



South
Derbyshire
District Council

Active Communities & Health Team Newsletter

AUTUMN 2025





Active South Derbyshire

SUMMER PLAYScheme



5
WEEKS OF
FUN

84
SESSIONS
DELIVERED

4975
PARTICIPATIONS

We're delighted to share the fantastic outcomes of our **2025 Summer Activities**, which delivered a full schedule of **84 sessions** across South Derbyshire.

This year's programme offered a diverse range of opportunities for young people and their families to get active, connect with others, and enjoy the outdoors.

From our **Play, Sport and Adventure Mobiles** to **Skateboard Coaching**, **SEND Family Sessions**, the **Summer FNP Youth Group**, and **Family Fun in the Forest** events, the programme was designed to be inclusive, engaging and accessible to all.

We welcomed an incredible **4,975 participants** - a rise of over **1,000** compared to summer 2024. This increase reflects the growing impact of our work and the value these sessions bring to our communities.

Feedback received so far has been fantastic, with families expressing their appreciation for the extensive opportunities available over the holiday period.

The Net Promoter Score (NPS) from responses received is **83**, indicating a high level of satisfaction and likelihood to recommend the sessions to others.



This success would not have been possible without the **tireless efforts of our delivery staff**, who consistently go above and beyond to ensure every session is delivered to a high standard. Their professionalism, energy, and commitment to inclusion have been key to making this summer so memorable for our families.

We would also like to extend our heartfelt thanks to the **partners and funders** who support our summer programme - Parish Councils, South Derbyshire Community Safety Partnership, South Derbyshire Partnership and DCC Public Health. Your contributions ensure that these activities remain **free to access**, helping us remove barriers and reach families who benefit most from these opportunities.

Together, we've made a real difference - and we're already looking forward to building on this success in 2026.



FNP Youth Group Shines Over Summer!

For the first time ever, our weekly youth group - the **Friday Night Project (FNP)** - ran right through the summer holidays, and it was a **huge success!**

Our incredible young people showed up week after week with energy, enthusiasm, and a real sense of community. From sports and games to creative activities and just spending time together, the sessions were full of fun, connection, and positivity.

Thanks to funding from the **Holiday Activity and Food programme**, we were able to offer the summer sessions **completely free of charge**, including a **packed meal for every attendee**. This meant no barriers to joining in - just good vibes and great company.

To celebrate the end of summer, we hosted a **silent disco night** - and it was a massive hit! The young people danced the night away (and yes, the staff couldn't resist getting involved too!).

We're so proud of the young people who attend FNP - they're what make the group so special. Their **kindness, enthusiasm, and commitment** to making the sessions **welcoming and fun for everyone** is what keeps us going.





FNIP

TUESDAYS, 7-9PM

GREEN BANK LEISURE CENTRE, SWADLINCOTE

AGES 11-16

NO NEED TO BOOK

50P ENTRY, FIRST SESSION FREE

SAFE SPACE

CHILL-OUT AREA

BOARD GAMES

DODGEBALL

MUSIC

FOOTBALL

MUCH MORE...

FNIP



ALL YOUNG PEOPLE REQUIRE A PARENT OR GUARDIAN TO COMPLETE OUR NEW ONLINE CONSENT FORM.

PARENTS AND GUARDIANS, PLEASE SCAN THE QR CODE AND FILL OUT THE FORM. ONCE YOU'VE FINISHED, YOU'LL RECEIVE A UNIQUE REFERENCE NUMBER THAT YOUR YOUNG PERSON MUST BRING TO THE SESSION.



FOR FURTHER INFORMATION CONTACT:
ACTIVE.SD@SOUTHDERBYSHIRE.GOV.UK
OR 01283 595873

everyone
ACTIVE



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ACTIVE

Join in the Fun!

FNIP runs every Tuesday from 7-9pm at Green Bank Leisure Centre.

- First session is free
- Then just 50p per week
- No need to book, just turn up!

To sign up scan the QR code, click the [link](#) or contact us at Active.SD@southderbyshire.gov.uk



GET ACTIVE IN THE FOREST

OUT & ACTIVE HAF

WALK DERBYSHIRE

NATIONAL FOREST WALKING FESTIVAL

A summer of nature, exploration & community

This summer, our Get Active initiative has brought hundreds of people closer to nature through walking, exploration and play.

Our Out and Active Holiday Activities and Food programme welcomed over 100 children to Rosliston Forestry Centre.

