

Age Concern Swaffham & District:

Serving the local community since 1999.
Befriending. Hospital Buddies. Signposting.
Information Office. Swaffham Community Centre.
Tel: 07393981295 swaffhamsss16@outlook.com
www.swaffhamsupportservices.co.uk

Air Training Corps 1894 sqn. (Swaffham):

Meetings held Mondays and Wednesdays at the
T.A. Centre, Sporle Road, Swaffham. Contact:
Flying Officer Charlie Neep Tel: 01760 724617

Alcoholics Anonymous:

Drop-in basis every Tuesday evening at 7.00-8.00
pm at The Community Centre, Campingland.

Amateur Dramatics (Swaffham Players):

Meets Mondays and Wednesdays at the Baptist
Rooms. Contact Chairman Mrs John Hooker Tel:
01760 755652 or Marcie 07867943102.

Amateur Dramatics (TOSH):

Meets Mondays and Wednesdays at
Gt Cressingham village hall 7.30-9.30pm.
Contact Bridget Knock Tel: 01760 724680

Angling Club:

Committee meetings held 1st Monday of the month.
Membership for Bradmoor Lakes available from
Kev's Tackle Shop, Swaffham. Tel:01760 720188

Artists (Swaffham Art Group):

Meets second and fourth Wednesday of the month.
Methodist Church Rooms, London Street,
Swaffham. Contact Mrs Pam Buxton.
Tel: 01760 724741

Badminton League Club:

Mondays 8.00pm-9.00pm. Swaffham Leisure
Centre. Tel: 01760 724046
www.leisure.com/swaffham-leisure-centre

Bell Ringers:

St. Peter and St Paul Church. Fridays at 7.30
(except last Friday of the month when at Castle
Acre). New-comers welcome. Tel: 01760 724944

Bowls Club (Swaffham Town):

The Bowling Green is available for play from
6.00pm on Mondays and from 2.00pm all other
days. Myers Playing Field, Shoemakers Lane,
Swaffham. Contact: TBC

Bridge Club:

Meets Tuesdays and Thursdays at 6.45pm. visitors,
guests and new members welcome. Parish Church
Rooms, Camping Land, Swaffham. Contact Sue
Day Tel: 01328 701545 Barbara Morrison Tel:
01328 838388.
www.bridgewebs.com/swaffham/home.html

British Red Cross:

Mobility Aid Service. Tel: 03004561914, Option 3
for East Anglia.
Kings Lynn Admin Team. Tel: 01553 766969

Brownies 2nd Swaffham Group:

Meets 6.00pm-7.30pm Wednesdays at Swaffham
VC Infant & Nursery School, Commissioner for
South Greenhoe & Grimshoe District Contact: Mrs
Clare Smith. Tel: 01760 724680

Swaffham Rainbows, meets 5.00-6.00pm

Wednesdays Contact Tracy Clements Tel: 01760
720732

Civil Service Retirement Fellowship:

A social and benevolent Fellowship for former civil
servants and their dependants. Meetings held ad hoc
on third Tuesday of the month, Chairman Mr David
Moore, 14 Filby Road Swaffham. Tel: 01760
723740

Conservative Association (South West Norfolk):

Headquarters - Shirley house, 23 London Street,
Swaffham. Tel: 01760 721241.

Agent Mr I Sherwood swnca@btinternet.com
www.swnca.com

Conservative Club (Social Club):

Shirley House, 23 London Street, Swaffham.
Steward - Mr Paul Annakin Tel: 01760 721353
cmembership21@gmail.com

Cricket Club:

Cricket ground at Myers Playing Field, Shoemakers
Lane, Swaffham. Net practice Tuesday and
Thursday evenings 6.30-7.30pm. Under 16 yrs of
age, Saturdays 10.00-11.30am.
Chairman - Mr Wayne Hardy Tel: 01638 577561 /
07803 214185

Dementia Café:

For carers and those cared for. The first Wednesday
of the month between 10.00-12.00pm in the
Assembly Rooms, Swaffham. Tel:01760 723377.
01603 763556.

www.alzheimers.org.uk
norfolk@alzheimers.org.uk

Dizzy's Dance Studio:

Dance classes for children in ballet, Tap, Street/modern & Musical Theatre. Adult classes in Ballet, Tap, Line Dance & seniors keep fit.
Contact: Miss Wendy Nixon **Tel: 07799370274**
dancerina@hotmail.co.uk

Heartwood Primary Academy Association:

Meets at the School as required. For more information contact the First School .
Tel: 01760 721357

Football Club (Swaffham Town - The Pedlars):

Club House, Myers Playing Field, Shoemakers Lane, Swaffham.
Secretary - Mr R Ewart
Tel: 01760 724581 / 07990 526744

Friends of Swaffham Museum:

To raise funds to promote interest in the museum especially education. Swaffham Museum, Town Hall, London Street. Secretary: John Zielinski

Friends of Swaffham C of E Primary Academy**Parent Teacher Association:**

Swaffham Junior School, Brandon Road, Swaffham. Secretary - Miss Lewis **Tel: 01760 721831**.

Family Action, Swaffham

Based at Swaffham Community Centre, Campingland, providing a range of services:
Well Family Services: Supports families registered to Swaffham GP's.

Health Champion: Supports families with child/children with ASD or ADHD.

Allotment & Orchard: Promoting the therapeutic benefits of gardening.

Well Being Group: for all ages, meets Tuesday 11-1.00pm at Swaffham Community Centre.

Contact: Clare Peak, Projects Manager

Tel: 01760 725801

Web: www.family/action.org.uk

Guides - Swaffham 2nd:

Meets on Fridays at Methodist Church Rooms, Campingland. Ages 10-14yrs.

Contact: Bridget Knock **Tel: 01760 724680**

Guides - Swaffham Rangers:

Meets Fridays at Methodist Church Rooms, Campingland. Ages 14 yrs -older.

Contact: Bridget Knock **Tel: 01760 724680**

Home Start (Swaffham & District):

A voluntary organisation offering support, friendship and practical help to young families under stress in their own homes. Contact Natalie Gotts, Swaffham Community Centre, Camping Land, Swaffham. **Tel: 01760 721271**

Home Watch Association (Swaffham & District):

Meets three times a year. Secretary - Mrs Jean Bishop **Tel: 01760 721115**

Iceni Partnership:

Office - Swaffham Community Centre, Campingland, Swaffham. Manager – Mrs Clare Cotterill **Tel: 01760 722800**. Chairman - Mr Dennis Tallon **Tel: 01760 721550**. www.iceni.info

Iceni Stitchers:

Meets every 3rd Thursday 2.00-4.30pm at the Community Centre. Contact - Jane Atkins **Tel: 01760 721348**. icenistitchers-co.uk
Secretary: Gay Paterson patersonaw@aol.com

Iceni Rural Writers:

Monthly sessions, Friday afternoon, writing works of fiction, memoir & poetry.

Contact: Leah Spencer leah@wissey.co.uk

Kuk Sool Won:

Traditional Korean Martial Arts class. All ages welcome. Swaffham Community Centre, Campingland. Saturday 10.30 am -12noon
President: PKJN Michelle Seaman
Tel:07808860633 ksnchelle@hotmail.com

Labour Party (Local Branch):

Secretary: Mr John Zielinski **Tel: 01760 622738**.

League of Friends of Swaffham Hospital:

Meets at 7.30 on second Tuesday of the month at Swaffham Hospital. Chairman: Colin Houghton
Tel:01760 336025. Vice Chair: Iris Reeve
Tel:01760 721430.

Lions (Swaffham & District):

Charitable organisation with emphasis on helping the local community. Meets second Monday of the month at the Assembly Rooms, Market Place, Secretary Mr Peter Young **Tel: 01760 724120**.

