



active
derbyshire

MAKING
OUR MOVE

2023/24 Highlights





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 Derby 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 five aims listed opposite as well as some district-specific work.



Creating a culture where everyone can be active and move more

Systems Leadership workshops - Making our Move is a system-based, collaborative approach and we know that not one organisation can design or implement the solutions. Designing movement back into people's daily life is complex and requires us all to think and act differently, across institutions, organisations and sectors. We're learning that how we work is key, with everyone feeling empowered and able to lead together. Systems Leadership is not about your role, the organisation you work for or the level of authority / decision making you have. Systems leadership is about a network of people from different organisations, sectors and different levels, coming together to work collaboratively around a common purpose, to create change. We hosted a series of sessions around Systems Leadership in 2023 with **Debbie Sorkin** of the **Leadership Centre** and have begun a second series of sessions in 2024.

[Find out more Here](#)

TALKING SPACE

#MakingourMove

The Talking Spaces are an opportunity to share learning and insight from our collective work more widely. Attendance

has remained steady since their inception but the audience has grown in diversity from initially being mainly local authority contacts to include health, community and voluntary sectors.

- ▶ **May-23** Accessible comms
- ▶ **Jun-23** How physical activity supports specific long term health conditions
- ▶ **Jul-23** Learning from young people work
- ▶ **Sep-23** Social housing and physical activity
- ▶ **Sep-23** Creating safe spaces for girls to be active
- ▶ **Nov-23** Embedding walking as part of everyday lives
- ▶ **Feb-24** Building confidence in mobility

[Click on the session titles to view the recording of each session.](#)

The Derbyshire Making our Move Celebration Event was held in October 2023 to highlight some of the community work taking place across our city and county, and featured:

- **Our Gang and Hangout Club**
- **DE23 Active**
- **Kenning Park Forest Schools**
- **Ramadan Recharge**
- **Girls Active**
- **Let's Chat benches**
- **Deaf-initely Women**
- **RunWalkTalk events**
- **Creating walkable communities in Swadlincote**
- **SEN Disco**
- **Circus Strong**
- **Everyone Active and Lister House Surgery**



This was a chance for partners and communities to come together to celebrate their work and share learning.

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MAKING OUR MOVE
CELEBRATION



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

We're part of the collaborative **Whole Systems Approach to Children's Healthy Weight Core Working Group**. We worked alongside **Public Health** to deliver the **Children's Healthy Weight Summit** which brought system partners together as a collective to formulate a shared aim and build on the excellent work already taking place.

Worked with **Derbyshire County Council Participation and Rights Officers** to gain insight from young people with Special Educational Needs and Disabilities (SEND) to help inform work and support them to be more active in a way that works for them.

Worked with **Holiday Activity and Food (HAF) Coordinators** to understand support needs to provide disability inclusive provision for young people with SEND.

Collaborated with **Education Other Than a School (EOTAS)** team and **Bolsover Active Schools Manager** to engage the elective home education community to help shape provision to support the mental wellbeing of home learners in Bolsover.



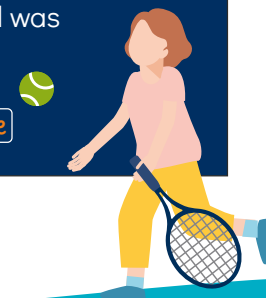
Planned, supported and delivered a number of **School Games** events for schools which were targeted and insight led using young people voice.

