

NORTH NORFOLK WORKOUT GROUP

November 2016

Date	Site	Activity	Meeting Point/Time
Friday 4th	Cromer, Norfolk Trails walk	Checking on our part of the Trails (Circular walk, approx. 3 miles)	Cromer train station, 12.30pm
Monday 7th	Cley churchyard	Raking God's Acre (Churchyard conservation raking)	St Margaret's church, Holt Road, Cley, NR25 7TT, 12.30pm (Parking available on the green, outside the churchyard)
Friday 11th	Felbeck Trust site, Aylmerton	Meadowland (Habitat restoration)	Aylmerton Village Hall, Church Road, Aylmerton, NR11 8PZ, 12.30pm
Monday 14th	Bretts Wood, nr Fakenham	You Brett, we Wood (Nightjar habitat creation)	MINIBUS AVAILABLE: Cadogan Road car park, Cromer, 12.00pm . Or meet us at Bretts Wood small car park, 12.45pm - off A148 Holt Road between Fakenham and Thursford. (Nearest postcode NR21 0BB).
Friday 18th	Letheringsett churchyard	Rake it off, rake it off! (Hay raking)	St Andrew's church, Holt Road, Letheringsett, NR25 7YA, 12.30pm
Monday 21st	Thorpe Market churchyard	Holly, go lightly (Churchyard tree & hedge work)	St Margaret's church, Church Road, Thorpe Market, NR11 8AJ, 12.00pm Car park is opp. the church. Site accessible by Sanders bus (church is 5 min walk from bus stop in Thorpe Market village).
Friday 25th	Salthouse Heath	Caught by the furze (Gorse clearance)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 28th	Thorpe Market churchyard	Helping in the hidden hazel grove (Churchyard conservation work)	St Margaret's church, Church Road, Thorpe Market, NR11 8AJ, 12.00pm Car park is opp. the church. Site accessible by Sanders bus (church is 5 min walk from bus stop in Thorpe Market village).

For more details, please contact us by:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Or visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group – November 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 November - clearing gorse at stunning Salhouse Heath, and undertaking some seasonal woodland management at Bretts Wood near Fakenham (with Mark Webster of Norfolk Wildlife Trust). At wildlife-rich Thorpe Market churchyard, we'll be uncovering the Fair Maids of February; we'll be carrying out our annual check-up on our part of the Norfolk Trails in Cromer. Alongside the Felbeck Trust in Aylmerton we're helping to restore a part of Norfolk's lost meadowland, and we'll be enjoying a bit of autumnal hay-raking to benefit wildflowers at both Cley (a new site for us!) and Letheringsett churchyards.

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 an autumnal afternoon! Best wishes, Lucy and the Workout Group committee