

Agenda item 5

DERBYSHIRE HEALTH AND WELLBEING BOARD

4 October 2018

Report of The Director of Public Health

JOG DERBYSHIRE

1. Purpose of the report

To share a Jog Derbyshire promotional video with Health and Wellbeing Board Members, to increase awareness of the programme and the health and wellbeing benefits it brings to participants.

2. Information and analysis

Jog Derbyshire is a programme that works with people in communities to support them to become more active through jogging. It currently runs 137 sessions every week and has over 6,500 members. New groups are being set up all the time and there are plans in development to expand some existing groups, e.g. by starting groups for children and young people. Jog Derbyshire is run by Shift (formerly the Community Sports Trust).

The programme is currently funded by Public Health (for 2 years from 1st September 2018) with an ambition to get people into jogging through setting up groups in different communities and new settings (e.g. workplaces and from GP practices). Shift have also secured Action Grant funding to develop a Family Mile in 10 communities across Derbyshire and are continuously exploring other opportunities to support people to become more active.

3. Links to the Health and Wellbeing Strategy

Jog Derbyshire contributes to two of the five Health and Wellbeing outline priorities agreed by the Health and Wellbeing Board in July 2018:

1. Enable people in Derbyshire to live healthy lives
2. Build mental health and wellbeing across the life course

RECOMMENDATIONS

The Health and Wellbeing Board is asked to watch the promotional video and consider how, both as individual organisations and collectively, members can support the continued success of the programme.

**Dean Wallace
Director of Public Health
Derbyshire County Council**