

GreenSpace

For better headspace



THE

Big Green Book



A directory of nature-based activity providers

Rushcliffe



Rushcliffe
Primary Care Network



Rushcliffe
Borough Council

Integrated
Care System
Nottingham & Nottinghamshire



Nottingham
Community
and Voluntary
Service



A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

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Please note: All information is correct at the time of publishing. The Big Green Book will be updated quarterly.

The latest version, along with an entry request form, will always be accessible at rushcliffehealth.org/green-book

If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team via the email below. We are also looking for sponsors for the Rushcliffe Big Green Book. Please contact us if you are interested in working together.

rushcliffebiggreenbook@gmail.com

A special thanks to Nottingham Community and Voluntary Service (NCVS) who are leading the GreenSpace programme and for all their hard work on the Rushcliffe Big Green Book.

Foreword

What is the Rushcliffe Big Green Book?

The Rushcliffe Big Green Book has been developed as part of the GreenSpace Green Social Prescribing Project and it is a directory of nature-based activities and opportunities around Rushcliffe.

What is Green Social Prescribing?

Green Social Prescribing is the practice of supporting people in engaging in nature-based interventions and activities to improve their mental health.

Who is the Rushcliffe Big Green Book for?

It is designed to be used by social prescribers and healthcare workers who want to find activities for their patients, as well as individuals who are looking for an activity to get involved in.

How is the Rushcliffe Big Green Book organised?

The information is split into North, Central and South Rushcliffe to help people choose an activity that is local and easily accessible to them. The book outlines the facilities available, and details of the level of mental health need that each group is able to support to ensure people are able to access activities that are suitable for their needs.

It is advised that if you are unsure whether an activity could support the level of mental health need, please contact the provider directly.

What are the icons for?

Each entry in the book uses icons to display the facilities available at each location. You can use these to find out if there are toilets available, accessibility needs and more. See the icon key below:



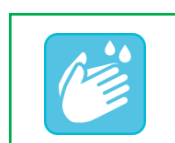
Toilets



Changing



Accessibility



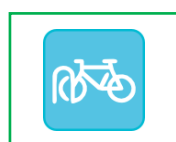
Handwashing available



Water based



Family Friendly



Bike Racks



Shelter available



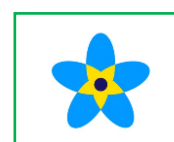
Walking Group



Operates through Winter



Hot Drink Facilities



Dementia Friendly*

GreenSpace Trusted Providers

If an organisation 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 self-assessed the level of need that they are able to support.

The level of support that an organisation is able to provide is identified using Mental Health Levels. These levels are used to make sure you're making an appropriate connection with an activity.

If you are looking for an activity for yourself, please see the Mental Health Levels on page 4.

If you are linking a client to an activity, please see the Refers Mental Health Levels on page 5.



Dementia Friendly

If an organisation has the Dementia Friendly flower logo, that means they have received 'Dementia Friends' information session.

Dementia Friends is a light touch information awareness session with a mission to educate, reduce stigma and spread knowledge about dementia. The session is 45-60 minutes where attendees may interact, learn about how dementia affects the brain and how to live well with dementia (with the right support).

Attendees are asked to make a pledge and take action to reduce barriers for people in their community living with dementia. This can be as simple as sharing their Dementia Friends badge on social media or using their understanding to show others more patience.

You can book on to a public session at dementiafriends.org.uk

To arrange a webinar or in-person event then please email;
Anshu.shearing@alzheimers.org.uk



Finding an activity for yourself: What do you need to know about the Mental Health Levels?

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. When you are choosing an activity, use the level to help you to work out whether this group has the support in place that will help you. If you consider yourself to have a higher level of need, you may be able to attend an activity with a carer or support worker, please contact the organisation directly to discuss your needs before attending for the first time.

Level Zero: This activity is for you if...

You if you are feeling well
You want to look after your mental and physical health
You want to try a green or nature-based activity

Level One: This activity is for you if...

You are seeing your GP about your mental health or are having some support from a health worker or social prescriber
You feel lonely, you have a low mood and/or lack of motivation/structure/routine
You are experiencing symptoms of anxiety and/or mild depression
Your mood/feelings are having a negative effect on your wellbeing

Level Two: This activity is for you if...

You are currently getting support from your GP and receiving psychological therapies, such as cognitive behavioural therapy (CBT) or counselling
You are taking short term medication and/or under ongoing monitoring, and this support is helping you to manage your mental health.
You feel a 'Green Buddy' would help you to go along to the first couple of sessions and to help you settle in.
You need specific sessions are designed to include more support or have a specific focus on wellbeing
You would benefit from a volunteer to help you or work alongside you during the sessions to help you feel more comfortable and at ease in the group.
You have identified recovery goals with your health care professional that you can work towards during the activity.

Level Three: This activity is for you if...

You have complex needs and need more than one area of support, including specialists and local mental health team.
You need support to take part in sessions. (If you have a support worker then they can attend with you.)
You need a short-term programme of activity or a package tailored to meet your individual needs.
You need support from a team that specialises in working with people who have long-term and/or complex mental ill health.

Level Four: This activity is for you if...

You are experiencing an acute mental health crisis which requires you to receive inpatient or intensive crisis team support
OR
You have a long-term serious mental illness and you need regular care and support

You need an activity in a hospital-based location, such as a hospital community garden or therapy garden.
You need an activity provided by a specialist team that will make sure you get the help and support you need to get the most out of the sessions (this might include doctors and nurses and other people who have expertise in working with people with a range of complex mental health needs, both long-term and acute)

Mental Health Levels explained for Referrers

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

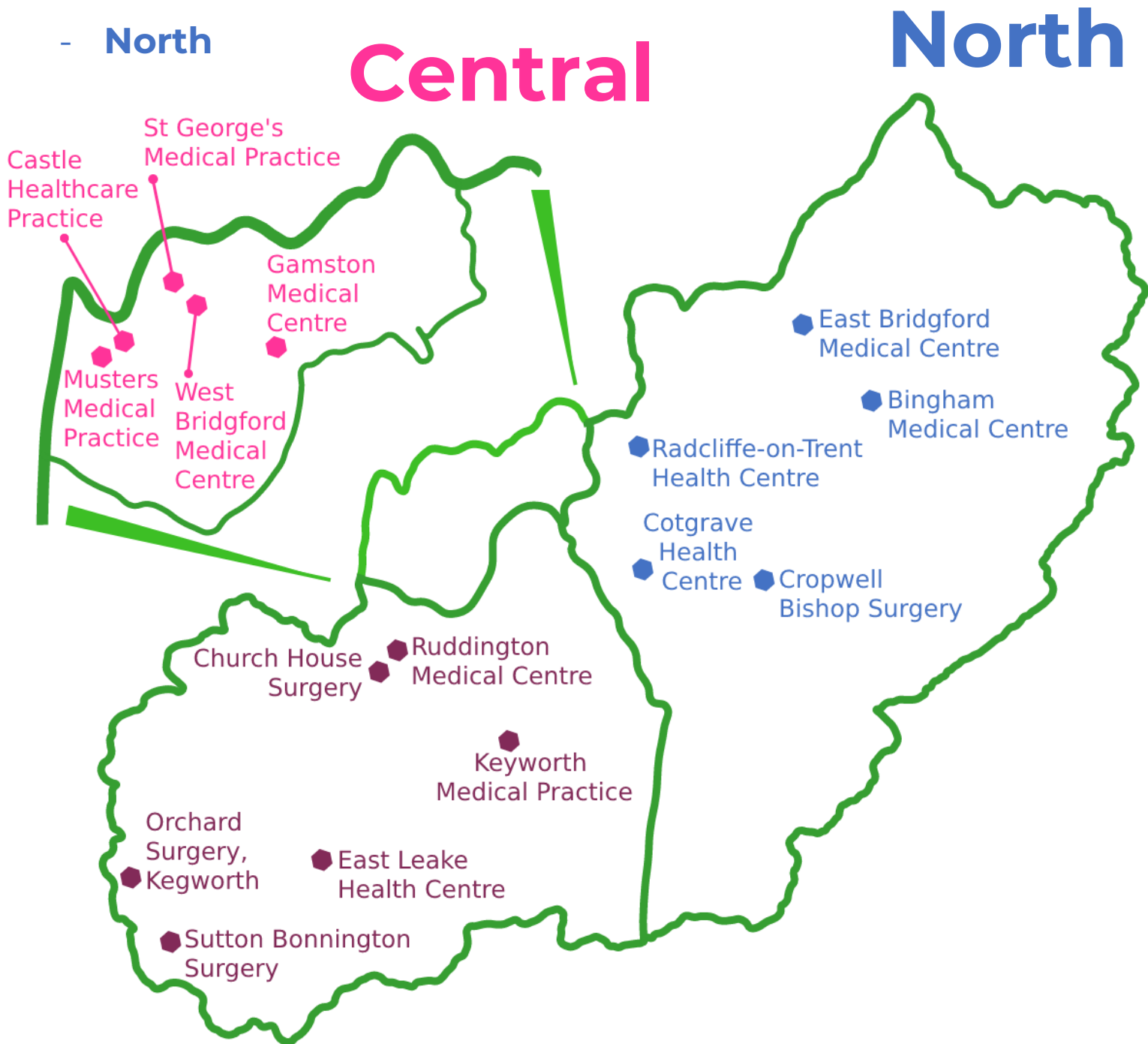
This could be a person who is experiencing an acute mental health crisis which requires them to receive inpatient or intensive crisis team support, or it could be a person who has a long-term serious mental illness which affects how they function and they need regular care and support. This person might 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.

