



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Autumn 2023

All the latest updates from the Active Communities and Health Team

FNP Returns

Our Tuesday evening youth project at Green Bank Leisure Centre for 11–16-year-olds will return during October Half Term with a special Halloween session on Tuesday 31st October (fancy dress is optional!).

The first session back will be FREE for those who want to come along and see what the project is all about. Activities on offer will include:

- Laser Combat
- Football
- Dodgeball
- Halloween Crafts
- Board Games
- Table Tennis

Or just come in out of the cold, get comfy on our bean bag chairs and put some music on.

No booking is required, just turn up on the night!

FNP

RESTARTING ON TUESDAY
31ST OCTOBER

TUESDAYS, 7-9PM

GREEN BANK LEISURE CENTRE, SWADLINCOTE

AGES 11-16

TERM TIME ONLY, NO NEED TO BOOK
50P ENTRY, FIRST SESSION FREE

HALLOWEEN LASER TAG AND OTHER
ACTIVITIES

SAFE SPACE
BOARD GAMES
MUSIC
MUCH MORE...

CHILL-OUT AREA
DODGEBALL
FOOTBALL

FOR FURTHER INFORMATION CONTACT:
ACTIVE.SD@southderbyshire.gov.uk
OR 01283 595873

ACTIVE
NATION

A Blockbuster Summer of Delivery

We would like to take the opportunity to thank every family and young person who came out to see us during the summer holidays and attended one (or many) of our summer playscheme sessions.

Over the five-week programme our incredible team of 'Staff' delivered over 90 sessions, no matter the weather. With **5,606 participations** across these sessions!

The Play, Sports and Adventure Mobiles again proved to be a massive hit across the whole of the district, giving young people and families the opportunity to visit their local parks and access our bouncy castle, laser guns and much more for FREE!



We would like to express our gratitude to the Parish Councils who continue to support the scheme and fund the sessions in their area, as well as the Safer South Derbyshire Partnership who fund sessions in and around Swadlincote.

Throughout the summer, Thursday evenings were reserved for our new **Project Park** sessions. These were reserved for 11–18-year-olds, and offered activities such as dodgeball, urban laser combat, archery tag and football. All 5 sessions were well attended and will be something that we look to build on moving forward.

As part of our summer activities, this year again saw the return of our **Skateboard Coaching** sessions in partnership with Team Rubicon. Sessions took place at all four skateparks across the district and it was great to see so many young people accessing these facilities and learning new skills.



Living Well Derbyshire

Living Well is a mental health approach and is due to launch in South Derbyshire soon. Further information on this can be seen in the video below:



To support the service there will be a Living Well Collaborative bringing together mental health professionals, the voluntary and community sector, local government and those with lived experience of mental health. If you'd like to be involved in the collaborative the next two meetings are:

22nd November 10am -12pm - Swadlincote Town Centre

20th December 10am -12pm - Swadlincote Town Centre

For more information on the collaboratives, and to book to attend the collaborative, please speak to Liam Statham liam@erewashcvs.org.uk.

Mind Derbyshire - Out of Hours support

Due to launch in early December, there will be an Out of Hours Mental Health Drop-in Centre support from Mind in Swadlincote. Running on:

Friday evening (between 6 -11pm)

Saturday evening (between 6 -11pm)

Sunday lunchtime (between 2:30 – 5:30pm)

The service will support those that need help the most from needing, to present, to A&E or other crisis support services. There will be a mixed team of professionals and friendly faces to help people in their hours of need, without the need for an appointment. Keep an eye out for the launch date and location in the coming weeks ([Crisis Cafes Press Release. May 2023 - Derbyshire Mind](#)).



Connect South Derbyshire

Connect South Derbyshire, delivered by South Derbyshire CVS is continuing for another year. This is a social connectedness project, supporting local groups to bring people together to combat loneliness and isolation. Funded by Public Health, there have been many community projects supported from a Dementia Café established in Repton, to a Warm Boat Space at Mercia Marina, a Community Café in Hilton and much more. To find out more - [Connecting People | South Derbyshire CVS \(sdcv.org.uk\)](https://www.connectingpeople.org.uk/).

