

## June 2015

Date/Time	Site	Activity	Meeting Point/Time
Monday 1st	Cromer & Happy Valley	Magical mystery walk Butterfly and wildflower survey	Meeting point: Front of Cromer pier, 12.30pm
Friday 5 <sup>th</sup>	The Rookery	Crowing with delight We're back at the Rookery!	Meeting point: The Rookery, Rookery Farm Road, Walcott, 12.30pm. MINIBUS AVAILABLE: Cromer train station, 12pm, North Walsham train station, 12.20pm
Monday 8 <sup>th</sup>	Sheringham Patch Project	Weeding, watering and wheelbarrowing (Allotment work)	Meeting point: Sheringham High School car park 12.30pm
Friday 12 <sup>th</sup>	Salthouse Heath	They seek him here, they seek him there! (Helping to restore the heathland habitat)	Meeting point: Bard Hill road car park, south of Salthouse 12.30pm
Monday 15 <sup>th</sup>	**NO TASK**	**NO TASK**	**NO TASK - volunteers day off - enjoy!
Friday 19 <sup>th</sup>	Sheringham Park	A midsummer afternoon's dream, down in the greenwood (Woodland management)	Meeting point: Sheringham Park National Trust car park 11.30am Please note change of meeting time!
Monday 22 <sup>nd</sup>	Kelling Heath	Bird brains? and snake hips?	Meeting point: Holgate Hill road car park, south of
		(Heathland bird and reptile survey & walk, led by County Ecologist)	Weybourne, off A149 <b>12.30pm</b>
Friday 26 <sup>th</sup>	The Rookery		Weybourne, off A149 12.30pm  Meeting point: The Rookery, Rookery Farm Road, Walcott, 12.30pm. MINIBUS AVAILABLE: Cromer train station, 12pm, North Walsham train station, 12.20pm

## **CONTACT US**

Email: nnworkoutgroup@gmail.com

Telephone: 07943 703919 (task afternoons only)

Visit: www.northnorfolkworkoutgroup.org

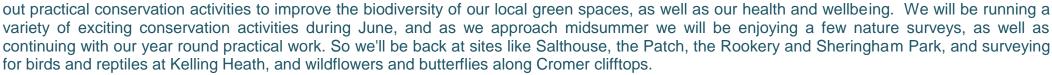
Write: 1, Rectory Road, Edgefield, Norfolk, NR24 2RJ

## North Norfolk Workout Group

Newsletter & Programme
June 2015

Dear volunteers and friends

Welcome to the award-winning North Norfolk Workout Group! We are a volunteer run community group, carrying



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 June afternoon, soon!

Best wishes, Lucy and the Workout Group committee





