

# Keeping active DIRECTORY



# RE-ENERGISE

*Keeping active for life*

PHYSICAL ACTIVITY OPPORTUNITIES  
FROM MIDLIFE ONWARDS





# Introduction

Welcome to the second edition of the Sports Partnership Around Norwich (SPAN) Re-energise directory – we hope you will enjoy reading through it. The aim of this booklet is to give you information about the wide variety of physical activities you could get involved in and to tell you about the related benefits of being more active.

This booklet contains details of many local clubs and organisations and we have added to the list of activities and facilities shown in the first edition.

There are lots of opportunities out there and it doesn't matter if you haven't tried something before as there are plenty of groups that welcome beginners. The emphasis is on having fun while being active!

We hope this directory will re-energise you into taking up a new activity or restarting an old one. If you start a new activity as a result of reading through this directory please mention this to the group or the facility as it will provide them (and SPAN) with some positive feedback on the publication of the directory.

If you have any general comments you wish to make about the directory please contact SPAN:

[sport@norwich.gov.uk](mailto:sport@norwich.gov.uk)

**t:** 01603 212123.

or [leisure@broadland.gov.uk](mailto:leisure@broadland.gov.uk)

**t:** 01603 430570.



**LOTTERY FUNDED**

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## What is SPAN?

SPAN is the community sports network for the Norwich and Broadland areas. Community sports networks are made up of representatives of a variety of partner organisations who are involved in sport and physical activity in the community.

### What does SPAN do?

SPAN aims to help make the people of Norwich and Broadland fitter and healthier by working together with partners to produce a local plan for sport and physical activity within the Norwich and Broadland areas based on the needs of local communities.



## What is the Re-energise project?

It is aimed at encouraging people to keep active throughout their lives. The project is for people aged 45 and over who live in the Norwich and Broadland areas and who are interested in participating in physical activities. Re-energise promotes a wide range of activities and also helps to support some new activities.

Partners involved in the Re-energise project include Norwich City Council, Broadland District Council, Active Norfolk, NHS Norfolk, Sportspark UEA, Norfolk County Council, Football in the Community and Age Concern.

If you want your group or activity included in the next directory there is a page at the back of the booklet which you can complete and return – or simply contact SPAN on 01603 430564.

# Why should I exercise?

## The benefits of keeping active

It's never too late to start being more active. The benefits of regular physical activity have a positive impact on every aspect of your daily life and leading an active lifestyle provides the opportunity to make new friendships. Exercise can help to:

- give you more energy
- improve your emotional well-being
- lead to better sleep patterns
- build stronger muscles
- reduce the risk for several diseases, including heart disease, adult-onset diabetes, high blood pressure, breast cancer, osteoporosis and colon cancer
- improve your posture and assist with weight management
- make your joints more stable
- decrease chronic pain.



## Before you start

You will need to be aware of any health risks and discuss specific pre-existing medical conditions with your doctor before participating in any physical activity. If you simply have not exercised for some time and you have concerns about your health you should see your GP prior to taking up a new activity. For some types of activity you will need to inform your instructor of any relevant medical condition prior to starting.

## Do something you enjoy

It's important to choose activities you enjoy so you will be more likely to continue with them. For many people it helps to try a few different types of exercise as it helps you stay motivated rather than doing the same thing day after day.

## How much is enough?

The generally accepted recommendation for adults is 30 minutes of moderate activity, five days a week, to maintain good health and a healthy body weight. The 30 minutes can be accumulated in shorter periods over the day but it is best to aim for periods of continuous effort to gain most benefit. Don't forget that activity can also include daily manual tasks around the home such as gardening, DIY or taking the dog for a walk.

## What is available?

There is so much opportunity to become more active and get involved with local groups or clubs. This directory contains a wide range of activities which you could try and you don't need to be an experienced sportsperson to have a go. Also, keep a look out for activities and events taking place at local venues eg community centres or village halls.



# Profiles of inspirational local sporting champions

Age is no barrier to success...and having fun

**Name:** Connie Adam

**Age:** 81

**Main sport:** Fencing

**Brief sporting history** – I have been involved with the National Association Veterans fencing at the Sportspark UEA for about ten years. In total, I have been taking part in fencing for 21 years and during that time I have competed in Veterans Fencing at both national and international level competitions. To date I have won 96 medals and I'm still going strong!

**What do you enjoy most about taking part in sports and activities?** I enjoy exercise and love meeting people – especially younger ones as competitors, particularly if I can beat them!

**What do you feel has been your greatest sporting achievement so far?** I think it's my achievement in winning medals in over 60 competitions at national and international level. Also, for this year, being selected as the 2009 Inspirational Sports Personality at the Norwich Sports Awards.



**What do you feel are the main benefits of keeping active throughout your life – particularly in the later years of life?** I like the idea of always having something to enjoy and look forward to – I am very positive about life and being active.

**What advice would you give to people who are thinking of taking up a new activity?** Just go for it – don't be afraid to give something new a try.

Top tip! Don't forget that if you've been inactive for a while you may need to start slowly and/or get a health check before you throw yourself into anything too vigorous.

**What impact would you say that sport has had on your life?**

Contact with lots of interesting people and (as part of international competition) world wide travel including trips to USA, Canada, Martinique, Egypt and other places.

**What are your goals for the future?** I aim to keep active as long as possible and to keep competing. I also want to keep the many friends I have made over the years.

I am continually on the lookout for more sponsorship, particularly for competitions abroad – so if anyone out there can help with this please contact me.

**Have you been involved in many other sports or activities apart from fencing?** I still play badminton regularly and I take part in the Norfolk health walks with Active Norfolk. I am also very keen on bridge these days and play about three times a week.

**Name:** Warwick Thompson

**Age:** 68

**Main sport:** Swimming

**Brief sporting history** – I swim at various pools in the Norwich area and over the years I have swum in several masters' galas in the Eastern region. I've managed to win several medals in my age group but it wasn't until I was 43 that I learnt to swim! Up until then I had a fear of the water and I started off by gaining a ten metres certificate. I then went on to gain a whole series of lifesaving awards and to take part regularly in competitive swimming.

**What do you enjoy most about taking part in sports and activities?** For me the real pleasure of participating in sport is not



simply the competition against other people but also trying to improve whatever you do. At the same time there is the chance to meet like-minded people and develop many friendships, and healthy rivalries, over the years. One particular pleasure for me is the chance to train and swim against the younger swimmers in my club.

**What do you feel has been your greatest sporting achievement so far?**

To swim the butterfly stroke. What seemed impossible initially became a reality and I am still able to swim 50 metres in competition.

**What do you feel are the main benefits of keeping active throughout your life particularly in later years?**

Obviously the overall fitness level is of great significance especially in later years and activities can help improve health. Swimming in particular has the added benefit of being a non-impact sport which means very little opportunity for injury.

**What advice would you give to people who are thinking of taking up a new activity?**

If anybody over 45 is thinking of taking up a new sport after probably many years of relative inactivity and dubious eating/drinking habits it would make sense to visit the health centre for a check up from the doctor or nurse before embarking on any vigorous activities.

**What impact would you say that sport has had on your life?**

Sport has always been a central part of my life right from childhood either as a participant or spectator. It would be impossible for me to imagine life without sport in some form or other.

**What are your goals for the future?**

To continue as I am for as long as I am able, to keep as fit as possible without overdoing things. I would like to be able to teach my four grandchildren to swim well before passing them over to somebody else. I would like to continue my volunteer role as a swimming announcer and commentator at galas.

**Have you been involved in any other sports or activities apart from swimming?**

As a teenager I cycled a great deal, frequently covering distances of 100 miles or more in a day's ride. I then began some heavy weight training in order to become a firefighter, and this is an activity I still use but using less heavy weights. I also practised karate and tai chi, and took part in road running for the fire brigade team. I continued running in 10 mile and half-marathon races for several years but then came swimming, and the rest is history.

## Advice for choosing a club or group



Please note that SPAN is not endorsing any of the clubs or groups published in this directory and strongly advises you follow the guidelines below to help with choosing a club or group.

- Contact the club before turning up to confirm times of sessions, to check suitability of activity and whether or not it accepts new members. Find out if you can have a trial session – many clubs and groups advertise the fact that beginners are welcome.
- Ask about cost of membership, weekly fees and methods of payment. Often clubs and groups can be on a pay per session basis.
- Check that all coaches are suitably qualified and have public liability insurance.
- Find out if the club/group aims match your own ie recreational and social or highly competitive.
- For some types of activity you might want to check that there is someone present at all sessions who is first aid trained and has access to a suitable first aid kit.

