



## **Welcome to the North Norfolk Workout Project!**

Dear Volunteer

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

Throughout the summer we will be continuing to respect the nesting birds and leave their habitat in tact, although we will be tackling some non-native invasive species such as Himalayan balsam, rhododendrons and ragwort at a range of fascinating sites in North Norfolk such as Blickling Hall, Sheringham Park and Holkham National Nature Reserve. There will be visits to some new sites such Roughton Metton Little Fen and Sculthorpe Moor Nature Reserve in Fakenham along with visits to some old favourites such as Little Walsingham St Seraphim's Church Garden (fingers crossed for another fruit cake) to continue the good work improving the tranquillity garden.

We have some interesting afternoons of learning planned with a range of knowledgeable people joining us, such as pond dipping at Thursford Woods with an OPAL scientist and a wildlife survey with an expert from the NBIS (Norfolk Biodiversity Information Service) at Kelling Heath- we may even get to see the elusive Dartford warbler or silver studded blue butterfly whilst we are there!

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** 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. On Sat and Sun 30 & 31<sup>st</sup> July 2011 we are having a stall at the **Worstead Festival** so any help welcome- you will have plenty of time to explore the festival too.

Continued overleaf..

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](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.



### **Weekend opportunities July- September 2011**

<b>Date</b>	<b>Site</b>	<b>Activity</b>	<b>Meeting Points</b>
Sat 9 <sup>th</sup> July (from 8am- 5pm)	<b>Kings Lynn</b>	Community Wildlife Conference- opportunities to help with stewarding and welcoming guests	No minibus pick up liftshare may be possible—please speak to Mark if interested
Sun 10 <sup>th</sup> July (10am- 1pm)	<b>N.T Sheringham Park</b>	Non native species action weekend- rhododendron removal	No minibus pick up- lift share may be possible please ask Mark. Meet 10am at Sheringham Park National Trust main car park
Sat 30 <sup>th</sup> & Sun 31 <sup>st</sup> July (from 9am to 5pm)	<b>Worstead Festival</b>	Helping with our stall and promoting the project	No minibus pick up but speak to Fin re possible lift share opportunities/pick ups from North Walsham and opportunities to help

**The Following are events organised by other organisations. Minibus transport is not available, but please contact us to see if lift-sharing can be arranged.**

**Norfolk and Norwich Naturalists' Society** have a wide range of events designed to help increase your knowledge of wild species. See <http://www2.nnns.org.uk/events/programme.aspx> or write to The Secretary, Woodhouse, Free Lane, Ditchingham, Bungay, NR35 2DW.

**Fakenham Area Conservation Team** run volunteer tasks on some weekends: Mr Geoff Fletcher, Tel: 01328 862164, Email: [geoff.fletcher@talktalk.net](mailto:geoff.fletcher@talktalk.net)

**North Walsham & Dilham Canal Trust** also have work parties on alternate Sundays, see [www.eawa.co.uk/work.html](http://www.eawa.co.uk/work.html) or call 01603 738 648.

**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

# July 2011

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

Date/Time	Site	Activity	Meeting Points
Friday 1st	<b>Gresham Village All Saints Church</b>	Mowing and raking the meadow	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Gresham <u>Village</u> (NOT the private school!) All Saints Church (park outside village hall on road North towards East Beckham) 1pm.
Monday 4th	<b>Aylsham Blickling Hall</b>	Pulling power (Balsam Part One)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Blickling Hall National Trust main signposted car park 1pm. WC.
Thursday 7th	<b>Sadlers Wood N. Walsham</b>	Bracken bashing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.
Friday 8th	<b>Iteringham River Bure</b>	Pulling power (Balsam Part Two)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Iteringham Community Hall car park (Church Road Iteringham, just South of Church) 1pm.
Monday 11th	<b>Fakenham Thursford Woods</b>	Pond life survey with OPAL expert	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Thursford Woods NWT car park (unsigned, on A148 opposite Brookhill Farm, between Thursford and Kettlestone) 1pm.
Thursday 14th	<b>Holkham National Nature</b>	Ragwort removal	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

	<b>Reserve</b>		1.15pm ***NB Sorry, No North Walsham pick up this week and late return***
--	----------------	--	---

# North Norfolk Workout Project

**July 2011 (continued)**

Date/Time	Site	Activity	Meeting Point
Friday 15th	<b>Cromer Howards Hill</b>	Bracken bashing	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 18th	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> BTCV Staff Meeting
Thursday 21st	<b>North Walsham Southrepps Common</b>	Boardwalk maintenance	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	<b>Holt Kelling Heath</b>	Wildlife Survey with NBIS experts	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, heath car park (unsignposted, on Holgate Hill between Weybourne and Kelling) 1pm. <b>**Glow-worms and reptiles may be found!**</b>
Monday 25th	<b>Fakenham Wood Norton Old Pit</b>	Surveying the "allotment"	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Wood Norton Village Hall car park (Brush Hill, off B1110) 1pm.
Thursday 28th	<b>North Walsham Bradfield Farm</b>	Visit to farm growing wild bird food	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Bradfield Hall Farm car park (Hall Road, Bradfield, NR28 0QW) 1pm.
Friday 29th	<b>Stalham Marshland Moat</b>	BBQ and potting up wildflowers	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Marshlands (ask us for details) 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.

