

Bestwood Country Park 'WHAT'S ON' Events.

October 2013 – March 2014

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 is provided.

Just wear sensible 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 -3pm. Meeting at Alexandra Lodge. For more information contact Sue McDonald, Country Parks Community Liaison Officer on 0115 9753782

WEDNESDAY HEALTH WALKS

16th October, 20th November, 18th December 2013, 15th January, 12th February and 19th March 2014

Would you like to improve your fitness whilst making new friends in lovely countryside surroundings? Then wellbeing 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, walks are designed to do both.

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

(Please note: walks may include some slopes). For further information contact Sue McDonald (Community Liaison Officer) 0115 9753782 or email sue.mcdonald@nottsc.gov.uk

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 Sue 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

£3 per session

All classes are held in the 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.

Wednesday: 10.30 - 11.30

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

Saturday: 10.30 - 11.30

From Winding Engine Car Park, followed by a visit to the Dynamo House Cafe 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 or Email walkingwithpoles@sky.com for further details

DYNAMO HOUSE CAFÉ.

Saturdays 10am – 12 noon and most bank holidays.

During your visit to the Bestwood Country Park and the Winding Engine House why not drop in to the Dynamo House café for freshly brewed coffee and tea and delicious homemade cakes. Run by volunteers from the Friends of Bestwood Country Park and Bestwood Village WI, the café is very family-friendly and also houses our heritage exhibition. Accessible toilet inside.

WINDING ENGINE HOUSE

The Bestwood Winding Engine House is the last remaining part of the former Bestwood Colliery. The building houses the winding engine that dates back to 1876 - the heyday of Victorian industrial engineering. The Winding Engine House closes to the public from October to Easter to allow for essential maintenance and continued restoration by members of the Winding Engine House Volunteer Group. Tours are available by appointment during this period subject to the availability of volunteer guides – please call 0115 976 2422.

If you would like to volunteer with the engineering and maintenance team, or in other roles such as learning, oral history or in the café team, please contact the Heritage Development Officers on 0115 976 2422.

OCTOBER

Sunday 13th October 2013

10.30am – 4pm

NATIONAL FUNGUS DAY

Dynamo House, Bestwood Country Park.

FREE

Celebrate the mysterious world of fungi with the Nott's Fungi Group on National Fungus Day. There will be a display of specimens and photographs in the Dynamo House by the NFG and activities for the children by Nottingham University students. Guided fungi forays will take place at 11am and 2pm. Light refreshments will be available to purchase from the community-run café.

For more details telephone 01623 827331 (mon - fri) or email gary.joynt@nottscc.gov.uk.

Wednesday 16th October 2013

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Sunday 20th October

10.30am to 4pm

SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

Saturday 26th October 2013

10am – 4pm

THE BIG DRAW

Dynamo House, Bestwood Country Park

FREE

Join professional artist Sandy Bywater as you explore this year's theme 'Draw Tomorrow'.

You will be encouraged to draw, make or create your own tomorrow in a box.

No need to book just come along.

Saturday 26th and Sunday 27th October 2013

10am – 3pm

HEDGE LAYING WEEKEND

Bestwood Country Park.

£50

This ancient craft is the best way to manage a hedgerow, making it stronger, longer lived and a better home for wildlife. This comprehensive weekend course covers everything from traditions to tools and techniques

Pre-booking and pre-payment essential, call 01623 821323

NOVEMBER

Sunday 2nd November 2013

10am -12md

NATURAL HISTORY WALK- Autumn

Bestwood Country Park

FREE

Join a ranger on a walk around Bestwood Country Park. Learn about different habitats and the flora and fauna associated with the country park that makes the country park so special as autumn gives way to winter.

Meet at the Winding Engine House car park or phone 0115 9273674 for more details

Sunday 17th November 2013

10am – 3pm

HEDGE LAYING TASTER SESSION

Bestwood Country Park

£25

A one day taster session and very basic information on the ancient craft of hedge laying. Suitable for beginners or improvers.

