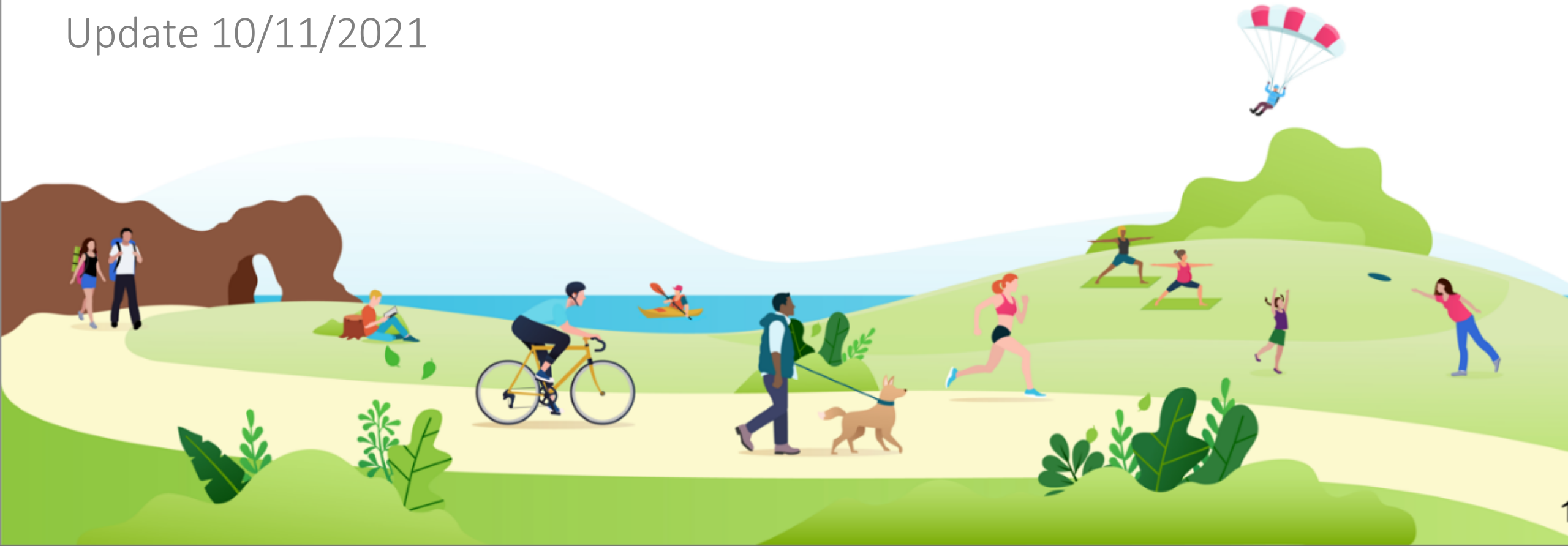


A movement for movement

Update 10/11/2021

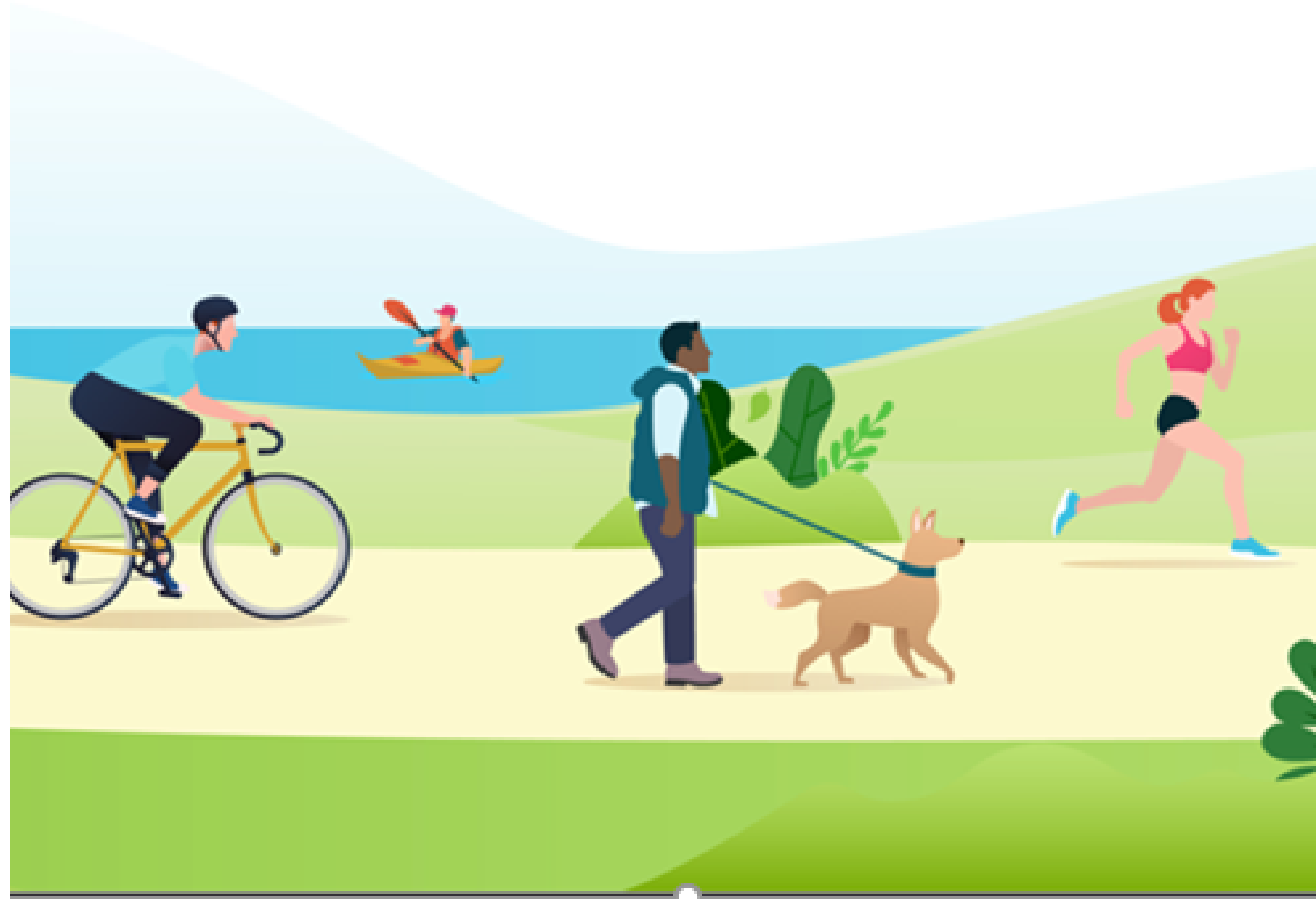


Active Dorset



Today

1. Story so far
2. Current focus
3. Your help



Dorset adults

May 2020 – May 2021 Sport England Active Lives

65%

were active
150+ minutes
per week

12.6
%

fairly active
30-149
minutes per
week

20.9%

were inactive
less than 30
minutes per
week

Dorset children

September 2019 – September 2020 Sport England Active Lives



