



Walk Derbyshire – Somercotes, Riddings and Ironville

Interviews with residents
June 2024

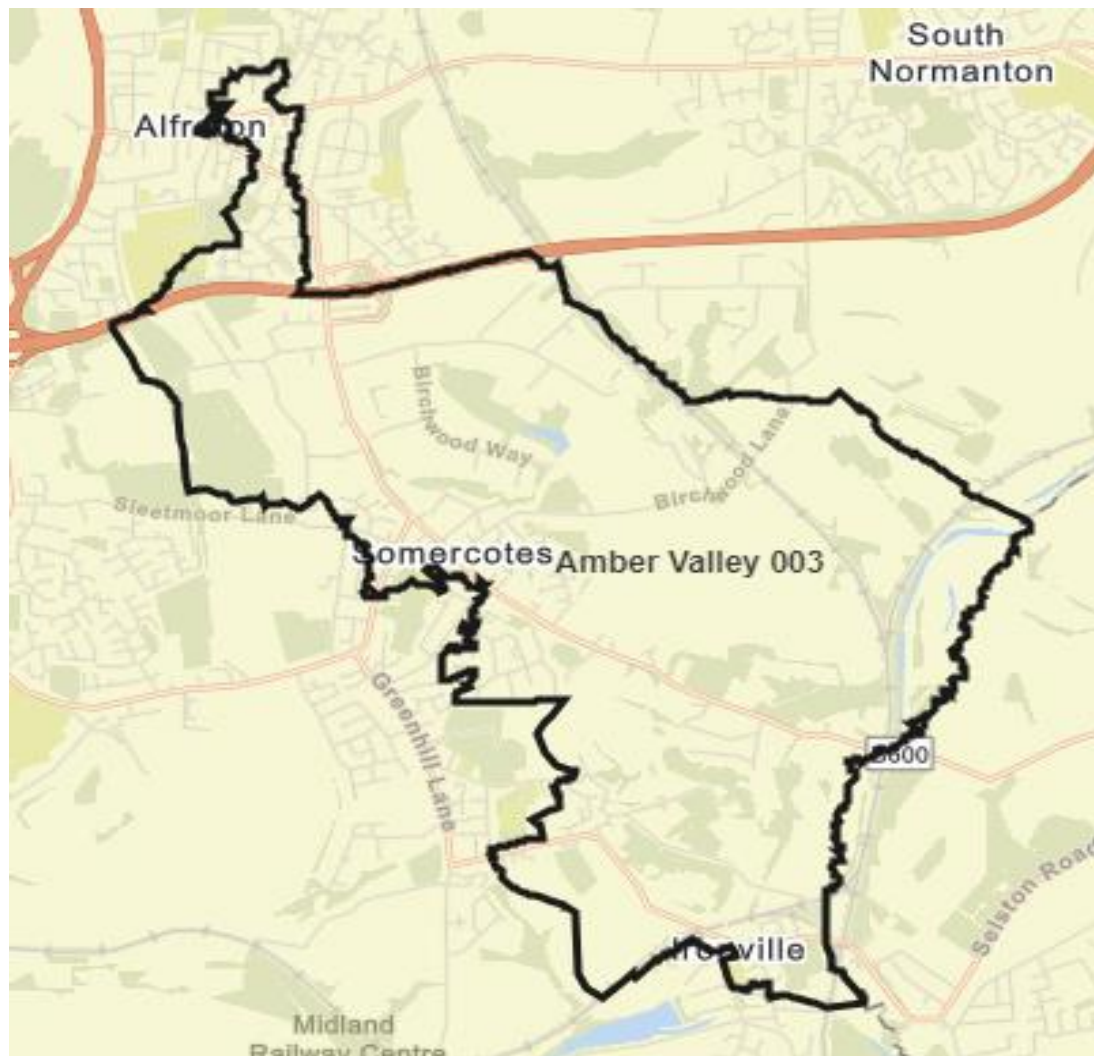
Our Aim is to understand.....



