



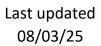
Weekly Activities

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, Squash	Tungate Rd	reception@rossisleisure.com
Sat & Sun 8-6			www.rossis.co.uk
Wed – Sunday	Ten-pin bowling and	JR's	01692 407793
10 – 8/9pm	soft play	(next to Rossis)	jrs@rossisleisure.com
Mon/Frid 6-10pm	Sporting Activities	North Walsham	01692 402293
Tue/Wed/Thur 6-9		Sports Centre,	Everyone active.com
Saturday 9-2pm Sunday 9-12noon		Spenser Avenue	
Wide variety of	Yendell's Health and	Folgate Road	07974 726036
fitness classes	Wellness Hub	1 oigute modu	Email: yendellshub@gmail.com
during the week	Weiniess Has		www.yendellshub.com
Numerous foot-	North Walsham Town	Green's Rd	youthsecretary@northwalshamtownfc.com
ball teams for all	FC	0.000	North Walsham Town Football Club
ages and genders			Established 1879 The Angels
Library open to all	Computers*,	North Walsham	01692 402482
when staffed;	Internet*, Scanning &	Library	North.walsham.lib@norfolk.gov.uk
extra hours and	Printing*, Study Space,	(free to join)	Facebook: North Walsham Library
services* for	Baby Weigh, Tricky	,	,
members	Period Bags		
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	Rainbows 4-7yr (Mon)	NR280BH	
held in the	Brownies 7-10yr		What we do Girlguiding
evening	(Tue/Wed)		
	Guides 10-14yr (Tue)		
	Rangers 14-18yr (Mon)		
Monday	Slimming World	St Benet's Hall,	Karen Mason
10.00 & 11.30am		St Nicholas	kl.mason@yahoo.co.uk
		Church	07883 025488
			01603 405536
Monday	Parent and Toddlers	Salvation Army	Envoy Ruth Morey
9.15 – 10.30am	(£2)	Hall,	01692 403955
(Term time)		Hall Lane	ruth.morey@salvationarmy.org.uk



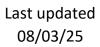


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Monday	Age UK	Sacred Heart	Group-exercise@ageuknorwich.org.uk
10 – 10.45am	Chair-based exercise	Church Hall	07442 549683
Monday	NW Men's Shed	Atrium Sports	Ray Winder
10 – 1pm	Learn new skills/share	Hub	07500 019202
	your skills/socialise	Spenser Road	<u>nwmensshed@gmail.com</u>
Monday	Mini-Movers	North Walsham	01692 402482
11 – 11.15am	Mum's stay on and	Library	North.walsham.lib@norfolk.gov.uk
	chat		Facebook: North Walsham Library
Monday	Community Fridge	Salvation Army	Envoy Ruth Morey
11 – 12.30pm		Hall,	01692 403955
		Hall Lane	ruth.morey@salvationarmy.org.uk
Monday	Multi-level circuit-	Sacred Heart	Group-exercise@ageuknorwich.org.uk
11.45 – 12.30pm	based exercise	Church Hall	07442 549683
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 with	North Walsham	01692 402482
2.00 – 3.00pm	Callum	Library	North.walsham.lib@norfolk.gov.uk
		-	Facebook: North Walsham Library
Monday	Mardlers Art Club	Methodist Hall,	Just drop in
2.00 – 4.00pm		Grammar	·
·		School Rd	
Monday	Lace Making Group	Salvation Army	Sandra Martins
2.15 – 4.15pm	Beginners welcome	Hall,	01692 403444
·		Hall Lane	
Mondays	Colouring Club for Kids	North Walsham	01692 402482
3.30 – 4.30pm		Library	North.walsham.lib@norfolk.gov.uk
		,	Facebook: North Walsham Library
Mondays	Red Loft Theatre	Community	07823 556312
4-9pm - various	Classes	Centre	www.redlofttheatre.com
times/ages	Musical		info@redlofttheatre.com
	Theatre/Acting/Dance		
Monday	Tabletop Gaming	St Benet's 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
J. 5.55 Sp	females over 14 years	Old Norwich Rd	
Monday	AA meeting	Methodist Hall,	01603 621 128
7.00 – 9pm		Grammar	3233 322 223
7.33 30		School Rd	
	1	Jenoorika	



