



**Active
Black Country**
Creating a healthy, active region

Keeping Communities Active and Healthy in Wolverhampton



**Get Out
Get  Active**

Funded by



**LONDON MARATHON
CHARITABLE TRUST**



#EveryDayYourWay

Introduction

There's never been a better time to get active for your health and wellbeing.

You've been advised to start being a bit more active and there's a lot of reasons why this is a good idea.

We understand that making those first changes to your lifestyle can often be the hardest ones to take.

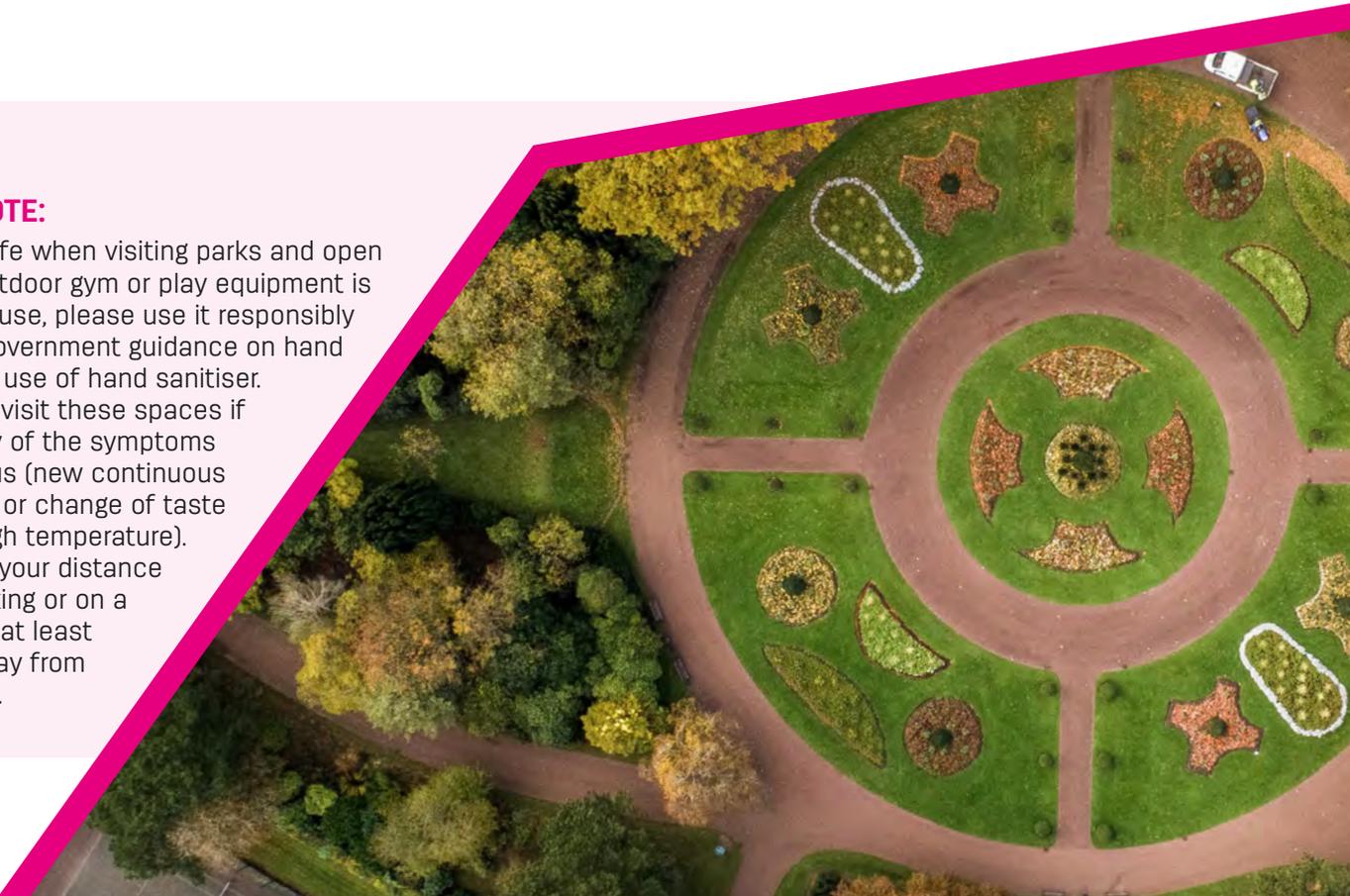
This booklet will help you make decisions on how and where to be active in the surrounding area.

PLEASE NOTE:

Please be safe when visiting parks and open spaces. If outdoor gym or play equipment is available for use, please use it responsibly and follow Government guidance on hand washing and use of hand sanitiser.

Please don't visit these spaces if you have any of the symptoms of coronavirus (new continuous cough / loss or change of taste or smell / high temperature).

Please keep your distance if you're walking or on a bike, staying at least 2 metres away from other people.



Why is activity important?

Being active is a great way of improving your health.

You don't have to go far to start walking. You just need to step outside. Active Black Country research shows that, during lockdown, most people simply decided to exercise once-a-day by walking around their local streets for 20-30 minutes.

Alternatively, if you want to go further afield, there are a lot of options available. Whilst the Black Country has a proud industrial past, there are so many green spaces to explore.

