

WEST PARK
LEISURE CENTRE

RUTLAND
SPORTS PARK

VICTORIA PARK
LEISURE CENTRE

Healthy Communities Erewash

Summer 2026

Drowning Prevention Week.

In June Victoria Park and West Park leisure centres once again took part in RLSS UK drowning prevention week. Our Staff visited local schools to deliver water safety presentations and all our swimming lesson members as well as school swimming groups took part in water safety activities. We successfully passed on lifesaving water safety messages to 10,487 people within our local community.



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.

Community Open Days

All leisure centres are holding a number of community open days where they will be offering a number of FREE access activities for people to come and have taster sessions. Dates for the diary are as follows:

- Swim Assessment - 12 September
- Group Exercise - 19 September
- Open event - 12/13 September



Calling all Foster Carers...

Did you know as an 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

Parkwood, Subsidiary Companies and Partners "Promising Athletes Programme" was established as an initiative to aid sports development and will support local talented athletes competing at a National Level and ranked in the top 50 for their designated Sport. For further information please visit: <https://www.leisurecentre.com/promising-athletes-programme>

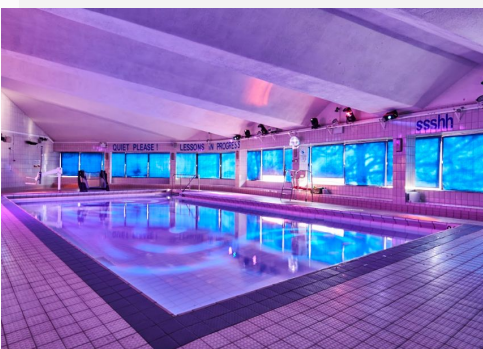


Jogon Initiative

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 customers who have donated their old trainers.

Premium Membership - Bupa Launch

We are excited to announce improvements to Premium Membership What's Changing? New partnership with Bupa – One of the UK's leading health insurer (2026) From 1 July 2026, get Bupa Well+ at no extra cost. Replaces Health Hero and ARVRA
Bupa landing page: [LeisureCentre.com/Premium/Bupa](https://www.leisurecentre.com/Premium/Bupa)

