



03/11/06

SUS(EX)m7~6

REPORT FROM THE PHYSICAL ACTIVITY COMMITTEE

SUSPAC has not met since the last Exec Meeting but did host a tremendous Active Age Festival at Heriot-Watt University on the 6th September.

Jacqui Stone and Alan Francis also attended the Physical Activity and Health Alliance Conference held at Murrayfield on the 31st October

The following points represent the primary items of business:

- **Active Age Festival** – SUSPAC welcomed approximately 100 participants and professionals to Heriot-Watt University to celebrate physical activity with fun activities, taster sessions, food, music and dance. A great day was had by all and it is hoped to make this an annual event. Contact was made between professionals and it is hoped to establish a network for sharing ideas and experience.
- **PAHA** – The Physical Activity and Health Alliance (PAHA) is a joint collaboration facilitated by Health Scotland on behalf of the Scottish Executive. The Alliance supports the physical activity and health practitioners of Scotland to implement the Scottish Physical Activity Strategy *Let's Make Scotland More Active* (Scottish Executive, 2003).
- **PAHA Conference** – The Conference was opened by the Minister for Health and featured guest speakers from a national and international perspective, as well as celebrating the breadth of physical activity work in Scotland. The Conference launched the Physical Activity and Health Alliance by allowing participants to: understand the structure and shape the content of the Physical Activity and Health Alliance website; network with others promoting physical activity and health; have an opportunity to exchange information about their work; and inform the future development of the Alliance.

Key dates to note:

- Next meeting of group Date TBC Venue TBC

SUS Executive is asked to consider the following:

Item
Look at www.paha.org.uk and pass on details to relevant people in your institution for registration.