Benefits of activity



Improves blood cholesterol



Improves mental health



Improves life expectancy



Reduces anxiety



Improves blood pressure



Improves muscle strength



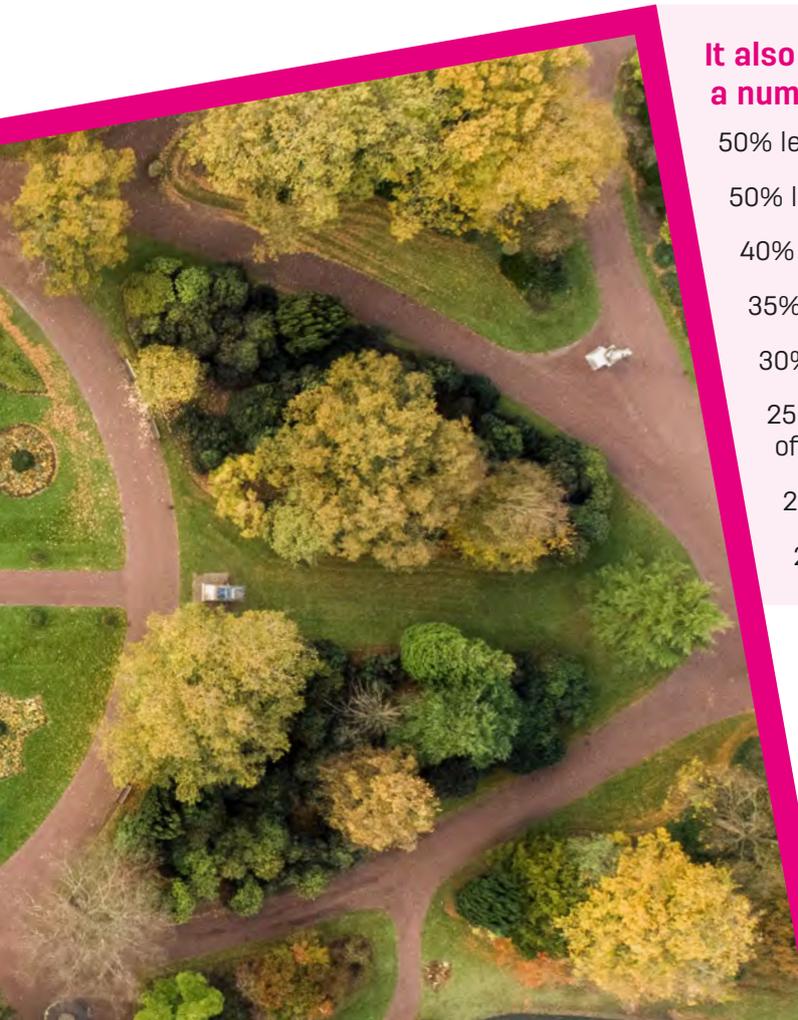
Reduces pain



Improves sexual function



Improves sleep



It also reduces your chances of developing a number of preventable health conditions

- 50% less chance of developing Type 2 Diabetes
- 50% less chance of developing high blood pressure
- 40% less chance of developing coronary heart disease
- 35% less chance of developing cardiovascular disease
- 30% less chance of having a stroke
- 25% less chance of developing certain types of cancer (including breast and colon)
- 25% less chance of developing joint and back pain
- 21% less chance of having a fall

The following pages in this document give you ideas of where you can go and be active in Wolverhampton. All these places are great locations to go walking or cycling (or running if you really want to push yourself). We've also provided some handy information to allay any concerns regarding accessibility. There's something for everyone in Wolverhampton.

Post code
WV1 4PH

WEST PARK



Intro

This Grade II listed Victorian Park in the heart of Wolverhampton City Centre is one of the finest parks in the West Midlands and has Green Flag status. With designated walking routes, tea room, lake and play park, this is a wonderfully scenic place to go and be active.

Features

- Toilet block with ramp and disabled access (please note: public toilets may be closed due to Covid-19 restrictions)
- Play park (fenced enclosure with gate)
- Tea room
- Walk for health route
- Lake
- Bandstand

Travel

Free car parking around the perimeter of the site, including disabled spaces and charging points for electric vehicles. The park is a short walk from the City Centre and also accessible via the 528 bus route. There are locations to park and lock bikes.



Accessibility Considerations

Paths - The paths are tarmacked and are in excellent condition throughout the park, wide enough at most points for 3 wheelchairs to comfortably pass alongside each other. The path narrows at the approach to the playpark and around the lake to between 160-190cm and can slope in places. Be aware that the path is close to the water with no fence.

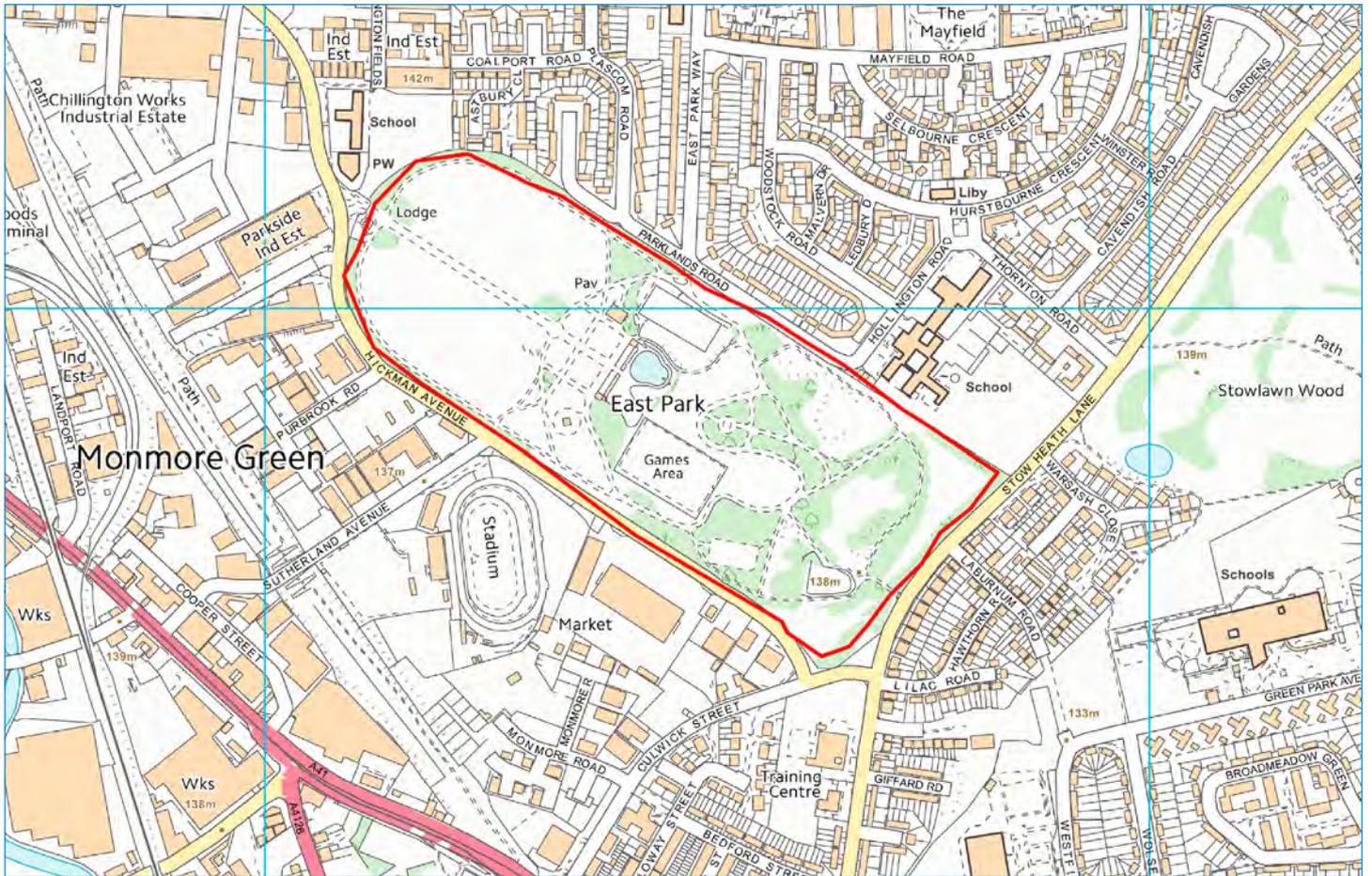
Gradient - The park is relatively flat with mostly even surfaces.

