



Summer 2019

School Holiday Family Activities

in Norwich



Summer Holiday Activities 2019

Norwich and the surrounding area

Norwich Evenings

Free live music and Covent Garden style street performers every Thursday evening between 4.40pm and 8pm, 4th July – 29th August 2019. **City centre locations.**

Plumstead Road Library Space Chase Summer Reading Challenge 2019 (24th July – 21st Aug)

Wednesday 24th July

2pm - 4:00pm

Join our volunteer for colouring and craft sessions whilst getting involved with the Summer Reading Challenge, all under 8's will need to be supervised, all activities are Space related and fun. Part of our Summer Reading Challenge Activities.

Wednesday 31st July

2pm - 4:00pm

Join our volunteer for colouring and craft sessions whilst getting involved with the Summer Reading Challenge, all under 8's will need to be supervised, all activities are Space related and fun. Part of our Summer Reading Challenge Activities.

Thursday 1st August

2pm - 4:00pm

Lego Space Chase - Build spaceships, space technology, aliens or go freestyle, our volunteer will be available to dispense stickers and book suggestions while you get creative. Part of our Summer Reading Challenge Activities.

Wednesday 7th August

3:30pm - 5:30pm

Norwich Astronomical Society will be providing a rocket making workshop in the library Will your rocket reach the stars? Spaces are limited so please contact the library to book. Suitable for children aged 5-11, under 8's must be accompanied by an adult. Part of our Summer Reading Challenge Activities.

Thursday 15th August

2pm - 4:00pm

Build spaceships, space technology, aliens or go freestyle, our volunteer will be available to dispense stickers and book suggestions while you get creative. Part of our Summer Reading Challenge Activities.

Wednesday 21st August

2pm - 4:00pm

Join our volunteer for colouring and craft sessions whilst getting involved with the Summer Reading Challenge, all under 8's will need to be supervised, all activities are Space related and fun. Part of our Summer Reading Challenge Activities.

Location: Plumstead Road, Norwich, NR1 4JS

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

Contact: 01603 433455 or email libraries@norfolk.gov.uk

Free Summer Activities at Harford Community Centre

Mondays 10am to 12 noon: Under 12s Arts and Crafts

Tuesdays 10.30-11.30: Karate. **11.30-12 noon:** Fighting Fit. All ages welcome, from 4 and a half upwards.

Wednesdays 10.30-12 noon: Stay and Play for the under 5s, PLUS for under 12s, lego, wii, iPad and crafts. (apart from Wed 7th Aug, no Stay and Play, but there will be a film club)

Thursdays 10.30-2.30: The Castle Art project for age 12-19

Fridays 10.30-12 noon: Kids Film Club (see FB page for film details)

Children must be accompanied by a responsible adult at all times. Sessions will have limited spaces and will be operated on a first come basis.

Location: Harford Community Centre, 10 The Lastings, Hall Road, Norwich, NR4 6ET

When: 26th July to 3rd September

Cost: Free

Website: www.harfordcommunitycentre.org.uk/

Contact: 0844 665 1034 or email office@harfordcentre.org.uk

Hobbycraft Norwich

Kids Craft Club, FREE, suitable for 4+

Slime Saturday: Saturday 27th July, 3rd August, 10th August, 17th August, 24th August age

Decopatch: Monday 29th, Wednesday 31st July, Friday 2nd August,

Kids' Suncatchers: Monday 5th, Wednesday 7th, Friday 9th August

Paint Your Own Ceramics: Monday 12th, Wednesday 14th, Friday 16th August

Make Your Own Windchime: Monday 19th, Wednesday 21st, Friday 23rd August

Decorate Foam Shapes: Monday 26th, Wednesday 28th, Friday 30th August

Location: Riverside Retail Park, Unit 7, Albion Way, Norwich NR1 1WR

When: 27th July to 30th August

Cost: Free

Website: <https://www.hobbycraft.co.uk/norwich>

Contact: 0330 026 1073 or email norwich@hobbycraft.co.uk

Bandstand summer concerts 2019

Take time to relax and enjoy the sounds of traditional bands when our annual Bandstand programme returns to the city's best loved parks this summer.

28th July: Pavilion Brass Quintet – Eaton Park

4th August: Norwich City Concert Band – Waterloo Park

11th August: Taverham Band: Eaton Park

18th August: Dereham Band – Chapelfield Gardens

25th August: Norwich Accordion band – Eaton Park

NORWICH PARKS TENNIS – HOLIDAY CAMPS (Aged 5-15)

Our Holiday Camps offer a combination of professional coaching, fun games/activities and tennis competition for players of all ages and standards during school holidays.

Each camp can guarantee a high energy day of tennis and co-ordination development, our coaching team will teach the children the FUNDamentals of tennis improving technique while challenging their co-ordination with lots of drills, games and activities.

We have two types of camps:

Mini Camps For players aged 5 – 10 years old

Junior Camps For players aged 11 – 15 years old.

Mon July 29th-30th , Mon Aug 5th-6th, 12th-13th, 19th-20th Mini Camp
9am-11:30 am

Mon July 20th-30th , Mon Aug 5th-6th ,12th-13th , 19th-20th Junior
Camp 12noon-2:30pm

Location: Eaton Park, South Park Avenue, Norwich, NR4 7AZ

Cost: £12 per day or £20 per week

Website: <https://eaton.nationaltennis.org.uk/Coaching/Camps>

Contact: 01603 980340

Busy Bees Baby Group

Free of charge and no obligation to book a place at the nursery. It's a place to meet other new parents. share tips and advice and have a safe, stimulating environment for the babies to play in and explore.

Location: Busy Bee Norwich Meridian, 5 Meridian Way, Norwich NR7
0TA

When: 29th July to 19th August, 9:30am-10:30am

Cost: Free

Website: <https://www.busybeeschildcare.co.uk/nursery/norwich-meridian>

Contact: 01603 709077

Play Days

Look out for a free family event in your neighbourhood this summer holidays – suitable for kids up to 8 years old.

Magic shows, arts and crafts, circus skills, soft play and games. Bring a picnic and make a day of it!

