



LET'S PLAY OUTDOORS



A guide to outdoor play for
young children and families in the
Better Start Bradford area

LET'S PLAY OUTDOORS

There is so much to see and do outdoors, it is the ideal place for young children to play!





Outdoor play encourages children to be active and sociable, building confidence and resilience in growing minds and bodies. Being outside allows children to express themselves freely; to shout, jump, hop, skip, climb and run around - simple pleasures that bring a smile to every face!

In and around the Better Start Bradford area, (Bowling and Barkerend, Bradford Moor and Little Horton), there are lots of interesting parks, woods and green spaces, for little ones and their families to enjoy. Use this booklet to discover places to visit and try new things to do. Get out there and enjoy yourselves!



This booklet has been produced as part of the Forest School Play Project, a Better Start Bradford Project.

MAP OF LOCAL GREEN SPACES

Little Horton

1 Horton Park - BD7 3BN

Further afield:

2 Horton Bank Country Park - BD7 4LU

3 Wibsey park - BD6 3QD

4 Judy Woods - HX3 8Q2/BD6 2SP

Bowling and Barkerend

5 Bowling Park - BD4 7TL

Further afield:

6 Bierley Wood - BD4 6DN

Bradford Moor

7 Peel Park – BD3 0LT

8 Bradford Moor Park - BD3 7JD

9 Myra Shay Playing fields - BD3 8QX

Further afield:

10 Woodhall Lake LS28 7TT

Getting there: Walk or plan your journey by bus using Metro Journey Planner www.wymetro.com/plan-a-journey



BRADFORD



PEEL PARK **7**

BRADFORD MOOR PARK **8**

MYRA SHAY PLAYING FIELDS **9**

WOODHALL LAKE **10**

HORTON PARK **1**

BOWLING PARK **5**

BIERLEY WOOD **6**

3

A6177

A641

A658

LEEDS ROAD

WAKEFIELD ROAD

KEIGHLEY ROAD
A6177

HARROGATE ROAD
A6177

HORTON ROAD

A641 HALIFAX ROAD

N0909

PLACES TO PLAY



Parks, woodlands and green spaces within reach of the Better Start Bradford area. Look out for the brand new play spaces by Better Place, where you see this logo.

Horton Park

Horton Park Avenue, BD7 3BN

A large leafy park with some beautiful gardens, a modern play area, a pond and lots of space to run around and explore.

Nearest bus stop:

Horton Park Avenue



**WHAT'S
HERE**



Bowling green
Children's play area
Fitness equipment
Pond

Horton Bank Country Park

Great Horton Road, BD7 4PL

An old reservoir that has been transformed and landscaped into an attractive country park. There is a large pond with a path around it and many wildfowl, plus a pair of nesting swans. Benches for a picnic and wild areas to explore.



**WHAT'S
HERE**

Pond
Trees
Ducks and swans
Picnic benches

Nearest bus stop:
Great Horton Road/
Cooper Lane



Wibsey Park

Wibsey Park Ave, BD6 3QD

Wibsey Park has something for everyone, from tree-lined walks to a lovely little lake, children's play area and numerous sports pitches.

Nearest bus stop:
Wibsey Park Avenue/Reevylands Drive

**WHAT'S
HERE**

Bowling green
Children's play
area
Fitness
equipment
Skate park
Lake

Judy Woods

Fenwick Drive/Howgill Green
Meadway entrance, BD6 2SP

Judy Woods is the third largest woodland in the Bradford district. Lots of trees for making dens and streams for stick throwing. If you are very quiet, you might even see some deer.

Nearest bus stop:
Fenwick Drive/Howgill Green

**WHAT'S
HERE**

Trees
Stream
Deer



Bowling Park

Bowling Hall Road, BD4 7TL

Bowling Park is a large and leafy park with something for everyone. The café lodge serves food and drinks and has toilets.

Nearest bus stop:

Bowling Hall Road/Lister Avenue

**WHAT'S
HERE**

Play Area

Bowls

Tennis

Golf pitch & putt

Wheelchair
and pushchair
accessible



Bierley Wood

Bierley Lane, BD4 6DN

These grounds were once the ornamental gardens of Bierley Hall. There are four ponds, surrounded by sloping bluebell woodland – a lovely place for a gentle stroll.

