

NORTH NORFOLK WORKOUT GROUP

June 2016

| Date | Site | Activity | Meeting Point/Time |
|-------------|---------------------------------------|---|---|
| Friday 3rd | The Patch, Sheringham | Hoe down, weeds up! (Allotment work) | The Patch allotment site, Sheringham High School, 12.30pm |
| Monday 6th | **NO TASK** | **NO TASK** | **NO TASK** |
| Friday 10th | The Rookery, Walcott | June's in tune, on the farm (Grounds maintenance) | The Rookery, Rookery Farm Rd, Walcott, 11.45am . Minibus pickups: Cadogan Road car park, Cromer, 11am . North Walsham train station 11.30am . **PLEASE NOTE: NEW CROMER PICKUP PLACE** |
| Monday 13th | **NO TASK** | **NO TASK** | **NO TASK** |
| Friday 17th | Sheringham Park | Normal for Norfolk... (Woodland management) | Sheringham Park, National Trust car park, 11.30am **PLEASE NOTE: RETURN TO NORMAL TIMINGS & MEETING POINT TODAY** |
| Monday 20th | Beeston Bump walk | Midsummer Beeston cliffs walk (Approx. 3.5 miles) | Beeston Common lay by, off Cromer Road, opposite Priory Maze, 12.30pm |
| Friday 24th | Salthouse Heath | Take your pick! (Heathland plant survey and/or heathland litter pick) | Bard Hill Road car park, south of Salthouse, 12.30pm |
| Monday 27th | Cromer & Happy Valley walk | Circular walk (approx. 2.5 miles) Followed by an ice-cream on the pier?... | Cromer railway station, 12.30pm |

For more details, please contact us by:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Or visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group – June 2016



Dear volunteers and friends

Welcome to the award-winning North Norfolk Workout Group - we are a volunteer run community group, carrying out practical conservation activities to improve the biodiversity of our local green spaces, as well as our health and wellbeing.

As always, we will be running a variety of exciting conservation activities in June - we'll be returning to regular sites, such as the inspirational community allotment, the Patch; much-loved residential care home, the Rookery; and National Trust woodland jewel, Sheringham Park. We'll also be taking a couple of leg-stretching, summertime strolls...and continuing with our fascinating sessions alongside experts from Norfolk Wildlife Trust at Salthouse Heath. As part of the new County Wildlife Action project, we're helping to record the flora and fauna of this beautiful County Wildlife Site over the summer months.

The North Norfolk Workout Group offers people the opportunity to get outdoors, get a bit fitter, and feel better whilst doing good for the environment. Exercise is good for us all, and we believe that exercise outside with other people is even better. Our conservation activities are aimed at improving health and wellbeing, as well as the sites we work on. As a volunteer you are encouraged to work at your own pace, and, most of all, to enjoy your afternoon out, share a laugh, and make new friends.

Volunteering with the North Norfolk Workout Group can help you become both physically and mentally healthier. Outdoor exercise can increase your fitness and energy levels, reduce anxiety and depression, and raise your confidence levels.

By joining us on a task afternoon, you can meet new people, learn new skills, and have fun while helping the local environment. No experience is necessary, and you do not have to be fit to join! We welcome people with a variety of physical and mental health conditions, and/or limited mobility.

To find out more about us, our past achievements and future tasks, please visit our website at www.northnorfolkworkoutgroup.org

We hope to see you soon, on a June afternoon! Best wishes, Lucy and the Workout Group committee