

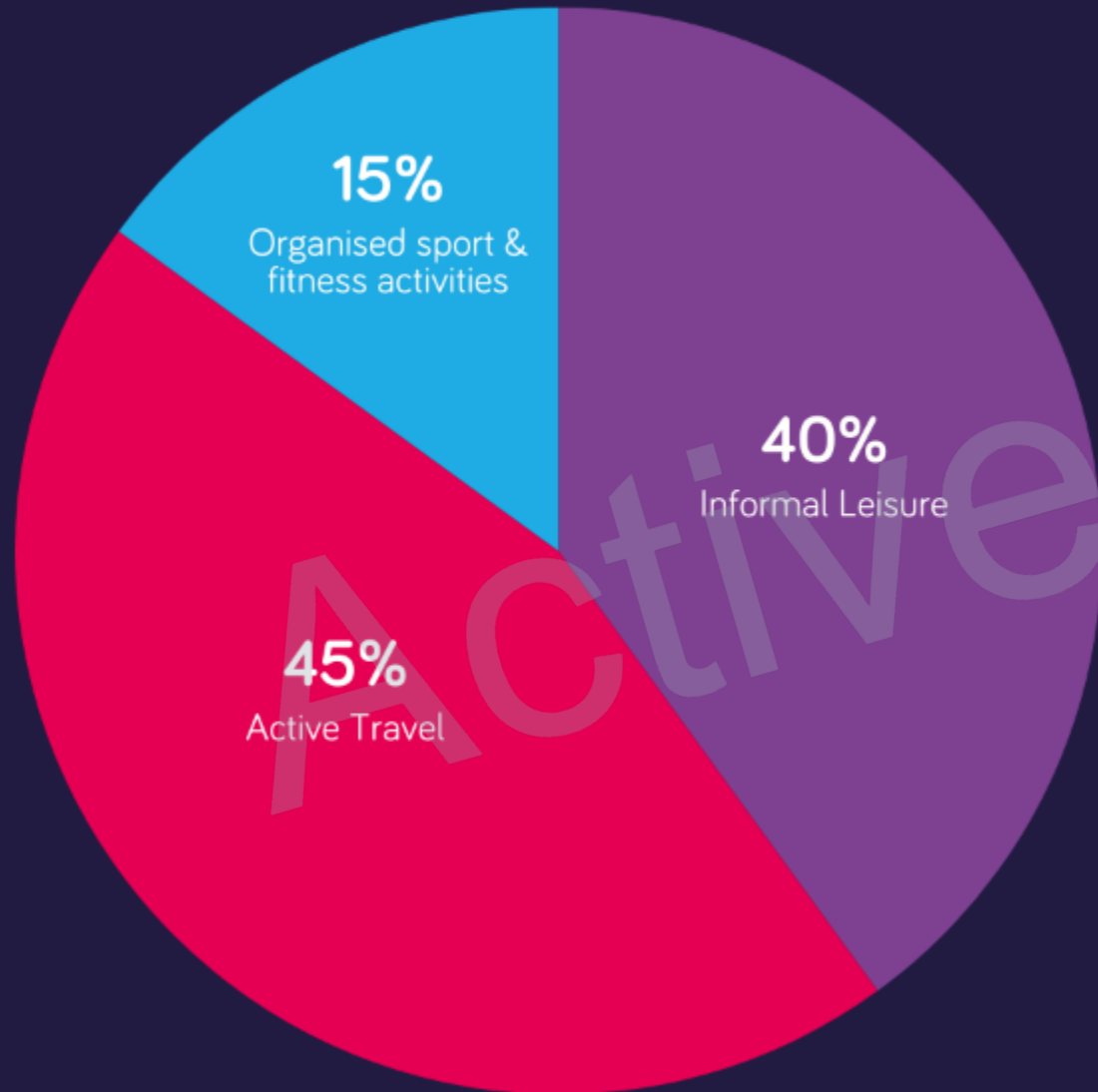
Day 2

Welcome back !!!!!!!!!!!!!!!

Check in Reflections



How are people physically active in the UK?



