

Activities in North Walsham

Weekly Activities

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

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Monday 7.00 – 9pm	AA meeting	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Monday and Wednesday from 9.30 am home pick up.	NN Community Transport DialaRide Minibus Routes Pick up & return to your door. £7.50 per outing	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	Bambeatos toddler and baby music group	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
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

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Wednesday 9.15 – 10.30am (Term time)	Parent and Toddlers £2	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
Wednesday 10 – 1pm	NW Men's Shed Learn new skills/share your skills/socialise (no charge)	Co-op Funeral Service, Midland Road	Ray Winder 07500 019202 nwmensshed@gmail.com
Wednesday 11 – 1.00pm	Choir	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Wednesday 11.00 – 12.00	French Conversation Club	North Walsham Library	01692 402482
Wednesday 1.30 – 3.30pm	Drop in and Draw	North Walsham Library	01692 402482
Wednesday 1.30 – 3pm (Deliveries possible outside these hours)	Foodbank provides food parcels and energy bank vouchers for anyone with a voucher	Sacred Heart Church Hall. Electronic voucher needed from Citizens Advice*	Julie Hunter-Jennings 07826 376343 *Also, from North Norfolk Help Hub 01263 516353. <i>Contact Julie for other places</i>
Wednesday 1.45 – 5pm	Wednesday Bridge Circle For medium/experienced players	Community Centre, New Road	Jane Barrett 01692 409930
Wednesday 2.30 – 8.30pm	Slimming World	St Benet's Hall, St Nicholas Church	Karen Mason KL.mason@yahoo.co.uk
Wednesday 7 – 8pm	YOGA	Community Centre, New Road	Donna 01692 407306
Wednesday 7.30 – 9.30pm	Norfolk Camerata Choir Everyone welcome – no auditions £50 per term (x3 per yr)	St Nicholas Church	Rosemary Jackson 01603 279541
Thursday 9 – 12noon	Art Class Fun, friendly & informal	Community Centre, New Road	Alan Ganney 01692 650594
Thursday from 9.30 am	NN Community Transport DialaRide Minibus Routes Pick up & return home.	Into North Walsham with accessible buses. £5.00	Book ahead by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk

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Thursday 9:30 – 11.30am	Coffee morning Coffee 60p + scone £1	St Benet's Hall, St Nicholas Church	Church office 01692 406380
Thursday 10.00 – 11.30	Early childhood and family service baby and toddler group	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Thursday 10.00 – 12	Coffee morning Including Conversation Table for Deaf Cafe	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
Thursday 10.45 – 11.30	Bounce and Rhyme Songs and rhymes for under 5s & their grown- ups – stay and chat	North Walsham Library	01692 402482
Thursday 1.00 – 3.00pm	Good Fit Training	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Thursday 3.00 – 4.30pm	Crea'teen Club Art club for teens	North Walsham Library	01692 402482
Thursday 3.30 – 5.30pm	Digital Support Bookable	North Walsham Library	01692 402482
Thursday (in term time) 6.30 – 8.30pm	Young Carers	St Benet's Hall, St Nicholas Church	Alice Stevenson alice.stevenson@benjaminfoundation.co.uk
Thursday 6.45pm	Community Choir Practice Any age	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
Thursday 7.00 – 9.00pm (in term time)	Police Cadets	In North Walsham	Colin Dutton cadets@norfolk.police.uk
Thursday 7.00 – 8.00pm	Acapella Choir	Methodist Hall, Grammar School Rd	Maxine Corrigan corriganmaxine@gmail.com
Thursday 8pm	Band Practice Any player, any age or ability	Salvation Army Hall, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
Friday 9.00 – 11.00	New Life Tots £1.50 per family	New Life Building, Laundry Loke	Suzie Schaitel suzie@newlifenorthwalsham.com
Friday from 9.30 am home pick up.	NN Community Transport DialaRide Minibus Pick up & return home. £6.00 per outing	Outing to Wroxham – there for about 90 minutes	Book ahead by ringing: 01692 500840 info@nnct.org.uk www.nnct.org.uk

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Friday 10 – 1pm	NW Men's Shed Learn new skills/share your skills/socialise (no charge)	Co-op Funeral Service, Midland Road	Ray Winder 07500 019202 nwmensshed@gmail.com
Friday 11.00 – 11.45	Mini Movers Stay and chat	North Walsham Library	01692 402482
Friday (Every other week) 1.30 – 4.00	Good Companions Club Social activities and outings for over 60's £1 for drinks	Community Centre, New Road	Janet Grimes 07553 212463
Friday 2.00 – 3.30	Just a Cuppa A friendly chat with a cup of tea	North Walsham Library	01692 402482
Fridays 4.15 – 6.00	Chess club All ages/abilities	North Walsham Library	01692 402482
Saturday 11.00 – 1.00	Lego Club	North Walsham Library	01692 402482
Saturday 1.00 – 3.00	Yu Gi Oh club 16+ only	North Walsham Library	01692 402482
Always available when Library open	Computer; Internet; Scanning & Printing; Book borrowing & ordering; Study Space; Baby Weigh; To Go Bags – Tricky Period/Toiletries	North Walsham Library	01692 402482

