		September 20			
10	A-Z of Community Facilities in Bowthorpe Location: CB = Chapel Break CH = Clover Hill TS = Three Score MC = Main Centre				
Organisation	At	Contact	Phone	Other Information	
Abbotts Dance Academy	СН	Email hello@abbottsdance.com Contact Mark Abbott for info. www.abbottsdance.com All at Clover Hill Village Hall	07535 142 229	Dance classes available from 2yrs & onwards, acrobatics, ballet, street / break dance and modern jazz. Book your free class today. https://abbottsdance.com/promo web. bookings	
African Apostolic Church	СН	Clover Hill village Hall			
Alnwick Court Housing Care	СВ	Lisle Road, Chapel Break Norwich, NR5 9LD Retirement housing complex run by Norwich City Council.		Rummey club Monday, Wednesday, Thursday, Saturday afternoons	
Ashwell Court Housing Care	СВ	A retirement housing complex built in 1987 and run by Places for People Bendish Way Chapel Break NR5 9BS caroline.miles@cotmanhousing.co.uk/	07484 000 373	Monday: Bingo 2.00pm Tuesday: Seated keep fit 10.00am Lunch club 12.15pm followed by bingo Wednesday: Hairdresser 9.00am Knit & Natter 3.00pm Thursday: Mobile Me Games 10.00am Friday: Coffee Morning 10.30am	
Beaver Scouts	СВ	Sara Harrison bowthorpegsl@outlook.com		Wednesday 17:00 – 18:00 (Term time only) Chapel Break Village Hall. For children aged 6 – 8	
Bowthorpe	СВ	bowthorpegsl@outlook.com		Book share with Sara.	
Book Share Bowthorpe Community Trust St. Michaels	TS MC	Workshop Manager Bob Burrell Chair of Trustees Rev. Mark Elvin bowthorpe.trust@gmail.com	01603 746 106	Email for details St. Michael's Workshop is for people with learning disabilities within the community and surrounding areas. Hand crafted wood products, Godly Play, Holding crosses	
Workshop BHG Bowthorpe Heritage Group Community Garden	мс	Adrian Carol Madge	07765 350 383 01603 474 633 01603 749 280	Volunteer Project to develop and look after a Community Garden, Tolye Rd. Three Score NR5 9PR. behind Craft Workshops near Main Centre. All welcome to help. More volunteers needed - contacts on left.	
Bowthorpe Care Village	тs	Mayflower Court, Ladysmock Way, Norwich, NR5 9BF Manager: Diane Boros The Meadows, Ladysmock Way, Norwich, NR5 9BF. Manager: Cherry Peters meadows.reception@norsecare.co.uk	01603 594 060 01603 594 060	Mayflower Court has 80 bedrooms and specialises in caring for people living with dementia. The Meadows has 92 bedrooms and offers Housing with Care. Run by Norse Care (Services) Ltd info@norsecare.co.uk 01603 894 366	
Bowthorpe Hall	мс	Norvic Training UK Ltd Wendy: 01603 343534 info@norvictraining.co.uk Other users include; Little Lifts Buyer Group		A large, two storey brick house constructed by Sir Robert Yallop in the 17th century replacing an earlier hall. Various business groups use the premises.	
Bradecroft Sheltered Housing	СН	Rawley Road, Cloverhill, Bowthorpe, Norwich, NR5 9DS Retirement housing complex run by Norwich City Council.		Monday morning 10 am coffee and biscuits.	
Brownies	СВ	Becky Cordy		Chapel Break Village Hall Fridays 6 – 8pm for children aged 7 to 10 years	
Calvary International Ministries	СН	Clover Hill Village Hall, Sundays 10:30 – 13:30		Worship, music, dancing, praying, Gospel teaching	
Cascade Bank House School	СН	Dawn Wale head teacher Bright House, Bank School, Wendene, NR5 9AB schools@cascade-care.com	01603 744 482	Small independent school for up to 6 pupils aged 13 – 19 with complex learning needs.	
