

# Let's walk, wheel and eat together

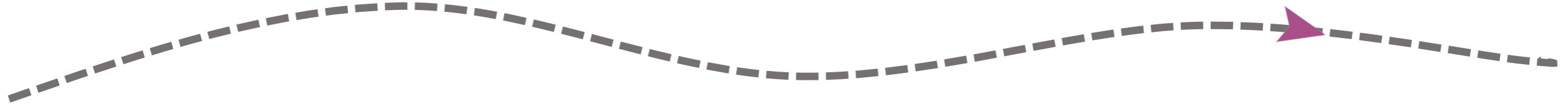


*Our ambition is to **inspire, support** and **enable** residents and communities to walk and wheel in their everyday lives'*



# What do we mean by Walking & Wheeling?

Walking is foot based, including the support of mobility aids, and assistance animals.  
Wheeling is an equivalent alternative to walking, with people using wheeled aids to help them move



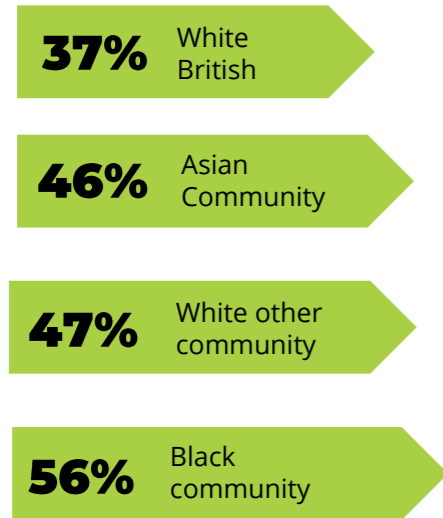
## What is everyday Walking & Wheeling?

It's every step we take, or the movement we use with a wheeled aid, in our lives



# Who isn't Walking & Wheeling\*?

## COMMUNITIES



People with a life limiting illness, 75+, in our black communities or in lower socio-economic groups are classed as less likely to walk according to the Active Lives survey

