

Celebrating 2 years of Walk Derbyshire

We want to make every day walking the norm across Derbyshire so more people can enjoy walking and its benefits.



This year...

April 2023-March 2024



Walk Derbyshire Pilots

Our four Active Neighbourhood Pilots have begun - these aim to increase levels of walking by adopting a *systems approach to walking.





They have formed consortium groups, been engaging communities in learning about what would enable people to walk more and have started to support the co-production of solutions to increase levels of walking.

Active Neighbourhood Pilot Areas:
Chesterfield, Erewash, Bolsover and North East Derbyshire

*Systems Approach - working together with different partners and communities to shape the outcomes we see. It considers the widest range of influences and interactions that influence the outcome we are interested in (in this case, every day walking) and also emphasises the need to be flexible and let investment be guided by need.



Active Neighbourhood Pilots

-  Bolsover: Shirebrook - Creating a generational shift in accessing physical activity through walking as part of everyday life. Consortium lead – Bolsover CVS
-  Chesterfield: Holme Hall - Localised community approach to understand how every day walking can influence social and community connectivity and improve the health and wellbeing of residents. Consortium lead – Derbyshire Voluntary Action (DVA)
-  Erewash: Cotmanhay - Hearing the voice of Cotmanhay residents to enable them to walk more every day. Consortium lead – Parkside High CIC
-  North East Derbyshire: Clay Cross/ Danesmoor - Walking for travel within and between our key communities, with an objective of achieving better connected communities and improving the health and well-being of our residents. Consortium lead – Derbyshire Voluntary Action (DVA)

[Further detail can be found on our website](#)

Walk Derbyshire Pilots

Our four Community Engagement and Coproduction Pilots have started to engage communities in learning about what would support people to walk more either on a place based or district wide level, supporting the co-production of solutions to increase levels of walking.





This will provide insight and learning to inform applications for future funding opportunities to deliver interventions.



Community Engagement and Coproduction Pilot Areas:

Amber Valley, Derbyshire Dales,
High Peak and South Derbyshire

Community Engagement and Coproduction Pilots

-  Amber Valley: Somercotes - People living with long term health conditions and / or a disability. Consortium lead - Amber Valley Borough Council
-  Derbyshire Dales: Bradwell - Improve our understanding of the Bradwell community, build our insight and connections, and understand how walking impacts the lives of residents. Consortium lead – Derbyshire Dales District Council
-  High Peak: Borough wide approach - older people and people living with a long-term health conditions. Consortium lead – High Peak Borough Council
-  South Derbyshire: Swadlincote - to support families, particularly those with disabilities and long-term health conditions, to engage in everyday walking in the areas of Cadley Park, Church Gresley and Newhall. Consortium lead – South Derbyshire District Council

[Further detail can be found on our website](#)

Evaluation Headlines

Our embedded PhD student has been attending consortium and steering group meetings and talking to some of our stakeholders. These are some of the headlines so far

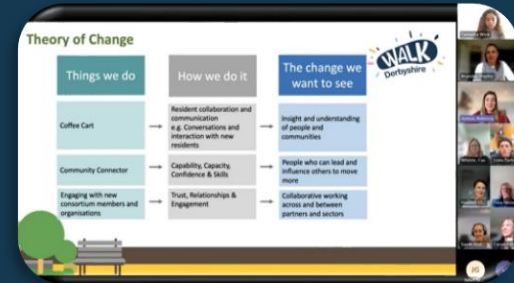
- ✿ New relationships have been formed and trust is building – new people and organisations have been brought into the work through our Pilot network.
- ✿ Collaboration and support across districts and boroughs has increased
- ✿ Structured timescales for forming working relationships can be a barrier – some areas expressed that they would have benefitted from more time to allow the consortium to form and gain trust between members before choosing a lead applicant and submitting their Pilot proposals.
- ✿ Whole system working takes time and cannot be rushed nor underestimated and needs buy in from all areas of the system – from residents to system leaders
- ✿ One unexpected consequence of the Pilot work includes better understanding and use of IT systems which has helped in work outside of the Pilot.

