

The Wellbeing Cafe was set up in 2022 by a group of volunteers to provide a weekly meeting point to promote good mental health and tackle isolation and loneliness in Wickham Market.

Informal activities this year have ranged from mindfulness sessions, local history talks, a monthly quiz, book and music reviews, guest speakers, Christmas lunch and a trip to Suffolk Punch Trust.

In addition, we share information on community provision, events and useful organisations.

Above all, we provide a safe place to chat, make friends and help and support each other.

We meet on Wednesday mornings 10:15 -12:15.

Tea, cake and biscuits are provided for a small donation.

Since June 2025 we have successfully been running our sessions in the fully accessible Activity Room at the George pub and are grateful for the services it provides. This has led to an increase in our numbers which now averages between 15-20 attendees each week.

All are welcome and we value any skills and ideas which people wish to share.

Mike Hynes