

Active Travel November News

The Travel Well Community Bike Library

A new community bike library has opened at Harvey Hadden Sports Village as part of the Travel Well project.

The Travel Well community bike library service provides free bike loans of between 4 and 12 weeks on a range of accessible e-bikes, e-trikes, and adapted bikes to support residents who cannot currently cycle due to health reasons such as injury, mobility needs, or long-term health conditions.

The bike library is available for people living or registered with a GP in the Travel Well focus areas around Aspley, Bilborough, Beechdale, Strelley, Bulwell, St Ann's and Sneinton.

All participants will receive one-to-one training and support to ride their loan bike safely with an appointment with a qualified cycle instructor.

Social prescribers, GPs, project partners and community organisations working in those areas can refer people to the service.

Interested in finding out more? Come along to our Open Day.



OPEN MORNING

TRAVEL WELL

BIKE LIBRARY

- Raleigh Motus electric bicycle hire - 4 week free hire to residents
- Many adapted bikes to use onsite

Come and have a look and try of the bikes on offer and find out the referral process for your group users

Wednesday 5th November 2025 at Harvey Hadden Sports Village, NG8 4PB

Email: nnicb-nn.atccnottinghamcity@nhs.net

Tel: 07551834943

Upcoming Events

Travel Well at Community Health Hub - The Chase Neighbourhood Centre

Robin Hood Chase, Nottingham NG3 4EZ

Monday, 17 November 2025, 11:30AM - 1:30PM

Travel Well at Bulwell Market

Market Place, Bulwell NG6 8HD

Wednesday, 19 November 2025, 10AM - 1PM

- Walking and Cycling Information
- Free Dr Bike Sessions

Stay Heart Healthy and Travel Well!

Join Aspire Primary Care Network at Harvey Hadden Sports Village for our Healthy Heart & Travel Well Event!

- ♥ Get expert heart health advice
- ♥ Pick up lifestyle tips for a healthier you
- ♥ Enjoy a FREE Health Check
- 🚲 Explore our Travel Well services to keep you safe on your adventures



The poster features a vibrant illustration of a park with people walking, cycling, and playing. A large speech bubble from a heart character says: "Come along 9:30am-11am to the Aspire Primary Care Network Healthy Heart Event!". Various service callouts are shown in clouds: "FREE Dr Bike checks 10am - 1pm!", "Book a group ride with RIDEWISE", "Meet the TRAVEL WELL team!", and "FREE Security Bike Marking 10am - 1pm!". A Dr Bike tent is also illustrated.

Harvey Hadden Sports Village
Monday 24th November
Healthy Heart Event (Studio 2) 9:30am - 11am
Ridewise Group Ride* 10am - 11am
Dr Bike 10am - 1pm
Security Bike Marking 10am - 1pm

*To book your place on the group ride visit <https://bookwhen.com/ridewise>

Travel Well: Cycling Activities

<https://bookwhen.com/ridewise/travel-well>

	One to One Learn to Ride	Led Ride	Women only Led Ride
Bulwell Forest Recreation Ground	Wednesday, 5 Nov 25 11am – 12pm Wednesday, 12 Nov 25 10am – 11am 11am – 12pm Saturday, 29 Nov 25 10am – 11am 11am – 12pm	Saturday, 15 Nov 25 10am – 11am Friday, 28 Nov 25 10am – 11am	
Colwick Park		Sunday, 2, 16 Nov 25 11am – 12pm	Wednesday, 5 Nov 25 11am – 12pm Sunday, 23 Nov 25 11am – 12pm
Harvey Hadden Sports Village	Monday, 17 & 24 Nov 25 12pm – 1pm Wednesday, 19 & 26 Nov 25 10am – 11am	Monday, 3 Nov 25 10am – 11am	Monday, 17 Nov 25 10am – 11am

Travel Well: Walking Group

<https://www.runspire-notts.com/travel-well>

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

Refer your patients here:
Active Travel Referral Form

