

## Activities in North Walsham

### Weekly Activities

Day and Time	Activity	Venue	Contact
Mon – Friday 6.30 – 10pm Sat 7-6; Sun 8-6	<b>Swimming, gym and other activities</b>	Victory Swim and Fitness Centre, Station Road.	01692 409370 <a href="http://www.everyoneactive.com">www.everyoneactive.com</a>
Mon – Friday 7-9pm Sat & Sun 8-6	<b>Gym, Swimming, Fitness Classes, Squash</b>	Rossis Leisure Tungate Rd	01692 404966 <a href="mailto:reception@rossisleisure.com">reception@rossisleisure.com</a> <a href="http://www.rossis.co.uk">www.rossis.co.uk</a>
Wed – Sunday 10 – 8/9pm	<b>Ten-pin bowling and soft play</b>	JR's (next to Rossis)	01692 407793 <a href="mailto:jrs@rossisleisure.com">jrs@rossisleisure.com</a>
Mon/Frid 6-10pm Tue/Wed/Thur 6-9 Saturday 9-2pm Sunday 9-12noon	<b>Sporting Activities</b>	North Walsham Sports Centre, Spenser Avenue	01692 402293 Everyone active.com
Wide variety of fitness classes during the week	<b>Yendell's Health and Wellness Hub</b>	Folgate Road	07974 726036 Email: <a href="mailto:yendellshub@gmail.com">yendellshub@gmail.com</a> <a href="http://www.yendellshub.com">www.yendellshub.com</a>
Numerous football teams for all ages and genders	<b>North Walsham Town FC</b>	Green's Rd	<a href="mailto:youthsecretary@northwalshamtownfc.com">youthsecretary@northwalshamtownfc.com</a> <a href="http://NorthWalshamTownFootballClub.com">NorthWalshamTownFootballClub.com</a>   <a href="#">Established 1879   The Angels</a>
Library open to all when staffed; extra hours and services* for members	<b>Computers*, Internet*, Scanning &amp; Printing*, Study Space, Baby Weigh, Tricky Period Bags</b>	North Walsham Library (free to join)	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Mon. to Friday 10 – 3pm (by 2pm if advice sought)	<b>Citizens Advice Drop-in advice sessions</b>	Citizens Advice (Next to Café Kitale)	0800 144 8848 (Norfolk Citizens Advice) <a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Monday/Tue/Wed All groups are held in the evening	<b>Girlguiding in North Walsham</b> Rainbows 4-7yr (Mon) Brownies 7-10yr (Tue/Wed) Guides 10-14yr (Tue) Rangers 14-18yr (Mon)	Aylsham Road, North Walsham, NR280BH	All enquiries for girls joining or for adult volunteers must go through the Go website  <a href="#">What we do   Girlguiding</a>
Monday 10.00 & 11.30am	<b>Slimming World</b>	St Benet's Hall, St Nicholas Church	Karen Mason <a href="mailto:kl.mason@yahoo.co.uk">kl.mason@yahoo.co.uk</a> 07883 025488 01603 405536
Monday 9.15 – 10.30am (Term time)	<b>Parent and Toddlers (£2)</b>	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>

