




A movement strategy for the High Peak

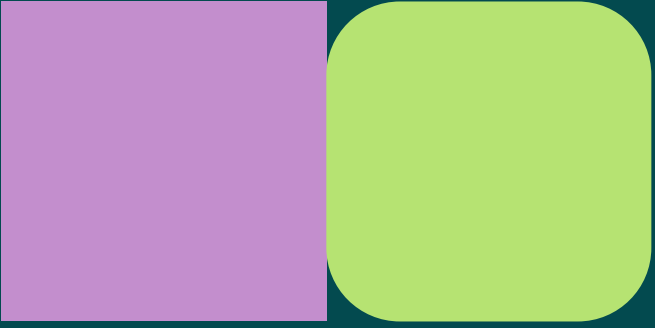
2023 - 2033



A woman with short dark hair, wearing a blue and white patterned top and light blue pants, is seated in a wheelchair on a green tennis court. She is leaning forward, holding a tennis racket with both hands, ready to hit a ball. In the background, another person is visible on the court, and the indoor facility has a high ceiling with structural beams. The image is framed by large, curved green graphic elements on the left and right sides.

Together, our aim is for everyone across the High Peak to move more every day and to provide greater support to those that need it most.

When we say ‘we’ and ‘our’, we mean our collective work, including integrated health and care, voluntary and community organisations, young peoples’ services and education, wellbeing, sport, leisure, transport, housing, environment, community safety and planning, to name but a few.

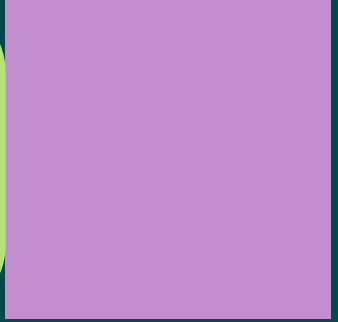
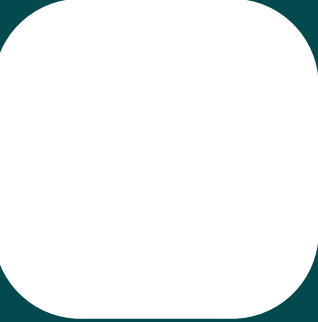
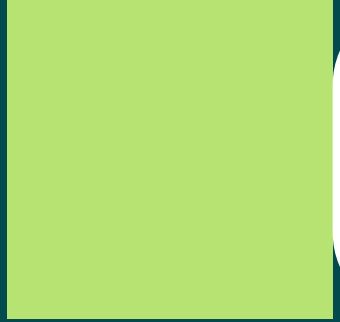
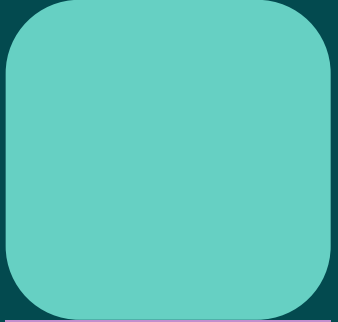


Move More High Peak is our strategy to reimagine how we can move more every day – from walking and gardening to being active at the gym or playing sport.

We are committed to enabling movement into daily life and Move More High Peak sets out why this is important, what needs to be done and how we will do it.

It also serves as an invitation for the people of High Peak to get involved and together, make a difference.

This strategy is an evolution of Towards an Active High Peak (2017) and draws on our experiences and learning from the intervening years, which includes the exceptional circumstances we all found ourselves in during the coronavirus pandemic. A time when some of us found it difficult to maintain our active habits.



Credit to Visit Peak District and Derbyshire



Across the High Peak, many of us are fortunate enough to enjoy an active life. We benefit from living near to beautiful natural environments and parks, our towns are important hubs which connect us, and our vibrant voluntary and community sector supports us to keep healthy and active. There are plenty of opportunities to enjoy organised sport and physical activity outdoors and our leisure centres and sports clubs play a vital role in helping us to develop and maintain our active habits.

But it is not the same for us all. Inequalities exist and persist, and in some cases, have been made worse by the pandemic. We want to address these inequalities, an unfairness that affects particular groups of people and individuals, or those living in specific places, across other outcomes such as health, wealth, and access to services.

These inequalities are intertwined, often feeding off each other, and this is why Move More High Peak is as much a strategy for reducing health, economic and environmental inequalities as it is for reducing inactivity.

We may experience up to 10 years' difference in the number of years we can expect to live in good health, dependent on where we live in the High Peak, or dependent on our relative wealth. We want to make this basic expectation more equitable across our society and believe that supporting us all to move more every day is an important contributing factor towards achieving this.



This is a **collaborative** strategy that will see partners working together, along with our **local communities**, and collating our strengths and knowledge.

We will use our shared resources to focus on the people and neighbourhoods that experience the greatest need, so that we can achieve the greatest impact. At the same time, we will work collectively to sustain and develop the infrastructure and opportunities for people who are currently active to remain so, and to make them accessible to more people in the High Peak.



Being active

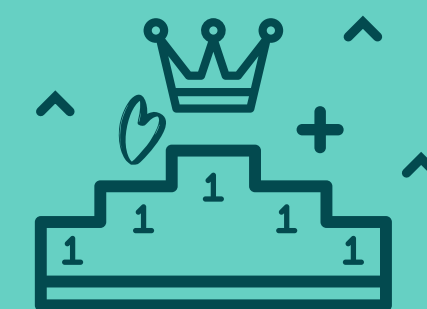
helps not only individuals, it benefits communities and wider society and has a knock-on effect on the economy and the environment. Through our combined effort in helping people to become more active:



1. People become healthier, happier and more fulfilled by improving their health and wellbeing



2. Communities are more connected, stronger, feel safer and the local economy is enabled to thrive



3. Society is more equal, with empathy, effort and resources being invested in the right places, enabling good lives for all



4. Environments encourage movement, are welcoming, highly valued and contribute positively towards tackling climate change

