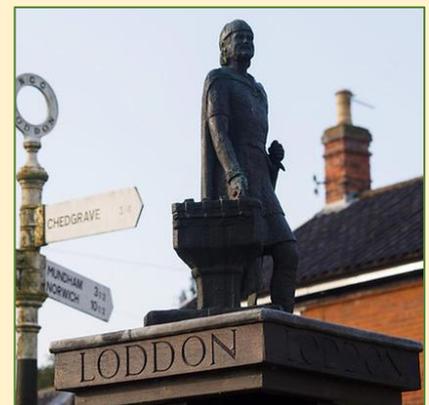
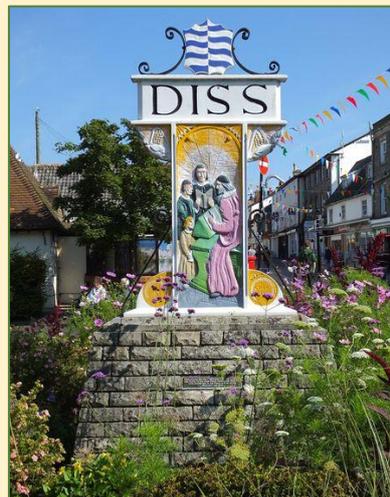
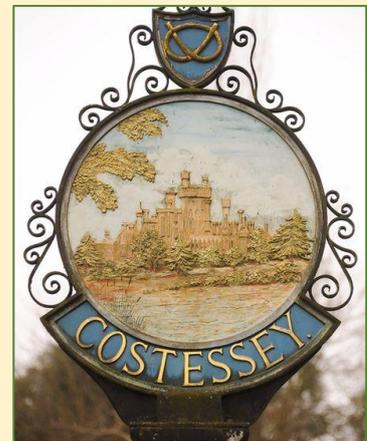


Clubs and Opportunities for Children and Young People across South Norfolk



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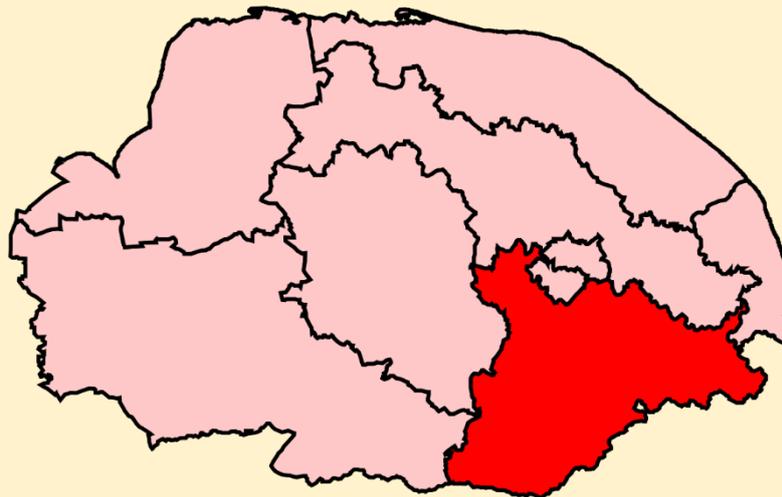
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All this information was correct at time of writing this guide (June 2023). Please refer to individual club providers for additional and up-to-date details.

If you would like to update the listed activities or advertise, please contact MTM Youth Services CIC at: info@mtmyouthservices.org.uk

