



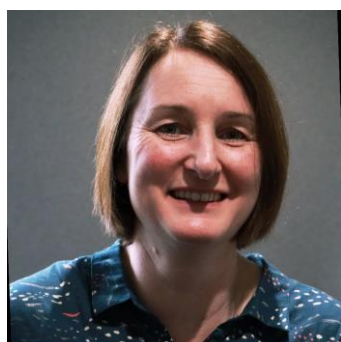
ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Spring 2022

All the latest updates from the Active Communities and Health Team.

Goodbye to Hannah Peate

After 15 Years and 5 months working in South Derbyshire, the Active Communities and Health Partnership Manager, Hannah Peate has moved onto pastures new. Hannah said:



"It has been an absolute pleasure to work with so many outstanding team members past and present, departments across the Council and most importantly the numerous external partners and communities in my time at South Derbyshire. We have achieved so much collectively, and I know the drive and passion for making a difference will continue long after I have departed. I wanted to thank each and every individual, community group, parish council and partner I have worked with in my time at South Derbyshire. It has been truly special, and the hardest thing is leaving all of you. I wish you all the very best for the future and look forward to seeing things continuing to evolve into the future. Thank you."

The Active Communities and Health Team, along with all members of Active South Derbyshire would like to take the opportunity to thank Hannah for the incredible contribution she has made in South Derbyshire during her time in post and wish her all the best in her new venture.



Active Adults Brochure

The latest edition of the S.A.I.L Active Adults Brochure is now available to download to your phones and/or be printed off. The Brochure has a wide range of activities and groups for adults across South Derbyshire.

The booklet is now on the South Derbyshire District Council website via the link below and if you need further information about the brochure or the Staying Active and Independent for Longer (S.A.I.L) project please contact Mark Wozniak.

<https://www.southderbyshire.gov.uk/our-services/things-to-do-and-places-to-visit/get-active/active-adults>

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Cadley Park Update

We are pleased to announce, following over a year of hard work, that the Cadley Park project which will see the creation of a new Urban Park in Swadlincote has received planning permission and committee approval. This will provide a biodiverse rich area, a combined cycle and pedestrian route along with a pump track and learn to ride zone for cycling, as well as providing active travel opportunities by connecting existing and new communities and links into the existing National Cycle Route 63. This has been made possible by a wide range of Council services and external partners and thanks go to everyone involved to date. Sport England and British Cycling are supporting the project and have provided the final piece of the funding picture to enable the project to happen. Many Active South Derbyshire members have supported this work, and we thank you all. Work should start imminently with a completion date of October 2022 all being well.





Mental Health Awareness week (May 9th – 15th)

It's Mental Health awareness week and this year it's all about getting connected and combatting loneliness.

Most of us will have experienced times when we feel a little isolated or disconnected from the world around us.

Everyone feels lonely from time to time - loneliness can affect anyone and the recent pandemic has increased a lot of people's feelings of being alone.

But feeling lonely or isolated can have a negative impact on your mental health - especially if these feelings go on for a long time.

Research suggests that loneliness is associated with an increased risk of certain mental health problems, including depression, anxiety, low self-esteem, sleep problems and increased stress.

So it's really important that we all work together to help tackle it.

Get advice and tips online at www.derbyshire.gov.uk/GetConnected

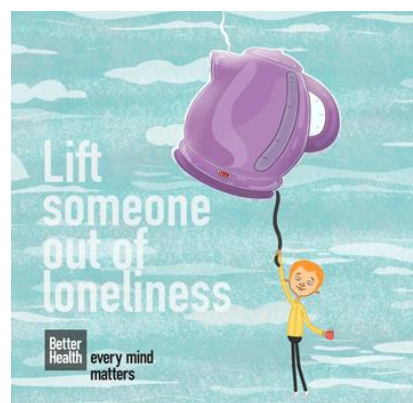
'Lift Someone Out of Loneliness'

Feeling lonely is something that all of us can experience at any point and it can have a huge impact on our wellbeing. It's important to remember that these feelings can pass and that there are lots of ways we can help each other too.

Fancy a cuppa? Fancy a walk? Sometimes reaching out to each other with as little as three words can make a big difference.

As part of the Better Health: Every Mind Matters campaign, the Department for Digital, Culture, Media and Sport is encouraging people to 'Lift Someone Out of Loneliness' by taking a simple action to help someone who may be feeling lonely. If we do this regularly, we can all help to lift each other up.

[Find out how you can help to lift someone out of loneliness](#)



New Youth Group Launch!

After many months of hard work in partnership with Derbyshire County Council Children's Services Youth Engagement Workers and South Derbyshire CVS's Community Development Officer, a brand-new Youth Group is launching in the Swadlincote area.

Our appeal for volunteers did not go unnoticed and we are very excited to announce that the brand-new session for young people in school years 7-11 launched on Wednesday 4 May.

This will be a session guided by what local young people want, so come along to the first few weeks and let us know what you want from YOUR youth group!



THE SWAD YOUTH CLUB
"THE WEDNESDAY NIGHT PROJECT"

**NEW CLUB!
WE NEED YOU!**

New Youth Club invites
all YEAR 7 - 11 students
in the Swadlincote area

Opening Wednesdays
6.00pm - 8.00pm
from 4th May 2022

Location: William Allitt School, Sunnyside,
Newhall, Swadlincote, DE11 0TL

50p entry
first session FREE

Come along and tell
us what you want!

Sessions are provided by Disclosure and Barring Service (DBS) checked and safeguarding trained volunteers with the support of Active South Derbyshire's qualified coaches.

For further information please contact Active.SD@southderbyshire.gov.uk

JOIN OUR TEAM

We are looking to recruit a team of **Casual Active Community Coaches** to deliver on various summer activities!