Care for Carers	<b>*</b>	Peter Rowley - Chairman info@careforcarers.org.uk	03007 778 880	Carers group support organisation. www.careforcarers.org.uk	
Chapel Break	СВ	Lesley Doy	01603 442 059	Monday to Friday (50 weeks a year)	

Out-Of-School Clubs		chapelbreak clubs@hotmail.com		at Chapel Break Village Hall. 3 to 12 years. Breakfast club 07:45 - 09:00. Afterschool club 15:00 – 18:00. Holiday club 07:45 – 18:00
Chapel Break Pre-School	СВ	Sara Harrison chapelbreakpre-school@hotmail.co.uk	01603 442 059	Monday to Friday (term time only) at Chapel Break Village Hall. Age 2 to 5. Morning & afternoon sessions between 08:50 – 15:00
Chapel Break Short Mat Bowls Club	СВ	Mike Hillary mrh_sr@yahoo.co.uk 24 Hearne Court		Short Mat Bowls Chapel Break Village, Hall Tuesday evenings @ 18:30.
Children's Services Bowthorpe Community Hub,		Independent Statutory Services Jasmine Hughes Jasmine.hughes@norfolk.gov.uk	01603 222 288	Bowthorpe Community Hub, Bowthorpe Hall Rd.NR5 9AA Office -based but have contact with different families.
Church (Bowthorpe	мс	Church Centre Office: bowthorpechurch@gmail.com Website: www.bowthorpechurch.co.uk Minister:	01603 749 614	One family of Christians who serve God & the Community. Main Service: Sunday 10.30 am Wednesdays: 10:00 Holy Communion Weekdays: Short Morning and Evening Prayer 8am + 7 pm (Taize style on Fridays)
Church)		Rev. Mark Elvin For Catholic Mass please contact Fr David Ward or Rev. Bill Dimelow	01603 742 812 01603 743 476	Hope Café Tuesdays 10 – 12 noon Tots Thursdays 9.30 – 11am Food Bank Fridays 10.30 -12 noon Quaker Worship on certain 5 <sup>th</sup> Sundays of the month - next: 29th October 6.30pm.
CB Community Association	СВ	Sara Harrison (Chairperson) chapelbreakbookings@hotmail.com	01603 442 059	To promote and co-ordinate community functions at Chapel Break Village Hall
CH Community Association	СН	Clover Hill Community Association office@cloverhillvillagehall.com www.cloverhillvillagehall.com	01603 748 531	To promote and co-ordinate community functions at Clover Hill Village Hall
Clubbercise	СН	Becks zumbabecks@hotmail.co.uk	07909 896 805	Tuesdays 7.30pm Clover Hill Village Hall Keep fit and have fun. Contact Becks.
Councillors		Peter Prinsley (L) p.prinsley@cllr.norwich.gov.uk Sue Sands (L) s.sands@cllr.norwich.gov.uk Mike Sands (L) m.sands@cllr.norwich.gov.uk Mike is both City and County councillor mike.sands@norfolk.gov.uk	07824 610 262 01603 594 995 01603 594 995 City 07557 634 894 County	All councillors seek to represent the concerns brought to them by local people. Councillor surgery every 3 <sup>rd</sup> Friday 10.30 – 11.30 during Food Hub at Bowthorpe Church Centre
Cub Scouts	СВ	Sara Harrison Email bowthorpegsl@outlook.com		Thursday 6.15-7.45 pm Chapel Break Village Hall Children from 8 to 10 ½ years
Doctors	мс	Trinity & Bowthorpe Medical Practice Bowthorpe Health Centre, Wendene, Norwich, NR5 9HA Dr's Morton, Simper, George, Barber, Turnham, Reynolds, Sudbury, Roberts, Abodunrin and Lang	01603 748 043 Appointments 01603 748 266 Visits & Enquiries	Surgery is open 08:25 – 18:00 On Monday, Tuesday, Wednesday, Thursday & Fridays. Telephone Lines Closed for lunch 13:00 – 14:00
		111 Out of Hours	Emergencies ONLY	Request for home visits to be made BEFORE 10:00 Test results, please call after 11:00
Easton Judo Club	СВ	Chris Abel chris@eastonjudoclub.co.uk		Monday 7 – 9pm Chapel Break Village Hall
Family Time Centre		20 Humbleyard, Clover Hill, Bowthorpe		Children's services, Norfolk County Council
Friends of West Earlham Woods (FWEW)		Noel Debbage friendsofwestearlhamwoods@gmail.com https://westearlhamwoods.wordpress.com/ Facebook Events can be found on Facebook and the monthly email newsletter	01603 749 397	Seeks to care for Bunkers Hill and Twenty Acre Wood, organising events, work mornings & litter picks.

