Recommendations from review of childhood obesity and sports provision Action Plan 2012/13 (The 15 priority areas are shaded)

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	Early Years		
1.	Implement NICE guidance (2010) for maternal obesity 'Weight management for before and after pregnancy'. Local authority leisure and community services should offer women with babies and children the opportunity to take part in a range of physical or recreational activities, that are affordable, accessible, with provision made for women who wish to breastfeed and, where possible, crèche provision.	Early Help team / Sport and Leisure team / Health improvement team	There is a strong emphasis on making all centres friendly and accessible to families. Dulwich and Peckham Leisure centres have a crèche facility and other centres have been made as accessible as possible including provision of breast feeding facilities at each centre. Two children's centres run 'buggy push' walking groups.
2.	Develop and implement consistent healthy eating and physical activity policies across Southwark Children's Centres and other early year's settings including child minders, private and voluntary nurseries that promote breastfeeding and ensure compatibility with the Early Years Foundation Stage Framework and Caroline Walker Trust nutrition guidelines.	Children Centre Nutrition Team / Early Help team / Health improvement team	The Southwark Eat Better Start Better programme is now supporting implementation of national food and drink guidelines. So far 43 early years settings have been audited and have improvement plans. Policies to support physical activity will be proposed in refresh of Physical Activity and Sports Strategy.
3.	Develop and carefully promote courses using professional chefs on cooking, shopping and nutrition through aspirational marketing to appeal to parents and carers in Sure Start Children's Centres and other early years' settings.	Early Help team/ Health improvement team	Eat Better Start Better has delivered 58 healthy cooking sessions with 163 parents/carers and nine community food activities involving a further 153 other family members. Parents report increased confidence in providing a healthy balanced diet for the family
4.	Encourage all nursery staff, including catering staff, to attend under 5's physical activity and nutrition training to support implementation of policies. Extend also to anyone caring for a child under 5.	Early Help team/ Health improvement team	Eat Better Start Better has trained 18 early years practitioners from 9 settings. Healthy weight and nutrition training sessions have also been promoted. Uptake is patchy however and further work required to review, tailor and target this.
5.	Implement the 'Eat better, Start better' or HENRY programme in Sure Start Children's Centres, and other early years' settings, and ensure it is embedded in early years' practice.	Children Centre Nutrition Team / Early Help team / Health improvement team	Eat better, Start Better has been implemented in 43 settings so far and will be further developed, led by the children's centre nutrition and dietetic team in 2013/14.
6.	Develop initiatives which target parental obesity of both mothers and fathers as a priority	Health improvement team	Eat Better Start Better cooking sessions are referred in to by practitioners who may have concerns about either the

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			parent and or child's weight / eating habits.
7.	Undertake a pilot early years local weighing programme with a children's centre. Build on the Health Visitor practice of weighing children at 2 years and use this as a way of particularly targeting at risk parents and children and then signposting them to nutritional and exercise advice & programmes.	Early Intervention and Prevention team/Health improvement team	Following the prioritisation of early intervention by the Health and Wellbeing Board, there have been discussions about strengthening the way that multi-agency staff including Health Visitors offer support to young children in a locality model, the 2 year old check has been suggested as the platform for a targeted weighing programme. Further discussions required to explore how this could be enabled. Recent agreement has been reached to add support to the Early Help 'Team Around the Child' model with input from the nutrition and dietetics team as appropriate.
	Schools and the universal free school meals		
8.	Ensure a whole school approach to implementing the universal free school meals programme by involving all staff, children, parents, governors and the wider school community in developing a plan.	Free-School Meal project team/Health Improvement Team	Several focus groups have been run with children to collect their feedback on the school meals provision and to help to inform plans. All primary schools including special schools have been offered free staff training and curriculum resources including lesson plans to support healthy eating and physical activity messages: 34 schools have signed up so far. 20 governors and cooks attended training on nutrient standards. Schools are encouraged to consult parents on menu planning. An audit is being progressed in the wider community to identify cooking clubs and activity/sports clubs that could link more with schools and provide parents and children support with the extension of healthy living behaviours into their community and home.
9.	Promote the uptake of school meals and nutrition based	Free-School Meal project	FHSM website information provides access to FFLP

