Walking and Wheeling through Winter

Winter Campaign Toolkit 2026



Introduction page

This winter, Walk Notts will be collaborating with Walk Derbyshire on a ***Walking and Wheeling Through Winter*** **Campaign!** The campaign will begin on 1 December and will run until 8 January.

We have put together a toolkit for you to share across your organisations encouraging people to stay active in ways that work for them throughout the colder months. Inside the toolkit you'll find ready-made social media posts on tips on staying active, local walking and wheeling opportunities, festive places to visit while keeping active and local resources they may find useful in the colder months.

Please support the campaign by sharing some of the resources and opportunities on your social media channels and remember to tag us using:

#WalkingandWheelingThroughWinter
#WalkNotts #WalkDerbyshire

Introduction post

1 December
Winter is here, but it's still a great time to get out and about! ❄️ We know the colder months can make us want to hibernate and enjoy a few extra festive treats, but staying active is important too. Follow our **Walking and Wheeling Through Winter** campaign as we share simple ways to keep moving throughout the season, along with local walking and wheeling opportunities, festive places to visit, and useful resources to help you stay active this winter. If you're one of our partners, please download our toolkit and help us spread the word by sharing the content across your organisation and social media channels: Walking and Wheeling Through Winter Campaign 2026 Toolkit - Walk Notts #WalkingandWheelingThroughWinter #WalkNotts #WalkDerbyshire

***All images and graphics will be linked and can be saved from Slide 10 onwards ***

Motion Graphic



Static Graphic



Social Media Posts

4 December	8 December
Evidence shows that it’s important to have short movement breaks during the day to help our physical and mental health and wellbeing. During our Children in Need 2 miles a day challenge during November we tried to incorporate this into the working day – going for lunchtime walks with work mates, walking meetings with colleagues, walking in between meetings and walking to and from work. We found that what helped was making it a habit, going with others and not making it a big deal – just 5-10 minutes outside made a huge difference – the fresh air, the stretching of our legs and the motion of walking really helped us regain focus, become more creative and made us feel good. How can you do a bit of walking or wheeling in your working day today? #WalkingandWheelingThroughWinter #WalkNotts	We know how much fun our bingo cards are and how popular they've become with walking groups, so Walk Notts and Walk Derbyshire have created a festive, SEND-friendly Bingo Card! Covering all the senses, it's a great way to take in the festive sights, sounds and experiences of the season while staying active and having fun. The best thing about the card? You can complete as many or as few squares as you'd like in a day, doing what feels right for you. Download the Festive Bingo Card here: Download your Festive Winter Bingo Card Here - Walk Notts Let's see how much we can explore and discover throughout the season! 🚶✨ #WalkingandWheelingThroughWinter #FestiveBingo #WalkNotts #WalkDerbyshire

Social Media Posts

11 December	15 December
Looking for a winter wander this festive season? There are so many local festive walking and wheeling opportunities to enjoy this season. Here are a few highlights: • Wollaton Hall Light Trail (accessible routes available) 25 November 2026 – 2 January • White Post Farm light trail 21 November – 23 December • Attenborough Nature Reserve – (accessible trails) • British Nordic Walking sessions: Find your nearest Nordic Walk – British Nordic Walking find your nearest session and enjoy a sociable way to stay active this winter • National Trust Clumber Park festive bus service, including return travel and park admission. Enjoy the Trail of Peter Rabbit and festive events at Clumber Park: What's On at Clumber Park Whether you're looking for festive lights, accessible routes, or a chance to enjoy the outdoors, there's something for everyone. Know of any other local winter walks or wheeling opportunities? Share them in the comments below! #WalkingandWheelingThroughWinter #WalkNotts	Staying active in winter doesn't have to mean going outside. For many people, icy pavements, wet weather and darker days can make getting outside more difficult. The good news? Walking and wheeling indoors counts too: • Stepping during ad breaks • Walking up and down the kitchen while the kettle boils • Laps around the home every hour. • Walking or wheeling round a community hall or indoor shopping centre Regular movement can help maintain strength, mobility and wellbeing throughout the winter months. Where's your favourite place to move indoors during winter? #WalkingandWheelingThroughWinter #WalkNotts

