



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Winter 2024



All the latest updates from the Active Communities and Health Team

Summer Activities 2024

The Play, Sports and Adventure Mobiles will be making a return this summer. Provision details and booking guidelines were shared with all Parish Councils at the start of December 2023, with the booking window opening in January.



It is a tribute to, not only our fantastic team of delivery staff who work on our playscheme activities, but also all the families who loyally follow our activities across the district, that all 108 available sessions between the 24th July and 23rd August have been reserved.

It's great to see that partners continue to see such value in this service, which offers free opportunities for families and young people to access play and physical activity opportunities across the district. We would like to thank the 17 Parish Councils who have made bookings for their ongoing support!

Planning also continues to ensure that Project Park and our popular Skateboard Coaching sessions also return this year, to further increase the opportunities provided during the school holidays.



New operators appointed for Leisure Centres

From April 1st 2024 Green Bank and Etwall Leisure Centres will now be operated by Everyone Active following a decision made by South Derbyshire District Council.

On the 11th January 2024, South Derbyshire District Council's Finance and Management Committee approved the appointment of the preferred bidder, Sports and Leisure Management Ltd (who operate under the name Everyone Active) to take over the management and operation of Green Bank and Etwall Leisure Centres.

Following a robust procurement process to ensure that the council and residents receive value for money and the best possible service provision, the contract was awarded for five years, with a discretionary two-year extension.

Everyone Active, who have over 230 centres nationwide already successfully operate several leisure facilities in neighbouring areas including East Staffordshire, North West Leicestershire and Derby.

South Derbyshire District Council would like to thank current service providers Active Nation and staff at both sites for their hard work and dedication throughout the recent contract term.

The council and Everyone Active will be working closely with Active Nation to ensure a smooth transition for staff, contractors and current customers. Staff who currently work at the Leisure Centres will transfer across to the new operator.

Integral to the new partnership, Everyone Active and the council are committed to investing in new fitness equipment, facilities and community access for all at both sites.

We have put together a dedicated [FAQ page](#) with Everyone Active.

Plus, we also have a dedicated page on our site for future updates: [Everyone Active partnership](#).



Child's Choice & Sports Mentoring

We are currently working to expand the capacity of the Active Communities & Health team by recruiting into the new role of Active Communities & Health Coordinator. This new member of the team, when in place, will be responsible for the coordination, delivery and monitoring of high-quality support and intervention programmes to a variety of audiences across South Derbyshire.

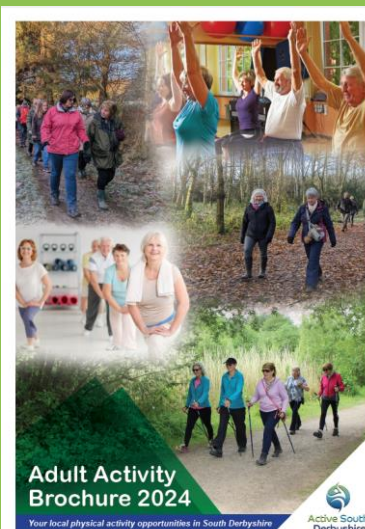
They will lead on the coordination and delivery of Sports Mentoring, providing one to one mentoring sessions to young people aged 8-16 who have been referred into the programme. Young people may be referred for reasons such as; poor school attainment or attendance, and involvement with anti-social behaviour or poor mental health. Sports and physical activity will be used as a vehicle for change.

Child's Choice is a local pilot which is part of Live Life Better Derbyshire's [Healthier Futures](#) programme, providing bespoke support to families in South Derbyshire. Children aged 5 to 12-years-old who are over a healthy weight or at risk of becoming an unhealthy weight and who have accessed the Healthier Futures programme, will be eligible to access support in finding local opportunities to increase the child's physical activity levels. This role will be responsible for identifying suitable opportunities based on their needs and supporting the family to access these opportunities, removing any potential barriers were possible and working to ensure that participation is sustainable.