If you would like more information about any of these issues contact the sports development team at Norwich City Council:

**t:** 01603 212123

**e:** [sport@norwich.gov.uk](mailto:sport@norwich.gov.uk)

or the leisure team at Broadland District Council:

**t:** 01603 430570

**e:** [leisure@broadland.gov.uk](mailto:leisure@broadland.gov.uk)

# Clubs and groups

## A to Z of activities

### AEROBICS

**Name:** Dussindale Aerobics

**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, Norwich

**Contact:** Denise Branford

**t:** 01603 898615

**Details:** Mondays 9.45am to 10.45am, Fridays 10am to 11am. Bring a mat, pay on the day.

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**Name:** Dussindale Aerobics

**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, Norwich

**Contact:** Pam Downs

**t:** 01603 710476

**Details:** Mondays 7pm to 8pm – tums, bums, thighs. Tuesdays 7pm to 8pm – hi/lo aerobics, bring a mat.

### ARCHERY

**Name:** Feathers and Fletchings Archery

**Venue:** Various in Norfolk

**Contact:** Andrew Hood

**t:** 01502 730828

**e:** andyhood@btinternet.com

[www.feathersandfletchlings.com](http://www.feathersandfletchlings.com)

(Archery courses also available at the Sportspark UEA and the Outdoor Education Centre, Whitlingham).

### ATHLETICS

**Name:** City of Norwich Athletic Club

**Venue:** Sportspark UEA, Norwich

**Contact:** Rob Kinge

**t:** 01603 269721 (day)

01362 697173 (evening)

**e:** kinge@fsmail.net

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

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**Name:** Norwich Road Runners Club

**Venue:** Sewell Park College Sports Centre, Norwich

**Contact:** Mick Powell

**t:** 01603 893546

**e:** zamkeim@aol.com

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

## BADMINTON

**Name:** Badminton Groups

**Venue:** Sportspark UEA, Norwich

**Contact:** Maria Rowe

**t:** 01603 592398

**e:** m.rowe@uea.ac.uk

[www.sportspark.co.uk](http://www.sportspark.co.uk)

**Details:** Ladies group on Tuesdays 9.40am to 11.40am, advanced mixed group on Wednesdays 11am to 1pm, intermediate group Fridays 11am to 1pm.

**Name:** Barnowls Badminton Club

**Venue:** Bob Carter Centre,  
School Road, Drayton

**Contact:** Quentin Mair

**t:** 01603 742581

**Details:** Tuesdays 8pm to 10pm.  
Not suitable for beginners.

**Name:** Drayton Badminton Club

**Venue:** Bob Carter Centre

**Contact:** Roger Bassham

**t:** 01603 744786

**Details:** Fridays 7.30pm to 10pm.  
Reasonable standard (not beginners). Any new starters please phone contact person prior to attending.

**Name:** Skiggs Veterans  
Badminton Club

**Venue:** Bob Carter Centre

**Contact:** Val Weaver

**t:** 01603 260581

**e:** v.weaver77@btinternet.com

**Name:** Dussindale Badminton Group

**Venue:** Dussindale Community  
Centre, Pound Lane, Thorpe  
St Andrew, Norwich

**Contact:** Mary

**t:** 01603 437855

**Details:** Tuesdays 8.45pm to 9.45pm.  
Informal group, pay per session.

**Name:** Wednesday Badminton Club

**Venue:** Trinity Church Hall,  
Unthank Road, Norwich (access  
off roundabout near the Catholic  
Cathedral)

**Contact:** Arnold Browne

**t:** 01603 629362

**e:** arnoldbrowne@btinternet.com

**Details:** Wednesdays 1.30pm to  
3.30pm. Beginners welcome, rackets  
provided. Wear light soled shoes.

**Name:** Wensum Lodge Badminton  
Group

**Venue:** Wensum Lodge,  
169, King Street, Norwich

**Contact:** Janet Smith

**t:** 01508 492096

**Details:** Over 50s group. Mondays  
3pm to 4.30pm. Not for beginners.

**Name:** Dussindale Badminton

**Venue:** Dussindale Community  
Centre, Pound Lane, Thorpe  
St Andrew, Norwich

**Contact:** Jean Palotai

**t:** 01603 461310

**Details:** Court available for hire,  
pay per session.

## BOWLS

**Name:** Acle Indoor Bowls Club

**Venue:** Acle Recreation Centre,  
Bridewell Lane, Acle

**Contact:** Denis Goodley

**t:** 01493 750869 (day)

01493 750008 (evening)

**e:** denisgoodley@aol.com

[www.acle-indoor-bowls.org.uk](http://www.acle-indoor-bowls.org.uk)

**Details:** Free coaching and use of equipment provided. Beginners welcome. Coaching provided on Saturday mornings from 10.15am for two hours (no appointment necessary).

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**Name:** Anglia TV Bowls Club

**Venue:** Catton Recreation Ground,  
Church Street, Old Catton, Norwich

**Contact:** Mr A Jones

**t:** 01603 478789

**Details:** Bowls in two leagues – new players welcome.

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**Name:** Buxton Bowls Club

**Venue:** Recreation Ground,  
Mill Street, Buxton

**Contact:** Dick Smithson

**t:** 01603 279203

**e:** dicksmithson@btinternet.com

**Name:** County Arts Club

**Venue:** County Arts Club,  
Plumstead Road East,  
Thorpe St Andrew, Norwich

**Contact:** John Mason

**t:** 01603 434529

**e:** countyarts.bowl@virgin.net

[www.countyarts.co.uk](http://www.countyarts.co.uk)

**Details:** Indoor and outdoor bowls, new members welcome, free coaching and use of equipment. Coaching sessions – Saturdays 12pm to 2pm.

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**Name:** Dussindale Short Mat Bowls

**Venue:** Dussindale Community  
Centre, Pound Lane, Thorpe  
St Andrew, Norwich

**Contact:** Mr Brian Batch

**t:** 01603 439890

**Details:** October to April, Mondays and Thursdays 2pm to 4pm. Beginners welcome, tuition given.

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**Name:** Great Plumstead Bowls Club

**Venue:** Bowling Green,  
Church Road, Great Plumstead

**Contact:** David Cole

**t:** 01603 437334

**e:** david.cole@tiscali.co.uk

**Details:** Full programme of outdoor bowls from late April to September. Various social events during winter season and a darts team, clubhouse with licensed bar.

**Name:** Harford Bowls Club  
**Venue:** Bowls Green – Harford Community Centre, Peterkin Road, Norwich

**Contact:** Mrs J Higgleton  
**t:** 01603 629937

**Details:** Club for retired people aged 50 and over. Friendly matches Tuesday and Thursday mornings, league matches Monday and Wednesday afternoons. New members and beginners welcome.

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**Name:** Harford Vets Bowls Club  
**Venue:** Harford Community Centre, Peterkin Road, Norwich

**Contact:** Mrs Joan Stubbs  
**t:** 01603 504773

**Details:** Outdoor bowls. Games played on Tuesdays and Thursdays 2pm to 4pm.

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**Name:** Hevingham Short Mat Bowls Club

**Venue:** Hevingham Village Hall, Brick Kiln Rd, Hevingham

**Contact:** Mrs Gill Bunn  
**t:** 01603 754418

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**Name:** Norfolk Bowling Club  
**Venue:** 444a, Unthank Road, Norwich

**Contact:** Peter Chapman  
**t:** 01603 813266

**e:** chapptr@aol.com  
**Details:** Indoor bowling from September to April, outdoor bowling from end of April to mid September.

**Name:** Reepham Town Bowls Club  
**Venue:** Bowls Club, Townsend Corner, Reepham

**Contact:** Mrs Joan Walker  
**t:** 01603 870352

**e:** waybrook@aol.com

**Details:** Bowling outdoors from April to September on Tuesdays, Thursdays and Saturdays from 2pm to 5pm. Mondays, Wednesdays and Fridays from 6pm to 8pm (depending on league matches being played).

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**Name:** Roundwood Bowls Club  
**Venue:** Roundwood, 44 Ringland Road, Taverham, Norwich

**Contact:** Jill  
**t:** 01603 260830

**e:** cathryn@roundwood-norwich.co.uk

[www.roundwood-norwich.co.uk](http://www.roundwood-norwich.co.uk)

**Details:** Indoor and outdoor bowls, free coaching sessions available. Lunches available most weekdays, juniors coaching also available.

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**Name:** South Park Bowling Club

**Venue:** Eaton Park, Norwich

**Contact:** Ken Westgate  
**t:** 01603 431250

**Details:** Outdoor bowling.

**Name:** Spixworth Bowling Club

**Venue:** Spixworth Village Hall,  
Crostick Lane

**Contact:** Helen Wallace

**t:** 01603 464994

**e:** yogibear47@ntlworld.com

**Details:** Full programme of outdoor bowling from April to September. Equipment available for beginners. Carpet bowls and other activities during winter months. New members welcome.

