



Adult Activity Brochure 2024

Your local physical activity opportunities in South Derbyshire



Active South Derbyshire

OUTDOOR ACTIVITIES

MONDAY



Walk & Tone

10:00am - 11:00am (weekly)

Moira Furnace Museum & Country Park
Furnace Lane, Moira, Swadlincote
DE12 6AT

Sue Williams ☎07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone.

Block booking £5.50, PAYG £6.50. The meeting point changes weekly and will include Swadlincote, Albert Village and Donisthorpe.

Walking- Hilton

10:30am - 11:30am (weekly, not bank holidays)

Hilton Brook Pub DE65 5FG
Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around Hilton Village.

Walking - Calke Abbey

2:00pm - 3:15pm (weekly, not bank holidays or 5th Monday of the month)

National Trust Calke Abbey, Ticknall,
Derbyshire DE73 7JF

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks around an hour and 15 minutes around the beautiful site of Calke Abbey.

Drop In Gardening (DIG)

2:00pm - 4:00pm (weekly)

Rosliston Forestry Centre DE12 8JX

☎01283 535039

✉ rosliston@southderbyshire.gov.uk

Gardening tasks in our herb, sensory & wildlife gardens Please contact for more details before your first visit. Please contact for more details. Not Bank holidays. Please bring own gloves.

Walking - National Memorial Arboretum Walk

2:00pm - 3:00pm (weekly)

Croxall Road, Alrewas, Staffordshire
DE13 7AR

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around the National Memorial Arboretum.

TUESDAY

Nordic walking - Elvaston Castle Country park

10:00am - 11:00am (weekly)

Borrowwash Road, Elvaston DE72 3EP

Tor Adams ☎07977 439309

✉ tor.adams@southderbyshire.gov.uk

Developed by Nordic skiers as part of their summer training programme. This is a great way to enhance balance and co-ordination as well as being very social.

Walking - Measham walk and talk

10:00am - 10:30am (weekly)

Peggs Close car park (alley), Ashby,
DE12 7LJ

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for the those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Senior Tennis Group

10:00am - 12:00pm (weekly)

Maurice Lea Memorial Park,
Swadlincote DE11 9NW

The Parklife Officer ☎01283 228766

✉ parksandgreenspaces@southderbyshire.gov.uk

Free Tennis sessions for over 50s. Borrow kit for free or bring your own kit if you prefer. Friendly group of players of mixed ability. New members always welcome.

Walking - Overseal

1:30pm - 3:30pm (weekly)

Please contact us for the starting location as this changes regularly.

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group that walk between 3-5 miles around various sites within the National Forest..

Rosliston Rangers

2:00pm - 4:00pm (fornightly)

Rosliston Forestry Centre DE12 8JX

☎01283 535039

✉ rosliston@southderbyshire.gov.uk

No booking required. Site based tasks and training in conservation work & wildlife surveys. Please contact for more details before your first visit. Free.

Swad Joggers

6:30pm - 7:30pm (weekly)

Meet outside Swadlincote Library, Civic Way, Swadlincote DE11 0AD

Tracey Parker

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

WEDNESDAY

Walk & Tone

10:00am - 11:00am (weekly)

Moira Furnace Museum & Country Park
Furnace Lane, Moira, Swadlincote
DE12 6AT

Sue Williams ☎07940 580891

✉ Fit-4-LifePT@outlook.com

A scenic walk will be split up with short 5-minute circuits of body weight and resistance band exercises to provide a full body tone.

Block booking £5.50, PAYG £6.50. The meet point changes weekly and will include Swadlincote, Albert Village and Donisthorpe.

Walking - Green Bank walk

10:00am - 11:00am (weekly)

Green Bank Leisure Centre, Civic Way,
Newhall, Swadlincote DE11 0AD

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly walking group that walks for an hour around Swadlincote. Please meet at the Café inside Green Bank Leisure Centre.