Rushcliffe

Area Map

Rushcliffe is divided into three areas:

- South
- Central
- North



South

Healthcare Practices

Rushcliffe Country Park



Address: Rangers Office, Rushcliffe Country Park, Mere Way, Ruddington, Nottingham. NG11 6JS

Aim: We aim to improve the park, the conservation and recreation.

Activities Available:

Volunteering available

Friends of Rushcliffe Country Park – Weds morning 9.30am – 14.00pm but can drop in and out at the visitors centre.

Rushcliffe Country Park includes a skate park, sensory play area, walking trails, gardens of friendship and an outdoor gym.

Room hire available in the new visitor centre, which has a changing places toilet.

Other activities available for groups such as children holiday activities, den building, pond dipping and outdoor table tennis - please contact the Park Rangers for more information.

Opportunities to socialise: Coffee/tea breaks , tea and biscuits include, need to bring a lunch. The park offers an opportunity to enjoy nature and an onsite café.

Key Contact:

Country Park Rangers on 0115 921 5865
countrypark@rushcliffe.gov.uk
rushcliffe.gov.uk/rushcliffecountrypark/
facebook.com/rushcliffecountrypark/

 Mental Health Level	 Mixed Gender/ Mainly white British	 Average Group Size
0-1		8-15

Facilities



Transport: Car park open 8am - 6pm. The carpark is £1 for all day parking.

Boots & Brambles

Aim: Our aim at Boots & Brambles Forest School Ltd is to create a natural outdoor space where people can come together as a community to play, explore and create in the natural environment. The woods is a haven, a place of calm, inspiration and wonder. We are big believers in the power of nature and the benefits for everyone's mental and physical health gained by spending time out in nature.

Activities Available: We run a range of Forest School and outdoor sessions including baby and toddler groups, school sessions, SEMH intervention sessions, Holiday Clubs and Family Sessions as well as Outdoor Parties. Recently we have partnered up with the charity Zephyrs, offering sessions to families who have lost a child.

Sessions are very relaxed; offering time for you to immerse yourself in nature, or swing in a hammock! We offer activities such as den building, nature-based arts and crafts, firelighting, campfire cooking and much more.

Opportunities to socialise: Sessions are very relaxed and include hot drinks and usually time around the campfire circle.

Address: Next to the St Peter's Church Centre, Tollerton Lane, NG12 4FT

Key Contact

Frances Groombridge
admin@bootsandbrambles.com
bootsandbrambles.com

 Mental Health Level	 Mixed Gender/ Cultures	 Average Group Size
0-2		Varies

Facilities



Transport: There is car parking available.

Paradise Allotments Rushcliffe Social Prescribing

Proud winners of 2021 Celebrating Rushcliffe Award for Health & Wellbeing. To access the allotment project, you would need to request a referral to Social Prescribing via your GP Practice (Rushcliffe only).

Aim: To provide a regular opportunity to spend time in nature, to learn or practice gardening skills without pressure. To reduce isolation by meeting like-minded people. Promote healthy and active living. To have the opportunity to be mentored by existing 'allotmenters'. Our ethos is that it is people led with all participants having equal say in what we grow.

Activities Available:

Growing fruit and veg and some flowers

- Planning what we will grow, where we will grow it.
- Harvesting and maintenance.
- Sharing of recipes using our produce.
- Social gatherings.

Our ambition is to invite speakers and specialists to host workshops and talks in relation to nature and healthy living.

During growing months we meet weekly on a Wednesday early afternoon. Cups of tea available.

During the winter we have a short pause and meet fortnightly also on a Wednesday early afternoon.

Adults only. No experience or level of fitness needed. Must be able to be independent with mobility (however our paths are accessible for wheelchair users). Maximum 1 wheelchair user per session.

Address: Paradise Allotments.

Green gate by 69 Wilford Road, Ruddington, Nottingham, NG11 6BN

Key Contact:

sophie.taylor62@nhs.net

07846507599

laura.steed4@nhs.net

07846142620

facebook.com/RushcliffeSP



Mental Health Level

0-3



Mixed Gender/Cultures*



Average Group Size

4-12

Facilities



We do not have access to the toilet on site but we have an agreement with the local pub that we can politely ask to use their loos.

*The group in attendance is forever changing! We would always tell potential group members of the current mix of the group.

Transport:

Bus:

NCT Navy Line 3 to Clifton Savages Road Stop (near Ruddington village hall and the Ruddington arms)

Parking:

On street parking available. Please park with consideration to local residents.

Rushcliffe parkrun & Junior parkrun



Aim: parkrun is a free, fun, and friendly weekly event. Please register before you first come along. You only ever need to register once and don't forget to bring a scannable copy of your barcode to receive your time. Walk, jog, run, volunteer or spectate – it's up to you!

Activities Available:

Adult parkrun: Saturday at 9:00am (5km)

Junior parkrun: Sunday at 9:00am (2km for 4-14yr olds)

Opportunities to socialise: Every week we grab a post parkrun coffee at the 'Coffee and Cake by the Lake' kiosk, adjacent to the Education Centre and car park (weather permitting) – please come and join us!

Address: Rushcliffe Country Park, Mere Way, Ruddington, Nottingham, NG11 6JS

Key Contact:

Junior info:

parkrun.org.uk/rushcliffe-juniors/

Adult info: parkrun.org.uk/rushcliffe/

rushcliffe@parkrun.com



Mental Health Level

0-2



Mixed Gender/Cultures



Average Group Size

Varies

Facilities



Nottinghamshire Wildlife Trust South Notts Local Group (SNLG)

Address: Nottinghamshire Wildlife Trust, The Old Ragged School, Brook Street, Nottingham, NG1 1EA

Aim: South Notts Local Group (SNLG) is Nottinghamshire Wildlife Trust's members' group in Rushcliffe working to promote nature conservation.

Activities Available:

Winter Wildlife Talks Programme: Zoom-based talk each month from October to March inclusive. Talks start at 7pm until 9pm.

Out and About Programme: Regular guided walks throughout the year, but mostly in Spring and Summer, at various sites across Rushcliffe led by one or more local expert(s).

Work Parties: Regular parties, led by a site warden or similar, work at local nature reserves to maintain and sustain the sites. Parties meet on a regular basis, generally monthly throughout the year.

Activities are open to all, subject to children being accompanied by a responsible adult, and wheelchair users and those with hearing/sight issues being accompanied by an adult familiar with their condition (where appropriate) and subject to a positive health and safety risk assessment.

Please contact for more information on available activities and accessibility.

Opportunities to socialise: SNLG does occasionally organize a quiz to which all are welcome

Key Contact:

southnottswildlife@gmail.com

07443870963

southnottswildlife.org.uk

Mental Health Level

0-2



Mixed Gender/Cultures

Average Group Size

Varied

Facilities



Transport:

Generally by car but most accessible by bike and on foot (for those living nearby) and by bus

Renew Ruddington: Green Spaces

Aim: An allotment based wellbeing group, offering gentle gardening activities and a quiet outdoor space. This is based around the principles of offering quiet shared spaces where its ok not to be ok. Our heart is to bring an end to isolation and to improve the mental wellbeing of our community.

