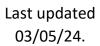




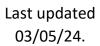
# **Weekly Activities**

Day and Time	Activity	Venue	Contact
Every day	<b>Sporting Activities</b>	Victory Swim and	01692 409370
6.30 – 10pm		Fitness Centre,	Everyone active.com
		Station Road.	
Every day	<b>Sporting Activities</b>	North Walsham	01692 402293
Mon/Frid 6-10pm		Sports Centre,	Everyone active.com
Tue/Wed/Thur. 6-9		Spenser Avenue	·
Saturday 9-2pm			
Sunday 9-12noon	Dron in advice sessions	Citizens Advice	0800 144 8848 (Norfolk Citizens Advice)
Mon. to Friday 10.00 – 3.00	Drop-in advice sessions		0800 144 8848 (NOTIOIR CILIZETIS Advice)
10.00 – 3.00		(Next to Café	
Mandays	Red Loft Theatre	Kitale)	07823 556312
Mondays Various		Community Centre	
	Classes	Centre	<u>www.redlofttheatre.com</u>
times/ages	Musical Theatra (Acting (Dance)		
Mondo	Theatre/Acting/Dance	Ct Donot's Hall	Voron Mason
Monday 9.00 – 1.00	Slimming World	St Benet's Hall,	Karen Mason
9.00 – 1.00		St Nicholas	KL.mason@yahoo.co.uk
N 4 I -	Be and a self-relation	Church	F D. II. Marin
Monday	Parent and Toddlers	Salvation Army	Envoy Ruth Morey
9.15 – 10.30	(£2)	Hall,	01692 403955
(Term time)		Hall Lane	Ruth.morey@salvationarmy.org.uk
Monday	NW Men's Shed	Co-op Funeral	Ray Winder
10 – 1pm	Learn new skills/share	Service,	07500 019202
	your skills/socialise (no	Midland Road	<u>nwmensshed@gmail.com</u>
	charge)		
Monday	Lunch Club	Salvation Army	Envoy Ruth Morey
12.30 – 2.00	2 course meal, tea or	Hall,	01692 403955
	coffee – Open to all (£7)	Hall Lane	Ruth.morey@salvationarmy.org.uk
Mondays	<b>Knit and Natter</b>	North Walsham	01692 402482
1.30 - 3.00	Knitting, crochet &	Library	
	needlecraft		
Monday	Mardlers Art Club	Methodist Hall,	Maxine Corrigan
2.00 - 4.00		Grammar School	corriganmaxine@gmail.com
		Rd	
Monday	Lace Making Group	Salvation Army	Envoy Ruth Morey
2.00 - 4.00	Run by Sandra Martins	Hall,	01692 403955
		Hall Lane	Ruth.morey@salvationarmy.org.uk
Mondays	Colouring Club for Kids	North Walsham	01692 402482
3.30 – 4.30		Library	
Monday	Adult Table Gaming	St Benet's Hall,	Isaac Crass
6.00 – 10pm		St Nicholas	isaaccrass@gmail.com
·		Church	
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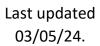


Monday 7.00 – 9pm	AA meeting	Methodist Hall, Grammar School Rd	Maxine Corrigan <a href="mailto:corriganmaxine@gmail.com">corriganmaxine@gmail.com</a>
Monday and Wednesday from 9.30 am home pick up.	NN Community Transport DialaRide Minibus Routes Pick up & return to your door.	Various shopping trips and excursions with accessible buses.	Book ahead by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk
Tuesday 9.45 – 11.45	£7.50 per outing  Bambeatos toddler and baby music group	Methodist Hall, Grammar School Rd	Maxine Corrigan <a href="mailto:com/corriganmaxine@gmail.com">corriganmaxine@gmail.com</a>
Tuesday 10.00 – 11.30	New Life Parents Café Parents/carers of those with additional needs - free	The New Life Building, Laundry Loke	Suzie Schaitel suzie@newlifenorthwalsham.com
Tuesday and Thursday 10.00 – 3.00	Cameo Café – NW  Dementia Support  Group  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
Tuesday 10:00 – 12:00	Mustard Seed Coffee morning	Methodist Hall, Grammar School Rd	Richard Riley 01692 403087
Tuesday 10.30 – 11.30	The Good Hour Creative Writing Club	North Walsham Library	01692 402482
Tuesday 10.30am	Medau Gentle exercise for everyone. £4	Community Centre, New Road	Rosemary Barker 07880 967042
Tuesday 12:00 – 2.00	Digital & Jobseeker Support (bookable)	North Walsham Library	01692 402482
Tuesday 4 – 5.30pm	Adult Lego Club	North Walsham Library	01692 402482
Tuesday 7 – 8.00pm	Pilates	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Tuesday 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





