

# What is an Active Environment?

Active environments are green, blue and urban (grey) spaces where people can be active. We aim to ensure that these spaces are walkable and wheelable by being safe, accessible, inclusive, stimulating and connected to nature.



## **i** How do we do it?

- Authentic community engagement
- Gather lived experience
- Develop an evidence base to attract investment
- Create a community of learning/practice to embed
- Active Environment principles into policy and practice
- Webpace to share insight and good practice

## **BUILT ENVIRONMENT**

Urban settings

Spaces and buildings

## **CONNECTIVITY**

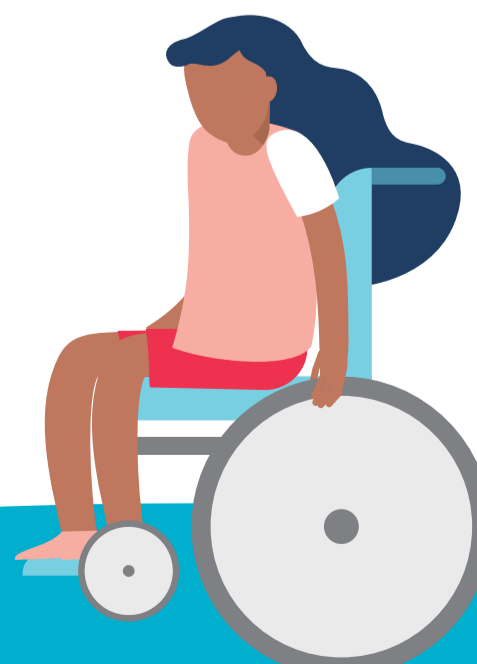
Connected and maintained paths and roads

Active travel infrastructure

Confidence  
Safety  
Inclusive

Green and blue spaces

## **NATURAL ENVIRONMENT**



# Neighbourhood Scans

## AMBER VALLEY

18 Active Neighbourhood Scans in **Somercotes (10)**, **Riddings (4)** and **Ironville (4)** took place in June and July to understand the barriers to walking and wheeling and what will enable local people to walk and wheel more in their neighbourhoods.



★  
**183  
PEOPLE  
ENGAGED**

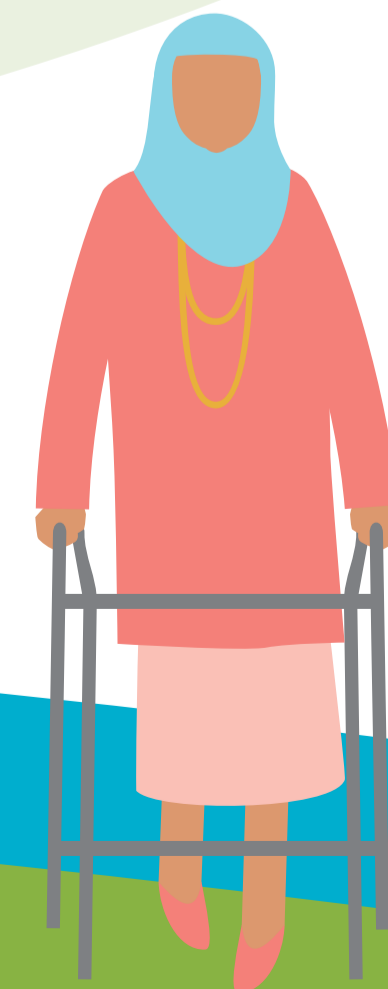
"We have a fantastic community spirit – our green spaces are great for the local kids to play outside."

"If we had more lighting in the park I would feel more safe to walk at night."

"The area is impossible to get out of on my mobility scooter."

