

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 June 2012

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

Date/Time	Site	Activity	Meeting Points
Friday 1st	Sheringham Patch Project	Beds, blooms and barrowing	NOTE: NO MINIBUS PICKUPS TODAY Arrive by foot, bike, car or public transport (Sanders Coaches, Number 9 bus from Cromer). Meeting point: Sheringham High School 1pm
Monday 4th	** NO TASK **	** NO TASK **	** NO TASK ** Bank Holiday
Thursday 7th	** NO TASK **	** NO TASK **	** NO TASK ** Staff Holiday
Friday 8th	** NO TASK **	** NO TASK **	** NO TASK ** Staff Holiday
Monday 11th	Holt Day Services, Charles Road	Garden makeover and poly tunnel viewing!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Day Services, Charles Road, Holt, 1pm
Thursday 14th	North Walsham Sadler's Wood	Making a wildflower meadow	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Nelson Road / Tenison Road junction 1pm.

North Norfolk Workout Project

June 2012 (continued)

Date/Time	Site	Activity	Meeting Point
Friday 15th	**NO TASK**	**NO TASK**	**NO TASK**
Monday 18th	Holt Hall	Midsummer woodland management	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	Best days of your life – School meadow	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	Thornage Orchard Garden	Apple thinning at the orchard	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm. Please ask for details of site meeting point, 1pm.
Monday 25th	Holt Country Park	Midsummer Party to celebrate our achievements so far!	Cromer Train Station 12.10pm, Sheringham Community Centre (Cromer Road) 12.35pm, Holt Country Park Visitor Centre (B1149) 1pm. WC. **LUNCH PROVIDED! **
Thursday 28th	Catfield Fen	Hunting for Swallowtails	Cromer Train Station 12.10pm, North Walsham Train Station 12.35pm, Crown Inn car park (Ludham Road/The Street) in Catfield 1pm.
Friday 29th	Overstrand	Walking down the 'strand	Cromer Train Station 12.10pm, Overstrand cliff top NNDC car park on Paul's Lane 1pm **NB: No Sheringham pick up today**

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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.

NORFOLK & NORWICH NATURALISTS' SOCIETY

WORKSHOPS FOR ALL 2012

After launching a very popular programme of workshops last year the Norfolk & Norwich Naturalists' Society has planned another eight for 2012, including old favourites as well as some new subjects. Note, however, that because of reduced grant funding we have had to introduce a small charge. You do not have to be a member of the Norfolk & Norwich Naturalists' Society to attend a workshop.

Taking it a step further

There are so many ways of enjoying the natural world. One of them is to focus on a particular group of animals or plants and look at them in a bit more detail. For almost all groups, excellent field guides now exist but to get the best out of them requires a little confidence. Let's be honest, sometimes quite a lot of confidence! Ultimately that confidence comes from familiarity and experience, but getting started can be daunting. This is where the NNNS Workshops come in, by getting people as tutors who have got past the daunting stage to take you through the preliminaries. They will do this through a combination of field work, hands-on experience at the bench and by providing information.

Are the workshops for you?

If you are reading this, the answer is probably 'yes'. No level of pre-knowledge is required, just an interest in taking that further step. With the publication of the Norfolk Wildlife Trusts' *Putting Local Wildlife on the Map* in 2010, more and more people are recording wildlife in their patch but this requires identification skills. It may surprise you to discover just how many species there are – and that with many groups not all can be separated by photographs alone. In general, however, the workshops are not suitable for children.

Charges

£10 per participant. This is payable once a place on workshop has been confirmed.

Booking

The easiest way for us (and possibly you) is to email your request to courses@nnns.org.uk and you will receive a reply confirming your application or answering your query. Alternatively phone Tony Leech on 01263 712282. Some of our workshops are likely to be very popular so please let us know as soon as possible if you are unable to attend a booked workshop.

General information

Each of the workshops will involve a trip into the immediate surroundings. Please let us know if you would have a problem with a short walk. Please do not bring a dog but do bring a packed lunch; hot drinks will be provided.

Venues

Holt Hall A field study centre 0.5 km north of Holt in North Norfolk. The entrance is from the Kelling Road at TG084396. Post code: NR25 7DU

Sheringham Park This National Trust property is south-west of Sheringham. Entrance is from the A148 at TG139410. We will be using the study room near the visitor centre. Post code: NR26 8TL **Please note that for non-members of the National Trust there is a parking charge.**

Wheatfen (Ted Ellis Trust) About 1km south of the east end of Surlingham village at TG324056. The last part of the approach is along an unsurfaced track. Post code: NR14 7AL

Grant support from the Redwings Trust is gratefully acknowledged

NNNS Registered Charity No. 291604

Workshop details below

<p>Saturday 21 April 10.30am - 4.00pm Sheringham Park</p>	<p>Solitary bees Tutor: Nick Owens</p> <p>In addition to the familiar 'social' bees (bumblebees and honey bee) many other species have adopted a different lifestyle – the solitary bees. This workshop will cover the identification of solitary bees at least to genus level, using keys and microscopes. Participants will have the chance to learn techniques of collecting and preserving their own specimens. The day will also cover the conservation of solitary bees and how to encourage them in your garden.</p>
<p>Saturday 28 April 10.00am - 4.00pm Holt Hall</p>	<p>Basics of plant identification Tutor: Simon Harrap</p> <p>Aimed at beginners and improvers. We will look in detail at the anatomy of a plant, covering all the main plant families (e.g. the carrot family, the pea family, the cabbage family), how to use a hand lens, and the pros and cons of the various field guides on the market. Weather permitting, we will spend time out-of-doors and put what we have learnt into practice.</p>
<p>Sunday 27 May 10.00am - 4.00pm Wheatfen</p>	<p>Introducing freshwater organisms Tutor: Dan Hoare</p> <p>For those who want a broad introduction to collecting and identifying freshwater organisms, including aquatic insect, mollusc and crustacean families. Stereo microscopes and a wide variety of literature will be available. Material will be collected on site in the ponds and dykes at the Ted Ellis nature reserve and examined in the study centre.</p>
<p>Sunday 1 July 10.00am - 4.00pm Holt Hall</p>	<p>Delightful Diptera: Fascinating Flies Tutor: Tony Irwin</p> <p>This workshop will provide an introduction to the Diptera, or two-winged flies. Field observation and collecting techniques will be followed by a session in the lab. All equipment will be provided, but bring your own if you prefer!</p>
<p>Saturday 18 August 10.00am - 4.00pm Holt Hall</p>	<p>Introduction to studying small mammals Tutors: Francis Farrow & Nick Owens</p> <p>As well as providing an introduction to the use of Longworth traps for live-trapping small mammals, this workshop will include the identification of mammals from owl pellets and other aspects of mammal recording. The NNS now owns a large number of Longworth traps which can be borrowed in return for records.</p>
<p>Saturday 1 September 10.30am - 3.30pm Sheringham Park</p>	<p>Grasshoppers and crickets Tutor: Nick Owens</p> <p>They provide a soundtrack to the late summer, but how much do you know about these fascinating insects? There are 27 native species of grasshoppers and crickets (Orthoptera) in Britain and they can provide interesting clues to scientific questions on climate change and evolution. This workshop focuses on the identification and ecology of the group, with both indoor and outdoor sessions.</p>
<p>Saturday 8 September 10.30am - 3.30pm Sheringham Park</p>	<p>Bugs and beetles Tutors: Tristan Bantock and Rob Coleman</p> <p>The bugs (Hemiptera) and beetles (Coleoptera) form two of the most diverse groups of insects. This workshop focuses on how to find some common species of beetle and bug using a variety of field techniques. We will also provide a starting point for people who would like to advance their skills in the identification of these fascinating groups during an indoor session.</p>
<p>Sunday 21 October 10.00am - 4.00pm Wheatfen</p>	<p>Mosses and liverworts Tutors: Bob Ellis, Mary Ghullam & Robin Stevenson</p> <p>Mosses and liverworts may be much less conspicuous than higher plants, but they are just as diverse and fascinating once you start to study them. We will take an overview of this diversity and look at what characteristic features may help you to identify them. We will practise using a field guide, identification keys, hand lenses and microscopes.</p>