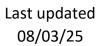


Monday	North Walsham Air	NW Primary Sch	Flt Lt Alan Stevens
7.00 – 9.30pm	Cadets	Manor Road	Oc.2110@rafac.mod.gov.uk
Monday	Invidia Voices Choir	Sacred Heart	www.invidiavoices.co.uk
7.30 – 9pm		Church Hall	01603 464532
			<u>info@invidiavoices.co.uk</u>
Monday to Friday	Community Transport	Pick up & return	Book by ringing:
Buses from	DialaRide Minibuses	to your door.	01692 500840
9.30am,	and accessible car.		info@nnct.org.uk
accessible car can	Transport for shopping		www.nnct.org.uk
be earlier.	and medical		
	appointments		
Tuesday	New Life Parents Café	The New Life	Suzie Schaitel
10.00 – 11.30am	Parents/carers of those	Building,	suzie@newlifenorthwalsham.com
(during term-	with additional needs -	Laundry Loke	
time)	free		
Tuesday	Cameo Café	Furze Hill	Doreen Bland
10.00 – 3.00pm	NW Dementia Support	Resource	01263 722355
	Group	Centre,	07708 781722
	Activities & lunch for	Happisburgh	<u>blanddoreen5@gmail.com</u>
	people with dementia,	Road	
	and others. £10 (£5 for		
	half day – no lunch)		
Tuesday	Mustard Seed Coffee	Methodist Hall,	Richard Riley
10:00 – 12noon	morning	Grammar	01692 403087
-	71 0 111	School Rd	04.602.402.402
Tuesday	The Good Hour	North Walsham	01692 402482
10.30 – 11.30am	Creative Writing Club	Library	North.walsham.lib@norfolk.gov.uk
Tuesday	Davasias et Novth	Community	Facebook: North Walsham Library
Tuesday 10.15 – 11.00am	Paracise at North Walsham	Community	Alexandra 07917 833810
10.15 – 11.00am		Centre, New Road	
	Low intensity exercise to music	New Road	watsonalexandra230@googlemail.com
Tuesday	German Conversation	North Walsham	01692 402482
2 – 3pm	Club	Library	North.walsham.lib@norfolk.gov.uk
Tuesday	Funky Feet	St Benets Hall	Vikki Feetham
4 – 9.30pm	Dance	St Nicholas	07535 669190
	_ 3.1.00	Church rooms	vfeetham@googlemail.com
Tuesday	Beaver Scouts	1 st North	All enquiries to:
5.30 – 7pm	6 – 8 years	Walsham Scout	northwalshamscouts@hotmail.com
'	,	Hut, Midland	
		Rd.	
Tuesday	Line Dancing classes	Community	01692 780149
6.15-7 Beginners		Centre,	Christinerushton5@gmail.com
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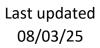


Tuesday	Pilates	Methodist Hall,	Sonya
7 – 8.00pm		Grammar	07789 456444
·		School Rd	Sonya.m.p@hotmail.co.uk
Tuesday	NW People's Choir	Black Swan	Joseph Ballard
7 – 8.30pm	Welcomes everyone	theatre,	New Stages
	for singing, fun, drink	Black Swan Loke	01692 500006
	and biscuits. £5/week		info@blackswanpubtheatre.co.uk
Tuesday	Yoga	Community	Jasmine
7 – 8pm	All welcome	Centre,	jasminedewberyyoga@gmail.com
		New Road	
Wednesday	NW Men's Shed	Atrium Sports	Ray Winder
10 – 1pm	Learn new skills/share	Hub	07500 019202
	your skills/socialise (no	Spenser Road	nwmensshed@gmail.com
	charge)		
Wednesday	Move & Connect	North Walsham	01692 402482
10.30 – 12noon	Over 60s only	Library	North.walsham.lib@norfolk.gov.uk
Wednesday	French Conversation	Phoenix Centre	Just drop in
11.00 – 12noon	Club		
Wednesday	Walk & Talk	North Walsham	01692 402482
12.45 – 2.45pm		Library	North.walsham.lib@norfolk.gov.uk
			Facebook: North Walsham Library
Wednesday	Drop in and Draw	North Walsham	01692 402482
1.30 – 3.30pm		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	and energy bank	Electronic	info@cromerdistrict.foodbank.org.uk
possible outside	vouchers for anyone	voucher needed	*Also, from North Norfolk Help Hub
these hours)	with a voucher	from Citizens	01263 516353.
)		Advice*	Contact Julie for other places
Wednesday	North Walsham &	Community	Jane Barrett
1.15 – 4.30pm	District Bridge Club	Centre,	01692 409930
	For medium &	New Road	<u>Maxwell.barrett@btinternet.com</u>
	experienced players,		
NATA - La L	not total beginners	C+ D 1/- 11 11	V
Wednesday	Slimming World	St Benet's Hall,	Karen Mason
3x sessions at:		St Nicholas	kl.mason@yahoo.co.uk
4pm; 5.30pm; 7pm		Church	07883 025488 01603 405536
Wednesday	Funky Feet	Sacred Heart	Vicky Feetham
4.30 – 9.45pm	Acrobatics & Dance	Church Hall	Tel: 07535 669190
4.30 – 3.43pm	classes for various ages	CHUICHTIAN	vfeetham@googlemail.com
	ciasses for various ages		vicetham@googleman.com





