

A close-up photograph of several purple crocuses in bloom, with yellow centers, growing from dark, moist soil. The background is blurred, showing more flowers and foliage. A semi-transparent white circle is overlaid on the left side of the image, containing text.

Bradford

breathing spaces

**an invitation to
connect with nature
for wellbeing**

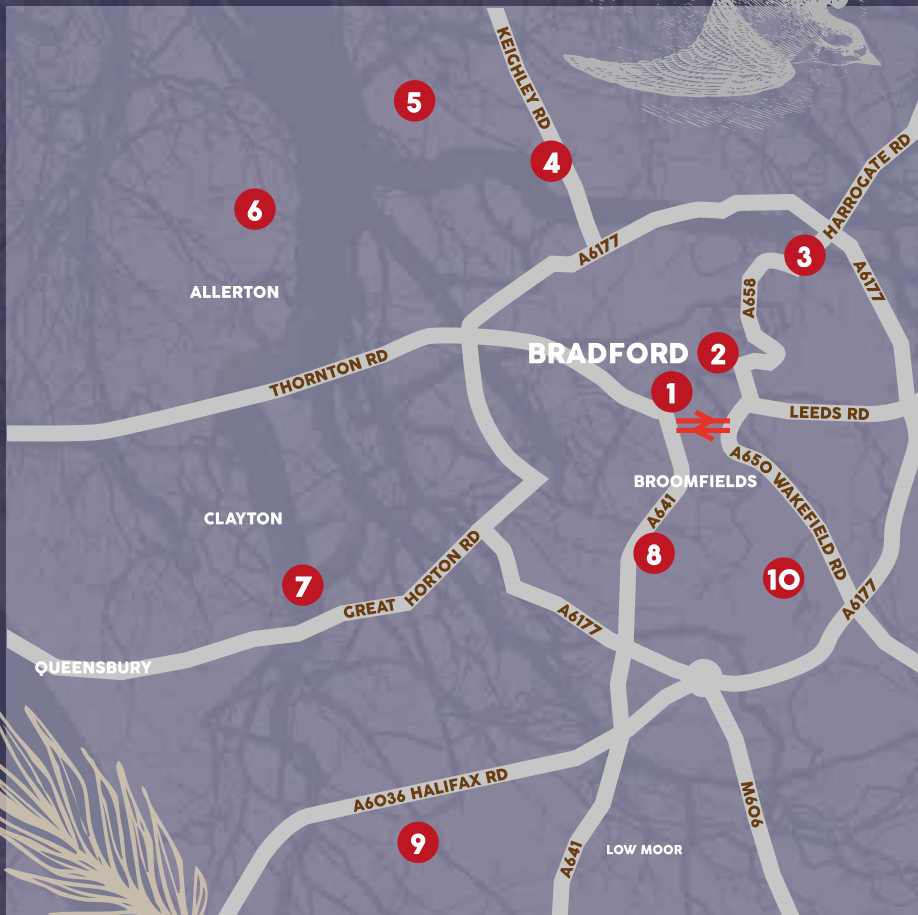
breathing spaces

Bradford has many relaxing green spaces, from ancient woodland to Victorian parks and churchyards, wildlife-rich reservoirs and even a man-made mirror pool in the centre of the city.

When we connect to nature, we feel good, our blood pressure lowers, stress hormones reduce, and immunity and mood are boosted. Discover the mental and physical health benefits of Bradford's 'Breathing Spaces' with this booklet. Visit one site or all of them. Follow the prompts at the back of the booklet to help you connect with nature and feel the difference in your mind and body.

Getting there: Postcodes are provided help locate the sites, although be aware that as green spaces generally do not have postcodes, this may be for a nearby street. Plan your journey on public transport using Metro Journey Planner www.wymetro.com/plan-a-journey/.

Bradford Breathing Spaces is a Get Out More project supported by the Bupa UK Foundation



Breathing spaces within easy reach of Bradford

1 City Park

The centre of Bradford has been transformed by the Mirror Pool, the largest urban water feature in the UK; a lake which changes levels through the day, animated by over 100 fountains. A popular place for a picnic and a paddle. Access via Centenary Square (BD1 1HY). *Distance from Bradford centre: 0 miles*

2 Bradford Beck Walk and Cathedral Gardens

Carved plaques with poetic verses mark the route of the Bradford Beck, which flows unseen through subterranean vaulted arches. This walk finishes close to the Cathedral Gardens, a peaceful hidden gem in the busy city centre. Start in Centenary Square (BD1 1HY). Download trail at www.bradford-beck.org. *Distance from Bradford centre: 0.5 miles*

