Bestwood Country Park Events April - October 2014

WEDNESDAY HEALTH WALKS

23 April, 21 May, 18 June, 16 July, 17 September Free Events

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 & 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 they are free events so you can even bring along friends and family!

(Please note: walks may include some slopes). For further information contact Sue McDonald 0115 9753782

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 in advance to discuss your needs.

Under 18s 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.

Thusdays: 10am-11am

from Winding Engine Car Park, Park Road, Bestwood

Village NG5 8TQ

Saturdays: 10.30am-11.30am

From Winding Engine Car Park, followed by a visit to the

Dynamo House Cafe 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

'MINI- MINERS' SATURDAYS

10am-12noon

Mini-Miners will take place the first Saturday of the month. In addition to our usual activities for children, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

APRIL

Saturday 5 April 5, 10am-12noon MINI-MINERS SATURDAY

In addition to our usual activities for children, under 5s can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

Saturday 19 April 10am-12 noon

BESTWOOD WINDING ENGINE HOUSE OPENS EASTER SATURDAY

Free Entry. Free Parking

The historic winding Engine House re-opens to the public for another season. See this unique building, a tribute to the workers who put the Great into Britain and fed the fire of the industrial revolution. Take a ride to the top of the building in the glass lift and see the 18 foot winding wheel up close, then pop into the Dynamo House café for a delicious home-made cake. Open for tours from 10am to 12noon Saturdays and Bank Holidays from Easter-October.

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

Sunday 20 April, 5.30am

EASTER SUNRISE SERVICE

Join the congregation from Bestwood's Six Churches for this dawn service in the woods. Afterwards join the group for a well-earned breakfast (small charge) at the Emmanuel church hall, which requires booking in advance. For more details and to book your breakfast please contact: 0115 9208879 or 0115 9550423

Wednesday 23 April, 10.30am

WEDNESDAY HEALTH WALK

Bestwood Country Park

Free Event.

Meet at the Winding Engine House car park for this 90 minute lead walk.

For more information contact Community Liaison Officer Sue McDonald on 01159753782

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18s should be accompanied by an adult.

Saturday 26 April, 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 26 April, 9am-11am

SPRING BIRD WALK

Bestwood Country Park

Free Event.

Join Terry Adams, local birdwatcher and guide, for this walk as you explore parts of the 650 acre Bestwood Country Park looking for our feathered friends. The park has a mosaic of habitats home to resident and migrant birds so come along and take part in this walk which will hopefully include a visit to Mill Lakes. As spring is in the air you just never know what species you may see. Afterwards why don't you stay and take advantage of the delicious cakes or beverages on sale in the community run Dynamo House Café.

Meet at the Winding Engine House off Park Road, Bestwood Village NG6 8ZE.

Please wear suitable footwear and be prepared for a walk of approximately 2 miles. Sorry no dogs allowed. This event is unsuitable for wheelchair users. To book your place please call the Country Parks Events and Learning Officer Gary Joynt 01623 821336 or email gary.joynt@nottscc.gov.uk

Sunday 27 April 2014, 10am-2pm

MEETING OF THE NATIONAL MINING MEMORABILIA ASSOCIATION

Dynamo house

Mining heritage displays, and the opportunity to bring along your own mining memorabilia to show. Tours of the Winding Engine House will be available, as will delicious cakes and coffee at the Dynamo House. For details please call David Amos on 0115 976 2422.

MAY

May is **WALK IN THE WOODS MONTH** which is an initiative by the Tree Council to encourage everyone to enjoy trees and woods. If you have a spare morning or afternoon why don't you put on your boots and enjoy a walk in Bestwood Country Park.

Saturday 3 May, 10am-12noon

'MINI-MINERS' SATURDAY

Under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site. For more information contact Bestwood Heritage Development Officers Adele Williams or David Amos on 0115 976 2422.

Sunday 11 May, 6am-8am

SINGING SONGBIRDS

Bestwood Country Park

Adults £4, children £2. Free parking.

Join us for this early morning walk as we listen out for the feathered inhabitants of Bestwood Country Park. Try to identify the 'singers' as they sing out their 'battle cries' to woo the ladies and defend their patch. (Binoculars are not essential, but please bring them along if you have them). Enjoy free tea and toast afterwards in the Dynamo House. Pre booking is essential to this event by calling 0115 9753782

Meet at the Winding Engine House car park.

