

**Active and Healthy
Communities**
Thursday 12th May,
10am - 4pm
St. Nicholas Arcades
Lancaster
(opposite Boots main entrance)



What do you know about the health of your neighbourhood?

Come and take a walk through our interactive neighbourhood to find out more about health and healthy communities in the North West. Get involved in quizzes and games for a guaranteed prize, hear speed talks from our team and don't miss the big cake lottery!

You may be surprised to find out about some of the factors that can have an impact on the health of a neighbourhood...

Drop in to hear one of our speed talks throughout the day with a chance to meet the teams and ask questions.

Time	Speaker	Title
11am	Jennie Popay	The potential health benefits of giving communities more control over decisions that affect them
12 noon	Ana Porroche-Escudero	Being healthy, living longer: what does social justice have to do with it?
1pm	Lesley Harper	Evidence synthesis - What is it?
2pm	Sarah Mosedale	Public health - What makes us ill?
3pm	Ahmed Al-Naher	Patient-centred medicine for heart failure and kidney disease

What's on

The health of the region quiz.

How much do you know about the health of our region? Will you be the quiz master of the North West? Enter the quiz for a chance to win a Lancaster University summer gym membership.

Have your say- Help us build a forest of knowledge

What are the issues in your neighbourhood? Do you want to do something to make a change? Let us know what's important to you.

Speed talks

On the hour, every hour - hear a speed talk from one of the team on topics from mental health to the impact our neighbourhood has on our health.

Cast your vote

What are the things that make you happy and healthy? What's important to you?

Play the snakes and ladders game

Roll the dice and play the giant game. Find out more about health inequalities and how different things affect good health.

Join us for the big cake lottery

Exchange your voucher for a go on the tombola. Will you receive a broken biscuit, a luxury cake or something else?

There's a children's area to keep little ones busy!

THIS VOUCHER ENTITLES YOU TO A FREE GO ON THE BIG CAKE LOTTERY AND TOMBOLA. WIN A SUMMER SPORTS CENTRE MEMBERSHIP AT LANCASTER UNIVERSITY, LUXURY CAKES AND MUCH MORE.

EVERY ENTRY WINS.

ONE ENTRY PER PERSON

