THE Big Green Book

WE'RE A TRUSTED Green Space PROVIDER

Rushcliffe Borough Council

Carefound Home Care

A directory of nature-based activity providers

Rushcliffe Primary Care Network

Rushcliffe

Integrated Care System Nottingham & Nottinghamshire

Nottingham Community and Voluntary Service

A partnership approach to Green Social Prescribing in Nottingham and Nottinghamshire

Carefound Home Care is proud to sponsor the Rushcliffe Big Green Book

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Please note: All information is correct at the time of publishing. The Big Green Book will be updated bi-annually. 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) for all their hard work on developing the Rushcliffe Big Green Book and to Carefound Home Care for their sponsorship.

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?

The Big Green Book helps local residents discover activities, groups and opportunities to support their health and wellbeing. It is also a useful resource for social prescribers, healthcare professionals and community organisations looking to connect people with local activities and support.

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 or you require further information to contact the provider directly prior to attending any activities.

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:

**If an organisation has the Dementia Friendly flower logo, this means that the majority of the volunteers and leaders have attended a Dementia Friends Information Session and feel comfortable supporting people with memory loss.*

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

Rushcliffe is committed to working to become a Dementia Friendly community. Our goal is to help residents living with dementia, and their carers, enjoy better, more independent lives for longer.

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 to reduce stigma and spread knowledge about dementia.

If you are interested in arranging a Dementia Friends session please contact dementiafriends@alzheimers.org.uk

To find out more about Rushcliffe working towards becoming a dementia friendly community and how you can get involved, visit the Rushcliffe Dementia Action Network (RDAN) website - www.rdan.org.uk

Carefound Home Care

Carefound Home Care provides personalised home care services to older people across Rushcliffe, with our local branch based in West Bridgford.

We’re proud to be one of the few providers rated ‘Outstanding’ by the Care Quality Commission (CQC). Our services range from flexible hourly care to live-in or respite care, supporting everything from basic help around the home to specialist care for conditions like dementia.

Our carers are carefully selected, fully trained and backed by 24/7 support from our local team. We're also proud to support dementia initiatives in Rushcliffe, including the Dementia Action Network and the Green Memory Café.

We’re honoured to contribute to The Big Green Book, a fantastic resource for local healthcare workers, families and individuals, promoting nature-based activities to enhance mental and physical well-being.

Carefound
Home Care

Outstanding care at home

Carefound Home Care offers families highly personalised home care, enabling you to live comfortably at home, whatever your needs.

- Hourly home care
- Live-in care
- Respite care
- Personal care
- Dementia care
- Specialist care

Inspected and rated
Outstanding
Care Quality Commission

TOP 20 HOME CARE GROUP
AWARD 2025
homecare.co.uk

0115 7270941

www.carefound.co.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 providers to identify the level of support they can offer. You should refer to these levels when assessing whether a provider or activity is suitable to meet your needs or those of the person you are working with. If you or the person you are working with need additional or more personalised support beyond what these scales suggest, it may be possible for a carer or support worker to attend an activity. Please contact the provider directly to discuss more personalised support before attending for the first time.

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

Activities if a person is **feeling generally well** but they want to look after their mental and physical health. These activities are designed to be experienced **independently** or alongside friends or family.

Level One: Can offer...

A supportive environment if a person is experiencing loneliness, low mood and or lack of motivation/ structure/routine and their feelings are having a negative effect on their wellbeing.

A person is maybe **seeing their GP about their mental health or are having some support from a health worker or social prescriber.**

Activities are designed to **help combat feelings of loneliness and/or low mood and offer support to increase motivation/structure/routine and manage symptoms of anxiety and/or mild depression.**

Level Two: Can offer...

Supportive activities for a person who is currently getting support from their GP and receiving talking therapies such as CBT or counselling.

Such activities may be beneficial for a person who is taking **short term medication and/or under ongoing regular mental health reviews.**

Sessions may include those specifically designed to **support mental health** and place a **particular emphasis on wellbeing.** They may also offer the option for a volunteer or carer to attend alongside a participant, if this would help them feel more comfortable or at ease in a group setting.

These activities can support a person **towards identified recovery goals** that have been **set with a mental health care professional.**

Level Three: Can offer...

Activities that are designed to support a person with **more than one area of need and can work in partnership** with specialists and local mental health teams. **The sessions allow for support worker attendance**, and short-term programmes or packages that can be tailor designed where possible, to meet individual needs.

Providers can work closely with existing mental health support to form an extended team that specialises in working with people who have **longer-term** and/or **more serious** mental ill health difficulties.

Level Four: Can offer...

Supportive activities when a person is **experiencing an acute mental health crisis** which requires them to receive inpatient or intensive crisis team support.
OR
They have a **long-term serious mental illness** and **need regular care and support.**

Activities will be in a **hospital-based location**, such as a hospital community garden or therapy garden. Activities are **facilitated by a specialist team** that can ensure help and support is available for a person to get the most out of their 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.)

If I could offer you a pill with no side effects but incredible health benefits, we'd all be eager to take it daily. The advantages of exercise, even something as simple as walking, are immense. I wholeheartedly encourage you to incorporate more walking into your daily routine - it not only boosts your health but also helps the environment. Why not consider walking to work, or if it's too far, perhaps walk the final mile to your workplace?

– Dr Matthew Jelpke, St George's Medical Practice

Physical activity for adults and older adults

- Benefits health
- Improves sleep
- Maintains healthy weight
- Manages stress
- Improves quality of life

Reduces your chance of

Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%

Some is good, more is better

Make a start today: it's never too late

Every minute counts

Be active

at least **150** minutes moderate intensity per week
increased breathing able to talk

OR

or a combination of both

at least **75** minutes vigorous intensity per week
breathing fast difficulty talking

Swim
Brisk walk
Cycle

to keep muscles, bones and joints strong

Build strength

on at least 2 days a week

Gym
Yoga
Carry heavy bags

Run
Stairs
Sport

Minimise sedentary time

Break up periods of inactivity

Bowls
Tai Chi
Dance

For *older adults*, to reduce the chance of frailty and falls

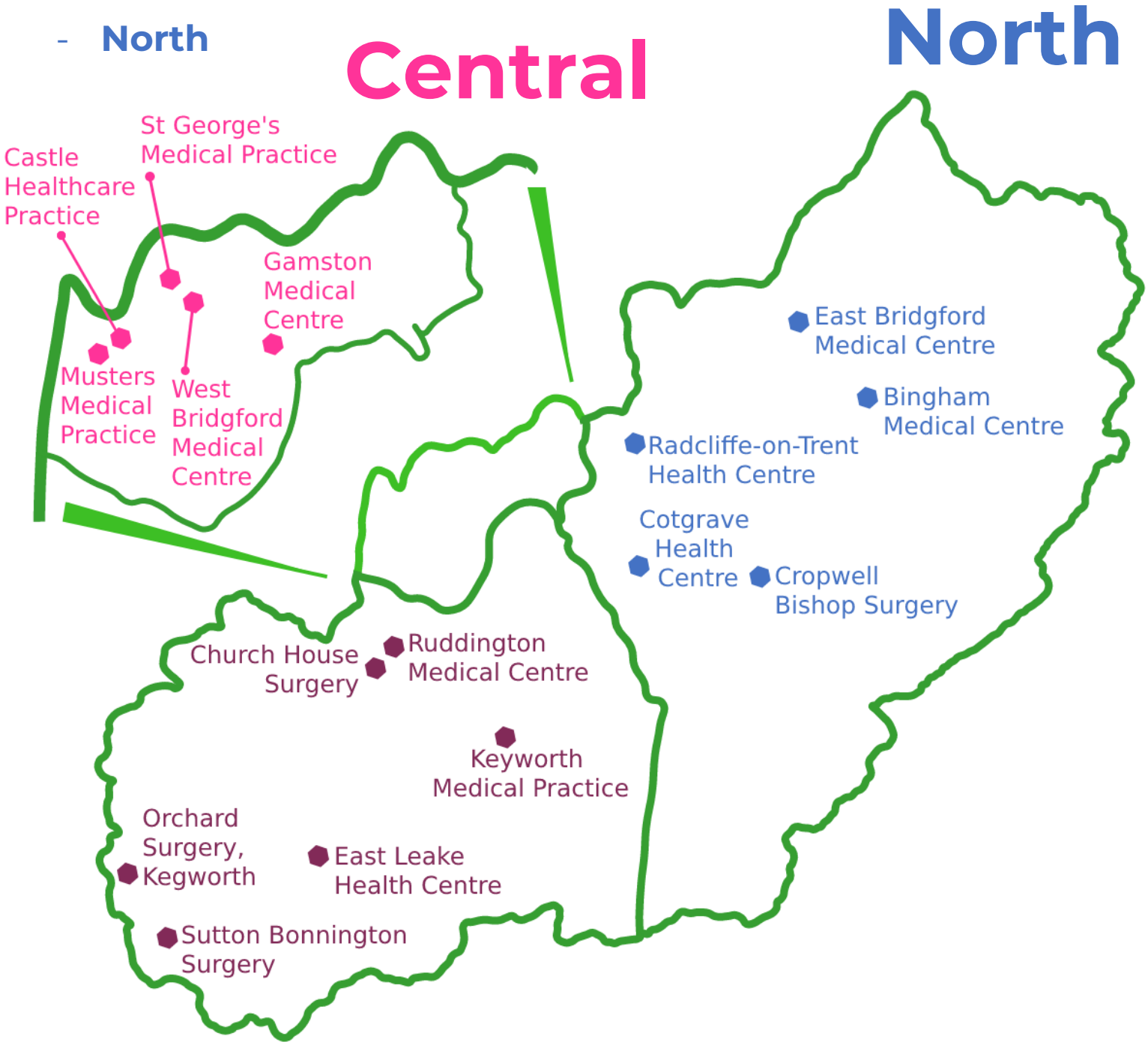
Improve balance

2 days a week

Rushcliffe Area Map

Rushcliffe is divided into three areas:

- South
- Central
- North



Healthcare Practices

Rushcliffe: South

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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: **0-1**

Mixed Gender/ Cultures

Average Group Size: **8-15**

Facilities

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

Boots & Brambles

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

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.

Key Contact

Frances Groombridge
admin@bootsandbrambles.com
bootsandbrambles.com

Mental Health Level: **0-2**

Mixed Gender/ Cultures

Average Group Size: **Varies**

Facilities

*Woodland site is accessible, but more difficult in wet weather due to muddy ground.

Transport:. There is car parking available.

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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 'allotmenteers'. 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.

During growing months we meet weekly on a Wednesday early afternoon. Cups of tea available. During the winter we operate from a winter timetable and still meet up, just a little less regularly.

We operate a small community WhatsApp Group for this project which enables us to keep in touch about sessions which you are welcome to join once you have come along for a taster session.

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

GreenSpace
For better headspace

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
07311 311958
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.

Friends Of Meadow Park

Aim: The Friends Of Meadow Park help maintain this 44-acre site for the benefit of nature, and as a recreation space for the local community.

Activities Available:

Conservation Work Parties
We run monthly practical conservation parties on the second Saturday of each month. We meet at the back of the East Leake Parish Council offices at 9.50am and work until around mid-day. Activities typically include bulb planting, hedge laying, tree and scrub maintenance, wildflower seeding and litter picking.

Activities are sensitively orientated to the capabilities of the individuals involved.

The park includes some hardcore paths, but some can be uneven and narrow in places and are therefore not suitable for people with significant mobility issues.

There is also a local walking group (The Meadow Park Strollers) who meet (weather permitting) every Thursday at 1.30pm at the Millstone/Sculpture entrance and walk the park for around 30 minutes, enjoying a chat and some gentle exercise. The group call into one of the village cafes afterwards for refreshments. Contact 07913 328971 for more details.

Opportunities to Socialise: We are a friendly group and like to chat during our Saturday work party. The Meadow Park Strollers offer sociable walks.

Address:
Meadow Park, Gotham Road, East Leake, Nottinghamshire, LE126PF

Key Contact:

Kevin Gibbons – Chairman

Contact us via the contact form on the Meadow Park page of the village website https://east-leake.co.uk/Meadowpark or message us on Facebook https://www.facebook.com/ELFoMP/

Mental Health Level: **0 - 1**

Mixed Gender/ Cultures

Average Group Size: **5 - 20**

Facilities:

Getting Here:

East Leake is on the main bus route between Nottingham and Loughborough and there is free car parking in the centre of the village.

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For better headspace

Hackett Lakes

Address: Hackett Lakes, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2PW

Aim: The most satisfying fishing experience takes well-stocked waters, a peaceful location and an impressive catch record. At Hackett Lakes, we give you all this and more. Located less than 4 miles from Nottingham, we take you away from the crowds to enjoy perfect fishing on one of our two purpose-built fishing lakes.

Activities Available:

Over ten years old, our beautiful lakes are generously stocked with quality fish. In fact, since the year 2000, we have added over 17,000 carp.

As well as some of the most popular fishing spots in the Nottingham area, we offer convenient parking facilities and even the chance to win some big prizes for your fishing skills.

We welcome all at our lakes, we have fishing pegs that are accessible for disabled

We welcome fishing clubs as well as individuals. So if you're looking for great fishing and excellent amenities, all in an unspoilt setting that's handily close to Nottingham, you'll find everything you're looking for at Hackett Lakes.

