



Forever Active

Empowering older people in Derby to age well

Move More Derby team capacity

Key:

CAD – Community Action Derby

APT – Active Partners Trust (Active Derbyshire)

Move More Derby partners

(DCC) Move More Coordinator
Alistair Bagnall

(DCC) Move More Coordinator

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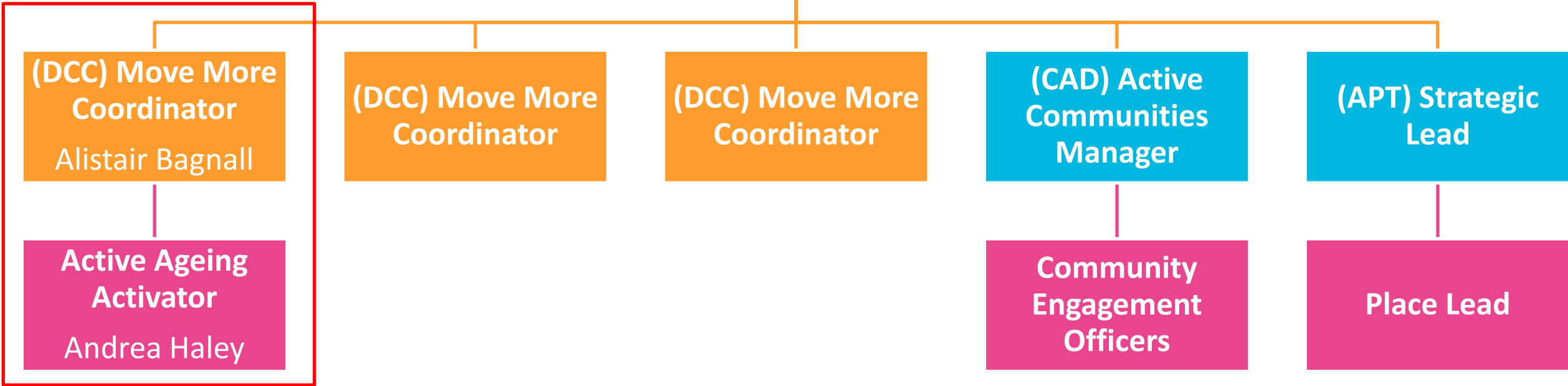
(CAD) Active Communities Manager

(APT) Strategic Lead

Active Ageing Activator
Andrea Haley

Community Engagement Officers

Place Lead



FOREVER ACTIVE:

Empowering you to
age well

WHAT'S IN IT FOR YOU:



Support to make
being active part
of everyday life



Fun and social
activities that
run all year



Boost your
balance, stability
and confidence



Suitable for
everyone and
tailored to you

move
more
Derby

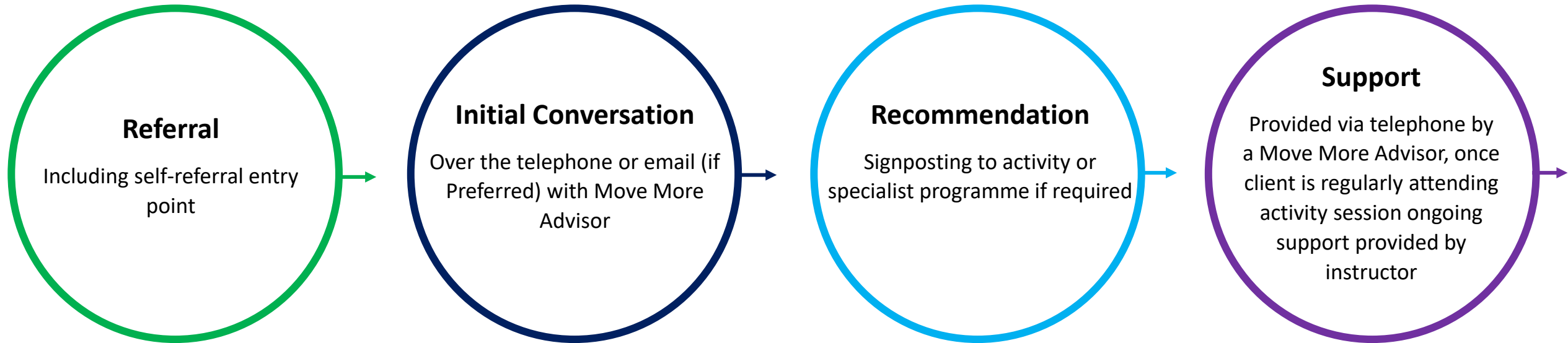
FOREVER
ACTIVE

GET IN TOUCH FOR
MORE INFORMATION

email movemore@derby.gov.uk
movemorederby.co.uk



Forever Active client pathway



Falls Prevention activity offer

Coming soon.....

