

GreenSpace

For better headspace



THE

Big Green Book



A directory of nature-based activity providers
in Nottingham City and Nottingham County

Integrated
Care System
Nottingham & Nottinghamshire



Nottingham
Community
and Voluntary
Service

A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

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Icons



Toilets



Changing



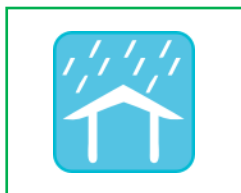
Accessibility



Handwashing Available



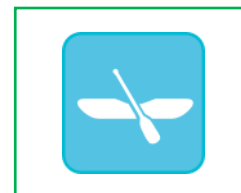
Bike Racks



Shelter Available



Family Friendly



Water Based Activities



Hot Drinks



Walking Group



Operates Through Winter

GreenSpace Trusted Providers

If an organisation 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 can 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, 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 every quarter of the fiscal year. If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team by emailing greenspace@nottinghamcvs.co.uk.

Finding an activity for yourself:

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

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)

Mental Health Levels explained for Social Prescribers

The Mental Health Levels outlined below have been developed with the GreenSpace Mental Health Lead to enable groups and organisations to identify the level of need that they can support. You should refer to these levels when assessing whether an organisation or activity is suitable to meet the needs of the person you are working with.

Level Zero: A person who is well and wishes to take steps to safeguard their mental health

This is a person who has taken their own decision to improve their mental health through a green or nature-based activity. They will independently access advice and self-help resources as they need them and manage their own mental wellbeing without the need of additional support.

Level One: A person who is at risk of developing mental ill health

This is a person who is seeing their GP about their mental health or may have some support from a health worker because they are struggling with isolation, low mood and anxiety, including social anxiety, mild depression or a lack of motivation, structure or routine which is having a negative impact on their mental wellbeing. They need a low level of support which can be managed by their GP with support from Social Prescribing pathways in the voluntary and community sector.

Level Two: A person with mild mental ill health

This is a person who needs GP support along with access to psychological therapies, such as cognitive behavioral therapy (CBT) or counselling, short term medication and/or ongoing monitoring, and they can manage their mental health with this support. They may need a Green Befriender to help them attend the first couple of sessions to settle in. They may need to attend specific sessions, rather than general open sessions and support is available from their Link Worker or mental health practitioner if needed. While engaging in the activity, this person may need support from a volunteer and so training is available for volunteers working in organisations that provide sessions for Level Two patients. Through this supported provision, this person will work towards the recovery goals they have identified with their health care professional, and they will begin to feel the benefit to both their short term and long-term recovery, with the goal of eventually being able to access Level One provision.

Level Three: A person with moderate mental ill health

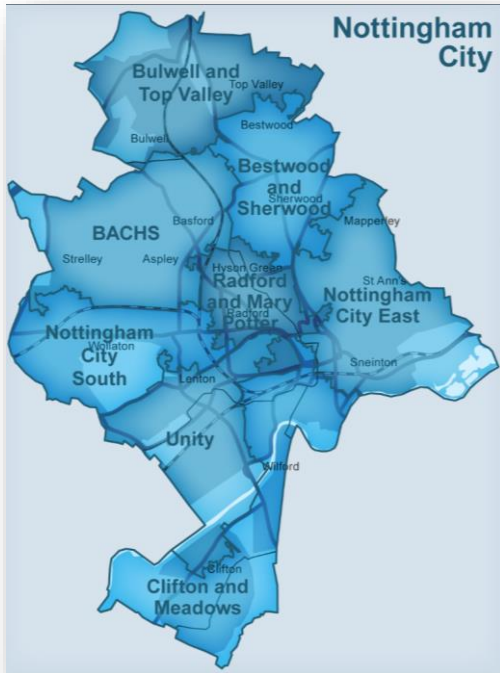
This is a person who has more complex needs and requires more than one area of support, including specialists and local mental health team support. They may need a lot of help to engage in sessions, possibly from a support worker, and health professionals will track and review their progress as appropriate. Provision may be for a set time period or a specific package and would be delivered by services with dedicated resources and expertise in working with people who have enduring and complex mental ill health, which most community groups would not be able to provide without specialist support. Information and guidance will be provided by the referrer to assist the GreenSpace provider, with ongoing communication between the provider and referrer as needed, and there will be an agreed contact to access in the case of a crisis. This person will have a planned pathway out of Level Three provision, to be agreed between the client and their support team, moving into Level Two provision, with the possibility of reentering Level Three provision if necessary.

Level Four: A person with severe or complex mental ill health

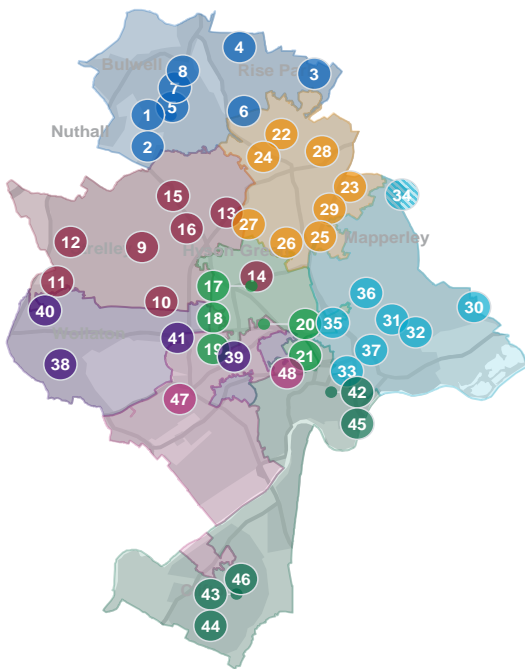
This could be a person who is experiencing an acute mental health crisis which requires them to receive inpatient or intensive crisis team support, or it could be a person who has a long-term serious mental illness which affects how they function, and they need regular care and support. This person might access GreenSpace activities within a hospital environment, such as within a hospital-based community garden or therapy garden. Activities would be provided by specialist teams, including medical professionals, who have expertise in working with people with a range of complex mental health needs, both long-term and acute. This person would need an initial visit and assessment of their individual needs prior to starting an activity and there would be continuous support to attend from a carer or health professional and ongoing communication between the referrer and the provider. There will be a planned pathway out of this provision into Level Three provision when this person is ready, which will be agreed between the person themselves and their support team.

Map Nottingham City

Nottingham City Areas by GP Locations



- Bulwell, Top Valley
- Unity, University, Highfields, Lenton
- BACHS, Aspley, Beechdale
- Radford, Mary Potter
- Bestwood, Sherwood
- City East, Sneinton, Mapperley, Bakersfield
- Bramcote, Wollaton
- Clifton, Meadows



Nottingham City

Bulwell and Top Valley

- 1 Leen View
- 2 Parkside
- 3 Queens Bower
- 4 Rise Park
- 5 Riverlyn
- 6 Southglade
- 7 Springfield
- 8 St Albans

BACHS

- 9 Aspley
- 10 Beechdale
- 11 Bilborough MC
- 12 Broad Oak
- 13 Chuchfields
- 14 Greenfields
- 15 Limetree
- 16 Melbourne Park

Radford and Mary Potter

- 17 Fairfields
- 18 Forest
- 19 High Green
- 20 Radford
- 21 St Lukes

Bestwood and Sherwood

- 22 Alice
- 23 Elmswood
- 24 Hucknall Road
- 25 Sherrington Park
- 26 Sherwood Rise
- 27 The Medical Centre
- 28 Tudor House
- 29 Welbeck

Nottingham City East

- 30 Bakersfield
- 31 Family
- 32 Greendale PCC
- 33 NEMS Platform One
- 34 Vic. & Mapp. (branch)
- 35 Victoria & Mapperley
- 36 Wellspring
- 37 Windmill

Nottingham City South

- 38 Deer Park Family
- 39 Derby Road
- 40 Grange Farm
- 41 Wollaton Park

Clifton and Meadows

- 42 Bridgeway
- 43 Clifton
- 44 John Ryle
- 45 Meadows HC
- 46 Rivergreen

Unity (Nottingham)

- 47 Cripps
- 48 Sunrise

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.

Men's Shed

Mondays, 1:30pm to 3:30pm

A free group for men to come along and get involved in making and mending things, as well as other activities.

Yoga and Pilates

Fridays

Held outdoors, but indoors over winter.

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

Phone 07890 557 854

Web 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.

The Toy Library



Aim: We believe that every child benefits from belonging to a family and every family benefits from belonging to a community. Our purpose is to work alongside and support children, families and communities in the Bulwell area to develop, grow and thrive together through play.

Activities Available:

Twigglets

Saturdays, 1pm to 3pm

A woodland play session for parents and children aged 0 to 4. The average group size for these sessions is 1 to 30.

Conservation Volunteering

Wednesdays from 10am

People are welcome to volunteer and help maintain the woodland. We'll provide the tools, guidance and expertise. Please bring along a packed lunch if you wish. The average group size for these sessions is 5 to 10.

Address:

Barker's Wood, Bulwell, Nottingham,
NG6 8LF

Key Contact:

Email admin@toy-library.co.uk

Web www.toy-library.co.uk

Mental
Health
Level

1 - 3



Mixed
Gender/
Cultures

Average
Group
Size

Varies

English
Polish
Slovak

Facilities:



Opportunities to Socialise: We encourage people to mix at all our sessions and provide a snack time at the end of Twigglets around the campfire. Tea and coffee is usually on tap, and there's always opportunity to chat at the end of sessions.

Wild Things Ecological Education Collective

Aim: We believe that all children and young people should have the right to spend time in and form a lasting and nurturing relationship with the natural world – regardless of their circumstances and background.

Activities Available:

Forest School Programmes (Term Time)

Woodland Activity Days (Easter/Summer Holidays)

Our programmes provide a unique, first-hand learning experience of connecting with nature in a safe, inclusive and nurturing woodland setting.

Suitable for: We work with a large range of groups with varied needs, including pupil referral units, virtual school, mainstream school groups across the city and rural areas, specialised small nurture groups, and specialised youth support groups.

