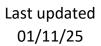




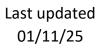
# **Weekly Activities**

| Day and Time                      | Activity                   | Venue            | Contact                                      |
|-----------------------------------|----------------------------|------------------|--|
| Mon – Friday                      | Swimming, gym and          | Victory Swim     | 01692 409370                                 |
| 6.30 – 10pm                       | other activities           | and Fitness      | www.everyoneactive.com                       |
| Sat 7-6; Sun 8-6                  |                            | Centre,          |  |
|                                   |                            | Station Road.    |  |
| Mon – Friday                      | Gym, Swimming,             | Rossis Leisure   | 01692 404966                                 |
| 7-9pm                             | Fitness Classes,           | Tungate Rd       | reception@rossisleisure.com                  |
| Sat & Sun 8-6                     | Squash                     |                  | www.rossis.co.uk                             |
| Wed – Sunday                      | Ten-pin bowling and        | JR's             | 01692 407793                                 |
| 10 – 8/9pm                        | soft play                  | (next to Rossis) | <u>irs@rossisleisure.com</u>                 |
| Mon/Frid 6-10pm                   | <b>Sporting Activities</b> | North Walsham    | 01692 402293                                 |
| Tue/Wed/Thur 6-9pm                |                            | Sports Centre,   | Everyone active.com                          |
| Saturday 9-2pm<br>Sunday 9-12noon |                            | Spenser Avenue   |  |
| Wide variety of                   | Yendell's Health and       | Folgate Road     | 07974 726036                                 |
| fitness classes                   | Wellness Hub               | . e.ge           | Email: yendellshub@gmail.com                 |
| during the week                   |                            |                  | www.yendellshub.com                          |
| Numerous foot-                    | North Walsham Town         | Green's Rd       | youthsecretary@northwalshamtownfc.com        |
| ball teams for all                | FC                         |                  | North Walsham Town Football Club             |
| ages and genders                  |                            |                  | Established 1879   The Angels                |
| Library open to all               | Computers*,                | North Walsham    | 01692 402482                                 |
| when staffed; extra               | Internet*, Scanning &      | Library          | North.walsham.lib@norfolk.gov.uk             |
| hours and                         | Printing*, Study           | (free to join)   | Facebook: North Walsham Library              |
| services* for                     | Space, Baby Weigh,         | , ,              | ,  |
| members                           | <b>Tricky Period Bags</b>  |                  |  |
| Mon. to Friday                    | Citizens Advice            | Citizens Advice  | 0800 144 8848 (Norfolk Citizens Advice)      |
| 10 – 3pm (by 2pm                  | Drop-in advice             | (Next to Café    | www.citizensadvice.org.uk                    |
| if advice sought)                 | sessions                   | Kitale)          |  |
| Monday/Tue/Wed                    | Girlguiding in North       | Aylsham Road,    | All enquiries for girls joining or for adult |
|                                   | Walsham                    | North Walsham,   | volunteers must go through the Go website    |
| All groups are held               | Rainbows 4-7yr (Mon)       | NR280BH          |  |
| in the evening                    | Brownies 7-10yr            |                  | What we do   Girlguiding                     |
|                                   | (Tue/Wed)                  |                  |  |
|                                   | Guides 10-14yr (Tue)       |                  |  |
|                                   | Rangers 14-18yr            |                  |  |
|                                   | (Mon)                      |                  |  |
| Monday to Friday                  | Community                  | Pick up & return | Book by ringing:                             |
| Buses from                        | Transport                  | to your door.    | 01692 500840                                 |
| 9.30am,                           | DialaRide Minibuses        |                  | info@nnct.org.uk                             |
| accessible car can                | and accessible car.        |                  | www.nnct.org.uk                              |
| be earlier.                       | Transport for              |                  |  |
|                                   | shopping medical           |                  |  |
|                                   | appointments               |                  |  |



