



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Spring 2021

The latest updates from the team now that there is light at the end of the tunnel with a number of outdoor activities able to restart and gyms reopening. See what we have been getting up to and have planned below!

Summer Playscheme 2021 Cancelled

South Derbyshire's Summer Playscheme has been cancelled for 2021 amidst continuing uncertainty over whether such large-scale events will be permitted. The scheme traditionally takes place in July and August and in the past has offered over 100 sessions across the District.

South Derbyshire District Council's Head of Cultural and Community Services, Mary Bagley, said: "It is a real shame that we have had to take the decision not to go ahead with this year's Summer Playscheme.

"We know it is very popular with children from across South Derbyshire and we looked at all the options before very reluctantly reaching the conclusion that, due to ensuring that the schemes could be run in a covid safe way, we needed to make an early decision and cancel."

The South Derbyshire Summer Playschemes have been running for well over a decade and are a very popular service, with over 6,000 young people attending sessions each year. They are delivered with funding from parish councils and the South Derbyshire Community Safety Partnership.

Active South Derbyshire hopes to reschedule a number of the cancelled sessions, once it is safe to do so, on evenings, at weekends and during half-term and utilise the run up to Summer to plan alternative delivery for the summer holidays, in partnership with the District's schools.

To keep up to date with our service and any future sessions, check the Active South Derbyshire Facebook page: @ActiveSouthDerbyshire.



Active Recovery Hub Launched

The free, online resource is aimed at schools and families.

The **Active Recovery Hub**, which has been funded by the National Lottery, provides schools, local authorities, and families with easy access to free resources that'll help more children reach the Chief Medical Officer's target of taking part in 60 minutes of physical activity a day.

The new hub sits on the School Games website and provides the ideal platform to help get young people more active. Schools and other users can search for activities by age and the time of day they want to get active.

More than 18,800 schools already take part in the School Games, while 38 sports organisations have provided content for the new hub that includes a diverse range of inclusive activities.

We Are Undefeatable

One in four people in England live with a long-term health condition, and those in this group are twice as likely to be inactive, despite evidence that being active can help manage many conditions and reduce the impact and severity of some symptoms.

We Are Undefeatable has been launched to inspire, reassure and support people to be active by showing people living with a variety of conditions – both visible and invisible – on their own journeys to being active.

One day, a short walk might be all that's manageable. For others it might be swimming or getting active at home. It all helps.

For further information and support visit <https://weareundefeatable.co.uk/>





Active at Over 50

Staying Active and Independent for Longer (S.A.I.L) is a new and exciting project, which aims to address key issues that an ageing population is facing within South Derbyshire.

The SAIL project continues to work with individual residents across South Derbyshire and, as from the 29th March, organised outdoor sport and physical activity has resumed. If you are interested in Golf, Walking, Football, Jogging, Tennis and many other outdoors sports and activities please get in contact with Mark Wozniak the SAIL Coordinator.

Indoor leisure facilities such as gyms have now reopened and, as from May 17th, organised indoor sports for adults could also resume, meaning Chair Based exercise, Ta-chi, Badminton and Table Tennis sessions can return with people from different households.

For more information about sport and activities for over 50s please contact the Stay Active and Independent for Longer coordinator at Mark.Wozniak@southderbyshire.gov.uk or 01283 228752 / 07966 490813

Derbyshire County Council Falls Prevention Campaign

Do you have a small idea that can make a change?

Up to £500 small grants are available for voluntary and community groups, businesses or teams across Derbyshire if they can do something to raise awareness of falls prevention. You can apply for funding to run an activity, or extend a current meeting/event, that will raise awareness of the risks of falling. Maybe funding can help you bring your group out of lockdown in a fun way? Get creative! Run events, quizzes, talks, with existing groups or with new audiences.

To find out more, contact falls@uni.uk.net or complete and return your idea/contact details using the form [here](#).

There is no closing date for ideas to be submitted but all activity must be completed by August 2021.



Take Action, Get Active

Join Take Action, Get Active, and, throughout the month of May, take part in half an hour of exercise a day outdoors to support the Mental Health Foundation. Complete the 30 minutes a day your way – you can run, jog, walk, skip – be as creative as you like, and you will receive full support from us along the way.

Spending quality time with nature can reduce stress, balance your mood and help you feel more positive. The important thing is to switch on your senses and really connect – whether that's noticing nature on your daily jog or listening to the birds on your woodland walk.

To sign up for the challenge and receive a fundraising pack, visit <https://www.mentalhealth.org.uk/events/take-action-get-active>

**Mental Health
Awareness Week**
10-16 May 2021



Mental Health Awareness Week will take place from 10-16 May 2021. The Mental Health Foundation's theme this year is 'Nature'.

'There is something to be wondered at in all of Nature' – Aristotle

It turns out that it is not just being in nature but how we open ourselves up and interact with nature that counts. So why not get out there and get into it.

For more information around Mental Health week visit: www.mentalhealth.org.uk

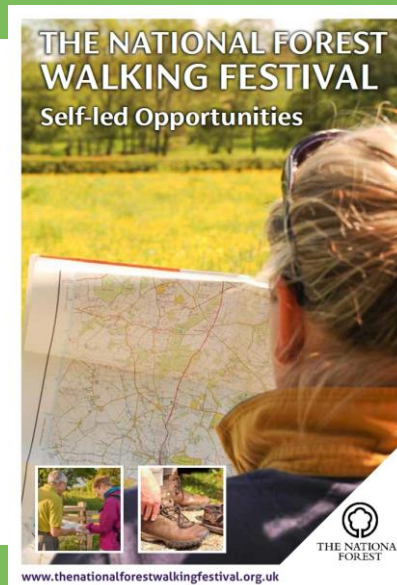


Walks Restart!

