



Creating Healthy Places:

A Whole System Approach to Food and Active Living

The Soil Association and Sustrans have created a new offer for local authorities and their partners to support the development of a whole system approach to food and active living.

What is on offer?

We will deliver a half-day workshop, tailored to your local circumstances and aimed at key senior officers, elected members and local partners. The workshop is accompanied by a manual which includes examples of practice from across the country and editable support materials to help you review your approach.

The workshop is delivered by a professional facilitator alongside experts from the Soil Association and Sustrans, and includes a lively mix of presentations, facilitated discussions and group exercises designed to enable you to:

- review your local approach and progress
- clarify the policy drivers that may help progress the agenda locally
- identify areas for action
- identify key local influencers and explore how to gain their support

The manual is available to back up the presentations and examples used during the workshop, and explores in more detail the case for a whole system approach. It is structured around the life course and includes examples of successful action elsewhere and tools – including a policy levers checklist and a co-benefits matrix – to support your own work. The manual can be updated with new examples as they emerge.



How does it work?

The workshop can be offered as a stand-alone session to kick-start action or review progress. We can also deliver it as part of a longer programme of support tailored to your needs. You'll make useful connections with local Soil Association and Sustrans officers who can help you with further support if required.

We can deliver the workshop to up to 25 participants.

What does it cost?

An average cost would be around £2500 not including travel and any overnight expenses. We have calculated this on a cost-recovery basis. The fee includes:

- an initial discussion to tailor the event to your needs and audience
- delivery of the workshop using at least 2 presenters/facilitators
- access to the manual and editable versions of the toolkits
- a post-event discussion to support identification of 'next steps'

Who can I contact for more information?

Joanna Lewis
Head of Policy
Soil Association
JLewis@soilassociation.org

James Cleeton
National Projects Co-ordinator
Sustrans
James.Cleeton@sustrans.org.uk

"The workshop was really informative and it wasn't just theoretical – you've given us so many practical solutions that we can go out and take action on today." Rohini Simbodyal, Cabinet Member for Youth & Public Health, Enfield Council

"A really well-run and professionally facilitated workshop." Glenn Stewart, Assistant Director of Public Health, Enfield Council

"The manual is a really useful self-assessment tool that we'll be using going forward." Mike Leaf, Director of Health Improvement, Lancashire County Council

"I certainly feel motivated to get out and make a difference." Roy Leeming, Councillor, Preston City Council