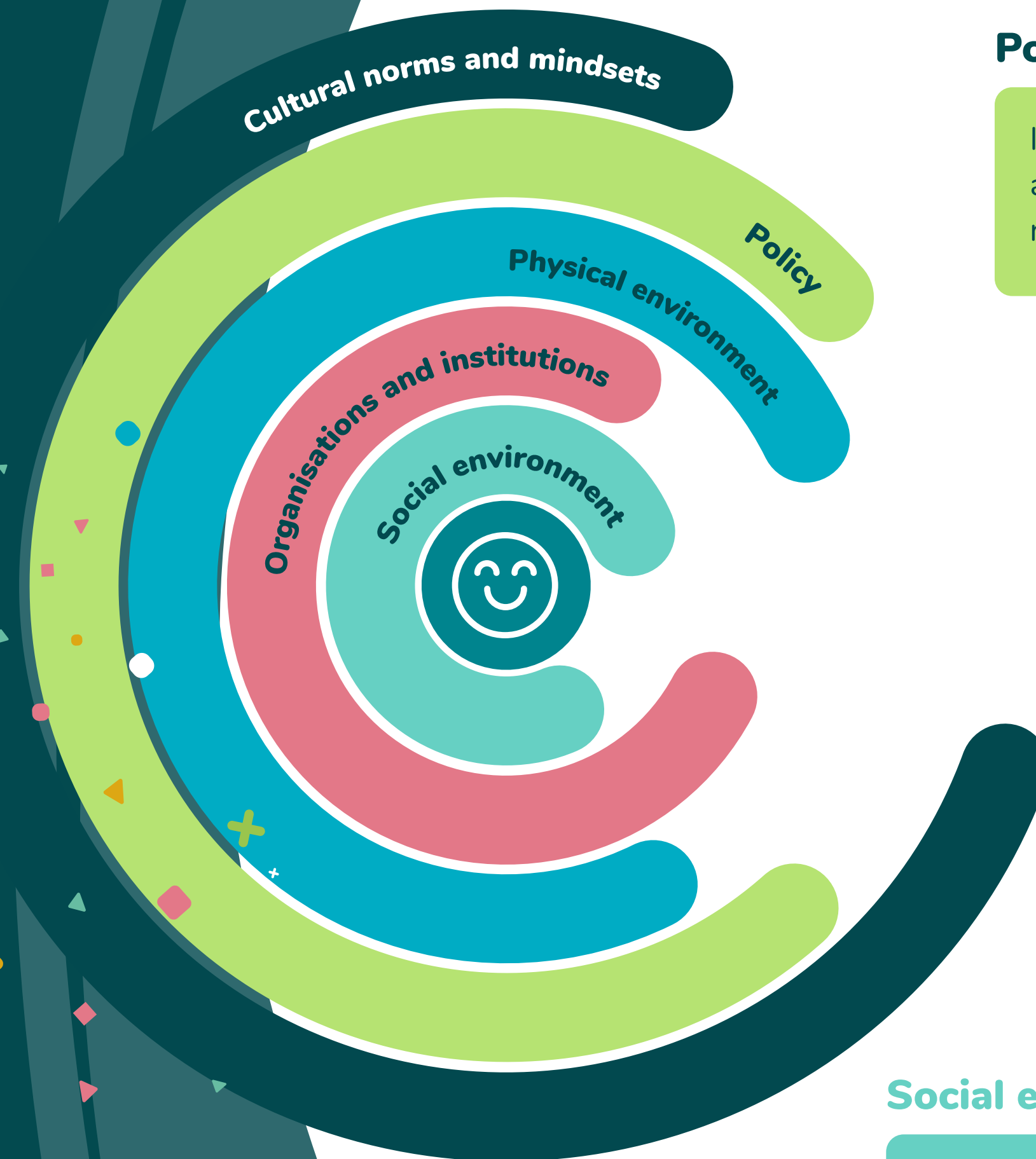
However, there are lots of reasons – such as time, money, the local environment, isolation, feeling safe, and knowing where to start – that mean some of us are less active than others. By better understanding these challenges, together we can decide how best to make a difference.



Shifting all the influences

There are many and varied ways in which the whole system influences individual behaviour. Each of us lives in a world in which a wide range of factors impacts on us daily – the whole system.

These are illustrated in the diagram. Over the past five years, we have learned more and more about these influences and have changed how we work to take account of how they impact on communities and individuals. We recognise that if we are to bring about change, greater collaboration is needed across the whole system.



Cultural norms and mindsets

Language, myths, metaphors, stories, hierarchy of values, know-how, assumptions, imagery

Policy

International and national guidance and laws, local laws and policies, rules, regulations, codes, times and schedules

Physical environment

Built environment, natural environment, green and blue spaces, transport networks, homes

Organisations and institutions

Schools, health care, businesses, faith organisations, charities, clubs

Social environment

Individual relationships, families, support groups, social networks



Individual

Individual capabilities, motivations, opportunities, knowledge, needs, behaviours, physical and mental health and wellbeing

Adapted from the Socio-Ecological Model by Hayley Lever and Scott Hartley

Identifying the need

Our data (insight) tells us that the greatest need in tackling inactivity is with:

- People with a limiting illness or disability
- Older people
- People and families on lower incomes
- Children and young people

We will focus our resources on these groups in greatest need, whilst maintaining opportunities for all.



67%

67% of adults across the High Peak are active enough for it to benefit their health, which means doing more than 150 minutes of physical activity a week.



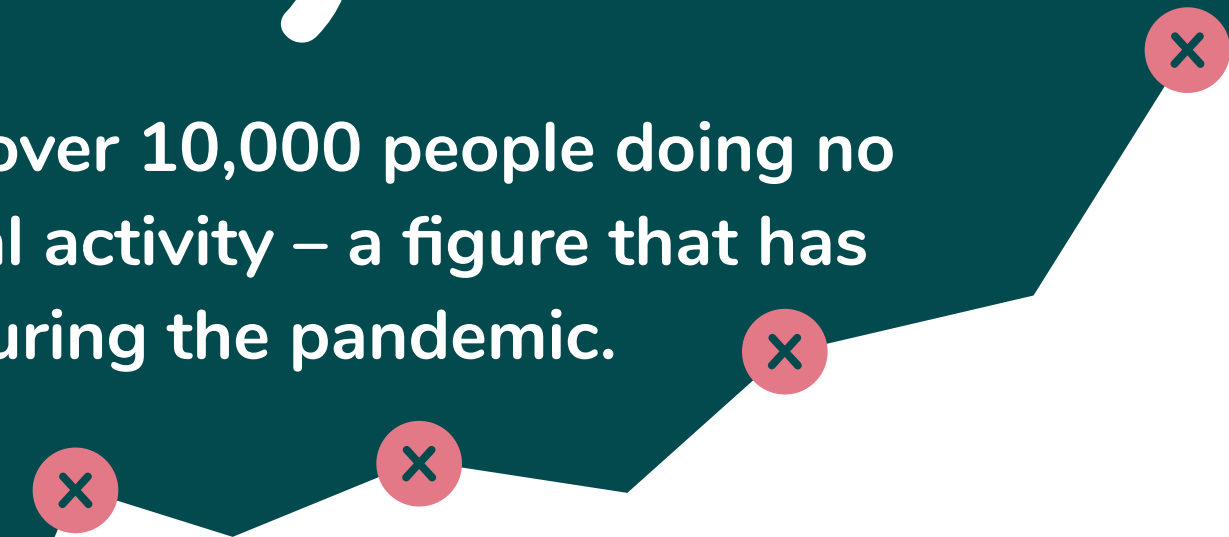
21%

21% of adults are inactive across the High Peak, which means doing less than 30 minutes of physical activity a week, with 14% doing no physical activity at all each week.



10,000

That's over 10,000 people doing no physical activity – a figure that has risen during the pandemic.



Summary of activity

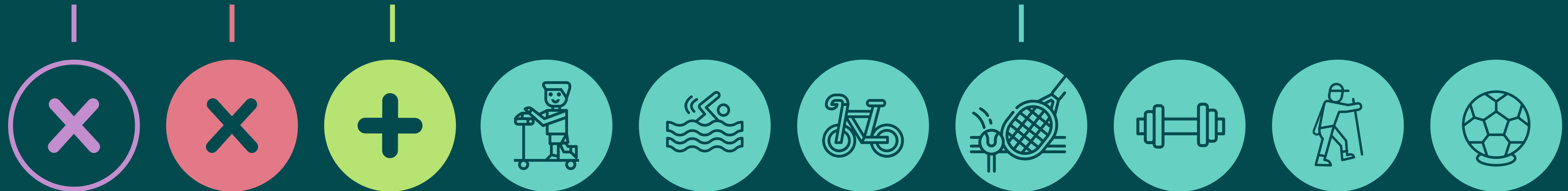
Do nothing

Inactive

Fairly Active

Active

More than 150 minutes of physical activity a week



Adult physical activity behaviour across the High Peak

1 in 10 do nothing

2 in 10 are inactive

1 in 10 are active but under 150 minutes a week

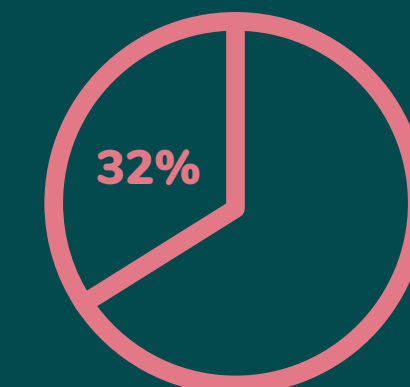
This level of inactivity hides distinct inequalities within different population groups.

