



## Derbyshire's Village Games

# The Derbyshire Dales

The Derbyshire Village Games' team is working across the county to inspire local people of all ages and abilities to get active. This month Lissa Cook talks to farmer's daughter Katy Stubbs about how she's hoping the Olympic spirit will rub off ...

**D**erbyshire Dales' Village Games Officer Katy Stubbs' family has a proven track record of producing prize-winners. Not, as you might expect for a sports development officer, on the playing field, but out in the stone-walled fields of her dad's farm in Ashbourne. For John Stubbs is a renowned breeder of Jersey cows. He also runs his own sports store in the town. So perhaps it's no surprise that Katy's found a job that combines her love of sport and country life.

She says, 'When I was a little girl I played every sport going. To be honest, I only went to school because it meant I could play even more sport! I studied Sports Development at the University of Derby, Buxton and did a degree at

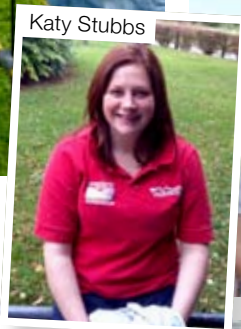
Manchester Metropolitan University. So I jumped at the chance to work for the Derbyshire Village Games right here where I grew up.'

One of the clinchers for London winning the 2012 Games was the promise of 'legacy'. Community Sports Trust Board chair Rosemary Leach, who's currently seconded to the London 2012 Press Operations Team explains: 'Legacy doesn't just mean regenerating city waste land and building new state of the art facilities like running tracks and velodromes. It's not even just about nurturing the next generation of athletics superstars. It means inspiring all of us to get fitter and healthier.'

That's no easy job. It's predicted that by 2050 more than half of us will be clinically obese. We're eating too much

and doing too little. Being a weekend warrior pouring all your energy into an epic run or bike ride isn't enough. The latest guidelines from the Chief Medical Officer suggest that we should all be doing at least five thirty minute sessions of moderate activity spread over the week.

In remote, rural areas like the Dales there are particular challenges. Village Games project manager Hayley Lever says it was a project she helped run in the Hope Valley called 'Active Grindleford' that convinced her the way forward was to get qualified staff like Katy out in local communities. 'Katy's a great example. She grew up in the Dales so she knows the area and the people like the back of her hand. And she understands the needs of villages that don't have gyms, stadiums and



leisure centres that bigger towns and cities take for granted.'

Katy says: 'The reality is that people have to travel further to get to work. There aren't good bus and train links so it's unrealistic to expect people to get into a regular exercise habit unless activities are available on their doorstep.'

Over the past 18 months, Katy has helped set up the weekly Hartington Activity Group for Young People (HYPAC). Around 20 teenagers have a go at everything from archery to climbing and team-building. In Litton there are chair-based exercises for older people. One of the ladies who does the weekly chairrobics says: 'I really enjoy the sessions, [the instructor] Penny is very approachable and I'm left feeling tickety-boo afterwards!' There are circuit classes in Marston Montgomery and Parwich and jogging has taken off in Ashbourne and Matlock.

Over the summer Katy teamed up with fellow High Peak Village Games officer, Emma Beswick, to run two Year to Go to the Olympics events. A family activity day at Carsington Water included water sports, football



coaching, archery taster sessions and even sumo wrestling. While in Glossop hundreds turned out to a day of Olympic and Paralympic festivities, complete with a closing medal ceremony at St Philip Howard school.

The Village Games team is looking for villages from all over Derbyshire to help run Olympic themed games, fetes, or Olympic-nics. Hayley says: 'In my home village of Chinley we had a fabulous day with a family mini-decathlon complete with tug-of-war and welly-wanging. We even had a

sporting themed well dressing decorated by the guides. We want to help the whole of Derbyshire experience the excitement of the Olympics.'

If you have a school PTA, parish council, community association or group of friends wanting to organise a torch relay, an Olympic-nic or run your own village games event, go to [www.villagegames.org.uk](http://www.villagegames.org.uk) for the contact details for your local coordinator to help with ideas, posters and equipment. □