

# The Big Green Book



# TRAVEL WELL

Edition

# Nottingham City West

Including:  
Aspley Estate, Beechdale, Bells Lane Estate,  
Bilborough, Broxtowe Estate, Strelley Estate



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!



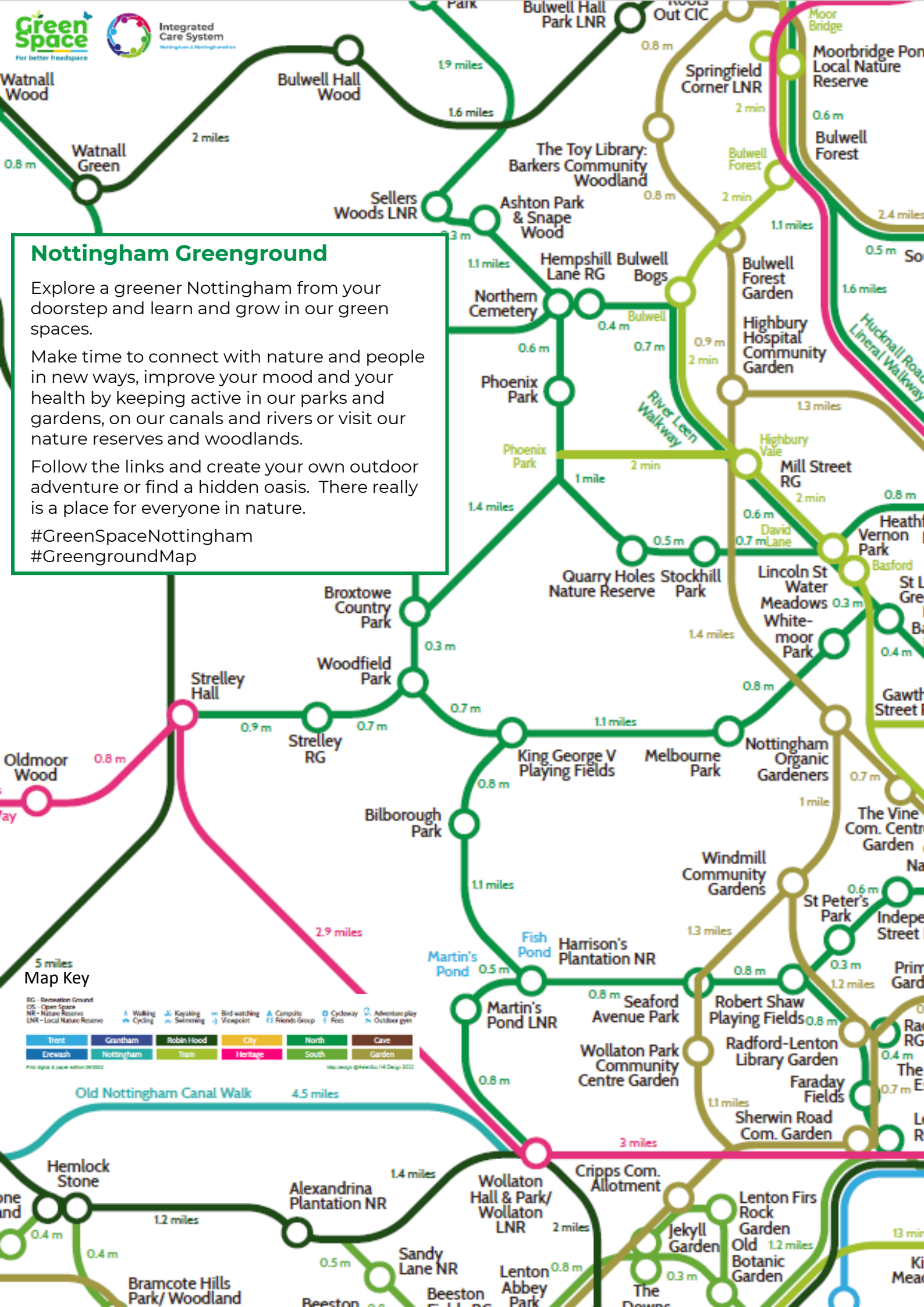
**Nottingham Greenground**

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



# Contents

Welcome	<a href="#">Page 2</a>
Nottingham Greenground Map	<a href="#">Page 3</a>
Icons	<a href="#">Page 5</a>
Activity Levels	<a href="#">Page 6</a>
Mental Health Levels	<a href="#">Page 10</a>
Kit Support	<a href="#">Page 11</a>
How to transport children by bike	<a href="#">Page 12</a>
How to check your bike before a ride	<a href="#">Page 13</a>
Travel Well Providers	<a href="#">Page 14</a>
Walking Groups	<a href="#">Page 19</a>
Local Groups to get you moving	<a href="#">Page 21</a>
Running Groups	<a href="#">Page 28</a>
Local Playgrounds Parks and Open Spaces	<a href="#">Page 29</a>
Have Fun while travelling	<a href="#">Page 33</a>
Apps to get you places	<a href="#">Page 34</a>
Places to walk and wheel in Nottingham City	<a href="#">Page 39</a>



## Icons



Toilets



Changing



Accessibility



Handwashing available



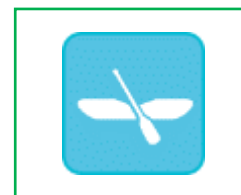
Bike Racks



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](mailto: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

**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...

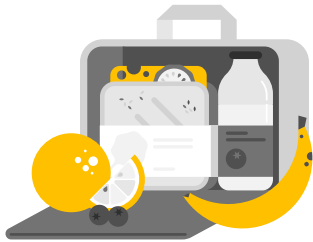
- You have complex needs and need more than one area of support, including specialists and local mental health team
- You need support to take part in sessions (if you have a support worker then they can attend with you)
- You need a short-term programme of activity, or a package tailored to meet your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



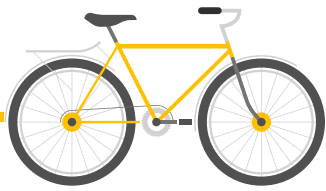
- Waterproof shoes/boots
- Coat
- Jumper
- Gloves
- Hat warm/cool

- Brolly
- Snacks
- Snack bag
- Map

## A bit more specialist stuff

- Bike, Lights and lock

- Rucksack



- Poles

- Walking boots



- Torch

## Need Help with Kit?

[Welcome to Kitsquad - Donated Adventure Gear](https://www.transportnottingham.com/cycling/hire-a-bike/)



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



[Nottingham Welly Bank | Facebook](#)



Referral only - speak to your social prescriber  
[travel.well@nottinghamcity.gov.uk](mailto: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>

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## **How to Cycle Safely at Road Junctions**

Video guide:

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

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## **How to Check Your Bike before a Ride**

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

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## **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 6<sup>th</sup> 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** [hello@womenintandem.org.uk](mailto: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:**



## 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](mailto:travelwell@sustrans.org.uk)  
**Web** [About us - Sustrans.org.uk](http://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](mailto: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](mailto: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](mailto: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](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](mailto: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](mailto: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](mailto:customerservices@ridewise.org.uk)

### Web

[www.ridewise.org.uk](http://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.