3 Undercliffe Cemetery

Opened in 1854, this impressive Victorian cemetery has been used for recreation as well as burials since it opened, thanks to its fine views across the city. Urban wildlife including deer, birds and foxes enjoy the relative wilderness of the unmaintained areas. Access from Undercliffe Lane (BD3 0QD) and Otley Road (BD3 0LN). *Distance from Bradford centre: 1.5 miles*

4 Lister Park

Lister Park is one of the largest in the city, donated by Samuel Lister, who built the imposing Lister's Mill. It used to have a lido, but still has a boating lake, landscaped gardens, Cartwright Hall Art Gallery and lots of open space and accessible paths for walking. Access via entrances on Oak Lane BD9 4NA, North Park Road BD9 4NN and Emm Lane BD9 4JH. *Distance from Bradford centre: 2 miles*



Lister Park

5 Heaton Woods

An ancient woodland on a steep sided valley, tucked away in a corner of Bradford. Amongst the spring bluebells or the stunning colours of the beech trees in autumn, it feels a long way from the city, but it is not. Access from Shay Lane (BD9 6SL). *Distance from Bradford centre: 3 miles*

6 Chellow Dean

A long narrow woodland which surrounds two old reservoirs. There are flat tarmac paths and more challenging terrain higher up. The water attracts wildfowl and the woods are a haven for wildlife. Access via Canford Rd, Allerton BD15 7AY or the car park on Haworth Road (BD15 9LL). *Distance from Bradford centre: 3 miles*

7 Horton Bank Country Park

An old quarry which was flooded to become a reservoir. In 1989, when the dam became unsafe it was drained and developed into a lake which is now home to swans, ducks and other wildlife. There are paths around the lake and down to a woodland area with long distance views over the city. Access: Great Horton Road adjacent to Horton Bank Top Surgery (BD7 4PL). *Distance from Bradford centre: 3.5 miles*

Horton Bank Top

8 SHINE, St Stephen's churchyard

SHINE is a community organisation working out of St Stephen's Church in the heart of West Bowling, Bradford. In line with their wellbeing aims, they are turning the church grounds into a vibrant community garden with a giant bug hotel, mosaic art, raised beds and benches. Access from Newton street (BD5 7BJ). *Distance from Bradford centre: 1.5 miles*

9 Judy Woods

Once an area of coal mining, this ancient woodland has some beautiful old beech trees which are around 200 years old. The land is steeply sloping down to a stream, although there are some flat and accessible paths. The woods are a home for wildlife including deer, bats and many species of bird and are carpeted in bluebells in spring. Access via Meadway (BD6 2SP) or Station Road, Wyke (BD12 8LA). *Distance from Bradford centre: 4 miles*

10 Bowling Park

Originally part of the grounds of Bolling Hall, Bowling Park has a wide variety of tree species, woodland areas and open grassy areas with winding paths that were once a carriage drive. The Roughs are a wild area woodland attached to the park. Access via Bowling Hall Road (BD4 7TL) and Bowling Park Drive (BD4 7ET). *Distance from Bradford centre: 1.5 miles*

On your walk, try one of these short exercises to prompt a deeper connection with nature

1 Slow down

Walking at your normal speed, consider what catches your attention. Then try walking slower, slowing down all your movements and your breathing. What do you notice now?



Undercliffe Cemetery

2 Be Still

Find a place to sit or stand comfortably and be still. Take a few minutes to listen to the ebb and flow of sounds around you. Where are the sounds coming from and how do they relate to each other?

3 Focus

Choose a colour and look out for all the different shades that appear in nature. Focus on the grass for example. Are all the blades the same colour? Look out for other things that are green and see how many different shades you can spot.

4 Use your nose

We take our sense of smell for granted and rely on it less than our sight and hearing, but it is essential for survival and has a strong connection to emotion. Try focusing on smells and where they are coming from. Do any smells evoke memories?

5 Notice

Look up. Notice the tree canopy and pay attention to how the light falls. Notice the shapes of the branches and how they relate to one another. What movement can you see? How do you feel?

6 Connect

Use your sense or touch to feel the different textures around you; rough bark, a smooth leaf or damp grass. How does touch help us feel connected?

7 Create

Gather natural materials such as leaves, sticks and grasses to make a picture or pattern on the ground. Being creative can get you into a flow state where your mind focuses only on what you are doing, and worries and thoughts can be left behind.



Get Out More is a Bradford social enterprise on a mission to help people engage with nature to feel better in mind and body. We run outdoor programmes for people of all ages in West Yorkshire, using local woodlands, parks and natural spaces to bring people together, be active and feel good, working towards our vision: communities and nature growing healthier together.

Get Out More

Tel: 01535 668588

Email: info@getoutmorecic.co.uk

www.getoutmorecic.co.uk



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Design by Debby Fulgoni