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	standards by working towards, or achieving, at least the Bronze Food for Life award and ideally the Silver award.	team	resources and support for schools needing to develop a school nutrition action group and food policy as a requirement for FFLP bronze award. Currently 21 schools are registered with FFLP and 1 school is a flagship school available to provide school-school support
10.	Ensure that all primary and secondary school meals are nutritious and tasty at the point of delivery. Promote training for governors, who have responsibility for school meal provision	Free-School Meal project team/Health Improvement Team	20 governors and cooks from primary schools attended training on their responsibilities for school food including nutrient standards and a practical healthy cooking session to whet their appetite and stimulate peer support.
11.	Promote health literacy in schools throughout the curriculum, including PSHE classes.	Free-School Meal project team/Health Improvement Team	Phunky Foods resources made available to all primary schools. Active4Life Programme developed in partnership with School Sport Network to additionally target 25 primary schools with high levels of obesity to run a X-week Active4Life programme for yr 5 pupils inc heart-health awareness as well as encouraging interest in a broad range of physical activity/sports. Southwark supported Old Vic New Voices to deliver 'Health Wealth' play and workshop to 1500 13/14 years old in 7 Southwark schools. The play tackled issues of 'chicken shops, craving sugary, fatty and salty foods, and getting fat inside as well as on the outside'.
12.	Make links between growing food, urban agriculture and nutritional education. Connect with local allotments and city farms. Grow food at the school.	Free-School Meal project team	Several growing projects identified and encouraged to link with schools inc growing spaces on estates. The Food for Life partnership award is also being promoted alongside free healthy school meal programme as a framework that schools can use to support this type of activity. A new 'Free Farming' project initially targeting primary schools in Southwark has been funded to run in 2 schools this year as a pilot with a vision to extend to all primary schools. Includes classroom education activities and growing projects.
13.	Increase the quantity and quality of sport and physical activity throughout the school day including curriculum,	Sports and Leisure Services Team	Proactive Southwark is working with the Southwark School Sports Network to support a co-ordinated approach in

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	lunchtime and after school.		engaging schools with a local offer to a) take up staff training to improve quality PE delivery, b) improve links to quality-checked clubs that can provide after school activities, and c) where necessary bring in quality assured providers to support in-curricular activity. Schools will each receive an £8000 ring-fenced budget to support them to do this.
14.	Provide at least 3 hours of sports provision and that includes a 45 minutes of constant cardio-vascular movement, through developing in house expertise or via Southwarks 'Superstar Challenge'. Time spent travelling to and from the activity should not be counted	Sports and Leisure Services Team	The Southwark Superstar Challenge programme was offered to all schools in the borough through a menu of activities by the Southwark Community Sport Team. Included within this menu was a programme of sport specific coaching in up to 20 Primary schools per term and also offered a programme of estate based sessions in weekday evenings. In 2013/14 and beyond the Southwark Community Sport service will be delivery the London Youth Games and London Mini Marathon Programmes directly. The service will continue to coordinate the Sportivate grant programme which supports local organisations to provide up to 8 hours of additional sports delivery. The service will also be supporting the delivery of the Active4life schools programme coordinated through the Southwark Public Health Team.
15.	Invest in training staff in coaching skills, through in house expertise, linking with outside expertise or via the Bacon's partnership.	Sports and Leisure Services Team	Southwark Community Sports Team (SCST) delivered a number of Community Sport Leadership courses to young people in a youth club setting as part of the Engaging Young People Olympic Delivery network in 2012. The SCST service is in the process of developing a comprehensive in-house training service in key skills such First Aid instruction, Safeguarding Children Training and Disability Awareness, these will be offered free of charge.
16.	Encourage active and outdoor play in schools during playtime.	Sports and Leisure Services Team	All primary schools have been encouraged to be Change4Life campaign supporters which gives them access to materials, ideas and support in helping children to engage in active play.

