

For more information, you can email everybody.active@kirklees.gov.uk visit kirkleescommunityplus.co.uk call us on **01484 221000**

The Physical Activity from the front door programme is supported by Ward Councillors from the: Almondbury, Dalton, Newsome, Ashbrow, Crostand Moor, Netherpton, and Greenhead Wards. The project also enables people to become Walking and Movement And Games In Chairs (MAGIC) volunteers.

Let's enjoy the fresh air...

If you are in need of support, we are here to help...



Platform 1
01484 421143
01484 535960



S2R
01484 539 531
www.s2r.org.uk
contact@s2r.org.uk



Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk



Self referral NHS
www.kirkleesapt.co.uk
01484 343700



Well-bean cafe
6pm until midnight.
07741 900395 (Fri-Mon)
07867 028755 (Tues-Thurs)



Andys Man Club
www.andysmansclub.co.uk
info@andysmansclub.co.uk



Huddersfield Mission
10-2pm Monday - Friday.
01484 421461



Get active and explore your local area with our range of neighbourhood walks!

ASHBROW Walks from your front door

The benefits of walking

Combining walking and being in nature hold many benefits for your mental health and support your wellbeing. After a long walk, you've probably noticed how much better you feel for it.

Walking is a great form of exercise and evidence shows that regular exercise can help:

- improve your mood
- get a better night's sleep
- reduce stress and anxiety
- increase your energy
- help you to cope during difficult times
- improve your confidence and self-esteem
- reduce your risk of depression

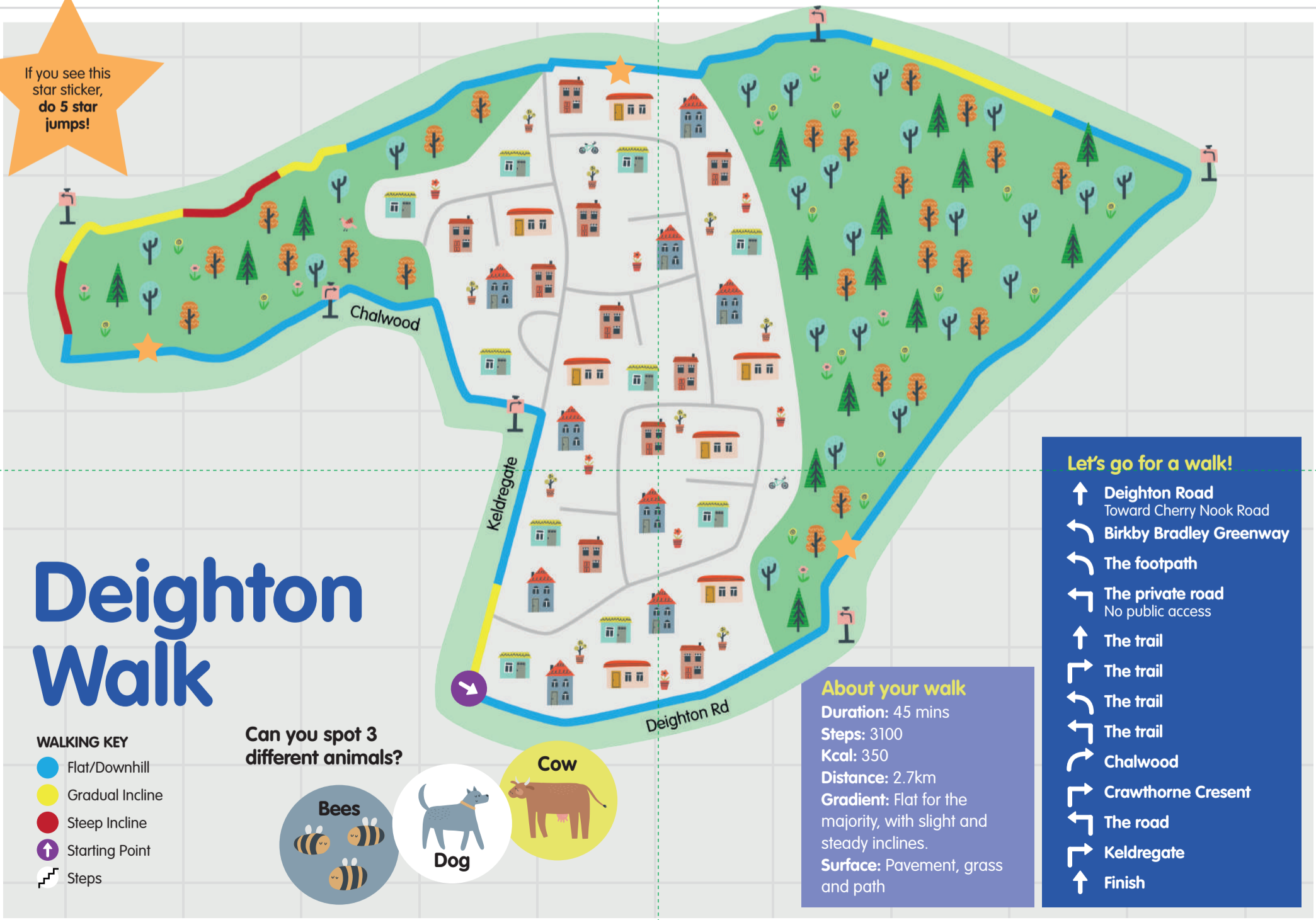
Being in nature helps you connect to the world around you. It gives an opportunity to clear your mind of any stresses and become present. So take some time to get the family together or call a friend to enjoy a walk together and explore a new route around your local area.

