



Bestwood Country Park Events

April-September 2013

VOLUNTEERING AT BESTWOOD COUNTRY PARK

The Ranger Team is always looking for enthusiastic and willing volunteers to help us look after this fascinating 700 acre remnant of Sherwood Forest. Volunteering is a great way to learn new skills, make friends and help the environment. Everyone is welcome and no previous experience is necessary as all tools and training are provided.

Just wear suitable clothing and bring a packed lunch, willing hands and a sense of humour! Regular volunteer sessions are held every Monday (except Bank Holidays) and the first Sunday of each month. Sessions run from 10am to 3pm, meeting at Alexandra Lodge. For more information contact Sue McDonald, Country Parks Community Liaison Officer on 0115 9753782

FREE RANGER LEAD GUIDED WALKS

Join the ranger's for a walk around the park and see the vast number of habitats that lie within its boundaries. Come and enjoy the seasonal highlights, and possibly learn something new about your environment.

10am – 12noon. Meet at the Winding Engine House car park – see listings for dates.

WEDNESDAY HEALTH WALKS

Would you like to improve your fitness whilst making new friends in lovely countryside surroundings? Then Wednesday Health Walks are for you!

Long proven to be one of the best forms of exercise to improve body & mind, this series of invigorating yet gentle, 90 minute, ranger led walks are designed to do both.

So join us, you don't have to book, just turn up. Plus it's **FREE** so you can even bring along friends & family!

(Please note: walks may include some slopes). For further information contact Sue McDonald 0115 9753782

Meet at the Winding Engine House Car Park 10.30a.m.

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18's should be accompanied by an adult.

NORDIC WALKING

If you can walk you can almost certainly Nordic Walk

All classes are held in Bestwood Country Park under the expert supervision of Glynis Jones a qualified INWA Nordic Walking Instructor. Poles of a suitable length can be borrowed by each participant and a small voluntary contribution of £3 is invited but not compulsory.

Wednesday: 10.30 - 11.30

from Winding Engine Car Park, Park Road, Bestwood Village NG5 8TQ

Wednesday: 12.30 - 13.30

from Bestwood Lodge Drive Car Park, Arnold NG5 8PD

Friday: 10.30 - 11.30

From Winding Engine Car Park. This session focuses on more advanced technique for those who have already learned to Nordic Walk.

Saturday: 10.30 - 11.30

From Winding Engine Car Park, followed by a visit to the Dynamo House Café for coffee and chat

Newcomers to Nordic Walking are requested to contact Glynis to arrange a FREE 30 minute introduction to the technique before attending their first class.

Contact Glynis Jones on **07889 038495** for further details.

MARCH

Saturday 30th March

BESTWOOD WINDING ENGINE HOUSE ANNUAL OPENING

10am – 12 midday

The historic winding Engine House re-opens to the public for another season. Come & see this unique building, a tribute to the workers who put the Great into Britain & fed the fire of the industrial revolution.

Building open 10a.m to 12noon Saturdays & Bank Holidays from Easter– October

FREE ENTRY

APRIL

Friday 12th _ Saturday 13th April

SPRING INTO BESTWOOD

10am – 4pm

Join local ceramic artist Sandy Byewater for a community art session at Bestwood Country Park. Recreate beautiful flowers of spring in clay and exhibit your work in our spring garden installation at the Dynamo House.

Places are limited so it is advisable to book by calling 01159753782

£2 per person per session.

Wednesday 17th April

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.
For more information contact Sue McDonald on 01159753782

Sunday 21st April

RANGER LEAD GUIDED WALK ~ SPRING

10am -12 noon

Join us for this guided walk as the days lengthen & warm & help us unearth signs of spring along the way.

Meet at the Winding Engine House car park.

FREE EVENT

Sunday 21st April & Sunday 19th May

SWEAT LODGE

10.30am to 4pm

Beneath a covered dome of willow rods hot volcanic stones are dowsed with water and herbs creating a therapeutic steam that cleanses both body and mind. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

A £40 charge applies to this event.