Stakeholder and Learning Events

Learning Network

A Learning Network has been established to support the Pilot work – these events are open to Pilot Leads and consortium members – and are also recorded so that they are available to anyone who is interested in the learning.

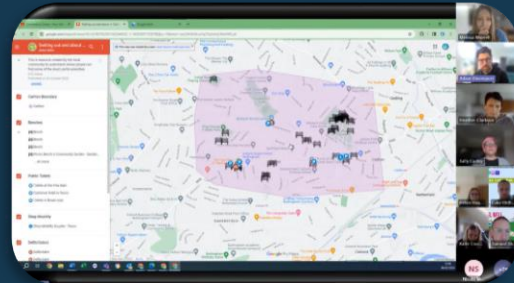
Info about the Learning Network and recordings can be found here: [Learning Network - Walk Derbyshire](#)



Talking Space

We utilised the Active Derbyshire Talking Spaces in Nov 23 and Feb 24 as learning events around walking:

Nov 23 – [Embedding Walking into Everyday Lives](#) - Just Good Friends, Your Time, Peak Running and Jog Derbyshire (Run Walk Talk) discussed how local projects have embedded everyday walking into the lives of people they support.



Feb 24 – [Building Confidence in Mobility](#) – with session from the Carlton bench mapping project, an interactive session with Live Stronger for Longer and an update on the Lets Chat Benches

Walk Leader Accreditation

Due to a rebranding our Walk Derbyshire Walk Leadership training is now accredited with Leadership Skills Foundation.

The training design covers all required learning outcomes together with a little flexibility for the local trainer to include specific borough and district information.

Our training, launched in Spring 2023 has successfully trained new walk leaders all over Derbyshire.

- Make connections! Talk, share ideas and knowledge
- Walk Derbyshire – the bigger picture
- Benefits of group walking
- Leading a walk – the practicalities and responsibilities
- Being inclusive – what does it mean?
- What support is available for you?

Portable toolkit cards are available for all walk leaders - they provide information for assistance or guidance during walks and can be found [here](#)

First Aid Guidance for those without formal First Aid Qualification

For serious situations their usual professional help your responsibilities are to:

- Assess the situation (see other side of this card)
- Confirm the emergency services and ask for their assistance
- Support the ambulance to help you and also until they are in the care of professional help (report to police by what the casualty needs and other issues in your first aid kit)

ABC-CHECKLIST

Letter	What to do	Guidance
A Airway	Is the airway clear? Remove any obstruction from the airway (e.g. vomit, blood, food, clothing, dentures, etc.)	CPR If you are trained in CPR, follow the guidance on the other side of this card. If not, do not attempt to perform CPR.
B Breathing	Are they breathing? Look for chest movement, listen for breath sounds, feel for air coming from the mouth.	Dehydrated (ADE) If you are trained in ADE, follow the guidance on the other side of this card. If not, do not attempt to perform ADE.
C Circulation	Are they bleeding? Are they showing signs of shock? (pale, clammy, sweating, rapid breathing, rapid heart rate, dizziness, confusion, loss of consciousness)	Be Prepared If you are trained in Be Prepared, follow the guidance on the other side of this card. If not, do not attempt to perform Be Prepared.
D Damage	Are there any obvious injuries? (e.g. cuts, bruises, fractures, burns, etc.)	
E Environment	Are there any hazards? (e.g. traffic, weather, terrain, etc.)	