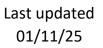


| Monday           | Community              | From your home    | Ring for details:                |
|------------------|------------------------|-------------------|----------------------------------|
| 9.30am           | Transport              | (up to £8)        | 01692 500840                     |
|                  | Trips to various       |                   |                                  |
|                  | destinations           |                   |                                  |
| Monday           | Slimming World         | St Benet's Hall,  | Karen Mason                      |
| 10.00 & 11.30am  |                        | St Nicholas       | kl.mason@yahoo.co.uk             |
|                  |                        | Church            | 07883 025488                     |
| N. A. a. a. d. a | ADAL B.Co. / a Classic | Calvatian America | 01603 405536                     |
| Monday           | NW Men's Shed          | Salvation Army    | Ray Winder                       |
| 10 – 1pm         | Learn new skills/share | Activity Centre   | 07500 019202                     |
| NAI -            | your skills/socialise  | Furze Hill        | nwmensshed@gmail.com             |
| Monday           | Mini-Movers            | North Walsham     | 01692 402482                     |
| 11 – 11.30am     | Songs & social time    | Library           | Run by staff                     |
|                  | for toddlers/carers    |                   | North.walsham.lib@norfolk.gov.uk |
|                  | Stay on for cuppa &    |                   | Facebook: North Walsham Library  |
|                  | chat with parents      |                   | 5 5 11.5                         |
| Monday           | Community Fridge       | Salvation Army    | Envoy Ruth Morey                 |
| 9.30 – 10.30pm   |                        | Hall,             | 01692 403955                     |
|                  |                        | Hall Lane         | ruth.morey@salvationarmy.org.uk  |
| Monday           | Lunch Club             | Salvation Army    | Envoy Ruth Morey                 |
| 12.30 – 2.00pm   | 2 course meal, tea or  | Hall,             | 01692 403955                     |
|                  | coffee – Open to all   | Hall Lane         | ruth.morey@salvationarmy.org.uk  |
| Mondays          | Knit and Natter        | North Walsham     | 01692 402482                     |
| 1.30 – 3.00pm    | Knitting, crochet &    | Library           | North.walsham.lib@norfolk.gov.uk |
|                  | needlecraft            |                   | Facebook: North Walsham Library  |
| Monday           | Digital Support        | North Walsham     | 01692 402482                     |
| 2.00 – 3.00pm    | Bookable               | Library           | North.walsham.lib@norfolk.gov.uk |
|                  | appointments           |                   | Facebook: North Walsham Library  |
| Monday           | Exercise for Older     | St Benet Hall,    | Steve Banks                      |
| 2.00 – 3.30pm    | Adults                 | St Nicholas       | 07493 624851                     |
|                  | Fall                   | Church            | foreverfitnessnorfolk@gmail.com  |
|                  | prevention/fitness     |                   | www.foreverfitnessuk.com         |
|                  | Flexibility/Friendship |                   |                                  |
| Monday           | Mardlers Art Club      | Methodist Hall,   | Just drop in                     |
| 2.00 – 3.30pm    |                        | Grammar School    |                                  |
|                  |                        | Rd                |                                  |
| Monday           | Lace Making Group      | Salvation Army    | Sandra Martins                   |
| 2.00 – 4.00pm    | Beginners welcome      | Hall,             | 01692 403444                     |
|                  |                        | Hall Lane         |                                  |
| Mondays          | Colouring Club for     | North Walsham     | 01692 402482                     |
| 3.30 – 4.30pm    | Kids                   | Library           | North.walsham.lib@norfolk.gov.uk |
|                  |                        |                   | Facebook: North Walsham Library  |
|                  |                        |                   |                                  |
|                  |                        |                   |                                  |



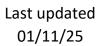


|                   | D 11 (17)              | TI A            | 07022 555242  |
|-------------------|------------------------|-----------------|---|
| Mondays           | Red Loft Theatre       | The Atrium      | 07823 556312  |
| 4.30–6.30 7–13yr  | Musical theatre class  |                 | www.redlofttheatre.com                                  |
| 5.30-7.30 13-18yr |                        |                 | <u>info@redlofttheatre.com</u>                          |
| (Term time)       |                        |                 |   |
| Monday            | <b>Tabletop Gaming</b> | St Benet Hall,  | Will  |
| 6.00 – 10pm       | (£3/session)           | St Nicholas     | northwalshamtabletopgaming@gmail.com                    |
|                   |                        | Church          |   |
| Monday            | Touch Rugby            | Vikings         | Mark Scott  |
| 6.30 – 8pm        | Open to males and      | NW Rugby Club   | msmarkscott@aol.com                                     |
| ·                 | females over 14 years  | Old Norwich Rd  |   |
| Monday            | AA meeting             | Methodist Hall, | 01603 621 128   |
| 7.00 – 9pm        |                        | Grammar School  |   |
| 1 2 2 4           |                        | Rd              |   |
| Monday            | North Walsham Air      | NW Primary      | Flt Lt Alan Stevens                                     |
| 7.00 – 9.30pm     | Cadets                 | School          | Oc.2110@rafac.mod.gov.uk                                |
| 7.00 3.30pm       |                        | Manor Road      | OC.ZIIO@Tarac.moa.gov.ak                                |
| Monday            | Invidia Voices Choir   | Sacred Heart    | www.invidiavoices.co.uk                                 |
| 7.30 – 9pm        | ilividia voices citoli | Church Hall     | 01603 464532  |
| 7.30 – 3pm        |                        | Citaterrian     | info@invidiavoices.co.uk                                |
| Tuesday           | New Life Parents Café  | The New Life    |   |
| Tuesday           |                        |                 | Suzie Schaitel  |
| 10.00 – 11.30am   | Parents/carers of      | Building,       | suzie@newlifenorthwalsham.com                           |
| (Term-time)       | those with additional  | Laundry Loke    |   |
|                   | needs -free            |                 |   |
| Tuesday           | Exercise for Older     | St Benet Hall,  | Steve Banks   |
| 10.00 – 11.30am   | Adults                 | St Nicholas     | 07493 624851  |
|                   | Fall                   | Church          | foreverfitnessnorfolk@gmail.com                         |
|                   | prevention/fitness     |                 | <u>www.foreverfitnessuk.com</u>                         |
|                   | Flexibility/Friendship |                 |   |
| Tuesday           | Cameo Café             | Furze Hill      | Envoy Ruth Morey  |
| 10.00 – 3.00pm    | NW Dementia            | Resource        | 01692 403955  |
|                   | Support Group          | Centre,         | ruth.morey@salvationarmy.org.uk                         |
|                   | Activities & lunch for | Happisburgh     |   |
|                   | people with            | Road            |   |
|                   | dementia, and others.  |                 |   |
|                   | £10 (£5 for half day – |                 |   |
|                   | no lunch)              |                 |   |
| Tuesday           | Mustard Seed Coffee    | Methodist Hall, | Richard Riley   |
| 10:00 – 12noon    | morning                | Grammar School  | 01692 403087  |
|                   |                        | Rd              |   |
| Tuesday           | Creative Writing       | North Walsham   | 01692 402482  |
| 10.30 – 11.30am   | Groups                 | Library         | North.walsham.lib@norfolk.gov.uk                        |
|                   |                        |                 | Facebook: North Walsham Library                         |
| Tuesday           | German Conversation    | North Walsham   | 01692 402482  |
| 2.15 – 3.15pm     | Club                   | Library         | North.walsham.lib@norfolk.gov.uk                        |
| 2.13 3.13piii     | 3.00                   | Liviary         | - tot di titalona i i i i i i i i i i i i i i i i i i i |



