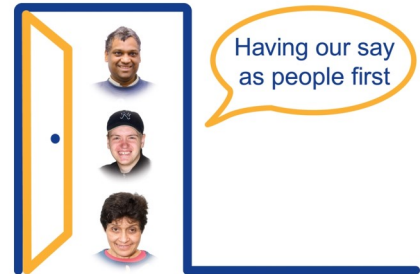


Out and about in East Norfolk

Supported through



Opening Doors

Supported by students at **eastcoast**
COLLEGE



Welcome to **Out and about in
East Norfolk** April to June 2024.

This covers Great Yarmouth and
other places nearby.



This newsletter shows things you could
join in with 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 you one.



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

You can book an **appointment** to get help on any day of the week



Or just **drop in** on Tuesdays **10am to 12pm** or Fridays **1pm to 3pm**



Getting help with benefits **drop in** Thursday **1.00-3.00pm**



You can book an **appointment** for help to fill in forms or with other benefit issues

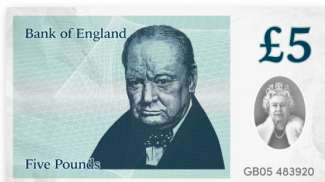


Get a Radar Key for £5

If you are disabled you can buy a radar key from the Dial office.

You need to bring proof of your disability.

They are open 9.30am to 4pm every day except Sundays and Bank Holidays





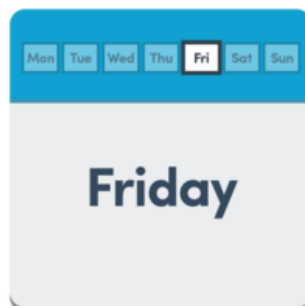
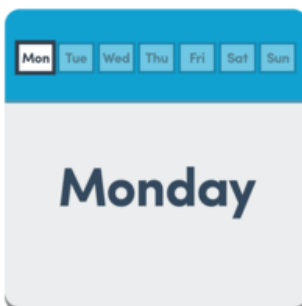
Arts and Crafts at Dial

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

There is **free** tea and coffee.



Every Monday and Friday



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



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 **£20** and **£28** 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 738877** 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 **£4.50** for a disabled adult to go swimming



01493 289119



Marine Parade NR30 2ER
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 **£8** per adult for one game.



15 minutes walk from **Market Gates**



Great Yarmouth Library

There are lots of different groups and events at the library.

Here are some you might want to try



Friendly arts and crafts Group

Bring along your hobby and have a cuppa and a chat £1.50 to join in

Every week



Monday

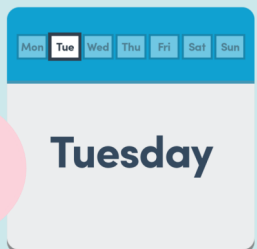
10am to 12pm



Volunteer Gardener Group

Come along and learn something new as well as helping out

Every week



Tuesday

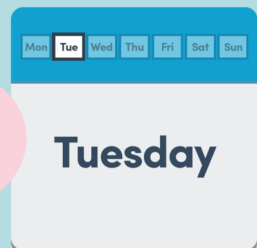
10am to 12pm



Drop in and draw

Bring your own drawing things and meet other people interested in art

Every week



Tuesday

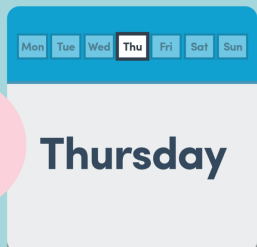
2pm to 3pm



Come play Board Games

Join in with some games. Let the library know you want to go along

Every week



Thursday

2pm to 5pm



Just 10 minutes walk from **Market Gates**



Tollhouse Street, Great Yarmouth, NR30 2SH. Call **01493 844551** for more information.



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 **£7.40** for disabled people but if you go at 3.30pm you can get a **twilight ticket** for **£2.50** 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**



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.

You can bring a packed lunch. Supporters are welcome 😊



Just 10 minutes walk from **Market Gates**



Accessible
Toilets ✓



Wheelchair
accessible ✓



You can find out more by emailing **admin@openingdoors.org.uk** or calling **01603 631433**

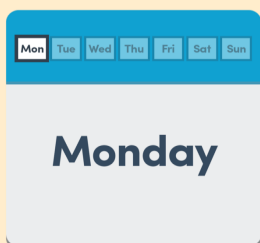
A Cuppa Connection

Manor Close Community Rooms, Gorleston



A warm and friendly place to have a drink and a chat.

Free tea and coffee



Games and puzzles to do

10am to

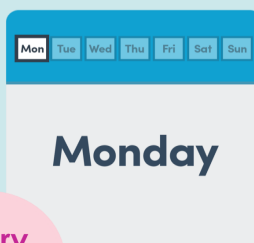
Crafternoon

The Marina Centre Cafe, Great Yarmouth



Bring along your own crafts and chat to other crafters.

Tea and coffee is **£1.50**



Free parking

Wheelchair accessible

1pm to 3pm

Every week

Traditional Games

Group

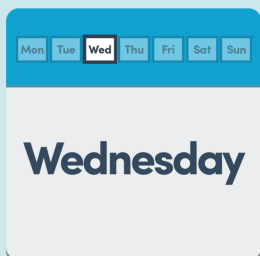
Shrublands

Youth and Adult Centre



Bring your own game or play the boardgames there

Tea and coffee is **70p**



Free parking

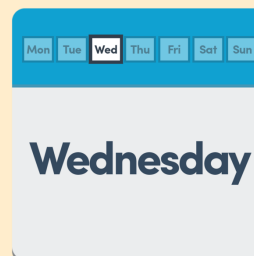
10am to 12pm

Creative writing

Pavilion Theatre and Bandstand, Gorleston

Come meet new people and have a try at writing down your ideas or thoughts.

