

re:fresh

VOLUNTEERS

VOLUNTEER LED WALKS PROGRESSION WALKS IN YOUR COMMUNITY



1 JULY - 30 SEPT
SUMMER 2018

Blackburn with Darwen
WELLBEING
SERVICE

MONDAY

PROGRESSION WALK

 10.30am - 12.30pm  4 to 4.5 miles  Location as given    

The walks may involve hills, rough grounds and stiles.

Key

 Time  Distance  Meeting point

 Grade/Pace:


 Easy   Moderate    Strenuous

Date	Venue	Meeting Point
2 July	Houghton Bottoms	Near Butler's Arms, Pleasington BB2 5JH
9 July	Around Wayoh	Barlow Institute, Edgworth BL7 0AP
16 July	Dean Clough	Memorial Park, Great Harwood BB6 7PU
23 July	Whitehall Wander	Whitehall Park Gates, Darwen BB3 2LN
30 July	Leeds to Liverpool Canal	Tower Road Car Park, Blackburn BB2 2TP
6 August	Entwistle Reservoir	Batridge Road Car Park (pay & display) BL7 0LZ
13 August	Rivington Pike	Lower Barn Car Park, Rivington BL6 7SB
20 August	Tockholes Trail	Vaughn's Cafe, Tockholes BB3 0PA
3 September	Sunnyhurst Woods	Salisbury Road, Darwen BB3 1HZ
10 September	Jumbles Circular	Ousel Nest Car Park, Bromley Cross BL7 9AN
17 September	Witton Woodlands	Butler's Arms, Pleasington BB2 5JH
24 September	Abbey Village	Hare & Hounds, Abbey Village PR6 8DP

**PLEASE CONTACT US ON 01254 682037
OR WELLBEING@BLACKBURN.GOV.UK**

TUESDAY

COMMUNITY WALK

 12 - 2pm
  4 to 4.5 miles
  Mill Hill Community Centre, New Chapel Street, Blackburn BB2 4DT
  

The walks takes in the local area and may involve hills, rough grounds and stiles. On occasions this group may car share to visit various locations to walk.

EVENING PROGRESSION WALK

 7 - 9pm
  5 to 6 miles
  Location as given
    

The walks may involve hills, rough grounds and stiles.

Date	Venue	Meeting Point
3 July	Sunnyhurst Woods	Salisbury Road, Darwen BB3 1HZ
10 July	Beardwood & Billinge	Park Lodge, Beardwood BB2 7FN
17 July	Roger Worthington's Grave	Barlow Institute, Edgworth BL7 0AP
24 July	Witton Wander	Tower Road Car Park, Blackburn BB2 2TP
31 July	Whalley Nab	Memorial Park, Great Harwood BB6 7PU
7 August	Edge of the Moors	Bold Venture Park, Darwen BB3 2SE
14 August	Turton Tower	Ousel Nest Car Park, Bromley Cross BL7 9AN
21 August	Abbey Village	Hare & Hounds, Abbey Village PR6 8DP
28 August	Entwistle Reservoir	Batridge Road Car Park (pay & display) BL7 0LZ

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WEDNESDAY

COMMUNITY WALK

 1 - 2pm  1.5 to 2 miles  Bangor Street Community Centre,
Norwich Street, Blackburn BB1 6NZ



This walk is LADIES ONLY.

THURSDAY

BLACKBURN WITH DARWEN CARERS SERVICE WALK

 10.30 - 12pm  3 to 4 miles  Blackburn with Darwen Carers Service,
Kingsway, Greenhurst Place, Blackburn
BB2 1NA



The walks may involve hills, rough grounds and stiles. If you would like any further information about this walk please contact the Carers Service on 01254 688440.

COMMUNITY WALK

 2 - 3pm  1 to 2 miles  Witton Park Arena, Witton Country
Park, Preston Old Road, Blackburn
BB2 2TP



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

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FRIDAY

PROGRESSION WALK



10.30am - 12pm



3 to 4 miles



Location as given



The walks may involve hills, rough grounds and stiles.

Date	Venue	Meeting Point
6 July	Witton Woods	Tower Road Car Park, Blackburn BB2 2TP
13 July	Sunnyhurst Woods	Salisbury Road, Darwen BB3 1HZ
20 July	White Coppice	Brinscall Swimming Pool, Lodge Bank PR6 8QU
27 July	Beardwood & Billinge	Larminier Village, Preston New Road, BB2 7AL
3 August	Roddlesworth Woods	Vaughn's Cafe, Tockholes BB3 0PA
10 August	Leeds to Liverpool Canal	Butler's Arms, Pleasington BB2 5JH
17 August	Wayoh Plus	Barlow Institute, Edgworth BL7 0AP
24 August	Three Villages	Hare & Hounds, Abbey Village PR6 8DP
31 August	To The Moors	Bold Venture Park Gates, Darwen BB3 2SE
7 September	Lock and Quay	The Clock Tower, Wheelton PR6 8EU
14 September	Bowley Plus	Memorial Park, Great Harwood BB6 7PU
21 September	Whitehall Moors	Whitehall Park Gates, Darwen BB3 2LN
28 September	Entwistle Reservoir	Batridge Road Car Park, Entwistle BL7 0LZ

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WE ARE LOOKING TO RECRUIT VOLUNTEER WALK LEADERS WHO ARE:

- 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.

Each volunteer 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 Helen Hindley on 01254 587661 or 07525 616613

or visit the re:refresh website and complete the enquiry form on the 'Volunteering with re:refresh' page.

www.refreshbwd.com/service/volunteering-with-refresh