Steps - There are steps to reach the bandstand platform (approximately 1m wide and 14cm deep) with handrails.

Benches - There are benches throughout the park and approximately every 80m around the lake.

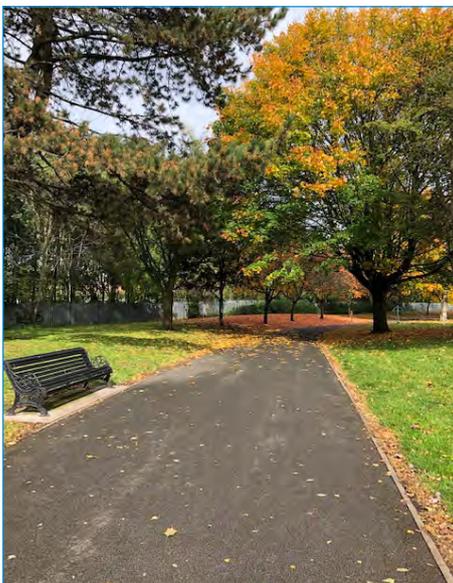
Post code
WV1 2BS

EAST PARK



Intro

A Green Flag park with a proud history, dating back to 1896, East Park is 18 hectares in size, popular with local residents and a great place to go and be active.



Features

- Play park (fenced enclosure with gate)
- Trim Trail
- Bandstand
- MUGA
- Paddling pool area

Travel

Free car parking within the park and around the perimeter of the site. The park is accessible via the 529 bus route and within walking distance of the Priestfield Metro stop. There are locations to park and lock bikes.

Accessibility Considerations

Paths - The paths are tarmacked and are in good condition throughout the park (although watch out for leaves on the trim trail during autumn), they are wide enough at most points for 3 wheelchairs to comfortably pass alongside each other. Whilst the approach to the paddling pool is accessible for wheelchair users, the pool itself has no gradual entrance and is currently not being used (as of October 2020).

Gradient - The park is relatively flat, however the path gets steeper on the approach to the bandstand. Be aware that there are speed bumps on the road that cuts through the park.

Steps - There are steps (very wide and approximately 20cm deep) on one approach to the paddling pool area with a side wall but no handrail.

Benches - There are lots of benches throughout the park however there are some relatively big gaps between benches on the trim trail (up to approximately 200m in places).

Post code
WV3 9LQ

BANTOCK PARK



Intro

With approximately 16 hectares of open space, nature trails and restored gardens, this Green Flag park has a rich history and has recently undergone restoration works. The park encompasses the Bantock House Museum and Georgian farm buildings and is a fantastic place to go and be active.

Features

- Outdoor gym
- Bantock House Museum
- Farm buildings
- Toilets including disabled facilities (please note: public toilets may be closed due to Covid-19 restrictions)

Travel

Free car parking within the park including disabled spaces. The park is also accessible via the 3, 15, 15a and 714 bus routes. There are locations to park and lock bikes.



Accessibility Considerations

Paths - The paths are tarmacked and are in good condition around the car park area, play park and outdoor gym and wide enough for 2 wheelchairs to comfortably pass each other. The path is a bit more gravelly and narrower (120cm in places) with occasional tree routes slightly raising the surface at some points. A popular Pitch and Putt facility prevents users completing a full circuit of the perimeter.

