



ACTIVE COMMUNITIES & HEALTH TEAM

NEWSLETTER

Winter 2023

Happy New Year! Lets see what 2023 has in store for the Active Communities and Health Team

Beat the Street Swadlincote!

Beat the Street is coming to Swadlincote! From 15th March to 26th April, Swadlincote is being transformed into a giant game. Beat the Street is a free and fun walking, cycling and wheeling game, which gets everyone out and about in the local area, having fun and keeping healthy.

Beat the Street is designed to get children and communities moving by helping people to make small changes, such as walking or cycling to school every day, to improve physical and mental health and help embed physical activity into everyday life. So far, 1.6 million people and 5,000 schools have taken part in games in 154 places across the UK and beyond.

School children and local communities will be able to collect their game cards and register to play. Game card readers called 'Beat Boxes' will be positioned around Swadlincote including outside schools and in parks. Each time a player taps the Beat Boxes with their registered cards, they will earn points for their school or community team. The total number of points will be counted on the leader board, and winning teams will win prizes for their efforts.

We will have lots of events and pop up games taking place between 15th March and 26th April, so keep checking www.beatthestreet.me for all the latest news.



FNP Returns!

We are very pleased to announce that one of our longest running and most successful community projects returned on Tuesday 17th January at Green Bank Leisure Centre.

After a long absence due to the pandemic, in partnership with Active Nation, we have been able to secure exclusive use of the Green Bank sports hall on Tuesdays, between 7-9pm. Although the project has traditionally taken place on a Friday evening, we were keen to get this much needed opportunity for young people back up and running, rather than waiting on venue availability!

FNP gives secondary aged young people in the Swadlincote area a safe place to socialise with their peers or participate in activities such as football, dodgeball, basketball, table tennis, board games and craft activities.



FNP

RESTARTING 17TH JANUARY 2023

TUESDAYS, 7-9PM

GREEN BANK LEISURE CENTRE, SWADLINCOTE

AGES 11-16

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

SAFE SPACE CHILL-OUT AREA

BOARD GAMES DODGEBALL

MUSIC FOOTBALL

MUCH MORE...

FOR FURTHER INFORMATION CONTACT:
ACTIVE.SD@SOUTHDERBYSHIRE.GOV.UK
OR 01283 595873

Active South Derbyshire

ACTIVE NATION



Cadley Park

The work to create Cadley Park - Swadlincote's new urban park is taking shape, with the plans to create a vibrant green space in South Derbyshire on track. Works to transform the former Cadley Colliery site off William Nadin Way into an urban park facility started back in May 2022 and the area has now changed considerably - as it's well on the way to becoming a vibrant new area where people can enjoy the outdoors, with walking and cycle paths, a learn to ride area and a pump track.

Plans are now being made for a Spring opening, so watch this space!





Summer Activities 2023

Bookings are well underway for our ever-popular Summer Activities. With 70% of available sessions booked within the first week of the booking window, Parish Councils have until Friday 10th February to secure sessions within their local area.



Work is also ongoing to again offer a programme of FREE skateboard coaching sessions this summer after the hugely popular sessions which took place last year. In addition to this, evening playscheme sessions are currently being developed to better target teens and give this age group opportunities during the holidays when term time opportunities cease.

WE NEED YOU!



WEDNESDAY NIGHT PROJECT @ WILLIAM ALLITT SCHOOL WEDNESDAYS, 6-8PM TERM TIME ONLY

Join the fantastic team of volunteers facilitating this much needed opportunity for local young people!

No experience necessary, all training provided (18+ only)

We are looking for further volunteers to support sessions with tasks such as staffing the sign in desk or tuck shop, delivering or supervising activities such as arts and crafts and games, or just chatting and engaging with the 11-16 year olds who attend

TO FIND OUT MORE, PLEASE CONTACT:
ACTIVE.SD@SOUTHDERBYSHIRE.GOV.UK / 01283 595873

Wednesday Night Project - Volunteer Now!

The Wednesday Night Project is a youth group that launched in May 2022 to help provide a safe space for young people to socialise with their friends, play sports, take part in craft and table top activities and lots more.

The youth group currently attracts between 40-50 young people each week and is mainly run by an amazing group of volunteers with the support of Active South Derbyshire and South Derbyshire CVS. As the group grows, we need additional volunteers to help support this session.

If you are interested in this opportunity or would like further information, please contact Active.SD@southderbyshire.gov.uk or 01283 595873.



Cost of Living

The cost of living is rising and this could have a big impact on all aspects of your finances including energy bills, the cost of your weekly shop and your take home pay. Derbyshire County Council have put together lots of information and advice, designed to ensure that you're getting all the help that you are entitled to. For further information and to sign up to sign up to receive the advice and information by email visit [Cost of living - Derbyshire County Council](#).



Warm Spaces

Derbyshire County Council have launched a warm spaces fund to support organisations to provide a warm refuge for residents and their families struggling to heat their homes. Voluntary, community and charity organisations in Derbyshire can apply for a grant to set up warm spaces this winter.