## Common themes

- Accessibility and mobility challenges- lack of dropped kerbs, and resting places
- Anti social behaviour
- Parking issues- pavement parking and around schools



## NEWARK AND SHERWOOD

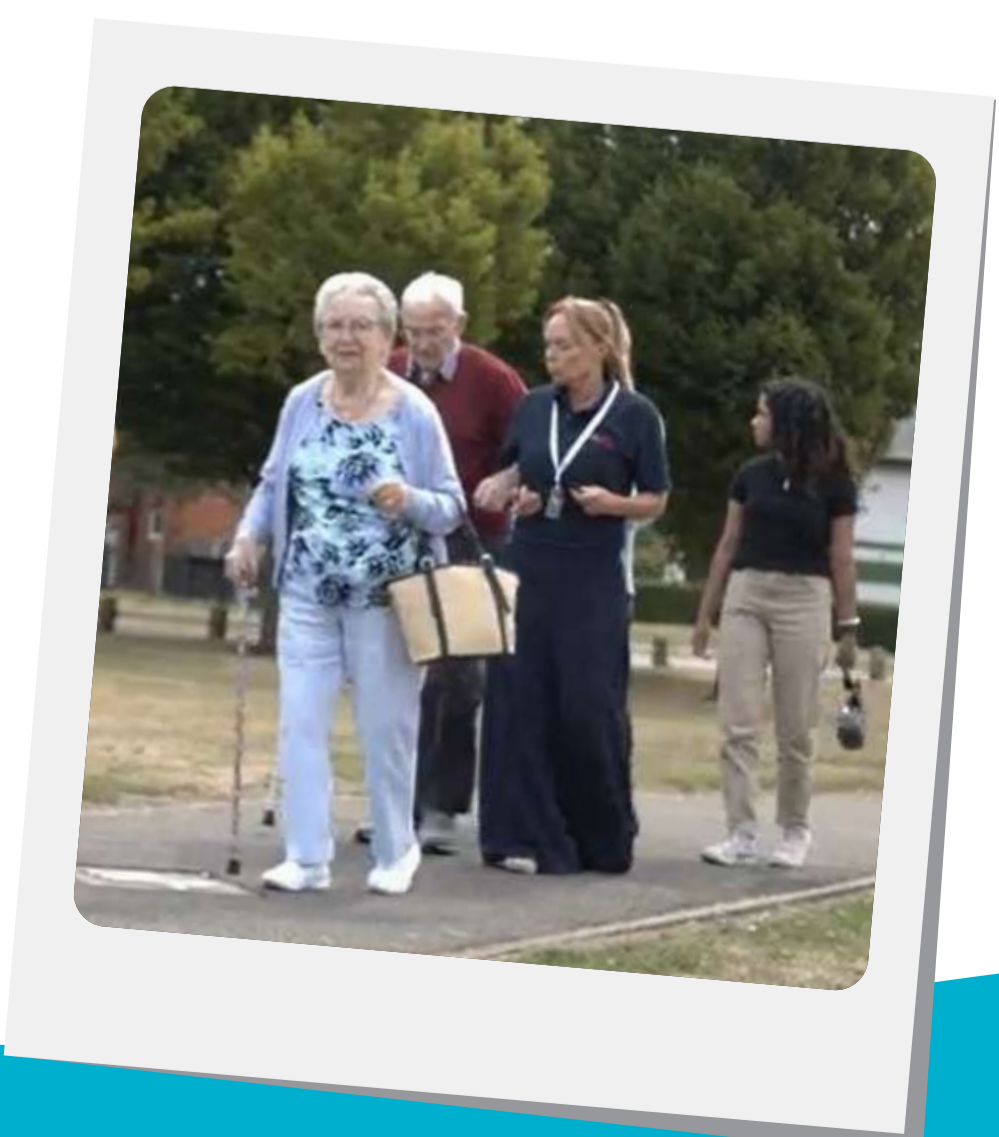
First Hawtonville Active Neighbourhood scan took place in July at Best Years Hub. 11 residents walked/ wheeled three different routes to understand the barriers to travelling in the area.

"I'm planning what to do when it's the school holidays. I don't think I'll go out."



"There's nowhere to sit in the park, unless you go into the play area."

"I'm frightened of kids, teenagers, When you're older you're scared they're going to take advantage and take your bags."



Active Oxfordshire has created an Active Neighbourhood Scan 'How to Guide'.