For example, among those of us who experience living with a **limiting illness or disability**, four in ten are inactive. That's double the population average and two-and-a-half times higher than those of us without a limiting illness or disability.

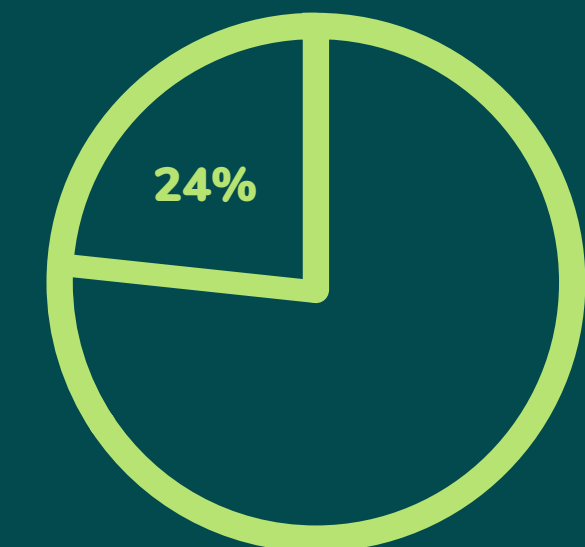
Four in ten are inactive



If we live on a lower income, we're also likely to experience similar inequalities, with more than three in ten being inactive (**32%**). That's three times as high as those of us on higher income.



As we age, we become less active, an important factor for the High Peak given our increasingly ageing population. Inactivity levels fluctuate for our older population; they currently stand at **24%** (more than two in ten), but in recent years they have been as high as **32%** (more than three in ten).





There is also a strong link between an ageing population and the same group experiencing a limiting illness or disability.

74% of people with a long-term health condition or disability are aged over 50 years (Census 2011). And where the three characteristics of ageing, limiting illness or disability and a low socio-economic status come together, inactivity is likely to be higher still.

Adults with the greatest need



55+ year olds - 2 in 10 are inactive



Lower incomes - 3 in 10 are inactive

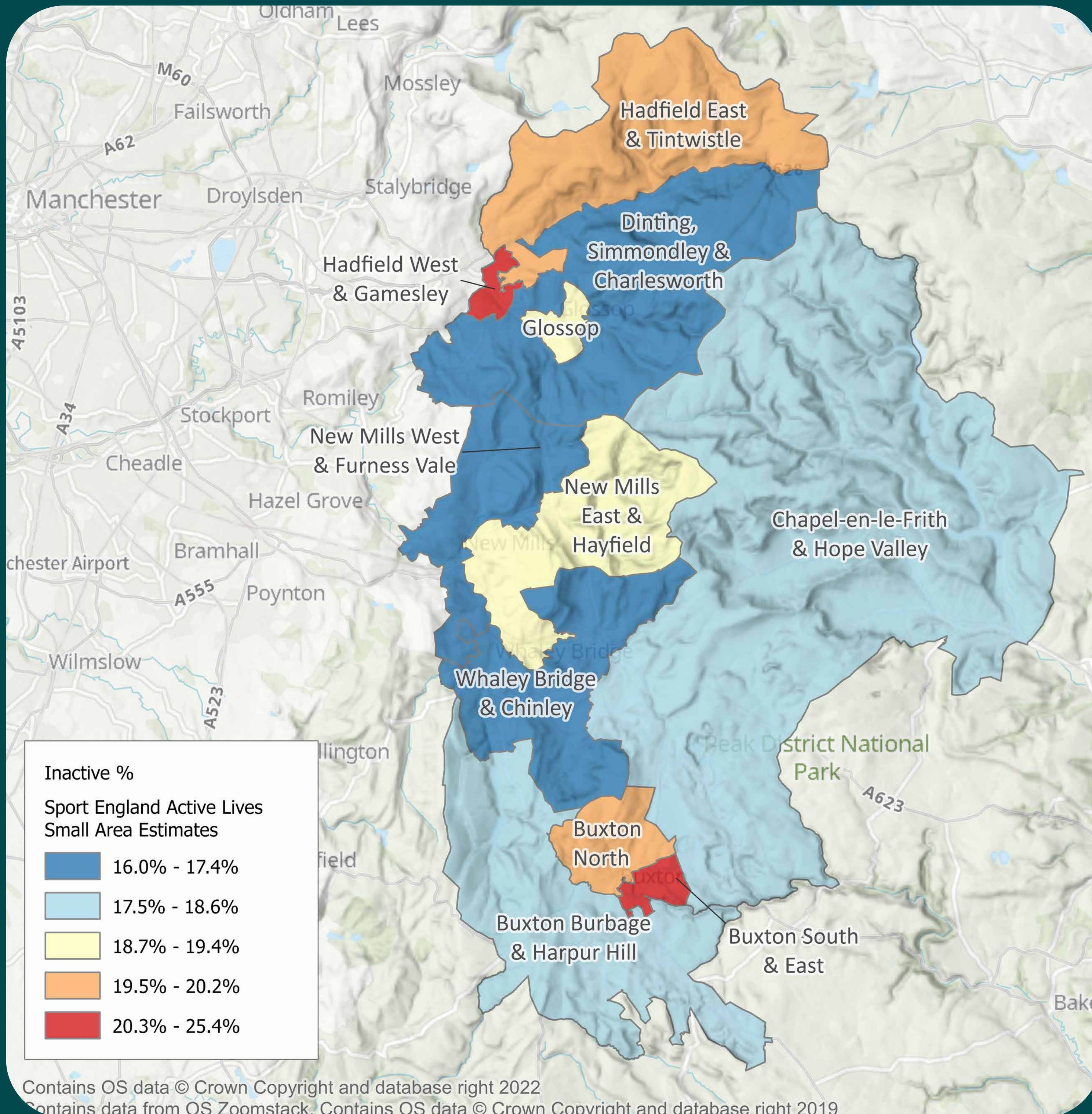


Limiting illness or disability - 4 in 10 are inactive

Inactive

Fairly Active

Active



Inactivity

Where we live makes a difference too.

Inactivity, in parallel with wider health outcomes, varies greatly between neighbourhoods across the High Peak and this has been the basis for our shared 'place-based working' approaches.

The map to the left shows inactivity is highest in clusters of neighbourhoods around Glossop, New Mills and Buxton.

Case Story

Residents, community groups and statutory bodies collaborate to open a local green space to the Fairfield community

Place-based work in Fairfield has been underway since 2018, when the Active4Life Place Group set up to empower local people to live a healthy life for as long as possible. They brought together community services providers, local authorities, primary care, the voluntary and community sector, and the public.



Very early on, the community said that access to good quality community facilities was high on their priorities and yet they felt excluded from using some of the existing facilities.

One space generated a lot of attention. It was a grassed area containing four football pitches that was very visible to the community, but not accessible. The pitches, which were owned by Derbyshire County Council and kept well maintained, were fenced off and locked when not hired out. Local people couldn't understand this. Why was some of this space not available to them?

