

Time	Timetable
9.00 - 9.30	Registration and networking
9.30 - 10.00	Welcome and opening address by Lindsay James, Director of Active Fusion
10.00 - 10.55	Keynote speaker, Andy Grant
10.55 - 11.15	Dr Rupert Suckling – Shining a light on where we are not and what it takes for us all to be truly fit and well for the future.
11.15 - 11.30	Break and networking
11.30 - 12.15	<p>FUNETICS</p> <p>Funetics is a fun and inclusive programme, created by England Athletics to help 4 – 11-year old children across the country to learn, develop and practice running, jumping and throwing skills all year round, for a healthy confident future.</p> <p>Helping children to have fun whilst getting active, Funetics provides a safe, fun and nurturing environment for children to develop fundamental movement skills and confidence to help support them in different sports in the future.</p> <p>ACTIVE FUSION 2020</p> <p>The Active Fusion workshop will showcase a range of new and existing programmes available. Hear about our silver and gold packages, coaching options, health, wellbeing and mindfulness, leadership, apprenticeships, family engagement, taekwondo, dance, girls’ engagement, mentoring, events, CPD and more.</p> <p>WORKPLACE MENTAL HEALTH</p> <p>The workshop will be led by Claire Garbutt and Janis James, trustees of Active Fusion. Share good practice with colleagues from other organisations and raise awareness of mental health in the workplace and self-care.</p>
12.15 - 1.15	Lunch and marketplace bingo
1.15 - 2.00	Active Fusion – mindful moments workshops
2.00 - 2.45	Workshops
2.45– 3.00	Evaluation