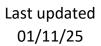


| Tuesday              | Funky Feet              | St Benet Hall         | Vikki Feetham                               |
|----------------------|-------------------------|-----------------------|---|
| 4 – 9.30pm           | Dance                   | St Nicholas           | 07535 669190                                |
| . 5.666              |                         | Church rooms          | vfeetham@googlemail.com                     |
| Tuesday              | Beaver Scouts           | 1 <sup>st</sup> North | All enquiries to:                           |
| 5.30 – 7pm           | 6 – 8 years             | Walsham Scout         | northwalshamscouts@hotmail.com              |
|                      | 7 3 7 3 3 3             | Hut, Midland          |   |
|                      |                         | Rd.                   |   |
|                      |                         |                       |   |
| Tuesday              | Line Dancing classes    | Community             | 01692 780149                                |
| 6.15-7 Beginners     |                         | Centre,               | Christinerushton5@gmail.com                 |
| 7-7.45 Improvers     |                         | New Road              |   |
| Tuesday              | NW People's Choir       | Black Swan            | Joseph Ballard                              |
| 7 – 8.30pm           | Welcomes everyone       | theatre,              | New Stages                                  |
|                      | for singing, fun, drink | Black Swan Loke       | 01692 500006                                |
|                      | and biscuits. £5/week   |                       | info@blackswanpubtheatre.co.uk              |
| Wednesday            | Community               | From your home        | Ring for details                            |
| 9.30am               | Transport               | (up to £8)            | 01692 500840                                |
|                      | Trips to various        |                       |   |
|                      | destinations            |                       |   |
| Wednesday            | NW Men's Shed           | Salvation Army        | Ray Winder                                  |
| 10 – 1pm             | Learn new skills/share  | Activity Centre       | 07500 019202                                |
|                      | your skills/socialise   | Furze Hill            | nwmensshed@gmail.com                        |
| Wednesday            | Move & Connect          | North Walsham         | 01692 402482                                |
| 10.30 – 11.30am      | Over 60s. Chair         | Library               | North.walsham.lib@norfolk.gov.uk            |
|                      | exercise, cuppa &       |                       |   |
|                      | chat                    |                       |   |
| Wednesday            | French Conversation     | Phoenix Centre        | Just drop in                                |
| 11.00 – 12noon       | Club                    |                       |   |
| Wednesday            | Walk & Talk             | North Walsham         | 01692 402482                                |
| 12.45 – 2.45pm       | Come back after for a   | Library               | North.walsham.lib@norfolk.gov.uk            |
|                      | free cuppa & chat       |                       | Facebook: North Walsham Library             |
| Wednesday            | <b>Drop in and Draw</b> | North Walsham         | 01692 402482                                |
| 1.30 – 3.30pm        | Relaxed art club        | Library               | North.walsham.lib@norfolk.gov.uk            |
|                      |                         |                       | Facebook: North Walsham Library             |
| Wednesday            | Foodbank                | St Nicholas           | Julie Hunter-Jennings                       |
| 1.30 – 3pm           | provides food parcels   | Room/Church           | 07826 376343                                |
| (Deliveries possible | and energy bank         | Electronic            | info@cromerdistrict.foodbank.org.uk         |
| outside these        | vouchers for anyone     | voucher needed        | *Also, from North Norfolk Help Hub          |
| hours)               | with a voucher          | from Citizens         | 01263 516353                                |
|                      |                         | Advice*               | Contact Julie for other places for vouchers |
|                      |                         |                       |   |
|                      |                         |                       |   |
|                      |                         |                       |   |



