

The Big Green Book



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

Contents

- Welcome to The Big Green Book! 2
- Icons 3
- GreenSpace Trusted Providers 3
- Mental Health Levels for Green Social Prescribing Provision 4
- PCN Map Nottingham City 5
 - PCN 1 Bulwell, Top Valley..... 6
 - Unity PCN University 9
 - PCN 3 BACHS Aspley, Beechdale 10
 - PCN 4 Radford, Mary Potter 13
 - PCN 5 Bestwood, Sherwood..... 16
 - PCN 6 City East Sneinton, Mapperly, Bakersfield..... 17
 - PCN 7 Old Lenton, Bramcote, Wollaton 20
 - PCN 8 Clifton, Meadows..... 22
- Groups Across Borders 23











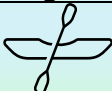
Welcome to The Big Green Book!

In this book you will find details of many of the different organisations around Nottingham City and Nottinghamshire offering nature-based activities.

There are many different types of nature based activities including community gardens, walking groups, arts and crafts, fitness groups they are organised by CCG and then by PCN with a section at the end for those groups that go across borders.

All information in this book is accurate at the time of publishing. Please be aware that sometimes details and activities change, therefore you may need to refer to an organisation’s website or Facebook page, or contact them directly for the most up to date information.

Icons

	Toilets		Changing		Accessible for those with mobility issues
	Bike racks onsite		Shelter available		Family Friendly
	Hot drinks		Walking group		Operates through winter
	Handwashing available		Paddling		

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 we suggest you contact the organisation directly to make your own checks before linking a client to that activity.

Mental Health Levels for Green Social Prescribing Provision

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

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

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

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

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

Level Two: A person with mild mental ill health.

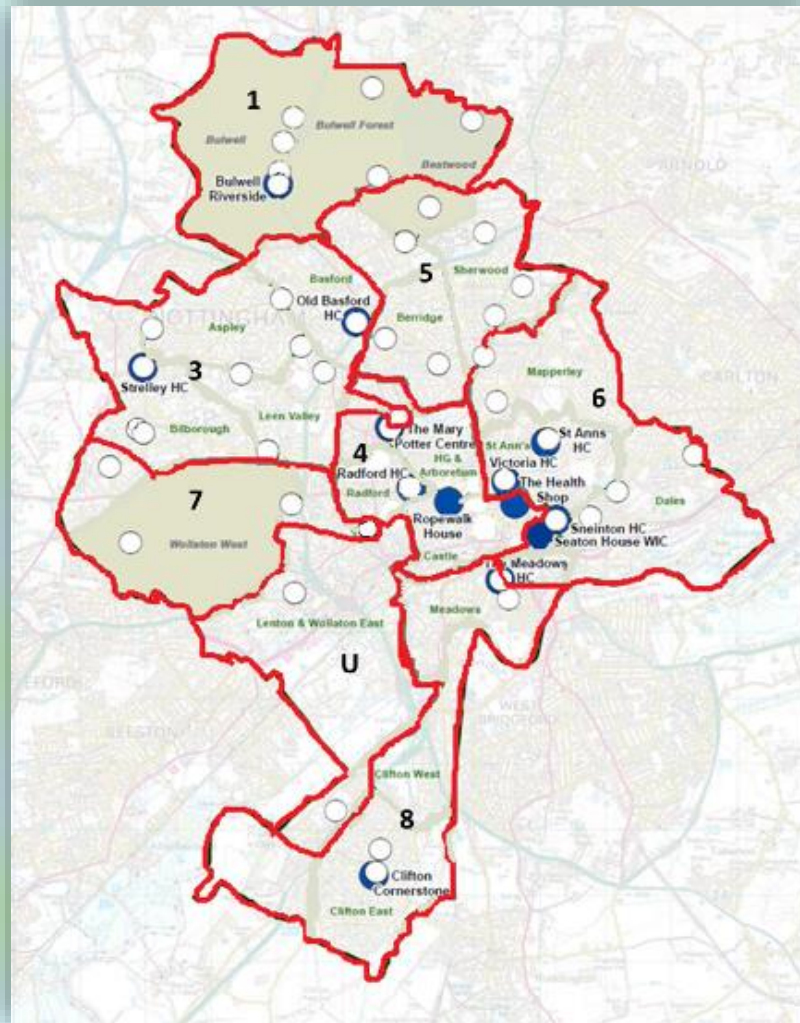
This is a person who needs GP support along with access to psychological therapies, such as cognitive behavioral therapy (CBT) or counselling, short term medication and/or ongoing monitoring, and they are able to manage their mental health with this support. They may need a Green Befriender to help them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

Level Three: A person with moderate mental ill health.

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


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


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







Nottingham City CCG

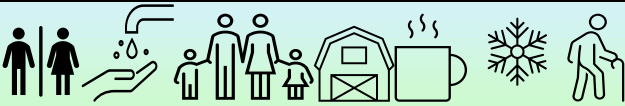

- PCN 1 Bulwell, Top Valley
- Unity PCN University
- PCN3 BACHS Aspley, Beechdale
- PCN4 Radford, Mary Potter
- PCN5 Bestwood, Sherwood
- PCN6 City East Sneinton, Mapperly, Bakersfield
- PCN 7 Bramcote, Wollaton
- PCN 8 Clifton, Meadows

Organisation		Address
Wild Things Ecological Education Collective.		Bestwood Country Park
Facilities 		
Key Contact		Aim
Email: eco-action@wildthings.org.uk Website: www.wildthings.org.uk		We predominantly work with groups of children/young people who have experienced disadvantage and don't have access to spending time in nature and the social, emotional and educational benefits. Programmes provide unique learning and first hand experiences of connecting with nature in a safe, inclusive and nurturing woodland setting.
Group Size		Group mix (gender/ diversity)
Our average size group is 9 (max 12), but do deliver smaller groups of 4-6. Wild Things would usually provides 3 workers per Forest School session.		Mixed culture, mixed sex – possibility for single sex groups
Opportunity to socialize		Mental Health Level
We do not offer this as an additional activity, but during our sessions there are lots of opportunities to relax in a hammock or sit round the fire with a hot chocolate!		0-1
Bus route/ Parking		
There is no public parking in the country park. Minibuses with prior permission, can drop groups off in the park, near our site. The bus stop is a 20-30 minute walk from our site. The tram stop is a 40 - 50 minute walk form our site.		
Activities Available		
Forest School programmes in term time, some woodland activity days during Easter/Summer holidays. ALL SESSIONS ARE PRE BOOKED. We work with a large range of groups with varied needs, including: pupil referral units, Virtual School (children in care and previously looked-after children), mainstream school groups from both city and rural areas (for specialised small nurture groups such as girls-only and English as an Additional Language groups and also full classes) specialized youth support groups (i.e. Young Carers, Action for Children and children's groups from Refugee Forums)		



