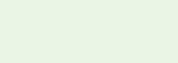


▶▶▶ ACTIVE BIRKBY CLUB ◀◀◀

We all know that being active is good for us, but we don't all want to join a gym. Here is a selection of opportunities for you to be more active and meet new people, right here on our doorstep in Birkby!

Regular Activities:	Activity Description:	Day:	Time:	Location:	How to get involved:	Cost:	Run By:
 Birkby Walk, Jog, Run...	Improve your fitness, progress at your own pace and find your own level	Monday	10:00 - 11:00	Norman Park, Norman Road, Birkby HD2 2UE	Email: contact@s2r.org.uk or call: 07933 358 800	Free	S2R
 Birkby and Fartown Library Gardening Group	Help this friendly group to look after the library garden	Tuesday	11:00 - 12.45	Birkby & Fartown Library, Huddersfield HD1 6HF	Email: contact@s2r.org.uk or call: 07933 358 800	Free	S2R
 Pilat-Qi Pilates and Qi-gong	Pilates and Qi-gong movements to improve flexibility and connect your body and mind	Tuesday	19:30 - 20:30	112 Netheroyd Hill Road, Huddersfield HD2 2LX	Call: 07856 224 296	£5 per person	Pilat-Qi
 Friends of Grimescar Valley	Join the volunteers at Grimescar Valley to improve this green corridor in Birkby	Every other Tuesday	From 09:30	Meeting at Norwood Road Gate, HD2 2YD	Look out for details on the FO Grimescar Facebook page	Free	Friends Of Grimescar
 Cemetery Road Community Allotment	Growing flowers, fruit and friendships	Wednesday	11:00 - 14:00	Osborne Road, Birkby HD1 5HB	Email: contact@s2r.org.uk or call: 07933 358 800	Free	S2R
Phoenix Karate	Learn martial arts with this friendly group, suitable for all ages and all abilities	Wednesday	19:00 - 20:00	112 Netheroyd Hill Road, Huddersfield HD2 2LX	Call: 07599 425 609	£5 per person	Phoenix Karate
Active Birkby Club Evening Walks	Explore the green spaces of Birkby on light summer evenings	Thursday	19:00 - 20:30	Norman Park, Norman Road, Birkby HD2 2UE	Email: contact@s2r.org.uk or call: 07933 358 800	Free	S2R
Creative Connections Ladies Wellbeing Garden Sessions	Connect to nature, relax and recharge in this ladies wellbeing gardening session	Thursday	09:00 - 10:30	Osbourne Road Allotment, Birkby HD1 5HB	Call: 07528 781 935	Free	Creative Connections
Creative Connections Ladies Zumba	A high energy, fun-filled, ladies dance workshop	Friday	09:15 - 10:00	Birkby & Fartown Library, Huddersfield HD1 6HF	Call: 07528 781 935	Free	Creative Connections
Curling Group	Try something really different with indoor curling	Friday	10:30 - 12:00	St Cuthberts Church, 21 Linden Road HD2 2TP	Call: 07496 947 923	Free	Huddersfield Curling
Pilat-Qi Pilates and Qi-gong	Pilates and Qi-gong movements to improve flexibility and connect your body and mind	Saturday	10:30 - 11:30	112 Netheroyd Hill Road, Huddersfield HD2 2LX	Call: 07856 224 296	£5 per person	Pilat-Qi

Find FREE, local walking route guides and **Active Birkby Club** wellbeing resources online at: www.s2r.org.uk/active-birkby-club or by scanning the QR code
Join the being active in Birkby conversation on the **Active Birkby Club Facebook page** or tell us about other opportunities by emailing: contact@s2r.org.uk

S2R Support to Recovery, 5-7 Brook Street, Huddersfield HD1 1EB - 07933 358 800 - contact@s2r.org.uk

