



# ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Winter 2022

Happy New Year to you all! See what's new for 2022.

## Well for Winter 2022

Your personal plan to keep you on track throughout winter.

The Well for Winter booklet has been designed to encourage people to make a personal plan, to help people prepare for the winter months and to take steps to maintain their wellbeing by using the 5 Ways to Wellbeing.

This year 'Get Organised' has been added to encourage people to think about their finances and to plan for the future, particularly as energy prices are on the increase. Key information about support services is included in the booklet to ensure people can access help if they need it. The booklet has been sent to residents that are in receipt of Careline as well as hard copies being made available at key locations such as the foodbank and the library. A social media campaign will also accompany the leaflet which SDDC Communications Team is supporting.

This document can be downloaded from:

<https://tinyurl.com/2p8mymzs>

For more information please contact:

[Lee.English@southderbyshire.gov.uk](mailto:Lee.English@southderbyshire.gov.uk)



## Staying Active and Independent for Longer (S.A.I.L)

Most S.A.I.L community sessions have now started back after the Christmas and New year break. The project has also now produced an **Active Adults Booklet**, which has a wide range of activities and groups for adults across South Derbyshire. The booklet is downloadable from [HERE](#), so it can be viewed on a device or be printed off.



If you require paper copies or if you need further information about the booklet or the S.A.I.L project, please get in contact using the details below.

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## Health and Wellbeing Webpage

In 2019 it was decided that the Healthier South Derbyshire (HSD) website would be replaced. The idea was to embed the services formerly promoted on HSD within the Council's website, on a standalone 'Health and Wellbeing' page.

The webpage has now been created and is based around the national 5 Ways To Wellbeing approach. Contained within this page is a variety of support options and links to improve or sustain South Derbyshire residents' physical and mental health and wellbeing. There will also be a section to promote the latest health and wellbeing advice, news and updates.

Click the link to find out more: [Health and wellbeing | South Derbyshire District Council](#)

For Further information or comments please contact [Lee.English@southderbyshire.gov.uk](mailto:Lee.English@southderbyshire.gov.uk)



## Summer Activities 2022

Bookings are now available our ever-popular Summer Activities. Parish Councils have until Friday 11<sup>th</sup> February to secure sessions within their local areas.

As always, we would like to offer our partners the opportunity to advertise services and sessions for FREE on the reverse side of our Summer Activities Leaflet. Over 14,000 copies of this leaflet are printed and distributed across the whole district.

Information for inclusion needs to be relevant to children and families and accurate for June 2022 onwards. To make a submission please contact [Laura.Winter@southderbyshire.gov.uk](mailto:Laura.Winter@southderbyshire.gov.uk) or call 01283 595873.

## Active Supporters Weight Loss Support

Derby County Community Trust have partnered with Live Life Better Derbyshire to run an Active Supporters weight loss support programme for males aged 18+ in Swadlincote.

The programme will involve various activities to support you to become a healthier and happier version of yourself!

Sessions start Monday 31st January, 6:00pm - 7:15pm at Green Bank Leisure Centre. To be eligible to sign up, participants must:

- Live within Derbyshire or be registered with a Derbyshire GP
- Have a BMI of 25+ (or 23+ if of BAME background). Not sure what your BMI is? Click [HERE](#) to use the NHS BMI calculator.



## Tackle It

Tackle It is mental wellbeing programme aimed at men between the age of 17-25 who are struggling with their mental wellbeing. The sessions will include physical activity, wellbeing and resilience activities along with learning some important life skills.

Sessions start Tuesday 8th February, 6:00pm - 7:30pm at Green Bank Leisure Centre.

For further information on both sessions and to get involved visit [www.dcct.co.uk](http://www.dcct.co.uk) or call 01332 416140.



## Strategic Review Process Update

We are beginning a wide strategic review to ensure that we are making fully informed strategic decisions. Any proposals will need to be informed by the wider strategic review via a Strategic Outcomes Planning Model (SOPM), with the following being undertaken/refreshed as the evidence base for the SOPM:

- Facilities Planning Model (FPM)
- Built Facilities Strategy (BFS)
- Playing Pitch Strategy (PPS)
- Local Football Facility Plan (LFFP)
- Recreation Facilities Strategy (RFS)

The existence of a robust and up-to-date strategies and SOPM can be of significant benefit to a wide variety of parties and agendas.

The SOPM will then be followed by a Leisure Services Delivery review and a wider roll-out of Moving Communities.