Organisation		Address
Warrior Wellbeing UK Yoga and Bodywork.		Various locations – Contact Lisa for more information
Facilities 		
Key Contact		Aim
lisa@warriorwellbeing.uk www.warriorwellbeing.uk		To provide, and make accessible to all, yoga classes for positive mental health and internal support.
Group Size		Group mix (gender/ diversity)
Usually around 6, depending on the day		50:50 women:men approximately Diverse mix of cultures
Opportunity to socialize		Mental Health Level
There are a cup of tea and biscuits offered during break and after the class.		0-2
Activities Available		
Nature in Mind (NIM), Framework - I teach chair yoga sessions in St Ann's Allotment and in Bulwell Forest Community Gardens on behalf of Nature in Mind and have since Aug 2021. I've also provided massage/bodywork at Windmill Community Gardens for members of the public at their summer party in the years prior to the Pandemic and I've been invited to treat participants again in 2022		

Organisation		Address
Bulwell Forest Garden		Austin Street, next to house number 113 Bulwell Nottingham NG69HE
Drop in allowed Yes		
<div> <div>Facilities</div>   </div>		
Key Contact		Aim
Babs Bulwellforestgarden@gmail.com 07890557854 Www.bulwellforestgarden.co.uk		To develop a community garden to include food growing and general, wildlife areas and community spaces, creating a stronger sense of community responsibility and ownership.
Group Size		Group mix (gender/ diversity)
The site is 2.7 acres, and we work in small social groups of 3-5.		Mixed Gender Approx 80% white British, 5% African, 5% white/black Caribbean, 10% white other european
Opportunity to socialize		Mental Health Level
Throughout sessions		1-3
Bus route/ Parking 5 minutes walk from bulwell Forest tram, and no 17 bus stop. Street parking is outside, but please be mindful of neighbours drives.		
Booking information		
Activities Available Volunteering in gardening (Mondays, Wednesdays, Fridays and Saturdays), harvesting and cooking for Lunch Club (Fridays), helping to deliver children's activities or serve refreshments at seasonal events (Mondays in school holidays, harvest festival and Christmas). Competent volunteer to share the load of cutting the grass on a rota, with a petrol lawnmower. lunch club, men in sheds and yoga		

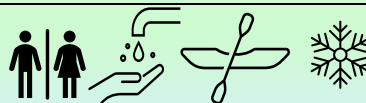

Organisation		Address
The Toy Library		Chris Firth Cottages, Squires Avenue, Bulwell, Nottingham, NG6 8GG
Drop in allowed Yes		
<div> <div>Facilities</div>   </div>		
Key Contact		Aim
Email: admin@toy-library.co.uk Website: https://www.toy-library.co.uk		To improve life changes for children and families in the Bulwell area of the city through: home visiting support, group activity sessions, out of school opportunities, woodland play and resources, management of the community woodland, woodland play sessions, mobile creche service.
Group Size		Group mix (gender/ diversity)
Twigglets – Up to 30 – mix of parents and children Conservation – usually 5-10		Twigglets is predominately white but with regular attendance from other cultural groups. Languages spoken amongst the attendees: English, but also Polish and Slovak. Adults and staff predominately female at Twigglets with occasional father attending. Volunteering session lead by female staff. Family session will be mixed.
Opportunity to socialize		Mental Health Level
Both Twigglets and the family session encourage people to mix there is a snack time at the end of the session where we sit around the fire circle. On the Wednesday volunteering session there will be a cooked campfire meal where we gather around the fire for those who want it and tea/ coffee on tap most of day and the opportunity to chat at the end of the session.		0-2
Bus route/ Parking		
Booking information		
Activities Available -Twigglets woodland play session for parents and children 0-4 : Tuesdays 12:30am-2:30pm -Conservation and woodland maintenance volunteering: Last Wednesday each month: 10am-3pm -Family woodland play session aimed at families and children aged 4-9yrs: Saturday 10am-12pm		


Organisation		Address	
Roots Out		182a Grindon crescent Bulwell Nottingham NG84DW Down the alley and through the gate between 182 and 184	
Drop in allowed Yes			
Facilities  			
Key Contact		Aim	
Hannah or Gareth Hello@rootsout.com @rootsout https://www.rootsout.com/		Improve nutrition, wellbeing, creativity and local skills, increase social connections, nature connections and help reduce negative impact on the environment	
Group Size		Group mix (gender/ diversity)	
5-10 for garden volunteering Larger groups for kids Club and community meals		Mixed Gender Mainly younger volunteers All backgrounds and ages welcome	
Opportunity to socialize			Mental Health Level
Growing and cooking activities are done together, always a chance for hot drinks too. People are also able to keep to themselves if they wish to.			1-2
Bus route/ Parking			
Bus stop [A,B,C] the threes route, Grindon Crescent Stop BU75 - Moor Bridge Tram Stop 3mins walk away - Street parking is outside, but please be mindful of neighbours drives.			
Booking information			
Activities Available			
Community Meals Tues 4-7 - Garden Volunteering Weds and Sun 10am-1pm Kids Club ages 5-14 Tues 4-8pm			

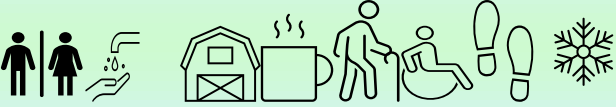

Organisation		Address	
Bestop Community Garden		Bestwood Park Church Beckhampton Road Bestwood Park Nottingham, NG5 5NG	
Facilities  			
Key Contact		Aim	
Chris Easton, Community Minister bestwoodparkchurch@gmail.com		To create spaces and run activities for those who are isolated within our community.	
Group Size		Group mix (gender/ diversity)	
Around 60 people attend Bestop Kitchen each week and around 30 people attend our Place of Welcome Cafe		Mix of cultures and genders.	
Opportunity to socialize			Mental Health Level
Over meals, refreshments and selection of board games and craft activities			0-2
Activities Available			
Bestop Kitchen, weekly social eating event happens every Thursday noon - 2pm and then our Place of Welcome Cafe happens 2pm - 4pm.			



Organisation		Address
Cripps Health Centre community garden & health walk		Cripps Health Centre University Park Nottingham NG7 2QW
<div>Facilities</div>  		
Key Contact		Aim
Cripps reception 0115 846 8888		Being outside in nature improves their mood and the gardening provides a good amount of physical exercise.
Opportunity to socialize		Mental Health Level
Socially, participants come and make friends, benefitting from regular weekly interaction		0-2
Booking information		0115 846 8888
Activities Available	Community Garden volunteer sessions Health walks	

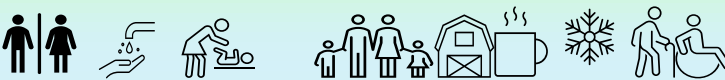
Organisation		Address
Nottingham Croquet Club		http://www.nottinghamcroquet.org.uk/location Nottingham Croquet Club, University Boulevard, Nottingham NG7 2PS
<div>Facilities</div>  		
Key Contact		Information
nottinghamcroquet@outlook.com		http://www.nottinghamcroquet.org.uk/ We welcome people to experience this fascinating, enjoyable and unique game, which combines skill and strategy, and can enhance physical, mental and social well-being.
Opportunity to socialize		Mental Health Level
Yes		0-2
Booking information		http://www.nottinghamcroquet.org.uk/contact nottinghamcroquet@outlook.com
Activities Available		http://www.nottinghamcroquet.org.uk/ncc_calendar/month



