The Shoebox

COMMUNITY HUB

The Shoebox is a friendly, welcoming community hub where you can connect with others, share interests and enjoy a laugh together in our city centre venue.

Become a member to join our range of community groups and enjoy our community lounge or attend groups on Zoom for free.

www.theshoebox.org.uk

Email team@theshoebox.org.uk or call 01603 850309 to find out more.

Community groups at The Shoebox are kindly supported by:

NORWICH TOGETHER

better together

AVIVA | Community Fund

The Shoebox

COMMUNITY HUB

Join our 'pay what you can' flexible membership scheme to enjoy our brilliant membership benefits including 3 community groups a week.

Pay As You Go Membership

Contribute what you can with a recommended £2 contribution per group you attend or £10 per month.

£10 per month

Pay a flat rate of £10 a month and join us for 4 community groups or activities each week.

Sponsored Shoebox Membership

We have a very limited number of free 6 month memberships. Get in touch to enquire.

Email team@theshoebox.org.uk or call 01603 850309 to find out more.

Community

COFFEE MORNING

EVERY MONDAY
10.30AM - 11.30AM

Join us for a cuppa?

JOIN US FOR A FUN, RELAXED WEEKLY CHAT TO HELP YOU START YOUR WEEK WITH A SMILE!

EMAIL TEAM@THESHOEBOX.ORG.UK
TO RECEIVE THE ZOOM LINK

Mindfulness & Meditation

WITH FRAN COGNETTI

Enjoy guided meditations, the benefits of being mindful in your favourite activities while bringing these approaches into your daily life

EVERY TUESDAY

10.30AM - 11.30AM

EMAIL TEAM@THESHOEBOX.ORG.UK TO RECEIVE THE ZOOM LINK

Digital Drop In

2ND & 4TH TUESDAY
OF EVERY MONTH

1PM - 3PM

SUPPORTED BY
VOLUNTARY NORFOLK

BOOKING IS ESSENTIAL
EMAIL TEAM@THESHOEBOX.ORG.UK

Timeline

A friendly group for people who love history! Develop your interests in art, culture, heritage and history. A love for discovery and adventure is all you need!

Every Tuesday 3pm-5pm

LADIES CHAT & SUPPORT GROUP

FIRST AND THIRD WEDNESDAY OF EVERY MONTH

10AM - 12PM

COME TOGETHER WITH LIKE-MINDED WOMEN FOR SUPPORT, CONVERSATION AND LAUGHS!

EMAIL TEAM@THESHOEBOX.ORG.UK TO FIND OUT MORE

LET'S TALK M.E.

A friendly and welcoming group for people who live with a diagnosis of ME, Chronic Fatigue, Fibromyalgia and chronic pain.

Come along and share your experiences, make connections and gain support from others.

SECOND AND FOURTH WEDNESDAY OF EVERY MONTH
10AM - 12PM

Email Katie for more information
katie.snazell@bettertogethernorfolk.org.uk

Bridges Creative Writing Group

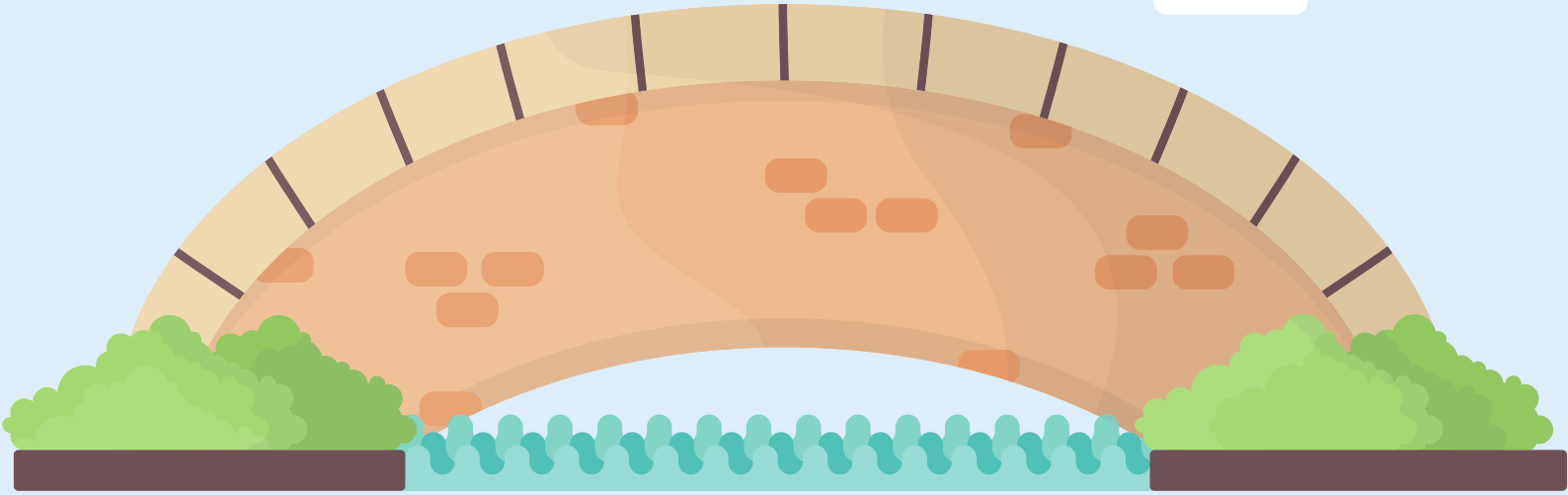
FUN AND FRIENDLY CREATIVE WRITING GROUP FOR PEOPLE WHO HAVE HAD, OR ARE EXPERIENCING, MENTAL HEALTH DIFFICULTIES