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Monday 10 – 10.45am	<b>Age UK</b> Chair-based exercise	Sacred Heart Church Hall	<a href="mailto:Group-exercise@ageuknorwich.org.uk">Group-exercise@ageuknorwich.org.uk</a> 07442 549683
Monday 10 – 1pm	<b>NW Men's Shed</b> Learn new skills/share your skills/socialise	Atrium Sports Hub Spenser Road	Ray Winder 07500 019202 <a href="mailto:nwmensshed@gmail.com">nwmensshed@gmail.com</a>
Monday 11 – 11.15am	<b>Mini-Movers</b> Mum's stay on and chat	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Monday 11 – 12.30pm	<b>Community Fridge</b>	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Monday 11.45 – 12.30pm	<b>Multi-level circuit- based exercise</b>	Sacred Heart Church Hall	<a href="mailto:Group-exercise@ageuknorwich.org.uk">Group-exercise@ageuknorwich.org.uk</a> 07442 549683
Monday 12.30 – 2.00pm	<b>Lunch Club</b> 2 course meal, tea or coffee – Open to all	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Mondays 1.30 – 3.00pm	<b>Knit and Natter</b> Knitting, crochet & needlecraft	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Monday 2.00 – 3.00pm	<b>Digital Support with Callum</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Monday 2.00 – 4.00pm	<b>Mardlers Art Club</b>	Methodist Hall, Grammar School Rd	Just drop in
Monday 2.15 – 4.15pm	<b>Lace Making Group</b> Beginners welcome	Salvation Army Hall, Hall Lane	Sandra Martins 01692 403444
Mondays 3.30 – 4.30pm	<b>Colouring Club for Kids</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Mondays 4-9pm - various times/ages	<b>Red Loft Theatre Classes</b> Musical Theatre/Acting/Dance	Community Centre	07823 556312 <a href="http://www.redlofttheatre.com">www.redlofttheatre.com</a> <a href="mailto:info@redlofttheatre.com">info@redlofttheatre.com</a>
Monday 6.00 – 10pm	<b>Tabletop Gaming</b> (£3/session)	St Benet's Hall, St Nicholas Church	Will <a href="mailto:northwalshamtabletopgaming@gmail.com">northwalshamtabletopgaming@gmail.com</a>
Monday 6.30 – 8pm	<b>Touch Rugby</b> Open to males and females over 14 years	Vikings NW Rugby Club Old Norwich Rd	Mark Scott <a href="mailto:msmarkscott@aol.com">msmarkscott@aol.com</a>
Monday 7.00 – 9pm	<b>AA meeting</b>	Methodist Hall, Grammar School Rd	01603 621 128

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Monday 7.00 – 9.30pm	<b>North Walsham Air Cadets</b>	NW Primary Sch Manor Road	Flt Lt Alan Stevens <a href="mailto:Oc.2110@rafac.mod.gov.uk">Oc.2110@rafac.mod.gov.uk</a>
Monday 7.30 – 9pm	<b>Invidia Voices Choir</b>	Sacred Heart Church Hall	<a href="http://www.invidiavoices.co.uk">www.invidiavoices.co.uk</a> 01603 464532 <a href="mailto:info@invidiavoices.co.uk">info@invidiavoices.co.uk</a>
Monday to Friday Buses from 9.30am, accessible car can be earlier.	<b>Community Transport DialaRide Minibuses and accessible car.</b> Transport for shopping and medical appointments	Pick up & return to your door.	Book by ringing: 01692 500840 <a href="mailto:info@nnct.org.uk">info@nnct.org.uk</a> <a href="http://www.nnct.org.uk">www.nnct.org.uk</a>
Tuesday 10.00 – 11.30am (during term- time)	<b>New Life Parents Café</b> Parents/carers of those with additional needs - free	The New Life Building, Laundry Loke	Suzie Schaitel <a href="mailto:suzie@newlifenorthwalsham.com">suzie@newlifenorthwalsham.com</a>
Tuesday 10.00 – 3.00pm	<b>Cameo Café NW Dementia Support Group</b> Activities & lunch for people with dementia, and others. £10 (£5 for half day – no lunch)	Furze Hill Resource Centre, Happisburgh Road	Doreen Bland 01263 722355 07708 781722 <a href="mailto:blanddoreen5@gmail.com">blanddoreen5@gmail.com</a>
Tuesday 10:00 – 12noon	<b>Mustard Seed Coffee morning</b>	Methodist Hall, Grammar School Rd	Richard Riley 01692 403087
Tuesday 10.30 – 11.30am	<b>The Good Hour</b> Creative Writing Club	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Tuesday 10.15 – 11.00am	<b>Paracise at North Walsham</b> Low intensity exercise to music	Community Centre, New Road	Alexandra 07917 833810 <a href="mailto:watsonalexandra230@googlemail.com">watsonalexandra230@googlemail.com</a>
Tuesday 2 – 3pm	<b>German Conversation Club</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a>
Tuesday 4 – 9.30pm	<b>Funky Feet Dance</b>	St Benets Hall St Nicholas Church rooms	Vikki Feetham 07535 669190 <a href="mailto:vfeetham@googlemail.com">vfeetham@googlemail.com</a>
Tuesday 5.30 – 7pm	<b>Beaver Scouts</b> 6 – 8 years	1 <sup>st</sup> North Walsham Scout Hut, Midland Rd.	All enquiries to: <a href="mailto:northwalshamscouts@hotmail.com">northwalshamscouts@hotmail.com</a>
Tuesday 6.15-7 Beginners 7-7.45 Improvers	<b>Line Dancing classes</b>	Community Centre, New Road	01692 780149 <a href="mailto:Christinerushton5@gmail.com">Christinerushton5@gmail.com</a>

