

WEST PARK  
**LEISURE CENTRE**

RUTLAND  
**SPORTS PARK**

VICTORIA PARK  
**LEISURE CENTRE**

# Healthy Communities Erewash

Summer 2025

## Swimathon Success

6 swimmers took part in the annual Swimathon event at West Park and Victoria Park Leisure Centres on 30th March raising £1,141. They swam between 400m to triple 5000m and raising money for Cancer Research UK, Marie Curie and Swimathon Foundation. Our own team completed 12.5km, more than double their original target. Well done to all swimmers!



## Buddy Scheme

Did you know this scheme allows carers or buddies accompanying a disabled person free entry to the pool and gym, ensuring that those who require assistance can engage in physical activity. Buddies or carers must accompany and support the individual at all times to qualify for free entry.

## Learning to Swim - A valuable life skill!

Huge congratulations goes out to Ellen Gill who attends the adults swimming lesson at Victoria park and has achieved her 400m distance award. Ellen said "Starting swimming again has not just given me back my confidence but has also opened up so many new possibilities thanks to the amazing teachers at Victoria Park."



## Calling all Foster Carers.....

Did you know as approved foster carer you may be entitled to a free leisure pass for yourself and your entire family?

For further information and eligibility to the scheme please visit the [approved foster carer information](#) website



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## Supporting Talented Athletes across Erewash

Through our Promising Athletes Programme, we are proud to be supporting local Para athlete Victoria Levitt who has been ranked number 1 in the UK for three years over three sprinting distances and hold the national record in the 200m. We wish you continued success and hope the programme supports you in realising even more success!

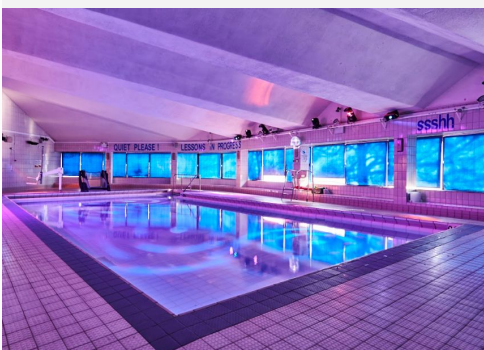


## Jogon Initiative

Jogon initiative - all the leisure centres continue to be part of the initiative which was set up to distribute used trainers/ running shoes to those who are less fortunate. This is popular with many customers donating their trainers to the boxes in the foyers of the centres. Thank you to all our customer who have donated their old trainers.

## Active Lives in Erewash Awards

The awards were held on Thursday 23rd January 2025 at Ilkeston Town Football Club. Legacy Leisure was proud to sponsor the 'adversity award' which was awarded to joint winners! Natasha Coates and Steve Webster who despite their disability have displayed the endeavour to keep physically active in their life throughout adversity. Well done!



