Shaping Places for Wellbeing Programme

Alloa Project Town

NHS Forth Valley Healthcare Strategy 2016-2021
Place and Wellbeing Assessment Report

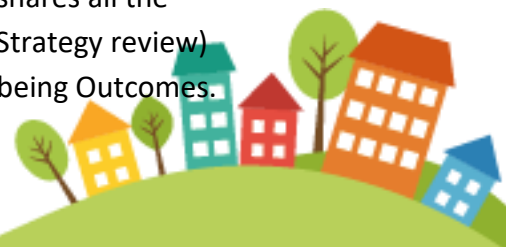# NHS Forth Valley Healthcare Strategy 2016 -2021

Place and Wellbeing Assessment Report January 2023

About the report

This is a report of a Place and Wellbeing Assessment held in November 2022 to consider the NHS Forth Valley Healthcare Strategy 2016 – 2021 (the Strategy) and how it could affect the wellbeing of the people living in Alloa and the wider Clackmannanshire area.

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 well-being. The process applied during the assessment takes a place-based approach considering the consequences of the Strategy 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 Strategy would likely impact on creating a place that enabled wellbeing.

This report begins with a Report Summary detailing the key themes and recommendations which emerged from the assessment process. This is followed by a summary of the document under consideration; information about the Shaping Places for Wellbeing Programme and the assessment process; and details of participants in this assessment. The remainder of the report outlines the discussion that took place and shares all the recommendations to consider when enhancing the new Strategy's (Strategy review) contribution to health and wellbeing, themed by the Place and Wellbeing Outcomes.

Included alongside these is relevant evidence from Public Health research papers that inform the Place and Wellbeing Outcomes.

Report Summary

The NHS Forth Valley Healthcare Strategy 2016-2021, alludes to an aim to contribute to delivering and supporting the many aspects of a place that enable the wellbeing of those who live, work and relax in Alloa and the wider Forth Valley area. However, given the timing of the Strategy there is no direct mention of place. The assessment of the existing Strategy to inform its review is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality of those living in Alloa South and East as well as the wider Forth Valley area.

As the Strategy sits at a strategic level, an initial discussion about how it considers place in general provided useful context recognising that place is referred to in the document indirectly. Participants then applied their knowledge and expertise to recommend what additions to the Strategy review could be considered as opportunities to enhance delivering the Place and Wellbeing Outcomes.

As the Strategy review will continue to be high level, some recommendations in the report may be too detailed for inclusion. Where this was felt to be case, these recommendations are referred to as actions to be considered in the appropriate delivery programmes that align to the Strategy review. The document authors can then decide which is the most suited delivery programme for what recommendation.

During the assessment there was also mention of new opportunities for partnership within the Community Wealth Building Agenda in Clackmannanshire, the City Growth Deal and at the Community Planning level. In acknowledgement of the Local Elected Members, Local Authorities and Community Planning Boards having the place-based approach as a focus, it was agreed that the refreshed strategy will aim to support this focus while showing understanding of the moving scale of place-based approaches. This should be equally extended to affirming the role of place in everybody's lifestyle choices especially for those in self-directed care in Alloa SE and the Forth Valley area and how place can help with the prevention of health inequalities.

The following broad themes for recommendation were identified;

Opportunity to support the role of place

The Strategy review should distil the essential themes that give the right sense of direction and framework for action, rather than include details of all NHS Forth Valley and Collaboration work. It is recommended that for the aim of the Strategy review to be understood as an overarching balanced document, it should be accessible for anyone to pick up and perceive it as a source of guidance for delivery programmes, related strategy/policy work and action plans.

The role of place is crucial in shifting towards a preventative focused approach and the Strategy review provides an ideal opportunity to promote this. It is therefore recommended that the Strategy review should make explicit reference to place, place-based approaches and the Place and Wellbeing Outcomes, alongside reference to the Shaping Places for Wellbeing Programme. It should include place as part of its ambition and include place related references throughout, recognising the role of the NHS Forth Valley in parallel with other sectors in prevention. Clarity on this within the Strategy review will enable consideration of and reference to place throughout the implementation of the everyday work directed by the related delivery programmes.

Collaboration and partnership working

It is recognised that the Strategy review is an opportunity to promote place as part of its ambition in all partnership and collaboration working. The recommendations are seen as hooks that NHS Forth Valley along with Community, Public and Private sector partners can include as priorities in their delivery programmes. Encouragement to include and adapt to a place-based approach will provide an opportunity to identify linkages with key plans and strategies across a range of service areas, including housing, climate change and transport and to promote place in their implementation.

Key recommendations to consider:

- The Strategy review to include clear and explicit content to describe the preventative impact of place on health and wellbeing and promote the contribution of a place-based approach to delivering its aims. Part of the contribution to a place-based approach is the Strategy itself highlighting the importance of other public sector bodies participating in its delivery given their decision-making role that impacts on place.

- Include NHS Forth Valley's commitment to place and a place-based approach throughout the Strategy review to ensure actions within its programmes of delivery are embedding and supporting the need to work together to deliver the Place and Wellbeing Outcomes.
- Inclusion in the Strategy review of working examples/case studies of good practise around the Place and Wellbeing Outcomes and their preventative role e.g. active travel and child poverty, service and support for those living in poverty and work, economy and young people, unemployed and disabled groups.
- Include examples of better use of data to inform decision-making between service areas in relation to place within the Strategy review and commit to develop further in delivery programmes.
- Reference the positive value of qualitative data on community experience and perspective in the Strategy review and commit to develop further in delivery programmes.
- Conduct a Place and Wellbeing Assessment of one of the delivery programmes.

