

# TRAVEL WELL

## Active Travel

### Community Connectors

### September Newsletter



Funded by



Active Travel  
England



Nottingham City  
Place-Based  
Partnership



Nottingham City  
General Practice  
Alliance



Nottingham  
City Council

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# What's New?



There is still time to join the Travel Well STEPtember challenge and walk your way to 120,000 steps! Download the Go Jauntly app and sign up now! You'll find the Travel Well STEPtember Challenge in the 'Challenges' section of the app. You can link your Fitbit or Google Fit to the app, or you can log your activities each day.

## THE BIG TRACK FOR BASE 51

We participated in THE BIG TRACK FOR BASE 51 walk on the 5th September 2024, walking 10 miles for young peoples mental health.



# Community Health Hub Wellbeing Walk

## What we did for St Anns and Sneinton:

The Active Travel Team conducted a wellbeing walk in PCN 6 to support the Community Health Hub event on the 16th September 2024 from The Cherry Lodge to the St Ann's Advise Centre.



The flyer features a light green background with leaf illustrations at the top. The text 'You Are Invited To' is in a teal font, followed by 'Wellbeing Walk' in a large, bold, dark green font. Below the title, there are illustrations of a man walking on the left and a group of four people walking on the right. The bottom section of the flyer has a teal background with white text providing event details and a registration call to action.

You Are Invited To

# Wellbeing Walk

Wanting to attend the Community Health Hub event at The Chase on the 16th of September 2024?

We are hosting a wellbeing walk to this event.

- **Date:** Monday 16th September 2024
- **Meeting Point:** Cherry Lodge, King Edwards Park, Carlton Road, Nottingham, NG3 2AS at 10:30am.
- **Walking to:** St Anns Advise Centre (The Chase, St Anns, NG3 4EZ).

Call or Text: 07386677358 to register.



# Travel Well Activities

WANT TO LEARN TO RIDE,  
GET FIT OR BE MORE  
CONFIDENT ON YOUR BIKE?

TRAVEL WELL - **FREE ADULT**  
CYCLE CONFIDENCE SESSIONS  
WITH RIDEWISE

FREE CYCLING SESSIONS INCLUDE:

Learn to cycle  
Gain more confidence  
Borrow a bike for the lesson

AVAILABLE TO NOTTINGHAM CITY ADULTS 18+

All the dates & details here...  
[www.bookwhen.com/ridewise](http://www.bookwhen.com/ridewise)



Various venues across  
Nottingham

ATTENDANCE BY BOOKING ONLY

CUSTOMERSERVICES@RIDEWISE.ORG.UK

RIDEWISE

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Active  
Travel  
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TRAVEL WELL



Nottingham  
City Council

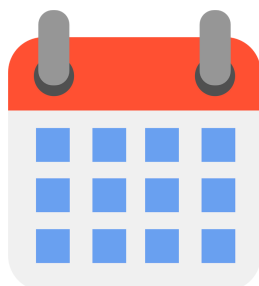
Our free cycling classes with Ridewise are available to patients who want to learn to cycle or improve their confidence. To refer a patient to an ATCC to help them find the best activities for them use our [Active Travel Referral Form](#)



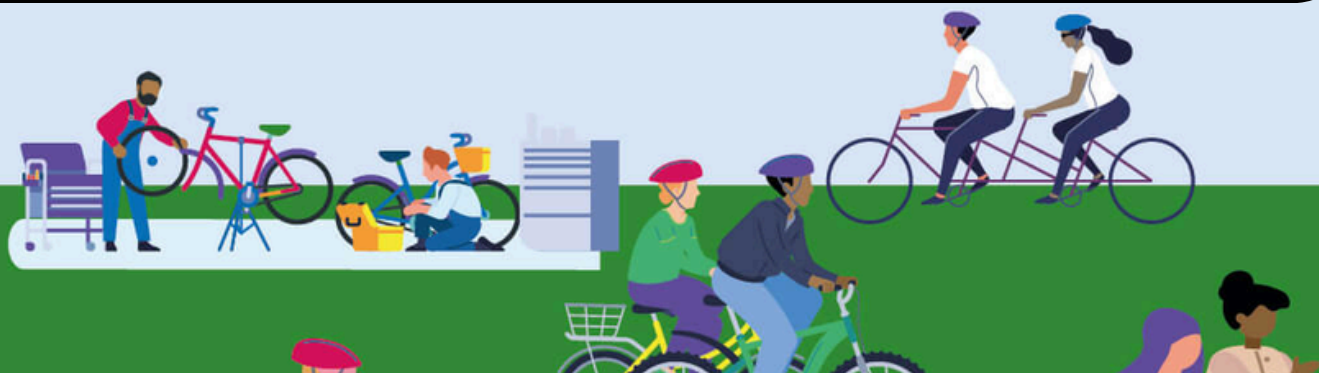
**Referrals:** [Click here](#) or use the QR code to refer your patients into the Active Travel Social Prescribing Programme. Patients are also able to self-refer using this link.



**Facebook:** Details of our activities can now be found on our [Facebook Page](#)



**For more information:** [The Travel Well Website](#) has more information about the Active Travel Social Prescribing project, including a calendar of our walking and cycling activities.



# Every library, a green library!

Connecting Nature and Mindfulness for Well-being



## Green Mental Health Libraries Week 07-13 Oct 2024

A week dedicated to fostering mental health awareness and providing valuable resources to our community. The Active Travel team will be participating to encourage people to become more active and support their mental and physical wellbeing. Walking and cycling can be prescribed as part of this initiative. Our providers will offer free bike maintenance, wellbeing walks, and plenty of information on healthy lifestyles.

### **BULWELL RIVERSIDE Green Libraries Mental Health Week**

Main St, Bulwell, Nottingham  
NG6 8QJ

7th October 2024

10am - 3pm: Information stand  
1pm - 4pm: Dr Bike-Free repairs  
1pm - 2pm: Wellbeing Walk

### **ST ANN'S Green Libraries Mental Health Week**

St Ann's Valley Centre 2  
Livingstone Road, Nottingham  
NG3 3GG

8th October 2024

10am - 1pm: Information stand  
10am - 1pm: Dr Bike-Free repairs  
12:30 - 1:30pm: Wellbeing Walk



ORGANISED BY



# Upcoming October events

## Health Information Hub Events

### Nottingham East PCN 6

07

SNEINTON  
COMMUNITY HUB  
51, Sneinton Boulevard  
NG2 4FD

11AM-2PM

14

CHERRY LODGE  
King Edward Park  
Carlton Road  
NG3 2AS

11AM-2PM

21

THE CHASE  
Robin Hood Chase  
NG3 4EZ

11AM-2PM

## Pop-up Information Stands

7

BULWELL RIVERSIDE

12:00-13:00pm Wellbeing  
Walk

14

&

28

TESCO BULWELL  
35 Jennison Street  
NG6 8EQ

10 AM - 11:30 AM

21

KEN MARTIN  
LEISURE CENTRE  
Hucknall Lane  
NG6 8EP

10 AM - 11:30 AM

