



Live Longer Better Inclusion Network Event

www.leapwithus.org.uk



House Keeping



- No fire alarms planned for today, if you hear the alarm, please evacuate the building using the nearest fire exit. Gather in the car park
- Toilets, including accessible toilets are located off to the side of this room
- Need to step out and take a break? Head out the door you entered, take your time
- This is a safe space, we are all here to learn and share. Let's be respectful and supportive of one another.



The Purpose



Working together to help people of all ages and abilities live longer, healthier, and more active lives..

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Icebreaker

Let's get moving!

Just Dance 2015 - Diamonds (SEATED DANCE)



Agenda



1. National Update, Chloe Brown
2. National Update, Chris Gregory
3. CIMSPA Professional Status, Michelle Howden
4. Comfort break
5. Local Updates, Anya, Alison, Adam
6. AITC Inclusive Cycling, Adam Howard
7. Dedicated CYP SEND session



National disability sport update

activityalliance.org.uk

**activity
alliance**
disability
inclusion
sport



Disabled population and activity



Physical or mental impairment
Substantial and long-term
Definition of disability - Equality Act 2010



One in four of the total UK
population is disabled
DWP Family Resources Survey



Disabled people are twice as likely
to be physically inactive
Sport England Active Lives Survey



Nearly four in five disabled people
would like to be more active.
Sport England Active Lives Survey

Annual Disability and Activity Survey 2025-26



Participation and inclusion



Health wellbeing and
social connection



Costs and access



Representation, belonging
and involvement



Accessible spaces

National Disability Sport Organisations



A VISIBLE DIFFERENCE THROUGH SPORT



Activity Alliance updates

- Inclusive Learning Principles
- Training
 - Inclusive Activity Programme
 - Delivering excellent service training
 - Create inclusive activity that lasts
- Access for all
- Supporters scheme
 - Webinars
 - Leading Inclusion Toolkit



Sign up today!

www.activityalliance.org.uk/supporter



- It is completely free to join.
- There are no limits as to how many people from an organisation can join.

Contact us:

chloebrown@activityalliance.org.uk
07976779489

activityalliance.org.uk

National Health & Social Care Update

Chris Gregory



www.leapwithus.org.uk



Health and Social Care Select Committee Report.

[Healthy Ageing: Physical Activity in an Ageing Society – Full Report](#)

Summary of Physical Activity references provided by Sir Muir Gray.

- ⑩ Embed routine conversations about physical activity as a core part of clinical practice. Health professionals are a trusted source of advice, but too many people report never being encouraged to be active.
- ⑩ Commission evidence-based exercise programmes to reverse frailty, reduce falls and help prevent or delay dementia.
- ⑩ Make better use of leisure and physical activity infrastructure and workforce
- ⑩ Recognise social prescribing as a core mechanism for increasing physical activity and expand support and resources so that it can act as a bridge between health services and community physical activity opportunities.
- ⑩ Use its reform of the social care system to address the high levels of physical inactivity.



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Health and Social Care Committee

Healthy Ageing: physical activity in an ageing society

Eighth Report of Session 2024–26

HC 1180

Health and Social Care Select Committee Report.

[Healthy Ageing: Physical Activity in an Ageing Society – Full Report](#)

1. Embedding physical activity in the health and social care system

In this first chapter we explore how the health and social care system can make better use of physical activity to prevent and treat ill health and support people to age well. We discuss:

- Embedding physical activity in the health service by making it a strategic priority for integrated care boards.
- Strengthening links with partners outside of the health system social enterprise sectors.
- Activity opportunities including the leisure, physical activity and voluntary, community and tackling sedentary behaviour



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Healthy Ageing: physical activity in an ageing society

Health and Social Care Select Committee Report.

[Healthy Ageing: Physical Activity in an Ageing Society – Full Report](#)

1. Embedding physical activity in the health and social care system

Here's what is needed

- ☐ Making physical activity a strategic priority for integrated care boards.
 - ☐ Equipping the workforce to have conversations about physical activity.
 - ☐ Using data to target interventions and reduce health inequalities.
 - ☐ Strengthening links with partners outside of the health system.
 - ☐ Building partnerships with the leisure and physical activity sector
-
- ☐ Commissioning evidence-based exercise programmes to reverse frailty
 - ☐ Recognising social prescribing as an essential pathway to physical activity
 - ☐ Funding a sustainable voluntary, community and social enterprise sector
-
- ☐ Making better use of physical activity in social care



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Health and Social Care Committee

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2 Embedding physical activity in society

- ☐ Challenging current attitudes to ageing.
- ☐ Building an active environment (Page 32).
- ☐ Making physical activity a cross-government priority.
- ☐ Prevention and the public health grant (Page 37).

CONCLUSION AND RECOMMENDATION 10

Partnerships between health services and the physical activity sector can deliver effective programmes in local settings, support long-term condition management and improve older people's health and wellbeing. Expanding these approaches could also ease pressure on hospital-based services and support the government's ambition to shift care from hospitals into the community.