EMAIL TEAM@THESHOEBOX.ORG.UK
TO RECEIVE THE ZOOM LINK

Bridge Social Group

A SOCIAL GROUP FOR PEOPLE AGED 18-30 WHO ARE MOVING BETWEEN SERVICES OR READY TO MAKE CHANGES AND REQUIRE SOME SUPPORT. COME ALONG TO HAVE SOME FUN AND MEET NEW PEOPLE.

EVERY THURSDAY / 10.30AM - 12PM



EMAIL RACHEL792@ROCKETMAIL.COM TO JOIN THE GROUP.

Women's

WONDROUS WORDS

RELAXED WRITING GROUP WHERE WOMEN CAN LAUGH, SHARE AND ENJOY WRITING

EMAIL TEAM@THESHOEBOX.ORG.UK
TO RECEIVE THE ZOOM LINK

Create Craft Chat

EVERY THURSDAY
3PM - 5PM

BRING ANY CRAFTY OR CREATIVE PROJECT YOU'RE WORKING ON AND SPEND SOME TIME CHATTING AND CRAFTING WITH LIKE-MINDED PEOPLE!

EMAIL TEAM@THESHOEBOX.ORG.UK TO FIND OUT MORE

The Shoebox COMMUNITY HUB

GAMERADOS

Board game night at

The ShoeBox Community Hub, Castle Meadow, Norwich

2nd & 4th Thursday of each month

(18+) 6.00-8.30

Embracing the principles of the Camerados movement Gamerados invites you to board game alongside others over a cuppa and a biscuit. Where it is ok to be a bit pants sometimes.

No experience needed just bring curiosity

Free to attend, suggested donation £2, event information and further dates: www.theshoebox.org.uk

www.camerados.org

FRIDAY

Social Support

GROUP

EVERY FRIDAY 1PM - 3PM

at The Shoebox

Friendly, supportive group
who get together to talk, listen and laugh
while making new friends!

EMAIL TEAM@THESHOEBOX.ORG.UK
FOR THE ZOOM LINK

EVERY FRIDAY

3PM - 4PM

...different day

A GROUP FOR PEOPLE WHO HAVE DEPRESSION, BIPOLAR OR BOTH.

A FRIENDLY, WELCOMING GROUP FOR SHARING YOUR VIEWS AND EXPERIENCES TO HELP EACH OTHER.

CONTACT WILL DOWE TO JOIN

WILL.DOWE@BETTERTOGETHERNORFOLK.ORG.UK

07436 183998

RUNNING & WALKING CLUB

FRIENDLY SUPPORTIVE RUNNING & WALKING CLUB

Email team@theshoebox.org.uk or call 01603 850309 to find out more.

EVERY FRIDAY

4PM - 5PM

Information Drop-Ins at The Shoebox

NORWICH AGE UK

Are you aged over 50 and need advice? An adviser from AgeUK Norwich will be available to offer informal advice and guidance on a range of issues such as benefits, debt, staying active or maybe you want to chat about something else?

Norwich age UK

3RD MONDAY OF EVERY MONTH
11.30AM - 1PM

EMPLOYMENT & VOLUNTEERING VOLUNTARY NORFOLK

Skills Connectors from Voluntary Norfolk will run informal sessions where anyone wishing to receive employment or volunteering advice or practical help in making applications can speak to them without an appointment.

