

Media release
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SMILES IN STAMFORD AS BUILDING SOCIETY AND MENTAL HEALTH CHARITY TEAM UP FOR WELLBEING WALKS

The Nottingham's Stamford team swapped the branch for branches of a different kind as they took to nature for their first ever wellness walk in association with a local charity.

Instead of their usual office environment they enjoyed trees, grass and open spaces as part of the latest link-up with MindSpace Stamford, a mental health and wellbeing charity who received a £400 donation from the building society at Christmas 2021.

Colleagues from The Nottingham and charity representatives were joined by members of the public on a scenic three-mile walk that took in Burghley Park and other parts of the town, before they enjoyed a hot drink together back at the branch.

Branch manager Julie Smith said: "It was a wonderful event and hopefully the first of many. The idea was for people to meet others, have a chat and be there to listen or be listened to, and we're happy as that's exactly what happened.

"We were thrilled to be able to make the donation to MindSpace at the end of last year and are delighted to have built on that by getting the wellness walks up and running with them. People can rest assured there'll be another one very soon."

[MindSpace Stamford](#) is a charity committed to improving the mental health and wellbeing of the whole town, helping people to flourish. They encourage conversations around mental health in homes, businesses, and schools and offer a range of activities based on wellbeing that anyone can access for free to encourage positive mental health and wellbeing.

Photo caption: *Some of the people who took part in the inaugural wellness walk organised by The Nottingham and MindSpace Stamford.*

ENDS

Notes to editor

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About The Nottingham

Founded in 1849, The Nottingham is a mutual building society owned by its members with a long and proud history of doing the right thing and helping communities prosper. Today, The Nottingham is a top ten building society operating online and via a network of 40-plus branches across nine UK counties. The society is well known for providing a safe and secure place for people's savings and helping its members into their own homes. In addition to mortgage and saving products, it offers a variety of additional services through expert partners including mortgage advice provided by Mortgage Advice Bureau, estate agency and lettings provided by Belvoir Group and much more including funeral planning, financial advice, and home insurance. Its range of services, alongside its commitment to providing expert advice, support the society's purpose to help its members save, plan for, and protect their financial futures. www.thenottingham.com