

Blackburn with Darwen  
**HEALTH &  
WELLBEING**

**re:fresh**  
your health and wellbeing

**JAN - MAR  
2025**

# 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

## PEDAL ROUND THE PARK

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

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

Time: **11:00am - 12:00pm**

Time: **12:30pm - 1:30pm**

**TUESDAYS**  
**THURSDAYS**

## LEARNING DISABILITY & AUTISM CYCLING

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**

**TUESDAYS**

## CYCLE BACK TO FITNESS

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**

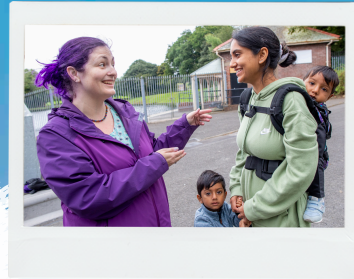
**12:30pm - 1:15pm**

**TUESDAYS**

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](http://WPSLINGS.COM) OR CALL 07900987789



West Pennine Slings  
Formerly Blackburn with Darwen Sing Library



## 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.

## Wednesday



10.00AM - 10:45PM



SUNNYHURST WOODS,  
DARWEN, DISABLED  
ENTRANCE, BB3 1JA

£ 1



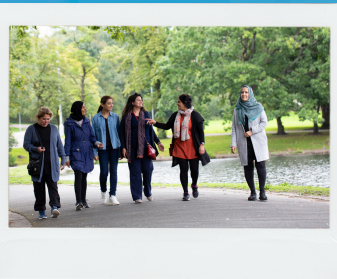
## MORE THAN A WALK

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.

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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

## Thursday



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



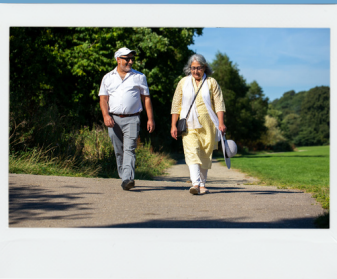
**WITTON PARK ARENA,  
BB2 2TP**



**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.**

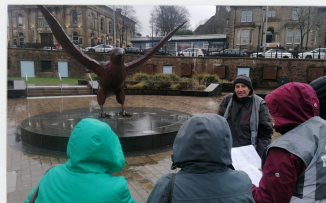
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VOLUNTEERS**

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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**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

## January



**WEDNESDAY 15TH**



**10:30AM - 12PM**



**BLACKBURN TOWN  
HALL, OUTSIDE MAIN  
ENTRANCE, BB1 7DY**

## WAINWRIGHT TRAIL

Celebrate the early Blackburn life of author and illustrator, Alfred Wainwright, with a town centre walk linking the places which influenced him.

## CONNECTING LIBRARIES

A walk to celebrate our local libraries - from Mill Hill to Cherry Tree along the Green corridor of the Leeds & Liverpool Canal.

**WEDNESDAY 19TH**



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



**MILL HILL LIBRARY, MAIN  
ENTRANCE, NEW  
CHAPEL ST, BLACKBURN  
BB2 4DT**



## March



**WEDNESDAY 19TH**



**10:30AM - 12PM**



**FALCON AVENUE,  
SUNNYHURST WOODS,  
DARWEN, BB3 1QX**

## SUNNYHURST WOOD - HISTORY AND HERITAGE

A walk exploring the man-made and natural features of Darwen's popular beauty spot.



# 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**

Complete the short form on the Re:refresh website to have your family Xplorer pack sent to you via post. The Xplorer pack includes a map, certificate, pencil, sticker, challenge sheet and progression walk. Or download your pack to your phone on [www.refreshbwd.com](http://www.refreshbwd.com) or Scan the QR code.

SCAN ME



 **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.

**WEDNESDAY'S**

STARTING 26TH FEBRUARY,

1:30PM - 2:30PM

 WHITEHALL PARK, ROSE GARDEN,  
DARWEN, BB3 2NQ

**THURSDAYS**

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

10:30AM -  
11:30AM 

**50<sup>p</sup>**

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](https://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](https://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](https://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](https://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



LANGASHIRE  
VOLUNTEER  
PARTNERSHIP



## 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-



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WANT MORE FROM RE:FRESH?



WEBSITE



01254 682037



WELLBEING@BLACKBURN.GOV.UK