



*Living Well Stoke on Trent
presents:*

***Get Moving:
Active Ways
to Wellbeing***

*9.00am - 3.30pm
Friday 14th May 2010
at the Britannia Stadium,
Stanley Matthews Way,
Stoke on Trent, ST4 4EG*

*A range of presentations and workshops
that highlight the important role that physical activity
plays in determining our lifestyles.*

**Living
Well** Stoke
OnTrent



LOTTERY FUNDED

About Us:

The Media Action Group for Mental Health (MAGMH) is a registered charity that works to eradicate the stigma of mental ill-health. We believe that through education we can dismantle the barriers of prejudice and move towards mental and emotional wellbeing.

About the Living Well Stoke on Trent project:

The Living Well Stoke Trent project is a partnership between NHS Stoke on Trent, Changes 12 Steps to Mental Health and the MediaAction Group for Mental Health. Living Well Stoke on Trent is one of fourteen projects in a portfolio of work that form the West Midlands Living Well programme, which is funded by the Big Lottery.

The key themes of the Living Well Programme include:

Mental Health - people and communities having improved mental wellbeing

Physical Activity - people being more physically active

Healthy Eating - children, parents and the wider community eating more healthily

The Stoke portfolio engages with local people and communities to build greater awareness about the benefits of a healthy lifestyle, to encourage participation in the physical wellness workshops, cook & eat programmes and lead health walks and to improve access to existing services.

About the conference

Why is physical activity so important, how accessible are the different types of activity and how does it improve our overall wellbeing? Physical activity covers a wide range of activities and can directly impact how we feel and the quality of our everyday lives.

Physical activity encompasses far more than just playing sport and visiting the gym. Understanding the scope and possibilities of the activities available and the impact increasing our activity levels can have on our everyday wellbeing is important to us all.

Increasing our levels of physical activity can affect our wellbeing in a number of ways: it can improve mood and energy levels and also reduce the chances of becoming affected by illnesses such as diabetes or heart disease amongst others.

As part of the Living Well Stoke-on-Trent project, this conference will highlight the importance of physical activity in determining our lifestyles. It will act as a platform for debate on how we regard physical activity and how it affects us, with special focus on the wide range of opportunities and projects running in the local area, and also examine some of the barriers which prevent us from making fundamental yet simple changes to our lives. These include perceived lack of time, lack of ability, household monetary constraints and the perception about the elitist nature of "sport and exercise". The conference will enable people to learn about and take away practical accessible information to improve wellbeing and make positive changes to their lives.

The key themes

An overview of the various aspects of Physical Activity including a range of practical tips and active workshops.

- Physical Activity and Mental Wellbeing
- Promoting physical activity to young people
- Motivation
- Local projects
- Gentle exercise for all
- Dance as Exercise
- Exercise for mind and body

Who Should Attend:

The conference will be of interest to:

- Primary care professionals
- Youth services
- Front-line staff working within a health & social care setting
- PHSE facilitators, teachers
- Anyone with an interest in learning about ways to increase their physical activity levels

Speakers :

Professor Ken Fox - Professor and Research Fellow, Department of Exercise, Nutrition and Health Sciences, University of Bristol

Ken has dedicated his career to research and policy development in the field of exercise and health. His books are in exercise psychology and include *The Physical Self: From Motivation to Well-being* (1997) and he has developed research instruments to measure physical self-perceptions that are used worldwide.

In *Physical activity and the promotion of well-being: Feeling good through exercise*

Ken will discuss how the Chief Medical Officer's report (2004) and the recent Physical Activity Guidelines for Americans confirmed the importance of physical activity for mental health, and how being active reduces the risk depression and dementia, helps in the treatment of depression, and promotes aspects of psychological well-being, such as self-perceptions, mood, cognitive function, and reduced anxiety. This presentation briefly summarises the evidence, suggests possible mechanisms and draws implications for the design and delivery of physical activity promotion programmes.

Siu-Ann Pang - Senior Health Improvement Specialist for Obesity, NHS Stoke on Trent

Siu-Ann is project lead for the Living Well Stoke on Trent portfolio in partnership with Changes 12 Steps to Mental Health and the Media Action Group for Mental Health. She has worked for NHS Stoke on Trent within Public Health/Health Improvement for the last 12 years. Her key areas of responsibility include commissioning physical activity, nutrition and obesity programmes.

In *Tackling physical inactivity in Stoke on Trent* Siu-Ann will be highlighting the local response and key actions to increase adult physical activity levels in Stoke on Trent.

Emily Robinson - Project Officer, CycleStoke, Stoke on Trent City Council

Stoke on Trent City Council has been awarded over £5 million to encourage more people to cycle as part of the Government's Cycle Demonstration Towns programme. Overseen by Cycling England, **CycleStoke** has a three part strategy to improve cycle routes and cycle facilities, to make cycling safer and more accessible, and to promote cycling as a healthy and green form of travel. This talk will briefly summarise the work undertaken to date and what is proposed over the next 12 months.

Pat Whitehouse Project Manager, Closer to home, Circular Walks

Closer to home, Circular Walks is a scheme commissioned by NHS Stoke on Trent to support the Local Area Agreement target to increase physical activity levels in the adult population. In this introduction to the scheme Project manager Pat Whitehouse will discuss both the mental and physical health benefits of walking, how to access the scheme, and how you can find out about the volunteer walk leader training scheme and its ongoing package of support and benefits.

