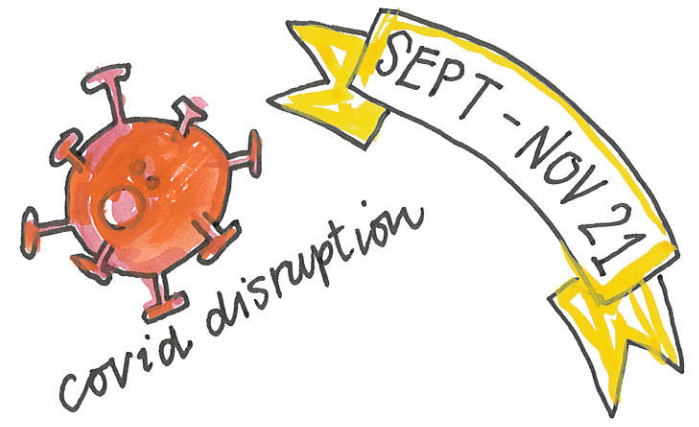




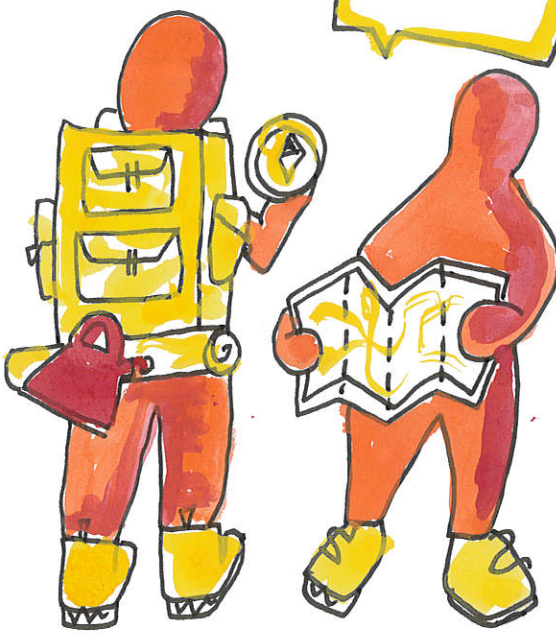
Avoid  
de-conditioning



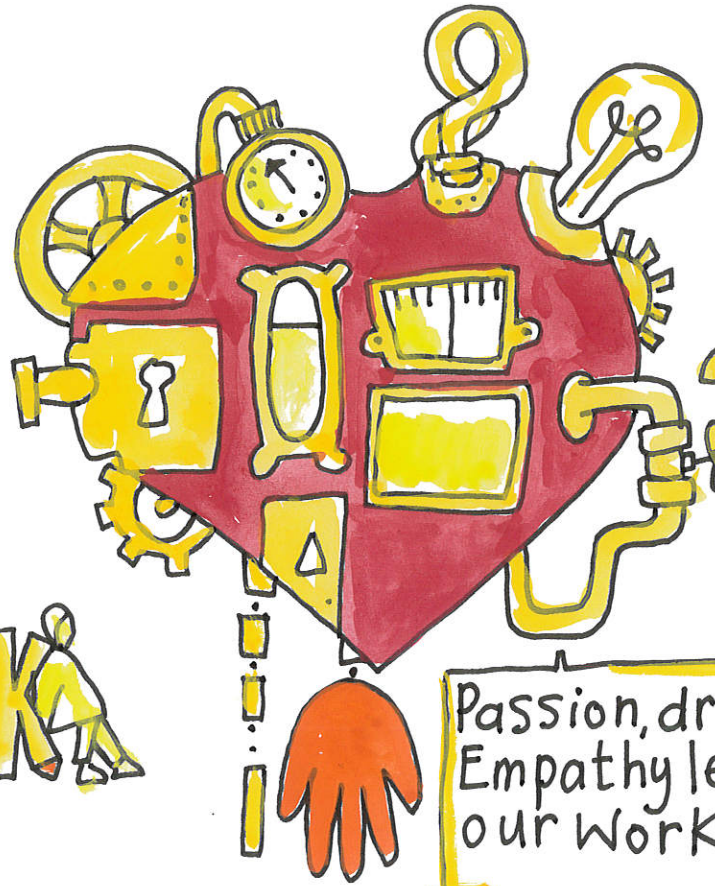
Journey  
Together



How  
We  
Work  
Together

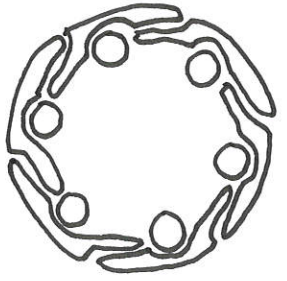


Falls & Physical  
Activity  
COMMUNITY  
OF  
PRACTICE



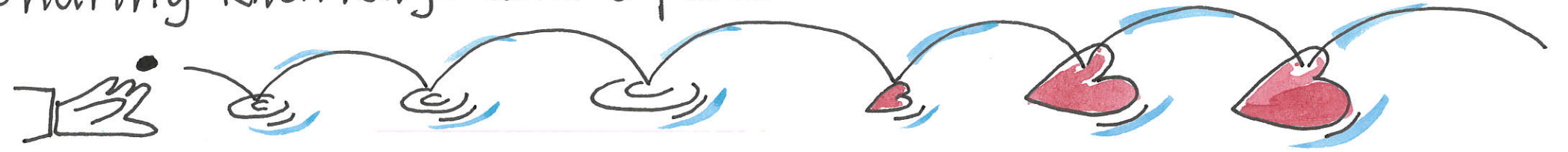
Passion, drive &  
Empathy lead  
our work

