

Northern Region Seminar and AGM

Delivering health & wellbeing through the provision of frontline services



APSE Northern Region **FREE** Annual Seminar and AGM

Friday 2nd June 2017

Park Inn Hotel, North Street, York YO1 6JF

Programme

09:30 Coffee, breakfast pastries and registration

10:00 **Session 1**

The community's role in improving quality of life issues for others

- Volunteering, why people volunteer and the effects on individuals
- Community signposting to avoid the need to use A&E and understanding what services are available
- Helping the community to understand its own needs and solutions- the role of community champions
- Supporting organisations such as Health Watch to help improve and join up services to support health and wellbeing

Speaker: Maxine Moar, APSE Associate

Delivering health and wellbeing outcomes through leisure – learning from GM Active, the Association of Greater Manchester Leisure and Cultural Trusts.

- Devolution in Greater Manchester and health and social care transformation
- GM Active – overview of the collaboration
- Service developments in leisure including exercise referral, support to employment programmes and NHS programmes

Speaker: Sarah Broad, Strategic Partnership and Service Development Manager, GM Active – the Association of Greater Manchester Leisure and Cultural Trusts

School Meals: Why they matter to the health of children and their families

- The importance of a hot nutritious meal to education
- Tackling child poverty through health and nutrition
- Long term health benefits of educating children on healthy eating
- Getting the health message in to the wider community

Speaker: Anita Brown, Service Manager, Stockton on Tees Borough Council

11:15 Coffee break

11:30 **Session 2**

Using nature's assets to improve Health and Well-Being: Creating an offer to promote active lifestyles

- The importance of greenspaces to health and well being
- Maintaining communication and community involvement

Speakers: Stuart Batchelor, Director of Community and Planning and Zoe Sewter, Open Space and Facilities Development Manager, South Derbyshire District Council

Breaking The Cycle Of Inactivity– Prevention is better than care

- Provision of sport and physical activity to the most vulnerable residents
- Overcoming barriers & implementing change
- Impact on individuals and services

Speakers: Tina Pilkington, Senior Development Manager, Sefton Borough Council and George Sanders PhD Researcher Edge Hill University

12:30 -13:00 **APSE Northern AGM 2016**

The APSE Northern Region AGM will be your opportunity to vote for APSE's northern region chair and secretary and executive committee alongside delegates to APSE's national council.

The APSE Northern Region audited accounts statement will also be presented to the meeting and a round-up of the year's regional activities. Please ensure your authority is represented at this meeting which is your chance to share in the governance of your APSE region.

13:00 Lunch and networking

14:00 Departure

Seminar objectives

This seminar is an ideal learning and networking opportunity for elected members officers and trade union representatives interested in the delivery of long term solutions to the growing issue of the nation's health and the need to significantly improve the health and well-being of local communities.

The meeting will provide insights into how others are achieving measurable successes in promoting healthier lifestyles, better nutritional values and increasing activity levels across all age groups and vulnerable residents, through the use of behavioural change programmes, the use of greenspaces and improved front-line services. Some of these successes are leading to reducing demands on local authority services through these up-stream initiatives.

Who should attend

- Sports and Leisure officers
- Catering Officers
- Parks and Green space officers
- Community Development officers
- HR and Communications Managers
- Elected members, cabinet members and council leaders.
- Public Health officers

The venue

Park Inn Hotel, North St, York YO1 6JF

Reserve your place now by completing the booking form and faxing it or emailing to Chloe Petersen Snell at cpetersensnell@apse.org.uk



Booking form

APSE Northern Region Seminar and AGM, Friday 2nd June 2017, York

Office use:

Del#

DB:

Conf:

main contact name: _____

authority: _____

address: _____

postcode: _____

telephone: _____

email: _____

Please detail here any special dietary/access requirements for the delegates listed below:

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APSE issues a written confirmation for all delegates bookings received. If you have not received your confirmation letter within 5 working days of sending your booking form, then please contact APSE on 0161 772 1810.

Payment information

This event is FREE to attend to APSE northern region members. Non-APSE members may attend at a cost of £139.00. The seminar includes a full delegate place and delegate pack, arrival coffee and registration, mid-morning break and a hot lunch. The seminar will allow delegates to network over lunch before the event closes at 2:00 pm.

APSE northern members: Free to attend

APSE members (not Northern Region) £125 + VAT

Non-members delegate fee: £139 + VAT

Commercial organisations: £239 + VAT

Please indicate preferred method of payment (tick):-

VAT registration number 519 286 915

- Please find enclosed cheque (made payable to APSE)
- Please invoice me

CANCELLATION & REFUND POLICY: Reservation is a contract. Substitution of delegates is acceptable any time in writing by post, email to cpetersensnell@apse.org.uk or fax to 0161 772 1811. Cancellations must be made in writing at least 10 working days before the event, and will incur a 20% administration fee. In the unlikely event of cancellation by the organisers, liability will be restricted to the refund of fees paid. The organisers reserve the right to make changes to the programme, speakers or venue should this become necessary.

Delegate name	Delegate position	Delegate email

Please return completed form to Chloe Petersen Snell at APSE, 2nd floor Washbrook House, Lancastrian Office Centre, Talbot Road, Old Trafford, Manchester M32 0FP
Fax: 161 772 1811 - Telephone: 0161 772 1810 - E-mail: cpetersensnell@apse.org.uk