




# gateway to **nature**

## Activities Programme

May/June 2014




 To book you place on an activity please phone Gateway to Nature on:


**0115 970 9591**

or email:


**gatewaytonature  
@frameworkha.org**


 Most trips leave from Framework Head Office, unless otherwise stated.

Val Roberts House  
Gregory Boulevard  
Nottingham  
NG7 6NX

 You will need to arrive at the pickup point before the activity start time. The finish time is approximate and may vary depending on traffic and other factors.

You will need to make your own way to the pickup point. We are unable to refund your travel expenses.

 Please let us know if your contact details have changed or if you would prefer not to be on our mailing list.

 Please wear suitable clothing and sturdy footwear if you have them. We also have waterproofs that you can borrow.

📅 Thursday 8th May

## Bushcraft on The Forest

Join Park Ranger Matt Akers and hone your Bushcraft skills with a range of activities including fire lighting, using a Kelly kettle, wood whittling, and shelter building.

*Lunch and hot drinks provided*

📍 Val Roberts House

🕒 10am - 3pm

📅 Thursday 15th May

## Bird Watching Walk at Attenborough Nature Reserve

Join Attenborough volunteers for this guided walk around this beautiful nature reserve in search of new arrivals from Africa such as swallows, swifts, and martins.

*Public transport // Please bring some lunch // Café stop included.*

📍 Meet Friar Lane (just off Market Square) at bus stop F4 (Indigo bus)

🕒 10am - 4pm

*Bus fares from Nottingham to Attenborough and back will not be paid for by Gateway to Nature*

📅 Friday 23rd May

## Waterside Bike Ride

With bikes provided by Nottingham City Council and helmets from the Bike Club we're off on a 10 mile circular ride on the flat along Beeston Canal to Beeston Lock and back to Nottingham along the River Trent.

*Please bring some lunch // Café stop, bikes, and helmets provided*

📍 Meet at Broadmarsh Centre Bus Station 'Cycle Hub'

🕒 9.30am - 3pm

📅 Friday 30th May

## Drum Club

Immerse yourself in funky beats and healing rhythms with our monthly hand drumming session led by our resident beat master Mark. This session will take place in the beautiful straw bale building at the EcoWorks allotment in St Anns. No experience necessary.

*Minibus provided // Hot drinks available*

📍 Val Roberts House

🕒 1.30pm - 4.30pm

📅 Thursday 5th June

## Orchid Walk at Potwell Dyke Meadows in Southwell

We return to this beautiful wildflower meadow with a tour from the Potwell Dyke volunteers and a glimpse into the past as over 90% of our traditional meadows have been lost since the last war.

*Minibus provided // Please bring some lunch // Café stop included*

📍 Val Roberts House

🕒 9.30am - 4pm

📅 Friday 13th June

## Peak District Five Mile Walk

A great walk with a hilly start that will take in Castleton and Mam Tor with stunning views over the Edale Valley in Derbyshire.

*Minibus provided // Please bring some lunch // Café stop included*

📍 Val Roberts House

🕒 9.30am - 5pm

*Please note that this walk requires a good level of fitness.*

📅 Thursday 19th June

## Wild Food Forage

From The Burrow we'll walk to The Forest where our Forage Leader Rebecca Beinart will show us common wild foods that are safe for us to eat. We'll then return to The Burrow where we can cook and eat our gathered ingredients.

*Hot drinks and foraged snacks included*

📍 The Burrow, 40 Forest Road West, NG7 4EQ

🕒 10am - 1pm

📅 Friday 27th June

## Drum Club

Immerse yourself in funky beats and healing rhythms with our monthly hand drumming session led by our resident beat master Mark. This session will take place in the beautiful straw bale building at the EcoWorks allotment in St Anns. No experience necessary.


*Minibus provided // Hot drinks available*

📍 Val Roberts House

🕒 1.30pm - 4.30pm





## REGULAR ACTIVITIES

 Every Tuesday

# Gateway to Nature Allotment

Join us for a range of tasks, as well as a cup of tea, on our friendly and welcoming allotment site. Help us to grow a variety of fruit and vegetables, from sowing to harvest, whilst making friends and picking up new skills.