- **Monday 29 July** - Henderson Community Park, Ivy Road
- **Tuesday 30 July** - Frere Road Park, Frere Road
- **Wednesday 31 July** - Harford Park, Locksley Road
- **Thursday 1 August** - Mile Cross Gardens, Losinga Crescent
- **Monday 5 August** - Clements Park
- **Tuesday 6 August** - Jubilee Park, City Park
- **Wednesday 7 August** - Mousehold Heath Fountain Ground, Gurney Road
- **Thursday 8 August** - Chapel Break Village Green, Chapel Break
- **Monday 12 August** - Jenny Lind Park, Vauxhall Street
- **Tuesday 13 August** - Peterson Road, Peterson Road
- **Wednesday 14 August** - Ketts Cave, Balfour Street
- **Thursday 15 August** - Clover Hill Village Green, Humbleyard
- **Monday 19 August** - Sewell Park, St Clements Hill
- **Tuesday 20 August** - Pilling Park, Pilling Park Road
- **Wednesday 21 August** - Heigham Park, The Avenues
- **Thursday 22 August** - Wensum Park, Drayton Road

West Earlham Library Space Chase Summer Reading Challenge 2019 (30th July -3rd Sep)

Tuesday 30th July

3:00pm - 4:45pm

Botley in Space - Learn Basic Coding and join Botley the coder robot on an intergalactic alien hunting adventure. Suitable for children aged 6+, limited spaces so please contact the library to book a place. Part of our Summer Reading Challenge Activities.

Thursday 8th August

3:00pm - 4:00pm

Codeapillar - Come along and help our code-a-pillar find the moon! free fun space themed code-a-pillar session. Numbers are limited so please book at your library. Part of our Summer Reading Challenge Activities.

Thursday 15th August

3:00pm - 5:00pm

Stop Motion in Space - Learn how to make your own short Stop Motion film - with lego but set in space! Free event but booking essential. Ages 6+. Part of our Summer Reading Challenge Activities.

Tuesday 20th August

3:00pm - 4:30pm

Jet Packs - Build your own Jet Pack and set off on a Space adventure. £2 per child, booking is essential as places are limited. Part of our Summer Reading Challenge Activities.

Thursday 29th August

3:00pm - 5:00pm

Aliens in UFO space ships - Come along to the Library and make your own Aliens in UFO space ships. £2 per child, booking is essential as places are limited. Part of our Summer Reading Challenge Activities.

Tuesday 3rd September

3:00pm - 5:00pm

Space Slime - Try your hand at making different types of slime & take them home. We are having 2 workshops with 4 children in each. 3-5pm For children over 7 yrs. £5 per child, booking essential. Under 8's accompanied by an adult please. Part of our Summer Reading Challenge Activities.

Location: 17-18 Earlham West Centre, Norwich, NR5 8AD

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

Contact: 01603 451881 or email libraries@norfolk.gov.uk

THE MUSEUM OF NORWICH AND STRANGERS' HALL Free Admissions

The Museum of Norwich at the Bridewell tells the stories of the city from Medieval to modern day, through the eyes of the people who worked in the trades and industries which put the city on the map.

Strangers' Hall is a beautiful medieval merchant's house and period house museum, with over 15 room displays showing how home life evolved from Tudor to Victorian times.

The Freemen of Norwich are proud to pay your admission. There is no need to book simply turn up on the day for the free entry this summer and step back in time to enjoy two of Norwich's treasured collections at both The Museum of Norwich and Strangers' Hall.

Location: Vernon Castle Room, Norfolk Heritage Centre, Norfolk and Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Museum of Norwich at the Bridewell from **30th July until 10th August** and Strangers' Hall from **31 July until 11 August**. Please check <https://www.museums.norfolk.gov.uk> for opening times.

Cost: FREE

Contact: The Museum of Norwich 01603 629127 and Strangers Hall 01603 493625

Get Me Out The Four Walls

Escape the four walls and come along to our FREE programme of family friendly events within Castle Mall. Sessions include Messy Play, Health & Wellbeing Stay & Play and Bounce & Rhyme sessions. All Welcome!

All sessions are FREE to attend and will include activities for children. Please feel free to bring a friend or family member for support. All events are subject to change.

Indoor Beach Party Messy & Sensory Stay & Play

Kastle Kids, Wednesday 31st July 10:30-1pm

Join us for our monthly Messy Play Session, perfect for little explorers! Lots of sensory & messy play activities suitable for all ages – bring a change of clothes! Tea and coffee available as usual for the grown ups to enjoy whilst nattering with other parents and the GMOTFW team.

“Wellbeing Service” Stay & Play

Kastle Kids, Wednesday 7th August 10:30-1pm

Come and join us for a hot cuppa and a natter whilst the little ones play. There will be crafts, games & toys for children of all ages to enjoy and we are pleased to be welcoming the Wellbeing Service for an informal chat, advice and mental health support.

Bounce & Rhyme Time

Honesty Library, Tuesday 13th August 10:30-11:15am

Come and meet GMOTFW Ambassador Fiona for a fun session suitable for all ages with singing, dancing & stories.

Meet the Referrals Team

Kastle Kids, Wednesday 14th August – 10.30am – 1pm

Let the little ones play with the variety of games and crafts whilst having a natter with other parents and the GMOTFW team. We are also being joined by our GMOTFW Referrals Team who are on hand to chat about support available for those in need.

Lego Club

Puzzle Room, Saturday 17th August – 10am – 12pm

Join new Ambassador Ian and some of the GMOTFW team for some team building fun, using Lego for the big ones and Mega Bloks for the little ones! A perfect activity to focus the little ones before hitting the shops! Free Tea, Coffee & Pastries will be available. Mums, Dads, Grandparents, Carers -ALL WELCOME!

Family Fun Picnic

Castle Mall Gardens, Wednesday 21st August – 10.30am – 1pm

Grab a blanket and a yummy picnic and join the GMOTFW team for some fun and games in the sunshine. Games and activities will be provided to suit all ages so please do bring older children along – all welcome! Please remember to bring lots of Sun Cream, hats and a sun shelter if you have one!

Space Messy & Sensory Stay & Play

Kastle Kids, Wednesday 28th August – 10.30am – 1pm

Join us for our monthly Messy Play Session, perfect for little explorers! Lots of sensory & messy play activities suitable for all ages – bring a change of clothes! Tea and coffee available as usual for the grown ups to enjoy whilst nattering with other parents and the GMOTFW team.

