



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Winter 2020/21

With us all in a third lockdown, here is an update on the support and advice currently available and what members of our team have been working on.

Well for Winter

Our team has been engaging with Shift's Get Well for Winter initiative which is guided by the 5 Ways to Wellbeing – with the addition of 'Get Organised'. This is all about creating a plan personal to you because 'being well for winter' means different things to different people.

Writing goals down and sharing with others means they're more likely to happen. This is something we have incorporated into our team meeting recently. Great conversations, advice and recommendations stemmed from this on topics such as how we are all keeping active, useful apps, keeping connected with family, recipes, and book and podcast recommendations.

Be Active Go for a family walk or ride. Exercise is good for your physical and mental health and boosts your immune system.

Connect ... with the people around you. Looking after others as well as ourselves and ask for help where needed.

Learn Try something new. Learn to play an instrument, cook something you've not tried before. Learning new things can make you more confident and shine a light on skills you didn't know you had!

Give Be Kind! Do something nice for a friend or a neighbour. Thank someone. Smile. Volunteer your time. Think about how you could support someone close to you or your community.

Get organised ... with your health, finance & life admin. Think about what's important to you, prioritise, set goals and plan ahead. Pay a bill, start a savings account or update your CV. It's time to tackle the to do list you've been putting off.

Take Notice Be aware of the amazing things around you that you might normally pass by. Why not watch a sunset and enjoy the nature around you.

Well for Winter Preparing physically and mentally for the challenges winter can bring.

#WellForWinter

For further information and to start your personal plan, visit: https://shift-together.co.uk/well_for_winter/.

We hope that others will find this as useful as we did!



COVID-19 Emergency Fund

The COVID-19 Emergency Fund aims to support voluntary and community sector organisations with funding to allow them to continue to play a key role in the local response to COVID-19.

- Formally constituted organisations can apply for a maximum of £2,000.
- Non-constituted organisations can apply for a maximum of £250.

To see if you are eligible for funding and to download an application form please visit: <https://www.derbyshire.gov.uk/community/lottery-funding/covid-19-emergency-fund/covid-19-emergency-fund.aspx>

Welcome to our Newest Team Member

Mark Wozniak joined the Active Communities and Health team at the start of the new year, in the new position of Stay Active and Independent for Longer (S.A.I.L) Co-Ordinator.

Mark's previous employment was with Sheffield and Hallamshire County Football Association, where he worked as a Football Development Officer and more recently as the Facility and Investment Manager.

In his new role as S.A.I.L Co-Ordinator, Mark's role will be to implement a scheme of physical activities for residents at risk of isolation and to promote independent living. Staying Active and Independent for Longer (S.A.I.L) is an exciting new project, which aims to address key issues that an ageing population is facing within South Derbyshire. People are choosing to remain living independently in their own homes for longer, however due to falls and multiple long-term health conditions, admissions to hospital and ongoing care costs are increasing.

Mark is a big football fan and keen car enthusiast and the rest of the team look forward to continuing to get to know Mark virtually and linking in with the S.A.I.L project where appropriate.

For further information on Mark's new role, please contact him:

Mark.Wozniak@southderbyshire.gov.uk

07966 490813



Loneliness and Isolation

Do you have relatives or neighbours that live alone? Could they be experiencing isolation or loneliness?

Older people are especially at risk of becoming socially isolated or lonely and it can have a serious effect on health. According to Age UK, more than 2 million people in England over the age of 75 live alone, and more than a million older people say they go for over a month without speaking to a friend, neighbour or family member.

Someone who's lonely probably also finds it hard to reach out. There's a stigma surrounding loneliness, and older people tend not to ask for help for a variety of reasons including shyness and pride.

It's important to remember loneliness can – and does – affect anyone, of any age.

There are ways to overcome loneliness even if you live alone and find it hard to get out. Why not have a chat with our new Stay Active and Independent for Longer (S.A.I.L) Team over the telephone or send us an email.

Mark.Wozniak@southderbyshire.gov.uk

07966 490813



Big Pedal 2021

Registration for the Sustrans annual Big Pedal event is now open! This year's scheme will encourage pupils to see their local area from a new perspective whilst supporting them to learn about the benefits of active travel.

