



ACTIVE COMMUNITIES & HEALTH TEAM NEWSLETTER

Autumn 2022

All the latest updates from the Active Communities and Health Team

Welcome to New and Familiar Faces

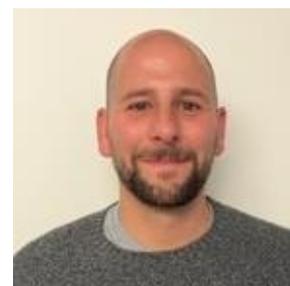
Over the past few months, there have been multiple staffing changes within the Active Communities and Health team. We are happy to announce that two appointments into available positions have been made over the summer period.



Sean McBurney joined the Council at the end of July, as the Head of Cultural and Community Services. Sean was previously the Head of Leisure and Wellbeing at the City of Wolverhampton Council. He brings 20 years' experience in the health, leisure and wellbeing industry in both private and public sectors. Upon starting his role, Sean said:

"It is a really exciting time to be joining SDDC and especially in this service area – there is a real opportunity in the work that we do, to make a positive difference to the lives and wellbeing of individuals and the communities we serve."

Also **Lee English** started as Active Communities and Health Partnership Manager in September. Lee has had several stints within the authority, starting as a casual coach in 2010 then following employment at Dudley Metropolitan Borough Council he returned as Village Games Officer in 2013. As well as time at Solihull Metropolitan Borough Council, Lee has also worked as Active Communities and Health Officer, and most recently Health Partnership Manager at SDDC. Lee is excited to take on the responsibility of managing the team and helping shape the future of our service delivery.





Summer of Skateboard Coaching

Through working with local young people, it became clear that Swadlincote Skatepark could be better utilised and that there was a local cohort of young people who wished to start skateboarding but needed support in taking those initial steps.

Utilising previous funding from the Derbyshire Police and Crime Commissioner which was available, we partnered with Team Rubicon to provide a programme of skateboard sessions. This saw the delivery of five weekly, three-hour sessions with coaching slots for Beginners (under 12's and over 12's) and experienced skaters. These five sessions were then followed by a Talent Pathway Skate Jam event which ran over five hours with the opportunity for further coaching and to take part in competitions to win prizes.

The response to these sessions was great, with an average of 50 young people attending each week. They have also helped reactivate Swadlincote Skatepark and introduce a whole new group of users. Off the back of this success, further skateboard opportunities with Team Rubicon will be explored for 2023 at this and other parks across the District.



South Derbyshire Talent Academy

In July we launched the South Derbyshire Talent Academy. This brand new scheme sees us partner with Active Nation and the Derbyshire Institute of Sport (DIS) to support talented sports people (aged 11+) to realise their potential, whether it be at County, Regional, National, or International level.



For its first year, we have accepted **43 athletes** into the academy who will each receive an annual Leisure Centre Pass for Green Bank and Etwell Leisure Centres and an invitation to a programme of workshops hosted by the DIS's world-class coaching team, including topics such as performance psychology and nutrition. For further information on the scheme click [HERE](#).



Adult Activity Brochure

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. South Derbyshire has so much to offer its residents with a wide range of activities, community groups and sports clubs within the District. The Adult Activity Brochure has just some of the activities and sessions you could attend, try for the first time, or it could help you to pick up an old hobby.

In the next few months work will be done to refresh the current [Adult Activity Brochure](#). If you have a session that you would like to include, please contact Olivia.Egan-Gara@southderbyshire.gov.uk.

Summer Playscheme

This summer saw the eagerly anticipated return of our playscheme activities, after two years of cancellation due to the pandemic.

Between the 25th July and 26th August our team of coaches delivered a 5-week programme of 92 Play, Sport and Adventure Mobile sessions across the District. All sessions delivered were free to access for children and families as they are funded by the South Derbyshire Community Safety Partnership and the Parish Councils who book and host the various sessions.



It was fantastic to get back out across the District and offer this much-loved service again, and to meet and speak with residents. The feedback received has been very positive, with many expressing a gratitude for the professionalism, hard work and dedication of our coaches and for this being a free service at a time when prices are significantly rising.

Despite a few unfortunate cancellations due to the great British weather, a large number of young people took part, with **5,547 participations** over the five week programme.



National Forest Walking Festival

The National Forest Walking Festival 2022 (14th – 26th May) was extremely well received and saw almost 1000 participants take part in a wide range of walks, Nordic Walks, Forest Bathing sessions and group runs during the 12 days.

A cream tea thank you event was held in August to thank all of our partners and contributors, many of whom are volunteers, for helping to make the Walking Festival so successful.

The National Forest Walking Festival 2023 is taking place from 13th to 25th May, and will have the overriding theme of walks which showcase the story of the National Forest – past, present and future. For further information on next year's festival, contact tor.adams@southderbyshire.gov.uk.



