



South
Derbyshire
District Council

Active Communities & Health Team Newsletter

SUMMER 2026





Active South Derbyshire

SUMMER ACTIVITIES 2026



SUMMER PLAYScheme 2026

We're delighted to share the fantastic outcomes of our 2026 Summer Activities playscheme, which delivered 68 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, a SEND Family Session, the Summer FNP Youth Group, and Family Fun in the Forest events, the programme was designed to be inclusive, engaging and accessible to all.

Feedback received so far has been fantastic, thank you to all who joined us for a summer of fun!

**4
WEEKS**

**68
SESSIONS**

**4,401
PARTICIPATIONS**

If you visited any of our summer activities, please complete our feedback form:

<https://forms.cloud.microsoft/e/WndswBUz4E>

SOUTH DERBYSHIRE TALENT ACADEMY

Take a look at what our Talent Academy athletes have been up to this summer...



Daisy Craig has had some amazing achievements over summer.

Daisy finished 2nd at the European championships in France.

She finished 3rd at UCI world youth games (U16) and finished 3rd at round 1 of the BIU world championships in Spain and 1st in round 2 in Italy which made her overall women's world champion!

Wow, congratulations Daisy on your outstanding performance!

Harry Craig has had a very busy, and successful, summer too!

Harry won the BIU U12 Bike trail European championships in France.

He came 5th in round 1 of the BIU world championships in Spain and 4th at round 2 in Italy - placing an impressive 5th overall!

Congratulations on these achievements, Harry!



Jacob Clark has had a great summer, winning events at a number of local regattas.

His major event was the British Rowing Junior Championships.

On Sunday 19th July he raced in a quad placing 4th overall nationally!

On Monday 20th July, he raced in the single (his first major champs in this boat class), winning the B final which placed him 7th overall nationally!

Incredible work Jacob, well done!

SOUTH DERBYSHIRE TALENT ACADEMY

Take a look at what our Talent Academy athletes have been up to this summer...



Astri Skinner has had a great summer of tennis!

Astri won the 14u singles and doubles, and came runner up in the 14u mixed doubles in the Derbyshire closed championships at the end of August.

She played the 14u national league with her tennis club and reached the national finals, and also won several matches in the women's open category.

Astri played her first women's open tournament and came second! In May, she represented Derbyshire in the 14u county cup and secured 2 wins against well-ranked players.

Astri won the Derbyshire open 16u and 14u doubles in May and repeated this later on in summer in the West Bridgford Open with different partners in 14u and 16u. Great work, well done Astri!

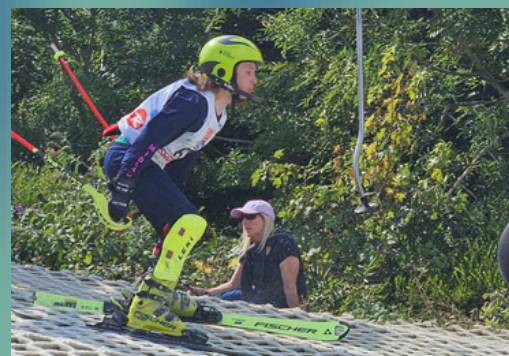
Huw Harding has been competing on the outdoor dryslope ski circuit on a national/GBR/ All England level with fantastic results!

In national level races under 14, Huw secured ten 1st place wins, four 2nd place and one 3rd place.

In GBR level races Huw placed third overall in the series under 14 alongside individual GBR races where he placed 1st, 2nd, 3rd and 4th.

The pinnacle race of the dry slope season is the All England race held at Norwich. Huw achieved 1st place under 14's. This means that Huw is the under 14 English champion... an amazing achievement!

Through Huw's dedication and hard work he has achieved a significant run in his under 14's category alongside being Snowsports England Ambassador for sporting achievement for the 2026/7 season.



SOUTH DERBYSHIRE TALENT ACADEMY

Take a look at what our Talent Academy athletes have been up to this summer...



Sailing: Amelia Gay competed in the NSSA regatta in Kent sailing on an ILCA6 for the first time. She finished in 24th place out of 41. Amelia was also awarded the presidents award a bursary that she is using to become a Dinghy instructor.



Windsurfing: Amelia competed in the Scottish Fin and foil event in Stranraer where she finished 1st female in the Raceboard fleet. Congratulations, Amelia! Amelia is now looking forward to the next part of her sailing and windsurf journey at Warwick University where she is hoping to be selected for the sailing team, good luck Amelia!

