



'Canny Planners' Town Planning for Healthy Lives

Online Activities 2021

Presented by:

'Youth Engagement Service'

'YES' Planning from

Newcastle University



Canny *Planners*

Hello! Let us introduce ourselves!



Image Source: Author



Part One

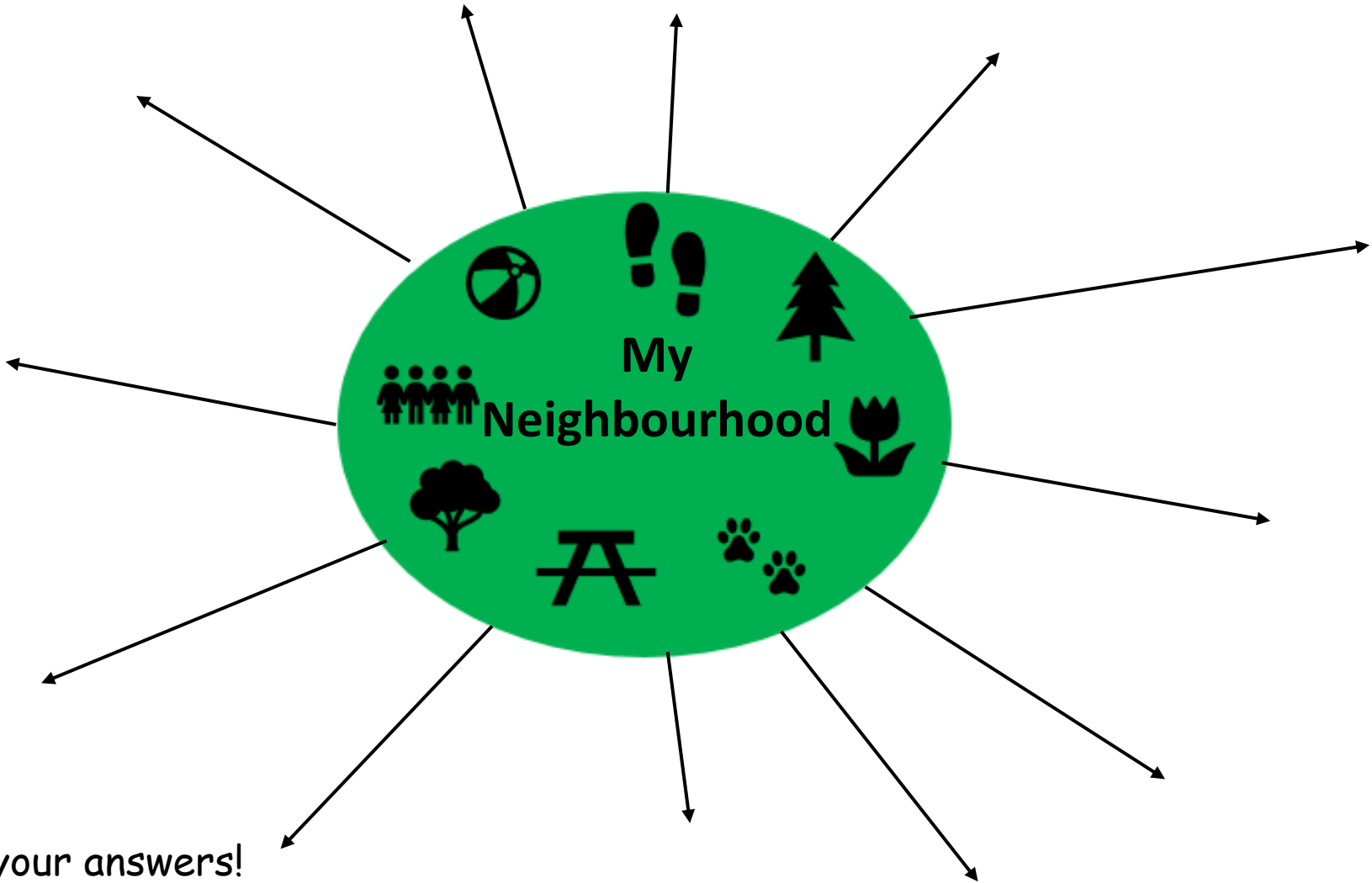


Planning my Neighbourhood

What is
planning?