Things to note: All sessions must be pre-booked.

Opportunities to Socialise: During our sessions there are lots of opportunities to relax in a hammock or sit round the fire with a hot chocolate.



Address:

Bestwood Country Park, Park Road,
Bestwood Village, Nottingham, NG6 8TQ

Key Contact:

Email eco-action@wildthings.org.uk

Phone 07848 026 316

Web www.wildthings.org.uk

Mental
Health
Level

0 - 1



Mixed
Gender/
Cultures

Average
Group
Size

9 - 12

Slovenian

Facilities:



Getting Here:

Bus: Stops are a 20 to 30-minute walk away.

Tram: Stops are a 40 to 50-minute walk away.

Parking: Nearest car park is at the entrance of the country park on Park Road. **Minibus:** With prior permission, minibuses can drop off groups in the park, near our site.

Cripps Health Centre Community Garden & Health Walk

Aim: To get people outdoors in nature, to improve their mood and be active.

Activities Available:

Community Allotment Group

Tuesdays, 10am to 12pm

Health Walks

Mondays, 1:30pm to 3pm

Please contact us or visit Cripps reception for more information.

Opportunities to Socialise: Participants come and make friends, benefitting from regular, weekly interaction.



Address:

Cripps Health Centre, University Park,
Nottingham, NC7 2QW

Key Contact:

Phone 0115 846 8888 (Reception)

Email nnicb-nn.c84023@nhs.net

Twitter [@CrippsWellbeing](https://twitter.com/CrippsWellbeing)

Web <https://bit.ly/3ZNG6uf>

Facilities:



Mental
Health
Level

0 - 2

Nottingham Croquet Club



Aim: We welcome people to experience this fascinating, enjoyable, and unique game, which combines skill and strategy, and can enhance physical, mental, and social wellbeing.

Activities Available:

Hoops 4 Health

Wednesdays, 2pm to 4pm

Sessions run from May to September and are suitable for anyone over 8 years old.

Opportunities to Socialise: All our Hoops 4 Health sessions have a break for a cup of tea. We're happy for people to stay after the session for a chat.

Address:

Nottingham Croquet Club, University
Boulevard, Nottingham, NG7 2PS

Key Contact:

Email nottinghamcroquet@outlook.com

Web www.nottinghamcroquet.org.uk

Mental
Health
Level

0 - 2

Facilities:



Daniel's Diggers (NCGPA)

Aim: To challenge social isolation, by bringing people together to meet others and make new friends, and providing access to a garden they may not otherwise have.

Activities Available:

Daniel's Diggers

Thursdays, 2pm to 4pm

Activities include gardening, growing produce, maintaining flower beds and socialising.

Anyone over 18 is welcome to join us. Gardening isn't essential - people are encouraged to do whatever they want in the garden, we're a social group!

As the group grows, we'll evaluate and see what other opportunities arise.

Please note that the garden will be closed throughout winter. However, we encourage people to get in touch to sign up for the following season.

Opportunities to Socialise: There's plenty of opportunity to meet new people and make friends over tea, coffee, and biscuits.

Address:

Sherwin Community Gardens, Sherwin Road, Lenton, NG7 2FB

Key Contact:

Name Daniel Biggin

(Social Prescribing Link Worker)

Email daniel.biggin@nhs.net

Phone 07709 368 337

Facebook <https://bit.ly/3ZOj7Q3>

Mental Health Level

0 - 3



Mixed Gender/
Cultures/
Abilities

Average Group Size

Up to 6

Facilities:



Getting Here:

Foot/Bus: Located near Derby Road, we're easily accessible by bus and by foot.

Parking: Paid and free car parking is available nearby.

Ridewise



Aim: To encourage multimodal transport across Nottingham, we run projects that include bikes, walking, route planning, electric vehicles 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:

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.

Address:

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

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

Key Contact:

Web www.ridewise.org.uk

Facilities:



Education FC

Aim: By improving a public green space for the benefit of the community, including an indoor community hub, we aim to provide education and improve the physical and mental health of our members.

Activities Available:

Community Garden

The community garden and planters provide a space to plant flowers, to improve the look and feel of the park.

Mental Health Sessions

In partnership with Trent Bridge Community Trust

Walking Group

Talk Monday Mornings

Contact us for more details about our activities.

Opportunities to Socialise: There's time to socialise during all our activities. There's also opportunity to sit at our park benches or decking area to enjoy the outdoor space, and if our community room isn't in use, people can sit in there to socialise and have a drink.

Address:

Melbourne Park Pavilion, Melbourne Road, Aspley, Nottingham, NG8 5HL

Key Contact:

Email admin@educationfc.co.uk

Phone 07788 210 105

Facebook [@EducationFootballClub](https://www.facebook.com/EducationFootballClub)



0 - 2



**Mixed
Gender/
Cultures**



4 - 12

Facilities:



Getting Here:

Bus: Nuthall Road (Stop AS39/AS54), Route 78 + 7 min walk/Melbourne Road (Stops AS12/AS21), Route 77 and 77c + 10 min walk.

Parking: Car park at Melbourne Park.

The Secret Garden Project



Aim: We aim to improve local green spaces, reconnect with each other and nature, and improve the wellbeing of our community, participants, staff and volunteers.

Activities Available:

The Secret Garden Project

Thursdays, 10am to 12pm

Nature inspired crafts and activities for all ages, as well as garden maintenance, planting and growing, and the optional opportunity to take part in a group activity or discussion.

Construction Focused Work Group

Mondays, 10am to 2pm

Survival Club

Saturdays, 10am to 12pm

For kids to develop basic bush craft skills, den building, fire building and cooking.

Opportunities to Socialise: We believe that bringing people together is at the heart of wellbeing, so all activities have a social focus to encourage intergenerational bonding and skill sharing. Refreshments are available.

Address:

Heathfield Community Centre, 7A Ventnor Rise, Nottingham, NG5 1HR

Key Contact:

Email support@thepythianclub.co.uk

Web www.thepythianclub.co.uk/the-secret-garden



0 - 2



**Mixed
Gender/
Cultures**



5 - 6

Facilities:



Getting Here:

Public Transport: The site is well connected via public transport, just off the ring road and parallel to Nottingham City Hospital.

Parking: Parking is available on site.

Growing Forward



Aim: To support people experiencing anxiety, depression, and loneliness through Social and Therapeutic Horticulture. To improve physical and mental wellbeing, increase social inclusion and develop volunteer readiness across Nottingham volunteering opportunities.

Activities Available:

Small Group Gardening Sessions (Free)

Wednesdays, 10am to 1pm

These sessions run in 8-week blocks.

Counselling Sessions (Free, but if possible, contributions are welcome)

Wednesdays, 1:15pm to 2:15pm, 2:15pm to 3:15pm, and 3:15pm to 4:15pm

Other Activities

Our other activities include:

- Making nature crafts to gift or keep
- Optional one-to-one counselling and listening services
- Taking part in our small plant production project
- Helping the garden to thrive - from planting seeds to building fences

Suitable for: This project is for people who are experiencing anxiety, depression, and loneliness, or who are isolated, unemployed, underemployed, on benefits or on low income.

No previous gardening knowledge is needed, but lots is welcome! We'll provide you with your own pair of gloves to use and support to get appropriate gardening shoes and clothes is available.

A willingness to give our activities a try is really all you need to join in. If bringing someone along make this possible, they'll be welcome. We can also support with travel expenses and make the journey to the garden a bit easier.

Referrals: You can refer yourself or be referred by someone who is supporting you, such as a Social Prescribing Link Worker. Referrals can be made through our website, here: <https://growingforward.org.uk/referrals/>

Please contact us or visit our website for more details.

Address:

Windmill Community Gardens, Ascot Road, Bobbersmill, Nottingham, NG8 5HD

Key Contact:

Name Carley and Harry

Email hello@growingforward.org.uk

Web www.growingforward.org.uk



2 - 3



Mixed Gender/Cultures



Small Groups & 1:1

Facilities:



If you have any mobility or accessibility needs, please contact us before visiting so we can discuss accommodations.

Getting Here:

Bus: Take NCT 77 bus from the city centre to Ascot Road stop, or NCT 78, 79 or Rainbow 1 to Aspley Lane.

Foot/Bike/Car: On Alfreton Road, cross the Bobbersmill bridge and turn first left at the traffic lights onto Aspley Lane, then immediate left onto Ascot Road. For satnavs, use NG8 5HD.

If on bike or foot, once on Ascot Road, continue past the yellow bollard. If travelling by car, once on Ascot Road, park near the bollard or call us if you need us to drop the bollard so you can park closer to the garden. Follow the track around the corner, look for our sign on the gate ahead.

You can also access the site from New Road in Radford, take the right fork and follow the track, then the green path. We are the last allotment on the right.

Opportunities to Socialise: We'll always have a cup of tea and a friendly chat. There are opportunities to join the garden as a volunteer and we'd like to help people find other similar projects to get involved with.

Trent Bridge Community Trust (Charity of Nottinghamshire County Cricket Club)

Aim: To unite communities, delivering high-quality sports and physical activity interventions across Nottinghamshire.

Activities Available:

Forget Me Notts

10:30am to 12pm, various dates and venues



Forget Me Notts is a project which uses sport as a vehicle for reminiscence and interaction between people with dementia, their carers and those experiencing isolation and loneliness.

Participants are mostly men – most women who attend are carers or partners. Everyone is welcome to take part or benefit from the respite these sessions provide.

Sessions take place at Rushcliffe Arena, Edwalton Golf Club, Melbourne Park and Trent Bridge. Please view our upcoming sessions here: <http://bit.ly/3IDBUPk>

Notts in Mind

Thursdays, 10:30am to 12pm, Cotgrave Leisure Centre

Notts in Mind is a 12-week programme for women, that uses sport and physical activity to increase self-esteem, build confidence, improve fitness, meet new people and develop support networks.

