

Annual Review

Active Derbyshire

20/21

During this incredibly difficult year, partners from the public, voluntary and community sectors throughout the city and county came together to help support wellbeing.



active
derbyshire

These are some of the highlights of the year, with links to more information.

1

> Insight and understanding of people and places

Active Lives Year 4 data at county and district level was produced and released. This was circulated across the City, County, districts and boroughs to help us and our partners to be more insight led in our work. The data can be accessed [here](#).

Research into physical activity behaviours locally in Derbyshire was conducted and published to help understanding of the effects of Covid-19 on physical activity. **The full report is here**

Local insight on the **impact of Covid-19 on increasing levels of physical activity** was produced and shared. This summarised all that the team had heard from their many conversations with public and voluntary/community sector partners in the first lockdown and key headlines from our physical activity survey. **Read the insight here.**

SHARING OF INSIGHT



TALKING SPACE

> Talking Space

Conversations and updates were moved online, with regular 'Talking Space' virtual sessions set up and hosted for people working in physical activity. Initially these were an informal space for partners to drop in and ask questions, make observations, sound out ideas about the Covid-19 situation and what might happen in the future.

These evolved into a regular network session, attended by between 50 and 100 partners from both counties each time, so led to rich conversation.

Topics covered included:

- Whole system approach to walking
- Putting recover and reinvent into practice
- Building back better
- Physical activity and the natural environment
- Positive messaging around physical activity during a pandemic
- Social prescribing and physical activity
- Challenges facing the leisure sector

To watch the recordings and find out more about the sessions, [click here](#).

Get Out Get Active Amber Valley

> Get Out Get Active

The Get Out Get Active (GOGA) work in Amber Valley was launched in September 2020.

GOGA aims to support people with long term conditions to maintain their health and improve their quality of life. Covid-19 delayed progress, but time was spent pulling together insight, making connections, building relationships and this is now translating into face to face sessions.

If you'd like to get involved in the GOGA work or find out more, contact matthew.parr@ambervalley.gov.uk



> Walk Derbyshire

Partners have come together to work on a joined up approach to promoting and supporting walking, particularly for people in our communities who need more support to be active.

With support from Derbyshire County Council Public Health a website will be developed.



We are one of four projects nationally to receive Club Matters Local support from Sport England. A multi-agency leadership group, including many from the CVS networks across both counties, is supporting a worker based at Community Action Derby to understand and release the potential of community groups and sports clubs to play a role in helping people change their inactive behaviour.

The 18 month programme started in October. A report from Phase one has been written and we are now entering the second Phase with more emphasis on Test and Learn. **The Phase one report can be accessed here.**

3

> Well connected, informed and supported

Discussions with Locality Partnerships in Derbyshire were facilitated, drawing on this learning, identifying key issues in a district to co-produce action plans for how and when to draw down the 'Moving on from Covid' funding from Derbyshire Public Health. Each LA is drawing down £15k to deliver on the locally agreed priorities arising from Covid-19.

> Stand Up Derbyshire

The School Games Organiser (SGO) network

in Derbyshire and Active Derbyshire worked together to deliver **Stand**

Up Derbyshire, a campaign to encourage children and young people to be active for as much of the day as possible and to inspire and encourage schools to embed an active school ethos within their culture. Schools were sent a toolkit from their school games organiser, with ideas on how to incorporate bursts of physical activity throughout the school day.



[Find out more here.](#)



Keeping connected and updated on the latest Covid-19 restrictions was important to local clubs and groups, as identified in a survey early in the year.

This was done via social media and through dedicated webpages.

For the general public, accessing activities which could be done at home was important and local partners really stepped up and made a huge range of classes and activities available for free online.

Active Derbyshire's website was regularly updated with details to signpost people to both activities at home and those which can be done locally in formal and informal settings.

To take a look at what's available locally, [click here](#)

> Right environment, opportunities

> Stay at home activities for children during restrictions

The School Games Organiser (SGO) network in Derbyshire and Active Derbyshire worked together to create and publish a weekly programme of activities to help support schools to assist parents and carers to maintain an active routine for children and young people whilst at home or when socially distancing in essential care such as for keyworker and vulnerable children in school.



[The resources can be found here.](#)

4

> Active at Home resource for older adults

Resources were aimed at older adults or those with long term health conditions to enable them to stay active at home and assist if they were shielding.

The resource was shared both digitally and in hard copy, delivered to vaccination hubs and given directly to people with long term health conditions and limited mobility. 70,000 copies were printed and distributed across the City and County with many partners supporting this logistical challenge.



[Download the booklet here](#)

> Story Walks in Glossop

The Move More Glossop partnership tested the idea of story walks, aimed at families, in Manor Park, Glossop, with a story about **Manny the Mole doing morning exercise**.