Costessey

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Costessey Army Cadets	12-18 years	Army Reserve, 325 Aylsham Road, Norwich, Norfolk, NR3 2AB.	Mondays at 7:00pm-9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
16th Norwich Sea Scouts	Beavers: 6-8 years Cubs: 8-10½ years Scouts: 10½-14 years	Scout HQ, The Street, Old Costessey, Norwich, NR8 5DB	Beavers: Wednesdays Cubs: Tuesdays Scouts: Fridays	Website: https://www.northernnorwichscouts.org.uk/group/16th/
27 th Norwich Scouts	Beavers: 6-8 years Cubs: 8-10½ years Scouts: 10½-14 years	Scout HQ, Gunton Lane, New Costessey, Norwich, NR5 0AE	Beavers: Fridays Cubs: Mondays Scouts: Fridays	Website: https://www.northernnorwichscouts.org.uk/group/27th/
Nelson's Victory Explorers Scouts	14-18 years	Scout HQ, Gunton Lane, New Costessey, Norwich, NR5 0AE	Wednesdays	Website: https://www.northernnorwichscouts.org.uk/explorers/
Eastern Shotokan Karate Association (ESKA)	Tiny Tigers: 4-6 years Juniors: 6-15 years Adults: 14+	The Dojo Norwich, 3 Burton Road, Norwich, NR6 6AX	Weekdays and weekends – See website for specific age and ability details	Phone: 01603 418751 Website: https://eska.co.uk/
Costessey Sports Club – Junior Football	5-18 years	Various locations in and around Costessey	Contact club for individual team details	Find individual teams management details on the website: https://costesseysportsclub.co.uk/

TFK Karate Classes	For mixed ages	West Costessey Community Centre, Poethlyn Drive, NR8 5BP	White to Purple belt: Saturdays at 11:00-12:00pm Brown belt and above: Saturdays at 12:00-1:00pm	Phone: 01603 971370 Email: office@karatefitness.co.uk Website: https://karatefitness.co.uk/
Youth Club	Contact organiser for details	Costessey Centre or Queen's Hills Community Centre	Mondays evenings at 6:30pm (term time only)	Phone: Kerry (Lead Organiser) on 07887 950002
Youth Forum (arts management, events production, and youth voice in the arts)	12-20 years	The Garage, 14 Chapel Field North, Norwich, Norfolk, NR2 1NY	Contact for information	Email: Libby (Youth Arts Worker) at libby.seymour@thegarage.org.uk
Performing Arts and dance classes	Children and Young People aged 2+	The Garage, 14 Chapel Field North, Norwich, Norfolk, NR2 1NY	Dates and timings vary depending on age group and type of activity selected	Phone: 01603 283382 Email: info@thegarage.org.uk Website: https://www.thegarage.org.uk/classes/
Norwich Broadside Warriors Boxing Club	Juniors and Seniors (Contact club for specific details)	Horizon Works, 396-399 Dereham Road, New Costessey, Norfolk, NR5 0SE	Tuesday and Thursday evenings	Email: Broadsidewarriors@gmail.com Facebook: https://www.facebook.com/BroadsideWarriors Instagram: https://www.instagram.com/broadsideboxingclub/

Diss

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
2 nd Diss Beavers, Cubs & Scout Groups (Salvation Army)	Beavers: 6-8 years Cubs: 8–10½ years Scouts: 10½-14 years	Community Centre, 36-40 Sunnyside, Norfolk, IP22 4DS	Beavers: Thursdays Cubs: Mondays Scouts: Mondays	Virtual enquiry form: https://www.scouts.org.uk/groups/10012956?loc=Diss&slug=2nd-Diss-%28Salvation-Army%29 Website: https://www.scouts.org.uk/
Diss Explorer Scouts	14-18 years	Contact for details	Mondays (Contact for specific details)	Virtual Enquiry Form: https://www.scouts.org.uk/groups/10133894?loc=Diss&slug=Diss-Esu
Diss Otters Swimming Club	6 to 18 years	106 Victoria Rd, Diss, IP22 4JG	Contact club for details.	Virtual enquiry form: https://www.dissotters.co.uk/contact/ Website: http://www.dissotters.co.uk/
Diss Youth Group	School years 6-9 (Year 10+ can attend as Young Volunteers)	Diss Youth and Community Centre, Shelfanger Road, IP22 4EH	Wednesdays at 7:00pm-8:30pm (term time only)	Phone: Julia Fairbrother (Lead Youth Worker) at 07546 059061 Email: julia@mtmyouthservices.org.uk Website: https://mtmyouthservices.jimdo.com/diss-youth-group-2/
Girlguiding Diss District	Rainbows: 4-7 years Brownies: 7-10 years Guides: 10 to 14 years Rangers: 14-18 years	Contact group for details	Contact group for details about weekly meetings and other events	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-norfolk-division/
Diss Town Football Club	Contact Club for details about teams for different ages	Contact club for details	Weekday evenings and weekends	Contact details for individual coaches can be found on the website: https://www.disstownyouthfc.co.uk/
Diss Army Cadets	12-18 years	Sunnyside HQ, Diss, Norfolk, IP22 4DS	Wednesdays at 7:00pm-9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
Diss Young Farmers Club	16-30 years	Bressingham Village Hall, High Road, IP22 2AT	Wednesdays at 7:30pm	Phone: Henry Saunders (Club Chair) on 07523 299070 Email: diss_yfc@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/seniors