Below is a list of projects and who has been involved in Derbyshire:

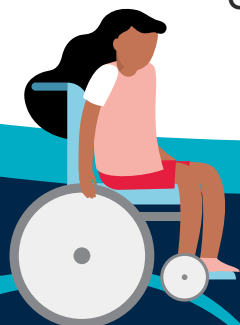
- **Girls Active events involving City of Derby Academy (CODA), Bemrose and Derby Moor School, Derby**
- **SEND event involving Brackenfield Special School, Erewash**
- **ECO Games Movement at Frederick Gent School, Bolsover**
- **Physical Literacy events, Derby**
- **Y6 Transition event, Derbyshire Dales**
- **Young Carers support at Brookfield School, Chesterfield**

The Opening School Facilities programme is a Department for Education (DfE) school funding programme to meet the goals of the Government's **School Sport and Activity Action Plan (SSAAP)**. It aims to support schools to open their facilities outside the normal school day, to allow children and young people and the wider community to access more opportunities to be physically active. In the first year (January 2023-March 2023), we worked with 13 schools across Derbyshire, who were able to access around **£270,000** to establish the activities to run the following year. The second year (April 2023-March 2024) saw an additional 13 schools joining us from Derbyshire who between them received a further **£300,000** of funding. The average amount of funding per school was around **£12,000**.

Find out more [Here](#)



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MAKING OUR MOVE

Working with people and communities who experience the greatest inequality

Working with others, we have been engaging with communities to understand lived experience and empower people to be active in a way that works for them. This work is happening in all of our districts, boroughs and cities and as the work is place based, looks different everywhere. [Here are just some of the examples:](#)

De23 Active

This **Football Foundation funded programme** based in the Normanton area of

Derby has delivered its second year of a five year programme. The work has engaged a number of groups from the South East Asian community with activities being delivered across age and gender groups. Local people have been recruited into the workforce and this development of residents is a constant theme we have supported.

DE23 Active is the only **Active Through Football programme** in the country to be led by a non football organisation.

Community Action Derby being the accountable body and are driving the work alongside and being part of the **Move More Derby** Extended Place Team.

Barrow Hill, Chesterfield

Groups and organisations are coming together from across Chesterfield to develop our place-based approach to addressing inequalities. The focus of this work is in **Barrow Hill** where community organisations and partners are coming together build relationships with residents and understand what is important to them. Investment through **Heritage Lottery Fund** and **Staveley Towns Fund** has been secured to redevelop the **Memorial Hall**, the main community asset in Barrow Hill. As part of these plans a Health Hub is being developed along with other space including an indoor activity area. Residents are being engaged in what they would like from the health hub and boarder activities and this is being used to inform action. A key theme throughout the work is to work alongside residents to create the opportunities they want to see and to support them in the roles they want to play.

Amber Valley

Using an insight led approach, initiated by the **Walk Derbyshire** programme, **Amber Valley Borough Council**, **Amber Valley CVS** and **Active Derbyshire** have worked with community partners to develop place-based working in Somercotes and Riddings to address inequality and high levels of physical inactivity. The **Walk Derbyshire** consortium have commissioned a piece of community engagement work to understand the barriers and enablers to walking for people living with a long-term condition and/or disability. A pilot Community Model of Health Referral is also evolving, which brings advice, support and activity opportunities to the community. In addition, collaborative working with the **Primary Care Network** has resulted in a new wellbeing programme and drop in sessions for patients at the two Somercotes GP surgeries and **local residents** with lived experience in Riddings have designed and co-produced '**Amber Ambles**', a walk for people with a health condition/disability to join at their own pace and ability.

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

We've collaborated in different ways across Derby and Derbyshire depending on what's needed locally. Some of the examples of the work happening are illustrated here:



**Lister House Surgery, Livewell and
Everyone Active in Derby**
All Move in Erewash

Derbyshire Physical Activity Collaborative

The Derbyshire Physical Activity Collaborative is a collective of people and organisations working across the Derbyshire County Council area with a vested interest in transforming how we deliver physical activity interventions focused on those that are less active with long-term health conditions.

The collaborative provides the opportunity to share updates, reflections and learning, discuss opportunities and challenges as well as celebrate success and impact.

Funding is in place to provide high-quality physical activity services to address inequality and support people living with long-term conditions to move more in a way that works for them. This being done using relevant insight to ensure there is a more varied offer of activity, increased choice and a clearer physical activity pathway for health.

