

Single Midlothian Plan Place and Wellbeing Assessment Report



About the report

This is a report of a Place and Wellbeing Assessment held in May 2023 to assess the draft Single Midlothian Plan to support the next iteration to consider all the aspects of our place that enable people to thrive.

We know that the places we create impact on those who live, work and relax in them and can have a positive or negative influence on their health and wellbeing. The process applied during the workshop takes a place-based approach considering the consequences of our actions on creating a place that has a positive impact for those who live, work and relax there.

Participants were asked to use their knowledge and expertise to consider how the plan is likely to impact on creating a place that enables wellbeing. Using the data gathered by Public Health Scotland's Local Intelligence Support Team (LIST), as part of the Shaping Places for Wellbeing Programme, discussions also considered population groups highlighted in this data as being impacted by inequality. This included:

- Poverty, including child poverty
- Police call outs/mental health
- Alcohol related hospital admission

This report begins with a Report Summary outlining the key themes that came through the discussion. This is followed by a short summary of the Single Midlothian Plan, links with the Shaping Places for Wellbeing Programme and a list of session participants. The main body of the report summarises the discussion that took place under each Place and Wellbeing Outcome and the recommendations to consider that came from this. Included alongside these is relevant evidence from Public Health research papers that shaped the Places and Wellbeing Outcomes and other evidence.

Report Summary

The draft Single Midlothian Plan contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Dalkeith and wider Midlothian. The review of Single Midlothian Plan is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality in some communities.

The following overarching themes were identified throughout the discussion:



Embed the evidence behind a place-based approach throughout the Single Midlothian Plan

The Single Midlothian Plan provides an opportunity to promote place as part of its ambition in all partnership and collaborative working. By emphasising the positive benefits certain policy decisions around local living have on the health and wellbeing of the population, how they support reducing inequalities and the potential climate benefits, this can help provide a strong evidence base for challenging decisions by all partners.

By creating a consistent and coherent approach across strategies and plans, through the use of the Place and Wellbeing Outcomes, it will ensure place-based approaches are embedded throughout Midlothian with strategies, plans and proposals supporting each other.

Strengthening links within the plan

Throughout the discussion it was recognised that the plan has intentionally not mentioned all the work happening across Midlothian and the plan focused on where there is partnership working taking place. It was agreed that previous versions of the plan have been criticised for being too long.

There is an opportunity to create greater clarity around the partnership working the plan focusses upon. The plan has seven themed sections each with its own “Our Shared Outcomes & Actions” table. Several actions sit within more than one of the ‘Our Shared Outcomes & Actions’ tables and could connect more clearly around a partnership approach. There is an overarching recommendation to consider how more consistent and linked ‘threads’ can be made throughout the document, but especially within the “Shared Outcomes and Actions” tables to further emphasise where time and resources can be focussed with a place based approach. Examples are within actions on active travel and Community Wealth Building.

Support third sector and other partners in funding applications

There is an opportunity to highlight where there is unmet need which can be supported by other partners, for example third sector funding applications. These supportive ‘hooks’ throughout the plan can help guide other partners on what they can do to support delivery. This also means when funding does become available the Single Midlothian Plan supports taking things forward.

Putting those experiencing inequalities first

With a new place based approach to reduce poverty, the draft Single Midlothian Plan can provide supportive clarity on the role of place in addressing poverty and what other



stakeholders can do to contribute to this approach within their strategies, plans and proposals. Given this is the key document outlining how public bodies will work together to improve outcomes and reduce inequalities there is potential for an opening statement to provide supportive “hooks” on what role other plans and proposals have in putting reducing poverty and inequalities at the centre of decision making.



Summary of the Single Midlothian Plan, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the Single Midlothian Plan

The Single Midlothian Plan is the shared plan of how the Midlothian Community Planning Partnership will meet the needs of their local communities and brings together all the priorities for Midlothian into one place. It shows how the Public, Private and Voluntary sectors and local communities will work together to make improvements in people's lives, by improving outcomes with individuals and communities, promoting preventative approaches that reduce demand for public services, and working with communities to increase their influence in decision making.