Diss and District Bowls Club	Junior membership – under 18 years	Lower Denmark Street, Diss, Norfolk, IP22 4BE	Contact for details	Email: dissbowlsclub@gmail.com Website: http://www.dissbowls.co.uk/
Diss Cricket Club	Young People under 11 years, under 13 years or under 15 years (three teams)	The Club House, Rectory Meadow, Skelton Road, Diss, IP22 4HA	Fridays at 6:15pm-7:45pm (may change in August 2023)	Phone: 01379 641103 Website: https://diss.play-cricket.com/home
Diss & District Athletics Club (Track and Field training)	9+ years (under 11s must be accompanied by an adult)	Diss Sports Ground, Shelfanger Road, Diss, IP22 4XU	Tuesdays and Thursdays at 7:00pm-8:30pm	Email: dissathleticsclub@gmail.com Website: https://www.dissanddistrictathleticsclub.co.uk/newpage
Diss Rugby Club	For mixed ages	Mackenders, Bellrope Lane, Roydon, Diss Norfolk IP22 5RG	Contact for details about specific age groups	Phone: 01379 642891 Website: https://www.dissrfc.co.uk/
Bronze and Silver Arts Award (The Corn Hall)	Under 25 years	The Corn Hall, St Nicholas Street, IP22 4LB	Tuesdays at 4:00pm-6:00pm	Phone: The Box Office on 01379 652241 Email: artsaward@thecornhall.co.uk Website: https://www.thecornhall.co.uk/outreach/arts-award/
Greasepaint Performance Academy (Drama and musical theatre sessions)	4-16 years	The Corn Hall, St Nicholas Street, IP22 4LB	Saturdays at 10:00am-3:00pm	Phone: Rachel on 07725 208815 Email: rachel@greasepaintacademy.com
Integrate Youth for Christ (Youth Café)	School years 6 and above	Diss Salvation Army Community Church, 36-40 Sunnyside, IP22 4DS	Mondays at 3:30pm-5:15pm (term time)	Phone: 01379 309732 Email: info@integrateyfc.org.uk

Harleston

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Girlguiding Harleston District	Rainbows: 4-7 years Brownies: 7-10 years Guides: 10 to 14 years Rangers: 14-18 years	Contact group for details	Contact group for details about weekly meetings and other events	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-norfolk-division/
Harleston Players (Youth Theatre)	9-15 years	Harleston Sancroft Academy, Wilderness Lane, Harleston, IP20 9DD	Rehearsals on Tuesdays and Thursdays at 6.30pm-8.30pm (See website)	Virtual enquiry form: https://www.harlestonplayers.co.uk/contact/ Website: https://www.harlestonplayers.co.uk/about-youth-theatre/
1 st Harleston Beavers, Cubs & Scout Groups	Beavers: 6-8 years Cubs: 8-10½ years Scouts: 10½-14 years	King Georges Hall, Broad Street, Harleston, Norfolk, IP20 9AZ	Beavers: Wednesdays at 5:00pm-6:00pm (term time) Cubs: Thursdays at 6:00pm-7:30pm (term time) Scouts: Thursdays at 7:45pm-9:30pm (term time)	Virtual Enquiry Form: https://www.scouts.org.uk/groups/10015497?loc=IP20%209qw&slug=1st-Harleston Website: https://www.scouts.org.uk/
Harleston Explorer Scouts	14-18 years	Contact for details	Thursdays (Contact for specific details)	Virtual Enquiry Form: https://www.scouts.org.uk/groups/10008443?loc=IP20%209QW&slug=Harleston-ESU Website: https://www.scouts.org.uk/
Harleston Magpies - Youth Hockey Club	Children and Young People under 18 years	Harleston Magpies, Shotford Heath, Weybread, IP21 5UF	Contact club for details about individual teams	Email for Young People under 13: juniormembership@magpies-hockey.co.uk Email for Young People over 13: seniormembership@magpies-hockey.co.uk

