

Active Communities & Health Team Newsletter

WINTER 2025/2026





Active South Derbyshire

New School Enrichment Offer!

TEAMWORK

PROBLEM SOLVING

COMMUNICATION

SELF-CONFIDENCE

We're thrilled to announce the **launch** of our **School Enrichment Offer**, designed to take learning **beyond the classroom** and create **unforgettable experiences** for children and young people across South Derbyshire.

This exciting programme complements the **curriculum** by providing hands-on, engaging activities that help pupils develop **essential life skills**.

And the best part? They'll learn these skills while having fun in a **safe, supportive environment**.

Our enrichment sessions take place at the stunning **Rosliston Forestry Centre**, an outdoor setting that offers the perfect backdrop for **adventure** and **learning**. Surrounded by **nature**, pupils can immerse themselves in activities that **challenge, inspire, and build confidence**.

We provide a wide range of exciting activities tailored to different age groups and abilities, including:

- Archery
- Team Building
- Laser Combat
- Shelter Building
- Birds of Prey Experiences ...and much more!

All sessions are fully **supervised** by experienced instructors and designed to **support** your learning outcomes.

Want to learn more about our offer? Visit our website.

Let's work together to create **memorable** learning experiences that **inspire** pupils to **explore, grow, and thrive!**

Find out more: <https://www.southderbyshire.gov.uk/our-services/education-and-schools/school-enrichment-delivery>



School Enrichment



Bringing
Learning to Life
Beyond the
Classroom



Active.SD@southderbyshire.gov.uk



01283 595873



South Derbyshire Talent Academy

2026 APPLICATIONS WINDOW

**SOUTH DERBYSHIRE
Talent
ACADEMY**

2026

Active South Derbyshire

Supporting local athletes to achieve their full potential

Supported by:

everyone ACTIVE

Active.SD@southderbyshire.gov.uk

01283 595873

We're excited to announce the **launch** of the **South Derbyshire Talent Academy 2026**, delivered in **partnership** with **Everyone Active**. This initiative is designed to provide **dedicated support** to local athletes striving to reach their full potential. The Talent Academy offers a visible platform and tailored **opportunities** to help athletes achieve their sporting ambitions. Whether you're aiming for regional success or working towards national recognition, this is your chance to access additional **resources and guidance** to help you excel.

What's Included?

Successful applicants will benefit from a range of support, including:

- **FREE Leisure Centre Membership**
- **Enrolment into Everyone Active's National Sporting Champions Scheme**
- **Free Talent Academy branded kit**
- **A platform to celebrate and promote your achievements**

APPLICATION WINDOW: 1st December 2025 - 18th January 2026

This year's application window has just closed. Thank you for your applications - we had an incredible 45 applications in total. In the coming weeks we will be holding a judging panel to review the applications against set criteria. After this, we will reach out to successful applicants and invite them to meet & greet events at Green Bank Leisure Centre and Etwall Leisure Centre to collect passes and free branded kit. After this, we will release our 2026 line up in February!



Supporting Your Club:

HOW WE CAN HELP YOU THRIVE

Are you involved in running a voluntary sports club or community provision? Whether you're just starting out or looking to grow, the **Active Communities and Health Team** is here to support you every step of the way.

We understand the challenges that clubs face – from finding new volunteers and attracting participants to securing funding and ensuring your workforce has the right skills. That's why we offer tailored support to help your club succeed.

How we can help:

RECRUITMENT SUPPORT: Need more volunteers or participants? We can help you connect with local networks and promote opportunities.

TRAINING & DEVELOPMENT: Unsure what qualifications your coaches or leaders need? We'll guide you to the right courses and resources.

FUNDING ADVICE: From small grants to larger funding streams, we'll help you identify opportunities and strengthen your applications.

CLUB DEVELOPMENT: Whether it's governance, safeguarding, or planning for growth, we'll provide practical advice and tools.

BUILD LOCAL NETWORKS: We're passionate about creating a strong community of clubs that support each other. By joining our local network, you can share resources, exchange best practice, and collaborate on ideas that benefit everyone.

Our goal is simple: to help your club thrive and make a positive impact in the community.

Get in touch today to find out how we can support you.

✉ Active.SD@southderbyshire.gov.uk

☎ 01283 595873

Together, we can build stronger, healthier, and more active communities.

Welcome to the Team

INTRODUCING: JAKE ALLAM



“Hi, I’m Jake! I’m really excited to join the team and contribute to some key outcomes in my role as **Active Communities & Health Coordinator**.

