



gateway to
nature

Activities
Programme

January/February 2015



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 January

Hardwick Hall 5 Mile Walk

Join volunteer walk leader Alan Davies for this walk around Hardwick, a grand park from the Elizabethan period, now owned by the National Trust. Includes slopes and hills.

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

📍 Val Roberts House

🕒 9.30am - 4.30pm

Please note that this walk requires a good level of fitness

📅 Friday 9th January

Lunch Club

The monthly lunch club sessions are an opportunity for us to cook, meet friends, and sit around the table and share a meal together in a friendly environment.

We ask for a £1.50 contribution towards food costs. If you cannot afford to contribute you are still welcome to attend.

📍 The Burrow, 40 Forest Road West

🕒 10.30am - 1.30pm

📅 Thursday 15th January

Rustic Crafts, Charcoal Making, Tree Cutting at Windmill Community Garden

There's a variety of activities on offer today that will include cutting back some trees and processing the timber into charcoal, firewood, poles for the garden, as well as making rustic artwork. As usual, some tasty freshly cooked food will also be on offer.

Minibus provided // Lunch and hot drinks provided

We ask for a £1.50 contribution towards food costs. If you cannot afford to contribute you are still welcome to attend.

📍 Val Roberts House

🕒 9.30am - 3.30pm

📅 Thursday 15th January

Cooking and Gardening at St Anns Allotments

A mix of cooking and gardening with a meal for everyone to share and enjoy together at G2N's very own allotment plot.

We ask for a contribution of between £1 and £2 towards food costs. If you cannot afford to contribute you are still welcome to attend.

📍 St Allotment Gates, Ransom Road

🕒 10.30am - 2pm

📅 Saturday 17th January

Twelfth Night at Windmill Community Garden

Bring light to the darkest month with a celebration of the old date of Twelfth Night - the last day of Christmas. With fires, drumming, and food as well as decoration making, lighting lanterns to hang in the fruit trees, and wassailing!

Food and drinks available

📍 Windmill Community Garden, Ascot Road (off Aspley Lane), Bobbersmill - Follow the track down next to Collins Cash and Carry car park until you see the large open gates

🕒 2pm - 5pm

📅 Tuesday 20th January

Orienteering at Wollaton Park

Join City Ranger Craig for this fun and popular activity as we use maps to find marker posts hidden around around this Elizabethan deer park that is tucked away within the city.

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

📍 Val Roberts House

🕒 10am - 3.30pm

📅 Friday 23rd January

Fruit and Nut Tree Planting and Soup Making at Summerwood

A welcome return to Summerwood Community Garden where we'll join volunteers in planting a mix of native fruit and nut trees at Brecks Wood Plantation for the local community. We'll also make a tasty and warming soup with vegetables from the gardens.

Minibus provided // Lunch and hot drinks provided

📍 Val Roberts House

🕒 10am - 3.30pm

📅 Thursday 29th January

Building a Bottle Screen at Windmill Community Garden

Have a go at building this unusual screen to hide the manure bed. Colourful plastic bottles will be threaded together on wire to create a decorative screen made from recycled materials. As usual, some tasty freshly cooked food will also be on offer.

Minibus provided // Lunch and hot drinks provided

We ask for a contribution of £1.50 towards food costs. If you cannot afford to contribute you are still welcome to attend

📍 Val Roberts House

🕒 9.30am - 3.30pm

📅 Friday 30th January

Drum Club

Immerse yourself in funky beats and healing rhythms with our monthly hand drumming session led by our resident Beat Master Mark.

No experience necessary // Hot drinks provided

📍 Meet at United Reform Church, 1 Edwards Lane, Sherwood, Nottingham, NG5 3AA

🕒 2pm - 4pm

Buses 56, 57, 58, 59 (lime) and 87, 88, 89 (purple) on Parliament Street, Nottingham

📅 Thursday 5th February

Conservation at Ploughman Wood

Today we'll join Nottinghamshire Wildlife Trust conservation volunteers for some tree coppicing. Learn this ancient skill whilst helping to care for this beautiful old wood near Lambley and Lowdham villages.