TEAMWORK



Integrated  
Care System  
Nottingham &  
Nottinghamshire

Sharing knowledge and experience to create a ripple of learning



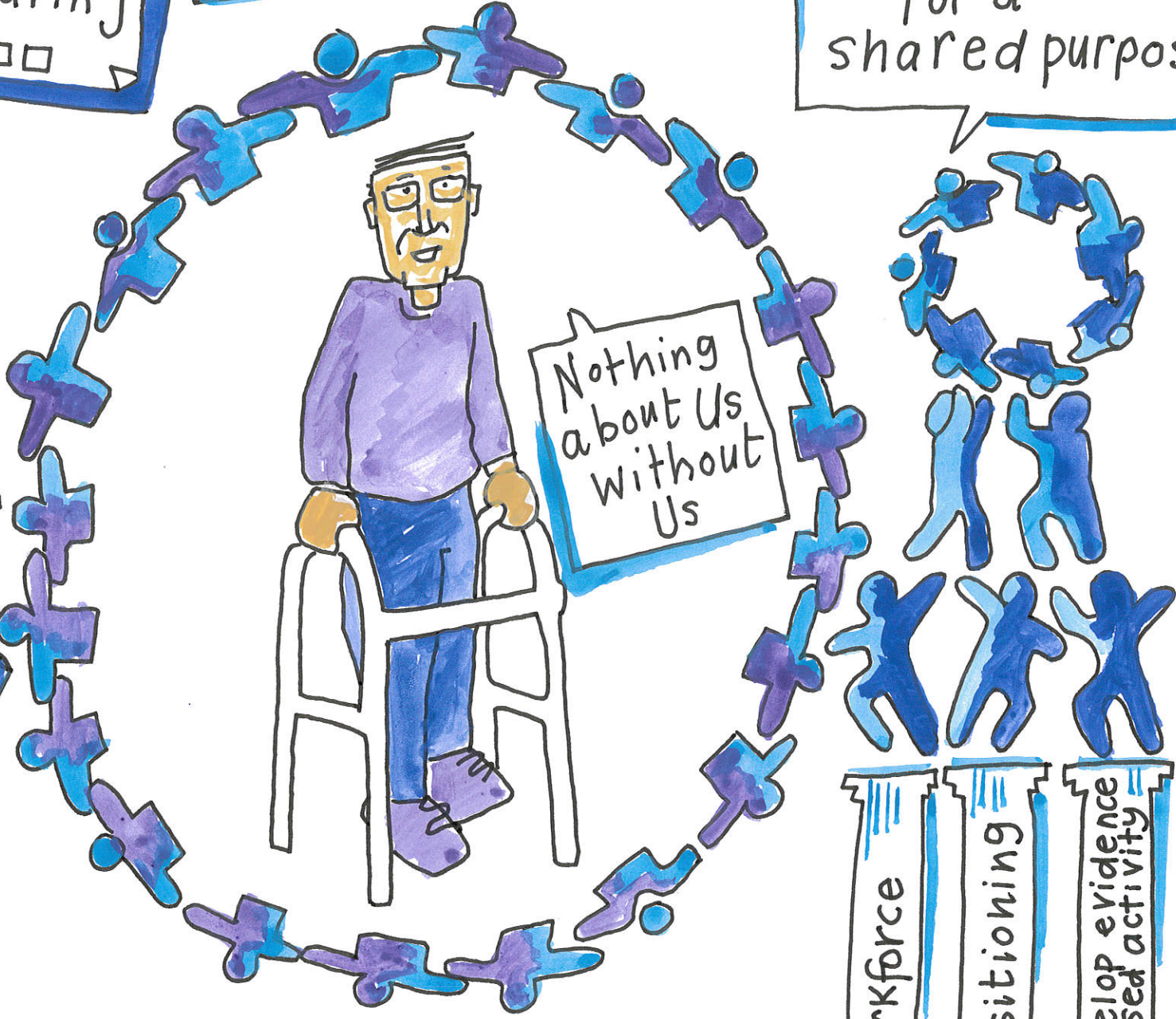
# Falls and Physical Activity

DEC 21 - FEB 22

PUSHING the **MOVE** message

Shared working for a shared purpose

Nothing about Us without Us



Things We Are Hearing

Embrace the complexity of real life experiences