**Opportunities to
be more active**

Source: Intelligent Health

HEALTH & SOCIAL CARE

PCN Social prescribing link workers
Ageing Well practitioners
Adult social care Long Term Support community team
Community mental health & wellbeing workers
Better living team

Integrated and embedded physical activity promotion processes and practices
All trained in moving medicine active conversations

VOLUNTARY & COMMUNITY ORGANISATIONS/SERVICES

Family support service - Embedded physical activity promotion into what they do
Dads R Us – informal dads group using physical activity as part of what they do
Holy Trinity church – hosting activities and opportunities
Staying Well community programme – promoting PA. trained in active conversations. PA outcome measure for the programme

BUILT ENVIRONMENT

MUGA on school site, opened to the community, activities co-designed with the community

PARKS & GREEN SPACES

Areas of **green space un-maintained** for 5 years, **cut, improved and made useable** to the community

Active Park improvement plan being co-designed with the community

WALKING & CYCLING INFRASTRUCTURE

- Active Travel neighbourhood**
 - Co-designed with the community and being delivered

School street delivered

✓ **Services/organisations re-designed**

✓ **Community assets - working collaboratively**



✓ **Co-designed**

✓ **Promoted by organisations and services**

✓ **Community assets playing their part - individually**

WORKPLACES

North Halifax Partnership – community anchor organisation: PA integrated as part of their culture
Ash Green Children's centre – staff activities and challenges
Adult social care – staff activities and challenges

EDUCATIONAL SETTINGS

Ash Green Primary school
Active school – multiple interventions adopted and implemented
Ash green children's centre – developing walking trails for families

SPORT/LEISURE/PA OPPORTUNITIES

Buggy for fitness walks and activities – codesigned with families through children's centres
Positive impact sport healthy holidays
Mixy Marchers:
Social netball sessions established
Walking group set up

The background features several thick, curved, overlapping bands in shades of light green and blue. A large, light grey watermark with the text "Active Essex" is oriented diagonally across the center of the image.

The role of public leisure
in place working.

Public sector leisure: Direction of Travel

From a leisure service to an **active wellbeing service**

A new approach that formalises The **relationship between health and leisure** built on:

- Social prescribing
 - Co – location
 - Delivery of preventative activity
- Collaboration through Integrated Care Systems

An approach that brings forward new thinking, products and services requires **proactive and skilled leadership** to focus on:

- Addressing the fragmented nature of the leisure sector
- Building strong working relationships across multiple stakeholder

Provision that is **placed based** and at the heart of **local communities**

Provision that is aligned to needs and provided in a way that seeks to reduce inequalities and address deprivation

Provision that is **low carbon** and delivers a step change in carbon emissions at the local authority level

