



PHYSICAL ACTIVITY IN Nottingham



Welcome to the new Get Moving Nottingham 'Physical Activity Newsletter',

The purpose of this newsletter is to bring together the different physical activity services available within Nottingham City. Get Moving Nottingham is now recognised in promoting physical activity and raising awareness to the benefits of becoming more active more often!

There is substantial evidence to support the role of physical activity in promoting good health. Regular physical activity decreases the risk of coronary heart disease, stroke and diabetes, and the associated risk factors such as hypertension and obesity. Physical activity also has a role in preventing falls among older people and can increase your confidence and outlook on life.



Activity Supporters:

What is an Activity Supporter?

Activity Supporters are voluntary members of our community who give a little time up each week to support other individuals to become more active.

Activity Supporters:

- Talk to people on a one to one basis, about physical activity
- Meet people and accompany them to physical activity sessions based in the community or leisure centres or just walking to the shops
- Talk to groups about their experiences and how physical activity has effected their lives
- They can help you to become more active

To become an Activity Supporter or if you need the assistance of an Activity Supporter please contact Michele Platts GMN Project Officer on tel: 0115 942 8790

Specialist Physical Activity Advisors:

What do they do?

Physical Activity Advisors offers motivational support and advice to help you become more active.

Where are they based?

They are based in community settings and hold sessions on most week days between 9am - 5pm. Areas include:

Beechdale	Meadows
Bestwood	Radford
Bulwell	Sneinton
Hyson Green	St Anns
Lenton	

What if English is not your first language?

One of the advisors is able to speak three different Asian languages (Punjabi, Hindi and Urdu). We also can organise translators.



How do I make an appointment?

- Self Refer - by calling to arrange an appointment
- You can be referred by your practice nurse or GP
- New Leaf Advisors can refer you
- Community Dietetics
- Physiotherapists

For an appointment with a specialist physical activity advisor please ring Michele Platts on 0115 942 8790.

Case Study:

My name is A.D Sargent, I live in Meadows, Nottingham. I am diabetic, overweight, have high blood pressure and a spine problem.

Since seeing my Physical Activity Advisor at the Meadows Health Centre I have been able to talk things through with her. Since attending I have felt more confident with what I am able to do. With my back problems and other ailments I found it very difficult to exercise without being in more pain afterwards. Seeing the Physical Activity Advisor made me more aware of the different ways of being physically active. I am walking more now and I am finding it is free, easy and I can do it when I want. I am getting out of the house more now and I am able to walk further without getting breathless.

I feel healthier, more positive and confident in myself, which has helped me to lose weight. Since August 2005 (2 months), I have lost 11lbs.



Welcome to this first issue of the Best Foot Forward Newsletter. Our intention is to produce the Newsletter on a quarterly basis.

What is Best Foot Forward?

Best Foot Forward offers a number of short walks in the Nottingham City area. The walks offer you the opportunity to improve your health, make new friends and have fun. Walks are free and everybody is welcome!

Why Walk?

- It's the cheapest form of Physical Activity
- You can do it on your own, or as part of a group, at a time that suits you
- You don't need any specialist clothing
- It can reduce stress and help with the control of many health problems
- It can help you to meet new friends
- It gets you out of the house, and give you a break from household chores

Useful Websites

www.getmovingnottingham.nhs.uk
www.nottinghamhearthealth.nhs.uk
www.whi.org.uk

Tuesday CANAL WALK



A flat and very pleasant walk along the Nottingham Canal.

Walk length: 1.5 miles

Duration: Approx. 35-60 minutes (approx.)

Meet at 2pm at the 'Exchange Diner', off Queens Drive, Castle Marina.

Walk Leaders = Mary, John & Barbara.



For more information please contact Christine Adams on 0115 942 0323

Currently there are about 4 regular walkers on this walk and occasionally new walkers come along. During Walk Week we had 18 walkers, which was great, even in the rain!



Friday
Colwick Park Walk

Wednesday CLIFTON WALK

A choice of two pleasant circular walks to either Clifton village or Silverdale on fairly well maintained surfaces.

Walk length: 2 miles

Duration: 40 - 60 minutes (approx)

Meet at 10am at the front entrance to Clifton Leisure Centre, Southchurch Drive.

Walk Leaders = Lindsay & Roy

For more information please contact the Health Visiting Team at Clifton Cornerstone on 0115 940 5298 or Christine Adams on 0115 942 0323.

This walk has recently re-started and already getting more and more walkers each week. The staff at the leisure Centre has been excellent in promoting the walk so a big thank to them.



Thursday
Mary Potter Walk

Wednesday WOLLATON PARK WALK

A number of pleasant walking routes in Wollaton Park.

Walk Lengths: 1.5 to 2 miles

Duration: Approx. 60 minutes

Meet at 12pm at Wollaton Park, 1st car park, Wollaton Road entrance.

Walk Leaders = Mick and Stewart

For more information please contact Christine Adams on 0115 942 0323.



Thursday

MARY POTTER WALK

A fairly level walk around 'The Forest' following established pathways.

Walk length: 1.5 to 2.5 miles

Duration: Approx. 40 minutes

Meet at 10.30am at the Mary Potter Health Centre

Walk Leaders

Colin and Sue

For more information please contact Mary Potter Health Centre on 0115 942 0330 or Christine Adams on 0115 942 0323



Friday

COLWICK PARK WALK

A fairly flat route with benches at intervals around Colwick Park.

Walk Length: 1 1/8 mile

Duration: 30-45 minutes (approx.)

