



HILLINGDON

LONDON

10th February 2023

Dear Sir / Madam

RE: Healthy Hayes Community Workshop (in person): 28th March 2023 12.30 - 3pm

I am writing to invite you to attend the **Healthy Hayes Community Workshop** to enable us to create opportunities to improve health in Hayes.

The workshop will focus on bringing together those residents and organisations who want to take action to make a positive impact in Hayes and address unhealthy weight and its consequences. We aim to gain a shared understanding of what impacts local obesity rates and the local assets that are integral to future actions.

The consequences of excess weight fall beyond individuals and families. Services such as education, children's and adult social services, leisure, housing, economic development, employers, and health care, all have a role to play. Therefore, we aim to bring together stakeholders to participate in influencing the systems that create an environment where a healthy lifestyle is attainable, and outcomes are improved.

Workshop details

- The workshop will take place, in person, on 28th March 2023, 12.30-3pm. Registration starts at 12 noon, to enable a prompt start
- Address: Navnat Centre, Printing House Lane, Hayes UB3 1AR
- Programme:
 - Introducing a whole systems approach to obesity
 - Why Hayes?
 - Participant activity: mapping local systems and planning next steps

Please see attached a map for directions. There is parking on site and light refreshments will be available. We hope you will make every effort to join us.

Please RSVP at publichealth@hillington.gov.uk at your earliest convenience to book a place and no later than Friday 3rd March.

Yours sincerely

A handwritten signature in black ink, appearing to read 'Shikha Sharma'.

Shikha Sharma
Consultant, Public Health
LB Hillingdon

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