# All Move in Erewash (AMiE)

**All Move in Erewash (AMiE)** is a partnership initiative between local services, organisations and people with lived experience. The aim is to make everyday movement more accessible and fair for people living with a limiting illness, long-term condition, or disability, and support people to move more in ways that work for them.

AMiE has taken a systemic approach by working closely with a range of partners and stakeholders. People with lived experience play an important role in shaping the work. AMiE is also helping to upskill the workforce to influence the wider system.

## Supporting the workforce

AMiE has focused on upskilling health and care professionals to have better quality conversations about physical activity. Training has included physical activity champion training and motivational interviewing. GPs, nurses, physiotherapists, pharmacists, healthcare assistants and social prescribing teams have been engaged to support them to provide more personalised support.

### Success factors

- Investing in workforce confidence and skills
- Working through trusted frontline staff already supporting local people
- Influencing one service at a time, creating a ripple effect across the system

### Impact

- Increased awareness of the role physical activity plays in health and wellbeing
- Social prescribing staff trained in motivational interviewing
- Greater potential for consistent, person-centred support across services

## Listening to lived experience

AMiE has placed conversations with people with lived experience at the centre of the project, exploring barriers, support needs and reasons behind inactivity.

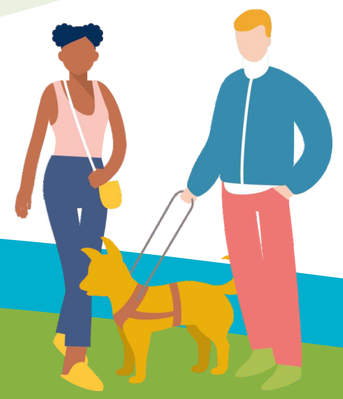
### Success factors

- Genuine engagement rather than making assumptions
- Taking time to understand complex barriers and inequalities
- Co-designing with residents and partners

### Impact

- Better understanding of what prevents people from being active
- Resident voice influencing programme design and decision-making
- More tailored activity opportunities being developed



## Supporting people with long-term health conditions

AMiE aims to create fairer access to physical activity for people with long-term conditions and disabilities. It recognises that inactivity is often linked to environmental and systemic barriers rather than personal choice.

### Success factors

- Personalised not one-size-fits-all approach
- Strong partnerships across health, community and voluntary sectors
- Focus on empowering people to choose activities that suit them

### Impact

- More inclusive opportunities for people with different needs and abilities
- Improved links between health, community and physical activity services

## AMiE Champions

AMiE Champions are local people with lived experience who share their stories. They represent different ages, backgrounds, lifestyles and activities - helping bring resident voice to life and inspiring others.

### Success factors

- Champions are relatable and reflect the communities they serve
- Peer role models help people see “someone like me” being active
- Authentic local stories build trust/engagement

### Impact

- Champions have strengthened visibility and representation

**Scan the QR code to find out more and read the Impact and Learning Report and Key Recommendations**