

NORTH NORFOLK WORKOUT GROUP

December 2016

Date	Site	Activity	Meeting Point/Time
Friday 2nd	Cley churchyard	The Great British Rake Off (Churchyard hay raking)	St Margaret's church, Holt Road, Cley, NR25 7TT, 12.30pm (Parking available on the green, outside the churchyard)
Monday 5th	The Patch, Sheringham	Field and fountain, moor and...allotment (Winter gardening tasks)	The Patch allotment site, Sheringham High School, 12.30pm
Friday 9th	Salthouse Heath	Sloe-ing it all down on the heath (Habitat restoration)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 12th	Bretts Wood, nr Fakenham	Lopping around the Christmas trees (Winter woodland management)	MINIBUS AVAILABLE: Cadogan Road car park, Cromer, 12.00pm . Or meet us at Bretts Wood small car park (off A148 Holt Road between Fakenham and Thursford. Nearest postcode NR21 0BB), 12.45pm
Friday 16th	Wiveton Downs	Glandford tidings of great joy! (Festive gorse bashing & view renewing)	Wiveton Downs car park, on minor road between Wiveton and Langham (nearest postcode: NR25 7PD), 12.30pm
Monday 19th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 23rd	**NO TASK**	**NO TASK**	**NO TASK**

Merry Christmas to all our volunteers – see you in the New Year!

(First Workout Group task of 2017 is Friday 6th January)

For more details, please contact us by:

Email: nnworkoutgroup@gmail.com

Telephone: **07943 703919**

Or visit: www.northnorfolkworkoutgroup.org

North Norfolk Workout Group – December 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 December - we'll be returning to the inspirational community allotment, The Patch, to put the garden to bed for the season; we're back at lovely Cley churchyard for a bit of festive conservation hay raking, and we'll be at bonny Bretts Wood for some woodland habitat management, alongside Norfolk Wildlife Trust. The Workout Group will also be keeping warm by enjoying two wintery afternoons of gorse bashing - at stunning Salthouse Heath and wonderful Wiveton Downs.

First Workout Group task of 2017 (helping to work off any festive excess!) is on Friday 6th January

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