



We'd love your feedback
Tell us what you think?



2022 Highlights

An overview of some of the work we've been involved in over the last year



Together, we will address inequality & empower **EVERYONE** to be active in a way that works for them

Together with our partners, we are working to address inequality and empower everyone to be active in a way that works for them. **Making Our Move** - our shared vision and approach to Uniting the Movement in Notts and Derbyshire, describes how we are going about this.

We've been working across Derbyshire and Notts in a number of places and on a range of programmes, some of which we've been leading on and some we've been supporting our partners to lead.

This document gives a snapshot and a brief summary of some of that work, categorised under the six aims below.

1

Creating a culture where everyone can be active and move more

Click to find out more

2

Enabling children and young people to have positive experiences of being active throughout their childhood

Click to find out more

3

Working with people and communities who experience the greatest inequality

Click to find out more

4

Maximising the potential of being active to improve physical and mental health

Click to find out more

5

Creating accessible, safe, and inclusive places and environments for physical activity

Click to find out more

A cross cutting theme across all of these is maximising the potential of walking

Click to find out more

MAKING OUR MOVE





Creating a culture where everyone can be active and move more

Data and Insight Packs

Data packs based on Sport England's Active Lives Survey have been produced. These help us to understand what's happening locally in physical activity levels and behaviours and inform our work. To view and download the packs, please click [here](#)



adult data



children and young people data

TALKING SPACE

#MakingourMove

Talking Space sessions around a number of themes and work areas have been held to share learning, the experiences of partners and discuss issues we might be grappling with. Talking Spaces have been themed around:

- Creating positive experiences for LGBTQ+ young people in physical activity
- Enabling women who are less active to move more
- Connecting physical activity and nature
- An Introduction to Open Data
- Enabling physical activity to be inclusive for Muslim women
- Levelling Up
- Moving for Good Health
- Sharing stories of Co-Production

The sessions are recorded to share with those unable to attend and details of each can be found [here](#)

Systems Leadership workshops

One of the elements in Making our Move is taking a systems based approach and in order to do this, Systems Leadership is a key component. There are a series of workshops planned to support partners to understand this and the role they can play and the workshops below have already taken place:

- Introduction to Systems Leadership - How to lead when you're not in charge
- Getting to Common Purpose
- Time to stand back and reflect (Dancefloor and balcony)

The series will continue but we've already received feedback that the sessions have provided really useful tools and learning to develop a genuine systems based approach.

Find out more on Systems Leadership [here](#)



MAKING
OUR MOVE

Click to return
to contents



active
notts



active
derbyshire

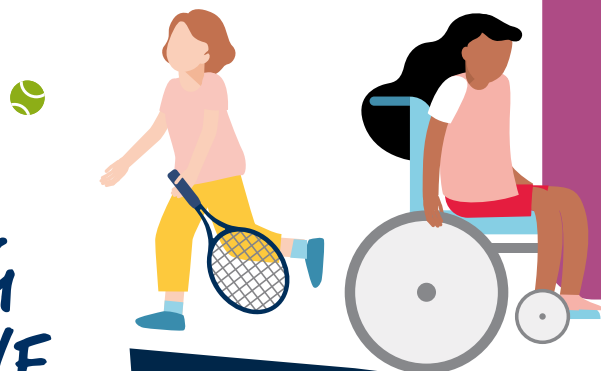
Enabling children and young people to have positive experiences of being active throughout their childhood



School Games

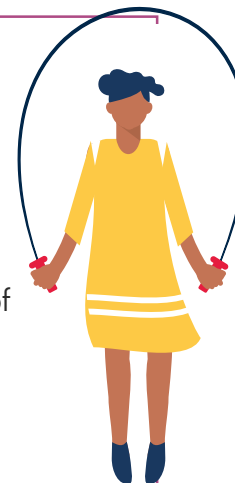
School Games has always been a big part of our work and this has continued to evolve into a number of smaller more targeted events designed to support young people who are less likely to be active. The last year has seen a greater emphasis on developing opportunities for young people to be active in a co-produced way.