Summary of NHS Forth Valley Healthcare Strategy 2016 -2021, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the NHS Forth Valley Healthcare Strategy 2016-2021

The NHS Forth Valley vision within the NHS Forth Valley Healthcare Strategy 2016-2021 is of a future where: -

- **Prevention** keeps people well whilst early treatment and support stops conditions from getting worse.
- Health and social care services are **Person Centred** recognising that people have differing needs, circumstances and expectations of care.
- Health **Inequalities** are reduced, and people are encouraged and supported to take **Personal Responsibility** for managing their own health and health conditions.
- Care is provided **Closer to Home**, and fewer people need to go to hospital.
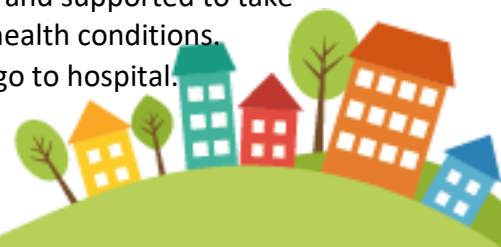
- **Planning Ahead** and working in **Partnership** with staff, patients, local councils and community organisations, avoids emergency hospital admissions and reduces A & E attendances.
- Unnecessary **Delays** and **Variations** in services are minimised and our **workforce** is fully supported to deliver high quality, safe and effective care.

The Strategy sets out the shape of health care services to deliver the ten priorities highlighted in the text of the vision. It built on the NHS Forth Valley 2014 Clinical Service Review document 'A Case for Change' and was then shaped by further consultation and engagement with a wide set of participants such as patients, other members of the public and members of staff.

The Strategy is currently under review and during 2023 stakeholders will have the opportunity to review an updated draft version and give feedback to shape it and its programmes of delivery. The current document is clinically focused and the Strategy review is an opportunity to consider how the Place and Wellbeing Outcomes can support prevention and reducing inequalities.

It is intended that the updated strategy will be supported by multiple delivery programmes and strategies such as:
- Annual Delivery Plans
- Strategic Deployment Matrices
- A national health service plan from early 2023
- Programme boards covering a range of topics (e.g., Health Improvement programme board, Scheduled Care, Unscheduled care)
- Up and coming Clackmannanshire and Stirling HSCP Strategic Commissioning Plan being refreshed for publication spring 2023
- Up and coming HSCP locality plans
- Related Community Planning Partnership action plans and frameworks
- Other topic focussed plans from NHS and other sectors
- NHS Quality Strategy

The combination of delivery programmes will incorporate all the actions from the NHS Forth Valley Healthcare Strategy over the next 5 years (until 2028) to deliver against the vision. These delivery programmes will provide the details to be undertaken in relation to each priority, who will be responsible for delivery and the timescale within which it will be delivered accompanied by the outcome measures.

It is proposed that the refreshed document will be made up of three strategies, one overarching and two focussed on a local level. This will be finalised along with its programmes of delivery once approval has been secured after a staff conference in March 2023, approval by the Executive Leadership Team, further draft for NHS Board Performance and Resources Committee then final draft for NHS Board Approval.

Links to Shaping Places for Wellbeing Programme and the assessment process

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 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 the documents impact on each of the Place and Wellbeing Outcomes with an additional lens on who is experiencing the most significant impact from inequality in that place.

The Place and Wellbeing Assessment process used to produce this paper was an online meeting around two and a half hours long and made up of a small group of expertise from the Shaping Places for Wellbeing Alloa steering group and the key strategy developers from NHS Forth Valley.

Moving forward with the Strategy review, with guidance from the Shaping Places for Wellbeing Programme team, the authors will be supported to embed the proposed recommendations into the document and its delivery programmes.

Inequalities data

To get a better understanding about inequalities in the Project Towns, the Public Health

As well as having focused discussions on each of the Place and Wellbeing Outcomes, the Place and Wellbeing Assessment also focusses on the population groups identified in the data to enable strategic decision makers to consider the impact on those experiencing inequalities.

Public Health Scotland's Local Intelligence Support Team's Data Profile for Alloa has highlighted four key inequalities arising. These are people:

- living in Alloa South and East
- experiencing poverty, with a focus on Children
- experiencing a substance use disorder
- within the age group 15-44 as they are experiencing a high rate of premature mortality and rate of disease.

Participants

- Theresa Glasgow, Chairperson, Project Lead Shaping Places for Wellbeing Alloa
- Irene Beautyman, Place contribution and note taker, Place & Wellbeing Partnership Lead with the Improvement Service & Public Health Scotland. Lead on Shaping Places for Wellbeing
- Susan Bishop, Head of Efficiency, Improvement and Innovation NHS Forth Valley
- Hazel Meechan, Public Health Specialist NHS Forth Valley
- David Munro, Planning Manager NHS Forth Valley
- Janette Fraser, Head of Strategic Planning NHS Forth Valley
- Joanne O Suilleabhain Principle Public Health Officer NHS Forth Valley/Keep Well Manager
- Lesley Shaw, Service Improvement Manager, Clackmannanshire and Stirling Health and Social Care Partnership
- Andrew Davis, Membership and Communities Lead Officer, Clackmannanshire Third
- Sarah Rodway-Swanson, Community Link Lead Shaping Places for Wellbeing Alloa
- Susan Rintoul, Note Taker, Place and Wellbeing Project Officer - Planning for Place Programme & Shaping Places for Wellbeing Programme

Outline of Discussion and Recommendations by Place and Wellbeing Outcome

General discussion

Summary of discussion:

Written before the Place Principle was formally adopted, there is no direct mention of place. That said, the vision mentions care that is 'closer to home' and provides guidance for a workforce that works in 'Partnership' with patients and is 'person centred'. There are examples of case studies of NHS Forth Valley patients journeys through different services interjected throughout the document giving a flavour of the ten priorities put into good practice or at pilot stage. Like today's cross sector health workforce's crucial inputs to reduce health inequalities the document does champion 'prevention' and incorporate that health 'inequalities' will be reduced, and people are encouraged and supported to take 'personal responsibility' for managing their own health and health conditions.

