

BULWELL FOREST

# WEEK OF ACTION

## PROGRAMME

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A week of action for Bulwell Forest ward has been organised by Nottingham City Council, Nottinghamshire Police and a wide range of other organisations.

Lots of activities are taking place during this week, many of them are free - look inside for some that you may want to come to.

For more information, ring 0115 8833729 or email [celia.knight@nottinghamcity.gov.uk](mailto:celia.knight@nottinghamcity.gov.uk).

week

22 June-  
29 June  
2013



Nottingham  
City Council

# Saturday 22 June

## All things green 10am - 2pm

Rise Park Community Centre, Bestwood Park Drive West

Bring along small household electrical goods\*, batteries, energy saving light bulbs or old cycles for recycling.



Bring your latest electricity and gas bills to get advice on the cheapest energy tariffs. Learn energy saving tips.



Talk to officers about dog fouling and also what to put in your bins.

Come and talk about any public transport issues.

\* To find out what type of small electricals to bring and where to take them visit: [www.mynottingham.gov.uk/recyclingelectrics](http://www.mynottingham.gov.uk/recyclingelectrics) or call 0115 9152000



### Active Families

Getting the whole family active together. **10.30am – 12.30pm**, Southglade LeisurCentre. All ages. 50p per person

### Family friendly guided walk

Suitable for all ages – 2 miles. **12 noon**, Bulwell Forest Recreation ground playground near to golf club, Hucknall Rd

### Aqua Zumba

Water based workout that's cardio conditioning, body toning and exercising beyond belief! **1pm – 1.45pm**, Southglade Leisure Centre, Southglade Park **£5 per session. Age 16+.**

### Bulwell Forest Garden

Come down to Bulwell Forest Garden and get involved in a range of activities from planting seeds in the polytunnel and tending to our vegetable beds, to planning our new sensory garden and wildlife watching.

Everyone welcome, no gardening skills necessary. Bring your wellies!!

**2pm – 6pm, Austin St entrance. FREE**

All ages – young children must be accompanied by an adult.

### Free Nottingham City Council Play Session

**2pm-4pm**, Bulwell Forest Community Garde, Austin St.5 – 13 years.

### Teeny Boppers Dance Class

**Children 4 – 6years.** Classes will develop balance, co-ordination, concentration.

Great and fun introduction to dance using music children can sing along to.

**2.30 – 3.10pm.** Old Bulwell Library, Highbury Rd £3.75.

**Further information from 07746854436**

# Sunday 23 June

## Bulwell Forest Garden

Come down to Bulwell Forest Garden and get involved in a range of activities from planting seeds in the polytunnel and tending to our vegetable beds, to planning our new sensory garden and wildlife watching.

Everyone welcome, no gardening skills necessary.  
Bring your wellies!!

**2 pm– 6pm • FREE**  
Austin St entrance

**All ages** - young children must be accompanied by an adult.

## Bulwell and Bulwell Forest History Walking Tour

**2pm. FREE**

**Bulwell Bogs, Main St, Bulwell.**



# Monday 24 June

## Bulwell Forest Family Support Drop In

Providing family support such as health queries, details about activities for children to access in the local area, parenting support and guidance, volunteering opportunities and signposting to other agencies and professionals.

**9am – 11am** Bulwell Forest Childrens Centre, next to Cantrell School, Cantrell Rd. **FREE**

## Rise Park Toddler Group

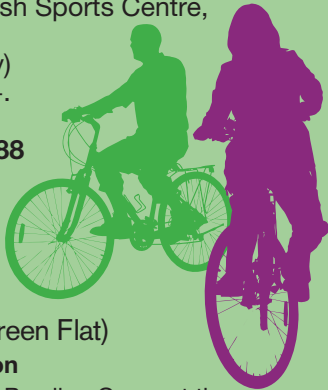
**9am – 11.15am**  
Church on Rise Park, Revelstoke Way  
**£1 per family**

## Free Cycle Training and cycle ride

Free security bike marking.

**10am-11am** beginners training  
**11am-12noon** improvers training  
**12noon-1pm** Community Bike Ride  
Meet at Mellish Sports Centre,  
Kemmel Rd  
(off Piccadilly)  
For ages 16+.

**Book on**  
**0115 955 2288**



## Bowls (Green Flat)

**10am – 12noon**  
Bulwell Forest Bowling Green at the rear of the Golf Club, Hucknall Rd  
Bowls for 11years to 100 years.  
Equipment supplied – wear flat shoes.  
Free entry for limited period.  
Small charge for tea and coffee.

## Join Bulwell Forest Walking Group

### On their regular walk

Leisurely 2-3 miles. **10am**  
No 17 bus stop at end of Cantrell Rd and St Albans Rd. **FREE**

## Walk around Southglade Park and surrounding area

**1.15pm.** Southglade Access Centre, Southglade Park. **FREE**

## Totstime

### Celebrate National Bookstart Week with a special Totstime –

Come dressed as your favourite fairy tale character and bring your teddy for a teddy bears picnic. Look out for our surprise special guest.

