



# NGB Clinic

Welcome



# Background

- Get Berkshire Active – Active Partnership.
- Part of a national network
- 'Get more people more active'
- Not just about 'sport'
- Small core team, working in partnership
- Lead, Support, Commission, Deliver
- Physical, mental and social benefits



# While you're here....

- GBA Awards
- Upcoming forums
- Activate funding
- Satellite Club funding
- We Are Undefeatable
- RED January

# GBA Awards



**NOMINATIONS OPEN**  
until 28<sup>th</sup> November 2019

**8<sup>th</sup> GBA AWARDS**

Thank you  
to all our  
supporters

Field | Seymour | Parkes



everyone  
ACTIVE

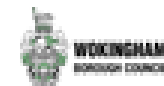


Slough

Places  
Leisure



mbcreative+







# Upcoming Forums

- Safeguarding Adults – 21<sup>st</sup> Jan – Bisham Abbey
- Disability Forum – March – venue tbc
- Physical Activity Conference for Primary Schools – 30<sup>th</sup> April
- Marketing and Insight – 6<sup>th</sup> May – Bisham Abbey



# Activate Fund

- Aim: to provide new physical activity and sport opportunities for inactive people living in deprived areas in Berkshire.
- £750 - £2k
- Must have an income of less than 250k
- Targeting areas of deprivation
- Next deadline – 25<sup>th</sup> Nov

# Satellite Club funding

- Satellite Club funding is available to sporting and non-sporting clubs and organisations working with young people.
- Up to £3,500 to deliver an additional service for 14-19yr olds.
- Tackling inactivity and targeting at least one of the five government outcomes.

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# WE ARE UNDEFEATABLE

- National Physical Activity & Health Conditions Campaign
- Consortium of 15 leading health charities on board
- 1 in 4 people live with a LTH condition
- Twice as likely to be inactive despite evidence that activity can help manage a condition by reducing severity of symptoms
- Campaign support sent to all GP Practices & Pharmacies Nationwide
- Online Support to encourage behaviour change
- Sign up as a supporter at [www.weareundefeatable.co.uk](http://www.weareundefeatable.co.uk)





# RED January

- Challenging you to get active everyday
- Beat the January blues
- In partnership with Mind
- Join the challenge [www.redtogether.co.uk](http://www.redtogether.co.uk)
- Take a selfie pledge
- Tell us about any sessions that could be part of the campaign





**Thank you for coming**