

## MAKE SALE MOVE AGENDA

How can older people in Sale find better ways to be more physically active?

**Did You Know?** 2 out of 5 people aged over 65 take no part in physical activity

Enabling older people in Sale [to be](#) more active will reduce hospitalisation by falls, reduce preventable mortality and reduce social isolation

Older people will make friends, learn new skills, feel stronger and fitter if they are more active

### BE PART OF THIS IMPORTANT CONVERSATION ON

Thursday 17<sup>th</sup> November 2016 from 4.30pm – 6.30pm

Sale Leisure Centre, Broad Road Sale, M33 2AL

4.30-4.45pm **Making connections**

We hope the event will open up a wider network of partners and partnerships to those attending. We are bringing together partners who provide physical activity opportunities in the Sale Locality with local 'influencers' who can signpost people into physical activity.

4.45-4.50pm **Welcome & Introduction**

Councillor John Lamb will update on the Make Sale Move story so far...

4.50-6.00pm **Networking workshops**

*Topic 1: Assets*

Help us to understand the physical activity assets locally and how they can be strengthened.

*Topic 2: Barriers*

What stops older people taking part in physical activity?

*Topic 3: Building on what's strong*

What encourages older people to take part in activity?

What's working well?

### So what are we going to do differently going forward?

Please record your pledge for action on the form provided.

6.00-6.15pm **Feedback**

6.15-6.30pm **Closing remarks**

6.30pm

**Continuing the conversation – room available until 7.00pm**

Please stay and continue your conversations. We want this event to provide the opportunity to make new connections to make new projects come alive which 'Make Sale Move'