

Salford

Introduction

Eve: Welcome to series two of the GM Moving Podcast where we share with you how we are enabling people to get moving. I'm Eve, Strategic Director at Greater Sport; leading, supporting, and connecting GM Moving, Greater Manchester's movement for movement. Supported by investment from Sport England, Greater Manchester partners have been taking a whole system place-based approach to embed physical activity into everything for happier, healthier, more connected communities and active lives for all.

In each episode we share stories of what this looks like in action in each of the ten boroughs of Greater Manchester. In today's episode I'm in Manchester Central Library with Pete from Salford and I'm rejoined by Nicole, one of my Greater Sport colleagues from the central GM Local Pilot team.

Before the Covid 19 pandemic Active Lives data showed that adult physical activity levels in Salford were above the Greater Manchester average after a significant increase year on year since 2015. The data however paints a different picture for children and young people with activity levels for young people in Salford amongst the lowest in Greater Manchester, especially amongst secondary school-aged girls. So let's get straight to it and find out what's being done to design moving back into people's lives.

I start by asking Pete why moving matters to him.

Conversation

Pete: Talking about what I'd say physical activity's given back to me from a physical health, mental health basis as well, it's something I'm really passionate about. I'm really glad that I'm able to bring that passion into my professional life as well. So in a way it's a dream job really. I'm really lucky and I'm glad to be sat here talking about it. I think anything that anybody can do around their health and what we can do to actually support population health as well.

Moving and physical activity just ticks so many boxes, but in a good way, not in a statutory way. If we talk about other things around managing other lifestyle behaviours, it can sometimes be done in a more deficit-based model. Whereas I think anything to do with physical activity, where we're talking from a prevention basis, where we're actually talking about reducing the risk of people

becoming ill. And we're talking about strengthening communities or even managing conditions as well. It's an absolutely no-brainer for me.

Eve: It is a common theme that people will talk about their own personal experience of what physical activity's brought for them. And it's different, isn't it? Everyone's got a different story.

How do you like to move? How do you keep active?

Pete: At the moment I'm doing a lot of walking. Unfortunately I had a little bit of a knee injury just after Christmas. I've really been doing quite a lot of knee rehab going to physio to manage that. But I like walking anyway so I will try and get out for at least an hour's walk a day and sometimes longer at the weekend. I'll try and take my children, or at least one of my children with me when I can as well. I think it's really good to get them used to being in the outside world within their own community, getting a love and a sense of place within their local parks and even just walking around urban areas as well. It's something free that we can do as a family.

And it's something I really love doing when I can run as well, running's great, the head space just for time for myself, I love my music as well, so I like listening to music when I'm out running.

Eve: And a podcast?

Nicole: Specifically this podcast?

Pete: I'm always a little bit behind trends with technology and media, so yeah, I'll get there eventually Eve.

Eve: Fantastic, and what about you Nicole?

Nicole: I love that buzz after you've gone for a walk or you've gone for a run or done a team sport or whatever.

But I think for me personally there's a couple of reasons. So I've personally had some struggles with my mental health throughout my life. So I find that moving is a really good way to manage that. Just getting out and going for a walk is great for mindfulness and managing anxiety and things like that. But I've also got a young child which we've all got kids in the room so I think we know how full on that is. That's great to have a bit of time to myself. Bringing your kids to the park or seeing them moving and seeing the joy. The absolute joy that they

get out of it. I took my son, he is twenty one months and I took him to a local bike track that's recently been built.

Pete: Wow.

Nicole: And he absolutely loved it. Honestly. The smile on his face as he was going up and down the little ramps. And I mean to be honest I couldn't get him off it!

Eve: One more, one more!

Nicole: Yeah, exactly!

Eve: How old are your kids again Pete?

Pete: I've got a little boy who will be eighteen months in a few days. And I've got a little girl who's seven and a half now. So yeah time flies.

Eve: I saw a family in my local park with a Cargoroo E-bike, full of the party bags. So they were absolutely capitalising on the fact they could have the kids party in the park for free. Use and hire a local, E-bike to put all the kids' stuff in there. And I was like there you go jobs a goodun, and so there's a tip for you.

Nicole: Teddy's birthday's coming up, it's a gre at shout.

Pete: But this is where we're going with the cost of living crisis, the point is with climate change and living sustainably as well. We're not saying that people have to be within the local area all the time, but I think going back to basics and it doesn't cost anything to be able to go to your local park or your local green spaces.