Get Active in the Forest

Volunteer Walk Leaders Needed

Would you like to help lead walks in South Derbyshire? We are looking for people to help deliver our weekly Walk Derbyshire walks, ranging from 1 to 5 miles long, helping people to become more active and achieve a healthier lifestyle.



For more information, please email tor.adams@southderbyshire.gov.uk or call 01283 595906



Walk Leader Training

We are always on the look out for new volunteer walk leaders to help support our regular walks. If you are interested in leading one of the walks on the list, or in setting up your own in the area, we'd love to hear from you.

The next Walk Leader Training course (free of charge) will be taking place on Wednesday 2nd November, from 12:30pm until 4pm at Rosliston Forestry Centre.

Please contact tor.adams@southderbyshire.gov.uk for more information.



Get Active in the Forest continues to deliver the weekly Walk Derbyshire walks, as listed in the poster. All the walks are free of charge and are led by trained volunteer walk leaders. They are suitable for beginners and regular walkers alike and are a great way to help people do more exercise whilst meeting new people. Booking is not required for any of the walks, although walkers will need to book their car parking space for the National Memorial Arboretum walk on a Monday.

REGULAR WALKS (all walks are free)

MONDAY		No. of miles
10.30 - 11.30am	Hilton Walk (meet at Hilton Brook Pub, DE65 5FG)	1 - 3
2 - 3.15pm	Calke Abbey Walk (no walk on 5th Monday of the month or Bank Holidays)	1 - 3
2.30 - 3.30pm	National Memorial Arboretum Walk (ask at the Welcome Desk for the days meeting point)	2
TUESDAY		
10 - 10.30am	Measham Walk (meet in Peggs Close Car Park, Measham)	1 - 1.5
1.30 - 3pm	Overseal Walk (meeting places vary, please call before attending)	3 - 5
WEDNESDAY		
10 - 11am	Green Bank Leisure Centre Walk, Swadlincote (meet in the café area)	1 - 2.5
THURSDAY		
9.15 - 10.15am	Albert Village Lake Buggy Walk (meet at Albert Village Lake Car Park)	2
10 - 10.30am	Measham Walk (meet in Peggs Close Car Park, Measham)	1 - 1.5
10.30 - 12noon	Measham Longer Walk (Meeting places vary. Please contact walk leader on 07956 299700)	3 - 5
1.30 - 2.30pm	Willington Walk Please call before attending. (meet at canal/picnic area car park)	2 - 3

All of our walks are led by trained walk leaders. We have a range of walks to suit everyone, from those who have not walked much before, are looking to be more active, or are returning to exercise after injury or illness, all the way through to those looking for more challenging walks of up to 5 miles. Please contact us for more information on the details given below.



Only assistance dogs are allowed on these walks.

Call us on 01283 595906 or email get.active@southderbyshire.gov.uk



“Making a difference to young people through Physical Education, School Sport & Physical Activity”

 [SouthDerbysASP](https://www.facebook.com/SouthDerbysASP)

 [@SouthDerbysASP](https://twitter.com/SouthDerbysASP)

The Active Schools Partnership have made a strong start to the new school year, with an increase in schools affiliating to the partnership for this academic year. These schools will now have access to various activities and schemes of work for their pupils throughout the year.

Summer Holiday Camp

Over the summer, the ASP Team not only kept busy with planning for the new term to start in September, but by also delivering a very successful summer holiday camp at St Edwards Catholic Academy.

Utilising the Government’s Holiday Activities and Food Programme (HAF), the aim of the holiday camp was to provide children with food, activities and learning over the summer period whilst also providing a safe environment for them to be and play. Over the summer we delivered a total of 16 days of the camp, allowing a total of 1187 spaces to be fulfilled, this was a huge increase compared to the previous summer almost doubling the spaces available and filled.

During this period we taught over 100 children how to ride a bike and then furthering this we also delivered around 120 places of the Level 1 Bikeability programme, where the focus is on cycling skills and safety.

Focus now turns to Christmas and our HAF offer during the Christmas and New Year break.





Competitions and Festivals

The ASP team have had a great start to the year with their competitions calendar in full swing. In the first term of the new academic year, 8 competitions have already been delivered to numerous schools across the District, engaging with over 500 children, more than 80 of which have SEND. Record-breaking numbers also attended the Cross-Country event, with over 115 children engaged and participating.



FA Girls Football in Schools has also had a strong start with over 70 girls taking part. Several festivals and activities are planned, working with local partners to engage with as many girls as possible.

Welcome to the ASP

Finally we are pleased to announce that Joe Moore has recently joined the team on a 12-month apprenticeship. Joe will be supporting delivery over all of our programmes as he looks to further his knowledge in sport and teaching. Joe is really excited to have this opportunity and excited to learn new skills and about the different areas of the partnership

