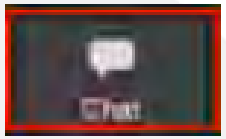
Welcome to People Power: Our story of People Leading Change

Part of the Active Partnerships E-Convention: Building Back Better & Fairer



TO MAXIMISE ENGAGEMENT & ENJOYMENT OF THIS SESSION….

- You are automatically set on ‘mute’ throughout this webinar.
- Use Speaker View when speakers are presenting.
- Please submit questions, comments and learning into the Chat Box. The Chat Box will be monitored, and as many questions as possible will be posed to the presenters as time allows. Please specify if you want to address a question to a specific presenter.
- Try to remain present and active during the session if you can, and we have also scheduled a short break.
- Closed captions are available should you wish to use them.
- This webinar will be recorded. By remaining in this webinar, you consent to be included in the recording.
- Presenters’ slides and a recording of this event will be available on the convention website.

Active Partnerships
Engaging Communities, Transforming Lives

Energise Me

PEOPLE POWER

Energise Me

energiseme.org

HAMPSHIRE & ISLE OF WIGHT

PHYSICAL ACTIVITY STRATEGY 2017-21

QUOTES AND POLLS

Time to think about your context

“The power of the people is much stronger than the people in power.”

WAEL GHONIM

Q1. How much of your time do you spend trying to influence policy makers/people in power?

WE'LL SHARE THE RESULTS IN A MINUTE

Q2. How much of your time do you spend chatting to or learning about the least active people in your communities?

WE'LL SHARE THE RESULTS IN A MINUTE

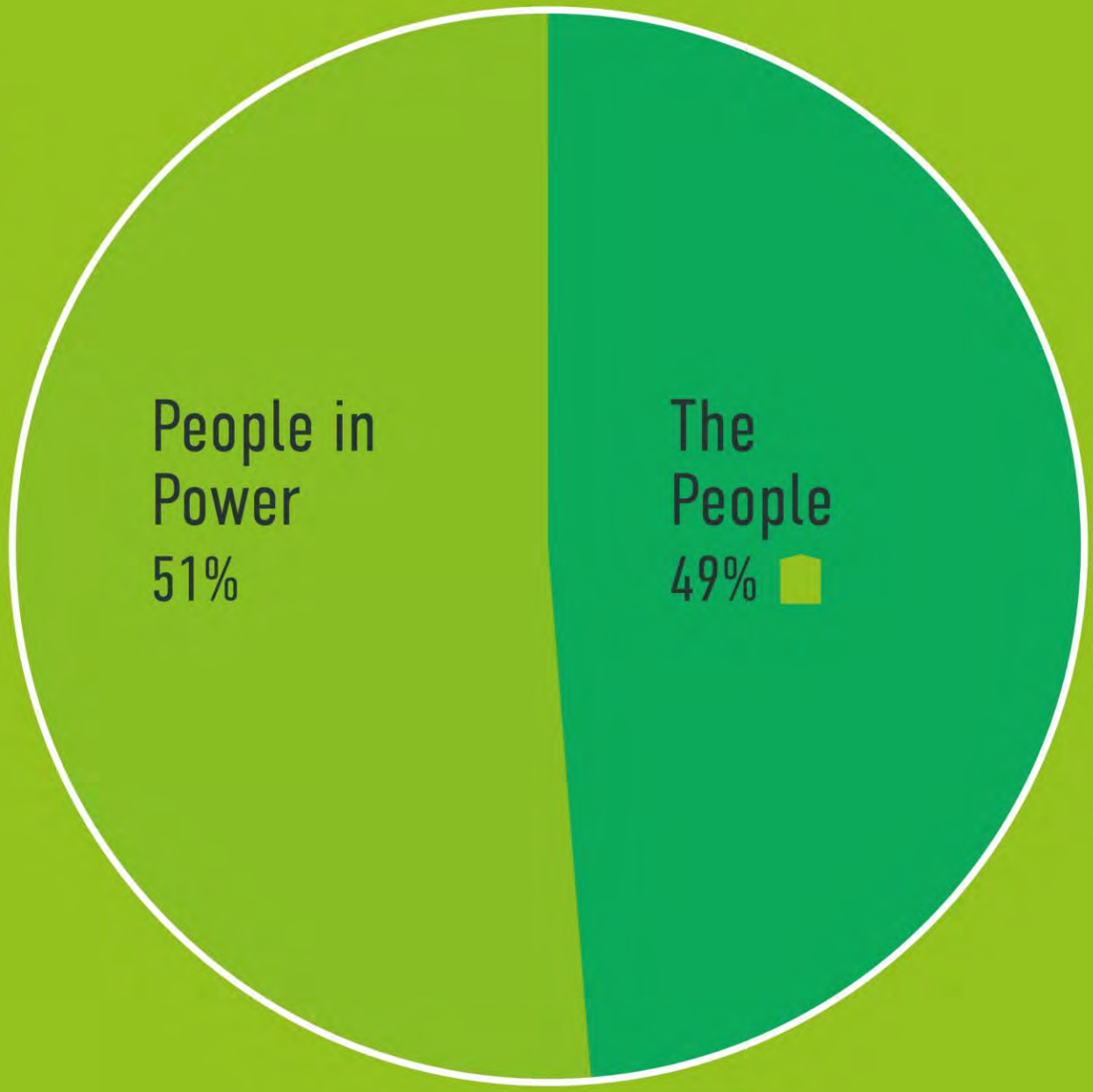
“If you can´t explain it simply, you don´t understand it well enough.”

