

# NORTH NORFOLK WORKOUT GROUP

## December 2015

Date/Time	Site	Activity	Meeting Point/Time
Friday 4th	<b>Bretts Wood, near Fakenham</b>	Lopping around the Christmas trees? (Habitat management, alongside Norfolk Wildlife Trust)	Bretts Wood car park, on A148, between Thursford & Fakenham at <b>12.30pm. MINIBUS AVAILABLE: Cromer train station 12.00pm.</b>
Monday 7th	<b>Beeston Common</b>	Brightest & best, at Beeston (Removing invasive sycamore)	Layby off Cromer Road, opposite Priory Maze, Sheringham, <b>12.30pm</b>
Friday 11th	<b>Salthouse Heath</b>	It's a winter wonder-heathland (Clearing and burning gorse)	Bard Hill road car park, south of Salthouse, <b>12.30pm</b>
Monday 14th	<b>Overstrand &amp; Northrepps Walk</b>	Following yonder star...to Overstrand?... (approx. 3 miles)	Overstrand, outside post office, <b>12.15pm</b>
Friday 18th	<b>Sheringham Park</b>	Of all the trees that are in the wood... Join us for our last task of the year! (Festive woodland management)	Sheringham Park National Trust car park, <b>11.30am</b>



**Merry Christmas – see you in 2016!**  
**First task of the New Year is on Friday 8<sup>th</sup> January**



### CONTACT US:

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## North Norfolk

## Workout Group-

# Newsletter

## December 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. As always, we will be running a variety of exciting conservation activities this wintertime. We will be returning to one of our newest sites, Bretts Wood near Fakenham, for a spot of seasonal woodland work; we'll be clearing scrub and restoring views at the beautiful Salhouse Heath; doing some festive woodland work at Sheringham Park, and helping out on local Site of Special Scientific Interest, Beeston Common. We'll also be getting our walking boots on and going for a lovely winter wander, around the (possibly) haunted footpaths of Overstrand...

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 soon, out on a winter's afternoon! Best wishes, Lucy and the Workout Group committee