

GreenSpace Bulletin 28: July 2024



Hello from GreenSpace!

The GreenSpace Bulletin has had a bit of a makeover this month!

We'd love to know what you think of our new look, so please get in touch!

Summer has finally arrived!

We've had a gloriously sunny end to June, and while the forecast does not look as good as we head into July, that shouldn't stop you from heading out into our beautiful green spaces for a dose of Vitamin G! Organisations across the city and county are hosting numerous events this summer. Take the opportunity to participate in exciting activities in amazing locations!



Do you have something you would like us to share in our next bulletin? If so, please get in touch with us at greenspace@nottinghamcvs.co.uk and let us know what's going on! The deadline for content for the next bulletin is Monday 22 July 2024.

Best wishes,

The GreenSpace Team at NCVS

July 2024

If you've missed any of our previous bulletins, you can catch up on the [GreenSpace Bulletin Archive page](#), which has links to all past issues.



Find out what's happening in our green spaces around Nottingham and green social prescribing.

Holme Pierrepont Paddle Sessions



Funded by
UK Government

Waterways Wellbeing
Join our wellbeing paddle sessions
at Holme Pierrepont

[/CanalRiverTrust](#)
[@CanalRiverTrust](#)
[@CanalRiverTrust](#)

Canal & River Trust
Making life better by water

Rushcliffe
Borough Council

POWERED BY
LEVELLING UP

The poster features a photograph of a canal with several people on paddleboards. The background is a mix of blue and green wavy patterns. At the bottom, there are logos for Canal & River Trust, Rushcliffe Borough Council, and the 'Leveling Up' initiative.

Research shows that being near or on water can hugely improve your wellbeing, leading to increased happiness, better health, and greater confidence in handling daily challenges.

Join the Canal and River Trust for wellbeing paddle sessions and enjoy the beautiful waterways.

Paddle sessions are taking place at:

Holme Pierrepont Watersports Centre, Adbolton Lane, NG12 2LU, throughout June, July and September.

The sessions will be led by qualified instructors working in partnership with the Canal and River Trust. The waterways positively impact millions of lives each year, and the Canal and River Trust aims to help as many people as possible enjoy the benefits by incorporating blue spaces into their daily routines.

For more information, speak to your GP or link worker at your medical practice to get a referral to this program. You can also contact Wellbeing Coordinator Carol Burrell at 07586 969753 or carol.burrell@canalrivertrust.org.uk, who can explain the referral process to you.

Rushcliffe Summer Wellbeing Challenge



The Rushcliffe Summer Challenge encourages people to get out this summer and engage in activities to boost their wellbeing.

Attend nine activities, receiving a sticker for each, and win a prize!

The Summer Challenge will end on Saturday 31 August 2024, and the Autumn Challenge will follow!

For more information about the Summer Wellbeing Challenge, see: [Summer Wellbeing Challenge | RushcliffeHealth](#)

Little Walled Garden Green Skills



Local charity Groundwork Five Counties has a Green Skills programme that helps Nottingham adults, aged 19 years and over, who are out of work.

The Little Walled Garden in Bilborough is an allotment space that the team wants to transform into a community hub, offering activities for people of all ages, abilities, and backgrounds.

Attendees will receive one-on-one support and participate in group sessions to learn new skills and work together on something wonderful for the whole community to enjoy.

Time required: 2 days - courses take place every week on Tuesdays and Fridays.

Location: The Little Walled Garden, St Martin's Road Bilborough, NG8 3AR

- Improve your health and wellbeing while learning a range of green skills.
- Learn about sustainable gardening, biodiversity, DIY garden decor, and help create a community space.
- Get the tips of the trade from environmental experts.
- Meet new people, improve your self-confidence and work readiness.
- Open to people of all ages, backgrounds, language and abilities.
- Friendly, welcoming and a low-pressure environment.
- Reimbursed travel (public transport only).
- Certificate of participation upon completion.