The first draft of the Single Midlothian Plan for 2023-27 is the focus for this assessment. It will be taken to the Community Planning Board for wider public comment.

The outcomes for the next 4 years are:

- Individuals and communities have improved health and learning outcomes
- No child or household living in poverty
- Significant progress is made towards net zero carbon emissions by 2030

Links to Shaping Places for Wellbeing Programme

In line with the Place Principle the Shaping Places for Wellbeing Programme ambition is to improve Scotland's wellbeing by reducing the significant inequality in the health of its people. The Programme objective focusses on the evidenced impact that the places where we live, work and relax have on our health and wellbeing. This impact can be positive or negative and this Programme aims to ensure these unintended consequences are fully considered when we make decisions about a place.

All of the evidenced features that a place needs to exhibit for it to have a positive impact on health and well-being are set out in the Place and Wellbeing Outcomes. Our objective is to support delivery of these outcomes. A process used for doing so is a Place and Wellbeing Assessment. This paper is the output of one of these assessments.

A Place and Wellbeing Assessment involves a workshop pulling together expertise and perspectives from attendees to consider a plan, policy or decisions impact on delivering a place that enables wellbeing. It asks attendees to consider each of the Place and Wellbeing



Outcomes with a lens on who is experiencing the most significant impact from inequality in that place.

Inequalities data

To get a better understanding about inequalities in the Project Towns, the Public Health Scotland's Local Intelligence Support Team (LIST) has been gathering data. This data will be used during the Shaping Places for Wellbeing Programme to highlight the people within each town who are being impacted most by poor health and wellbeing.

As well as having focused discussions on each of the five Place and Wellbeing Outcomes, the Place and Wellbeing Assessment also aims to place emphasis on the key groups/areas highlighted in the data in order to ensure strategic decision making considers the impact on those experiencing inequalities.

The LIST data for Dalkeith is still underway and so far, has highlighted three key areas of focus. These are:

- Poverty, including child poverty
- Police call outs/mental health
- Alcohol related hospital admissions

Participants

Alison Challis, Midlothian Council

Annette Lang, Midlothian Council

Annie Watt, Midlothian Council

Catherine Duns, Midlothian Council

David Reilly, Police Scotland

David Russell, Midlothian Council

Fiona Clandillon, Midlothian Council

Gill Main, Health and Social Care Partnership

Grant Ballantine, Midlothian Council

Irene Beautyman, Public Health Scotland and Improvement Service

Jane Deary, Improvement Service

Jennifer Robertson, (note taker) Improvement Service

Jim Sherval, NHS Lothian

Julian Holbrook, Midlothian Climate Action Network

Kirstin McNicol, Public Health Scotland

Lesley Kelly, MVACVS



Martin Higgins, NHS Lothian
Matthew McGlone, Midlothian Council
Rebecca Hilton, NHS Lothian
Rebekah Sullivan, Midlothian Council
Robbie Broomfield, Midlothian Council
Ruth Hart, (chair) Improvement Service
Susan Rintoul, Improvement Service



Outline of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

- easily move around using good-quality, accessible, well-maintained and safe segregated wheeling, walking and cycling routes and access secure bike parking.
- wheel, walk and cycle through routes that connect homes, destinations and public transport, are segregated from, and prioritised above, motorised traffic and are part of a local green network.

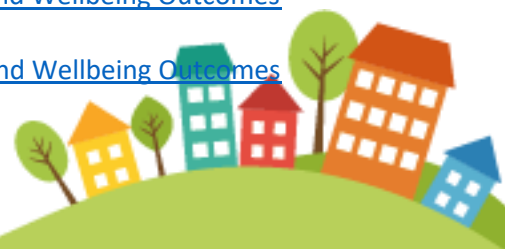
Evidence and research:

- Active travel has the potential to improve health by increasing physical activity, weight loss and reducing obesity.¹
- Active travel has been associated with reduced risk for all-cause mortality and improvements in mental health.²
- Encouraging active travel amongst older people could extend people's transport options but could also benefit health.³

¹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

³ [Active Travel and Older Adults](#) – Greater Sport



Summary of discussion:

It was agreed that there are references to active travel in the draft Single Midlothian Plan, however, more could be included to promote everyone having improved opportunities to walk and cycle.

