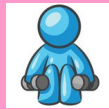


# GYM - FOR ALL AGES

Fridays 10am-2.45pm - £1.50



There is no need to book, you just come along and we have two fully qualified instructors who will provide you with a personal programme to suit your needs. We cater for all abilities and we welcome all age groups, all we ask is that you fill out a simple medical questionnaire to ensure that it is safe for you to exercise. If you would like to know more about the gym sessions please contact Wyn Nurse 01263 516305 or 07795 265671 or e-mail [wyn.nurse@north-norfolk.gov.uk](mailto:wyn.nurse@north-norfolk.gov.uk)

## UNFORTUNATELY THE GYM WILL BE MOVING TO ANOTHER RURAL LOCATION IN APRIL/MAY -

However, if the community would like to apply for funding to set up a 'Community Gym' then the gym will continue its sessions at the Harbour Rooms until the 'Community Gym' is up and running.

**Funding is available from The Big Lottery – Awards for All for up to £10,000.**

**A Public Meeting will be held on 15th March, 7.30pm at the Blakeney Harbour Rooms** to discuss this proposal and if the community would like to go forward with this idea then a committee can be formed.

Wyn will help the 'Community Gym Committee' fill in the forms and give advice. The gym could then open afternoons and/or evenings and even weekends if desired and it would be possible to offer the facilities to local schools and sports clubs.

Perhaps there is an instructor in the community that would be willing to run the 'Community Gym', or someone who would like to be trained to become an instructor?

**If you are interested then please attend the meeting and make your views heard. For any further information, then please do not hesitate to give Wyn Nurse a call on 01263 516305 or 07795 265671 or email [wyn.nurse@north-norfolk.gov.uk](mailto:wyn.nurse@north-norfolk.gov.uk)**



## MUSIC & MOVEMENT CLASSES

Thursdays in term time - £1

- ♦ **Baby Sensory Music & Movement** (10am - 10.45am)
- ♦ **Pre-School Under 3's** (11am - 11.45am)

**For more information please contact Helen 01485 542597 or Nicola 01362 690438**

Email: [musicandmovement@btinternet.com](mailto:musicandmovement@btinternet.com)  
[www.musicandmovement.org](http://www.musicandmovement.org)

## BINGO

**EVERY TUESDAY AT 7PM**



**COME AND TRY YOUR LUCK!**

## QUIZ NIGHTS

**EVERY 2ND THURSDAY IN THE MONTH - 7.30PM**

**TEAMS OF FOUR**

**NEXT QUIZ - 11TH MARCH**

**Wells Area Community Bank** offers you the opportunity to save and borrow money.



**Open at the Harbour Rooms Mondays 11am - 4pm.**

These services are administered and provided by Norfolk Credit Union.

Norfolk Credit Union Ltd, South Norfolk House, Swan Lane, Long Stratton, Norfolk, NR15 2XEFSA Registration No: 214255

## Ben Francis of Wells Area Partnership Every Monday, 11am - 4pm



Why not join Ben from Wells Area Partnership for a cuppa on Mondays from 11am until 4pm.

Ben welcomes anyone from the community to come and speak to him about community affairs and projects.

Ben also runs the Wells Area Community Bank, which offers you the opportunity to save and borrow money.

**Ben's contact details are 07931 262147 or 01328 711378.**

**Regular Farmers' Markets are now held on the 1st MONDAY IN THE MONTH 9.30am — 1 pm**



Fresh quality locally grown produce and a fine choice of foodstuffs and plants.

**Café open serving bacon rolls and teas & coffees.**

## CITIZENS ADVICE BUREAU

Citizens Advice will be holding sessions in the meeting room at the Harbour Rooms on the following dates between **9.30am - 1pm.**

**15th February, 1st March, 12th April, 7th June, 5th July, 2nd August**

## FIRST AID & FOOD HYGIENE COURSES

Norfolk County Council are prepared to hold these classes subject to 10 people enrolling.

For more details and to register an interest please give **Laura Foster** a call on **07887 875176.**

## VOLUNTEER REQUIRED WITH TRANSIT VAN

Holt Youth Project would like to be able to bring their mini gym equipment for 3-5 yr olds to the Harbour Room to offer a workshop for this age group, but require regular transport. If you can help, please contact

**Julie Alford** on T: 01263 710918 or E: [juliealfordatholtyouth@yahoo.co.uk](mailto:juliealfordatholtyouth@yahoo.co.uk)

## MOBILE LIBRARY

The library visits the Harbour Room car park every 3 weeks the following dates:-

**18 March, 8 April, 29 April, 20 May, 10 June, 1 July**

**New timings have been introduced from 8 April (10.40 – 11am) but for 18 March the old time applies (1.50-2.15pm)**