My journey has been a bit unconventional, I started in Accounting, made a big switch to Personal Training and Behaviour Change, and most recently I have worked managing gyms. I think this mix of experiences gives me a unique perspective and will help me drive progress on projects while bringing a personal touch to the 1-1 mentoring I do.

If you have any questions about my role or see an opportunity to collaborate, please reach out and say hi!”

We’re excited to welcome **Jake Allam** as the new **Active Communities and Health Coordinator**! Jake joined the team in October and brings a wealth of enthusiasm and fresh ideas to help us continue making a positive impact in our communities.

In his new role, Jake will be **leading on key projects** such as **Sports Mentoring** and **Active Futures**, which aim to inspire and support individuals to lead healthier, more active lives. Alongside these initiatives, Jake will also be working closely with the wider team to strengthen our community engagement and deliver innovative health and wellbeing programs.

Jake is passionate about creating opportunities for people of all ages and backgrounds to utilise the benefits of participation in physical activity. His focus will be on building strong partnerships, supporting local people, and ensuring that our projects make a lasting difference.

Please join us in giving Jake a warm welcome to the team! We’re looking forward to seeing the positive impact his work will have across South Derbyshire.



GET ACTIVE IN THE FOREST

A Cold Start to the New Year

It's been a **cold, snowy and icy** start to the New Year and some of our **walks and activities** unfortunately had to be **cancelled** as a result. For clarity, during any future extreme weather conditions, we would like everyone to know that the walks and activities will usually continue as normal unless there is an **Amber weather warning** in place. This includes extreme high temperatures, storms and high winds, flooding and snow and ice. When walks and activities need to be cancelled, we will **contact** all those walkers and participants who have **opted in to receive communications** from us when they **registered** to attend the walk or activity to let them know, and we will also post on our **Facebook** page **Active South Derbyshire**.



In circumstances where there isn't an Amber weather warning, but some localised paths or conditions make it too **dangerous** to walk, the walk leaders/activity instructors will make the **decision** to cancel based on their **assessment** of the routes that day. We will do our best to **contact** all **walkers/participants** as soon as we can and, in many circumstances, the walk leader will still attend the meeting point to tell any newcomers that the walk/activity is cancelled. Those attending will often have a hot drink together then before heading home.

Wherever possible we will keep the walks and activities running, and will only cancel when it is too dangerous to do so. We hope this information helps.

National Forest Walking Festival 15th - 29th May 2026

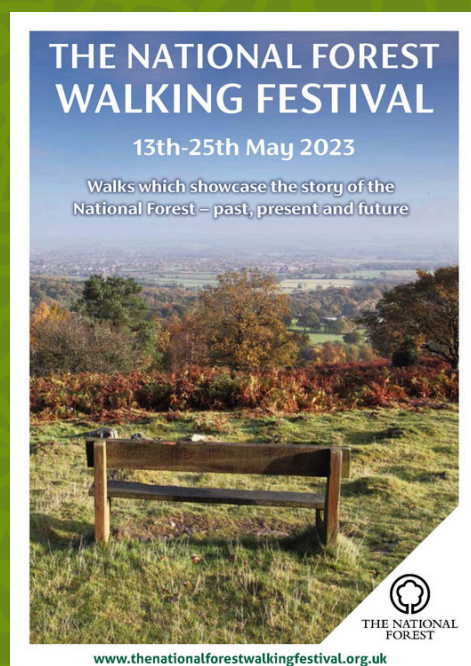


The 2026 National Forest Walking Festival marks the 17th edition of our annual celebration, made possible by the dedication and enthusiasm of our incredible volunteers, so a huge thank you to each of them for helping bring this event to life.

This year, we invite you to explore the Forest through the lens of **art and culture**. You will be taken on walks that **encourage playful engagement** with **sound, texture, and colour**, or those that explore the ways the Forest has shaped **communities** and local **history**. In addition, the **Youth Landscapers Collective** will join the festival as artists in residence, to mark their tenth anniversary. With a spirit of curiosity and creativity, they will appear at selected walks to collect the sights and sounds of the Forest in imaginative ways. Recordings and images collected will be used in a new public artwork later in the year.

We warmly invite you to join us and hope this year's festival inspires you to see the Forest in new ways and unleash your own creativity, both during the event and beyond.

