

re:fresh
your health and wellbeing

OCT - MAR
2023/24

ACTIVE OUTDOORS PROGRAMME



GET ACTIVE IN YOUR COMMUNITY

re:fresh

Our **ACTIVE OUTDOORS HUB** in Witton Park (next to the Pavilion Café) is the heart of our **re:fresh** Outdoors Programme. Here's what our Hub offers...

**A VARIETY OF CYCLE SESSIONS,
LED WALKS, VOLUNTEERING
AND TRAINING OPPORTUNITIES
AVAILABLE FOR ALL ABILITIES**

COME AND VISIT US TO FIND OUT MORE!

**PLEASE NOTE ALL WALKS ARE FREE UNLESS
OTHERWISE STATED**

If you are unsure of your ability for any of the activities or would like any further information please contact The Wellbeing Service on **01254 682037**

You are responsible for your own safety during the activities. Re:refresh and Blackburn with Darwen Borough Council are not liable for any injury or accident that may occur on the session or on your journey to or from the session. In adverse weather conditions the walks may be cancelled at short notice. If in doubt, please contact us.

KEY



Time



Grade/Pace:

Gentle ✓



Distance

Easy ✓✓



Meeting point

Moderate ✓✓✓

CYCLING IN WITTON PARK

LEARNING DISABILITY

CYCLING

MONDAYS

WEDNESDAYS

Join our team of dedicated all ability instructors to stay active, enjoy the outdoors and to socialise with others. We have a large selection of specialised cycles to suit a wide range of abilities. This session will take place on the Athletics Track. All equipment will be provided. Carers free of charge.



1.30pm - 3pm



1pm - 2.30pm

CYCLE BACK TO FITNESS

TUESDAYS

THURSDAYS

Refresh your cycling by starting out in the safe space of the Witton Park Athletics Track. Our Activators will help you build confidence and increase your skills. Meet on the Athletics Track. Trikes and adapted bikes available.



10am - 10:45am



1pm - 2pm

PEDAL ROUND THE PARK

TUESDAYS

A progression from our Cycle Back to Fitness session; this guided ride follows the mile loop around the park and is designed for those who feel comfortable cycling but not quite ready to venture outside the park. All equipment will be provided. Meet at the Cycle Centre, next to the Pavilion.



11am - 11:45am

All of our Cycling Sessions cost **£1** with a Leisure Card on a refresh membership.

COMMUNITY WALKS

WALKING INTO WELLBEING TRY A SLING

 **MONDAY**  **10AM - 11.30AM**

 **VARIOUS - GET IN TOUCH TO REGISTER:
WPSLINGS.COM OR CALL 07900987789**



West Pennine Slings
Formerly Blackburn with Darwen Sling Library



Come and join us for a gentle and accessible walk around one of BwD's many wonderful parks and green spaces. Open to all families; pram, wheelchair and toddler friendly walk. Slings and carriers available to try on the walk. Contact WP Slings to find out meeting points.

Feel stronger and more energised as you challenge your balance and improve your strength with simple exercises to work your tummy muscles, lower back, and legs. **Up to 1 mile.**



 **WEDNESDAY**  **9.45AM - 10.30AM**

 **SUNNYHURST WOODS, DARWEN, BB3 1JA
MEET AT THE DISABLED ENTRANCE ON EARNSDALE RD**



re:fresh VOLUNTEERS

BANGOR STREET LADIES WALK

 **WEDNESDAY**  **10AM - 11AM**

 **BANGOR STREET COMMUNITY CENTRE, BB1 6NZ**



re:fresh VOLUNTEERS

This ladies only volunteer led walk takes in the local community and lasts up to one hour.

Take in the beautiful scenery of Witton Park. Meet at the main entrance of Witton Park for a slow mile walk. Contact Age UK on 01254 266620 for more information. **Up to 1 mile.**

 **WEDNESDAY**  **10:30AM - 11:30AM**

 **THURSDAY**  **2PM - 3PM**

 **WITTON PARK ARENA, BLACKBURN, BB2 2TP**



VOLUNTEERS & re:fresh

 Time

 Meeting Point

 Pace

 Day

 Delivered by

DARWEN HERITAGE WALK

 **WEDNESDAY**  **11AM - 11.45AM**

 **DARWEN MARKET SQUARE, BB3 1JA**
MEET OUTSIDE DARWEN MARKET



 **re:fresh VOLUNTEERS**

The walk will take in some of the stunning architecture, blue plaques and famous faces of the past Darwen has to offer with the walk finishing off at Darwen Library.
Up to 1 mile.

Take in the beautiful scenery of Sunnyhurst Woods. The route involves some hills. Contact Age UK on **01254 266620** to check that the walk is suitable for your ability.
Between 2 to 3 miles.

