

ACTIVE COMMUNITIES FOR EVERYONE

SOUTH DERBYSHIRE GREEN BANK & ETWALL LC

Active Communities Update – June 25



Welcome to the first edition of the Active Communities Newsletter.

Each month we will bring you a round up of the opportunities available for local residents and organisations, here at Green Bank & Etwall Leisure Centre.

Looking for a space to hold your next event? Or maybe you're searching for a main hub for your class, club, or group?

If you're interested, please email us at the address below!

Did you know?

You don't need to be a member to enjoy the benefits!

Get your Everyone Active Card and earn 20% off in our café!



Please feel free to share this newsletter and if you have any questions please get in touch:
katestorer@everyoneactive.com

****Carers****

Did you know that registered carers can access Green Bank and Etwall FREE of Charge, when accompanying and supporting a person attending one of our sessions.

Speak to our Front of House team in centre or by calling 01283 216269 for Green Bank or 01283 735404 for more information.

FREE Memberships

People with Parkinson's - We are offering a complimentary membership for people living with Parkinson's. Free membership will also be given to carers to provide support if needed.

Click here for more information.

Everyone Active are offering free memberships for Cared for Children (0-15 years) and Care Experienced Young People (16-25 years)

Council family support workers can refer Cared for Children or Care Experienced Young People by completing our secure online referral forms.

Email katestorer@everyoneactive.com

Your source for the latest news from Everyone Active.
For more information, visit everyoneactive.com

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good boost

Good Boost

Move More, Have Fun, Feel Better
Good Boost supports people to manage their joint and pain conditions (MSK), through individually tailored exercises, delivered on tablets in our pool.

Exercises are designed to:

- Reduce Pain
- Improve Function
- Improve Wellbeing

These sessions run

LADIES ONLY Tuesday's 8pm-9pm

Friday's 3pm-4pm

For more information contact
Katestorer@everyoneactive.com

Dates for Diary

Friday's 12pm-2pm

Active Antz

Saturday's

Fun Climb from 11am

Saturday 28th June

SEN & Disability Swim 4pm-5pm

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CALM BAGS

Sensory recourses for our SEND visitors

We are excited to announce the launch of Calm Bags in our leisure centre facilities, designed specifically for our SEND visitors.

Bag Contains:

- Ear Defenders
- Fidget Popper
- Soybean Squeeze
- Mesh Elastic Ball
- Spinning Top
- Animal Mochi
- Stretchy Strings
- Spinning Football
- Skateboards

Calm bags are available to borrow from our leisure centre reception and are to be returned after use

HEY!

Feeling uneasy, anxious, or shy?
Our calm bags are here to help you fly.
Inside, you'll find toys to explore.
To ease your mind and calm you more.
Feel around, guess what's inside.
Relax, have fun, put your worries aside.
But remember, when you're done, Let the toys stay.
Back to reception, so others can play,
And find the calm that helps their day! :)

Please return to reception after use Thank you

We are excited to introduce our NEW Calm Bags at South Derbyshire, designed specifically to support our SEN children as they enter the facilities.

These bags contain items to help reduce anxiety and provide a calming distraction before their swimming lessons or club sessions begin.

We kindly ask that the calm bags are returned to reception after use, so they can be available for other children who may benefit from them. We hope this new resource helps create a more comfortable and welcoming environment for all our young visitors.

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ACTIVITES

New Activities at Green Bank Leisure Centre!

We're excited to launch our brand-new climbing sessions, now running every Friday from 4pm – perfect for beginners and seasoned climbers alike!

We're also proud to offer our SEN Swimming Sessions, held on the **last Saturday of every month**. These quiet sessions are designed to provide a calm, supportive environment for children and families.

Come along and enjoy some fun, active quality time with your family!



SEN AND
DISABILITY
SWIM

ADULT & CHILD
£1.55

EVERY LAST
SATURDAY OF
THE MONTH
4PM-5PM

Book now via our app
or call reception on 01283 216269

www.everyoneactive.com

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This advertisement features a circular collage of images showing people swimming. The text is arranged in a circular and semi-circular layout around the images.



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**CLIMBING
CHAMPIONS**

FRIDAYS

4.00PM Ages 4 to 7
5:00PM Ages 8 to 12

50-minute sessions
£40 for 4 sessions

This advertisement features a colorful background with climbing holds and illustrations of children climbing. The text is arranged in a central column with a large orange banner for the title.