

Out and about in South Norfolk



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

This is one covers Autumn/Winter 2019.



Out and about is about things to do in the community that are **free** or cheap. This copy is about **South Norfolk.**



If you feel lonely it is great to try and get **out and about** and meet people.

It can help you to feel less lonely.



**01603
631433**

To get a **free** paper copy of this **Out and About** in **South Norfolk** just ring us and we will send it to you.



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 **30p** to buy a drink.

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



5 minutes walk from **Morrisons**.



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



Diss Christmas Panto

Diss panto this year is Robin Hood. It runs at the Corn Hall from 20th to 30th of December.

This is not cheap but could be a lovely treat for Christmas. The panto is suitable for people of all ages. It is £13.50 per adult ticket. You book online or you can pop in.

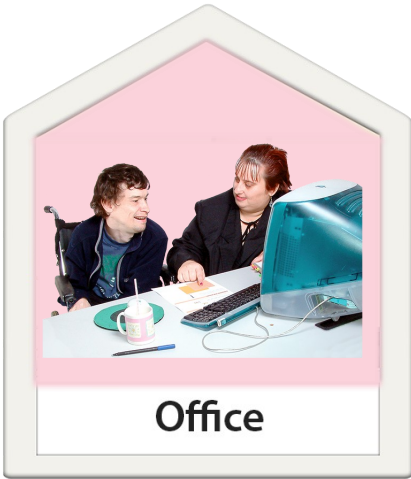
If you use a wheelchair please ring first to arrange a space.



Just 5 minutes walk from Diss **Morrisons**



You can find out more from www.thecornhall.co.uk or by ringing **01379 652241**.



Office

Diss office skills group

A friendly group for people with learning disabilities to learn new skills.

It is **free** to take part and the group runs every Monday.

The office skills group runs from **Diss Business Centre** weekly.

It is a chance to learn new skills which could help you get a job, do voluntary work or just to make life easier.

It is **free** to come along, there is support from an Adviser as well as experienced peer supporters with learning disabilities.

You can come along for the whole day 10am to 3pm or pop in just for an hour, it is up to you. You can learn things like:

Shredding



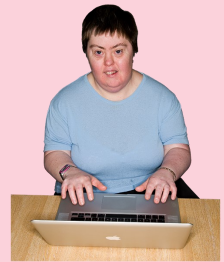
Phone skills



Working in a team



Computer skills



Run by
Opening
Doors.

funded
through



5 minutes walk
from the **train
station in Diss.**



If you think you would like to
come along please call us first
on **01603 631433.**



Fun and free crafts

Sometimes you feel lonely at home. It is good to have ideas of things you can do to keep busy.

Have you ever made your own Christmas cards or gift tags?

This is a fun and **free** thing to do. You can cut up old Christmas cards and put string through to make gift tags.

For Christmas cards you can draw your own, or cut up old ones to stick onto paper or card to make new ones.



Diss Christmas Lights Switch On

Saturday 23rd November 2.30-6pm

There is lots to do at this event, Park Radio will be there and you can meet the cast from the robin hood panto. A Vintage Fire Engine from Bressingham Steam Museum will deliver Santa along Mere Street to the Diss Market Place

The fun starts at 2.30pm, the switch on is at 5.15pm.

It is **free** to go along but take money if you want to buy any food and drinks.



Just 5 minutes
walk from Diss
Morrisons

**Flashing
lights**

**Busy
event**

**noisy
event**



Exercise and music

It is always good to keep moving and can help you feel better and happier.

If you are over 60 or disabled then on Wednesdays 12-1pm at Park Hotel in Diss you can join in with exercise to music.

It costs £3.50 to join the class and you pay on the door.



10 minutes walk from **Morrisons**.



Contact Polly Munro to find out more. Send an email to polly.lavender@virgin.net



Peter Beale Roses

A lovely garden centre where you can walk round and relax.

This garden centre in Attleborough has lovely flower displays all year round. The staff are friendly and helpful, they can give you gardening tips.

It is free to go and look around but remember to take some money if you want to go for a drink in the café.

This can be a lovely way to spend time with a friend without spending too much.



Attleborough is a 20 minute drive from Diss by car



Remember take some money if you want to go to the café



Diss Fireworks with Hog Roast

Diss Fireworks are at the Cricket Club on Saturday 2nd November from 5pm to 9pm.

There will be a Hog Roast and the fireworks start at 8pm.



10 minutes walk from **Diss train station**

noisy event

Flashing lights

Busy event



Shelfanger Village Hall and Social Club

On 12th October at 7pm it is **Bingo Night** at Shelfanger Village Hall. This is always a fun night with lots of prizes to win. It is £1 to come in and then **£1** for each bingo book.

The doors open at 7pm and there is a bar and refreshments.

If you want to be able to buy food and drink then you will need to bring extra money.

Check transport

10 minute drive in a car from Diss.

noisy event

Flashing lights

Busy event



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.**



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**.



Harleston Craft Fayre

Saturday 23rd November 2019

Starting at 10am Free entry.

This is at **Jayes Green Hall School** which is in Harleston.

There will be over 20 stalls with hand-made cards and Christmas decorations and presents to buy. You could do a bit of your Christmas shopping and have fun on the tombola and raffle.

Call 01986788510 if you want to know more.



You can get the 38a bus from Norwich to Harleston

This is the purple line



Remember to take some money