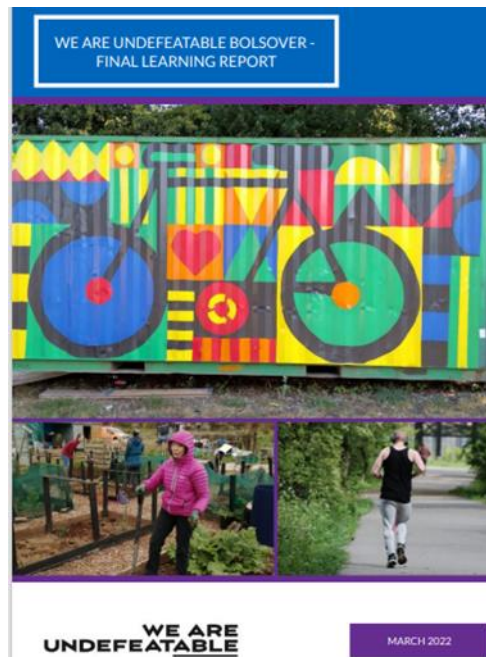


'We Are Undefeatable' Bolsover evaluation report published today



In 2019, Bolsover District was awarded pilot status for the We Are Undefeatable programme. We Are Undefeatable is a Sport England funded programme **aiming to 'inspire, reassure and support' people** living with long term health conditions take up and maintain physical activity, using both a national campaign and learning from ten pilots across England and the Bolsover WAU evaluation report has been recently [published here](#).

The report concludes with 8 key recommendations and highlights the importance of listening to 'Trusted Voices' to 'engage with community stakeholders to build insight. Trusted Voices... can be defined as people who have been empowered to speak positively and confidently about their local communities' (P25).

Led by BCVS as part of the 'Bolsover Together' programme, WAU Bolsover has successfully enabled public sector and voluntary and community sector partners to work together to develop system change.

Reflecting on the work in the area, James Cook, Strategic Lead, Active Partners Trust today said:

"We know that people living with long term health conditions are more likely to be inactive, and that there are many different reasons for this. We Are Undefeatable provides the opportunity to work with organisations and groups from different sectors to look at how to reduce the barriers for people living with long-term health conditions. Through this work we are recognising the importance of working alongside people and communities to define barriers and identify solutions together".

James Green, Derbyshire County Council Public Health Lead for Bolsover & Chair of the Bolsover Health & Wellbeing Group added:

“The Bolsover Health & Wellbeing Action group facilitates local engagement and the development of local connections to promote health and improve outcomes. This is done through the identification of local priorities, based on population, deprivation and health needs. The ‘We Are Undefeatable’ project / approach has been a valued addition to the Health and Wellbeing Action Group and has directly contributed to the main aims and priorities identified within Action Groups plans. The three overarching priorities for the groups plan include: Building healthy communities, promoting healthy lifestyles and supporting links to effective health and social care. Having Shirebrook as a key focus of the ‘We Are Undefeatable’ approach has been a welcomed intervention. Shirebrook is an area within Bolsover with the highest health inequalities with high levels of long-term illness and low physical activity rates. The legacy of the approach will no doubt lead to longer terms gains in improving the overall health of this population. The excellent partnership support to deliver the approach has been a key element of the project and is part of the legacy this project will leave”.

Andria Birch, CEO of Bassetlaw Community Voluntary Service (which includes Bolsover Together) said:

“BCVS was delighted to be invited to be the accountable body for the We Are Undefeatable project. This reflects recognition of the importance of centring the voluntary and community sector and trusted community voices in new system developments. The partnerships that have developed as a result with support from Sport England have been really effective and we look forward to working together to implement evaluation recommendations as we move forward into the mainstreaming phase of project delivery.

If you would like to learn from the WAU Evaluation report and use WAU resources developed, please visit the BCVS Bolsover We Are Undefeatable web pages here - www.bcvs.org.uk/we-are-undefeatable-project

Notes to editors:

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