**WHAT'S
HERE**

Ponds

Ducks

Woods

Picnic benches

Nearest bus stop:

Bierley Lane/Sheldon Ridge



Peel Park

Cliffe Rd, BD3 0LT

Peel Park is a large community park with a good balance of trees and open parkland, ornamental gardens, small lake and natural areas. A Green Flag Award park

Nearest bus stop:

Otley Road/Chatham Street

WHAT'S
HERE

BMX track
Bowling green
Café
Children's play area
Fitness equipment
Pond
Walking routes
Wheelchair and
pushchair accessible



Bradford Moor Park

Killinghall Road, BD3 7JD

Bradford Moor Park is a wonderful space for relaxing in, with trees edging the park and plenty of space for a picnic, or a game of football. The paths are perfect for a relaxing walk, or even for jogging round.

Nearest bus stop:

Killinghall Road/Moor Park Road

WHAT'S
HERE

Fitness
equipment
Pond
Children's play
area



Myra Shay

489 Barkerend Rd, BD3 8QX

Myra Shay Playing Fields is a sports facility in Bradford with grass football pitches and landscaped areas. Lots of space for running around!

Nearest bus stop:

Barkerend Road/
Fitzroy Road



Woodhall Lake

Woodhall Lane, LS28 7TT

Woodhall Lake is a lovely quiet spot with a large pond full of ducks and other wildfowl. Woodland paths, large grass area for running and exploring and even horses in the fields nearby.

Nearest bus stop:

Woodhall Park Grove



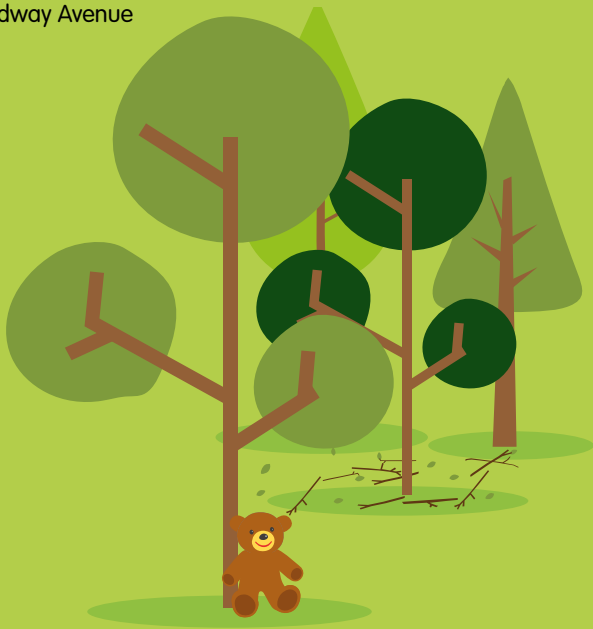
Mayfield Park

Broadway Avenue, BD5 9NP

New pocket park with brand new play facilities. Open to everyone.

Nearest bus stop:

Manchester Road/
Broadway Avenue



THERE IS MORE TO THE PARK THAN THE SWINGS AND SLIDES!



Try one of these fun activities to get close to nature in your local green space.

Minibeast hunting

You'll need:

- Bug viewer or magnifying glass.

Top tips:

- Look for minibeasts such as worms and woodlice under logs or plant pots - they like dark, cool places.
- Remember to put everything back where it was, including the minibeasts!



Tarp or sheet den

You'll need:

- A tarp or sheet
- String
- Sticks

To make:

Stretch string or rope between two fixed spots; trees, fences - anything that won't move. Drape a tarp or sheet over to make a tent shape, hold the corners down with anything heavy, or use sticks in each corner as makeshift tent pegs. The perfect place to have a picnic or play imaginary games!

Fairy dens

You'll need:

- Sticks
- Leaves
- Moss
- Pebbles
- Plenty of imagination!

