



# GET MOVING SOUTH DERBYSHIRE

YOUR COMMUNITY | YOUR WELLBEING | YOUR MOVE

## EXECUTIVE SUMMARY

Get Moving South Derbyshire sets out a bold, collaborative and long-term ambition to create a healthier, happier and more active district where everyone, regardless of age, background, health or circumstance, has the opportunity, support and motivation to move more and feel better. Over the next ten years, we will work with partners, communities and the wider system to reduce physical inactivity, tackle inequalities and build the conditions that enable active, connected and thriving lives.

## WHO WE WANT TO TARGET

We want to support everyone, no matter who you are, to move more and experience the benefits of being more active. But we want to focus our attention on those experiencing the greatest inequalities.

- CHILDREN, YOUNG PEOPLE AND THEIR FAMILIES
- OLDER ADULTS
- DISABLED PEOPLE OR THOSE WITH LONG-TERM HEALTH CONDITIONS
- SOCIALLY ISOLATED INDIVIDUALS



## OUR STRATEGIC THEMES

To bring this vision to life, we will work across four Strategic Themes:



### ACTIVE HEALTH AND WELLBEING:

Making everyday movement easy and meaningful, and reducing health inequalities through targeted, preventative approaches.



### ACTIVE COMMUNITIES:

Strengthening social connection, belonging and resilience through community-led opportunities to move more.



### ACTIVE WORKFORCE:

Supporting the volunteers, leaders and professionals who create and deliver opportunities for activity, ensuring they have the skills, confidence and capacity to lead change.



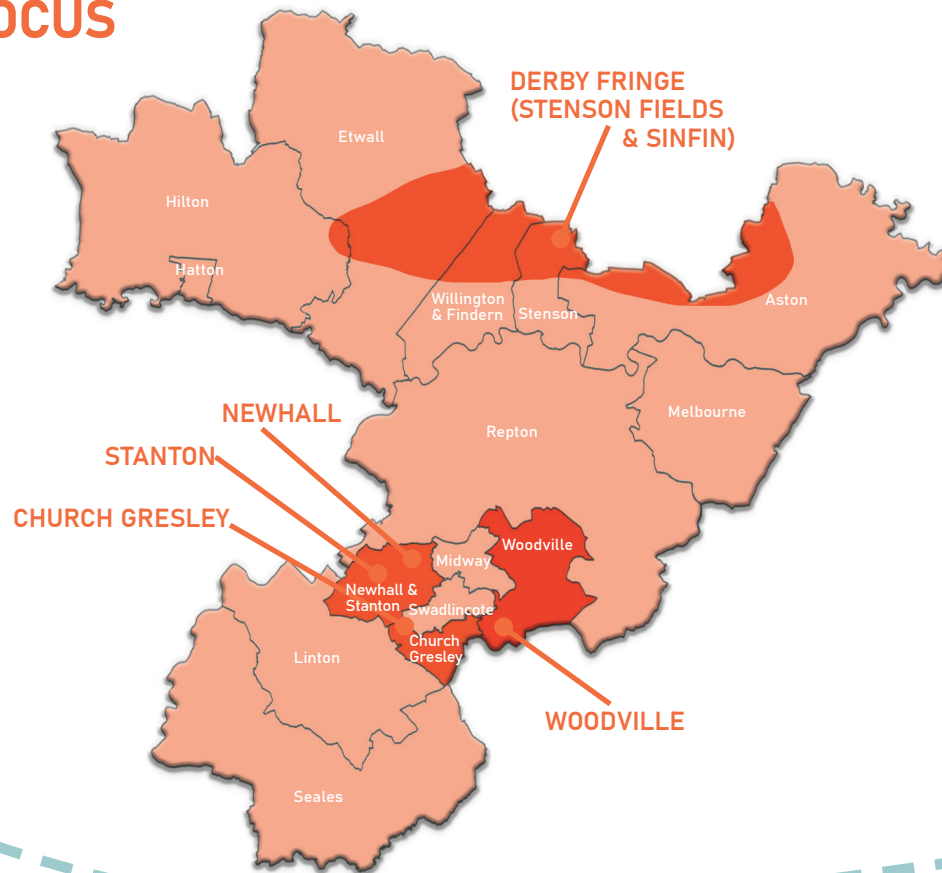
### ACTIVE ENVIRONMENT:

Ensuring the places we live, work, learn and play make it easy, safe and enjoyable to be active, including accessible green and blue spaces, active travel routes and well-designed residential developments.



## WHERE WILL WE FOCUS

Our focus locations have been identified as areas where community need, health inequalities and barriers to social connection are more pronounced, and where targeted intervention has the greatest potential to improve wellbeing.

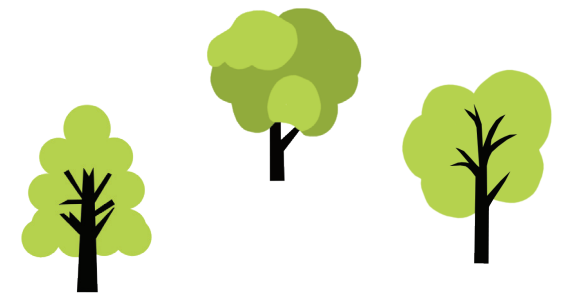


### How we will achieve our vision

- Working in partnership with whole system collaboration
- Taking a place-based approach that is informed by data
- Listening to our communities and enabling them to lead and co produce change
- Focusing on where the need is the greatest and tackling inequalities
- Creating proactive, community based prevention for healthier lives
- We will work across the system to develop biennial Action Plans that deliver against each of our four strategic themes.



## OUR OUTCOMES



You can find the full version of Get Moving South Derbyshire here: [www.southderbyshire.gov.uk](http://www.southderbyshire.gov.uk)