

# The Friends of Bestwood Coun

[www.bestwood-country-park.co.uk](http://www.bestwood-country-park.co.uk)

Email: [bestwoodcountrypark@hotmail.co.uk](mailto:bestwoodcountrypark@hotmail.co.uk)



## NEWSLETTER: WINTER 2012-13

### 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. We meet most months and are always looking for new members. If you are interested to know more please email [bestwoodcountrypark@hotmail.co.uk](mailto:bestwoodcountrypark@hotmail.co.uk). We also have a discussion forum website at [www.bestwood-country-park.co.uk](http://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 has this year established a new group, 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

The Engine House will re-open for drop-in visitors from Easter 2013, on Saturdays through the summer, from 10 am to 12 noon. However, if you have a group that would like to visit at another time or over the winter 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**.

### SATURDAY MORNING REFRESHMENTS

The Friends group recently ran a trial to see if visitors would welcome refreshments at the Dynamo House, close to the Winding Engine House, on a Saturday morning. It proved popular, so it is continuing 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 most 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 contact Gill at [gillian.costello@ntlworld.com](mailto:gillian.costello@ntlworld.com) if you would like to help out.

### WINTER 2012 / 2013 PARK EVENTS

Below are brief details - but for full details of ranger-led and other park events visit [http://www.nottinghamshire.gov.uk/enjoying/countryside/countrysides/countrysides/bestwood](http://www.nottinghamshire.gov.uk/enjoying/countryside/countryside/countrysides/bestwood) and click on the events brochure.

### 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](mailto:Jason@turtlelodgehealing.co.uk). A charge applies for these sessions. Dates are: **Sunday 18 November, Saturday 22 December, Sunday 20 January 2013, Sunday 17 February and Sunday 17 March**.

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## NORDIC WALKING

One-hour 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**, meeting at the Winding Engine House car park; also on most **Wednesday mornings from 12.30 – 13.30** from the Bestwood Lodge Drive car park, on the Arnold side of the park. There is a small charge. For more information contact [walkingwithpoles@btinternet.com](mailto:walkingwithpoles@btinternet.com) or **07889 038495**.

## 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@nottscc.gov.uk](mailto:sue.mcdonald@nottscc.gov.uk) or phone **0115 975 3782**.

## RANGER-LED EVENTS:

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

## 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. These are now at full capacity. If you're interested to get involved in practical conservation please contact **Sue McDonald on 0115 975 3782**, or email [sue.mcdonald@nottscc.gov.uk](mailto:sue.mcdonald@nottscc.gov.uk) so that she can keep a note of your details, and involve you in any conservation task days run at different weekdays.

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](mailto:jane.richardson@gedling.gov.uk) or **0115 901 3963**. So far planned dates for conservation sessions are **Wednesday 6 March and Wednesday 20 March 2013**, to maintain the Japanese Water Gardens in the Arboretum gardens by Bestwood Lodge Hotel.

## WELLBEING WALKS

These monthly gentle 90-minute walks on a Wednesday morning are a fun, free way to invigorate 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. 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: **21 November, 19 December, 16 January 2013, 20 February and 20 March**.

## HEDGE LAYING TASTER SESSIONS

These one-day tasters are a very basic introduction to hedge laying skills, suitable for beginners and improvers. This traditional craft is the best way to manage a hedgerow making it stronger, longer-lived and a better home for wildlife. They run on some **Sundays from 10 am to 3 pm**, meeting at Alexandra Lodge. They cost £10.00 per person, and you will need to book in advance. Dates are: **Sunday 11 November, Sunday 9 December, and Sunday 10 February 2013**. **Contact the rangers on 0115 927 3674 to book.**

## HEDGE LAYING WEEKEND

A comprehensive weekend course **from 10 am to 3 pm on Saturday 12 and Sunday 13 January 2013** which covers everything from traditions to tools and techniques: how to start a lay to the finishing touches. Additional supporting materials will be supplied to take away to help develop skills further. It costs £50 per person for the weekend, and you will need to book in advance as places are limited. **Contact the rangers on 0115 927 3674 to book.**

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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](mailto:gillian.costello@ntlworld.com)

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