Under the 'Midlothian Will Get It Right for Every Child' section it mentions that *"the health and wellbeing of children and young people are influenced by their surroundings, including where they live, play, learn and relax, as well as the infrastructure and transportation options that enable them to move between these locations"*. This is an excellent supportive statement for delivering a place that exhibits all of the Place and Wellbeing Outcomes.

The section continues to cover this under the actions stating: *"Developing a partnership approach to Spatial Planning that ensures Midlothian is a place where children enjoy growing up in"*. The group agreed that it needs to be clearer on who 'spatial planning' is referring to. The importance of housing, regeneration and planning working together and responsibility not solely falling on planning.

People living with frailty was identified in the 'Midlothian will be Healthier' section. There is an opportunity to create more explicit links with active travel. By encouraging active travel, it can prevent people becoming frail and lead to healthier lives.

This led onto a discussion on how the importance of active travel can be brought out across the document. There is need for a combined approach looking at the ageing population, young people having access to better cycling provision and the links with climate and poverty. This could all be collated instead of having individual actions. There is potential to have a shared outcome and action repeated across each section or 'threads' running through the document.

It was raised that there needs to be greater emphasis on why we need change to increase active travel.

Talking to businesses and economic development was raised as there are active travel businesses opening in Midlothian, which creates opportunities to partner with local businesses.

Recommendations to consider:

- Single Midlothian Plan should combine all the actions around active travel in reference to an aging population, young people, impacts on climate and poverty in a cohesive approach. There is potential for a shared action repeated across or threads running throughout the document, particularly the "Shared Outcomes & Actions" tables in each of the 7 themed sections.



- The Single Midlothian Plan should reference the importance of having an Active Travel Strategy that held to deliver the “Shared Outcomes and Actions” relative to Active Travel.
- Under the ‘Midlothian will be Healthier’ section include reference to the importance of enabling more walking in keeping people well and preventing frailty.
- Opportunity for the Single Midlothian Plan to link the information where frailty is an issue to the development of the next Local Development Plan and Active Travel Strategy to make these areas a priority.
- The Single Midlothian Plan should make a statement similar to that under ‘Midlothian will Get It Right for Every Child’ section for the whole of Midlothian’s population on the importance of place and include this in the opening statements about place-based approaches.
- Where ‘spatial planning’ is mentioned in the Single Midlothian Plan this should be more specific and make reference to other supportive plans such as the Transport Strategy, Active Travel and Local Development Plan. These could be given as examples of where a partnership approach could assist young people to move between places where they live, work and play.
- Single Midlothian Plan to include a shared action on partnership working with specific services to support, promote and implement active travel with particular emphasis on young people and those in poverty as neither have access to a car.

Public Transport

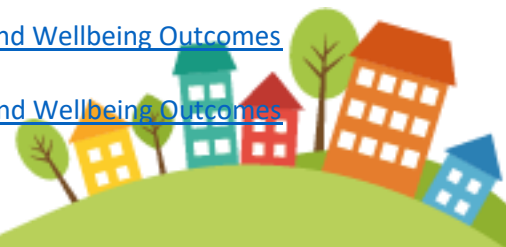
Everyone has access to a sustainable, affordable, accessible, available, appropriate, and safe public transport service.

Evidence and research:

- Public transport use has the potential to improve access to services and facilities and connect communities.⁴
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.⁵

⁴ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁵ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



- Some people can find it necessary to purchase a car even when they cannot afford it, which can lead to further debt.⁶
- Community transport offers a range of health benefits, including improved access to health services, fewer missed appointments and the continued ability to live at home⁷

Summary of discussion:

It was agreed that more could be included in the Single Midlothian Plan to promote everyone having access to public transport.

There is mention in the 'Greener Midlothian' section that 94% of the citizens panel wanted communities better connected with good transport.

It was acknowledged that the council doesn't have control over certain aspects of public transport. However, by creating good relationships with public transport providers this can support collaboration. In gathering evidence for the evidence report, the planners are engaging with Network Rail and Lothian Buses. There are opportunities to look at timetabling and routes of the current buses.

