

GM Moving Conference 2024

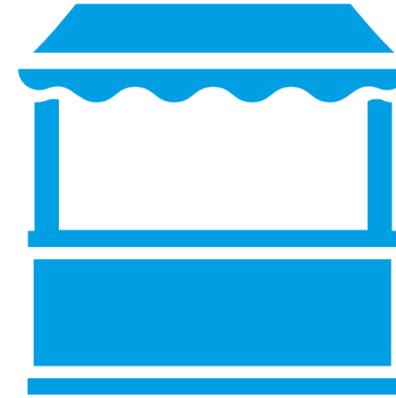
Greater Manchester
Moving > ^ < v

Join in
We are all movers
and shakers!
Spread the joy
#GMMoving #ActiveSoles

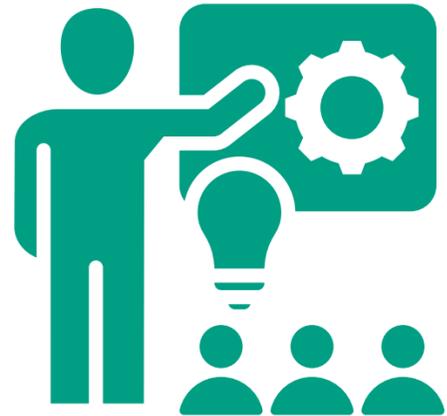




**Over 1200 people attended
900+ in person and 350+ online**



Over 30 partner stalls / spaces



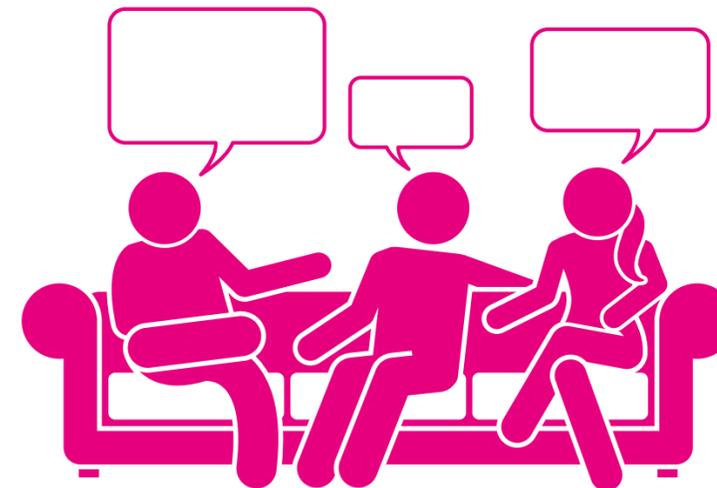
**3 plenary panels
and 11 workshops**



**150 people participated in
opening dance**



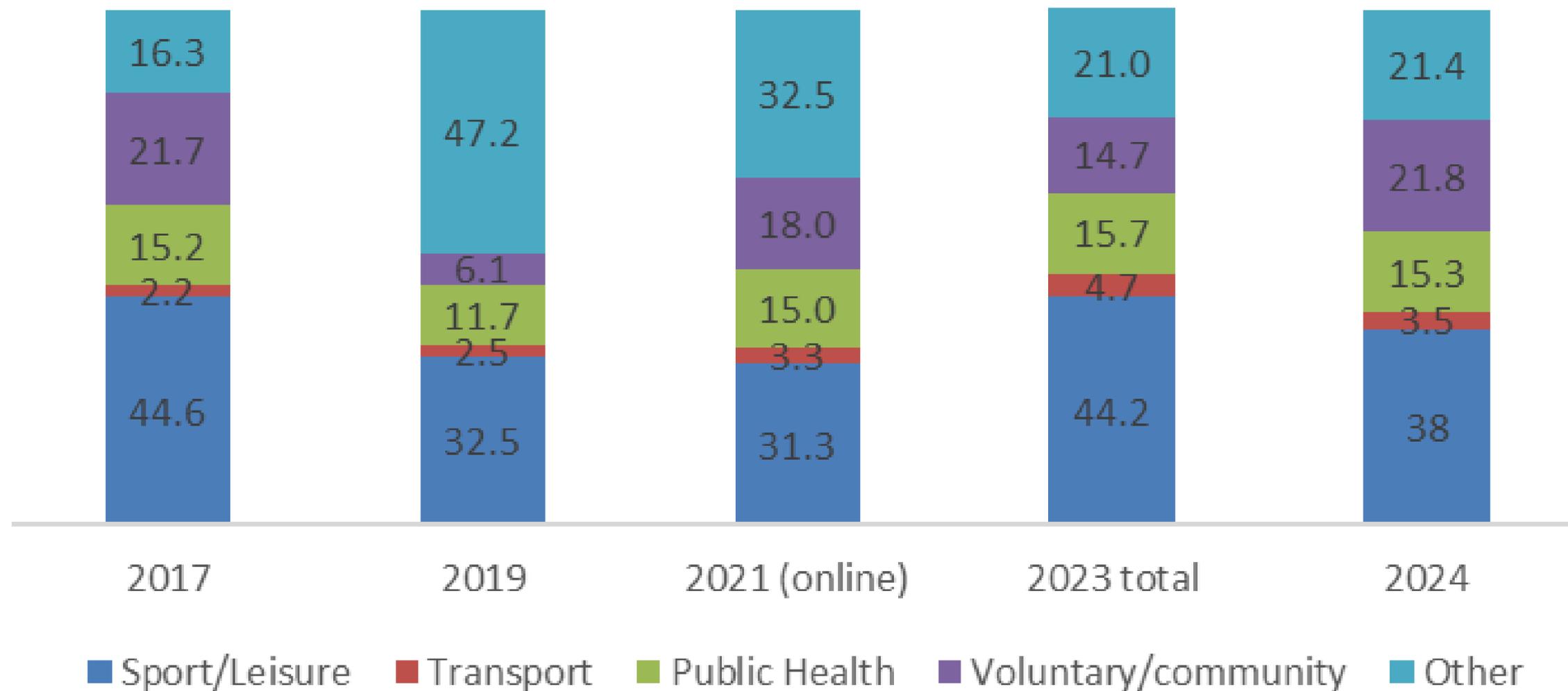
**9 active sessions
e.g workshops**



**Over 170
contributors to
panels and workshops**

Who attended

Conference sign ups by sector by year





Conference Purpose - what you said you wanted



Your feedback on your experience

Positive Energy and Atmosphere: Tone set by opening session, particularly the dancing.

Variety and Diversity: Of workshops, talks, topics, activities, speakers and attendees.

Networking Opportunities: Connect, connect, connect... contacts, values and ideas.

Community Engagement: Sense of belonging and community.

Engaging Sessions: Informative, thought-provoking, active participation.

Inclusivity: Welcoming space. Inclusion baked in, e.g. speakers' language and descriptions.

Well organised: Event management and collaboration.

What you said

"Great opportunities to connect with people."

"Really informative day, and felt the two talks I attended were of great value."

