

Dunoon Active Travel Hub

Place and Wellbeing

Assessment report



About the report

This is a report of a Place and Wellbeing Assessment held in January 2023 to consider two plans related to the development of the Dunoon Active Travel Hub, a new facility in the Castle Gardens, which is not yet opened. These were the landscaping plans led by the Council Conservation Areas Regeneration Scheme and the Business Plan led by the Dunoon Community Development Trust.

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 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 plans are 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 report begins with a Report Summary of the key points in the discussion. It highlights where further development of the plans could consider their impact on place to enable a positive influence on people's contribution to addressing climate change and improving their health and wellbeing. It includes a brief summary of the two plans, how this session links to the Shaping Places for Wellbeing Programme and lists those participating in the assessment session. The remainder of the report outlines the discussions that took place including recommendations to consider when further developing the proposal. To assist our understanding, we also include relevant research and evidence that supports the Place and Wellbeing Outcomes.

Report Summary

The Active Travel Hub landscaping plans and Business plan contribute to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Dunoon and the wider Argyll and Bute Council. The review of Active Travel Hub landscaping plans and Business plan is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality in some communities.



The following broad themes were identified:

- Both the landscaping and business plans were seen as having the potential to make an important impact on Dunoon across all of the Place and Wellbeing Outcomes, in particular the movement theme. Walking and cycling were well provided for and there were opportunities identified to expand to other types of wheeling and links with public transport.
- There were lots of opportunities for partnership working identified and it was consistently raised as being key to making the plans successful, reaching a wider range of participants and expanding the benefits of the Active Travel Hub to groups impacted by inequality.
- Alongside partnership working, integration with other active travel initiatives, both infrastructure and services came up regularly in the discussion. It was seen as challenging to align due to funding restrictions, but it was agreed that doing so provides benefits in terms of reaching more inequalities groups, adding value by complementing services, bringing in local voices to the process and making the best of available resources.
- Given Castle Gardens are a valued local resource and landmark it was seen as important to engage well on any changes and involve people in the ongoing care and maintenance. It was seen as an opportunity to develop the sense of influence and belonging through involvement of local groups and development of joint maintenance plans as well as addressing budget limitations.



Summary of Dunoon Active Travel Hub landscaping and business plans, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the Dunoon Active Travel Hub landscaping and business plans

The Dunoon Active Travel Hub will be in the Gate Lodge of Castle Gardens. It is a historic building which has been renovated and fitted out to be an Active Travel Hub as part of the Conversation Area Regeneration Scheme. It is owned by Argyll and Bute Council and will be let to a third sector organisation, potentially the Dunoon Community Development Trust, pending confirmation of funding.

The landscaping plans, commissioned by the Council, extend the work on the building into the Castle Gardens to make it accessible, welcoming and supportive of the function as an Active Travel Hub. Feedback is being sought on the plans prior to the tender documents being finalised. There is a budget secured for the works and they are due to be delivered in 2023. The plans are only for part of Castle Gardens but there may be opportunities for the Council to develop further plans for the whole gardens in the future.

The business plan has been created by the Dunoon Community Development Trust with input from its community members, local engagement and support from consultants Inspiralba. The plan identifies how the Dunoon Community Development Trust can take forward the opportunity to advance their objectives on active travel and general community development by building on the work already delivered by Cycling UK and by establishing a premises and building on cycling activities. The plan is due to be finalised and signed off by the board by the end of March. The implementation is subject to the organisation securing core funding from April onwards. Once up and running, implementation of the project could also generate income for Dunoon Community Development Trust to use to further their charitable objectives.

It was decided to review both plans alongside each other as they are complementary and the Council and the Dunoon Community Development Trust area already in conversation about taking them forward.



