

# Out and about in East Norfolk



Welcome to **Out and about in East Norfolk** Summer 2024.

This covers Great Yarmouth and other places nearby.



This newsletter shows activities to 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.



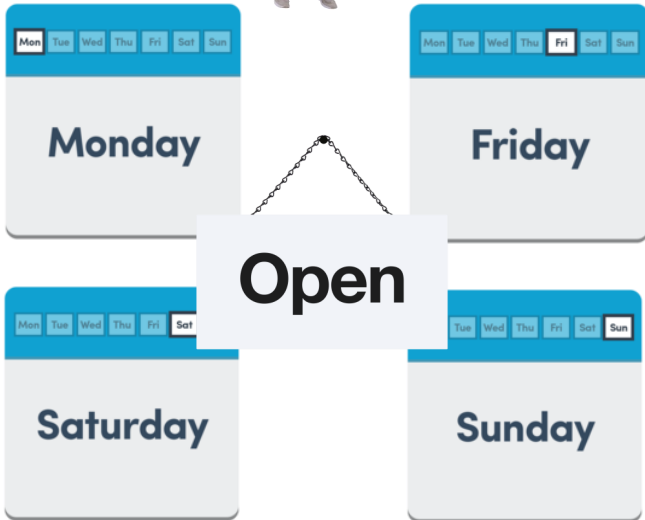
01603  
631433

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

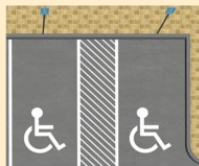


# Phoenix Leisure Centre

You can go to the gym, try swimming and have a go at fitness classes



Disabled Toilets ✓



Disabled parking ✓



Wheelchair accessible ✓



Widgeon close, Bradwell, Yarmouth, NR31 8JU

For more information call **01493 664575** or email **phoenix.reception@freedom-leisure.co.uk**



It is 20 minutes bus from **Market Gates**

**Take bus no. 6 coastal red to Widgeon Close**



# Heritage Open Days

A chance to see hidden places and try out new experiences.

Here are some you might want to try



## The Tolhouse Gaol

Tollhouse Street, Great Yarmouth, NR30 2SH

Visit one of the oldest prisons in the country

12, 13, 14 or 15  
September  
**10am to 4pm**

**Free**



## Time and Tide Museum

16 Blackfriars Road, Great Yarmouth, NR30 3BX

Learn about Great Yarmouth's history

7 or 8 September  
**10am to 4.30pm**

**Free**



## Anna Sewell House

26 Church Plain, Great Yarmouth, NR30 1N

Visit the birthplace of the author of Black Beauty

6, 9, 11, 13  
September  
**10am to 2pm**

**Free**



## St George's Theatre

King Street, Great Yarmouth, NR30 2PG

You can visit backstage of the theatre

Sunday 11  
September  
**11am to 3pm**

**Free**

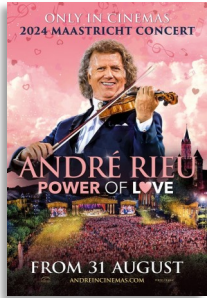


There is no pre booking needed to go to these open days. You can just turn up. For more information go to [www.heritageopendays.org.uk/](http://www.heritageopendays.org.uk/)



# Palace Cinema

There are lots of different films to see.  
You might like to try...



August  
**31**

September  
**1**



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 **01493440506** or

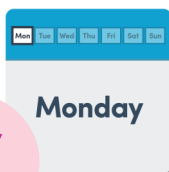
**Box-office.gorleston@palacecinemas.co.uk**

## Walking Football

If you would like to try  
walking football then  
come along to the  
Shrublands Community  
Centre.



It costs **£2.50**



Every  
week

For more information call  
**07544 551670** or email  
**info@shrublandstrust.org.uk**

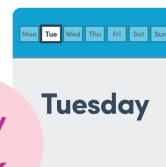


## Shrublands Crafters

Bring along a craft project  
you are working on to the  
Shrublands Community  
Centre.

**Free**

It is **free** to come  
along and have a cuppa!