## 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:

Harvey Hadden Sports Centre,  
Wigman Road,  
Bilborough,  
NG8 4PB

### Key Contact:

**Call:** 07482717972

**Email:** [hello@runspire-notts.com](mailto:hello@runspire-notts.com)

**Web:** [www.runspire-notts.com](http://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. Parking is available at Harvey Hadden Sports Village.



# 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](mailto: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](mailto:nottsrow15@outlook.com)

**Phone** 07719 827 808

**Web** [www.nottsguidedwalks.co.uk](http://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](mailto: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

## **Diversify Education CIC**

**Aim:** At Diversify Education and Communities CIC, we have a strong focus on celebrating diverse cultures, bringing all communities together and addressing several taboo subjects affecting culturally diverse communities in society. As an organisation we strive to raise awareness around mental health and well-being by engaging with diverse communities and their residents to nurture a healthy and wholesome social life. Our aim is to foster a safe and secure environment where everyone feels welcomed, we emphasise that is okay not to be okay.

### Address:

Beechdale Community Centre, NG8 3GD

### Key Contact:

**Name** Shanine Fasasi

**Phone:** 07492 759779

**Email** [admin@diversifyeducation.co.uk](mailto:admin@diversifyeducation.co.uk)

**Web** [diversifyeducation.company.site](http://diversifyeducation.company.site)

**Facebook** [Diversify | Nottingham | Facebook](https://www.facebook.com/Diversify|Nottingham|Facebook)

Courses	Health and Beauty Course	Tuesdays 9:30am – 12:30pm
	Gardening Class	Tuesdays 12:30pm – 3:15pm
	Sewing Class	Wednesdays 9:30am – 12:30pm
	Cooking Class	Fridays 10am – 1pm
Chess Club (learn and play)		Mondays 5:30pm – 7:30pm
Dads and Lads Group		Every other Fridays 6pm – 8pm
Tea Pot Café (Community Café)		Monday – Friday (10am – 4pm)
Hot English Breakfast		Monday – Friday (10.30am – 12:30pm)
Food Bank		Mondays, Tuesdays, Thursdays, Fridays

### Other Activities include:

We provide free hot meals which we promise to be healthy, nutritious and delicious.

Along with our community cafe, we have got libraries for children and adults. People can come to the centre to read or borrow a book. We also hold storytelling sessions and give away free books to all in conjunction with the National Literacy Trust.

### Getting Here:

#### Bus: Stops:

5 mins walk from:

CT4N L4 Local Link Frampton Road, Kincross Crescent or Ambergate road stops

NCTX Pink 28 Greetwell Close or Glaisdale Drive stops.



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Varies**

### Facilities:



# Local groups that get you moving

## AKA Nottingham

**Aim:** a grassroots non-profit organisation founded by three friends (Antwon, Kevin & Anton hence AKA!), and members of the community that wanted to be proactive about making a positive impact on the community whilst making the city and its people happier, healthier & unified. We provide opportunities for people from disadvantaged, socially isolated groups of all ages in Nottingham to access projects and events to improve their physical, emotional, and mental well-being to create community cohesion.

### Activities Available:

Our activities include:

Hikes in the Peak District ( last Sunday of every month)

#### Hiking

Join us on our award winning guided hikes in the awe inspiring Peak District National Park, and feel the benefits that come from reconnecting with nature.

No boots? No problem! We have plenty of spares! Fitnesscamps.

#### Fitness

Health is Wealth! Sign up to one of our fitness camps and get fit the fun way as part of a supportive team. For all people of all abilities and fitness levels. Motivation won't be an issue!

#### Bike Rides

Join us for a guided adult bike ride, **3rd Sunday of every Month.** Cycling around Local Nottingham Nature spots. On a 5-7km route, suitable for all abilities.

The rides are totally free and we have a small number of bikes available to loan on the day, or you can bring your own bike to ride

Youth Club

Workshops

Training – First Aid at Work

Events

### Address:

Works from various locations across Nottingham City

### Key Contact:

**Name** Kevin, Antwon or Anton

**Phone:** 03303217612

**Email** [contact@aka-hwo.org.uk](mailto:contact@aka-hwo.org.uk)

**Web** [www.akahwo.com](http://www.akahwo.com)

**Facebook**



**0 - 2**



**Mixed  
Gender/  
Cultures**



**Varies**

**Facilities variable by site/ activity:**



### Opportunities to Socialise:

Time to talk on hikes and rides, breaks are built into activities if you haven't managed to talk to people before these are a good time. If you travel to a hike on our Bus with us there is plenty of time to say hello and get to know each other before we get to our start point.

# Local groups that get you moving

## Evolve

**Aim:** We aim to provide a Community Hub to provide activities and support for the community to help improve life-opportunities and to create the tools and pathways for all to reach their potential.

### Activities Available:

Our activities include:

- Golden Boxing
- Womens Boxing Circuits
- Nordic Walking – Broxtowe Country Park
- Zumba
- Advice & Support
- Wiggle & Giggle
- Tracker Squad
- Music Group (Youth)
- Volunteering

### Getting Here:

#### Bus: Stops:

CT4N L4 LocalLink Strelley Social Club stop

5 mins walk from:

NCTX 77C, 78 Westleigh Road stop

### Address:

Strelley Community Club, Helston Drive, Strelley, Nottingham, NG8 6JZ

### Key Contact:

**Name** Karen Swan, Gary Bulmer, Lianne Taylor

**Phone:** 07851292071

**Email** [evolvenottingham@outlook.com](mailto:evolvenottingham@outlook.com)

**Web** [Home | Evolve Nottingham](#)

**Facebook** [Evolve Nottingham CIC | Facebook](#)



Mental Health Level

0 - 2

### Facilities:



Mixed Gender/Cultures



Average Group Size

Varies



## Windmill Community Garden

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

### Activities Available:



Our activities include:

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

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

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

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

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

### Address:

Next to the car park on the allotment site - south of Ascot Road, Bobbersmill, Nottingham, NG8 5HD

### Key Contact:

**Name** Tracey Lloyd

**Email** [wcnnottingham@gmail.com](mailto:wcnnottingham@gmail.com)

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

**Facebook** [@WindmillCommunityGardens](#)



Mental Health Level

0 - 2

### Facilities:



Mixed Gender/Cultures



Average Group Size

8 - 15

### Getting Here:

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

# Local groups that get you moving

## Education FC

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

### Activities Available:

#### Community Garden

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

#### Mental Health Sessions

In partnership with Trent Bridge Community Trust

#### Walking Group

#### Talk Monday Mornings

Contact us for more details about our activities.

