

Blackburn with Darwen
**HEALTH &
WELLBEING**

re:fresh
your health and wellbeing

**APR - SEP
2024**

ACTIVE OUTDOORS PROGRAMME



GET ACTIVE IN YOUR COMMUNITY

re:refresh

Our **ACTIVE OUTDOORS HUB** in Witton Park (next to the Pavilion Café) is the heart of our re:refresh 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
EVERY TUESDAY, 10AM - 12PM
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 ✓

Easy ✓✓

Moderate ✓✓✓



Distance



Meeting point

CYCLING IN WITTON PARK

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 Active Outdoors Hub, next to the Pavilion.

 **11am - 11.45am**

CYCLE BACK TO FITNESS TUESDAYS THURSDAYS

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

 **12pm - 1pm**

 **12.30pm - 1.30pm**

LEARNING DISABILITY CYCLING 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.

 **1pm - 2.30pm**

BIKER TOTS THURSDAYS

A fun cycling session for pre-school children aimed at improving balancing and riding skills. Balance bikes and helmets provided. 50p per child with a Leisure Card.

 **10.30am - 11.30am**

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

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. £1 per session.**

 **TUESDAY**  **10AM - 10.45AM**

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



re:fresh VOLUNTEERS

MORE THAN A WALK

BANGOR STREET LADIES WALK

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

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




re:fresh VOLUNTEERS

This ladies only volunteer led walk explores 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.**

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

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



PROGRESSION WALK **APRIL** **JUNE**

These volunteer led walks may involve hills, rough ground, and stiles. If you would like more information on our progression walks, please contact The Wellbeing Service on **01254 682037**

 10.30am – 12pm

 Location as given

 3 to 3.5 miles

What3words



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

Walk Name	Meeting Point	What3words	Date		
			Apr	May	Jun
Wheelton Clock Tower	Memorial Clock Tower, Wheelton, PR6 8EU	Marching.shortens.ankle		10th Fri	24th Mon
Ramblers Café Walk	Ramblers Cafe, Tockholes Rd, Darwen, BB3 1HZ	Ballparks.good.jaws	5th Fri	13th Mon	28th Fri
Witton Park	Tower Rd Car Park, Blackburn, BB2 5LE	Chimp.reward.aims	8th Mon	17th Fri	
Sunnyhurst Woods	Disabled Entrance off Earnsdale Rd, Darwen, BB3 1HZ	Candle.sofa.improving	12th Fri	20th Mon	
Edgworth Ramble	The Barlow Institute, Bolton Rd, Edgworth, BL7 OAP	Deny.extension.darkest	15th Mon	24th Fri	
Brinscall Walk	Brinscall Lodge Bank, Chorley, PR6 8QU	Consoled.noble.producers	19th Fri		
Bold Venture Park	Main Gates, Belgrave Rd, Darwen, BB3 2SF	Equal.heat.total	22nd Mon	31st Fri	
Clough Head Café Walk	Clough head Car park, Grane Rd, Haslingden, BB4 4AT	Placed.purse.registry	26th Fri		
Blacksnape Walk	Blacksnape Playing Fields, Darwen, BB3 3PN	Words.spine.home	29th Mon		3rd Mon
Great Harwood Memorial Walk	Great Harwood Memorial Park, Great Harwood, BB6 7PR	Crowd.ignites.glassware		3rd Fri	7th Fri
Jumbles Country Park Walk	Ousel Nest Car park, Chapeltown Rd, BL7 9NQ	Vibes.trail.flame			10th Mon
Entwistle Reservoir Walk	Batridge Rd Car Park, Entwistle, BL7 OLU	Isolating.garlic.minerals			14th Fri
Pleasington Walk	Butlers Arms, Victoria Rd, Pleasington, BB2 5JH	Fine.slam.technical			17th Mon
Abbey Village Walk	Abbey village opp. Hare & Hounds, PR6 8DP	mutual.stunner.lingering			21st Fri

PROGRESSION WALK **JULY** **SEP**

These volunteer led walks may involve hills, rough ground, and stiles. If you would like more information on our progression walks, please contact The Wellbeing Service on **01254 682037**

 10.30am – 12pm

 Location as given

 3 to 3.5 miles

What3words



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

Walk Name	Meeting Point
Sunnyhurst Woods	Disabled Entrance off Earnsdale Rd, Darwen, BB3 1HZ
Great Harwood Old Rd	Blackburn Old Rd, BB6 7UW
Ramblers Café Walk	Ramblers Cafe, Tockholes Rd, Darwen, BB3 1HZ
Turton Tower Wander	Turton Tower, Chapeltown Rd, Turton, BL7 OHG
Edgworth Ramble	The Barlow Institute, Bolton Rd, Edgworth, BL7 OAP
Rivington Walk	Great house Barn, Rivington Lane, Rivington, BL6 7SB
Bold Venture Park	Main Gates, Belgrave Rd, Darwen, BB3 2SF
Jumbles Country Park Walk	Ousel Nest Car park, Chapeltown Rd, BL7 9NQ
Abbey Village Walk	Abbey village opp. Hare & Hounds, PR6 8DP
Whitehall Park	Corner of Queens Park Rd & Park Rd, Darwen, BB3 2LN
Witton Park	Tower Rd Car Park, Blackburn, BB2 5LE
Blacksnape Walk	Blacksnape Playing Fields, Darwen, BB3 3PN
Brinscall Walk	Brinscall Lodge Bank, Chorley, PR6 8QU
Pleasington Walk	Butlers Arms, Victoria Rd, Pleasington, BB2 5JH
Entwistle Reservoir Walk	Batridge Rd Car Park, Entwistle, BL7 OLU