Location: 100 Castle Meadow, Norwich NR1 3DD

When: See above for dates and time

Cost: Free

Website: www.getmeout.org.uk

Contact: info@getmeout.org.uk

intu Chapelfield FREE summer events

A summer of bugs at intu Chapelfield

FREE WEEKLY EVENTS

10am-4pm every Wednesday and Thursday, 31 July to 29 August

Join in some free family 'bug' fun every week during the school holidays.

Fly by this summer

Join us this summer for heaps of fun as we go bug-tastic in the run up to the big bug tour, we have 5 weeks of bug inspired activities with help from the experts; Norfolk Wildlife Trust, Natural England, The Broads Authority and RSPB Norfolk.

Week 1:

Wednesday 31 July - Norfolk Wildlife Trust will be here showing us 2 different crafts that will help nature and wildlife grow in your garden.

There will also be two Praying Mantises walking around the centre!

Thursday 1 August - Join RSPB and their team to create bug inspired arts and crafts!

Week 2:

Wednesday 7 August & Thursday 8 August - Learn the skills to become the ultimate bug bodyguard! You will learn how to fly like a butterfly, crawl like a caterpillar, dance like a honey bee and jump like a grass hopper. Once you know how it feels to be a bug you will be put to the test before becoming bug bodyguards!

Extra event alert! Saturday 10 August - visit us for a creepy crawly giant spider encounter....

Week 3:

Wednesday 14 August - Join the Broads Authority/Natural England to put your stamp on their bug inspired mosaics. Then join us to decorate your own caterpillar pots!

Thursday 15 August - Make your own hand puppets and put on a show. And help the Broads Authority/ Natural England finish off their mosaics.

Week 4:

Wednesday 21 August - The Norfolk Wildlife Trust will be back once again making paper pot planters and seed bombs to help encourage wildlife to your garden. A butterfly living statue will also be making an appearance throughout the day.

Thursday 22 August - Join the RSPB experts for special bug related arts and crafts, then head over to see our magical woodland storyteller!

Week 5:

Wednesday 28 August & Thursday 29 August - Come along and learn all about landscapes with the Broads Authority and meet the love bugs as well as get your bug-tacular face painted!

Location: Lower Ground Mall (Outside Boots), intu Chapelfield, 40-46 St Stephens St, Norwich NR1 3SH

When: Every Wednesday and Thursday from 31st July to 29th August, 10:00am - 4:00pm

Cost: Free

Website: <https://intu.co.uk/chapelfield>

Contact: 01603 753344

Marlpit Community Garden Family Fun sessions

Sustainable Living Initiative

Come to Marlpit Community Garden for fun and nature based activities.

Session 1: Bug's colour 25th July

Session 2: Herbalishous 1st Aug

Session 3: Fantastic Fruits 8th Aug

Session 4: Grow your own 22nd Aug

Feel free to bring a picnic!

Location: Marlpit Community Centre, Hellesdon Road, Norwich, NR6 5EG

When: See above for dates, 11am-12pm

Cost: Free (Booking required)

Website: <https://www.grow-our-own.co.uk/marlpit>

Contact: 01603 920570 or email sustainable@grow-our-own.co.uk

Norwich Cathedral Family Fun Days

We'll be having fun with crafts, storytelling, puppet shows, games, dance, drama and more, all around the Cathedral. Suitable for all the family with activities for children up to 12 years old.

Location: The Archive Centre, Martineau Ln, Norwich NR1 2DQ

When: Thursday 1st August and Wednesday 21st August, 10:30am-3:30pm

Cost: £3.50 for children over five years, under-fives and adults free.

Website: <https://www.cathedral.org.uk/>

Contact: 01603 222599

STORIES IN THE SPOTLIGHT *with Isabelle King*

Join children's author and storyteller Isabelle King for this practical creative writing workshop and see how prints, posters and other archive items relating to theatre and performance in Norfolk can inspire the imagination. Suitable for unaccompanied children aged 8-14.

This workshop is completely free, but booking is essential.

Location: Vernon Castle Room, Norfolk Heritage Centre, Norfolk and Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Thursday 1st August, 11:00am-1:00pm

Cost: Free. Reserve a place on www.eventbrite.co.uk, or contact us at heritagecentre@norfolk.gov.uk or on 01603 774740.

Contact: 01603 774740 or email heritagecentre@norfolk.gov.uk

Mole & Gecko

Join us for an interactive rap musical for children aged 5+ and families! Mole and Gecko are a hilarious duo who keep the audience enthralled and have charm and style to spare.

Location: The Forum, Millennium Library Norwich

When: Thursday 1st August, 4:00pm-5:00pm

Cost: £5 per ticket, or £10 for the family ticket (1x adult and 2x children). Booking essential, please email millennium.lib@norfolk.gov.uk

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Stories in the Spotlight: A Creative Writing Workshop For Young People

Join children's author and storyteller Isabelle King for this practical creative writing workshop and see how prints, posters and other archive items relating to theatre and performance in Norfolk can inspire the imagination. Suitable for unaccompanied children aged 8-14.

Location: Children's Library, ground floor of Norfolk & Norwich Millennium Library, The Forum, Millennium Library Norwich

When: Thursday 1st August, 11:00am-1:00pm

Cost: Free but booking is essential (email heritagecentre@norfolk.gov.uk or 01603 774740)

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

Contact: 01603 774740 or email heritagecentre@norfolk.gov.uk

Norwich Cathedral Summer Family Fun Day

There will be lots of fun craft activities, puppet shows, balloon modelling, face painting, a magic show, outdoor games and 'sign up on the day' activity workshops. There will also be a play area for small children to enjoy. Suitable for all the family with activities for children up to 12 years old.

Location: 65 The Close, Norwich NR1 4DH

When: 1st and 21st August, 10:30am – 3:30pm

Cost: £3.50 for children over five years, under-fives and adults free

Website: <https://www.cathedral.org.uk/>

Contact: 01603 218300 or email reception@cathedral.org.uk

Time To Write: Create Writing Workshop

This two-hour workshop offers young people the time to explore their writing skills through fun, engaging prompts and activities – whether it's poetry, prose or any other kind of writing they wish to develop! They will then have some uninterrupted time to get words onto the page with the support of an experienced tutor, plus the opportunity to share their work with the group.

