

The Institute for Sport,
Parks & Leisure



Spring Outdoors for a Healthier Life

A one day seminar promoting the new and innovative ideas that aim to get people into open spaces to get healthy.

Wednesday, 24th March 2010
Highpoint Conference Centre,
Leicester, LE3 6DA

ISPAL Members £75
Non ISPAL Members £95



Spring Outdoors for a Healthier Life is an event delivered by ISPAL and targeted at professionals working to promote the use of outdoor space linked with achieving healthy lifestyles.

The seminar will showcase a series of positive case studies and practical examples that support a more innovative approach aimed at encouraging individuals to maximise the outdoor space on their doorsteps and to get healthier in the process.

The event is designed to offer maximum content and at minimal cost and ensure great value.

The cost of attending the full day seminar is just £75 for ISPAL members and £95 for non-members and includes full refreshments throughout the day and networking lunch.

The price reflects our awareness of the need to keep costs down while also recognising the demand that exists to look at ways to use the 'free spaces' available to all the population. The facilities that should be at the heart of any culture change to promote healthy active lifestyles.

Research shows that after decades of investment in new programmes that more than 70% of the population is still not active enough to benefit their health.

At a time when finance is at the heart of the majority of family decisions, promoting a more innovative approach to the design and delivery of initiatives that promote the use of free outdoor space and facilities will help to address the issue of getting more adults achieving their 5 x 30 minutes of physical activity each and every week.

Spring Outdoors for a Healthier Life will provide delegates with a series of short keynote presentations by industry leaders that aim to promote delegate discussion and debate. We aim to make sure everyone leaves with new ideas and a fresh approach having been inspired by the presentations, discussion and meeting fellow delegates.

As part of the interactive nature of all ISPAL seminars we anticipate much 'two way' dialogue that we hope will ensure all attendees will leave thinking differently about how to get people active by using open spaces.

Who is the event for...

Spring Outdoors for a Healthier Life is aimed at Local Authority Heads of Leisure and Cultural Services, Leisure Trust Directors and Managers, NHS and PCT Managers, Health Development Managers/Officers, Sports Development Managers/Officers, County Sports Partnerships, National Governing Bodies, health professionals and health improvement providers.

Seminar Content and Schedule

The seminar has been designed to maximise the opportunity to bring together a host of excellent speakers to share their experience and showcase projects, initiatives and ways of working that have lead to positive results in achieving the aims of getting people outdoors as part of encouraging a healthier lifestyle.

The seminar will encourage debate, discussion and a two way dialogue between delegates and speakers in what we are sure will be a series of engaging presentations with time allowed throughout the day for networking with colleagues and new contacts.

Time	What	Speaker(s)
09.30 – 10.00	Registration with tea and coffee	
10.00 – 10.15	Welcome presentation	Jonathan Wilson (TBC)
10.15 – 10.30	Outdoor events	Ken McAnespie
10.30 – 11.00	Cast studies of significant improvement areas	Mick Macgrath
11.00 – 11.30	Using 'Active People data' to direct spending	John Wileman
11.30 – 11.45	Refreshments	
11.45 – 12.05	Showcasing 'Running Together'	Pauline Beare
12.05 – 12.25	The great outdoors	Dr William Bird,
12.25 – 12.45	Get active in the forest	Vicky Smyth & Debbie Chesterman
12.45 – 13.45	Networking Lunch	
13.45 – 14.00	Transforming parks for young people	Robby Sukhdeo
14.00 – 14.30	Enjoying water in the midlands	Claire Quigley & Roger Golden
14.30 – 15.15	Panel – Thinking differently about getting people outdoors	Robby Sukhdeo & Ken McAnespie Roger Golden, Andrew Beddow,
15.15 – 15.30	Review and close	Ken McAnespie

Confirmed speakers include:

Pauline Beare
Project Director,
Run In Englant

Andrew Beddow
Head of Service, Sport
and Leisure, Environmental
Services, Derby CC

Dr William Bird (TBC)
Strategic Health Advisor,
Natural England

Debbie Chesterman
Development Manager,
Get Active in The Forest,
Derbyshire DC

Roger Golden
Environment Agency

Ken McAnespie
KMC Consultancy

Mick McGrath
Head of Regions (East
Midlands), Big Lottery Fund

Claire Quigley
Principal Environment
Planning Officer, Environment
Agency, East Midlands

Robby Sukhdeo
Owner and Events
Co-ordinator Pavilion
Park, Haringey

Vicky Smyth
Healthy Lifestyles Officer,
South Derbyshire DC

John Wileman (TBC)
Head of Sport and Leisure,
Notts City Council

Jonathan Wilson
Consultant Head of
Business Development,
ISPAL



Membership benefits include:

- + Access to world leading information
- + INFORM – quarterly members' magazine
- + Use of the letters – MISPAL (Member of the Institute)
- + Weekly ezine sent to your inbox
- + Personal differentiation
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Call **0845 603 8734** or tick the box on the booking form overleaf



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Member: ISPAL Membership No _____

If you are looking to secure more than one place at the conference, please contact us on the number below.

Delegate Prices	Price
ISPAL Member	£75
Non ISPAL Member	£95

SPECIAL MEMBERSHIP OFFER

If you are not currently a member of ISPAL, you can join the institute as part of booking your place at the seminar and in doing so be eligible for the members price. As a special offer, the cost of joining ISPAL as part of attending the seminar has been reduced to just £75.

I would like to join ISPAL and attend the conference for the combined price of just £150

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Please return form to: **Anna Hodgson, ISPAL - Institute for Sport, Parks and Leisure Abbey House, 1650 Arlington Business Park, Theale, Reading, RG7 4SA Tel: 0118 9298 355 Email: conferences@ispal.org.uk**
Cancellation policy – please visit www.ispalevents.org.uk for more details.

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