

Together, we will address inequality & empower **EVERYONE** to be active in a way that works for them

Maximising the potential of walking • Considering the impact on climate change • Addressing inequalities created by Covid-19

Enabling children & young people to have positive experiences of being active **THROUGHOUT THEIR CHILDHOOD**

Creating accessible, safe, & inclusive places & environments for physical activity

Maximising the potential of physical activity to improve physical and mental health

Working with people & communities who experience the greatest inequality

Creating a culture where everyone can be active & **MOVE MORE**

HOW?

GROWING OUR UNDERSTANDING OF PEOPLE AND COMMUNITIES
by working closely with lived experience and listening to resident voices

WORKING COLLABORATIVELY
across and between partners and sectors

SUPPORTING AND DEVELOPING PEOPLE
who can lead and influence others to move more

TARGETING AND ALIGNING INVESTMENT
to where it's most needed


ADVOCATING FOR AND INFLUENCING
policy and practice

FOCUS ON LEARNING AND ADAPTING,
understanding what works and applying it to our work



Our shared aims:

1. **CREATING A CULTURE** where everyone can be active and move more.
2. Enabling **CHILDREN AND YOUNG PEOPLE** to have positive experiences of being active throughout their childhood.
3. Working with **PEOPLE AND COMMUNITIES** who experience the **GREATEST INEQUALITY**.
4. Maximising the potential of physical activity to improve **PHYSICAL AND MENTAL HEALTH**.
5. Creating **ACCESSIBLE, SAFE, and INCLUSIVE PLACES AND ENVIRONMENTS** for physical activity.



In addition to the imbalances and inequalities of Covid-19, there are two themes that cross through all of the aims - the **POTENTIAL OF WALKING** in a way that's accessible to everyone and **OUR CARBON FOOTPRINT AND IMPACT ON THE ENVIRONMENT**. These considerations feed into almost all of our aims and actions.



Our united approach

This is a systems-based, collaborative approach with everyone leading and participating together. Partners and communities uniting around a shared vision and adopting shared outcomes so that we are aligned and working towards the same things. The power of our collective work is in the sum of the parts, including integrated health and care, voluntary and community organisations, young people services and education, wellbeing, sport, leisure, transport, housing, environment, community safety and planning, to name but a few.

At the heart of this united approach is people and communities 'owning' the change they're trying to create by being involved and feeling empowered. Everyone and every place is different, and it's important to understand and appreciate individual and local circumstances that influence people and communities to be active.

How we work to achieve this is key. We're learning that it will take a commitment to:

GROWING OUR INSIGHT AND UNDERSTANDING OF PEOPLE AND COMMUNITIES by working closely with lived experience and listening carefully to resident voices.

SUPPORTING AND DEVELOPING PEOPLE who can lead and influence others to move more.

WORKING COLLABORATIVELY across and between partners and sectors.

FOCUSING ON LEARNING AND ADAPTING, understanding what works as well as what doesn't and applying it to our work on an ongoing basis.

ADVOCATING FOR AND INFLUENCING policy and practice.

TARGETING AND ALIGNING INVESTMENT to where it's most needed.

We've already started our journey towards a united approach, and are already growing the movement. And while we're not starting from scratch, we do recognise that there are ways we can better come together and unite to encourage physical activity in Nottinghamshire and Derbyshire.



Active Partners Trust Systems Leadership Workshops:

**Workshop 4: Who's in my system?
Rich Pictures and Stakeholder/Actor Mapping
Tuesday 25th April 2023, 1.00 pm – 4.00 pm**

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Outline for this afternoon

- 1.00 pm:** Welcome and introduction to the session
- 1.10 pm:** Developing our common understanding by getting to know each other as a group: online Randomised Coffee Trial
- 1.30 pm:** Quick recap on what it means to work in a system/complexity; systems leadership and behaviours that lead to change: *Presentation, then any questions in plenary*
- 1.50 pm:** Who's in my system? Introduction to Rich Pictures, and then applying the learning: drawing a Rich Picture for yourself: *Presentation, then individual work*
- 2.20 pm:** Sharing our Rich Pictures: *In pairs, then in plenary*
- 3.00 pm:** Tea break
- 3.10 pm:** Identifying and prioritising stakeholders: Stakeholder and Actor Mapping. Then applying the learning: from our Rich Pictures, who do we want to influence? *Breakout groups, then feedback in plenary*
- 3.50 pm:** Summing up and reflections: what's coming up next time: one practical thing you're going to do
- 4.00 pm:** Close

