



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER Spring 2023

All the latest updates from the Active Communities and Health Team

Cadley Park Grand Opening

On Saturday 15th April, Cadley Park was official opened alongside the Harworth Group's nearby Coronation Park.

Cadley Park is a fantastic new facility off William Nadin Way in Swadlincote which offers a vibrant new area where people can enjoy the outdoors, with walking and cycle paths, a learn to ride area and a pump track.

At the opening event our team were onsite to deliver cycling opportunities on the learn to ride area and we partnered up with TUFF Riders who delivered coaching session on the pump track throughout the day as well as pro-rider Ashley Tew who showed off his skills!

As part of the funding agreement with Sport England and British Cycling who we secured money from to make this project a reality, we will now be looking to schedule further events and sessions at the new site alongside the everyday recreational use it is already facilitating.



Swadlincote has successfully managed to Beat the Street!

Beat the Street Swadlincote has come to an incredible conclusion after the game came to an end at 7pm on Wednesday, 26th April.

The game saw 6,496 people walking, cycling and rolling an incredible 50,189 miles for points and prizes during the six-week challenge. As a result of the charity target of 50,000 miles being met, Miles for Smiles received £500 for the charity.

A celebration event to mark the end of the game was held on Saturday 29th April in Eureka Park. Awards were presented to the winners of the game (listed below) and it was a great opportunity to showcase local community groups and organisations in Swadlincote who had taken part in and supported the game.

Whilst the game itself is over, we still have lots of opportunities for people to stay physically active in South Derbyshire.

More information will be available at www.beatthestreet.me/swadlincote and on social media at @BTSSwadlincote

Beat the Street Swadlincote has been commissioned by South Derbyshire District Council, the National Forest Company and Derbyshire County Council with support from the National Lottery via Sport England. It is being delivered by Intelligent Health.

Congratulations!

Schools - Total Points

- 1st - Fairmeadows Foundation Primary School
- 2nd - Pennine Way Junior Academy
- 3rd - Linton Primary School
- 4th - Hartshorne CoFE Primary School

Schools - Average Points

- 1st - Hartshorne CoFE Primary School
- 2nd - Rosliston CoFE Primary School
- 3rd - Springfield Junior School
- 4th - Fairmeadows Foundation Primary School

Community & Workplace Teams - Total Points

- 1st - 1st Woodville (St. Stephens) Scout Group
- 2nd - Boomerangs The Newshall Day Nursery
- 3rd - Walton on Trent Primary School

Community & Workplace Teams - Average Points

- 1st - Boomerangs The Newshall Day Nursery
- 2nd - 1st Woodville (St. Stephens) Scout Group
- 3rd - Fit 4 Life

Running & Cycling Teams - Total Points

- 1st - Swadlincote junior parkrun
- 2nd - Swad Joggers Dream team
- 3rd - Overseal Running Club

Running & Cycling Teams - Average Points

- 1st - Swadlincote junior parkrun
- 2nd - Swad Joggers Dream team
- 3rd - Overseal Running Club

Small Teams - Total Points

- 1st - Business Change & ICT Team

Individual Leaderboard

- 1st - Jamesj74

Charity - Total Points

- 1st - Miles For Smiles





Adult Activity Brochure 2023

We have re-launched our Adult Activity Brochure, which lists a range of physical activity opportunities across South Derbyshire. The brochure includes a 7-day calendar of various physical activity sessions run by various external providers. The calendar includes a wide variety of activities that cater for different fitness and mobility levels.

To see what's on offer, download your copy of the brochure [HERE](#).

Alternatively, if you would like to be sent a hard copy, please email Active.SD@southderbyshire.gov.uk or call 07799 819537.



Your local physical activity opportunities in South Derbyshire

JOIN OUR TEAM

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

Hours also available across term time to meet service demand.

For further information and to apply

www.southderbyshire.gov.uk/jobs



SUMMER STAFF NEEDED



Summer Staff Recruitment

We are looking to recruit a number of motivated Casual Active Community Coaches to support various activities across the District.

Staff will initially be employed to work on South Derbyshire District Council's extensive range of summer delivery between the 24th July and the 25th August.

For further information or to apply, please visit:

[Casual Active Community Coach \(derbyshire.gov.uk\)](http://www.southderbyshire.gov.uk/jobs)





Mental Health Awareness Week

On the theme of 'anxiety', this year's Mental Health Awareness Week is from 15 to 21 May.

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food.

There are lots of things you can do to help with feelings of anxiety. Check out the Mental Health Foundation's top tips:

<https://www.mentalhealth.org.uk/mhaw/tips>

#MentalHealthAwarenessWeek

#ToHelpMyAnxiety

We're proud to support

15 to 21 May 2023

**Mental Health
Awareness Week**





Celebrate the return of spring with a guided walk through the National Forest

You may not know but May is National Walking month and what better way to enjoy the great outdoors than by participating in the National Forest Walking Festival? This popular annual event, now in its 14th year, offers a variety of trails and experiences for all walking levels and abilities.

This year's theme celebrates everything the National Forest offers – past, present and future – and will showcase its success story of huge landscape transformation from black coalfields to green treescapes.

The festival runs from May 13 to 25 so it's the perfect way to make the most of these warmer days and with more than 80 guided walks for all abilities, from a leisurely stroll to more strenuous hikes, there is something for everyone.

Enjoy the fresh spring air as you explore the abundance of natural beauty in the area. Walk through lush green woodlands carpeted with stunning bluebells and fragrant wildflower meadows.

Look out for the surprising range of wildlife in and around the forest, and marvel at the geological stories beneath your feet. This year's many wildlife-themed walks invite you to celebrate and learn about nature.