A lack of national strategy and the deterioration of leisure facilities mean opportunities to embed physical activity in community-based care remain limited. We welcome the £400 million the government has announced to support grassroots sports facilities. The government must use this funding strategically to support the infrastructure that the NHS will rely on to deliver care particularly physical activity-based interventions—in the community. (Conclusion, Page 43)



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Healthy Ageing: physical activity in an ageing society

Christine Hobson

Christine Hobson is a British marathon runner and fitness influencer who became a Guinness World Records holder for being the oldest woman to complete the Antarctic Ice Marathon. She achieved the record at 69 years and 154 days old on 14 December 2022



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MOVE YOUR WAY

This summer, we're reframing what movement looks like by reminding people with long term health conditions that getting active doesn't have to look like typical exercise to count. Our #MoveYourWay campaign encourages our audience to embrace moves that work for them and their condition, and find fun, accessible ways to move at home, outdoors or on the go.

Move Your Way helps your organisation reframe what movement can look like this summer -connecting everyday activity to your services and guidance, so you can support people living with long term health conditions.

We want people with long term health conditions to embrace everyday summer moments and accessible ways they can get moving - whether that's providing inspiration of ways they can build movement into daily life or spotlighting what's available in their local area.

Read more for inspiration on how your organisation can get involved, and download all the resources you need to support the campaign!

Let's help as many people with long term health conditions to **#MoveYourWay** this summer!

[Move Your Way](#)

How can you support the campaign?

- Share #MoveYourWay ready-made social assets across your social channels.
- Use local storytellers to share how they get moving using the #MoveMyWay animated logo.
- Promote quiet hours or accessible features in your timetable.
- Highlight local park benches to support planned rest stops for outdoor activity.
- Offer taster sessions for beginners, community groups or team activities.
- Use your cafe areas to promote physical activity snacking, and promote seated movement they can do on the spot!
- Tie Move Your Way into family friendly activities hosted at your leisure centre (even the bouncy castle counts!).

Join us in spreading the message that getting active doesn't have to look like exercise to count and help lower the barriers to getting involved this summer.

If you have any questions about how you can get behind the campaign, contact us at weareundefeatable@ageuk.org.uk.



Thames Valley Integrated Care Board (ICB)

On 1 April, 2026, NHS Thames Valley Integrated Care Board was established to plan and oversee health and care services for the 2.5 million people who live in Berkshire, Buckinghamshire and Oxfordshire. Our creation brings together the former NHS Frimley and NHS Buckinghamshire, Oxfordshire and Berkshire West (BOB) Integrated Care Boards into a single organisation with one shared vision for improving health across the Thames Valley.

NHS Thames Valley is responsible for making sure the region's £5.6 billion health budget is used in the best possible way. Its role is to look at the needs of local communities, decide what services are needed and work with hospitals, GP practices, community services, councils and voluntary groups to make sure people get high quality, joined up care.

Our vision

NHS Thames Valley will build a health and care system that:

- makes care easier to access, with more support available close to where people live;
- is fair for everyone, reducing the differences in health outcomes which exist across local communities;
- helps people stay well, by focusing on prevention and early help; and
- uses digital tools and innovation to improve care and make services simpler to navigate.

Our priorities

As NHS Thames Valley is establishing, we are prioritising:

- getting the most value from the services we fund, making sure investment improves outcomes;
- strengthening neighbourhood care, supporting local teams to deliver more services outside hospital;
- reducing health inequalities, especially for communities with the poorest health outcomes; and
- investing in prevention, helping people stay healthier for longer.

Map of the new Thames Valley ICB footprint



[NHS Thames Valley - Our places and partners in Thames Valley](#)

Update

www.leapwithus.org.uk



Central East Integrated Care Board (ICB)

Priority area: cancer screening ▶

Cancer is one of the main causes of illness and early death. People have better outcomes when cancer is found early, when tests are easier to access and when care is well coordinated.

Priority area: musculoskeletal conditions ▶

Musculoskeletal (MSK) conditions range from minor injuries to long-term conditions which affect joints, bones, muscles, and sometimes nerves. They are a major cause of pain, disability and time away from work.

Priority area: cardiovascular disease ▶

Cardiovascular disease (CVD) is one of the main causes of early death in the UK. It leads to many emergency hospital admissions and contributes to major health inequalities. Many of these illnesses and deaths can be prevented.