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**Name:** Thorpe End Short Mat  
Bowls Club

**Venue:** Thorpe End Village Hall,  
Plumstead Road, Norwich

**Contact:** Joyce Thorpe

**t:** 01603 700083

**Details:** Sessions every Wednesday  
7.30pm to 10pm.

## CROQUET

**Name:** Norwich Croquet Club

**Venue:** Eaton Park, Norwich

**Contact:** Jeremy Kitchener

**t:** 01603 610708

**e:** q6@ntlworld.com

**Details:** Golf croquet and  
association croquet.

## CYCLING

**Name:** East Anglian Cycling Club

**Venue:** The highways and lanes  
of East Anglia

**Contact:** Howard Miller

**t:** 01603 746952

**e:** hgm35we@googlemail.com  
www.eacc.wordpress.com

**Details:** Monthly meetings (first  
Monday of each month) at Eaton  
Parish Hall, Colman Road, Norwich.

## CRICKET

**Name:** Ketteringham Hall  
Cricket Club

**Venue:** Ketteringham Hall,  
Church Road, Ketteringham

**Contact:** Robert Valentine

**t:** 07803 021797

## DANCE

**Name:** Ceroc Fusion

**Venue:** Various venues in the  
Norwich area

**Contact:** Anna Cook

**t:** 07801 492358 (day)  
01508 521070

**e:** info@cerocfusion.co.uk  
www.cerocfusion.co.uk

**Details:** Dance sessions held at  
various venues. Great fun and  
easy to learn, complete beginners  
welcome, no need to bring a  
partner. Fully qualified instructors.

**Name:** Dance House of Norwich Ltd/Miller Dance Centre  
**Venue:** Studio at Unit 1 & 3 Ropemakers Row, (off Drayton Road), Norwich  
**Contact:** Richard or Lynn Miller  
**t:** 01603 488249 or 01603 488269  
**e:** enquiries@millerdance.co.uk  
www.millerdance.co.uk  
**Details:** A wide range of classes are available for all ages.

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**Name:** Dussindale Sequence Dance group  
**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, Norwich  
**Contact:** Pat or Arthur  
**t:** 01502 732155 (for Pat)  
01603 783399 (for Arthur)  
**Details:** Dances held Tuesdays 2.15pm to 4.30pm, Fridays 8pm to 10pm.

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**Name:** Easy Popular Sequence Dance  
**Venue:** Venues in the Norwich area  
**Contact:** Joan Taylor  
**t:** 01603 483364  
**Details:** Afternoon dance sessions for the retired held at Coronation Hall, Hellesdon on Tuesdays 2.15pm to 4.15pm and St Raphael Club, Vauxhall St, Norwich on Thursdays 2pm to 4pm. Dance tuition given, refreshments available.

**Name:** Golden Stars Linedancing  
**Venue:** Various locations  
**Contact:** Sheila Swales and Glenda Grint  
**t:** 01603 279294 (Sheila)  
01603 890708 (Glenda)  
**Details:** Various sessions in Hellesdon, St Faiths, Horstead and Norwich. No partner needed, beginners always welcome. Come along, make friends and keep fit.

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**Name:** Wednesday Weavers Line Dancers  
**Venue:** Reepham Town Hall  
**Contact:** Sandra Williams  
**t:** 01603 872102  
**Details:** Line dancing every Wednesday 2pm to 4pm at Reepham Town Hall. Sing along as you learn to dance. All types of music, easy paced, casual dress and friendly group. All ages, first taster session free.

## EXERCISE CLASSES

**Name:** Exercise with Sally

**Venue:** Various venues in the Norwich, Broadland and North Walsham areas

**Contact:** Sally Harrison

**t:** 01603 432487 or  
07914 626430

**e:** info@exercisewithsally.co.uk  
www.exercisewithsally.co.uk

**Details:** A wide range of classes including Active 50+, ABC (After Breast Cancer), Fitness Pilates, Gentle 60+ and Exercise (for people with physical and/or learning disabilities). Fun and friendly fitness classes.

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**Name:** The Fitness League

**Venue:** St Cuthberts Church Hall and Sprowston High School

**Contact:** Caroline Morley and Stephanie Pepper

**t:** 01603 456052 (Caroline)  
07708 744000 (Stephanie)  
**e:** carolinemorley0@hotmail.co.uk  
stephanieapepper@googlemail.com

**Details:** Mondays 1.30pm to 2.30pm at St Cuthberts Church Hall, Wednesdays 7.30pm to 8.30pm at Sprowston High School.

**Name:** Keep Fit Association (exercise, movement and dance)

**Venue:** Venues in Brundall, Blofield and Hoveton

**Contact:** Dorothy Hewitt  
**t:** 01603 713235

**Details:** Tuesdays 9.45am to 10.45am at Brundall Memorial Hall, Tuesdays 7.30pm to 9pm at Heathlands, Blofield Heath, Thursdays 1.30pm to 2.45pm at Hoveton Youth and Community Centre. Fun friendly classes suitable for all abilities and ages.

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**Name:** Medau Movement

**Venue:** South East Martial Arts Centre, Taverham Road, Drayton

**Contact:** Mrs Rosemary Frost  
**t:** 01603 868735

**Details:** Tuesdays 2.30pm at S.E. School of Martial Arts, Drayton, Thursdays 7.30pm, Trinity Church, Thorpe Marriott. Medau movement increases mobility and stamina and is beneficial for all age groups.

## EXTEND CLASSES

**Name:** Extend

**Venue:** Blofield Sea Scout Hall and other locations

**Contact:** Tracey Thompson

**t:** 07711 123739

**Details:** Blofield Sea Scout Hall, Wednesdays 10.30am to 11.30am. Classes at various venues in the Norwich area.

There are several extend sessions taking place in Norwich and Broadland. For more details contact Mrs Patsy Martin on 01508 570124. Extend classes are movement to music for people who are aged 60 and over and for less able people of any age.

## FENCING

**Name:** Norfolk Fencing club

**Venue:** Sportspark UEA

**Contact:** Tony Rose

**t:** 07803 270864 (day)

01508 520651 (evening)

**e:** ant.rose@tiscali.co.uk

[www.norfolkfencingclub.co.uk](http://www.norfolkfencingclub.co.uk)

**Details:** Wednesdays 7.40pm to 9.40pm at Sportspark UEA. Adult beginners foil fencing courses available

**Name:** Sowerby Fencing

**Venue:** Norwich High School, Newmarket Road and Sportspark UEA

**Contact:** Andrew Sowerby

**t:** 01603 747870

**m:** 07833 348800

**e:** [Andrew.sowerby2@ntlworld.com](mailto:Andrew.sowerby2@ntlworld.com)

[www.sowerbyfencing.com](http://www.sowerbyfencing.com)

**Details:** Fencing clubs and lessons from beginners to advanced.

## GOLF

**Name:** Glen Lodge (Bawburgh)

Driving Range

**Venue:** Marlingford Lane, Bawburgh, Norwich

**Contact:** Ian Ladbroke

**t:** 01603 740404

**e:** [info@bawburgh.co.uk](mailto:info@bawburgh.co.uk)

[www.bawburgh.com](http://www.bawburgh.com)

**Details:** Driving range and golf club.

.....  
**Name:** Norfolk Premier Golf

**Venue:** Yarmouth Road, Blofield, Norwich

**Contact:** Chris Potter

**t:** 01603 716611

**e:** [chrispotter.golf@btinternet.com](mailto:chrispotter.golf@btinternet.com)

[www.norfolkpremiergolf.co.uk](http://www.norfolkpremiergolf.co.uk)

**Details:** Golf tuition and driving range.

**Name:** Royal Norwich Golf Club  
**Venue:** Drayton High Road,  
Norwich  
**Contact:** Ryan O'Connor  
**t:** 01603 429928  
**e:** mail@royalnorwichgolf.co.uk  
www.royalnorwichgolf.co.uk  
**Details:** Private members club but  
visitors welcome.

(Also see pitch and putt)

## HOCKEY

**Name:** Broadland Hockey Club  
**Venue:** Taverham High School  
**Contact:** Tim Aldous  
**t:** 07733 320078 (day)  
01603 754459 (evening)  
**e:** tim.aldous@talk21.com  
www.freewebs.com/broadlandhc  
**Details:** Club has two women's  
teams and one men's veterans' team.

## MARTIAL ARTS

**Name:** Tse tai chi & Qigong School  
**Venue:** Norman Centre,  
Bignold Road, Norwich and  
the Aylsham Road Centre,  
113, Aylsham Road, Norwich  
**Contact:** Julian Wilde  
**t:** 01603 465189  
**e:** julian.wilde@ntlworld.com  
www.taichi-norwich.co.uk  
**Details:** Qigong – traditional soft  
Chinese exercise for health and  
relaxation. Tai chi – for health,  
relaxation and self defence.

**Name:** Kuk Sool Won Korean  
Martial Arts  
**Venue:** 128 Hellesdon Park Road,  
Norwich  
**Contact:** John Ives  
**t:** 07770 775363 (day)  
01603 788838 (evening)  
**e:** johnives@ntlworld.com  
www.kuksoolwonofnorwich.co.uk

**Name:** Energy Works  
**Venue:** Venues in Norwich area  
**Contact:** Cos 'Samaya' Stephanides  
**t:** 01603 460446  
**e:** cos5@btinternet.com  
**Details:** Tai chi, qi qung and  
meditation. Classes and tuition.

