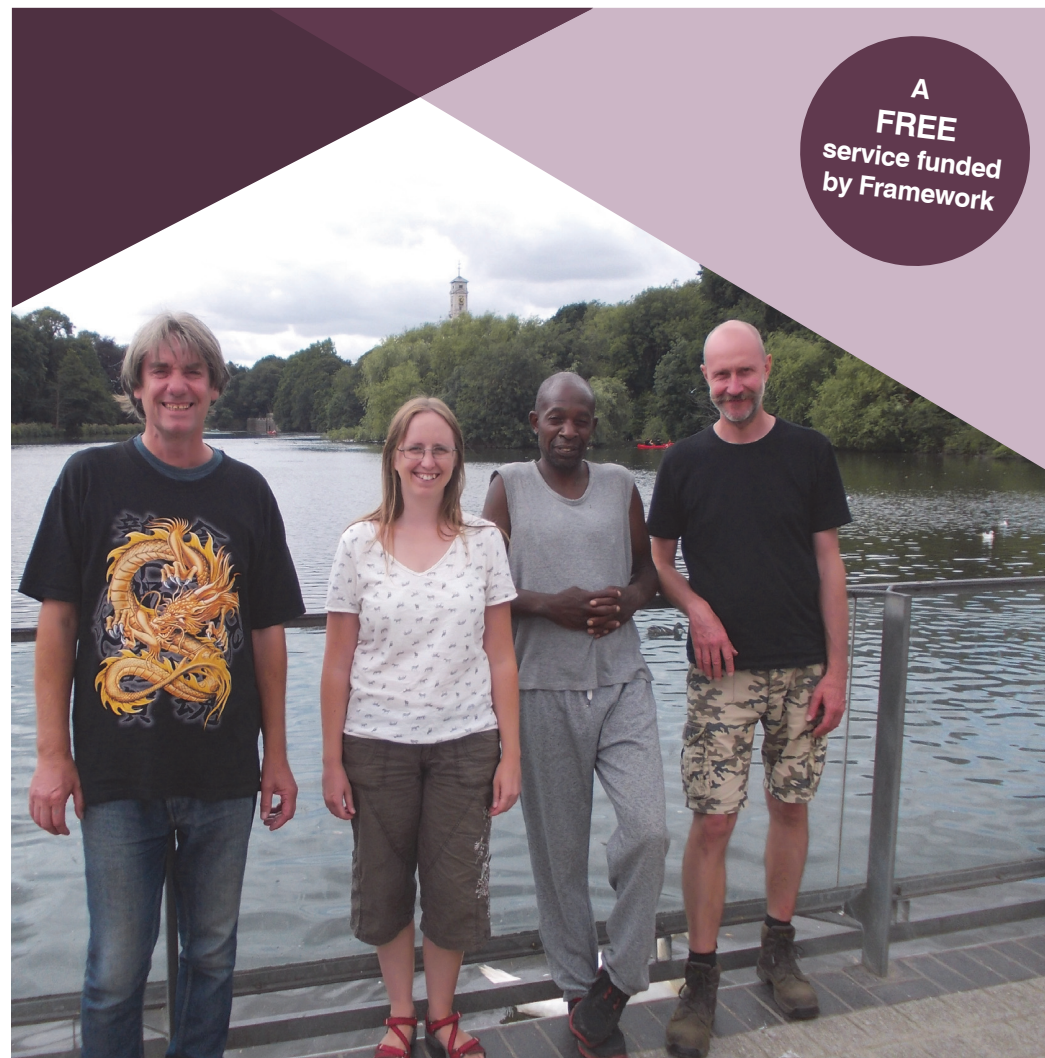


Nature in Mind
The Burrow
40 Forest Road West
Nottingham
NG7 4EQ

0115 970 9591

natureinmind@frameworkha.org
www.frameworkha.org




A
FREE
service funded
by Framework

Nature in Mind

Activities Programme
October - November 2018



 To book your place on an activity, or to request a referral form, please phone Nature in Mind on:

0115 970 9591

or email:

natureinmind @frameworkha.org

Nature in Mind's office is at:

**The Burrow, 40 Forest Road West,
Nottingham NG7 4EQ**



A number of our trips leave from Val Roberts House (Framework Head Office). The full address is:

Val Roberts House
Gregory Boulevard
Nottingham
NG7 6NX

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



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



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.



