



**NORWICH**  
City Council



# THE NORMAN CENTRE

There's more to it than  
you might think...

**Go**  
**4less**



inclusive fitness



# Welcome to THE NORMAN CENTRE

We offer a wide range of community, education and leisure facilities all at affordable prices. You can also access lots of help, information and support through our Community advice @ the Norman Centre service.

## There's something for everyone...

A whole host of activities are on offer for all ages, including mum and toddler groups, children's dance, junior martial arts, after school activities, art classes and a Nifty Fifties group. As well as our Activekidz club, which runs activities for 9 to 12 year olds to get fit and have fun.



## Catch up at The Meeting Place coffee shop



Enjoy the cosy community feel of The Meeting Place coffee shop. Grab a light snack or coffee and enjoy a chat. Social events are held throughout the year and everyone is welcome.

### The Meeting Place is open:

Monday to Thursday	10.30am to 2pm
Friday	10.30am to 1pm
Saturday	10.15am to 1.15pm



## Need some space?

Meeting rooms are available for training and social groups, with space for six to 60 people. Refreshments, catering, audiovisual equipment, flipcharts and overhead projectors can all be provided on request.

## Work out with us

Our highly qualified and friendly staff can offer advice and even provide you with a personal fitness plan for your needs – whether you are a beginner or an experienced gym user. Our gym has a wide range of the latest equipment, plus is the only gym in Norwich with an Inclusive Fitness Initiative accreditation. This means that we have been recognised for having specialist equipment and knowledge so that we can advise people with disabilities.



## Be bowled over!

Home to the resident bowls club, the centre offers a competitive standard four rink bowls hall. Newcomers of any standard are welcome, and we've also got special chairs to make bowls accessible to people with a disability. Coaching is available on request, and competitions are run throughout the year. You can also use the rinks on a casual pay and play basis. Shoes and bowls are available for hire.



## Badminton, short tennis and table tennis

Courts and tables are available for informal hire. Or you could join one of the groups at the centre. Check our timetable to find out more.



## Centre opening times

Monday to Friday	9am to 10pm
Saturday	10am to 2pm
Sunday	Closed



# Community advice @

## THE NORMAN CENTRE

People living in Norwich can access lots of helpful information and support from our community advice service, including:

- general housing advice
- housing and council tax benefits advice (including form checking and verification)
- council tax advice
- information on waste collection and recycling services
- reporting antisocial behaviour and fly tipping incidents
- HOME OPTIONS advice and assistance
- requesting council home repairs (telephone service only)
- allotment and garage applications.



You can use a public telephone and computer for free to access Norwich City Council services.

Call our customer contact team on 0344 980 3333 or visit [www.norwich.gov.uk](http://www.norwich.gov.uk) for more details



Other services are available at the centre through regular drop-in sessions and booked appointments. Details of these and contact information for other organisations are provided in the enclosed leaflet.

# Agencies based at the centre

## King's Venue

King's Venue, run by King's Community Church, hosts various activities aiming to bring benefit to those living in the Mile Cross area.

King's Community Church meets at The Norman Centre every Sunday from 10.45am to 12.45pm. There's something for all ages and everyone is welcome.

For more information, please get in touch:

t: 01603 419767 or 01603 765795 e: [hello@kings-venue.com](mailto:hello@kings-venue.com)

[www.kings-venue.com](http://www.kings-venue.com) and [www.facebook.com/kingsnorwich](https://www.facebook.com/kingsnorwich)



## Milestones Day Nursery

This 52 place, outstanding Ofsted registered nursery, provides high quality care and education for children aged three months to five years.

Call 01603 213294 for more information.

### Milestones Day Nursery



## Mile Cross IT Centre

The Adult Education Information Technology Centre offers a range of computer courses from beginners to advanced.

Call 0344 800 8002 for more information or visit [www.norfolk.gov.uk/adulteducation](http://www.norfolk.gov.uk/adulteducation)



NHS Norfolk  
NHS Great Yarmouth and Waveney

NHS Norfolk, supporting health and community activities in the Mile Cross area, including arts for health, creative writing, paint and play, counselling, stop smoking, health trainers and physical activity opportunities.

## jobcentreplus

Jobseekers allowance signing service is offered at the Norman Centre by arrangement with the Norwich Jobcentre Plus.

Contact 01603 248777 if you are already a customer, or if making a new claim visit [www.direct.gov.uk](http://www.direct.gov.uk)



jobcentreplus

## Price list – effective from 1 January 2012

### Annual membership

General	£13.50
Mile Cross resident	£7.50
Go 4less	£5.00
Junior	Free

### Gym use

Gym induction (all)	£7.00
Gym per session	£4.20
Go 4less/Mile	
Cross session	£2.75
4 week gym card (general)	£28.00
Go 4less/Mile	
Cross member	
4 week gym card	£20.00

### General use

Badminton per hour	£6.50
Go 4less/Mile	
Cross badminton	£5.15
Table tennis per hour	£5.50
Go 4less/Mile	
Cross table tennis	£4.15

### Centre classes

Class fees vary, please ask at reception.

### Bowls membership per year

General	£35.00
Mile Cross resident	£26.00
Go 4less	£21.00

### Bowls – other

Bowls rink – two hours	£2.35
Bowls rink – one hour	£1.35

### Room hire (per hour)

Main hall	£15.00
Appleyard/ Bignold combined	£14.65
Other rooms	£11.40
One-to-one room	£8.65
Mile Cross community groups	£6.30



Go 4less is a free leisure discount scheme available to Norwich residents on a low income and other people who meet the qualifying criteria. Just speak to one of our team members if you would like a Go 4less leaflet.

### Contact us:

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)



If you would like this information in another language or format such as large print, braille or audio cassette please phone 0344 980 3333 or email [info@norwich.gov.uk](mailto:info@norwich.gov.uk)