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

### Address:

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

### Key Contact:

Email [admin@educationfc.co.uk](mailto:admin@educationfc.co.uk)

Phone 07788 210 105

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

Mental Health Level

0 - 2



Mixed Gender/  
Cultures

Average Group Size

4 - 12

### Facilities:



### Getting Here:

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

**Parking:** Car park at Melbourne Park.

## The Secret Garden Project



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

### Activities Available:

#### The Secret Garden Project

Thursdays, 10am to 12pm

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

#### Construction Focused Work Group

Mondays, 10am to 2pm

#### Survival Club

Saturdays, 10am to 12pm

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

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

### Address:

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

### Key Contact:

Email [secretgarden@thepythianclub.co.uk](mailto:secretgarden@thepythianclub.co.uk)

Web [www.thepythianclub.co.uk/the-secret-garden](http://www.thepythianclub.co.uk/the-secret-garden)

Mental Health Level

0 - 2



Mixed Gender/  
Cultures

Average Group Size

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



## Growing Forward



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

### Activities Available:

#### Small Group Gardening Sessions (Free)

Wednesdays, 9:45am to 12:15pm

These sessions run in 6-week blocks.

#### Counselling Sessions (Free)

Wednesdays, 1pm to 2pm, 2:30pm to 3:30pm and 4pm to 5pm

#### Other Activities

Our other activities include:

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

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

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

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

**Referrals:** You can refer yourself or be referred by someone who is supporting you, such as a Social Prescribing Link Worker. Referrals can be made through our website, here:

<https://growingforward.org.uk/referrals/>

Please contact us or visit our website for more details.

### Address:

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

### Key Contact:

**Name** Carley and Harry

**Email** [hello@growingforward.org.uk](mailto:hello@growingforward.org.uk)

**Web** [www.growingforward.org.uk](http://www.growingforward.org.uk)



**2 - 3**



**Mixed  
Gender/  
Cultures**



**Small Groups  
& 1:1**

### Facilities:



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

### Getting Here:

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

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

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

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

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

# Local groups that get you moving

## Blooming Bilborough - Green Gym

GreenSpace Trusted Provider Assessor

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

### Activities Available:

#### Thursday Morning Garden Social The Green Gym

9:30am to 11:30am

Free to attend

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

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

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

Contact us or visit our website for more details.

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

### Address:

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

### Key Contact:

**Name** Laura Armitage

**Email** [flowertwists@gmail.com](mailto:flowertwists@gmail.com)

[sheilarussellcentre@gmail.com](mailto:sheilarussellcentre@gmail.com)

**Phone** 07930 430 424

**Web** [www.flowertwistfit.co.uk](http://www.flowertwistfit.co.uk)

**Facebook** @BlossomingBilborough

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

1 - 12

### Facilities:



## Yoga with Laura FlowerTwist Fitness

GreenSpace Trusted Provider Assessor

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

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

### Activities Available:

#### Monday Evening Yoga

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

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

#### Weekend Outdoor Yoga

Wollaton Hall and Deer Park and Towle Memorial Garden

Contact us or visit our website for more details.

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

### Address:

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

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

### Key Contact:

**Name** Laura Armitage

**Email** [flowertwists@gmail.com](mailto:flowertwists@gmail.com)

**Phone** 07930 430 424

**Web** [www.flowertwistfit.co.uk](http://www.flowertwistfit.co.uk)

**Facebook** @FlowerTwistFit

Mental Health Level

0 - 2



Mixed Gender/Cultures

Average Group Size

1 - 12

### Facilities:



# 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](mailto:ian.richardson@trentbridge.co.uk)

**Phone** 07814 112 510

**Web** [www.trentbridge.co.uk/trust](http://www.trentbridge.co.uk/trust)



**0 - 2**



**Mixed Gender/  
Cultures**



**10 - 20**

### Facilities:



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

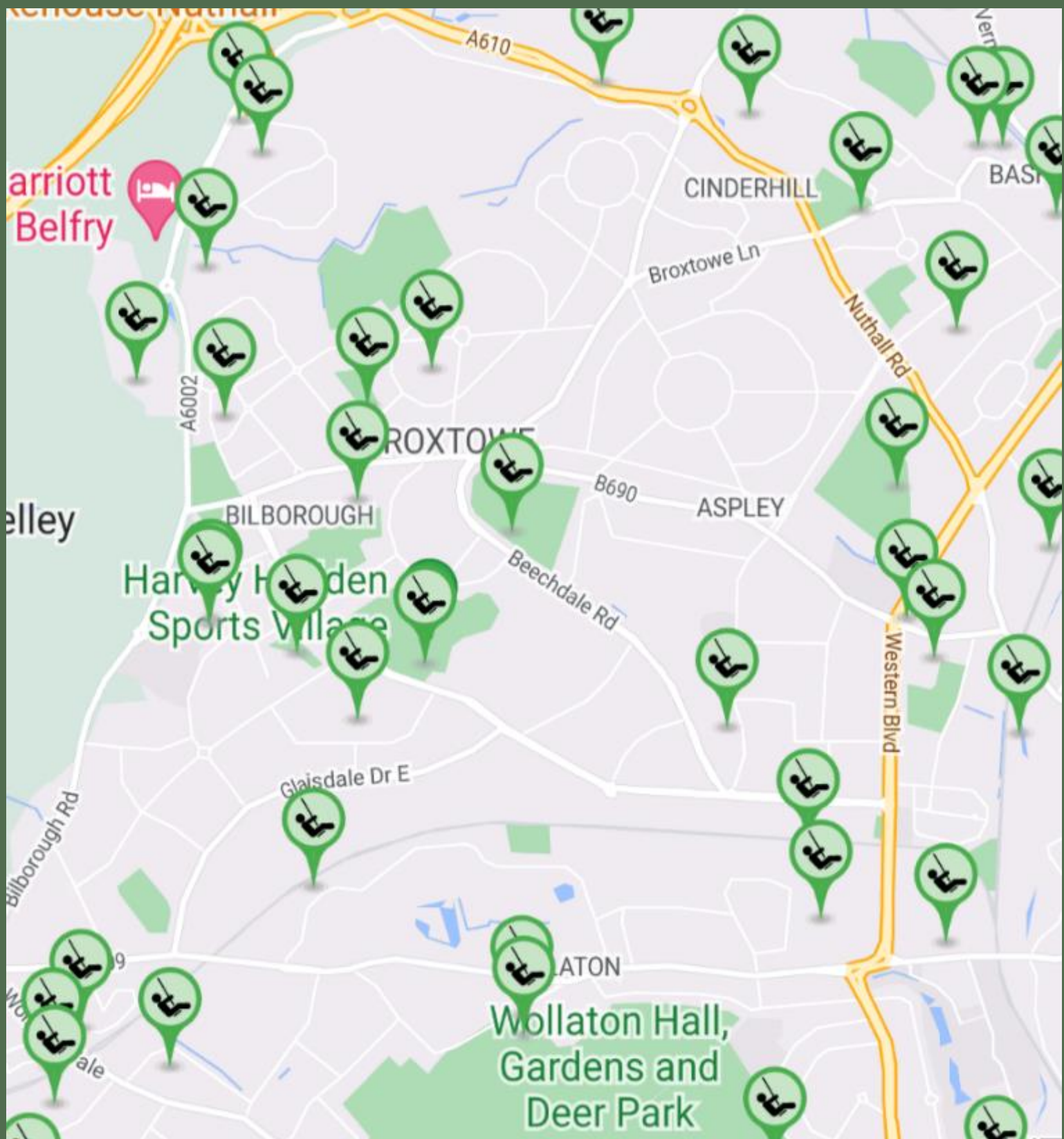
### Key Contact:

**Web** [www.parkrun.org.uk](https://www.parkrun.org.uk)

### Facilities:



Facilities vary by location.



