South Derbyshire District Council



Active Communities & Health Team Newsletter

AUTUMN 2026



Active South Derbyshire



THOMAS MCCLELLAND

SPORT: BADMINTON

SOUTH DERBYSHIRE TALENT ACADEMY

Talent Academy athlete Thomas McClelland has given us an update about what he's been up to this year:

"A few things that have been happening this year, I was invited to come and train for SPC which is **Sheffield performance centre**, which was being held at derby United, and it was a 5 day camp of playing and training at badminton. I also worked along side **badminton England players and also GB para team**. And I am planning on going to the SPC training facility in Sheffield to go and help out, and try and learn new skills to help with my coaching and my badminton skills. I have also been going to the gym, to help train my physical health, so that I can try and be the best I can be."

"A couple things that are going to be happening later this year, I have booked for my **level 2 qualification for badminton coaching**, so this will help me further understand what coaching really is about and a more of a real dive into it all, which will help me coach and train people of all abilities. I have also had the chance to coach a large group of kids that were getting ready for a big tournament that they had coming up, so I had **delivered multiple sessions** for them to help them with their upcoming tournament within the county. I have also been to loads of tournaments to go and watch the kids play and see how they are doing, and write down things that they could improve on and so I know as a coach of what to do with them. I also run run my own coaching sessions for kids that play in the county, and try and help them with their badminton skills and their physical abilities."

YOUTH GROUPS

FNP, Swadlincote

Who?: Young people aged 11 to 16
What?: Safe space, chill-out area, board games, music, dodgeball, football, and more!
When?: Tuesdays, 7:00pm – 9:00pm
Where?: Green Bank Leisure Centre, Swadlincote, DE11 0AD
How much?: 50p per session (first session free)



Midway Community Youth Activities

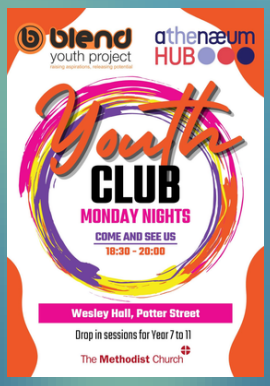
Who?: Young people, under 11s with a parent
What?: Variety of activities, including arts & crafts
When?: Tuesdays, 6:00pm - 7:30pm
Where?: Midway Community Centre, DE11 0FF
More info at: https://www.facebook.com/profile.php?id=100064877523386

Repton Youth Club

Who?: Young people aged 11 - 16
What?: Supports young people by offering a range of activities, informal education and guidance from positive role models. Ran by Dizzy Heights
When?: Fridays, 4:30pm - 6:30pm
Where?: Repton Village Hall, DE65 6GR
How much?: 50p entry

Melbourne Youth Club

Who?: Young people in year 7 - 11
What?: Drop in sessions ran by Methodist Church & Blend Youth project.
When?: Mondays, 6:30pm - 8:00pm
Where?: Athenaeum Hub, Wesley Hall, Potter Street, DE73 8DW
More info at: https://www.facebook.com/LittleWesleys/



Hilton Youth Group

Who?: Young people in year 6 - 11
What?: Table tennis, pool, video games, football, tuck shop and more!
When?: Thursdays (term-time), 6:30pm - 8:00pm
Where?: Hilton Village Hall, Peacroft Lane, DE65 5GH
How much: £1 per session

Adult Activity Brochure



We're proud to announce the release of our brand new Adult Activity Brochure
This rejuvenated version of our popular physical activity directory for South Derbyshire has undergone a transformation and features a whole host of new activities and a brand-new look. You can view it online here: https://www.southderbyshire.gov.uk/our-services/active-communities-and-health/active-adults
We want to make moving more feel easy and accessible, so we have compiled a collection of over 100 physical activity sessions taking place across South Derbyshire. We also want to showcase the amazing work that goes on in the district to help people move more and feel better!
From Clubbercise to bowls, gardening to Zumba, Tai Chi to Cycling – there's something for everyone .
Do you run a physical activity session in South Derbyshire? To be featured in our next edition, please contact us at Active.SD@southderbyshire.gov.uk