- Tai Chi
- Otago
- Move it or Lose it

Postural Stability (PSI)

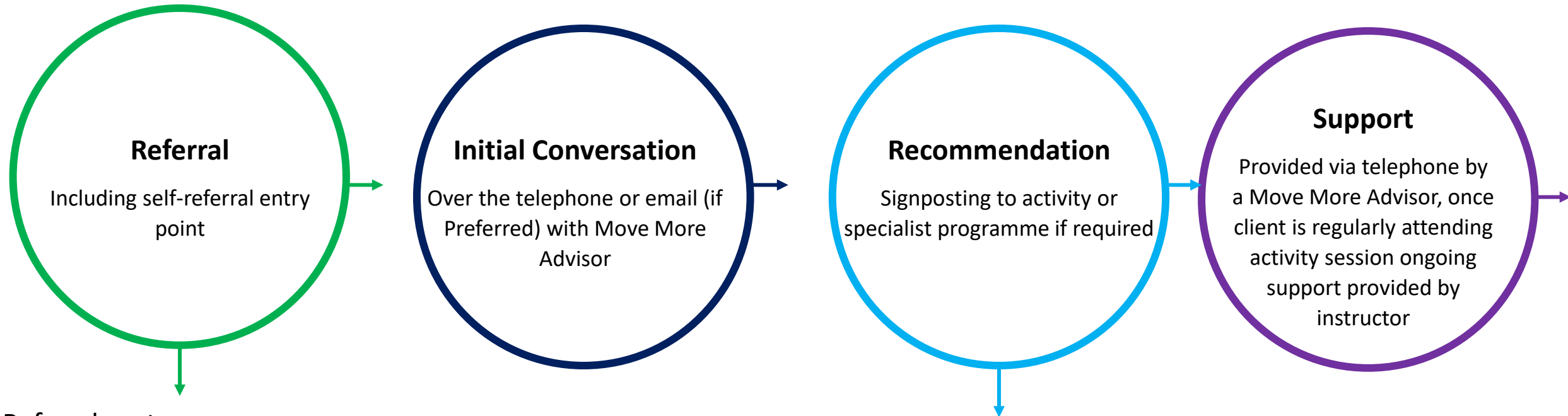
Is a person centred, evidence-based exercise programme to help prevent falls, PSI consists of 3 main elements:

- Aerobic
- Balance
- Strength

With the added social benefits

11 x weekly classes delivered by independent instructors, supported and quality assured by us

Referral routes and signposting



Referral partners:

- Social prescribers
- DCC Local Area Coordinators
- CASOP
- DCHS Community Falls Team
- Derbyshire Fire & Rescue Service
- Self-referral

everyone
ACTIVE



DERBY
COUNTY
COMMUNITY
TRUST

How to refer

We can support older people you are working with by discussing and recommending community-based activities, including falls prevention classes.

You can refer to us by emailing movemore@derby.gov.uk, as minimum we ask that you provide us with the following information:

Name:

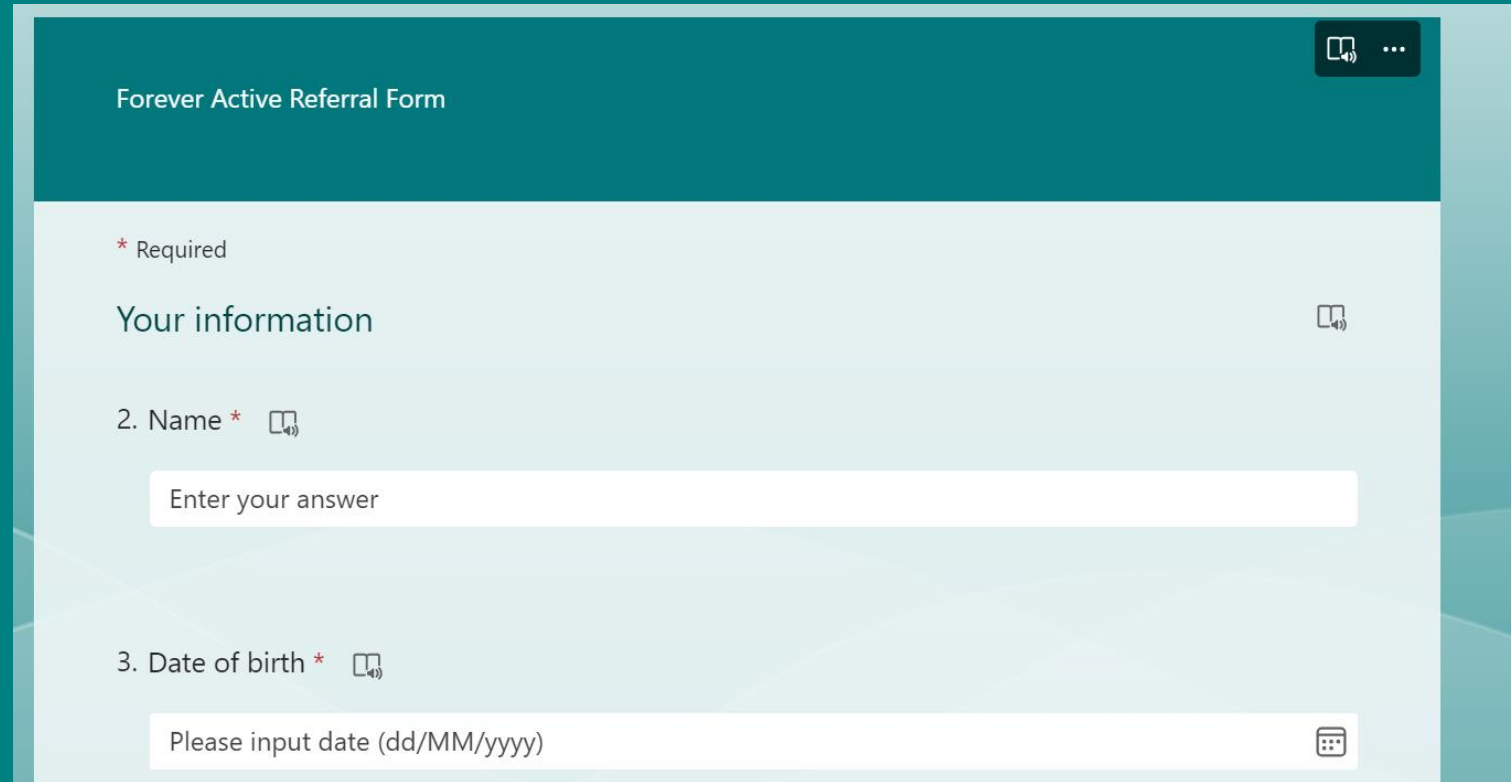
Contact number:

Contact email:

D.O.B:

Ward they live in (postcode):

Any other relevant information about the individual (e.g. medical conditions):



The screenshot shows a web form titled "Forever Active Referral Form". At the top right, there are icons for a chat window and a menu. Below the title, a red asterisk indicates that the following fields are required. The form is divided into sections, with the first section titled "Your information". The second question is "2. Name *", followed by a text input field with the placeholder "Enter your answer". The third question is "3. Date of birth *", followed by a date input field with the placeholder "Please input date (dd/MM/yyyy)" and a calendar icon.

What Participants Say

- Gordon “I can stand up and put my pants on now and I can put my own socks on. I feel so much better and can do so much more”
- Sue “I feel so much more confident. I even did the 5K cancer walk last year. I used to feel drunk as I stumbled down the road”
- Bill “I can get up and down from a chair now which is great as she doesn’t have to always help me off the toilet”

We would like to work with you to provide a direct route into community-based activities for the people you support

Email: movemore@derby.gov.uk

Any questions?