

The Big Green Book



TRAVEL WELL

Edition

Nottingham City East

Including:
St Anns, Sneinton



Funded by:



The Big Green Book

TRAVEL WELL

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

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

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

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

Nottingham
Community
and Voluntary
Service

Green
Space

Growing healthy people,
connected to nature

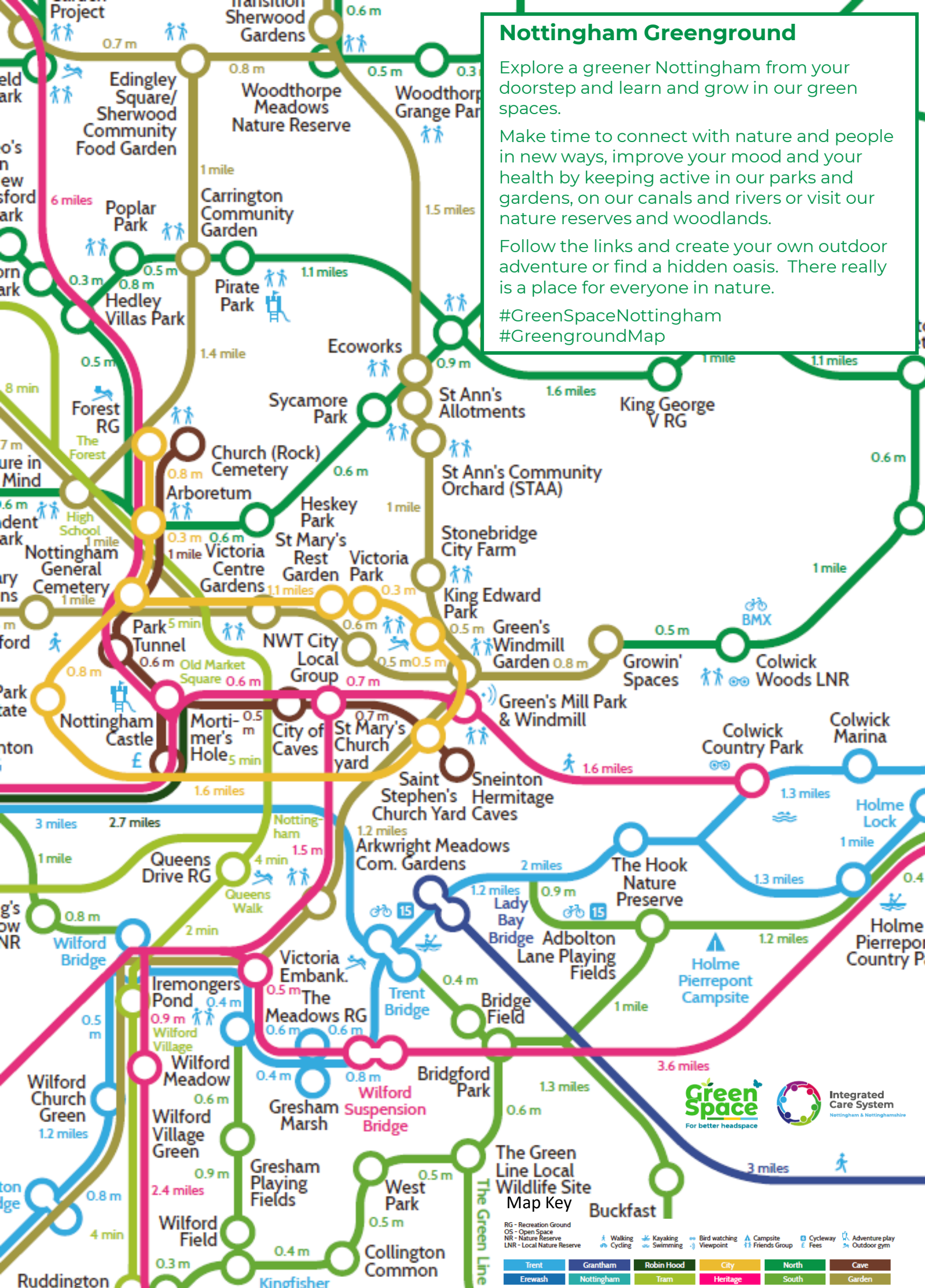
Nottingham Greenground

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

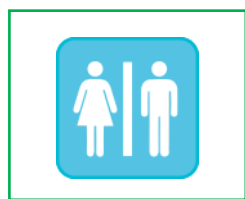
Make time to connect with nature and people in new ways, improve your mood and your health by keeping active in our parks and gardens, on our canals and rivers or visit our nature reserves and woodlands.

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

#GreenSpaceNottingham
#GreengroundMap



Icons



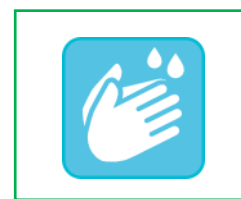
Toilets



Changing



Accessibility



Handwashing available



Bike Racks



Shelter available



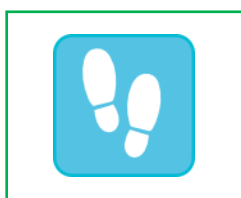
Family Friendly



Paddling



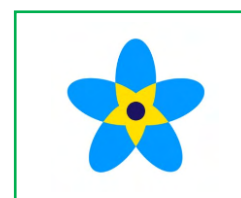
Hot Drinks



Walking Group



Operates through Winter



Dementia Friendly

*groups/volunteers received 'Dementia Friends' information session

GreenSpace Trusted Providers

If an organization has the GreenSpace Trusted Provider logo, that means they have been through the process of joining the GreenSpace green social prescribing project and have demonstrated that they have all the necessary policies, procedures and insurance in place and have identified the level of need that they are able to support. The level of support that they are able to provide is identified using Mental Health Levels on the next page and you should refer to these levels before linking a client with an activity to make sure that you are making an appropriate connection.



If a client is interested in joining any of these activities, as a referrer we suggest you contact the organisation directly to make your own checks and build your own connections before linking a client to that activity.

Please note: All information is correct at the time of publishing. The Big Green Book will be updated regularly. If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team by emailing: Travelwell@nottinghamcvs.co.uk

Find your starting point: Activity levels



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

Does this sound like you?

Well...

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

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

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

To find your starting point:

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

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



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

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

Level 5: I am very active

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



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

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

Level 4: I am active now

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



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

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

Level 3: I am ready to become more active

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



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

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

Level 2: I need some help to be more active

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



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

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

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

1



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

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

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

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

Seek medical advice if:

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



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

Finding an activity for yourself:

The Mental Health Levels below were developed with the GreenSpace Mental Health Lead so that groups could show the different needs they are able to support. When you are choosing an activity, use the level to help you work out whether this group has the support in place that will help you. If you consider yourself to have a higher level of need, you may be able to attend an activity with a carer or support worker, please contact the organisation directly to discuss your needs before attending for the first time.

Level Zero: This activity is for you if...

- You are feeling well
- You want to look after your mental and physical health
- You want to try a green or nature-based activity

Level One: This activity is for you if...

- You are seeing your GP about your mental health or are having some support from a health worker or social prescriber
- You feel lonely, you have a low mood and/or lack of motivation/structure/routine
- You are experiencing symptoms of anxiety and/or mild depression
- Your mood/feelings are having a negative effect on your wellbeing

Level Two: This activity is for you if...

- You are currently getting support from your GP and receiving psychological therapies, such as cognitive behavioural therapy (CBT) or counselling
- You are taking short term medication and/or under ongoing monitoring, and this support is helping you to manage your mental health
- You feel a 'Green Buddy' would help you to go along to the first couple of sessions and to help you settle in
- You need specific sessions are designed to include more support or have a specific focus on wellbeing
- You would benefit from a volunteer to help you or work alongside you during the sessions to help you feel more comfortable and at ease in the group
- You have identified recovery goals with your health care professional that you can work towards during the activity

Level Three: This activity is for you if...

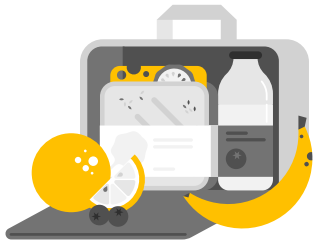
- You have complex needs and need more than one area of support, including specialists and local mental health team
- You need support to take part in sessions (if you have a support worker then they can attend with you)
- You need a short-term programme of activity, or a package tailored to meet your individual needs
- You need support from a team that specialises in working with people who have long-term and/or complex mental ill health

Level Four: This activity is for you if...

- You are experiencing an acute mental health crisis which requires you to receive inpatient or intensive crisis team support
- OR
- You have a long-term serious mental illness, and you need regular care and support
- You need an activity in a hospital-based location, such as a hospital community garden or therapy garden
- You need an activity provided by a specialist team that will make sure you get the help and support you need to get the most out of the sessions (this might include doctors and nurses and other people who have expertise in working with people with a range of complex mental health needs, both long-term and acute)

Suggested Kit List for getting outside more.

Basic useful stuff



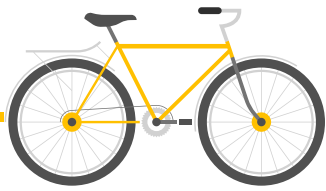
- Waterproof shoes/boots
- Coat
- Jumper
- Gloves
- Hat warm/cool

- Brolly
- Snacks
- Snack bag
- Map

A bit more specialist stuff

- Bike, Lights and lock

- Rucksack



- Walking boots



- Helmet

- Poles

- Torch

Need Help with Kit?

[Welcome to Kitsquad - Donated Adventure Gear](#)



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



[Nottingham Welly Bank | Facebook](#)



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

Pregnant

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



Cargobike

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



Twins or a baby and a toddler

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



One baby under 9 months

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



9 months – 5 years

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



9 months – 4 years

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



Baby/toddler and child who can pedal

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



4+ years

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



Tandem

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



School aged children

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



Five Tips To Stay Safe

Cycle safety advice:

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

How to Cycle Safely at Road Junctions

Video guide:

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

How to Check Your Bike before a Ride

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

Roadside Bike Repairs

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

Women in Tandem



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

Activities Available:

Check out Eventbrite for current sessions

Group Rides available from different locations in Nottingham City

Women's Open Workshop Wednesdays: DIY bike kitchen with mechanic supervision to help you fix your own bike from 5.30-8.30pm

Learn to Ride and Cycle Training - Group and Private 1:1 bookings, both women-only and mixed groups

Bike Maintenance Courses Both women-only and open-to-all sessions.

