

Improving Lives

through physical activity and sport

Leap⁺



Agenda

11:15am Welcome and introductions (Mark Ormerod – Director, Leap)

11:25am Strategy overview and what has been achieved to date (Chris Gregory – Leap)

Active Ageing (Leon Popplewell & Gavin James, GLL Better)

Sharing the impact and learning from the Active Bucks Older Adults investment, alongside recommendations for future investment.

Emotional and Mental Well-being (Sam White, Wycombe Wanderers SET)

How are Football league clubs embracing the power of sport and physical activity to improve the well-being of fans and communities they operate in?

Population and Housing Growth (Ceri Perkins and Dave Furze, Aylesbury Garden Town)

What role will physical activity and sport play in the plans for Aylesbury Garden Town? Examples of community projects planned or already running.

Reducing Inequalities (Chris Gregory, Leap)

How has All People Active used physical activity and sport to bring people together, build communities and engage inactive groups of residents in Milton Keynes?

12:35pm On your tables (Facilitated by Leap Team members)

Initial thoughts: What has gone well? What more can we collectively do?

12:55pm Towards an Active Nation Investment (Rob Hartley – Investment Advisor, Sport England)

Sport England colleagues will outline the funds currently open or soon to open and their approach to investment in 2020 and beyond.

1:15pm Close and round up (Mark Ormerod – Director, Leap)

Followed by lunch and networking.



Bucks and MK Challenges

- An Ageing Population
- Increasing Levels of Poor Mental Well-being
- Growing Population
- Inequalities and Rural Deprivation

Moving more is the solution

Physically active people have lower health risks

Cognitive decline

↓40%

Type 2 diabetes

↓35%

Hypertension

↓33%

Depression

↓48%



All-cause mortality

↓30%

Bone fractures

↓66%

Breast cancer

↓20%

Coronary heart disease and stroke

↓25%

Colorectal cancer

↓19%

Source: Physical Activity Guidelines Advisory Committee Scientific report (2018); Department of Health & Human Services – USA

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Moving more is the solution

Inequalities in physical activity



37.0%

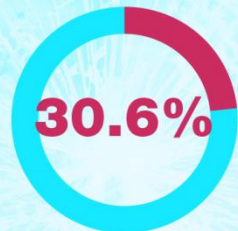
of disabled people
were inactive



18.2%

of those with no
disabilities
were inactive

Physical inactivity data (less than 30 minutes per week)



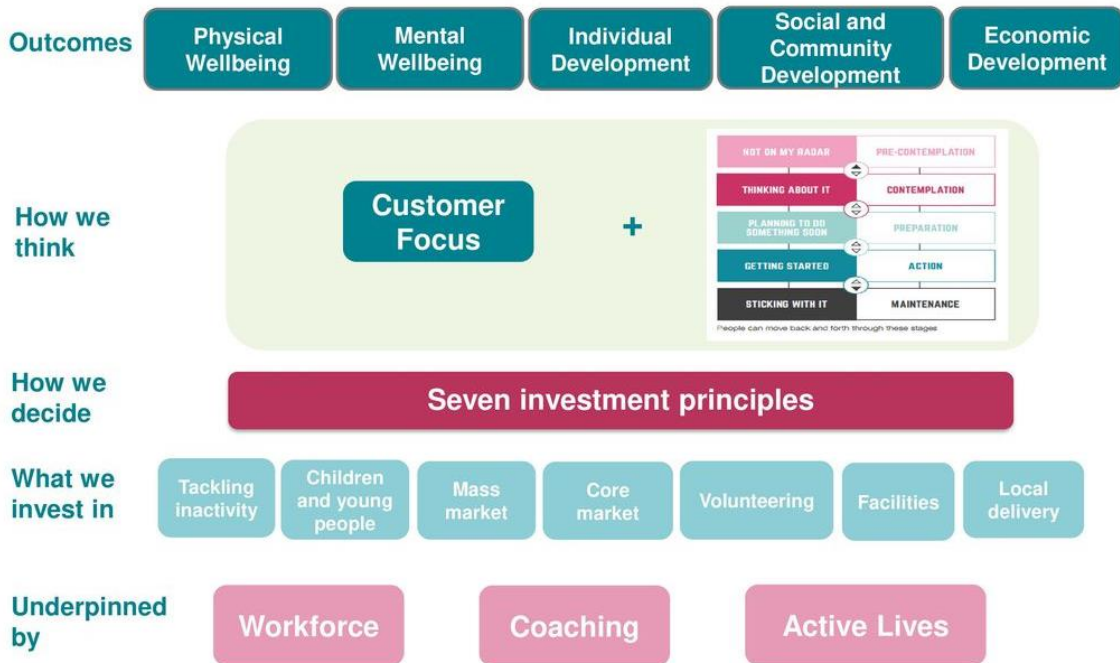
of people
from the
most
deprived decile



of people
from the
least
deprived decile

National Strategy

Sport England Strategy: Towards An Active Nation



Our approach



Roundup and Close

- Notes and slides will be on the website within a week.
- Feedback on post it notes.
- Thankyou to all the speakers for sharing.
- Thankyou for attending and all you do to help improve residents lives.
- Dates for diaries.....

Dates for you diary

11th February - Bucks & MK PE Conference

29th February – Leap’s 20th Birthday

24th March – Moving Minds MK Launch

10th June – Leap Partner Forum in Aylesbury

9th July – School Games Finals

20th August – Paralympic Flame Lighting SMS

14th September – Bucks and MK Disability Summit

7th October – Leap Partner Forum in MK

13th November – Bucks & MK Sports Awards