Priority area: caring for people with advanced illness ▶

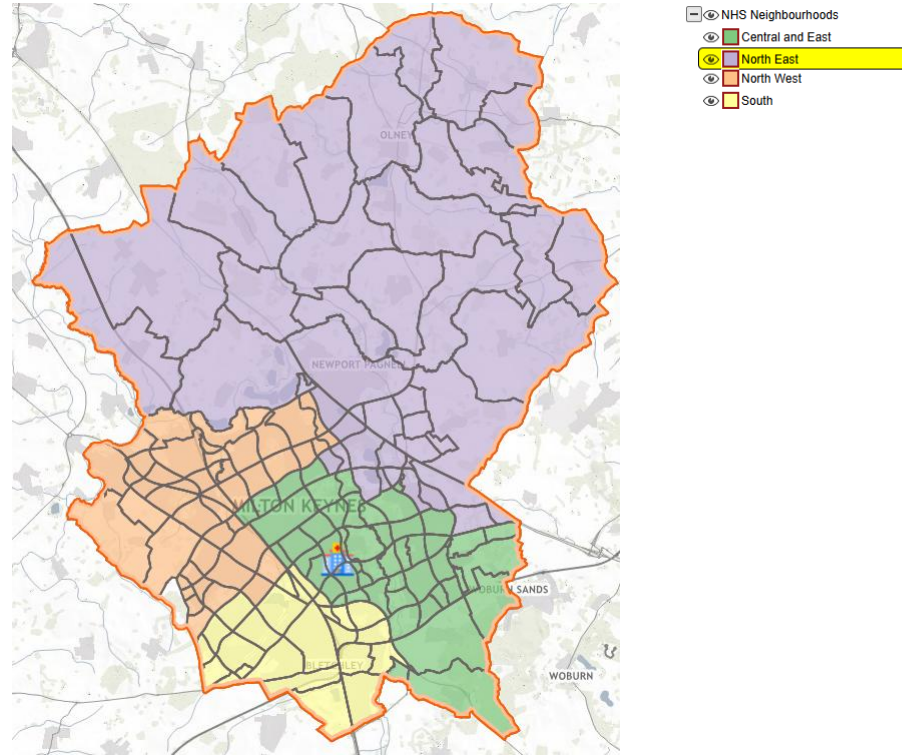
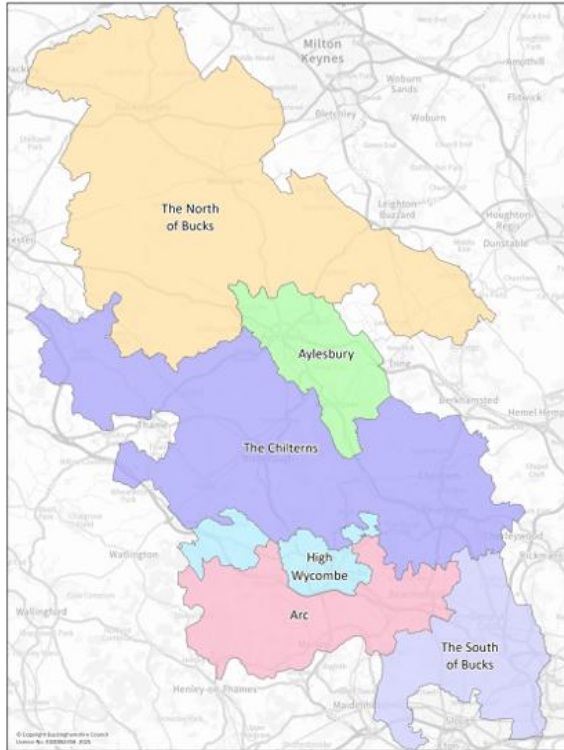
We are working to give people with advanced illness and their families a better experience of receiving care by preventing crises and improving coordination between the different services looking after them.

Priority area: mental health crisis care ▶

Mental health crises place a heavy strain on people, families, and the services that support them. We will work to strengthen crisis care models including early intervention, proactive outreach, and coordinated crisis response to help people get the right support sooner.



Bucks and MK Neighbourhood Health



Any Questions?





CIMSPA®

Professional Status

Michelle Howden



RELEASING THE

Power

OF OUR

Profession

Our vision

Shaping a **recognised**, **valued** and **inclusive** sport and physical activity sector that everyone can be a part of.



Who are CIMSPA?

The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) is the professional development body for the UK's sport and physical activity sector.

CIMSPA is Royal Chartered, meaning it sets recognised professional standards across the industry.

We work with employers, education providers, and government to professionalise the workforce.

CIMSPA acts as the trusted authority on skills, competencies, and career pathways in the sector.

We support individuals, employers, and training providers to deliver high-quality services that improve public health and wellbeing.



A professional status is...

Earned

By successfully completing **learning and development** that is aligned to the sector's professional standards.

Issued

By CIMSPA as a **chartered professional body** and recognised regulator.