For more information:

Visit: www.groundwork.org.uk/green-skills-nottingham

Telephone: 0115 9788212

Email: environment@groundworknottingham.org.uk

This course is funded by Nottingham City Council's Community & Family Learning service with funding from the Education and Skills Funding Agency.



50 years of Megan and Tinks: Nottingham Narrowboat Project

MEGAN & TINKS
NOTTINGHAM
NARROW BOAT PROJECT

Narrowboat Trips

Nottingham/Beeston Canal & River Trent

A unique Canal and Waterways experience for diverse local communities

We have two 70ft Narrowboats one of which is wheelchair accessible, each carries up to 12 People
We're located in the heart of Nottingham City Centre
We welcome all ages and abilities to come aboard and try your hand at boat steering and lock working
We're available for public and private hire
Our boats are fully equipped and staffed by qualified skippers and crew

Please contact us on:
0115 837 0225
enquiries@meganandtinks.org.uk
<https://nottinghamnarrowboatproject.org.uk/>
Registered Charity 1176252

The Nottingham Narrowboat Project is one of the oldest and most respected Narrowboat organisations in the UK. Now into its 50th year, it is celebrating this milestone by extending its reach within the community, enabling more people to enjoy the historic canals and scenic waterways of Nottinghamshire. All ages and abilities are welcome, so why not go aboard and try your hand at boat steering and lock working? A trip with Megan and Tinks gives you a real taste of waterways life!

For more information about the Nottingham Narrowboat Project, visit the website:
<https://nottinghamnarrowboatproject.org.uk/>

Nature Walks with the Friends of Bingham Linear Park



Join the Friends of Bingham Linear Park for a series of walks this summer.

Take part in a wildlife walk on **Sunday 21 July and Sunday 25 August 2024**.

On **Sunday 29 September 2024**, take part in a walk to agree on work party activities and to pick blackberries and apples.

The park is a local nature reserve that runs along the line of an abandoned railway and opened in 2004. It is a haven for a wide range of plants and animals in an otherwise intensely farmed landscape. The old railway line provides a variety of slopes, surface types, and aspects, which also encourage a diverse array of wildlife.



To join the walks, just meet the group at the top of the steps on Tithby Road Bridge at 10am.

No need to book, just turn up.

Stout shoes needed and please wear clothes suitable for all weather (the path is quite exposed with little shade for significant length).

If you have any questions, contact the team at: linear_park@hotmail.co.uk

For more information about the Friends of Bingham Linear Park, visit the website: [Friends of Bingham Linear Park \(friendsofblp.org.uk\)](http://friendsofblp.org.uk)



Upcoming events around the Nottingham City and Nottinghamshire

Windmill Community Garden - Feel Good Garden Party

FEEL GOOD GARDEN PARTY

Saturday 20th July

12 - 3pm

Windmill Community Garden



Come and discover lots of ways to feel good as you wander round our gardens



Foraging

Yoga

Live music

Forest bathing

Garden Café

Art & Crafts

Massages

Herbal walk

Circus skills

Our green urban space brings together people of all abilities, local & diverse communities

This event will help us raise money for our charity all donations welcome



Contact Us: 07816899978

Find us: At the end of Ascot Road, Aspley Lane, NG8 5HD

Search for us on What3Words :

///table.feeds.tools

Find more details: on our Facebook, Instagram & Blogger



Rushcliffe Friendship Calendar: Open Water Swimming Sessions



Free Taster Sessions
Must be registered with a Rushcliffe GP

OPEN WATER SWIMMING
Colwick Country Park
Mindfulness Dip

Open water swimming for peace and restoration
Click on the date to **Book online**
Our What3Words location is held.visual.straw
<https://what3words.com/held.visual.straw>

Wed July 24th
[Click here to book online](#)

Experience the wonderful benefits of open water swimming, dipping for everyone, for health and wellness.
13:00-14:00pm

Sat July 6th
[Click here to book](#)

We are offering a one -off Saturday session 11:00-12:00pm
Please arrive 15 minutes before the session.



As part of the 2024/25 Rushcliffe Friendship Calendar, there are some open water swim sessions at Colwick Country Park in July.

The Rushcliffe Friendship Calendar aims to tackle social isolation and loneliness across the borough by offering a series of free one-off taster events. These events provide opportunities for residents to meet like-minded people, try new activities, and form lasting friendships. The sessions are free to attend for residents aged 18 and older who are registered with a Rushcliffe GP.

Book your place for July below:

- Saturday 6th July, 11am-12pm: [Book here](#)

For more information about the Rushcliffe Friendship Calendar, please visit: [Friendship Calendars | RushcliffeHealth](#)

Paint Your Park

The Nottingham City Council Park and Open Spaces team is hosting two Paint Your Park events at Victoria Embankment Memorial Garden in July.

Join expert crafter Agnes on the day and create unique artwork exploring a range of painting tools, mediums, and techniques.

Please use the links below to book your free tickets and get more information.



Kids Workshop: [Paint Your Park - Kids' workshop Tickets, Tue, Jul 2, 2024 at 9:30 AM | Eventbrite](#)



Adults Workshop: [Paint Your Park - Adults' workshop Tickets, Fri, Jul 5, 2024 at 12:30 PM | Eventbrite](#)

FarmEco: wellbeing walks and Gardening Club open day

The team at FarmEco is offering a wellbeing walk on Friday 19 July 2024 and an open day for their Gardening Club on Tuesday 30 July 2024. These sessions are free to attend, but booking is essential.

Register to attend here: [Store 2 — FarmEco](#)

If you have any questions, please contact Farm Eco directly: communities@farmeco.co.uk



Wellbeing Walks SUMMER DATES



FarmEco Community Farm

Join us for a very gentle stroll around FarmEco. Afterwards share a warm drink and snack together.

As the days lengthen and the sun becomes warmer it's a great time to get outside, meet other people and notice spring emerging in our wonderful countryside.

- take a gentle stroll around the farm
- connect with nature
- chat with others
- breathe the mild fresh air
- feel the sun on your skin
- try some simple mindfulness activities

Open to everyone! Children must be accompanied. Please contact us if you need any support to attend these walks.

*****BOOKING IS ESSENTIAL*****

FREE but donations welcome

Monthly walks

Tues 18th June

Fri 19th July

Times vary - check website

For more details & booking:

Website: www.farmeco.co.uk/shop

email: cider@farmeco.co.uk

phone: 07708 188449



Gardening Club OPEN DAY 30th July



FarmEco Community Farm

FarmEco friendly Gardening Club for **everyone.**

We're dementia friendly too!

Visit our friendly farm and find out about our gardening club.

**Open day
Tues 30th July
10-12pm**

For more details:

Website: www.farmeco.co.uk/shop

email: communities@farmeco.co.uk

phone: 07708 188449

- see our wonderful growing spaces
- meet our friendly staff
- have a go at some gardening
- refreshments included or visit our onsite cafe





Find opportunities for training and funding.

Free Mental Health Awareness Training with Harmless

Harmless is offering free mental health awareness training to people with a wide range of roles in Nottingham and Nottinghamshire. Please see doc attached for more information. You can find out more about this course (and other free courses Harmless run for people in Nottingham and Nottinghamshire) here: [The Academy at Harmless \(Let's Talk Training\) Events - 67 Upcoming Activities and Tickets | Eventbrite](#)

Book onto the upcoming mental health awareness courses:

- Thursday 4 July 2024 - <https://www.eventbrite.co.uk/e/884036044607>
- Tuesday 9 July 2024 - <https://www.eventbrite.co.uk/e/851590428897>
- Monday 22 July 2024 - <https://www.eventbrite.co.uk/e/884037789827>
- Wednesday 24 July 2024 - <https://www.eventbrite.co.uk/e/851591732797>
- Tuesday 30 July 2024 - <https://www.eventbrite.co.uk/e/884039153907>
- Tuesday 13 August 2024 - <https://www.eventbrite.co.uk/e/884040317387>

Don't forget to check out the information about funding opportunities on the Funding and Fundraising News page of the Nottingham CVS Website: [Funding and Fundraising News | nottinghamcvs.co.uk](#)

Could you be Nottingham City Council's new Park Ranger?

