Community Model of Health Referral in Amber Valley

Through the **Move More Amber Valley** partnership, a range of community-based physical activity and wellbeing opportunities have been developed, shaped directly by local residents. Activities include Tai Chi, chair-based exercise, and accessible walking groups.

The programme brings together health, leisure, voluntary sector and community partners to provide inclusive opportunities that support people to become more active, improve wellbeing and connect with others, particularly those who may face barriers to attending traditional leisure or healthcare settings.

Wellbeing drop-in sessions

Wellbeing drop-in sessions led by Arch Primary Care Network and steered and supported by a range of local organisations and services have been a great way to engage with the community. Residents were invited to attend via a text message from their GP, and through informal conversations, residents were able to learn about local services, discuss their health and wellbeing needs, and share their views on the types of activities and support they would like to see in their community. These insights directly informed the design of the community activity programme, ensuring it reflected local priorities and addressed barriers to participation.

Scan the QR code to see more on YouTube

Keys to success

- **Community-led, person-centred design**
- **Activities shaped by residents – making them feel heard and valued**
- **Delivered locally, reducing transport barriers**
- **Activities reflect local needs and preferences**
- **Familiar and trusted environments make participation less intimidating**
- **Adapted activities around participant needs**
- **Created social opportunities and physical activity**

Impact

- **Engaged people with long-term health conditions and disabilities**
- **Reached residents who would not typically access traditional leisure or health services**
- **Improved physical and mental wellbeing**
- **Better recovery following illness and surgery**
- **Reduced social isolation**
- **Improved confidence**
- **Better mental wellbeing**
- **Support for anxiety and agoraphobia**
- **Increased motivation and routine**



Inclusion of people with long-term conditions and disabilities

The approach deliberately focused on ensuring people with disabilities or long-term health conditions could participate alongside others.

- People felt included rather than separated
- Activities could be adapted to different abilities
- Barriers to participation were reduced

"I only live up the road and it's been marvellous because it's a reason for me to get up every Wednesday morning, get dressed and come out. I really enjoy it. Some days my back is not good. I'm still suffering. But I can do it all sitting down. It keeps me mobile."

Amber Valley Ambles

A resident identified that existing walks did not meet the needs of people living with health challenges or mobility issues.

The resident worked with partners to create a new accessible walk, specifically designed for people with health challenges. The walks are done from bench to bench, have access to toilets, and are walked at the pace that the group decide upon on the day.