Address:

Activities take place across the following locations:

Melbourne Park Pavilion, Melbourne Road, NG8 5HL

Rushcliffe Arena, Rugby Road, West Bridgford, Nottingham NG2 7HY

Cotgrave Leisure Centre, Woodview, Cotgrave, Nottingham NG12 3PJ

Edwalton Golf Club, Wellin Lane, Edwalton, Nottingham, NG12 4AS

Key Contact:

Name Ian Richardson

Email ian.richardson@trentbridge.co.uk

Phone 07814 112 510

Web www.trentbridge.co.uk/trust

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

10 - 20

Facilities:



Opportunities to Socialise: Sessions are part exercise, part discussion, with half an hour for refreshments and a chat at the end.

Blossoming Bilborough (Green Gym)

GreenSpace Trusted Provider Assessor

Aim: To bring the community into Blossoming Bilborough at the Towle Memorial Garden, maintaining and enhancing the garden and its wildlife, and to make it the heart of learning about nature and its history in the local area.

Activities Available:

Thursday Morning Garden Social (The Green Gym)

9:30am to 11:30am

Free to attend.

Come along to dig in or to just support those that do.

We value those that make the tea as much as those who plant the plants, and those who come for a natter.

Volunteers are welcome to support other events throughout the year. The Sheila Russell Centre is also volunteer run, so please get in touch if you would like more information about other volunteering opportunities.

Contact us or visit our website for more details.

Opportunities to Socialise: There's opportunity to have a cuppa and chat during most sessions. Sometimes we even have a volunteer decide to cook us up something tasty, too!

Address:

Towle Memorial Garden, Sheila Russell Community Centre, Bilborough, Nottingham, NG8 3AR

Key Contact:

Name Laura Armitage

Email flowertwists@gmail.com

sheilarussellcentre@gmail.com

Phone 07930 430 424

Web www.flowertwistfit.co.uk

Facebook [@BlossomingBilborough](https://www.facebook.com/BlossomingBilborough)



0 - 2



**Mixed
Gender/
Cultures**



1 - 12

Facilities:



Diversify Education CIC

Aim: To celebrate diverse cultures, bring all communities together and address several taboo subjects affecting culturally diverse communities in society.

We strive to raise awareness around mental health and wellbeing by engaging with diverse communities and their residents, to nurture a healthy and wholesome social life.

We foster a safe and secure environment where everyone feels welcomed and emphasise that it's okay not to be okay.

Activities Available:

Gardening Class

Tuesdays, 12:30pm to 3:15pm

We also provide free hot meals, a food bank, community café, chess club, dads and lads group, library, and cooking, sewing and health & beauty classes.

Visit our Facebook page or contact us to find out more about our upcoming activities.

Address:

Beechdale Community Centre, 1 Ambergate Road, Nottingham, NG8 3GD

Key Contact:

Name Shanine Fasasi

Email admin@diversifiededucation.co.uk

Phone 07492 759 779

Facebook [@Diversify](https://www.facebook.com/Diversify)



0 - 2



**Mixed
Gender/
Cultures**



Varies

Facilities:



Getting Here:

Bus: CT4N L4 Locallink to get to Frampton Road, Kincross Crescent or Ambergate Road bus stop / NCT Pink 28 for Greetwell Close or Glaisdale Drive bus stop. All stops are a 5-minute walk away.

Windmill Community Gardens

Aim: To be a safe and welcoming place where anyone can come to find out more about growing their own food in a changing climate.

Activities Available:



Our activities include:

- Gardening activities
- Cooking sessions
- Woodwork sessions
- Crafts
- And a range of events throughout the year

English, French, Spanish, German, Farsi, Arabic, Urdu, Bangla. We can also link with Refugee Roots to get help with other languages.

We're open Mondays, 10am to 1pm and Thursdays, 10am to 4pm.

Suitable for: We cater for all abilities and welcome any nationality or age group and hope to provide a community.

Opportunities to Socialise: Small working groups allow chance to chat. We have breaks halfway through sessions to have a chat together, and sometimes meals on Thursdays. We have celebrations in summer and winter to thank our volunteers. People can bring their own non-alcoholic drinks.

Address:

By the Mill Allotments car park, reached from south end of Ascot Road, off Aspley Lane, NG8 5HD.

Use what3words.com "table.feeds.tools" to see a map showing our exact location.

Key Contact:

Name Tracey Lloyd

Email wcgnottingham@gmail.com

Web <http://bit.ly/3TxNult>

Facebook @WindmillCommunityGardens

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

8 - 15

Facilities:



Getting Here:

Bus: Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink and stops WM17/WM18 on Nuthall Road for 78, 79, 79A, 79B Rainbow One, and then a 5-minute walk or less. **Parking:** On street parking available on Ascot Road.

Yoga with Laura (FlowerTwist Fitness)

GreenSpace Trusted Provider Assessor

Aim: To connect with nature while we explore movement in the outdoors, building strength and flexibility and having a laugh while we do it. Giving you time to meet people and find moments of calm and strength during your week.

Wobbling is mandatory and beginners are welcome, as is anyone who wants to have a go.

Activities Available:

Monday Evening Yoga

7:15pm to 8:15pm, Sheila Russell Community Centre

Booking required. Takes place indoors during winter and bad weather.

Weekend Outdoor Yoga

Wollaton Hall and Deer Park and Towle Memorial Garden

Contact us or visit our website for more details.

Opportunities to Socialise: Bring a flask or bottle of water. There's opportunity for a chat before most sessions.

Address:

Sheila Russell Community Centre, Bilborough, Nottingham, NG8 3AR

Wollaton Hall and Deer Park, Wollaton Road, Nottingham, NG8 2AE (Summer)

Key Contact:

Name Laura Armitage

Email flowertwists@gmail.com

Phone 07930 430 424

Web www.flowertwistfit.co.uk

Facebook @FlowerTwistFit

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

1 - 12

Facilities:



Growing Forward

Aim: To support people experiencing anxiety, depression, and loneliness through Social and Therapeutic Horticulture. To improve physical and mental wellbeing, increase social inclusion and develop volunteer readiness across Nottingham volunteering opportunities.

Activities Available:

Small Group Gardening Sessions (Free)

Wednesdays, 10am to 1pm

These sessions run in 8-week blocks.

Counselling Sessions (Free, but if possible contributions are welcome)

Wednesdays, 1:15pm to 2:15pm, 2:15pm to 3:15pm, and 3:15pm to 4:15pm

Other Activities

Our other activities include:

- Making nature crafts to gift or keep
- Optional one-to-one counselling and listening services
- Taking part in our small plant production project
- Helping the garden to thrive - from planting seeds to building fences

Suitable for: This project is for people who are experiencing anxiety, depression, and loneliness, or who are isolated, unemployed, underemployed, on benefits or on low income.

No previous gardening knowledge is needed, but lots is welcome! We'll provide you with your own pair of gloves to use and support to get appropriate gardening shoes and clothes is available.

A willingness to give our activities a try is really all you need to join in. If bringing someone along make this possible, they'll be welcome. We can also support with travel expenses and make the journey to the garden a bit easier.

Referrals: You can refer yourself or be referred by someone who is supporting you, such as a Social Prescribing Link Worker. Referrals can be made through our website, here: <https://growingforward.org.uk/referrals/>

Please contact us or visit our website for more details.

Address:

Windmill Community Gardens, Ascot Road, Bobbersmill, Nottingham, NG8 5HD

Key Contact:

Name Carley and Harry

Email hello@growingforward.org.uk

Web www.growingforward.org.uk



2 - 3



Mixed Gender/Cultures



Small Groups & 1:1

Facilities:



If you have any mobility or accessibility needs, please contact us before visiting so we can discuss accommodations.

Getting Here:

Bus: Take NCT 77 bus from the city centre to Ascot Road stop, or NCT 78, 79 or Rainbow 1 to Aspley Lane.

Foot/Bike/Car: On Alfreton Road, cross the Bobbersmill bridge and turn first left at the traffic lights onto Aspley Lane, then immediate left onto Ascot Road. For satnavs, use NG8 5HD.

If on bike or foot, once on Ascot Road, continue past the yellow bollard. If travelling by car, once on Ascot Road, park near the bollard or call us if you need us to drop the bollard so you can park closer to the garden. Follow the track around the corner, look for our sign on the gate ahead.

You can also access the site from New Road in Radford, take the right fork and follow the track, then the green path. We are the last allotment on the right.

Opportunities to Socialise: We'll always have a cup of tea and a friendly chat. There are opportunities to join the garden as a volunteer and we'd like to help people find other similar projects to get involved with.

Windmill Community Gardens

Aim: To be a safe and welcoming place where anyone can come to find out more about growing their own food in a changing climate.

Activities Available:



Our activities include:

- Gardening activities
- Cooking sessions
- Woodwork sessions
- Crafts
- And a range of events throughout the year

English, French, Spanish, German, Farsi, Arabic, Urdu, Bangla. We can also link with Refugee Roots to get help with other languages.

We're open Mondays, 10am to 1pm and Thursdays, 10am to 4pm.

Suitable for: We cater for all abilities and welcome any nationality or age group and hope to provide a community.

Opportunities to Socialise: Small working groups allow chance to chat. We have breaks halfway through sessions to have a chat together, and sometimes meals on Thursdays. We have celebrations in summer and winter to thank our volunteers. People can bring their own non-alcoholic drinks.

Address:

By the Mill Allotments car park, reached from south end of Ascot Road, off Aspley Lane, NG8 5HD.

Use what3words.com "table.feeds.tools" to see a map showing our exact location.

Key Contact:

Name Tracey Lloyd

Email wcnottingham@gmail.com

Web <http://bit.ly/3TxNult>

Facebook [@WindmillCommunityGardens](https://www.facebook.com/WindmillCommunityGardens)

Mental Health Level

0 - 2

Facilities:



Getting Here:

Bus: Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink and stops WM17/WM18 on Nuthall Road for 78, 79, 79A, 79B Rainbow One, and then a 5-minute walk or less. **Parking:** On street parking available on Ascot Road.



Mixed Gender/ Cultures

Average Group Size

8 - 15

Wild Things Ecological Education Collective

Aim: We believe that all children and young people should have the right to spend time in and form a lasting and nurturing relationship with the natural world – regardless of their circumstances and background.