were active
60+ minutes
per day

were fairly active
30-59 minutes per
day

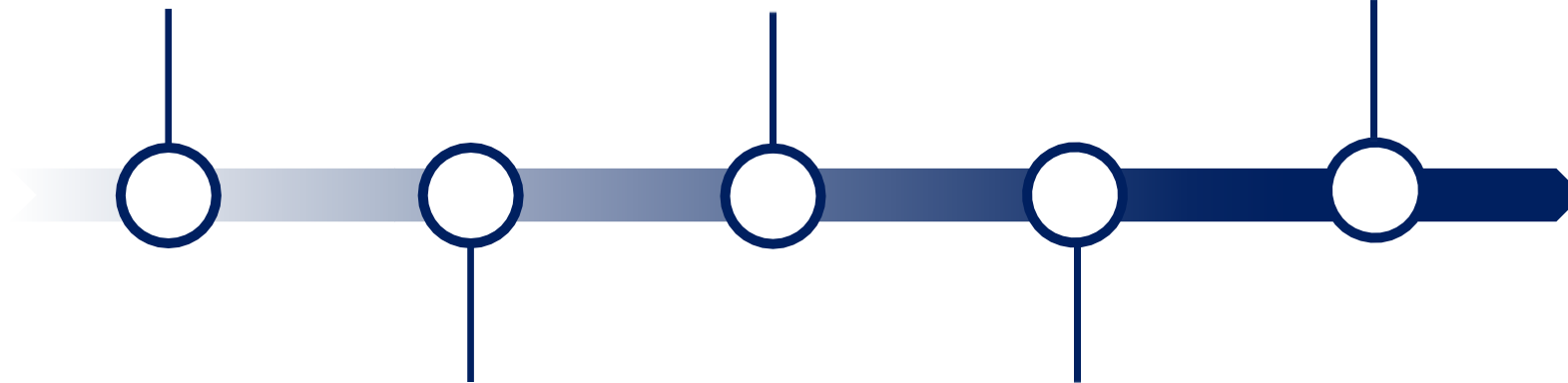
were less active
less than 30
minutes per day

So far

Discovery: an online conversation about the barriers and enablers of moving more

Workshops: We used our map to identify the 'story' that drives inactivity

Sharing: We shared and tested our findings with others



Workshops: mapping the system that shapes how much we move in Dorset.