**2pm-3pm. Southglade Library, Southglade Park.**

For children under 5 years **FREE**

## 48th Nottm scout group

### Cubs activity night

Try out what the cubs has to offer. Games, tent pitching, tracking trail and much more.

**6.30pm – 7.15pm. Ages 8 – 10.5 years**  
Cantrell Primary School, Cantrell Rd.  
No charge until enrolled.

## Litter Pick Walk

Come and help to keep your area clean and safe for people and wildlife. Litter pickers and bags provided. Meet at the Bestwood Rd entrance to the Bulwell Forest Recreation Ground and Golf Course near to the social club.

**6.30pm. FREE**

# Tuesday 25 June

## Introduction to Basic Beauty

Hints and tips, massage and relaxation, facials, manicure and pedicure.

**9.15am – 11.15am**

Rise Park Primary School,  
Bestwood Park Drive West

**Age 18+**

**£2.50 per hour** but free if on means tested benefits.

## Pole Fitness

A fantastic way to lose weight, keep fit and tone up with guaranteed fun.

**2pm-3pm.** Southglade Leisure Centre

**Age 16+.** £5 / included in flexible fitness membership.

## Fun exercise session

FREE exercise programme run by the YMCA. **1.30pm**

Top Valley Community Centre  
(On Tesco's Top valley site)



**Aged 18+**

Ring 0115 948 9820 to book and for more information.

## Community Safety

**Call in to order your free smartwater**, find out how to set up a neighbourhood watch, talk to the police and community protection team, find out about speedwatch. Come and talk about any public transport issues. **7pm- 8pm**  
Top Valley Community Centre,  
(on Tesco's Top valley site).

# Wednesday 26 June

## Freedom to Travel

Small groups with walk leaders will use different public transport options to explore different areas inside and outside of Nottingham (Will it be Derby? Wollaton Park? Matlock?). Use your travel pass, citycard or we can help to subsidise your fares.

**9.30am.** Bulwell Riverside 'Ask Here desk' Main St.

## Employment supported workclubs 18+

Help and support is available for all aspects of job searching eg CVs and application forms, job search. **9.30 – 11.30am and 1-3pm.**

Southglade Childrens Centre, Southglade Park

**£2.50 per hour** or free if on means tested benefits.

# Wednesday 26 June continued...

## Pole Fitness

A fantastic way to lose weight, keep fit and tone up with guaranteed fun.

**9.30am - 10.30am.** Southglade Leisure Centre

**Age 16+.** £5 / included in flexible fitness membership.

## St Marys Church Toddlers

A play session with refreshments and ending with a singing session.

**10am - 11.30am**

St Mary's church, Highbury Rd - right hand side entrance.

**£1 including refreshments.**

Parents/grandparents/carers welcome with their birth to nursery age children.

## Boxercise

This combines boxing and exercise

**10.30am - 11.30am**

Ages 16+. **£5 per session/INCU**

## Vibe Power

Weight based group fitness programme.

**11.30am - 12.30pm**

Southglade Leisure Centre

Ages 16+. **£5 per session/included in flexible fitness membership.**

## Bulwell Forest garden

Details the same as Sunday except the opening time. **5pm-7pm**

## Bulwell Riverside Community Choir

The choir is great fun and puts on a concert twice a year but also sings at other venues if asked.

**6pm - 7.30pm**

Bulwell Riverside, Main St

Open to ages 10 - 90 years!

£1 for each rehearsal attended.

## High Low Aerobics

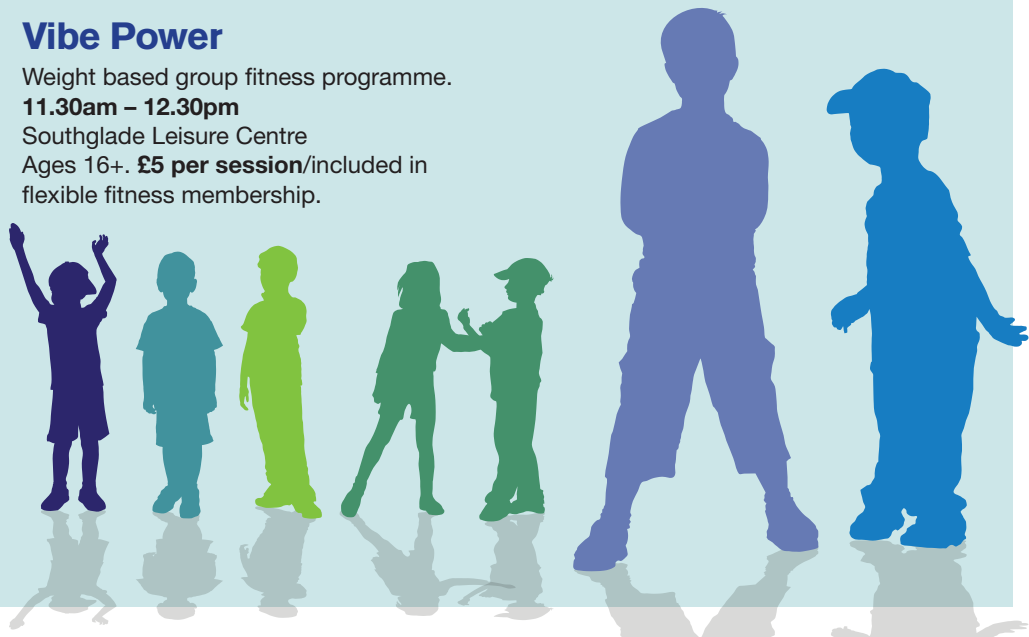
Combines both high impact and low impact aerobics moves to music.