## NETBALL

**Name:** Netball  
**Venue:** Sportspark UEA and  
other venues  
**Contact:** Mrs Krissie Moore  
**t:** 01603 433519  
**e:** krissie.moore@btinternet.com  
**Details:** Summer league played in  
the evenings and winter leagues  
played indoors at Sportspark UEA  
and outdoors at various venues.

## ORIENTEERING

**Name:** Norfolk Orienteering Club

**Venue:** Orienteering events held in woodland areas around Norfolk

**Contact:** Nicola Nicholls

**t:** 01603 781411

**e:** via website

[www.norfolkoc.co.uk](http://www.norfolkoc.co.uk)

**Details:** Events held on Sunday mornings from 10am between September and June. Courses suitable for walkers or runners of all ages and abilities. Active membership of 150 people.

## PETANQUE

**Name:** Norwich Petanque Club

**Venue:** The Cottage, Thunder Lane, Thorpe St Andrew, Norwich.

**Contact:** Richard Green

**t:** 01603 484626

**e:** [rtaylor12@blue.esinet.org.uk](mailto:rtaylor12@blue.esinet.org.uk)

**Details:** Club night Wednesdays from 7pm, Norfolk League matches Thursdays 7.30pm, competitions some weekends. Also hold events for charity.

**Name:** Tuesday Morning Petanque Club

**Venue:** Bob Carter Centre, School Road, Drayton

**Contact:** Peter Forster

**t:** 01603 754747

**e:** [pedrana@tiscali.co.uk](mailto:pedrana@tiscali.co.uk)

**Details:** Club meets on Tuesday mornings from 10am to 11.45am. Beginners always welcome, majority of players are retired.

## PITCH AND PUTT

**Name:** Eaton Park Pitch and Putt Club for the retired

**Venue:** Eaton Park Pitch and Putt Course, Norwich

**Contact:** Mrs Margaret Gibson

**t:** 01603 867575

**Details:** Regular friendly games at Eaton Park. Monthly meetings at community centre, monthly competitions (not obligatory) and social events eg walks and pub lunches. Ten pin bowling in winter months.

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**Name:** Mousehold Pensioners Pitch and Putt Club

**Venue:** Mousehold, Norwich

**Contact:** Jack Thompson

**t:** 01603 407052

**Details:** The club meets Monday to Friday, 9am, at Mousehold. In addition to the city council fees for playing there is a £2 annual membership.

## ROWING

**Name:** Yare Boat Club

**Venue:** Thorpe Island, Yarmouth Road (opposite Rivergarden Pub)

**Contact:** Tony Roper

**t:** 01603 502390

[www.yareboatclub.org](http://www.yareboatclub.org)

**Details:** Rowing and sculling.

Participants must be able to swim and be reasonably fit and flexible. Previous experience an advantage. Visit website for more details.

## SAILING

**Name:** Norfolk Broads Yacht Training Centre

**Venue:** Sailing at Barton Broad

**Contact:** Dave Armitage

**t:** 01603 782897 or 07774 112288

**e:** [info@trysailing.com](mailto:info@trysailing.com)

[www.trysailing.com](http://www.trysailing.com)

**Details:** Yacht sailing/handling on Barton Broad. Have a go half days or full days as well as RYA courses of two or more days.

(Sailing courses also available at Whitlingham Outdoor Education Centre).

## SKIING

**Name:** Norfolk Ski Club

**Venue:** Club site at Whitlingham Lane, Trowse

**Contact:** Deborah Anstee

**t:** 01603 622781

**e:** [deborah@norfolkski.com](mailto:deborah@norfolkski.com)

[www.norfolkski.com](http://www.norfolkski.com)

**Details:** Open 10am to 10pm.

All sessions must be booked in advance. Visitors are welcome to have a look round before booking.

## SWIMMING

**Name:** East Anglian Swallowtails Masters Swimming Club

**Venue:** Sportspark UEA, Riverside Leisure Centre, Hewett School and Norwich High School for girls

**Contact:** John Digby

**t:** 01508 528956

**e:** [jdigby@yahoo.com](mailto:jdigby@yahoo.com)

[www.norfolkswimming.org.uk/east/east/html](http://www.norfolkswimming.org.uk/east/east/html)

**Details:** Mainly for competent swimmers, although coaching and swimming stroke improvement provided. Not currently able to cater for beginners.

**Name:** Swimsation  
**Venue:** Aylsham High School  
**Contact:** Lynne Crisp  
**t:** 01603 897446  
**Details:** Swimming and aquafit at Aylsham High School, Monday and Thursday evening sessions. Specific 50+ swimming at 4.20pm Thursdays, 50+ aquafit at 5pm Thursdays. Beginners, improvers and swim for fitness all welcome.

**Name:** Adult Beginners Group  
**Venue:** Sportspark UEA, Norwich  
**Contact:** Maria Rowe  
**t:** 01603 592398  
**e:** m.rowe@uea.ac.uk  
www.sportspark.co.uk  
**Details:** Adult beginners Tuesdays 11am to 12 noon.

Please note that FREE swimming for the over 60s has been available at certain swimming venues since April 2009. Check with your local authority for further details of availability.

## TABLE TENNIS

**Name:** Wensum Table Tennis Club  
**Venue:** Catton Grove Primary School, Weston Road, Norwich  
**Contact:** Mark Dare  
**t:** 07809 838360  
**e:** markdare@btinternet.com  
www.wensumttc.co.uk  
**Details:** All ages accommodated from six to 80. Table tennis coaching and practice nights on Fridays 6.30pm to 9.30pm.

## TAI CHI

**Name:** Tai chi in Norfolk Co  
**Venue:** Various venues in and around Norwich  
**Contact:** Maria Holland  
**t:** 07968 226750  
**e:** mariakiener@hotmail.co.uk  
www.tai-chi-norfolk.co.uk  
**Details:** Tai chi and chi kung classes at various venues in and around Norwich – phone for details. Promotes general wellbeing and relaxation while building postural strength and balance and is suitable for all ages.

**Name:** Tai chi instruction

**Venue:** Various venues in and around Norwich

**Contact:** Martyn Guest

**t:** 01603 453490

**e:** taijiquan@tiscali.co.uk  
<http://schoolofeverything.com/teacher/martynguest>

**Details:** Beginners, intermediate and advanced classes in the Norwich area. Private lessons also provided. See website for further details.

(NOTE – also see section on martial arts)

## TENNIS

**Name:** Aylsham Tennis Club

**Venue:** Recreation Ground, Sir Williams Lane, Aylsham

**Contact:** Liz Sillitoe

**t:** 01263 734959

**e:** secretary@aylshamtennisclub.co.uk  
[www.aylshamtennisclub.co.uk](http://www.aylshamtennisclub.co.uk)

**Details:** Social and team tennis and coaching available (four brand new all weather courts officially opened in July 2009).

**Name:** East Anglia Tennis and Squash Club

**Venue:** Lime Tree Road, Norwich NR2 2NQ

**Contact:** Robert Hall

**t:** 01603 453542

**e:** club@eatsc.org.uk  
[www.eatsc.org.uk](http://www.eatsc.org.uk)

**Details:** Tennis and squash club.

**Name:** Easton College Tennis Centre

**Venue:** Easton College, Easton, Norfolk NR9 5DX

**Contact:** Matt Breese

**t:** 01603 731264

**e:** mbreese@easton-college.ac.uk  
[www.easton-college.ac.uk](http://www.easton-college.ac.uk)

**Details:** Located on Easton College campus the tennis centre offers two outdoor and eight indoor courts, including a recently completed centre with four brand new indoor courts, viewing gallery and all associated facilities. The centre is a pay and play facility which caters for players and groups of all ages and standards.

**Name:** Stanmore Tennis Club

**Venue:** Thorpe St Andrew, Norwich

**Contact:** Greg Tyler

**t:** 01603 462264

**e:** greg.tyler@ntlworld.com  
[www.tennis-today.net/stanmore/](http://www.tennis-today.net/stanmore/)

**Details:** Located off South Avenue, off River Green, Thorpe St Andrew. Modern clubhouse with two floodlit macadam courts resurfaced in 2009. Club caters for all ages and club nights in the summer are Wednesdays and Fridays from 6.30pm.

**Name:** Dussindale Short Tennis group

**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, Norwich

**Contact:** Mary

**Tel:** 01603 437855

**Details:** Thursdays 9.30am to 10.30am, experienced players preferred, pay per session.

## TEN PIN BOWLING

**Name:** Number Ten Bowling Centre

**Venue:** 10 Barnard Yard,  
Bowthorpe, Norwich

**Contact:** Sales and marketing  
manager

**t:** 01603 740730

**e:** [cwilson@namco.co.uk](mailto:cwilson@namco.co.uk)

[www.namcoexperience.com](http://www.namcoexperience.com)

**Details:** 30 ten pin bowling lanes.  
Nifty Fifty membership (aged 50  
plus) – bowl each weekday for up  
to three hours at a reduced price.