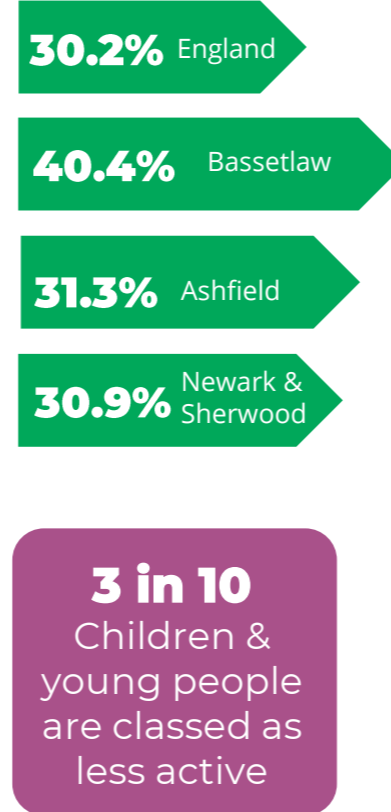
## HEALTH FACTORS



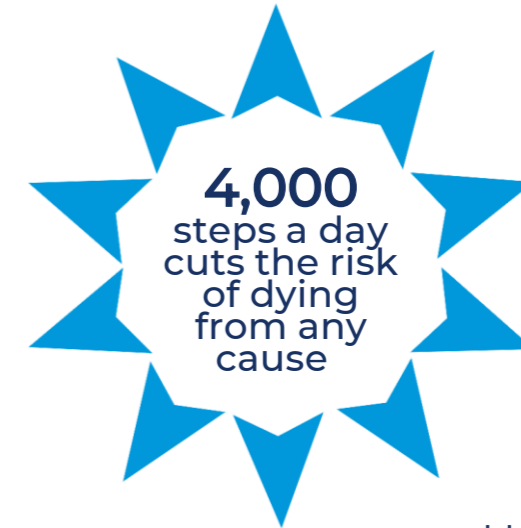
## OCCUPATIONS



## INACTIVE CHILDREN



# Why is this important?



**37%** of Notts residents are not walking (Active Lives Survey)

Healthy life expectancy in Notts is **2 years lower** than England

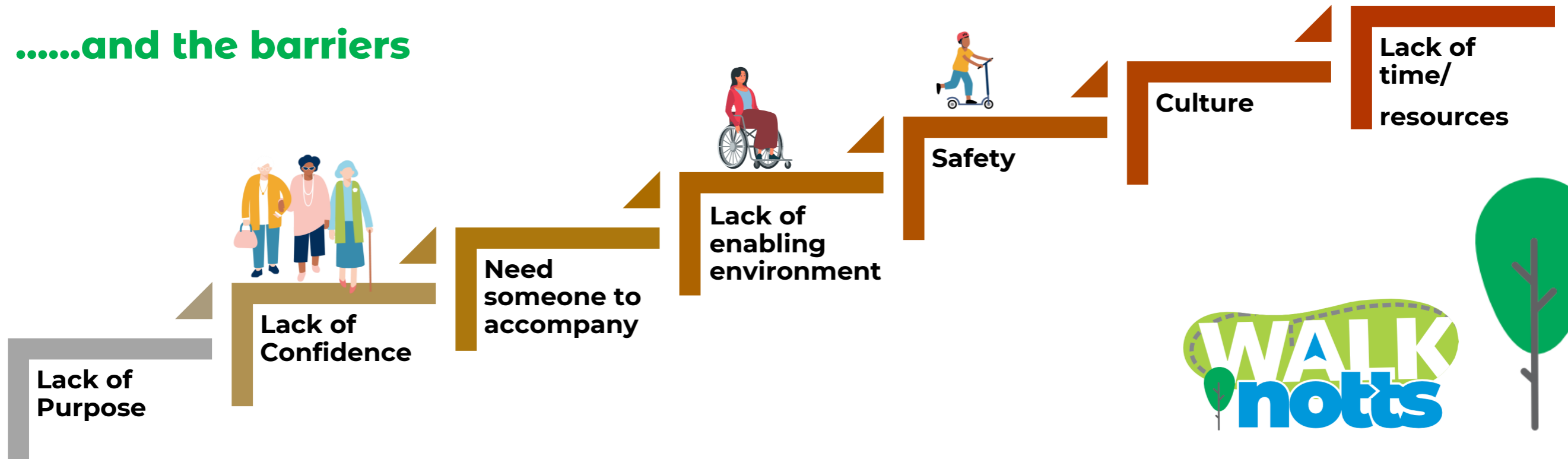
\*Not walking is described as doing no sessions of moderate activity of 10 minutes walking in the last 28 days



