



Norfolk Factsheet 2

Getting Out and About

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For details of all Age UK Factsheets, go to

<https://www.ageuk.org.uk/norfolk/>

If you would like Age UK Norfolk to search any of the websites listed in this factsheet on your behalf, please contact the advice line on 0300 500 1217

Local clubs and groups

Norfolk directory

The Norfolk Directory aims to provide residents and families with information, advice, services and activities across Norfolk.

<https://communitydirectory.norfolk.gov.uk/>

Parish magazines and websites

Local parishes often run local clubs and groups in the area. Parish magazines and their website can be useful sources of information for these.

Local churches

Local churches often run clubs, grounds or coffee mornings

Knit and knatter groups

We have many members who knit for us in their own homes but there are many others who have discovered how much fun it is to go along to a Knit and Natter group. It is a great chance to see what other people have made, to find some new patterns and pick up some wool and along the way make some new friends. Don't be shy about going along - without exception they are friendly places where you'll find a warm welcome.

<https://www.norfolkknitters.org.uk/natter.html?back=%2Fcontact.html>

Mens shed

Men's Shed is a larger version of the typical man's shed in the garden – a place where he feels at home and pursues practical interests with a high degree of autonomy. A Men's Shed offers this to a group of such men where members share the tools and resources they need to work on projects of their own choosing at their own pace and in a safe, friendly and inclusive venue. They are places of skill-sharing and informal learning, of individual pursuits and community projects, of purpose, achievement and social interaction. A place of leisure where men come together to work.

A Shed's activities usually involve making or mending in wood (e.g. carpentry, joinery, turning, carving, whittling, marquetry, furniture renovation) but may include metalworking (milling, sheet metal, welding, etc.) bike repair, gardening, electronics, tool renovation, boat renovation, model engineering (model railways, planes) and even building a car! Reclamation, reuse and restoration will feature strongly – and some say that is true of the men too! Although Sheds mostly attract older men, some have included men of any age, women and young people. Whichever activities are pursued the essence of a Shed is not a building, which some don't have, but the network of relationships between the members.

<http://menssheds.org.uk/find-a-shed/>

Norwich Mens Shed: 01603 627074

Carers support groups- see Support for Norfolk carer's factsheet

Age UK Norwich

Age UK Norwich support people and local groups across the city to run activities of all kinds and can help older people to attend if it is becoming difficult to get out and about

<https://www.ageuk.org.uk/norwich/activities-and-events/>

WI

The Women's Institute (WI) was formed in 1915 to revitalise rural communities and encourage women to become more involved in producing food during the First World War. Since then the organisation's aims have broadened and the WI is now the largest voluntary women's organisation in the UK. The WI celebrated its centenary in 2015 and currently has almost 220,000 members in approximately 6,300 WIs. The WI plays a unique role in providing women with educational opportunities and the chance to build new skills, to take part in a wide variety of activities and to campaign on issues that matter to them and their communities

<https://www.thewi.org.uk/become-a-member/structure-of-the-wi/england/norfolk/welcome-to-norfolk>

Norfolk WI: 01603 624580

Rotary clubs

Membership in a Rotary club is by invitation only. We want to make sure you join a club that best fits your passion and perspective. We can connect you with a club that's right for you and make it easy to get involved and on your way to membership immediately.

Let us know a little about yourself and what you're looking for in a club. We'll find the local clubs in your area and let them know you're interested.

<https://my.rotary.org/en/search/club-finder>

U3a (The University of the Third Age) is a UK-wide movement which brings together people in their 'third age' to develop their interests and continue their learning in a friendly and informal environment.

www.u3a.org.uk/find-a-u3a.html

Dementia cafes and support

Local information, groups and support can be found on the Alzheimer's society website:

<https://www.alzheimers.org.uk/find-support-near-you>

National Dementia helpline: 0300 222 1122

Pabulum cafes

Pabulum Dementia Cafés provide support to people with dementia and their carers in a relaxed, café-style setting.

At a Pabulum Dementia Café you can meet others, enjoy activities and gain support. Reminiscence items are used to aid interaction, conversation and laughter.

Carers may remain with those they care for throughout the session, or break away into another room to discuss issues relating to their caring role and provide mutual support.

As well as being a great place to socialise, the Cafés are also a source of information and advice. During your visit to one of our Dementia Cafés you can access Age UK Norfolk's information and advice services and we can put you in touch with other relevant support organisations.

<https://www.ageuk.org.uk/norfolk/our-services/dementia-in-your-community/dementia-cafes-pabulum/>

Libraries

Your local library may offer a club or group these can range from hosting a knit and knatter, just a cuppa sessions or computer support. Up to date events can be found on their website:

<https://www.norfolk.gov.uk/libraries-local-history-and-archives/libraries/whats-on/whats-on-calendar>

Sing your heart out

Sing Your Heart Out is somewhere anyone can come, where they will meet friendly people, and where everyone is welcome and everyone is valued.

Our singing sessions are to help people feel better about themselves in all sorts of ways. They can help reduce stress, they can increase your confidence and they give you a chance to be with other people who will understand how you feel.

