

The Big Green Book



TRAVEL WELL

Edition

Nottingham City North

Including:
Bulwell, Bulwell Hall, Bulwell Forest



Funded by:



Active Travel
England



Nottingham City
Place-Based
Partnership



Nottingham City
General Practice
Alliance



Nottingham
Community
and Voluntary
Service



Nottingham
City Council

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

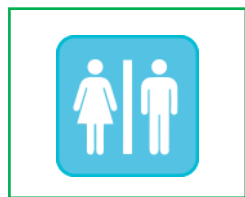
Growing healthy people,
connected to nature

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Icons



Toilets



Changing



Accessibility



Handwashing available



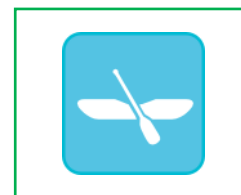
Bike Racks



Shelter available



Family Friendly



Paddling



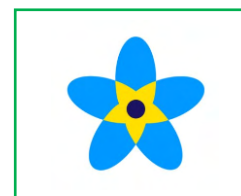
Hot Drinks



Walking Group



Operates through Winter



Dementia Friendly

*groups/volunteers received 'Dementia Friends' information session

GreenSpace Trusted Providers

If an organization has the GreenSpace Trusted Provider logo, that means they have been through the process of joining the GreenSpace green social prescribing project and have demonstrated that they have all the necessary policies, procedures and insurance in place and have identified the level of need that they are able to support.

The level of support that they are able to provide is identified using Mental Health Levels on the next page and you should refer to these levels before linking a client with an activity to make sure that you are making an appropriate connection.



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

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

Find your starting point: Activity levels



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

Does this sound like you?

Well...

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

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

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

To find your starting point:

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

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



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

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

Level 5: I am very active

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...

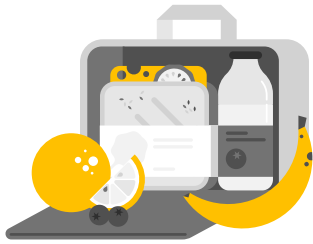
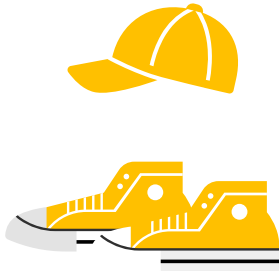
- You have complex needs and need more than one area of support, including specialists and local mental health team
- You need support to take part in sessions (if you have a support worker then they can attend with you)
- You need a short-term programme of activity, or a package tailored to meet your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



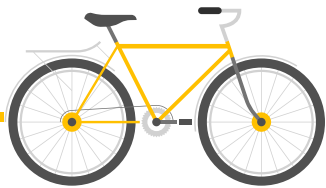
- Waterproof shoes/boots
- Coat
- Jumper
- Gloves
- Hat warm/cool

- 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

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.

Address:

Unit 8, Chaucer Street, Nottingham, NG1 5LP

Key Contact: Steph or Lily

Email helo@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:



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](#)



0 - 2



**Mixed
Gender/
Cultures**



4 - 25

Workshop Facilities:



Contact directly for referral only
Build a bike offer



Travel Well Providers



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

Address:

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

Key Contact:

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



0 - 3



**Mixed
Gender/
Cultures**



1-2-1



Can we help you get out and about more?

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

We offer:

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



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



Support for cheap and sustainable travel

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

We offer:

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



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



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:

**Ken Martin Leisure Centre,
Hucknall Lane,
Nottingham,
NG6 8AP**

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. Bulwell Forest Tram Stop close by. Parking available at Ken Martin 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

Bulwell Forest Garden

Aim: To develop a community garden that includes food growing, general growing, wildlife areas and community spaces, creating a stronger sense of community responsibility and ownership.

Activities Available:

Volunteering

Mondays, Wednesdays, Fridays and Saturdays, 1pm to 4pm
People can volunteer in our garden or help at our summer family sessions and seasonal events.

The Big Friendly Lunch Club

Fridays from 10:30am

Anyone can take part in harvesting, prepping, and enjoying a delicious seasonal meal made with fresh picked produce from the garden.

Yoga and Pilates

Mondays

Held outdoors, but indoors over winter.

To check our latest activities and events, please contact us or visit our website for more information about the activities available.

Address:

Austin Street, Bulwell, Nottingham, NG6 9HE (Next to house number 113 on Austin Street)

Key Contact:

Name Babs

Email bulwellforestgarden@gmail.com

Phone 07890 557 854

Web www.bulwellforestgarden.co.uk



1 - 3



**Mixed
Gender/
Cultures**



3 - 5

Facilities:



Getting Here:

Public Transport: 5-minute walk from Bulwell Forest tram stop and number 17 bus stop.

Parking: Street parking is available, but please be mindful of our neighbours' drives.

Opportunities to Socialise: There are plenty of opportunities to socialise throughout all our activities and sessions.

The Secret Garden Project

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

Activities Available:

The Secret Garden Project

Thursdays, 10am to 12pm

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

Construction Focused Work Group

Mondays, 10am to 2pm

Survival Club

Saturdays, 10am to 12pm

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

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

Address:

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

Key Contact:

Email secretgarden@thepythianclub.co.uk

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



0 - 2



**Mixed
Gender/
Cultures**



5 - 6

Facilities:



Getting Here:

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

Parking: Parking is available on site.

