



My Life, My Choice Programme

January & February 2012

Supporting people with learning difficulties to enjoy a social life

January 2012

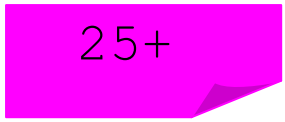


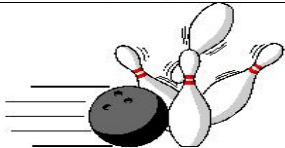


Please don't forget to ring or email in **ALL** the activity choices that you want to attend, so we can make sure there's enough helpers to keep everyone safe. If you do turn up at an activity without booking in you may have to return home

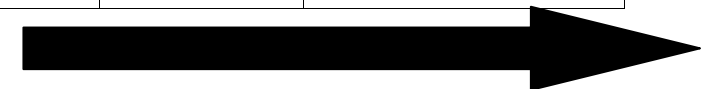
Date	Activity	Place to Meet	Times	Costs
Sat 7th	 Lunch & Cinema – Meet in Cromer for lunch out followed by a trip to the Cinema	Outside Cromer Parish Church	12 noon – 5pm	£11.50, bring money for drinks & snacks
Mon 9th	 Activity planning – Fed up with the same sessions? Or want to do more of the same? What do you want to do in 2012? Come along and shape the way your Activity lists will look for the coming year	About with Friends 'Base'	7 - 9pm	Free, bring money for drinks and snacks
Tues 10th	 Fun & Games Time Out Tues (up to age 25's) 'Wacky Wigs' - Come in your funniest wig, if you haven't got a wig have crazy hair for the evening	About with Friends 'Base'	7 - 9pm	£2.50
Weds 11th	 Chill out at the Base – Come and chat to your mates and have a meal together, before getting a lift on to the evening Bowling session	About with Friends 'Base'	4 - 7pm	£5.00, plus an extra £3.00 if you have a lift to Bowling
AF PG 1	 Bowling	Rossi's Strikers Bowl North Walsham	7 – 9pm	£5.00, bring money for drinks and snacks



Sat 14th		Swap Shop – If you have any unwanted gifts or items that you'd like to sell or swap with some of your mates, bring them along and set up your own little stall! Plus bring along any favourite games you played at Christmas to enjoy with your mates.	About with Friends 'Base'	12.30 – 5pm	£2.50, bring money for snacks/drinks and to buy items for sale
Mon 16th		Dating & Flirting - Unsure of how to act around people you like? Want to know how to find a partner and stay safe? Come along and chat with us about it in a safe, relaxed environment	About with Friends 'Base'	7 - 9pm	Free
Tues 17th	Time Out Tuesday	Time - Out Tuesday - If you are under 25 then why not come along and chill out with a game of pool, table football, and wii sports or just sit and chat to your mates.	About with Friends 'Base'	7 - 9pm	£2.50
Weds 18th		Chill out at the Base – Come and chat to your mates, have a game of pool or watch a film, before getting a lift on to The Crown	About with Friends 'Base'	4 - 7pm	£2.50, plus an extra £3.00 if you have a lift to The Crown
		Live Music and meal out at The Crown, Sheringham	Crown Sheringham	7.30 - 10pm	£10.00, bring money for drinks
Sat 21st		Chinese New Year in Fancy Dress - Its fancy dress time again! Music and Chinese themed evening to celebrate the Chinese New Year, includes a lovely buffet supper	About with Friends 'Base'	7.30 – 10.30pm	£7.50, includes Chinese buffet supper



Mon 23rd		25 + - Join your friends for a nice drink and a chat, play a game of pool or indulge in a snack.	The Kings Arms, North Walsham	7 – 9pm	Bring money for drinks and snacks
Tues 24th	2012 Year of the Dragon 	Fun & Games Time Out Tues (up to age 25's) - Chinese New Year celebrations, Chinese tasters and music!	About with Friends 'Base'	7 - 9pm	£3.50
Wed 25th		Chill out at the Base – Come and chat to your mates and have a meal together, before getting a lift on to the evening Bowling session	About with Friends 'Base'	4 - 7pm	£5.00, plus an extra £3.00 if you have a lift to Bowling
		Bowling	Rossi's Strikers Bowl North Walsham	7 – 9pm	£5.00, bring money for drinks and snacks
Sat 28th		Swimming at Splash, Sheringham, followed by lunch out – Enjoy a swim or just have fun with the waves and slide. Then go on for a late lunch at the Crown	About with Friends 'Base'	10.30am – 3.30pm	£12.00, bring money for drinks
Mon 30th		Pub Night at The Bluebell – Play pool or Darts, or just chat with your mates while having a drink	The Bluebell, North Walsham	7.30 – 9.30pm	Free, bring money for drinks and snacks
Tues 31st AF PG 3	Time Out Tuesday	Time - Out Tuesday - If you are under 25 then why not come along and chill out with a game of pool, table football, and wii sports or just sit and chat to your mates.	About with Friends 'Base'	7 - 9pm	£2.50



