**Slough Healthy Weight Workshop – 5Th February 2024 at Wexham Court barn.**

**Workshop Goal**

We want to start a movement rooted in collective insight to pursue the purpose of "Creating an environment throughout Slough that encourages and enables everyone to make positive choices that support the maintenance of healthy weight and active lifestyles“

**Workshop objectives**

* Develop relationships, connections and commitment across key stakeholders focussed around our purpose
* Create a welcoming and creative space where everyone feels able to contribute
* Explore evidence around healthy weight in Slough and identify key insights
* Develop opportunities for collective and individual action to progress the project
* Identify and align around next steps

**Outline Agenda**

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| **Time** | **What** | **Who** |
| 9.00am | Registration and refreshments |  |
| 9.30am | Welcome and introduction | Sponsors and Design Team |
| 9.45 | Getting to know each other | Tables / Plenary |
| 10.15 | Sharing the evidence  Public Health Needs Assessment & Evidence base | David Davies and Kelly Evans. Table discussion |
| 11.00 | Break |  |
| 11.15 | Sharing the evidence  Community conversations | Slough CVS  Table discussion |
| 12.00 | Sharing the evidence  Survey results | Tricordant / plenary |
| 12.20 | Identifying key insights | Tables /Plenary |
| 1pm | Lunch |  |
| 1.45pm | Developing our Vision – what Slough could be like as environment that encourages and enables everyone to make positive choices? | Tables/Plenary |
| 3.15pm | Break |  |
| 3.30pm | What’s already working? What do we need more of?  Agreeing next steps | Small groups/plenary |
| 4.15pm | Review and close | Sponsors |