Activities Available:

Forest School Programmes (Term Time)

Woodland Activity Days (Easter/Summer Holidays)

Our programmes provide a unique, first-hand learning experience of connecting with nature in a safe, inclusive and nurturing woodland setting.

Suitable for: We work with a large range of groups with varied needs, including pupil referral units, virtual school, mainstream school groups across the city and rural areas, specialised small nurture groups, and specialised youth support groups.

Things to note: All sessions must be pre-booked.

Opportunities to Socialise: During our sessions there are lots of opportunities to relax in a hammock or sit round the fire with a hot chocolate.



Address:

Bestwood Country Park, Park Road,
Bestwood Village, Nottingham, NG6 8TQ

Key Contact:

Email eco-action@wildthings.org.uk

Phone 07848 026 316

Web www.wildthings.org.uk

Mental
Health
Level

0 - 1



Mixed
Gender/
Cultures

Average
Group
Size

9 - 12

Slovenian

Facilities:



Getting here:

Bus: Stops are a 20 to 30-minute walk away.

Tram: Stops are a 40 to 50-minute walk away.

Parking: Nearest car park is at the entrance of the country park on Park Road. **Minibus:** With prior permission, minibuses can drop off groups in the park, near our site.

Zumba with Charm

Aim: To dance in the green, fresh open air to boost endorphins, feel healthy and boost positive mental health. Social connection, share smiles and feel good about yourself.

Activities Available:

Outdoor Zumba

Sundays, 11am to 12pm, from April until roughly October

Dance fitness to Afro-Beats, Salsa, Reggae, Bhangra, Samba, Hip Hop, Merengue, RnB, Soca and more. Watch our video to see us in action: www.fb.watch/jhntOXcumD

£6 - £7 per session, payable at the start of the class by cash or card, or through our booking system.

Bookings: We advise booking in advance, but if you were to turn up on the day, we would still welcome you.

Bookings can be made here:
<https://gymcatch.com/app/provider/1554>

Please fill out the Health Screening form prior to your first class via the booking link or contact us for a form.

Things to note: If there's heavy rain, the class is automatically cancelled, and a message is sent to those who have booked ahead. If it's light rain or extra sunny, the class is relocated further into the park, under the trees next to the café. If you can't find us – follow the music!

This activity is suitable for anyone over 13, for all abilities, and for lovers of good music and positive vibes. If you have any accessibility or additional physical needs, please contact us via email or through the booking link to chat further.

As we're outside, there's plenty of space and little corners for people to have their own space.

Please bring water and a towel with you.

For updates about sessions, please visit our Facebook page.

Opportunities to Socialise: You can either pay to take part or bring a picnic, sit back, and enjoy the positive, uplifting entertainment.

Address:

Woodthorpe Grange (at the top of the park), Woodthorpe Park, Woodthorpe Drive, Nottingham, NG5 4HA

Key Contact:

Name Charm Daley

Email charmedfitness@gmail.com

Phone 07741 448 289

Facebook [@ZumbaNottinghamCharm](https://www.facebook.com/ZumbaNottinghamCharm)



0 - 1



**Mixed
Gender/
Cultures**



30 - 50

Facilities:



Getting Here:

Parking: There's a car park and off-road parking available. **Bus:** You can access the park via bus from Sherwood or Mapperley.

Ecoworks



Aim: To improve mental health and the environment by providing a safe, welcoming, and supportive space for people to take part in meaningful, green activities.

Activities Available:

Willow Craft Sessions

First and last Tuesdays of the month, 10am to 3pm

Small Build Sessions

Wednesdays, 10am to 3pm

Dig and Dinner

Thursdays, 10am to 3pm

Other green activities include organic gardening, seasonal garden cooking, eco-crafts, wildlife conservation and art.

Tea and coffee are available at all our sessions, and lunch is available during our Dig and Dinner.

Opportunities to Socialise: We often describe everything at the gardens as the "by-products of a social inclusion project", so there is always time for drinking tea and chatting. There is also space at the gardens for people who want some time to themselves.

Address:

St Ann's Allotments, 121 Ransom Road, Nottingham, NG3 3LH

Key Contact:

Email info@ecoworks.org.uk

Phone 07973 116 291 (text available)

Web www.ecoworks.org.uk

Facebook [@EcoworksCommunityGarden](https://www.facebook.com/EcoworksCommunityGarden)



0 - 2



**Mixed
Gender/
Cultures**



**Gardens
accommodate
large groups**

Facilities:



Getting Here:

Parking: On street parking available on Ransom Road. **Bus:** Ransom Road (Stop SA31) (Stop ID: ntmajp). **Please note:** There's an uphill walk to the allotment site, before a further uphill walk to the Ecoworks site.

Emmanuel House



Aim: To improve mental and physical health and reduce social isolation.

Activities Available:

We run a weekly session every Thursday at our allotment in St Ann's. Activities include:

- Gardening
- Cooking, serving, and eating a meal
- Craft activities

We meet at 10:20am every Thursday at Emmanuel House. Transport is then provided to the allotment. If you live locally, you can meet us by the gate at St Ann's Allotments.

Suitable for: We're open to anyone with a support need.

For more information or a referral form, please get in touch.

Opportunities to Socialise: There are opportunities to socialise during the activities and tea breaks. People can also join activities at the Emmanuel House Support Centre for further socialisation.

Address:

Activities take place at Emmanuel House Allotment, St Ann's Allotments, 121 Ransom Road, Nottingham, NG3 3LH

Transport provided from Emmanuel House, 53-61 Goose Gate, NG1 1FE

Key Contact:

Name Alistair Paylor

Email paylor@emmanuelhouse.org.uk

Phone 0115 950 7140

Web www.emmanuelhouse.org.uk



0 - 2



**Mixed
Gender/
Cultures**



4 - 8

Facilities:



Getting Here:

Emmanuel House is in the city centre and easily accessible by public transport and/or on foot. Emmanuel House Allotment is on a bus route and has parking available.

Pathway Housing Solutions

Aim: We're a not-for-profit organisation which provides affordable housing for those in need and tackles other community issues.

Our community gardening project aims to help people who are isolated, by giving them the opportunity to socialise with other volunteers and discover new methods of being productive through an interactive social project, whilst improving the quality of a gardening allotment and renovating the area into a brand-new community garden.

Activities Available:

Community Gardening Project

Anyone is welcome to volunteer for our community garden project, which involves gardening activities like growing fruits, vegetables and house plants, whilst interacting with other people in the local community.

Opportunities to Socialise: There's plenty of time for volunteers to engage with each other whilst taking part in activities.

Address:

274 - 276, Sneinton Dale, Nottingham,
NG3 2DN

Key Contact:

Name Henri Baptiste

Email info@pathwayhousingsolutions.org.uk



0 - 3



**Mixed
Gender/
Cultures**



5 - 10

Facilities:



Handwashing available via hosepipe at the site.

Getting Here:

Parking: There is on-street parking available and a free car park with limited spaces.

Green's Windmill Trust

Aim: We aim to further the educational and public activities of the Green's Windmill and Science Centre, promote George Green's scientific reputation, and help preserve the UK's milling heritage.

Our community garden adjacent to the windmill opened in 2016 and has become an important outdoor space that offers beautiful grounds for the public to enjoy. We need people to develop and tend to this large plot, to help it flourish.

Activities Available:

Volunteer Gardening

Fridays, 10am to 4pm

Help care for our allotment next door to the mill. Tasks include garden maintenance, sowing, planting and harvesting, propagation, maintenance and upkeep of garden structures, watering and feeding, development of the allotment project and attending meetings.

Suitable for: Anyone is welcome to volunteer – no gardening experience is needed, and we have a wide age range of volunteers from a variety of different backgrounds.

Most tasks are at ground level and a reasonable level of fitness is required, but some activities can be adapted to suit individual needs. Tools and gloves are provided.

Please see our volunteering page on our website or contact us for more details.

Opportunities to Socialise: Volunteers work as pairs or alone. We celebrate our achievements as a team with volunteer parties, project launches and occasional day trips.

Address:

Green's Windmill and Science Centre,
Windmill Lane, Sneinton, Nottingham,
NG2 4QB

Key Contact:

Name Jamie Duff

Email greensmill@nottinghamcity.gov.uk

Phone 0115 915 6878

Web www.greensmill.org.uk

Mental
Health
Level

0 - 1



Mixed
Gender/
Cultures

Average
Group
Size

6

Facilities:



Getting Here:

Foot: 15-minute walk from the city centre and train station. **Bus:** A number 43 bus can be caught from outside Boots in the city centre, which will drop you near Windmill Lane in Sneinton. **Parking:** Car parking is available, as are places to keep a bicycle.

STAA at St Ann's Allotments



Address:

121 Ransom Rd, Nottingham, NG3 3LH

Aim: STAA is a small local charity based on the historic St Ann's Allotments. We do a wide range of gardening, nature and community activities with a passion for skills opportunities, wellbeing and social connections, all set within our beautiful plots.

Activities Available:

Social Gardening

Tuesdays at The Nursery, 10am to 12pm
Wednesdays at The Heritage Garden, 12pm to 2pm

Garden Volunteering

Weekly on Tuesdays and Wednesdays, 10am to 2pm

Wildlife Conservation

Every 2nd and 4th Saturday of the month, 10am to 2pm

Average group size is 2 - 8.

Heritage Tours

The last Wednesday of the month, starting at 1:30pm

Small cost applies.

Toddler Group

Tuesday mornings, 9:30am to 11:30am

Average group size is 20.

Please visit our website and bookings page for more details.

Key Contact:

Email info@staa-allotments.org.uk

Web www.staa-allotments.org.uk

Bookings <http://bit.ly/3yFZOga>



0 - 2



**Mixed
Gender/
Cultures**



Varies

Facilities:



Getting Here:

Parking: On street parking available on Ransom Road. **Bus:** Ransom Road (Stop SA31) (Stop ID: ntmajp) **Please note:** There is an uphill walk to access the allotment site.