February 2012

Wed 1st		Chill out at the Base – Come and chat to your mates, have a game of pool or watch a film, before getting a lift on to the evening out at The New Inn at Roughton	About with Friends 'Base'	4 - 7pm	£2.50, plus an extra £3.00 if you have a lift to The New Inn
		Chinese Buffet Meal at the New Inn Roughton – This time the New Inn will be laying the food out for us on a large table, so we can pick what we want, when we want it!!	North Walsham Library Car Park	7 – 10pm	£16.00, bring money for drinks
			New Inn at Roughton	7.30 – 9.30pm	£13.00, bring money for drinks
Fri 3rd		Panto – Its Panto time, with Aldborough Players! Come and see Luke strutting his stuff on stage in a VERY late Christmas Carol!!	Aldborough Community Centre	7.30 – 9.30pm	£6.00, bring money for drinks
			North Walsham Library Car Park	7 – 10pm	£10.00, bring money for drinks
Mon 6th		Pizza & Lager night at the Base – Meet your mates at the Base for a relaxed evening of Pizza's, beer and fun! Non-alcoholic cocktails if preferred	About with Friends 'Base'	7 – 9.30pm	£7.50, includes food and drinks
Tues 7th		Fun & Games Time Out Tuesday (up to age 25's) - Grow your own Cress or grass Head!!	About with Friends 'Base'	7 - 9pm	£3.00
Wed 8th		Chill out at the Base – Come and chat to your mates and have a meal together, before getting a lift on to the evening Bowling session	About with Friends 'Base'	4 - 7pm	£5.00, plus an extra £3.00 if you have a lift to Bowling
		Bowling	Rossi's Strikers Bowl North Walsham	7 - 9pm	£5.00, bring money for drinks and snacks






Sat 11th		Valentine's Disco & Buffet Supper – Come and dance the night away with your loved one, or maybe come and find your one true love!!!	About with Friends 'Base'	7.30 – 11.00	£6.50, includes a romantic buffet supper 
Mon 13th		25 + - Join your friends for a nice drink and a chat, play a game of pool or indulge in a snack.	The Kings Arms, North Walsham	7 – 9pm	Bring money for drinks and snacks
Tues 14th		Time - Out Tuesday - If you are under 25 then why not come along and chill out with a game of pool, table football, and wii sports or just sit and chat to your mates.	About with Friends 'Base'	7 - 9pm	£2.50
Wed 15th		Chill out at the Base – Come and chat to your mates, have a game of pool or watch a film, before getting a lift on to the evening out at The Crown in Sheringham	About with Friends 'Base'	4 - 7pm	£2.50, plus an extra £3.00 if you have a lift to The Crown
		Live Music and Meal Out at The Crown Sheringham – Music by Red Leaf a four piece rock band, playing a mixture of covers and original material	Crown Sheringham	7.30 - 10pm	£10.00, bring money for drinks
Sat 18th		Karaoke Disco – Come and sing your favourite track for your friends, whilst they dance the night away	About with Friends 'Base'	7.30 – 10.30pm	£3.50, includes a hot dog, bring money for drinks and snacks
Mon 20th		Dating & Flirting - Unsure of how to act around people you like? Want to know how to find a partner and stay safe? Come and chat with us about it in a relaxed environment	About with Friends 'Base'	7 - 9pm	Free



Tues 21st		Fun & Games Time Out Tuesday (up to age 25's) Bingo	About with Friends 'Base'	7 - 9pm	£2.50
Wed 22nd		Chill out at the Base – Come and chat to your mates and have a meal together, before getting a lift on to the evening Bowling session	About with Friends 'Base'	4 - 7pm	£5.00, plus an extra £3.00 if you have a lift to Bowling
		Bowling	Rossi's Strikers Bowl North Walsham	7 - 9pm	£5.00, bring money for drinks and snacks
Sat 25th		Day out to Bury St Edmunds – Come and explore, including the Saturday Market, shops and Cathedral. Lunch out included	North Walsham Library Car Park	9.30am – 6pm	£15.00, including lunch out. Bring money for drinks and purchases
Mon 27th		Cinema	Cromer Regal Movieplex	7.20 (finish time depends on film seen)	£6.00, bring money for drinks and snacks
Tues 28th	Time Out Tuesday	Time - Out Tuesday - If you are under 25 then why not come along and chill out with a game of pool, table football, and wii sports or just sit and chat to your mates.	About with Friends 'Base'	7 - 9pm	£2.50
Wed 29th		Chill out at the Base – Come and chat to your mates, have a game of pool or watch a film, before getting a lift on to the evening out at The Crown in Sheringham	About with Friends 'Base'	4 - 7pm	£2.50, plus an extra £3.00 if you have a lift to The Crown
AF PG 6		Live Music and Meal Out at the Crown Sheringham	Crown Sheringham	7.30 - 10pm	£10.00, bring money for drinks



March 2012

Sat 3rd		Fire Station Tour & Meal Out – Su Lee has kindly organised us a tour of Sprowston Fire Station, which will include a chance to try out some of the fire fighters equipment!!! Followed by a meal out	North Walsham Library Car Park	1.15 – 7pm	£14.00, includes lunch, bring money for drinks
Mon 5th		Games night - Join us for fun & games at the base. Board games, Pool competition, Wii Bowling and more	About with Friends 'Base'	7 - 9pm	£2.50, includes a soft drink
Tues 6th AF PG 7		Hawaii night! (up to age 25's) - Get your grass skirts and Hawaiian shirts out and hula hula away!!	About with Friends 'Base'	7 - 9pm	£2.50

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About with Friends, 22d Holt Road, Cromer, NR27 9JW - **01263 515230**

Activity Bookings to bookings@aboutwithfriends.co.uk