I was horrified the other day, my wife was taking my daughter to a party at a theme park. Luckily she didn't have to pay to get in, but even just the price of an adult to get in. Especially when we talk about the target populations that we are wanting to be enabled to become more active. We need to be realistic about using those assets that we've got but making them welcoming, making people actually get the sense that we want to be in there with friends and family. And that's a big job in itself and it's a big challenge. And I hate using the word journey in this context, but it is a big journey to go on.

Eve: Come on, it's all the joy of the journey! But yeah some key points there already aren't there around how this does help us get a greener Greater Manchester, a more sustainable place. Often if you live a sedentary lifestyle you're more likely to contribute to high carbon emissions.

Your point though, around the cost of living crisis and poverty we know that if you can access quality green spaces if you can walk and cycle and wheel and get about then that's stuff that really does help reduce costs, but we need to make sure that's for everyone don't we. And yeah those benefits that you both talked about for your physical and your mental health. So it really is like a bit of a miracle pill isn't it as people are discovering.

So to dig in a little bit to your role, and what this is all about. So you are the locality lead in Salford for what we currently call the Local Pilot. So tell us a little bit about what that means and what's your role?

Pete: So my role within the Local Pilot originally going back a little bit of time. I was local authority public health provider of a health improvement service working on our role within that. And then in December 2020 I moved into this role within our public health team event and inherited the leadership of the Local Pilot.

So I knew a little bit about it, and I knew what my role in that was within the health improvement service, but then obviously I'd taken over the coordination of it. And then obviously had to learn a lot about obviously the dynamic of GM Moving local authorities, but the priorities around that and how that fits into our local strategy as well moving forward cuz it is my responsibility to have a really workable strategy of an equitable approach towards getting people to move more.

Our Pilot was and is a multifaceted multi-partnership approach. We've got the youth service, we've got our local leisure provider Salford Community Leisure, we've got our health improvement services I've already mentioned as well. We've got wider providers involved with that as well, but we've also got key partners in our CVS. And another community social enterprise, which you'll both be aware of cause they're very active in Greater Manchester and a lot of the learning is Beyond Empower formerly Empower You. So there's been lots of work we've been doing around that CVS.

I've had activation funds working with the local community to actually identify our target audience, which was children, young people, which was by the basis of our Active Lives data, which we know doesn't tell the whole story up until

the pandemic. Our Active Lives data was some of the best in Greater Manchester, which considering that we've got higher levels of deprivation and poverty and some of those social challenges compared to some of the other areas, was quite a feather in our cap I'd say, and something we could be proud of as a city.

But our children, young people's data, considering we've got a really good leisure offer, we've got really good equity of how many sports clubs we've got, we've got an excellent school sports partnership, which is a wider partner and a key contact within the Local Pilot. But despite all those things our children, young people data was some of the worst in Greater Manchester and by that was also lower than the England average as well. And of course that old chestnut we've still got to crack as well, there was the gender gap as well, a gender activity gap, especially in adolescent girls, which is why we chose roles as an audience out of the ones which were available to bid for.

So CVS worked with groups that were in contact with girls and young women or even individuals who wanted to be more active or were socially isolated as well, and actually offered out grants to apply for. And there was a number of grants given out, and obviously that's been monitored working in partnership with local high schools like the Co-op Academy and others as well to actually identify young girls who would really benefit from being more physically active, who may have issues potentially around attendance, or potentially around behaviour.

Which is all informed obviously by other things by wider determinants and social determinants and actually bringing them into the youth centre as in The Den, getting involved in boxing, getting involved in using green spaces, but rewinding a bit what's really important is that is all done in the spirit of co-production, giving them that youth voice and actually asking them what do they need to become more physically active, what do they want to try? What are the barriers and how can we get past them? So it was really good and I don't want to use consultations as a word, but it was a really good consultation exercise around that population and then inspiring them to move more.

Eve: So you've got a clear target audience there with children, young people within that particularly young women and girls. Is there a particular target area locality within Salford that you've been focusing on, or has this been across the whole?