Maintained

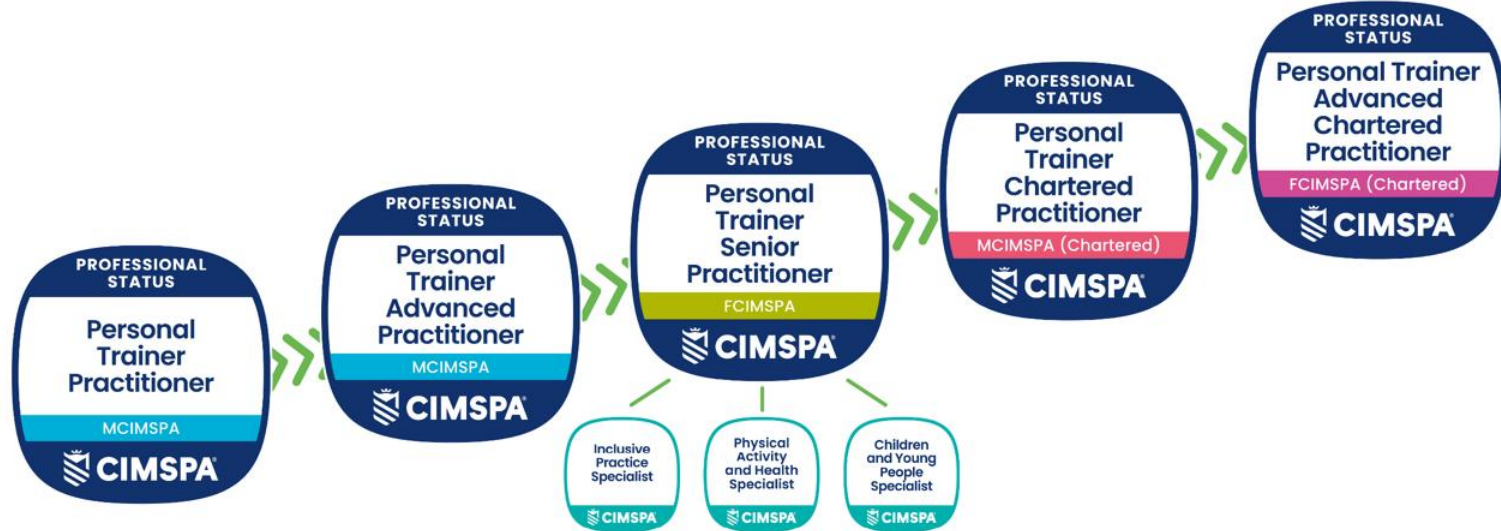
Through **continuous professional development** and being professionally regulated by the **CIMSPA code of conduct** for members.

There will be one or more professional statuses that indicate the level of expertise and experience that an individual has in that role.

As an individual progresses in their career, they will be able to gain new professional statuses that highlight their knowledge and commitment and celebrate their expertise.



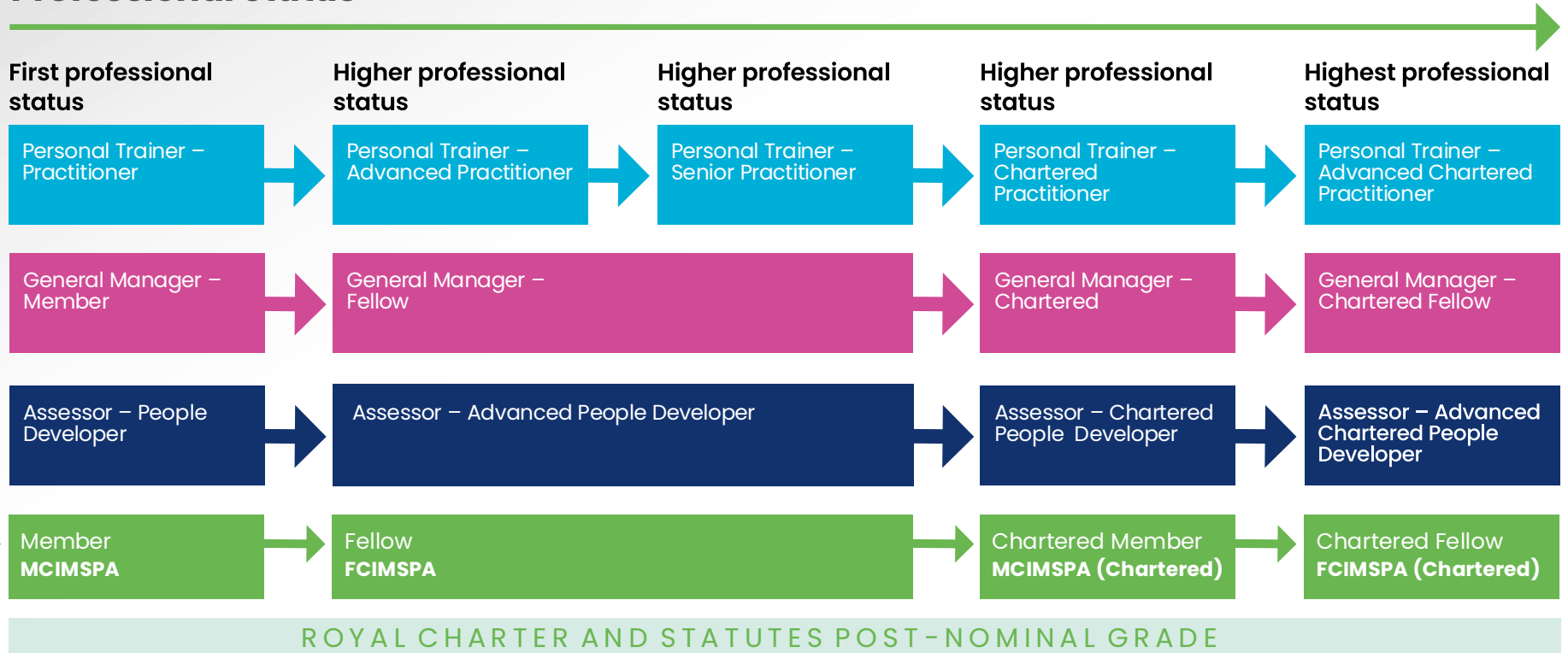
CIMSPA support throughout a rewarding career in sport and physical activity



