

NORTH NORFOLK WORKOUT GROUP

February 2017

Date	Site	Activity	Meeting Point/Time
Friday 3rd	Felbeck Trust site, Aylmerton	On the hedge (Hedgerow restoration)	Aylmerton village hall, Church Road, Aylmerton, NR11 8PZ, 12.30pm Limited lifts available: please ask for details
Monday 6th	**NO TASK**	**NO TASK**	**NO TASK**
Friday 10th	Salthouse Heath	Floating like butterflies... (Butterfly habitat improvement)	Bard Hill Road car park, south of Salthouse, 12.30pm
Monday 13th	Bretts Wood, nr Fakenham	Get us to the birch on time! (Woodland management)	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 17th	Surveyor's Allotment site, Sustead	We've got it Sustead (Scrub & bramble bashing)	Sustead Surveyor's Allotment, Sustead Road, NR11 8RU, 12.30pm Limited parking for a few cars on site. A few more spaces ¼ mile away, to south of site, in Sustead village, at junction of The Street. Please bring own refreshments today!
Monday 20th	Beeston Bump walk	Stinging like a... Beeston Bump walk (Approx. 3.5 miles)	Beeston Common layby, off Cromer Road, opposite Priory Maze, Sheringham, 12.30pm
Tuesday 21st	The Rookery, Walcott	Flying along, on a Tuesday (Garden and grounds maintenance)	The Rookery, Rookery Farm Road, Walcott, 11.45am. MINIBUS AVAILABLE: Cadogan Road car park, Cromer 11.00am. North Walsham train station, 11.20am.
Friday 24th	Wiveton Downs	We're up on the Downs! (Springtime management work)	Wiveton Downs car park, on minor road between Wiveton and Langham (nearest postcode: NR25 7PD), 12.30pm.
Monday 27th	The Patch, Sheringham	Can we dig it? We can, and we will! (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 – February 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 February - we'll be returning to regular work sites, such as the inspirational community allotment, the Patch; stunning County Wildlife Site, Salhouse Heath; the grounds of the always welcoming coastal care home, the Rookery. We'll also be appreciating the wonderful views of Wiveton Downs, as we work to improve wildlife habitat on this SSSI, and the group is at bonny Bretts Wood for some woodland restoration; and we'll be taking the air on a couple of nature walks, as spring makes a welcome return to Norfolk's countryside. We'll also be joining the Felbeck Trust on a new worksite, Sustead Surveyor's Allotment, for some scrub bashing fun!

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