If you see this star sticker, do 5 star jumps!

Deighton Walk

- WALKING KEY**
- Flat/Downhill
 - Gradual Incline
 - Steep Incline
 - Starting Point
 - Steps

Can you spot 3 different animals?







Let's go for a walk!

- ↑ Deighton Road
Toward Cherry Nook Road
- ↪ Birkby Bradley Greenway
- ↪ The footpath
- ↪ The private road
No public access
- ↑ The trail
- ↪ The trail
- ↪ The trail
- ↪ The trail
- ↪ Chalwood
- ↪ Crawthorne Crescent
- ↪ The road
- ↪ Keldregate
- ↑ Finish

About your walk

Duration: 45 mins
Steps: 3100
Kcal: 350
Distance: 2.7km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement, grass and path

WALKING KEY

-  Flat/Downhill
-  Gradual Incline
-  Steep Incline
-  Starting Point
-  Steps

TOP TIPS
Stay safe in the rain!

- Don't forget to pack:
-  Walking Shoes
 -  Raincoat
 -  Umbrella
 -  Warm jumper



Can you spot 3 different trees?

Rowan



Oak



Beech



Fixby Walk





About your walk

Duration: 60 mins
Steps: 3300
Kcal: 370
Distance: 2.9km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement, grass and path

Let's go for a walk!

-  Lightridge Road
Toward Gernhill Avenue
-  The Fairway
-  Viewlands
-  The Ghyll
-  The footpath
-  The footpath
-  The trail
-  Fixby Road
-  Kennedy Avenue
-  Fixby Road
-  Finish