Harleston Army Cadets	12-18 years	Harleston Cadet Hut, 24 Station Hill, Harleston, IP20 9ES	Wednesdays at 7:30pm-9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
Harleston Youth Football Club	Children and Young People under 15 years	Harleston Youth F.C, Wilderness Lane, Harleston IP20 9DD	Contact club for specific age group details	Website: https://www.harlestonyouthfc.co.uk/contact
Harleston Countrysiders	10-16 years	Harleston Young Farmers Clubhouse, Spirketts Lane, IP20 9JL	Tuesdays at 7:00pm-8:30pm (fortnightly)	Phone: Helen (Countrysider Leader) on 07795 327011 Email: hcs@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/countrysiders
Harleston Young Farmers Club	16-30 years	Harleston Young Farmers Clubhouse, Spirketts Lane, IP20 9JL	Wednesdays at 7:45pm	Phone: Oliver Bradshaw (Club Chair) on 07397 862981 Email: harleston_yfc@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/seniors
Harleston Tennis and Squash Club	Contact club for details	Recreation Ground, Wilderness Lane, Harleston, IP20 9DD	Contact club for details	Email: harleston.tennis.squash@gmail.com Virtual Enquiry Form: https://www.harlestontennissquash.co.uk/contact-us
Harleston Judo Club	8+ years	Mendham & Withersdale Village Hall, Withersdale Street, Mendham, IP20 0JN	Wednesdays at 6:30pm-8:00pm (term time only)	Phone: Stephen or Helen McPartland on 01379 740929 Email: harlestonjudo@yahoo.com Website: https://harlestonjudo.webs.com/

Hethersett

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
1 st Hethersett Beavers, Cubs & Scout Groups	Beavers: 6-8 years Cubs: 8–10½ years Scouts: 10½-14 years	Hethersett Scouts and Guides HQ, Queens Road, Hethersett, Norfolk, NR9 3DB	Weekday evenings. Contact group for specific details.	Virtual enquiry form: https://www.scouts.org.uk/groups/10014796?loc=Hethersett&slug=1st-Hethersett Website: https://www.scouts.org.uk/
Hethersett Explorer Scouts	14-18 years	Contact group for details	Contact group for details	Virtual enquiry form: https://www.scouts.org.uk/groups/10133887?loc=Hethersett&slug=Hethersett-Explorer-ESU Website: https://www.scouts.org.uk/
Girlguiding Hethersett District	Rainbows: 5-7 years Brownies: 7-10 years Guides: 10 to 14 years Senior Section: 14-18 years	Contact group for details	Contact group for details	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-east-norfolk-division/
Hethersett Jubilee Youth Club	School years 5 and 6 or year 7+ (two groups)	Youth club, Back Lane, Hethersett, Norwich, NR9 3JJ	School years 5&6: Wednesdays at 5:45pm-7:30pm Year 7+: Fridays at 7:00pm-8:30pm	Phone: Gillian Saunders at 01953 607566 Email: gilliansaunders3@btinternet.com
Eastern Shotokan Karate Association (ESKA)	Tiny Tigers: 4-6 years Juniors: 6-15 years Adults: 14+	Hethersett Old Hall, Norwich Road, Hethersett, Norwich NR9 3DW	Tuesday and Friday evenings (Check website for specific belt colour details)	Phone: 01603 418751 Email: office@eska.co.uk Website: https://eska.co.uk/
Hethersett Athletic Football Club	For mixed ages	Memorial Playing Fields, Park Drive, NR9 3EN	Contact club for details about teams for different ages groups	Website: https://hethersettathletic.com/ Coach details for different age groups on website

