

ACTIVE OUTDOORS PROGRAMME

APRIL -
JUNE
2026



GET ACTIVE IN YOUR COMMUNITY

in Partnership with:



OUR HEALTH & WELLBEING OFFER

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



HEALTH CHECKS

As we age, we are more prone to developing health conditions such as high blood pressure, heart disease or diabetes. A Health Check is a great way to spot early signs of these conditions, and get some personalised information and support to keep yourself healthy. Check your eligibility

Visit: refreshbwd.com/wellbeing-support/health-checks/ for more info.

MOVE MORE FOR LESS

A programme of free and discounted leisure sessions across the borough. This consists of a variety of activities including:

- Gym sessions
- Swimming
- Cycling sessions

£1
OR FREE WITH A
RE-FRESH
MEMBERSHIP

Visit bwdleisure.com or call the Leisure Hub on: 01254 585555



WORKWELL

A free and voluntary programme to support people who have a low level physical or mental health condition to start, stay or return to work.

Visit refreshbwd.com/workwell/ or call 01254 682037 to find out more info.

16 WEEK FALLS PREVENTION PROGRAMME

- Strength & Balance
- Over 60's
- Build confidence
- Reduce risk of falls
- Keep your independence

XPLORER TRAILS

FIND YOUR WAY WITH THIS FREE, FUN, FAMILY ACTIVITY, AVAILABLE IN FOUR PARKS. USE THE RELEVANT XPLORER MAP TO LOCATE THE FUN PLAQUES LOCATED AROUND EACH PARK.



Request a physical pack or download 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



**UP TO 15 THEMED PLAQUES TO
FIND**



PRAM FRIENDLY



COMPLETE ANYTIME



MONDAY

WALKING INTO WELLBEING TRY A SLING

10:00am - 11:30am

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.



Various
Locations
To register
visit:
wpslings.com
07900987789



SHORT STROLLS

11:00am - 12:30pm Approx.

Gentle short walks, good accessibility and the opportunity to meet new people. For more information contact Shadsworth Hub on +44 300 330 5533



Meet at
Shadsworth
Hub, Rothesay
Road,
BB1 2RH



TUESDAY

PEDAL ROUND THE PARK

11:00am – 12:00pm

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



Active
Outdoors
Hub, next to
Pavillion.
BB2 2TP



LEARNING DISABILITY & AUTISM CYCLING

1:30pm – 3:00pm

Cycling in the Athletics Track. All equipment will be provided including specialise cycles to unit a wide range of abilities. Carers free of charge.

Athletics
Track,
Witton Park,
BB2 2TP



CYCLE BACK TO FITNESS

10:00am – 10:45am
& 12:30pm – 1:15pm

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



Athletics
Track,
Witton Park,
BB2 2TP



WEDNESDAY

BANGOR ST LADIES WALK

10:00am – 11:00am

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

UNDER 1 MILE

Bangor St Community Centre, BBI 6NZ



Themed WALKS

PLEASINGTON HISTORY WALK

APRIL

Wednesday 15th
10:30AM – 12:00PM

Pleasington Railway Station
Victoria Road
Pleasington
BB2 5JQ

A walk through Pleasington village and surrounding countryside uncovering the history of its manor houses, priory and its 19th Century development with the arrival of the railway. Please note this walk involves some uphill gradients and paths across rough ground. Boots recommended!



SPRINGTIME IN SUNNYHURST WOODS

MAY

Wednesday 20th
10:30AM – 12:00PM

A walk following the woodland paths to the edge of the moors and Earnsdale Reservoir. Please note this walk involves some uphill gradients and paths across rough ground. Boots recommended.

Sunnyhurst Woods
Earnsdale Road Kiosk entrance
BB3 1JA



BLACKBURN BLUE PLAQUE WALK

JUNE

Wednesday 10th

10:30AM – 12:00PM

Blackburn Central Library
Town Hall Street
Blackburn
BB2 1AG

A walk linking all the blue plaques in the town centre – and a few more plaques as well, providing a snapshot into the history and characters of the town. A flat walk accessible to all.



MORE THAN A WALK

£1

09:45am - 10:30am

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.



Sunnyhurst Woods,
Darwen,
Disabled entrance,
BB3 1JA



WITTON PARK WANDER

10:30am - 11:30am

Witton Park
Arena,
BB2 2TP



Take in the beautiful scenery of Witton Park. Meet at the carpark outside of Witton Park arena.
Contact: 01254 266620.

UNDER 1 MILE

DARWEN HERITAGE WALK

11:00am - 11:45am

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.



Darwen Market Square,
Outside the market,
BB3 1JA

UNDER 1 MILE



CORPORATION PARK COMMUNITY GARDEN

1:00pm - 3:00pm
Winter

2:00pm - 4:00pm
Summer

Corporation Park, Blackburn,
Bowling Green,
BB2 6AY



A weekly informal volunteer group that grows fruit, herbs, vegetables and flowers, tea and coffee making facilities available and a composting loo. No experience required
Email vicki.harris@btinternet.com for more details.

