

# Active Travel April News

## *Featured Service: Guided One-to-One Walks*

Walking is one of the easiest and most effective forms of exercise, offering a wide range of physical and mental health benefits. It is accessible to almost everyone and can play a key role in improving overall well-being.

For individuals experiencing isolation or mobility challenges, the Travel Well service provided by Sustrans, offers one-to-one buddy walk support. A walk leader can pick up the client from their location, walk with them, engage in conversation, and accompany them back. This support helps individuals build confidence, making it easier to step outside and break the cycle of social isolation.

Beyond physical activity, buddy walks encourage social interaction, providing companionship, reducing loneliness, and fostering meaningful connections within the community.



## *Guided One to One Walk Case Sharing*

### What Sustrans' delivered

Sustrans is delivering guided one to one walks and cycles through the Active Travel Social Prescribing project, Travel Well.

Sustrans recently worked with a client delivering one to one buddy walk sessions who had been housebound for an extended period of time and had been experiencing significant anxiety about venturing outdoors. Recognising these challenges, walk leader organised a series of one to one buddy walks tailored to her specific needs and abilities. The primary goal was to provide confidence and support, enabling her to be more active and also reconnecting with her community.



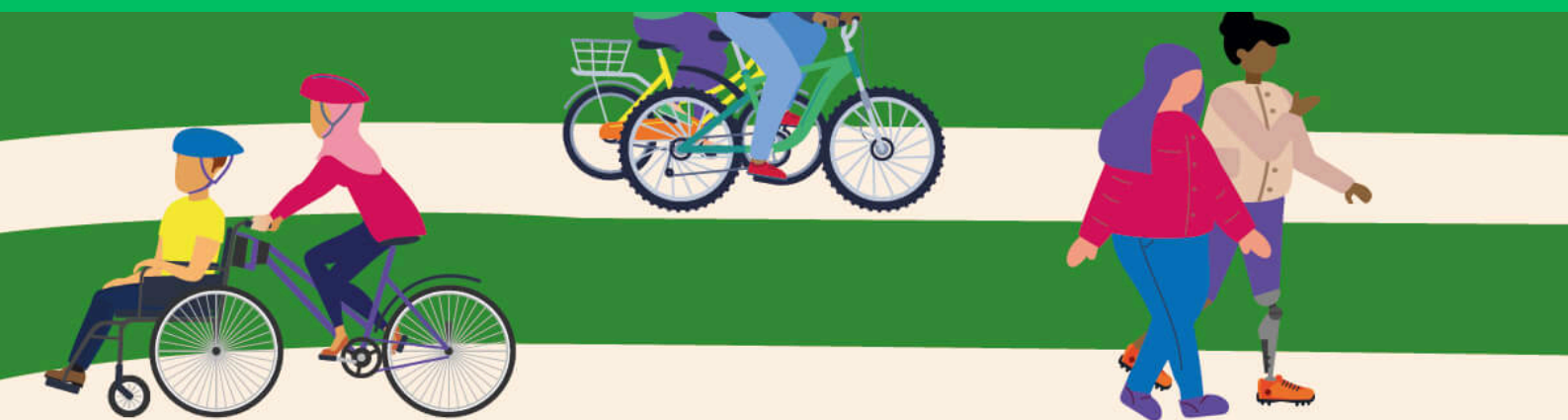
### What the outcome was

During their initial walk, Walk leader chose a familiar route from her home to a nearby green space. This setting gave her the opportunity to interact with local dog walkers and rekindle social ties. Building on this success, their second buddy extended the route slightly, growing her confidence and again giving her an opportunity to interact with dog walkers and their dogs, which was very important for her. In their final session, walk leader introduced her to a women-only exercise and social group, Right Minds, where she met like-minded individuals and participated fully in the activities.

### Client testimonial:



“Lyndsey from Sustrans has been a wonderful companion on our walks. She has given me the confidence to attempt a walk by myself, which I would never have done beforehand. The Sustrans team have helped me overcome my anxiety about going out and reconnecting with the dog walking community I had prior to my illness I now feel confident to join in activities I never thought possible three years ago.





Hello, I'm Samuel, the project officer for Travel Well.

For years I have particularly loved cycling. The benefits to my mental wellbeing and physical health are enormous. For short journeys, travelling off your own steam makes so much sense! It's cheap, easy, quick and stress-free. I live and breathe active travel – walking and cycling. As time went on, I started to spread the word and others to do it too!

They say that if the benefits of active travel could be encapsulated into a pill, GPs would be prescribing it far and wide. It would be a miracle pill! This project is putting this prescribing to the test. Could healthcare professions refer people to active travel and could social prescriptions be made in the community? Would it be incorporated into people's lives? Just how much of a difference would it make? When I saw this job advertised, it was like it was written for me. From a passion that used to be just outside of work, to now getting paid to reach an even wider audience, I am so delighted to work for the Travel Well team.

If you or someone you know wants to be more active by walking or cycling, I highly recommend it! Please feel free to referral in to Travel Well.

## Meet our Team



To learn more, visit:  
[www.transportnottingham.com/travelwell](http://www.transportnottingham.com/travelwell)

## Cycle Parks

Nottingham has well-designed cycle lanes, making it convenient to cycle here. If you're concerned about the security of your bike, park your bike at cycle parks.

These secure bike parks are located across the city and are covered, well lit and monitored via CCTV.



Nottingham Cycle Park at Broad Marsh



# Bulwell Market Place Event

Join us at Bulwell Market Place on 16<sup>th</sup> - 17<sup>th</sup> April 2025!  
Discover how walking and cycling can boost your physical and mental well-being. Come learn more about our project and get inspired to get active!



## Bulwell Market

### Wednesday 16th April 10am-1pm



Dr Bike can check your bike is safe and ready to hit the road with a **FREE** bike health check!



Bring your completed March through March record to the Travel Well team to enter our prize draw to win a £50 shopping voucher!

Join us at the Top Valley Health and Wellbeing Event!

- ★ Free bike MOT
- ★ Free Nordic Walking



# Top Valley

## Health & Wellbeing

## In the community

Save the date and come along!



### 10am to 3pm



### 17th April 2025



## Bulwell Market Place

Join in with local health and wellbeing professionals in the promotion of a healthy lifestyle for our communities



Follow us on Facebook to find out more:  
Bulwell & Top Valley PCN





# Upcoming Events

## SNEINTON COMMUNITY HUB

51, Sneinton Boulevard NG2 4FD

Monday 7th April 2025, 11 AM - 1 PM

## CHERRY LODGE

King Edward Park, Carlton Road, NG3 2AS

Monday 14th April 2025, 11 AM - 1 PM

**5 Ways to Wellbeing Workshop**  
(★ To discover ways to stay active and  
★ try out Nordic Walking)

## Stanwick Close

NG8 3BX, behind Harvey Hadden

Friday, 11<sup>th</sup> April 2025, 10:00 AM - 11:30 AM

Refer your patients here:

[Active Travel Referral Form](#)



## RUNSPIRE



Free Wellness Social Walks  
Free Nordic Walking

Various Locations:

- Bulwell
- Strelley
- St Anns

For details and booking, visit:

<https://www.runspire-notts.com/travelwell>

## TRAVEL WELL FREE CYCLING SESSIONS

No Bike - No Problem  
We can lend you a bike!

- Various Locations -
  - Brendon Lawrence Sports Centre
  - Bulwell Forest Recreation Ground
  - Harvey Hadden
- A variety of sessions available -
  - Learn to Ride, Regain Confidence & Road Confidence
- Booking is essential -

<https://bookwhen.com/ridewise>

