



Newsletter October & November 2014



Dear volunteers and friends,

Welcome to the award-winning North Norfolk Workout Group! We are a volunteer run community group, carrying out practical conservation activities to improve the biodiversity of our local green spaces, as well as our health and wellbeing.

We will be running a variety of exciting conservation activities throughout autumn, visiting some of our favourite sites, such as Beeston Common, Salthouse Heath and the Rookery, and also lending a hand on the Norfolk Trails footpath network, a brand new worksite for us. We'll be digging and delving on the community allotment, the Patch; returning to Kelling Heath for a bit more gorse-bashing; and we'll be joining an autumnal archaeological walk around Sheringham Park, led by experts from the National Trust. And we'll be getting spooky on a haunting Halloween stroll by the coast at Overstrand!...Watch out for tales of the Shrieking Pit and Black Shuck!

The North Norfolk Workout Group offers people the opportunity to get outdoors, get a bit fitter, and feel better whilst doing good for the environment. Exercise is good for us all, and we believe that exercise outside with other people is even better.

Our conservation activities are aimed at improving health and wellbeing, as well as the sites we work on. As a volunteer you are encouraged to work at your own pace, and, most of all, to enjoy your afternoon out, share a laugh, and make new friends.

Volunteering with the North Norfolk Workout Group can help you become both physically and mentally healthier. Outdoor exercise can increase your fitness and energy levels, reduce anxiety and depression, and raise your confidence levels.

By joining us on a task afternoon, you can meet new people, learn new skills, and have fun while helping the local environment. No experience is necessary, and you do not have to be fit to join! We welcome people with a variety of physical and mental health conditions, and/or limited mobility.

Latest Workout Group News:

Fluttering Along

This summer, the Workout Group volunteers did their bit for butterflies, by taking part in three Butterfly Counts. We counted whilst we walked at Wiveton Downs, Salthouse Heath and Blakeney, seeing the increasingly rare Wall Brown butterfly, as well as gorgeous peacocks, speckled woods, red admirals, gatekeepers – and some stunning blues too!

All together we counted over one hundred butterflies, and having sent the information off to Butterfly Conservation, we've all done something to help the conservation and future management of these delicate beauties.

The results of the nationwide Big Butterfly Count have recently been released and, although there has been a general decline in most species since last year, particular the common whites, the small tortoiseshell has had a bumper year with its best ever showing in the Big Butterfly Count, up 22% from last year and the fourth most abundant species overall. This is fantastic news for a species that has suffered a 78% decrease in UK population since the 1970s.

Balsam bashing, Beeston-style

If you joined us on one of our late summer balsam bashes at Beeston Common, you may be especially proud to hear that on one afternoon alone, we Workout volunteers cleared forty bags of this highly invasive plant from around the SSSI site. This is a huge help, keeping the stream-sides clear, and encouraging native wildflower species back onto this area of the common. Well done to everyone involved!

Sheringham Park Archaeological Walk

Thanks to National Trust warden Rupert Eris, the Workout Group volunteers are being treated to a fascinating archaeological walk this autumn. Join us on Monday 10th November for a real insight into the ancient (and more modern) history of Sheringham Park. It'll be great to get to know one of our regular sites a bit more, beyond the tangle of invasive Rhododendrons!...

We hope to see you out on an autumnal task soon

Best wishes

Lucy & Andrew

And the committee of the North Norfolk Workout Group

To contact us:

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Our website: www.northnorfolkworkoutgroup.org

