

# NORTH NORFOLK WORKOUT GROUP

## September 2015

Date/Time	Site	Activity	Meeting Point/Time
Friday 4th	<b>Kelling Heath</b>	Harvest home! (Harvesting heathland heather seeds)	<b>Meeting point:</b> Holgate Hill road car park, south of Weybourne, off A149 12.30pm
Monday 7th	<b>West Runton Common</b>	Raking hay, the West Runton way (Hay raking on local County Wildlife Site)	<b>Meeting point:</b> West Runton Common - junction of small road (off Sandy Lane) leading to Hillside Animal Sanctuary, 12.30pm
Friday 11th	<b>Sheringham Park</b>	Get off the fence! (Painting fences in the parkland)	<b>Meeting point:</b> Sheringham Park National Trust car park <b>11.30am</b> (Please note earlier task times: 11.30-2.30 approx.)
Monday 14th	<b>Norfolk Trails, Cromer</b>	Early autumn walk to check on our part of the lovely Norfolk Trails (approx. 3 miles)	<b>Meeting point:</b> Cromer train station, 12.30pm
Friday 18th	<b>Wiveton Downs</b>	"Let's go roamin' through the heather on the hill" (Raking and sowing heather seed)	<b>Meeting point:</b> Wiveton Downs car park, near Blakeney, 12.30pm
Monday 21st	<b>Cromer town walk</b>	A magical mystery wildlife tour...including visit to a possible future work site (approx. 2 miles)	<b>Meeting point:</b> Cromer train station, 12.30pm
Friday 25th	<b>** NO TASK **</b>	<b>**NO TASK**</b>	<b>**NO TASK**</b>
Monday 28th	<b>The Patch, Sheringham</b>	Hoes down, weeds up (Helping out on the community allotment)	<b>Meeting point:</b> The Patch allotment site, Sheringham High School <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)

# Newsletter & Programme



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. As always, we will be running a variety of exciting conservation activities this September, working at sites that have become old favourites, such as The Patch, Kelling Heath and Sheringham Park, as well as getting involved with some autumnal hay raking at West Runton Common, a local County Wildlife Site. We'll also take a stroll along, and another look at, our section of the Norfolk Trails near Cromer, a year after we became Norfolk Trail Rangers!

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 find out more about us, our past achievements and future tasks, please visit our website at [www.northnorfolkworkoutgroup.org](http://www.northnorfolkworkoutgroup.org)  
We hope to see you out on a September task soon! Best wishes, Lucy and the Workout Group committee