# Local Playgrounds, parks and Open Spaces

**Bilborough**

**Broxtowe**

**Beechdale**

**Aspley**

# Parks and Open Spaces

## Contact Nottingham City Council Parks and Open Spaces:

Call: 0115 915 2733

E-mail: [parksandopenspaces@nottinghamcity.gov.uk](mailto: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>Strelley Recreation Ground</p> <p>Situated on the corner of Woodhouse Way and Strelley Road NG8 6NA</p>	<p>2 Multi use Game Areas (MUGA) Tennis Court Outdoor fitness equipment Public Toilets Parking / Disabled Parking Dogs Welcome Picnic and Wildlife Areas Public Transport Disability Access – main paths are surfaced, woodland not surfaced a large area of open grassland, a woodland walk and wildflower meadow.</p>
<p>Broxtowe Country Park</p> <p>Lindfield Road, Nottingham NG8 6HW</p>	<p>Large Green Space, Mature Trees, Links Bilborough Cinderhill and Strelley Disability Access – main paths are surfaced, woodland not surfaced On Street Parking Dogs Permitted Cycling Benches Wildlife Areas Multi-Use Games Area The park combines a mixture of woodlands and grassland with excellent recreation facilities including an exciting adventure playground off Westleigh Road entrance</p>
<p>Amesbury Circus Playground, Amsbury Circus NG8 6DD</p>	<p>Large Green Space Next to Bells lane community centre and Roslyn Park Primary School Small play area swings/ slide roundabout and small climbing frame</p>
<p>Beechdale Mews Chapman Court / Gaynor Court NG8 3FQ</p>	<p>Small playground with short assault course mostly for preteens Tarmac pitch 2 mature trees, grass and a few knee-high boulders Bench Fenced all round Permit holder parking only</p>
<p>Harvey Hadden &amp; Bilborough Park Wigman Road NG8 4PB Playground</p>	<p>Large Green Space A few smaller mature trees 1500m enclosed Cycle track Football pitches on field and Astro 5 a side pitches available to hire Toilets available at Harvey Haddon during opening hours Small Play Park aimed at toddlers to preteens Parking / disabled parking Next to Bilborough Islamic Centre (Makki Mosque) and Glenbrook Spencer Academy</p>

# Parks and Open Spaces



Location	Facilities Available
Kennington Road Playground Kennington Road NG8 1QD	Playground – For small kids and big kids / Teens. Climbing boulder Climbing frames for different ability levels Swings Basketball hoops Goal End Green Space and Large Trees
Melbourne Park Off Melbourne Road NG8 5HL	Mature Trees including Lombardy and Black Poplars Large Green open space Football pitches and Sunday league Playground Multi Use Games Areas Parking / Disabled Parking  <b>Telephone: 0115 915 2764</b> <b>Email: <a href="mailto:sports.booking@nottinghamcity.gov.uk">sports.booking@nottinghamcity.gov.uk</a></b>
Moor Road Play Park Enter from Edgeway or Moor Road NG8 6LS	Small playground for Toddlers Small Green Space with a few mature trees at the Edgeway entrance. Not far from Strelley Recreation Ground
Wollaton Vale Park, Rosedale Drive NG8 2JA	Medium sized urban GreenSpace with mature trees Next to the Vale Community Centre
Seaford Avenue Park Seaford Avenue NG8 1NB	Small Green Open Space Playground suitable for preteens / Toddlers Basketball Hoop and goal end on grass field
Sutton Passeys Playground Near Wollaton Park Golf Course Sutton Passeys Crescent NG8 1BU	Large Green Space on the edge of Wollaton Park Golf Course Next to Wollaton Parks Lime Tree Avenue Deer Free roaming Playground suitable for pre-teens fenced Outdoor Gym equipment next to the park for teen to adults
Torville Drive Playground Torville Drive NG8 2BU	Small Green Space with mature trees Playground with a range of equipment suitable for pre-teens Open Green Space 5 minutes walk from Martins Pond Backs onto the Railway line
Whitemoor Park Access via Tintern Drive NG8 5FD Or behind Leen View Surgery Bailey Street NG6 8PF	Small green Space Playground Goal ends Hoop Monkey bars Metal Climbing boulders Outdoor Gym Picnic Bench

# Parks and Open Spaces

Location	Facilities Available
Whitwell Playground Whitwell close Whitwell Road NG8 6JS	Small GreenSpace with a few mature trees surrounded by housing / roads Playground suitable for toddlers / pre-teens Bench Grassed area
Wollaton Park Playground and Café 508 Wollaton Road NG8 2AD	Large Green Space as on the edge of Wollaton Hall Park, many mature trees Playground suitable for toddler to teen Parking charges apply Deer roaming free Large grassed areas Picnic benches
Woodfield Park, Woodfield Road NG8 6HY	Small open Green Space with a couple of trees on the outer edge Playground Suitable for Toddlers / Pre-teens Hoop Goal end Grass football pitch (not currently kept lined)
Birchover Park Birchover Road NG8 4BW	Medium urban green space with the park backing onto Birchover Cricket Club Car Park Playground suitable for toddler to teen Metal Climbing boulders Goal Ends Basketball Hoop, Outdoor gym, Cricket ground



Whitwell Playground



# Have Fun While Travelling

**TRAVEL WELL**

Activity	What to do
<b>Bus Stop Bingo</b>	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?
<b>Play I Spy</b>	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.
<b>Play Cat</b> (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..
<b>Step Count</b>	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.
<b>When you hear</b>	Pick a sound and an activity to do when you hear it.
<b>Blog your travels</b>	Take photos, make notes, post it online privately or publicly
<b>Scavenger hunt</b>	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
<b>Explore a new route</b>	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.
<b>Map your route on an app</b>	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)
<b>Train for a 5k</b>	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.
<b>Tune out</b>	Listen to a favorite music playlist, podcast, or audiobook while you walk



