

NORTH NORFOLK WORKOUT GROUP

January 2016

Date/Time	Site	Activity	Meeting Point/Time
Friday 8th	Sheringham & Beeston walk	A bracing, new year walk along the cliff tops (approx. 3 miles)	Beeston Common layby, off Cromer Road, opposite Priory Maze, Sheringham, 12.30pm
Monday 11th	Bretts Wood, near Fakenham	It's a tree-mendously poplar site with us... (Woodland habitat management)	Bretts Wood car park, on A148, between Thursford & Fakenham at 12.45pm. MINIBUS AVAILABLE: Cadogan Road car park 12.00pm. ***PLEASE NOTE NEW MINIBUS PICKUP POINT TODAY***
Friday 15th	Sheringham Park	Havin' a lark, in the Park (Invasive species removal)	Sheringham Park National Trust car park, 11.30am.
Monday 18th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 22nd	Salthouse Heath	A heath with a view?... (Heathland view re-newing)	Bard Hill road car park, south of Salthouse, 12.30pm
Monday 25th	The Patch	Can we dig it? Yes, we can! (Various allotment tasks)	The Patch allotment site, Sheringham High School, 12.30pm
Friday 29th	The Rookery	Springing back to the Rookery (Grounds/garden maintenance)	The Rookery, Rookery Farm Rd, Walcott, Walcott, 11.45am. MINIBUS AVAILABLE: Cromer train station 11am. North Walsham train station 11.30am. ***Please note earlier times today***

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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 January. Early in the New Year, we will be back at one of our newest sites, Bretts Wood near Fakenham, enjoying a variety of woodland tasks; we'll be taking out more scrub at the stunning Salhouse Heath, as well working in the garden (and warming up in the polytunnel) at the Patch allotment site. We'll be helping out in the grounds of the Rookery residential care home, and taking in the seasonal sights and sounds of North Norfolk, as go for a wintertime walk with stunning coastal views of Sheringham.

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 soon, on a January afternoon! Best wishes, Lucy and the Workout Group committee