Nottingham City Council is currently recruiting for a new Park Ranger.

The role will include delivering practical conservation tasks by utilising Nottingham Green Guardian volunteers, staff, and business partners to deliver green space improvements. The post is full-time (flexible working arrangements are supported), permanent, and the **closing date is Monday 1 July 2024.**

For more information see the website: [Park Ranger 2970 external enquiries.](#)



Useful resources for GSP and beyond

The Big Green Book



If you're looking for something to get involved in and don't know where to start, check out the **Big Green Book**.

The Big Green Book is a directory of nature-based/outdoor activities across the city. Designed for social prescribers, healthcare professionals and the general public, the book helps to link people with activities that can help to support and improve their mental and physical wellbeing.

The latest edition for Nottingham City can be found [here](#). If you live in Rushcliffe, you can access the Rushcliffe Big Green Book here: [The Rushcliffe Big Green Book | RushcliffeHealth](#) and you can find special Travel Well editions here: [Travel Well Big Green Books | nottinghamcvs.co.uk](#)

Plans for more Big Green Books are sprouting up around Nottinghamshire, so watch this space...

GreenSpace NG App



You can explore Nottinghamshire's green spaces using our FREE GreenSpace NG app! If you haven't already downloaded it, you can find it in the [Apple App store](#) and [Google Play store](#) now!



The Active Travel Social Prescribing Project in Nottingham

Do you live in or around Aspley, Beechdale, Bulwell, Broxtowe, Bilborough, Strelley, St Ann's or Sneinton?

Travel Well can support you to walk and cycle more for a healthier and happier life.



Activities include led walks and rides, cycle training, bike repair skills classes and journey planning.

www.transportnottingham.com/travelwell



Travel Well logo and partner logos: Active Travel England, Nottingham City Place-Based Partnership, Nottingham City General Practice Alliance, Nottingham City Council.

Travel Well Nottingham is part of a national pilot project, one of 11 areas developing active travel social prescribing. Taking place in Aspley, Beechdale, Bilborough, Bulwell, Sneinton, St Ann's and Strelley, the project aims to support people to become more active, manage mental and physical wellbeing, manage long-term health conditions or address social isolation.

For more information, visit: Travel Well – Transport Nottingham

Travel Well: How to make a referral or sign up

Referrals can come through three routes.

1. Residents can be 'referred-in' to Travel Well in a community setting. These are events and activities happening in the locality. Check out the calendar below.
2. Residents can self-refer and sign-up to the programme to receive a specialised and tailored plan.
3. Healthcare professionals can make referrals to specialised provisions.

You can sign up using the online referral form in the 'How to make referrals' section of the Travel Well website: Travel Well – Transport Nottingham

Travel Well through July

If you're looking for things to do in June to get you up and active, check out the Travel Well calendar for this month. It contains loads of opportunities for active travel activities, as well as information

about other activities that will get you moving. You can find an interactive version of the calendar, along with more information about the Travel Well project, on the Nottingham City Council website: [Travel Well – Transport Nottingham](#)

The Feel Good Festival - Saturday 1st June

The Renewal Trust hosted the Feel Good Festival at King Edward's Park and the Travel Well team were on site with opportunities to get involved in walking and cycling activities!

The chilly weather on Saturday 1 June didn't put people off coming along to the festival, and it was great to see so many people enjoying the activities. Our Travel Well providers were out in force, with [Nottingham Bikeworks](#) providing a Dr Bike service with free bike health checks and repairs, [Women in Tandem](#) leading a fun family bike ride to Colwick Park, and the [Ridewise](#) Smoothie Bike was in constant use, with long queues of people excited to get one of their five-a-day along with a bit of exercise!