In discussing how the document will impact positively or negatively on the delivery of the Place and Wellbeing Outcomes the section on Prevention and its reference to "deliver ill health prevention" is positive but additional reference to "wellbeing" would go further than merely keeping people from being unwell.

The section on Realising the Strategy states "it is important that individuals participate in delivering the strategy….taking responsibility for their health by making healthy lifestyle choices and taking up screening opportunities". The review could augment this with a statement about the importance that "other public sector bodies participate in delivering the strategy. Taking responsibility for their role in shaping places that enable communities to make healthier lifestyle choices".

Recommendations to consider:

- Reference to prevention in the Strategy Review consider and state documents intent in the context of delivering "wellbeing" rather than "ill health prevention".
- The Strategy Review include an ask that other public sector bodies participate in delivery the Strategy.

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 been associated with reduced risk for all-cause mortality and improvements in mental health. [1]
- Active travel can increase social interactions [2]
- Active travel has the potential to minimise health harms by reducing motorised traffic. [3]

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[1] Rissel C, Curac N, Greenaway M, et al. Physical Activity Associated with Public Transport Use - A Review and Modelling of Potential Benefits. International Journal of Environmental Research and Public Health 2012 9: 2454-2478

[2] Boniface S, Scantlebury, R, Watkins SJ, et al. Health implications of transport: Evidence of effects of transport on social interactions. Journal of Transport & Health, 2015. 2(3): p. 441-446

[3] Staatsen B et al. INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity. Brussels: EuroHealthNet; 2017. www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4- Low-res_s.pdf

[4] Associations of active travel with adiposity among children and socioeconomic differentials: a longitudinal study | BMJ Open

- More active travel could lead to increased exposure to air pollutants or more accidents, but the health benefits of active travel, for example from physical activity, outweigh the risks caused by air pollution or accidents[5]

Summary of discussion:

Active travel featured prominently in the group discussion, and it was recognised that ambitions in the current Strategy under 'Closer to Home' care and within 'Long Term Conditions ', 'Multiple Morbidity' and 'Cancer Care' are opportunities to contribute positively to everyone being able to easily move around. More could be said about the contribution of local care to increasing walking as a lifestyle choice and enabling the behaviours change behind greater wellbeing. Other public sector bodies have a role in supporting this.

Further reference to the value and contribution of active travel in the Strategy review will raise the profile of this outcome and ensure that active travel related actions feature throughout the delivery programmes. Examples of good practise work should be featured to inspire follow through in future delivery programmes. The group also discussed the potential to increase active travel and reduce short car journeys via the provision of route planning support to Health and Social Care Partnership home care staff, identifying safe and easy walking and wheeling routes and when travel by public transport or car is necessary.

Recommendations to consider:

- Include information on the Shaping Places for Wellbeing lead transport and travel meetings, NHS Forth Valley workshops and active travel ambitions in the Strategy review.
- Opportunity to look at the data gathered around locality planning and gaps around identifying need around active travel and include elements of this in the Strategy review.
- Opportunity to include examples of good practise and current partnership work around active travel and other NHS Forth Valley physical movement and therapy collaboration projects in the Strategy review.
- Welcome linkages and alignment with other active travel strategies in the Strategy review.
- Identify collaborative approaches requiring the participation of other bodies to improving active travel in the delivery programmes.

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[5] 81 Royas-Rueda D, de Nazelle A, Tainio M. et al. The health risks and benefits of cycling in urban environments compared with car use: health impact assessment study. BMJ 2011;343:4521.

- When the Strategy review highlights the importance of walking it could link to how behaviour change is impacted by less traffic and reduced speeds. A hook-on reducing speed would support other decision makers that can influence this.
- Opportunity to include example of award-winning NHS and HSCP partnership 'Living Alloa' work with Clackmannanshire Council and Alloa First (business sector) and Clackmannanshire Third Sector Interface (CTSI) around the Active Travel Hub in the Strategy review.

Public Transport

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

Evidence and research:

- Public transport has the potential to improve access to services and facilities and connect communities. [6]
- Public transport has the potential to reduce carbon emissions. [7]
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport. [8]
- Community Transport offers a range of health benefits, including improved access to health services, fewer missed appointments and the continued ability to live at home. [9]

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[6] https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf

[7] Patterson R, Webb E, Hone T, et al. Associations of Public Transportation Use With Cardiometabolic Health: A Systematic Review and Meta-Analysis. American Journal of Epidemiology 2019 188(4):785- 795   Aether Evidence Review of the Potential Wider Impacts of Climate Change Mitigation options: Transport sector. Report to the Scottish Government 2017 Available from
https://www.gov.scot/binaries/content/documents/govscot/publications/research-andanalysis/2017/01/evidence-review-potential-wider-impacts-climate-change-mitigation-optionstransport/documents/00513155-pdf/00513155-pdf/govscot%3Adocument/00513155.pdf

[8] Cooper E, Gates S, Grollman C, et al. Transport, health, and wellbeing: an evidence review for the Department for Transport. London: NatCen; 2019.
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf

[9] Research into the Social and Economic Benefits of Community Transport in Scotland – Transport Scotland 2015

Summary of discussion:

There is no specific mention of public transport in the current Strategy. The group acknowledged the role of public transport as being vital for enabling access to health services. Local public transport services are limited in affordability and accessibility across the area. This could be creating barriers for the local population depending on income levels, car ownership levels in deprived areas and where they live and need to travel to. It would be beneficial for these potential barriers to be reflected in the Strategy review as areas requiring participation from other bodies in delivery programmes.