Great Melton Cricket Club (Juniors)	Children and Young People under 19 years	Hall Road, Great Melton, NR9 3BJ	Contact club for specific age group details	Virtual Enquiry Form: https://greatmeltoncc.co.uk/contact-us/ Website: https://greatmeltoncc.co.uk/junior-cricket-at-great-melton/
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Loddon

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Loddon Army Cadets	12-18 years	Loddon ACF, Drill Hall, Bungay Road, Loddon, NR14 6JS	Wednesdays at 7:30pm to 9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
White Dolphin Swimming Club	5-18 years	Hobart High School, Kittens Lane, Loddon, NR14 6JU	Weekday evenings and Saturday mornings	Email: Rosanna Stone at whitedolphinsinfo@gmail.com Website: https://loddonwhitedolphins.co.uk/?page_id=99
Hobart Badminton Club	Contact club for details	Contact Club for details	Fridays at 7:30pm-9:30pm (Previous playing experience desired)	Phone: Barbara Boardman on 01508 528255 Email: Barbara Boardman at tomenelli@btinternet.com Hobart High School - Community information: https://www.hobart.org.uk/community/
Kuk Sool Won (Martial Arts)	Juniors classes for 6+ years	Little Money Rd, Loddon Industrial Park, Loddon NR14 6JD	Mondays: 6:00pm-7:00pm and Wednesdays at 6:30pm-7:30pm	Phone: Master Phillip Hinchliffe at 07960 980333 Email: kuksool100@yahoo.co.uk Website: http://www.kswcbl.co.uk/
Girlguiding Brooke and Loddon District	Rainbows: 5-7 years Brownies: 7-10 years Guides: 10 to 14 years Senior Section: 14-18 years	Contact group for details	Contact group for details	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-east-norfolk-division/

Loddon Young Farmers Club	16-30 years	The George & Dragon, Thurton, NR14 6AL	Mondays at 7:45pm	Phone: Charlotte Utting (Club Chair) on 07584 241954 Email: loddon_yfc@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/seniors
Loddon Squash Club	Juniors: Under 15 years Adults: 16+ years	Loddon Squash Club, Beccles Road, Loddon, NR14 6LT	Contact club for details	Phone: Mark Heazle (Club Secretary) on 07787 190974 Email: loddonsquash@outlook.com Website: https://clubspark.net/LoddonSquashClub/Membership/Join
Hales and Loddon Cricket Club	For mixed ages	The Club House, Hales Green, Hales, NR14 6TB	Contact club for specific age group details	Email: Dave Redford (Club Secretary) at davidbredford@gmail.com Phone: Pete Dye (Club Chair) on 07931 711323 Website: https://hales.play-cricket.com/Teams
Loddon Tennis Club (memberships and coaching)	For mixed ages	George Lane Playing Field, George Lane, NR14 6NB	Contact club for details	Phone: Paul (Club Coach) on 07368 684806 Email: loddontennis@loddonpc.org.uk Website: https://clubspark.lta.org.uk/LoddonTennisClub

