

Blackburn with Darwen

**HEALTH &
WELLBEING**

re:fresh
your health and wellbeing

**OCT - DEC
2024**

ACTIVE OUTDOORS PROGRAMME



**GET ACTIVE
IN YOUR
COMMUNITY**



CONTACT US: 01254 682037

Blackburn with Darwen
**WELLBEING
SERVICE**

ACTIVE OUTDOORS HUB

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

DROP IN FOR MORE INFORMATION



EVERY TUESDAY



**WITTON PARK, NEXT TO PAVILION CAFE,
BB2 2TP**



10:00AM - 12:00PM

**VISIT OUR WEBSITE
TO SEE WHAT'S ON**



You are responsible for your own safety during the activities. All sessions are weather dependent.

CYCLING IN WITTON PARK

LEARNING DISABILITY CYCLING

MONDAYS

Cycle on the Athletics Track. All equipment will be provided including specialised cycles to suit a wide range of abilities. Carers free of charge.

Meet: Athletics Track, Witton Park, BB2 2TP

Time: 1:30pm - 3:00pm

PEDAL ROUND THE PARK TUESDAYS

A guided cycle around the park. All equipment will be provided.

Meet: Active Outdoors Hub, next to Pavilion, BB2 2TP

Time: 11:00am - 11:45am

CYCLE BACK TO FITNESS

**TUESDAYS
THURSDAYS**

Cycle around the Athletics Track while building your confidence and increasing your skills. Trikes and adapted bikes available.

Meet: Athletics Track, Witton Park, BB2 2TP

Time: 10:00am - 10:45am

Time: 12:30pm - 1:30pm

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

COMMUNITY WALKS

OUR COMMUNITY WALKS ARE FRIENDLY,
EASY ACCESS AND ARE DELIVERED AT A
LOW LEVEL UNLESS OTHERWISE STATED.

Monday



10.00AM - 11:30PM



VARIOUS LOCATIONS



TO REGISTER:
WPSLINGS.COM OR CALL 07900987789



WALKING INTO WELLBEING TRY A SLING

A gentle walk around one of BwD's park. Open to all families; pram, wheelchair and toddler friendly walk. Slings and carriers available to try on the walk.



West Pennine Slings
Formerly Blackburn with Darwen Sling Library



Wednesday



10.00AM - 10:45PM



**SUNNYHURST WOODS,
DARWEN, DISABLED
ENTRANCE, BB3 1JA**

£ 1



MORE THAN A WALK

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.

re:fresh
your health and wellbeing

**HEALTH & WELLBEING
VOLUNTEERS**

**IF YOU ARE UNSURE OF YOUR SUITABILITY
FOR A WALK, PLEASE CALL OUR WELLBEING
SERVICE ON 01254 682037**

Wednesday



10.00AM - 11.00AM



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



BANGOR ST LADIES WALK

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

**HEALTH & WELLBEING
VOLUNTEERS**

Wednesday



**10:30AM
- 11:30PM**



**WITTON PARK ARENA,
BB2 2TP**

Thursday



**2:00PM
- 3:00PM**



WITTON PARK WANDER

Take in the beautiful scenery of Witton Park. Meet at the main entrance of Witton Park for a slow mile walk.



**FOR MORE INFORMATION
CONTACT AGE UK ON: 01254
266620.**

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your health and wellbeing

**HEALTH & WELLBEING
VOLUNTEERS**

Blackburn
with Darwen
ageUK

COMMUNITY WALKS

VISIT OUR WEBSITE TO FIND OUT
MORE FROM OUR PARTNERS.



Wednesday



11.00AM - 11:45AM



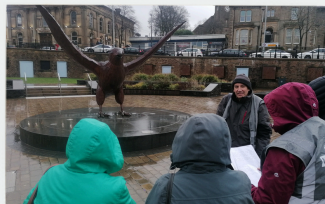
**DARWEN MARKET
SQUARE, OUTSIDE THE
MARKET, BB3 1JA**

DARWEN HERITAGE WALK

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.