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Tuesday 7 – 8.00pm	<b>Pilates</b>	Methodist Hall, Grammar School Rd	Sonya 07789 456444 <a href="mailto:Sonya.m.p@hotmail.co.uk">Sonya.m.p@hotmail.co.uk</a>
Tuesday 7 – 8.30pm	<b>NW People's Choir</b> Welcomes everyone for singing, fun, drink and biscuits. £5/week	Black Swan theatre, Black Swan Loke	Joseph Ballard New Stages 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a>
Tuesday 7 – 8pm	<b>Yoga</b> All welcome	Community Centre, New Road	Jasmine <a href="mailto:jasminedewberyyoga@gmail.com">jasminedewberyyoga@gmail.com</a>
Wednesday 10 – 1pm	<b>NW Men's Shed</b> Learn new skills/share your skills/socialise (no charge)	Atrium Sports Hub Spenser Road	Ray Winder 07500 019202 <a href="mailto:nwmensshed@gmail.com">nwmensshed@gmail.com</a>
Wednesday 10.30 – 12noon	<b>Move &amp; Connect</b> Over 60s only	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a>
Wednesday 11.00 – 12noon	<b>French Conversation Club</b>	Phoenix Centre	Just drop in
Wednesday 12.45 – 2.45pm	<b>Walk &amp; Talk</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Wednesday 1.30 – 3.30pm	<b>Drop in and Draw</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Wednesday 1.30 – 3pm (Deliveries possible outside these hours)	<b>Foodbank</b> provides food parcels and energy bank vouchers for anyone with a voucher	St Nicholas Room/Church Electronic voucher needed from Citizens Advice*	Julie Hunter-Jennings 07826 376343 <a href="mailto:info@cromerdistrict.foodbank.org.uk">info@cromerdistrict.foodbank.org.uk</a> *Also, from North Norfolk Help Hub 01263 516353. <i>Contact Julie for other places</i>
Wednesday 1.15 – 4.30pm	<b>North Walsham &amp; District Bridge Club</b> For medium & experienced players, not total beginners	Community Centre, New Road	Jane Barrett 01692 409930 <a href="mailto:Maxwell.barrett@btinternet.com">Maxwell.barrett@btinternet.com</a>
Wednesday 3x sessions at: 4pm; 5.30pm; 7pm	<b>Slimming World</b>	St Benet's Hall, St Nicholas Church	Karen Mason <a href="mailto:kl.mason@yahoo.co.uk">kl.mason@yahoo.co.uk</a> 07883 025488 01603 405536
Wednesday 4.30 – 9.45pm	<b>Funky Feet</b> Acrobatics & Dance classes for various ages	Sacred Heart Church Hall	Vicky Feetham Tel: 07535 669190 <a href="mailto:vfeetham@googlemail.com">vfeetham@googlemail.com</a>

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Wednesday 6.15 – 8pm	<b>YOGA</b>	Community Centre, New Road	Donna 07799 708696
Wednesday 7.30 – 9.30pm	<b>Norfolk Camerata Choir</b> Everyone welcome – no auditions £50 per term (x3 / yr)	St Nicholas Room (in Church on 3 <sup>rd</sup> Wednesday of month – apart from Jan & Feb)	Rosemary Jackson 01603 279541
Thursday from 9.30am	<b>Community Transport DialaRide Minibus</b> Pick up & return home.	Various routes to main towns £5.00	Book ahead by ringing: 01692 500840 <a href="mailto:info@nnct.org.uk">info@nnct.org.uk</a> <a href="http://www.nnct.org.uk">www.nnct.org.uk</a>
Thursday 9.30 – 11.00am	<b>Community Fridge</b>	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Thursday 9:30 – 11.30am	<b>Coffee morning</b>	St Benet's Hall, St Nicholas Church	Church office 01692 408971 <a href="mailto:saintnicholasnw@gmail.com">saintnicholasnw@gmail.com</a>
Thursday 10.00 – 11.30am	<b>Stay and Play</b>	Methodist Hall, Grammar School Rd	<a href="http://www.gov.uk/earlychildhood">www.gov.uk/earlychildhood</a>
Thursday 10.00 – 3.00pm	<b>Cameo Café NW Dementia Support Group</b> Activities & lunch for people with dementia, and others. £10 (£5 for half day – no lunch)	Furze Hill Resource Centre, Happisburgh Road	Doreen Bland 01263 722355 07708 781722 <a href="mailto:blanddoreen5@gmail.com">blanddoreen5@gmail.com</a>
Thursday 10.00 – 12noon	<b>Coffee morning</b> Including Conversation Table for Deaf Cafe	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Thursday 10.45 – 11.1am5	<b>Bounce and Rhyme</b> Songs and rhymes for under 5s & their grown-ups – stay and chat	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Thursday 12.00 – 1pm	<b>Digital Support with Lyndsey</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Thursday 1.00 – 2.30pm	<b>Good Fit</b> Keep Fit class for over- 50's	Methodist Hall, Grammar School Rd	Richard or Maggie 01692 615166 <a href="mailto:Tompkins.richard@gmail.com">Tompkins.richard@gmail.com</a>