 St Anns Allotments, Ransom Road

 10.30am - 2pm.



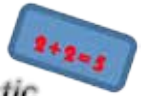
# ART GROUP

**Why not join our one of our regular meetings and have a say in our future art activities - including gallery visits, ceramics, collage, photography, painting - all with NATURE at its heart. Set your creative spirit free and meet people with similar interests in a relaxed and friendly environment.**

**Contact Jon on 0115 970 9591 for more information.**

# May & June 2014

Synergistic  
Walking



We are a group of individuals from a wide and varied background, of all ages, who enjoy a good walk and see it as a health benefit as well as a social group, hence 'Synergistic'. We are open to everyone and the walks are free.

Typically we will walk between 5 and 6 miles in or around Nottinghamshire and Derbyshire on alternate Saturdays. We walk in all weathers. Contact Gary on [ghowse@hotmail.com](mailto:ghowse@hotmail.com) to book.

*For more info and to join the group please contact:*

[walk4life.info/groups/synergistic](http://walk4life.info/groups/synergistic)

Alternatively contact Mark at Gateway to Nature on 0115 970 9591

## Upcoming Walks:

📅 May 10th: Hope/Win Hill/Mam Tor - very hilly - 12 miles

📅 May 24th: Colwick Wood and Park - small hill - 5.5 miles

📅 June 7th: Edale/Kinder Downfall/Jacob's Ladder - very hilly - 16 miles

📅 June 21st: Wollaton Park/Highfield Park - flat - 6 miles

Follow us on Facebook at:

[facebook.com/synergistic.walking.9](https://facebook.com/synergistic.walking.9)





# Healthy Eating on a Budget Cook and Eat Sessions

Try new foods, cook, and share tasty dishes and find out which foods are better for us and why. We are running two 3 week courses with activities, information, and food.

📅 Course 1 runs May 7th, 14th and 21st.

📅 Course 2 runs June 4th, 11th and 18th.

🕒 Wednesdays 10.30am to 1.30pm.

📍 Sessions take place at The Burrow, 40 Forest Road West, NG7 4EQ.

Telephone

**0115 970 9591**

to book a place.





## OTHER ACTIVITIES

The following organisations are also running activities - please contact them for more information:

**Health Walks:** [walkingforhealth.org.uk](http://walkingforhealth.org.uk)

**Nottinghamshire County Council Activities:** [nottinghamshire.gov.uk](http://nottinghamshire.gov.uk)

**Community Orchard Volunteers** at St Ann's Allotments, Ransom Road, St Anns. Refreshments available. Every Wednesday 1pm to 3.30pm. Telephone 0115 958 9255 .

**Community Orchard Community Days** at St Ann's Allotments, Ransom Road, St Anns. Refreshments available. Third Sunday every month 11am to 3pm. Telephone 0115 958 9255.

**Nottinghamshire Wildlife Trust** Conservation Volunteer Days. Wednesdays telephone Julie Reed on 0115 958 8242. Thursdays telephone Chris Kennedy on 0115 958 8242.

**Bestwood Country Park** Conservation Volunteers every Monday 10am to 3pm (not Bank Holidays). Telephone 0115 927 3674.

**Arkwright Meadows Community Gardens**, Kirkby Gardens, The Meadows. Volunteering opportunities on Mondays, Wednesdays and Thursdays from 10am to 12pm and 1pm to 3pm. Please phone ahead on 0115 986 7777.

Lunch Bunch: Every Monday in May and June from 11am to 1pm. Please phone ahead on 0115 986 7777.

Yoga: Every Monday and Thursday in May and June from 5.30pm to 6.45pm.

Bike Rides and Training: Every Thursday in May and June from 9.30am to 12.45pm. Rides are on cycle paths, tracks and quiet roads. Loan bikes available. To book call Ridewise on 0115 955 2288.

