

What's on in the park

There are plenty of regular weekly activities in the park, either free or at a small charge, so why not come down and join in!

Mondays

12noon – 1pm Buggymovers session for new mums – all you need is a baby in a buggy and comfortable trainers or walking shoes. Cost: £6.50 per mum and buggy (dads and grandparents welcome too!). Meet at the cafe opposite the tennis courts. **Pre-booking is essential – please don't just turn up!** Contact Jackie on 07950 870950 for more details or to book.



Tuesdays

11am - 12noon Improve your mental and physical health and quality of life with Yoga Pilates fusion. Free exercise session in the Greenhead Park community room, in the cafe building opposite the tennis courts, organised by Shaping Care in Kirklees - no pre-booking necessary.

12noon - 2pm Walk in the park and socialise with Shaping Care in Kirklees. Meet at the Greenhead Park community room opposite the tennis courts. Free - no need to book.

1pm Huddersfield Petanque Club session on the terrain by the Marsh gates. Newcomers and visitors are welcome to come and find out more about the game. Club membership is £18 a year. Find out more at <https://huddersfieldpetanque.com>.

Wednesdays

11am Friends of Greenhead Park gardening session (weather permitting). Join our friendly group who help park staff with weeding, planting and other seasonal tasks. Meet at the Pavilion by the bowling greens. Tools provided but bring your own gloves and come suitably dressed for gardening.



12 noon Greenhead Wellbeing Walk organised by S2R. Meet at Huddersfield Leisure Centre for a gentle walk to and around Greenhead Park returning to the Leisure Centre. **Booking is essential** – call 07541 095455 or email contact@s2r.

12.30pm for 12.45pm start Wednesday Wellness Walk organised by Kirklees Wellness Service. Meet outside the top cafe by the tennis courts for a gentle 30 minute walk round the park led by a trained leader. For more information and to book a place on the walk email wellness.service@kirklees.gov.uk or call 01484 234095.

1pm – 2pm Friends of Greenhead Park Drop-in session in the Pavilion by the bowling greens - call in for a cuppa and a chat and we'll do our best to answer any queries on park management, activities, park history etc. We can also tell you about the Friends and how to get involved.

Thursdays

11am Join Holy Trinity & Greenhead Walking for Health Group for a walk starting at the gates near the conservatory. Led by a trained leader, the free walks are particularly suitable if you haven't walked regularly for some time. Refreshments are available afterwards at Holy Trinity's Cafe Connect. No need to book. For more information email office@holytrinityhuddersfield.com or call 01484 513213.

11am - 11.45am Walk your way to better health with Shaping Care in Kirklees. Meet at the Greenhead Park community room opposite the tennis courts for a walk, refreshments and socialising. Free - no pre-booking necessary.

11.45am - 2pm Half an hour of Chair Yoga followed by a Big Drum session with traditional Caribbean dancing in the Greenhead Park community room. Free - no need to book. Email info@shapingcarekirklees.org or call 07597 122074 for more information on Shaping Care in Kirklees sessions.

1pm Huddersfield Petanque Club session on the terrain by the Marsh gates - details as on Tuesdays.

2pm – 3.30pm Join a gentle walk around the park, followed by refreshments in the café - dogs welcome. Organised by MHA Communities, the walk starts at the bottom park gates next to the Conservatory - no need to book. For more information call 01484 515420 or email huddersfield@mha.org.uk.



Fridays

9.30am – 10.30am Buggymovers – details as for Mondays.

10am Free Nordic walking session around the park. Meet at the Greenhead Park Pavilion by the bowling greens. Registration for new walkers is on the first Friday of every month at 10am, with training provided for people new to Nordic walking. Once you've registered you can join the group any Friday morning at 10am - walking poles are available to borrow free of charge.

Saturdays

9am Huddersfield parkrun – a free weekly 5k timed run, open to everyone who has registered with the organisers. Find out more and register at www.parkrun.org.uk.

Sundays

9am Junior parkrun, a 2k weekly run especially for 4 to 14 year olds. Free but you need to register first at www.parkrun.org.uk.

1pm Huddersfield Petanque Club session on the terrain by the Marsh gates - details as on Tuesdays.



Find out more about what's going on in the park

Go to **www.friendsofgreenheadpark.org.uk**
for all the details of regular and one-off
events and activities



To get monthly e-mail updates on what's coming up the Park, just e-mail
fogphuddersfield@gmail.com

The **Greenhead Park Facebook page** has up to the minute information on what's going on too