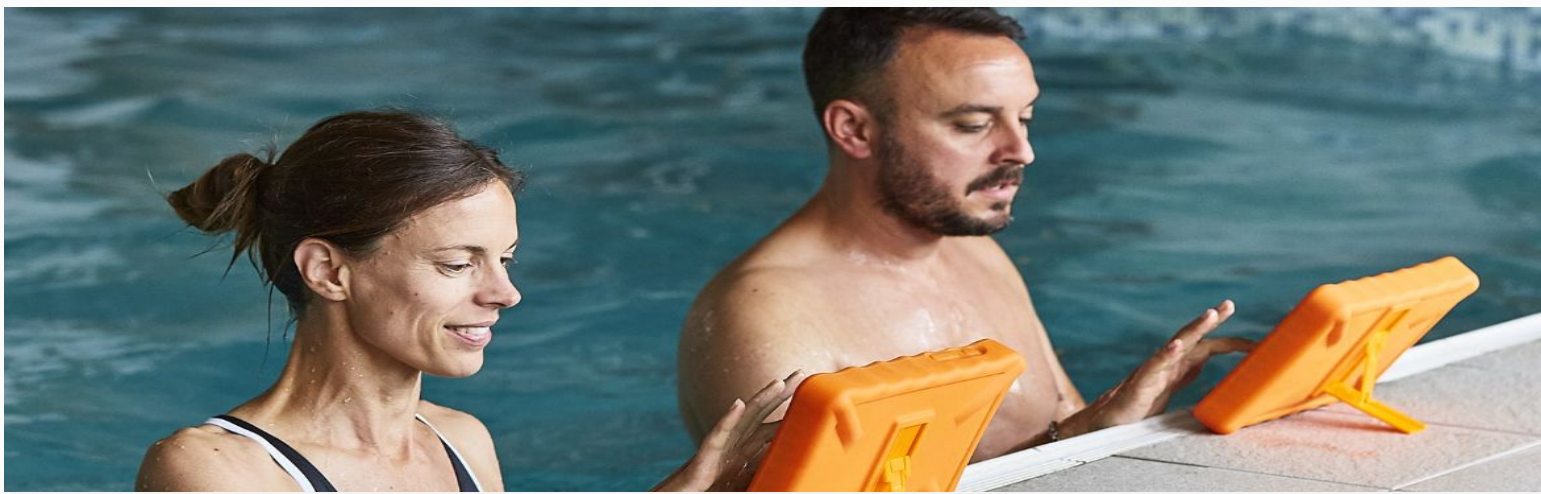


Sensory Pool Sessions

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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Goodboost Sessions

Our Goodboost 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 pain. Bump Boost starting soon at Victoria Park! To find out more call 01159 440400 or pop in and see us.



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**Nutrition
courses
to improve
your wellbeing**



My Healthy Way online nutrition support

Working with registered nutritionist, Jen McDiarmid, we offer online nutrition support, providing simple, effective ways to improve physical and emotional health through nutrition.

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

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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FREE Swim Assessment

Weekly FREE swim assessments are available at both West Park and Victoria Park Leisure Centre. Assessments take approximately 10-15 mins; after which, instructors will advise what lessons are most suitable for the learner to sign up to.

West Park: Tues 4-6.30pm and Victoria Park: Weds & Fri 4-6pm
Book online at leisurecentre.com



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

Victoria Park will be holding their next Save a Life workshop in September. For more information and to book a place call the team on 01159440400



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.



Inspiring Others to be Active

All Move in Erewash (AMiE) is an initiative aimed at residents with long-term health conditions and disabilities who would benefit from becoming more active.

As part of this work, we are reaching out for AMiE champions - people who are willing to share their story about staying active to inspire and show others with lived experience that it is possible!

If you would like to find out more the initiative or are interested in becoming an AMiE champion yourself, you can get in touch with communityhealthwellbeing@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 12:30-15:00

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](https://www.koalaklubs.co.uk/) who will be delivering the next club during the Summer break at West Park Leisure Centre.



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Swimming Assessment Days

West Park and Victoria Park Leisure Centres are hosting FREE swimming lesson assessment days on Saturday 12 September. Our friendly, expert instructors will be on hand to answer your questions about our Swim School. You, or your child, will then have a chance to get into the pool so we can determine the swimmer's proficiency level and place them in an appropriate swim class.



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

8+ Beginner Swimming Lessons

Victoria Park & West Park Leisure Centres offer weekly swimming lessons specially designed for beginners over the age of 8 years. Following the Swim England learn to swim framework Stages 1 & 2 are included within the syllabus for thee awards to allow swimmers to achieve both awards with children their own age before progressing to stage 3.



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



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Party Bookings

Did you know that the leisure centres in Erewash offer a number of different party options, including soft play, dry and wet inflatable sessions, sensory swimming and the Atlantis Splash giant inflatable at Victoria Park Leisure Centre. Contact each centres for more details and the bespoke packages they can offer.



Win an iPad Pro Member Referral Campaign

Dates: 1 July - 30 September 2026.

For more details on our next referral campaign visit <https://www.leisurecentre.com/referral>

Rutland Sports Park - 3G Pitch Hire

The 3G pitch currently has a few pitches available in its programme during the week and at the weekend. If you would like to hire the pitches please contact the centres direct on 01159302033.



Foot Tennis

Why not with Wimbledon and the World Cup recently taking place, come down to Rutland Sports Park and try our Foot Tennis. Combine both sports with this fun activity, Great fun and available to all age groups. You don't need to bring any equipment with you just plenty to drink to stay hydrated. Or if you prefer regular Tennis or Football we can offer that too in our Tennis Centre.

