

NORTH NORFOLK WORKOUT GROUP

September 2016

Date	Site	Activity	Meeting Point/Time
Friday 2nd	The Rookery, Walcott	Flying down to Walcott (Gardening & grounds maintenance)	The Rookery, Rookery Farm Rd, Walcott, 11.45am . Minibus pickups: Cadogan Road car park, Cromer, 11am . North Walsham train station 11.30am .
Monday 5th	Thorpe Market church	Raising the canopy (Churchyard tree tidy-up)	St Margaret's church, Church Road, Thorpe Market, NR11 8AJ, 12.00pm . Car park is opp. church. Site is accessible by Sanders 6A bus – church is a short walk from North Walsham Road bus stop in Thorpe Market village.
Friday 9th	Sheringham Park	Through their Parklife... (Woodland management)	Sheringham Park, National Trust car park, 11.30am
Monday 12th	Cromer walk	Town, cliff top & ice-cream walk (approx. 2.5 miles)	Tourist information centre, Cromer, 12.30pm
Friday 16th	Salthouse Heath	Can we clear it? Of gorse we can! (Heathland restoration work)	Bard Hill road car park, south of Salthouse, 12.30pm
Monday 19th	Beeston Regis walk	Heath & Common circular walk (approx. 3.5 miles)	Beeston Common layby, off Cromer Road, opposite Priory Maze, 12.30pm .
Friday 23rd	Kelling Heath	Kelling calling! (Heathland restoration)	Holgate Hill road car park, south of Weybourne, off A149, 12.30pm
Monday 26th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 30th	Letheringsett churchyard	A rake's progress... (Raking the churchyard)	St Andrews church, Holt Road, Letheringsett, NR25 7YA, 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 – September 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 September - we'll be returning to regular sites, such as the stunning Salhouse Heath; much-loved residential care home, the Rookery; and National Trust woodland jewel, Sheringham Park. We'll be back working at the lovely, wildlife-rich Kelling Heath – and helping out once again at the award-winning Thorpe Market churchyard. We'll be enjoying a couple of early autumn strolls, while at the end of the month we'll be returning to Letheringsett, completing our churchyard hay raking sessions for the year!

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