Being in the fresh
air is good for
our health



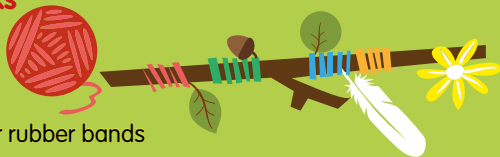
To make:

Spend some time outdoors creating homes for the fairies. From your garden or the great outdoors, collect as many natural things as you can find and let your imagination run wild. What size of stone will you need for a chair? What could work as a door? Have you made a comfy bed? Or what about a mini garden and a path?

Journey Sticks

You'll need:

- A strong stick
- String, wool or rubber bands
- Natural objects such as leaves, acorns and feathers



To make:

Find a strong stick and use wool, string, or elastic bands to tie natural objects to it. Keep an eye out for beautiful leaves or feathers.

Your stick will help tell the story of your walk and you'll have a great souvenir of your adventures!

Tree climbing – everyone's favourite!

Top tips:

- Always test a branch before you put any weight on it. Dead branches or ones that are too small will snap.
- Keep three points of contact as you climb – that means at least two feet and one hand, or both hands and one foot, at all times.
- Don't climb too high! Make sure an adult can reach you.



Rolling down a hill – it's fun for adults as well!

Top tips:

- On the way up, check for anything you wouldn't want to roll in (nettles, rocks, dog poo!)
- Pick a route, lie down and start to roll to enjoy the ride!

Hide and seek – great fun for all ages!

Top tips:

- Great for practicing counting, "1, 2, 3, 4, 5, 6, 7, 8, 9, 10 – get ready, I'm coming!"
- Make sure those eyes are closed!

Playing together is fun and helps us develop language and social skills





WANT TO
GET OUT MORE?

Forest School Play Project Family Sessions

Get Out More runs regular free outdoor play sessions at parks and green spaces around the Better Start Bradford area during term time. Sessions are aimed at young children (0-3 years) and their parents, but older siblings are welcome too.

For the latest list of sessions please visit:
www.getoutmorecic.co.uk/take-part

Better Place

Better Place involve local people in developing safer and healthier outdoor spaces for families with young children. They are transforming parks across the Better Start Bradford area and have an exciting programme of opportunities to play and enjoy nature.

Search the Better Start Bradford Calendar to see what's coming up in your area: www.betterstartbradford.org.uk/families-get-involved/events-calendar

BUD

The Bradford Urban Discovery (BUD) project aims to support urban communities in South West Bradford to get outdoors and active, providing residents with accessible and local natural areas. Please check their website for events and activities.

www.ywt.org.uk/bradford-urban-discovery-project

The Big Swing Adventure Playground, Eccleshill

Exciting adventure playground with zip wire, mud kitchen, fire pit and more. Check out the website for more information on the free adventure play sessions.

www.thebigswing.org

Tel: 01274 613254

Join Us: Move Play (JU:MP)

JU:MP offers active sessions for children aged 5 – 14 and their families in North Bradford. Fun, informal activities include play, dance, sports, martial arts, games, walking, cycling and exploring the outdoors in local parks and streets.

www.joinusmoveplay.org





The Forest School Play Project

The Forest School Play Project is a Better Start Bradford project delivered by Get Out More CIC. It is an exciting, inclusive and adventurous nature-based play programme, through which hundreds of young children and their families have experienced the benefits of nature-based learning through outdoor play.



Better Start Bradford

Better Start Bradford works with families to give children the best possible start in life in Bowling and Barkerend, Bradford Moor and Little Horton, through a range of innovative projects to support them through pregnancy and the earliest years of their children's lives.

www.betterstartbradford.org.uk





Get Out More

Get Out More is a social enterprise on a mission to help people engage with nature to feel better in mind and body.

We run outdoor programmes, including forest schools, outdoor play, and community engagement programmes, for people of all ages across Bradford district.

We use woodlands, parks and green spaces to bring people together, be active and feel good, working towards our vision; communities and nature growing healthier together.

www.getoutmorecic.co.uk


Tel: 01535 668558

Email: info@getoutmorecic.co.uk



Exploring helps kids
learn more about
the world





Physical activity like balancing helps me get stronger and learn to manage risks

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Better Start
BRADFORD



COMMUNITY
FUND