

SHARE CONNECT COLLABORATE

Celebrating 2 years of the systems strategy, 'Fit for the Future'



Tuesday 4th July 2023



9.30am-4pm



Essex Business School, Wivenhoe Park

FREE



9-9:30AM ARRIVAL & REFRESHMENTS

10-11AM KEYNOTE SPEAKERS DR WILLIAM BIRD,
KAREN CREA VIN AND LUCY SAUNDERS

11AM-12PM WORKSHOP ONE

12-1PM NETWORK AND LUNCH (provided free of charge)

1-2PM WORKSHOP TWO

2-3PM WORKSHOP THREE

3-4PM NETWORKING OPPORTUNITY

As a way of celebrating 2 years of Fit for the Future, the Essex Physical Activity and Sport strategy, and the upcoming launch of the 2022-23 Active Essex Impact Report, we're excited to host our second Share-Connect-Collaborate networking event in July!

WORKSHOPS

	11AM-12PM	1-2PM	2-3PM
CLASSROOM 2.41	ACTIVE TRAVEL AND ACTIVE ENVIRONMENTS Hosts - Lucy Saunders and Julian Sanchez	ACTIVE TRAVEL AND ACTIVE ENVIRONMENTS Hosts - Lucy Saunders and Julian Sanchez	DEMONSTRATING IMPACT USING DATA AND INSIGHT Hosts - Will Watt and Active Essex
CLASSROOM 2.45	DEMONSTRATING IMPACT USING DATA AND INSIGHT Hosts - Will Watt and Active Essex	THE FUTURE OF PLACE-BASED WORKING Hosts - Karen Creavin and Jason Fergus	THE FUTURE OF PLACE-BASED WORKING Hosts - Karen Creavin and Jason Fergus
CLASSROOM 2.46	EXPLORING WHAT PHYSICAL LITERACY MEANS FOR CHILDREN AND YOUNG PEOPLE IN ESSEX Hosts - Active Essex	EXPLORING WHAT PHYSICAL LITERACY MEANS FOR CHILDREN AND YOUNG PEOPLE IN ESSEX Hosts - Active Essex	PHYSICAL ACTIVITY WITHIN THE HEALTH SYSTEM Hosts - Dr William Bird and Pam Green
CLASSROOM 2.66	PHYSICAL ACTIVITY WITHIN THE HEALTH SYSTEM Hosts - Dr William Bird and Pam Green	PEOPLE, CULTURE, SKILLS Hosts - Active Essex and Sporting People	PEOPLE, CULTURE, SKILLS Hosts - Active Essex and Sporting People

WORKSHOP DETAILS

Workshops will have a focus on impact and hearing practical examples from partners and individuals from across the sector, as a way of sharing and learning. Delegates will hear from a range of partners, celebrate achievements and success from the past year, and look at ways to continue to work towards creating an active Essex for everyone's health and wellbeing.

Increasing physical activity through active travel and active environments

Exploring in more depth the keynote delivered by Lucy Saunders on the principles of 'healthy streets', the workshop will share the latest best practice in creating attractive spaces and places that encourage people to be active. Workshop leads will provide information about how we can design physical activity into buildings, parks, green spaces, coastal paths, and streets. Active travel and active environments are a major way to improve air quality and support the work to reduce climate change and carbon production.

Demonstrating impact using data and insight

This workshop will explore how we demonstrate impact using different sources of data. It will highlight how organisations can utilise data to tell the story of their impact and share good practice. Will Watt, Director of State of Life, will showcase social impact and value methodologies such as the Treasury Green Book, endorsed WELLBY, to understand the impacts on health, wellbeing and the economy.

People, Culture, Skills

Sporting People will lead this session which looks at the realities of new policy directives and priorities for investment concerned with people development and building resilient organisations. Building on some pilot work they are undertaking with Active Essex that's fallen out of our People, Culture, Skills Framework, they will use their expertise to challenge delegates to be brave and ambitious in their thinking about recruitment, retention, talent identification and leadership.

Physical activity within the Health System

Hear from our pioneering health professionals on how physical activity can contribute to reducing health inequalities and transform person-centred care. This will include insight on community-led approaches that can support the prevention of ill-health and management of conditions. The workshop will be led by Dr William Bird, GP, Chair of Active Essex Board and founder of Green Gym, Beat the Street & Health Walks and Pam Green, NHS Alliance Director for South West Essex Alliance.

The future of place-based working to create healthy active communities

This workshop will explore in more depth the keynote delivered by Karen Creavin, sharing what good place based working looks like in the context of creating healthier, more active communities. Effective place-based working puts the local community in the lead so they can find the solutions to fulfil their aspirations and needs with the help of a range of local partners. The workshop will provide real life examples of some great place-based work in Essex, as well as set the scene for the forthcoming Sport England 'Place Based Expansion'.

Exploring what physical literacy means for children and young people in Essex

This interactive session will explore how we as an Essex Eco system can collaboratively put the conditions in place that ensure that children and young people have positive experiences of sport, physical activity, and movement. Physical literacy definition: "Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life" International Physical Literacy Association (2017).