

Let's enjoy the fresh air...

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.

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

**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



South West
Yorkshire Partnership
NHS Foundation Trust
Self referral NHS
www.kirkleesiapt.co.uk
01484 343700



Well-bean café
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



GREENHEAD Walks from your front door

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

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.

Greenhead Park Walk

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

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

About your walk
Duration: 30 mins
Steps: 2000
Kcal: 250
Distance: 1.4km
Gradient: Flat for the majority, with slight and steady inclines.
Surface: Pavement & path

- Let's go for a walk!**
- ↑ Head south
 - ↪ The footpath
 - ↩ The footpath
 - ↑ Finish

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



**TOP TIPS
Stay safe in
the sun!**

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



Paddock Walk

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

About your walk

Duration: 45 mins
 Steps: 3000
 Kcal: 350
 Distance: 2.4km
 Gradient: Flat for the majority, with slight and steady inclines.
 Surface: Pavement & path

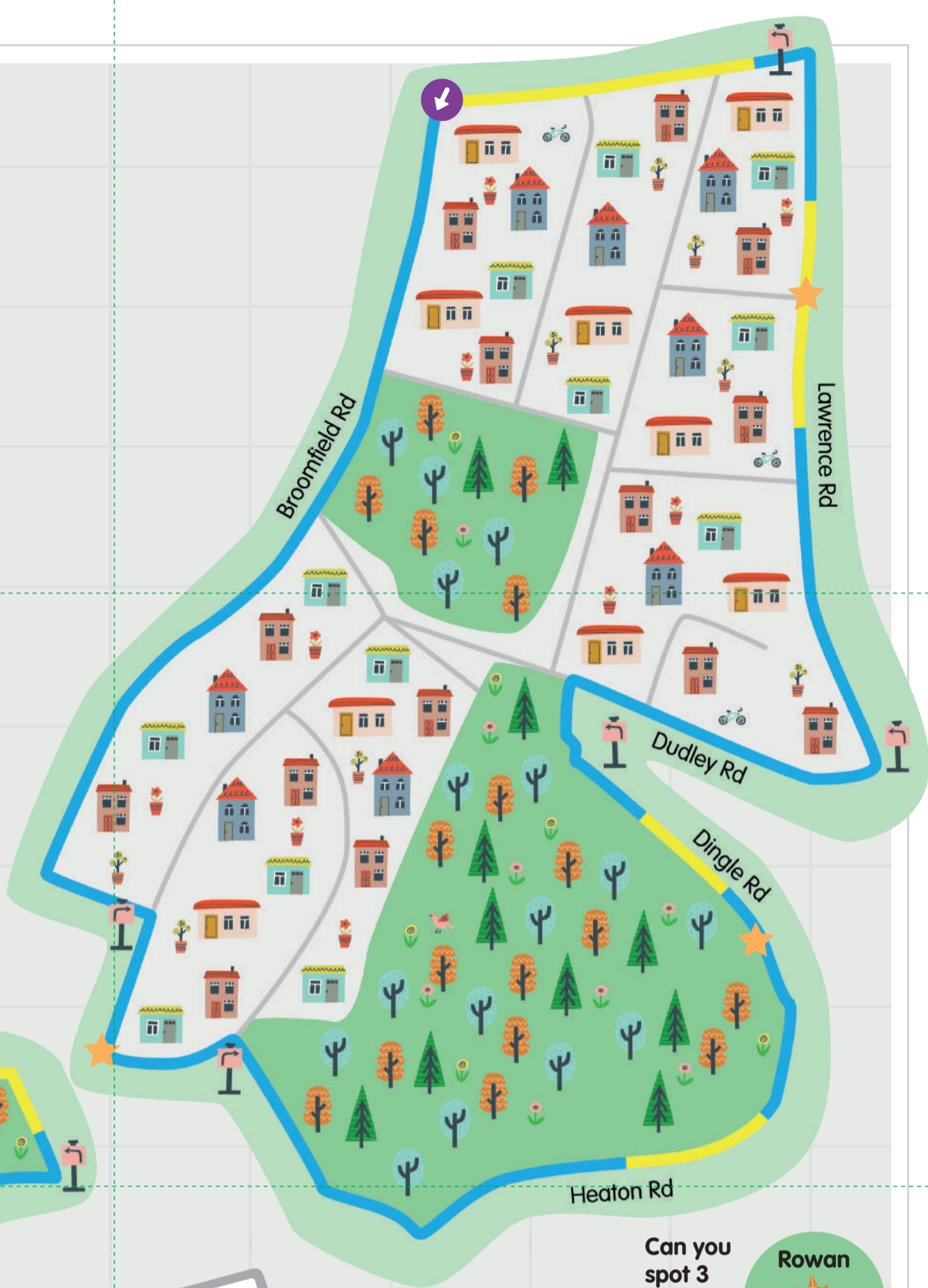
Let's go for a walk!

- Broomfield Road
Toward Jim Lane
- Link Road
- Heatherfield Road
- Heatherfield Crescent
- The footpath
- Heaton Road
- Dingle Road
- The footpath
- Dudley Road
- Lawrence Road
- Westbourne Road
- Finish

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



Beech



Oak



Birkby Walk

About your walk

Duration: 45 mins
 Steps: 3300
 Kcal: 350
 Distance: 2.4km
 Gradient: Flat for the majority, with slight and steady inclines
 Surface: Pavement & path

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

How many steps have you done today?

Let's go for a walk!

- Lea Street
Toward Mead Street
- Mead Street
- Wasp Nest Road
- Percy Street
- Spaines Road
- The road
- The footpath
- The footpath
- The footpath
- Richmond Avenue
- Cawthorne Avenue
- The footpath
- Scale Hill
- Clough Road
- Cowcliffe Hill Road
- The footpath
Across Halifax Old Road
- Norman Road
- The stairs
- Jack Hill
- King Cliffe Road
- Halifax Old Road
- Lea Street
- Finish