Organisation		Launch Points
Sup Fitness		Highfields Boating Lake
Drop in allowed NO		
<div>Facilities</div>  		
Key Contact		Aim
Cassie Paxton Amy Offland 07581555909		We love the variety our community, #TeamSUP brings, and believe that amazing things happen when great people come together, it makes our world a better place. Here, you are given the space, the high fives and the encouragement to explore & discover
Opportunity to socialize		Mental Health Level
Yes		0-2
Booking information		https://www.supfitness.co.uk/book-now https://www.facebook.com/SUPFitnessUK
Activities Available	https://www.supfitness.co.uk/ We offer an exciting experience that gives you exactly what you need. Maybe its; learning a new skill, a moment of calm, a full body workout, or the opportunity to meet new people and it all takes place out on the water in beautiful surroundings	


Organisation		Address
Education FC		Melbourne Park Pavilion, Melbourne Road, NG8 5HL
Facilities 		
Key Contact and Booking		Aim
Website: http://educationfc.co.uk/ Facebook: @EducationFootballClub		Improve 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.
Group Size	Group mix (gender/ diversity)	
Sessions are attended by low numbers currently between 4-12 people	Diverse mix of people attend each group, women, men and ethnicities. Attendance is not regular due to nature of the groups Groups are open to both genders and currently attended to by a mix of men and women, primarily men though.	
Opportunity to socialize		Mental Health Level
There are opportunities to sit at our park benches or decking area in order to enjoy the outdoor space. If our community room is not being used there is an opportunity to sit in there and use this space to socialise and have a drink. We have worked social time into the activities		0-2
Bus route/ Parking		
Car park at Melbourne Park Bus: Nuthall Road (Stop AS39/AS54) Route 78 + 7 minute walk Melbourne Road (Stops AS12/AS21) Route 77 and 77c + 10 minute walk		
Booking information		
Activities Available		
Community Garden or planters that provide a space to plant flowers to improve the aesthetics and feeling on the park. Mental Health sessions in partnership with Trent Bridge Community Trust Walking group and Talk Monday Mornings		

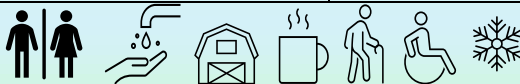

Organisation		Address – Various Locations
Trent Bridge Community Trust (TBCT is the charity of Nottinghamshire County Cricket Club)		Melbourne Park Pavilion, Melbourne Road, NG8 5HL Rushcliffe Arena, NG2 7HY Cotgrave Leisure Centre NG12 3PJ
Facilities  		
Key Contact and Booking		Aim
Ian Richardson - Phone: 07814 112 510 Email: ian.richardson@trentbridge.co.uk Website: Trentbridge.co.uk/trust		To unite communities, delivering high-quality sports and physical activity interventions across Nottinghamshire.
Group Size	Group mix (gender/ diversity)	
Our target group size is 10 - 20 people, but smaller/larger groups based on attendance on specific days. If people need space they are encouraged to make use of space away from the group. Support workers welcome.	Predominantly male for NIM (MH project). Predominantly male for FMN (dementia project) although more women attend as carers/wives etc. All are welcome to participate or benefit from respite for two hours.	
Opportunity to socialize		Mental Health Level
Sessions are part exercise, part discussion with half an hour for refreshments/chat at the end.		0-2
Nottingham City – Melbourne Park (NG8 5HL)	Rushcliffe Rushcliffe Arena (NG2 7HY)	Cotgrave - Cotgrave Leisure Centre (NG12 3PJ)
Notts in Mind: Tuesday 1-2.30pm Forget Me Notts: Wednesday from 1-2pm	Notts In Mind: Thursday 11am-12.30pm Forget Me Notts: Tuesday 10.30-11.30am	Notts In Mind – Men's session: Wednesdays 1.30pm – 3pm Notts In Mind – Ladies' session: Thursdays 10.30am– 12pm Forget Me Notts: Thursday 1:30-3pm

Organisation		Address	
The Secret Garden Project		7a Ventnor Rise Healthfield Community Association NG5 1HR	
<div><div>Facilities</div><div></div><div></div></div>			
Key Contact and Booking		Aim	
Email: secretgarden@thepythianclub.co.uk Website: https://www.thepythianclub.co.uk Facebook: @secretgardenspacepc Instagram: @secretgardenspace		To improve local green spaces, reconnect with each other and with nature and improve the wellbeing of our community, participants staff and volunteers.	
Group Size	Group mix (gender/ diversity)		
We have a group of around 5/6 regulars that attend each week.	The group is culturally diverse and welcoming of all cultures, religions and backgrounds. Most participants speak English however we have some Polish, Pakistani and Romanian attendees and volunteers. Some activities are predominantly attended by women and children but we welcome all ages and genders.		
Opportunity to socialize		Mental Health Level	
All activities have a social focus, encouraging intergenerational bonding and skill sharing. Refreshments available. We believe that bringing people together is at the heart of wellbeing.		0-2	
Bus route/ Parking			
Parking on site. Site is well connected via public transport – just off the ring road and parallel to Nottingham City Hospital.			
Activities Available			
Thursday 10am-12pm – The Secret Garden Project: 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. Monday 10am-2pm - Construction focused work group. Saturday 10am-12pm - Survival Club –for kids developing basic bush craft skills, den building, fire building and cooking.			



Organisation	Address	
Windmill Community Garden	Windmill Community Garden (next to the carpark on the allotment site south of Ascot Road, Bobbersmill, Nottingham, NG8 5HD)	
Facilities		
Key Contact	Aim	
Tracey Lloyd wcgnottingham@gmail.com	To be a safe and welcoming place where anyone can come to find out more about growing their own food in a changing climate. We cater for all abilities and welcome any nationality or age group and hope to provide a community.	
Group Size	Group mix (gender/ diversity)	
Varies in size, usually between 8 and 15, split into smaller groups for activities in the garden	Everyone welcome There is a diverse mix of genders and cultures amongst the group.	
Opportunity to socialize		Mental Health Level
Small working groups give a chance to chat. Break half way through the session to have a chat together. Sometimes meals on Thursdays. Celebrations in Winter/Summer to thank the volunteers.		0-2
Bus route/ Parking		
Bus Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink – 3 minute walk to Windmill Community Garden Bust Stops WM17/WM18 on Nuthall Road 78,79,79A, 79B Rainbow One – 5 minute walk to Windmill Community Garden On street parking available on Ascot Road		
Activities Available		
We are open on Mondays 10 - 1pm and Thursdays 10 - 4pm. We run gardening activities, cooking sessions, woodwork sessions and crafts.		