"Inspiring, imaginative, inclusive."

"I loved... the diversity of talks/workshops/walks on offer."

"From the moment I walked in there was a buzz in the air."

"So much diversity of sectors, people and experiences."

Your feedback on your key takeaways

Making Connections: Relationships built, new contacts and partners for future collaboration

Renewed Energy: Increased enthusiasm, hope and optimism for the work

Shared Learning: New info, knowledge, insights, perspectives, ideas, skills and best practice

Increased Commitment: To champion and support movement, physical activity and wellbeing

Purpose: Reinforced importance and impact of the work and sense of purpose for future

Community Engagement: Importance of building strong, empowering community relationships

Amplification: Desire to continue to support and promote the work in communities

Personal and Professional Development: Personal growth, confidence and inspiration

Belinda Everett · 1st
Greater Manchester Bicycle Mayor & F...
1w · 🌐

Wow, what an incredible event yesterday at the GM Moving Conference, I was invited as GM Bicycle Mayor to be a part of the panel led by the amazing Helen Pankhurst with the topic "Belonging". I was in the Lyric Theatre on stage joined by Kelly Gordon, Adam Blaze, Sanjay Bhandari MBE, Sally Carr MBE (She/They). A Thought provoking conversation, honest and open. Big shout out to Eve Holt, for a fantastic event!