Key Contact:

Name: Sally Hackett - secretary

Email: hackettlakes0@gmail.com

Phone: 07400924279

Web: www.hackett-lakes.co.uk/

Mental Health Level: **0-1**

Mixed age/gender

Average Group Size: **Varies**

Opportunities to socialise:
We welcome fishing clubs, and our friendly baliffs are always on hand to offer advice and a chat.

We give the opportunity to be out in the open air and being surrounded by like minded people with a common interest in fishing quite naturally allows social interactions.

Facilities

Transport: Parking is available. It is also accessible by foot and bike

Keyworth Community Garden

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

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: 'Volunteers and participants have the opportunity to make connections with others through a combination of group working and peer support. The Garden is a friendly place where people are encouraged to come and have a chat at any time, whether they are regular volunteers or not

Key Contact:

branchandbloomgardening@gmail.com

facebook.com/branchandbloomgardening

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.

GreenSpace
For better headspace

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 – Allotment Plot 4.

We have a small allotment plot to grow fruit and vegetables primarily to provide produce for the Saturday stall at the ExChanging Rooms. We are redesigning the space with manageable growing beds, planting soft fruit and laying wood chip paths (winter 2023).We meet every Tuesday 1pm-3pm and Thursdays 10am - 12 noon.
Seasonal tasks include - planting, watering, weeding, picking. Special workshop ideas are planned for 2024 e.g. making a no dig bed, upcycling an old chair as a herb planter. Wildlife area is also planned. We have a seating area for socialising during tea breaks.

Opportunities to Socialise: Our activities are very social with lots of chances to meet people and chat as we work.
We also have additional opportunities to socialise including evening social eating meals, a summer solstice BBQ, preserving workshops, an Apple Day in October and a harvest supper, 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/
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.

GreenSpace
For better headspace

Midlands Nordic Walking

Aim: To help people become more active by Nordic Walking, especially inactive people. We enable people to make friends in a community Nordic Walking group and enjoy a gentle and effective workout at the same time.

Activities Available:

Nordic Walking community groups

We run friendly, supportive Nordic Walking community groups for adults of all fitness levels, with beginner workshops available and sessions adapted wherever possible to be inclusive and welcoming.

We aim to support people who are new to exercise, returning after illness, interested in walking a parkrun, or managing long-term health conditions, including some slower-paced walks (at Rushcliffe Country Park and Highfields Park) for those who prefer a gentler, more relaxed style.

Please note that Nordic Walking may not be suitable for most wheelchair users, but we are happy to discuss individual needs. Sessions take place at various locations and times throughout the week all year round — for full details and to book, please visit our website or contact Catherine.

Opportunities to Socialise: Nordic Walkers can talk throughout the whole Nordic Walking session. In fact, the instructor encourages this interaction to help with participants' wellbeing. Some of the groups stay after the session for a drink and a chat.

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
07974 57 57 58
midlandsnordicwalking.org

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
2-20

Facilities:

Transport:
There is parking at all our locations (some are free, some require pay and display). All locations have public transport; the walk from the bus stop varies depending on location.

GreenSpace
For better headspace

Friends of Sharphill Wood

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

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.

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 Drive. The nearest bus stop is on Boundary Road (Nottingham City Transport buses 8 and 9)

St Paul's Church 'No Boundaries' Community Garden

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

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.

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.

Gardening drop-in session on Fridays, 2-4pm April to September (with refreshments in the café at 3.30pm). No need to book, just come along.

Social Supermarket every Monday 10.30am-12pm: Redistributing surplus food to reduce waste.

Please see our Facebook page for opening times and events.

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.

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.

GreenSpace
For better headspace

Greenies Allotment

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

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 John.

Key Contact:
John 07973614344
ladybay.co.uk/greenies.html

Mental Health Level: **0-1**

Mixed Gender/ Cultures

Average Group Size: **Varied**

Facilities:

Transport

Nottingham City Transport Number 11 bus serves Lady Bay.

Friends of The Hook Nature Reserve

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

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.

Key Contact:
friendsofthehook@gmail.com
0115 9745524
friendsofthehook.org.uk
facebook.com/friendsofthehook

Mental Health Level: **0-1**

Mixed Gender/ Cultures

Average Group Size: **8-10**

Facilities:

Transport

Nottingham City Transport Number 11 bus serves Trent Boulevard.

GreenSpace
For better headspace

Wild and Wonder

Aim: The aim of Wild and Wonder is to encourage more people in the community to connect to nature to improve health and wellbeing.

We focus on encouraging engagement from demographics who are more likely to be experiencing social isolation and loneliness, perhaps due to physical or mental health difficulties or age-related barriers.

Through engaging in nature-based mindfulness and craft activities in groups, participants are also able to meet and chat to new people in a gentle, open social environment.

Activities Available:

Nature-based Wellbeing Session:
These sessions usually involve Forest Bathing and Nature Crafts open to the general public once a month.

Sessions usually take place on Sunday at 1pm for 90 mins - 2.5 hours, depending on the individual session.

Information for each event will be updated on my Facebook page with all timing, date and sign-up details.

Also available to run sessions throughout the week with specific groups upon request.

All sessions are open to everyone: there is no prerequisite of knowledge needed. The sessions involve a mix of sitting, laying and slow walking, and all elements take place

Accessibility - the site is located 650m from meeting point / car park, along flat terrain, which includes gravel, short grass and woodland.within a small area and are entirely optional.

Forest Bathing involves sensory cues, so some elements may exclude those with hearing/sight issues - if I am aware that this affects a member of the group, I will adapt the session to exclude those elements.

We also run other sessions too including: nature crafts, family / kids sessions (family friendly) and identification walks.

Opportunities to socialise: At the end of every session, we will share a cup of tea together and chat about our experiences. The Forest Bathing itself is performed predominantly in silence, however the nature crafts elements are a fantastic opportunity to learn something new / get creative whilst also chatting to other participants.
All sharing with the group is optional of course.

Address:
Rushcliffe Country Park, NG11 6JS
in a private section of woodland.

Key Contact:
Name: Poppy Wildman - event facilitator
Email: wildandwondernotts@gmail.com
Phone: 07848 690334
Instagram: @wildandwondernotts
Facebook: @Wild and Wonder

Mental Health Level
0-1

Mixed Gender/ Cultures

Average Group Size
0 - 15

Facilities

Transport:

Parking is £1.50 for 3 hours or £3 all day. Rushcliffe Country Park is also accessible by bus.

GreenSpace
For better headspace

West Bridgford Canal Preservation Group (WeBCan)

Aim: WeBCan is a community group which has been established following the public meetings which were attended by hundreds of local residents after the drying out of the Lady Bay and part of the Gamston sections of the canal during the drought in summer 2023.

WeBCan's management committee comprises three local councillors and representatives from the Gamston & Holme Pierrepont Parish Council, and the community associations of Abbey Park, Lady Bay, and Central West Bridgford.

Our aim is to try to reduce the dominance of reeds in the Lady Bay and Gamston stretches of the Canal which blocks the flow of water.

Activities Available:

Work Parties

The work parties typically take place on Wednesday and Sunday evenings (6pm -7pm during the summer, or earlier during other times of the year).

Our activities mainly comprise a series of reed-pulling on the Grantham Canal in Lady Bay and Gamston.
No prior knowledge is required. There are jobs available for all, irrespective of physical ability.

However, participants need to be confident around water, and willing to attend a First Aid Course if this is deemed necessary.

Opportunities to socialise: The sessions usually only last an hour. However, we always work in groups and non-canal conversation is constant. We have approximately 4 social occasions per year.

Address:
The Lady Bay and Gamston sections of the Grantham Canal
(NG2 5DG to NG2 6NA = adjacent roads to the section of the canal)

Key Contact:
Name: Paul Abel, Joint Chair
Email: paulabel@ntlworld.com
Phone: 07973 169820
Web: www.abbeyparking.com/webcan-updates

Mental Health Level		Average Group Size
0-2	Mixed Gender/ Cultures	6 - 8

Facilities:

Transport

It is on the bus routes which run along Radcliffe Road.

Rushcliffe: North

GreenSpace
For better headspace

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.

Key Contact:
radcliffecommunitygardens@hotmail.com
07778324924 - Jo Kemp
facebook.com/radcliffecommunitygardens

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)

Mental Health Level: **0-2**

Mixed Gender/ Cultures

Average Group Size: **5-10**

Facilities:

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

Friends of Cotgrave Country Park

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

Key Contact:
foccp.sec@gmail.com
cotgravecountrypark.co.uk
facebook.com/FriendsOfCotgraveCountryPark

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!

Mental Health Level: **0-1**

Mixed Gender/ Cultures

Average Group Size: **9-12**

Facilities:

Transport: Car park available

GreenSpace
For better headspace

FarmEco

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

Aim: We are a community farm in rural Nottinghamshire aimed at reconnecting people to the land and environment. 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:

Nature Care Course - A 6 week self care programme in a small supportive group where we'll be taking part in nature-based activities, mindfulness practice and personal development.

Creative Nature Walks for Wellbeing - Connect with nature, take a gentle walk and enjoy nature-based art activities.

Volunteer days - Join our friendly volunteering group who get involved in the many tasks needed to look after nature and the farm. There is a something for everyone whatever your experience or ability.

Other projects include **Men in Sheds** and **Women in Sheds.**

See website for more details and dates.

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

Key Contact:

Email: info@farmeco.co.uk

Website: www.farmeco.co.uk

Instagram: instagram.com/farmeco_today

Facebook: facebook.com/farmecoNG13

Mental Health Level
0-2

Mixed age, Gender/ Cultures

Average Group Size
6-10

Facilities

Transport: Parking available

Cotgrave Community Garden

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

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 session - we work on the garden, sowing, harvesting, watering, picking flowers and arranging, weeding.

Open days, volunteer sessions, 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.

Key Contact:

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.

GreenSpace
For better headspace

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

Mental Health Level: **0-1**

Mixed Gender/ Cultures

Average Group Size: **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/

Mental Health Level: **0-2**

Mixed Gender/ Cultures

Average Group Size: **3-15**

Facilities

Transport: Location dependent.

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

GreenSpace
For better headspace

Cotgrave Angling Club

Aim: To provide and maintain accessible angling for all in Rushcliffe regardless of age and ability.

Activities Available:

Fishing - 36 pegs and 8 platforms suitable for disabled anglers around Heron Lake, a mixed fishery including a good variety of coarse fish species.

The club operates as a members-only club and is responsible for maintaining accessible fishing for the community. Regular work parties are held to ensure the lake remains fishable throughout the year, clearing reeds/ weeds and maintaining the banks and fishing platforms.

The club has an active match section fishing a number of matches throughout the year at various waters.

Address: Cotgrave Country Park

Key Contact:
Name: Mike hayes

Email:
cotgraveanglingclub@gmail.com

Web:
cotgraveanglers.com/p/cotgraveanglers.html

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
5-6

Facilities

Transport: Bus links to Cotgrave with stops on Hollygate Lane and Harvest Drive; the club has three lakeside car parks that are available for members to use.

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.

GreenSpace
For better headspace

Cropwell Community Garden Club

Address: The Plough Inn, Main St, Cropwell Butler, NG12 3AB (entrance through pub car park)

Aim:

A place to grow local food and flowers, support wildlife, and learn from each other. Using agroecology to build a healthy garden and work towards creating a better local food system.

Activities Available:

Growing and caring for vegetables, fruits, herbs, flowers, and the garden space. Gentle activities include watering, seed sowing and saving, planting, harvesting, garden art and crafts. Activities vary seasonally and require no gardening knowledge. We learn and grow together. All are welcome to enjoy rest in the garden and have a cup of herbal tea.

Weekend dates, open days, and workshop events are published on our website and social media.

Accessibility:

The garden has woodchipped paths. Wheelchair-accessible paths, a wheelchair-accessible table and raised bed. We can accommodate 1-2 wheelchair users per session. Toilets, including a wheelchair-accessible toilet, are located next door at The Plough Inn.

Opportunities to socialise: We always stop for tea.

Key Contact:

Name: Xanthea Turner

Email:

cropwellcommunitygarden@gmail.com

Web:

www.cropwellcommunitygarden.co.uk

Facebook: @cropwellcommunitygarden

Instagram: @cropwellcommunitygarden

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
1-10

Facilities

Getting Here:

Accessible by foot and bike, including from Cropwell Bishop and Tithby.

By car, there is a large car park at The Plough.

Cropwell Butler is located on the 833 bus route from Bingham and 747 from Radcliffe on Trent, bus stops are outside The Plough Inn.

GreenSpace
For better headspace

Friends of Cotgrave Country Park

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

Aim:
The Friends of Cotgrave Country Park are a registered Charity Group made up entirely of local volunteers who help maintain, protect and develop the park environment for the public and the wildlife that lives within it. The park is owned and managed by Nottinghamshire County Council, and the Friends Group work alongside the council. Anyone is welcome to join the Friends Group, and there are a variety of ways in which you can get involved.

Activities Available:

- Carrying out essential maintenance and conservation tasks in the park every month throughout the whole year. Dates are published on our Website and on FaceBook. Tasks can be tailored to suit age and ability. No prior training is required, and all tools and equipment are provided.
- Organising events in the park such as Family Fun days, conservation surveys, litter picks and tree planting or hedge laying. Come and have a go at something new in our beautiful wild park
- Putting on a selection of educational and fun guided nature walks, for all the family, such as; fungi, wildflowers and butterflies, morning bird song, bat walks, tree studies. You are welcome to join in.

Children must be accompanied by a parent or guardian.

