

**re:refresh**  
your health and wellbeing

# WALKS PROGRAMME GUIDED WALKS IN YOUR COMMUNITY



**JAN - MAR**  
**2022**

Blackburn with Darwen  
**WELLBEING  
SERVICE**



**The re:fresh Walks programme is ideal for all ages and abilities. It will help you improve your general health and wellbeing, introduce you to new friends and help you discover new areas to walk on your doorstep.**

Just 30 minutes a day of moderate exercise like walking can benefit your health and our walks are designed to help you increase your level of exercise gradually - you can progress from short gentle strolls on flat ground to brisk country walks with stiles and hills. You do not need any expensive equipment to take part in the walks, just sturdy footwear and appropriate dress for the British weather!

**Health benefits to be gained from walking include:**

- Lower blood pressure
- Reduced risk of coronary heart disease, strokes and Type 2 diabetes
- Reduced risk of certain cancers, improved flexibility and strength of muscles, joints and bones
- Improved mental health and reduced risk of depression, anxiety and stress

**Please note:**

**If you are unsure of your ability to join a particular walk or would like any further information please contact The Wellbeing Service on 01254 682037.**

You are responsible for your own safety while on the walk. re:fresh and Blackburn with Darwen Borough Council are not liable for any injury or accident that may occur on the walk or on your journey to or from the walk. In adverse weather conditions the walks may be cancelled at short notice. If in doubt, please contact us.

## Key



Time



Distance



Meeting point



Grade/Pace:

Gentle ✓

Easy ✓ ✓

Moderate ✓ ✓ ✓

# MONDAY

## WALKING WORKOUT



10.30am - 11.15am



Up to 1 mile



Witton Park, Tower Road Car Park, Blackburn, BB2 5LE



This easy paced health walk is ideal for beginners and includes some low impact exercises along the way. £1 charge for those with a leisure card who qualify for re:fresh.

## PROGRESSION WALK



10.30am - 12.30pm



4 to 4.5 miles



Location as given



These volunteer led walks may involve hills, rough grounds and stiles.


Date	Meeting Point
10 January	Barlow Institute, Bolton Road, Edgworth, BL7 0AP
17 January	Salisbury Avenue, Sunnyhurst Woods, Darwen, BB3 1HZ
24 January	Entwistle Reservoir, Bartridge Road Car Park, BL7 0LU
31 January	Abbey Village, Nr Hare & Hounds, Bolton Road, PR6 8DP
7 February	Ousel Nest, Bromley Cross, Chapeltown Road, BL7 9AN
14 February	Butler's Arms, Victoria Road, Pleasington, BB2 5JH
21 February	Bold Venture Park Gates, Darwen, BB3 2SF
28 February	Great Harwood Lay By Blackburn Old Road, BB6 7UW
7 March	Blacksnape playing fields, Hoddlesdon, BB3 3PN
14 March	Vaughn's Café, Tockholes Road, Darwen, BB3 0PA
21 March	Salisbury Avenue, Sunnyhurst Woods, Darwen, BB3 1HZ
28 March	Witton Park, Tower Road Car Park, Blackburn, BB2 5LE



# TUESDAY

## HEALTH WALK FROM SHOREY BANK

 11am - 11:30am

 Near the footbridge next to  
Darwen Resource Centre,  
Edward Street, Darwen

   Up to 1 mile

This easy paced 30 minute health walk is ideal for beginners.




## WALK AND EXPLORE


 1pm - 1.45pm


 1 to 2 miles



Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years.


 Jan - 4th, 11th, 18th, 25th  
Roe Lee Park, meet at Emerald Avenue Entrance

 Feb - 1st, 8th, 22nd  
Queen's Park, meet at the main entrance - Please note there will be no session Tuesday 15th February.

 Mar - 1st, 8th, 15th, 22nd, 29th  
Higher Croft Children's Centre

# WEDNESDAY

## WALKING WORKOUT

 9.45am - 10:30am

 1 to 2 miles



 Bold Venture Park Gates, Belgrave Road, Darwen, BB3 2SF

This easy paced health walk is ideal for beginners and includes some low impact exercises along the way. £1 charge for those with a leisure card who qualify for re:fresh.

# WEDNESDAY - CONTINUED

## BANGOR STREET LADIES ONLY WALK



10am - 11am



1 to 2 miles



Bangor Street Community Centre, Norwich Street, Blackburn BB1 6NZ

This ladies only, volunteer led walk takes in the local community and lasts up to one hour.

## PROGRESSION WALK



10.30am - 12.30pm



4 to 4.5 miles



Location as given



Brisk paced walk led by volunteer walk leaders that will involve hills, rough grounds and stiles.

### Date

### Meeting Point

12 January

Whitehall Park Gates, Darwen, BB3 2LN

19 January

Abbey Village, Nr Hare & Hounds, Bolton Road, PR6 8DP

26 January

Witton Park, Tower Road Car Park, Blackburn, BB2 5LE

2 February

Butler's Arms, Victoria Road, Pleasington, BB2 5JH

9 February

Vaughn's Café, Tockholes Road, BB3 0PA

16 February

Entwistle Reservoir, Bartridge Road Car Park, BL7 0LU

23 February

Witton Park, Tower Road Car Park, Blackburn, BB2 5LE

2 March

Great Harwood, Memorial Park, Hillside Close, BB6 7PR

9 March

Turton Tower, Chapeltown Road, Turton, BL7 0HG

16 March

Abbey Village, Nr Hare & Hounds, Bolton Road, PR6 8DP

23 March

Vaughn's Café, Tockholes Road, BB3 0PA

30 March

Barlow Institute, Bolton Road, Edgworth, BL7 0AP

# THURSDAY

## WALK AND EXPLORE

 10am - 10.30am  Up to 1 mile






 Whitehall Park, Sensory garden side entrance, Darwen, BB3 2LN

Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years. No session 17th February.



