

The Friends of Bestwood Country Park

www.bestwood-country-park.co.uk



NEWSLETTER: SPRING 2013

ABOUT THE FRIENDS OF BESTWOOD COUNTRY PARK

The Friends group was formed in December 2007. We aim to support our big, beautiful park; its habitats, historic buildings, flora and fauna, as well as its many human visitors. New members are always very welcome. If you are interested to know more please email gillian.costello@ntlworld.com. We also have a discussion forum website at www.bestwood-country-park.co.uk where you can check our meeting dates and other activities.

We consist of local residents and park users from all the areas around the park boundary. All are welcome to attend our meetings – the content varies: we may have speakers, or there may be issues of concern or funding possibilities to discuss. If you're not a meetings person, but are into engineering, you might be interested in joining the Winding Engine House Volunteers. If you're into practical conservation, there's a group that meets on **Mondays** (except bank holidays) to help the rangers with their practical work, and another on **the first Sunday** of each month. Or, you may like to be part of a volunteer team helping with refreshments on a **Saturday morning**. See details below. We hope to see you in the park!

BESTWOOD DEVELOPMENT GROUP

Nottinghamshire County Council recently established the Bestwood Development Group, to help develop and define a new vision and master plan for the park, with the aim of clear continuity in the management of the site. Amongst those represented on the group are the Winding Engine House Volunteers, the Friends group, Bestwood Village Vision and environmental teaching groups, as well as NCC who chair it, and Councillors from Bestwood St Albans Parish Council, Gedling Borough Council, Ashfield District Council and Nottingham City Council.

WINDING ENGINE HOUSE RE-OPENS

The Winding Engine House will re-open for drop-in visitors on Easter Saturday, 30 March, and will be open on Saturdays and Bank Holiday Mondays through the spring and summer, from 10 am to 12 noon, with entry free, and car parking nearby. However, if you have a group that would like to visit at another time the Volunteers welcome your interest and may well be able to book you in by arrangement. Also, the volunteer engineer team are looking for new recruits, so if you'd like to join their team, or book a visit, contact **Sue McDonald, Community Liaison Officer on 0115 975 3782**.

PRACTICAL CONSERVATION VOLUNTEERS

Two teams of enthusiastic practical conservation volunteers work regularly with the Rangers – on Mondays and on the third Sunday of each month. If you're interested to get involved in practical conservation please contact Sue as shown above.

Gedling Borough Council manages the south eastern area of the park, and organises volunteer conservation days there; please also let their **Jane Richardson** know of your interest in conservation volunteering. She is at jane.richardson@gedling.gov.uk or **0115 901 3963**.

SCHOOLS AND CHILDRENS GROUP VISITS

Various school and children's groups come to the park to enable the children to experience and learn about the natural world. If your group or school is interested, please contact Sue McDonald, Community Liaison Officer for Country Parks. Sue is based in the classroom close to Alexandra Lodge: her email is sue.mcdonald@nottsc.gov.uk or phone **0115 975 3782**.

SATURDAY MORNING REFRESHMENTS

Dynamo House café customers are increasing slowly but steadily. Our modest café is run jointly by Bestwood Village WI and the Friends group with the help of a small team of volunteers, and much support from the Winding Engine Volunteers and the Rangers. You are very welcome to call in for a sit down, cuppa and chat – cakes are usually available too – on **Saturdays from 10 am – 12 noon**. Access is via a flat path from the Winding Engine House car park, off Park Road, Bestwood Village - if you're not into climbing the hills of Bestwood! Please note: the café will also be **open on Easter Monday from 10.30 – 12.30**. Contact Gill at gillian.costello@ntlworld.com if you would like to have more information on volunteering there.

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SPRING 2013 PARK EVENTS

Below are brief notes - but for full details of ranger-led and other park events visit

<http://www.nottinghamshire.gov.uk/enjoying/countryside/countryparks/bestwood/>
and click on the events brochure.

SPRING INTO BESTWOOD – FRIDAY 12 AND SATURDAY 13 APRIL, from 10 am to 4 pm each day

Join local ceramic artist Sandy Bywater for a community art session in the park. Recreate the flowers of spring in clay and exhibit your work in a spring garden installation at the Dynamo House. Cost is £2 per person per session. Places are limited so please **book by calling 0115 975 3782**.

HEALTH WALKS

These gentle monthly 90-minute walks on a Wednesday morning are a fun, FREE way to refresh body and mind in lovely countryside surroundings. Friends and family welcome. Dogs on a lead, please. Walks may include some slopes, but no steep hills. If you have concerns about mobility please phone Sue McDonald on 0115 975 3782. Otherwise, just turn up, no need to book. Meet at the Winding Engine House car park, off Park Road, Bestwood Village, at **10.30 am**. Dates are: **Wednesday 17 April, Wednesday 15 May, and Wednesday 19 June**.

SPRING GUIDED WALK – SUNDAY 21 APRIL

Join a ranger for this FREE guided walk to see the welcome signs of spring emerging. Meet at the Winding Engine House car park at **10 am finishing at 12 noon**.

SINGING SPRING BIRDS – SUNDAY 4 MAY

Come along if you can get up early enough! This walk starts at **6 am through until 8 am**, from the Winding Engine House car park. It's that early to give the best chance to hear our spring birdsong at its loudest and longest. Light refreshments will be available afterwards at the Dynamo House. It's essential to book in advance – call 0115 975 3782. The cost is £4 for adults, £2 for children.

SWEAT LODGES

Beneath a covered willow dome in the park, therapeutic steam cleanses mind and body. For more information or to book, please contact Jason Sewell on **0115 956 9603** or email jason@turtlelodgehealing.co.uk. A charge applies for these sessions. Dates are: **Sunday 21 April and Sunday 19 May**.

SWEAT LODGE SUMMER SOLSTICE – FRIDAY 21 JUNE TO SUNDAY 23 JUNE

Celebrate the summer solstice with a weekend of sweat lodges, ceremonies and healing as well as activities for children. A charge applies to this event. Please contact Jason as above for further information.

NORDIC WALKING

One-hour brisk, invigorating walks in the park with a qualified Nordic Walking Instructor take place on most **Saturday and Wednesday mornings from 10.30 – 11.30 am** and on most **Wednesday mornings from 12.30 – 13.30**, with more advanced sessions on **Fridays, 10.30 – 11.30**. There are also walks from Bestwood Lodge Drive car park on **Wednesdays 12.30 – 13.30**. There is a small charge. For more information and a newsletter contact walkingwithpoles@sky.com or **07889 038495**.

RANGER-LED EVENTS:

You can contact the rangers on **0115 927 3674** for more information on any of the events above – **please note** the ranger team is small, so you may need to leave a message and your number on their answering machine. They will get back to you as soon as they can.

If you have queries about this quarterly newsletter or would like items to be included in it in future, please contact gillian.costello@ntlworld.com

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