

# The Big Green Book



# TRAVEL WELL

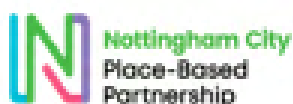
## Edition

# Nottingham City North

Including:  
Bulwell, Bulwell Hall, Bulwell Forest



Funded by



# The Big Green Book



## Welcome to the Travel Well Edition of The Big Green Book!

Originally created for the GreenSpace green social prescribing project, the Big Green Book links you with nature-based activities in your community and this special edition is all about unleashing the active traveler in you. Healthcare professionals and social prescribing teams can connect you with friendly, community-based teams and activities promoting walking, cycling, and wheeling. It's all happening in the heart of Aspley Estate, Broxtowe Estate, Beechdale, Bells Lane Estate, Bilborough, Strelley Estate, Bulwell, Bulwell Hall, Snape Wood, Crabtree Farm, Highbury Vale, Sneinton, and St Ann's!

This edition is your guide to a world of active travel and green activities. We're talking about a journey where movement meets nature, and where every step and pedal push comes with a dose of good vibes and friendly faces to support you as you embrace a more active lifestyle.

Our hope? That this book inspires you to ditch the couch, get outside and dive into a world of walking, cycling, and wheeling with new friends and old. Trust us; the benefits are not just physical – they're a game-changer for your everyday life and mental wellbeing. So, get ready to Travel Well!



## Nottingham Greenground

Explore a greener Nottingham from your doorstep and learn and grow in our green spaces.

Make time to connect with nature and people in new ways, improve your mood and your health by keeping active in our parks and gardens, on our canals and rivers or visit our nature reserves and woodlands.

Follow the links and create your own outdoor adventure or find a hidden oasis. There really is a place for everyone in nature.

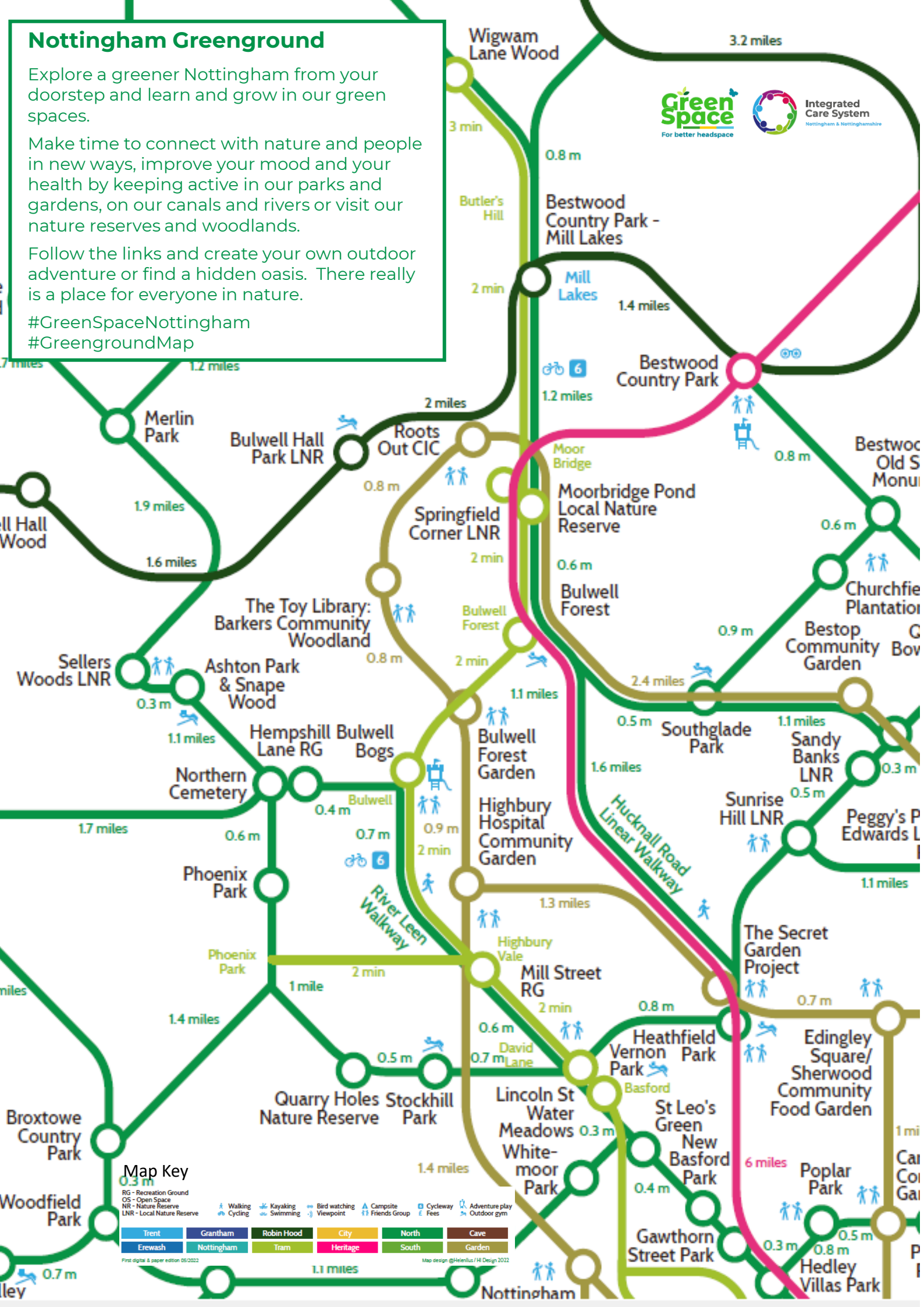
#GreenSpaceNottingham

#GreengroundMap

**GreenSpace**  
For better headspace



Integrated  
Care System  
Nottingham & Nottinghamshire



### Map Key

RG - Recreation Ground  
OS - Open Space  
NR - Nature Reserve  
LNR - Local Nature Reserve

