

# Active for health

Promoting a partnership approach to enhancing  
physical activity, recreation and sport

**4 March 2008**



## Background

The Health Promotion Agency for Northern Ireland (HPA) and Sport Northern Ireland (Sport NI) recognise the need to work in partnership to promote active lifestyles and encourage the sedentary population to engage in regular physical activity, recreation and sport.

The *Investing for Health* strategy highlights the need to encourage physical activity, which can help combat serious health issues such as obesity, and promote good mental health.

This joint seminar has been organised to share information on the work of a number of established partnerships. The seminar will explore how health, sport and physical recreation professionals can work together to increase opportunities for people to lead a more active life.

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## Format

Speakers will highlight partnership programmes developed to increase participation in health enhancing physical activity, recreation and sport. Delegates will have the opportunity to attend workshops and contribute to discussions on:

- training and workforce development;
- research requirements;
- how best to target the sedentary population.

## Target audience

This event will be of interest to those from community, voluntary or statutory organisations with an interest in working to promote increased participation in physical activity, recreation and sport.

## Date and time

4 March 2008, 9.30am-4.00pm

## Venue

Glenavon House Hotel, Cookstown

## Programme

- Launch of HPA/Sport NI joint charter on health and physical activity, recreation and sport
- Update on partnership developments between sport and health
- Case studies of partnership schemes from across Northern Ireland
- Evaluation findings from pilot schemes
- Using the natural environment for health
- Green gym projects
- Training and workforce development
- Research findings and future research requirements
- Sustaining activity

## Promoting a partnership approach to enhancing physical activity, recreation and sport

## Booking

A place on this seminar can be reserved by completing the booking form and returning to Sport Northern Ireland. Further information is available by contacting Patrice Derby at [patricederby@sportni.net](mailto:patricederby@sportni.net) on Tel: 028 9038 3882 or Fax: 028 9038 3822.

This leaflet is available to download at [www.sportni.net](http://www.sportni.net) and [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)

## Closing date for applications

22 February 2008

## Cost

There is no charge for attendance at his seminar as funding has been provided by the Health Promotion Agency for Northern Ireland and Sport Northern Ireland. This seminar is restricted to 150 delegates and places will be offered on a first come basis.

A certificate of attendance will also be provided for all participants.

# Active for health - promoting a partnership approach to enhancing physical activity, recreation and sport

## Booking form

Please complete all details in BLOCK capitals. Please photocopy this form for each individual.

First name .....

Surname .....

Job title .....

Organisation .....

Type of organisation .....

Statutory  Community/Voluntary  Private

Work address .....

.....

Postcode .....

Work telephone number .....

Fax number .....

Email .....

Please specify any special dietary or access requirements

.....

.....

Signature .....

Date .....

### Completed forms should be returned to:

Patrice Derby, Sport NI, House of Sport, Upper Malone Road, Belfast BT9 5LA. Fax: 028 9038 3822

### Terms and conditions

Confirmation of booking: upon receipt of booking form, a letter or email confirming your place with further details and a map of the location will be sent to you.

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and [www.healthpromotionagency.org.uk](http://www.healthpromotionagency.org.uk)



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