Ways of working

- **Presence:** Really listening to each other; checking for meaning; asking questions to understand; giving people time
- **Attention:** Does your email really need you? Will your phone miss you if it's switched off for a bit?
- **Curiosity:** Retaining an open and curious mind; being open to questioning
- **Chatham:** What's in the room stays in the room
- **Engaging:** Being honest with each other; supporting each other; making new connections
- **Respect:** Listening; contributing; modelling how we want to be treated

Developing our common understanding by getting to know each other: Randomised Coffee Trial

Sometimes the most unexpected conversations are the most fruitful

We're starting with another go at enabling you to get to know each other, so that you can make the most of the skills and experience in the virtual room.

We're going to put you (sort of) randomly in pairs/threes.

Have a conversation:

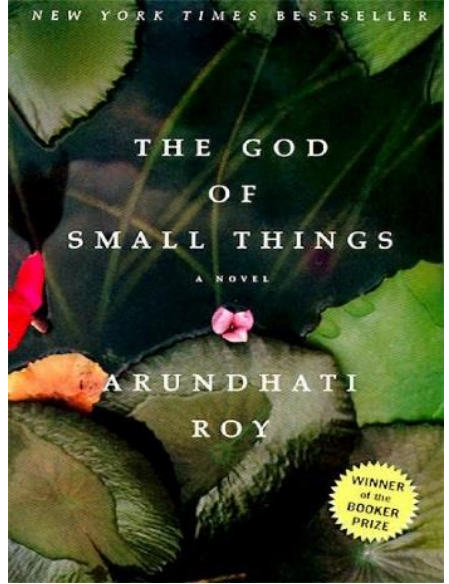
- **Introductions - who you are, where you're from**
- **What you're hoping for from today**
- **What you can offer and what you'd like help with**
- **Something about you: one thing you procrastinate over**

We will have one round of this for 15 minutes, so you have 5-7 minutes each.

What are you noticing? Who do you want to have a longer chat with? Any surprises?



Quick recap: the systems leadership story so far....

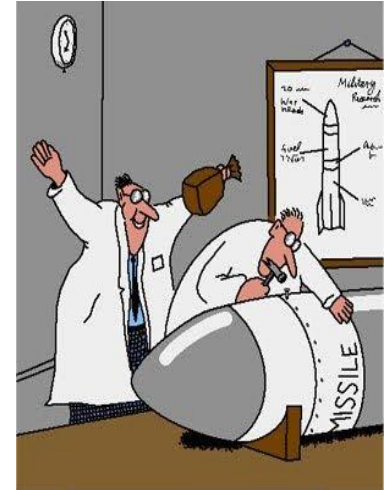


'Intolerable' NHS crisis to continue until April, health leaders warn

Ministers urged to recall parliament amid warnings patients are dying needlessly due to inaction



More than a dozen NHS trusts and ambulance services have declared critical incidents in recent days, with an overstretched workforce. Photograph: Christopher Furlong/Getty Images
The crisis engulfing the NHS will continue until Easter, health leaders have warned, as senior doctors accused ministers of letting patients die needlessly through inaction.



Who's in my system? Rich Pictures



- Not a work of art
- More about ‘what does my/our system feel like?’
- Who’s in the system? What are the relationships? Who isn’t included? Where are you? Or the people you work with/represent?
- As many stick figures as you like or as creative as you like

APPLYING THE LEARNING: RICH PICTURES



Please draw a Rich Picture for yourself.

It can be of the whole of your system, or a part of it.

You can draw it by hand or online – whichever you're most comfortable with.

Then please take a photo of it and upload it to a slide.

APPLYING THE LEARNING: RICH PICTURES



In pairs:

Please share your Rich Pictures.

Ask questions – why has the picture been drawn that way, what do particular symbols mean, what isn't there – and give each other feedback.

What are you noticing – for your own Rich Picture, and your partner's?

APPLYING THE LEARNING: RICH PICTURES



In plenary:

Please share your Rich Pictures.

Again, ask questions. What are you noticing; where are the commonalities; are there any surprises or omissions?