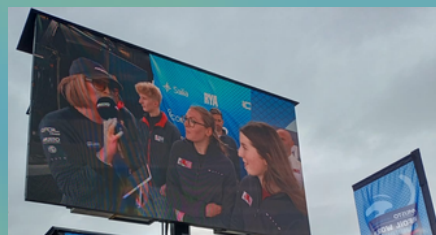
Sailing: Phoebe Gay represented Derbyshire at the NSSA Regatta in Deal, Kent, competing in the ILCA4 fleet. She finished an impressive 5th out of 19!

IQ Foil: Phoebe has also been taking on a new challenge this year and has been part of the RYA Talent Academy Transition Programme, developing the skills needed to transition from Techno to IQ Foil. She competed in her first IQ Foil competition at the Scottish Fin & Foil event in Stranraer, finishing 25th out of 33 competitors and 4th Junior Girl.

Congratulations, Phoebe!

Phoebe has also been selected for the RYA Talent Academy Performance Pathway, which is a fantastic opportunity for her and a real reflection of the progress she has made.

Phoebe also completed her windsurf instructor course and is now a qualified start windsurf instructor.



To see all of our 2026 athlete profiles and to learn more about the support we offer visit:
<https://www.southderbyshire.gov.uk/our-services/active-communities-and-health/funding>



Family Fun Day in the Forest

at Rosliston Forestry Centre
Friday 24th July & Friday 28th August 2026
From 10am until 3pm

Pay one entry fee per child and try as many drop in activities as possible across the site!

Activities include: Archery, Laser Combat, Inflatables,
Pond Dipping, Den Building, Mountain Biking,
Orienteering, Minibeast Surveying, Arts & Crafts,
Soft Play and GPS Tracking!
Recommended age: 5+



Scan here to
see further
events at the
Forestry
Centre

£10 entry fee
for the first child,
£8.50 for all
subsequent children
in the same transaction



FAMILY FUN DAY IN THE FOREST 2026

Family Fun Day in the Forest was back for a second year!

After the fantastic success of last year's events, Family Fun Day in the Forest was back at Rosliston Forestry Centre for two fun-filled days this summer! Families spent the day exploring the forest and trying as many of our exciting drop-in activities across the site as possible. From nature-based adventures to creative activities and outdoor fun, there was something for everyone to enjoy!

We were even joined by Chair of the Council, Councillor Alistair Tilley who visited with his family, enjoying lots of the activities on offer.



FAMILY FUN DAY IN THE FOREST 2026

We were proud to speak to residents and showcase the wide range of opportunities available to South Derbyshire residents at our Active South Derbyshire gazebo, highlighting the many ways local people can get active and improve their health and wellbeing. If you'd like to learn about how you can enjoy the benefits of an active lifestyle you can visit our website:

<https://www.southderbyshire.gov.uk/our-services/active-communities-and-health>
or contact us at Active.SD@southderbyshire.gov.uk

Youth Landscapers at FNP

In June, we had an amazing time at our weekly youth group FNP session with the Youth Landscapers who delivered a fantastic art animation session. The young people really got stuck in, showing great creativity and having lots of fun throughout the activity!

A big thank you to the Youth Landscapers for bringing such an engaging and enjoyable session!



Join us!

Here's how our members explain YLC

- ◆ we learn through messes and mistakes
- ◆ we work sporadically, short bursts of energy
- ◆ very intense bursts of energy
- ◆ vital energy! fractal energy!
- ◆ we work as a group, together
- ◆ there's no hierarchy
- ◆ we are collaborative and joyful
- ◆ we make beautiful, mind-boggling, delicious creative work
- ◆ our work flows from our brains
- ◆ we follow the group's interests
- ◆ our work is live and online
- ◆ we mix nature and creativity together in a soup
- ◆ we are environmentally friendly
- ◆ we work in and with The National Forest
- ◆ we are inspired by our local area – history, bees, mushrooms
- ◆ we are creative chaos
- ◆ we are a magic potion

THE YOUTH LANDSCAPERS COLLECTIVE

It's free!

We're a group of young people aged 13-23 from the National Forest area, coming together to explore and share the landscape's industrial past and forest future through creative projects.

