

Active Travel

October News

Cycling with Travel Well: A Confidence-Building Journey

Recently, a new participant joined the Travel Well project after many years away from cycling. As a child, she loved riding, but hadn't been on a bike for a long time. With support from the Travel Well cycling programme, she has regained her confidence and reconnected with something she once enjoyed.

To kick off her journey, she took part in a one-to-one buddy cycling session with our delivery partner, Sustrans. This session helped her relearn the basics from balancing to riding safely, gradually building her confidence.

She then joined our group cycling sessions and even took part in the Cycling Festival at Harvey Hadden Leisure Centre. With its well-designed cycling track, she could practice in a safe, inclusive environment while also enjoying the social connections and shared experiences that make cycling so rewarding.

She also received a free bike from the project, giving her the freedom to cycle locally whenever she wants. Her skills and confidence have grown, and she now truly enjoys cycling again.

Cycling isn't just a way to stay active, it's a way to connect with others and embrace the joy of freedom on two wheels.

Ready to start your own journey? Book your Travel Well session today and get moving!

She met the Sustrans team at the Cycling Festival



Client testimonial:



Travel Well gave me the confidence to get back on bike. I truly appreciated receiving a free bike. Now I can cycle freely around my local area. It's helped me keep my joints moving and improve my physical health, while boosting my mental wellbeing through fresh air and time in nature. Most importantly, it's helped me feel more connected to others and my community.



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Upcoming Events

Exciting News: Travel Well Bike Library is Launching!

We're thrilled to announce that the Travel Well Bike Library will be launching this month!

Join us for the launch of the

Bike Library

HarveyHaddenSportsVillage, NG8 4PB
Friday 17 October 2025 2.30pm to 4pm

2.30pm: Welcome from Councillor Woodings

2:45pm: Meet the team and see the workshop

3.15pm: Try out the bikes on the outdoor track

Refreshments will be provided

RSVP to travel.well@nottinghamcity.gov.uk

Please note photos and videos will be taken at the event



Funded by



GET CYCLING

RALEIGH



Community Health Hub - Cherry Lodge

King Edward Park, Carlton Road, NG3 2AS

Monday, 6 October 2025, 11AM - 1PM



Community Health Hub - The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ

Monday, 20 October 2025, 11:30AM - 1:30PM

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Travel Well at Bulwell Market

Market Place, Bulwell NG6 8HD

Wednesday, 15 October 2025, 10AM - 1PM

(Walking and Cycling Information, Free Dr Bike Sessions)

Aspire Healthy Heart Clinic

Harvey Hadden Sports Village – Studio 2,
Wigman Rd, Nottingham NG8 4PB

Monday, 20 October 2025, 9AM - 10:30AM

(Promoting Heart Health information, Lifestyle Tips & Free Health Check)

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Keep Moving This October

October is a beautiful month, filled with crisp air and vibrant autumn colours. But as the days get cooler and shorter, it's easy to slow down and spend more time indoors. That's why it's important to keep your body and mind feeling their best by staying active.

Simple, low-impact activities like walking and cycling are perfect for enjoying the outdoors while supporting your health, even as the temperatures drop.

Think of October as your opportunity to build strength, stability, and healthy habits that will carry you confidently into winter.

Explore Travel Well activities and book a session to kick-start your journey today!



Travel Well: Cycling Activities

Find out more at
www.bookwhen.com/ridewise

Group or 1 to 1 sessions

Harvey Hadden cycle track
Wigman Road, Nottingham, NG8 4PB

TRAVEL WELL

TRAVEL WELL LED RIDES

FREE LED RIDES FROM BULWELL FOREST RECREATION GROUND
Hucknall Rd, Nottingham, NG6 9LQ

October, 2025

8	Wed	10am BST	Travel Well - 5 Weeks Cycling for Fitness at Harvey Hadden. Adults 18+
16	Thu	10am BST	Travel Well - Adult (18+) One to One, learn to cycle or regain confidence. Harvey Hadden
18	Sat	10am BST	Travel Well Led Ride at Bulwell Forest Recreation Ground. Adults 18+
20	Mon	10am BST	Travel Well - Led Group Rides from Harvey Hadden. Adults 18+
23	Thu	2pm BST	Travel Well Led Ride at Bulwell Forest Recreation Ground. Adults 18+

Travel Well: Walking Group



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

ASPIRE
Primary Care Network

A Wellness Walk at Harvey Hadden

Join us for a relaxing morning walk!
Take a break, breathe in the fresh air, get moving, and meet new people!

- No need to register — just turn up!
- All fitness levels are welcome!

Every Monday 11 am

Meeting Point:
The Café at Harvey Hadden

Start from 7th July

For more information, Call or Text 0755 183 4943

Nottingham City General Practice Alliance

TRAVEL WELL

Refer your patients here:
[Active Travel Referral Form](#)