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





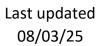
Thursday	Young Carers	St Benet's Hall,	Alice Stevenson
(in term time)	(8 – 18 years)	St Nicholas	alice.stevenson@benjaminfoundation.co.uk
6.30 – 8.30pm		Church	07880 242374
Thursday	Choir Practice	Salvation Army	Envoy Ruth Morey
6.30pm	Any age	Hall,	01692 403955
		Hall Lane	ruth.morey@salvationarmy.org.uk
Thursday	Scouts	1 st 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	cadets@norfolk.police.uk
(in term time)			
Thursday	North Walsham Air	NW Primary Sch	Flt Lt Alan Stevens
7.00 – 9.30pm	Cadets	Manor Road	Oc.2110@rafac.mod.gov.uk
Thursday	Acapella Choir	Methodist Hall,	harmonyacademyarts@gmail.com
7.00 – 8.00pm		Grammar	
		School Rd	
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
(during term-time)		Laundry Loke	
Friday	NN Community	Outing to	Book ahead by ringing:
from 9.30am	Transport	Wroxham –	01692 500840
home pick up.	DialaRide Minibus	there for about	info@nnct.org.uk
	Pick up & return home.	90 minutes	www.nnct.org.uk
	£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 Rd	nicky@playingforcake.uk
Friday	NW Men's Shed	Atrium Sports	Ray Winder
12 – 3pm	Learn new skills/share	Hub	07500 019202
	your skills/socialise	Spenser Road	nwmensshed@gmail.com
	(no charge)		
Friday	Just a Cuppa	North Walsham	01692 402482
2.00 – 3.30pm	A friendly chat, cup of	Library	North.walsham.lib@norfolk.gov.uk
	tea and a jigsaw		Facebook: North Walsham Library
Friday	Chess club	North Walsham	01692 4024820
4.00 – 6.00pm	All ages/abilities	Library	North.walsham.lib@norfolk.gov.uk



Friday	Cub Scouts	1 st North	All enquiries to:
6.30 – 8pm	8 – 10.5 years	Walsham Scout	northwalshamscouts@hotmail.com
		hut, Midland	
		Rd.	
Saturday	Parkrun	North Walsham	northwalsham@parkrun.com
9am		High School	www.parkrun.org.uk
Saturday	Funky Feet	St Benets Hall	Vicky Feetham
9.30 – 1pm	Acrobatics	St Nicholas	Tel: 07535 669190
		Church rooms	vfeetham@googlemail.com
Saturday	Beaver Scouts	1 st North	All enquiries to:
10.30 – 12noon	6 – 8 years	Walsham Scout	northwalshamscouts@hotmail.com
		hut, Midland	
		Rd.	
Saturday	Lego Club	North Walsham	01692 402482
11.00 – 1.00pm	Children/families	Library	North.walsham.lib@norfolk.gov.uk
Saturday	Cub Scouts	1 st 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 welcome	3 Market Place	

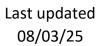
Monthly Activities

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	Tea Dance	Community	Barrie Eke
Monthly	Monthly social dance	Centre,	01603 736155
2 – 4.40pm	£3 including refreshments	New Road	
3 rd Tuesday	Coffee Morning	Black Swan	Karl Bloor
of month	Join Vision Norfolk and	pub	07864 615929
10.00 – 12noon	other local people with		karl.bloor@visionnorfolk.org.uk
	sight loss for a chat		
1 st and 3 rd Tuesday	Playing for Cake	Sacred Heart	David Moore
every month	Singing for health, harmony	Church Hall	david@playingforcake.uk
10.30 – 12noon	and happiness		