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



All activities are FREE but please pay your own bus or tram fares unless otherwise indicated.



For allotment and healthy eating sessions we ask for a voluntary contribution of £1 towards food costs. If you cannot afford to contribute you are still welcome to attend.



Open Door

Open Door is a Nottingham City Council service that aims to promote mental well-being and recovery. They run the following two groups. Please note a Robin Hood day ticket (£5) can be used for some of these journeys. Call Mark Dawson on 07949 185255 for details.

Nature Nomads

This monthly group explores nature around Nottingham using public transport. Meet in front of the Council House at 10am. Bring a packed lunch and wear suitable clothing and footwear. Some walking involved. You will need to pay your own bus fare.

- ➔ Friday October 26th – Fungi Walk at Bestwood Country Park
- ➔ Friday November 16th – First Signs of Winter at Colwick Country Park

Attenborough Nature Reserve Conservation Group

This monthly group carries out practical conservation work in partnership with Nottinghamshire Wildlife Trust. Meet at Indigo bus stop on Friar Lane at 10am. Bring a packed lunch and wear suitable clothing and footwear. Some walking involved. Ends about 4pm. You will need to pay your own bus fare..

- ➔ Wednesdays October 24th and November 21st

OTHER ACTIVITIES

Beeston Resource Centre, 74 Middle Street, Beeston, NG9 2AR. Providing a wide range of activities and events for everyone including gardening, arts and crafts, music (guitar, keyboards, drums), wellbeing and walking groups. Open seven days a week pop in for a chat and see what's going on. BRC has a fantastic café providing reasonably priced meals, snacks and drinks. Telephone 0115 925 2516.

Special Events

Please note that these are not Nature in Mind activities.

Nottingham Park Rangers:

For information please telephone 0115 915 2733.

Also see nottinghamcity.gov.uk/events-markets-parks-and-museums/parks-and-open-spaces/

Arkwright Meadows Community Gardens. Autumn Community Event – International Food and Autumn Celebration on Saturday October 20th. Join us for our annual autumn event, everyone welcome. We will be celebrating all things autumnal, with food stalls, produce, music, activities and a wonderful chance to explore the gardens and find out what's going on here. Free entry and suitable for all ages, drop in any time between 12pm and 4pm. For more information telephone 0115 986 7777.

St Anns Community Orchard. Apple Day on Sunday October 21st from 11am to 4pm. Lots of apple-themed activities for all to enjoy. For information telephone 0115 958 9255.

Windmill Community Garden. Pumpkin Festival on Sunday October 28th from 3pm to 6pm. Craft activities, pumpkin food, carved pumpkins lit with candles, prizes for best carved pumpkin.

What is Nature in Mind?

Nature In Mind is a Framework service for adults in Nottingham which draws on the unique capacity of nature to restore and improve mental and physical health.

Evidence shows that spending time in natural and green spaces can;

- reduce stress and anxiety
- reduce levels of depression
- improve physical health
- improve mood and self esteem
- help to reduce the need for medication
- help to overcome isolation and social exclusion

Nature in Mind provides varied opportunities and activities related to nature in small, supportive groups. See inside for our activities.

How to Get Involved

You can apply to Nature In Mind if you live in Nottingham, are over 18 and experience mental health difficulties such as depression or anxiety, and would find it difficult to access nature without support. You don't need a medical diagnosis.

To take part in Nature In Mind, ask your support worker, health professional or doctor to complete our referral form, or you can complete it yourself if you wish.