For more information, updates and to read the 2026 brochure when it's released, visit www.thenationalforestwalkingfestival.org.uk



THE NATIONAL FOREST WALKING FESTIVAL

15th-29th May 2026



Walks for all, celebrating Art and
Culture within the National Forest.



THE NATIONAL
FOREST

www.thenationalforestwalkingfestival.org.uk

FREE WEEKEND WALKS

IN THE NATIONAL FOREST

PARKLANDS & WOODLANDS - 5.5 MILES
 Sunday 12th October 10:30am
 This rural walk around Melbourne takes in stunning views, historic houses, and ancient woodlands. You will visit Staunton Harold Reservoir, Colke Abbey, Ticknall Limeyards and Robin Wood.
 Meet at: Staunton Harold Reservoir, Colke Road, Melbourne, Derbyshire, DE73 8DL

COTON CIRCULAR - 6 MILES
 Sunday 30th November 10:30am
 Along this gentle walk, you will visit six young woodlands in the Mease Lowlands. From the remnants of a historical lane at Coton Wood, to signs of a medieval ridge and furrow at Tap Wood.
 Meet at: Lullington Road car park, Coton-in-the-Elms, DE72 8BP

FROM THE FURNACE - 5 MILES
 Sunday 14th December 10:30am
 Explore the industrial and natural heritage of Moira. This area, known as Heart of the Forest, has seen woodland cover increase from 1% to 27% over the last 30 years.
 Meet at: Moira Furnace Country Park, Furnace Lane, Moira, DE12 6AT

Please note: no need to book, sturdy footwear is recommended, assistance dogs only and 16+

For more information, contact get.active@southderbyshire.gov.uk

WILLINGTON WALK

Join us for a free, weekly afternoon walk around Willington!

Led by trained Walk Leaders, this 2-3 mile walk is ideal for those wanting to stay active and socialise with a welcoming group. No booking required, assistance dogs only.

WEDNESDAYS 13:30 - 14:30
 Meet at Canal car park DE65 6BP

WALK LEADERS WANTED:
 Would you like to help lead walks like this one? We are looking for people to help deliver our weekly Walk Derbyshire walks, ranging from 1 to 5 miles, helping people to become more active and achieve healthier lifestyles. Free to attend training session, booking required.

WEDNESDAY 21st JANUARY 2026 9:30 - 14:00
 Rosliston Forestry Centre, DE12 8JU

For more information contact us at Get.Active@southderbyshire.gov.uk or call 01283 595906

Walk Leaders needed: Pushchair walks

Would you like to help set up a Pushchair walk at Coronation Park?

We are looking for volunteer Walk Leaders to help support a new walk aimed at parents and carers of babies and young children. The walk will be free to attend and will take place on a weekly basis to suit the volunteers.

Walk Leader Training
 Wednesday 21st January 2026
 9:30am - 2:00pm
 Rosliston Forestry Centre

The half day Walk Leader training is free of charge. For further details, please contact tor.adams@southderbyshire.gov.uk

WEEKLY WALK GREEN BANK

starting from leisure centre

Wednesdays
 10:00am - 11:00am
 Meet in the cafe in Green Bank Leisure Centre, Swadlincote, DE11 0AD
 1 - 2.5 miles

Join us for a free & friendly weekly walk through Eureka Park to Oaklands Village, for a chat over drinks. All are welcome to get active and socialise with us!

No booking required. Assistance dogs only. For more information contact us at Get.Active@southderbyshire.gov.uk or call 01283 595906

HILTON WALK

Join us for a free, weekly morning walk around Hilton!

Led by trained Walk Leaders, this 2 - 3 mile walk is ideal for those wanting to stay active and socialise with a welcoming group. No booking required, assistance dogs only.

MONDAYS 10:30 - 11:30
 Meet at Hilton Brook Pub DE65 5FG

WALK LEADERS WANTED:
 Would you like to help lead walks like this one? We are looking for people to help deliver our weekly Walk Derbyshire walks, ranging from 1 to 5 miles, helping people to become more active and achieve healthier lifestyles. Free to attend training session, booking required.

WEDNESDAY 21st JANUARY 2026 9:30 - 14:00
 Rosliston Forestry Centre, DE12 8JU

For more information contact us at Get.Active@southderbyshire.gov.uk or call 01283 595906

Coronation Park WEEKLY WALK

Join us for this weekly walk in and around Cadley and Coronation Parks. This walk is ideal for those who are already active but looking to increase their fitness.

