



Thank you for enquiring about the Great Yarmouth Green Gym.

BTCV Green Gym is a unique FREE scheme to help you become physically and mentally healthier by taking part in nature conservation activities to improve your local environment, such as woodland management, visiting nature reserves, and making pathways. As well as improving your health, you can meet new people, learn new skills and become more self-confident as you make a positive contribution to your local area.

A minibus will collect you from one of our pick-up points around the town, and return you afterwards (over the page). A friendly experienced leader provides all the training you need, you can work at your own pace, we have a chat and a laugh while we work - and there is even a tea-break halfway through. There is a range of different activities, so you can start gently and build up to more challenging tasks if you wish. The sessions last for 3 hours, but you can do just an hour or so if you prefer. Anyone over 16 years old can join, whatever your capabilities. You do NOT have to be physically fit to join us! The activities are suitable for people with a range of disabilities and/or learning difficulties.

What you need: old outdoor working clothes suitable for the weather, and reasonably sturdy shoes or boots if you have them. We provide all the necessary tools and personal protective equipment. Either have lunch first or bring your own. Tea/coffee is provided. Please check if your tetanus inoculation is up-to-date.

When to join us: **All sessions run from 1-4pm at the sites.** Minibus collection times are listed on the next page. These are approximate, so **please aim to be at the pick-up point at least 5 minutes early**, stand outside and wave when you see the BTCV minibus coming! Return journey by the same route leaving the site at 4pm. You do not have to book, just turn up, although if you are coming for the first time please feel free to ring me to confirm where your nearest collection point is. If you want to bring a group please let me know beforehand.

Task days: All On **Wednesdays** we work at Beacon Park in Gorleston. This is a huge ongoing project to turn a neglected belt of trees into a asset for the local community to enjoy. We will be thinning out the trees, cutting back scrub, building "minibeast hotels" and aiming to make a pathway around the entire area. There will also opportunities to learn more about wildlife and identify animals and plants. On **alternate Tuesdays** we will be going further afield, seeing a wide range of beautiful local sites on the coast and inland - sometimes we will be working to improve the habitats for wildlife, other times just to visit and enjoy.



**GREAT YARMOUTH**  
BOROUGH COUNCIL

/ more details on next page...

## Great Yarmouth Green Gym Minibus Pick-up points:

### **Wednesdays** (all timings approximate)

12.00midday Great Yarmouth Train Station  
12.05pm Golfers' Arms Pub, North Denes Road by junction of Salisbury Road.  
12.10pm Prince Regent Pub, Nelson Road Central / Trafalgar Road.  
12.15pm Martin's Shop by St Spyridon Greek Orthodox Church, Deneside / St Peter's Road.  
12.20pm Matalan car park, Southtown Road near A1243 Bridge Road (for Cobholm)  
12.25pm Rumbold Arms, Southtown Road  
12.30pm 3 Tuns Pub, High Street Southtown/Gorleston By junction of Garnham Road  
12.35pm Church Lane Gorleston, by junction of Roslyn Road (near shops and Library)  
12.40pm Methodist Church, Magdalen Square, Gorleston  
12.50pm On site - Beaufort Way at junction with Excalibur Road, Beacon Park, Gorleston

### **Tuesdays** (all timings approximate)

12.00midday Recycling area, Rainbow Superstore, Mill Road / Burgh Road, Bradwell.  
12.05pm Crab Lane by junction of Forsythia Road, Gorleston  
12.10pm Rumbold Arms, Southtown Road  
12.15pm Matalan car park, Southtown Road near A1243 Bridge Road (for Cobholm)  
12.25pm Great Yarmouth Train Station  
12.55pm On site – see below...

Tuesday 17<sup>th</sup> January – Seal Watching at Horsey. National Trust Horsey Windpump car park, on B1159.

Tuesday 31<sup>st</sup> January – Bure River Walk. Car park near the green and Ferry Inn, Stokesby.

Tuesday 14<sup>th</sup> February – Roman Fort visit. Car park on Church Road, Burgh Castle.

Tuesday 28<sup>th</sup> February – Tour and possible work at Winterton Dunes National Nature Reserve (to be confirmed). Car park at the end of Beach Road, Winterton.

Tuesday 13<sup>th</sup> March – Guided tour and possible work at Upton Broad Norfolk Wildlife Trust Nature Reserve. Village Hall car park, Cargate Lane, Upton (NW of Acle), NR13 6AU.

Tuesday 27<sup>th</sup> March – Boat trip and walk around Breydon Water with RSPB warden. Meeting point to be confirmed.



If you have any questions or would like more details, please do contact me:

**Mark Webster, Great Yarmouth Green Gym Project Officer, MESH, Shrublands Y&A Centre, Magdalen Way, Gorleston, NR31 7BP. Office phone 01493 604 739 07843 069 567 (please use the mobile number only on task days)**

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

# BTCV Green Gym Enquiry Form

**Please send me further information:**

Name

Address

Postcode

Telephone

e-mail

Where did you pick up this leaflet?

Please return to Mark Webster  
Great Yarmouth Green Gym  
Project Officer  
MESH  
Shrublands Y&A Centre  
Magdalen Way  
Gorleston NR31 7BP

or call us on 01493 604 739 / 07843 069 567  
or e-mail m.webster@btcv.org.uk

## Who's who?

Working in partnership with Great Yarmouth Borough Council and local communities, the BTCV Green Gym in Great Yarmouth is supported by our local society lottery through The Health Lottery.

The Green Gym provides opportunities for anyone in the Great Yarmouth and Gorleston areas to get involved with gardening and practical conservation activities in their locality. The Green Gym can work alongside conventional exercise and therapeutic schemes, or as an alternative to them.



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Registered Office: Sedum House, Mallard Way, Doncaster DN4 8DB  
Registered Charity (England) 261009, (Scotland) SC039302

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

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BTCV Green Gym

Great Yarmouth



inspiring people, improving places





# What is the BTCV Green Gym?

BTCV Green Gym is a unique scheme to help you become physically and mentally healthier by taking part in nature conservation activities to improve your local environment, such as:

- ✓ Tree planting
- ✓ Woodland management
- ✓ Growing food
- ✓ Pond improvements
- ✓ Heathland restoration



BTCV Green Gym offers a new way to get fit and healthy by becoming more physically active in an outdoor environment.

Participating in the BTCV Green Gym, surrounded by green open space, is a marvellous way to refresh our minds, reduce stress levels and improve our overall mental and emotional health.

As well as improving your health, you can meet new people, learn new skills and become more self-confident. With the BTCV Green Gym there is also the satisfaction of making a positive contribution to your local environment.



*Already I am feeling fitter, which is really what I wanted. I also enjoy coming because there's a social aspect in meeting other people.*

## How will your health benefit?

**Research shows that participating in regular exercise, such as a Green Gym:**

- ✓ Increases fitness and energy levels.
- ✓ Reduces anxiety and depression.
- ✓ Improves mood, self-worth, and body image.
- ✓ Reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes and osteoporosis.

*It is something to look forward to and enjoy. After only a couple of months, I feel that I have a lot more energy for the other things that I do.*



## Who can take part?

- ✓ Anyone over 16 years old, whatever your capabilities.
- ✓ The BTCV Green Gym is a flexible programme: you can join in for just an hour, or up to 3 hours per session.
- ✓ As there is a range of activities in any one session, you can start on gentle tasks and build up to more challenging ones.



An experienced leader is available to help you choose activities to suit your needs.

The warm-up stretches prepare the body for work and help to prevent muscle strain and injury.