Email Nature In Mind at natureinmind@frameworkha.org, ring **0115 970 9591** or download the referral form at www.frameworkha.org/natureinmind

Conservation Activities - MAKING A DIFFERENCE TO NATURE!

British Wildlife is under threat and needs all the help it can get. Conservation activities offer us the chance to help look after local green spaces and make them better for both wildlife and people. Some organisations run free events for Nature in Mind and the conservation activities offer an opportunity to give something back. Activities take place at a gentle pace with regular breaks for rest and a hot drink. They can help you develop new skills such as learning to use tools and how certain wildlife areas are looked after and why. Activities may include trimming back vegetation, controlling invasive species, planting, and managing hedgerows. Why not give it a go and feel like you are MAKING A DIFFERENCE TO NATURE!

Café Stops and Hot Drinks

Nature in Mind is no longer able to pay for hot drinks at café stops during activities. On many trips we will still try and make sure that there is a café stop for those who wish to buy a drink. We now suggest you try and take care of your own drinks if possible:

- Bring some money and buy a take-out drink so you can join the rest of the group outside.
- If you can't buy a drink then bring a flask so you can make your own drink.
- For those who aren't able to do either of the above then staff will try and bring a flask so that everyone can enjoy a drink. However, for larger groups this might not be possible – so best to try and bring your own.

Ground Rules

When attending an activity please abide by the following ground rules that were decided by Nature in Mind participants.

1. You must not bring drugs or alcohol along to our activities.
2. If you arrive under the influence of drugs or alcohol, you will be asked to leave.
3. Please respect other people's personal space.
4. There are certain words that some people find offensive. Please don't swear at others and try to moderate your language around other people.
5. The Nature in Mind service is used by people with many different backgrounds. Please be respectful of others' beliefs and cultural differences.
6. Be aware that others have different levels of ability and might struggle occasionally. Try to be understanding and support others where possible.
7. If a member of staff asks you to do something (usually related to health and safety), please do it. Nature in Mind promises not to make unreasonable requests of its participants.
8. Please use safety gear and protective clothing, such as cycle helmets, if we ask you to. We have a legal responsibility to advise you of safety issues when we are doing activities outdoors.

Do take a moment to think about what these rules mean in practice. For example, to respect someone's personal space (no 3) means that if they do not want to give you their mobile number or meet you alone, you should accept this and not keep trying to persuade them.

Meet at the Community Garden. All tools and equipment provided. Bring refreshments.

Bulwell Forest Garden, Austin Street, Bulwell, Nottingham, NG6 9JU (behind Cantrell School playing field). Garden Club: Drop-in sessions Mon, Wed, Fri & Sat, 1-4pm. Winter woodland project: Wednesdays, 11am-3pm Advice, share tips and make new friends. The Garden Club is for all ages, abilities and level of gardening knowledge, no previous experience necessary, tools and gloves provided. For more information visit bulwellforestgarden.co.uk

Ecoworks Community Garden, St Ann's Allotments, Ransom Road. Tuesdays 10am to 3pm - Supershed project, green build and landscaping opportunities, all welcome. Thursdays 10am to 3pm - Dig & Dinner, open to the St. Ann's community. Telephone or text 07811 158297 for more information.

Windmill Community Gardens, Ascot Drive (near Collins Cash and Carry), off Aspley Lane, Bobbersmill, NG8 5HD. Gardening Sessions on Mondays 10am to 1pm and Thursdays 10am to 4pm (including lunch). Contact 07816 899978 for details. Use Turquoise bus 77 to AS17 stop on Aspley Lane.

Right Mind – Women's Mental Health and Well-being Programme, Portland Centre, Muskham Street, NG2 2HE. Wednesdays 10am to 11.30am. For women who want to improve their mental health, boost their energy levels and meet new people. FREE physical activity and social sessions delivered in a fun and comfortable environment, there's no football involved and the sessions vary depending on what the group wants to do from week to week. These sessions are run by Notts County Football in the Community. Telephone 0115 955 7215 or email info@nottscountyfitc.org.uk

Best Foot Forward. Health Walks are free and everyone is welcome. For further information telephone Nicky Newberry on 0115 841 4473.