Walking, Cycling, Kayaking, Swimming, Bird watching, Viewpoint, Campsite, Friends Group, Cycleway, Fees, Adventure play, Outdoor gym

Trent, Grantham, Robin Hood, City, North, Cave, Erewash, Nottingham, Tram, Heritage, South, Garden

First digital & paper edition 05/2022

Map design @HelenH / H Design 2022



## Contents

Welcome	<a href="#">Page 2</a>
Nottingham Greenground Map	<a href="#">Page 3</a>
Icons	<a href="#">Page 5</a>
Activity Levels	<a href="#">Page 6</a>
Mental Health Levels	<a href="#">Page 10</a>
Travel Well Providers	<a href="#">Page 11</a>
Walking Groups	<a href="#">Page 16</a>
Local Groups to get you moving	<a href="#">Page 19</a>
Apps to get you places	<a href="#">Page 20</a>
Kit Support	<a href="#">Page 23</a>
Helpful tips and information for cyclists	<a href="#">Page 24</a>
Local Playgrounds Parks and Open Spaces	<a href="#">Page 26</a>
Have Fun while travelling	<a href="#">Page 29</a>

# Icons



**Toilets**



**Changing**



**Accessibility**



**Handwashing  
available**



**Bike Racks**



**Shelter  
available**



**Family  
Friendly**



**Paddling**



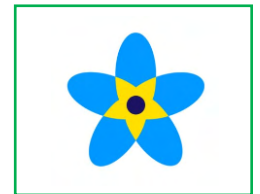
**Hot Drinks**



**Walking  
Group**



**Operates  
through  
Winter**



**Dementia  
Friendly**

\*groups/volunteers  
received 'Dementia  
Friends' information  
session

## GreenSpace Trusted Providers

If an organization 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 are able to provide is identified using Mental Health Levels on the next page 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, as a referrer we suggest you contact the organisation 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 regularly. If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team by emailing: [Travelwell@nottinghamcvs.co.uk](mailto:Travelwell@nottinghamcvs.co.uk)



## Find your starting point: Activity levels



“ I want to be more active, but I don't know where to start. ”

**Does this sound like you?**

Well...

There's no right or wrong place to start; everyone is different, everyone has their own starting point, and everyone will go at their own pace.

These levels are designed to help you find your starting point and make it easier to select the activities that you will enjoy and find beneficial to you.

You may be at different levels for different activities; for walking, you could be at level 4, but for cycling, you may find level 3 activities more suitable.

### To find your starting point:

- 1 Think about your current fitness level when taking part in different activities.
- 2 Choose the statement that best describes your current fitness levels.
- 3 Look for that level in the description section of the activities in the Travel Well edition of The Big Green Book.

If your level is in the description of an activity,  
then that's an activity for you to try!



Activity levels aren't permanent, and you may need to check and alter your fitness levels as you start to become more active. They can be a good marker of progress!

Did you know that people are naturally less active in the winter months or after a period of illness or injury? If you find yourself becoming less active or lacking motivation, don't feel disheartened—we all need motivation sometimes; just find your new starting point and go from there!

## Level 5: I am very active

5



**Me now:** I might exercise, take part in physical activity or sports almost every day, or work in a physically demanding job, for example, as a builder, gardener or postal worker.

**My goals may be:** To maintain or improve my fitness level, improve or maintain my mental health or connect with other people.

**What will help me:** I might want to try fast-paced walks for at least 20 minutes that raise my heart rate and make me feel out of breath. I may want to do longer routes (over five miles) or walks that last for an hour or more. I might want to try fast-paced or technical rides over several miles or kilometers. I might want to take part in more group activities to meet people or to become part of a community. I might need some information or signposting to new activities and opportunities.

## Level 4: I am active now

4



**Me now:** I might exercise at least twice a week and do some physical activity most days of the week, such as walking to work, school, or the local shops. My job might require me to be active on my feet for long periods of time, for example, as a nurse or shop assistant.

**My goals may be:** To maintain or improve my fitness level. To manage my weight. To help improve conditions such as obesity, anxiety, depression, osteoarthritis, or diabetes. To connect with other people.

**What will help me:** I may want to try medium to fast paced walks for around 20 to 30 minutes which will make my heart beat faster and make me feel out of breath. I might want to do routes with a distance of three to five miles or that take 45 to 90 minutes to complete. I might want to try medium-paced bike rides that last 30 to 45 minutes. I might want to take part in more group activities to meet people or to become part of a community. I may need some information or for someone to signpost me to other activities that I may want to join in with.



## Level 3: I am ready to become more active

3



**Me now:** I might do some physical activity at least three days a week, such as walking to work, school, the local shops, gardening or housework, but I don't do any other exercise. I am looking for ways to be more physically active and include exercise in my week.

**My goals may be:** To improve my level of fitness. To manage my weight. To improve health conditions such as obesity, anxiety, depression, osteoarthritis, or diabetes. I may be an older person or have a medical condition or disability and want to maintain my independence.

