



# The Little Green Book

North  
Broxtowe  
Edition

**A directory of nature-based activity providers in North Broxtowe.**

**Use this directory to find outdoor activities to get involved in.**

**Please note:**

**All information is correct at the time of publishing. April 2025**

**If you find that there is anything incorrect, or if you have any feedback or update requests, please contact the team by emailing:  
[nnicb-nn-eastwood-inw@nhsnet](mailto:nnicb-nn-eastwood-inw@nhsnet)**

**You can also check the Nottingham West Primary Care Network website for the most recent version: (*in development*)**



**Nottingham  
West**  
Primary Care Network



**Broxtowe  
Borough  
COUNCIL**

**Y<sup>OUR</sup> CVS**

**NHS**  
Nottingham and  
Nottinghamshire  
Integrated Care Board

**South  
Nottinghamshire**  
Place-Based Partnership



# The Little Green Book – North Broxtowe

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## The Little Green Book – North Broxtowe

### What are the icons for?

Each entry in the book uses icons to display the facilities available at each location. You can use these to find out if there are toilets available, accessibility needs and more. See the icon key below:



**Toilets**



**Changing**



**Accessibility**



**Handwashing  
available**



**Water  
based**



**Family  
Friendly**



**Bike Racks**



**Shelter  
available**



**Walking  
Group**



**Operates  
through  
Winter**



**Hot Drink  
Facilities**



**Dementia  
Friendly\***

\*groups/volunteers  
received 'Dementia  
Friends' information  
session

## The Little Green Book – North Broxtowe

### Parks & Open Spaces

With 51% of the green space in Broxtowe designated Local Nature Reserve and 37 play areas, recreation ground and open spaces across the Borough, there is outdoor space for everyone to enjoy.

<https://www.broxtowe.gov.uk/for-you/parks-and-nature-conservation/parks-and-open-spaces/parks-and-open-spaces-near-me/>

### Walking & Cycling

Walking and cycling are great ways to enjoy Broxtowe and other areas of the UK too. Not only can it keep you fit and healthy, but it can help improve mental health and general wellbeing as well.

<https://www.broxtowe.gov.uk/for-you/parks-and-nature-conservation/walking-and-cycling/>

It is also good for the planet and can save you money on transport costs. Enjoy a walk or cycle on your own, or with family and friends.

### Walking Apps



**GreenSpace NG** provides a map of green spaces across Nottinghamshire. From parks to Nature Reserves and rivers there are hundreds of places to explore.



Whether you stomp, roam, ramble, hike or wander, **Go Jauntly** have unlimited walking trails for you to enjoy. Their mission is to help you get out and about every day. Download our free walking app and enjoy a pocket-sized encyclopaedia of urban walks.



Wherever you choose to explore, **komoot** has a route. Find your perfect adventure, whether it's a mountain range away or in your own backyard.



Worried about getting lost? **what3words** have divided the world into three metre squares and gave each square a unique combination of three words. It's the easiest way to find and share exact locations.

Step into Walking

# step into walking

**It doesn't have to be about joining a walking group or going on a long hike.**

**It's about moving more in a way that works for you. Which could be to your front door or the shops or around the block.**

**If you need support to take the first step, there are people and groups who can help:**

For women wanting to join the free Menopause Support group on the third Saturday of each month from 9.30-11.30, please contact Elaine Cooper on [nnicb-nn-eastwood-inw@nhs.net](mailto:nnicb-nn-eastwood-inw@nhs.net) for more details

For free AgeUK Notts Best Foot Forwards Walks phone 0115 896 6906 or contact their website [Best Foot Forward \(ageuk.org.uk\)](http://BestFootForward.ageuk.org.uk)

For walks ranging from 3-13 miles, contact the Broxtowe Ramblers on [Our Walks Programme](#)

## walking can

- Connect you to your neighbours and your local community
- Give you more energy
- Help you to sleep better
- Be good for your mental health
- Help you to manage your weight
- Reduce your blood pressure
- Make you feel good
- Help you to meet new people and make friends
- Learn things about your area – nature, history...