Tea and coffee included in the  
price. Tournaments held twice  
a year and Christmas and Easter  
parties for members.

**Health Walks** – group  
walks in Norwich and many  
surrounding areas. See  
article about the health  
walks featured in this  
directory.

## WALKING

**Name:** Norfolk Netwalking

**Venue:** Various locations

**Contact:** Stephen Ferrey

**t:** 07788 154755 (day)

01603 211961 (evening)

**e:** [walking@norfolk-netwalking.co.uk](mailto:walking@norfolk-netwalking.co.uk)

[www.norfolk-netwalking.co.uk](http://www.norfolk-netwalking.co.uk)

**Details:** Regular monthly business  
networking walks are arranged  
throughout Norfolk.

**Name:** Norfolk Wayfarers

**Venue:** Various walks in Norfolk  
and Suffolk

**Contact:** Sue Sewell

**t:** 01603 616261

**e:** [Norfolk@wayfarers1.fsnet.co.uk](mailto:Norfolk@wayfarers1.fsnet.co.uk)

<http://norfolkwayfarers.mysite.freeserve.com>

**Details:** Regular Sunday walks in  
Norfolk and Suffolk. Central meeting  
point in Norwich. Summer evening  
walks as well. Short programme of  
walk details sent on request.

**Name:** Wensum Ramblers

**Venue:** Walking in and around  
the Norwich area

**Contact:** Tony Smith

**t:** 01603 423085

**e:** [ditonsmith@oldcatton.freeserve.co.uk](mailto:ditonsmith@oldcatton.freeserve.co.uk)

**Details:** Rambling mainly for retired  
people of five to six miles on Thursday  
mornings within a 25 mile radius of  
Norwich. Also, monthly coach walks,  
monthly Sunday afternoon walks  
and occasional social activities.

## THE GREEN GYM

**Name:** BTCV Green Gym

**Venue:** Green spaces around  
Norwich

**Contact:** Mark Webster

**t:** 01603 767300/07843 069567

**e:** [gg-norwich@btcv.org.uk](mailto:gg-norwich@btcv.org.uk)

[www.btcv.org/norfolk](http://www.btcv.org/norfolk)

**Details:** Outdoor fitness based  
on conservation activities around  
Norwich.

## YOGA

**Name:** Yoga

**Venue:** Upton Village Hall and Salhouse Village Hall

**Contact:** Lynne Adamson

**t:** 01603 270613

**m:** 07901826313

**e:** tdea2@tiscali.co.uk

[www.balanceyourenergy.co.uk](http://www.balanceyourenergy.co.uk)

**Details:** Upton Village Hall, Tuesdays from 10am to 11.30am and 7pm to 8.30pm. Salhouse Village Hall, Thursdays 5.30pm to 7pm. All abilities welcome.

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**Name:** Yoga group

**Venue:** Dussindale Community Centre, Pound Lane, Thorpe St Andrew, Norwich

**Contact:** Sheila Leeder

**t:** 01603 662484

**Details:** Tuesdays 10am to 11.30am. Suitable for all ages and abilities. Pay per session.

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**Name:** Yoga at St Albans Church Hall

**Venue:** St Albans Church Hall, Grove Walk, Norwich

**Contact:** Heather Ashmore

**t:** 01603 455431

**e:** hevandjohn@ntlworld.com

**Details:** Thursdays 7.15pm to 8.45pm. Suitable for all abilities – men and women, mostly retirement age or over.

**Name:** PureYoga

**Venue:** Locations in the Norwich area

**Contact:** Barbara Ives

**t:** 07788 581662 (day)

01603 482807 (evening)

**e:** barbara.ives@tesco.net

[www.yoganorfolk.co.uk](http://www.yoganorfolk.co.uk)

**Details:** Classes suitable for all ages and abilities. Various classes available within the Norwich area day and evening.

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**Name:** Yoga

**Venue:** Eaton and Cringelford

**Contact:** Maria Widdrington

**t:** 07783 694676

**Details:** Eaton Church Rooms, Wednesdays 10.15am to 11.15am. Cringleford Recreation Ground, Thursdays 1.30pm to 2.30pm. All abilities welcome. Please contact instructor before attending.

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**Name:** Yoga

**Venue:** Norwich and Hingham

**Contact:** Margaret Jameson

**t:** 01603 881425

**Details:** Norwich, Wednesdays 7pm to 8.30pm. Hingham, Mondays 6.30pm to 7.45pm. Suitable for all ages and abilities.

## Active Norfolk

Active Norfolk is one of the county sports partnerships created by Sport England. One of its aims is to increase levels of participation in sport and physical activity across the county. It runs a number of projects – further information can be found by visiting [www.activenorfolk.org](http://www.activenorfolk.org)



### Your sporting days no longer have to be a faded memory...

Not everyone deliberately forgot their PE kit at school – in fact, for many of us, games lessons were the highlight of the week. But it's easy to let the sports we once liked at school slip after we leave.

Active Norfolk is providing the opportunity to Get Back Into a variety of sports including netball, hockey, trampolining, golf and badminton by promoting local courses you can take part in within a friendly and non-competitive environment.

Get Back Into courses are running throughout the year with a taster session leading to informal coaching sessions. For more information: [www.activenorfolk.org/getbackinto](http://www.activenorfolk.org/getbackinto)  
t: 01603 697021



### Fit together

Lloydspharmacy, Active Norfolk and a number of local authorities have developed the Fit Together programme, to put people in contact with physical activities and sporting opportunities.

Fit Together is a county-wide project to encourage people aged 50 and over to lead healthier and more active lifestyles. The scheme has received match funding of £100,000 from the National Sports Foundation, managed by Sport England.

In addition to walking, the programme also offers cycling, dance and aquafit activities.

For more information contact your local co-ordinator, Kate Colman-Pipe:  
t: 01603 423377  
e: [healthwalk@gtnet.gov.uk](mailto:healthwalk@gtnet.gov.uk)  
or visit [www.activenorfolk.org/fittogether](http://www.activenorfolk.org/fittogether)



## The central Norfolk health walks

### **What are the fit together: central Norfolk health walks?**

An initiative based on a partnership with NHS Norfolk, Lloydspharmacy, Active Norfolk and Natural England's Walking the Way to Health scheme.

It offers a programme of supervised health walks led by trained leaders in a variety of locations in Norwich, Broadland, and South Norfolk.

There are a variety of walks of varying lengths, using different surfaces and gradients, so there really is something for everyone!

### **What is a health walk?**

A health walk is a short, locally held walk, where you are encouraged to walk at your own pace, but if possible, slightly faster than normal.

There are trained volunteers at the front, back and in the middle of the group who can help you find the right pace for you. The idea is that you breathe a little faster, feel warmer and have a slightly faster heartbeat. Brisk walking doesn't need to be hard and you should still be able to talk.

## Why walk?

Walking is increasingly recognised as one of the best ways to improve people's physical health and mental well-being. Almost anyone can do it and as with many other forms of physical activity it has the ability to increase confidence, improve energy levels, assist with weight control and reduce stress. It's also a great opportunity to make new friends and discover new places to walk in your area. Walking in a group is a great way to start walking and to stay motivated.

## How can I join the central Norfolk health walks?

All the walks are free, you don't need to book a place. Aside from a sturdy pair of shoes you don't need any special equipment. If you would like a copy of the current programme of walks or to train as a volunteer please contact the health walks co-ordinator on

**t:** 01603 423377

**e:** [healthwalks@gtnet.gov.uk](mailto:healthwalks@gtnet.gov.uk)

## Interested in volunteering?

Don't be shy to ask if you are interested in getting involved as a volunteer in clubs and groups as help is always needed. You may have the skills or experience to support or develop groups in your area. If you want to find out more about volunteering in general contact Voluntary Norfolk:

**t:** 01603 614474

or visit [www.nvs.org.uk](http://www.nvs.org.uk)



# Love Sport.



# Get Involved.



If you love sport, getting involved in your local sports club is easier than you think. Because whatever sport you're interested in, there's a club near you that'll welcome your help and support.

Active Norfolk is one of the County Sports Partnerships created by Sport England and tasked with increasing the levels of participation in sport and physical activity across the county. Our mission is to make Norfolk an active, healthy and successful sporting county - and to have FUN doing it!

Volunteering is a major issue for sports clubs. The low number of appropriately skilled volunteers in clubs impacts upon all aspects of club development, from quality of provision to safeguarding

standards for young people. This in turn affects the number of people participating in sport and physical activity in our county.

You don't need any experience just a bit of spare time. And you can help with anything from coaching to finance and marketing. No matter how you get involved, you'll be helping a variety of people to share your enthusiasm for sport and you'll be getting just as much out of it as they do.

For more information, please call **01603 697011** or visit [www.activenorfolk.org/getinvolved](http://www.activenorfolk.org/getinvolved)

active  
norfolk

# Part-time courses right up your street

Learn something new at over 40 centres across Norwich and Norfolk



You'll be surprised at the range of courses on offer from Norfolk County Council this autumn.

