



**Link Together**  
to alleviate loneliness







**Norfolk Federation of WIs**  
Charity Number: 227411




**This has been a difficult time for everyone and often a cup of tea or coffee and a chat can help to cheer us up. Talking always helps!**

**The Rotary Club of Norwich** and other local charities, [including Hear for Norfolk (Norfolk Deaf Association), Vision Norfolk (NNAB), Age UK Norwich, Norfolk LGBT+ Project, Norfolk Citizens Advice Bureau, Norfolk & Waveney Mind (mental health), and Age UK Norfolk], **are piloting a scheme for a Cuppa Bus to visit some communities to give people somewhere to go and talk**

At the moment **the Bus is visiting**

-  *Cromer*
-  *Rackheath*
-  *Colegate, Norwich*
-  *Holt*
-  *Great Yarmouth*
-  *Strumpshaw*

If you live in these areas **look out for the posters** like the one below with details of where and when you can find the bus. This scheme should expand so do keep an eye out for the posters wherever you live in the county!



**Cuppa care**  
Bringing us together






**91%**

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

**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!  
Contact us at [cuppacarenorfolk@gmail.com](mailto:cuppacarenorfolk@gmail.com) or 01603 404440.


 @cuppacarenorfolk

BUS

WHERE:

WHEN:

FROM:  TO:

Supported by  **Rotary** in Norwich

The Cuppa Care Bus is led by the Rotary Club of Norwich and supported by seven local charities who help and support people of all ages with a range of services.  
Age UK Norwich, Vision Norfolk, Hear for Norfolk, Norfolk LGBT+ Project, Norfolk and Waveney Mind, Norfolk CAB and Age UK Norfolk

\*Based on a YOUGov PLC survey of 2,347 UK adults in September 2019.