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Cuppa care

Bringing us together



Supporting people with hearing loss and related conditions

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

April 2026 - September 2026 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	April	May	June	July	August	September
Acle	Car Park by Acle Recreation Centre, Bridewell Lane, Acle, NR13 3RA	Monday	10am - 12pm	20th	18th	15th	20th	17th	21st
Aldborough	Aldbrough Community Centre, The Green, Aldborough, NR11 7AA	Tuesday	10am - 12pm	28th	26th	23rd	28th	25th	22nd
Attleborough	Connaught Hall, Station Road, Attleborough, NR17 2AS	Thursday	10am - 12pm	23rd	21st	18th	16th	20th	17th
Aylsham	Outside Aylsham Town Hall, NR11 6EL	Wednesday	1pm - 3pm	8th	13th	10th	8th	12th	9th
Aylsham	Bure Valley House, Station Road, Norwich, NR11 6HU	Monday	1pm - 3pm	13th		8th	13th	10th	14th
Cromer	Ashdown Court, Cliff Avenue, Cromer, NR27 0AE	Tuesday	1pm - 3pm	28th		23rd		25th	
Cromer	Barkers Herne, Summerhouse Close, Cromer, NR27 9JE	Tuesday	1pm - 3pm		26th		28th		22nd
Dereham	Dereham Shopping Centre, Wright's Walk, Dereham, NR19 1TR	Wednesday	1pm - 3pm	15th	20th	17th	15th	19th	16th
Diss	Market Square, Outside the Post Office, IP22 4AN	Monday	10am - 12pm		11th	1st	6th	3rd	7th
Erpingham	Erpingham with Calthorpe Village Hall, The Street, Erpingham NR11 7QB	Wednesday	10am - 12pm		27th		22nd		23rd
Fakenham	War Memorial, Market Place, Fakenham	Tuesday	10am - 12pm	21st	19th	16th	21st	18th	15th
Great Yarmouth	The Market Place, Great Yarmouth, NR30 2BA	Monday	1pm - 3pm	20th	18th	15th	20th	17th	21st
Hickling	Methodist Church Car Park, NR12 0YD	Thursday	1pm - 3pm	16th		4th		13th	
Hingham	Marketplace, Hingham, NR9 4AF	Wednesday	10am - 12pm		6th		1st		2nd
Holt	The Venue, Kerridge Way, Holt NR25 6DW	Monday	10am - 12pm	13th		8th	13th	10th	14th
Kings Lynn	Purfleet Health and Wellbeing Centre, Pathway House, Austin Fields, Kings Lynn, PE30 1PH	Thursday	1pm - 3pm		28th		23rd		3rd
Loddon	Church Plain Car Park, NR14 6LX	Tuesday	10am - 12pm	7th	5th	2nd	7th	4th	1st
Long Stratton	Long Stratton Leisure Centre, Swan Lane, NR15 2UY	Tuesday	1pm - 3pm	7th		2nd		4th	
Ludham	Ludham Village Hall Car Park, Norwich Road, Ludham, Great Yarmouth, NR29 5PB	Thursday	1pm - 3pm		7th		9th		10th
Mundford	Mundford Village Hall, St Leonards Street, IP26 5DW	Thursday	10am - 12pm		28th		23rd		3rd
Necton	Necton Community Centre, 13 Tun's Road, Necton PE37 8EH	Tuesday	1pm - 3pm	21st		16th		18th	
Northrepps	Northrepps Village Hall, 4 School Close, Northrepps, Cromer, NR27 0LB	Wednesday	10am - 12pm	8th	13th	10th	8th	12th	9th
Norwich	The Forum, Millenium Plain, Norwich, NR2 1TF	Thursday	10am - 3pm	9th	14th	11th	2nd	6th	24th
Poringland	Poringland Community Centre, Overtons Way, Poringland, NR14 7WB	Tuesday	1pm - 3pm		5th		7th		1st
Reepham	Stimpsons Piece Pavillion, Bartle Court, Reepham, NR10 4LL	Wednesday	10am - 12pm	22nd		24th		26th	
Sheringham	Station Approach Car Park, Station Road, Sheringham, NR26 8RG	Tuesday	1pm - 3pm	14th	12th	9th	14th	11th	8th
Spixworth	Village Hall Car Park, Spixworth, NR10 3NQ	Friday	10am - 12pm	17th	15th	19th	17th	21st	18th
Stalham	Staithe Surgery Car Park, NR12 9BU	Thursday	10am - 12pm	16th	7th	4th	9th	13th	10th
Swaffham	Swaffham War Memorial, Lynn Street, Swaffham	Friday	1pm - 3pm	10th	8th	12th	10th	14th	11th
Taverham	Taverham Village Hall Car Park, Taverham, Norwich, NR8 6JR	Friday	1pm - 3pm	17th	15th	19th	17th	21st	18th
Thetford	Market Place, Thetford, IP24 2DS	Friday	10am - 12pm	10th	8th	12th	10th	14th	11th
Watton	Queens Hall, Norwich Road, Watton, IP25 6DA	Wednesday	10am - 12pm	15th	20th	17th	15th	19th	16th