**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

# August 2011

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

Date	Site	Activity	Meeting Points
Monday 1st	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Staff Holiday
Thursday 4th	<b>North Walsham Sadlers Wood</b>	Bracken bashing	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm.
Friday 5th	<b>Cromer Howards Hill</b>	Bracken bashing	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 8th	<b>Stiffkey Old Hall Farm (TBC)</b>	Himalayan Balsam pulling	Cromer Train Station 12.10pm, Dun Cow Pub car park (A149 at Salthouse) 12.35pm, on site (off Bridge Street in Stiffkey - contact us for details) 1pm. *** Estate developed by Lord & Lady Buxton: Aubrey Buxton created Anglia TV's 'Survival' and was co-founder of the World Wildlife Fund (WWF) ***
Thursday 11th	<b>Marsham Heath</b>	Heather spectacular	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, car park at junction of High Street and Buxton Road (1km past Alison Street to West of Marsham village) 1.10pm.
Friday 12th	<b>Stalham Walcott Beach</b>	Shore-search sea life survey	Cromer Train Station 12.10pm, Stalham High Street car park (off A149 at West end of High Street, next to Library) 12.45pm, Walcott (opposite 'Mace' Store on B1159 Coast Road) 1pm.



# North Norfolk Workout Project

August 2011 (continued)

Date	Site	Activity	Meeting Points
Monday 15th	Holt Hall	Not Rhododendrons - Holly!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 18th	North Walsham Southrepps Common	Tales of the Riverbank	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 19th	Wiveton / Hindringham	Roll up for the mystery tour...	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Wiveton Downs Nature Reserve car park (on Langham to Wiveton Road, a little to the East of Blakeney Long Lane) 1pm.
Monday 22nd	Norwich Mousehold Heath	Butterfly survey	Cromer Train Station 12.10pm, Gurney Road Norwich - Pavilion car park (Zak's Diner) on the opposite side of the road to the bandstand 1pm. NB <b>NOT</b> Zak's Riverside Diner.
Thursday 25th	North Walsham Walcott Rookery	Garden makeover	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, The Rookery (Rookery Farm Road, Walcott) 1pm.
Friday 26th	Fakenham Sculthorpe Moor	Raking and burning and tour of reserve	Cromer Train Station 12.10pm, Fakenham Library (Oak St) 12.50pm, Sculthorpe Moor Hawk and Owl trust car park (signposted 'Nature Reserve' from A148 West of Fakenham), Turf Moor Road, Sculthorpe 1pm.
Monday 29th	<b>** NO TASK **</b>	<b>*** NO TASK ***</b>	<b>*** NO TASK ***</b> Bank Holiday Monday

**Mark Webster**  
**North Norfolk Project Officer**  
**01263 516 336 / 07843 069 567**  
**workout@btcv.org.uk**  
**Countryside Section, North Norfolk District Council, Holt Road, Cromer, NR27 9EN.**



**www.btcv.org/norfolk**

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**

Maps can be provided showing the meeting points. If you would like one, 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 suitable for the weather. Sturdy shoes or boots and 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 September 2011

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

Date	Site	Activity	Meeting Points
Thursday 1st	<b>North Walsham Sadlers Wood</b>	Bracken attack!	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, North Walsham Nelson Road / Tenison Road junction 1pm
Friday 2nd	<b>Roughton Metton Little Fen</b>	Improving accesss	Cromer Train Station 12.10pm, Roughton outside New Inn on A140 Norwich Road 12.35pm, track South from 'The Street' (Metton-Sustead Road) signed "Norfolk Sky Mind / Glen Farm Lorries" 1pm.
Monday 5th	<b>Holt Gravel Pit Lane</b>	Mowing the meadow original	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Gravel Pit Lane (off Hempstead Road Holt) 1pm.
Thursday 8th	<b>North Walsham Pigneys Wood</b>	Mowing the meadow sequel	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 9th	<b>Little Walsingham St Seraphim's Church Garden</b>	Habitat improvements	Cromer Train Station 12.10pm, Little Walsingham <u>COACH</u> Park, (Station Road) 1pm.
Monday 12th	<b>Roughton Common</b>	Mowing the meadow trilogy	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Roughton outside New Inn on A140 Norwich Road 1pm



# North Norfolk Workout Project

**September 2011 (cont)**

Date	Site	Activity	Meeting Points
Thursday 15th	<b>North Walsham Southrepps Common</b>	Pulling up the (Michaelmas) Daisies	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 16th	<b>Cromer Howards Hill</b>	Bracken bashing	Cromer Train Station 12.10pm, junction of Howard's Hill West and Shipden Avenue 1pm.
Monday 19th	<b>Holt Hall</b>	Holly control	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Hall Field Studies Centre (Kelling Road) 1pm. WC.
Thursday 22nd	<b>Knapton Scrape</b>	Pond dredging	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, car park at junction of School Close and Hall Lane, Knapton 1pm.
Friday 23rd	<b>Fakenham Sculthorpe Moor</b>	Willow removal	Cromer Train Station 12.10pm, Fakenham Library (Oak St) 12.50pm, Sculthorpe Moor Hawk and Owl trust car park (signed 'Nature Reserve' from A148 West of Fakenham), Turf Moor Road, Sculthorpe 1pm.
Monday 26th	<b>Holt Country Park</b>	2 <sup>nd</sup> anniversary party	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.25pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 29 <sup>th</sup>	<b>Roughton Metton Little Fen</b>	Unpopular poplars	Cromer Train Station 12.10pm, Roughton outside New Inn on A140 Norwich Road 12.35pm, track South from 'The Street' (Metton-Sustead Road) signed "Norfolk Sky Mind / Glen Farm Lorries" 1pm
Friday 30 <sup>th</sup>	<b>Northrepps Frogshall Wood</b>	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.

**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.