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			A programme of targeted support will be facilitated by Bacons College to support 25 schools with high levels of obesity to encourage children to get involved in physical activity through fun 'multi-skills' sessions that improve physical confidence and teach them active games that can be played in the playground.
17.	Improve links with voluntary sports clubs and consider providing free or subsidised space and championing their activities	Sports and Leisure Services Team	Sports and Leisure Services Team coordinates and delivers the ProActive Southwark Community Sport and Physical Activity Network (CSPAN) which creates and builds successful links with voluntary sports clubs in order to access support and resources. The service is developing a new Sport and Physical Activity Strategy in 2013 whereby supporting voluntary sports clubs will be a key priority.
	Local Authority and Partners		
18.	Provide an option for schools to buy in the 'Superstars Challenge'; integrating the 'Superstars Challenge' with the free school meal offer may be an ideal opportunity to embed this initiative in schools.	Sports and Leisure Services Team/Health Improvement Team	The Southwark Superstar Challenge programme was offered to all schools in the borough through the Southwark Community Sport Team (SCST)as a buy in product up until Mar 2013. Going forward the SCST will instead be working in partnership with Southwark Public Health Service in developing and expanding the 'Active4Life' programme.
19.	Provide training for governors, who have responsibility for school meal provision, in ensuring tasty meals at the point of delivery, meeting high nutritional standards and an increasing uptake of school meals.	Free-School Meal project team/Health Improvement Team	See rec 8 and 10
20.	Promote the Food for Life standards to all schools.	Free-School Meal project team/Health Improvement Team	All schools receiving Free Healthy School Meals are encouraged to also work towards the Food for Life Partnership award.21 schools are currently registered as doing so.
21.	Provide an option for schools to buy in coaching from Bacon's College to enable teachers to gain the skills to become effective coaches and understand health literacy.	Sports and Leisure Services Team	Most Southwark schools are now members of the School Sport Network that Bacons run. Recently the government has awarded primary schools with a new ringfenced budget for sport and physical activity (approx 8K each) to support a continuation of the Olympic legacy. Bacons is currently consulting all schools to identify how they can best support them with development of a School Sport core package

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22.	Work with Bacon's College to ensure that the learning developed by the Bacon's Partnership Health and Wellbeing programme on health literacy is captured and available for schools to utilize though a pack, Inset day, or other suitable method.	Sports and Leisure Services Team/Health Improvement Team	This programme (now called Active4Life) is continuing to be built on and further refined. It will be delivered to a further 25 year groups this Spring/Summer. LSBU are also a partner in helping to evaluate the programme and bid for further funding to scale it up.
23.	Continue to maintain investment in MEND (Mind, Exercise, Nutrition, Do-it!) programme so that children can be referred to this from the child weighing programme, and in other ways	Sports and Leisure Services Team/Health Improvement Team	MEND courses did continue to run with funding from the PCT however there is no mainstreamed budget for this beyond 2012/13.
24.	Promote partnership work between sports clubs and schools.	Sports and Leisure Services Team	 The Sports and Leisure Services team continue to promote partnership work between sports clubs and schools in a number of ways working with partners such as ProActive Southwark, the London PE and School Sport Network. Developing a community use strategy to link schools and their facilities with local clubs and the community. Engaging schools in the London Youth Games and the London Mini Marathon Linking clubs with schools via the 'Sportivate' and 'Sportability' grant programmes.
25.	Promote active travel - ensuring every school has a healthy travel plan that encourages active travel i.e. walking and cycling to school.	Transport Team	All schools are encouraged to develop travel plans. Currently over 90% of schools have travel plans
26.	Provide pedestrian and cyclist training for schools.	Transport Team	All schools are offered pedestrian training and cyclist training. We train in the region of 2500 and 900 children respectively each year.
27.	Promote a greater understanding of health through the child weighing programme. Consider screening more effectively for metabolic health by working with school nurses to develop other measures, such as waist measurements. Seek to create a dialogue on this.	Health Improvement Team	There is limited scope to expand to include screening for metabolic health in weighing programme, although consideration will be given to providing follow-up screening for older children (ie year 6) for early onset type 2 diabetes and other obesity-related conditions. Problems are documented with waist circumference measures as they are more open to error than BMI.