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 |

Local groups that get you moving



Wild Things Ecological Education Collective

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

Activities Available:

Forest School Programmes (Term Time)

Woodland Activity Days (Easter/Summer Holidays)

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

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

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

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



Address:

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

Key Contact:

Email eco-action@wildthings.org.uk

Phone 07848 026 316

Web www.wildthings.org.uk

Mental
Health
Level

0 - 1



Mixed
Gender/
Cultures

Average
Group
Size

9 - 12

Slovenian

Facilities:



Getting Here:

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

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

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

Running Groups



Parkrun/Walk



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

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

Activities Available:

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

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

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

Parkrun

Saturday mornings, 9am

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

Junior Parkrun

Sunday mornings, 9am

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

Address:

Parkrun takes place at various locations across Nottingham and Nottinghamshire:

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

Please note, these locations are correct as of March 2023. Please check for up to date locations on our website: <https://www.parkrun.org.uk/events/events>

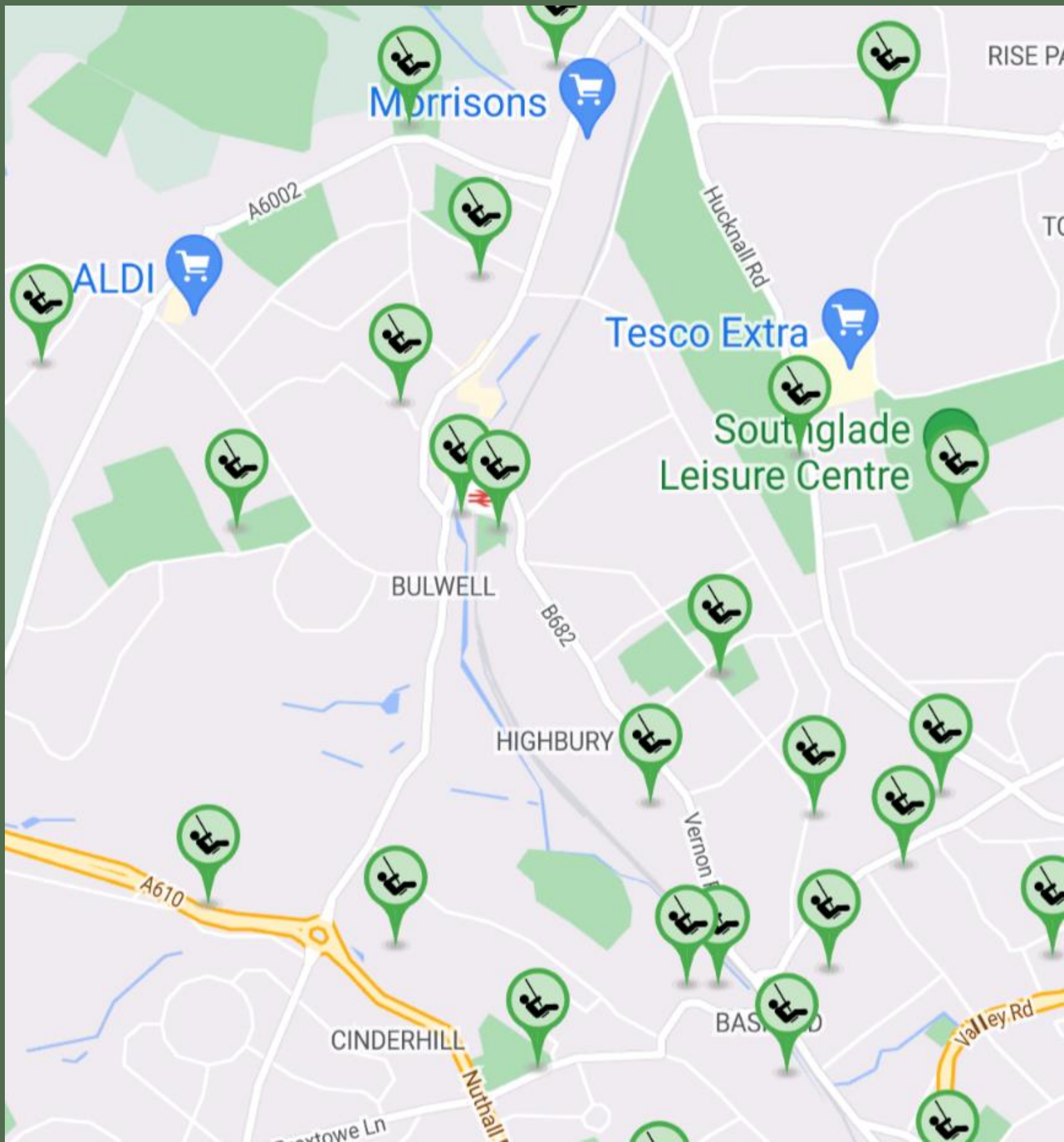
Key Contact:

Web www.parkrun.org.uk

Facilities:



Facilities vary by location.