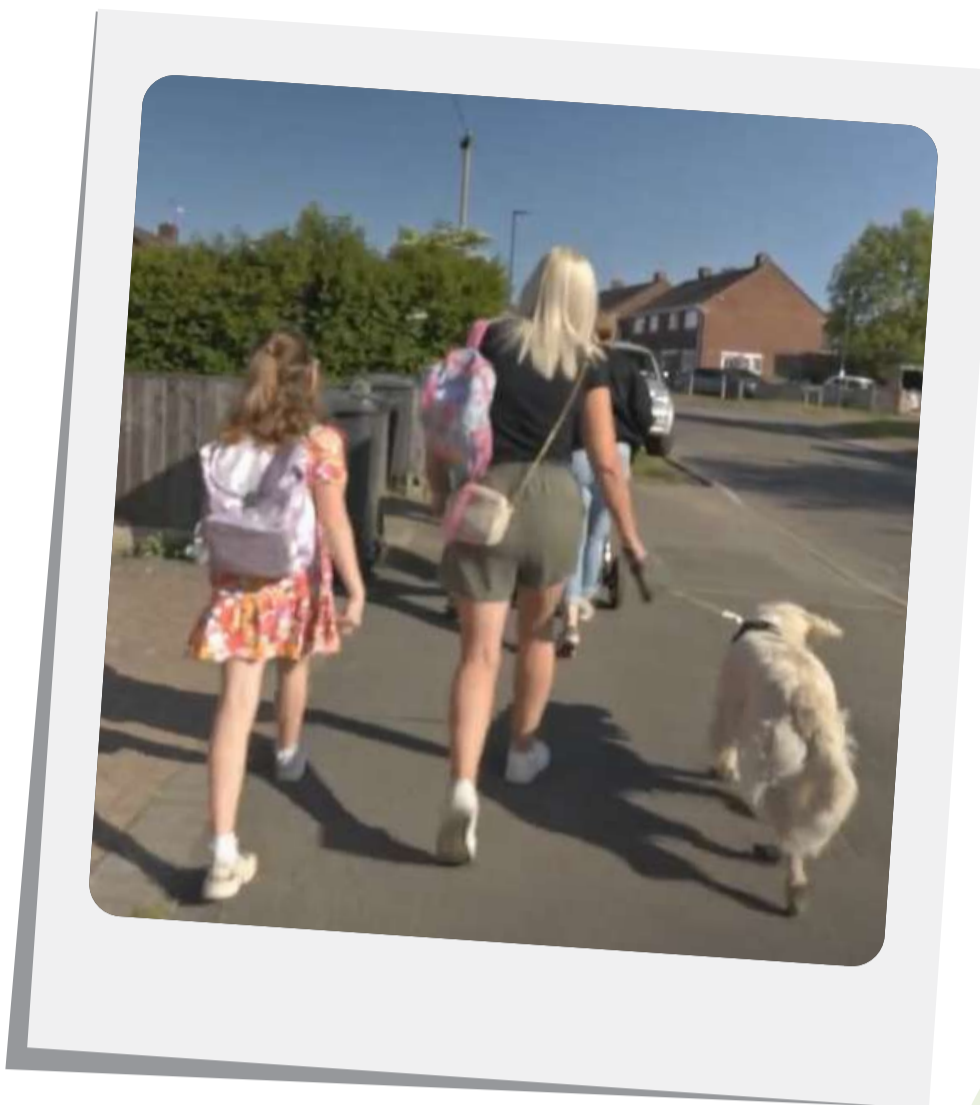
### What's included:

- Resources for planning your scan
- Example routes
- Toolkit to share with attendees



Scan the QR code to visit the Walk Derbyshire page which includes links to the guide

# School Travel



## EREWASH



Lucy Haywood from Dallimore Primary School has started a morning walking bus. A slow stroll in the area for the students to calmly explore and start the day off positively. The hope is to encourage more families to join or just walk to school instead.

The Active Neighbourhood Pilot in Erewash, Cotmanhay Conversations, worked with Cotmanhay Junior School Year 6 group, where each pupil walked in paint and created a banner for 2024 Walk to School Week. They also did a walk with 99 pupils, staff and volunteers to display the artwork to raise awareness of the importance of walking and being physically active.



