

The Big Green Book



TRAVEL WELL

Edition

Nottingham City West

Including:
Aspley Estate, Beechdale, Bells Lane Estate,
Bilborough, Broxtowe Estate, Strelley Estate



Funded by



The Big Green Book



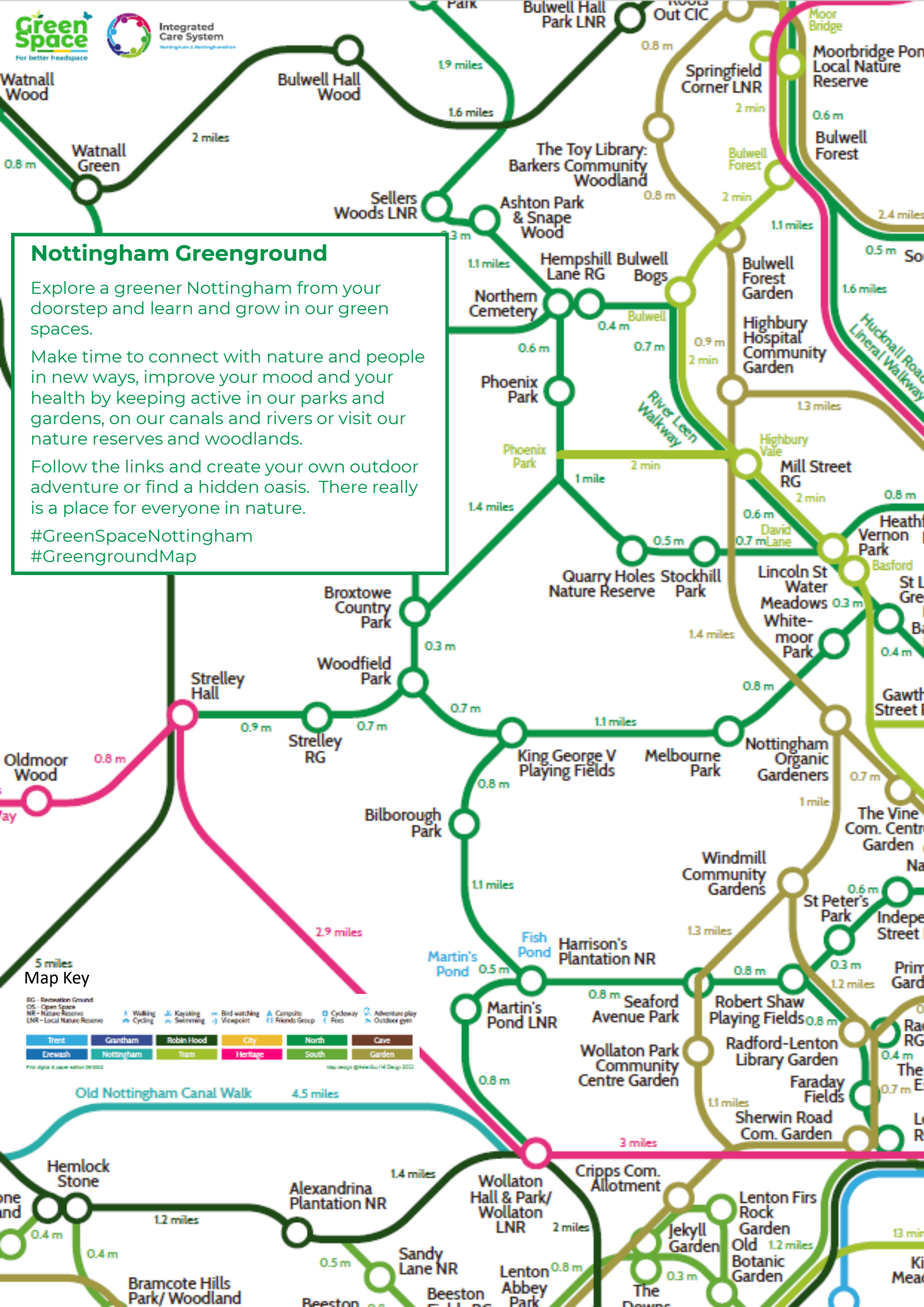
Welcome to the Travel Well Edition of The Big Green Book!

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!







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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

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

[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.

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

***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

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 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

Web 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:

Nordic Walking in Strelley

Wednesdays 1pm from the Broad Oak Pub

Book 10 free taster sessions using the code **TravelWell10** (terms and conditions apply – please see the Runspire website)

Runspire also offers regular social running sessions and Couch to 5k courses available in Bulwell. Please see the Runspire Nottingham website for more details.



