

Let's Get Physical in 2025!!

In January, we launched our campaign to encourage members to take up new hobbies and habits that help you to get more active in partnership with Active Derbyshire. So far we have logged 1358 Active Hours! We have a fantastic logo which you'll see on our offers and requests where a swap offers the opportunity to incorporate movement, meaning that you can support your health as well as other members!



Even walking to a drop in or swap instead of taking the car or bus all the way can earn you time!

We have added some walking drop ins to some areas and in others we have taken part in local walks or organised our own, which is a fantastic social way to get in some gentle exercise.

Get Active, Earn Time - add anything above half an hour of physical activity to your current routine, through walking, running, playing sports, attending a class, or just moving more in a way that works for you, and claim time from Active Derbyshire!

Lets make the most of this beautiful weather while we still have it and see how many active hours we can get in!

Let your Development Officer know if you've added some activity so they can log the time for you, it only takes a text and that first step!