## LIVING STREETS

Living Streets has resources for all ages, from tracking daily walking activities to new ideas on how to get more physically active.



### Move

**Message:** By using your own power to get to school (walking, cycling or scooting) you can help keep the air around school cleaner which helps to keep both you and the planet healthy.



### Challenge

If you can, try walking, cycling or scooting to school or why not try a woodland workout in nature.

### MY WALKING WEEK

Set your mind on a path to calmness and happiness by taking a walk each day. For each day we've suggested some questions for you to think about and you can write your answers in this seven-day journal. If you can, try and vary your walk each day. If you miss a day just pick up again where you left off.

#### DAY 1

What was good about today?

Where did you walk?

Three words about your walk...

If your walk had a soundtrack, what would it be?

What did you see today?

Where did you walk?

Three words about your walk...

If your walk could be an animal, what would it be?

Who did you talk to/message today?

Where did you walk?

Three words about your walk...

If your walk could be an animal, what would it be?

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Three words about your walk...

If your walk could be an animal, what would it be?

Who did you talk to/message today?

Where did you walk?

### WALKING ACTIVITIES FOR FAMILIES

AIMED AT PRIMARY SCHOOL-AGED CHILDREN

### WALKING with your family has never been more FUN!

Our 14 sets of colourful and educational walking themes support children in learning about important things while staying active. Explore all our resources while on your walks. Don't forget to share your experiences with us on social media!

@LIVINGSTREETS  
@LIVINGSTREETS  
f LIVINGSTREETSUK

LIVINGSTREETS.ORG.UK/PRIMARY-SCHOOLS

Living Streets is the UK charity for everyday walking and the people behind the Walk to School campaign.





