



# **When we** move, **we're stronger**

**We're All Active Calderdale  
Impact Report**









# Contents

## 1. **We are Calderdale**

The Calderdale Borough

## 2. **We are Active Calderdale**

Our approach

Theory of Change

## 3. **When we move, we're stronger**

The difference we're making to people's lives

## 4. **Our Priorities**

More People (Adults & Children and Young People)  
who are physically active

Fewer People (Adults & Children and Young People)  
who are physically inactive

More Children and Young People who have a positive  
experience of sport and physical activity

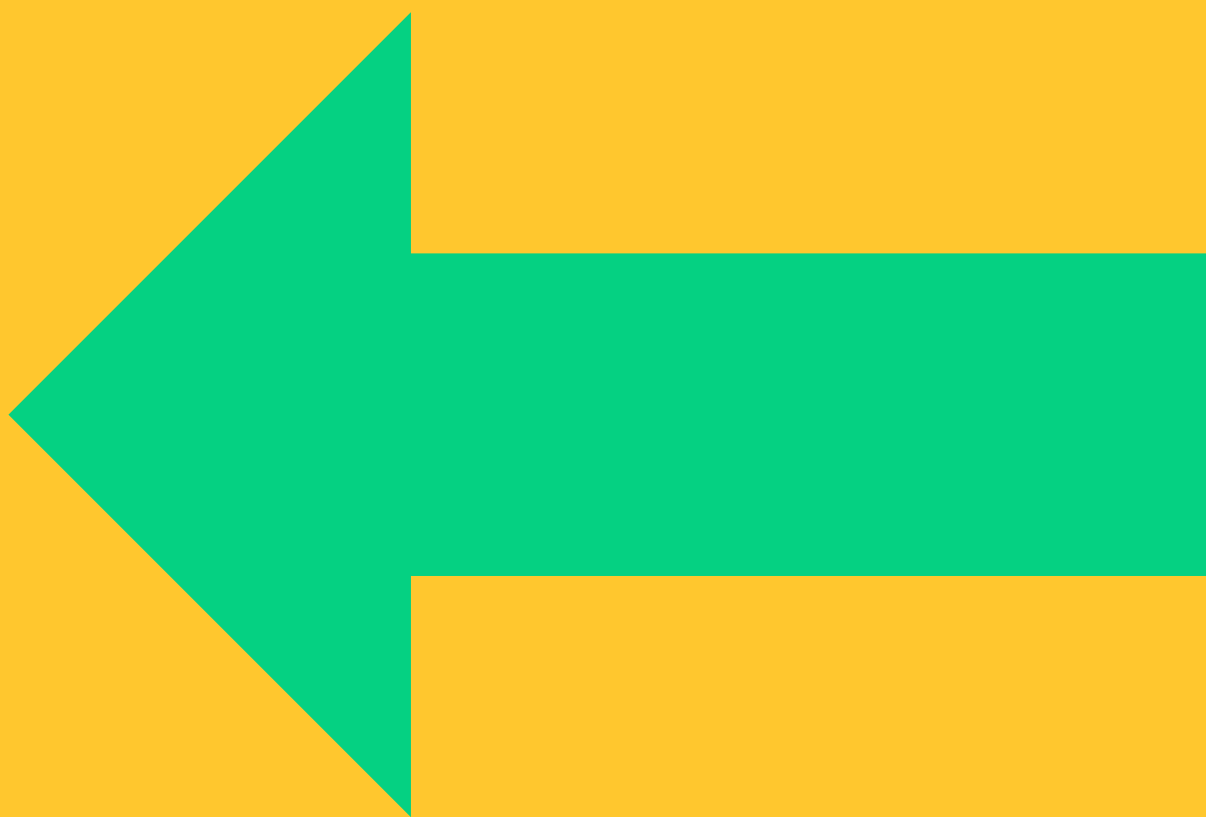
Narrowing of inequalities in physical activity levels  
across demographic groups and geographic areas

## 5. **We're all Active Calderdale**

How the system is leading the way making physical  
activity embedded as part of day to day life in  
Calderdale.



**We are**  
*Calderdale.*



**We are Calderdale**

# The Calderdale Borough

Calderdale is one of the largest boroughs in England by area, covering a blended mix of rural and urban landscapes. This mix creates unique barriers but also unique opportunities regarding physical activity.

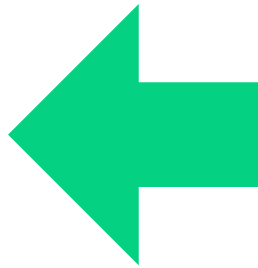
The social and economic disadvantage of these neighbourhoods leads to lower levels of physical activity and poorer health outcomes, creating a compelling need to address physical activity inequality in Calderdale.

**We have 19 neighbourhoods within Calderdale that fall into the top 10% of most deprived areas nationally. About 40.1% of Calderdale's population lies in the top 30% of most deprived IMD (ONS, 2021).**



# Calderdale Population

206,631



51.3%

Female



13.9%

Ethnic groups

Predominantly Asian,  
Asian British



18.3%

Disabled

Classified under  
the Equality Act



21%

Aged 50-64

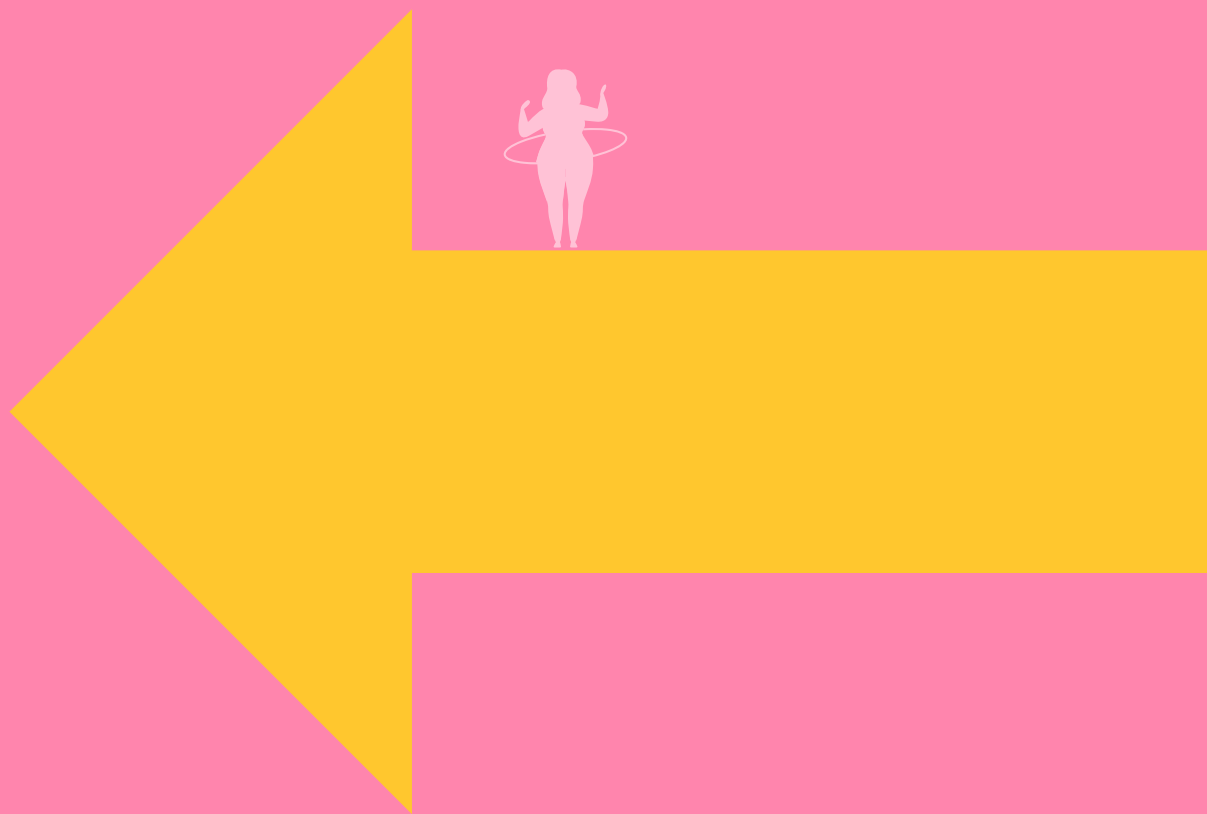


18%

Aged over 65

# **We are Active** *Calderdale.*

**Enabling local  
residents to feel like  
they can be, want  
to be, and have the  
opportunity to be  
physically active.**





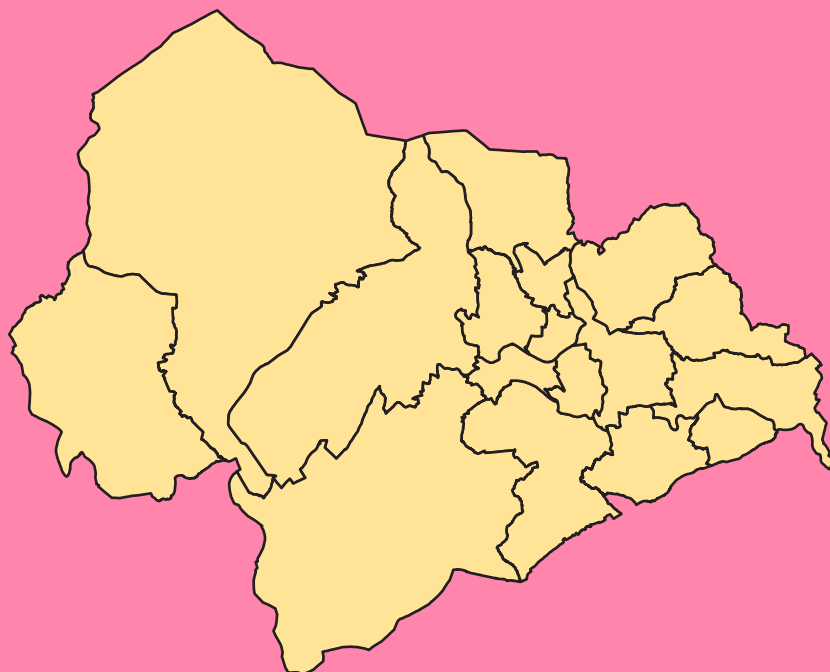
**We are Active Calderdale**

# Our approach

The Active Calderdale strategy is seeking to create conditions in ten system areas that enable local residents to feel like they can be, want to be, and have the opportunity to be physically active.

**Our mission is  
to work with  
communities  
to make physical  
activity an embedded  
part of day to day life  
in Calderdale.**





## Opportunity for impact

Places that have the greatest opportunity for impact:

**Mixenden**  
**Lee Mount, Ovenden & Illingworth**  
**Warley**  
**Boothtown, Siddal, Town Centre**  
**Ryburn / Sowerby Bridge**

**Todmorden**  
**Park**  
**Elland**  
**Brighouse / Hipperholme & Lightcliffe**  
**Cornholme / Portsmouth**

## Priority Groups



Lower  
socio-economic



Women



Elderly



Disabled



Black & ethnic  
minority

## Principles

### Targeted

To where  
the need is  
greatest

### Co-Designed

Involving the  
desired audience  
in everything  
we do

### Collaborative

Utilising and  
building on the  
community  
assets that  
already exist

### Sustainable

Redesigning services  
and systems so physical  
activity promotion and  
enabling people to move  
is embedded as part  
of what they do.

# Theory of Change



# Designing physical activity for all, into 10 areas that make up the assets in our communities



## Health & Social Care

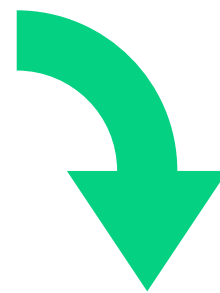
Provide encouragement, support and opportunities

## Voluntary & Community Organisations & Services

Provide encouragement, support and opportunities

## Workplaces

Provide encouragement, support and opportunities



## System Wide Change

- Physical activity is prioritised by each system
  - Physical activity embedded in strategies
- To demonstrate the value of physical activity
- Accountability for physical activity embedded across the system

## Local Residents

Provide encouragement, support and opportunities

## Educational Establishments

Provide encouragement, support and opportunities

## Sport

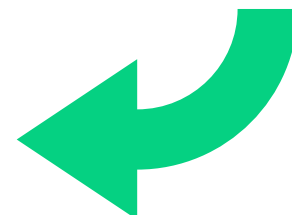
Is accessible, inclusive and diverse

## Walking & Cycling Infrastructure

Is safe, accessible and well connected

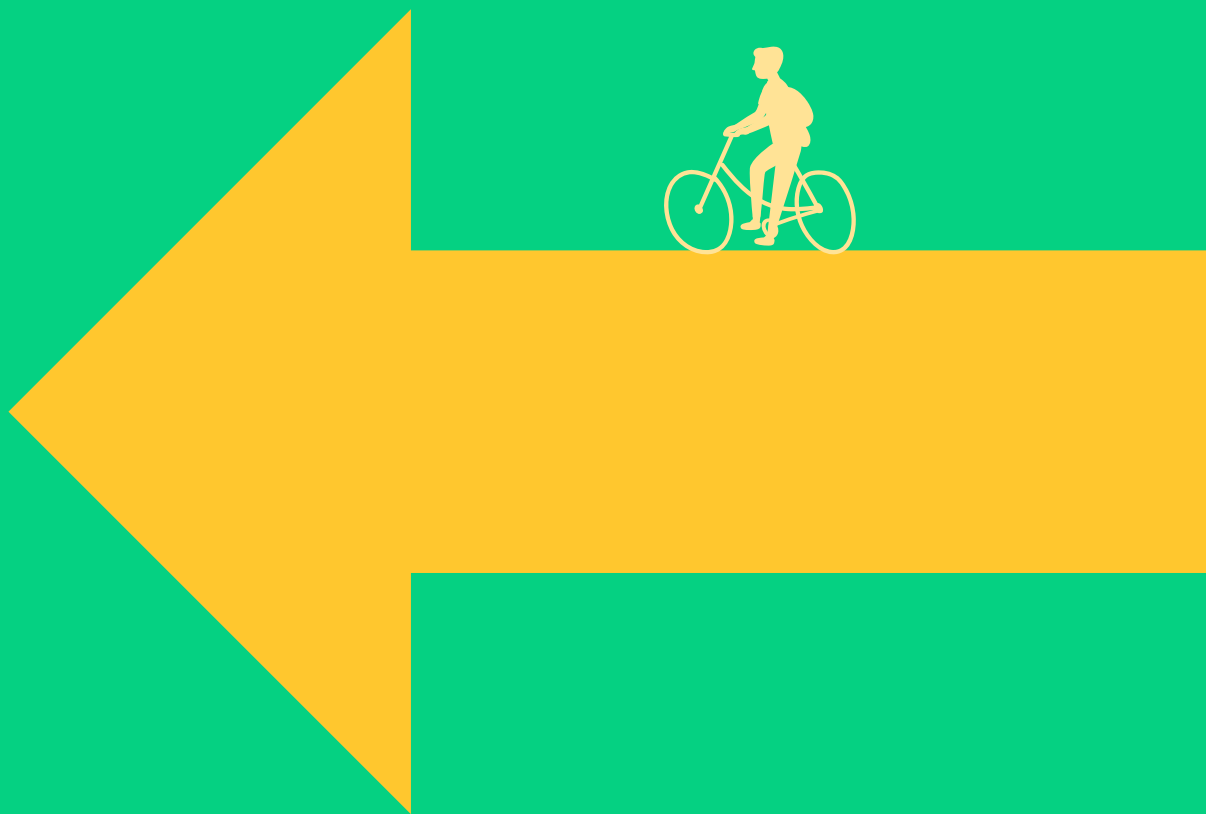
## Leisure

Is accessible, inclusive and diverse



**When we move,  
we're stronger.**

Detailed in this  
section we highlight  
people who are  
benefitting from  
the work and the  
difference it is  
making to them  
and their lives.