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

Contact for referral only Free bike offer

Address:

Unit 8, Chaucer Street, Nottingham, NG1 5LP

Key Contact: Steph or Lily

Email hello@womenintandem.org.uk

Phone 0115 958 4662 Or 07511502741

Web [Home - Women in Tandem](#)

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



0 - 2



Women only



6 - 25

Workshop Facilities:



Activity Levels:

Beginner rides:



Long rides:



Getting Here:

Our city centre workshop is easily accessible opposite High Pavement 6th Form Chaucer Street building.

Nearest Tram Stop: Nottingham Trent University

Nearest Bus Stops:

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

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

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

Opportunities to Socialise:

This is a great space to meet new people, most of our guests come not knowing anyone and we have lots of opportunities for you to chat usually over a hot drink and a cake. On our rides we leave plenty of time for snack/photo stops, ride at your pace with nobody left behind. Perfect for beginners or anyone looking for a friendly group of women to ride with.



Nottingham Bikeworks

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

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

Activities Available:

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

Spaces are limited so please [book in advance](#) where possible.

Better By Bike

Each week a led bike ride starts at our workshop on Carlton Street [time and day tbc]. It's a friendly, easy-paced ride for everybody – all you need to bring is yourself and your bike!

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

Build a Bike – Referral through GP social prescribers/ health and wellbeing coaches or community groups. Gain skills as to how to build your own bike then keep it when it's all put together!

Getting Here:

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

Opportunities to Socialise:

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

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

Better by bike rides are sociable rides with time to chat on route and during breaks.

Address:

23 Carlton Road, Sneinton, Nottingham
NG3 2DG

Key Contact: Ian

Phone 01159792433 or 07783 14506923

Web [Contact - Nottingham Bikeworks](#)

[Eventbrite](#)



Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures



Average
Group
Size

4 - 25

Workshop Facilities:



Contact directly for referral only
Build a bike offer



Travel Well Providers



Address:

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

Aim: We work for and with communities, helping them come to life by walking, wheeling and cycling to create healthier places and happier lives for everyone.

We believe the places we live, work and enjoy ourselves should be planned around people, not cars.

Activities Available:

We offer:

- ✓ Help finding routes suitable for you
- ✓ Route planning advice
- ✓ A 'buddy' to go with you
- ✓ Sign-posting to services giving access to bikes
- ✓ Information on things going on in your local area

Key Contact:

Name Michael Howard
Phone: 07761 448631
Email travelwell@sustrans.org.uk
Web About us - Sustrans.org.uk
Facebook



Can we help you get out and about more?

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

We offer:

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

Support for cheap and sustainable travel

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

We offer:

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



We would love to hear from you!
Please contact:
07761 448631
travelwell@sustrans.org.uk



We would love to hear from you!
Please contact:
07761 448631
travelwell@sustrans.org.uk



Travel Well Providers

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:

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

Lenton Abbey Park (LAP) Bike Hub & Workshop

Open Tuesday to Saturday, 9am to 3pm

We also have a team at our LAP Bike Hub, who can help you with all things bike. You can book repairs and servicing, buy a pre-loved bike, donate a bike or just chat with them about a mechanical issue. They'll do their very best to help keep your bike in tip-top condition or advise you on the best choice for a new one! You can contact the LAP Bike Hub Team on 07874 353 999 or email them at customerservices@ridewise.org.uk.

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

***Travel Well Community Bike Maintenance**

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

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

Travel Well Women's Ride Leader Training: Contact customerservices@ridewise.org.uk

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

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

Address:

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

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

Key Contact:

Call: 0115 955 2288

Email:

customerservices@ridewise.org.uk

Web

www.ridewise.org.uk

Activity Levels:



Facilities:



Opportunities to Socialise:

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



Travel Well Providers

Runspire Nottingham

Aim: Runspire Nottingham is a friendly and supportive running and walking group that is dedicated to inspiring and changing lives in Nottingham through our vibrant running and walking communities. We welcome runners and walkers of all abilities, from beginners to intermediates, from people who want to get back running to people who just love a 5K run / walk with a wonderful group of friends. Our sessions are designed to cater to your fitness level, ranging from gentle runs of a few kilometers to more challenging sessions. We have different routes depending on the season, but always enjoy the beauty of our surroundings.

Activities Available:

RunSpire Bilborough & Strelley is thrilled to invite everyone to join us for our Couch to 5K program, social walks, and running for all.

Our weekly sessions are every **Thursday**

6pm: Social Run

7pm: Social Walks and couch to 5K

Our sessions are the perfect opportunity to get active and meet new people. Don't miss out on the fun, we'll be meeting at **Harvey Hadden Leisure Centre**.

There are also opportunities to join Nordic Walking sessions. Please see the Runspire Nottingham website for more details.



Address:

Victoria Leisure Centre,
Gedling Street,
Nottingham,
NG1 1DB

Key Contact:

Call: 07482717972

Email: hello@runspire-notts.com

Web: www.runspire-notts.com



0 - 2



**Mixed
Gender/
Cultures**



7-20

Activity Levels:



Facilities:



Opportunities to Socialise:

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

Getting here:

Bus routes are available from the city centre. Chargeable on street parking is available at Victoria Leisure Centre.



Walking Groups

The Ramblers



Aim: To make sure everyone everywhere can enjoy nature on foot. We lead the way, and the walks, for a community of over 100,000 walkers. And we help thousands more every year find their feet out in the open to boost their wellbeing naturally.

We're dedicated to removing barriers so everyone can enjoy walking in green spaces and to preserving and improving hundreds of thousands of miles of well-loved paths, tracks and trails across England, Scotland, and Wales.

Activities Available:

We have walks taking from under 90 minutes, to longer 5 - 18-mile walks. There should be a walk for almost everyone!

Wellbeing Walks

Our Wellbeing Walks make getting active easier, for everyone. Because you'll be walking with others, you'll feel safe, be supported, and have fun along the way. Find your nearest Wellbeing Walk in Nottingham, here: <https://bit.ly/3LWQGf9>

Ramblers Group Walks

With 500 Ramblers groups there's bound to be more than one near you. Search for your local group, here: <http://bit.ly/3lvVD3>

Ramblers Routes

Plan your next walk with our library of tried-and-tested routes: <http://bit.ly/3loSDpL>

Address:

Walks take place at various locations across Nottingham.

Key Contact:

Web <https://beta.ramblers.org.uk/>



0 - 2



**Mixed
Gender/
Cultures**



Varies

Facilities:



Opportunities to Socialise:

Participants have plenty of opportunity to socialise during walks.

Best Foot Forward (Age UK Nottingham & Nottinghamshire)

Aim: To enhance the quality of life and promote the health and wellbeing of all older people in Nottingham and Nottinghamshire.

Activities Available:

Guided Health Walks

Walks take place in the following locations:

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

Address:

Various locations across Nottingham and Nottinghamshire.

Key Contact:

Email bestfootforward@ageuknotts.org.uk

Phone 0115 896 6906

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

Leaflet <https://bit.ly/41ymxYL>



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.

Walking Groups

Notts Guided Walks

Aim: To showcase the vast number of walks and activities available across Nottinghamshire, to encourage people to get outdoors, promote walking and let people know about the great areas and sites our area has to offer.

At Notts Guided Walks, we have a website, yearly walking programme and printed booklet containing numerous guided, self-guided and wellbeing walks being offered across Nottinghamshire. Almost all our walks and events are free to attend.

Activities Available:

Guided, Self-Guided and Wellbeing Walks

Wildlife & Nature Events

Things to note: Some walks and activities offered by Wellbeing Groups are appropriate for people with additional physical needs.

For more details, please visit our website or get in touch.

Opportunities to Socialise: Many walks offer the opportunity for people to chat, and we often have social gatherings at pubs or cafés for refreshments.

Address:

Activities take place at various locations across Nottinghamshire.

Key Contact:

Name Chris Thompson

Email nottsrow15@outlook.com

Phone 07719 827 808

Web www.nottsguidedwalks.co.uk

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

10 - 12

Facilities:



Facilities vary by location.

Getting Here:

Dependent on location. The starting points for all our walks and events are listed on our website. We try to encourage public transport wherever possible.

Meanderers

Aim: To use walking and creativity as tools to improve wellbeing and build a community that facilitates friendship making and feel-good activities.

Activities Available:

Walks designed for wellbeing and creativity, that include activities to do whilst walking through urban and natural parts of Nottingham.

Drifts

Drifts are our free walks. Normally we have a group of around 10 people attending.

Walkshops

Walkshops are our ticketed events, costing £10 to £15. They include a walk, social meal, and art workshop. These are capped at 25 participants, and we normally have 10 to 15 attending.

Suitable for: Adults, young people, children, and families. Walks can be up to 2 hours long, at an average pace and mostly through paved areas. There may occasionally be some walking through woodland and grass areas.

Activities can be adapted to participant needs, if contacted beforehand. If you're a wheelchair user, please get in touch to check that the route is suitable. Art workshops can be adapted to most ages and abilities.

Things to note: Please see our website or get in touch, for more information about when and where our activities are taking place.

Address:

The Carousel, 25 Hockley, Nottingham NG1 1FH and various other meeting points across Nottingham. Accessible by public transport or short walk from public transport.

Key Contact:

Name Amelia Daiz

Email amelia.daiz@outlook.com

Phone 07926 380 967

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

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

Varies

Facilities:



Facilities vary by location.

Opportunities to Socialise: We usually head to a café for a drink and chat after a Drift. Our Walkshops offer lots of opportunity for socialising during activities.

Local groups that get you moving

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: ntmapajp). **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.

Local groups that get you moving

Framework – Nature in Mind



Aim: We support people with mental health issues and promote wellbeing and recovery through engagement with nature-based activities in Nottinghamshire and beyond.

Our service supports people to overcome barriers that have a negative impact on their lives including confidence, social isolation, or health problems. We provide varied opportunities and activities related to nature in small, supportive groups.