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Thursday (in term time) 6.30 – 8.30pm	<b>Young Carers</b> (8 – 18 years)	St Benet's Hall, St Nicholas Church	Alice Stevenson <a href="mailto:alice.stevenson@benjaminfoundation.co.uk">alice.stevenson@benjaminfoundation.co.uk</a> 07880 242374
Thursday 6.30pm	<b>Choir Practice</b> Any age	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Thursday 7 – 9pm	<b>Scouts</b> 10.5 – 14 years	1 <sup>st</sup> North Walsham Scout hut, Midland Rd.	All enquiries: <a href="mailto:northwalshamscouts@hotmail.com">northwalshamscouts@hotmail.com</a>
Thursday 7.00 – 9.00pm (in term time)	<b>Police Cadets</b>	In North Walsham	Colin Dutton <a href="mailto:cadets@norfolk.police.uk">cadets@norfolk.police.uk</a>
Thursday 7.00 – 9.30pm	<b>North Walsham Air Cadets</b>	NW Primary Sch Manor Road	Flt Lt Alan Stevens <a href="mailto:Oc.2110@rafac.mod.gov.uk">Oc.2110@rafac.mod.gov.uk</a>
Thursday 7.00 – 8.00pm	<b>Acapella Choir</b>	Methodist Hall, Grammar School Rd	<a href="mailto:harmonyacademyarts@gmail.com">harmonyacademyarts@gmail.com</a>
Thursday 8pm	<b>Community Band</b> Any player, any age or ability	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
Friday 9.00 – 11.00am (during term-time)	<b>New Life Tots</b> £1.50 per family	New Life Building, Laundry Loke	Suzie Schaitel <a href="mailto:suzie@newlifenorthwalsham.com">suzie@newlifenorthwalsham.com</a>
Friday from 9.30am home pick up.	<b>NN Community Transport DialaRide Minibus</b> Pick up & return home. £6.00 per outing	Outing to Wroxham – there for about 90 minutes	Book ahead by ringing: 01692 500840 <a href="mailto:info@nnct.org.uk">info@nnct.org.uk</a> <a href="http://www.nnct.org.uk">www.nnct.org.uk</a>
Fridays 9.30 – 11am	<b>Yoga</b>	Sacred Heart Parish Hall	Nina O'Brien 07999 982291 01692 407537 <a href="mailto:ninaboydobrien@hotmail.com">ninaboydobrien@hotmail.com</a>
Friday 10.15 – 11.45am	<b>Singing for Breathing</b>	Sports Centre, Spenser Rd	Nicky Childerhouse <a href="mailto:nicky@playingforcake.uk">nicky@playingforcake.uk</a>
Friday 12 – 3pm	<b>NW Men's Shed</b> Learn new skills/share your skills/socialise (no charge)	Atrium Sports Hub Spenser Road	Ray Winder 07500 019202 <a href="mailto:nwmensshed@gmail.com">nwmensshed@gmail.com</a>
Friday 2.00 – 3.30pm	<b>Just a Cuppa</b> A friendly chat, cup of tea and a jigsaw	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Friday 4.00 – 6.00pm	<b>Chess club</b> All ages/abilities	North Walsham Library	01692 4024820 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a>