Opportunities to Socialise: Socialising is a big part of our sessions, and we make sure there is time and space at all our activities. Equally there is plenty of space to spread out too for quiet and calm.

Stonebridge City Farm



Aim: We are an urban farm in the heart of Nottingham, offering a safe space for families and the community to enjoy themselves.

The farm is free for all so that we are fully inclusive, and we welcome a large and diverse range of groups including families, nurseries, elderly, supported individuals and walking groups to visit, so they can enjoy the animals, gardens, café and play area.

Activities Available:

Volunteering

Mondays, Tuesdays, Fridays, Saturdays and Sundays

Volunteering Hours

Full day	9:30am to 3:45pm (4:45pm during summer)
AM shift	9:30am to 12:30pm
PM shift	12:30pm to 3:45pm (4:45pm during summer)

Garden Volunteers

Garden Volunteers may be asked to help with tasks like planting, propagating and harvesting crops, building and maintaining beds, digging, weeding, watering and pruning – with a particular focus on fruit and vegetable growing.

Who Can Volunteer?

We offer a warm and friendly environment, welcoming volunteers with a wide range of skills and abilities.

We are proud to support over 150 volunteers and can provide additional support to those who are vulnerable. Roles are flexible to accommodate a wide range of needs.

Some individuals come to us with complex needs, including learning disabilities, mental health difficulties, history with the criminal justice system or issues with substance misuse.

Address:

Stonebridge Road, Nottingham, NG3 2FR

Key Contact:

Name Barbara Benner and Tara Bennett

Email volunteer@stonebridgecityfarm.com

Phone 0115 950 5113

Web www.stonebridgecityfarm.com



0 - 2



**Mixed
Gender/
Cultures**



Up to 10

Facilities:



Getting Here:

Bus: The number 24, 25, 26 and 27 all go past the farm, get off at the St Chad's Road stop or Handel Street (depending on which direction you're coming from) and we're less than 5 minutes away. You can also catch the 39 and get off at Roden Street and we're about 2 minutes away.

Tram: If you're getting the tram into town, get off at Lace Market tram stop and then we're a 15-minute walk away.

Parking: We have a car park with limited spaces, which is free of charge.

Opportunities to Socialise: Staff are always available for a cup of tea and a chat, or we offer links to contact us for further support. There is a volunteering break space for participants to get to know each other and we offer plenty of social opportunities and group sessions.

Nottingham Bikeworks

Aim: Our aim is to provide encouragement and support to ensure more people experience the health, wellbeing and functional benefits of cycling throughout our community.

Activities Available:

Weekly Group Bike Ride

Thursdays and Saturdays at 1pm

Day and time are subject to change. Please contact us for our current schedule.

Suitable for: Anyone who already owns and knows how to ride a bike, who's somewhat confident riding on the road, and are comfortable riding for up to two hours.

Things to note: We always try to pick quiet roads, where road riding is necessary. Rides are slow-paced and usually less than 10 miles.

We also offer educational courses, bike sales, free bikes, repairs, workshops, and events for cyclists of all abilities. Visit our website for more information.

Opportunities to Socialise: There's always time for a cup of tea and chat after the bike ride, and of course, lots of opportunities for chatting during the ride! Sometimes we'll stop at a café along the route too.

Address:

149 Trent Boulevard, Lady Bay, NG2 5BX

Key Contacts:

Name Richard Jackson and Ian Keetley

Email richard@nottinghambikeworks.org.uk
ian@nottinghambikeworks.org.uk

Phone 07783 145 069

Web www.nottinghambikeworks.org.uk



0 - 2



**Mixed
Gender/
Cultures**



2 - 10

Facilities:



Getting Here:

By bus: 11, 11a and 11c, however, please note that buses are not insured or designed to carry larger bikes. **Parking:** Limited on street parking is available.

Notts County Foundation



Aim: Notts County Foundation is the official charity of Notts County Football Club. We are committed to providing high quality, accessible and life-changing development opportunities that change people's health, confidence and skills, increase positive behaviours and bring enjoyment to the people we work with.

Activities Available:

We deliver a diverse range of life changing programmes that harness the power of sport and physical activity to improve the physical and mental wellbeing of participants.

All our current activities can be found on our website, here:
www.nottscountyfoundation.org.uk/programmes/

Some programmes have specific criteria for eligibility, so please contact the team to find out more.

Opportunities to Socialise: All our projects incorporate social interaction as a key principle, and we include social slots within all our sessions. Participants can talk socially before, during and after the sessions, and can opt in to joining various peer support groups through Facebook and/or WhatsApp.

Address:

Activities take place at various locations.
 Registered office: Meadow Lane,
 Nottingham, NG2 3HJ

Key Contact:

Name Josh Stevenson (Health Manager)

Email josh.stevenson@nottscountyfoundation.org.uk

Phone 0115 955 7215

Web www.nottscountyfoundation.org.uk



0 - 2



**Mixed
Gender/
Cultures**



Varies

Facilities:



Getting Here:

Parking: Free car parking on site at the different community venues. **Bus/Tram:** Bus routes run close to venues and there are good links for Portland Leisure Centre on the tram and bus.

Daniel's Diggers (NCGPA)

Aim: To challenge social isolation, by bringing people together to meet others and make new friends, and providing access to a garden they may not otherwise have.

Activities Available:

Daniel's Diggers

Thursdays, 2pm to 4pm

Activities include gardening, growing produce, maintaining flower beds and socialising.

Anyone over 18 is welcome to join us. Gardening isn't essential - people are encouraged to do whatever they want in the garden, we're a social group!

As the group grows, we'll evaluate and see what other opportunities arise.

Please note that the garden will be closed throughout winter. However, we encourage people to get in touch to sign up for the following season.

Opportunities to Socialise: There's plenty of opportunity to meet new people and make friends over tea, coffee, and biscuits.

Address:

Sherwin Community Gardens, Sherwin Road, Lenton, NG7 2FB

Key Contact:

Name Daniel Biggin
(Social Prescribing Link Worker)

Email daniel.biggin@nhs.net

Phone 07709 368 337

Facebook <https://bit.ly/3ZOj7Q3>

Mental Health Level

0 - 3



Mixed Gender/
Cultures/
Abilities

Average Group Size

Up to 6

Facilities:



Getting Here:

Foot/Bus: Located near Derby Road, we're easily accessible by bus and by foot.

Parking: Paid and free car parking is available nearby.

Yoga with Laura (FlowerTwist Fitness)

GreenSpace Trusted Provider Assessor

Aim: To connect with nature while we explore movement in the outdoors, building strength and flexibility and having a laugh while we do it. Giving you time to meet people and find moments of calm and strength during your week.

Wobbling is mandatory and beginners are welcome, as is anyone who wants to have a go.

Activities Available:

Monday Evening Yoga

7:15pm to 8:15pm, Sheila Russell Community Centre

Booking required. Takes place indoors during winter and bad weather.

Weekend Outdoor Yoga

Wollaton Hall and Deer Park and Towle Memorial Garden

Contact us or visit our website for more details.

Opportunities to Socialise: Bring a flask or bottle of water. There's opportunity for a chat before most sessions.

Address:

Sheila Russell Community Centre, Bilborough, Nottingham, NG8 3AR

Wollaton Hall and Deer Park, Wollaton Road, Nottingham, NG8 2AE (Summer)

Key Contact:

Name Laura Armitage

Email flowertwists@gmail.com

Phone 07930 430 424

Web www.flowertwistfit.co.uk

Facebook @FlowerTwistFit

Mental Health Level

0 - 2



Mixed Gender/
Cultures

Average Group Size

1 - 12

Facilities:



Friends of Wollaton Hall

Aim: Our aim is to help support the upkeep and renovation of Wollaton Hall and Deer Park.

Activities Available:

We have lots of activities all year round you can get involved in, including woodland management in our wildlife nature reserves, historic tours of the park, bat box making and other activities to keep the ground looking nice for visitors to enjoy.

Visit our website or contact us for more details.

Opportunities to Socialise: Refreshment breaks are normally taken together by those that want to socialise.

Transport:

Bus: Wollaton is on a bus route.

Parking: Free parking available to volunteers.

Address:

The Walled Garden, Wollaton Hall,
Wollaton, NG8 2AE

Key Contact:

Name Mark

Phone 07747 616 680

Web www.wollatonhall.org.uk/friends-of-wollaton-park

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

10 - 30

Facilities:



Midlands Nordic Walking



Aim: To help people become more active by Nordic Walking, especially inactive people. We provide a low impact, evidence-based method of safely exercising for a wide cross-section of the population.

Activities Available:

Learn to Nordic Walk Workshops

Sessions last 1 hour and take place at various locations and times throughout the week.

Free Learn to Nordic Walk Workshop

Thursdays at 10:30am, Wollaton Hall & Deer Park

This session is part of the green social prescribing project, and the first lesson is free to take part in.

Experienced Nordic Walking Sessions

Sessions take place at various locations and times throughout the week.

Things to note: Nordic Walking poles are provided for use at all beginners' classes.

Please visit our website for more information about the times, dates, and locations of our activities. To book, please contact Catherine.

Opportunities to Socialise: Participants have opportunity to socialise during sessions. Sometimes we'll have a drink or snack after class in a café or bring along our own drinks. We also have a private peer support group on Facebook and WhatsApp.

Address:

Walks take place across various locations in Nottingham, Nottinghamshire, and Derbyshire, including:

Wollaton Hall & Deer Park
University Park
Attenborough Nature Reserve
Bramcote Hills Park
Rushcliffe Country Park

Please see our website for more details.

Key Contact:

Name Catherine Hughes

Email catherine@midlandsnordicwalking.org

Phone 07940 575 758

Web <https://www.midlandsnordicwalking.org>

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

2 - 16

Facilities & Getting Here:

Location dependent.

Sherwin Road Community Garden

Aim: To support and encourage community gardening in the local area and grow food in a way that is safe and sustainable.