What3words
Candle.sofa.improving
Bells.result.junior
Ballparks.good.jaws
Witless.spoon.locked
Deny.extension.darkest
Vocab.romantics.task
Equal.heat.total
Vibes.trail.flame
mutual.stunner.lingering
Long.lifted.naive
Chimp.reward.aims
Words.spine.home
Consoled.noble.producers
Fine.slam.technical
Isolating.garlic.minerals

Date		
July	Aug	Sep
1st Mon	23rd Fri	
5th Fri		
8th Mon	30th Fri	
12th Fri		2nd Mon
15th Mon		6th Fri
19th Fri		9th Mon
22nd Mon		13th Fri
26th Fri		16th Mon
29th Mon		20th Fri
	2nd Fri	23rd Mon
	5th Mon	27th Fri
	9th Fri	
	12th Mon	
	16th Fri	
	19th Mon	

Themed WALKS

April



WEDNESDAY 10TH



10.30AM - 12PM



**FALCON AVENUE
SUNNYHURST WOODS**

SUNNYHURST WOODS MILLS & LODGES

The first of three walks exploring Darwen's public open spaces. A look at the industrial legacy of the Sunnyhurst valley.

May

BOLD VENTURE PARK MEMORIALS & QUARRIES

The second of three walks exploring Darwen's public open spaces. A closer look at the story behind the town's War Memorial in the parkland created from moorland quarries.

WEDNESDAY 15TH



10.30AM - 12PM



**BOLD VENTURE PARK
MAIN ENTRANCE**



June



WEDNESDAY 5TH



10.30AM - 12PM



**BLACKBURN TRAIN STATION
MAIN ENTRANCE**

WAINWRIGHT TRAIL

Celebrating Alfred Wainwright's first journey from Blackburn to the Lake District in June 1930. Join us as we launch our town centre trail revisiting the places liked with Wainwright's early life.

Themed WALKS

July

WHITEHALL PARK WATERFALLS, BRIDGES & FOUNTAINS

The third of three walks exploring Darwen's public open spaces. Following the watercourses and woodlands of the park and highlighting its historic monuments.

WEDNESDAY 10TH 

10.30AM - 12PM 

WHITEHALL PARK
BOTTOM ENTRANCE 

August

 WEDNESDAY 28TH

 10.30AM - 12PM

 OUTSIDE BLACKBURN
TOWN HALL

WARTIME TALES OF CORPORATION PARK

A history walk uncovering Corporation Park's associations with the English Civil War, the American Civil War, the Crimean War and two World Wars.

September

GANDHI IN DARWEN TRAIL

A walk uncovering the intriguing story of Mohandas Gandhi's visit to Spring Vale and Greenfield Mill in September 1931.

WEDNESDAY 25TH 

10.30AM - 12PM 

WHITEHALL PARK
BOTTOM ENTRANCE 

MEET OUR PARTNERS

Here in BwD we are looking to connect all outdoor activity providers and create a strong network to help support the sector, whilst also linking with health systems such as Social Prescribing and GP's to help people that want to access outdoor activity, have access to a large range of organisations. Here's just a few of the partners we are working with...



West Pennine Slings

Formerly Blackburn with Darwen Sling Library

West Pennine Slings offer a baby sling library and deliver a weekly walk to showcase the practicality of the sling in the outdoors. These weekly walks vary in location, visit wpslings.com or call **07900987789** to register.



creative FOOTBALL

Creative Football use football in a positive way to engage people informally, anchoring the beautiful game at the heart of relationships to understand and help with wider needs. Everything they do is tailored to suit all types of individuals and services based on personal needs and ability. Here's the principles at the heart of their approach:

- Remove as many barriers as possible to make our offer accessible
- Create a safe and positive environment
- Promote peer support and unity
- Be person-centred to help meet educational, employment and aspirational needs
- Share and learn

Scan the QR Code or visit

creativefootball.co.uk for the most up to date timetable



MEET OUR PARTNERS



Project Arise CIC are setting up a Cycle for Life programme to deliver weekend cycle sessions for the community and help support social cohesion. Our team are supporting Project Arise and their team with cycle storage, maintenance workshops and led ride training. Find out more by scanning the QR Code.



SAS RIGHTS™ CIC

SAS Rights CIC are a women led organisation aiming to empower and support women from underrepresented communities. We are working with SAS Rights to establish a Cycling Community Club in Witton Park on Tuesday mornings, where women can learn to cycle, join a led ride or refresh their cycling abilities.



Green Gym offer weekly conservation volunteering opportunities, every Thursday morning at Witton Park. The team take on conservation jobs around the park whilst offering a social group with like minded people. If you're interested in getting involved, please contact wittoncpgreengym@btinternet.com for more information.

we are
cycling
UK

The
BIG BIKE
Revival

Encouraging people to cycle through
fixing bikes, teaching skills and
leading bike rides

Our team and local partners will be delivering a range
of cycling events across Blackburn with Darwen
throughout Summer.

SESSIONS

Adult Learn to Rides

Active Travel Workshops

Cycle Maintenance Classes

Cycle Led Rides

**SCAN TO CHECK OUR
UPCOMING EVENTS AND
BOOK YOUR PLACE!**



Check out our refresh
website and social media
for the latest
information and dates!

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



SUPERVISED GYM SESSION SUPPORT

CYCLING SUPPORT



EARLY YEARS SESSION SUPPORT

PHYSICAL ACTIVITY SESSION SUPPORT



LEARNING DISABILITIES AND AUTISM SESSION SUPPORT

Full training will be provided for each role. Contact The Wellbeing Service on **01254 682037** for an informal chat about getting involved.

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



LANCASHIRE
VOLUNTEER
PARTNERSHIP



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

