

active
notts



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 Nottingham and Nottinghamshire 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.



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 Notts 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:

- **Dance Warriors**
- **Portland College**
- **Sporting Stars**
- **Girls Active**
- **Thursday Night Club**
- **Heya**
- **Get Out Get Active (GOGA)**
- **Nottingham Muslim Women's Network**
- **Your Time**
- **Walk Notts**
- **Warsop health Hub**
- **One Step at a Time**

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



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

Notts Primary PE, Sport and Physical Activity Conference

– Working with the Notts School Games Organiser network, we organised and delivered the conference. Insight from the primary education workforce helped inform the content whilst aligning it to “Making our Move”. 202 delegates attended the event at **Eastwood Hall** in November.

Schools Mapping Tool - Worked with Press Red to develop a schools mapping tool to support more targeted work. Arranged a drop-in session for external key partners to see the tool and provide opportunity to help shape it to meet their needs.

Community Insight Officer (Nottingham) - The role, which was funded by Active Notts, but hosted within The Renewal Trust came to an end in June. The Community Insight Officer engaged with groups of young people and their families within Holiday Activity and Food Programme (HAF), schools, community clubs and within provision catering for young people with Special Educational Needs or Disabilities (SEND). Partners from within the city attended an insight sharing session to discuss, and identify changes to ways of working needed to reflect the insight.

Next Gen Community - Worked with Next Gen strand of The Childrens Society through the established steering group to build on the collaborate sessions, bringing partners together to identify opportunities to positively impact on school exclusions.



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 Notts:*

- **Girls Active** –Djanogly City Academy, Nottingham
- **SEND Believe. Move. Achieve.** WINGS Lead Inclusion School and Dawn House
- **Inclusive Leadership** – Supporting WINGS Lead Inclusion School
- **Forest Games** – Schools in the city and all districts/boroughs
- **Y7 Olympics Event** –Schools in the city and all districts/boroughs
- **EMPOWER Girls Leadership** (alongside University of Nottingham) – Nottingham City Schools
- **Young Carers** –Retford Oaks and Elizabethan Academy, Bassetlaw
- **CPD Workforce Development** - Schools in the city and all districts/boroughs

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 18 schools across Notts, who were able to access **£314,000** to establish the activities to run the following year. The second year (April 2023-March 2024) saw an additional 8 schools joining us from Notts who between them received a further **£306,000** 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:

Partners from across Bassetlaw have been coming together to explore how we can bring lived experience into our work with a view to it informing decision making and action. The work is connected through the Health Inequalities Partnership and brings together the Place Based Partnership team, volunteers, Bassetlaw District Council, Bassetlaw CVS and Bassetlaw Action Centre. We've spent time exploring **'our good enough for now'** common purpose which has informed an appreciative inquiry approach. Through this we have been exploring what we're doing already that is strong in this space, what our dream approach would look like and realistically what can we individually and collectively do.

Integrated Neighbourhood Work- South Notts

We're working with partners to develop Integrated Neighbourhood Working (INW) across South Notts. INW is the way organisations work together with communities to find ways to improve the health and wellbeing of the people living there. INW aims to develop a culture where partners work and learn together, and for communities to feel empowered to take control of their health and wellbeing. We have been working in Eastwood, Arnold and Hucknall, embedding the building blocks of health within this work.

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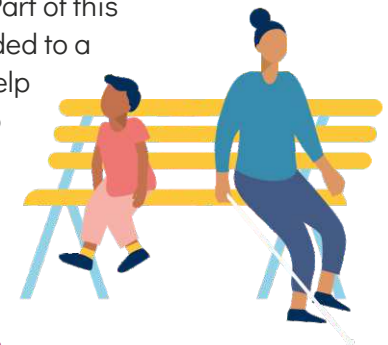
Partners from across the system have been coming together to address health inequalities through understanding the community and how their health is impacted by the 'building blocks of health'. Activities have been enabled through putting this insight into action, allocating investment into where it's most needed.

Find out more [Here](#)

Carlton

Work has also been happening with partners to address social isolation and inactivity of older adults living in Carlton. A Community Connector role has been funded through Jigsaw Homes and we have worked in partnership with them on this. Part of this work has identified and responded to a need for mapping benches to help people have more confidence to get out in their local community.

Find out more [Here](#)



This Girl Can Nottingham

We have supported Nottingham City Council Sport and Leisure to help encourage and enable more women in Nottingham to be active in a way that's right for them. This phase of the work has focussed on developing a representative workforce, working in place to consider the 'whole health' of women and enabling more South Asian and Muslim women to access a range of physical activities in the City.

This video shows more about this work.

**THIS
GIRL
CAN**

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

We've collaborated in different ways across Nottingham and Nottinghamshire depending on what's needed locally.

Here are just some of the examples:



Falls Prevention & Physical Activity Community of Practice (CoP)

A series of webinars for the community have been run across the three key themes of the CoP; clinical settings (hospitals), care settings (care homes) and the wider community. We have seen 236 people attend the three network webinars and a total of 271 views of the videos since. This work has also started to have a strategic influence on partners in Notts and other areas looking to create and design a more holistic approach to Falls Prevention in their areas.

Occupational Therapy, Leisure and Day Services Project in Newark

The team has supported the delivery of a 12-week pilot (funded by national system partner Sport for Confidence) at Newark & Sherwood YMCA with Holly Lodge Day Services and the Occupational Therapists to access the YMCA venue to play Boccia. We facilitated a relationship between the service and Boccia England, who have provided equipment and coaching to adults with Learning Disabilities accessing day care services. Our aim is to join this up much better with existing networks and broaden the reach and impact across the system.

Health Hub in Warsop

We've led workshops in Warsop (Mansfield) to bring together the Primary Care Network and Vibrant Warsop staff to work together and join up opportunities. This has been really well received and valued to build relationships between the health hub in the community and primary care colleagues. This has also helped to join up services within broader community spaces, taking a wider approach to health and wellbeing, including being active.

NHS Prevention Work

We continue to build support and awareness around NHSEI Place Prevention work which has been happening over the last few years. One of the outcomes of the report has been an investigation into the red tape which may be hindering progress. Read the report [here](#)

Mental Health work in Ashfield

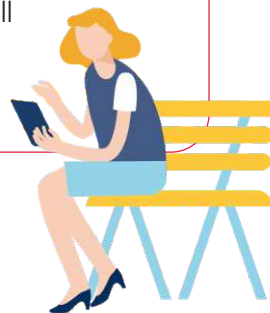
This focuses on supporting the mental health of children and young people in Kirkby. At these early stages it has taken an approach around the ten core principles of ways of working and building the partnership and trust before jumping in with a solution. Watch this [Talking Space](#) which looks at the work so far in more detail.

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

Safe and Active Open Spaces

We hosted 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.



Playzones

With partners, we've been supporting the development of Playzone sites in the city and across the county. We have supported the partner consortium and community engagement aspect of this work and will keep close to the progress of the work with the Football Foundation when activation of the sites is needed.



Over the past year, the **Walk Notts** has engaged with almost 100 people via their quarterly calls (45 in the strategic network and 50 in the partnership network). All meetings have been recorded and shared online. Some notable case studies include a collaboration with This Girl Can (TGC) and Ridewise to develop a network of trained Walk Leaders within Nottingham City's South Asian Community and a video highlighting the great work of local artist Amelia Daiz, in bringing walking to new socially isolated audiences. All of this work has laid the foundations to build on the Walk Notts work, in partnership with Nottingham and Nottinghamshire Public Health Teams.



Watch this video about Amelia's Meanderers group here



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