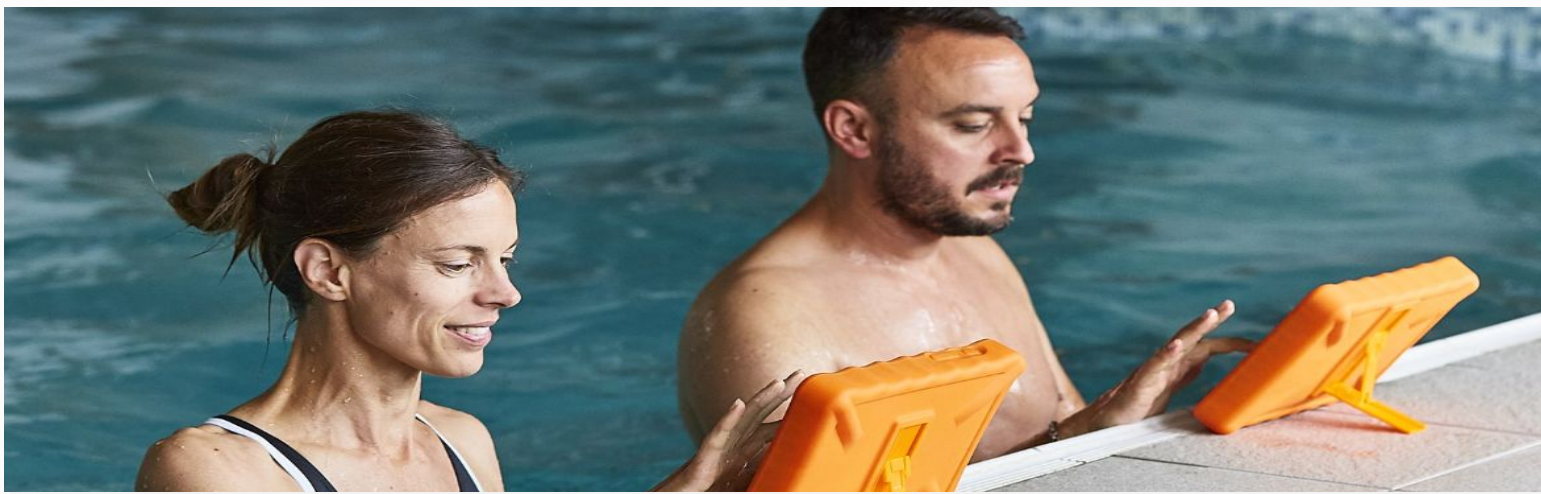
## Sensory Pool Sessions

Victoria Park Leisure Centre provides a unique experience for disabled customers by providing a bespoke sensory pool experience. The sessions provide the user with a unique sensory environment through a sound and interactive light systems, enabling the users to enjoy the relaxing sounds.



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## Musculoskeletal (MSK) Hub at Erewash

Our Good boost sessions at [West Park](#) and [Victoria Park](#) Leisure Centres serves as a vital resource in supporting individuals managing MSK conditions, which affect one in five adults every year. Our weekly Goodboost aqua programme provides flexible and personalised rehabilitation sessions to support individuals living with muscle or joint



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**Nutrition  
courses  
to improve  
your wellbeing**



## My Healthy Way online nutrition support

Working with registered nutritionist, Jen McDiarmid, we offer 6-week online nutrition courses, providing simple, effective ways to improve physical and emotional health through nutrition. 2025 courses include; Nutrition to support Musculoskeletal conditions, Menopause, Emotional wellbeing, Childhood nutrition and boosting immunity.

## Exercise Referral Programme

Delivered by Erewash Community Health and Wellbeing Service at West Park, Victoria Park and Rutland this Exercise by Referral scheme is a 12 week exercise program for people with long term health conditions. Sessions are led by a fully qualified exercise professional and are suitable for beginners. More information can be found at the [Exercise Referral Website](#)



## Walk for Health Programme

Erewash is packed with opportunities for walking. Four regular weekly walks start from (Victoria Park, Long Eaton Town Hall walk, Sandiacre Strollers and Stanley walk), all ranging range from 2-3 miles. For further information have a look at the [Walk Derbyshire](#) website



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## My Healthy Way x Common Knowledge Podcast

My Healthy Way are proud to be hosting the Common Knowledge Podcast on their webpage! Co-hosts Mel Spooner and Col Robertson are on a mission to make useful and meaningful health and lifestyle information free and accessible to everybody. Each episode is packed with practical advice and guidance that should be common knowledge.



## Proud to support Hidden Disabilities Sunflower

We are a proud supporter and Professional Member of the Hidden Disabilities Sunflower, encouraging inclusivity, acceptance and understanding. Site teams have undergone valuable training, enabling our sites and services to be more accessible for people living with a hidden disability.

## Community CPR & Defibrillator training

As part of the Drowning Prevention Week 14-21 June Victoria Park once again offered FREE CPR and Defibrillator workshops.

3 sessions will focus on how to: Save a baby's life, Save a child's life and Save an Adult's life. To book your place please contact Victoria Park reception on: 0115 9440400



## FREE Blood pressure check

In partnership with Jaysons Chemist West Park Leisure Centre Free Blood Pressure checks. Over the age of 40? - No pre-existing diagnosis of high blood pressure or atrial fibrillation? - Not had a blood pressure test within the last 6 months?

Join WPLC [Facebook page](#) to see when the next session is.





