Nature in Mind
Activities Programme
April - May 2018

A specialist service from
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.

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.

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.

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

All activities are FREE but please pay your own bus or tram fares unless otherwise indicated.
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 have a mental health problem 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

Long Term and regular clients

- Some of the activities have limited places, such as the minibus trips, and we need to prioritise new people who want to come along.
- When booking on an activity, please note that if you have attended quite a lot of activities with Nature in Mind over a period of time, you won’t have a definite place on the trip until you get a phone call from a member of staff confirming this a couple of days before – this is to give new people a chance to come.
- We might not always get much advance notice as to how many new clients want to come on an activity. Please try and bear this in mind if you find yourself being told that a trip is full when you had booked onto it some time ago.
- Please be assured that there will be other activities that you can attend. Your understanding on this is appreciated by the team and new people who want to join Nature in Mind.
ACTIVITIES APRIL 2018

📅 Tuesday 3rd April

Nature in Mind
Allotment, St Anns

OUTDOOR EATING AT ECOWORKS – PART 3

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 10th April

Nature in Mind
Allotment, St Anns

SOWING PEAS AND 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

📅 Monday 9th April

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 entrance
⏰ 1.30pm - 2.30pm

📅 Friday 6th April

Nature in Mind
Allotment, St Anns

PLANTING POTATOES

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 12th April

Bestwood Country Park Conservation Day

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. Today’s focus will be on hedge laying, cutting back and burning brash. 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

Friday 13th April

Nature in Mind Allotment, St Anns

CAMPFIRE 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 13th April

Victoria Embankment Health Walk

Joining Best Foot Forward this is a steady walk of two to three miles along the beautiful tree-lined embankment crossing the river Trent at Wilford Bridge and returning to the starting point at the Embankment gates.

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

📍 W4 Bus stop, Lower Parliament Street
⏰ 9.45am - 1pm

Alternatively, meet at Embankment gates 10.20am.
Monday 16th April

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 entrance
⏰ 1.30pm - 2.30pm

Wednesday 18th April

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 (£5.00).

Tuesday 17th April

Nature in Mind Allotment, St Anns

SOWING SPINACH

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 19th April

Nottingham Castle to Wollaton Park Five Mile Walk

From Nottingham Castle we’ll walk to Wollaton Park, a historic Elizabethan deer park, following the canal, and passing through Nottingham University. This route follows the line of the long distance Robin Hood Way and is a mostly flat walk over easy paths and tracks.

*Please bring some lunch. Café stop included.*

📍 Entrance to Nottingham Castle
⏰ 10.30am - 4pm
Netherfield Lagoons Wildlife Walk

Today we'll be joining the Nature Nomads group. This monthly group explores wildlife around Nottingham using public transport. Join us today as we search for wildlife amongst the grasslands and reedbeds of Netherfield Lagoons. Previously we have seen the allusive muntjac deer as well as common cranes flying over.

*Please bring some lunch. Café stop included.*

📍 In front of the Council House
⏰ 10am - 4pm

Public transport - please pay your own bus fare.

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Nature in Mind Allotment, St Anns

PLANTING POTATOES

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

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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 entrance
⏰ 1.30pm - 2.30pm
ACTIVITIES APRIL 2018

📅 Tuesday 24th April

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

📅 Wednesday 25th April

Animal Handling at Stonebridge City Farm

Join us at this lovely City Farm with gardens and animals at the heart of the city. Have a go at handling some of the animals here which might include guinea pigs, rabbits, and possibly lambs. Everyone will have to pay a charge of £1 to handle the animals.

Please bring some lunch. Café stop included.

📍 Left lion, Nottingham Market Square
⏰ 10.40am - 1pm

📅 Thursday 26th April

Windmill Community Garden

A selection of activities for us to get involved in today including regular gardening tasks plus planning and painting nature themed designs on the raised beds.

Hot drinks and tasty food provided. Suggested meal contribution of £1. Public transport - please pay your own bus fare.

📍 Bus stop W2, Lower Parliament Street (outside Wilkinsons)
⏰ 10.30am - 3pm

Alternatively, make your own way to Windmill Community Garden, Ascot Drive (nr Collins Cash & Carry) for 11am.