#GMMoving #bycs #gmbicyclemayor ##beenetworkgm #pedalmorein24



👍❤️🌐 57 2 comments

Anthony Judge · 1st
National Development Manager - Place...
1w · 🌐

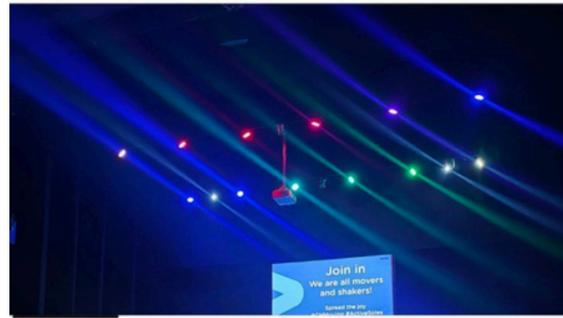
Thoughts have been well & truly provoked today at #GMMoving Conference in Manchester.

Lots of systemic issues to align with, but a few key takeaways for me:

- Creating authentic Allyship.
- Expose and elevate lived experience.
- Awareness of 'institutional indifference'
- Promote the benefits of Risk (ISO 4980!)
- Don't 'Trust' the process, 'TEST' the process!
- The power of movement to spark connections & conversations.

Celebrate what's strong, be aware of what's wrong, connect, share, tell stories, give time.

All round awesome day, and a great example of how we take Local to National, and National to Local.



Beth Craigen · 1st
Operations Officer at D of E & Outdoor...
1w · 🌐

The GM Moving Conference is always one of the highlights of the year at work. A great opportunity to catch up with other folks working and ...see more



👍❤️🌐 30 1 comment

Justine Anderson · 2nd + Follow
Co-founder of Urbawalks and Programme Director at Nuffi...
1w · 🌐

Great start to the day this morning at the annual GM Moving conference at The Lowry Theatre, Salford with dance and interactive movement for us all. Very enjoyable.

I attended some great workshops and a chance to catch up with lots of people I have not seen for a while as well as great networking.

#nuffieldhealth #GMMoving #movement #urbanwalks



👍❤️🌐 8 2 comments

Tabz O'Brien · 1st
Strategic Lead - Live Well (NHS Greate...
1w · 🌐

I've never been to an 1000 person conference. I've definitely never been to an 1000 person conference in Greater Manchester that's bringing together everyone from urban design to transport, education to sports, for a fun-filled, inclusive and active day focused on keeping our city region moving, in more ways than one!

Congrats to the whole team at Greater Manchester Moving - what a day! 🙌

#GMMoving #ActiveLivesForAll #MovementforMovement



👍❤️🌐 62 8 comments

Liz Hibberd · 2nd + Follow
Strategic and Partnership Lead at Manchester City of Sanctuary | Train...
1w · 🌐

Loved attending this event yesterday! A whole day of connecting and networking around the power of movement; from the barriers people face in regards to accessing activity, how we can create a culture of belonging and celebrating examples of success! Not forgetting being part of a flash mob on stage at the Lowry dancing to YMCA - there are conferences and then there's the GM Moving Conference.

