



## Healthy Spaces & Places Training *Planning Communities for Healthier People*

Healthy Spaces & Places (HS & P) was developed through a unique collaboration between the National Heart Foundation of Australia, the Australian Local Government Association and the Planning Institute of Australia to encourage local governments to create communities where structure, design and placement lead to healthier outcomes and people-friendly places.

A key aim of this training is to facilitate and encourage people to become enthusiastic advocates of HS & P by learning how to:

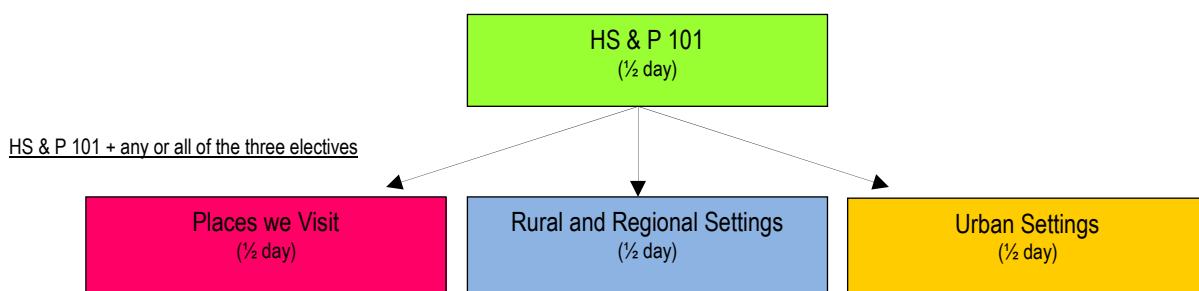
- Develop an understanding of the relationship between health, wellbeing and the built environment and how the evidence research base supports this.
- Familiarise with the design principles that relate to cities, towns and suburbs in urban, regional and rural areas that influence health and wellbeing.
- Learn where to source material, tools and research that assists you to gain a deeper understanding of the relationship between health and the built environment.
- Build capacity to convert the principles into practice through the use of interactive session and case studies.

The training focuses on 10 Design Principles and success factors for achieving built environments that promote healthy and active living. These design principles are: active transport, aesthetics, connectivity, environments for all people, mixed density, mixed land use, parks and open space, safety and surveillance, social inclusion and supporting infrastructure.

Through these principles a range of development types can be applied also, to areas such as infill development, rural/regional/green field areas, parks and recreational facilities, aged accommodation, schools and shops, workplaces and urban squares.

Four training modules have been developed and each module runs for ½ day. HS & P 101 is a core unit that is recommended to be undertaken first as it gives an introduction into design principles and development types of the program. The module can be undertaken as a standalone module or be accompanied by a choice of three elective modules that drill further into the application of the design principles that relate to specific development types.

- **Healthy Spaces & Places 101** - The key elements explored in this module include the relationship between health and planning, the necessity to use evidence base research, an overview of the 10 design principles and the 10 development types (including case studies and an activity).
- **Healthy Spaces & Places in Urban Settings** – this is one of three elective units that can be undertaken. In this unit we drill down further to apply the design principles directly relevant to infill development, neighbourhood parks and neighbourhood plans.
- **Healthy Spaces & Places in Rural and Regional Settings** – again another unit that can be undertaken. The key elements explored in this module include the application of design principles specifically relating to regional centres and greenfield planning.
- **Healthy Spaces & Places in the Places We Visit** – again another unit that can be undertaken. The key elements explored in this module include the application of the design principles specifically relating to workplaces, shopping precincts, urban squares, schools and retirement accommodation.



## Who is the training for?

The training is relevant for everyone involved in designing, building and maintaining the built environment and in delivering quality of life outcomes for communities. It has been developed specifically for Local Government and should be considered an essential component for those Local Government areas that are part of the *Healthy Communities Initiative*.

Those who will benefit from the training are decision makers such as elected members and senior management personnel. The training will also be of great benefit to a wide range of other personnel involved in creating and maintaining community well-being. Training will be most effective when the participants come from a range of council roles and professional backgrounds (such as urban and social planners, building surveyors, engineers, recreational and environmental health officers, landscape architects cultural planners etc) each bringing different experiences and perspectives.

## Introductory Prices

Prices as at 16 September 2011 – with all prices inclusive of GST.

<b>Training module</b>	<b>Base price, for <u>up to 10 participants</u></b>	<b>Individual participant price for <u>over 10 and up to 22 participants</u></b>	<b>Travel and accommodation for Canberra based Trainer</b>
<b>½ day module</b> (HSP 101)	\$2,200 plus	\$220	Plus economy standard travel and accommodation - details by negotiation.
<b>1 day</b> (HSP101 + an elective)	\$3,300	\$330	
<b>1 ½ day</b> (HSP 101 + 2 electives)	\$3,850	\$385	
<b>2 days</b> (HSP 101 + 3 electives)	\$4,400	\$440	
<b>4 x ½ day modules</b> (each module undertaken on separate occasions within a 6 month period)	\$6,600	\$220	
<b>2 x 1 day modules</b> (2 modules undertaken on two separate occasions within a 6 month period)	\$5,500	\$330	

## More Information

For more information or to make a booking please contact:

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