

workshops and taster sessions in FAKENHAM

active fakenham is pleased to be able to offer a fantastic array of taster sessions. We successfully bid for a small lottery grant for ten sessions and because so many local organisations have got behind the project we have increased these to nearly forty. It is a great opportunity to try something new and maybe to keep going, as most of these are available all year.

Thank you to our sponsors and the organisations that have helped to make this happen.



APRIL 2018

EASTER 1K FUN RUN **Sunday 1st April**

Market Place 11.30am Cost: varied 1k fun run for all ages on closed roads in the town centre. Book in advance or on the day if spaces. www.activefakenham.org.uk

EASTER 5K RUN **Sunday 1st April Market Place**

10.30am Cost: varied 5k town centre run on closed roads. 5 laps. Run England race for all levels. Book in advance or on the day if spaces. www.activefakenham.org.uk

EASTER TODDLE 'N' TRIKE **Sunday 1st April**

Market Place 12.15pm Cost: £2 Under 5s accompanied by an adult. Fun run or ride. Book in advance or on the day if spaces. www.activefakenham.org.uk

EASTER CRITERIUM RACING **Sunday 1st April**

Market Place 1pm Cost: varied Town centre cycle road racing. Book in advance or on the day if spaces. www.activefakenham.org.uk

IYENGAR YOGA TASTER CLASS **Thursday 5th**

April Hempton Memorial Hall 11am to noon FREE An introduction to Iyengar Yoga. Booking essential. 07740 105 339

FAMILY BOOTCAMP (over 10 yrs) **Saturday 7th**

April Fakenham Sports & Fitness Centre, Trap Lane 10 to 11am FREE A fun workout for everyone over 10 years old. Booking essential. 01328 850010

WALK WITH US **Thursday 12th April** Start at

Fakenham Library 10.30am FREE Come and try our social beginner walks. Booking essential. 07766 259999

GOLF JUNIOR TASTER SESSION (age 7-12) **Sunday 15th April**

Fakenham Golf Club Gallow Fakenham Sports Centre NR21 7NY 10.30am to noon FREE Junior golf taster session for 7-12 years of age. Booking essential. 01328 863534 or 07500 118046

ADULT GOLF TASTER SESSION (12+) **Sunday 15th April**

Fakenham Golf Club, Gallow Fakenham Sports Centre, NR21 7NY 1 - 2.30pm FREE Booking essential. 01328 863534 - 07500 118046

FIRST AID - ESSENTIAL, PRACTICAL INFORMATION EVERYONE SHOULD KNOW

Thursday 19th April Fakenham Community Centre. Oak Street. NR21 9SR 9.30 to 11.30am FREE With the British Red Cross. Booking essential. 07887 803091 www.activefakenham.org.uk

POP UP DEFIBRILLATOR AWARENESS

Thursday 19th April Gallery Bistro, Market Place 12.30pm FREE A quick overview and introduction to Fakenham's defibrillators. With the British Red Cross. Just turn up. www.activefakenham.org.uk

POP UP FIRST AID **Thursday 19th April**

The Limes, Bridge Street. 2pm FREE Some useful tips from the experts that may save a life. With the British Red Cross. Just turn up. www.activefakenham.org.uk

ALLOTMENT TOUR **Saturday 21st April**

Greenway Lane 2.30pm FREE Fakenham has allotments available. Take a tour. Just turn up. 01328 853653

INTRODUCTION TO SQUASH **Tuesday 24th**

April Gallow Fakenham Sports Centre NR21 7NY 7pm FREE An introduction to the basic techniques of squash. Just turn up. 07771 356458

OVER 50S OUTDOOR GYM WORKOUT

Tuesday 24th April Millennium Park 9.30am FREE A workout and tips for the over 50s. Just turn up. www.activefakenham.org.uk

PARENT/CARER & CHILD EXERCISE

Tuesday 24th April Millennium Park 3.30pm FREE Come along and learn some healthy family activities. Just turn up. www.activefakenham.org.uk

TENNIS **Wednesday April 25th and Saturday 28th**

April Gallow Fakenham Sports Centre NR21 7NY 10 to 11.30am FREE Come and meet the local tennis club and have a hit. Just turn up. www.fakenham-tennis-club.co.uk

