

# Active Derbyshire

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# Overview

- Introduction to Active Derbyshire
- Briefly outline goals within Active Derbyshire Plan relating to walking
- Look at targets across the county
- Look at how we can work towards these through developing walking



# Active Derbyshire

- County wide campaign to increase opportunities for people to be active and promote existing ones
- Includes bringing agencies together to increase opportunities – Active Derbyshire Partnership inc. PCT, Natural England, Districts, Countryside Services etc
- Active Derbyshire Plan – Outlines Strategic Goals
- Active Derbyshire Website – Provides people with information



# Active Derbyshire Plan



- Provides a reference for all partners with a remit for increasing physical activity
- Has specific actions to increase level of participation of Derbyshire people
- Maximise best use of investment
- Has a range of targets around increasing participation
- Specific goals including ones around walking

# Derbyshire Targets (LAA)

Total number of new people taking part in physical activity (3 x 30 mins) across Derbyshire by 2011 is:

33,701

That is an annual increase across the County of:

11,234



# Annual Increase required by District up to 2011

- Amber Valley – 1,829
- Bolsover – 1,078
- Chesterfield – 1,650
- Derbyshire Dales - 938
- Erewash – 1,507
- High Peak – 1,445
- North East Derbyshire – 1,326
- South Derbyshire – 1,732



# How are we trying to achieve these?

- Specific actions in plan
- Marketing existing activities better through the media and website
- Promotion of a range of Activities eg Jog Derbyshire, Supporting events, cycling etc
- Supporting existing good practice and developing new
- Align targets and work towards 5 x 30 mins



# Specific Goals relating to walking within Active Derbyshire Plan

## Goal 1.6

“Increase the number of Derbyshire residents who walk on a regular basis”



## Range of actions to support this goal including:

- To support and promote new and existing walking initiatives
- To increase the number of health walks across the County
- Ensure that disabled people and people with mental health issues can access walks across the county and set up new walks
- Co-ordinate work across the county better

# To help put these in place

- Need to find out what is happening
- Gather views of people across the county
- Build on existing great work and support this better
- Look at ways of working differently
- Support the development of new walks
- Help co-ordination through development of a network
- Monitor and evaluate





Thank you  
Any questions?