Activities Available:

We publish a new activity programme every three months, which includes weekly sessions at St Ann's Allotment, and visits to a wide variety of nature and heritage sites including Southwell Minster, Attenborough Nature Reserve, Sherwood Forest, Newstead Abbey, and the Arboretum.

Please visit our website for more details and our most recent activity programme.

Opportunities to Socialise: People are encouraged to chat and socialise during the session, and there is usually a café stop at the end of the activity. Tuesday allotment sessions include social time during a group meal.

Address:

Various locations across Nottingham and Nottinghamshire.

Key Contact:

Email natureinmind@frameworkha.org

Web <http://bit.ly/3Ta4Yuf>

Referral Form <http://bit.ly/3LaLPqc>



0 - 4



**Mixed
Gender/
Cultures**



Varies

Facilities:



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.

Local groups that get you moving

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.

St Ann's Allotments (STAA)



Aim: To protect, preserve and promote the heritage, horticultural, wildlife and community value of St Ann's Allotments, and to provide education and volunteering opportunities along with social welfare, recreational and leisure activities to improve the wellbeing of our local communities.

Activities Available:

Volunteering at The Nursery

Weekly on Tuesdays and Wednesdays, and every 2nd and 4th Saturday of the month

Average group size is 4 – 10.

Heritage Talks & Tours

Every 2nd Saturday and last Wednesday of the month

Toddler Group

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

Average group size is 43.

Please visit our website and bookings page for more details.

Opportunities to Socialise: There's plenty of opportunity to socialise during all our activities.

Address:

121 Ransom Rd, Nottingham, NG3 3LH

Key Contact:

Email info@staa-allotments.org.uk

Web www.staa-allotments.org.uk

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

Mental
Health
Level

0 - 2



Mixed
Gender/
Cultures

Average
Group
Size

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.

Local groups that get you moving

Notts County Foundation



Address:

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

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.

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.



Health

Racket Social – Sponsored by Trent Navigation



Health

Right Mind



Health

On the Ball



Health

Goals for Life



Health

FIT Magpies



Health

Cancer Rehabilitation and Exercise (CARE)

Local groups that get you moving

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.

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.

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:

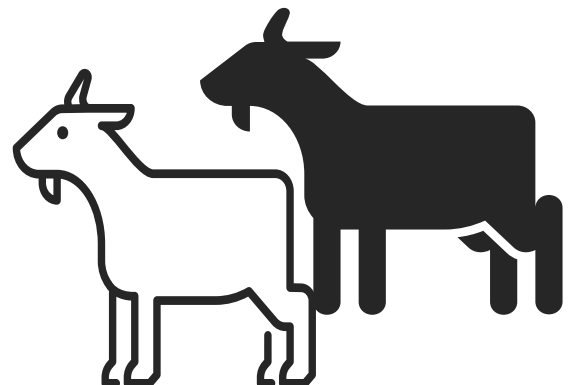
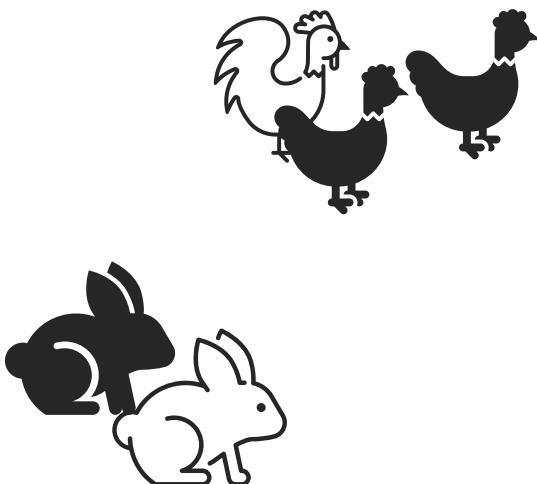


Getting Here:

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.



Local groups that get you moving

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

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.

Sessions take place at various venues and on various dates. Please contact us for more details.

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

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 or 01159823000

Web www.trentbridge.co.uk/trust



0 - 2

Facilities:



**Mixed Gender/
Cultures**



10 - 20



TRENT BRIDGE COMMUNITY TRUST

FORGET ME NOTTS 2024

FREE SPORTING ACTIVITIES AND SOCIAL INTERACTION SESSIONS FOR THOSE LIVING WITH DEMENTIA AND THEIR CARERS

THE MEMORY CLUB

Concerned your memory isn't what it used to be? Join in a relaxed and supportive setting and enjoy tea and a chat, bowls, cards, table tennis, Curling, quizzes, Sudoku, and more. Drop in to this free Club, no need to book and bring your Carer or friend.

SESSIONS RUN EVERY THURSDAY, 1PM - 3PM FROM 14 SEPTEMBER
THE ICCA, 99 HUCKNALL ROAD, NOTTINGHAM, NG5 1QZ

	RUSHCLIFFE ARENA	EDWALTON GOLF	MELBOURNE PARK	TRENT BRIDGE CAFÉ
JAN	16th	9th	10th, 17th	30th
FEB	6th, 20th	13th	7th, 14th, 21st	27th
MAR	5th, 19th	12th	6th, 13th, 20th	26th
APR	2nd, 16th	9th	3rd, 10th, 17th	30th
MAY	7th, 21st	14th	8th, 15th, 22nd	28th
JUNE	4th, 18th	11th	5th, 12th, 19th	25th
JUL	2nd, 16th	9th	3rd, 10th, 17th	30th
AUG	6th, 20th	13th	7th, 14th, 21st	27th
SEP	3rd, 17th	10th	4th, 11th, 18th	24th
OCT	1st, 15th	8th	2nd, 9th, 16th	29th
NOV	5th, 19th	12th	6th, 13th, 20th	26th
DEC	Christmas Lunch			
VENUE	Rushcliffe Arena Rugby Rd West Bridgford Nottingham, NG2 7HY	Edwalton Golf Club Wellin Lane Nottingham NG12 4AS	Melbourne Park Melbourne Road Aspley, Nottingham NG8 5HL	Trent Bridge West Bridgford Nottingham NG2 6AG

Running Groups



Parkrun/Walk



Aim: Parkrun is all about inclusiveness and wellbeing. We want as many people as possible to feel part of a real local community brought together by our events, as well as our global parkrun family.

It doesn't matter how fast you go. It doesn't matter what you're wearing. What matters is taking part.

Activities Available:

Parkruns are free, weekly, community events around the world. We offer a positive, welcoming and inclusive experience where there is no time limit, and no one finishes last. Everyone is welcome to come along, whether you walk, jog, run, volunteer or spectate.

Registration is completely free and only needs to be done once, whether you intend to walk, jog, run, or volunteer or do a combination of all these things!

Simply complete the registration form here: <https://www.parkrun.org.uk/register>, print your barcode or save it to your phone and head down to your local event.

Parkrun

Saturday mornings, 9am

Saturday mornings are 5k and take place in parks and open spaces.

Junior Parkrun

Sunday mornings, 9am

On Sundays, there are 2k Junior Parkruns for children aged 4 to 14.

Address:

Parkrun takes place at various locations across Nottingham and Nottinghamshire:

Beeston - Weirfields Recreation Ground
Belton House
Bestwood Country Park
Brierley Forest - Mineralwell Park
Clifton Playing Fields
Colwick Country Park
Clumber Park
Dukeries - Dukeries Leisure Centre (**Junior Only**)
Forest Recreation Ground (**+Junior**)
Gedling Country Park (**+Junior**)
Hucknall - Titchfield Park (**Junior Only**)
Long Eaton - West Park Leisure Centre (**+Junior**)
Mansfield
Newark - Sconce and Devon Park (**+Junior**)
Rushcliffe Country Park (**+Junior**)
Sherwood Pines Forest Park
Shipleigh Country Park (**+Junior**)
Wollaton Hall and Deer Park (**+Junior**)

Please note, these locations are correct as of March 2023. Please check for up to date locations on our website:

<https://www.parkrun.org.uk/events/events>

Key Contact:

Web www.parkrun.org.uk

Facilities:



Facilities vary by location.

Community Hubs

Renewal Trust

Key Contact:

Name Nic Williams

Phone 0115 911 2226

Web [Events & activities - The Renewal Trust](#)

Facebook <https://www.facebook.com/TheRenewalTrust/>

Aim:

We are a Nottingham based charity which nurtures happier, healthier and more connected local communities. We work together sharing knowledge, expertise, and building relationships with communities in St Ann's, Sneinton, Mapperley in Nottingham City and beyond.

We explore opportunities and unlock potential through employability, wellbeing, places and spaces, community activities and grants. We work closely with and listen to local communities to offer inclusive and accessible opportunities.

We offer affordable and accessible activities for children, young people, and families. From Mini Movers to yoga, skateboarding to football and holiday clubs to Feel Good activities and events. We provide job clubs, one to one support, job searching, digital access, training and residents grants to help people develop their skills and confidence to improve their employability.

Address:

Brendon Lawrence Sports Centre
35 Hungerhill Road
NG3 4NB

Address:

St Ann's Allotment Centre
121 Ransom Road,
NG3 3LH

Address:

Cherry Hill Lodge
King Edward Park,
Carlton Road

How to get here

Bus: 42 (40 and 41 to St Ann's Wells Road)

Train: Nottingham train station
30-40 mins walk from
Nottingham City Centre

Tel: 0115 958 9255

email: blsc@renewaltrust.org.uk

How to get here

Bus: 42 (40 and 41 to St Ann's Wells Road)

Train: Nottingham train station
30-40 mins walk from
Nottingham City Centre

Tel: 0115 958 9255

email: allotments@renewaltrust.org.uk

How to get here

Bus: 24 25 26 27 NCTX Handle street or st chads road stops.

Train: Nottingham train station
20-30 mins walk from
Nottingham City Centre

Tel: 0115 911 2226

email: enquiries@renewaltrust.org.uk



Mental Health Level

0 - 2



Mixed Gender/Cultures



Average Group Size

Varies

Facilities:



Community Recording Studios

Aim:

Set up in 1991, the Community Recording Studio, based in St Anns, teaches film and video skills as well as music, giving youngsters access to professional equipment and key industry contacts.

The charity has been running for over 20 years and was founded by members of the local community who have first-hand experiences of the needs of young people growing up in the area.