Address:

Harvey Hadden Sports Centre,
Wigman Road,
Bilborough,
NG8 4PB

Key Contact:

Call: 07482717972

Email: hello@runspire-notts.com

Web: 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. Parking is available at Harvey Hadden Sports Village.



Travel Well Providers



Address:

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

Key Contact:

Email 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



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Nottingham
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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

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.





Aim: We aim to provide a Community Hub to provide activities and support for the community to help improve life-opportunities and to create the tools and pathways for all to reach their potential.

Activities Available:

Evolve Walking Group

Every Tuesday at 12:30pm (weather dependent)

Other activities available with Evolve CIC include:

- Golden Boxing
- Womens Boxing Circuits
- Zumba
- Women's full body fitness sessions
- Men's Group
- Advice & Support
- Social activities (e.g. Bingo, Karaoke, Sewing group)
- Volunteering
- Youth activities
- And much more!

For an up to date timetable, contact the team or visit the Evolve website or Facebook page.

Opportunities to Socialise:

This an area with refreshments available (for a small ere donation) and space to sit and chat before or after activities. Evolve offers many social activities that people can get involved with and the friendly staff team can chat to you about the different activities you can get involved with.

Address:

Strelley Community Club, Helston Drive,
Strelley, Nottingham, NG8 6JZ

Key Contact:

Name Gary Bulmer, Jo Rice

Phone: 07957592454

Email evolvenottingham@outlook.com

Web [Home](#) | [Evolve Nottingham](#)

Facebook [Evolve Nottingham CIC](#) | [Facebook](#)



0 - 2



**Mixed
Gender/
Cultures**



Varies



Facilities:

Getting Here:

Bus: Stops:

CT4N L4 LocalLink Strelley Social Club stop

5 mins walk from:

NCTX 77C, 78 Westleigh Road stop

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

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

Phone 07719 827 808

Web 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

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

Facilities:



Facilities vary by location.

Local groups that get you moving

Diversify Education CIC

Aim: At Diversify Education and Communities CIC, we have a strong focus on celebrating diverse cultures, bringing all communities together and addressing several taboo subjects affecting culturally diverse communities in society. As an organisation we strive to raise awareness around mental health and well-being by engaging with diverse communities and their residents to nurture a healthy and wholesome social life. Our aim is to foster a safe and secure environment where everyone feels welcomed, we emphasise that is okay not to be okay.

Activities available:

Diversify offers a wide range of activities, including:

- Craft activities
- Lads and Dads group
- Community meals
- Sewing classes
- Group holidays
- ...and much more!

For the latest events and activities, contact the team or see the [Diversify Facebook page](#).

Address:

Beechdale Community Centre,
NG8 3GD

Key Contact:

Name Shanine Fasasi
Phone: 07492 759779
Email admin@diversifiededucation.co.uk
Web diversifiededucation.company.site
Facebook [Diversify | Nottingham | Facebook](https://www.facebook.com/Diversify-Nottingham/)

**Mental
Health
Level**

0 - 2



**Mixed
Gender/
Cultures**

**Average
Group
Size**

Varies

Facilities:



Getting Here:

Bus: Stops:

5 mins walk from:

CT4N L4 Local Link Frampton Road, Kincross Crescent or Ambergate Road stops

NCTX Pink 28 Greetwell Close or Glaisdale Drive stops.

Other Activities include:

We provide free hot meals which we promise to be healthy, nutritious and delicious.

Along with our community cafe, we have got libraries for children and adults. People can come to the centre to read or borrow a book. We also hold storytelling sessions and give away free books to all in conjunction with the National Literacy Trust.

Local groups that get you moving

AKA Nottingham

Aim: a grassroots non-profit organisation founded by three friends (Antwon, Kevin & Anton hence AKA!), and members of the community that wanted to be proactive about making a positive impact on the community whilst making the city and its people happier, healthier & unified. We provide opportunities for people from disadvantaged, socially isolated groups of all ages in Nottingham to access projects and events to improve their physical, emotional, and mental well-being to create community cohesion.

Activities Available:

Our activities include:

Hikes in the Peak District (last Sunday of every month)

Hiking

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! Fitnesscamps.

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

Join us for a guided adult bike ride, **3rd Sunday of every Month.** Cycling around Local Nottingham Nature spots. On a 5-7km route, suitable for all abilities.