- What do you think 'town planning' is?
- *Write your answer on your paper.*

What does your neighbourhood look like?



Hands up with your answers!

What would your perfect neighbourhood look like?



Draw 9 boxes like these on
your paper to create a
diamond shape overall

Most Important



Least Important



- Link to Agent Plan It:
<https://www.youtube.com/watch?v=2LyjHAni4mE>

Part Two

What is town planning?

- Town planners help to decide how land should be used or protected.
- Planning can help solve problems such as **climate change, social fairness** and better **community health**.

What is town planning?

- "Planners organise, design and make decisions on where new homes, roads, schools, shops and all the other things we need to live and work should be built. At the same time, town planners try to make towns, cities and the countryside attractive, safe and environment friendly. They are at the heart of discussions with local communities, businesses and politicians" (Royal Town Planning Institute).

What is town planning?

<https://www.youtube.com/watch?v=Sq5VGiWXGTY>



- 'Agent Plan- It' explains what Town Planning is (Royal Town Planning Institute)

Making sure people have access to homes, jobs and facilities such as schools, hospitals and open spaces

Designing new towns, garden cities or villages

Balancing the needs of communities, businesses and the environment

Setting out and using development rules and guidelines across the country

Protecting buildings and areas that are of environmental, historical or architectural importance

Preparing and assessing applications for new buildings, masterplans or land uses

Meeting architects and local people, explaining your ideas and proposals, and listening to other people's views

Marking up suitable land for development and making sure it becomes available

Presenting to committees and meetings on planning proposals

Managing and leading different projects at the same time

What Planners do:

Aims of Planning

- Planning aims to create healthy and attractive places for people to live and work and relax.
- What do you think that will look like?
- **Why** is a healthy lifestyle important?
(write the answer on your paper)

Aims of Planning

- Transport for London's project: Healthy Streets for London, aims to create a vibrant city, where people can be active and healthy.
- Here are some of their aims for what a healthy street should look like:

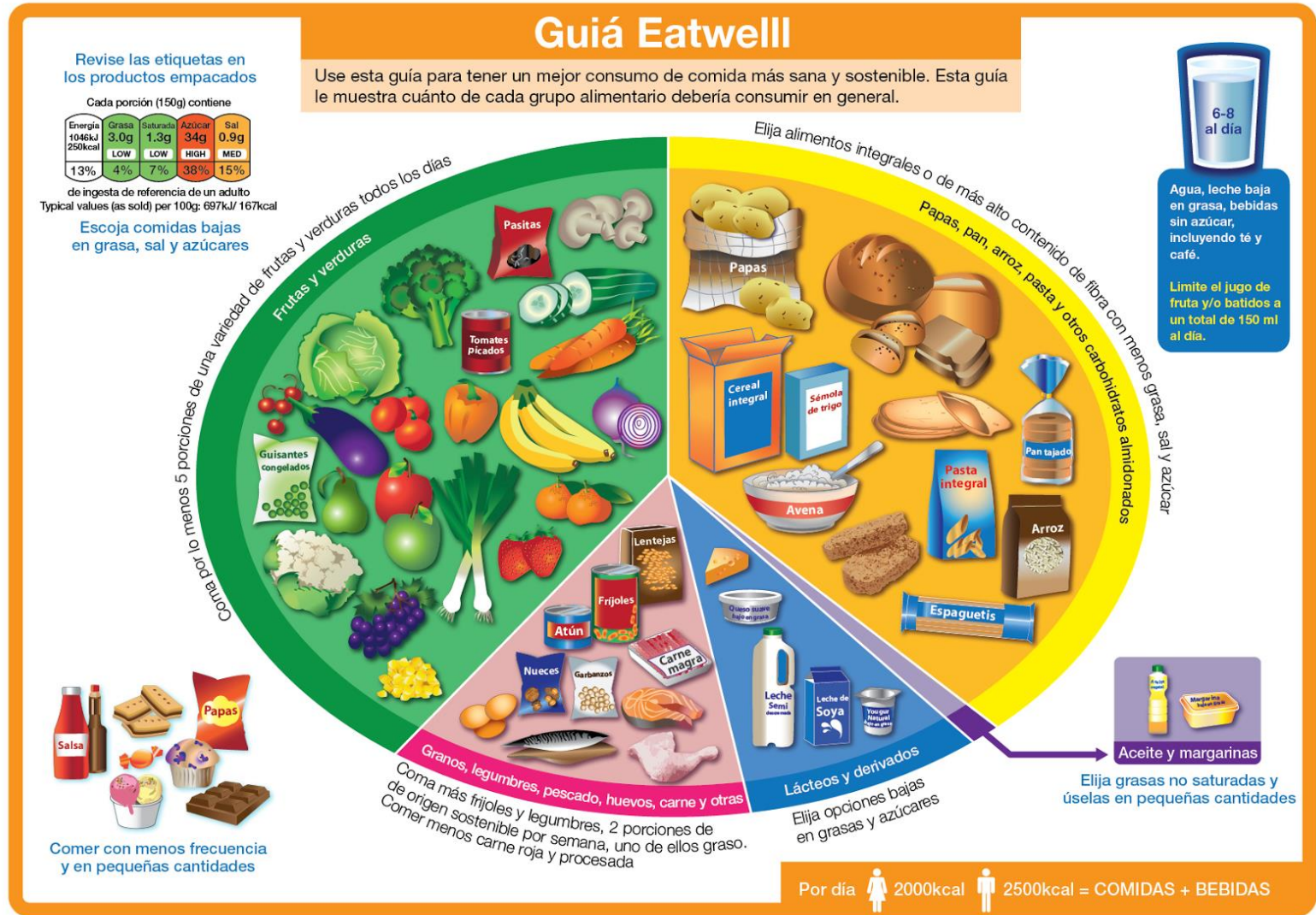
Healthy Streets aims (Transport for London, 2017)