**All Move in Erewash** - AMiE is a project to understand how we can enable adults with long term conditions and disabilities to move more. We are interested in hearing about people's experiences of using the leisure centres whilst living with a health condition or disability. Please get in touch with Sarah if you would be happy to share your thoughts: [sarah.knapp@erewash.gov.uk](mailto:sarah.knapp@erewash.gov.uk)



**Live Life  
BETTER  
DERBYSHIRE**

### Live life Better Derbyshire (LLBD)

[Free help to live life better!](#) - Whether you want to feel fitter, lose weight or quit smoking we're here to help the people of Derbyshire to Live Life Better. Whatever your goal, you'll be amazed how a little extra support and advice can make a big difference. LLBD currently deliver sessions at West Park Leisure Centre on Mondays 12.30- 3pm

### Supporting local Sports Clubs

We support so many wonderful clubs across Erewash with training facilities including; Long Eaton and Erewash Swimming Clubs, Amber Valley and Erewash Athletics Club, and many many more!



### Holiday Camps are a hit!

We provide a range of activities for children and young people to stay active throughout the holidays through our partnership with [Koala Klubs](#) who will be delivering there next sessions during the summer holidays at West Park leisure Centre.





## Intensive Swim courses this Summer!

This summer, West Park and Victoria Park Leisure Centres will again host our popular 1-1 and group intensive swim courses. These focused, five-day programs are designed to boost confidence in the water, refine swimming techniques, and deliver essential water safety knowledge.



## Adult Swimming Lessons

It is never too late to learn a new skill and why not choose a skill that could save your life? At West park and Victoria Park Leisure Centre we run both beginner and improver adult group swimming lessons throughout the week as well as 1-1s

## Adaptive Swimming Sessions

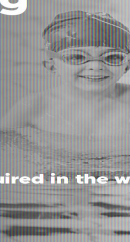
Victoria Park Leisure Centre provides weekly adaptive swimming lessons for children aged 4 and over who may need a calmer learning environment and extra assistance in the water. These lessons feature smaller class sizes and require a parent or carer to be present in the water, ensuring our learn-to-swim program is inclusive for all.

## Adaptive Swimming Lessons

**Thursday 18:30**  
**Saturday 11:00**  
**Sunday 10:30**

**Age 4 years+**  
**1 Adult per child required in the w**

[LeisureCentre.com](http://LeisureCentre.com)



## Be a Water Safety Hero with our Swimming lessons.

All our swimmers become SAFER, SMARTER, STRONGER in and around water. Endorsed by the Royal Life Saving Society our swimming lesson programme includes additional training on how to be safe in water. Find out more about our swimming lessons at [www.leisurecentre.com](http://www.leisurecentre.com)



[myhealthyway.co.uk](http://myhealthyway.co.uk)





## 50 + activities morning at West Park Leisure Centre

We run activity morning for customers aged 50+ on a Tuesday between 9.30-12.30 pm for Table Tennis and Badminton and also on a Thursday between 12.30-3.00pm for Badminton. Most current members also enjoy a coffee in the cafe after.



## Member Referral Campaign

Our Q2 referral campaign continues where 3 lucky winners will win an Amazon e-voucher each worth £1,000. Offer ends 30 June 2025. So if you are a member get referring friends and family for a chance to win and have a spending spree on us! Check out our website [www.leisurecentre.com/referral](http://www.leisurecentre.com/referral) or speak to one of the team when you are next in.

## Rutland Sports Park - Walking Football

Rutland Sports Park are looking to start walking football session at the centre, if you are interested in taking part please contact the centre for more information. Walking football sessions offer a fantastic opportunity for individuals to enjoy a slower-paced version of the game in a friendly and inclusive environment for all abilities.



## So what is Foot Tennis?

Foot tennis is a fun game that not only breaks the monotony of standard soccer training but also improves essential techniques and skills, such as first-time passing, heading, knees, volleys, and chest control. The new courts at Rutland Sports Park have provided welcomed addition for footballers to improve their skill for match games. Have you tried it?





## Long Eaton Judo Club - Community Funding

Legacy Leisure community grant funding has been put towards new judo mats and a refresh of the Dojo. The Long Eaton Judo was founded in 1961 by parents and since the very beginning the club has always been run on a voluntary basis and is still to this day.