Wednesday	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
Wednesday	NW Men's Shed	Co-op Funeral	Ray Winder
10 – 1pm	Learn new skills/share	Service,	07500 019202
	your skills/socialise (no	Midland Road	nwmensshed@gmail.com
	charge)		
Wednesday	Choir	Methodist Hall,	Maxine Corrigan
11 – 1.00pm		Grammar School	corriganmaxine@gmail.com
		Rd	
Wednesday	French Conversation	North Walsham	01692 402482
11.00 – 12.00	Club	Library	
Wednesday	<b>Drop in and Draw</b>	North Walsham	01692 402482
1.30 – 3.30pm		Library	
Wednesday	Foodbank	Sacred Heart	Julie Hunter-Jennings
1.30 – 3pm	provides food parcels	Church Hall.	07826 376343
(Deliveries	and energy bank	Electronic	*Also, from North Norfolk Help Hub
possible outside	vouchers for anyone	voucher needed	01263 516353.
these hours)	with a voucher	from Citizens	Contact Julie for other places
		Advice*	
Wednesday	Wednesday Bridge	Community	Jane Barrett
1.45 – 5pm	Circle	Centre,	01692 409930
	For	New Road	
	medium/experienced		
	players		
Wednesday	Slimming World	St Benet's Hall,	Karen Mason
2.30 - 8.30pm		St Nicholas	KL.mason@yahoo.co.uk
		Church	
Wednesday	YOGA	Community	Donna
7 – 8pm		Centre,	01692 407306
		New Road	
Wednesday	Norfolk Camerata Choir	St Nicholas	Rosemary Jackson
7.30 – 9.30pm	Everyone welcome – no	Church	01603 279541
	auditions		
	£50 per term (x3 per yr)		
Thursday	Art Class	Community	Alan Ganney
9 – 12noon	Fun, friendly & informal	Centre,	01692 650594
	•	New Road	
Thursday	NN Community	Into North	Book ahead by ringing:
from 9.30 am	Transport	Walsham	01692 500840
	DialaRide Minibus	with accessible	info@nnct.org.uk
	Routes	buses.	www.nnct.org.uk
	Pick up & return home.	£5.00	
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Thursday	Coffee morning	St Benet's Hall,	Church office
9:30 – 11.30am	Coffee 60p + scone £1	St Nicholas	01692 406380
3.30 11.30diii	Conce dop : Scone 11	Church	01032 100300
Thursday	Early childhood and	Methodist Hall,	Maxine Corrigan
10.00 – 11.30	family service baby and	Grammar School	corriganmaxine@gmail.com
10.00 11.50	toddler group	Rd	corriganimaxine (e.g. main.com
Thursday	Coffee morning	Salvation Army	Envoy Ruth Morey
10.00 – 12	Including Conversation	Hall,	01692 403955
10.00 12	Table for Deaf Cafe	Hall Lane	Ruth.morey@salvationarmy.org.uk
Thursday	Bounce and Rhyme	North Walsham	01692 402482
10.45 – 11.30	Songs and rhymes for	Library	01092 402482
10.43 - 11.30	under 5s & their grown-	Library	
	ups – stay and chat		
Thursday	Good Fit Training	Methodist Hall,	Maxine Corrigan
1.00 – 3.00pm	Good Fit Training	Grammar School	
1.00 – 3.00pm		Rd	corriganmaxine@gmail.com
Thursday	Crea'teen Club	North Walsham	01692 402482
Thursday	Art club for teens		01092 402482
3.00 – 4.30pm		Library North Walsham	01692 402482
Thursday	Digital Support		01692 402482
3.30 – 5.30pm	Bookable	Library	All: CI
Thursday	Young Carers	St Benet's Hall,	Alice Stevenson
(in term time)		St Nicholas	alice.stevenson@benjaminfoundation.co.uk
6.30 – 8.30pm		Church	
Thursday	Community Choir	Salvation Army	Envoy Ruth Morey
6.45pm	Practice	Hall,	01692 403955
	Any age	Hall Lane	Ruth.morey@salvationarmy.org.uk
Thursday	Police Cadets	In North	Colin Dutton
7.00 – 9.00pm		Walsham	<u>cadets@norfolk.police.uk</u>
(in term time)			
Thursday	Acapella Choir	Methodist Hall,	Maxine Corrigan
7.00 – 8.00pm		Grammar School	corriganmaxine@gmail.com
		Rd	
Thursday	<b>Band Practice</b>	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 – 11.00	£1.50 per family	Building,	suzie@newlifenorthwalsham.com
		Laundry Loke	
Friday	NN Community	Outing to	Book ahead by ringing:
from 9.30 am	Transport	Wroxham –	01692 500840
home pick up.	<b>DialaRide Minibus</b>	there for about	info@nnct.org.uk
	Pick up & return home.	90 minutes	www.nnct.org.uk
	£6.00 per outing		