SUNNYHURST WOODS WALK

 **THURSDAY**  **10:30AM - 12PM**

 **SUNNYHURST WOODS, DARWEN, BB3 1JA**
MEET ON FALCON AVENUE



BWD CARERS SERVICE WALK

 **THURSDAY**  **11AM - 12.30PM**

 **VARIOUS LOCATIONS - CALL THE CARERS SERVICE ON 01254 688440**



The volunteer led walk may involve hills, rough grounds and stiles.
Between 3 to 4 miles.

A one hour walk around the perimeter of the hallowed Ewood Park turf. The walk is stewarded for increased safety within an already gated but outdoor area, accommodating for all paces. Sit down and brew available at the end. These weekly sessions are £3 per session.

JACK'S WALKERS

 **THURSDAY**  **11AM - 12.30PM**

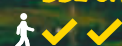
 **EWOD PARK, BLACKBURN, BB2 4JF**
MEET AT THE BLACKBURN END RECEPTION



CORPORATION PARK WALK

 **THURSDAY**  **5.30PM - 6.30PM**

 **CORPORATION PARK, PRESTON NEW RD, BB2 6AY**



This circular walk takes you through the key areas of Corporation Park. This will be an easy paced community mindfulness walk, with opportunities to stop and rest along the way. **Between 1 to 2 miles.**

PROGRESSION WALK

These volunteer led walks may involve hills, rough ground, and stiles. If you would like to join our WhatsApp group for the most up-to-date information, please contact Anthony on 07855 143720

| Walk Name | Meeting Point | What3words |
|-----------------------------|---|---------------------------|
| Sunnyhurst Woods | Disabled Entrance off Earnsdale Rd, Darwen, BB3 1HZ | Candle.sofa.improving |
| Witton Park | Tower Rd Car Park, Blackburn, BB2 5LE | Chimp.reward.aims |
| Roddlesworth Reservoir Walk | Vaughn's Café, Tockholes Rd, Darwen, BB3 OPA | Ballparks.good.jaws |
| Bold Venture Park | Main gates, Belgrave Rd, Darwen, BB3 2SF | Equal.heat.total |
| Jumbles Country Park Walk | Ousel Nest Car Park, Chapeltown Rd, BL7 OLU | Vibes.trail.flames |
| Brinscall Walk | Brinscall Lodge Bank, Chorley, PR6 8QU | Consoled.noble.producers |
| Pleasington Walk | Butlers Arms, Pleasington, Blackburn, BB2 5JH | Fine.slam.technical |
| Abbey Village Walk | Abbey Village opp. Hare & Hounds, PR6 8DP | Mutual.stunner.lingering |
| Great Harwood Walk | Great Harwood Memorial Park, Great Harwood, BB6 7PR | Crowd.ignites.glassware |
| Whitehall Park | Corner of Queens Rd, & Park Rd, Darwen, BB3 2LN | Long.lifted.native |
| Edgworth Ramble | The Barlow Institute, Bolton Rd, Edgworth, BL7 OAP | Deny.extension.darkest |
| Blacksnape Walk | Blacksnape Playing Fields, Darwen, BB3 3PN | Words.spine.home |
| Entwistle Reservoir Walk | Bartridge Rd, Car Park, Entwistle, BL7 OLU | Isolating.garlic.minerals |



10.30am – 12pm



Location as given



3 to 3.5 miles

What3words



These volunteer led walks may involve hills, rough grounds and stiles.

| Date | | | | | |
|----------|----------|----------|----------|----------|----------|
| Oct | Nov | Dec | Jan | Feb | Mar |
| 2nd Mon | 17th Fri | | 15th Mon | | 1st Fri |
| 6th Fri | 20th Mon | | 19th Fri | | 4th Mon |
| 9th Mon | 24th Fri | | 22nd Mon | | 8th Fri |
| 13th Fri | 27th Mon | | 26th Fri | | 11th Mon |
| 16th Mon | | 1st Fri | 29th Mon | | 15th Fri |
| 20th Fri | | 4th Mon | | 2nd Fri | 18th Mon |
| 23rd Mon | | 8th Fri | | 5th Mon | 22nd Fri |
| 27th Fri | | 11th Mon | | 9th Fri | 25th Mon |
| 30th Mon | | 15th Fri | | 12th Mon | |
| | 3rd Fri | 18th Mon | | 16th Fri | |
| | 6th Mon | | 5th Fri | 19th Mon | |
| | 10th Fri | | 8th Mon | 23rd Fri | |
| | 13th Mon | | 12th Fri | 26th Mon | |

THEMED WALKS



FRIDAY 27TH
HALLOWEEN
WALK & EXPLORE



11.15AM - 12PM



QUEENS PARK

Meet at the Boathouse

OCTOBER

Explore the park with our 1-2 team and find some hidden treasures whilst we walk. Suitable for families of all ages.



