

## North Norfolk Workout Project – Forthcoming Events

Please see the below programme for our exciting FREE scheme where volunteers can become fitter and healthier by taking part in conservation activities to improve our local environment, the North Norfolk Workout Project, up to March. You do NOT have to be fit or experienced to join us, in fact we welcome people who have a variety of physical and mental health conditions, and/or limited mobility.

It's been a wonderful autumn – we celebrated our project's 1<sup>st</sup> birthday by winning prizes at the Community Biodiversity Awards, the EDP Norfolk people of the Year Awards, and 2<sup>nd</sup> prize in a photo competition – this last one won us 50 Fairtrade chocolate bars! Now it's winter which means plenty of nice warming bonfires, but also seal watching, tree planting and lots of woodland and heathland management from Fakenham to Catfield – and a lot of places in between. We have lots of old favourites again, and a lovely new site at Southrepps, plus 2 garden makeovers for people in day or residential care. We aim to keep going in all but the most extreme weather!

You can choose to join in on any Monday, Thursday or Friday, 1-4pm. Sessions are for 3 hours, with a tea break halfway through. If you can't stay that long, then you are welcome to arrive or leave whenever you like - although it may sometimes be hard to find exactly where we are working, so it may help to meet us at the start. All sessions are run by a friendly and experienced leader who will provide training in practical skills. Activities range from gentle to strenuous, and you will be encouraged to work at your own level.

Please do contact Mark Webster if you have any further questions. There is no need to book, but if possible, please phone us before the first time you come to one of our sessions to let us know that you will be attending. This helps us to ensure we have enough tools for the day.

**Mark Webster [North Norfolk Project Officer]**

**01263 516 336 / 07843 069 567**

**[workout@btcv.org.uk](mailto:workout@btcv.org.uk)**

**[www.btcv.org/norfolk](http://www.btcv.org/norfolk)**

**Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.**

The North Norfolk Workout Project is delivered by conservation volunteering charity BTCV for North Norfolk District Council with additional funding and support from Natural England through Access to Nature as part of the Big Lottery Fund's Changing Spaces Programme, NHS Norfolk and North Norfolk Community Partnership.



**BOOKING**

You don't have to book, but it helps if you contact us before a project to let us know you're coming.

**MEETING POINTS**

A map is available showing the meeting points. If you would like a copy, or directions to the site, please contact us. Minibus transport is available from stated pick-up points ONLY.

**WE PROVIDE**

All tools and refreshments. If a site has toilets this is indicated below by 'WC'.

**PLEASE WEAR**

Old clothes and sturdy shoes or boots. Waterproofs if you have them.

**TETANUS**

Please ensure that your tetanus inoculation is up to date.

**Mobile number on the day:**

**07843 069 567**



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# North Norfolk Workout Project

# January 2011

Sessions start at 1pm and last until 4pm. All timings approximate.

Date/Time	Site	Activity	Meeting Points
Thursday 6th	<b>North Walsham Sadler's Wood</b>	Tree planting	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 7th	<b>Salthouse Heath</b>	Meet the Bronze Age Ancestors	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, junction of Bard Hill / Wood Lane (south from Salthouse village) 1pm.
Monday 10th	<b>Holt Country Park</b>	Tree planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 13th	<b>North Walsham Pigney's Wood</b>	Coppicing willows	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 14th	<b>Morston Quay</b>	Boat trip – seal watching (Bean's Boats)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, National Trust car park, Quay Lane, Morston (off A149) 1pm. *** LIMITED SPACES - BOOKING ESSENTIAL ***