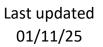


| Wednesday        | North Walsham &            | Community                             | Jane Barrett                            |
|------------------|----------------------------|---------------------------------------|---|
| 1.15 – 4.30pm    | District Bridge Club       | Centre,                               | 01692 409930                            |
| 1.15 – 4.50pm    | For medium &               | New Road                              | Maxwell.barrett@btinternet.com          |
|                  | experienced players,       | New Road                              | <u>Maxwell.barrett@btiliternet.com</u>  |
|                  | not total beginners        |                                       |   |
| Modposday        | The North-East             | Mosting point                         | Contact us on 07767 238942              |
| Wednesday        | Norfolk Conservation       | Meeting point for shared lift in      |   |
| 1.0 - 3.40pm     |                            |                                       | nencv@protonmail.com                    |
|                  | A range of different       | North Walsham.                        | www.tcv.org.uk/norfolk<br>Facebook:     |
|                  | activities; can start      |                                       |   |
|                  | gently and build up.       |                                       | @northeastnorfolkconservationvolunteers |
|                  | 18+, regardless of         |                                       |   |
| NA/ - d d -      | capabilities.              | CL December 1                         | Warra Maran                             |
| Wednesday        | Slimming World             | St Benet Hall,                        | Karen Mason                             |
| 3x sessions at:  |                            | St Nicholas                           | kl.mason@yahoo.co.uk                    |
| 4pm; 5.30pm; 7pm |                            | Church                                | 07883 025488<br>01603 405536            |
| Wednesday        | Funky Feet                 | Sacred Heart                          | Vicky Feetham                           |
| 4.30 – 9.45pm    | Acrobatics & Dance         | Church Hall                           | Tel: 07535 669190                       |
| 4.30 – 3.43piii  | classes for various        | Cital Cit Hall                        | vfeetham@googlemail.com                 |
|                  |                            |                                       | <u>vieetham@googleman.com</u>           |
| Modposday        | ages<br>YOGA               | Community                             | Donna                                   |
| Wednesday        | TOGA                       | Community                             |   |
| 6.15 – 8pm       |                            | Centre,                               | 07799 708696                            |
| NA/ - d d -      | No fall Comments           | New Road                              | Dana yang landara                       |
| Wednesday        | Norfolk Camerata           | St Nicholas                           | Rosemary Jackson                        |
| 7.30 – 9.30pm    | Choir                      | Room<br>(in Church on 3 <sup>rd</sup> | 01603 279541                            |
|                  | Everyone welcome –         | Wednesday of                          |   |
|                  | no auditions               | month – apart                         |   |
|                  | £50 per term (x3 / yr)     | from Jan & Feb)                       |   |
| Thursday         | Community                  | Various routes                        | Book ahead by ringing:                  |
| from 9.30am      | Transport                  | to main towns                         | 01692 500840                            |
| 1101113.304111   | DialaRide Minibus          | £5.00                                 | info@nnct.org.uk                        |
|                  | Pick up & return           |                                       | www.nnct.org.uk                         |
|                  | home.                      |                                       | www.mocro.gran                          |
| Thursday         | Community Fridge           | Salvation Army                        | Envoy Ruth Morey                        |
| 9.30 – 10.30am   | ,                          | Hall,                                 | 01692 403955                            |
|                  |                            | Hall Lane                             | ruth.morey@salvationarmy.org.uk         |
| Thursday         | Coffee morning             | St Benet Hall,                        | Church office                           |
| 9:30 – 11.30am   |                            | St Nicholas                           | 01692 408971                            |
|                  |                            | Church                                | saintnicholasnw@gmail.com               |
| Thursday         | Stay and Play              | Methodist Hall,                       | www.gov.uk/earlychildhood               |
| 9.00 – 12.00am   | Action for Children        | Grammar School                        |   |
| 3.00 12.000.     | . Issuer Issuer Simulation | Rd                                    |   |
|                  |                            | 110                                   |   |
|                  | 1                          | <u>l</u>                              |   |



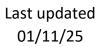


| Thursday        | Art Class               | Community             | Alan Ganney                              |
|-----------------|-------------------------|-----------------------|--|
| 9.00 – 12.00am  | Pre-booking required    | Centre,               | 01692 650594                             |
|                 | 8 141                   | New Road              |  |
| Thursday        | Cameo Café              | Furze Hill            | Envoy Ruth Morey                         |
| 10.00 – 3.00pm  | NW Dementia             | Resource              | 01692 403955                             |
|                 | Support Group           | Centre,               | ruth.morey@salvationarmy.org.uk          |
|                 | Activities & lunch for  | Happisburgh           | <u></u>                                  |
|                 | people with             | Road                  |  |
|                 | dementia, and others.   |                       |  |
|                 | £10 (£5 for half day –  |                       |  |
|                 | no lunch)               |                       |  |
| Thursday        | Coffee morning          | Salvation Army        | Envoy Ruth Morey                         |
| 10.00 – 12noon  | Including               | Hall,                 | 01692 403955                             |
|                 | Conversation Table      | Hall Lane             | ruth.morey@salvationarmy.org.uk          |
|                 | for Deaf Café           |                       |  |
|                 |                         |                       |  |
|                 |                         |                       |  |
| Thursday        | <b>Bounce and Rhyme</b> | North Walsham         | 01692 402482                             |
| 10.45 – 11.00am | Songs and social time   | Library               | North.walsham.lib@norfolk.gov.uk         |
|                 | for under 5s & their    |                       | Facebook: North Walsham Library          |
|                 | adults – stay and chat  |                       |  |
| Thursday        | Good Fit                | Methodist Hall,       | Richard or Maggie                        |
| 1.00 – 3.00pm   | Keep Fit class for      | Grammar School        | 01692 615166                             |
|                 | over-50's               | Rd                    | Tompkins.richard@gmail.com               |
| Thursday        | Digital Support         | North Walsham         | 01692 402482                             |
| 2.00 – 3pm      | Bookable                | Library               | North.walsham.lib@norfolk.gov.uk         |
|                 | appointments            |                       | Facebook: North Walsham Library          |
| Thursday        | Young Carers            | St Benet Hall,        | Alice Stevenson                          |
| 6.30 – 8.30pm   | (8 – 18 years)          | St Nicholas           | alice.stevenson@benjaminfoundation.co.uk |
| (Term time)     |                         | Church                | 07880 242374                             |
| Thursday        | Choir Practice          | Salvation Army        | Envoy Ruth Morey                         |
| 6.30pm          | Any age                 | Hall,                 | 01692 403955                             |
|                 |                         | Hall Lane             | ruth.morey@salvationarmy.org.uk          |
| Thursday        | Scouts                  | 1 <sup>st</sup> North | All enquiries:                           |
| 7 – 9pm         | 10.5 – 14 years         | Walsham Scout         | northwalshamscouts@hotmail.com           |
|                 |                         | Hut, Midland Rd       |  |
| Thursday        | Police Cadets           | In North              | Colin Dutton                             |
| 7.00 – 9.00pm   |                         | Walsham               | <u>cadets@norfolk.police.uk</u>          |
| (Term time)     |                         |                       |  |
| Thursday        | North Walsham Air       | NW Primary            | Flt Lt Alan Stevens                      |
| 7.00 – 9.30pm   | Cadets                  | School                | Oc.2110@rafac.mod.gov.uk                 |
|                 |                         | Manor Road            |  |
|                 |                         |                       |  |