Workshops: We asked where the opportunities are to enable us to move more

A movement for movement: making it happen in Dorset

Everybody Active, Every Day: 5 years on & what's changed?

PHE review in August 2021:

- **Active society** – focus on those most inactive
- **Active environments** – work to deliver practical examples of active environments
- **Mobilising professionals** - encourage further collaboration between social prescribing link workers, sport and leisure transport, public health, and communities



A movement for movement in Dorset: our three priorities

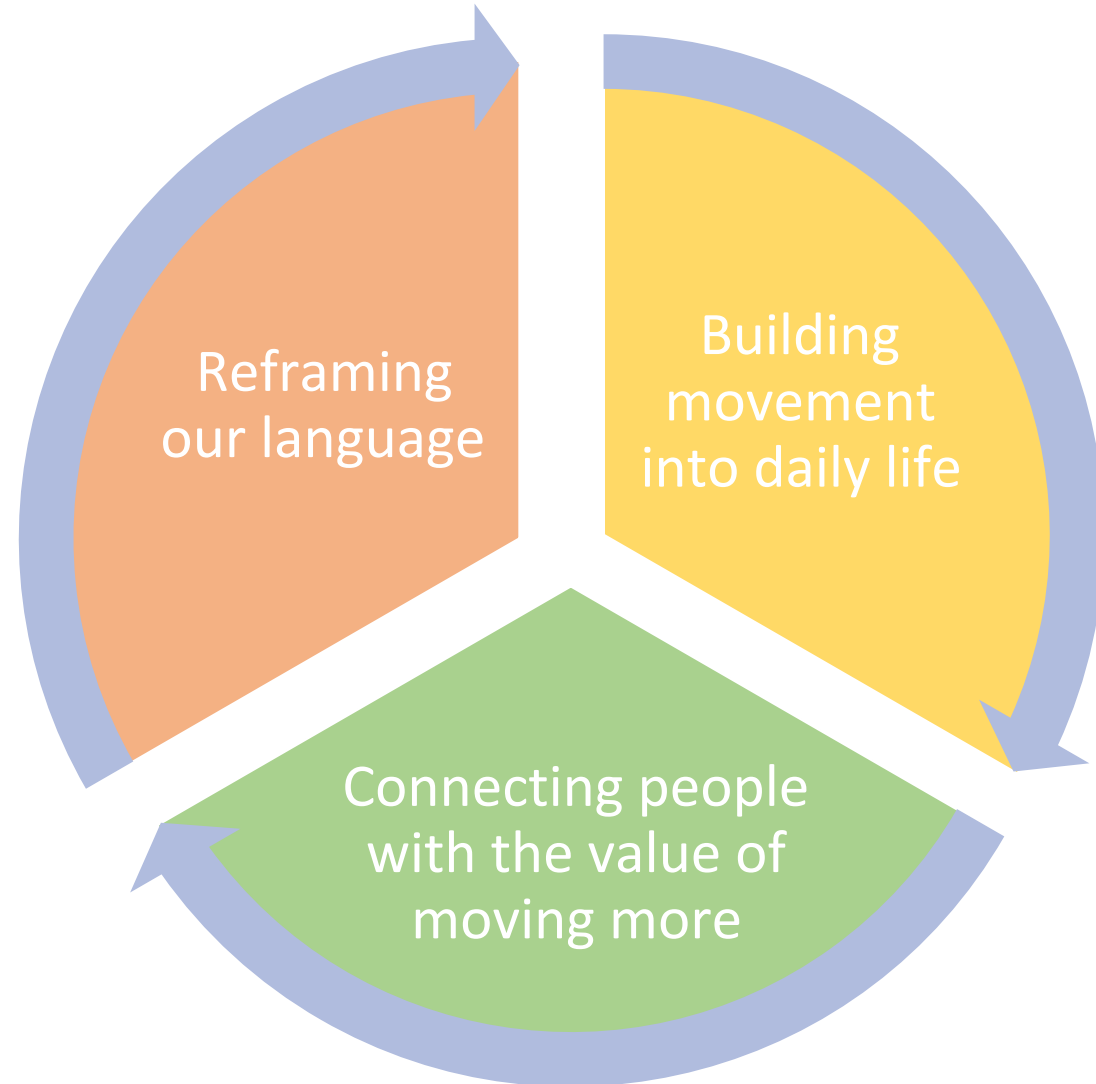
Catalysts for accelerating change



Collaboration & influence



Connecting & sharing





Priority 1: Reframing

Catalysts for accelerating change

A toolkit for reframing hosted by Active Dorset

Connecting & sharing

Communication on decoupling risk & long term conditions

Some is good, more is better

It's never too late to start

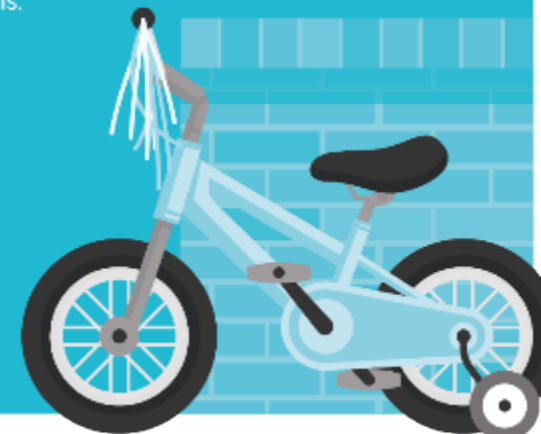
Every minute counts



The consensus statement on the risks of physical activity for people living with long term conditions determines that the benefits far outweigh the risks and it is safe, even for people living with symptoms of multiple long term conditions to be active.

1. The benefits outweigh the risks

Physical activity is safe, even for people living with symptoms from multiple medical conditions.





Priority 2: Building movement into daily life



Collaboration & influence

The new Local Plan has the potential to 'lock in' how much communities move in development location & design

Catalysts for accelerating change

Workplaces – Active Dorset consultation on how workplaces can support people with long term conditions to move more

Collaboration & influence

Dorset Rights of Way improvement Plan





Priority 3: Connecting people with opportunities to be active

