

ACTIVE OUTDOORS PROGRAMME

JULY
SEPT
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.

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



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

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

**£1
OR FREE WITH A
RE:FRESH
MEMBERSHIP**



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.

Meet at
Shadsworth
Hub, Rothesay
Road,
BBI 2RH



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



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.

Contact: 01254 691551

UNDER 1
MILE

Bangor St
Community
Centre,
BB1 6NZ



Themed WALKS

MILL HILL CANAL AND RIVER WALK

JULY

Witton Park,
Tower Road
(free) car park
Tower Road,
Blackburn,
BB2 5LE

Wednesday 15th
10:30AM-12:00PM
Following the route of
the railway, Leeds &
Liverpool Canal, and
River Darwen through
Mill Hill.



QUEEN'S PARK AND SHADSWORTH FAMILY FRIENDLY

AUGUST

Wednesday 19th
10:30AM-12:00PM

Exploring the history of the Queen's Park area including its Civil War and Alfred Wainwright connections. Please note this walk involves some uphill gradients. Scavenger hunt for the children and pram friendly.

Queen's Park
main entrance
Queen's Road,
Blackburn
BB1 1QF



HODDLESDEN AND WATERSIDE HISTORY SEPTEMBER

Wednesday 9th
10:30AM-12:00PM
Exploring the
industrial heritage
of the valley of
Waterside Brook.

By War Memorial,
Queen's Square,
opposite the
Ranken Arms,
Huddlesden,
BB3 3LY



MORE THAN A WALK

£1

09:45am – 10:30am

Feel stronger and more energised as you challenge your balance and improve your strength with simply 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. Contact: 01254 433140



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

July- 2nd, 9th, 16th, 23rd, 30th

Aug- 6th, 13th, 20th, 27th

Sept – 3rd

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

Active
Outdoors
Hub, next to
Pavillion.
BB2 2TP

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

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

5K FOR ADULTS

09:00am start

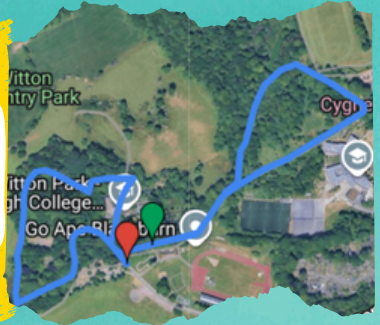
Free, weekly, community event designed for walkers, joggers, runners, and volunteers. It is welcoming, non-competitive and inclusive. Register



2K FOR JUNIORS ON SUNDAY'S



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



PARKPLAY

Register



10:00am start

Queens Park, Blackburn, BB1 1QF (next to the playground)



Free family outdoor activities and games every Saturday morning. play and connect with each other in this fun, inclusive space. Contact: leanne@thebillyproject.co.uk



TREK TALK

10:00am - 12:00pm

Family Hub Livesey, Andrew Close, BB2 4NU



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



WHAT'S ON



Get moving for Active Seasons in the school holidays! Taking place across various local green spaces, parks, and community centres in BwD. Lots of FREE activities for children, young people and their families and carers.

<https://refreshbwd.com/events/active-seasons/>






Grab your Active Passport and make this summer full of fun and movement! Complete weekly activities and write or draw a picture, add a photo or collect stickers from the Active Summer events. Enter the competition for chance to win a prize.

Want one? Complete the online form on <https://refreshbwd.com/events/active-seasons/>



Save the Date




 Saturday 22nd August
 10am - 3pm
 Queen's Park,
Blackburn, BB1 1QF

The Move Festival is back – a fun, free day out for all the family!

From cycling and led walks to taster sessions and a lively Wellbeing Village, there's something for everyone. Chat with local services, try something new, and get moving in the heart of the community.

FUNCTIONAL FITNESS MOT

Save the Date

 Wednesday 9th Sept
 10am - 3pm
 Location tbc

Assess your strength, balance, and flexibility if you or someone you know is aged 60 or over. Not only will you benefit from the assessment, but you'll also receive a free goody bag.

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