Young people felt there was nowhere locally that they could play outdoor games or have a kickabout with friends. And parents remembered fondly how they used to take picnics and spend all day playing on the fields. They wanted to be able to do this with their own children, instead of having to get the bus to other neighbourhoods with open space.

Derbyshire County Council agreed to retain three of the football pitches but transfer the fourth to High Peak Borough Council, to become a community pitch. High Peak Borough Council took on the responsibility for annual maintenance of the pitch and in addition, agreed to install a new section of fencing to safeguard the adjacent schools and protect the remaining three pitches. Finally, a small part of the existing fencing was removed and the community were free to roam on their newly designated green space.

The green space is now used for kickabouts, picnics, circular walks and the Residents of Fairfield Association have bought some games equipment for families to borrow in school holidays. Work continues and a second phase will see further enhancements, such as new play equipment, in line with community-led designs.



More than half our children and young people are not active enough for it to benefit their health and development.

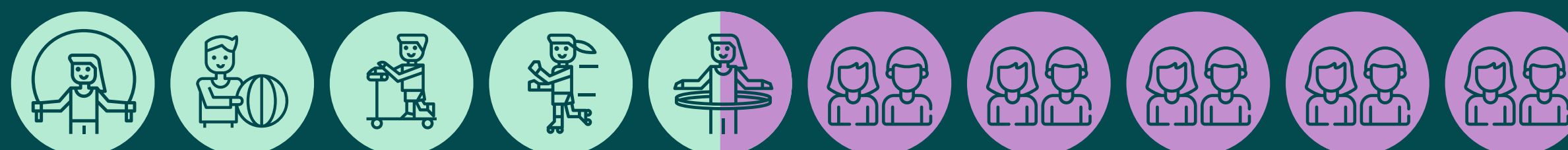
Data collection methods and measures for children and young people's activity levels are different to that of adults, and across the High Peak we do not always have a sufficiently large enough sample for detailed analysis. However, our patterns are typically like those across Derbyshire, where we know that younger children (particularly school years 3 and 4), and children from lower income families are far less likely to be active. Also, fewer girls than boys are active.



Children and young people's physical activity behaviour across the High Peak

4.4 out of 10
Active enough to benefit health (44%)

5.6 out of 10
Not active enough to benefit health (56%)



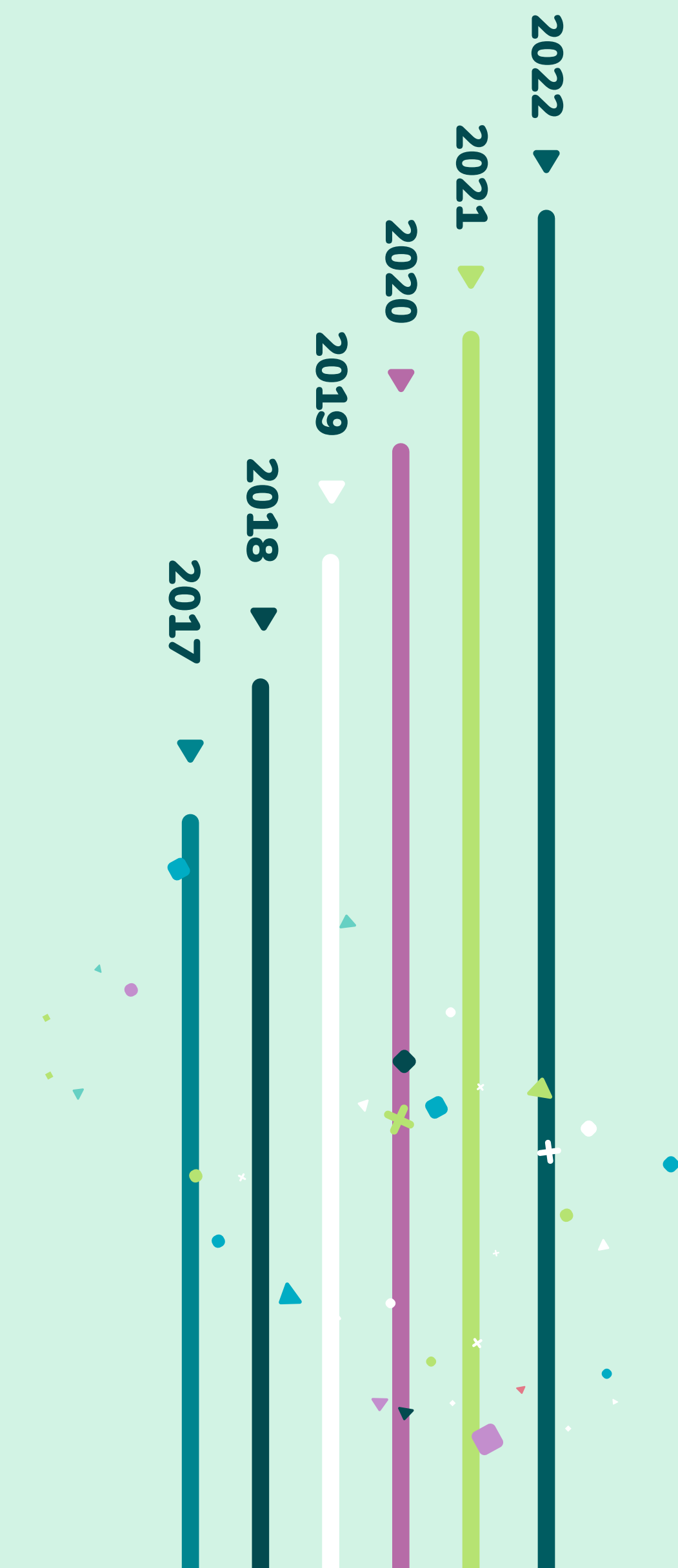
Source: Sport England Active Lives Children & Young People Survey 2017-2021



How the last strategy has helped move us forward

Over the last five years a growing range of partners across the High Peak have been working to help all residents lead more active lives. [Towards an Active High Peak](#) provided the framework to shape this work. Here are some of the key moments on our journey that helped to take the work forward and which provided us with learning around what's needed now.

Our Journey



2017

► Towards an Active High Peak

High Peak Borough Council starts to shift sport, parks & leisure to a broader physical activity-based approach with refocused investment.

► Open Space and Playing Pitch strategies and Football Facilities Plan

With the Physical Activity Strategy, these give the evidence base for the work and investment that's happening now.



2018

► Start of collaborative place-based approaches with the voluntary sector in Buxton and Glossop

Sport England investments help to develop place-based approaches through the voluntary sector in two neighbourhoods in High Peak where inactivity is higher.

► Active Derbyshire's strategy encourages more place-based approaches

Place-based work is a priority of the county strategy. Active Derbyshire capacity aligned to support our place-based working.



2019

► Move More Glossop Steering Group

Brings together a wide range of community stakeholders to build collaboration around physical activity for Glossopdale.

► Policy process aligned to make use of investments from housing developers

Enables the team to contribute to all planning applications and request developer contributions to channel resource into the Towards an Active High Peak strategy. Establishes a more holistic approach to planning, enabling Active Design.

► Greater capacity in the voluntary sector to support the Glossop and Buxton work

Whitfield identified as the focus with an additional post appointed to drive to work forward.



► Physical activity recognised as a priority by the High Peak Health and Wellbeing Locality Partnership

Investment directed towards the priorities and subgroups established to focus on them.

► Review of roles at High Peak Borough Council

Roles changed to include parks, leisure, sport and population health drawn together. Greater capacity and budgets realigned for greater investment in health and physical activity.

► Leisure Transformation Plan

Investment secured for the redevelopment of leisure centres and a commitment to a broader contribution to their communities.



