



**09:00-09:30 Arrival, registration and morning refreshments**

**09:30-09:40 Welcome and opening remarks**

Take your seat as we kick off a day of insight, collaboration and networking with a warm welcome from our host, **sports presenter and commentator Charlotte Richardson**.

**London Sport CEO, Emily Robinson**, will then set the scene and give an overview of what's to come at Active LDN 2024.

**09:40-10:10 Keynote - The importance of physical activity for good health**

**Caroline Clarke, Regional Director at the NHS**, will provide our first keynote of the day, followed by questions from the audience. Caroline will discuss:

- *The relationship between health inequalities and low physical activity levels*
- *The health protection benefits of physical activity*
- *The social determinants of health*
- *The concept of healthy environments/places/spaces*
- *New Government Health Mission and physical activity*
- *Development of NHS's commitment to physical activity*
- *The Partnership with London Sport on Physical activity via the 'London Health and Care Partnership'*

**10:10-10:40 Inspire session with Arsenal FC - Lived experiences of overcoming barriers to participation**

Charlotte Richardson hosts a lively panel discussion with **Arsenal in the Community staff and beneficiaries**, discussing barriers to exercise and accessibility issues.

**10:40-11:10 Keynote - Europe's healthiest nations**

The latest evidence from the Sport and Recreation Alliance shows that the UK ranks joint 12th out of 15 comparable European nations for levels of physical activity. The UK is also ranked as the third highest spender on healthcare costs caused by inactivity and only 9th in overall wellbeing. **Andre de Jeu, ACES Europe board member**, will shine a light on some of Europe's healthiest nation and set out his vision to making London the healthiest city in Europe.

**11:10-11:30 Break**

**11:30-12:30 Breakout sessions**

*Creating safe and active communities: Small-scale interventions for safer spaces*

This session will showcase impactful, local actions that can empower women, girls and marginalised groups to move confidently in their communities.

- **Natasha Hood** - Active Environments Manager, London Sport

- Hannah Benihoud - Artist
- Natasha Hartke - Kerbside Strategy Programme Manager, London Borough of Lambeth
- Sarah Ackland - Designer, architect & PhD researcher

*Using digital solutions to activate London's spaces for all age groups and abilities*

Explore how leading digital solutions are being utilised to activate London's places and spaces, with a focus on ensuring that we encourage a safe, inclusive and welcoming offer.

**Session introduction by Vikram Philip Rajkumar, Account Director, Satisfi Labs**

- Jolyon Whaymand - Regional Network Lead – Multi-Sport Facilities, London Sport
- Charlie Merrett-Clarke - CEO, Playfinder
- Quentin Geromin - Head of Business Development, Equip
- Ian Nagle - CEO, Swing Fitness
- Nicole Napier - Commissioning Manager (Leisure and Sport), London Borough of Newham

This session is sponsored by Satisfi Labs



*The role that schools can play in tackling inactivity and inequality by broadening access to their sports facilities outside of school hours*

Hear first-hand the ways in which opening school facilities has begun to tackle inactivity and inequality across London.

- Gary Palmer - Head of Programmes, London Sport
- Nicole Beckles-Ross - Head of PE, Villiers School
- James Watson - PE Lead, Heathfield Junior School

**12:30-13:30 Lunch**

**13:30-14:30 Breakout sessions**

*Increasing the use of non-traditional spaces: Overcoming the challenges and co-designing the solution*

This workshop-style session will look at real-life barriers that restrict the use of non-traditional spaces and start to think about the solutions that will be needed to overcome such challenges.

- Chris Donkin - Strategic Lead - Active Environments, London Sport

*The role of Local Authority Public Health in making available and activating space for an active London*

Find out how one London Local Authority Public Health department has championed and developed the use of environment and space to improve health and wellbeing and address health inequalities.

- Rob McLean - Strategic Lead – Health, London Sport
- Matthew Quinn - Associate Director of Public Health, London Borough of Tower Hamlets

*Safeguarding: A facilities guide to best practice*

Join us to understand the importance of safeguarding and welfare of children, young people and adults in your facilities or spaces, and hear how to create an inclusive space for people to feel safe and welcome to participate in sport and physical activity.

- Sam Carey - Senior Sport Welfare Officer, London Sport
- Simon Goodey - CEO, Royal Albert Dock Trust London Regatta Centre

**14:30-14:50 Break**

**14:50-15:50 Breakout sessions**

### *Creating inclusive spaces for Londoners*

An interactive workshop session featuring prompts and resources to stimulate discussion around different areas relevant to creating inclusive spaces for London.

- Natasha Hood - Active Environments Manager, London Sport
- Sophie Epsley - Changing Places London Programme Leader, London Sport
- Rob McLean - Strategic Lead – Health, London Sport
- Kamilla Ovrevik - Sport Welfare Officer, London Sport
- Helena Keenan - Sport Welfare Officer, London Sport
- Chloe Morfey-Greenberg - Sport Welfare Officer, London Sport
- El Temple - Sport Welfare Administrator, London Sport
- Tim Masih - National Partnerships Manager, Sporting Equals

### *Skills required to activate London's spaces*

Join an expert-led discussion on the opportunities and challenges of utilising London's space effectively - and what we as a sector need to do to take hold of these opportunities - as well as practical examples and methods for delivering effective activation which has got Londoners moving.

- Daniel Ampaw - Strategic Lead - Community Sport, London Sport
- Anton Tavernier-Gustave - Health & Wellbeing Manager, Enable
- James Gregory - Director (London & Southeast), Street Games UK

### *Using data and insight to unlock spaces for a healthier London*

During this session, we'll look at how the sector can tap into readily available data to help unlock spaces for sport and physical activity.

- Chris Donkin - Strategic Lead - Active Environments, London Sport
- Ed Parham - Architect and Director of Innovation and Design, Space Syntax

### **15:55-16:25 Keynote - 20 years of parkrun: the journey, challenges & opportunities**

parkrun's **Steve Camacho** will close the day, reflecting on 20 years of the event, covering the journey, challenges and opportunities, before taking questions from the audience.

### **16:25-16:30 Closing remarks**

That's a wrap! London Sport CEO Emily Robinson will share brief final thoughts at the close of Active LDN 2024.

**16:30 End**