ASSERTIVENESS FOR WOMEN Tuesday 1st May
Fakenham Community Centre, Oak Street. NR21 9SR
10 to 11.15am FREE An introduction to what we mean by being assertive. Discussion, ideas and practical ways forward. Booking essential 07810 288712

CREATIVE WRITING Tuesday 1st May Fakenham Community Centre, Oak Street. NR21 9SR 11.30am to 12.45pm FREE A practical workshop for anyone who wants to write creatively. Booking essential. 07810 288712

BRIDGE, AN INTRODUCTION Tuesday 1st May Gallow Fakenham Sports Centre NR21 7NY 2.30pm and 7.30pm FREE Learn how to evaluate cards and how to play them to get maximum tricks. Just turn up. 01328 822120

MEMOIR - WRITING ABOUT YOUR LIFE Thursday 3rd May Fakenham Community Centre, Oak Street NR21 9SR 10 to 11.15am FREE Writing about your life. Everyone has an interesting story to tell. Booking essential. 07810 288712

WRITING FOR CHILDREN WORKSHOP Thursday 3rd May Fakenham Community Centre, Oak Street. NR21 9SR 11.30am to 12.45pm FREE An opportunity to look at writing a story for children. Practical and informative. Booking essential. 07810 288712

GET TO KNOW YOUR OUTSIDE GYM EQUIPMENT Saturday 5th May Millennium Park 10am FREE Learn about the gym equipment in your local park which is free to use all year long. Just turn up. 07803 131118

CYCLING: 20 MILE GROUP RIDE Sunday 6th May Meet at the Gallery Bistro 8.30am FREE A group ride with a preplanned route and group leaders. Just turn up. 07545 940411

FACEBOOK AND TWITTER Thursday 10th May Fakenham Community Centre, Oak Street. NR21 9SR 10.30am to noon FREE A short introduction to Facebook and Twitter, discussion and questions and answers. Booking essential .www.activefakenham.org.uk

GET TO KNOW YOUR OUTSIDE GYM EQUIPMENT Saturday 12th May Hayes Lane Field 10am FREE Workout using the free outside gym equipment in a fantastic rural setting only minutes from the centre of town. Just turn up. www.activefakenham.org.uk

CYCLING: STUDIO CYCLING Monday 14th May Fakenham Sports & Fitness Centre, Trap Lane 6 to 7pm FREE An introduction and workout using static cycles for beginners and intermediate (spinning). Booking essential. 01328 850010

LOCAL HISTORY TALK AND MEETING Monday 14th May Salvation Army Citadel in Oak Street. 7.30pm £2 for visitors. Talk on 19th century Norfolk Business Directory. Lyn on 01328 863377

AN INTRODUCTION TO PHOTOGRAPHY Thursday 17th May Fakenham Community Centre, Oak Street. NR21 9SR 2pm FREE Introduction to photography. Easy techniques to learn and to put into practice. Booking essential. keith@keithosborn.co.uk or 07887 877650

FACEBOOK AND TWITTER Thursday 17th May Fakenham Community Centre, Oak Street. NR21 9SR 7 to 8.30pm FREE A short introduction to Facebook and Twitter, discussion and Questions and Answers. Booking essential. www.activefakenham.org.uk

OUTDOOR GYM WORKOUT Saturday 19th May Millennium Park 10am FREE A fun group workout for all abilities. Just turn up. www.activefakenham.org.uk

PARENT/CARER & CHILD OUTDOOR EXERCISE Saturday 26th May Millennium Park 10am FREE A fun group workout for all the family and all abilities. Just turn up. www.activefakenham.org.uk

FAKENHAM COMMUNITY ARCHIVE SLIDESHOW AND DISCUSSION Tuesday 29th May Fakenham Parish Church 2pm Cost: £1. Slideshow and folders of our photos and documents to browse through as well as laptops for viewing the whole of the archive. Just turn up. Lyn on 01328 863377

FAMILY BOOTCAMP (over 10 years) Saturday 2nd June Fakenham Sports & Fitness Centre, Trap Lane 10 to 11am FREE A fun workout for everyone over 10 yrs old. Booking essential. 01328 850010

FIRST AID - ESSENTIAL PRACTICAL INFORMATION EVERYONE SHOULD KNOW Thursday 14th June Fakenham Community Centre, Oak Street. NR21 9SR 7 to 9pm FREE With the British Red Cross. Booking essential. www.activefakenham.org.uk



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www.activefakenham.org.uk