# Spatial Planning

## WALK NOTTS REPORT FOR RAPID HEATH IMPACT ASSESSMENT FRAMEWORK

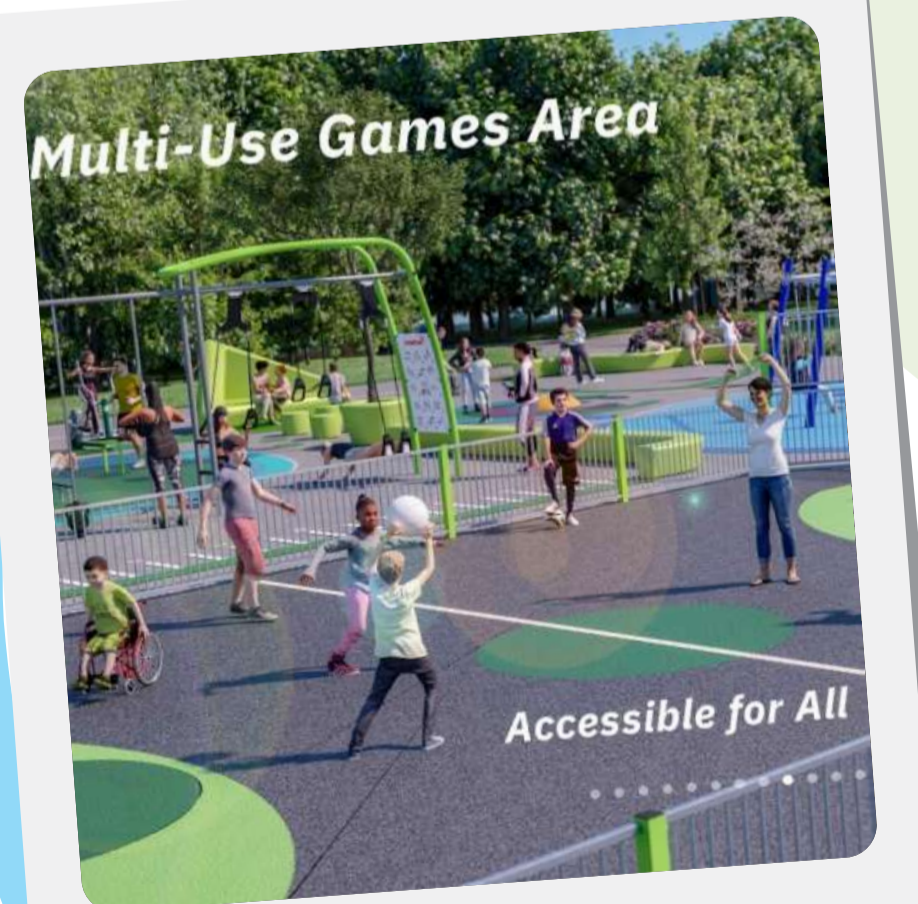
### HIGH PEAK



Move More High Peak have been engaging with residents and partners, to understand how to take an unused space like **Manor Park** and make it work for everyone regardless of age, ability or background.



Especially designed for **people who feel left out of traditional sports** – including girls, older adults, disabled people, and those who are currently inactive.



*“Make a vibrant, inclusive hub for movement, play and connection.”*

Our ambition is to **inspire, support and enable** residents and communities to walk and wheel in their everyday lives!



Enabling Walkable and Wheelable Communities through Planning

### How to enable Walkable and Wheelable Communities

- Mixed-Use Development**
  - Integrate residential, commercial, and recreational spaces within walking distance (eg 1/4 to 1/2 mile)
  - Locate essential services like shops, schools, and healthcare facilities within neighbourhoods
- Street Design**
  - Implement “complete streets” that safely accommodate pedestrians, cyclists, and motorised vehicles
  - Create wide, well-maintained pavements with buffer zones from traffic
  - Install traffic calming measures like speed bumps and reduced speed limits
  - Provide adequate street lighting and urban green spaces
- Connectivity**
  - Design a grid street pattern with short blocks to provide multiple route options
  - Remove barriers to pedestrian movement and create safe cut-throughs where needed
  - Build safe crossings at major junctions
  - Connect neighbourhoods to key destinations (including public transport) with walking/cycling paths
- Policy**
  - Reform parking requirements to reduce car dependency
  - Implement design codes that prioritise active travel-friendly design
  - Require new developments to include active travel infrastructure
  - Create incentives for connected, active travel-oriented development
- Public Space**
  - Design inviting public spaces that encourage social interaction, including seating, public art, landscaping
  - Create useable pocket parks and green spaces throughout neighbourhoods
  - Ensure spaces feel safe and are well-maintained