Opportunity to achieve higher levels of professional status and career specialisms



Professional status



Examples above for the practitioner, manager/leader and people developer categories.

Why?



Achieve your Potential

 **CIMSPA**
Professional Status

Personal
Trainer

Practitioner

MCIMSPA

Care

Teaching



Training



Webinar



Badge



Post-nominals



Membership support

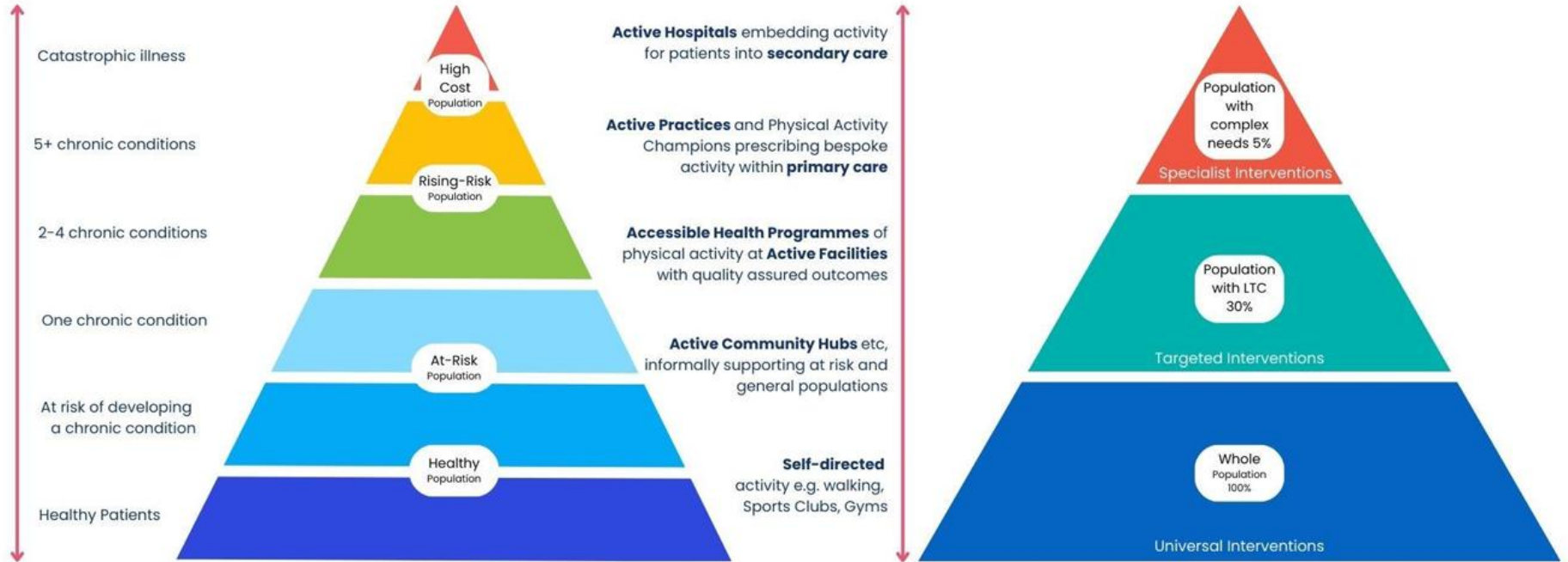


Networking

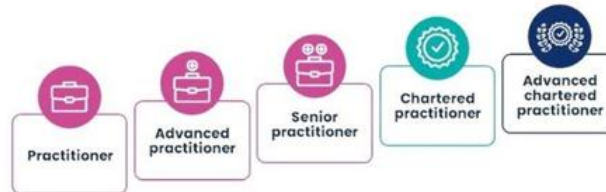


Personal Portal

POPULATION HEALTH & ACTIVITY



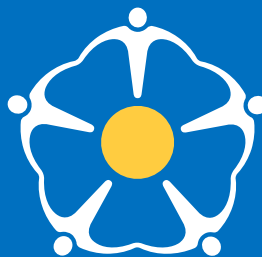
 **CIMSPA**
Practitioner Pathway



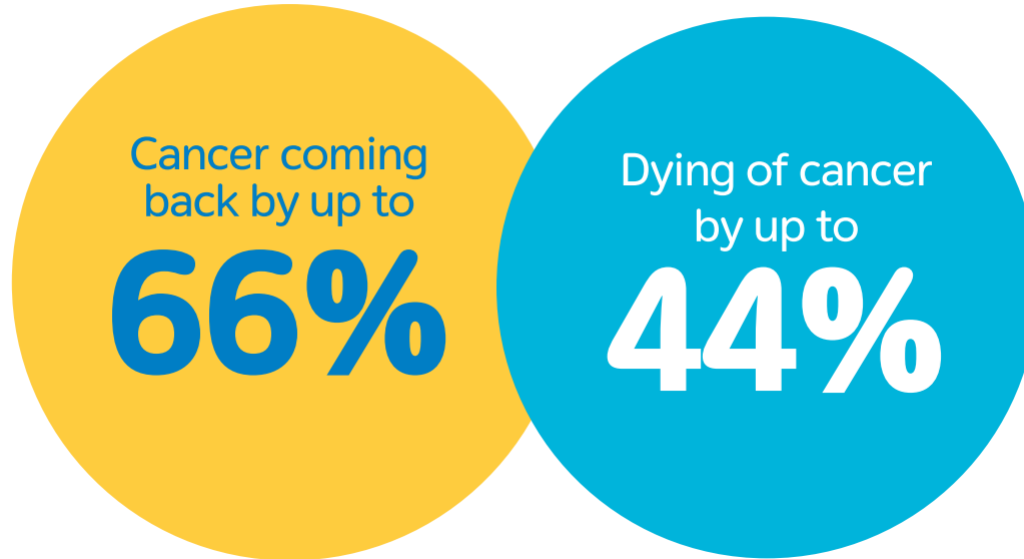
Active
Together.

Funded by

Yorkshire Cancer
Research



Research shows that exercise reduces risk of



Exercise works to...