The group also discussed opportunities and ongoing partnership work in local community transport provision such as improving access to services and facilities. Also, that linkages to support this work need to be strengthened.

Recommendations to consider:

- The Strategy review and delivery programmes reference the current linkages between the ambulance service, community volunteer driver projects (e.g., Killin volunteer Divers Service) and other community transport projects. Includes the current benefits of these and how they can be strengthened in the delivery programmes.
- Opportunity to identify and include data in the Strategy review around:
  - Understanding patient journeys to and from health services i.e., how people are accessing appointments and the reasons why they might struggle to attend or miss appointments.
- Include reference in the Strategy review to potential barriers to public transport use for affected population groups.
- Include in the Strategy review reference to the new 'Transport and Connections' meetings where NHS Forth Valley, Clackmannanshire Council and Third Sector are gathering to share, learn and support one another's work and explore future collaboration. Explore opportunities with third and private sectors to participate in enabling access to health services via public transport in the delivery programmes.

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:

- Motorised transport has the potential to reduce levels of physical activity and social interactions. [10]
- One third of Scotland's households do not own a car and this increases to half the households in deprived areas. [11]
- Motorised transport has the potential to increase air and noise pollution and greenhouse gases. [12]
- Cars can help people to access services and communities. [13]
- Parking should be prioritised for people who don't have other options. [14]

Summary of discussion:

The group positively noted that the Strategy as it stands does mention planning of new health buildings taking into consideration walking access and the speed of traffic as a standard requirement.

With transport identified as an enabler for accessing services, the delivery programmes will be key in reflecting the active travel and public transport related actions that will contribute to reducing traffic and unnecessary car journeys. All creating a place that enables wellbeing.

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[10] Mueller N, Rojas-Rueda D, Cole-Hunter T, et al. Health impact assessment of active transportation: A systematic review. Preventative Medicine 2015;76:103–114
[11] Scottish Household Survey, 2018
[12] Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. www.transport.gov.scot/our-approach/national-transport-strategy/
[13] Transport, health, and wellbeing: an evidence review for the Department for Transport https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf
[14] Transport use, health and health inequalities: The impact of measures to reduce the spread of COVID-19. https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalitiesthe-impact-of-measures-to-reduce-the-spread-of-covid-
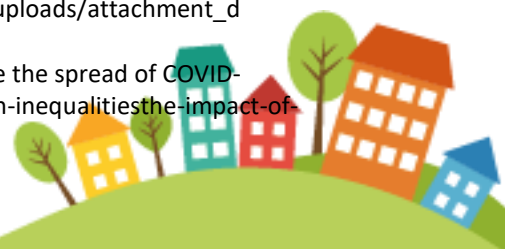
Action to improve active travel and public transport usage to access health care is supported by less and slower traffic as it is proven encourage walking and cycling along those routes.

Recommendations to consider:

- Include reference in the Strategy review and delivery programmes to importance of reducing traffic and unnecessary motor vehicle journeys in encouraging active travel access to health care. Highlight the role of other bodies participation to deliver this.
- Include reference to and understanding of the prioritisation of car parking for those who don't have other options in both Strategy review and delivery programmes.
- Increase understanding in the Strategy review of mobility vehicle usage via mobility component of Disability Living Allowance and Personal Independent Payment at a local level to inform the delivery programme.
- In both the Strategy review and delivery programmes reference the NHS Climate Change Strategy and the new Clackmannanshire Council Climate Change Strategy in development. Refer to commitments to reduce traffic from Transport Scotland and highlight importance of participation of transport colleagues.
- In both the Strategy review and delivery programmes raise awareness of the health benefits of reducing car usage and the particular impact on population groups experiencing health inequality.
- A good example to show this outcome in action in the Strategy review is the new Stirling care village in terms of the space used, location, parking and design around traffic movement.

Spaces

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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:

- Navigable streets and spaces allow people to move around easily, safely and access facilities and services. [15]
- Inadequate or poor spaces can lead to reduced social interactions. [16]
- Walkable neighbourhoods can provide opportunities to socially interact. [17]
- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities. [18]

Summary of discussion:

There is no specific mention of streets and spaces in the Strategy but the group highlighted the evidenced impact that access to well-connected streets and spaces provides for social interaction. Social connections support people to age in place and to feel more supported when released from hospital. While the Strategy itself does not support the provision of streets and spaces it would assist its delivery to highlight the benefits from other participations in creating connected streets and spaces.

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[15] Quality of Life Foundation. Quality of life literature review; 2019. www.qolf.org/wpcontent/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4- 1.pdf

[16] https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation

[17] Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. Journal of Urban Design 2019;24:1–48.

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

Areas of work and lessons learned from NHS Forth Valley and community planning collaboration would be ideal examples of cross sector working closely with each other. These include Living Alloa and Falkirk Community Hospital.