Notable Achievements by staff and customers

Earlier than anticipated, Victoria Park Leisure Centre Duty Manager, Ashleigh Sutton took on a heartwarming challenge! on 24 June. She cut her hair and donated it to the Little Princess Trust, a charity that creates wigs for children dealing with hair loss from cancer. Ashleigh's also raising funds to support the wig-making process.



West Hallam White Rose Cricket Club - Community Funding

Legacy Leisure provided community grant funding directly targeted at removing the financial barriers associated with formal coaching qualifications. The funds were utilised to subsidise the training costs for dedicated club players, enabling them to transition into certified coaching roles.

Legacy Leisure Community Grant Funding

Legacy Leisure operates leisure facilities in local communities and are committed to supporting activities within the locality which improve health and wellbeing through sport and leisure. Local organisations are invited to submit funding applications up to £500 per applicant. For more information visit:

<https://www.legacyleisure.org.uk/community-grant/>

Neurodiversity in Sport – Face to Face Event

Date: 10 September 2026 - **Time:** 6.30 – 8.30pm

Venue: Ilkeston Town Football Clubs, Awsworth Road, Ilkeston, Derby, DE7 8JF (in the Club House)

Content Delivery - Neurodiversity in a sporting context – what it means and why it matters. - Traits vs labels – understanding a traits-based approach. - The Behavioural Iceberg – a framework to support inclusive coaching design. - Identifying traits in practice – how they manifest on the ground. - Traits and environment – exploring sensory differences, executive functioning, and social/communication differences. - Practical strategies and tips to support neurodivergent individuals across various environment

Click to register: [Neurodiversity in Sport Workshop – Fill out form](#)



National Fitness Day

[WPLC](#), [VPLC](#) and [RSP](#) will all celebrated National Fitness Day on Wednesday 16 September 2026 offering a number of free access activities including group exercise, badminton, 3G pitch and Padel tennis to give people the opportunity to participate in activities they may not have tried before. Please join our Facebook pages above for more information.

**NATIONAL
FITNESS
DAY**



Body Awareness

Parkwood Leisure continues to promote its partnerships as a [Body Awareness](#) partner with NHS England, this makes it one of only 7 organisations that can now display dual branded assets to support the Be Body Aware campaign.

[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 [BUPA Well+](#), 33% discount on nutrition courses and consultations, unlimited Goodboost classes and more!



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MIND AND MEASURE

Welcome to your Summer health and wellbeing update!

As we head into the second half of the year, we are focusing on making wellness more accessible, interactive, and mind-boosting than ever before.

Whether you're looking to track your daily habits more seamlessly or give your cognitive health a tune-up, we've got some great updates lined up for you this quarter.

Here is a sneak peek of what's inside this issue:

- **Our Features Are Going Mobile!** We've officially integrated our best health and wellbeing tools directly into our Leisure Centre app. Your favorite features are now just a tap away, making it easier than ever to prioritise your wellness on the go.
- **The SGU Health Station Trial is Coming!** Get ready for a hands-on approach to your health. We are launching an upcoming on-site Health Station trial, giving visitors to Crook Log Leisure Centre a quick, high-tech way to check in on your biometric stats and track your progress.
- **Keep Your Brain Sharp:** Physical health is only half the equation. Check out our deep-dive article on neuroplasticity, cognitive habits, and practical ways to keep your brain healthy, active, and resilient.

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

The My Healthy Way Team

myhealthyway.co.uk

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



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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. 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.

Men's Wellbeing

Discover practical ways to support your physical and mental wellbeing through balanced nutrition, healthy lifestyle choices, and access to the right support. We recognise that many men face unique challenges when prioritising their health, and our goal is to provide a safe, informative space with resources, guidance, and encouragement to help you thrive.

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.

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.



Visit 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

EREWASH



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