Walking – Rosliston Forestry Centre

10:30am - 11:30am (weekly)

Tor Adams ☎07977439309

Tor.Adams@southderbyshire.gov.uk

Join us for a one hour, easy paced walk around the Forestry Centre. This walk is ideal for those wanting to be more active and also those who haven't walked in a group before.

THURSDAY

Walking - Measham walk and talk

10:00am-10:30am (weekly)

Peggs Close car park (alley), Ashby,
DE12 7LJ

Tor Adams ☎07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A chatty, gentle walk ideal for those looking to get back into exercise. The walk is followed by a hot drink and a chat.

Nordic walking - Rosliston

10:00am - 11:00am (weekly)

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

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Ideal for beginners and experienced Nordic Walkers. Meet on the picnic area. £3.80 if hiring poles, £2 if using own poles.

Walking - Coronation Park

10:30am - 11:30am (weekly)

Meeting at the Coronation Park car park,
William Nadin Way, Stanton,
Swadlincote, DE11 0UH

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Join us for this weekly walk in and around Cadley and Coronation Parks. The walk will be up to 3 miles long and is ideal for those who are already active but looking to increase their fitness.

Walking - Measham

10:30am - 12:00pm (weekly)

Please contact us for the starting location as these change regularly.

Tor Adams ☎ 07977 439309

✉ Tor.Adams@southderbyshire.gov.uk

A friendly group that walk between 3-5 miles around various sites locally. If you would like to join the group, please contact Tor on the number above.

Walking - Willington

1:30pm - 2:30pm (weekly)

Canal/picnic area car park DE65 6BP

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

A friendly walking group that walks for around an hour around Willington. The group often stop for a hot drink afterwards.

Swad Joggers

6:30pm - 7:30pm (weekly)

Meet outside Swadlincote Library, Civic Way, Swadlincote DE11 0AD

Tracey Parker

✉ swadjoggers@gmail.com

A friendly jog group based in Swadlincote catering for all abilities. Also offer a walking group alongside our running groups.

Walking - Elvaston Castle Country park

7:00pm - 8:00pm (weekly)

Starting from Thulston village green, opposite Harrington Arms car park, DE72 3EY

Tor Adams ☎ 07977439309

✉ tor.adams@southd erbyshire.gov.uk

A friendly group who walk in the evenings around the Elvaston Castle site. Walks last for around an hour.

Evening Meditation

7:30pm - 8:30pm (weekly)

Moira Furnace Woodland, Furnace Lane,
Moira, DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for a guided meditation session in a beautiful woodland setting. Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This outdoor guided meditation session is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment.

Dates can vary, please contact us for current availability.

FRIDAY

Cycling

10:00am - 11:00am (weekly)

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

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

Join us for a gentle, traffic free ride around the Forestry Centre. Open to all abilities.

We also have a walking group at the same time for those who don't wish to cycle.

Walking- Heartwood Surgery walk

10:00am - 11:00am (weekly)

Civic Way, Swadlincote, DE11 0AE

Tor Adams ☎ 07977 439309

✉ tor.adams@southderbyshire.gov.uk

A friendly walking group that walk between 1-2 miles every week (meet in the Reception area).

SATURDAY

Morning Meditation

8:00am - 9:00am

Moira Furnace Woodland, Furnace Lane,
Moira, DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for a guided meditation session in a beautiful woodland setting. Take time to unwind, connect with nature and explore a new way to reduce anxiety and stress. This outdoor guided meditation session is suitable for anyone wanting to try something new to support positive wellbeing in a relaxed environment.

Dates can vary, please contact us for current availability.

T'ai-Qi for Wellbeing

9:30am - 10:30am

Moira Furnace Woodland, Furnace Lane,
Moira, DE12 6AT

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for relaxing T'ai Chi for mind and body. Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required.

Dates can vary, please contact us for current availability.