Activities Available:

Mondays 11-1pm

Each session offers a variety of gentle gardening activities, guided by the hosts, Guests can choose an activity or simply enjoy the sheltered outdoor space and companionship. Flowers, fruit and vegetables are grown together with the aim to harvest and take home, or share with the wider community.

No specific requirements needed, either fitness or knowledge, but the majority of the gardening activities will be physical - all optional though.

Activities are run on the idea of partnering together with the opportunity for shared learning and friendship.

Opportunities to socialise: There is a sheltered communal area for sitting and making a drink and having a chat. This can be accessed freely throughout the session and there is a short structured time when the invitation is given to pause and be still, as part of an optional reflective prayer.

Address: Allotment 7, Hareham Garden Allotments, Musters Road Gate, Ruddington NG11 6HS

Key Contact:

secretary@ruddingtonbaptist.org.uk

07540 006794

ruddingtonbaptist.org.uk/whats-on/renew-ruddington

Mental Health Level

0-3



Mixed Gender/Cultures

Average Group Size

4-8

Facilities



Transport: Easy, free street parking is available. The allotment is a 5 minute walk from the village bus stop on the Green. There are safe places to leave a bike.

Midlands Nordic Walking



Address:

Walks take place across various locations in Nottingham, Nottinghamshire, and Derbyshire, including:

Wollaton Hall & Deer Park
University Park
Attenborough Nature Reserve
Bramcote Hills Park
Rushcliffe Country Park

Please see our website for more details.

Key Contact:

catherine@midlandsnordicwalking.org

07940 575 758

midlandsnordicwalking.org

Aim: 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.

Activities Available:

Learn to Nordic Walk Workshops

Sessions last 1 hour and take place at various locations and times throughout the week.

Free Learn to Nordic Walk Workshop

Thursdays at 10:30am, Wollaton Hall & Deer Park

This session is part of the green social prescribing project and free for people to attend.

Experienced Nordic Walking Sessions

Sessions take place at various locations and times throughout the week.

Please visit our website for more information about the times, dates, and locations of our activities. To book, please contact Catherine.

Opportunities to Socialise: Participants have opportunity to socialise during sessions. Sometimes we'll have a drink or snack after class in a café or bring along our own drinks. We also have a private peer support group on Facebook and WhatsApp.



Mental Health Level

0-2



Mixed Gender/
Cultures



Average Group Size

2-16

Facilities:

Location dependent.

Transport

Location dependent.

Keyworth Community Garden

Address: Accessed by the alleyway between 18 & 20 Croft Road, Keyworth.

Key Contact:

branchandbloomgardening@gmail.com

facebook.com/branchandbloomgardening

Aim: Keyworth Community Garden is a garden, orchard, and wildflower meadow where local people can be involved in developing a beautiful and sustainable garden for the community to enjoy. Our aim is to provide a green space where people can connect with nature whilst having the opportunity to learn new skills and meet new friends.

We welcome people of all ages and abilities, whether this is visiting occasionally or becoming a regular volunteer working at the garden at our weekly sessions. Working in a safe and relaxed outdoor environment, we are also ideally placed to provide a space for those who may not wish to participate in more formal group activities.

Activities Available:

Tuesdays 10am-12pm, and 2pm-3pm

If you're interested in getting involved, please feel free to get in touch.

Opportunities to socialise: The volunteers and participants will wherever possible be encouraged to participate in team work through a combination of group working and peer support.



Mental Health Level

0-2



Mixed age/gender



Average Group Size

Up to 10

Facilities



Transport: Located on the Keyworth Connection bus route. On street parking available.

Keyworth Abundance

Aim: Our aim is to reduce food waste, to distribute and encourage people to buy and use locally produced food. We have a recycling centre. Demonstration of recycling ideas for the garden. Swapping plants and seeds. Our Repair cafe encourages mending and renewing your household items.

Activities Available:

1. Fruit picking in Keyworth.

Volunteers pick fruit from trees for owners who cannot do it themselves. We keep some for the owners and distribute the rest at our base on Saturdays from July to October. There are 2-3 weekly sessions, and all equipment is provided. An experienced member coordinates the activity. Walking to the pick is encouraged, and basic fitness is essential due to lifting crates and using long-handled pickers. Climbing ladders is possible but not required.

2. Keyworth Abundance garden. Rear of the Exchanging Rooms.

This is a great example of how to use recycled material in a small space. Using locally grown plants that have been swapped. It is a space to keep the plants for a monthly plant swap and we have new projects to get involved with as well as regular garden maintenance and a watering rota in the summer.

3. Keyworth Abundance - Plot 4.

We have been given a plot on a local allotment for the year 2023.(March - November) We plan to grow potatoes mainly. Weeding and watering and seed planting will be the main focus. Places are going to be limited and names must be provided to the allotments trustees when on site. But we will have sign up sessions. First one is Sunday 23rd April - potato planting.

Opportunities to Socialise: We have a monthly social event called green drinks (first Tuesday of month) at a local pub. We have a harvest supper, summer solstice BBQ and other events throughout the year.

Address: Exchanging Rooms Rectory Field, off Elm Avenue car park, Keyworth

Key Contact:

keyworthabundance@gmail.com

07914654871

[facebook.com/ExChangingrooms/](https://www.facebook.com/ExChangingrooms/)

Instagram @thekeyworthabundance

Mental
Health
Level

0-2



Mixed Age/
Gender/
Cultures

Families Welcome

Average
Group
Size

5-10

Facilities:



Transport:

We are located in the centre of Keyworth and right next to the large Elm Avenue Car park. There is a regular bus service (Trent Barton - the Keyworth) to Keyworth (nearest stop is the square).

We have secure area for storing bicycles.

Friends of Sharphill Wood

Aim: Our aim is to enhance Sharphill Wood Local Nature Reserve for the benefit of the local community and for flora and fauna.

Activities Available: We run monthly practical conservation work parties, usually on the fourth Sunday of the month. These typically involve tree and hedge planting, path and boundary maintenance, rubbish removal, and other tasks. We carry out nature surveys and also encourage other specialist groups to do so. We maintain and monitor around 25 nest boxes and report on their usage year by year. sharphillwood.org/about-us/

Some tasks are very physical (e.g. sawing, chopping, scything, lifting) and require a certain level of fitness and strength. Other tasks, such as planting of saplings, surveys, and helping with nest box inspections, are less so. Priorities, and therefore tasks, vary from month to month.

Unfortunately there is no access to the site for wheelchair users. The paths are not man-made, so can be very bumpy and muddy and difficult for anyone with mobility problems. Access to both the north and south entrances is an uphill climb, especially from the northern (most used as there is street parking) entrance.

Opportunities to socialise: Our Sunday work parties last all morning and we always take a short break for coffee, which volunteers bring themselves. We have a social evening in a pub in December.

Address: Entrance to the wood is accessed from the southern end of Peveril Road, West Bridgford

Key Contact:

sharphillwood@yahoo.co.uk
sharphillwood.org



Mental Health Level

0-1



Mixed Gender/Cultures



Average Group Size

6-12

Facilities:



Transport: There is street parking on Peveril Road. The nearest bus stop is on Boundary Road (Nottingham City Transport buses 8 and 9)

St Paul's Church 'No Boundaries' Community Garden

Aim: Our developing 'No Boundaries' Community Garden is next to the church grounds and is for growing edibles used in the café and creating a space for everyone to enjoy. A short walk away from Sharphill Woods if you'd like to combine your visit with a walk in the woods.

Activities available:

'No Boundaries' is open for anyone to visit and see how the crops are growing, and we use the fresh produce for our social eating projects and café. We don't have a regular timetable for maintenance but are glad to have people get in contact if they would like to help out.

Social Supermarket every Monday 11am-1pm: Redistributing surplus food to reduce waste.

Opportunities to socialise: The Church has a community café, Café on the Corner, this is a welcoming and inclusive space. We are here for anyone who wants to 'take a moment' for themselves or with friends. Please see our Facebook page for opening times and special events.