Uniting the movement



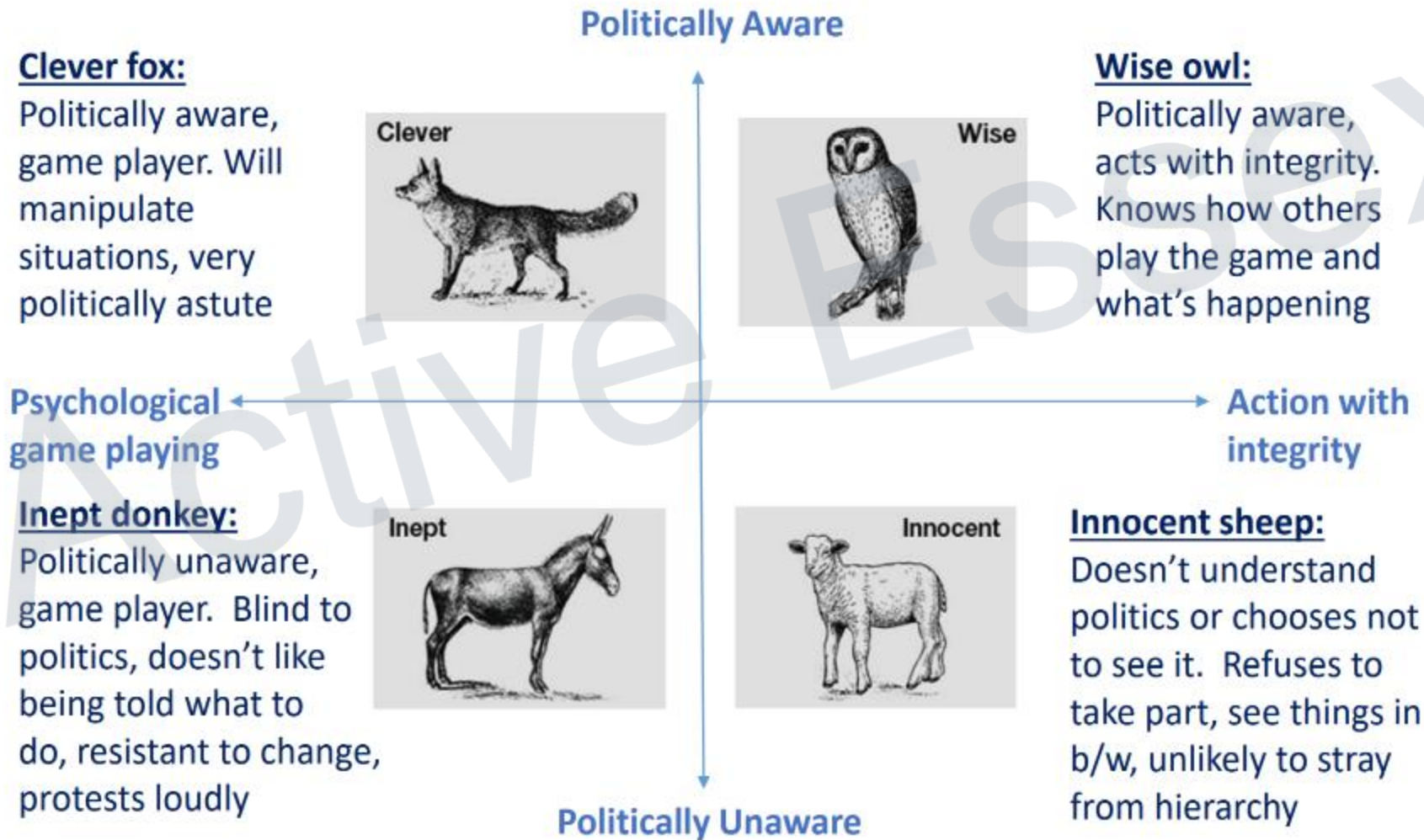
Influencing- creating a
coalition of the willing

The background features several thick, curved, overlapping lines in shades of light green and blue. A large, light grey watermark with the text "Active Essex" is oriented diagonally across the center of the image.