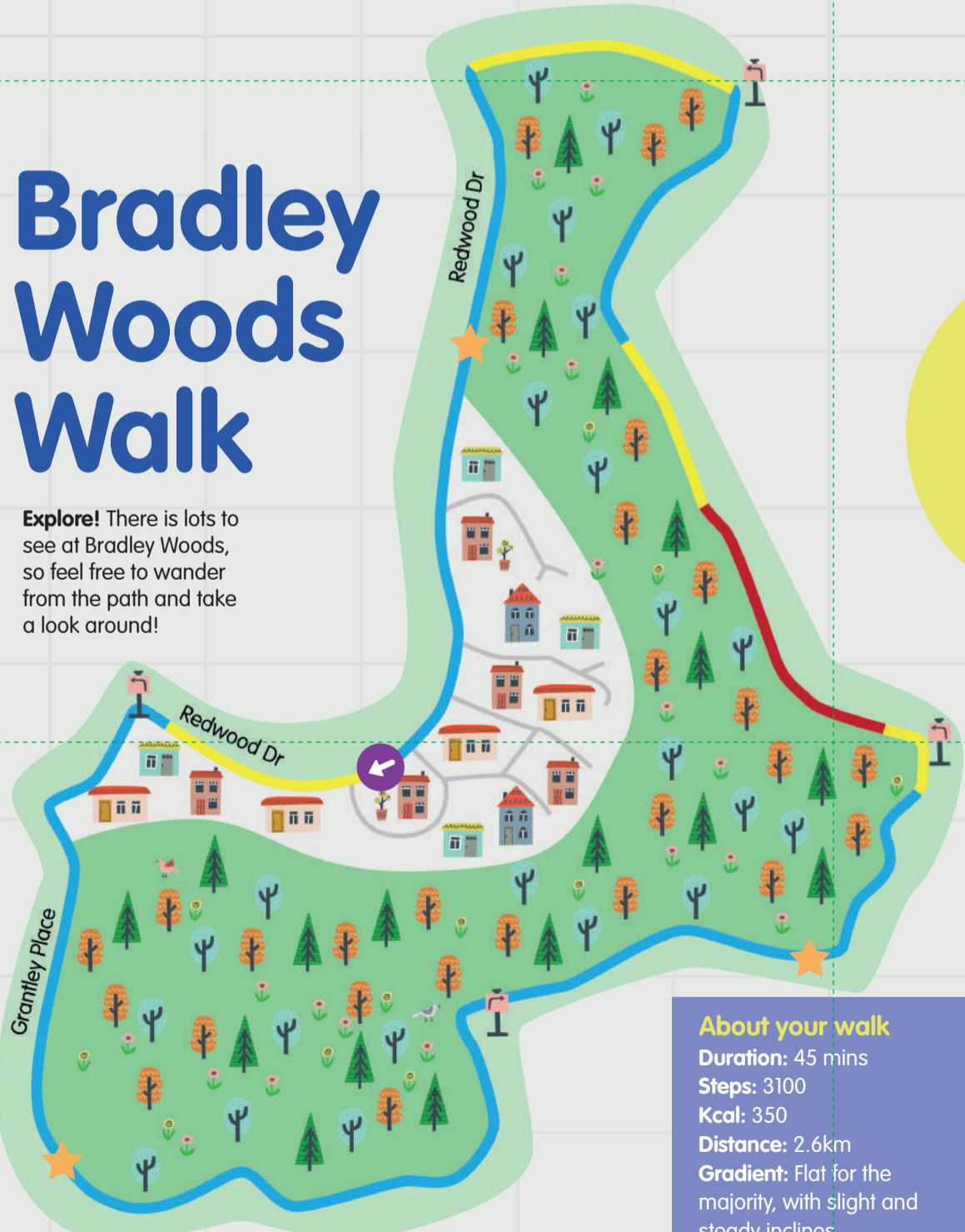
TOP TIPS
Stay safe in the sun!

- Don't forget to pack:
-  Water
 -  Suncream
 -  Hat
 -  Sunglasses



Bradley Woods Walk

Explore! There is lots to see at Bradley Woods, so feel free to wander from the path and take a look around!



About your walk

Duration: 45 mins
Steps: 3100
Kcal: 350
Distance: 2.6km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement, grass and path

Let's go for a walk!

-  Redwood Drive
Toward The Muirlands
-  Grantley Place
-  Grantley Place
-  The walkway
-  The trail
-  The trial
-  Redwood Drive
-  Finish

You can use apps on your phone to track your walk and count your steps!

How many steps have you done today?