Address: St Paul's Church, Boundary Road, West Bridgford

Key Contact:

0115 945 2019
st.paulschurch@outlook.com
facebook.com/people/No-Boundaries-Community-Garden/100088459189958/
facebook.com/BoundaryRoadCafe



Mental Health Level

0-2



Mixed Gender/Cultures



Average Group Size

Varied

Facilities:



Transport: There is free parking for visitors in the church car park, or we are a short walk from Stanhome Drive bus stop for the NCT number 8 or 9 bus.

Greenies Allotment

Aim: Lady Bay 'Greenies' is a local community of gardeners. The Community Allotment available for all residents of Rushcliffe preventing and alleviating mental and physical ill-health.

No previous experience of gardening is necessary since there are experienced gardeners within the group who can guide you.

There are no joining fees or subscriptions.

Sunday afternoons and occasionally during the week. Members can work on the field at anytime though.

Activities Available:

Gardening for your wellbeing.

Growing fruit and vegetables organically on a large field that is part of the old Simkins farm in Lady Bay.

As well as digging, sowing, weeding and cropping, we make compost bins, mend fruit cages and cut back overhanging trees.

Opportunities to socialise: We also have social events such as a sweetcorn BBQ at the field and other seasonal gatherings. If you want to find out more about us or just to have a guided tour of the field, please get in touch with Ann or John.

Address: Lady Bay, Old Simkins Farm, NG2 5AS

Key Contact:

Ann 07940335215

John 07973614344

ladybay.co.uk/greenies.html



0-1



**Mixed Gender/
Cultures**



Varied

Facilities:



Transport

Nottingham City Transport Number 11 bus serves Lady Bay.

Friends of The Hook Nature Reserve

Aim: Friends of The Hook help to look after this Local Nature Reserve by protecting, maintaining and enhancing it for the local community and for flora and fauna.

Activities Available:

Work parties: We have a monthly working party on the first Sunday of the month, meeting 2pm at the Mona Road entrance of The Hook (junction of Holme Rd and Mona Rd).

Activities vary according to the time of year but include: tree planting, seed sowing, caring for the Community Orchard, watering trees and plants, looking after the wildlife pond..

Education Activities: We also run activities such as a Moth Watch, Bird Walk, Wildflower Trail.

Activities are posted on our Facebook page.

Activities would be suitable for hearing impaired people. However, the uneven paths and difficult terrain make it unsuitable for wheelchair users or those with restricted mobility.

Opportunities to Socialise: The working parties are friendly and welcoming, but we do not have social gatherings.

Address:

The Hook Nature Reserve, Holme Road, Lady Bay, West Bridgford

Key Contact:

friendsofthehook@gmail.com

0115 9745524

friendsofthehook.org.uk

facebook.com/friendsofthehook



0-1



**Mixed Gender/
Cultures**



8-10

Facilities:



Transport

Nottingham City Transport Number 11 bus serves Trent Boulevard.

▶ Radcliffe Community Garden



Address: Radcliffe Allotments, Lees Barn Road, NG12 2DT (between Nottingham Road and the A52, near to RSPCA)

Aim: To engage our local community in the whole 'soil to plate' experience, whilst meeting new friends and having fun. No gardening experience is necessary and all tools are provided. We want to spread the word about the satisfaction of 'growing your own', and in particular for those who don't have their own garden space, or who want to learn what they can do in their own garden. A key aim is to be a friendly group for those who may be socially isolated and/or want to meet new people.

Activities Available:

We encourage a co-operative approach to growing, where everyone's ideas are shared and the skills and experience they bring are valued. Volunteers will learn and share skills and make new friends as we sow, plant, maintain, harvest and get to taste some of the produce we grow. What's more we hope volunteers will feel a great sense of achievement knowing that we're providing great fresh food for the benefit of village residents who look forward to the wonderful Sunday lunches provided by Radcooks volunteers.

Tuesday mornings from 9:30-11:30 and the first and third Saturdays of the month (9.30-12.30)

Key Contact:

radcliffecommunitygardens@hotmail.com

jokemp@me.com

07778324924

facebook.com/radcliffecommunitygardens



Mental Health Level

0-3



Mixed Gender/Cultures



Average Group Size

5-10

Facilities:



Transport: Limited parking available, Trent Barton bus stops at RSPCA

▶ Friends of Cotgrave Country Park

Aim: The FoCCP is a group that meets most months to discuss and influence the maintenance and development of Cotgrave Country Park. One of the youngest and biggest country parks in Nottinghamshire it boasts great countryside and wildlife.

Activities Available: Wellbeing Walks Rushcliffe group runs a "move and mingle" walk in the park every Friday. Walks are free, never longer than 90 minutes.

Volunteer Task days

Volunteer Warden

Friends of Cotgrave Park membership

Opportunities to socialise: We run a range of community event throughout the year and the group holds several meetings each year. New faces are always welcome, no need to book, just come along!

Address: Cotgrave Country Park, Hollygate Ln, Nottingham NG12 3HE

Key Contact:

foccp.sec@gmail.com

cotgravecountrypark.co.uk

facebook.com/FriendsOfCotgraveCountryPark



Mental Health Level

0-1



Mixed Gender/Cultures



Average Group Size

9-12

Facilities:



Transport: Car park available

FarmEco



Address: Home Farm, Lodge Lane,
Screveton, Nottingham NG13 8JL

Aim: Our community care farm supports our local communities, nature and farming to thrive together. Our ambition is to be a hub for our community providing a safe, supportive and inclusive place where people can experience the health and wellbeing benefits of nature and growing together.

Activities Available: FarmEco provides a number of opportunities related to nature and the outdoors in small, supportive groups.

Nature Care Course - Nature Care is a self care programme which uses the restorative powers of nature to benefit our minds and bodies. It involves a 6 week course in a small supportive group where we'll be taking part in nature-based activities, mindfulness practice and personal development. Our next course starts in September. See website for more details, course dates and registration form.

Creative Nature Walks for Wellbeing - Connect with nature, take a gentle walk and enjoy nature-based art activities. During our 1.5 hour walk we'll notice the delights of nature at the farm. Each session will take a different approach such as drawing, printing or painting. Shelter is available. No experience necessary. Adults only. Held monthly.

Weekly volunteer days - Join our friendly volunteering group. Meeting every Tuesday from 10am we get involved the many tasks needed to look after nature and the farm from pruning apple trees to mending fences, pressing apple juice to filling bird feeders - there is a something for everyone whatever your experience or ability.

Men in Sheds – Monday, Tuesday & Friday 10am-12.30pm

Women in Sheds – Thursday 10am-12pm and 1pm-3pm

Mixed – Wednesday 7-9pm

Opportunities to socialise: Sessions allow for socializing during activities and, where possible, end with a cup of tea and a chat.

Key Contact:

cider@farmeco.co.uk

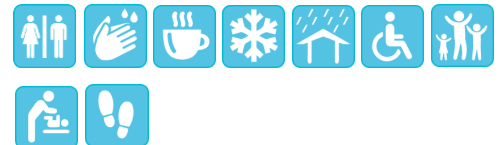
farmeco.co.uk

Mental Health Level
0-2

Mixed age, Gender/ Cultures

Average Group Size
6-10

Facilities



Transport: Parking available

Cotgrave Community Garden

Aim: We are a community food and cut flower garden. Our aim is to support and encourage a healthy community through reconnecting to nature and the food we eat.

We hope to encourage improved physical and mental health by using food growing and gardening as a purposeful activity, resulting in fresh seasonal food for the community.

We also aim to increase biodiversity and raise awareness of environmental and wildlife conservation.

Activities Available: We have general volunteer gardening sessions - we work on the garden, sowing, harvesting, watering, picking flowers and arranging, weeding.

Volunteer sessions during the summer are:

Monday 5:30pm – 6pm, Wednesday 10am – 12pm, Saturday 11am – 1pm

Open days, events and workshops are available on our social media

No experience or level of fitness needed.

We have a wheelchair ramp into the garden and our paths are woodchip and are 2m wide. So far they haven't proved a problem for wheelchair users and pushchairs.

We have various heights of raised beds with wide paths between each raised bed to provide space. We also have work benches of various heights in the polytunnel, with a double door entrance.

We have a long path from the car park to the garden which can be off-putting

Opportunities to socialise: You can join us to garden and harvest food, or bring a picnic and enjoy the surroundings.