### How communities can test and assess how Walkable and Wheelable their neighbourhoods are

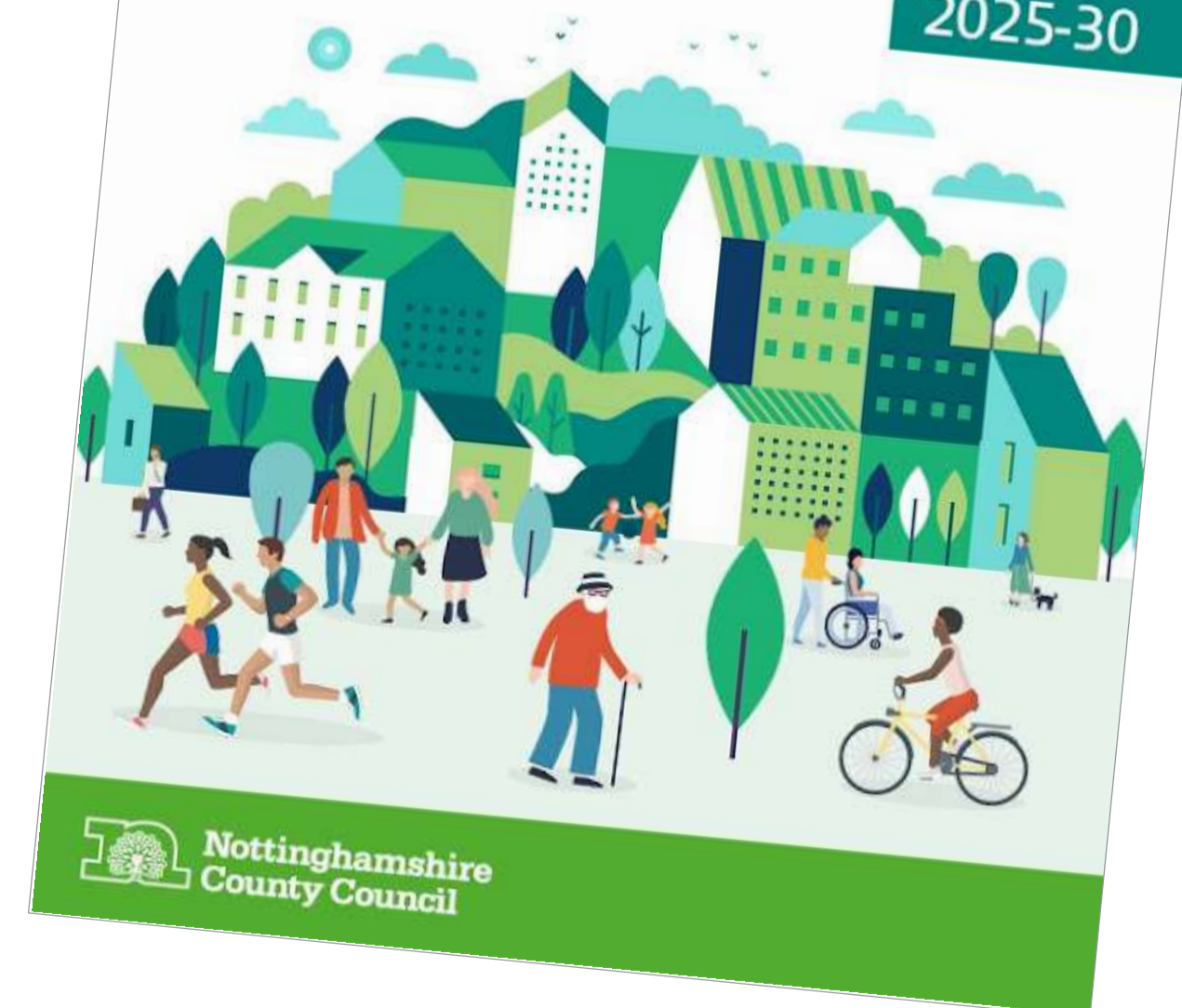
#### Neighbourhood Scans

Seek to identify opportunities to make small, public space improvements that enable residents to be active more easily where they live. The Scans are completed with **residents, groups, schools, planners, police and developers** and provide invaluable insight to help make a collective change to increase activity levels within a neighbourhood. The scans of different routes help to understand how easy it is to walk, wheel and be active within the neighbourhood.

Assessment	Impact
<p>Scans can include the following assessments:</p> <ul style="list-style-type: none"> <li>• Walking, wheeling and pavement use</li> <li>• Cycling/ road use</li> <li>• Playgrounds, Parks and Green Spaces</li> <li>• Outdoor sport and leisure</li> <li>• Connectivity to local amenities</li> <li>• Connectivity to public transport</li> </ul>	<p>Scans can help to ascertain:</p> <ul style="list-style-type: none"> <li>• Local strengths of a neighbourhood</li> <li>• Biggest barriers to being active</li> <li>• Engagement with residents to influence change from a bottom-up approach</li> <li>• What investment is needed and where</li> <li>• Tangible change to improve walking and wheeling in communities</li> <li>• Learnings to inform future planning</li> </ul>

### The Nottinghamshire Spatial Planning and Health Framework

2025-30



# Active Neighbourhood Pilots

## EREWASH

Three **Anti Social Behaviour Role Play sessions** took place at Cotmanhay Junior School. Aimed at showing young people the challenges of living with a disability or health condition when walking or wheeling in the area, the impact of anti social behaviour and how to empathise and support others.



*"To respect people whether they have a disability or not."*

*"If you bully people because of a disability, think of how you would feel if you were the person being bullied."*



*"It's nice to be able to do something as a community."*



## CHESTERFIELD

Holme Hall Explorer have hosted activity sessions throughout 2024 and 2025, designed to get residents in the area more involved in the community, connect them to the resources in the area and encourage physical activity.

