



WINTER WANDER

"Storm Darragh didn't dampen the Move More multiply crowd."

The Winter Wander took us to explore Garden61 and we returned to Cotmanhay DACES for welcome hot chocolate and a great range of Christmas activities including wreath making, planting a spring bulb, writing a letter to Santa and making a melting snowman. All accompanied by live Christmas songs and music from a musician. The event was organised by Derbyshire Adult Community Education Services in partnership with Parkside High and Erewash Borough Council. Thanks go to everyone who worked hard to make this event successful.



A TASTE OF NORDIC WALKING

The weather was certainly wintery for the first Nordic Walking taster in December. The hardy folks that joined all experienced walking with special walking poles for the first time. The session was led by local lady Catherine Hughes who provided all the equipment and instruction. Some comments from those that joined in:

“Went really well, better than I thought, really enjoyed it!”

“I wasn't sure what difference the sticks would make but they gave me support when walking.”

Nordic walking provides better overall fitness but without feeling as tiring as normal walking, and it is great if you have health problems that prevent you from getting out as much as you'd like. If you can walk, you can Nordic walk.



If you are interested in trying this activity please email us: movemorecotmanhay@parksidehigh.co.uk or 0115 930 1000 during Monday - Friday, 9am - 5pm.

Update from on the Bennerley Viaduct access ramp

There has been more significant movement of material on the new ramp, which is currently being assessed by geotechnical engineers. These investigations will estimate how much work will be needed and how long it will take before the ramp can be opened.



Friends of Bennerley Viaduct are working with contractors and Broxtowe Borough Council to secure the best conclusion. More details can be found on their [facebook](#) page:

Bennerley Viaduct: The Iron Giant

Sign up to our newsletter here:



Walk Leader Training

Walk Leader Training will be held on **Saturday 1st March 2025 from 10am - 3pm at West Park Leisure Centre, Long Eaton.**

If you are interested in taking groups of friends out walking then take a look at the **FREE** walk leader training organised for March, if there is enough interest then other courses may be organised.

To book your space please contact:

Rachel.Scott@erewash.gov.uk





TIME SWAP

Time Swap is a scheme where you can bank time helping people in exchange for getting help yourselves.

It's also a great way to exercise and keep fit and healthy, this can be done by arranging to meet other members and have a walk and talk in the local park, take part in a community litter pick or a community garden project. All of these projects can be adapted to your skills and abilities, everyone is included and it's a great way of doing a bit of exercise and enjoying each other's company.



It is flexible. ***“You only offer or accept swaps you want to do, when you want to do them,”***

Time Swap isn't just for individuals: groups and businesses can join too. Stuart Martin from Time Swap says there are several organisational members in Erewash: ***“The Erewash Museum, the Arena Church, the Cantaloupe Centre, Sandicare Friendship Hub and the Getaway disabled children's respite home in Kirk Hallam to name a few.”***



“Reaching out to people who need a bit of support by giving an hour of your time can make a huge difference to your own and other people's wellbeing. It's a chance to get involved with local people and a great cure for loneliness.”

For more information about Timeswap please visit:

www.derbyshiretimeswap.org.uk/

DO YOU HAVE A LONG TERM HEALTH CONDITION? ARE YOU STRUGGLING TO BE MORE ACTIVE?

If the answer to both questions is yes then Erewash Borough Council would like to speak to you. They want to hear about your experience and help you get the support you need to move more. If you are willing to provide them with some feedback, follow the Active Erewash [facebook](#) page for future updates or check out the EBC website: www.erewash.gov.uk



A physical activity survey will be available from mid-Feb and they are grateful for your responses. You can also contact Sarah, Physical Activity Inclusion Officer to share your views or get involved at: communityhealthwellbeing@erewash.gov.uk

COTMANHAY COMMUNITY GARDEN - EAST MIDLANDS HOMES

This garden has been requested many times during resident's meetings as local people have complained that as services keep getting cut, they are unable to socialise with others which has left many elderly tenants isolated and lonely. Since the community bus stopped running along Barlborough Road, the tenants living along there in the bungalows struggle to get to the bus stop so have limited interaction with others. The community garden is located next to the canal where some local swans reside and there is the bridge beside it which gives access to the Bennerley Viaduct. We have some excited residents who are looking forward to getting involved and have outdoor painting classes and metal detector workshops already lined up for when the garden is open. We hope this is a space for both young and elderly to enjoy together and know there are some great ideas already planned for the space by local groups to make this an impressive area.

Michelle Roe - East Midlands Homes.



GET IN TOUCH...

movemorecotmanhay@parksidehigh.co.uk

The POD 17 Summerfields Way
South, Ilkeston, Derbys DE7 9JJ

0115 9301000
Mon - Fri, 9am - 5pm

CLICK THE LINK



How to report hazards on pavements/rights of way

Report a road fault or ask about a road issue.



Ensuring the safety and accessibility of pavements and public rights of way is a priority in Derbyshire. If you encounter hazards such as uneven surfaces, potholes, overgrown vegetation, or obstructions, you can report them quickly and easily through the Derbyshire County Council website.