#activesoles #gmmoving #powerofbelonging



James Cole · 1st
Regional Development Manager North...
1w · 🌐

Great day at the Greater Manchester Moving Conference I spent the day sharing & Learning from others, gaining inspiration & new ideas while building new connections & links. It was fantastic to network with colleagues from across the sector and speak with some new faces all looking to build more movement into the lives of everyone across Greater Manchester. As ever there was passion, enthusiasm and excellence on show from all involved - and ice-cream! #ActiveSoles #GMMoving #SwimBikeRun #MakeYourMove



👍❤️🌐 41 4 comments

Robert Pickering · 1st
Partnership Development Manager Briti...
1w · 🌐

I always get so much out of attending the annual GM Moving Conference. The latest one today at The Lowry, Salford, was no different. Thought provoking, full of different perspectives and information about all things moving and activity. Huge thanks go to Hayley, Eve, the GM Moving team and stakeholders for putting on such a fantastic (and sizeable) event! And the intergenerational dancers at the beginning were incredible and just the start we needed on a grey, rainy Manchester morning! #GMMoving #ActiveSoles



👍❤️🌐 45 3 comments · 2 reposts

Katherine Knight · 1st
Director Intelligent Health and Chair of Rounders England
1w · Edited · 🌐

What makes a cracking conference? I think it's a balance between learning and networking along with a feeling of energy that only being together can create. That was all there in spades at the #gmmoving conference at the Lowry on the 25 March. Add a few walks and a trip to the Blue Peter garden and it's a winner! Thanks to Louise Robbins from #gmmoving for organising a fascinating walk encompassing person, place and purpose around Media City #feelinginspired #unitingthemovement Hayley Lever Dr William Bird MBE Intelligent Health UK



👍❤️🌐 45 3 comments · 2 reposts

Laura Childs · 1st
Marketing & Communication...
1w · 🌐

Wow, just wow. What an energising and totally inspiring day at the Greater Manchester Moving conference, celebrating all the fantastic work that is ...see more



👍❤️🌐 51 3 comments

Love Comment Repost Send



What you said is needed going forwards

Networking and Collaboration: Continue connecting and creating space for sharing.

Capacity Building and Learning Exchange: Support shared learning and best practice.

Advocacy and Promotion: Promote initiatives, demonstrate value and extend reach.

Access to Resources and Funding: Signposting to funding and other support available.

Stakeholder Engagement and Influence: Support engagement with decision-makers.

Diversity, Inclusion, and Equity: Leadership, support and guidance on inclusion.

Continued Engagement and Communication: Ongoing dialogue and info sharing e.g. blogs, podcasts, and events to stay connected and informed about developments.

How do we grow the movement?

Attending Events and Networking Opportunities: Intentions to continue attending in-person events, conferences, and networking sessions to stay connected with partners and peers.

Engagement with GM Moving Resources and Staff: Plan to utilise resources provided by GM Moving, such as newsletters, websites, and staff contacts, to stay informed and connected.

Active Participation and Involvement: Intentions to actively engage in activities related to GM Moving, whether through attending meetings, contributing to discussions, or participating in campaigns.

Following Up with Contacts: Following up with contacts made during events or conferences, indicating a desire to nurture connections and explore potential collaborations further.

Sharing Knowledge and Experience: There's an emphasis on sharing knowledge and experiences with others, either through direct communication, social media, or by utilising resources provided by GM Moving.



The Workshops



1. Tackling street harassment of women and girls
2. Positive experiences for children & young people
3. Transforming leisure, pivot to active wellbeing
4. Active workplaces, #ActiveSoles
5. Moving for mental health

Outdoor walks, rides, and activities:

6. Explore the Beenetwork on bike
7. Beat the Street walkshop
8. Mini Street Wisdom, mindful walk
4. Walking GM Trails, short walk
10. Wheels for All, ride an adapted cycle

11. Creating a culture of belonging
12. Playing our full role for environmental sustainability
13. Leading for Inclusion of disabled people
14. Inclusive design of places: For healthy, active lives
15. Embedding physical activity in health and care systems

Outdoor Walks/Walkshops

16. Streets for All
17. Short Wellbeing Walk
18. Right to Roam, Left to Wander!
19. Getting to Know Teresa the Trishaw
20. Wheels for All, ride an adapted cycle





Workshops key Learnings

Expanded Definition (learn new insights, learnings from workshops)

Diversification of thought (Mindset shifts)

Empowering (empower individuals, empowering communities)

Awareness (highlight the importance, highlighted as a key takeaway)

Optimism (renewed energy to support/influence)

Action (make connections, making new contacts)



The workshops emphasised the relevance of physical activity through various points of view addressing a diverse range of conditions of the the Greater Manchester system.

