



active
notts



active
derbyshire

Activity support for
people living with
a long-term
condition or disability



Making our Move is our shared vision for Uniting the Movement in Notts and Derbyshire. Together, we are working to address inequality and empower everyone to be active in a way that works for them.

The plan sets out an approach to focus our efforts and resources on where we can make the biggest difference; empower our communities; and shape action.

We know that people with a disability or long-term health condition are twice as likely to be inactive as those without.

We understand the importance of creating a culture where people have access to resources that support them on their journey to moving more for good health. We also know that a key enabler for people with a disability or long-term condition to be active is opportunities that are inclusive of their specific needs. Healthcare workers and other professionals with whom they already have a relationship are also a trusted source of advice.

We hope this document will provide a useful starting point for professionals to be able to signpost to relevant resources, as well as for individuals.

**MAKING
OUR MOVE**



The benefits of physical activity far outweigh the risks

The benefits of physical activity for people living with long-term conditions are well established. However, the fear of increasing symptoms or worsening long-term problems commonly stops people from moving more. Many healthcare professionals also feel unsure about what advice they should give to people living with symptomatic medical conditions.



To help address concerns around risk, Moving Medicine led the development of a consensus statement to support healthcare professionals giving advice to people in clinical practice. This can be found [here](#) along with information on symptom specific considerations.





Moving Medicine

It's safer for people with long-term conditions to be physically active

1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.



2. The risk of adverse events is very low but that's not how people feel

Well informed conversations with healthcare professionals can reassure people who are fearful of their condition worsening, and further reduce this risk.



3. It's not as easy as just telling someone to move more

Be aware of the concerns of individuals and their carers to help build confidence.



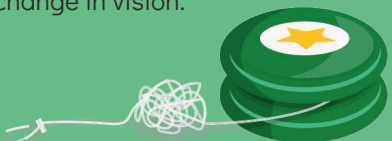
4. Everyone has their own starting point

Help people identify their own starting point, begin there and build up gradually.



5. Stop and seek medical review if...

They notice a dramatic increase in breathlessness, new or worsening chest pain and/or increasing GTN requirement, a sudden onset of rapid palpitations or irregular heartbeat, dizziness, a reduction in exercise capacity or sudden change in vision.



Chief Medical Officers' physical activity guidelines

The UK Chief Medical Officers' physical activity guidelines for disabled adults say that for substantial health gains, people should aim for at least 150 minutes of moderate intensity activity each week and do strength and balance activities on at least 2 days a week. However any movement is good, and gradually increasing the time or intensity of being active will benefit physical and mental health, so start at your own pace and keep going. **Find out more [here](#).**

If you are supporting someone who is living with a long-term condition or disability, you may find some of the following resources useful:

Tap/click the buttons to visit each resource



Local resources

Active Derbyshire and Active Notts

A directory of inclusive spaces specifically tailored for people living with a long-term condition or disability.



Get Out Get Active Amber Valley

Supports disabled and non-disabled people to enjoy being active together.



**MAKING
OUR MOVE**



Get Out Get Active Bassetlaw

Supports those who are inactive or have a long-term health condition to get active by taking part in fun, safe and inclusive activities.



Get Out Get Active Nottingham

Supports disabled and non-disabled people to enjoy being active together, signposting to a range of activities.



Healthy Chats

Training that helps social prescribers and community/care/social workers to have healthy chats about physical activity.



Live Life Better Derbyshire

Referral forms, useful tools and access to weekly online classes.



Livewell

Supports adults and children in Derby to make lifestyle changes to improve their health and wellbeing.



Live Stronger For Longer / Age UK Derbyshire

Live Stronger For Longer class details and useful resources.



Your Health Notts

Practical support for people to make life long healthy behaviour changes.



**MAKING
OUR MOVE**



National resources

Active 10 App

Allows people to track how much and how fast they have walked. To keep things interesting, it sets goals to work towards and rewards progress.



Activity Alliance

National charity and leading voice for disabled people in sport and activity. Find advice and resources on how to get active.



Every Body Moves

A new way to discover inclusive local opportunities to become more active.



Get Yourself Active

A programme run by user-led pan-disability charity Disability Rights UK. Available resources include toolkits, webinars and videos about getting active.



Mind Toolkit

Sport and physical activity for people with mental health problems: a toolkit for the sports sector.



Moving Healthcare Professionals

Support to increase knowledge and skills, to incorporate physical activity within routine care for quality improvement and better patient outcomes.



MAKING
OUR MOVE



Moving Medicine

Online resource to help healthcare professionals integrate physical activity conversations into routine clinical care. Also includes an Activity Finder/Active Hospitals Toolkit.



Richmond Group of Charities

Supporting people with long-term health conditions to be physically active. Resource pack for health and care organisations.



Richmond Group of Charities

Supporting people with long-term health conditions to be physically active. Resource pack for the health and care workforce.



Royal Voluntary Service

Access to a 'Virtual Village Hall' with online activities designed to help people stay physically and mentally active.



Sense Active

Resources to help sports practitioners, coaches, teachers and support staff provide sensory experiences for people who are deafblind or disabled.



**MAKING
OUR MOVE**



We Are Undefeatable

Campaign - Supporting people with long-term health conditions to find ways to be active that work for them and their health condition. Tips, stories and a series of online routines.



We Are Undefeatable - Ways to Move

When managing a health condition, being active is about people finding what works for them. This can include ways to move that many people don't realise count.



Specialist resources

Alheimers

Ideas for staying active with dementia.



Amputees/limb differences

Information on what activity is available, advice on overcoming barriers, and news of events.



Arthritis

Targeted exercises for eight areas of the body, along with hints and tips for getting active with arthritis.



Blind/Partially Sighted

Provides access to an Activity Finder to search for VI-friendly activities and suggests ways to be active at home.



**MAKING
OUR MOVE**



Breast Cancer

Information on exercise during and after breast cancer, advice on how to get started and building activity into everyday lives.

Cancer

Information to support to people to fit movement into their everyday routine.

Cerebral Palsy

Explore sports and activities to suit a variety of interests.

Deaf and hearing impaired

Access to a deaf sports directory and accessible online activities.

Diabetes

Advice and ideas to support people to move more at home.

Dwarfism

Opportunities to take part in a variety of organised sport, physical activity and leisure activities along with activity sheets and exercise videos.

Falls

Hints and tips to support people to be active as they get older, activity search and activity videos to use at home.

Heart/Circulatory Disease

Find condition specific information and advice about exercise.



**MAKING
OUR MOVE**



Intellectual/ Learning Disabilities

Support to find a club, sport, event or participation programme.



Multiple Sclerosis

Support to move more and stay healthy with advice, online videos and an activity group finder.



Musculoskeletal (MSK)

Classes and programmes for those experiencing muscle and joint pain or symptoms of arthritis.



Parkinsons

A guide to being active with Parkinsons.



Stroke

Getting moving after a stroke - advice and access to online fitness classes.



Wheelchair Users

National Charity for wheelchair sport providing links to stories, resources and finding activities in the community and online.



This document was updated
in December 2024.

**MAKING
OUR MOVE**

