

Northumberland Early Years Health & Wellbeing Event

“ Inspiring Change for Sustainable Health and Lifestyles ”

THIS **FREE** EVENT IS OPEN TO ALL LOCAL EARLY YEARS PRACTITIONERS,
Places are limited and priority will be given to SLA members.

Tuesday 5th March 2019
Choppington Social Welfare Centre
Choppington
Northumberland
NE62 5SR

This one off health and wellbeing event will provide you with an awareness of the role you play in developing healthy lifestyles for young children. You will gain an insight into current research, local and national strategies and the impact of nutrition, physical movement and wellbeing on lifelong wellness and learning.

The day will cover a blend of listening and opportunities for discussion through round table activities and you will leave the event inspired to make simple, practical changes in your setting. A number of market stalls will also be available providing you with further information, resources and ideas to consider.

9.00am - 9.15am - Refreshments

9.15am - Welcome - David Street, Commissioner for Early Years & Primary

9.30am - 10am - Keynote Speaker

David Fairlamb, Personal Trainer and Health & Wellbeing Campaigner

The day will start with an inspiring talk from David Fairlamb. David has over 20 years experience in fitness and wellbeing and he is passionate about helping and inspiring individuals to live healthier lifestyles. He developed the Great North Fitness Revolution campaign in 2012 which ran for 4 years. This was very successful and gained a huge amount of local and national press coverage. He has written over 500 fitness articles and is the fitness columnist for the Newcastle Journal Newspaper and Insight Magazine. One of David's biggest, and most rewarding challenges has been training and mentoring Mark Allison 'Run Geordie Run' who is running around the world. He is regularly called upon by TV and radio to comment on health issues and more recently his work has been referred to in the House of Commons, as a step forward for the health of the nation.

10.00am - 10.20am - Northumberland Wellbeing Strategy

Karen Herne, Senior Public Health Manager Northumberland County Council

Round Table discussion and reflection

So what does this mean for you and the children you work with?

10.40am - 11.00am - Clangers

Jill Sandeman and Gillian Shotton, Educational Psychologists

Connect, Learn, be Active, Notice, Give Back, Eat Well, Relax, Sleep and why these are important for wellbeing.

Round Table discussion and reflection

So what does this mean for you and the children you work with?

11.00am - Comfort break with refreshments

11.30am -11.50am - Physical Strategy

Lee Sprud, Director, Active Northumberland.

Round Table discussion and reflection

So what does this mean for you and the children you work with?

12.15pm - 12.35pm Summary - Councillor Wayne Daley

What does this mean for Children in Northumberland and how do we implement change from today

Round Table discussion and reflection

So what does this mean for you and the children you work with?

1.00pm - 2.00pm - Market Stalls

There will be a number of tables around the room providing additional information and resources relating to health and wellbeing where practitioners can pick up further insight and additional information.

Lunch is available to purchase at the venue

To book a place please contact Lesley Kelly at lesley.kelly@northumberland.gov.uk