Organisation		Address
Growing Forward Community Interest Company		Windmill Community Garden, Ascot Road, Bobbersmill, Nottingham, NG8 5HD
Drop in allowed	No	
Facilities	 	
Key Contact for Booking		Aim
Carley and Vic hello@growingforward.org.uk https://growingforward.org.uk		To support people experiencing anxiety, depression and loneliness through social and therapeutic horticulture. To improve physical/mental wellbeing, increase social inclusion and develop volunteer readiness across Notts volunteering opportunities.
Group Size		Group mix (gender/ diversity)
1:1 support Small groups		Diverse mix – Referrals must meet certain criteria to access service – see below
Opportunity to socialize		Mental Health Level
Within the group, during activities and breaks		2
Bus route/ Parking Bus Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink then a 3 minute walk to Windmill Community Garden Bust Stops WM17/WM18 on Nuthall Road 78,79,79A, 79B Rainbow One then a 5 minute walk to Windmill Community Garden On street parking available on Ascot Road		
Activities Available 1:1 support, clinical counselling and therapeutic listening with a strong emphasis on being outside in nature. Gardening activities, crafts and building in the garden		
Criteria for suitability The person is experiencing anxiety, depression, loneliness, isolation and increased stress due to the pandemic and afterwards; they are unemployed, underemployed, on benefits or low income. No previous gardening knowledge needed. Social and therapeutic horticulture starts where the client is in terms of skills/experience. GF has successfully worked people with a range of mental and physical challenges, including wheelchair users, people living with paranoid schizophrenia, diabetes, chronic fatigue and mild-moderate learning support needs etc. A willingness to travel to and attend the garden is required and an understanding of why they are attending.		


Organisation		Address
Art Speak		ArtSpeak, 25 Prospect Street, Radford, Nottingham NG7 5QE
Drop in allowed No		
Facilities 		
Key Contact		Aim
Sharon Scaniglia & Hannah Stoddart www.artspeak.org.uk artspeak@radfordcaregroup.org.uk		To engage people aged 60 and above in the arts and culture to help prevent isolation and loneliness.
Group Size		Group mix (gender/ diversity)
6-8		Age 60+, mixed gender, mixed culture - participants are predominantly White British but everyone is welcome.
Opportunity to socialize		Mental Health Level
Opportunity for drink and a chat in a café after activities.		0-2
Bus route/ Parking		
Locations are selected that are easily accessible by public transport, ie. bus or tram route and have ample parking available for people who can drive. If activities are planned that will be harder for people to get to, we will provide transport ie. minibus.		
Booking information	Artspeak@radfordcaregroup.org.uk 0115 7484269 / 07579067442	
Activities Available	https://www.artspeak.org.uk/programme	

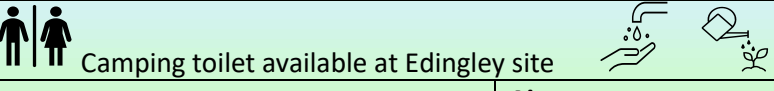
Organisation		Address
Growing Forward Community Interest Company		Windmill Community Garden, Ascot Road, Bobbersmill, Nottingham, NG8 5HD
Drop in allowed No		
Facilities  		
Key Contact		Aim
Carley and Vic hello@growingforward.org.uk https://growingforward.org.uk		To support people experiencing anxiety, depression and loneliness through social and therapeutic horticulture. To improve physical/mental wellbeing, increase social inclusion and develop volunteer readiness across Notts volunteering opportunities.
Group Size		Group mix (gender/ diversity)
1:1 support and Small groups		Diverse mix – Referrals must meet certain criteria to access service – see below
Opportunity to socialize		Mental Health Level
Within the group, during activities and breaks		2
Bus route/ Parking		
Bus Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink then a 3 minute walk to Windmill Community Garden Bust Stops WM17/WM18 on Nuthall Road 78,79,79A, 79B Rainbow One then a 5 minute walk to Windmill Community Garden On street parking available on Ascot Road		
Activities Available		
1:1 support, clinical counselling and therapeutic listening with a strong emphasis on being outside in nature. Gardening activities, crafts and building in the garden		
Criteria for suitability		
The person is experiencing anxiety, depression, loneliness, isolation and increased stress due to the pandemic and afterwards; they are unemployed, underemployed, on benefits or low income. No previous gardening knowledge needed. Social and therapeutic horticulture starts where the client is in terms of skills/experience. GF has successfully worked people with a range of mental and physical challenges, including wheelchair users, people living with paranoid schizophrenia, diabetes, chronic fatigue and mild-moderate learning support needs etc. A willingness to travel to and attend the garden is required and an understanding of why they are attending.		

Organisation		Address
City Arts		City Arts, 11-13 Hockley, Nottingham, NG1 1FH
Drop in allowed	No	
Facilities  		
Key Contact		Aim
0115 9505251 www.city-arts.org.uk		We help communities and artists to create and explore art of all kinds – from music to writing, from drawing to dance. We aim to give everyone the chance to be creative, regardless of who they are or where they're from. Our Mission • To improve wellbeing through creativity • To connect communities to place through culture and creativity • To nurture skills, talent
Group Size		Group mix (gender/ diversity)
Usually up to 10		Mixed gender/age/culture
Opportunity to socialize		Mental Health Level
Opportunities both within the sessions and at events outside of the sessions.		0-2
Bus route/ Parking Disabled parking available on site.		
Booking information https://city-arts.org.uk/get-involved/blue-to-green/		
Activities Available Website: What's On - City Arts (Nottingham) (city-arts.org.uk) . • guided walks and mindfulness in nature • drawing, painting, photography, poetry, music, sculpture (land art), nature printing i.e. cyanotype and using plant materials • activities based upon tuning into the senses and connecting with nature.		

Organisation		Address
Windmill Community Garden		Windmill Community Garden (next to the carpark on the allotment site south of Ascot Road, Bobbersmill, Nottingham, NG8 5HD)
Drop in allowed	Yes	
Facilities  		
Key Contact		Aim
Tracey Lloyd wcgnottingham@gmail.com		We aim to be a place where anyone can come to find out more about growing their own food in a changing climate. We cater for all abilities and welcome any nationality or age group. We hope to provide a community of interest for those who enjoy gardening and a place that feels safe and welcoming.
Group Size		Group mix (gender/ diversity)
Varies in size, usually between 8 and 15, split into smaller groups for activities in the garden		Everyone welcome - diverse mix of cultures/age/gender
Opportunity to socialize		Mental Health Level
Small working groups give a chance to chat. Break half way through the session to have a chat together. Sometimes meals on Thursdays. Celebrations in Winter/Summer to thank the volunteers.		0-2
Bus route/ Parking Bus Stops AS16/AS17 on Ascot Road for 77, 77c L4 LocalLink – 3 minute walk to Windmill Community Garden Bust Stops WM17/WM18 on Nuthall Road 78,79,79A, 79B Rainbow One – 5 minute walk to Windmill Community Garden On street parking available on Ascot Road		
Activities Available We are open on Mondays 10 - 1pm and Thursdays 10 - 4pm. We run gardening activities, cooking sessions, woodwork sessions and crafts.		


