

# GreenSpace

For better headspace



THE

# Big Green Book



A directory of nature-based activity providers  
in Nottingham City and Nottingham County

Integrated  
Care System  
Nottingham & Nottinghamshire



Nottingham  
Community  
and Voluntary  
Service

A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

October 2024

**The Big Green Book was developed as part of the GreenSpace Green Social Prescribing Project and is a directory of nature-based activity and opportunity providers in Nottingham City, with some extending into Nottinghamshire.**

The Book is designed to be used by social prescribers, healthcare workers and other referrers who want to find activities for their clients, as well as individuals who are looking for an activity to get involved in.

The information is organised by location, to help people choose an activity that is local and easily accessible to them. Please see “Navigating this Book” for more guidance.

The book also outlines the facilities available and the level of mental health need that each provider can support, to help people access activities that are suitable for them.

<a href="#">Facilities Icons</a>	<a href="#">3</a>
<a href="#">GreenSpace Trusted Providers</a>	<a href="#">3</a>
<a href="#">Mental Health Levels: Guidance for Participants</a>	<a href="#">4</a>
<a href="#">Mental Health Levels: Guidance for Referrers</a>	<a href="#">5</a>
<a href="#">Navigating this Book</a>	<a href="#">6</a>
<a href="#">Nottingham City Primary Care Networks (PCNs)</a>	<a href="#">7</a>
<a href="#">Quick Provider Finder</a>	<a href="#">8 - 9</a>
<a href="#">Providers Across Borders</a>	<a href="#">10 - 31</a>
<a href="#">PCN 1: Bulwell &amp; Top Valley</a>	<a href="#">32 - 33</a>
<a href="#">PCN Unity (Nottingham)</a>	<a href="#">34 - 35</a>
<a href="#">PCN 3: Raleigh</a>	<a href="#">36 - 37</a>
<a href="#">PCN 4: Radford &amp; Mary Potter</a>	<a href="#">38</a>
<a href="#">PCN 5: Bestwood &amp; Sherwood</a>	<a href="#">39 - 40</a>
<a href="#">PCN 6: Nottingham City East</a>	<a href="#">41 - 46</a>
<a href="#">PCN 7: City South</a>	<a href="#">47 - 49</a>
<a href="#">PCN 8: Clifton &amp; Meadows</a>	<a href="#">50 - 51</a>
<a href="#">PCN 9: Aspire</a>	<a href="#">52 - 53</a>

## Facilities Icons



**Toilets**



**Changing**



**Accessibility**



**Handwashing Available**



**Bike Racks**



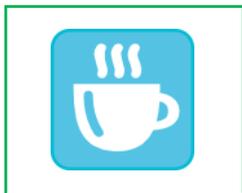
**Shelter Available**



**Family Friendly**



**Water Based Activities**



**Hot Drinks**



**Walking Group**



**Operates Through Winter**

## GreenSpace Trusted Providers

If a provider has the GreenSpace Trusted Provider logo, that means they have been through the process of joining the GreenSpace green social prescribing project and have demonstrated that they have all the necessary policies, procedures and insurance in place, and have identified the level of need that they are able to support.

The level of support that they can provide is identified using Mental Health Levels on pages 4 and 5, and you should refer to these levels before linking a client with an activity to make sure that you are making an appropriate connection.

**If a client is interested in joining any of these activities, we suggest you contact the provider directly to make your own checks and build your own connections before linking a client to that activity.**

**Please note:** All information is correct at the time of publishing. The Big Green Book will be updated every quarter of the fiscal year. If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team by emailing [greenspace@nottinghamcvs.co.uk](mailto:greenspace@nottinghamcvs.co.uk).



The Mental Health Levels below were developed with the GreenSpace Mental Health Lead so that providers could show the different needs they are able to support. When you are choosing an activity, use the level to help you work out whether this provider has the support in place that will help you. If you consider yourself to have a higher level of need, you may be able to attend an activity with a carer or support worker. Please contact the provider directly to discuss your needs before attending for the first time.

## Level Zero: This activity is for you if...

- You are feeling well
- You want to look after your mental and physical health
- You want to try a green or nature-based activity

## Level One: This activity is for you if...

- You are seeing your GP about your mental health or are having some support from a health worker or social prescriber
- You feel lonely, you have a low mood and/or lack of motivation/structure/routine
- You are experiencing symptoms of anxiety and/or mild depression
- Your mood/feelings are having a negative effect on your wellbeing

## Level Two: This activity is for you if...

- You are currently getting support from your GP and receiving psychological therapies, such as cognitive behavioural therapy (CBT) or counselling
- You are taking short term medication and/or under ongoing monitoring, and this support is helping you to manage your mental health
- You feel a 'Green Buddy' would help you to go along to the first couple of sessions and to help you settle in
- You need specific sessions designed to include more support or have a specific focus on wellbeing
- You would benefit from a volunteer to help or work alongside you during the sessions to help you feel more comfortable and at ease in the group
- You have identified recovery goals with your health care professional that you can work towards during the activity

## Level Three: This activity is for you if...

- You have complex needs and need more than one area of support, including specialists and a local mental health team
- You need support to take part in sessions (if you have a support worker then they can attend with you)
- You need a short-term programme of activity, or a package tailored to meet your individual needs
- You need support from a team that specialises in working with people who have long-term and/or complex mental ill health

## Level Four: This activity is for you if...

- You are experiencing an acute mental health crisis which requires you to receive inpatient or intensive crisis team support
- OR**
- You have a long-term serious mental illness, and you need regular care and support
  - You need an activity in a hospital-based location, such as a hospital community garden or therapy garden
  - You need an activity provided by a specialist team that will make sure you get the help and support you need to get the most out of the sessions (this might include doctors and nurses and other people who have expertise in working with people with a range of complex mental health needs, both long-term and acute)

The Mental Health Levels outlined below have been developed with the GreenSpace Mental Health Lead to enable providers to identify the level of need that they can support. You should refer to these levels when assessing whether a provider or activity is suitable to meet the needs of the person you are working with.

## **Level Zero: A person who is well and wishes to take steps to safeguard their mental health**

This is a person who has taken their own decision to improve their mental health through a green or nature-based activity. They will independently access advice and self-help resources as they need them and manage their own mental wellbeing without the need of additional support.

## **Level One: A person who is at risk of developing mental ill health**

This is a person who is seeing their GP about their mental health or may have some support from a health worker because they are struggling with isolation, low mood and anxiety, including social anxiety, mild depression or a lack of motivation, structure or routine which is having a negative impact on their mental wellbeing. They need a low level of support which can be managed by their GP with support from Social Prescribing pathways in the voluntary and community sector.

## **Level Two: A person with mild mental ill health**

This is a person who needs GP support along with access to psychological therapies, such as cognitive behavioral therapy (CBT) or counselling, short term medication and/or ongoing monitoring, and they can manage their mental health with this support. They may need a Green Befriender to help them attend the first couple of sessions to settle in. They may need to attend specific sessions, rather than general open sessions and support is available from their Link Worker or mental health practitioner if needed. While engaging in the activity, this person may need support from a volunteer and so training is available for volunteers working in organisations that provide sessions for Level Two patients. Through this supported provision, this person will work towards the recovery goals they have identified with their health care professional, and they will begin to feel the benefit to both their short term and long-term recovery, with the goal of eventually being able to access Level One provision.

## **Level Three: A person with moderate mental ill health**

This is a person who has more complex needs and requires more than one area of support, including specialists and local mental health team support. They may need a lot of help to engage in sessions, possibly from a support worker, and health professionals will track and review their progress as appropriate. Provision may be for a set time period or a specific package and would be delivered by services with dedicated resources and expertise in working with people who have enduring and complex mental ill health, which most community groups would not be able to provide without specialist support. Information and guidance will be provided by the referrer to assist the GreenSpace provider, with ongoing communication between the provider and referrer as needed, and there will be an agreed contact to access in the case of a crisis. This person will have a planned pathway out of Level Three provision, to be agreed between the client and their support team, moving into Level Two provision, with the possibility of reentering Level Three provision if necessary.

## **Level Four: A person with severe or complex mental ill health**

This could be a person who is experiencing an acute mental health crisis which requires them to receive inpatient or intensive crisis team support, or it could be a person who has a long-term serious mental illness which affects how they function, and they need regular care and support. This person might access GreenSpace activities within a hospital environment, such as within a hospital-based community garden or therapy garden. Activities would be provided by specialist teams, including medical professionals, who have expertise in working with people with a range of complex mental health needs, both long-term and acute. This person would need an initial visit and assessment of their individual needs prior to starting an activity and there would be continuous support to attend from a carer or health professional and ongoing communication between the referrer and the provider. There will be a planned pathway out of this provision into Level Three provision when this person is ready, which will be agreed between the person themselves and their support team.

The nature-based activity and opportunity providers in this Book are organised by Primary Care Networks (PCNs) in Nottingham.

## What's a PCN?

PCNs bring together a range of local organisations and groups, including community services, social care and the voluntary sector, to offer coordinated health and social care to their local populations.

You can read more about the PCNs in Nottingham on the Nottingham & Nottinghamshire Integrated Care System (ICS) website:

<https://healthandcarenotts.co.uk/care-in-my-area/nottingham-city-pbp/nottingham-city-primary-care-networks-pcns/>

As part of the NHS Long Term Plan, social prescribing link workers have been introduced into PCNs so that everyone can access social prescribing services through their GP practice. This Book is organised using PCNs, reflecting their crucial role in providing the infrastructure to support social prescribing and connecting people to community activities, like those featured in this Book.

## Nottingham City PCNs

There are currently nine PCNs across Nottingham, shown in the table on page 7. Please use this table to see which GP surgeries are part of each PCN and the geographical areas in Nottingham that each PCN covers.

## Providers Across Borders

Some PCNs overlap within the same area, causing a provider to be part of more than one PCN. And some providers operate throughout Nottingham and across its borders into wider Nottinghamshire.

Providers that fall into either of these categories are listed under the heading "Providers Across Borders," with their entries clearly indicating the areas they cover, along with any specific PCNs.

In each section of the book dedicated to a specific PCN, you'll find a table listing all additional providers serving that area under "Providers Across Borders," along with links to quickly access each provider's entry for more details.

## Quick Provider Finder

To easily find providers in the Book operating in specific PCNs or into Nottinghamshire, you can use the "Quick Provider Finder" on pages 8 and 9.

## Please Note

Many providers in the Book accept participants from any area of Nottingham, not just those living/registered at GPs in the PCNs their activities and opportunities take place. Therefore, we always encourage you to contact a provider if the activities and opportunities they have on offer are of interest.

There are currently nine PCNs across Nottingham, shown in the table below. Please use this table to see which GP surgeries are part of each PCN and the geographical areas in Nottingham that each PCN covers.

PCN	GP Surgeries	Geographical Areas
<b>PCN 1: Bulwell &amp; Top Valley</b>	Leen View Surgery & Bulwell Riverside Nirmala Medical Centre Parkside Medical Practice Rise Park Surgery Southglade Health Centre St Albans Medical Centre	Bestwood Bulwell Rise Park
<b>PCN Unity (Nottingham)</b>	Cripps Health Centre Sunrise Medical Practice	Nottingham Trent University, Clifton Campus University of Nottingham, University Park
<b>PCN 3: Raleigh</b>	Churchfields Medical Practice Greenfields Medical Centre JRB Medical Centre - Beechdale Limetree Surgery	Basford Beechdale Cinderhill Hyson Green
<b>PCN 4: Radford &amp; Mary Potter</b>	Radford Medical Practice The Fairfields Practice The Forest Practice – MPC The High Green Medical Practice	Hyson Green Radford
<b>PCN 5: Bestwood &amp; Sherwood</b>	Hucknall Road Medical Centre Sherwood Rise Medical Centre Sherrington Park Medical Practice The Alice Medical Centre The Medical Centre Tudor House Medical Welbeck Surgery	Basford Bestwood Sherwood
<b>PCN 6: Nottingham City East</b>	Bakersfield Medical Centre Family Medical Centre Greendale Primary Care Centre Parliament Street Medical Centre Victoria & Mapperley Practice Wellspring Surgery Windmill Practice	Bakersfield Mapperley Sneinton St Anns
<b>PCN 7: City South</b>	Deer Park Family Medical Practice Derby Road Health Centre Grange Farm Medical Centre Wollaton Park Medical Centre	Bilborough Lenton Wollaton
<b>PCN 8: Clifton &amp; Meadows</b>	Bridgeway Practice Clifton Medical Practice John Ryle Medical Practice Meadows Health Centre – Lerner Rivergreen Medical Centre	Clifton The Meadows
<b>PCN 9: Aspire</b>	Aspley Medical Centre Assarts Farm Medical Centre Bilborough Medical Centre Broad Oak Medical Practice - Strelley Melbourne Park Medical Centre St Luke's Surgery	Aspley Bilborough Hyson Green Strelley