Long Stratton

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Long Stratton Army Cadets	12-18 years	Long Stratton High School, Manor Road, NR15 2XR	Tuesdays at 7:00pm-9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
Anglia Region Theatre School (dance and performing arts classes)	For mixed ages	Ipswich Road, Newton Flotman Norwich, NR15 1PN	Contact group for details about different activity types	Contact: 01508 471792 Email: office@artstheatreschool.com Website: https://www.artstheatreschool.com/all-classes
Girlguiding Long Stratton District	Rainbows: 4-7 years Brownies: 7-10 years Guides: 10 to 14 years Rangers: 14-18 years	Contact group for details	Contact group for details about weekly meetings and other events	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-norfolk-division/
Spring Gymnastics	For mixed ages	Long Stratton Leisure Centre, Swan Lane, NR15 2UY	Fridays at 4:30pm-9:00pm or Saturdays, 8:00am-3:30pm	Phone: Heidi Palmer (Head Coach) at 07895 725610 Email: heidi@spring-gymnastics.co.uk Website: https://www.spring-gymnastics.co.uk/
Dragons Trampoline Club	Children and Young People aged 4+ years	Long Stratton Leisure Centre (As above)	Tuesdays and Wednesdays (see website for specific ability details)	Phone: Rachel Parker (Senior Coach) on 07909 526049 Email: dragonstrampolineclub@gmail.com
Eastern Shotokan Karate Association (ESKA)	Tiny Tigers: 4-6 years Juniors: 6-15 years Adults: 14+	Long Stratton Leisure Centre (As above)	Mondays at 6:30pm-7:30pm (All belts and ages)	Phone: 01603 418751 Email: office@eska.co.uk Website: https://eska.co.uk/
Long Stratton Football Club	Under 16s and adult teams	Manor Road Long Stratton Norwich Norfolk NR15 2XR	Contact club for details	Website: https://www.pitchero.com/clubs/longstratton/contact

National Marshall Arts Committee - Kickboxing	4+ years	Victory House, Chequers Road, Long Stratton, NR15 2ZJ	4-11 years: Mondays at 4:30pm-5:30pm 11+ years: Mondays at 6:00pm-7:00pm Mixed ages: Thursdays at 7:30pm-8:30pm	Phone: 01508 530573 or 07917 304667
National Marshall Arts Committee - Taekwondo	4+ years	Victory House, Chequers Road, Long Stratton, NR15 2ZJ	4-11 years: Wednesdays at 4:30pm-5:30pm Mixed ages: Wednesdays at 6:00pm-7:00pm 12+ years: 7:30pm-8:30pm	Phone: 01508 530573 or 07917 304667

Poringland

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Brooke and Poringland Beavers, Cubs & Scouts Groups	Beavers: 6-8 years Cubs: 8-10½ years Scouts: 10½-14 years	Brooke & Poringland Scout Den, Norwich Road, Norfolk, NR15 1AB	Beavers: Mondays at 6:00pm-7:15pm Cubs: Wednesdays at 6:30pm-8:00pm Scouts: Tuesdays at 7:00pm-8:30pm	Virtual enquiry form: https://www.scouts.org.uk/groups/10012987?loc=Poringland&slug=Brooke-%26-Poringland Website: https://www.scouts.org.uk/
Eastern Shotokan Karate Association (ESKA)	Tiny tigers: 4-6 years Juniors: 6-15 years Adults: 14+	Framingham Earl Community Sports Centre, Norwich Road, NR14 7QP	Fridays at 5:30pm-6:30pm or Sundays at 9:00am-10:00am. (All ages)	Phone: 01603 418751 Email: office@eska.co.uk Website: https://eska.co.uk/

Framtastics Gymnastics Club	5+ years	Framingham Earl Community Sports Centre, Norwich Road, NR14 7QP	Contact club for details	Email: Rachel Perry (Head Coach) at coach@frameargym.co.uk Website: https://www.frameargym.co.uk/home
Spring Gymnastics	For mixed ages	Hewett Academy, Hall Road, Norwich, NR1 2PW	Weekdays and weekends (See website for specific details)	Email: info@spring-gymnastics.co.uk Text: 07895 725600 (no phone calls) Website: https://www.spring-gymnastics.co.uk/
Norwich Youth for Christ	Contact for details	Venues in Poringland and Framingham Earl	Contact for details	Phone: 01603 620678 Email: Gary Watson (Youth Worker) at gwatson@norwichyfc.co.uk

