

WORKSHOPS

	11AM-12PM	1-2PM	2-3PM
CLASSROOM 1	<p>ACTIVE TRAVEL AND ACTIVE ENVIRONMENTS</p> <p>Hosts - Lucy Saunders and Julian Sanchez</p>	<p>ACTIVE TRAVEL AND ACTIVE ENVIRONMENTS</p> <p>Hosts - Lucy Saunders and Julian Sanchez</p>	<p>PEOPLE, CULTURE, SKILLS</p> <p>Hosts - Active Essex and Sporting People</p>
CLASSROOM 2	<p>DEMONSTRATING IMPACT USING DATA AND INSIGHT</p> <p>Hosts - Will Watt and Active Essex</p>	<p>PEOPLE, CULTURE, SKILLS</p> <p>Hosts - Active Essex and Sporting People</p>	<p>DEMONSTRATING IMPACT USING DATA AND INSIGHT</p> <p>Hosts - Will Watt and Active Essex</p>
CLASSROOM 3	<p>PHYSICAL ACTIVITY WITHIN THE HEALTH SYSTEM</p> <p>Hosts - Dr William Bird and Pam Green</p>	<p>EXPLORING WHAT PHYSICAL LITERACY MEANS FOR CHILDREN AND YOUNG PEOPLE IN ESSEX</p> <p>Hosts - Active Essex</p>	<p>PHYSICAL ACTIVITY WITHIN THE HEALTH SYSTEM</p> <p>Hosts - Dr William Bird and Pam Green</p>
CLASSROOM 4	<p>EXPLORING WHAT PHYSICAL LITERACY MEANS FOR CHILDREN AND YOUNG PEOPLE IN ESSEX</p> <p>Hosts - Active Essex</p>	<p>THE FUTURE OF PLACE-BASED WORKING</p> <p>Hosts - Jeff Masters and Karen Creavin</p>	<p>THE FUTURE OF PLACE-BASED WORKING</p> <p>Hosts - Jeff Masters and Karen Creavin</p>

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

In order to continue to develop our sectors workforce, this workshop will look at our long term ambition to build capacity in organisations and workplaces where individuals can thrive. Delivered by Sporting People, an organisation who support sporting organisations in the sector to develop the right people, they will share practical tips and guidance, as well as provide examples of best practice for you to enhance your workforce, whether that be paid staff, coaches apprentices or volunteers.

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).