

Please see attached details of our **FREE** outdoor volunteering / exercise programme for the next 3 months. There are also a couple of weekend events, as follows:

Saturday 22nd October 9am-1pm Holt Country Park (West): stall with leaf ID game, birdbox making, and rhodo-bashing too. Meet at Cromer Train Station 8.10am, Sheringham Community Centre 8.25am, Holt Country Park Visitor Centre (B1149) 9am.

Saturday 29th October 10am-12 midday Hickling Village Hall play area (junction of Ouse Lane and Mallard Way, behind the new houses being built): hedge planting.

Please do come and try it out, and pass our details on to anyone you think might benefit from it. 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. 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 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.

Looking to the future, we are holding a meeting to set out the process for setting up a community group to run the project from next year. This will be at Merchants' Place in Cromer, 1-3pm on Thursday November 24th. Please come along to this to see what will be needed to keep the project going when our Lottery Funding runs out.

In another addition to our usual programme, we will be joining the Fit Together and NHS mental health services for their Coastal Walk to Health Week, which runs Monday-Friday 10th -14th October. This is your chance to walk any stretch of the coastal path from Wells to Cromer in bite-sized chunks, and you even do the whole lot over the 5 days if you wish. This means there are some changes to the regular schedule for that week, especially when it come to minibus transport - we will be out every day that week in the mornings, collecting from Cromer station at various times, so as to arrive wherever the walk starts at 10am. The walks will finish around lunchtime, and I will then be shuttling walkers back to the start of the walk in the minibus each day, so there will not be time to collect people from the usual afternoon pick-up points. There will still be the chance to join in with a practical work task as normal on the afternoons of Monday 10th October at Holkham, Thursday 13th October at Sheringham Pretty Corner, and Friday 14th October at Links Wood in Cromer, but only if you come in the minibus from Cromer in the morning, or you make your own way to the sites (perhaps sharing a lift with some other volunteers, or using the Coasthopper bus). If you are staying out for the whole day please bring a packed lunch or money to buy food.

Full listings for that week:

Monday 10th October: Minibus from Cromer Train Station 8.30am, then meet at Wells-next-the-Sea NNDC Stearmans Yard car park 10am. Walk to Stiffkey. Lunch (bring your own). Minibus will take walkers back to start of walk, and volunteers to Holkham for the task. Pine pulling task at Holkham National Nature Reserve, Lady Anne's Drive car park (turning opposite the Victoria pub at Holkham) – the north end by the Natural England notice board, from 1.15pm to 4pm. Minibus leaves Holkham at about 4pm to return to Cromer Train Station, but return may be delayed if walkers join the task and need to return to Wells.

Tuesday 11th October: Minibus leaves from Cromer Train Station 8.45am, then meet at Stiffkey Marshes free car park off Greenways off A149 from Blakeney after pub on right. Walk to Blakeney. Lunch (bring your own). Minibus leaves Blakeney to return to Cromer Train Station once all walkers who wish to return to the start of the walk have been shuttled back to Stiffkey.

Wednesday 12th October: Minibus leaves Cromer Train Station 9am, then meet at Harbour car park Blakeney at 10am. Walk to Salthouse. Lunch (bring your own). Minibus leaves Sheringham to return to Cromer once all walkers who wish to return to the start of the walk have been shuttled back to Blakeney.

Thursday 13th October: Minibus leaves Cromer Train Station 9.20am, then meet at Salthouse Green (by Dun Cow pub) at 10am. Walk to Sheringham. Lunch (bring your own). Minibus will take walkers back to start of the walk, and volunteers to Pretty Corner for the task. Rhododendron cutting task at Sheringham Pretty Corner, LOWER car park (A1082 Holway road near Woodland Drive West) from 1pm to 4pm. Minibus leaves Pretty Corner at about 4pm to return to Cromer Train Station, but return may be delayed if walkers join the task and need to return to Salthouse.

Friday 14th October: Minibus leaves Cromer Train Station 9.35am, then meet at Sheringham Cliff Road car park 10am. Walk to Cromer. Lunch (bring your own). Minibus will take walkers back to start of the walk, and volunteers to Links Wood for the task. Woodland management at Links Wood in Cromer, junction of Overstrand Road and Ellenhill, from 1pm to 4pm. Minibus leaves Links Wood at about 4pm to return to Cromer Train Station, but return may be delayed if walkers join the task and need to return to Sheringham.