

Priory Programme



LOTTERY FUNDED

It's all happening at the Prioory Centre

First used by Benedictine monks in the 12th century, the Prioory Centre is now a community hub. Its historic architecture and central location make it an ideal venue for meetings, training, parties or other events.

We run a daily programme of groups & activities which are open to everyone. Pop in and have a look around - or keep up to date with what's happening on our Facebook page: Great Yarmouth Community Trust at the Prioory Centre.

Open: Mon-Fri 9.00am - 10.00pm

Available weekends by request

T: 01493 743000 E: reception@gyctrust.co.uk



Do you have any memories or old photos of the Prioory? We are researching its history and would love to hear from you.

Prioory Friendship Club

Open to all adults

Contact Joleen: 01493 743014



Noble Hall	Fri	2.00-4.00pm
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A friendly social group for adults. Everyone is welcome. Join in with arts & crafts, play dominoes, table-tennis or board games. Tackle a Sudoku or a crossword puzzle - read the paper or chat! Refreshments are provided.

Regular attendees at the Club also get reduced rates on trips which we try to arrange two or three times a year.

There is no charge but we do welcome a 70p weekly donation.

Community Lunch

Contact John: 01493 743023

Open to everyone

Noble Hall	Mon	12.30-2.00pm
Midweek Tasty Bites	Wed	12.00-2.00pm
Noble Hall	Fri	1.00-2.30pm



Meet, eat and mingle! Our twice weekly community lunch is a great excuse to eat out on a budget, learn new recipes and meet new people.

Cost: £2.50 adults; £1.50 children (under 12). Book by 12 noon on the preceding Thurs (for the Mon lunch) and by 12 noon on the preceding Wed (Fri lunch).

Please let us know of any food allergies or special dietary requirements at the time of booking.

MIDWEEK TASTY BITES

Tasty snacks or 'light bites' are now being served in the Cafe on a Wed, including many old favourites, such as filled jacket potatoes, frittatas, couscous pizzas, soups etc.

Cost: £2.50 adults; £1.50 children (under 12). Book by 12 noon on the preceding Wed.

Short Mat Bowls

Open to everyone.

Contact Joleen: 01493 743014

Noble Hall	Fri	12.00-1.00pm
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Ever wanted to try short mat bowls? Have you played in the past and want to see if you still can? This group is for all levels, new to experienced. No need to book - just come along.

Cost: £1 donation - includes refreshments.



Priory Centre - Weekly Programme

All activities are FREE unless a cost is shown.

Monday			
Start My Week	New group for those over 50 with a long term condition. Spaces are limited. Call to book	Starts 9.30	07747 107910 01493 743000
Freestyle Arts	Arts & crafts for everyone	10.00-15.00	01493 721807
Internet Café	Open to everyone	9.00-13.00	01493 743023
Sing Your Heart Out	Singing workshops - open to all. Check website for dates: www.syho.org	11.00-12.30	www.syho.org
Community Lunch	Open to everyone. Book by 12 noon on the preceding Thursday. Cost £2.50 adults, £1.50 children under 12	12.30-14.00	01493 743023
New Bodies Exercise Classes	Legs, Bums & Tums/Body Sculpt. Cost: £4.90	17.30-18.15	07796 016411
	Easy Step Tums & Bums. Cost: £4.90	18.15-19.15	
Tuesday			
Internet Café	Open to everyone	9.00-13.00	01493 743023
Slimming World	Call for current special offers	17.30-21.00	07841 870430
GY Arts Society	1st Tues of the month	19.00-22.00	
Wednesday			
Slimming World	Call for current special offers	09.00-13.00	07841 870430
Rainbow Saver Credit Union	Open to everyone	10.00-12.00	
Internet Café	Open to everyone	9.00-13.00	01493 743023
Midweek Tasty Bites	Open to everyone. Book by 12 noon on the preceding Thursday. Cost £2.50 adults, £1.50 children under 12	12.00-14.00	01493 743023
Art Group	Arts & crafts - open to everyone	13.00-16.00	01493 844630
Basic IT	Basic IT for beginners	14.30-16.00	01493 743023

For further information contact Priory Reception:

