

The logo features three overlapping orange ribbons with a 3D effect, set against a background of concentric blue circles. The top ribbon contains the word 'THETFORD', the middle ribbon contains 'SPORTS FEST', and the bottom ribbon contains '2022'.

THETFORD

SPORTS FEST

2022

Sports Fest 2022

Sports Fest 2022.....and beyond

It was fantastic to be able to kick-start the Summer with the return of Thetford's Sports Fest, which saw over 1000 visitors trying out new sports, watching live demos and listening to inspiring Q&As. Not only a magnificent showcase of the rich opportunities available in our local area, but a clear symbol of how far we have come since the pandemic stopped Sports Fest and all similar events in their tracks.

Hosting the event at our London Road playing fields is a great honour for Thetford Grammar School, and comes out of our commitment to be a part of the superb local community. We believe that sport, exercise and mindful activity are integral to physical and mental health, what better way to advocate for this than to bring together so many clubs and providers in an open, accessible, free event?

Within the pages of this magazine, you will find contact details for the organisations that took part; they are all wonderfully friendly and approachable so, if you haven't yet signed up, it is never too late to do so.

We have already heard from several providers that they successfully recruited new members during Sports Fest, as well as from children and adults that have found new hobbies. This is the biggest driver for an event like Sports Fest, and the main reason why we want to make sure it continues to grow each year.

If you would like to get involved in the organisation of Sports Fest 2023, we are keen to form a committee that includes members of the local community, activity providers and business partners. Please drop an expression of interest to bookings@thetgram.norfolk.sch.uk, and we will take it from there.

Mr M Brewer,
Head of Thetford Grammar School



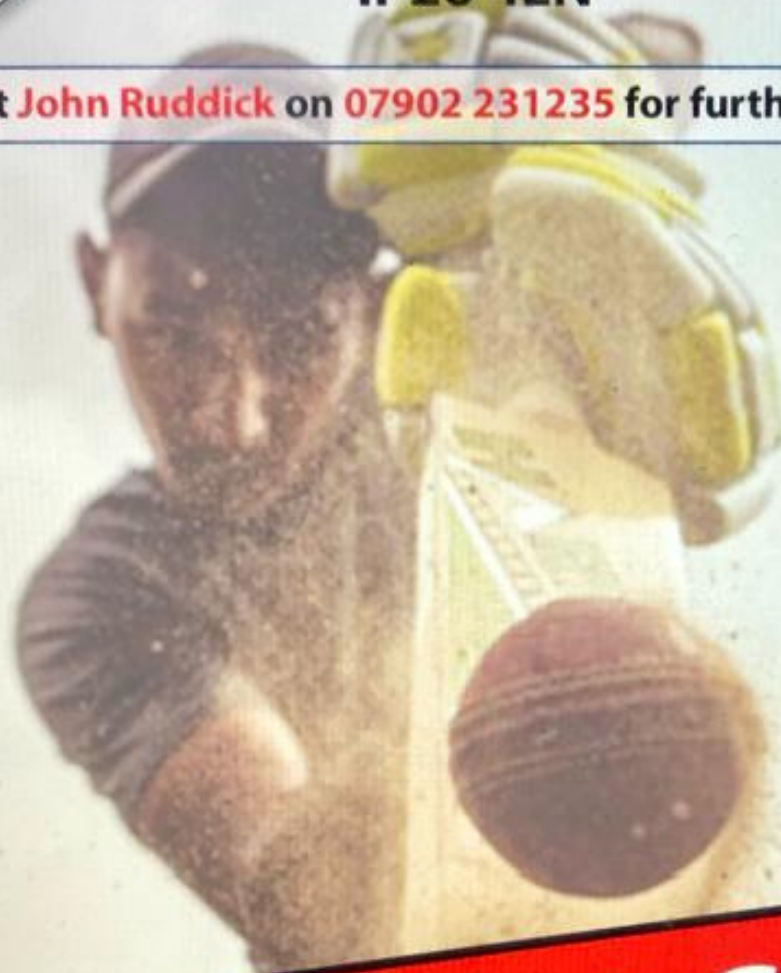


HOCKWOLD CRICKET CLUB

IP26 4LN



Please contact **John Ruddick** on **07902 231235** for further details and to book.



JUNIOR COACHING

Please note that, as with all events, this is being planned in line with government Covid-19 regulations, and is therefore subject to change.

STARTING WEDNESDAY 20TH APRIL
FROM 5.30 TO 7.00PM

£20.00 FOR THE WHOLE SEASON
WHICH INCLUDES A HOCKWOLD CC CAP
(FAMILY DISCOUNT AVAILABLE)

*** LIMITED SPACES AVAILABLE ***

BOYS & GIRLS WELCOME
Age Range 5-14.