These details were correct at the time of going to press. We reserve the right to cancel or alter any part of this programme due to unforeseen circumstances.



Workshops:

Dr John Hegarty - Lecturer in Ecopsychology, Keele University Connectedness to Nature and Achieving Wellbeing

This workshop introduces the idea of “ecopsychology” (the study of our relationship with the natural world) and the importance of developing our “connectedness to nature” both for our own health and the good of the planet. The workshop includes a range of simple guided visualisations and activities that will be of benefit to participants and people they support.

Professor Ken Fox - Promoting young people's mental well-being through sport and physical activity

In this workshop Ken will outline key issues regarding self-esteem, mental wellbeing, sport and physical activity in young people, identifying key components and triggers that enable the successful implementation of physical activity/sports programmes relevant to young people's mental health. He will also examine the key barriers to their success. Delegates will take away increased knowledge, awareness and confidence for the development of their own physical activity and sports programmes aimed at promoting young people's mental health.

Vanessa Darlington and Carol Howard - World of Dance Workshop

The Stoke-on-Trent 'World of Dance' programme is a dance participation project for all ages and abilities and has been awarded the Inspire Mark which recognises innovative and exceptional projects directly inspired by the London 2012 Olympic and Paralympic Games. In this workshop delegates will be able to join a Belly Dance workshop with local dance artist Carol Howard of Angels in Arts. No previous dance experience is required to join in. Carol has taught many different groups to dance and has a particular interest in teaching dance to older adults focussing on fun, fitness and the rebuilding of bone density.

Peter Kulak - T'ai Chi

Peter has been practicing T'ai Chi for over 20 years now and teaching for 10 of those. The workshops will begin with some gentle warm-up exercises to loosen and relax joints, muscles and tendons, followed by three or four simple exercises to energise and relax the body/mind. These are easily remembered and can be practised by oneself when feeling stressed or to revitalise yourself. Delegates can also start to learn part of the T'ai Chi form depending on time available. When practised regularly T'ai Chi can improve and strengthen general health and release tension.

Graham Bailey - Physical Activity for All

This workshop is based on the physical activity session of Living Well Stoke-on-Trent's Physical Wellness Workshops programme. It looks at the benefits of physical activity, the recommendations, the different types, as well as the barriers and how these might be overcome. The workshop also involves participants in a fun, practical demonstration of gentle chair-based exercise, suitable for all ages and abilities.

Andrew Goodwin - Motivation

A former professional fitness coach, Andrew founded his development coaching company, *Conation*, in 2000. In this workshop he shares the perspectives, principles and practices he employs that are easily integrated into everyday life. The workshop will show delegates how to motivate themselves, their colleagues and others. Interactive in format, it aims to both motivate and inspire delegates with a series of powerful strategies and coaching techniques. Workshop delegates will gain renewed energy and self-confidence, leaving with a deeper understanding of how personal motivation can be achieved and maintained, together with the potential to maximize their personal performance in the future.

Please note: Places for each workshop are limited and will be allocated on a 'first come, first served' basis. Please ensure that you indicate your preference on the enclosed booking form.

'Get Moving: Active Ways to Wellbeing'

Friday 14th May 2010 at The Britannia Stadium, Stoke-on-Trent.

Booking Form

There are a limited number of places available. To reserve your place please complete one form per delegate using photocopies where necessary and return to:

*The Media Action Group for Mental Health, 1st Floor The Goodson Building,
Goodson Street, City Centre, Stoke-on-Trent ST1 2AT*

Telephone: 01782 285800 **Email:** livingwell@magmh.org.uk **Fax:** 01782 264800

Please book me a place at the conference. I am a:

- Statutory Body Employee Voluntary Sector Employee
 Volunteer for a local group Interested Individual

The event includes refreshments, lunch and a conference pack.

Name:

Organisation:

Address:

Telephone:

Email:

You will have the opportunity to take part in two workshops. Places for each workshop are strictly limited and will be allocated on a first come first served basis. We recommend that you indicate THREE choices in the table below in case your initial preferences are oversubscribed.

Dr John Hegarty - Connectedness to Nature and Achieving Wellbeing	
Prof Ken Fox - Promoting young people's mental well-being	
Vanessa Darlington and Carol Howard - World of Dance Workshop	
Peter Kulak - T'ai Chi	
Graham Bailey - Physical Activity for All	
Andrew Goodwin - Motivation	

I confirm that I have read and agree to the stated terms and conditions

Signature **Date**

Terms & Conditions

Only pre-booked delegates will be allowed entry. Bookings must be received by 30th April 2010. Places are not guaranteed until a letter of confirmation has been received by the delegate. All cancellations must be received in writing. Any cancellations received after 7th May will be subject to a cancellation fee of £25.00.

Should the stated delegate be unable to attend, we are happy to welcome a substitute delegate if notified prior to the event.

- Please tick this box if you have any specific dietary needs or may require assistance for any reason on the day of the event. Please provide further details below.

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Data Protection Act: We may wish to contact you in relation to future projects. Please tick box if you do not wish us to do so.

For Office Use Only

Delegate Number:

Confirmation Sent: