

Nordic walking

at Sherwood Pines 10.30am - 11.30am
EVERY Friday all year round!

Nordic walking is great for a full body workout and good fun too. Borrow some poles, learn how to use them and enjoy Nordic walking through the forest.

Adults only. £5 (including pole hire). Please see the Nordic walking homepage for more info on discounts available. Meet at the Information Centre. Dress for the weather on the day and also bring a good pair of shoes to walk in. Booking Essential. Discounts available for discovery pass holders. **No dogs allowed.**

For more details contact Hannah Darcel

on: 01623 821452 or 07789942599 or email: hannah.darcel@forestry.gsi.gov.uk

FREE Weekly Health Walks

Rufford Country Park conducts a weekly health walk every Monday afternoon (Except Bank Holidays) starting at 2pm.

We meet in the Craft Centre Courtyard at the Abbey end of the park. The walks are FREE, open to all, last about an hour at a fairly gentle pace in the varied scenery of Rufford. The walk is followed by tea/coffee and biscuits (small donation appreciated).

For further information please contact Steve at Rufford rangers on 01623 821335 or email steve.koefoed@nottsc.gov.uk

FREE In Step Walks

A fun way to improve your health and make new friends.

In Step Walks - June 2013

Date	Venue	Grade
Sun 2- June	Shirebrook Woods	Moderate
Mon 3- June	Rowthorne Walk	Moderate
Thu 6 - June	Spa Ponds	Moderate
Sun 9 - June	Bestwood Country Park	Strenuous
Mon 10-June	Birklands Park	Moderate/Long
Thu 13-June	Sherwood Forest	Moderate
Sun 16-June	Felley	Strenuous
Mon 17-June	Skegby	Moderate
Thu 20-June	Thieves Wood	Moderate
Sun 23-June	Pleasley Park	Moderate
Mon 24-June	Vicar Water	Moderate
Thu 27-June	Scarcliffe	Moderate
Sun 30-June	Maun Valley Park	Moderate

For more information telephone:

07951 968366 for the Sunday walks

07951 945407 for the Monday walks

07563 702547 for the Thursday walks

Sherwood Foragers Walks

Healthy Walking

Every Wednesday Morning starting at 10.00am.

We are a friendly group aimed at encouraging people to get walking. All walks are led by Trained Volunteer leaders, on a variety of routes from each of our two meeting points.

- **Vicar Water Country Park**
Mansfield Road, Clipstone
- **Church Warsop Sports & Social Club**
Wood Lane, Church Warsop

For further details contact

Christine Johnson - Walk Leader

Telephone Mansfield 01623 428578

Buggyfit Classes

It's not just a walk in the park

Buggy classes which are held at Sherwood Pines are designed to help mums get back into shape after their new arrival as well as to enjoy a walk through the woods to help burn calories.

A fun, fitness class for mums and babies.

The classes run every Friday from 1.30pm - 2.30pm.

The cost is £3 a class or only £2 with Discovery Pass.

Mums should book on 01623 822447

WARSOP

Footpath & Countryside Group

Summer may be a good time for countryside walks but it is also an excellent time for sitting still and waiting for wildlife to come to you.

Garden birds will become braver if you sit on a seat and quietly watch, particularly if you provide them with some water for a bath. Butterflies will appear and not just to eat your cabbages. Bees and other pollinating insects will visit any flowers. Last summer I had a family of field mice who would dart past the garden bench when looking for seed dropped from a bird feeder. On a fine evening swifts shriek as they fly between the houses and bats may appear as it begins to get dark.

If you choose to sit on a riverbank you may spot a kingfisher or, if the water is clear, count the fish. Near a pond there may be dragonflies.

It may take a little more effort to view wildflowers. We are fortunate to have some rare and special limestone grasslands in Warsop that should come into their own during June. If you know where to look there are



patches of orchids, including bee, common spotted and pyramidal varieties. In our hedgerows the hawthorn blossom will start to fade and the big discs of the creamy pungent flowers of the elder may take their place.

