

PACC Monthly Round-Up



Welcome to the Physical Activity Clinical Champions programme monthly round-up.

Please share this with your networks.

PACC SESSIONS

The PACCs have delivered 43 sessions, training over 1200 Health Care Professionals since their transition to the AWRC at Sheffield Hallam University in October 2023. We have another 41 sessions currently scheduled to take place.

The PACCs can deliver online training so you can book a session no matter where you are based in England and they will work with your local Active Partnership to ensure that the training is relevant for your audience. If you'd like to find out more or to book a session in your area then please contact us at PACC@shu.ac.uk.

CO-DESIGN WORKSHOPS

We held our second series of workshops earlier this month and had around 80 stakeholders in attendance over the two sessions. We had representatives from Active Partnerships, The Richmond Group of Charities, The many NHS provider organisations, Universities, Councils and Local Government organisations to name a few.

In these workshops the team at AWRC shared a prototype future PACC model. Attendees gave insightful comments and feedback on many aspects, including what the long-term leadership of the programme might look like and how we might create a successful place-based model. We looked at how we could design the programme to have a greater focus on reducing inequalities in physical activity participation and health. We also had interesting discussions about alignment with the Personalised Care agenda.

We will share more information on the outcomes of these meetings in future newsletter but if you'd like to get involved in the final co-design workshops in February then please email PACC@shu.ac.uk and we can share more information with you.

MEET A CONSORTIUM MEMBER

The PACC programme is made up of a consortium of partners, The AWRC at Sheffield Hallam University, FSEM and Intelligent Health. This month we would like to introduce you to Will Wynter-Bee who is a Sport and Exercise Medicine Consultant and is working with FSEM. Will is co-lead on the re-design of the training resource content for the Physical Activity Clinical Champions (PACC) programme



TELL US A BIT ABOUT YOURSELF?

I am a Sport and Exercise Medicine Consultant working in the NHS in Oxford and am passionate about the benefits of physical activity. I also work with Moving Medicine to help disseminate education to healthcare professionals across the country and previously led the development of the anxiety online module for Moving Medicine. I am now helping co-lead the re-design of the content for the PACC programme. I am combining this work with a part time PHD through The University of Edinburgh with a focus on the benefits of physical activity for those with a disability.

WHY DID YOU WANT TO GET INVOLVED WITH THE PACC PROGRAMME?

I got involved in the PACC project as an extension of previous work which I had undertaken in Tower Hamlets during my Sport and Exercise Medicine training in London. For this project I focused on educating healthcare professionals on patient centred conversations about physical activity using the Moving Medicine resource in East London. I really enjoyed this work and was keen to continue to support the movement to help get the population more active and the opportunity to engage with other people passionate about this area and develop innovative solutions was something I was really keen to do.

WHAT ARE YOU CURRENTLY WORKING ON?

I am working with the wider team to engage stakeholders through a series of workshops to re-design the PACC materials. I am also developing content aligned with the findings to create innovative new content to be used to deliver within the new re-designed Physical Activity Clinical Champions programme.

