

Activities in North Walsham

Weekly Activities

Day and Time	Activity	Venue	Contact
Mon – Friday 6.30 – 10pm Sat 7-6; Sun 8-6	Swimming, gym. Also: Cardiac & Pulmonary Rehab; Escape Pain; Exercise Referral; Buggy Workout; Move More Membership (low incomes/benefits) Healthy Ageing Membership (66+).	Victory Swim and Fitness Centre, Station Road.	01692 409370 www.everyoneactive.com
Various days and times	North Norfolk Vikings Swimming Club Range of ages and swimming abilities	Ditto	Admin@northnorfolkvikings.co.uk www.northnorfolkvikings.co.uk
Mon – Friday 7-9pm Sat & Sun 8-6	Swimming, gym. Also: Fitness Classes, Squash	Rossis Leisure, Tungate Road	01692 404966 reception@rossisleisure.com www.rossis.co.uk
Wed – Sunday 10 – 8/9pm	Ten-pin bowling and soft play	JR's (next to Rossis)	01692 407793 jrs@rossisleisure.com
Mon/Frid 6-10pm Tue/Wed/Thur. 6-9pm Saturday 9-2pm Sunday 9-12noon	Sporting Activities	North Walsham Sports Centre, Spenser Ave.	01692 402293 Everyone active.com
Wide variety of fitness classes during the week	Yendell's Health and Wellness Hub	Folgate Road	07974 726036 Email: yendellshub@gmail.com www.yendellshub.com
Numerous foot- ball teams for all ages and genders	North Walsham Town FC	Green's Road	youthsecretary@northwalshamtownfc.com NorthWalshamTownFootballClub.com Established 1879 The Angels
Library open to all when staffed; extra hours and services* for members	Books, Computers*, Internet*, Scanning & Printing*, Study Space, Baby Weigh, Tricky Period Bags	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library (free to join)
Monday to Frid: Buses from 9.30; Accessible car can be earlier.	Community Transport DialaRide Minibuses and accessible car. Transport for shopping & other appointment	Pick up & return to your door.	Book by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk
Monday 9.30am	Community Transport Trips to various destinations	Pick up & return to door. (up to £8.50)	Ring for details: 01692 500840

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Monday 9.30 – 10.30am	Community Fridge	Salvation Army Hall, Hall Lane.	Rachel Payne 01692 403955
Monday 10.00 & 11.30am	Slimming World	St Benet's Hall, St Nicholas Church.	Karen Mason kl.mason@yahoo.co.uk 07883 025488 01603 405536
Monday 10 – 1pm	NW Men's Shed Learn new skills/share your skills/socialise	Contact Ray for details of meeting place	Ray Winder 07500 019202 nwmensshed@gmail.com
Mon. to Thursday 10 – 1; 1.30-3pm (by 2pm if advice sought)	Citizens Advice Drop-in advice sessions	Citizens Advice (Next to Café Kitale)	0800 144 8848 (Norfolk Citizens Advice) www.citizensadvice.org.uk
Monday 11 – 11.30am	Mini-Movers Songs & social time for toddlers/carers Stay on for cuppa & chat with parents	North Walsham Library	01692 402482 Run by staff North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Monday 11.00 – 1pm	Scrabble Club	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Monday 12.30 – 2.00pm	Lunch Club 2 course meal, tea or coffee – Open to all	Salvation Army Hall, Hall Lane.	Rachel Payne 01692 403955
Mondays 1.30 – 3.00pm	Knit and Natter Knitting, crochet & needlecraft	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Monday 2.00 – 3.00pm	Digital Support Bookable appointments	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Monday 2.00 – 3.30pm	Exercise for Older Adults Fall prevention/fitness Flexibility/Friendship	St Benet Hall, St Nicholas Church.	Steve Banks 07493 624851 foreverfitnessnorfolk@gmail.com www.foreverfitnessuk.com
Monday 2.00 – 3.30pm	Mardlers Art Club	Methodist's, Grammar School Road.	Just drop in
Monday 2.00 – 4.00pm	Lace Making Group Beginners welcome	Salvation Army Hall, Hall Lane.	Sandra Martins 01692 403444
Mondays 3.30 – 4.30pm	Colouring Club for Kids	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library

