

# Activity Directory 2019

for the **young people** of Sheringham



including: Toddler and Pre-School Groups ... Sports Clubs ...  
Uniformed Groups ... After School Clubs ...  
Youth Clubs ... and more!

## Toddler and Preschool Groups

Day	Time	Activity
Monday	9.30 - 12.00 10.00 - 4.00	Parent & Toddlers Group at Salvation Army Public Swimming – under 3's free at Splash
Tuesday	10.00 - 11.30 10.15 - 10.45 10.00 - 4.00	Yesu tots at Yesu Cafe Bounce and Rhyme - Sheringham Library Public Swimming – under 3's free at Splash
Wednesday	10.00 - 12.00 10.30-12.15 10.00 -12.00	Noah's Ark toddler group, St Peters Church Little Acorns outdoor toddler group at Sheringham Park (fortnightly) Family fun (baby & toddler) swim at Splash
Thursday	9.30 - 11.00 9 00 - 4.00	Jigsaw Toddler Group at Lighthouse Public Swimming – under 3's free at Splash
Friday	10.00 – 12.00	Family fun (baby and toddler) swim at Splash
Saturday	9.00 – 11.00 9.30 – 11.30	(4 <sup>th</sup> Sat each month) Who let the dads out? (for male carers and their kids) at St Peters Cromer Sports Centre 'Family mornings'

**Holt, Wells and Stibbard Children's Centre** offer a range of classes and courses. Visit: <https://www.actionforchildren.org.uk/in-your-area/services/childrens-centres/holt-wells-stibbard-ccs/> for up to date information.

## Sports Clubs

Many of the local sports clubs run classes, fun sessions and teams from age 4 to Senior Level. Please contact the individual club for further information on times etc

<b>Athletics</b>	<b>The Harriers (Holt)</b>	<a href="http://theharriers.com">http://theharriers.com</a>
	<b>Swansports</b>	Email: <a href="mailto:alisonjaneswanson@gmail.com">alisonjaneswanson@gmail.com</a>
<b>Cricket</b>	<b>Sheringham Cricket Club</b>	<a href="http://sheringham.play-cricket.com/website/web_pages/82544">http://sheringham.play-cricket.com/website/web_pages/82544</a>
<b>Dance</b>	<b>True Motion</b>	<a href="http://truemotiondance.co.uk">http://truemotiondance.co.uk</a>
	<b>Marlene's School of Dance</b>	<a href="http://marlnesschoolofdancing.co.uk/">http://marlnesschoolofdancing.co.uk/</a>
	<b>Joanne Laird</b>	Email: <a href="mailto:Jolaird456@btinternet.com">Jolaird456@btinternet.com</a>
	<b>Soundwaves dance school</b>	<a href="http://soundwavesdanceschool.co.uk">http://soundwavesdanceschool.co.uk</a>
<b>Football</b>	<b>Sheringham Football Club</b>	<a href="http://Sheringhamfc.co.uk">http://Sheringhamfc.co.uk</a>
	<b>Lighthouse Football</b>	<a href="http://lighthousesheringham.org/sport/#football">http://lighthousesheringham.org/sport/#football</a>
	<b>East Coast Warriors (Bodham)</b>	<a href="http://eastcoastwarriorsfc.co.uk">http://eastcoastwarriorsfc.co.uk</a>
<b>Golf</b>	<b>Sheringham Golf Club</b>	<a href="http://sheringhamgolfclub.co.uk">http://sheringhamgolfclub.co.uk</a>

<b>Gym</b>	<b>Splash (supervised gym sessions for 11-15s)</b>	<a href="https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/">https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/</a>
<b>K-box work out</b>	<b>Splash</b>	<a href="http://kbox-workout.co.uk/">http://kbox-workout.co.uk/</a>
<b>Martial Arts</b>	<b>Tsunami Martial Arts</b>	<a href="http://www.tsunami-martial-arts.com/">http://www.tsunami-martial-arts.com/</a>
	<b>Taekwondo (Cromer)</b>	<a href="http://northnorfolktaekwondo.co.uk">http://northnorfolktaekwondo.co.uk</a>
<b>Netball</b>	<b>Cromer Sports Centre (age 14-19)</b>	Phone centre or check Facebook for details
<b>Roller-skating</b>	<b>Cromer Sports Centre (Saturday all age sessions)</b>	Phone centre or check Facebook for details
<b>Rugby</b>	<b>Holt Rugby Club</b>	<a href="http://www.holtrfc.com/">http://www.holtrfc.com/</a>
<b>Swimming/ lifesaving</b>	<b>Splash</b>	<a href="https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/">https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/</a>
<b>Tennis/ Squash</b>	<b>Cromer Tennis &amp; Squash Club</b>	<a href="https://clubspark.lta.org.uk/cromerlawntennisquashclub">https://clubspark.lta.org.uk/cromerlawntennisquashclub</a>

**Active Norfolk** have a searchable website to find additional sports clubs slightly further afield and an up-to-date list of new courses and special events.

