

Walking through Winter

December 2025 Campaign toolkit



Social media posts: 1-7 December

Festive events

03 December

This December, #WalkNotts is working with @Walk Derbyshire for their #WalkingThroughWinter campaign.

We will be sharing all the walking and wheeling opportunities happening in both areas.

To start off the month, we want to share some festive events taking place for you to join in.

Take a look at some upcoming events here:<https://walknotts.org.uk/walking-with-others/>

#WalkingThroughWinter
#FestiveEvents

05 December

Here are some festive events for you and your family over the festive break!

🌟 Light Post Farm – Gloworm Light Trail 22 November – 23 December 2025

Wander through a 1km illuminated farm trail, surrounded by festive lights and seasonal magic. The trail runs Thursday to Sunday.

🎄 Wollaton Winter Light Trail –26 November – 31 December 2025
Experience immersive installations, soundscapes, fairground rides, food vendors, and marshmallow toasting on this spectacular festive trail through Wollaton Hall's grounds.

🌟 The Lights of Abraham – Heights of Abraham, Matlock Bath– 21 November – 30 December 2025 | 16:00–20:00 (last entry 19:00)
Take a moonlit cable car ride across the river before exploring illuminated gardens, boardwalks, and woodland paths at the summit.

Read more about festive events here: [Christmas Lights](#)

07 December

Looking for a festive activity to do this December?! 🚌 🎄

In partnership with Stagecoach East Midlands and Nottinghamshire County Council, the National Trust is putting on a return bus service from Worksop (train and bus stations) to Clumber Park with return services every weekend from 22 November to 4 January, and additional days in the school holidays.

For full timetable details, go to:
<https://www.nationaltrust.org.uk/.../festive-bus-service...>

Tickets will be free for National Trust members and under 5s, and £3 return for non-members which includes free entry into the park.

There will an The Elf on the Shelf[®] Sculpture Trail, which will be a great opportunity for walking or wheeling, and the service aims to make it easier for people to get to the park and enjoy it in the festive season.

Social media posts: 09-15 December

Everyday walking

09 December	11 December	13 December
<p>If you want to get out and about this December but don't know what local walking opportunities are available from your doorstep?</p> <p>Visit the Walk Notts website for some self-guided walks: Where to walk - Walk Notts</p> <p>#WalkingThroughWinter #GreenSpace #Outdoor #WalkNotts</p>	<p>Looking for an activity to do to get walking this December?</p> <p>Try out our #WalkNotts Christmas Bingo Card.</p> <p>With activities like animal spotting, Christmas trails and Picnics, it's a great opportunity to get out and about this festive period, however works best for you!</p> <p>#WalkNotts #BingoCard #WalkingThroughWinter</p>	<p>Want to get more active this winter but don't know where to start?</p> <p>Try adding more steps to your day or moving a little more, building your activity levels gradually.</p> <ul style="list-style-type: none">• Walking around the neighbourhood and spotting Christmas decorations• Taking the stairs when you can• Walking the dog• Walking to the shops or nearby restaurants• Meeting up with friends and family outdoors <p>Every little step counts.</p> <p>#WalkingThroughWinter</p>

Social media posts: 17-23 December

Warm Spaces

17 December

3.3 million people have shared that they feel lonely during the winter season.

We hope this week everyone can reach out to a family member, a friend, a neighbour or even a stranger to say hello and start a conversation.

Make someone feel seen and heard and a little less lonely.

You can find lots of group walks in and around Nottingham here: [Find a Group Walk - Walk Notts](#)

#WalkingThroughWinter
#WalkNotts #WalkTogether

19 December

With the holidays coming up soon, it's the time for eating and drinking more than ever.

It's also a good time to stretch your legs and get some fresh air.

Find local places and routes here:
[Where to walk - Walk Notts](#)

#WalkingThroughWinter #WalkNotts

21 December

Walking is one of the most accessible forms of being active.

Its also a great way to get fresh air and spend some time in nature.

Here are some accessible walking groups and beginner friendly ones:

- Clumber Park
- Women Walking
- Cancer Support Walking Group
- Southwell Striders – Nordic Walking

Find more details here:
<https://walknotts.org.uk/walking-with-others/>

#WalkingThroughWinter #WalkingGroups
#Accessible #MentalHealth

Social media posts: - December

Getting active at home

23 December

Season's greetings to all our partners, communities and residents in Derbyshire.

#WalkingThroughWinter #WalkNotts

26 December

The NHS provides resources to help you get active at home.

Download the Active 10 App to track your steps, set goals, give you tips to boost your activity and more.

A good starter in your journey to being more physically active.

Download now: [Get active - Better Health - NHS](#)

#WalkingThroughWinter #ActiveAtHome
#WalkNotts

29 December

Walking for health is important, but can feel a lot harder in the wintertime.

It doesn't have to be about joining a walking group or going on a long hike. It's about moving more in a way that works for you. Which could be to the shops, around the block or to your local park.

You can find resources on the Walk Notts website all about walking for health here: [Walking For health - Walk Notts](#)

#WalkingThroughWinter #WalkNotts

Social media posts: - December

Walking in 2026

31 December

January is coming and for some it's exciting and for others it can be daunting.

Its important more than ever to look after yourself.

Here's some self-care tips:

- Stay active
- Get out and meet people
- Sleep well
- Eat healthy
- Relax (do something you enjoy)

[Nottinghamshire Joint Health and Wellbeing Strategy 2022-2026](#)

#WalkingThroughWinter #WalkNotts

01 January

Happy New Year from Active Notts and Walk Derbyshire!

#2026 #NewYear

04 January

January can bring a whole range of emotions, and with shorter days and cold weather it's important to take care of our wellbeing.

Here are some wellbeing walks in and around Nottingham:

Gedling Country Park Wellbeing Walk -Every Wednesday at 10:30 [Ramblers Wellbeing Walks Get Going in Gedling](#)

Ramblers Wellbeing Walks Edwinstowe and Sherwood Forest- 2nd and 4th Thursday of each month at 10am [Ramblers Wellbeing Walks Edwinstowe and Sherwood Forest](#)

Collingham Wellbeing Walk – Every Tuesday at 10am [Collingham Wellbeing Walk – Ramblers](#)

#WalkingThroughWinter #WalkNotts

Graphics



Image Bank

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