For Buggy Walks from the Eastwood Family Hub on the third Monday of each month, please contact [frances.freeman@nottscg.gov.uk](mailto:frances.freeman@nottscg.gov.uk) or 0115 977 3742

For DH Lawrence Walks on the first Tuesday of each month at 10am, Birthplace Museum on Victoria Street, Eastwood, NG16 3AW

For walks with the Eastwood U3A 'Strollers' and 'Five Mile Walks' groups contact [Groups - Eastwood and District u3a](#) Free for U3A members

**WALK  
notts**

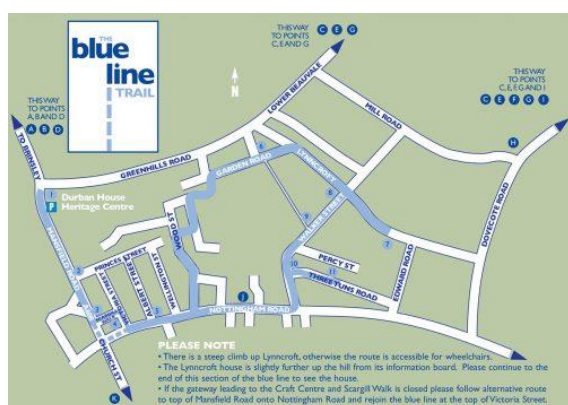
If you want to go your own or with family/friends have a look in the Broxtowe Little Green Book [Broxtowe Little Green Book.pdf](#)

## The Little Green Book – North Broxtowe

### Walk in D.H. Lawrence Footsteps

This route will really show you Lawrence's roots. Pass by all the Lawrence family's homes in Eastwood, Lawrence's school, the Beauvale Board School, through Colliers Wood and the local countryside, reaching St. Mary's Church in Greasley, back to the D.H. Lawrence Birthplace Museum, where you can then have a well-deserved rest and cup of tea or visit one of the pubs and cafés throughout the town.

<https://www.lleisure.co.uk/wp-content/uploads/2018/10/Walk-in-D.H.-Lawrences-Footsteps-Walk-Leaflet.pdf>



Follow the Blue Line Trail around Eastwood to discover the other Lawrence family homes and see some of the places that influenced his life and work.

Download the map and additional details:

<https://www.lleisure.co.uk/wp-content/uploads/2018/10/Blue-Line-Trail-Map.pdf>

### Buggy Walks

#### **Broxtowe Family Hub**

**Aim:** To get some gentle exercise whilst reaping the benefits of fresh air and meeting new people. Helping parents get out of the house and making new friends.

#### **Activities Available:**

##### **Name of Activity**

**Once a month, usually the third Monday of the month.**

The walk will last around 1-hour.

**Booking is essential.**

**Opportunity for parents with under 5-year olds to socialise.**

**Getting here:** We are located on Chewton street which is a short walk from the R1 bus stop which and a 5 minute walk from the centre of Eastwood. We have no parking facilities but there is a road you can park on outside the centre.

#### **Address:**

**Broxtowe Family Hub, Chewton Street, NG16 3HB**

#### **Key Contact:**

**Name:** Frances Freeman

**Email:** frances.freeman@nottsc.gov.uk

**Phone:** 0115 977 3742

**Web:**

#### **Facilities:**



**Average Group Size**

**5 - 10**



## The Little Green Book – North Broxtowe

### Menopause Support Group

#### Menopause Support Group

**Aim:** To provide space where you can take a moment, share stories, ask questions and find support and inspiration.

**Activities Available:** Yoga, Crafts, Walking, Open Water Swimming, Paddle Boarding

**Name of Activity**

**Third Saturday of month 9:30am – 11:30am**

**Opportunities to get together with other women at any stage of menopause to share experiences.**

#### **Address:**

*Venue will change. Members can join a WhatsApp group for updates.*

#### **Key Contact:**

**Name** Elaine Cooper

**Email** nnicb-nn-eastwood-inw@nhsnet

**Phone**

**Web**

#### **Facilities:**



**Average  
Group  
Size**

**10 - 12**



**You're invited!**

**Eastwood Menopause Support Group**

Meet 3rd Saturday  
each month 9:30 - 11:30

**What you can expect:**

- Peer support
- New friendships
- Mental Health Support
- Employment support
- Nutrition advice
- Physical activity
- Crafts

**Contact:**  
nnicb-nn.eastwood-inw@nhs.net

Walking Talking Coffee Support

Delivered in partnership with:



## The Little Green Book – North Broxtowe

### Bennerley Viaduct

Bennerley Viaduct is also the ultimate survivor: closed to trains in the 1960s, once derelict, it has found a new lease of life in the care of the Friends of Bennerley Viaduct. In 2022 it was re-opened to walkers, cyclists and heritage explorers. New visitor facilities are planned in 2025, including a second ramp, visitor centre and car park.