**What will help me:** I might want to try medium-paced walks, which make my heart beat faster and leave me a little bit out of breath. I may want to try routes that take around 20 to 30 minutes, with places to stop and rest. Slow to medium-paced bike rides that last 20 to 30 minutes. I might want to take part in small group activities to meet people or to become part of a larger community. I may need some information or advice to find activities that will help me get started.

## Level 2: I need some help to be more active

2



**Me now:** I might do some physical activity, such as walking to the shops, gardening or housework, fewer than three times a week. This could be because I struggle with motivation or because I don't know how to start becoming more active. I may have a medical condition, injury or movement limitations.

**My goals may be:** To improve my fitness, strength, mobility and balance. To connect with other people. To improve the symptoms of medical conditions such as obesity, anxiety, depression, osteoarthritis or diabetes. I may be an older person, someone with a disability who wants to maintain their independence or someone in recovery from an illness, injury or operation.

**What will help me:** I may want to try gentle activities for 10 to 15 minutes at a time. I might want to try slow-paced walks, wheels or bike rides over short distances with places to rest on the route. I may need some information and advice to help me find a suitable activity, or I may need some help to access or attend an activity. I may benefit from the support of a buddy or mentor. I might want 1:1 sessions, or I might want to take part in more group activities to meet people or become part of a community.



## Level 1: I need a lot of help to be more active

1



**Me now:** I might do no physical activity or very little. This may be because I struggle with motivation or because I don't know how to get started. I may be inactive due to a medical condition, movement limitations, or disability, or I may be recovering from an illness, injury, or operation. I may need information and advice to help me find an activity that suits me, or I may need a lot of help to access a suitable activity.

**My goals may be:** To move more to feel better. To build my confidence. To be able to walk, ride or wheel more. To build up my strength and fitness. To connect with other people.

**What will help me:** I might try very short routes with lots of opportunities to rest. I may need help with transportation to activities. I might have a support worker who will come with me, or I may need the support of a buddy or mentor. I might benefit from 1:1 sessions, or I might want to take part in small group activities to meet people or to become part of a community.

**Remember** it's normal for your heartbeat and breathing to be faster during and immediately after doing physical activity as your body needs more oxygen, and it's normal to feel a bit achy for a day or two after your body has been working hard.

### Seek medical advice if:

- 🦋 You feel pain, sickness, or dizziness during exercise.
- 🦋 Your heart rate and breathing do not return to normal after exercising.
- 🦋 If you have pain after exercising.
- 🦋 If you have any other concerns about your health while taking part in exercise or physical activity.



# What do you need to know about the Mental Health Levels?

## Finding an activity for yourself:

The Mental Health Levels below were developed with the GreenSpace Mental Health Lead so that groups 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 group 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 organisation 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 are designed to include more support or have a specific focus on wellbeing
- You would benefit from a volunteer to help you 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 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)

## Nottingham Bikeworks

**Aim:** Nottingham Bikeworks is a not-for-profit Community Interest Company founded in 2013. Based in several locations around Nottingham city, we are focused on recycling bikes, knowledge sharing and community support.

We believe bikes are an affordable, healthy and sustainable way to travel. We believe in everyone having access to cycling and being able to learn the skills to look after their own bikes.

### Activities Available:

**Free Fixing Thursday :** Every Thursday at our Sneinton workshop we offer the opportunity to have your bike fixed for free! This project is aimed at anybody who would otherwise struggle to afford to get their bike fixed – this may include people on universal credit or other benefits, refugees and asylum seekers, jobseekers, and others.

**Dr Bike:** Bikeworks provides mobile repair sessions at events across Nottingham where we will 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.

**Bike Maintenance Training:** Contact the team for more information on how you can learn skills such as how to build your own bike then keep it when it's all put together!

**Refurbished bike sales:** Pop into the showroom, check out Bikeworks on e-bay or head along to one of our pop-up bike sales (details on our website)

### Address:

23 Carlton Road, Sneinton, Nottingham  
NG3 2DG

### Key Contact: Ian

**Phone** 07783 14506923

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

[Eventbrite](#)

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**4 - 25**

### Workshop Facilities:



### Getting Here:

Our locations vary but our main hubs are in Sneinton and Wollaton. Our Sneinton hub is not far from Sneinton Market square car park, NG31JB, Pay using the Ringo App. Charges from 50p(1hr) to £9(24hr) (Charges correct on 04/12/23)  
NCTX Bus Stop Southwell Road Stop SN60 Bus Routes – 43, 44, 24, 25, 26, 26A, N26, 27

### Opportunities to Socialise:

During our build a bike sessions there is a small group of people taking part which makes it easy to have conversations and to get to know each other.

Dr Bike sessions are often in public venues or at events and there are opportunities to talk to others waiting for Dr bike and also to chat to the mechanics as they work.





## Ridewise



**Aim:** To encourage multimodal transport across Nottingham, we run projects that include bikes, walking, route planning 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 and make a booking:

<https://www.ridewise.org.uk/Whats-on>

#### 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).

The following activities are available in all Travel Well target areas and can be booked using this link: [https://bookwhen.com/ridewise?tags=TravelWell\\_Services#focus=ev-sjmi-20240707100000](https://bookwhen.com/ridewise?tags=TravelWell_Services#focus=ev-sjmi-20240707100000)

**\*Travel Well Community Bike Maintenance**

**\*Travel Well Cycle Training:** 1:1 or small group sessions

**\*Travel Well Cycle Confidence Courses:** 10 week courses for women and mixed gender.

**Travel Well Women's Ride Leader Training:** Contact [customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk)

**Travel Well Walk & Talk:** Co-design of entry level led walks for people living with health conditions such as gestational diabetes, fatty liver disease, obesity. Some walks may be on referral.

