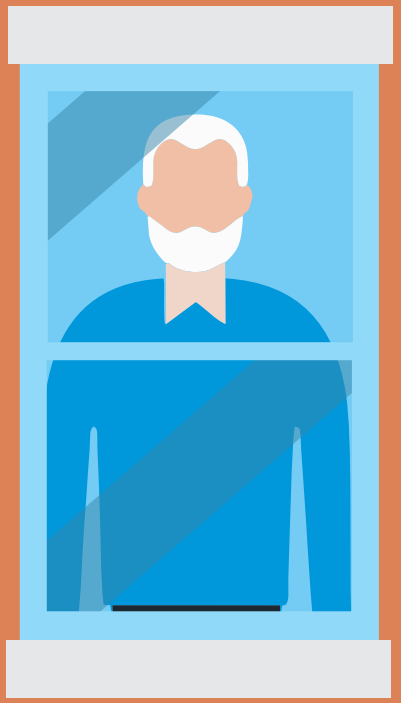
Amber Valley Housebound Engagement Project

During Autumn 2025 the **Walk Derbyshire** Consortium and **ARCH PCN Home Visiting Service** worked together to engage with housebound patients from **Somercotes Medical Centre and Jessop Medical Practice**, to find out how much they move/walk/wheel around their home and garden, and if they would like support to be more active.

166 house-bound patients were identified by the two GP surgeries. A number of patients were not approached to participate due to recently being bereaved, being acutely unwell or receiving palliative care.



40

consented to be involved in the study:

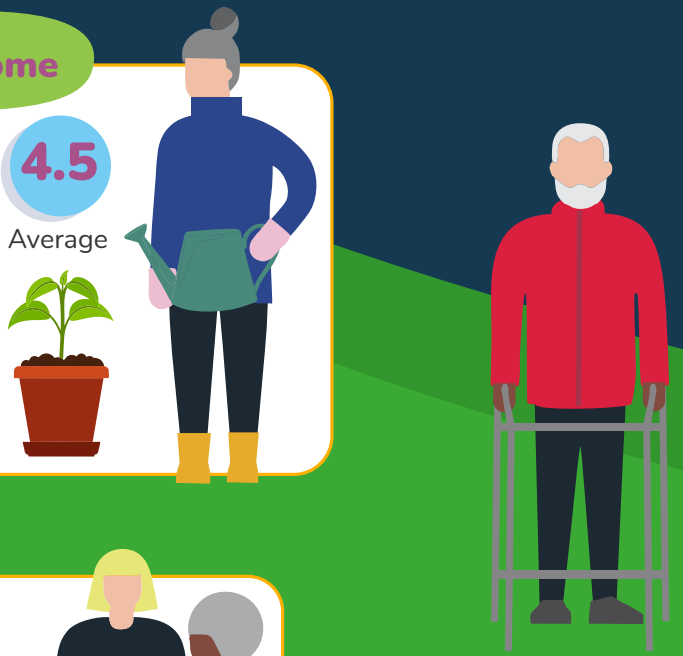
- Youngest **61**
- Oldest **99**
- Average age **84**

Care status:
34 of these cared for, *none as carers.*

Activity in the home

A grading system was created 0 - 9.
0 being not mobile at all and 9 being able to complete full gardening tasks including mowing.

4.5
Average



Activity out of the home

23
managing to get out socially with transport/ family.

Hospital appointments

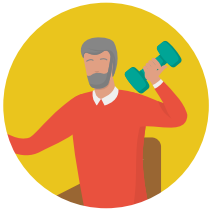
- **19** family transport
- **13** hospital transport
- **3** taxi
- **3** mixed options
- **4** do not attend



Barriers to moving more

- Age and frailty
- Health conditions/comorbidities
- Poor mobility, falls, fear of falls
- Feeling short of breath

Would like to move more



25 would like to move more

Some said they:

- want supported transport to activity outside of the home.
- want support in the home: variety – TV/ home based/one to one.
- would like either home based activity or to be taken somewhere.

Next steps

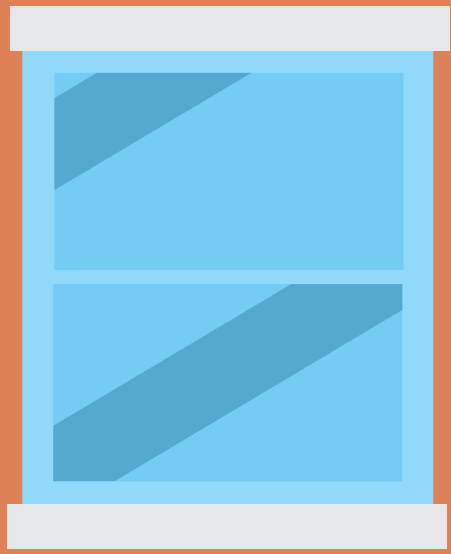
ARCH PCN gained permission to share details with the Couch to 5X team who have started to contact those who would like support to move more.

Couch to 5X supports participants to set their own small, achievable movement goals with a mentor's support. The "X" stands for five weekly actions – which could be anything from leg stretches while the kettle boils, to following a chair-based exercise class online or being able to walk to their garden.

Work will continue with ARCH PCN to develop how housebound patients are identified on an ongoing basis and to establish their needs and wishes regarding how much they move. Work will also take place with Derbyshire Carers to understand the needs and wishes of carers about their own movement.

Couch to 5X can give people the confidence to take that first step. By focusing on everyday movement, it can help residents build independence and potentially reconnect with their community.

If you'd like further information about Couch to 5X contact chrisfrost@avcvs.org



www.ambervalley.gov.uk/movemore

