

# invite

North East Edinburgh Physical Activity Alliance

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Forming a partnership of groups, services and organisations

## Launch Event

### Tuesday 20th March

Norton Park Conference Centre  
Albion Road

9.30am-12.30pm

registration from 9am

There is no charge for this event and refreshments will be provided

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Physical Activity is much more than playing sports or exercising and it cuts across a number of group, organisational and service responsibilities as well as many diverse policies and strategies.

No one service or organisation can be solely responsible for promoting physical activity and to enable us to develop opportunities effectively we need to adopt a broad based, community connected, partnership approach.

### physical activity

- Promotes Wellbeing
- Promotes physical and mental health
- Prevents disease
- Improves social integration
- Fosters belonging and quality of life
- Provides significant economic benefits
- Contributes to environmental sustainability
- Involves everyone

### involves everyone

Your chance to find out what's going in your area to promote physical activity; tell people what you're up to; put yourself on the map; join the network and help make things happen

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Book your place on the Eventbrite website  
(just search 'North East Edinburgh Physical Activity Alliance')

or email 

john.brennan@nhslothian.scot.nhs.uk with 'NE PAA EVENT' in the subject line

## **North East Edinburgh Locality Physical Activity Alliance**

**The purpose of this event is to:**

**Map key assets in relation to physical activity for the North East Locality**

**Develop an integrated community partnership across services and organisations with responsibility for leadership, co-ordination and promotion of physical activity across the locality, integrated into the Locality Improvement Planning process.**

**Identify partners' aspirations and potential opportunities**

**Begin to develop the physical activity priorities for a NE Physical Activity Alliance Action Plan**

Increasing physical activity has the potential to improve the physical and mental health and wellbeing of individuals, families and communities.

We would like to offer you the opportunity to come along and find out how you or your organisation can benefit from a Physical Activity Alliance and how you contribute to the development of this work in North East Edinburgh. Please feel free to pass this on to anyone you think might be interested.

To book your place click on this link [Book Now](#)

Or email [john.brennan@nhslothian.scot.nhs.uk](mailto:john.brennan@nhslothian.scot.nhs.uk) with 'NE PAA Event' in the subject line