Movement for All













Getting active isn't just about exercise. It's about confidence, connection and feeling good! From swimming and walking groups to gentle exercise and activities that bring people together, there are so many ways to enjoy being active in South Derbyshire. In this video, South Derbyshire residents share their personal experiences of discovering activities that work for them, building confidence, making friendships and improving their physical and mental wellbeing. Whether you're looking to take your first steps towards a more active lifestyle, return to an activity you once enjoyed or simply meet new people, there's something for everyone. We're working towards a healthier, happier and more active South Derbyshire, where everyone has the opportunity to move more and feel better. You can watch the video here: 👉 https://www.youtube.com/watch?v=gbeQhowj5ek

First Aid at Work qualification

ACTIVE FUTURES









Back in September, we hosted an Emergency First Aid at Work qualification at Swadincote Town Hall as part of our Active Futures programme.
This gave people who are out of education, training or employment the opportunity to gain a free, supportive qualification to help them make positive changes in their career.
The participants got stuck in to the training and all passed the assessment and left the session with a new qualification. Congratulations all!

ACH Team parkrun Takeover!





What a fantastic morning at Rosliston parkrun on Saturday 17th October!
Our Active Communities and Health (ACH) team took over the volunteering duties, helping everything run smoothly and cheering on everyone taking part!
Of course, our very own Bertie Bear couldn't miss out on the action and joined the team to spread some smiles!
A huge thank you to everyone who came along to walk, jog, run or support. It was brilliant to see so many people getting active and enjoying the outdoors!
Fancy giving parkrun a go?
Rosliston parkrun takes place every Saturday at 9am at Rosliston Forestry Centre. It's a free, friendly 5km event where everyone is welcome, whether you want to walk, jog, run or volunteer!



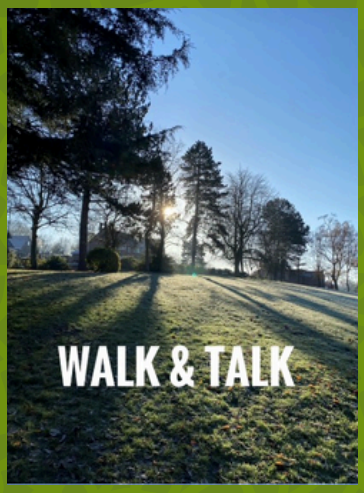






South Derbyshire District Council
01283 228709
www.southderbyshire.gov.uk
Active.SD@southderbyshire.gov.uk

GET ACTIVE IN THE FOREST









Walk & Talk's 4th anniversary!

The Heartwood Surgery Walk and Talk, led by their Health and Wellbeing Coach, Helen Leve, celebrated it's 4th Anniversary this month! The group meet every Friday for a gentle walk in and around Swadlincote, and are guided by Helen and a small team of volunteers for a walk and chat. This group is ideal for those who are new to exercise or returning to it after a break and would like the support and company of an understanding walk leader and group.

Well done to Helen and the team for leading the walk each week and making it feel like a welcoming, supportive group to be part of!

South Derbyshire District Council

01283 228709
www.southderbyshire.gov.uk
Active.SD@southderbyshire.gov.uk

Get Active in the Forest activities at Rosliston Forestry Centre

Rosliston Forestry Centre, in the heart of the National Forest, is a partership site between Forestry England and South Derbyshire District Council. On the border of Derbyshire and Staffordshire, the woodland and visitor centre have provided a space for visitors enjoy the forest.

Get Active in the Forest hosts a variety of activities to help connect people with the outdoors and improve wellbeing through physical activity.

Below you can find the timetable of events you can join! For more information you can contact Tor Adams at Tor.Adams@southderbyshire.gov.uk or 01283 595906

Day	Time	Activity	Cost
Monday	(Summertime only) 6:30pm - 7:30pm	**Nordic Walking**	£4.50 if borrowing poles, £2.50 if using own poles
Tuesday	1:30pm - 2:30pm	**Parkinson's Nordic Walking**	£2.50
Wednesday	10:30am - 11:30am	**Group Walk**	Free
Thursday	10:00am - 11:00am	**Nordic Walking**	£4.50 if borrowing poles, £2.50 if using own poles
Friday	10:00am - 11:00am	**Group Walk**	Free
	10:00am - 11:00am	**Group cycle**	£4.50 if borrowing bike, £2.50 if using own bike
	(April - November) 10:00am - 11:00am	**Buggies & Brews Pushchair walk**	Free
Sunday	Third Sunday of the month 9:00am - 11:00am	**Bird Watching for Beginners Walk**	Free





Buggies and Brews: Volunteer Celebration & Awards 2026

The fantastic work of South Derbyshire teams and individuals were celebrated on October 29th at the South Derbyshire CVS Volunteer Celebration and Awards 2026! The Buggies & Brews group also took home the Stronger Families Award. This walking group based at Rosliston Forestry Centre is supported by our very own Tor Adams in the Active Communities and Health team, and a team of five dedicated volunteers!

