



**NATIONAL
SUMMIT**

Headline Sponsor
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Wednesday 12th September 2018
Queen Elizabeth II Centre, London SW1P 3EE

Overview

The ukactive National Summit is the biggest gathering of physical activity stakeholders from across the UK, delivering ambitions for a healthy, active nation with physical activity at the heart of the preventative health agenda.

This year the Summit will develop last year's theme of "physical activity – a social solution" and examine examples of the projects and programmes that illustrate the "golden thread of physical activity" in action. Furthermore, in the year of the 70th anniversary of the NHS, Summit will examine how best to leverage the importance of prevention in any future healthcare model.

Summit will examine and discuss issues such as workplace health and loneliness in detail and where the sector has a leading role in supporting an active, healthy society.

The National Summit will again convene around 700 decision makers and influencers at the QEII Centre from across public health, sport, business, national and local government, charity, and the wider physical activity sector – all of whom share ukactive's commitment to getting more people, more active, more often.



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Agenda

NB: Timings & Speakers Subject to Change

08.30 –
09.15

Registration
Networking with tea and coffee served

Chaired by
Lord Andrew Lansley CBE

09.30 –
09.45

Welcome

Steve Ward
(CEO, ukactive)

09.45 –
10.05

Making the case
for prevention

Baroness Tanni Grey-Thompson DBE
(Chair, ukactive)

10.05 –
10.20

The government's
commitment to the
preventative health agenda

**Secretary of State for
Health and Social Care**

10.20 –
10.35

The role of physical activity
in supporting the
health of the nation

Rt Hon Tom Watson MP
(Deputy Leader of the Labour Party
and Shadow Secretary of State for
Digital, Culture, Media and Sport)

10.35 –
10.55

Getting the nation moving

Dame Darcey Bussell DBE
(Legendary Ballerina and DDMIX Creator)
With
Professor Greg Whyte OBE
(Director, Centre for Health
& Human Performance)

10.55 –
11.25

Break
Networking with tea and coffee served



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Morning Breakouts

11.25 –
12.30

Promoting workplace
health: What practical
steps can be taken to
build physical activity
into working life?

mihabodytec

Dr Dorian Dugmore
(CEO, Wellness Academy)

Craig Beaumont
(Director, External Affairs and Advocacy,
Federation of Small Businesses)

Tove Okunniwa
(CEO, London Sport)

Lee Jones
(Workplace Wellbeing Lead, Wellworking)

11.25 –
12.30

Reimagining Ageing: How
can the activity sector
practically transform the
health of an
ageing population?

Scarlett McNally
(Former Chair of RCS, Author of Exercise
is a Miracle Cure, Orthopaedic Surgeon)

Ian Burbidge
(Associate Director, Royal Society of Arts)

Anna Dixon
(Chief Executive, Centre for Ageing Better)

Professor Sir Muir Gray CBE
(Consultant in Public Health Oxford
University Hospitals & the first
Chief Knowledge Officer for the NHS)

Jamie Bunce
(CEO, Inspired Villages)

11.25 –
12.30

Active Justice: What role
can physical activity play
in preventing crime
and anti-social behaviour?

Claire Dhami
(Implementation Director for Offending, Criminal Justice
and Devolution of Youth Justice,
West Midlands Combined Authority)

Barry McGuigan MBE
(Former Professional Boxer and
Founder, Barry McGuigan Boxing Academy)

Professor Rosie Meek
(Professor in Psychology,
Head of the Law School RHUL)

Graham Achilli-O'Brien
(Learning and Skills Development,
Inspiring Healthy Lifestyles)

James Mapstone
(Co-Founder and Chair, Alliance of Sport)



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12.30 –
13.30

Lunch.
Networking with tea, coffee and food served

13.30 –
13.45

Using physical activity
to transform a region

Bob Sleigh OBE
(Deputy Mayor, West
Midlands Combined Authority)

13.45 –
14.00

Addressing
Generation Inactive

Anne Longfield OBE
(Children's Commissioner
for England)

14.00 –
14.15

TBC

TBC

14.15 –
14.35

Disconnection in a
Connected World

Alex Smith
(CEO of The Cares Family &
Obama Foundation Fellow)