**When we move, we're stronger**

**When we move,  
we are happier**

**Satisfaction  
& Happiness –  
Calderdale  
residents  
moving and  
being happier.**

“Since coming to walking cricket, I’ve developed a more positive approach to things and in general I’m a more happy/social person. This break from being at home has brightened my week.”

**(Cricket Asylum Participant)**





**"This project gave me the motivation to continue adding a little more activity into my life. I feel able to take challenges head on and I'm happier with myself."**

**Alosa, Noah's Ark's Therapeutic Services**



**"I've been coming to do the exercise classes and walk more in life now. I am happier when I do more, I was so depressed when I was stuck in a wheelchair. But now I am alive again."**

**Mrs 'A', Women's Activity Centre**

**"I have never managed to commit to a fitness programme until now. Not only has it propelled me to do more exercise, but it's also helped with my mental health, and I feel more content."**

**Tina, Cornholme Yoga**



**"I'm out walking nearly every day because you bought me a coat and some walking shoes! When I feel a little low, I go out, get some fresh air and exercise, and it lifts me."**

**Noah's Ark user**





**When we move, we're stronger**

**When we move,  
we are calmer**

**Life Worthwhile  
& Anxiety -  
Calderdale  
residents moving  
and being calmer  
and less stressed.**

**"Engaging in physical activities, whether it's dancing, playing sports, or simply going for a walk, provides a much-needed outlet for releasing tension and clearing my mind."**

**Aisha Lightup**



**“It’s brilliant that we’ve got this women’s football in Mixenden. I was quite isolated and found myself with nothing to do on an evening. It’s definitely improved my mental health.”**

**Poppy – Mixenden Women’s Football**



**“When I go to boxing, I feel good. I don’t think about the past and for one hour, I feel at peace.”**

**St Augustine’s Boxing participant**

**“The main impact of playing football is that when I start playing, I forget my stress and my last struggles. Yes, it’s so hard to play football if St Augustine’s wasn’t here.”**

**St. Augustine’s Football Participant**



**“When I started attending the squash sessions, I was worried at first as I hadn’t played any sport for years. Once I met everyone, I realised everyone was feeling the same as me and I was a lot more relaxed.”**

**Tahirah – Squash from the Mosque**



When we move, we're stronger

# When we move, we build community

Goal Achievement  
& Resilience –  
Calderdale  
residents moving  
and building  
relationships  
& community.

“Litter picking and managing invasive plant species, has been my focus recently. I find these activities are both enjoyable and satisfying, creating opportunities for like-minded individuals who want to make a difference.”  
Gillian – Mixenden volunteer





**“Being able to do some voluntary work in the area that I live in is very rewarding, both mentally and physically. You meet like-minded people and get that feel-good factor afterwards.”**

**Christine - Look After The Brook volunteer**



**“Whether it’s through group workouts, walking clubs, or boxing sessions, knowing that I’m part of a supportive network of like-minded individuals has made me more committed to maintaining an active lifestyle.”**

**Aisha - Lightup**

**“I have developed friendships with other people I meet at the gym on a regular basis, which also gives a sense of motivation to get out there and do something.”**

**Ian, age 75, Todmorden – free Leisure pass via ReEngage**



**“The friendships and bonds in the table tennis sessions are important. Competitions and matches are also fascinating and make relationships even better.”**

**St. Augustine’s- Table Tennis**



A man with dark, curly hair and sunglasses is shown in profile, looking down. He is wearing a white t-shirt with horizontal red stripes. He is holding a wooden mallet with a black handle. The background is blurred, showing other people and greenery.

**When we move, we're stronger**

**When we move,**  
*we achieve our goals*

**Goal Achievement  
& Resilience –  
The following  
quotes highlight  
people moving  
and achieving  
their goals.**

**“The best thing about climbing is that it teaches you not to give up. When you're trying to reach the top and your muscles are tired, it gives you the confidence not to give up.”**

**St. Augustine's – Rock Climbing**



**"I started off as a bad player and I've progressed into a really good player and most of my family play squash now. It's important to me because it gets me out of the house and gets me active."**

**Child Participant - Squash from the Mosque**



**"I found out about Squash from the Mosque project and was really surprised that I would be able to play squash. Since coming I have been more active and never thought I would be able to enjoy a sport."**

**Shahreen - Squash from the Mosque**

**"Amazingly, since I started with the Noah's Ark walking group, I can now walk to Tesco without stopping. That's a real achievement for me, it feels like I've hit a milestone."**

**Anna - Noah's Ark staff member**



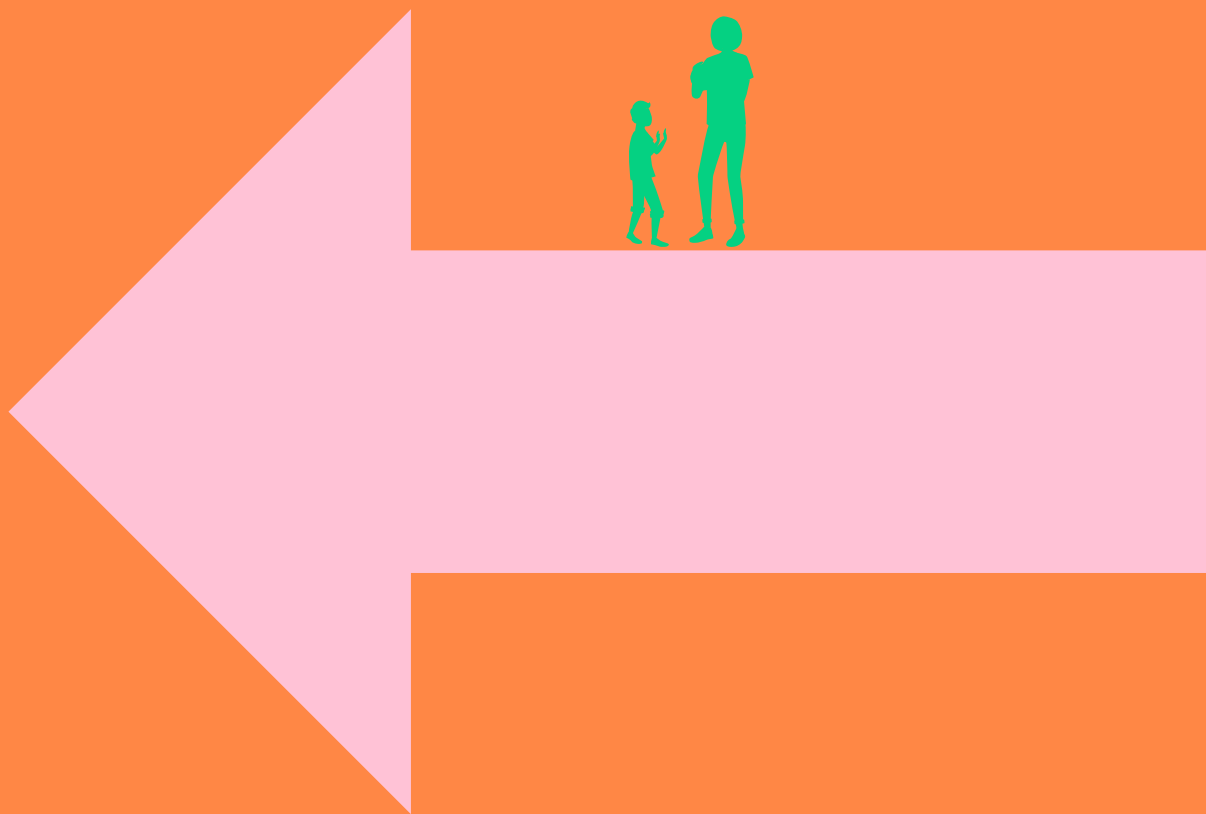
**"I'm really enjoying these sessions. It's great to get the extra training sessions in and further progress to compete at a high level which keeps me motivated"**

**Mehran - Unique Hub Outreach project.**

# **Our** priorities

Here we share positive progress we are making on increasing physical activity and decreasing physical inactivity amongst our population.

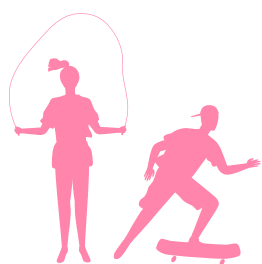
- **More people being physically active**
- **Fewer people being physically inactive**
- **More children and young people who have a positive experience of sport and physical activity**
- **Narrowing of inequalities across demographic groups and geographic areas**





## Our Priorities

# More people being physically *active*



38.5%

2017/18



47.5%

2022/23



7.2%

Increase

The percentage of active children & young people (5-16) in  
Calderdale - 2017/18 vs 2022/23



61.1%

2015/16



67%

2022/23



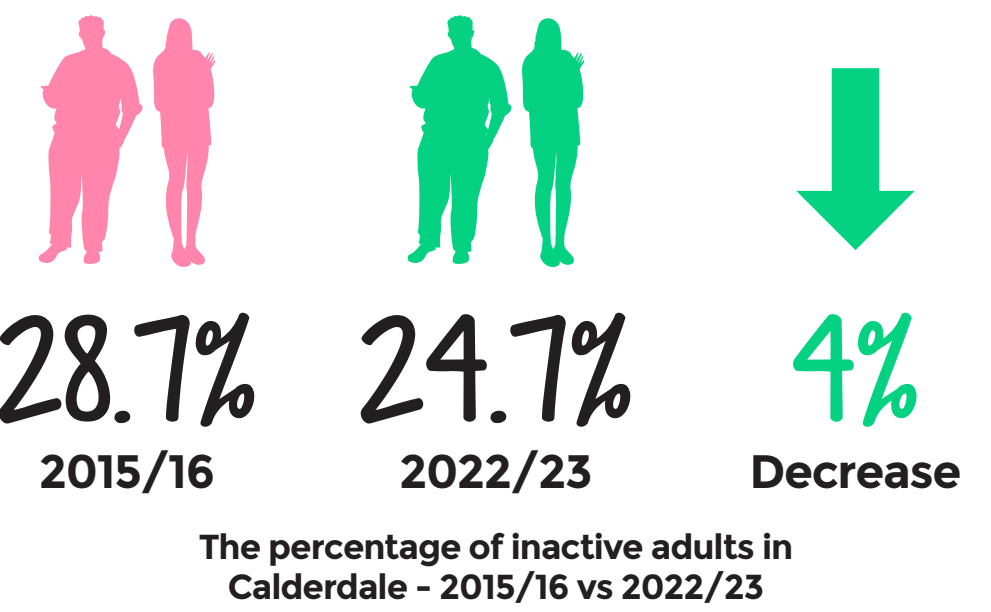
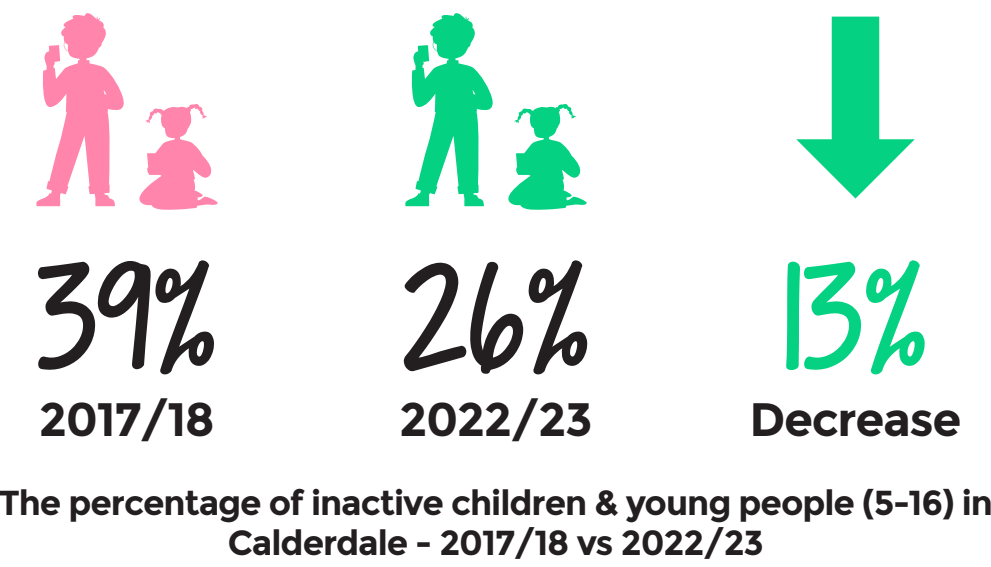
5.9%

