

Together an Active Future



Ribble Valley
Borough Council

www.ribblevalley.gov.uk



Together
an Active
Future



Together an Active Future

- People who are inactive – Hard to reach
- With/at risk of mental wellbeing challenges
- Life events

- Systems change
- Neighbourhoods/Institutions
- Sustainable

Together an Active Future - Pathfinder

More people, More Active

Make it easier for people to be more active

Ensure there are strong lasting physical activity opportunities

Understand the true reason why people are inactive

Deliver a learning pilot shaped by the local people

Together an Active Ribble Valley – Pathfinder

- Initial research/insight
- Workstreams Identified

**Connecting
Through Schools:**

**Support
people with
mental well
being
challenges to
be more
active:**

**Rural Impact
and physical
activity:**

**Creating a
connection
between
partners:**

**Active
Lifestyle Hub
for Pennine
Lancashire:**

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Where we are up to?



Connecting Through Schools

- St James pilot school
- Partners – Food Active, School Sports Partnership, Active Lancashire, St James
- Plan - Engage/Consultation with teachers, parents, school governors, Head Teacher
- Explore CAS Framework (creating healthy schools)
- Evidence from Active Lives Children and Young people survey

Mental Health/Rural Impact

- Workstreams naturally merging
- Dunsop Bridge pilot area
- Partners – To Hill and back, Woodend farm venue, Outdoors 4 All
- Men's Mental Health – work with Lads United (Clitheroe), Blokes United (Langho)
- Veterans in the Community – starting to look at opportunities

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Where we are up to.....

Creating a Connection

- Bringing partners together, open communication and support partners with a common goal
- Support the development of a partner network to improve awareness of services and increase opportunities for people to be active
- CVS, GPs, Physios, Voluntary Groups, CICs

Active Lifestyle Hub

- Health Activators in post, working with CVS Community connectors and other professionals
- 12 weeks structured exercise support for inactive people
- Working with Roefield to deliver sessions
- Exit Routes

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**HELPING LOCAL PEOPLE GO....
FROM NOTHING TO SOMETHING AND
SOMETHING TO MORE**

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THANK YOU