#### Learning for Life

Digital Photography, Yoga or a new Language. We have something for everyone and at every age. Challenge yourself or do something different with a part-time course.

#### Solutions 16-19

If you left school without the grades you wanted then we can help you get the skills and qualifications you need. There are loads of courses available in ICT, Arts, Languages, Maths & English to name a few. View the prospectus online at [www.norfolk.gov.uk/adulteducation](http://www.norfolk.gov.uk/adulteducation)

#### Making Skills Work / Skills For Work & HE

Whether you are in work, looking for a job or even ready to move into Higher Education, we have a range of flexible courses that can be tailored to suit you.

Pick up a prospectus in your local library or call  
**0344 800 8002** or visit [www.norfolk.gov.uk/adulteducation](http://www.norfolk.gov.uk/adulteducation)



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 **Norfolk** County Council  
Adult Education Services

# ICON database at Norfolk County Council



Other local activities can be found by looking at Norfolk County Council library and information service ICON database. ICON contains details of a wide range of local organisations and services, from clubs and societies to

community, voluntary and self-help groups. ICON is internet based and may be viewed at: [http://icon.norfolk.gov.uk/cgi-bin/icon\\_web.sh](http://icon.norfolk.gov.uk/cgi-bin/icon_web.sh) (internet access is free in all Norfolk libraries).

## Access for disabled people

Many of the venues listed in this directory will have provision for disabled users, eg designated car parking, accessible changing rooms and toilet facilities. In particular, see details of the facility listings which are shown in the directory.

If you have specific requirements it's advisable to contact the group or venue beforehand to check the facilities available and make arrangements as necessary – all the groups have a contact name listed in the directory details.

Information about access to venues can also be found by visiting the website DisabledGo on [www.disabledgo.info](http://www.disabledgo.info). It provides free detailed information on a variety of venues including leisure, sport and recreation facilities.

For more information about disability sport in Norfolk contact the Norfolk disability sports and equality officer at Active Norfolk:

**t:** 01603 697008.

[www.activenorfolk.org/disability](http://www.activenorfolk.org/disability)



## Find out if you can get a free Norwich sport and leisure discount card

Go 4less is a sport and leisure discount scheme for Norwich residents who are:

- on a low income
- full time students aged 16+
- 60+ and qualifying disabled people can use the free Norwich City Council national bus pass for Go 4less discount.

Card holders receive up to 50% discount on council facilities as well as other leisure attractions.



[www.norwich.gov.uk](http://www.norwich.gov.uk)

For further information

t: 0344 980 3333 or visit [www.norwich.gov.uk](http://www.norwich.gov.uk)



## Broadland Life Card

Businesses in Broadland are being encouraged to provide discounts and special offers to anyone producing a Broadland Life Card.

The card has over 100 businesses taking part in the scheme including attractions, business and financial services, cards, crafts and florists, car and motorcycle services, cleaning and repair services, clothing, education and training services, food and drink, funeral services, health, hair and beauty, holiday and travel services, home and garden services, photography and sports and leisure.

For a list of current offers visit [www.broadland.gov.uk/life](http://www.broadland.gov.uk/life)

**Businesses** – if you would like to participate in the scheme by making an offer to our cardholders please contact our leisure services co-ordinator (see below for contact number).

**Residents** – to request extra cards for family members, or for details about the Broadland Life Card scheme and current offers please contact our leisure services co-ordinator:

**t:** 01603 430538.



## Facilities listing



**Name:** Acle War Memorial Recreation Centre

**Address:** Bridewell Lane, Acle, Norfolk, NR13 3RA

**t:** 01493 752043

**e:** [acle.reccentre@btconnect.com](mailto:acle.reccentre@btconnect.com)

**Details:** Sports hall, football and cricket pitches, all weather 6-a-side football pitch, badminton and tennis courts, indoor and outdoor bowls, rooms hired out for exercise classes. Activities include pilates and tai chi, mature moves exercise class, salsa dancing, table tennis, bowls, badminton, cricket, tennis, karate, kickboxing. Full disabled access within the centre. Both pay and play and memberships available.

**Name:** Bob Carter Leisure Centre Trust

**Address:** School Road, Drayton, Norwich NR8 6DW

**t:** 01603 867102

[www.bobcartercentre.co.uk](http://www.bobcartercentre.co.uk)

**Details:** Sports hall, exercise/dance area, squash courts, short mat bowls area, petanque terrain, table tennis room. Activities include

badminton, table tennis, squash, tai chi, aikido, short mat bowls, petanque, dance classes, netball, 5-a-side football. Wheelchair access and facilities within the centre. Both pay and play and memberships available.

**\* See also featured article.**

**Name:** Easton College Sports, Tennis and Conference Centre

**Address:** Easton College, Easton, Norwich NR9 5DX

**t:** 01603 731208

**e:** [mbreese@easton-college.ac.uk](mailto:mbreese@easton-college.ac.uk)  
[www.easton-college.ac.uk](http://www.easton-college.ac.uk)

**Details:** Exercise studio, sports hall, gym, football and rugby pitches, indoor and outdoor netball, two floodlit outdoor tennis courts, eight indoor tennis courts. Activities include tennis, badminton, gymnastics, trampolining, circuit class, football, netball, martial arts. Wheelchair access and facilities within the sports centre and the indoor tennis facilities. Both pay and play and memberships available.

**Name:** Lionwood Infant and Nursery School

**Address:** Telegraph Lane East, Norwich NR1 4AN

**t:** 01603 433957

**e:** gplaford@orange.esinet.org.uk

**Details:** Space for sports and art. Community groups and projects – weekly programmes Monday to Saturday.

**Name:** Norwich Church of England Young Men's Society (CEYMS)

**Address:** 3, Brigg Street, Norwich NR2 1QN

**t:** 01603 628572

**Details:** Squash court, snooker, table tennis, gym (with free weights only). Restricted to male membership only. No disabled access available and no car parking facilities.

**Name:** Recreation Road Sports Centre

**Address:** Recreation Road, Norwich NR2 3PA

**t:** 01603 458382

**e:** tmarshall9@orange.esinet.org.uk  
www.recreationroadsportscentre.org.uk

**Details:** Sports hall, football pitches, field space for rounders and athletics. Activities include fitness classes, mini tennis, basketball, cheerleading, street dance, wheelchair basketball, powerchair football and Capoeira. Wheelchair access and facilities available disabled parking spaces available. Pay and play activities.

**Name:** Riverside Leisure Centre

**Address:** Wherry Road, Norwich NR1 1WX

**t:** 01603 625166

**e:** sanorwich@harpersfitness.co.uk  
www.harpersfitness.co.uk

**Details:** Two pools, gym, sauna, steam, spas, crèche, aerobics studio, fitness, pool parties, adults and children's swimming lessons, aquarobics. \* **See also featured article**

**Name:** Sewell Park College Sports Centre

**Address:** Constitution Hill, Norwich NR3 4BX

**t:** 01603 427181

**Details:** Sports hall, fitness suite, gym, meeting rooms, dance studio bar (licensed), two outside multi use games areas catering for tennis, netball and 5-a-side. The sports centre is fully wheelchair accessible and there are toilet and shower facilities for disabled people. Both pay and play and memberships available. \* **See also featured article**

**Name:** Sportspark UEA

**Address:** Earlham Road,  
Norwich NR4 7TJ

**t:** 01603 592398

[www.sportspark.co.uk](http://www.sportspark.co.uk)

**Details:** Swimming pool, sports hall, climbing wall, squash/tennis/badminton/netball courts, soccer/rugby/cricket pitches, athletics, track, astroturf pitches, fitness, fitness in later life programme, post/antenatal swim classes, introductory sports classes.

*\* See also featured article*

**Name:** The Garage

**Venue:** 14, Chapelfield North,  
Norwich NR2 1NY

**t:** 01603 283382

**e:** [info@thegarage.org.uk](mailto:info@thegarage.org.uk)

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

**Details:** Yoga, pilates and a variety of dance and performing arts.

A community venue in the heart of Norwich which aims to be accessible to everyone.

**Name:** The Norman Centre

**Address:** Bignold Road,  
Norwich NR3 2QZ

**t:** 01603 408140

**e:** [normancentre@norwich.gov.uk](mailto:normancentre@norwich.gov.uk)

[www.norwich.gov.uk](http://www.norwich.gov.uk)

**Details:** Sports hall, gym, bowls hall, martial arts, tai chi, dance area, table tennis, badminton, short tennis, short mat bowls, aerobics, circuit training, linedancing. Nifty 50s group for various activities.