(Age 11-13) Thursday August 1st OR Thursday August 15th
10:00-11:30am
(Age 14-17) Friday August 2nd OR Friday August 16th 12:00-1:30pm

Location: National Centre for Writing, Dragon Hall, 115-123 King St,
Norwich NR1 1QE

When: See above for dates

Cost: Free but please book in advance

Website: www.nationalcentreforcreativewriting.org.uk

Contact: 01603 877177 or email info@nationalcentreforwriting.org.uk

Kids Theatre

Inspirational science, hilarious history, captivating circus, and classic characters await at our free outdoor theatre sessions for children every Friday this August.

How to Save the Planet in 45 Minutes

by [The Inspirational Science Company](#)

- Friday 2 August
- 11am Jenny Lind Park, Vauxhall Street NR2 2SW
- 3pm Waterloo Park, Norwich NR3 3HX

Follow Dr Ken as he explores what, why and how we reduce, reuse and recycle. Find out how you too can affect climate change one tree at a time and join him on his one wheel energy saving device as he bids to save money and mankind.

The Magic Circus

by [Magic Carpet Theatre](#)

- Friday 9 August
- 11am Jenny Lind Park, Vauxhall Street NR2 2SW
- 3pm Waterloo Park, Norwich NR3 3HX

When the artistes and elephants don't arrive for the show the ringmaster's planned extravaganza has to be left to the clowns.

The Wind in the Willows

by [The Cat's Grin Theatre Company](#)

- Friday 16 August
- 11am Jenny Lind Park, Vauxhall Street NR2 2SW
- 3pm Waterloo Park, Norwich NR3 3HX

Kenneth Grahame's unforgettable assembly of animals and humans are lovingly re-created with simplicity, wit and style.

The History of England (the best bits)

by [BZ Ents](#)

- Friday 23 August
- 11am Jenny Lind Park, Vauxhall Street NR2 2SW
- 3pm Waterloo Park, Norwich NR3 3HX

History is FUN!! Come along and get involved as some of the greatest stories from our history are brought to life, from King Arthur to Queen Victoria and just about everyone in between.

Paper Marbling - FREE Workshop for Young People

Join us and be inspired by some of the more decoratively-bound books in our collections, then try your hand at creating your own marbled papers. Suitable for unaccompanied children aged 8-14.

Location: The Forum, Millennium Library Norwich

When: Friday 2nd August, 11:00am-1:00pm

Cost: Free but booking is essential. Reserve a place on www.eventbrite.co.uk or contact us at heritagecentre@norfolk.gov.uk or on 01603 774740

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

Contact: 01603 774774 or email libraries@norfolk.gov.uk

Norfolk and Norwich Millennium Library Space Chase Summer Reading Challenge 2019 (4th Aug – 29th Aug)

Space Code-a-Pillar!

Sunday, August 4, 2019 at 2:30 AM – 3:30 AM

Join us for a special spaced-themed Code-a-Pillar session! Have fun learning logic and coding skills. FREE event, no booking required. Suitable for ages 4-6. Under 8s must be accompanied. This event is part of our Summer Reading Challenge activities.

Whizz Bang Science Show!

Tuesday, August 6, 2019 at 11 AM – 12 PM

Join Mad Science for a special Space Chase science session full of science fun! Light-bending glasses, burning bogies and more! £3 per child. Booking essential, to book and pay please email millennium.lib@norfolk.gov.uk with your name and the event title and our admin team will get back to you. Suitable for ages 4-11. Under 8s must be accompanied. This event is part of our Summer Reading Challenge activities.

Botley Space Chase!

Wednesday, August 7, 2019 at 10:30 AM – 11:15 AM

Join us for a special session where we code a robot named Botley! Help Botley capture aliens and avoid asteroids by coding him yourself. FREE event, booking essential. To book email millennium.lib@norfolk.gov.uk Suitable for ages 6-9. Under 8s must be accompanied. This event is part of our Summer Reading Challenge activities.

Rocket Making Workshop with Norwich Astronomical Society

Tuesday, August 13, 2019 at 10:30 AM – 12:30 PM

Join Norwich Astronomical Society for a fun rocket making workshop! FREE event. Booking essential, to book please email millennium.lib@norfolk.gov.uk with your name and the event title and our admin team will get back to you. Suitable for ages 5-11.

Space Lego!

Wednesday, August 14, 2019 at 2 PM – 4 PM

We provide the bricks, you provide the imagination! Will you build a spaceship? A moon? An alien? A black hole? Space is the theme, creation is up to you! FREE event, no need to book. Suitable for ages 8-14. This event is part of our Summer Reading Challenge activities.

Spaceship Porthole!

Monday, August 19, 2019 at 2 PM – 4 PM

Join 2nd Air Division Memorial Library for a special craft session where you can make your own Spaceship Porthole! FREE event, no booking required. Suitable for ages 4-11. This event is run by staff from the 2nd Air Division Memorial Library and forms part of our Summer Reading Challenge activities.

Let's Dance - in the Library!

Wednesday, August 21, 2019 at 10:30 AM – 11:30 AM

Join Let's Dance for a wonderful silent disco for kids! Using the latest wireless headphones, take part in a fun session that gets children moving, shaking, singing and dancing!

£5 per child. Up to two additional siblings just £2 each with one £5 ticket purchase. Booking essential, to book and pay please email millennium.lib@norfolk.gov.uk with your name and the event title and our admin team will get back to you. Part of our Summer Reading Challenge Activities

Rocket Storytime and Crafts

Wednesday, August 28, 2019 at 10:30 AM – 11:15 AM

Come along to a special FREE session where we will read a story and then make fantastic rockets to keep! No booking required. Suitable for children and their families. Part of our Summer Reading Challenge Activities.

Slime Factory!

Thursday, August 29, 2019 at 5 PM – 6:30 PM

Join us for a slime factory, where you can make your own slime to take home with you! £5 per child. Booking essential, to book and pay please email millennium.lib@norfolk.gov.uk with your name and the event title and our admin team will get back to you. Suitable for ages 8-14. This event is part of our Summer Reading Challenge activities.

