

## Tenth Fuse Physical Activity Group Workshop

*10<sup>th</sup> Anniversary event*

**Date:** Friday 20 April 2018

**Time:** 9.30 – 16.05

Research Beehive building, room 2.21, Newcastle University, NE1 7RU

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The 10th Fuse Physical Activity Workshop celebrates almost five years of successful events with the participation of world-leading research experts, early and mid-career researchers, PhD students and highly experienced practitioners in various fields of physical activity. We have explored different areas of physical activity in these events including active travel, school-based activity, measurements, and obesity. The aim of the workshops has been to raise the profile of physical activity in public health, share research findings, stimulate debate and foster collaboration, particularly across sector boundaries. We hope that we have achieved this.

Our audience constitutes a mix of academics and practice partners, who have always been supportive of our events and have voted for the physical activity themes that they would like to see in this 10<sup>th</sup> anniversary event. The themes selected – Physical Activity and Health Inequalities, Physical Activity in Youth, Physical Activity in an Aging Population and Physical Activity in the Workplace – will be presented and debated by leading researchers in the field, PhD students and practitioners. We hope that the discussions in this anniversary event will help to identify priorities and nurture future collaborations between academics and practice/policy partners.

### Programme:

**9.30 – 10.00: Registration** (1<sup>st</sup> floor hall, Research Beehive)

**10.00 – 10.10: Welcome** (room 2.21)

**Prof Ashley Adamson**, Professor of Public Health at Newcastle University, Director of Fuse and NIHR School for Public Health Research (SPHR)

**Keynote presentations** (room 2.21)

Chair: Dr Liane Azevedo, Senior Lecturer in Physical Activity and Public Health, School of Health & Social Care, Teesside University and Dr Louise Hayes, Research Methodologist, Newcastle University (workshop organisers)

#### **A. Physical Activity and Health Inequalities**

10.10 – 10.30

**Prof Tess Kay, Dean of Research and Professor of Sport and Social Sciences at Brunel University**

*Time's up: acting now to put health inequalities at the centre of PA research, policy and practice*

10.30 – 10.35

**Mal Fitzgerald, Active Communities Manager, Everyone Active**

*Current activities and areas of further development in the South Tees region*

10.35 – 10.40

**Questions**

**B. Physical Activity in Youth**

10.40 – 11.00

**Dr Esther van Sluijs, Programme lead the Behavioural Epidemiology group at the Centre for Diet and Activity Research (CEDAR) and MRC Epidemiology Unit, University of Cambridge**

*Taking steps in children's physical activity promotion*

11.00 – 11.05

**Claire Tennyson, Partnership Development Manager, Redcar & Eston School Sport Partnership**

*Current activities and areas of further development in the South Tees region*

11.05 – 11.10

**Questions**

**11.10 – 11.25: Tea/Coffee Break** (1<sup>st</sup> floor hall, Research Beehive)

**Cont. Keynote presentations** (room 2.21)

**C. Physical Activity in an Ageing Population**

11.25 – 11.45

**Dr Benjamin Gardner, Senior Lecturer, Department of Psychology, King's College London**

*Developing interventions to promote physical activity in older adults: the 'On Your Feet' and 'Home Health' projects*

11.45- 11.50

**Robin Bedford, Health and Physical Activity Development Manager, Middlesbrough Council**

*Current activities and areas of further development in the South Tees region*

11.55 – 12.00

**Questions**

**D. Physical Activity in the Workplace**

12.00 – 12.20

**Dr Jacqui Mair, in Exercise Physiology at Edinburgh Napier University**

*Using technology to reduce sedentary behaviour in the workplace*

12.20 – 12.25

**Scott Lloyd, Advanced Public Health Practitioner for Obesity, Physical Activity and Settings at Public Health South Tees**

*Current activities and areas of further development in the South Tees region*

12.25 – 12.30

**Questions**

**12.30 – 13.30: Lunch and network walk**

Lunch will be provided at Research Beehive

The walk will take approximately 30 minutes

**13.30 – 15.30: Parallel Workshops**

Aim: These workshops will focus on discussions around research and practice priorities and future collaborations between academics and practice/policy partners

**Workshop A (room 2.22, Research Beehive) – Physical Activity and Health Inequalities**

Prof Tess Kay, Dean of Research and Professor of Sport and Social Sciences at Brunel University

Ben Rigby, PhD candidates, Durham University

Mal Fitzgerald, Active Communities Manager, Everyone Active

**Workshop B (room 2.21, Research Beehive) – Physical Activity in Youth**

Dr Esther van Sluijs, Programme lead the Behavioural Epidemiology group at CEDAR, University of Cambridge

Mike Graham, PhD candidates, Teesside University

Claire Tennyson, Partnership Development Manager, Redcar & Eston School Sport Partnership

**Workshop C (room G3.39, Armstrong Building) – Physical Activity in an Aging Population**

Dr Benjamin Gardner, Senior Lecturer, Department of Psychology, King's College London