Listening ... really listening

Will get us there

Avoid De-Conditioning

activity

Integrated Care System  
Nottingham & Nottinghamshire

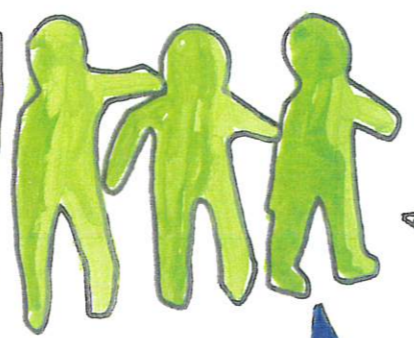
A. B A. B

70% of participants spoke to someone else about the Work

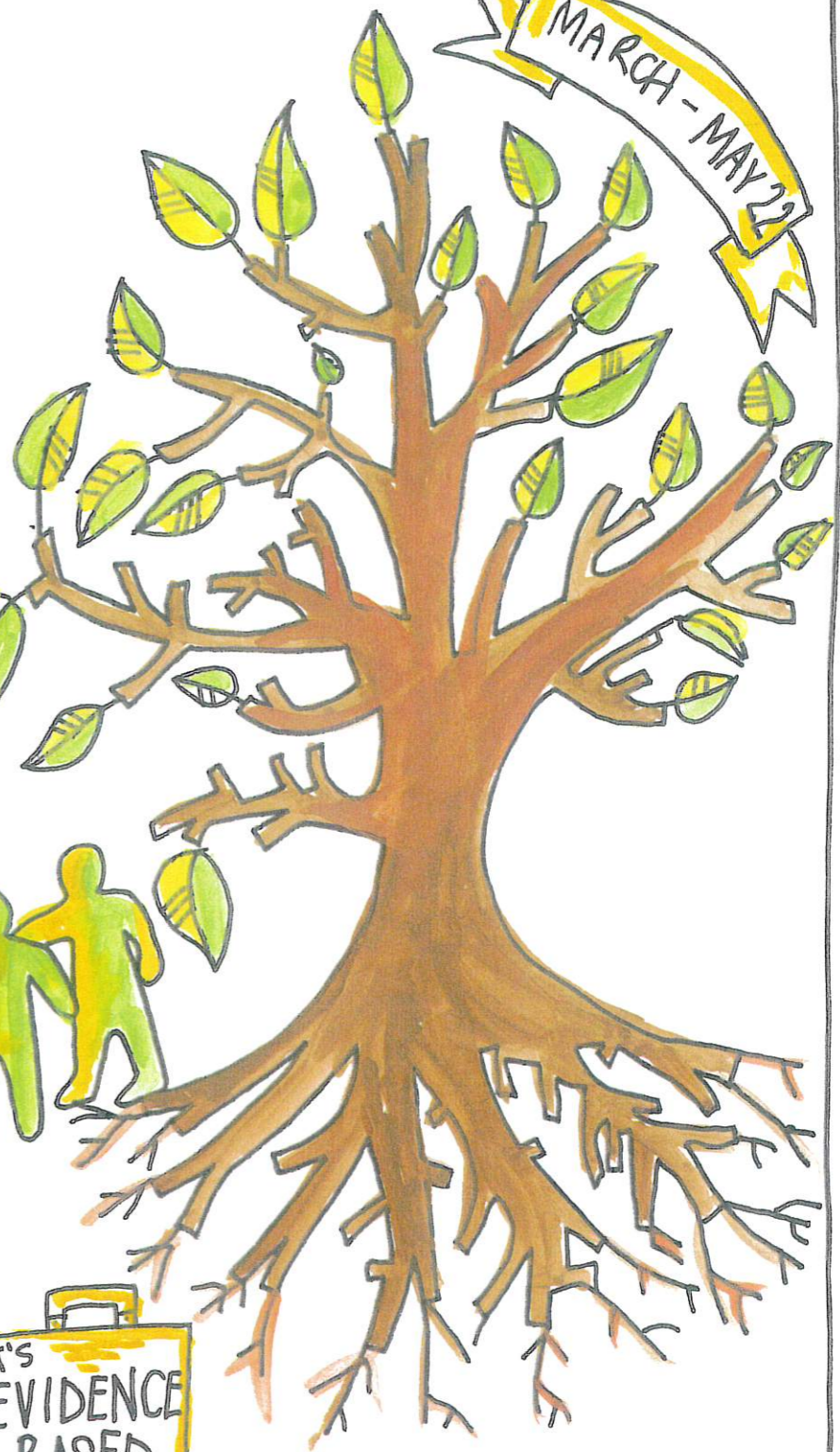
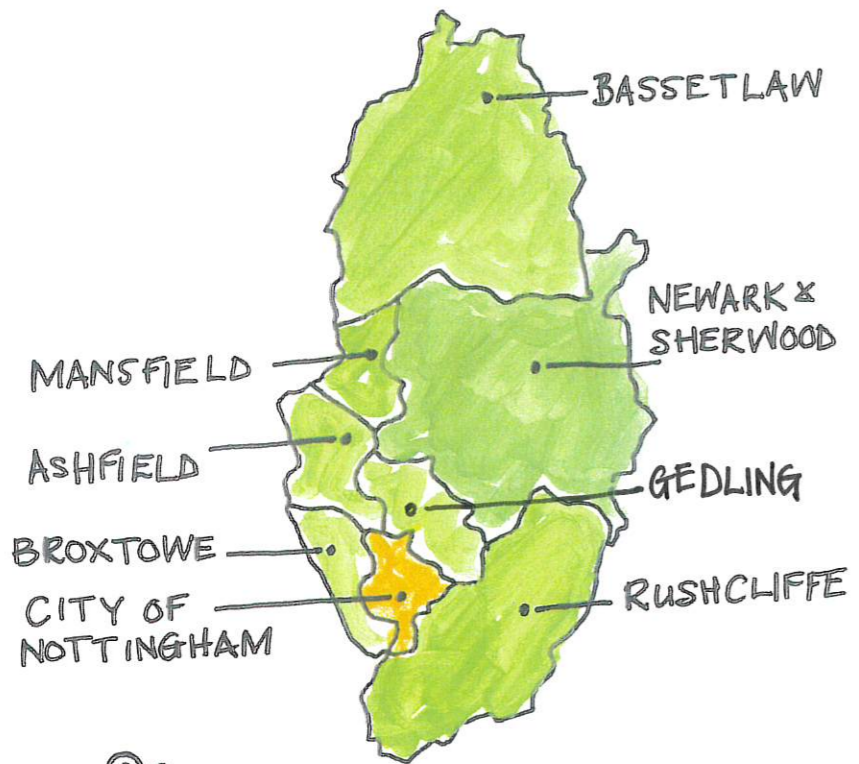
We heard about ...