T: 01493 743000 E: reception@gyctrust.co.uk www.priorycentre.co.uk

New Bodies Exercise Classes	Easy Step Tums & Bums. Cost £4.90.	17.30-18.15	07796 016411
	Power Conditioning. Cost £4.90.	18.15-19.15	
	Legs, Bums & Tums/Body Sculpt. Cost £4.90.	19.15-20.15	
Great Yarmouth Naturalists	Fortnightly Oct to Apr	19.30-21.15	01493 740625
Thursday			
Internet Café	Open to everyone	9.00-13.00	01493 743023
Stress Control Workshop	By referral ONLY	10.00-11.30	
New Bodies Exercise Classes	Power Conditioning. Cost £4.90	17.30-18.15	07796 016411
	Easy Step Tums & Bums. Cost £4.90	18.15-19.15	
	Fitness Yoga & Pilates. Cost £4.90	19.15-20.15	
Friday			
Internet Café	Open to everyone	9.00-13.00	01493 743023
Short Mat Bowls	Open to everyone	12.00-13.00	01493 743014
Community Lunch	Open to everyone. Book by 12 noon on the preceding Wednesday. Cost £2.50 adults, £1.50 children under 12	13.00-14.30	01493 743023
Art Group	Arts & crafts - open to everyone	13.00-16.00	01493 844630
Priory Friendship Club	Open to all adults	14.00-16.00	01493 743014
Warhammer	Open to everyone	19.00-22.00	
Saturday			
Slimming World	Call for current special offers	08.30-10.00	07841 870430
Sunday			
Hope Church	Open to everyone	16.30-19.30	07811 587304

Priority Internet Cafe

Open daily. Everyone welcome

Contact John: 01493 743023

Black Monks	Mon-Fri	9.00am-1.00pm
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Our trained volunteers can introduce you to the wonders of the World Wide Web! Skype friends and family, get started on Facebook, shop online, search for work on Universal Job Match ... these are all things we can help you with. If you have a laptop, tablet or Smartphone - bring it along. If not you can use our equipment.



Slimming World

Open to everyone Contact Claire: 07841 870430

Call Claire to find out about current special offers.

DAY	VENUE	TIME
Tues	Noble Hall	17.30-21.00
Wed	Noble Hall	09.00-13.00
Sat	Noble Hall	08.30-10.00



New Bodies Exercise Classes

Open to everyone

Contact Carol: 07796 016411
new.bodies@hotmail.co.uk



WEEKLY PASS: £11
 MONTHLY PASS £40 (to same date the following month)
 10 Pre-Paid Classes £40 (can be used at any time)

DAY	ACTIVITY	COST	VENUE	TIME
Mon	Legs, Bums & Tums/Body Sculpt	4.90	Noble Hall	17.30-18.15
	Easy Step Tums & Bums	4.90	Noble Hall	18.15-19.15
Wed	Easy Step Tums & Bums	4.90	Noble Hall	17.30-18.15
	Power Conditioning	4.90	Noble Hall	18.15-19.15
	Legs, Bums & Tums/Body Sculpt	4.90	Noble Hall	19.15-20.15
Thur	Power Conditioning	4.90	Noble Hall	17.30-18.15
	Easy Step Tums & Bums	4.90	Noble Hall	18.15-19.15
	Fitness Yoga & Pilates	4.90	Noble Hall	19.15-20.15

Freestyle at MIND

Arts & crafts for everyone



VENUE	COST	DAY	TIME
Grey Monks	3.00	Mon	10.00-15.00

We are FREESTYLE AT MIND and a very friendly group, where everyone can enjoy taking part in a variety of arts and crafts - including knitting and sewing - or bring your own craft.

£3 a day - all refreshments and nibbles are included.

Your first day is FREE.

Come and have a cuppa to see if you would like to join us.

Sue Davidson Therapies

BY APPOINTMENT ONLY

Contact Sue: 07825 150659



Swedish Body Massage, Indian Head Massage and Reiki Treatment.

Body Massage with Reiki - 1 hr: £25
Back Massage with Reiki - 30 mins: £15
Indian Head Massage - 40 mins: £20
Reiki Treatment - 1 hr: £20 40 mins: £15

Basic IT

FREE IT Course for Beginners

Contact John: 01493 743023



VENUE	COST	DAY	TIME
Black Monks	Free	Wed	14.30-16.00

Learn and develop your IT skills in the Priory Internet Café
Learn at your own pace in a friendly, supported environment
Learn how to use the mouse and keyboard
Build your confidence & knowledge as you work through the various stages
Gain certificates as evidence of your achievements



Looking for a party venue?