Dr Christopher Hurst, Teaching Fellow in Sports and Exercise Science, Durham University

Robin Bedford, Health and Physical Activity Development Manager, Middlesbrough Council

**Workshop D (room G0.17, Armstrong Building) – Physical Activity in the Workplace**

Dr Louise Hayes, Research Methodologist, Newcastle University

Scott Lloyd, Advanced Public Health Practitioner for Obesity, Physical Activity and Settings at Public Health South Tees

**15.30 – 16.00: Summary of workshop discussions** (room 2.21, Research Beehive)**16.00 – 16.05: Closing remarks**

Beelin Baxter, Physical Activity Policy Lead at the Department of Health in London

**Biography academic keynote speakers:****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 (B.SHaW) in undertaking social science-led research into sport, health and physical activity. She 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, UKSport, Sport England and Sportscotland. She is a Fellow of the Academy of Social Sciences and an advocate for the co-production of knowledge by researchers, policymakers and practitioners. Her current research includes a Brunel-funded project to capture practitioner expertise in using physical activity interventions to address health inequalities – enquiries from potential contributors are warmly welcomed at [tess.kay@brunel.ac.uk](mailto:tess.kay@brunel.ac.uk).

### **Dr Esther van Sluijs**

Dr Esther van Sluijs leads the [Behavioural Epidemiology](#) group at the Centre for Diet and Activity Research and MRC Epidemiology Unit, University of Cambridge. Her research programme aims to develop and evaluate interventions to promote physical activity in young people, and use observational research to further understand where, when and how physical activity interventions in young people may be targeted. This involves conducting observational studies of young people's activity behaviour (e.g. [SPEEDY](#), [ICAD](#), [ROOTS](#), [SPACE](#)), trials of physical activity promotion (e.g. [GoActive](#), [CASE](#), and FRESH), and systematic reviews.

### **Dr Benjamin Gardner**

Dr Benjamin Gardner (Senior Lecturer, King's College London) is a social psychologist. His main research interest lies in understanding, predicting and changing health behaviour. He is especially interested in the concept of 'habit', and how it can be harnessed to bring about lasting behaviour change. He has led two MRC-funded projects focused on the development of interventions to reduce sedentary behaviour and promote physical activity, and was a co-investigator on the NIHR-funded 'Home Health' project, which seeks to support health behaviour change in older adults with mild and pre-frailty.

### **Dr Jacqueline Mair**

Dr Jacqueline Mair is a Lecturer in Exercise Physiology at Edinburgh Napier University. Her research aims to better understand the physiological and psychological effects of regularly interrupting sedentary behaviour either through physical activity, exercise prescription or both. She is interested in how wearable and mobile technologies can be used to facilitate reductions in sedentary behaviour and increase moderate-vigorous physical activity levels in the workplace and the impact these strategies have on health outcomes.

### **Biography practitioners keynote speakers:**

#### **Mal Fitzgerald, MSc**

Mal Fitzgerald is employed by Everyone Active, one of the largest leisure facility operators in the UK. His role focuses on the development and delivery of evidence based physical activity interventions that improve a broad range of quality of life outcomes. He has over 25 years' experience in both public 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 of a number of strategic partnership boards. He is currently involved in the development of the South Tees (Redcar & Middlesbrough) Local Delivery Pilot; funded and supported by Sport England.

#### **Claire Tennyson**

Claire Tennyson manages the Redcar & Eston School Sport Partnership and is a Regional Development Manager for the National Charity the Youth Sport Trust. Claire's main role is to

enthusiase young people to be more active, widen the breadth and balance of the opportunities on offer for young people and improve the quality and quantity of Physical Education by supporting schools and teachers. Claire has won national and Regional awards within her role and is passionate that schools think about PE, School Sport and Physical Activity as 'More than Sport'.

### **Robin Bedford**

Robin Bedford is the Health and Physical Activity Development Manager, South Tees Public Health. Robin contributes strategically to South Tees Public Health objectives to promote health and wellbeing, tackle health inequalities and improve health care quality. Robin manages the Health Development Team who are a specialist delivery team that provide high level physical activity interventions such as Exercise on Referral, Stroke, Cancer and Cardiac rehabilitation as well as a Falls prevention programme. His remit also requires him to liaise with partners including South Tees Clinical Commissioning Group, NHS Foundation Trust, North East Commissioning Service (NECS), Universities and colleges, voluntary sector organisations and key physical activity partner's. Robin is passionate about building up partnerships in all sectors to increase physical activity provision and promote ethos that physical activity should be a part of everyone's lifestyles.

### **Scott Lloyd**

Scott Lloyd is Advanced Public Health Practitioner for Obesity, Physical Activity and Settings at Public Health South Tees – the new shared service for Middlesbrough and Redcar & Cleveland. He is also Visiting Fellow at Teesside University and a member of the NIHR Public Health Research Programme Advisory Board.