

Get fit without going to the gym

An exciting new project aims to offer FREE opportunities for local people to get active and get access to nature. “This is exercise for people who hate the gym”, said Workout Project Officer Mark Webster, “you don’t need any experience or knowledge, and there is definitely no Lycra! There will be a mixture of practical work to improve green spaces with learning about the natural world, and lots of fun”.

The North Norfolk Workout Project is delivered by conservation volunteering charity BTCV for North Norfolk District Council with additional funding and support from Natural England through Access to Nature as part of the Big Lottery Fund’s Changing Spaces Programme, NHS Norfolk and North Norfolk Community Partnership. Anyone over 18 will be able to volunteer for activities which will improve people’s physical, social and mental health, as well as developing, sustaining and conserving the natural environment. The involvement of people with physical, sensory or learning difficulties, mental health or long-term medical conditions will be particularly welcome.

The practical tasks will concentrate on three main sites initially – Holt Country Park (on Monday afternoons) plus Sadler’s Wood in North Walsham and Pigney’s wood near Knapton (both on Thursday afternoons). However we will be providing free transport for volunteers from a pick-up point in Cromer, and visiting sites all over North Norfolk on Friday afternoons. Additionally we are looking for locations for at least 3 big ‘Community Challenges’ each year which could involve clearing and improving access to a community open space. If you know somewhere that would benefit from coordinated action by local people, please contact us.

For more information about the project or becoming a volunteer see www.btcv.org/norfolk or call us on 01263 516 336.