

NORTH NORFOLK WORKOUT GROUP

March 2016

Date/Time	Site	Activity	Meeting Point/Time
Friday 4th	Salthouse Heath	Heath & furze are everything... (Heathland habitat management)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 7th	Beeston Common	Bees(ton) in our bonnets (Working on local SSSI common)	Beeston Common layby, off Cromer Road, opposite Priory Maze, Sheringham, 12.30pm
Friday 11th	Sheringham Park	Gettin' twiggy with it! (Butterfly habitat restoration)	Sheringham Park National Trust car park, 11.30am
Monday 14th	Bretts Wood, near Fakenham	Pond-ering the situation (Pond & woodland 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 18th	**NO TASK**	**NO TASK**	**NO TASK**
Monday 21st	The Patch	Springing into action on the allotment (Gardening work)	The Patch Project Allotment site, Sheringham High School, 12.30pm
Friday 25th	**NO TASK**	**NO TASK**	**NO TASK** Good Friday bank holiday
Monday 28th	**NO TASK**	**NO TASK**	**NO TASK** Easter Monday bank holiday – Happy Easter!

CONTACT US:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group – March 2016



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 during March - we will be back at our newest site, Bretts Wood near Fakenham, undertaking both pondside and woodland tasks; we'll be helping to protect rare wild flowers at Salthouse Heath, and getting stuck into some butterfly habitat management at Sheringham Park. Despite it being a short month for us (due to the Easter holidays!), we're back at the Patch, enjoying springtime on the allotment - and also working at the lovely Beeston Common, a local Site of Special Scientific Interest.

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, out and about on a March afternoon! Best wishes, Lucy and the Workout Group committee