Charlotte and Kate from the Travel Well project team talked to people about all the different opportunities available through the project and supported several people to self-refer to our team of Travel Well Community Connectors, who will help them find ways to build more active travel into their daily lives through walking and cycling activities. Thank you to the team at [The Renewal Trust](#) for organising a great day; it was a pleasure to be a part of it!

Nordic Walking: Taster Session and 10 Week Course



As part of the Travel Well project, [Midlands Nordic Walking](#) are offering free taster sessions and Nordic Walking courses in the Travel Well target areas!

What is Nordic Walking?

Nordic Walking is a great way to improve your general fitness as it provides a full-body workout that can be achieved at many levels, at low, medium or high intensity. The Nordic Walking technique can be very effective for people recovering from illness or injury and for people with mobility issues as it puts less strain on joints than other activities. Not only is it great for getting out and improving your fitness, but it is also a really sociable activity if you join one of the community groups operating around the city and county.

Taster session dates:

- Tuesday 16 July: 11.00am at St. Ann's - Victoria Leisure Centre
- Wednesday 17 July: Time TBC - Strelley Social Club
- Thursday 18 July: 11.00 am at Bulwell – Ken Martin Leisure Centre

The courses will start the following week.

To register and book your place, visit: <http://www.runspire-notts.com/travelwell>

Travel Well Provision Currently Available

Sustrans: 1 to 1 Route Planning



1 - Image by rawpixel.com

Available to residents and patients in the Travel Well target areas (Bilborough, Beechdale, Aspley, Cinderhill, St Ann's, Sneinton and Bulwell), the team at Sustrans is offering a 1:1 route planning service, both face-to-face and online, to support people in getting from A to B.

If you would like more information or to refer someone to this service, please contact travelwell@sustrans.org.uk

Women in Tandem: Free Bike Offer (Referral Only)

FREE BIKE!

Refurbished by mechanics at Women in Tandem, fully serviced with new parts and ready to ride.

For adult women registered with a GP in Nottingham City who have health issues or are at risk of ill health. Priority will be given to those in Bilborough, Beechdale, Aspley, Bulwell, St Ann's & Sneinton.

Helmet, lock, lights, high vis & essential maintenance kit also included!

SCAN HERE Book a bike using this QR code via Eventbrite and then get in touch to arrange a collection time.

Please allow 1 hour for our expert bike fit, time to test ride & lots of friendly advice.

www.womenintandem.org.uk
hello@womenintandem.org.uk
 @Womenintandemnotts
 @Women_in_Tandem
 0115 958 4662
 07511 502741

Women in Tandem, Unit 8
Chaucer Court Workshops,
Chaucer Street, Nottingham,
NG1 5LP

TRAVEL WELL

Funded by

Active Travel England | Nottingham City Place-Based Partnership | Nottingham City General Practice Alliance | Nottingham Community Health Services | Nottingham City Council

<https://www.eventbrite.co.uk/e/travel-well-free-bike-offer-tickets-771508862777?aff=oddtcreator>

Women in Tandem: Bike Maintenance Courses and Group Rides

For the latest opportunities for Travel Well activities with Women in Tandem, please refer to their page on Eventbrite: [Women in Tandem Events | Eventbrite](#).

Visit the Women in Tandem website and social media pages for other upcoming events, affordable bike repair services, refurbished bikes for sale, rides, pop-up Dr Bikes out and about and more at www.womenintandem.org.uk

Facebook: [@womenintandemnotts](#)

Instagram: [@Women_In_Tandem](#)

Bikeworks Nottingham: Build A Bike (Referral Only)

Bikeworks Nottingham is offering a series of Build A Bike sessions. Participants join the team at their workshop to build their own bike, learning basic bike maintenance skills along the way, before riding away on the bike they have built at the end of the course!

This offer is only open to people who qualify for Travel Well support via referral from a Travel Well Community Connector.

RideWise: Travel Well Bike Maintenance Workshops and Cycle Training



These free sessions are available for adults aged 18 and over who live in the Nottingham City Area.