The sessions will run through in to July, with all equipment provided.



NORFOLK
CRICKET BOARD



Ambition
Baton Twirling

NEW MEMBERS WELCOME

GIRLS & BOYS AGED 3+

**Are you looking for a new activity for your child to try?
Ambition Baton Twirlers are recruiting new members
to come and join in the fun!**

**A combination of baton work, acrobatic arts, dance and
pom poms. Opportunities to twirl recreationally, take part
in displays and also compete regionally and nationally**

FIRST SESSION FREE

When - Sunday Afternoons

Where - Cloverfields Community Church, Thetford

Cost - £3 per week for a 1hr session



*follow us on
social media*



@Ambition Baton Twirling



@ambition_twirlers



CALM CATS

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Therapeutic Activity Card Packs

Wellbeing Toolkit

Kids selfcare Subscription Box



**Helping children (and parents) manage big feelings.
Learn strategies to look after their emotional health
and build healthy habits to navigate life's ups and
downs**



**Keep up to date
with news, offers
and events here**



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@calm.cats

www.calm-cats.com

@eastangliankickboxing



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Kickboxing lessons up to 6 days a week

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eastangliankickboxing@gmail.com

WWW.EASTANGLIANKICKBOXING.CO.UK

ThunderCats Studio

Cheerleading Dance Gymnastics



μ www.thundercatsstudio.co.uk

✉ thundercatsstudio@gmail.com

f [@thundercatsstudio.co.uk](https://www.facebook.com/thundercatsstudio.co.uk)

☎ 07791 006930

"One Team. One Dream. One Family"



Book Here



Self Esteem Self Confidence Self Defence

***Some things are more important
than learning how to fight***



MARTIAL ARTS & FITNESS



Google
Reviews ★★★★★

www.thetfordmartialarts.com



parkrun



Breckland Leisure Centre junior parkrun

**A 2 km run for ages 4 - 14 every Sunday, 09:00
field behind Breckland Leisure Centre, Thetford.**

Join us for this fun, free event!

For more information go to our website:

www.parkrun.org.uk/breckandleisurecentre-juniors

Alternatively Email:

breckandleisurecentrejuniors@parkrun.com





A wide range of classes suitable for all ages, from walking up to adults. IDTA Exams, Acrobatic Arts Certified, Official AcroPAD Centre, Competition Teams, Workshops, Summer Schools, Private Lessons and Annual Performances.

Classes we offer include: Ballet, Tap, Jazz, Acrobatics, Musical Theatre, Street Dance, Contemporary, Boogie Bounce and Parent Toddler Classes.

Book your FREE trial class today!

Contact us:

Hello@centrestage-studio.com

07511517321



**Do you want to give Rugby
a try....?**

Then whats stopping you?

All skill levels welcome!

Mundford Rd.

IP24 1LS



Training is Tuesdays & Thursdays 7pm prompt.

Qualified coach.

Games are played on Saturday afternoon.

Showers, changing facilities, bar and refreshments.

Contact: thetford-rfc@outlook.com or Peter

07845008141 or [Facebook.com/ThetfordRugbyClub](https://www.facebook.com/ThetfordRugbyClub)



GIRLS NIGHT OUT WALK

11.2 OR 6 MILES

Sponsored pyjama walk around Bury St Edmunds
in aid of St Nicholas Hospice Care.

Walk with us Saturday 10 September

Sign up at girlsnightoutwalk.co.uk



Sign up and save £5
with our early bird offer:
£15 before 31 May.

*because
you matter*

**St Nicholas
Hospice Care**

A Registered Charity No. 287773

Kindly sponsored by:

JAYNIC

ChassisCab
TRUCK CENTRES


GREENE KING
BURY ST EDMUNDS

Havebury
Housing Partnership

A night to remember

Come and join our big pyjama walk

Starting at Angel Hill, Bury St Edmunds, from 6.30pm, walkers gather in their PJs and prepare to set off at 8pm donning their bunny ears and dancing to music.

During their walk, they are supported by each other, marshals and entertainment, and finish with a medal around their necks, cheers in their ears, a piece of cake in their tummy and a cup of hot chocolate in their hands.

All funds raised support St Nicholas Hospice Care's work in the communities of West Suffolk and Thetford.

Walk in memory of loved ones

For many walking, it is a special evening for remembering loved ones. Together we reflect and shine a light during a memory-minute, and tributes are pinned to dedicated walls on Angel Hill and at the Hospice.

