

The Dynamo

Summer 2022 Volunteer edition

www.fbcop.org.uk
info@fbcop.org.uk
07890 284066

Volunteers do not necessarily have the time; they just have the heart. Elizabeth Andrew

Helen Mitchem writes > The National Centre for Voluntary Organisations defines volunteering as “an



Helen

act that involves spending time, unpaid, doing something that benefits

the environment or someone other than, or in addition to, close relatives. Everyone has the right to volunteer and volunteering can have significant benefits for individuals.”

Over the past 20 years, parks and green spaces have seen huge increases in volunteering, which has helped many such places to stay open, as their local authority funding has been cut.

Terms such as “green gym” help describe the physical health benefits of volunteering



Hedge laying (photo Rheda Fox)

in outdoor conservation tasks. But some of the biggest positives from volunteering are the mental ones:

- being part of a friendly team;
- contributing to your community;
- getting you out of the house;
- raising a smile by doing something for someone, and
- seeing the difference your time can make.

All of these help boost our wellbeing, and make us and the people we help feel good.

Not all volunteering is about being physically active outdoors - this is not for everyone.

Without volunteers, Bestwood Country Park would “just” be a green space, but with volunteer roles including cake-baking

and running the café; managing tours of the Winding Engine House; helping with events, heritage tasks and wildlife surveys and being active members of the Friends group committee, you can really see how people make this space a wonderful asset.

The Friends of Bestwood Country Park are always

looking for new volunteers, so why not tell them who you are and what you'd like to do, for your benefit and theirs?



If you're not that confident (yet), just drop them an email and they will welcome you with a cup of tea and open arms and find a volunteering role for you as and when you feel ready.

It really is the Best(Wood) Country Park to volunteer in!

Helen Mitchem is the Engagement Officer for Miner2Major, based in Nottingham



Nature Embroidery by Carol (Kay Brown)



From kings to coal. For people. For wildlife.

The Dynamo House café is now recruiting volunteer bakers and servers for our Saturday and Sunday sessions.

The reputation for our fabulous home-made cakes means we can't keep up with demand. All offers to bake and serve are truly appreciated by the organisers and customers.

For details, please email Margret at margretvince@ntlworld.com or call 07890 284066



Carol Hart writes > From humble beginnings with instant coffee and a pack of biscuits, we have expanded our offerings to include home-made bakes; we've increased our opening hours, and we've accepted hours of help from our amazing team of volunteer bakers and servers.

This café wouldn't exist without the exceptional support from the volunteers who come to help, from the Friends of Bestwood

Country Park, the village and beyond.

For the few hours that we are open, the number of visitors we attract from all over the country, and sometimes the world, is exceptional.

We are able to keep our prices low as we didn't set out to raise money, but we have still been



able to support projects within the park from the funds generated. Since our inception we have raised over £41,000. For example, we have contributed towards the refurbishment of Andy's Adventure Playground, benches, birdseed and a dishwasher for a volunteer service. The café opens between 9.30am and 12.30pm on Saturdays throughout the year, on Summer Sundays between 2pm and 4pm, and on Bank Holiday Mondays. We welcome dogs on leads within the compound and in the Dynamo House.

We need people to serve in the café and/or to bake cakes & biscuits. Bakes are usually dropped off at the café before

we open, but could be collected the night before if you live locally and are unable to deliver.

If you volunteer as a server, you will be fully trained in how all the equipment works and your first shift will always be beside a seasoned veteran to show you the ropes.

Despite only charging 50p for drinks and 75p for cakes we raise funds which are passed back to the Friends of Bestwood Country Park for spending on upgrading the park facilities.

You may see features appearing in the park saying "Donated by FoBCP", and you can feel justly proud that you helped to fund that if you have visited us for a drink and cake!



[The Friends of Bestwood Country Park aim to make our beautiful Park even better for its users.](#)

[We are recruiting a VOLUNTEER EVENTS ORGANISER to oversee our wildlife walks, and help arrange other walks in the future.](#)

[We need you to:](#)

- help us increase the range of walks and events we offer,
- ensure that our simple risk assessments are in place,
- publicise events through our social media channels,
- and organise bookings.

The role probably needs about an hour a fortnight commitment.

Can you help us? Then please email info@fbc.org.uk

IS u a WIZ wiv wurdz?

...and are your eyes bleeding now? (The Editor apologises!) Magazines like this don't just put themselves together. They take time (and a degree of skill.)

If you plan to be a journalist, maybe by taking A-level Media Studies or English, and would like to work on putting the next edition of The Dynamo together, please email info@fbc.org.uk

You will be coached by a qualified and experienced journalist. Previous experience of using Microsoft Word or Apple Pages is essential.

The Friends of Bestwood Country Park want to make our beautiful park still better for its users.



You'll seek out sponsors for group events, ensuring that every penny the group raises continues to improve our wonderful park.

The role probably needs about an hour a fortnight commitment.

Fundraising experience in a previous role will be very helpful.

Interested in making a unique contribution to the team? Then please email info@fbcp.org.uk

The Chair of FoBCP, Rob Carlyle writes:

Thank you, Gill!

Gill Costello ("Treasure" as she's sometimes dubbed) has been leading this group almost since the day it was founded. Known throughout the Park, she is as influential in modern times as Nell Gwynn was when she first dropped her hankie.

Ten years ago, Gill and Margret Vince came up with the idea of the Dynamo House café. Thousands of cups of coffee and tea and slices of delicious home-made cake later - much like its freshly-brewed coffee, the café is still going strong.

As well as café creator, Gill has acted as Dynamo House rota sorter, group treasurer, membership secretary, and group newsletter writer.

Little wonder that she has received awards from Greenwood Community Forest.

Most recently, Gill has been a driving force in the creation of our Bestwood Wildlife Group. It was Gill's idea for the group to award a wildlife bursary to a



Nottingham University student, taking our country park as the centre of his or her studies.

As she steps away from her admin roles, we look forward to her company enjoying the wildlife and beauty of our Park.

Thank you, Margret!

We would like to pay special thanks to Margret Vince. Margret is the kind of human glue without whom groups like this would fail to operate. She manages somehow to balance the pressures of home, family and work, with being (amongst many,

many contributions) our former chair, our minute taker, secretary, chair of the Friends of Greenwood Community Forest, seller of cakes at the Major Oak Woodland festival and Biodiversity Action Group Forum, volunteer, and rota-writer of the Dynamo House café.



Margret's massive contribution to our group received special recognition from the Greenwood Community Forest.

She is also organiser of the annual Goddess Camp.

Margret's huge commitment to the group since its inception means she has massive knowledge to share and with which to enrich our group.

Margret - thank you for all you've done and we hope will continue to do for many, many years to come.

Without Gill and Margret, our park would have been immeasurably poorer. We all owe a debt of gratitude to you both.

Thank you.

From kings to coal. For people. For wildlife.

Join our Facebook group!