Address: Cotgrave Community Garden,
Cotgrave Welfare Scheme, Woodview,
Cotgrave
NG12 3PJ

Key Contact:

samiemathers@hotmail.com

cotgravecommunitygarden@gmail.com

07851 786115

Facebook / Instagram

@cotgravecommunitygarden

Mental
Health
Level

0-1



Mixed
Gender/
Cultures

Average
Group
Size

Up to 15

Facilities



*We do not have access to the toilet on site but we have an agreement with the leisure centre across the road who are happy for gardeners to use their facilities.

Transport: There is a bus stop just outside the garden and a large car park with disabled spaces.



Wilwell Farm Cutting Nature Reserve

Aim: To manage the Wilwell Farm Cutting Nature Reserve for the benefit of the local community on behalf of Notts Wildlife Trust.

Activities Available:

Helping at the monthly Reserve Work Parties. Other practical activities will vary depending on the time of the year. Paths are narrow and uneven for stretches. It is also steep at one point and the work parties often operate on uneven terrain/wooded/marshy areas therefore is not suitable for someone with significant mobility issues. Lesser issues may be possible so please contact for further information. Please contact for more information on available activities and accessibility.

Opportunities to socialise: Work parties normally include a break and we suggest bringing a drink and bite to eat. Sometimes the work is spread out or we might be working together. Occasionally someone will spot something of interest and we will come for a look. Once a year we usually do a "management walk" in the spring summer so volunteers can look at the reserve during the growing season and see why they do what they do. We also run guided wildlife walks round the reserve occasionally. We also keep in touch with regulars via email about the reserve and things that have been seen.

Address: Entrance track on the B680 between Ruddington & Wilford just before the ring road bridge. Post Code for approx location is NG2 7UT

what3words = home, news, fuzzy

Key Contact:

gordon.dyne@gmail.com

0115 8784842

southnottswildlife.org.uk



0-1



**Mixed
Gender/
Cultures**



Varied

Facilities



Transport: There is parking and limited public transport to nearby the No 3 bus (Nottingham City Transport).

Grantham Canal Society

Aim: Within the Grantham Canal Society a number of teams are actively working to bring the canal back to active life.

Activities Available:

Workparty: grass cutting, painting, bricklaying, mechanical engineering, tidying, marquee/gazebo erecting & more, this often involves travelling along the canal in their 1934 vintage narrowboat.

Major Projects Team: Lock restoration/rebuilding plus other projects such as slipway building

The Learning Team: reach out to schools and community groups, mainly along the canal corridor.

Skipper / Boat Crew: Crew the trip boat 'The Three Shires' Learn how to safely operate the boat or serve up the refreshments to the trippers.

Publicity Community & Events: Publicity takes on many forms, from writing and sending out press releases, feature writing, radio interviews, talks & presentations, social media, website updates, organising events – to attending shows with the society's Information Stand. Don't worry if you feel you don't have the knowledge to engage with the public at shows – none of us did when we started – we won't leave you alone with the stand!

Address: Locations along the canal

Key Contact:

volunteer@granthamcanal.org

granthamcanal.org/v17/

facebook.com/granthamcanalsociety/



0-2



**Mixed
Gender/
Cultures**



3-15

Facilities



Transport: Location dependent.

Opportunities to socialise: Most roles involve time to stop and have a chat.

Cotgrave Diamond Welfare Angling Club

Aim: We aim to increase the variety of fish within the lake stocking each year and to provide accessible fishing.

Activities Available:

Fishing - 36 pegs around Heron lake, & 8 double platforms for disabled anglers.

Regular Saturday and Sunday club matches are held throughout the year on the lake all are well attended resulting in good weights for the anglers.

Transport: There are three car parks for members to use around the lake.

Address: Cotgrave Country Park

Key Contact:

07939 144471

cotgraveanglers@gmail.com

dave381brown@hotmail.co.uk

cotgraveanglers.com/p/cotgrave-anglers.html

Mental Health Level

0-2



Mixed Gender/Cultures

Average Group Size

5-6

Facilities



Transport: Car park available

Friends of Bingham Linear Park

Aim: To maintain and enhance the biodiversity of the local nature reserve and to look after it for the users of the park.

Activities Available:

In the period Oct-March we carry out conservation work party activities such as scrub clearance, tree thinning, path clearing etc.

In the period April - Sept we monitor the wildlife especially birds and butterflies. There are regular activities planned, usually on 3rd Sunday of each month. We also have volunteering opportunities for Duke of Edinburgh students. Children need to be accompanied by a responsible adult. Details of activities are published on Facebook.

Opportunities to socialise: We love to chat as we walk and work. We have an annual meal out and meet monthly to discuss activities.

Address: Bingham Linear Park, Tithby Road Bingham NG13 8GP

Key Contact:

Linear_park@hotmail.co.uk

07979 355413

friendsofblp.org.uk/

facebook.com/BinghamLinearpark

Mental Health Level

0-1



Mixed Gender/Age

Average Group Size

Up to 6

Facilities



Transport: Regular trains/buses to Bingham. Street parking available nearby.

Trent Bridge Community Trust

(TBCT is the charity of Nottinghamshire County Cricket Club)



Address: Rushcliffe Arena, NG2 7HY

Edwalton Golf Club, NG12 4AS

Cotgrave Leisure Centre NG12 3PJ

Trent Bridge Café, NG2 6AC

Key Contact:

07814 112510

ian.richardson@trentbridge.co.uk

trentbridge.co.uk/trust

Aim: To unite communities, delivering high-quality sports and physical activity interventions across Nottinghamshire.

Forget Me Notts is a group operating for people with dementia. Sessions run 10:30am-12pm at the following locations and dates.

Month	Rushcliffe Arena	Edwalton Golf	Trent Bridge Cafe
March	7 th / 21 st	14 th	28 th
April	4 th / 18 th	11 th	25 th
May	2 nd / 16 th	9 th	30 th
June	6 th / 20 th	13 th	27 th
July	4 th / 18 th	11 th	25 th
August	1 st / 15 th	8 th	29 th
September	5 th / 19 th	12 th	26 th
October	3 rd / 17 th	10 th	31 st
November	7 th / 21 st	14 th	28 th
December	5 th / 19 th	12 th	

Mental Health Level

0-2

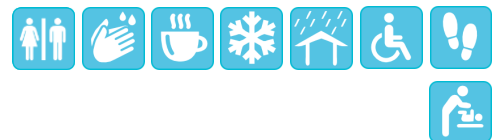
Mixed Gender/ Cultures

Average Group Size

10-20

Predominantly male for NIM (MH project).
Predominantly male for FMN (dementia project) although more women attend as carers/wives etc. All welcome to participate or benefit from respite for two hours.

Facilities



Notts In Mind supports people with their mental health through physical activity in a social setting.

Cotgrave Leisure Centre (NG12 3PJ)

Notts In Mind – Ladies’ session: Thursdays 10.30am– 12pm
Carers Group – 1:30pm-3pm every other Wednesday

Opportunities to socialise: Sessions are part exercise, part discussion with half an hour for refreshments/chat at the end.

Transport: Location dependent.

Nottinghamshire Wildlife Trust South Notts Local Group (SNLG)

Address: Nottinghamshire Wildlife Trust, The Old Ragged School, Brook Street, Nottingham, NG1 1EA

Aim: South Notts Local Group (SNLG) is Nottinghamshire Wildlife Trust's members' group in Rushcliffe working to promote nature conservation.

Activities Available:

Winter Wildlife Talks Programme: Zoom-based talk each month from October to March inclusive. Talks start at 7pm until 9pm.

Out and About Programme: Regular guided walks throughout the year, but mostly in Spring and Summer, at various sites across Rushcliffe led by one or more local expert(s).

Work Parties: Regular parties, led by a site warden or similar, work at local nature reserves to maintain and sustain the sites. Parties meet on a regular basis, generally monthly throughout the year.

Activities are open to all, subject to children being accompanied by a responsible adult, and wheelchair users and those with hearing/sight issues being accompanied by an adult familiar with their condition (where appropriate) and subject to a positive health and safety risk assessment.

Please contact for more information on available activities and accessibility.

