

Scan me to visit our website and learn more about what the Cuppa Care Project does!



Originally initiated by the Rotary Club of Norwich, the Cuppa Care Project has been developed and led by Hear for Norfolk, and is delivered by a partnership of local organisations working jointly towards bringing people together and tackling loneliness that may be caused through poverty, disability, age, gender, lack of accessible local support and information services, geographical remoteness, poor transport or other issues.

Loneliness is a problem that goes beyond a painful emotional experience. Research shows that loneliness and social isolation are harmful to our health. As well as being harmful, loneliness is also very common.

The Cuppa Care Project visits towns and villages across Norfolk on a rotational and regular basis.

We are here for you!

Whether you just want to get out of the house, meet new people, chat about something that's worrying you or get information, advice or practical support – we have friendly people on board our Cuppa Care bus who can help.

Contact Us:

Telephone - 01603 404440

Email - nda@hearfornorfolk.org.uk

Visit us - 14 Meridian Way, Norwich, Norfolk, NR7 0TA

Hear for Norfolk is the operating name of the Norfolk Deaf Association (NDA), a Charitable Company Limited by Guarantee registered in England and Wales No. 07966408. Registered Charity in England and Wales No.1146883.

Cuppa Care Project

October 2026 - March 2027 Timetable

The Cuppa Care project is a county wide support service that is aimed at preventing and reducing loneliness and social isolation across Norfolk communities.



