

Headings for 6 session course on ‘Weaving health and well-being into neighbourhood planning’

This can be run over two days, or as six weekly 2 ½ hr sessions

Session	Session outline	Learning outcomes	Activities
1	Purpose of weaving health and well-being into neighbourhoods, and identifying successful places	Use personal experience to explore qualities of ‘place’ Understand the role of public realm in creating successful places Understand the links between public spaces and people’s health and well-being	Presentation and discussion Discuss and complete matrix Five Ways to Well-being Use image bank to identify components of healthy places
2	What are the components of a neighbourhood (the places where people live) that need to be considered when improving health and well-being	Develop an understanding and be able to identify the different elements that comprise a neighbourhood and explain how they have an impact on health and well-being, and apply it to the locality Identify factors which enable or restrict people’s access to public places	Presentation and discussion Walkabout with camera Use of images to promote discussion about the elements of neighbourhoods Annotating map of walkabout area, and then applying this to their own area
3	What are the qualities of place that engender health and well-being	Be able to identify the qualities of place that promote and enable healthy lifestyles, with a focus on the local area. Develop an understanding of the links between successful places, healthy lifestyles and sustainable development	Presentation and discussion Small group tasks to follow up the walkabout
4	The role of professionals in the meaningful engagement of local people in the process of change	Understand the complementary roles and responsibilities of the statutory authorities and local community in the context of change in the local area. Identify the key stages in developing a community engagement activity	Scenarios and role play activity Presentation and discussion
5	Developing an action plan, and how that can be woven into the statutory plans and processes	Understand the stages in the process of change, including visioning, briefing and the role of championing, and apply it to the local context	Small group activities
6	Pulling all the threads together	Understand how all the parts of the ‘Healthy Place-making’ jigsaw can be put together, and map out the framework for a local action plan Experience of presenting Gain an insight into how ideas about place are communicated	Presentations from participants, sharing their respective areas of knowledge, about their ideas for improving the health and wellbeing of the local community.