

## 10. Leisure and social activities

The best way to remain independent is to keep mentally and physically active - get out as much as possible. If you need help getting out and about, please see the useful contacts section.

Get out as much as possible, but if you need help getting out and about see useful contacts on the back of this supplement .

Why be active?

Time2beactive

By making time to be active you can experience some amazing health benefits. You might find that:

- you reduce your risk of becoming diabetic
- your well being and quality of life improves
- it can reduce your risk of heart disease
- you loose or maintain weight.

### Well being

Being more active can also have a huge impact on your appearance and mental well being. By deciding to get active you will feel more positive about life and be better able to cope with life's problems. You are more likely to:

- look better
- have more energy
- feel more confident
- sleep better
- relax more easily
- have fun and meet new people.

For hints and tips on how to become more active visit

[www.time2beactive.co.uk](http://www.time2beactive.co.uk)

### Take the plunge, try swimming

Swimming is a great way to exercise and Kirklees Active Leisure aim to provide swimming opportunities for all to enjoy whether it's for pleasure, fitness or fun.

#### Swim4free - over 60's

As part of the government's new initiative, Kirklees Council and Kirklees Active Leisure (KAL) are currently offering over 200 hours of public swim sessions across Kirklees which are free to people 60 and over and 16 and under.

Taking part in the free public swim sessions is easy.

1. Register for a 'more' active leisure card – you can register for a card at any KAL centre for a one-off fee of £2.00.
2. Select the sessions and KAL centre you want to access.
3. Show your 'more' active leisure card at reception and start swimming...simple as that.

For more information about what our pool programmes have to offer visit [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk) or Tel: 01484 234101

### Step out and walk

Walking on your own or in a group is an easy way to get active. Try short group walks led by a qualified volunteer walk leader. They generally last up to an hour. Timetables of the regular walks are available to download or we can post them out to you.

Tel: Kirklees Physical Activity Development Team 01484 234097, visit [www.time2beactive.co.uk/pathways](http://www.time2beactive.co.uk/pathways) visit [www.kirklees.gov.uk/activeforlife](http://www.kirklees.gov.uk/activeforlife)



## Kirklees Walking Initiatives Include:

### Walk4life

An important part of Walk4life is about keeping active on a daily basis. Walking whether part of our daily routine or a way to explore the local area is a simple way to help stay healthy. Changing to an active lifestyle can seem daunting to some people. However, walking is an activity that almost anyone can do.

### Longer walks and rambles

There are many groups and organisations in Kirklees who lead regular walks of varying distances and different terrains.

- Visit [www.time2beactive.co.uk/walks](http://www.time2beactive.co.uk/walks)

### Pathways to health

#### Health walks

Health walks are group walks lasting up to an hour in your local area. They are suitable for all ages and abilities, particularly if you have not walked regularly for some time. Walking is a great way to meet new people and enjoy a chat whilst benefiting your health. Routes are planned by a trained walk leader and everyone can walk at their own pace. Health walks take place regularly throughout Kirklees. For a timetable visit [www.time2beactive.co.uk/walks](http://www.time2beactive.co.uk/walks)

#### Pathways to health

Get your series of free maps and easy-to-follow descriptions of walks lasting up to 60 minutes throughout Kirklees. Pathways can be enjoyed on your own or with family and friends, at whatever time suits you best. You can download your pathway from

[www.time2beactive.co.uk/pathways](http://www.time2beactive.co.uk/pathways) or we can post one out to you – just call 01484 234097

#### Nordic walking

Nordic or pole walking is a fun and social activity, suitable for walkers of all ages. A leader provides instruction on correct technique and all necessary equipment. You can now try nordic walking at various locations in Kirklees. Visit [time2beactive.co.uk](http://time2beactive.co.uk) and search activities near you.

#### Pedometer challenges

It is recommended that we do 10,000 steps per day but how many do you really do? Sign up to our e-newsletter and you maybe eligible for a free pedometer. Register at [www.time2beactive.co.uk](http://www.time2beactive.co.uk)

For more information about being active in or outside the home, contact Kirklees Physical Activity Development Team on 01484 234097, email: [physicalactivity.development@kirklees.gov.uk](mailto:physicalactivity.development@kirklees.gov.uk)

#### Try cycling

Kirklees offers many cycling routes on and off the roads and there are schemes available to get you started.

- Tel: Kirklees Countryside Unit, 01484 234077 or visit [www.kirklees.gov.uk/activeforlife](http://www.kirklees.gov.uk/activeforlife)

#### Get gardening - allotments

Plant up your garden ready for the spring or rent an allotment and grow your own fruit and vegetables.

