



Sustainable communities are places where people choose to live and work. Such places offer the housing, amenities, schools, hospitals, and transport links that people need to live well in an environmentally sensitive way. They are safe places, offering opportunities to all and contributing to a high quality of life. Communities like this don't happen or thrive by accident. To create sustainable communities, a whole range of people need to develop skills to work creatively across sectors and across disciplines.

**Real ways of learning** enable people to develop the generic skills identified as core for people involved in sustainable communities work, the skills to:

- manage projects
- lead others
- share a vision and develop a sense of purpose
- make things happen
- get others involved
- manage change
- work with stakeholders
- evaluate and analyse
- communicate well
- resolve conflicts
- focus on 'customer' groups
- manage finances

**Creating:excellence**, the South West Centre for Sustainable Communities, is piloting an exciting programme of real ways of learning to encourage more people to adopt these approaches in their organisations – see overleaf for full programme details or visit [www.creatingexcellence.org.uk](http://www.creatingexcellence.org.uk). We are currently taking bookings for, and expressions of interest in:



### **Action Learning Set Tackling Stress in the Workplace**

Stress related absence from work is on the increase. In all sickness absence costs UK employers over £12 billion a year.

Action learning can bring about real change. It involves a group of people with a common interest coming together to share their skills, knowledge and experience through active and collaborative learning. This action learning set (5x1 day Oct-Jan) will focus on how organisations can reduce and manage workplace stress.

Start Date: 5<sup>th</sup> October 2006 Venue: Bristol



### **Study Tour Where will you be in 2012?**

Everyone is talking about 2012. And a lot is being promised in terms of the benefits that hosting the Games will bring. This study tour will allow senior professionals to look at things in a bit more depth and to develop and cement new contacts.

This three day study tour to London will offer opportunities for regeneration and sports decision makers to see first hand what's happening in preparation for the 2012 Games and to hear what's planned.

Date: January 2007 exact dates tbc

**For further information/bookings E-mail:** [learning@creatingexcellence.org.uk](mailto:learning@creatingexcellence.org.uk)  
**Tel: 01225 465467**



DATE	RWL	EVENT TITLE	WHO WILL BENEFIT
APRIL 2006	ACTION LEARNING	ACTION LEARNING FOR ACTION LEARNING FACILITATORS	2 Action Learning Sets successfully established.
JUNE 23 <sup>rd</sup> 2006	PROJECT VISIT	SUSTAINABLE FOOD LINKS IN DEVON	Day of visits to projects around Tavistock. Comments from participants 'inspiring' 'excellent' and 'stimulating'.
OCT 5th 2006 onwards (revised start date)	ACTION LEARNING	TACKLING STRESS IN THE WORKPLACE Stress is a major contributor to time off and unemployment. A chance for managers to tackle the issues and together try out some possible solutions.	HR & other managers in strategic and/or operational roles keen to change workplace culture.
NOV 16th 2006 (date tbc)	PROJECT VISIT	CREATING CHANCES: ENGAGING YOUNG PEOPLE THROUGH SPORT A full day's project visit to see first hand how sport and healthy living initiatives are helping young people to take control of their futures.	Sports, youth and regeneration managers and practitioners involved with developing and delivering services to young people.
NOV 2006 ONWARDS	SHADOWING & MENTORING	PASSING THE BATON: SHARING KNOWLEDGE AND EXPERIENCE IN SPORT & WELLBEING WORK THROUGH SHADOWING AND MENTORING.	People working in regeneration keen to share their experience and learn from each other.
JAN 2007 (dates tbc)	STUDY TOUR	GOING FOR GOLD: WHERE WILL YOU BE IN 2012? A chance for regeneration and sports professionals to see first hand what's planned for London 2012 and look at how the South West can benefit.	Sports, business and regeneration leaders and managers keen to bring 2012 benefits to the South West.
25 <sup>th</sup> JAN 2007 (date tbc)	MASTERCLASS	DESIGN FOR HEALTH: CREATING SPACES FOR ACTIVE LIFESTYLES Drawing on the knowledge and experience of world class experts this master class will look at how the physical environment affects our health and well-being and how improvements to the built environment can contribute to sustainable communities.	Architects, planners and others engaged in designing and delivering housing and other physical developments.
MAR 2007 (date tbc)	MULTI DISCIPLINARY LEARNING	NOW WE ARE OLD – POLICY AND PRACTICE FOR OUR AGING DEMOGRAPHICS By 2014 41% of South West residents are expected to be over 50. This event will bring together people from different disciplines to look at challenges and opportunities surrounding our aging population.	Anyone with responsibility for delivery of services to older people including health, social services, transport, employment, education and training managers/practitioners, planners and architects.