Recommendations to consider:

- The Strategy review highlight the positive value of participation from community planning partners and the third sector to deliver streets and spaces that supports social interaction and community cohesion. This need for participation continues through to appropriate delivery programmes.
- The Strategy review is an opportunity to feature current streets and spaces linkages with Clackmannanshire Council, City Deal projects and within the Falkirk Community Hub.
- The Strategy review is an opportunity to showcase the importance of building social interactions for the aging population, including those with dementia, and the benefits of intergenerational work and dementia friendly spaces. Appropriate delivery programmes could identify the participation needed from others to deliver this outcome.
- Opportunity to include in the Strategy review the live example of award-winning partnership work with Clackmannanshire Council and Alloa First (business sector) and Clackmannanshire Third Sector Interface around the Primrose st development as part of the Living Alloa project

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:

- There are wider environmental benefits to increasing natural space which can protect population health. [19]
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used. [20]
- Urban green and open spaces contribute to public health and wellbeing, particularly mental health and wellbeing. [21]

Summary of discussion:

The group felt that the Strategy would be improved by including reference to natural space and the positive impact this has on physical and mental health and thus delivering the prevention priority within the Strategy. With the increase in mental health related issues being experienced, the Strategy review is an opportunity to highlight the value of natural space and open spaces in addressing these issues, whilst also increasing physical activity.

This would raise awareness and initiate conversations on how the participation of a range of partners delivers this outcome, helps prevent illness and aids recuperation.

NHS Forth Valley have led on and thrived in natural space related work. Learning from being a test for change project when planning the Royal Forth Valley Hospital site with partners like the Forestry Commission Scotland, Public Health Scotland, University of Highlands and Islands and the Larbert Community. This green space planning approach has been incorporated to other new projects like the Stirling Community care village. With this experience of valuing natural space, the Strategy review can showcase NHS Forth Valleys participation in improving access to good quality natural spaces.

The sustainability aspect of the NHS Forth Valley means that there is dedicated Sustainability Officer who drives this area of development and links in well with the NHS Anchor Springboard group and other strategic groups.

There are opportunities to identify current areas of greenspace and blue space in Alloa SE through the Clackmannanshire Council Open Space Strategy for the local authority facilitate collaborative work to improve the quality of greenspace for local people.

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[19] INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health
equity www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf
[20] Public Health England. Improving access to
Greenspace https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_
data/file/904439/Improving_access_to_greenspace_2020_review.pdf
[21] Environmental and Human Health - The contribution of green and open space in public health and wellbeing.

Recommendations to consider:

- Include reference to the overall health benefits of engaging in natural space, biodiversity and sustainability in both the Strategy review and delivery programmes.
- Include reference to the health and other ripple effect benefits of engaging in natural space, biodiversity and sustainability in relation to recovery programmes and child health development work in both the Strategy review and delivery programmes.
- Opportunity to identify collaborative approaches to increase the use of natural space in the delivery programmes building on the previous examples with the Royal Forth Valley Hospital and Stirling Community Care Village.
- The Strategy review can provide a championing role in promoting the importance of natural space and biodiversity as a positive impact on physical and mental health.
- Identify linkages between the Strategy review, delivery programmes and local Open Space Strategies and encourage a focus on building collaboration work from these connections in both the Strategy review and delivery programmes.
- Highlight natural space linkages and encourage communication in delivery programmes between NHS Forth Valley, Local Authority, Third Sector Climate Change Strategies and Food Growing partnerships like Clacks Good Food.
- Include in the Strategy review the live example of award-winning partnership work with Clackmannanshire Council and Alloa First and Clackmannanshire Third Sector Interface (CTSI) third sector around the Alloa in Bloom

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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 both adults and children through the encouragement of physical activity and social interactions. [22]

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[22] https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation;http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf 24 Play

- There are health benefits of undertaking play and recreation in outdoor environments, in particular natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness. [23]

Summary of discussion:

The group discussed how this outcome, like others, is not supported in the current Strategy. It is important to support the contribution of good quality recreation space given its evidenced impact on health for adults and children. Including such support contributes to the prevention priority of the Strategy.

Recommendations to consider:

- Opportunity in both the Strategy review and delivery programmes to highlight the need to link in the delivery programmes with Local Open Space Audits and Open Space strategies. To highlight the value of work to identify and improve existing opportunities for play and recreation with local communities.
- Examine existing qualitative data on community perspectives of local play and recreation opportunities and include the result of this in both the Strategy review and delivery programmes.
- Identify collaborative approaches for sustainable play and recreation opportunities including biodiversity engagement and food growing related activity in the delivery programmes, highlighting the benefits to recovery, child and adult personal development and long-term environmental impact.
- Include working examples like the Physical Activity Strategy for Stirling Council which includes the need for identifying good quality spaces for play in the Strategy review.

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[23] Play Scotland. Getting it right for play power of play: an evidence base. www.playscotland.org/wpcontent/uploads/Power-of-Play-an-evidence-base.pdf

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. [24]

- Accessibility to services can be exacerbated by poor transport links and safety of wider environment. [25]
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately. [26]

Summary of discussion;

It was agreed that the Strategy does contribute to delivering accessible services, particularly under 'Closer to Home' care with further recognition of case study clinical pathways, service integration and single point access health services. The group agreed that accessibility of services would be improved if the location of services considered different population groups and those most impacted by inequality. This means considering accessibility for the half of households in deprived areas that do not have access to a car.

The group discussed how a 20-minute/ local living neighbourhood mapping tool could inform decisions on service delivery locations, including walking distances and population

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[24] https://www.tandfonline.com/doi/abs/10.1080/10511482.2014.900102; https://www.instituteofhealtheq uity.org/resources-reports/spatial-planning-and-health-nice
[25] https://www.transport.gov.scot/our-approach/national-transport-strategy/
[26] Scottish Government. Building the evidence base on tackling poverty paper 1 – a discussion paper on the drivers of poverty. Edinburgh: Scottish Government; 2017. www.gov.scot/publications/driversof-poverty/

catchment numbers. Similarly, studying population density around health and care services could also inform discussion and consideration of satellite service opportunities.