They facilitated a shift in perspective, embracing a more inclusive understanding of everyday movement, highlighting and exploring the importance of movement on lifelong well being. The workshops encouraged a holistic view of physical activity and its benefits for diverse conditions.



Workshops Learnings

Awareness: The workshops raised awareness about the importance of physical activity beyond the realm of traditional sports. Participants gained a deeper understanding of how movement impacts overall well-being and learned to recognise its significance in various conditions within the Greater Manchester system. For instance, discussions on physical literacy highlighted how fundamental movement skills can empower individuals to engage in lifelong activity. Additionally, exploring examples of active workplaces showcased how integrating movement into daily routines can enhance productivity and employee well-being. The workshops also emphasised the importance of creating inclusive environments where everyone feels welcome and able to participate in physical activity, regardless of their background or abilities.

“Lots of good work going on across GM,
more work to do.”

Workshops Learnings



Empowerment: Through the workshops, individuals were empowered to take action both at the individual and community levels. They learned strategies to empower themselves and others to incorporate physical activity into daily life, regardless of age, ability, or background. For example, discussions on embedding physical activity in healthcare systems highlighted the role of healthcare professionals in promoting and supporting active lifestyles among patients. Participants also explored the concept of well-being walks as a simple yet effective way to incorporate movement into daily routines and improve mental and physical health. By understanding the holistic benefits of movement and recognising their own agency, participants felt empowered to advocate for change and support initiatives that promote active living within their communities.

“I want to do more, to support, showcase, and promote the fantastic work being done across GM.”

Workshops Learnings



Optimism: The workshops infused attendees with a sense of optimism for the future of physical activity in Greater Manchester. By exploring innovative approaches such as physical literacy programs, active workplaces, and well-being walks, participants gained confidence in the potential for positive change. They felt re-energised and motivated to contribute positively to their communities by championing inclusion and promoting active living. The discussions and insights shared during the workshops inspired optimism about the potential for meaningful change in Greater Manchester, fostering a collective commitment to creating environments that support and encourage movement for all residents.

“My energy is renewed. I feel more confident that the GM Active movement works, engages communities, spreads positivity, and love.”



GM Moving Conference 2024

Connect, connect, connect
hubbub fills the space,
bright, beaming smiles as people come together,
active soles at the ready
heart held on, clutched tightly as stories shared,
become stories felt
heart held on;
as mentee becomes mentor,
as community comes together,
isolated no longer
all in moving,
moving through the streets of manchester,
murals embellish the walls,
benches become rest points,
school streets become safer
think,
to first memories of movement,
think,
to movement evoking memories,
think.
realities that
barriers build up,
problems perpetuated



but,
breaking down barriers,
for progress made, actions taken, changes made
breaking down barriers, giving a chance
to those blocked by inequality and indifference
for a moment to
think,
feel,
breathe,
move.
to move,
in their own way, the way that feels right
evidence supports theory but lived experience not numerical,
instead, effects immeasurable
connect, connect, connect
hubbub fills the space,
bright, beaming smiles as people come together,
active soles at the ready
heart held on, clutched tightly as stories shared,
become stories felt
heart held on

Maya Chowdhury, Young Identity

CREATING A CULTURE OF BELONGING...

The QUESTION of BELONGING

THE EFFORTS OF OTHERS TO ADDRESS DISCRIMINATION

We'd like **NOT JUST AN OPEN DOOR POLICY -** **Open ARMS POLICY IS BETTER**

WHAT CAN THE AUDIENCE BE DOING?
Look through DIFFERENT LENSES
THINK OUTSIDE YOUR OWN EXPERIENCES

Closing PLENARY
BELONGING A KEY THEME THROUGHOUT THE DAY...
How do we IMPLEMENT Shared Outcomes?