Social Media Posts

18 December	22 December
Let's share warmth, kindness and community across Nottingham this winter. No one should have to face the colder months alone. ❄️💙 If you're looking for a warm place to relax, connect with others or access support, there are plenty of options available across the city. Nottingham City Warm Hubs – Stay Safe Stay Warm Run by Age UK Nottingham & Nottinghamshire and Nottingham City Council, these free hubs are open to all residents. They offer a safe, heated space to rest, meet others and access practical advice throughout the winter months. See in the link below for the latest Warm Hub locations in Nottingham: nottingham-city-warm-hubs---nep-2025-2-002.pdf #WalkingandWheelingThroughWinter #WalkNotts	The Walk Notts and Walk Derbyshire Festive Bingo Card has been keeping us busy 🎄🚶 From winter walks and festive sights to getting outdoors and staying active, it's been a fun way to embrace the season while keeping moving. Which activity on the bingo card do you think looks the most fun? Let us know in the comments below! Why not download the bingo card yourself and see how many squares you can tick off?: Download your Festive Winter Bingo Card Here - Walk Notts We'd love to see your completed cards, so don't forget to share them with us! Keep walking, keep wheeling, and keep making the most of winter! #WalkingandWheelingThroughWinter #WalkNotts #WalkDerbyshire

Social Media Posts

23 December	29 December
Season's Greetings to you all! We would like to thank all our partners, organisations, clubs, communities and groups for your support and participation this year with Walk Notts. Staying active is important for everyone, but especially for those who feel that being active isn't accessible to them. Through our work this year, we hope we have encouraged and demonstrated that moving more can be achieved in ways that work for you, no matter how small the step. We wish you a wonderful festive period and look forward to working together in the year ahead. We're excited to see what 2027 will bring. Keep walking and wheeling! Our offices will be closed from 23rd December until 4th January 2027 #WalkingandWheelingThroughWinter #WalkNotts	Winter is a great time for wrapping up warm and going to explore different places with friends, family or simply by yourself. You don't have to go far – there's so much on our doorsteps that we don't always know about. Have a look at the Walk Notts website www.walknotts.org.uk for ideas of where to go or walking groups that you might want to join or take a look at the Go Jauntly app for ideas of walking routes. #WalkingandWheelingThroughWinter #WalkNotts

Social Media Posts

1 January	4 January
Happy New Year from Walk Notts 💙 What will you do to move more this New Year? January can feel like a long month, but a short walk or wheel can help boost your mood, clear your head and break up the day. Today's challenge: Can you find 10 minutes to get outside? Whether it's a stroll around the block, walking or wheeling to the shops or exploring a local green space, every minute counts. Let us know in the comments how you're planning to get moving this January! #WalkingandWheelingThroughWinter #WalkNotts	New year, new you? How about new year, same you but with realistic manageable goals? The Move for 10 challenge created by This Girl Can is all about encouraging women to become active in ways that work for them. Just 10 mins, on 10 different occasions in a way that fits your lifestyle. These small, but mighty movements can make a real difference to your health and wellbeing Why not set yourself a goal of a 10-minute stroll or a walk around the garden? You can log your ten activities on the online tracker or download and tick off using this link: Partners can download the toolkit here and can share with your organisations: Move for 10 | This girl can #WalkingandWheelingThroughWinter #WalkNotts

Social Media Posts

8 January

Little legs, big adventures

Getting outdoors with little ones doesn't have to mean a big day out.

Three things that can make a winter wander easier:

- A snack and a drink
- A bag for collecting nature treasures
- A tiny goal, like "to the postbox and back“

Looking for inspiration? Why not:

- Spot robins along the way
- Take an after-tea walk to look for stars
- Go on a scavenger hunt for sticks and leaves and create a nature picture when you get home

Sometimes the smallest adventures make the biggest memories.
#WalkingandWheelingThroughWinter #WalkNotts

Image Library

1 December – Introduction Post

Static Graphic: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/WinterCampStatic-Graphic.jpg

Motion Graphic: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Walking-Through-Winter-1.mp4

4 December – Short movement breaks – creating a habit

Image One: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/1011.jpg

Image Two: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Pudsey.jpg

8 December Festive Bingo Card: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Festive-Bingo-card.pdf

11 December – Winter Wanderings Carousel

11 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/1.png
11 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/2-1.png
11 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/3-1.png
11 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/4-1.png
11 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/5.png

Image Library

15 January – Ways to stay active indoors Carousel

15 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/1-1.png
15 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/2.png
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15 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/5-1.png
15 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/6.png

18 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/IMG_5461.jpeg
22 December Festive Bingo Card: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Festive-Bingo-card.pdf
23 December Seasonings Greetings Digital Card: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Seasons-greetings-WN.png
29 December: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Wollaton-3.jpg
1 January Happy New Year **:** https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Wollaton-4.jpg
8 January: https://walknotts.org.uk/wp-content/uploads/sites/6/2026/11/Angolan-women-1-1-scaled.jpg

Let's walk and wheel together this *Winter!*

WALK notts













