

Why is walking important to you personally or in your work?

Gets me out in nature and love walking my dog

Great way to get people active - it's accessible to everyone

To get out in the sunshine, be active and clear my head.

It is the most accessible form of physical activity.

refreshes my mind, active feel better, good for mental health

Gives me head space !!

Improved Health and Wellbeing of the population of Chesterfield is the overall aim of the Cfd Local Place Alliance

I can do it from my doorstep

To engage with the local community and build rapport part of our role at Derbyshire Police.

Why is walking important to you personally or in your work?

Health, happiness, travel.

Sarah from CBC parks - we have safe spaces for walks and some interesting things to look at / do

I can do it with others or by myself

It's free and easy and accessible for everyone

I good way to have meetings

helps me personally mentally and physically, work wise my role is to encourage being to be active to improve H & W

Personally: for mental wellbeing and physical health when I'm usually sat down all day
Work: I'm a Physical Activity SDO for Live Life Better Derbyshire

Supporting wellbeing

Which system partner do you represent and what is your role?

the arc pcn chesterfield
transition chesterfield
pcso derbyshire police
chesterfield royal jucd
inclusion and engagement
active derbyshire
llbd
public health
links cvs
icb chfd place lead
academia - evaluation
social prescriber
emh care and support
derbyshire police
cbc parks officer
tagtap ar chief fun offic
dcc countryside service
cbc community lifestyles
cbc health and wellbeing

What is your expectation from this work?

To think about how we might connect and work better across the system around a common issue

Collaborative working and supporting our people and communities to be more active

Opportunity to learn together

An evidence based evaluation of what works

Opportunity to bring lived experience to our work to inform future decision making

To understand how my role / organisation can contribute towards a common goal

Real sustainable solutions that remove all of the barriers people are facing

Positive role models for motivation within all communities

real change for our communities

What is your expectation from this work?

supporting communities , breaking barriers

listen to people and work at grassroots level

a more effective way of working

Long-term solutions to reduce barriers to walking by speaking with communities and groups of people

To get things wrong!

Would be good to see a change in mindset for people wanting to work from their doorstep and an increase in number of people doing so

Discovering new ways of working together for the good of our community health

Have a vision and involve community partners

Where do you feel you fit into this work having been involved in today's session?

As a resident of Chesterfield and thinking about building into existing work programme

Advocating the voices of people with learning disabilities and Autism and sharing what their barriers are to walking and what they would like

bringing previous experience both of encouraging walking and of working in our more deprived communities

I feel TagTap is the absolute entry level activity to get people walking and the introduce them to other groups and activities to increase level

We support the inactive to be more active, meaning we have direct to those people that need to walk more (if they can)

Creating awareness of the importance of walking when engaging with the general public or those hard to reach communities

links within the community. Brainstorming ideas to break down barriers

Support around data

Supporting system collaboration, advocacy and leading by example and promoting benefits of walking

Where do you feel you fit into this work having been involved in today's session?

Improving infrastructure for recreational walking and travel.

It would be great to get members from Derbyshire's BME groups involved with this

Connecting resident voice

Providing insight

Able to influence support wider factors that might impact

Identify lack of active travel infrastructure within the area

Looking at how to get closer to communities and bring them into the room

Supporting with the engagement / data finding activity

Conversations connecting to the boarder system