

Passport



Tollcross Children's Farm



Bear Name: _____

Date of Birth: _____

No. of Steps Taken



Welcome to your Walking Bears passport. Along with your map, this will help guide you and your family around the Parkhead, Dalmarnock, Camlachie and Bridgeton areas to help you discover lots of different places, venues and services on your Walking Bears adventure!

The aim is to visit, with your bear, as many places in your passport as you can and take part in activities when you get there. Adults can use the pedometer provided to record how many steps you take getting to/from each venue as well as during any activities.

There are 12 main venues to visit, highlighted in gold on your map, where activities suitable for under 5's are available. Some places will give you a sticker to say you have visited, others will require you to search for the answer to a question and record this in your passport. There are also lots of other venues with activities for under 5's shown on your map (not highlighted) – information on these is on the reverse of your map

You can also take a photo of you, your bear, or your family while visiting Walking Bears locations. Be sure to join the Walking Bears Facebook Group to share your experiences with other Walking Bears families and keep up to date with other exciting news and activities in your local area!

What's on?

Tollcross Children's Farm is home to a wide variety of animals, from the usual farmyard favourites such as sheep, pigs and chicken to the more unusual, such as the colourful lovebirds and the llama's.

Address:	The Courtyard 254b Wellshot Road G32 7AX
Contact:	0141 276 0931
Opening Times:	Saturday - Thursday: 10.00am - 3.30pm Friday: 10.00am - 3.00pm

Question: Write down the name of one of the llama's at the Children's Farm



Baltic Street Adventure Play



No. of Steps Taken



Glasgow Green Play Area



No. of Steps Taken

What's on?

Baltic Street Adventure Playground offers a space where all children have the freedom to grow, explore and create as well as take risks along the way. Specially trained playworkers keep children safe, and support them to pursue their own play, from make-believe to construction projects. Food is also prepared on site every day. A session for Pre-5 children and their families runs on a Tuesday morning from 10.00am – 12.00noon over at Tollcross Park (for the duration of the school summer holidays).

Address: 427 Baltic Street,
Dalarnock, Glasgow, G40 3EU

Contact:
info@balticstreetadventureplay.co.uk
0141 554 4077

Website:
www.balticstreetadventureplay.co.uk

Facebook:
[@balticstreetadventureplayground](https://www.facebook.com/balticstreetadventureplayground)

Please contact Baltic Street Adventure Play directly for information on activities, sessions times etc.

Opening Times:
Tuesday to Friday 3.00pm to 6.00pm
(term time)
Tuesday to Friday 11.00am to 5.00pm
(school holidays)
11.00am – 5.00pm on Saturdays
Sunday– CLOSED

Activity Times:
Family Pre-5 session:
Tuesdays 10.00am – 12.00noon
Tollcross Park

What's on?

Glasgow Green Play Area sits close to the People's Palace museum in Glasgow Green, opposite the distinctive Templeton on the Green Building. It has a fantastic network of chutes and climbing frames and incorporates a smaller set of structures for children aged 0 – 5.

Address:
Templeton Street, Glasgow, G40 1EE

Website:
www.glasgow.gov.uk/glasgowgreen

Opening Times: Open 24 hours

Question: How many chutes are there in Glasgow Green Play Area?



Reidvale Adventure Play Association

No. of Steps Taken



What's on?

Reidvale Adventure Play offers a safe, supervised and integrated play space, designed to explore and discover the outdoors to boost confidence and promote family time. They also run a Zumbini class for children aged 0 – 4 years and their parents/carers, to enable you to sing, dance, & play with your child.

Address:

62 Garfield Street, Dennistoun,
Glasgow, G31 1DW

Contact: 0141 550 2320

Website: www.rapa.org.uk

Facebook: @rapaglasgow

Please contact Reidvale Adventure Play directly for information on activities, sessions times etc. First visit is free for Walking Bears participants using the voucher provided in your packs (normally 50p per child).

Opening Times:

Monday 2.00 – 4.30pm

& 6.00 – 8.00pm

Tuesday – Friday

1.00 – 4.30pm & 6.00 – 8.00pm

Saturday 1.00 – 4.30pm

Activity Times:

Zumbini (children 0 – 4 years)

Wednesdays 1.00 – 2.30pm



No. of Steps Taken

Barrowfield Park



What's on?

Barrowfield Community Park is a multi-functional greenspace, containing various outdoor activities such as an adventure playground, skatepark and climbing boulders. It is close to Barrowfield Community Centre, which has a café and runs a Parent & Toddler group on a Monday from 10.30am – 12.30pm.

Address:

Stamford Street
Camlachie, Glasgow
G31 4AR

Opening Times: Open 24 hours

Activity Times:

PEEK Barrowfield Street Play Thursdays 3.30 – 4.30pm

Question: What is the climbing frame made out of?