Minibus provided // Please bring some lunch

📍 Val Roberts House

🕒 10am - 3.30pm


 Friday 6th February

Garden Organic at Ryton Gardens Guided Tour

Ryton Gardens, near Coventry, combines ten acres of organic gardens buzzing with wildlife, brimming with plants, bursting with flowers and abundant in fruit and vegetables. We have been invited to spend the day at Ryton, the home of organic gardening in the UK, which will include a guided tour as well as activities led by Garden Organic's horticultural therapist.

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

 Val Roberts House

 9.30am - 4.30pm

 Monday 9th February

Service User Meeting

Come and share your thoughts on Gateway to Nature and what might happen next. Your feedback and ideas are always welcomed.

Hot drinks and biscuits provided

 The Burrow, 40 Forest Road West

 3pm - 4pm

 Thursday 12th February

Cooking and Gardening at St Anns Allotments

A mix of cooking and gardening with a meal for everyone to share and enjoy together at G2N's very own allotment plot.

We ask for a contribution of between £1 and £2 towards food costs. If you cannot afford to contribute you are still welcome to attend.

 St Allotment Gates, Ransom Road

 10.30am - 2pm

 Friday 13th February

Lunch Club

The monthly lunch club sessions are an opportunity for us to cook, meet friends, and sit around the table and share a meal together in a friendly environment.

We ask for a £1.50 contribution towards food costs. If you cannot afford to contribute you are still welcome to attend.

 The Burrow, 40 Forest Road West

 10.30am - 1.30pm

📅 Thursday 19th February

Bradgate Park 5 Mile Park Walk

Volunteer walk leader Alan Davies this time takes us to Leicestershire for a walk through this historic park with ancient oak trees and deer. Includes slopes and hills!

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

📍 Val Roberts House

🕒 9.30am - 4.30pm

Please note that this walk requires a good level of fitness

📅 Tuesday 24th February

Newstead Abbey 4 Mile Walk

From historic Newstead, home of poet Lord Byron, we'll walk through the park and onto the Linby Trail Nature Reserve and through Linby village. After a hot drink we can visit Newstead's formal gardens. This walk is on the flat.

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

📍 Val Roberts House

🕒 10am - 4pm

Please note that this walk requires a good level of fitness

📅 Thursday 26th February

Cooking and Gardening at St Anns Allotments

A mix of cooking and gardening with a meal for everyone to share and enjoy together at G2N's very own allotment plot.

We ask for a contribution of between £1 and £2 towards food costs. If you cannot afford to contribute you are still welcome to attend.

📍 St Allotment Gates, Ransom Road

🕒 10.30am - 2pm

📅 Friday 27th February

Drum Club

Immerse yourself in funky beats and healing rhythms with our monthly hand drumming session led by our resident Beat Master Mark.

No experience necessary // Minibus provided // Please bring some lunch // Hot drinks provided

📍 Val Roberts House

🕒 10.30am - 3.30pm

Alternatively, meet at Middle Street Resource Centre, 74 Middle Street, Beeston, NG9 2AR at 11am. (Parking is available). Bus 36 (orange) from outside John Lewis, Milton Street, Nottingham



Healthy Eating on a Budget Cook and Eat Drop In

Try new foods, cook and share dishes, and find out which foods are better for us and why. Come and find out how easy it is to cook tasty and nutritious meals and snacks on a budget. Includes activities, information, and a cooked meal. All abilities welcome.

📅 Drop in sessions are on January 7th, 14th, 21st, 28th, February 4th, 11th, 25th

We ask for a voluntary contribution of between £1 and £2 towards food costs. If you cannot afford to contribute you are still welcome to attend.