Which of these is most important to you?

Source: Transport for London, 2017

“To ensure a healthy lifestyle, the World Health Organisation (WHO) recommends eating lots of fruits and vegetables, reducing fat, sugar and salt intake and exercising.”



Fuente: Oficina de Salud Pública de Inglaterra (PHE) en asociación con el Gobierno de Gales, Estándares Alimentarios de Escuela y la Agencia de Estándares Alimentarios de Irlanda del Norte. Traducido al español por J.L. Urra. © Crown copyright 2016. Content is available under the Open Government Licence v3.0

As well as eating healthily, it's important to be active and get plenty of exercise

- To burn off 500 calories (half an average adult dinner portion) you need to do 30 minutes of rapid exercise:
 - Skipping
 - Swimming
 - Zumba dancing
 - Gardening
 - Tidying up
 - Playing an instrument – calories burned through mental and physical exercise.



Source: Creative Commons

- Hot Food Takeaways
- A hot food takeaway sells hot food to be eaten off the premises
- Can anyone think of any examples near you?



Source: Creative Commons

Gateshead
Takeaway
Study 2013
187 Takeaways

	Calories		Fat	
	Over 66% female RDA	Over 100% female RDA	Over 66% female RDA	Over 100% female RDA
Fish and chips	82.0%	8.0%	96.0%	80.0%
Pie and chips	74.0%	0.0%	96.0%	36.0%
12" Margherita pizza	91.1%	13.3%	91.1%	68.9%
12" Pepperoni pizza	97.7%	29.5%	100.0%	88.6%

Hot Food Takeaways


- There are 264 hot food takeaways in total in Newcastle
- There are a whopping 33 takeaways on Westgate Road!
- Planning permission is needed if somebody wants to build a new takeaway or if they want to turn a building that already exists into a takeaway.
- Have you thought about the effects that takeaways have?



What are the effects
do takeaways and
that town planners
need to think about?



