

## Healthy Communities, Sustainable Places

The Exchange, Sturminster Newton  
Monday 28<sup>th</sup> February 2011, 10am-4pm

### A one day conference to inspire, inform and engage.

How can the arts be used to deliver the objectives of the **Marmot Review**<sup>1</sup>? Healthy Communities, Sustainable Spaces will focus in particular on:

- Reducing social isolation and improving community capital
- Encouraging active travel and physical exercise
- Improving the food environment.

It will showcase an inspirational range of successful and effective arts-based approaches to creating healthy and sustainable places and communities. Delegates will be engaged through theatre and interactive workshops. Resources created at the conference will be used to further engage health commissioners.

Speakers include:

**Adam Sutherland, Director, Grizedale Arts:** Grizedale is a leading contemporary arts organisation with an international reputation based in the Lake District. Projects such as *Creative Egremont*, *Cumbriana Proof*, and *Heaven's Kitchen*, are delivering pioneering arts programmes that improve quality of life, support community regeneration, celebrate local culture in areas of economic decline, promote local participation and reduce social isolation.

**Simon Morissey, Foreground:** Based in a small Somerset market town, Foreground successfully encourages creative collaboration between international artists and local people. They have encouraged inter-generational connections and regenerated a sense of community identity, pride and ownership through programmes such as *Independent State* which revitalised a local carnival.

**Anna Best, Road for the Future:** Anna Best is an artist who works with particular situations, in this case a proposed traffic-free trailway along the route of a former railway – in a rural area with limited public transport. Temporary works by artists will engage local people in the project's development, with an aim to present experimental art work in an unlikely location as well as raise awareness of broader sustainability issues.

**Anna Ledgard, Eastfeast:** Anna Ledgard is a producer and researcher and professional development leader for *Eastfeast*, an artist-led programme collaborating with professional artists, gardeners and cooks in schools in East Anglia. In partnership with teachers, it encourages sustainable healthy communities by creatively integrating the growing of food, the involvement of community and the celebration of the seasons into curriculum planning and delivery.

**Claire Wyatt, Kilter Theatre:** Kilter Theatre promotes sustainable living through theatre. It finds interesting places like allotments and cycle paths and uses the sites (and the people and things they find there) to create shows. Claire will talk about *Roots Replanted*, a show that toured allotments across the south west, taking audiences on a journey down the bean-rows to investigate food-security in the fast approaching post-oil world.

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<sup>1</sup> For the Marmot Review full report, visit <http://www.marmotreview.org/>

**Katy Hallett, Director of Sustrans** will talk about *Art & the Travelling Landscape*, Sustrans' arts programme working with artists, schools and local communities to create and explore landmarks, environments and ideas that celebrate the surrounding areas. Identifying with a location or special place encourages people to visit again and again by foot and bike. A strand of this work, *Artwork and Play*, explores opportunities along the National Cycle Network to build creative relationships between art and play.

## Practical Information

- Venue:** The Exchange, Sturminster Newton, Dorset, DT10 1QU  
<http://www.stur-exchange.co.uk/>
- Lunch:** A delicious lunch will be provided by The Peasant Evolution, which uses as much of its own local, seasonal produce as possible, including meat, vegetables, eggs, preserves and dairy products produced on its own certified organic smallholding in Wootton Fitzpaine.
- Travel:** There is no railway station in Sturminster Newton. The nearest station is at Sherborne, which is approximately 2 hours from Bristol, or London and 1 hour from Exeter. If you are coming by train, a free bus will be available from Sherborne Station to the venue and back. (Leaves Sherborne station 9.30am; returns to station for 5pm)
- Accommodation:** The closest bed and breakfast accommodation in Sturminster Newton:
- Hazeldene – 01258 472 224
  - <http://www.4hotels.co.uk/uk/sturminster-newton70432.html>
- Pub accommodation in Sturminster Newton:
- The Swan Inn, – 01258 472 208 -  
<http://www.4hotels.co.uk/uk/hotels/swaninn.html>
  - The White Hart, DT10 1AN – 01258 472 593
  - The Bull pub – 01258 472 435
- Cost:** £30 for individuals and organisations  
£15 concessionary rate and for all those resident in Dorset
- To book contact:** Please complete the attached booking form and email to [info@ahsw.org.uk](mailto:info@ahsw.org.uk) or send to Arts & Health South West, PO Box 7515, Dorchester, DT1 9FX with your payment.

For any queries about booking please telephone: 01305 269081

### Who should attend?

People working in: Public Health; Local Authorities; Voluntary / Community Sector; Education; Strategic Regional Organisations.

Healthcare professionals: including those working in primary and community care and mental health

Arts Therapists, Artists and Arts Organisations

Healthy Communities, Sustainable Places has been initiated by The Dorset Design and Heritage Forum on behalf of the Dorset Strategic Partnership, in partnership with Arts and Health South West. It was programmed and delivered by Willis Newson and funded by Arts Council England South West as part of Wide Open Space.