Having an allotment means you can grow your own fresh fruit and vegetables, enjoy the fresh air and keep yourself healthy. Allotments are available to rent from:

- Kirklees Council
- Allotment societies
- Parish councils
- Private sites
- Tel: Kirklees Parks and Open Spaces 01484 234026 or email: [culture.leisure@kirklees.gov.uk](mailto:culture.leisure@kirklees.gov.uk)

#### Start a sport

Do you want to get back into sport, or try a sport for the first time? Sport4Life provides exciting sporting experiences for adults of all ages to help them get fit and stay fit. Sessions include netball, badminton, swimming, running and Fit4Sport. More sports are being added all the time. Sport4Life activities take place in venues across Kirklees. Join the fun - at your own time and your own pace. A warm welcome is guaranteed! Meet new friends and have fun with the Sport4life project or join a sports club.

- Sport4 Life, Tel: 01484 234012 or email: [sport.development@kirklees.gov.uk](mailto:sport.development@kirklees.gov.uk)

#### Try an activity class

There are a wide range of activity classes available at your local sports centre to suit all levels of fitness and abilities. From beginners Aerobics and Chair Based exercises to Circuits and Spinning, there is plenty to choose from. If you prefer a more relaxing workout, classes such as Tai Chi, Pilates and Yoga are offered.

Call into your local sports centre for more details or visit our website at [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk). Alternatively you can call 01484 234101.

## OWLS (Over 50's Weekday Leisure Scheme)

Do you want to be more sociable and enjoy a healthier lifestyle? Would you like to try new activities or continue with familiar sports? Then why not join the OWLS, over 50s weekday leisure scheme. OWLS has a variety of activities to choose from including swimming, keep fit, T'ai Chi, badminton, table tennis, bowling, yoga, and much more.

You'll find OWLS at Dewsbury Sports Centre, Huddersfield Sports Centre, Spenborough Sports Complex, Colne Valley Leisure Centre, Batley Baths and Recreation Centre and Batley Sports and Tennis Centre.

For more information, visit [www.kirkleesactive.co.uk/owl](http://www.kirkleesactive.co.uk/owl) or call into your local sports centre for more details.

## Over 55's 'more' membership at Kirklees Active Leisure Centres

Enjoy the benefits of a healthier lifestyle with an Over 55's 'more' membership. Memberships include the use of the Kirklees Active Leisure gyms, fitness classes and swimming pools (times may vary at various sites).

Plus as an Over 55's 'more' member you will receive over 25% off your membership fee.

What are you waiting for? If you are a seasoned exerciser or just thinking about becoming more active, we offer memberships to suit your individual needs.

For more information or to arrange a visit to one of our centres please call 0845 6122582 or visit [www.kirkleesactive.co.uk](http://www.kirkleesactive.co.uk)

## Hear the music and dance

Dancing is a really fun way to keep active and socialise with others. There are hundreds of groups which meet weekly to dance to a whole range of musical tastes. Find out more visit:

- [www.kirklees.gov.uk/events](http://www.kirklees.gov.uk/events)
- your local Tourist Information Centre – see page 60

## Be active at home

Want to be more active within and around the place you live? If you would like a copy of the Active at home guide please contact:

- Be active at home, Tel: 01484 234097 or visit [www.time2beactive.co.uk/activeathome](http://www.time2beactive.co.uk/activeathome)

## Become a PAL

Becoming more active if you have a health condition is easy with PALS (Practice Activity and Leisure Scheme) - an ideal way to get you started.

- PALS, Tel: 01484 234095  
email: [www.time2beactive.co.uk/pals](http://www.time2beactive.co.uk/pals)

## Active4life

Active4Life is an exercise referral scheme for people experiencing severe mental illness. The scheme, provided by Kirklees Council Adult Services and NHS Kirklees, promotes the mental and physical health benefits of regular physical activity and supports people to access leisure facilities and services.

For more information call 01484 234097, or email: [physicalactivity.development@kirklees.gov.uk](mailto:physicalactivity.development@kirklees.gov.uk)

## Adults and Older Peoples Network (AOPN)

The AOPN brings together organisations and people who have an interest in identifying, providing, encouraging and supporting older people to become more active.

For information please call 01484 234097 or email: [physicalactivity.development@kirklees.gov.uk](mailto:physicalactivity.development@kirklees.gov.uk)

## Moving More Often

Moving More Often is a programme designed to promote physical activity, independence and well-being in older people in Kirklees.

It gives you the knowledge, skills and confidence to move more often.

For more information call 01484 234097 or email: [physicalactivity.development@kirklees.gov.uk](mailto:physicalactivity.development@kirklees.gov.uk)

## Kirklees local organisations directory

Visit

[www.kirklees.gov.uk/localorganisations](http://www.kirklees.gov.uk/localorganisations) for information on activities and organisations for older people and anyone who wants to stay happy, healthy and independent. The site has many useful links, including:

- luncheon clubs
- social activities
- help with getting around
- befriending
- activities
- libraries
- using computers
- learning something new
- finding a job
- getting a holiday or a break

## Walking

Guides on local walks are also available at the Tourist Information Centres – see page 60 for contact details.