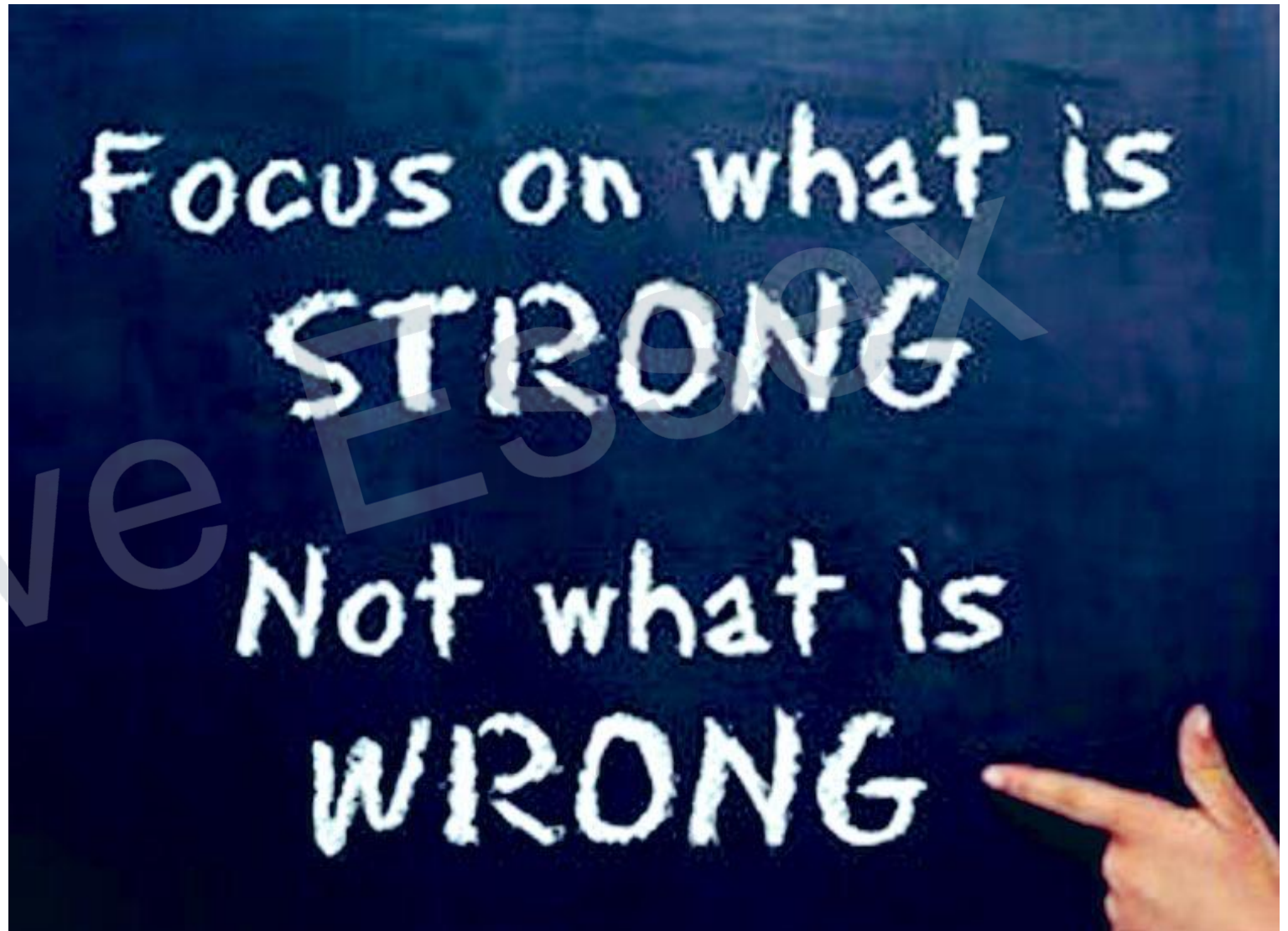
Understanding the Political dynamics !

Pay attention to the politics

One model: owl, fox, donkey, sheep: what happens in your place?