# Quick Provider Finder

Provider	Page	Providers Across Borders	PCN 1: Bulwell & Top Valley	PCN Unity (Nottingham)	PCN 3: Raleigh	PCN 4: Radford & Mary Potter	PCN 5: Bestwood & Sherwood	PCN 6: Nottingham City East	PCN 7: City South	PCN 8: Clifton & Meadows	PCN 9: Aspire	Nottinghamshire
<a href="#">AKA Nottingham</a>	10	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Arkwright Meadows Community Gardens</a>	50									✓		
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11	✓	✓		✓	✓	✓		✓	✓	✓	✓
<a href="#">Blossoming Bilborough (Green Gym)</a>	11	✓							✓		✓	
<a href="#">Bulwell Forest Garden</a>	32		✓									
<a href="#">Cripps Health Centre (Community Garden &amp; Health Walk)</a>	34			✓								
<a href="#">Diversify Education CIC</a>	36				✓							
<a href="#">Ecoworks</a>	41							✓				
<a href="#">Education FC</a>	52										✓	
<a href="#">Emmanuel House</a>	41							✓				
<a href="#">Friends of Wollaton Park</a>	47								✓			
<a href="#">Green's Windmill Trust</a>	42							✓				
<a href="#">Green Guardians</a>	12	✓	✓	✓	✓	✓	✓		✓		✓	
<a href="#">Growing Forward</a>	13	✓			✓	✓					✓	
<a href="#">Meanderers</a>	14	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
<a href="#">Midlands Nordic Walking</a>	15	✓		✓					✓			✓
<a href="#">Nottingham Croquet Club</a>	34			✓								
<a href="#">Nottingham Bikeworks</a>	16	✓						✓				✓
<a href="#">Nottingham College (The Prince's Trust Team Programme)</a>	16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Nottingham Narrowboat Project</a>	17	✓							✓	✓		✓
<a href="#">Nottinghamshire Wildlife Trust</a>	18	✓					✓			✓	✓	✓
<a href="#">Notts County Foundation</a>	19	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Notts Guided Walks</a>	19	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Parkrun</a>	20	✓	✓		✓	✓	✓		✓		✓	✓

# Quick Provider Finder

Provider	Page	Providers Across Borders	PCN 1: Bulwell & Top Valley	PCN Unity (Nottingham)	PCN 3: Raleigh	PCN 4: Radford & Mary Potter	PCN 5: Bestwood & Sherwood	PCN 6: Nottingham City East	PCN 7: City South	PCN 8: Clifton & Meadows	PCN 9: Aspire	Nottinghamshire
<a href="#">Pathway Housing Solutions</a>	43							✓				
<a href="#">Quirkshops</a>	21	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">RideWise</a>	21	✓	✓		✓			✓	✓		✓	✓
<a href="#">Runspire</a>	22	✓	✓					✓	✓		✓	
<a href="#">Sherwin Road Community Garden</a>	47								✓			
<a href="#">STAA at St Ann's Allotments</a>	44							✓				
<a href="#">Stonebridge City Farm</a>	45							✓				
<a href="#">Summerwood Community Gardens</a>	50									✓		
<a href="#">SUP Fitness</a>	23	✓		✓				✓	✓	✓		✓
<a href="#">Sustrans</a>	24	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">The Field Strelley</a>	52										✓	
<a href="#">The Ramblers</a>	24	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">The Toy Library</a>	32		✓									
<a href="#">Trent Bridge Community Trust</a>	25	✓									✓	✓
<a href="#">Vanclaron CIC</a>	48								✓			
<a href="#">Warrior Wellbeing UK</a>	26	✓	✓		✓	✓		✓			✓	✓
<a href="#">Waterways Wellbeing (Canal &amp; River Trust)</a>	27	✓						✓	✓	✓		✓
<a href="#">Wild as Well</a>	28	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Wild Things</a>	29	✓	✓				✓					
<a href="#">Windmill Community Gardens</a>	29	✓			✓	✓					✓	
<a href="#">Wollaton Hall and Deer Park</a>	48								✓			
<a href="#">Women in Tandem</a>	30	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
<a href="#">Yoga with Laura (FlowerTwist Fitness)</a>	31	✓							✓		✓	
<a href="#">Zumba with Charm</a>	39						✓					

## AKA Nottingham

**Aim:** To provide opportunities for people in Nottingham of all ages from disadvantaged or socially isolated groups to access projects and events to improve their physical, emotional, and mental wellbeing, and create community cohesion.

### Activities Available:

#### Hiking

*Last Sunday of the month*

Join us on our award-winning guided hikes in the awe-inspiring Peak District National Park and feel the benefits that come from reconnecting with nature. No boots? No problem! We have plenty of spares!

#### Fitness

Health is wealth! Sign up to one of our fitness camps and get fit the fun way as part of a supportive team. For all people of all abilities and fitness levels. Motivation won't be an issue!

#### Bike Rides

*3rd Sunday of the month*

Join us for a guided adult bike ride at various nature spots in Nottingham following a 5 to 7km route, suitable for all abilities. The rides are totally free. We have a small number of bikes available to loan on the day, or you can bring your own bike to ride.

Other activities include a youth club, workshops, first aid training and events. Visit our website to find out more.

### Address:

Various locations across Nottingham and outside of the city.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Antwon, Kevin, or Anton

**Email** [contact@aka-hwo.org.uk](mailto:contact@aka-hwo.org.uk)

**Phone** 03303 217 612

**Web** [www.akahwo.com](http://www.akahwo.com)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Varies**

### Facilities:



Facilities depend on location and activity.

**Opportunities to Socialise:** There's time to talk with others during hikes and rides, but breaks are also built into activities which provide additional opportunities to socialise. If you travel on our bus to one of our hikes, there's plenty of time to say hello and get to know each other before we get to our start point.

## Best Foot Forward (Age UK Nottingham & Nottinghamshire)

**Aim:** To enhance the quality of life and promote the health and wellbeing of all older people in Nottingham and Nottinghamshire.

### Activities Available:

#### Guided Health Walks

##### Weekly

Mondays, 10:30am	Woodthorpe Grange Park
Mondays, 1:30pm	Bestwood
Tuesdays, 10:15am	Forest Recreation Ground
Tuesdays, 10:30am	Nuthall Railways
Wednesdays, 11am	Arnot Hill Park
Fridays, 10am	Wollaton Park
Fridays, 10:30am	Bulwell Bogs Riverside
Fridays, 10:30am	Sutton Lawns
Fridays, 10:30am	Victoria Embankment

##### Twice-monthly

Every other Tuesday, 12pm	Kingsmill Reservoir
---------------------------	---------------------

##### Monthly

1 <sup>st</sup> Wednesday, 10:15am	Strelley Village
Last Tuesday of the month, 11am	Carlton Hill Recreation Ground

**Opportunities to Socialise:** Most walks incorporate a refreshment stop either during or at the end of the walk. Walkers engage socially throughout the walks.

### Address:

Various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** 1, 3, 4, 5, 7, 8, 9

### Key Contact:

**Email** [bestfootforward@ageuknotts.org.uk](mailto:bestfootforward@ageuknotts.org.uk)

**Phone** 0115 896 6906

**Web** <https://bit.ly/3vM8NhW>

**Leaflet** <https://bit.ly/3PW008Y>



**Mental Health Level**

**0 - 2**



**Mixed Gender/Cultures**



**Average Group Size**

**6 - 25**

### Facilities:



### Getting Here:

All walks are accessible by public transport and have nearby parking.

## Blossoming Bilborough (Green Gym)

**Aim:** To bring the community into Blossoming Bilborough at the Towle Memorial Garden, maintaining and enhancing the garden and its wildlife, and to make it the heart of learning about nature and its history in the local area.

### Activities Available:

#### Thursday Morning Garden Social (The Green Gym)

9:30am to 11:30am

Free to attend.

Come along to dig in or to just support those that do.

We value those that make the tea as much as those who plant the plants, and those who come for a natter.

Volunteers are welcome to support other events throughout the year. The Sheila Russell Centre is also volunteer run, so please get in touch if you would like more information about other volunteering opportunities.

Contact us or visit our website for more details.

**Opportunities to Socialise:** There's opportunity to have a cuppa and chat during most sessions. Sometimes we even have a volunteer decide to cook us up something tasty, too!

### Address:

Towle Memorial Garden, Sheila Russell Community Centre, Bilborough, Nottingham, NG8 3AR

**Nottingham City PCNs:** 7, 9

### Key Contact:

**Name** Laura Armitage

**Email** [flowertwists@gmail.com](mailto:flowertwists@gmail.com)

[sheilarussellcentre@gmail.com](mailto:sheilarussellcentre@gmail.com)

**Phone** 07930 430 424

**Web** [www.flowertwistfit.co.uk](http://www.flowertwistfit.co.uk)

**Facebook** [@BlossomingBilborough](https://www.facebook.com/BlossomingBilborough)



**Mental Health Level**

**0 - 2**



**Mixed Gender/Cultures**



**Average Group Size**

**1 - 12**

### Facilities:



## Green Guardians



**Aim:** Our mission is to create a greener, happier, healthier Nottingham through volunteering activities in parks, nature reserves and open spaces across the city.

### Activities Available:

#### Volunteering Sessions

There are weekly, monthly and ad-hoc volunteering sessions available at different sites across the city. Activities include:

- Gardening
- Conservation
- Tree planting (October to March only)
- Many others!

Current opportunities can be found here: <http://bit.ly/3ZQVaHJ>

#### Wildlife Wellbeing Walks

Regular walks run by our Park Rangers are held at different parks twice a month, which are great for socialising and exercise.

Walks can be booked through Eventbrite: <http://bit.ly/3ZB6lpp>

**\*Note about gender/cultures:** There's a mix of people of different genders and cultures who attend our activities. Groups are predominantly White British and aged between 25 and 44, but everyone is welcome.

**Suitable for:** No prior knowledge is required. Tasks can be tailored to attendee's knowledge and ability. Sessions last approximately 2 to 3 hours and are outdoors, so the ability to carry out light physical duties is advantageous. Activities for wheelchair users and those requiring a high level of mobility support are limited. Please contact us to discuss specific needs, so we can suggest suitable opportunities or tailor sessions accordingly.

### Address:

Various locations across Nottingham.

**Nottingham City PCNs:** 1, Unity, 3, 4, 5, 7, 9

### Key Contact:

**Name** Sandra Horner (Volunteer Coordinator)

**Email** [sandra.horner@nottinghamcity.gov.uk](mailto:sandra.horner@nottinghamcity.gov.uk)

**Phone** 0115 915 2733

**Web** [www.nottinghamgreenguardians.co.uk](http://www.nottinghamgreenguardians.co.uk)



**0 - 2**



**Mixed  
Gender/  
Cultures\***



**3 - 12**

### Facilities:

Facilities vary depending on location.

### Getting Here:

Location dependent. However, all sites have a free car park or on street parking available and are accessible via public transport with a 10-minute walk or less.

**Opportunities to Socialise:** Volunteers have chance to socialise over tea and/or lunch breaks. We provide light refreshments (tea, coffee & biscuits) for attendees.

## Growing Forward



**Aim:** To support people experiencing anxiety, depression, and loneliness through Social and Therapeutic Horticulture. To improve physical and mental wellbeing, increase social inclusion and develop volunteer readiness across Nottingham volunteering opportunities.

### Activities Available:

#### Small Group Gardening Sessions (Free)

*Wednesdays, 10am to 1pm*

These sessions run in 8-week blocks.

#### Counselling Sessions (Free, but if possible contributions are welcome)

*Wednesdays, 1:15pm to 2:15pm, 2:15pm to 3:15pm, and 3:15pm to 4:15pm*

#### Other Activities

Our other activities include:

- Making nature crafts to gift or keep
- Optional one-to-one counselling and listening services
- Taking part in our small plant production project
- Helping the garden to thrive - from planting seeds to building fences

**Suitable for:** This project is for people who are experiencing anxiety, depression, and loneliness, or who are isolated, unemployed, underemployed, on benefits or on low income.

No previous gardening knowledge is needed, but lots is welcome! We'll provide you with your own pair of gloves to use and support to get appropriate gardening shoes and clothes is available.

A willingness to give our activities a try is really all you need to join in. If bringing someone along make this possible, they'll be welcome. We can also support with travel expenses and make the journey to the garden a bit easier.

**Referrals:** You can refer yourself or be referred by someone who is supporting you, such as a Social Prescribing Link Worker. Referrals can be made through our website, here: <https://growingforward.org.uk/referrals/>

Please contact us or visit our website for more details.

