



ACTIVE COMMUNITIES & HEALTH TEAM

NEWSLETTER SPRING 2024

All the latest updates from the Active Communities and Health Team

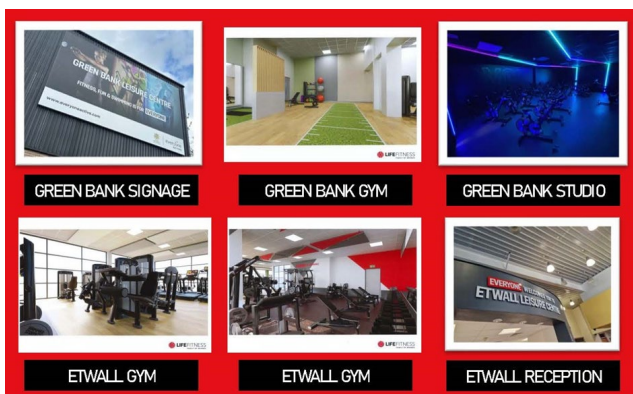
Everyone Active take over management of Etwall and Green Bank Leisure Centres

A new partnership between South Derbyshire District Council and Everyone Active commenced on 1st April 2024. Everyone Active will manage Green Bank Leisure Centre in Swadlincote and Etwall Leisure Centre for the next 5 years.

Visitors to the centres will already have seen new signage, and improvements are planned in coming months to the decor and facilities at both sites.

Improvements include:

- New cycle studio and spin bikes at Green Bank and new spin bikes at Etwall
- Gym refurbishments and new Life Fitness gym kit at both centres
- General refurbishment, decoration and improved access controls at both centres
- Sauna refurbishment at Green Bank
- New inflatables for both centres
- School holidays activities with key partners at both centres



everyone
ACTIVE

You can find out more about the partnership and discounted membership deals on the [Everyone Active Website](#) or on the respective Facebook pages: [Green Bank Facebook](#) and [Etwall Facebook](#).



New Faces – Kieran Taylor

We are pleased to welcome Kieran Taylor to the Active Communities & Health (ACH) team. Kieran started in the brand new role of ACH Coordinator in March. Kieran's professional background is primarily in Health and Fitness, instructing group and 1-2-1 exercise classes.

Kieran was keen to apply for this role as he finds that working with young people and getting them involved in exercise, whether this be for physical and/or mental benefits, to be incredibly rewarding.

As part of this role, Kieran will be leading on both the Child's Choice and Sports Mentoring programmes.

Child's Choice is a referral programme through Live Life Better Derbyshire. Families with children from ages 5-11 can receive funding and bursaries to help increase their child's participation (and later retention) in physical activity. These referrals come specifically from families where the child is either over a healthy weight, or at risk of being an unhealthy weight. Kieran's job is to work alongside these families to identify local opportunities to participate in physical activity. This may be through structured club sessions, accessing local green spaces and encouraging the family and children to take up and maintain regular activity.

The Sports Mentoring programme supports referrals from Swadlincote schools, targeted at young people aged 11-16. The aim is to use exercise and physical activity as a means of positive behaviour change. Referrals may be put forward for reasons, such as poor school attendance, anti-social behaviour, poor mental health, etc. Kieran's role is to provide young persons with 1-2-1 weekly sessions, use sport and physical activity to build a supportive relationship, and offer advice in any challenges the young person may be facing.

For further info, please contact Keiran on 07824 322038 or kieran.taylor@southderbyshire.gov.uk.





Sports Welfare Lead for Derbyshire

Franky Boyland has joined the Active Derbyshire team as the Sports Welfare Lead for the 8 Derbyshire districts. The new role has been funded by the National Lottery Fund as part of the developing Sports Welfare Officer network. The network has been established following the Sport England's Whyte Review of the existing policies.

The main focus of Franky's role is to support Club Welfare Officers in increasing their participation figures, and further develop their safeguarding and inclusion triumphs. Development will be achieved by supporting training, improving action plans, holding youth and parent voice forums and initiating discussions over future goals and solutions. Franky has stated that her main goal is to 'work with clubs/providers etc. to move from a compliance model to safeguarding culture – making sporting environments safe and accessible by all.'

Franky invites clubs to contact her at franky.boyland@activepartnerstrust.org.uk or on [0746707 46707467](tel:074670746707467) for any support.





The Wednesday Night Project Finds a New Home!

Unfortunately, due to ongoing issues with The Wednesday Night Project's longstanding home at The Mercia Academy, the youth group has been unable to operate since November last year.