Mondays – Bestwood Walk, Woodthorpe Grange Walk.

Tuesdays – 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.

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 4pm. 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.

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

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

ACTIVITIES OCTOBER 2018

📅 Monday 1st October

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

📅 Wednesday 3rd October

Gardening at Michael Varnham House

Michael Varnham House is a Framework residential service based in Radford. Today we will be helping residents and staff to develop their fantastic garden area focusing on over-winter planting in their new raised beds.

Snacks and drinks provided.

📍 Michael Varnham House, Orzen Street, Radford, Nottingham, NG7 4BF

🕒 11am - 2pm

📅 Tuesday 2nd October

Nature in Mind Allotment, St Anns

COMPOSTING

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Thursday 4th October

Making Prehistoric Creatures from Recycled Materials PART ONE

With Andy Fagan we'll be making dinosaurs and prehistoric creatures from recycled materials. We'll be using cardboard and paper but you may want to bring along something else if you prefer.

Some materials will be provided but please bring along anything you may want to use.

Hot drinks and biscuits provided.

📍 The Burrow, 40 Forest Road West

🕒 1pm - 4pm

📅 Friday 5th October

Conservation at Moorbridge Pond and Springfield Corner

Joining city Ranger Simon Jenkins we'll be trimming back vegetation along a fence line. This will be a gentle task and you can work at your own pace with breaks when needed. Followed by a stroll around this beautiful wildlife area.

Please bring some lunch. Hot drinks and biscuits provided.

📍 Tram stop, Nottingham Market Square

🕒 9.45am - 3pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Monday 8th October

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

📅 Friday 5th October

Nature in Mind Allotment, St Anns

HARVESTING AND COOKING

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Monday 8th October

Promtional Event at Beeston Resource Centre

Nature in Mind will have a promotional stall at Beeston Resource Centre as part of Mental Health Awareness Week promoting our nature-themed therapeutic activities. This is an all day event which will feature other partner projects' promotional stalls.

Refreshments available.

📍 Beeston Resource Centre, Middle Street, Beeston

🕒 4pm - 6pm

📅 Thursday 29th November

Land Art at Canalside Heritage Centre, Beeston Lock

The Canalside Heritage Centre is an 18th Century lock keeper's cottage that has recently been renovated. Joining staff member Sophie and garden volunteer Maggie we'll take a short walk to collect natural materials. We'll then head back to the Heritage Centre garden to create an individual piece of land art.

Please bring some lunch. Hot drinks and biscuits provided.

📍 Outside Midland Railway Station, Carrington Street

🕒 10am - 2.30pm

We will be travelling by train to Beeston - a Robin Hood ticket (£5) will cover bus, tram, and train fare all day.



📅 Friday 30th November

Conservation at Brecks Plantation, Clifton

Joining city Ranger Simon Jenkins we'll be cutting back trees and shrubs that are growing over a neighbouring property. This will be a gentle task and you can work at your own pace with breaks when needed. Followed by a stroll around this beautiful wildlife area.

Please bring some lunch. Hot drinks and biscuits provided.

📍 Tram stop, Nottingham Market Square

🕒 9.45am - 3pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Friday 30th November

Nature in Mind Allotment, St Anns

TRIMMING HEDGES

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Friday 23rd November

Drum Club

Join our regular user-friendly hand drumming session for stress reduction and FUN! Beginners welcome. Drums provided.

📍 Beeston Resource Centre, Middle Street, Beeston

🕒 2pm - 4pm

Catch bus 36 at bus stop A4 (near Central Library) or catch Line 3 Toton tram to Beeston. Buses and trams stop at Middle Street by the Resource Centre. Public transport – please pay your own bus fare.