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Mondays 4.30–6.30 (7–13yr); 5.30–7.30 (13–18yr)	Red Loft Theatre Musical theatre class Term time only	The Atrium	07823 556312 www.redlofttheatre.com info@redlofttheatre.com
Monday 5.30 – 6.30pm	Children's Learners Brass	Salvation Army Hall, Hall Lane.	Richard Durrant Richard.durrant@salvationarmy.org.uk
Monday 6.00 – 10pm	Tabletop Gaming (£3/session)	St Benet Hall, St Nicholas Church.	Will northwalshamtabletopgaming@gmail.com
Monday 6.30 – 8pm	Touch Rugby Open to males and females over 14 yrs	Vikings NW Rugby Club, Old Norwich Rd.	Mark Scott msmarkscott@aol.com
Monday/Tue/Wed All groups are held in the evening	Girlguiding in North Walsham <i>Rainbows</i> 4–7yr (Mon) <i>Brownies</i> 7–10yr (Tue/Wed) <i>Guides</i> 10–14yr (Tue) <i>Rangers</i> 14–18 (Mon)	Aylsham Road, North Walsham, NR280BH	All enquiries for girls joining or for adult volunteers must go through the Go website What we do Girlguiding
Monday 8.00 – 9pm	AA meeting	Methodist's, Grammar School Road.	01603 621 128
Monday 7.00 – 9.30pm	North Walsham Air Cadets	NW Primary School, Manor Road.	Flt Lt Alan Stevens Oc.2110@rafac.mod.gov.uk
Monday 7.30 – 9pm	Invidia Voices Choir	Sacred Heart Church Hall, Norwich Road.	www.invidiavoices.co.uk 01603 464532 info@invidiavoices.co.uk
Tuesday 10:00 – 12noon	Mustard Seed Coffee morning	Methodist's, Grammar School Road.	Richard Riley 01692 403087
Tuesday 10.00 – 11.30am (Term-time)	New Life Parents Café Parents/carers of those with additional needs - free	The New Life Building, Laundry Loke.	Suzie Schaitel suzie@newlifenorthwalsham.com
Tuesday 10.00 – 11.30am	Exercise for Older Adults Fall Prevention Fitness Flexibility/Friends	St Benet Hall, St Nicholas Church.	Steve Banks 07493 624851 foreverfitnessnorfolk@gmail.com www.foreverfitnessuk.com

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Tuesday 10.00 – 3.00pm	Cameo Café Activities & lunch for people with dementia	Resource Centre, Happisburgh Road.	Joyce Lee Tue & Thurs only: 0300 3038430 ext. 209 Pilgrims' Friends Society
Tuesday 10.30 – 12noon	Creative Writing Groups	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Tuesday 2.15 – 3.15pm	German Conversation Club	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk
Tuesday 4 – 9.30pm	Funky Feet Dance	St Benet Hall, St Nicholas Church.	Vikki Feetham 07535 669190 vfeetham@googlemail.com
Tuesday 5.30 – 7pm	Beaver Scouts 6 – 8 years	1 st North Walsham Scout Hut, Midland Road.	All enquiries to: northwalshamscouts@hotmail.com
Tuesday 6.15-7 Beginners 7-7.45 Improvers	Line Dancing classes	Community Centre, New Road.	Christine Rushton 01692 780149 christinerushton5@gmail.com
Wednesday 9.30am	Community Transport Trips to various destinations	Pick up & return to door. (up to £8.50)	Ring for details 01692 500840
Wednesday 10 – 1pm	NW Men's Shed Learn new skills/share your skills/socialise	Contact Ray for details of meeting place	Ray Winder 07500 019202 nwmensshed@gmail.com
Wednesday 10 - 4pm	Wellbeing Wednesday Free cuppa and a chat – just drop in	Phoenix Group 1a St Nicholas Court	Phoenixgroup.northwalsham@gmail.com Also, has Community Pantry, School Uniforms and Swap-shop
Wednesday 11.30 – 12 12.30 - 1.00	Move & Connect For over 60s. Chair exercise, cuppa & chat. Must be booked in advance.	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk
Wednesday 1.15 – 3.15pm	Walk & Talk Just drop in - come back after for a free cuppa & chat	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Wednesday 1.30 – 3.30pm	Drop in and Draw Relaxed art club	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library

