



Active and Healthy Ageing

Thursday 22 October 2026

10- 3 pm

The Courtyard

Boothferry Road, Goole

DN14 6AE



9.30-10.00 Arrival, Registration and Networking

10.00-10.05 Housekeeping and Introductions David Gent, CEO Active Humber



10.05-10.20 Healthy & Active Ageing Emily Khural Sport England

10.20-11.00 Frailty Andrew Noble GP with Damien Smith, Director of Operations, North Yorkshire Sport



11-11.30 Comfort Break & Networking



11.30 -11.50 Promoting Physical Activity in Later Life Trish Jackman, University of Lincoln

11.50 -12.10 - Healthy Ageing Natalie Spikings, Age UK

12.10-12.45 Q&A Panel session hosted by David Gent, CEO Active Humber



12.45- 13.45 Lunch & Networking



13.45 -14.45 Experience exchange (rotating 15 -20 min sessions)

1. Love to Move - British Gymnastics Foundation
2. Simon Pierce, North Yorkshire Sport, Get Moving programme
3. Marie Hughes, North Lincolnshire Council - Core Therapy to Community Wellbeing Pathway
4. Coalfield Regeneration Trust - exercise sessions.



14.50-15.00 Summary, Feedback and close David Gent, CEO Active Humber and Amanda Potter, Strategic Director Yorkshire Sport Foundation