

## Twelfth Fuse Physical Activity Group Workshop

### Physical activity inequalities: moving things on

Tuesday 2 July 2024, 9.30am - 1.00pm

[Teesside University, The Curve, Middlesbrough, TS1 3BX](#)

In this workshop we will revisit physical activity inequalities, as voted for by our wider Fuse network. We will consider how novel methodological approaches and partnership working can support different ways of thinking about reducing physical activity inequalities.

#### Keynote Speaker:

[Professor Cindy Gray, Interdisciplinary Professor of Health and Behaviour  
University of Glasgow](#)

Professor Cindy Gray draws on both psychological and sociological theory to increase understanding of how to engage under-served groups in different settings and cultural backgrounds in sustained health behaviour change. She is interested in the potential of community organisations, such as professional sports clubs (e.g. football and rugby clubs), bingo clubs, and prisons, to deliver health behaviour change interventions that are attractive and acceptable to different groups. Cindy is also interested in the integration of social scientific theory with developments in digital technologies (e.g., mobile phone apps) to promote sustained positive health behaviours.

#### Programme:

9.15 - 9.30	Registration and refreshments
9.30 - 9.40	Introduction and housekeeping (Chair)
9.40 - 10.15	<b>Keynote: <a href="#">Professor Cindy Gray, Interdisciplinary Professor of Health and Behaviour, University of Glasgow</a></b> <i>'From Football Fans in Training to European Fans in Training and Aussie-FIT and beyond – using professional sports to increase physical activity and reduce inequalities'</i>
10.15 - 10.25	<b><a href="#">Dr Caroline Dodd-Reynolds</a>, Director of Education, Associate Professor in Department of Sport and Exercise Sciences, Durham University</b> <i>'Physical Activity insecurity in young people at risk of marginalisation'</i>
10.25 - 10.35	<b><a href="#">Dawn Harvey</a>, Sport and Lifestyle Manager &amp; <a href="#">Emma Allan</a>, Transport Planner, Active Travel, Gateshead Council</b> <i>'The Walk Wheel programme'</i>
10.35 - 10.45	<b><a href="#">Dr Murali Subramanian</a>, Research Associate, Newcastle University</b> <i>'The invisible gap: Exploring physical activity intentions and behaviours in pregnant and postpartum women from affluent and deprived neighbourhoods of the North East'</i>

10.45 - 10.55	Q&A
10.55 - 11.10	Comfort Break
11.10 - 11.20	<b><a href="#">Dr Mike Graham</a> &amp; <a href="#">Laura Fleming</a> and Wendy Hope, Teesside University/Involvement Bank, CNTW</b> <i>“Just (<del>Don't</del>) Do It”: Physical activity as an intervention on acute mental health inpatient environments’</i>
11.20 - 11.30	<b><a href="#">Dr Ben Rigby</a>, Lecturer in Behavioural Sciences, Newcastle University</b> <i>‘Community systems entrepreneurship: extending approaches to policy and practice for action on determinants of physical activity’</i>
11.30 - 11.40	<b><a href="#">Jade Scott</a>, Adult Health and Wellbeing Strategic Lead, Rise Active Partnership</b> <i>‘Adopting a multi-agency, public health approach to improve the mental wellbeing of young men’</i>
11.40 - 11.50	Q&A
11.50 - 12.30	Structured networking and discussion
12.30	Concluding remarks and close (Chair)

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To join Fuse, please visit <https://fuse.ac.uk/getinvolved/joinfuse>