

April 2015

Date/Time	Site	Activity	Meeting Point/Time
Friday 3 rd	**NO TASK**	**NO TASK**	**NO TASK ** Good Friday
Monday 6 th	**NO TASK**	**NO TASK**	**NO TASK** Easter Monday – Happy Easter!
Friday 10 th	Sheringham Patch Project	Weeds, wheelbarrows and wonderful Workout volunteers! (Working on the community allotment)	Meeting point: Sheringham High School car park 12.30pm Accessible by public transport
Monday 13 th	Beeston Common	Oh to be on Beeston Common, now that April's here... (Scrub clearance)	Meeting point: Lay-by off Cromer Road, opposite Priory Maze, Sheringham 12.30pm Accessible by public transport
Friday 17 th	The Rookery	Wood you believe it? (Wood chucking, stacking...and more?)	Meeting point: The Rookery, Rookery Farm Road, Walcott, 12.30pm. MINIBUS AVAILABLE: Cromer train station, 12pm , North Walsham train station, 12.20pm
Monday 20 th	Sheringham & Beeston Bump Walk (4 miles)	Roads go ever, ever on, under cloud and under star. Yet feet that wandering have gone, turn at last to home afar.	Meeting point: Outside tourist information centre, Sheringham 12.30pm Accessible by public transport.
Friday 24 th	The Rookery	Flying down to... Walcott (Wood chucking, etc.)	Meeting point: The Rookery, Rookery Farm Road, Walcott, 12.30pm. MINIBUS AVAILABLE: Cromer train station, 12pm , North Walsham train station, 12.20pm
Monday 27 th	Beeston Common	Oh, what a glorious thing to Bee! (Invasive species removal)	Meeting point: Lay-by off Cromer Road, opposite Priory Maze, Sheringham 12.30pm Accessible by public transport

CONTACT US

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North Norfolk Workout Group

Newsletter & Programme

April 2015



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 this April – we'll be back at the beautiful coastal SSSI Beeston Common, getting stuck into scrub clearance; we'll be gardening at the community allotment the Patch in Sheringham, and wood chucking (and maybe something a bit different too!) at the Rookery. We'll also be going on a springtime nature walk around Sheringham, to learn more about the flora and fauna of the area.

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.

To keep up to date with our latest news and tasks, please visit our website at www.northnorfolkworkoutgroup.org

We hope to see you out on a springtime task soon!

Best wishes,

Lucy and the Workout Group committee