

**Glasgow**life™

# CITY OF GLASGOW SPORT

**INTERNATIONAL CONFERENCE  
ON HEALTH INEQUALITIES AND  
THE IMPACT OF COMMUNITY  
BASED AND PERSON-CENTRED  
APPROACHES ON WELLBEING**

**24-25 October 2023**



**EUROPEAN  
CAPITAL  
OF SPORT  
2023**



**EURO  
CITIES**

# PROGRAMME

Tuesday 24 October

- 09.00 - 09.30** Reception and registration at the Sir Chris Hoy Velodrome and Emirates Arena
- 09.30 - 09.40** **Welcome to the City of Glasgow**  
*Rt Hon The Lord Provost of Glasgow, Jacqueline McLaren*
- 09.40 - 09.55** **Glasgow as a European City**  
*Bailie Annette Christie, Chair of Glasgow Life Board and City Convener for Culture, Sport and International Relations*
- 09.55 - 10.25** **Presentation:** Inequalities in child and adolescent obesity, sport, and physical activity in Glasgow  
*Professor John Reilly, Professor of Physical Activity and Public Health, University of Strathclyde*
- 10.25 - 10.55** **Presentation:** The role system-based approaches to physical activity can play in combating health inequalities and engaging with marginalised communities and groups  
*Eileen Jennow, Senior Health Improvement Officer, Public Health Scotland*
- 10.55 - 11.15** Coffee break
- 11.15 - 11.45** **Presentation:** Glasgow's 20-year journey, from Live Active to Community Referral  
*Diane Cunningham, Senior Sport and Wellbeing Officer, Glasgow Life*
- 11.45 - 12.00** **Presentation:** Changing lives through school sport  
*Sally Machane, PEPASS Manager, Glasgow Education Services*
- 12.00 - 12.30** Panel discussion with presenters  
*Attendees will be invited to actively participate in this discussion*
- 12.30 - 12.35** Closing plenary
- 12.35 - 13.30** Lunch, Emirates Arena
- 13.30 - 17.00** **Visit to city venues** to hear from local people about the impact of sport on health and wellbeing in their communities
- Easterhouse Phoenix Community Centre
  - Golf It! The Unbound Joy of Golf
  - Pinkston Watersports
- 19.00 - 19.30** Civic Reception, Portrait Gallery, Glasgow City Chambers
- 19.30** Dinner, Satinwood Suite, Glasgow City Chambers
- 22.00** End of day one programme, return to hotel

# PROGRAMME

Wednesday 25 October

- 09.00 - 09.20** Reception in City of Music Studio, Glasgow Royal Concert Hall
- 09.20 - 09.30** Welcome and update from ACES Europe  
*President Gian Francesco Lupattelli*
- 09.30 - 10.45** **Presentations** on 3 themes:  
• Achieving gender equality and empowering all women and girls  
• Social Return on Investment: Working with data for integrated policymaking  
• The active friendly environment model
- 10.45 - 11.15** Coffee break
- 11.15 - 12.45** How can cities learn from each other by creating an international network of cities in the field of local sports and health policy?  
*Themes discussed in small groups to come to definite manifests*
- 12.45 - 13.00** Plenary feedback, per topic
- 13.00 - 14.30** Lunch, Glasgow Royal Concert Hall
- 14.30** End of day two programme, visit Glasgow or depart

# SPEAKERS



## Professor John Reilly

Professor John J Reilly is Professor of Physical Activity & Public Health, University of Strathclyde. John's research focuses on the causes, consequences, and surveillance (monitoring) of low childhood physical activity and childhood obesity globally. He chaired the committee which developed the UK Health Departments Physical Activity Guidelines for the Under 5s in 2010 and 2019. He has been involved in many WHO Guidelines and Strategies including Ending Childhood Obesity (2016) and the Guidelines on Physical Activity, Sedentary Behaviour, and Sleep in the Under 5s (2019). He is a member of the Expert Committee on Obesity for the World Cancer Research Fund Global Cancer Update Programme. He is co-lead of the Active Healthy Kids Scotland Report Card, a Board Member of the Active Healthy Kids Global Alliance and a founding member of the Sunrise International Surveillance Study for Physical Activity, Screen Time, and Sleep in the Early Years.



## Eileen Jennow

Eileen Jennow is currently working with Public Health Scotland as Senior Health Improvement Officer, with over 15 years' experience in public health, both at local and national level. Eileen's role focuses on physical activity and health and seeks to reduce inequalities and improve equity of services for those experiencing the poorest outcomes in Scotland.



## Diane Cunningham

Diane Cunningham is a Sport in the Community graduate with 25 years' experience within the Sport and Physical Activity sector. She started her career on a Young Leader Programme with Glasgow City Council, gaining employment as a Football Coach on the day she turned 16. Over the last 2 years, Diane has used her experience in managing Live Active Exercise Referral Programme to support Glasgow Life to develop a Community Referral (Social Prescribing) Programme. This programme is in a pilot phase and has been designed to support those living in the most disadvantaged communities to access, not just sport and physical activity, but wider cultural activities that will support an improvement in their mental health and wellbeing.



## Sally Machane

Sally Machane is PEPASS (Physical Education, Physical Activity and School Sport) Manager. She holds a degree in Sports Science and Physiology from the University of Glasgow. Sally has 18 years experience in developing and managing school sport and physical activity for Education Services, specialising in health promotion and public health.