



**HEADLINER**

Simon Hayes

**Sport England Chief Executive**



# Agenda

1. Reflections on the state of the sector
2. Working together in Essex
3. Learning shaping the future
4. Opportunities ahead of us



# Reflections on the state of the sector



# Working together in Essex

# Working together in Essex

On the journey from the outset:

LDP – one of 12 place pioneers

Place Expansion – expanding the work into more parts of the county

Place Deepening – deepening the work in the original locations

Universal offer – shifting the way you operate and do things as business as usual in other parts of the county

# Hardwiring Sport and PA in Essex

**You've shown others how to deliver change in your local systems that is having a positive impact into community life.**

- Policies and priorities are changing – planning, adult social care, transport are great examples in the County.
- Resource allocations have shifted to tackle inactivity – Sport England funding has been multiplied in Essex with £4 for everyone £1 invested.
- More people in the County see the value of taking an asset-based community development approach in the county putting communities at the heart of change.
- You've delivered extensive leadership training and support to create a movement.
- The place (system) is more connected to itself, working to a common goal.
- People are moving more.



**Shaping the future**

# Shaping the future

What – PEM, HAF programme, Essex Pedal Power, Youth Inclusion, health

How – Hard wiring – Policy formation, ABCD training, Leadership

Supporting others- in Essex, beyond into other places – sharing by workshops, national leadership programme facilitation.

Informed SE approach and onward into government.

Leading to deepening the work in existing areas of Essex, expanding into new, embedding work as business as usual.



# Opportunities ahead

# Uniting the Movement: 5 years into Uniting the Movement we are building from a strong base

## **Record activity levels**

for both adults and children  
and young people

## **Campaigns and system**

**investment** contributing to 1m  
more people active each year

## **National & local partners**

working together across  
places, demographics,  
and sectors

**Social value >£120 billion p/a**  
with a return on investment of  
£4 for every £1 spent

**Thank You!**



**HEADLINER**

Caroline Russell  
**CEO of Parkinson's UK**



# HOPE

**Caroline Russell**

CEO Parkinson's UK

Senior Independent Board Member Active Essex

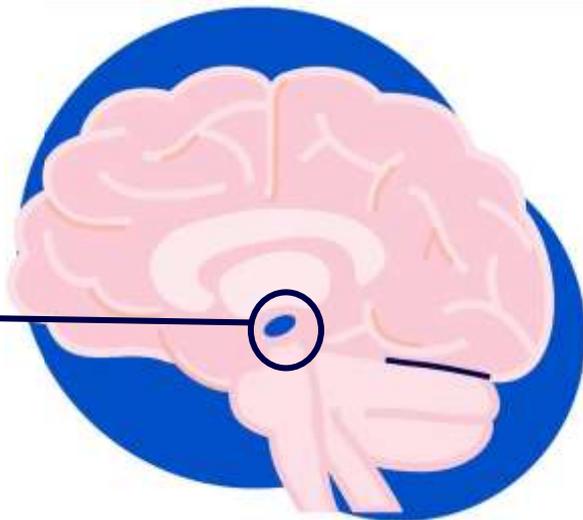
Trustee Farleigh Hospice

# Parkinson's is a complex condition

## What's Parkinson's?

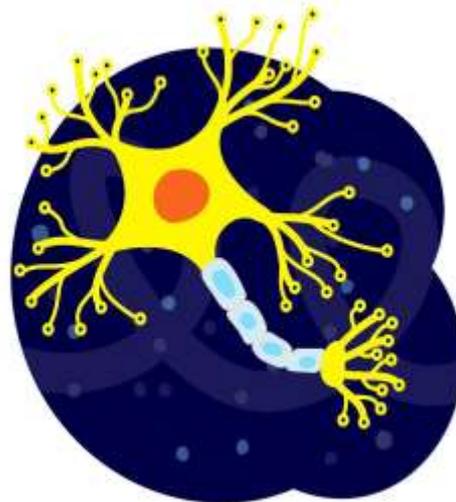
Parkinson's is a condition that affects the brain.

The area that's most affected is called the '**substantia nigra**' and is involved in the coordination of movement.



Over 40 symptoms associated with the condition

People with Parkinson's don't have enough of a chemical called **dopamine** because some nerve cells in their brain have died.



## Key stats to remember

- There are **166,000** people living with Parkinson's in the UK in 2025.
- 28,000 are newly diagnosed each year – that's **one every 20 minutes.**
- The pandemic had a significant impact, especially on the NHS neurology and elderly care services, with **around 21,000 people unable to get a diagnosis.**
- In Essex there are circa **5,000** with Parkinson's diagnosis
- Average age of diagnosis – 69 – 40% of PWP are of working age
- It cannot be prevented
- There is no cure
- It is a degenerative condition

**BUT THERE IS HOPE**



**Being Active – the  
“wonder treatment”  
– does it slow the  
progression?**

## Power Of Dance (Clinical Research and Angela!)



# The Professionals!



# Virtual Reality Walking, Boxing, Bowls, Nordic Walking (and surfing, Skateboarding, axe throwing, archery)



## HOW TO PROVIDE HOPE IN THIS GREAT COUNTY

- Opportunities for education of population, professionals and people - all available and free
- Opportunities to reduce inequalities - care homes, advanced Parkinson's, Young onset
- Opportunities to think differently about engagement and inclusion
- Opportunities to make a difference and change lives today