Date/Time	Site	Activity	Meeting Point/Time
Friday 3 rd	**NO TASK**	**NO TASK**	**NO TASK - volunteers day off – enjoy!**
Monday 6 th	Sheringham Beeston Common	It's the bees(ton) knees up! (Scrub clearance around the pill box)	Meeting point: Lay-by off Cromer road, opposite Priory Maze, Sheringham 1pm. Accessible by Sanders Coaches, Coasthopper & Konectbus
Friday 10 th	Cromer Norfolk Trails Footpath Network	Keeping on the Trails... (Walk, survey & assessment of upcoming work on the Norfolk Trails. 4 miles)	Meeting point: Cromer train station 1pm Accessible by Sanders Coaches. Coasthopper & Konectbus
Monday 13 th	West Runton Common	Improving wildflower habitat on this County Wildlife Site (Raking out the ditches)	Meeting point: Informal car park on Station Road just south of railway bridge signposted 'The Common' 1pm. Accessible by Sanders Coaches, Coasthopper & Konectbus
Friday 17 th	Sheringham Park	Autumnal arboreal work in the Park (Rhododendron clearance)	Meeting point: Sheringham Park NT car park 12.30pm Accessible by Sanders Coaches
Monday 20 th	Salthouse Heath	Emerging from gorse - The Remix! (Heathland restoration)	Meeting point: Bard Hill car park, Salthouse 12.30pm. Accessible by Coasthopper
Friday 24 th	**NO TASK**	**NO TASK**	**NO TASK - volunteers day off – enjoy!**
Monday 27 th	Sheringham Patch Project	Allotmenters, hoe! (Working on the community allotment site)	Meeting point: Sheringham High School car park 12.30pm. Accessible by Sanders Coaches
Friday 31 st	Overstrand & Shrieking Pit Walk (3 ¾ miles)	A coastal Halloween walk - with spine-chilling tales of ghostly smugglers, Black Shuck, and the Shrieking Pit...	Meeting point: Outside post office 12.30pm Accessible by Sanders Coaches

MEETING POINTS

Please try and arrive at the meeting points early as we often work away from these and could be hard to find. Maps are available on request.

WE PROVIDE

All tools and PPE.

PLEASE WEAR

Old clothes, sturdy boots & waterproofs.

November 2014

Date/Time	Site	Activity	Meeting Points
Monday 3 rd	Sheringham Beeston Common	No balsam? No birches? No gorse?...November! (Scrub clearance on this SSSI common)	Meeting point: Lay-by off Cromer road, opposite Priory Maze, Sheringham 1pm . Accessible by Sanders Coaches, Coasthopper & Konectbus
Friday 7 th	Bodham & Baconsthorpe Castle Walk (4 miles)	A touch of cold in the Autumn night - I walked abroad, and saw the ruddy moon lean over a hedge like a red-faced farmer	Meeting point: Bodham village hall car park 12.30pm Accessible by Sanders Coaches
Monday 10 th	Sheringham Park & Coast Walk (5 miles)	The History Boys - and Girls! Join us for a fascinating archaeological walk. Led by National Trust warden Rupert	Meeting point: Sheringham Park NT car park 1pm Accessible by Sanders Coaches
Friday 14 th	Kelling Heath	We're still Kelling gorse softly... (Heathland restoration)	Meeting point: Holgate Hill car park, about 1 mile south of Weybourne off the A149 12.30pm Accessible by Coasthopper
Monday 17 th	Sheringham Pretty Corner	Dirty, Pretty (Corner) Things (Woodland management)	Meeting point: Large car park, Pretty Corner Lane, just off A148 12.30pm Accessible by Sanders Coaches
Friday 21 st	Cromer Norfolk Trails Footpath Network	We're hot on the Norfolk Trails! (Short walk to maintain and clear paths)	Meeting point: Cromer train station 1pm Accessible by Sanders Coaches. Coasthopper & Konectbus
Monday 24 th	Sheringham Beeston Common	Scrub-a-dub-dub (Clearing scrub from the dry heathland area)	Meeting point: Lay-by off Cromer road, opposite Priory Maze, Sheringham 1pm . Accessible by Sanders Coaches, Coasthopper & Konectbus
Friday 28 th	North Walsham The Rookery	It's all stacking up for us... (Wood chucking)	Meeting point: The Rookery, Rookery Farm Road, Walcott 1pm . MINIBUS AVAILABLE Cromer train station 12.00pm , North Walsham train station 12.20pm .

CONTACT US

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