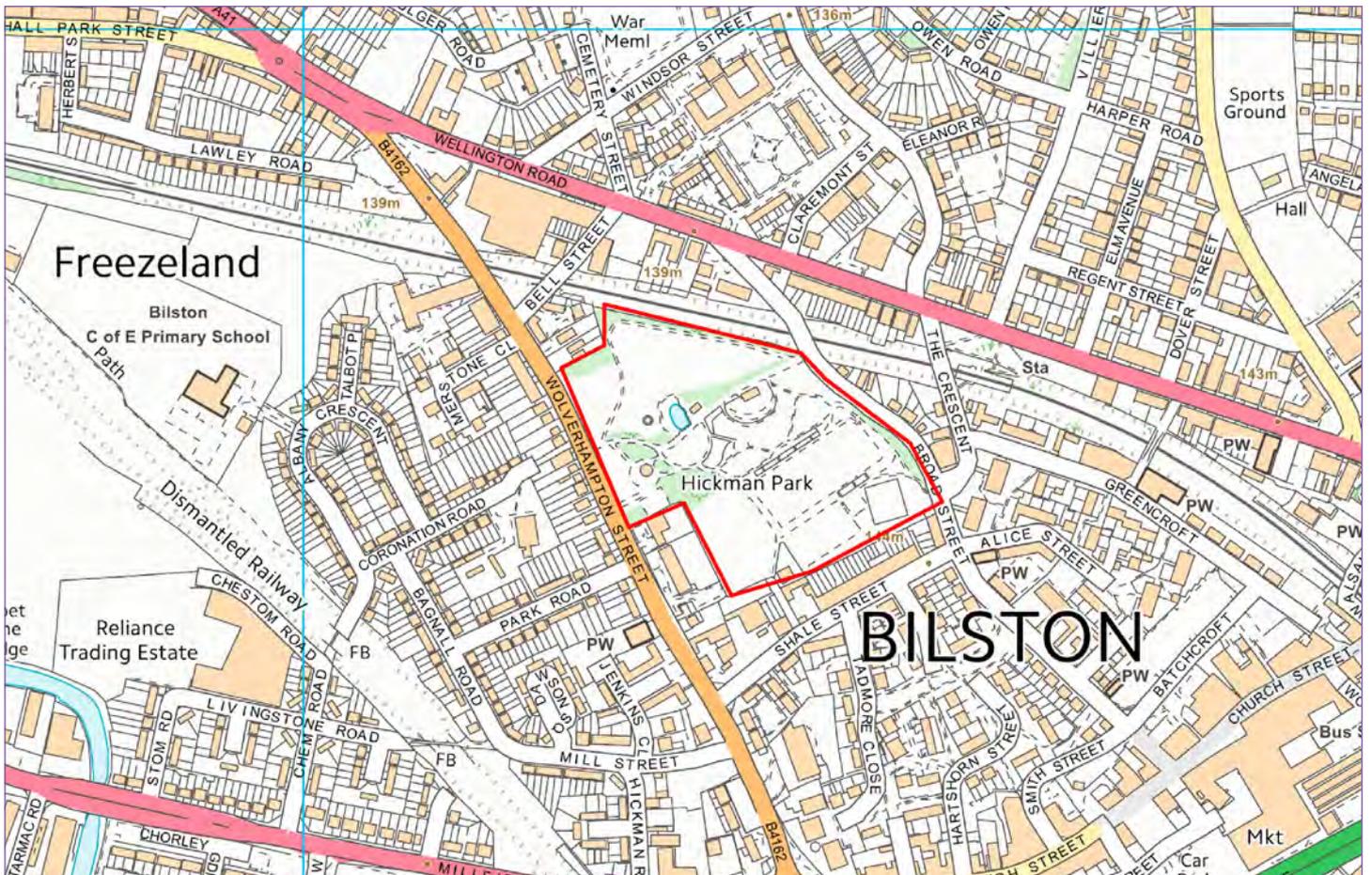
Gradient - The park is relatively flat and any changes in gradient are gradual.

Steps - There are steps on one approach to the gardens. They are wide, with a handrail and approximately 13cm deep. Another approach to the gardens includes a slightly uneven bricked surface that leads to a gentle and accessible bridge.

Benches - There are benches dotted around the site but these are less frequent the further visitors venture from the car park.

Post code
WV14 0LZ

HICKMAN PARK



Intro

Whilst relatively small in comparison to other parks in this guide, this is a fantastic site that underwent restoration in 2007 and 2008, located a short walk from Bilston town centre. There are lots of opportunities to be active here.

Features

- Play park (fenced enclosure with gate)
- Outdoor gym
- Sports arena with seated viewing area
- Basketball park
- Wildflower meadow

Travel

Free car parking within the park including disabled spaces. The park is also accessible via the 79 bus route. There are locations to park and lock bikes.



Accessibility Considerations

Paths - The paths are tarmacked and are in good condition with an even surface throughout the park and wide enough for two wheelchairs to pass at the vast majority of points.

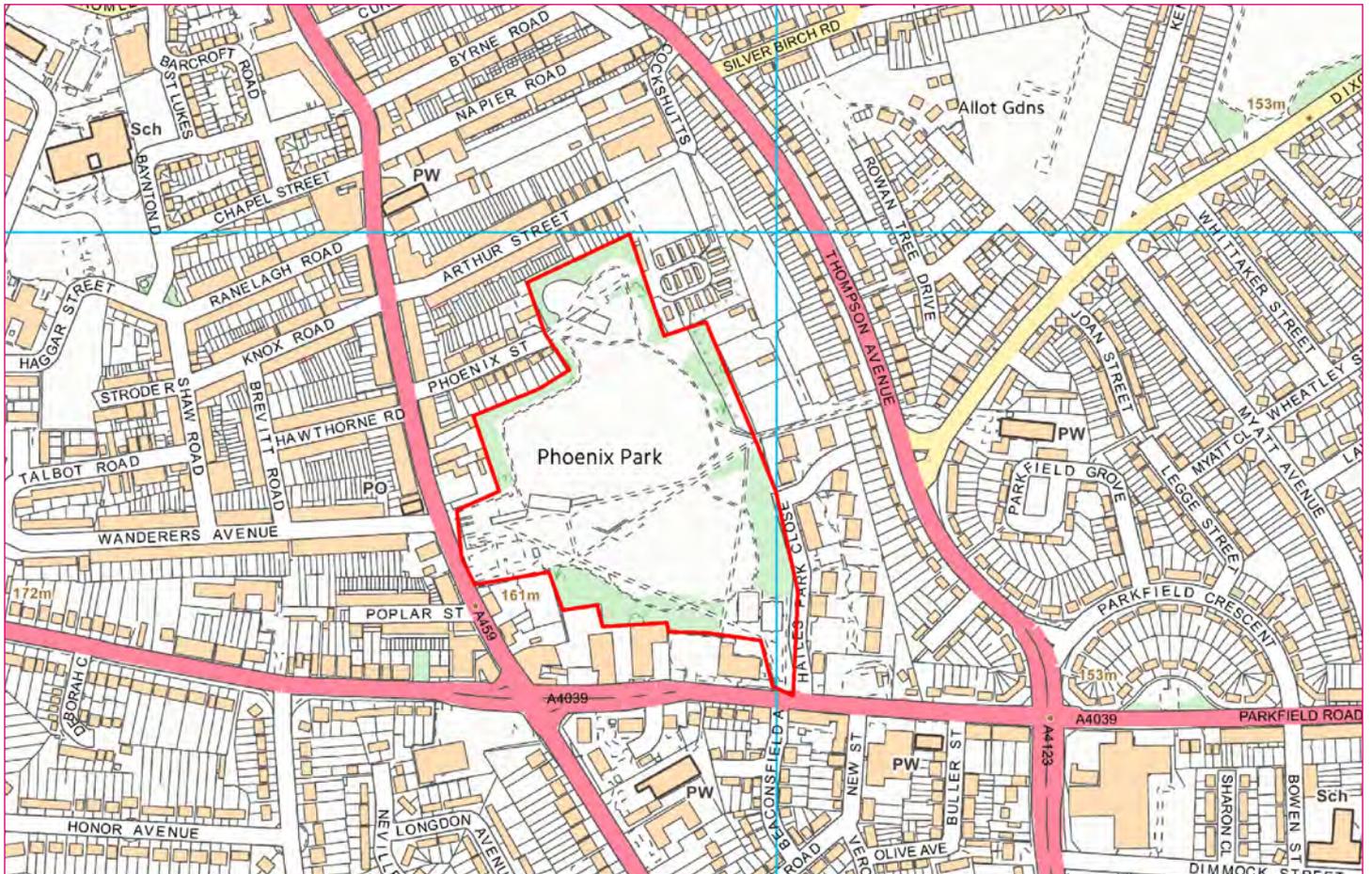
Gradient - There are some steep sections to the path that goes around and through the park. The section that leads to the stage narrows considerably.