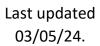
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# **Monthly Activities**

Day and	Activity	Venue	Contact
Time			
Monday	Scrabble Club	North	01692 402482
(alternate		Walsham	
weeks)		Library	
11.00 – 1pm			
Monday	Tea Dance	Community	Barrie Eke
Monthly	Monthly social dance	Centre,	01603 736155
2 – 4.40pm	£3 including refreshments	New Road	
3rd Monday	Autism and/or Learning	North	01692 402482
of month	Disabilities	Walsham	
4.30 – 6pm	Just a Cuppa for Adults	Library	
2 <sup>nd</sup> Monday	Board games night	Black Swan	Joseph Ballard
of month		pub	01692 500006
7pm			info@blackswanpubtheatre.co.uk
3 <sup>rd</sup> Monday	Remembering Together	Black Swan	Joseph Ballard
of month	Create and chat drop-in.	pub	01692 500006
7 – 9pm	Free		info@blackswanpubtheatre.co.uk
1 <sup>st</sup> and 3 <sup>rd</sup>	Playing for Cake	Sacred Heart	Tina Blaber
Tuesday every	Singing for fun and health	Church Hall	07771 605188
month			
10.30 – 12.00			
2 <sup>nd</sup> Tuesday of	Parkinson's North Norfolk	Sacred Heart	Andy Harding
month,	Social and information	Church Hall	01603 782667
10.30 – 12	sharing for anyone affected		andy@thehardings.uk
	by Parkinson's		
2 <sup>nd</sup> Tuesday	Grief Café	North	01692 402482
12 – 1pm		Walsham	
		Library	
1st Tuesday of	Breastfeeding Mum	North	01692 402482
month	Meets	Walsham	
1.30 – 3pm		Library	
2 <sup>nd</sup> Tuesday	NW Mothers' Union	St Nicholas	Ann Herd, Secretary
2 – 3.30pm	Meetings begin with a short	Church Room	01692 402705
	service, followed by a guest		
	speaker, and finishes with		
	tea, biscuits and chat.		
1 <sup>st</sup> & 3 <sup>rd</sup> Tues	North Norfolk Youth	Black Swan	Joseph Ballard
of month	Theatre	pub	01692 500006
5.15 – 6.15pm			info@blackswanpubtheatre.co.uk



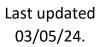


2 <sup>nd</sup> and 4 <sup>th</sup>	NW Photographic Group	Salvation	Trevor or Liz Fiddy
Tuesday of	Aim is to promote and	Army Hall	01692 582793
month	facilitate the hobby of	Hall Lane	Members have a wide range of experiences
7.30 – 9.30pm	photography at all levels	(01692)	which they willingly share.
7.50 5.50pm	e.g. mobile phones, tablets,	581981 and	Lizfiddy17@gmail.com
	digital SLR.	07900221760	<u>Lizitady 17 (e-giriani com</u>
1 <sup>st</sup>	Nelson Quilters	St Benet's Hall	Aileen McFayden
Wednesday of	Quilting/knitting/crocheting	Behind St	01263 721257
month	Socialising, drinks & cake	Nicholas	0==00 / ===0.
9 – 1pm	£25 per year (free till 2024)		
2 <sup>nd</sup> /4 <sup>th</sup>	Coffee Morning	Lessingham	Ros Peedle
Wednesday		Chapel,	01692 405591
10.30 – 12.00		Ingham Road,	02002 100002
		Lessingham	
1st & 3rd	Home Education Lego Club	North	01692 402482
Wednesday	· ·	Walsham	
11 – 12.30		Library	
1 <sup>st</sup> Wed.	Men's Support Group	Salvation	Richard.durrant@salvationarmy.org.uk
11 – 12.30		Army Hall	
2 <sup>nd</sup> & 4 <sup>th</sup> Wed.	Knit & Natter	Methodist	Bridget Hughes
2.00 – 3.30pm		Church,	01692 404501
·		Grammar	
		School Road	
1 <sup>st</sup>	CAMEO Friendship Group	Salvation	Envoy Ruth Morey
Wednesday	Come And Meet Each Other	Army Hall	01692 403955
2.30 – 3.30	Talks and refreshment	Hall Lane	Ruth.morey@salvationarmy.org.uk
3 <sup>rd</sup> Wed	North Walsham WI	St Nicholas	rockbunsrollingpins@gmail.com
of month	Speakers, crafts and outings	Room	
7pm	for women over 18	St Nicholas	Helen Heap
	Annual subs £40	Church	
Wednesday	Women's Wellness	Community	Search Facebook:
2 afternoons	Support and friendship	Centre	Women'swellness
& 1 evening	group for women of all ages	New Road	northwalsham
per month			
Last	Pub Quiz	Black Swan	Joseph Ballard
Wednesday at	Teams of 6-8 people	pub	01692 500006
7.30pm	£1 per person		info@blackswanpubtheatre.co.uk
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	<u>Helen.brock@btopenworld.com</u>
	additional/complex needs	NR11 6BX	





