

For more information, you can email [everybody.active@kirklees.gov.uk](mailto:everybody.active@kirklees.gov.uk) visit [kirkleescommunityplus.co.uk](http://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](http://www.s2r.org.uk)  
contact@s2r.org.uk



**Thriving Kirklees**  
0300 304 5555  
[thrivingkirklees.org.uk](http://thrivingkirklees.org.uk)



**Self-referral NHS**  
[www.kirkleesiapt.co.uk](http://www.kirkleesiapt.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](http://www.andysmansclub.co.uk)  
info@andysmansclub.co.uk



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



## NEWSOME 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.

## Aspley Walk

### WALKING KEY

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

### TOP TIPS

Stay safe in the sun!

Don't forget to pack:

- Water
- Suncream
- Hat
- Sunglasses

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



### Let's go for a walk!






- ↑ King's Mill Lane Toward Bent Street
- ↪ The trail
- ↪ Maple Street
- ↪ King's Mill Lane
- ↪ Wakefield Road
- ↪ The walkway
- ↪ Queen's Street South
- ↪ Colne Road
- ↪ King's Bridge Road
- ↑ Finish

### About your walk

Duration: 30 mins  
Steps: 2500  
Kcal: 300  
Distance: 2.07km  
Gradient: Fairly flat with the occasional gradual incline.  
Surface: Pavement, grass and path

# Newsome Circular

## 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








# Hall Bower Walk



### About your walk

**Duration:** 45 mins  
**Steps:** 3000  
**Kcal:** 350  
**Distance:** 2.6km  
**Gradient:** Fairly steep from footpath towards Hall Bower Cricket Ground  
**Surface:** Pavement, grass and path

### Let's go for a walk!

-  **Blue Bell Hill**  
Toward Close Hill Lane
-  **Newsome Road South**
-  **Birch Road**
-  **Fair Lea Road**
-  **Finish**

### Let's go for a walk!

-  **Church Lane**  
Toward Newsome Rd South
-  **Newsome Road South**
-  **The Scout Hut footpath**
-  **Hall Bower**
-  **The trail**
-  **The road**
-  **Hall Bower Lane**
-  **High Lane**
-  **The footpath**
-  **The service road**  
Past the gate
-  **Newsome Road**
-  **Church Lane**
-  **Finish**

### About your walk

**Duration:** 45 mins  
**Steps:** 3000  
**Kcal:** 320  
**Distance:** 2.6km  
**Gradient:** Fairly flat with the occasional gradual incline. Steps on the footbath off School Lane.  
**Surface:** Pavement, grass and path

Can you spot 4 different animals?

Sheep

Cow

Rabbit

Dog