Healthy High Street Game

CAFÉ	CARD SHOP	FLOWER SHOP	CHICKEN TAKEAWAY	HEALTH FOOD	BAKERS	HOT PASTY SHOP	NEWSAGENTS	DRY CLEANERS	HAIR DRESSERS
School Zone									
PIZZA TAKEAWAY	PRIMARY SCHOOL You must pick up <u>1 additional piece of litter</u> at any shop you land on next to the school		<div style="text-align: center;">  <p>THE HIGH STREET GAME</p> <p>Aim of the Game: To complete the trip to the High Street and have the least amount of litter at the end.</p> <p>Rules (4 Players):</p> <ol style="list-style-type: none"> Take in turns to roll the dice If you land on a takeaway shop (coloured red), then you must <ol style="list-style-type: none"> Collect a piece of litter/ packaging and keep this. Collect a calorie card and keep this. If you land on the School Zone, you must pick up an additional piece of litter. If you land on the Recycling Station you can get rid of the litter that you have collected so far. You can take an optional visit to the park to get rid of all the calories you have collected, but then you must miss a turn. <p>GO CANNY!!</p> </div>				LITTER Cards representing litter place here.		INDIAN TAKEAWAY
TRAVEL AGENTS							TRAVEL AGENTS		
ESTATE AGENTS							FRUIT AND VEGETABLE SHOP		
FISH AND CHIPS	PARK (OPTIONAL VISIT) Burn off all the calories collected so far in the park. Miss one turn						CHARITY SHOP		
MINI SUPERMARKET							CHINESE TAKEAWAY		
BANK			ESTATE AGENTS						
RECYCLING STATION YOU CAN GET RID OF ALL THE LITTER THAT YOU HAVE COLLECTED SO FAR	HAIRDRESSERS	CHEMIST	INDIAN TAKEAWAY	FISH AND CHIPS	NEWSAGENTS	PET SHOP	POST OFFICE	VAPING SHOP	↑ START/ FINISH

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The Promise Card



The High Street Game – what this means for Me!

My Name:

NOW <i>(after the classroom High Street game)</i>		FUTURE <i>(my promise for the changes I will make)</i>
Litter	How many pieces of litter did you have by the end of the game?	What will you do about your takeaway litter in the future? I promise to:
Calories (500 calories for each 'C' card picked up)	How many calories did you collect from your visits to the different takeaways on the high street?	What will you do about the calories eaten in the takeaways? I promise to: <i>(for example, try a more balance diet, or do more exercise to burn the calories off, or limit the number of takeaways you have each week?)</i>

Part Three

Planning Committee

What do planners need to think about when considering whether, or not, a new hot food takeaway should be granted planning permission?

Lets Imagine that
someone wants
to open a new
Hot Food
Takeaway for
your local high
street!



What it might look like!



A new Hot Food Takeaway for your local high street!

For next week: talk in your groups for 10 minutes and write your ideas on the big piece of paper:

What is good about this idea?

What is bad about this idea?

Now for the next 10 minutes...

Take the viewpoint of different members of your community, such as older people, or businesses on the shopping street. What would they say is good or bad about the possible new takeaway?

The Planning Committee

Who is who?

The Chair Person

- Leads the planning committee

The Developer

- They want to create the new takeaway

Councillors

- Represent local people. They will vote to approve OR refuse planning permission

The Planner, The Highway Officer

- Puts forward their professional opinion about the proposal

The Public

- This includes many different types of groups (young, old, families, parents of the young, disabled, minority groups)



Source: Creative Commons

Our mock planning committee

- Watch our students present their Planning Committee play and you choose which ending it should have.
- Should the application be approved or refused?

<https://youtu.be/5D4oGXoVYTM>

Part Four

Your Final Task

- Responding to the planning application for the new (imaginary) takeaway in your local area, you need to write a persuasive letter to the Chief Planner of Newcastle City Council.
- The letter should set out:
 1. What you like about your neighbourhood, what it means to you and your family and how they think it should be planned for the future needs of the community.
 2. Whether you like/ don't like the idea of the new takeaway and to say why, explaining the evidence that supports your opinion.
 3. If you think the (imaginary) planning application for a new takeaway should be:
 - a. approved or b. refused.

Reflections

What have we learnt in the last week?

1. What sorts of things do planners need to think about when planning a city, town or neighbourhood?
2. How do we decide between people's differing points of view.
3. Is planning important (why, explain your answer)?
4. Is it important to plan for a healthy high street (why, explain your answer)?

Other activities

- Draw a plan of the type of neighbourhood you would like, using some of the ideas from your own spider diagram, plus your diamond diagram.
- Think about why you have chosen the different aspects of your future neighbourhood and who they benefit.

Thank you!

Talk about what you have done and learnt today with your family.

Complete your Promise Card with the help of your family. Ask them what their promises would be around takeaways litter and calories.

Canny 
Planners