## SPOON THEORY

Being physically active when living with a long term health condition or disability can be challenging. The Spoon Theory video will help us understand what it's like to live with a long term health condition or disability.



*"Many people with long term health conditions or disabilities have to carefully manage their day and even their week."*

*"The walk takes up 5 spoons, more energy than she was expecting as she felt pressure to keep up with the other walkers."*

## BOLSOVER

The Bolsover Youth Ambassadors, part of the Active Neighbourhood Pilots, have been working in the community to connect residents to open spaces in the area and introduce them to more opportunities to get active. This is also an opportunity for them to build their confidence, meet new people, and develop future skills.



*"It's really nice to see them want to do it instead of shying away from it."*

# Active Neighbourhood Pilots

## NEW COMMUNITY GROUPS

- **Handy Helpers** (North East Derbyshire) - litter picking group
- **Amber Ambles** (Amber Valley) - walking group by and for people with long-term health conditions
- **High Peak Neighbourhood groups** to map infrastructure needs such as signage and benches
  - **Nordic walking group** set up (Erewash) for people with long-term health conditions, directly signposted by local GP surgery
  - **Community Movement Champions** identified and programme of support beginning (South Derbyshire)
  - **Bradwell Rural Social Group** developed (Derbyshire Dales)

**Community assets have been identified, leading to better understanding of existing community strengths and gaps**



## SYSTEM LEVEL CHANGES

- **Health system integration:** All areas show stronger links with primary care, public health, and community health services
- **Strategy influence:** **Walk Derbyshire** work has influenced local strategies across all areas
- **Role alignments:** Several areas created permanent role changes or new strategic alignments
- **Cross-sector collaboration:** Improved working between voluntary, community, statutory, and health sectors

## INFRASTRUCTURE DEVELOPMENTS

- **Footpath and access repairs** in **Derbyshire Dales**
- **Signage needs identified** (**Chesterfield**) and worked with Chesterfield Borough Council and Derbyshire County Council to produce and install them
- **Bench acquisition and placement agreed** (**Bolsover and Chesterfield**)
- **Neighbourhood Scans** taking place in **Amber Valley** to further identify infrastructure needs
- **Mapping developed** with residents to help people to identify local assets and to get around easier (**Bolsover and South Derbyshire**)



**Infrastructure barriers have been shared with the Derbyshire County Council Sustainable Travel Team and have been embedded into the Active Travel Masterplans, where behaviour change along with a focus on the walking environment has been identified as an immediate priority.**



# Walk Notts Festival

THROUGHOUT NATIONAL WALKING MONTH, THE WALK NOTTS FESTIVAL ENCOURAGED MORE PEOPLE TO WALK OR WHEEL



5 tailored bingo cards were designed for different age groups with ideas of how to add fun to a walk or wheel.

## ENABLING FUND

A fund was set up to support community groups to start walking and wheeling activities

**27 COMMUNITY AND VOLUNTARY GROUPS RECEIVED SUPPORT**



- **69,000** people were reached via NG magazines.
- Featured on Radio Nottingham and Notts TV



**33 regular walks and 67 special events**

- **1,444 clicks** on the Walk Notts website
- **29.6k** views and **595** content interactions on Active Notts Facebook
- **5.5k** views with **283** content interactions on Instagram
- **5,044** LinkedIn impressions from posts about the festival



**8**

**new walk leaders trained through Ridewise**



"our members loved using the Nature Trail totem poles as part of our mindfulness walk."

"These bingo cards really helped me take my children out today – they loved looking for everything."

"I really got in the zone with picking up litter – it's so satisfying."

A total of **14,000,000+** steps done in May\*



\* Done by participants at the Notts County Show, The Killisick Friendship group, Ramblers Wellbeing Walk, Health Inequalities Oversight Partnership meeting, Walk Notts joined Transforming Notts Together journey, Active Partnership team, Healthwatch team and Bassetlaw CVS