Across South Derbyshire, the Walk Derbyshire programme delivered over 150 walks with an incredible 1500 participants stepping out to enjoy the outdoors this summer.

Our Themed Walks added extra interest to the calendar, from a vibrant Bluebell Walk in April to a Butterfly Safari in June, walkers have immersed themselves in their local natural environment and enjoyed being active together.

With planning already underway for the National Forest Walking Festival 2026, we're looking forward to another inclusive, celebration of walking.



Out & Active delivers Summer Fun!

This summer, the Get Active in the Forest team hosted 6 vibrant days of its much loved Out and Active HAF programme at Rosliston Forestry Centre.

Funded by Street Games as part of the national Holiday Activities and Food (HAF) initiative, the programme offered children a fantastic opportunity to explore nature, stay active, and enjoy meaningful experiences in a safe and welcoming environment.

Each day was packed with outdoor fun, featuring nature-inspired activities like den building, crafting homes for mini beasts, and meeting majestic birds of prey.

In line with HAF's commitment to health and wellbeing, every child received a nutritious packed lunch to keep their energy levels high and spirits lifted throughout the day.

The programme was a resounding success, with over 100 children taking part over the six sessions. Feedback

from both children and parents was overwhelmingly positive, highlighting the diverse activities, friendly staff, and the warm, inclusive atmosphere that made each day special.



National Forest Walking Festival

The National Walking Month falls during May, and this is one of the best times of the year to experience the National Forest. Between 16th - 26th May 2025, the annual Walking Festival took place, welcoming nearly 1,500 participants across more than 90 events, showcasing our local asset of the National Forest. From Nordic Walking to Forest Bathing, Junior Parkrun to themed walks, a range of events took place to suit everyone's abilities and interests.

Next year's Festival will take place between 15th - 29th May 2026, with plans well underway. This year's theme is 'Walks for all, celebrating Art and Culture within the National Forest'. Expect a vibrant programme of walks to promote health and wellbeing and the rich cultural heritage of our region, supported by the National Forest Company. You can stay up to date at www.thenationalforestwalkingfestival.org.uk.



THE NATIONAL
FOREST



Walk Derbyshire

We're proud to offer 16 free, regular walks across the South Derbyshire and beyond, all led by our fantastic Walk Leader volunteers. This summer alone we hosted more than 150 walks, welcoming over 1,500 participants who embraced the great outdoors and (mostly!) sunny skies.

Walking isn't just for physical health, it can help lower blood pressure, improve heart health and boost fitness, but it also supports mental wellbeing. Joining a walking group can reduce stress, ease anxiety, and help you feel more connected to people and your local area. You might even discover a new favourite local greenspace!

Find out how to get involved at walkderbyshire.org.uk or contact Tor.Adams@southderbyshire.gov.uk.

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

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 8JX



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



16

**DAYS OF
HOLIDAYS CLUBS**

150

**UNIQUE
PARTICIPANTS**

60

**CHILDREN
PER DAY**

A SUMMER OF IMPACT AND ENRICHMENT

This summer marked a successful season for the South Derbyshire Active Schools Partnership, with 16 vibrant days of Holiday Clubs hosted at Stanton Primary School.

The clubs welcomed over 150 unique participants, averaging over 60 children per day, and provided a rich blend of enrichment activities, physical engagement, and nutritious meals.

These sessions not only offered a safe and fun environment for children during the holidays but also played a vital role in supporting families across South Derbyshire. From sports and games to creative challenges, the clubs were designed to inspire, energise, and connect young people in meaningful ways.

SUSTAINING EXCELLENCE IN SCHOOL SPORT

We're also proud to announce the successful retention of our PE and School Sports Coaches, who are now actively delivering high-quality sessions across schools in the district.

Their continued presence ensures that pupils benefit from expert guidance, engaging physical education, and opportunities to develop lifelong skills and confidence through sport.

The commitment of our coaches and the enthusiasm of our young participants reflect the strength of our partnership and the positive impact we're making in the community.

RESILIENT ME PROGRAMME - BUILDING STRONG FOUNDATIONS

We are proud to have completed our Resilient Me programme, which has had an outstanding impact on the cohorts who participated. This initiative focused on helping young children develop essential life skills such as emotional regulation, confidence, and self-awareness.