When: Thursdays 10am - 11am
Where: Meet at Coronation Park car park, DE11 0UH (free parking)
Distance: Up to 3 miles
Cost: FREE!

For more information, contact us at Get.Active@southderbyshire.gov.uk or call 01283 595906

ELVASTON CASTLE NIGHT WALK

Date & time: Every Thursday @ 7pm
Meet point: Thulston village green, DE72 3EY
Route: Footpaths and trails in and around Elvaston Castle Country Park, DE72 3EP

Would you like to join a free, safe, friendly, sociable walk? We walk approximately 5km (3.1 miles) in 75 minutes.

We walk throughout the year - sunshine, moonlight and stars!

Check out Elvaston Night Walks on Facebook, or contact Tor.Adams@southderbyshire.gov.uk

PARKINSON'S GROUP NORDIC WALKING

at Rosliston Forestry Centre

Starting on Tuesday 23rd September 2025

Join us for this weekly social group for people with Parkinson's and their families. We will go for a gentle Nordic Walk around the surfaced paths of the Forestry Centre, taking regular breaks at benches if needed. With the bird hide not far from the main Centre, and the pond and Lake a little further along, we have plenty of options to do as much or as a little a walk as everyone requires. We also have access to mobility scooters and trampers for anyone who isn't able to walk, but would still like to join us for the journey and chat.

Nordic Walking is a low impact exercise with the use of Nordic Walking poles. It has been shown to have a really positive impact on the symptoms of Parkinson's disease.

Nordic Walk: 1:30pm until 2:30pm (maximum)
Hot drink and chat: 2:30pm until 3pm (please feel free to join us just for the drink if you are not currently able to do the walk)
Price: £2.50 (no charge for carer)

Rosliston Forestry Centre, Burton Road, Swadlincote, DE12 8JU

For more information contact Tor.Adams@southderbyshire.gov.uk or call 01283 595906

Walk Leaders needed

Could you help lead walks in South Derbyshire? Do you enjoy walking, meeting new people, and spending time in nature? Would you like to make a positive impact in your community?

We're looking for volunteer Walk Leaders to help deliver our weekly Walk Derbyshire walks which range from 1 to 5 miles and are open to everyone.

As a Walk Leader, you'll play a vital role in helping people build healthier lifestyles, all while enjoying the outdoors and discovering beautiful greenspaces.

Whether you're an experienced walker or just passionate about helping others, we'd love to hear from you. You don't need any prior experience - full training and ongoing support will be provided. If you're interested in joining us and making a difference, please contact Tor.Adams@southderbyshire.gov.uk

GET ACTIVE IN THE FOREST

PARKINSON'S GROUP

at Rosliston Forestry Centre

NORDIC WALKING

Join us for this weekly social group for people with Parkinson's and their families.

We will go for a gentle Nordic Walk around the surfaced paths of the Forestry Centre, taking regular breaks at benches if needed. With the bird hide not far from the main Centre, and the pond and Lake a little further along, we have plenty of options to do as much or as a little a walk as everyone requires. We also have access to mobility scooters and trampers for anyone who isn't able to walk, but would still like to join us for the journey and chat.

Nordic Walking is a low impact exercise with the use of Nordic Walking poles. It has been shown to have a really positive impact on the symptoms of Parkinson's disease.

Nordic Walk: 1:30pm until 2:30pm (maximum)

Hot drink and chat: 2:30pm until 3pm (please feel free to join us just for the drink if you are not currently able to do the walk)

Price: £2.50 (no charge for carer)