Many members of the Friends Group are also volunteer wardens or often attend task days.

Look on our website or Facebook page for more details. If you'd like to get involved in helping improve the park then we would love to hear from you - everyone is welcome! To find out more about the ways you can help or join us, please contact our secretary

Opportunities to Socialise:

We have a group get together on alternate months, on the last Tuesday of the month, at 7pm in the Cotgrave Methodist Church Hall. We have a cup of tea and cake and chat about all things to do with the park. Sometimes we may have speakers on topics of nature and conservation, or other local groups may join us to share their plans and request volunteering support.

We have an annual meal out just after Christmas.

We are planning more social activities all the time such as picnics in the park.

Even working together in the park to maintain the paths and accessways is a team effort and a social activity as we are a friendly bunch and will always stop for tea and biscuits and have a chat.

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:
The Trent Barton "Cotgrave" service from Nottingham or West Bridgford has a stop for the country park at Morkinshire Lane. Leave the bus to the left and take the next right turn into Mill Lane and follow signs to the park.

Alternatively, the Nottingham City Bus 11 service has a stop at the corner of Harvest Drive and Yew Tree Road, which is only 2 minutes walk from the country park. This bus can be taken from Nottingham, West Bridgford or Gamston. In the opposite direction, the bus starts in Cropwell Bishop before reaching Cotgrave.

There are also 2 free car parks, the main one on Hollygate Lane (NG123HE), (What Three Words ///graph.explorer,irritable), and a smaller one, Canal Car Park, at the other end of the park on Main Road (NG123HB), (What Three Words ///horses.tour.cable).

GreenSpace
For better headspace

Trent Bridge Community Trust

(TBCT is the charity of Nottinghamshire County Cricket Club)

Aim: Trent Bridge Community Trust Overarching aim 'Our mission, quite simply, is to provide a sporting chance to disadvantaged people in Nottinghamshire.'

We believe in providing inclusive opportunities where everyone feels valued, respected and empowered.

Notts in Mind (Women only) :

This is our women's group, supporting those at risk of or currently facing social isolation for any reason.
We use sport and physical activity to:

- Increase self-esteem
- Build confidence
- Improve fitness levels
- Meet new people

We provide:

- Safe and supportive environments
- Mental health and wellbeing support
- Inclusive social and sporting activites
- A cuppa, chat and a biscuit or two!

Sessions involve a mixture of mental wellbeing activities, workshops and support in combination with physical wellbeing activities, ranging from dancing, circuit training, guided gym work, seated and adaptive exercise, aqua aerobic sessions, yoga and mindfulness activities.

Tuesday 1:30-3 The Lenton Centre
Thursday 10:30-12 Cotgrave Leisure Centre

Forget Me Notts

Free sport and social sessions for people living with dementia and their carers.

Forget Me Notts is Trent Bridge Community Trust's Dementia-based project. These weekly sessions, of between 40 and 70 people, provide the opportunity for social and sporting activities for those living with dementia and their carers, working to reduce social isolation, encourage physical activity and provide support to those directly and indirectly affected by dementia.

A typical session involves a mixture of social activities like bingo, a weekly quiz and chat, sporting activities including golf, indoor bowls, indoor curling, dance based exercise, and chair exercise, as well as the opportunity to connect with individuals in a similar situation and professionals in the field of dementia. View the latest Forget Me Notts calendar.

Opportunities to socialise: Sessions are part exercise, part socialising and part guided support with guest speakers from external organisations. Refreshments always available with the "Trent Bridge Café Session" featuring a small buffet lunch. Sessions Every Tuesday 10:30-12 across three key venues: Rushcliffe Arena, Edwalton Golf Club and Trent Bridge Cricket Ground

Address: Rushcliffe Arena, NG2 7HY

Edwalton Golf Club, NG12 4AS

Cotgrave Leisure Centre NG12 3PJ

Trent Bridge Café, NG2 6AG

The Lenton Centre, NG7 1RQ

Key Contact:
Olivia Mackie - Olivia.mackie@trentbridge.co.uk
View their website.

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
10-20

Facilities

Transport: Car parking is available, location dependent.

Venues:
Notts in Mind:
Cotgrave Leisure Centre
The Lenton Centre

Forget Me Notts:
Rushcliffe Arena
Edwalton Golf Club
Trent Bridge Cricket Ground

GreenSpace
For better headspace

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

Streetwise

Address: Unit 10 Moorbridge Road, Moorbridge Industrial Estate, Bingham, Nottingham, NG13 8GG

Aim: We have over 35 years of experience caring for the borough of Rushcliffe and Nottinghamshire.

Across Rushcliffe, operations include maintaining open spaces including Rushcliffe Country Park, public toilets, car parks, cemeteries, sports fields and play areas.

Activities Available:

Litter Picking

To help and support Litter Picking in the community we organise litter picking events and projects with walking groups.

Opportunities to Socialise:

We can provide support and refreshments for large volunteer events.

Key Contact:
Rebecca Sanderson
rsanderson@rushcliffe.gov.uk
07814 386 871
rushcliffe.gov.uk/streetwise

Mental Health Level: **0 - 1**

Mixed Gender/ Cultures

Average Group Size: **Varies**

Facilities:

Getting Here:

Location dependent - events are accessible via transport links in each area

GreenSpace
For better headspace

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:

nottsrow15@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

GreenSpace
For better headspace

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. Car parking charge £1.50 for three hours.

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

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
10-20

Facilities (depend on location)

Transport: Location dependent.

GreenSpace
For better headspace

Rushcliffe Ramblers

Aim: We are the local Rushcliffe Ramblers group, part of the national ramblers and the Notts Area group.

We open the way for everyone in our local community to enjoy the pleasures of walking.

Activities Available:

Guided Walks

We organise guided walks of varying lengths mostly in the countryside, every Sunday and sometimes midweek

Our guided walks are usually of between 5 to 12 miles.

Everyone is very welcome to join us on our walks and is assured of a warm welcome. It is advised participants need to be able to walk the distance advertised.

Opportunities to Socialise: We are a very friendly group: midweek walks are often followed by an optional pub lunch; we organise social events such as croquet and evening talks; and twice a year we go away for a walking weekend holiday.

Address: Walks in Nottinghamshire, Leicestershire and Derbyshire, usually within an hour's drive of West Bridgford.

Key Contact:

Mike Stock, Chair

chair@rushclifferamblers.org

0115 986 1345

https://www.rushclifferamblers.org / https://www.facebook.com/RushcliffeRamblers

Mental Health Level: **0 - 2**

Mixed Gender/ Cultures

Average Group Size: **10 - 20**

Facilities:

Getting Here:

Some walks are accessible by public transport but many require a car. We encourage car-sharing and help with providing lifts for those who require them.

Various Locations: Nottinghamshire

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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

Mental Health Level
0-2

Mixed Gender/ Cultures

Current Group Size
4-12

Facilities

Site dependent

Transport:

Location dependent

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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:

There are many fun and interesting things to do along our canals and rivers, such as Canoeing, Stand Up Paddle Boarding and Narrowboat Experiences. We also offer guided cycling and walks, arts & crafts, planting, growing, foraging. Activities depend on the time of the year. Please visit our website for more information.

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.

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

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.

Mental Health Level
0-2

Mixed Gender/ Cultures

Average Group Size
8-15 Activity dependant

Facilities depend on location and activity

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

RideWise

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

Aim: RideWise is an East Midlands based charity, working hard to make a difference to our communities, businesses and lives by improving the way we travel.

Helping people discover the freedom and joy of cycling and walking, by offering skills related workshops, bike repairs, second-hand bike sales and cycling lessons.

In addition, they support businesses and local authorities across the region as Active Travel consultants.

For more information visit the RideWise website.

Facilities vary by location

Transport:
Location dependent

Various Locations: Nottinghamshire

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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
Shipley Country Park + Junior
Wollaton + Junior
Wirksworth Junior

Facilities vary by location

Transport:
Location dependent

The Ramblers

Address: Varied locations in Nottinghamshire.

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

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.

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

Facilities vary by location

Transport:
Location dependent

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aebal Leisure

Address:
aebal Leisure, 14 Henson Lane, Radcliffe on Trent, Nottingham, NG12 2JR

Aim: Our aim is to help make the mainstream community a more inclusive and open minded place. We strongly believe that access to nature and wildlife is hugely important for good mental health!

Our support is aimed towards adults with mental health conditions, autism and learning disabilities so a home visit and informal assessment is required to join our activities

You can visit our website to complete an online referral form: www.aebal-leisure.com/contact-us

Key Contact:
Name: Amy Nuttall – Service Manager
Email: info@aebal-leisure.com
Phone: 07591 555 858
Web: www.aebal-leisure.com/
Facebook: @AebalSupportNottingham
Instagram: @aebalsupport

Activities Available:

We provide support for "adults at risk" so all our clients need to be registered with the service so we can complete all the necessary support plans and safeguarding paperwork. Generally each person is assigned weekly support hours with us and then they can use those hours to access a broad amount of activities including lots of outdoor nature based activities and animal and wildlife sessions.

These include:

Friday morning nature walks and bird spotting. We run 2 separate groups and frequent different country parks and green spaces each week.

Tuesday mornings we visit historical buildings such as Newstead Abbey, Beauvale Priory in Morgreen, Newark Castle.

Monday mornings and Wednesday afternoons we visit various farm parks and animal sanctuaries. This includes Pet a Pony therapy in Cotgrave, Tropical Birdland in Desford, Lanes farm Breaston, Floralands Lambley and many more venues.

On Saturdays we run roadtrip where we venture further afield to places such as the Peak District, Yorkshire Sculpture Park, coastal trips and donkey sanctuaries to name a few!

Read about our service mission: www.aebal-leisure.com/Missionstatement

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.

Mental Health Level
0-4

Mixed Gender/ Cultures

Average Group Size
Varied

Facilities

Transport:
We provide car transport to and from all our activity venues. Wheelchair users are welcome however we can only provide transport for collapsible wheel chairs.
Our clients are also able to meet at the various venues if they prefer and are capable of doing so.

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Explore Rushcliffe's Green Spaces

Within Rushcliffe, there lies a wealth of green spaces, nature reserves and parks waiting to be explored and enjoyed by all.

Whether you're a seasoned hiker or simply looking to take a leisurely stroll, our local parks offer a range of pathways to suit every pace and preference.

In the following pages, you will find out more about the collection of green spaces scattered throughout Rushcliffe, along with walks nestled within Rushcliffe Country Park, Cotgrave Country Park and Holme Pierrepont offering opportunities to connect with nature and enjoy the great outdoors.

If you're interested in green spaces in Rushcliffe or would like to see more included in the book on your local area, we'd love your input for future editions of the Rushcliffe Big Green Book. Let's work together to showcase even more of our wonderful outdoor spaces. Get in touch to contribute at rushcliffebiggreenbook@gmail.com

Check out these recommended apps, designed to help you explore local walking trails with ease:

Download on the App Store | GET IT ON Google Play

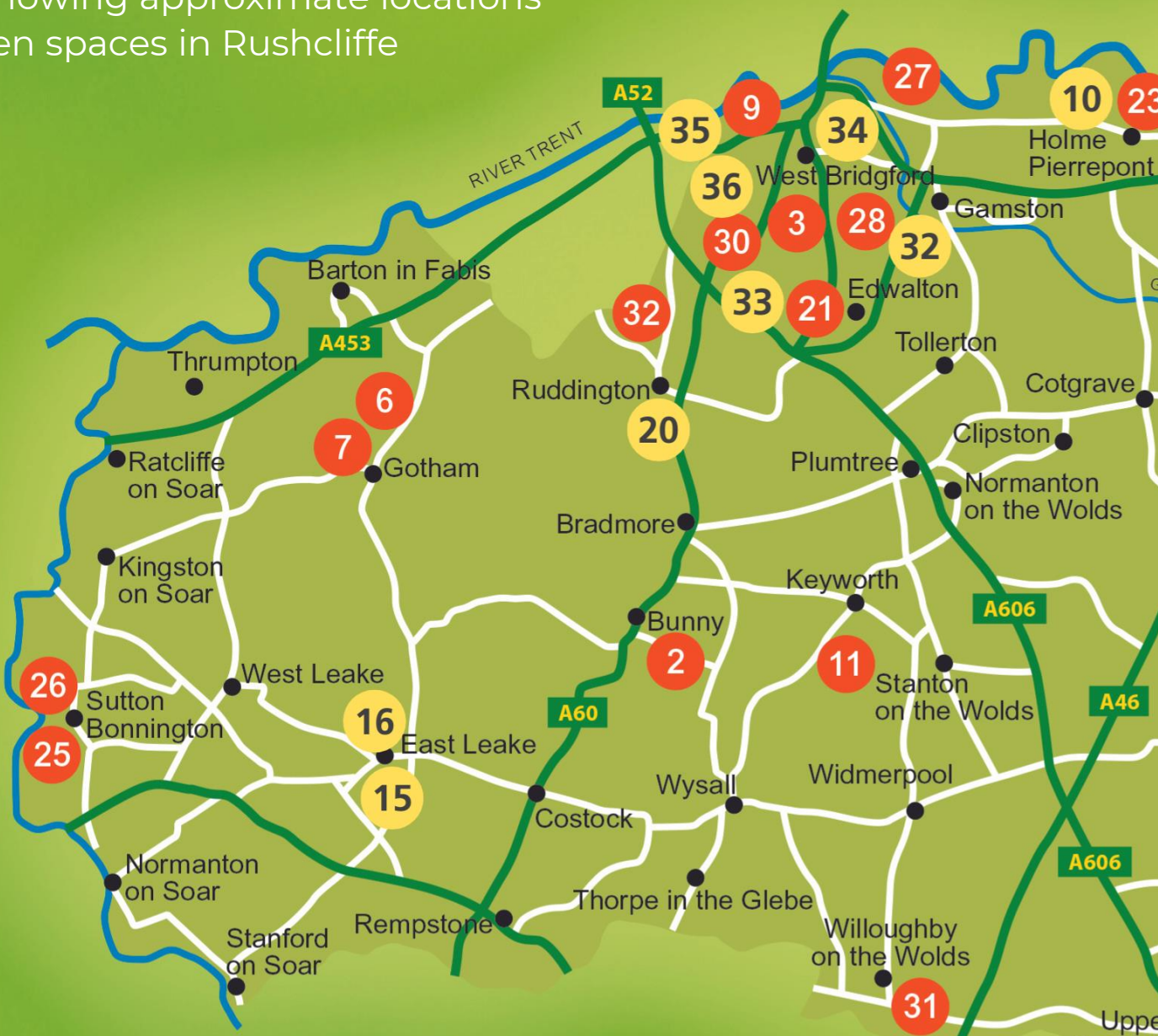
App	Description
AllTrails	AllTrails allows you to search for nearby walks, view trail maps, and read reviews from fellow hikers.
Walking App by Walking Britain	Provides access to thousands of walking routes across the UK, including detailed descriptions, photos, and interactive maps.
GoJauntly	GoJauntly offers a range of curated walks created by locals, along with features like route sharing and nature spotter tools.
Slowways	Slowways focuses on creating a network of walking routes that connect towns and cities, allowing walkers to explore the countryside at a leisurely pace.
GreenSpace NG	Explore green spaces around Nottinghamshire and find out more about different locations with interesting facts and photos. Add your own facts and photos to help the collection of green spaces to grow.