From previous discussion the group felt that investigating data around appointment attendance of those living in Alloa SE could be useful for the service design process and location decisions. The digital service work the NHS has developed such as virtual consultation and accessibility of this for younger people, areas for collaboration with schools, learning from current examples of local solutions developed in relation to child poverty and wellbeing issues amongst third sector organisations were suggested as a useful reference point towards more accessible services.

Reference to community led service design examples like the 'Transport and Connections' meeting and smaller innovation projects within the NHS Forth Valley Quality Strategy work could provide a hook for delivery along with other test for change projects showing commitment to the 'Scottish Approach to Service Design' within innovation planning.

There was emphasis on 'Access to Services' being the number one theme in the Stirling and Clackmannanshire Health and Social Care' action plan and through Locality Network conversations every second month and locality planning they are constantly listening to the community and considering ways to make this better.

There was mention of the current links and positive conversations with local Community Planning Partnerships and the need for aligning resources when planning community led service design, starting with community engagement.

It was agreed to share information on and include references to communication plans and how these engage using different methods and how they feed into service design

Recommendations to consider:

- Include in the Strategy review 'location' as a key component in the commitment to developing accessible services, particularly for those living in poverty, experiencing substance use disorder and for young families.
- Identify collaborative approaches to improving location of and access to services in the delivery programmes.
- Provide guidance in the Strategy review on the catchment areas within 20-minute neighbourhood concept access to health and care services.
- Explore opportunities to carry out further 20-minute neighbourhood mapping activity on specialist service areas with consideration of population and service data in the delivery programmes.

- As part of the delivery programmes, show main highlights of a feasibility study on satellite service delivery, including health and social care and other agreed service areas.
  - Identify examples of successful service delivery from premises within local communities e.g. NHS Forth Valley Physical Activity Health Class
  - Include a report on further Asset mapping exercises
- In the delivery programmes and or Strategy review establish the level of access to NHS related digital services and resources across local areas and showcase work with cross sector partners to deliver this.
- In the delivery programmes highlight opportunities with Local Authority, Third Sector e.g. The Gate, Health and Social Care Partnership and other providers to explore local solutions and preventative work to mental health and wellbeing issues.

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:

- Work is beneficial for health if it is 'good' work. 'Good' work is defined as work which improves income, job security, does not increase employee's risk of illness or injury, or does not negatively impact mental health. [27]

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[27] Local Government Association. Nobody left behind: maximising the health benefits of an inclusive local economy. London: Local Government Association; 2019. www.local.gov.uk/sites/default/files/documents/22.15%20inclusive%20growth_ 04.1.pdf

- Transport is a key barrier to employment for many residents living in low-income neighbourhoods. [28]

Summary of discussion:

The group discussed how the NHS Forth Valley have work, employability, career pathways and workforce development as a spotlight for nurture within their current and future delivery programmes. It is a key focus in the newly set up 'Anchor' work. There are clear examples of partnership work with local Universities and colleges to champion in the Strategy review. All of these deliver the type of "good work' that is beneficial for our health and Work and contribute to delivering this Economy Outcome.

Conversely, the health of our people impacts our overall productivity, economy and is currently playing into the national recruitment shortage in the form of sickness and early retirement due to health issues.

In reference to the wider picture of Place based approaches developing over the past seven years, it was agreed that the Strategy review is an ideal platform to factor in the importance of aligning with Clackmannanshire Councils work on a Wellbeing Local Outcome Improvement Plan and a Community Wealth Building Strategy. Reference in the Strategy can provide a hook for delivery programmes as well encouraging strategic linkages to other partners responsible for creating "good work". It was felt that a high proportion of people who live in the Forth Valley area also work in the area. 'Workforce Care' is being included in the Stirling Health and Social Care action plan as well as the NHS Scotland staff health and wellbeing group established during the Covid 19 pandemic.

Recommendations to consider:

- Strategy review strengthen the strategic intent to links with the Clackmannanshire Councils Wellbeing Local Outcome Improvement Plan, Clackmannanshire Economic Regeneration Trust, Local Employability Partnerships and the Community Wealth Building Agenda. This would be a hook for strategic linkages as well as for delivery programmes
- The Strategy review is an ideal platform to mention as a hook for delivery programmes that Health is a crucial part of Alloa SE and Forth Valley productivity and economy and that local people have flagged this as important to them.

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

- Opportunity to showcase in the Strategy review and delivery programmes Pre-Employability Clackmannanshire, Local Employability Partnership in Clackmannanshire and other Forth Valley wide projects with a health approach to support into a life routine, learning and employment.

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:

- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life. [29]
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs. [30]

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[29] www.health.org.uk/publications/reports/the-marmot-review-10-years-on
[30] Jones R. The built environment and health: an evidence review; 2013.
www.gcph.co.uk/publications/472_concepts_series_11the_built_environment_and_health_an_evidence_review?date_from%5Bmonth
%5D=1&date_from%5Byear%5D=2013&date_to%5Bmonth%5D=12&date_to%5 Byear%5D=2013

- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport. [31]

Summary of discussion:

The group agreed that although there was no direct mention of the link between health and housing in the current Strategy, there has been a commitment and work on promoting the connection between health, community and aging well in place.

