

Cromer
Record Fair

60's in Town
Weekend

Cromer
Warm Space

Women's
Institute

Folk on the
Pier

Friends of
Cromer
Museum

TV Smith

We are not
every

Tom
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Cra
& Lob
Festiv



**Cromer
Community Centre**

At the heart of
Cromer

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oga

Forever
Fitness

Slimming
World

John Otway

Medicine head

Cromer
Comedy
Club

Paracise
Fitness

Cromer
Green Space

Yoga with Vee

Murder
Mystery
Evening

Tai Chi

Credit
Union

Cromer Record Fair

Vinyl, CDs and DVDs



Regular new stock

**Free valuation of
personal collections**



Cromer Community Association (CIO) (Charitable Incorporated Organisation) is a charitable body whose primary purpose is to manage and let Cromer Community Centre, which is situated in Garden Street, Cromer, NR27 9HN. It is run by trustees, with the objective to provide a facility for use by the people of Cromer and its environs to advance education and to provide facilities in the interests of social welfare, recreation and leisure time activities.

The hall was opened in 1957 as a facility for the Cromer Women's Institute, in December 2023 the freehold was transferred to Cromer Community Association (CIO) to secure the long term future as a valuable community facility.

The Community Centre hosts a number of groups who make use of its facilities three fitness clubs, local interest groups, recreational facilities and a record fair.

The Trustees are continuing to modernise the Centre and have already undertaken work with the funding under 'LEADER', a 'bottom-up' approach. This funding was from the European Agricultural Fund for Rural Development (EAFRD) delivered via Defra.

The work included Rebuilding and extension of entrance hall to improve disabled access and increase the storage area for mobility vehicles and push-chairs, installation for the first time of a

gentlemen's lavatory and refurbishment of ladies' and disabled lavatory and upgrade of the kitchen facilities plus the installation of a serving hatch.

Work to improve the centre will continue as funds permit, including methods to reduce the energy bills which have risen in recent years from £2.1k to £4.6k.

Since the start of the Energy crisis in 2021 trustees have been running a well-attended Warm Space every Wednesday and Friday mornings from 10am to 12.30pm.

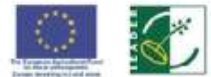
In 1983 West Runton Pavilion closed and was demolished leaving North Norfolk short of live music venues.

Cromer Community Association has now stepped into this void and created an entertainment programme offering live music and comedy. The principle is to bring well known artists to Cromer with sensible ticket prices, affordable drinks and a great night out for everyone, without having to travel miles.

Cromer Community Association is self-financing and all the money raised goes back into the community centre funds, with trustees putting their time and effort in for free. Any staff employed or people doing work for Cromer Community Association are paid at least the real living wage as set out by the Living wage Foundation.



Our grateful thanks go to:



The leader programme



Norfolk community foundation



The Community HeartBeat Trust



central coop



Postcode Places Trust.



The Crab & Lobster Festival



Yorkshire Building Society

Cromer Yoga

6-7pm Thursday
Cost per session: £7

Adam Davies 07773773345
cromeryoga@gmail.com

Suitable for all

Beginners welcome



YOGA WITH VSS



6-7pm Tuesday
Cost per session: £6
#YogaWithVee
www.rejuvee.co.uk
0789989456

With 20 years of Yoga teaching experience enriched by many trips to the Yogapoint Ashram in India, let my expertise guide you through an harmonious blend of postures, breathwork and meditation.



Paracise

11.15am Monday
£6 for 45 minutes



"You move your whole body gently but effectively in a Paracise class, which improves your functional ability"

*Just turn up - no booking required
No floor or mat work*

Paracise is a low intensity exercise to music class ideal for those who haven't exercised for a long time or are coming back from injury.

It is intended to be accessible to those with a wide range of health conditions such as arthritis, fibromyalgia, bad backs etc.

This class is designed to improve mobility, flexibility and balance.



Alexandra
07917 835810,

Forever fitness

Exercise for older adults

1.30pm Wednesday - no need to book

Cost per session: £5

Call Steve Banks for details 07493 624851

Facebook.com/foreverfitnessnorfolk

FALL PREVENTION - improve balance and co-ordination

FITNESS - benefit your heart and overall strength

FLEXIBILITY - keep stiffness at bay

FUN AND FRIENDSHIP - we'll have a cuppa and a natter



Slimming World

9.30am Thursday

For information: Call Rachel

07979723421

Join a friendly and super-supportive group at Slimming World.

yes you can
with Slimming World

less than £5* a week
per person per week on a Courthouse Cuisine

Contact your local Slimming World Consultant and join a friendly and super-supportive group today!