**Travel Well Walk Leader Training:** Contact [MuratBasaran@ridewise.org.uk](mailto:MuratBasaran@ridewise.org.uk) for more information. **Ridewise** are currently working with Nottingham's walking community if you want to walk or want to set up and lead a community walk Murat has a wealth of information and training available.

### Address:

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

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

### Key Contact:

**Call:** 0115 955 2288

### Email:

[customerservices@ridewise.org.uk](mailto:customerservices@ridewise.org.uk)

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

### Activity Levels:



### Facilities:



### Opportunities to Socialise:

Rides and walks are designed to allow people time to get to know each other, refreshments are often available or we will let you know if you need to bring your own.





## Runspire Nottingham

**Aim:** Runspire Nottingham is a friendly and supportive running and walking group that is dedicated to inspiring and changing lives in Nottingham through our vibrant running and walking communities. We welcome runners and walkers of all abilities, from beginners to intermediates, from people who want to get back running to people who just love a 5K run / 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.

### Activities Available:

- **Monday 11am: Wellness Social Walk**  
Bulwell Riverside
- **Tuesday 7pm: Wellness Social Walk**  
Ken Martin Leisure Centre
- **Thursday 11am: Nordic Walking**  
Ken Martin Leisure Centre
- **Thursday 7pm: Nordic Walking**  
Ken Martin Leisure Centre

Runspire also offers regular social running sessions and Couch to 5k courses. See the Runspire website for more information.



### Address:

Ken Martin Leisure Centre,  
Hucknall Lane,  
Nottingham,  
NG6 8AP

### Key Contact:

**Call:** 07482717972

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

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

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**7-20**

### Activity Levels:



### Facilities:



### Opportunities to Socialise:

The runs and walks are designed to be social activities where people can meet and chat. No one gets left behind.

### Getting here:

Bus routes are available from the city centre. Bulwell Forest Tram Stop close by. Parking available at Ken Martin Leisure Centre.



# Travel Well Providers



## Address:

Loxley House, Nottingham.  
We can come to you or we can communicate remotely.

## Key Contact:

**Name** Michael Howard  
**Phone:** 07761 448631  
**Email** [travelwell@sustrans.org.uk](mailto:travelwell@sustrans.org.uk)  
**Web** [About us - Sustrans.org.uk](#)  
**Facebook**

**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 go with you
- ✓ Sign-posting to services giving access to bikes
- ✓ Information on things going on in your local area

Mental  
Health  
Level

**0 - 3**



**Mixed  
Gender/  
Cultures**

Average  
Group  
Size

**1-2-1**



## Can we help you get out and about more?

Walk, wheel or cycle to new activities or your favourite places

We offer:

- ✓ Help finding routes suitable for you
- ✓ A 'buddy' to go with you
- ✓ Information on things going on in your local area



**We would love to hear from you!**

**Please contact:**  
**07761 448631**  
**travelwell**  
**@sustrans.org.uk**



## Support for cheap and sustainable travel

We can help you walk, wheel or cycle to new jobs, training and interviews

We offer:

- ✓ Route planning advice
- ✓ A 'buddy' to ride or walk the route with you
- ✓ Sign-posting to services giving access to bikes



**We would love to hear from you!**

**Please contact:**  
**07761 448631**  
**travelwell**  
**@sustrans.org.uk**



Funded by  
 Active Travel  
England

**sustrans**  
JOIN THE MOVEMENT

Nottingham  
City Council

Funded by  
 Active Travel  
England

**sustrans**  
JOIN THE MOVEMENT

Nottingham  
City Council

**GreenSpace**  
For better headspace

## Women in Tandem



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

### Activities Available:

**Check out Eventbrite for current sessions**

**Group Rides** available from different locations in Nottingham City

**Women's Open Workshop:** DIY bike kitchen with mechanic supervision to help you fix your own bike

**Learn to Ride and Cycle Training:** Group and Private 1:1 bookings, women-only

**Bike Maintenance Courses:** Women only classes to help you learn basic safety checks and how to fix common problems such as a punctures.

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

### Address:

Unit 8, Chaucer Street, Nottingham, NG1 5LP

### Key Contact: Emily

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

**Phone** 07511502741

**Web** [Home - Women in Tandem](#)

**Eventbrite** [Women in Tandem Events](#) | [Eventbrite](#)

Mental  
Health  
Level

0 - 2



Women  
only

Average  
Group  
Size

6 - 25

### Workshop Facilities:



### Activity Levels:

#### Beginner rides:



#### Long rides:



### Getting Here:

Our city centre workshop address is Unit 8 Chaucer Court Workshops, Chaucer Street, Nottingham NG1 5LP.

Nearest Tram Stop: Nottingham Trent University

Nearest Bus Stops:

Clarendon Street - City Buses : 28,30,35,36 and the L14 Local Link

Wollaton Street - City Buses & Trent Barton Buses: i4, Indigo, Rainbow 1, Two, N34, 18, 34, 77, 78, 79

Our local rides will start at different location be sure to check the event information or call or email if you are unsure

### Opportunities to Socialise:

This is a great space to meet new people, most of our guests come not knowing anyone and 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.