MAKING
OUR MOVE



Girls Active

The focus of Girls Active is to support girls within school, who are less likely to be active, to develop physical activity opportunities themselves. Mentors work with the young people to take ownership of opportunities and design ways to move more that works for them and their peers. Find out more [here](#)



Young People Insight

Work is taking place within schools and with young people outside of school to better understand their lives and what we can do to better support young people to move more. Listening to children and their lived experience through creative play is being pulled together to inform future work.

Opening Schools Facilities

Opening Schools Facilities (OSF) is a Department for Education school funding programme to meet the goals of the Government's School Sport and Activity Action Plan (SSAAP).

It aims to help schools to open their sport facilities for a broader range of young people and the wider community.

We've worked with key partners to identify schools to receive funding. The process has been led by insight, data and consultation, including looking at the percentage of a school's pupils who are eligible for free school meals, are on the SEN register, or who speak English as an additional language. We have completed the investments for year one, with two more years remaining.

Find out more [here](#)

Click to return
to contents



Working with people and communities who experience the greatest inequality

Together Fund

Over the past year we've worked in collaboration with over 80 local groups and partners to support people experiencing the greatest inequalities to be active in a way that works for them.

The investment has been leveraged from Sport England's Together Fund which is specifically designed to support people to access opportunities they would like. The Together Fund is about addressing inequalities, which have been made worse by Covid-19 and the cost of living increase.

Stories of Change

- **Portland College, Notts**
- **Derbyshire Carers, Derbyshire**
- **This Girl Can, Nottingham**
- **Kenning Park Forest School, Derbyshire**
- **Ramadan Recharge, Derby**
- **Bees Belong, Notts**
- **Derby Refugee Solidarity, Derby**

Supporting people and groups

Work has continued on opportunities for those experiencing the greatest inequalities in our communities including This Girl Can in Nottingham, and Get Out, Get Active (GOGA) in Amber Valley and Bassetlaw. This work focuses on listening to and enabling local people to be active in a way that works for them.

Find out more on GOGA [here](#)

Place based work (localities)

The place based team have been working closely with local partners right across our cities, districts and boroughs to connect organisations, services and opportunities together. This work looks very different in each place as is based on supporting those experiencing the greatest inequality locally but is always based around collaborating with a wide range of partners informed by resident voice and lived experience.

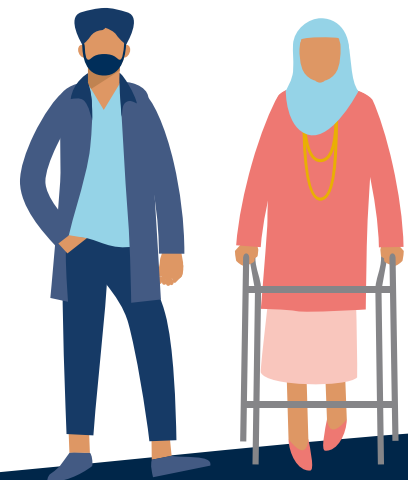
This has included new partnerships around physical activity from All Move in Erewash and Move More High Peak to Move More Newark and Sherwood and the extended team at Move More Derby.

**move
more
Derby**

**MOVE
MORE**
High Peak

**Get Out
Get Active**
Amber Valley

**Couch to
5X**



**MAKING
OUR MOVE**

Click to return
to contents



**active
notts**



**active
derbyshire**

Maximising the potential of being active to improve physical and mental health

This work is centred around supporting integrated care and the concept that services should be interlinked to best support people in our communities.

We are connecting with health and wellbeing partners across Public health, Joined up Care Derbyshire and Nottingham and Nottinghamshire Integrated Care Board (ICB), Place Based Partnerships and the Place Alliances to embed being active and moving more within health and care services.

This takes many forms, such as supporting the workforce right across the health and care sector to advocate for physical activity, aligning our work to national programmes, and local delivery through initiatives such as Active Practices and Active Hospitals.