Look out for further details of these exciting projects launching soon! For further information at this time, please contact Laura.Winter@southderbyshire.gov.uk.

Adult Activity Brochure

If you haven't heard of it before, the Adult Activity Brochure is a directory of local physical activity sessions for adults in South Derbyshire. Detailing a wide variety of activities, including; Walks, T'ai Chi, Zumba, Badminton, Croquet and many more. Getting active is one of the best ways that you can improve your overall health and wellbeing. Whatever your starting point or current activity levels, the Adult Activity Brochure has something for everyone. For further information, please contact: olivia.egan-gara@southderbyshire.gov.uk



Beyond Barriers

We know that everyone is unique, and that each person has their own path to follow. Beyond Barriers has been designed with this in mind, offering an employability



programme which is moulded around the individual, based on their needs. The free programme supports those that are experiencing long-term unemployment and are economically inactive. Groundwork Five Counties' approach encourages people to develop themselves and overcome obstacles. The focus is on building confidence and readiness for work. They offer a blend of one-on-one coaching, group sessions, and online resources that cater to personal needs while supporting individuals through other aspects of their life.

Find out more here or sign up for the programme [Beyond Barriers - Groundwork](#)

Deaf-initely Women

Deaf-initely Women is a fantastic organisation that supports deaf women. They offer a 1-2-1 service with support workers, offering advice on issues involving abuse, bullying or harassment. They offer short workshops to educate deaf or hard of hearing women on: keeping safe while dating – both online and offline, how to be assertive and how to protect yourself in a relationship. They also offer a Free Deaf Abuse programme, taking place over 6 weeks, for women who are in abusive situations.

Deaf-initely Women is also a community, they offer walks and other group-based activities to bring likeminded women together.

Contact them on:
01773 828233
07960 056746
def@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk

The flyer for Deaf-initely Women is divided into two main sections. The left section, on a dark blue background, lists services: 'We can help you with lots of services for e.g:', followed by a list of services including 1-2-1 help, information on where to get support, free legal advice, advice on moving house, counselling services, short workshops, and a free Deaf Abuse programme. It also includes contact details: Telephone: 01773 828233, SMS/text: 07960 056746, Email: def@deafinitelywomen.org.uk, and the website www.deafinitelywomen.org.uk. The right section, on a white background, features a large illustration of a hand reaching out to a woman sitting on the floor. Text in this section asks 'Are you being bullied, harassed or abused by a partner, relative, a friend or your neighbour?' and states 'We may be able to help you'. Both sections feature the Deaf-initely Women logo at the top and the Derbyshire Police and Crime Commissioner logo at the bottom.

Deaf-initely Women

We can help you with lots of services for e.g:

- ✳ 1-2-1 help from a Deaf Abuse Support worker
- ✳ Information on where to get:
 - ▶ support to stop bullying, harassment or abuse,
 - ▶ free legal advice,
 - ▶ advice on moving house,
 - ▶ counselling services
- ✳ Short workshops
- ✳ Deaf Abuse free programmes that will change your life for the better!

Contact details
Telephone: 01773 828233 | SMS/text: 07960 056746
Email: def@deafinitelywomen.org.uk
www.deafinitelywomen.org.uk

Deaf-initely Women

Are you being bullied, harassed or abused by a partner, relative, a friend or your neighbour?

