ACTIVE OUTDOORS PROGRAMME

OCT - DEC 2026



GET ACTIVE IN YOUR COMMUNITY

in Partnership with:

Blackburn with Darwen HEALTH & WELLBEING

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



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

£1 OR FREE WITH A RE:FRESH MEMBERSHIP

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

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.



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.

Meet at Shadsworth Hub, Rothesay Road, BB1 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

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

Athletics Track, Witton Park, BB2 2TP

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

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.

NOVEMBER

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.

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





DECEMBER

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

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.

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

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.

NEW SESSION 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

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

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

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

2K FOR JUNIORS ON SUNDAY'S





PARKPLAY

Register

11:00am 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

LITTLE POTTING CLUB

1:00pm - 3:00pm

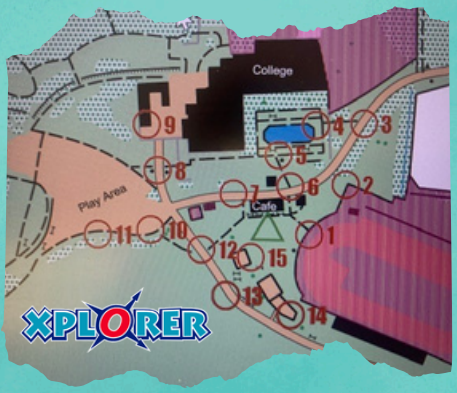
Free children's, family gardening & nature club. Plant flowers in the wider park & craft from natural resources. The club is RHS School Gardening members, plus achieved awards toward supporting the natural world. Dress for the weather. Contact:littlepottingclub2025@gmail .com

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.



- **CORPORATION PARK, BB2 6AY**
- **WHITEHALL PARK, BB3 2NQ**
- **WITTON COUNTRY PARK, BB2 2TP**
- **QUEENS PARK, BB1 1QF**

Request a physical pack or download to your phone. Either visit our website www.refreshbwd.com or Scan the QR code.

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:fresh Blackburn with Darwen