

# NORTH NORFOLK WORKOUT GROUP

*October 2016*

Date	Site	Activity	Meeting Point/Time
Monday 3rd	<b>Thorpe Market churchyard</b>	Tree-sey does it! (Churchyard tree tidy-up)	St Margaret's church, Church Road, Thorpe Market, NR11 8AJ, <b>12.00pm</b> Car park is opp. the church. Site accessible by Sanders bus (church is 5 minute walk from North Walsham Road bus stop in Thorpe Market village).
Friday 7th	<b>Overstrand &amp; Northrepps walk</b>	Strolling down the 'Strand (Circular walk, approx. 4 miles)	High Street bus stop, Overstrand, <b>12.15pm</b>
Monday 10th	<b>The Rookery, Walcott</b>	Green fingers & muscle-power! (Grounds maintenance)	The Rookery, Rookery Farm Rd, Walcott, <b>11.45am.</b> <b>Minibus pickups:</b> Cadogan Road car park, Cromer, <b>11am.</b> North Walsham train station, <b>11.30am.</b>
Friday 14th	<b>Felbeck Trust site, Aylmerton</b>	Brambly hedge (Scrub bashing & hedgerow restoration)	Aylmerton Village Hall, Church Road, Aylmerton, NR11 8PZ, <b>12.30pm.</b> **If you would like a lift to site today, please let us know in advance**
Monday 17th	<b>**NO TASK**</b>	<b>**NO TASK**</b>	<b>**NO TASK**</b>
Friday 21st	<b>Felbeck Trust site, Aylmerton</b>	Path-ology (Footpath creation & hedge restoration)	Aylmerton Village Hall, Church Road, Aylmerton, NR11 8PZ, <b>12.30pm.</b> **If you would like a lift to site today, please let us know in advance**
Monday 24 <sup>th</sup>	<b>The Patch</b>	Patch-ward Hoe! (Allotment tasks)	The Patch allotment site, Sheringham High School, <b>12.30pm.</b>
Friday 28 <sup>th</sup>	<b>Felbeck Trust site, Aylmerton</b>	Hedging towards winter?... (Hedgerow renewal)	Aylmerton Village Hall, Church Road, Aylmerton, NR11 8PZ, <b>12.30pm.</b> **If you would like a lift to site today, please let us know in advance**
Monday 31st	<b>Salthouse Heath</b>	And Rhodies that go bump in the night... (Heathland restoration work)	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 – October 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 October - we'll be returning to regular sites, such as the inspirational community allotment, the Patch, and much-loved residential care home, the Rookery. We'll be busy once again at Thorpe Market churchyard, uncovering the famous snowdrops, and we're at the stunning Salthouse Heath on Halloween afternoon, for a spooky Rhododendron bash... Also this month, we begin our involvement with an exciting new group of sites in and around Aylmerton, with the Felbeck Trust. Expect hedge & footpath restoration, scrub bashing, pond side work, and more, over the coming months. (If you'd like a lift to the new work site from Cromer (and back!), please let us know in advance of each Aylmerton task).

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, out on an autumnal afternoon!

Best wishes, Lucy and the Workout Group committee