Albert Einstein

Q1. Have you ever had to look up or explain the terms ‘inactive’, ‘whole system approach’ or ‘granular understanding’?

WE’LL SHARE THE RESULTS IN A MINUTE

How we're spending our time



MISSION: We change lives through physical activity and sport and inspire people to adopt active lifestyles that make our communities happier, healthier and stronger.

Energise Me

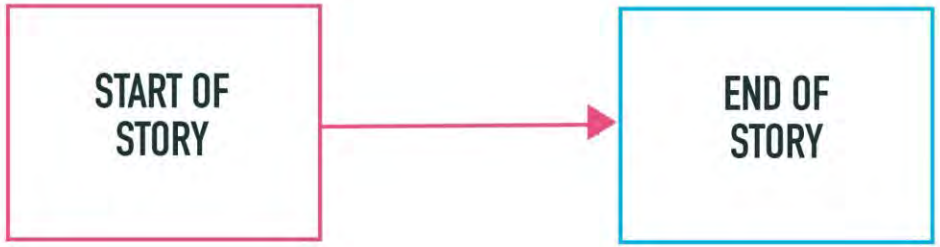
Can we change people's lives without communicating with them?

BREAKOUT 1

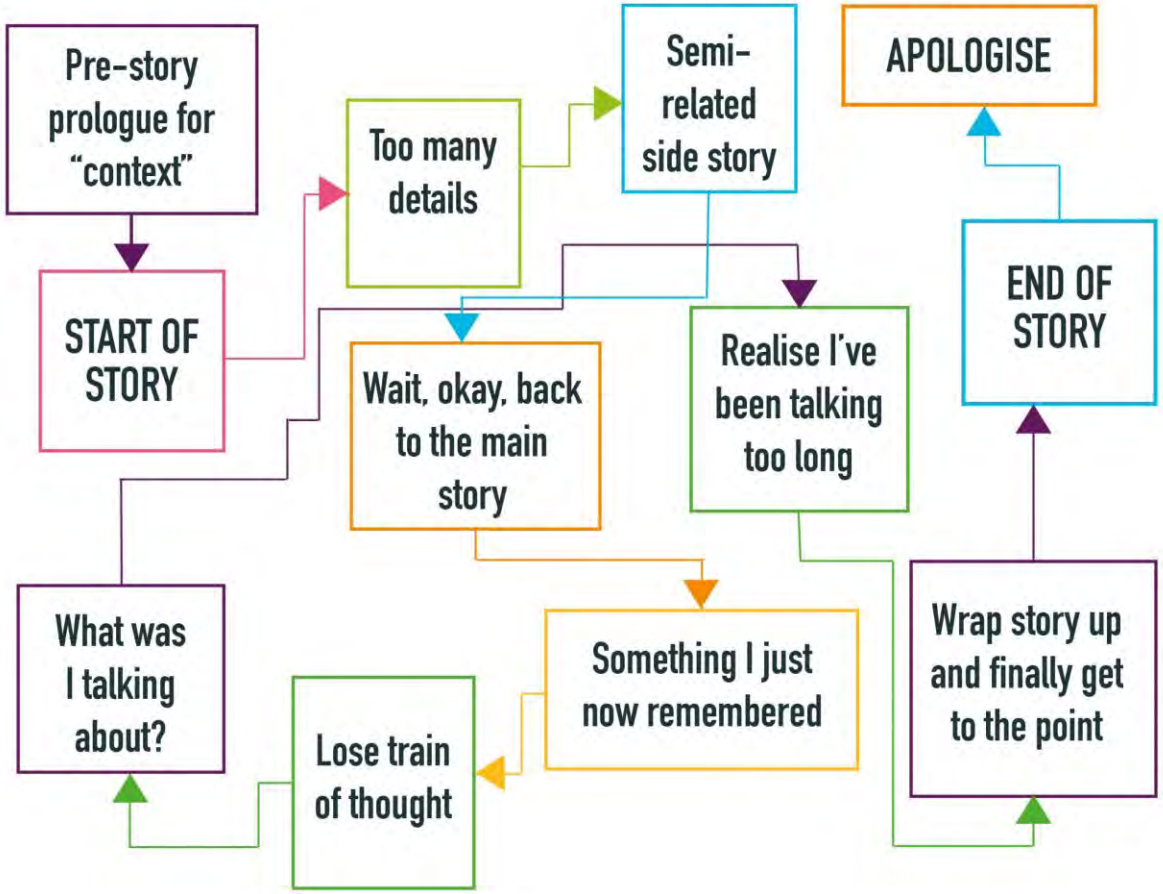
Who does your mission focus on?
Is there a clear and specific audience?
How does that relate to who you work with?

10 minutes

How some people tell a story



How I tell a story



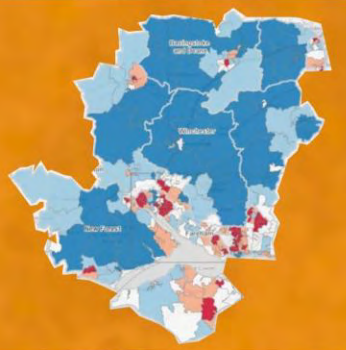
dictatorial /ˌdɪktəˈtɔːrɪəl/ like a dictator. **2** overbearing. **orially** *adv.* [Latin: related TATOR]

diction /ˈdɪkʃ(ə)n/ *n.* manner ciation in speaking or singing *dictio* from *dico dict-* say]

dictionary /ˈdɪkʃənərɪ/ *n.* (*pl* book listing (usu. alphabetica explaining the words of a lan giving corresponding words in language. **2** reference book

Energise Me
20 19- 20 CW
EM OUR TEAM
C Collaborative
C Committed
I Innovative
P Purposeful
R Respectful
CD thank you!
ED Julie, you're on mute
IM Sent a GIF

FEAR OF JUDGEMENT



LEADERSHIP

Our company
Receipts
Sales
Orders
100
90
80
70
60
50
40
30
20
10
0
JAN
FEB
MAR
APR
MAY
JUN
JUL
AUG
SEP
OCT
NOV
DEC
Business items
Sales
Orders
100
90
80
70
60
50
40
30
20
10
0
JAN
FEB
MAR
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MAY
AUG
SEP
OCT
NOV
DEC