Activities Available:

Garden Maintenance & Visits

Activities include helping with the maintenance of the garden, pond and hut. During the spring and summer, we usually meet on Tuesday evenings from 6:30pm.

The garden is open to anyone who lives, works, or volunteers within 2 miles of the garden.

Please contact us if you would like to visit the garden.

Address:

Sherwin Road, Lenton, Nottingham, NG7 2FB
(We're between 29 Sherwin Road and the railway bridge)

Key Contact:

Email sherwinroadgarden@gmail.com

Web www.sherwinroadcommunitygarden.org

Facebook [@SherwinRoadCommunityGarden](https://www.facebook.com/SherwinRoadCommunityGarden)

Instagram [@sherwinroadgarden](https://www.instagram.com/sherwinroadgarden)



Mixed Gender/Cultures

Facilities:



We're wheelchair accessible and have wheelchair accessible toilets. We have a kettle, but please bring a flask and your own tea or coffee.

Vanclaron CIC



Aim: Improve health and wellbeing for the BAME and ethnically diverse communities.

Activities Available:

Nature-Based and Physical Activities

Support is available to help people improve their health and wellbeing through nature-based and physical activities. Please get in touch for more information.

Other Support

We have lots of other support services, including:

- Community Health Awareness Training (CHATS)
- Group Workshops
- 1:1 Meetings
- Weekly Outreach Services
- And more! Visit our website for more details.

Referrals: We take self-referrals and referrals from the GP, and then book appointments throughout the week to discuss the individual's needs, aspirations and preferences.

Opportunities to Socialise: There are opportunities to chat, play games, take part in other activities, access information services, make connections and learn new skills.

Address:

Unit 55, Lenton Business Centre, Lenton Boulevard, Nottingham, NG7 2BY

Key Contact:

Email admin@vanclaronchatscic.uk

Phone 0115 784 9407

Web www.vanclaronchats.co.uk



Mental Health Level

0 - 2



Mixed Gender/Cultures*



Average Group Size

Varies

*Groups can be single or mixed gender. Groups are mainly BAME communities and refugee and asylum seekers.

English, Arabic, Kurdish, Farsi, Albanian, Amharic, Tigrinaya Pashtu, Urdu, Punjabi and others.

Facilities:



Getting Here:

Parking: The base has a large, free car park.

Public Transport: All sites are accessible by public transport. The team will also travel to meet people, to minimise travel barriers.

Wollaton Hall and Deer Park



Address:

Wollaton Hall, Courtyard
Building, Wollaton, NG8 2AE

Aim: From the splendour of its gardens to the tranquillity of its lake, Wollaton's vast outdoor spaces are ready to be discovered, and we invite the public to join us in engaging in various outdoor activities across the park.

Activities Available:

Volunteering

Our current volunteering opportunities can be found on our website, here: www.wollatonhall.org.uk/volunteer



0 - 2



**Mixed
Gender/
Cultures**



10 - 20

Key Contact:

Name Karen Lushey (Volunteer Lead)

Email volunteer.programme@nottinghamcity.gov.uk

Phone 0115 876 3100

Web www.wollatonhall.org.uk/volunteer

Facilities:



Transport:

Bus: We're accessible via bus routes.

Parking: Free parking can be provided for volunteers.

Opportunities to Socialise: We are a welcoming group, and it's common for members to meet up for coffee and chat after their volunteering activities.

Ridewise



Aim: To encourage multimodal transport across Nottingham, we run projects that include bikes, walking, route planning, electric vehicles 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:

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.

Address:

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

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

Key Contact:

Web www.ridewise.org.uk

Facilities:



Blossoming Bilborough (Green Gym)

GreenSpace Trusted Provider Assessor

Aim: To bring the community into Blossoming Bilborough at the Towle Memorial Garden, maintaining and enhancing the garden and its wildlife, and to make it the heart of learning about nature and its history in the local area.

Activities Available:

Thursday Morning Garden Social (The Green Gym)

9:30am to 11:30am

Free to attend.

Come along to dig in or to just support those that do.

We value those that make the tea as much as those who plant the plants, and those who come for a natter.

Volunteers are welcome to support other events throughout the year. The Sheila Russell Centre is also volunteer run, so please get in touch if you would like more information about other volunteering opportunities.

Contact us or visit our website for more details.

Opportunities to Socialise: There's opportunity to have a cuppa and chat during most sessions. Sometimes we even have a volunteer decide to cook us up something tasty, too!

Address:

Towle Memorial Garden, Sheila Russell
Community Centre, Bilborough,
Nottingham, NG8 3AR

Key Contact:

Name Laura Armitage

Email flowertwists@gmail.com

sheilarussellcentre@gmail.com

Phone 07930 430 424

Web www.flowertwistfit.co.uk

Facebook [@BlossomingBilborough](https://www.facebook.com/BlossomingBilborough)

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

1 - 12

Facilities:



Arkwright Meadows Community Gardens

Aim: The Gardens are a green oasis in the heart of the Meadows - a safe space for local people to buy fresh, locally grown, affordable fruit and vegetables.

We're also a community space offering weekly activities for all ages including Saturday family sessions, Tuesday Cook & Eat sessions, Kids Club and ArtSpeak craft activities for people over 60.

Activities Available:

Volunteering Sessions

We have 8 regular, weekly volunteering sessions taking place Tuesday to Saturday, and various other activities, groups, seasonal workshops and bigger community events taking place across the year. Visit our website or Facebook page for details.

Visits

Tuesday to Friday, 12pm to 4pm, and Saturday, 10am to 4pm

You don't have to buy anything or be taking part in a specific activity to visit. You're always welcome to look around during our opening hours, there's always lots to see! We have lots of outside seats if you want to bring something to eat or drink - it's a calm place to unwind.

Garden Room Hire

Email ellie@amcgardens.co.uk if you're interested in hiring our eco-building garden room.

Address:

AMC Gardens, Kirkby Gardens,
Nottingham, NG2 2HZ

Key Contact:

Name Rachel Smith
Email community@amcgardens.co.uk
Phone 0115 986 7777
Web www.amcgardens.co.uk
Facebook <https://bit.ly/3Yg3krL>

Mental
Health
Level

1 - 2



Mixed
Gender/
Cultures

Average
Group
Size

Varies

Facilities:



Opportunities to Socialise:

There's lots of opportunity to socialise with others or enjoy some alone time.

Summerwood Community Gardens

Aim: To promote environmental awareness and education, and to promote health and wellbeing through contact with nature and community development.

Activities Available:

Family Volunteering Sessions

Second Saturday of every month, 11am to 1pm

Muddy Boots Club

Thursdays, 11am to 1pm

A group for under 5s and their carers, focusing on outdoor nature-based play.

Volunteering for Wellbeing

Wednesdays and Fridays, 11am to 2pm

Men's Group

Friday and Sunday afternoons

Please text Audrey for more details.

Counselling Sessions

Various days and times available with trained counsellors, please contact us for more details.

Opportunities to Socialise: Plenty of opportunities to socialise at every session. Every session includes time for a tea break or lunch break and chat, and some sessions may include cooking food.

Address:

Summerwood Allotments, Summerwood Lane, Clifton, NG11 9DX

Key Contact:

Name Audrey Leach

Email audreyleach@outlook.com

Phone 07340 271 636

Facebook [@SummerwoodCommunityGarden](https://www.facebook.com/SummerwoodCommunityGarden)

Mental
Health
Level

1 - 2



Mixed
Gender/
90% White
British

Average
Group
Size

Varies

Facilities:



Hot drinks available during certain sessions. Limited opening hours during Winter.

Getting Here:

Parking: Limited parking is available on site.

Tram: Nearest tram stop is Holy Trinity or Summerwood Lane and then a walk. **Bus:** Bus 54 stops outside the allotments but at limited times.

AKA Nottingham

Aim: To provide opportunities for people in Nottingham, of all ages, from disadvantaged or socially isolated groups to access projects and events to improve their physical, emotional, and mental wellbeing, and create community cohesion.

Activities Available:

Hiking

Last Sunday of the month

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!

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

3rd Sunday of the month

Join us for a guided adult bike ride at various nature spots in Nottingham following a 5 to 7km route, suitable for all abilities. The rides are totally free. We have a small number of bikes available to loan on the day, or you can bring your own bike to ride.

Other activities include a youth club, workshops, first aid training and events. Visit our website to find out more.

Address:

Various locations across Nottingham.

Key Contact:

Name Antwon, Kevin, or Anton

Email contact@aka-hwo.org.uk

Phone 03303 217 612

Web www.akahwo.com

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

Varies

Facilities:



Facilities depend on location and activity.

Opportunities to Socialise: There's time to talk with others during hikes and rides, but breaks are also built into activities which provide additional opportunities to socialise. If you travel on our bus to one of our hikes, there's plenty of time to say hello and get to know each other before we get to our start point.

Sustrans



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 ride or walk the route with you
- Signposting to services giving access to bikes
- Information on things going on in your local area

Address:

Loxley House, Station Street, Nottingham, NG2 3NG. We can visit you or communicate remotely.

Key Contact:

Name Michael Howard

Email travelwell@sustrans.org.uk

Phone 07761 448 631

Web www.sustrans.org.uk/about-us/

Mental
Health
Level

0 - 3



Mixed
Gender/
Cultures

Average
Group
Size

1:1

Warrior Wellbeing UK Yoga and Bodywork

Aim: To provide accessible yoga classes for everyone, for positive mental health and internal support.

Activities Available:

Yoga in Nature

I teach mat or chair yoga sessions in nature for various organisations and charities in Nottingham and Nottinghamshire.

Since August 2021, I've worked at St. Ann's Allotments, Bulwell Forest Community Gardens, Beeston Resource Centre, and Windmill Community Gardens.

Massage and Bodywork

I've regularly been invited to provide massage and bodywork at Windmill Community Gardens for members of the public over the past several years.

Address:

Various locations. Please contact Lisa for more information.

Key Contact:

Name Lisa Henry

Phone 07947 170 222

Email lisa@warriorwellbeing.uk

Web www.warriorwellbeing.uk



0 - 2



**Mixed
Genders/
Cultures**



10

Facilities:



Opportunities to Socialise: I provide tea, fruit and biscuits during breaks and after class.