# North Norfolk Workout Project

**January 2011 (continued)**

Date/Time	Site	Activity	Meeting Point
Monday 17th	<b>Holt Country Park</b>	Tree planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 20th	<b>North Walsham Southrepps Common</b>	Reed cutting	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 21st	<b>Fakenham Old Railway Cutting</b>	Installing bird and bat boxes	Cromer Train Station 12.10pm, Holt Road junction with Waterfield Avenue in Fakenham, 1pm.
Monday 24th	<b>Holt Hall</b>	Raiders of The Lost Rhododendron	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 27th	<b>North Walsham Pigney's Wood</b>	Woodland management	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 28th	<b>Cromer Burnt Hills and Howards Hill</b>	Tree planting (NNDC Fit For Business Day)	Cromer Train Station 12.10pm, Roughton Road junction with Brownshill (in Cromer) 1pm. Visit to (or work at) Howards Hill at end of task, time permitting.
Monday 31st	<b>Holt Country Park</b>	Tree planting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

**Mark Webster**

**North Norfolk Project Officer**

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# North Norfolk Workout Project

# February 2011

Sessions start at 1pm and last until 4pm. All timings approximate.

Date/Time	Site	Activity	Meeting Points
Thursday 3rd	<b>North Walsham Sadler's Wood</b>	Woodland edge habitat improvements	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 4th	<b>Briston Rowan Wood</b>	Tree planting	Cromer Train Station 12.10pm, Holt Market Place War Memorial 12.35pm, on site (please contact us for details) 1pm.
Monday 7th	<b>Holt Gravel Pit Lane</b>	Reed cutting	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 10th	<b>North Walsham Pigney's Wood</b>	Building stag beetle hotels	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 11th	<b>Catfield Sandholes</b>	Taking care of (unfinished) business	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, near Crown Inn car park (Ludham Road / The Street) in Catfield 1pm.

# North Norfolk Workout Project February 2011 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 14th	<b>Holt Country Park</b>	Are there any Rhodos left?	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 17th	<b>North Walsham Southrepps Common</b>	Wetland management	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 18th	<b>Cromer Howards Hill</b>	Lighting a beacon in the darkness	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 21st	<b>Holt Hall</b>	Duck island (no M.P.s allowed)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 24th	<b>North Walsham Pigney's Wood</b>	Thinning the spinney	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 25th	<b>Salthouse Heath</b>	Lumps, bumps, and clumps of heather.	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, junction of Bard Hill / Wood Lane (south from Salthouse village) 1pm.
Monday 28th	<b>Holt Country Park</b>	Rhodos roasting on an open fire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

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# North Norfolk Workout Project

# March 2011

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Date/Time	Site	Activity	Meeting Points
Thursday 3rd	<b>North Walsham Sadler's Wood</b>	Bramble and bracken bashing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 4th	<b>Cromer Howards Hill</b>	Can we restore the heath? Of gorse we can!	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 7th	<b>Holt Gravel Pit Lane</b>	Bonfire of the willows	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 10th	<b>North Walsham Pigney's Wood</b>	Felling trees (lumberjack song optional)	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 11th	<b>Sprowston Quiet Garden</b>	Garden makeover	Cromer Train Station 12.10pm, Sprowston Day Centre (Aslake Close, NR7 8ET) 1pm.
Monday 14th	<b>Holt Country Park</b>	We would have got away with it if it wasn't for...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.



# North Norfolk Workout Project

**March 2011 (continued)**

Date/Time	Site	Activity	Meeting Point
Thursday 17th	<b>North Walsham Southrepps Common</b>	Pond improvements	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, junction of Bradfield Road and Station Road, Lower Southrepps (near school, and 500 yards right from Gunton train station) 1pm.
Friday 18th	<b>Sheringham Pretty Corner</b>	Hunt the Rhododendron	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Pretty Corner <u>LOWER</u> car park (A1082 Holway Road near Woodland Rise West in Sheringham) 1pm.
Monday 21st	<b>Holt Hall</b>	Celebrity Duck Love island	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 24th	<b>North Walsham Pigney's Wood</b>	The ancient craft of coppicing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 25th	<b>Mundesley Rookery</b>	Constructing raised beds	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery (Rookery Farm Road, Walcott) 1pm.
Monday 28th	<b>Holt Country Park</b>	...those meddling Rhodos.	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 31st	<b>North Walsham Bacton Woods</b>	It's a mystery (task to be confirmed)	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Bacton Woods car park (follow signposts) 1pm.

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