Who's in my system? Rich Pictures and Stakeholder Mapping

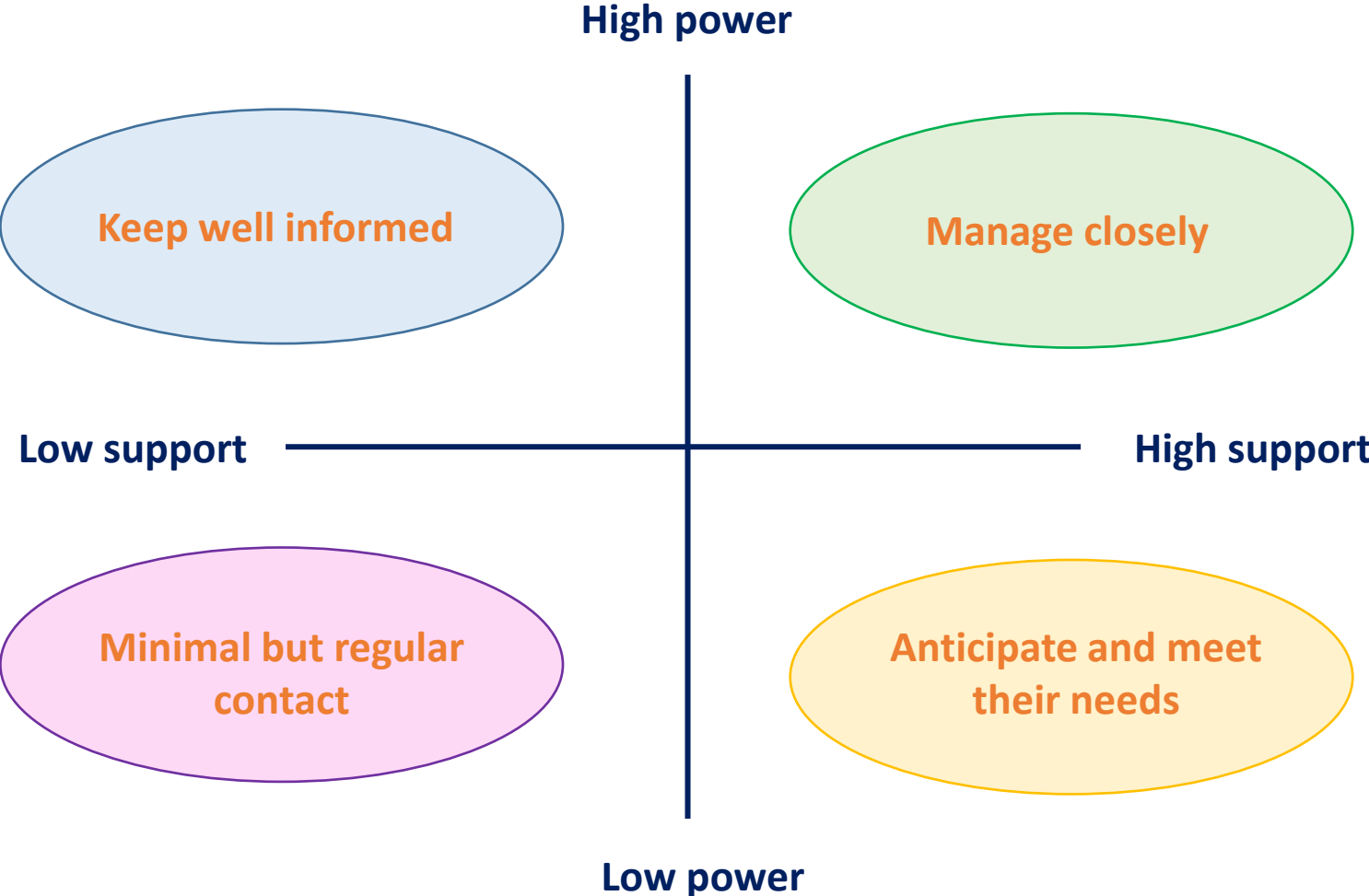
Comfort/Tea Break



Once you have a sense of your system, you can actively manage your stakeholders: Stakeholder Mapping: what's their power and what do they support?