**Summerwood Community Garden**, Summerwood Lane Allotments, Clifton. Volunteer Fridays. Spend as little time or as long as you want and in return lunch and gardening tips will be provided. Every Friday meet 10am at allotment gates. Contact Emma 07944 124423 or Leo 07816 036084. See website for more details: [www.summerwood.org.uk](http://www.summerwood.org.uk)

**Urban Nature** Conservation at St Ann's Allotments on the second and last Saturday of each month. Meet allotment gates on Ransom Road at 10am. Ends 2pm. Telephone 0115 911 0207.

**The Conservation Volunteers** Conservation days every Tuesday, Wednesday and Sunday. Meet outside Royal Concert Hall at 10am for minibuss pick-up. Return 4pm to 5pm. Telephone 0115 931 3316.

## OTHER ACTIVITIES

**Dig In Community Allotment** (Stapleford) Volunteer opportunities. Telephone 07943 700302. See website for more details: [www.diginstapleford.org.uk](http://www.diginstapleford.org.uk)

**Nottingham Park Rangers** Wednesday Walk. Every Wednesday on The Forest. 10.30am to 11.30am. Meet at the pavilion. Gentle local walks.

Community Gardening Group. First Saturday of each month. 10am. Meet at the Community Garden. All tools and equipment provided. Bring refreshments.

**Bulwell Hall Community Gardens**, 182a Grindon Crescent, Bulwell Hall, Nottingham, NG6 8BW Volunteer Saturdays. Email [gro.garden@btinternet.com](mailto:gro.garden@btinternet.com) to arrange a volunteer day. Telephone 07592 792434 for directions or visit [grogarden.org.uk](http://grogarden.org.uk)

## Special Events

Please note that these are not Gateway to Nature activities.

### Bestwood Country Park:

For more information please telephone 0115 975 3782.

Singing Songbirds. May 11th. 6am to 8am. Hear the woodland at its loudest time of year. £4 (includes tea and toast at the end).

Health Walks. Wednesdays May 21st and June 18th. 10.30am to 12pm.

'Join Us For Lunch'. 11am to 3pm. FREE. There is such thing as a free lunch!

Meet at the Winding Engine House Car Park, Bestwood Village.

### Nottingham Park Rangers:

For information please telephone 0115 915 2733. For events at The Forest please book ahead by contacting Matt Akers on 07508 439050 or emailing [matt.akers@nottinghamcity.gov.uk](mailto:matt.akers@nottinghamcity.gov.uk)

Family Bushcraft. Woodthorpe Grange Park. Saturday 3 May 10am-12pm. Try your hand at the essential survival skill of fire lighting on our monthly bushcraft session. £5.00 per person – children should be accompanied by an adult. Please book ahead and arrive at the start time. NG5 4HA.

Wild Food Walk. Clifton Grove. Saturday 10 May 1pm. Come and join the Park Ranger for some urban foraging looking at all the things you can find growing naturally in the wild that are good enough to eat. Meet at the car park on Holgate. Please arrive at the start time. NG11 8NH.

Wild Food Walk. Bulwell Hall Park. Sunday 11 May 1pm. Come and join the Park Ranger for some urban foraging looking at all the things you can find growing

## OTHER ACTIVITIES

naturally in the wild that are good enough to eat. Meet at the main car park by the golf pavilion. Please arrive at the start time. NG6 7GF.

Tree Trail, Wilford Hill Cemetery. Sunday 18 May 11am. Come along to this beautiful cemetery and marvel at some of the wonderful trees on our new trail. Meet outside the main chapel. Please arrive at the start time. NG2 7FE.

Forest School – Shelter Building. Forest Recreation Ground. Tuesday 27 May 1pm

They say a good shelter is key in a survival situation. In this session you will learn how to build a shelter using tarpaulin and rope as well as natural materials found on the park! Meet at the pavilion. Please arrive at the start time. NG7 6AQ.

Bee Scene. Woodthorpe Grange Park. Tuesday 27 May 1pm. Be friendly to bees and help us create some new homes for them in our meadow areas. Meet at Woodthorpe Grange main entrance. NG5 4HA.

Bee Scene. Forest Recreation Ground. Wednesday 28 May 1pm. Be friendly to bees and help us create some new homes for them in our meadow areas. Meet at the pavilion. NG7 6AQ.