These apps offer a wealth of resources to help you discover and enjoy the beauty of walking in Rushcliffe and beyond. Download one today and start planning your next outdoor adventure!

Rushcliffe: South Central North

Rushcliffe

Map showing approximate locations of green spaces in Rushcliffe



Parks and Pitches

Nature Reserves

Parks and Pitches

Nature Reserves

Nature Reserves

Map	Location	Description	More information
1	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 21 for Friends of Bingham Linear Park
2	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
3	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
5	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.	
6	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
7	Gotham Railway Walk	The disused gypsum mine railway has now become a delightful walkway maintained and owned by Gotham Parish Council.	
8	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 27 for Canal & River Trust
9	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.
11	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

Nature Reserves

Map	Location	Description	More information
12	Langar Village Pond	A traditional village pond adjacent to the Unicorns Head Public House.	
13	Large Green and Little Green, Car Colston	Areas of traditional common land within the village. Access is via roads and public footpaths.	
14	Lily Ponds, Radcliffe-on-Trent	An area of ponds and meadow below the river cliffs.	rushcliffewildlife.co.uk/sites/lilyponds.html
17	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
18	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
19	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
21	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 15 for Friends of Sharphill
22	Sheldon Fields, Cropwell Butler Access off Main Street	Sports field surrounded by a large area of grassland and woodland habitat.	
23	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
24	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

Nature Reserves

Map	Location	Description	More information
25	Sutton Bonington Diamond Wood	71 acres of new woodland planted for Queen Elizabeth II's Diamond Jubilee with a diverse mixture of flowering meadows	nottingham.ac.uk/sustainability/grounds/diamondwood.aspx
26	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
27	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 16 for Friends of the Hook
28	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
29	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/
30	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
31	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/
32	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 20 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

Parks and Pitches

Map	Location	Facilities Available	Contact/Booking Information
32	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
33	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
34	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@activeace.co.uk
4	Cotgrave Country Park, Hollygate Lane, NG12 3HE	. There are no toilet facilities however free car parking is available for motorists on Hollygate Lane (the car park has a height barrier).	cotgravecountrypark.co.uk See page 17 for Friends of Cotgrave Country Park
35	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
10	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)

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Parks and Pitches

Map	Location	Facilities Available	Contact/Booking Information
15	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
16	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
20	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 9 for Friends of Rushcliffe Country Park
36	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

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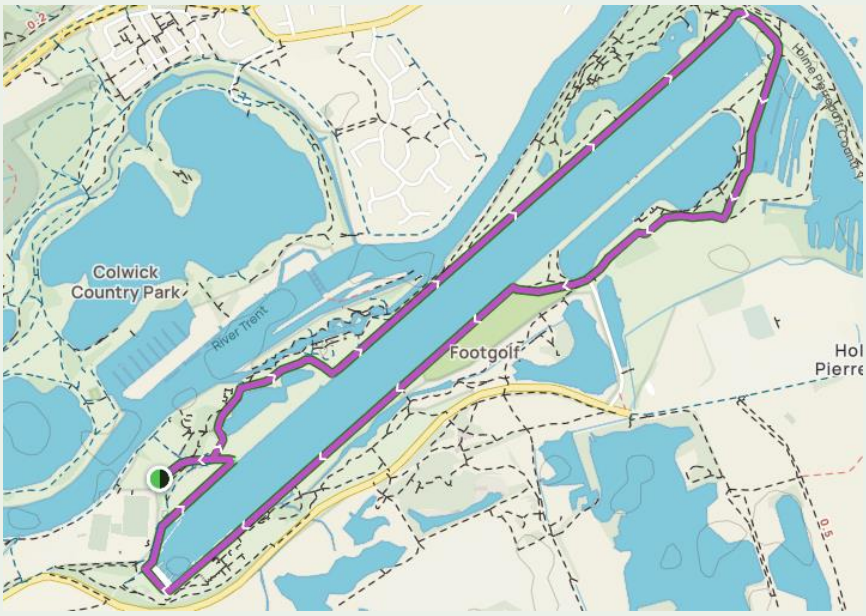
Walking Routes – Holme Pierrepont

Map	Details
	• Distance – 1.3km • Duration – Approximately 15m – 20m • Difficulty – Generally considered an easy route.
	• Distance – 5.5km • Duration – Approximately 1hr 10m – 1rh 30m • Difficulty – Generally considered an easy route.
	• Distance – 7.9km • Duration – Approximately 1hr 50m – 2hr 15m • Difficulty – Generally considered a moderately challenging route.

All information and maps taken from AllTrails. For further information visit www.alltrails.com

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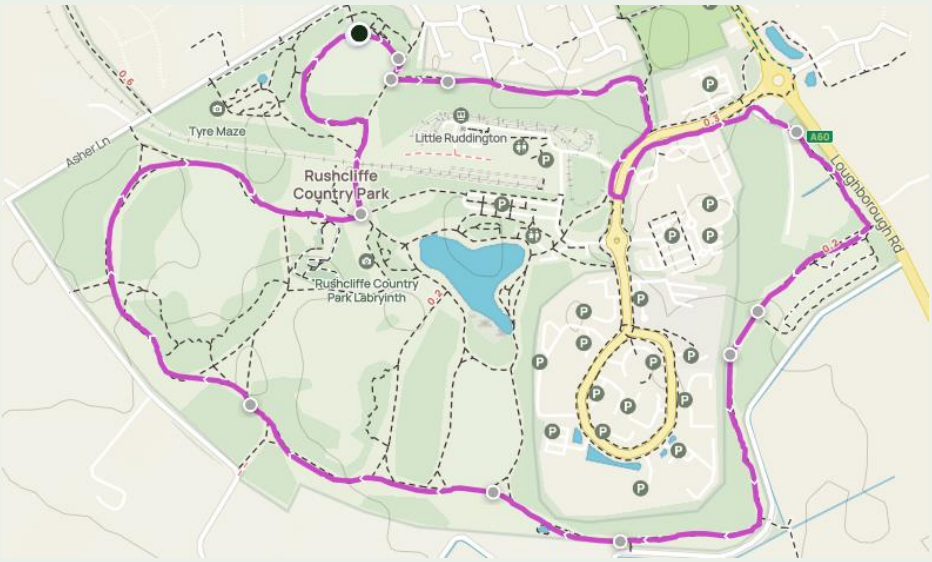
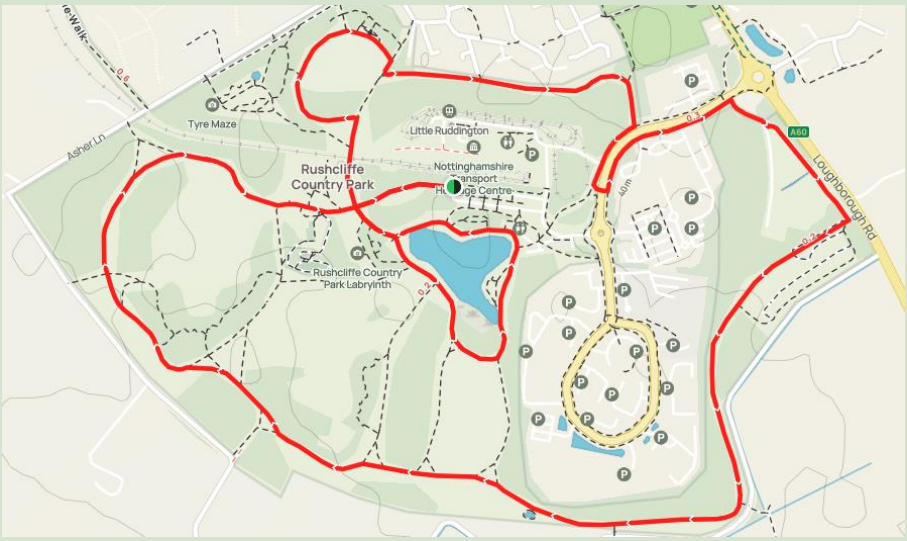
Walking Routes – Rushcliffe Country Park

Map	Details
	• Distance - 1.9km • Duration – Approximately 25m - 35m • Difficulty - Generally considered an easy route.
	• Distance – 5km • Duration – Approximately 45m - 1hr • Difficulty – Generally considered a moderate walk, mostly flat terrain. • Complete 2 laps for a 10km.
	• Distance – 6.1km • Duration: Approximately 1.5hr – 2hr • Difficulty: Mostly flat terrain with well-maintained paths.

All information and maps taken from AllTrails. For further information visit www.alltrails.com

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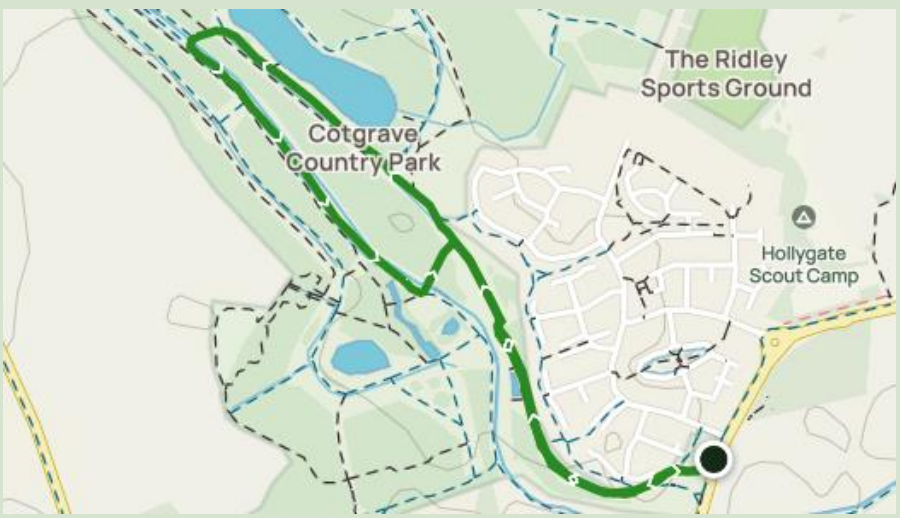
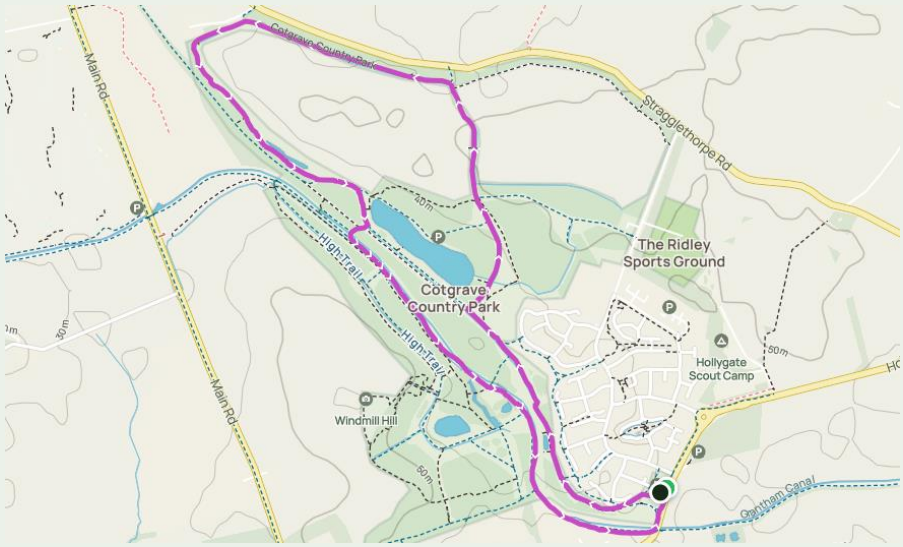
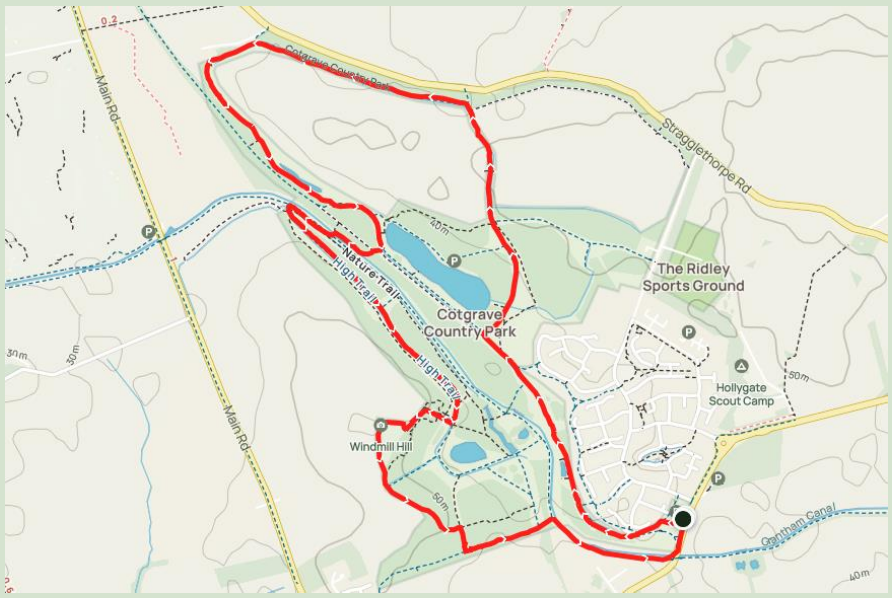
Walking Routes – Cotgrave Country Park