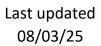


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2 nd Tuesday	Parkinson's North Norfolk	Sacred Heart	Andy Harding
10.30 – 12.30pm	Social and information	Church Hall	01603 782667
	sharing for anyone affected		andy@thehardings.uk
and T	by Parkinson's	N	04.502.402.402
2 nd Tuesday	Grief Café	North	01692 402482
12 – 1pm		Walsham	North.walsham.lib@norfolk.gov.uk
		Library	Facebook: North Walsham Library
1st Tuesday of	Breastfeeding Group	North	01692 402482
month		Walsham	North.walsham.lib@norfolk.gov.uk
1.30 – 3pm		Library	Facebook: North Walsham Library
2 nd Tuesday	NW Mothers' Union	St Nicholas	Steph Cooper
2 – 3.30pm	Meetings begin with a short	Church Room	01692 408994
	service, followed by a guest		Steph251490@googlemail.com
	speaker, and finishes with		
	tea, biscuits and chat.		
1 st Tuesday	Afternoon Bingo	Black Swan	Joseph Ballard
2.30pm	£5 a book, prizes and cash	theatre	01692 500006
	prizes		info@blackswanpubtheatre.co.uk
1 st & 3 rd Tues of	North Norfolk Youth	Black Swan	Joseph Ballard
month	Theatre	theatre	01692 500006
5.15 – 6.15pm	for 8–16-year-olds • FREE		info@blackswanpubtheatre.co.uk
3rd Tuesday of the	Royal British Legion	Black Swan	Sandra Topham
month 7.30pm			sjtopham@yahoo.com
			07739 330255
2 nd and 4 th	NW Photographic Group	Salvation	Trevor or Liz Fiddy
Tuesday of month	Our aim is to promote and	Army Hall	01692 582793
7.30 – 9.30pm	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>
	digital SLR.	07900221760	
1 st Wednesday of	Nelson Quilters	St Benet's Hall	Aileen McFayden
month	Quilting/knitting/crocheting	Behind St	01263 721257
9 – 1pm	Socialising, drinks & cake	Nicholas	aileenmcfayden@yahoo.co.uk
	£25 per year (free till 2024)		
2 nd /4 th Wednesday	Coffee Morning	Lessingham	Ros Peedle
10.30 – 12noon		Chapel,	01692 405591
		Ingham Road.	Ros.peedle@live.co.uk
1 st Wed.	Men's Support Group	Salvation	Richard.durrant@salvationarmy.org.uk
11 – 12.30pm		Army Hall	
2 nd & 4 th Wed.	Knit & Natter	Methodist	Bridget Hughes
2.00 – 3.30pm	(Nimble Fingers)	Church,	01692 404501
		Grammar	
		School Road	





