

Refresh

Website

www.refreshbwd.com

[Vegetative man 'speaks' to carers](#) [Are women with a fear of childbirth being supported?](#) [Too little known' on early birth](#) [Blood test 'finds brain tumours'](#)



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Search Activities

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Welcome to re:refresh

Our new website is here to make it quick and easy to find out what leisure, health and wellbeing activities, events and services are available across the borough.

The website will also keep you up to date with the latest events and news stories on a variety of topics. To make life easier, why not [sign up](#) to our e-newsletter, simply select what areas you're interested in and we'll send you a summary of what's happening each month.

A wide range of activities and events taking place across the borough are listed on the website, whether they are hosted by the Council, partner organisations or independent sports clubs. [Click here](#) for details of what is available in your local area including what is absolutely FREE with your re:refresh card.

Don't forget - If you are a local organisation, club or group and you would like to promote any health and wellbeing activities or events on this site free of charge, please [contact us](#)

[More about re:refresh](#)

your health and wellbeing

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SEARCH ACTIVITIES

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Activities

Any category Any day

20/20/20

Activity held on Tue 6:30PM to 7:30PM; Tue 8:00PM to 9:00PM

Darwen Leisure Centre, The Green, Darwen

This class involves three sets of different aerobic workouts, each of 20 minute length.



Ab Attack

Activity held on Tue 12:00PM to 12:30PM

Waves Water Fun Centre, Nab Lane, Blackburn

A dedicated class to work the abdominal muscles, done in the style of circuit.

Ab Attack

Activity held on Tue 6:00PM to 6:30PM

Darwen Leisure Centre, The Green, Darwen

A dedicated class to work the abdominal muscles, done in the style of circuit.

Abs Blast

Activity held on Mon 8:00PM to 8:30PM

NEWS

Latest news

[News archive](#)

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Latest news



[NHS Health Check](#)

Health Check Clinics

19th November 2012



[Carers Notice Board](#)

November/ December 2012

15th November 2012

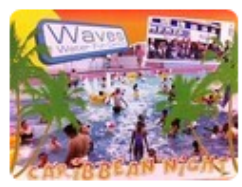


[Alcohol Awareness Week](#)

Runs from the 19th - 25th November, 2012 -

People love to talk about drinking – but are we having the right kind of conversation?

14th November 2012



[Waves Water Fun Centre Caribbean Night](#)

Come and join in the fun on Sunday 13th January, 2012, 6pm - 9pm

14th November 2012

your health and wellbeing

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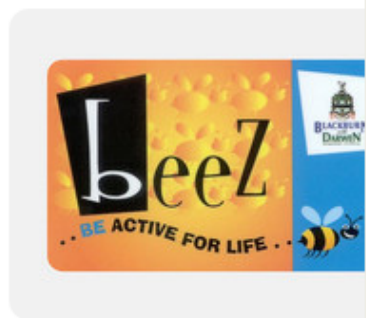
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re:refresh

The re:refresh initiative is the first of its kind in the country. It is a groundbreaking partnership between the Council and the NHS. It is an innovative plan to improve the health and wellbeing of residents by increasing levels of participation delivered through two key strands - free leisure and engaging/enabling.

Free leisure

re:refresh offers access to a programme of free leisure across the Council's leisure facilities, parks and community venues. Admission is by means of the borough's beeZ leisure card which is available free to anyone over 16 years who lives, is in full time education, is registered with a GP or works in Blackburn with Darwen. The programme of free leisure complements the Council's existing commitment to free junior activities during the holidays. [Click here](#) for details of the re:refresh sessions available in your local leisure centre.



re:refresh free leisure was implemented using a three phased approach: phase one for the over 50's, family weekend activities and weekend junior swimming was launched with special guests Olympic Gold medalist Daley Thompson and Marathon Runner Ron Hill on July 1 2008.

The remaining two phases were launched on September 1 2008 for 16-24 years and April 1 2009 for 25-49 years, making re:refresh available for all adults over 16 years.

Engaging and enabling

re:refresh goes beyond just free leisure and incorporates community engagement models for sustainable change. The engaging and enabling strand uses, strengthens and expands an existing volunteer network including the Healthy Communities Partnership (HCP) and the borough's Health Trainer programme. These evidence based community projects work across the borough's neighbourhood areas to help increase participation in physical activity and offer personal support and information to help individuals make healthier lifestyle changes.

Sign-in Register

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Page updated 22nd Oct 2012

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LEISURE CENTRES

- [Audley Sports Centre](#)
- [Daisyfield Pools](#)
- [Darwen Leisure Centre](#)
- [Shadsworth Leisure Centre](#)
- [Pleckgate High School](#)
- [Waves Water Fun Centre](#)

Leisure centres

To access information on leisure centres within Blackburn with Darwen Borough - please click on any of the links on the left hand side.

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Other Services and Information

SEARCH FOR OTHER SERVICES AND INFORMATION

Please enter a keyword or choose an option from the other services and information list below.

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Active Living

Active Living: Cardiac Health and Well-being "Active Living" is a health and well-being programme for those who have been referred to a medical professional following a 'cardiac event'. The project also offers personal educational sessions that can improve your knowledge about what causes heart...

beeZ Card