Beneath the viaduct we are creating a haven for wildlife, a place for people to spend time in nature.

<https://www.bennerleyviaduct.org.uk/>



### Bennerley Viaduct

#### Friends of Bennerley Viaduct

**Aim:** Improve your mental wellbeing and physical health by visiting our nature reserve. We are the hidden gem, embedded in the Erewash Valley, we are home to a range of animals, trees, waterways. Come and explore our local trails too, in which you can walk, run or cycle down.

#### **Activities Available:**

##### **Conservation Days**

*Thursdays 9:30-early afternoon*

*Join the team that looks after the green side of the Bennerley Viaduct site, this could be tree planting, hedge laying or litter picking.*

##### **Guided Tours**

*1-2 per month on Saturdays 10-12*

*Learn about the history of Bennerley Viaduct on a moderately challenging countryside walk.*

##### **Open-days**

*Meet our team and explore opportunities to get involved! We plan these whenever we have capacity to and will share via posts on our website, newsletter, social media as well as posters and leaflets.*

##### **Nature Walks**

*Explore the structure and grounds! We plan these whenever we have capacity to and will share via posts on our website, newsletter, social media as well as posters and leaflets.*

##### **Species Walks**

*Including bats and butterflies! We plan these whenever we have capacity to and will share via posts on our website, newsletter, social media as well as posters and leaflets.*

##### **Children's Activity Days**

*We often host our famous egg drop challenge! We plan these whenever we have capacity to and will share via posts on our website, newsletter, social media as well as posters and leaflets.*

**Things to note:** Special parking is provided in a compound underneath the bridge when attending events.

Access is via Newton's Lane off Awsworth Road.

what3words reference: **///played.reds.whites**

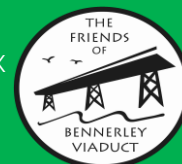
If you are coming from Nottingham (A6096, Shilo Way) turn RIGHT onto Newton's Lane then turn RIGHT again just before the railway bridge.

It can be tricky navigating this road as digital map systems show Newton's Lane as Awsworth Road, we highly recommend using what3words for your journey. The gate to the lane will be open. Drive down the tarmac lane until you arrive underneath the bridge.

**Opportunities to Socialise: We are a friendly bunch, come along and get involved with our group, join conservation days and guided tours to meet like-minded people!**

#### **Address:**

Bennerley Viaduct, DE7 8PX



#### **Key Contact:**

**Name:** Hadley Trueman

#### **Email:**

[hadleytrueman@bennerleyviaduct.org.uk](mailto:hadleytrueman@bennerleyviaduct.org.uk)

**Phone** 07707424610

**Web** [www.bennerleyviaduct.org.uk](http://www.bennerleyviaduct.org.uk)

**Facebook Bennerley Viaduct:** The Iron Giant

**Instagram** @bennerleyviaduct



#### **Facilities:**



We are Dementia Friendly but have no designated lead

#### **Getting Here:**

**Bike/Foot: Follow Erewash Valley Trail**

**Parking: Nearest carpark is Newton's Lane carpark, NG16 2SD but we will have on-site parking from 2026.**

**Bus: Catch the Trentbarton Rainbow One from Eastwood and get off at stop Gilt Hill 3300BR0360 and it's roughly a 15-minute walk to the site from there.**

## The Little Green Book – North Broxtowe

### Cycling

#### **Cycling Saturdays!**

**Aim:** To get people cycling in FREE family friendly sessions.

#### **Activities Available:**

##### **Name of Activity**

**Saturdays, 10am – 11:30am**

Fun family sessions, donate bikes, chat with Dr Bike and get your bikes checked.