## Shopping

Visiting the local shops is a good way of taking exercise and seeing neighbours and friends.

## Kirklees Passport

The Kirklees Passport can help you to save money on adult education classes, swimming, sports activities, car parking and much more.

- Kirklees Passport, Tel: 01484 234056 or visit [www.kirklees.gov.uk/passport](http://www.kirklees.gov.uk/passport)

## Making new friends

Information on local singles clubs and on-line dating is available in the local press and on the web.

## How to find out 'what's on'

Information regarding local theatres, cinemas and attractions is available in the local press, shops, and community halls, libraries, on the web and in Tourist Information Centres. Some cinemas can offer you discount on particular viewings.

Pick up a copy of the "What's On in Kirklees" guide from libraries or council reception points for details of local events or visit [www.kirklees.gov.uk/events](http://www.kirklees.gov.uk/events)

## Libraries and information centres

Your local Library and Information Centre is the ideal place to find out what's on in your local area, as well as holding a range of events throughout the year themselves, including author visits, I.T. training sessions, local history and much more.

The mobile library service provides library facilities to people who, for whatever reason, have difficulties in getting to a branch library. There is a programme of regular stops across Kirklees.

The home service brings the library direct to the homes of people who are unable to get to a branch or mobile library through a disability or medical condition. Deliveries can include the latest titles in large print and talking books on cassette or CD for visually impaired residents.

KR Talking News – for those who find it difficult to read a newspaper, this free recorded news is produced fortnightly on CD and cassette and features news, views and features from the local newspapers circulating within Kirklees. It is delivered to your door free of charge and helps to keep you informed of what is happening in your local community. Tel: 01484 221793 for more details.

Kirklees Transcription Service – this is a council service for people with a visual impairment and others who find it difficult to read print. Their services include producing information in audio, braille and large print formats. Tel: 01484 221955 for more details.

## Help yourself to better health... at the library

All libraries have a section with resources which can help you manage your own health or a particular health condition. Ask the library staff if you need help.

Tel: Kirklees Library and Information Centres on 01484 226300, visit [www.kirklees.gov.uk/libraries](http://www.kirklees.gov.uk/libraries) or call into your nearest branch.

## Museums and galleries

There are five museums and historic houses and an art gallery which all offer colourful, interesting and interactive displays that bring you closer to your cultural heritage. With permanent displays, temporary exhibitions and a full programme of events, a visit to one of the sites makes a great day out.

Museums are free to visit and are open from Mon-Fri 11am to 5pm and weekends 12noon to 5pm.

- Bagshaw Museum, Wilton Park, Batley, WF17 0AS  
Tel: 01924 326155

A place where you can meet a mummy from ancient Egypt, hear a Shirley Bassey hit and come face to face with a ganges crocodile all in the magnificent victorian setting of a former mill owner's house.

- Red House Museum, Oxford Road, Gomersal, Cleckheaton BD19 4JP  
Tel: 01274 335100

The award winning site with Bronte connections includes fascinating historic house with period rooms, enchanting restored 1830s gardens and historic outbuildings with exhibitions exploring Brontë links and 20th century local history.

- Oakwell Hall and Country Park, Nutter Lane, Birstall, Batley WF17 9LG  
Tel: 01924 326240

Oakwell Hall is furnished as the Batt family home in the 1690s and offers a real insight into a post English civil war household. (Small charge for entry to Hall. Charlotte Brontë featured the hall as "Fieldhead" in her classic novel "Shirley". The Hall is set in 100 acres of Green Flag Award winning country park which includes a countryside centre, children's play area, picnic site and gift shop.

- Tolson Museum, Ravensknowle Park, Wakefield Road, Huddersfield HD5 8DJ  
Tel: 01484 223830

Discover the many groups of "comers-in" who have shaped Huddersfield and its landscape from pre-history to the present day.

- Victoria Tower and Castle Hill, Off Lumb Lane, Almondbury, Huddersfield  
Tel: 0796 8426312

Surrounded by myth and legend this Scheduled Ancient Monument is an archaeological site of national importance and an iconic landmark in Kirklees.

- Dewsbury Museum

Due to reopen Spring 2010 after extensive gallery developments and access improvements. For details ring 01484 223800

- Huddersfield Art Gallery, Princess Alexandra Walk, Huddersfield HD1 2SU  
Tel: 01484 221962

[www.kirklees.gov.uk/art](http://www.kirklees.gov.uk/art)  
Visit the creative heart of Huddersfield which is home to the Kirklees collection of paintings, drawings and sculpture.