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

Weekly

Mondays, 10:30am	Woodthorpe Grange Park
Mondays, 1:30pm	Bestwood
Tuesdays, 10:15am	Forest Recreation Ground
Tuesdays, 10:30am	Nuthall Railway
Wednesdays, 11am	Arnot Hill Park
Fridays, 10am	Wollaton Park
Fridays, 10:30am	Bulwell Bogs Riverside
Fridays, 10:30am	Sutton Lawns
Fridays, 10:30am	Victoria Embankment

Twice-monthly

Every other Tuesday, 12pm	Kingsmill Reservoir
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Monthly

1 st Wednesday, 10:15am	Strelley Village
Last Tuesday of the month, 11am	Carlton Hill Recreation Ground

Address:

Various locations across Nottingham and Nottinghamshire.

Key Contact:

Email bestfootforward@ageuknotts.org.uk

Phone 0115 896 6906

Web <https://bit.ly/3vM8NhW>

Leaflet <https://bit.ly/3PW008Y>



0 - 2



**Mixed
Gender/
Cultures**



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.

Green Guardians



Aim: Our mission is to create a greener, happier, healthier Nottingham through volunteering activities in parks, nature reserves and open spaces across the city.

Activities Available:

Volunteering Sessions

There are weekly, monthly and ad-hoc volunteering sessions available at different sites across the city. Activities include:

- Gardening
- Conservation
- Tree planting (October to March only)
- Many others!

Current opportunities can be found here: <http://bit.ly/3ZQVaHJ>

Wildlife Wellbeing Walks

Regular walks run by our Park Rangers are held at different parks twice a month, which are great for socialising and exercise.

Walks can be booked through Eventbrite: <http://bit.ly/3ZB61pp>

***Note about gender/cultures:** There's a mix of people of different genders and cultures who attend our activities. Groups are predominantly White British and aged between 25 and 44, but everyone is welcome.

Suitable for: No prior knowledge is required. Tasks can be tailored to attendee's knowledge and ability. Sessions last approximately 2 to 3 hours and are outdoors, so the ability to carry out light physical duties is advantageous. Activities for wheelchair users and those requiring a high level of mobility support are limited. Please contact us to discuss specific needs, so we can suggest suitable opportunities or tailor sessions accordingly.

Address:

Various locations across Nottingham.

Key Contact:

Name Sandra Horner (Volunteer Coordinator)

Email sandra.horner@nottinghamcity.gov.uk

Phone 0115 915 2733

Web www.nottinghamgreenguardians.co.uk

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures*

Average
Group
Size

3 - 12

Facilities:

Facilities vary depending on location.

Getting Here:

Location dependent. However, all sites have a free car park or on street parking available and are accessible via public transport with a 10-minute walk or less.

Opportunities to Socialise: Volunteers have chance to socialise over tea and/or lunch breaks. We provide light refreshments (tea, coffee & biscuits) for attendees.

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 people 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.

Key Contact:

Name Amelia Daiz

Email amelia.daiz@outlook.com

Phone 07926 380 967

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

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

Varies

Facilities:



Getting Here:

All meeting points are accessible by public transport or a short walk from public transport.

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.

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 nottsworth15@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:



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.

Nottingham Narrowboat Project

Aim: To provide access to the local waterways and canals for community groups and others who through disadvantage, disability or infirmity would not otherwise be able to enjoy the waterway environment.

Activities Available:

Volunteering

People can take part in volunteering activities such as boat maintenance and crewing boats for organised trips.

Boat Trips

We also offer boat trips to community groups and charities providing support to local communities.

Things to note: One of the boats is equipped for wheelchair access and has accessible toilet facilities.

Opportunities to Socialise: All our activities are very sociable, and the kettle is usually on!

Getting Here:

We are based on Canal Street, close to the train station, tram stops and on local bus routes.

Address:

Unit 2, Canal House Wharf, Canal Street, Nottingham, NG1 7EH

Key Contact:

Email amber.tipper@meganandtinks.org.uk
jyoti.badwal@meganandtinks.org.uk

Phone 07849 741 376

Web www.meganandtinks.org.uk

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

2 - 5

Spanish
French
Ukrainian

Facilities:





Parkrun



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
ShIPLEY 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.

Quirkshops

Aim: To nurture creative talent in everyone through a wide range of nature-based arts and crafts. We are passionate about the benefits to our wellbeing that immersing yourself in nature and creativity can bring - many of our creative workshops take place entirely outdoors, spending time not just creating in, but connecting with nature and each other.

Activities Available:

Creative Nature Walks

Various venues and times.

Morning Woodland Relaxation

Forest bathing and breakfast in the woods.

Various Nature-Based Workshops

Including printmaking, collage and wreath making.

Please see our website for more details about our activities.

Things to note: Facilities vary depending on location.

Opportunities to Socialise: Sessions allow for socialising during the activities and where possible, sessions will end with time for a cup of tea and a chat.

Address:

Various locations across Nottinghamshire.
See our website for more details.

Key Contact:

Name Kristina McCormack

Email kristina@quirkshops.co.uk

Web www.quirkshops.co.uk



0 - 2



**Mixed
Gender/
Cultures**



Varies

Facilities:



Ridewise

Aim: To encourage multimodal transport across Nottingham, we run projects that include bikes, walking, route planning, electric vehicles 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:

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.

Address:

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

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

Key Contact:

Web www.ridewise.org.uk

Facilities:



SUP Fitness



Aim: We are a passionate, professional, and dedicated team who are focused on creating a safe, educational, fun and inspiring environment to welcome you into the wonderful world of paddle boarding.

Our sessions, workshops and adventures are designed to give you the skills, techniques, feedback, and confidence to enjoy being out on the water.

Our sessions are never a one size fits all - we work with our paddlers to understand how their bodies move, any limitations or restrictions, and develop an individual paddling strategy.

We love the variety our community #TeamSUP brings and believe that amazing things happen when great people come together - it makes our world a better place! Here, you are given the space, the high fives, and the encouragement to explore and discover.

Activities Available:

We offer an exciting experience that gives you exactly what you need. Maybe it's learning a new skill, a moment of calm, a full body workout, or the opportunity to meet new people. And it all takes place out on the water in beautiful surroundings.

Stand Up Paddleboarding Sessions

We have a variety of sessions and workshops for different abilities, taking place across the week and all year round, including:

- Wellbeing Paddle – Tootle & Pootle
- Beginners 4 Week Workshop
- Sunrise & Night Paddles
- SUP Yoga
- Family Friendly Sessions
- And more!

We also regularly organise adventures, holidays, challenges, and races.

Green Social Prescribing Projects

We've launched our own Wellbeing On Water (WOW) Project, to provide access to paddle boarding for those who need support with their mental health and wellbeing. Please get in touch for more information.

Mindful Paddles

Join us for an hour of peaceful paddling with guided mindfulness practice out on the water. Find out more about our Mindful Paddles:

<https://www.supfitness.co.uk/mindful>

Things to note: The launching points, days, and times of our sessions change with the seasons, so visit our website or contact us for more details.

Address:

Our activities start from various launch points across Nottingham City:
Beeston Heritage Centre & The Cobbled Bridge
Beeston Rylands
Colwick Park
Highfields Boating Lake
Mower World
Trent Embankment
Waters Edge Pub

Key Contact:

Name Cassie Paxton and Amy Offland

Email cassiepaxton@supfitness.co.uk

Phone 07581 555 909

Web www.supfitness.co.uk

Facebook [@SUPFitnessUK](https://www.facebook.com/SUPFitnessUK)

Mental
Health
Level

0 - 2

Facilities:



Getting Here:

Our activities take place at various locations. If you need help finding one of our launching points, please get in touch.

Opportunities to Socialise: There's lots of opportunities to chat before and during our sessions. After, there are normally options for tea and cake (additional charges), or the option to bring a flask to our sites and hang around in good weather. Many of our participants come to sessions, make friends and benefit from regular, weekly interaction.

Nottingham College (The Prince's Trust Team Programme)

Address:

Various locations across Nottinghamshire.

Aim: The Team Programme is a 12-week personal development programme for unemployed young people aged 16 to 18.

We focus on developing people's skills and offer experiences that will help young people get and sustain employment, education or training opportunities. The programme offers a nationally recognised qualification in employment, teamwork and community skills at Entry Level 3 to Level 2.

Activities Available:

As part of the 12-week Team Programme, we offer:

- A week packed with amazing outdoor activities during a residential stay away
- 2 weeks of project planning and 2 weeks of project management and completion, usually on an outdoor community project
- 2 weeks of work experience relevant to the person's chosen career
- A week of fine-tuning job searching skills with our support, helping people to make sure their CV stands out
- 2 weeks of creatively supporting other people in the community

Key Contact:

Name Ashleigh Stirland

Email ashleigh.stirland@nottinghamcollege.ac.uk

Phone 0115 884 2622 / 07939 764 400

Mental Health Level

3



Mixed Gender/
Cultures

Average Group Size

8 - 15

Facilities:



Opportunities to Socialise:

There's lots of opportunity to socialise over the 12-week Team Programme.

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.

Trent Bridge Community Trust (Charity of Nottinghamshire County Cricket Club)

Aim: To unite communities, delivering high-quality sports and physical activity interventions across Nottinghamshire.

Activities Available:

Forget Me Notts

10:30am to 12pm, various dates and venues



Forget Me Notts is a project which uses sport as a vehicle for reminiscence and interaction between people with dementia, their carers and those experiencing isolation and loneliness.

Participants are mostly men – most women who attend are carers or partners. Everyone is welcome to take part or benefit from the respite these sessions provide.

Sessions take place at Rushcliffe Arena, Edwalton Golf Club, Melbourne Park and Trent Bridge. Please view our upcoming sessions here: <http://bit.ly/3IDBUPk>

Notts in Mind

Thursdays, 10:30am to 12pm, Cotgrave Leisure Centre

Notts in Mind is a 12-week programme for women, that uses sport and physical activity to increase self-esteem, build confidence, improve fitness, meet new people and develop support networks.

