



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Autumn 2020

With the challenging times currently facing everyone due to COVID-19 and a second lockdown, here is an update on the support and advice currently available and what members of our team have been working on.

Lets talk about Newhall...

There has been a lot of great things happening in communities to support each other this year - and we'd love to hear about what's been happening in Newhall or perhaps you have a great idea you'd like to share?

If so, join us for a virtual chat on Friday 13th November at 9.30am - Please share this with anyone else who might like to be there too!

For more information contact Jade Gresham on jade.gresham@activepartnerstrust.org.uk or call 01283 228752.

Let's talk out about Newhall...

We want to safely support people to come together and talk about positive things we can do in the area...



**Friday 13th November
9.30am - 10.30am**

Why join us

- ✓ Share your Ideas
- ✓ Join the community
- ✓ Listen to others
- ✓ Develop community action

If you'd like to join the virtual conversation please email: jade.gresham@activepartnerstrust.org.uk



Health and Wellbeing offer to Local businesses

Alongside staff from the Council's Economic Development team, we will be promoting the services of Live Life Better Derbyshire to local businesses. The aim is to improve the overall health and wellbeing of all of those who engage with one of Live Life Better Derbyshire's programmes, such as weight management and getting active.

Both of these factors have been shown to directly impact on an individual's chance of experiencing severe symptoms of COVID-19 and will thereby reduce demand on health services in our District.

FREE Help to Live Life Better

Whether you want to feel fitter, lose weight or quit smoking, Live Life Better Derbyshire are here to help. Whatever your goal, you'll be amazed how a little extra support and advice can make a big difference.

Derbyshire stop smoking service has helped hundreds of people to quit since the start of the year. If you feel that you're ready to quit and struggled on your own this Stoptober, the Live Life Better service offers FREE, 12-week stop smoking support including online and phone support, free nicotine replacement therapy and access to prescription medications.

For more information on this service and many others, visit www.livelifebetterderbyshire.org.uk or call 0800 085 2299 to start your journey to a healthier you.

**Live Life
BETTER
DERBYSHIRE**



Video Content

Those outside of South Derbyshire District Council may be unaware that throughout lockdown Shaun Woodcock and Lee English have been creating videos with multiple guests, to keep the Council's workforce connected and to promote essential services such as our Mental Health First Aiders.

It is hoped that future videos will be made available outside of the Council and discuss subjects impacted by COVID-19, including financial wellbeing, stress management and working from home. Should you wish to promote a service or have something to contribute and would like to take part in a future video, please contact Shaun Woodcock at Shaun.Woodcock@southderbyshire.gov.uk



Supporting Mental Health

A Mental Health partnership group has now been established. The group will include partners from cross South Derbyshire and initially aim to raise awareness and promote the current services and sources of support available, with scope for additional work down the line.

The group will form part of the already established Health and Wellbeing group and look to contribute in a practical way towards what is becoming an ever-increasing problem.



Get Active in the Forest Update

Prior to the second lockdown, Get Active had successfully restarted some Health Walks and had 7 weekly walks taking place, with great feedback from our walkers about these being available again.

Initially when these walks are able to restart again, they will only be advertised to walkers who have attended before, in order to enable us to keep control of the group sizes. We are hopeful at some point in the new year, we may be able to open up this offer to all members of the public again. Each of our walk leaders have been given training on how to implement our COVID-19 safety measures, and all walks will be led in a socially distanced way, on a limited number of routes that allow for this.

Walks will only restart where volunteer walk leaders have told us that they feel comfortable to begin leading again. For the rest of our volunteers, we are continuing to offer ongoing support to them and encouraging them to stay active in ways that they feel comfortable to do so.

Lockdown Routes

Whilst these Health Walks are unable to run during the second lockdown period, for routes of great walks within the National Forest that you can do with members of your household or one person from another household, go to www.nationalforest.org





National Forest Walking Festival 2021

The deadline for the submission of walks and activity details was 1st October. Sadly, some groups have already had to withdraw their offers due to uncertainty within their organisations regarding their activity programmes over the coming months. However, we still have lots of interesting walks and activities that will be going into the Walking Festival for 2021.

If you would like to submit a walk or outdoor activity but haven't yet done so, please contact tor.adams@southderbyshire.gov.uk as soon as possible.