Catalysts for accelerating change

Connecting & sharing

NHS
University Hospitals Dorset
NHS Foundation Trust

Outpatient assessment clinic @ Dorset Health Village





Top floor of Beales department store in the Dolphin Centre to be used to help tackle NHS waiting lists

is possible in existing clinics across our hospitals. Thanks to the location within the Dolphin Centre with all the local amenities, it will also be a better experience for our patients who will be seen by appointment only.





Orthopaedic high flow clinic proof of concept proposal

Opportunities

-  Embed the Dorset commissioned Live well Service
-  Well being drop in centre
-  Economic benefits to the town
-  Additional car park revenue

Benefits to the Highstreet

-  Footfall will increase and high street will be reinvigorated as focal point of the community- **potential to bring other enterprises** back to the space
-  **Renewed purpose** or **additional opportunities for complementary business** e.g pharmacy, health food shops etc,

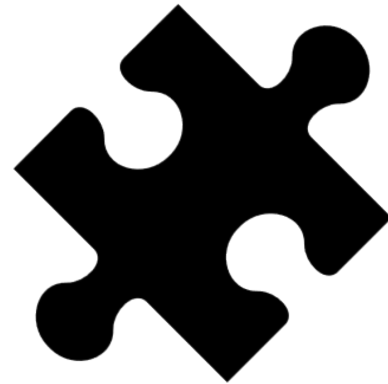
Benefits to the community

-  Additional capacity will help reduce waiting time and enable access to care sooner
-  Provisions of healthcare services close proximity to the Highstreet could help reduce health inequality, by improving accessibility
-  NHS Staff are supported by being able to work in a modern and flexible space
-  Direct marketing opportunity
-  Increased opportunity for public and youth groups to gain experience as a healthcare volunteer
-  NHS Healthcare services **will attract more diverse range of people** who may not otherwise frequent the high street



Your help

- Bring the strategy to life
- Continue to be advocates for movement
- What are we missing?



Thank you

Charlotte Coward  Active Dorset

ccoward@activedorset.org

Rupert Lloyd



Rupert.Lloyd@dorsetcouncil.gov.uk