

Step Into Wellness – Small Steps, Big Benefits

National Walking Month

This month, we celebrate *National Walking Month*, encouraging everyone to take small steps toward better physical and mental wellbeing. Walking is a simple, accessible way to boost your health — and with longer days and warmer weather, it's the perfect time to get moving. Walking and nature-based activities support both physical and mental wellbeing, with research showing that even a daily leisurely walk can ease anxiety, improve sleep, and boost long-term health. Our Social Prescribers help connect people to these kinds of community-based supports, and by promoting walking—through everyday routines or challenges — we can help shift perceptions and encourage lasting healthy habits.

5 Ways to Wellbeing

Our Social Prescribers have launched a 5 *Ways to Wellbeing* workshop — designed to help explore small, practical steps that can make a big difference in how we feel every day. The five ways are:

- Stay active
- Connect
- Take notice
- Keep learning
- Give

seasonal produce

Fruit: rhubarb, strawberries

Vegetables: artichoke, asparagus, aubergine, beetroot, chillies, lettuce, new potatoes, peas, peppers, radishes, rocket, spinach, spring greens, spring onions, watercress

Cooking at home resource [here](#)

Contact Us



07551 685630



nnicb-nn.aspirehwbc2@nhs.net



Connecting through movement

Looking to stay active, boost your mood, and meet new people? Join [Best Foot Forward](#)—a series of free, friendly guided walks led by trained walk leaders across Nottingham. Walking has proven health benefits, from improving mental wellbeing to reducing the risk of long-term conditions like type 2 diabetes and hypertension.

Day	Place	Time	Freq	Notes
TUE	Forest Rec Tram Stop	10:15	Weekly	.3 - 3 Miles 40 - 90min
WED	Broad Oak Pub NG8 6PD	10:15	Monthly	4 - 5 Miles 90m - 2hrs
FRI	Wollaton Park NG8 2AE	10	Weekly	2 Miles 60min

More walks can be found [here](#)

Contact:

Email: bestfootforward@ageuknotts.org.uk

Telephone: [0115 896 6906](tel:01158966906)



CALENDAR

OF EVENTS - MAY EDITION

ASPIRE
PRIMARY CARE NETWORK

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 10:30AM: SHERWOOD PARK WALK @NG5 3FN 4 - 8 PM: GARDINEING @THE FIELD (NG8 6PE)	29 1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	30 1PM-3PM: MEN'S GROUP @EVOLVE 10:30AM - 12PM: MEMORY CAFE @EVOLVE	1 10AM: WOVEN CAFE @ST MARGARET'S CHURCH 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	2 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10 - 11:30AM: 5 WAYS TO WELLBEING WKSHP @STANWICK CLOSE	3 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE
4	5 9:30AM-12PM: KNIT & CROCHET @BILBOROUGH LIBRARY	6 10:15AM: PARK WALK @FOREST REC TRAM STOP	7 10AM - 12PM: COMMUNITY CAFE @NG8 6GR 1PM: NORDIC WALKING @BROAD OAK PUB	8 10AM: COMMUNITY CAFE @ST AIDAN'S 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	9 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	10 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE
11	12 10:30AM: SHERWOOD PARK WALK @NG5 3FN 4 - 8 PM: GARDINEING @THE FIELD (NG8 6PE)	13 11AM - 12PM: LADIES ONLY SWIM @THE LENTON CENTRE £6	14 10:30AM - 12PM: MEMORY CAFE @EVOLVE 2PM - 4:30PM: WORK CLUB @STRELLEY LIBRARY	15 10AM: COMMUNITY CAFE @ST AIDAN'S 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	16 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	17 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE
18	19 10 - 12PM: KNIT & NATTER @BASFORD LIBRARY	20 1PM - 3PM: HEALTHY HORIZON HUB @EVOLVE	21 1PM-3PM: MEN'S GROUP @EVOLVE 1PM: NORDIC WALKING @BROAD OAK PUB	22 2 - 4PM: DIABETES SUPPORT GROUP @NG6 9FH 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	23 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 10AM - 12PM: CRAFT & CHAT @BILBOROUGH LIBRARY	24 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE
25	26 10:30AM: SHERWOOD PARK WALK @NG5 3FN 4 - 8 PM: GARDINEING @THE FIELD (NG8 6PE)	27 10 - 11 AM: FAMILY DROP-IN CYCLE SESSION @HARVEY HADDEN	28 1PM: NORDIC WALKING @BROAD OAK PUB 2PM - 4:30PM: WORK CLUB @STRELLEY LIBRARY	29 10AM: WOVEN CAFE @ST MARGARET'S CHURCH 10AM - 12PM: HEALTHY HORIZON HUB @NG6 8AX	30 9:30AM: YOGA @BULWELL TESCO COMMUNITY ROOM 11AM - 1PM: SFICE SUPPORT HUB @NG7 4DL	31 11AM: CHESS CLUB @HYSON GREEN LIBRARY 9AM: PARK RUN - WOLLATON HALL @NG8 2AE

*ACTIVITIES PUT ON BY SPLW'S / HWBC'S

*ACTIVITIES PUT ON BY COMMUNITY