Free tea and coffee



Parking available

1pm to 3pm

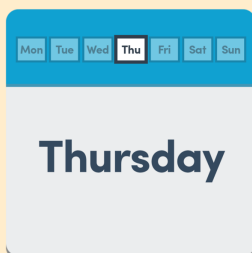


These activities are all run by a charity called **The Shoebox Enterprises** who you can contact on **01603 850309**

Knit, stitch and Natter Pavilion Theatre and Bandstand, Gorleston

A chance to have a go at different crafts and have a chat and make friends

Free tea and coffee



parking available

10am to 12pm

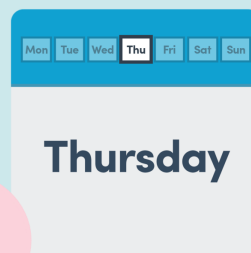
Every
week

Board Games at the Marina

The Marina Centre Cafe,
Great Yarmouth

Come and have a game ☺

Tea and coffee is **£1.50**



Free parking

**Wheelchair
accessible**

1pm to 3pm



These activities are all run by a charity called **The Shoebox Enterprises** who you can contact on **01603 850309**

St George's Theatre coming soon...

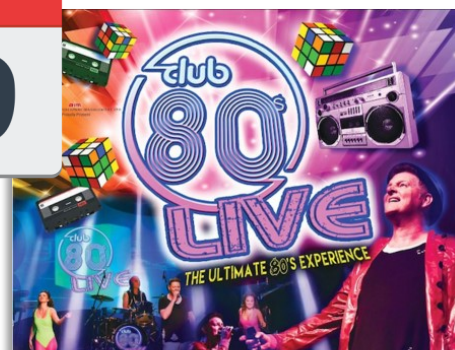
May

25



June

29



These are **not** free events but they could be a treat.
Tickets are cheaper for disabled people.



Just 10 minutes
walk from
Market Gates.



You can book tickets by calling
01493 331484 and talking to the
Box Office.

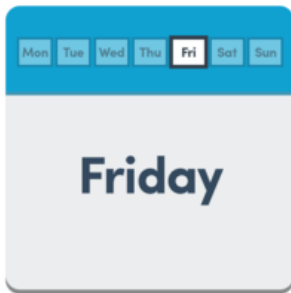


Go Ahead Club

Every week

A weekly social club for people with learning disabilities

Every Friday



5:30 pm



8:30 pm



It costs **£3** which includes a hot drink



Raffle strips cost **£1**
Prizes to be won!



You can bring money to spend in the tuck shop



This friendly group meets every **Friday 5.30 to 8.30pm** at the **Community Centre**, Pegotty Road in Great Yarmouth

The **number 2** Barracks bus takes 10 minutes



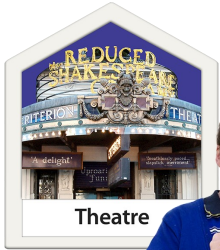
Accessible Toilets **✓**



Wheelchair accessible **✓**



For more information call Linda Alterman on **07737464053** or lindaalterman@hotmail.com



Fabba Theatre Company

A group for people with learning disabilities to act and sing every Thursday at St George's Theatre



Every week



£25 each session (+ £1 for drinks)



Disabled Toilet ✓



Just 10 minutes walk from **Market Gates**



01502 512937



Ramp access ✓



I Socialise



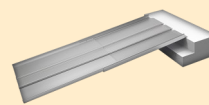
A social club for adults with learning disabilities for fun and games

This friendly group meets every other **Tuesday 6pm to 9.30pm** at **Iceni St James** in Great Yarmouth for karaoke, bowling and more.

It costs **£5** to **£10** per night.



Accessible Toilets ✓



Ramps available ✓



Just 10 minutes bus ride from **Market Gates**



For more information call **01493 717830** or email **isocialise@icenicare.com**



Pleasure Beach

If you would like to enjoy rides and attractions then you can go along to the Pleasure Beach.

March						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

October						
Fri	Sat	Sun	Mon	Tue	Wed	Thu
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

There are disabled prices to go on the rides.

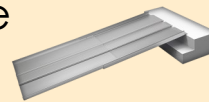
You need to bring proof of your disability with you.



15 minutes **number 2** bus from **Market Gates**



Accessible
Toilets ✓



Ramps
available ✓



Merlin's Sports Bar

If you are aged 18 or over you can play pool, snooker or darts at Merlin's Sports Bar.



Lifetime membership is **£10** or it is **£2** for holiday membership.

It costs £7 to play per hour.



Just 10 minutes walk from **Market Gates**



For more information call **01493 856150**



There are lots of steps.



You can ask to use a lift

Out There Festival

Outdoor arts and circus



This is a **free** event in different places around Great Yarmouth including **St George's Park** and the seafront.



Free

The fun weekend festival has lots of dancers, music and acrobats.

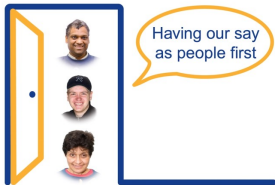
Busy event



Just 10 minutes walk from **Market Gates**



For more information call **01493 745458** or visit the website **www.outtherearts.org.uk**



Opening Doors

Getting in touch

with Opening Doors



**01603
631433**

Follow us on social media



admin@openingdoors.org.uk



www.openingdoors.org.uk

Thank you to students at



Supported through