Map	Details
	• Distance – 3km • Duration – Approximately 30m – 45m • Difficulty – Generally considered an easy route.
	• Distance – 4.75km • Duration – Approximately 45m – 1hr • Difficulty – Considered a moderate walk. Includes a short but steep hill.
	• Distance – 5.8 km • Duration – Approximately 1.5hr - 2hr • Difficulty - Considered a moderate walk. Includes two small hills and a moderate flight of steps.

All information and maps taken from AllTrails. For further information visit www.alltrails.com

Rushcliffe 100

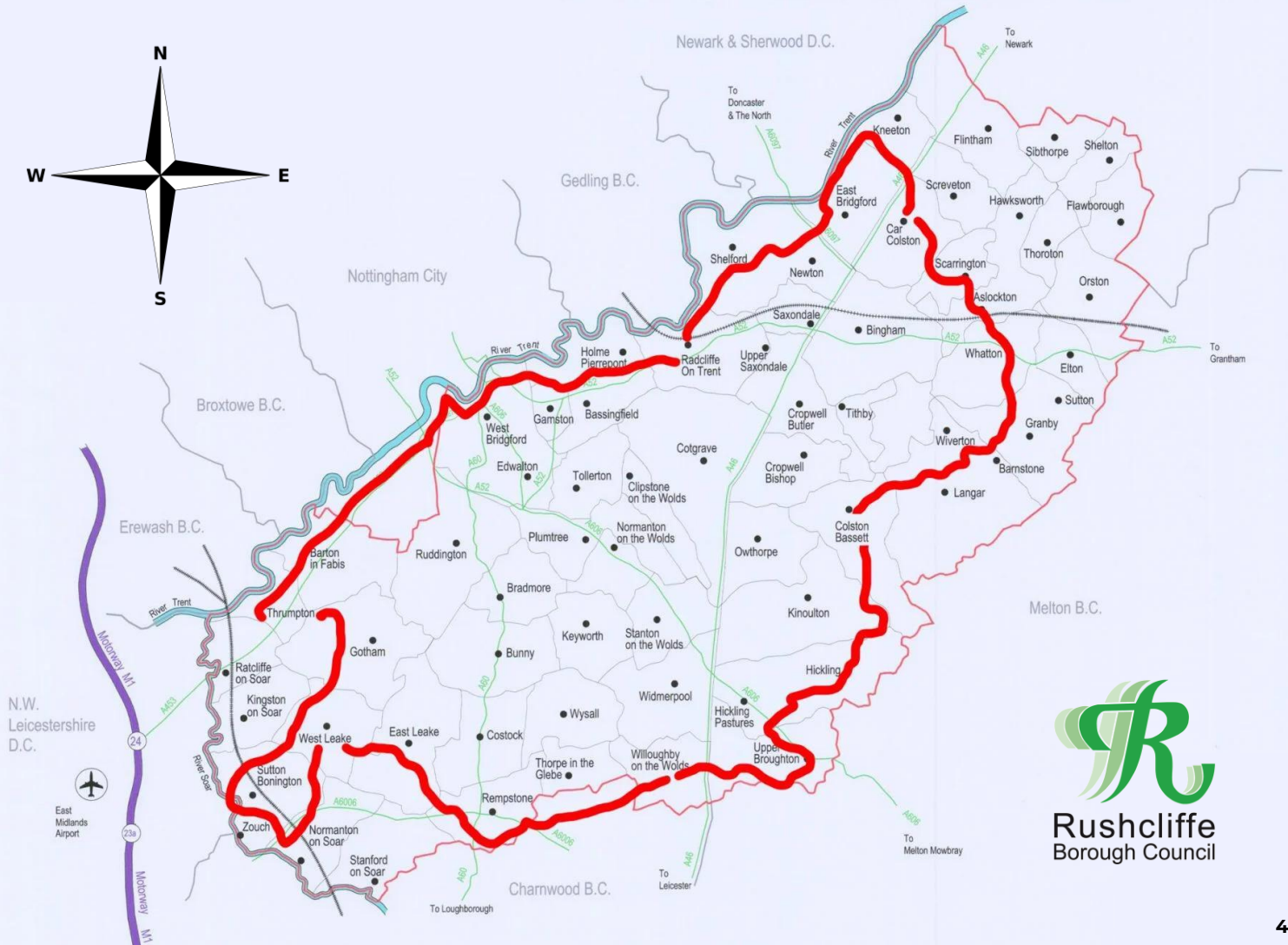
Aim: The Rushcliffe 100 is a circular walk, 100km long around the Borough of Rushcliffe.

This walk explores the Wolds, following the Rivers Soar and Trent, and crossing the Vale of Belvoir. It passes through farmland, woodlands, and villages, including some high points. The route mainly uses public paths and bridleways, with minimal road sections.

Challenge: The Rushcliffe 100 can be a great challenge and opportunity to explore beautiful scenery of Rushcliffe.

While it's a circular walk with no fixed start or finish, it's divided into six sections. These routes are given as a guide only. To walk any part of the 100km will require the use of your own map, and a degree of planning and map reading skill.

More: To find the six sections, guides and tips on completing the challenge, and more information click here or scan the QR code.



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

Nottingham Greenground

including Rushcliffe

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

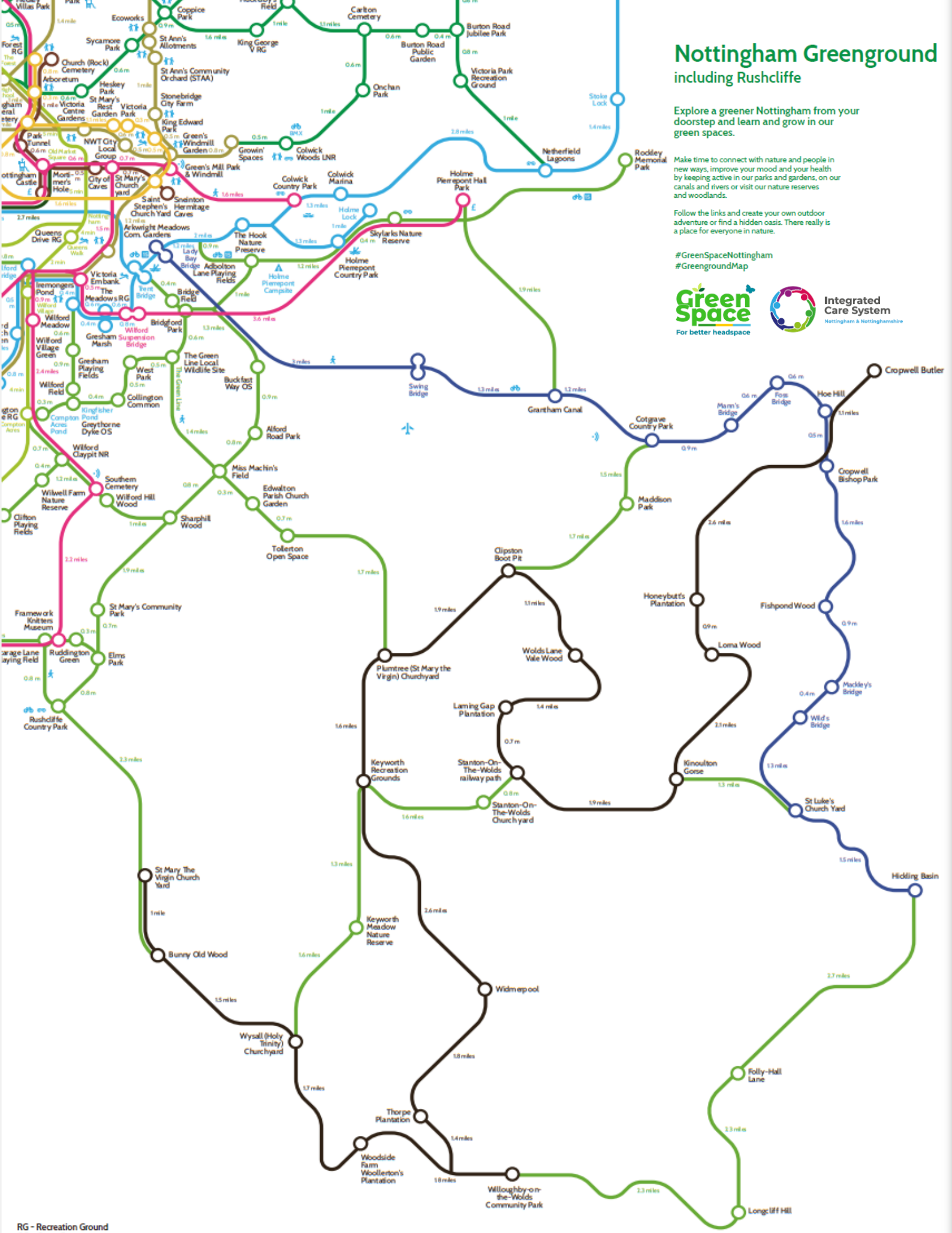
Make time to connect with nature and people in new ways, improve your mood and your health by keeping active in our parks and gardens, on our canals and rivers or visit our nature reserves and woodlands.

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

Green Space – For better headspace

Integrated Care System – Nottingham & Nottinghamshire



RG - Recreation Ground
OS - Open Space
NR - Nature Reserve
LNR - Local Nature Reserve

Walking · Cycling · Kayaking · Swimming · Bird watching · Viewpoint · Campsite · Friends Group · Cycleway · Fees · Adventure play · Outdoor gym

