

NORTH NORFOLK WORKOUT GROUP

May 2016

Date	Site	Activity	Meeting Point/Time
Monday 2nd	**NO TASK**	**NO TASK**	**NO TASK** May Day bank holiday
Friday 6th	Overstrand walk	Overstrand & the Shrieking Pit circular walk (approx. 4 miles)	High Street bus stop (near post office), Overstrand, 12.15pm
Monday 9th	The Patch, Sheringham	Gardeners, hoe (barrow, plant & sow) (Various allotment tasks)	The Patch allotment site, Sheringham High School, 12.30pm
Friday 13th	The Rookery, Walcott	Lucky for us...we're back at the Rookery! (Grounds maintenance)	The Rookery, Rookery Farm Rd, Walcott, 11.45am. Minibus pickups: Cadogan Road car park, Cromer, 11am. North Walsham train station 11.30am. **PLEASE NOTE: NEW CROMER PICKUP PLACE**
Monday 16th	Beeston Regis walk	Beeston Regis Heath & Common circular walk (approx. 3.5 miles)	Beeston Common layby, off Cromer Road, opposite Priory Maze, 12.30pm
Friday 20th	Sheringham Park	Down in the greenwood, in the merry old month of May (Woodland management)	Sheringham Park, workshop in Estate yard (through big gate, near cafe), 9.45am (See enclosed note for more details) **PLEASE NOTE: NEW TIME & MEETING PLACE TODAY**
Monday 23rd	The Rookery, Walcott	Marquee Monday (Helping get ready for Open Studios)	The Rookery, Rookery Farm Rd, Walcott, 11.45am. Minibus pickups: Cadogan Road car park, Cromer 11am. North Walsham train station 11.30am. **PLEASE NOTE: NEW CROMER PICKUP PLACE**
Friday 27th	Salthouse Heath	Plant hunters wanted! (Plant & habitat surveying alongside experts from the Norfolk Wildlife Trust)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 30th	**NO TASK**	**NO TASK**	**NO TASK** Spring bank holiday

For more details, please contact us by:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Or visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group – May 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 May - we'll be returning to regular sites, such as the inspirational community allotment, the Patch; much-loved residential care home, the Rookery; National Trust treasure, Sheringham Park; as well as taking a couple of springtime strolls.

We're also beginning our summertime involvement in the Norfolk Wildlife Trust's exciting new project, County Wildlife Action. This month, led by NWT Project Officer Gemma Walker, we will begin surveying the plants and habitats of Salhouse Heath. This is a brilliant opportunity to improve our plant knowledge & identification skills over the summer - and also to enjoy more of the stunning heath we have helped improve during the past four+ years.

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