Moving Well EVENT

From Advice to Possibility

Dr Jane Packer

Sarah Rodgers

MAKING OUR MOVE

active notts

active derbyshire

active lincolnshire

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EAST MIDLANDS COMBINED COUNTY AUTHORITY

The NHS Alliance

NHS Derby and Derbyshire Integrated Care Board

NHS Lincolnshire Integrated Care Board

NHS Nottingham and Nottinghamshire Integrated Care Board

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Prison GP

Belper PCN - Chronic pain/ Menopause Care

Trailblazer Fellow – health equity in primary care

Clinical Lead for Amber Valley Neighbourhood Alliance

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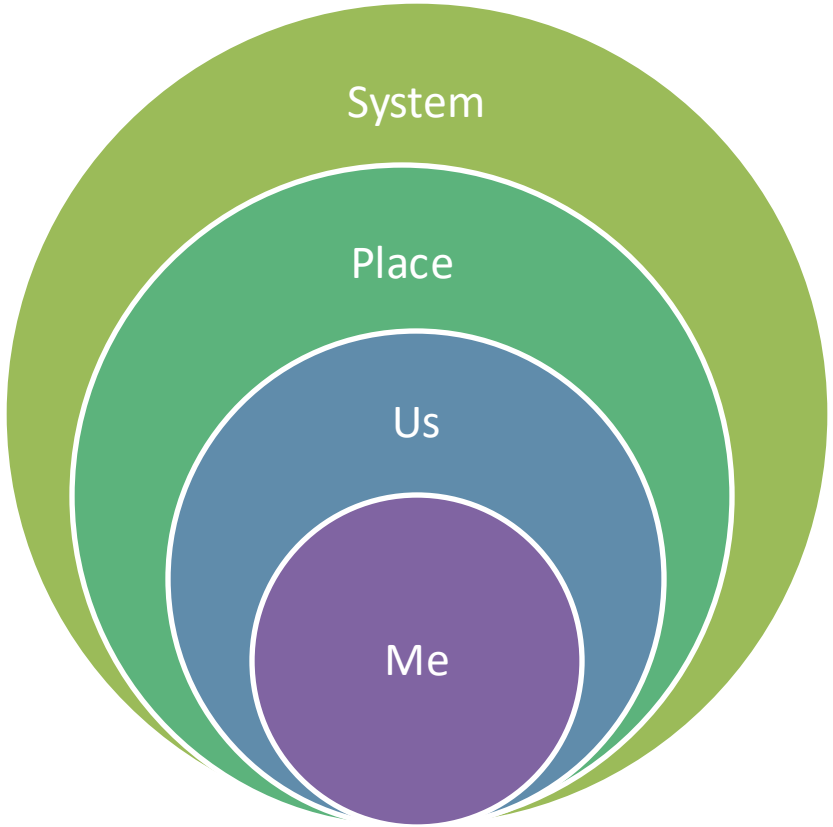
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ME

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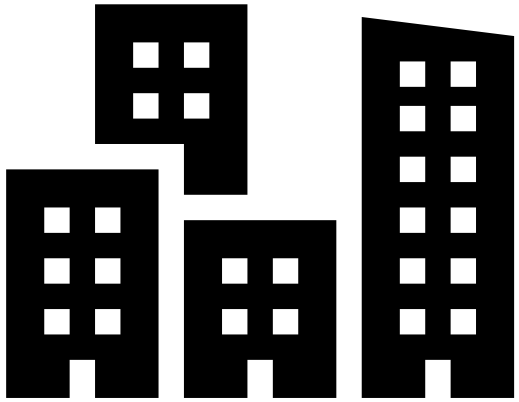
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PLACE



