



SHARE CONNECT COLLABORATE a festival of learning ...

Active Essex

	Main Stage	Innovation room	Impact Hub	Culture Dome	Playhouse Arena
9	Registration, networking and refreshments			Join us for a spot of morning yoga! Set the day up right, by joining us for a 30 minute light yoga session.	
9.45	Networking and relax area.	COMING SOON	A school's contribution to your community Dawn Emberson & guest How can we de-silo PE and school sport, and ensure we place schools as an integral part of the local community make-up.	Building resilience in community organisations Jane Stewart, Mint Decisions Explore why the system must invest time and energy into strengthening organisations. Hear about the OD prog and how it boosted resilience.	Why conversations matter Double Yolk A personal growth seminar with Double Yolk. How do you show up for yourself and for others?
10.30		COMING SOON	COMING SOON	How to create the conditions Kerry McDonald Explore how you can be leaders in your sphere and truly focus on the strongest conditions in your area/community to make a lasting difference.	Get to grips with conversation development, tone and language in this 90 minute interactive seminar.
11.15		Listen in to a podcast all about health creation Dr William Bird & guest Unpick the ideas around health creation and creating a space to belong, feel safe and thrive, an important foundation for neighbourhoods.	Designing streets for people, not just cars Navtej Tung The challenge of walking and cycling infrastructure and how we can break the car culture. Cars vs communities: who wins in Essex's future?	This will provide a 90 minute overview of the 1 and 2 day creating the conditions course, alongside one of Active Essex's closest system partner to help bring this to life.	Reimagining leisure - Active Wellbeing at Place Mike Carran A discussion on the future of leisure services and the shift towards creating healthier, more connect communities through Active Wellbeing.
12	Headline Act 1 Simon Hayes, Sport England A talk on the transformative power of movement in shaping policy and systems to drive change to create a more active nation.				

Lunch will be held in the main stage arena, where you can network and relax. Please also explore the Learning Lounge to take a look at further details from this mornings seminars.

If you have questions for any of our afternoon headline acts, use the board to put these forward.

1.30	Join us for a walk and talk Let's discuss the mornings sessions whilst on a facilitated walk across the Hylands Estate.	COMING SOON	Pride of Place - Canvey's story so far Amanda Parrott, Steve Bish and Alex Hawkins Hear from Canvey Island representatives on their community work and using youth voice to drive decisions.	COMING SOON	Leave it up to the kids! Host and Primary School Sometimes decisions can be tough, seem daunting and even over-complicated. Let's take the pressure off and see what the kids think we should do!
2.15	Headline Act 2 Anna Randle A talk on how physical activity can be harnessed to reimagine community wellbeing - especially in the face of the challenges currently shaping the Essex landscape.				
3	Chat show style conversation Jason Fergus will be joined by Simon Hayes, Anna Randle and Dr William Bird Facilitated by Director of Active Essex, the discussion will take into account audience questions taken at lunch time, and hear how our headline acts foresee the future of Greater Essex and the role we all play in creating the conditions for communities to thrive.				
3.45					

FESTIVAL FINISHES AT 4PM