**Opportunities to Socialise:** We'll always have a cup of tea and a friendly chat. There are opportunities to join the garden as a volunteer and we'd like to help people find other similar projects to get involved with.

### Address:

Windmill Community Gardens, Ascot Road, Bobbersmill, Nottingham, NG8 5HD  
**Nottingham City PCNs:** 3, 4, 9

### Key Contact:

**Name** Carley and Harry

**Email** [hello@growingforward.org.uk](mailto:hello@growingforward.org.uk)

**Web** [www.growingforward.org.uk](http://www.growingforward.org.uk)



**2 - 3**



**Mixed Gender/  
Cultures**



**Small Groups  
& 1:1**

### Facilities:



If you have any mobility or accessibility needs, please contact us before visiting so we can discuss accommodations.

### Getting Here:

**Bus:** Take NCT 77 bus from the city centre to Ascot Road stop, or NCT 78, 79 or Rainbow 1 to Aspley Lane.

**Foot/Bike/Car:** On Alfreton Road, cross the Bobbersmill bridge and turn first left at the traffic lights onto Aspley Lane, then immediate left onto Ascot Road. For satnavs, use NG8 5HD.

If on bike or foot, once on Ascot Road, continue past the yellow bollard. If travelling by car, once on Ascot Road, park near the bollard or call us if you need us to drop the bollard so you can park closer to the garden. Follow the track around the corner, look for our sign on the gate ahead.

You can also access the site from New Road in Radford, take the right fork and follow the track, then the green path. We are the last allotment on the right.

## Meanderers

**Aim:** To use walking and creativity as tools to improve wellbeing and build a community that facilitates friendship making and feel-good activities.

### Activities Available:

Walks designed for wellbeing and creativity, that include activities to do whilst walking through urban and natural parts of Nottingham.

### Drifts

Drifts are our free walks. Normally we have a group of around 10 people attending.

### Walkshops

Walkshops are our ticketed events, costing £10 to £15. They include a walk, social meal, and art workshop. These are capped at 25 participants, and we normally have 10 to 15 attending.

**Suitable for:** Adults, young people, children, and families.

Walks can be up to 2 hours long, at an average pace and mostly through paved areas. There may occasionally be some walking through woodland and grass areas.

Activities can be adapted to participant needs, if contacted beforehand. If you're a wheelchair user, please get in touch to check that the route is suitable. Art workshops can be adapted to most ages and abilities.

**Things to note:** Please see our website or get in touch, for more information about when and where our activities are taking place.

### Address:

The Carousel, 25 Hockley, Nottingham NG1 1FH and various other meeting points across Nottingham.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Amelia Daiz

**Email** [amelia.daiz@outlook.com](mailto:amelia.daiz@outlook.com)

**Phone** 07926 380 967

**Web** <https://www.meanderers.org/>



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Varies**

### Facilities:



### Getting Here:

All meeting points are accessible by public transport or a short walk from public transport.

**Opportunities to Socialise:** We usually head to a café for a drink and chat after a Drift. Our Walkshops offer lots of opportunity for socialising during activities.

## Midlands Nordic Walking



**Aim:** To help people become more active by Nordic Walking, especially inactive people. We provide a low impact, evidence-based method of safely exercising for a wide cross-section of the population.

### Activities Available:

#### Learn to Nordic Walk Workshops

Sessions last 1 hour and take place at various locations and times throughout the week.

#### Free Learn to Nordic Walk Workshop

*Thursdays at 10:30am, Wollaton Hall & Deer Park*

This session is part of the green social prescribing project, and the first lesson is free to take part in.

#### Experienced Nordic Walking Sessions

Sessions take place at various locations and times throughout the week.

**Things to note:** Nordic Walking poles are provided for use at all beginners' classes.

Please visit our website for more information about the times, dates, and locations of our activities. To book, please contact Catherine.

**Opportunities to Socialise:** Participants have opportunity to socialise during sessions. Sometimes we'll have a drink or snack after class in a café or bring along our own drinks. We also have a private peer support group on Facebook and WhatsApp.

### Address:

Walks take place across various locations in Nottingham, Nottinghamshire, and Derbyshire, including:

Wollaton Hall & Deer Park  
University Park  
Attenborough Nature Reserve  
Bramcote Hills Park  
Rushcliffe Country Park

Please see our website for more details.

**Nottingham City PCNs:** Unity, 7

### Key Contact:

**Name** Catherine Hughes

**Email** [catherine@midlandsnordicwalking.org](mailto:catherine@midlandsnordicwalking.org)

**Phone** 07940 575 758

**Web** <https://www.midlandsnordicwalking.org>



**0 - 2**



**Mixed  
Gender/  
Cultures**



**2 - 16**

### Facilities & Getting Here:

Location dependent.

## Nottingham Bikeworks

**Aim:** Our aim is to provide encouragement and support to ensure more people experience the health, wellbeing and functional benefits of cycling throughout our community.

### Activities Available:

#### Weekly Group Bike Ride

*Thursdays and Saturdays at 1pm*

Day and time are subject to change. Please contact us for our current schedule.

**Suitable for:** Anyone who already owns and knows how to ride a bike, who's somewhat confident riding on the road, and are comfortable riding for up to two hours.

**Things to note:** We always try to pick quiet roads, where road riding is necessary. Rides are slow-paced and usually less than 10 miles.

We also offer educational courses, bike sales, free bikes, repairs, workshops, and events for cyclists of all abilities. Visit our website for more information.

**Opportunities to Socialise:** There's always time for a cup of tea and chat after the bike ride, and of course, lots of opportunities for chatting during the ride! Sometimes we'll stop at a café along the route too.

### Address:

*Workshops:* 149 Trent Boulevard, Lady Bay, NG2 5BX and 23-25 Carlton Road, Sneinton, Nottingham, NG3 2DG

Rides and services take place in various locations. **Nottingham City PCNs:** 6

### Key Contacts:

**Name** Richard Jackson and Ian Keetley

**Email** [richard@nottinghambikeworks.org.uk](mailto:richard@nottinghambikeworks.org.uk)  
[ian@nottinghambikeworks.org.uk](mailto:ian@nottinghambikeworks.org.uk)

**Phone** 07783 145 069

**Web** [www.nottinghambikeworks.org.uk](http://www.nottinghambikeworks.org.uk)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**2 - 10**

### Facilities:



### Getting Here:

**By bus:** 11, 11a and 11c, however, please note that buses are not insured or designed to carry larger bikes. **Parking:** Limited on street parking is available.

## Nottingham College (The Prince's Trust Team Programme)

**Aim:** The Team Programme is a 12-week personal development programme for unemployed young people aged 16 to 18.

We focus on developing people's skills and offer experiences that will help young people get and sustain employment, education or training opportunities. The programme offers a nationally recognised qualification in employment, teamwork and community skills at Entry Level 3 to Level 2.

### Activities Available:

As part of the 12-week Team Programme, we offer:

- A week packed with amazing outdoor activities during a residential stay away
- 2 weeks of project planning and 2 weeks of project management and completion, usually on an outdoor community project
- 2 weeks of work experience relevant to the person's chosen career
- A week of fine-tuning job searching skills with our support, helping people to make sure their CV stands out
- 2 weeks of creatively supporting other people in the community

### Address:

Various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Ashleigh Stirland

**Email** [ashleigh.stirland@nottinghamcollege.ac.uk](mailto:ashleigh.stirland@nottinghamcollege.ac.uk)

**Phone** 0115 884 2622 / 07939 764 400



**3**



**Mixed  
Gender/  
Cultures**



**8 - 15**

### Facilities:



### Opportunities to Socialise:

There's lots of opportunity to socialise over the 12-week Team Programme.

## Nottingham Narrowboat Project

**Aim:** To provide access to the local waterways and canals for community groups and others who through disadvantage, disability or infirmity would not otherwise be able to enjoy the waterway environment.

### Activities Available:

#### Volunteering

People can take part in volunteering activities such as boat maintenance and crewing boats for organised trips.

#### Boat Trips

We also offer boat trips to community groups and charities providing support to local communities.

**Things to note:** One of the boats is equipped for wheelchair access and has accessible toilet facilities.

**Opportunities to Socialise:** All our activities are very sociable, and the kettle is usually on!

### Getting Here:

We are based on Canal Street, close to the train station, tram stops and on local bus routes.

### Address:

Unit 2, Canal House Wharf, Canal Street, Nottingham, NG1 7EH

Boat trips take place across Nottingham and Nottinghamshire.

**Nottingham City PCNS:** 7, 8

### Key Contact:

**Email** [amber.tipper@meganandtinks.org.uk](mailto:amber.tipper@meganandtinks.org.uk)  
[jyoti.badwal@meghanandtinks.org.uk](mailto:jyoti.badwal@meghanandtinks.org.uk)

**Phone** 07849 741 376

**Web** [www.meganandtinks.org.uk](http://www.meganandtinks.org.uk)

Spanish  
French  
Ukrainian

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**2 - 5**

### Facilities:



## Nottinghamshire Wildlife Trust

**Aim:** We're the county's leading conservation charity run by local people for the benefit of local wildlife, with dozens of nature reserves across Nottinghamshire.

Our vision is that Nottinghamshire's people and wildlife are thriving together. The natural world is valuable and under threat, and we depend upon it for our existence. We believe everyone should have the opportunity to live in a healthy, wildlife-rich world, and we have the power to make a positive impact on nature and climate emergencies.

We engage and inspire communities through events, education and volunteering opportunities, and are a leading voice in standing up for wildlife and the environment.

### Activities Available:

#### Events

We run various free events across Nottinghamshire, including:

- Wellbeing Walks (Attenborough and Idle Valley)
- Educational visits (Attenborough)
- Wildlife identification courses
- Wildlife watching
- Wildlife Watch (monthly activities for 8 to 12 year olds)
- Wildlife talks

Many activities are run by members via our Local Groups which operate across the county. All upcoming events can be found here: <https://www.nottinghamshirewildlife.org/events>

#### Volunteering

We also offer volunteering opportunities for getting involved in activities such as:

- Outdoor practical conservation work
- Wildlife surveying and monitoring
- Marketing, communications and digital support
- Walk/activity leaders
- Supporting visitors

See more information about volunteering, here: [www.nottinghamshirewildlife.org/volunteer](http://www.nottinghamshirewildlife.org/volunteer)

**Things to note:** We have nature reserves within every district across the county. Our flagship reserves at Attenborough and Idle Valley are accessible, larger reserves with more visitor facilities than others. Skylarks Nature Reserve (Holme Pierrepont) has 4 designated trails and is suitable for wheelchair users and visitors with pushchairs. Please use our website to check that the nature reserve you wish to visit has the facilities for your needs:

[www.nottinghamshirewildlife.org/nature-reserves](http://www.nottinghamshirewildlife.org/nature-reserves)

**Referrals:** People can self-refer for any of our events and opportunities. Many people have noted that taking part in these activities has improved their mental health, because of being in nature, undertaking physical activity and connecting with others.

### Address:

Various nature reserves across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** 5, 8, 9

### Key Contact:

**Name** Liz Fleuty

**Email** [info@nottswt.co.uk](mailto:info@nottswt.co.uk)

**Phone** 0115 958 8242

**Web** [www.nottinghamshirewildlife.org](http://www.nottinghamshirewildlife.org)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**0 - 30**

### Facilities:



Facilities are dependant on location, please check before your visit.

### Getting Here:

You can find information on how to get to our nature reserves, here:

[www.nottinghamshirewildlife.org/nature-reserves](http://www.nottinghamshirewildlife.org/nature-reserves)

**Opportunities to Socialise:** Our nature reserves at Attenborough and Idle Valley have cafes, where people can socialise before or after events. Volunteering roles are often in groups or directly with another volunteer or colleague, and we run events to bring volunteers together.

## Notts County Foundation



**Aim:** Notts County Foundation is the official charity of Notts County Football Club. We are committed to providing high quality, accessible and life-changing development opportunities that change people's health, confidence and skills, increase positive behaviours and bring enjoyment to the people we work with.

### Activities Available:

We deliver a diverse range of life changing programmes that harness the power of sport and physical activity to improve the physical and mental wellbeing of participants.

All our current activities can be found on our website, here: [www.nottscountyfoundation.org.uk/programmes/](http://www.nottscountyfoundation.org.uk/programmes/)

Some programmes have specific criteria for eligibility, so please contact the team to find out more.

**Opportunities to Socialise:** All our projects incorporate social interaction as a key principle, and we include social slots within all our sessions. Participants can talk socially before, during and after the sessions, and can opt in to joining various peer support groups through Facebook and/or WhatsApp.