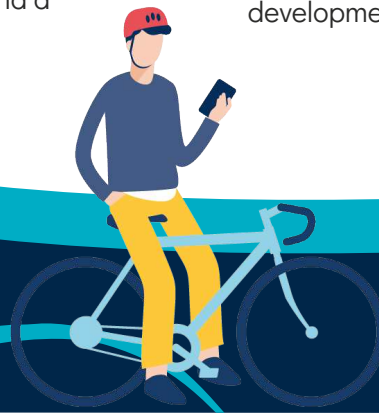
Progress so far includes:

- Working with each locality and **Peak Running** to understand current provision and services and highlight the challenges and opportunities that exist. This has led to delivery plans for each locality and Peak Running for 2024/25. By doing this we can develop longer-term vision as funding agreements continue providing physical activity services and test new ways of working.
- Worked with **Public Health** and the physical activity collaborative to develop the partnership agreement which sets out the legal framework and the service specification. This includes the agreed aims, objectives and outcomes for the investment for the next 12 months and beyond.
- Developed the **Physical Activity Collaborative** with representatives from District and Boroughs, Peak Running, Public Health and Active Derbyshire. Relationships are being built through regular in-person and remote meetings that enable learning, opportunities, challenges and successes to be shared and discussed.
- A programme of six workshops has been developed with **John Oxley** for members of the Physical Activity Collaborative to develop capability, aid professional development and support the change we want to see.

Peak Running



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



Active Neighbourhood Pilots

The four Active Neighbourhood Pilots have begun - these aim to increase levels of walking by adopting a systems approach to walking:

Community Engagement and Coproduction Pilots

Chesterfield, Erewash, Bolsover and North East Derbyshire have started to engage communities in learning about what would support people to walk more either on a place based or district wide level, supporting the coproduction of solutions to increase levels of walking. This will provide insight and learning to inform applications for future funding opportunities.

Evaluation is taking place in Amber Valley, Derbyshire Dales, High Peak and South Derbyshire. Our evaluation partners Leeds Beckett University (embedded PhD Student, Rebecca Sutton) has been attending the steering group, strategic leads meetings and consortium and learning network meetings and has interviewed 27 stakeholders from across the Walk Derbyshire network so far, pulling out some key themes around system and consortium working and community engagement.

Led walks / Community Walking - In 2023 across the County, Walk Derbyshire has delivered 31 accredited Walk Leadership courses and trained 149 walk leaders. These include social prescribers, rangers, mental health workers and volunteers from a spectrum of community groups.

Events and learning opportunities

- A **Learning Network** has been established to support the Pilot work – these events are open to Pilot Leads and consortium members – and are recorded so that they are available to anyone who is interested in the learning. Five learning network meetings have been held so far, including themes around community engagement, peer coaching and reflective practice and evaluation.
- **Talking Spaces** were held on **building confidence in mobility and embedding walking in everyday lives** to share learning from Walk Derbyshire and other walking initiatives. As well as a Talking Space focussing on **girls feelings of safety and lack of opportunities in parks and open space**. Following the Talking Space, a 'Safe and Active Open Spaces Framework' has been developed with a wide selection of partners and work will progress in 2024. The framework will seek to introduce an insight led approach to developing active open spaces, that encourages authentic community engagement and the co-design of those spaces. Ideally the framework will enable the open space/physical activity workforce to implement new policy and working practices.
- **Stories, Campaigns and Events** - Two campaigns have run - a Winter Walking campaign and a photo competition to gain interest for the forthcoming Walk Derbyshire app.

We also worked with **Jog Derbyshire, Peak Running** and other organisations to host two [#RunWalkTalk](#) events in Derby and Chesterfield to celebrate the connection between physical activity and mental health.

We brought together people of all abilities and interests to connect with others on either a walk or a run and organisations from different backgrounds came together to promote and support the event.



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