📅 Tuesday 27th November

Nature in Mind Allotment, St Anns

HARDWOOD CUTTINGS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Monday 26th November

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

📅 Wednesday 28th November

City Parks Walk

Joining Best Foot Forward we will walk along the boundaries, passing through Victoria Park Conservation area, Stonebridge City Farm, King Edward Park and then walking up through Sneinton to Green's Windmill for a look around the windmill and fantastic community garden.

Café stop included. Smoking cigarettes or e-cigarettes is not permitted on Health Walks.

📍 Outside Victoria Leisure Centre

🕒 10.15am - 12pm

📅 Thursday 9th October

Making Prehistoric Creatures from Recycled Materials PART TWO

With Andy Fagan we'll be making dinosaurs and prehistoric creatures from recycled materials. We'll be using cardboard and paper but you may want to bring along something else if you prefer.

Some materials will be provided but please bring along anything you may want to use.

Hot drinks and biscuits provided.

📍 The Burrow, 40 Forest Road West

🕒 1pm - 4pm



📅 Tuesday 9th October

Nature in Mind Allotment, St Anns

SOWING WINTER SALADS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Wednesday 10th October

Signs of Autumn at Bestwood Country Park

Join us for this autumn ramble as the leaves begin to change colour and the countryside begins to fill with nuts, berries and seeds. We will be using the tram to head out to the Mill Lakes, walk up through Bestwood, and return by NCT bus. Approx four miles, some slopes.

Please bring some lunch

📍 Tram stop, Nottingham Market Square

🕒 10am - 3pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Wednesday 10th October

Yoga at The Crescent

This will be an introductory 45 minute session focusing on breathing techniques, gentle yogic stretching and relaxation led by yoga instructor Lisa Henry.

Yogi tea provided.

📍 The Crescent Recovery Service, 32 Bentinck Road, Nottingham, NG7 4AF

🕒 11am - 12pm

📅 Friday 12th October

Nature in Mind Allotment, St Anns

PLANTING OVERWINTERING ONIONS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

NATURE IN MIND

📅 Thursday 11th October

Colwick Woods Conservation and Walk

Colwick Woods is one of the city's hidden gems. This 50 hectare site of rich grassland and ancient woodland provides an oasis of tranquillity just one mile from the bustle of Nottingham city centre. Our visit will consist of a two to three mile guided walk focusing on history, species identification and conservation management, plus a practical maintenance task. Today's activities will be led by members of Friends of Colwick Woods..

Please bring some lunch. Hot drinks provided.

📍 K2 bus stop, Kings Street (bus 43)

🕒 10am - 3pm

Public transport - please pay your own bus fare. A Robin Hood ticket (£5) will allow you to travel all day on buses and trams.



📅 Wednesday 21st November

Conservation at Attenborough Nature Reserve

Today we'll be joining the Open Door group (see back page) and travelling out to this beautiful nature reserve to work with Nottinghamshire Wildlife Trust helping to make Attenborough a better place for wildlife.

Please bring some lunch. Café stop included.

📍 Indigo bus stop, Friar Lane

🕒 10am - 4pm

Public transport - please pay your own bus fare. A Robin Hood ticket will allow you to travel all day on buses and trams (£5).

📅 Friday 23rd November

Nature in Mind Allotment, St Anns

WILDLIFE WATCH

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

NATURE IN MIND

📅 Thursday 22nd November

Bestwood Country Park Conservation

A great opportunity to get involved with some hands-on conservation work and gain some volunteer experience. This is a regular monthly session and tasks will cover a range of conservation work. Wear weather appropriate clothing and footwear (work gloves and tools will be provided).

Please bring a packed lunch. Hot drinks provided.

📍 Victoria Centre Bus Station (141 Trent Barton bus leaves at 9.30am)

🕒 9.15am - 3.30pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Friday 16th November

Nature in Mind Allotment, St Anns

PREPARING A COPPICE

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Tuesday 20th November

Bushcraft at Highfields Park

In the company of city Ranger Steve Clarke have a go at a range of bushcraft skills such as fire lighting, whittling, and other campfire activities in the great outdoors!

Please bring some lunch. Hot drinks and biscuits provided.

