

WATERWAYS & WELLBEING

People in Nottingham can enjoy an afternoon of paddleboarding, a wellbeing walk, or some canalside gardening on prescription as part of a social prescribing project in the city.

The Waterways and Wellbeing project uses Nottingham's canal as a focal point to help tackle mental and physical health problems.


People living along the canal, which runs from Nottingham to Beeston, have been accessing a variety of activities. As well as those detailed above, there have been canoeing, running and cycling sessions along the waterway, volunteering opportunities, and the chance to join photography courses, arts activities, cookery classes and communal meals at venues along the canal.

In its first year the project was run by a partnership of local organisations including the Canal & River Trust, Nottingham

Community & Voluntary Service, Notts County Foundation, Canalside Heritage Centre, Nottingham Photographers Hub and local foodbank Himmah. Funding was provided through the National Academy of Social Prescribing, Arts Council England, Natural England and Historic England.

Thanks to funding from the Greenspace social prescribing programme, the project has been extended for a further year and expanded to include activities at Holme Pierrepont National Water Sport Centre and The Mill Base Adventure Centre in Sutton-In-Ashfield.

The programme is open to anyone living in the county who struggles with their mental wellbeing or social isolation.



“ A state of wellbeing in which an individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community.

- World Health Organisation