Understand

Barriers and
opportunities to support
residents to walk more.

We are talking to... people who have limiting long-term health conditions and live in Somercotes, Riddings and Ironville who are inactive



- 26% disabled in the 2021 census
- 12% a lot, 14% a little limited.

Most inactive people do nothing

WHO HAVE WE TALKED TO?

31 Interviews – 7 out of 10 women, over 65 and retired (not necessarily the same people)

31 interviews

Area

- Somercotes 14
- Riddings 7
- Ironville 10

Sex

- 7 out of 10 are women
- 3 out of 10 men

Working Status

- 7 out of 10 are over 65 years old
- 7 out of 10 are retired

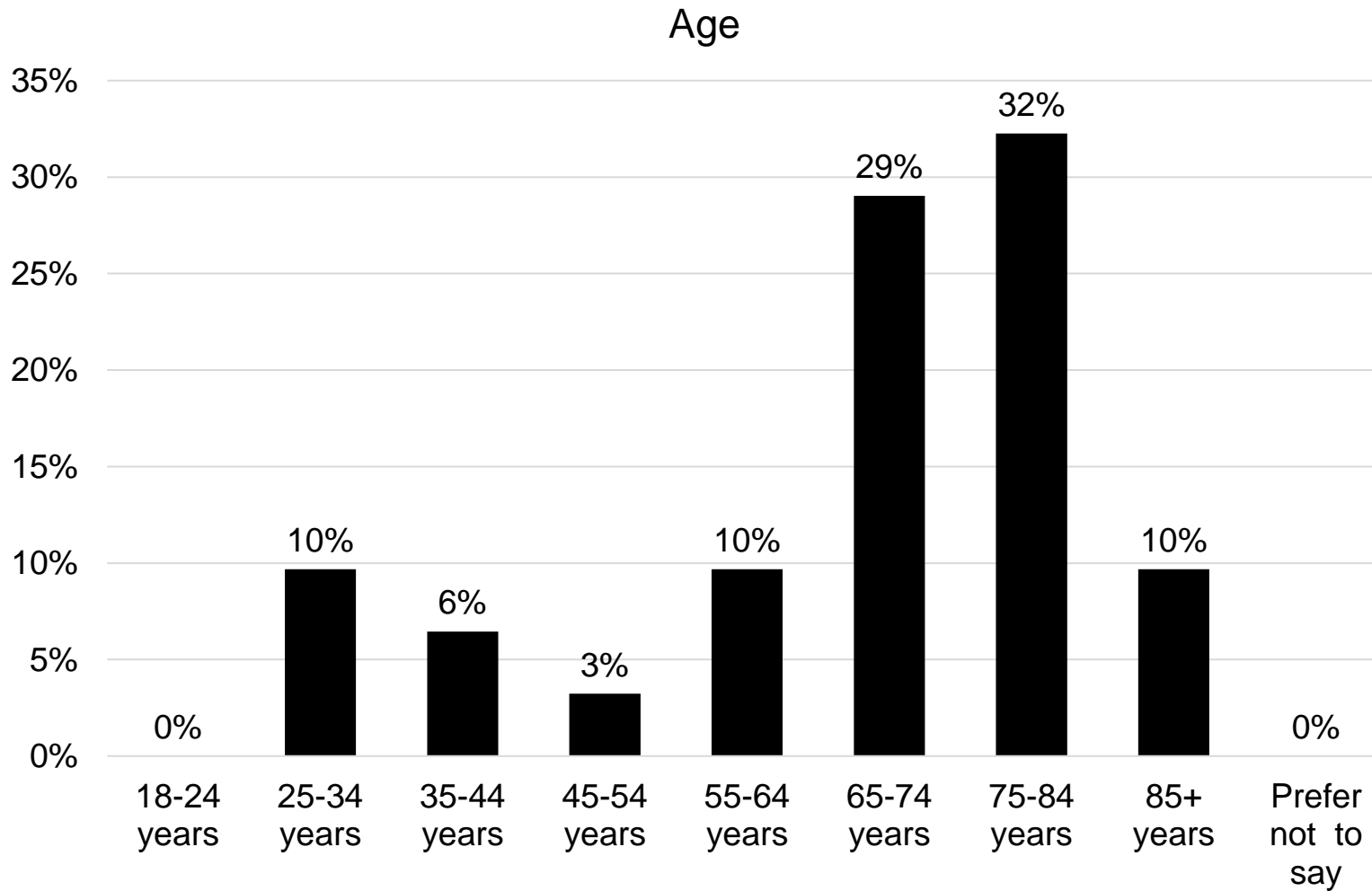
Carers

- Around a quarter are carers

Health Condition

- Nearly all (94%) have a health condition
- About 4 in 10 are limited 'a lot' and 6 in 10 limited 'a little'
-

7 out of 10 are over 65 years old - and retired



Base: 31

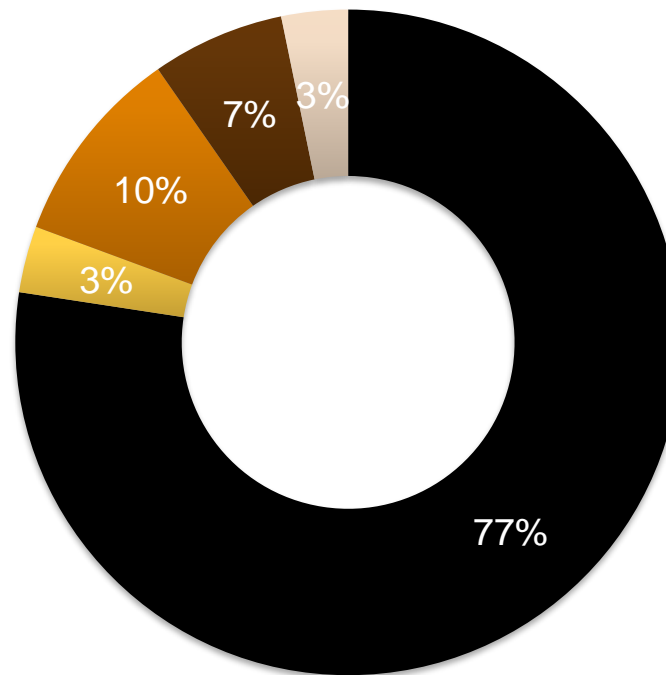
Q: Do you mind telling me, how old are you?



Nearly a quarter are carers of some type (children/partner/other adult)

