

# Active Travel

## September News

### *Walking and cycling through the menopause*

The menopause is a natural part of ageing. In the UK, the average age for a woman to reach the menopause is 51 years.

The NHS says that some of these symptoms can be quite severe and have an impact on our usual daily activities.

But research shows that regular exercise like cycling or walking can help you to manage some of those symptoms, including hot flushes.

#### **How cycling or walking can help with your symptoms**

Regular exercise can help minimise the symptoms you experience throughout the menopause.

And it keeps your heart and bones strong which is important when your hormones start to change.

But as well as helping you to keep fit, cycling and walking are also really good for your mental health.

Almost half of menopausal women say they feel depressed.

And a third of women say they suffer with anxiety when going through the menopause.

Cycling, walking and riding a horse release our ‘feel-good’ hormones known as endorphins. These hormones help to relax your mind and make you feel happier.

This boosts your mood and reduces your feelings of anxiety.

And it can help you manage the changing levels of hormones you experience during the menopause.

But please remember to ask for help and advice from a health care professional if your menopause symptoms start to affect your quality of life.

#### **Tips for cycling and walking through the menopause**

- **Stay hydrated**

It's more important than ever that you stay hydrated.

Make sure you drink plenty of water before you set off. And if you plan to go for a longer ride or walk, take a bottle of water with you.

- **Eat a healthy snack**

Remember to eat well before and after you exercise.

Take some healthy snacks with you if you'll be out for a while.

- **Do some stretches**

Some women can experience joint pain as a result of changing oestrogen levels.

So make sure you stretch your muscles and joints, especially before a longer walk.

- **Break up your walks**

And if longer walks are a bit too painful, try breaking them up into shorter jaunts.

- **Build it into your daily routine**

Set time aside in your routine to exercise. And doing it at the same time every day can help keep you motivated.

Find out more about the full article here:

<https://www.sustrans.org.uk/our-blog/get-active/walking-and-cycling-through-the-menopause/>



## Highlight for Events



### Nordic Walking Taster

On 27th August 2025, some of our team member gathered in the beautiful Strelley Village for a Nordic Walking Taster Session. This hands-on session gave everyone a chance to experience the health and wellbeing benefits of Nordic walking.

#### Team Feedback Spotlight

"It was so enjoyable—we can see real benefits for patients and would love to bring them next time!"

### Nordic Walking at Strelley Village

Runspire has just launched new free 10-week Nordic Walking course for beginners at Strelley Village! The first session on 27 August 2025 was a great success! participants learned new Nordic walking techniques, enjoyed the beautiful scenery, and connected with others along the way.

Don't miss out—come join us for the next session and experience the fun for yourself!



### Cycling Festival a Huge Success!

Our Cycling Festival on 29 August 2025 was a big hit! There were long queues for free bike checks and police bike marking.

Visitors loved the rides, kids built confidence through cycling training, and the Paint Bike activity was a big favourite with families!





Email: [nnicb-nn.atccnottinghamcity@nhs.net](mailto:nnicb-nn.atccnottinghamcity@nhs.net)

Tel: 07551834943

## Upcoming Events

### Community Health Hub - The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ

**Monday, 15 September 2025, 11:30 AM - 1:30 PM**

### Bulwell Market

Market Place, Bulwell NG6 8HD

**Wednesday, 17 September 2025, 13:00 AM - 16:00 PM**





## Your Healthy Heart

**FREE**

**lifestyle checks**

**Connect with local services**

**Learn how to reduce your risk of heart disease**

**Saturday 13<sup>th</sup> September**  
**10am - 2pm**  
**at Bulwell Forest Garden**

  
Austin Street, Bulwell, Nottingham NG6 9HE

Meet the **TRAVEL WELL** team!

  
**FREE Dr Bike checks!**

Come along to the  
Bulwell and Top Valley  
Primary Care Network  
**Healthy Heart Event!** 



**Bulwell Forest Garden**  
**Saturday 13<sup>th</sup> September**  
**10am-2pm**

Refer your patients here:

[Active Travel Referral Form](#)





## Upcoming Events

### Cycling for Fitness

RIDEWISE

5 week sessions, starting September 10th

Bring or borrow a bike from us!

Find out more at  
[www.bookwhen.com/ridewise](http://www.bookwhen.com/ridewise)

Group  
or 1 to 1  
sessions

Harvey  
Hadden  
cycle track

Wigman Road, Nottingham, NG8 4PB



 TRAVEL WELL

[www.transportnottingham.com/travelwell](http://www.transportnottingham.com/travelwell)

The Travel Well Led Ride at Bulwell Forest Recreation  
Ground is also available to book.



### Nordic Walking

Bulwell Ken Martin Leisure Centre, Thursdays, 11AM - 12PM  
Colwick Park, Tuesdays, 11AM - 12PM  
Strelley, Wednesdays, 1PM - 2PM



### Wellness Social Walking

Bulwell Riverside, Mondays, 11AM - 12PM  
Colwick Park, Thursdays, 1PM - 2PM

