

**re:fresh**  
your health and wellbeing

# WALKS PROGRAMME GUIDED WALKS IN YOUR COMMUNITY



**JUL - SEP**  
**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:refresh 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

## 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	What3Words
04/07	Vaughn's Cafe, Tockholes Road, BB3 1HZ	ballparks.good.jaws
11/07	Brinscall Lodge Bank, Chorley, PR6 8QU	consoled.noble.producers
18/07	Entwistle Reservoir, Bartridge Road Car Park, BL7 0LU	isolating.garlic.minerals
25/07	Butlers Arms, Victoria Road, Pleasington, BB2 5JH	fine.slam.technical
01/08	Abbey Village, opposite Hare & Hounds, Bolton Road, Chorley, PR6 8DP	mutual.stunner.lingering
08/08	Vaughn's Cafe, Tockholes Road, BB3 1HZ	ballparks.good.jaws
15/08	Barlow Institute, Bolton Road, Edgeworth, BL7 0AP	deny.extension.darkest
22/08	Abbey Village, opposite Hare & Hounds, Bolton Road, Chorley, PR6 8DP	mutual.stunner.lingering
29/08	Bank holiday *no walk*	
05/09	Witton Park, Tower Road Car Park, Blackburn, BB2 5LE	chimp.reward.aims
12/09	Whitehall Park Gates, Whitehall Road, Darwen BB3 2LN	long.lifted.native
19/09	Sunnyhurst Woods, Salisbury Road, BB3 1HZ	candle.sofa.improving
26/09	Ousel Nest Car Park, Bromley Cross, Chapeltown Road, BL7 9AN	vibes.trail.flame

### 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. Enjoy a brew and a chat at the meeting places after the walk.



# WEDNESDAY

## 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.



# THURSDAY

## 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.



## 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	What3Words
01/07	Abbey Village, opposite Hare & Hounds, Bolton Road, Chorley, PR6 8DP	mutual.stunner.lingering
08/07	Witton Park, Tower Road Car Park, Blackburn, BB2 5LE	chimp.reward.aims
15/07	Turton Tower, Chapeltown Road, BL7 0HG	witless.spoon.locked
22/07	Great Harwood Memorial Park, BB6 7PR	crowd.ignites.glassware
29/07	Barlow Institute, Bolton Road, Edgeworth, BL7 0AP	deny.extension.darkest
05/08	Sunnyhurst Woods, Salisbury Road, BB3 1HZ	candle.sofa.improving
12/08	Wheelton Clock Tower, Chorley, PR6 8HZ	marching.shortens.ankle
19/08	Bold Venture Park Gates, Belgrave Rd, Darwen, BB3 2SF	equal.heat.total
26/08	Vaughn's Cafe, Tockholes Road, BB3 1HZ	ballparks.good.jaws
02/09	Brinscall Lodge Bank, Chorley, PR6 8QU	consoled.noble.producers
09/09	Blacksnape Playing Fields, Darwen, BB3 3PN	words.spine.home
16/09	Clough Head Car Park, Grane Rd, Haslingden, BB4 4AT	placed.purse.registry
23/09	Butlers Arms, Pleasington, Blackburn, BB2 5JH	fine.slam.technical
30/09	Entwistle Reservoir, Bartridge Road Car Park, BL7 0LU	isolating.garlic.minerals

# re:fresh

your health and wellbeing

## A GUIDED WALK IN SETTLE

**WEDNESDAY 28 SEPTEMBER**

**10.30AM - 12.30PM**



3 to 4 miles



Whitefriars pay and  
display car park, Settle,  
BD24 9JD

[imply.digits.grumbling](http://imply.digits.grumbling)

Led by our very own  
**NICK BURTON!**

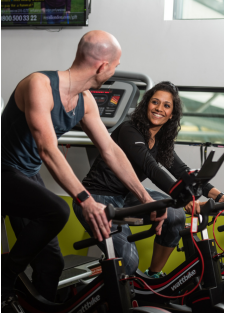


Join our re:fresh Walking Team for a guided walk in the beautiful countryside of Settle.

We would recommend completing one of our progression walks to ensure this walk is suitable for your ability.

**PLEASE NOTE:** Places **MUST** be booked and confirmed with your walk leader by 16th September. Transport cannot be provided and you must make your own way there.

# WHAT CAN re:fresh OFFER YOU?



## 12 WEEK REFERRAL

For some people, getting active can be a challenge and they need some extra support.

This is where the Exercise Referral Scheme can help. It's an exciting exercise programme which your GP, practice nurse or health advisor can recommend for you.

This 12 week programme is an opportunity to take part in a range of activities, everything from supervised gym sessions to outdoor activities.

## GET ACTIVE!

Our community low level physical activity classes host a range of sessions for a range of people. We offer sessions for: Mums and mums to be, learning through play for children aged 4 and under, low level exercise sessions in the community plus activities for those with learning disabilities and autism. Join our Facebook groups: [Start Well](#) and [Live Well](#) for our latest information.



## HEALTH TRAINERS

We operate within the community to provide information, motivation and support, on a one to one basis, using health coaching to help individuals make healthy lifestyle changes. We encourage individuals to set their own goals and enable them to assess their lifestyle and discover which factors have an impact on their health.

## WEIGHT MANAGEMENT PROGRAMME

We have a selection of 12 week weight loss programmes that provide dietary advice, a variety of exercise sessions and support around changing behaviours to successfully meet your goals.

To complete our self-referral form, visit [refresh.com/weightloss](https://refresh.com/weightloss)



## 16 WEEK FALLS PREVENTION PROGRAMME

The refresh team are here to support you to improve your strength and balance through a 16 week programme and help you to keep your independence. We run strength and balance classes within the community as well as functional fitness MOT events throughout the year. Here we can assess your level of need and offer the relevant level of support.

For any further information on what we can offer for you,  
please contact The Wellbeing Service on:



01254 682037



[wellbeing@blackburn.gov.uk](mailto:wellbeing@blackburn.gov.uk)

Blackburn with Darwen  
**WELLBEING  
SERVICE**

## 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 Anthony Carr on 07855 143720

To apply online, scan the QR Code and complete the online form



re:fresh

**VOLUNTEERS**



LANCASHIRE  
VOLUNTEER  
PARTNERSHIP

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