🕒 Wednesdays 10am
to 1.30pm

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

Telephone

0115 970 9591

for more information



ART GROUP

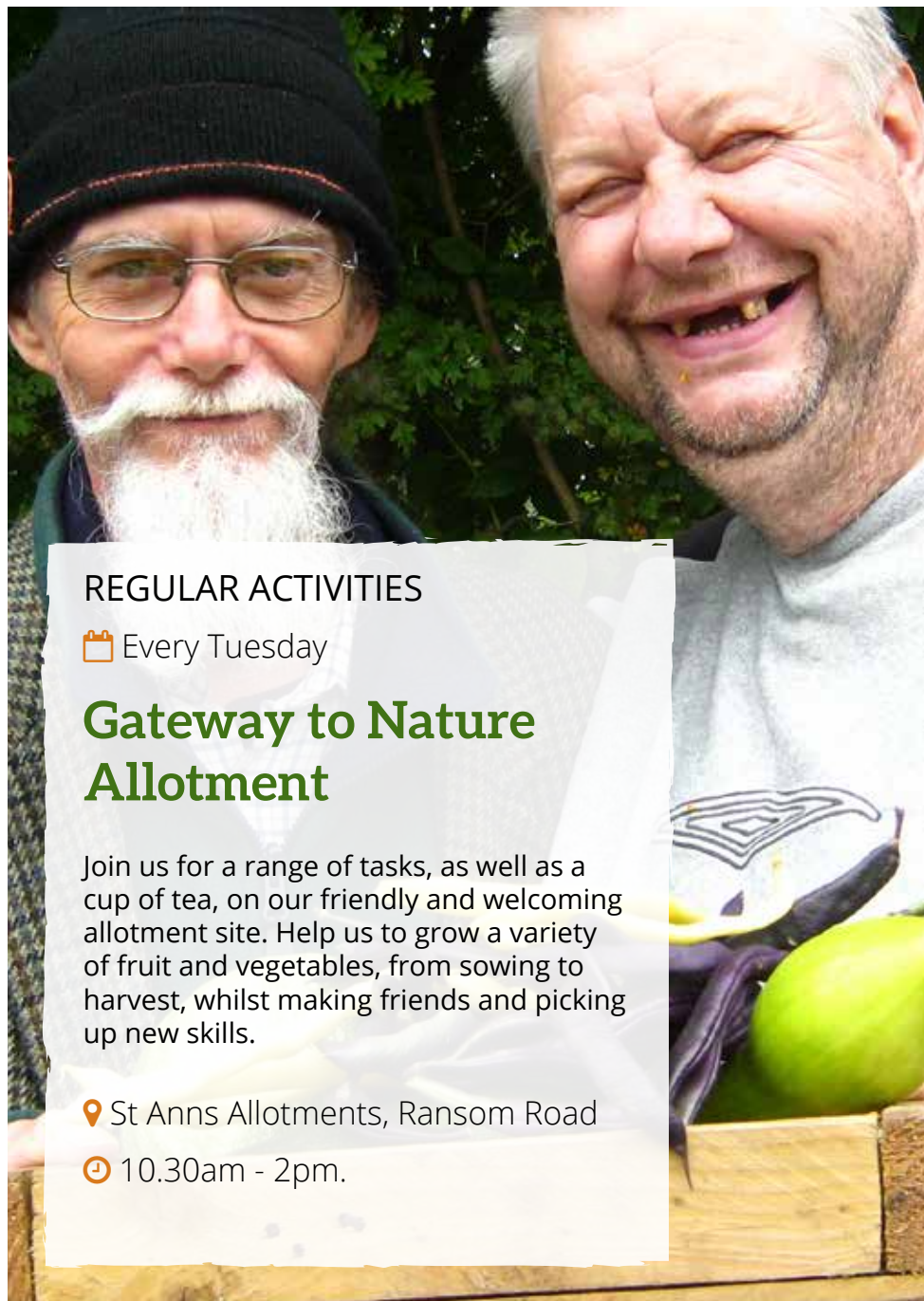
Why not join our one of our regular meetings and have a say in our future art activities - including gallery visits, ceramics, collage, photography, painting - all with NATURE at its heart. Set your creative spirit free and meet people with similar interests in a relaxed and friendly environment.

Contact Jon on


0115 970 9591

for more information

Next meeting is at The Burrow
on Monday January 12th at 3pm





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.

OTHER ACTIVITIES

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

Health Walks: walkingforhealth.org.uk

Nottinghamshire County Council Park Activities: nottinghamshire.gov.uk/enjoying/countryside/countryparks/

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 and Thursdays. Telephone Julie Reed 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.

Yoga: Every Monday from 5.30pm to 6.45pm.

Bike Rides and Training: Every Thursday from 9.30am to 12.30pm. 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

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.