Get Active in the Forest is very happy to announce that we have been able to restart some of our Health Walks following on from the relaxation of restrictions on 29th March. As we are dependant upon our wonderful volunteers to lead these walks, we are only able to restart those walks where the volunteers are happy to come back to leading, so we are going at their pace at the moment. In order to ensure that we have full control over group numbers, we are opening up the walks to previous walkers for the time being, but we hope to be able to extend this offer to new members of the public very soon.

National Forest Walking Festival

Plans for the National Forest Walking Festival are well under way now. However, this year, due to the uncertainty at the start of the year, we have been unable to plan the walking festival in the regular way. Instead, we have produced an electronic brochure with lots of great ideas of how to get out and enjoy the National Forest in line with Government guidance. It will be available to view in May on the SDDC website and the National Forest Company website.



Changes to the Walking for Health scheme

The Walking for Health scheme is managed nationally by the Ramblers and is currently undergoing some changes. Whilst the walks will still be offered in exactly the same way – they will continue to be free, local and short, volunteer led walks – the name is changing to Wellbeing Walks. This is to reflect the wider benefits of walking, such as the mental health benefits, not just the physical benefits, and will help with promoting them to a wider variety of people. Also, the new changes include a greater emphasis on volunteer support and training, so it is good news all round. The walks that we offer will continue to be the same, just under a slightly different title.

As a result of the changes, we may have to wait a short while until we can deliver walk leader training again. However, if you are interested in volunteering as a walk leader, please contact Tor Adams via email (tor.adams@southderbyshire.gov.uk) to be added to the list.



“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 team have been busy running and organising school activities and lessons that are COVID safe throughout the lockdowns. Throughout these periods, as a team we have been able to ensure that we are keeping all participants as safe as possible whilst also ensuring the participants are active, learning, and happy again.

As you may be aware physical and mental health has taken a hit for many reasons during the last 12 months. Due to this our delivery has a stronger focus than ever on promoting healthy and active lifestyles. As we move into the early stages of the government's roadmap out of lockdown, schools and clubs are starting to run activities again, which is providing valuable opportunities for all.

PE and School Delivery

Over the last 4 months the Active Schools Partnership team have been busy delivering different types of sessions to numerous schools. Since the new year the focus has been to provide valuable cover for the key worker and vulnerable children in many schools in the district. Whilst covering these sessions it has not only supported schools in providing opportunities for key worker and vulnerable children, but also ensured that these young people were remaining as active as possible.

The return of schools has now happened and has ensured children across the district are again participating in physical activity during the school day, which provides enhancement for both physical and mental health. Over the District we continue to deliver breakfast clubs, lunchtime clubs, afterschool clubs and PE sessions in more than 10 schools. We continue to deliver high quality sessions whilst ensuring they are COVID safe and that children gain the maximum amount for their physical and mental wellbeing.

Furthermore, looking forward, we are putting plans in place for local holiday clubs in certain schools to provide opportunity for the essential workers to continue to work and to continue the drive to gain more physically active children in the local area.





SOUTH DERBYSHIRE TO TOKYO

The South Derbyshire to Tokyo challenge was run as part of a home-schooling challenge and as one of our virtual competitions. The challenge was set for 10 weeks where schools would compete against each other to try and walk, scoot, run or cycle the distance between South Derbyshire and Tokyo, which is the host City of the 2021 Olympic and Paralympic games.

During the 10 weeks, it was a fabulous effort by every school as they came together to try and get all the way to the destination. Along the way we had 5 different schools occupy 1st place, so the competitive spirit of those involved was ignited with each school pushing on more and more every week. The winning school, finishing on a combined distance of 8924km (just 563 km short of the distance!), was **Heath Fields Primary School**. **St Edwards Catholic School** finished as runners up and just behind them taking third was **Woodville Schools Federation**. It was a fantastic effort from all schools in challenging times, and for those who took part, it was a great tool for keeping their pupils active whilst at home during lockdown. Once again, a massive well done to all involved.





Project Restart

Plans to restart competitions and events within South Derbyshire are well under way. The Active Schools Partnership is currently in discussions with relevant National Governing Bodies to ensure that any proposals align with Covid-19 measures and protocol. The next phase will involve proposals being tabled at both the upcoming district PE Coordinator meeting that is taking place virtually on Thursday 13th May and presented to schools via email for feedback. Look out in your inbox for further information.

Competitions & Events

Schools still have time to participate in the range of Virtual Competition formats that the ASP has set up since February Half Term. Well done to those Schools that have taken part so far.

The virtual competition formats include Orienteering, New Age Kurling, Tri-Golf, Basketball and Boccia. Check out your inbox for further information or please get in touch if you require any further support.



Bikeability & Balanceability

The Active Schools Partnership's Bikeability team are back delivering around the district and have a jam-packed itinerary all the way up to the end of the academic year.

As we play catch-up post Covid, for the first time after May Half Term the team will embark on a double delivery schedule, meaning that the team will be within a minimum of two schools a week through the last half term! In total, the Partnership will be delivering to 28 schools and approximately 750 students across South Derbyshire.