

Feeling Well – A year of health and wellbeing sessions in Suffolk Libraries across the county.

Location	Date	Event
Aldeburgh	8 October 10am – 1pm	Information from Alzheimer's Society dementia support worker
Beccles	5 October 9.30am – 12.30pm	Information on Mental Health
Beccles	14 October 2pm – 3pm	RSPB talk on the health benefits of nature Reserves
Beccles	19 October 6pm – 7pm	Come and join in the Community Choir – no experience necessary, all ages welcome
Brandon	18 – 31 October	Information about migraine
Bury	29 October 10am -12noon	Nordic Walking taster session, find out the health benefits including improved balance and stamina
Bury	30 October	Smarter living @ Suffolk libraries – find out how to be more energy efficient
Capel St Mary	9 October 10am – 12 noon	Free taster session of Zumba, a dance based fitness class
Felixstowe	16 October 10.30am – 11.30am	Free taster session of Zumba, a dance based fitness class
Framlingham	12 October 10am -12noon	Stepping out in Suffolk, information on free health walks
Framlingham	29 October 11.30am – 3.30pm	Suffolk Local Involvement Network (LINK). Help to improve local health and social care services by giving your opinions
Gainsborough	25 October 2pm – 4pm	Creative writing workshop
Halesworth	16 October 10am – 4pm	Smarter living @ Suffolk libraries – find out how to be more energy efficient
Halesworth	20 October	Sing along afternoon – no experience Necessary
Halesworth	27 October 10.30am – 12noon	Nordic Walking taster session, find out the health benefits including improved balance and stamina
Haverhill	8 October 10am – 4pm	World Mental Health Day – information from the Volunteer Centre to promote well being
Haverhill	26 October 9.30am – 4pm	Information about oral health including story time at 9.30am and 2.30pm
Haverhill	27 October 10am – 12.30pm	Parkinson's awareness day
Ipswich	16 October 10.30am – 4pm	World Music day – Listen to or join in with a variety of music from around the world
Ipswich	18 October 2pm – 5pm	A real 'taster' session, try some locally grown apples and find out how to grow your own!

Location	Date	Event
Kessingland	6 October 2.30pm – 3.30pm	Sing along afternoon – no experience necessary
Kessingland	13 October 2.30pm – 4pm	Assistive equipment and information for the hard of hearing and retubing of hearing aids
Lavenham	28 October 9.30am - 12.30pm	Suffolk Local Involvement Network (LINK). Help to improve local health and social care services by giving your opinions
Leiston Longshop Museum	9 October 10am – 4pm	Art on the Move. Display of art inspired by emotions, created by local artists. Come and meet the artists
Lowestoft	5 October 2pm – 3pm	Sing along afternoon – no experience Necessary
Lowestoft	9 – 16 October	Display of art work to support World Mental Health Day – also books and information
Newmarket	17 October 11am – 3pm	Infolink Day – find out about infolink and how to advertise your group or access local information
Newmarket Red Lodge Millennium Centre	19 October 10am – 2.30pm	Fabulous Families Day – Enjoy activities to improve your families health
Newmarket	20 October 11am – 4pm	Information and assistive equipment to help those with sight loss to live an independent life.
Newmarket	21 October 11am	A real 'taster' session, try some locally grown apples and find out how to grow your own!
Newmarket	29 October 10am – 4pm	Information about oral health including story time at 11am!
Rosehill	21 October 9am – 1pm	Suffolk Local Involvement Network (LINK). Help to improve local health and social care services by giving your opinions
Saxmundham	20 October 11am -12.30pm	Nordic Walking taster session, find out the health benefits including improved balance and stamina
Southwold	4 October 2am - 3.30pm	Sing along afternoon – no experience Necessary
Stradbroke	7 October 7.30pm	Talk about bees and honey and its effects on wellbeing and health.
Stradbroke	21 October 10am – 1pm	Information about indoor and outdoor Bowls
Wickham Market	1- 31 October	Information about Diabetes
Woodbridge	21 October 10am – 1pm	A real 'taster' session, come and try some local apples and find out about growing your own