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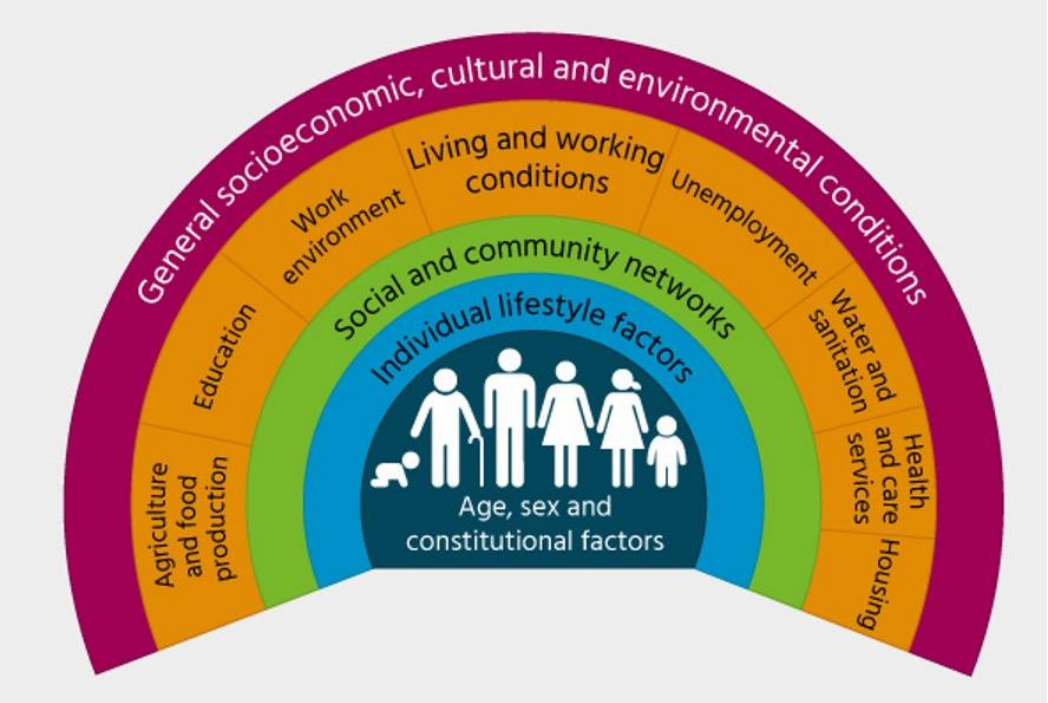
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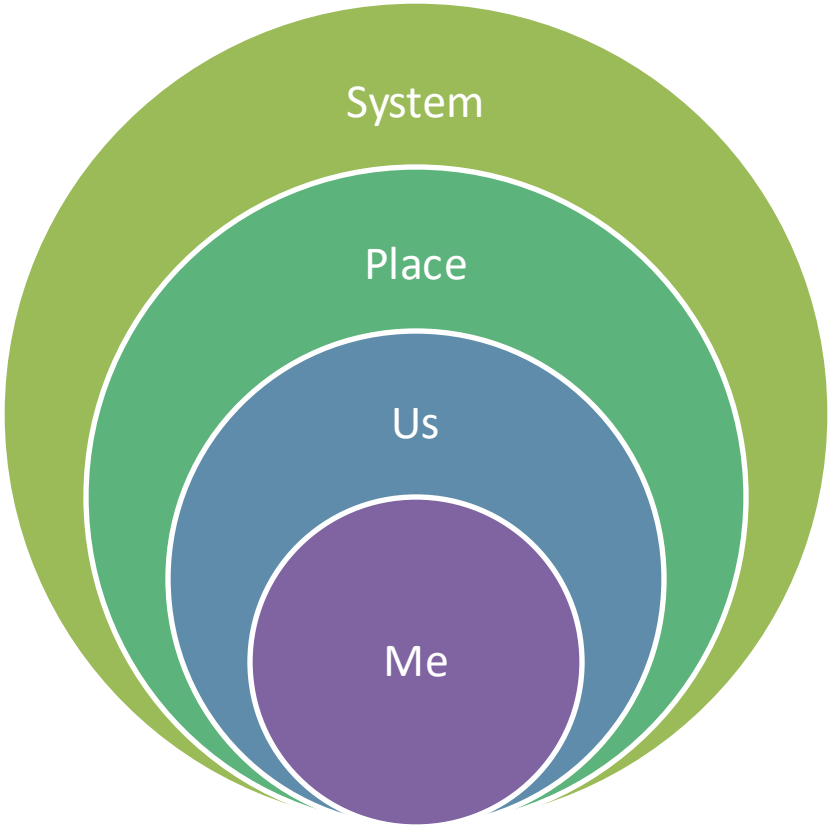
NHS Lincolnshire Integrated Care Board