Buggies & Brews has built something truly valuable for new parents and carers: a welcoming weekly walking group where nobody has to face the early days of parenthood alone. It helps people get outdoors and be more active, and just as importantly, it supports their social and mental wellbeing.

The team puts in far more than the walk itself. They are incredibly organised and spend a lot of their spare time during the week planning, organising and promoting the group, all of it done by themselves. Their commitment to making sure families never miss out is exceptional. This team is helping new parents and carers feel more confident, connected and supported, and helping build stronger families across the local community.

Touch Grass: Volunteer Celebration & Awards 2026

We were also delighted to see the Touch Grass walking group win the Health and Wellbeing Award. We have been supporting the group and its founder, Rhys Owen, who took a simple idea of connecting those feeling isolated in the community. He is now hosting a regular and well attended walking group, that gets people out and about, enjoying the fresh air, and talking to others.



Helen Dickinson: Volunteer Celebration & Awards 2026

One of our Get Active in the Forest volunteers, Helen Dickinson, came runner up in the prestigious Volunteer of the Year category.

Helen trained as a volunteer Walk Leader for Get Active in the Forest in 2020.

For more than six years since, she has been a valued supporting member of the team, helping to lead walks across South Derbyshire and the National Forest. Helen mostly helps with the Overseal walk, which runs every Tuesday afternoon all year round. As back marker, she makes sure nobody is left behind and is always there to help when she's needed. She also supports the main walk leader and steps in to cover when the leader is away. This means the walk can go ahead week in, week out, whatever the weather or season.

Helen is exceptionally reliable. When she says she'll be there, she is! That dependability has helped keep the walk going for years, so local people have a regular chance to stay active, get outdoors and spend time with others. Her kindness has strengthened the trust and friendship within the group and reflects the best of what volunteering can offer. Her contribution has made a lasting difference to the walkers she supports and to Get Active in the Forest. We think the World could definitely do with more Helens.

The Active Schools Partnership PE & School Sport Team has made an outstanding start to the academic year, with a wide range of programmes, competitions and physical activity opportunities already being delivered across our schools. They are delighted to report that delivery has been extremely successful so far, with fantastic engagement from pupils, staff and school communities. They are also pleased to have welcomed several new schools into the partnership this year. The feedback received has been overwhelmingly positive, with schools expressing how pleased they are with the quality of support, opportunities and experiences being provided.



ACTIVE EDUCATION FOUNDATION

Behind the scenes, the team has also been working incredibly hard on their exciting new venture as they become a CIC and preparing for the upcoming transfer. Significant progress has been made on setting up the new office, with all furniture now installed and ready to go. They are currently making the final amendments to key software systems to ensure everything is in place for a smooth transition.

With preparations well underway, the Active Education Foundation is ready to make a flying start as soon as the transfer takes place. They are excited about the opportunities ahead and look forward to continuing to provide high-quality support, sport and physical activity opportunities for young people across South Derbyshire and Staffordshire.

South Derbyshire District Council

01283 228709
www.southderbyshire.gov.uk
Active.SD@southderbyshire.gov.uk

LET'S LIFT THE CURFEW



This autumn marks the fourth year of **Let's Lift the Curfew**, the national movement from This Girl Can aiming to end the curfew imposed on women by safety fears during darker nights. *Every year, the clocks go back – and every year, women's worlds shrink.*

When the clocks went back on Sunday 25 October, millions of women across the UK once again saw their world get smaller as the nights get darker.

Whether shaped by past experiences, stories they've heard, or not feeling comfortable or confident in a particular place after dark, many women are unable to be active outdoors or use public spaces in the same way that men do.

In fact, nearly three-quarters (72%) of women in the UK change their outdoor activity routines during winter, according to data from 2023. This impacts women's health and wellbeing and reinforces the stubborn gender activity gap which sees half a million fewer active women than men.