Various buildings and venues across the district are open as warm spaces. To find out where these are and for further information about grants to open a warm space visit [Warm spaces - Derbyshire County Council](#).

Support Getting to Vaccination and Screening Appointments

Derbyshire County Council want to make sure that routine health care is as easy to access as possible for Derbyshire residents.

That's why they're running a new scheme offering free transport to a variety of routine health appointments including vaccination appointments and some screening programmes. The Grab a Cab project is running until 31 March 2023. The offer is open to all ages and is not means tested so you do not need to be receiving benefits to be eligible.

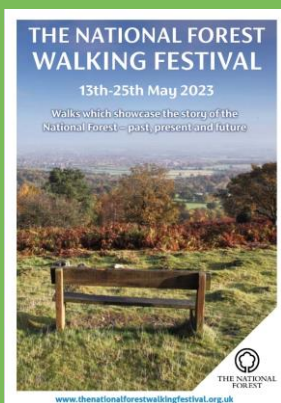
Find out more on the Grab a Cab webpage [Support getting to vaccination and screening appointments - Derbyshire County Council](#)



Coming Soon!

If your New Year's resolution is to do more exercise in the outdoors, then we have lots of exciting opportunities to offer you!

We have a programme of themed walks coming soon for you to take your pick from throughout the year. So, whether it's a bird walk around Rosliston Forestry Centre or a 5 mile walk from Staunton Harold Reservoir, there will be plenty to choose from, or you could even do them all.



The National Forest Walking Festival is just around the corner too! From 13th to 25th May, we will have 84 walks and activities taking place throughout the National Forest, many of which are free to attend. From Nordic Walks to Forest Bathing, History walks to Wildlife walks, there is something for everyone. For more information, go to www.nationalforest.org.

Elvaston Night Walk

We are very pleased to announce that a Night Walk in Elvaston which was started during the pandemic has come on board as one of our weekly walks! The group meet on Thulston Green, close to the Harrington Arms pub, at 7pm every Thursday.

A recent article in the Derby Telegraph gives a lovely insight into how the walk came about [Twilight walkers mark a year of Elvaston Night Walks - Derbyshire Live \(derbytelegraph.co.uk\)](http://derbytelegraph.co.uk).

For further information or to get involved, please contact Get.Active@southderbyshire.gov.uk or 01283 595906.





“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 are well and truly back into delivering various projects and programmes in schools and it's great to see so many smiles on children's faces after a great festive period. We look forward to seeing what 2023 will bring!

Winter Holiday Camp

The Active Schools Partnership were again proud to link up with Street Games to help run their Holiday, Activities and Food camp to children in South Derbyshire. Due to varied school term dates, we were only able to provide this to one of our schools this time around, however this still brought huge success.

Throughout the week-long camp we had coaching sessions run from many local sporting teams such as Gresley Girls FC and Barton Hockey Club. The children also participated in many activities throughout the week and were provided with food and drink throughout their time at the camp. We were also able to provide 2 huge bundles of fruit and other foods to the local food bank of South Derbyshire.

We will now turn our attention to again secure the funding to run the same programme during the Easter and Summer holidays to provide free opportunities to young people across the District.





School Sport and PE Provision

The South Derbyshire Active Schools Partnership have had a fantastic winter period thus far within their school sports and PE section. Two additional schools have signed up to our ever ongoing delivery of PE, clubs and sports provision. This takes our weekly hours in this area of work up to around 110 hours of delivery per week.

Each session provides valuable experiences, learning and much more for the young people taking part and enables us to support our school partners both during the school day and through wrap around care.

A Record Breaking Year of Comps and Festivals!

We have had an amazing start to the academic year: we have completed 16 Competitions and Events, which spanned across a variety of different sports and age ranges and saw a huge 90 teams entered, comprised of 539 boys and 372 girls taking part. We had a record-breaking attendance of girls at our Girls Wildcats Football Festival, which saw 10 teams consisting of 100+ girls spanning across 4 year groups.

With 48 Competitions and Events still left to go, we're sure that it is going to be a record breaking year for numbers of participants, with new additions to the calendar like Handball, American Flag Football and many more we are excited to see the talent and school spirit at all events.

Girls Football

We saw Pennine Way Junior Academy making it through to the Girls' Mini Soccer Finals to represent South Derbyshire and against the 9 other Districts in Derbyshire, they were victorious and will now go through to the Reginal Finals in March to represent Derbyshire and we wish them luck.

It has been a huge year for Girls' football and as a FA Girls' Football Partnership we are working with all schools within our District to see equal access for girls by 2024. We are planning our biggest ever event on the 8th of March for the Girls' Biggest Ever Football Session with Barclays. Whether you are already delivering girls' football in your school or want to take that first step to give girls equal access, this is one not to be missed. Here is a great testimonial from one of our schools already.

"We offer a girls after school football club, we also run a lunchtime girls only football club twice a week, we signpost our girls to Albert Village and Swadlincote girls football team.

We always ensure we enter any girls football competition that are on offer and make sure we have girls leading play activities related to football."

Springfield School