

# Out and about in South Norfolk



Welcome to **Out and about in South Norfolk.**

This is one covers Autumn and Winter 2018.



Our **Out and about** newsletters tell you about **free** or cheap things going on in the community.

This copy is about **South Norfolk.**



Joining in with things gives you a chance to meet new people and can help to stop you feeling lonely.



**01603  
631433**

If you want a paper copy of this **Out and About in South Norfolk** just call our office and we will send you one.



## Diss Advocacy group

This is a group run **by** and **for** people with learning disabilities in South Norfolk.

It is run by Opening Doors.

This friendly group is run by people with learning disabilities. You can speak up about anything you want and make new friends. It is **free** to come but you need **£1** to buy a drink.

We meet at Diss United Reformed Church every other Monday, 1pm to 3.30pm and hope to see you there.



10 minutes  
walk from Diss  
**Morrisons.**



You can find out more from  
**[www.openingdoors.org.uk](http://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.

Call us if you want to come along.

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](http://www.openingdoors.org.uk)** or by  
calling **01603 631433.**



## Harleston Internet Cafe

A chance to get started on how to use the internet.

This is every Friday 12.30pm to 3.30pm at **Harleston Information Plus** at 8 Exchange Street in the town centre.

You do not have to know how to use the internet, they will support you to learn.

It is **free** to go to along.



5 minutes walk from the **Bus Stop** in **Broad Street**.



You can call them before you go along for the first time on **01379 851917**.



## Dove Dementia Café

This is for people with dementia.

This includes people who have a learning disability and dementia.

A dementia café is for people with dementia and their parents or carers can go to get a drink and meet new people. This one is at the United Reform Church in Diss on Wednesday 5th December 10am to 1pm and is monthly.



Just 5 minutes walk from Diss **Morrisons**.



You can find out more from by calling Gabrielle Pagan on **01379 650770**.



# Christmas Craft Fayre

This event raises money for a charity for people with Motor Neurone Disease.

This is on Saturday 17th November from 10am to 3pm.

It is at Jays Green Hall, School Lane in **Harleston**.

There will be a raffle and Father Christmas. It is **free** to go to.



10minutes  
walk from the  
big **Co-op**.



You can look up online about  
this at [http://www.diss.gov.uk/  
events/harleston-christmas-craft](http://www.diss.gov.uk/events/harleston-christmas-craft)



# Eye

## Christmas Lights Switch On



There is lots to do at this event with a hog roast, Park Radio will be there and there will be a panto and carols. There will also be a vintage fire engine to look at.

The Eye Christmas Lights switch on is on Friday 7th December 5pm to 8pm. The lights will be switched on at 6pm.

It is **free** to go along but you will need some money if you want to buy food and drinks.



Eye is just outside Diss so you cannot walk there.  
You can get the **112 bus** from Diss Bus Station.





## Christmas Carols in Diss

Carol singers in the square.

On Christmas Eve which is Monday 24th December there will be carol singers in the Market Square at 6pm.

It is **free** to go along and join in.



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



## Diss Town Mayor's Carol Concert 2018

This event raises money for 2 charities, one helps people in this country and the other helps people across the world.

This carol concert is hosted by the Mayor and is a chance to celebrate together. The event is for charity so you do have to pay to join in, it is **£5** for adults and **£2** for children.

The Carol Concert is on Tuesday 4th December, 7pm to 9pm at St Mary's Church, Mount Street, Diss.



5 minutes  
walk from Diss  
**Bus Station**



**Remember** you need to buy a ticket which you can get from the Town Council Offices.



# Diss

## Christmas Lights Switch On



Diss Market Place will have rides, stalls and live music from 3pm on Saturday 24th November for the Christmas Lights Switch On. This is a family friendly event and is **free** to go along to. The lights switch on is at 5.30pm.



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

**noisy  
event**

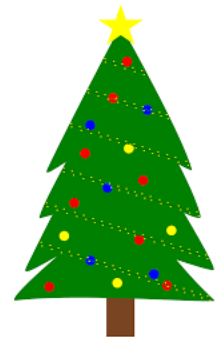
**Busy  
event**

**Flashing  
lights**



# Harleston

## Christmas Lights Switch On



Harleston has a whole day of Christmas fun on Saturday 1st December from 9.30am to 6pm. There will be a Christmas Craft Fair and Christmas Market. It is **free** to join in.



Just 5 minutes walk  
from the bus stop in  
**Broad Street.**

**noisy  
event**

**Check  
transport**

**Busy  
event**



## Christmas Lunch in Long Stratton

A chance to eat lunch on Christmas Day

If you are going to be on your own on Christmas Day this is a chance to enjoy lunch with other people.

If you can afford to make a donation then that is great but if you cannot then you can join in for **free**.

You must get yourself there and you have to say that you want to go along before the day. Families are also welcome.

**Long Stratton  
Village Hall,  
Ipswich Road.**



You need to book a place by calling Rev Heather on **01508 530238** or emailing [rev.heather@btconnect.com](mailto:rev.heather@btconnect.com)



## Michael Jackson Act

This is a someone who dresses up as Michael Jackson and sings and dances like him. This is a tribute act.

Navi is a world class Michael Jackson tribute act.

This event is not cheap but could make a gift or a treat. It is at the Park Hotel in Diss on Saturday 17th November, 7.30pm to midnight.

You need a ticket to come, they are **£15** each.



Just 5 minutes walk from Diss **Bus Station.**



To book tickets you need to call **01379 642 244.**

You need tickets to come along.



## Tea and chat in Harleston

A chance to meet get out to a friendly place and meet new people.

This is a chance to go to **Harleston Information Plus** for a cup of tea and a chat with other people.

It is on Thursday 6th December 2 - 4pm, you can pop in.

It is **free** to go along and it is a friendly and safe place.



5 minutes walk from the **Bus Stop** in **Broad Street**.



You can call them before you go along for the first time on **01379 851917**.



## Pantomime at Diss

The panto this year at Diss Corn Hall is Dick Whittington.

It is on from 19th to 30 of December.

It is panto time in Diss! Performed by professional actors and dancers, it promises to be a fun night.

This is not a cheap event, it could be good as a treat or as a present. Tickets are **£12.50** each, you need to book before you go. If you use a wheelchair make sure to call them first.



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



You need to book first at the Corn Hall on **01379 652241** or online at **[www.thecornhall.co.uk](http://www.thecornhall.co.uk)**