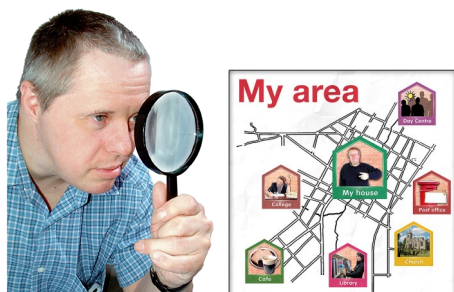


# Out and about in East Norfolk



Welcome to **Out and about in East Norfolk** Summer 2019.

This shows what's on in and around Great Yarmouth and Gorleston.



Have a look at the things going on in your local community. There is lots to do for free or quite cheap.



Getting **out and about** in your local community helps you to meet new people and feel less lonely.



**01603  
631433**

If you want a paper copy of this **Out and About in East Norfolk** call us and we will send you one.



## Kingside Advice Hub

This is a friendly place to get information, and advice on social things

You can make an appointment for **free** to speak to someone or just pop in for help with all different issues.

You can also get a bus pass and radar keys from here.



Just 5 minutes  
walk from  
**Market Gates**



You can find out more by emailing  
**info@dial-greatyarmouth.org.uk**  
or by calling **01493 856900**



## DIAL Great Yarmouth

A place for people who live in Great Yarmouth to get **free** help with money problems, debt and benefits.



**About money  
and debt**  
is on Thursdays  
9.30am to 12.30pm.



**Getting help  
with benefits**  
Fridays  
9.30-12.30pm.

Any other issues you need to book an appointment.



Just 5 minutes  
walk from  
**Market Gates**



You can find out more by emailing  
**info@dial-greatyarmouth.org.uk**  
or by calling **01493 856900**



# Maritime Festival

A weekend festival all about history and boats and the sea

The Maritime Festival in Great Yarmouth is on **Saturday 7th September** and **Sunday 8th September**. It is **free** to go along.

There are lots of boats to look at. Some of them you can go on board and have a tour. This costs **£3** to do.



There are lots of **free** activities for children to do and different characters for them to walk around and meet.

There is music and places where you can buy food and drink. If you are on a budget why not bring a picnic which will be fun and save you money. You can also learn about the lifeboats and how they keep people safe in the sea.



There will be a cinema bus to look around where you can learn about the Suffragettes.



You can find out more from [www.great-yarmouth.co.uk/maritime-festival](http://www.great-yarmouth.co.uk/maritime-festival)



## The Palace Bingo

Bingo is great to do with friends but lots of people go alone as well.

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 more.



5 minutes walk from **Market Gates**



You can find out more from [www.palacebingo.co.uk](http://www.palacebingo.co.uk) or by calling **01493 844455**



## Summer Fireworks

A brilliant firework display on Great Yarmouth central beach.

Every Wednesday evening from 24th July until the 28th August at 10pm there is a firework display on the beach. It is **free** to go along and watch.

Lots of stalls on the beach stay open late so there is lots to do.



For the best views go on the seafront or on Britannia Pier or Wellington Pier. **15 minute walk from Market Gates**





## Centre 81

A friendly place where you can get help with transport and do activities

Centre 81 is a place where you can do different activities. They look at what you **can do** and have lots of things on offer.

You need to join up and become a member which costs **£10** each year. When you are a member you can choose to take part in some groups and activities.



15 minutes  
walk from  
**Market Gates**



To find out more and to get an application form go to **[www.centre81.co.uk](http://www.centre81.co.uk)**



## Time and Tide museum

This is where you can learn about life in Great Yarmouth in the past

This museum has lots of different things to look at. Over the summer there is a special display showing how people used to be looked after when they were ill.

You have to pay to go into the museum. It is **£5.90** for disabled people but if you go at 3.30pm you can get a **twilight ticket** for **£2** which gives you 1 hour to look round.

If you need a carer to go with you they get in for free.



Just 10 minutes  
walk from  
**Market Gates**



The museum is at **Blackfriars Road, Great Yarmouth, NR30 3BX** and you can call them on **01493 743930**



# Celebrate Norfolk Day Free activity Fun Day

A day of **free** activities to try

This is a whole day of **free** activities at the Waterways in Great Yarmouth. It is on Saturday 27th July, 11am until 4pm.

If you want to make an origami boat and sail it then this is from 12-2pm. Everything else is running all day for you to try.

Some of the things you can do are:

## Drawing and painting



## Planting crops in pots



## Gentle exercise group



## Arts and crafts



Just 5 minutes  
walk from  
**Market Gates**



You can find out more by emailing  
**CLDO@norfolk.gov.uk** or just go  
along and take a look



## Summer circus at the Hippodrome

A special circus and water show

This is not a free event but it could be a treat. Tickets are between **£16** and **£20** for disabled people.

The summer show has a comedian as well as dancers and acrobats. There are fireworks and lights in the show too.



Just 10 minutes walk from **Market Gates.**



You can book tickets by calling **01493 844172** and talking to the Box Office.

## 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.**



# Equal Lives Art competition

For disabled people to take part in

This is an art competition for anyone who is disabled and lives in Norfolk. The theme is **independence** so you need to make and piece of art which shows what that means for you.

To enter send your art (or a photo of it) to **Equal Lives, 15 Manor Farm Barns, Fox Road, Framingham Pigot, NR14 7PZ** or you can send an email to **membership@equallives.org.uk**.

You can enter as a userled group or as a disabled individual.

Make sure to put your name and category on your entry and get it sent in by **midday on 30th August 2019**.



## Getting in touch with Opening Doors

Monday to Friday



Opening Doors

38a Bull Close

Norwich, NR3 1SX



[admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk)



01603 31433



[www.openingdoors.org.uk](http://www.openingdoors.org.uk)