One of the most powerful ways to support the Let's Lift the Curfew campaign is to create opportunities for women and communities to come together through activity.

Whether it's a walk, run, or an existing activity adapted to support the campaign, every event helps raise awareness of the barriers women can face after dark and demonstrates support for women's right to feel welcome in public spaces.

Let's Lift the Curfew challenges this reality to ensure no woman has to change where, when or how she gets active because of safety concerns.

Since launching in 2023, Let's Lift the Curfew has grown into a nationwide movement, bringing together women, community groups, sports clubs, organisations and allies to raise awareness of the issue and create change.

Last year, more than 13,000 people took part in over 390 activities across the country.

Visit https://www.thisgirlcan.co.uk/campaign-hub/resources/campaign-highlights-and-toolkits/lets-lift-curfew to get involved!

Everyone Active's Snowdon 6 Mountain Marathon Challenge









Everyone Active's Contract Manager for South Derbyshire, Nick Fearnett, recently took part in an Everyone Active charity challenge which saw the team cover the six different paths up and down Snowdon, along with Ross Williams, Melissa Bennett, Cameron Wilson and Jo Hancock on 25 September.

The team raised over £3,000 for the company's new partner charity, the Matt Hampson foundation, which supports young people seriously injured through sport.

Well done to the team, what a fantastic achievement!



Creating Clubs Where Everyone Feels They Belong

The Mental Health Friendly Clubs programme is helping sports and physical activity clubs across Derbyshire put wellbeing at the heart of what they do. Delivered in partnership with Active Derbyshire and local mental health organisations, the programme gives clubs access to free mental health and suicide prevention training, Club Wellbeing Ambassador training, practical resources and a digital badge to showcase their commitment. Whether its helping members feel more supported, encouraging open conversations, or creating a more inclusive club culture, the programme is designed to build on the positive impact clubs already have in their communities. If you are involved with a club that wants to make a real difference both on and off the pitch, why not reach out to Franky or Isabelle and get involved?

Franky.Boyland@activepartnerstrust.org.uk
Isabelle@erewashcvs.org.uk





Building confidence and offering support

Unstoppable Derbyshire is an innovative programme helping young people who are currently not in education, employment or training (NEET) to build brighter futures. Unstoppable Derbyshire is based in Chesterfield but is open to any Derbyshire resident aged 18-21 who can attend two weekly in-person sessions.

We are looking to work with employers, voluntary organisations, community groups and training providers who can help create opportunities for young people.

Whether you can help us to promote the programme to young people, offer work experience placements, volunteering opportunities, skills workshops, mentoring, workplace visits or training, your support could help transform a young person's future.

By getting involved, you will not only support local young people to gain valuable experience and confidence, but also help develop a future workforce that is skilled, motivated and connected to Derbyshire's communities.

Together, we can ensure more young people feel seen, heard and empowered to achieve their ambitions.

To find out more about the programme, visit unstoppablederbyshire.com call the team on 01629 537607 or email ASCH.Unstoppable@derbyshire.gov.uk

smokefree
Derby & Derbyshire

Smokefree Community Grants Now Available in Derbyshire

Derbyshire County Council is encouraging local groups to become smokefree spaces where tobacco smoking is not permitted.

The Smokefree Community Grant offers **£1,000** to Voluntary, Community, Faith and Social Enterprise (VCFSE) organisations to help create and promote 100% smokefree environments.

To apply, organisations must be formally constituted, support Derbyshire residents, have appropriate insurance, and have complete control over their own site alongside meeting other eligibility requirements (see guidance).

Open until **Monday 23rd November 2026**, funding can be used to:
- Create outdoor smokefree spaces
- Provide “smokefree” events
- Cover volunteer costs for Very Brief Advice training
- Remove ashtrays and smoking signage
- Promote smokefree status

Organisations must sign the Smokefree Derby and Derbyshire Pledge and provide Smokefree Champions to signpost support via Live Life Better Derbyshire.

This supports Derbyshire’s ambition to reduce smoking to below 5% by 2030. Smoking remains the leading preventable cause of illness, and expanding smokefree spaces helps protect young people and encourages quitting.

Delivered by Derbyshire Voluntary Action. For eligibility, guidance, and how to apply, visit: SmokeFree Grants - dva.org.uk.