

# Walking for Diabetes

## Bulwell

### Walking can help prevent or manage Type 2 Diabetes. *It can:*

- help lower your blood sugar
- enable your body to use insulin better
- help you manage your weight
- help reduce your blood pressure
- give you more energy
- help you to sleep better
- connect you to your neighbours and your local community
- improve your mental health
- help you to feel good

### A walk after meals is especially powerful

Even a short 10–15 minute walk after eating can stop your blood sugar from spiking

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 your front door, round the block, or to the shops.

*If you need support to take the first step, there are people and groups who can help:*

#### Diabetes Support Group

4th Thursday of each month, 2-4pm

Mellish Support Centre, Kemmell Rd, Bulwell NG6 9FH

Contact Sheryl [sherylHbA1c@gmail.com](mailto:sherylHbA1c@gmail.com)

#### Bulwell Primary Care Network Walks

Every Monday, 12-1pm Meeting point: Riverside Café

To attend, you need to be part of the Health & Wellbeing Service or the Social Prescribing Service. To be referred, please speak to your GP

#### Runspire Wellbeing Walks

Every other Monday, 11am-12noon

Meeting Point: Riverside café

Contact Paul 0115 964 8255 or [hello@runspire-notts.com](mailto:hello@runspire-notts.com)

#### The Jolly Walkers

1st & 3rd Thursdays – Bulwell Hall Park

2nd & 4th Thursdays – Bestwood Country Park

Meet at 10am for a 10.30am start

No need to book - Contact [jollywalkers.btv@gmail.com](mailto:jollywalkers.btv@gmail.com)

#### Travel Well Nordic Walking

11am Thursdays, Ken Martin Centre, Bulwell

#### Bulwell Community Dog Walk Walks

Every Wednesday 1pm, Bulwell Hall Car Park NG6 8GG

Contact Charlotte 07726 768759 or

[communitydogwalk@yahoo.com](mailto:communitydogwalk@yahoo.com)

If you want to walk on your own, have a look at these websites for inspiration

[The Nottingham Big Green Book](#)

[Walk Notts website](#)

[Walking in Nottingham and Parks](#)

Go Jauntly

# WALK notts



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