



Welcome to the North Norfolk Workout Project!

Please find, along with this document, the April 2012 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. 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.

During the winter months we have been busy planting hundreds of native trees across many of our sites, (and giving them away as part of the Woodland Trust's celebration for the Queen's Diamond Jubilee), as well as learning the fine old art of coppicing, and some calorie-burning scrub clearance! We also enjoyed a trip to the National Nature Reserve at Hickling Broad in March, where we found that spring had truly sprung in this stunning, wetland habitat. Chiff chaffs are calling having made their migration back from Europe, truly a sign of spring!

Looking forwards into April, we will be busy at our regular sites of Holt Country Park, Sadler's Wood and Southrepps Common, and venturing out to newer sites such as Beeston Bump in Sheringham, which as a Site of Special Scientific Interest (SSSI) needs our help to free it from the invasive plant species, Alexanders. We will also be taking part in seasonal activities such as making habitats for minibeasts, identifying wildflowers at Spout Hills, and even making natural bird perches at woodland edges for our feathered friends!

Setting up the project as a Community Group

Our challenge for 2012 is to continue the process of setting up the North Norfolk Workout Project as a volunteer-run Community Group. We have been getting lots of help and advice and we now have volunteers for the key roles of Chair / Co-ordinator, Treasurer and Group Secretary and our constitution was signed on Friday 23rd March. The next stage is applying for a bank account which will enable us to apply for some small grants. In addition to the administration side, we now have several trained volunteer leaders, who will be taking over on Fridays from April onwards to run the practical tasks.

We are all continuing our hard work to enable the project to carry on after August when our current funding comes to an end – it's great to already see so much enthusiasm and commitment to our future however we are always looking for more help so please do get in touch, even if you only have a few hours to spare!

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 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.

Please note: the programme will be compiled by volunteers from now on and will come out one month at a time

Lucy Seely [Chair/Co-ordinator of the new community group]

and

Fin Duncan [North Norfolk Project Assistant]
Tel: 07836624643 (Monday/Thursday/Friday)

Mark Webster [Project Leader]
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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.



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

North Walsham & Dilham Canal Trust also have work parties on alternate Sundays, see 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

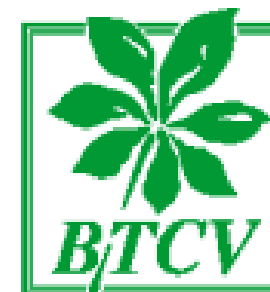
Old clothes and sturdy shoes or boots. Waterproofs if you have them.

TETANUS

Please ensure that your tetanus inoculation is up to date.

Mobile number on the day:

07843 069 567



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North Norfolk Workout Project April 2012

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

Date/Time	Site	Activity	Meeting Points
Monday 2nd	Holt Country Park	Working for the good of butterflies	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 5th	North Walsham Pigney's Wood	Making perches for birdlife	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Pigney's Wood car park (near Knapton on Hall Lane) 1pm.
Friday 6th	** NO TASK **	** NO TASK **	** NO TASK ** Good Friday
Monday 9th	** NO TASK **	** NO TASK **	** NO TASK ** Easter Monday
Thursday 12th	** NO TASK **	** NO TASK **	** NO TASK ** Staff Holiday

North Norfolk Workout Project

April 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Friday 13th	** NO TASK **	** NO TASK **	** NO TASK ** Staff Holiday
Monday 16th	Holt Hall	Springtime habitat management	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	Back to School (Meadow & Bridle Path)	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	Sheringham Beeston Bump	Pulling Power on an SSSI site (Alexanders)	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Cliff Avenue (bottom of Beeston Bump), Sheringham 1pm
Monday 23rd	Holt Country Park	Woodland Work in Spring	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC.
Thursday 26th	North Walsham Sadler's Wood	Anyone at home? Making minibeast habitats	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm
Friday 27 th	Sheringham Beeston Bump	Out on the pull again!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Cliff Avenue (bottom of Beeston Bump) 1pm
Monday 30th	Holt Spout Hills	Spring Walk and I.D with expert Tony Leech	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Town Centre War Memorial, 1pm.

Mark Webster

North Norfolk Project Officer

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