Asset Based Community Development



How we support communities



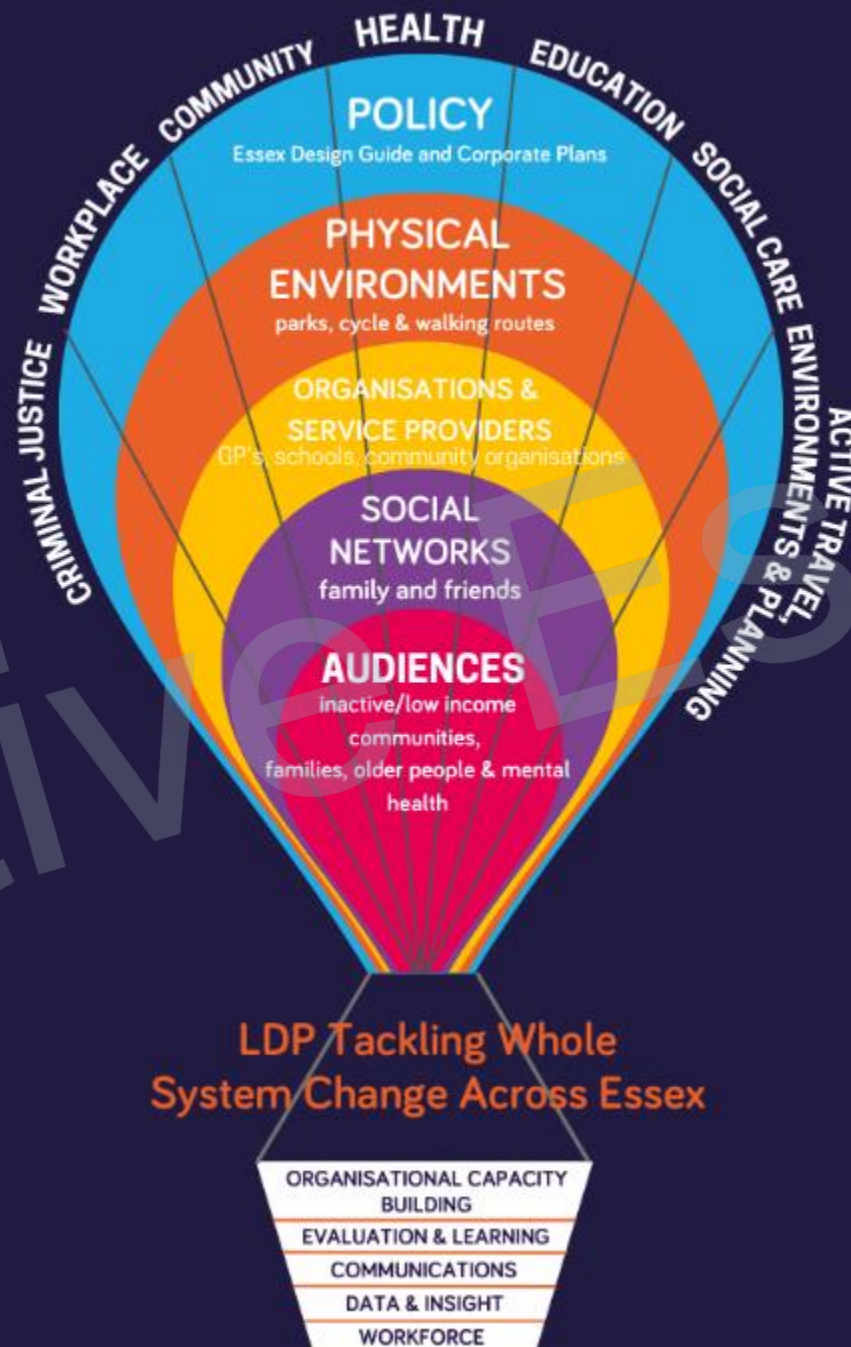
Question

In your team where do you currently sit on the helper's journey and where do you want to be?



Stakeholder/system mapping

Focus on System Change



Exercise on tables

Pick a system setting along the top of the hot air balloon and go through the middle headings POLICY etc and start to map what you would need who the stakeholders are we need to influence/work with to hardwire physical activity within the setting

Practical Tips for Leading Change

Find time to think.

Be Thoughtful.

Build Bridges not Tunnels.

Be Open.

Planning not plans.

Be intentional.

Embrace Your You.

Be Authentic.

Focus where the system and lives collide.

Be People Focused.

Changing people, change the system.

Be Reflective.

Compliments help distribute power.

Be Generous.

Feeling is as important as thinking.

Have Empathy.

Appreciation is the currency of change.

Be Grateful.

Connection beats control.

Be Connected.

Follow with enthusiasm.

Be Supportive.

Stay connected to the why.

Be Grounded.