Address:

Activities take place across the following locations:

Melbourne Park Pavilion, Melbourne Road, NG8 5HL

Rushcliffe Arena, Rugby Road, West Bridgford, Nottingham NG2 7HY

Cotgrave Leisure Centre, Woodview, Cotgrave, Nottingham NG12 3PJ

Edwalton Golf Club, Wellin Lane, Edwalton, Nottingham, NG12 4AS

Key Contact:

Name Ian Richardson

Email ian.richardson@trentbridge.co.uk

Phone 07814 112 510

Web www.trentbridge.co.uk/trust

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

10 - 20

Facilities:



Opportunities to Socialise: Sessions are part exercise, part discussion, with half an hour for refreshments and a chat at the end.

Waterways Wellbeing Programme (Canal and River Trust)



Address:

Various locations across Nottingham and Nottinghamshire.

Aim: To help people to become healthier, happier and support their mental and physical health by engaging in activities on or around the waterways.

Activities Available:

Men's Group

Last Wednesday of the month, at various locations

Activities include cycling, woodwork, walks and towpath activities, and refreshments are provided.

Narrowboat Trips

Nottingham and Beeston Canal

Paddleboarding*

Tuesdays, 5:30pm to 7pm, launching from Binks Yard

Paddleboarding

Tuesdays, 5:30pm to 7pm at Holme Pierrepont

These are drop-in sessions for Rushcliffe residents only; no referral is needed.

Canoeing*

Tuesdays, 1pm to 2:30pm, launching from Binks Yard

Guided Foraging Walks

Every other Thursday, 10am to 12pm, starting from Nottingham Central Library

Beginning on Thursday 8 August 2024. Walks will usually begin from Nottingham Central Library and follow a route to Meadow Lock and back, but the route may change occasionally. Participants can leave the walk earlier, if they'd like to.

Cycling Together

Monthly, starting from various locations

Please note that participants require their own bike and helmet to take part.

Canalside Gardening

At Trent Street, opposite Loxley House

Nature-Inspired Arts and Crafts

Various locations along Nottingham Canal's towpath

Other Activities and Sessions

We also occasionally run one-off specialist sessions and events.

Things to note: Sessions are led by qualified instructors with many years of experience. No experience is necessary, just a willingness to learn. This programme is for **18+ only**. Activities are subject to change and take place on various days of the week at different times. Please contact Carol for more details.

All referrals are looked at by a Community Wellbeing Coordinator, who will call participants before they join an activity. We encourage people to come and have a look at the activity and meet the instructors and staff beforehand, if possible.

**Participants can only join these activities by referral.*

Key Contact:

Name Carol Burrell

Email carol.burrell@canalrivertrust.org.uk

Phone 07586 969 753

Web <http://bit.ly/3JZgTbu>



0 - 2



**Mixed
Gender/
Cultures**



6 - 15*

*Group size varies across each activity, please get in touch for more details.

Facilities:



Facilities depend on location and activity.

Getting Here:

Locations vary, so transport options and parking facilities will depend on what is available for each site.

Opportunities to Socialise: There is usually the opportunity to have a drink and a chat after the activities at a local café or other venue, depending on where the session takes place.

Suitable for: No specific level of fitness required; however, people will be assessed on an individual basis for paddle activities.

Wild As Well

Aim: With nature headlining as therapeutic partner, we aim to support people to relax, resource and revitalise through a gentle exploration of their Natural Selves through curiosity of the interplay of the personal, social and ecological ecosystems we live within, that are reflected to us in nature.

We offer individuals and groups across Nottingham and Nottinghamshire a facilitated ecopsychological approach to recovery and wellbeing, with trained Ecotherapist, Kate Whyatt.

Activities Available:

Ecotherapy Sessions

What does ecotherapy do?

Ecotherapy can be used to work with childhood trauma, grief and loss, shame, loneliness and feelings of low self-worth, with the focus on developing a sense of wholeness prior to working with the wounded parts that need healing. This helps people build the resources that can continue to support them once sessions are completed.

All our work focuses on nervous system support and emotional regulation. Through identification and development of people's strengths, gifts and talents with the support of the Ecotherapist and the natural world, people begin to feel safer in themselves to make subtle but life-enhancing changes to their relationships with themselves, their families and friends, which supports the creation of a deepening sense of belonging.

Where do sessions take place?

Sessions take place in either private or public natural spaces. A chosen place to work will be decided based on the needs of the person, their ability to travel and their accessibility needs.

What activities are involved?

Activities are person-centred and created around the needs and wishes of the person or group referred, so full details of opportunities offered will be discussed at the point of referral.

How long do sessions last?

Sessions are 1.5 hours for individuals and 3 hours for groups. Times and dates are also flexible and created around the needs of the person or group referred.

Suitable for: Our sessions are open to anyone who wishes to heal through deepening their relationship with nature, others and themselves. Kate is a qualified Ecotherapist and comes from a 15-year career as a Social Work practitioner and has worked with adults 18+ with a range of emotional, sensory and psychological needs – she welcomes everyone.

Referrals: Referrals can be made by health and social care teams for people with personal budgets, or through other funding streams to facilitate working with people with assessed needs, including adults with acute and enduring mental health.

Address:

Various locations across Nottingham and Nottinghamshire.

Key Contact:

Name Kate Whyatt

Email info@wildaswell.co.uk

Phone 07588 866 338

Web www.wildaswell.co.uk



0 - 4



**Mixed
Gender/
Cultures**



**4 - 12
& 1:1**

Facilities:

Facilities depend on location and activity – please check what is available with Kate.

Getting Here:

Locations vary but will be accessible by public transport and planned around the local area of the attendee.

Women in Tandem



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

Activities Available:

Please see our Eventbrite page for upcoming sessions.

Group Rides

Short Group Rides

Tuesdays, 6pm to 7:30pm

Longer Group Rides

Monthly on Saturday mornings

Available across different locations in Nottingham City, open to all women and all abilities.

Women's Open Workshop

Wednesdays, 5:30pm to 8:30pm

DIY bike kitchen with mechanic supervision to help you fix your own bike.

Learn to Ride and Cycle Training

Group and private 1:1 training available for women only or mixed groups.

Bike Maintenance Courses

Free monthly Women's Basic Bike Maintenance Courses and other private sessions open to everyone.

Dr Bike

Mobile repair sessions across Nottingham, where we'll 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.

Free Bikes

Available via referral only, please contact us.

Opportunities to Socialise: This is a great space to meet new people - most of our guests come to us not knowing anyone else in the group. 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.

Address:

Unit 8, Chaucer Street, Nottingham, NG1 5LP. Rides take place at various locations across Nottingham.

Key Contact:

Name Steph or Lily

Email hello@womenintandem.org.uk

Phone 0115 958 4662 / 07511 502 741

Web <https://womenintandem.org.uk/>

Eventbrite <https://bit.ly/49mZqfU>



0 - 2



Women Only



6 - 25

Facilities:



Getting Here:

Foot: Our city centre workshop is easily accessible by foot and is found opposite the High Pavement Sixth Form on Chaucer Street. **Tram:** Nearest tram stop is Nottingham Trent University.

Bus: Clarendon Street - NCT 28, 30, 35, 36 or L14 Locallink. Wollaton Street - NCT 34, 34C, 77, 77C, 78, 79A, N34, or Trent Barton i4, Indigo, Rainbow One and Two.

Our rides start at various locations, so be sure to check our event information or contact us if you're unsure where to find us.

Nottinghamshire Wildlife Trust

Aim: We're the county's leading conservation charity run by local people for the benefit of local wildlife, with dozens of nature reserves across Nottinghamshire.

Our vision is that Nottinghamshire's people and wildlife are thriving together. The natural world is valuable and under threat, and we depend upon it for our existence. We believe everyone should have the opportunity to live in a healthy, wildlife-rich world, and we have the power to make a positive impact on nature and climate emergencies.

We engage and inspire communities through events, education and volunteering opportunities, and are a leading voice in standing up for wildlife and the environment.

Activities Available:

Events

We run various free events across Nottinghamshire, including:

- Wellbeing Walks (Attenborough and Idle Valley)
- Educational visits (Attenborough)
- Wildlife identification courses
- Wildlife watching
- Wildlife Watch (monthly activities for 8 to 12 year olds)
- Wildlife talks

Many activities are run by members via our Local Groups which operate across the county. All upcoming events can be found here: <https://www.nottinghamshirewildlife.org/events>

Volunteering

We also offer volunteering opportunities for getting involved in activities such as:

- Outdoor practical conservation work
- Wildlife surveying and monitoring
- Marketing, communications and digital support
- Walk/activity leaders
- Supporting visitors

See more information about volunteering, here: www.nottinghamshirewildlife.org/volunteer

Things to note: We have nature reserves within every district across the county. Our flagship reserves at Attenborough and Idle Valley are accessible, larger reserves with more visitor facilities than others. Skylarks Nature Reserve (Holme Pierrepont) has 4 designated trails and is suitable for wheelchair users and visitors with pushchairs. Please use our website to check that the nature reserve you wish to visit has the facilities for your needs:

www.nottinghamshirewildlife.org/nature-reserves

Referrals: People can self-refer for any of our events and opportunities. Many people have noted that taking part in these activities has improved their mental health, because of being in nature, undertaking physical activity and connecting with others.

Address:

Various nature reserves across Nottinghamshire.

Key Contact:

Name Liz Fleuty

Email info@nottswt.co.uk

Phone 0115 958 8242

Web www.nottinghamshirewildlife.org

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

0 - 30

Facilities:



Facilities are dependant on location, please check before your visit.

Getting Here:

You can find information on how to get to our nature reserves, here:

www.nottinghamshirewildlife.org/nature-reserves

Opportunities to Socialise: Our nature reserves at Attenborough and Idle Valley have cafes, where people can socialise before or after events. Volunteering roles are often in groups or directly with another volunteer or colleague, and we run events to bring volunteers together.