Walk Leader Equipment Guidance on equipment and kit for Walk Leaders

STANDARD	EVENING	SEASONAL	AS APPROPRIATE
Suitable attire for conditions	Hi Vis	Extra warm layer	Map
Waterproofs	Warm	Spare fuel, gloves	Whistle
Mobile phone	Spare batteries	Spare batteries	Compass
First aid kit	Bag Spray	Bag Spray	GPS (downloaded)
Food (Bannet & Survival bag)	Extra water	Extra water	Extra food
Water	Walking poles	Walking poles	Walking poles
High Luggage Food (emergencies)	Register, the emergency info	Register, the emergency info	Register, the emergency info
Register, the emergency info	Hours of onset time location	Hours of onset time location	Hours of onset time location
Hours of onset time location	Local defibrillator info	Local defibrillator info	Local defibrillator info
Local defibrillator info	Pen & paper / notebook	Pen & paper / notebook	Pen & paper / notebook

Peak District National Park
Variety of health walks for communities around the national park. Walks targeted at diverse audiences and to support mental health and wellbeing. Number of health walk leaders: 60

High Peak
Varied range of walks for all levels

Chesterfield
10 walking groups, several with community groups, or for specific target audiences eg experience of cancer, mental health plus "darkwalks". Over 180 led walks

North East Derbyshire
Number of walking groups: 10
Broad and varied walking offer
Number of walk leaders: 17
Number of participants nearly 4000

Boholver
104 walking groups
Over 688 participants

Amber Valley
14 Walking groups for a broad range of levels
614 Walks led
Over 5000 Participants

Derbyshire Dales
Number of walking groups: 18
Number of active walk leaders: 40
Broad and varied walking offer
Number of times attendees walked: 5292

Errewash
9 walking groups
varied offer, accessible walks, walks for health and gentle walks
Over 1800 participants

South Derbyshire
Led walks 629
Broad range of walks, groups and events offered.
Over 7000 participants

The Benefits of Walking

- Improves mental health
- Helps maintain a healthy weight
- Reduces depression, stress and anxiety
- Helps build healthy muscles and bones
- Increases balance and coordination
- Helps new friends and speak to new people
- Improves self-esteem, mood and sleep quality
- Save time, money and fuel to get around
- Increases energy levels and stamina, strength, tone, immune system

Walk Leader Training

In 2023 across the County Walk Derbyshire has,

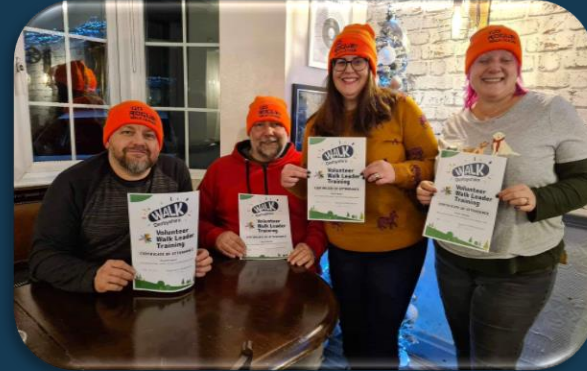
✿ Delivered 31 Walk Leadership courses

✿ Trained 149 walk leaders

Our Walk Leadership is for anyone interested in leading a group. There is a broad range of walking groups for all abilities all over Derbyshire. Anyone with an interest in walking can get involved, we have social prescribers, rangers, mental health workers and volunteers from a spectrum of community groups.

If you would like to find out more about becoming a walk leader in your community click [here](#)

To find a local led walk near you click [here](#)



Stories

APRIL 2023

Deaf-initely Women Sandiacre Historical Walk

We joined Deaf-initely women on one of their walks in April and saw how important it was for the women to have an inclusive group like this, that allow them to be themselves and feel fully comfortable around others.



JUNE 2023

Jean's Story- How I regained my love of the outdoors

Jean shares how she regained her love of walking after a traumatic time in her life where she had little motivation and how learning to love walking changed her life physically and mentally.



SEPTEMBER 2023

Sally's experience at the Deaf-initely Women's Walk

Helen Milton went along to Deaf-initely women's Carsington Walk and learnt why Sally enjoyed these walks so much.



JANUARY 2024

Just Good Friends Pedometer Walks

We went to the Just Good Friends Clowne hub and met Marc Wade, the Project and Development Coordinator, who introduced the Pedometer Walking idea to help the members get more active during the day. The idea was extremely successful and has led to more opportunities to be active for the members.



