

# What helps VCSE Organisations Keep Greater Manchester Moving?

31st March 2021



In recognition that VCSE organisations are vital in a whole system approach to supporting active lives and addressing inequalities a specific event was organised and co-hosted with GMCVO to engage with VSCE groups.

## Who was it aimed at?

Individuals, groups, organisations and volunteers working to or interested in supporting others to move more. In particular targeting organisations GMCVO have built relationships with through the allocation of GM Walking Grants.

## Purpose of the event:

This workshop is an important conversation as we engage widely on the refresh of the GM Moving Strategy - GM Moving in Action. The event explored;

1. What Greater Manchester Moving means to you?
2. What has helped you and/or your organisation support everyday movement and physical activity?
3. How might being part of GM Moving enable you/us to achieve more than we could on our own? What might get in the way?

## Overview

The session involved 28 participants including representatives from:

- Healthy Arts
- Greater Manchester Mental Health NHS Foundation Trust
- City in the community
- The Conservation Volunteers
- Barnardos West Region
- The River Manchester
- Greater Manchester Older People's Network
- Nigeria Community Association
- Didsbury Good Neighbours
- Equal Education Chances
- ABCD – After Breast Cancer Diagnosis
- Barlow Moor Community Association
- Rochdale Health Alliance
- People First Housing Association
- Age UK Bolton
- Caring and Sharing
- The Apostolic Order of St Hadrian of Can
- Lets Talk
- Collaborate Out Loud CIC
- GM Moving
- Fullcircle NW CIC
- University of Bolton
- Caritas Diocese of Shrewsbury

## Why is physical activity important to you?

- Prehabilitation and rehabilitation
- Reduce risk of disease
- Helps manage my pain
- Reduce depression
- I feel better after I walk to the park each morning
- Increased fitness whilst dealing with an incurable disease
- Recovery
- Friends and social connection
- Helps with mental and health wellbeing for positivity
- Peer support for other patients
- Fitter, healthier, stronger, improved confidence, decreased risk of long term illness
- Connect to greenspace
- It helps me to stay happy and healthy. Feel better every day if I move – especially outside!
- Mental and physical health
- Enjoyment
- Puts everything into perspective
- Keeps me physically healthy. Also a good way to clear my mind
- It can bring people together
- It helps improve physical and mental wellbeing
- Physical and mental health
- Gives me breathing space away from work and family life

## What role does 'moving' play in your role/work or personally?

Activities to support people with long term health conditions. Interested in exploring other opportunities – work with new people using new activities.

- Key to leaving pandemic to be physically moving. Using activity to connect/reconnect people.
- Getting youth into sport, new sports centre to open once restrictions ease. First time the group has had a physical activity provision.
- Keep older people fit. Link to other good tasks 'litterpicks'. Sense of purpose, pride, 'feel-good' factor.

## What has helped?

- **Exploring alternative methods of activity and communicating**
  - **Technological advances**
    - good for those able to join, to maintain fitness, access those who may not have done before
    - important to tackle digital exclusion/safeguarding etc.
  - **Using COVID-19 communications channels** (food support etc.) to also promote activity.
  - Being forced to **think differently**, exploring new methods of delivery, agile thinking.

- Ability to **re-organise delivery**, evaluate and reconsider purpose/methods/rationale. Reset.
- **Clearer comms through SP, GPs, NHS** – a better connected full network between public/VCSE bodies.
  - All systems to interlink, clearer channels for groups to link with.  
**Connections.**
  - **Collaboration** approach, knowing what others do. Creating an environment where people can create partnerships, collaborations. Increased impact, success, better support for people.
  - Linking up. Fostering relationships. Stopping working in silos.
- Clear message e.g taking advantage of the focus on ‘one walk per day’ to make it a permanent fixture in lives.
- A clear GM Hub?
  - GM Active new website seems to confuse people.
  - Increasing knowledge of/presence of smaller groups/orgs you wouldn’t know of before.
  - Knowledge of where to signpost to. Increase efficiency of referrals.
  - Gateway C?
- Funding & Commissioning
  - **Ensuring VCSE groups are given a stronger voice, fighting for commissioning to VCSE**, VCSE gets praise but the funding/support doesn’t always follow.
  - Outreach funding opportunities – funders to those wanting funding. Linking to funding opps, less of the frenzy style.