

NORTH NORFOLK WORKOUT GROUP

April 2016

Date/Time	Site	Activity	Meeting Point/Time
Friday 1st	Salthouse Heath	"Making a (Salthouse) stop on April first..." (Heathland habitat management)	Bard Hill road car park, south of Salthouse, 12.30pm
Monday 4th	The Patch, Sheringham	Full of the joys of spring, down on the allotment (Gardening tasks)	The Patch allotment site, Sheringham High School, 12.30pm
Friday 8th	Cromer & East Runton walk	Full steam ahead! Railway-themed, circular walk. (Approx. 3.5 miles. Includes steep gradients)	Cadogan Road car park, Cromer, 12.30pm
Monday 11th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 15th	Sheringham Park	A tree-mendous time to be in the woods (Woodland management)	Sheringham Park National Trust car park, 11.30am
Monday 18th	West Runton walk	Springtime circular walk (Approx. 3.5 miles. Includes steep gradients)	West Runton train station, 12.30pm
Friday 22nd	The Rookery, Walcott	Come fly with us, to the Rookery (Grounds 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***
Monday 25 th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 29th	Wiveton Downs	Emerging from gorse...into the bluebells (Heathland restoration work & bluebell walk)	Wiveton Downs car park (south of Blakeney, west of Wiveton village), 12.30pm

For more details, please contact us by:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Or visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group - April 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 in April. With spring truly sprung, we'll be back at Salthouse Heath, the beautiful coastal County Wildlife Site, for some heathland habitat restoration. There'll be a chance to take in the wonders of springtime in the woods at Sheringham Park, and down on the community allotment The Patch. We'll be taking part in some heathland restoration amongst the stunning views at Wiveton Downs; enjoying the spring flora and fauna on a couple of nature walks around the Runtons, and also returning to lend a hand at the Rookery residential care home in Walcott.

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 springtime afternoon! Best wishes, Lucy and the Workout Group committee