Nottinghamshire County Council

Bestwood Country Park Events February - 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

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 Adele Williams adele.williams@nottscc.gov.uk or David Amos david.amos@nottscc.gov.uk or telephone 0115 976 2422.
Suitable for wheelchair users.

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.
Suitable for wheelchair users.

WEDNESDAY HEALTH WALKS
12 February and 19 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 and 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@nottscc.gov.uk

Meet at the Winding Engine House Car Park 10.30am
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: 10.30am - 11.30am
from Winding Engine Car Park, Park Road, Bestwood Village NG5 8TQ
Saturday: 10.30am - 11.30am
From Winding Engine Car Park, followed by a visit to the Dynamo House Café 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

FEBRUARY

Wednesday 12 February 2014
10.30am – 12 noon
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 16 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 22 February 2014
10.30am - 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 22 February
10am – 12 noon
MAKE A NEST BOX
Suggested donation of £5 per nest box to cover material cost please. (Limited number of boxes available).

Following on from National Nest Box Week and with spring fast approaching, now is the time our feathered friends begin to find a mate and settle down to raise their young. Come along to the Dynamo House, Off Park Road, Bestwood Village and construct your very own nest box with Country Parks Learning and Events Officer Gary Joynt.

This is a family focused event so why not visit and enjoy a drink and a cake available to purchase in the community run Dynamo House Café?

For more information contact Gary Joynt on 01623 821336 or email gary.joynt@nottscc.gov.uk

MARCH

Sunday 9 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 13 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 Adele Williams adele.williams@nottscc.gov.uk or David Amos david.amos@nottscc.gov.uk on 0115 976 2422
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 19 March 2014
10.30am – 12 noon
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 22 March 2014
10.30am - 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 30 March 2014
10am -12 noon
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.