2.30 – 3.30pm 2.30 – 3.30pm 2.30 – 3.30pm 2.30 – 3.30pm 3 rd Wed of month Speakers, crafts and outings 7pm 4.30 – 3.30pm 5.50 – 3.30pm 5.50 – 3.30pm 6.50 – 3.30pm 7.30pm 6.50 – 3.30pm 7.30pm 7.30pm 7.30pm 8.20 – 3.30pm 9.20 – 3.30pm 9.20 – 3.30pm 9.20 – 3.30pm 9.20 – 3.30pm 1.0 – 3	1 st Wednesday	CAMEO Friendship Group	Salvation	Envoy Ruth Morey
Talks and refreshment Hall Lane ruth.morey@salvationarmy.org.uk 3rd Wed of month 7pm for women over 18 yrs Annual subs £51 3rd Wed monthly 7.30pm £5 a book. Cash and prizes. Alternate Wed 1.30pm 8 Support and friendship group for women of all ages month 7.30pm 7.30pm 7.30pm 8 Support and friendship group for women of all ages women's wellness 1.30pm 8 Support and friendship group for women of all ages women's wellness northwalsham 1.30pm 8 Support and friendship group for women of all ages women's wellness northwalsham 1.30pm 8 Support and friendship group for women of all ages women's wellness northwalsham 1.30pm 8 Support and friendship group for women of all ages women's wellness northwalsham 1.30pm 1	-			•
Strick Speakers, crafts and outings for women over 18 yrs Annual subs £51	2.30 – 3.30piii			
of month 7pm Speakers, crafts and outings for women over 18 yrs Annual subs £51 Evening Bingo £5 a book. Cash and prizes. Alternate Wed 1.30pm & 2nd Wed per month 7.30pm & 2nd Wed per month 7.30pm Last Wednesday at 7.30pm Last Wednesday at 7.30pm Zimd Thursday Last Thursday 10 – 12noon Last Thursday 11 – 1.30pm Last Thursday 12 – 2pm Booking Essential Lest Thursday 11 – 1.30pm Last Thursday 12 – 2pm Booking Essential Lest Thursday 10 – 3.30pm Lest Thursday 10 – 3.30pm Alternate Wed 1.30pm Speakers, crafts and outings for women over 18 yrs Annual subs £51 Evening Bingo £1 black Swan Theatre Support and friendship group for women of all ages Support and friendship group for women of all ages Support and friendship group for women of all ages Black Swan Pub Quiz Black Swan Joseph Ballard Or368 941174 Womenswellness22@gmail.com Facebook: Women'swellness northwalsham Joseph Ballard Or368 941174 Womenswellness22@gmail.com Facebook: Northwalsham Library North.walsham.lib@norfolk.gov.uk Facebook: North walsham Library North.walsham.library North.walsham.library North.walsham.library North.walsham.library North.walsham.librar	ard w			
7pm for women over 18 yrs Annual subs £51 3rd Wed monthly 7.30pm £5 a book. Cash and prizes. Alternate Wed 1.30pm & Support and friendship group for women of all ages Last Wednesday at 7.30pm 2nd 4-6, £2 each, advance booking recommended young people with additional/complex needs young people with additional/complex needs Last Thursday 1 - 1.30pm 2				·
Annual subs £51 Evening Bingo £5 a book. Cash and prizes. Alternate Wed 1.30pm & 2nd Wed per month 7.30pm East Wednesday at 7.30pm Last Wednesday at 7.30pm Last Wednesday at 7.30pm Last Thursday 10 - 12noon East Thursday 11 - 1.30pm Last Thursday 12 - 2pm Last Thursday 11 - 1.30pm Last Thursday 12 - 2pm Booking Essential (E7) 1ngham Road. Thursday 1.0 - 3.30pm 4.30 - 7.00pm Last Thursday 1 - 3.30pm 4.30 - 7.00pm Last Thursday 1 - 3.30pm 4.30 - 7.00pm Last Thursday 1 - 3.30pm 4.30 - 2.30pm Last Thursday 1 - 3.30pm La			Room	rockbunsandrollingpins@gmail.com
Signature Sevening Bingo Es a book. Cash and prizes.	7pm	1		
7.30pm				
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1.30pm & 2nd Wed per month 7.30pm				info@blackswanpubtheatre.co.uk
& 2nd Wed per month 7.30pm Bracebook: Womenswellness22@gmail.com Facebook: Women'swellness Northwalsham	Alternate Wed	Women's Wellness	Black Swan	Helen Richardson (Chair)
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	3 rd Thursday	NW & District Horticultural	Jubilee Room	Ann Wilkinson 01692 500710
Meetings include speakers Centre,	2pm	Society (Gardening Club)	Community	widgetwilk@gmail.com
		Meetings include speakers	Centre,	
on a range of subjects New Road Gill Wright 01263 833091		on a range of subjects	New Road	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	Sue Bloomfield (Chair & Secretary) 01692 500440 susan@bloomfield11.plus.com
2 nd and last Friday of the month 9.30 – 2.30pm	Quilters Group Mainly quilting Bring your own lunch.	St Nicholas Church rooms	Ros Peedle 07976 720440 Ros.peedle@live.co.uk
	£5 for full day £2.50 for ½ day		
3 rd Friday 10 – 2pm	Norfolk Community Law Service Free legal advice about: Debt; domestic abuse; immigration; family court; welfare rights.	Phoenix Centre	Mobile Legal Adviser 01603 496623 info@ncls.co.uk www.ncls.co.uk
Friday Every other week 1.30 – 4pm	Good Companions Social club – Bingo, raffles, dominoes, teas and cake	St Nicholas Church rooms	Janet Grimes 0755 3212463 <u>Janetgrimes5@aol.com</u>
3 rd Friday 2 – 4pm	u3a Brain games	Sacred Heart Church Hall	www.northwalshamu3a.org/contact-us
1 st Friday of month 2.15pm	North Walsham u3a Varied, informative, and entertaining events and activities for people who are retired or no longer working full time.	Sacred Heart Church Hall	www.northwalshamu3a.org/contact-us
Friday Fortnightly in term time 7.30 – 9pm	Attic Youth Club For school years 7-13 of High School and 6 th form Free	New Life Building, Laundry Loke	Suzie Schaitel suzie@newlifenorthwalsham.com
2 nd & 4 th Friday 8pm	KARAOKE Second and fourth Friday of the month	Black Swan pub	Joseph Ballard 01692 500006 info@blackswanpubtheatre.co.uk www.blackswanpubtheatre.co.uk
Saturday Monthly from Sept 9.0 – 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 of month 10.0 – 12noon	North Walsham Deaf Café Anyone hearing impaired, BSL users and learners, all welcome. No charge.	Salvation Army, Hall Lane	Wendy Murphy wpmurphy@gmx.com



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

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.