The feedback and reflections from schools and participants have been incredibly positive, highlighting the programme's role in shaping not only their current school experience but also their future wellbeing and success. We believe the long-term benefits of this work will continue to grow as these children carry these skills forward.



LOOKING AHEAD - A YEAR OF GROWTH AND SUPPORT

As we move into the new academic year, we're excited to continue supporting schools through our PE and School Sport programme.

This includes the delivery of Breakfast Clubs, Lunch Clubs, PE lessons, and Afterschool Clubs, all designed to enrich the school day and promote active, healthy lifestyles.

We're also enhancing our Affiliation Programme, offering schools access to valuable CPD opportunities and enrichment programmes that support staff development and pupil engagement.

We look forward to another impactful year of collaboration, growth, and positive outcomes for the children and schools of South Derbyshire.

COMPETITIONS & EVENTS - INSPIRING HEALTHY RIVALRY

Throughout the academic year, we will be running an exciting calendar of 44 competitions, giving schools the opportunity to compete, collaborate, and celebrate sport together.

These events are designed to foster teamwork, resilience, and school pride, while encouraging pupils to challenge themselves and enjoy the spirit of friendly competition.

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



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

We have recently launched Active Futures: a person centred support programme to improve skills, confidence and wellbeing to support people on their journey back to work through physical activity. This may be through walks, joining existing activities, or trying something new together! There is support to help people with equipment or training - whatever is needed.

You can scan the QR code to register your interest, or contact Katie for more details at katie.greenwood@southderbyshire.gov.uk



WHAT: Active South Derbyshire takeover Parkrun Coronation Park

WHERE: Coronation Park, William Nadin Way, Stanton, Swadlincote, DE11 0GP

WHEN: Saturday 22nd November

To support the new Parkrun at Coronation Park, we are hosting a takeover day - on Saturday 22nd November we will be volunteering our services to undertake marshalling, timekeeping, handing out finish tokens and barcode scanning amongst other duties. We look forward to showing our support for this event and cheering on all the amazing participants!



Leisure Centre Updates

The Cadley Park Site

★ A New Chapter for Swadlincote!

South Derbyshire District Council has officially launched an exciting regeneration project — a **state-of-the-art Leisure and Office Development** at **Cadley Park**, Swadlincote. This transformative scheme will replace the existing Green Bank Leisure Centre and deliver a vibrant, future-ready community hub that blends **cutting-edge leisure facilities** with **flexible, sustainable office space**.

Set for completion in **Spring 2028**, the development marks a **major investment in the District's future**, bringing together innovation, wellbeing, and opportunity under one roof.

From the Council Leader, Councillor Robert Pearson

“Swadlincote deserves a modern leisure centre that promotes health and wellbeing, alongside flexible office space that can support the Council and provide opportunities for local businesses. This project is not just about new buildings, it is about creating a place that people are proud of, that brings the community together, and that reflects our ambition for the future.”

Why Cadley Park?


Already home to a 50-acre country park, two nine-hole golf courses and new residential developments, Cadley Park is the perfect canvas for this next-generation facility.

While You Wait...

Green Bank Leisure Centre in Swadlincote continues to offer a fantastic range of amenities:


- A fully equipped Life Fitness gym, which underwent a full refurbishment in 2024
- Swimming pool for learners and lane swimmers
- Group exercise studio with classes including yoga, sound baths, Body Pump, and Zumba
- 16 station indoor climbing wall, sports hall, interactive spin studio
- Meeting rooms for hire and a welcoming café

And don't forget **Etwall Leisure Centre**, with its refurbished gym, spin and group exercise studios, swimming pool, sports hall, 3G pitch, and café — perfect for staying active and connected. Both centres are operated by Everyone Active.




SOUTH DERBYSHIRE *TALENT ACADEMY*


2026


 Active South Derbyshire

Supporting local athletes to achieve their full potential

Supported by:



 Active.SD@southderbyshire.gov.uk

 01283 595873

South Derbyshire Talent Academy

The South Derbyshire Talent Academy launched in 2022 to replace the Sports Pass and Grant scheme. Active South Derbyshire, in partnership with South Derbyshire District Council and Everyone Active offer a scheme of support aimed at encouraging the development of sporting excellence in South Derbyshire.

The programme is designed to aid talented local sports people to realise their potential, whether it be at County, Regional, National, or International level. Find more information about our current cohort on the [webpage](#).

The 2026 scheme is being finalised, further details will be announced in the next month with applications opening over the festive period and new year.