

Thank you to Cumbria Council Public Health team for funding this family friendly map to strengthen the Healthy Families Pledge work.



LISTEN! Can you hear any sounds coming from the hospital? What do you think you might hear coming from a hospital? Can you make the sounds you might hear.. Nee Naw.



Workingdon Hospital

What can you see in this circle? Look up.. do you see the top of the statue? What flowers can you see? Why do you think this statue is here? Look ahead! What do you hear? What do you see? Can you play eye spy with your grown up?

Imagination Station: can you spot the log? What could you use this for? Could it be your witches broomstick? Perhaps you can enjoy a game of hide and seek around it?

RACE TIME! Can you see the circle? Can you ride your wheels around this circle... 1...2...3... Go!

What does this monument make you think of? What materials is it made from?

Can you read any letters on this board? Can you sound them out... ssss... tttt....

Disc Parking

Bowling Green

Children's Gated Play Area

STOP! Look, which way will you go? How many different paths can you see?

STOP! Look up, can you see the trees? What do the trees look like to you?

Can you dance around the flowerbeds singing "here we go round the mulberry bush?" Enjoy trying different actions: this is the way we stomp our feet/clap our hands/ wave our hands/ jump up and down.

Disc Parking

Agility Course

Listen! What can you hear? Cars? People talking? Birds singing?

Disc Parking

Step up...step down....can you count the steps?

Basketball Court

Bench

0.5 miles
15-20 minutes

- Easy
- Pram accessible
 - Wheelchair accessible

0.4 miles
15-20 minutes

- Easy
- Pram accessible
 - Wheelchair accessible

Please note the paths can get muddy and slippery when wet.



Safety Brief: This map follows accessible footpaths and gravel paths. Please do take care when walking; the paths can get muddy when wet. Dog walkers and their dogs are always welcome but please do keep them on a lead and clean up after your dog.

Discussion points for you and your child

Flower Detectives: while out on your walk can you hunt for different flowers and see the different colours, can you name any - daffodils, roses, dandelions, pansies....



Nature Detectives - Go on a bug hunt, take a magnifying glass if you have one. Look for minibeasts, worms, spiders, caterpillars, butterflies, lady birds. Look at the patterns on them, dots, spots, stripes, talk together about symmetry on the butterfly. Sing 'Wiggly Woo'.

Head over to the library after your walk. Hunt for books about all of the things you have seen on your walk today. Some ideas below:

Percy the Park Keeper books
by Nick Butterworth

We're Going on a Bear Hunt by Michael Rosen

The Very Hungry Caterpillar by Eric Carle

The Very Helpful Hedgehog
by Rosie Wellestey

Hello Autumn by Jo Lindley

Red Leaf, Yellow Leaf by Lois Ehlert

What the Ladybird Heard by Julia Donaldson

Superworm, by Julia Donaldson



Want to explore more, why not check out these family friendly walks in the surrounding areas? More information on local walks can be found at www.thehikinghousehold.com

1. Glasson Moss Nature Reserve: found near to the villages of Glasson and Bowness-On-Solway this nature reserve is one of three sites which form the South Solway Mosses National Nature Reserve. The new set of trails and boardwalks make this a great place to explore with little ones. Postcode: CA7 5DJ
2. Maryport Aquarium: with stunning fish displays, an incredible outdoor adventure playground and a 14 hole mini golf course, all included in the price of your ticket, this is a perfect family day out. Postcode: CA15 8AB
3. Dubwath Silver Meadows: This pram accessible walk is an easy route surrounded by beautiful views of the Lake District. A great walk to link in with a family picnic, or why not bring some

For the grown ups:

Vulcan Park enjoys a central place within Workington. If travelling by car: there are plenty of disc spaces available on the streets surrounding the park. Postcode: CA14 2QA.

Why not improve your Carbon Footprint? Did you know Vulcan Park is just a ten minutes' walk from Workington town centre, train station and bus station. With regular trains, and buses, throughout the day.