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Friday 6.30 – 8pm	<b>Cub Scouts</b> 8 – 10.5 years	1 <sup>st</sup> North Walsham Scout hut, Midland Rd.	All enquiries to: <a href="mailto:northwalshamscouts@hotmail.com">northwalshamscouts@hotmail.com</a>
Saturday 9am	<b>Parkrun</b>	North Walsham High School	<a href="mailto:northwalsham@parkrun.com">northwalsham@parkrun.com</a> <a href="http://www.parkrun.org.uk">www.parkrun.org.uk</a>
Saturday 9.30 – 1pm	<b>Funky Feet Acrobatics</b>	St Benets Hall St Nicholas Church rooms	Vicky Feetham Tel: 07535 669190 <a href="mailto:vfeetham@googlemail.com">vfeetham@googlemail.com</a>
Saturday 10.30 – 12noon	<b>Beaver Scouts</b> 6 – 8 years	1 <sup>st</sup> North Walsham Scout hut, Midland Rd.	All enquiries to: <a href="mailto:northwalshamscouts@hotmail.com">northwalshamscouts@hotmail.com</a>
Saturday 11.00 – 1.00pm	<b>Lego Club</b> Children/families	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a>
Saturday 2.00 – 3.30pm	<b>Cub Scouts</b> 8 – 10.5 years	1 <sup>st</sup> North Walsham Scout hut, Midland Rd.	All enquiries to: <a href="mailto:northwalshamscouts@hotmail.com">northwalshamscouts@hotmail.com</a>
Saturday 3.30 – 5.30pm	<b>N W Chess Club</b> Age 13+ All skill levels welcome	NW Phoenix Group 3 Market Place	Contact Olly at <a href="mailto:northwalshamchessclub@gmail.com">northwalshamchessclub@gmail.com</a>

## Monthly Activities

Day and Time	Activity	Venue	Contact
Monday (alternate weeks) 11.00 – 1pm	<b>Scrabble Club</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
Monday Monthly 2 – 4.40pm	<b>Tea Dance</b> Monthly social dance £3 including refreshments	Community Centre, New Road	Barrie Eke 01603 736155
3 <sup>rd</sup> Tuesday of month 10.00 – 12noon	<b>Coffee Morning</b> Join Vision Norfolk and other local people with sight loss for a chat	Black Swan pub	Karl Bloor 07864 615929 <a href="mailto:karl.bloor@visionnorfolk.org.uk">karl.bloor@visionnorfolk.org.uk</a>
1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday every month 10.30 – 12noon	<b>Playing for Cake</b> Singing for health, harmony and happiness	Sacred Heart Church Hall	David Moore <a href="mailto:david@playingforcake.uk">david@playingforcake.uk</a>

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2 <sup>nd</sup> Tuesday 10.30 – 12.30pm	<b>Parkinson's North Norfolk</b> Social and information sharing for anyone affected by Parkinson's	Sacred Heart Church Hall	Andy Harding 01603 782667 <a href="mailto:andy@thehardings.uk">andy@thehardings.uk</a>
2 <sup>nd</sup> Tuesday 12 – 1pm	<b>Grief Café</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
1 <sup>st</sup> Tuesday of month 1.30 – 3pm	<b>Breastfeeding Group</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
2 <sup>nd</sup> Tuesday 2 – 3.30pm	<b>NW Mothers' Union</b> Meetings begin with a short service, followed by a guest speaker, and finishes with tea, biscuits and chat.	St Nicholas Church Room	Steph Cooper 01692 408994 <a href="mailto:Steph251490@googlemail.com">Steph251490@googlemail.com</a>
1 <sup>st</sup> Tuesday 2.30pm	<b>Afternoon Bingo</b> £5 a book, prizes and cash prizes	Black Swan theatre	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a>
1 <sup>st</sup> & 3 <sup>rd</sup> Tues of month 5.15 – 6.15pm	<b>North Norfolk Youth Theatre</b> for 8–16-year-olds • FREE	Black Swan theatre	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a>
3 <sup>rd</sup> Tuesday of the month 7.30pm	<b>Royal British Legion</b>	Black Swan	Sandra Topham <a href="mailto:sitopham@yahoo.com">sitopham@yahoo.com</a> 07739 330255
2 <sup>nd</sup> and 4 <sup>th</sup> Tuesday of month 7.30 – 9.30pm	<b>NW Photographic Group</b> Our aim is to promote and facilitate the hobby of photography at all levels e.g. mobile phones, tablets, digital SLR.	Salvation Army Hall Hall Lane (01692) 581981 and 07900221760	Trevor or Liz Fiddy 01692 582793 Members have a wide range of experiences which they willingly share. <a href="mailto:Lizfiddy17@gmail.com">Lizfiddy17@gmail.com</a>
1 <sup>st</sup> Wednesday of month 9 – 1pm	<b>Nelson Quilters</b> Quilting/knitting/crocheting Socialising, drinks & cake £25 per year (free till 2024)	St Benet's Hall Behind St Nicholas	Aileen McFayden 01263 721257 <a href="mailto:aileenmcfayden@yahoo.co.uk">aileenmcfayden@yahoo.co.uk</a>
2 <sup>nd</sup> /4 <sup>th</sup> Wednesday 10.30 – 12noon	<b>Coffee Morning</b>	Lessingham Chapel, Ingham Road.	Ros Peedle 01692 405591 <a href="mailto:Ros.peedle@live.co.uk">Ros.peedle@live.co.uk</a>
1 <sup>st</sup> Wed. 11 – 12.30pm	<b>Men's Support Group</b>	Salvation Army Hall	<a href="mailto:Richard.durrant@salvationarmy.org.uk">Richard.durrant@salvationarmy.org.uk</a>
2 <sup>nd</sup> & 4 <sup>th</sup> Wed. 2.00 – 3.30pm	<b>Knit &amp; Natter (Nimble Fingers)</b>	Methodist Church, Grammar School Road	Bridget Hughes 01692 404501