Location: The Forum, Millennium Library Norwich

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Start the week with a story!

Julia Donaldson Fun

Monday 5th Aug, 2:00 pm

A session celebrating the Queen of picture books, Julia Donaldson. We'll be reading her latest book 'The Girl, the bear and the magic shoes', followed by designing our OWN magical shoes and a treasure hunt!

Race to Space...

Monday 12th Aug 12, 2:00 pm

It's a Race to Space this week with our favourite intergalactic picture books including 'Suzy Orbit, Astronaut', a comet trail treasure hunt and the chance to make your very own rocket!

Location: Waterstones Norwich, 11-17 Castle Street, NR2 1PB
Norwich, Norfolk, Norwich, United Kingdom

Cost: Free

Website: <https://www.waterstones.com/bookshops/norwich>

Contact: 01603 767292 or email norwich@waterstones.com

Thomas Tawell House - Minidonks visit - Little Visitors

Join our visually impaired friends at Thomas Tawell House (part of NNAB) to make friends with the Minidonks when they visit.

All ages are welcome but spaces are limited so please sign up as going if you want to attend with your baby/child.

New to Friend in Deed, sign up as a volunteer via our website - <https://www.friendindeed.org.uk/volunteering>

Location: Thomas Tawell House, 106 Magpie Rd, Norwich, NR3 1JH

When: Monday 5th August, 10:00am– 12:00pm

Cost: Free, need to sign up as a volunteer via website

Website: <https://www.friendindeed.org.uk/volunteering>

Contact: hello@friendindeed.org.uk

BARRACUDAS ACTIVITY DAY CAMP – (Age 4 ½ - 14)

Our activity holidays are Ofsted registered, giving parents peace of mind, whilst ensuring maximum FUN for kids. The camp is for children aged 4 ½ to 14 years and offers 80+ fun and exciting activities including swimming, archery, motorsports, kickball, creative arts and many more! Motor Mania, Swim School, Lab Rats and Upstage! Skills Builder courses are also available at this site.

Location: Norwich high School for Girls, Newmarket Rd NR2 2HU

When & Cost: August 5th-9th, August 12th-16th, August 19th-23rd Full Week £199 or £49 p/day. Season tickets available

Website: <https://www.barracudas.co.uk/camps/norwich/>

Contact: 01480 467567 or email fun@barracudas.co.uk

Reading Dogs at Plumstead Road Library

Want to feel more confident in reading aloud, or love dogs and don't have the chance to spend enough time with them? Why not do both things at once with our Reading Dogs event? All dogs selected are really calm and love being read to, so grab your favourite book and enjoy the experience.

Location: Plumstead Road, Norwich, NR1 4JS

When: Wednesday 7th and 21st August, 2:00pm-4:00pm

Cost: Free

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

Contact: 01603 433455 or email libraries@norfolk.gov.uk

Winnie in Space

Come along to a specially themed story-time, colouring, drawing and craft all about Winnie in Space. All free, see you there!

Location: Plumstead Road, Norwich, NR1 4JS

When: Thursday 8th August, 3:00pm-4:00pm

Cost: Free

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

Contact: 01603 433455 or email libraries@norfolk.gov.uk

Wildlife Family Learning

Learn how to open a hedgehog café, make a frog and toad abode, make new wildlife friendly plants and grow food for moths.

Location: The Forum, Millennium Library Norwich

When: Friday 9th and 30th August, 10am-4pm

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Children's Activities at the Norfolk Record Office

History Detectives

Thursday 15th August, 2pm-3.30pm

Family Fun and Crafts. Become a History detective and find out about archives at the Norfolk record office. Aimed at 8-12 year olds.

Maps to the Future

Thursday 22nd August, 2pm-3.30pm

Marty McFly had his DeLorean.....Dr Who has the TARDIS....jump in The Archive Centre time machine and build your own 3D map imagining the Norfolk of the future.

Location: The Archive Centre, Martineau Ln, Norwich NR1 2DQ

When: See above for dates

Cost: £3.50 per child. Under 3s free of charge. Children under 8 must be accompanied by an adult

Website: <https://www.archives.norfolk.gov.uk/>

Contact: 01603 222599

Norwich in Wonderland Family Fun Day

Saturday 17th August 2019

Chapelfield Gardens

11am-4.30pm

An Alice in Wonderland themed family fun day with live music, dancers, stalls, bouncy castles, Alice in wonderland themed games, character actors and much more.

Location: Chapelfield Gardens, Chapelfield East, NR2 1NY

When: Saturday 17th August, 11:00am-4:30pm

Cost: Free

School Holiday Fun with Heritage Centre

Join the Heritage Centre team in the Children's Library for creative, family-friendly activities inspired by rarely-seen items from the Norfolk Heritage Centre. The theme this month is Breezy Broads, Whirling Windmills!

The Norfolk Broads have long been a popular holiday destination. Explore the history of this unique landscape and get creative making your own whirling windmill. Suitable for accompanied children aged 4-8 years.

Location: Children's Library, ground floor of Norfolk & Norwich Millennium Library, The Forum, Millennium Library Norwich

When: Wednesday 21st August, 2:00pm-3:00pm

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Carrow Fire Station Day

Join us for a day of FREE family fun. Kids firefighter fitness test, search dog demonstration, bake off, grand raffle. Meet the crews, have a look round the fire engine and find out more about what it's like to be part of Norfolk Fire and Rescue Service!

Location: 63 Bracondale, Norwich, NR1 2EE

When: Sunday 25th August, 11:00am-4:00pm

Cost: Free

Website: www.norfolkfireservice.gov.uk

Contact: 0300 123 1669

Grand Norwich Duck Race

Family fun event featuring the annual duck race from St Georges bridge by the Norwich Playhouse to St Fyes Bridge. Loads of activities all day, plus ice cream, cake stalls, face painting and games.

Location: Starting point at St George's Bridge by the Norwich Playhouse, 42 - 58 St Georges St, Norwich NR3 1AB

When: Sunday 25th August, 11:00am- 3:30pm

Cost: Free to watch, £2 to sponsor a duck. Money raised goes to Break.

