



Good morning and welcome to the Be Active Forum Newsletter for October 2017

Our focus for this newsletter is to ask colleagues to get involved in a ten week innovation project which is considering how the Guernsey Community can look at using alternative forms of transport - walking, cycling, using the bus.

Clearly there is a real synergy here with our aim of making Guernsey more active. Travelling to work or school, in particular, is one of the key opportunities for getting activity into our lifestyles.

The enclosed flyer explains some of the research methods that the team are undertaking – including taking pictures of your journeys and trying alternative modes of transport.

In the first instance please send responses to Colin Le Page from Traffic and Highway services on Colin.LePage@gov.gg or telephone - 01481 202208

And a few reminders of some activities over the next few days:

Don't forget the presentation from Dr Simon Sebire:

Getting girls active: Reducing gender inequality in physical activity: A presentation by Dr Simon Sebire, 3.45pm at the Old Board Room. Princess Elizabeth Hospital on Monday 16th October 2017

Dr Simon Sebire is Senior Lecturer in Physical Activity & Public Health at the University of Bristol and was born and raised in Guernsey. Simon's research has examined the physical activity of children and young people including the development and evaluation of a number of school-based interventions. Simon's most recent project is a peer-led physical activity intervention for adolescent girls (PLAN-A) and he will talk about the development of the intervention and its recent results.

All Be Active Forum members are welcome. Please contact Alun Williams at alun.williams@gov.gg if you wish to attend

Thrive2020 – From Surviving to Thriving

Also don't forget Friday's conference: **Thrive2020 – From Surviving to Thriving**

Many of you will have attended the Thrive events. The 2020 event will be held on Friday 13th October 9.00am – 5.00pm at Les Cotils and there will be some excellent presenters talking about health and activity.

Wendy Suzuki www.wendysuzuki.com will be speaking about activity improving brain performance and academic outcomes.

It is also very exciting that Elaine Wylie from the Daily mile will be attending:

thedailymile.co.uk The Daily mile has been one of the most exciting developments in

engaging primary school pupils with activity and it will be a great opportunity to discuss how this might be applied in Guernsey.

Members of the Be Active Forum will also be participating in the ' Fireside Chats' where local speakers - such as Greg Lydall, Jo Cottell and Alun Williams will be in conversation with national speakers and explaining how Guernsey is responding to challenges and opportunities to thrive

Details of the whole event can be found at:

<https://www.eventbrite.co.uk/e/thrive2020-from-surviving-to-thriving-tickets-36907224502?aff=ehomecard>