



Let's Go Outside Wednesday 11th June 2008

The Workshop Options (Session 1)

Please select one of the following workshops to attend from 10am – 11am

Workshop 1: Cycling – How to get workplaces and schools moving

An opportunity to learn about how TravelWise work with workplaces and schools to encourage cycling with discussion and debate around the barriers professionals experience when planning and delivering cycling projects and initiatives.

Led by Jo Rainbow, Travel Plan Coordinator, Coventry City Council and Ray Hughes, Regional School Travel Advisor

Workshop 2: Working with Natural England

An opportunity to learn about the role of Natural England and the work they are currently undertaking around health and the environment including Access to Nature; a £25 million grant scheme to encourage people from all backgrounds to understand, access and enjoy our natural environment.

Led by Chris Hogarth, Natural England

Workshop 3: An Introduction to Project Planning

This generic workshop will be of interest to delegates who are new to project planning. The session will explore the role of the project manager, the key stages in the project lifecycle, and the importance of effective communication prior to, during and after a project along with ways of identifying risks.

Led by Katy Goldstraw, Sportworks UK



The Workshop Options (Session 2)

Please select one of the following workshops to attend from 11.20am – 12.20pm

Workshop 4: Cycling – How to get workplaces and schools moving

Led by Jo Rainbow, Travel Plan Coordinator, Coventry City Council and Ray Hughes, Regional School Travel Advisor

Note: *this is a repeat of the earlier workshop*

Workshop 5: Steps to Health

The Dudley Parks Programme is an excellent example of how a PCT and council have worked in partnership to promote physical activity in public parks. Delegates will have the opportunity to learn about the diverse programme of activities which includes walking, Buggy fitness and Green fit sessions.

Led by Balraj Johal, Physical Activity Advisor, Dudley PCT and Kim Braznell, Parks Physical Activity Officer, Dudley Metropolitan Borough Council

Workshop 6: Using the outdoors to get people physically active; but how accessible are your activities?

The Shropshire Enablement Team has recently completed a feasibility study into the accessibility of green exercise provision in Shropshire. This workshop will look at the findings of the study and the recommendations which are now being explored locally by partners. This workshop will be of interest to delegates working to develop inclusive and accessible programmes of activity for hard to reach groups.

Led by Gillian Cooke, Clinical Psychologist, Shropshire Enablement Team.