# Walking Groups

## 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/3lvVD3>

#### 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.

### Key Contact:

**Web** <https://beta.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.

## 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

Walks take place in the following locations:

- Woodthorpe Grange Park
- Nuthall Railway
- Old Basford
- Victoria Embankment
- Bestwood
- Nottingham City parks
- Wollaton Park
- Strelley Woodland and Countryside
- Forest Recreation Ground (Longer & Shorter Walks available)
- Bulwell Bogs

### Address:

Various locations across Nottingham and Nottinghamshire.

### Key Contact:

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

**Phone** 0115 896 6906

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

**Leaflet** <https://bit.ly/4lymxYL>

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.

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



# Walking Groups

## 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 Nottinghamshire.

### Key Contact:

**Name** Chris Thompson

**Email** [nottsrow15@outlook.com](mailto:nottsrow15@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:



Facilities vary by location.

### 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.

## 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. Accessible by public transport or short walk from public transport.

### Key Contact:

**Name** Amelia Daiz

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

**Phone** 07926 380 967

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

Mental  
Health  
Level

**0 - 2**

### Facilities:



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**Varies**

Facilities vary by location.

**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.

# Walking/Running Groups



## Parkrun/Walk



**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>

### Key Contact:

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

### Facilities:



Facilities vary by location.

# Local groups that get you moving



## 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.

#### Yoga in the Garden

*Mondays and Saturdays*

Held outdoors, but indoors over winter.

#### Nordic Walking Taster Sessions

**To check our latest activities and events, 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)

Mental  
Health  
Level

**1 - 3**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**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.



## Mellish Sports Centre

**Aim:** To provide a range of fitness activities and classes to the community at affordable prices..

### Activities Available:

**Flexible gym memberships** – no contract and no direct debit

Fully equipped gym with free weights, resistance machines and cardio equipment.

**Fitness classes** – there is a wide range on offer, contact the centre for the latest timetable.

**Walking Netball** – Wednesdays 10:30-11:30am

Contact Claire Bowen 07551578361

[claire.bowen@englandnetball.co.uk](mailto:claire.bowen@englandnetball.co.uk)

**Opportunities to Socialise:** There is a small café on site where people can socialise before or after activities.

### Address:

Kemmel Road, Bulwell, NG6 9FH

### Key Contact:

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

**Phone** 0115 975 4772

**Facebook** [Mellish Sports Centre | Facebook](https://www.facebook.com/mellishsportscentre)

Mental  
Health  
Level

**0 - 2**



Mixed  
Gender/  
Cultures

Average  
Group  
Size

**Depends  
on  
activity**

### Facilities:



### Getting Here:

#### Public Transport:

**Bus** - Number 68 or 69 bus from Bulwell to Picadilly (stop BU39) and then a 5 minute walk to the sports centre.

**Tram/Train** - 15 minute walk from Bulwell tram/train station and bus station.

**Parking:** Available on site.

## Nature-based app for self-guided walks



<https://www.gojauntly.com/>

**You can choose to follow step by step instructions...**



**Go Jauntly is a FREE walking app designed to help people wander outside of their normal surroundings and reconnect with nature.**



**Or follow the route on the map.**

**Go Jauntly also has a route mapping feature that works in a similar way to other mapping apps, but as well as offering you the quickest route to your destination, it also offers you the chance to walk on the greenest route that links you to nature on the way!**



### **Go Jauntly Walking Routes**

Download the Go Jauntly app and search for Nottingham to find the **TRAVEL WELL** collection.

**Check out these local Travel Well routes on the app!**

- Green's Mill Gardens Galore
- Forest Bathing in Victoria Park
- King Edward Park Loop
- Station to Stonebridge City Farm
- Parade around Coppice Park
- Super Sneinton and Sneinton Greenway
- Robin Hood Chase and Sycamore Park