### Address:

Registered office: Meadow Lane, Nottingham, NG2 3HJ. Activities take place at various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Josh Stevenson (Health Manager)

**Email** [josh.stevenson@nottscountyfoundation.org.uk](mailto:josh.stevenson@nottscountyfoundation.org.uk)

**Phone** 0115 955 7215

**Web** [www.nottscountyfoundation.org.uk](http://www.nottscountyfoundation.org.uk)

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

Varies

### Facilities:



### Getting Here:

**Parking:** Free car parking on site at the different community venues. **Bus/Tram:** Bus routes run close to venues and there are good links for Portland Leisure Centre on the tram and bus.

## Notts Guided Walks

**Aim:** To showcase the vast number of walks and activities available across Nottinghamshire, to encourage people to get outdoors, promote walking and let people know about the great areas and sites our area has to offer.

At Notts Guided Walks, we have a website, yearly walking programme and printed booklet containing numerous guided, self-guided and wellbeing walks being offered across Nottinghamshire. Almost all our walks and events are free to attend.

### Activities Available:

**Guided, Self-Guided and Wellbeing Walks**

**Wildlife & Nature Events**

**Things to note:** Some walks and activities offered by Wellbeing Groups are appropriate for people with additional physical needs.

For more details, please visit our website or get in touch.

**Opportunities to Socialise:** Many walks offer the opportunity for people to chat, and we often have social gatherings at pubs or cafés for refreshments.

### Address:

Activities take place at various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Chris Thompson

**Email** [nottslow15@outlook.com](mailto:nottslow15@outlook.com)

**Phone** 07719 827 808

**Web** [www.nottsguidedwalks.co.uk](http://www.nottsguidedwalks.co.uk)

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

10 - 12

### Facilities:



### Getting Here:

Dependent on location. The starting points for all our walks and events are listed on our website. We try to encourage public transport wherever possible.



## Parkrun



**Aim:** Parkrun is all about inclusiveness and wellbeing. We want as many people as possible to feel part of a real local community brought together by our events, as well as our global parkrun family.

It doesn't matter how fast you go. It doesn't matter what you're wearing. What matters is taking part.

### Activities Available:

Parkruns are free, weekly, community events around the world. We offer a positive, welcoming and inclusive experience where there is no time limit, and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is completely free and only needs to be done once, whether you intend to walk, jog, run, or volunteer or do a combination of all these things!

Simply complete the registration form here: <https://www.parkrun.org.uk/register>, print your barcode or save it to your phone and head down to your local event.

### Parkrun

*Saturday mornings, 9am*

Saturday mornings are 5k and take place in parks and open spaces.

### Junior Parkrun

*Sunday mornings, 9am*

On Sundays, there are 2k Junior Parkruns for children aged 4 to 14.

### Address:

Parkrun takes place at various locations across Nottingham and Nottinghamshire:

Beeston - Weirfields Recreation Ground  
Belton House  
Bestwood Country Park  
Brierley Forest - Mineralwell Park  
Clifton Playing Fields  
Colwick Country Park  
Clumber Park  
Dukeries - Dukeries Leisure Centre (**Junior Only**)  
Forest Recreation Ground (**+Junior**)  
Gedling Country Park (**+Junior**)  
Hucknall - Titchfield Park (**Junior Only**)  
Long Eaton - West Park Leisure Centre (**+Junior**)  
Mansfield  
Newark - Sconce and Devon Park (**+Junior**)  
Rushcliffe Country Park (**+Junior**)  
Sherwood Pines Forest Park  
Shipleigh Country Park (**+Junior**)  
Wollaton Hall and Deer Park (**+Junior**)

Please note, these locations are correct as of March 2023. Please check for up to date locations on our website:

<https://www.parkrun.org.uk/events/events>

**Nottingham City PCNs:** 1, 3, 4, 5, 7, 9

### Key Contact:

**Web** [www.parkrun.org.uk](http://www.parkrun.org.uk)

### Facilities:



Facilities vary by location.

## Quirkshops



**Aim:** To nurture creative talent in everyone through a wide range of nature-based arts and crafts. We are passionate about the benefits to our wellbeing that immersing yourself in nature and creativity can bring - many of our creative workshops take place entirely outdoors, spending time not just creating in, but connecting with nature and each other.

### Activities Available:

#### Creative Nature Walks

*Various venues and times.*

#### Morning Woodland Relaxation

*Forest bathing and breakfast in the woods.*

#### Various Nature-Based Workshops

*Including printmaking, collage and wreath making.*

Please see our website for more details about our activities.

**Things to note:** Facilities vary depending on location.

**Opportunities to Socialise:** Sessions allow for socialising during the activities and where possible, sessions will end with time for a cup of tea and a chat.

### Address:

Various locations across Nottingham and Nottinghamshire. See our website for more details.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Kristina McCormack

**Email** [kristina@quirkshops.co.uk](mailto:kristina@quirkshops.co.uk)

**Web** [www.quirkshops.co.uk](http://www.quirkshops.co.uk)



Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures



Average  
Group  
Size

**Varies**

### Facilities:



## RideWise



**Aim:** To encourage multimodal transport across Nottingham, we run projects that include bikes, walking, route planning, electric vehicles and much more. We can help you learn how to ride a bike and plan your journey to work - saving money and getting fit!

### Activities Available:

#### Cycle Sessions

We offer various cycle sessions for individuals and families of all ages and abilities across Nottingham and Nottinghamshire. Bikes are available to borrow for the lessons, but we also sell refurbished bikes.

Some of our cycle sessions are free of charge, but if you're not eligible for them, we also have one to one or small group sessions available to book at £30.00 per hour.

Visit our website to check what's on: [www.ridewise.org.uk/Whats-on](http://www.ridewise.org.uk/Whats-on). Or make a booking here: <https://bookwhen.com/ridewise>

#### Lenton Abbey Park (LAP) Bike Hub & Workshop

*Open Tuesday to Saturday, 9am to 3pm*

We also have a team at our LAP Bike Hub, who can help you with all things bike. You can book repairs and servicing, buy a pre-loved bike, donate a bike or just chat with them about a mechanical issue. They'll do their very best to help keep your bike in tip-top condition or advise you on the best choice for a new one! You can contact the LAP Bike Hub Team on 07874 353 999 or email them at [customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk).

### Address:

Cycle sessions take place at various locations across Nottingham and Nottinghamshire.

*LAP Bike Hub & Workshop: off Woodside Road, Nottingham, NG9 2SF*

**Nottingham City PCNs:** 1, 3, 6, 7, 9

### Key Contact:

**Web** [www.ridewise.org.uk](http://www.ridewise.org.uk)

### Facilities:



## Runspire

**Aim:** We're a friendly and supportive running and walking group, dedicated to inspiring and changing lives in Nottingham through our vibrant running and walking communities.

### Activities Available:

#### Mondays

##### **Wellness Social Walk**

11am, Bulwell Riverside Centre

#### Tuesdays

##### **RunFit Fusion**

7am, Victoria Leisure Centre

##### **Nordic Walking**

11am, Victoria Leisure Centre

##### **Early Bird Run**

6pm, Ken Martin Leisure Centre

##### **Beyond C25K Social Run**

7pm, Ken Martin Leisure Centre

##### **Social Walk**

7pm, Ken Martin Leisure Centre

#### Thursdays

##### **Nordic Walking**

11am, Ken Martin Leisure Centre

##### **Wellness Social Walks**

1pm, Victoria Leisure Centre

##### **Early Bird Run**

6pm, Ken Martin Leisure Centre

##### **Beyond C25K Social Run**

7pm, Ken Martin Leisure Centre

##### **Nordic Walking**

7pm, Ken Martin Leisure Centre

##### **Couch to 5K**

7pm, Harvey Hadden Sports Village

All our sessions are the perfect opportunity to get active and meet new people. Please see our website for full details and upcoming courses. Don't miss out on the fun!

**Suitable for:** Anyone is welcome to come along, as long as there are no medical conditions which would prevent them from taking part in the sessions.

We welcome runners and walkers of all abilities, from beginners to intermediates, and people who want to get back running to those who just love a 5K run or walk with a wonderful group of friends.

Our sessions are designed to cater to your fitness level, ranging from gentle runs of a few kilometers to more challenging sessions. We have different routes depending on the season, but always enjoy the beauty of our surroundings.

### Address:

Our sessions take place across Nottingham, starting at various locations:

Harvey Hadden Sports Village, Bilborough  
Bulwell Riverside Centre, Bulwell  
Ken Martin Leisure Centre, Bulwell  
Victoria Leisure Centre, St Ann's

**Nottingham City PCNs:** 1, 6, 7, 9

### Key Contact:

**Name** Paul Hopkins

**Email** [hello@runspire-notts.com](mailto:hello@runspire-notts.com)

**Phone** 07482 717 972

**Web** [www.runspire-notts.com](http://www.runspire-notts.com)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**7 - 20**

### Facilities:



### Getting Here:

**Bus:** Bus routes are available from Nottingham city centre. **Parking:** On-site parking is available at the Ken Martin Leisure Centre and Harvey Hadden Sports Village. Chargeable on-street parking is available at the Victoria Leisure Centre.

**Opportunities to Socialise:** There's a lot of opportunities to engage socially, both during the sessions and outside of sessions. The runs and walks are designed to be social activities where participants can meet and chat. No one gets left behind.

## SUP Fitness



**Aim:** We are a passionate, professional, and dedicated team who are focused on creating a safe, educational, fun and inspiring environment to welcome you into the wonderful world of paddle boarding.

Our sessions, workshops and adventures are designed to give you the skills, techniques, feedback, and confidence to enjoy being out on the water.

Our sessions are never a one size fits all - we work with our paddlers to understand how their bodies move, any limitations or restrictions, and develop an individual paddling strategy.

We love the variety our community #TeamSUP brings and believe that amazing things happen when great people come together - it makes our world a better place! Here, you are given the space, the high fives, and the encouragement to explore and discover.

### Activities Available:

We offer an exciting experience that gives you exactly what you need. Maybe it's learning a new skill, a moment of calm, a full body workout, or the opportunity to meet new people. And it all takes place out on the water in beautiful surroundings.

### Stand Up Paddleboarding Sessions

We have a variety of sessions and workshops for different abilities, taking place across the week and all year round, including:

- Wellbeing Paddle – Tootle & Pootle
- Beginners 4 Week Workshop
- Sunrise & Night Paddles
- SUP Yoga
- Family Friendly Sessions
- And more!

We also regularly organise adventures, holidays, challenges, and races.

### Green Social Prescribing Projects

We've launched our own Wellbeing On Water (WOW) Project, to provide access to paddle boarding for those who need support with their mental health and wellbeing. Please get in touch for more information.

### Mindful Paddles

Join us for an hour of peaceful paddling with guided mindfulness practice out on the water. Find out more about our Mindful Paddles:

<https://www.supfitness.co.uk/mindful>

**Things to note:** The launching points, days, and times of our sessions change with the seasons, so visit our website or contact us for more details.

### Address:

Our activities start from various launch points across Nottingham and Nottinghamshire:  
Beeston Heritage Centre & The Cobbled Bridge  
Beeston Rylands  
Colwick Park  
Highfields Boating Lake  
Mower World  
Trent Embankment  
Waters Edge Pub  
**Nottingham City PCNs:** Unity, 6, 7, 8

### Key Contact:

**Name** Cassie Paxton and Amy Offland

**Email** [cassiepaxton@supfitness.co.uk](mailto:cassiepaxton@supfitness.co.uk)

**Phone** 07581 555 909

**Web** [www.supfitness.co.uk](http://www.supfitness.co.uk)

**Facebook** [@SUPFitnessUK](https://www.facebook.com/SUPFitnessUK)

Mental  
Health  
Level

0 - 2

### Facilities:



### Getting Here:

Our activities take place at various locations. If you need help finding one of our launching points, please get in touch.

**Opportunities to Socialise:** There's lots of opportunities to chat before and during our sessions. After, there are normally options for tea and cake (additional charges), or the option to bring a flask to our sites and hang around in good weather. Many of our participants come to sessions, make friends and benefit from regular, weekly interaction.

## Sustrans



**Aim:** We work for and with communities, helping them come to life by walking, wheeling and cycling to create healthier places and happier lives for everyone. We believe the places we live, work and enjoy ourselves should be planned around people, not cars.