| Thursday             | Community Band                   | Salvation Army         | Envoy Ruth Morey                 |
|----------------------|----------------------------------|------------------------|----------------------------------|
| 8pm                  | Any player, any age or           | Hall,                  | 01692 403955                     |
|                      | ability                          | Hall Lane              | ruth.morey@salvationarmy.org.uk  |
| Friday               | New Life Tots                    | New Life               | Suzie Schaitel                   |
| 9.00 – 11.00am       | £1.50 per family                 | Building,              | suzie@newlifenorthwalsham.com    |
| (Term time)          | ,                                | Laundry Loke           |                                  |
| Friday               | <b>Cuddles and Catch Up</b>      | St Benet Hall          | Annabel Higgins                  |
| 9.00 – 1pm           | For mums and                     | St Nicholas            | annabelhiggins@hotmail.com       |
|                      | pre-school babies &              | Church                 |                                  |
|                      | toddlers                         |                        |                                  |
| Friday               | NN Community                     | Outing to              | Book ahead by ringing:           |
| from 9.30am          | Transport                        | Wroxham –              | 01692 500840                     |
| home pick up.        | <b>DialaRide Minibus</b>         | there for about        | <u>info@nnct.org.uk</u>          |
|                      | Pick up & return                 | 90 minutes             | www.nnct.org.uk                  |
|                      | home.                            |                        |                                  |
|                      | £6.00 per outing                 |                        |                                  |
| Fridays              | Yoga                             | Sacred Heart           | Nina O'Brien                     |
| 9.30 – 11am          |                                  | Parish Hall            | 07999 982291                     |
|                      |                                  |                        | 01692 407537                     |
|                      |                                  |                        | ninaboydobrien@hotmail.com       |
| Friday               | Singing for Breathing            | Sports Centre,         | Nicky Childerhouse               |
| 10.15 – 11.45am      |                                  | Spenser Ave            | 07792 757474                     |
|                      |                                  |                        | nicky@playingforcake.uk          |
| Friday               | NW Men's Shed                    | Salvation Army         | Ray Winder                       |
| 10 - 1pm             | Learn new skills/share           | Activity Centre        | 07500 019202                     |
|                      | your skills/socialise            | Furze Hill             | nwmensshed@gmail.com             |
| Friday               | Spanish Conversation             | North Walsham          | 01692 402482                     |
| 11 – 12noon          |                                  | Library                | North.walsham.lib@norfolk.gov.uk |
| e data               | 1 -1 - 0                         | NI - alla NAZ-lala - a | Facebook: North Walsham Library  |
| Friday               | Just a Cuppa                     | North Walsham          | 01692 402482                     |
| 2.00 – 3.30pm        | A friendly chat, cup of          | Library                | North.walsham.lib@norfolk.gov.uk |
| Ful do.              | tea and a jigsaw                 | North Walsham          | Facebook: North Walsham Library  |
| Friday               | Chess club For adults & children |                        | 01692 4024820                    |
| 4.15 – 6.00pm        |                                  | Library                | North.walsham.lib@norfolk.gov.uk |
| Eriday               | (10+)<br>Cub Scouts              | 1 <sup>st</sup> North  | All enquiries to:                |
| Friday<br>6.30 – 8pm | 8 – 10.5 years                   | Walsham Scout          | northwalshamscouts@hotmail.com   |
| 0.30 – opili         | 0 – 10.3 years                   | Hut, Midland Rd        | northwaishamscouts@nothlan.com   |
| Saturday             | Parkrun                          | North Walsham          | northwalsham@parkrun.com         |
| 9am                  | IGINIUII                         | High School            | www.parkrun.org.uk               |
| Saturday             | Funky Feet                       | St Benet Hall          | Vicky Feetham                    |
| 9.30 – 1pm           | Dance and Acrobatics             | St Nicholas            | Tel: 07535 669190                |
| 5.50 Ipili           | Dance and Acrobatics             | Church rooms           | vfeetham@googlemail.com          |
|                      |                                  | Charchiloums           | vicetianie googiciian.com        |
|                      | 1                                |                        |                                  |

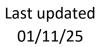




| Saturday       | <b>Beaver Scouts</b> | 1 <sup>st</sup> North | All enquiries to:                |
|----------------|----------------------|-----------------------|----------------------------------|
| 10.30 – 12noon | 6 – 8 years          | Walsham Scout         | northwalshamscouts@hotmail.com   |
|                |                      | Hut, Midland          |                                  |
|                |                      | Rd.                   |                                  |
| Saturday       | LEGO (& Duplo) Club  | North Walsham         | 01692 402482                     |
| 11.00 – 1.00pm | Children/families    | Library               | North.walsham.lib@norfolk.gov.uk |
| Saturday       | <b>Cub Scouts</b>    | 1 <sup>st</sup> North | All enquiries to:                |
| 2.00 - 3.30pm  | 8 – 10.5 years       | Walsham Scout         | northwalshamscouts@hotmail.com   |
|                |                      | hut, Midland Rd.      |                                  |
| Saturday       | N W Chess Club       | NW Phoenix            | Contact Olly at                  |
| 3.30 – 5.30pm  | Age 13+              | Group                 | northwalshamchessclub@gmail.com  |
|                | All skill levels     | 3 Market Place        |                                  |
|                | welcome              |                       |                                  |