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

OTHER ACTIVITIES

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 to arrange a volunteer day. Telephone 07592 792434 for directions or visit grogarden.org.uk

Bulwell Forest Garden, Austin Street, Bulwell, Nottingham, NG6 9JU (behind Cantrell School playing field). Open Mon, Weds, Sat from 1pm to 6pm (until dusk in winter). For more information visit bulwellforestgarden.co.uk

Special Events

Please note that these are not Gateway to Nature activities.

Bestwood Country Park:

Winter Natural History Walk. January 25th 10am to 12pm. Meet at the Winding Engine House car park, Bestwood Village. For more information please telephone 0115 927 3674.

Miners' Footsteps. February 8th 10am to 12pm. £2 with soup and roll. Telephone 0115 976 2422 for details.

Nottingham Park Rangers:

For information please telephone 0115 915 2733.

Roots of the Forest. Forest Recreation Ground. Saturday 7th February 10am to 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

Natural Art. Forest Recreation Ground. Monday 16th February 11am. Use leaves, sticks, stones and other natural objects to make a really wild work of art! Meet at the pavilion. NG5 2BU. Please book ahead by calling Ranger Matt on 07508 439050 or e-mail matt.akers@nottinghamcity.gov.uk

Nest Box Making. Radford Recreation Ground. Monday 16th February 11am to 1pm. It's National Nest Box Week so why not come along and have a go at making one to put up in the park! Meet near the playground. NG7 3HF

OTHER ACTIVITIES

Nest Box Making. Bulwell Hall Park. Tuesday 17th February 11am to 1pm. It's National Nest Box Week so why not come along and have a go at making one to put up in the park! Meet at the main car park by the golf pavilion. NG6 7GF

Nest Box Making. Lenton Recreation Ground. Wednesday 18th February 11am to 1pm. It's National Nest Box Week so why not come along and have a go at making one to put up in the park! Meet near the play area. NG7 2DP

Nest Box Making. Clifton Central Park. Thursday 19th February 11am to 1pm. It's National Nest Box Week so why not come along and have a go at making one to put up in the park! Meet near the fitness area. NG11 8AB

Orienteering Xplorer. Forest Recreation Ground. Friday 20th February 11am. A great introduction to the sport with easy to follow maps. Fun for all the family! Meet at the pavilion. NG5 2BU. Please book ahead by calling Ranger Matt on 07508 439050 or e-mail matt.akers@nottinghamcity.gov.uk

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.



📅 Thursday 22nd January

Carsington Water 4 Mile Walk

Join our bird watching volunteer Barrie Avison for a walk around part of this large and scenic reservoir in Derbyshire in search of winter wildlife.

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

📍 Mansfield, Sherwood Street Centre, Sherwood Street

🕒 9.30am - 3.50pm

📍 Sutton-in-Ashfield, Chatsworth Street

🕒 9.50am - 3.30pm

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

📅 Thursday 26th February

Conservation and Guided Walk at Strawberry Hill

Join Nottinghamshire Wildlife Trust officers Gary Cragg and Andy Lowe for a guided walk and practical activity to help look after this important heathland within Sherwood Forest.

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

📍 Sutton-in-Ashfield, Chatsworth Street

🕒 9.30am - 3.50pm

📍 Mansfield, Sherwood Street Centre, Sherwood Street

🕒 9.50am - 3.30pm

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

Feel Good Foods Volunteering opportunities. Contact ODEF, 25 Forest Road, New Ollerton, Newark, NG22 9PR. 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 or telephone 07747 006450.

Forestry Commission Practical conservation at Silverhill Wood, Shirebrook Wood and Oxclose Wood. Sessions every Thursday from 10am to 2pm. Contact Jeff on 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 Julie Reed on 0115 958 8242.

Nottinghamshire Wildlife Trust - Idle Valley Nature Reserve (near Retford) Conservation volunteering every Thursday and the 3rd Sunday of each month. Starts 9:30am. Contact Julie Reed on 0115 958 8242.

Activities in Country Parks:

Nottinghamshire County Council - Rufford, Sherwood, and Bestwood Country Parks: <http://www.nottinghamshire.gov.uk/enjoying/countryside/countryparks/>



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Nottingham
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