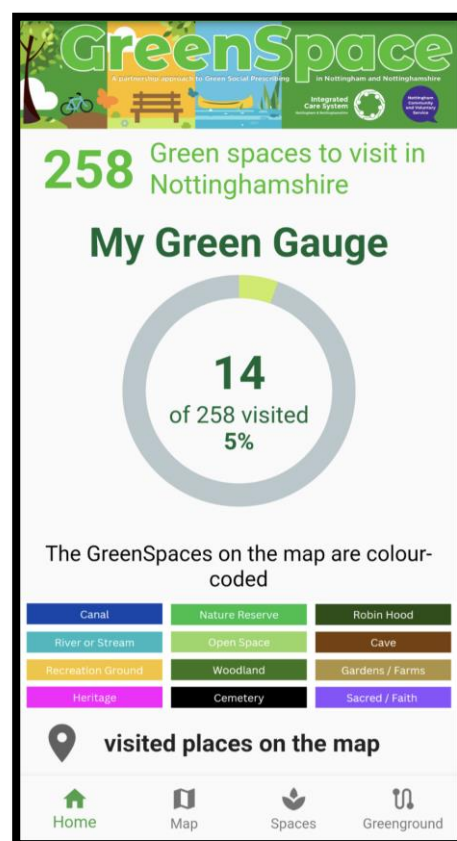
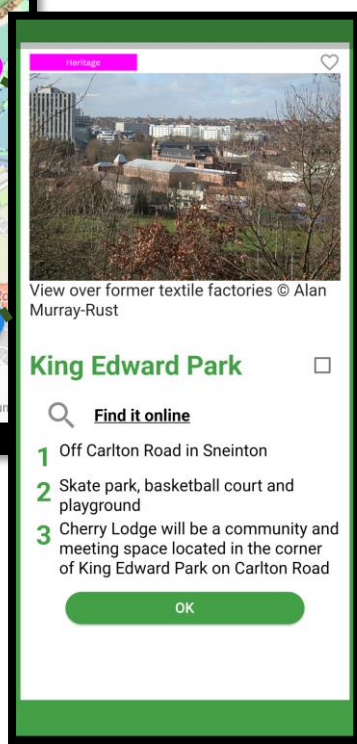
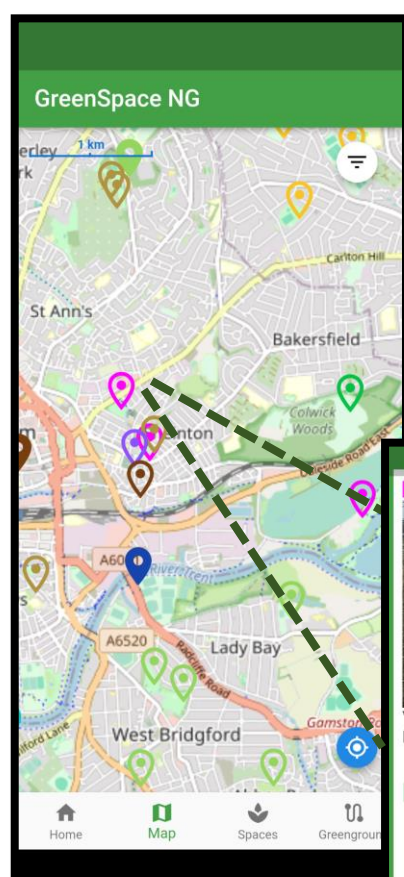




# GreenSpace NG App – Places to visit on your doorstep



The GreenSpace NG app contains a wealth of information about different green spaces in Nottinghamshire and allows users to keep a record of where they have been and mark their favourite places, using the built-in map and checklist. Locations are grouped by theme, such as heritage locations, woodlands, and gardens.



Google Play [https://play.google.com/store/apps/details?id=com.colton.greenspace\\_ng](https://play.google.com/store/apps/details?id=com.colton.greenspace_ng)

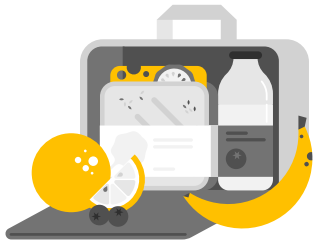
App Store <https://apps.apple.com/gb/app/greenspace-ng/id6464156638>

## Apps to get you places

App	What it does	TRAVEL WELL
<b>All Trails</b>	GPS Hiking, Cycling Trail Maps – Record your walks/rides and find new routes to follow.	
<b>Cycle Travel</b>	<a href="https://cycle.travel">cycle.travel</a>   <a href="#">route-planner and maps - traffic-free &amp; quiet roads</a>	
<b>Geocaching</b>	Follow clues to small caches (boxes, bags, containers, magnets) with a log of who has found them. Add your name and put it back for others to find.	
<b>Komoot</b>	Activity recording, runs, walks, rides Route mapping Find local routes Interact with friends and build a community	
<b>Lime Bikes Hire</b>	Discover a nearby bike, Pay to use bikes, View ride passes, report issues	
<b>Net Go</b>	Mobile Tram Tickets, Timetable, Network Information, Find nearest park and ride	
<b>NHS couch to 5k</b>	NHS have an app to get you running, repeat stages as many times as you need to before moving on and take things at your own pace	
<b>Nottingham City Transport</b>	Mobile Bus tickets, Timetables, Journey planner, Live departures, Service updates. Nottingham City Transport ( <a href="https://nctx.co.uk">nctx.co.uk</a> )	
<b>Notts Green Rewards</b>	Record your recycling and active travel monthly for a chance to win prizes and add to the collective efforts of your neighbourhood	
<b>OS Maps</b>	Route planning, Route mapping, view whats on the horizon	
<b>Park Run</b>	Find local Park Run/ Walk s in your area and view your timings	
<b>Pokemon Go</b>	Interact with friends and bring gaming to local parks and open spaces Rewards higher step counts Follow routes through the game	
<b>Ramblr</b>	Walk recording and navigation.	
<b>Strava</b>	Activity recording, runs, walks, rides Route mapping Route Planning Find local routes Interact with friends and build a community	
<b>Virtual Runner</b>	Sign up to a challenge, upload your results and get a fabulous medal (from£3-£15 per challenge)	
<b>ZRX: Zombies, Run!</b>	Get bored, don't like running? Walk, jog or run to through different challenges to complete tasks.	
<b>5k Parkrunner results</b>	View your park run results	

## Suggested Kit List for getting outside more.

### Basic useful stuff



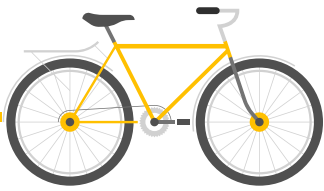
- ☐ Waterproof shoes/boots
- ☐ Coat
- ☐ Jumper
- ☐ Gloves
- ☐ Hat warm/cool