2020



▶ **Place-based work in New Mills**

Asset mapping and opportunities identified for a place-based approach. Leads to development of the wide partnership, creating capacity to lead the work.

▶ **Health Place Alliance/ Clinical Commissioning Group**

Support from Move More Better Health. Key health partner states their intention to collaborate around physical activity.

▶ **Pandemic impacts people's roles, priorities and capacity**

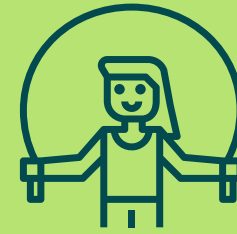
Whilst the pandemic disrupts planning, engagement and delivery, it also helps to strengthen support of the voluntary and community sector in physical activity - with support from resident-led mutual aid groups.

▶ **Pandemic increases walking demand**

Residents lead the demand for additional walking opportunities, creating an investment shift into walking among partners.



2021



▶ **Successful community campaign leads to better access to local green space**

Residents, community groups and statutory bodies collaborate to open a local green space to people of Fairfield.

▶ **Collaborative investment into walking**

High Peak Borough Council, Active Derbyshire and Derbyshire Public Health invest in a new role to focus on improving walking opportunities for residents.

▶ **Making our Move strategy published**

Derbyshire-wide physical activity strategy published, connecting to Sport England's national Uniting the Movement strategy.

▶ **Additional investments into place-based approach in New Mills and Buxton**

High Peak Borough Council, Active Derbyshire and Derbyshire County Council invest through the voluntary and community sector into new engagement roles to work with the local communities.

▶ **Move More New Mills engagement worker employed**

Additional capacity is brought into New Mills to take the work forward.



2022

▶ **Parks Strategy launched**

Providing the missing part of the jigsaw that connects a range of policies and strategies around helping people to move more. Includes Play and Outdoor Sports Facilities Investment Plan.

▶ **Active Communities Plan with Parkwood Leisure**

A collaboration to align their engagement work to place-based working and taking the leisure centres' offer beyond the walls of the centres.

▶ **Refresh of Local Football Facilities Plan starts**

More of a community-led approach than previously, driven by community voice, learning from our place-based work, and feeding into strategic planning.

▶ **'Place-based network' established**

Providing a space to share knowledge and learn together.

Case story



Buxton community brings parkrun and parkwalk to Pavilion Gardens with support from Move More High Peak

“So many people stepped up to support a new parkrun & parkwalk in Buxton. A whole new community group of enthusiastic volunteers has been created.”

www.movemorehighpeak.co.uk



Over the last five years, we have learned so much, including how to adapt to a global pandemic. This learning underpins Move More High Peak:

- Partners have invested significantly over the previous 5 years and will continue to do so.
- Over **£2.3m** of external investment secured across High Peak capital projects in 2020 and 2021. More than **40 sports clubs** have accessed over **£260,000** of support during the pandemic.
- The council has committed to invest in leisure facilities so they make an even greater contribution to the aims of Move More High Peak. Facility improvements, greater engagement with communities and reducing their carbon footprint have all been prioritised for action over the coming years.
- A wider network of partners is now connected to a broader range of policy areas that contribute to helping all High Peak residents to move more, with voluntary, community and social enterprise partners at the heart of our place-based work.
- More resources are focused on the priority groups and places who need more support identified in Towards an Active High Peak.
- Investment in place-based approaches at a neighbourhood level have:
 - brought smaller community organisations and residents into creating the change in their communities
 - provided opportunities for partners across our places to experience collaboration around physical activity
 - secured capacity at a local level to continue to bring partners together in these places to drive change
 - identified characteristics of what a place-based approach may need to look like in the future:
 - united around shared goals
 - working on system change (everything which influences individuals to be active or not) across a place together
 - focus on the neighbourhoods where need is greater.

Move More High Peak reflects the views of a much broader network of partners and communities than was possible for Towards an Active High Peak. Our commitment and shared principles create a strong foundation as we are stronger together.



The way we want to act

Our Shared Principles

Move More High Peak is built around a collaborative approach. We are united around a shared vision and work towards the same priorities. At the heart of this united approach are our four shared principles for how we intend to act.

1. Working and learning together
2. Being evidence led
3. Enabling opportunities for all
4. Building on what is strong



1. Working and learning together

We will build a shared purpose and trusted relationships with colleagues in health, planning, regeneration, community safety, education, and transport. As a result, we intend to extend our influence and include movement and physical activity in the:

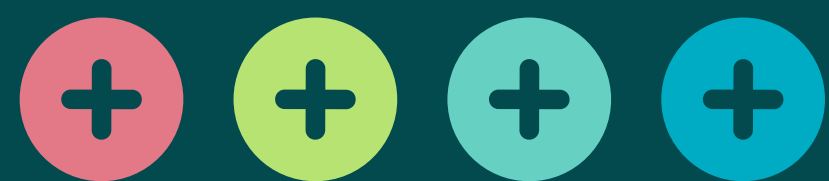
- Strategies and plans of broader partners
- Commissioning practices that promote people moving more and address inequalities
- Maximising opportunities to secure external funding to connect movement into wider priorities.

We will also endeavour to ensure that the work we do supports the aims of our partners to improve the quality of life of the people of High Peak.

We will continue to use our joint experiences to learn together and refine our approaches as we go.

We will work with community groups, clubs, volunteers and coaches to develop more collaborative ways of working, so that our collective efforts result in a healthier, happier, more connected and equal society for everyone across the High Peak.





2. Being evidence led

We will use existing information and knowledge and create new insight and learning to develop a deeper understanding of people and neighbourhoods across the High Peak. Our focus will be on identifying and working alongside people and places that are most likely to experience greater disadvantage, inactivity and poor health outcomes, ensuring our work is empathetic to personal experiences.

We will do this by:

- Consistently reviewing data sources to keep up to date with changes in active behaviours and the overall health of our population.
- Proactively listening to the voices in our communities, adapting our approach to better meet needs, and working alongside residents to help create positive change in their neighbourhood.
- Continually learning from our past and ongoing work, as well as that of others, we will create spaces to share, reflect and collaborate with a wide range of partners and residents, to find ways to demonstrate the positive effect of people moving more.