Leaflets were printed and launched August 2020 bank holiday weekend. It proved very popular and is estimated that over 500 people took part in the walk, feeding back very positively.



The idea was taken forward and a second walk was launched in Howard Park for October 2020 half term and is being developed across other parks in the **High Peak Borough Council** area. **For more information click here**

> Beat the Street

Games were delivered in **Clay Cross** (North East Derbyshire), **Sinfin** (Derby) and **Stenson Fields** (South Derbyshire).



Usually a six week long game, Sinfin, Stenson Fields and Clay Cross were chosen as part of a pilot of short four week games.

Beat the Street encourages schools, families, groups in the community to move in an active way between 'beat boxes', placed in their neighbourhood, to score points.

In Clay Cross, **2,242** people took part, logging **8,799 miles**. In Sinfin and Stenson Fields, **1,887** people joined in, logging **18,545 miles**. **4,000 Active Lives surveys** were completed by participants contributing to local insight. Due to the success of the pilot, Derby City Council went on to do the full game and **30,000** joined.

Derby City Council, North East Derbyshire District Council and Active Derbyshire developed new relationships as a result of the networks set up to deliver the game and gained insight into activity behaviours of local communities.



> CreateActive packs in Derby City

750 CreateActive packs were distributed to children and families across Sinfin, Alvaston and Derwent, communities where health inequalities are high.

Co-ordinated by the Move More mentors in the city, volunteers from the community put the packs together and distributed them via schools. Stories from the young people on how they were using the packs were captured. This work opened up the conversation with schools around opening their facilities to the community.

To view the video about this work, click here.

WE ARE UNDEFEATABLE

Over a six month focused period, **We Are Undefeatable Bolsover** aims to enable those living with long term health conditions to live active lives. The work will focus in Shirebrook. The learning from this work will help inform future place-based approaches connected to North East Derbyshire & Bolsover Place Alliance.

The Place Alliance Group is undergoing an Appreciative Inquiry approach which is enabling partners to identify how they want to work together. Six principles have emerged from this process

- Making the most of and building assets in a place
- Communication
- Connection
- Learning & innovation
- Inclusive and accessible whilst tackling inequality
- Supporting individuals, organisations and communities to lead.

As a group, partners involved have spent time collectively exploring what these principles mean and how they guide our work. We Are Undefeatable is committed to embedding these principles into the work.

> Supporting schools to open their facilities

This funding was to support schools to open their facilities outside of the normal school day to allow young people more opportunities to be active.

It is targeted at schools with a high percentage of pupils eligible for free school meals, the least active and to provide more opportunities for pupils with special educational needs and disabilities (SEND) to take part. **£394k** was awarded by **Sport England** to spend across Derbyshire and Nottinghamshire.

> Community Emergency Fund (CEF)

At the beginning of the year, the **Community Emergency Fund** was launched.

There were **193** successful applications to the fund in Derby and Derbyshire totalling **£561,089**

> Tackling Inequalities Fund (TIF)

Sport England developed the **Tackling Inequalities Fund** to support community groups and clubs who work with people most at risk of being affected by Covid-19 and the inequalities it heightened.

£198,397 was shared between **55 organisations and groups** across Derby and Derbyshire.

A short video highlighting where some of this money was spent is **here**.

> Thriving Communities

£70.2k has been awarded by Sport England to fund a regional activity advisor post to support community organisations develop social prescribing opportunities right through until October 2023.

> Diverse, skilled workforce

> Safeguarding and Mental Health Awareness courses

11 safeguarding and **8 Mental Health Awareness courses** were moved online and delivered to **163 participants**.

The **Mental Health Awareness courses** were new in 2020 and in response to the growing need around supporting people's mental health.

> Girls Active

The Girls Active group continued to support schools engaged in the Girls Active programme, creating opportunities for the leads to come together virtually to share and learn from each other. A case study film was produced demonstrating the impact the programme can have and a challenge to keep the Girls Active Groups engaged.

[View the video here.](#)

> Club Matters workshops

In response to a club support survey early on in the pandemic, four workshops including Planning Your Future, Introduction to Legal Structures and Developing your Marketing, were held and were free for groups and clubs locally to access.

> Training for young people

Seven Derbyshire pupils accessed the Safeguarding and Protecting Children UK (SPCUK) 16-18 online course, which supported them to recognise safeguarding and child protection best practice within their coaching/leadership roles and how to report any concerns they have and to who. 10 young people from Community Action Derby accessed and obtained a qualification in the Level 1 online multi-skills course. This course helped to develop these young people's knowledge and skills around facilitating safe physical activity in a variety of mediums, as well as understanding the elements of multi-skills and how to facilitate multi-skills activities.