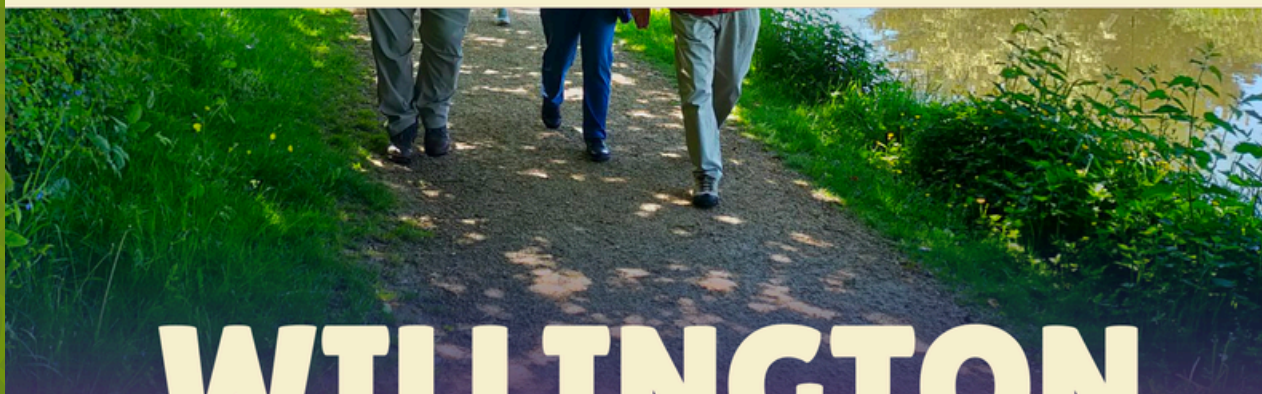
Rosliston Forestry Centre, Burton Road, Swadlincote, DE12 8JX



Foundation
Derbyshire

For more information contact Tor.Adams@southderbyshire.gov.uk or call 01283 595906

GET ACTIVE IN THE FOREST



WILLINGTON WALK

Join us for a **free**, weekly
afternoon **walk** around **Willington**!

Led by trained Walk Leaders, this 2-3 mile walk is ideal
for those wanting to stay **active** and **socialise** with a
welcoming group.

No booking required, assistance dogs only.

WEDNESDAYS 13:30 - 14:30

Meet at Canal car park DE65 6BP



For more information contact us at
Get.Active@southderbyshire.gov.uk or call
01283 595906



GET ACTIVE IN THE FOREST



HILTON WALK

Join us for a **free**, weekly morning **walk** around **Hilton**!

Led by trained Walk Leaders, this 2 - 3 mile walk is ideal for those wanting to stay **active** and **socialise** with a welcoming group.

No booking required, assistance dogs only.

MONDAYS 10:30 - 11:30

Meet at Hilton Brook Pub DE65 5FG



For more information contact us at
Get.Active@southderbyshire.gov.uk or call
01283 595906





South Derbyshire Active Schools Partnership: A Strong Start to 2025/26!

The South Derbyshire Active Schools Partnership has kicked off the 2025/26 academic year with fantastic momentum in delivering the PE and School Sport Programme.

This year, we are proud to be working with 12 schools across the district, offering a wide range of activities from energising breakfast clubs to high-quality PE programmes that inspire pupils to stay active and healthy.

Beyond our core delivery, the team has gone above and beyond to support schools wherever possible, ensuring every child has access to engaging physical activity opportunities. We're also excited to continue rolling out our affiliation programmes, providing even more value and variety for schools and students alike.

It's been a brilliant start, and we look forward to building on this success throughout the year. Thank you to all our partner schools for your commitment to creating active, healthy environments for young people!





ACTIVE FUTURES

Move Together, Feel Better!
Looking for routine, confidence and a boost?

Support to help you feel ready for work when the time's right

Join us for 6 weeks and transform your everyday

Contact Katie for more details on: **01283 595800**
Katie.Greenwood@SouthDerbyshire.gov.uk

REGISTER NOW SCAN ME



Tired of feeling stuck? Let's get moving - together!

- Free local activities for all abilities - no pressure, no judgement.
- Meet new people and feel a part of something.
- Gentle movement can ease pain, improve mood and boost energy.
- Travel support and refreshments included.
- Support available to learn new skills and get ready for work if you're ready for more.
- Open to those not currently in education, training or employment.
- Physical activity to suit you with personalised support.

REGISTER NOW SCAN ME



This is a project to support you to build your skills, confidence and activity levels.
Register your interest to find out more.

Contact Katie for more details on: **01283 595800**
Katie.Greenwood@SouthDerbyshire.gov.uk



ACTIVE FUTURES - UPDATE

Building confidence, improving wellbeing, and creating brighter futures in South Derbyshire. Active Futures supports those aged 16-64 in South Derbyshire along their employment journey through physical activity.

✓ What's Happening?

- We've attended 3 engagement events connecting people with opportunities
- 16 referrals have joined the programme
- 6 Personal Development Plans tailored to individual goals
- 1 participant enrolled on a training course – a big step forward!

→ Coming Soon

We want to support people out of work to get active, meet new people and make a step towards a brighter future.

We are launching weekly Mind & Body Classes in Swadlincote town centre in the New Year! These are free to attend and involve light movement and a no pressure gateway to get involved in the project. Contact Jake to find out more.