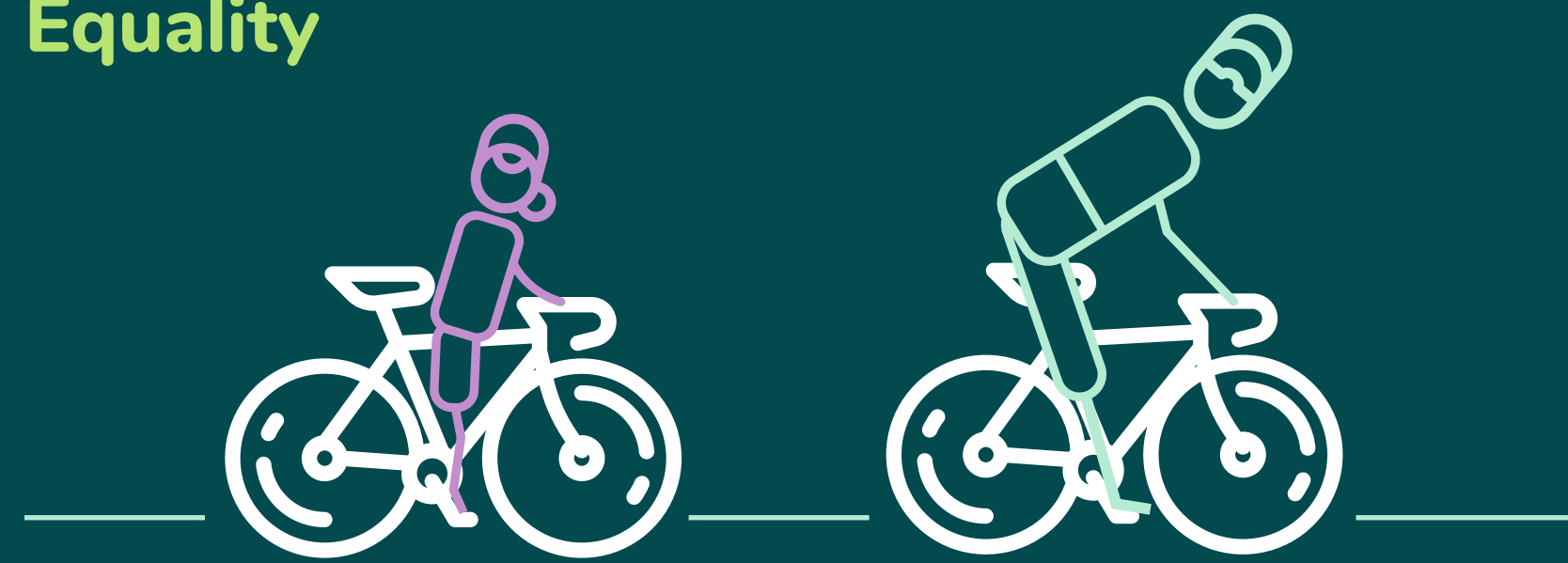
3. Enabling opportunities for all

We will encourage everyone across the High Peak to access opportunities to be active in the way that suits them. We are acutely aware that not everyone has equal access to all opportunities. Move More High Peak builds a fairer approach, that not only focuses our capacity and resources on the people and neighbourhoods that need it most, but also aims to identify and address barriers in our systems that may be present.

Together, we will work collaboratively to align our resources to achieve the greatest impact. We will use Move More High Peak to influence policy and seek to bring new external investment into the High Peak to help deliver the strategy.

Maintaining the active habits of adults and children across the High Peak through a universal offer will continue to be a focus. We know that nearly seven in ten adults and just under half of children play sport or do physical activity in places such as leisure centres, schools, sports clubs, community centres and parks and green spaces. It is important that these opportunities remain if they are to maintain their active habit.

Equality



Equity



We will ensure that these organisations, places and facilities are supported to offer quality opportunities based on the needs of the communities they serve, that facilities are of the required quality, and where possible, we will encourage and support engagement with priority groups and places we know need more support and access to opportunity.

Investing in the built infrastructure (i.e. clubhouses, pitches and training facilities) which supports the organisations and places in continuing to offer these opportunities is crucial and this will happen through strong strategic planning, collaboration with national partners, governing bodies of sport, funding bodies and the planning system, amongst others.

4. Building on what is strong

Our place-based work will continue to emphasise the assets of people and communities, alongside their needs. We will build on the assets found in these communities and support individuals and organisations to come together to realise and develop their strengths. At the heart of this shared approach is people and communities 'owning' the change they are trying to create by being involved and feeling empowered. Recognising that everyone and every place has a unique set of skills and capacities, we will ensure the work is co-produced at neighbourhood level and use our collective influence to remove barriers and help make positive change happen.

We have a strong community and voluntary sector in the High Peak. Driven by the passion and enthusiasm of local people, they provide countless opportunities to be active and we will continue to engage them in the priorities and listen to them.

Within our strategies and plans for leisure, sport, facilities, and parks, we have worked hard to embed our vision of enabling everyone to move more every day. As a result, we are now well positioned to invest in our leisure centres, community facilities, playing pitches and parks, all of which are so important in encouraging people to move more.

Credit to Visit Peak District and Derbyshire

Case story

Place-based working delivers outcomes that are community led

Move More Glossop

Place-based working has been developing relationships and networks with community groups and partners across Glossopdale since 2019, using a test and learn approach. This has empowered the community to be a partner in future activity, enabling strong partnerships to develop and deliver sustainable change.

Young people in Hadfield demonstrated a keen desire for a BMX track by building bike tracks and ramps in the woods of Bankswood Park, thus raising concerns for their safety and the destruction of the woodland. A group of Hadfield residents who were keen to be involved in the project captured the views of local people, obtaining 1,100 signatures in support of the idea.

With this level of backing, Move More Glossop was able to attract external funding through British Cycling that was also match funded by the High Peak



Borough Council. The new track opened in the spring of 2022. The success was in part due to a collaborative bid writing process, whereby questions were posted to a local Facebook group for feedback. As this all happened during the pandemic, it made finding communications methods that worked for everyone even more important.

Once the funding was secured, the council offered to lead the tender process for a contractor to build the track, after offering a location in the park. Design of the track was collaborative and local people who were going to use the track, together with the experts who were going to build it, worked together to create a design that worked for everyone.

Total cost: £85,000

(£51,000 High Peak BC, £34,000 British Cycling Places to Ride)



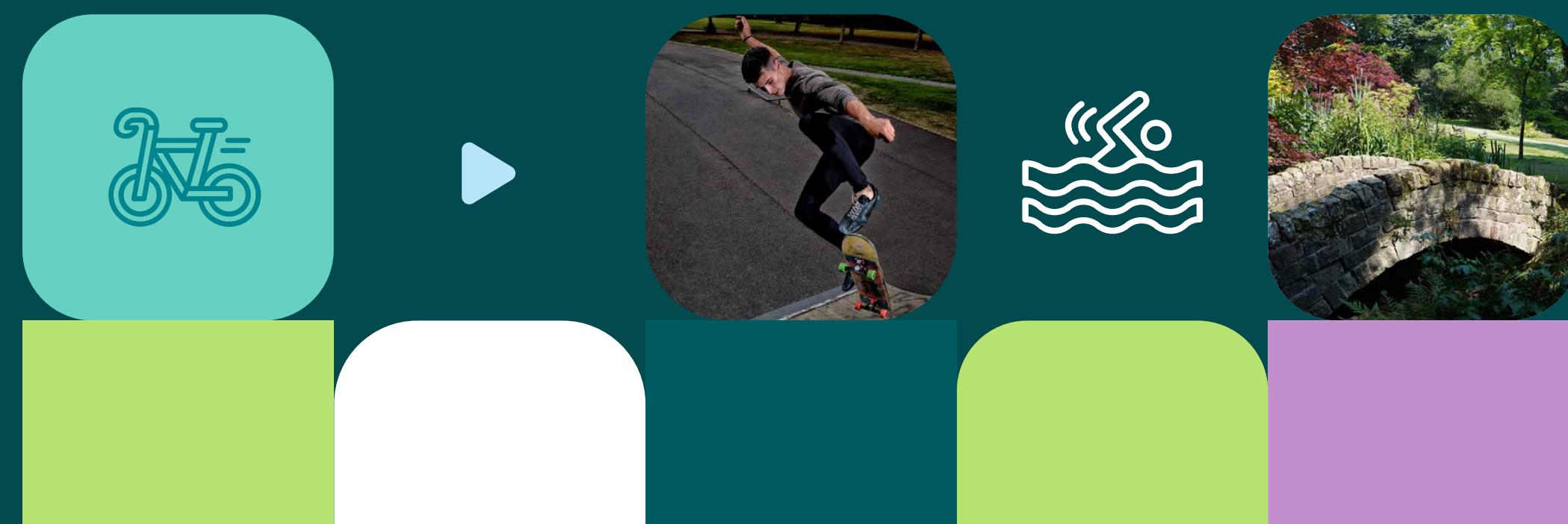
The things we want to achieve

Our Shared Priorities

Our insight and experiences from our place-based working have highlighted some clear opportunities and areas of focus where we can make the biggest difference by addressing inequalities and enabling people to move more. Some of our priorities are complex and interconnect. We need to understand and embrace this. There are five shared priorities:

1. A collective message
2. Place-based working
3. Better health
4. Accessible, safe and welcoming environments
5. Active children and young people

Within each of these shared priorities, we will focus our energy and resources on the people and places in greatest need, whilst ensuring that everyone in the High Peak can access opportunities to be more active.