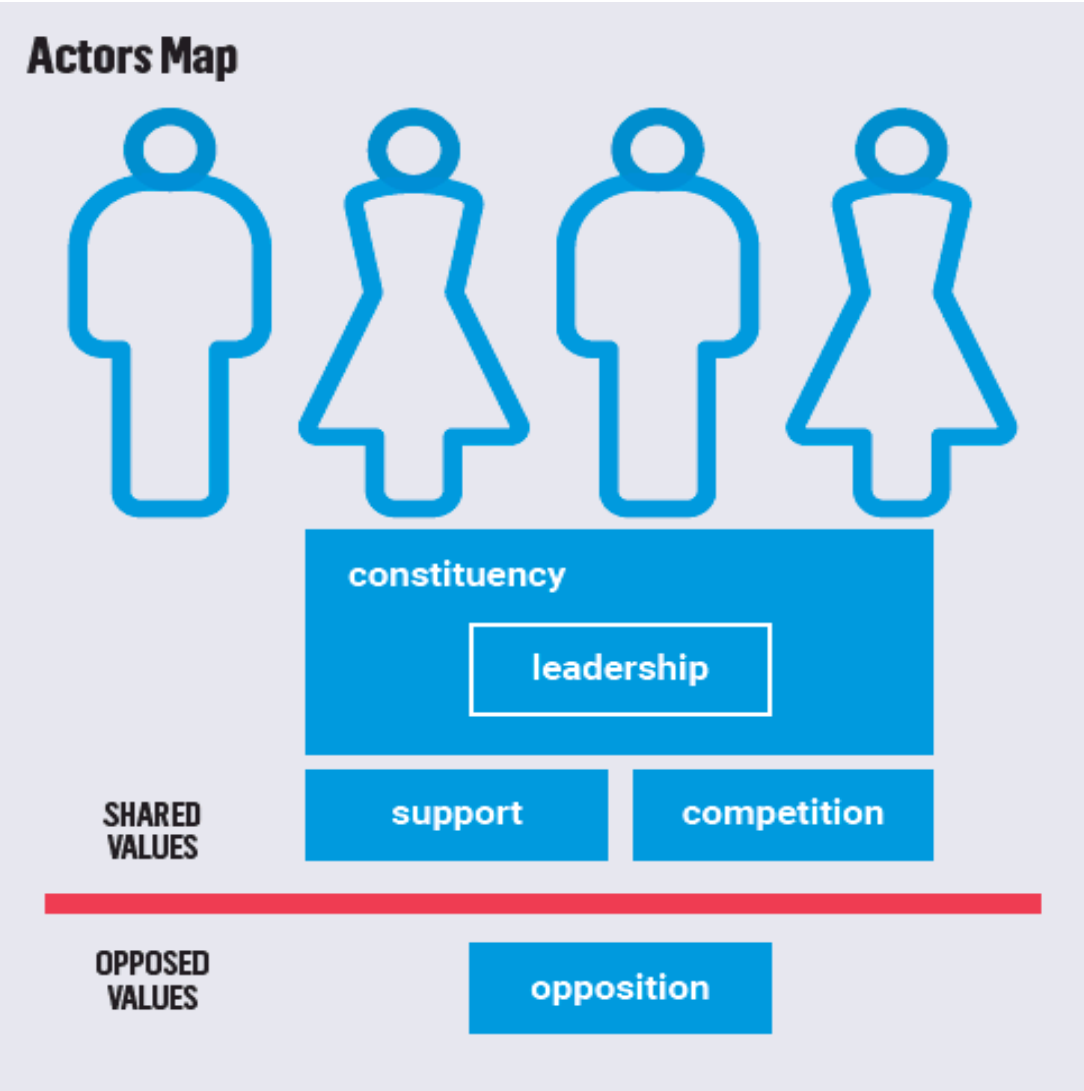
List your stakeholders by name

- A
- B
- C
- D
- E etc

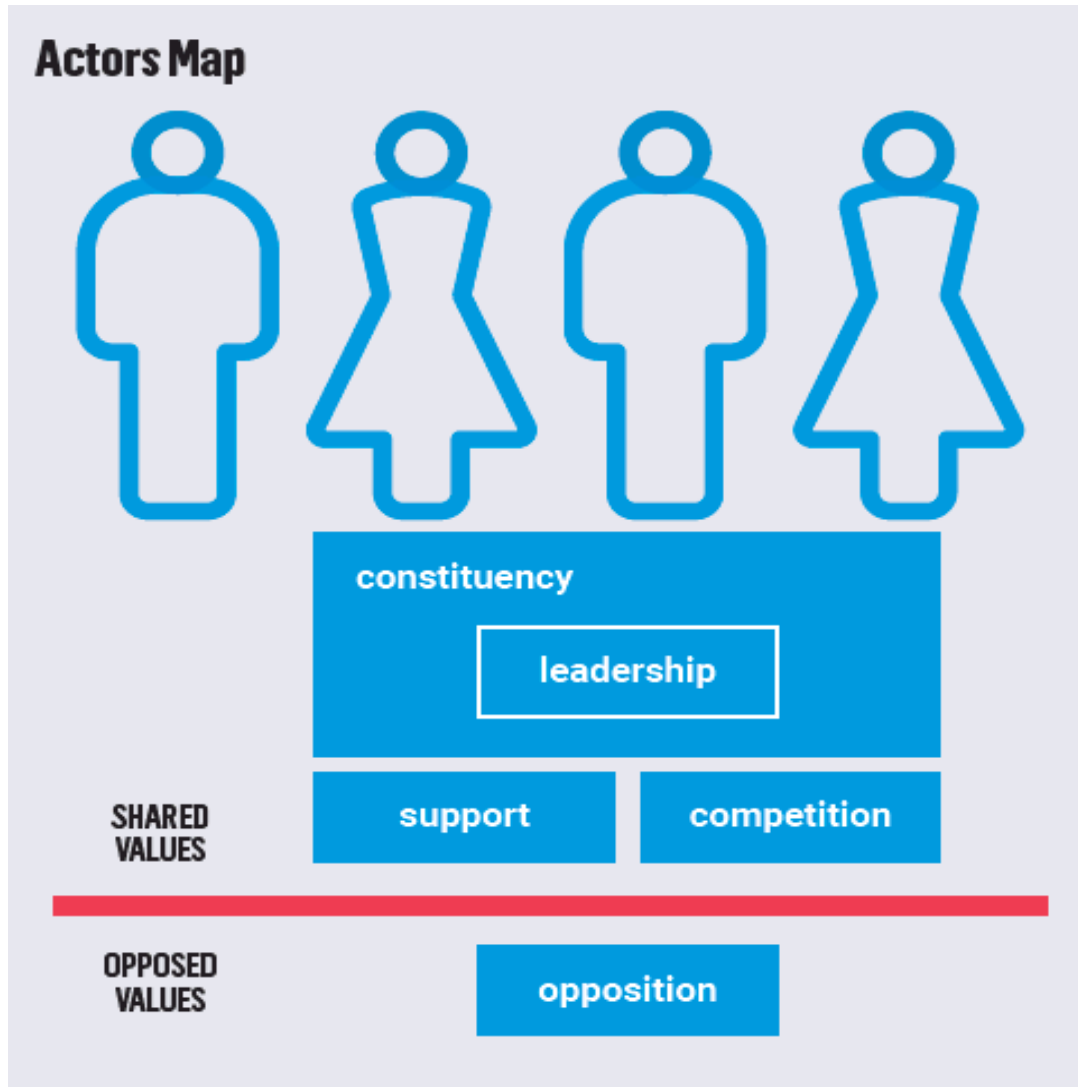


Another way of looking at this: who shares our values?

Actor Mapping



STAKEHOLDER MAPPING: BREAKOUT ROOMS:



Conversation:

From our Rich Pictures:

Who are one or two key stakeholders we each want to influence?

How are we prioritising them? By power/support, or values (or both)?

And if we don't know who our key stakeholders might be, how might we take a first step to finding out?

Please keep a note of the individuals you identify for the next sessions.



Coming up.....

23rd May: **How can I influence? Framing and reframing**

22nd Jun: **How can I influence? Storytelling and Public Narrative**

But before then: please complete this quick Menti survey for us:

<https://www.menti.com/alqxb5hjkm78>

Active Partners Trust Systems Leadership Workshops Workshop 4, Tuesday 25th April 2023

Thank you. See you on Tuesday 23rd May 2023

Debbie, Katie and James



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