

Cotmanhay Conversations – Walk2SchoolWeek May 2024

Parkside High CIC (Lead organisation for the Erewash Active Neighbourhood Pilot, Cotmanhay Conversations) - Liam, Asa & Apprentice Coach Josh worked with Cotmanhay Junior School year group 6 to create a banner linked to the MOVE element of SMILERS 7 ways to wellbeing.

Each pupil walked in paint for 25 steps to represent a 2000 steps total or 20% of recommended daily steps quota.

Parkside High then helped support a led walk on Tuesday 21st May for Walk2SchoolWeek visiting Bennerley Viaduct, with 99 children and adults including staff and volunteers coming together on the Viaduct and displaying their artwork, meeting the Friends of Bennerley Viaduct team and sharing their experiences of walking in and around Cotmanhay.



The work was supported by Active Neighbourhood consortium members, volunteers and partners from Erewash Borough Council and the project helped to raise awareness of the importance of walking and being physically active.

The artwork then travelled to County Hall in June for the Derby and Derbyshire Children's Healthy Weight Summit and is now proudly displayed in Cotmanhay Juniors Main Hall for all staff, visitors and children to see.

You can watch Liam giving a fantastic presentation on this at our Talking Space in June: [Creating Walkable Communities- Talking Space - Walk Derbyshire](#). There is also more info on the Erewash Active Neighbourhood Pilot here [Erewash - Walk Derbyshire](#)