How to find out more and register

Please visit www.girlsnightoutwalk.co.uk to find out more about the event.

You can take advantage of our early bird offer and save £5 on the registration fee. £15 before the 31 May.



Scan to visit our website.



EXPLORE THE WORLD, AND
WHAT IT MEANS TO BE HUMAN

WHOLE SCHOOL OPEN DAY

SATURDAY 1ST OCTOBER

10:00 - 13:00



Join our Whole School Open Day on Saturday 1st October. All departments will be running linked activities on the theme 'What does it mean to be human?'

An exciting morning of exploring the topic, meeting our staff, and finding out about your child's educational journey at TGS.

Register now at thetfordgrammar.co.uk
email: admissions@thetgram.norfolk.sch.co.uk
01842 752840



TGS EVENTS

SIGN UP TO ANY OF OUR FREE EVENTS TODAY!

Find out more on starting your child's journey at TGS

Pre-School

Join us for our Discovery Mornings - Friday mornings Fortnightly from **16th September**
Stay & Play session designed to help children aged 2+ discover the world.
Session runs from 9:30am until 10:30am.

Prep School

STEAM Experience Days - 13th October and 16th December
For pupils in Y2 to Y5.

Build skills in Sciences, Technology, Engineering, Arts and Mathematics in these fun, themed days.
From 8:45am until 3:45pm

Lower Senior School

What to Expect in Senior School, for pupils and parents in Y5 & Y6, 28th September 4:00pm-5:00pm
Find out how to prepare for the next steps in education and the TGS journey.

Year 6 CSI Day - 22nd November

Year 6 detectives solving crimes using Sciences, Technology, Engineering, Arts and Mathematics.
From 8:45am until 3:45pm

Upper Senior School

GCSE Choices & Careers Advice Evening, 14th September, For pupils and parents in Y8 & Y9.
Find out about GCSEs, how to choose the right subjects, and what career paths these can lead to.
5:00pm-6:00pm.

From GCSE to University, 9th November, for pupils and parents in Y10 & Y11.

Explore the journey from GCSE studies to university and careers beyond.

Q&A session with educational experts and recent graduates.

From 5.00pm-6.30pm

GCSE Experience Day, 16th November, for Pupils in Y8 & Y9.

Get hands on with a range of GCSE subjects, learn effective study skills and how to excel.

8:45am-4:00pm

Sixth Form

Pathways Open Evening, 22nd September, for parents and pupils in Y10 & Y11.

Discover our A level provision and find out about our specialist university and career pathways.

5:30pm-6:30pm

Pathways Experience Day, 27th September, for pupils in Y11.

Join our Sixth Form for the day and experience the academic and life skills support that prepares students for top universities and careers.

8:45am-4:00pm

Whole School Open Day - 1st October 10:00am-1:00pm

What does it mean to be human today?

From Pre-Prep to Sixth Form, enjoy interactive sessions designed to help learners discover the world and our place within it.

Email admissions@thetgram.norfolk.sch.uk to book or sign up at our website
thetfordgrammar.co.uk

Follow us on Facebook or Instagram for updates @thetfordgrammarschool



Children's Events - High Lodge



FUN & FRIENDLY

PERFECT FOR BEGINNERS



Adult Go Tri Duathlons - High Lodge

Making Multi-Sport Fun!

Stradbroke Triathlon & Junior Aquathlon



A GREAT CHALLENGE

KEEP FIT & HEALTHY



Other Off-Road Events - High Lodge

GO TRI



Forestry England

www.canbuttri.co.uk info@canbuttri.co.uk

THETFORD NETBALL CLUB

Training session times:

- ★ U12 session (up to year 7) on Saturdays 9:45 am - 11:15 am
- ★ U15 session (up to year 10) on Saturdays 11:15 am - 12:45 pm
- ★ Development session on Tuesdays 6:30 pm - 8:00 pm
- ★ Seniors session on Thursdays from 6:30pm

Interested in joining a netball club? Come and join us at Thetford Netball Club!

We train at:
Kings House Gardens
King Street
Thetford
IP24 2AP



If you enjoy netball or want to learn to play, come along and have lots of fun and make friends at our friendly netball club.

