



## This Week At Orwell | Friday 24th November 2023

### Wednesdays with Wellbeing Event | Wellbeing Suffolk

On the 6th December (1pm to 3pm) Wellbeing Suffolk will be hosting 'Wednesdays with Wellbeing'. The team will be bringing local organisations together with communities to celebrate the Five Ways to Wellbeing. The event will share how to live life well in an afternoon of connection, learning, fun and chat. Going forward in 2024, an event will be held on the 4th Wednesday afternoon of the month.

[Click here for more info >>](#)

### River Store Social Supermarket | River Church, Ipswich

A new social supermarket has launched in Ipswich, from the team at River Church. The project supports the community by providing food and other household essentials to top up cupboard for a small donation. A Standard Size bag is available for £3 and a Family Size for £5. The store will be open on Fridays from 11:00am-1:00pm. [Click here for more info >>](#)

### Warm welcome | Suffolk Libraries

A reminder that our local libraries are here to help anyone who needs support this winter, with no judgement or stigma.

We know how difficult this winter will be with the rising cost of living. Suffolk Libraries is here to help anyone who needs support.

Our libraries have always provided a safe, warm sanctuary for anyone to come and spend time in or find support and resources. This winter, the team will be bringing in new initiatives to help people stay warm, stay safe and stay connected. [Click here for more info >>](#)