Opportunities to socialise: SNLG does occasionally organize a quiz to which all are welcome

Key Contact:

southnottswildlife@gmail.com

07443870963

southnottswildlife.org.uk

Mental Health Level

0-2



Mixed Gender/ Cultures

Average Group Size

Varied

Facilities



Transport:

Generally by car but most accessible by bike and on foot (for those living nearby) and by bus



Notts Guided Walks

Aim: To showcase the vast number of walks and activities available across Nottinghamshire, to encourage people to get outdoors, promote walking and let people know about the great areas and sites our area has to offer.

At Notts Guided Walks, we have a website, yearly walking programme and printed booklet containing numerous guided, self-guided and wellbeing walks being offered across Nottinghamshire. Almost all our walks and events are free to attend.

Activities Available:

Guided, Self-Guided and Wellbeing Walks

Wildlife & Nature Events

Things to note: Some walks and activities offered by Wellbeing Groups are appropriate for people with additional physical needs. For more details, please visit our website.

Opportunities to socialise: Many walks offer the opportunity for people to chat, and we often have social gatherings at pubs or cafés for refreshments.

Address: Activities take place at various locations across Nottinghamshire.

Key Contact:

nottslow15@outlook.com

07719 827 808

nottsguidedwalks.co.uk



Mental Health Level

0-2



Mixed Gender/Cultures



Average Group Size

10-12

Facilities



Transport: Dependent on location. The starting points for all our walks and events are listed on our website. We try to encourage public transport wherever possible.

Pilates 'Bring Baby'

Aim: Providing Pre and post natal fitness classes Nottingham area.

Activities Available:

Buggy park fit outdoors

Pilates 'bring baby' indoors and online classes. Classes delivered by a qualified and experienced postnatal fitness instructor.

1-2-1 or Group sessions available

Opportunities to socialise: Yes in group sessions.

Address: Various Locations

- Cotgrave Country Park
- Ruddington Buggy Park
- Colwick Park
- Gedling Country Park
- Online

Key Contact:

lindsaymarieparker@hotmail.com

07531 813624



Mental Health Level

0-2



Female classes



Average Group Size

1:1
Small groups

Facilities (depend on location)



Transport: Car park available

Rushcliffe Move and Mingle Wellbeing Walks

Aim: Rushcliffe Move & Mingle Wellbeing Walks offer free, safe and sociable walks with trained leaders to improve your health and wellbeing – supporting you to get active and stay active. Walks last from 30 to 90 minutes to suit your ability and level of fitness. We offer walks in 5 Rushcliffe locations each week: Lady Bay, Rushcliffe Country Park, Radcliffe on Trent, East Leake and Cotgrave Country Park.

No need to book: if coming for the first time please arrive 10 minutes early to complete a short registration form. No dogs please, except Assistance Dogs.

Activities available:

Tuesday 11.00am Poppy & Pint pub off Pierrepont Road, Lady Bay, West Bridgford. Walks of about 90 minutes along the River Trent and round Holme Pierrepont. Options to turn back for shorter walks. Meet on the pub car park by the tennis courts.

Wednesday 10.30am Rushcliffe Country Park, Ruddington. Meet on the path by the lake about 50 metres to the left of the visitor centre. Choice of walk to suit your fitness and ability level, from 30 mins walk around the lake to a longer walk of about an hour.

Thursday 10.30am Radcliffe-on-Trent, meet in front of Grange Hall, Vicarage Lane. A friendly group led by Radcliffe locals. All abilities welcome to join us. Village walks to suit your fitness level from 30 minutes to up to an hour.

Thursday 1:30pm Meadow Park, East Leake. Meet by the Millstone Sculpture at the south access point to the park next to the playing fields. Join us for 30 minutes of fresh air, a chat and some gentle exercise on paths in the park.

Friday 2.00pm Cotgrave, meet by Rose & Crown Pub, Main Road. Meet by the pub car park to walk for about an hour around Cotgrave Country Park. Options to turn back for shorter walks.

Opportunities to socialise: People socialise during the walks. There may be the opportunity for people to stay for a drink/food after the walk, depending on location.

Address:

Lady Bay, Rushcliffe Country Park, Radcliffe on Trent, East Leake, Cotgrave

Key Contact:

For Lady Bay, Rushcliffe Country Park or Cotgrave:
Duncan 07969 330846
Simon 07976 631194

For Radcliffe: Kathy 0115 9334863

For East Leake: Anne 07913 328971

rushcliffemandm@gmail.com
ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-rushcliffe



0-2



Mixed Gender/
Cultures



10-20

Facilities (depend on location)



Transport: Location dependent.

Nottinghamshire County Council Green Spaces

Aim:

Countryside volunteering opportunities

Activities Available:

The typical conservation tasks that you may be involved with include:

- Weed-pulling
- Clearing rights of way
- Tree maintenance
- Pine-pulling on heathland
- Litter clearing.

Address:

[Bestwood Country Park](#)
[Sherwood Forest](#)
[Rufford Abbey](#)
[Cotgrave Country Park](#)
[Daneshill Lakes LNR](#)
[Greenwood Community Forest](#)
[Moor Pond Wood](#)
[Southwell Trail](#)
[Woodlands and Coach Wood Green, Shireoaks](#)

Contact details for various locations:

nottinghamshire.gov.uk/planning-and-environment/countryside-and-green-spaces/countryside-volunteering-opportunities

The Derbyshire & Nottinghamshire Entomological Society (DaNES)

Aim: To promote the study and recording of moths, butterflies, insects and Land Arthropods within Nottinghamshire & Derbyshire.

The society is also, the Nottinghamshire moth group and is home to the County moth recorders. Moth trapping and other events are run throughout the summer months.

Activities Available:

Outdoor activities run May – September and can be found here:

danes-insects.org.uk/events.htm

Current annual membership rates are:

- Ordinary Membership £12.00
- Family Membership £15.00
- Life Membership £200.00 (individuals only)

Opportunities to socialise: 150 members event at Shipley in July Brackenhurst in November showcase

Address:

Various locations

Key Contact:

russell.nevin@sky.com

01623 721422

danes-insects.org.uk/events.htm



0-2



Mixed Gender/Cultures



4-12

Facilities

Site dependent

Transport:

Location dependent

Canal and River Trust – Waterways and Wellbeing Programme



Address: 11-13 Hockley, Nottingham NG1 1FH

Key Contact:

0758696975

carol.burrell@canalrivertrust.org.uk

canalrivertrust.org.uk/about-us/where-we-work/east-midlands/social-prescribing-in-nottingham

Aim: To help people to become healthier, happier and support their mental and physical health by engaging in activities on or around the waterways.

Activities Available:

- Canoeing (April-September) Tuesdays various times
- Stand Up Paddle Boarding (April-September) Tuesdays various times
- Narrowboat Experiences
- Guided Walks Tuesdays 10am-12pm
- Running Programme
- Cycling
- Arts & Crafts various times
- Men's group Wednesday 10-1pm
- Planting, growing, foraging (March-September) Wednesday and possible weekends

You can self-refer for the guided walks
 All referrals are looked at by a Community Wellbeing Coordinator and call made to have a chat before joining activity.
 We encourage people to come and have a look at the activity and meet the instructors and staff beforehand if possible.

Criteria for suitability:

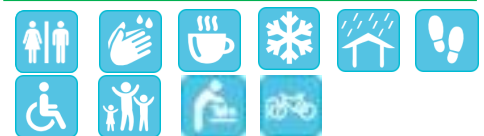
No specific level of fitness required; however people will be assessed on an individual basis for paddle activities

Approx Group Sizes:

- It depends on the activity
- Paddle activities between 8-12
- Guided Walks up to 25
- Running up to 12
- Arts & Crafts up to 15 (depends on venue)
- Cycling up to 8
- Men's group up to 15

 Mental Health Level 0-2	 Mixed Gender/Cultures	 Average Group Size 8-15 Activity dependant
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Facilities depend on location and activity



Transport: Locations vary, so transport options and parking facilities will depend on what is available for each site.

Opportunities to socialise: There is usually the opportunity to have a warm drink and a chat after the activities at a local café or other venue, depending on where the session takes place.

parkrun



Aim: 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. 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.

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.

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.