SUNDAY

Bird Watching for Beginners

(3rd Sunday of each month)

9:00am - 12:00pm

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

Tony Slater

✉ birdingfor@gmail.com

On the third Sunday of each month at 9am meet by the cafe at Rosliston Forestry Centre. A gentle walk around Rosliston Forestry Centre watching birds and other wildlife. Our experienced guides will share information about the birds we see and give tips on using optical equipment properly. Walks last about 3 hours on well-made footpaths. Binoculars available to borrow.

INDOOR ACTIVITIES

MONDAY

Zumba

9:30am - 10:25am (weekly)

Mickleover Memorial Hall
49 Station Road, Derby DE3 9GH
24 Fit Derby ☎ 01332 498005
✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba® Fitness classes are often called exercise in disguise.

Postural Stability Group (PSG)

10:00am - 11:00am (weekly)

Willington Village Hall DE65 6DE
Emma Yates ☎ 07554 868161
✉ Active.SD@southderbyshire.gov.uk

These classes include standing strength and balance exercises with the possibility of some seated strength work.

Chair Based Exercise

10:30am - 11:30am

Recreation Centre Shardlow Road
Aston-on-Trent DE72 2AN
Lindsay Robins ☎ 07874 862287
✉ Active.SD@southderbyshire.gov.uk

These sessions are predominantly seated, but may include some optional standing exercises.

Pilates

10:45am - 11:45am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK DE3 9GH
Elena Flinton ☎ 07956 377158

Pilates is Recommended by medical professionals to help with back pain, arthritis, fibromyalgia, stress and anxiety, and more. It emphasises alignment, breathing, developing a strong core (the muscles of the abdomen, lower back and hips) and improving coordination and balance. It’s also a great place to meet new friends in a warm and sociable environment.

Kettlebells & Core

6:00pm - 6:45pm (weekly)

Granville Academy, Burton Road
Woodville DE11 7JR
Sue Williams ☎ 07940 580891
✉ Fit-4-LifePT@outlook.com

Kettlebell and core exercises improve strength, endurance, flexibility, stability, balance and coordination making everyday life easier! Suitable for all ages and fitness levels. Block booking £6.50, PAYG £7.50.

Archery

6:00pm - 10:00pm (weekly)

Gresley Old Hall Miners Club, Gresley
Wood Road, Swadlincote DE11 9QW
Mercia Archers ☎ 07896 887289
✉ jamesonderek17@gmail.com

Before doing archery, you must complete a prearranged beginners’ course. Please get in touch if this is something you are interested in.

Walking Football

7:00pm - 8:00pm (weekly)

Repton School DE65 6FH
Kip Marklew
✉ kip.marklew@gmail.com

Etwall walking football club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

Walking Football

8:00pm - 9:00pm

Green Bank Leisure Centre, Swadlincote
DE11 0AD Tor Adams 07977 439309
Tor.Adams@southderbyshire.gov.uk

Whether you’re looking to keep active, stay fit, or widen your circle of friends, Walking Football offers the perfect opportunity to do this.

TUESDAY

Balanced & Strong

10:45am - 11:45am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK DE3 9GH
Elena Flinton ☎ 07956 377158
✉ elena.flinton@gmail.com

Are you wanting to improve balance, stay fitter and stronger, and help prevent falls? Then this exercise class, that includes sitting options, could be for you! There are a variety of low impact exercises, some to music, that are designed for the elderly. It’s social too, with 30 mins for tea and biscuits!

Strictly No Falling - T'ai Chi with Strength & Balance

12:00pm - 1:00pm (weekly)

Hilton Village Hall, Peacroft Ln, Hilton,
Derby DE65 5GH
Jodi & Becki ☎ 07977 439309
✉ contact@wildmindsnature.co.uk
Join us for a class to retrain your mind and body, build strength and balance and maybe meet new people. Supported by Age UK Derby & Derbyshire and their Strictly No Falling project helping people Live Stronger for Longer Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required.