Organisation		Address	
The Vine Community Centre		Bobbers Mill Rd, Nottingham NG7 5GZ	
Drop in allowed Yes			
Facilities		 	
Key Contact		Aim	
Rob Bird: Rob@thevine.org.uk https://www.thevine.org.uk/		Our purpose is to essentially but not exclusively, serve the community of Hyson Green, Forest Fields, New Basford and the Birkin Patch, in response to its needs.	
Group Size	Group mix (gender/ diversity)		
16-20 this could go up to 40 per session	Mostly white British but there is a good mix of cultures within the group at the moment which represents the local community, Asian, Carribean, Irish Languages spoken: French, English, Patois Most groups: mixed gender There is a women's support group attached to Freeing Minds		
Opportunity to socialize		Mental Health Level	
After activities tea and biscuits		0-2	
Bus route/ Parking			
Taxi drop off point onsite 2-5min walk from Peveril Street bus stop 77, 78, 79, L4 5 mins walk from Beaconsfield Street tram stop Limited parking available on site, limited on street parking available nearby			
Booking information			
Green Social Prescribing Activities Available			
Garden Project			
Other Activities Available			
<ul style="list-style-type: none">• Coco club - every other Tues Morning for older members - fitness games talks and coffee social wellbeing - social prescribers can feed in max 40 per session• Freeing Minds - self or organisations referral - any age nottingham postcode - running virtual or over the phone starting a small amount of face to face. feeds into womens peer support			


Organisation		Address
Wild Things Ecological Education Collective.		Bestwood Country Park
Facilities 		
Key Contact		Aim
Email: eco-action@wildthings.org.uk Website: www.wildthings.org.uk		We predominantly work with groups of children/young people who have experienced disadvantage and don't have access to spending time in nature and the social, emotional and educational benefits. Programmes provide unique learning and first hand experiences of connecting with nature in a safe, inclusive and nurturing woodland setting.
Group Size		Group mix (gender/ diversity)
Our average size group is 9 (max 12), but do deliver smaller groups of 4-6. Wild Things would usually provides 3 workers per Forest School session.		Mixed culture, mixed sex – possibility for single sex groups
Opportunity to socialize		Mental Health Level
We do not offer this as an additional activity, but during our sessions there are lots of opportunities to relax in a hammock or sit round the fire with a hot chocolate!		0-1
Bus route/ Parking		
There is no public parking in the country park. Minibuses with prior permission, can drop groups off in the park, near our site. The bus stop is a 20-30 minute walk from our site. The tram stop is a 40 - 50 minute walk form our site.		
Activities Available		
Forest School programmes in term time, some woodland activity days during Easter/Summer holidays. ALL SESSIONS ARE PRE BOOKED. We work with a large range of groups with varied needs, including: pupil referral units, Virtual School (children in care and previously looked-after children), mainstream school groups from both city and rural areas (for specialised small nurture groups such as girls-only and English as an Additional Language groups and also full classes) specialized youth support groups (i.e. Young Carers, Action for Children and children's groups from Refugee Forums)		

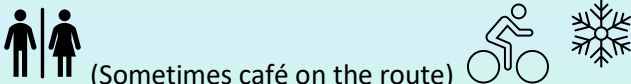
Organisation		Address
Sherwood Community Food Gardens		Site 1: Edingley Square Sherwood NG5 3DU Site 2: Sherwood Community Centre Mansfield Rd. NG5 3FN.
Facilities 		
Key Contact		Aim
Nicola Holmes sfoodgardens@gmail.com https://sherwood-community-food-gardens.mailchimpsites.com		Growing food sustainably and locally. There are two garden sites with small plots for individual plot holders to look after and shared spaces for ploholders and volunteers to maintain and share the harvest. A small committee has just been established to help coordinate what we do across both gardens
Group Size		Group mix (gender/ diversity)
Usually around 5 people		Varied group, more women at community centre, more men at Edingley. Work parties open to volunteers who are not plot holders so mix/size is unpredictable.
Opportunity to socialize		Mental Health Level
Drinks sometimes available and people chat as they work or when they have a break.		0
Bus route/ Parking		
Both gardens are close to bus routes. Parking is limited to street parking at Edingley Square and small car park at community centre.		
Activities Available		
2 open work party sessions per month for gardeners and volunteers		

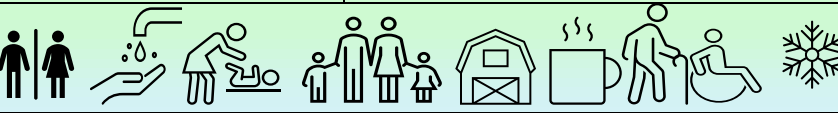

Organisation	Address
Ecoworks	St Anns Allotments, Visitor Centre, 121 Ransom Road, St Anns, Nottingham, NG3 3LH
Drop in allowed Book	
<div> <div>Facilities</div> <div> </div> </div> <div>Green Space PROVIDER</div>	
Key Contact	Aim
Phone or text 07973 116291 Email: info@ecoworks.org.uk Website: www.ecoworks.org.uk Facebook: @EcoworksCommunityGarden	To improve mental health and the environment by providing a safe, welcoming and supportive space for people to take part in meaningful activities. User-led projects enable people facing disadvantage to take part in green activities including organic gardening, green building, seasonal garden cooking, eco-crafts and willow basketry, wildlife conservation and art, enabling people to gain new practical and life skills, connect with nature, nurture habitats, grow produce and improve their health and wellbeing as part of a supportive community.
Group Size	Group mix (gender/ diversity)
The gardens are able to absorb lots of people so there are always quiet spaces people can use.	Mixed gender group. Currently the group is predominantly white, with some members of Caribbean heritage and this is a reflection of referrals to us.
Opportunity to socialize	Mental Health Level
Tea and coffee is available and when our dig and dinner project is running lunch is available We often describe everything at the gardens as the "by products of a social inclusion project" so there is always time for drinking tea and chatting. There is also space at the gardens for people who want some time to themselves.	0-2
Bus route/ Parking On street parking available on Ransom Road Bus: Ransom Road (Stop SA31) (Stop ID: ntmapajp) There is a walk up a hill to access the allotment site, and once in the allotment site there is a further walk up the hill to access the Ecoworks site.	
Activities Available Tuesdays (first and last in the month) Willow Craft Sessions 10-3 Wednesdays: Small build sessions 10-3 Thursdays: Dig and Dinner 10-3	


Organisation	Address
Warrior Wellbeing UK Yoga and Bodywork.	Various locations – Contact Lisa for more information
<div> <div>Facilities</div> <div> </div> </div>	
Key Contact	Aim
lisa@warriorwellbeing.uk www.warriorwellbeing.uk	To provide, and make accessible to all, yoga classes for positive mental health and internal support.
Group Size	Group mix (gender/ diversity)
Usually around 6, depending on the day	50:50 women:men approximately Diverse mix of cultures
Opportunity to socialize	Mental Health Level
There are a cup of tea and biscuits offered during break and after the class.	0-2
Activities Available Nature in Mind (NIM), Framework - I teach chair yoga sessions in St Ann's Allotment and in Bulwell Forest Community Gardens on behalf of Nature in Mind and have since Aug 2021. I've also provided massage/bodywork at Windmill Community Gardens for members of the public at their summer party in the years prior to the Pandemic and I've been invited to treat participants again in 2022	