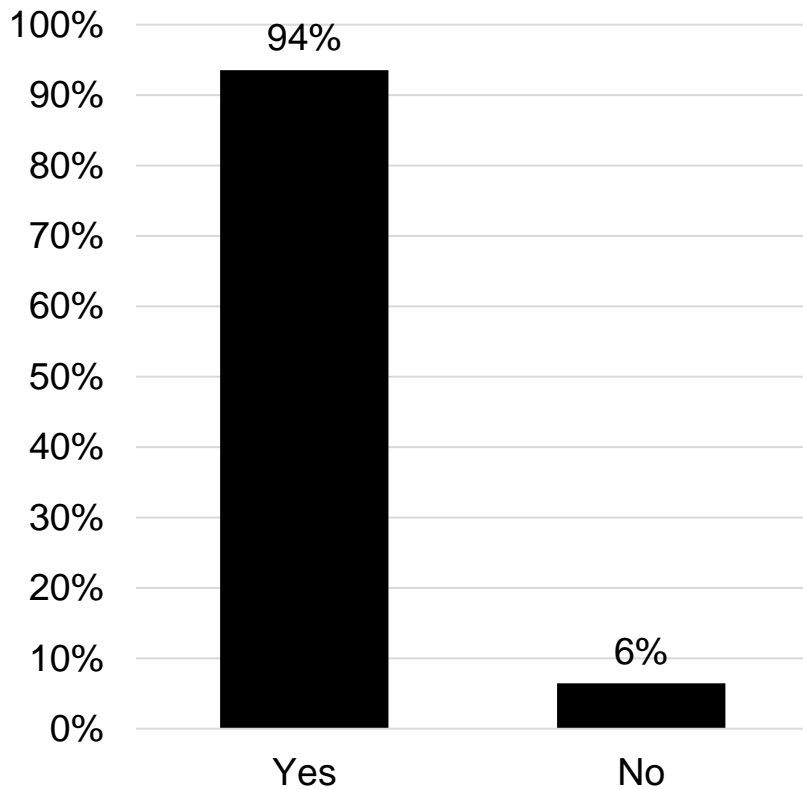
Carers

- No
- Carer of older adult/grandparent
- Carer of children
- Carer Other
- Carer of husband/wife/partner

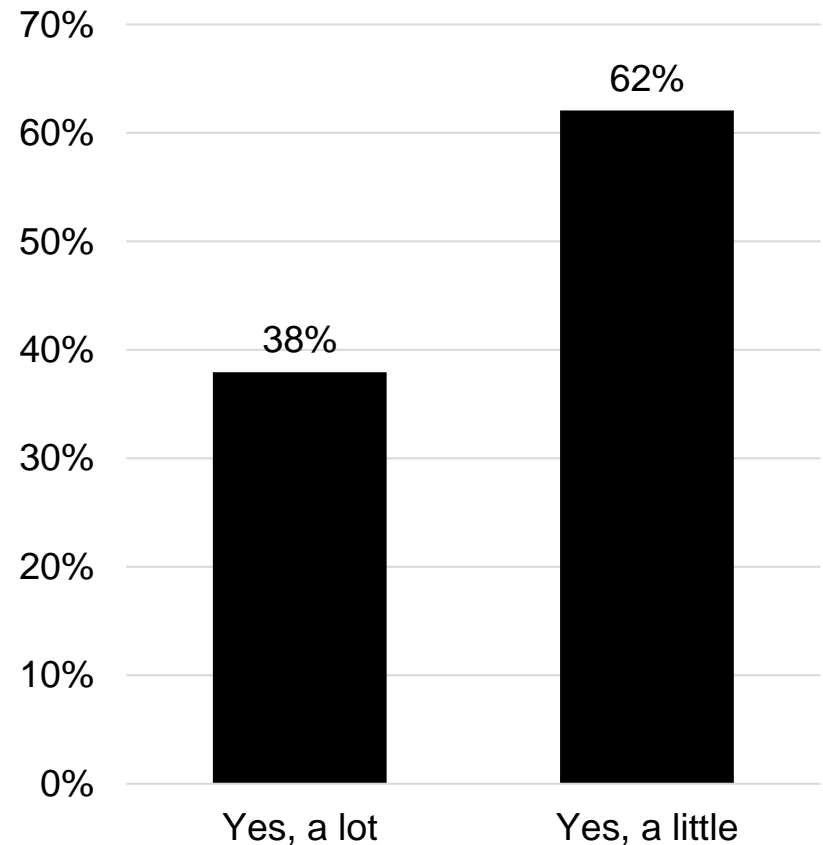


94% have a condition – and (of those) – 6 out of 10 say it reduces their ability to do day-to-day activities ‘a little’ – 4 out of 10 ‘a lot’

Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?



Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?



Base: 31 / 29

Q: Do you have any physical or mental health conditions or illnesses lasting or expected to last 12 months or more?

Q: Do any of your conditions or illnesses reduce your ability to carry out day-to-day activities?