Pete: Yeah, it was in Little Hulton and Walkden, and The Den in Walkden, in our geographical area where we were siting the Pilot has been really, really

successful. It's local-based it's really, really connected to the local community. And one of the main motivators around wider partners and bringing the system on board was around the Youth Task Group. And the local neighbourhood forums, like the police, community safety, neighbourhood management, local councils, because there was an issue of antisocial behaviour within that centre and all the different partners that really supported this vacant unit being open for that benefit as distraction to get young people doing something local to them that was beneficial rather than being involved in some of this ASB or low-level crime.

But naturally some of our work has gone wider. For instance, moving on to the health improvement service, that their role developed throughout the Pilot where we could actually see a niche as it was developing, where we could see that there was a bit of a gap from that transition of moving into young adulthood, whereby there's real work in the health improvement service to work with young people who are sort of like 16, 18 up to 25.

Eve: It's key transition points. It was really important across all provisions, and often it's where people fall through the gap don't they?

Nicole: Oh yeah. You look at the Active Lives data. I mean we've got five years of it now. So we've had a decent dig down into it. And I'd say the 16 to I think it's 30, or 35 cohort or age range across Greater Manchester is an area that is of some concern.

Pete: It was always previously strong wasn't it? I was quite alarmed when I saw that. That basis has always been around as well around employability and very ideally placed within the local authority as well, with our kickstart scheme and our Salford future scheme.

So they've been able to work with those young people around building resilience and about building some of those skills that you get from being physically active, those social skills and working hard and goal setting and coming from adversity with the different things that we've been able to try again through co-production using local assets. And they've then gone on to actually volunteer and get roles within our health improvement service. And actually within some of our local key anchor organisations as well. Moving on to Salford Youth Alliance and SCL as well, their work within this has been crucial for developing young leaders and getting young people into sport and identifying volunteer leads and getting people into employment has been a real success.

Nicole: And I think what you've outlined there and described is the wider approach to the Local Pilot. So it's looking at things within a whole system. So obviously in Salford you're working with CYP and girls, but it doesn't just stop there, the wider barriers and the wider systemic issues.

Like you say you've identified the exit pathway for that age group, the next steps, who are the other wider partners that would benefit from more people in Salford, more girls in Salford being physically active and things like that. That is the system approach.

Eve: In your role Pete what have been things that have stretched you the most or anything in particular that you've learned over the last couple of years?

Pete: When I've actually got deeper down into the conversations from the engagement around the physical activity framework in Salford, it's around some really, really specific cultural barriers for some of our more diverse, underserved communities and actually what really deep damage to what's leading those inequalities.

And working with things like colleagues from the Greater Manchester Disability Partnership and others as well, and around disabled cycling is actually how much our built environment still needs to develop. And we are quite far on with this in Salford and especially some of the consultancy, but we'll get on to in a bit and the work that Beyond Empower have done with our parks and green spaces and our environments and highways teams.

But actually how much of a still subsystemic issues within society where potentially there's almost that institutionalised ableism, is about the right phrase to use.

Eve: So can you give any examples that help bring that to life in how you are addressing those?

Pete: The work that the parks and green spaces team have done has been really interesting. When the green ways or when lead plans and things like that are put up that are just completely in good faith or not deliberately things have been put in to stop maybe like I don't know motorbikes or scramble bikes or vehicle access, but then it then blocks disabled cyclists, or it could potentially block wheelchairs. And that would be a really good example of how we've then had to go back and almost change some of that and actually do some of those improvements which obviously Ben has really advocated for alongside

colleagues. But even just looking at some of the surfaces around what's actually down within our parks.

And I think some of that I'm really passionate about and it's something you and I have discussed before when we're talking about all the people with mobility issues, we were talking to all the people with long term conditions and then moving to talking around disabled people as well. It's no good having wherever you are in Greater Manchester...it's no good having those really great green spaces and loop lines and green ways, or what bee lines whatever you want to call them, if people haven't got the confidence or the means to be able to get to them.

And we've got that whole emphasis of active by design, we try to do within Salford when there's capital works going on and improvements around junctions or roads, or new developments are being built and we really need to get tied to these really good examples of work within other local authorities in GM and wider around policy planning, documents around health and spatial planning.

And we've just started that conversation up now with planning a number of different partners within the local authority.

The challenge I've got really is if there's no plans around capital investment work that you can then make accessible, it's almost like we've talked about retrofitting to people's homes around energy efficiency, we've talked about retrofitting people's cars potentially around emissions, but it's almost getting to the point well actually we need to almost retrofit and make some of our roads and our places more accessible.