*\* See also featured article*

**Name:** Wensum Lodge Sports Hall

**Address:** 169, Kings Street,  
Norwich NR1 1QW

**t:** 01603 306606/7

**Details:** Badminton, squash, short tennis, 5-a-side football.

**Name:** Whitlingham Outdoor Education Centre

**Address:** Whitlingham Lane, Trowse

**t:** 01603 632207

**e:** [ncc.oep@norfolk.gov.uk](mailto:ncc.oep@norfolk.gov.uk)

[www.nccoutdooreducation.co.uk](http://www.nccoutdooreducation.co.uk)

**Details:** Sailing, canoeing, kayaking, windsurfing, archery, orienteering, off-road biking, birthday parties. *\* See also*

*featured article*

# Community Centres in Norwich and village halls in Broadland

Many of the local community centres and village halls have activities taking place at various times of the week, for example, linedancing and other forms of dancing, short mat bowls, exercise classes, yoga, tai chi, short tennis, keep fit classes and many more. If you want to find out more about the activities at your local community centre or village hall visit [www.norwich.gov.uk](http://www.norwich.gov.uk) for the Norwich City Council area and

[www.broadland.gov.uk](http://www.broadland.gov.uk) for the Broadland District Council area.



# Football in the Community (FITC) at Norwich City Football Club

**FITC** is one of the partner organisations involved with the Re-energise project and it delivers several projects which engage with various groups and communities. In particular there are two current projects which are aimed at people aged 50 plus and which provide activity opportunities for people within this age range.



The Extra Time project delivers physical and social activities for the over 60s and the Ahead of the Game project provides health tests and advice for becoming more active for the over 55s.

For further information about these projects and other **FITC** projects please call 01603 761122 or email [fitc@nfc-canaries.co.uk](mailto:fitc@nfc-canaries.co.uk). You can also visit the **FITC** website at [www.fitc.org.uk](http://www.fitc.org.uk)



## The Bob Carter Leisure Centre

The Bob Carter centre is a focal meeting point for the Drayton community and boasts a wide range of sporting and social facilities including badminton, squash, table tennis, short mat bowls, 5-a-side football, tai chi, dance and exercise classes and outdoors petanque.

Courts are available for individual hire (at very competitive rates) or you can join in with one of the groups or clubs which play here on a regular basis. There is a fully licensed bar and restaurant and the function room is available for hire for a variety of events.

For further details contact the Bob Carter Centre, School Road, Drayton, Norwich NR8 6DW.

**t:** 01603 867102

[www.bobcartercentre.co.uk](http://www.bobcartercentre.co.uk)



## The Norman Centre

The Norman Centre boasts a large variety of clubs and activities for people of all ages and abilities. It has Inclusive Fitness Initiative accreditation and all areas are completely accessible with adaptable gym equipment available. There is a free car park with disability parking spaces for visitors to the centre.

### BOWLS

There is a competition standard four rink bowls hall, home to the resident bowls clubs. Two leagues operate, daytime and evening with new players welcome, beginner or experienced. Coaching can be provided completely free of charge and bowlers may play six times before committing to membership.

### TABLE TENNIS

Table tennis is available to players of all ages including veterans. Coaching is available and there are two established retired table tennis groups.

## BADMINTON

Retired badminton clubs operate on Wednesday mornings and Friday afternoons – a friendly welcome awaits new members! The court is also available for casual hire too.

## SHORT TENNIS

A retired club is held on Tuesday mornings and new members are encouraged to come along and have a game!

## THE NIFTY FIFTY GROUP

This session, aimed at the 50 plus age group, meets from 2pm to 4pm on Monday afternoons. There is a range of activities on offer including table tennis, badminton, short tennis, bowls and also use of the gym. Beginners are very welcome, equipment is provided and there is a break for tea or coffee.

## LINE DANCING

Line dancing is good exercise, good fun and no partner is required. Sessions run on Thursday mornings just come along in a comfortable pair of shoes to join in the fun!

## MARTIAL ARTS

A whole host of martial arts clubs train at the centre including karate, jujitsu and atemi budo as well as slower paced disciplines such as tai chi.

## EXERCISE CLASSES

Fitness classes include aerobics, circuit training, ab-attack and yoga

## THE MEETING PLACE COFFEE SHOP

Enjoy the cosy community feel of the coffee shop with a light snack or hot and cold food – have a coffee or just pop in for a chat! Social events are held throughout the year and all are welcome.

For further details contact  
The Norman Centre, Bignold Road,  
Norwich NR3 2QZ

**t: 01603 408140**

**e: [normancentre@norwich.gov.uk](mailto:normancentre@norwich.gov.uk)**

**[www.norwich.gov.uk](http://www.norwich.gov.uk)**



# Riverside Leisure Centre

Regardless of age, whether you are a keen fitness enthusiast or new to physical activity, Riverside Leisure Centre has so much to offer. Experts are on hand at the centre to give guidance on the most appropriate and effective activity for your lifestyle. The centre offers both membership and pay as you go options with considerable discounts for Go 4less/ Norwich City Council national bus pass holders.

Facilities include a 25m swimming pool and learner pool, spa pool, sauna and steam rooms, Harpers gym, group exercise studio and crèche.

The centre offers sessions in the pool (on Mondays, Wednesdays and Fridays) specially for people who are aged 50 plus or have a disability.

A wide range of fitness classes are available including aquafit and aerobics all delivered by fully qualified staff. The gym instructors give a personal induction to every customer and can recommend individual fitness plans to suit all levels.



If you want to know more please contact:

**Riverside Leisure Centre**  
**Wherry Road**  
**Norwich**  
**NR1 1WX**

**t: 01603 625166**

**[www.harpersfitness.co.uk](http://www.harpersfitness.co.uk)**



## Sewell Park College Sports Centre

At the heart of the local community, Sewell Park College Sports Centre provides a welcoming and friendly leisure facility that makes keeping fit and healthy an option for everyone.

A varied programme of classes to suit all levels of fitness offers everything from aerobics and badminton through to pilates and yoga. Classes and sessions in the fitness suite are on a pay to play basis or a monthly fitness suite pass can be bought.

There are no joining or membership fees and a 50 per cent Go 4less discount applies making Sewell Park College Sports Centre one of the best value for money leisure facilities in Norwich.

All areas of the centre are fully accessible and the fitness suite has some pieces of adapted equipment.

## OPENING TIMES

The sports centre is used by the school during the day but is open to the community during evenings and weekends:

Monday to Friday, 5pm to 11pm,  
Saturday and Sunday, 10am to 11pm.

## FITNESS SUITE

The newly refurbished fitness suite, complete with the latest running, cycling and rowing machines, is open to all adults aged 16 and over. A special women's only session runs on Wednesday evenings and has proved very popular. Qualified staff are on hand to give advice on using equipment and the most suitable fitness plan for you.



## 50+ SESSION

A session of gentle exercises especially for those aged 50 and over runs every Friday in the gym from 3.40pm to 4.40pm. This class is open to all abilities and is perfect for those who want to get more active for the first time.

## FAMILY NIGHT

Every Saturday from 8pm to 10pm, Sewell Park College Sports Centre invites families to come and have fun together while also keeping fit. Activities include table tennis, badminton, basketball and the bar is open for drinks and socialising. Adults must be accompanied by juniors so why not bring your children or grandchildren along for a fun family evening.

If you want to find out more please contact:

**Sewell Park College  
Sports Centre  
Constitution Hill  
Norwich  
NR3 4BX**

**t: 01603 427181**

## Sportspark UEA

Sportspark UEA offers a structured programme called Fitness In Later Life (FILL). The programme focuses on the social element of physical activity, and each class is supervised and led by fully qualified instructors and coaches.

All sessions take place during the day and involve the following activities – badminton, aerobics, aqua-fit, indoor short tennis, walking, stretching, swimming, cricket, tai chi and tennis. Many older people have come along individually to a first session and left with three or four new friends.

For some members the FILL activities are a highlight of their week and a diary appointment they wouldn't dare miss! Many members have built this type of activity into their lifestyle and routinely attend once or twice a week to enjoy the regular exercise, conversation and all the other natural associated benefits of the programme.

Look out for the Re-energise open days which are a great way to find out more about all the various options available around Norwich



for older people to become more active, remain more active... and Re-energise!

For more information on the FILL programme or any other activities organised at the Sportspark UEA:

**t:** 01603 592398 (option 2)

[www.sportspark.co.uk](http://www.sportspark.co.uk)

### A health related group at the Sportspark UEA... post cancer surgery group

A group run to encourage a return to activity, aimed at promoting health and wellbeing for people who have cancer (both during and after the illness). Participants chose one or two activities to attend with a coffee break in the middle. Please contact Coral Warren before attending the first class.

Wednesdays, various times from 10am to 12.30pm. Activities – badminton, yoga, aquastretch.

**t:** 01953 605208

**e:** [buntings18@waitrose.com](mailto:buntings18@waitrose.com)

**NB:** For women only at present



Whitlingham  
Charitable Trust



## Whitlingham Country Park

Whitlingham Country Park covers an area of 280 acres just on the outskirts of Norwich and offers a unique opportunity to enjoy the Broads National Park on your doorstep.

The recently created country park has two broads within its boundaries as well as ancient woodlands, a picnic meadow and a traditional broads landscape. There are a range of walks throughout the country park offering a different view of its natural surroundings.

