

# REDHALL, DARLINGTON: A HEALTHY NEW TOWN

## Keepmoat Homes case studies



Our Darlington Fairway development is one of ten developments across the UK designed with bodies such as the NHS and Public Health England to explore how homes and places can be built around 10 'Healthy New Town Principles' called 'Putting Health into Place'. The NHS Healthy New Town projects are generally in places which experience deprivation and poor health outcomes, with the aim of mitigating these through applying excellence across these areas:

- ▶ Transport and movement
- ▶ Green infrastructure
- ▶ Social infrastructure
- ▶ Healthy food choices
- ▶ Economy
- ▶ Placemaking

Darlington Fairway features three areas of open space – a park, playing field and village green including an outdoor gym for young people, with paths through the site connecting with local walking routes.

Community events have been held to encourage healthy lifestyles – such as the 'Healthy Food on a Budget' initiative delivered with Keepmoat funding and support. The 10-week programme delivered in partnership with Darlington Borough Council and a local-non-profit called Food for Thought included funding equipment such as a new fridge and portable hobs and ovens to get the project off the ground.

Food For Thought worked with local supermarkets to utilise food that would potentially go to waste. The food was collected each Thursday ready for the group who met every Friday morning. The 10-week programme had between 8 and 12 regular attendees who learnt how to cook healthy meals for all the family. The families made enough food on a Friday to freeze and eat it over the next few days, preventing waste and saving money.

The programme created social value of £285,038 – through participation, social inclusion, new skills and support with reducing food costs while enhancing health.