'Paddy Freeman's Park: Originally the farm and mill of Patrick (Paddy) Freeman in 1795, the land was farmed by generations of the Freeman family and naming of the park in the 1860s. The park is mainly grassed for informal leisure activities, with some shrubs and woodland plantations. The lake is used by the Heaton and District Model Power Boat Club who celebrated their 100th anniversary in 2010 and still a very active club today. There is a large play area for younger children plus a main play area for older children. There is a bowling green and two tennis courts, plus a full-size football pitch. There are two picnic areas within the park which have some accessible benches that are suitable for wheelchairs.'

text taken from: urbangreennewcastle.org

Loc: Freeman Road,Newcastle upon Tyne NE7 7DN.
Lat 55.002783, Long -1.593392
///petal.locked.chop (< what three words)

The benefits of walking must be considered along with the risks. Whether to undertake this walk or not is your decision. If you are in any doubt about your ability to walk safely, please discuss this with your healthcare professional prior to starting.

Walking has been linked with a number of health benefits:
1. Walking can strengthen your heart, bones and muscles and also help with weight loss.
2. Walking is easy on the joints.
3. Walking reduces anxiety and depression and can improve mood.
4. If you walk as part of a walking group, it can be a great way to socialise.
5. Best of all - it's free!

With thanks to Alan Curry (author), Dr Kate Hallsworth, Senior Research Physiotherapist, Newcastle University and LIVErNORTH contributors.

W1

Yes I donate
ORGAN DONATION

Take time to talk about organ donation

Many people don't realise that their family's support is needed for organ donation to go ahead.

Information Service provided by:
LIVErNORTH
Tel & Helpline: 0191 3702961
Info@livernorth.org.uk
www.livernorth.org.uk
Registered Charity Number 1087226

LIVERNORTH is a national liver patient support charity and has provided this leaflet free of charge
We have no paid employees.

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W
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WALK 1:
PADDY
FREEMAN'S
PARK

Paddy Freeman's Park Newcastle

(1.35 miles)

Liver NORTH
LIVER PATIENT SUPPORT

information leaflet WALK1
March 2023

Go Right here

Leave the Freeman, cross the road

In to the Recreation Ground

Take the path to the LEFT here

Around the playing fields

Carry on around the park and back to the hospital car park

Through the car park

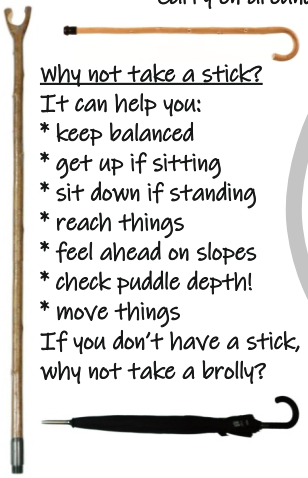
A view back to the hospital

Just a few steps

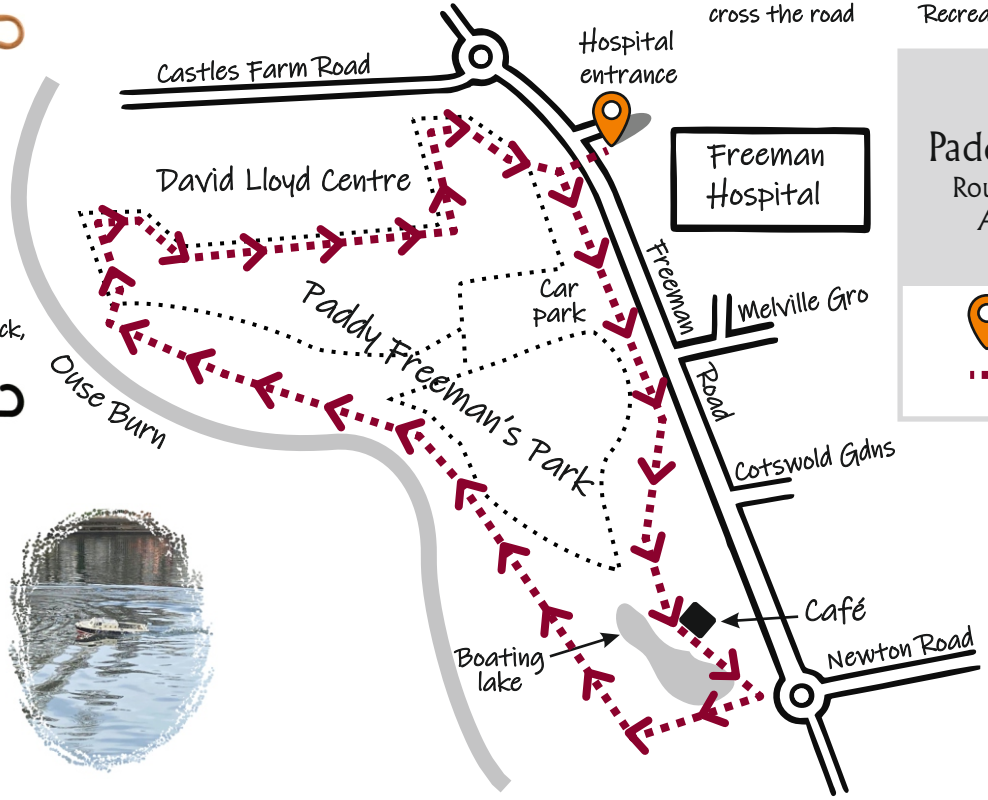
Into Paddy Freeman's Park

Why not take a stick?
It can help you:
* keep balanced
* get up if sitting
* sit down if standing
* reach things
* feel ahead on slopes
* check puddle depth!
* move things

If you don't have a stick, why not take a brolly?



If you are lucky the model boats will be out!



WALK 1

Paddy Freeman's Park

Route and photographs by
Alan Curry, Jan 2023
Map by Alf Bennett

Start and finish

the route

Use your mobile to take a photo and email it to us:
info@livernorth.org.uk

Carry on down the slight incline

Take the path just below the lake

The lake

Café open 9-2 pm

A surprise view!