

TRAVEL WELL delivered by...



Sustrans—the team is providing 1:1 route planning to help people become more active in their day-to-day travel. This is available on referral only, so if you think someone would benefit from this, then they need to be referred to the Travel Well team through the online form on the [Travel Well website](#).



Ridewise—providing 1:1 and small group bike riding lessons, group cycling confidence sessions, group rides, and bike maintenance workshops. You can sign up for Travel Well activities (and more) through the [Ridewise website](#).



Bikeworks—**Nottingham Bikeworks** is providing free Dr. Bike sessions at community events and bike maintenance training sessions for volunteers. In 2024 they provided 'Build a Bike' sessions, where participants were able to attend a day's session, build their own bike, and ride it away at the end of the day. For the next few months, you'll find them at Bulwell Market every third Wednesday of the month 10am to 1pm.



Runspire—the team is providing weekly Nordic Walking sessions in St Ann's, Bulwell, and Strelley. Nordic Walking is a great form of exercise; it provides a gentle full-body workout and is great for people of all ages. The sessions are designed for complete beginners. Click this link for more information and to sign up for 10 free sessions (using code TravelWell10). If people struggle with the registration form, they can contact Paul and the team using the online chat on the website or by calling 0115 9648255 or emailing hello@runspire-notts.com.



Women in Tandem—the team runs a number of group rides and bike maintenance workshops for women; you can find more information about their events here.