To report an issue, visit the council's dedicated "Report a Road or Pavement Problem" page. Provide details about the hazard, including its location, nature, and any supporting photos. The online form is user-friendly, allowing you to pinpoint the problem on a map to ensure accurate reporting (be aware that this function doesn't currently work with iOS devices). By reporting hazards, you play a vital role in maintaining safe and accessible pathways for everyone in the community. For more information or to make a report, visit the Derbyshire County Council website today:

www.derbyshire.gov.uk/home.aspx



CLICK THE LINK



Would you like to leave the car at home more often?



Sustrans is the national charity making it easier for everyone to walk, wheel and cycle.

We've been asked by Erewash Borough Council to work with local people to increase walking, wheeling and cycling in and around the town of Ilkeston. Making more short journeys by bike or on foot reduces traffic, pollution and noise, making it a safer and healthier place for you to live.

We aim to work with local groups, workplaces and residents to see what would help to cut down on the number of short local journeys that people take by car.

We're not just talking to people though. If you have an idea about what might help you or the people you know to walk or cycle more often locally, we have some grants to give out to help you. If you're interested email ilkeston@sustrans.org.uk to find out more.



If you are a workplace or organising a community event or working with a community group over 2025, Sustrans can also provide free support with:

- Group walks and rides
- Bike maintenance and safety checks
- Free lights, locks, reflectors etc
- Cycle security marking
- Local walking route maps + much more...

Please get in touch with us at ilkeston@sustrans.org.uk.

ASB ROLE PLAY



In response to the concern from people about not feeling safe walking in the local community, Move More Cotmanhay have developed and taken a role play to the Smiler ambassadors at Cotmanhay Junior School this February.

The role play explores what it is like to have a disability and experience anti-social behavior and how to react to the situation. We are working with the school to develop more partnership initiatives with the Smiler ambassadors whose goals are to improve the mental health of young people through a variety of ways including 'Moving' more and 'Supporting' others.

Watch out for more news on this in future.



WOULD YOU LIKE TO VOLUNTEER WITH US?

Contact us to get involved: info@parksidehigh.co.uk



PARKSIDE HIGH



SAFE PLACES SCHEME

WHAT IS THE SAFE PLACES SCHEME? Safe Places are public buildings in towns and communities across Derbyshire, such as libraries, shops, pharmacies and GP surgeries. They have stickers in their windows so you can see that they are part of the scheme and know you can go in and ask for help if you need to.

Safe Places offer a helping hand if needed to people within the local community to pop in and ask for help or guidance on things such as: where the closest bus stop is or a general chat on how they are feeling. Within the local community of Ilkeston and Cotmanhay there are loads of different Safe Places dotted around including:

- **Cotmanhay Peoples Centre**
- **Ilkeston Community Hospital**
- **South Street Surgery**
- **Gladstone house Surgery**
- **Ilkeston Library**
- **The HUB**
- **U Choose Smoothie and Art Café**

You can also download the Safe Places app for free from the App Store or Google Play. This can direct you to your nearest open Safe Place and can work by voice activation.

Keep Safe Cards are available to all adults who live in Derbyshire. Vulnerable young people aged 11 to 18 can also apply for a Keep Safe Card, once they have received instructions from an adult about the use of the Keep Safe Card, the Safe Places mobile phone app, and the purpose and location of Safe Place venues.

The card has space for you to write your name, the name and phone number of a family member or carer and anything else a person might need to know about you. If you're out and about and you need help, you can take the card to a Safe Place to ask for help.

If you are interested in creating a Safe Place within Ilkeston and Cotmanhay please contact us to find out more:

CONTACT US: info@safeplaces.org.uk 

CLICK THE LINK



Erewash Member Scheme - There are schemes in which you can register your local business as a Safe Space meaning people can come if they need help or assistance.

WHO WALKS ANYWAY..?

Many people have a misconception of what walking is... When they hear walking, they think hiking or going on long walks across extreme terrain but taking a stroll to your local shop or visiting a friend nearby is just as impactful. 10 minutes of walking a

day can have a huge impact on your mental and physical health, it can help reduce stress and improve sleep and your mood.

There are so many ways to incorporate walking into your day; taking the stairs instead of the lift, lunchtime walks,

parking further away or walking to the next bus stop while you wait.

Every step makes a difference.

Hear about what some local people have said about how getting out and about walking has helped them:



George, 78
Retired



I had 3 heart attacks starting when I was aged 64 and that forced me to finish work. 8-9 years ago I discovered walking and it saved my life, I built up gradually and am now out walking with Monday Strollers and Nutbrook walking group three times a week. I honestly think if I hadn't found these groups I would have lost motivation and wouldn't be here today. The Monday Strollers meet at Victoria Park Leisure Centre on Monday's at 10.15am, for more details find them on the website Led Groups.

Led Walks Info. 



Michelle, 51
Retired Nurse



Walking was always my grounding and joyful space — a perfect counterbalance to the demands of my busy work and social life. However, when I became unwell and could no longer venture out without the aid of my wheelchair or rollator, I found a new kind of solace. Nature became my sanctuary — a source of healing as I embarked on the slow and challenging journey of retraining my dysfunctional autonomic nervous system. It offered me clarity, peace, and a renewed connection to the world around me.

Michelle has recently set up an Accessible Walking group with her colleague, Nikki, called Sofa2Stroll+, you can book on their free walks via [Eventbrite](#).



Erewash Walking month will take place throughout May this year, so look out for details of organised walks near you.

To find more about walks in your area go to the Walk Derbyshire website - walkderbyshire.org.uk/find-group/ for more details.

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