📅 Friday 27th April

Nature in Mind Allotment, St Anns

SOWING EDIBLE FLOWERS

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
ACTIVITIES  APRIL/MAY 2018

📅 Friday 27th April

**Drum Club**

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

*Café stop included.*

📍 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 1st May

**Nature in Mind Allotment, St Anns**

**SOWING SUMMER SQUASH**

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 30th April

**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 entrance

⏰ 1.30pm - 2.30pm

📅 Tuesday 1st May

**Hand Drumming at Edwin House**

Edwin House is Framework’s newest service providing supported accommodation to over 60 vulnerable people. Today we will be meeting some of the residents, staff and volunteers to promote Nature in Mind and partner projects and have a hand drumming session in the garden. There will also be buffet food provided and drinks available.

Edwin House sits at the back of Millers Court, just off Hartley Road in Radford.

📍 Entrance to Radford Retail Park

⏰ 1.30pm - 4pm

*We will walk to Edwin House.*
Wednesday 2nd May

**Strelley Woodland Bluebell 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 through the bluebells and into open fields, before continuing up Catstone Hill to the underground reservoir. About four miles, some hills.

*Please bring some lunch. Café stop included. Public transport – please pay your own bus fare. 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

Tuesday 3rd May

**Clifton Woods Bluebell Walk**

As well as bluebells the woods will be filled with birdsong and trees coming into leaf. Join Ranger Simon Jenkins for this springtime treat. Four miles, some slopes.

*Please bring some lunch. Public transport – please pay your own bus fare.*

📍 Bus stop B2, Beastmarket Hill (bus 1)
⏰ 9.30am - 4pm

Friday 4th May

**Nature in Mind Allotment, St Anns**

**SOWING ORIENTAL LEAVES**

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
The document contains a list of activities for May 2018, focusing on nature and conservation tasks in various locations around Nottingham.

**Nature in Mind Allotment, St Anns**

**CAMPFIRE 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

**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 (£5.00).*

**Colwick Woods Walk and Conservation Task**

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
Friday 11th May

Wollaton Park Health Walk

Joining Best Foot Forward we'll take a springtime walk around this Elizabethan Deer Park. About two 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 - 1pm

Friday 11th May

Nature in Mind

Allotment, St Anns

GARDEN CRAFTS

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 14th May

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 entrance
⏰ 1.30pm - 2.30pm
Tuesday 15th May

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 17th May

Service User Meeting

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

Drinks and biscuits provided.
📍 The Burrow, 40 Forest Road West
⏰ 12pm - 1.30pm

Thursday 17th May

Gardening Activities at the Crescent Recovery Service

The Crescent has recently relocated to Bentinck Road in Hyson Green – this is a Framework residential project supporting vulnerable adults with mental health issues to achieve and maintain stability within the community. The plan for today is to work alongside residents and staff with various gardening tasks including preparing the greenhouse ready for use and sowing seeds.

📍 The Crescent Recovery Service, 32 Bentinck Road, Hyson Green
⏰ 2pm - 4pm
Friday 18th May

**Birds and Butterflies at Annesley Country Park**

Today we’ll be joining the Nature Nomads group. This monthly group explores wildlife around Nottingham using public transport. Join us today looking for birds, lizards, wildflowers, and the dingy skipper butterfly. Approx 2 miles, some slopes, some standing.

*Please bring some lunch. Public transport - please pay your own bus fare. We may be able to access a group bus ticket for around £3.50 each.*

📍 Bay 4, Victoria Bus Station (bus leaves at 10.35am)
🕒 10.20am - 4.30pm

Friday 18th May

**Nature in Mind Allotment, St Anns**

**SOWING PEAS**

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 21st May

**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 entrance
🕒 1.30pm - 2.30pm
“Traumascapes and Landscapes of the Interior” Exhibition at Institute of Mental Health

Artwork inspired by mental illness, or created by artists living with mental health issues, in this open exhibition created by City Arts and the Institute of Mental Health.