Strictly No Falling - T'ai Chi with Strength & Balance

1:00pm - 2:00pm (weekly)

St George & St Mary Church, Community
Hall, Church Gresley, Swadlincote, DE11
9NR

Jodi & Becki ☎ 07977 439309
✉ contact@wildmindsnature.co.uk

Join us for a class to retrain your mind and body, build strength and balance and maybe meet new people. Supported by Age UK Derby & Derbyshire and their Strictly No Falling project helping people Live Stronger for Longer Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required.

Bat & Chat

2:00pm - 4:00pm (weekly)

Melbourne Assembly Rooms (Studio
Room), Melbourne DE73 8GF
Carl Barcock ☎ 07539 329966

✉ carlbarcock@gmail.com

This is a casual session for over 50’s. The play is gentle and the accent is on having fun. All equipment is provided. There is a tea & biscuit break at half time.

First session is free as a taster, thereafter it is £3 per session.

Table Tennis Evening Practice

7:00pm - 9:00pm (weekly)

Melbourne Assembly Rooms
(Studio Room or old squash court)
Melbourne DE73 8GF

Carl Barcock ☎ 07539 329966
✉ carlbarcock@gmail.com

This is a practice session for all abilities, primarily adults, but juniors over 12 years old are welcome with a playing guardian. Equipment can be provided. There is a tea & biscuit break at half time.

First session is free as a taster. Thereafter it is £5 a session for adults and £3 for juniors.

Zumba

7:25pm - 8:10pm (weekly)

Hilton Village Hall, Peacroft Lane,
Derby DE65 5GH
Sam

✉ contact@beautifullybalanced.online
A fun filled 45 minute, dance based cardio workout, to amazing Latin and international tunes. Each playlist is carefully composed to offer variety and the chance to express yourself in different ways. It will get your heart pumping and your feet moving (even if you think you have two left feet!)

Wind Down Yoga

8:15pm - 9:00pm (weekly)

Hilton Village Hall, Peacraft Lane,
Derby DE65 5GH

Sam

✉ contact@beautifullybalanced.online

A gentle body and mind practice. Each class is designed to stretch out the body and quieten the mind, helping you to release any tension and wind down for the evening. Different options will be provided to cater for a mix of abilities, including beginners. Known to support a good night's sleep!

WEDNESDAY

T'ai Chi

10:30am - 11:30am (weekly)

Rosliston Forestry Centre DE12 8JX

☎ 01283 535039

✉ rosliston@southderbyshire.gov.uk

An exercise class that focuses on muscle control, stability, balance, and flexibility. Suitable for different levels.

The Magic of Movement Wed

2:30pm - 3:30pm

Melbourne Assembly Rooms High Street
Melbourne DE73 8GJ

Douglas Mclay ☎ 07969 126940

✉ Active.SD@southderbyshire.gov.uk

A gentle exercise class for those who are concerned about losing or who want to improve their mobility. Exercises standing or seated to improve leg strength and balance.

Gym Circuit Training

6:00pm - 6:45pm (weekly)

Granville Academy, Burton Road,
Woodville DE11 7JR

Sue Williams ☎ 07940 580891

✉ Fit-4-LifePT@outlook.com

A full body workout to improve cardiovascular, muscular and core strength and endurance. Suitable for all ages and fitness levels. Block booking £6.50, PAYG £7.50.

Clubbercise

7:00pm - 7:55pm (weekly)

Murray Park Community School, Murray
Road, Mickleover, Derby, UK, DE3 9LL

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Clubbercise® - simple, fun dance fitness routines using glow sticks to club anthems from 90's classics to the latest chart hits normally taught in a darkened room with disco lights. Because of the high and low impact options Clubbercise dance fitness classes are great if you're a beginner or if you're already a fitness freak!