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28.	Provide schools with details of urban agriculture opportunities including links to allotments and city farms and information on how to link this to nutritional education and physical activity.	Health Improvement Team	Further health improvement opportunities have been seized through the weighing programme. During 2012/13 parents whose children were measured as obese (from 'top 20' schools) during NCMP measures were proactively followed up through brief telephone intervention. Additionally all parents of overweight and obesity children were invited to attend one of three health fairs run across Southwark. The health fairs helped parents/carers and their children to understand the importance of healthy eating and physical activity on their child's weight and health. School Nurses were also invited to attend the event. An obesity CQUIN is also being drafted by CCG for school nurse team including the continuation of the health fairs to increase the understanding of nutrition, activity, healthy weight and NCMP. see rec 12
29.	Evaluate the Universal Free School Meals programme effectively. There is an international and national need for research that helps identify effective methods to reduce health inequalities and childhood obesity; and that tracks the cost and outcomes of programmes.	Free-School Meal project team/Health Improvement Team	There is an ongoing monitoring process in place to track uptake, as well as a collection of more qualitative data from staff, parents and children through interviews and focus groups to supplement this.
30.	Nutrition Create a healthier environment for our children and young people by restricting the licensing of new hot food takeaways (A5) that sell low nutrient, calorie dense food e.g. within 400m boundary or 10min walking distance of schools, children's centres, youth-centered facilities. High concentrations of fast food outlets are currently in Peckham town centre, Queens Road Peckham, Walworth Road.	Planning team	 As part of the Peckham and Nunhead Area Action Plan (PNAAP) one policy in the PNAAP (Policy 4) was dedicated to Hot Food Outlets in Southwark. The policy proposes the following: Control the number of hot food takeaway units within the protected shopping frontages in Peckham town centre and Nunhead local centre by setting a threshold of 5% of units to be allowed for hot food

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			 takeaway use and where the proportion of A5 use has exceeded the threshold of 5%, no further A5 use will be permitted. Put a restriction on the clustering of A5 units in protected shopping frontages, i.e.no more that two A5 units located adjacent to one another, and no less than two non-A5 units located between a group of hot food takeaways Define a 400 metre exclusion zone of new A5 units around secondary schools The consultation for this policy ended in December 2012 and Public Health canvassed heavily for support from partners such as NHS clinical staff, Children's Centres and teachers. A decision on the policy is expected in mid-2013. Similar policies look to be implemented included in plans for other areas within the borough (eg Camberwell).
31.	Support the development of a greater diversity of local food outlets that sell healthy food, particularly near schools after school so children have better options.	Planning team/Environment Team	As above (rec. 30)
32.	Restrict or place conditions on the licensing of cafes and other food outlets that mainly or exclusively sell food high in calories and low in nutrients. Consider particularly rigorous conditions when outlets are near schools and open during lunch hour or after school.	Licensing Team/Environment Team	As above (rec.30)
33.	Use planning and other methods at the local authority's disposal, to promote the establishment of businesses that make available healthy food. For example groceries, market stalls, food cooperatives and supermarkets that sell fruits and vegetables, whole foods etc.	Planning team	The Health Checks team have devised a discount card, providing 10% discount card for health food shops (such as fruit, vegetable and fish shops) and gym for individual who have been through a health check with the outreach team.
34.	Redefine food safety standards to reflect current threats to health and use environmental health officers to promote healthier eating.	Health Improvement Team/Environment Team	Healthy Catering Commitment (see below).
35.	Set high standards of nutrition in public spaces e.g. schools, offices, sports centers, day centres and	Free School Meals Programme Team/Health	In addition to supporting schools to procure meals that comply with nutrient based standards, we have also worked

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	libraries.	Improvement Team	 with 11 businesses including one leisure centre, workplace canteen to meet the Mayor's Healthier Catering Commitments. 8 of the 11 met the criteria and been award HCC Certificate. This is now part of Environmental Health responsibilities. Public Health plans to support this in 2013-14 by working with Dulwich, Camberwell and Peckham leisure centre cafes and focusing on one chain in an obesity hotspot area. Tooley Street canteen has been involved and work continues into 2013-14.
	Urban Agriculture		
36.	Promote urban agriculture, for example allotments and city farms. Use the planning process and spatial documents to help this.	Planning and Transport team/Health Improvement Team	Strategic policy 11 of the Council's adopted Core Strategy sets out our approach to improving, protecting and maintaining a network of open spaces and green corridors that will provide food growing opportunities. We will do this by continuing to protect important open spaces, including allotments from inappropriate development. We will also promote green corridors, gardens and local food growing in new development. Our draft open space strategy sets out further guidance on the use of open spaces for allotments and community food growing. Public Health have funded five Estates to develop growing spaces within the estate for mixed use (flowers and food growing) as part of the Olympic Health activities.
	Physical activity and sport		
37.	Continue with the Southwark Community Games wider programme. Ensure it is additionally targeted at very precise areas of population in local neighbourhoods.	Sports and Leisure Services Team	The Southwark Community Games (SCG) programme ran throughout 2012 and early 2013. The programme targeted specific areas of the borough known to have high levels of anti-social behaviour such as the 4Squares Estate in Bermondsey and Damilola Taylor Youth Centre in Peckham. The SCG programme ceased in Mar 2013, however through the partnership with StreetGames, a national programme funded by Sport England, the Southwark Community Sport Service will be creating 12 'Door Step Sports Clubs' over the