Activities Available:

Here at CRS, we offer a wide range of educational and training opportunities delivered by our in-house qualified teacher. We cater for young people aged 5- 25, including those with SEN, and behavioral difficulties.

Currently we offer a range of qualifications including:

- | | |
|----------------------|-------------------------------|
| Arts Awards: | Aim Awards: |
| - Discover | - Sound Engineering |
| - Explore | - Events Management |
| - Bronze Sliver Gold | - Sports based qualifications |

We are able to cater to the interests of the young person outside of these subjects should they so wish.

We offer a homework support club available on a Tuesday 4pm-8pm. Please contact us to book in.

7 - 13 years after school play club Mondays and Wednesdays 4-7pm We offer arts and crafts, music lessons, board games alongside various sports ranging from football, basketball, skipping, running and more.

FOOTBALL IS LIFE project under 21s

We also work with a number of partners enabling us to offer courses in sports and sports leadership, as well as customer service, team leading and business administration.

Opportunities to Socialise:

Sessions are designed to be social to allow people to get to know one another. On youth sessions parents that sit and wait can socialise in a relaxed environment.

Training and development sessions give people the chance to meet like minded people.

Homework clubs are good for parents and kids to get to know each other in a safe space.

Address:

Russell Youth Club
Lowdham Street,
Nottingham NG3 2DP

Key Contact:

Name Trevor Rose

Phone: 07921 845763

Email reception@crsstudionotts.co.uk

Web crsstudionotts.co.uk

Facebook

www.facebook.com/CrsStudioNotts

Getting Here:

Bus: Stops

Bus: 24 25 26 27 NCTX Handle street or st chads road stops.

We are 2 mins walk from King Edwards park our building is opposite the Dulux decorating centre:



Mental Health Level

0 - 2



Mixed Gender/
Cultures



Average Group Size

Varies

Facilities:



St Anns Advice Centre

Aim: St Ann's Advice Centre is part of a consortium of Advice Agencies based in Nottingham City which includes –

[Citizens Advice Nottingham](#)
[Bestwood Advice Centre](#)
[Clifton Advice Centre](#)
[Meadows Advice Group](#)
[Nottingham Law Centre](#)

We also work in partnership with other agencies and volunteers from the local community to operate a **Foodbank** to distribute food parcels to people in need in the St Ann's and Sneinton communities. We rely on donations from generous individuals to help us keep the Foodbank running.

Activities Available:

Advice Centre Opening Times

Monday, Tuesday, Thursday 9.00am to 3.30pm (closed 12.20-1.20pm)
Wednesday and Friday 9.00am to 12.20pm

[Money Sorted in D2n2](#)

[Chase Cafe](#)

[Well for Work](#)

[Welfare Benefit Advice](#)

[Money Advice Service](#)

Address:

St Ann's Advice Centre
Robin Hood Chase
St Ann's, Nottingham, NG3 4EZ

Key Contact:

Name Sandra Mayo / Rachel Graham

Phone: 0115 9506867

Email Sandra.mayo@stannsadvic.org.uk
info@stannsadvic.org.uk

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

Facebook

Getting Here:

Bus Stops:

2- 5 mins walk from

40 40B 40X 41 NCTX Robin Hood Chase Stop

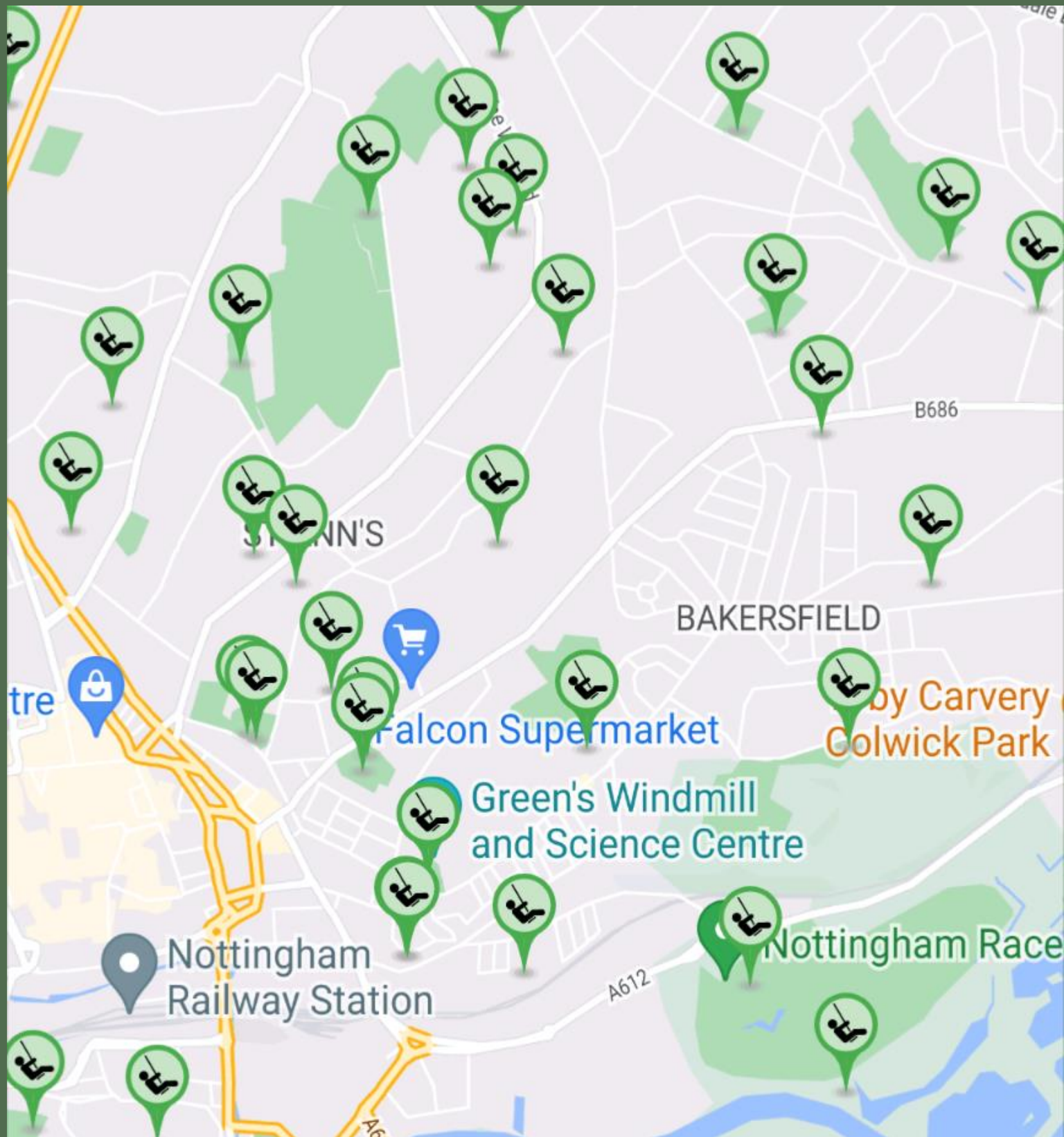
Facilities:



Opportunities to Socialise:

Come and join us at st Anns Advice centre at the community café to have a chat and get to know people in the area.





Local Playgrounds, parks and Open Spaces

Parks and Open Spaces

Contact Nottingham City Council Parks and Open Spaces:

Call: 0115 915 2733

E-mail: parksandopenspaces@nottinghamcity.gov.uk

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



Location	Facilities Available
Brewsters Park, 141 Brewsters Rd, Nottingham NG3 3BY	Playground for Toddlers, small kids and Teens Small grassed area with a few mature trees Benches Multi use Game Areas (MUGA) football/ basketball / Tennis Swing and zip line
Colville Street Park, Colville Street NG1 4HQ	Urban Playground for Toddlers and small kids Multi use Game Areas (MUGA) football/ basketball / Tennis Benches
Colwick Woods Nature Reserve, and playground, Greenwood Road NG3 7FS	Playground for Toddlers, small kids and Teens Group swings Zip line Picnic tables and benches Bowling Green Next to Greenwood Coffee stop Medium sized mature woodland 2 viewpoints FootPaths
Coppice Park Top Cauntun Avenue NG3 5HH Bottom Ransom Road NG3 5HN	Medium sized Green Space with small mature woodland Open field Footpaths Ramp access available from Ransom Road Steps from Cauntun Ave Multi Use Games Area (MUGA) – Basketball / Football / Tennis
Corporation Oaks Green Space	Urban pathway lined with Mature Trees, small grassed area beneath the trees. Part of the Green route linking St Anns to the Arboretum.
Elm Avenue Green Space	Urban pathway lined with Mature Trees, small grassed area beneath the trees. Part of the Green route linking St Anns to the Arboretum.