Locations as of June 2022:

Beeston
Belton House
Bestwood Village
Brierley Forest
Clifton
Clumber Park
Colwick
Dukeries
Forest Rec + Junior
Gedling + Junior
Hucknall Junior
Long Eaton + Junior
Mansfield + Junior
Newark + Junior
Rushcliffe + Junior
Sherwood Pines
Shipleigh Country Park + Junior
Wollaton + Junior
Wirksworth Junior

Facilities vary by location



Transport:

Location dependent

The Ramblers

Aim: Nottinghamshire Ramblers are a local group of the national *Ramblers* organisation and we organise a range of walks to suit all abilities throughout the year.

We also support 14 friendly Groups offering a wide selection of walks catering for different locations, ages and abilities.

Activities Available:

Ramblers Walking group finder:

ramblers.org.uk/go-walking/group-finder

Ramblers group walk finder:

ramblers.org.uk/go-walking/find-a-walk-or-route

Opportunities to socialise: The Groups also have social activities and walking holidays, providing a chance to make new friends, have fun and get fit at the same time.

Address: Varied locations in Nottinghamshire.

Key Contact:

ramblers.org.uk/go-walking/ramblers-groups/areas/nottinghamshire-area
nottsarearamblers.org.uk



0-2



Mixed
Gender/
Cultures



Varies

Facilities vary by location



Transport:

Location dependent

Ridewise



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.

Activities Available:

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.

Address: Various locations in Nottingham
Our office is based at The Lenton Centre but we deliver services at many locations around Nottinghamshire and beyond.

Key Contact:

ridewise.org.uk/book

Facilities



Transport:

Location dependent



The Countryside Code

Aim: The Countryside Code is a set of guidelines for responsible behaviour in rural areas. It promotes respect for others, protection of the environment, and the enjoyment of outdoor spaces. By following the code, we preserve nature, show consideration, and create memorable experiences.

Respect everyone

- Be considerate to those living in, working in and enjoying the countryside
- Leave gates and property as you find them
- Do not block access to gateways or driveways when parking
- Be nice, say hello, share the space
- Follow local signs and keep to marked paths unless wider access is available

Protect the environment

- Take your litter home – leave no trace of your visit
- Take care with BBQs and do not light fires
- Always keep dogs under control and in sight
- Dog poo – bag it and bin it – any public waste bin will do
- Care for nature – do not cause damage or disturbance

Enjoy the outdoors

- Check your route and local conditions
- Plan your adventure – know what to expect and what you can do
- Enjoy your visit, have fun, make a memory

Parks and Pitches

Location	Facilities Available	Contact/Booking Information
Alford Road Sports Pitch, West Bridgford, NG12 4AU	Changing/toilet facilities. Children's play area, teen shelter and basketball court.	Book a pitch through pitchbooking.com communityfacilities@rushcliffe.gov.uk 0115 9148553
Boundary Road Play area, West Bridgford, NG2 7DB	Play park suitable for children 0-12. Small leave to ride and bike track.	Enquiries: communityfacilities@rushcliffe.gov.uk 0115 9148553
Bridgford Park, Central Avenue, NG2 6AT	Toilets and coffee available on site. Tennis courts (need to be booked in advance). Children's play facilities on site.	To book courts: admin@activepace.co.uk
Cotgrave Country Park, Hollygate Lane, NG12 3HE	Includes planted woodlands, grasslands, ponds and a restored section of the Grantham Canal.	cotgravecountrypark.co.uk See page 15 for Friends of Cotgrave Country Park
Gresham Sports Park, Wilford Lane, West Bridgford, NG2 7YF	Sports pavilion has a room available for hire – up to 50 people. Newly refurbished sports facilities, including football pitches. Extensive car parking available.	Book a pitch through pitchbooking.com Enquiries: communityfacilities@rushcliffe.gov.uk 0115 9148553
Holme Pierrepont Country Park, Adbolton Lane, NG12 2LU	A 270-acre country park, dominated by a watersports lake, but surrounded by areas of woodland, small pools and grassland. Paths for walking/cycling/running and lots of activities available on site. Meeting facilities available to hire.	nwscnotts.com Car park (charges apply)

Parks and Pitches

Location	Facilities Available	Contact/Booking Information
Manor Farm Park and Woodlands, Castle Hill, East Leake, LE12 6LU	Nearly 100 acres of farmland including wildflower meadow, lake, reed beds, woodland and willow coppice.	manorfarm.info 01509 852525
Meadow Park, Gotham Road, East Leake, LE12 6QL	Site around 45 acres big, with paths and informal 'play' area suitable for picnics and games.	Enquiries: communityfacilities@rushcliffe.gov.uk 0115 9148553 east-leake.co.uk/meadow-park
Rushcliffe Country Park, Ruddington, NG11 6JS	Contains areas of woodland, grassland, wildflowers, plus a small lake, visitor centre, toilets and children's play area and other activities. Refreshments available at peak times.	rushcliffe.gov.uk/leisure-and-culture/rushcliffe-country-park Car park open 8am - 6pm. The carpark is £1 for all day parking. See page 8 for Friends of Rushcliffe Country Park
West Park, Loughborough Rd, NG2 7JE	Sir Julien Cahn Pavilion available for hire – contact community facilities for more information. Tennis courts (need to be booked), cricket sports field.	communityfacilities@rushcliffe.gov.uk 0115 9148553 To book tennis courts: admin@activeace.co.uk



Green Spaces

Location	Description	More information
Bingham Linear Walk Access from Nottingham Road, Bingham	A 2½ km disused railway track that has been taken over by wildlife. Woodland and grassland habitats can be found supporting wildflowers and butterflies. Owned and managed by Bingham Town Council.	friendsofblp.org.uk See page 19 for Friends of Bingham Linear Park
Bunny Old Wood, Loughborough Road, Bunny, NG11 6QQ	An ancient deciduous woodland with animal and flower interest. Managed by Notts Wildlife Trust.	nottinghamshirewildlife.org/nature-reserves/bunny-old-wood-west
Collington Common, Collington Way, West Bridgford, NG2 7LR	An area of amenity grassland converted to a wildflower meadow. Owned by Rushcliffe Borough Council.	collington-common.business.site
Dewberry Hill, Radcliffe-on-Trent Access is by the public footpath surrounding the site	Heath and wood, in an open space above Radcliffe-on-Trent. Managed by Radcliffe-on-Trent Parish Council.	
Fishponds Wood, Owthorpe	In the parish of Owthorpe lies a group of historic fishponds, home to a rich variety of wildlife. It is also home to the 'Friends of Owthorpe Fishponds'.	
Gotham Nature Reserve Access is from the track next to the Gotham British Legion Club.	Flower rich pasture and scrub. Managed by Gotham Parish Council.	rushcliffewildlife.co.uk/sites/gothamsandbanks.html
Gotham Railway Walk	The disused gypsum mine railway has now become a delightful walkway maintained and owned by Gotham Parish Council.	
Grantham Canal	This disused canal runs from the River Trent near Lady Bay Bridge through to Grantham. Most of the canal has had the towpath restored and can be walked or cycled along. Many parts are important for a wide range of wildlife.	canalrivertrust.org.uk See page 25 for Canal & River Trust
Gresham Marsh Access from Wilford Lane	An area of pasture and marshland. Owned by the Environment Agency off Wilford Lane.	rushcliffewildlife.co.uk/sites/greshammarsh.html Parking may be available at Gresham Sports Pavilion or on Gresham Park Road.

Green Spaces

Location	Description	More information
Keyworth Meadow Nature Reserve, NG12 5AF Access is off Lings Lane.	A grassland and wetland site with good flowers and wildlife. Owned by Keyworth Parish Council.	keyworth-meadow.co.uk
Langar Village Pond	A traditional village pond adjacent to the Unicorns Head Public House.	
Large Green and Little Green, Car Colston	Areas of traditional common land within the village. Access is via roads and public footpaths.	
Lily Ponds, Radcliffe-on-Trent	An area of ponds and meadow below the river cliffs.	rushcliffewildlife.co.uk/sites/lilyponds.html
Naturescape Visitor Centre, Coach Gap Lane, Langar, NG13 9HP	44 acres of commercial wildflower beds, hedgerows, demonstration gardens, meadows, pond and marsh and wildflower sales.	naturescape.co.uk
Orston Millennium Green, Orston NG13 9NL Access from Smite Lane, just after crossing the Smite Road bridge.	Meadows, woodland and streamside.	orstonparish.co.uk/community/clubs/orston-millennium-green
River Cliffs, Radcliffe on Trent, NG12 1AR Access from Rockley Park, Park Road.	A walk following the top of the river cliffs. Mostly tarmac and flat.	radcliffeontrentww1.org.uk/rockley-memorial-park
Sharphill Wood, Edwalton Accessed from Landmere Lane, Peveril Drive and Old Lane, adjacent to Wilford Cemetery.	A mature mixed deciduous woodland with plant and wildlife interest. Owned by Rushcliffe Borough Council.	sharphillwood.org See page 13 for Friends of Sharphill
Sheldon Fields, Cropwell Butler Access off Main Street	Sports field surrounded by a large area of grassland and woodland habitat.	