Wymondham

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
Wymondham Army Cadets	12-18 years	Pople Street, Wymondham, NR18 0PS	Mondays at 7:00pm to 9:30pm	Phone: 01362 694515 Email: ea-norao1@rfca.org.uk Website: https://armycadets.com/
1 st Wymondham Beavers, Cubs & Scout Groups	Beavers: 6-8 years Cubs: 8–10½ years Scouts: 10½-14 years	Wymondham Scout and Guide HQ, Kimberly Street, NR18 0NU	Meetings on weekday evenings. Contact for specific details.	Virtual enquiry form: https://www.scouts.org.uk/groups/10014392?loc=wymondham&slug=1st-Wymondham Website: https://www.scouts.org.uk/
Explorers Scouts	14-18 years	Contact group for details	Monday evenings	Virtual enquiry form: https://www.scouts.org.uk/groups/10134107?loc=wymondham&slug=%27The-Toolboxes%27-ESU-%28-wymondham%29 Website: https://www.scouts.org.uk/
Eastern Shotokan Karate Association (ESKA)	Tiny Tigers: 4-6 years Juniors: 6-15 years Adults: 14+	Wymondham Leisure Centre, Norwich Road, NR18 0NT	Thursdays at 7:15pm-8:15pm or weekend mornings	Phone: 01603 418751 Email: office@eska.co.uk Website: https://eska.co.uk/

The Space – Youth Cafe	School years 6-13	The Hub, Ayton Road, Wymondham, NR18 0QJ	Tuesdays at 2:15pm-4:15pm (term time only)	Phone: Katie Hudson (Youth Work Assistant) at 01953 798505 Email: katie@hopecommunitychurch.co.uk Website: https://www.hubproject.org.uk/project/s/space/
Wymondham Judo Club	Children and Young People aged 5+ years	Mondays: Hingham Sports Hall, NR9 4HD Wednesdays: Morley Village & Sports Hall, NR18 9SU	Monday and Wednesday evenings (see website for specific age group details)	Email: wymondhamjudo@gmail.com
Wymondham Tennis Club	For mixed ages	Kett's Park, Harts Farm Road, Wymondham, Norfolk, NR18 0WP	Contact club for details about different age groups.	Phone: Sam Howlett (Head Coach) on 07919 405752 Email: samhowletttennis@yahoo.co.uk Website: http://www.wymondhamtennis.club/coaching.php
Wymondham Rugby Club	For mixed ages	Wymondham Rugby Football Club, Barnard Fields, Bray Drive, NR18 0GQ	Contact club for details about different age groups	Phone: 01953 687923 Website: https://www.wymondhamrffc.com/
Girlguiding Wymondham District	Rainbows: 5-7 years Brownies: 7-10 years Guides: 10 to 14 years Senior Section: 14-18 years	Contact group for details	Contact group for details	Email: ggnadmin@girlguidingnorfolk.org.uk Website: https://www.girlguidingnorfolk.org.uk/where-we-are/south-east-norfolk-division/
Wymondham Countrysiders	10-16 years	Wymondham Community Centre, 44 Lime Tree Avenue, NR18 0HH	Tuesdays at 7:00pm - 8.30pm (Fortnightly)	Phone: Mark Holmes (Countrysider Leader) on 07484 651881 Email: wcs@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/countrysiders
Wymondham Young Farmers Club	16-30 years	Wymondham Dell Bowls Club, 54b Norwich Road, NR18 0NT	Mondays at 7:30pm	Phone: Richard Hastings (Club Chair) on 07548 910906 Email: wymondham_yfc@norfolkyfc.co.uk Website: https://www.norfolkyfc.co.uk/seniors

National Martial Arts Committee – Taekwondo	For mixed ages	Tuesdays and Fridays: Wymondham College, Norwich, NR18 9SZ Thursdays: Wymondham Catholic Church Hall, Norwich Road, NR18 0QE	Tuesdays and Fridays: Wymondham College Students only Thursdays: Public sessions at 6:00pm-7:00pm (all ages)	Phone: 01508 530573 or 07917 304667
Wymondham Baptist Church (WBC) Explorers	School years 4-11	Wymondham Baptist, Queen Street, Wymondham, NR18 0AY	Fridays at 6:30pm-8:00pm	Phone: 01953 606520 Email: office@wymondhambaptist.org Website: https://wymondham.churchinsight.com/Groups/331647/Youth_Group.aspx