more conversations happening about physical activity and moving more

We want to connect more people!



MARCH - MAY 2023



We heard about ...

The continuum of STRENGTH



important across



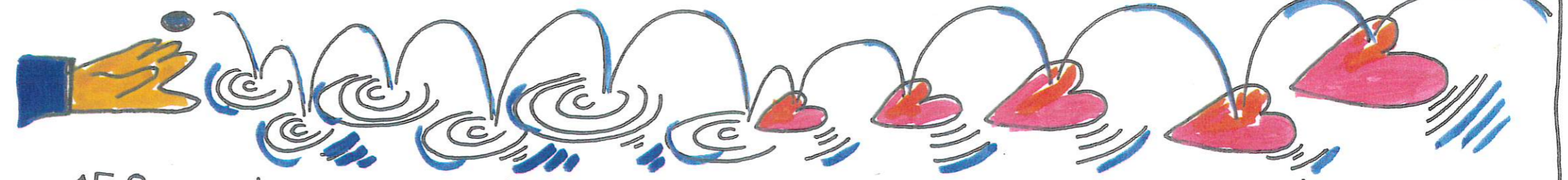
the person's life



IT'S EVIDENCE BASED



Integrated Care system Nottingham & Nottinghamshire



Over 150 people and organisations have attended one of the 2 events so far.