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Wednesday 1.30 – 3pm (Emergency delivery may be possible outside these hours)	North Norfolk Foodbank provides food parcels and energy bank for anyone with a referral voucher	St Nicholas Church Rooms <i>Referral voucher needed in advance*</i>	07826 376343 info@northnorfolk.foodbank.org.uk *Referrals through: NNDC Financial Inclusion 01263 516221, Citizens Advice, Social Services and other support organisations
Wednesday 1.15 – 4.30pm	North Walsham & District Bridge Club For medium & experienced players, not total beginners	Community Centre, New Road	Jane Barrett 01692 409930 Maxwell.barrett@btinternet.com
Wednesday 1.0 - 3.40pm	The North-East Norfolk Conservation Range of activities; start gently and build up. 18+, regardless of capabilities.	Meeting point for shared lift in North Walsham.	Contact us on 07767 238942 nencv@protonmail.com www.tcv.org.uk/norfolk Facebook: @northeastnorfolkconservationvolunteers
Wednesday 3x sessions at: 4pm; 5.30pm; 7pm	Slimming World	St Benet Hall, St Nicholas Church.	Karen Mason kl.mason@yahoo.co.uk 07883 025488 01603 405536
Wednesday 4.30 – 9.45pm	Funky Feet Acrobatics & Dance classes for various ages	Sacred Heart Church Hall, Norwich Road.	Vikki Feetham Tel: 07535 669190 vfeetham@googlemail.com
Wednesday 6.15 – 8pm	YOGA	Community Centre, New Road	Donna 07799 708696
Wednesday 7.30 – 9.30pm	Norfolk Camerata Choir All welcome – no auditions £50 per term (x3 /yr)	St Nicholas Room	Rosemary Jackson 01603 279541 (in Church on 3 rd Wednesday of month – apart from Jan & Feb)
Thursday from 9.30am	Community Transport DialaRide Minibus Pick up & return home.	Various routes to main towns £5.50	Book ahead by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk
Thursday 9.30 – 10.30am	Community Fridge	Salvation Army Hall, Hall Lane	Rachel Payne 01692 403955
Thursday 9:30 – 11.30am	Coffee morning	St Benet Hall, St Nicholas Church.	Church office 01692 408971 saintnicholasnw@gmail.com

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Thursday 9.00 – 12.00am	Stay and Play Action for Children	Methodist's, Grammar School Road	www.gov.uk/earlychildhood
Thursday 9.00 – 12.00am	Art Class Pre-booking required	Community Centre, New Road.	Alan Ganney 01692 650594
Thursdays 9.30am	Paracise Exercise Class / Move More Low intensity exercise to music. Focus on muscle strength, balance, flex & fun. £7/45m.	Community Centre, New Road.	Alexandra Watson 07917 833810 Watsonalexandra230@gmail.com
Thursday 10.00 – 3.00pm	Cameo Café Activities & lunch for people with dementia	Resource Centre, Happisburgh Rd	Joyce Lee Tue & Thurs only: 0300 3038430 ext. 209 Pilgrims' Friends Society
Thursday 10.00 – 12noon	Coffee morning Including <i>Conversation Table for Deaf Café:</i> 10 – 11	Salvation Army Hall, Hall Lane	Rachel Payne 01692 403955 <i>Deaf Café – Wendy Murphy</i> 01692 407508 or wpmurphy@gmx.com
Thursday 10.45 – 11.30am	Bounce and Rhyme Songs and social time for under 5s & their adults – stay and chat	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Thursday 1.00 – 3.00pm	Good Fit Keep Fit class for over- 50's	Methodist's, Grammar School Road	Richard or Maggie 01692 615166 Tompkins.richard@gmail.com
Thursday 2.00 – 3pm	Digital Support Bookable appointments	North Walsham Library	01692 402482 North.walsham.lib@norfolk.gov.uk Facebook: North Walsham Library
Thursday 6.30 – 8.00pm (Term time)	Young Carers (8 – 18 years)	St Benet Hall, St Nicholas Church	Alice Stevenson alice.stevenson@benjaminfoundation.co.uk 07880 242374
Thursday 6.45pm	Choir Practice Any age	Salvation Army Hall, Hall Lane	Rachel Payne 01692 403955
Thursday 7 – 8.30pm	NW People's Choir Welcomes everyone for singing, fun, drink and biscuits. £5/week	Black Swan theatre, Black Swan Loke.	Joseph Ballard New Stages 01692 500006 info@blackswanpubtheatre.co.uk
Thursday 7 – 9pm	Scouts 10.5 – 14 years	1 st North Walsham	All enquiries: northwalshamscouts@hotmail.com