- ☐ Brolly
- ☐ Snacks
- ☐ Snack bag
- ☐ Map

### A bit more specialist stuff

- ☐ Bike, Lights and lock

- ☐ Rucksack



- ☐ Helmet



- ☐ Poles

- ☐ Walking boots



- ☐ Torch

### Need Help with Kit?

[Welcome to Kitsquad - Donated Adventure Gear](https://www.transportnottingham.com/cycling/hire-a-bike/)



<https://www.transportnottingham.com/cycling/hire-a-bike/>



[Nottingham Welly Bank | Facebook](https://www.facebook.com/nottinghamwellybank)

Referral only - speak to your social prescriber  
[travel.well@nottinghamcity.gov.uk](mailto:travel.well@nottinghamcity.gov.uk)  
<http://sharewearclothingscheme.org/>





**The Nottingham Cycle Map is available at the Tourist Information Office in Old Market Square.**

**Find it online here:**

[www.transportnottingham.com/article/cycle-maps/s](http://www.transportnottingham.com/article/cycle-maps/s) - Transport Nottingham



<https://www.cyclinguk.org/>

### **Five Tips To Stay Safe**

Cycle safety advice:

<https://www.cyclinguk.org/cycle-safety-advice>



### **How to Cycle Safely at Road Junctions**

Video guide:

<https://www.cyclinguk.org/road-position>



### **How to Check Your Bike before a Ride**

Video guide: <https://www.cyclinguk.org/article/video-guide-what-do-setting>



### **Roadside Bike Repairs**

Video guide: <https://www.cyclinguk.org/article/video-guide-roadside-bike-repairs>



## Pregnant

For greater comfort, try a step-through frame, a folding bike, a more upright Dutch-style bike or an e-bike.



## Cargobike

Babies can travel in carseats, alongside bigger children of any age. This is the most flexible but greatest investment.



## Twins or a baby and a toddler

Double trailer with baby support inserts, (weight limit 45kg).



## One baby under 9 months

Babies of any age can travel in a single/slimline trailer, with baby support inserts, (up to 9kg).



## 9 months – 5 years

A baby who can sit up unaided (normally at 9 months and 9kg) can use a rear mounted child seat (weight limit normally 9-22kg). Choose one that reclines for naps.



## 9 months – 4 years

Child seat on front of bike, (weight limit normally 9-15kg).



## Baby/toddler and child who can pedal

Combine a front seat on your bike and a tag-along. You can use a front seat and rear seat attached to a normal bike, too.



## 4+ years

A child who can balance and pedal can use a tag-along or trailer bike.



## Tandem

A child who can balance and pedal can use a tandem. You can also attach childseats to some models.



## School aged children

Once they are confident you can cycle on separate bikes. Start on traffic-free routes, then encourage your child to do Bikeability levels 1, 2 and 3.



# Parks and Open Spaces

## Contact Nottingham City Council Parks and Open Spaces:


Call: 0115 915 2733

E-mail: [parksandopenspaces@nottinghamcity.gov.uk](mailto:parksandopenspaces@nottinghamcity.gov.uk)

Web: <https://www.nottinghamcity.gov.uk/leisure-and-culture/events-markets-parks-and-museums/parks-and-open-spaces>

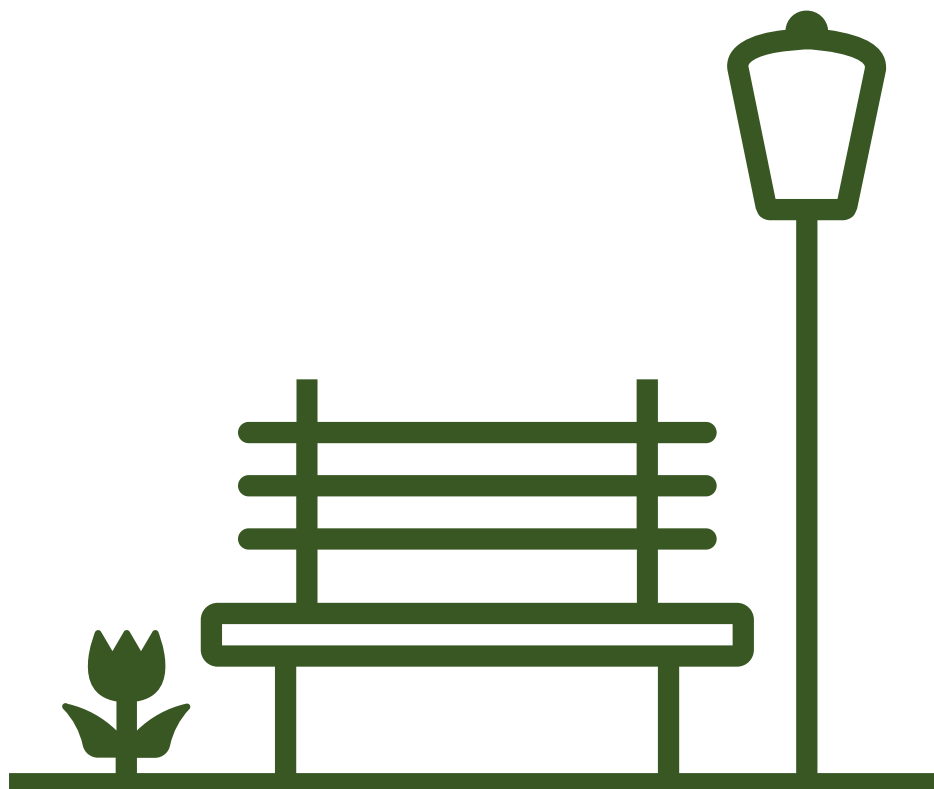
Location	Facilities Available	TRAVEL WELL
Ashton Park Snape Wood Snape Wood Road NG6 7GH (next to Snape wood community centre)	Playground – For small kids and big kids / Teens. Swings Benches Climbing boulder Shelter Climbing frames for different ability levels Multi use Game Areas (MUGA) football/ basketball / Tennis Small woodland area next door	
Basford Junction Off Lauriston Drive NG6 ODR	Community green space, small bench and planted borders. Just off of the ramp to cross the railway	
Brooklyn Park Highbury Vale Brooklyn Road NG6 9ES	Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Benches Small practice bike track / road Medium sized grassed area with a couple of mature trees	
Bulwell Bogs, Main Street NG6 9AA	Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Water Park (summer months) Benches available Riverside walk	
Bulwell Forest recreation Ground Hucknall Road, NG6 8LQ	Playground – For small kids and big kids / Teens Open Space, Mature Trees Multi use Game Areas (MUGA) football/ basketball / Tennis Outdoor Gym Benches Tiny Forest Site	
Bulwell Hall Park Off Sandhurst Road (A6002) NG6 8GG	Playground – For small kids and big kids / Teens Open Space, Mature Trees Football pitches Fishing Lakes Country Park Café Walks Golf Course Site of urban bushcraft Outdoor Gym	