Meet at 2pm at the car park at Colwick Park near River Road off Mile End Road. Buss 44 and 45 get off at Rectory Road and walk across Colwick loop road at the lights, then Mile End Road and River Road.

Link 2 bus get off at Mile End Road, River Road Stop.

Walk Leaders = John and Barbara

This walk used to meet Saturdays at 2pm but has now changed to Fridays at 2pm. Also due to a lack of interest we have now decided that it would be best for people to phone to ensure the walk leaders are available on this particular walk. **Please contact either John on 0115 911 3124 or Christine Adams on 0115 942 0323 if you are interested in going on this walk.**

Friday

OLD BASFORD WALK

A level walk along the River Leen (up to 40 minutes). The walk is flat with benches at intervals.

The surfaces are good, on a fairly flat route, with a gravel and firm soil path, which is used by walkers and cyclists.

Walk length: 2 miles (approx.)

Meet at 10.30am at the Garage on Mill Street (Old Basford).

Permission to use the 'Horse and Jockey' pub car park during the walk time.

Walk Leader = Christine

For more information please contact Christine Adams on 0115 942 0323.



Saturday

BULWELL RIVER LEEN WALK

This is a pleasant short walk, taking you along one side of the River Leen admiring the Swans, Ducks and the many species of Birds. At the halfway point, we cross over a footbridge, and walk back along the other side of the river. Walkers are a bit thin on the ground at the moment, but we have two ladies who regularly attend. This may not be the best day of the week for some people who like to do their shopping on a Saturday. Please consider giving this walk a try, and then visit the busy Bulwell Market and the shops that Bulwell has to offer.

Walk Leaders =

Brian and June

For more information please contact Brian Sweetland on 07855 410695.



Volunteer Walk Leader Training

Volunteers lead all of our walks. Each walk needs to have two Trained Walk Leaders to assist those walkers taking part. To ensure that we have cover for these walks during illness/ holidays, we are always looking for more volunteers. If you would like to find out more about becoming a Walk Leader please contact Rachel Marriott on 0115 919 2588. To book a place please contact Michele Platts / Jenny Haslam on 0115 942 8614.

We welcome articles written by walkers themselves. Please have your say, and let others know how you feel about the walks in which you take part. Articles for the next addition should be submitted by **Friday 18th August 2006**. You can submit your article through your Walk Leader, or send it by post to:

Rachel Marriott

Health Promotion Specialist

Sherwood Rise Health Centre

29 Nottingham Road

Sherwood Rise

Nottingham

NG7 7AD

Contact Details:

For a Best Foot Forward programme please telephone Christine Adams on 0115 942 0323

Nottingham City Walks



Self-Led Walks - Nottingham City Council has developed a number of self-led walks across Nottingham City. These include walks around Bulwell, Colwick Park, Arboretum and many more. Detailed Maps are available on this site for you to plan your route. If you require further assistance on self led walks please contact Kerry Holden on 0115 915 4692.

Canal Walk	Nottingham Castle/ Nottingham Park Estate	Bullwell Nature Walk	Lenton Circular Walk	Arboretum Trail
<p>Walk Facts</p> <p>Distance - 2.5km Steps - 3,750</p> <p>Time - 30- 45 mins</p> <p>Grading - Easy/ Moderate*</p> <p>* There are a few steep gradients around the Nottm. Castle area</p> <p>Type of walk - Cultural / Scenic</p>	<p>Walk Facts</p> <p>Distance - 2.5km Steps - 3,750</p> <p>Time - 35 - 40 mins</p> <p>Grading - Moderate*</p> <p>* Includes some fairly steep gradients and steps</p> <p>Type of walk - Cultural</p>	<p>Walk Facts</p> <p>Distance - 6.5km Steps - 9,750*</p> <p>Time - 2 hours</p> <p>Grading - Easy/ moderate</p> <p>* Almost the daily recommended number of steps!</p> <p>Type of walk - Urban / Nature</p>	<p>Walk Facts</p> <p>Distance - 2.4km Steps - 3,700</p> <p>Time - 30-40 mins</p> <p>Grading - Easy/ moderate</p> <p>* There is one short, steep incline on the walk</p> <p>Type of walk - Cultural / Scenic</p>	<p>Walk Facts</p> <p>Distance - 2.5km Steps - 3,750</p> <p>Time - 30- 40 mins</p> <p>Grading - Easy</p> <p>Type of walk - Urban</p>

Nottingham Cities Leisure Card Scheme



Did you know you can get up to 50% off sport and leisure activities today?

All you need to do is pick up a Leisure Card application form at any City of Nottingham Leisure Centre. The card costs just £3 and is valid for three years.

The Leisure Card is a discount card that offers a choice of three easy ways to save money on your sport and leisure activities in Nottingham.

**YOU CAN CONTACT
THE GET MOVING NOTTINGHAM
TEAM ON 01154 942 8790**

Events Coming Up!

Park Life 2006 - Parklife aims to be a celebration of fun activities for all the family. For details please call 0115 915 2742



Nottingham YMCA G.P. Referral scheme

The Nottingham YMCA G.P. Referral scheme aims to improve the health (both physical and mental) of participants by utilising a fourteen - week, structured exercise programme. YMCA also offers a great range of classes aimed at people who are looking to become more active. For more details call 0115 956 7600.

Cardiac Exercise (Heartbeats)-Referrals

Exercise classes available to individuals who have angina or heart conditions please ring Paul Dodsley on Tel: 0115 942 8672