“Art helps us to understand trauma and catastrophe, not just in words, but through colours, images, lines, motifs, symbols, brush strokes and blotches. Art educates us about trauma and the artist tells their tale and creates a landscape of the interior. Art can help us work through trauma and even build resilience. We might think about the work of the artist as showing us ‘Traumascapes’. The art gallery creates the traumascape whereby communities can come together, find a place to reflect, learn and work together for a better tomorrow”.

Please bring some lunch. Café stop included. Public transport – please pay your own bus fare.

Bus stop J5, Milton Street (bus 30 leaves at 11.20am)

11.10am - 1.30pm
Wednesday 23rd May

Bestwood and Mill Lakes Walk

Join volunteer walk leader Alan Davies for this three mile walk through Bestwood Country Park making use of a section of The Robin Hood Way long distance path. We will walk around the lovely Mill Lakes to the west of the village and then start walking gently uphill through the woodland, looking for signs of spring as we go. We pass by historic Bestwood Lodge, as well as a quaint, tiny church and emerge from the woods where we will return to the City Centre by public bus. There are good paths and tracks in the park, but the route goes steadily uphill for much of the way.

Please bring some lunch. Café stop included. Public transport – please pay your own bus fare.

📍 Tram stop, Nottingham Market Square
⏰ 10am - 3.30pm

Thursday 24th May

Forest and Arboretum Health Walk

A varied walk around The Forest and Arboretum following established pathways, with extensive views of the city from lovely wooded areas.

Café stop included.

📍 Inside Mary Potter Health Centre (North Entrance), Gregory Boulevard
⏰ 10.15am - 12pm

Friday 25th May

Nature in Mind Allotment, St Anns

CAMPFIRE 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
**ACTIVITIES MAY 2018**

### Friday 25th May

**Drum Club**

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

*Café stop included.*

- **Outside Victoria Leisure Centre**
- **10.15am - 12pm**

### Tuesday 29th May

**Nature in Mind Allotment, St Anns**

**SUMMER SALAD LEAVES**

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.

- **Outside Victoria Leisure Centre**
- **10.30am - 2pm**

### Wednesday 30th May

**City Parks Health 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**
NATURE IN MIND
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 Park Activities:** [nottinghamshire.gov.uk/enjoying/countryside/countryparks/](http://nottinghamshire.gov.uk/enjoying/countryside/countryparks/)

**Community Orchard Volunteers** at St Ann’s Allotments, Ransom Road, St Ann. Refreshments available. Every Wednesday 1pm to 4pm. Telephone 0115 958 9255.

**Community Orchard Community Days** at St Ann’s Allotments, Ransom Road, St Ann. 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](http://www.summerwood.org.uk)

**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 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](http://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.
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/](http://nottinghamcity.gov.uk/events-markets-parks-and-museums/parks-and-open-spaces/)

**St Anns Allotments**

Heritage Tours. Last Wednesday of the month March to September 2018. A guided tour covering 700 years of history on the gardens. Includes a visit to our Heritage Display Garden. Starting at the Visitor Centre at 1.30pm. Please arrive 5 to 10 minutes early. All tours last roughly 90 mins. There is a donation request of £5 which includes tea/coffee and biscuits. Wednesdays 28th March, 25th April, 30th May, 27th June, 25th July, 29th August, 26th September. Booking essential via info@staa-allotments.org.uk or call 0115 960 2282.

**Arkwright Meadows Community Gardens**

Community Spring Event on Saturday May 26th 2018.

[facebook.com/events/192351838169086/](http://facebook.com/events/192351838169086/)
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 (£5.00) 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 April 20th – Netherfield Lagoons Wildlife Walk
- Friday May 18th - Birds & Butterflies at Annesley Country Park

**Attenborough Nature Reserve Conservation Group**

This monthly group carries out practical conservation work in partnership with Nottinghamshire Wildlife Trust. Meet at the Indigo bus stop on Friar Lane at 10am. Bring a packed lunch and wear suitable clothing and footwear. Some walking involved. Ends about 3.30pm. You will need to pay your own bus fare.

- Wednesdays April 18th and May 9th.
Nature in Mind
The Burrow
40 Forest Road West
Nottingham
NG7 4EQ
0115 970 9591
natureinmind@frameworkha.org
www.frameworkha.org