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

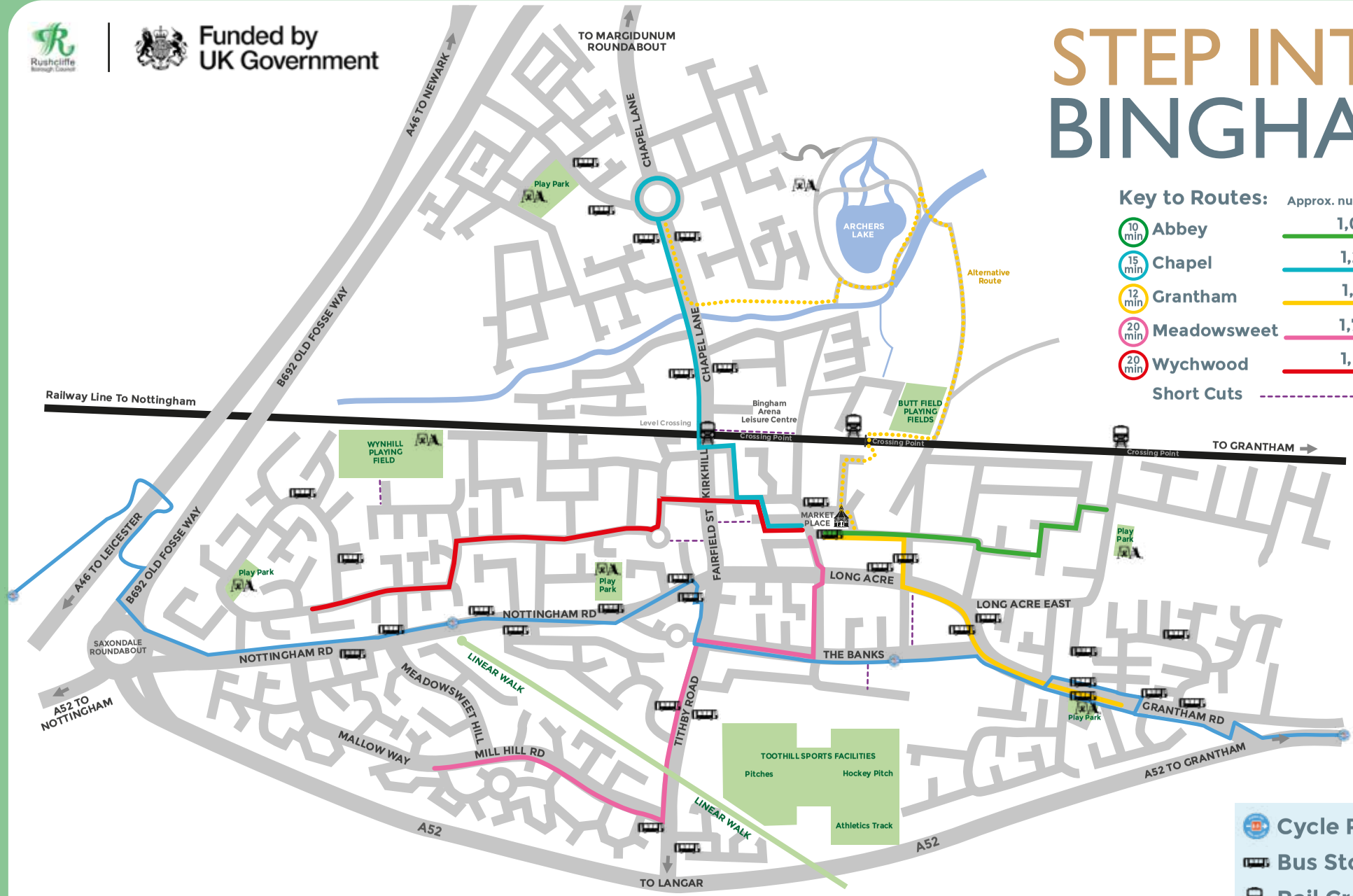
First digital & paper edition 05/2022

Map design @Helenilus / HI Design 2022

Rushcliffe Borough Council

Funded by UK Government

STEP INTO BINGHAM

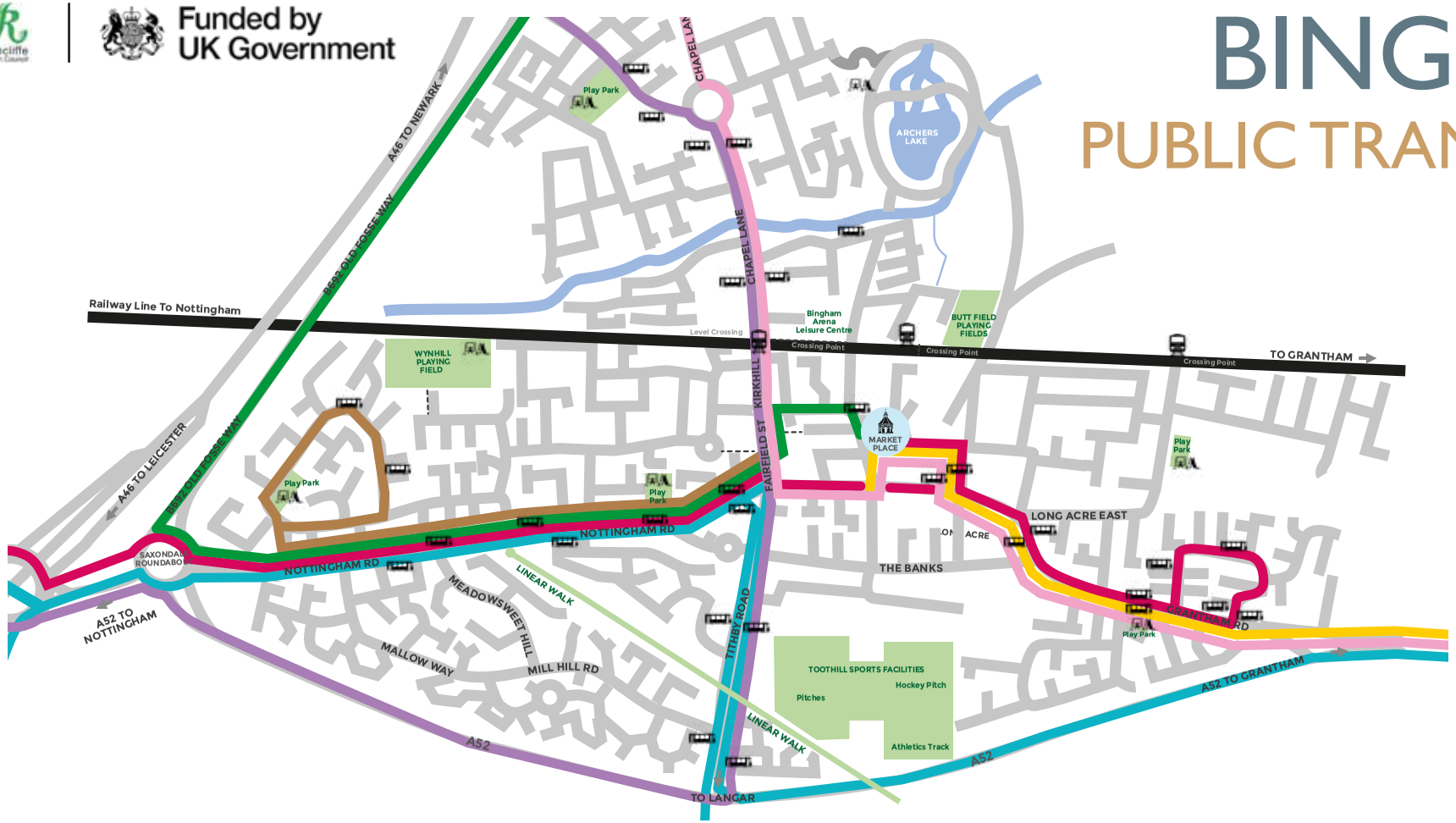


Rushcliffe Borough Council

Funded by UK Government

BINGHAM

PUBLIC TRANSPORT



Time Table Links

90/90B Nottingham - Newark (Vectare)

92 Bingham - Nottingham (Vectare)

93, 93B Bingham - Grantham (Vectare)

97 Bingham - Wychwood Road Estate (Vectare)

354 Newark - Bingham (Notts County Council) Timetable

833 Bingham - Bingham (Centrebus North)

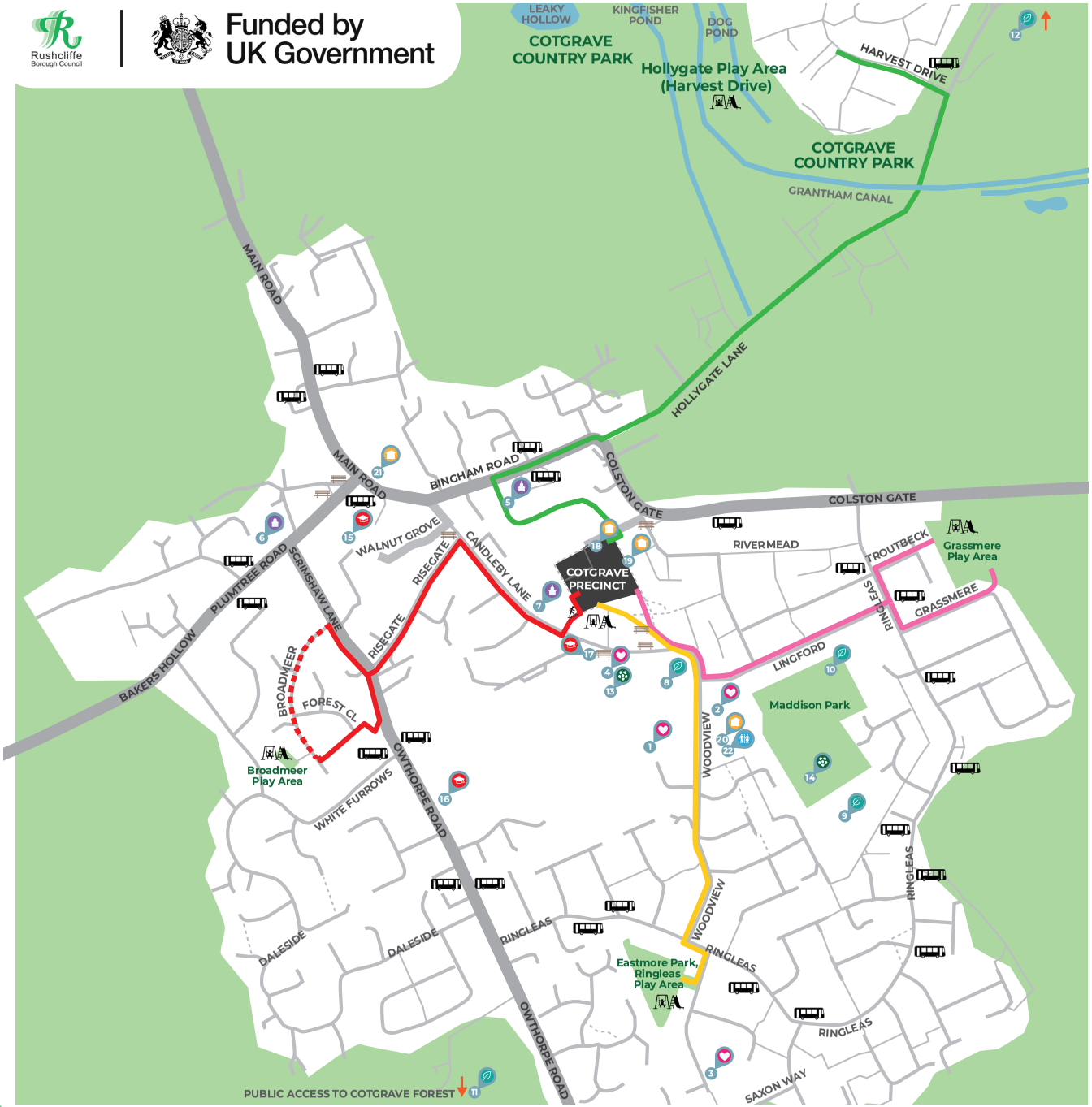
MLN Nottingham - Bingham (Trentbarton)

RV Nottingham - Bingham (Trentbarton)

Rushcliffe Borough Council

Funded by UK Government

STEP INTO COTGRAVE



Key Walking and Wheeling Routes to Cotgrave Precinct:

Approx. number of steps

20 min — Harvest Drive, Hollygate — 1,800 steps
Walk Duration: approx. 20 mins average pace, 30 mins at a slower pace

10 min — Eastmoor Park, Ringleas — 850 steps
Walk Duration: approx. 10 mins average pace, 20 mins at a slower pace

10 min — Grassmere — 900 steps
Walk Duration: approx. 10 mins average pace, 20 mins at a slower pace

15 min — Broadmeer — 1,050 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Not suitable for wheeling

Bus Stop
Play Park
Benches

Community Buildings
1 The Cotgrave Club
2 The Young People's Centre
3 Thurlbeck Community Centre
4 Cotgrave Futures

Churches
5 Cotgrave Methodist Church
6 All Saints Church
7 Our Lady of Grace

Green Spaces
8 Cotgrave Community Garden
9 Burhill Allotments
10 Maddison Park
11 Cotgrave Forest

Sports Pitch
12 Arthur Ridley Sports Ground
13 Multi Use Games Area (MUGA)
14 Maddison Park

Schools
15 Cotgrave Church of England Primary School
16 Ash Lea School
17 Cotgrave Candleby Lane School

Local Services
18 Cotgrave Town Council
19 The Cotgrave Hub
- Cotgrave Library
- Cotgrave Surgery
- Pharmacy
- Police
- Your CVS