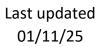
# **Monthly Activities**

| Day and Time                                | Activity                    | Venue        | Contact                          |
|---|-----------------------------|--------------|----------------------------------|
| Monday (alternate                           | Scrabble Club               | North        | 01692 402482                     |
| weeks)                                      |                             | Walsham      | North.walsham.lib@norfolk.gov.uk |
| 11.00 – 1pm                                 |                             | Library      | Facebook: North Walsham Library  |
| Monday Monthly                              | Tea Dance                   | Community    | Barrie Eke                       |
| 2 – 4.40pm                                  | Monthly social dance        | Centre,      | 01603 736155                     |
|   | £3 including refreshments   | New Road     |                                  |
| 3 <sup>rd</sup> Tuesday                     | <b>Coffee Morning</b>       | Black Swan   | Karl Bloor                       |
| 10.00 – 12noon                              | Join Vision Norfolk and     | pub          | 07864 615929                     |
|   | other local people with     |              | karl.bloor@visionnorfolk.org.uk  |
|   | sight loss for a chat       |              |                                  |
| 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday | Playing for Cake            | Sacred Heart | David Moore                      |
| every month                                 | Singing for health, harmony | Church Hall  | david@playingforcake.uk          |
| 10.30 – 12noon                              | and happiness               |              |                                  |
|   |                             |              |                                  |
| 2 <sup>nd</sup> Tuesday                     | Parkinson's North Norfolk   | Sacred Heart | Andy Harding                     |
| 10.30 – 12.30pm                             | Social and information      | Church Hall  | 01603 782667                     |
|   | sharing for anyone affected |              | andy@thehardings.uk              |
|   | by Parkinson's              |              |                                  |
| 2 <sup>nd</sup> Tuesday                     | Bereavement Café            | North        | 01692 402482                     |
| 11 – 12noon                                 | Free hot drink and a chat   | Walsham      | North.walsham.lib@norfolk.gov.uk |
|   |                             | Library      | Facebook: North Walsham Library  |
| 1st Tuesday                                 | Breastfeeding Support       | North        | 01692 402482                     |
| 1.30 – 3pm                                  | Support, friendship and     | Walsham      | North.walsham.lib@norfolk.gov.uk |
|   | advice                      | Library      | Facebook: North Walsham Library  |



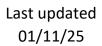


| 2 <sup>nd</sup> Tuesday                    | NW Mothers' Union            | St Nicholas   | Steph Cooper   |
|--|------------------------------|---------------|--|
| 2 – 3.30pm                                 | Meetings begin with a short  | Church Room   | 01692 408994   |
| 2 – 3.30pm                                 | service, followed by a guest | Church Room   | Steph251490@googlemail.com                           |
|  | speaker, and finishes with   |               | <u>steph251490@googleman.com</u>                     |
|  | tea, biscuits and chat.      |               |  |
| 1 <sup>st</sup> Tuesday                    | •                            | Black Swan    | Joseph Pallard                                       |
| •  | Afternoon Bingo              | theatre       | Joseph Ballard<br>01692 500006                       |
| 2.30pm                                     | £5 a book, prizes and cash   | theatre       |  |
| 2rd Tuesday                                | prizes                       | Black Swan    | info@blackswanpubtheatre.co.uk                       |
| 3 <sup>rd</sup> Tuesday                    | Afternoon Quiz               |               | Joseph Ballard<br>01692 500006                       |
| 2.30pm                                     |                              | theatre       |  |
| 1st Q 2rd Tuesday                          | North Norfolk Youth          | Black Swan    | info@blackswanpubtheatre.co.uk                       |
| 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday  | Theatre                      | theatre       | Joseph Ballard<br>01692 500006                       |
| 5.15 – 6.15pm                              |                              | tileatre      |  |
| 1st Tuesday                                | for 8–16-year-olds • FREE    | Black Swan    | info@blackswanpubtheatre.co.uk                       |
| 1 <sup>st</sup> Tuesday                    | Royal Airforces Association  | theatre       |  |
| 7.30pm                                     | (RAFA)                       | Black Swan    | Conduc Tombons                                       |
| 3rd Tuesday                                | Royal British Legion         | Black Swan    | Sandra Topham<br>sitopham@yahoo.com                  |
| 7.30pm                                     |                              |               | 07739 330255   |
| and Q 4th Turneday                         | NNA/ Dhata manhia Guarra     | Calvatian     |  |
| 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday  | NW Photographic Group        | Salvation     | Trevor or Liz Fiddy                                  |
| 7.30 – 9.30pm                              | Our aim is to promote and    | Army Hall     | 01692 582793   |
|  | facilitate the hobby of      | Hall Lane     | Members have a wide range of                         |
|  | photography at all levels    | (01692)       | experiences which they willingly share.              |
|  | e.g. mobile phones, tablets, | 581981 and    | <u>Lizfiddy17@gmail.com</u>                          |
| 4 St NAZ - d d -                           | digital SLR.                 | 07900221760   | A. 1 B. 4  |
| 1 <sup>st</sup> Wednesday                  | Nelson Quilters              | St Benet Hall | Aileen McFayden<br>01263 721257                      |
| 9 – 1pm                                    | Quilting/knitting/crocheting | Behind St     |  |
|  | Socialising, drinks & cake   | Nicholas      | <u>aileenmcfayden@yahoo.co.uk</u>                    |
|  | £25 per year                 |               |  |
| 2 <sup>nd/</sup> 4 <sup>th</sup> Wednesday | Lighthouse Lunch             | Lessingham    | Ros Peedle   |
| 10.30 – 12.30pm                            | And Coffee Morning           | Chapel,       | 01692 405591   |
|  | Free, contribution welcome   | Ingham Road.  | Ros.peedle@live.co.uk                                |
| 1 <sup>st</sup> Wednesday                  | Men's Support Group          | Salvation     | Richard.durrant@salvationarmy.org.uk                 |
| 11 – 12.30pm                               |                              | Army Hall     | - Indiana and an |
| 11 12.30pm                                 |                              | , arriy rian  |  |
| 2 <sup>nd</sup> & 4 <sup>th</sup>          | Nimble Fingers               | Methodist     | Bridget Hughes                                       |
| Wednesday                                  | Knit & Natter group          | Church,       | 01692 404501   |
| 2.00 – 3.30pm                              |                              | Grammar       |  |
|  |                              | School Road   |  |
| 3 <sup>rd</sup> Wednesday                  | North Walsham WI             | St Nicholas   | Helen Heap   |
| 7pm  | Speakers, crafts and outings | Room          | rockbunsandrollingpins@gmail.com                     |
|  | for women over 18 yrs        |               |  |
|  | Annual subs £51              |               |  |





