

A Living Legacy

“Its importance lies ...in its continuing capacity to encourage others to rediscover for themselves the principles of right relationship, healthy living and individual and community empowerment.” Lisa Curtis. *Pioneers in the Search for Health in The Reader Magazine*, 2009.

The Peckham Experiment continues to inspire conversation and action on building healthier communities.



Participants in Incredible Edible conference in Peckham 2010 looking at lessons from the Peckham Experiment.

Key to its relevance are the discoveries it made of processes that work to develop health and wellbeing:

- Attention to the quality of the social environment in which health is developed
- Self direction – enabling people to take control of their own health
- Trust in people’s capabilities to learn from each other
- Working with the strengths of a community
- Harnessing the desire and energy of families to improve the health chances of the next generation
- An offer of new and challenging opportunities to broaden choices
- Being willing to experiment, be creative and build on what works