1. A collective message

We will develop a collective voice that publicly unifies our shared approach. The Move More messages will resonate as much within health and care, education and planning as they will within leisure facilities or in communities. We will use this shared voice to communicate our actions, our learning, and our progress.

While the benefits of physical activity for people living with long-term health conditions are well established, we know that the fear of worsening long-term problems commonly stops people from moving more and can make many healthcare professionals feel unsure about what advice they give. To help address concerns around risk, we will promote the consensus statement: “It is safer for people with long-term conditions to be physically active”, through our Move More Better Health campaign, to reinforce this message that the benefits outweigh the risks. We also want to encourage older people across the High Peak to keep moving. Our aim is to shift mindsets among organisations and residents around the importance of keeping active as we get older.

We will prioritise bringing our networks together, to enable them to engage, both at a strategic level and with the community, in our priority places. In this way, we aim to nurture collaborative working practices around collective messaging.



“We will continue to find out what matters to individuals”



2. Place-based working

We are committed to prioritising places that experience the greatest inequalities, based on evidence of need. We will work together with the community to build on what is strong, creating positive change and attracting funding and aligning investment into these communities.

Where we have parks, green spaces and leisure facilities, co-designing further opportunities to be active within them will be part of this work.

We will learn from the place-based work in Glossopdale, Buxton and New Mills, recognising that each of these places has neighbourhoods with greater need. We also acknowledge and will explore the rural challenges of the Hope Valley.

At a neighbourhood level, we will continue to find out what matters to individuals and work alongside the community and their leaders to enable change, recognising that this may take time. We believe this approach of developing our understanding of people and places will help us to change the system to enable people to move more.

Case Story

Cheryl was a volunteer coach for Glossop North End Juniors Football Club when she was put forward by the club as being someone who could run the summer Holiday Activities and Food Programme.



Conversations with those who attended the sessions made it clear that they were shouting out for more place-based activities and there was a desire for a youth club. With support from Helen, the Move More Glossop worker, funding was obtained and The Hangout Club, a youth club for ages 7-13, opened in December.

It was such a success that two groups were formed because of the number of young people. The groups have gone from strength to strength, with volunteers benefiting from the clubs as much as the young people. Because of its success, various other projects are now happening.

Matt, a volunteer at the youth club and an unemployed former professional boxer, has opened a boxing club and is now a full-time boxing coach. He could not have done this without the confidence he gained whilst volunteering.

Another off shoot is Cheryl's Bingo club, which also involves dancing and other activities. Again, this would not have happened without her volunteering experience. Furthermore, there is also a weekly walk and talk group as well as cookery lessons which introduce young people to growing and cooking their own produce, and plans are in place to set up a Mum and Tot group, a cinema group, and a weekly disco.



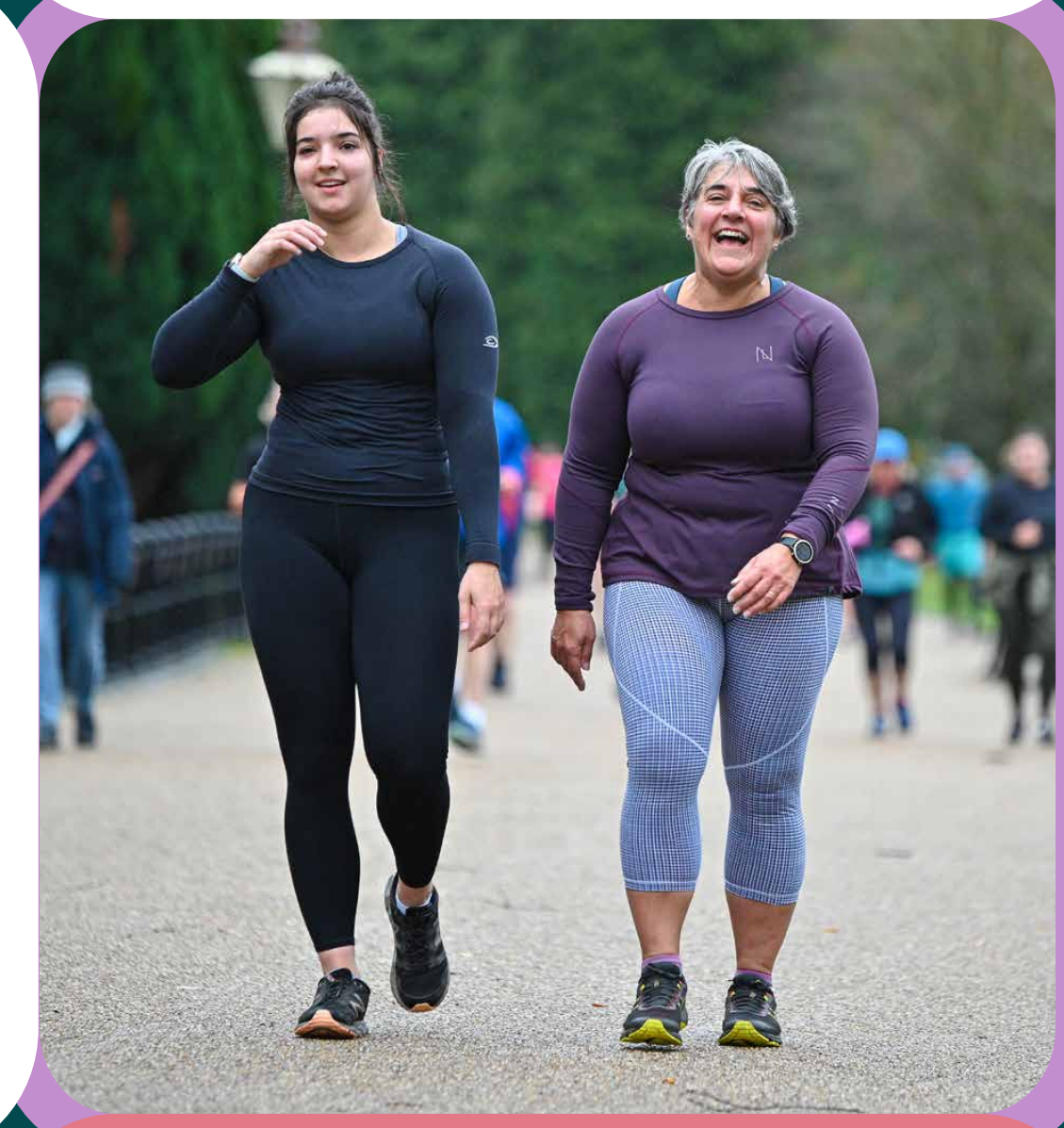
3. Better health

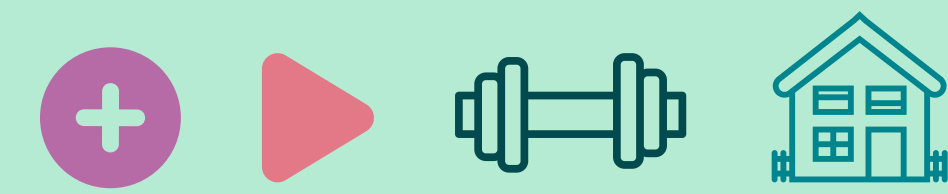
Move More Better Health is the brand for future collaborative working with a wider range of health colleagues. This was developed with colleagues from the Clinical Commissioning Group (CCG), Public Health and High Peak Place Alliance and will frame our work, making the offer of support, where movement is concerned, clearer for practitioners, medical professionals, and local people across the High Peak.