### Activities Available:

#### We offer:

- Help finding routes suitable for you
- Route planning advice
- A "buddy" to ride or walk the route with you
- Signposting to services giving access to bikes
- Information on things going on in your local area

### Address:

Registered address: Loxley House, Station Street, Nottingham, NG2 3NG. We can visit you or communicate remotely.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Michael Howard

**Email** [travelwell@sustrans.org.uk](mailto:travelwell@sustrans.org.uk)

**Phone** 07761 448 631

**Web** [www.sustrans.org.uk/about-us/](http://www.sustrans.org.uk/about-us/)

Mental Health Level

**0 - 3**



Mixed Gender/Cultures

Average Group Size

**1:1**

## The Ramblers

**Aim:** To make sure everyone everywhere can enjoy nature on foot. We lead the way, and the walks, for a community of over 100,000 walkers. And we help thousands more every year find their feet out in the open to boost their wellbeing naturally.

We're dedicated to removing barriers so everyone can enjoy walking in green spaces and to preserving and improving hundreds of thousands of miles of well-loved paths, tracks and trails across England, Scotland, and Wales.

### Activities Available:

We have walks taking from under 90 minutes, to longer 5 - 18-mile walks. There should be a walk for almost everyone!

#### Wellbeing Walks

Our Wellbeing Walks make getting active easier, for everyone. Because you'll be walking with others, you'll feel safe, be supported, and have fun along the way. Find your nearest Wellbeing Walk in Nottingham, here: <https://bit.ly/3LWQGf9>

#### Ramblers Group Walks

With 500 Ramblers groups there's bound to be more than one near you. Search for your local group, here: <http://bit.ly/3MVVD3>

#### Ramblers Routes

Plan your next walk with our library of tried-and-tested routes: <http://bit.ly/3loSDpL>

### Address:

Walks take place at various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** All

### Key Contact:

**Web** [www.ramblers.org.uk](http://www.ramblers.org.uk)

Mental Health Level

**0 - 2**



Mixed Gender/Cultures

Average Group Size

**Varies**

### Facilities:



### Opportunities to Socialise:

Participants have plenty of opportunity to socialise during walks.

## Trent Bridge Community Trust (Charity of Nottinghamshire County Cricket Club)

**Aim:** To unite communities, delivering high-quality sports and physical activity interventions across Nottinghamshire.

### Activities Available:



#### Forget Me Notts

10:30am to 12pm, various dates and venues

Forget Me Notts is a project which uses sport as a vehicle for reminiscence and interaction between people with dementia, their carers and those experiencing isolation and loneliness.

Participants are mostly men – most women who attend are carers or partners. Everyone is welcome to take part or benefit from the respite these sessions provide.

Sessions take place at Rushcliffe Arena, Edwalton Golf Club, Melbourne Park and Trent Bridge. Please view our upcoming sessions here: <http://bit.ly/3lDBUPk>

#### Notts in Mind

Thursdays, 10:30am to 12pm, Cotgrave Leisure Centre

Notts in Mind is a 12-week programme for women, that uses sport and physical activity to increase self-esteem, build confidence, improve fitness, meet new people and develop support networks.

### Address:

Activities take place across the following locations in Nottingham and Nottinghamshire:

**Melbourne Park Pavilion**, Melbourne Road, NG8 5HL

**Rushcliffe Arena**, Rugby Road, West Bridgford, Nottingham NG2 7HY

**Cotgrave Leisure Centre**, Woodview, Cotgrave, Nottingham NG12 3PJ

**Edwalton Golf Club**, Wellin Lane, Edwalton, Nottingham, NG12 4AS

**Nottingham City PCNs:** 9

### Key Contact:

**Name** Ian Richardson

**Email** [ian.richardson@trentbridge.co.uk](mailto:ian.richardson@trentbridge.co.uk)

**Phone** 07814 112 510

**Web** [www.trentbridge.co.uk/trust](http://www.trentbridge.co.uk/trust)

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**10 - 20**

### Facilities:



**Opportunities to Socialise:** Sessions are part exercise, part discussion, with half an hour for refreshments and a chat at the end.

## Warrior Wellbeing UK (Yoga and Bodywork)

**Aim:** To provide accessible yoga classes for everyone, for positive mental health and internal support.

### Activities Available:

I teach mat or chair yoga sessions in nature for various organisations and charities in Nottingham and Nottinghamshire. Since August 2021, I've worked at St. Ann's Allotments, Bulwell Forest Community Gardens, Beeston Resource Centre, and Windmill Community Gardens.

#### Chair Yoga at Bulwell Forest Garden

*Mondays, 2pm to 2:45pm*

Fully funded for the public, but donations are gratefully accepted to Bulwell Forest Garden.

#### Chair Yoga at Windmill Community Gardens

*Alternate Thursdays, 2 x 30-minute sessions between 11am and 1pm*

Fully funded for the public, but donations are gratefully accepted to Windmill Community Gardens. Lunch is provided.

#### Massage and Bodywork

I've regularly been invited to provide massage and bodywork at Windmill Community Gardens for members of the public over the past several years.

**Opportunities to Socialise:** I provide tea, fruit and biscuits during breaks and after class.

### Address:

Various locations across Nottingham and Nottinghamshire. Please contact Lisa for more information.

**Nottingham City PCNs:** 1, 3, 4, 6, 9

### Key Contact:

**Name** Lisa Henry

**Phone** 07947 170 222

**Email** [lisa@warriorwellbeing.uk](mailto:lisa@warriorwellbeing.uk)

**Web** [www.warriorwellbeing.uk](http://www.warriorwellbeing.uk)



**0 - 2**



**Mixed  
Genders/  
Cultures**



**10**

### Facilities:



## Waterways Wellbeing Programme (Canal and River Trust)



### Address:

Various locations across  
Nottingham and Nottinghamshire.  
Nottingham City PCNs: 6, 7, 8

**Aim:** To help people to become healthier, happier and support their mental and physical health by engaging in activities on or around the waterways.

### Activities Available:

#### Narrowboat Trips

Nottingham and Beeston Canal

#### Guided Foraging Walks

Every Thursday, 10am to 12pm, starting from various locations

Beginning on Thursday 7 November 2024, these walks will take place weekly. The walks will start at various locations and follow routes along Nottingham Canal towpath.

#### Cycling Together

Monthly, starting from various locations

Please note that participants require their own bike and helmet to take part.

#### Canalside Gardening

At Trent Street, opposite Loxley House

#### Nature-Inspired Arts and Crafts

Various locations along Nottingham Canal towpath

#### Bushcraft Sessions

Please contact Carol for more information.

#### Other Activities and Sessions

We also occasionally run one-off specialist sessions and events.

**Things to note:** Sessions are led by qualified instructors with many years of experience. No experience is necessary, just a willingness to learn. This programme is for **18+ only**. Activities are subject to change and take place on various days of the week at different times. Please contact Carol for more details.

All referrals are looked at by a Community Wellbeing Coordinator, who will call participants before they join an activity. We encourage people to come and have a look at the activity and meet the instructors and staff beforehand, if possible.

### Key Contact:

**Name** Carol Burrell

**Email** [carol.burrell@canalrivertrust.org.uk](mailto:carol.burrell@canalrivertrust.org.uk)

**Phone** 07586 969 753

**Web** <http://bit.ly/3JZgTbu>

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**6 - 15\***

\*Group size varies across each activity, please get in touch for more details.

### Facilities:



Facilities depend on location and activity.

### Getting Here:

Locations vary, so transport options and parking facilities will depend on what is available for each site.

**Opportunities to Socialise:** There is usually the opportunity to have a drink and a chat after the activities at a local café or other venue, depending on where the session takes place.

**Suitable for:** No specific level of fitness required.



**Aim:** With nature headlining as therapeutic partner, we aim to support people to relax, resource and revitalise through a gentle exploration of their Natural Selves through curiosity of the interplay of the personal, social and ecological ecosystems we live within, that are reflected to us in nature.

We offer individuals and groups across Nottingham and Nottinghamshire a facilitated ecopsychological approach to recovery and wellbeing, with trained Ecotherapist, Kate Whyatt.

## Activities Available:

### Ecotherapy Sessions

#### **What does ecotherapy do?**

Ecotherapy can be used to work with childhood trauma, grief and loss, shame, loneliness and feelings of low self-worth, with the focus on developing a sense of wholeness prior to working with the wounded parts that need healing. This helps people build the resources that can continue to support them once sessions are completed.

All our work focuses on nervous system support and emotional regulation. Through identification and development of people's strengths, gifts and talents with the support of the Ecotherapist and the natural world, people begin to feel safer in themselves to make subtle but life-enhancing changes to their relationships with themselves, their families and friends, which supports the creation of a deepening sense of belonging.

#### **Where do sessions take place?**

Sessions take place in either private or public natural spaces. A chosen place to work will be decided based on the needs of the person, their ability to travel and their accessibility needs.

#### **What activities are involved?**

Activities are person-centred and created around the needs and wishes of the person or group referred, so full details of opportunities offered will be discussed at the point of referral.

#### **How long do sessions last?**

Sessions are 1.5 hours for individuals and 3 hours for groups. Times and dates are also flexible and created around the needs of the person or group referred.

**Suitable for:** Our sessions are open to anyone who wishes to heal through deepening their relationship with nature, others and themselves. Kate is a qualified Ecotherapist and comes from a 15-year career as a Social Work practitioner and has worked with adults 18+ with a range of emotional, sensory and psychological needs – she welcomes everyone.

**Referrals:** Referrals can be made by health and social care teams for people with personal budgets, or through other funding streams to facilitate working with people with assessed needs, including adults with acute and enduring mental health.

### Address:

Various locations across Nottingham and Nottinghamshire.

**Nottingham City PCNs:** All

### Key Contact:

**Name** Kate Whyatt

**Email** [info@wildaswell.co.uk](mailto:info@wildaswell.co.uk)

**Phone** 07588 866 338

**Web** [www.wildaswell.co.uk](http://www.wildaswell.co.uk)



**0 - 4**



**Mixed  
Gender/  
Cultures**



**4 - 12  
& 1:1**

### Facilities:

Facilities depend on location and activity – please check what is available with Kate.

### Getting Here:

Locations vary but will be accessible by public transport and planned around the local area of the attendee.

## Wild Things

**Aim:** We believe that all children and young people should have the right to spend time in and form a lasting and nurturing relationship with the natural world – regardless of their circumstances and background.

### Activities Available:

#### Forest School Programmes

Term Time

#### Woodland Activity Days

October Half-Term

Our programmes provide a unique, first-hand learning experience of connecting with nature in a safe, inclusive and nurturing woodland setting.

**Suitable for:** We work with a large range of groups with varied needs, including pupil referral units, virtual school, mainstream school groups across the city and rural areas, specialised small nurture groups, and specialised youth support groups.

**Things to note:** All sessions must be pre-booked.

**Opportunities to Socialise:** During our sessions there are lots of opportunities to relax in a hammock or sit round the fire with a hot chocolate.



### Address:

Bestwood Country Park, Park Road,  
Bestwood Village, Nottingham, NG6 8TQ  
**Nottingham City PCNs:** 1, 5

### Key Contact:

**Email** [info@wildthings.org.uk](mailto:info@wildthings.org.uk)

**Phone** 07848 026 316

**Web** [www.wildthings.org.uk](http://www.wildthings.org.uk)

**Mental Health Level**

**0 - 1**



**Mixed Gender/ Cultures**

**Average Group Size**

**9 - 12**

Slovenian

### Facilities:



### Getting Here:

**Bus:** Stops are a 20 to 30-minute walk away.

**Tram:** Stops are a 40 to 50-minute walk away.

**Parking:** Nearest car park is at the entrance of the country park on Park Road. **Minibus:** With prior permission, minibuses can drop off groups in the park, near our site.

## Windmill Community Gardens

**Aim:** To be a safe and welcoming place where anyone can come to find out more about growing their own food in a changing climate.

### Activities Available:

Our activities include:

- Gardening activities
- Cooking sessions
- Woodwork sessions
- Crafts
- And a range of events throughout the year



English, French, Spanish, German, Farsi, Arabic, Urdu, Bangla. We can also link with Refugee Roots to get help with other languages.

We're open Mondays, 10am to 1pm and Thursdays, 10am to 4pm.

**Suitable for:** We cater for all abilities and welcome any nationality or age group and hope to provide a community.

**Opportunities to Socialise:** Small working groups allow chance to chat. We have breaks halfway through sessions to have a chat together, and sometimes meals on Thursdays. We have celebrations in summer and winter to thank our volunteers. People can bring their own non-alcoholic drinks.

### Address:

By the Mill Allotments car park, reached from south end of Ascot Road, off Aspley Lane, NG8 5HD. Use [what3words.com](http://what3words.com) "table.feeds.tools" to see a map showing our exact location.  
**Nottingham City PCNs:** 3, 4, 9

### Key Contact:

**Name** Tracey Lloyd

**Email** [wcnnottingham@gmail.com](mailto:wcnnottingham@gmail.com)

**Web** <http://bit.ly/3TxNult>

**Facebook** [@WindmillCommunityGardens](https://www.facebook.com/WindmillCommunityGardens)

**Mental Health Level**

**0 - 2**



**Mixed Gender/ Cultures**

**Average Group Size**

**8 - 15**

### Facilities:



### Getting Here:

**Bus:** Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink and stops WM17/WM18 on Nuthall Road for 78, 79, 79A, 79B Rainbow One, and then a 5-minute walk or less. **Parking:** On street parking available on Ascot Road.