Bee Scene. Wilford Hill Cemetery. Thursday 29 May 1pm. Be friendly to bees and help us create some new homes for them in our meadow areas. Meet outside the main chapel. NG2 7FE.

Tree Safari. Forest Recreation Ground. Friday 30 May 11am. The park is full of trees, but where did they all come from? Join the Park Ranger on a Tree Safari around the park and discover just how far these graceful giants have come! Meet at the pavilion. Please arrive at the start time. NG7 6AQ.

Roots of the Forest. Forest Recreation Ground. Saturday 7 June 10am – 12pm. Are you interested in growing your own fruit and veg but are not sure if you have the right skills or knowledge? Maybe you just want to get out in the fresh air and help out with maintaining the area. Either way this is a great opportunity to get involved in your community garden! Meet at the Community Garden. NG5 2BU.

Heritage Walk. Nottingham Arboretum. Monday 16 June 12.45pm. Come and learn more about this fascinating site with the Park ranger and discover more about its heritage and some of its unique features. Meet at Waverley Lodge entrance. NG7 4HF.

Summer Solstice Walk. Forest Recreation Ground to Nottingham Arboretum. Friday 20 June 6.30pm. Join the Park ranger for a summer solstice stroll around three historical sites starting in the Forest Recreation Ground, taking in Rock Cemetery and finishing in the Arboretum. Meet at pavilion. NG5 2BU.

## OTHER ACTIVITIES

Summer Solstice Fun. Highfields Park. Saturday 21 June 1-3pm. Longest day laughs and larks on this lovely park. Meet near the play area. NG7 2QH.

### **St Anns Allotments, Ransom Road, St Anns:**

For more information telephone 0115 958 9255.

Spring Blossom Day. Saturday May 10th from 11am to 4pm.

Heritage Walks. Wednesday May 28th and Wednesday June 25th at 1.30pm. £2 donation. Booking essential.

### **Arkwright Meadows Community Gardens, Kirkby Gardens, The Meadows:**

For more information telephone 0115 986 7777.

Ten Year Anniversary Event: Saturday May 10th from 12pm to 3pm. Celebrate 10 years of Arkwright Meadows Community Gardens.

### **Best Foot Forward:**

Walks are free and everyone is welcome. For further information telephone Sarah Allen on 0115 993 3397.

Mondays – Bestwood Walk, Woodthorpe Grange Walk.

Tuesdays – Wollaton Park and Martin’s Pond Walk, Nuthall Railway Walk.

Wednesdays – St Anns and Sneinton Walk, Strelley Woodland and Countryside Walk.

Thursdays – Mary Potter Walk.

Fridays – Wollaton Park Walk, Victoria Embankment Walk, Old Basford Walk.

### **Dig In Community Allotment, Pasture Road, Stapleford, NG9 8HZ:**

Gardening Workshops, Saturdays 10am to 12pm. May 10th - Compost. June 7th - Good Companions. June 28th - Green Manure. Cost per workshop £5 waged, £3 unwaged. To book a place contact Karen Fry on 07943 700302.

Art and Craft Workshops, Saturdays 10am to 1pm. May 24th – Mosaics. To book a place contact Mary Venning on 0115 883543.

## OTHER ACTIVITIES

### **Sherwood Community Centre, Woodthorpe House, Mansfield Road, NG5 3FN:**

Crochet, knitting, weaving and more! Free sessions. Tuesdays May 6th, 13th, 20th, June 3rd, 10th, 17th 9.15am to 12.30pm. Some materials provided. Materials also gratefully received. Refreshments available. Contact Joyce Killowe for information on 07754 445307 or email [joykillowe@hotmail.co.uk](mailto:joykillowe@hotmail.co.uk)

### **Bulwell Forest Garden, Austin Street, Bulwell, Nottingham, NG6 9JU (behind Cantrell School playing field):**

Health and Well-Being Day. Saturday May 3rd 2.30pm to 5.30pm. Activities for all ages including yoga, bike rides, cook and eat sessions, plant sale, drum workshops.

