

Free events for young people
in Norfolk

map



Summer Programme

What is MAP and how can I join in?

This summer, MAP are running free events for young people all over Norfolk. Almost all the events are drop-in friendly, which means you don't need to sign up, just come along on the day.

There are lots of events and opportunities you can get involved with at MAP all year round. We can also support you with free, confidential advice on anything you're dealing with, or mental health support if you need it.



Call: 0800 0744454

Email: advice@map.uk.net

Drop-in:

Find your nearest drop-in centre on our website
www.map.uk.net

MAP's Youth Bus

This summer, our youth work bus is coming to you!

The bus is fully equipped with snacks, games, wifi, games consoles, and more. Come on your own or with friends, relax, chill out, seek advice on your wellbeing and mental health, and meet our friendly team of advisers and youth workers.

The Youth Bus is stopping at...



7th August	Breckland: East Harling, Old Buckenham, Banham
15th August	East Norfolk: Acle, Martham, Caister on Sea
21st August	North Norfolk: Fakenham, Sheringham, North Walsham
29th August	West Norfolk: Methwold, Great Massingham
4th September	West Norfolk: King's Lynn

Follow us to find our exact location on the day: @mapyoungpeople

Chill Spot: A relaxed environment with lots of games, snacks, arts & crafts and other activities that you can take part in. Ages 11-16.	St Georges Theatre Cafe Great Yarmouth NR30 2PG	24th July 4.30-6.30pm
Chill Spot Ages 11-16	St Georges Theatre Cafe Great Yarmouth NR30 2PG	31st July 4.30-6.30pm
Chill Spot Ages 11-16	St Georges Theatre Cafe Great Yarmouth NR30 2PG	7th August 4.30-6.30pm
Chill Spot Ages 11-16	St Georges Theatre Cafe Great Yarmouth NR30 2PG	14th August 4.30-6.30pm
Chill Spot Ages 11-16	St Georges Theatre Cafe Great Yarmouth NR30 2PG	21st August 4.30-6.30pm
Sport Spot (Boxing): Get active and enjoy a different sport each week. Take part in sports like boxing, climbing, swimming, and more. Ages 13-18.	Marina Leisure Centre Great Yarmouth NR30 2ER	27th July 7.00-8.00pm
Sport Spot (Clip n Climb): Ages 13-18	Marina Leisure Centre Great Yarmouth NR30 2ER	3rd August 7.00-8.00pm
Sport Spot (Gym): Ages 13-18	Marina Leisure Centre Great Yarmouth NR30 2ER	10th August 7.00-8.00pm
Sport Spot (Boxing): Ages 13-18	Marina Leisure Centre Great Yarmouth NR30 2ER	17th August 7.00-8.00pm
Sport Spot (Swimming): Ages 13-18	Marina Leisure Centre Great Yarmouth NR30 2ER	24th August 7.00-8.00pm
Youth in Mind: Enjoy free food, activities & games, something creative, and a space to get your voice heard on local mental health services. Ages 11-25	Norwich	2nd August All day
Youth in Mind: Enjoy free food, activities & games, something creative, and a space to get your voice heard on local mental health services. Ages 11-25	Great Yarmouth	14th August All day
Youth in Mind: Enjoy free food, activities & games, something creative, and a space to get your voice heard on local mental health services. Ages 11-25	King's Lynn	25th August All day
X Adventure Activities: A day out at X Adventure out-door activity centre. Ages 11-19 (up to 25 with a disability)	Horsford	29th August 10am-3pm

To attend any events highlighted in yellow, you can sign up and find out more using the QR code. You can drop in to any other events on the day without signing up. All events are free of charge.

Sign up for **yellow** events using the QR code or [click here](#):