				A modern, state of the art football facility
Football FDC Norfolk County FA	сн	The FDC, Bowthorpe Park, Norwich, NR5 9ED theFDC@norfolkfa.com ian.grange@norfolkfa.com	01603 704 050	featuring: 11-a-side 3G Harrod Sport Arena Four 7-a-side 3G pitches with roof netting Two 5-a-side 3G pitches with roof netting Walking Football sessions - Men's Monday & Friday 10am – midday; Women's Thursday 1.30
Home Education Practical Science	СН	Toni Hassett BSC MPhil PGCE tonihassett@gmail.com fully qualified, semi-retired SEN, science teacher. Facebook - Toni the tutor	07952 960 965	Hope to re-start 13th September 2023 for our GCSE biology group. And on the 20th for our key stage 4 mixed science and key stage 3 mixed science groups. Experimental biology, chemistry and physics. Specialising in dyslexia, ADHD, Aspergers/Autism and English as a second language. Classes designed to complement the national curriculum. Practical Science classes for home educated children, in small groups by age range, accompanied by parents and siblings. Contact Toni for details
Hope Cafe	мс	Bowthorpe Church, Bowthorpe Hall Rd. NR5 9AA bowthorpechurch@gmail.com	01603 749 614	A community Friendship Café. Tuesdays 10 – 12 noon primarily in term time. Drinks, cakes, optional activities
Knit and Natter Group		Trish Burrows Mondays fortnightly at Bowthorpe Church Centre	01603 741 071	10 am - 12. Knitting for Charities/Aids Orphans/Premature Babies.
Leyham Court Retirement Housing	СН	Paul Baum, warden paul.baum@anchor.org.uk Rawley Road, Norwich. NR5 9DJ	01603 747 245	Coffee Morning, Craft afternoons, Hoy, Canasta, Social events, and outings. All welcome. Monthly entry in Bowthorpe News will publicise special events.
Library (Costessey)		libraries@norfolk.gov.uk www.norfolk.gov.uk/libraries-local-history-and- archives/libraries/your-local-library/locations- and-opening-times/costessey-library	01603 742 669 03448 008 020	Costessey Library Breckland Rd. NR5 ORW Costessey.lib@norfolk.gov.uk Monday 9.30am-7pm, Tuesday 2pm-7pm, Wednesday 9.30am-7pm, Thursdays closed, Friday 2pm-7pm and Saturdays 11am-4pm.
Neesa Project	СН	See Neesa Facebook		Sewing club Clover Hill Village Hall Mondays 10:00 till 13:00
Norfolk Singing Hands	СН	Norfolk Singing Hands Facebook		British Sign Language choir. Any ability. Any age. 2nd Saturday of month. 10.15 – 12.15 £3 adults. Kids go free.
Norwich City Council Community Enabling Officer		Louise Curtis louisecurtis@norwich.gov.uk Community Enabling Officer West Local Neighbourhood Services	07827 058 985	Support for community groups and projects Norwich City Council, St Peter's Street Norwich NR2 1NH
Police		Earlham Police Station SNTNorwichWest@norfolk.pnn.police.uk	Emergencies only 999	101 – non emergencies https://www.norfolk.police.uk/contact-us Beat Manager PC 632 Baitey
Rainbows	СВ	Becky Cordy		Chapel Break Village Hall Fridays 5 – 6pm For children aged 4 to 6 years.
