

APSE Sports and Leisure Seminar 2025

Active Communities



Thursday 5 June 2025

**Reading Football Stadium - Madejski
Stadium (now Select Car Leasing Stadium)
M4, Junction 11, Reading, RG2 0FL**

Programme

9:00: Registration and coffee

10.00: Welcome from the chair - Cllr Paul Gittings, Lead Councillor for Adult Social Care, Reading Borough Council

10.05: Session One

The Challenges of providing Sports & Leisure Services in the face of Local Government Reorganisation.

Speaker: Peter Appleton, APSE Associate

The feasibility of reuse debating remodelling of leisure

- Cost effective design
- Challenges of ageing stock
- Options for improvement
- Cost benefits of remodelling

Speaker: Keith Ashton - SPACE & PLACE CEO, Space & Place

Managing Rising Energy costs in Public Leisure Facilities

- Understanding the energy cost challenge
- Options to fund energy efficiency projects
- Operational energy costs

Speaker: Alan Barber BSc MEI, Chartered Energy Manager, APSE Energy Associate

11:30: Break

Audience question and answer session

12:00: Session Two

How technology in play can have a huge impact on the health and wellbeing of our children

Speakers: Chris Dixon and Steven Watts, Jupiter Play & Leisure

Getting Maldon Moving More: Beat The Street – Increasing Physical Activity

- Improving community health and wellbeing.
- Increasing physical activity, and enhancing community engagement.
- Fostering community spirit, bringing residents together and reducing social isolation.

Alexandra Card, Senior Wellbeing and Public Health Officer, Maldon District Council

Audience question and answer session

13:00: Lunch break

14:00: Session Three

Healthy Movers: Providing opportunities for two- to five-year-olds to be more physically active in Dorset

- Improving children's physical literacy and development.
- Supporting social and emotional wellbeing to provide better start in life.
- Including families in programme development to provide collaborative home working.

Speakers: Chloe Goldswain, Health Programme Advisor, BCP Council and Claire Tabor, Children and Young People Manager, Active Dorset

North West Leicestershire District Council: Active Menopause Programme

- Supporting women going through perimenopause or menopause and helping them become more physically active.
- Demonstrating the power of physical activity when incorporated with overall self-care in the management of perimenopause or menopause symptoms.
- Provide the right support and communication to normalise the menopause and to empower women and encourage sharing of information and experiences.

Speakers: Emma Knight, North West Leicestershire District Council

Audience question and answer session

15:00: Seminar Ends

Seminar Objectives & Booking Information

About the Seminar

Despite the many challenges facing the sports and leisure industry, the benefits of physical activity have never been more evident. Councils and the leisure sector continue to champion the benefits, promoting sports, system change in participation levels and ensuring the health and wellbeing of the local population and members of the community who may traditionally have been overlooked from sports as well as other leisure activities.

This seminar brings together a range of expert speakers, to explore the challenges and future of local authority sports and leisure services especially in the face of Local Government Reorganisation, as well as how local authorities and partner organisations can work symbiotically to promote physical activity in all. We will also be looking how Public Leisure Facilities can manage considering rising energy costs.

The day will provide delegates with an opportunity to chat with Exhibitors working in this field and to network with others working in the sports and leisure industry.

Packed full of ideas and forward-thinking initiatives, we look forward to welcoming you to this **MUST ATTEND EVENT**, to explore with like-minded colleagues and partners, the local authority role in tackling inactivity and the effective provision of sports and leisure services.

Who should attend?

- Leaders
- Elected members
- Scrutiny Members
- Policy officers
- Voluntary organisations
- Chief executives
- Service directors
- Executive Members and Cabinet officeholders
- Trade union representatives
- All those with an interest in Sports and Leisure Services

Venue

Madejski Stadium, (Select Car Leasing Stadium), M4, Junction 11, Reading, RG2 0FL

Delegate packages Exclusive of VAT

What's included?

The delegate fee covers attendance and delegates' documentation.

APSE member delegate fee: **£195 + VAT per person**

Non-member delegate's fee: **£290 + VAT per person**

Commercial delegates: **£420 + VAT per person**

CANCELLATION & REFUND POLICY: Reservation is a contract. Substitution of delegates is acceptable any time in writing by email to adminsouthern@apse.org.uk. Cancellations must be made in writing at least 10 working days before the event, and will incur a 20% administration fee. No refunds can be given for cancellations received less than 10 working days before the event or for nonattendance. 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 mode of delivery should this become necessary. If due to emergency action by UK Governments/ Administrations or Public Agencies this event is postponed, for example for reasons of public health and safety, the organisers will transfer your booking to the replacement event or provide a credit voucher against a future event booking

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