MARCH 2024

Get Fitter Pick Litter with LitterSorters

As part of Great British Spring Clean we joined LitterSorters, a monthly Transition Chesterfield litter picking group, to highlight the great work they do for the local community and how it benefits the environment and their personal mental and physical health while walking with a purpose.





Walking Through Winter Campaign

From December 2023 to January we ran the Walking Through Winter Campaign.

Over the 2 months we shared tips on how to stay warm at home and on walks, upcoming events, local warm spaces and resources to make every day walking more fun.

We also worked alongside the Walk Coordinators to make sure the content was personalised for each borough/district and that the campaign was shared far and wide.

- 🌸 Launch of campaign post on Facebook- 10.7k reached, 127 reactions and 15 shares
- 🌸 6 posts reached over 1k

Campaigns

Get Fitter Pick Litter

As part of the Great British Spring Clean, we joined Transition Chesterfield to film their monthly litter pick. We wanted to encourage others to do some litter picking in March in their local areas through our #getfitterpicklitter campaign.

It was not only to help the local environment but a great way for the community to come together, meet and care for each other.

North East Derbyshire consortium has arranged a litter pick in April following on from the campaign.

- 🌸 5.3k reached on Facebook
- 🌸 141 views in 2 weeks



Photo Competition

As part of the development of our new Walk Derbyshire App, we ran a photo competition in March for photos of local parks and spaces within Derby and Derbyshire.

We gained over 35 entries and chose one random winner to gift a £50 Love to Shop Voucher. All the photos will be used in the upcoming app which highlights local trails, parks and outdoor spaces.

- 🌸 11.5k reached on Facebook
- 🌸 30 reactions
- 🌸 31 shares
- 🌸 11 comments

Website



9.2k total users
117+ groups
75+ events

3 Top Pages:

Homepage- 6k views
Group page- 10.4k views
(72% increase from 22/23)
Event page- 1.4k views
Route page- 1.1k views (81%
increase from 22/23)

Social media



706 followers across all platforms
High following- Facebook (550)
250+ posts

Top Posts:

Photo competition- 11.5k (paid)
Winter Walking campaign- 10.7k
(paid)
Workforce lead job-7.7k (paid)
Transition Chesterfield litter pick-
5.3k
Community Connector role in
Clay Cross and Danesmoor- 3.4k

Newsletter



4 Newsletters
132 new followers
Open Rate- 50% (5%
increase from 22/23)
Click rate- 20%

Events

Derbyshire Making Our Move Celebration Event

On October the 10th 2023 we hosted the Derbyshire Making Our Move Celebration Event to highlight the individuals, groups and organisations who are working right across our communities to address inequality and empower everyone to be active in a way that works for them.

As part of Walk Derbyshire we were joined by Deaf-intley Women, DCC Mental Health and Suicide Prevention Team (Let's Chat Benches), Jog Derbyshire (Run Walk Talk) and Creating walkable communities in Swadlincote to share the incredible work they have been doing.

#RunWalkTalk-video

Jog Derbyshire and Peak Running invited us to partner them and other organisations to host two #RunWalkTalk events in Derby and Chesterfield to celebrate the connection between physical activity and mental health. We brought together people of all abilities and interests to connect with others on either a walk or a run and organisations from different backgrounds such as mental health, healthy eating and the NHS came together to promote and support the events.



What next?





- 🌸 Share the learning from our Active Neighbourhood and Community Engagement & Coproduction Pilots to help to shape changes in practice and policy.
- 🌸 Look out for our new Walk Derbyshire app which will highlight local trails, parks and outdoor spaces.

- 🌸 Build a network of people who advocate for walking across the County
- 🌸 Continue to develop our networks and relationships across the county to enable more people to walk in their own communities
- 🌸 Find new ways to tell and share our story to reach different audiences
- 🌸 Further promote Walk Derbyshire through our social media, website and newsletter
- 🌸 Campaigns were a success this year, so we plan to have more campaigns this year starting with the Walk Derbyshire App

Thank you for being a part
of Walk Derbyshire.



Derbyshire