Steps - Whilst all parts of the park are accessible, there is one large set of 25 steps that has a handrail. The steps are wide and are 15cm deep.

Benches - There are benches at regular intervals throughout the majority of the park. There is also a covered seating area a short walk from the car park.

Post code
WV2 3JU

PHOENIX PARK



Intro

A former mining site in the 1960s, Phoenix Park is a well-used site in Blakenhall with something for everyone and a great location to start your activity journey. The park is also used as one of the City's Walk for Health routes.

Features

- Play park (fenced enclosure with gate)
- Trim Trail
- Sensory garden and Lavender Maze
- Designated walking paths
- MUGA

Travel

Free car parking within the park including disabled spaces. The park is also accessible via the 1 and 8 bus routes. There are locations to park and lock bikes.



Accessibility Considerations

Paths – The paths are resin gravel and vary in width around the site. At most points 2 wheelchairs can comfortably pass each other but the path narrows to around 140cm at some points of the trim trail.

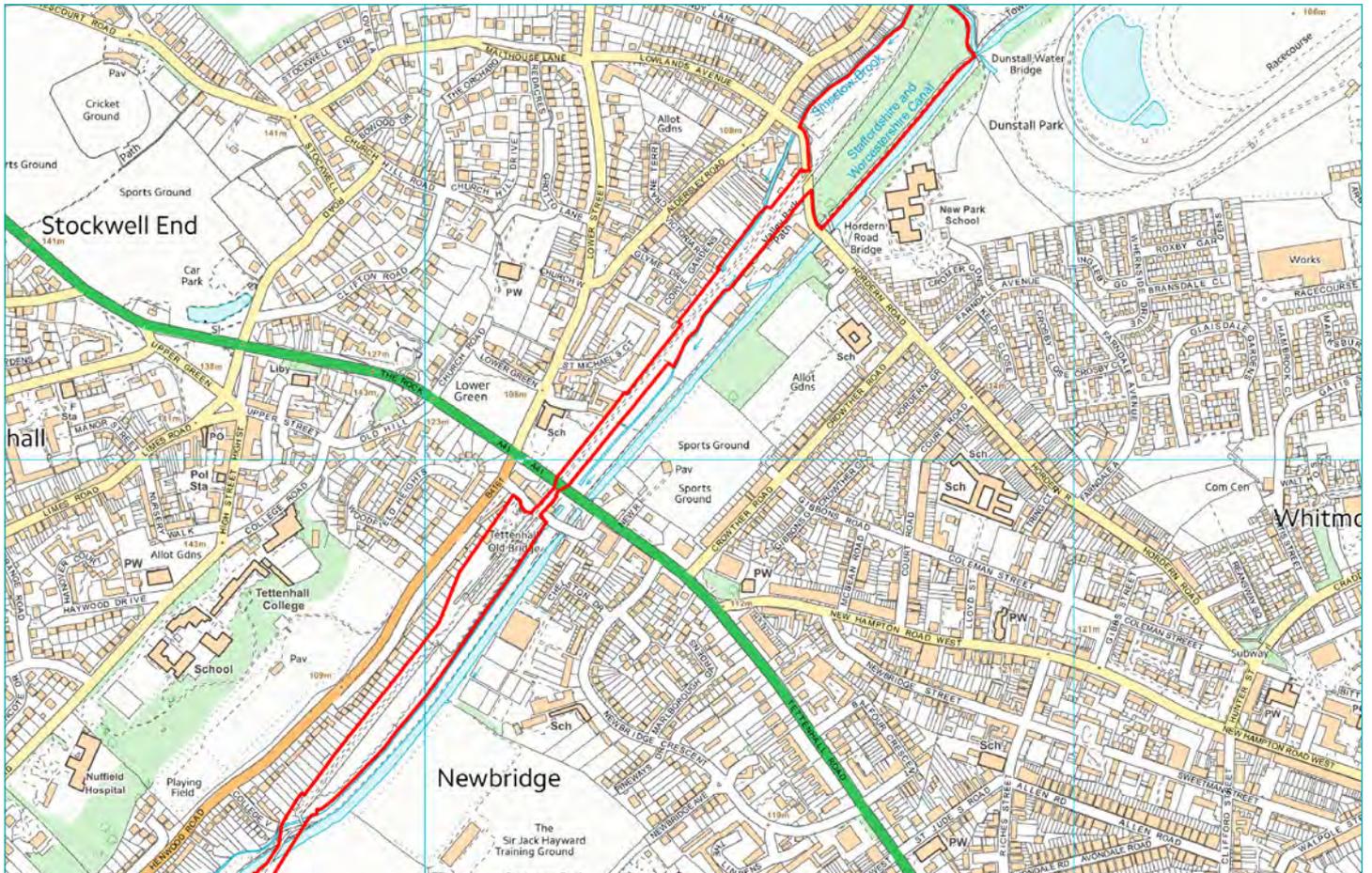
Gradient – The vast majority of the park is a flat and even surface. However, be aware that the path dips considerably without warning next to the bricked area that is adjacent to the raised steps in the centre of the park.