NHS Nottingham and Nottinghamshire Integrated Care Board

SYSTEM


General socioeconomic, cultural and environmental conditions
Living and working conditions
Unemployment
Work environment
Education
Water and sanitation
Social and community networks
Individual lifestyle factors
Health and care services
Agriculture and food production
Housing
Age, sex and constitutional factors

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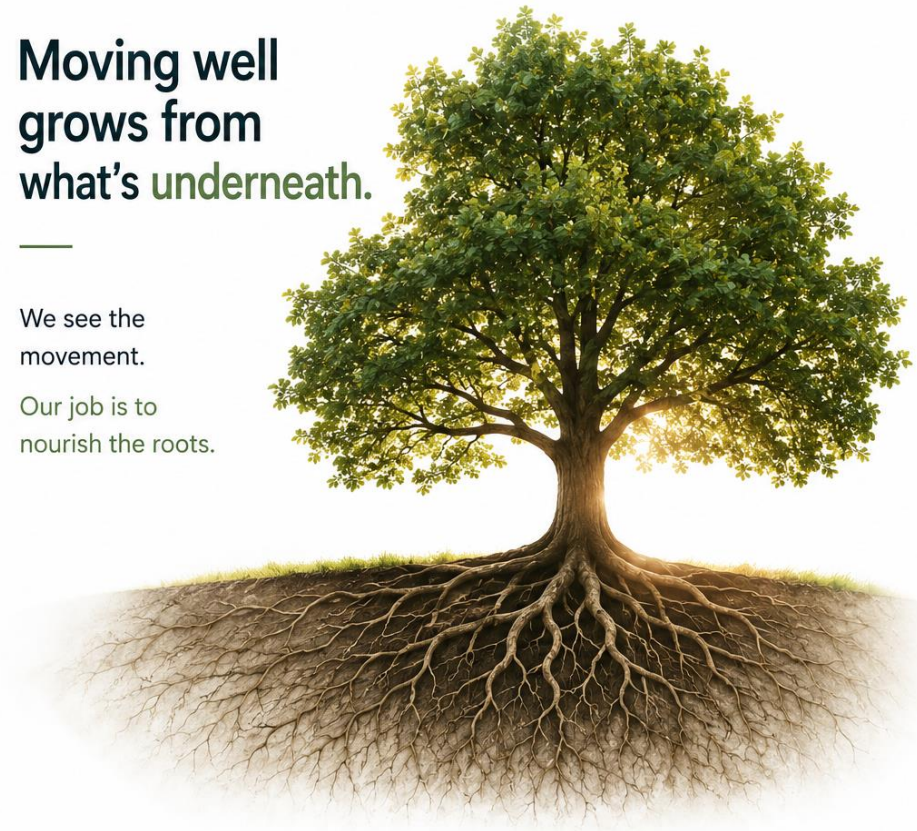
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Moving Well EVENT

Moving well grows from what's underneath.

We see the movement.

Our job is to nourish the roots.



LEAVES
Movement

BRANCHES
Habits & skills

TRUNK
Relationships

ROOTS
Place & community

DEEP ROOTS
Systems & policy

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One thing to STOP

One thing to START

One thing to CHANGE

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