Greater Manchester Moving > ^ < v

BELONGING TO MY TEAM!
LAST MINUTE WINNER
Belong in a gym BUT I'M NOT A GYM BUNNY!

Seek a SENSE OF BELONGING in the Bike Industry

WHAT DOES A BIKE MECHANIC LOOK LIKE?
BEE PEDAL Ready
REPRESENTATION MATTERS!!!

be OPEN TO CHANGE and EMBRACE
CHALLENGE YOUR OWN DEFAULT MODE

AMAZING TO see so many Women in the ROOM

I SEE GM MOVING AS THE GREAT DOT CONNECTORS
#ActiveSoles

What's OUR Collective GAME PLAN?

BEING YOUR AUTHENTIC Self
NOT TO COMPROMISE Your Values

AMAZING WORK IN STAY PRISON NETBALL SESSIONS SUPPORTING WOMEN AND GIRLS...

Co-CREATION ENABLES CHANGE
ENSURE WE'RE NOT COACHING IN SIL's

In This space, There is so MUCH VALUE, EXPERIENCE AND POSITIVITY...

Active allyship is KEY... and strong Leadership

INCLUSION
↓
BELONGING

EQUITY DIVERSITY

holding SPACE WHERE EVERYONE FEELS HEARD

WHEN YOU GET IT WRONG, YOU CAN STILL belong (MISTAKES ARE HEALTHY!)

FOR WOMEN, OUR BODIES CAN CREATE A WHOLE LEVEL OF ISSUES WHEN IT COMES TO ACTIVISM...
PUBERTY, PREGNANCY, MENOPAUSE

AS LEADERS - Remain CURIOUS
WHAT IS IT PEOPLE DON'T KNOW...?
Look OUTSIDE your BUBBLE BE INFORMED!

IT IS IMPORTANT TO ADAPT Movement to the INDIVIDUAL

AN OPENNESS TO EXPERIENCE EMPATHY
Pyramid of need...
CONNECT THROUGH LOVE AND POSITIVE [EMPHASIS]

THINK ABOUT WHAT PEOPLE ACTUALLY WANT...

Collective POWER
COUNCIL DECISION maker

CONNECTING THROUGH PARTICIPATION

electric ENERGY in the ROOM
The INCLUSIVITY in the ROOM IS MAGIC

GM MOVING CONFERENCE 25th MARCH 2024

FEAR TO FREEDOM

PANEL DISCUSSION

TACKLING STREET HARASSMENT OF WOMEN AND GIRLS

ENOUGH IS ENOUGH

THIS GIRL CAN

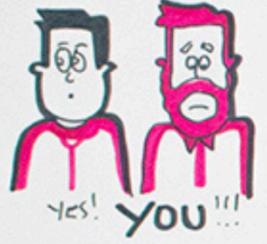
?
WHAT DO WE THINK THAT HARASSMENT IS - IT'S SOOO NORMALISED.

SHIFTING PERSPECTIVES

ONION DIAGRAM
EXPENSIVE TO BE ACTIVE
WHAT GOES IN THE WAY?
ARE YOU GIVING UP RUNNING NOW?
STRICT BELIEF
COTTON WOOL
TRUST the PROCESS (I JUST DON'T BELIEVE IT!!)

ACTIVE LIVES FOR ALL:
EVERYONE IS EQUAL
GREEN SPACES ARE FREE!!
MORE TOO OLD!!!
What will it TAKE?

CHALLENGE ATTITUDES OF BOYS AND MEN...



ABUSE AND FEAR EXPERIENCED BY FEMALE RUNNERS

JUST DON'T

GM POLICE NOT MUCH USE...

CAT CALLING
PHYSICAL ASSAULT
FLASHING

REAL PEOPLE'S STORIES
POWER OF STORY

RISK ASSESSMENT BEFORE RUNNING
WHAT TO WEAR
WHICH ROUTE TO RUN...

only 5% OF THE WOMEN INTERVIEWED, REPORTED EXPERIENCES TO THE POLICE...