The rides are totally free and we have a small number of bikes available to loan on the day, or you can bring your own bike to ride

Youth Club

Workshops

Training – First Aid at Work

Events

Address:

Works from various locations across Nottingham City

Key Contact:

Name Kevin, Antwon or Anton

Phone: 03303217612

Email contact@aka-hwo.org.uk

Web www.akahwo.com

Facebook

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

Varies

Facilities variable by site/ activity:



Opportunities to Socialise:

Time to talk on hikes and rides, breaks are built into activities if you haven't managed to talk to people before these are a good time. If you travel to a hike on our Bus with us there is plenty of time to say hello and get to know each other before we get to our start point.

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!

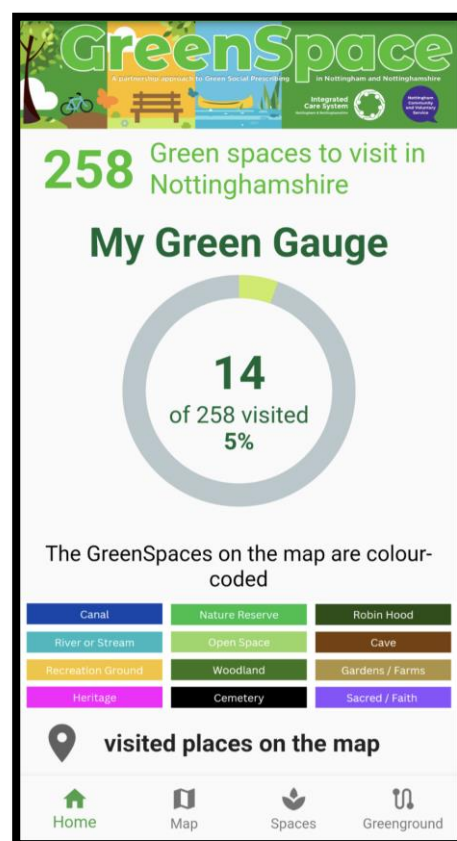
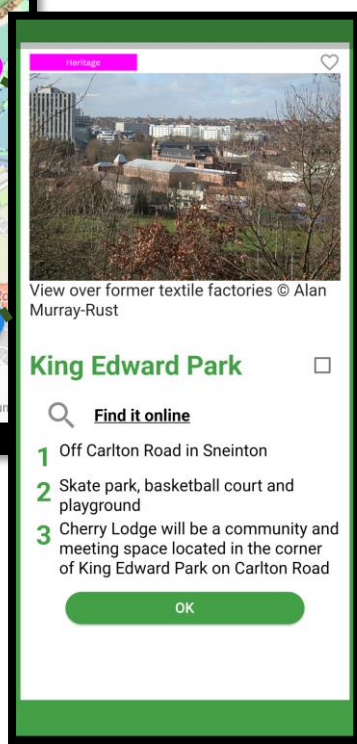
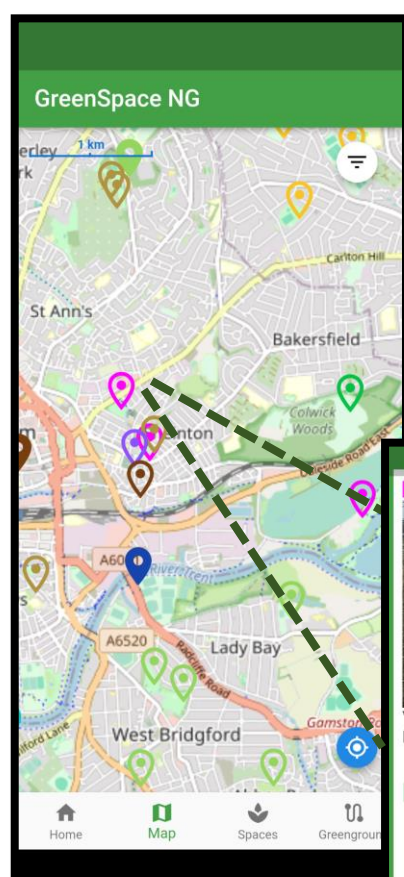
- Green's Mill Gardens Galore
- Forest Bathing in Victoria Park
- King Edward Park Loop
- Station to Stonebridge City Farm
- Parade around Coppice Park
- Super Sneinton and Sneinton Greenway
- Robin Hood Chase and Sycamore Park