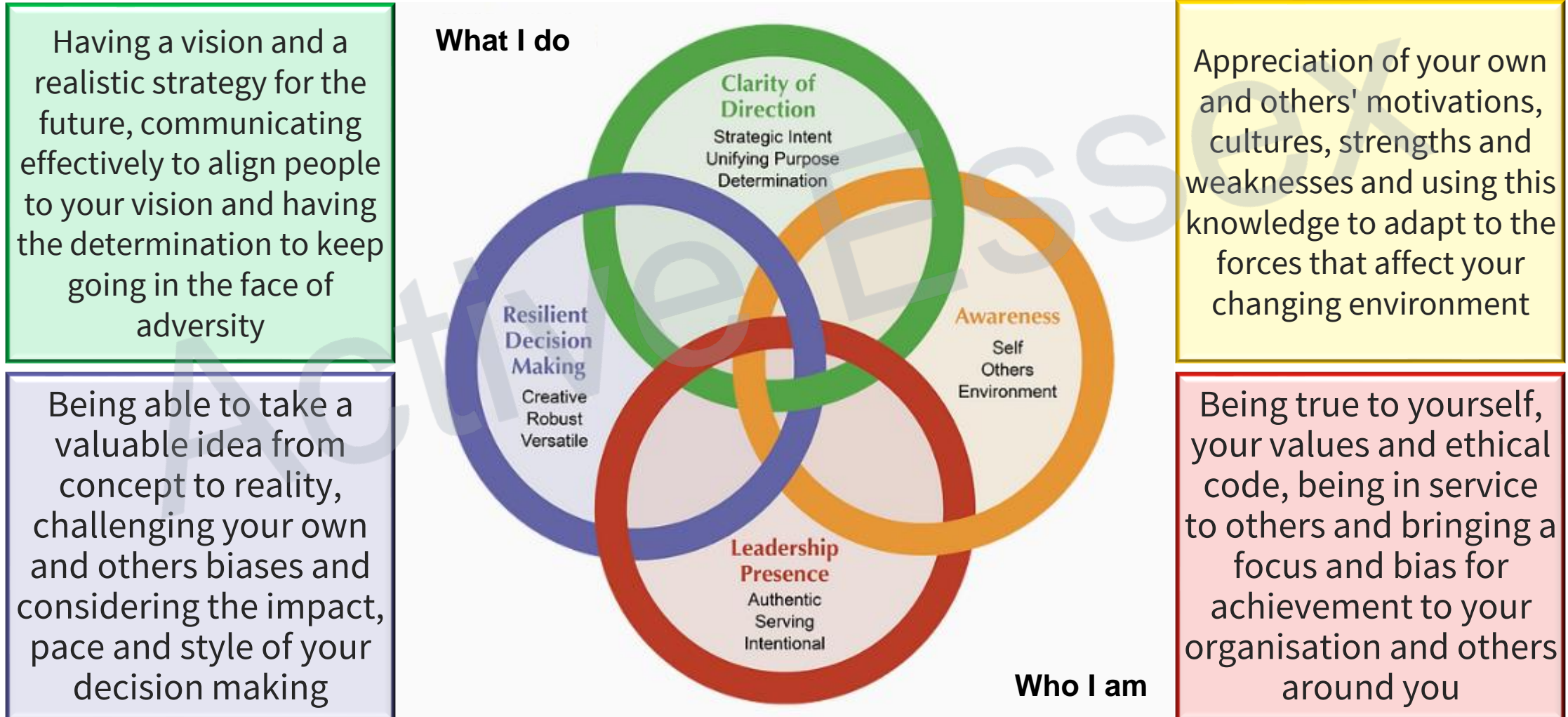
Enhance
your
leadership
resilience



+

o

What will you do personally to enhance your leadership resilience?





- **Strategic Intent** *Having a vision and realistic strategy for the future and finding ways to achieve them*
- **Unifying Purpose** *Creating alignment, communicating effectively and enrolling people in the Strategic Intent*
- **Determination** *Seeing through the fog of events, being able to adapt without compromising the Strategic Intent*