14.35 –
15.00

Break
Networking with tea and coffee served



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Afternoon Breakouts

15.00 –
16.00

**Combatting loneliness:
How can physical activity
improve social interaction
and reach isolated people?**

Ramona Herdman

(Head of Tackling Loneliness, Department
for Digital, Culture, Media and Sport)

Ivo Gormley

(Founder, GoodGym)

Richard Kramer

(Deputy Chief Executive, Sense)

Dr Andrew Boyd

(Clinical Champion for Physical Activity and
Lifestyle, Royal College of General Practitioners)

Joe Lyons

(Chief Executive, West Ham Foundation)

15.00 –
16.00

**Devolution – national and
regional – what are
the opportunities
to drive the
prevention agenda?**

Matthew Ryder

(Deputy Mayor for Social Integration,
Social Mobility & Community Engagement)

Simon Hall

(Physical Activity Strategic Lead,
West Midlands Combined Authority)

Sarah Powell

(Chief Executive, Sport Wales)

Dr Gregor Smith

(Deputy Chief Medical Officer, Scotland)

15.00 –
16.00

**Transforming Generation
Inactive: How do we
overcome the physical,
social and institutional
barriers that impact
children's physical
activity behaviours?**

Adrian Packer CBE

(Founder and CEO, CORE Education Trust)

Professor Russell Jago

(Professor of Paediatric Physical Activity
& Public Health, University of Bristol)

Matthew Meckin

(National Lead for Physical Education, OFSTED)

Jayne Molyneux

(Director, Children and Young People, Sport England)

16.00 –
17.30

Networking Drinks



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Session Description

Promoting workplace health: What practical steps can be taken to build physical activity into working life?

Office workers can spend up to three quarters of their day sat down, despite the fact that regular activity has been linked with reduced sickness absence, and improved productivity. Meaningful cultural change will only be achieved by collaboration between the sector, government and the nation's employers. This session will examine how such cultural change can be achieved and examine interventions that are proving to be effective.

Reimagining Ageing: How can the activity sector practically transform the health of an ageing population?

Approximately four million older people in the UK live with a limiting long-term condition, many of which – are lifestyle-related and may have been preventable. At the same time, it has been estimated that the ageing population and increased prevalence of long-term conditions will require an additional £5 billion annual expenditure in health and social care by the end of 2018.

This session will explore the challenges and opportunities posed by an ageing population to the physical activity sector, as well as the potential impact realising them could have on the NHS, social care and broader society.



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Active Justice: What role can physical activity play in preventing crime and anti-social behaviour?

England and Wales has the highest imprisonment rate in western Europe and the prison population has risen by 82% in the past 30 years. The prison system faces challenges in reducing reoffending rates, with 44% of adults reconvicted within one year of release and nearly seven in ten children (69%) reconvicted within a year of release. This session will examine the role that the physical activity sector can play in preventing crime and anti-social behaviour and supporting the rehabilitation of offenders back into community life. It will also explore how the social interaction and employment opportunities available in the sector can be harnessed to support vulnerable people.

Combatting loneliness: How can physical activity improve social interaction and reach isolated people?

The Prime Minister's appointment of Sports Minister Tracey Crouch as the UK's first Ministerial lead for loneliness signals the growing importance of an issue said to affect over 9 million adults in the UK. Social interaction and the chance to meet new people remains a core part of physical activity provision. This session will examine how loneliness can be tackled in society and what role organisations in the physical activity sector can play to engage isolated or marginalised people.



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Devolution – National and Regional: Harnessing local powers to boost activity in local communities?

With the election of six new metro mayors in combined authorities across England, and the preventative health agenda playing a crucial role across the countries of the United Kingdom – tackling inactivity is increasingly a priority for many of our devolved countries, regions and administrations. This breakout session will investigate how different devolved administrations are utilising their powers to improve the health of local people.

Transforming Generation Inactive: How do we overcome the physical, social and institutional barriers that impact children's physical activity behaviours?

Childhood inactivity is a shared problem and evidence shows the need for changing the way our Childhood inactivity is a shared problem and evidence shows the need for changing the way our communities and institutions support children and young people to promote and provide positive physical activity opportunities. Following ukactive's wide-ranging consultation into children's physical activity – this session will explore the personal and environmental factors that determine children's behaviours and examine how we can practically reshape the national approach towards children's health.