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

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

Apps to get you places

App	What it does 
All Trails	GPS Hiking, Cycling Trail Maps – Record your walks/rides and find new routes to follow.
Cycle Travel	cycle.travel route-planner and maps - traffic-free & quiet roads
Geocaching	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.
Komoot	Activity recording, runs, walks, rides Route mapping Find local routes Interact with friends and build a community
Lime Bikes Hire	Discover a nearby bike, Pay to use bikes, View ride passes, report issues
Net Go	Mobile Tram Tickets, Timetable, Network Information, Find nearest park and ride
NHS couch to 5k	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
Nottingham City Transport	Mobile Bus tickets, Timetables, Journey planner, Live departures, Service updates. Nottingham City Transport (nctx.co.uk)
Notts Green Rewards	Record your recycling and active travel monthly for a chance to win prizes and add to the collective efforts of your neighbourhood
OS Maps	Route planning, Route mapping, view whats on the horizon
Park Run	Find local Park Run/ Walk s in your area and view your timings
Pokemon Go	Interact with friends and bring gaming to local parks and open spaces Rewards higher step counts Follow routes through the game
Ramblr	Walk recording and navigation.
Strava	Activity recording, runs, walks, rides Route mapping Route Planning Find local routes Interact with friends and build a community
Virtual Runner	Sign up to a challenge, upload your results and get a fabulous medal (from£3-£15 per challenge)
ZRX: Zombies, Run!	Get bored, don't like running? Walk, jog or run to through different challenges to complete tasks.
5k Parkrunner results	View your park run results

Suggested Kit List for getting outside more.

Basic useful stuff



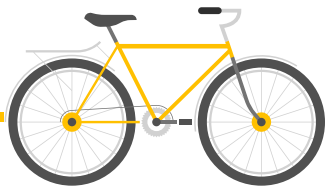
- ☐ Waterproof shoes/boots
- ☐ Coat
- ☐ Jumper
- ☐ Gloves
- ☐ Hat warm/cool

- ☐ 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
<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 - 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

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

Location	Facilities Available	TRAVEL WELL
<p>Strelley Recreation Ground</p> <p>Situated on the corner of Woodhouse Way and Strelley Road NG8 6NA</p>	<p>2 Multi use Game Areas (MUGA) Tennis Court Outdoor fitness equipment Public Toilets Parking / Disabled Parking Dogs Welcome Picnic and Wildlife Areas Public Transport Disability Access – main paths are surfaced, woodland not surfaced a large area of open grassland, a woodland walk and wildflower meadow.</p>	
<p>Broxtowe Country Park</p> <p>Lindfield Road, Nottingham NG8 6HW</p>	<p>Large Green Space, Mature Trees, Links Bilborough Cinderhill and Strelley Disability Access – main paths are surfaced, woodland not surfaced On Street Parking Dogs Permitted Cycling Benches Wildlife Areas Multi-Use Games Area The park combines a mixture of woodlands and grassland with excellent recreation facilities including an exciting adventure playground off Westleigh Road entrance</p>	
<p>Amesbury Circus Playground, Amsbury Circus NG8 6DD</p>	<p>Large Green Space Next to Bells lane community centre and Roslyn Park Primary School Small play area swings/ slide roundabout and small climbing frame</p>	
<p>Beechdale Mews Chapman Court / Gaynor Court NG8 3FQ</p>	<p>Small playground with short assault course mostly for pre teens Tarmac pitch 2 mature trees, grass and a few knee high boulders Bench Fenced all round Permit holder parking only</p>	
<p>Harvey Hadden & Bilborough Park Wigman Road NG8 4PB Playground</p>	<p>Large Green Space A few smaller mature trees 1500m enclosed Cycle track Football pitches on field and Astro 5 a side pitches available to hire Toilets available at Harvey Haddon during opening hours Small Play Park aimed at toddlers to pre teens Parking / disabled parking Next to Bilborough Islamic Centre (Makki Mosque) and Glenbrook Spencer Academy</p>	<p>GreenSpace For better headspace</p>

Parks and Open Spaces

Location	Facilities Available
Kennington Road Playground Kennington Road NG8 1QD	Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Basketball hoops Goal End Green Space and Large Trees
Melbourne Park Off Melbourne Road NG8 5HL	Mature Trees including Lombardy and Black Poplars Large Green open space Football pitches and Sunday league Playground Multi Use Games Areas Parking / Disabled Parking Telephone: 0115 915 2764 Email: sports.booking@nottinghamcity.gov.uk
Moor Road Play Park Enter from Edgeway or Moor Road NG8 6LS	Small playground for Toddlers Small Green Space with a few mature trees at the Edgeway entrance. Not far from Strelley Recreation Ground
Wollaton Vale Park, Rosedale Drive NG8 2JA	Medium sized urban GreenSpace with mature trees Next to the Vale Community Centre
Seaford Avenue Park Seaford Avenue NG8 1NB	Small Green Open Space Playground suitable for pre teens / Toddlers Basketball Hoop and goal end on grass field
Sutton Passeys Playground Near Wollaton Park Golf Course Sutton Passeys Crescent NG8 1BU	Large Green Space on the edge of Wollaton Park Golf Course Next to Wollaton Parks Lime Tree Avenue Deer Free roaming Playground suitable for pre-teens fenced Outdoor Gym equipment next to the park for teen to adults
Torville Drive Playground Torville Drive NG8 2BU	Small Green Space with mature trees Playground with a range of equipment suitable for pre-teens Open Green Space 5 minutes walk from Martins Pond Backs onto the Railway line
Whitemoor Park Access via Tintern Drive NG8 5FD Or behind Leen View Surgery Bailey Street NG6 8PF	Small green Space Playground Goal ends Hoop Monkey bars Metal Climbing boulders Outdoor Gym Picnic Bench