Parks and Open Spaces



Location	Facilities Available
Greens Mill Park and Playground, Greens Windmill, Windmill Ln, Sneinton, Nottingham NG2 4QB	Playground for Toddlers, small kids and Teens Sloped grassed area Climbing boulders Picnic tables and benches Greens windmill and community Garden at the top of the hill
Haywood Road Green, Haywood Rd, Mapperley, Nottingham NG3 6AB	Next to Haywood Road community Centre Playground for Toddlers, small kids Adapted swings Benches Table Tennis Tables (you'll need bats and a ball) Small grassed area with newly planted trees
Heskey Park and play area, Heskey Close NG3 1AN	Playground for Toddlers, small kids and Teens Small grassed area with a few mature trees Multi use Game Areas (MUGA) football/ basketball / Tennis Group Swing and zip line Climbing wall Small grassed area
King Edward Park Carlton Road NG3 2DN	Playground for Toddlers, small kids and Teens Medium grassed area with circular footpath and mature trees Skate park Basketball court Multi Use Games Area (MUGA) – Basketball / Football / Tennis Shelter Parking off of Dakeyne St Woodland path quite steep from Windmill Lane
Lees Hill Play Area, Lees Hill NG2 4JT	Urban Playground for Toddlers, small kids Bench
Pearmain Drive playground, Pearmain Drive NG3 3DL	Playground for Toddlers and small kids Small grassed area a few Mature trees Benches
Queens Walk Recreation Ground Queens Walk / Kirkwhite Walk NG2 2DF	Playground for Toddlers, small kids and Teens Multi use Game Areas (MUGA) football/ basketball / Tennis Picnic Benches and Benches Outdoor gym Small circular footpath around grassed area with mature trees Small practice road on the playground

Parks and Open Spaces



Location	Facilities Available
Sneinton Green Way Playground Trent Lane	Playground for Toddlers, small kids and Teens Behind the Green Way Community center Multi use Game Areas (MUGA) football/ basketball / Tennis Benches Footpaths linking Sneinton Hermitage and cowlick woods and Trent Lane outlet
St Anns Park, Mellors Lodge, off St Anns wells Road behind St Anns Police Station, Robin Hood Chase NG3 4EY	Playground for Toddlers and small kids Small grassed area a few Mature trees Benches
St Marys Rest Garden/ Victoria Park, Bath St, Nottingham NG3 1ED	Playground Multi use Game Areas (MUGA) football/ basketball / Tennis
Sycamore Park, Hungerhill Road, NG3 4NB	Playground for Toddlers and small kids Medium grassed area with plenty of mature trees Multi use Game Areas (MUGA) football/ basketball / Tennis Football Pitch Benches
The Green, Middle Furlong Mews, NG2 1HQ	Playground for Toddlers, small kids Small wooden obstacle trail Group swing Picnic Benches Small grassed areas with mature trees
The Mounts Greenspace, Edale Rd, Nottingham NG3 2NJ	Small Green Space with Views of the city, Footpaths from Edale Road & Skipton Circus to Carlton Road Popular with dog walkers
Victoria Embankment, Victoria Embankment NG2 2JY	Playground for Toddlers, small kids and Teens Multi use Game Areas (MUGA) football/ basketball / Tennis Practice road on the playground Outdoor gym, Paddling pool Memorial Gardens Football pitches Cricket ground Climbing Boulders Meduim sized grassed area with mature trees Small café and bandstand nearby Riverside and Canalside walks nearby

Have Fun While Travelling

TRAVEL WELL

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



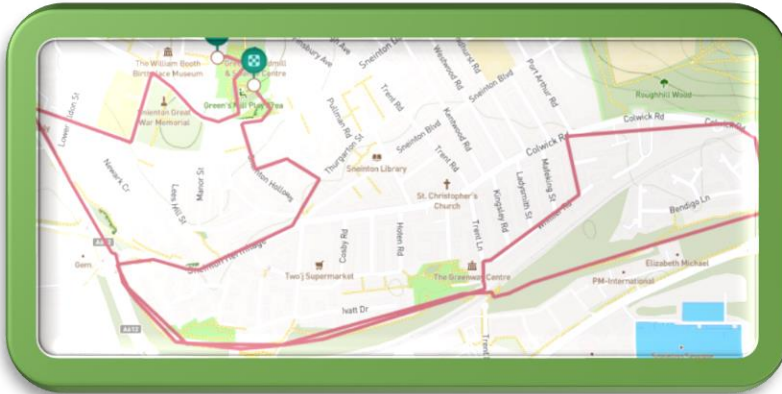
Apps to get you places

Nature-based app for self-guided walks

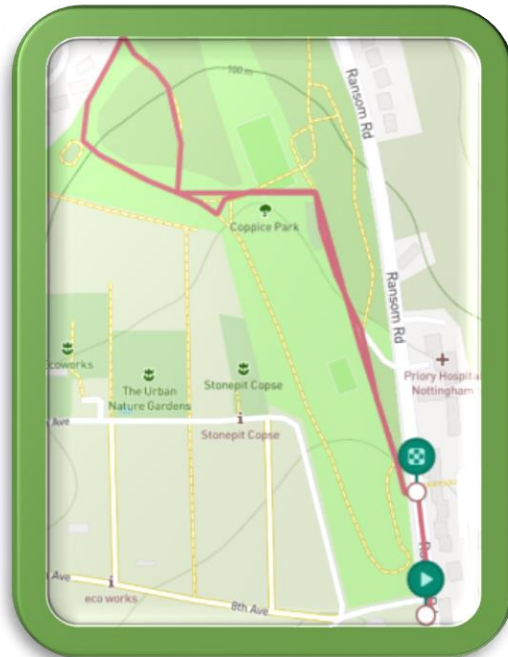
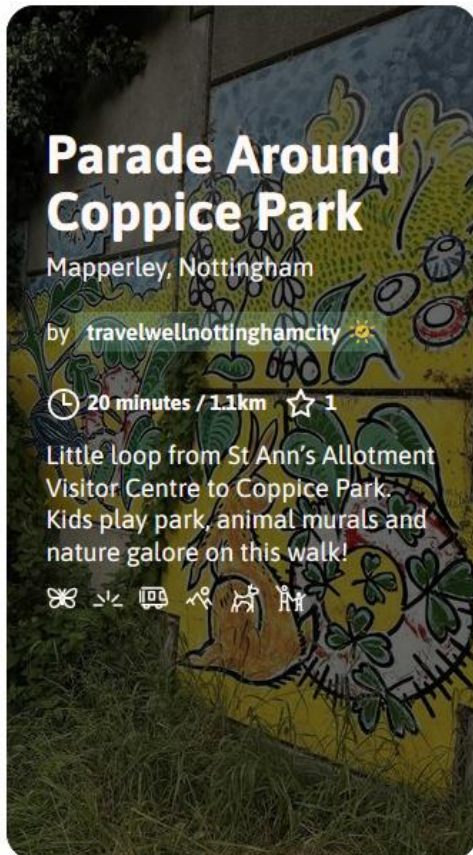


Download Now

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

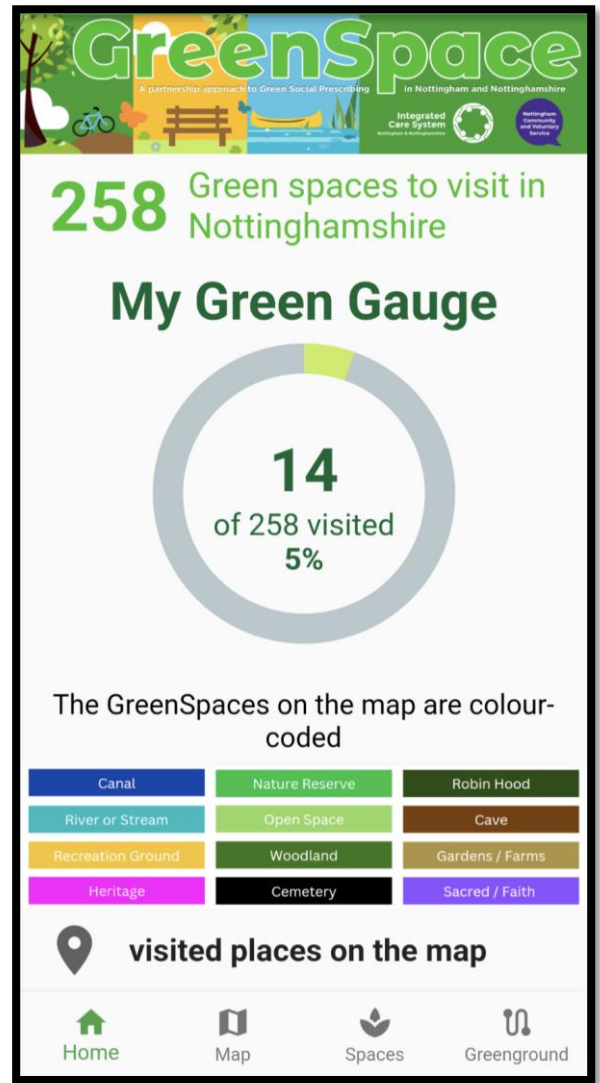
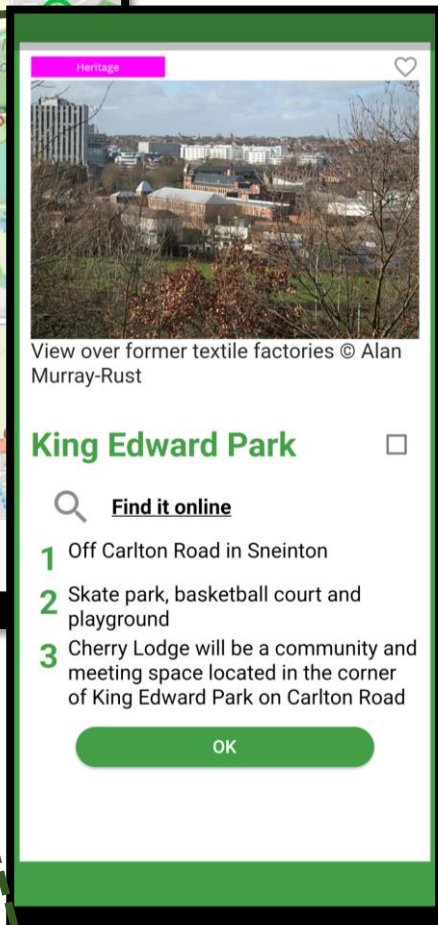
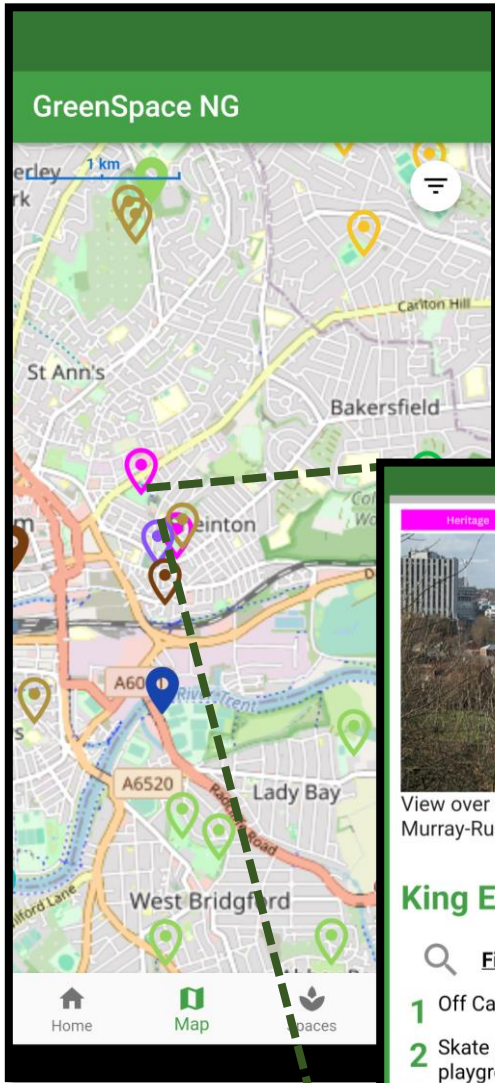