Hours available across term time and school holidays dependant on availability.

For further information and to apply

www.southderbyshire.gov.uk/jobs

SUMMER STAFF NEEDED



Summer Staff Needed

If you are just looking for summer work, or interested in a position which can offer all-year-round hours, this is the job for you!

Join our fantastic team of Casual Active Community Coaches who will be going out across the District this summer to deliver on a wide variety of high-quality sport and physical activity projects including the summer playscheme and school activity camps.

For further information and to apply visit: [Casual Active Communities Coach \(derbyshire.gov.uk\)](http://CasualActiveCommunitiesCoach.derbyshire.gov.uk)

Volunteer Development Programme

We are excited to launch our brand-new Volunteer Development Programme. This programme has been created through consultation with local youth groups, to offer volunteers FREE training and development opportunities in key areas of need. It is hoped that this programme will support the many voluntary groups and services across the district who offer vital out of school opportunities for young people to restart and/or continue their provision after what has been a very challenging few years.

For further information on the programme please contact Active.SD@southderbyshire.gov.uk or complete an application [HERE](#) to request a place on the below workshop/s.

VOLUNTEER DEVELOPMENT

FREE TO ACCESS FOR VOLUNTEERS INVOLVED IN THE
PROVISION OF OUT OF SCHOOL OPPORTUNITIES FOR
YOUNG PEOPLE IN SOUTH DERBYSHIRE

Safeguarding and Protecting Children (UK Coaching)	Monday 6th June	6 - 8:30pm Online
Managing Challenging Behaviour (StreetGames)	Monday 13th June	6 - 9pm Online
Youth Mental Health First Aid Awareness (StreetGames/MHE)	Monday 20th June	6 - 9pm Online
Supporting LGBT+ Young People (She Will FYE)	Monday 27th June	6-7:30pm Online
LVL3 Emergency First Aid at Work (Staffordshire FA Training)	Saturday 2nd July	9am - 4pm (at Rosliston Forestry Centre)



TO REGISTER YOUR INTEREST AND SECURE A PLACE, CONTACT:
ACTIVE.SD@SOUTHDERBYSHIRE.GOV.UK / 01283 595873



Walk Leader Training

We are continuing to offer volunteer walk leader training on a regular basis to recruit new walk leaders to help us deliver our weekly Walk Derbyshire walks.

The next Walk Leader training is taking place on Wednesday 8 June, from 9:30am until 3pm at Rosliston Forestry Centre.

Please email tor.adams@southderbyshire.gov.uk if you would like any further information



Up Coming Events

Teddy Walk

We have a Teddy Walk taking place with Bertie Bear at Maurice Lea Memorial Park in Swadlincote, meeting at the Bandstand on Wednesday 1 June at 10:30am. This is in partnership with the Parklife Officer (Yvonne Waring) and will have Jubilee themed craft activities after the walk, provided by the Derbyshire County Council Adult and Family Learning Team.





The National Forest Walking Festival

14 to 26 May 2022

This year's National Forest Walking Festival has received national recognition with a mention in The Guardian.

This year's festival takes place from 14 to 26 May and featured in an article on 10 of the best walking festivals in the UK. You can read this here: [The Guardian: 10 best walking festivals](#).

Tor Adams, Get Active in the Forest Officer said:

"We are thrilled that the National Forest Walking Festival has been included in this Guardian article, detailing 10 of the best Walking Festivals coming up in Britain. It is a real credit to all those who have submitted walks and events this year.

We are very grateful to have such a strong team of contributors who work so hard to provide a variety of interesting walks and events each year."

To download the 2022 brochure, see our website: [National Forest Walking Festival 2022](#).





“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 has continued to grow and meet the service demand from schools and other activities. The partnership has just recruited Nick Bull into a contracted coaching role of Active Schools Partnership PE and School Sports Coach, where he will be completing day to day delivery along side helping other core members of the team in various jobs and tasks. Nick has been a valued member of the team during the COVID 19 period and has continued to shine throughout his time at the partnership. This is a much-deserved opportunity for Nick to progress in his career and move forward into a more senior role.

Competitions and Festivals

It has been a great start to the year with over 17 competitions and events being completed with ages ranging from 5 – 11 and engaging with over 20 primary schools. We had a largest ever New Age Kurling event with a massive 19 teams entering which is a staggering 120 children taking part.

We have exciting Summer Terms ahead of us with a further 30 competitions and events taking place across the District, for all ages groups, engaging with over 20 primary schools and four secondary schools. We have some huge events to watch out for, such as Dance in the Forest (8 June 2022) which is dance showcase for all Primary and Secondary Schools in the District to show their talents in front a hundreds of parents, grandparents, siblings and many others at Rosliston Forestry Centre.





Easter HAF Delivery

For Easter half term, the Team again successfully secured funding through Derbyshire County Council's Holiday Activities and Food programme (HAF). The programme offers a range of school holiday activities for children and young people across Derbyshire in the Easter, summer and Christmas school holidays.

Across the two weeks of the Easter holidays, we delivered eight days of holiday camps at both Repton Primary School and St Edwards Catholic Academy, providing free physical activity opportunities and healthy meals to young people who are currently in receipt of free school meals.

Over the eight days we provided around 600 meals to children who attend school within South Derbyshire.

Work is now ongoing to continue this offer for the summer holidays in July and August.



Physical Education and School Sport

The Active Schools Partnership is continuing to deliver a wide range of PE based activities in multiple schools across the District. We are continually developing this area of work and targeting more schools. At present we deliver just under 100 hours a week in 14 different schools.

If you are interested in the provision of breakfast, lunchtime, afterschool or PE delivery contact Liam.Goode@southderbyshire.gov.uk for further information.