



**MOVE MORE
COTMANHAY**

ACTIVE NEIGHBOURHOODS

NEWSLETTER

August 2024

COTMANHAY CONVERSATIONS SURVEY

 Thank you very much for taking part in the Cotmanhay Conversations – Walk Derbyshire Active Neighbourhood Pilot survey.

Over the last year Parkside High have been busy gathering views from people about walking locally, you probably heard about the survey at one of the events last July or August. Now the survey has finished, 245 people took part and here are some of the interesting things we found out:

Three key themes emerged from the survey: Access, safety & supported walking.



90% of people who completed the survey said they did walk for more than 10 mins each day. Walking for leisure/fun was what motivated most people to get out and about, but walking for tasks and to get to and from work or school was also an important motivation.

56% gave examples of something that stopped them walking in and around Cotmanhay). Of the things people identified as stopping them walking 60% related to safety issues, 22% related to access and 18% were other issues.

There is a wealth of information also available in the comments you made and these are being analysed in detail. The next steps

are to generate an action plan to help motivate and enable people in the Cotmanhay and Ilkeston area to lead a more active life.

“ If physical activity were a drug, we would refer to it as a miracle cure due to the great many illnesses it can prevent and help treat ”

Quote from UK Chief Medical Officers.

The UK Chief Medical Officers (CMO) have said: ‘If physical activity were a drug, we would refer to it as a miracle cure, due to the great many illnesses it can prevent and help treat’. Increasingly the multiple benefits of being able to lead an active life are being fully appreciated and the aim of the work in Cotmanhay over the next year is to help achieve this.

CAN YOU HELP?

We are looking for people interested in shaping these ideas. If you would like to get more involved please contact us.


movemorecotmanhay@parksidehigh.co.uk




Collecting Surveys From Local People



Move More Cotmanhay and Walk to School Week


COTMANHAY CONVERSATIONS
Stage 1 - Complete


MOVE MORE COTMANHAY
Stage 2 - The Doing

WE HAVE EVOLVED...

The Active Neighbourhoods project for Erewash has evolved. Now we have completed Stage 1 and the talking & listening is complete, Stage 2 is the “doing”.

The project will now be known as Move More Cotmanhay.

 The POD 17 Summerfields Way
South, Ilkeston, Derbys DE7 9JJ

 movemorecotmanhay@parksidehigh.co.uk

GET IN TOUCH...



THE TEAM EXPANDS

The project now has a dedicated member of the team – Corinna started in June and works 10 hours a week on the project, supported by youth workers and staff at Parkside High. Corinna has always loved the outdoors and regularly walks her dog Oakley, she's no stranger to the Ilkeston area having worked here previously and lived in Derbyshire all her life. She looks forward to welcoming you to take part in events and activities.



LOCAL PEOPLE WANTED...

...TO KEEP A WALKING DIARY AND SHARE YOUR EXPERIENCES



We are looking for volunteers to keep a diary of walking and share their stories of walking to help inspire other

people. Your information would be used in future newsletters and social media posts, you would choose how much or little information you want to share. If you would like a walking diary emailing or posting to you, please get in contact: movemorecotmanhay@parksidehigh.co.uk

WALK LEADER TRAINING AVAILABLE

FREE TRAINING
31st OCT
10 - 3pm



If you are interested in taking groups of friends out walking then take a look at the FREE Walk Leader Training organised for October, if there is enough interest then other courses may be organised, potentially at weekends and evenings.

Please contact to book your space:
becci.carter@erewash.gov.uk

WALK DERBYSHIRE APP LAUNCHED



A new FREE app for your mobile phone has been launched by Walk Derbyshire, it is a community led tool helping you find and explore local outdoor spaces and short walks in your neighbourhood. Explore a range of outdoor spaces from parks to heritage sites and even short walks.



Notice a famous local space or route missing or have a short cut you like to take, then add it to the app and share it with everyone.

Available now - download here:
walkderbyshire.org.uk/about-walk-derbyshire-2/walk-derbyshire-app/