We've been supporting nationally funded pilots such as the **Green Social Prescribing** programmes in both Notts and Derbyshire, which links outdoor spaces and being active with mental health conditions. We are advocating and learning from the work and aim to build on our alignment with social prescribing and physical activity with the next phase of this with future pilots around Active Travel and social prescribing in Nottingham. **The Big Green Book** is a great example of this work.

Falls Prevention and Physical Activity Community of Practice (CoP)

We have been collaborating with a number of physios and health leads to share learning through developing a CoP. Over the last 12 months, this group has engaged with hundreds of people with an interest in promoting strength & balance and facilitated meaningful conversations about re-conditioning and falls prevention at every level within community, clinical and care settings. Find out more [here](#)

Healthy Chats

Building on the We Are Undefeatable work in Mansfield, we supported the development of Healthy Chats, which enables non-clinical healthcare professionals to have conversations with patients and service users about being active in a way that works for them. Working with social prescribing link workers, health coaches and carers it helps to create advocates who are closest to those with long term health conditions, disabilities and those who find it more difficult to be active.

See the evaluation [here](#)



Derbyshire Active Carers

We are working in partnership to support carers across Derbyshire to be more active. Alongside those partners, we recently held the Derbyshire Active Carers event to hear some inspiring stories from carers about how they get active to support their own wellbeing and that of those they care for.

Find out more and see the stories [here](#)



MAKING
OUR MOVE

Click to return
to contents



active
notts



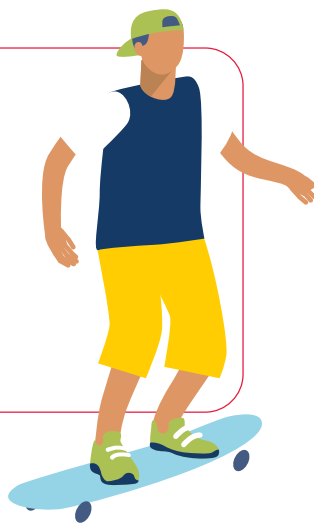
active
derbyshire

Creating accessible, safe, and inclusive places and environments for physical activity



Active Travel

Together with partners, we are working to integrate active travel programmes, such as walking to school and cycle to work schemes, into everyday thinking.



20 minute neighbourhoods

We are working to adopt the principles of 20-minute neighbourhoods, with a focus on enabling people to be more active locally, improving their mental and physical health; reducing traffic and improving air quality; helping local shops and businesses to thrive; and allowing people to get to know their neighbours, strengthening community bonds.

Pilots in Derbyshire are being launched as part of the Walk Derbyshire work, with multiple stakeholder events happening around the county.

PlayZones

Launched by the Football Foundation, the PlayZone Programme aims to engage with local audiences and communities facing the greatest inequalities, to create outstanding sports and activity spaces and address barriers to participation in Derby and Nottingham. This is a five year investment and has a strong emphasis on engaging with communities, councils and planners and working in a co-produced way.



Inclusive Spaces

We are in the process of developing an Inclusive Spaces directory on the website.

A key focus of this will be supporting people who find it more difficult to access opportunities to be active.



MAKING
OUR MOVE

Click to return
to contents



active
notts



active
derbyshire

Maximising the potential of walking



Walk Derbyshire

Targeted work has taken place across the Derbyshire County Council area to look at how walking can be made easier, more accessible and the first choice for residents in Derbyshire.

Walk Derbyshire has been developed with the support of the Derbyshire districts and boroughs along with Derbyshire County Council's Public Health team.

The focus is about more people walking from their doorstep and learning what we need to do to make walking the norm.

A series of pilots have been developed in consultation to look at different barriers and target groups, but each will bring together public, private and community organisations along with local residents to test and learn what might work for local communities.

For more information about Walk Derbyshire, head over to the website [here](#)



Walk Notts

Working with partners, we're co-designing a systems approach to walking across Nottingham and Nottinghamshire, joining up the many existing groups, organisations and opportunities that walking brings with it. All with the aim of supporting people to walk more and for this to be easier for residents to embrace.

For more information about Walk Notts, click [here](#)



MAKING
OUR MOVE

Click to return
to contents



active
notts



active
derbyshire