[Super Sneinton & Sneinton Greenway - Go Jauntly](#)



[Parade Around Coppice Park - Go Jauntly](#)

GreenSpace NG App – Places to visit on your doorstep



Google Play https://play.google.com/store/apps/details?id=com.colton.greenspace_ng

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



Apps to get you places



App	What it does
All Trails	Walk recording
Birda	Community birding app Post bird sightings, take part in bird watching and sighting challenges. Discover what birds others have seen nearby. Log individual sightings or start a birding session for a walk or while in a hide and add all the birds you see.
British Trees	Identify British trees and begin to learn the names of the trees along your routes
Cycle Travel	cycle.travel route-planner and maps - traffic-free & quiet roads
Fish Brain Fishidy Pro Angler Fish Track	All Fishing based apps
Geocaching	Follow clues to find small caches (boxes, bags, containers, magnets) which contain a log of who has found them and add your name then put back in the same spot for the next people to find.
Go Jauntly	Route Mapping Find Local Routes
GreenSpace NG	Locate your local GreenSpaces, Check off those you visit and increase your Green Guage count, favorite spaces for later, see spaces by theme such as Heritage, waterways, parks. Find a space to visit on your next adventure.
iNaturalist	Record and observe plants, bugs, birds. See what other people have spotted nearby
Komoot	Activity recording, runs, walks, rides Route mapping Find local routes Interact with friends and build a community
Lime Bikes Hire	Discover a nearby bike, Pay to use bikes, View ride passes, report issues
Net Go	Mobile Tram Tickets, Timetable, Network Information, Find nearest park and ride
NHS couch to 5k	NHS have an app to get you running, repeat stages as many times as you need to before moving on and take things at your own pace

Apps to get you places



App	What it does
Nottingham City Transport	Mobile Bus tickets, Timetables, Journey planner, favourites, Live departures, Service updates. Oh 'appy days! - Nottingham City Transport (nctx.co.uk)
Notts Green Rewards	Record your recycling and active travel monthly for a chance to win prizes and add to the collective efforts of your neighbourhood
OS Maps	Route planning, Route mapping, view whats on the horizon
Park Run	Find local Park Run/ Walk s in your area and view your timings
Playground Buddy	Find childrens playgrounds near you in the UK
Pokemon Go	Interact with friends and build a community Brings gaming to local parks and open spaces Rewards higher step counts Follow routes as you progress through the game
Ramblr	Walk recording
Stellarium	Lets you view the night sky and tells you which stars and planets you can see
Strava	Activity recording, runs, walks, rides Route mapping Route Planning Find local routes Interact with friends and build a community
UK bird songs	Helps you to identify birds by the sounds they make
View Ranger	Find out what hills you can see in the distance using this app
Virtual Runner	Sign up to a challenge, upload your results and get a fabulous medal (from£3-£15 per challenge)
Zombies Run!	Get bored, don't like running – build and defend your base from zombies by completing tasks. Marvel Move also in app - Walk Jog or run with super heros completing challenges to complete tasks
5k Parkrunner results	View your park run results



Places to Walk Ride and Wheel

Places to walk, bike and wheel to in Nottingham City



Nottingham Castle and Brewhouse Yard Museum

- Inside the Ducal Palace a wide range of galleries and exhibitions
- Beautiful grounds and panoramic views over the city
- Adventure playground
- Cafes
- Brewhouse yard museum and 17th century cottages
- A programme of special events throughout the year
- Entry fee – one off ticket – valid for the full year, with unlimited returns
- Accessibility considerations highlighted:

www.nottinghamcastle.org.uk/accessibility

www.nottinghamcastle.org.uk

Nottingham.castle@nottinghamcity.gov.uk
0115 8763100

Newstead Abbey

- Monastic Abbey from Late 12th Century
- Former home of Romantic poet, Lord Byron
- Extensive parkland, gardens, lake and beautiful estate
- Free Wednesday morning gardening sessions 10.30-2pm
- Free Wellbeing monthly sessions – booking required
- Open Air Theatre in the summer – ticket costs apply
- Café facilities
- Location: Ravenshead – outside the City.
- Entry charges apply for the grounds and for the house.
- Accessibility considerations highlighted:
- www.newsteadabbey.org.uk/accessibility

* 1 mile drive from main road / bus stop to the House

www.newsteadabbey.org.uk

Newstead.abbey@nottinghamcity.gov.uk

0115 876 3100





National Justice Museum

- Museum of crime, punishment and social justice, based in the Grade II* listed Shire Hall in the city centre
- Victorian courtroom, Georgian gaol and cells, hundreds of years old
- Costumed characters and performances
- Entry charges for main museum
- Free entry for first floor exhibition on modern themes of social justice
- Free creative workshops: Fridays 10-12
- Café facilities
- Accessibility Issues highlighted:

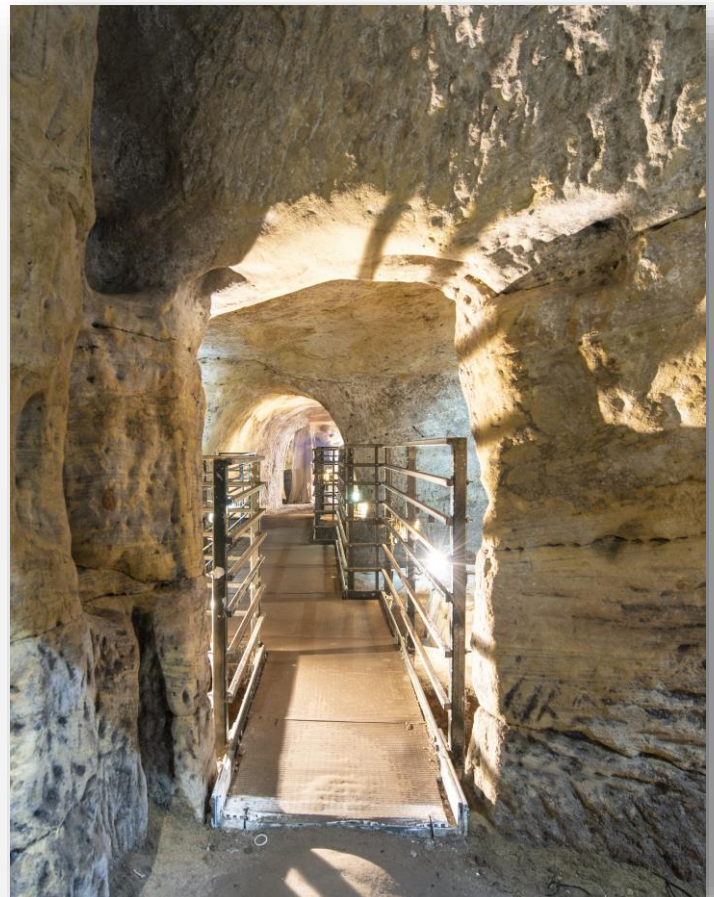
www.nationaljusticemuseum.org.uk/museum/visit

info@nationaljusticemuseum.org.uk 0115 9520555

City of Caves

- Nottingham has the UK's largest network of caves
- Over 800 are hidden beneath its streets
- Discover the largest publicly available section
- Short walk from National Justice Museum
- Entry charges apply

www.nationaljusticemuseum.org.uk/cityofcaves



Park Tunnel

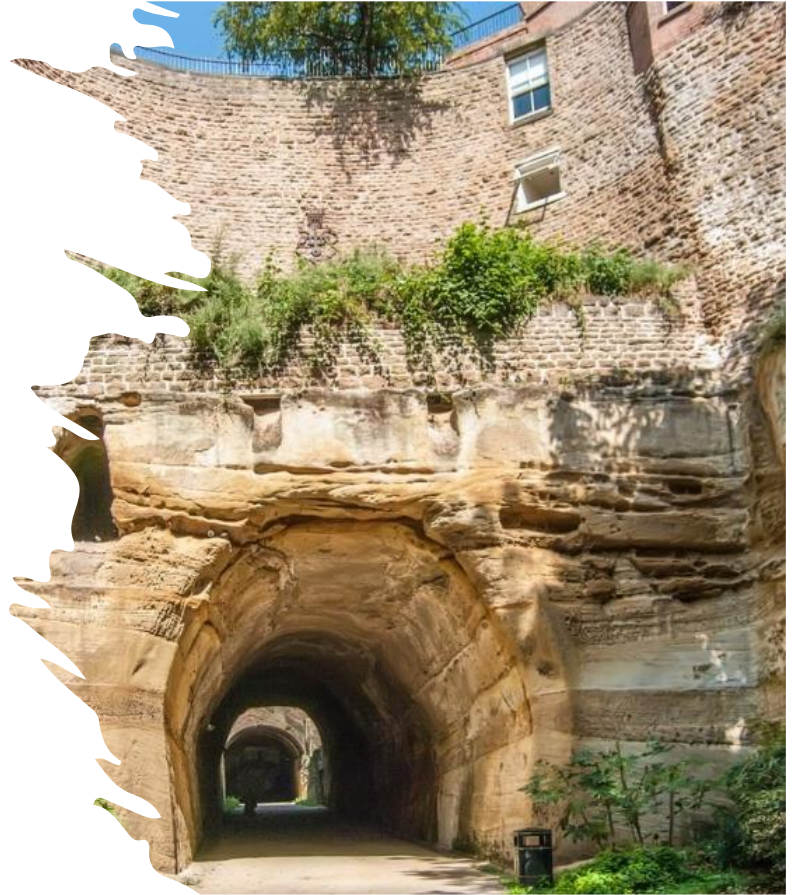
The Park Tunnel was built in 1855 to allow horse-drawn carriages access to The Park Estate from Derby Road in Nottingham.