## Women in Tandem



**Aim:** To give more people the opportunity to access cycling and develop their skills and confidence with riding and repairing bikes. We focus on breaking down barriers to groups generally underrepresented in cycling, particularly women.

### Activities Available:

Please see our Eventbrite page for upcoming sessions.

#### Group Rides

##### Short Group Rides

Tuesdays, 6pm to 7:30pm

##### Longer Group Rides

Monthly on Saturday mornings

Available across different locations in Nottingham City, open to all women and all abilities.

##### Women's Open Workshop

Wednesdays, 5:30pm to 8:30pm

DIY bike kitchen with mechanic supervision to help you fix your own bike.

#### Learn to Ride and Cycle Training

Group and private 1:1 training available for women only or mixed groups.

#### Bike Maintenance Courses

Free monthly Women's Basic Bike Maintenance Courses and other private sessions open to everyone.

#### Dr Bike

Mobile repair sessions across Nottingham, where we'll do everything we can out of a toolbox to get your bike riding smoothly. Expect minor brake and gear adjustments, tyres pumped and a full safety check.

#### Free Bikes

Available via referral only, please contact us.

**Opportunities to Socialise:** This is a great space to meet new people - most of our guests come to us not knowing anyone else in the group. We have lots of opportunities for you to chat, usually over a hot drink and a cake. On our rides we leave plenty of time for snack/photo stops. Ride at your pace with nobody left behind. Perfect for beginners or anyone looking for a friendly group of women to ride with.

### Address:

Unit 8, Chaucer Street, Nottingham, NG1 5LP. Rides take place at various locations across Nottingham.

**Nottingham City PCNs:** 1, 3, 4, 5, 6, 7, 8, 9

### Key Contact:

**Name** Emily or Sarah

**Email** [hello@womenintandem.org.uk](mailto:hello@womenintandem.org.uk)

**Phone** 07511 502 741

**Web** <https://womenintandem.org.uk/>

**Eventbrite** <https://bit.ly/49mZqfU>



**0 - 2**



**Women Only**



**6 - 25**

### Facilities:



### Getting Here:

**Foot:** Our city centre workshop is easily accessible by foot and is found opposite the High Pavement Sixth Form on Chaucer Street. **Tram:** Nearest tram stop is Nottingham Trent University.

**Bus:** Clarendon Street - NCT 28, 30, 35, 36 or L14 Locallink. Wollaton Street - NCT 34, 34C, 77, 77C, 78, 79A, N34, or Trent Barton i4, Indigo, Rainbow One and Two.

Our rides start at various locations, so be sure to check our event information or contact us if you're unsure where to find us.

## Yoga with Laura (FlowerTwist Fitness)

**Aim:** To connect with nature while we explore movement in the outdoors, building strength and flexibility and having a laugh while we do it. Giving you time to meet people and find moments of calm and strength during your week.

Wobbling is mandatory and beginners are welcome, as is anyone who wants to have a go.

### Activities Available:

#### Monday Evening Yoga

7:15pm to 8:15pm, Sheila Russell Community Centre

Booking required. Takes place indoors during winter and bad weather.

#### Weekend Outdoor Yoga

Wollaton Hall and Deer Park and Towle Memorial Garden

Contact us or visit our website for more details.

**Opportunities to Socialise:** Bring a flask or bottle of water. There's opportunity for a chat before most sessions.

### Address:

Sheila Russell Community Centre,  
Bilborough, Nottingham, NG8 3AR

Wollaton Hall and Deer Park, Wollaton  
Road, Nottingham, NG8 2AE (Summer)

**Nottingham City PCNs:** 7. 9

### Key Contact:

**Name** Laura Armitage

**Email** [flowertwists@gmail.com](mailto:flowertwists@gmail.com)

**Phone** 07930 430 424

**Web** [www.flowertwistfit.co.uk](http://www.flowertwistfit.co.uk)

**Facebook** [@FlowerTwistFit](https://www.facebook.com/FlowerTwistFit)

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**1 - 12**

### Facilities:



## Bulwell Forest Garden



**Aim:** To develop a community garden that includes food growing, general growing, wildlife areas and community spaces, creating a stronger sense of community responsibility and ownership.

### Activities Available:

#### Volunteering

*Mondays, Wednesdays, Fridays and Saturdays, 1pm to 4pm*  
People can volunteer in our garden or help at our summer family sessions and seasonal events.

#### The Big Friendly Lunch Club

*Fridays from 10:30am*  
Anyone can take part in harvesting, prepping, and enjoying a delicious seasonal meal made with fresh picked produce from the garden.

#### Men's Shed

*Mondays, 1:30pm to 3:30pm*  
A free group for men to come along and get involved in making and mending things, as well as other activities.

#### Yoga and Pilates

*Fridays*  
Held outdoors, but indoors over winter.

Please contact us or visit our website for more information about the activities available.

### Address:

Austin Street, Bulwell, Nottingham, NG6 9HE (Next to house number 113 on Austin Street)

### Key Contact:

**Name** Babs  
**Email** [bulwellforestgarden@gmail.com](mailto:bulwellforestgarden@gmail.com)  
**Phone** 07890 557 854  
**Web** [www.bulwellforestgarden.co.uk](http://www.bulwellforestgarden.co.uk)



**1 - 3**



**Mixed  
Gender/  
Cultures**



**3 - 5**

### Facilities:



### Getting Here:

**Public Transport:** 5-minute walk from Bulwell Forest tram stop and number 17 bus stop.

**Parking:** Street parking is available, but please be mindful of our neighbours' drives.

**Opportunities to Socialise:** There are plenty of opportunities to socialise throughout all our activities and sessions.

## The Toy Library



**Aim:** We believe that every child benefits from belonging to a family and every family benefits from belonging to a community. Our purpose is to work alongside and support children, families and communities in the Bulwell area to develop, grow and thrive together through play.

### Activities Available:

#### Twigglets

*Saturdays, 1pm to 3pm*  
A woodland play session for parents and children aged 0 to 4. The average group size for these sessions is 1 to 30.

#### Conservation Volunteering

*Wednesdays from 10am*  
People are welcome to volunteer and help maintain the woodland. We'll provide the tools, guidance and expertise. Please bring along a packed lunch if you wish. The average group size for these sessions is 5 to 10.

### Address:

Barker's Wood, Bulwell, Nottingham, NG6 8LF

### Key Contact:

**Email** [admin@toy-library.co.uk](mailto:admin@toy-library.co.uk)  
**Web** [www.toy-library.co.uk](http://www.toy-library.co.uk)



**1 - 3**



**Mixed  
Gender/  
Cultures**



**Varies**



**English  
Polish  
Slovak**

### Facilities:



**Opportunities to Socialise:** We encourage people to mix at all our sessions and provide a snack time at the end of Twigglets around the campfire. Tea and coffee is usually on tap, and there's always opportunity to chat at the end of sessions.

Many other providers offer activities and opportunities within PCN 1, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 1 in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN 1</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">RideWise</a>	21
<a href="#">Runspire</a>	22
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Warrior Wellbeing UK</a>	26
<a href="#">Wild as Well</a>	28
<a href="#">Wild Things</a>	29
<a href="#">Women in Tandem</a>	30

## Cripps Health Centre (Community Garden & Health Walk)

**Aim:** To get people outdoors in nature, to improve their mood and be active.

### Activities Available:

#### Community Allotment Group

Tuesdays, 10am to 12pm

#### Health Walks

Mondays, 1:30pm to 3pm

Please contact us or visit Cripps reception for more information.



**Opportunities to Socialise:** Participants come and make friends, benefitting from regular, weekly interaction.

### Address:

Cripps Health Centre, University Park,  
Nottingham, NG7 2QW

### Key Contact:

**Phone** 0115 846 8888 (Reception)

**Email** [nnicb-nn.c84023@nhs.net](mailto:nnicb-nn.c84023@nhs.net)

**Twitter** [@CrippsWellbeing](https://twitter.com/CrippsWellbeing)

**Web** <https://bit.ly/3ZNG6uf>

### Facilities:



Mental  
Health  
Level

**0 - 2**

## Nottingham Croquet Club



**Aim:** We welcome people to experience this fascinating, enjoyable, and unique game, which combines skill and strategy, and can enhance physical, mental, and social wellbeing.

### Activities Available:

#### Hoops 4 Health

Wednesdays, 2pm to 4pm

Sessions run from May to September and are suitable for anyone over 8 years old.

**Opportunities to Socialise:** All our Hoops 4 Health sessions have a break for a cup of tea. We're happy for people to stay after the session for a chat.

### Address:

Nottingham Croquet Club, University  
Boulevard, Nottingham, NG7 2PS

### Key Contact:

**Email** [nottinghamcroquet@outlook.com](mailto:nottinghamcroquet@outlook.com)

**Web** [www.nottinghamcroquet.org.uk](http://www.nottinghamcroquet.org.uk)

Mental  
Health  
Level

**0 - 2**

### Facilities:



Many other providers offer activities and opportunities within PCN Unity, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN Unity in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN Unity</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Green Guardians</a>	12
<a href="#">Meanderers</a>	14
<a href="#">Midlands Nordic Walking</a>	15
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Quirkshops</a>	21
<a href="#">SUP Fitness</a>	23
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Wild as Well</a>	28

## Diversify Education CIC

**Aim:** To celebrate diverse cultures, bring all communities together and address several taboo subjects affecting culturally diverse communities in society.

We strive to raise awareness around mental health and wellbeing by engaging with diverse communities and their residents, to nurture a healthy and wholesome social life.

We foster a safe and secure environment where everyone feels welcomed and emphasise that it's okay not to be okay.

### Activities Available:

#### Gardening Class

Tuesdays, 12:30pm to 3:15pm

We also provide free hot meals, a food bank, community café, chess club, dads and lads group, library, and cooking, sewing and health & beauty classes.

Visit our Facebook page or contact us to find out more about our upcoming activities.

### Address:

Beechdale Community Centre, 1  
Ambergate Road, Nottingham, NG8 3GD

### Key Contact:

**Name** Shanine Fasasi

**Email** [admin@diversifyeducation.co.uk](mailto:admin@diversifyeducation.co.uk)

**Phone** 07492 759 779

**Facebook** [@Diversify](https://www.facebook.com/Diversify)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Varies**

### Facilities:



### Getting Here:

**Bus:** CT4N L4 Locallink to get to Frampton Road, Kincross Crescent or Ambergate Road bus stop / NCT Pink 28 for Greetwell Close or Glaisdale Drive bus stop. All stops are a 5-minute walk away.

Many other providers offer activities and opportunities within PCN 3, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 3 in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN 3</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Growing Forward</a>	13
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">RideWise</a>	21
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Warrior Wellbeing UK</a>	26
<a href="#">Wild as Well</a>	28
<a href="#">Windmill Community Gardens</a>	29
<a href="#">Women in Tandem</a>	30

There's many providers offering activities and opportunities within PCN 4, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 4 in the "Providers Across Borders" section of the Book.

<b>Providers Serving PCN 4</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Growing Forward</a>	13
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince's Trust Team Programme)</a>	16
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Warrior Wellbeing UK</a>	26
<a href="#">Wild as Well</a>	28
<a href="#">Windmill Community Gardens</a>	29
<a href="#">Women in Tandem</a>	30

## Zumba with Charm

**Aim:** To dance in the green, fresh open air to boost endorphins, feel healthy and boost positive mental health. Social connection, share smiles and feel good about yourself.

### Activities Available:

#### Outdoor Zumba

Sundays, 11am to 12pm, from April until roughly October

Dance fitness to Afro-Beats, Salsa, Reggae, Bhangra, Samba, Hip Hop, Merengue, RnB, Soca and more. Watch our video to see us in action: [www.fb.watch/jhntOXcumD](http://www.fb.watch/jhntOXcumD)

£6 - £7 per session, payable at the start of the class by cash or card, or through our booking system.

**Bookings:** We advise booking in advance, but if you were to turn up on the day, we would still welcome you.

Bookings can be made here:  
<https://gymcatch.com/app/provider/1554>

Please fill out the Health Screening form prior to your first class via the booking link or contact us for a form.

**Things to note:** If there's heavy rain, the class is automatically cancelled, and a message is sent to those who have booked ahead. If it's light rain or extra sunny, the class is relocated further into the park, under the trees next to the café. If you can't find us – follow the music!