We collaborate with artists, technicians and local experts to create amazing art and joyful experiences. In the past nine years, we've made a film, an exhibition, a sound walk, a podcast, an outdoor light and sound installation, an animated projection, a festival stage, and an album of original songs with music videos!

We are youth-led, so come tell us what you're interested in!

You don't need any experience, just a desire to be part of a creative community where you'll be heard. We're a small group supporting different learning styles.

Youth Landscapers Collective meets in Moira during school holidays and one Saturday a month, and sometimes take part in evening and weekend events.

If this sounds like something you or a young person you know might want to be involved in, email us at hello@youthlandscapers.com.

YOUTHLANDSCAPERS.COM


YOUTHLANDSCAPERS



Out & Active summer success

This summer, the Get Active in the Forest team hosted 8 fun-filled 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 200 attendances** across the eight days. 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 15th - 29th May 2026



What a fantastic Walking Festival we had as we celebrated 17 years of this much-loved annual event! From Nordic walking and forest bathing, to group jogs and gentle strolls, more than 2,000 participants enjoyed getting active in the National Forest, exploring its natural beauty through the lens of art and culture.

During the festival, the UK Health Security Agency issued its first amber heat-health alert of 2026, from 2pm on Friday 22 May until 5pm on Wednesday 27 May. As a result, a small number of walks had to be cancelled to ensure the safety of participants, volunteers and staff.

Despite the disruption, the festival received excellent feedback from walkers:

- *"The programme was a good mix of history, foraging and walking."*
- *"We are very lucky with the huge variety on offer."*
- *"I was very happy to find such a beautiful area for walking so close to home."*

A huge thank you to everyone who took part, volunteered, led walks or supported the event. We look forward to sharing more details about the **National Forest Walking Festival 2027** soon!

To mark another successful Walking Festival, we hosted a cream tea at Rosliston Forestry Centre for the partners and volunteers who contributed to the event. It was a wonderful opportunity to reflect on the festival's achievements, share the evaluation results, and thank everyone for their dedication and support.



National Forest Walking Festival 15th - 29th May 2026



15
DAYS

87
WALKS

2239
PARTICIPATIONS





Active South Derbyshire WALK Derbyshire DERBYSHIRE County Council Peak Running GET ACTIVE IN THE FOREST

SEND Family Session

Monday 3rd August, 10am-12pm



Join us at **Maurice Lea Memorial Park** for a specially adapted session, in a quieter setting, with additional staff support, for young people with Special Educational Needs and Disabilities to enjoy with their family.

Activities include: Bouncy Castle, Soft Archery, Cricket, Boccia, Inflatable Sports Arena, Mountain Bikes, Dodgeball and much more

Countryside Connect will also be in attendance with their Travelling Farm for an unforgettable educational and sensory experience.

No booking required - pre-register using the QR code to speed up sign in at the sessions.

For further information contact:
Active.SD@southderbyshire.gov.uk or 01283 595873

REGISTER NOW!



COUNTRYSIDE CONNECT



SEND ACTIVITY PACK

SELF-LED ACTIVITIES

in and around Swadlincote

TEDDY WALKS

WALKING SENSES TRAIL

TRAVEL WISELY BINGO



WALK Derbyshire GET ACTIVE IN THE FOREST

Get.Active@southderbyshire.gov.uk

GET ACTIVE IN THE FOREST

SEND Family Session

On Monday 3 August, we hosted our third SEND Family Session at Maurice Lea Park, a specially adapted summer activity event designed to give young people with Special Educational Needs and Disabilities (SEND) the opportunity to enjoy activities alongside their families, with additional support from our team.

We were delighted to welcome Countryside Connect and their travelling farm, which provided an unforgettable educational and sensory experience for attendees. Families enjoyed a wide range of activities throughout the session, including a bouncy castle, soft archery, an inflatable sports arena, mountain biking, cricket, and much more.

The event also marked the debut of our new Sensory Space, offering a calm and relaxing environment with low lighting, colourful sensory lights, sensory toys, and comfortable cushions. Following its success, we look forward to bringing the Sensory Space to future events across the district.

The session was extremely well attended and received overwhelmingly positive feedback from young people and their families. We are proud to provide inclusive physical activity opportunities for young SEND people in South Derbyshire.



Walk this Way!

Walking Group for all

Step Into Summer! Free community walks on Wednesdays throughout August, led by a qualified walk leader.