Increase

The percentage of active adults in  
Calderdale - 2015/16 vs 2022/23

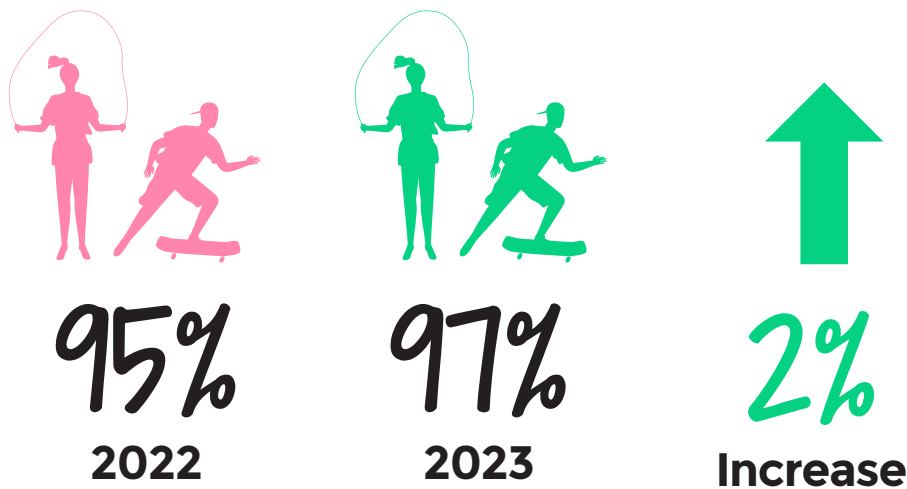
Our Priorities

Less people who are physically inactive

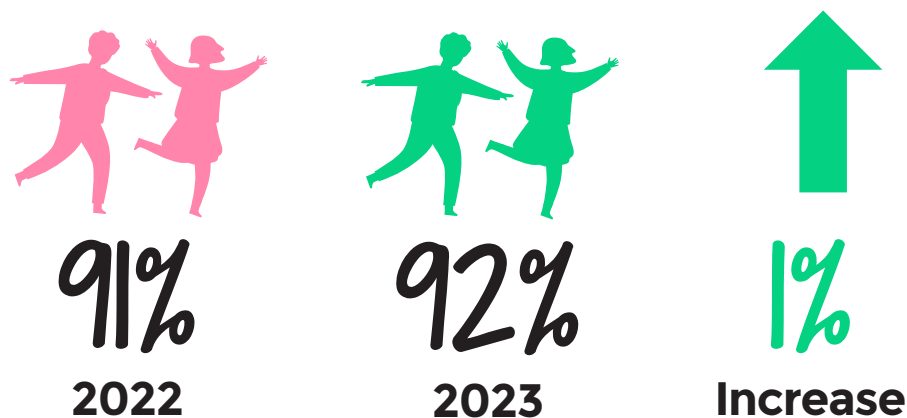


## Our Priorities

# More 5-16yr olds who have a positive experience of sport and physical activity



The Percentage of children who said they like or love being active - 2022 vs 2023



The Percentage of children who said they are happier being active in school - 2022 vs 2023

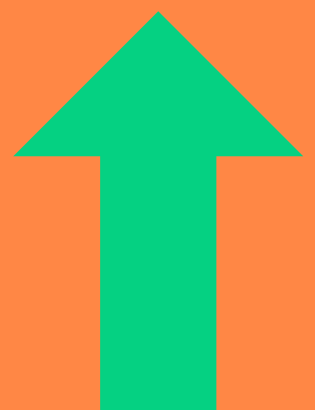




## **Our Priorities**

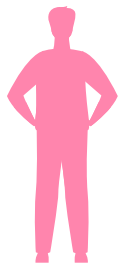
# **Narrow inequalities (demographic and geographic) in sport and physical activity**

**In Calderdale  
we have made  
improvements in  
activity levels for our  
priority groups that  
are better than the  
national figures.**



Our Priorities

IMD



0.1%

National

Since 2021 nationally inactivity has decreased by 0.1% for the most deprived (IMD 1-3) vs **Calderdale** where it has decreased by 5.4%



5.4%

**Calderdale**



0.1%

National

Since 2021 people meeting the recommended activity levels nationally has increased by 0.1% for the most deprived vs **3.1% increase in Calderdale**



3.1%

**Calderdale**

Over 65's



2.2%

National

Since 2020 inactivity nationally has decreased by 2.2% for over 65s vs **3.1% decrease in Calderdale**

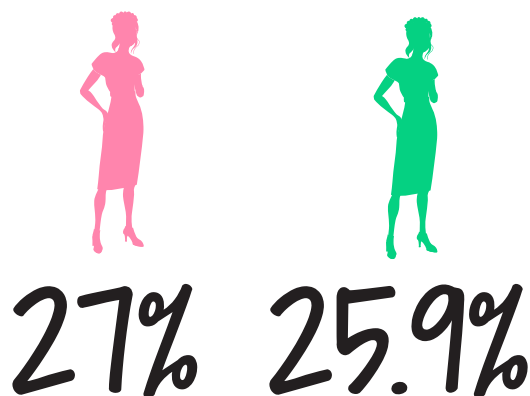


3.1%

**Calderdale**

## Our Priorities

### Women & Girls

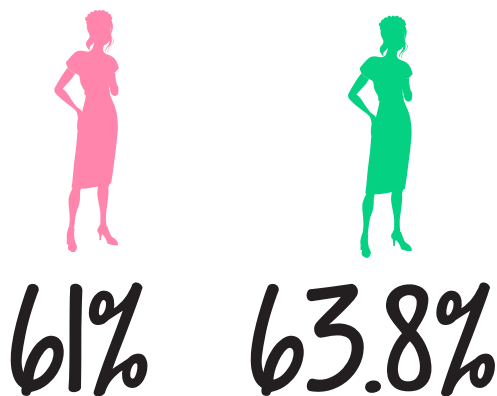


National

Calderdale

#### National Inactivity Levels.

Since 2015, inactivity for women has increased nationally by 0.3% vs a 1.1% decrease in Calderdale



National

Calderdale

#### National Activity Levels.

Since 2015, the percentage of women achieving the recommended activity levels has increased nationally by 1.1% vs 1.9% in Calderdale

Our Priorities

Disability & LT HC



16.7%

Calderdale adult population with a disability and/or LTC



4%

Calderdale adult population



16.9%

Calderdale adult population with a disability and/or LTC



5.9%

Calderdale adult population

National Inactivity Levels

Since 2015, the percentage of disabled adults or adults with LT health condition who are inactive has **decreased by 16.7%** compared to all adults in Calderdale for whom inactivity has decreased 4%

National Activity Levels

Since 2015 the percentage of disabled adults or adults with LT health conditions who are meeting the recommended levels of activity has **increased by 16.9%** compared to all adults in Calderdale for whom activity has increased by 5.9%



2.5%

National

Calderdale

National Inactivity Levels.

Since 2015, nationally adults with a disability and/or LT health condition who are inactive has decreased by 2.5% in comparison to a **decrease of 16.7%** in the same population group in Calderdale



16.7%



4.2%

National

Calderdale

National Activity Levels.

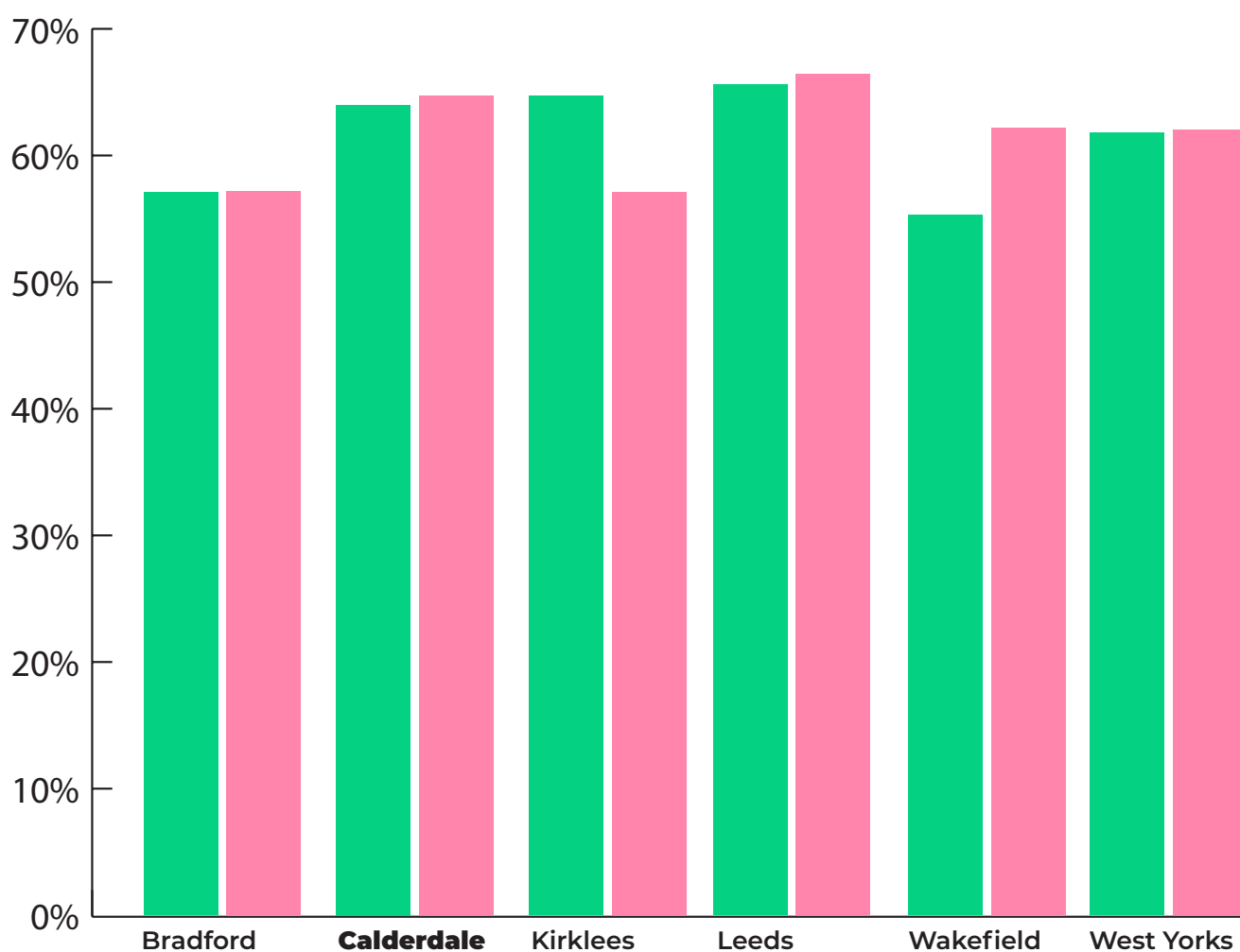
Since 2015, nationally adults with a disability and/or LT health condition who are meeting the recommended levels of activity has increased by 4.2 % in comparison to **16.9% increase** in the same population group in Calderdale



16.9%



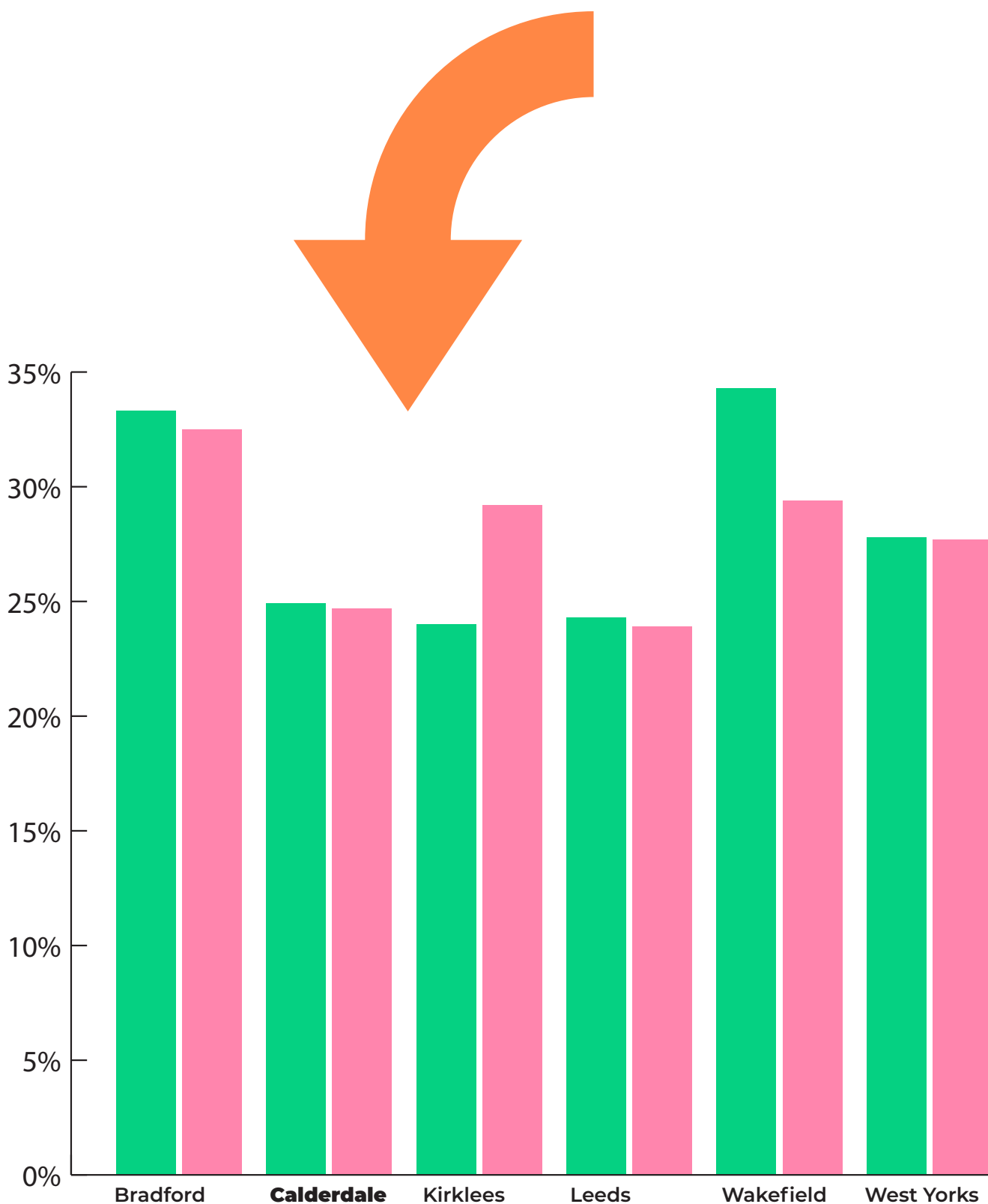
# Regional PA benchmarking



## West Yorkshire **Activity** Levels (Yorkshire Sport)

 Active 21-22  Active 22-23



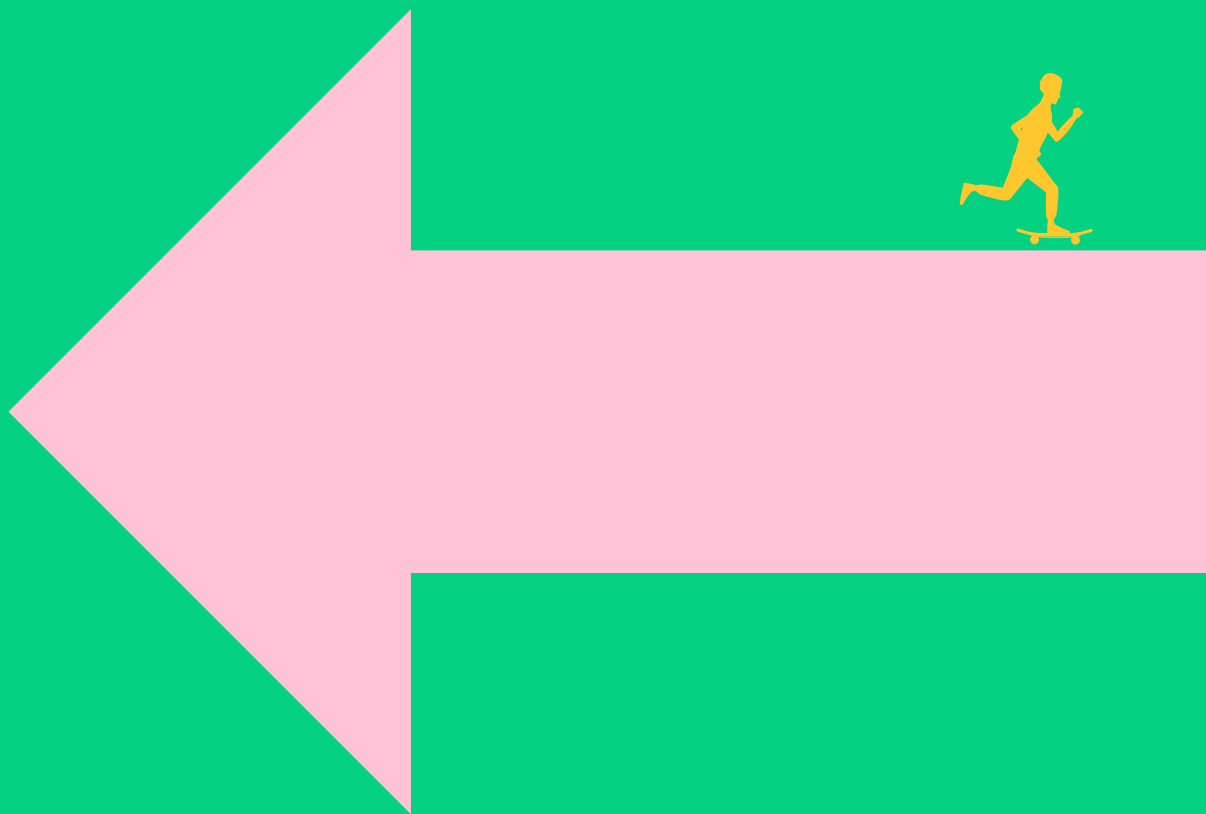


## West Yorkshire **Inactivity** Levels (Yorkshire Sport)

 Inactive 21-22     Inactive 22-23

# **We're all** *Active Calderdale*

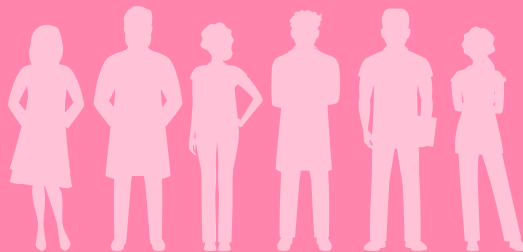
**In this section, we share details of how partners across the whole system are playing their part by changing what they do and how they deliver so that physical activity is embedded as part of day-to-day life in Calderdale.**



**We're all Active Calderdale**

# Creating active health & social care

## Motivation To Move Programme



75 staff



From across **28 care homes** trained, through a 6-week programme, to have the confidence and ability to deliver activities to their residents.

100%

(28) of the care homes are continuing to deliver activities 6 months post training.



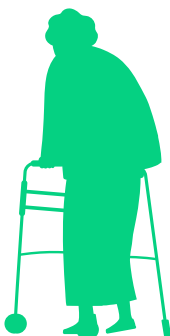
“The Motivation to Move programme has been extremely beneficial in our service, the educational PowerPoint made you understand the physical, mental and emotional impact that exercise can have on the resident and more importantly what not exercising can do also. It has educated the staff on different exercises that they can do with residents that face different challenges and have complex care needs to ensure all are included.

Our residents have benefited from doing the exercise regimes, becoming healthy and maintaining independence, it has also helped with arthritis pain.

The residents are also enjoying being able to encourage each other which has worked on building relationships within the home, encouraged socialising between residents.”

**“ We can’t express how much the programme really does make a difference, and Sophie has stayed in contact made all material accessible thank you!”**

**Hollybank care home**





**We're all Active Calderdale**

# Creating active health & social care

**Moving Medicine - Active Conversations**

**320**   
**Frontline  
Staff**

From health and social care pathways and services increased their skills, knowledge and confidence in promoting physical activity through the Moving Medicine active conversations training.



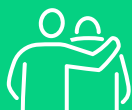
**Social care  
workers**



**Social Prescribing  
link workers**



**Care  
coordinators**



**Ageing well  
practitioners**



**Emotional health  
& wellbeing  
workers**



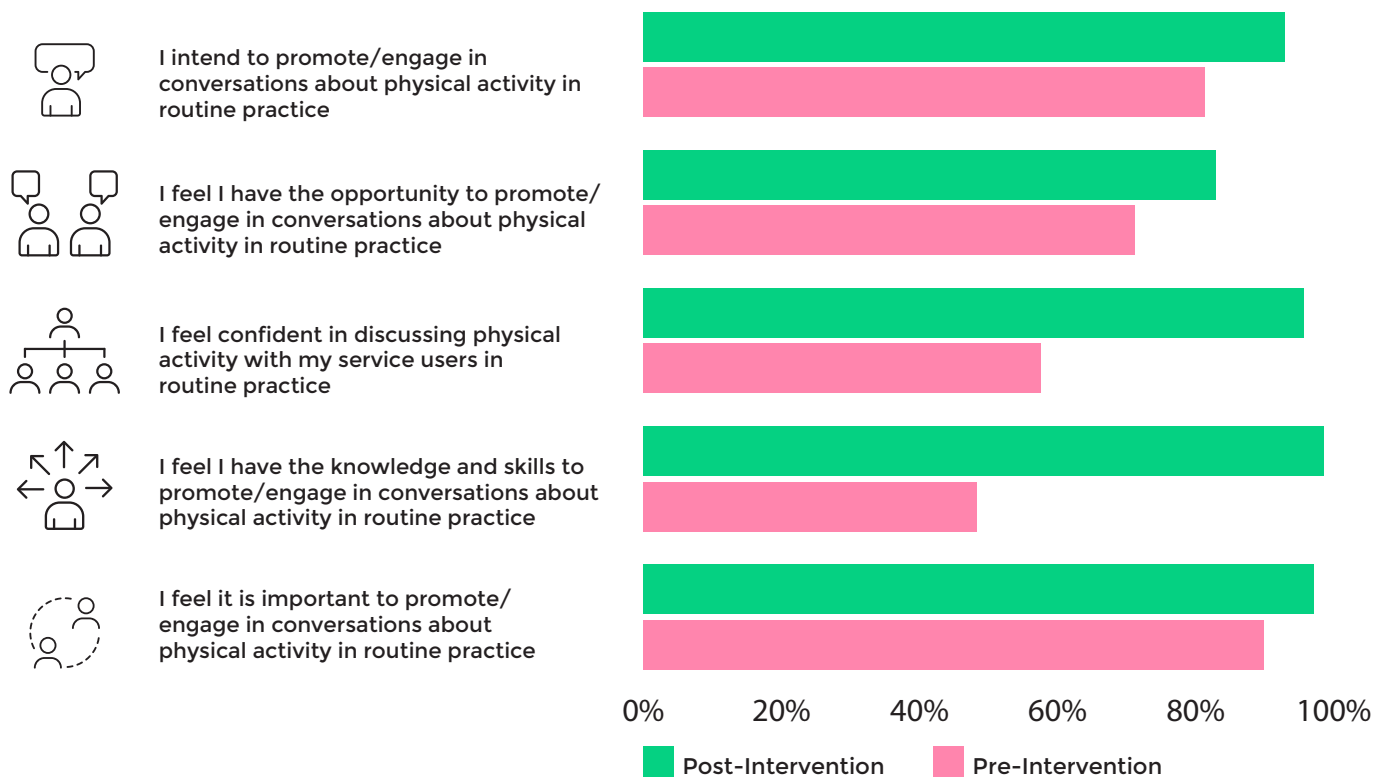
**Community  
Physiotherapists**



**Cancer pathway**

**Read more about Moving Medicine Training:**  
[Active Conversations in Health & Social Care](#)

## The impact of active conversations training



**We're all Active Calderdale**

# Creating active health & social care

Integrating and embedding physical activity into Adult Social care through enhancing motivation, skills and confidence and changing policies and processes



## Connecting physical activity to what's important to Adult Social care

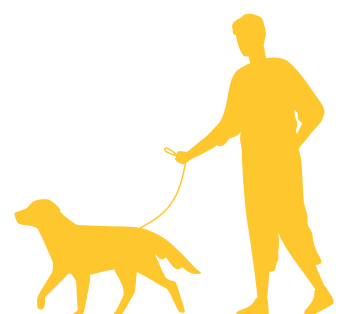
'Supporting people to move more and to be active is important to us because we know it can have such a positive impact on physical, emotional, and mental health and wellbeing.'

**Assistant Director - Social Care Operations**

## Changing policies and ways of working to make promoting physical activity systemic

'All of our staff in Adult Services and Wellbeing in Calderdale are committed to promoting this in our 8 Ps strengths-based framework. Physical activity and moving more is one of those 8 Ps that we always consider when working with people.'

**Assistant Director - Social Care Operations**



## Ensuring staff have the skills and confidence to discuss physical activity

“Our whole team, 47 people, have taken part in the Moving Medicine active conversations training. This is in recognition of the positive impact physical activity and being active can have on ourselves as individuals in the first instance, but also the people we serve.

Our achievement would be to enable the people we serve to move more in support of having a fulfilled life, with increased self-efficacy, where they are achieving their desired outcomes, and improving their social and community engagement. The training the team are taking part in will help us with this.”

Service manager Adult Social Care

## South & West Yorkshire Partnership Foundation Trust

Have invested in two full time staff to embed physical activity in all its mental health care pathways. This decision was taken after Active Calderdale funding demonstrated the value of physical activity to their work and in the outcomes of their patient's. The dedicated human resource initially funded by Active Calderdale (one part-time Project Manager) was increased to a full-time role and funded by the NHS.

To support this full-time role, an additional role was created to help promote physical activity moving forwards. This will be a 'Physical Activity and Wellbeing Lead' position.

**Wellbeing Champions will be developed and will support the physical activity agenda in their teams for clinicians and service users.**

**Data will be captured from care plans about the number of service users that have had conversations about physical activity and are being supported to move more. These enduring changes should improve the outcomes and impact of this project over time.**



**We're all Active Calderdale**

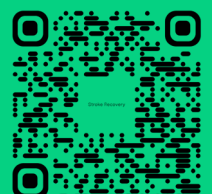
# Creating active support for stroke recovery

**The Calderdale Stroke Support Group hosted an Olympic-style event in collaboration with CMBC Sports services during their September meet-up, featuring fun activities like bean bag throwing, basketball, and boccia.**



Members competed in teams, enjoying the friendly competition and celebrating with a prize ceremony. The group meets monthly at the Maurice Jagger Centre and will now make the Olympic games an annual tradition, aiming to include more physical activities in future sessions.

Read more: <https://activecalderdale.org/4eXHXob>









# Welcome to our blog series on Creating Active Health & Social Care

This series will explore how we're empowering health care and social care services, pathways and their staff to engage in active conversations with patients, encouraging physical activity as a key part of health and well-being. We'll dive into system-wide changes that are boosting both physical and mental health, enhancing the quality of care, and promoting a community-focused approach.



## ACTIVE CONVERSATIONS IN HEALTH & SOCIAL CARE

Health & social care professionals are vital in promoting physical activity, especially among those with long-term conditions. By engaging in Moving Medicine training, professionals are developing skills to encourage active lifestyles, leading to positive culture shifts and better outcomes for the people they serve.

Read more: <https://activecalderdale.org/3X5qLWd>



## CONNECTING THE SYSTEM TO MORE OF ITSELF

The Health Visiting Team in Calderdale took part in a Buggy4Fitness session to gain firsthand experience of the physical activities they promote, helping them better encourage healthy choices. This experience helps them better support families in improving well-being through exercise.

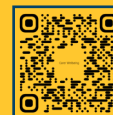
Read more: <https://activecalderdale.org/471ReZz>



## IDENTIFYING BARRIERS TO ACTIVITY FOR CARERS

Carers Wellbeing Service Calderdale supports over 2,500 unpaid carers with services like advice, assessments, and opportunities for physical activity. To overcome barriers to exercise, they distributed "active at home" packs and conducted a survey to better understand and meet carers' needs.

Read more: <https://activecalderdale.org/4dY2oRe>



## OVERGATE HOSPICE LEAD THE WAY WITH SOCIAL STROLL

The Social Stroll is a gentle 45-minute walk followed by coffee and conversation, offering support and socialisation for anyone connected to Overgate Hospice. Held monthly, it promotes physical and mental well-being by engaging patients, carers, and bereaved families in a relaxed, community-focused setting.

Read more: <https://activecalderdale.org/4eUDWAL>







**We're all Active Calderdale**

# Creating active voluntary & community assets

## St Augustine's Centre – Halifax (Park Ward)

St Augustine's are a vibrant community centre in Halifax, offering support for refugees and people seeking asylum. By embedding physical activity into their service, they hope to improve the lives of the people they support.

**127 children from 98 families**  
attended Healthy Holidays Scheme

**20 + Physical Activity and Sport**  
connections made with local  
providers

**18+ types of Physical Activity and**  
Sport offered

**30 Health & Wellbeing sessions**  
provided with **242** attendees

**180 adults recorded having**  
participated in at least one  
physical activity each quarter

**66%** of new members attended  
Physical Activity and Sport session  
with **35%** remaining involved

**Fleet of 50 bikes** on short or long  
term loan via the bike loan scheme

**Held 20+ group bike rides and 20+**  
bike repair sessions.

**61 Physical Activity and Sport**  
sessions provided with **635**  
quarterly attendances

**20 members** took part in a walking  
adventure in the Lake district

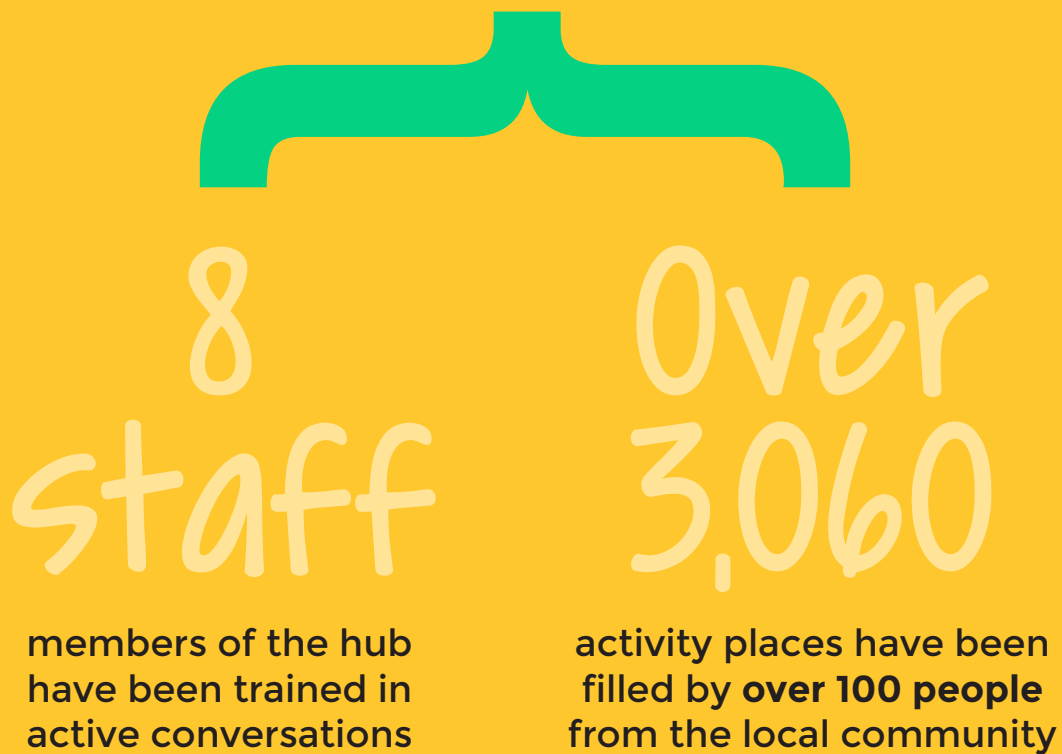
**Read more about our work with St Augustine's:**

[Promoting Wellbeing for Asylum Seekers](#)

[St Augustine's: Removing Barriers to Movement](#)

## The Space @ Field Lane – Rastrick

The Space @ Field Lane is a locally valued community centre which provides activities and hosts services for the local community. The trusted community asset has now been transformed in to a key active asset for the residents in Rastrick.



**Read more about our collaboration with The Space @ Field Lane:**  
[Community Collaboration in Rastrick](#)



**We're all Active Calderdale**

# **Creating active voluntary & community assets**





## Voluntary Action Calderdale (VAC) Embedding Policy Change

Quality 4 health (Q4H) is the Kitemark accreditation for the VCSE sector delivered by Voluntary and Community Calderdale (VAC). The accreditation offers assurance for key stakeholders (funders, commissioners, referrers and service users) increasing opportunities for the VCSE to support and participate in the delivery of the Health, Care and Wellbeing agenda.

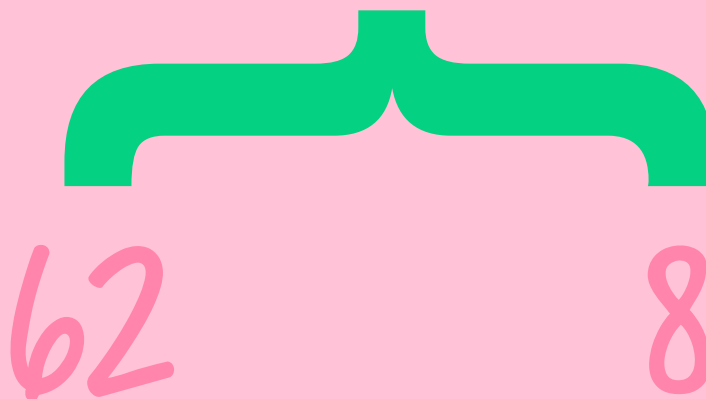
The accreditation was amended at all three of its levels to embed physical activity as one of its core principles.

**Read more about Quality 4 Health & Wellbeing:** [Quality 4 Health & Wellbeing](#)

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## Walk Leader Training

Active Calderdale organised Walk leader training developed and delivered with the aim of encouraging individuals and organisations throughout Calderdale to set up walks in their local communities. Three training days were held at different venues across Calderdale, giving as many people as possible the opportunity to attend.



A total of **62 people** attended the training across the 3 sessions, a mix of individuals and organisations.

**8 new walking groups** have started as a result of the training.

**Read more about Walk Leader Training:** [Walk Leader Training](#)

# Creating active voluntary & community assets

## Family Support Services

Family Support Services worked with 760 families in 2021/22.  
Some of our key actions and outputs include:

**23 staff** attended Moving Medicine training

**Family consultations** held outside to highlight physical activity opportunities

Physical activity questions integrated into **family assessment procedures**

**Signposting and connecting** service users to physical activity provision

Physical activity integrated into **family support action plans**

**Resource packs** promoting physical activity were issued to all families

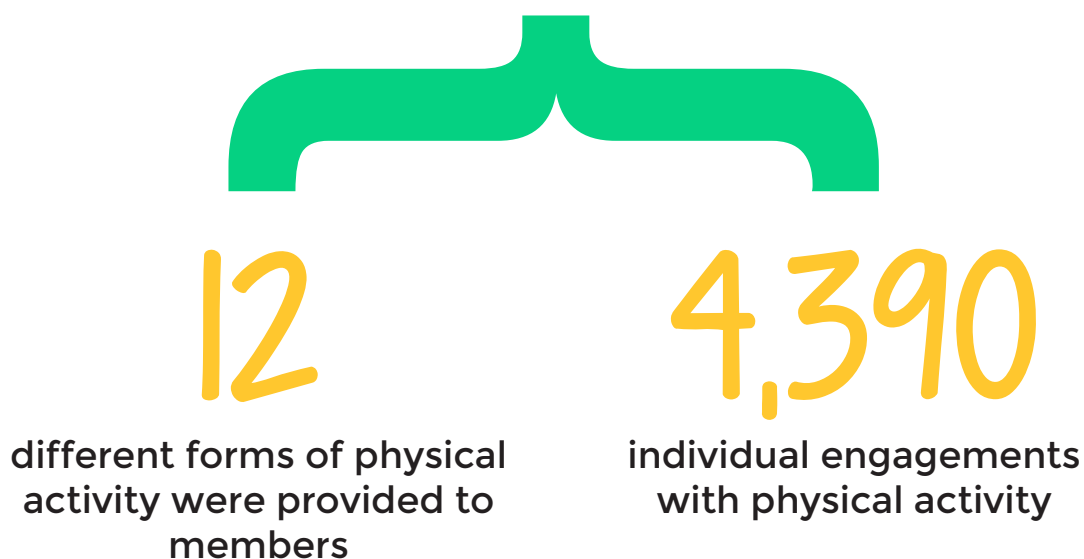
Walking meetings incorporated into **working practices**

Staff challenges were introduced to **encourage more active employees**

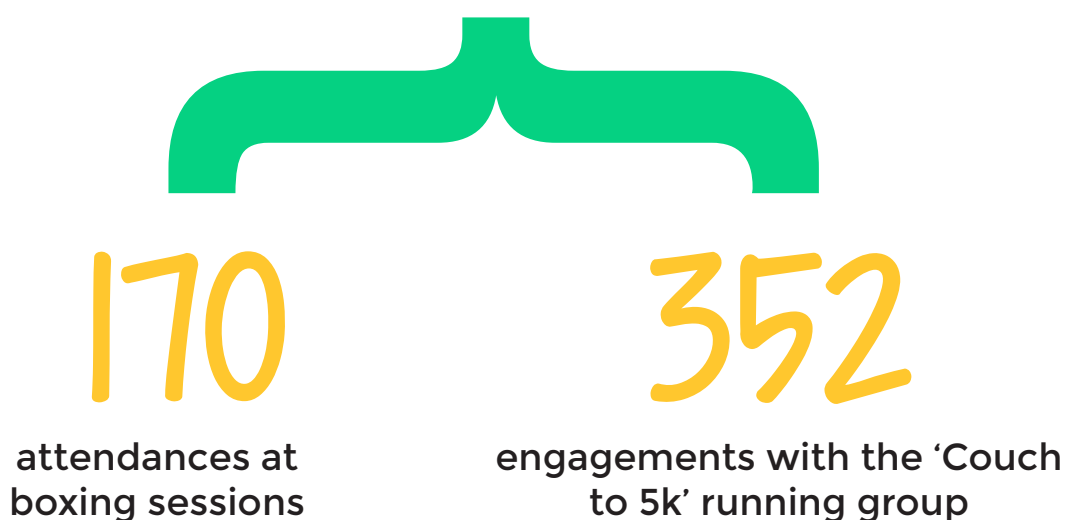
## The Basement Recovery Project

Support people to become free from drug and alcohol addiction using physical activity as part of their service delivery.

**As part of their work to embed physical activity as part of their service, some of their outputs for 2022 include:**



### The two most popular activities:



### Read More about the Basement Project:

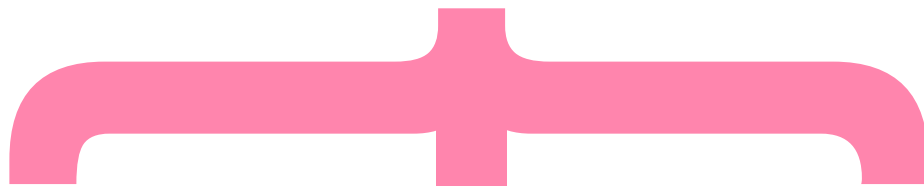
[Battling Addiction - Louis' story](#)

[The Road to Recovery - Kelly's story](#)

**We're all Active Calderdale**

# Creating active voluntary & community assets

**Rastrick Around the World**  
Community challenge co-designed with residents  
and organisations



500

people and  
23 organisations  
taking part

35m

35,807,748 steps  
equating to 17,903  
miles covered

77%

of people felt  
more motivated  
to be active  
in future

**Read More about the Around the World Challenge:**

[Activating the Community](#)  
[Rastrick Around the World Challenge](#)



## Noah's Ark

Noah's Ark is now the largest voluntary-sector provider of therapeutic services in Calderdale, working in partnership with Calderdale Council, to provide a haven and place of hope for the whole community. In the last year they had 3,275 referrals to their services. Their aim is to improve service users' mental, emotional, and financial wellbeing and they recognise the important role physical activity has to play.



Introduced staff walking groups for team meetings



Registration process to include questions relating to physical activity of their users



Introduced walking being use with BLAB clients as a way of 'debriefing' following a course



Set up the barrier breaker fund to help clients struggling with cost of footwear/clothing for physical activity



A loop played of Active Calderdale videos from the Youtube channel, played in waiting area



3 walks have taken place and staff are fully involved



25 leisure passes have been registered to their users as part of the free Council Leisure passes offer trial

**We're all Active Calderdale**

# **Being an active champion**

**Active Champions are key to embedding physical activity into Calderdale's communities, inspiring others to be active.**

Gillian, an Active Champion in Mixenden, shares how her passion for local wildlife and conservation led her to engage residents in improving green spaces through activities like litter picking and community gardening. Her story highlights how being an Active Champion can motivate others to take part in physical activity, benefiting both their mental and physical wellbeing.

Read more: <https://activecalderdale.org/3Y0Z0hZ>



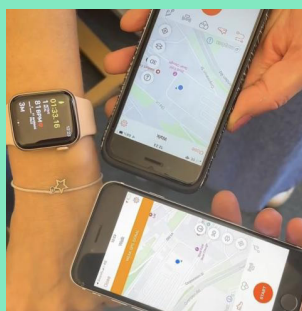






# Welcome to our blog series on Creating Voluntary and Community Assets

In this series, we'll highlight how local organisations are incorporating physical activity into their offerings and transforming community spaces to increase access to physical activity. By repurposing venues, collaborating with residents and engaging service users, these groups are making it easier for everyone to be and stay active.



## INVICTUS WELLBEING: WALKING FOR WELLBEING

During National Walking Month, Invictus Wellbeing successfully introduced a walking challenge, raising staff awareness of their physical activity levels. The initiative also strengthened a supportive team culture, resulting in enhanced well-being and productivity within the workplace.

Read more: <https://activecalderdale.org/3XkCKRi>



## THE GREAT GET TOGETHER UNITES CORNHOLME

Local Active Champions in Cornholme and Portsmouth organised a large-scale community event, featuring a range of free activities including sports, crafts, food stalls, and a treasure hunt across multiple venues. The event was a resounding success, fostering community connections and laying the foundation for future gatherings.

Read more: <https://activecalderdale.org/4f08Ebw>



## LIGHT UP BAHC: SUPPORTING COMMUNITY COHESION

Light Up Black and African Heritage Calderdale (BAHC) has integrated physical activity into its services to enhance the well-being and social integration of Black, African, and Caribbean communities in Calderdale. Supported by Active Calderdale, these initiatives aim to promote fitness and strengthen community connections.