There is an opportunity in the Single Midlothian Plan to highlight other alternative such as community buses. This is something that was investigated before but worth revisiting. The City Deal funding provides an opportunity to look at more community-based transport models.

Recommendations to consider:

- Single Midlothian Plan to reference previous work undertaken to link up public transport provision. Work in partnership with communities and bus providers around bus routes and timetables to enable easier access between where communities live, work, learn and relax.
- Single Midlothian Plan to reference opportunities to look at community-based transport models.

⁶ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁷ [Research into the Social and Economic Benefits of Community Transport in Scotland](#) – Transport Scotland 2015



Traffic and parking

Everyone can benefit from:

- reducing traffic and traffic speeds in the community.
- traffic management and design, where traffic and car parking do not dominate or prevent other uses of space and car parking is prioritised for those who don't have other options.

Evidence and research:

- People in deprived areas can be exposed to higher levels of air and noise pollution and certain groups of the population can be more adversely affected by poorer air quality.⁸
- Motorised transport has the potential to reduce levels of physical activity and social interactions.⁹
- 71% of all households have access to a car. However, 49% own/have access to at least one car in the most deprived areas and 87% in the least deprived areas.¹⁰

Summary of discussion:

It was agreed that more could be included in the Single Midlothian Plan to ensure that a collaborative approach is being taken to reduce car use.

It was raised that Midlothian is facing a number of challenges with the growth of the area and car reliant developments. The parking standards are being reviewed and this is frequently an area of differing views.

The Single Midlothian Plan has an opportunity to highlight the importance of those experiencing the most inequalities who don't own a car. The group agreed that there is a need to focus on partnership working to offer more choices than purely car use and the individual strategies need to come together to clearly articulate what places we are trying to create in Midlothian.

⁸ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹⁰ Scottish Household Survey, 2018



Recommendations to consider:

- Include in the Single Midlothian Plan where and what stakeholders are integral to delivering places choices are broadened beyond car reliance e.g., active travel colleagues, Local Development Plan, regeneration work, Climate Change Strategy. Illustrate how these partners and strategies can come together.

Space

Streets and spaces

Everyone can access:

- buildings, streets and public spaces that create an attractive place to use, enjoy and interact with others.
- streets and spaces that are well-connected, well-designed and maintained, providing multiple functions and amenities to meet the varying needs of different population groups.

Evidence and research:

- Walkable neighbourhoods have the potential to increase physical activity and social interactions.¹¹
- Navigable streets and spaces will allow people to move around easily, safely and access facilities and services.¹²

Summary of discussion:

It was agreed that there is an opportunity to include more about streets and spaces in the Single Midlothian Plan to promote everyone having access to better connected streets and spaces that provide for multiple functions to meet the varying needs of the community.

The Strategic Infrastructure Framework was mentioned, and the Single Midlothian Plan should reference its role in the delivery of this outcome.

¹¹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



The Single Midlothian Plan can support the contribution of streets that offer more choices to encourage space to walk, sit and take part in community enhancing activity by including evidence around spaces and how they can improve the interaction of people and businesses, creating social capital.

Including clarity in the plan on unmet needs in respect of streets and spaces could be helpful to secure different funding resources such as the Place Based Investment Fund, Transport Scotland, UK Shared Prosperity Fund and need to consider links in with the City Region Plan.

The Single Midlothian Plan should highlight the key priority groups for future spend on creating better streets and space and the need for more spaces for young people was raised in particular.

The importance of community gardens was also raised.

Recommendations to consider:

- Single Midlothian Plan to reference the Strategic Infrastructure Framework and its role in securing improved streets and spaces that meet the needs of all of the community.
- Single Midlothian Plan to reference the importance of spaces in creating social capital, health and wellbeing and promoting community cohesion.
- Single Midlothian Plan to reference those communities' experiencing inequality and where there might be unmet need such as spaces for young people.

Natural Space

Everyone can:

- access good-quality natural spaces that support biodiversity and are well-connected, well-designed, safe, and maintained, providing multiple functions and amenities to meet the varying needs of different population groups.
- be protected from environmental hazards including air/water/soil pollution or the risk of flooding.
- access community food growing opportunities and prime quality agricultural land is protected.