We may be able to help you

Derbyshire Police and Crime Commissioner
Protecting Communities, Empowering Citizens

COLLECTIVE HUB SCHEDULE W/C - 22/1/24



Mon	Tue	Wed	Thu	Fri	Sat	Sun
9-3pm Community Cafe	9-4 pm Community Cafe	Community Cafe Open 9-8pm	Community Cafe Open 9-5pm	Community Cafe Open 9-5pm	10-4pm Family Board Game Cafe	10-3pm Family Board Game Cafe
9-3pm Stay and Play - £3 per child	9-3pm Stay and Play - £3 per child	Messy Play 10-2pm Stay and play 9-3pm, £3 per young person	9-3pm Stay and Play - £3 per child -	9-3pm Stay and Play - £3 per child - Messy Play 10-2pm	Community Cafe Open 10-4pm	Community Cafe Open 10-3pm
home education social Drop in 10-1pm	Colouring and Crafts for adults with additional needs 10-11:30	1:30-2:30pm SEN Parent/ Guardian support group	Adult friendship circle 10:30-11:30am	11-17 youth club FREE 5:30-7pm	10-4pm Stay and Play - £3 per child	Wellbeing Drama 9:15-10:30 (7-11) 10:30-11:45 (11-17) 12:15-1:30pm (SEN 10-19) Prebook only
	Science home education prebook only 7-11 (11-12pm), 10+ (12:45-1:45pm) 10+ (2-3pm)	Table Top Gaming/ Pokemon 5-8pm	Lgbt youth club free 5:30-7pm			Private function 3-5pm
	7-11 youth club FREE 4:30-6pm					
	Youth Community Cafe - youth 6-7pm					

Collective Hub

The Swadlincote Collective Hub launched in November 2023 with great success. As a community hub on the High Street in Swadlincote, they host a whole range of activities for all ages. From Colouring and Crafts for adults with additional needs, to Knitting Groups, Youth Clubs, Family Quizzes and Stay and Play sessions for toddlers, they really have it all. See their Facebook page for more details @CRDerbyshire – Collect Hub CRDerbyshire. The schedule above gives a little taster of what is on offer. If you're not on Facebook contact them on Swad@crderbyshire.co.uk or 07883 509312 to find out more.



National Forest Walking Festival

The National Forest Walking Festival 2024 will soon be here! This year we have 94 walks and events taking place from Saturday 18th to Thursday 30th May across the National Forest. With a Trail Therapy Launch Event starting the whole thing off on Saturday 18th May. The theme this year is Heritage, with a wide variety of walks to enjoy. Walkers of all abilities can take part in History Walks, Nordic Walks, and Nature Walks, to name just a few. For more details, please go to www.thenationalforestwalkingfestival.org.uk

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

Walks for all abilities, highlighting
the heritage of the National Forest

www.thenationalforestwalkingfestival.org.uk

THE NATIONAL
FOREST



Activities at Rosliston Forestry Centre

We are pleased to announce that the Friday Cycling sessions have been restarted at Rosliston Forestry Centre. Taking place every Friday from, 10am until 11am, cyclists of all abilities can take part in a leisurely, traffic free bike ride around the Forestry Centre, finishing off at the Hub café for a hot drink (optional). The session is £2 per person if using your own bike, or £3.80 including a cycle hire fee. For anyone who doesn't want to cycle, there is also the option to join the walking group at this time (free of charge).

We also have a new walk starting at Rosliston Forestry Centre every Wednesday from 10:30am until 11:30am. This walk is ideal for those who are new to exercise or getting back to it after a break.

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



GET ACTIVE IN THE FOREST . ROSLISTON ^{New} FORESTRY CENTRE WALK



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



Out and Active

Our HAF programme, Out and Active, took place at Rosliston Forestry Centre over the winter holidays. Children in receipt of free school meals were able to attend, for free, from 9am until 3pm and take part in a range of activities including; shelter building, campfire making, nature walks, crafts and team games, to mention just a few. All children were provided with lunch and snacks throughout the day.

We are hoping to deliver the same programme during the Easter holidays, subject to successful funding application.



Cycling at Cadley Park

Following on from the success of the Cycle event day, delivered in partnership with Tuff Riders on 31st October, we will be holding another Cycle event day at Cadley park on Wednesday 21st February. The day will include 4 separate sessions, including a Balance Bike Session for 2 – 5-year-olds, a Ready, Steady, Pedal session for 3 years +, and two BMX Skills Sessions using the newly installed pump track. Places are free of charge and booking details can be found on the next page.



