

Out and about in

East Norfolk



Having our say
as people first

Opening Doors



Welcome to **Out and about in East Norfolk** Winter 2018 to Spring 2019.
This covers the Great Yarmouth and Gorleston area.



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 East Norfolk.



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 East Norfolk** just call our office and ask us to send you one.



Kingside Advice Hub

This is a friendly information, advice and guidance service on social matters.

You can walk-in or make an appointment for **free** to speak to a member of staff about all sorts of different issues.



They also offer **free** craft workshops every Thursday.



Just 5 minutes walk from
Market Gates.



You can find out more by emailing admin@gyros.org.uk or by calling **01493 745260**.



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**.



The Palace Bingo

Bingo is good fun when going out with friends. You can buy food and drinks too.

The Palace Bingo on Church Plain in Great Yarmouth is fully accessible. On Tuesday afternoons from 1.30pm to 3.15pm you can play cheaper games from **£3** for 6 books. You can play other times but it costs



5 minutes walk from **Market Gates**.



You can find out more from www.palacebingo.co.uk or by calling **01493 844455**.



Community House

This is a support group for people who suffer with pain and anyone that supports them.

Pain Pals group meets on the 2nd Monday of every month 12.30pm to 2.30pm. It costs **£4** to go along. You can learn how to check and deal with your pain.

They can also help you with benefits and other problems.



5 minutes walk from **Market Gates**.



You can find out more by emailing contact@painpals.org.uk or by calling **01493 851107**.



East Norfolk Friendship Group

This is a social club just for adults with a learning disability. It is on every week.

This is a friendly group that meets every Monday 7pm to 9.30pm. It is held at Pub on the Shrubs in Gorleston.

They have live music, games nights, Gorleston's got talent and sometimes go on outings. You do have to pay to go along and you will need to take some money for drinks.



You can get the bus from Market Gates



You can find out by emailing enfriendshipgrp@hotmail.co.uk or by calling **07584 817 365**.



Scrap Shack

This is all about arts and crafts.

The Scrap Shack helps people work together to make things.



The Scrap Shack is open Monday to Friday 10:30am to 5pm at 169 King Street.

All adults are welcome and it is **free**.



Just 5 minutes walk from **Market Gates**.



You can find out more by finding them on **Facebook**.



The Priory Centre

The Priory Centre do lots of different activities for the local community.

The Hive helps people get started with their laptop, tablet or smartphone. You can drop-in for **free** Monday-Fridays 9.30am to 1.00pm.



You can learn basic computer skills **free** on Wednesdays from 2pm to 4pm.



On Fridays you can come along to a community lunch from 1pm to 2.30pm. You need to book by 12 noon on Wednesday the week before you want to go. before and costs **£2.50**.

On Fridays they also run a friendly adult social group from 2pm to 4pm. You can join in with some fun activities such as arts and crafts and board games. Or you can just pop in for a cuppa chat.



Just 5 minutes walk from
Market Gates.



You can find out more from
www.priorycentre.co.uk or by calling **01493 743000**.

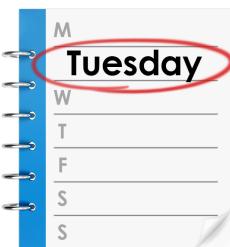


Great Yarmouth Library

As well as borrowing books the library offers lots of weekly **free** activities.



On Mondays from 10 am to 12pm you can go along to the **Friendship Group** for a chat and a cuppa.



On Tuesdays from 10.30 am to 12.30 pm you can go along to the friendly **Craft and Colouring Group**.



On Wednesdays you can join in with some fun fitness classes.

2.30 pm **free** Chair-based session

4.30 pm **free** Workout for beginners

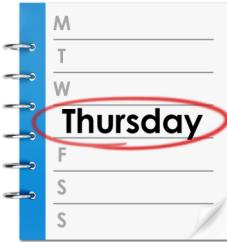
6.00 pm - 7.00 pm
Zumba which costs **£3.00**



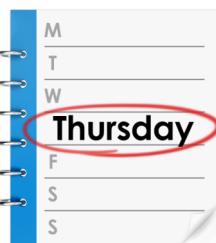
Just 10 minutes walk from
Market Gates.



You can find out more by emailing
rachaellacey1964@gmail.com
or by calling **07766 094 825**.



On Thursdays from 10.30am to 1pm you can go along to the friendly **Knitting Group**. You can bring along your knitting or join in to start something new.



On Thursdays from 2.30pm to 4.30pm you can go along to the friendly **Board Games Group**. You can have a go at playing card games, rummikub or bring along your own game.



Just 10 minutes walk from
Market Gates.



You can find out more by emailing libraries@norfolk.gov.uk or by calling **0344 800 8020**.



Beans and Books Cafe

There is a lovely café at Great Yarmouth library open Monday to Friday 9 am to 2pm.

Drop in for a drink and something to eat.

This café has some cheap food and drinks.

ESPRESSO	£1.00
AMERICANO LATTE	£1.60
CAPPUCCINO FLAT WHITE	
MOCHA	1.80
TEAS	1.20
HOT CHOCOLATE	1.60
COLD DRINKS	1.00
BREAKFAST	
TOAST	50
TEACAKE	1.00
PORRIDGE	1.95
BACON OR EGG SANDWICH	2.50

Health Day

January

22

Come along to The Burrage Centre at the James Paget Hospital from 11am to 3 pm to learn ways to stay healthy.

It is a free **event** for people with learning disabilities, their family and carers. Lunch is provided.



To book your place call **01225 789 135**.

Marina Centre

If you would like to take a swim then you can go along to the Marina Centre.

It costs **£4.85** per adult and **£4.30** for disabled adults and a carer.



15 minutes
walk from
Market Gates.



Wellington Pier Bowling

If you would like a go at tenpin bowling pop along to Wellington Pier.

It costs **£3.95** per adult for one game.



15 minutes
walk from
Market Gates.



Open Christmas

Offers a very warm welcome and a **free** Christmas day meal.

If you are going to be alone on Christmas Day come along to the Marina Centre between 11am to 5 pm for Christmas lunch, entertainment and a goody bag.

There is no need to book, just turn up on the day.

If you need help to get there **free** transport is available.



15 minutes
walk from
Market Gates.



To find out more or to book free transport call David **07928 927 053.**