

Walk Derbyshire



Health & Social Care Voluntary Sector Forum – July 2023

A stylized illustration of a green landscape with rolling hills. The hills are represented by simple green shapes. Various trees are scattered across the hills, including circular trees and triangular trees in different shades of green and yellow. The background is white.

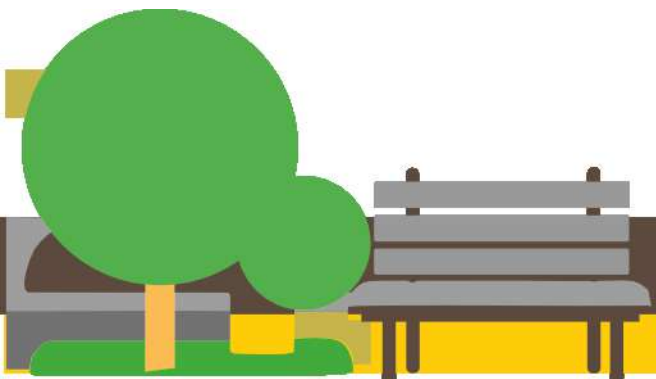
Walk Derbyshire Vision: To make everyday walking the norm for all residents of Derbyshire.

We will do this by adopting a systems approach to walking which will create a culture of walking across the county

Focusing on: The inactive population & less advantaged communities



- Walking contributes to the vast majority of physical activity
- Includes both functional travel and leisure
- Available and accessible to everyone
- Undaunting entry – particularly for inactive
- Cheap and clean



System approach



Walk Derbyshire aim to take a system approach to walking.

A system is a way of thinking about 'the bigger picture'. Systems thinking is less concerned with how an individual, department or organisation operates, but more with how connections, interactions and feedback between them shapes the outcomes we see.

Whole systems *thinking* considers the widest range of influences and interactions that influence the outcome we are interested in; in this case Walking in Derbyshire.



Insight and Evaluation

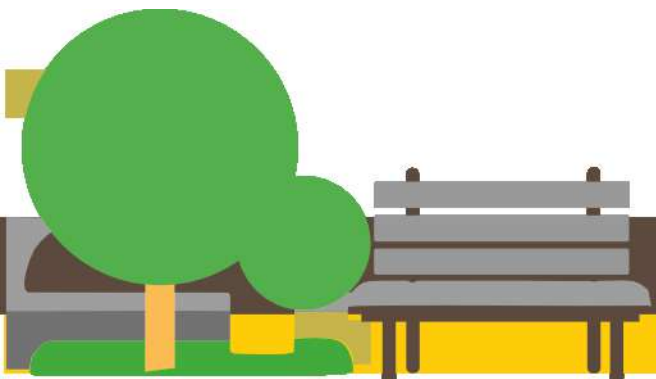


Insight

- Insight is important to ensure we are driven by our current knowledge and gaps in our knowledge on what walking levels look like across Derbyshire between different demographics and geographies.

Evaluation

- Evaluation is important to capture and share learning on successes and things that could have gone better with a wider audience and help us to iteratively change our approach to Walk Derbyshire.



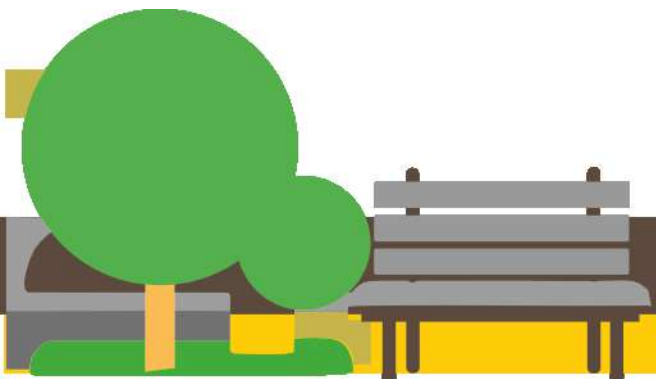


Communication and Engagement

- building relationships across all sectors and with communities
- recognising importance of coproduction

Workforce

- what does our workforce need to be able to enable people to walk more?
- how can we support them?



Walk Derbyshire Pilots



Walk Derbyshire is investing across the county to enable us to evaluate and share learning around how we support residents to walk more on an everyday basis.

Active Neighbourhood Pilots - Chesterfield, Erewash, Bolsover and North East Derbyshire

- Four districts will be allocated up to 100k
- Districts with highest levels of inactivity and highest levels of deprivation.
- Opportunity for stakeholders to come together with communities to agree on the best ways to invest funding on a place based level to increase levels of walking.

Community Engagement and Coproduction Pilots - High Peak, Derbyshire Dales, South Derbyshire and Amber Valley

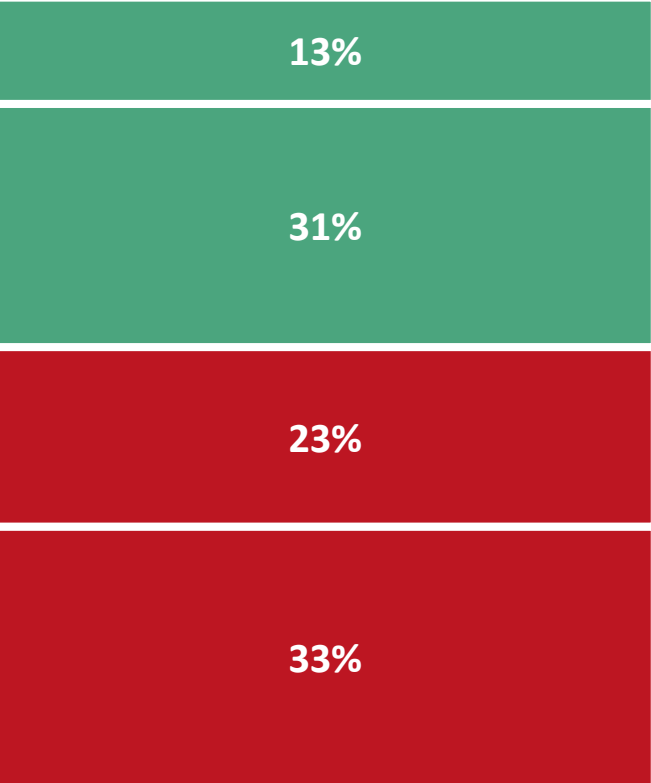
- Four districts allocated £20k
- Community engagement and co-production that will develop understanding of the barriers and opportunities to support residents to walk more.





CHESTERFIELD - 13TH FEB

Half the people in Chesterfield are really not walking much at all



Regular walkers

7 or more sessions per week (28 sessions per month)

Frequent walkers

Between 2 and 6 sessions per week (8-27 sessions per month)

Infrequent walkers

Less than 2 sessions per week (1-7 sessions per month)

Inactive walkers

0 sessions per month



Source: Sport England, Active Lives Adults (16+), Nov 20-21, **excluding gardening**





Everyone has a role to play

- How can you support people to walk more on an every day basis?
- What support would you need from us to enable this?





Everyone has a role to play

- How can you help us to hear and understand resident voice?
- What are you hearing?
- How and where do you share what you are hearing?





Want to find out more?

Contact Heather Clarkson, Walk Derbyshire Lead
Heather.Clarkson@activepartnerstrust.org.uk
info@walkderbyshire.org.uk

More details can be found here:

[Walk Derbyshire](#)