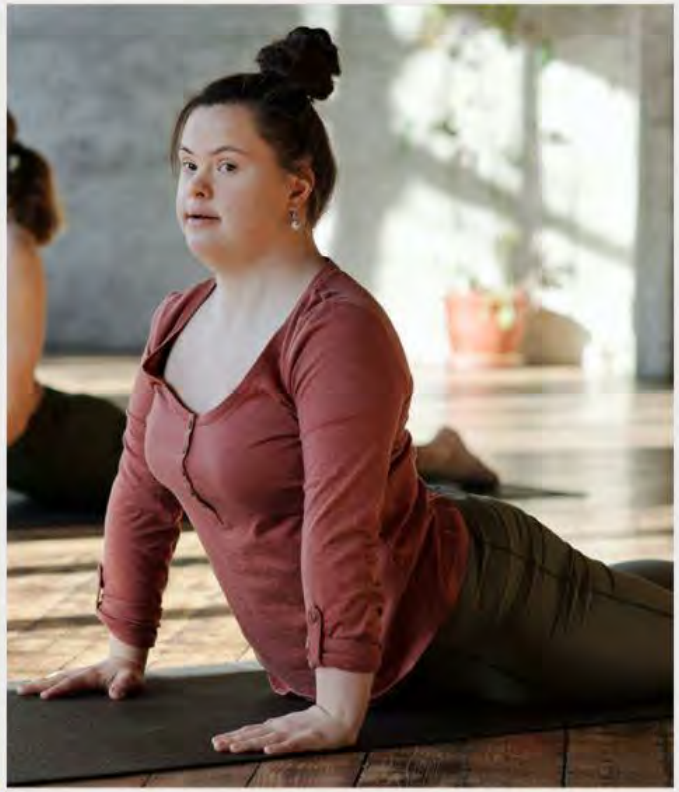
WHEELPARK

BRICKLAYERS
ARMS
sky SPORTS LIVE HERE
MANSEL ROAD EAST
City of Southampton
OPEN ALL DAY
POOL TABLE
DART BOARD
LIVE
ENTERTAINMENT

WELCOME TO WE CAN BE ACTIVE

REGISTER | LOGIN

An online conversation for everyone in Hampshire and the Isle of Wight – whatever your age, ability or activity level



BREAKOUT 2

What are you currently doing in your work to include community voice?

Where are the opportunities to include community voice and how could you do it?

25 minutes

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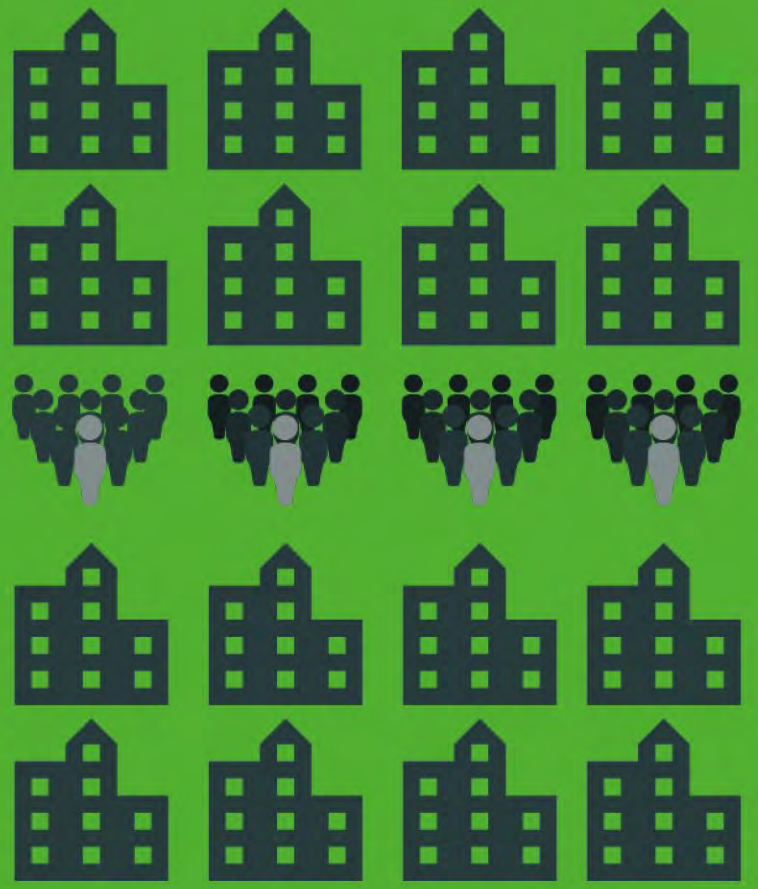
Energise Me