With thanks to the ongoing drive and commitment of the project's fantastic volunteer team, we are pleased to announce that the youth group has now secured a new venue.

On Monday 29th April, The Monday Club (hosted by The Wednesday Night Project) launched at Midway Community Centre. This new session will take place on Mondays, fortnightly, at 6-8pm for 11-16 year olds. The club offers a safe place to meet with peers and the opportunity to participate in activities such as; swing ball, table tennis, badminton, dodgeball, tabletop games, crafts and much more.

We look forward to welcoming back those who attended The Wednesday Night Project previously and any new faces who want to come along!

The Wednesday Night Project youth group is temporarily relocating!

the
MONDAY CLUB

HOSTED BY THE WEDNESDAY NIGHT PROJECT

LAUNCHING MONDAY 29TH APRIL
FORTNIGHTLY
6-8PM
MIDWAY COMMUNITY CENTRE
AGES 11-16

50p entry
first session FREE

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

Active South Derbyshire
Active.SDesouthderbyshire.gov.uk / 01283 595873



BEAT THE STREET IS RETURNING TO SOUTH DERBYSHIRE FROM 15th MAY – WALK, CYCLE AND RUN FOR PRIZES!

The popular physical activity competition, Beat the Street (BTS), is set to return to the area after 6,367 people took part in BTS Swadlincote last year. The game transformed the town into a real-life walking, cycling and running competition for six weeks in 2023. This time around, the game is expanding, it will take place across the whole of South Derbyshire - and has been given an exciting 50th anniversary dimension.

BTS is a free, interactive game that encourages people of all ages to incorporate more physical activity into their daily lives, rewarding teams with points and prizes the further they travel. Once again, beeping and flashing sensors called Beat Boxes will be placed around the district. Participants are invited to score points on journeys between them with a free game card. Alternatively, players over the age of 13 can download the free BTS app to play the game with their phone.

This year, in celebration of the 50th Anniversary of SDDC, trees will be available to win in addition to the usual prizes; book vouchers, sports equipment etc. SDDC's goal is for these trees to create commemorative community woodlands around the district.

The game is open to all ages, running from Wednesday, 15th May until Wednesday, 26th June. Children may use the card and map, which will be provided by participating primary schools, and adults can pick up a free card from one of the distribution points listed on the BTS South Derbyshire website. The website will go live shortly at www.beatthestreet.me/southderbyshire

Players can join a school, community or workplace team. With an individual leaderboard, lucky 'spot' prizes just for taking part, and the opportunity to help selected local charities win cash prizes, there's something for everyone. For schools and community teams there is a total points leaderboard and an average leaderboard, so opportunities for teams of all sizes to win prizes.

Once the game is underway players find their nearest "Beat Box" which will appear on lampposts around the borough. There will be more than 140 of these sensors that record each player's point tally. These sensors are contactless so that you don't need to touch them – simply hover your card over the Beat Box and it will beep and flash to record your points.

Visit two Beat Boxes within an hour and collect 10 points for each Beat Box, then keep going!

Further info will be available on social media at @BTSSouthDerbyshire.



15 May - 26 June 2024

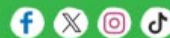
Beat the Street

South Derbyshire



Play the free, fun, walking, cycling and wheeling game!

Create a team with your friends and colleagues or join your school team and you could win loads of great prizes. Visit beaththestreet.me to find out more.



Beat the Street South Derbyshire has been commissioned by South Derbyshire District Council. It is funded by South Derbyshire District Council, the National Forest Company, South Derbyshire Active Schools Partnership and the National Lottery via Sport England. It is being delivered by Intelligent Health.



www.southderbyshire.gov.uk
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01283 595701





National Forest Celebrates the 15th Year of Annual Walking Festivals with a Record 94 Walks

You may not know, but May is National Walking month and what better way to enjoy the great outdoors than participating in the National Forest Walking Festival, running from 18th to 30th May. This popular annual event, features a variety of trails and experiences for all walking levels and abilities and offers a unique opportunity to explore the rich heritage of the Forest. This year's festival boasts a record-breaking 94 walks, inviting you to delve into the captivating stories that have shaped the landscape.

As you traverse the scenic routes, you can journey through time, uncovering the geological wonders beneath your feet. The festival is designed to inspire individuals to explore, learn and connect with the extraordinary stories woven into the landscape. You can immerse yourself in tales of stately homes and their ancestral families and gain insights into how the industrial past has left an indelible mark on the Forest.