# Motivators to walking....

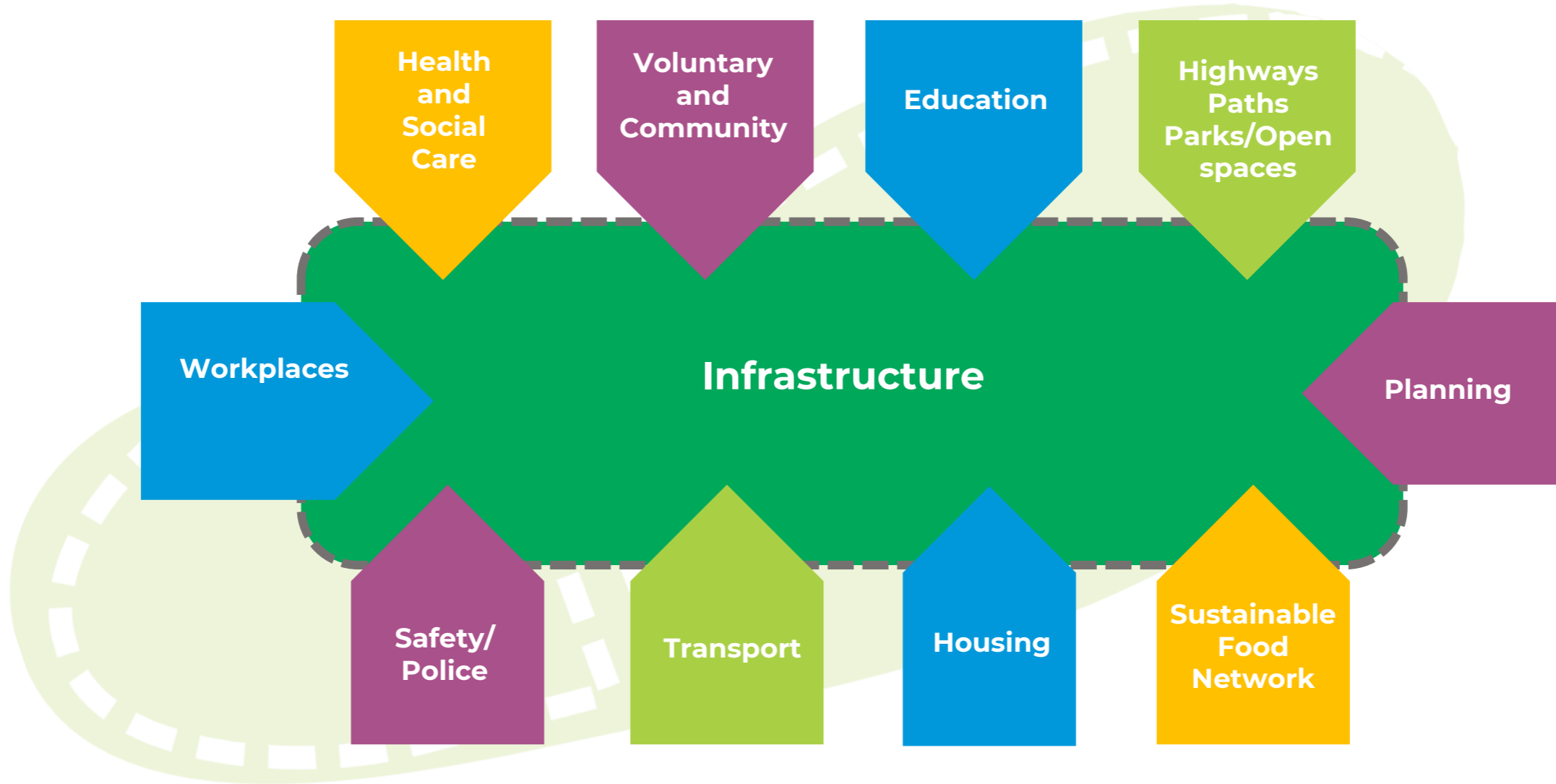


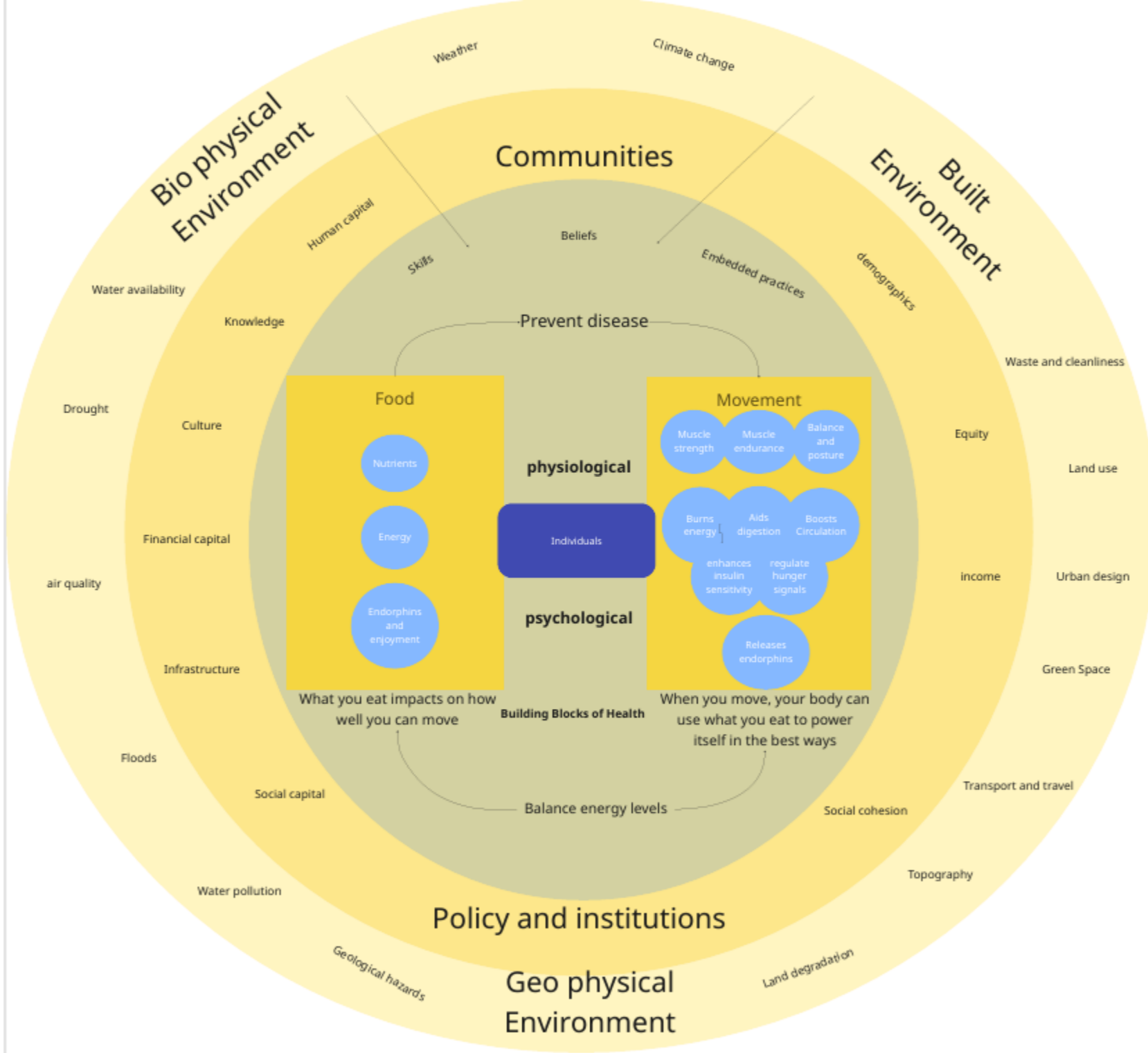
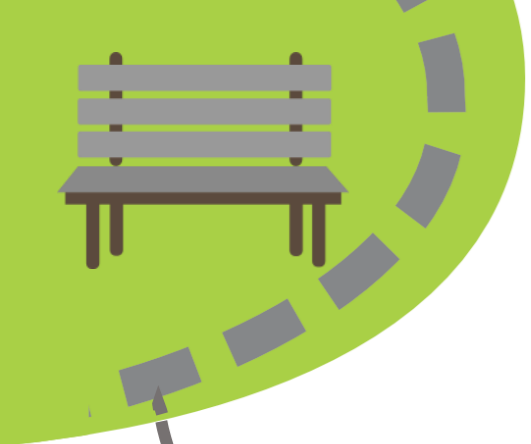
# .....and the barriers