Learn the basics of fixing your own bike with our professional and experienced bicycle mechanic! The team at Ridewise will cover all the basics you need to keep your bike safe and roadworthy, including checking tyre pressure, gears, brakes and fixing punctures. This hands-on workshop is perfect for beginners with little or no cycle mechanic experience. You bring your own bike to practice on, and they will provide all the tools you need for the session.

For more information about other opportunities available through Ridewise, visit: [What's On? | RideWise](#) or see the [booking site](#).

What else does Travel Well have to offer?

Go Jauntly Walking Routes in Nottingham



Go Jauntly is a free walking app designed to help people wander outside of their normal surroundings and reconnect with nature. The app, which includes tips on nearby points of interest, places to eat and public toilets, is available to download for free on the [App store](#) or [Google Play](#).

Just search for Nottingham in the app and you will find the Travel Well walk collection.

The Bulwell to Mellish Nature Trail

[Walks](#) [England](#) [Nottinghamshire](#) [City of Nottingham](#)

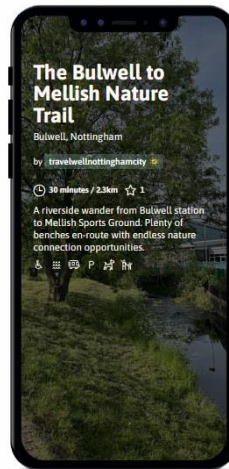
Go Jauntly have a fantastic walk just for you.

You can check out this walking route on the Go Jauntly app. Your walking app for everyday outdoor adventures.

Download our free walking app and own a pocket-sized encyclopedia of urban walks.



Download a PDF guide for The Bulwell to Mellish Nature Trail - [The Bulwell to Mellish Nature Trail guide](#)



2 - Just one of the routes available in the Travel Well collection

The app is user-friendly: simply follow the instructions and photos. You can also choose to follow the route on a map if you prefer. PDF versions of the routes are available for download, and within the app, you can download the routes beforehand to use offline, so you don't have to use your data while you're out and about!

You can find the whole collection of Travel Well walks here: [Travel Well in Nottingham - Go Jauntly](#)

We'd love to know what you think of the walks you've tried, so please send your feedback to travelwell@nottinghamcity.gov.uk

Travel Well Bench Map - Can you help us locate more benches?



The **Travel Well** team has begun to map the locations of benches in the city to help people as they become more active in the city. The aim of the bench map is to show up-to-date, accurate locations of benches so that people can plan rest stops while they are out and about.

To report a bench location, all you need to do is complete the form on the Travel Well website, give the What3Words location, or use another way to locate the bench, such as sharing a link to a pin on Google Maps: [Travel Well – Bench Locations Map – Transport Nottingham](#). It's that simple!

Follow GreenSpace on Facebook!



Follow our Facebook page for all the latest GreenSpace news and to find out more about opportunities for green social prescribing: <https://www.facebook.com/GreenSpace-Nottingham-NCVS-110566331566865>

Please like and share our page to spread the word about green social prescribing in Nottingham and Nottinghamshire!



Growing healthy people, connected to nature

Nottingham was selected as one of seven government [Green Social Prescribing Test and Learn sites](#) through the Nottingham and Nottinghamshire Integrated Care System (ICS), to run a two-year pilot nature-based programme.

Over the two years of the project (up to April 2023), the Green Social Prescribing Programme built on Nottingham City's green commitments, weaving a web that connected people, places and projects into a green network that offered something for everyone, no matter their ability or where they lived in the city and county. The focus of the programme was initially within Nottingham City and grew into Nottinghamshire during the second year.

The programme was delivered nationally by the Department of Health and Social Care, Department for Environment, Food and Rural Affairs, Natural England, NHS England and NHS Improvement, Public Health England, Sport England, Ministry of Housing Communities and Local Government and the National Academy for Social Prescribing.

NCVS continues to work in collaboration with local NHS services to embed green social prescribing into the healthcare systems to make it an intervention of choice to support people to maintain and improve their mental and physical wellbeing.

