

Blackburn with Darwen

**HEALTH &
WELLBEING**

re:fresh
your health and wellbeing

**JAN - MAR
2026**

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.

Themed WALKS

ALL THE WALKS ARE
ACCESSIBLE BY PUBLIC
TRANSPORT !!

January



WEDNESDAY 21ST



10:30AM - 12:00PM



**BLACKBURN CENTRAL LIBRARY
TOWN HALL STREET, BB2 1AG**



WAINWRIGHT IN BLACKBURN WALK

A walk to celebrate Alfred Wainwright's birthday (17th January), uncovering the town centre locations linked with the author's early life in the town.

February

WEDNESDAY 18TH



10:30AM - 12:00PM



**WHITEHALL PARK MAIN ENTRANCE
CEMETERY ROAD/QUEEN'S ROAD,
BB3 2LZ**



RIVER DARWEN IN WINTER



A walk exploring the upper reaches of the River Darwen around Jack's Key. Please note this walk involves some gradients, stiles and uneven ground.

March



WEDNESDAY 11TH



10:30AM - 12:00PM



**BLACKBURN CENTRAL LIBRARY
TOWN HALL STREET
BB2 1AG**



INSPIRATIONAL WOMEN OF BLACKBURN WALK

Celebrate International Women's Day (March 8th) with a walk exploring the stories of Blackburn's female writers, political campaigners and entrepreneurs.

CYCLING IN THE 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

TUESDAYS

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

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

TUESDAYS

Time: **1:30pm - 3:00pm**

CYCLING IN THE PARK

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**

TUESDAYS

Time: **10:00am - 10:45am**
& 12:30pm - 1:15pm

THURSDAYS

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



BIKER TOT



A fun cycling session for pre-school children aimed at improving balancing and riding skills. Balance bikes and helmets provided.

THURSDAYS

Meet: **Witton Park, Active Outdoors Hub, BB2 2TP**

Time: **10:30am - 11:30am**

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



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



Monday



11:00AM - 12:30PM APPROX



**MEET AT
SHADSWORTH HUB,
ROTHESAY ROAD**



SHORT STROLLS

Gentle walks, generally between 2.5 and 4km with good accessibility and the opportunity to meet new people.

**newground
together**

**THE
hub
@
SHADSWORTH**

**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



10.00AM - 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.

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HEALTH & WELLBEING
VOLUNTEERS



Wednesday

Thursday



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



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



**WITTON PARK ARENA,
BB2 2TP**

WITTON PARK WANDER

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

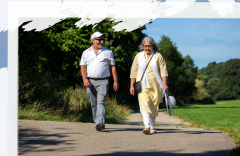
HEALTH & WELLBEING
VOLUNTEERS

Blackburn
with Darwen
ageUK



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

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COMMUNITY WALKS

VISIT OUR WEBSITE TO FIND OUT
MORE FROM OUR PARTNERS.



Wednesday



11.00AM - 11:45AM



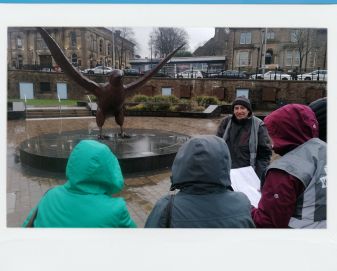
**DARWEN MARKET
SQUARE, OUTSIDE THE
MARKET, BB3 1JA**

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
4 JF. 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.



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



APPROX 45 MINUTE DURATION



**UPTO 15 THEMED PLAQUES TO
FIND**



PRAM FRIENDLY



ALL YEAR ROUND FUN

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-



WEBSITE

WANT MORE FROM RE:FRESH?



01254 682037



WELLBEING@BLACKBURN.GOV.UK