| 3 <sup>rd</sup> Wednesday | Evening Bingo               | Black Swan     | Joseph Ballard                     |
|---------------------------|-----------------------------|----------------|------------------------------------|
| 7.30pm                    | £5 a book. Cash and prizes. | theatre        | 01692 500006                       |
|                           | •                           |                | info@blackswanpubtheatre.co.uk     |
| Alternate Wed             | Women's Wellness            | Black Swan     | Helen Richardson (Chair)           |
| 1.30pm                    | Support and friendship      | pub            | 07368 941174                       |
| & 2nd Wed                 | group for women of all ages |                | Womenswellness22@gmail.com         |
| 7.30pm                    |                             |                | Facebook:                          |
|                           |                             |                | Women's wellness                   |
|                           |                             |                | northwalsham                       |
| Last Wednesday at         | Pub Quiz                    | Black Swan     | Joseph Ballard                     |
| 7.30pm                    | Teams of 4-6, £2 each,      | theatre        | 01692 500006                       |
|                           | advance booking             |                | info@blackswanpubtheatre.co.uk     |
|                           | recommended                 |                |                                    |
| 2 <sup>nd</sup> Thursday  | Space4U                     | Emmanuel       | Helen Daniels                      |
| 10 – 12noon               | Coffee morning for parents  | Church,        | 01263 734409                       |
|                           | & carers of children &      | Cawston Road   | 07890 661683                       |
|                           | young people with           | AYLSHAM        | Helen.brock@btopenworld.com        |
|                           | additional/complex needs    | NR11 6BX       |                                    |
| 3 <sup>rd</sup> Thursday  | Lighthouse Lunch            | Lessingham     | Ros Peedle                         |
| 12 – 2pm                  | Booking Essential           | Chapel,        | 01692 405591                       |
|                           | (£7)                        | Ingham Road.   | Ros.peedle@live.co.uk              |
| Thursday                  | <b>Blood Donor Sessions</b> | Community      | 020 123 8324                       |
| 1.0 - 3.30pm              | twice a month               | Centre,        | <u>www.blood.co.uk</u>             |
| 4.30 –7.00pm              |                             | New Road       |                                    |
| 2 <sup>nd</sup> Thursday  | u3a Sings                   | Sacred Heart   | www.northwalshamu3a.org/contact-us |
| 1.45 – 2.45pm             |                             | Church Hall    |                                    |
|                           |                             |                |                                    |
| 1 <sup>st</sup> Thursday  | Home Education Lego Club    | North          | 01692 402482                       |
| 1.30 – 2.30pm             |                             | Walsham        | North.walsham.lib@norfolk.gov.uk   |
|                           |                             | Library        | Facebook: North Walsham Library    |
| 3 <sup>rd</sup> Thursday  | NW & District Horticultural | Jubilee Room   | Ann Wilkinson 01692 500710         |
| 2pm                       | Society (Gardening Club)    | Community      | widgetwilk@gmail.com               |
|                           | Meetings include speakers   | Centre,        |                                    |
|                           | on a range of subjects      | New Road       | Gill Wright 01263 833091           |
| 4 <sup>th</sup> Thursday  | North Walsham and           | Sacred Heart   | Sue Bloomfield (Chair & Secretary) |
| 2.30 – 4.30pm             | Bradfield Flower Club       | Church Hall    | 01692 500440                       |
|                           | Demonstrations, outings     |                | susan@bloomfield11.plus.com        |
|                           | and workshops; raffle of    |                |                                    |
|                           | flower arrangements         |                |                                    |
| and the second            |                             |                |                                    |
| 1 <sup>st</sup> Friday    | Slimming World              | St Benet Hall, | Karen Mason                        |
| 9.30 – 12                 | Coffee and Pamper session   | St Nicholas    | kl.mason@yahoo.co.uk               |
| (Not school               | Hand treatments & Facials   | Church         | 07883 025488                       |
| holidays)                 | Free Raffle                 |                | 01603 405536                       |