Reduce
inflammation

Regulate blood
sugar

Regulate sex
hormones

Improve
metabolism

Enhance immune
function

Help to
prevent obesity

Reduce
treatment-related
side-effects

Enhance
treatment effects-
reduce
inflammation

Regulate blood
sugar

Regulate sex
hormones

Improve
metabolism

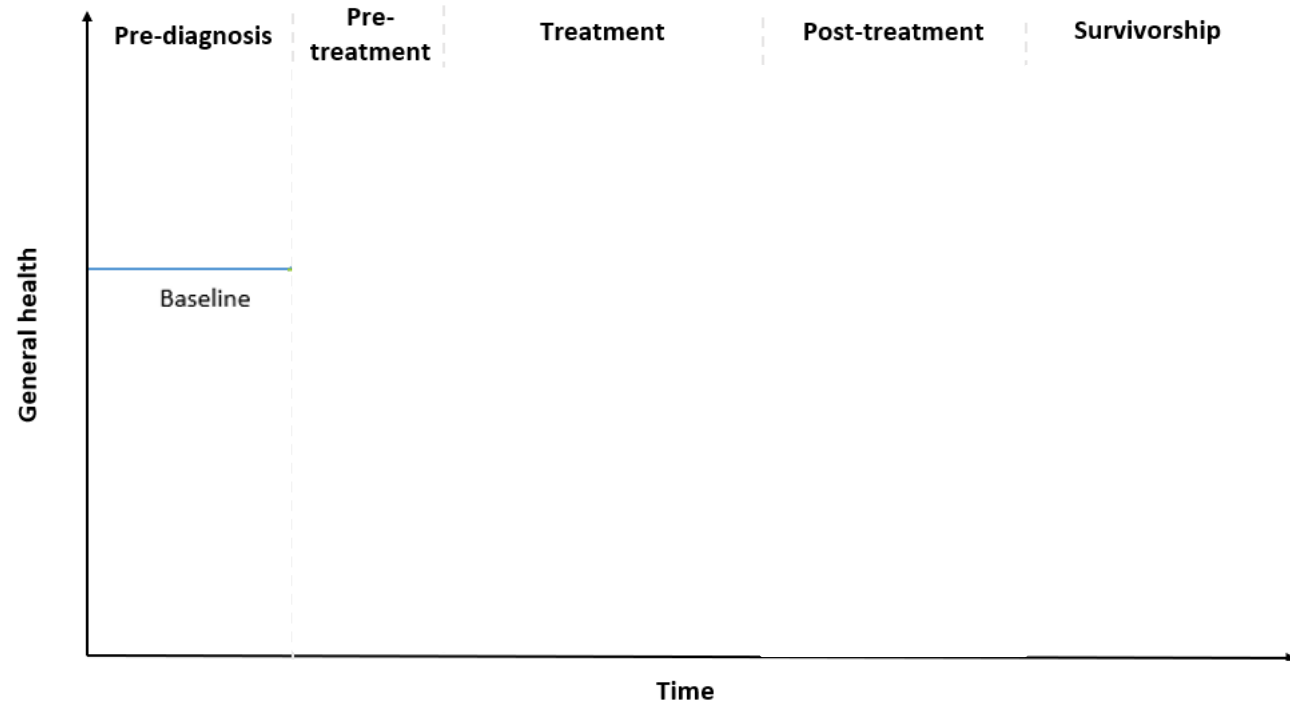
Enhance immune
function

Help to
prevent obesity

Reduce
treatment-related
side-effects

Enhance
treatment effects

Prehabilitation / Rehabilitation / Survivorship



Darren

BSc DC CCE



READ MORE



Jenny Clarke – Lead Physiotherapist BSc (Hons) Physiotherapy, MCSP, HCPC | Class instructor as well as clinic director and driving force behind the Saxilby Physiotherapy family. Jenny created Saxilby Physiotherapy almost 20 years ago and has since then grown the business to be able to support and care for more patients per week than ever before. Jenny is married with 2 children and loves her many roles of Mum, wife, football coach and cake decorator when she's not working.



Saskia Sanderson-Cole – Physiotherapist, BSc (Hons) Physiotherapy, MCSP, HCPC | Saskia is our full time Physiotherapist offering appointments 5 days a week including some evenings. Saskia loves nothing more than getting to know her patients to truly understand what limitations their pain and injuries is having on their quality of life and getting them back to living their best life. She is passionate about motorbikes and is often out riding with friends or on big ride outs.



Yasmin Spence – Sports Rehabilitator BSc(Hons) MBASRaT | Yasmin is incredibly passionate and highly skilled, she works closely with patients of all ages to help them overcome their pains and injuries. Yasmin loves the outdoors and all things sport, on her days off she can often be found off hiking in the hills of the Peak district.

Iver

Chiro



>



Previously...



Scott Bistrow
Personal Trainer

I have been a personal trainer since 2013. With 10+ years of experience in the fitness industry, I've helped countless individuals achieve their health and fitness goals.



Laurie Cuddy
Personal Trainer

I completed a BTEC in Sport, Fitness and Personal Training at my local college in 2019. Since then, I have worked at a variety of gyms, and I really enjoy helping people achieve their fitness goals.



Danny Ceter
Personal Trainer

I'm a certified personal trainer. I'm passionate about helping people reach their fitness goals, whether it's losing weight, building strength, or improving overall fitness. My training philosophy centers around functional movement and personalized programs designed to meet individual needs.



Current Reality...



Scott Bistrow MCIMSPA (Chartered)

Chartered Personal Trainer
Practitioner