The full programme is available www.thenationalforestwalkingfestival.org.uk and brochures are available at libraries, Tourist Information centres, Rosliston Forestry Centre and other public places.

THE NATIONAL FOREST WALKING FESTIVAL

13th-25th May 2023

Walks which showcase the story of the National Forest – past, present and future

Download the brochure here

www.thenationalforestwalkingfestival.org.uk

THE NATIONAL FOREST

Facebook

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Elvaston Nordic Walking

On the 18th April we successfully re-launched our Nordic walking session at Elvaston Castle Country Park!

This session is open to all abilities and Nordic Walking is a low impact, full body exercise that burns 46% more calories than normal walking, improves posture and releases shoulder tension.

Poles are provided for those who are new to the activity, so why not come along and give it a go!

Full details can be found on the session poster or if you have any questions please contact us at:

Get.Active@southderbyshire.gov.uk or
01283 563483

Get Active In The Forest

Nordic Walking in South Derbyshire

Used by cross country skiers for out of season training, Nordic Walking is a low impact, full body exercise that burns 46% more calories than normal walking, improves posture and releases shoulder tension.

Elvaston Castle Country Park

Elvaston, DE72 3EP
Tuesdays 10am - 11am
Meet by the Information Centre
Launching 18th April 2023

£3.80 including pole hire, £2.00 if using your own poles.
Cash only.

These one hour sessions are ideal for beginners, as well as experienced Nordic Walkers.

For further information, email
Get.Active@southderbyshire.gov.uk or call 01283 563483

WALKING FOOTBALL

GREEN BANK LEISURE CENTRE
INDOOR SPORTS HALL,
SWADLINCOTE DE11 0AD

MONDAYS 7PM-8PM
£5 A SESSION (FIRST SESSION
FREE)

FOR FURTHER INFORMATION
PLEASE CONTACT US USING
THE DETAILS BELOW

Get.Active@southderbyshire.gov.uk

01283 563483



Walking Football - For all ages, abilities and fitness levels

Did you know we run a Walking Football session at Green Bank Leisure Centre on Mondays, 7-8pm?

Where there's a will, there's always another way to play. Ideal for anyone who just wants to play football for fun, Walking Football opens the door for players who want to continue playing, or want to return to the game, or who haven't played that much before.

The slower pace and reduced physical contact makes Walking Football a great way to display your touch, passing and shooting. For all kinds of people across England, Walking Football means getting together, having fun, and keeping fit.



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

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

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

All the latest from the Active Schools Partnership as we head into the Summer Term!

Easter Holiday Camp

During the easter Half Term break we delivered our Holiday, Activities and Food camp once again. In line with the funding, the aim of the holiday camp was to provide children with healthy food, opportunities to be physically active and to learn about healthy lifestyles, whilst also providing a safe environment for them to play.

Over the 4 days we delivered food and active sessions to over 400 students. The children learnt how to maintain active healthy lifestyles, played fun games, activities and competitions and also took part in many different craft activities. For a snapshot of what was on offer, click [HERE](#) to watch our video.

This was our biggest ever holiday club to date and it was a huge success. We delivered these sessions at a new school, Springfield Junior Academy. Again Thank You to the school for supporting us with a venue and helping us host such a valuable and important project.





Competitions and Festivals

We have got an exciting summer up ahead with 37 competitions and events still to come, with some exciting new competitions like Handball and the American Tag Football Festival, working closely with the NFL UK.

We also have our flagship event, Dance in the Forest, in the coming weeks at The Glade at Rosliston Forestry Centre. With a full schedule of 22 acts, with over 200 children showcasing their dancing talents from across the whole of South Derbyshire. It is set to be an amazing night, fingers crossed we get some nice weather!



Girls Football

On International Women's Day in March, we partnered with East Staffordshire Schools Sports Partnership to host an event as part of the FA and Barclay's Biggest Ever Football Session.

Girl's football truly is in full swing in South Derbyshire with a fantastic number of schools participating in the event, showcasing their schools brilliant clubs, teams and female players. With approx. 300 primary school girls and 30 secondary school female leaders attending.

Watch out in the next few weeks for a celebratory event to promote the Women's World Cup and to get girls excited and inspired to play football alongside their fellow Lionesses.





Bikeability Update

2023 for the South Derbyshire Active Schools Partnership Bikeability team has brought many changes and an increase in the amount of children we deliver to across the district. The ASP made the decision to replace our aging fleet of bikes after being in service for the past 10 years and to buy new racking for the vans to be able to store and carry them without damage. We looked at a number of options and settled on Cuda Bikes as they were lightweight and bright orange – fitting in with our corporate colours.



Our old bikes have been gifted to a cycle donation charity (Pushbike Paul) at Treetops Hospice in Risley, just on the district borders. This scheme is organised by an incredible group of local people, who together, refurbish and sell the bikes in aid of Treetops Hospice and many other charities. Upon receiving the bike, they set to work trying to turn them into affordable bicycles that local people can use to bike to shops, work or school and raise as much money for the charity, helping those that need respite care, support for the families affected by life limiting illnesses or bereavement in Derbyshire.

As mentioned, we have also increased our participation figures and delivered Balanceability to a record 900 reception children across the district, plus over 200 Learn 2 Ride places. We will also be starting the second stage of our Bikeability programme delivering Bikeability Level 2 to Year 6 children across the district, teaching them road craft and safety before they embark on their journeys to Secondary school and beyond. The team are looking forward to the delivery of Level 2 and at present we have over 400 children places booked to the end on July 2023.