The Strategy review could contribute more to the delivery of the type of affordable, quality homes that prevent ill health and enhance wellbeing by referencing that housing and people's homes play an important role in health. The Strategy review should include this outcome through its commitment to working with partners and in its response to the community engagement feedback about housing needs related to health improvement.

Recommendations to consider:

- The Strategy review promote the need for participation from other bodies to deliver housing that improves opportunities for social interaction, access to open space and specialist housing for our aging population and links with intergenerational projects.
- The Strategy review highlight the need to collaborating on a briefing about the importance of future proofing in housing within a health context, including the importance of density and a mix of housing types and how this aligns with the 20 Minute Neighbourhood concept.
- Highlight alignment in the Strategy review with its vision and the National Planning Framework 4 new outcomes requiring the places we create to deliver health and wellbeing and reduce inequality. Commit to providing local health data to support the evidence led policy required to deliver these outcomes.
- Opportunity in the Strategy review to include the live example of award-winning partnership work with Clackmannanshire Council and Alloa First and Clackmannanshire Third Sector Interface (CTSI) Primrose Street housing development as part of the Living Alloa project

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[31] Higgins M, Cain T, Lowther M, et al. 50,000 affordable homes: A health impact assessment. Edinburgh: Scottish Health and Inequalities Impact Assessment Network and Scottish Public Health Network (ScotPHN); 2017. www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINALSHIIAN-50000-New-Homes-HIA-Report-ES.pdf
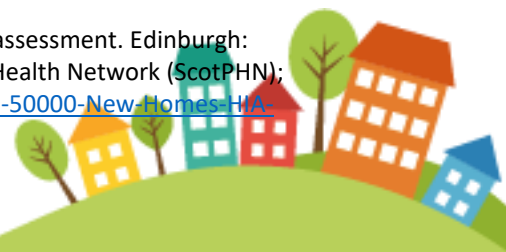
Civic

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:

- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life. [32]
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment. [33]
- 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. [34]

Summary of discussion:

To contribute to this outcome, it is important that the document recognises that a sense of identity and belonging also impacts on all people and all communities and in particular the ageing population and those living with dementia. The group agreed the importance of key landmarks providing orientation and current links with the Third Sector work on Dementia Friendly Communities activities.

Engaging with the local area and activities is important in allowing people to stay in their own home, providing improved quality of life. There is a role for the Strategy review to tell the story of how arts and cultural activities play an essential role within health inequality prevention, self- care management, identity and belonging and connected communities. This is an important aspect of empowered and resilient communities and research shows how they enhances positive mental health and overall quality of life.

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[32] Quality of life literature review www.qolf.org/wp-content/uploads/2021/02/Literature-Review-ofQuality-of-Life-in-the-Built-Environment-Publica-4-1.pdf

[33] https://vhscotland.org.uk/the-zubairi-report/

[34] Durcan D, Bell R. Reducing social isolation across the life course. London: Public Health England; 2015. www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation

The range of third sector art and cultural activities and mental health support provided reflects a wide range of shared needs around identity and belonging in turn tackling loneliness, isolation and sense of purpose for the communities within Alloa SE and wider Forth Valley.

Involvement in community activities is important in providing opportunities to interact positively with other people. Awareness of and access to information on activities and support for self-management purposes is an area that could be highlighted for delivery programmes, particularly in ensuring GP and other health and care professional's awareness.

Recommendations to consider:

- Strategy review to identify and encourage collaborative approaches that improve social interactions and community connections in the delivery programmes.
- Strategy review and delivery programmes raise awareness of the need for additional support and capacity to strengthen links between health services and third sector organisations that can shape places with identity and belonging activities e.g., Resonate, Reach Out With Arts in Mind, Menshed projects, Alloa Makers Village.
- Delivery programmes highlight that work supporting people to engage with other local people, areas and activities is important in allowing people to stay in their own home, providing improved quality of life, particularly for the ageing population and those with dementia.
- Strategy review to include example of award-winning partnership work with Clackmannanshire Council and Alloa First (business sector) and Clackmannanshire Third Sector Interface Mural and Tapestry programmes as part of the Living Alloa project

Feeling safe

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:

- Perceptions of place feeling unsafe can lead to negative impacts on health, for example mental wellbeing and can reduce outdoor activities. [35]
- Some groups within the population can have limited access to safe and well-maintained environments. [36]

Summary of discussion:

When people feel unsafe, research tells us this can have a negative impact on both physical and mental health. Feeling safe is an important contributor linked with other outcomes like active travel, streets and spaces and housing and community.

There would be value in examining routes and assessing the suitability and accessibility and perceptions of these for different population groups as well as exploring and strengthening the narrative between different age and population groups through storytelling and intergenerational initiatives.

Feeling safe within the community and within people's own homes is an important feature of every place that the Strategy review can highlight to contribute to this outcome. This would also support workforces to enable people to remain in their own home and maintain independence.

In parallel with this here could be guidance on how to collaborate with local authorities and other public services to connect with local CCTV and security networks and local crime prevention work to strengthen this work and provide a comprehensive picture of how to

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[35] Lorenc T, Clayton S, Neary D, et al. Crime, fear of crime, environment, and mental health and wellbeing: mapping review of theories and causal pathways. Health Place 2012;18:757–765.
[36] INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity.www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf

incorporate this outcome into everyday health inequalities prevention focussed delivery programmes.