Specialist groups for children & Young People with Special Educational Needs and Disabilities (SENDs) in Norfolk

<i>Name of club</i>	<i>Who can attend?</i>	<i>Where is it?</i>	<i>When is it?</i>	<i>How to find out more</i>
The Hamlet Centre (Play Schemes)	5-11 years or 12-18 years (two groups)	The Hamlet, Children's Centre, Johnson Place, Norwich, NR2 1SJ	Regular Saturdays and school holiday workshops	Phone: 01603 766566 Email: admin@thehamletcharity.org.uk Website: https://thehamletcharity.org.uk/home/
The Hamlet Centre (Out of Hours 16+)	Young People and adults aged 16+ years	The Hamlet Adults' Centre, Ella Road, Norwich, NR1 4BP	Evening and weekend social activities (contact group for details)	Phone: 01603 616094 Email for Outs of Hours 16+ membership: lorraine.ewing@thehamletcharity.org.uk

Football training (Community Sports Foundation)	For Children and Young People aged 7-16+ years	The Nest, Holt Road, Horsford, Norwich, NR10 3AQ or Carrow Park, Kerrison Rd, Norwich NR1 1JB (Contact club for specific details)	Pan-Disability: Tuesdays and Thursdays Down's Syndrome: Saturdays at 10:00am-11:00am Impairment Specific Soccer: Saturdays 10:00am-11:00am	Phone: CSF Disability team on 01603 984000 Website: https://www.communitysportsfoundation.org.uk/programmes/disability-soccer-skill-centres/
Disability swimming sessions (Community Sports Foundation)	8-12 years	Riverside Leisure Centre, Wherry Rd, Norwich NR1 1WX	Fridays at 6:00pm to 7:00pm	Phone: CSF Disability team on 01603 984000 Website: https://www.communitysportsfoundation.org.uk/programmes/water-exercise-sessions/
Disability Dance Sessions (Community Sports Foundation)	Children, Young People, and adults aged 8+ years	Carrow Park, Kerrison Rd, Norwich NR1 1JB	Mondays at 5:00pm-6:00pm	Phone: CSF Disability team on 01603 984000 Website: https://www.communitysportsfoundation.org.uk/programmes/dance-sessions/
ASD Helping Hands – Teen Social Groups	School years 7-9 or 9-11 (two groups)	ASD Helping Hands, Room 412-416, Breckland Business Centre Dereham, NR19 1FD	Years 7-9: 2 nd Wednesday of each month at 6:00pm to 8:00pm Years 9-11: 4 th Wednesday of each month at 6:00pm-8:00pm	Phone: 01362 685860 Email: contact@asdhelpinghands.org.uk Website: https://www.asdhelpinghands.org.uk/support-and-social-groups/teen-social-groups/
Social F.I.E.L.D (Youth club)	10-18 years	Horsford Village Hall, Holt Road, Horsford, Norwich, NR10 3DN	Wednesdays at 6:30pm-8:00pm	Phone: Claire on 07955 574774 or Jacqui on 07806 392254 Email: info@lolastaffordconsulting.co.uk or jacqui@lolastaffordconsulting.co.uk Website: https://www.lolastaffordconsulting.co.uk/social-field/

Musical Keys (Music sessions for additional needs)	For mixed ages (Contact for details)	Venues may vary by activity or session chosen	Dates and timings vary by activity or session chosen	Phone: 01603 766690. Email: info@musicalkeys.co.uk Website: https://www.musicalkeys.co.uk/services
S.E.N.D and Inclusive Performing Arts/Dance Classes	Children and Young People aged 7+ years	The Garage, 14 Chapel Field North, Norwich, Norfolk, NR2 1NY	Dates and timings vary by activity chosen	Phone: 01603 283382 Email: info@thegarage.org.uk Website: https://www.thegarage.org.uk/classes/

If you would like to change any of the information listed in this guide or advertise any other services, please email MTM Youth Services CIC at: info@mtmyouthservices.org.uk

Further information about projects delivered by MTM Youth Services can be found on our website: <https://mtmyouthservices.jimdo.com/>