## Activities in North Walsham

1 <sup>st</sup> Wednesday 2.30 – 3.30pm	<b>CAMEO Friendship Group</b> Come And Meet Each Other Talks and refreshment	Salvation Army Hall Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
3 <sup>rd</sup> Wed of month 7pm	<b>North Walsham WI</b> Speakers, crafts and outings for women over 18 yrs Annual subs £51	St Nicholas Room	Helen Heap <a href="mailto:rockbunsandrollingpins@gmail.com">rockbunsandrollingpins@gmail.com</a>
3 <sup>rd</sup> Wed monthly 7.30pm	<b>Evening Bingo</b> £5 a book. Cash and prizes.	Black Swan theatre	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a>
Alternate Wed 1.30pm & 2nd Wed per month 7.30pm	<b>Women's Wellness</b> Support and friendship group for women of all ages	Black Swan pub	Helen Richardson (Chair) 07368 941174 <a href="mailto:Womenswellness22@gmail.com">Womenswellness22@gmail.com</a> Facebook: Women'swellness northwalsham
Last Wednesday at 7.30pm	<b>Pub Quiz</b> Teams of 4-6, £2 each, advance booking recommended	Black Swan theatre	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a>
2 <sup>nd</sup> Thursday 10 – 12noon	<b>Space4U</b> 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 <a href="mailto:Helen.brock@btopenworld.com">Helen.brock@btopenworld.com</a>
Last Thursday 11 – 1.30pm	<b>SENDIASS</b> Info, Advice, Support Drop in	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
3 <sup>rd</sup> Thursday 12 – 2pm	<b>Lighthouse Lunch</b> Booking Essential (£7)	Lessingham Chapel, Ingham Road.	Ros Peedle 01692 405591 <a href="mailto:Ros.peedle@live.co.uk">Ros.peedle@live.co.uk</a>
Thursday 1.0 – 3.30pm 4.30 – 7.00pm	<b>Blood Donor Sessions</b> twice a month	Community Centre, New Road	020 123 8324 <a href="http://www.blood.co.uk">www.blood.co.uk</a>
2 <sup>nd</sup> Thursday 1.45 – 2.45pm	<b>u3a Sings</b>	Sacred Heart Church Hall	<a href="http://www.northwalshamu3a.org/contact-us">www.northwalshamu3a.org/contact-us</a>
1 <sup>st</sup> Thursday 1.30 – 2.30pm	<b>Home Education Lego Club</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
3 <sup>rd</sup> Thursday 2pm	<b>NW &amp; District Horticultural Society (Gardening Club)</b> Meetings include speakers on a range of subjects	Jubilee Room Community Centre, New Road	Ann Wilkinson 01692 500710 <a href="mailto:widgetwilk@gmail.com">widgetwilk@gmail.com</a>  Gill Wright 01263 833091

