fuse The Centre for Translational Research in Public Health

Wolfson Research Institute for Health and Wellbeing

Eight Fuse Physical Activity Workshop

Physical Activity and Health Inequalities: a level playing field?

Date: Friday, 16 June 2017

Time: 9.30 am - 3.50 pm

Durham University, Queen's Campus, Ebsworth building, room D009

Tweet about the event using the hashtag #FusePAW

Outline of the programme

9.30 - 10.00: Registration (D009 - Ebsworth building)
10.00 - 10.10: Welcome (room D004) Prof Carolyn Summerbell, Professor at School of Applied Social Sciences, Durham University and Deputy Director of Fuse
Keynote presentations (room D004) 10.10 - 10.40 *Next steps for physical activity guidance: an evidence base that addresses inequalities?* Prof Tess Kay, Professor of Sport and Social Sciences, Brunel University London 10.40 - 11.10 *Designing physical activity interventions in low socio-economically disadvantaged communities: how to eat an Elephant?* Dr Mark Tully, Senior Lecturer, Queen's University Belfast
11.10 - 11.25: Coffee break (room D009)
11.25 - 12.25: Research presentations (room D004) Chairs: Dr Caroline Dodd-Reynolds, Assistant Professor and Dr Emily Oliver, Associate Professor, School of Applied Social Sciences, Durham University 11.25 - 11.40 *Would a person-centred, evidence-based individualised physical training programme implemented by an Exercise Professional be advantageous as an adjunct treatment for substance misuse relapse prevention?* Kevin Gamblin, Healthcare Assistant, Adult Acute Psychiatric Care, Tees, Esk & Wear Valley NHS Trust 11.40 - 11.55 *The role of sport in reducing social exclusion - two examples from the front line.* Dr Kathryn Curran, Senior Lecturer, Leeds Beckett University 11.55 - 12.10 *High-intensity exergaming in regions of socioeconomic deprivation.* Dr Tom McBain, Lecturer, Sheffield Hallam University 12.10 - 12.25 *A window of hope: Education, identity and physical activity behaviours of Roma youth.* Dr Istvan Soos, Reader, University of Sunderland

12.25 - 13.00: Panel discussion (room D004) Chairs: Dr Caroline Dodd-Reynolds, Assistant Professor and Dr Emily Oliver, Associate Professor, School of Applied Social Sciences, Durham University
13.00 - 14.00: Lunch and network walk The walk will take approximately 30 minutes Please bring your own lunch or use Café Aroma in the Ebsworth Building
14.00 - 15.40: Parallel workshops (14.00 - 14.40: Session 1 Parallel workshops) **Workshop A** (room D12) *Thinking about social disadvantage and physical activity interventions - exploring priorities and sharing stories.* Ben Rigby, ESRC funded PhD candidate, Durham University, School of Applied Social Sciences Steph Morris, ESRC funded PhD candidate and Research Assistant, Durham University, Anthropology Department or **Workshop B** (room D13) *Everyday People in Everyday Places: Moving Communities.* Mal Fitzgerald, Active Community Manager, Everyone Active Imran Naeem, Public Health Officer, Middlesbrough Council
14.40 - 15.00: Coffee break (room D009)
15.00 - 15.40: Session 2 Parallel workshops An opportunity to attend the alternative workshop
15.40 - 15.50: Summary of workshop discussions and closing remarks (room D009) Mark Adams, Assistant Director of Public Health, Redcar & Cleveland Borough Council
15.50: Close

Biography keynote speakers:

Prof Tess Kay

Tess Kay is Professor of Sport and Social Sciences at Brunel University London where she leads the Brunel Sport, Health and Wellbeing research group (B.SHaW) in undertaking social science-led research into sport, health and physical activity. She has more than 30 years' experience of researching the processes and outcomes of engaging marginalised groups in sport for diverse funders including ESRC, PHE, Macmillan Cancer Support. DFID, UKSport, Sport England and Sportscotland. She is a Fellow of the Academy of Social Sciences and an advocate for the co-production of knowledge by researchers, policymakers and practitioners. Her current research includes a Brunel-funded project to capture practitioner expertise in using physical activity interventions to address health inequalities - enquiries from potential contributors are warmly welcomed at tess.kay@brunel.ac.uk

Dr Mark Tully

Dr Mark Tully is a physical activity scientist in the UKCRC Centre of Excellence for Public Health (NI) at Queen's University Belfast. He is a senior lecturer in Physical Activity and Public Health, and his research is focused on developing and evaluating physical activity interventions. After graduating with a 1st class honours degree in Biomedical Science from Queen's University Belfast in 2000, Mark undertook a PhD on the health benefits of home based walking programmes. Since completing his PhD, he has worked as a post-doctoral researcher on a study of the uptake and provision of cardiac rehabilitation and a study of the effects of ice and exercise on physical activity levels following acute ankle sprains, before taking up his current position. His current projects include studies investigating the effects of changes in the built environment on levels of physical activity in the general population and studies of interventions to promote physical activity in socio-economically disadvantaged communities and older adults. He has previously been involved in studies of the effects of pedometer-based behaviour change interventions in various clinical populations, including primary care, cardiac and musculoskeletal patients. Mark is also director of the Northern Ireland Public Health Research Network.

Road Directions:
By Road
Queen's Campus, Stockton is linked by the A66 to the A1(M) and the A19.
From A19 North to Queen's Campus, Stockton

1. Join the A66, signposted Stockton/Darlington
2. Take the first slip road from A66, signposted Teesside Retail Park/Tees Barrage
3. Turn right at the traffic lights, over the bridge across the A66, following signs for the Barrage.
4. Turn left at the roundabout.

For Holliday Building, Ebsworth Building and Wolfson Research Institute:

5. Turn right at the next small roundabout into East Drive and keep forward into the Main Campus

From A19 South
Join the slip road for the A66 signpost Stockton/Darlington.
Keep on the slip road and follow the signs for the Barrage as described above.
Buildings are signposted and large campus maps are located around the car park.

Car park:
There is free car park at the Queen's campus on this date. Therefore, attendees can park due to availability, however, spaces cannot be reserved.

Contact details:
For further enquiries relating to the event itself please contact Karen Patterson (0191 2085276, karen.patterson@newcastle.ac.uk).