

**Heritage  
Buddies**

# Supporting You to Enjoy Local History and Heritage



**Have you wanted to go to Newstead Abbey or Nottingham Castle, but are unsure about visiting on your own?**



If you're interested in visiting and would like to meet with our Heritage Buddies, we are happy to meet you in person on site and support your visit.

Heritage Buddies are volunteers at Newstead Abbey and Nottingham Castle. We can arrange to meet and greet you when you arrive, let you know what there is to do and see, show you around and help you enjoy these beautiful historic places.

Heritage Buddies can help anyone who is experiencing loneliness, low mood or stress.

To arrange a visit with support from a Heritage Buddy, please speak to your Link Worker for further details.

## **Newstead Abbey**

Newstead is a monastic abbey from the late 12th century, and former home of Romantic poet Lord Byron. It's steeped in over 800 years of history, 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.

## **Nottingham Castle**

With over a thousand years of history on this site, we think Nottingham Castle is a very special place.

There may not be much left of the medieval castle, but the 17th century Ducal Palace is crammed with exhibits and art works, which tell the story of this extraordinary site.

We'd love you to come and visit the castle and share with you the culture and heritage of this amazing place.



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