Parks and Open Spaces

Location	Facilities Available	TRAVEL WELL
Whitwell Playground Whitwell close Whitwell Road NG8 6JS	Small GreenSpace with a few mature trees surrounded by housing / roads Playground suitable for toddlers / pre-teens Bench Grassed area	
Wollaton Park Playground and Café 508 Wollaton Road NG8 2AD	Large Green Space as on the edge of Wollaton Hall Park, many mature trees Playground suitable for toddler to teen Parking charges apply Deer roaming free Large grassed areas Picnic benches	
Woodfield Park, Woodfield Road NG8 6HY	Small open Green Space with a couple of trees on the outer edge Playground Suitable for Toddlers / Pre-teens Hoop Goal end Grass football pitch (not currently kept lined)	
Birchover Park Birchover Road NG8 4BW	Medium urban green space with the park backing onto Birchover Cricket Club Car Park Playground suitable for toddler to teen Metal Climbing boulders Goal Ends Basketball Hoop, Outdoor gym, Cricket ground	



Whitwell Playground

Have Fun While Travelling

Activity	What to do	TRAVEL WELL 
Bus Stop Bingo	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?	
Play I Spy	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.	
Play Cat (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..	
Step Count	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.	
When you hear	Pick a sound and an activity to do when you hear it.	
Blog your travels	Take photos, make notes, post it online privately or publicly	
Scavenger hunt	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	
Explore a new route	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.	
Map your route on an app	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)	
Train for a 5k	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.	
Tune out	Listen to a favorite music playlist, podcast, or audiobook while you walk	

Places to walk, bike and wheel to in Nottingham City



Wollaton Hall and Deer Park

- Wollaton Hall is one of the country's finest Grade I listed Elizabethan buildings
- The largest dedicated Natural History Museum in the county.
- Wild deer are incredible to see roaming the grounds
- FREE entry to Hall and Grounds
- Café facilities
- Guided tours – charges apply
- Free: Play areas, gardens, bird watching
- Free Wellbeing at Wollaton sessions. First Sunday of each month in Wollaton Park (e.g yoga). Booking required.
- Accessibility Issues highlighted:

www.wollatonhall.org.uk/accessibility

Wollaton.hall@nottinghamcity.gov.uk 0115 876 3100

Nottingham Industrial Museum

Learn all about Nottinghamshire's industrial heritage – fascinating collection explores our rich industrial history from The Industrial Revolution to the early 20th century.

Five galleries - exhibits reflect the railway, bicycle, motorcycle, lace, telecommunication, pharmaceutical, and tobacco industries.

Discover the history of famous names e.g Raleigh, Boots, Humber.

Collection of working steam, diesel engines, Victorian kitchen, blacksmith's forge.

Located in the stable block of Wollaton Hall and Deer Park

Entry charges apply

www.nottinghamindustrialmuseum.org.uk



Places to walk, bike and wheel to in Nottingham City



Canal and River Trust

UK's largest waterways charity, caring for a 2000 mile network of canals and navigable rivers.

Useful information and short film on the history of the Nottingham and Beeston Canal:

www.canalrivertrust.org.uk/canals-and-rivers/nottingham-and-beeston-canal/the-history-of-the-nottingham-and-beeston-canal

Local events are organized throughout the year and promoted on their website:

www.canalrivertrust.org.uk/things-to-do/events

Features in the Nottingham Go Jauntly app walks



Explore canal and river walks local to you, with free downloadable route map and instructions to guide you.

For Example:

Circular canal walk in Nottingham:

Enjoy a leafy waterside walk through the heart of Nottingham, passing along the Victoria Embankment, the River Trent and the Nottingham & Beeston Canal. 3.5 miles

walk along the Nottingham and Beeston

Canal and River Trent.

www.canalrivertrust.org.uk/local-to-you