I was in a meeting with a school the other day in partnership with Living Streets and after a school route order. And it just really brings out that passion where it's like there's so many challenges with these young people and children, and families being able to walk to school, which is what we're asking them to do. And unless we enable that, not that I was ever that naive enough to think, 'oh well build it and they'll come', is a philosophy that's gonna work. Well, let's do a physical activity strategy.

What we need to do is we need to, I don't know, set up these runs or walks in these parks. So we need to set up this group, that group, or the other group because unless the built environment is suitable for that and that's the big challenge.

Nicole: And that's where it comes to speaking to people doesn't it?

Pete: Exactly, Yes.

Nicole: A lot of time we don't specifically live in the areas. We are assuming, we are putting our own context and lenses on what could be potential barriers and things like that.

But I always think back to a conversation I had with a lady who was saying that they had a fantastic park that she used to love going to, but she'd recently had a hip replacement and she really wanted to go and do some walking, but the bus that dropped her off, dropped her off on the opposite side of the road. And there wasn't a crossing that was within a suitable distance for her. She didn't feel like she was confident enough to be able to get across the road quickly enough. So it's just little things like that. But without speaking to that lady, I would've thought, well there's a bus stop there. So it's accessible for people, but there's no crossing so how can she...

Eve: What can sound like a small example, but actually finding the budgets persuading others that this needs to be a priority, why it needs to be a priority.

So you've talked a lot around, well both of you really around knitting the system at a GM level, and then within Salford. So where are you seeing where the moments of joy, where you're seeing having listened and heard what matters to people about some of those changes where you've then been able to shift things and make a difference?

Pete: I'd say we're still on the journey of that, but this is one of the things that I want to go back to where we've got the charity involved Living Streets in a school within Salford. The school had been really on board with this once a week campaign. And there's real buy-in, and it's about getting the local councillors, it's about getting the people within the council actually who have officers, paid officers and leaders around some of those issues that have been identified around fly tipping.

And around deterring from that enforcements around that cleaning areas up to making roads easier and safer to cross, marking signs and wayfair around links to the loop lines that are local to that and the green ways. This is something I see as an example where I can really influence and get my teeth into.

There's always been a really big, and I'm not just talking about Salford I'm talking about anywhere national, local, regionally, always seems to be a real divide between actually the strategy of a policy and what we want to happen. And actually what's going on the ground, either in the communities or paid

services, actually the golden tickets marrying those two up and saying we've got a strategy here, but actually it does marry into operation and we're gonna actually be tenacious enough, and we're actually gonna get the key players on board to make this work.

And that's what I'm trying to do, there's no good having a lot of people sat around the table nodding saying, 'yeah we're on board we want to do this'. Unless the local communities involved, and we know what those challenges are and we're not just assuming if you're sat there as an able bodied person who's always lived in this country and an understanding of culture you can be the most open hearted, open minded, social value based person, but unless you actually speak to people and find out what their lived experience is and what they need there's a few things about just marrying up strategy and operation and making these things happen.

And there's actually keeping people not just being consultation, but keeping people in the loop and making a two way conversation of influencing things.

Eve: That's been highlighted repeatedly hasn't it as one of what we described as key five enablers is that really involving people and growing those local assets. And that challenge that you speak to there of that implementation gap crops up doesn't it across GM.

So any reflections, I can see you sighing now in the corner Nicole, so go on what are your thoughts?

Nicole: No, no. I mean it always comes from a good place doesn't it. I think when we create these strategies we're always trying to do the best for our communities and the people that live in Greater Manchester. But like you've touched upon there, how does that actually resonate with those people that are living within those areas and a lot of the time these strategies don't actually really mean anything to them either. If they've not been involved with it they would never be able to refer to it or anything like that.

So, yeah it's a challenge, but there are ways and we have seen lots of different examples of communities and community groups and particularly the voluntary sector getting their key community assets involved with the creation of some of the strategies and things like that. And that's been a real bonus, and then you can see the buy-in and you can just see the way that it's created and the end product is so much more inclusive and just more considerate to the people that live in that locality, in that borough.

Eve: So you've talked about Pete, about connecting across the different sectors. You start talking about whether it's a school, or The Den, immediately it's talking about also youth justice, as well as youth work, as well as the local environment and planners and the list goes on really. And it doesn't sit with anyone. It's everybody, it doesn't sit with any one person. And then when talking about what's brought joy, again it's not that there's any one silver bullet that you've pointed to and gone 'well, this is it, we've found the solution.'