Evidence and research:

- Natural spaces can provide mental health benefits.¹³
- Natural spaces can encourage social interactions and a sense of community and belonging.¹⁴
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used.¹⁵

Summary of discussion:

There were mentions of natural spaces in the draft Single Midlothian Plan, however, it was agreed that more could be included given the importance of everyone having access to good quality natural spaces and need for partnership working make this happen.

The 'Greener Midlothian' section mentions the importance of green space as a consistent theme through consultation with an action to *"map areas of greenspace and tree canopy cover to identify missing links"*.

There was also mention of community food growing in the 'Greener Midlothian' section. There is potential to link this in with the poverty and economic sections of the plan to make sure there is link up across shared actions. It was raised that resources are limited and uncertainty on the leading for this. The importance of linking this with poverty and lack of nutrition was raised and there is an affordable food project happening with Midlothian Voluntary Action.

The Open Space Strategy was highlighted. Planning is liaising with the Land and Country Services who engage with community groups.

Recommendations to consider:

- The action on mapping areas of greenspace under the 'Greener Midlothian' section could also mention working in partnership with those preparing the Midlothian Open Space Strategy.
- Single Midlothian Plan to mention the importance of community food growing across other sections highlighting the links with poverty and community cohesion.

¹³ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹⁴ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹⁵ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Play and recreation

Everyone can access a range of high quality, safe, well-maintained, accessible places with opportunities for play and recreation to meet the varying needs of different population groups and the community itself.

Evidence and research:

- Play and recreation is beneficial for the health of adults and children through the encouragement of physical activity and social interactions.¹⁶
- There are health benefits of undertaking play and recreation in outdoor environments, particularly in natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness.¹⁷

Summary of discussion:

There was no mention of play throughout the Single Midlothian Plan. It was agreed that more could be included to support the provision play and recreation as a contributor to improving health and wellbeing.

The need for more places for young people was raised, linking back to the conversation about them not having streets and spaces suited to their needs.

An example of work to create space in Bonnyrigg was raised, this was led by young people.

Recommendations to consider:

- Single Midlothian Plan to reference the unmet need for more places for young people to support third sector funding applications.

¹⁶ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹⁷ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Resources

Services and support

Everyone can access:

- health enhancing, accessible, affordable and well-maintained services, facilities and amenities. These are informed by community engagement, responsive to the needs and priorities of all local people.
- a range of spaces and opportunities for communities to meet indoors and outdoors.
- information and resources necessary for an included life in a range of digital and non-digital formats.

Evidence and research:

- People need local facilities and services to live and enjoy healthy, independent lives.¹⁸
- Services and support can provide people with a sense of belonging to the community.¹⁹
- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities.²⁰

Summary of discussion:

It was agreed that services and support are mentioned throughout the Single Midlothian Plan. The 'Greener Midlothian' section referenced local living ambitions.

The group identified that some services such as GP's are not mentioned in the interest of keeping the Plan succinct and only including high level areas of partnership working. However issues with accessing GPS was raised, linking back to the movement theme discussion.

¹⁸ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

¹⁹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²⁰ O'Connor, Alfrey, Hall & Burke Intergeneration understandings of personal, social and community assets for health. Health & Place 2019, 57:218-227



Conversations have been happening around green prescribing with Volunteer Midlothian and NHS Lothian.

It was raised that there needs to be more awareness raising work with colleagues to get buy in on the local living approach.

Volunteers were mentioned as they underpin all the activity across the plan. There is potential to add something into the background text on this.

The importance of the spaces Development Trusts have across Midlothian were raised as a key strength in local service provision.

There would be benefits in coordinating some of the outreach services, so that services are going out to areas on the same day, such as Social Security Scotland, Citizens Advice Bureaux and housing.

Recommendations to consider:

- Single Midlothian Plan could improve the delivery of this outcome by referencing the importance of accessible local services to its place based approach to poverty.
- Single Midlothian Plan to state the links around local living and how it supports a place based approach to poverty. This will support the delivery of this alongside the Local Development Plan.