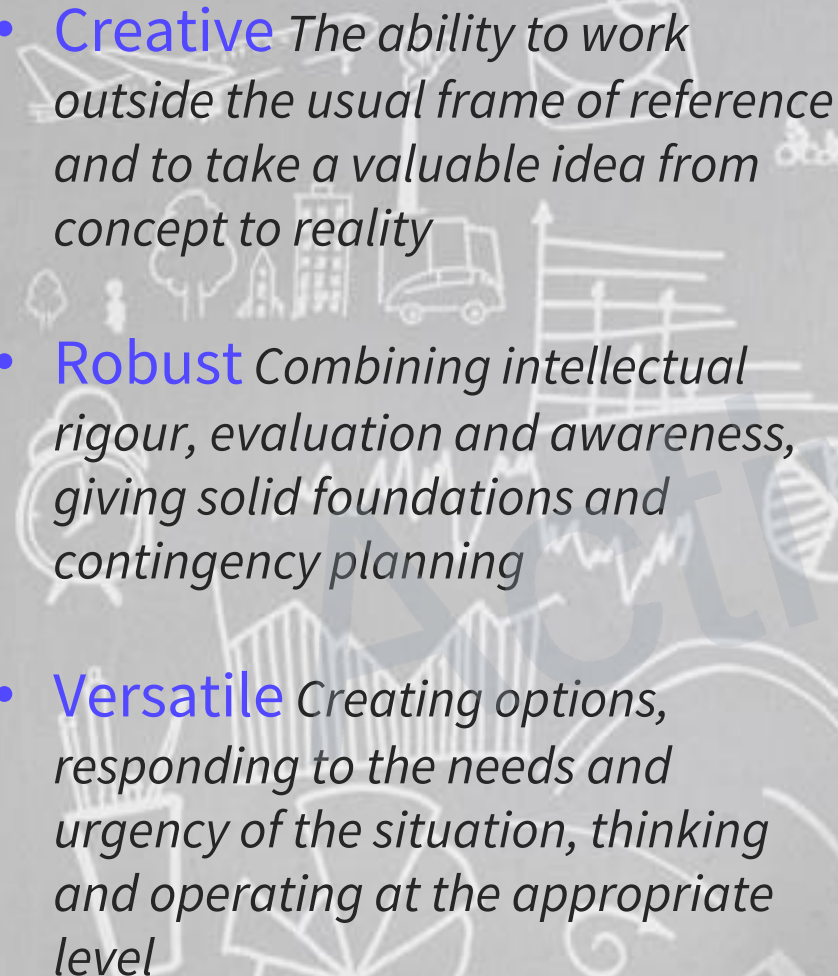
Clarity of Direction

IMPACT

People know where they are going, why they are going there and they know you are determined to succeed.

Each individual can work out what to do for themselves in order to get to the end point.



- 
- **Creative** *The ability to work outside the usual frame of reference and to take a valuable idea from concept to reality*
 - **Robust** *Combining intellectual rigour, evaluation and awareness, giving solid foundations and contingency planning*
 - **Versatile** *Creating options, responding to the needs and urgency of the situation, thinking and operating at the appropriate level*



Resilient Decision Making



IMPACT

Great decisions are made at the right time, with the right people, in the right place.

Contingency options are always available so that the unexpected can be dealt with effectively and confidently.

Contingency options are always available so that the unexpected can be dealt with effectively and confidently.





Awareness

- **Self** *Appreciation of your motives, attitude, strengths and weaknesses in a variety of situations*
- **Others** *Appreciation of the different motives, attitudes, cultures, strengths and weaknesses of others (e.g. your customers, your team, your business partners and your family)*
- **Environment** *Understanding your organisation, its systems, processes and culture, at all levels; also the forces that affect your organisation and your workplace*

Awareness

IMPACT

Everyone, including you, works at their best, resulting in higher productivity and motivation. Diversity is appreciated and used to the benefit of all.

Systems and processes serve people in achieving their goals.





- **Authentic** *Demonstrating integrity and conviction, operating to your values and ethics, being true to yourself*
- **Serving** *The needs of others (e.g. your customers, your team, your business partners and your family) are the priority; you are committed to the development of people*
- **Intentional** *Remaining focused on the purpose of the organisation, to be positive and appreciative rather than criticising; having personal energy and a bias for achievement*

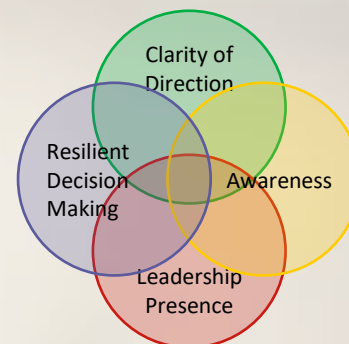
Leadership Presence –
being authentic and vulnerable

IMPACT

You have “presence” even when you’re not in the room.

The best person takes the lead and is fully supported by all around them, leading to greater effectiveness and better results.

People know each other well enough to anticipate other’s actions and act accordingly.