Steps – The site is accessible. There is a section of raised steps that acts as landscaping feature, rather than an accessibility concern.

Benches – There are benches at regular points in the park, between 50-75m apart.

Post code
WV6 8NX

SMESTOW VALLEY LOCAL NATURE RESERVE



Intro

If you enjoy being out in nature you will love walking or cycling through Smestow Valley. Encompassing 50 hectares of green space, there are lots of fantastic routes to explore.



Features

- Wood land
- Meadow land
- Smestow Brook
- Stafford and Worcestershire Canal
- Bird watching opportunities (55 species).
- Café at the old Edwardian railway station.
- Railway walk

Travel

Free parking provided at Meadow View Terrace. Also accessible via the 1, 763 and 784 bus routes.

Accessibility Considerations

Paths - Be aware that the paths vary in quality. Some are perfectly suitable for wheelchair users however this isn't consistent across the site. The pathways situated alongside Aldersley leisure village is wide enough for 2 wheelchairs.

Gradient - the gradient is not consistent across the site with steep sections to consider.

Steps - Whilst there is step-free access to much of the site, there are steps along the canal route for example steps at the bridge approaching Hordern Road.

Benches - there are benches along the canalside but not along the walk way of the old railway lines.

Post code
WV9 5ET

PENDEFORD MILL NATURE RESERVE



Intro

One of Wolverhampton's Green Flag parks, this area covers 24 hectares of naturally managed countryside and dates back to the 13th century. This site is a great place to go for a walk and to use the enclosed decking area to overlook the lake, its simply breath taking.

Features

- Lake
- Bird watching opportunities
- Rare species of bat
- Meadows and woodland
- Public toilets including disabled toilets (please note: public toilets may be closed due to Covid-19 restrictions)

Travel

The site has a free car park and is accessible via the 4 and 6 bus routes.



Accessibility Considerations

PLEASE NOTE: IN THE WINTER, MUCH OF THIS SITE MAY NOT BE SUITABLE FOR USERS WITH ACCESSIBILITY CONCERNS DUE TO THE NATURE OF THE PATHWAYS

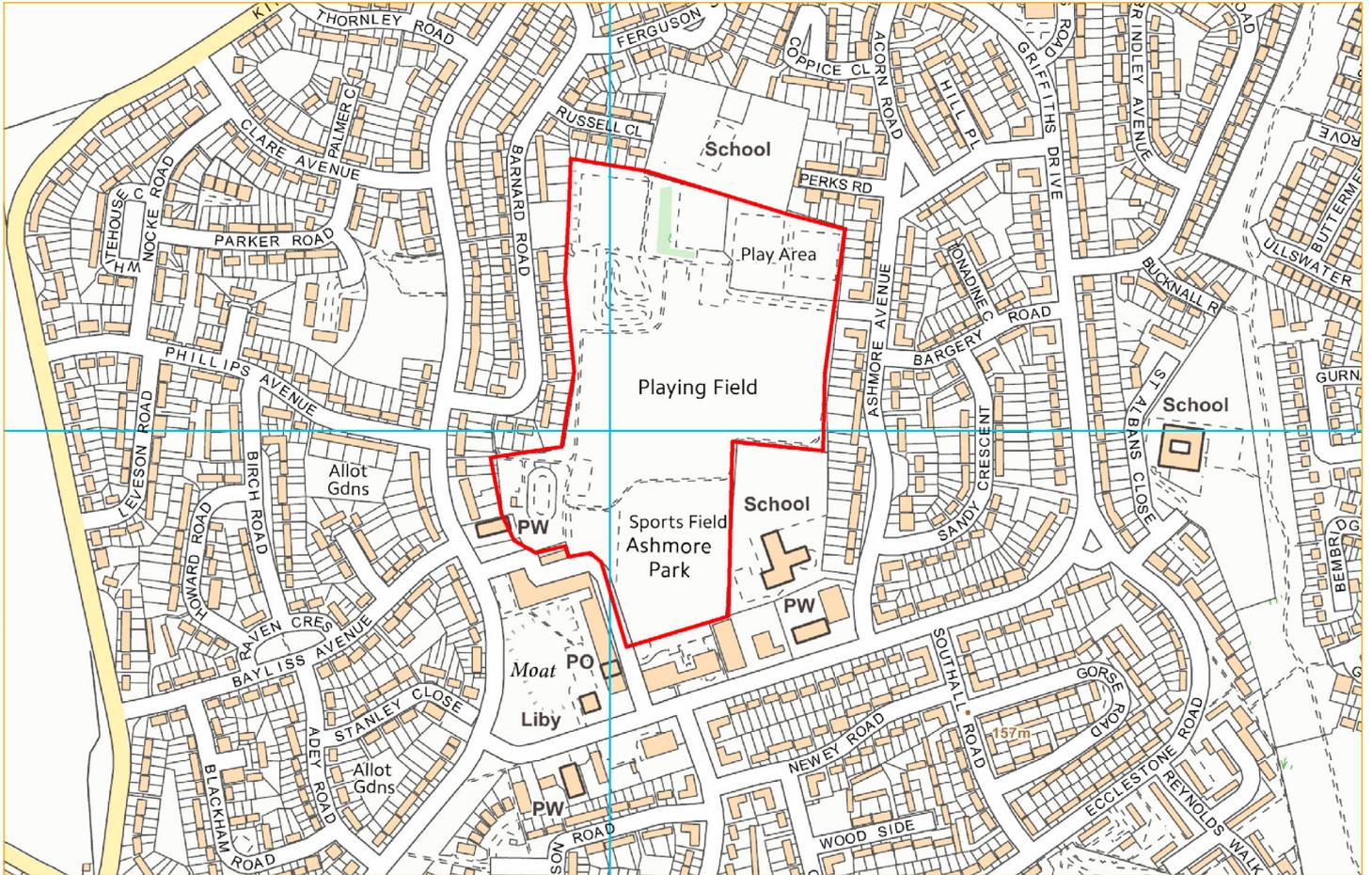
Paths - The path is wide enough in places for 4 wheel chairs but narrows considerably throughout the site. One side of the lake is paved whilst the other has a grassed path.

Gradient - This is a natural rugged path with varied terrain. The roots of the trees push through in places making it uneven. The decking area on the lake has a handrail rail.

