

Out and about in Norwich



Welcome to **Out and about in Norwich**.
This is a new newsletter for Autumn and Winter 2018.



This newsletter will show things you could join in with in your local community.
Lots of things are free or quite cheap.
Everything is in Norwich.



The ideas in here could help you meet people, try new things and can help to stop you feeling lonely.



**01603
631433**

If you want a paper copy of this **Out and About in Norwich** just call our office and ask us to send you one.



Norwich advocacy group

This is a group run **by** and **for** people with learning disabilities in and around Norwich. It is run by Opening Doors.

At this group for people with learning disabilities you can speak up freely about anything you want, you can meet people in the same situation as you and make new friends.

We meet at the Chapelfield Methodist church on two Tuesdays a month, 11.30am until 2.30pm. Hope to see you there.



10 minutes
walk from the
Bus Station



You can find out more from
www.openingdoors.org.uk or by
calling **01603 631433**.



Next Steps Group

This is an advocacy group for people with learning disabilities who have lived in prison or secure services.

It is run by Opening Doors.

This is a new group where you can get support as you move into the community. The group is small and friendly. We can help you to make links and learn about safe things to get involved in.



Just 5 minutes
walk from
Anglia Square.



You can find out more from
www.openingdoors.org.uk or by
calling **01603 631433**.

HarFest 2018

The Norfolk harvest fayre is on Saturday 6th October.

It is a family event all about harvest and farming.

10.00 am to 4.00 pm at Norwich Cathedral.

Its **free** to go along.



20 minutes walk from the **Bus Station**



NORFOLK HARVEST

Crafternoon

This is a chance to sit in a friendly place and do craft activities.

Its on Saturday 6th October

2.00 pm-4.00 pm at the library in the Forum.

Its **free** to go along.



5 minutes walk from the **Bus Station**



Ghost walk with Leeway

This event raises money for a charity called Leeway which supports people who have experienced domestic violence or abuse.

This is a walk around Norwich at night with a guide who tells your group spooky stories about ghosts and history.

It is on Wednesday 10th October at 7.30 to 9.30pm.

You have to pay to go along and you need to book your place, it is **£10** for adults and **£5** for children.



Just 5 minutes walk from **Anglia Square.**



You can email to book a place **fundraising@leewaynwa.org.uk** or by ringing **0300 5610077.**



Inflatable 5k obstacle run

A running event on a big course which is like a bouncy castle.

This is an exciting chance to do a big run on an inflatable at the Norfolk Showground. It is on Saturday 20th October and you have to pay to have a go.

You need a team of 4 people and it costs **£26.00**.

You can pick what time your team runs round.



Not easy by bus, taxi or car is best



You book online at <https://www.ukrunningevents.co.uk/inflatable-5k-obstacle-run-norfolk>



Halloween Parade

A parade all through Norwich for Halloween.

This is a chance to meet up with other people and take part in a Halloween Parade. People will dress up and there will be activities to do.

This is on Wednesday 31st October, 6-8pm. It starts at Chapelfield Gardens. It is **free** to join in.



10 minutes walk from the **Bus Station**.



You can look up online about this at www.norwich.gov.uk or call City Hall **0344 980 3333**.



Big Boom Fireworks display

A chance to see fireworks set off from Norwich Castle.

noisy event

Norwich has a brilliant firework display which you can see across the whole city.

This is from 7.30pm on Friday 2nd November and it is **free**.



10 minutes walk from the **Bus Station**.



You can look up online about this at **www.norwich.gov.uk** or call City Hall **0344 980 3333**.



Tunnel of Light switch on

See the Christmas tunnel of lights in Norwich as it gets lit up for the first time.

Norwich has a big tunnel of lights which gets put up near Christmas. The switch on is on Thursday 15th November at 6pm at Hay Hill near The Forum. It is **free** to go along.

The Tunnel of lights stays up for a long time. If you do not like crowds it might be better to go on a different day when it is quieter.



Busy event

Flashing lights



10 minutes walk from the **Bus Station**.



You can look up online about this at **www.norwich.gov.uk** or call City Hall **0344 980 3333**.

Paranormal night

It 6.30pm to 2am (that means you stay up in the night-time) on Saturday 17th November.

It is **£15.50** per person and you need to take a torch.

It is at the Phoenix Centre on Mile Cross Road, NR3 2LD.

Contact **07585 720991** if you want to book a place.



Christmas Lights Switch On 2018



This is 6pm on Thursday 15th November at City Hall in Norwich. It is **free** to go to.



10 minutes
walk from the
Bus Station

**Busy
event**



G4 Christmas Concert

G4 are a singing group who are doing special concerts of Christmas songs.

This special concert at Norwich Cathedral costs quite a lot of money to go to but could be good for a treat.

It is 7.30pm to 9.30pm on Thursday 22nd November.

The tickets go from **£22.50** to **£77.50** for different seats.



20 minutes
walk from the
Bus Station.



To book seats go to <https://events.ticketbooth.eu/event/g4-christmas---norwich-cathedral-2018>



Norwich in Wonderland Winter Fete and Fun Day

This event is to raise money for the Beekeepers Association.

This is an event based on Alice in Wonderland. There is a Mad Hatter's tea party, things to buy and a grotto.

It is 11am to 4pm on Saturday 25th November at Sprowston Community High School. Anyone can go along and it costs **£1** for adults but children do not have to pay to go in.



You can get the number 11 bus. It takes 26 minutes to get there from the **Bus Station**.



More information at www.facebook.com/norwichinwonderland/



3-day Global Village Christmas Market

Food, drink and gifts from around the world. This events raises money for Break Charity.

It is **free** to go and look round this special Christmas market.

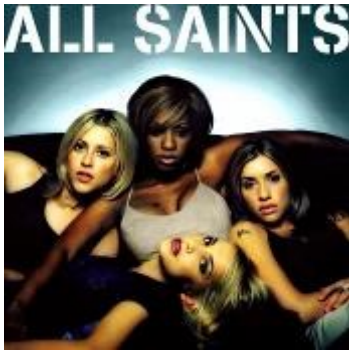
It is open 10am to 5pm on Thursday 30th November, Friday 1st December and Saturday 2nd December.



10 minutes walk from the **Bus Station**.



This is at The Forum in Norwich. There are accessible toilets there.



All Saints Live

All Saints are doing a concert at University of East Anglia (UEA).



This is a music concert so it will be quite loud. It costs **£33** for a ticket which is a lot so it could be a present or a treat.

It is 7pm to 10pm on Saturday 1st December, you have to be over 14 years old to be able to go.



NR2 Christmas Lights switch on

NR2 is an area in the middle of Norwich. This means all the houses have a postcode with NR2 in.

On Saturday 8th December all the houses are going to switch on their Christmas Lights at 5pm. This is a chance for anyone who lives in this area to walk around and meet their neighbours and make friends.



Norwich creative Market

It is **free** to go and look round this special market where people sell craft works. It is at St Andrews Hall quite near the jobcentre.

It is on Sunday 9th December 11am to 5pm.



10 minutes
walk from the
Bus Station.