Developing Shared Common Purpose



Developing Shared Purpose

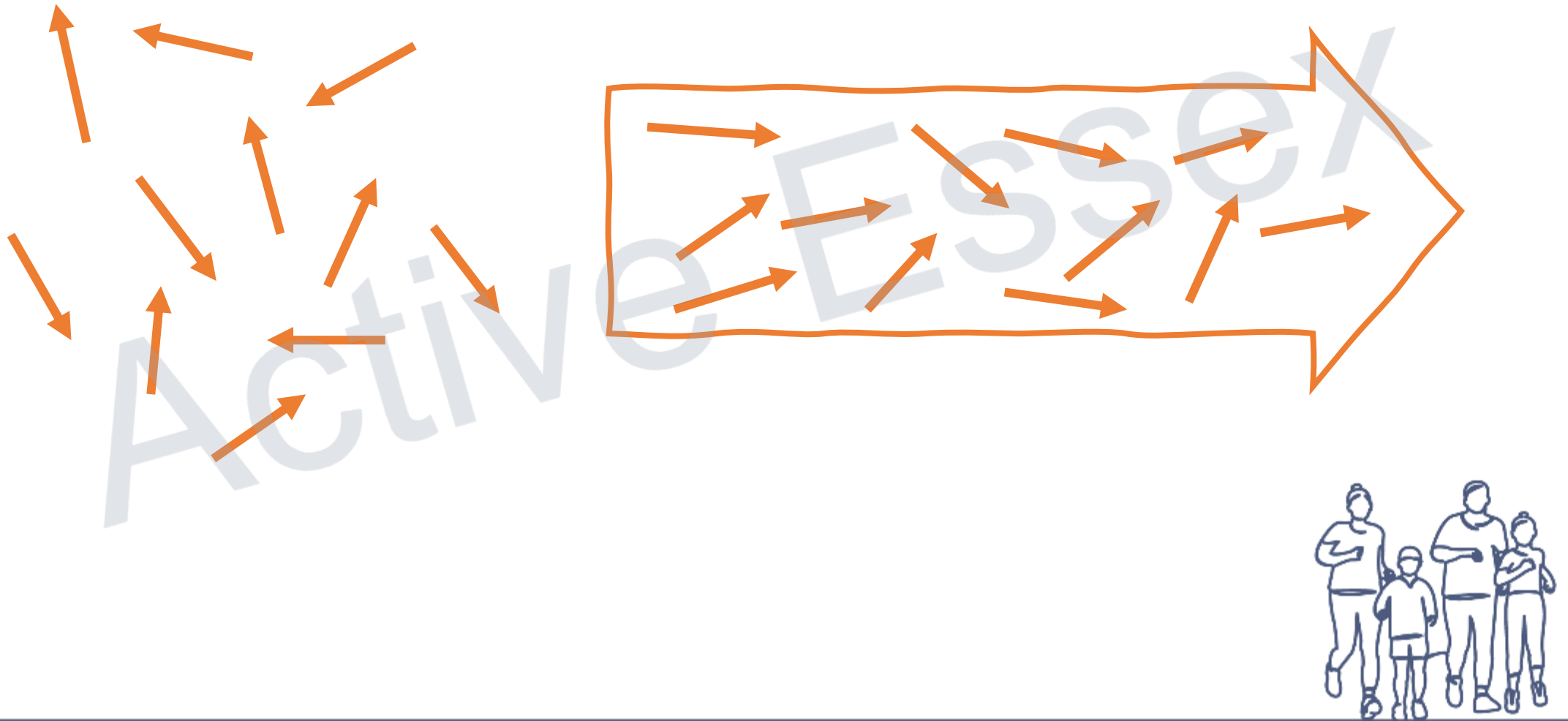


Table exercise: We are going to start consider what the shared purpose is of your Table!!!!

The lens is: *a place-based approach to leading Sport and Physical Activity in local communities through getting people more active*

	Individual	Shared	Conflicting
Priorities			
Concerns			
Values			



Action
Planning/What
next



Your feedback is essential to helping us to run these programmes.

Please make sure you have completed your survey before you leave:



Starting the action planning:



On a Postcard answer
the 4 questions
Then in pairs discuss
Then as a table share