

NORTH NORFOLK WORKOUT GROUP

January 2017

Date	Site	Activity	Meeting Point/Time
Friday 6th	Felbeck Trust site, Aylmerton	In with the new! (Wildlife hedgerow maintenance)	Aylmerton village hall, Church Road, Aylmerton, NR11 8PZ, 12.30pm Limited lifts available: please ask for details
Monday 9th	Bretts Wood	Swing those birches (Restoring woodland habitat)	Bretts Wood car park, off A148 Holt Road, between Fakenham & Thursford (nearest postcode: NR21 0BB), 12.45pm Limited lifts available: please ask for details
Friday 13th	Salthouse Heath	Lucky for us (maybe not the gorse?) (Heathland habitat creation)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 16th	Thorpe Market churchyard	Tip-toe through the snowdrops... (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).
Friday 20th	Felbeck Trust site, Aylmerton	Hedging our bets (Meadow restoration work)	Aylmerton village hall, Church Road, Aylmerton, NR11 8PZ, 12.30pm Limited lifts available: please ask for details
Monday 23rd	Wiveton Downs	Hot furze (Heathland restoration work)	Wiveton Downs car park, on minor road between Wiveton and Langham (nearest postcode NR25 7PD), 12.30pm
Friday 27th	Felbeck Trust site, Aylmerton	Cutting hedge stuff - as ever (Helping hedgerow birds & butterflies)	Aylmerton village hall, Church Road, Aylmerton, NR11 8PZ, 12.30pm Limited lifts available: please ask for details
Monday 30th	The Patch, Sheringham	Can we dig it? Yes, we can! (Allotment work)	The Patch allotment site, Sheringham High School, 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 – January 2017



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 January - we'll be returning to regular sites, such as the inspirational community allotment, the Patch; lovely conservation churchyard, St Margaret's in Thorpe Market; and beautiful County Wildlife Site, Salthouse Heath. In Aylmerton we'll be back working alongside the Felbeck Trust to help restore precious meadow habitat, and we're heading to Bretts Wood for a bit of woodland management, alongside volunteers from Norfolk Wildlife Trust, and also enjoying a trip to the stunning Wiveton Downs for a bit of habitat restoration.

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 winter's afternoon!

Best wishes, Lucy and the Workout Group committee