Local Playgrounds, parks and Open Spaces

Bulwell

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 |
|---|---|
| <p>Ashton Park Snape Wood Snape Wood Road NG6 7GH (next to Snape Wood community centre)</p> | <p>Playground – For small kids and big kids / Teens. Swings Benches Climbing boulder Shelter Climbing frames for different ability levels Multi use Game Areas (MUGA) football/ basketball / Tennis Small woodland area next door</p> |
| <p>Basford Junction Off Lauriston Drive NG6 ODR</p> | <p>Community green space, small bench and planted borders. Just off of the ramp to cross the railway</p> |
| <p>Brooklyn Park Highbury Vale Brooklyn Road NG6 9ES</p> | <p>Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Benches Small practice bike track / road Medium sized grassed area with a couple of mature trees</p> |
| <p>Bulwell Bogs, Main Street NG6 9AA</p> | <p>Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Water Park (summer months) Benches available Riverside walk</p> |
| <p>Bulwell Forest recreation Ground Hucknall Road, NG6 8LQ</p> | <p>Playground – For small kids and big kids / Teens Open Space, Mature Trees Multi use Game Areas (MUGA) football/ basketball / Tennis Outdoor Gym Benches Tiny Forest Site</p> |
| <p>Bulwell Hall Park Off Sandhurst Road (A6002) NG6 8GG</p> | <p>Playground – For small kids and big kids / Teens Open Space, Mature Trees Football pitches Fishing Lakes Country Park Café Walks Golf Course Site of urban bushcraft Outdoor Gym</p> |

Parks and Open Spaces

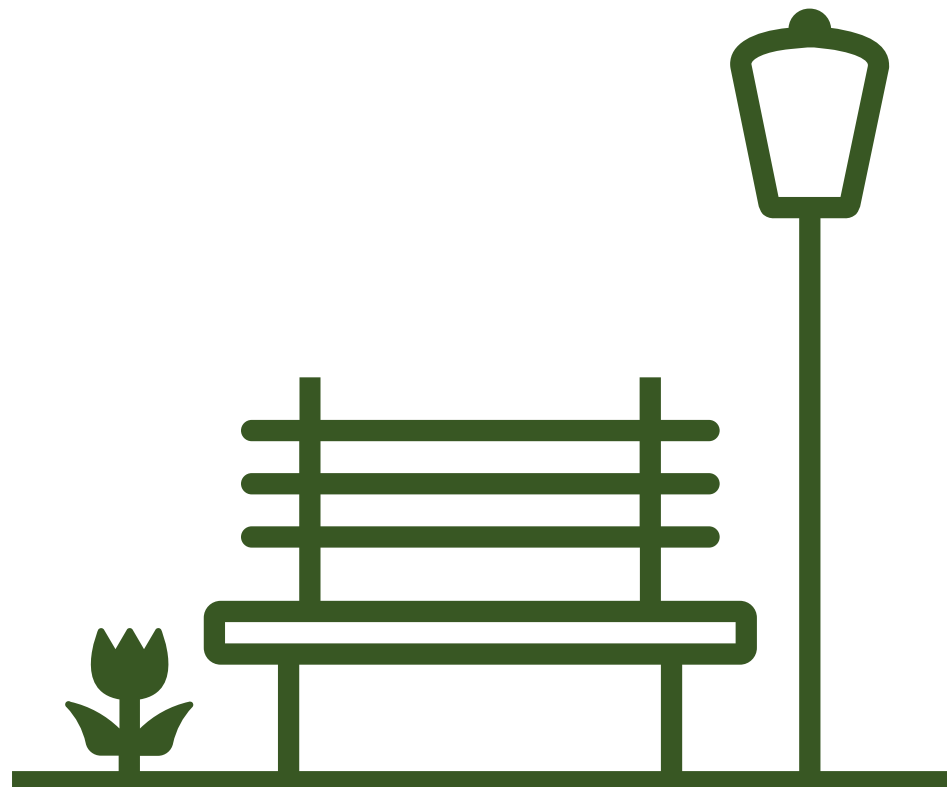


| Location | Facilities Available |
|---|---|
| Commercial Road Playground junction of Coventry Road, NG6 8LT | Playground – For small kids Bench Walled / fenced A couple of larger trees |
| Corncrake Way Playground Corncrake Way NG6 ONG | Playground – For small kids Small grassed area Mature Trees Walks along the River Leen nearby Close to Basford crossing and David Lane Tram Stop |
| Fearnleigh Drive Playground, NG6 0JH | Basket ball hop Playground for small kids Small grassed area with a few trees Bench and picnic bench |
| Gabrielle Close Playground Gabrielle Close NG6 0DP | Playground for Toddlers and small kids adapted swing on site Bench Very small fenced tarmacked football area |
| Hempshill Lane Recreation Ground Hempshill Lane NG6 8PF (also off Sellers Wood Drive) | Next to Bulwell BMX track and Northern Cemetry Playground for Toddlers and small kids with large grassed area surrounding it mature trees and small woodland nearby Benches Wildflower area Footpath |
| Merlin Park, Hucknall, NG15 6WR | Playground & Nature Reserve Backs onto Bulwell Hall Park Playground – For small kids and big kids / Teens Pond Multi use Game Areas (MUGA) football/ basketball / Tennis Practice Cycle paths Trim Trail Walking routes Bridleway |
| Phoenix Park GreenSpace Willow Hill Close Willow Hill Close NG6 8DH | Large GreenSpace area with new and mature trees Footpaths Pond |