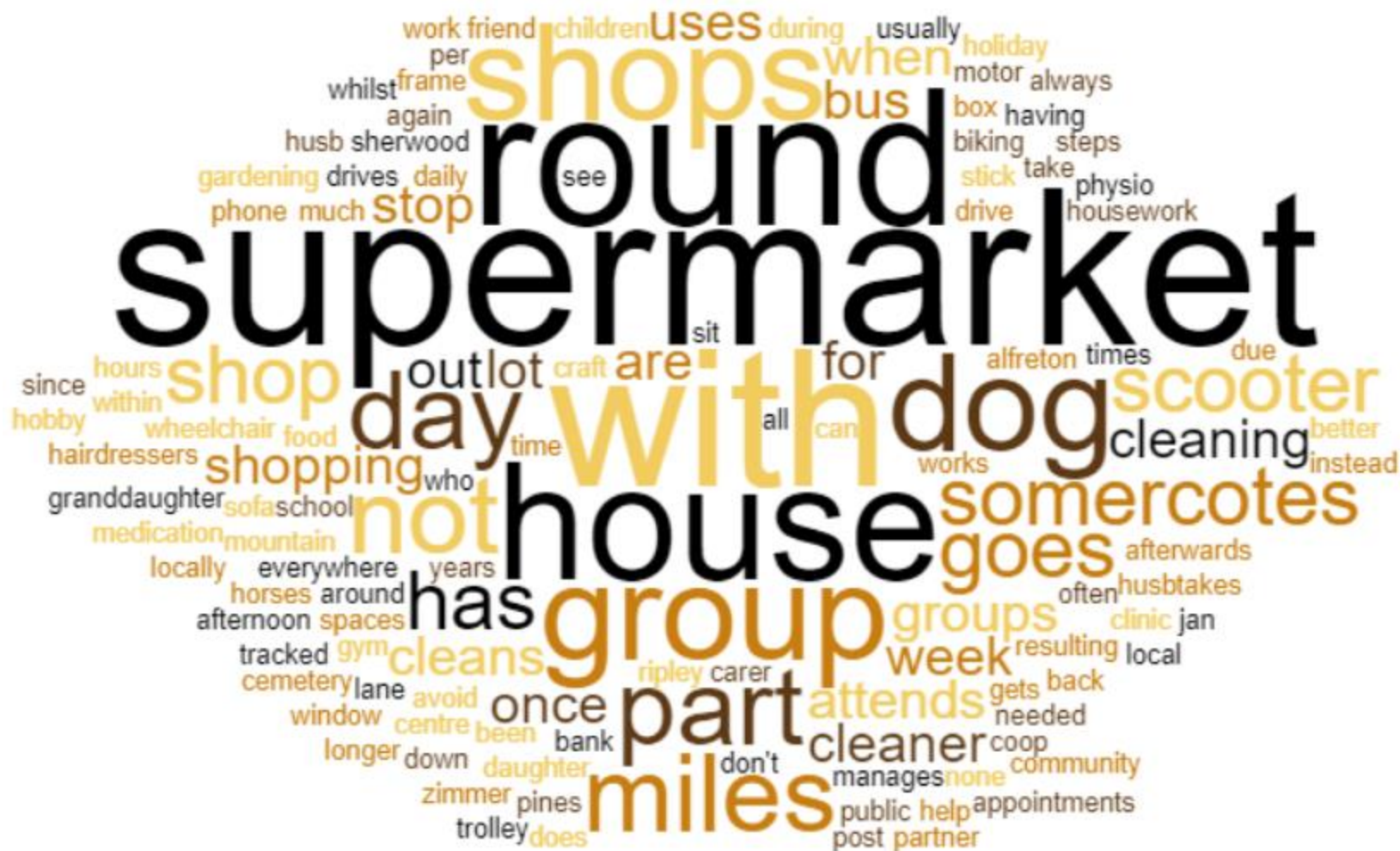


**WHAT DID THEY SAY ABOUT
WALKING?**

What did we ask them?