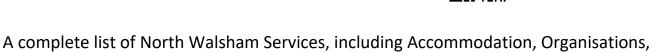
| 2 <sup>nd</sup> and last Friday | Mustard Seed Quilters                | St Nicholas   | Ros Peedle                                  |
|---------------------------------|--------------------------------------|---------------|---|
| 9.30 – 2.30pm                   | Mainly quilting                      | Church rooms  | 07976 720440                                |
| 9.30 – 2.30pm                   | Bring your own lunch.                | Charchitoonis | Ros.peedle@live.co.uk                       |
|                                 | £15 per term (3x per yr)             |               | Nos.peedie@five.co.uk                       |
| 3 <sup>rd</sup> Friday          | Book Circle                          | Methodist     | Sandra Parsons                              |
| 10.00 – 11.00am                 | Book en die                          | Church,       | 01692 503018                                |
| 10.00 11.000                    |                                      | Grammar       | 01032 300010                                |
|                                 |                                      | School Road   |   |
| 3 <sup>rd</sup> Friday          | Norfolk Community Law                | Phoenix       | Mobile Legal Adviser                        |
| 10 – 2pm                        | Service                              | Centre        | 01603 496623                                |
| (Alternate months               | Free legal advice about:             |               | info@ncls.co.uk                             |
| from January                    | Debt; domestic abuse;                |               | www.ncls.co.uk                              |
| 2026)                           | immigration; family court;           |               |   |
| •                               | welfare rights.                      |               |   |
| Last Friday of                  | Senior Citizens Lunch Club           | Black Swan    | Joseph Ballard                              |
| month                           | Lunch £10 (2 courses)                |               | 01692 500006                                |
| 1-30 – 2.30pm                   |                                      |               | info@blackswanpubtheatre.co.uk              |
| Friday                          | <b>Good Companions</b>               | St Nicholas   | Janet Grimes                                |
| Alternate week                  | Social club – Bingo, raffles,        | Church rooms  | 0755 3212463                                |
| 1.30 – 4pm                      | dominoes, teas and cake              |               | Janetgrimes5@aol.com                        |
| 2 <sup>nd</sup> Friday          | The Wide-Awake Club                  | Sacred Heart  | Sally Theodore                              |
| 2 – 3pm                         | Support and information              | Church Hall   | 07867 528020                                |
|                                 | for people with                      |               | Thewideawakeclub100@gmail.com               |
|                                 | fibromyalgia and ME                  |               |   |
| 3 <sup>rd</sup> Friday          | u3a Brain games                      | Sacred Heart  | www.northwalshamu3a.org/contact-us          |
| 2 – 4pm                         |                                      | Church Hall   |   |
| 1 <sup>st</sup> Friday          | North Walsham u3a                    | Sacred Heart  | www.northwalshamu3a.org/contact-us          |
| 2.15pm                          | Varied, informative, and             | Church Hall   |   |
|                                 | entertaining events and              |               |   |
|                                 | activities for people who            |               |   |
|                                 | are retired or no longer             |               |   |
|                                 | working full time.                   |               |   |
| Friday                          | Attic Youth Club                     | New Life      | Suzie Schaitel                              |
| Fortnightly in term             | For school years 7-13 of             | Building,     | suzie@newlifenorthwalsham.com               |
| time                            | High School and 6 <sup>th</sup> form | Laundry Loke  |   |
| 7.30 – 9pm                      | Free                                 |               |   |
| Last Friday of                  | KARAOKE                              | Black Swan    | Joseph Ballard                              |
| month                           | A night of music and song            | pub           | 01692 500006 info@blackswanpubtheatre.co.uk |
| 8pm                             | with friendly vibes!                 |               | www.blackswanpubtheatre.co.uk               |
| Saturday                        | NW Players Table-Top Sale            | Community     | Colin Jeary                                 |
| Monthly from Sept               | Supporting the work of the           | Centre,       | 01692 402116                                |
| 9.00 – 12noon                   | NW Players Actor group               | New Road      | jeabol@aol.com                              |
|                                 | 7,7 1,111111 8,124                   |               | <u>, </u>                                   |



| 3 <sup>rd</sup> Saturday | North Walsham Deaf Café           | Salvation | Wendy Murphy                         |
|--------------------------|-----------------------------------|-----------|--------------------------------------|
| 10.0 – 12noon            | Anyone hearing impaired,          | Army,     | wpmurphy@gmx.com                     |
|                          | BSL users and learners, all       | Hall Lane |                                      |
|                          | welcome. No charge.               |           |                                      |
| 3 <sup>rd</sup> Saturday | Saturday Reads                    | North     | 01692 402482                         |
| 10.30 – 11.30am          | Discuss books chosen by           | Walsham   | North.walsham.lib@norfolk.gov.uk     |
|                          | the friendly group                | Library   | Facebook: North Walsham Library      |
| 3 <sup>rd</sup> Saturday | Phoenix Line Dance                | Community | Kathy on 07967 019442                |
| 7.30 – 11.00pm           | Socials                           | Centre,   | Or Mel on 07769 944996               |
|                          |                                   | New Road  | <pre>phoenixldc@btinternet.com</pre> |
| 2 <sup>nd</sup> Sunday*  | Car Boot Sale                     | Memorial  | North Walsham Town Council           |
| 8 – 12noon               | Free!                             | Park      | 01692 404114                         |
| April – Sept             | *1 <sup>st</sup> Sunday in August |           | townclerk@nwtc.org.uk                |
| Last Sunday              | Songs of Praise                   | Salvation | Envoy Ruth Morey                     |
| 4.00 – 5.00pm            |                                   | Army,     | 01692 403955                         |
|                          |                                   | Hall Lane | ruth.morey@salvationarmy.org.uk      |

More local information can be found on the North Walsham Community Portal at https://www.communitynetwork.northwalsham.org

You can use this QR Code to access this portal:



www.northwalshamguide.co.uk

For information on volunteering opportunities in North Walsham, please go to:

Entertainment and Sport can be found in the North Walsham Guide on:

www.volunteer.northwalsham.org

All information was correct at the time of the last update (1.11.25).

If you have details of any changes: updates, additional information or amendments, please call Good Neighbours on 01692 558321 or email us on <a href="mailto:gensec@nwgoodneighbour.org.uk">gensec@nwgoodneighbour.org.uk</a>.