Benches - This is a large site so whilst there are benches available for people to take a rest, there are large gaps in between them in places.

Post code
WV11 2JW

ASHMORE PARK



Intro

A beautiful park in the middle of Ashmore Park estate on the border of Willenhall.

Features

- Children's play area
- MUGA
- BMX track
- Bowling green.
- Cycling speedway track

Travel

The park benefits from a car park and is accessible via the 59 bus route.



Accessibility Considerations

Paths - A tarmacked path, wide enough for 2 wheelchairs, takes you around the perimeter of the park.

Gradient - There are some slight inclines to negotiate.

Steps - There is step free access around the entire park.

Benches - There are benches at regular intervals around the park.

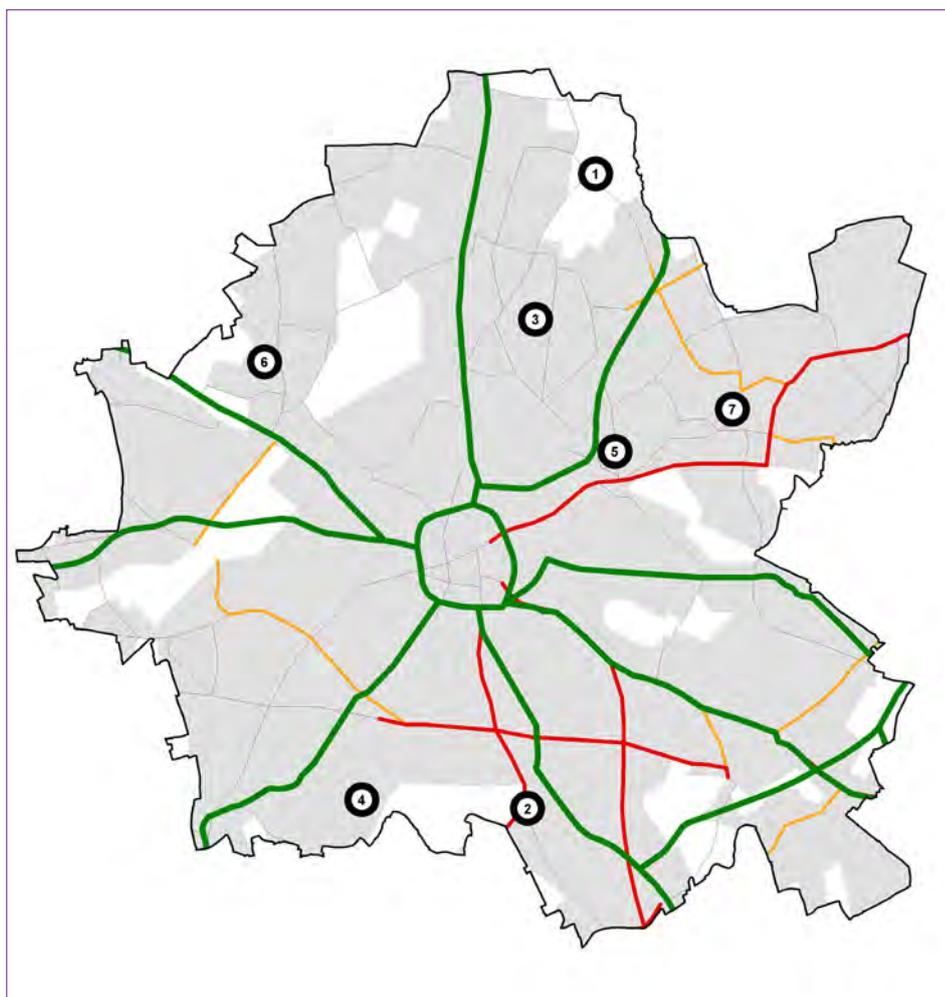


OTHER SITES IN WOLVERHAMPTON

Key:

- Primary Roads
- A Roads
- B Roads
- Minor Roads

Wolverhampton has lots more to offer. Take a look at these other locations...



1 NORTHYCOTE FARM

Postcode: **WV10 7JF**

Steeped in history, Northcote Farm provides the opportunity for woodland walks. Be aware that terrain varies in quality and gradient with compact gravel paths leading to grassed areas and turn style gates in places.

2 ETTINGSALL PARK

Postcode: **WV3 9LQ**

Welcome green space in an area surrounded by housing, be aware of the narrow gravel paths that run through this site (30cm wide in places) and the steep steps (with handrail) at the Ettingshall Park Farm Lane entrance. Not suitable for wheelchairs.

3 GOODYEAR NEIGHBOURHOOD PARK

Postcode: **WV10 9JS**

This neighbourhood park is situated on the former good year site, providing a green space at the edge of the new residential area. This site is well equipped with a play area for children, multi-use games area, football pitch and a green space to walk. The pathway is a new surface that's in good condition and wide enough for 2 wheelchairs.

4 MUCHALL PARK

Postcode: **WV4 5RS**

A small site between the Penn Road and Penn Cricket Club, this park has a single inclining and at times narrow path with trim trail equipment at regular intervals. There is also opportunity to explore a nature friendly zone.

6 CLAREGATE PARK

Postcode: **WV6 9QA**

This park is a neighbourhood park with a small play area for children. There is a cricket pitch, football pitch and 2 tennis courts. The perimeter of the ground has a narrow pathway inclines steeply in places.

5 HEATH TOWN PARK

Postcode: **WV10 1RD**

This is a neighbourhood park with a children's play area, 2 football pitches, a MUGA and a trim trail. There is a tarmac path, wide enough for 2 wheel chairs, that extends across much of the park leading to a grassed area.

7 WEDNESFIELD PARK

Postcode: **WV11 1TH**

This park is located near to the hospital and has a MUGA, BMX track, football pitches and cycling/walking routes. Pathways are in good condition.



CANAL ROUTES IN WOLVERHAMPTON



Our canals are fantastic places to go for a walk, run or bike ride. There aren't many similar urban locations that allow you to feel so close to nature and Wolverhampton, like the rest of the Black Country is fortunate to have such extensive access to these waterways as listed here.

Staffordshire and Worcestershire Canal

Part of a navigable route that spans 74km, this canal passes through Wolverhampton along the Bridgnorth Road in Castlecroft and takes walkers and cyclists through Tettenhall, Aldersley and into Fordhouses in the north of the City as it extends into Staffordshire.