Our campaign to prevent Himalayan balsam from spreading further within the River Meden catchment should be well under way this month. This invasive non-native plant can damage riverbanks and cause an increase in silt in the river. We removed the first seedlings at the end of April. By late summer the plants can grow as tall as two metres. Our main target areas are Shirebrook Woods, the river between Hammerwater Bridge and the Mill Dam and the Bottoms at Meden Vale. Any offers of help in either removing this plant or checking where it could be growing would be appreciated.

If you would like some ideas for summer walks around Warsop take a look at our website www.wfcg.org.uk where you can download guides to ten local walks ranging from two to seven miles. Another online source of local walks and cycle routes is sherwood-forestvisitor.com.

Walkers who enjoy the woodlands of Birklands need to be aware that some paths will be closed on Saturday 8th June for the Dukeries Rally.

Our next Footpaths Group walk will be on Saturday 8th June. Please note that this is the second Saturday of the month, a week earlier than our usual day. The destination has yet to be decided but we are planning to meet at Warsop Library at 10am. Contact us if you would like to join us or would like more details.

www.wfcg.org.uk

Our Secretary can be contacted on 01623 846281.

WF&CG is a community group whose members share an interest in the countryside. We maintain the public footpath network in Warsop, we undertake conservation projects and we provide information about the local environment www.wfcg.org.uk



Mansfield District Council
 Creating a District where People can Succeed

Cashiers' opening hours

The opening hours of Mansfield District Council's Cashier Service will change from this week onwards.

The service, which is based at the Civic Centre on Chesterfield Road South, will now be available from 8.30am to 4pm on Monday to Friday, to allow people to pay their bills including council tax, rent and garden waste collection.

The opening hours of the service, which were previously 8.30am to 4.30pm on Monday to Friday, have been changed to provide more staffing during peak hours of the service such as mornings and lunchtimes.

Residents are reminded that they can also pay their bills in a number of other ways, which include:

- Debit and Credit Card payments via www.mansfield.gov.uk
- Debit and Credit Card payments via telephone by calling 01623 428 632
- Standing orders
- Online banking
- Cash, Debit and Credit Card payments at the Post Office or cash at a local Paypoint (see www.paypoint.co.uk/locator), or
- Cheque payments at the Post Office.

Cllr Roger Sutcliffe, Portfolio Holder for Resources and Deputy Mayor, said:

"We have carried out a review of our cashier service to ensure we are meeting our customers' needs. This has shown that the service is typically very quiet late in the afternoons and busy during the mornings and at lunchtimes. Therefore, we have altered the opening hours to ensure we have more staff available during the busier periods.

"We also offer a number of other payment options, such as online, via phone and direct debit – all offering a convenient, quick and easy service which costs you less by reducing the need to travel."

All change at the old bus station

The old bus station site in Mansfield is set to become a temporary car park while discussions continue on the long-term plans for the site.

The car park will have 113 standard car parking spaces and 11 disabled spaces. These will replace the spaces previously provided by Station Road car park, which is now the site of the new bus station.

In order to make way for the car park, the public toilets at the old bus station have now closed and will be demolished along with the vacant restaurant and cafe at 4 Walkden Street. The public toilets were deemed to be outdated, under used and expensive to maintain.

Work on the site is expected to take up to three months to complete and it is hoped that the car park will open in summer 2013.

Councillor Kate Allsop, Portfolio Holder for Economic Regeneration at Mansfield District Council, said: "We recognise that the old bus station site is crucial to the development and regeneration of the Town Centre as it provides an excellent location for the larger retail outlets that are needed to ensure Mansfield remains the sub-regional shopping and leisure destination of choice.

"While we seek to find a suitable partner to develop this location, we will be building a temporary car park on the site. This will enhance access to the town centre and will encourage more people to visit the area."