

ACTIVE OUTDOORS PROGRAMME

OCT
DEC
2026



GET ACTIVE IN YOUR COMMUNITY



in Partnership with:

newground
together

the
hub
at
SHADSWORTH

Family
Hub
Darwen | Little Darwen | Lintown | Shadsworth

RAMMERS
WELLBEING
WALKS
Blackburn with Darwen

LANCASHIRE
VOLUNTEER
PARTNERSHIP

WorkWell
Blackburn with Darwen

Little Portney
Trust



West Pennine Slings
From Park Play to the Community

HEALTH & WELLBEING
VOLUNTEERS



NHS
HEALTH
CHECK



LOVE TO RIDE



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

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

CYCLE BACK TO FITNESS

10:00am - 10:45am

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



Athletics
Track,
Witton Park,
BB2 2TP



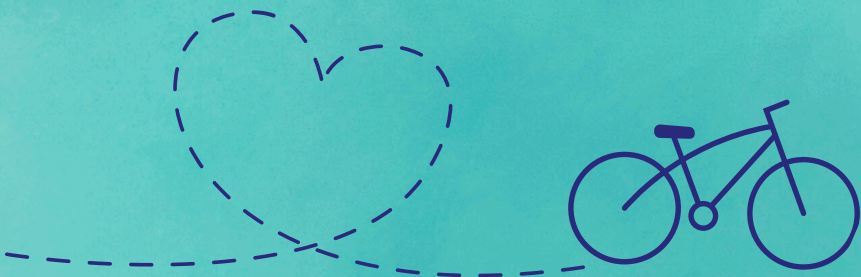
PEDAL ROUND THE PARK

11:00am - 12:00pm

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



Active
Outdoors
Hub, next to
Pavillion.
BB2 2TP



CYCLE BACK TO FITNESS

12:30pm – 1:15pm

Cycle round the Athletics Track while building your confidence and increasing your skills, or get help with learning to ride from one of our trained instructors.

Trikes and adapted bikes available



Athletics
Track,
Witton Park,
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



WEDNESDAY

Themed WALKS



OCTOBER

Roe Lee Park,
Emerald
Avenue
Entrance
BB1 9RP

TRIBUTARIES OF THE RIVER BLAKEWATER

Wednesday 14th
10:30am – 12:00pm

A walk exploring the streams feeding into Blackburn's river. The walk involves stiles and some uphill gradients.

BLACKSNAPE AND RUSHTON'S HEIGHT

Wednesday 11th
1:00pm – 2:30pm

A walk exploring a section of the Manchester-Ribchester Roman Road above Darwen. The walk involves stile and uphill gradients.

NOVEMBER

War Memorial,
Queen's Square,
(Opposite the
Ranken Arm)
Hoddlesden
BB3 3LY



DECEMBER

WITTON TO PLEASINGTON CHRISTMAS CIRCULAR

Wednesday 16th
1:00pm – 2:30pm

A walk to the Priory from Witton Park - gentle exercise before the festivities begin! The walk involves some uphill gradients. Return for a brew and a mince pie at the Active Outdoors Hub.

Witton Park,
Active
Outdoors Hub
(next to the
pavilion/cafe)
BB2 2TP



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



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

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.



Corporation Park, Blackburn,
Bowling Green,
BB2 6AY

NEW SESSION BIKER TOTS

START DATE 21ST
OCTOBER

10:30am – 11:30am

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



Queens Park Hub,
Queens Park,
Blackburn,
BB1 1QF



THURSDAY



PEDAL ROUND THE PARK

Active
Outdoors
Hub, next to
Pavillion.
BB2 2TP



12:30pm – 1:30pm

A self-led cycle around the park, following one of our suggested routes. All equipment will be provided. No need to book, just turn up!

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



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. Register

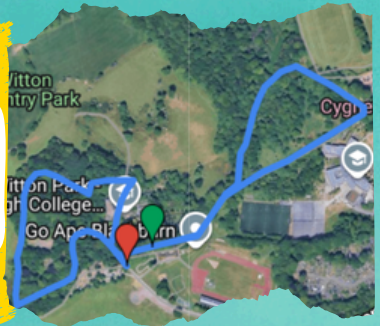


5K FOR ADULTS



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

2K FOR JUNIORS ON SUNDAY'S



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



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



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:refresh Blackburn
with Darwin