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4 <sup>th</sup> Thursday 2.30 – 4.30pm	<b>North Walsham and Bradfield Flower Club</b> Demonstrations, outings and workshops; raffle of flower arrangements	Sacred Heart Church Hall	Sue Bloomfield (Chair & Secretary) 01692 500440 <a href="mailto:susan@bloomfield11.plus.com">susan@bloomfield11.plus.com</a>
2 <sup>nd</sup> and last Friday of the month 9.30 – 2.30pm	<b>Quilters Group</b> Mainly quilting Bring your own lunch. £5 for full day £2.50 for ½ day	St Nicholas Church rooms	Ros Peedle 07976 720440 <a href="mailto:Ros.peedle@live.co.uk">Ros.peedle@live.co.uk</a>
3 <sup>rd</sup> Friday 10 – 2pm	<b>Norfolk Community Law Service</b> Free legal advice about: Debt; domestic abuse; immigration; family court; welfare rights.	Phoenix Centre	Mobile Legal Adviser 01603 496623 <a href="mailto:info@ncls.co.uk">info@ncls.co.uk</a> <a href="http://www.ncls.co.uk">www.ncls.co.uk</a>
Friday Every other week 1.30 – 4pm	<b>Good Companions</b> Social club – Bingo, raffles, dominoes, teas and cake	St Nicholas Church rooms	Janet Grimes 0755 3212463 <a href="mailto:Janetgrimes5@aol.com">Janetgrimes5@aol.com</a>
3 <sup>rd</sup> Friday 2 – 4pm	<b>u3a Brain games</b>	Sacred Heart Church Hall	<a href="http://www.northwalshamu3a.org/contact-us">www.northwalshamu3a.org/contact-us</a>
1 <sup>st</sup> Friday of month 2.15pm	<b>North Walsham u3a</b> Varied, informative, and entertaining events and activities for people who are retired or no longer working full time.	Sacred Heart Church Hall	<a href="http://www.northwalshamu3a.org/contact-us">www.northwalshamu3a.org/contact-us</a>
Friday Fortnightly in term time 7.30 – 9pm	<b>Attic Youth Club</b> For school years 7-13 of High School and 6 <sup>th</sup> form Free	New Life Building, Laundry Loke	Suzie Schaitel <a href="mailto:suzie@newlifenorthwalsham.com">suzie@newlifenorthwalsham.com</a>
2 <sup>nd</sup> & 4 <sup>th</sup> Friday 8pm	<b>KARAOKE</b> Second and fourth Friday of the month	Black Swan pub	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a> <a href="http://www.blackswanpubtheatre.co.uk">www.blackswanpubtheatre.co.uk</a>
Saturday Monthly from Sept 9.0 – 12noon	<b>NW Players Table-Top Sale</b> Supporting the work of the NW Players Actor group	Community Centre, New Road	Colin Jeary 01692 402116 <a href="mailto:jeabol@aol.com">jeabol@aol.com</a>
3 <sup>rd</sup> Saturday of month 10.0 – 12noon	<b>North Walsham Deaf Café</b> Anyone hearing impaired, BSL users and learners, all welcome. No charge.	Salvation Army, Hall Lane	Wendy Murphy <a href="mailto:wpmurphy@gmx.com">wpmurphy@gmx.com</a>

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3 <sup>rd</sup> Saturday 10.30 – 11.30am	<b>Saturday Reads</b>	North Walsham Library	01692 402482 <a href="mailto:North.walsham.lib@norfolk.gov.uk">North.walsham.lib@norfolk.gov.uk</a> Facebook: North Walsham Library
2 <sup>nd</sup> Sunday* 8 – 12noon 13 April – Sept 25	<b>Car Boot Sale</b> Free! *1 <sup>st</sup> Sunday in August	Memorial Park	North Walsham Town Council 01692 404114 <a href="mailto:townclerk@nwtc.org.uk">townclerk@nwtc.org.uk</a>
Last Sunday of the month 4pm	<b>Songs of Praise</b>	Salvation Army, Hall Lane	Envoy Ruth Morey 01692 403955 <a href="mailto:ruth.morey@salvationarmy.org.uk">ruth.morey@salvationarmy.org.uk</a>
3 <sup>rd</sup> Sunday 6.00 – 8pm	<b>Open Mic</b> Music/Word/Comedy	Black Swan pub	Joseph Ballard 01692 500006 <a href="mailto:info@blackswanpubtheatre.co.uk">info@blackswanpubtheatre.co.uk</a> <a href="http://www.blackswanpubtheatre.co.uk">www.blackswanpubtheatre.co.uk</a>

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

Or you can use this QR Code to access the portal:



If you have any additional local information or amendments that you think will be useful, please call us on 01692 558321 or email [gensec@nwgoodneighbour.org.uk](mailto:gensec@nwgoodneighbour.org.uk).