Website: <http://www.break-charity.org/support-us/events/grand-norwich-duck-race/>

Contact: 01603 670100 or email reception@break-charity.org

Sing, Rhyme and Move - Chiswick House

Join us for our Sing, Rhyme and Move. This session is most popular with babies and little ones aged up to 24 months. But if you have an older little one that you think will enjoy the session and might want to help hand out probs come along.

Arrive at Chiswick House at 1.45pm for 2pm start, 3 Christchurch Road - NR2 2AD. Plenty of parking available.

New starters please sign up to volunteer via our website
<https://www.friendindeed.org.uk/volunteering>

Location: Chiswick House, 3 Christchurch Rd, Norwich, NR2 2AD

When: Monday 26th August, 2:00pm– 2:45pm

Cost: Free, need to sign up as a volunteer via website

Website: <https://www.friendindeed.org.uk/volunteering>

Contact: hello@friendindeed.org.uk

Our Superhero World

Free family fun at Waterloo Park. Discover the real -life superpowers that are all around us. Make your own slime, free face painting, do the animal superhero trail, get up close with super creepy crawlies.

Location: Waterloo Park, Angel Rd, Norwich NR3 3HX

When: Thursday 29th August, 10:00am -3:00pm

Cost: Free

Contact: 0344 980 3333

Theatre Royal Family Open Day

Find out what happens onstage, backstage and behind the scenes, including activities. Great fun for all the family.

Location: Theatre St, Norwich NR2 1RL

When: Saturday 31st August, 10:00am-4:00pm

Cost: Free

Website: www.theatreroyalnorwich.co.uk

Contact: 01603 630000 or email info@theatreroyalnorwich.co.uk

Mini Mornings at the VUE Castle Mall

Our Mini Morning sessions give both adults and kids the chance to experience big screen entertainment for a very small price. Showing kids movies and new kids films, Vue's Mini Mornings ensures fun in the cinema for all the family.

Both adults and children pay from £2.49 per ticket
VUE Family Ticket – everyone pays child's price on U, PG and 12A films
All Inclusive Family Ticket – 4 Tickets, 4 drinks, 4 snacks for up to 20% off

Location: Castle St, Norwich NR1 3DF

When: Every day in the school holidays (check for more details on the family cinema tickets page)

Cost: see above for details

Website: www.myvue.com/offers/mini-mornings

Contact: 0345 308 4620

ODEON KIDS

ODEON Kids screenings run every morning on Saturday and Sunday and on every day during school holidays. Check website for more details and times. Free parking up to 2.5 hours.

ODEON Family ticket – Adults pay child prices with the Family of 4 ticket (1 adults + 2 children or 1 adult + 3 children)

ODEON Kids Mix – Snack, drink & popcorn for £3.95

ODEON Family Mix – 2x kids mix + 2x medium drinks + 1x medium popcorn for £12.95

Location: Riversway, Wherry Rd, Norwich NR1 1XA

When: Every day in the school holidays (check for more details on the family cinema tickets page)

Cost: see above for details

Website: WWW.ODEON.CO.UK

Contact: 0333 014 4501

Mile Cross Pheonix Children's Centre Playscheme

Arts & crafts, team games and workshops, fees include trips and activities. Wed morning Parent & Toddler group 10-12 £1.20 Activity club available Mon and Thurs evenings 6.30-8.00pm FREE session. Please contact for further information.

Location: Mile cross road, NR3 2LE

When: Monday to Thursday 10-12noon, 1;30-3:30pm

Cost: £25 per week

Website: [HTTP://PHEONIX-KIDS.WEEBLY.COM](http://PHEONIX-KIDS.WEEBLY.COM)

Contact: 01603 403814

Clocktower Castle Carvery

The FunFort indoor soft play and outdoor adventure play area at Castle Carvery restaurant is the perfect place to let the children play safely, amongst the ball pond, slides, spinners, rollers and lots more. While parents watch and relax.

Location: Clocktower Castle Carvery, 26 Jarrold Way, Bowthorpe, Norwich, NR5 9JD

When: Open Monday to Saturday 10:30am-11pm, Sunday 10:30am-10:30pm

Cost: £2.95 per child

Website: <http://www.castlecarvery.co.uk/venue/clocktower/>

Contact: 01603 748068

FUNKYS

Roller skating rinks and amazing adventure play area which stretches across 3 floors, with giant tunnels, slides, zip wires, cargo nets, ball ponds and more. The roller skating has a hand rail for beginners and is 17m x 40 m. Learning sessions are available. Café on site. Age 2-11.

Special Deal £3.75 on Wednesdays to either skate or play.

CHEAP SK8TE WEDNESDAYS – 3:30pm-9pm

Saturdays Party Night 7pm-11pm

Sundays 10:30-6pm Family of Skate for £20 (must be at least 1 adult)

Location: Burton Road Business Park, Spar Road NR6 6ax

When: Reg Hours Monday, Tues, Thur & Fri 10;30-5pm, Wed 10:30-9pm, Sat & Sun 10;30-6pm

Cost: Gen Admission Skating £6.95, Adventure Play £5.25, Skate and Play £9.25, Adults accompanying children £1

Website: www.skateandplay.co.uk

Contact: 01603 403220

High Altitude Trampoline Park

High Altitude Parent and Tots bounce session (cafe with free soft play available after session)

School holidays:

Tues – Friday 10-11am

Sunday 9-10am

Price: £5 child £2 adult

Special Needs sessions: Tuesday 11am-1pm, Saturday 5pm-6pm
Carer over 18 goes free.

Price £5 per person and £2 socks

Bounce & Tone Fitness (trampoline creche available)

Monday 10-11am

Tuesday 9.30 – 10.15

£5 per person plus £2 for creche if required.

Contact 01603 567200 for more information.

Location: 91 Whiffler Road, Norwich, Norfolk, NR3 2AW

When: See above for details

Cost: £5 per person, £2 per pair of socks.

Website: <https://highaltitudepk.co.uk>

Contact: 01603 567200 or email info@highaltitudepk.co.uk

Gravity trampoline park Parent Toddler Sessions

The parent and toddler sessions are for ages 18months- 5years. And the sessions are:

Monday 10am-11am

Tuesday 1pm-2pm

Wednesday 10am-11am

Thursday 11am-12pm

Friday 11am-12pm

Sat& Sun- 9am-10am

Location: Gravity Trampoline Park, Riverside Entertainment Centre, Wherry Road, Norwich, NR1 1WX

When: Every Tuesday 10:30am-11:00am

Cost: £5 per person, £1 per pair of socks.