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your health and wellbeing

**HEALTH & WELLBEING
VOLUNTEERS**



Thursday



10.30AM - 12:00PM



**SUNNYHURST WOODS,
FALCON AVENUE, BB3 1JA**

SUNNYHURST WOODS WALK

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.

**Blackburn
with Darwen
ageUK**



Thursday

 **11.00AM - 12:30PM**

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



BWD CARERS SERVICE WALK

The volunteer led walk may involve hills, rough grounds and stiles. Between 3 to 4 miles. Contact the Carers Service to check that the walk is suitable for your ability.



Thursday

 **11.00AM - 12:30PM**

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

£ 3



JACK'S WALKERS

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.

Themed WALKS

October



WEDNESDAY 23RD



10:30AM - 12PM



**QUEEN'S PARK MAIN
ENTRANCE GATES,
BB1 1QF**

HALLOWEEN TRAIL

A family explorer walk - can you help find the pumpkins and broomsticks hidden around the park!? Suitable for young children.

THE FEILDENS OF WITTON HOUSE

A trail exploring the country estate of Witton Park's former residents - the Feilden family.

November

WEDNESDAY 20TH



10:30AM - 12PM



**WITTON PARK, ACTIVE
OUTDOORS HUB (NEXT TO
THE PAVILION) BB2 2TP**



December



WEDNESDAY 11TH



10:30AM - 12PM



**BOLD VENTURE PARK, MAIN
ENTRANCE, BB3 2SF**

DARWEN CHRISTMAS STORIES

Christmas is a great time for stories from the past. This festive walk is packed with tales of old Darwen at Christmas. Feel free to bring along your own memories or writings to share.

XPLORER TRAILS



FIND YOUR WAY WITH THIS FREE, FUN, FAMILY ACTIVITY. DOWNLOAD OR PRINT OFF THE RELEVANT XPLORER MAP OF EACH PARK FROM THE REFRESH WEBSITE AND USE IT TO LOCATE THE FUN PLAQUES LOCATED AROUND EACH PARK.



**WITTON
COUNTRY PARK,
BB2 2TP**



**WHITEHALL
PARK, BB3 2NQ**

Download Maps & find the latest Xplorer news at www.refreshbwd.com or Scan

SCAN ME

COMING SOON



45 MINUTE DURATION



15 THEMED PLAQUES TO FIND



PRAM FRIENDLY



ALL YEAR ROUND FUN

BIKER TOT



A FUN CYCLING SESSION FOR PRE-SCHOOL CHILDREN AIMED AT IMPROVING BALANCING AND RIDING SKILLS. BALANCE BIKES AND HELMETS PROVIDED.

TUESDAYS

 WHITEHALL PARK, ROSE GARDEN,
DARWEN, BB3 2NQ

 1:00PM - 1:45PM

THURSDAYS

WITTON PARK, ACTIVE OUTDOORS
HUB, BLACKBURN, BB2 2TP 

10:30AM -
11:30AM 

50^P

PER CHILD WITH A LEISURE CARD

SUITABLE FOR
2- 4 YEARS OLDS



WANT MORE FROM re:refresh?

GET ACTIVE! TIMETABLE

- Mums & Parent's 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/lets-get-active 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/healthyweight 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/lets-get-active for our latest information.



HEALTH & WELLBEING VOLUNTEERS GET INVOLVED!

Our **VOLUNTEER PROGRAMME** has a wide range of roles available. Full training will be provided for each role. Sign up here



LANCASHIRE
VOLUNTEER
PARTNERSHIP

WALKERS
WELLBEING
WALKS
Blackburn with Darwen

WELLBEING WALKS



SUPERVISED GYM SESSION SUPPORT

CYCLING SUPPORT



EARLY YEARS SESSION SUPPORT

PHYSICAL ACTIVITY SESSION SUPPORT



LEARNING DISABILITIES AND AUTISM SESSION SUPPORT

CONTACT US

Follow
-US-



WANT MORE FROM RE:FRESH?



WEBSITE



01254 682037



WELLBEING@BLACKBURN.GOV.UK