Hire of Noble Hall from £55.00 (half day)

Centrally located • Affordable • Welcoming

For further information or to discuss your requirements please contact our reception team T: 01493 743000 E: reception@gyctrust.co.uk
Or see our website: www.priorycentre.co.uk



Hire a Room

First used by Benedictine monks in the 12th century, and as a school from 1853 to 1992, the Priory Centre is now a building for community use.

We can accommodate events from one to one meetings to conferences for up to 200 people and rooms are available from 8.00am to 10.00pm.

The adjoining Noble Hall, Buttery and Refectory on the ground floor can be hired as separate rooms or as one large space - perfect for live performances, conferences, children's parties and much more. Contact reception for rates.

The Monks Suite, on the first floor, comprises four rooms of varying sizes. These rooms have a modern feel, whilst retaining the character of their historic setting. They are well equipped for meeting or training purposes and all areas have coded Wi-Fi available on request.

**To book please contact our reception:
T: 01493 743000 reception@gyctrust.co.uk**

Prices

	Half day (4 hrs)	Full day (8 hrs)
Grey/ White Monks	£27.50	£55.00
Evenings and Weekends	£30.00	£60.00
Refectory/ Buttery	£27.50	£55.00
Evenings and Weekends	£30.00	£60.00
Refectory AND Buttery	£40.00	£80.00
Evenings and Weekends	£45.00	£90.00
The Noble Hall	£55.00	£110.00
Evenings and Weekends	£60.00	£120.00
Brown Monks	£15.00	£30.00



Noble Hall



Buttery



Brown Monks

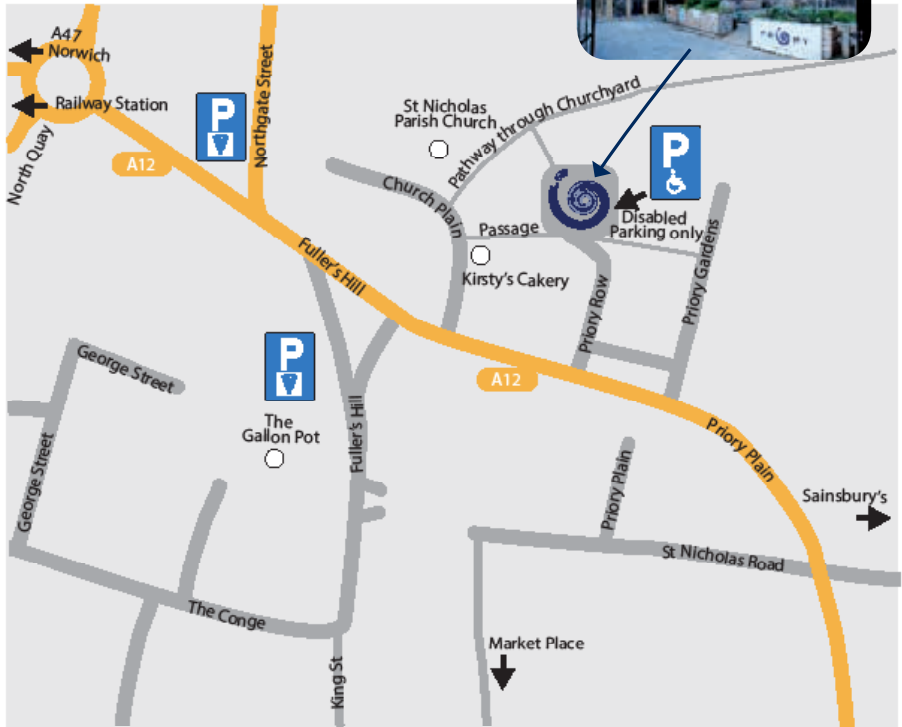


Grey Monks



White Monks

How to Find Us



CHILDCARE
FAMILY SUPPORT
AGELESS OPPORTUNITIES
OVER 25s YOUTH CLUB
CHILDREN'S CENTRES
INTERNET CAFE
COMMUNITY LUNCH
RESEARCH
ADVICE & GUIDANCE
ALTERNATIVE EDUCATION
ENGINEERING SKILLS
BUSINESS SUPPORT
UNIQUELY CHIC

Find us at:

www.priorycentre.co.uk



Great Yarmouth Community Trust
at the Priory Centre

@priorycentregy