📍 Tram stop, Nottingham Market Square

🕒 12.20pm - 3.30pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Monday 19th November

Service User Meeting

A chance for you to come and have your say about Nature in Mind. Join us for a hot drink and biscuits and an informal meeting where you can tell us what you like and what you don't – we're always interested in your feedback.

📍 The Burrow, 40 Forest Road West

🕒 11am - 12pm

PLEASE NOTE NEW TIMES.

📅 Tuesday 20th November

Nature in Mind Allotment, St Anns

HARVESTING AND COOKING

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Friday 12th October

Drum Club

Drumming for well-being as part of Mental Health Awareness Week. Join our regular user-friendly hand drumming session for stress reduction and FUN! Beginners welcome. Drums provided.

📍 Beeston Resource Centre, Middle Street, Beeston

🕒 2pm - 4pm

Catch bus 36 at bus stop A4 (near Central Library) or catch Line 3 Toton tram to Beeston. Buses and trams stop at Middle Street by the Resource Centre.

📅 Wednesday 17th October

Wild Food Walk at Colwick Country Park

Wild food is all around us, growing in our hedgerows, fields, and along river banks. From berries and herbs to wild vegetables, salad leaves, and even bark! Today's session is led by Nottingham City Parks Ranger Craig Mulder who also leads conservation sessions at Colwick and other city parks.

Please bring some lunch.

📍 Bus stop K1, King Street (bus 44)

🕒 10am - 1pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Tuesday 16th October

Nature in Mind Allotment, St Anns

BUSHCRAFT

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Thursday 18th October

Making Prehistoric Creatures from Recycled Materials PART THREE

With Andy Fagan we'll be making dinosaurs and prehistoric creatures from recycled materials. We'll be using cardboard and paper but you may want to bring along something else if you prefer.

Some materials will be provided but please bring along anything you may want to use.

Hot drinks and biscuits provided.

📍 The Burrow, 40 Forest Road West

🕒 1pm - 4pm

📅 Friday 19th October

Wollaton Park Health Walk

Joining Best Foot Forward we'll take an autumnal stroll around this Elizabethan Deer Park. About three miles with some slopes.

Please bring some lunch. Café stop included. Smoking cigarettes or e-cigarettes is not permitted on Health Walks.

📍 Bus stop J5, Milton Street (bus 30 leaves at 9.20am)

🕒 9.10am - 2pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Monday 22nd October

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

📅 Friday 19th October

Nature in Mind Allotment, St Anns

PLANTING GARLIC

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Tuesday 23rd October

Making Prehistoric Creatures from Recycled Materials PART FOUR

With Andy Fagan we'll be making dinosaurs and prehistoric creatures from recycled materials. We'll be using cardboard and paper but you may want to bring along something else if you prefer.

Some materials will be provided but please bring along anything you may want to use.

Hot drinks and biscuits provided.

📍 The Burrow, 40 Forest Road West

🕒 1pm - 4pm

📅 Friday 9th November

Nature in Mind Allotment, St Anns

COMPOSTING

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Tuesday 13th November

Nature in Mind Allotment, St Anns

DRUMMING

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Monday 12th November

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

📅 Friday 16th November

First Signs of Winter at Colwick Country Park

Today we'll join the Nature Nomads group. This group explores wildlife around Nottingham using public transport. Join us in search of wildlife as the winter closes in and different animals decide whether to hibernate at home or move to warmer climes.

Two to three miles walking and some standing.

Please bring some lunch.

📍 Left lion, Nottingham Market Square

🕒 10am - 4pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Tuesday 6th November

Nature in Mind Allotment, St Anns

BONFIRE

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Thursday 8th November

Woodpeckers Social Enterprise

Woodpeckers are a fantastic local wood working and DIY Social Enterprise offering the chance for people to share and learn new skills. Come along and meet Angela and her team to see what they create in their Carrington-based workshop.