For more information telephone 0115 975 0804 or visit [bulwellforestgarden.co.uk](http://bulwellforestgarden.co.uk)

### **Depression Network Event, Life at The Centre, 22 Lower Parliament Street, NG1 3DA:**

Wednesday May 7th 12pm to 4pm. For people with lived experience and health professionals. Includes lunch. To book please contact 0115 911 1662.



📅 Thursday 29th May

## Conservation at Oxclose Wood

Join Forestry Commission Ranger Amy Chandler for a practical conservation task. Fencing that was erected to protect young trees can be removed now that those trees are strong enough. Please help us with this important task!

*Minibus provided // Please bring some lunch*

📍 Mansfield, Sherwood Street Centre, Sherwood Street

🕒 9.30am - 4pm

📍 Sutton-in-Ashfield, Chatsworth Street

🕒 10am - 3.30pm

📅 Thursday 26th June

## Peak District 5 Mile Walk

From Bakewell we'll walk out to Lathkill Dale National Nature Reserve for some stunning natural beauty and wildflowers. There will be some hills on this walk.

*Minibus provided // Cafe stop // Please bring some lunch*

📍 Mansfield, Sherwood Street Centre, Sherwood Street

🕒 9.30am - 4.30pm

📍 Sutton-in-Ashfield, Chatsworth Street

🕒 10am - 4pm

*A good level of fitness is required for this walk.*

## OTHER ACTIVITIES

The following organisations are also running activities. Please contact them for more information:

### Community Garden Projects:

**Rhubarb Farm** Volunteering and training opportunities. Contact Jennie on 07527 929592 or at [jennie@rhubarbfarm.co.uk](mailto:jennie@rhubarbfarm.co.uk)

**Feel Good Foods** Volunteering opportunities. Contact ODEF, 25 Forest Road, New Ollerton, Newark, NG22 9PR. [www.feelgoodfoods.org.uk](http://www.feelgoodfoods.org.uk)

**Harrop White Road Allotment Group**, Ladybrook Estate, Mansfield. Volunteering on Tuesdays 11am to 1pm. Contact Sam on 01623 675402 for details.

**Hope Springs Horticulture Greenhouse complex** on Sutton Lawns pleasure ground, Sutton-in-Ashfield. Gardening group every Wednesday and Friday at 11am. Contact Helen on 07587 140458 for details.

### Practical Conservation:

**Forestry Commission** Practical conservation tasks in the Ollerton area every Wednesday afternoon at 12:30pm. Meet at Ollerton Pit Woods car park. Contact Amy on [amy.chandler@forestrycommission.gsi.gov.uk](mailto:amy.chandler@forestrycommission.gsi.gov.uk) or telephone 07747 006450.

**Forestry Commission** Practical conservation at Silverhill Wood, Shirebrook Wood and Oxclose Wood. Sessions held every Thursday from 10am to 2pm. Contact Jeff on [jeffgilliam@forestrycommission.gsi.gov.uk](mailto:jeffgilliam@forestrycommission.gsi.gov.uk) or phone 07747 006452.

**Nottinghamshire Wildlife Trust** - Northern Reserves Conservation volunteering every Wednesday and the first and second Sunday of each month. Starts 10am. Contact Rob Atkinson on [ratkinson@nottswt.co.uk](mailto:ratkinson@nottswt.co.uk) or telephone 07764 188451.

**Nottinghamshire Wildlife Trust** - Idle Valley Nature Reserve (near Retford) Conservation volunteering every Thursday and the 3rd Sunday of each month. Starts 9:30am. Contact James Simpson on [jsimpson@nottswt.co.uk](mailto:jsimpson@nottswt.co.uk)

### General Activities:

**Nottinghamshire County Council** - Rufford, Sherwood, and Bestwood Country Parks: [nottinghamshire.gov.uk](http://nottinghamshire.gov.uk)

### Special Events:

**'King John Returns to Sherwood'**. The Regina Anglorum re-enactors create a living history camp. Sherwood Pines. May 17th and 18th 10am to 4pm. Free.



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The Burrow  
40 Forest Road West  
Nottingham  
NG7 4EQ



framework  
*opening doors to homeless and vulnerable people*