The tunnel is still in use, providing pedestrian access from Derby Road, Upper College Street and The Ropewalk to the Park, but remains a hidden gem in the city centre.

If accessing from The ropewalk there are very steep steps down

The Ropewalk, NG1 5DU

www.visit-nottinghamshire.co.uk/things-to-do/the-park-tunnel-p626771



Canalside Heritage Centre and Beeston Lock

Historic weir cottages were occupied for 200 years, at Beeston Lock on the River Trent and Beeston and Nottingham Canal

Tranquil Gardens and cafe

Exhibitions

Well connected for cycling

Free regular activities: reading club, knitting group

www.canalsideheritagecentre.org.uk



cc-by-sa/2.0 - Beeston Lock (1) by Richard Vince - geograph.org.uk

Places to walk , bike and wheel to in Nottingham City



Bromley House Library

Bromley House Library was formed in 1816 as a private subscription library.

Located in a four-story Georgian townhouse situated on Angel Row. The house was originally built in 1752 for the Smith banking family and is Grade II* listed. In addition, there is a beautiful walled garden, one of only two in the city centre.

The library houses around 50,000 books, as well as holding special and historic collections.

Membership charges apply. The library offers a range of talks, events and tours, many of which are open to members of the public.

The library is spread over three upper floors. There is no lift for wheelchair access.

www.bromleyhouse.org

Malt Cross

A Grade II listed Former Victorian music hall (1877)

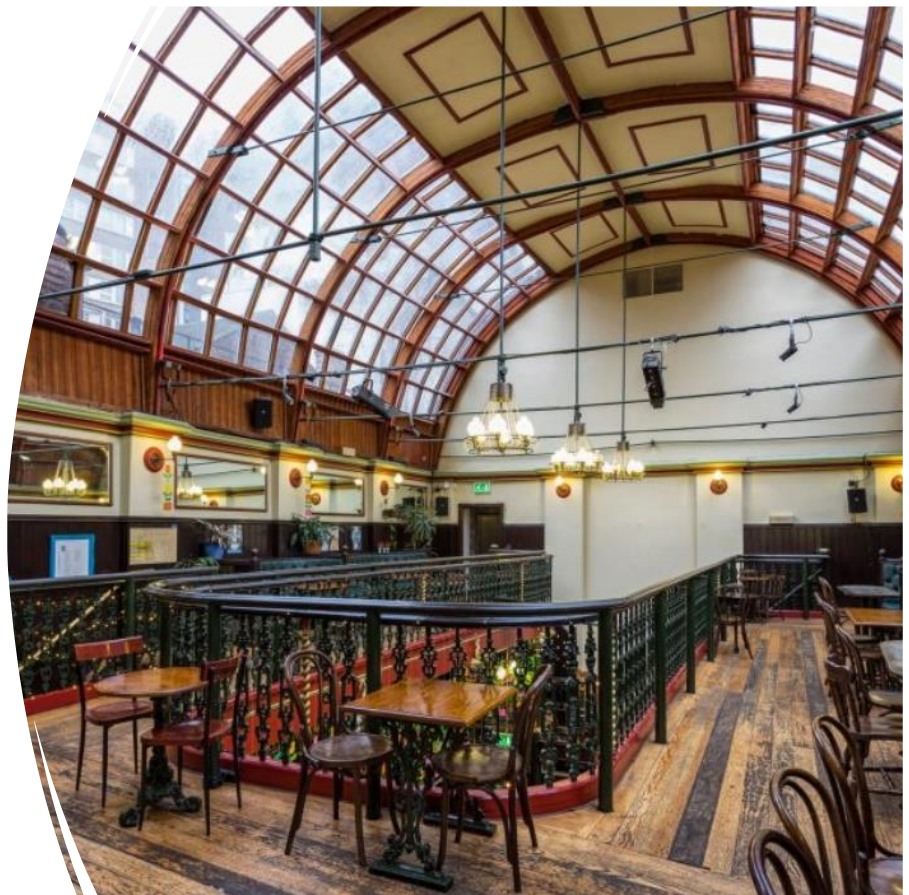
Not for Profit Café bar in the city centre

Live music and entertainment

Headquarters of the YMCA

<https://maltcross.co.uk>

St James's Street, NG1 6FG



Places to walk, bike and wheel to in Nottingham City



Wollaton Hall and Deer Park

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

www.wollatonhall.org.uk/accessibility

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

Nottingham Industrial Museum

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

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

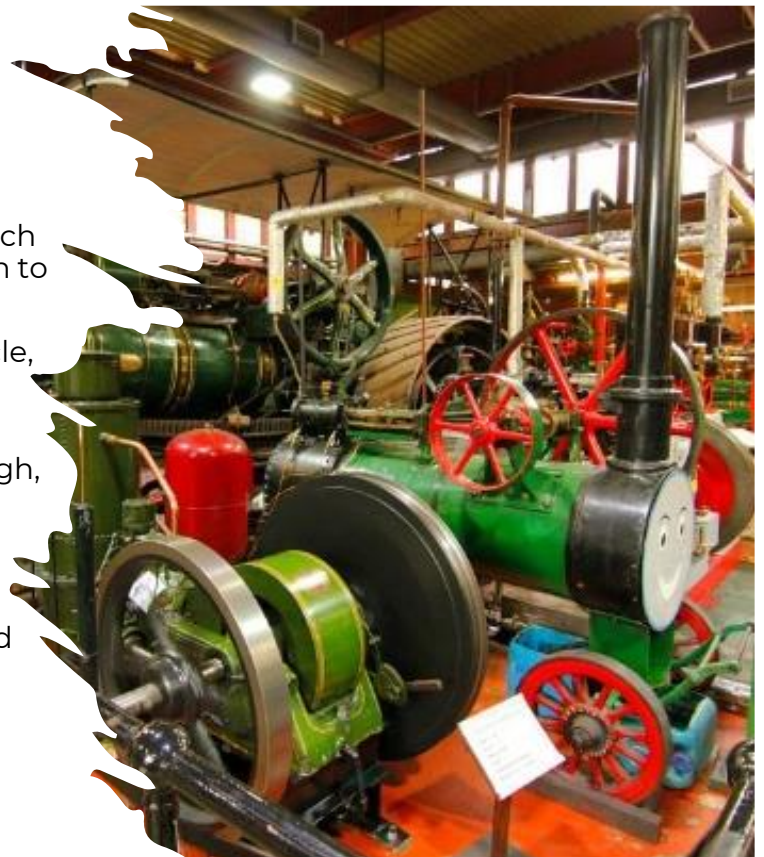
Discover the history of famous names e.g Raleigh, Boots, Humber.

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

Located in the stable block of Wollaton Hall and Deer Park

Entry charges apply

www.nottinghamindustrialmuseum.org.uk



Places to walk, bike and wheel to in Nottingham City



Canal and River Trust

UK's largest waterways charity, caring for a 2,000-mile network of canals and navigable rivers.

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

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

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

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

Features in the Nottingham Go Jauntly app walks



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

For Example:

Circular canal walk in Nottingham:

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

walk along the Nottingham and Beeston

Canal and River Trent.

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





Green's Windmill and Science Centre

19th Century restored and working tower windmill

Interactive Science Centre

It was owned and operated by the mathematical physicist George Green (1793-1841)

Community garden for relaxation and tranquillity
Free Entry

www.greensmill.org.uk

Windmill Lane, Sneinton NG2 4QB

Features in the Nottingham Go Jauntly app walks

The William Booth Birthplace Museum

Birthplace of William Booth – a preacher and social welfare pioneer.

The museum and historic house tells the story of William Booth, his wife Catherine, their family and the role they played in the formation of The Salvation Army.

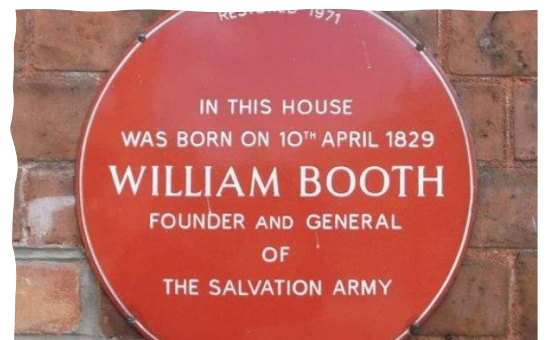
Free access

Open by appointment generally Tuesday-Thursday

www.salvationarmy.org.uk/about-us/international-heritage-centre/william-booth-birthplace-museum

Sneinton Road, NG2 4QG

Features in the Nottingham Go Jauntly app walks



Places to walk, bike and wheel to in Nottingham City

St Ann's Allotments

STAA is a charitable organisation based on the historic St Anns Allotments site in Nottingham.

Host a wide range of community projects including the St Anns Community Orchard & the Heritage and History Allotment Garden.


Events include guided heritage tours of the allotments, volunteering opportunities and community open days.

New Social gardening weekly opportunities.

Explore rich history of St Anns Allotments spanning 700 years via their Heritage Database: www.staa-allotments.org.uk/the-staa-heritage-archive/


www.staa-allotments.org.uk

Features in the Nottingham Go Jauntly app walks



at St Ann's Allotments

SOCIAL GARDENING



When?
Tuesdays @The Nursery 10am - 12noon
Wednesdays @The Heritage Garden 12-2pm

How to attend
Book via Eventbrite, or just turn up!

Access
Main access is via the entrance on Ransom Road. It's a 5-10 minute walk from the entrance to each of our gardens. Follow the signs.

If you think you may need a lift or meeting at the gate, please get in touch.

FIND OUT MORE

info@staa-allotments.org.uk
Lucy 07449 286349, Sam 07449 214368
www.staa-allotments.org.uk

@STAAAllotments
@TeamSTAA
@TeamSTAA



Stonebridge City Farm

An urban farm in the heart of Nottingham offering a safe space for families and the community to enjoy themselves

The farm is free to visit (donations welcome) and welcomes all to enjoy the animals, gardens, café and play area

Open 7 days a week

Volunteering opportunities

www.stonebridgecityfarm.com

Stonebridge Road, NG3 2FR

Features in the Nottingham Go Jauntly app walks



Robin Hood

Nottingham's legendary outlaw stands outside of Nottingham Castle

The point of his arrow aimed at the Gatehouse and the establishment within.

