

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, Crostland Moor, Netherton, and Greenhead Wards. The project also enables people to become Walking and Movement And Games In Chairs (MAGIC) volunteers.

NEWSOME 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 are in need of support,
we are here to help...



South West
Yorkshire Partnership
NHS Foundation Trust

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



Platform 1
01484 421143
01484 535960



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



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



Thriving Kirklees
0300 304 5555
thrivingkirklees.org.uk



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



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

Aspley Walk

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

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!

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

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

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

How many steps have you done today?

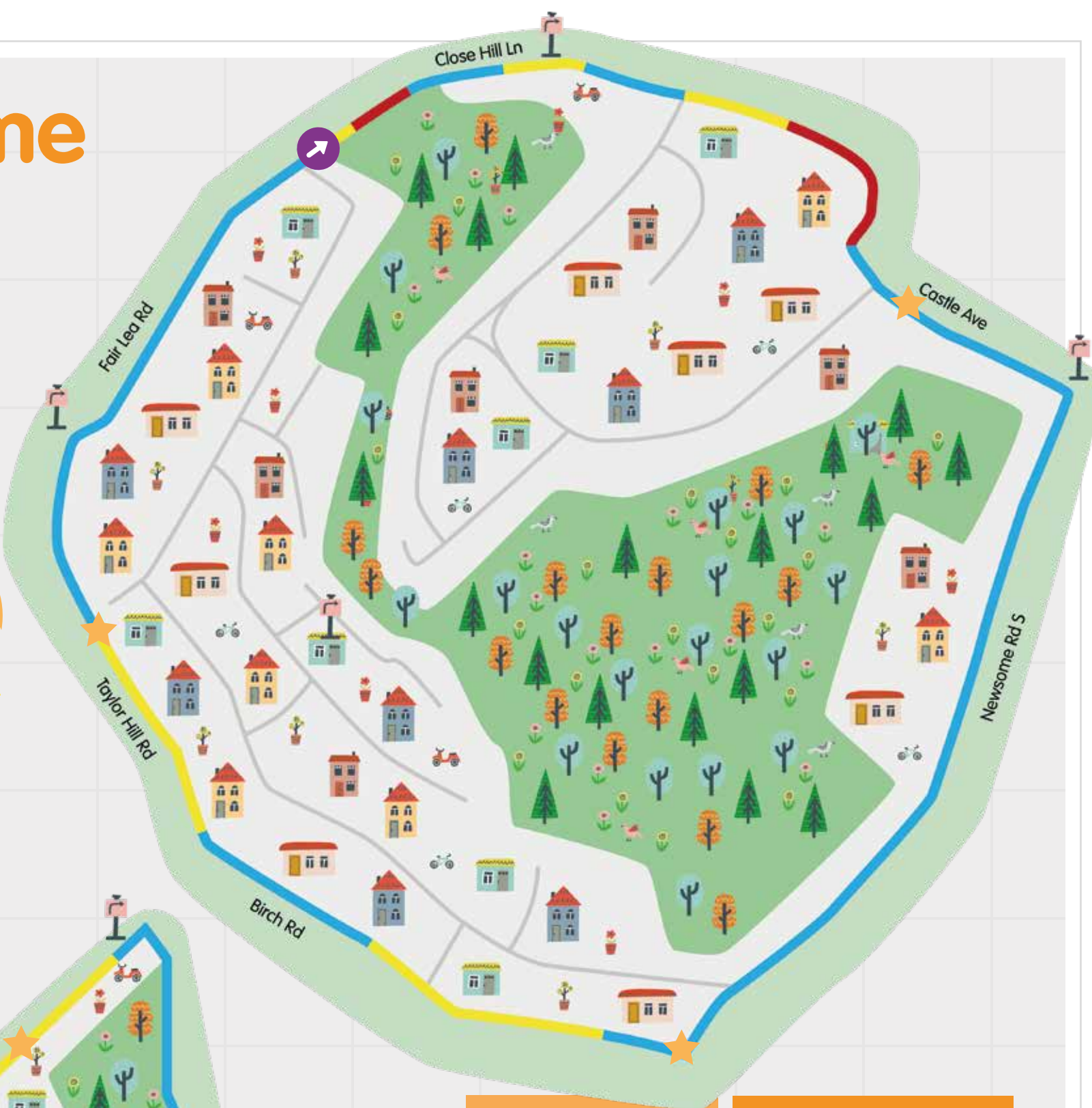
Newsome Circular

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

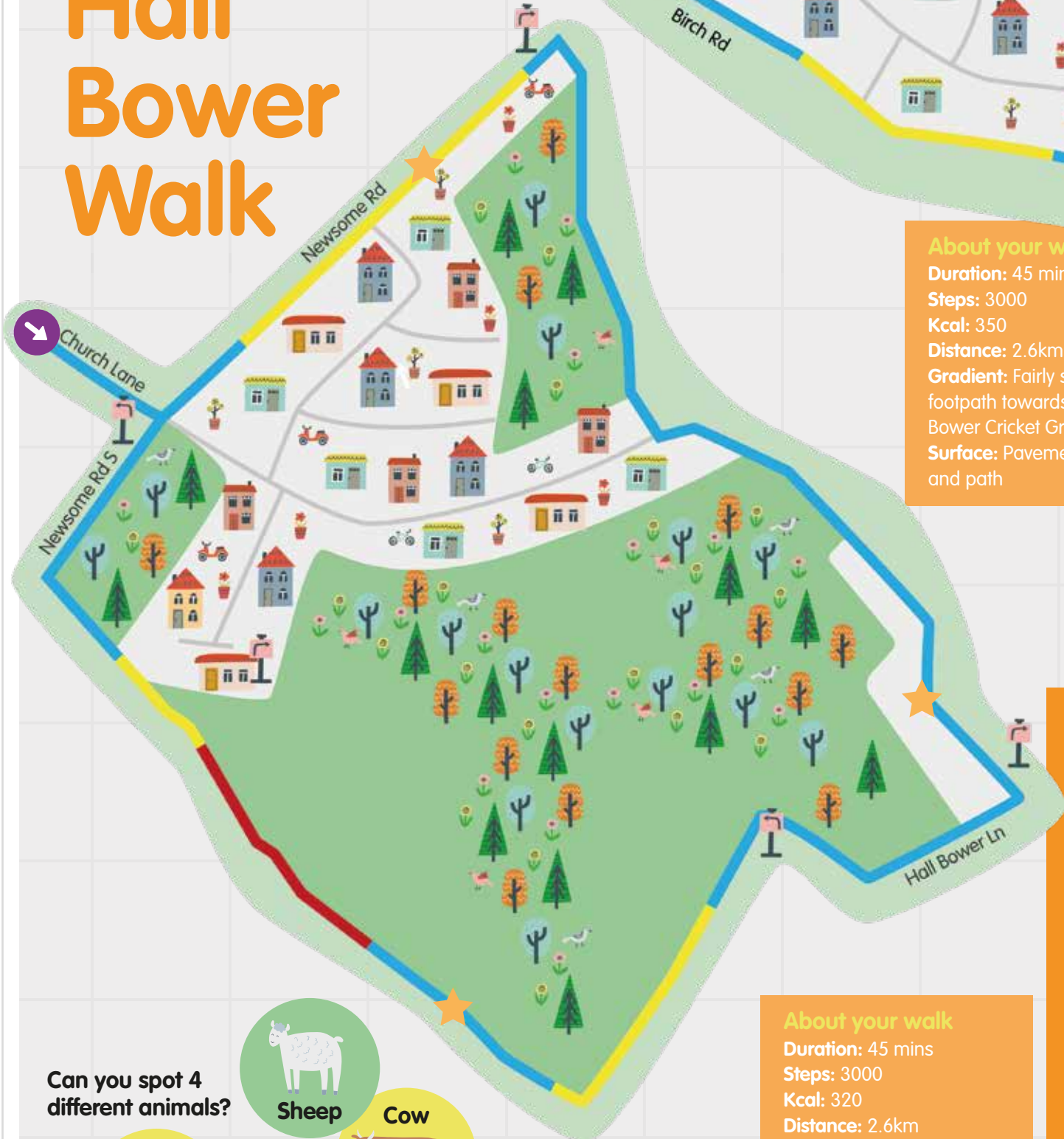
TOP TIPS
Stay safe in the rain!

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

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Let's go for a walk!

- Church Lane
Toward Newsome Rd South
- Newsome Road South
- The service road
- Hall Bower
- The trail
- The road
- Hall Bower Lane
- High Lane
- 182
- 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 footpath off School Lane.
Surface: Pavement, grass and path

Can you spot 4 different animals?



Sheep

Cow



Rabbit



Dog