

# July 2015

Date/Time	Site	Activity	Meeting Point/Time
Friday 3 <sup>rd</sup>	<b>Sheringham Park</b>	Park and ride! (Clearing the park's footpaths)	<b>Meeting point:</b> Sheringham Park National Trust car park <b>11.30am</b> <b>Please note change of meeting time!</b>
Monday 6 <sup>th</sup>	<b>Sheringham Beach</b>	Shiver our timbers! (Cliff top and seaside id walk)	<b>Meeting point:</b> Archway on the promenade, Sheringham <b>12.30pm</b>
Friday 10 <sup>th</sup>	<b>The Rookery</b>	Flying along to the Rookery (Helping out in the grounds of this care home)	<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 13 <sup>th</sup>	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK - volunteers day off – enjoy!</b>
Friday 17 <sup>th</sup>	<b>Wiveton Downs</b>	We can see clearly now! (footpath and geological rock face clearance)	<b>Meeting point:</b> Wiveton Downs car park, near Blakeney <b>12.30pm</b>
Monday 20 <sup>th</sup>	<b>Spout Hills</b>	Nature Boys & Girls... (Nature walk around this lovely site)	<b>Meeting point:</b> lay-by off A148/Letheringsett Hill, Holt <b>12.30pm</b>
Friday 24 <sup>th</sup>	<b>Pigney's Wood</b>	I've watched you now a full half-hour, self-poised upon that yellow flower; and, little butterfly! indeed, I know not if you sleep or feed. (Big Butterfly Count part 1)	<b>Meeting point:</b> Northern end of Mundesley Road, North Walsham <b>12.30pm</b>
Monday 27 <sup>th</sup>	<b>Sheringham Patch Project</b>	Cabbage Patch Kids? (Helping on the allotment)	<b>Meeting point:</b> Sheringham High School car park <b>12.30pm</b>
Friday 31 <sup>st</sup>	<b>Salthouse Heath</b>	It's knot a problem... (Clearing Japanese Knotweed)	<b>Meeting point:</b> Bard Hill car park, south of Salthouse <b>12.30pm</b>

## CONTACT US

Email: [nnworkoutgroup@gmail.com](mailto:nnworkoutgroup@gmail.com)

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 July 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 July, including a few of our favourite sites, such as Sheringham Park, Salthouse Heath, and the Patch – as well as returning to Spout Hills to take a wander and enjoy the summertime flora and fauna, led by Tony Leech. We'll also be going for a summertime stroll, looking for mermaids purses, belemnites, and little terns on the beach at Sheringham, and taking part in the annual Big Butterfly Count at Pigney's Wood.



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 July afternoon, soon!

Best wishes,  
Lucy and the Workout Group committee