Read more: <https://activecalderdale.org/3zRdVn9>



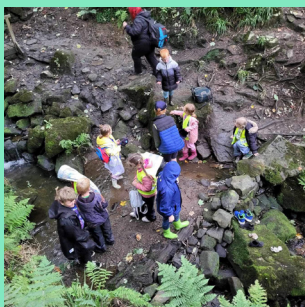
## HALIFAX BOXING CLUB: CONNECTING THE COMMUNITY

Halifax Boxing, Sports, and Fitness Club in Ovenden provides affordable, community-focused fitness programmes for individuals and families of all ages. Through strong partnerships, the club has enhanced accessibility and launched initiatives like the "Get Off The Streets" project, aimed at engaging young people and reducing anti-social behaviour.

Read more: <https://activecalderdale.org/3U4DwjP>







### **CORNHOLME RUNNING WILD CONNECTS TO NATURE**

Cornholme Running Wild provides nature-based activities for families in Cornholme and Portsmouth, helping children and adults connect with the outdoors. Lionesses of the Valley, a local group for women and children offer nature walks, crafts, and healthy meals promoting confidence, wellbeing and community engagement. The group offers nature walks, crafts, and healthy meals, promoting confidence, wellbeing, and community engagement.

Read more: <https://activecalderdale.org/4f3nVbT>



### **UCH: CREATING AN INCLUSIVE ACTIVE PROGRAMME**

Founded by local teachers, Unique Community Hub provides a variety of activities for children, people with disabilities, women, and older adults. Since May 2024, over 250 previously inactive residents have engaged in activities at the Hub. Through partnerships and funding, the Hub now offers a cycle track, gym equipment, and a 3G football pitch.

Read more: <https://activecalderdale.org/4h0PHr4>



### **GRASS ROOTS CIC PROVIDE ACCESSIBLE PROVISION**

Grass Roots CIC coordinated subsidised yoga, belly dancing, and orienteering classes at St Peter's Community Centre in Sowerby to make physical activity more accessible for local residents. These efforts have already led to increased participation, with future plans for more taster events and low-cost movement sessions.

Read more: <https://activecalderdale.org/487rQSO>



### **WELLBEING WALKS AT THE OUTBACK GARDEN**

The Outback, a community garden in Park Ward, enhanced accessibility by improving signage and creating a Wellbeing Walk with waymarkers, encouraging people to enjoy nature and stay active. Over the summer, the garden hosted family scavenger hunts along the walk, attracting 37 participants, many of whom were new to the garden.

Read more: <https://activecalderdale.org/4f2lt5w>



### **FOSTERING COMMUNITY CONNECTIONS IN RASTRICK**

Over the past year, community groups in Rastrick have been supported to promote physical activity, resulting in family fun sessions at Field Lane Primary School. The sessions included games, meals, and social time, strengthening community bonds. Thanks to its success, the school plans to continue the initiative independently.

Read More: <https://activecalderdale.org/3X73aoj>





## **BUILDING VOLUNTEER SKILLS TO DELIVER ACTIVITIES**

Active Calderdale has collaborated with Active Rainbow to provide workshops in the Lower Calder Valley, training local volunteers and staff to deliver physical activities. The initiative arose from positive feedback from local groups and the training was rolled out across Calderdale.

Read more: <https://activecalderdale.org/3X6S7LX>



## **STRENGTHENING FAMILY BONDS THROUGH ACTIVITIES**

Dads R Us, a volunteer-led group in North Halifax, supports fathers and male caregivers by organising monthly activities. The group has made significant progress toward financial independence, fostering stronger bonds between dads and their children through increased physical activity and quality time together.

Read more: <https://activecalderdale.org/477oO03>



## **ST AUGUSTINE'S: REMOVING BARRIERS TO MOVEMENT**

St Augustine's Centre supports individuals seeking sanctuary in Calderdale through diverse activities. In 2023, St Augustine's engaged 443 participants in physical activities, overcoming barriers like the lack of suitable clothing through community support and partnerships, ultimately enhancing participants' mental and physical health.

Read more: <https://activecalderdale.org/3AAI75N>



## **CALDERDALE ORGANISATIONS PURSUE QUALITY 4 HEALTH**

Calderdale organisations are increasingly pursuing the Quality 4 Health and Wellbeing (Q4H) accreditation, which aligns with Active Calderdale's principles and offers a financial incentive to support their health and wellbeing initiatives. With 8 organisations already signed up and more interested, the accreditation aims to embed physical activity in their operations.

Read More: <https://activecalderdale.org/3X4AsV9>



## **INTEGRATING PHYSICAL ACTIVITY INTO SUPPORT SERVICES**

Noah's Ark, Calderdale's largest voluntary provider of therapeutic services, combines mental health and financial wellbeing support with physical activity. Through initiatives like walking groups and a barrier breaker fund, they are improving the wellbeing of both clients and staff through physical activity.

Read more: <https://activecalderdale.org/3ALrQLC>







### **ACTIVE INTERVENTIONS: CLIMBING TO WELLBEING**

Invictus Wellbeing, a charity supporting mental health for young people in Calderdale, recently helped a 15-year-old transgender individual gain body confidence, make new friends, and improve their physical wellbeing through a rock climbing project.

Read more: <https://activecalderdale.org/3XmUjQM>



### **PROMOTING WELLBEING FOR ASYLUM SEEKERS**

St Augustine's Centre supports asylum seekers in Calderdale through essential services and activities. In 2023, they engaged 173 adults and 29 children in physical activities like yoga and table tennis, fostering wellbeing and a sense of community belonging.

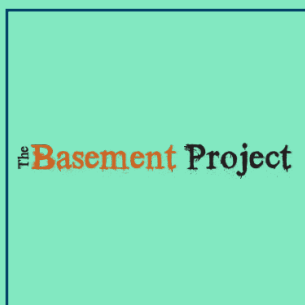
Read more: <https://activecalderdale.org/4eDZnX7>



### **ACTIVE CALDERDALE: EMPOWERING NEW WALK LEADERS**

In May and June 2024, Active Calderdale trained 62 attendees to lead community walks across Calderdale. This training has already inspired new walking initiatives, such as the Kindness Café's weekly walks and the Arch-Way Project's 'Mindful Miles' program.

Read more: <https://activecalderdale.org/3XmAads>



### **BATTLING ADDICTION: LOUIS' STORY**

The Basement Recovery Project in Todmorden and Halifax supports individuals battling addiction through a holistic approach that emphasises the importance of exercise in recovery. One success story is Louis, who improved his health and self-esteem through physical activities and now aims to help others.

Read more: <https://activecalderdale.org/3yNvHap>



### **THE ROAD TO RECOVERY: KELLY'S STORY**

Kelly began her recovery journey at the Basement Recovery Project after years of substance abuse. With regular physical activity and support from the recovery community, she has transformed her life, becoming a Level 2 Personal Trainer and facilitating gym sessions while aspiring to further her qualifications.

Read more: <https://activecalderdale.org/473cAFZ>



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## **Active Workplaces: Adult Social Care**

Staff from Adult Services & Wellbeing in the Upper Calder Valley have partnered with Active Calderdale and completed “Moving Medicine” training to encourage older adults to stay active.

They have transformed a small storeroom into a mini gym with equipment like a treadmill and under-desk bikes, integrating physical activity into their workday through walking meetings and exercise sessions during work hours.



Read more: <https://activecalderdale.org/3Z0VZ3u>



# Welcome to our blog series on Creating Active Workplaces

In this series we explore how a shift in workplace cultures and policies is making it easier to stay active during working hours. We also highlight how incorporating physical activity into the workday can boost employee wellbeing, increase productivity, and create a healthier work environment.



## PROMOTING AN ACTIVE ETHOS ACROSS THE WORKFORCE

The VSI Alliance team seeks to inspire colleagues and community groups to be more active, enhancing physical health and social engagement through initiatives such as walking meetings, lunchtime walks, and stretching sessions.

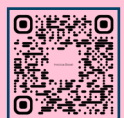
Read more: <https://activecalderdale.org/4dD2i1J>



## INVICTUS ACTIVE TEAMS BRING CULTURE CHANGE

Invictus Wellbeing's "Active Teams Daily Boost" challenge engaged 18 staff members, who logged 426 active days, resulting in a 400% increase in activity levels. The challenge enhanced physical activity, wellbeing, and team morale, leading to lasting changes in staff habits and culture.

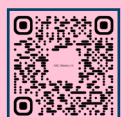
Read more: <https://activecalderdale.org/3X2tfVA>



## POLICY CHANGE BOOSTS VOLUNTARY & COMMUNITY

Voluntary and Community (VAC) has introduced a "Weekly Wellbeing Hour" for staff to prioritise their wellbeing. Employees have embraced this initiative, using the time for activities like running and mindfulness, as VAC plans to incorporate it into their updated Health and Wellbeing policy.

Read more: <https://activecalderdale.org/3Z8DcU9>



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# Creating active educational settings

## 2023/24 Statistics



49

Active schools:  
45 primary, 3 secondary,  
1 alternative provision



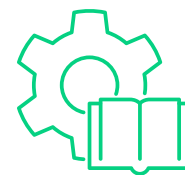
12,000

Over 12,000 young people  
and their families reached



900

Over 900 staff members and  
their families influenced



Active

Embedded Active schools into  
Healthy schools approach

For a more indepth analysis of Calderdale's Creating Active Schools programme please refer to our Creating Active Schools Impact Report.

## Creating an active school



### Active assemblies

### Active lessons

Curriculum lessons that include tasks where pupils are moving  
e.g. measuring objects and furniture in the classroom to  
calculate their area or volume

### Family fitness sessions

Where parents and carers join their children to be  
active together after school

### Active homework

Active lining-up

### Playleaders

Providing organised games and activities at  
break and lunchtimes

### Active travel weeks

Involving staff and pupils



# **New Road Primary earns first diamond award**

New Road Primary School in Sowerby Bridge has become the first school in Calderdale to earn Gold awards in all categories of the Calderdale Healthy Schools programme, excelling in mental wellbeing, physical activity, and nutrition.

This achievement led to the creation of a new 'Diamond' award, which the school received for its outstanding commitment to promoting health and wellbeing among students, staff, and families.

Read more: <https://activecalderdale.org/4dwHkl3>





CALDERDALE  
HEALTHY  
SCHOOLS



DIAMOND





# Welcome to our blog series on Creating Active Schools

In this series, we'll explore how schools across Calderdale have been integrating movement into everyday learning through active lessons and promoting healthier habits with active travel initiatives. Discover the practical ways schools have engaged students, staff, and the wider school community through collaboration.



## ENHANCING ENGAGEMENT THROUGH ACTIVE INITIATIVES

Ash Green Primary School in North Halifax promotes physical activity through initiatives like active lessons and travel, enhancing pupils' fitness and engagement. The school also serves the wider community by offering activities such as family boot camps and walking netball.

Read more: <https://activecalderdale.org/476jl4m>



## HEALTHY SCHOOLS AWARD INSPIRES COLLABORATION

Calderdale's Healthy Schools Award has motivated schools to gain recognition for supporting student well-being in areas such as physical activity and emotional health. The award system fosters collaboration among schools and will soon expand to include early years settings.

Read more: <https://activecalderdale.org/4dS8mDq>



## PARKINSON LANE: ACTIVE LEARNING AND WELLBEING

Parkinson Lane Primary School integrates physical activity into lessons and provides extensive extracurricular programmes, enhancing student fitness and learning. Recognised as a PESSPA Centre of Excellence, the school has achieved notable successes in inclusive competitions for children with additional needs.

Read more: <https://activecalderdale.org/3Z5WXvl>



## CALDERDALE SCHOOLS SHINE IN SUSTRANS

22 Calderdale schools participated in the Sustrans Big Walk and Wheel, with Elland C of E winning a £1,000 playground makeover. New Road Primary was named Calderdale's first Centre of Excellence, and five schools received Healthy Schools Awards for their commitment to promoting student well-being.

Read more: <https://activecalderdale.org/4fZRhcp>









**We're all Active Calderdale**

# **Creating accessible, inclusive and attractive sport, physical activity and leisure opportunities**

## **Spotlight: Bikeability and Learn to Ride**

Across Calderdale in 2023/24, various cycling sessions were delivered to children to improve skills and support confidence. **These sessions have delivered:**



517

55 holiday courses  
in 12 schools  
to 517 children,  
including 281 Learn  
to ride places.



2035

138 Bikeability  
introduction to the  
road courses in 71  
schools to 2035 pupils,  
including 86 SEND and  
166 Free School Meal  
places



689

Learn to ride  
courses in 36  
targeted schools  
to 689 pupils.

**Read more about Bikeability:** [My Cycling Dream Becomes A Reality](#)

## Micro grants

Micro grants (up to £1,500), funded by Active Calderdale and commissioned via the Staying Well Strategic Partnership have been made available to support community groups to encourage people to be more active. So far, the scheme has:

<b>Awarded</b> 61 Micro Grants in 2021/22 totalling <b>£56,156</b>	<b>Funded</b> <b>20x</b> Low Impact exercise classes
<b>Funded</b> <b>8x</b> Walking Groups	<b>Funded</b> <b>2x</b> Running Groups for women
<b>Funded</b> <b>4x</b> Mental Health Awareness & Exercise Group	<b>Funded</b> <b>17x</b> Sports access for women/older people
<b>Funded</b> <b>6x</b> Events	<b>1,710</b> Residents have benefit- ted from local sessions and activities funded through the scheme

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# **Culturally sensitive** sports provision



**Calder Community Squash's 'Squash from the Mosque' programme offers culturally sensitive squash sessions in Halifax's Park Ward, targeting South Asian girls, women, and their families.**

Launched in partnership with Jamia Madni Mosque, the initiative addresses local needs by providing accessible, private sporting opportunities. It has successfully engaged multiple generations, leading to national recognition and expansion into new sports like boxing and rugby.

**Read more:** <https://activecalderdale.org/475KXvV>







# Welcome to our blog series on Creating Accessible, Inclusive, and Attractive Sport, Physical Activity, and Leisure Opportunities!

In this series we shine a light on the local organisations and services committed to providing affordable, sustainable and diverse sport, physical activity and leisure provision.



