



Welcome to the North Norfolk Workout Project!

Please find, along with this letter, programmes up to the end of June 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. 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.

Once frogspawn starts appearing in ponds, and the bird nesting season begins, we will take the opportunity to have a bit of a break from some of the scrub clearance work we have been doing over winter, and start to take a look around us at some of the wonders of nature locally. As you can see on the attached/enclosed programmes, there will be a mixture of seeing the effects of our hard work at our regular sites, and visiting some glorious new places too.

We have wildlife spotting walks in **Mannington, Catfield** (possibly seeing swallowtail butterflies), **Buxton, East Ruston, Cley** and **Holkham**, and we have outside specialists coming to teach us **biological surveying** at Kelling Heath and Gresham Churchyard. There will also be a **wild food gathering session** around Holt Country Park, and a session on **use and maintenance of tools** (volunteer input welcome!) at Pigneys Wood. We do still have quite a variety of practical work as always, and there are even OPAL climate surveys to fit in as well.

For our regular tasks 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 can help if you 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 also see overleaf/next page for details of events where there are opportunities for volunteers to help to **promote the project** and recruit new faces – two vital tasks of course. Fin and I cannot be everywhere, so it is vital that some members of the group do step forward to join in with these activities too. Especially on **Sunday 15th May**, when we need as many people as possible to help us!

/continued...

Please do contact me 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.

Yours sincerely

Mark Webster [North Norfolk Project Officer]

01263 516 336 / 07843 069 567

workout@btcv.org.uk

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.



Opportunities for promotional work: please let us know beforehand if you can come. Travel expenses may be available for these events even if transport is not.

Date	Location	Activity	Meeting Points
Thursday 14 th April	North Walsham Community Centre	Information stall at event	North Walsham Community Centre (behind library on New Road) anytime between 9.30am and 5pm. WC.
Thursday 28 th April	Fakenham First Focus	Information stall at event	Fakenham First Focus (blue shed) 18 Cattle Market St in Fakenham town centre (NR21 9AW). 9.30am start to set up display, finish 12.30pm. WC.
Sunday 15 th May	North Walsham Pigney's Wood	Family Fun Day – lots of jobs to do!	Cromer Train Station 8.10am, North Walsham Train Station 8.35am, Pigney's Wood car park (near Knapton on Hall Lane) anytime between 9am and 3.30pm.
Sunday 26 th June	Fairhaven Garden	Information stall at event	Fairhaven Garden, School Rd <u>South</u> Walsham, off the Wroxham to Acle Road (NR13 6DZ) anytime from 9am to 4.30pm. WC.

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



©2008 BTCV, Sedum House, Mallard Way, Doncaster DN4 8DB. Registered Charity England 261009 & Scotland SC039302

North Norfolk Workout Project

April 2011

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

Date/Time	Site	Activity	Meeting Points
Friday 1st	East Ruston Weavers' Way	(April) Fooling about on the common	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Weavers' Way car park on Chapel Road in East Ruston, 1pm.
Monday 4th	Holt Gravel Pit Lane	Bonfire	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 7th	North Walsham Spa Common	Path maintenance	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Brick Kiln Road / Hollybush Road junction (in North Walsham) 1pm.
Friday 8th	Cromer Howards Hill	Heathland management	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 11th	Holt Country Park	Improving butterfly habitats	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 14th	North Walsham Pigney's Wood	Goodness gracious, great piles of habitat	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm. Also North Walsham Community Centre (behind library on New Road) at 2.35pm.

North Norfolk Workout Project

April 2011 (continued)

Date/Time	Site	Activity	Meeting Point
Friday 15th	Wells Holkham NNR	Seaside special - wildlife walk	Cromer Train Station 12.10pm, Dun Cow Pub car park (A149 at Salthouse) 12.35pm, Lady Anne's Drive car park (turning opposite the Victoria pub at Holkham) – the north end by the Natural England notice board, approx 1.15pm.
Monday 18th	Holt Hall	Holly go lightly	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 21st	North Walsham Southrepps Common	Back to school - the outdoor classroom	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 22nd	** NO TASK **	*** NO TASK ***	*** NO TASK *** Good Friday
Monday 25th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Easter Monday
Thursday 28th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Staff Holiday
Friday 29th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Bank Holiday (Royal Wedding - I'm sure you are all invited!)