Discover new places, boost your wellbeing, and connect with others. A mix of routes and locations to suit all abilities.

No booking required

 5th August	Meeting at Maurice Lea Memorial Park, Church Gresley. All abilities. Wheelchair accessible	10am - 12pm
 12th August	Meeting at Eureka Park, Swadlincote. All abilities. Wheelchair accessible	10am - 12pm
 19th August	Meeting at Swadlincote Woodlands. All abilities. Accessible, some uneven terrain	10am - 12pm
 26th August	Meeting at Maurice Lea Memorial Park, Church Gresley. All abilities. Wheelchair accessible	10am - 12pm

For more information please contact thecircleswadlincote@outlook.com




The Circle walks - Summer 2026

Every Wednesday in August, The Circle hosted free community walks around Swadlincote. These walks were planned in partnership with The Circle and Get Active in the Forest as part of the Walk Derbyshire Pilot Programme. The walks were led in a different greenspace within Swadlincote each week, where families and children with SEND were invited to take part in a Teddy Trail walk, either with the group or at their own pace. As they read the story of Bertie the Bear walking around the park or greenspace, they looked at the history and points of interest in each location. Each walk finished with an informal story time, led by a volunteer from The Circle.



TOUCH GRASS

COMMUNITY WALKS FOR EVERYONE

Friendly, relaxed walks where everyone is welcome. Get outside, have a chat, and feel better for it.

WALK. TALK. RESET.



TUESDAY EVENING WALK
Eureka Park

🕒 6:00PM

📍 MEET AT MIDLAND ROAD ENTRANCE (NEXT TO BRIDGE GARAGE)

🚶 30-40 MINUTE WALK



THURSDAY LUNCH WALK
Albert Village Lake

🕒 12:45PM

📍 MEET AT THE SIGN BY THE WATER

🚶 ONE LAP (AROUND 30 MINUTES)

TAKE A BREAK. GET SOME FRESH AIR.




EVERYONE IS WELCOME
No pressure. No judgement.
Just good people and good conversations.

Facebook



Website



Instagram



Touch Grass Walk

We've recently welcomed a new walk into our cohort of Walk Derbyshire walks in the district!



Touch Grass is a new local community project built around a simple idea, helping people reconnect through relaxed group walks. In a world of remote work, busy routines and constant screen time, many of us feel isolated, stressed, or disconnected. Sometimes all we really need is to step outside, move a little, and have a proper chat. That's where Touch Grass comes in.

They organise friendly, inclusive walks designed to: Improve mental wellbeing, Reduce isolation, Encourage movement, Build real community.

No pressure. No judgement. No awkwardness. Just walk, talk, and reset.

Their regular group of walkers is growing week on week and we look forward to hearing about the benefits that South Derbyshire residents experience as a result.



GET ACTIVE IN THE FOREST

PARKINSON'S GROUP

Tuesdays 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. 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: Tuesday 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

Nordic Walking for those with Parkinson's

We recently trained a new Walk Leader to help deliver our weekly Parkinson's Nordic Walk at Rosliston Forestry Centre. This friendly and supportive group meets every Tuesday and welcomes people living with Parkinson's, along with their families, carers and companions.

Nordic Walking is a low-impact form of exercise that uses specially designed poles to support movement and improve balance, strength and mobility. It has been shown to have a positive impact on the symptoms of Parkinson's disease, while also providing valuable opportunities for social connection and wellbeing.

We are committed to making the group as accessible as possible and have mobility scooters and Trampler all-terrain mobility vehicles available for anyone who is unable to walk but would still like to enjoy the journey, conversation and companionship.

**16****DAYS OF
HOLIDAYS CLUBS****147****UNIQUE
PARTICIPANTS****1088****TOTAL SPACES
DELIVERED**

A SUMMER OF ENRICHMENT

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

The clubs welcomed almost 150 unique participants, averaging 68 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.

As we move into the new academic year, they'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 look forward to another impactful year of collaboration, growth, and positive outcomes for the children and schools of South Derbyshire.



Our New Active Wellbeing Strategy: Get Moving South Derbyshire



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to be the best approach to make our communities more active overall. We want to make it easier for our communities to move more in everyday life.