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		Scout Hut, Midland Rd	
Thursday 7.00 – 9.30pm	North Walsham Air Cadets	NW Primary School, Manor Road	Flt Lt Alan Stevens Oc.2110@rafac.mod.gov.uk
Thursday 8pm	Community Band Any player, any age or ability	Salvation Army Hall, Hall Lane	Martin Siggins 01692 403955
Friday 9.00 – 11.00am (Term time)	New Life Tots £1.50 per family	New Life Building, Laundry Loke	Suzie Schaitel suzie@newlifenorthwalsham.com
Friday 9:30-11:30am	Cuddles and Catch Up Friendly Stay & Play For babies 0 – 2.5 yrs, parents and carers.	St Benet Hall, St Nicholas Church £2/family	Facebook page - cuddles and catchup Or, Church Office 01692 408971
Friday from 9.30am home pick up.	NN Community Transport DialaRide Minibus Pick up & return home. £7.00 per outing	Outing to Wroxham – there for about 90 minutes	Book ahead by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk
Fridays 9.30 – 11am	Yoga	Sacred Heart Parish Hall, Norwich Road	Nina O'Brien 07999 982291 01692 407537 ninaboydobrien@hotmail.com
Friday 10.15 – 11.45am	Singing for Breathing	Sports Centre, Spenser Ave.	Nicky Childerhouse 07792 757474 nicky@playingforcake.uk
Friday 10 - 1pm	NW Men's Shed Learn new skills/share your skills/socialise	Contact Ray for details of meeting place	Ray Winder 07500 019202 nwmensshed@gmail.com
Friday 11 – 12noon	Spanish Conversation	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Friday 2.00 – 3.30pm	Just a Cuppa A friendly chat, cup of tea and a jigsaw	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
Friday 4.15 – 6.00pm	Chess club For adults & children (10+)	North Walsham Library	01692 4024820 North.walsham.lib@libraries.norfolk.gov.uk
Friday 6.30 – 8pm	Cub Scouts 8 – 10.5 years	1 st North Walsham Scout Hut, Midland Rd	All enquiries to: northwalshamscouts@hotmail.com

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Saturday 9am	Parkrun	North Walsham High School	northwalsham@parkrun.com www.parkrun.org.uk
Saturday 9.00 – 1pm	Funky Feet Dance and Acrobatics	St Benet Hall, St Nicholas Church	Vikki Feetham Tel: 07535 669190 vfeetham@googlemail.com
Saturday 10.30 – 12noon	Beaver Scouts 6 – 8 years	1 st North Walsham Scout Hut, Midland Rd	All enquiries to: northwalshamscouts@hotmail.com
Saturday 11.00 - 12noon	Story time Stories and crafts run by staff	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk
Saturday 12.00 – 1.00pm	LEGO (& Duplo) Club Children/families	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk
Saturday 2.00 – 3.30pm	Cub Scouts 8 – 10.5 years	1 st North Walsham Scout Hut, Midland Rd	All enquiries to: northwalshamscouts@hotmail.com
Saturday 3.30 – 5.30pm	N W Chess Club Age 13+ All skill levels welcome	Phoenix Group 1a St Nicholas Court	Contact Olly at northwalshamchessclub@gmail.com

Monthly Activities

Day and Time	Activity	Venue	Contact
Monday Monthly 2 – 4.40pm	Tea Dance Monthly social dance £3 including refreshments	Community Centre, New Road	Barrie Eke 01603 736155
1 st and 3 rd Tuesday monthly 10.30 – 12noon	Playing for Cake Singing for health, harmony and happiness	Sacred Heart Church Hall, Norwich Road	Ellie & Rosie Glasgow 01263 340082 admin@playingforcake.uk
2 nd Tuesday 10.30 – 12.30pm	Parkinson's North Norfolk Social and information sharing for anyone affected by Parkinson's	Sacred Heart Church Hall, Norwich Road	Andy Harding 01603 782667 andy@thehardings.uk
2 nd Tuesday 12noon – 1pm	Bereavement Café Free hot drink and a chat	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Facebook: North Walsham Library
2 nd Tuesday 2 – 3.30pm	NW Mothers' Union Meetings begin with a short service, followed by a guest	St Nicholas Church Rooms	Steph Cooper 01692 408994 Steph251490@googlemail.com