Work and economy

Everyone benefits equally from a local economy that provides:

- essential goods & services produced or procured locally
- good quality paid and unpaid work
- access to assets such as wealth & capital and the resources that enable people to participate in the economy such as good health and education
- a balanced value ascribed across sectors such as female dominated sectors and the non-monetary economy
- the resources that enable people to participate in the economy such as good health and education.



Evidence and research:

- If a place is lively and vibrant it can provide work opportunities and will encourage people to visit the area.²¹
- Unemployment can be harmful to health and the longer someone is unemployed, the worse the health outcomes.²²
- Transport is a key barrier to employment for many residents living in low-income neighbourhoods.²³

Summary of discussion:

The group agreed that work and economy came out strongly throughout the whole plan.

The first paragraph in the 'Midlothian will support residents to improve employability and outcomes in our communities' section is a positive approach to delivering this outcome and the sense of influence and control outcome. The action "*joint strategic planning sessions with employability, childcare and transport leads to remove barriers to improve income from employability*" clearly states the approach to better partnership working.

The No One Left Behind plan is referenced which has a full assessment of the characteristics of employability in Midlothian.

Community Wealth Building is a key piece of work in Midlothian. The council supports those looking to create social enterprises and self-employment and there are opportunities to work with partners and groups that are already in existence to raise awareness e.g., tenants in housing associations, communities. Work with health colleagues in NHS to use the partnership to develop measurements around Community Wealth Building. Everyone involved in the Single Midlothian Plan will be linking into the Community Wealth Building Action Plan.

²¹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²³ [Crisp, Ferrari, Gore, Green, McCarthy, Rae, Reeve & Stevens \(2018\) Tackling transport-related barriers to employment in low-income neighbourhoods.](#)



Recommendations to consider:

- Single Midlothian Plan to provide more clarity on the outcomes around Community Wealth Building. Setting out how the partnership working will come together and how this is aiming to improve the health and wealth of communities.
- In the background text of the Single Midlothian Plan acknowledge the role that volunteers play and the opportunities that exist.

Housing and community

Everyone has access to:

- a home that is affordable, energy efficient, high quality and provides access to private outdoor space.
- a variety of housing types, sizes and tenancies to meet the needs of the community. And of a sufficient density to sustain existing or future local facilities, services and amenities.
- a home that is designed and built to meet need and demand, is adaptable to changing needs and includes accessible/wheelchair standard housing.
- new homes that are located and designed to provide high levels of climate resilience and use sustainable materials and construction methods.
- homes that are designed to promote community cohesion.

Evidence and research:

- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.²⁴
- Good-quality affordable housing is associated with improved physical and mental health outcomes. Housing can impact on health in three main ways: physical factors, household factors and factors related to place and communities.²⁵

²⁴ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²⁵ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Summary of discussion:

Housing actions in the Single Midlothian Plan sit in the 'Midlothian will work towards reducing poverty' section and this is where the focus lies for partnership working.

It was raised that Midlothian is a fast growing council area. It has good quality housing, but housing resource is stretched. There is good social housing but a lack of private renting options in Midlothian.

There was a discussion around the contribution of local living to improving this outcomes including enabling more ageing in place. Mixed tenure and density were raised as key to supporting people to live locally and reduce car-based developments. The benefits of create communities in neighbourhoods rather than housing estates was highlighted. The Scottish Government's currently has a consultation on local living and Midlothian should feed into that.

There have been discussions around care villages in the Health and Social Care Partnership, opportunities to support this work and the vision for social care and what these concepts mean. Ageing in place came through strongly in the citizen panel consultation and people want to die in their own homes. Ensuring a mix of housing size and type creates intergenerational places, it allows neighbours to support each other and enhancing community cohesion. It was raised that in preparing for the next Local Development Plan discussions need to take place in the Community Planning Board meetings to support a more preventative approach by creating neighbourhoods rather than low density, same size estates of family sized housing.

The Single Midlothian Plan refers to the housing plan and the Rapid Rehousing Transition Plan.

