



Referral Information for Social Prescribing

Address:

Newstead Abbey, Ravenshead,
Nottinghamshire, NG15 9HJ (enter
via the main A60 gate only).

Website link:

www.newsteadabbey.org.uk



Meeting point:

The meeting point for Heritage Buddies is at the Abbey's gift shop.

What is available at Newstead Abbey for you to enjoy?

Steeped in over 800 years of history, Newstead is a monastic Abbey from the late 12th century and former home of Romantic poet Lord Byron.

Boasting 300 acres of parkland, you can explore the gardens, lake and beautiful estate.

Newstead's parkland owes much of its beauty to the River Leen, feeding the lakes, ponds and cascades that ornament its gardens, along with its wildlife of peacocks and swans.

What specific groups or activities are available to join?

- Drop-in gardening session. Wednesdays 10.30am-2pm. This is a free session with no parking charges. Tea and coffee are provided.
- Grounds and garden visit and/or Historic house visit.
- Volunteering opportunities – speak to the Volunteer Lead.

How can our Volunteer Heritage Buddies help you to enjoy your visit to Newstead Abbey?

We can:

- Arrange to welcome you and meet you on site – at the shop just inside the Historic House.
- Help you find your way around the site and tell you about the activities available.
- Be a friendly face on site and support your visit in person.
- Share our enthusiasm for heritage and the historic environment at Newstead Abbey
- Share our knowledge of heritage volunteering.

How to make a referral to Heritage Buddies

- Suitable for people with low level support needs, including loneliness, low mood and stress.
- To arrange support from Volunteer Heritage Buddies and discuss any accessibility needs to enable your visit.



Contact:

Sophie Hollinshead (Heritage Volunteer Lead) Wednesday to Sunday.

Email

sophie.hollinshead@nottinghamcity.gov.uk

What we love about Newstead Abbey and why we'd love you to visit

We believe Newstead Abbey is a unique stately home and historic park. We hope to share it with you and help you to make the most of a visit to us, whether that's viewing the beautiful furnished rooms, or exploring the gardens and park with its abundant wildlife.

Newstead is already known for its friendly welcome, and we'd love to extend this to you on your visit.

Facilities available and access considerations:

- Indoor café and outdoor courtyard selling food and drinks
- Accessible toilet facilities
- A souvenir shop.

Opening times:

- Grounds: Park and Gardens:

Daily Summer 10am-5pm (last entry 4pm)

Winter 10am-4pm (last entry 3pm)

- Historic House:

Weekends, Bank Holidays and School Holidays 11am - 4pm (last entry 3pm)

- Café, Shop and Toilets:

Daily Summer 10am-5pm, Winter 10am-4pm

Entry charges:

Site Entry: £6 parking, £2 for walkers or cyclists.

Historic House Admission: £12 adult, children go free (15 and under).

Travel:

The Pronto bus to Mansfield from Nottingham's Victoria Centre drops off at the main entrance to Newstead Abbey.

Pronto Bus - [Nottingham Mansfield Chesterfield Timetable](#) |

The Robin Hood Line runs from Nottingham to Worksop – via Newstead Village. There is a 1 mile walk from the station to the Abbey. For timetables and fares, visit [East Midlands Trains](#) or call 03457 125 678.

Newstead Abbey is located 12 miles north of Nottingham on the A60 close to Junction 27 of the M1. Heading from the M1, follow signs for Sherwood Forest and brown signs thereafter. The postcode for your sat nav is NG15 9HJ.

Public transport will stop at the main entrance. Please be aware there is a mile long drive to the main house and meeting point. The driveway is not suitable for wheelchairs and mobility scooters.

There is a car park and dedicated car parking zone for blue badge holders. However, the house and grounds both have some wheelchair access restrictions. There are a considerable number of steps around the Historic house, unfortunately due to the historic nature of the building there are no lifts. Wheelchair access is to the shop and cloisters only.