Schools	СВ	Chapel Break Infant School Thurlby Road, Norwich, NR5 9LU office@chapelbreakinfant.norfolk.sch.uk	01603 749 550	Head Teacher – Mandy Turner
Schools	СВ	St. Michael's V.A Junior School, Astley Road, Norwich, NR5 9LA stmoffice@allangelsfederation.org.uk	01603 745 812	Head Teacher – Mrs Helen McCarney
		Clover Hill Infant and Nursery School Rawley Road, Norwich, NR5 9AP	01603 745 559	Head Teacher – Mrs Helen McCarney
Schools	СН	choffice@allangelsfederation.org.uk Sara Harrison		, Wednesday 19:15 – 20:45

				Age 10½ to 14 years. Term time only.
Seabrook Court Housing Care	сн	Beloe Ave./Humbleyard, Clover Hill NR5 9NQ A retirement housing complex run by Norwich City Council.		Mon evening 7pm Bingo. Proceeds towards Fish 'n Chip supper every so often
Sew Friendly Quilting Group	СВ	Sue Colman	01603 740 089	Friendly group of ladies who are happy to share their knowledge. Meet 2nd and 4th Tuesdays of month, 7 -9pm Ashwell Court community lounge.
Slot Racing (Scalextric)	СН	Keith Wright www.norwichslotracing.co.uk	01603 748 531	Mondays 6 – 10pm. Scalextric 30 metre wooden 4-lane track.
Society Alive	сн	Godwin Unazi society.alive@yahoo.co.uk	07832 972 166	Thursdays 12.30 – 2.30. Community meal for all. Clover Hill Village Hall. Free. Donations welcome.
Squirrel Scouts	СВ	Lesley Doy	07827 922 223	Chapel Break Village Hall in term time. Wednesdays 3:30-4:30pm for children aged 4-6
St Michael's Ruin Trust	мс	Jo Storie Chair	01603 747 617	To preserve and enhance the Ruin of Saint Michael and All Angels as a community resource.
St Walstan Prayer Hut		Sally Simpson	01603 745 698	A place to sit, think and pray. In Bowthorpe Hall Rd. between St Michael's Cottages and Church House
Syrian Orthodox Church	мс	Fr. Jomon Punnoose frjomon@gmail.com Secretary: Mr Sabu Kurian st.georgeepi@yahoo.co.uk	01603 291 951	Congregation meets on 4th Saturday and 3rd Sunday each month in Bowthorpe Church Centre.
Toddler Group	СВ	Lesley Doy chapelbreakclubs@hotmail.com	01603 442 059	Monday 09:30 – 11:00 (Term time only) Chapel Break Village Hall. £2 per family, Inc all craft work & snack bar
Toddler Group	СН	Sara s.parfitt@hotmail.com	07905 655 242	Every Wednesday 09:30 – 11:00 (Term time only) Clover Hill Village Hall. £2 per family Includes refreshments.
Toddler Group	мс	Janet janet.craske123@btinternet.com Christine	01603 744 237 01603 740 488	Thursday 09:30 – 11:00 (Term time only) Bowthorpe Church Centre £1 per family, includes refreshments
Twin Oaks Nursing Home	СВ	Sue Nolan, manager 1, Hudson Way Chapel Break	01603 743 195	24 Hour Nursing care provided in a family environment.
Veterans	мс	Norkie Pub Bowthorpe Shopping Centre		Thursdays 10 am – 12noon Get-together for veterans who have served in any of the armed forces.
Village Hall (Community Centre)	СВ	Chapel Break Village Hall Lesley Doy chapelbreakbookings@hotmail.com	01603 442 059	Booking Secretary
Village Hall (Community Centre)	СН	Clover Hill Village Hall office@cloverhillvillagehall.com	01603 748 531	Contact details for Bookings
West Norwich Lions		Steve Moore, President Patricia Moore, secretary patmoorelion@gmail.com	0786 872 4266	2nd and 4th Wednesday of the month. 7pm at Clover Hill Community Centre Helping local people & small charities in time of need.
Winter Warmer	сн	Andrea Wright office@cloverhillvillagehall.com	01603 748 531	Knit, Crochet & chatter. Every Wednesday 1pm to 3pm Starting 4th October 2023 weekly until end of March 2024.
Women's Institute Bowthorpe	мс	Susan Grant raymond518grant@btinternet.com	01603 881 536	Friendly group of women enjoying talks, clubs, and social activities. At Bowthorpe church centre, first Monday of month except bank holidays.