## Sawley Cricket Club - Community Funding

Legacy Leisure community grant funding has been put towards new flexi cricket stump, bowling machine balls, pressureless cricket ball thrower and cricket reaction ramps. These additions will have a huge impact on improved training at the club.

## The Borrowash Jolly Joggers & The Walkie Talkies - Community Funding

The Legacy Leisure Community Grant Funding will go towards training another run leader, as well as providing promotional material to advertise both groups.



## Erewash and Midland Scuba Divers - Community Funding

The support from Legacy Leisure's Community Grant Funding has helped the club acquire equipment for use by trainees, try divers and members, that means they can offer opportunities for local people to try scuba diving without having to make a big financial commitment, until they are confident that they want to progress.





## Macmillan - Coffee Morning

We continue to support national fundraising activities and had a great time hosting Macmillan coffee mornings and cake sales at the leisure centres. For future events events please follow the leisure centres Facebook pages, link a the bottom of this newsletter.



## Charity Football Day - In aid of Positive about Down Syndrome

Rutland Sports Park hosting a Charity Football Match, on Sunday 23rd of March between West Park Leisure Centre and Rutland Sports Park staff and raised over £800 for the charity. Well done to everyone involved.

## Premium Membership brings even more benefits!

Our Premium All-Inclusive Membership provides a range of benefits to further improve health and wellbeing including; access to Health Hero virtual GP appointments, Access to ARVRA wellness platform, 33% discount on nutrition courses and consultations, unlimited Goodboost classes and more!



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way



### SPRING FORWARD: NURTURING WOMEN'S WELLBEING

Welcome to Our Spring Newsletter.

As we embrace the new season, we're excited to share our latest updates and inspiration to help you bloom into your healthiest, happiest self! Spring is a time of renewal and growth, and it offers the perfect opportunity to reset and focus on your well-being — whether it's through nourishing your body, rejuvenating your mind, or reconnecting with nature.

As always, we're here to support you on your journey to optimal health and wellness. If you have a printed copy of our newsletter but would like to download a free digital version with active hyperlinks, visit [myhealthyway.co.uk](http://myhealthyway.co.uk)

Thank you for being a part of our vibrant community. Let's welcome Spring with open arms and renewed energy!

The My Healthy Way Team

## Quarterly My Healthy Way Newsletter!

We release our quarterly My Healthy Way Newsletter, providing easy tips and expert advice for a healthier lifestyle! Download our latest newsletter to start making small changes that bring big results at on [www.myhealthyway.co.uk](http://www.myhealthyway.co.uk)



[myhealthyway.co.uk](http://myhealthyway.co.uk)



## My Healthy Way online resources for a happier, healthier life.

Explore expert tips, practical tools, engaging blogs and comprehensive nutrition courses. All designed to guide and support your wellness journey. My Healthy Way are dedicated to addressing health inequalities and helping you improve your quality of life.

### Nutritional Courses

Enhance your well-being with our online nutrition courses, led by certified Nutritionist, Jen McDiarmid. Discover simple, effective ways to improve your physical and emotional health through nutrition.

### Musculoskeletal Health

Take charge of your health with our Musculoskeletal (MSK) health hubs. Explore Good Boost classes and social coffee mornings at your local leisure centre.

### Happy Mind

My Healthy Way is proud to support Every Mind Matters, part of the NHS Better Health campaign. Every Mind Matters offers practical tips and tools to manage your mental health, support others and access urgent help if needed.

### Get Active

Boost your mood and reduce stress with regular exercise! Staying active releases 'feel-good' endorphins that help ease anxiety and depression, improve sleep, and build confidence. It's a powerful way to manage daily pressures and protect your mental health, leading to a happier, healthier life.

### Women's Wellbeing

Discover how balanced nutrition and mindful lifestyle choices can empower your health and well-being. From boosting hormonal harmony to building mental resilience, learn simple, impactful steps to thrive in every aspect of your life.

Visit [myhealthyway.co.uk](https://myhealthyway.co.uk) to find out more about each of the courses we offer.







# Thank you to all our partners!

Thank you to all our our partners and stakeholders who help us to achieve our mission, enabling happier and healthier communities across Erewash.

[www.erewash.gov.uk](http://www.erewash.gov.uk)

**EREWASH**



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