We want to support more people to unlock the health and wellbeing benefits that Active Wellbeing has to offer. Everyday movement helps prevent chronic conditions, supports mental wellbeing and enhances quality of life. By focusing on health partnerships and targeted interventions, we can reach those who face the greatest barriers, such as disabled people or those with long-term health conditions and older adults, ensuring that movement becomes a natural and accessible part of daily life. This theme reflects our commitment to tackling health inequalities and promoting preventative approaches that are aligned to the needs of our communities.

Disparities for health improvement and health inequalities, physical inactivity is linked to **1 in 6 deaths in the UK**, and in South Derbyshire **25.7% of adults are inactive**, moving less than 30 minutes per week.^[14] Among children, **34.9% are inactive**, significantly worse than the national average of **29.5%.**^[15] Inactivity is even higher among **disabled people (40.3%)** and **older adults (35.8%).**^[16] For older adults, emergency hospital admissions due to falls in the 65+ age group stand at **2,510 per 100,000**, the worst in the East Midlands, compared to the **England average of 1,904.**^[17]

These figures highlight the urgent need for interventions that integrate movement into daily life to prevent illness, reduce falls and improve wellbeing.



collaborations across the health sector to reduce health inequalities and deliver targeted interventions.

- Increasing awareness of the benefits that movement has on physical and mental wellbeing.
- Reducing physical inactivity with our communities in a way that matters to them.
- Offering opportunities for those with long-term health conditions, disabled people and those at greater risk of experiencing falls to integrate everyday movement into their lives.

[14] Office for Health Improvement and Disparities, Physical activity: applying All Our Health. [15] Sport England, Active Lives Adult Survey November 2023-24 Report, Sport England, April 2025. [16] Sport England, Active Lives Children and Young People Survey 2020-21, Sport England, December 2023. [17] Sport England, Active Lives Adult Survey. [18] Department of Health and Social Care, Fingertips Public health profiles.

Our new active wellbeing strategy has been released!

Get Moving South Derbyshire sets out a bold, collaborative and long-term ambition to create a healthier, happier and more active district where everyone, regardless of age, background, health or circumstance, has the opportunity, support and motivation to move more and feel better.

Over the next ten years, we will work with partners, communities and the wider system to reduce physical inactivity, tackle inequalities and build the conditions that enable active, connected and thriving lives.

For more information, and to read the strategy, visit our website:

<https://www.southderbyshire.gov.uk/our-services/active-communities-and-health/get-moving-south-derbyshire>

ARE YOU OUT OF EDUCATION, TRAINING
OR UNEMPLOYMENT?
PERHAPS IN INSECURE EMPLOYMENT?
OR WANT TO MEET NEW PEOPLE?

**ACTIVE
FUTURES**

EMERGENCY FIRST AID AT WORK QUALIFICATION

GAIN YOUR FIRST AID QUALIFICATION OVER 1 DAY

THIS IS A FREE, SUPPORTIVE QUALIFICATION TO HELP YOU
MAKE POSITIVE CHANGES TO YOUR CAREER.



9:30 - 4PM



THURSDAY 17TH SEPTEMBER



SWADLINCOTE TOWN HALL



TRANSPORT OFFERED



ACTIVE FUTURES – FILL OUT FORM

SCAN THE QR CODE AND
REGISTER YOUR INTEREST.

FOR SOUTH DERBYSHIRE RESIDENTS ONLY



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



The Snowdon 6 Mountain Marathon Challenge

In the next few weeks, a small team from Everyone Active will be taking on one of their toughest fundraising challenges yet, all in support of their charity partner, the Matt Hampson Foundation

On 25th September, the team will attempt the incredible Snowdon 6 Mountain Marathon: 3 ascents of Snowdon, 3 descents of Snowdon, 42km of mountain trails. All within 20 hours, starting at 5:00am!

This is an enormous physical and mental challenge, and the team will be pushing themselves to the limit to raise money for a fantastic cause.

You can make a donation using the link:

https://www.justgiving.com/page/snowdon6hike?utm_medium=FR&utm_source=CL

Funding of up to £5,000 for South Derbyshire projects



Got a brilliant idea that
could help children and
young people thrive?

We want to hear from you!



Youth clubs, sports sessions,
creative projects, outdoor
adventures, peer support
groups and mentoring
programmes welcome.



Projects **must take place in
South Derbyshire**

Children and young people
living in South Derbyshire



We're especially
interested in projects that
build **confidence,**
resilience and friendships.



Request an application pack:

Rosena.Goacher@derbyshire.gov.uk



Tag a local group and share this post.

