



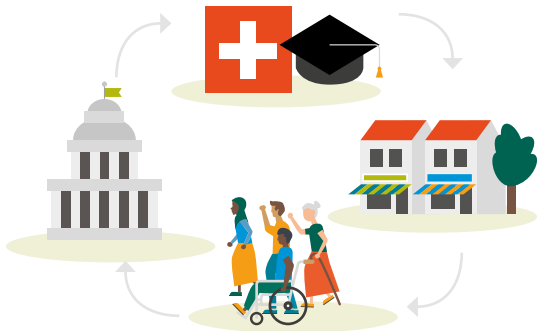
What makes us healthy?

Local economies

The places in which we live have a huge impact on our health. This includes how money flows locally to ensure what is invested re-circulates and contributes to local community wealth building.



A thriving local economy can include **locally-owned community buildings and shops with affordable, healthy food, access to quality jobs that pay at least the real Living Wage** with **opportunities to build skills**. It also means that wealth is distributed more equitably within local communities.



Areas including Preston and Wigan have shown that **when local authorities work together with local organisations such as universities and hospitals, and with businesses and the voluntary sector, they ensure that the benefits of growth are invested in their local area** and that local people are in control.¹

Social enterprises can also play an important part in the local economy **by creating employment, providing important services and using profits to create positive social change** in a neighbourhood.



“Support from volunteers, schools, businesses, funders and the local authority has helped us revive Lee Gardens Pool as an important place in the community. Training provided at the pool has led to people gaining employment and the community has become more connected and economically active as people have become more involved in activities.”

Diane Locke, Lee Gardens Pool, Active Communities.

Local economies can have a big impact on our health. Spending, employment and the progressive use of land and property can all affect our economic, social and environmental wellbeing.

Tom Lloyd Goodwin, Associate Director of Policy, Centre for Local Economic Strategies



1.2 million people in areas experiencing disadvantage are estimated to be **living in areas where many will struggle to access affordable and healthy food.**²



The Community wealth building model in Preston meant **that 4000 additional employees received the real Living Wage** and **unemployment was halved in three years.**³



1. CLES and Preston City Council, *How we built community wealth in Preston*, 2019.
2. Kelloggs Foundation, *Can everyone access affordable nutritious food?*, 2018.
3. CLES and Preston City Council, *How we built community wealth in Preston*, 2019.