Recommendations to consider:

- The 'Greener Midlothian' section of the Single Midlothian Plan reference the importance of partnership working to progress the local living ambitions. This includes previous references to active travel and community wealth building.
- The shared actions in the Single Midlothian Plan support partnership working to achieve more medium density housing that supports walkable, local living neighbourhoods and the viability of public transport and local services.

Civic

Identity and belonging



Everyone can benefit from a place that has a positive identity, culture and history, where people feel like they belong and are able to participate and interact positively with others.

Evidence and research:

- Sense of belonging and neighbourliness can encourage community activities and provide a sense of purpose.²⁶
- If people are involved in helping to design and maintain the places they live in, this can build a sense of ownership, belonging and attachment.²⁷
- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.²⁸

Summary of discussion:

The conversation followed from the Housing and Community outcome, and it was raised that ageing in place links in with identity and belonging.

Gala days have supported bringing together the old and new communities but there isn't one department or agency driving this forward. Lack of resource in community planning.

The third sector was highlighted as playing a big role in creating events and holding spaces that enhance community's sense of belonging. Opportunity to reference this contribution and benefits of supporting the third sector as an unmet need in the Single Midlothian Plan.

Recommendations to consider:

- Single Midlothian Plan reference the role of the third sector in creating identity and belonging in communities.

Feeling safe

²⁶ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²⁷ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

²⁸ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Everyone feels safe and secure in their own home and their local community taking account of the experience of different population groups.

Evidence and research:

- A fear of crime can impact negatively on physical and mental health.²⁹
- Perceptions of a place feeling unsafe can lead to negative impacts on health, for example mental wellbeing, and can reduce outdoor activities.³⁰

Summary of discussion:

The discussion under this theme linked in with care and maintenance. If people are supported to take care and pride of their place, then they are more likely to look after them and feel safe in them. Third Sector have also taken a lead in creating opportunities for this e.g. Dalkeith Guerilla Gardeners.

Recommendations to consider:

No recommendations under this theme.

Stewardship

Care and maintenance

Everyone has access to:

- buildings, spaces and routes that are well cared for in a way that is responsive to the needs and priorities of local communities.
- good facilities for recycling and well organised refuse storage and collection.

²⁹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

³⁰ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Evidence and research:

- If a place is not well maintained this can lead to negative perceptions of a place, which can lead to investors disinvesting and people not wanting to go to that place.³¹

Summary of discussion:

The group referenced the budget cuts, reducing the number of repairs which can contribute to reduced levels of feeling safe.

Recommendations to consider:

No recommendations under this theme.

Influence and sense of control

Everyone is empowered to be involved a place in which:

- Local outcomes are improved by effective collaborations between communities, community organisations and public bodies.
- Decision making processes are designed to involve communities as equal partners.
- Community organisation's co-produce local solutions to issues.
- Communities have increased influence over decisions.
- Democratic processes are developed to be accessible to all citizens.

Evidence and research:

- Sense of control can be beneficial for mental health and quality of life.³²
- People living in more socioeconomically deprived areas can feel less confident about being involved in decision-making compared to less deprived areas.³³

³¹ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

³² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

³³ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



Summary of discussion:

It was agreed that influence and sense of control came across strongly in the Single Midlothian Plan. The plan references a number of consultations that have taken place to empower everyone to be involved in their place.

It was raised that the Local Action Group, which is a partnership that deals with rural areas in Midlothian are discussing the possibility of a Youth Local Action Group so that young people can help shape projects.

The importance of trauma informed practice was raised to gather the stories of the people in the community.

Development Trusts were raised again and the importance they have in community empowerment and asset transfer.

The draft Plan is well set out and includes an informative explanation of who the Midlothian Community Planning Partnership. Less so for the mentions of the Integration Joint Board. There was a discussion around the accessibility of the plan. Some suggestions included; a cartoon version, a podcast, videos and to remove acronyms throughout.

Recommendations to consider:

- Create more clarity in the Single Midlothian Plan on who the Intergration Joint Board and Health and Social Care Partnerships are, as well as the authors of the other sections.
- Single Midlothian Plan reference the importance Third Sector organisations have in community empowerment.
- Consider options to make the plan accessible for all audiences.

