

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

Through All Move in Erewash, the aim is **to develop a collective understanding of how to create a fairer experience of, and access to, moving every day for all our residents with a limiting illness, long-term condition or disability that live independently.** There's a need to improve health and wellbeing and reduce inequalities. We know that people with a disability or long-term health condition are twice as likely to be inactive as those without. In Erewash, 27,000 adults experience being inactive and almost 10,000 of these people have a limiting illness, long-term condition and/or disability.

Through a series of workshops, we have gained a greater understanding of the different influences of physical activity behaviour, and heard from individuals about their personal experiences of living with different long-term health conditions, and how this can affect their ability to move more. One of the needs we've heard so far, is for signposting to available resources for those supporting people with a long-term condition or disability. We hope this document will provide a useful starting point for professionals and individuals.

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.

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. 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.](#)

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.



This document was last updated in July 2025.
For updates click [here](#)

All Move
in Erewash

If you are supporting someone who is living with a long-term condition or disability, you may find some of the following resources useful: [click the blocks to visit the resource.](#)

LOCAL

Age UK Derby and Derbyshire

Live Stronger for Longer class details and useful resources.

LOCAL

Community mental health map

Bringing all aspects of mental health and wellbeing into one place.

LOCAL

Elephant Rooms

Offering tai chi, yoga and pilates, wellbeing groups and courses to improve mental and physical health.

LOCAL

Good Boost

At West Park and Victoria Park leisure centres - an individualised programme in the swimming pool for people with muscle or joint pain.

LOCAL

Keep Fit

At Ilkeston United Reformed Church. Gentle exercise classes e.g. chair yoga and Tai Chi.

LOCAL

Live Life Better Derbyshire

Useful tools, access to weekly online classes and links to the Exercise by Referral scheme.

LOCAL

Long Eaton Tai Chi

Tai Chi and Qi Gong classes at Petersham Community Hall.

LOCAL

Riverside Pan Disability Football Club

Inclusive football training for mental and physical health impairments.

LOCAL

U3a

A range of activities in Long Eaton and Ilkeston including chair yoga, Tai Chi and walking tennis.

LOCAL

Walk Erewash

A range of regular walks suitable for different abilities.

NATIONAL

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.

NATIONAL

Activity Alliance

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

NATIONAL

Every Body Moves

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

SPECIALIST

Deaf and Hearing Impaired

Access to a deaf sports directory and accessible online activities.

SPECIALIST

Diabetes

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

SPECIALIST

Erewash Borough Council

A number of useful resources are listed on the Erewash Borough Council webpage under information for residents.

NATIONAL

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.

NATIONAL

Mind Toolkit

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

NATIONAL

Moving Healthcare Professionals

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

SPECIALIST

Falls

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

SPECIALIST

Heart/Circulatory Disease

Find condition specific information and advice about exercise.

SPECIALIST

Intellectual/Learning Disabilities

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

NATIONAL

Moving Medicine

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

NATIONAL

Richmond Group of Charities

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

NATIONAL

Royal Voluntary Service

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

SPECIALIST

Multiple Sclerosis

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

SPECIALIST

National Disability Sports Organisations

includes support for those who are blind/partially sighted, living with limb differences, cerebral palsy or dwarfism.

SPECIALIST

Parkinsons

A guide to being active with Parkinsons.

NATIONAL

Sense Active

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

NATIONAL

We Are Undefeatable

App - The We Are Undefeatable app gives you free tailored exercise programmes that can be completed anywhere, anytime, and are suitable for a range of health conditions.

NATIONAL

We Are Undefeatable

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

SPECIALIST

Stroke

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

SPECIALIST

Wheelchair Users

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

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