

# June 2015

Date/Time	Site	Activity	Meeting Point/Time
Monday 1 <sup>st</sup>	<b>Cromer &amp; Happy Valley</b>	Magical mystery walk... Butterfly and wildflower survey	<b>Meeting point:</b> Front of Cromer pier, <b>12.30pm</b>
Friday 5 <sup>th</sup>	<b>The Rookery</b>	Crowing with delight... We're back at the Rookery!	<b>Meeting point:</b> The Rookery, Rookery Farm Road, Walcott, <b>12.30pm. MINIBUS AVAILABLE:</b> Cromer train station, <b>12pm</b> , North Walsham train station, <b>12.20pm</b>
Monday 8 <sup>th</sup>	<b>Sheringham Patch Project</b>	Weeding, watering and wheelbarrowing (Allotment work)	<b>Meeting point:</b> Sheringham High School car park <b>12.30pm</b>
Friday 12 <sup>th</sup>	<b>Salthouse Heath</b>	They seek him here, they seek him there!... (Helping to restore the heathland habitat)	<b>Meeting point:</b> Bard Hill road car park, south of Salthouse <b>12.30pm</b>
Monday 15 <sup>th</sup>	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK - volunteers day off – enjoy!</b>
Friday 19 <sup>th</sup>	<b>Sheringham Park</b>	A midsummer afternoon's dream, down in the greenwood (Woodland management)	<b>Meeting point:</b> Sheringham Park National Trust car park <b>11.30am</b> <b>Please note change of meeting time!</b>
Monday 22 <sup>nd</sup>	<b>Kelling Heath</b>	Bird brains?... and snake hips?... (Heathland bird and reptile survey & walk, led by County Ecologist)	<b>Meeting point:</b> Holgate Hill road car park, south of Weybourne, off A149 <b>12.30pm</b>
Friday 26 <sup>th</sup>	<b>The Rookery</b>	What'll it be? Woodn't you like to know...	<b>Meeting point:</b> The Rookery, Rookery Farm Road, Walcott, <b>12.30pm. MINIBUS AVAILABLE:</b> Cromer train station, <b>12pm</b> , North Walsham train station, <b>12.20pm</b>
Monday 29 <sup>th</sup>	<b>Sheringham Patch Project</b>	June is still in bloom in the garden (Allotment work)	<b>Meeting point:</b> Sheringham High School car park <b>12.30pm</b>

## CONTACT US

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Telephone: **07943 703919** (task afternoons only)

Visit: [www.northnorfolkworkoutgroup.org](http://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 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 during June, and as we approach midsummer we will be enjoying a few nature surveys, as well as continuing with our year round practical work. So we'll be back at sites like Salthouse, the Patch, the Rookery and Sheringham Park, and surveying for birds and reptiles at Kelling Heath, and wildflowers and butterflies along Cromer clifftops.

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](http://www.northnorfolkworkoutgroup.org)

We hope to see you out on a June afternoon, soon!

Best wishes,  
Lucy and the Workout Group committee