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Parkhead Library

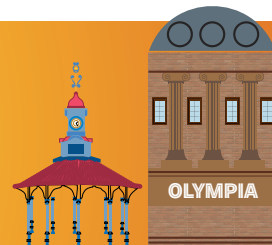
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Bridgeton Library

No. of Steps Taken



No. of Steps Taken



What's on?

Parkhead Library offers a wide range of services and activities in relaxing, comfortable and inspiring surroundings. Bounce n Rhyme classes are a fun activity for parents, carers and children up to 3 years with action songs, rhymes and stories that help children's literacy and numeracy development. Food & Fun Club helps your child learn through play, craft, messy & physical activities, plus song and storytime. Includes a free lunch for kids.

Address: Tollcross Road
Parkhead, Glasgow, G31 4XA

Contact:
libraries@glasgowlife.org.uk
0141 276 1530

Website:
www.glasgowlife.org.uk/libraries
Facebook: @GlasgowLibraries

Please contact Parkhead Library directly for information on activities, sessions times etc.

Opening Times:
Wednesday, Friday & Saturday
10.00am – 5.00pm
Monday, Tuesday & Thursday
10.00am – 8.00pm
Sunday CLOSED

Activity Times:
Bounce n' Rhyme
Mondays 1.00 – 1.45pm
Bounce n' Rhyme
Wednesdays 10.30 – 11.15am
Food & Fun Club
Thursdays 10.30am – 12.00noon

What's on?

Bridgeton Library at The Olympia offers a wide range of services and activities in relaxing and inspiring surroundings. Bounce n Rhyme classes are a fun activity for parents, carers and children up to 3 years with action songs, rhymes and stories that help children's literacy and numeracy development.

Bookbug Sessions are free, fun and friendly events for babies, toddlers, pre-schoolers and their families to enjoy together.

Address: 2-16 Orr Street, Bridgeton,
Glasgow, G40 2QH

Contact:
libraries@glasgowlife.org.uk
0141 276 0870

Website:
www.glasgowlife.org.uk/libraries
Facebook: @GlasgowLibraries

Please contact Bridgeton Library directly for information on activities, sessions times etc.

Opening Times:
Monday, Wednesday, Friday &
Saturday: 10.00am – 5.00pm
Tuesday & Thursday 10.00am –
8.00pm
Sunday CLOSED

Activity Times:
Bounce n' Rhyme
Tuesdays 10.30 – 11.15am
Bookbug
Fridays 10.30 – 11.00am

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Free Wheel North

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PEEK

No. of Steps Taken



No. of Steps Taken



What's on?

Free Wheel North is a cycling development charity working towards creating a fairer, healthier society by enabling people of all ages and abilities to cycle as part of their everyday life. They utilise a range of adapted bikes, trikes, handcrank cycles, tandems, and go-carts to help people learn to cycle no matter their physical ability. Pop down with your family and take a spin on the bike track!

Address:

Glasgow Green
Templeton Street
Glasgow G40 1AT

Opening Times:

Monday – Friday 10.00am – 5.00pm
Saturday – CLOSED
Sunday – 12.00noon – 5.00pm

Contact: info@freewheelnorth.org.uk
07891097936

Website: www.freewheelnorth.org.uk

Facebook: @freewheelnorth

Please contact Free Wheel North directly for information on activities, sessions times etc. First visit is free for Walking Bears participants using the voucher provided in your packs (normally £1 per person).

What's on?

PEEK (Possibilities for Each and Every Kid) aims to improve the life chances of children and young people by unlocking their potential and journeying alongside them. They run "Peekaboo Play Café" sessions in the Parkhead and Bridgeton areas, which are fun creative play session for young ones aged 0-5 years and their adult care givers. They also have various "Playberhood" locations (shown as the PEEK logo on your map) which run outdoor play activities for children of all ages – fun for all the family!

Address:

Glasgow Club Crownpoint
183 Crownpoint Road G40 2AL
&
Calton Parkhead Parish Church
142 Helenvale Street G31 4NA

Contact: info@peekproject.co.uk
0141 554 3068

Website: www.peekproject.org.uk

Facebook: @thepeekproject

Please contact PEEK directly for information on activities, sessions times etc.