THURSDAY

ADULT CANOE CLUB

6:30pm – 8:00pm

April 23rd & 30th

May 14th & 21st

June 11th, 18th & 25th

This session is for adults (over 18's) who want to develop their paddling skills under the guidance of a qualified instructor
Email: canalsideblackburn@gmail.com



Bonsall Street,
Blackburn,
BB2 4DD

£6.50



PEDAL ROUND THE PARK

12:30pm – 1:30pm

Athletics Track,
Witton Park,
BB2 2TP



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

BIKER TOTS

10:30am – 11:30am

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



Active
Outdoors Hub,
Witton Park,
Blackburn,
BB2 5LE



SUNNYHURST WOODS WALK

10:30am – 12:00pm

Sunnyhurst Woods,
Falcon Avenue, BB3 1JA



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.

WITTON PARK WANDER

1:00pm - 2:00pm

An easy paced health walk around the park with plenty of rest points along the way. Suitable for beginners. No need to book, just turn up!



Witton Park
Arena,
Blackburn
BB2 2TP



BWD CARERS SERVICE WALK

11:00am - 12:30pm

Various locations - call the Carers Service: 01254 688440



Who we are: our team support unpaid carers who are looking after relatives or friends who could not manage without their help. Are you an unpaid carer? Join this walk to find out what support is on offer or give us a call.

JACK'S WALKERS

£3

10:00am - 11:30am

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. Contact +44 1254 508256



Ewood Park,
Blackburn,
BB2 4JF.
Meet at the
Blackburn End
Reception



SATURDAY

PARKRUN

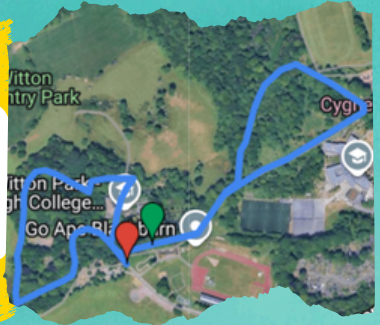
09:00am start

Free, weekly, community event designed for walkers, joggers, runners, and volunteers. It is welcoming, non-competitive and inclusive.



5K FOR ADULTS
2K FOR JUNIORS

Witton
Country Park,
BB2 2TP.
Start by the
Pavilion



PARKPLAY

Mill Hill Gardens,
New Chapel
Street, opposite
the Community
Centre, Blackburn,
BB2 4DT

10:00am - 12:00pm

Free family outdoor activities and games every Saturday morning. play and connect with each other in this fun, inclusive space. Contact: 07526 679497



TREK TALK

Family
Hub
Livesey,
Andrew
Close,
BB2 4NU

10:00am - 12:00pm

Monthly 1 hour walks for Men and Children ages (0 - 11) Refreshments provided. First Saturday of the month. Just turn up. Contact: enquiries@shine-coaching.com

LITTLE POTTING CLUB

1:00pm - 3:00pm

Free children's, family gardening & nature club. Plant flowers in the wider park & craft from natural resources. The club is RHS School Gardening members, plus achieved awards toward supporting the natural world. Dress for the weather. Contact: littlepottingclub2025@gmail.com

Whitehall Park,
Rose Garden
Darwen
BB3 2LH



ROLL AND STROLL

1ST - 31ST
MAY



support@lovetoride.org

OUR MISSION IS TO GET MORE PEOPLE MOVING!

Love to Ride is a fun, supportive online platform that helps everyone move more often - whether that's riding, walking or wheeling.



FEEL BETTER INSIDE AND OUT

Regular movement can boost your mental and physical wellbeing, improve energy levels, and help reduce stress.

JOIN YOUR WORKPLACE OR GROUP

Ride, walk or wheel as part of a workplace, school or local group. Take part in team challenges, and gain access to leaderboards.



SET GOALS THAT SUPPORT YOU

Whether you're just getting started or already moving regularly, you can set personal goals, track your trips, build streaks and habits over time.

LEARN AS YOU GO

Get access to tips, short courses and inspiration covering confidence and skills to keep you motivated.



TAKE PART IN OUR ROLL AND STROLL CHALLENGE IN MAY

- 1 Sign Up
- 2 Log your movement
- 3 Tell a friend



MAKE YOUR AREA BETTER

By recording your trips, you support improvements to routes, facilities and everyday journeys in your community

FUN CHALLENGES AND GREAT PRIZES

Take part in friendly challenges throughout the year and earn chances to win amazing prizes, like bikes, cash prizes and more!

GET INVOLVED!

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



WELLBEING WALKS



CYCLING SUPPORT



PHYSICAL ACTIVITY



SUPERVISED GYM SESSION SUPPORT



EARLY YEARS SESSION SUPPORT



LEARNING DISABILITIES AND AUTISM SESSION SUPPORT



CONTACT US

REFRESHBWD.COM 

 01254 682037



WELLBEING@BLACKBURN.GOV.UK



re:fresh Blackburn
with Darwen