

About Mid Norfolk Workout Group

The Mid Norfolk Workout Project is delivered by TCV in partnership with the Countryside Restoration Trust (Mayfields Farm) and Norfolk Wildlife Trust (Foxley Wood). It is funded by the Heritage Lottery Fund Our Heritage Fund



Mid Norfolk Workout Group Enquiry Form

Please send me further details

Name	<input type="text"/>
Address	<input type="text"/>
Postcode	<input type="text"/>
Telephone	<input type="text"/>
Email	<input type="text"/>
Where did you pick up this leaflet?	<input type="text"/>

Please return the form above to:
Room 18, West Site A, Innovation Centre,
Norwich Research Park, Norwich, NR4 7GJ

Or contact us directly:

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The Community Volunteering Charity

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What is the Mid Norfolk Workout Group

Mid Norfolk Workout Group is a new FREE project, helping you to become healthier and find out more about your local environment by taking part in nature conservation activities, such as:

- Hedge planting
- Woodland management
- Identifying wildlife
- Restoring ponds
- Making benches

As well as reducing stress levels, you can meet new people, learn new skills and become more self-confident as you explore beautiful green spaces as part of a friendly organised group. There is also the satisfaction of making a positive contribution to your local environment.

Activities take place during the middle of the day, meaning that you can join in between dropping off and collecting children from school if needed.

Minibus transport to and from the sites is provided FREE from a meeting point in central East Dereham (or from central Norwich).

Can anyone join?

Anyone over 18 can join in, permission from an adult will be required if you are 16 or 17. You don't have to turn up every week, come when you can.

Do I need to be physically fit?

No, not at all. We usually have a range of tasks to do so that there is something that everyone can usefully do. We welcome people with a wide range of health conditions and disabilities.

You can join in for just an hour, or up to 3 hours, working at your own pace. Some sessions focus on learning and fun, whilst others include opportunities to try gentle or more challenging physical tasks.

Do I need to know how to do anything?

No experience is necessary, our leaders will give you all the training you need.

Do I need to bring anything with me?

Please wear outdoor clothes and reasonably sturdy boots or shoes if you have them. We suggest that you bring along your own snack or packed lunch. If you need to take medication please bring it along with you.

We provide:

- An experienced, trained, DBS-checked leader.
- All the tools and equipment needed for each task, including suitable work gloves.
- Tea & coffee for the mid-session break time
- First Aid cover
- Public liability and personal accident insurance

Where will I be working?

The project's 2 main work-sites are both near Themelthorpe.

