



Eleventh Fuse Physical Activity Group Workshop

Getting the North East ready for action: how the forthcoming revised UK Physical Activity Guidelines can be used to rethink regional physical activity policy and implementation

Date: Thursday 6 December 2018

Time: 9.30 – 15.45

Durham Marriot Hotel Royal County, Old Elvet, Durham, DH1 3JN

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The 11th Fuse Physical Activity Workshop has been developed following participant feedback from our successful 10th Anniversary Event. The aim of the workshop is to consider how the impending publication of new UK Physical Activity Guidelines may act as a catalyst for rethinking the implementation of physical activity policy in our region. We hope that the discussions in this event will help identify key actions and nurture future collaborations between academics, practice and policy partners to address the prevailing and consistent issues that we face in fostering an active population. This event will bring together practitioners, policy-makers and researchers from various fields of physical activity.

Tea, coffee, soft drinks and water are available all day on the Banqueting Landing.

Programme:

9.30 – 10.00: Registration and refreshments (Banqueting Landing/Cromwell Suite).
Afternoon groups will be allocated upon registration.

10.00 – 10.10: Welcome (Cromwell Suite)
**Prof Ashley Adamson, Professor of Public Health Nutrition at Newcastle University,
Director of Fuse and NIHR School for Public Health Research (SPHR)**

Where are we currently?

Chair: Dr Caroline Dodd-Reynolds, Associate Professor (Physical Activity and Nutrition) at Durham University.

10.10 – 10.40:

**Dr Charlie Foster, Reader in Physical Activity and Public Health at University of Bristol.
Chair of the UK Chief Medical Officers' (CMO) Expert Committee for Physical Activity**
Overview of the 2019 Physical Activity Guidelines and implementation plans.

10.40 – 11.00:

Beelin Baxter, Senior Policy Manager (Sexual Health and Physical Activity) at the Department of Health and Social Care

How policy becomes real – physical activity policy-makers' perspective.

What might we learn from?

11.00 – 11.20:

Peter Van Der Graaf, Fuse Knowledge Exchange Broker, at Teesside University

Mobilising knowledge in public health: reflections on 10 years of collaborative working in Fuse and next steps for PAW.

11.20 – 11.40:

Benjamin Rigby, ESRC-funded PhD Candidate at Durham University and Mal Fitzgerald, Programme Director, South Tees Local Delivery Pilot

Ten Fuse PAWs in the North East: Implementation and practical implications (focus group findings from 10th Fuse PAW).

11.40 – 12.10: Refreshments break (Banqueting Landing).

12.10 – 12.25: Dr Iain Lindsey, Associate Professor (Sport Policy and Development) at Durham University

Analysing implementation of PE and School Sport Policy initiatives.

How prepared are we for the new Physical Activity Guidelines in the North East?

12.25 – 12.45: Panel discussion

Chair: Dr Caroline Dodd-Reynolds.

12.45 – 13.00:

Professor Tess Kay, Professor of Sport and Social Sciences at Brunel University London

Implementation in the local context: Preparation for afternoon session.

13.00 – 14.00 Lunch (in the Market Kitchen) and networking walk (to be advised on the day).

Action planning workshops (with Facilitators):

14.00 – 15.00:

What does the North East need to do to successfully implement the new Physical Activity Guidelines?

Groups A, B and C (A: Cromwell Suite, B: Bowes room and C: Dunelm room).

15.00 – 15.30:

Feedback session and action plan pledges.

Room TBC.

15.30: Close

Beelin Baxter (afternoon refreshments also available, Banqueting Landing).

Speaker biographies:

Dr Charlie Foster

Charlie Foster is a global leader in systematic reviews and meta-analysis of the evidence base for physical activity, with reviews on epidemiology, correlates, interventions and evaluation of natural experiments. Charlie co-authored the 2011 UK CMO physical activity guidelines and is now the Chair of the UK CMOs Expert Committee for physical activity. Charlie will lead the work on the update of the UK CMO 2011 physical activity guidelines, provide support for the Expert Working Groups (EWGs) and lead the CMO Guidelines Writing Group to produce the final report.

Beelin Baxter

Beelin Baxter is a senior policy manager for the Department of Health and Social Care, leading the agenda on sexual health and physical activity. Beelin commissioned the ongoing UK CMOs Physical Activity Guidelines review and has been closely involved in the development of Global, European and domestic physical activity-related policies.

Dr Iain Lindsey

Iain's research has primarily examined sport policy and development, especially school and youth sport policy in the UK as well as the use of sport for development in African contexts. This research has addressed issues such as policy implementation, partnership working, and evidence-based policy and has drawn primarily on political science theories and methodologies. Engagement with practitioners and the importance of understanding of local contexts has also been a common thread across all of Iain's work.

Benjamin Rigby

Ben is an ESRC funded PhD student in the Department of Sociology at Durham University. He is interested in health inequalities and prevailing ideologies in United Kingdom policy systems. His doctoral research primarily explores the conditions within which physical activity policy is developed and implemented. He has recently completed a series of interviews with elite physical activity policy-makers, exploring their views on the complexity of their work and of promoting population physical activity.

Mal Fitzgerald

Mal is the Programme Director for the South Tees Local Delivery Pilot, one of 12 national pilots working in partnership with Sport England. The pilot is focussed on a whole system change approach to tackle physical inactivity at scale. Mal has over 25 years' experience in both public, private and voluntary sector roles; engaging, developing and building the capacity of people and organisations in disadvantaged communities. He previously served as the Chief Executive of a VCS infrastructure organisation for over 13 years and also chaired a number of strategic partnership boards.

Professor Tess Kay

Tess Kay is Dean of Research and Professor of Sport and Social Sciences at Brunel University London where she leads the Brunel Sport, Health and Wellbeing research group (BSHaW) in

undertaking social science-led research into sport, health and physical activity. Tess has more than 30 years' experience of researching the processes and outcomes of engaging marginalised groups in sport for diverse funders including ESRC, PHE, Macmillan Cancer Support, DFID, UK Sport, Sport England and Sport Scotland. Tess is a Fellow of the Academy of Social Sciences and an advocate for the co-production of knowledge by researchers, policymakers and practitioners.

Dr Peter Van Der Graaf

Peter van der Graaf is the AskFuse Research Manager and a NIHR Knowledge Mobilisation Research (KMR) Fellow at Teesside University. AskFuse is the rapid response of and evaluation service of Fuse, the Centre for Translational Research in Public Health, which supports collaborative research projects between academics and policy and practice partners in the North East of England and beyond. His NIHR KMR Fellowship evaluates and supports the North East System-Led Improvement approach for Best Start in Life (SLI BSIL), led by the 12 Director of Public Health in the region to improve the commissioning of early years' services and the evidence that is used to inform these services. For both roles, Peter draws upon his extensive career in applying research evidence and translating knowledge from the Social Sciences and Health, both in the Netherlands and the in the UK.