

# NORTH NORFOLK WORKOUT GROUP

July 2016

Date	Site	Activity	Meeting Point/Time
Friday 1st	<b>The Rookery, Walcott</b>	Spread your wings, & take to the sky (Grounds maintenance!)	The Rookery, Rookery Farm Rd, Walcott, <b>11.45am</b> . Minibus pickups: Cadogan Road car park, Cromer, <b>11am</b> . North Walsham train station <b>11.30am</b> .
Monday 4th	<b>The Patch, Sheringham</b>	Green fingers needed (Allotment work)	The Patch allotment site, Sheringham High School, <b>12.30pm</b>
Friday 8th	<b>Beeston Bump walk</b>	Summertime seaside & cliff top walk (approx. 3.5 miles)	Beeston Common lay by, off Cromer Road, opposite Priory Maze, <b>12.30pm</b> .
Monday 11th	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK**</b>
Friday 15th	<b>Sheringham Park</b>	Rhodies are a no-no (Invasive species removal)	Sheringham Park, National Trust car park, <b>11.30am</b>
Monday 18th	<b>West Runton walk</b>	Heading for the (Incleborough) hills (Walk, approx. 3.5 miles)	Bus stop near post office, Cromer Road, West Runton, <b>12.30pm</b>
Friday 22nd	<b>Cromer butterfly survey</b>	A wild afternoon out... (Butterfly & wildflower id walk)	Cromer train station, <b>12.30pm</b>
Monday 25th	<b>The Patch, Sheringham</b>	Can we dig it? Yes, we can! (Allotment maintenance)	The Patch allotment site, Sheringham High School, <b>12.30pm</b>
Friday 29th	<b>Salthouse Heath</b>	Invertebrate, plant & habitat surveying! (Alongside NWT, & local expert Tony Leech)	Bard Hill Road car park, south of Salthouse, <b>12.30pm</b>

For more details, please contact us by:

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

Telephone: **07943 703919**

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

# North Norfolk Workout Group – July 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 July - 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 enjoying a couple of summertime strolls and wildlife surveys (fingers crossed for sunshine!) We're also continuing our involvement with Norfolk Wildlife Trust's County Wildlife Action project – this month we'll be surveying the beautiful Salthouse Heath with local expert, Tony Leech.

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