Cadley Park Pump and Learn to Ride Track

**FREE Balance Bike, Ready Steady Pedallers
and BMX Skills Sessions
With Tuff Riders BMX School
Wednesday 21st February**



Cadley Park, William Nadin Way, Swadlincote DE11 0BB

- ◆ 10am - 10:45am - Balance Bike Session for ages 2 - 5yrs (This session is on the new learn to ride area.)
(Max 16 Riders) Balance bikes available if required / safety wear provided.
- ◆ 11am - 12pm - Ready, Steady, Pedal for ages 3+ (This session is on the new learn to ride area.)
For riders just starting to pedal independently. Riders need to bring their own bikes, but safety wear provided.
- ◆ 12:30pm - 1:30pm - BMX Skills Session for ages 8+ (This session is on the new pump track.)
Learn how to corner, race, pump, jump, manual and wheelie. Bikes and safety equipment will be provided.
- ◆ 2pm - 3pm - BMX Skills Session for ages 8+ (This session is on the new pump track.)
Learn how to corner, race, pump, jump, manual and wheelie. Bikes and safety equipment will be provided.

BMX Skill Sessions are for those who can confidently ride a bike and can pedal whilst stood up ...
... Bum off seat / feet level pedal.



Ticket Event Only - Tickets Available on Eventbrite
(Search 'Tuff Riders BMX and Balance Bike School')



TUFF Riders



TuffRidersBMX

(Scan QR
Code)





"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 Easter Term!

The ASP, PE & Schools Partnership continues to thrive. Currently, 15 schools are booked onto the programme, receiving over 120 hours of delivered PE and Sport every week from ourselves.

The affiliation package we offer provides a series of extracurricular programmes, delivered by our staff. The package is very popular, currently being fully booked by our schools. Our contracted and casual staff are now delivering over 12 extra sessions each week to the schools.





ASP Competitions:

The new year has seen a great start for the Active Schools Partnership competition calendar. We have hosted Sports Hall Athletics which across 3 age groups, saw 25 teams and approximately 300 children take part in field and track activities. Cross Country has also taken place with 4-year groups racing against each other in 8 races, 246km was covered by all racers who participated.

We have got a busy term ahead with 10 competitions and events to take place. The events range from New Age Kurling, to Swimming, to an Early Racers event. This event is targeted at reception children to get them riding their balance bikes in both a fun and competitive way.

FA Girls:

The Barclay's FA girls project is in full swing, with lots of schools across the district boasting equal access across both curricular and extracurricular activities. Many more schools are due to join in the near future also.

The project is currently in its final year of funding. Therefore, to end this year with a bang, we are partnering with East Staffordshire SSP to host the Biggest Ever Football Session. The event is taking place at St. George's Park – the home of English football. All schools across both districts will be invited, and the entire day will be lead and referred by young female leaders from our secondary schools. A KS2 festival will take place in the morning, followed by the Year 3+4 and Year 5+6 five a side football tournament in the afternoon.



Bikeability

Autumn and winter Bikeability has been the busiest yet for the South Derbyshire ASP team. We have had a record number of bookings from all of our schools, with almost a full diary up until July 2024. This means we will have delivered playground-based cycling to over 800 Year 5 children and 1,200 road-based places to Year 6 children by the end of the academic year. The ASP are also offering free Balanceability sessions to our schools Reception and Year 1 classes as part of their affiliation package. Again, the uptake for Balance has been brilliant, with schools realising that enthusing young children in a riding programme will lead to more cycling in later life.

The Bikeability Trust, as part of their community engagement, loaned South Derbyshire ASP with 20 new Frog Balance Bikes. When delivering the Balance programme to schools the bikes make our service easier with lighter, easier to use and brighter bikes when delivering the Balance programme to schools.