## BLACKBURN WITH DARWEN CARERS SERVICE WALK

 11am - 12.30pm  3 - 4 miles  Starts at various locations - please call the Carers Service on **01254 688440** for further details



The volunteer led walk may involve hills, rough grounds and stiles.

## WALK AND CHAT - NEW MUMS AND MUMS TO BE

 1.15pm - 2pm  Up to 1 mile



 Sunnyhurst Woods, Meet at the disabled access entrance off Earnsdale Road, Darwen, BB3 1JX

Join us for a walk around the woods. This session is specifically for new mums and mums to be.



## CANAL WALKING WORKOUT

 12.45pm - 1.30pm  Up to 1 mile



 Highfield Park, entrance to Pavilion building, Highfield Road, BB2 3SL

An easy paced health walk suitable for beginners including some low impact exercises along the way.

# THURSDAY - CONTINUED

## WITTON PARK WALK



2pm - 3pm



1 - 2 miles



Witton Park Arena, Witton Country Park, Preston Old Road, Blackburn, BB2 5LE



The walk takes in the surroundings of the beautiful park and may involve hills, rough ground and stiles.

## FRIDAY

### PROGRESSION WALK



10.30am - 12pm



3 to 4 miles



Location as given



The volunteer led walk may involve hills, rough grounds and stiles.

Date	Meeting Point
7 January	Rivington Great House Barn, Bolton, BL6 7SB
14 January	Brinscall, Lodge Bank, Chorley, PR6 8QU
21 January	Butler's Arms, Victoria Road, Pleasington, BB2 5JH
28 January	Barlow Institute, Bolton Road, Edgeworth, BL7 0AP
4 February	Abbey Village, Nr Hare & Hounds, Bolton Road, PR6 8DP
11 February	Blacksnape playing fields, Hoddlesdon, BB3 3PN
18 February	Bold Venture Park Gates, Darwen, BB3 2SF
25 February	Ousel Nest Car Park, Bromley Cross, Chapeltown Road, BL7 9AN
4 March	Great Harwood, Memorial Park, Hillside Close, BB6 7PR
11 March	Whitehall Park Gates, Whitehall Road, Darwen BB3 2LN
18 March	Vaughn's Café, Tockholes Road, BB3 0PA
25 March	Salisbury Avenue, Sunnyhurst Woods, Darwen, BB3 1HZ

### WALK AND EXPLORE



11.45am - 12.15pm



1 - 2 miles



Witton Park Pavilion, Preston Old Road, Blackburn, BB2 5LE



Explore the nature of our wonderful park with this short walk and explore session. Suitable for children aged 2 to 4 years. No session 18th February.

## A NUMBER OF OUR WALKS RELY ON THE ENTHUSIASTIC SUPPORT AND COMMITMENT OF OUR VOLUNTEERS WHO ACT AS WALK LEADERS AND BACK UP LEADERS.

Are you:

- over the age of 16
- friendly and approachable
- reliable and trustworthy
- enthusiastic and motivated
- passionate about health and wellbeing

All volunteer opportunities are based within Blackburn and Darwen.

Volunteers will be supported through a structured recruitment process. Training will be given, with ongoing support throughout. Some volunteer roles require references and a DBS check.

### INTERESTED IN GETTING INVOLVED?

Please contact Maahira Hasham on 01254 507955



Have a read of what some of our existing volunteers have to say about their journey with re:refresh:

[re:refresh volunteers](https://re:refreshvolunteers.com) | [re:refresh \(refreshbwd.com\)](https://re:refresh(refreshbwd.com))

## LOOKING FOR MORE?

### RAMBLERS WELLBEING WALKS

Getting active can be difficult. But Ramblers Wellbeing Walk are here to help.

Their website is England's largest network of health walk schemes, helping thousands of people across the country lead a more active lifestyle.

All their group walks are led by friendly, specially trained volunteers who are on hand to provide encouragement and support, and make sure no one gets left behind. The walks are short and over easy terrain. They are open to everyone, but are especially aimed at those who are least active.

For more information visit  
[www.ramblers.org.uk](https://www.ramblers.org.uk)

### RAMBLERS

Whether you're walking to improve your health or simply for the pleasure of exploring your local area on foot, the Ramblers walks make enjoying the great outdoors easy.

Their walks take place across Britain, run all year round and accommodate a range of ages and walking abilities. The Ramblers have over 500 volunteer groups across England, Scotland and Wales, most of which run several walks every week. Their experienced walk leaders will welcome you on every walk and provide a safe, sociable and fun environment for you to meet like-minded people.

For more information visit  
[www.ramblers.org.uk](https://www.ramblers.org.uk)



**TO VIEW OUR FULL PROGRAM OF ACTIVITIES  
DELIVERED BY THE RE:FRESH TEAM, PLEASE  
SCAN:**

