

NORTH NORFOLK WORKOUT GROUP

October 2015

Date/Time	Site	Activity	Meeting Point/Time
Friday 2nd	The Rookery	We're back – and there's gardening help needed... (Helping out at the Rookery care home)	Meeting point: The Rookery, Rookery Farm Rd, Walcott - 12.30pm MINIBUS AVAILABLE: Cromer train station 12pm , North Walsham train station 12.20pm
Monday 5th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 9th	Salthouse Heath	Clearing the Bronze Age burial mounds!	Meeting point: Bard Hill car park, south of Salthouse 12.30pm
Monday 12th	Beeston Common	It's the Beeston knees (Working on Sheringham's SSSI green space)	Meeting point: Layby off Cromer Road, opposite Priory Maze, Sheringham 12.30pm
Friday 16th	Sheringham Park	Up with the lark, we're off to Sheringham Park (Woodland habitat management)	Meeting point: Sheringham Park National Trust car park 11.30am (Please note earlier task times: 11.30-2.30 approx)
Monday 19th	Bretts Wood, near Fakenham	It's bracken to what we know best (Woodland bracken removal -with Norfolk Wildlife Trust)	Meeting point: Bretts Wood car park, on A148 Holt Rd, between Fakenham & Thursford, at 12.30pm . MINIBUS AVAILABLE: Cromer train station 12pm
Friday 23rd	The Patch, Sheringham	Gardeners, hoe ...and dig, weed, & barrow! (Allotment work)	Meeting point: The Patch allotment site, Sheringham High School, 12.30pm
Monday 26th	West Runton walk	West Runton wonder wander! (Walk to check on our part of the Norfolk Trails - approx. 3 miles)	Meeting point: West Runton Common - junction of small road (off Sandy Lane) leading to Hillside Animal Sanctuary, 12.30pm
Friday 30th	Kelling Heath	The Kelling moon?... (Heathland scrub removal)	Meeting Point: Holgate Hill road car park, south of Weybourne, off A149, 12.30pm

CONTACT US:

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Visit: www.northnorfolkworkoutgroup.org

North Norfolk

Workout Group – October

2015

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 October, working at sites that have become old favourites, such as The Patch and Sheringham Park, making a welcome return to both the Rookery and Beeston Common, and getting involved with some autumnal woodland work at Bretts Wood near Fakenham. We'll also take a stroll on our section of the Norfolk Trails near West Runton, keeping an eye out for seasonal fungi, flora and fauna!

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

We hope to see you out on an October task soon! Best wishes, Lucy and the Workout Group committee