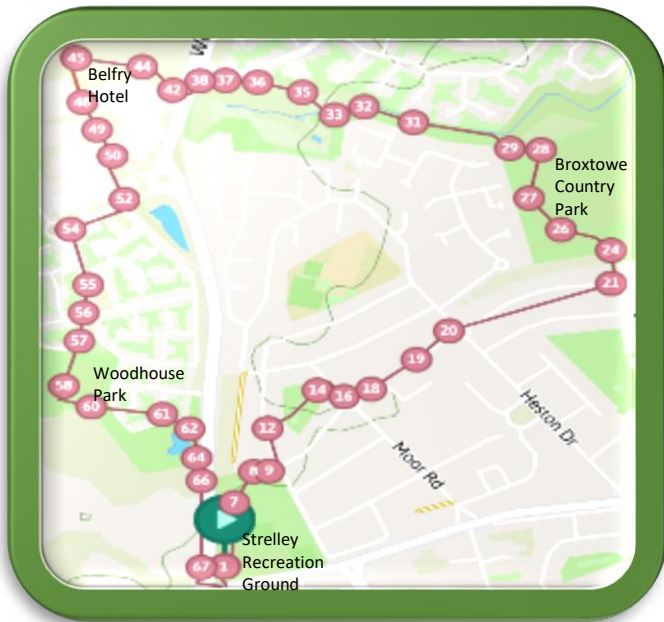
Apps to get you places

# Nature-based app for self-guided walks

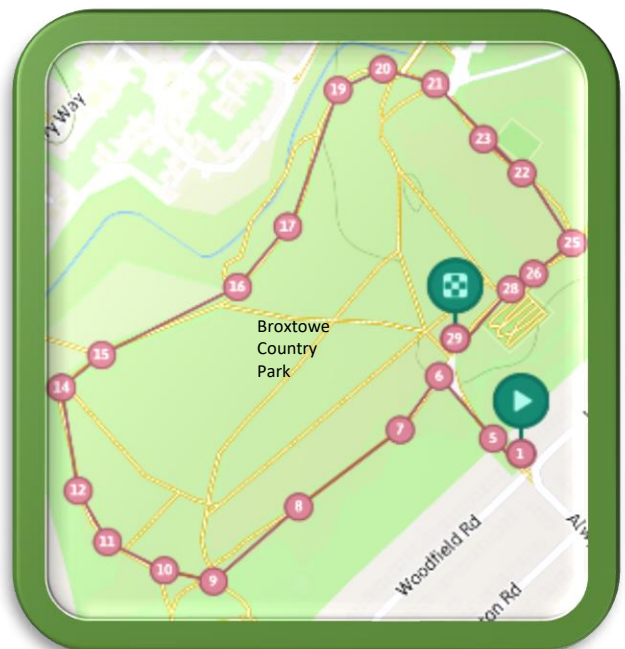
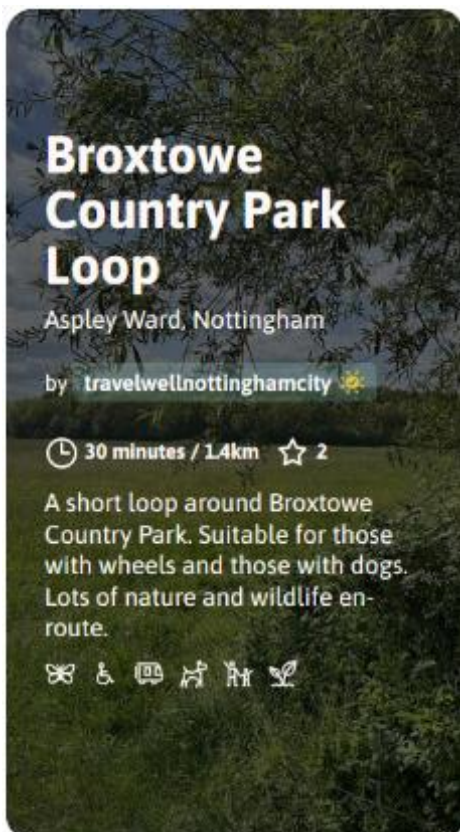


Download Now

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

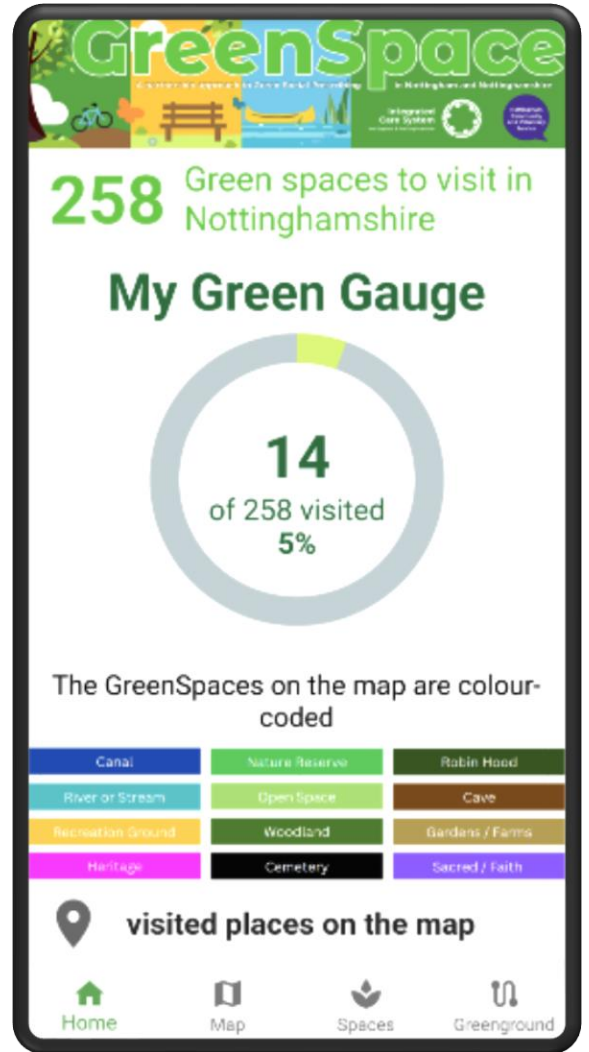
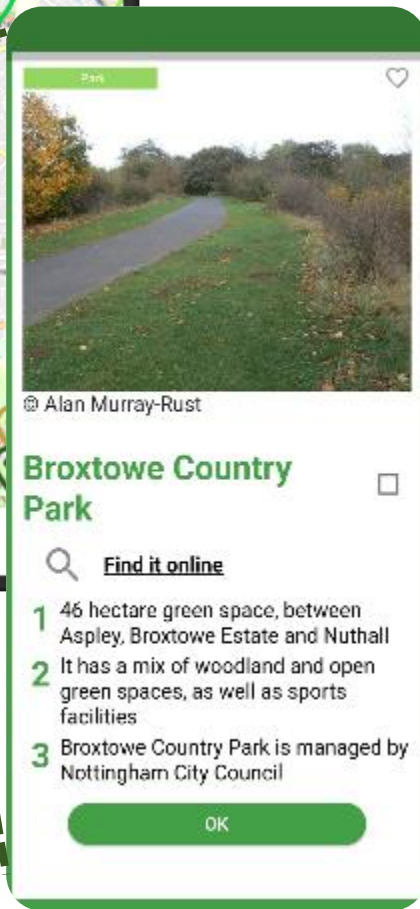
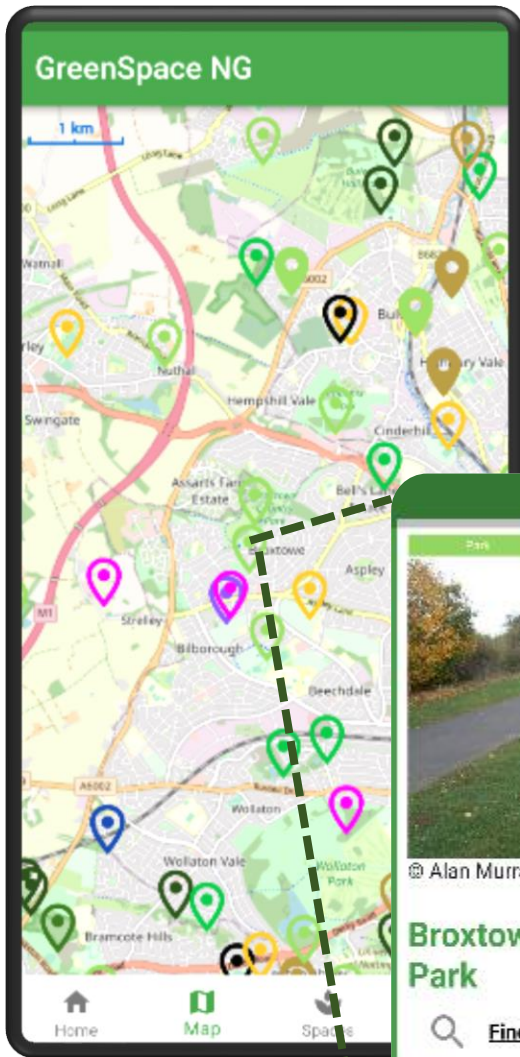


