

Blackburn with Darwen

**HEALTH &
WELLBEING**

re:fresh
your health and wellbeing

**JULY - SEPT
2025**

ACTIVE OUTDOORS PROGRAMME



GET ACTIVE IN YOUR COMMUNITY

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

TUESDAYS
THURSDAYS

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

LEARNING DISABILITY & AUTISM CYCLING TUESDAYS

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

CYCLE BACK TO FITNESS

TUESDAYS

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

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,
LOW-LEVEL, AND TAKE PLACE REGULARLY.
THEY ARE ACCESSIBLE, PROVIDING A
WELCOMING ENVIRONMENT FOR ALL.

Monday



10.00AM - 11:30AM



VARIOUS LOCATIONS



TO REGISTER:
WPSLINGS.COM OR CALL 07900987789



West Pennine Slings
Formerly Blackburn with Darwen Sling 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 - 10:45AM



**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

Thursday



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



**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.**

re:fresh
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



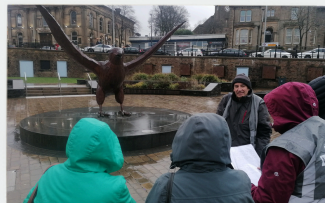
**DARWEN MARKET
SQUARE, OUTSIDE THE
MARKET, BB3 1JA**

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.

re:fresh
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

ALL THE WALKS ARE
ACCESSIBLE BY PUBLIC
TRANSPORT !!

July



WEDNESDAY 16TH



10:30AM - 12:00PM



**BLACKBURN TRAIN
STATION, MAIN ENTRANCE,
RAILWAY ROAD, BB1 1EX**

BLACKBURN ART WALK

A walk exploring the town
centre's street art and
sculptures – with a few
hidden surprises!

CHECK & TREK DARWEN ROMAN ROAD WALK

Trek to uncover a section of the Manchester-
Ribchester Roman Road above Darwen.
Some stiles and gradients involved.
Opportunity for a Health Check at the end.

WEDNESDAY 13TH



10:30AM - 12:00PM



**DARWEN TRAIN
STATION CARPARK,
BB3 0DE**



September



WEDNESDAY 24TH



10:30AM - 12:00PM



**ROE LEE PARK, EMERALD
AVENUE ENTRANCE, OFF
WHALLEY OLD ROAD, BB1 9RP**

BLACKBURN ROMAN ROAD WALK

A history trail uncovering another
section of the Manchester-
Ribchester Road between Revidge
and Ramsgreave. Some gradients
involved.



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.



Request a pack or download your pack to your phone. Either visit our website

www.refreshbwd.com or

Scan the QR code.



 **CORPORATION PARK,
BB2 6AY**

 **WHITEHALL PARK,
BB3 2NQ**

 **WITTON COUNTRY PARK,
BB2 2TP**

 **QUEENS PARK,
BB1 1QF**

SCAN ME



45 MINUTE DURATION



**UPTO 15 THEMED PLAQUES TO
FIND**



PRAM FRIENDLY



ALL YEAR ROUND FUN



ACTIVE SEASONS

Get moving with Active Seasons!

A free, family-friendly physical activity programme that brings a wide range of fun right to your doorstep!

Taking place across various local green spaces and parks, there's something for everyone to enjoy, no matter the weather!

Delivered in collaboration with great local partners, it's a fantastic way for families to stay active and make the most of the outdoors together!

SCAN FOR
MORE INFO!



ACTIVE SEASONS re:refresh
ActiveBwD

Follow us:



@REFRESH
BLACKBURN
WITH DARWEN

Contact Us:



01254 682037

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



LANGASHIRE
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