**7.15 - 8pm**

Southglade Leisure Centre

Ages 16+

**£5 per session** included in flexible fitness membership.



# Thursday 27 June

## Rise Park Toddler Group

9am – 11.15am

Church on Rise Park, Revelstoke Way  
£1 per family

## Coffee Morning and book swap

10am – 12noon. Top Valley Community Centre (on Tesco's Top valley site)  
All ages. No charge but donations welcome.

## Walk around Bestwood Park

With a volunteer from the Royal Society of the Protection of Birds. 10am.  
Dunvegan Drive entrance to Bestwood Country Park.  
Bring your own binoculars if you have them but they are not essential. **FREE**

## IT course – computing

For absolute beginners or people with little previous knowledge of computing.  
1pm – 3pm. Southglade Childrens Centre, Southglade Park. **Age 18+.** £2.50 per hour but free if on means tested benefits.

## Free Nottingham City Council play session

For 5-13years

Arts/crafts, games, cooking  
3.30pm– 5.30pm. United Reformed Church Hall, Brooklyn Rd and Brooklyn Rd Park.

## Hip Hop Dance

Class for children aged 7 –11 years.  
5pm – 5.40pm. Old Bulwell Library, Highbury Rd. £3. Children may wear t-shirt, leggings or joggers with plimsolls.  
Further information from **0774 685 4436**

## Go4It!

A free 12 week programme for the whole family of fun sports and physical activity where children above a healthy weight play games and get active. Parents attend workshops while their children take part in activities. **5 – 6.30pm.**

Children aged 5 – 13 years above a healthy weight. Southglade Leisure Centre, Southglade Park  
Ring **0300 300 3333** to book and for more information.

## Take 5 Singing Group

Community Choir open to anyone interested in singing regardless of ability. No audition required. Fun and friendly atmosphere – great way of meeting new friends. Ages 8 - adult

6pm – 7pm. Old Bulwell Library, Highbury Rd. **£3.50.** Further information from **0774 685 4436**

## Free Nottingham City Council Youth session

11-19 years

Pool, arts/crafts, cooking, workshops.  
7pm -9pm Includes: **7.30pm – 8.30pm**  
Bike Maintenance Workshop  
United Reformed Church,  
Brooklyn Rd.



# Friday 28 June

## Bowls (Green Flat)

**10am – 12noon** Bulwell Forest Bowling Green at the rear of the Golf Club, Hucknall Rd. Bowls for 11years to 100 years. Equipment supplied – wear flat shoes. Free entry for limited period. Small charge for tea and coffee.

## Lunch Club

**12noon-1.30pm 18+**  
Church on Rise Park, Revelstoke Way  
For people aged over 60 years.  
Ring Chris on **0782 897 0959** to book and for information about the cost.

## Employment supported workclubs 18+

Help and support is available for all aspects of job searching eg CVs and application forms, job search.  
**1pm – 3pm.** Southglade Childrens centre Southglade park. **£2.50 per hour** or free if on means tested benefits.

## Dog Walk

Bring your dog for a short walk and find out what is being done to tackle dog fouling in the area. **5.30pm.**  
Dunvegan Drive entrance to Bestwood Country Park.

## Pole Fitness

A fantastic way to lose weight, keep fit and tone up with guaranteed fun.  
**6.30pm – 7.30pm** and **7.30pm – 8.30pm**  
Southglade Leisure Centre  
Age 16+. £5/included in flexible fitness membership.

## 48th Nottm Scouts

Games, tent pitching, cooking and much more!. **7.15pm – 9pm.** Cantrell Primary School, Cantrell Rd. Ages 10.5 – 14 years. No charge until enrolled.



# Saturday 29 June

## Go4It!

A free 12 week programme for the whole family of fun sports and physical activity.  
**10.30am – 11.30am**  
Southglade Leisure Centre,  
Southglade Park.  
Children aged 5 – 13 years above.  
a healthy weight. **Ring 0300 300 3333**  
to book and for more information.

## Active Families

Getting the whole family active together.  
**10.30 – 12.30.** All ages.  
Southglade Leisure Centre.  
**50p per person**

## Fun on the Forest

A fun day out for all the family. Lots of stalls and activities for all ages. **1pm – 5pm.**  
Bulwell Forest Common (near the Golf Club on Hucknall Rd). Minimal or no charges.

## Aqua Zumba

Water based workout that's cardio conditioning, body toning and exercising beyond belief! **1pm – 1.45pm**  
Southglade Leisure Centre, Southglade Park.  
Age 16+. £5 per session.

## Bulwell Forest Garden

**See previous Sunday for details.**