

# NORTH NORFOLK WORKOUT GROUP

## February 2016

Date/Time	Site	Activity	Meeting Point/Time
Monday 1st	<b>Beeston Common</b>	May the birch be with you...? (Invasive sapling removal)	Layby off Cromer Road, opposite Priory Maze, Sheringham, <b>12.30pm</b>
Friday 5th	<b>Kelling Heath</b>	In sycamores & in health (Heathland habitat restoration)	Holgate Hill road car park, south of Weybourne, off A149, <b>12.30pm</b>
Monday 8th	<b>Bretts Wood, near Fakenham</b>	On the trail of the lonesome pine (Nightjar habitat improvement)	Bretts Wood car park, on A148, between Thursford & Fakenham at <b>12.45pm. MINIBUS AVAILABLE:</b> Cadogan Road car park, Cromer <b>12.00pm. **Please note the new Cromer pick up point today**</b>
Friday 12th	<b>Sheringham Park</b>	Nice and tree-asy does it (Invasive species removal)	Sheringham Park National Trust car park <b>11.30am</b>
Monday 15th	<b>The Patch, Sheringham</b>	Spring has sprung at the Patch (Various allotment tasks)	The Patch allotment site, Sheringham High School <b>12.30pm</b>
Friday 19th	<b>Salthouse Heath</b>	Inspecting gorse – quite the endeavour! (Gorse & scrub clearance)	Bard Hill road car park, south of Salthouse, <b>12.30pm</b>
Monday 22nd	<b>Upper Sheringham walk</b>	Summer in winter, winter in springtime? (Parkland & woodland walk, approx. 3 miles)	Upper Sheringham village hall, <b>12.15pm</b>
Friday 26th	<b>The Rookery</b>	Rookery rovers, returning (Grounds maintenance)	The Rookery, Rookery Farm Rd, Walcott, <b>11.45 am. MINIBUS AVAILABLE:</b> Cromer train station <b>11.00am.</b> North Walsham <b>11.30am.</b>
Monday 29th	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK**</b>

**For more details, please contact us by:**

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

Phone: **07943 703919**

Or visit: [www.northnorfolkworkoutgroup.org](http://www.northnorfolkworkoutgroup.org)

# North Norfolk Workout Group – February 2016

## 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 February, working at favourite sites like Sheringham Park, the Patch community allotment project, Kelling Heath, and the Rookery, as well as returning once again to the beautiful Beeston Common. We'll also be helping Norfolk Wildlife Trust on one of their newest sites, Bretts Wood near Fakenham, as well as taking an early springtime stroll around the lovely woods and parkland of Upper Sheringham, hoping to catch a glimpse of some early spring wildflowers.

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 February afternoon soon! Best wishes, Lucy and the Workout Group committee