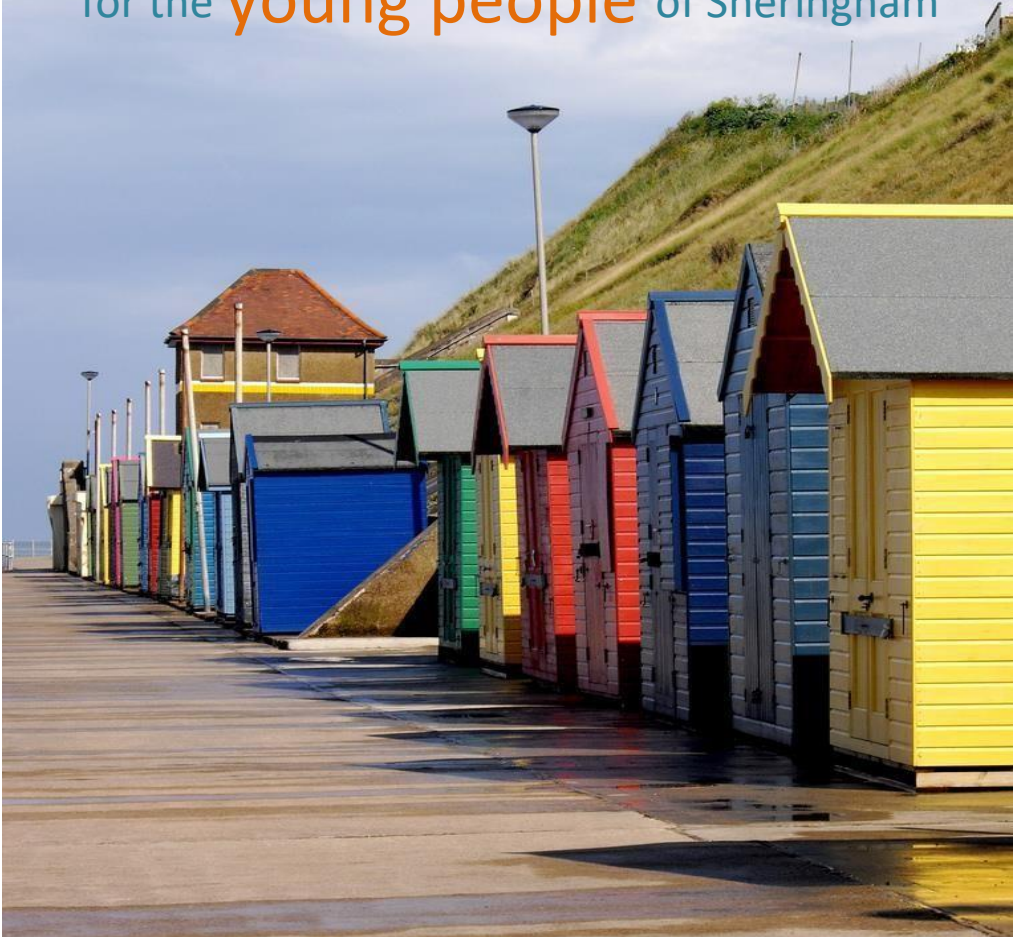


Activity Directory 2021

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 1.15-1.45	Parent & Toddlers Group at Salvation Army Bounce and Rhyme - Sheringham Library (check Facebook or ring 01263 822874 as times/ dates may change)
Tuesday	10.00 – 12.00	Yesu tots at Yesu Cafe
Wednesday	10.00 - 12.00 10.30-12.15	Noah’s Ark toddler group, St Peters Church Little Acorns outdoor toddler group at Sheringham Park (fortnightly)
Thursday	9.15 – 10.30	Lighthouse little ones at Lighthouse
Saturday	10.00- 12.00	Come to play at Life Church (monthly)

The Treehouse in Holt provide a wide variety of free activity and support sessions for babies and toddlers including music sessions, gardening sessions, breastfeeding café, and messy play. They have a community fridge, a café and offer a generally welcoming and supportive environment for parents and carers.

For more information see their webpage: thetreehousecafe.co.uk

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
Basketball	Norfolk Hoopstars (Aylsham)	claire@norfolkhoopstars.co.uk
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 (Cromer)	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	Reef	https://www.everyoneactive.com/centre/the-reef-leisure-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 (Cromer)	Phone centre (01263 515669) or check Facebook for details
Rugby	Holt Rugby Club (Holt)	http://www.holtrfc.com/
Swimming/ Lifesaving	Reef	https://www.everyoneactive.com/centre/the-reef-leisure-centre/
Tennis/ Squash	Cromer Tennis & Squash Club (Cromer)	https://clubspark.lta.org.uk/cromerlawntennissquashclub

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	
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	Email: dramagroups@sheringhamlittletheatre.com
North Norfolk Cookstars	Cooking classes for children	Email: kelly@cookstars.co.uk
North Norfolk Railway	Youth development club for 10-16-year olds	Email: nnrydc@gmail.com
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	https://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		Phone or check CSC Facebook page for up-to-date information

Sheringham Beach Clean	Family volunteering opportunity (email for dates)	Email: bobsmith49a@gmail.com
Sheringham Library	A variety of activities for all ages	Tel: 01263 822874 or check facebook page.
Sheringham Youth Council/ North Norfolk YAB		Email: NNYAB@map.uk.net Website: https://www.map.uk.net/northnorfolk-youth-advisory-board-yab/

After School & Youth Clubs

8-11s Club at YESU	Tuesday after-school club for 8-11s.	Email: mark@yesu.co.uk
---------------------------	---	------------------------

Faith based groups

Youth Life Group at Lighthouse	Wednesday night faith-based youth group for 11-16s All welcome	Email: p.skivington@lighthousesheringham.org
Emerge at YESU	Tuesday night activity, issues and faith-based group for 11-16s All welcome	Email: mark@yesu.co.uk

Advice for Parents and Young People

NORFOLK BASED

Children and Young People's Health Service

Support, advice and free courses for children, young people and parents/ carers. There are currently free online courses on a whole range of subjects including infant feeding, infant sleep, pelvic health, adjusting to parenthood and understanding your baby/ child/ teenager.

Website: www.justonenorfolk.nhs.uk

Mancroft Advice Project (MAP)

Support, advice and information for young people 11 – 25 years of age.

Email: advice@map.uk.net

Advice phone line: 0800 0744454

Website: www.map.uk.net

The Matthew Project

Support for young people's wellbeing

Email: enquiries@matthewproject.org

Telephone: 01603 626123

The Benjamin Foundation

Supporting families and young people

Email: info@benjaimfoundation.co.uk

Telephone: 01603 615670

Sheringham Medical Practice

www.sheringhammedical.nhs.uk

OTHER ORGANISATIONS

Childline Helpline: 0800 1111

www.childline.org.uk

Teenage Helpline MIND Text YM to 85258

www.youngminds.org.uk

The Prince's Trust 0800 842 842

www.princes-trust.org.uk