📍 ICC/Tesco Express on Hucknall Road

🕒 11pm - 1pm

Use buses 15, 16, 17 from Milton Street in Nottingham

📅 Wednesday 7th November

Strelley Woodland Walk

Joining Best Foot Forward we'll be taking in the stones of Monks Way as well as passing Strelley Hall and All Saints Church. A path through Oldmoor Wood takes us out into open fields, before continuing up Catstone Hill. About four miles, some hills.

Please bring some lunch. Café stop included. Smoking cigarettes or e-cigarettes is not permitted on Health Walks.

📍 Bus stop W2, Lower Parliament Street (bus 77 leaves at 9.26am)

🕒 9.15am - 1pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.



📅 Tuesday 23rd October

Nature in Mind Allotment, St Anns

WILDLIFE WATCH

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Thursday 25th October

Pumpkin Carving at Windmill Community Garden

Come along and have a go at pumpkin carving! The carved pumpkins will be displayed at the Windmill Community Garden Pumpkin Festival on Sunday 28th October (see page 21 for details). We will also be making decorations to create a spooky orchard for the event. We will use some of the pumpkin to make delicious food for lunch. Pumpkins provided.

Hot drinks and food provided. Suggested meal contribution of £1.

📍 Bus stop W2, Lower Parliament Street (outside Wilkinson's - bus 77)

🕒 10.30am - 3pm

Public transport - please pay your own bus fare. Alternatively, make your own way to Windmill Community Garden, Ascot Drive (near Collins Cash and Carry) for 11am.

📅 Wednesday 24th October

Conservation at Attenborough Nature Reserve

Today we'll be joining the Open Door group (see back page) and travelling out to this beautiful nature reserve to work with Nottinghamshire Wildlife Trust helping to make Attenborough a better place for wildlife and people. Activities will be at a gentle pace with plenty of time to observe any interesting wildlife.

Please bring some lunch.

📍 Indigo bus stop, Friar Lane

🕒 10am - 4pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Friday 26th October

Fungi Walk at Bestwood Country Park

Today we'll join the Nature Nomads group. This group explores wildlife around Nottingham using public transport. Join us today as we search for fungi in the woodland at Bestwood. Bestwood is part of the ancient Sherwood Forest and is one of the best places for fungi in Nottinghamshire. Two to three miles walking, some slopes and some standing.

Please bring some lunch.

📍 Left lion, Nottingham Market Square

🕒 10am - 4pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

📅 Monday 29th October

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

NATURE IN MIND

📅 Friday 26th October

Nature in Mind Allotment, St Anns

HARDWOOD CUTTINGS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Tuesday 30th October

Introduction to Orienteering

Join volunteer Alan Davies to learn some basic map reading skills before putting these into practice around the orienteering course on the Forest Recreation Ground.

Hot drinks and biscuits provided.

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

🕒 10.30am - 1pm

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📅 Tuesday 30th October

Nature in Mind Allotment, St Anns

PUMPKINS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Monday 5th November

The Arboretum Short Walk

Join us for a gentle stroll around Nottingham's oldest public park as we experience the nature on our doorstep. Slow pace, some slopes.

Café stop included.

📍 The Arboretum Café, Waverley Street

🕒 1.30pm - 2.30pm

NATURE IN MIND

📅 Friday 2nd November

Nature in Mind Allotment, St Anns

SOWING BROAD BEANS

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, cook with produce and share a meal whilst making friends and picking up new skills.

📍 St Anns Allotments, Ransom Road

🕒 10.30am - 2pm

📅 Tuesday 6th November

Landscape Art at Highfields Lake

Have a go at acrylic or watercolour painting using the Highfields Park as inspiration to create a piece of art.

Basic equipment including easel, paper, brushes and paints supplied on the day. You can also bring your own if you wish.

Please bring some lunch. Hot drinks and biscuits provided.

📍 Tram stop, Nottingham Market Square

🕒 10.20am - 2.30pm

Public transport – please pay your own fare. A Robin Hood ticket (£5) can be used all day on buses and trams.

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