Anyone of 18 or over is welcome to come along. We especially welcome anyone who is a present or past user of Norfolk & Suffolk mental health services, their family, friends, carers, any support workers, and staff or anyone interested

Everyone is encouraged to join in and sing, but if this worries you, you can just enjoy listening to begin with.

You don't need any experience or talent, everyone can join in, whatever their voice is like. We do not have written music, everything is learned by listening and repeating.

Sing Your Heart Out also welcomes other people such as people with learning difficulties or mild dementia.

SYHO is primarily aimed at people who have experienced mental health problems, and may be finding life a bit of a challenge.

<https://www.singyourheartout.org.uk/>

Day centres

Age connected Yarmouth (previously Age Concern)

Age connected in Yarmouth are based at the Acorn Centre, 8 - 9 Regent Street, Great Yarmouth, Norfolk, NR30 1RN. They offer a range of activities including lunch clubs, quiz and chiropodist visits.

Contact: 01493 262052

<https://www.acgy.org.uk/>

Age Concern North Norfolk

The Day Centre is staffed by fully trained carers who have received training in caring for people with dementia. We work with our 'Companions' and their families to create an individual care plan to ensure that their needs are met and that they get the best from each visit.

We offer a sociable environment with a range of activities and a two course home cooked lunch. 'Companions' have the opportunity to have a bath in a safe environment. We also offer a laundry facility. Reasonable rates are charged for a full or half day, bath only, transport, laundry or lunch visit only.

There are regular visits from other agencies in our community including a chiropodist and hearing aid clinic. For further information please call 01263 821188.

<https://www.ageconcernnorthnorfolk.co.uk/>

Age UK Norfolk

Come and join us! Socialise with like-minded people, make friends and enjoy a variety of activities offered, whilst receiving expert care at our day care centres in Norwich and Diss.

Grays Fair Court Day Care Centre is conveniently located on the outskirts of Norwich in New Costessey. Our vibrant Day Care Centre is a perfect place to make friends and be active. Our professional care staff are on hand to offer as much or as little care support as required to make sure your stay with us is a comfortable and enjoyable one. To find out more you can contact us on **01603 594747** or email **customerservice@ageuknorfolk.org.uk**

Norfolk directory

The Norfolk Directory aims to provide residents and families with information, advice, services and activities across Norfolk including day services.

<https://communitydirectory.norfolk.gov.uk/>

Care home finder services

The Care Home Finder Service provides accurate, up to date information for people considering a move into a Care Home either permanently, for respite care or day

<https://www.norfolkcarehomefinder.co.uk/>

Please refer to a provider's registration status on the Care Quality Commission's (CQC) website for the most up-to-date picture of an organisation's performance, available at:

www.cqc.org.uk

Exercise groups

EXTEND Exercise classes

Whether you are recently retired or determined to improve your fitness level, EXTEND Exercise can help you to achieve this. EXTEND Exercise classes will always contain 20 minutes of seated exercise, but do not be discouraged as seated exercises can be very active. You will be very surprised at just how much active exercise can be performed whilst sitting in a chair.

Regular weekly classes are a great way of making new friends and are mostly held during the day. The sessions usually last for one hour with a small interval for tea/coffee and a chat. A Safe to Exercise questionnaire will need to be completed before joining a class and some teachers may charge a weekly class fee.

<http://www.extend.org.uk/classes>

East Anglia: 01603 270113

Active Norfolk

Active Norfolk's mission is to make Norfolk an active, healthy and successful sporting county. Whether you are a sports club, school, coach, volunteer, athlete or just interested in getting involved in sport and physical activity, we can provide you with the support, information and advice you are looking for.

<https://www.activenorfolk.org/>

Contact : 01603 723333

Health Walks are offered regularly and are open to everyone from those who are inactive to those able to walk up to four miles.

<https://www.activenorfolk.org/walking>

Volunteering

Do it

There are thousands of things you can volunteer for so think about your interests, what cause or issue you want to support, how much time you can give and what you hope to gain from the experience.

<https://do-it.org/>

Voluntary Norfolk

Voluntary Norfolk is dedicated to delivering services that enable strong communities where people are able to work together to improve their lives and fulfil their ambitions.

<https://www.voluntarynorfolk.org.uk/>

Contact: 01603 614474

Email: admin@voluntarynorfolk.org.uk

Training and learning

Norfolk Adult education

Courses include;

Arts and crafts, Business and Accountancy, English, Maths, Science, Language and Communication skills, Health and Social care.

More information can be found on their website:

<https://www.norfolk.gov.uk/education-and-learning/adult-learning>

Age UK Norfolk has been in existence since 1947

The mission of the charity is
“To support older people in Norfolk to enjoy the opportunities and meet the
challenges of later life”.

Age UK Norfolk Head Office
300 St Faith’s Road
Old Catton
Norwich
NR6 7BJ
Telephone: 01603 787 111



We hold the Advice Quality Standard which provides you with assurance that we
have met certain criteria that demonstrates a commitment to quality.