



OVER
600

ACTIVE WINTER EVALUATION REPORT

IN ATTENDANCE

OVER **12** PARTNERS
INVOLVED



PARTNER QUOTES:

BWD libraries Manager

**"HUGE THANK YOU TO YOU ALL FOR THE
CONNECTING LIBRARIES WALK TODAY"**

Just Run For Today

**"I FOUND IT REALLY POSITIVE THAT THE FAMILIES
WERE REALLY ENGAGED BY NATURE AND YOU
DON'T NEED TECHNOLOGY TO HAVE A GOOD
TIME. I KNOW THOSE CHILDREN WILL REMEMBER
THAT WALK FOR A LONG TIME AND I WOULD LOVE
TO BE INVOLVED WITH FUTURE EVENTS."**

British Orienteering

**"IT'S ALWAYS GREAT TO LINK IN, THE EVENT
AT WHITEHALL WAS REALLY THRIVING. THERE'S
SO MUCH ADDED BENEFIT TO JOINING FORCES,
IT'S A GREAT SERVICE YOU PROVIDE"**

100%

OF PARTNERS ARE COMMITTED
TO COLLABORATING ON 'ACTIVE
SEASONS' IN THE FUTURE.

re:fresh
your health and wellbeing

5 THEMED WITH OVER 100 ATTENDEES



HEALTH INFORMATION WEEK:

"IT WAS A REALLY POSITIVE WEEK AND WE'RE LOOKING FORWARD TO DOING MORE TOGETHER IN THE FUTURE"

27 PEOPLE COMPLETED A FUNCTIONAL FITNESS MOT

24 HEALTH CHECKS COMPLETED

50 ATTENDED THE HEALTH INFO SERVICES DROP IN.



FREE FUNCTIONAL FITNESS MOT
PART OF
HEALTH CHECK

TUESDAY
15TH OCTOBER 11AM - 3PM

Indoor Track, Wilson Park, Ainslie, Preston CH1 1JL, Blackburn, BB2 2TP
JUST TURN UP!

STRENGTH
BALANCE &
FLEXIBILITY
ASSESSMENTS
FOR THE OVER
60s

For more information call
01254 682037
or visit refreshbbwd.com

refresh
redefine your health

HEALTH WEEK

Day	Activity
Monday 10 th	Health Check and Signposting
Monday 10 th	Virtual Reality Experience
Monday 10 th	Digital Drop-In
Monday 10 th	Functional Fitness MOT
Monday 10 th	Health Checks and Signposting
Monday 10 th	Digital Drop-In
Monday 10 th	Warren in Print: Themed Walk
Monday 10 th	Digital Drop-In
Monday 10 th	Health Checks and Signposting
Monday 10 th	Virtual Reality Experience

B&D Libraries

ACTIVE WINTER
HEALTH WEEK

Join us at Blackburn Centre and Bowden Library, January 20th - 24th 2025

Activities include:
• Health Checks & Information Drop-In
• Digital Drop-In
• Virtual Reality Experience
• Functional Fitness MOT
• Health Checks and Signposting
• Digital Drop-In
• Virtual Reality Experience
• Health Checks and Signposting
• Digital Drop-In
• Virtual Reality Experience

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B&D Libraries

DIGITAL ENGAGEMENT

DEC - FEB

FEB HALF TERM

64,500 PEOPLE REACHED VIA REFRESH SOCIAL MEDIA CAMPAIGN

18,200

800 WEBPAGE VIEWS FOR ACTIVITIES

600

570 INTERACTIONS ON FACEBOOK

230

4,600 ACTIVE WEB USERS

1,800

THE SHUTTLE
Blackburn with Darwen Council news

Home News Contact Register Advertise

On the hunt for something fun to do this half term?

HALF TERM FUN!

ACTIVE WINTER
FEB HALF TERM
FREE ACTIVITIES
February 18th - 20th 2025

Tuesday 18th COME AND TRY IT ORIENTEERING 11:00am - 2:00pm Wilson Park, Preston CH1 1JL PLANTING TREES & PLANTING SEEDS 11:00am - 1:30pm Wilson Park, Preston CH1 1JL BALANCE BIKES 11:00am - 2:00pm Wilson Park, Preston CH1 1JL MULTI-SPORTS & ACTIVITIES 11:00am - 2:00pm Wilson Park, Preston CH1 1JL VALENTINES THEMED WALK 11:00am - 2:00pm Wilson Park, Preston CH1 1JL CLIMBING WALK 12:00pm - 3:00pm Wilson Park, Preston CH1 1JL	Wednesday 19th CONNECTING LIBRARIES THEMED WALK 10:30am - 12:30pm Wilson Park, Preston CH1 1JL WIZARD WALK 11:00am - 1:30pm Wilson Park, Preston CH1 1JL BALANCE BIKES 12:00pm - 2:00pm Wilson Park, Preston CH1 1JL WELLY ART WALK 1:00pm - 3:00pm Wilson Park, Preston CH1 1JL	Thursday 20th COME AND TRY IT ORIENTEERING 11:00am - 2:00pm Wilson Park, Preston CH1 1JL TENNIS TASTER SESSION 1:00pm - 2:00pm Wilson Park, Preston CH1 1JL FAMILY WALK 1:00pm - 3:00pm Wilson Park, Preston CH1 1JL
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SCAN HERE