For further information please visit:

<https://www.sustrans.org.uk/our-blog/projects/uk-wide/schools/sustrans-big-pedal/>



South Derbyshire Mental Health Partnership

The South Derbyshire Mental Health Partnership has been established as a result of mental health becoming a real challenge for an ever-increasing number of people since the COVID-19 outbreak. The partnership aims to improve the overall service provided to the communities of South Derbyshire and comprises of individuals from a wide range of partner organisations including local schools, Social Care, Public Health, and charities.

Initial priorities for the partnership are around raising awareness of available support so that there is a greater understanding of what is in existence and where/how it can be accessed. This includes raising awareness amongst primary care of the support that is available from the community and voluntary sector.

An action plan is currently being developed. If you have any thoughts or views on this please contact Shaun Woodcock at Shaun.Woodcock@southderbyshire.gov.uk or Samantha Elks at Samantha.Elks@Derbyshire.gov.uk

Green Social Prescribing Success for Derbyshire

Hannah Peate from Active South Derbyshire says: "We are extremely proud to have played an integral part in the Leadership Group who put the bid together for the Government's 'Green' Social Prescribing National Pilot opportunity. Derbyshire is now one of seven pilots which will test, learn and demonstrate the power of 'Green' Social Prescription".

Derbyshire has secured a £500,000 Government funding boost to provide 'green' social prescribing, an initiative aimed at improving people's mental health.

'Green' social prescribing is the practice of supporting patients to engage in nature-based activities. This can include activities such as walking, cycling, forest bathing, community gardening and food-growing projects, as well as practical conservation tasks such as tree planting. An example includes prescribing appropriate physical activity in the great outdoors to people living with long-term conditions to manage their conditions and improve their mental wellbeing.

The work is backed by a partnership involving Joined Up Care Derbyshire, Derbyshire Healthcare NHS Foundation Trust, Derbyshire Community Health Services NHS Foundation Trust, Active Derbyshire, Derbyshire Wildlife Trust, South Derbyshire District Council, the National Forest Company, Grow Outside CIC, Derbyshire County Council Public Health and the voluntary sector. Further partners and organisations will be encouraged to be part of the programme as the process evolves.

The programme is overseen by the Department for Environment, Food and Rural Affairs, Department of Health and Social Care, Natural England and several other stakeholders.

For further information on this pilot, please visit:

<https://joinedupcarederbyshire.co.uk/news/news/green-social-prescribing-funding-boost-derbyshire-mental-health>



Get Active in the Forest Update

The start to the New Year sees us sadly having to postpone our walks and activities once again while we sit through another national lockdown. However, there is a lot of work to do behind the scenes as we look forward to restarting them once this period is over.

We continue to connect with our volunteers, many of whom are out and about risk assessing old routes and looking for new ones prior to restarting their walks. We are currently looking at the safest ways we can restart the activities that have been on hold since March last year, such as the Nordic Walking, Cycling and Tai Chi. We can't wait to get back out in our local communities to restart our programme of opportunities.

We are also working to support the development of the Council's universal booking system which will enable people to book these activities online prior to attending the session. This will enable us to have a cashless system, and will also help us to know in advance how many people to expect at each session, ensuring we can adhere to the government guidelines on number of participants per activity.

National Forest Walking Festival

January and February would usually see us working hard on plans to finalise the brochure for the Walking festival in May, which would normally go to print at the end of February. However, this year, we have made the difficult decision to move the walking festival to a virtual offer instead.

With the situation surrounding the pandemic being too difficult to predict with any real certainty, and to know what things will look like in May, we will unfortunately be unable to deliver the walking festival in its usual format. Instead, we will be focusing on sharing our knowledge of local walks and outdoor activities that people can get involved in individually, at a time that suits them.