Organisation	Address
Emmanuel House	61 Goose Gate, Hockley. Nottingham. NG1 1FE
	
Facilities	
Key Contact	Aim
Alistair Paylor paylor@emmanuelhouse.org.uk 0115 9507140 www.emmanuelhouse.org.uk	Emmanuel House exists to provide a diverse range of services for homeless and vulnerable people.
Group Size	Group mix (gender/ diversity)
Around 4-8 people per session	The group is open to all people and should hopefully be culturally mixed.
Opportunity to socialize	Mental Health Level
There will be opportunity to socialise during the activities (such as walks), during tea breaks. There are opportunities to join in activities at the centre for further socialisation	0-2 There is the potential to support L3 in some circumstances, but this would need to be discussed with the team before a referral is made.
Bus route/ Parking	
Parking available at the allotments and the allotments are on a bus route.	
Activities Available	
Friday 10am – 1pm General Gardening Session at the Emmanuel House allotment at St Ann's Allotments. They also run sessions in partnership with Growing Forward, providing Therapeutic Horticulture for small groups and 1:1. Please contact Emmanuel House for more details.	

Organisation	Address
Notts County Foundation	Meadow Lane Nottingham NG2 3HJ
	
Facilities	
Key Contact	Aim
Chris Riley – Health Manager Chris.riley@nottscountyfoundation.org.uk Phone: 0115 955 7215 Website: www.nottscountyfoundation.org.uk	Notts County Foundation is the official charity of Notts County Football Club. We are committed to providing high quality, accessible and life-changing, development opportunities that change people's health, confidence and skills, increase positive behaviours and bring enjoyment to the people we work with.
Group Size	Group mix (gender/ diversity)
	Depends on activity – most mixed gender, some single gender. Diverse mix of ethnicities and cultures represented across the programmes.
Opportunity to socialize	Mental Health Level
All projects incorporate social interaction as a key principle. Participants can talk socially before, during and after the sessions with social slots within all of our sessions. Participants can opt in to joining various support groups with peers through Facebook and/or WhatsApp.	0-2
Bus route/ Parking	
Free car parking on site at the different community venues. Bus routes run close to venues. Good links for Portland Leisure Centre on the tram and bus.	
Activities Available	
Current opportunities can be found on the website: https://www.nottscountyfoundation.org.uk/programmes/ Some projects have specific criteria for eligibility – contact the team to find out more.	


Organisation		Address
Nottingham Bikeworks		Nottingham Bikeworks
Facilities  (Sometimes café on the route)		
Key Contact Richard Jackson - richard@nottinghambikeworks.org.uk Ian Keetley - ian@nottinghambikeworks.org.uk Website: https://www.nottinghambikeworks.org.uk/		Aim To engage the local community in cycling - especially those from groups who are less represented in the cycling community - through various channels including free bikes, free repairs and led rides.
Group Size	Group mix (gender/ diversity)	
Usually between 2 and 10	Mixed gender, mixed age	
Opportunity to socialize		Mental Health Level
Always time for a cuppa and a chat after the ride, and of course chatting during the ride. Sometimes a cafe stop along the route too.		0-2
Bus route/ Parking Tram stop 6 minutes' walk away, bus routes similar or closer, limited onstreet parking outside		
Activities Available Weekly group ride - currently Fridays at 11am, but subject to change with the ride leader's college schedule. Rides are open to people who already own and know how to ride a bike, are somewhat confident riding on the road (we always try to pick quiet roads where this is necessary), and are comfortable riding for up to a couple of hours (rides are slow-paced and usually less than 10 miles)		

Organisation		Address
STAA		Unit 0, 33 Hungerhill road, Nottingham, NG3 4NB
Drop in allowed		
Facilities  		
Key Contact Info@staa-allotments.org.uk		Aim The charity aims to provide learning and development opportunities for the local community, protect the site, provide access to food growing and access to the local community.
Group Size	Group mix (gender/ diversity)	
4-10 volunteering at the nursery / Oliver's Allotment Toddler group at The Orchard 43 people Activity days up to 200 Play session up to 60	Mixed gender groups. Predominantly white, Orchard groups have more of a mix. All ages 16 - 80 and younger at sessions in The Orchard. Languages spoken: staff team –English, volunteers – English / Iranian	
Opportunity to socialize		Mental Health Level
Yes		0-2
Bus route/ Parking On street parking available on Ransom Road Bus: Ransom Road (Stop SA31) (Stop ID: ntmapajp) There is a walk up a hill to access the allotment site, and once in the allotment site there is a further walk up the hill to access the Ecoworks site.		
Activities Available : Please book through Eventbrite: STAA Events Eventbrite Volunteering at the Nursery every Tuesdays, Wednesdays and Saturdays (Usually 2nd & 4th Saturdays of the month) Tours every last Wednesday 13.30-15.00 - not through winter – cost attached Toddler group Tuesday mornings 9.30-11.30		

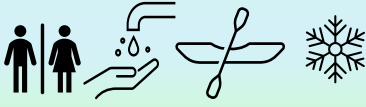

Organisation		Address	
Midlands Nordic Walking		Bramcote Hills Park Wollaton Park	
Drop in allowed Yes			
Facilities Location dependent			
Key Contact		Aim	
Catherine Hughes catherine@midlandsnordicwalking.org www.midlandsnordicwalking.org.uk		To help people become more active by Nordic Walking, especially inactive people. We provide a low impact, evidence-based method of safely exercising for a wide cross-section of the population.	
Group Size		Group mix (gender/ diversity)	
2-16, average 7		Current participants are all white British, majority females over 50. We create a friendly atmosphere that we hope makes the group feel welcome to all. I would like the group to be more diverse.	
Opportunity to socialize			Mental Health Level
Social interaction during group exercise session Occasional drink/snack after class if café or bringing own drinks arranged Peer support via Facebook closed group and private WhatsApp group.			0-2
Bus route/ Parking		For Bramcote Hills Park: Ilkeston Road (Stop ID: ntsdatjm) Route:18 Free car park at Bramcote Hills Park	
For Wollaton Park: Wollaton Hall (Stop W004) Route: 30 Wollaton Road (Stop W088) Route: X2 two Old Coach Road (Stop W022) Route: 30, X2, two Parking charges at Wollaton Park – 2 hours £3, max £5			
Booking information		Other Info	
Contact catherine@midlandsnordicwalking.org 07940 57 57 58 https://www.midlandsnordicwalking.org/contact		If someone can walk unaided they can learn to Nordic Walk.	
Activities Available			
Wednesday 11:40am-12:40pm or 9:30-10:30am for beginners Wednesday 10:30am-11:30pm for experienced Nordic Walkers Beginner lessons are delivered in small groups and cost £13. Once participants have learnt the technique they can join in the regular session at 10:30 am, the fee is £6.50 per session.			