- ❑ Q9 Do you walk at all at the moment? Prompt for going to the shops, helping family members, appointments, gardening, for work.
 - ❑ Q10 What things stop you from walking at the moment – and how do they stop you? Prompt for health, disability reasons, other reasons, and probe for how they stop them walking.
 - ❑ Q11 What would help you to walk more? Prompt for people to walk with, different places to go, pavement conditions, benches, more time to get to work, road safety, safe footpaths, lighting etc.
 - ❑ q12 Is there anything else you would like to say about walking? Reflections
-

Q9 Do you walk at all at the moment? – All Respondents



Base: 31

Q: Do you walk at all at the moment?

Excluding "and", "the" and "walk", "walking" etc.



Summary – early findings of those who walk and don't (much)

- Those who walk do it for a number of different reasons:
 - For work:
 - For local facilities:
 - For leisure/pleasure/with dogs:
 - For exercise:
- Those who don't walk (much):
 - Walk because it's incidental (e.g. round the supermarket)
 - With help: either with the help of mobility aids or a partner/family/friends
- Those who are 'limited 'a lot'
 - Although some do walk –others don't walk at all
 - Barriers including using mobility aids which prevent them from walking/far; conditions preventing them from walking or if they walk, impact on day-to-day activities later.

Some examples....of those who don't walk (much)

- ❑ Walks to shop - in wheelchair 90% of the time walks round the house
- ❑ Uses stick manages to go out with daughter
- ❑ Been out once in 2 years walks with walker around the house
- ❑ Walks to bus stop avoid public spaces walks round supermarket - often resulting in a sofa day afterwards
- ❑ Walks to the bus stop walks round the supermarket - gets to the supermarket on a scooter day centre - again goes on scooter
- ❑ Walks with husband takes Zimmer and can sit on it when needed
- ❑ No walking at all
- ❑ Uses walking frame and motor scooter goes down the lane to see the horses, supermarket

Help to walk more including barriers we can and can't do something to help

- Barriers we can't do much about:
 - Terrain - it is hilly where I live which is a problem
 - Weather "got a dog which I thought would help me walk more"
 - Car confiscation: - "take my car off me " uses car more than should
 - Time which can't be changed at the moment due to husband's condition
- Individual health conditions:
 - "knees are knackered"
 - getting rid of vertigo
 - do as much as I can my back is my biggest issue
- Nothing:
 - Nothing right now feel like I do enough walking during my working days
 - nothing "my feet are always killing me" " I know I have to walk to keep moving but I do as much as I can right now"
- Barriers we can do something about:
 - Literal barrier - have barriers to access the park that I get my wheelchair through

Support in different forms, and information in different ways can act as enablers

- Groups:
 - movement with wheels group would be great
 - Buggy walks as one of the children is in a pushchair
 - indoor walking groups when weather is bad
 - walking groups that did 10 miles would be good
- Individual support:
 - walking with a friend lady at the group offered to go with her
 - Couch to 5 X would be great walking group not suitable
 - Assisted walking - holding my arm
- Confidence building:
 - wouldn't go out alone due to confidence and ability to walk
- Information:
 - Finding out more about local low level walks
 - walks that are familiar:

Positive benefits of walking well understood by many

- Many miss walking:
 - I loved it and lots of walks around here I really miss it
 - Would love to walk more but cant do it " as simple as that"
- Positives of walking:
 - Good for mental health and heart
 - Its a good thing Fresh air Feel better and make friends
 - Everyone should get out and do it notice your surroundings - nature good for your mental health (5 ways to wellbeing).
- Groups have positives and negatives
 - Can enjoy a walk not interested in joining walking groups
 - Would like dog walking groups - my dog is 9 years old
 - U3A have a walking group which is an option if I wanted to go
- Help needed by some:
 - if someone was able to assist with walking I could do more
- Barrier - Public Transport:
 - Used to walk every day buses are an issue
 - Would go on a bus to a walking group but no buses