

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 10.00- 12.00	(4 th Sat each month) Who let the dads out? (for male carers and their kids) at St Peters Cromer Sports Centre ‘Family mornings’ Come to play at Life Church (monthly)

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

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

Gym	Splash (supervised gym sessions for 11-15s)	https://www.everyoneactive.com/centre/splash-leisure-and-fitness-centre/
Hockey	North Norfolk Hockey Club (age 4+)	http://www.northnorfolkhockey.com
Martial Arts	Tsunami Martial Arts	http://www.tsunami-martial-arts.com/
	Taekwondo (Cromer)	http://northnorfolktaekwondo.co.uk
Netball	Cromer Sports Centre (age 14-19)	Phone centre or check Facebook for details
Roller-skating	Cromer Sports Centre (Saturday all age sessions)	Phone centre or check Facebook for details
Rugby	Holt Rugby Club	http://www.holtrfc.com/
Swimming/ lifesaving	Splash	https://www.everyoneactive.com/centre/splash-leisure-and-fitness-centre/
Tennis/ Squash	Cromer Tennis & Squash Club	https://clubspark.lta.org.uk/cromerlawntennisquashclub

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

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

Other Groups

Little Theatre	Classes from age 4 to 25	http://sheringhamlittletheatre.com
North Norfolk Railway	Young volunteers club for 10-16-year olds	http://www.nnrailway.co.uk/page.php?pid=43
North Norfolk Surf Lifeguarding Club (Cromer)	Seniors (16+) Juniors (11-16) Nippers (7-11)	http://nnspsc.org.uk/about/
Park run	Free 5km run for all ages on Saturday mornings at Sheringham Park	http://www.parkrun.org.uk/sheringham/
Cromer volunteer hub	Publicises volunteering opportunities in North Norfolk	http://merchantsplace.co.uk/volunteering-opportunities/#s=1
Playing for Cake	Music group for all ages	http://www.playingforcake.uk/
Cromer sports centre	Roller-skating sessions, bootcamp, clubercise, dodgeball, holiday activities	Phone or check CSC Facebook page for up to date information
Sheringham beach clean	Family volunteering opportunity (email for dates)	Email: bobsmith49a@gmail.com
Splash fun sessions (with waves and slide)	Saturdays and Sundays (check web for times)	https://www.placesleisure.org/centres/splash-leisure-and-fitness-centre/
Sheringham Youth Council/ North Norfolk YAB	Mondays 3.15-5.30pm (fortnightly) Community Centre	Email: melanieblanch@map.uk.net

After school & Youth Clubs

The Mix	Friday night youth club for 11+.	Lighthouse
Youth zone	Friday evening club for year 3 +	Community Centre
Schools Out	Friday after school club for primary school aged children	Lighthouse
8-11s Club	Tuesday after- school club for 8-11s.	Yesu

Faith based groups

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

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.
- The **Childline** website is a great resource for accessing support and advice