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	speaker, and finishes with tea, biscuits and chat.		
1 st Tuesday 2.30pm	Afternoon Bingo £5 a book, prizes and cash prizes	Black Swan Theatre, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
3 rd Tuesday 2.30pm	Afternoon Quiz	Black Swan Theatre, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
1 st & 3 rd Tuesday 5.15 – 6.15pm	North Norfolk Youth Theatre for 8–16-year-olds • FREE	Black Swan Theatre, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
1 st Tuesday 7.30pm	Royal Airforces Association (RAFA)	Black Swan Theatre, Black Swan Loke	
4 th Tuesday 7.30pm	Royal British Legion	Black Swan Black Swan Loke	Sandra Topham sitopham@yahoo.com 07739 330255
2 nd & 4 th Tuesday 7.30 – 9.30pm 7-10 th May Annual Photo exhibition	NW Photographic Group To promote and facilitate the hobby of photography at all levels e.g. mobile phones, tablets, digital SLR.	Salvation Army Hall, Hall Lane	Trevor or Liz Fiddy 01692 582793 / 07900 221760 Members have a wide range of experiences which they willingly share. Lizfiddy17@gmail.com
Last Tuesday 11.00 - 12.30	Coffee Morning Join Karl from Vision Norfolk for friendly chat, advice and support regarding living life with vision impairment	North Walsham Library	01692 402482 North.walsham.lib@libraries.norfolk.gov.uk Karl Bloor 07864 615929 karl.bloor@visionnorfolk.org.uk
1 st Wednesday 9 – 1pm	Nelson Quilters Quilting/knitting/crocheting Socialising, drinks & cake £25 per year	St Benet Hall, Behind St Nicholas	Aileen McFayden 01263 721257 aileenmcfayden@yahoo.co.uk
2 nd /4 th Wednesday 10.30 – 12.30pm	Lighthouse Lunch And Coffee Morning Free, contribution welcome	Lessingham Chapel, Ingham Road	Ros Peedle 01692 405591 Ros.peedle@live.co.uk
1 st Wednesday 11 – 12.30pm	Men's Support Group	Salvation Army Hall, Hall Lane	Richard.durrant@salvationarmy.org.uk
3 rd Wednesday 10.30 – 12.30pm	Art Group All Welcome - Free cuppa and a chat – just drop in	Phoenix Group 1a St Nicholas Court	Phoenixgroup.northwalsham@gmail.com Also, has Community Pantry, School Uniforms and Swap-shop
2 nd & 4 th Wednesday 2.00 – 3.30pm	Nimble Fingers Knit & Natter group	Methodist Church, Grammar School Road	Bridget Hughes 01692 404501

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3 rd Wednesday 7pm	North Walsham WI Speakers, crafts and outings for women over 18 Annual subs £51	St Nicholas Church Rooms	Helen Heap rockbunsandrollingpins@gmail.com
3 rd Wednesday 7.30pm	Evening Bingo £5 a book. Cash and prizes.	Black Swan Theatre, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
1 st & 3 rd Wednesday 1.30pm	Women's Wellness Support and friendship group for women of all ages	Black Swan, Black Swan Loke	Michelle Schofield (Chair) Womenswellness22@gmail.com FB: Women'swellness northwalsham
Last Wednesday 7.30pm	Pub Quiz Teams of 4-6, £2 each, booking recommended	Black Swan Theatre, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
2 nd Thursday 10 – 12noon	Space4U Coffee morning for parents & carers of children & young people with additional/complex needs	Emmanuel Church, Cawston Road AYLSHAM NR11 6BX	Helen Daniels 01263 734409 07890 661683 Helen.brock@btopenworld.com
3 rd Thursday 12 – 2pm	Lighthouse Lunch Booking Essential (£7)	Lessingham Chapel, Ingham Road	Ros Peedle 01692 405591 Ros.peedle@live.co.uk
Thursday 1.0 – 3.30pm 4.30 – 7.00pm	Blood Donor Sessions twice a month	Community Centre, New Road	020 123 8324 www.blood.co.uk
2 nd Thursday 1.45 – 2.45pm	u3a Sings	Sacred Heart Church Hall	www.northwalshamu3a.org/contact-us
1 st Thursday 1.30 – 2.30pm	Home Education Lego Club	North Walsham Library	01692 402482 North.walsham.lib@library.norfolk.gov.uk Facebook: North Walsham Library
3 rd Thursday 2pm	NW & District Horticultural Society (Gardening Club) Meetings include speakers on a range of subjects	Jubilee Room, Community Centre, New Road	Ann Wilkinson 01692 500710 widgetwilk@gmail.com Gill Wright 01263 833091
4 th Thursday 2.30 – 4.30pm	North Walsham and Bradfield Flower Club Demonstrations, outings and workshops; raffle of flower arrangements	Sacred Heart Church Hall, Norwich Road	Sue Bloomfield (Chair & Secretary) 01692 500440 susan@bloomfield11.plus.com
2 nd Thursday 7 – 9pm	Deaf Pub Welcomes those practicing BSL or have an interest	Black Swan, Black Swan Loke	Wendy Murphy 01692 407508 wpmurphy@gmx.com
1 st Friday 9.30 – 12	Slimming World Coffee and Pamper session	St Benet Hall,	Karen Mason kl.mason@yahoo.co.uk