Pete: That's the whole thing as well where I'm sitting obviously in a different place to you guys, within a local authority and we are really trying to go through a system change, a change of culture. Now where I am, our Director of Public Health, Muna is saying to the rest of the council for starters, but then wider saying, yeah we may be the public health team, you're talking about physical activity being one thing in my portfolio amongst a number of other things, I'm one person.

And I think that's sometimes where there's been an issue with public health, and I'm not talking about in Salford per say, but everywhere you can be sat there making decisions and putting strategies out, but unless you actually get buy-in and say, actually do you know what? Unless, say Salford Community Leisure, the youth service, everybody really sees themselves as the wider part of the public health workforce and actually take ownership and say, well, you know what, this actually, you are doing public health work. It's not me doing public health, but yeah I'll maybe set the agenda in consultation with you and local people of where we want to go and get that vision going. But it's you guys who are gonna do it. If it's just left to me nothing's gonna happen.

Eve: Getting that buy-in and that collective leadership seems to be just crucial in terms of what your job is really. Involving people, providing the agency from people on the ground, in communities and influencing up and across in all directions and bringing people together. Obviously it's been hard to bring people together the last two years, but you see now, I guess in helping close that gap, that you can be the bridge can't you sometimes between those different layers effectively in the system?

Pete: Yes.

Eve: And then there's times when you can bring them together. So are there any things I guess you've got coming up or anything that's going on that's just helping you think to close the gap between residents and communities and maybe your most strategic leaders, senior leaders in Salford?

Pete: I would say the one thing that I'm excited about, and this really links into the Local Pilot as well is the fact that we've got as well as our health improvement service, which is the main stage within our community development, and we'll be doing a lot of the frontline public health work.

We've also got, if we were talking about bridging that gap between actual public health strategy and public health delivery and engaging with communities, like a lot of other areas of Greater Manchester, and probably throughout the country, been bought on by Covid as a need of actually raising vaccinations and getting buy-in, and some of that mythbusting, we've actually got our public health engagement inclusion team.

And I can really see a lot of the work, one of the main pillars of a strategy is active communities and they are gonna be really crucial if you've seen that whole thing of actually that bridge between what the community wants and feeding into strategy and feeding into actually the bigger picture as well. And keeping that conversation going, and they're really gonna help structure that, they're a really diverse team.

There's a learning there from Bolton, which is part of their wellbeing strategy. It's been really good to have a conversation, get inspiration between what Bolton and Salford are doing. So again, that's the influence of the Local Pilot and those networks, and those spaces to make those introductions.

They are there now, these teams are there now to actually help the community recover, enable the community through co-production actually, what they want to do, and actually what they need to live healthy lives and be happier in the places where they live.

Nicole: I think that within Salford you've been really good at being open to other learnings that you've taken the challenges. I know you've done some work with Tameside as well, they've taken inspiration from some of the youth work that you've done.

The learning part of the Pilot is one of the biggest assets that we've got. You can see the difference, I've been working in my role now for about three years and the difference from where we started, where I wouldn't necessarily say there was competition between the boroughs, but I just don't think there was the relationships there, or there just wasn't the rapport there where you could go to another borough.

You could go to Bolton or you could go to Tameside and say, 'I'm thinking about doing this, but I'm not sure, I hear that you've done this. Have you got any challenges? Have you got any learning? Can you hold my hand through this?' Commendations to you and Salford, you've always been a bit of an open book and it's really helped some of the other localities out there.

Pete: That's something I've never really understood and why when there's competition and there's, and I'm not just talking about the Local Pilot and GM Moving, or even out to the physical activities sphere, we've all got to work together.

I can maybe understand in the private sector where you're in a market culture where there is competition, but we're not here to compete to make money and that's something I've really always been open to actually working together and learning. And I think it's a case of going into these things potentially without taking any constructive criticisms or challenges or looking where some areas could be doing better and where there's learning instead of just saying, oh, everything's fine, la, la, la. Like you say you can share what's good about what's going on in your place as well. And it's that community of learning that GM Moving and Greater Sport really enables.