[Broxtowe and Strelley Walk - Go Jauntly](#)



[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](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

**TRAVEL WELL**

App	What it does
<b>All Trails</b>	Walk recording
<b>Birda</b>	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.
<b>British Trees</b>	Identify British trees and begin to learn the names of the trees along your routes
<b>Cycle Travel</b>	<a href="https://cycle.travel">cycle.travel</a>   <a href="#">route-planner and maps - traffic-free &amp; quiet roads</a>
<b>Fish Brain Fishidy Pro Angler Fish Track</b>	All Fishing based apps
<b>Geocaching</b>	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.
<b>Go Jauntly</b>	Route Mapping Find Local Routes
<b>GreenSpace NG</b>	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.
<b>iNaturalist</b>	Record and observe plants, bugs, birds. See what other people have spotted nearby
<b>Komoot</b>	Activity recording, runs, walks, rides Route mapping Find local routes Interact with friends and build a community
<b>Lime Bikes Hire</b>	Discover a nearby bike, Pay to use bikes, View ride passes, report issues
<b>Net Go</b>	Mobile Tram Tickets, Timetable, Network Information, Find nearest park and ride
<b>NHS couch to 5k</b>	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

**TRAVEL WELL**

App	What it does
<b>Nottingham City Transport</b>	Mobile Bus tickets, Timetables, Journey planner, favourites, Live departures, Service updates. Oh 'appy days! - Nottingham City Transport (nctx.co.uk)
<b>Notts Green Rewards</b>	Record your recycling and active travel monthly for a chance to win prizes and add to the collective efforts of your neighbourhood
<b>OS Maps</b>	Route planning, Route mapping, view whats on the horizon
<b>Park Run</b>	Find local Park Run/ Walk s in your area and view your timings
<b>Playground Buddy</b>	Find children's playgrounds near you in the UK
<b>Pokemon Go</b>	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
<b>Ramblr</b>	Walk recording
<b>Stellarium</b>	Lets you view the night sky and tells you which stars and planets you can see
<b>Strava</b>	Activity recording, runs, walks, rides Route mapping Route Planning Find local routes Interact with friends and build a community
<b>UK bird songs</b>	Helps you to identify birds by the sounds they make
<b>View Ranger</b>	Find out what hills you can see in the distance using this app
<b>Virtual Runner</b>	Sign up to a challenge, upload your results and get a fabulous medal (from£3-£15 per challenge)
<b>Zombies Run!</b>	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
<b>5k Parkrunner results</b>	View your park run results



Places to Walk Ride and Wheel

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# 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 17<sup>th</sup> 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](http://www.nottinghamcastle.org.uk/accessibility)

[www.nottinghamcastle.org.uk](http://www.nottinghamcastle.org.uk)

[Nottingham.castle@nottinghamcity.gov.uk](mailto:Nottingham.castle@nottinghamcity.gov.uk)  
0115 8763100

## Newstead Abbey

- Monastic Abbey from Late 12<sup>th</sup> 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](http://www.newsteadabbey.org.uk/accessibility)

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

[www.newsteadabbey.org.uk](http://www.newsteadabbey.org.uk)

[Newstead.abbey@nottinghamcity.gov.uk](mailto: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:

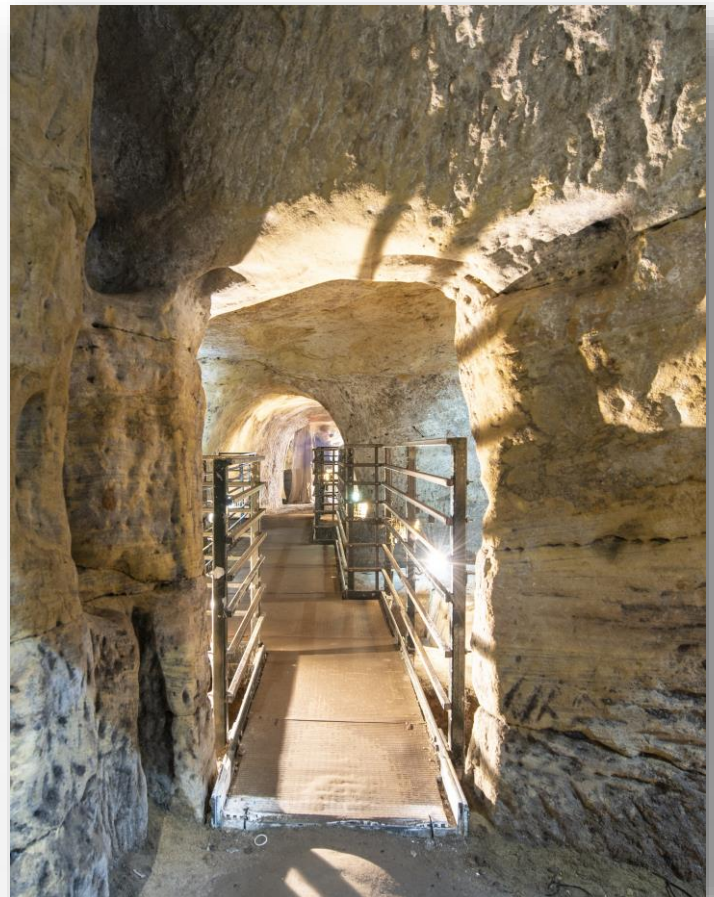
[www.nationaljusticemuseum.org.uk/museum/visit](http://www.nationaljusticemuseum.org.uk/museum/visit)

[info@nationaljusticemuseum.org.uk](mailto: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](http://www.nationaljusticemuseum.org.uk/cityofcaves)