Live Life Better Derbyshire

There is a whole host of physical and mental health support on offer through Live Life Better Derbyshire. They have launched two new programmes recently:

Healthier Futures, just launched and is Live Life Better Derbyshire's new healthy families programme, which aims to get the whole family active and healthy. This free programme includes face to face and online courses aimed at parents and carers of children aged 0 to 12 years old.

Physical Activity for your Emotional Wellbeing is also a new programme supporting those with poor mental health to be and stay active.



From **Live Life BETTER DERBYSHIRE**

Ready for a Healthier Future?

If so then find out more about Healthier Futures. It's a free family service for Derbyshire parents and carers who have children aged 0 to 12 years old

healthier futures
FREE Family Services for Healthier Living

To find out more: call 0800 085 2299 (option 2) or visit [livelifebetterderbyshire.org.uk/healthierfutures](https://www.livelifebetterderbyshire.org.uk/healthierfutures)

DERBYSHIRE
County Council

henry
Healthy Lives. Happier Futures

To get involved you can complete their online health MOT to see if you are eligible for support. [Physical activity and your emotional wellbeing - Live Life Better Derbyshire](https://www.livelifebetterderbyshire.org.uk/healthierfutures)

To see the breadth of their support check out all their services here [Services - Live Life Better Derbyshire](https://www.livelifebetterderbyshire.org.uk/).

Visit Cadley and Coronation Parks This October Half Term...



FREE Balance Bike, Ready Steady Pedallers and BMX Skills Sessions With Tuff Riders BMX School Tuesday 31st October

Cadley Park, William Nadin Way, Swadlincote DE11 0BB

- ◆ 10am - 10:45am - Balance Bike Session for ages 2 - 5yrs (This session is on the new learn to ride area.)
(Max 16 Riders) Balance bikes available if required / safety wear provided.
- ◆ 11am - 12pm - Ready, Steady, Pedal for ages 3+ (This session is on the new learn to ride area.)
For riders just starting to pedal independently. Riders need to bring their own bikes, but safety wear provided.
- ◆ 12:30pm - 1:30pm - BMX Skills Session for ages 7+ (This session is on the new pump track.)
Learn how to corner, race, pump, jump, manual and wheelie. Bikes and safety equipment will be provided.
- ◆ 2pm - 3pm - BMX Skills Session for ages 7+ (This session is on the new pump track.)
Learn how to corner, race, pump, jump, manual and wheelie. Bikes and safety equipment will be provided.

BMX Skill Sessions are for those who can confidently ride a bike and can pedal whilst stood up ...
... Bum off seat / feet level pedal.







Ticket Event Only - Tickets Available on Eventbrite
(Search 'Tuff Riders BMX and Balance Bike School')

**TUFF Riders**

**TuffRidersBMX**

(Scan QR Code)



Harworth

CORONATION PARK HALLOWEEN HALF TERM ACTIVITIES

TUESDAY 31ST OCTOBER

Coronation Park, William Nadin Way Swadlincote,
DE11 0BB

Pond Dipping Sessions
10:00 - 12:30pm and 13:00 - 15:30pm

Halloween Explorer Trail
11:00- 2:00pm

No booking required

KEY PARTNER OF





Adult Activity Brochure

If you haven't heard of it before, the Adult Activity Brochure is a directory of local physical activity sessions for adults in South Derbyshire. Detailing a wide variety of activities, including; Walks, T'ai Chi, Zumba, Badminton, Croquet and many more. Getting active is one of the best ways that you can improve your overall health and wellbeing. Whatever your starting point or current activity levels, the Adult Activity Brochure has just something for everyone.

The next edition of the Adult Activity Brochure will be available at the end of December. If you have a session that you would like to include in it, please contact Olivia.Egan-Gara@southderbyshire.gov.uk as soon as possible.



Swadlincote Beat the Street

On Sunday 2nd July we held a Fun Run at Maurice Lea Park, organized in partnership with Swad Joggers as part of the Beat the Street Legacy. The event saw 137 participants complete a 2km route around the park, many of which had never taken part in a Fun Run before.