Parks and Open Spaces



| Location | Facilities Available |
|--|---|
| Stockhill Park Stockhill Lane NG6 0LP | Dinosaur themed Adventure Golf onsite Outdoor Gym Playground suitable for Toddlers, Small Kids, Big Kids/ Teens Medium sized open grassed area with some mature trees Goal Ends |
| Vernon Park Vernon Avenue NG6 0AP | Behind Basford Library Small Lake Mature Trees Tennis Court Sports Pavillion Medium sized Green Open Space Goal ends Play ground Tarmacked Footpaths |
| Wallis Street / Park lane Playground NG6 0EU | Small green Space with mature trees Playground for Toddlers and small kids Benches / Picnic Benches Entrance also from Britannia Ave |



Have Fun While Travelling



| 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

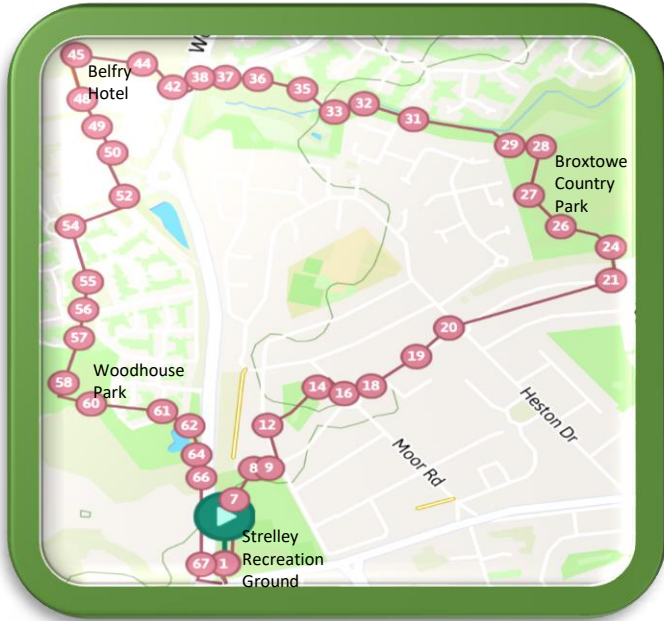
Nature-based app for self-guided walks

Go Jauntly

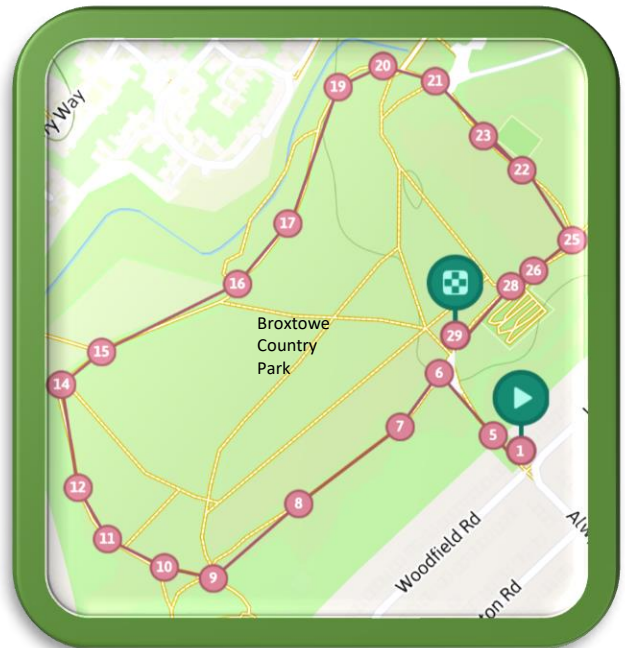
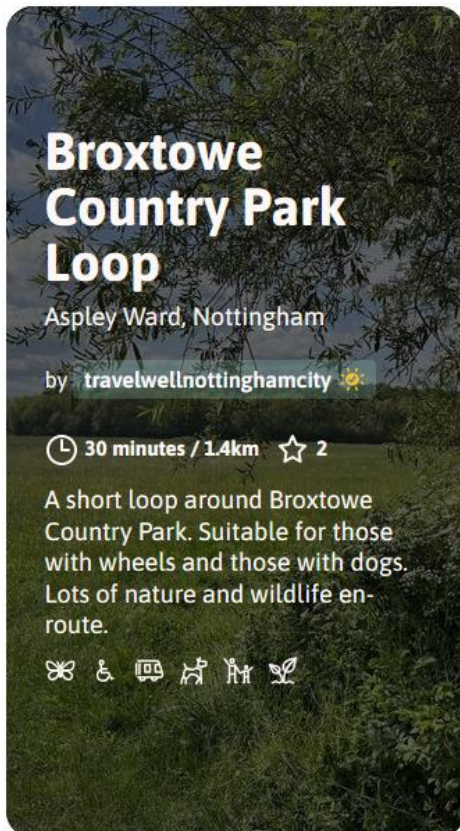
<https://www.gojauntly.com/>