Lunchtime Walks for those Working from Home

Prior to the recent lockdown, we had started a 30-minute lunchtime walk in Etwell, for all those who are working from home, or were just at home more as a result of COVID-19. This has been a great way to encourage people to take a break, get some fresh air and be active during what can be a lonely and stressful time.

We would like to set up more of these lunchtime walks, when allowed, in other areas, so if you are interested in becoming a walk leader for a walk in your area, please contact tor.adams@southderbyshire.gov.uk



ACTIVE SCHOOLS PARTNERSHIP A PE & SCHOOL SPORT UPDATE

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

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The Active Schools Partnership spent the summer holidays planning and preparing for the return of schools in September and delivering activities in schools to support key worker children, adapting to what many have described as ‘the new normal’. Insight and research conducted by the Youth Sport Trust has identified that children have returned to school with significantly diminished levels of physical activity. Moreover, research by Sport England has found that over one-third of children (36%) say they've had less chance to be active as they are not at school. More than ever, we continue to advocate and push the crucial role PE, sport and physical activity can play at school, stressing the key benefits it has on physical, mental and social well-being.

FA Girls' Football Schools Partnership

Following a comprehensive application process back in May, we are proud to announce that the Active Schools Partnership has been accepted into the national FA Girls Football Schools Partnership programme. The programme, which is now into its third year, aims to bridge the gender gap and give girls the same level of opportunity to participate in Football both in and out of School whilst also holistically developing the whole student. We're looking forward to working with schools and developing both new and existing girls football opportunities within the district!



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



www.southderbyshire.gov.uk
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01283 595701





PE & School Sport Programme

The Active Schools Partnership team have been working very hard over the last 7 weeks to get children in schools active again, in a safe environment. Behind the scenes the team have been working to make sure that all lessons that are delivered are COVID safe and that we are reducing the risk of passing any virus or infection on as much as possible. During the first term, the team have delivered in over 10 schools with a total of 52 hours of PE and furthermore another 50 hours of Extra-curricular sessions, totalling just over 100 hours of activity a week.

During these sessions, the team have delivered various sporting activities from dodgeball, football, multi sports and more. All our sessions have been COVID safe and have been positively received by students and school staff.

Firstly, the team would like to thank all schools and staff for their support throughout the first term as it has been a pleasure to finally be back and delivering these much-needed lessons and activities, but secondly a massive thank you to all those children who have participated in these lessons with a huge smile on their faces and shown great effort and enthusiasm.



School Games & Competitions

Traditionally, the first term of the school year sees our most popular football tournaments run across multiple venues, which always produces a well attended and highly competitive set of competitions. The current climate means we are unable to run our traditional 'physical' events, meaning we will be continuing a virtual offer to our schools.

Across November & December, schools will be able to take part in 4 different competitions, done in their own time and depending on the age category, can engage as few or as many young people as practical through the inclusive and simple format of the competitions. Schools will then submit their scores and will be able to compete against other schools who submit their scores too!

Initially, schools will be able to compete in Archery, Fencing, Dodgeball and Athletics competitions and, should the current climate not improve, we look forward to developing a further set of virtual competitions for after Christmas! We still aim to host some form of 'COVID-safe' competitions and festivals later in the year, where we hope the summer term and the kinder weather it brings will allow us to do so.



CPD & Workshops to continue as normal

We continue to ensure schools are well informed and up to date with the latest development in PE, the PE & School Sport Premium (PESSP), as well as supporting teaching staff with their CPD requirements. We will be holding three virtual workshops throughout the latter stages of the Autumn term, delivered in conjunction with the PE Service at Derbyshire County Council.



Autumn Term Virtual Workshops:

- *PE Subject Leaders Covid-19 Update*
- *Active Classrooms Workshop*
- *A Guide to the PE and School Sports Premium for School Governors*

Primary PE & School Sport Premium

In July 2020, the Department for Education (DfE) confirmed that the Primary PE and Sport Premium funding will continue at £320 million for the 2020/21 academic year. Importantly, the DfE has also sanctioned any Primary PE and Sport Premium funding from the last academic year (2019-20), that schools that were unable to use as a result of the coronavirus pandemic, can be carried forward to utilise in this academic year. During this time schools are being advised that they should continue to use the funding to make additional and sustainable improvements to the quality of their physical education (PE), physical activity and sport.