Organisation	Address
Wollaton Hall and Deer Park	Wollaton Hall, Courtyard Building, Wollaton, NG8 2AE
<div>Facilities</div> <div></div> <div></div>	
Key Contact	Aim
Karen Lushey – Volunteer Lead Karen.lushey@nottinghamcity.gov.uk 0115 876 3100 https://wollatonhall.org.uk/	To get volunteers engaged in work/activities across the hall and in the park.
Group Size	Group mix (gender/ diversity)
170 volunteers across the site, but groups of around 10/20 for most gardenig sessions there ar roles people can do on their own as well	Mixed gender/culture
Opportunity to socialize	Mental Health Level
We do get togethers twice a year (summer and christmas) Volunteers also often choose to mix themselves.	0-2
Bus route/ Parking	
Wollaton is on bus route we can give free parking to volunteers	
Activities Available	
Volunteering opportunities are listed here: https://wollatonhall.org.uk/volunteer/	

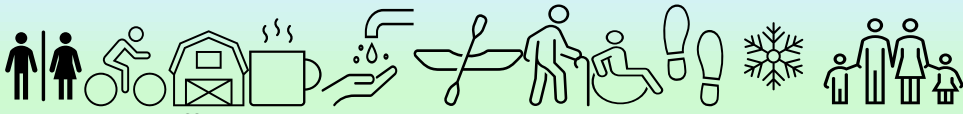
Organisation	Address
Friends of Wollaton Hall	The Walled Garden, Wollaton Hall, Wollaton, NG8 2AE
	
Key Contact	Aim
Mark 07747 616680	To help support the upkeep and renovation of the historic park grounds and Hall.
Group Size	Group mix (gender/ diversity)
10-30 in a large garden area.	Mixed gender/culture
Opportunity to socialize	Mental Health Level
Refreshment breaks are normally taken together by those that want to socialize.	0-2
Bus route/ Parking	
Wollaton is on bus route we can give free parking to volunteers	
Activities Available	
Volunteering opportunities are listed here: Friends of Wollaton Park - Wollaton Hall	


Organisation	Address
FlowerTwist Fitness	Various Locations
	
Key Contact	Aim
Laura Armitage 07930430424 flowertwists@gmail.com	To connect with nature while we explore movement, build strength and flexibility through gentle yoga and mindful practices. Giving you time to find moments of calm and strength during your week.
Group Size	Group mix (gender/ diversity)
1-12	Mixed gender/culture
Opportunity to socialize	Mental Health Level
Opportunity to stay after for a chat at some locations	0-2
Bus route/ Parking	
Location dependent, current locations for 2022 include Wollaton Hall Gardens & Pit Lane Recreation Ground Trowell	
Activities Available	
Yoga, mindfulness, meditation, solstice and equinox gatherings	

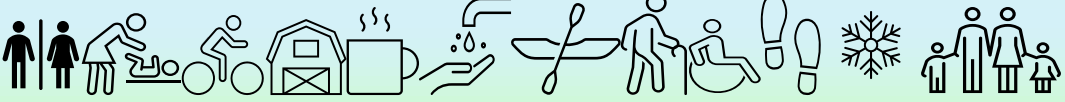

Organisation	Address
Sherwin Road Community Garden	Sherwin Road, Lenton (next to the railway bridge)
Facilities: Unknown	
Key Contact	Aim
Email: sherwinroadgarden@gmail.com Facebook: https://www.facebook.com/SherwinRoadCommunityGarden Website: https://sites.google.com/site/sherwinroadcommunitygarden/home	a) The aim of the group shall be to support and encourage community gardening in the local area b) The group shall aim to grow food in a way that is safe and sustainable
Group mix (gender/ diversity)	
Mixed gender/culture – Limited to those who live, work or volunteer within 2 miles of the garden.	


Organisation		Launch Points
Sup Fitness		Colwick Park Beeston Heritage Centre & The cobbled Bridge Beeston Rylands Highfields Boating Lake Mower World Trent Embankment Waters Edge Pub
Drop in allowed Yes – session dependent		
Facilities  		
Key Contact	Aim	
Cassie Paxton Amy Offland 07581555909	We love the variety our community, #TeamSUP brings, and believe that amazing things happen when great people come together, it makes our world a better place. Here, you are given the space, the high fives and the encouragement to explore & discover	
Opportunity to socialize		Mental Health Level
Yes		0-2
Booking information		https://www.supfitness.co.uk/book-now https://www.facebook.com/SUPFitnessUK
Activities Available	https://www.supfitness.co.uk/ We offer an exciting experience that gives you exactly what you need. Maybe its; learning a new skill, a moment of calm, a full body workout, or the opportunity to meet new people and it all takes place out on the water in beautiful surroundings	

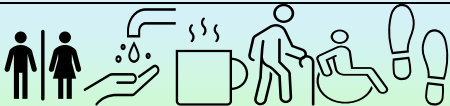

Organisation		Address
Arkwright Meadows Community Gardens		Arkwright Meadows Community Gardens, Kirkby Gardens, Nottingham NG2 2HZ
Drop in allowed Yes		
Facilities 		
Key Contact	Aim	
Telephone: 0115 986 7777	The Gardens have developed into an oasis in the heart of the Meadows, with residents regularly coming to buy vegetables, hundreds of attendees at events and numerous daily visitors. You don't have to buy anything or be taking part in a specific activity to visit, you're really welcome to come and look around, there's always lots to see. We have lots of outside seats if you want to bring a drink / food – it's a really calm place to unwind.	
Group Size		Group mix (gender/ diversity)
Varies on activities		mixed
Opportunity to socialize		Mental Health Level
Yes or just to sit alone		1-2
Bus route/ Parking		
Booking information	Email: gardens@amcgardens.co.uk Facebook	
Activities Available :	We have volunteering sessions at several points during the week and various different activities, groups and seasonal workshops as well as bigger community events (when we can do these). Details are on our website as well as on our Facebook page. (12) AMC Gardens - Arkwright Meadows Community Gardens Facebook Open: Tues-Fri 12-4pm and Saturday 10-4pm	

Organisation		Information
Framework – Nature In Mind		https://www.frameworkha.org/service/nature-in-mind
Facilities  Vary due to different locations and activities		
Key Contact		Aim
Email: natureinmind@frameworkha.org To make a referral visit: https://www.frameworkha.org/nature-in-mind-form-service-worker		Nature in Mind supports people with mental health issues, and promotes wellbeing and recovery through engagement with nature based activities in Nottinghamshire and beyond. The service supports people to overcome barriers that have a negative impact on their lives including confidence, social isolation or health problems. Nature in Mind provides varied opportunities and activities related to nature in small, supportive groups.
Group Size		Group mix (gender/ diversity)
Depends on activity		Mixed
Opportunity to socialize		Mental Health Level
People are encouraged to chat and socialise during the session. Allotment sessions include social time during a group meal.		0-3
Booking information	https://www.frameworkha.org/nature-in-mind-form-service-worker booking form	
Activities Available	https://online.flippingbook.com/view/667265610/ activity list	

