



HEALTH & SOCIAL CARE



High Peak Borough Council

Move More High Peak

They may be two words with just one different letter between them - `move` and `more` - but when put together they are very powerful when it comes to improving physical and mental wellbeing.

Move More High Peak is a ten-year strategy launched by High Peak Borough Council in Derbyshire in 2023 setting out why moving is important, what needs to be done to enable people to get involved, and how the Council and its partners will go about it.

The benefits of moving more for our physical and mental health are well known. The Council and its partners have been busy working with individuals, communities and organisations across High Peak to boost their health and wellbeing by building movement into their daily lives and joining what has been called the `Movement for Movement`.

Local authorities providing leisure services will know that being active for more than 150 minutes a week is enough to benefit your health.

But in High Peak we discovered that 21% of people do less than 30 minutes physical activity per week and 14% do none at all – that was over 1 in 10 of our residents: 10,000 people who don't do any physical activity out of a borough population of about 100,000.

A strategy was therefore developed in partnership, with a collaborative approach taken. Together, the aim was for everyone across the High Peak to move more every day and to provide greater support to those that need it most.



Canal walk near New Mills

Two years into delivering the strategy, the Council feels proud and privileged to have led the development of Move More High Peak with its range of partners who all share the same aspiration - supporting people across the borough to be more active every day to boost their wellbeing.

The drivers were improving public health and taking a place based approach. We wanted to build on Sport England's investment into local authorities through its Active Partnerships programme. We therefore decided to create Towards an Active High Peak in 2017.

Building on from this work and the experiences of the pandemic, it was then decided a strategy was required but one which needed to be sustainable. Hence co-production with partners was agreed as the way forward, taking a bottom up approach rather than a top down approach, therefore ensuring there was real ownership in what we were trying to achieve alongside our various partners.

We invited people to reimagine how they can move more in their everyday lives, from walking and gardening, to the perhaps more recognised activities like going to organised fitness classes, swimming or playing sport.

We had assets like our parks, leisure centres and leisure facilities. But the challenge was to extend their use to those individuals who did not actively use these facilities, as well as to explore new ways of encouraging people to move more.

It was a combination of changing behaviours, identifying opportunities with partners, working with the community to design and co-produce activities and programmes, and gaining the support of public health providers including GPs who might encourage their patients to try walking to improve their health, for example.

The main partners are High Peak Borough Council, High Peak CVS, High Peak School Sports Partnership, Derbyshire County Council Public Health, My Active, New Mills Volunteer Centre, Active Derbyshire and The Bureau Glossop (a community wellbeing charity).

All have recognised that being active not only helps individuals but benefits communities and wider society too, and has positive knock-on effects on the economy, environment and the NHS.

Case studies, which show how the strategy is developing, include:

- New Skate Park at Cote Heath, Buxton - a group of people passionate about the re-development of this space got involved with discussions about draft designs for a new skate park to replace an old one. The result has been a state-of-the art skate park costing £250,000 that opened late last year.
- Pavillion Gardens, Buxton - Move More High Peak helped bring parkrun and parkwalk to the town in 2023, creating a new community group of volunteers. This has led to a Move More Active Trail map being created so you can undertake a 2km or 5km run or walk in your own time, or exercise along the route with lunges, press ups, squats, jacks or planks. The concept has now been adapted at Manor Park in Glossop.

Throughout, the Council recognises that achieving its vision and delivering the strategy requires a collective effort from individuals, communities and organisations. The Council and its partners want everyone to get involved and has called on residents to help by:

- Being a Move More advocate - share the strategy and consider how your community or organisation can get involved
- Inspiring others to move more - share why it matters to you and ask others why it matters to them and how they would like to get moving more
- Working with us to implement the priorities set out in the strategy

Collectively, there is more to be done but so far the strategy is moving in the right direction.

You can read about Move More High Peak at www.movemorehighpeak.co.uk

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