



**NATIONAL
SUMMIT**

Headline Sponsor

milon

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.

Time	Room	* Agenda subject to change	
8.30 – 9.15	Pickwick Level 1	Registration and Networking	Teas and coffees will be served
Morning Keynotes Chaired by Lord Andrew Lansley CBE			
Time	Room	Topic	Speaker
9:30 – 9:45	Churchill Level G	Welcome	Steven Ward CEO, ukactive
9:45 – 10:05	Churchill Level G	Fixing how we live	Baroness Tanni Grey-Thompson DBE Chair, ukactive
10:05 – 10:20	Churchill Level G	The role of physical activity in supporting the health of the nation	Tom Watson MP Deputy Leader of the Labour Party and Shadow Secretary of State for Digital, Culture, Media and Sport
10:20 – 10:50	Pickwick Level 1	Tea and Coffee Break	
10:50 – 11:15	Churchill Level G	Getting the nation moving	Dame Darcey Bussell DBE Legendary Ballerina and DDMIX Creator Professor Greg Whyte OBE Director, Centre for Health & Human Performance
11:15 – 11:35	Churchill Level G	The Government's commitment to the preventative health agenda	Rt Hon. Matt Hancock MP Secretary of State for Health and Social Care
Morning Breakout Sessions			
Time	Room	Topic	Speaker
11:35 – 12:40	Westminster Level 4	Promoting workplace health: What practical steps can be taken to build physical activity into working life? 	Chaired by: Professor Dame Carol Black DBE, FRCP, FMedSci Principal of Newnham College, Cambridge Edward Lord OBE Chair of the Establishment Committee City of London Corporation Dr Dorian Dugmore CEO, Wellness Academy Craig Beaumont Director, External Affairs & Advocacy, Federation of Small Businesses Tove Okunniwa CEO, London Sport Lee Jones Workplace Wellbeing Lead, Wellworking
11:35 – 12:40	Churchill Level G	Reimagining Ageing: How can the activity sector practically transform the health of an ageing population? 	Chaired by: Lord Andrew Lansley CBE Former Health Secretary Scarlett McNally Council Member RCS, Author of Exercise is a Miracle Cure, Orthopaedic 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
11:35 – 12:40	St James Level 4	Active Justice: What role can physical activity play in preventing crime and anti-social behaviours?	Chaired by: Dr Phillip Lee MP Member of Parliament for Bracknell and former Youth Justice Minister Claire Dharni 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, RHUL Graham Achilli-O'Brien Learning and Skills Development Manager, Inspiring Healthy Lifestyles Justin Coleman Operations Director, 2nd Chance Group & Co-Founder, Alliance of Sport

Time	Room	*Agenda subject to change	
12:40 – 13:30	Pickwick Level 1	Lunch	
Afternoon Keynotes		Chaired by Lord Andrew Lansley CBE	
Time	Room	Topic	Speaker
13:30 – 13:50	Churchill Level G	Addressing generation inactive	Anne Longfield OBE Children's Commissioner for England
13:50 – 14:10	Churchill Level G	Private capital, public good	Philip Newborough CEO, Bridges Fund Management
14:10 – 14:30	Churchill Level G	Disconnection in a connected world	Alex Smith CEO of The Cares Family & Obama Foundation Fellow
14:30 – 15:00	Pickwick Level 1	Tea and Coffee Break	
Time	Room	Topic	Speaker
15:00 – 16:00	Churchill Level G	<p>Transforming Generation Inactive: How do we overcome the physical, social and institutional barriers that impact children's physical activity behaviours?</p> <p>Sainsbury's</p>	<p>Chaired by: Dr Davina Deniszczyc Medical Director – Primary Care, Nuffield Health</p> <p>Adrian Packer CBE Founder and CEO, CORE Education Trust</p> <p>Professor Russell Jago Professor of Paediatric Physical Activity & Public Health, University of Bristol</p> <p>Matthew Meckin National Lead for Physical Education, OFSTED</p> <p>Jayne Molyneux Director, Children and Young People, Sport England</p>
15:00 – 16:00	Westminster Level 4	Devolution – national and regional – what are the opportunities to drive the prevention agenda?	<p>Chaired by: Dr Steven Mann Head of Healthy Communities, Places Leisure</p> <p>Matthew Ryder Deputy Mayor for Social Integration, Social Mobility & Community Engagement, GLA</p> <p>Simon Hall Physical Activity Strategic Lead, West Midlands Combined Authority</p> <p>Sarah Powell Chief Executive, Sport Wales</p> <p>Dr Gregor Smith Deputy Chief Medical Officer, Scotland</p> <p>Hayley Lever Strategic Manager, GM Moving</p>
15:00 – 16:00	St James Level 4	<p>Combatting loneliness: How can physical activity improve social interaction and reach isolated people?</p> <p>MATRIX</p>	<p>Chaired by: Dr Andrew Boyd Clinical Champion for Physical Activity and Lifestyle, Royal College of General Practitioners</p> <p>Ramona Herdman Head of Tackling Loneliness, Department for Digital, Culture, Media and Sport</p> <p>Ivo Gormley Founder, GoodGym</p> <p>Richard Kramer CEO, Sense</p> <p>Kerry Downes Head of Communities, West Ham Foundation</p> <p>Kim Leadbeater Ambassador, Jo Cox Foundation</p>
16:00 – 17:30	Pickwick Level 1	Networking Drinks	



Summit sessions are on a variety of levels, if you are able to, please use the stairs. Feel free to stand during the sessions. Our conference speakers won't be offended, they understand the importance of being active.



The venue is fully accessible. Please let staff know if you need any assistance on the day.



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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.