Walk Leader Training

We are always on the lookout for new volunteer walk leaders to help support our regular walks. If you are interested in leading one of the established walks, or in setting up your own in the area, we'd love to hear from you.

The next Walk Leader Training course (free of charge) will be taking place on Monday 13th November, from 9:30am until 2:30pm at Rosliston Forestry Centre.

For more information, email:
tor.adams@southderbyshire.gov.uk

Get Active in the Forest

Volunteer Walk Leaders Needed

Would you like to help lead walks in South Derbyshire? We are looking for people to help deliver our weekly Walk Derbyshire walks, ranging from 1 to 5 miles long, helping people to become more active and achieve a healthier lifestyle.



The next Walk Leader training will take place on Monday 13th November 2023 9:30am-2:30pm at Rosliston Forestry Centre The course is free to attend **Booking essential**



For more information, please email tor.adams@southderbyshire.gov.uk or call 07977 439309





Out and Active in the Summer!

It has been a very busy Summer for Get Active in the Forest. As well as continuing to deliver the regular weekly Walks and Activities, we have seen the return of our Summer Holiday Club, Out and Active, at Rosliston Forestry Centre.

Out and Active was an It's About Me project, funded by the Department for Education, designed for children who are eligible for benefits related free school meals. Each day, the children took part in a range of activities at the Forestry Centre, including; Orienteering, Shelter Building, Crafts, Games, Nature Walks and many more, as well as being provided lunch free of charge.

Plans are already underway for Out and Active to return from 2nd to 5th January 2024, keep an eye on the Active South Derbyshire Facebook page for booking details to be released!



Themed Walks

The summer themed walks that took place were a Butterfly walk, on 23rd August and had 24 participants, and the Bird Walk on 17th September, with 14 participants. Both will be scheduled to take place again next summer.

If you would like to take part in the Bird Walk, the group meet every third Sunday of the month from 9am until 11am at Rosliston Forestry Centre. This walk is perfect for people interested in birds and wildlife photography.

For more information email, birdingfor@gmail.com.



“Making a difference to young people through Physical Education, School Sport & Physical Activity”

 [SouthDerbysASP](https://www.facebook.com/SouthDerbysASP)

 [@SouthDerbysASP](https://twitter.com/SouthDerbysASP)

All the latest from the Active Schools Partnership as we head into the Summer Term!

A very busy summer and strong start to the new academic year...

The SD Active Schools Partnership had a very successful summer. For 16 days we hosted a holiday provision at St Edwards Catholic Academy, delivering over 1500 places. Each child received numerous options for activities and were provided with a free meal and snacks throughout the day.

The Partnership were also successful in the recruitment of 3 new staff members who will be delivering on various programmes within PE and School Sport across the academic year. These roles are a very exciting opportunity for the Partnership moving forward, allowing for more schools to access the Partnership's programme and delivery offer.

Finally, the Partnership has started off the academic year very strong with 4 new schools joining the programme and all schools from the previous academic year continuing their provision.

The South Derbyshire Active Schools Partnership is very excited to see where the 2023/24 academic year will take us.



Competitions and Festivals Calendar

2023/2024 academic year has had a flying start to its Competitions and Events. Nine events have so far been delivered, with a total of 521 (330 Boys, 191 Girls) participants engaged.

18 Schools have thus far engaged, which is a 50% engagement, with approximately a further 15% of Schools booked on to an event before Christmas.

We have six more events taking place before the Christmas break, including Dodgeball, Goalball, & Mini Basketball. Some of which are already fully booked!

We also continue to have full engagement from all four of our secondary schools, with full uptake on our affiliation offer and a huge push this year on leadership and youth voice.



Girls Participation in Football

The FA Girls Initiative, which we have been involved with, is now in its final year of funding. So, we are having a heavy push on equal access and have devised some new plans to obtain equal access data and streamline the process for schools.

We have got several girls events running throughout the year, with a large multi-district event taking place on the 7th March. This is being held at a prestigious venue to get as many girls playing football on one day as possible.

Watch this space for further details on this!



GIRLS' FOOTBALL
SCHOOL PARTNERSHIPS
 Supported by **BARCLAYS**