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Monthly Activities

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

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2 nd and 4 th Tuesday of month 7.30 – 9.30pm	NW Photographic Group 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. Lizfiddy17@gmail.com
1 st Wednesday of month 9 – 1pm	Nelson Quilters Quilting/knitting/crocheting Socialising, drinks & cake £25 per year (free till 2024)	St Benet's Hall Behind St Nicholas	Aileen McFayden 01263 721257
2 nd /4 th Wednesday 10.30 – 12.00	Coffee Morning	Lessingham Chapel, Ingham Road, Lessingham	Ros Peedle 01692 405591
1 st & 3 rd Wednesday 11 – 12.30	Home Education Lego Club	North Walsham Library	01692 402482
1 st Wed. 11 – 12.30	Men's Support Group	Salvation Army Hall	Richard.durrant@salvationarmy.org.uk
2 nd & 4 th Wed. 2.00 – 3.30pm	Knit & Natter	Methodist Church, Grammar School Road	Bridget Hughes 01692 404501
1 st Wednesday 2.30 – 3.30	CAMEO Friendship Group Come And Meet Each Other Talks and refreshment	Salvation Army Hall Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
3 rd Wed of month 7pm	North Walsham WI Speakers, crafts and outings for women over 18 Annual subs £40	St Nicholas Room St Nicholas Church	rockbunsrollingpins@gmail.com Helen Heap
Wednesday 2 afternoons & 1 evening per month	Women's Wellness Support and friendship group for women of all ages	Community Centre New Road	Search Facebook: Women'swellness northwalsham
Last Wednesday at 7.30pm	Pub Quiz Teams of 6-8 people £1 per person	Black Swan pub	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

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3rd Thursday of the month 10.30 – 2pm	Forget-me-not Group For people with dementia and carers (lunch £7)	Lessingham Chapel, Ingham Road, Lessingham NR12 0TD	Ros Peedle 01692 405591 Open to all from North Walsham but contact Ros.
4 th Thursday 12 – 2.00	Lighthouse Lunch Booking Essential (£7)	Lessingham Chapel, Ingham Road, Lessingham	Ros Peedle 01692 405591
Thursday twice a month 1.0 – 3.30pm 4.30 – 7.00pm	Blood Donor Sessions	Community Centre, New Road	020 123 8324 www.blood.co.uk
3 rd Thursday of month 2pm	NW & District Horticultural Society (£15 per annum)	Jubilee Room Community Centre, New Road	Gill Wright 01263 833091 Meetings include speakers on a range of subjects
Last Thursday of the month 2.00 – 4.30pm	North Walsham and Bradfield Flower Club £32 per year membership or £7 for visitors.	Sacred Heart Church Hall	Sue Bloomfield (Chair & Secretary) 01692 500440 Demonstrations, outings and workshops; raffle of flower arrangements.
3rd Thursday of the month 7.30pm	Royal British Legion	St Nicholas Church rooms	Sandra Topham sjtopham@yahoo.com
2 nd and last Friday of the month 10.00 – 3:00	Quilters Group Mainly quilting Bring your own lunch. £2 for ½ day; £4 for full day	Dayspring Centre, Methodist Church, Grammar School Road	Ros Peedle 01692 405591 Ros.peedle@live.co.uk
3 rd Friday 10:00 – 11.00	Book Club Read and discuss a library book each month. £1 for refreshments	Methodist Church, Grammar School Road	Sandra Parsons 01692 503018
Friday 10.30 – 12.00	Singing for Breathing 10th May – 28th June September dates tba	Sports Centre, Spenser Rd	Nicky Childerhouse nicky@playingforcake.uk
Friday 12:00 – 2.00 (1 st & 3 rd)	International Welcome	North Walsham Library	01692 402482
Friday Twice monthly	Good Companions Social club – Bingo, raffles, dominoes, teas and cake	Community Centre, New Road	Janet Grimes 0755 3212463

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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	<u>North Walsham Retired special interest groups North Walsham U3A</u> Via contact page on website: www.northwalshamu3a.org/contact-us
Fridays in term time 7.30 – 9pm	Attic Youth Club For school years 7-11 Free	New Life Building, Laundry Loke	Suzie Schaitel suzie@newlifenorthwalsham.com
Saturday Once a month from September 9.0 – 12.00	NW Players Table-Top Sale Supporting the work of the NW Players Actor group	Community Centre, New Road	Colin Jeary 01692 402116
3 rd Saturday of month 10.0 – 12.00	Deaf Café	Salvation Army, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk
3 rd Saturday 10.30 – 11.30	Saturday Reads	North Walsham Library	01692 402482
2 nd Sunday 8 – 12noon April – Sept.	Car Boot Sale Free	Memorial Park	North Walsham Town Council 01692 404114
Last Sunday of the month 4pm	Songs of Praise	Salvation Army, Hall Lane	Envoy Ruth Morey 01692 403955 Ruth.morey@salvationarmy.org.uk

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