This activity is suitable for anyone over 13, for all abilities, and for lovers of good music and positive vibes. If you have any accessibility or additional physical needs, please contact us via email or through the booking link to chat further.

As we're outside, there's plenty of space and little corners for people to have their own space.

Please bring water and a towel with you.

For updates about sessions, please visit our Facebook page.

**Opportunities to Socialise:** You can either pay to take part or bring a picnic, sit back, and enjoy the positive, uplifting entertainment.

### Address:

Woodthorpe Grange (at the top of the park), Woodthorpe Park, Woodthorpe Drive, Nottingham, NG5 4HA

### Key Contact:

**Name** Charm Daley

**Email** [charmedfitness@gmail.com](mailto:charmedfitness@gmail.com)

**Phone** 07741 448 289

**Facebook** [@ZumbaNottinghamCharm](https://www.facebook.com/ZumbaNottinghamCharm)



**0 - 1**



**Mixed  
Gender/  
Cultures**



**30 - 50**

### Facilities:



### Getting Here:

**Parking:** There's a car park and off-road parking available. **Bus:** You can access the park via bus from Sherwood or Mapperley.

Many other providers offer activities and opportunities within PCN 5, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 5 in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN 5</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Nottinghamshire Wildlife Trust</a>	18
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Wild as Well</a>	28
<a href="#">Wild Things</a>	29
<a href="#">Women in Tandem</a>	30

## Ecoworks



**Aim:** To improve mental health and the environment by providing a safe, welcoming, and supportive space for people to take part in meaningful, green activities.

### Activities Available:

#### Willow Craft Sessions

First and last Tuesdays of the month, 10am to 3pm

#### Small Build Sessions

Wednesdays, 10am to 3pm

#### Dig and Dinner

Thursdays, 10am to 3pm

Other green activities include organic gardening, seasonal garden cooking, eco-crafts, wildlife conservation and art.

Tea and coffee are available at all our sessions, and lunch is available during our Dig and Dinner.

**Opportunities to Socialise:** We often describe everything at the gardens as the "by-products of a social inclusion project", so there is always time for drinking tea and chatting. There is also space at the gardens for people who want some time to themselves.

### Address:

St Ann's Allotments, 121 Ransom Road, Nottingham, NG3 3LH

### Key Contact:

**Email** [info@ecoworks.org.uk](mailto:info@ecoworks.org.uk)

**Phone** 07973 116 291 (text available)

**Web** [www.ecoworks.org.uk](http://www.ecoworks.org.uk)

**Facebook** [@EcoworksCommunityGarden](https://www.facebook.com/EcoworksCommunityGarden)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Gardens  
accommodate  
large groups**

### Facilities:



### Getting Here:

**Parking:** On street parking available on Ransom Road. **Bus:** Ransom Road (Stop SA31) (Stop ID: ntmapajp). **Please note:** There's an uphill walk to the allotment site, before a further uphill walk to the Ecoworks site.

## Emmanuel House



**Aim:** To improve mental and physical health and reduce social isolation.

### Activities Available:

We run a weekly session every Thursday at our allotment in St Ann's. Activities include:

- Gardening
- Cooking, serving, and eating a meal
- Craft activities

We meet at 10:20am every Thursday at Emmanuel House. Transport is then provided to the allotment. If you live locally, you can meet us by the gate at St Ann's Allotments.

**Suitable for:** We're open to anyone with a support need.

For more information or a referral form, please get in touch.

**Opportunities to Socialise:** There are opportunities to socialise during the activities and tea breaks. People can also join activities at the Emmanuel House Support Centre for further socialisation.

### Address:

**Activities take place at** Emmanuel House Allotment, St Ann's Allotments, 121 Ransom Road, Nottingham, NG3 3LH

**Transport provided from** Emmanuel House, 53-61 Goose Gate, NG1 1FE

### Key Contact:

**Name** Alistair Paylor

**Email** [paylor@emmanuelhouse.org.uk](mailto:paylor@emmanuelhouse.org.uk)

**Phone** 0115 950 7140

**Web** [www.emmanuelhouse.org.uk](http://www.emmanuelhouse.org.uk)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**4 - 8**

### Facilities:



### Getting Here:

Emmanuel House is in the city centre and easily accessible by public transport and/or on foot. Emmanuel House Allotment is on a bus route and has parking available.

## Green's Windmill Trust

**Aim:** We aim to further the educational and public activities of the Green's Windmill and Science Centre, promote George Green's scientific reputation, and help preserve the UK's milling heritage.

Our community garden adjacent to the windmill opened in 2016 and has become an important outdoor space that offers beautiful grounds for the public to enjoy. We need people to develop and tend to this large plot, to help it flourish.

### Activities Available:

#### Volunteer Gardening

*Fridays, 10am to 4pm*

Help care for our allotment next door to the mill. Tasks include garden maintenance, sowing, planting and harvesting, propagation, maintenance and upkeep of garden structures, watering and feeding, development of the allotment project and attending meetings.

**Suitable for:** Anyone is welcome to volunteer – no gardening experience is needed, and we have a wide age range of volunteers from a variety of different backgrounds.

Most tasks are at ground level and a reasonable level of fitness is required, but some activities can be adapted to suit individual needs. Tools and gloves are provided.

Please see our volunteering page on our website or contact us for more details.

**Opportunities to Socialise:** Volunteers work as pairs or alone. We celebrate our achievements as a team with volunteer parties, project launches and occasional day trips.

### Address:

Green's Windmill and Science Centre,  
Windmill Lane, Sneinton, Nottingham,  
NG2 4QB

### Key Contact:

**Name** Jamie Duff

**Email** [greensmill@nottinghamcity.gov.uk](mailto:greensmill@nottinghamcity.gov.uk)

**Phone** 0115 915 6878

**Web** [www.greensmill.org.uk](http://www.greensmill.org.uk)



**0 - 1**



**Mixed  
Gender/  
Cultures**



**6**

### Facilities:



### Getting Here:

**By foot:** 15-minute walk from the city centre and train station. **Bus:** A number 43 bus can be caught from outside Boots in the city centre, which will drop you near Windmill Lane in Sneinton. **Parking:** Car parking is available, as are places to keep a bicycle.

## Pathway Housing Solutions

**Aim:** We're a not-for-profit organisation which provides affordable housing for those in need and tackles other community issues.

Our community gardening project aims to help people who are isolated, by giving them the opportunity to socialise with other volunteers and discover new methods of being productive through an interactive social project, whilst improving the quality of a gardening allotment and renovating the area into a brand-new community garden.

### Activities Available:

#### Community Gardening Project

Anyone is welcome to volunteer for our community garden project, which involves gardening activities like growing fruits, vegetables, and house plants, whilst interacting with other people in the local community.

**Opportunities to Socialise:** There's plenty of time for volunteers to engage with each other whilst taking part in activities.

### Address:

274 - 276, Sneinton Dale, Nottingham,  
NG3 2DN

### Key Contact:

**Name** Henri Baptiste

**Email** [info@pathwayhousingsolutions.org.uk](mailto:info@pathwayhousingsolutions.org.uk)



**0 - 3**



**Mixed  
Gender/  
Cultures**



**5 - 10**

### Facilities:



Handwashing available via hosepipe at the site.

### Transport:

**Parking:** There is on-street parking available and a free car park with limited spaces.

## STAA at St Ann's Allotments



### Address:

121 Ransom Rd, Nottingham, NG3 3LH

**Aim:** STAA is a small local charity based on the historic St Ann's Allotments. We do a wide range of gardening, nature and community activities with a passion for skills opportunities, wellbeing and social connections, all set within our beautiful plots.

### Activities Available:

#### Social Gardening

Tuesdays at The Nursery, 10am to 12pm  
Wednesdays at The Heritage Garden, 12pm to 2pm

#### Garden Volunteering

Weekly on Tuesdays and Wednesdays, 10am to 2pm

#### Wildlife Conservation

Every 2nd and 4th Saturday of the month, 10am to 2pm

Average group size is 2 - 8.

#### Heritage Tours

The last Wednesday of the month, starting at 1:30pm

Small cost applies.

#### Toddler Group

Tuesday mornings, 9:30am to 11:30am

Average group size is 20.

Please visit our website and bookings page for more details.

### Key Contact:

**Email** [info@staa-allotments.org.uk](mailto:info@staa-allotments.org.uk)

**Web** [www.staa-allotments.org.uk](http://www.staa-allotments.org.uk)

**Bookings** <http://bit.ly/3yFZOga>



Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures



Average  
Group  
Size

**Varies**

### Facilities:



### Getting Here:

**Parking:** On street parking available on Ransom Road. **Bus:** Ransom Road (Stop SA31) (Stop ID: ntmajp) **Please note:** There is an uphill walk to access the allotment site.

**Opportunities to Socialise:** Socialising is a big part of our sessions, and we make sure there is time and space at all our activities. Equally there is plenty of space to spread out too for quiet and calm.

## Stonebridge City Farm



**Aim:** We are an urban farm in the heart of Nottingham, offering a safe space for families and the community to enjoy themselves.

The farm is free for all so that we are fully inclusive, and we welcome a large and diverse range of groups including families, nurseries, elderly, supported individuals and walking groups to visit, so they can enjoy the animals, gardens, café and play area.

### Activities Available:

#### Volunteering

*Mondays, Tuesdays, Fridays, Saturdays and Sundays*

#### Volunteering Hours

Full day	9:30am to 3:45pm (4:45pm during summer)
AM shift	9:30am to 12:30pm
PM shift	12:30pm to 3:45pm (4:45pm during summer)

#### Garden Volunteers

Garden Volunteers may be asked to help with tasks like planting, propagating and harvesting crops, building and maintaining beds, digging, weeding, watering and pruning – with a particular focus on fruit and vegetable growing.

#### Who Can Volunteer?

We offer a warm and friendly environment, welcoming volunteers with a wide range of skills and abilities.

We are proud to support over 150 volunteers and can provide additional support to those who are vulnerable. Roles are flexible to accommodate a wide range of needs.

Some individuals come to us with complex needs, including learning disabilities, mental health difficulties, history with the criminal justice system or issues with substance misuse.

#### Address:

Stonebridge Road, Nottingham, NG3 2FR

#### Key Contact:

**Name** Barbara Benner and Tara Bennett

**Email** [volunteer@stonebridgecityfarm.com](mailto:volunteer@stonebridgecityfarm.com)

**Phone** 0115 950 5113

**Web** [www.stonebridgecityfarm.com](http://www.stonebridgecityfarm.com)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Up to 10**

#### Facilities:



#### Getting Here:

**Bus:** The number 24, 25, 26 and 27 all go past the farm, get off at the St Chad's Road stop or Handel Street (depending on which direction you're coming from) and we're less than 5 minutes away. You can also catch the 39 and get off at Roden Street and we're about 2 minutes away.

**Tram:** If you're getting the tram into town, get off at Lace Market tram stop and then we're a 15-minute walk away.

**Parking:** We have a car park with limited spaces, which is free of charge.

**Opportunities to Socialise:** Staff are always available for a cup of tea and a chat, or we offer links to contact us for further support. There is a volunteering break space for participants to get to know each other and we offer plenty of social opportunities and group sessions.

Many other providers offer activities and opportunities within PCN 6, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 6 in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN 6</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Meanderers</a>	14
<a href="#">Nottingham Bikeworks</a>	16
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Quirkshops</a>	21
<a href="#">RideWise</a>	21
<a href="#">Runspire</a>	22
<a href="#">SUP Fitness</a>	23
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Warrior Wellbeing UK</a>	26
<a href="#">Waterways Wellbeing (Canal &amp; River Trust)</a>	27
<a href="#">Wild as Well</a>	28
<a href="#">Women in Tandem</a>	30

## Friends of Wollaton Park

**Aim:** Friends of Wollaton Park are a community of like-minded individuals who aim to make Wollaton Park a better place for all.

### Activities Available:

We coordinate a range of volunteer activities in Wollaton Park throughout the year, including restoring the walled garden, maintaining the formal garden, conservation tasks in the park, litter picking, preserving benches and memorials, and cleaning tasks in Wollaton Hall.

Visit our website or contact us for more details.

**Opportunities to Socialise:** Refreshment breaks are normally taken together by those that want to socialise.

### Transport:

**Bus:** Wollaton is on a bus route.

**Parking:** Free parking available to volunteers.

### Address:

The Walled Garden, Wollaton Hall,  
Wollaton, NG8 2AE

### Key Contact:

**Name** Colin

**Email** [info@friendsofwollatonpark.org.uk](mailto:info@friendsofwollatonpark.org.uk)

**Web** [www.friendsofwollatonpark.org.uk/volunteering/](http://www.friendsofwollatonpark.org.uk/volunteering/)



**0 - 2**



**Mixed  
Gender/  
Cultures**



**10 - 30**

### Facilities:



## Sherwin Road Community Garden

**Aim:** To support and encourage community gardening in the local area and grow food in a way that is safe and sustainable.