# How can we help encourage Walking/Wheeling in everyday lives? Where are the opportunities?





# Linking Walking/Wheeling with The Sustainable Food Network

## Why?



Healthy eating and walking/wheeling habits work together to **improve overall health, prevent disease, and promote physical and mental well-being**



Walking and wheeling **burn calories, aid digestion, boost circulation** and, through releasing endorphins, **improve mood**



**Inactive people are less likely to suddenly start walking/wheeling on their own.** They're more likely to do it if they're already part of/go to a safe, trusted group/venue or with known people eg a social eating event, food bank, family hub, community group



**Eating healthily** provides the right nutrients to fuel walking and wheeling



**Being involved in Nature** eg walking/wheeling, growing our own food, looking after animals **helps us become more active.** Nature Connectedness also helps with mental wellbeing



**People are drawn to** activities where there's **food** involved, providing an opportunity to gradually introduce moving a bit more

Food Banks,  
Clubs and  
Community  
Hubs

Family Hubs/  
Schools



Independent  
Living/Care  
Homes



# Integrating Walking/Wheeling into the Sustainable Food Network

## How?

Build on something that's already there, one step at a time eg

- Integrate **social eating opportunities**
- Then **go for a little walk/wheel around the block** (smell the flowers, spot the animals, listen to the birds, share memories, history etc)
- Integrate **recipe sharing/cooking/food discussions** into community based groups
- **Intergenerational** - school children coming to a community hub to grow and eat food together
- **Set up Walking/Wheeling Trails or a Walking Bus** – go between community venues and green spaces

Walk Notts  
Festival





**Venue: Willow Garden, Spur Crescent Manton S80 3UA**

12pm - 2pm

Packed lunch for children. Use QR code to subscribe

Pumpkin painting, mask making, apple bobbing, arts and crafts, Halloween treasure hunt

Contact BCVS for more information 01909 476118

**31st October 2024**

**HALLOWEEN BONANZA**

5pm - 7pm

CELEBRATE THE LIGHT PARTY! Wear your Sparkliest outfit! Make your own lantern, craft activity, hot dogs, drinks, Fireworks display after. Free entry and activities

**Venue: St Pauls Church Hall S80 3TS**

BBQ, forest school, face painting, pumpkin carving

**Venue: Manton Family Hub, Community Way, Shrewsbury Road S80 3TQ** 2pm - 4pm

**ALL FREE**

Logos: Greencore, FTIC, Fresh Street BCVS, Your Health Notts

## HALLOWEEN HOUSE HUNT

Your job is to follow the clues to find the right houses, take pictures of yourselves with your finds and tag us on socials....we hope you enjoy our treasure hunt and don't worry there is more fun waiting at the end of the trail!