- Batley Art Gallery, Market place, Batley  
Tel: 01924 326021  
A showcase of local creativity on the first floor of Batley library.

**Kirklees Image Archive**  
An archive of over 60,000 historic images that you can search online and buy prints from. The archive includes images of Kirklees stretching back to the late 19th century, plus images from other areas of the UK, Europe and North Africa.

[www.kirkleesimages.org.uk](http://www.kirkleesimages.org.uk)

- Tel: Kirklees Museums and Galleries on 01484 223800 or visit [www.kirklees.gov.uk/museums](http://www.kirklees.gov.uk/museums)
- Tel: Huddersfield Art Gallery on 01484 221964 or visit [www.kirklees.gov.uk/art](http://www.kirklees.gov.uk/art)

## Town halls

Kirklees town halls are wonderful historic public buildings in the heart of Batley, Cleckheaton, Dewsbury and Huddersfield. There are also a diverse range of public halls within the area from Holmfirth to Gomersal and from Slaithwaite to Honley.

These prestigious venues located across Kirklees accommodate a variety of events differing in size and style from 12 - 1200 people. The venues have a variety of spaces offering the ideal settings for main stage concerts, events, conferences, meetings, film locations, wedding receptions, award ceremonies, multi cultural events and other celebrations.

The area is renowned for its celebration of music with Huddersfield and Dewsbury town halls hosting the Kirklees orchestral season. Visit the town halls to find a lively and diverse programme of music, shows and comedy promoting both local and international talent.

[www.kirklees.gov.uk/townhalls](http://www.kirklees.gov.uk/townhalls)  
[www.kirklees.gov.uk/music](http://www.kirklees.gov.uk/music)

Booking offices: Tel 01484 223200  
01924 324501 01484 222444

## Out and about in Kirklees

There are five major parks, 29 smaller parks and numerous recreation grounds across Kirklees where you can walk and enjoy being outside. Some parks have bowling greens, tennis courts and other facilities. Each year around 130,000 plug plants and 500,000 plants are grown from seed at the council's nursery in Bradley to be planted in parks, and public flowerbeds, in hanging baskets and troughs at council venues across Kirklees. Geraniums, petunias, marigolds, busy lizzies, begonias, dahlias and lobelia are the main varieties grown and planted in displays for all to enjoy.

During the summer months you'll find a programme of events in the five major parks which includes brass band concerts, musical extravaganzas and sports events.

Look out for major changes to Kirklees parks over the next few years - Greenhead Park is set to change dramatically with a huge programme of renovation and refurbishment.

- Tel: Kirklees Parks and Open Spaces on 01484 234026 or visit [www.kirklees.gov.uk/parks](http://www.kirklees.gov.uk/parks)

Bradley Park golf course offers an 18 hole championship standard course, nine hole par three course and a driving range where you can pay and play when you choose.

- Tel: Bradley Park golf course on 01484 223772 or visit [www.bradleyparkgolf.co.uk](http://www.bradleyparkgolf.co.uk)

## TV licensing

In some circumstances, you might qualify for a reduction in the cost of your TV licence. For example, if you are over 74, you can apply for a short-term licence. This will cover you until the month you turn 75. Once you are 75 you might be able to have a free "over 75 licence". If you are blind, you can apply for a Blind concessionary licence at 50% of the full licence fee.

- TV licensing, Tel: 0844 8006790 or visit [www.tvlicensing.co.uk](http://www.tvlicensing.co.uk)

## Holidays and passports

Holidaying abroad is very popular for all ages. Some companies specialise in package deals for people over 50 and can offer you good deals on holidays by coach, staying in hotels, abroad and in the UK. Information on how to obtain a passport can be found at [www.postoffice.co.uk](http://www.postoffice.co.uk) or:

- Identity and Passport Service, Tel: 0870 521 0410, visit [www.ips.gov.uk](http://www.ips.gov.uk)

## Tourist Information Centres

Contact your nearest Tourist Information Centre for information on events and places of interest in the local and regional area.

- Huddersfield Visitor Information Centre  
Huddersfield Library  
Princess Alexandra Walk  
Huddersfield HD1 2SU  
Tel: 01484 223200  
Email: [Huddersfield.information@kirklees.gov.uk](mailto:Huddersfield.information@kirklees.gov.uk)
- Holmfirth Tourist Information Centre  
49-51 Huddersfield Road  
Holmfirth HD9 3JP  
Tel: 01484 222444  
Email: [holmfirth.tic@kirklees.gov.uk](mailto:holmfirth.tic@kirklees.gov.uk)



*Find out what local entertainment is taking place.*