## COMMUNITY ASSETS CREATING ACTIVE OPPORTUNITIES

Stones Methodist Church launched its fitness classes in 2022, promoting improved health and community engagement. A second, gentler class soon followed. With affordable fees supporting church projects, the success has inspired plans for additional activities in 2024.

Read more: <https://activecalderdale.org/3yZi7AF>



## A PARTNERSHIP APPROACH TO MAKING LEISURE MORE ACCESSIBLE

CMBC Leisure services have developed partnerships with community organisations that work with and support priority groups to change perceptions and help make leisure more accessible to under-represented groups.

Read more: <https://activecalderdale.org/4dH6Cgl>



## WHEELCHAIR RUGBY PROVIDES INCLUSIVE PROVISION

Halifax Panthers Wheelchair Rugby League Club has launched free 'Try It' sessions to attract new players. These inclusive sessions aim to expand the sport and welcome participants from all backgrounds, successfully drawing 20 new participants so far.

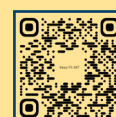
Read more: <https://activecalderdale.org/4cNGpLM>



## COMMUNITY KEEP-FIT BOOSTS OVER-50s WELLBEING

Inspire. Motivate. Transform (IMT) is boosting older adults' wellbeing in the Upper Valley through dance and movement. Their popular 'Community Keep-Fit' class for over-50s, launched in October 2023 and now attracts over 20 participants each week.

Read more: <https://activecalderdale.org/4dEaSNv>





### **POSITIVE IMPACT FOR SPORTS PROVISION IN MIXENDEN**

Positive Impact Sports (PIS) is transforming physical activity in Mixenden by making it accessible and fun for everyone. Catering to diverse groups, including women, older adults, and those with disabilities, their low-cost classes remove barriers to participation.

Read more: <https://activecalderdale.org/3Z23x6f>



### **LITTERFREE SB: A COMMUNITY MAKING A DIFFERENCE**

Litter free Sowerby Bridge is a community group dedicated to keeping the local area clean while promoting physical activity among volunteers. The group has expanded its reach by providing equipment to new participants, increasing involvement, and resulting in more litter collected, earning a well-deserved commendation for their efforts.

Read more: <https://activecalderdale.org/3XWutSC>



### **THE ADDY OPENS UP TO TAI CHI & QIGONG IN MIXENDEN**

Tai Chi & Qigong classes at the Addy in Mixenden provide a fun, gentle exercise option for all abilities, enhancing balance, strength, and flexibility. Initially funded through a community initiative, the classes are now supported by the community asset 'The Addy'.

Read more: <https://activecalderdale.org/3yXhK GK>



### **MAKING PHYSICAL ACTIVITY EVENTS MORE ACCESSIBLE**

The Overgate Hospice Colour Run celebrated its 10th year on July 13th, with thousands taking part in a vibrant 5k to raise funds for the hospice. Working with Overgate and communities underrepresented in such charity events, the event was made more accessible resulting in 133 residents from unrepresented groups taking part and having a blast!

Read more: <https://activecalderdale.org/4cKAKQc>





# Welcome to our blog series on Creating Accessible, Inclusive, and Attractive Sport, Physical Activity, and Leisure Opportunities!



## **TAI CHI TIGERS EXPAND PARTICIPATION IN CALDERDALE**

Tai Chi Tigers' CalmX programme reduces stress and enhances wellbeing through Tai Chi and Qigong. Open to all abilities, it promotes balance and resilience. With over 90 regular students, they aim to expand across Calderdale through fitness instructor training.

Read more: <https://activecalderdale.org/3T6sFF6>



## **GLOFIT GOLD CREATES COMMUNITY CONNECTIONS**

Limelight Theatre School has enhanced its community involvement by offering GloFit Gold, a fun and accessible dance fitness class for older adults. The class has grown from 6 to 25 attendees, fostering community connections, and boosting physical activity among local residents.

Read more: <https://activecalderdale.org/3U6tC0C>



## **UNIQUE HUB FOSTER INCLUSION WITH DIVERSE OFFER**

Unique Community Hub widens and promotes community inclusion with SEND sessions, a Faith Organisations Project for sports, and a Women's Empowerment initiative offering female-only fitness classes. These programmes offer new opportunities for participation across all age groups and abilities.

Read more: <https://activecalderdale.org/4f1wbsC>



## **M-PWR: EMPOWERING TEEN GIRLS IN OVENDEN**

The M-PWR All Girls Club in Ovenden empowered 30 teenage girls through a 3-day program focused on fitness, confidence, and health. Many participants continued with discounted sessions, gaining skills, confidence, and friendships, with some exploring volunteering opportunities.

Read more: <https://activecalderdale.org/4f3rtuN>





### **WAC PROMOTES WELLBEING IN SOUTH ASIAN WOMEN**

The Women's Activity Centre (WAC) in Halifax offers a supportive day care service for South Asian women aged 50+, addressing social isolation and well-being. Through public exercise sessions, 75-95 women benefit monthly, enhancing their physical and mental health.

Read more: <https://activecalderdale.org/3Y3vBUp>



### **IAN'S STORY: FINDING CONNECTIONS THROUGH FITNESS**

Ian joined the Over 60's circuit training at Halifax Boxing Club in 2022 after early retirement, finding a way to stay fit and socially connected. The supportive environment has greatly improved his mental and physical well-being, helping him overcome isolation after losing his spouse.

Read more: <https://activecalderdale.org/3yNGelZ>



# **Creating active parks & green spaces**

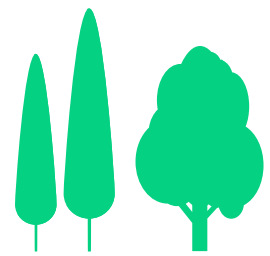
**The Active Parks strategy is driving system change by adopting a collaborative, community-led approach to improving parks and green spaces. It puts communities at the heart of planning and decision-making for park improvements and investments.**











## Key changes in practice

Communities co-design and set priorities for park improvements.

Communities help decide where investments are made to create spaces for physical activity.

Stakeholders, including park services, neighbourhood groups, and voluntary organisations, collaborate and share resources to work with communities in creating better spaces for people to be physically and socially active.

Creating safer Parks for women & girls research integrated into the planning and delivery of Park improvements.

**6** multi stakeholder Park improvement groups established working on Parks in high IMD areas (top 20%)

**31** Interventions have been delivered including:

- Benches/seating (Shroggs, People's Park)
- Paths and accessibility improvements (Shroggs, People's Park, Cornholme, Mixenden)
- Overgrown shrubs management (Shroggs, Cornholme, Mixenden)
- Active sports areas (Shroggs, Cornholme, Mixenden)
- Signage and noticeboards (Shroggs, Cornholme, People's Park)
- Refurbished or new structures (Shroggs, People's Park, Mixenden)
- General park safety enhancements (Shroggs, Cornholme, Mixenden)
- Bins and waste management (Shroggs, Cornholme)

**7** Improvement plans developed and ongoing: Brackenbed, Park Ward, Rastrick Cornholme, Shroggs Park, Mixenden Urban Park, Beechwood Park

**33** Park community events developed and delivered with the community

# £430,050

Active Calderdale budget spent  
or committed

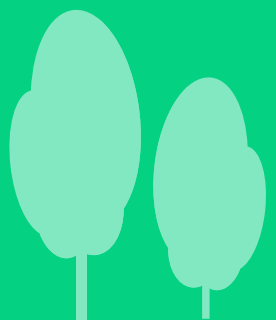
# £335,000

Funding from other sources

# £765,158

Overall funding committed to parks

A full list of interventions delivered in our parks can be found [here](#).





**We're all Active Calderdale**

# **Creating active parks & green spaces**

“Through the support and leadership of Active Calderdale we have started this new way of working. We now have a resident-led partnership development groups bringing our mainstream resources together with external funding opportunities to work in partnership with the community to determine priorities and oversee implementation.

This new approach represents a long-term commitment by the council to create attractive, safe, accessible, and sustainable parks and green spaces at the heart of all of our communities, but ensuring we are focused on communities that have the greatest opportunity for impact. We want to enable communities to be physically active and secure much wider health and social outcomes than those traditionally associated with a ‘Parks Service’.

We have created strong foundations for change, and we are seeing the benefits of new ways of working, we now want to build on what we have created to embed this approach and way of working across all of our communities.”

**Andrew Pitts – Assistant Director for Neighbourhoods  
(responsible for Green Spaces & Street Scene)**



A group of people are walking away from the camera through a lush green field filled with dandelions. In the background, there is a dense, green forest. The people are dressed in casual outdoor attire. One person on the left wears a blue vest and a black skirt with a yellow sunflower pattern. Another person next to them has a bright orange backpack. A man in the center wears a tan jacket and patterned shorts. On the right, a woman carries a white tote bag with a rainbow design. The scene is bright and sunny, with a soft lens flare effect in the lower right foreground.

**This new approach  
represents a long-  
term commitment  
by the council to  
create attractive,  
safe, accessible, and  
sustainable parks and  
green spaces**







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# **Active parks pilot**

## Shroggs Park

**The “Active Parks” strategy aims to improve parks through collaboration between the council, community groups, and local organisations.**

Shroggs Park was chosen as a pilot project after years of neglect. A partnership group was formed to enhance safety and accessibility, leading to new benches, fencing, tree trimming, and community events. The project will keep evolving with ongoing input from the community, aiming to make the park a safer and more welcoming space for everyone.

Read more: <https://activecalderdale.org/3U1GwNo>



# Welcome to our blog series on Creating Active Parks & Green Spaces

In this series, we'll showcase the work taking place on delivering a collaborative, community led approach to maintaining and improving Parks and Green Spaces and the impact this is having for people in communities.



## EVALUATING IMPACT AT CROMWELL BOTTOM

Active Calderdale partnered with Cromwell Bottom Wildlife Group to improve access to the nature reserve by adding new signage and self-guided walk booklets. The success of these initiatives was evaluated based on visitor footfall and promotion of physical activity.

Read more: <https://activecalderdale.org/3MnDK0B>



## ENGAGING COMMUNITIES TO CREATE ACTIVE PARKS

Parks and green spaces are essential to Calderdale's goals of reducing inequalities and promoting community well-being. The Active Parks Project aims to make parks and green spaces in areas of greatest need safer, more accessible and more attractive spaces and places for the community to be active. Working with communities.

Read more: <https://activecalderdale.org/4dYAJQc>



## COMMUNITY COLLABORATION FOR PARK EVENT

The "Spooky Halloween Trail" attracted 90 residents to Shroggs Park for a festive family adventure. Organised by North Halifax Partnership and The Friends of Shroggs Park, the event featured fun activities and treats, making it a vibrant community gathering.

Read more: <https://activecalderdale.org/3Xpb78D>



## SYSTEM CHANGE ENABLES MORE ACTIVE PARKS

Active Calderdale is implementing system changes to enhance parks by fostering collaboration among local organisations and community groups, ensuring green spaces are safe, accessible, and attractive. This initiative aims to create lasting, community-led improvements that promote physical activity and well-being.

Read more: <https://activecalderdale.org/400yuYJ>





### **PARKS PARTNERSHIP PROMOTES SAFER PARKS**

People's Park has recently been enhanced by the Park Ward Parks Partnership Group, which aimed to improve local parks using community insights. These enhancements have positively impacted residents' feelings of safety and enjoyment in the park.

Read more: <https://activecalderdale.org/3U50pTT>



### **JUNIOR PARKRUN PROMOTES ACTIVE PARKS**

The junior parkrun at People's Park offers a free 2k run for children aged 4 to 14 every Saturday, encouraging family activity. Success stories like Isla Toner, who has completed 63 runs and joined Halifax Harriers, highlight the positive impact on fitness and confidence.

Read more: <https://activecalderdale.org/3U6vpCN>



### **COMMUNITY CO-DESIGN FOR NEW URBAN PARK**

A community-led initiative has transformed Mixenden Urban Park into a vibrant, accessible hub through resident collaboration. The park now features improved paths, a Multi-Use Games Area, a basketball court, a cycle and scooter track, and a dedicated space for girls.

Read more: <https://activecalderdale.org/4eB6C1S>



### **PARK ACTIVATION EVENT SIGNALS POSITIVE CHANGE**

The Mixenden Party in the Parks celebrated the grand opening of Sunny Bank Playground and Urban Park with a day of sports, games, and community activities. The event symbolised positive change, allowing residents to enjoy new spaces and amenities together.

Read more: <https://activecalderdale.org/3zXLp3d>



### **COMMUNITY DESIGNED WALKING TRAILS**

Two community-designed walking trails, the History Hike and Wild Walk, opened in Mixenden this summer. Created with residents and volunteers, the trails highlight Mixenden's nature and history while promoting outdoor engagement.

Read more: <https://activecalderdale.org/3ZlOogj>





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# Creating active environments *(streets/public realm)*

## Transport & Highways

12 x school streets set up and delivered involving 3,231 pupils.



4% more

children walked, cycled,  
scooted or skated to school

3% more

children used park and  
stride to get to school\*

\*Data collected during summer months

All 10 first phase school streets made permanent



3x

Active Travel  
Neighbourhoods developed  
through community  
engagement

1x

Active Travel  
neighbourhood  
delivered

## Local Planning service

New processes and ways of working have been adopted by the Local Planning Authority in support of creating active environments:



## Urban design capacity

and capability introduced into the Local Planning system

## New developments

required to submit for pre application advice including urban design support

## Design standards

assessments at new developments identifying ways for improvement

New *Award Winning* Placemaking design guide developed and adopted. Setting the standards for how new developments should be designed in support of creating active environments.



72hrs

**72 hours** of urban design expertise secured into the local planning system.

8

Building for a healthy life assessments completed on **8** new developments

145

**145** recommended improvements made across **8** developments

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# **Creating active** **environments** (streets/public realm)

**“The combination of developing and implementing our award winning Placemaking Design guide and increasing our urban design capacity and capability in the service have created the conditions to enable us to set and uphold high design standards within the planning and development process.**

**Design standards that will ensure we are creating environments that make being physically active easy and exciting for our residents. We look forward to sharing and showcasing the impact of this approach over the coming months and years.”**

**Planning Policy Manager - Planning service**





**Design  
standards ensure  
we are creating  
environments  
that make being  
physically active  
easy and exciting  
for our residents.**



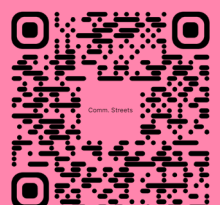
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# **Community streets** *make a big impression*

**Calderdale's Community Streets initiative, including projects like School Streets, aims to reduce vehicle traffic in neighbourhoods by improving road safety, reducing pollution, and promoting active travel.**

Residents have welcomed quieter streets and a safer environment for children and the elderly, with plans to expand the initiative to Mixenden and Pellon through road alterations and increased green spaces.