Not suitable for wheelchair users

Sunday 18 May, 11am-3pm

JOIN US FOR LUNCH

Bestwood Country Park

Free event with free parking

Nottinghamshire County Council, working in partnership with Veolia Environmental Services, offers you the chance to join us at Bestwood Country Park's Winding Engine House to take part in the second 'feed a thousand challenge'. The challenge shows how 1,000 people can be fed on the average amount of food a family wastes in a year - a shocking £700! There will be entertainment on site and free tours of the Winding Engine House, so why don't you bring your picnic rug and join us for lunch? The Black Diamonds Brass Band, founded at Bestwood Colliery, will be performing too.

A selection of cakes and beverages will be sold in the Dynamo House Café, run by the community, with proceeds supporting activities for the community on the Bestwood site.

Wednesday 21 May, 10.30am

WEDNESDAY HEALTH WALK

Bestwood Country Park

Free Event.

Meet at the Winding Engine House car park for this 90 minute lead walk. For more information contact Community Liaison Officer Sue McDonald on 01159753782

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18s should be accompanied by an adult.

JUNE

Thursday 5 June, 10.30am-2.30pm

FILM SHOWING & TEXT STUDY - THE ODOUR OF CHRYSANTHEMUMS BY DH LAWRENCE

Dynamo House

£5 per person - £3 for concessions.

Screening of Lawrence's mining story "The Odour of Chrysanthemums" followed by a study of the text of the short story. Event run by the DH Lawrence Society.

For more details contact Malcolm Gray (Chairman - DH Lawrence Society) on 0116 271 4402 or mgray220@gmail.com or David Amos (Heritage Officer - Bestwood WEH) on 0115 9762422 or david.amos@nottscc.gov.uk

Saturday 7 June 10am-12noon

'MINI-MINERS' SATURDAY

In addition to our usual activities for children at the Dynamo House, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

For more information contact Bestwood Heritage Development Officers on 0115 976 2422.

Wednesday 18 June, 10.30am

WEDNESDAY HEALTH WALK

Bestwood Country Park

Free Event.

Meet at the Winding Engine House car park for this 90 minute lead walk.

For more information contact Community Liaison Officer Sue McDonald on 01159753782

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18s should be accompanied by an adult.

Saturday 21 June, 10.30am-4pm

SUMMER SOLSTICE SWEAT LODGE

Bestwood Country Park

CHARGE APPLIES

The Summer Solstice 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

JULY

Saturday 5 July, 10am-12noon

'MINI-MINERS' SATURDAY

In addition to our usual activities for children at the Dynamo House, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site

For more information contact Bestwood Heritage Development Officers on 0115 976 2422.

Wednesday 16 July, 10.30am

WEDNESDAY HEALTH WALK

Bestwood Country Park

Free Event.

Meet at the Winding Engine House car park for this 90 minute lead walk.

For more information contact Community Liaison Officer Sue McDonald on 01159753782

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18's should be accompanied by an adult.

Sunday 27 July 2pm-5pm

MINERS AND MUSIC

Bestwood Winding Engine House
Exploring the rich musical heritage of mining
communities, featuring the Bestwood Black Diamonds
Brass Band. Enjoy the performances, and the
opportunity to have a go with a brass instrument.

Friday 18 - Sunday 27 July

NOTTINGHAM GODDESS CAMP

Bestwood Country Park

Nottingham Goddess Camp is open to all who celebrate our connection to the Earth.

In 2014, we are offering two family camps: July 18 to 20 and July 25 to 27. There will be a variety of activities, including arts and crafts, meditation, tree identification walks etc. Veggies meals available at a reasonable price.

A charge applies for the camp: £30 per adult per weekend, £10 per child (aged 5-15) per weekend; under 5s go free.

In between these two weekends, we are offering a "spiritual development" camp. This is open to adults and young people aged 14-plus. A charge applies: £35 per adult for Monday 21st (noon) to Friday 25th (noon). Please note that we cannot accommodate dogs at this site.

Further details: Contact Margret on 0115 9568810 / 07773 591097, or email:

nottmgoddesscamp@hotmail.com

Sunday 20 July, 10am-12 noon

RANGER LEAD NATURAL HISTORY WALK

Bestwood Country Park

Free Event

Join a ranger on a walk around Bestwood Country Park. Learn about different habitats and the flora and fauna associated with the country park in mid summer' Meet at the Winding Engine House car park or phone 0115 9273674 for more details.