3rd Thursday	Forget-me-not Group	Lessingham	Ros Peedle
of the month	For people with dementia	Chapel,	01692 405591
10.30 – 2pm	and carers (lunch £7)	Ingham Road,	Open to all from North Walsham but
10.50 2pm	and carers (raner 17)	Lessingham	contact Ros.
		NR12 OTD	35/1/435/1/35/
4 <sup>th</sup> Thursday	Lighthouse Lunch	Lessingham	Ros Peedle
12 – 2.00	Booking Essential	Chapel,	01692 405591
	(£7)	Ingham Road,	
	, ,	Lessingham	
Thursday	Blood Donor Sessions	Community	020 123 8324
twice a month		Centre,	www.blood.co.uk
1.0 - 3.30pm		New Road	
4.30 –7.00pm			
3 <sup>rd</sup> Thursday	NW & District Horticultural	Jubilee Room	Gill Wright
of month	Society	Community	01263 833091
2pm	(£15 per annum)	Centre,	Meetings include speakers on a range of
		New Road	subjects
Last Thursday	North Walsham and	Sacred Heart	Sue Bloomfield (Chair & Secretary)
of the month	<b>Bradfield Flower Club</b>	Church Hall	01692 500440
2.00 – 4.30pm	£32 per year membership		Demonstrations, outings and workshops;
	or £7 for visitors.		raffle of flower arrangements.
3rd Thursday	Royal British Legion	St Nicholas	Sandra Topham
of the month		Church rooms	sjtopham@yahoo.com
7.30pm			
2 <sup>nd</sup> and last	Quilters Group	Dayspring	Ros Peedle
Friday of the	Mainly quilting	Centre,	01692 405591
month	Bring your own lunch.	Methodist	<u>Ros.peedle@live.co.uk</u>
10.00 – 3:00	£2 for ½ day; £4 for full day	Church,	
		Grammar	
		School Road	
3 <sup>rd</sup> Friday	Book Club	Methodist	Sandra Parsons
10:00 – 11.00	Read and discuss a library	Church,	01692 503018
	book each month.	Grammar	
	£1 for refreshments	School Road	211 2111 1
Friday	Singing for Breathing	Sports Centre,	Nicky Childerhouse
10.30 – 12.00	10 <sup>th</sup> May – 28 <sup>th</sup> June	Spenser Rd	nicky@playingforcake.uk
Full-	September dates tha	NI	04.602.402.402
Friday	International Welcome	North	01692 402482
12:00 – 2.00		Walsham	
(1 <sup>st</sup> & 3 <sup>rd</sup> )	Cond.Co.	Library	la cal C :
Friday	Good Companions	Community	Janet Grimes
Twice	Social club – Bingo, raffles,	Centre,	0755 3212463
monthly	dominoes, teas and cake	New Road	





1 <sup>st</sup> Friday of	North Walsham u3a	Sacred Heart	North Walsham Retired special interest
month	Varied, informative, and	Church Hall	groups   North Walsham U3A
2.15pm	entertaining events and		
	activities for people who		Via contact page on website:
	are retired or no longer		www.northwalshamu3a.org/contact-us
	working full time.		
Fridays in	<b>Attic Youth Club</b>	New Life	Suzie Schaitel
term time	For school years 7-11	Building,	suzie@newlifenorthwalsham.com
7.30 – 9pm	Free	Laundry Loke	
Saturday	NW Players Table-Top Sale	Community	Colin Jeary
Once a month	Supporting the work of the	Centre,	01692 402116
from	NW Players Actor group	New Road	
September			
9.0 - 12.00			
3 <sup>rd</sup> Saturday	Deaf Café	Salvation	Envoy Ruth Morey
of month		Army,	01692 403955
10.0 – 12.00		Hall Lane	Ruth.morey@salvationarmy.org.uk
3 <sup>rd</sup> Saturday	Saturday Reads	North	01692 402482
10.30 – 11.30		Walsham	
		Library	
2 <sup>nd</sup> Sunday	Car Boot Sale	Memorial	North Walsham Town Council
8 – 12noon	Free	Park	01692 404114
April – Sept.			
Last Sunday of	Songs of Praise	Salvation	Envoy Ruth Morey
the month		Army,	01692 403955
4pm		Hall Lane	Ruth.morey@salvationarmy.org.uk

Please call us on 01692 558321 or email <u>assistance@nwgoodneighbour.org.uk</u> with any amendments or additions.