Activity Times:

Peekaboo Play Café @ Crownpoint
Tuesdays 12.00noon – 2.00pm

Peekaboo Play Café @ Calton Parkhead Church

Thursdays 12.00noon – 2.00pm

Bridgeton Street Play @ Dale Street
Playpark Tuesdays 3.30 – 4.30pm

Barrowfield Street Play @ Barrowfield Park

Thursdays 3.30 – 4.30pm

Athletes Village Street Play @ Auckland Wynd Thursdays 3.30 – 4.30pm (under bridge into Cuningar Loop)

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No. of Steps Taken

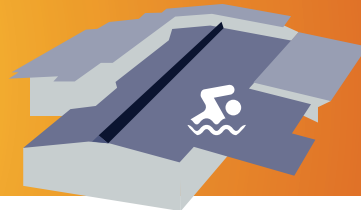
Church House Bridgeton



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No. of Steps Taken

Tollcross International Swimming Centre



What's on?

Church House, Bridgeton is a Family Support Centre which seeks to build positive relationships with children, young people and families. They offer a range of programmes, including a Parent & Toddler group, Play Café and Family Night all suitable for early years children and their families.

Address: 22 Queen Mary Street
Bridgeton G40 3BB

Contact:
nicola@churchhouse.plus.com
0141 554 8045

Website:
www.churchhousebridgeton.org.uk
Facebook: @churchhousebridgeton

Please contact Church House
Bridgeton directly for information on
activities, sessions times etc.

Activity Times:

Parent & Toddler Group:
Wednesday's 9.30 – 11.00am
(Teddy Bear Walks during summer
holidays)

Café Stork: Friday's 9.30 – 11.00am

Family Night:
Saturday's 5.30 – 7.00pm

What's on?

Tollcross International Swimming Centre has Tiny Tots football, Pre-School gymnastics and Free Family Swimming activities suitable for pre-5 children and their families. There are times set aside for free family swimming during the school holidays (for up to 5 participants), listed below. You must register for a Glasgow Club Pay As You Go card before participating in free family swimming – this can be done online or at the venue

Address: 350 Wellshot Road
Glasgow G32 7QR

Contact: 0141 276 8282

Website: www.glasgowlife.org.uk/
sport/venues/tollcross-international-
swimming-centre

Facebook: @glasgowSPORT

Please contact the centre directly for
information on activities, session and
any closures.

Opening Times:

Monday – Friday 6.00am – 10.00am
Saturday & Sunday 8.00am – 6.00pm

Pre-school Gymnastics (booking required)

Fridays – 12.15pm – 4.45pm
Sundays – 9.15am – 11.30am

Football Tiny Tots (18 months – 2
years) Saturdays – 9.30am – 10.00am

Mini Kickers (3 – 4 years)
Saturdays 10.00 – 11.00am
Wednesdays 5.00 – 6.00pm

FREE FAMILY SWIM TIMES:

Tuesday	Wednesday	Thursday	Friday	Saturday
10.00am - 12noon	12noon - 2.00pm	5.00 - 7.00pm	2.00 - 4.00pm	12noon - 2.00pm



No. of Steps Taken

Cuningar Loop



What's on?

Cuningar Loop is an exciting woodland park on the banks of the River Clyde. Enjoy a stroll along the riverside boardwalk or forest trails, relax with a picnic in the large open meadow, or have some fun at our bike skills area or in Scotland's first outdoor bouldering park.

Address:

Downiebrae Road (pedestrian access also via footbridge at London Avenue)
Rutherglen
Glasgow G73 1PW

Opening Times: Open 24 hours

Website: www.forestryandland.gov.scot/visit/cuningar-loop

Question: Cuningar Rocks! How many boulders stand in the Cuningar Loop Bouldering Park?

Unique ID : _____

How many steps did you take getting to/from and during your visits to each venue? Write them all below, add them all up and see how far you've travelled!

Total
Steps

TOLLROSS CHILDREN'S FARM

BRIDGETON LIBRARY

Total
Steps

Total
Steps

BALTIC STREET ADVENTURE PLAY

FREE WHEEL NORTH

Total
Steps

Total
Steps

GLASGOW GREEN PLAY AREA

PEEK

Total
Steps

Total
Steps

REIDVALE ADVENTURE PLAY ASSOCIATION

CHURCH HOUSE BRIDGETON

Total
Steps

Total
Steps

BARROWFIELD PARK

TOLLROSS INTERNATIONAL SWIMMING CENTRE

Total
Steps

Total
Steps

PARKHEAD LIBRARY

CUNINGAR LOOP

Total
Steps

Total
Steps

Once you've been to as many places as you can, please return your Walking Bears passport in the envelope provided along with a completed Walking Bears evaluation form.

This will automatically enter you in the Walking Bears prize draw for your chance to win some great prizes for your family!



paths
for all



Glasgow City
HSCP
Health and Social Care Partnership



Join the Walking Bears Facebook Group to share your photos and experiences of the programme and keep up to date with activities and events in your local area!

 @WalkingBears

Email: walking@glasgowlife.org.uk

Phone: 0300 343 0400

Visit: www.goodmoveglasgow.com/WalkingBears