Download Now

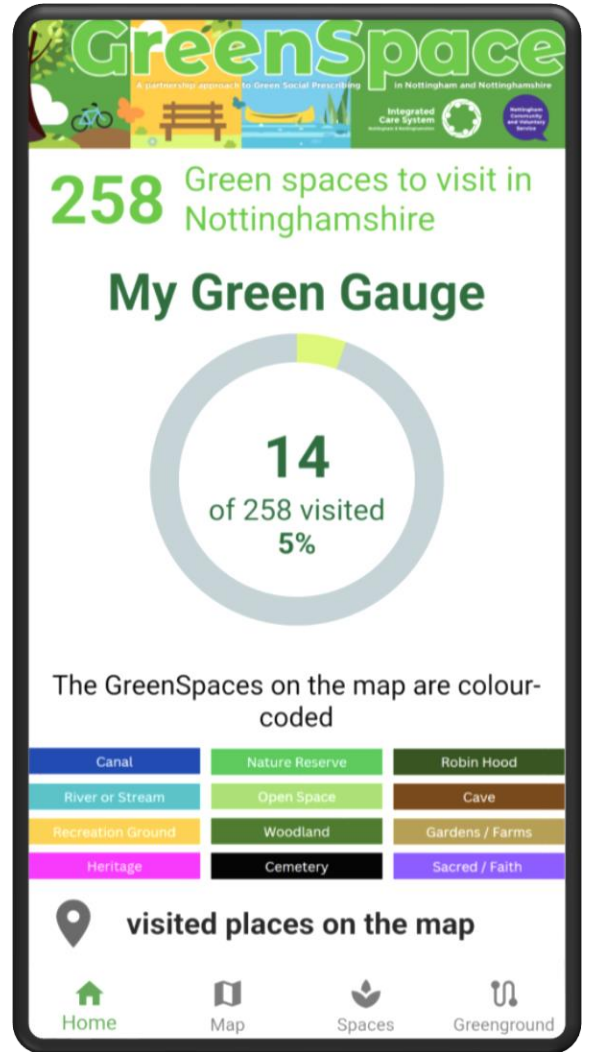
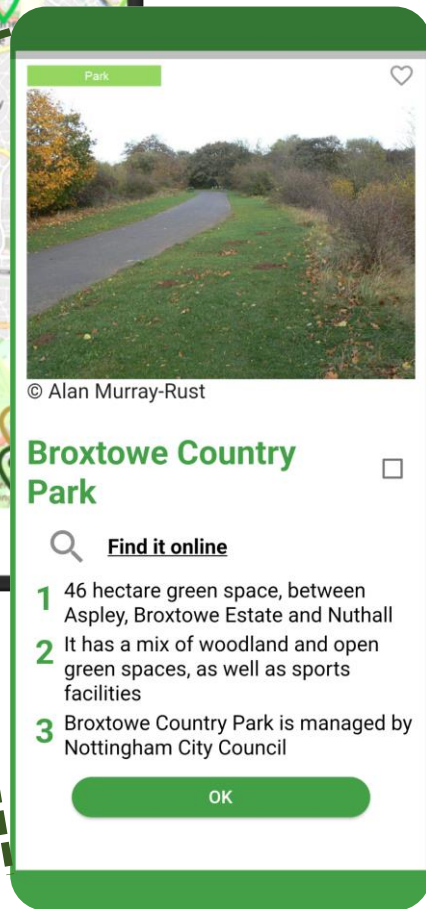
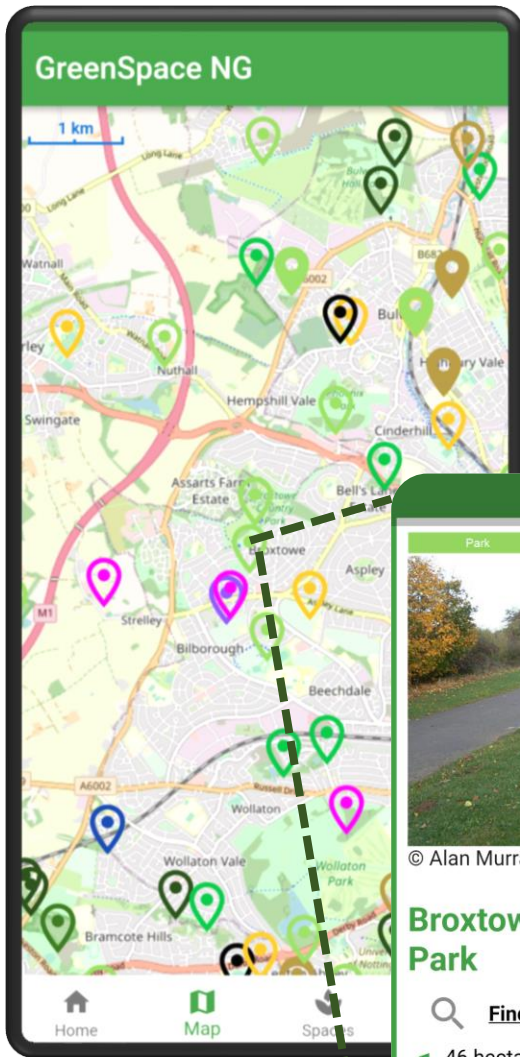


[Broxtowe and Strelley Walk - Go Jauntly](#)



[Broxtowe Country Park Loop - 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 Budy | 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:

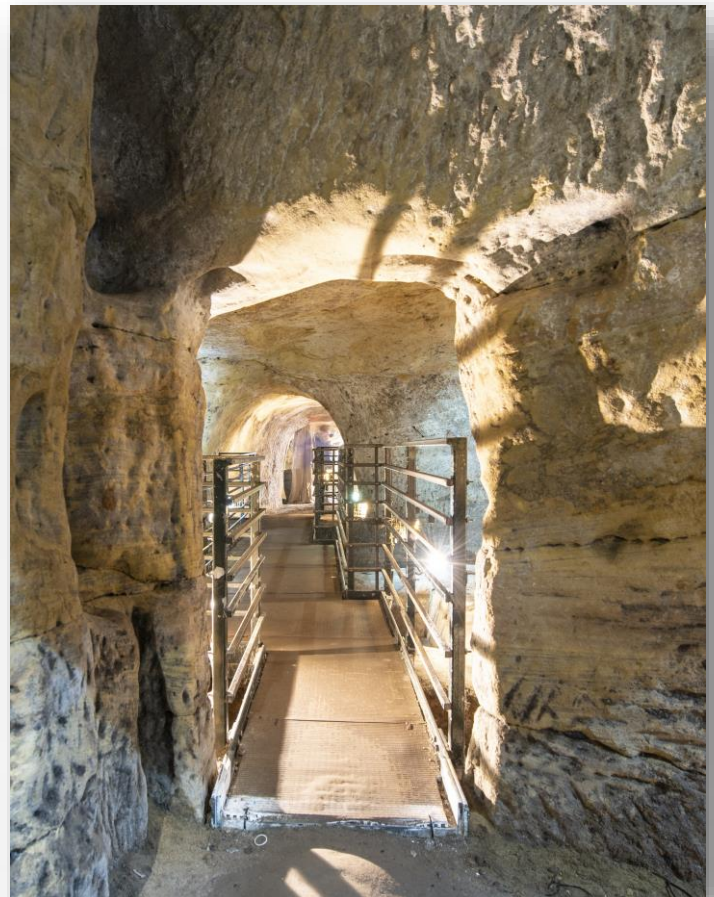
www.nationaljusticemuseum.org.uk/museum/visit

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

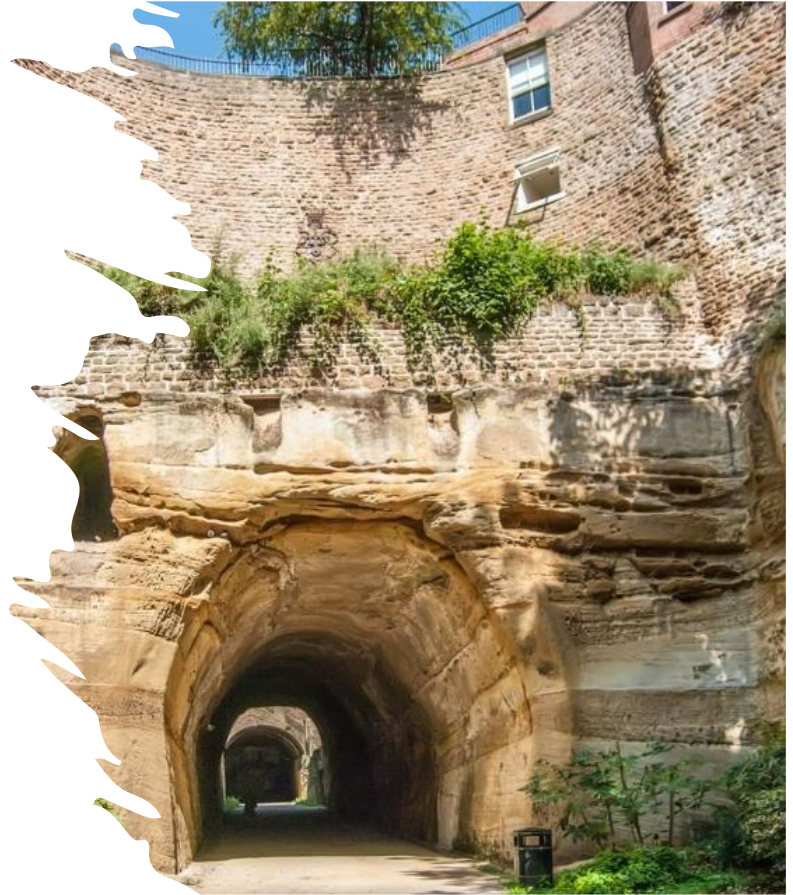
The Park Tunnel was built in 1855 to allow horse-drawn carriages access to The Park Estate from Derby Road in Nottingham.

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)