Green Spaces

Location	Description	More information
Skylarks, Adbolton Lane, Holme Pierrepont, NG12 2LU	A complex of former gravel pits that have been transformed into an attractive reserve with much to see year round. A wetland site with a good range of plants and birds and other wetland species. Owned by Notts Wildlife Trust.	nottinghamshirewildlife.org/nature-reserves/skylarks
Springdale Wood, East Bridgford Lies between the Medical Centre and Springdale Lane	A new native woodland planted on farmland in 1999, off Springdale Lane. Managed by Friends of Springdale Wood.	rushcliffewildlife.co.uk/sites/springdalewood.html
Sutton Bonington Meadow and Spinney	A 10 acre site containing grassland, woodland, a dyke and a pond. Ridge and Furrow is also prominent. Adjacent to the River Soar. Owned by Sutton Bonington Parish Council.	rushcliffewildlife.co.uk/sites/suttonbonington.html
The Hook / Trent Field Holme Road, West Bridgford Access from the junction of Holme Road and Mona Road	Meadow and recreational area alongside River Trent. Owned by Rushcliffe Borough Council.	friendsofthehook.org.uk See page 14 for Friends of the Hook
The Green Line Access from Boundary Road to Melton Road	An attractive stretch of urban disused railway, vegetated by scrub and grassland. Owned by Rushcliffe Borough Council.	greenlineconservation.com
Upper Saxondale Community Nature Reserve	An area of woodland and wildflower meadow. Owned by Upper Saxondale Resident Association.	woodlandtrust.org.uk/visiting-woods/woods/upper-saxondale-community-woodland/
Wilford Claypits, Wilford, NG2 7NZ	Disused clay-pit which has developed into important base-rich grassland, scrub and marsh communities. Managed by Notts Wildlife Trust.	nottinghamshirewildlife.org/nature-reserves/wilford-claypit
Willoughby Wood, Willoughby on the Wolds	6 acres of young woodland near Willoughby on the Wolds, part of the Woodland Trust's 'Woods on your Doorstep' scheme. Owned by the Woodland Trust.	woodlandtrust.org.uk/visiting-woods/woods/willoughby-wood/
Wilwell Farm Cutting Access from entrance track on the B680 between Ruddington and Wilford just before the ring road bridge.	A site between Ruddington and Wilford incorporating woodland, scrub and some of the best neutral grasslands and marshes. Managed by Notts Wildlife Trust.	nottinghamshirewildlife.org/nature-reserves/wilwell-farm-cutting-nature-reserve See page 18 for Friends of Wilwell Farm Cutting Nature Reserve

For more information on Green Spaces, please see the Nature in Rushcliffe booklet: rushcliffe.gov.uk/media/c12kcxss/natureinrushcliffe.pdf

Nottingham Greenground including Rushcliffe

Explore a greener Nottingham from your doorstep and learn and grow in our green spaces.

Make time to connect with nature and people in new ways, improve your mood and your health by keeping active in our parks and gardens, on our canals and rivers or visit our nature reserves and woodlands.

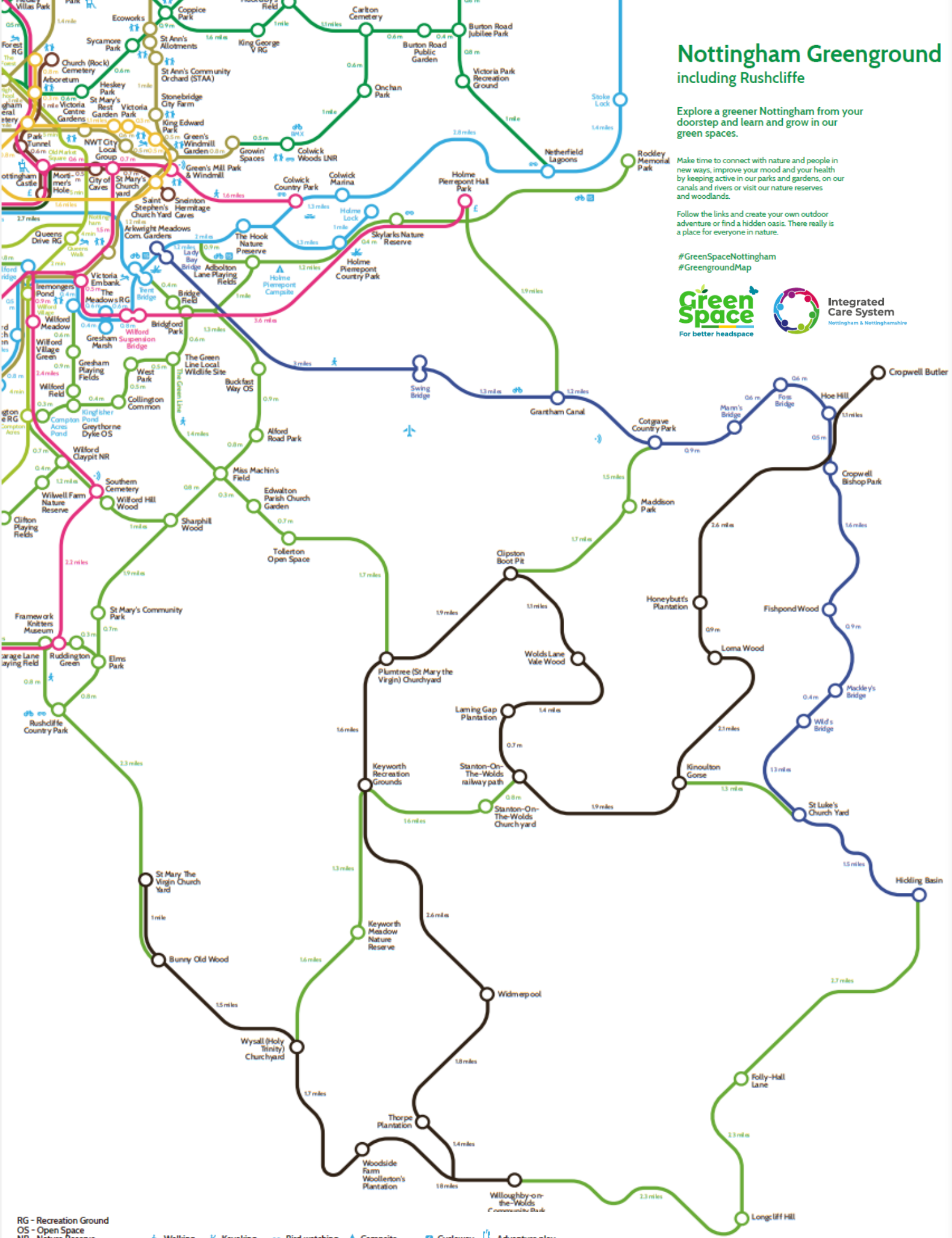
Follow the links and create your own outdoor adventure or find a hidden oasis. There really is a place for everyone in nature.

#GreenSpaceNottingham

#GreengroundMap



Integrated Care System
Nottingham & Nottinghamshire



- RG - Recreation Ground
- OS - Open Space
- NR - Nature Reserve
- LNR - Local Nature Reserve
- Walking (person icon)
- Cycling (bicycle icon)
- Kayaking (kayak icon)
- Swimming (swimmer icon)
- Bird watching (bird icon)
- Viewpoint (glasses icon)
- Campsite (tent icon)
- Friends Group (group of people icon)
- Cycleway (bicycle icon)
- Fees (pound sign icon)
- Adventure play (play equipment icon)
- Outdoor gym (gym icon)

Trent	Grantham	Robin Hood	City	North	Cave
Erewash	Nottingham	Tram	Heritage	South	Garden