New Group
Cromer Community Centre

WEEKLY EVENTS

Tai Chi



6-7.30 pm Monday. Cost per session: £8

For information: Toby 07467 573406,
northnorfolktaichi@gmail.com



Tai Chi is proven to:

- Improve physical and mental wellbeing
- Improve balance and posture
- Improve joint mobility
- Improve breathing

Come and try the oldest and purest style of Tai Chi, suitable for all ages and levels of fitness

Cromer Record Fair

10am - 4.30pm

Free entry

Records bought
and sold



March	May	August	September	October	December
23 / 24	04 / 05	02 / 06	01 / 03	19 / 20	4 / 15
30 / 31	10 / 12	09 / 13	07 / 08	26 / 29	
April	June	16 / 20	14 / 15	November	
01 / 02	08 / 09	23 / 27	21 / 22	01 / 03	
06 / 09		30 / 31	28 / 29	09 / 10	
13 / 14	July			16 / 17	
20 / 21	13 / 14				
27 / 28	20 / 24				

Cromer Women's Institute

2nd Thursday of the month
(except August) from 2.00pm

New members welcome -
come and meet some new
friends!!

theWI

INSPIRING WOMEN



North Norfolk Open Studios



Friends of Cromer Museum

18th April "George Skipper; Architect – his Cromer Legacy"
Paul Dickson

20th September; no speaker booked yet.

18th October; no speaker booked yet.

15th November; no speaker booked yet.



Santa's Grotto and Sensory Area

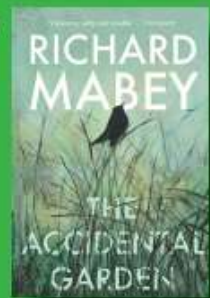
Saturday 7th December

Free Entry

12.00 to 15:30pm



Cromer Green Spaces



Friday 14th June

Richard Mabey in conversation with Eddie Anderson discussing his book, **The Accidental Garden**, to be published on 6th June.

Details on the Cromer Green Spaces website <https://cromergreenspaces.wordpress.com>



Cromer Comedy Club

First Night Friday 3rd May

Tickets £15 Doors open 7.30pm

Cash bar - reasonable prices

JONGLEURS

Friday 6th September

Friday 3rd May

Friday 4th October

Sunday 9th June

Friday 1st November

Friday 5th July

Friday 13th December

OCCASIONAL EVENTS

Murder Mystery Night Fundraising in aid of the RNLI

Saturday 6th July

Tickets £14

7.30pm - doors open 7.00pm

Teams of four

Price includes quiche and salad during the interval, folk should bring their own drinks.



Norfolk First

Wednesday & Friday

10.30am to 12:30pm

Credit Unions are ethical organisations that are set up by communities with common interests they are non-profit financial organisations that offer services such as savings, loans and current accounts to their members.



If you live or work in Norfolk we are your FIRST stop for savings and loans. No hidden charges or fees. Annual dividend on savings. Free life insurance on savings and loans.

Coming this Autumn

Blues and Booze
Weekend

The Mojo Band

An Evening **with...**



Music at the Centre

Buy tickets at:

www.cromercommunity.co.uk

or www.wegottickets.com/CCA



www.facebook.com/CromerCommunityCentre

MUSICAL EVENTS

Ed Tudor Pole

Friday 5th April

Original lead singer of the punk rock band
Tenpole Tudor

Tickets £12

Doors open 7.30pm

Bar at reasonable prices



John Otway and Wild Willy Barratt

Sunday 5th May

Over 50 years of music
and mayhem!

Tickets - in advance - £18

Doors open 7.30pm

All seated gig. Hurry, they
sold out last time!



Folk on the Pier

Friday 10th -
Sunday 12th May

Great Folk and Roots Music Concerts for the
Price of a Pint at the Community Centre...
From the Producers of Folk on the Pier'

Entry will be free to full-season Pavilion
Theatre ticket holders

Further details at www.folkonthepier.co.uk



Fiasco!



Crab &
Lobster Festival

Saturday 18th May

Fiasco! is a riotous explosion of joyous and soulful music from all around the world. Experience contemporary concert presentation at its best.

Tickets £12 Doors open 7.30pm



Tom Robinson

Up Close and Personal
Saturday 25th May

Musician and broadcaster Tom Robinson presents an evening of songs and stories from five decades of adventures in the music industry.