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

Contact: 01603 964949 or email enquiries.norwich@gravity-uk.com

Games Afternoon

Every Tuesday afternoon between 2pm - 4pm, everyone welcome and no charge. Scrabble is always played but other games are available.

Location: Plumstead Road, Norwich, NR1 4JS

When: Every Tuesday afternoon between 2pm - 4pm

Cost: Free

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

Contact: 01603 433455 or email libraries@norfolk.gov.uk

Bounce & Rhyme: Babytime

Songs and rhymes for children aged 0 - 15 months! Our Bounce & Rhyme sessions are FREE - just collect a sticker from 30 minutes before the session begins.

Location: Norfolk & Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Every Tuesday 10:30am-11:00am

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Story and Song Session

Join us for songs and stories with Hannah including a healthy snack! This will take place every Tuesday during the summer holidays and into September. Suitable for ages 0-5+.

Please make sure you dress appropriately as some sessions may take place outside (remember a sunhat and suncream!).

Location: Tuskswood Library, Robin Hood Rd, NR4 6BX Norwich, Norfolk

When: Every Tuesday 10:30-11:30am till 17th September

Cost: Free

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

Contact: 01603 452038 or email libraries@norfolk.gov.uk

Board Games Afternoon

Board Games Afternoon Relax, make new friends and enjoy a game such as Scrabble, Chess, Draughts, Monopoly, cards and other favourites at our free drop-in Board Games afternoons.

Location: Norfolk & Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Every Tuesday 2:15pm-4:15pm

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Little Lullabies & Jitterbugs

10.30-11am Little Lullabies, A music & movement session for pre-walking babies

11.15-11.45am Jitterbugs, An interactive singing & movement group for walking children up to 5 years old

Location: Mile Cross Library. Aylsham Road, Norwich, NR3 2RJ

When: Every Wednesday from 10.30-11.45am

Cost: Free

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

Contact: 01603 425906 or email libraries@norfolk.gov.uk

Bookstart Toddlertime

For children aged 15 months to 3 years. Sessions are limited to 30 children plus accompanying adults so we advise attendees arrive up to 30 minutes before the session begins to collect an admission sticker.

Location: Norfolk & Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Every Thursday 10:30am-11:00am

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

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Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

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Location: Norfolk & Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Every Thursday 10:30am-11:00am

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Drop-in and Draw

Try all kinds of drawing and mark-making!

Come along for all or part of the time. This is a free drop-in event (there is no need to book) and all materials are provided!

Location: Earlham Library, Colman Road, Norwich, NR4 7HG

When: Every Friday, 2pm-4pm

Cost: Free

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

Contact: 01603 454338 or email libraries@norfolk.gov.uk

Bounce & Rhyme: Storytime

Stories and songs for children aged 3 - 5 years! Our Bounce & Rhyme sessions are FREE - just collect a sticker from 30 minutes before the session begins.

Location: Norfolk & Norwich Millennium Library, The Forum, Millennium Plain, Norwich, NR2 1AW

When: Every Friday 10:30am-11:00am

Cost: Free

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

Contact: 01603 774774 or email millennium.lib@norfolk.gov.uk

Lego Club

Join us to build a theme, could be aliens, gardens, ultimate toys or Christmas decorations. Each week is different, each week is fun! Pictures of the finished products are on our Facebook page. Everyone welcome, see you there!

Location: Plumstead Road, Norwich, NR1 4JS

When: Every Saturdays between 1:30pm - 2:30pm

Cost: Free

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

Contact: 01603 433455 or email libraries@norfolk.gov.uk

QUASAR – under 16s unlimited play session

Special laser fun sessions for 16s and Under (Age 7-16). We will provide players with at least 4 games and a free small slush to cool off. Painless bruiseless laser tag: the contactless way to get the thrills of combat in a futuristic and immersive arena! Kids who love video games of this nature will be in their element and because there's no running or physical contact permitted you'll tend to find that most kids keep their nerve and enjoy it thoroughly. Adults can relax in our new Q café.

Location: 17-19 St Stephens Road NR1 3SP

When: Every Saturdays & Sundays 9am-11am

Cost: £9.95 per person (subject to availability, booking highly recommended)

Website: <http://quasarnorwich.com/under-sixteens/>

Contact: 01603 763403 or email bookings@quasarnorwich.com

Craft Kids!

Join us for a crafty morning of fun!

Location: Mile Cross Library. Aylsham Road, Norwich, NR3 2RJ

When: Every Saturday, 10:30am, to 12pm.

Cost: Free

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

Contact: 01603 425906 or email libraries@norfolk.gov.uk

Broadland View- Brewers Fayre

Brewers Fayre Broadland View features an indoor adventure play centre attached to this large pub.

Multi-level climbing structure with loads of classic features play centre which the kids running themselves ragged on.

Location: Broadlands Business Park, Old Chapel Way, Norwich, NR7 0WG

When: Open Sunday to Thursday 9.30am – 8pm and Friday to Saturday 9.30am – 9pm

Cost: £3 per child for 90 minutes of play.

Website: <https://www.brewersfayre.co.uk/pub-restaurant/Norfolk/Broadland-View-Norwich.html>

Contact: 01603 307 610

10 Parks & Play Areas in Norwich*

We all know that children have the energy of at least 5 adults combined, so burning off some of that energy and getting some fresh air & exercise for everyone is so important.

I've compiled a list of ten great parks and play areas in Norwich so you can perhaps add some variety to your days out and enjoy even more of the many beautiful green spaces that Norwich has to offer. There are so many more though, let me know your favourites!

1. Waterloo Park, NR3 3HX

Just a short walk from the city centre, this is a big park offering plenty of space to stroll with the buggy or let your children run free. There is a water feature in the centre of the park by the cafe, so maybe don't let little ones run too free!

2. Eaton Park, NR4 7AU

Lovely family park with lots to do. Play park for the kids suited ages 12 & under. Bike tracks, pitch & putt green, The pavilion with a cafe, big pond for model boats, another big natural pond filled with an assortment of fish & plants. And the big attraction is the mini vintage steamtrains. Generations have loved these trains. Open during the summer & spring half terms.