Wyrley and Essington Canal

Starting at Horseley Fields junction and terminating near Brownhills in Walsall, this is a contour canal that is built on one level but twists and turns to the point that the waterway is often referred to as the Curly Wryley.

Shropshire Union Canal

Whilst much of this canal extends through quiet countryside and into Cheshire and the River Mersey, it actually starts in Wolverhampton at Atherley Junction.

Birmingham Canal Navigations Main Line Canal

Starting at Aldersley Junction, this is an evolving waterway between Birmingham and Wolverhampton that, in recent years, has acted as the route for the Birmingham and Black Country Half Marathon.

Please be aware of the fact that canal towpaths aren't consistent in quality or width.



BEING ACTIVE AT HOME

Whilst outdoor activity is great for both physical and mental health, it's not suitable for everyone. Some people prefer to start their activity journey at home and get moving in privacy and at their own pace. Fortunately, there are lots of ways to do this.



TOP TIPS:

Even a small amount of activity will have a positive impact on your physical and mental health.



Join The Movement

Sport England's Join the Movement campaign is designed to provide inspiration and trusted information about how to get active in and around the home during the Coronavirus pandemic (including links to online classes). Go to:

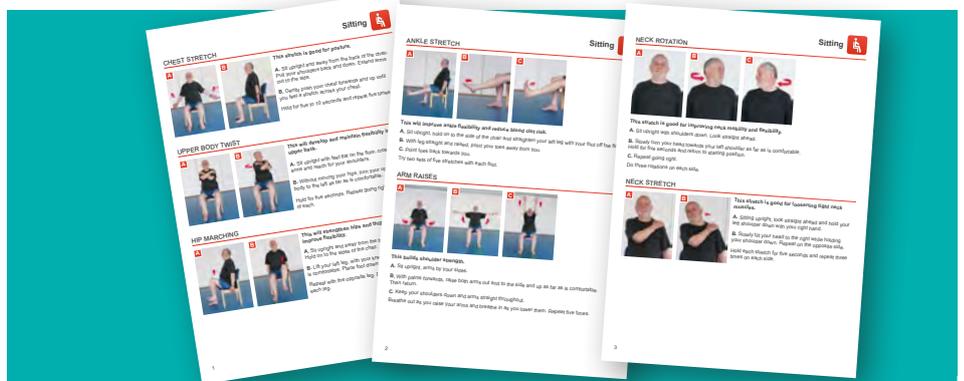
www.sportengland.org/jointhemovement

and explore all the free content, and don't forget to post about it on social media using the **#stayinworkout** hashtag



YouTube

There are countless exercise videos to follow on YouTube that are completely free to access. If you don't like the one you're doing, you can always try a different one. Try searching Fitness for Beginners



NHS Exercises for People with Limited Mobility

If online videos or classes aren't for you, go to:

www.nhs.uk/live-well/exercise/sitting-exercises/

to see a range of exercises that you can do whilst seated. They're designed so that those taking part can build up their strength and ability gradually over time.



Tune in to 10 minutes of physical activity today. It's good for you and fun to do!

TUNE IN

10 Today

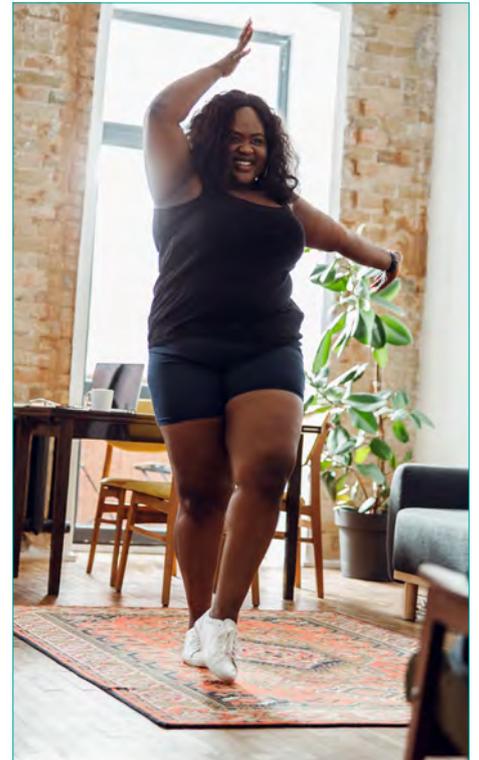
Whilst it's recommended that adults do 150 minutes of moderate intensity activity every week, it can be difficult to find the time to fit activity into our busy lives. However, for people who are currently inactive, just 10 minutes of movement every day can significantly benefit your physical and mental wellbeing. Visit

10today.co.uk

to take part in enjoyable and easy routines.

TOP TIPS:

Don't forget to post on social media using the hashtag **#stayinworkout**



TOP TIPS:

Don't forget to keep visiting **www.activeblackcountry.co.uk/covid19/** for the latest ways to stay active at home



Limbpower

LimbPower is the National Disability Sport Organisation supporting amputees and people with limb impairments to reach their sporting potential. They have created private Facebook groups for all the LimbPower community to support the physical, psychological and social wellbeing of amputees and individuals with limb difference. They will post videos, live videos, Q and A sessions and useful and relevant resources and social media challenges.

Visit the adult members facebook group at:

www.facebook.com/groups/932945630436779/

and the junior members group at

www.facebook.com/groups/208312000385132/



Shapemaster Home Exercise Videos

These home-based video exercises are designed support older adults & those with long term health conditions throughout isolation. Physiotherapist Rachel Young talks through exercises that can be performed whilst the sofa or on the floor. Visit

www.youtube.com/user/ShapemasterUK/videos

TOP TIPS:

Check out **weareundefeatable.co.uk** for ways to move when managing a long term condition.



**Active
Black Country**
Creating a healthy, active region

#EVERYDAYYOURWAY
www.activeblackcountry.co.uk

 **@ActiveBlackCountry**

 **@GOGA_Wolves**

 **@activeblackcountry**

*The Deckhouse, Waterfront West,
Dudley Road, Brierley Hill, DY5 1LW*

t: +44 (0)8458 15 15 15