Eve: So you've dropped the ego. You're thinking about the whole ecosystem, you're working outside of boundaries, you're crossing over into different localities. You're going in depth into communities to really listen to people, understand and involve them in what's going on. You're thinking across sectors and you're pulling together, closing that gap between strategy and implementation and what that actually translates to in terms of vanities of people's lives. Quite a bit going on in all of that. You're still on the journey, honesty and openness about the direction still to go.

So I guess the next question really is that all sounds good, there's a lot of rich learning. So what does the future look like?

Pete: Physical activity really needs to be that golden thread going forward. It supports absolutely every agenda. It supports all our strategic objectives in Salford. And it's not about supporting strategic objects and feeding the beast, just because that's fair, because one of those strategic objectives. Anything else that we've got around mental health strategy, social prescribing, I could go on. And all of these things are within our emerging strategy. It's my role now, as you've said, to be that influencer and bring everybody together to move them on that journey.

Our physical activity strategy has gone to our comms team. So there's really detailed chapters and action plans that come off around our four pillars.

And we've got existing working groups or strategy groups where these strategies are gonna sit rather than trying to create extra things, which is something both people within Salford and Richard warn me about. It's like don't set up specific action groups around these things because you are just putting more work on people and it'll become unwieldy and just fall apart. So I've listened to that, and we've got a really active climate change and sustainability action group, which has got councillors, loads of different anchor organisations, voluntary groups on, CVS, etc on.

We've got My Learning City where our active learning where a lot of the actions around that can sit. Active communities, a lot of that will sit within our community champions. And we've got active employment as well which encompasses employability as well as encompassing that actual being active while you're in work, including hybrid working now.

One of the things we're doing is actually trying to make Salford City Council an exemplar around that, as well as working with our skills and work team, but to knit it all together and actually not lose any of that passion and that momentum from the Local Pilot.

We've actually got a group which will sit outside the governance of the strategy, but will actually be informed of the strategy, and the learnings of the updates around that. We've got, I dunno whether it's a great name at the moment, it might change, but we've got like a physical activity alliance group that I've set up around health and planning, around our parks and green spaces team. We need to get someone from a school, our sports network there and various others there to make that a bigger group. And to keep that momentum going around that collaboration and that learning. And a lot of the people within that group will actually have actions from the strategy anyway, but it's that thing around it being active education as it was before, it's now active learning to bring in that whole lifelong learning approach, and instead of active workplace it's now active employment.

Eve: So you really are baking it in. It's like hardwiring into everything, baking it in. So check and challenge Nicole. What do you hope to see from Salford? What will let you know that it is being baked in?

Nicole: That wider engagement, I think you are looking for it being that wider agenda. You mentioned that you're just one person Pete and you're quite a

formidable person, you can't do it on your own. So when you look across the wider system within Salford, not just in the public health team, you're looking wider. So how are your schools linking into that? The NHS? How are your senior leaders buying into this like you say you want it to be part of everyone's agenda.

Pete: Yeah, absolutely. And you've hit on schools there, and you've hit on health integration, health integration's massive. And I know we've got a really good social prescribing model in Salford. And the good thing about it is as well, it's not just the community connectors or link workers or whatever you want to call the different areas, it's the fact that it's got those development workers that directly link into the VCSE sector.

This is where the challenges come in as well because schools know that physical activity and all these other wellbeing aspects can really help children and young people's academic achievement, and support resilience and things like that. But there's such pressure on schools with academic recovery and the mental health issues that young people have been through, which have been exacerbated by the pandemic.

And it's like the chicken or the egg. Physical activity and delivering a more holistic model within schools and linking more into the community, like we did through the Local Pilot really is vital, but you've gotta cut through that noise. And it's about getting the people within that system. And within the council who commission these school services and lead it, or leaders within the schools who are really gonna champion that.

Eve: I think we probably could do a whole other podcast, but I am gonna stop this so thank you very much.

Nicole: Thank you for having us.

Eve: Thanks for the conversation.

Outro

Eve: We've heard how moving matters to everybody and how we can all play a role to design moving back into everyday life. Now we'd love to hear how you keep moving, and the ways you are supporting others to live an active life. You contact us on our socials. We are on Facebook and Twitter, just search Greater Sport, and don't forget the #GMMovingInAction.

Please do share this episode to people and organisations who will find it useful and join the movement for movement. A big thank you to everyone who's investing in this work and playing their part to test, to learn and to make this happen. This series is a MIC Media production.