We are keen to get people walking more in May (National Walking Month) but want to ensure that this is done entirely safely. We will therefore be producing a brochure focusing on self-led opportunities within the National Forest that people can enjoy with their own household. We will also continue to promote self-led opportunities for walking and outdoor pursuits over the coming months. All these events will be listed on the National Forest Walking Festival webpage:

<https://www.nationalforest.org/visit/national-forest-walking-festival>



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

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

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



The Active Schools Partnership took a few weeks to adapt to schools returning under new, safer measures at the start of the academic year. We continue to support schools in advocating the importance of physical activity for children, as well as looking for innovative ways to ensure schools, and their pupils, are provided with an array of opportunities to keep healthy and active. Since September we successfully ran our first ever programme of virtual competitions, deployed coaches and PE practitioners into schools to support their PE and extra curricular offer and delivered our Bikeability Balance programme into some of our affiliate schools!

Award Recognition for #StayHomeStayActive Resources

The #StayHomeStayActive resources given to schools on a weekly basis between April and July was recognised at the annual School Games Summit in November. The resources, created between Derbyshire and Nottinghamshire School Games Organisers (SGOs) won the collaboration award at the summit, spearheaded by the Youth Sport Trust, recognising the power partnership working can have in ensuring children remained active whilst learning at home. The resources, developed between SGOs and sport national governing bodies featured a range of sporting activities themed around physical challenges and cultural competitions.





New Year, New Challenge!

Always looking for ways to ensure children and young people stay active, we thought we'd embrace the Olympic and Paralympic Games in Tokyo this year (2021) by introducing a distance challenge for schools.

Starting Monday 18th January and running for 10 weeks, pupils will need to walk, run, scoot or cycle and accumulate a weekly distance to contribute to their schools running total.

With a large proportion of children home learning again, this challenge aims to encourage children to remain active, by walking the dog or cycling to the shop, whereas those still in school can cover a distance as simply as walking to and from school! Pupils will then keep track of their distance on their own tracker (right) and submit their total weekly distance to help their school lead the race from South Derbyshire to Tokyo, a distance just shy of 9,500 kilometres. Small schools will find an equal platform to compete against medium and larger schools. Infant schools are also incentivised with a fair competition algorithm.

SOUTH DERBYSHIRE TO TOKYO

→

Name: _____

School Year: _____

School: _____

In the 'km' box, enter your distance in Kilometres. In the 'A' box, this stands for Activity - enter the activity you did, whether that be walking, running, cycling, or scooting! At the end of each week, total up your weekly distance and submit to your school!

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
	18/01/21 - 23/01/21	25/01/21 - 28/01/21	1/02/21 - 5/02/21	8/02/21 - 12/02/21	22/02/21 - 26/02/21	1/03/21 - 5/03/21	8/03/21 - 12/03/21	15/03/21 - 19/03/21	22/03/21 - 26/03/21	29/03/21 - 2/04/21
Monday	km	km	km	km	km	km	km	km	km	km
Tuesday	A	A	A	A	A	A	A	A	A	A
Wednesday	A	A	A	A	A	A	A	A	A	A
Thursday	A	A	A	A	A	A	A	A	A	A
Friday	A	A	A	A	A	A	A	A	A	A
WEEK TOTAL:	km	km	km	km	km	km	km	km	km	km



Autumn Term Virtual Competition Round-up

Throughout the Autumn term, the ASP ran 4 competitions for our Primary, Junior and Infant schools; Dodgeball, Athletics, Fencing and Archery. The competitions brought inclusivity, fun and leadership roles, along with a degree of flexibility for schools to engage target groups who wouldn't normally participate in a traditional, face to face competition. With 7 weeks to complete competitions schools also had significant flexibility to plan and prepare, engage and submit their results.



Fairmeadows taking part in the Archery



Just shy of 1,200 participations were recorded, with a staggering 191 teams entered across the 4 competitions, showing multiple team entries gave an opportunity to a range of children of different abilities, motivations, and ages.

Athletics and Dodgeball are very popular face-to-face competitions but Archery and Fencing proved popular in our virtual programme and provided something new for many schools. The ASP invested in several Archery kits to loan out, ensuring there was the opportunity for schools to join in, even if they didn't have their own Archery sets. Many schools, hooked on the sport, invested in their own Archery sets after!