Location	Address	Day	Time	October	November	December	January	February	March
Acle	Car Park by Acle Recreation Centre, Bridewell Lane, Acle, NR13 3RA	Monday	10AM - 12PM	19th	16th	21st	18th	15th	15th
Aldborough	Aldborough Community Centre, The Green, Aldborough, NR11 7AA	Tuesday	10AM - 12PM		3rd	1st		2nd	2nd
Attleborough	Connaught Hall, Station Road, Attleborough, NR17 2AS	Thursday	10AM - 12PM	15th	19th	17th	28th	18th	18th
Aylsham	Outside Aylsham Town Hall, Market Place. Aylsham, NR11 6EL	Wednesday	1PM - 3PM	14th	11th	9th	13th	10th	10th
Aylsham	Bure Valley House, Station Road, Aylsham, NR11 6HU	Monday	1PM - 3PM	12th	9th	14th	11th	8th	8th
Cromer	Ashdown Court, Cliff Avenue, Cromer, NR27 0AE	Tuesday	1PM - 3PM		3rd			2nd	
Cromer	Barkers Herne, Summerhouse Close, Cromer, NR27 9JE	Tuesday	1PM - 3PM			1st			2nd
Dereham	Dereham Shopping Centre, Wright's Walk, Dereham, NR19 1TR	Wednesday	1PM - 3PM	21st	18th	16th	20th	17th	17th
Dersingham	Dersingham Village Centre, 83 Manor Road, PE31 6LN	Wenesday	1PM - 3PM	20th	24th	22nd	19th	23rd	23rd
Diss	Market Square, Outside the Old Post Office, IP22 4AN	Monday	10AM - 12PM	5th	2nd	7th	4th	1st	1st
Erpingham	Erpingham With Calthorpe Village Hall, The Street, Erpingham, NR11 7QB	Wednesday	10AM - 12PM		25th		27th		24th
Fakenham	War Memorial, Market Place, Fakenham	Tuesday	10AM - 12PM	20th	24th	22nd	19th	23rd	23rd
Great Yarmouth	The Market Place, Great Yarmouth, NR30 2BA	Monday	1PM - 3PM	19th	16th	21st	18th	15th	15th
Harleston	Co-Op Car Park, Bullock Fair Close, IP20 9AT	Monday	1PM - 3PM	5th	2nd	7th	4th	1st	1st
Hickling	Methodist Church Car Park, NR12 0YD	Thursday	1PM - 3PM	8th		10th		11th	
Hingham	Market Place, Hingham, NR9 4AF	Wednesday	10AM - 12PM	7th		2nd		3rd	
Hoveton	Hoveton & Wroxham Medical Centre, Stalham Road, NR12 8DU	Wednesday	1PM - 3PM	28th	25th	23rd	27th	24th	24th
Holt	The Venue, Kerridge Way, Holt, NR25 6DW	Monday	10AM - 12PM	12th	9th	14th	11th	8th	8th
Kings Lynn	Alive Lynnsport, Greenpark Avenue, King's Lynn, Norfolk, PE30 2NB	Thursday	10AM - 12PM	1st	5th	3rd	7th	4th	4th
Kings Lynn	Purfleet, Pathway House, Austin Fields, Kings Lynn, PE30 1PH	Thursday	1PM - 3PM	1st	5th	3rd	7th	4th	4th
Loddon	Church Plain Car Park, Loddon, NR14 6LX	Tuesday	10AM - 12PM	6th	10th	8th	5th	9th	9th
Long Stratton	Long Stratton Leisure Centre, Swan Lane, NR15 2UY	Tuesday	1PM - 3PM	6th		8th		9th	
Ludham	Ludham Village Hall Car Park, Norwich Road, Ludham, Great Yarmouth, NR29 5PB	Thursday	1PM - 3PM		12th		14th		11th
Mattishall	Bob Carter Court, Daffodil Way, Mattishall, East Dereham, NR20 3RU	Wednesday	1PM - 2PM	7th		2nd		3rd	
Northrepps	Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB	Wednesday	10AM - 12PM	14th	11th	9th	13th	10th	10th
North Walsham	Vicarage Street Car Park, North Walsham, NR28 9DQ	Tuesday	10AM - 12PM	13th	17th	15th	12th	16th	16th
Norwich	The Forum, Millennium Plain, Norwich, NR2 1TF	Thursday	10AM - 3PM	22nd	26th	24th	21st	25th	25th
Poringland	Poringland Community Centre, Overtons Way, Poringland, NR14 7WB	Tuesday	1PM - 3PM		10th		5th		9th
Reepham	Stimpsons Piece Pavilion, Bartle Court, Reepham, NR10 4LL	Wednesday	10AM - 12PM	28th		23rd		24th	
Sheringham	Station Approach Car Park, Station Road, Sheringham, NR26 8RG	Tuesday	1PM - 3PM	13th	17th	15th	12th	16th	16th
Spixworth	Village Hall Car Park, Spixworth, NR10 3NQ	Friday	10AM - 12PM	9th	13th	11th	8th	12th	5th
Stalham	Staithe Surgery Car Park, NR12 9BU	Thursday	10AM - 12PM	8th	12th	10th	14th	11th	11th
Swaffham	Swaffham War Memorial, Lynn Street, PE37 7AB	Friday	1PM - 3PM	23rd	27th	18th	22nd	26th	19th
Taverham	Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR	Friday	1PM - 3PM	9th	13th	11th	8th	12th	5th
Thetford	Market Place, Thetford, IP24 2DS	Friday	10AM - 12PM	23rd	27th	18th	22nd	26th	19th
Watton	Queens Hall, Norwich Road, Watton, IP25 6DA	Wednesday	10AM 12PM	21st	18th	16th	20th	17th	17th
Wymondham	Waitrose Car Park, Wymondham, NR18 0SH	Thursday	1PM - 3PM	15th	19th	17th	28th	18th	18th



Cuppa care
Bringing us together



@cuppacarenorfolk

The Cuppa Care Bus aims to bring people together and tackle loneliness.

Whether you just want to get out of the house, to meet new people, or chat about something that's worrying you – we have friendly people on hand who can help. Come on your own or with a friend, you'll be more than welcome to join us for a cuppa and a chat!

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[@hearfornorfolk.org.uk](https://hearfornorfolk.org.uk)
or 01603 404440

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Supporting people with mental health issues



Funded by COMMUNITY FUND

91%

of UK adults think small moments of connection can make a difference to someone who feels lonely

*Based on a YOUGov PLC survey of 2,147 UK adults in September 2019

LOCATION:

Northrepps Village Hall,
4 School Close, Cromer, NR27 0LB

TIME:

From:10:00 am To:12:00 pm

DATES:

Wednesday 14th October

Wednesday 11th
November

Wednesday 9th
December

Wednesday 13th January

Wednesday 10th February

Wednesday 10th March



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