



Active Living & Healthy Built Environment Workshop

Workshop hosted by Tamworth Regional Council

Planning for active and healthy regional communities

The *Planning for active and healthy regional communities* workshop is aimed at facilitating the planning of active and healthy communities via local council's Integrated Planning and Reporting (IP&R) Framework. By incorporating active living, healthy built environment and healthy eating principles within the IP&R framework; town planning, infrastructure, transport and health professionals can take positive and proactive steps to improve the health of their local communities.

For more information on how you can improve the health of your community using the IP&R framework visit www.nswpcalipr.com.au

WORKSHOP DETAILS

Tuesday 12 December 2017

10:00am—3:00pm

**Tamworth War Memorial
Town Hall
Passchendaele Room
Fitzroy Street, Tamworth**

For further information visit: www.activelivingnsw.com.au

Or contact **Vanessa Burow** at
vanessa.burow@heartfoundation.org.au



Funded by NSW Government

AGENDA

10:00am	Registration and morning tea on arrival	
10:20am	Official Welcome and Acknowledgement of Country	Cr Col Murray Mayor, Tamworth Regional Council
10:25am	Introduction, Objectives and Program	Dr Danny Wiggins (Facilitator) and Vanessa Burow , Manager, Active Living NSW
10:30am	Keynote address: Health and the Built Environment	Dr Jennifer Kent Research Fellow The University of Sydney School of Architecture, Design and Planning
11:00am	The local context, challenges and opportunities: Helping our community to move more and eat well	Penny Milson and Dr Tracy Schumacher Tamworth Cardiovascular Health Working Group
11.20am	Healthy eating & active living principles within NSW local government: a baseline of Community Strategic Plans & selected Delivery Programs	Jan Fallding Strategic and Social Impact Planner
11:40am	Presenter Q&A and panel discussion Participants: Dr Jennifer Kent, Tamworth Cardiovascular Disease Working Group, Jan Fallding and Natalie Drage	Facilitated by Dr Danny Wiggins
12:00pm	Lunch, tea and coffee provided	
12:45am	The Journey to Council's Health and Well-being Plan 2017-21: Planning for Our People Our Place Our Future	Natalie Drage Community and Cultural Engagement Manager, Cessnock City Council
1.05pm	Healthy Active By Design	Penny Milson Heart Foundation
1.15pm	Healthy Eating and Active Living Online Resource	Vanessa Burow Manager, Active Living NSW
1:25pm	Group Work	Dr Danny Wiggins - Facilitator
2:20pm	Report Back	Table facilitators
2:50pm	Where to from here? Take Home Messages and Conclusions	Dr Danny Wiggins - Facilitator
3:00pm	Forum close	