



POPULATION HEALTH MANAGEMENT

Supporting people in South Nottinghamshire

Cycle to Work Day

The UK's biggest cycling commuting event returns on 3rd August 2023!

There are so many different benefits that are associated with cycling to work, not only to your health but for the environment as well.

Cycle to Work Day is for absolutely everyone. It doesn't matter if you haven't cycled in years or have never cycled at all, this is just about giving it a go.



Scan or visit cyclescheme.co.uk

British Cycling – Let's Ride

Get involved with British Cycling's Community Groups. Meet and ride with like-minded people, share experiences together and make lasting friendships.

British Cycling – Let's Ride is a database of rides, routes and groups so that people can search to find their nearest one.



Scan or visit letsride.co.uk

RideWise

RideWise is an East Midlands based charity, working to make a massive difference to our communities, businesses and lives by improving the way we travel.

They have links to local cycling networks, plus offer cycling skill workshops, bike repairs and free lessons.



Scan or visit ridewise.org.uk

Healthy Steps

When it comes to your family eating well and being active, taking one small step after another can soon add up to make a big difference.

Join today and get lots of easy tips straight to your inbox. Sign up at the link.



Scan or visit healthysteps.betterhealth-healthierfamilies.co.uk

Active Notts Move More

If you're looking to move more and be active in a way that works for you, Move More offer some support and inspiration.

Whether you're looking to get started, or for something new to try, you can find local opportunities, a directory of inclusive spaces, links to a range of resources and more.

To find out opportunities to get moving near you follow the link.



Scan or visit makingourmove.org.uk