Mark Webster

North Norfolk Project Officer

01263 516 336 / 07843 069 567

workout@btcv.org.uk

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



©2008 BTCV, Sedum House, Mallard Way, Doncaster DN4 8DB. Registered Charity England 261009 & Scotland SC039302

North Norfolk Workout Project

May 2011

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

Date/Time	Site	Activity	Meeting Points
Monday 2nd	** NO TASK **	*** NO TASK ***	*** NO TASK *** May Day Bank Holiday
Thursday 5th	North Walsham Sadler's Wood	Hedge and wildflower rescue	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction (in North Walsham) 1pm.
Friday 6th	Buxton Bure Valley Walk	Rail and river ramble	Cromer Train Station 12.10pm, Aylsham Jubilee Centre (Norwich Road) 12.35pm, Bure Valley walk car park (at right hand end of Stracey Road, off B1354 Aylsham Road, Buxton-with-Lamas) 1pm.
Monday 9th	Holt Kelling Heath	Biological surveying with expert from NBIS	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, heath car park (unsignposted, on Holgate Hill between Weybourne and Kelling) 1pm.
Thursday 12th	North Walsham Pigney's Wood	Stripping the willow (from the orchard)	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 13th	Northrepps Frogshall Woods	Unlucky for some (Sycamores)	Cromer Train Station 12.10pm, junction of Mill Road and Station Road Cromer 12.35pm, on site (please contact us for details) 1pm.

North Norfolk Workout Project

May 2011 (continued)

Date/Time	Site	Activity	Meeting Point
Monday 16th	Holt Hall	Between the lakes	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 19th	North Walsham Southrepps Common	Opening up the pond	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 20th	Gresham Village All Saints Church	Churchyard wildlife survey with local expert	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gresham <u>Village</u> (NOT the private school!) All Saints Church (park outside village hall on road North towards East Beckham).
Monday 23rd	Holt Country Park	Wild food gathering walk to Hempstead	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 26th	North Walsham Pigney's Wood	Tools training session	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 27th	Mannington Estate Walks	Visit to woodlands and meadows	Cromer Train Station 12.10pm, Holt Market Place War Memorial 12.35pm, Mannington Hall walks visitors' car park 1pm.
Monday 30th	** NO TASK **	*** NO TASK ***	*** NO TASK *** Spring Bank Holiday

Mark Webster

North Norfolk Project Officer

01263 516 336 / 07843 069 567

workout@btcv.org.uk

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



©2008 BTCV, Sedum House, Mallard Way, Doncaster DN4 8DB. Registered Charity England 261009 & Scotland SC039302

North Norfolk Workout Project

June 2011

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

Date/Time	Site	Activity	Meeting Points
Thursday 2nd	North Walsham Sadler's Wood	Bramble and bracken bashing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 3rd	Cley Eye	On the Beach: walk and wildlife watching	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Cley <u>Eye</u> (NOT spy) car park (from A149 at Cley take Beach Road North to the end at seaside) 1pm.
Monday 6th	Holt Gravel Pit Lane	Picnic, BBQ and Wildflower survey	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 9th	North Walsham Pigney's Wood	OPAL climate survey	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 10th	Catfield Fen / How Hill	Swallowtail hunt	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, start near Crown Inn car park (Ludham Road / The Street) in Catfield 1pm.
Monday 13th	Holt Country Park	OPAL climate survey	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.

North Norfolk Workout Project

June 2011 (continued)

Date/Time	Site	Activity	Meeting Point
Thursday 16th	North Walsham Southrepps Common	Under the boardwalk	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 17th	Cromer Howards Hill	Bracken get back	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 20th	Holt Hall	Another brick in the walled garden	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 23rd	North Walsham Pigney's Wood	Picnic and Wildflower survey	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 24th	Cromer Links Wood	Bracken bashing (or pulling)	Cromer Train Station 12.10pm, Cromer Overstrand Road / Ellenhill junction 1pm.
Monday 27th	Holt Country Park	Return of the Rhodos.	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 30th	Suffield Community Woodland	Walk to "If not now, when" woodland.	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Weavers way car park (opposite Papworth's barn on Church Road Felmingham) 1pm.

Mark Webster

North Norfolk Project Officer

01263 516 336 / 07843 069 567

workout@btcv.org.uk

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.