I have been a personal trainer since 2013, recently acquiring Chartered Activity and Health Practitioner status. I have evidenced and demonstrated my impact upon clients to hold this prestigious status. I support people from a variety of different population groups to meet their exercise and fitness needs.



Laurie Cuddy MCIMSPA Personal Trainer Practitioner

I have worked at Pure Gym for 18 months now, and I really enjoy helping people achieve their fitness goals. I have recently enrolled on a course specialising in working with people with long term conditions and am looking forward to advancing my knowledge and skills in this specialised area.



Danny Certer MCIMSPA Advanced Personal Trainer Practitioner

I'm a PT with Advanced Practitioner Status. I specialize in working with disabled people, helping them to achieve their individual goals and aspirations. I undertook specialized training at a university to support my PT qualification.



Imagine a future where...



A parent...

...can check their child's coach is qualified and safe.

A GP...

...can identify their local chartered activity practitioner and prescribe exercise.

Everyone working in our sector...

...understands their pathway to personal success.

A manager...

...can verify an employee's qualifications, CPD experience and how they can be deployed within the organisation.

A university graduate...

...is employable the day they graduate.

We are acknowledged...

...as a recognised and respected profession.

This is the goal CIMSPA is working towards achieving, in partnership with the whole sport and physical activity sector.

Thank you!

Any Questions?

michelle.howden@cimspa.co.uk





Partner Expression of Interest Form





Local Updates

Anya Forbes-Phyall, Leap

Alison, Age UK

Adam, Active in the Community



Disability and Inclusion- Internal Change



My colleague Dave Haggart left us in March. I am now leading on Leaps Disability and Inclusion work, alongside supporting our external workforce. I have been at Leap approaching 4 years.

My Passion:

- Worked at Booker Park School
- Moved to mainstream school, to support those with SEND to access a mainstream setting
- Rest bite Carer for a child who is Autistic and has a Learning Disability

My priorities for the next 6 months:

- To improve our internal process when booking venues/events, ensuring accessibility is considered and spaces are as inclusive as possible.
- Creating accessibility packs for our larger events, to support attendees.
- To work with our local clubs/organisations and people to identify their priorities and challenges, to connect and work together.

move together

Buckinghamshire

Adam Howard, AITC





What is MTB

Movement and Physical Activity
Pathway

Move Together Buckinghamshire
is a **targeted** physical activity
referral pathway supporting
eligible residents to **embed**
movement into their daily routines



Who is MTB for?