<https://www.activenorfolk.org>

## Uniformed Groups

<b>Guiding</b>		<a href="https://www.girlguidingnorfolk.org.uk/where-we-are/north-norfolk-division/">https:// www.girlguidingnorfolk.org.uk /where-we-are/north-norfolk- division/</a>
<b>Rainbows (age 5-7)</b>		
<b>Brownies (age 7-9)</b>		
<b>Guides (age 10-13)</b>		
<b>Scouting</b>		<a href="http://www.northeastnorfolkscouts.org.uk/contact-us/find-us-on-the-map/">http://www.northeastnorfolk scouts.org.uk/contact-us/ find-us-on-the-map/</a>
<b>Beavers (age 6-8)</b>		
<b>Cubs (age 8-10)</b>		
<b>Scouts (age 10-14)</b>	<b>Sheringham &amp; Beeston Regis Sea Scouts</b>	
	<b>West Runton Scouts</b>	
<b>Fire cadets (13-17)</b>		<a href="https://www.norfolk.gov.uk/safety/norfolk-fire-and-rescue-service/in-your-community/young-people/fire-cadets">https://www.norfolk.gov.uk/ safety/norfolk-fire-and- rescue-service/in-your- community/young-people/ fire-cadets</a>
<b>Army cadets (Cromer) 14-18</b>		<a href="https://armycadets.com/county/norfolk-acf/our-locations/">https://armycadets.com/ county/norfolk-acf/our- locations/</a>
<b>Air cadets (Cromer)</b>		<a href="https://www.raf.mod.uk/aircadets/find-a-squadron/central-east/norfolk-suffolk-wing-hq/1895-cromer/">https://www.raf.mod.uk/ aircadets/find-a-squadron/ central-east/norfolk-suffolk- wing-hq/1895-cromer/</a>

## Other Groups

<b>Little Theatre</b>	<b>Classes from age 4 to 25</b>	<a href="http://sheringhamlittletheatre.com">http://sheringhamlittletheatre.com</a>
<b>North Norfolk Railway</b>	<b>Young volunteers club for 10-16-year olds</b>	<a href="http://www.nnrailway.co.uk/page.php?pid=43">http://www.nnrailway.co.uk/page.php?pid=43</a>
<b>North Norfolk Surf Lifeguarding Club (Cromer)</b>	<b>Seniors (16+) Juniors (11-16) Nippers (7-11)</b>	<a href="http://nnspsc.org.uk/about/">http://nnspsc.org.uk/about/</a>
<b>Park run</b>	<b>Free 5km run for all ages on Saturday mornings at Sheringham Park</b>	<a href="http://www.parkrun.org.uk/sheringham/">http://www.parkrun.org.uk/sheringham/</a>
<b>Cromer volunteer hub</b>	<b>Publicises volunteering opportunities in North Norfolk</b>	<a href="http://merchantsplace.co.uk/volunteering-opportunities/#s=1">http://merchantsplace.co.uk/volunteering-opportunities/#s=1</a>
<b>Cromer sports centre</b>	<b>Roller-skating sessions, bootcamp, clubercise, dodgeball, holiday activities</b>	<b>Phone or check CSC Facebook page for up to date information</b>
<b>Sheringham beach clean</b>	<b>Family volunteering opportunity (email for dates)</b>	<b>Email: <a href="mailto:bobsmith49a@gmail.com">bobsmith49a@gmail.com</a></b>
<b>Splash fun sessions (with waves and slide)</b>	<b>Saturdays and Sundays (check web for times)</b>	<a href="https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/">https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/</a>
<b>Sheringham Youth Council</b>	<b>Mondays 3.30-5pm Community Centre</b>	<b>Email: <a href="mailto:melanieblanch@map.uk.net">melanieblanch@map.uk.net</a></b>

## After school & Youth Clubs

<b>The Mix</b>	<b>Friday night youth club for 11+.</b>	<b>Lighthouse</b>
<b>Youth zone</b>	<b>Friday evening club for year 3 +</b>	<b>Community Centre</b>
<b>Schools Out</b>	<b>Friday after school club for primary school aged children</b>	<b>Lighthouse</b>
<b>Create</b>	<b>Tuesday creative after-school club for year 4-6 (filmmaking, painting, photography, baking etc)</b>	<b>Yesu Email: <a href="mailto:ben@yesu.co.uk">ben@yesu.co.uk</a></b>

## Faith based groups

<b>Youth Life Group</b>	<b>Wednesday night faith-based youth group for 11-16s All welcome</b>	<b>Lighthouse</b>
<b>Emerge</b>	<b>Tuesday night activity, issues and faith-based group for 11-16s All welcome</b>	<b>Yesu</b>

## Advice for parents and young people

- **The Mancroft Advice Project** (MAP) - based in Norwich but do work around Norfolk and offer telephone support for young people.
- **The Matthew Project** have a young person's helpline number and offer advice for parents.
- **The Benjamin Foundation** offer advice and support on a variety of issues for young people and parents.
- The '**FRANK**' website has info on drugs and alcohol for young people and parents and is a useful tool.
- **NHS Norfolk Children & Young People's Health Services**  
Facebook: NHS Norfolk Children & Young People's Health Services.



**Family Lives: Confidential and free phonenumber for emotional support, information, advice and guidance on parenting and family life - Tel: 0808 800 222**