# Parks and Open Spaces

Location	Facilities Available	TRAVEL WELL 
Commercial Road Playground junction of Coventry Road, NG6 8LT	Playground – For small kids Bench Walled / fenced A couple of larger trees	
Corncrake Way Playground Corncrake Way NG6 0NG	Playground – For small kids Small grassed area Mature Trees Walks along the River Leen nearby Close to Basford crossing and David Lane Tram Stop	
Fearnleigh Drive Playground, NG6 0JH	Basket ball hop Playground for small kids Small grassed area with a few trees Bench and picnic bench	
Gabrielle Close Playground Gabrielle Close NG6 0DP	Playground for Toddlers and small kids adapted swing on site Bench Very small fenced tarmacked football area	
Hempshill Lane Recreation Ground Hempshill Lane NG6 8PF (also off Sellers Wood Drive)	Next to Bulwell BMX track and Northern Cemetry Playground for Toddlers and small kids with large grassed area surrounding it mature trees and small woodland nearby Benches Wildflower area Footpath	
Merlin Park, Hucknall, NG15 6WR	Playground & Nature Reserve Backs onto Bulwell Hall Park Playground – For small kids and big kids / Teens Pond Multi use Game Areas (MUGA) football/ basketball / Tennis Practice Cycle paths Trim Trail Walking routes Bridleway	
Phoenix Park GreenSpace Willow Hill Close Willow Hill Close NG6 8DH	Large GreenSpace area with new and mature trees Footpaths Pond	


# Parks and Open Spaces

Location	Facilities Available	TRAVEL WELL
Stockhill Park Stockhill Lane NG6 0LP	Dinosaur themed Adventure Golf onsite Outdoor Gym Playground suitable for Toddlers, Small Kids, Big Kids/ Teens Medium sized open grassed area with some mature trees Goal Ends	
Vernon Park Vernon Avenue NG6 0AP	Behind Basford Library Small Lake Mature Trees Tennis Court Sports Pavillion Medium sized Green Open Space Goal ends Play ground Tarmacked Footpaths	
Wallis Street / Park lane Playground NG6 0EU	Small green Space with mature trees Playground for Toddlers and small kids Benches / Picnic Benches Entrance also from Britannia Ave	





# Have Fun While Travelling

Activity	What to do	TRAVEL WELL 
<b>Bus Stop Bingo</b>	Go to your bus stop if you have over 5 mins until your next bus try to walk to the next stop. Are you brave enough to go one more and risk the bus zooming past?	
<b>Play I Spy</b>	Minimum 2 player I spy with my little eye something beginning with.... I spy with my little eye something that is Yellow.... One person sets the question the other(s) guess the answer.	
<b>Play Cat</b> (or Dog, or Tree...etc)	Decide on an animal or object and see how many you spot. If you are with others, score yourselves by giving the person who spots and says the objects name first a point. You can also use sounds instead..	
<b>Step Count</b>	Use your watch phone or brain to count how many steps you do on your journey. Set yourself a challenge to see how far you get in a day/ week/ month.	
<b>When you hear</b>	Pick a sound and an activity to do when you hear it.	
<b>Blog your travels</b>	Take photos, make notes, post it online privately or publicly	
<b>Scavenger hunt</b>	Set yourself a photo or tick sheet challenge and have a list of things to photograph or tick off while you are out this can last many trips	
<b>Explore a new route</b>	Bored of walking the same way? Plan your route to explore a new street or path that you don't usually use, head out with a few minutes extra time and enjoy exploring.	
<b>Map your route on an app</b>	Map your route on an app like Go Jauntly or Kommute, upload pictures, make notes and post it for others in your area to use. (remember to start mapping a street or two away from your front door)	
<b>Train for a 5k</b>	If you've always wanted to run a 5K race but don't know where to start, try one of the many easy-to-follow training apps that alternate walking and jogging gradually over several weeks as you eventually build enough stamina to run the entire distance.	
<b>Tune out</b>	Listen to a favorite music playlist, podcast, or audiobook while you walk	