1. Eyes peeled as you leave the Willow Garden, the flowers in the window begin freezing and harden.
2. Turn left, but take heed...you may not be safe...Wicked Witch Way' is close...but be brave
3. Hang a right, turn away from the crowds, head for a house with eyes and orange clouds.
4. Left on to Pelham, now stay awake, for the BOO in the window may make you forsake
5. Next on you go to the cross on the mound, there's no safety here on this hallowed ground
6. Onwards to where the spiders rule, webs in the windows, no sign of a ghoul
7. Look as the dogs that race take flight, don't get too close you may risk a bite
8. Walk on until you discover the place, where the signs warn "steer clear of this dangerous space"
9. Hang a right on to furnival and say your prayers, for the skeleton lurking in the witches layer
10. Keep on brave soldiers, but do beware, as the cobwebs in the trees appear

Take pictures of you and your treasure hunt fun...and tag us on socials

@bcvs.bassetlaw  
@bcvsbassetlaw  
@bassetlawcvcs

## HALLOWEEN HOUSE HUNT

11. Next venture on and discover the tale, Mary Shelleys vision of the perfect male
12. The Jolly old elf got here a bit early, this house has no pumpkins, but has snow white and pearl
13. Turn right on to Radford and look for the signs, of a tortured souls hands escaping the blinds
14. As you walk take heed of the upper floors, as the pumpkins hang in the windows, paused.
15. You've almost survived our torturous trail, look for the cemetery garden, don't fail

**You've made it, applause! 2pm at Family hub, on Shrewsbury Road waits more dread, frights and fun!**



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## HALLOWEEN HUNT ANSWERS

1. Silver flowers 21 Spur Crescent
2. Wicked witch way 20 Spur Crescent
3. 133 shrewsbury road spiders, orange webs, house with eyes
4. 59 Pelham St Boo in the window
5. St pauls
6. 57 Pelham St spiders Web in the window
7. Greyhound
8. 23 pelham street keep out signs
9. Furnival street 77 and 79, witch skeleton
10. 65 Pelham st cobwebs on the trees
11. 50 Pelham St Frankenstein
12. 14 Pelham st santa got here early
13. 61 Radford St hand prints in the window
14. 57 Radford St pumpkin garland in the upstairs window
15. 33 Radford st cemetery garden.
16. Family hub Shrewsbury Rd

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Family  
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Independent  
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Walk Notts  
Festival



# Integrating Walking/Wheeling into the Sustainable Food Network

## How?

- **Hand out seeds in pots, grow packs or reusable potato sacks** for people to grow at home  
[2025 The Crop Club Brochure \(Gifts workshops talks community gardening\).pdf](#)
- **Grow food in community venue gardens/planters** and then eat it when it grows, particularly if eating together. What about **supporting agriculture for communities** eg beekeeping
- Create positive shared space for eating/moving through **active design** eg siting picnic benches next to playparks/green spaces
- **Link Virtual Walks with learning about different foods**, recipes, cooking, social eating  
eg [Just Good Friends- Making walking fun through pedometer walks](#)
- A special event in the **Walk Notts Festival**, celebrating **National Walking Month in May**  
eg local or virtual Food Trail, planting/social eating event, or the Walk Notts Festival Bingo Cards. Enabling Grants available.



# walk notts festival

01-31 May

How many of these can you do in May

## Find a stick

What is it? A magic wand, a broomstick, a walking stick...?

## Animal Spotting

What animals can you spot?

## What can you hear?

Listen to the birds, cars, trees

## Puddle Splashing

Go out in the rain and splash in the puddles

## Walk or wheel to Nursery/School

What do you see, smell or hear along the way?

## Musical

Can you make up a song or tune to sing whilst you are playing?

## Obstacle Walk or Wheel

Have fun by hopping over leaves and sticks and weaving round trees

## Colours

What three colours can you see?

## Picnic

Walk or wheel to a nearby park or green area and enjoy a snack together

## Buggy Walk

Go on a Buggy walk with family, friends or neighbours

## Teddy Toddle

Take your favourite toy for a walk or wheel

## Superhero

Pretend to be a superhero on an adventure, walking or wheeling and saving the world

*it's all about wheeling as well as walking, and inclusive to all*

Wheeling is an alternative to walking, with people using wheeled aids to help them move eg rollators, wheelchairs, buggies, push scooters

[info@walknotts.org.uk](mailto:info@walknotts.org.uk)

[www.walknotts.org.uk](http://www.walknotts.org.uk)



#nottswalkingfestival

**WALK**  
**notts**



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