COLLECTING STORIES AND AUDIO...

HOW DO YOU FEEL ABOUT YOUR AREA?
Safer SPACES
POSITIVE REINFORCEMENT OF OUR AREA
RATES
PLACE REVIEW
WALKABOUT

make TIME TO feel better!!

PRIORITY list move!!

Shares EXPERIENCE with FAMILY GROUPS

Cultural NORMS HAVE CHANGED
What it is to BE A WOMAN
We still need the POSITIVE messages

WHAT DOES A SAFE STREET MEAN TO YOU?
OPEN SPACE
VISIBILITY
QUIET
SHARED PURPOSE
SIGHT LINES
COMFORTABLE
PEOPLE LIKE ME
BREATHE
GOOD LIGHTING
OTHER RUNNERS
PERSONAL ALARM...

CAT CALLING MINORS
NOT JUST DRUNK FOOTBALL FANS

we produced POSTCARDS TO INFORM AND RAISE AWARENESS

We ALL have A ROLE TO PLAY...

THERE ARE MULTIPLE WAYS TO REGAIN POWER...

DIVA THE RIGHT TO THE STREETS CAMPAIGN



Spoken Word Poetry

THE RIGHT LANGUAGE IS IMPORTANT

everyday harassment #ACTIVEsoles

WHAT CAN GOOD DESIGN LOOK LIKE...?

O.T. CREATIVE SPACES

RISK IS NOT EXPENSIVE - IT SHOULD NOT BE AN AFTER THOUGHT.
ADVERSE BEHAVIOUR
PART OF THE PROCESS
Rules and REGULATIONS IN SPORT

LEGISLATION CAN LEAD TO CULTURAL CHANGE... BUT TOO MANY THINGS ARE BUILT BETTER
TO UNDERSTAND Women's BODIES

HOW DO WE CHALLENGE CULTURAL BELIEFS?
PEOPLE POWER!
GM MOVING CONFERENCE

WELCOME
AND INTRODUCTION

WELCOME TO SALFORD
TOM STANNARD



FEMALE REFUGEES

SPORT IS FREEDOM

STORIES FROM THE WORK

BE STRONG
JILL, JORDAN, ANTHONY

18 MONTHS AGO
ADDICTION...

+ NOW
FIT, HEALTHY AND CLEAN LIVING

CALMER MIND

CRAYEARS EVENT
PURPOSE AND INTENTION



BEAUTIFUL OPENING:
LET'S DANCE!



SCOOL STREET INITIATIVE (SCHOOL!)



healthy BODY = healthy MIND

A BLESSING TO SHARE THE JOURNEY

building POSITIVE future PLANS

Movement MATTERS...

HAYLEY LEVER

WHAT WE ARE
LEARNING SEEING FEELING HEARING...

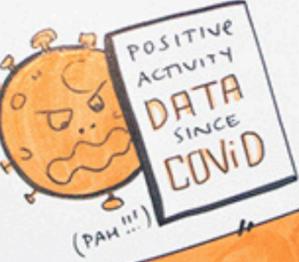
I SEE EVIDENCE OF CHANGE daily

WE ARE CREATING POSITIVE CONDITIONS FOR ALL...
challenging SYSTEM CONDITIONS...



MEETING NEW PEOPLE IN THE STREET...

REDUCING THE LEVEL OF OF INACTIVITY...



Community ACTIVITY

THE IMPORTANCE OF RELATIONSHIPS:
YOU ARE ALL GM MOVING INFLUENCERS,
MOVERS AND SNAKES!!!



GM MOVING

YOUR ROLE AND HOW TO PLAY IT...

TACKLING STRUCTURAL INEQUALITIES

UNLOCKING AN ALIGNING COMMUNITY for CAPACITY + CONTRIBUTION

YOU ARE ALL WELCOME!!!

Active Lives FOR ALL...