The walks are an opportunity to not only witness the legacy of the past, but also to actively contribute to the sustainable and thriving future that the National Forest envisions.

Most walks in the programme are free and require no prior booking. For those with specific details such as charges or booking requirements, information is conveniently listed under each walk. For more information and to explore the diverse range of walks available, please visit www.nationalforest.org/visit/national-forest-walking-festival where you can download a full itinerary.

The National Forest Walking Festival is coordinated by South Derbyshire District Council (SDDC), and funded by the National Forest Company, East Staffordshire Borough Council, Leicestershire County Council, SDDC and North West Leicestershire District Council.

THE NATIONAL FOREST WALKING FESTIVAL
18th-30th May 2024

Download the brochure here

www.thenationalforestwalkingfestival.org.uk

Find us on Facebook

THE NATIONAL FOREST
The National Forest Walking Festival



New for 2024

Get Active in the forest

Coronation Park weekly walk

Walk details

Thursdays 10am-11am
Join us for this weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

If you need more information, please contact Tor below:

07977439309

Tor.Adams@southderbyshire.gov.uk



Meeting point

Coronation Park car park, William Nadin Way, Stanton, Swadlincote, DE11 0UH

- Sturdy footwear required.
- Free walk.
- Free parking.
- Toilets available.
- Assistance dogs only.



GET ACTIVE IN THE FOREST

ROSLISTON FORESTRY CENTRE WALK ^{New}



Walk details

Starting on Wednesday 24th January.

Every Wednesday
10:30am-11:30am

Join us for a one hour, easy paced walk around the Forestry Centre. This walk is ideal for those wanting to be more active and also those who haven't walked with a group before.

Meet in the courtyard by the outdoor classroom (at the back of the café building).

Free of charge.
Sturdy footwear advisable.
Assistance dogs only.

tor.adams@southderbyshire.gov.uk

07977439309





New for 2024

WALKING FOOTBALL



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

MONDAYS 8PM-9PM
£5 A SESSION (FIRST SESSION FREE)

- • • • • FOR FURTHER INFORMATION PLEASE
- • • • • CONTACT US USING THE DETAILS
- • • • • BELOW

Get.Active@southderbyshire.gov.uk



07977439309



Get Active in the Forest Friday cycling



Rosliston Forestry Centre,
Burton Road, Rosliston,
Swadlincote, Derbyshire,
DE12 8JX



Our Friday cycling session is back!
10am-11am

Join us for a gentle cycle around the Centre. This session is led by a British Cycling instructor and is ideal for beginners or those who haven't been on a bike for a while. It is also great for intermediate cyclists too. All in a traffic free environment. The group finish with a hot drink at the HUB café afterwards (optional)

£4.50 including bike hire, or £2.50 if using your own bike

Walkers also welcome! If you don't wish to cycle, join us for a free, 1 hour walk around the Centre, then meet up in the café with the cyclists afterwards.



tor.adams@southderbyshire.gov.uk



07977439309





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

 [SouthDerbysASP](#)

 [@SouthDerbysASP](#)

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

The Active Schools Partnership (ASP) are continuing to deliver multiple programmes within schools across the district totalling to over 130 hours a week. Schools are now planning and booking in their Sports Days and extra-curricular activities, subsequently summer is lining up to be a very exciting and busy period for the ASP.

Easter Holiday Provision

Over the Easter period the team delivered the HAF holiday programme at St Edwards and Stanton Primary Schools with over 500 students participating across the 8 days of delivery.

The ASP team have submitted their application again to run the HAF programme in the summer period, which will hopefully be as successful as last summer.

We continue to thank all the schools across the district for all their support throughout the year and the upcoming months.





FA Girls and School Competitions

We are really excited to announce that the FA Girls funding has been extended for another financial year. So, we are working with all schools within the district to produce a new and exciting plan.

This academic year we ran our Biggest Ever Football session where we ran an all-day event for 250 female participants. All the activities were run by 50+ female leaders from 2 local secondary schools. In the AM we ran a KS2 Festival and in the PM, we ran competitions between Year 3&4 and Year 5&6. We managed to secure signed prizes from Ellen White with great support from Derbyshire FA & East Staffordshire FA.

This year we have ran the following competitions and events:

- Number of Comps: 33
- Teams Entered: 305
- Number of Boys: 1045
- Number of Girls: 891
- Total Number: 1936
- SEND: 409

We are now entering our busiest term with approximately 25 competitions and events upcoming, and we are excited to see all of our schools attending.