Read more: <https://activecalderdale.org/3X1J0fu>







# Welcome to our blog series on Creating Active Environments

In this series, we'll examine how Calderdale has been building its capacity and capability to create healthier, more active spaces in which to live. From initiatives such as community streets to the adoption of new Placemaking Design Guide within the planning system, discover how we're making Calderdale a place where physical activity is designed into the environment.



## CREATING ACTIVE ENVIRONMENTS

CMBC Planning Service is integrating the creation of active environments into Calderdale's planning system to ensure new developments promote physical activity. The initiative addresses a lack of urban design expertise by providing short-term support while planning for long-term capacity to sustain these developments.

Read more: <https://activecalderdale.org/3QB4USQ>



## BUILDING CAPACITY TO CREATE ACTIVE ENVIRONMENTS

The local planning service has introduced urban design expertise into its processes, requiring new developments to seek pre-application advice and undergo design standards assessments. A new Placemaking Design Guide has been adopted, setting standards for creating active environments.

Read more: <https://activecalderdale.org/3BO8cPs>



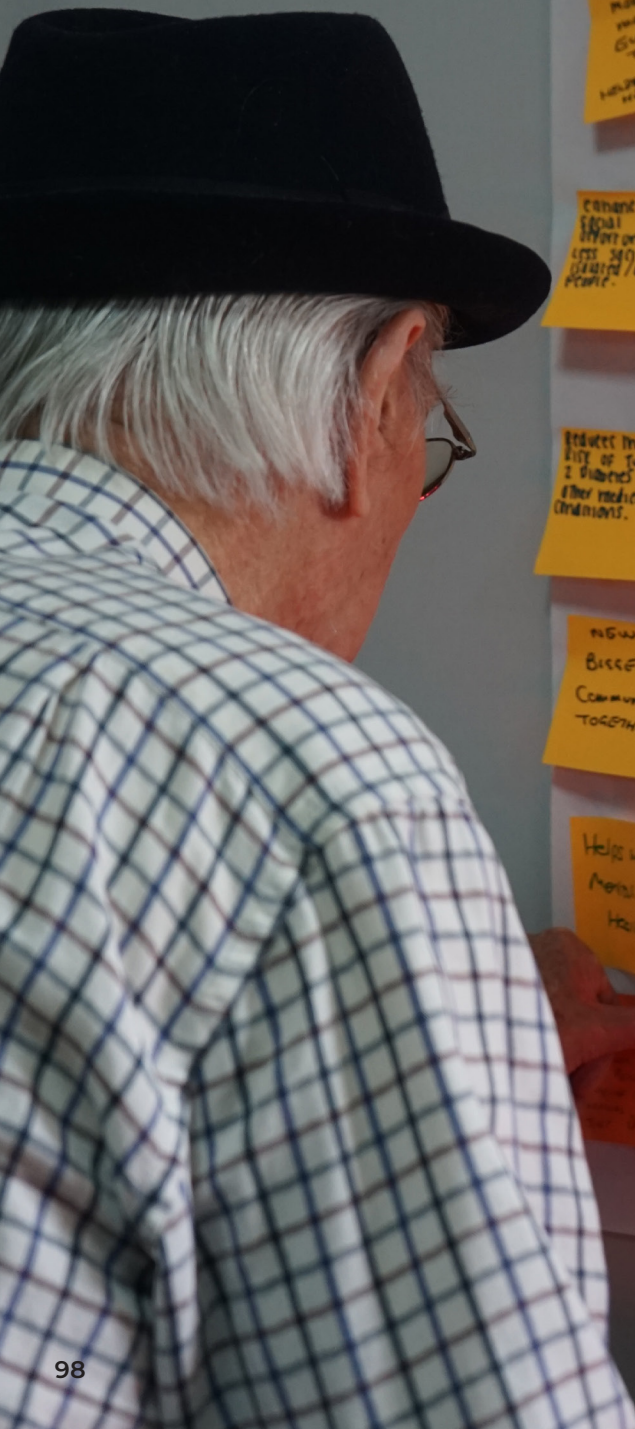






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# Creating a community led approach





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# **Launching our** *community led approach*

**Active Calderdale's Community Led Approach empowers local residents and local assets to collaborate on developing and delivering people and community led initiatives that support the community to be more active.**

Our Community Led Approach has seen great participation and collaboration between residents and place based assets, creating a more connected and joined up approach to establishing community-led initiatives supporting people to be active.

Read more: <https://activecalderdale.org/4cMeSKX>



# Welcome to our blog series on building the capacity and capability of residents to lead change in their communities.

This series will explore how our Community Led Approach (CLA) is empowering local residents and organisations to take the lead in promoting physical activity. Through co-designing projects, collaborating on initiatives, and making Investment decisions that directly benefit the community, the CLA is giving people the tools to create lasting, meaningful change.



## MIXENDEN: THE FIRST COMMUNITY LED WORKSHOP

Active Calderdale held its first community-led workshop in Mixenden, bringing together residents and organisations to co-design people and community led physical activity initiatives. Next steps include forming sub-groups to develop project proposals, with a community panel deciding on funding allocations.

Read more: <https://activecalderdale.org/4cMlqrM>



## THE POWER OF COMMUNITY PANELS

In 2023, Active Calderdale established community panels in priority areas, allowing residents to have more say and power over how investment is used locally to benefit as many people as possible. Panel members use local knowledge to ensure community needs are central to the decision-making process.

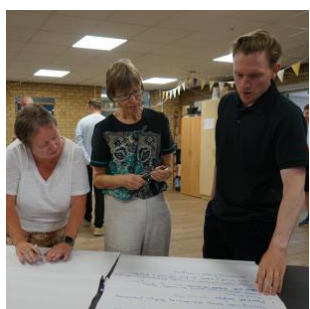
Read more: <https://activecalderdale.org/481XWzg>



## NEW INITIATIVES IN CORNHOLME & PORTSMOUTH

New initiatives in Cornholme and Portsmouth address health inequalities and limited facilities, including a Keep Fit class for over 50s, yoga, walking groups, and plans for a Forest School. Efforts are ongoing to improve parks and create long-term community well-being solutions.

Read more: <https://activecalderdale.org/3XnhsT0>



## WORKSHOPS DRIVE NEW COMMUNITY LED INITIATIVES

In the past six months, Active Calderdale hosted workshops in six areas, enabling collaboration on tackling physical inactivity. Sixteen projects, including yoga and walking football, have been funded, with community panels deciding on future investments across Calderdale.

Read more: <https://activecalderdale.org/474dWA2>







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# Creating an active Mixenden

This section demonstrates how the Theory of Change comes together at Place in one of our priority areas, Mixenden, highlighting the different assets working together to co-design, collaborate, and create sustainable opportunities for residents to be physically active.

## Mixenden Population



5,500

70%

LSOA's are in the  
top 10% IMD

30%

LSOA's are in the  
top 20% IMD

Inactivity in Mixenden is 30% compared  
to 24% in Calderdale

## Assets In Mixenden Include:

### Health & Social Care

PCN Social Prescribing  
Link Workers  
Ageing Well Practitioners  
Adult Social Care  
Community Mental Health  
& Wellbeing Workers  
Community Therapy Services

### Educational Settings

Ash Green Primary School  
(CAS School)  
Family Hubs

### Built Environment

Planning Service

### Parks & Green Spaces

Parks Partnership Group  
CMBC Green Spaces & Street  
Scene Service (GSSS)

### Voluntary & Community

Family Support Services  
Staying Well  
North Halifax Partnership  
Holy Nativity Church  
Community Support Services  
(inc. The Addy)

### Sport & Leisure

Mixenden Activity Centre  
Buggy 4 Fitness (co-designed  
with Children's Centres)

### Walking & Cycling Infrastructure

CMBC Transport & Highways  
(Active Travel Neighbourhood)

### Local Residents

Active Champions  
Community Led Approach -  
Community Panel

# Creating an active Mixenden

## **1 Positive Impact Sport – Game Changer**

The Game Changer project includes womens football, mens football, Good Food Good Mood (family-based cooking on a budget), Move it Shake it List it (family-focused).

**Collaborating:**

Ash Green Primary, The Addy, Social Prescribers, Ageing Well.

**For impact and further information see:**

[Our blog and video](#)

## **2 Sunny Bank Playground / Community Streets**

Project to reduce traffic and build a safe, healthy environment for people of all ages to walk, cycle, rest and play in the streets surrounding Ash Green Primary.

**Collaborating:**

Ash Green Primary, Family Hubs, Holy Nativity Church, CMBC.

**For impact and further information see:**

[Next Chapter article](#)

[Active Calderdale's blog](#)

[Next Chapter's blog](#)

## **3 New Urban Park**

The re-designed and newly developed Mixenden Urban Park was an unused green space which had previously been valued by residents. Working with the community and partners, the new concept was co-designed and developed to create a brand new attractive, accessible, and inviting space for all Mixenden residents.

**Collaborating:** Ash Green Primary, The Addy, Holy Nativity Church, PCN Social Prescribing Link Workers, Healthy Minds, Staying Well, Residents.

**For impact and further information see:**

[Active Calderdale's blog](#)

[Active Calderdale's video](#)

[Next Chapter's blog](#)

## **4 Community Centre Manager at Mixenden Activity Centre (MAC)**

This project supports with the reopening of MAC under the management of North Halifax Partnership. The role will support increasing integration of physical activity in the centres offer and support the work towards the future vision of full community ownership.

**Collaborating:** Mixenden Activity Centre, North Halifax Partnership and further commitment from various partners to support once fully re-opened.

NHP to recruit and gain access October 2024.

## **5 Buggy 4 Fitness**

Weekly affordable and accessible exercise classes for mums to help them regain strength fitness & overall wellbeing in a supportive setting.

**Collaborating:** Mixenden Activity Centre, Family Hubs, Ash Green Primary.

**For impact and further information see:** [Our blog](#)

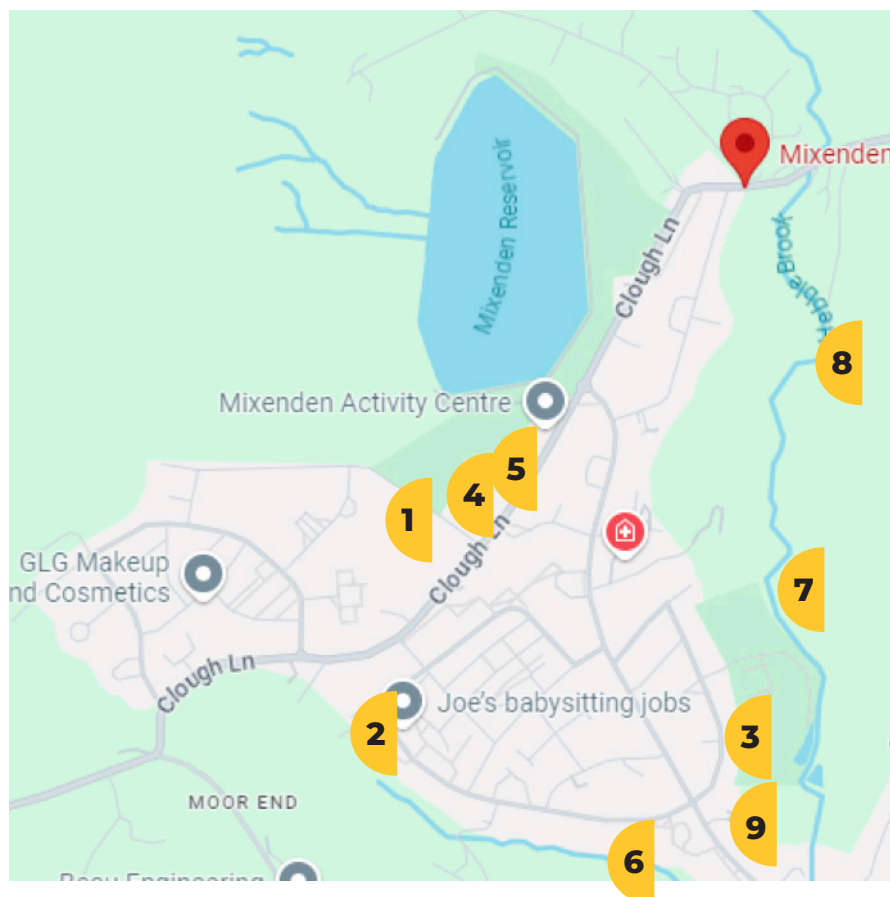


## 6 Active Travel Hub Coordinator

This role will lead the development and management of the Active Travel Hubs in North Halifax, situated at Mixenden Activity Centre and Ovenden Sport & Community Centre.

**Collaborating:** North Halifax Partnership, West Yorkshire Combined Authority (WYCA).

Awaiting funding from WYCA to commence project.



## 7 Tidy Up The Brook

Monthly sessions for volunteers to support with the upkeep of the woodlands, develop a 'Friends of Group', and general maintenance along the trail paths.

**Collaborating:** CMBC GSSS, Healthy Minds, Active Champions, Residents.

**For impact and further information see:** [Our blog](#) and [Gillian's story](#) (Active Champion).

## 8 History Hike & Wild Walk

Trails for the walks were co-designed with the community, with accessibility, attraction and affordability in mind. Trails are interactive with QR codes and soundtracks (voices of Mixenden residents).

**Collaborating:** Ash Green Primary, Family Hubs, The Addy, North Halifax Partnership, Staying Well, Mixenden Library, Holy Nativity Church, Active Champions, Residents.

**For impact and further information see:** [Our blog](#)

## 9 Tai Chi

Tai Chi sessions for adults with learning disabilities and for the community to join together each week at The Addy.

**Collaborating:** The Addy (now fully-fund the sessions), Staying Well, PCN Social Prescribing Link Workers.

**Impact so far includes:** 99% of participants are disabled or have LTHC. 50% of participants are women.

**For further project information see:** [Our blog](#)