## Park Tunnel

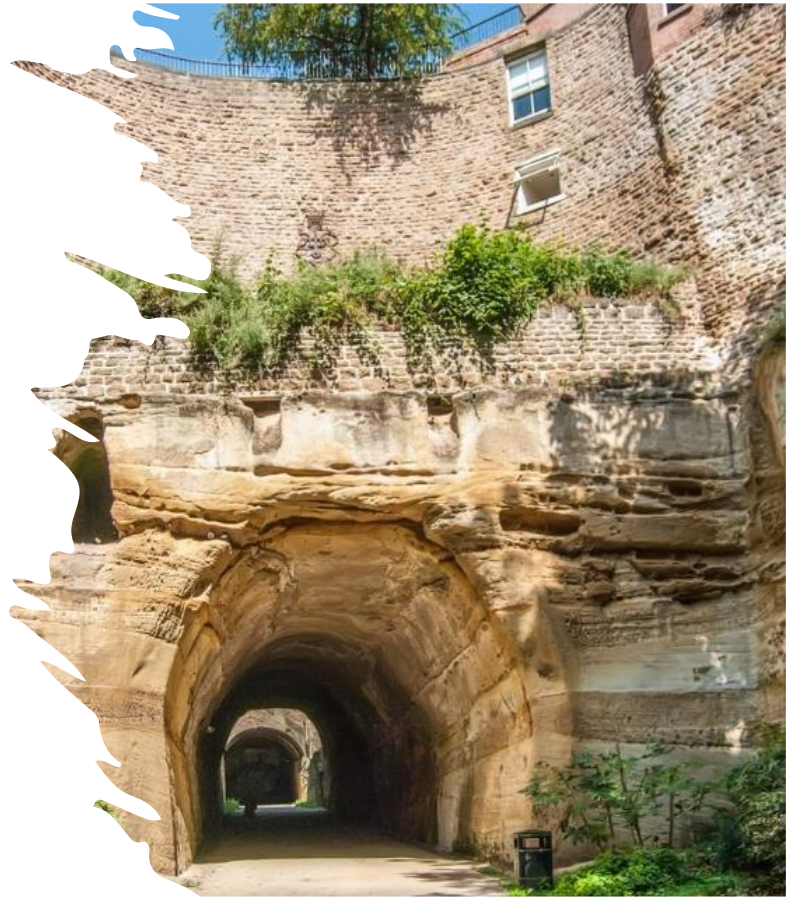
The Park Tunnel was built in 1855 to allow horse-drawn carriages access to The Park Estate from Derby Road in Nottingham.

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](http://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](http://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](http://www.bromleyhouse.org)

## Malt Cross

A Grade II listed Former Victorian music hall (1877)

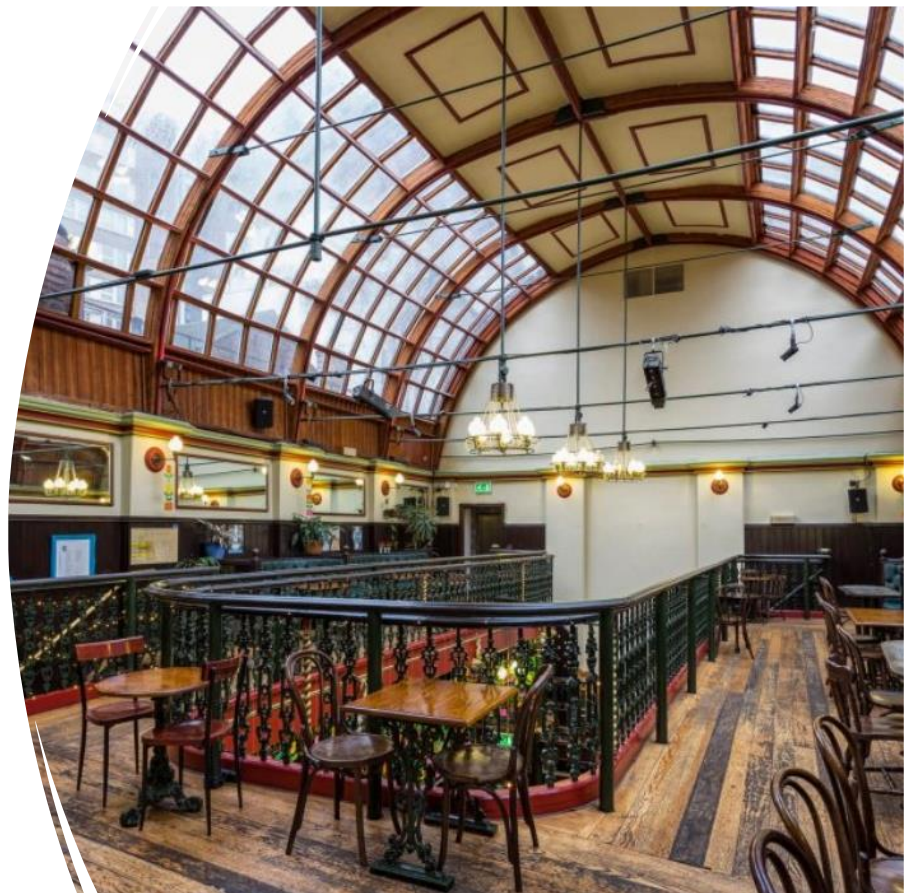
Not for Profit Café bar in the city centre

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](http://www.wollatonhall.org.uk/accessibility)

[Wollaton.hall@nottinghamcity.gov.uk](mailto: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.

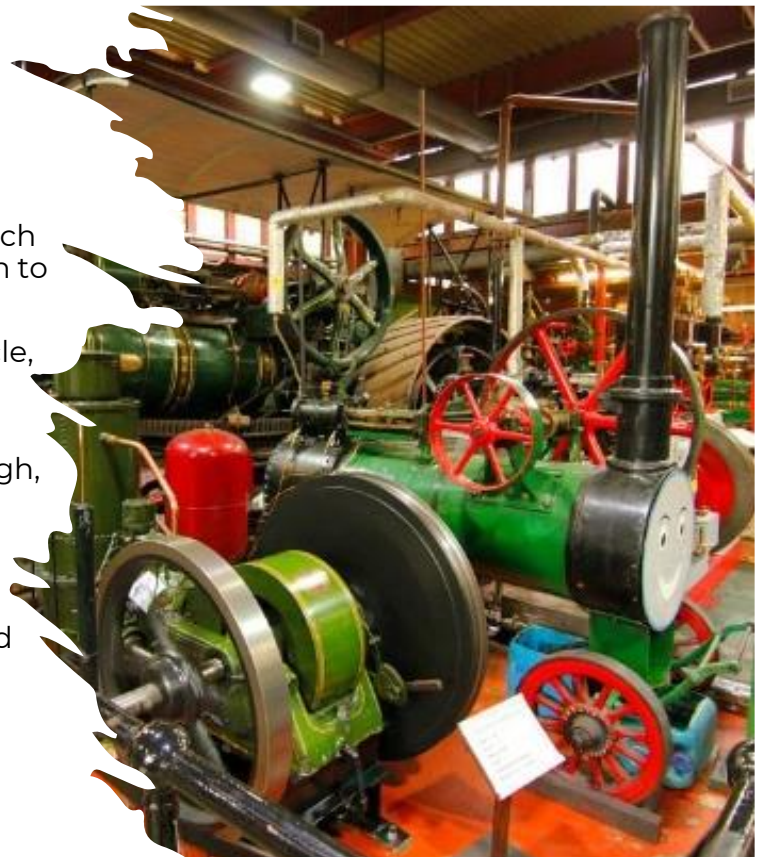
Discover the history of famous names e.g Raleigh, Boots, Humber.