We Can Be Active

THEN

NOW

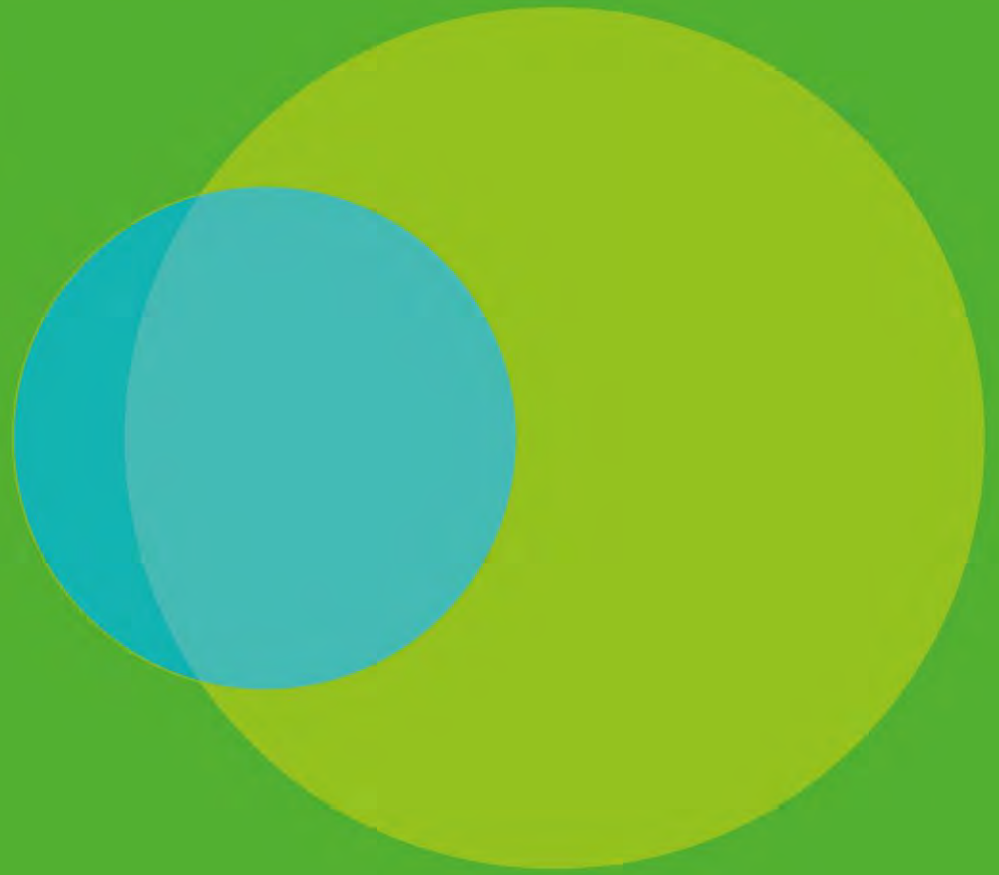


BREAKING HABITS

OLD WAY

NEW WAY

BRINGING PEOPLE WITH US (OR NOT)



US THEN

Can we talk to you about physical activity?

PEOPLE NOW

We like the way you're working. We'd like to see how we could work together.

SOCIAL GROWTH

LEADING CHANGE

I don't cycle to work. I am a confident cyclist but feel vulnerable when cycling down a road where cars are doing 60 + mph (it's a main road into the city and has the national speed limit in parts).

- Anonymous, We Can Be Active

I have a long term health condition and people instantly don't want me to hurt myself or make it worse. I worry about it when other people worry about it or I don't think they can help me through it - I don't have the confidence that they can support me.

- Anonymous, We Can Be Active

My over riding memory of PE at school is people laughing at me, doing anything I could to avoid moving! Fast forward to 2020, my only exercise is walking to work. When people run past me I shudder, there's absolutely no way I would do that. The teenage fear of someone seeing me sweaty and out of breath is still there.

- Anonymous, We Can Be Active

Authentic voices

THE BIG PLANNING SESSION

> I am motivated by feeling better. Physical activity makes me feel better mentally too; once I realised this, exercise has become part of my life, not a chore.
>
> *- Anonymous, We Can Be Active*

MAR
30

We Can Be Active: The Big Planning Session

by Energise Me Follow

Free

Next time 'the people' will take the lead

Energise Me

PEOPLE POWER