AUGUST

No Health Walk this month

Saturday 2 August, 10am-12noon

'MINI-MINERS' SATURDAY

In addition to our usual activities for children at the Dynamo House, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

For more information contact Bestwood Heritage Development Officers on 0115 976 2422.

Sunday 17 August 12 noon-4pm

THWACK! MINING COMMUNITIES AT PLAY

Winding Engine House

Sport played a huge part in the lives of mining communities, and traditional street games flourished in the days when we all played out until teatime. A celebration of this heritage with activities for children, traditional sweetshop, and of course the delicious cakes from the Dynamo house café.

Saturday 23 August, 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

SEPTEMBER

Saturday 6 September, 10am-12noon

'MINI-MINERS' SATURDAY

In addition to our usual activities for children at the Dynamo House, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

For more information contact Bestwood Heritage Development Officers on 0115 976 2422.

Sunday 7 September, 11am-4pm

STEAM HERITAGE DAY

Free Event. Free Parking.

This popular event now in its second year aims to give youngsters a chance to see 'living steam' in action and experience the 'smell' and 'sounds' of a bygone era. Take a ride on miniature steam traction engines (small donations to specified charities welcome) or learn about barn engines and miniature steam engines. Listen to the miniature fairground organ or take a pony ride. Enjoy tasty light refreshments from the community run Dynamo House Café or take a free tour of the restored Bestwood Winding Engine House.

If you wish to bring along and exhibit a living steam engine please contact Gary Joynt (Events and Learning Officer) 01623 821336 or email:

gary.joynt@nottscc.gov.uk Suitable for wheelchair users

Saturday 13 September, 2pm-5pm BESTWOOD VILLAGE POPPY WALK

A contemplative 'Poppy Walk', followed by a traditional 1914 tea and performance by actor Becky Matter, who will be sharing the hidden stories of Gedling Armed Forces families, village life and loss during the Great War.

In partnership with Bestwood Village WI, Gedling Borough Council and Friends of Bestwood Country Park. Booking essential as numbers are limited – call Gedling Borough Council on 0115 901 3715.

A small charge of £2.50 or £1.50 for concessions will be payable on the day to the WI for the tea. The walks are suitable for all ages. Come suitably dressed for the weather and with robust footwear for walking.

Wednesday 17 September, 10.30am

WEDNESDAY HEALTH WALK

Bestwood Country Park

Free Event.

Meet at the Winding Engine House car park for this 90 minute lead walk.

For more information contact Community Liaison Officer Sue McDonald on 01159753782

Due to the terrain and the nature of some events good mobility may be required. Please telephone in advance to discuss your needs.

Under 18s should be accompanied by an adult.

Sunday 21 September 2014, 10am-5pm

THE WIND UP MINING HERITAGE BUS TOUR Leaving from the DH Lawrence Heritage Centre at

Eastwood the tour will call at various Nottinghamshire coalmining heritage sites including Brinsley Headstocks, Pleasley Colliery site (refreshment stop), Clipstone headstocks, Papplewick Pumping Station (to view the former Linby Colliery Robey winding engine in steam),on to Bestwood Winding Engine House (refreshment stop) and finally back to Eastwood. Places are limited on what promises to be a popular event. Advanced booking necessary by contacting the Heritage Development Officers at Bestwood WEH on 0115 9762422 or david.amos@nottscc.gov.uk

Saturday 27 September, 7pm **SWAN CANARIES**

Tickets £5

Arletty Theatre's Musical tale of Polly Barton, a shell-filler at Chilwell. The 'Canary Girls' sing their way through adversity until the terrible day war comes to Chilwell. Celebrate the bravery of the Canary Girls of World War I. Be prepared to join in the singing! Places will be limited. To book in advance please contact adele.williams@nottscc.gov.uk or call 0115 9762422.

Saturday 4 October, 10am-12noon

'MINI-MINERS' SATURDAY

In addition to our usual activities for children at the Dynamo House, under fives can 'tunnel for coal' and older ones can join in the hunt for mining objects around the site.

For more information contact Bestwood Heritage Development Officers on 0115 976 2422.