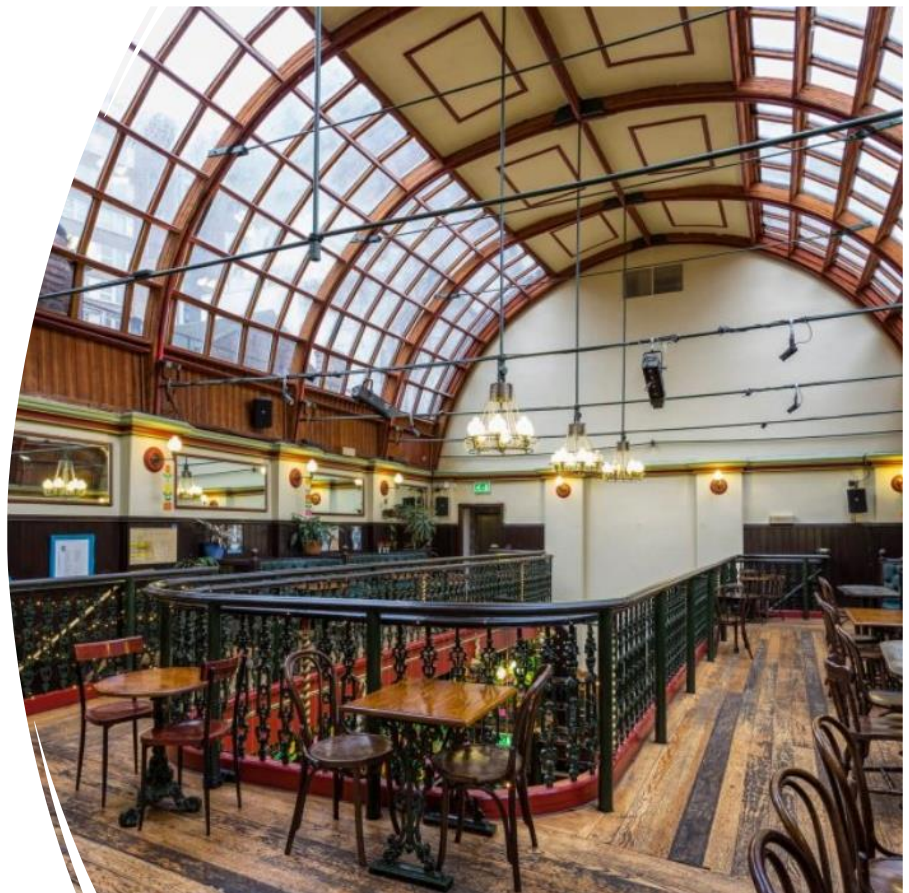
Not for Profit Café bar in the city centre

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.

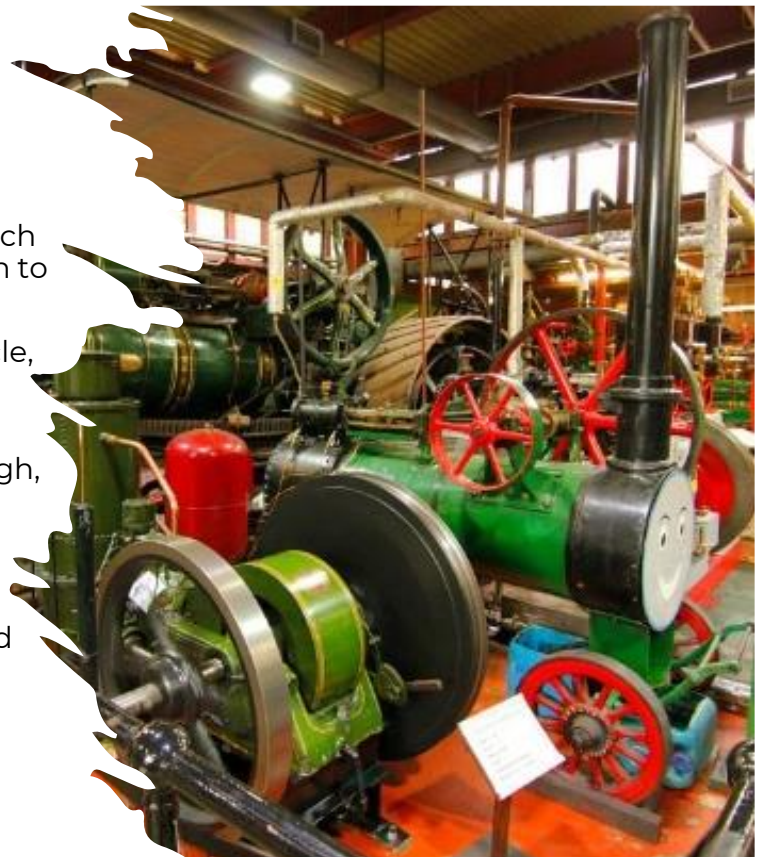
Discover the history of famous names e.g Raleigh, Boots, Humber.

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 2000 mile network of canals and navigable rivers.

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

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

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

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

Features in the Nottingham Go Jauntly app walks



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

For Example:

Circular canal walk in Nottingham:

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

walk along the Nottingham and Beeston

Canal and River Trent.

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





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.