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			next three years. These community based sports sessions will be targeted at areas of specific need and within housing estates without current sports provision.
38.	Continue to use the LBS Olympic brand to promote physical activity and sport.	Sports and Leisure Services Team	The LBS Olympic Brand was used on the Southwark Community Sport Team staff uniform in 2012/13, on the SCG street programme fliers and on the 2013 Team Southwark London Youth Games promotional material.
39.	Collate information on Southwark wide provision of sports and physical activity and publish this widely. Ensure the public can easily access information on provision by Southwark Council, leisure providers, voluntary clubs and private sector providers. Enable this to be accessed on the website and through other portals, using available resources. Link with the LBS Olympic brand.	Sports and Leisure Services Team/Health Improvement Team	Southwark Community Sport team launched the Get Active Southwark campaign in 2012 which included a web-portal with over 700 local opportunities to participate in sport and physical activity in Southwark including over 100 clubs, 250 venues and 350 different activities.
40.	Continue to support the capacity of voluntary sectors organizations and facilitate partnership building, within available resources. Help champion local sports clubs	Sports and Leisure Services Team/Health Improvement Team	 The Sports and Leisure Services Team supports voluntary sports organisations in a number of ways. Officers assist with Funding bids Capacity building Communication networks (e.g. ProActive Southwark Delivery Sub Group) Operational Advice Facility Development Creating links with other organisations such as schools. Marketing (Through Get Active) Training
41.	Prioritise the maintenance and provision of sports facilities in parks and green spaces, particularly green spaces in deprived areas. Where possible increase the provision of outside gyms and other sports facilities. Ensure good urban design so that spaces feel safe and are located near transport hubs.	Parks, Planning and Transport team	Satisfaction of residents with Southwark's parks is very high. Southwark match funded a 2M grant with a 4K funding commitment to improve Burgess Park at the heart of several deprived communities. 10 outdoor gyms have been installed in parks around the

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			borough and several more in housing estates.
			The Olympic legacy fund has invested significantly in further sports facilities in the borough.
42.	Maintain Peckham Pulse to a high standard.	Leisure Team	Standards are continuingly improving as a result regular monitoring and performance review of the centre according to the terms and conditions of our contract with Fusion. Ongoing planned maintenance and capital investment of £2.3m over the next two years will ensure the centre is maintained to a high standard over the coming years. Officers continue to work with Fusion to increase participation and improve access and programming at the centre for young people.
43.	Promote a diverse range of sports, particularly for women.	Sports and Leisure Services Team	Southwark Community Sport team launched the Get Active Southwark campaign in 2012 which included a web-portal with over 700 local opportunities to participate in sport and physical activity in Southwark including over 100 clubs, 250 venues and 350 different activities. Southwark Community Sport Team has a dedicated officer tasked with developing opportunities for women to participate in sport. The Southwark 'Us Girls' programme received national recognition as an outstanding project for women's sport participation at a local level.
44.	Ensure that Fusion invests in lifeguard training for women, as a priority, so it can ensure that it only uses female lifeguards for its women-only swim sessions. Once this has been achieved Fusion should promote this widely.	Sports and Leisure Services Team	Fusion continue to aim to recruit female lifeguards. This is historically a challenge across the leisure industry. Fusion have responded by offering free National Pool Lifeguard Courses with to women with a view of employing upon successful completion of the course. It is an area that is being monitored and developed as part of the wider women's programme.
45.	Ensure universal sports provision is accessible for disabled people	Sports and Leisure Services Team	There are a number of tools and structures in place to ensure that the services we provide are accessible to disabled people. At a policy level, as part of the wider ProActive network, the Southwark Disability sub group (number of organisation working with people with