THURSDAY

Yoga Flow

9:15am - 10:00am (weekly)

Vicarage Road, Mickleover, Derby,
DE3 0ED

Sam

✉ contact@beautifullybalanced.online

A mind-body practice that incorporates the breath, postures (asanas) and relaxation. Each class is designed to build heat, strength and improve balance, whilst leaving you feeling calm and serene. Different options will be provided to cater for a mix of abilities, including beginners.

FitSteps

10:00am - 10:50am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK, DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

FitSteps is a Latin and Ballroom dance fitness workout, where you can learn the wonderful dances you see on Strictly Come Dancing without the need for a partner and in a relaxed and fun environment. It's so much fun you won't feel like you are working out, and it's also a great way to socialise and make new friends. You don't need any dance experience and you don't need to be fit to be able to enjoy FitSteps. It's a dance fitness workout suitable for everyone! Trainers and comfortable loose clothing or exercise wear are recommended. Don't forget your water bottle too.

T'ai-Qi for Wellbeing

6:00pm - 7:00pm (weekly)

St George & St Mary Church,
Community Hall, Church Gresley,
Swadlincote, DE11 9NR

Jodi & Becki ☎ 07445 209725

✉ contact@wildmindsnature.co.uk

Join us for relaxing T'ai Chi for mind and body. Spend time following the movements of T'ai Chi & Qigong and find calm in this moving meditation. Suitable for all abilities and can even be completed seated if required.

Zumba

6:30pm - 7:25pm (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK, DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

Zumba

7:00pm - 7:45pm (weekly)

Egginton Village Hall, Church Road,
Egginton, Derbyshire, DE65 6HP

Sam

✉ contact@beautifullybalanced.online

A fun filled 45 minute, dance based cardio workout, to amazing Latin and international tunes. Each playlist is carefully composed to offer variety and the chance to express yourself in different ways. It will get your heart pumping and your feet moving (even if you think you have two left feet!)

Walking Football

7:00pm - 8:00pm (weekly)

Repton School DE65 6FH

Kip Marklew

✉ kip.marklew@gmail.com

Etwell walking football club provides facilities for over 50s to continue playing football during 2 evening sessions and have teams entered in a local league at over 50s and 65s. All welcome.

Pound

7:40pm - 8:30pm (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK, DE3 9GH

24 Fit Derby ☎ 01332 498005

✉ 24fitderby@gmail.com

Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Under 18's must be accompanied by their guardian. Please bring your own exercise mat (or big heavy towel).

Wind Down Yoga

7:50pm - 8:35pm (weekly)

Egginton Village Hall, Church Road,
Egginton, Derbyshire, DE65 6HP

Sam

✉ contact@beautifullybalanced.online

A gentle body and mind practice. Each class is designed to stretch out the body and quieten the mind, helping you to release any tension and wind down for the evening. Different options will be provided to cater for a mix of abilities, including beginners. Known to support a good night's sleep!

FRIDAY

Postural Stability Group (PSG) Friday

10:30am - 11:30am

Swadlincote Fire Station, DE11 OAE
Rachel Hudson ☎ 07896 031084 ✉
Active.SD@southderbyshire.gov.uk

These classes include mainly standing strength and balance exercises with the possibility of some seated strength work.

Chair Based Exercise / Otago Class

1:30pm - 2:30pm

Newhall Village Hall, Bretby Road
Newhall, Swadlincote DE11 0LH
Sue Williams ☎ 07940 580891
✉ Fit-4-LifePT@outlook.com

A 'Strictly No Falling' class for Derby & Derbyshire Age UK. Standing and seated strength and balance exercises using ankle weights and resistance bands to improve upper and lower body strength.
Weekly PAYG £5.

SATURDAY

Zumba

9:30am - 10:25am (weekly)

Mickleover Memorial Hall, Station Road,
Mickleover, Derby, UK, DE3 9GH
24 Fit Derby ☎ 01332 498005
✉ 24fitderby@gmail.com

Dance fitness classes that are fun, energetic, and make you feel amazing. Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Under 18's must be accompanied by their guardian.