Pre-booking and pre-payment essential, call 01623 821323

Wednesday 20th November 2013

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Sunday 24th November 2013

10.30am to 4pm

SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or

email jason@turtlelodgehealing.co.uk

DECEMBER

Saturday 7th December 2013

10am – 3pm

HEDGE LAYING TASTER SESSION

Bestwood Country Park

£25

A one day taster session and very basic information on the ancient craft of hedge laying. Suitable for beginners or improvers.

Pre-booking and pre-payment essential, call 01623 821323

Tuesday 17th December 2013

10.30am – 12md

CHRISTMAS PAST

Dynamo House, Bestwood Country Park

FREE

Do you remember the Christmas stockings of the past? Join us around the tree in the Dynamo House for a mince pie and a look back at how Christmas used to be.

To book your place please telephone the Heritage Development Officers on 0115 976 2422

Wednesday 18th December 2013

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Saturday 21st December 2013

10.30am to 4pm

WINTER SOLSTICE SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

JANUARY

Saturday 4th and Sunday 5th January 2014

10am – 3pm

HEDGE LAYING WEEKEND

Bestwood Country Park.

£50

This ancient craft is the best way to manage a hedgerow, making it stronger, longer lived and a better home for wildlife. This comprehensive weekend course covers everything from traditions to tools and techniques

Pre-booking and pre-payment essential, call 01623 821323

Wednesday 15th January 2014

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Saturday 25th January 2014

10.30am to 4pm

SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

FEBRUARY

Wednesday 12th February 2014

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Sunday 16th February 2014

10am – 3pm

HEDGE LAYING TASTER SESSION

Bestwood Country Park

£25

A one day taster session and very basic information on the ancient craft of hedge laying. Suitable for beginners or improvers.

Pre-booking and pre-payment essential, call 01623 821323

Saturday 22nd February 2014

10.30am to 4pm

SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

MARCH

Sunday 9th March 2014

10am – 3pm

LADIES HEDGE LAYING DAY

Bestwood Country Park

FREE.

Ladies, join Community Liaison Officer Sue McDonald for a day learning basic skills relating to the ancient craft of hedge laying to celebrate International Women's Day.

Pre-booking is essential. For further details or to book a place call Sue McDonald on 01159753782

Thursday 13th March 2014.

11am -4.30pm

INDUSTRIAL HERITAGE WALK

Walk FREE, donations to "Friends of Bestwood Winding Engine House" welcome

Join David AMOS, one of our Bestwood Winding Engine House Heritage Officers and Jeff Smith from the East Midlands Group of the Railway and Canal Historical Society as you walk from Bulwell to Hucknall taking in various old railway track beds (approximately 5 miles). The walk also takes in a tour around the Bestwood Winding Engine House maintained by the Bestwood Winding Engine House Volunteers. The walk starts at the Bulwell tram/train station and ends at the Hucknall tram./train station. Don't forget your packed lunch.

For more information and to book a place contact the Heritage Development Officers on 0115 9762422.

Email david.amos@nottscc.gov.uk

For details of membership of the East Midlands Group of the Railway and Canal Historical Society contact Rod Sladen on 0115 9227162 or email rchs@rod.sladen.org.uk

Wednesday 19th March 2014

10.30am – 12md

WEDNESDAY HEALTH WALK

Bestwood Country Park.

FREE

Meet at the Winding Engine House car park 10.30am

For further information contact walk leader Sue McDonald (Community Liaison Officer) on 0115 9753782

Saturday 22nd March 2014

10.30am to 4pm

SPRING EQUINOX SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Sweat Lodge is a place to cleanse and connect with nature, the elements and the spirit. The sweat lodge is a covered dome created out of bent willow saplings. During the sweat lodge hot volcanic stones are placed in a central pit in the dome and doused with water and herbs, creating a therapeutic steam. The combination of heat and steam is incredibly cleansing and has many health benefits. For more information and to book a place please contact Jason Sewell on 0115 956 9603 or email jason@turtlelodgehealing.co.uk

Sunday 30th March 2014

10am -12md

NATURAL HISTORY WALK- Spring

Bestwood Country Park

FREE

Join a ranger on a walk around Bestwood Country Park. Learn about different habitats and the flora and fauna associated with the country park that makes the country park so special. You never know what you will come especially in spring.

Meet at the Winding Engine House car park or phone 0115 9273674 for more details