Recommendations to consider:

- Opportunity in the Strategy review to encourage collaborative approaches that increase safety and feelings of safety in the delivery programmes
- The Strategy review can provide a hook for delivery programmes to collaborate with Local Authorities, Police Scotland and other private sector mapping and security activity in conjunction with analysis of local qualitative community safety data to provide a comprehensive overview of the suitability and accessibility of routes to/from NHS Forth Valley services.
- The Strategy review should champion intergenerational approaches and showcase evidence presenting the benefit of collaborators listening to qualitative data exploring the narrative between different age and population groups, influencing the creation of new and strengthen existing links with initiative increasing the concept of feeling safe at home, communities and workplaces.

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.

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. [37]
- If people perceive their neighbourhoods as being poorly maintained with high levels of environmental incivilities, they are likely to experience worse health outcomes such as lower levels of mental wellbeing. [38]
- Vacant and derelict land can negatively impact on health. [39]

Summary of discussion:

Examples of good practise are around Care and Maintenance at Stirling Community hospital where local communities, NHS Forth Valley Health Promotion service and the Stirling and Clackmannanshire Health and Social Care Partnership are working together on how to maximise the use of greenspace including its Care and maintenance. The unique contracting arrangements around care and maintenance at Stirling Community Hospital where also mentioned as a potential source of learning for other health related buildings and services in Forth Valley.

Recommendations to consider:

- The Strategy review should highlight the benefit of good Care and Maintenance on overall health as well as clinical requirements and showcase good quality work in practise
- Identify local or further afield examples of activity relating to care and maintenance that impact on health and include these in the Strategy review as examples of good practise as hooks for delivery programmes.
- The Strategy review should promote new approaches to play area design such as prioritising natural play which requires less ongoing maintenance and helps to ensure accessibility as hooks for the delivery programmes.

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[37] A connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections. www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolationloneliness-building-stronger-social-connections/

[38] https://www.gcph.co.uk/assets/0000/4174/BP_11_-_Built_environment_and_health_-_updated.pdf

[39] Maantay J. Derelict land, deprivation and health inequality in Glasgow, Scotland: The collapse of place. New York; 2013

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 organisations 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:

- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing. [40]
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas. [41]
- Sense of control can be beneficial for mental health and quality of life. [42]

Summary of discussion:

Influence and Control was covered throughout the assessment discussion.

Some key points from text above covering this outcome:

The group also discussed opportunities and ongoing partnership work in local community transport provision improving access to services and facilities and that linkages support to this work need to be strengthened.

Learning from being a test for change project when planning the Royal Forth Valley Hospital site with partners like the Forestry Commission Scotland, Public Health Scotland, University

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[40] What works to boost social relations. What Works Centre for Wellbeing; 2015. https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/

[41] Whitehead M, Pennington A, Orton L, et al. How could differences in 'control over destiny' lead to socio-economic inequalities in health? A synthesis of theories and pathways in the living environment. Health & Place 2016 39: 51-61

[42] Bell R. Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England/UCL Institute of Health Equity; www.instituteofhealthequity.org/resources-reports/psychosocial-pathways-andhealth-outcomes-informing-action-on-health-inequality

of Highlands and Islands and the Larbert Community a greenspace planning approach has been incorporated to other new projects like the Stirling Community care village.

The group suggested that there are potential opportunities to help identify current areas of greenspace and blue space in Alloa SE through the Clackmannanshire Council Open Space Strategy and in other parallel strategies across Forth Valley local authority area to work collaboratively to improve the quality of greenspace for local people

Examine qualitative data on community experience and perspective of local play and recreation opportunities

The group agreed that accessibility of services would be improved if the location of services was considered different population groups and those most impacted by inequality.

The group lightly discussed the digital service work the NHS has developed like virtual consultation and brought up accessibility of this for younger people and areas for collaboration with schools, learning from current examples of local solutions developed in relation to child poverty and wellbeing issues amongst third sector organisations was suggested as a useful reference point.

There was emphasis on 'Access to Services' being the number one theme in the Stirling and Clackmannanshire Health and Social Care' action plan and through Locality network conversations every second month and locality planning they are constantly listening to the community and considering ways to make this better.

There was mention of the current links and positive conversations with local Community Planning Partnerships and the need for aligning resources when planning community led service design, starting with community engagement.

It was agreed to share information on and include references to communication plans and how these engage using different methods and how they feed into service design

The Strategy review should include this outcome through its commitment to working with partners to respond to the community engagement feedback about housing needs related to health improvement.

Involvement in community activities is important in providing opportunities to interact positively with other people. Awareness of and access to information on activities and support for self-management purposes is an area that could be highlighted for delivery programmes, particularly in ensuring GP and other health and care professional's awareness.

There was mention examples of good practise around Care and Maintenance at Stirling Community hospital where local communities, NHS Forth Valley Health Promotion service

and the Stirling and Clackmannanshire Health and Social Care Partnership are working together on how to maximise the use of greenspace including its Care and maintenance.

Recommendations to consider:

- The Strategy review should highlight the benefit of alignment with other key strategies and plans, including Community Empowerment Strategy and Action Plan, Child Poverty Plan.
- Continue to feature the support and involvement of the third sector and in achieving the Strategy review's aims, aligning with related Community Wealth Building Agenda in both the Strategy review and delivery programmes.
- Throughout delivery programmes use existing working mechanisms for ongoing dialogue with communities throughout the Strategy review's lifespan, making sure that all groups within the Forth Valley community can be involved. Break the Strategy review and delivery programmes into its component parts for these conversations.
- Strongly encourage community involvement in delivery programmes in the early stages of the Strategy review and delivery programmes.
- Feature and encourage local community democratic collaborations with local Community Organisations, the Local Authorities and Private sector in the Strategy review and delivery programmes.
- Reference to the local health inequalities data which guides the focus on who needs the strategy, services and support the most of the throughout the Strategy review and delivery programmes.