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(Not school holidays)	Hand treatments & Facials Free Raffle	St Nicholas Church	07883 025488 01603 405536
2 nd and last Friday 9.30 – 2.30pm	Mustard Seed Quilters Mainly quilting Bring your own lunch. £15 per term (3x per yr)	St Nicholas Church rooms.	Ros Peedle 07976 720440 Ros.peedle@live.co.uk
3 rd Friday 10.00 – 11.00am	Book Circle	Methodist's, Grammar School Road	Just drop in through the side door.
3 rd Friday 10 – 2pm (Alternate months from January 2026)	Norfolk Community Law Service Free legal advice about: Debt; domestic abuse; immigration; family court; welfare rights.	Phoenix Group 1a St Nicholas Court	Outreach Officer 01603 496623 outreach@ncls.co.uk www.ncls.co.uk
Last Friday of month 1-30 – 2.30pm	Senior Citizens Lunch Club Lunch £10 (2 courses)	Black Swan, Black Swan Loke.	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk
Friday Alternate week 1.30 – 4pm	Good Companions Social club – Bingo, raffles, dominoes, teas and cake	St Nicholas Church rooms	Janet Grimes 0755 3212463 Janetgrimes5@aol.com
2 nd Friday 2 – 3pm	The Wide-Awake Club Support and information for people with fibromyalgia and ME	Sacred Heart Church Hall, Norwich Road.	Sally Theodore 07867 528020 Thewideawakeclub100@gmail.com
3 rd Friday 2 – 4pm	u3a Brain games	Sacred Heart Church Hall.	www.northwalshamu3a.org/contact-us
1 st Friday 2.15pm	North Walsham u3a Informative & entertaining events/activities for retired people & those no longer working full time. Monthly general meeting with guest speakers & quizzes. Over 30 interest groups meet at other times	Sacred Heart Church Hall, Norwich Road.	www.northwalshamu3a.org/contact-us Full details of over 30 interest groups at: www.northwalshamu3a.org
Friday Fortnightly in term time 7.30 – 9pm	Attic Youth Club Free for school yrs 7-13 of High School and 6 th form	New Life Building, Laundry Loke.	Suzie Schaitel suzie@newlifenorthwalsham.com
Last Friday of month 8pm	KARAOKE A night of music and song with friendly vibes!	Black Swan, Black Swan Loke	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk www.blackswanpubtheatre.co.uk

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Saturday Monthly from Sept 9.00 – 12noon	NW Players Table-Top Sale Supporting the work of the NW Players Actor group	Community Centre, New Road.	Colin Jeary 01692 402116 jeabol@aol.com
3 rd Saturday 10.0 – 12noon	North Walsham Deaf Café Anyone hearing impaired, BSL users and learners, all welcome. No charge.	Salvation Army, Hall Lane.	Wendy Murphy 01692 407508 wpmurphy@gmx.com
3 rd Saturday 10.30 – 11.30am	Saturday Reads Discuss books chosen by the friendly group	North Walsham Library	01692 402482 North.walsham.lib@library.norfolk.gov.uk Facebook: North Walsham Library
3 rd Saturday 7.30 – 11.00pm	Phoenix Line Dance Socials	Community Centre, New Road.	Kathy on 07967 019442 Mel on 07769 944996 phoenixldc@btinternet.com
2 nd Sunday* 8 – 12noon April – Oct	Car Boot Sale Free! *1 st Sunday in August	Memorial Park	North Walsham Town Council 01692 404114 townclerk@nwtc.org.uk
Last Sunday 4.00 – 5.00pm	Songs of Praise	Salvation Army, Hall Lane.	Moyra Ketteringham 01692 403955

More local information can be found on the North Walsham Community Portal at:

www.northwalshamcommunitynetwork.co.uk



A complete list of North Walsham Services, including Accommodation, Organisations, Entertainment and Sport can be found in the North Walsham Guide on:

www.northwalshamguide.co.uk

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

www.volunteernorthwalsham.co.uk

Information was correct at the time of the last update (15.04.26).

If you have details of any changes: updates, additional information or amendments, please call us at Good Neighbours on 01692 558321 or email us on gensec@nwgoodneighbour.org.uk.