VOLUNTARY NORFOLK

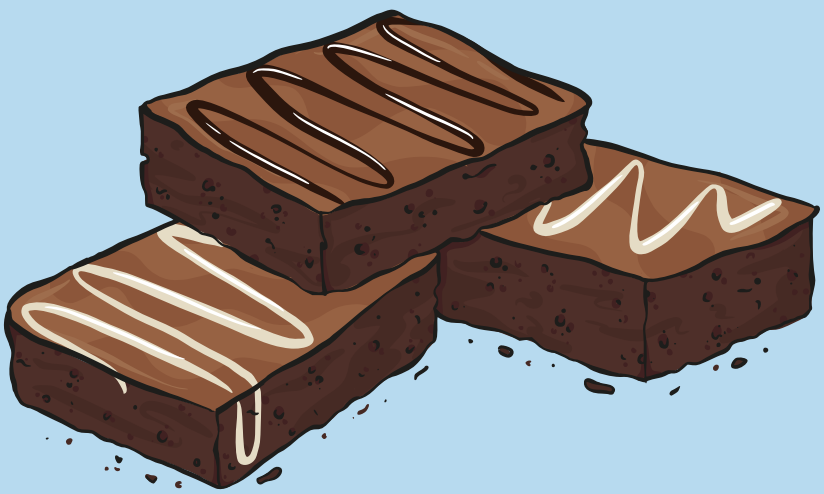
1ST & 3RD FRIDAY OF EVERY MONTH
11AM - 1PM

Baking For Wellbeing

with Mark Ahier

These baking sessions are for all abilities from complete novices to the more experienced to bake together in a fun and inclusive environment!

Dates and times vary. Booking essential.
Contact team@theshoebox.org.uk to book a place!



Did you know that The Shoebox is a social enterprise?

HIDDEN HISTORY OF NORWICH TOURS

SUPPORTING THE SHOEBOX COMMUNITY HUB

Every ticket sold for our famous Hidden History of Norwich Tours supports our hub to build communities and reduce loneliness.

Journey underground to Norwich's hidden street on an amazing adventure...

Tickets, gift vouchers and more information available on our website:

www.theshoebox.org.uk

The Shoebox

COMMUNITY HUB

The Shoebox offers a bright, inspiring meeting room and a versatile event space available for hire in the heart of Norwich city centre.

Perfect spaces for interviews, board meetings, focus groups, training sessions and more!

Free Wi-Fi. Self-serve refreshments. Great rates.

Simply get in touch find out more or arrange a viewing.

team@theshoebox.org.uk

01603 850309

www.theshoebox.org.uk/hire-space

The Shoebox
COMMUNITY HUB

Team Development Days

INVEST IN YOUR STAFF'S WELLBEING AND THE CREATION OF STRONG WORKING RELATIONSHIPS WITH A BESPOKE TEAM DEVELOPMENT PACKAGE AT THE SHOEBOX

DEVELOP YOUR STAFF'S TEAM WORKING SKILLS THROUGH OUR ON-SITE HISTORY MYSTERY ESCAPE GAME

HELP YOUR TEAM BOND THROUGH OUR GUIDED TOURS OF THE HISTORIC 'HIDDEN STREET' BELOW OUR VENUE ON CASTLE MEADOW

LET YOUR TEAM COOK UP A DELICIOUS ARRAY OF TREATS FOR EVERYONE TO ENJOY THROUGH OUR BAKING FOR WELLBEING WORKSHOPS WITH MARK AHIER

RENOURISH WITH A DELICIOUS, LOCALLY SOURCED LUNCH

DEVELOP A MINDFUL APPROACH TO TEAM WORKING AND SELF CARE

'Would highly recommend this! The team really enjoyed the day, much fun was had and we recharged our all important helping, compassionate hard-working staff team!'
Laura Bloomfield, Director of Operations, Voluntary Norfolk

FROM £15 PER PERSON

EMAIL TEAM@THESHOEBOX.ORG.UK OR CALL 01603 850309

All proceeds support The Shoebox Community Hub to build community and reduce loneliness and social isolation in Norwich.

The Shoebox

COMMUNITY HUB

If you have any questions about our groups, membership scheme or other projects, just get in touch.

If you are interested in starting a new community group, or are a member of an existing group, and would be interested in meeting at The Shoebox, please contact us!

Get in touch

Email:
team@theshoebox.org.uk

Phone:
01603 850309

Address:
The Shoebox, 21-23 Castle Meadow, Norwich, NR1 3DH

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