

Out and about in East Norfolk



Welcome to the Winter 2024 Out and about in East Norfolk

This covers Great Yarmouth and other places nearby.



This newsletter is about activities you can join in your local community. Lots of things are **free** or **quite cheap**.

If you feel lonely then getting out and about can help.



01603
631433

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



www.openingdoors.org.uk



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Christmas 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 **£20** and **£28** for disabled people.

The Christmas 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 738877 and talking to the
Box Office.



Great Yarmouth and Gorleston Parkrun

Free



If you would like to walk, jog or run, join Parkrun on the beach in Great Yarmouth (no wheelchairs) or at Gorleston Cliffs.



Parkrun is free, friendly, fun, weekly, timed 5k at 9:00am every Saturday.

All ages and abilities are welcome.



You can just turn up but if you would like your time you need to register online and bring along your barcode. For more information go to **www.parkrun.org.uk/register/**



AGE+CONNECTED

Bringing together people over 50+

Here are some of the groups you can try. There are lots more available including lunch clubs and hair cuts.

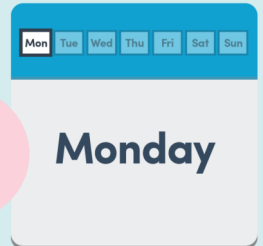


Men's chat and pool

Come along for a chat and a game of pool

£4 to join in, £6 to stay all day

Every week



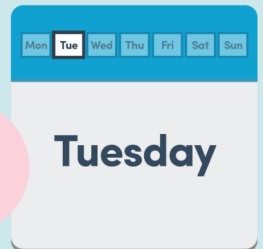
10am to 12pm



Friendly arts and crafts group

Bring along your own crafts and have a cuppa and a chat **£4 to join in**

Every week



1pm to 3pm



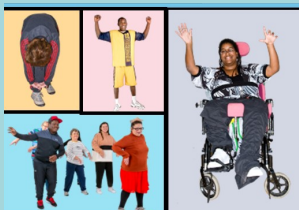
Café Connect

Friendship with a cuppa. A chance to learn digital skills too **£4 to join in**

Every week



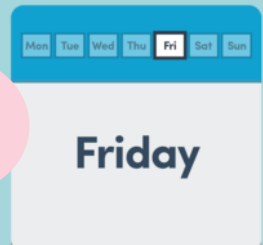
10am to 12pm



Seated exercise classes

Move and Groove and have fun with light weights, bands and balls **£5 to join in**

Every week



10am to 12pm



Just 5 minutes walk from **Market Gates**



Acorn Centre, 8-9 Regent Street, Great Yarmouth, NR30 1RN. Call **01493 262052** for more information.



Pavilion Theatre

These are not free events but they could be a treat



November

14

November

17



December

5

January

4

Bus 2 or 3 from
Market Gates
stand F



Pier Gardens, Gorleston NR31 6PP
For more information call **01493 662832** or
email **bookings@gorlestonpavilion.co.uk**

Coffee Club

If you would like to join us for coffee and treats then come along to the Pavillion Theatre bar, Gorleston.

You need to pay for what you eat and drink

Every
week

Saturday



9:00am



12:00pm

Where?

Pier Gardens,
Gorleston
NR31 6PP



St George's Theatre



You can get tickets for £18 to an adult only panto.

There will be rude jokes and adult humour!

Busy
event

18+

January

4

January

5



You can book tickets
by calling the box
office **01493 331484**



Palace Cinema

There are lots of different films to see.
You could try a Christmas concert



December

7

December

8



6:40m



12:40pm



Screens 1 and 2
are wheelchair
friendly

Bus 2 or 3 from
Market Gates
stand F



159 High Street, Gorleston NR31 6RG

For more information call **01493 440506** or
box-office.gorleston@palacecinemas.co.uk



Great Yarmouth Advocacy Group

Free

A **free** group for adults with learning
disabilities that runs every other week.

This friendly group meets every other **Wednesday 10am to 12pm**
at the **Café at St George's Theatre** in Great Yarmouth.

Everyone is welcome and you can bring along a supporter.



Just 10 minutes walk
from **Market Gates**



Disabled
toilets ✓



Wheelchair
accessible ✓



To find out more email
admin@openingdoors.org.uk
or call **01603 631433**



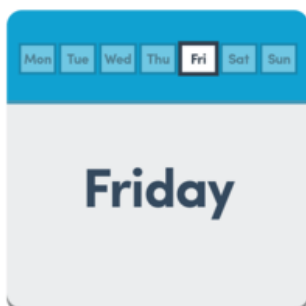
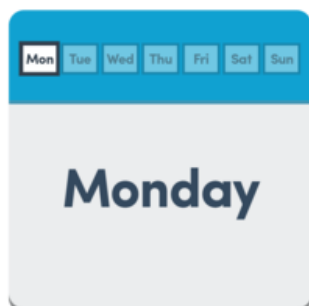
Arts and Crafts at Dial

A warm and friendly space to come and do arts and crafts.

There is **free** tea and coffee.



Every Monday and Friday



10:00

3:00



Just 5 minutes
walk from
Market Gates



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



You can find out more at **www.dial-greatyarmouth.org.uk**
Or facebook **www.facebook.com/DIALGtYarmouth**

Christmas Lights Great Yarmouth

Free

Come along to enjoy the Christmas Lights switch on at 7pm.

There will be free evening entertainment for everyone to enjoy.

Busy
event

November

22



Christmas Craft Fair Shrublands, Gorleston

A great chance to buy your Christmas gifts from a range of stalls.

There will be a jumble and bric-a-brac sale and a tombola.

The cafe will be open too.

Busy
event

November

16

Free

10am to 3pm

Christmas Fayre St Nicholas Church

Free

Enjoy shopping at the Great Yarmouth Christmas Fayre from 10am Friday 22 November to Sunday 24 November at 4pm.

There will be craft and food stalls for you to enjoy!



Busy
event

BIG Wednesday Great Yarmouth Seafront

Free

On Wednesday 30 October there will be a free evening of entertainment and fireworks for everyone to enjoy.

noisy
event

Busy
event

Mon Tue Wed Thu Fri Sat Sun

Wednesday



5-7pm street acts
6pm fireworks



East Norfolk Friendship Group

noisy
event

a social club for adults with a learning disability that runs every week.

This friendly group meets every **Monday 7pm to 9.30pm** at the **Pub on the Shrubs** in Gorleston, with music and games.

It is £2 per night (+ money for drinks) and you can take a carer.

The **number 6**
Barracks bus takes
20 minutes

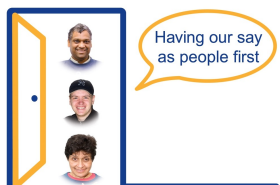


Disabled
toilets ✓

No
steps ✓

Busy
event

All are welcome. Come and meet us!
Email enfriendshipgrp@hotmail.co.uk



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