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](http://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](http://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](http://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](http://www.canalrivertrust.org.uk/local-to-you)





## Green's Windmill and Science Centre

19<sup>th</sup> 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](http://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.

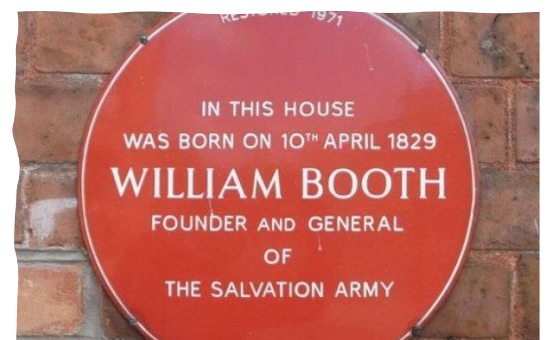
Free access

Open by appointment generally Tuesday-Thursday

[www.salvationarmy.org.uk/about-us/international-heritage-centre/william-booth-birthplace-museum](http://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/](http://www.staa-allotments.org.uk/the-staa-heritage-archive/)


[www.staa-allotments.org.uk](http://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](http://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/](http://www.nottinghammuseums.org.uk/leaders-in-the-community-eric-irons/)

[www.visit-nottinghamshire.co.uk/things-to-do/street-art-eric-irons-obe-p823301](http://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](http://www.standinginthisplace.co.uk)

## Theatre Royal and Royal Concert Hall

Historic and beautiful Theatre Royal and Royal Concert Hall

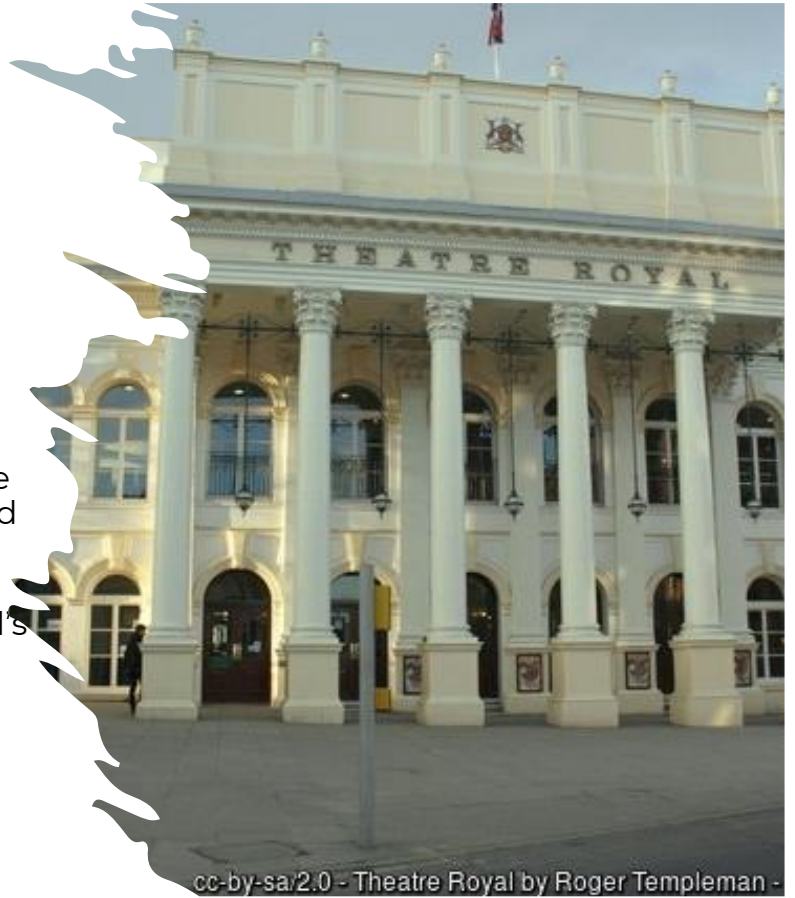
Theatre, Dance, Comedy, Music, Pantomimes all year round

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](http://www.trch.co.uk/heritage-archive)

[www.trch.co.uk](http://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

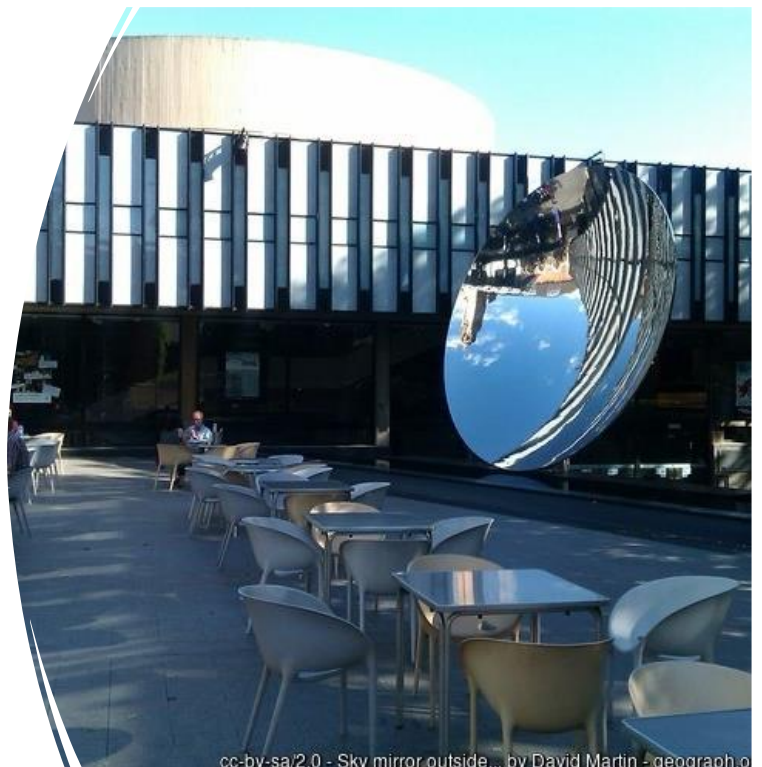
Anish Kapoor's Sky Mirror

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

[www.nottinghamplayhouse.co.uk/pay-what-you-can](http://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](http://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](http://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](http://www.morleythreads.com/archive)

[www.backlit.org.uk](http://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](http://www.lakesidearts.org.uk/visit-us)

University Park, NG7 2RD