Every  
week

### Where?

Magdalen Way,  
Gorleston  
NR31 7BP





# Green Light Trust

**Free**

Come along to spend time in nature if you are having poor mental health

 <p>Wellbeing</p>	 <p>Nature walks</p>	 <p>Camp fire lunch</p>	 <p>Wood crafting</p>
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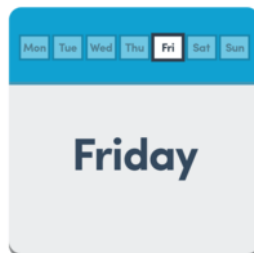


## Strumpshaw Fen,

Low Road, Strumpshaw, NR13 4HS



A bus can be arranged to pick you up from **Great Yarmouth**



There is no **disabled access** or **disabled toilets**



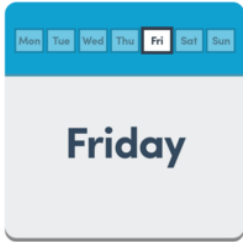
For a referral form go to <https://greenlighttrust.beaconforms.com/form/9f903654> or call **01284 830829** for more information



# Go Ahead Club

Every week

A weekly social club for people with learning disabilities



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

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



Accessible Toilets ✓



Wheelchair accessible ✓



For more information call Linda Alterman on **07737464053** or [lindaalterman@hotmail.com](mailto:lindaalterman@hotmail.com)



# 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 ✓



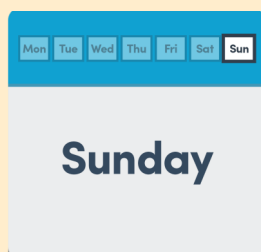
To find out more you need to email [admin@openingdoors.org.uk](mailto:admin@openingdoors.org.uk) or call **01603 631433**

## Summer Sundays

### Pavilion Bandstand

Free

Come along to enjoy live music at the Pavilion Bandstand gardens every Sunday until 1 September.



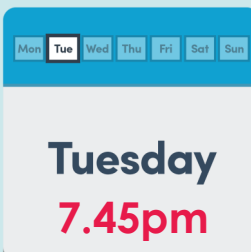
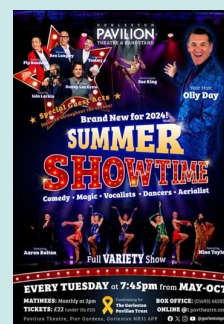
11am to 4pm

## Summer Showtime

### Pavilion Theatre, Gorleston

Enjoy a variety show every Tuesday until October. This is not a free event - adult tickets are £22.

Call the box office on **01493 662832**.



Tuesday  
7.45pm

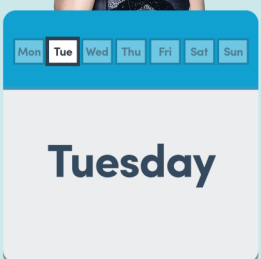
Wheelchair accessible

## BIG Tuesdays

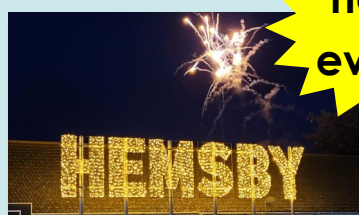
### Hemsby Beach Road

Every Tuesday from 23 July to 27 August there will be free evening entertainment for everyone to enjoy.

Free



Tuesday



8pm street acts  
10pm fireworks

noisy events

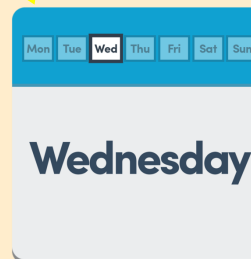
## BIG Wednesdays

### Great Yarmouth Seafront

Every Wednesday from 24 July to 28 August there will be free evening entertainment for everyone to enjoy.

Free

Busy event



Wednesday



8pm street acts  
10pm fireworks

# The Cuppa Care Project

Free

Visit the bus to pop in and have a chat



A chance to meet friendly people and chat about anything worrying you or to get help and advice.

The bus parks on **Market Gates** in Great Yarmouth on these Mondays **1pm to 3pm** over the summer:



For more information call **01603 404440**



## Getting in touch with Opening Doors



Follow us on social media



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



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

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