💡 Get Involved Today!

Know someone who could benefit?

👉 Refer them now using this QR code:

Or contact Jake Allam at

✉ jake.allam@southderbyshire.gov.uk

☎ 07423 514659





Free Employability Event

Thursday 22nd Jan 10am - 2pm

Swadlincote Town Hall



Find Your Way - it starts today!

Get help to find work, improve your mental health,
gain new skills or simply explore your options.


A friendly event delivered by local organisations
with decades of experience in employability support.


No need to book, just drop in! For more info:
www.groundwork.org.uk/find-your-way




FIND YOUR WAY - Free Employability Event

Our Active Futures project will be attending a free drop-in event hosted by Groundwork Five Counties to help unemployed adults in South Derbyshire take the next step toward work, confidence, and new skills.

 Rescheduled to Thursday 22nd January

 10:00 AM - 2:00 PM

 Swadlincote Town Hall, 3 Midland Road, DE11 0AG

✓ What is on offer?

- CV writing tips and interview preparation
- Tailored employability support to match your interests and skills
- Guidance on mental health support and confidence building
- Opportunities to learn new skills and access free accredited courses
- ...and much more!

Enjoy free tea, coffee, and sweet treats while you chat with friendly experts.

Delivered by trusted local partners

- Groundwork Five Counties
- Burton and South Derbyshire College
- South Derbyshire District Council


All offering a range of advice and support services to help you succeed.

Why attend?

For those aged 18-66, unemployed, and living in South Derbyshire.

We can help you:

- ✓ Find paid or voluntary work
- ✓ Gain new skills
- ✓ Improve your mental health
- ✓ Boost your confidence
- ✓ Access discretionary grants for training, laptops, or interview clothes

 Get More Info about support and other events like this by visiting:

www.groundwork.org.uk/find-your-way

Start 2026 right and take the first step toward a brighter future.



**Are you unemployed?
Are you looking to
get Active?
Do you want to meet
new people?**

MIND + BODY CLASS



***Join us every Tuesday until the end of March for
FREE mindfulness and yoga classes for anyone
unemployed. Relax, recharge, and enjoy.***



**Location:
Swadlincote Town Centre
Tuesdays at 12pm**

**Contact:
07423 514659
jake.allam@southderbyshire.gov.uk**

ACTIVE COMMUNITIES & HEALTH TEAM PARKRUN TAKEOVER

On Saturday 22nd November, the ACH Team braved the wintry rain (armed with waterproofs, brollies, and thermal socks) to support Coronation Park parkrun! 🌧️

Event #27 saw 114 determined participants take on the 5k course at 9am, cheered on by 23 amazing volunteers. Our SDDC colleagues volunteered as marshals, timekeepers, barcode scanners, and tail walkers in Coronation Park.

For most of us, it was our first time volunteering at parkrun, and we weren't sure what to expect, but the energy and determination of everyone out there in the dreary November weather was inspiring! 🙌

We're proud to have supported this event not just with our time, but also by helping procure a new gazebo, sack truck, folding table, speaker & mic, and even a PB bell to make future events even better.

A huge congratulations to all the participants – you showed incredible willpower! 🎉 We can't wait to support another local parkrun soon... hopefully under sunnier skies! ☀️ If you're interested in volunteering at your local parkrun you can find more information at <https://www.parkrun.com/about/join-us/volunteer/>

parkrun




Active South
Derbyshire

ACH TEAM STEP CHALLENGE

The Active Communities & Health Team are taking on a January Step Challenge 🏃‍♀️

Short days, cold weather & cosy sofas all tempt us to slow down and hibernate indoors... but we're doing something different ❄️

We're walking our way through the month to stay active, support each other and challenge ourselves 🚶‍♀️

We know the importance of physical activity on our health and wellbeing so we've set ourselves a big target - 5 million steps! 🎯

From January 1st to January 31st, we'll be getting our steps as a team to reach a total of 5,000,000 steps.

From lunch break strolls to after work walks, weekend hikes to treadmill sessions, we'll be staying active this month 🏃‍♂️

If this scheme is successful within our team, we will work to roll this out to other teams in the council for an even bigger challenge!

Why not set your team, friends or family a similar challenge to support each other to stay active during these colder months?

JANUARY STEP CHALLENGE

- 1 TEAM
- 1 MONTH
- 5 MILLION STEPS

