



# Runspire Nottingham

## How Travel Well has helped a local organisation to grow...

Runspire Nottingham started life as Bulwell Runners, a community running and walking group that was the brainchild of local man Paul Hopkins. Paul started the group out of a desire to lose weight, get fit, and help people to connect, something he felt was really important in the wake of the COVID-19 lockdowns. Bulwell Runners worked with Midlands Nordic Walking to start sessions and a 'Nordic Walking Couch to 5k' course to mirror their running 'Couch to 5k' offering. New courses start regularly throughout the year.

Funding from the Travel Well project has helped to support Runspire's expansion into other areas of Nottingham City to help more people access social running, walking, and Nordic Walking activities. As part of the Travel Well provision, Paul and another Midlands Nordic Walking instructor, Julie, led Nordic Walking sessions for beginners in St Ann's, Strelley, and Bulwell. What started as a 10-week taster course proved to be so popular that the sessions never stopped and instead became regular weekly walks that are still happening today!

Last July, Paul was interviewed on Notts TV about Runspire, the experiences that led him to start a local running group, and his plans for the future. View the video [here](#).