3. Sprowston Recreation Ground, NR7 8QJ

This park is nestled in the middle of Sprowston. Has a good play area, tennis courts, large field area, BMX track and zip wire.

4. St Clement's Park, NR3 3QD

This is always heralded as a hidden gem of a park. No toilets or cafe but it's wide open space and peacefulness just about makes up for it. Nice additions like boardwalk and willow tunnel

5. Wensum Park, NR3 2DD

This is actually a Nature Reserve, not far from the city centre. A great place for a potter down by the river to feed the ducks and geese and a pretty good play area too.

6. Wilks Farm Drive play area, NR7 8RG

Situated at the back of Wilks Farm Drive this little known, tucked away park has recently been updated with new play equipment.

7. Heigham Park, NR2 3HW

The first purpose-built park in the city with toddler and junior play area

8. Catton Park, NR6 7DB

This is a really large open park, two miles north of the city centre. Long buggy friendly pathways to tire out little legs. Great place to go for a walk.

9. Sparhawk Park, NR7 8BU

There is no park area here, but this is a large new play area including a sandpit area. Play area for toddlers and a separate play area and zip wire for older ones. Large grass areas for games

10. Plantation Gardens, NR2 3DB

Known as 'The Secret Garden' it really isn't too tricky to find and is well worth a visit, it really feels like you've stepped into a secret garden! There is an admission fee of £2, free to members.

In the city centre...

And finally...when your children need to run off some steam after a few hours in the city, don't forget there are these green spaces:

Castle Gardens – great for a picnic or a run around after a visit to the Castle or if they've had enough of shopping.

Chapelfield Gardens – quite a large green space with a bandstand, and small play area near to Pedro's.

***kindly created by the ladies of Norwich Mumbler – Your Local Parenting Community, used with permission. Original post <https://norwich.mumbler.co.uk/10-parks-and-play-areas-in-norwich/>**

10 Parks and Playgrounds – Volume 2*

1. Sewell Park, 32 St Clements Hill, Norwich NR3 4BN

This park has an enclosed children's area with play equipment and a large grassy area. Popular in the summer for meet ups, picnics, birthday parties.

2. "The Sandy Park" Norwich NR3 4RN

I googled this one and couldn't find a formal name! We've always known it as 'the sandy park', it's on Mousehold Avenue at the top of the hill and it has the best view of Norwich, well worth the uphill buggy push!

3. Mousehold Heath, Heartsease Ln, Norwich NR7 9NT

Not necessarily a park, more of an incredible stretch of woodland and heath which is all free to access. Take the bikes/scooters/ride ons and a picnic and you can enjoy a whole day at Mousehold Heath (weather permitting!)

4. Whitlingham Country Park, Trowse, Norwich, NR14 8TR

Again, more of a country park, nature reserve, but this is my absolute favourite so deserves a mention. Plenty to do, walk and bike trails, take a picnic, enjoy the boats sailing along the Broad. Lovely cafe and clean toilets. If you're willing to go further up, there is a fantastic children's play area with a large wooden pirate ship (which is nowhere near any water!) Free to access but paid parking.

5. Longwater Ln, Costessey, Norwich NR8 5AH

Google quote: "Really nice park, loads of really fun and interesting play equipment for children of all ages not just for younger children. Lovely place to picnic and there are also tennis courts here too plus public toilets and parking as well. Well worth a visit for a free afternoon out with kids."

6. Lea Bridges Park, Coleburn Road, Norwich, NR1 2PA

Google quote: "Nice little park, good play area for under 7's when dry. Parking is on main road and walk in. Big field to give your dog a good run out. Couple of larger swing, zip wire and fenced football/basketball court but can have a few teens hanging around this area."

7. Hellesdon Recreation Ground, 1A Wood View Rd, Norwich NR6 5QB

Google quote: "Great place for the kids to play and run around"

And if you find yourself in the city with children...

8. Castle Gardens, 100 Castle Mall, Norwich, NR1 3DD

Above the Castle Mall shopping centre and next to Norwich Castle! Parking, toilet and cafe facilities inside the Mall or Castle.

9. Chapelfield Gardens, Chapelfield East, NR2 1NY

Bandstand concerts, play equipment, enclosed baby/toddler play area. No current working toilets. No parking. Small cafe and ice cream in the summer.

10. The park opposite the Playhouse!

If you're heading in or out north of the city, this small enclosed children's park opposite the Norwich Playhouse is a great distraction when you just need a few minutes to yourself...

***kindly created by the ladies of Norwich Mumbler – Your Local Parenting Community, used with permission. Original post** <https://norwich.mumbler.co.uk/10-parks-and-playgrounds-volume-ii/>

Free Packed Lunches over the summer holiday

Community Lunches Norwich is providing packed lunches from the 26th July to the 30th August during weekdays. All pupils welcome. We do not ask questions only hand out the food. The packed lunches can be collected between 12pm and 1:30pm from the Phoenix Centre on Mile Cross Road (100 metres before it meets Aylsham Road)

Each packed lunch consists of:

A filled roll – meat or fish or vegetarian

A fruit juice

A piece of fruit, usually a banana or apple

A yoghurt drink

And a treat

In addition, we also collect left over food from the supermarkets which you can take home.

Food supplied by: Unite the Union & Norwich Foodhub

Please visit our Facebook page: Community Lunches Norwich

Location: The Phoenix Centre, 132A Mile Cross Rd, Norwich NR3 2LD

When: 12:00pm-1:30pm

Cost: Free

Website: <https://phoenix-kids.weebly.com/>

Contact: 01603 403814

Free Community Meals

The team at the "NR5 Community Hub" are very proud and excited to announce that during August we will be networking alongside NORSE and FISH to deliver FREE community meals every Thursday during August starting at 11:00am, dinner served at 12:00pm.

Lots of free activities, food & drink, fun for all the family. No need to book just come along. We all look forward to seeing you all!

Location: Cadge Road Community Centre, Cadge Rd, Norwich NR5 8DF

When: Every Thursday during August, 11:00am-1:00pm

Cost: Free

Website: <https://www.facebook.com/Nr5-community-hub-1175805745764127/>

Contact: 01603 505646