THURSDAY 23RD
GHOST
WALK



6PM - 6.30PM



DARWEN LIBRARY

NOVEMBER

Join the re:refresh team for a guided walk around Darwen before a live ghost story performance in the Library and hear about local ghost stories from the past. Supported by the Darwen PCSO Team. Suitable for ages 8+



FROM
MONDAY 4TH
CHRISTMAS THEMED
XPLORER TRAIL
WITTON PARK

DECEMBER

Our self guided Christmas themed Xplorer will be set up in Witton Park during the festive period. For more information or to download the map, visit our Walks page on the refreshbwd website.

JANUARY

The importance of Alfred Wainwright has in Blackburn will never be forgotten and our walk pays homage to his school and work life in Blackburn, plus some of his favourite places in and around the Town Centre.

FEBRUARY

Our Heritage walk takes the theme of influential women in Darwen for February, including the inspirational story of Sigrid Augusta Green. Join us in Darwen Library after the walk for a brew and a further look at some of the stories discussed on the walk.

MARCH

To celebrate international Women's Day, we will be providing a FREE guided walk around Queens Park in Blackburn. A chance for gentle exercise whilst learning about the town's history.



WEDNESDAY 17TH WAINWRIGHT TRAIL



10.30AM - 12PM



BLACKBURN TRAIN
STATION



WEDNESDAY 14TH WOMEN IN DARWEN



11AM - 11.45AM



DARWEN MARKET
SQUARE



FRIDAY 8TH WOMEN IN BLACKBURN



10AM - 10.45AM



QUEENS PARK
Meet at the Boathouse

CREATIVE FOOTBALL

FOOTBALL 2 FITNESS

Creative Football are hosting a walking football session every Thursday, 10am – 12pm at Soccerdome Blackburn, Haslingden Rd, BB1 2ND

This session is accessible for all abilities, and gives adults living with Parkinson's and or other long term health and neurological conditions the opportunity to take part in a low level, non-contact game of football. There will also be a mix of strength and balance exercises to help improve your mobility.

If you want to take part or would like more information, contact Creative Football:

 **01254 611501**

**creative
FOOTBALL****FOOTBALL 2 FITNESS**



A COMPLETELY FREE TURN UP & JUST PLAY SESSION!!!

| | | |
|---|---|---|
| WALKING FOOTBALL INCLUSIVE SESSION NON - CONTACT | EVERY THURSDAY! 10:00 - 12:00pm | INDOOR SPACE FOR HOT DRINKS & SNACKS THE SOCCERDOME Haslingden Rd, Blackburn, BB1 2ND |
|---|---|---|

WHO IS FOOTBALL 2 FITNESS FOR?

ARE YOU LIVING WITH PARKINSON'S?
RECOVERING FROM THE EFFECTS OF A STROKE
OR OTHER NEUROLOGICAL DISORDERS?
ARE YOU EXPERIENCING MOBILITY ISSUES OR
OTHER LONG TERM HEALTH CONDITIONS?

Enjoy a mix of strength and balance
exercises followed by a game of walking
football & FREE refreshments!

FOR MORE INFORMATION CONTACT CREATIVE FOOTBALL: 01254 661501

SUPPORTED BY:





WANT MORE FROM re:refresh?

GET ACTIVE! TIMETABLE

- Mums & Mums to Be
- Early Years
- Community Sessions
- Learning Disabilities & Autism

Join our Facebook groups [Start Well](#) and [Live Well](#) for more info



12 WEEK REFERRAL PROGRAMME

- One-to-one support
- Goal setting
- Behaviour change
- Health coaching
- Lifestyle changes

Visit refreshbwd.com/exercise-on-referral/ for the latest info



HEALTH & WELLBEING COACHES

- Long term medical condition support
- Healthy weight support
- Improve mental wellbeing
- Ask your GP for a referral!

Visit refreshbwd.com/stay-healthy/healthwellbeingcoaches for more info



WEIGHT MANAGEMENT PROGRAMME

- 12 week programme
- Dietary advice
- Changing behaviours
- Low-level exercise sessions

Visit refreshbwd.com/weightloss for our latest information.



16 WEEK FALLS PREVENTION PROGRAMME

- Strength & Balance
- Over 60's
- Build confidence
- Reduce risk of falls
- Keep your independence

Visit refreshbwd.com/ageingwell for our latest information.



INTERESTED IN GETTING INVOLVED?

Our **VOLUNTEER PROGRAMME** has a wide range of roles available to support you in helping others.

WELLBEING WALKS



CYCLING SUPPORT



PHYSICAL ACTIVITY SESSION SUPPORT



SUPERVISED GYM SESSION SUPPORT



EARLY YEARS SESSION SUPPORT



LEARNING DISABILITIES AND AUTISM SESSION SUPPORT

Full training will be provided for each role. Contact Anthony on **07855143720** for an informal chat about getting involved.

Visit **www.lancsnp.org.uk/opportunities** to find out more and sign up, or scan the QR code below:



LANCASHIRE
VOLUNTEER
PARTNERSHIP



re:fresh
VOLUNTEERS

TO VIEW OUR FULL PROGRAM OF ACTIVITIES
DELIVERED BY THE RE:FRESH TEAM, PLEASE
SCAN:

