

From First Steps to Full Stride: Runspire's Journey with NCVS

In 2022, Paul reached out to NCVS for guidance on setting up a small running group in Bulwell. With support from Pauline, NCVS's Group Development Officer at the time, he established all the necessary policies and systems to get the group up and running. Bulwell Runners soon grew, adding walking sessions to their offering and, through a collaboration with Midlands Nordic Walking, introducing weekly Nordic Walking sessions.



Left to right: Dave, Volunteering Development Officer; Jant and Paul, Runspire; Kate, ATSP Community Development Coordinator.

Expanding horizons

In 2024, Paul was approached by Kate and Laura, our team members working on the **Travel Well project**, as they were looking for groups who could offer regular walking activities in Bulwell and the other target areas. In their first meeting, Paul explained his plans for expanding into other areas of the city. With some funding support from Travel Well and the National Lottery, Paul has not only expanded the organisation to offer social walks and Nordic walking sessions in Strelley and St Ann's but has also been able to make the newly branded Runspire Nottingham his full-time job!

Becoming a training hub

Runspire joined the Walk Notts Deliverer's Partnership, which evolved from the Notts Walking Network that NCVS helped to develop during work on the original GreenSpace test and learn phase. Through this network Paul was able to access training to become a trainer for the Ramblers Wellbeing Walks and now supports other groups by training their walk leaders to be able to lead their own well-being walks.

New collaborations

Runspire's work for the Travel Well project caught the eye of the **GreenSpace** project team, who asked Paul to work with a group of young people to develop an offer for the green social prescribing project extension. Paul was only too happy to get involved, and, through a series of co-production workshops with young people in Gedling, Runspire launched their '**Run to the Beat**' programme.

Growing the team

It soon became clear that Runspire was going to need more volunteers to meet the ever-increasing demand for their services, so Kate introduced Paul to Dave, NCVS's Volunteering Development Officer, who was able to help Paul to set up a Leader of Volunteers account on our system and advertise his volunteer roles. By advertising on our website, Runspire has been able to recruit a number of new volunteers (one of whom joined him on our Birthday Bimble), and the team have plans for more exciting new opportunities in the very near future – watch this space!

CONTACT US

Have a story to tell? We'd love to hear from you! Contact us at communications@nottinghamcvs.co.uk

