

# 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 Choirs (MAGIC) volunteers.

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](mailto:contact@s2r.org.uk)



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



South West  
Yorkshire Partnership  
NHS Foundation Trust  
**Self referral NHS**  
[www.kirkleesiapt.co.uk](http://www.kirkleesiapt.co.uk)  
01484 343700



**Well-being café**  
6pm until midnight.  
07741 900395 (Fri-Mon)  
07867 028755 (Tues-Thurs)



**Andys Man Club**  
[www.andysmandclub.co.uk](http://www.andysmandclub.co.uk)  
[info@andysmandclub.co.uk](mailto:info@andysmandclub.co.uk)



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



## ASHBROW Walks from your front door

Get active this summer 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.

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

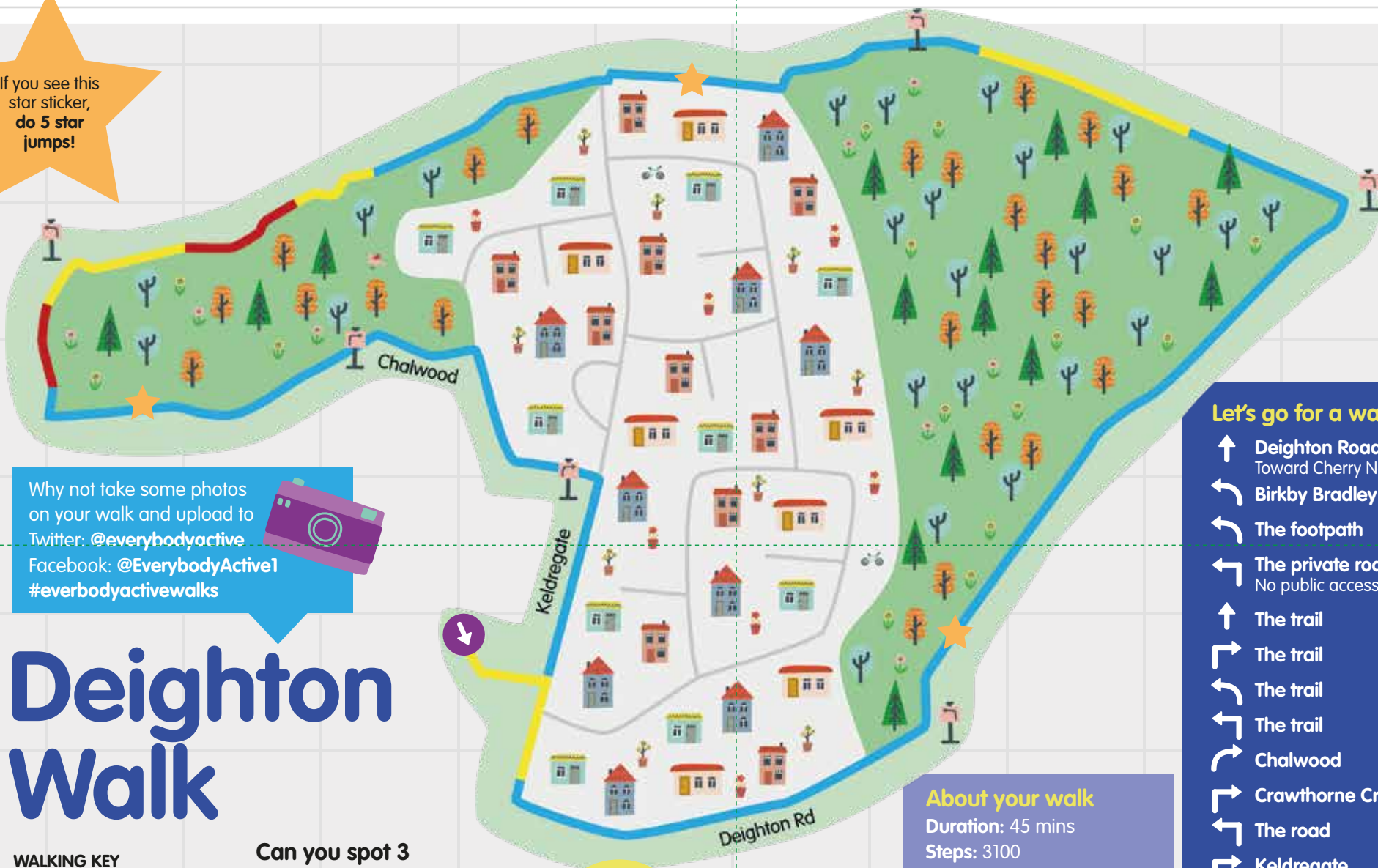
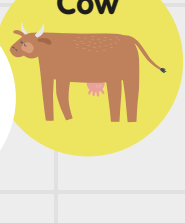
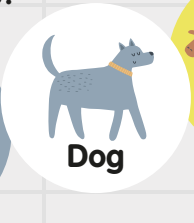
Why not take some photos  
on your walk and upload to  
Twitter: @everybodyactive  
Facebook: @EverybodyActive1  
#everybodyactivewalks

## 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 Cresnet
- ↪ The road
- ↪ Keldregate
- ↪ U-turn  
At Deighton Road
- ↪ Shepherds Grove
- ↪ Shepherds Grove
- ↑ 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

Rowan



Can you spot 3 different trees?

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

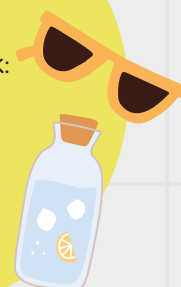
#### Let's go for a walk!

- ↑ 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

#### 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?