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			disabilities) meet on a quarterly basis with the aim of sharing information and improving access to physical activity. Other ongoing work includes the improvement of facilities through the investing in leisure programme, the development of services within each sports facility by the centre's Disability Champion. Community sports work such as multi sports session delivered at Southwark College and London Youth Games, the Paralympic Legacy grant programme 'Sportability' and finally special inclusive events celebrating the Olympics such as Boundless.
46.	Ensure planning applications for new developments always prioritises the need for people (including those whose mobility is impaired) to be physically active as a routine part of their daily life.	Transport planning team	Southwark Plan requires that new developments: - make adequate provision for pedestrians and cyclists; - have good design of access arrangements that promote walking and cycling; - create or contribute towards more direct, safe and secure walking and cycling routes; and - provide convenient, secure and weatherproof cycle parking
47.	Ensure pedestrians, cyclists and users of other modes of transport that involve physical activity are given the highest priority when developing or maintaining streets and roads.	Transport planning team	East Walworth and Faraday Green Links - the creation of new high quality walking and cycling routes between green spaces in the Walworth area.
48.	Plan and provide a comprehensive network of routes for walking, cycling and using other modes of transport involving physical activity; particularly in deprived areas.	Transport planning team	See above. Also Camberwell Green links - Burgess Park to Camberwell Green. Also rollout of cycle permeability improvements across the borough e.g. contraflow cycle facilities. Also Greendale path improvements.
49.	Ensure public open spaces and public paths can be reached on foot, by bicycle and using other modes of transport involving physical activity.	Transport planning team	The Green Links programme focuses on improving links between open spaces to improve access and encourage uptake of walking and cycling by local people.
50.	Promote walking and cycling and other modes of transport involving physical activity in spatial planning documents; particularly in deprived areas.	Transport planning team	Peckham and Nunhead Area Action Plan sets out vision for sustainable travel in the plan area.
51.	Incorporate active design codes in neighbourhood planning, housing strategies and building codes.	Transport planning team	In assessing developments officers seek to ensure that walking and cycling, on their own or as part of a journey that includes public transport, are as attractive as possible as alternatives to car use. Aside from reducing congestion and pollution, this encourages more active travel as a

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			contribution toward active lifestyles by improving local
			pedestrian and cycling routes and including good cycle parking.
52.	Enhance healthier eating knowledge and behaviour amongst at risk populations, working with relevant geographic and ethnic communities.	Health Improvement Team	 Worked with British Heart Foundation BME project to target at risk communities (South Asian, African) through events, training and information dissemination. Worked with libraries to expand stock of books for relevant cultures re healthy eating and healthy recipes. Recruited 10 community groups supporting at risk populations to train on the Lets Get Cooking Course to then cascade 10 x 8 week cooking courses. Worked with Ladies of Virtue and West African dietician to devise workshops and support programmes that could be
53.	Support people with learning disabilities and mental ill- health, as well as the carers and staff that work with them to encourage healthy eating and physical activity.	Health Improvement Team	delivered through churches. 3 have taken part so far. GP resource pack devised to support them to signpost Learning Disability patients to health promotion advice in relevant format. Carer/patient workshops also held via provider organisations including MENCAP. Working with Cooltan Arts as a deliverer of Lets Get Cooking course for their Mental Health clients
54.	Working with the whole population When refreshing Southwark's Healthy Weight strategies, consider evidence from the whole community approach, from France, EPODE ('Ensemble, Prévenons l'Obésité Des Enfants', or 'Together, Let's Prevent Childhood Obesity') and incorporate that where relevant and possible.	Health Improvement Team	Refresh of strategy due in 2013/14.
55.	Ensure that links between Southwark's 'Healthy Weight Strategy'; Physical Activity Strategy and Food Strategy are made so that initiatives are mutually strengthening.	Health Improvement Team	This will be the case with the refresh of the physical activity and sports strategy in July 2013.