SUNDAY

Manipura Yoga

10:15am - 11:15pm (fortnightly)

Overseal Pavilion DE12 6LU
Carly Dakin
✉ carlydakin471@gmail.com

A friendly yoga group ideal for beginners. Please contact Carly before you attend a session.



All information listed is correct at the time of printing and subject to change without notice.

The quality of sessions cannot be guaranteed. It is strongly advised that you check:

- Coaches and volunteers are appropriately qualified in their sports/activities.
- Adequate insurance cover is in place.
- The availability of each session/class before attending



For more information about our Events, Active Community Directory, Club Development Support and Summer Activities information visit www.southderbyshire.gov.uk or scan the QR Code to visit our Facebook Page.

 Find us on
Facebook
@ActiveSouthDerbyshire

 @ActiveSDerbys

WE ARE UNDEFEATABLE

Is a national campaign to support the 15 million people who live with one or more long-term health conditions in England. Launched in August 2019, it aims to help those with conditions such as diabetes, cancer, arthritis and Parkinson's to build physical activity into their lives. www.weareundefeatable.co.uk



Join the Movement, is a National Lottery-funded campaign helping us all find ways to get active as we deal with coronavirus restrictions. We're all about simple, fun and free ways to get active, both indoors and outdoors, that you can enjoy safely. www.sportengland.org/jointhemovement

Live Life BETTER DERBYSHIRE

A free healthy lifestyles service that helps you:

- Stop smoking
- Manage your weight
- Get more active
- Identify your health and wellbeing needs

To find out more call: 0800 085 2299 or 01629 538200 lifelifebetterderbyshire.org.uk



(GAIF) is an outdoor activity programme designed to increase participation in sport and physical activity. Most of the events and activities take place outdoors and make the most of our natural environment.

For more information please contact: 07977 439309 Get.Active@southderbyshire.gov.uk



© The Magic Attic

Sharpe's Pottery Museum

Swadlincote Heritage Trails

Our local history archive, The Magic Attic, contains a vast number of photographs and resources from Swadlincote's past. These, along with research and photographs from individuals, have been used to create a two part trail around Swadlincote - Swadlincote Town Centre and Swadlincote Villages (Church Gresley, Midway, Newhall, Woodville and Hartshorne). The Heritage Trail includes some plaques around the town.

For more information ring 01283 535039 or visit www.southderbyshire.gov.uk/heritagetrails

If you would like this information (Adult Activity Brochure) in a different format or need help, please call our customer services team on 01283 595795, Monday – Friday or email customer.services@southderbyshire.gov.uk

CADLEY PARK

is a new park within the Swadlincote area that opened in April 2023. The aim of the park is to provide an environment which encourages and facilitates active travel, engagement in active environments and a rich biodiverse nature area. This is for the local population of Swadlincote and the wider District to enjoy, connecting existing and new communities together.

The park is 3.89 hectares in size and forms part of a masterplan for the redevelopment of a former coalfield site.

The park provides a facility mix of cycle features, pedestrian walkways, natural play, and environmental and biodiversity resources as well as its connectivity to the wider site and community.



Key cycle features include:

- ⇒ Circular family route for cycling / scooting
- ⇒ Pump track
- ⇒ Learn to ride zone

Additional features include:

- ⇒ Cycle paths and footpaths for active travel to, from and across the park providing connectivity to the facility mix and local town centre.
- ⇒ Signage, way-markers and noticeboards
- ⇒ Wildflower meadows
- ⇒ Habitat creation.



Over the winter of 2022 some 3000 trees were planted in the park by local school children, volunteers from East Midlands Airport and our local MP. These trees have been recorded as part of the Queen's Green Canopy.



For further information on Active South
Derbyshire's Summer Activities please email
Active.SD@southderbyshire.gov.uk
or call **01283 595873**