- Over 50's
- Currently "inactive" (less than 150 mins a week of moderate activity)
- Living with a long term health condition

"I was just celebrating being able to sit on the sand on the beach and get back to standing ALL BY MYSELF !!!! Haven't been able to do that for years!"



Year 1

- 210 referrals
- Average increase in number of days of 30 mins of exercise by 1.5 days
- Confidence in finding local opportunities rising from 3/10 to 8/10
- Average weekly increase in days doing strength exercises by 1.75 days
- Confidence, mental health, social isolation, independent, weight loss, back to work

I'm sleeping better and have more energy and positivity. My recent annual blood test results showed that I'm no longer pre diabetic nor do I need to take statins as my cholesterol levels are within normal parameters.



What's new for year 2 ...

- As of 1st July we expanded county wide
 - 1st August for referrals to come in
- Inclusion of "at risk" as well as "living with" (healthcare referrals only)
- Creation of a tiered system (in place Sept/Oct 26'



How to get involved

- Added to partner mailing lists or talk about a presentation for your team

Adam.howard@aitc.org.uk

- Further info about the service
<https://www.activeinthecommunity.org.uk/referral-pathway-bucks/>

- To make a referral
<https://services.thejoyapp.com/en/listings/28594-move-together-bucks>

- General enquiries
Mtb@aitc.org.uk

Leap

www.leapwithus.org.uk

Inclusive Cycling

Aylesbury and Little
Marlow

Adam Howard, AITC



Inclusive Cycling creates opportunities for people of all ages and abilities to experience the freedom, enjoyment and health benefits of cycling in a safe, supportive environment. By removing physical, cognitive and confidence-related barriers through adapted cycles, trained volunteers and welcoming spaces, it enables many people, often for the first time, to ride independently or with support, build skills, develop confidence and find a sense of belonging.





Current Bucks offering

Little Marlow Athletics Track

- Every Saturday
- 12:30pm – 2:30pm (2 x 1 hour sessions)
- £5 per person
- Looking to run through winter this year

Stoke Mandeville Stadium

- Every Sunday
- 11am – 1pm (2 x 1 hour sessions)
- £5 per person



Opportunities

Attend sessions

- Bookings are made on Bookwhen
- Contact amelia.evans@aitc.org.uk for Stoke Mandeville
- Contact hannah.wells@aitc.org.uk for Little Marlow

Volunteer Opportunities

Outreach sessions for 2027

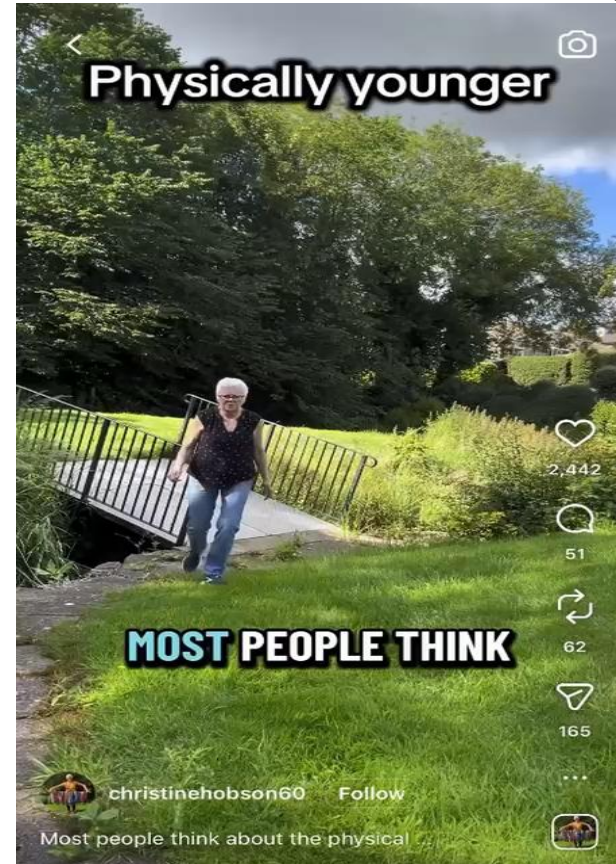
A new venue for 2027 ...



Before we end, some food for thought to take away...



www.leapwithus.org.uk



"Ageing is inevitable, but inactivity is not. Regular movement and challenge can help us stay healthier, stronger, and more independent for longer."



AOB

Questions?



www.leapwithus.org.uk



Join the movement

Abbi Mckane- amckane@leapwithus.org.uk

Anya Forbes-Phyall-Anya.forbes-phyall@leapwithus.org.uk

 @Leap_BMK

 @Leap_BMK

 info@leapwithus.org.uk

www.leapwithus.org.uk

Leap 

CYP Agenda



1. School Sport Premium update
2. Youth Hubs set up across the country- improve skills and find jobs
3. MK Movers
4. Buckinghamshire summer HAF