### Activities Available:

#### Garden Maintenance & Visits

Activities include helping with the maintenance of the garden, pond and hut. During the spring and summer, we usually meet on Tuesday evenings from 6:30pm.

The garden is open to anyone who lives, works, or volunteers within 2 miles of the garden.

Please contact us if you would like to visit the garden.



**Mixed  
Gender/  
Cultures**

### Address:

Sherwin Road, Lenton, Nottingham, NG7 2FB  
(We're between 29 Sherwin Road and the railway bridge)

### Key Contact:

**Email** [sherwinroadgarden@gmail.com](mailto:sherwinroadgarden@gmail.com)

**Web** [www.sherwinroadcommunitygarden.org](http://www.sherwinroadcommunitygarden.org)

**Facebook** [@SherwinRoadCommunityGarden](https://www.facebook.com/SherwinRoadCommunityGarden)

**Instagram** [@sherwinroadgarden](https://www.instagram.com/sherwinroadgarden)

### Facilities:



We're wheelchair accessible and have wheelchair accessible toilets. We have a kettle, but please bring a flask and your own tea or coffee.

## Vanclaron CIC



**Aim:** Improve health and wellbeing for the BAME and ethnically diverse communities.

### Activities Available:

#### Nature-Based and Physical Activities

Support is available to help people improve their health and wellbeing through nature-based and physical activities. Please get in touch for more information.

#### Other Support

We have lots of other support services, including:

- Community Health Awareness Training (CHATS)
- Group Workshops
- 1:1 Meetings
- Weekly Outreach Services
- And more! Visit our website for more details.

**Referrals:** We take self-referrals and referrals from the GP, and then book appointments throughout the week to discuss the individual's needs, aspirations and preferences.

**Opportunities to Socialise:** There are opportunities to chat, play games, take part in other activities, access information services, make connections and learn new skills.

### Address:

Unit 55, Lenton Business Centre, Lenton Boulevard, Nottingham, NG7 2BY

### Key Contact:

**Email** [info@vanclaron.co.uk](mailto:info@vanclaron.co.uk)

**Phone** 0115 789 407

**Web** [www.vanclaronchats.co.uk](http://www.vanclaronchats.co.uk)



**0 - 2**



**Mixed Gender/Cultures\***



**Varies**

\*Groups can be single or mixed gender. Groups are mainly BAME communities and refugee and asylum seekers.

**English, Arabic, Kurdish, Farsi, Albanian, Amharic, Tigrinaya Pashtu, Urdu, Punjabi and others.**

### Facilities:



### Getting Here:

**Parking:** The base has a large, free car park.

**Public Transport:** All sites are accessible by public transport. The team will also travel to meet people, to minimise travel barriers.

## Wollaton Hall and Deer Park



### Address:

Wollaton Hall, Courtyard Building, Wollaton, NG8 2AE

**Aim:** From the splendour of its gardens to the tranquillity of its lake, Wollaton's vast outdoor spaces are ready to be discovered, and we invite the public to join us in engaging in various outdoor activities across the park.

### Activities Available:

#### Volunteering

Our current volunteering opportunities can be found on our website, here: [www.wollatonhall.org.uk/volunteer](http://www.wollatonhall.org.uk/volunteer)



**0 - 2**



**Mixed Gender/Cultures**



**10 - 20**

### Key Contact:

**Name** Karen Lushey (Volunteer Lead)

**Email** [volunteer.programme@nottinghamcity.gov.uk](mailto:volunteer.programme@nottinghamcity.gov.uk)

**Phone** 0115 876 3100

**Web** [www.wollatonhall.org.uk/volunteer](http://www.wollatonhall.org.uk/volunteer)

### Facilities:



### Transport:

**Bus:** We're accessible via bus routes.

**Parking:** Free parking can be provided for volunteers.

**Opportunities to Socialise:** We are a welcoming group, and it's common for members to meet up for coffee and chat after their volunteering activities.

Many other providers offer activities and opportunities within PCN 7, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 7 in the “Providers Across Borders” section of the Book.

Additional Providers Serving PCN 7	Page
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Blossoming Bilborough (Green Gym)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Meanderers</a>	14
<a href="#">Midlands Nordic Walking</a>	15
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Nottingham Narrowboat Project</a>	17
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">RideWise</a>	21
<a href="#">Runspire</a>	22
<a href="#">SUP Fitness</a>	23
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Waterways Wellbeing (Canal &amp; River Trust)</a>	27
<a href="#">Wild as Well</a>	28
<a href="#">Women in Tandem</a>	30
<a href="#">Yoga with Laura (FlowerTwist Fitness)</a>	31

## Arkwright Meadows Community Gardens

**Aim:** The Gardens are a green oasis in the heart of the Meadows - a safe space for local people to buy fresh, locally grown, affordable fruit and vegetables.

We're also a community space offering weekly activities for all ages including Saturday family sessions, Tuesday Cook & Eat sessions, Kids Club and ArtSpeak craft activities for people over 60.

### Activities Available:

#### Volunteering Sessions

We have 8 regular, weekly volunteering sessions taking place Tuesday to Saturday, and various other activities, groups, seasonal workshops and bigger community events taking place across the year. Visit our website or Facebook page for details.

#### Visits

Tuesday to Friday, 12pm to 4pm, and Saturday, 10am to 4pm

You don't have to buy anything or be taking part in a specific activity to visit. You're always welcome to look around during our opening hours, there's always lots to see! We have lots of outside seats if you want to bring something to eat or drink - it's a calm place to unwind.

#### Garden Room Hire

Email [ellie@amcgardens.co.uk](mailto:ellie@amcgardens.co.uk) if you're interested in hiring our eco-building garden room.

### Address:

AMC Gardens, Kirkby Gardens, Nottingham, NG2 2HZ

### Key Contact:

**Name** Rachel Smith  
**Email** [community@amcgardens.co.uk](mailto:community@amcgardens.co.uk)  
**Phone** 0115 986 7777  
**Web** [www.amcgardens.co.uk](http://www.amcgardens.co.uk)  
**Facebook** <https://bit.ly/3Yg3krL>



**1 - 2**



**Mixed Gender/  
Cultures**



**Varies**

### Facilities:



### Opportunities to Socialise:

There's lots of opportunity to socialise with others or enjoy some alone time.

## Summerwood Community Gardens

**Aim:** To promote environmental awareness and education, and to promote health and wellbeing through contact with nature and community development.

### Activities Available:

#### Family Volunteering Sessions

Second Saturday of every month, 11am to 1pm

#### Muddy Boots Club

Thursdays, 11am to 1pm

A group for under 5s and their carers, focusing on outdoor nature-based play.

#### Volunteering for Wellbeing

Wednesdays and Fridays, 11am to 2pm

#### Men's Group

Friday and Sunday afternoons

Please text Audrey for more details.

#### Counselling Sessions

Various days and times available with trained counsellors, please contact us for more details.

**Opportunities to Socialise:** Plenty of opportunities to socialise at every session. Every session includes time for a tea break or lunch break and chat, and some sessions may include cooking food.

### Address:

Summerwood Allotments, Summerwood Lane, Clifton, NG11 9DX

### Key Contact:

**Name** Audrey Leach  
**Email** [audreyleach@outlook.com](mailto:audreyleach@outlook.com)  
**Phone** 07340 271 636  
**Facebook** [@SummerwoodCommunityGarden](https://www.facebook.com/SummerwoodCommunityGarden)



**1 - 2**



**Mixed Gender/  
90% White  
British**



**Varies**

### Facilities:



Hot drinks available during certain sessions. Limited opening hours during Winter.

### Getting Here:

**Parking:** Limited parking is available on site.

**Tram:** Nearest tram stop is Holy Trinity or Summerwood Lane and then a walk. **Bus:** Bus 54 stops outside the allotments but at limited times.

Many other providers offer activities and opportunities within PCN 8, but also serve additional areas in Nottingham and/or Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 8 in the “Providers Across Borders” section of the Book.

<b>Additional Providers Serving PCN 8</b>	<b>Page</b>
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Nottingham Narrowboat Project</a>	17
<a href="#">Nottinghamshire Wildlife Trust</a>	18
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Quirkshops</a>	21
<a href="#">SUP Fitness</a>	23
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Waterways Wellbeing (Canal &amp; River Trust)</a>	27
<a href="#">Wild as Well</a>	28
<a href="#">Women in Tandem</a>	30

## Education FC

**Aim:** By improving a public green space for the benefit of the community, including an indoor community hub, we aim to provide education and improve the physical and mental health of our members.

### Activities Available:

#### Community Garden

The community garden and planters provide a space to plant flowers, to improve the look and feel of the park.

#### Mental Health Sessions

In partnership with Trent Bridge Community Trust

#### Walking Group

#### Talk Monday Mornings

Contact us for more details about our activities.

**Opportunities to Socialise:** There's time to socialise during all our activities. There's also opportunity to sit at our park benches or decking area to enjoy the outdoor space, and if our community room isn't in use, people can sit in there to socialise and have a drink.

### Address:

Melbourne Park Pavilion, Melbourne Road, Aspley, Nottingham, NG8 5HL

### Key Contact:

**Email** [admin@educationfc.co.uk](mailto:admin@educationfc.co.uk)

**Phone** 07788 210 105

**Facebook** [@EducationFootballClub](https://www.facebook.com/EducationFootballClub)



**0 - 2**



**Mixed Gender/  
Cultures**



**4 - 12**

### Facilities:



### Getting Here:

**Bus:** Nuthall Road (Stop AS39/AS54), Route 78 + 7 min walk/Melbourne Road (Stops AS12/AS21), Route 77 and 77c + 10 min walk.

**Parking:** Car park at Melbourne Park.

## The Field Strelley

**Aim:** To bring people together as we re-wild our plot of land.

### Activities Available:

#### Weekly Volunteer Sessions

*Mondays, 3pm to 7pm*

For two hours we dig, trim and build. Then we cook outside and enjoy a free meal together.

The jobs depend on the volunteer. We have jobs for those who want a workout, or for those who want to paint signs and plant seeds - everyone is welcome!

**Things to note:** The Field itself is uneven and muddy in parts. However, there are always activities like painting, crafting and woodwork available in an area that's accessible in all weathers.

**Opportunities to Socialise:** We provide free, hot and healthy meals for all attendees. For two hours, we sit and eat together.



**0 - 1**



**Mixed Genders/  
Cultures**



**10 - 20**

### Facilities:



### Getting Here:

**Bus:** The NCT 35 and 77 bus have stops at the bottom of the village - we can offer lifts from here. **Parking:** There is parking available at the site.

### Address:

The Field, Main Street, Strelley, NG8 6PE  
**Nottingham City PCNs: 9**

### Key Contact:

**Name** Matthew Harrison

**Email** [fieldstrelley@fieldstrelley.org](mailto:fieldstrelley@fieldstrelley.org)

**Phone** 07738 681 365

**Web** [www.fieldstrelley.org](http://www.fieldstrelley.org)

Many other providers offer activities and opportunities within PCN 9, but also serve additional areas in Nottingham and Nottinghamshire. Use the table and links below to quickly find entries for providers covering PCN 9 in the “Providers Across Borders” section of the Book.

Additional Providers Serving PCN 9	Page
<a href="#">AKA Nottingham</a>	10
<a href="#">Best Foot Forward (Age UK Nottingham &amp; Nottinghamshire)</a>	11
<a href="#">Blossoming Bilborough (Green Gym)</a>	11
<a href="#">Green Guardians</a>	12
<a href="#">Growing Forward</a>	13
<a href="#">Meanderers</a>	14
<a href="#">Nottingham College (The Prince’s Trust Team Programme)</a>	16
<a href="#">Nottinghamshire Wildlife Trust</a>	18
<a href="#">Notts County Foundation</a>	19
<a href="#">Notts Guided Walks</a>	19
<a href="#">Parkrun</a>	20
<a href="#">Quirkshops</a>	21
<a href="#">RideWise</a>	21
<a href="#">Runspire</a>	22
<a href="#">Sustrans</a>	24
<a href="#">The Ramblers</a>	24
<a href="#">Trent Bridge Community Trust</a>	25
<a href="#">Warrior Wellbeing UK</a>	26
<a href="#">Wild as Well</a>	28
<a href="#">Windmill Community Gardens</a>	29
<a href="#">Women in Tandem</a>	30
<a href="#">Yoga with Laura (FlowerTwist Fitness)</a>	31