GENERAL INFORMATION

BESTWOOD COUNTRY PARK

Bestwood Country Park offers 690 acres of open green space and varying wildlife habitats to explore. From Mill Lakes, teeming with water birds, to meadows full of wildflowers, from ancient oak woodland to a reclaimed pit tip, Bestwood has a landscape which reflects the varied history of Nottinghamshire itself. The country park is situated on the northern edge of Nottingham, between Arnold and Bestwood Village, approximately four miles north of the City of Nottingham.

Country Park Opening Hours

The country Park is open all year round except Christmas day.

There are two car parks: one at Bestwood Lodge Hotel and one at the opposite end of the park, in Bestwood Village. Please note that there is no through route by car between these two car parks.

Both car parks are open from 10am-5pm from March to October, and 10am-4.30pm from November to February.

Disabled parking is located next to Alexandra Lodge (Bestwood Village) and can be booked in advance tel: 0115 927 3674.

BESTWOOD WINDING ENGINE HOUSE

Today Bestwood Country Park is a peaceful green oasis, but once the area was a sprawling industrial site. At its heart stood Bestwood Colliery - one of the busiest coal mines in Nottinghamshire.

The Winding Engine House is the last remaining part of that vanished colliery. The winding engine lowered colliers into the mine shaft, and winched mined coal up to the surface.

The tall brick building houses a huge winding engine. Originally it was powered by steam, but today's visitors see the massive engine moved by an electrical motor.

The engine dates back to 1876, the heyday of Victorian industrial engineering.

Opening Hours

The Engine House opens to the public on Saturday mornings between 10am and 12noon, between Easter and October.

Free admission - but donations are welcome!

Location

Bestwood Winding Engine House Bestwood Country Park Off Park Road Bestwood Village Nottingham NG6 8ZA

Tours of the Winding Engine House

Tours are free, and led by volunteers dedicated to the preservation of this wonderful piece of industrial heritage or our two Heritage Development Officers, Adele Williams and David Amos Tel: 0115 976 2422 Tuesday-Friday, 10am-3pm, or drop in on a Saturday morning.

If volunteers or the Heritage Development Officers are available to take you around the building, you will move up the various different levels of the building to the top where you can experience the sheer size and power of the winding engine. You will hear how coalminers descended into the darkness of the mine, lowered in a metal cage, controlled by the Winding Engine Driver.

Winding Engine House Volunteers

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

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, and activities for children including a 'mini-miners' dressing up box. Accessible toilet and baby changing facilities inside.

Café Opening Hours

Saturdays 10am-12 noon and most bank holidays all year round and Sundays 2pm-4pm during June, July and August.

Suitable for wheelchair users.

Car Parking at the Winding Engine House Car parking is free.

How to get Bestwood Country Park

If you are travelling by car you may find the AA Route Planner helpful in planning your route: www.theaa.com/route-planner

You can get to Bestwood Country Park by tram, bus, car or bike.

There are railway stations on the Robin Hood Line at Bulwell (2 miles / 3.5 km) and Hucknall (2.5 miles / 4 km). Both stations are close to the National Cycle Network Route 6 which runs directly into Bestwood Country Park.

For public transport to the park contact Traveline on tel: 0870 608 2 608, or visit www.traveline.org.uk

For help or advice

Contact the Rangers: Alexandra Lodge Park Road Bestwood Village Nottingham NG6 8TQ

Tel: 0115 927 3674

Access for All

A number of paths are accessible to wheelchairs but due to the hilly nature of the site, we advise people with particular needs to contact the rangers' office at Alexandra Lodge, tel: 0115 927 3674 to discuss accessibility.

The park entrances are all equipped with kissing gates which can be fully opened with a RADAR key to allow wheelchair and mobility scooter access.

The site includes some steep gradients, but a number of paths are accessible to wheelchairs.

An alternative path runs from the post office / newsagents in Bestwood Village to the Dynamo House (approximately 330 metres) which is also accessed by RADAR key controlled gate. A spare RADAR key is kept at the Dynamo House – contact the Heritage Development Officer, tel: 0115 9762422 (Tuesday – Friday 9am to 4.30pm and Saturday mornings between Easter and the end of September, 10am to 12pm) to discuss accessibility.

Dogs

Dogs are welcome, but please keep them under close control.

Cycling

Bestwood Country Park welcomes considerate cyclists so you can explore the park on two wheels (please note paths are shared with other park users)

Every effort has been made to ensure the accuracy of information at the time of printing. However Nottinghamshire County Council cannot be held responsible for any error, omission or subsequent alteration.