The refurbished Whitlingham visitor centre provides people with a place to get refreshments at the end of a walk or other activity. It also offers lots of interesting things to see and do at the Broads information centre. The Great Broad hosts the award winning outdoor education centre for Norfolk County Council

where there is a range of adventurous activities on offer, both on land and water.

Whitlingham Country Park runs a volunteer programme in partnership with the Broads Authority. If you've ever fancied getting involved with countryside work then this is a perfect opportunity to volunteer! You'll find something for all the family and there are practical conservation projects for all ages, including work with the RSPB.

For more details:  
t: 01603 617332



## Whitlingham Outdoor Education Centre

Set in the beautiful location of Whitlingham Country Park, Trowse, the centre provides a wide range of activities for all ages and abilities.

It's not all about high speed, adrenalin rushes, although that's available too if you want them! Most of the activities require relatively moderate physical effort and the expert tuition from qualified instructors ensures you pick up some good techniques and maybe some accreditation.

Activities include sailing, canoeing, kayaking and windsurfing together with a range of land based opportunities such as archery, off road biking, orienteering, and climbing.

The centre opened in August 2005 and attracts over 11,000 people a year ranging in age from eight to 80 so it's never too late to learn something new.

For more information:

**t: 01603 632307**

**[www.whitlinghamoec.co.uk](http://www.whitlinghamoec.co.uk)**

## Public parks and open spaces in Norwich

Norwich has a number of beautiful parks and open spaces which provide an excellent opportunity to be active outdoors. Whether you enjoy taking a gentle walk or something a little bit more energetic Norwich's parks have something for everyone.

The parks provide a great selection of outdoor sports activities including football, cricket, bowls, putting, pitch and putt, croquet and tennis. Football, cricket, bowls and tennis can be booked seasonally, or on a one-off basis, by calling 01603 496724.



Putting, pitch and putt, bowls, croquet and tennis facilities are also available on a pay and play basis. All payments are collected by attendants at the facilities. Discounts are available to Go 4less/Norwich City Council national bus pass holders.

For more information:  
**t: 0344 980 3333**  
**[www.norwich.gov.uk](http://www.norwich.gov.uk)**

## Broadland

The Broadland area has lots to offer in terms of varied landscape and scenery and the opportunity to be active while simply enjoying the countryside. A wide range of leaflets and brochures can be found at the Aylsham Tourist Information Centre.

**t:** 01263 733903

**e:** [aylsham.tic@broadland.gov.uk](mailto:aylsham.tic@broadland.gov.uk)

**Catton Park, Old Catton** – a unique green space to the north of the city of Norwich offering outstanding access to beautiful woodland and parkland. For more information contact the park warden, Matt Caley on:

**m:** 07786 338749

**e:** [matthew.caley@tesco.net](mailto:matthew.caley@tesco.net)

[www.cattonpark.com](http://www.cattonpark.com)



## Walks and cycle tours

Enjoy Broadland more with a full range of leaflets that will help you explore and experience the total wonder of the area leading you through beautiful countryside, historic market towns and pretty villages. Leaflets include:

- eleven Out & About circular walks ranging from three to 12 miles
- market town guides featuring shorter heritage walks
- a series of Off The Beaten Track cycle routes averaging 20 miles.

Contact:

**Aylsham Tourist Information  
Centre, Bure Valley Railway  
Station, Norwich Road,  
Aylsham NR11 6BW**

**t: 01263 733903**

**[www.visitbroadland.gov.uk](http://www.visitbroadland.gov.uk)**

## GP exercise referral scheme

Broadly Active is the name of the GP exercise referral scheme operating in the Broadland District Council area. If you are inactive or suffer from a stable medical condition, Broadly Active could help you take some simple steps towards feeling healthier. You may even find that physical activity becomes an enjoyable part of your everyday life!

### How does the scheme work?

Your local GP, practice nurse, physiotherapist or other health professional could refer you to an exercise referral scheme if they feel an exercise programme would help to improve your medical condition or help prevent certain conditions occurring eg diabetes, high blood pressure, arthritis, obesity, lower back pain or heart disease.

### What happens next?

Once referred you will be requested to attend a welcome session where you will be given some simple health checks and invited to discuss your goals and activity options.



An individually tailored 12 week programme will then be devised for you by the exercise professional and you will be monitored throughout the programme.

The scheme is co-ordinated and supervised by qualified instructors who are experienced in working with people who have medical conditions. The exercise recommended for each person is based on their individual medical condition and the scheme aims to support people through the programme, which could include a variety of different activities.

**The Broadly Active** scheme has recently been extended and is now operating in most parts of the Broadland council area. For more information call Broadland District Council:

t: 01603 430487.

[www.broadland.gov.uk](http://www.broadland.gov.uk)



# British Heart Foundation

As the nation's heart charity, the British Heart Foundation (BHF) focuses on three vital things:

- investing in pioneering research
- supporting and caring for heart patients
- providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness.

## Investing in pioneering research

We fund around 1,200 research projects investigating every aspect of heart disease from causes and safer drugs to improving surgical techniques. The BHF invests over £137 a minute on research to keep the nation's hearts healthy.

## Supporting and caring for heart patients

We fund over 400 BHF nurses who visit heart patients with all types of heart conditions in their homes. We provide defibrillators and echocardiograph machines for hospitals, emergency services and first-aiders. Our cardiac nurses and information officers on the Heart

HelpLine can provide you with the information that can help to support any medical advice you have already received from your GP or consultant.

**t:** 0300 330 3311 (lines are open from 9am to 8pm Monday to Friday, 9am to 5pm Saturdays and Sundays).

## Providing vital information to help people reduce their own risk of dying prematurely from a heart or circulatory related illness

We produce publications, videos and other materials for health professionals and the public including children. We also let people know about how to improve the health of their heart through public information campaigns, advertising and the media.

For more information about how to get involved and help us beat heart disease in your area, contact our fundraising volunteer Manager Brenda Clabburn:

**t:** 01953 450210

**e:** [clabburnb@bhf.org.uk](mailto:clabburnb@bhf.org.uk)

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

# Are you ready to **STOP SMOKING?**



**For many people stopping smoking is one of the most difficult things they will do in their lives.**

You may have tried before, but didn't succeed, but don't give up. Lots of people take more than one go before they finally kick the habit.

If you are ready to stop and would like some support, there is free local help available

*call*  
**'Cignificant'**

**Stop Smoking Services in Norfolk  
freephone 0800 0854 113**

Email: [stop.smoking@norfolk.nhs.uk](mailto:stop.smoking@norfolk.nhs.uk)

[www.cignificant.co.uk](http://www.cignificant.co.uk)





## Age Concern

We offer advice and information on a wide range of matters to older people and their carers. We also offer lots of practical services. Please contact your local office to find out more.

Norwich  
Boardman House  
Redwell Street  
Norwich  
NR2 4SL  
t: 01603 496333

Norfolk  
300 St Faiths Road  
Old Catton  
Norwich  
NR6 7BJ  
t: 01603 787111



# Do you want to be in the next directory?

Would you like your club/organisation to be included in the next directory? In order to include the information about the activity you run or are involved in, we need signed consent in respect of personal information held.

Title:

Forename:

Surname:

Contact address:

Telephone:

Name of activity:

Days/times/venues of activity:

Please make any comments you wish to be included in the directory to describe the activity eg if the activity is aimed at beginners.

Are participants required to be of a particular fitness level/skill level to participate in your club/organisation?

Activity is suitable for those with minimum fitness

Participants must have a degree of fitness

Are participants able to turn up at the activity or should they contact the group organiser prior to the session?

Cost of activity – pay per session or per course?

Consent:

I agree that I wish the above activity to be publicised. I wish the following contact information to be included in the SPAN directory (please tick appropriate box). Address will not be included unless specifically requested:

Leader's name

Leader's telephone

Leader's email

Please tick this box if you are happy for this information to be included on an associated web-page

Signed:

Date:

Please return to SPAN, c/o business support and leisure services team, Broadland District Council, Thorpe Lodge, 1 Yarmouth Road, Thorpe St Andrew, Norwich NR7 0DU.





**If you would like this information in another language or format such as large print, audio cassette or Braille please phone the number below:**

### **Polish**

Jeśli pragną Państwo otrzymać niniejsze informacje w innym języku lub formacie, np. w dużym druku, na kasecie audio lub alfabetem Braille'a, prosimy o kontakt pod poniższym numerem telefonu:

### **Portuguese**

Se pretender uma cópia desta publicação num idioma ou formato alternativo como letra de imprensa, cassete áudio ou Braille, contacte por favor o número abaixo:

### **Lithuanian**

Jeigu pageidaujate šią informaciją gauti kita kalba arba kitu formatu, pvz., stambiu šriftu, garso kasete ar Brailio raštu, prašome paskambinti žemiau nurodytu telefono numeriu:



0344 980 3333



[info@norwich.gov.uk](mailto:info@norwich.gov.uk)

For Broadland District Council please call 01603 431133.

All information correct at time of publication.

Directory designed and produced by Norwich City Council.

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