MAY

Sunday 5th May

SINGING SONGBIRDS

6am-8am

Join us for this early morning walk as we listen out for the feathered inhabitants of Bestwood Country Park. Try to identify the 'singers' as they sing out their 'battle cries' to woo the ladies and defend their patch. (Binoculars are not essential, but please bring them along if you have them). Light refreshments available afterwards in the Dynamo House.

Pre booking is essential to this event by calling 0115 9753782

Meet at the Winding Engine House car park.

Adults £4 Child £2

Wednesday 15th May

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.
For more information contact Sue McDonald on 01159753782

JUNE

Friday 21st – Sunday 23rd June

SWEAT LODGE SUMMER SOLSTICE CAMP

Celebrate the Summer Solstice with a weekend of sweat lodges, ceremonies and healing as well as activities for children. For further information and to book a place please contact Jason Sewell at jason@turtlelodgehealing.co.uk or call 0115 956 9603.

A charge applies to this event.

Wednesday 19th June

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.
For more information contact Sue McDonald on 01159753782

JULY

Friday 12th – Sunday 14th July

GODDESS CAMP

Help us to celebrate the earth, appreciate our connection to it and explore what we can do to protect our environment. Over the weekend there will be a variety of entertaining workshops that may include belly dancing, arts and crafts, tree walks, Reiki, introduction to the goddess path and much, much more. The camp is open to men, women and children and **advanced booking is essential**. For more information and to book a place contact Margaret Vince on 07890284066 or 01159568810, e-mail nottmgoddesscamp@hotmail.com

The charge for this event is on a sliding scale according to income.

Wednesday 17th July

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.

For more information contact Sue McDonald on 01159753782

LOVE PARKS WEEK

20TH – 28TH July

Get out into the fresh air and discover what your local park or green space has to offer.

Sunday July 21st

10am – 12 noon

RANGER LEAD GUIDED WALK - SUMMER

Join us on this guided walk to see nature in all its summer glory with much of its flora & fauna at its very best.

Meet at the Winding Engine House car park.

FREE EVENT

Thursday 25th July

10.30am -12.30pm

DEN BUILDING

Have you ever wondered how animals manage to live and sleep in the forest? Come along to a den building session and pretend you are an animal and construct yourself a cosy little den out of materials found in the forest.

Age 5 and up. Children must be accompanied by an adult.

Pre-booking and payment is essential. Call 0115 9753782

£2 per child.

AUGUST

Thursday 1st August

10.30am -12.30pm

POND DIPPING

Meet at the Winding Engine House car park for a gentle stroll to the Mill Lake where we will search for beasties that lurk under the surface of the water. You never know what we might find!

Age 5 and up.

Children must be accompanied by an adult.

Pre-booking and payment is essential. Call 0115 9753782

£2 per child

Wednesday 7th August

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.
For more information contact Sue McDonald on 01159753782

SEPTEMBER

Sunday 8th September

11am – 4pm

BESTWOOD WINDING ENGINE HOUSE STEAM HERITAGE DAY

Come along to the Bestwood Winding Engine House and learn about the mining heritage of the area and the massive part this fantastic structure played in producing coal.

The Bestwood Black Diamonds Brass Band who has a long association with the Bestwood Colliery will be on hand to make sure the afternoon goes with a swing.

FREE EVENT

Wednesday 11th September

6pm – 8pm

BAT NIGHT

Another chance to meet the creatures of the night. Learn more about the twilight world of these flying mammals with a slide talk and (hopefully!) an opportunity to see live rescued bats up close. This will be followed by a brief night vigil to witness bats hunting over the Mill Lakes. ***Pre-booking and pre-payment are essential for this event by calling 0115 9753782 as places are limited.***

£4 per person

Wednesday 18th September

WEDNESDAY HEALTH WALK

Meet at 10.30am at the Winding Engine House car park for this FREE 90 minute lead walk.
For more information contact Sue McDonald on 01159753782