**SOLD
OUT**

TV Smith

Kicking off the
60's Weekend
Friday 7th June

Former vocalist and songwriter for 70's Punk giants The Adverts

Tickets £12

Doors open 7.30pm



MUSICAL EVENTS



Cromer - 60's in Town

Friday 7th June

Doors open 7.30pm TV Smith. Tickets £12

Saturday 8th June

10.15am 60's music videos

12.30pm Inside No 3 The Apple Story plus artefacts on display. **FREE**

3.00pm A Hard Day's Night Film celebrating its 60th Year **FREE**

4.30 More 60's music.

7.30 Doors Open . We are not Devo. Tickets £16

Sunday 9th June

10.15 am Music videos

12.00 Noon The Who Quadrophenia Film **FREE**

2.30 60's Culture afternoon The Italian Job and Summer Holiday plus 60s music **FREE**

7.30pm Comedy evening . Tickets £15



Garden Street closed

- Stalls in Garden street
- Poppyland Radio broadcast
- Record Fair in community centre

Devo

Saturday
9th June



The UK's only DEVO
tribute band

Tickets £16

Doors open 7.30pm

Cash bar - reasonable prices



Spike

Friday 21st June

The founder and front man of the
Quireboys - one of the UK's most
enduring rock 'n' roll bands

Tickets £18

Doors open 7.30pm



MUSICAL EVENTS

Medicine Head Unplugged

Friday 12th July

John Fiddler - Vocalist with British
blues rock band Medicine Head

Doors open 7.30pm

Tickets £12

Cash bar - reasonable prices



Dave Bainbridge & Sally Minnear

Sunday 14th July

Multi-instrumentalist Dave Bainbridge (Iona/Strawbs/Lifesigns) joins forces with Lord of The Dance vocalist and instrumentalist Sally Minnear for a spellbinding evening of music

Tickets £15

Doors open 7.30pm

Cash bar - reasonable prices



Tribute to **The Stranglers**

Friday 19th July

A very special storytelling and acoustic music Stranglers tribute show by Andrew Brammer

Tickets £10

Doors open 7.30pm



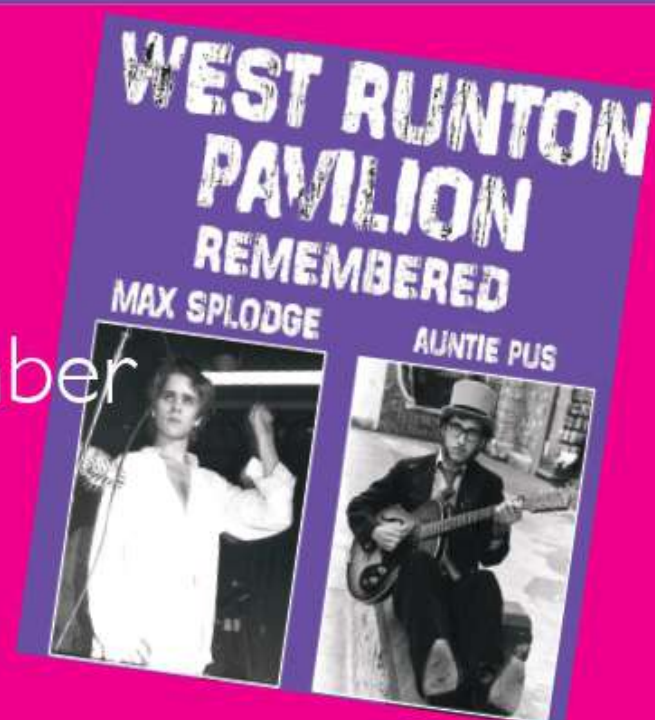
West Runton Pavilion Remembered

Friday 6th September

An event to remind us what North Norfolk has been missing for over 40 years

Tickets £14

Doors open 7.30pm



Wildwood Jack

Friday 27th
September

Tickets £9

Doors open 7.30pm

Contemporary folk played
with outstanding acoustic guitar
and ukulele.



Cromer Christmas Party

Friday 20th
December

Tickets only £10

Doors open 7.30pm

Cash bar - reasonable prices

More acts to be announced

Special guests include



North Sea Nights

End of Summer Ball

21st September

North Sea Coffee presents

North Sea Nights End of Summer Ball
in aid of North Norfolk Surf Life
Saving Club

Doors open 7:00pm - close 11:00pm

Tickets £12 - on sale from July.





Cromer Community Centre

Cromer Warm Space

PROVIDING SPACE WITH
RESPECT, DIGNITY & WARMTH



CLOTHES SWAP
Starting May -
monthly Clothes Swap
on the First Friday of the
month from
10.30am to 12.30pm



new.u
Swap
Borrow
Experience
<https://new-ultd.co.uk/>

Every Wednesday and Friday 10am to 12.30pm