Disability Nottinghamshire Roll and Stroll

Many people initially approach **Disability Nottinghamshire** for practical support such as benefits advice, blue badge applications or household adaptations - the organisation recognises that people may not be ready to engage with wellbeing activities until their basic needs are supported.

- Community outreach hubs help people to access advice closer to home, reducing transport and financial barriers
- Support is available for individuals who struggle with digital access, recognising that many services are now online
- Support is person-centred



Disability Nottinghamshire held its first 'Roll and Stroll' event at Titchfield Park in Mansfield as part of the Walk Notts Festival.



Formal and informal walking and wheeling activities can support people to move more and lead to:

- Improved physical and mental wellbeing
- Increased confidence
- Meaningful social connections and reduced isolation

Taking an Inclusive Approach

- Accessibility starts with the way activities are promoted and communicated. Use inclusive language and show representation in promotional materials
- Traditional walking groups often unintentionally exclude disabled people by only showing people walking and not representing wheelchair or mobility scooter users
- Inclusive activities should create a 'safe space' and welcome people who walk, wheel, use mobility scooters, pushchairs or other mobility aids
- Routes should be selected with accessibility in mind, thinking about surface quality, gradients, car parking and public transport, seating and toilet access

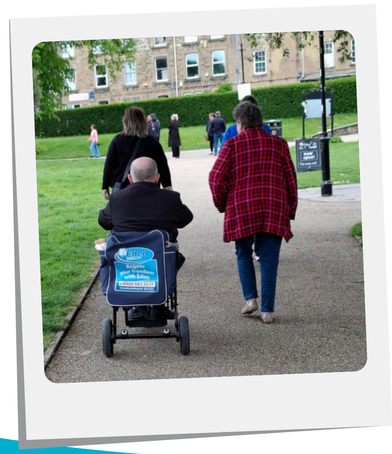
"over the years, I've seen a lot of groups and they all say walk. The actual pictures they show you, it's all people walking. So, I've always been put off by doing anything like that because it's never invited me. So, they've never been accessible. And if they have been accessible, they've not put that to the forefront."

Starting Conversations Around Activity

- **Build trust first**
- **Understand individual circumstances and identify the right moment in a relationship to discuss movement**
- **Introduce manageable opportunities**
- **Conversations should focus on what matters to the individual rather than telling them what they should do**
- **Confidence-building is often a necessary first step before increasing activity levels**

"It's not about saying 'let's go for a walk', it's about going at their pace"

"It's about encouraging people to keep mobile"



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