



## **Countryside Volunteering**



This easy read tells you about how you can volunteer to help the countryside in Nottinghamshire.

#### Why volunteer?



Volunteering outdoors is good for you.



Volunteering can help you stay healthy, make friends and learn new skills.





Volunteering will also help the countryside and nature.

There are lots of ways to volunteer at our country parks.



Volunteers do lots of different jobs such as:

- Weeding
- Clearing footpaths
- Keeping trees healthy
- Pine pulling on heathland
- Litter picking



Different parks have different opportunities for people who want to volunteer.

## **Bestwood Country Park**

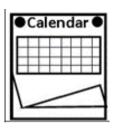


Conservation days at Bestwood Country Park takes place every Thursday.



Winding Engine House volunteers help to look after the Winding Engine House and give tours to visitors.

## **Cotgrave Country Park**



There are frequent conservation days at Cotgrave Country Park



You do not need to have any experience as they will help you to learn what to do.

They provide equipment and refreshments.

### **Sherwood Forest**



Conservation days happen on Wednesdays and on the 1st and 3rd Sunday of every month.



On Tuesdays from 10 am to 4 pm you can take part in woodwork using wood from the forest with the shed group.







Sherwood Pines is managed by Forestry England.

They organise dig days, practical conservation and other volunteering activities.

You can <u>find more information on the</u> <u>Forestry England website</u>.

## **Rufford Abbey**



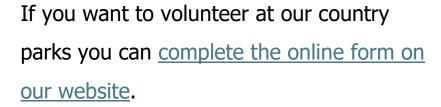
You can help with conservation tasks at Rufford Park and Abbey.



There are also excavation digs in the summer.

#### How to volunteer











You can also volunteer by joining a local wildlife group.

Nottinghamshire <u>Biodiversity Action Group</u> <u>has a list of wildlife groups</u> that you can join.

You can also <u>search for local volunteering</u> <u>opportunities on the Forestry England</u> <u>website</u>.



Another way to get involved is to join "Friends Groups".



**Friends Groups** are groups of people who look after nature and green spaces in specific local parks, including:

- Bestwood Country Park
- <u>Cotgrave Country Park</u>
- Greenwood Community Forest
- Moor Pond Wood
- Southwell Trail
- Woodlands and Coachwood Green,
  Shireoaks

## Links in this document

# Nottinghamshire County Council - Countryside volunteering enquiries

nottinghamshire.gov.uk/planning-and-environment/countryside-andgreen-spaces/countryside-volunteering-opportunities/countrysidevolunteering-enquiries

#### **Biodiversity Action Group - list of local wildlife groups**

nottsbag.nottsmammals.org.uk/partners/local-community-groups

#### Forestry England - search for volunteering opportunities

forestryengland.uk/volunteering#search

#### Friends of Bestwood Country Park

fbcp.org.uk

#### Friends of Cotgrave Country Park

cotgravecountrypark.co.uk

#### Friends of Greenwood Community Forest

greenwoodforest.org.uk

#### Friends of Moor Park Woods

moorpond.papplewick.org

#### Friends of Southwell Trail (Facebook)

facebook.com/friendsofsouthwelltrail

#### Friends of Woodlands and Coachwood Green

woodlandsandcoachwoodgreen.co.uk

For plain English web page version of this information, go to:

Countryside volunteering opportunities (Nottinghamshire County Council)

nottinghamshire.gov.uk/planning-and-environment/countryside-andgreen-spaces/countryside-volunteering-opportunities

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