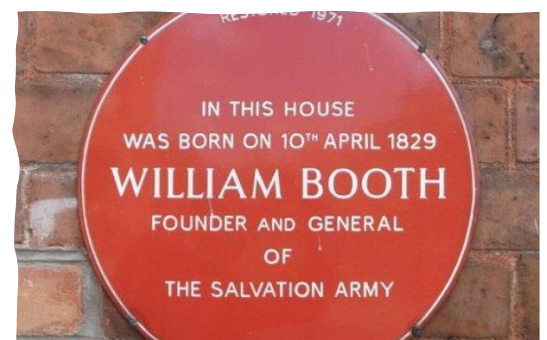
Free access

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

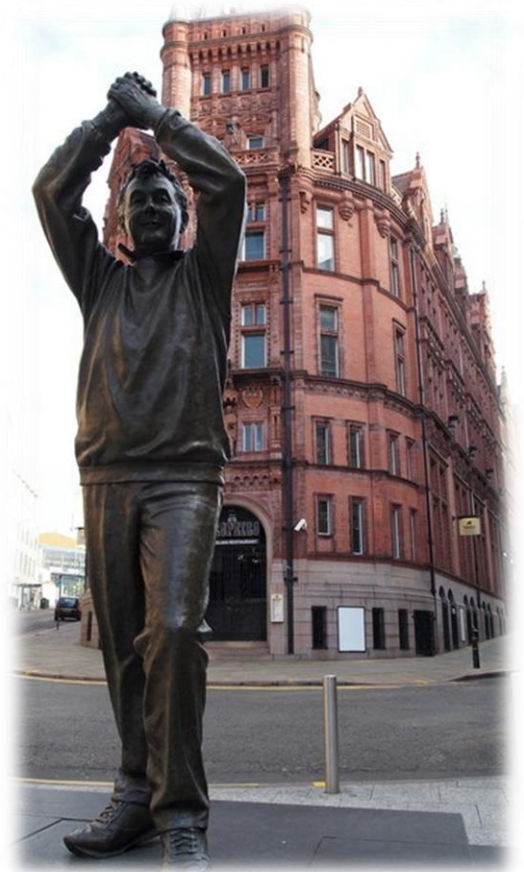
Brian Clough

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

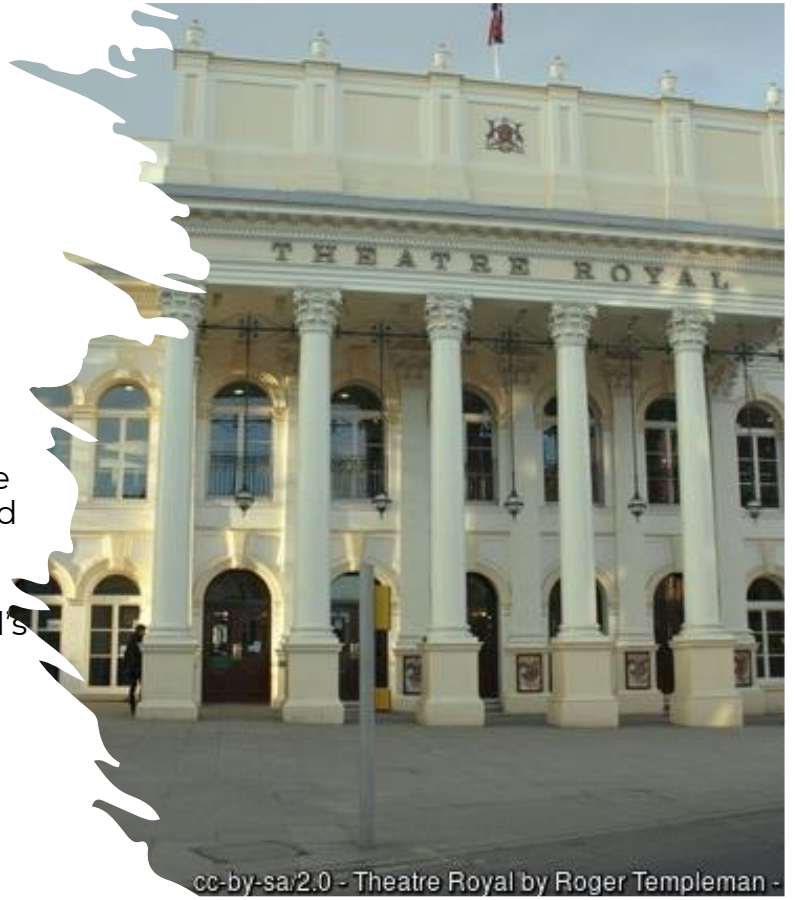
Theatre, Dance, Comedy, Music, Pantomimes all year round

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

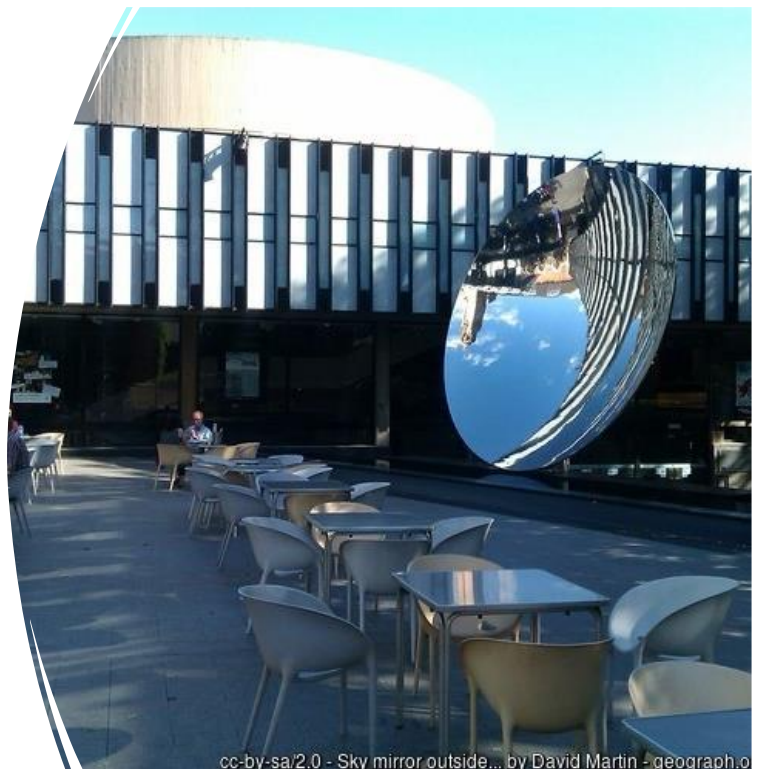
Anish Kapoor's Sky Mirror

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- 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

Places to walk, bike and wheel to in Nottingham City

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 8-25 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