

Out and about in East Norfolk



Welcome to the Spring 2025 **Out and about in East Norfolk**

This covers Great Yarmouth and other places nearby.



This final 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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DIAL Great Yarmouth

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



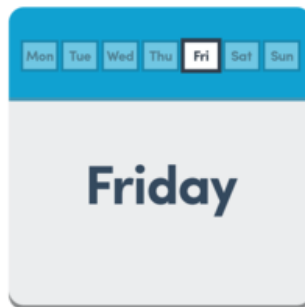
About money and debt

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



Or just **drop in** on Tuesdays **10am to 12pm**, Fridays **1 to 3pm** or 1st and 3rd Saturday of the month **1.30-3.30pm**

Every Monday and Friday



10:00am



3:00pm



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**



AGE+CONNECTED

Bringing together people over 50+

You can try lots of different activities including card making on Mondays and Fridays and lunch clubs.



Just 5 minutes walk from **Market Gates**



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



Great Yarmouth Library

There are lots of different groups and events to try. Some are free and some you pay a small fee.

**MOVING TO
'THE PLACE'
SOON**



Just 10 minutes walk from **Market Gates**



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



Pavilion Theatre

These are not free events but they could be a treat.

Bus 1 or 1A from **Market Gates** stand F



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



Great Yarmouth Advocacy Group



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**

Marina Centre, Great Yarmouth

If you would like to take a swim then you can go along to the **Marina Centre**.

You will have to pay to swim.



**01493
289119**



Marine Parade NR30 2ER
15 minutes walk from
Market Gates



There are lots of activities run by **The Shoebox Enterprises** in Great Yarmouth and Gorleston.



Call The Shoebox Enterprises on **01603 850309** to find out more information



Phoenix Leisure Centre

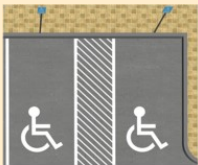
You can go to the gym, try swimming and have a go at fitness classes



Disabled Toilets ✓



Wheelchair accessible ✓



Disabled parking ✓



Be active



You will have to pay to use the leisure centre



Widgeon close, Bradwell, Yarmouth, NR31 8JU

For more information call **01493 664575** or email

phoenix.reception@freedom-leisure.co.uk

parkrun

Great Yarmouth and Gorleston Parkrun



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 3.1 miles (5k) at **9am** every Saturday.

All ages and abilities are welcome.



You can just turn up but if you would like your time register online and bring along your barcode.

For more information go to **www.parkrun.org.uk/register/**



Palace Cinema

There are lots of different films to see.
You will have to pay to watch a film.

All buses from
Market Gates
stand F



159 High Street, Gorleston NR31 6RG

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



St George's Theatre

You have to pay to watch the shows - live
music, plays, musicals and more!



Just 10 minutes
walk from
Market Gates



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



I Socialise

iSocialise est. 2011
WITH ICENI CARE

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.



Just 10 minutes
bus ride from
Market Gates



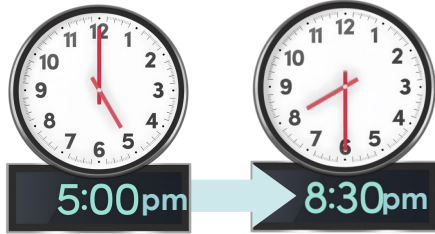
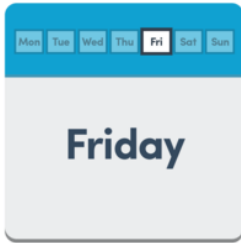
For more information call
01493 717830 or email
isocialise@icenicare.com



Go Ahead Club



Every week

A weekly social club for people with learning disabilities




It costs **£3** and you get a hot drink

The **number 2 or 3** Barracks bus takes 10 minutes

 Accessible Toilets ✓  Wheelchair accessible ✓

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

Out There Festival

Outdoor arts and circus



May 29 → **May 31**

Free




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

The fun 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



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**

Kingsgate Community Group

Pop along on Thursdays between **10.30am** and **12pm** for a craft morning with free hot drinks and cake.

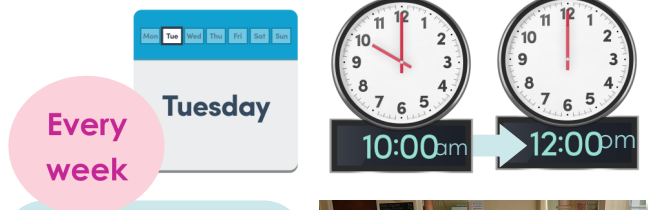


Catch a bus from **Market Gates**

Shrublands Crafters

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

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



Where?
Magdalen Way,
Gorleston
NR31 7BP

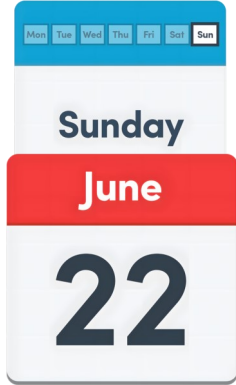




Wheels Festival 2025

Seafront, Great Yarmouth

Free



There will be a wide range of bikes, classic and contemporary cars along Great Yarmouth's seafront for the Wheels Festival for 2025!

It is a **FREE** weekend event

Busy event



Just 10 minutes walk from **Market Gates**



Follow the Facebook page for updates www.facebook.com/gywheelsfestival/



Fabba Theatre Company

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



Every week



£35 each session (+ **£1** for drinks)



Disabled Toilet ✓



Just 10 minutes walk from **Market Gates**



01502 512937



Ramp access ✓



STEAM HOUSE CAFE

SUPPORT TRANSFORM EAT ASPIRE MOTIVATE

STEAM House Cafe

You can drop into the STEAM cafe in Gorleston.

It is a safe and calm space for people who need mental health and well being support.

Open 7 days a week



They are open in the evening for emergency appointments



Accessible Toilets ✓



Wheelchair accessible ✓



140 High Street, Gorleston, NR31 6RB
For more information call or text **07435 993407** or email **steamgy@accessct.org**



Green Light Trust



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



Strumpshaw Fen,

Low Road, Strumpshaw, NR13 4HS



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



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



Pleasure Beach

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

There are disabled prices to go on the rides.

You need to bring proof of your disability with you.



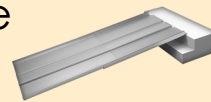
March						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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				

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**



East Norfolk Friendship Group



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 3/3B** Barracks bus takes 20 minutes



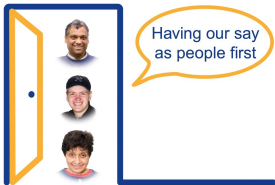
Disabled
toilets ✓

No
steps ✓



All are welcome. Come and meet us!

Email enfriendshipgrp@hotmail.co.uk



Opening Doors

Get in touch with Opening Doors



**01603
631433**

Follow us on social media



admin@openingdoors.org.uk



www.openingdoors.org.uk

Out and About produced with
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**Independence
Matters**

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