**Bikes and helmets available.**

#### **Address:**

The Pavillion, Coronation Park, NG16 3LQ

#### **Key Contact:**

**Name** Ridewise

**Email** customerservices@ridewise.org.uk

**Phone** 0115 9552288

**Web** bookwhen.com/ridewise

#### **Facilities:**



**Average  
Group  
Size**

**10 - 12**



### Cycle to work scheme

Save up to 47% on new cycling gear and spread the cost of a bike and/or accessories.

<https://www.cyclescheme.co.uk/how-it-works>

Cycle to Work Day is back on Thursday 3rd July 2025

<https://www.cyclescheme.co.uk/cycletoworkday>



## The Little Green Book – North Broxtowe

### Running



Starting something new like running can feel overwhelming, but that is completely normal. Many people feel this way at first.



The free NHS Couch to 5K programme makes it easier by guiding you from the couch to running 5km in just 9 weeks. Let's take it one step at a time.



Parkrun is a FREE community event. They are positive, welcoming and inclusive, there is no time limit, and no one finishes last. Everyone is welcome to come along. The closest parkrun to Eastwood is Shipley Country Park, Slack Lane, Heanor, Derbyshire, DE75 7GX.

### **The Colliers Wood Canter:**

Kimberley and District Striders invite you to join us on our free timed run around Colliers Wood near Moorgreen in Nottinghamshire.

Option of 3k or 5k - children, buggies and one pooch per runner are welcome too.

The run starts at 9am by the car park on Engine Lane and is mainly on paths, although there is a short section of grass.

No need to register, simply turn up and join in.

Colliers Wood, Newthorpe, Nottingham NG16 2FF

<https://www.kadsrunning.com/what-is-the-colliers-wood-canter.html>

### Gardening & Allotments

There are two main allotment sites in Kimberley, managed by the Town Council.

<https://kimberley-tc.gov.uk/allotments/>

Kimberley Community Garden: If you are interested in gardening, veg growing, outdoor cooking and crafts, or just fancy being involved join the group

<https://www.facebook.com/groups/424036029693627/>

## The Little Green Book – North Broxtowe

### Green Rewards

Earn discounts and prizes when you record sustainable actions to reduce your carbon emissions.

Residents can sign up to Green Rewards at

<https://notts.greenrewards.co.uk/>

Or download the app by searching for 'Notts Green Rewards' in the app store.



Earn points by walking, cycling and more.

As a resident of Broxtowe Borough, there will be 2 x £20 vouchers to be won each month.



greenrewards Nottinghamshire County Council NEWARK & SHERWOOD DISTRICT COUNCIL Broxtowe Borough Council Nottingham City Council Rushcliffe Borough Council Gedling

Be rewarded for improving sustainability across Nottinghamshire with **Notts Green Rewards!**

Log your positive actions on the go

Quicker to share your photos

Win prizes!

Download the app to join in!

A smartphone screen displaying the Notts Green Rewards app. The screen shows a welcome message "Welcome, TJ T", a "24817 Green Points" balance, and icons for "Today's top actions" (Walking, Cycling, Tiddles on a machine, I walk, I cycle). Below this, it says "Your team is: Aspley Parent team: City Of Nottingham". There are sections for "GET WATER FIT" (Earn 150 Green Points for finding lost water leaks) and "GET CYCLING" (Report your short and long cycle rides to earn points per mile). At the bottom are icons for "Log", "Record", "Activity", and "Home".A square QR code located at the bottom right of the promotional graphic, next to the text "Download the app to join in!".

notts.greenrewards.co.uk

## The Little Green Book – North Broxtowe

### Useful links

Find information and services for Nottinghamshire all in one place.

<https://www.nottshelpyourself.org.uk/>

Follow the Nottingham West Social prescribers on Facebook for more local activities.

<https://www.facebook.com/search/top?q=nottingham%20west%20social%20prescribing>

Nottingham West PCN

<https://www.nottinghamwestpcn.co.uk/>

Greasley Sports & Community Centre

<https://www.greasleysportsandcommunitycentre.co.uk/>

### **Active 10 App**



Record every minute of walking you do.

The app:

- Tracks your steps
- Helps you set goals
- Shows you your achievements
- Gives you tips to boost your activity



Did you know walking briskly, even for 1 minute, counts as exercise? What are you waiting for - take your first steps today!