

1. One thing you've heard / learnt this morning ?

This is a long term journey - not a quick fix, or single programme intervention. Collaborative working is important to make sustainable change.

Discussion regarding language and talking more around what do YOU need?

Sparks and conversation is key

Keep nudging away

The need that we need to have a clearer approach to working more closely with Health colleagues, on National, regional and local level.

Collaboration is the way forward to developing sustainable solutions

Keep the faith! We're making progress

How the prehab for cancer program has progressed and flourished.

Listening and story-telling

1. One thing you've heard / learnt this morning ?

Bang the drum for prevention, but more broadly don't give us if we're not succeeding at first

Take shared learning and put elements into practice within physical activity referral

There's a lot of useful resources to read and catch up on to continue to understand how the system works

To keep on networking and having conversations

The importance of evaluation- quantitative & qualitative

The power of listening. How we are working towards a similar goal via our own lense.

Consolidating ideas of working with employers

How the system works

Think about how we can support awareness of existing resources

1. One thing you've heard / learnt this morning ?

So much. But my favourite quote of the day was from Warren: My job isn't to plan health services. My job is to plan the conditions to create health. I'm also reflecting on how much people are wrestling with what their role in the system should be.

Lots of excellent work going on but still lots to do! Sharing the evidence of good practice is key.

The importance of evaluation, evolving narrative and sharing good practice from providers of physical activity that improves health.

There is already a strong case to be made, it's just a case of making sure enough people hear it until it builds momentum. I'll think about how we can keep having these conversations in a way that responds to different stakeholder needs.

There is a coordinated approach to workforce wellbeing in GM which has physical activity baked in

Continued conversations and learning with everyone... internally and across system... understanding individual roles and contribution to this agenda (however small, all equally important for collective impact)

Keep going when things seem impossible!

Changing hearts and minds - it's reassuring (and isn't at the same time!) to hear that this is still a challenge even when there's clear evidence and pilots been implemented. Making me reflect what role the ICS/Commissioners have here in helping us

Health system is complex. Placed based work is important. Take time to build relationships, listen and not impose.

1. One thing you've heard / learnt this morning ?

Evidence base is essential to convince a clinical champion.
Must ask what they need and not tell them.

Reaffirmed the amount of stakeholder engagement
required to implement

keep chipping away, work on different levels and see where
the conversation goes

2. One immediate thing you're going to do in your system to move things forward as a result of what you've heard / learnt this morning

Read up on some of the prereading

Think about the way literature and communication is used- basic but I think a good start

Follow up on reading the resources and reports that have been shared

Feedback to SLT

I will think really practically about everything we do - making it as easy as possible for busy people to engage

Share information learnt with the team

Meet with Sam (after her break) to reflect and consider next steps in WY

Coming to more events like these and having conversations with those who are already doing this work well

Start to pull together a briefing paper on how we should work across key health bodies.

2. One immediate thing you're going to do in your system to move things forward as a result of what you've heard / learnt this morning

Continue working collaboratively across GM

Raise awareness of moving medicine

Share with colleagues and make contact with Stockport

Learn more about the ICS and who to contact to develop projects in my local area

go back and have a look at moving med and see if any additional things have been uploaded

A renewed commitment to helping the people and organisations I work with to figure out how they can contribute best to this agenda

Make the unconventional routine

Pick up conversations with colleagues in the ICS

Continue conversations within my organisation to contribute to local area conversations and align our work to this agenda. Learn more about how this evolves and support communities of lived experience to get agency and input to this agenda.

2. One immediate thing you're going to do in your system to move things forward as a result of what you've heard / learnt this morning

Speak with clinical partners already engaged. Understand why they are on board, what has attracted them, and how we can engage others.

Think differently about Versus Arthritis services, how we work with local partners and listen to people to inform.

Follow up with the GM examples of good practice to use these in our influencing and advocacy work and help share the learning

Be curious about our system partners and their motivations/outcomes

To continue the conversations. To see how we can ensure positive impact for disabled people.

Be a voice for the VCSE sector to link them to health

Start the conversation within the Pennine LDP to see if there is appetite to replicate the cancer pathway within the lifestyle hub model that exists.

3. One longer-term ambition

Hear more about what others are doing

Champions across health care like Jan

Continuation funding for project - evaluation / data will be an important part of this

One active practice, one PCN intervention with physical activity embedded, one PACC workshop delivered

Develop long lasting, appropriate processes and initiatives that are valued by the community

Stay true to my core commitment to keep working in the health and PA space and contributing to connecting the different parts of the system and sharing learning

Understand better the new systems and what they need to be able to embed PA

To work as a facilitator with workplaces to further embed movement as the "norm" addressing and understanding barriers using colleagues GM wide

Understand how to influence ICS at various levels, without simply "selling a product"

3. One longer-term ambition

Sharing good practice as we have done today

Ensure people's voices are heard.

For every workplace to prioritise wellbeing of their employees and encourage ways to move more during working hours

Work more closely with Active Partnerships and the physical activity sector to help advocate for physical activity in ICS plans

To connect with NHS colleagues and develop services in the community that improve health and to evolve services for people with a disability, how they want it, where they want it and with who.

to ensure the AP is a member of each of the ICB and Alliance boards to advocate for place based PA connections