Lioness Lions Branch Club:

Charitable organisation with emphasis on helping the local community. Meets on the first Monday of the month at the Lady of Pity Catholic Church rooms at 7.30pm. Secretary - Mrs K Nye
Tel: 01760 723377

Luncheon Club:

Every Tuesday at the Oasis Centre, Cley Road, Swaffham. For the elderly or those on a low income, come along at 12.00pm for a meal including sweet, tea or coffee. Contact Graham
Tel: 01760 723175

Macmillan Cancer Support:

A fund raising group of volunteers. Treasurer- Jenny Lyne Tel: 01760 440451.
nuttsbarn@aol.com.

Mencap:

For parents and Carers. Saturday Day Centre. Experienced volunteers working with people with disabilities. 1st Saturday of the month at the Sports Hall, Sacred Heart Catholic Primary School, Mangate Street. Contact: Registered Office Tel: 01362 693013 info@midnorfolkmencap.org

Move it or lose it:

Classes for the over 60's or anyone with mobility issues. Exercises can be done seated, standing or with support. Thursday 11.00am-12.00pm in the Assembly Rooms, Market Place. Contact: Sam Griss Tel: 07925602862. Jo Farnworth Tel: 07941086603.

Norfolk and Norwich Association for the Blind:

Chief Exec – Mrs Gina Dormer, Magpie Road, Norwich, NR3 1JH. Tel: 01603 629558
www.nnab.org.uk office@nnab.org.uk

Ornithological Society (Nar Valley):

For local bird watching and study. Meets last Tuesday of the month at 7.30pm at the Barn Theatre, Convent of the Sacred Heart, Mangate Street, Chairman - Mr Ian Black
Tel: 01760 724092. ian_a_black@hotmail.co.uk
www.narvos.org.uk

Pensioners Association:

Meets regularly in the Assembly Rooms, Market Place Swaffham for coffee mornings. Social Secretary - Mrs Stella Stewart. Tel: 01760 721757

Phoenix singers Ladies Choir:

Meets Monday 7.30pm at the Methodist church Rooms, Swaffham. Secretary - Mrs Annette Davies.
Tel: 01760 720298.

Powapak:

For 5-9 year olds. Meets Fridays (term time) 6.00-7.00pm at the Oasis Centre, Cley Road, Contact Oasis Centre Tel: 01760 723175

Probus Club:

For retired and semi retired business and professional people. Meets on the 2nd Tuesday of the month, 12.30pm at the George Hotel, Swaffham. Secretary Mr Rod Goddard Tel: 01760 722834 rodgoddard@hotmail.com

Rotary Club:

Meets 1st Monday of the month at 1.00pm, then all other Mondays at 7.30pm. At the George Hotel, Swaffham. Secretary: Jane Harding Tel: 01760 721202.

Royal Elizabeth Lodge no 8654RAOBGLE:

Meets on alternate Tuesdays at 8.00pm in the Conservative Club, London Street, Swaffham. Secretary Mr Walter L Rogers. Tel: 01760 720632.
walterogers@tiscali.co.uk

Royal British Legion (Swaffham Branch):

Meeting the needs of ex military personnel and their families. Meets on the 3rd Thursday of the month at the Swaffham Conservative Club. Secretary Mrs Anne Thorp. Tel: 01760 722611

Royal British Legion (Woman's Section):

Meets 2.30pm on 2nd Tuesday of the month at Valentine Barker Court, Swaffham. Chairman Iris Reeve Tel: 01760 721430 Secretary Mrs Barker Tel: 01760 724445

Royal Naval Association:

Meetings held on the fourth Tuesday of the month at 8.00pm at the Swaffham Social Club, Lynn Road, Swaffham. Social and Fundraising. Secretary Mr David Harman. Tel: 01760 336536

Rugby Union Football Club:

Rugby ground, North Pickenham Road, Swaffham. Mini Rugby, age 5-12 yrs, Sunday at 10.30am. Youth Rugby age 13-18 yrs, Thursday at 7.00pm.
Tel: 01760 724829

St. John's Ambulance:

Meets at the St. Johns Hall, St Johns Court, London Street, Swaffham. Badgers, 6-10 yrs, Thursday 6-7.30pm. Cadets, 10-17yrs, Tuesday 7-8.30pm. Adults, 18yrs+, Wednesday 7.30-9.30pm. Divisional Superintendent Mr R Rowling Tel: 01760 788182. rob.rowlingsja@gmail.com

Save the Children:

Secretary Mrs Janet Webb Tel: 01760 721929.

Stitch, Mardle and Mend:

A group of keen crafters covering Patchwork, Knitting, Crochet, Cross Stitch etc. Swaffham Community Centre Tuesday 7-9.00pm. and alternate Wednesdays 10-12 noon. contact Adrienne
Tel: 01760 336268.

Swaffham Arts:

A group established to promote professional and amateur entertainment in Swaffham with a programme of monthly events in the Assembly Rooms. Contact: Mary Rosenberg
Tel: 01760 302092

1st Swaffham Beavers:

Meets Thursday, 6.30-7.15pm, Cockley Cley Estate, Cockley Cley. For boys and girls 6-8 yrs. Group Scout Leader: Carolyn Cooper.
Tel: 07816 208687
gs1stswaffham@gmail.com

1st Swaffham Cubs:

Meets Tuesday, 6.30-8.00pm, Cockley Cley Estate, Cockley Cley. For boys and girls aged 8-10 ½ yrs. Group Scout Leader Carolyn Cooper.
Tel: 07816 208687.
gs1stswaffham@gmail.com

1st Swaffham Scouts

Meet Monday 7-9.00p.m. Cockley Cley Estate, Cockley Cley. For ages 10 ½-14yrs. Group Scout Leader Kirsten Stibbon.
Tel: 01760 724188
kirsten.stibbon@gmail.com

SKA Swaffham Kickboxing Club:

Juniors 5+ 5-6pm, Inters 6-7pm, Adults 7-8.30pm, Plowright Place. **Tel: Trevor 07585707196**

Swaffham History Group:

2nd Monday of the month, 2-4pm, Swaffham Museum. New members always welcome.
Tel: 01760 724470

Swaffham Camera Club: Affiliated to EAF.

1st & 3rd Wednesday of the month. Venue TBC
Contact: Chairman Mr R Ludlow. **Tel 07768150141**
richardludlow@compuserve.com

Swaffham Men's Shed:

Supporting the community by providing a base for men to meet, socialise, pass on skills, learn new ones, and integrate. Swaffham Rugby Club.
Secretary: Frederick Grange. **Tel: 01760 724724**
Mob: 07484113832

Swaffham & Litcham Home Hospice Support.

Provides palliative care in the home and other services to people living with cancer, life limiting or other terminal illnesses.
17-19 Brocks Road, Ecotech Centre, Swaffham, PE37 7XG **Contact: Wendy Martin**
Tel: 01760 722937 / 336645.
www.swaffhamandlitchamhomehospice.co.uk
homehospice@care4free.net

Swaffham Community Allotments & Leisure Gardeners Association. SCALGA:

Contact - Chairman Mr Graham Edwards
Secretary Mrs Jennifer Edwards
Tel: 01760 721321

Swaffham Golf Club:

18 Hole Golf Course. Cley Road, Swaffham.
Manager Mrs Lesley Reeves **Tel: 01760 721621.**

Swaffham & District Mental Health Association:

Merle Boddy Centre, Station Yard, Station Street. Swaffham. Day Centre for people with mental health problems including dementia.
The centre is open 5 days a week between 9.30a.m. and 2.30p.m. Contact Mrs Georgina Bell **Tel: 01760 724527.** merleboddycentre@hotmail.co.uk

Swaffham Museum Ltd:

Open Hours Monday -Friday 10-4.00pm, Saturday 10-1.00pm. Contact: Chairman Mr Steve Gregory
Tel: 01760 755596

Swaffham Pre-School Playgroup:

Windmill Sure Start Childrens Centre, Behind the Primary Academy, Brandon Road. From 18 mths age. Monday to Friday morning sessions 9-11.30am. Lunch sessions 11.30-12.30, and afternoon sessions 12.30-3.00pm. Contact Tina Grinsell **Tel: 01760 721114**

Swaffham Leisure Centre:

Brandon Road, Swaffham. Aerobics, Kickboxing, Circuit Training, Badminton, Trampoline Club, Football, Fun Club and Gym Room. Various activities in school holidays. All ages welcome. **Tel: 01760 723974/724046.**

Swaffham Twinning Association:

This club meets to promote exchanges with Couhé in France and Hemmoor Germany. Several social events are held throughout the year.
Web: swaffhamtwinningassociation.weebly.com
Chairman Cecilia Cogliatti **Tel: 01760 72590**

Swaffham VIP Club:

Social chat mixed with a programme of speakers, lunches & outings, all of which are failing sight friendly. Fourth Wednesday of the month 1.30-3.30pm. Community Centre, Camping land, Swaffham. Sec: Jonathan Reed **Tel: 01760 722800**
jonathan@iceni.info

Territorial Army:

677 Sqdn Army Corp 6th Reg (V). Drill nights are every Tuesday at 8.00pm at the T.A. Centre, Sporle Road, Swaffham. **Tel: 01284 753407.**

Tai Chi:

A gentle and relaxing form of exercise for all ages. Helps physical and mental well being. Wednesday - Beginners - 10.00am, Friday - Advanced 10.00am, Swaffham Community Centre. Contact Alan & Barbara Smith. **Tel:01760 723102.**

MOB:07587567406 academytaichi@yahoo.co.uk

www.academytaichi.co.uk

U3A University of the Third Age.

For retired or semi-retired people. Meets the first Thursday of the month. Contact Membership Secretary Mr Ian Clews **Tel: 01760 721247.**

Valentine Barker Court Social Club:

Meets the First Thursday of the month for tea coffee and a get together for the over 60's. 10-12.00pm at Valentine Barker Court, Greenhoe Place, Swaffham. **Tel: 01760 336904**

WEA:

Recreational and educational courses for adults. Monday 7.30-9.30pm and Friday 10-12.00pm. Swaffham Community Centre, Camping land. Contact Sylvia Bunce **Tel: 01760 723558**

USEFUL CONTACTS

Baptist Church:

38 Station Street, Swaffham. Tel: 01760 724595
office@swaffhambaptistchurch.org.uk
www.swaffhambaptist.co.uk

Catholic Church:

Our Lady of Pity, 31 Station Street, Swaffham.
Contact Father Gordon Williams. Tel: 01760
721418. ourladyofpity@btinternet.com
www.catholicparish-swaffham.org.uk

Methodist Church:

London Street, Swaffham. Contact
Mr & Mrs Thorp. Tel: 01760 722611.

Oasis Centre, Breckland Christian Fellowship:

Cley Road, Swaffham. Contact Pastor Graham
Chittock. Tel: 01760 723175

St Peter & St Paul:

Market Place, Swaffham. Contact: Parish
Administration Officer Tel: 01760 722941.

Swaffham Newsletter:

Editor 01760 722800.
swaffhamnewsletter@gmail.com

Swaffham Food Bank:

Details can be obtained through the Icen
Partnership at the Community Centre Tel:01760
722800

The Hamond Educational Charity:

To promote the education of people under the age
of 21 years in the Breckland district.
www.hamoneducationalcharity.org.uk

Bus Services:

Public transport information, Traveline
Tel:08706082608
Swaffham Dial-A- Bus Tel: 01760 720906