Various organisations, including Parish Councils, community groups/clubs etc., will be included in the strategic review and the associated strategies, as part of the process. We are aiming to complete the majority of the strategic review by Summer/Autumn 2022, and the SOPM by Spring 2023.

## Sports Pass and Grant Scheme

The February 2022 application window for the Active South Derbyshire Sports Pass and Grant Scheme closed on 1<sup>st</sup> February with 24 applications received for consideration.

The scheme is designed to help talented local sports people to reach county, regional, national and international levels. Depending on their level of achievement to date, individual applicants will be eligible for one or both of the following:

- The provision of a Sports Pass, which allows free use of certain sports facilities for training purposes at Green Bank or Etwall Leisure Centre.
- A small financial grant for training and coaching expenses, travel costs or the purchase of specialist equipment.

Click [HERE](#) for further information on the scheme and details on the August 2022 application window.

## National Forest Walking Festival 2022

There has been a great deal of support for the 2022 Walking Festival and we now have over 85 walks to offer in the brochure, which will be out early April. The Walking Festival takes place this year between 14<sup>th</sup> and 26<sup>th</sup> May. With the focus this year being on Wildlife and Biodiversity, and a range of walks from Easy to Strenuous, we hope to have something for everybody to enjoy.

For more information, please email:

[tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk)

## Weekly Walks News

Our weekly walks will now be delivered under the umbrella scheme of Walk Derbyshire. We hope that this change will allow us to have more flexibility to recruit new walk leaders and to offer a range of local walks to suit everybody.

After being part of the Walking for Health scheme, which was then renamed as the Wellbeing Walks scheme in 2021 since 2002, this is a big move for us, but we hope that it will be filled with lots of positive potential.

## Become a Walk Leader

If you are interested in becoming a trained walk leader and helping to deliver our weekly programme of Walk Derbyshire walks across South Derbyshire, please get in touch by emailing [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk)

Details of our next scheduled walk leader training course are:

- ✓ Monday 14th February
- ✓ 9:30am until 3:00pm
- ✓ At Rosliston Forestry Centre

Please contact Tor Adams to book your place now!

For more information, please email: [tor.adams@southderbyshire.gov.uk](mailto:tor.adams@southderbyshire.gov.uk)





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

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

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The Active Schools Partnership have been busy over the last 3 months delivering in more than 10 schools. Each week we deliver over 100 hours of PE, lunch time, breakfast and afterschool clubs. Sessions have had many restrictions since the start of the current academic year, with COVID still having a massive influence on the way schools are being run and the number of children attending each club.

Behind the scenes the Active Schools Partnership are putting plans in place to continue the successful holiday camps, providing opportunities for a very inclusive programme. This programme will again provide multiple options for all children across South Derbyshire. Alongside all of this, the team have also been delivering an extensive programme of enrichment days, ranging from multi-sports to New Age Kurling, providing the opportunity for young people to try these new sports.

## Competitions Back in Full Swing

The spring term is shaping up to be a busy term with 14 competitions and events running throughout the District. Extra measures are in place to provide a COVID safe environment for all.

We had a great start to the competition calendar, hosting our Primary Goalball competition at Greenbank Leisure Centre. We had 10 teams enter, and Fairmeadows took home the win.

Our biggest competition to date was the Primary Dodgeball tournament. We had a total of 16 teams enter (100+ children), over the three-hour competition we completed 192 games of dodgeball, resulting in Heath Fields taking home the win after an intense final against Springfield.





## Bikeability Update

With the South Derbyshire ASP Bikeability 2021 - 22 programme, it's good news all round!

When Covid hit the country, even though we saw a massive uptake of cycling, Bikeability and school sports programmes were one of the first things to stop as schools concentrated on lessons and managing the extra workloads that Covid brought. As the schools returned to normal, the Department of Transport released the 2021-22 funding via the Bikeability Trust and Ian Gee, our ASP team, worked hard to secure funding to keep the programme running, just as other Bikeability providers were scaling down.

This has meant that the ASP have been able to offer:

- 30 funded Level 2 places to schools (an increase from 24)
- Level 1 Bikeability for Year 5 students
- A bigger Balanceability programme to more schools



The Balanceability and Bikeability programme is now in full swing with the delivery diary looking full. There are only a few free days left which is amazing as schools take up the offer of Bikeability, even when Covid has changed or stopped timetable planning and to top off the good news the Balanceability programme has just received 20 brand new Vitus Balance Bikes to replace the existing fleet.

For more information, please email:  
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