Website- <https://www.thetfordnetball.co.uk>

Email- thetfordnetball@gmail.com



@ Thetford
Netball Club



@Netball
Thetford



@thetfordnetballclub22



Ditch the workout

**Join the
party!**

**Latin and international
music creates an explosive,
booty shakin' party of a
workout that has you
leaving on a high!**

**Give your calories one last
dance - classes in Thetford,
Old Buckenham and Stanton.**

**£5
PER CLASS**

Contact Lou on 07866 534087 or

zumba-loulou@hotmail.co.uk



Zumba Lou Lou

DISCOVER RUGBY

and make friends who
always have your back



RFU
Accredited Club

WITH DISS RFC VIXENS

Girls training U13's U15's and U18's all levels welcome
Wednesday 7pm to 8.30pm
Sunday 11.30am to 1.00pm



For more information:

dissvixensrfc@gmail.com

James Stanley 07792403871

www.dissrfc.co.uk

DISS RUGBY CLUB, MACKENDERS, BELLROPE LANE, DISS, IP22 5RG

Thetford Town Youth FC

FOOTBALL

Open trials during July



»»»» **U15's**

Don't miss this great opportunity for our U15s

Every Wednesday from 6pm-7:30pm
Behind Breckland Leisure Centre

FOR MORE ENQUIRIES CALL

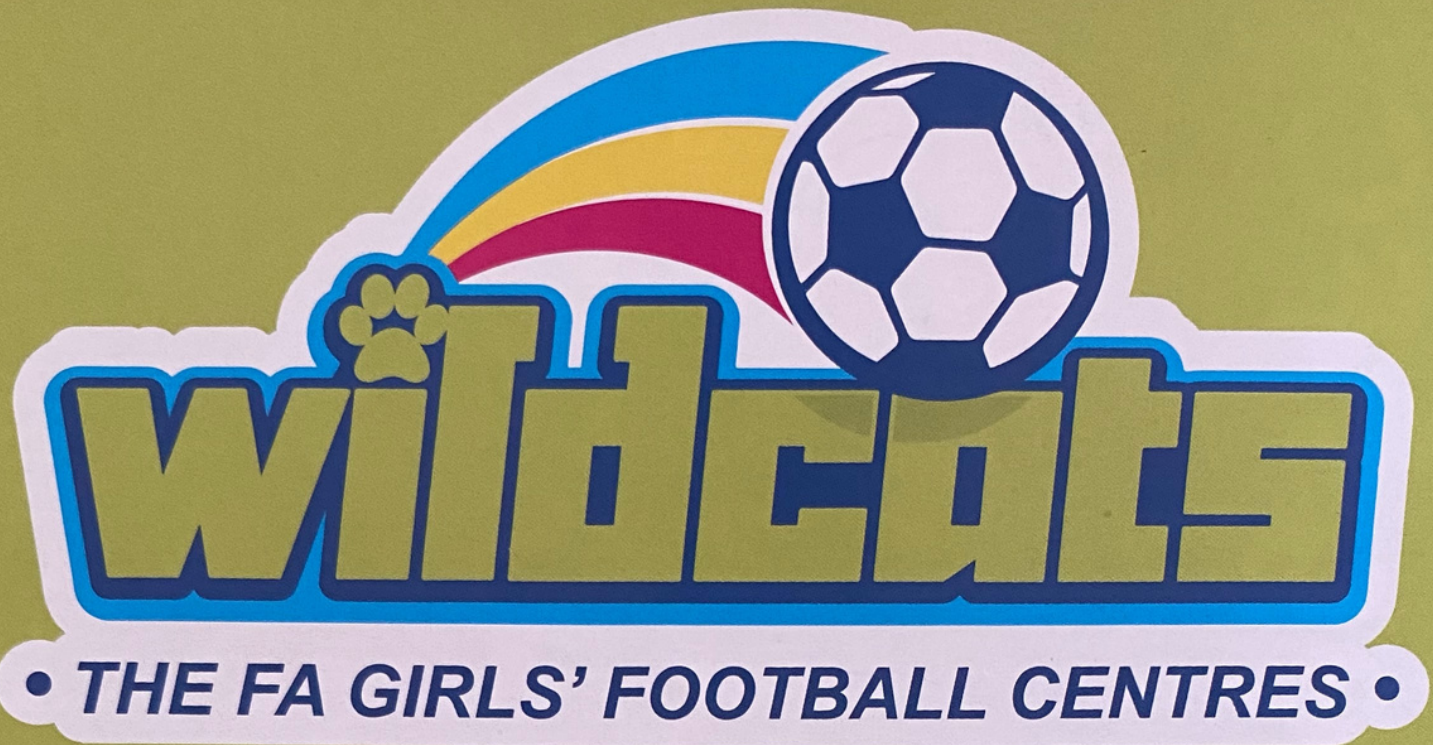
Sandro on 07760125959



**ACCREDITED
CLUB**
PART OF ENGLAND FOOTBALL



www.Thetfordtownfootballclub.com



Thetford Bulldogs FC Wildcats Centre
is for girls 5 - 13 years old.

Every Monday Night at the
Charles Burrell Centre.

Come and have fun and make new
friends playing football!

£2 per session.

For more information please contact
Kirsty Turner
07771744437

Thetford Bulldogs FC

Thetford Bulldogs FC have teams from 4-16 years old. We are currently looking for players for our U12's, U13's and U14's mixed teams. We are also looking for **U15's** Girls to join us.

We train every Saturday at the Charles Burrell Centre 10-12pm.
U16's Girls every Wednesday 6-7pm at Euston Playing Fields.
All our coaches hold a CRC and have at least got their FA Level 1 Coaching Badge.

If interested in either playing or coaching contact
Kirsty Turner 07771 744437
for further details.

We are a FA Development Club



New Members & Renewals

Contact

Junior Membership	junior-membership@thetford-ac.co.uk	Contact Us
Junior Membership	senior-membership@thetford-ac.co.uk	Contact Us

We are HIRING



**We have some amazing opportunities
right across the village, offering:**

- ✓ FLEXIBLE SHIFTS
- ✓ OPPORTUNITIES FOR OVERTIME
- ✓ FULL AND PART-TIME OPTIONS
- ✓ WEEKEND ONLY HOURS

Why join us?

- We're a reputable business, that values and looks after its staff and can offer job security
- In addition to all the usual benefits, we can offer you discounted holidays, free day passes to use our leisure facilities with friends and family, as well as discounts in our restaurants and shops
- We have great opportunities for career development and progression, with the opportunity to gain externally recognised qualifications

CHEFS
HOUSEKEEPERS
BAR AND WAITING TEAM MEMBERS
LIFEGUARDS
BEAUTY THERAPISTS
MAINTENANCE ENGINEERS
LEISURE INSTRUCTORS
RETAIL ASSISTANTS



See what's on offer and register your interest.

www.cpcareers.co.uk/elveden

www.centerparcscareers.co.uk





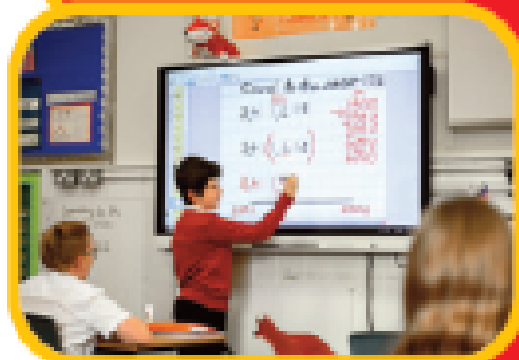
Eastern Multi-Academy Trust
Empower - Motivate - Aspire - Transform

Norwich Road Academy

'Pupils enjoy working with the kind and helpful staff in school.'

'Pupils behave well in lessons and at playtimes.'

An 'Ambitious Curriculum.' Ofsted, March 2022



Ofsted rated GOOD for:

- Leadership and Management
- Behaviour and Attitudes
- Personal Development
- Early Years

What we can offer you at Norwich Road:

- A 'Knowledge Rich' curriculum.
- Well behaved and co-operative pupils.
- High standards and ambitious leadership.
- Strong values and high aspirations.
- An Ofsted rated 'Good' Early Years provision, for pupils in Nursery and Reception.
- Extensive school grounds, including three playgrounds, fields, football pitch and a nature area.
- A well-stocked library.
- A wide range of extra-curricular activities.
- Before and after school care (7.30am – 5.30pm).



Please feel free to get in touch for more information or to arrange a visit.

www.norwichroadacademy.co.uk Facebook: Norwich Road Academy

office@nor.eastern-mat.co.uk

Twitter: @NorwichRoadAca

01842 753279

Instagram: @Norwich.Road.Academy

'Building our love of learning together'



Mundford Cricket Club

St Leonard's Street
Mundford
Thetford
Norfolk
IP26 5ED

Contact the club on:
mundford.play-cricket.com



Stemz Fitness

www.stemzfitness.co.uk

Tel: 07746902117

info@stemzfitness.co.uk



Snap Fitness

<https://www.snapfitness.com/uk/gyms/thetford/>

Tel: 01842 754961

thetford@snapfitness.co.uk

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Call us:

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thetford@locationlocation.com

Get social:

@locationlocationeast



Find us :


Suite 2, The Limes
32 Bridge Street,
Thetford, IP24 3AG



Community is our greatest *strength.*

We love to support local businesses, schools, charities and community heroes. Know someone who would benefit from our support? Scan the QR code.



LOCATION  LOCATION™

Move *Happy.*