It is surrounded by small studies of Little John, Friar Tuck, Alan A Dale and Will Scarlett, whilst wall plaques illustrate scenes from the tales of Robin Hood & his Merry Men

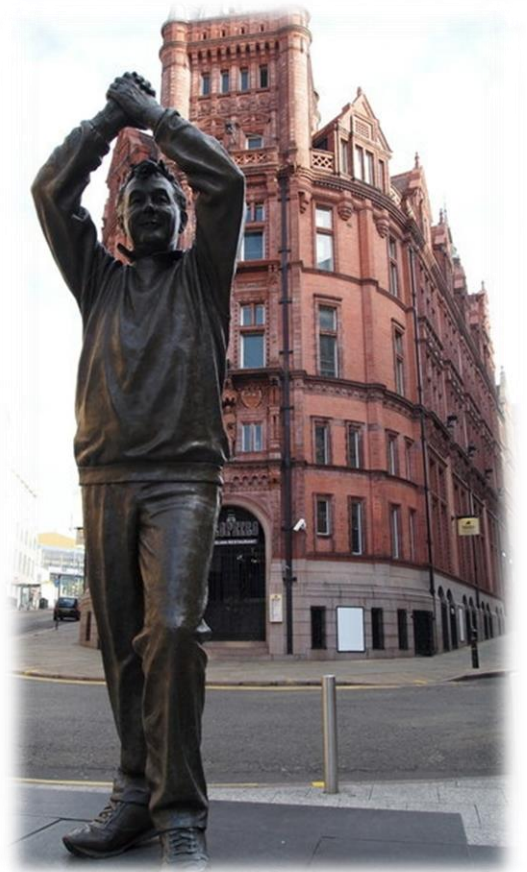
Brian Clough

Brian Clough managed Nottingham Forest Football Club for 18 years between 1975 and 1993 and presided over the club's most successful spell in their history.

The Statue stands just off Old Market Square

Nottingham's Speakers Corner is located nearby.

The Speakers Corner is an area where open-air public speaking, discussion and debate are allowed.





Eric Irons

The artwork celebrates the life and achievements of Eric Irons OBE, who moved to Nottingham from Jamaica after WWII and would go on to become the first black magistrate in the UK.

Located along the canal path adjacent to Carrington Street bridge

Resources:

www.nottinghammuseums.org.uk/leaders-in-the-community-eric-irons/

www.visit-nottinghamshire.co.uk/things-to-do/street-art-eric-irons-obe-p823301

Standing in this place

An arts and heritage project by sculptor Rachel Carter in collaboration with the Legacy Makers group formed in 2014 by Bright Ideas Nottingham and the collaborative community-academic Global Cotton Connections project.

It looks to highlight the contributions and connections between white mill workers and black enslaved women uprooted to the Americas, showing how their stories and histories are connected by cotton, sorrow, strength and resilience.

The sculpture amplifies the connections between the cotton industry and the transatlantic slave trade in a city renowned for its lace industry.



Offering Creative workshops in the East Midlands –
Check website for details

www.standinginthisplace.co.uk

Theatre Royal and Royal Concert Hall

Historic and beautiful Theatre Royal and Royal Concert Hall

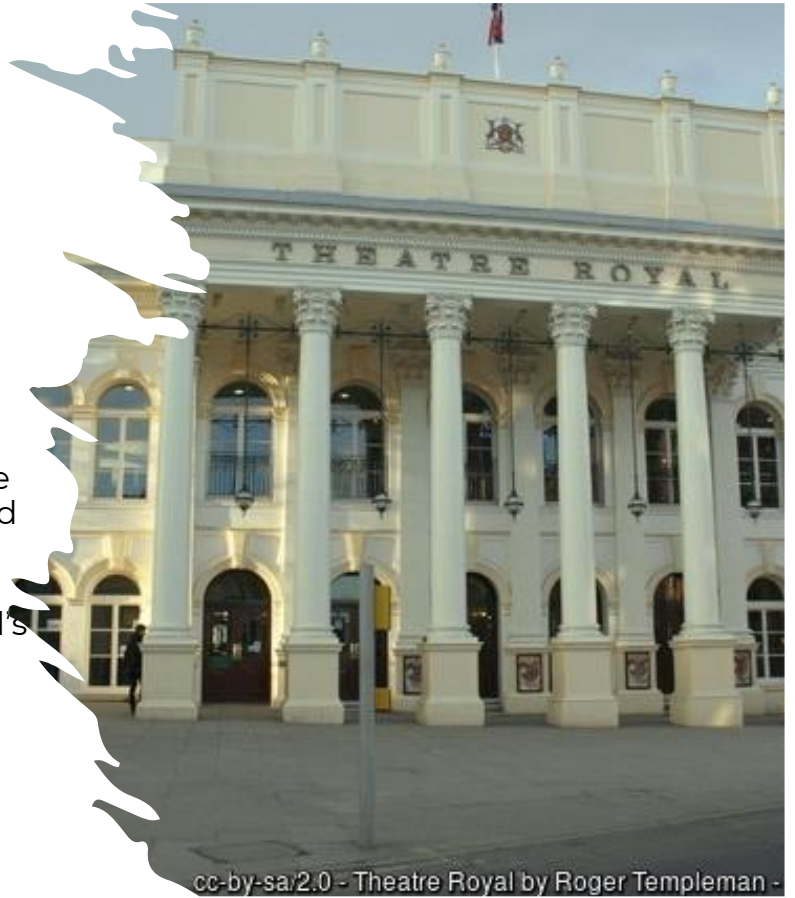
Theatre, Dance, Comedy, Music, Pantomimes all year round

Ticket costs apply. Ticket Discount scheme for full time students and under 26 year old

Online Digital Archive of the Theatre Royal's rich history since 1865 – available to view: www.trch.co.uk/heritage-archive

www.trch.co.uk

Theatre Square, NG1 5ND



cc-by-sa/2.0 - Theatre Royal by Roger Templeman -

Nottingham Playhouse

Nottingham Playhouse is one of the UK's leading producing theatres

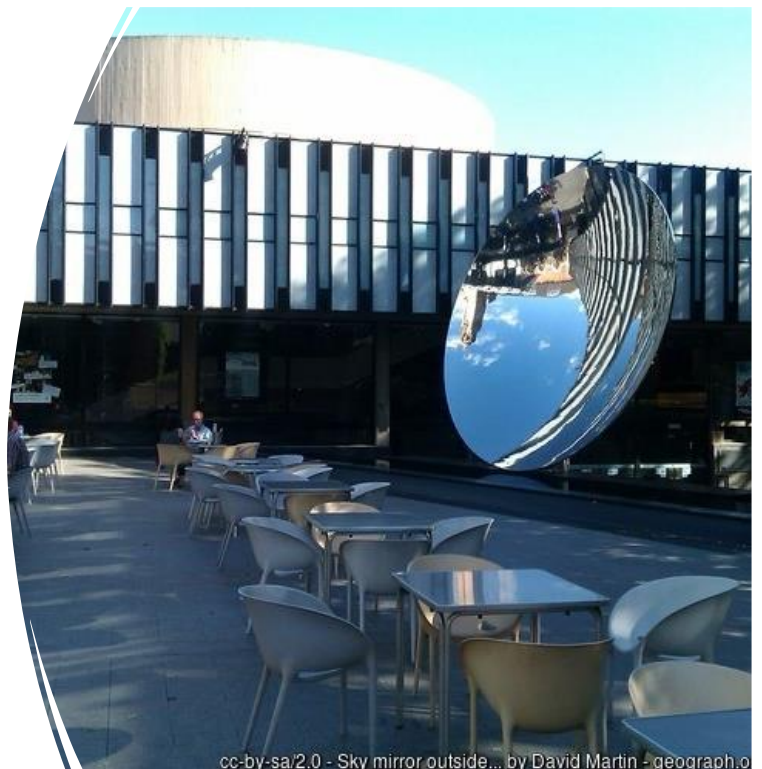
Anish Kapoor's Sky Mirror

Making theatre affordable for everyone. Pay What You Can performances available to book online:

www.nottinghamplayhouse.co.uk/pay-what-you-can

Participation team: 0115 947361
participation@nottinghamplayhouse.co.uk

Wellington Circus NG1 5AF



cc-by-sa/2.0 - Sky mirror outside... by David Martin - geograph.o

Places to walk, bike and wheel to in Nottingham City



Nottingham Contemporary

International Art. For Everyone. For Free.

Events include talks, films, music, performances and family activities

12.30 Talks : Free 15 to 20 minute talks and introduction to the exhibitions by gallery assistants –see webpage

Wednesday Walkthroughs: Free gallery tours by artists/academics/experts relating to the exhibition – Book online

Free family drop-in activities every weekend and school holidays

www.nottinghamcontemporary.org



New Art Exchange

Contemporary Art Gallery in the Heart of Hyson Green.

Dedicated to artists and communities from the global Ethnic Majority

Exhibitions, creative activities, film screenings, festival days, live performance

Café bar

Third Thursday of each month 'pay what you can' community café

www.nae.org.uk

Gregory Boulevard, NG7 6BE

Backlit

BACKLIT is an artist-led public gallery and studios in Nottingham, supporting arts and culture

Housed in a historic Victorian building Est. 1872, the galleries feature across three floors, alongside their creative studios.

Originally a flourishing textile company established in 1872 by Samuel Morley

Morley Threads Archive is an online resource to discover and celebrate the history of Samuel Morley:
www.morleythreads.com/archive

www.backlit.org.uk

Ashley Street, NG3 1JG



Lakeside Arts

Lakeside Arts is the University of Nottingham's public arts programme.

A range of FREE art galleries and museums to explore:

Djanogly Gallery - Contemporary art

University of Nottingham Museum – archaeological artifacts

Weston Gallery – manuscripts and special collections

Djanogly Theatre – dance, theatre, music, family friendly. Ticket costs apply

Free selected concerts for 8 to 25 year olds

Explore Highfields and University park:

Beautiful lake walk and picnic spot

Play area

Accessibility considerations highlighted:

www.lakesidearts.org.uk/visit-us

University Park, NG7 2RD