20 Cotgrave Leisure Centre
21 Cotgrave Post Office

Toilets
22 Cotgrave Leisure Centre Changing Places Toilet

Bus Time Table Links

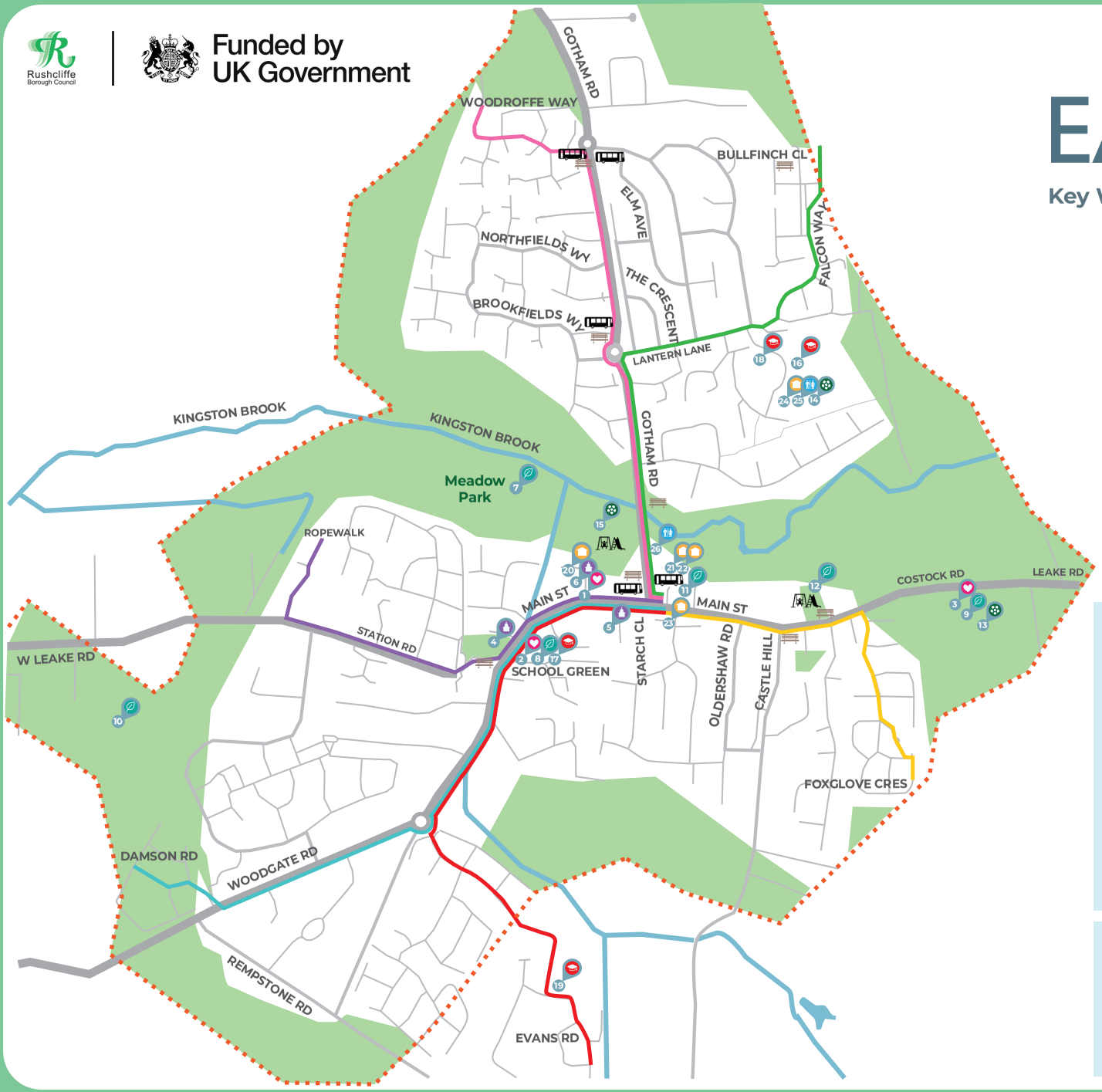
Trent Barton

Nottingham City Transport

Rushcliffe Borough Council

Funded by UK Government

STEP INTO EAST LEAKE



Key Walking and Wheeling Routes to Centre:

Approx. number of steps

Falcon Way (18 min) — **1,650 steps**
Walk Duration: approx. 18 mins able bodied person, 28 mins for slower pace, older person or mobility issues

Foxglove Crescent (13 min) — **1,250 steps**
Walk Duration: approx. 13 mins average pace, 23 mins at a slower pace

Woodroffe Way (18 min) — **1,650 steps**
Walk Duration: approx. 18 mins average pace, 28 mins at a slower pace

Evans Road (18 min) — **1,725 steps**
Walk Duration: approx. 18 mins average pace, 28 mins at a slower pace

Rope Walk (13 min) — **1,100 steps**
Walk Duration: approx. 13 mins average pace, 23 mins at a slower pace

Damson Road (17 min) — **1,600 steps**
Walk Duration: approx. 137 mins average pace, 27 mins at a slower pace

Bus Stop
Play Park
Benches

Community Buildings
1 East Leake Village Hall
2 St Mary's Parish Church Hall
3 Costock Road Pavilion

Churches
4 St Mary's Church
5 East Leake Methodist Church
6 Our Lady of the Angels Catholic Church

Green Spaces
7 Meadow Park Nature Reserve
8 Memorial Garden and The Green
9 Costock Road Playing Fields
10 East Leake Allotments
11 Friendship Garden
12 Oldershaw Trust Land

Sports Pitch
13 Costock Road Sports Fields
14 East Leake Leisure Centre Sports Facilities
15 Gotham Road Recreation Ground & Skatepark & MUGA (Multi Use Games Area)

Schools
16 East Leake Academy
17 Brookside Primary School
18 Lantern Lane Primary School
19 Millside Primary School

Local Services
20 East Leake Parish Council Office
21 East Leake Health Centre & Manor Pharmacy
22 East Leake Library
23 East Leake Post Office
24 East Leake Leisure Centre

Toilets
25 East Leake Leisure Centre
26 East Leake Public toilets

Bus Time Table Links

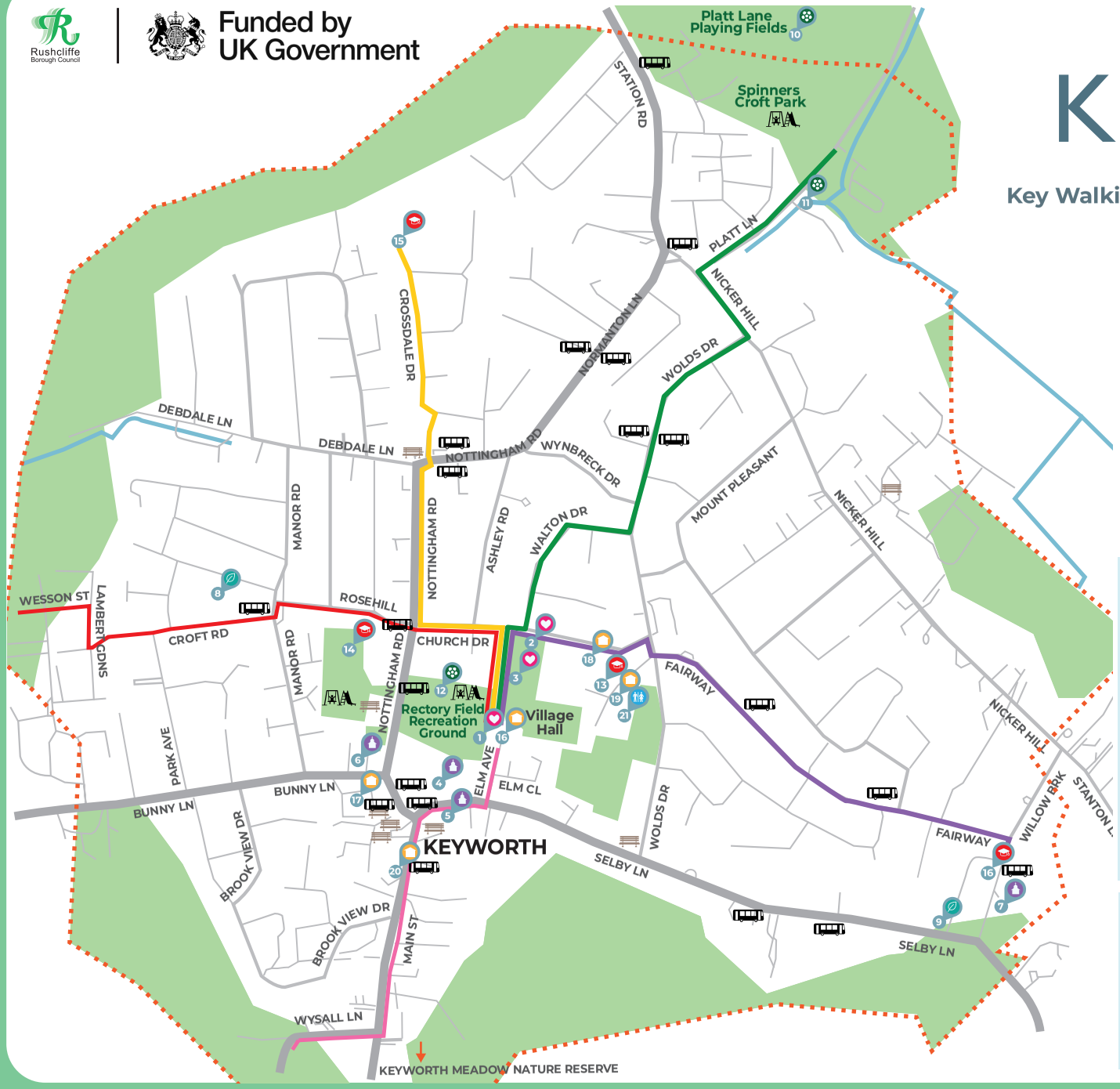
NOTTS City On Demand

Nottingham City Transport

Rushcliffe Borough Council

Funded by UK Government

STEP INTO KEYWORTH



Key Walking and Wheeling Routes to Village Hall:

Approx. number of steps

15 min — Skatepark Platt Lane — 1,190 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

12 min — Crossdale Drive — 1,240 steps
Walk Duration: approx. 12 mins average pace, 22 mins at a slower pace

11 min — Wysall Lane — 935 steps
Walk Duration: approx. 11 mins average pace, 22 mins at a slower pace

15 min — Wesson Street — 1,270 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

15 min — Willowbrook Primary — 1,500 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Bus Stop
Play Park
Benches

Community Buildings
1 Keyworth Village Hall & Parish Council Offices
2 Keyworth Activity Centre & Youth Hub
3 Keyworth Scout Hall

Churches
4 St Mary Magdalene Church
5 Keyworth Methodist Church
6 Keyworth United Reformed Church
7 St Margaret Clitherow Catholic Church

Green Spaces
8 Keyworth Community Garden
9 Charity Allotments

Sports Pitch
10 Platt Lane Playing Fields & Pavilion
11 Skate Park
12 Rectory Field Recreation Ground & Multi Use Games Area

Schools
13 The South Wolds Academy & Sixth Form
14 Keyworth Primary & Nursery School
15 Crossdale Primary School
16 Willow Brook Primary School

Local Services
17 Village Health Group & Pharmacy
18 Keyworth Library
19 Keyworth Leisure Centre
20 Keyworth Post Office

Toilets
21 Keyworth Leisure Centre - Changing Places Toilet

Bus Time Table Links

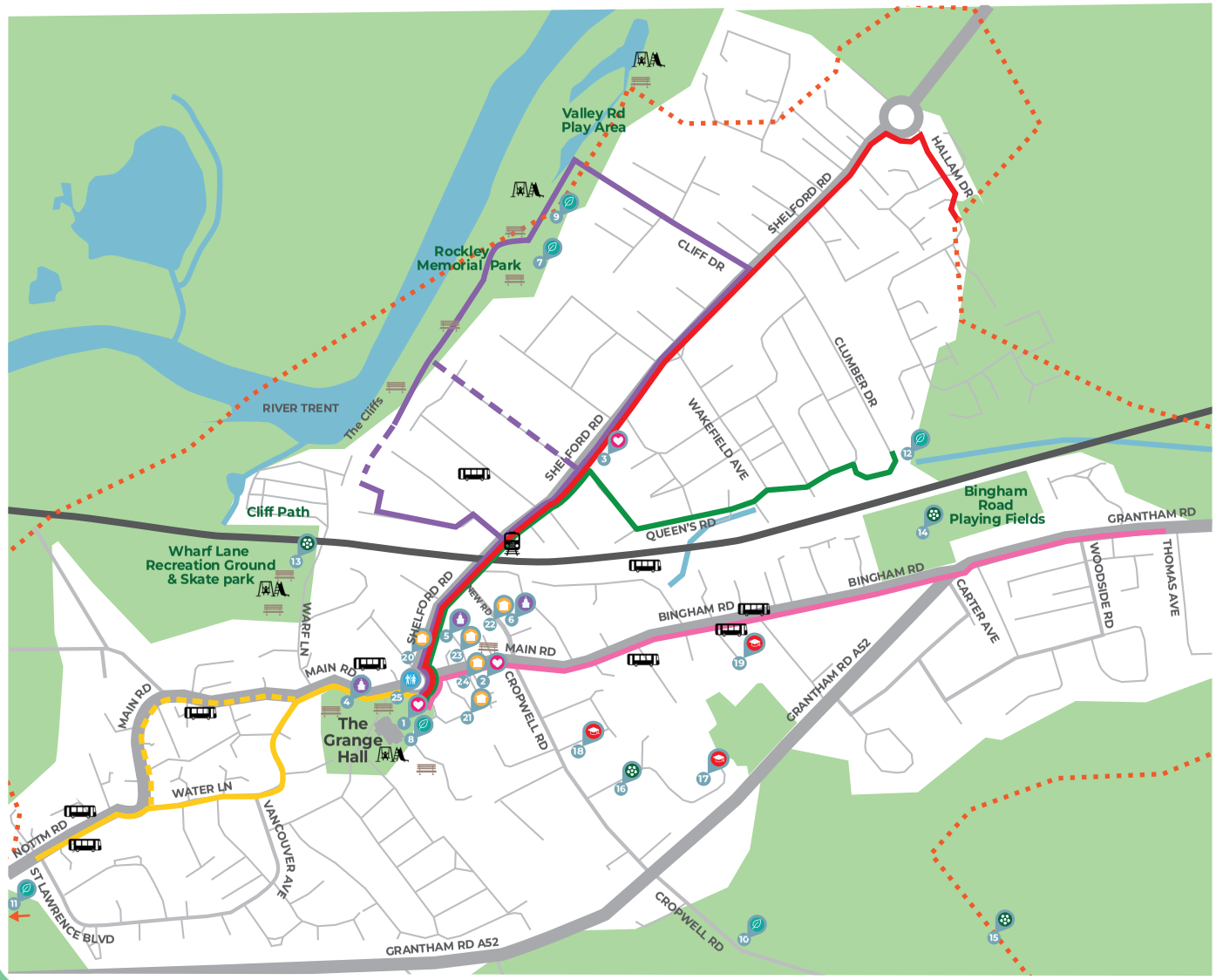
Trent Barton

Notts County Council On Demand Buses

Rushcliffe Borough Council

Funded by UK Government

STEP INTO RADCLIFFE-ON-TRENT



Key Walking and Wheeling Routes to Grange Hall:

Approx. number of steps

Clumber Drive — 1,540 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

St Lawrence Boulevard — 1,120 steps
Walk Duration: approx. 11 mins average pace, 20 mins at a slower pace
Not suitable for wheeling

Thomas Avenue — 1,750 steps
Walk Duration: approx. 20 mins average pace, 30 mins at a slower pace

Hallam Drive — 1,530 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Cliff Drive — 1,700 steps
Walk Duration: approx. 20 mins average pace, 30 mins at a slower pace
Not suitable for wheeling

- Bus Stop
- Play Park
- Benches
- Railway

Community Buildings

1 Grange Hall & Parish Council Offices
2 Radcliffe on Trent Scout Hall
3 Craig Moray Community Centre

Churches

4 St Mary's Church & Community Hall
5 ROT Methodist Church & Community Hall
6 St Anne's Catholic Church

Green Spaces

7 Rockley Memorial Park
8 The Grange Grounds
9 Cliff Walk & Lily Ponds
10 Dewberry Hill Nature Reserve
11 Lees Barn Allotments & Radcliffe Community Gardens
12 Glebe Road Allotments

Sports Pitch

13 Wharf Lane Recreation Ground & Skate park
14 Bingham Road Playing Fields & MUGA (Multi Use Games Area)
15 Radcliffe-on-Trent Golf Club
16 Radcliffe-on-Trent Bowls Club

Schools

17 South Nottinghamshire Academy & Sixth Form
18 Radcliffe-on-Trent Junior School
19 Radcliffe-on-Trent Infant & Nursery School

Local Services

20 Radcliffe Day and Night Pharmacy
21 Radcliffe-on-Trent Health Centre
22 Radcliffe-on-Trent Library
23 Well Pharmacy
24 Radcliffe-on-Trent Post Office

Toilets

25 Hunt Close

Bus Time Table Links

Trent Barton Villager

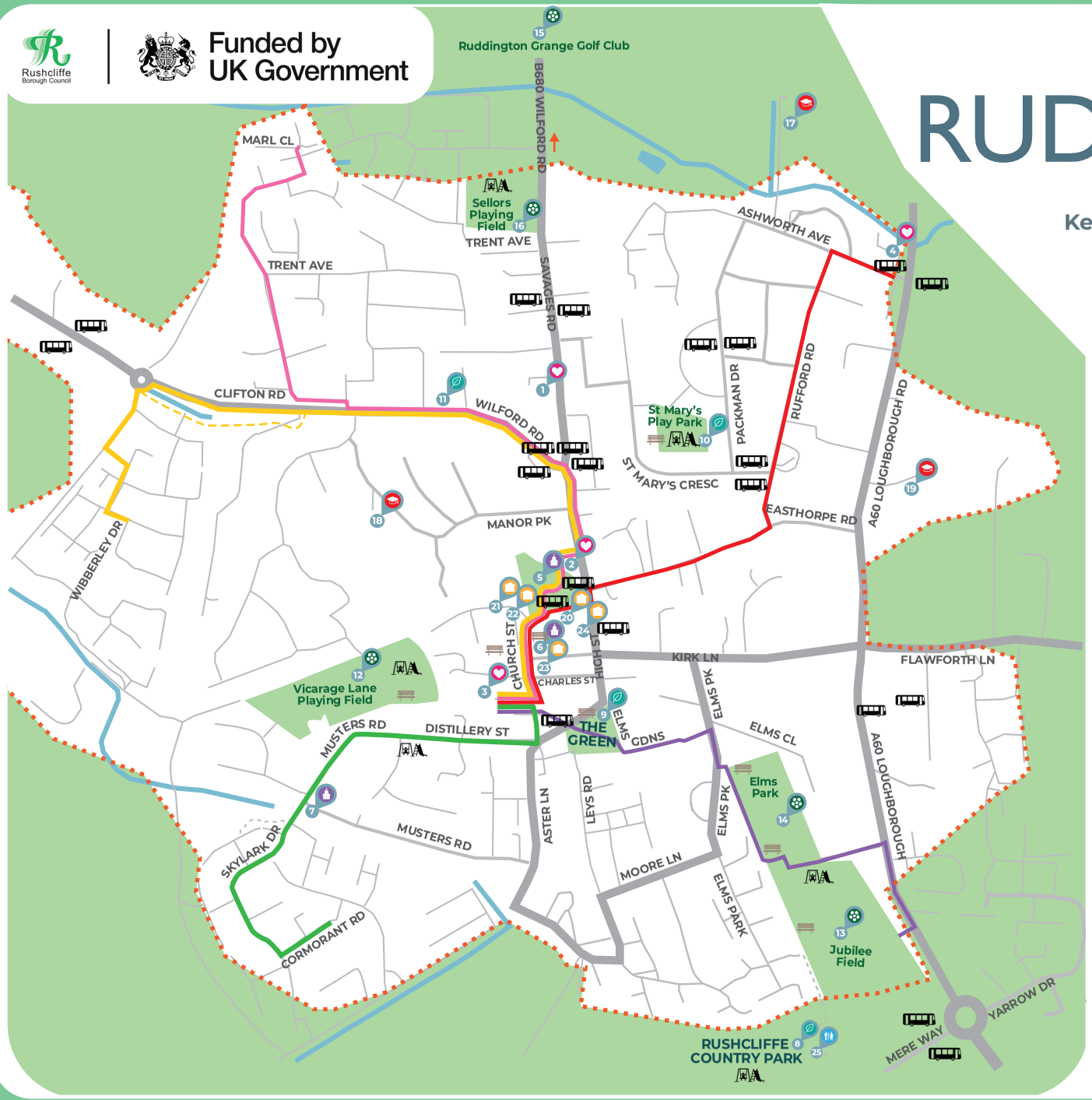
Trent Barton Mainline

Nottingham City Transport

Rushcliffe Borough Council

Funded by UK Government

STEP INTO RUDDINGTON



Key Walking and Wheeling Routes to Centre:

Approx. number of steps

Cormorant Road — 1,250 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Wibberley Drive — 1,500 steps
Walk Duration: approx. 10 mins average pace, 20 mins at a slower pace

Alternative Route

Marl Close — 1,150 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Ashworth Avenue — 1,150 steps
Walk Duration: approx. 10 mins average pace, 20 mins at a slower pace

Jubilee Playing Fields — 1,525 steps
Walk Duration: approx. 15 mins average pace, 25 mins at a slower pace

Bus Stop
Play Park
Benches

Community Buildings
1 Ruddington Village Hall
2 The Hermitage Community Centre
3 Framework Knitters Museum
4 Scout Hut

Churches
5 St Peter's Church & Rooms
6 Ruddington Methodist Church
7 Ruddington Baptist Church

Green Spaces
8 Rushcliffe Country Park
9 The Green
10 St Mary's Commmunity Park
11 Pardise Gardens Allotments

Sports Pitch
12 Vicarage Lane Play Area & MUGA Multi Use Games Area
13 Jubilee Playing Fields
14 Elms Park Playing Fields
15 Ruddington Grange Golf Club
16 Sellors Playing Field

Schools
17 St Peter's C of E Junior School
18 James Peacock Infant and Nursery School
19 Eastthorpe School

Local Services
20 Ruddington Parish Council Office
21 Ruddington Medical Centre
22 Ruddington Library
23 Evans Pharmacy
24 Ruddington Post Office

Toilets
25 Rushcliffe Country Park Changing Places Toilet

Bus Time Table Links

NottsBus On Demand

Nottingham City Transport

Rushcliffe Borough Council

Funded by UK Government

STEP INTO WEST BRIDGFORD

Key Walking and Wheeling Routes to Tudor Square:

Approx. number of steps

30 min — Greythorn Drive Park — 2,500 steps
Walk Duration: approx. 30 mins average pace, 40 mins at a slower pace
Not suitable for wheeling

25 min — Waterside Pedestrian Bridge — 2,000 steps
Walk Duration: approx. 25 mins average pace, 35 mins at a slower pace

20 min — Trent Boulevard/Adbolton Lane — 1,785 steps
Walk Duration: approx. 20 mins able bodied person, 30 mins at slower pace, older person or mobility issues

25 min — Gresham Sports Park — 2,250 steps
Walk Duration: approx. 25 mins average pace, 35 mins at a slower pace

25 min — Melton Rd/Valley Road junction — 2,100 steps
Walk Duration: approx. 25 mins average pace, 35 mins at a slower pace

25 min — Valley Road / Alford Road Park — 2,250 steps
Walk Duration: approx. 25 mins average pace, 35 mins at a slower pace

15 min — Rosebery Avenue — 1,300 steps
Walk Duration: approx. 215 mins average pace, 25 mins at a slower pace

Bus Stop
Play Park
Benches

Community Buildings

1 Lutterell Hall
2 Bridgford Hall
3 Rushcliffe Arena
4 Sir Julien Cahn Pavillion
5 Sharphill Community Hall
6 Edwalton Golf Centre Community Space

Churches

7 St Luke's Church
8 St Giles' Church
9 West Bridgford Methodist Church & Community Centre
10 Holy Spirit Catholic Church
11 West Bridgford Baptist Church
12 St Paul's Church & Community Hub
13 Ladybay Church & Village Hall

Green Spaces

14 The Hook Nature Reserve
15 Sharphill Wood Nature Reserve

Sports Pitch

16 Alford Road Playing Fields
17 Trent Bridge Cricket Ground
18 Nottingham Forest FC
19 Notts County FC
20 Gresham Sports Park & 3G Pitches
21 The Hook Skate Park and MUGA (Multi Use Games Area)
22 Nottingham Rugby
23 Edwalton Golf Centre
24 West Park Tennis Courts
25 Bridgford Park Tennis Courts

Schools

26 Rushcliffe Spencer Academy
27 The Becket School
28 Jesse Gray Primary School
29 West Bridgford Junior School Annex
30 West Bridgford Junior School
31 West Bridgford Infant School
32 Edmund Campion Catholic School
33 Nottingham Emanuel School
34 Heymann Primary & Nursery School
35 Greythorne Primary School
36 Abbey Road
37 The West Bridgford School

Local Services

38 West Bridgford Medical Centre
39 West Bridgford Library & Young Peoples Centre
40 Musters Medical Practice & Castle Health Care Practice
41 St Georges Medical Practice
42 Central Avenue Post Office
43 Recycling Centre

Toilets

44 Bridgford Park Public Toilets
45 Rushcliffe Arena Changing Places Toilet

Bus Time Table Links

Trent Barton Mainline

Nottingham City Transport

Nottingham City Transport On Demand

Walking for Maternity

Rushcliffe

Walking is really beneficial during your pregnancy as well as afterwards

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.

Aim to walk a bit every day – start with 10 minutes

Wear comfortable supportive shoes and clothing

Stay hydrated and avoid overheating

Listen to your body - rest when you feel tired

Look around you - engage with nature, the people you meet, your surroundings – chat about them to your baby

walking can

- Connect you to other Pregnant/new Mums and your community
- Give you more energy
- Help you to sleep better
- Help deliver the right nutrients to you and your baby
- Be good for your mental health
- Help to prevent gestational diabetes
- Help reduce back pain, constipation and urinary incontinence
- Build stamina and strength to help with labour and faster recovery afterwards
- Support you to manage your weight during pregnancy and afterwards
- Make you feel good
- Help you connect with your new baby and get support from other new Mums

Inspire Culture | Learning | Libraries

Your Health Notts

Nottinghamshire County Council

Rushcliffe Borough Council

WALK notts

Walking for Maternity

Rushcliffe

If you need support to take the first step, here are some groups that could help:

Your Health Notts *Mums and Bumps*
Telephone Support 0115 772 2515
or scan the QR code

Rushcliffe Family Hub
Eaton Place, Bingham, NG13 8BE
Contact 0115 977 3749 or
FHRushcliffe@nottscc.gov.uk
Family Hub Networks | Nottinghamshire County Council
Free Antenatal BABES & PEEPS sessions, New Parents group, BreastFeeding group, Self-Weigh sessions, Stay and Play and Parental Health and Wellbeing (PHEW)

Inspire Libraries
Rattle, Rhyme and Roll and Story hullabaloo sessions
Cotgrave Library | Inspire - Culture, Learning, Libraries
Contact 01623 677 200 / ask@inspireculture.org.uk

Pilates 'Bring Baby' Pre and post baby fitness classes across Notts.
Indoors, outdoors and online
Contact lindsaymarieparker@hotmail.com or 07531 831624

Mums on the Move Pre and post natal walks across Notts
Facebook *Mums on the Move* Instagram *mumsonthemove*

Nottingham Muslim Women's Network Bump to Baby Walks,
Wednesdays 10.30- 12noon
Home Made Café, Forest Recreation Ground
Nottingham Muslim Women's Network

Have a look at the **Rushcliffe Social Prescribing Health Directory** which includes a directory specifically for parents:

Or the Rushcliffe **Big Green Book** which is a directory of nature-based activities and opportunities across Rushcliffe.

Inspire Culture | Learning | Libraries · Your Health Notts · Nottinghamshire County Council · Rushcliffe Borough Council · WALK notts