We will work to embed movement within integrated health and care systems, ensuring it is recognised, prioritised and supported by healthcare professionals, commissioners, carers, and wider community work, such as social prescribing, weight management and mental health services. At the same time, we will support the health and care workforce to have conversations about moving more. Where we have leisure facilities, they will more closely integrate health and leisure opportunities to engage with a wider audience.

Focusing on the long-term health conditions most prevalent across the High Peak, particularly hypertension, depression, obesity and diabetes, we will develop targeted work to understand how to engage people with long-term conditions more effectively and demonstrate the preventative and treatment benefits of moving more.

This approach fits with our principle of enabling opportunities for all, focusing proportionately more of our capacity and resources on the people that need it most.





4. Environments

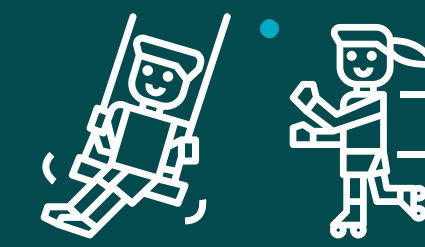
Ensuring our neighbourhoods feel accessible, welcoming and safe will be the key to reducing inequalities, as we know that most physical activity and sport takes place within twenty minutes of our homes.

Through our place-based work, we will continue to listen to local perspectives on walking, cycling, access to parks and green space and community facilities, particularly through the eyes of people experiencing inequalities and long-term health conditions. We will also focus on investing in our leisure facilities through an emerging leisure transformation plan, ensuring these spaces are more accessible and engage priority groups more fairly and effectively than ever before.

We will influence the way housing developments encourage movement, using active design principles to make walking a priority, helping to ensure movement and participation in physical activity and sport is designed in to communities, and that provision of play, parks and open space is invested in appropriately.

Movement, physical activity and sport have an impact on the environment and on climate change, from the energy use of our facilities to deciding to walk or cycle for that short journey, instead of taking the car. Through this strategy, we will look to minimise environmental impact by encouraging environmentally friendly behaviours, sustainable solutions and by investing in our infrastructure (such as leisure centres) to make them more energy efficient.

“the mental health benefits are huge”



5. Children and young people

Establishing early habits, developing movement skills and enjoying being active are vital for all children and young people. We know that the earlier these attitudes and behaviours are developed and maintained, the more likely they will become a lasting part of people's lives.

In addition to the physical benefits, the mental health benefits are huge; being active can help build self-esteem and resilience and instil a sense of belonging. Being active and playing sport also has a role in preventing anti-social behaviour and reducing violence.

Covid-19 has exacerbated the barriers for young people. Many children and young people weren't active enough before the pandemic, and now they are even less so. Young people's mental health has also worsened during the pandemic, so we need to look at the role physical activity might play in preventing and treating poor mental health. To understand this better, we need to hear from young people themselves.

We need to understand their motivations, experiences and challenges, and use this knowledge to inform our work. We will also use this understanding to shape the environments where children and young people can be active and redesign the services and opportunities available in schools, parks, clubs and community settings. And finally, we need to join the dots between schools and the wider neighbourhood to better connect the work being done and to help the young people in those communities, in and outside of school.

Case Story

Extra capacity for children and young people, funded collaboratively



A Move More High Peak – Children & Young Peoples' Officer will help deliver, support and coordinate opportunities for young people across the High Peak. This new post has come about through pooled funding and resources from partners including Active Derbyshire, Children's Services, High Peak Borough Council, High Peak CVS, High Peak School Sport Partnership and Public Health, who found common ground and a shared purpose. Hosted by the voluntary sector, this new post will enable all the partners to better meet the needs of young people in the High Peak.

The specifics of the work will evolve through co-design and co-production with young people and local partners. However, we know the focus of the work will be on five themes. (See right.)

Our key learnings so far are that true collaborative working takes time. There are also funding and commissioning challenges to overcome by working in a way that aligns and pools funding and resources from several places and may not follow usual 'grant' application processes. This has resulted in several service level agreements between organisations, but we hope they are as much about ways of working as they are transactional documents.

Despite the time taken and the bureaucratic challenges, those involved in the work are engaged and enthused by the approach. It feels different and we are hopeful and excited by the prospect of positive outcomes for young people.



Emotional & Mental Wellbeing

- Move more role in prevention
- Supporting universal offer and targeted provision

Community

- Support place-based working
- Bridge gaps in central area and Hope Valley
- Community safety and diversionary activities

Holiday Activity

- Holiday and food programme
- School holiday activity provision

Active Travel

- Modeshift Stars and school travel plans
- Walkable and connected communities that work for young people
- Use of outdoor space

School

- Physical literacy
- Character development
- Wellbeing
- School Games outcomes



How will we know if people are moving more?

We believe that there isn't a single way to measure whether people are moving more. But the following approaches will build a richer picture of not only the progress being made, but importantly, which aspects are working, which aren't, and how we are continually learning and evolving our approach.



A focus on learning

How we learn together and understand what contributes to change at system, organisational and community level, will be central to how we support people to move more. We will think about learning from the process as well as about the change created (whether positive or negative). By bringing together a range of approaches, we will look at things from as many perspectives as possible to ensure our learning is rich and reflects what is happening between organisations and in the community.



Stories of change

We will observe what change is happening at system, organisational and community level and use stories and case studies to help explain which factors have contributed towards that change. The detail will be built from a range of perspectives, so that what is collected can help shape our learning and influence our future approach. We aim to bring the work to life, using case studies to positively influence others on the benefits of movement.



Data

We will use a diverse range of population data to help explore and understand local needs, particularly where priority groups, places and related health conditions are concerned. This will be complemented by other more local sources of data such as leisure centre, programme and intervention data, to inform learning around their reach, quality and contribution to the overall aim of people moving more.

To help ensure our focus remains on the people and places which need it most, we will use data to help observe what changes might be occurring over time, drawing out patterns and trends which will help us understand what is working, what is not working, or what is changing. Where it is relevant and appropriate to monitor attendances, we will do so, but recognise that we should only count what needs to be counted.



#MoveMoreHighPeak

For a healthier and happier High Peak



How can you help?

Together, our aim is for everyone across the High Peak to move more every day and together, to give more support to those that need it most.

Achieving our vision will take a collective effort from individuals, communities and organisations across the borough. A challenge that requires us all to think differently, act boldly and recognise the role we each have to play.

Is this the first time you've heard about Move More High Peak?

Here's what you can do to help make a change:

- Be a Move More advocate – Why not share this strategy with colleagues and discuss how your organisation or community could get involved?
- Inspire others to move more – share why moving matters to you and ask others what matters to them, and how they would like to get moving more.
- Get in touch - Why not help us plan how we implement the priorities within the strategy as we work to bring our shared vision to life?

For more information:

www.movemorehighpeak.co.uk

info@movemorehighpeak.co.uk