Organisation		Address
Quirkshops		City & County wide
Facilities  Vary due to different locations and activities 		
Key Contact	Aim	
Kristina McCormick	I deliver quirky, unusual art and craft workshops in a number of local crafting venues across Nottinghamshire, Lincolnshire and Leicestershire. I can also bring Quirkshops to any suitable venue and tailor the workshop to the specific needs of a client. The workshops typically last between 2 – 6 hours, occasionally more in-depth workshops may be held over a number of weeks.	
Group Size	Group mix (gender/ diversity)	
Depends on activity	Mixed	
Opportunity to socialize		Mental Health Level
Sessions allow for socializing during the activities and where possible sessions will include or end with time for a cup of tea and a chat.		0-2
Booking information	kristina@quirkshops.co.uk	
Activities Available	https://quirkshops.co.uk/	

Organisation	Address
Ridewise	Various locations in Nottingham (office based in Lenton). Our office is based at The Lenton Centre but we deliver services at many locations around Nottinghamshire and beyond.
Facilities	 
Key Contact	Aim
	At RideWise we run lots of projects encouraging 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, help you plan your journey to work by saving money and getting fit.
Booking information	0115 9552288 https://ridewise.reservio.com/
Activities Available	https://www.ridewise.org.uk/book <i>Some of our cycle sessions are free of charge, because we've been able to secure grants to cover the costs of running them. You can find all of these sessions in our 'book now' page. If you're not eligible for these sessions then our one to one or small group sessions are available for £27.50 per session – up to 6 learners can take part with one of our expert instructors.</i>

Organisation	Address
The Inspire and Achieve Foundation - The Prince's Trust Team Programme.	39d Stockwell Gate - main office address. 6 Teams delivered across the county at various venues 3 times per year Mansfield Notts NG18 1LA
Facilities	
Key Contact	Aim
jaye.crew@inspireachieve.co.uk https://www.inspireandachieve.co.uk/ Referral form: https://www.princes-trust.org.uk/help-for-young-people/referring-young-people/referring-young-people-now	The Team programme is an amazing 12 week personal development programme for unemployed young people aged 16-25. The programme focuses on developing people's skills and offering experiences that will help young people get and sustain employment, education or training opportunities. The programme offers a nationally recognised qualification in employment, teamwork and community skills at Entry Level 3 - Level 2.
Group Size	Group mix (gender/ diversity)
Usually 8-15	Mixed gender groups. We deliver 18 programmes per year across the county and have found that the cultural mix within the group is usually representative over the area it is based.
Opportunity to socialize	Mental Health Level
Lots of opportunities to socialise over the 12 week Team Programme.	3
Activities Available	
As part of the 12 week Team Programme we offer: A week packed with amazing outdoor activities during a residential stay away, 2 weeks of project planning - usually an outdoor community project, 2 weeks of project management and completion - usually an outdoor community project, 2 weeks of work experience relevant to your chosen career A week of fine tuning your job searching skills with our support to help make sure your CV stands out, 2 weeks of creatively supporting other people in the community	


Organisation	Address
Age UK Nottingham & Nottinghamshire - Best Foot Forward	The Lifestyle Centre, 16-18 Bridgeway Centre, Nottingham. NG2 2JD
<div>   </div>	
Key Contact	Aim
Email: bestfootforward@ageuknotts.org.uk Phone: call 0115 896 6906 Website: http://www.ageuknotts.org.uk/ Information leaflet: https://www.ageuk.org.uk/bp-assets/globalassets/nottingham--nottinghamshire/downloads/service-leaflets/best-foot-forward-leaflet-v9.6.pdf	Enhance the quality of life and promote the health and wellbeing of all older people in Nottingham and Nottinghamshire
Group Size	Group mix (gender/ diversity)
Varies by walk and typically ranges from 6-8 to 20-25	Mixed culture and gender, though typically more females – groups vary week to week
Opportunity to socialize	Mental Health Level
Most walks incorporate a refreshment stop either during or at the end of the walk. Walkers engage socially throughout the walks	0-2
Bus route/ Parking	
All walks are accessible by public transport and have nearby parking	
Activities Available	
Guided Health Walks around open spaces across the city. Weekly walks all starting at 10.30am – Mon: Woodthorpe Grange, Tuesday: Nuthall Railway, Thursday: Forest and Arboretum, Friday: Victoria Embankment, Friday: Old Basford 2nd and 4th Monday of month at 1.30pm Bestwood Park 2nd and 4th Friday of month at 10am Wollaton Park 1st Wednesday of month at 10.15am Strelley Country Walk	

Organisation	Address
City Arts	City Arts, 11-13 Hockley, Nottingham, NG1 1FH
<div>   </div>	
Contact for event accessibility	
Key Contact	Aim
0115 9505251 www.city-arts.org.uk	We help communities and artists to create and explore art of all kinds – from music to writing, from drawing to dance. We aim to give everyone the chance to be creative, regardless of who they are or where they're from. Our Mission • To improve wellbeing through creativity • To connect communities to place through culture and creativity • To nurture skills, talent
Group Size	Group mix (gender/ diversity)
Usually up to 10	Mixed gender/age/culture
Opportunity to socialize	Mental Health Level
Opportunities both within the sessions and at events outside of the sessions.	0-2
Bus route/ Parking	
Disabled parking available on site.	
Booking information	https://city-arts.org.uk/get-involved/blue-to-green/
Activities Available	Website: What's On - City Arts (Nottingham) (city-arts.org.uk) . • guided walks and mindfulness in nature • drawing, painting, photography, poetry, music, sculpture (land art), nature printing i.e. cyanotype and using plant materials • activities based upon tuning into the senses and connecting with nature.

Organisation	Nottingham Locations as of June 2022	
Park Run	Beeston Belton House Bestwood Village Brierley Forest brierleyforest@parkrun.com Clifton Clumber Park Colwick Dukeries Forest Rec + Junior Gedling + Junior	Hucknall Junior Long Eaton + Junior Mansfield + Junior Newark + Junior Rushcliffe + Junior Sherwood Pines Shipley Country Park + Junior Wollaton + Junior Worksworth Junior
<div></div> Facilities	Varies By location	
Booking information	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.	
Activities Available		
<p>Parkruns are free, weekly, community events all around the world. You don't have to take part in the run you can volunteer to do the timings, be the last person in, help with the admin, cheer people on and much more.</p> <p>Saturday morning events are 5k and take place in parks and open spaces. On Sunday mornings, there are 2k junior Parkruns for children aged four to 14.</p> <p>parkrun is 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.</p>		



Organisation	Walk Locations in Nottingham	
Ramblers	Various walks take place from under 90mins local walks to longer 5-18mile walks. There should be a walk for almost everyone.	
Facilities   Varies by location		
Key Contact : https://beta.ramblers.org.uk/		
Opportunity to socialize	Mental Health Level	
Yes throughout the walks	0-2 please check with different walk coordinators	
Activities Available:		
Wellbeing Walks: Nottingham, Nottingham, England (ramblers.org.uk)		
Ramblers Walking group finder: Find a group - Ramblers		
Ramblers group walk finder: Find a walk or route - Ramblers		

Organisation	Address
Facilities	
	
Key Contact	Aim
Group Size	
Group mix (gender/ diversity)	
Opportunity to socialize	
Mental Health Level	
Bus route/ Parking	
Booking information	
Activities Available	