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 Dunoon has highlighted four key areas of focus. These are:

- People experiencing addictions
- People living in the high SIMD areas
- People aged 15 – 44 who are at risk of early death
- People living in poverty, particularly the effects of income inequality



Participants

Ann Campbell – Dunoon Community Development Trust

Clare Hallybone – Conservation Area Regeneration Scheme officer – Argyll and Bute Council

Colin Young – Active Travel team – Argyll and Bute Council

Douglas Grierson - Active Travel team – Argyll and Bute Council

Andrew Dineley – Amenities – Argyll and Bute Council

Matt Benians – MBLA Architects

Tim Clark – MBLA Architects

Alex Wilde – Project Lead for Dunoon, Shaping Places for Wellbeing

Becky Hothersall – Community Link Lead for Dunoon, Shaping Places for Wellbeing

Ruth Hart – Project Lead for Rutherglen, Shaping Places for Wellbeing (acting as chair)



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 been associated with reduced risk for all-cause mortality and improvements in mental health.¹
- Evidence that older people appeared to have greater benefits if they started undertaking active travel compared to younger people.²
- Active travel can increase social interactions.³
- Motorised transport has the potential to reduce levels of physical activity and social interactions.⁴
- There is increased public support for investment in walking and cycling, particularly amongst people on low incomes.⁵

¹ <https://www.gov.uk/government/publications/active-travel-a-briefing-for-local-authorities>

² Health impact assessment of active transportation: A systematic review <https://pubmed.ncbi.nlm.nih.gov/25900805/>

³ 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

⁴ 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

⁵ <https://www.sustrans.org.uk/media/11397/cost-of-living-report.pdf>



- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.⁶

Summary of discussion:

Both the plans already contribute well to this outcome as the focus is on encouraging and facilitating active travel. The Active Travel Hub has a very a visible location next to the ferry port and bus terminal, particularly for people commuting and visitors arriving to Dunoon. It was noted that the renovation of the Gate House as Active Travel Hub means it is already fit for purpose.

It was raised a number of times that there are several interconnected active travel projects in Dunoon and it was agreed on the importance of working in partnership on the development of those plans. Noted the business plan mentions an ongoing partnership with Cycling UK and initial discussions about how to work more closely with Live Argyll.

Joining up options for local people and visitors was discussed as beneficial in promoting active travel. For example, it was noted that the bike hire in the business plan complements free activities and led walks/rides from the Bike Bothy (Cycling UK) and cycling proficiency from Live Argyll.

The proposal in the landscaping plans to have supporting infrastructure for pop-up events including an external power source and possible sheltered area was seen as supporting partnership working and maximising the potential of the Hub.

Themes from previous surveys have indicated concerns about conflict between different users, particularly cyclists and pedestrians. It was raised that this is potentially addressed by another project, the Active Travel link, a segregated spinal route linking Dunoon and Hunters Quay ferry terminals. It was also highlighted that the location in a park means that people can try out the bikes in a safe area before going out onto the roads.

Cycle tourism was discussed including creating more links in the business plan with the National Cycle Route and leisure cycling. It was noted that cycle tourism can bring more money into a place than other types of tourism (ref Claire) and there is a drive for Cycle Friendly Towns.

Suggestions about bike parking included considering different types of bikes and adequate bike storage for visitors which could encourage them to spend longer in the town. The landscaping plan currently includes ten secure bike parking stands, which was seen to be adequate. Noted that storage for buggies might be needed if families hiring bikes.

⁶ <https://www.sustrans.org.uk/media/11397/cost-of-living-report.pdf>



It was agreed that beyond cycling consideration of other types of wheeling in the business plan would broaden who the project can engage with. This included linking in with Elderly Befrienders to support use of their Tri-Shaw. Further development of the business plan could also bring in the conversations with people locally about developing skate and wheeling provision including roller blading, scooting, skate boarding. This was seen as an opportunity to attract young people who skate, BMX etc to engage in health and wellbeing.

In terms of supporting walking, proposals for renewing pathways in the landscaping plan was agreed to be really positive. The plans make the paths into and through the gardens more useable to a wider range of people including those with mobility issues. Robust material was seen as important, especially given the main entrance is shared with maintenance vehicles. It was suggested that to make the pathways more accessible handrails could be considered at the steps as part of future plans. It was also suggested that landscaping plans should consider if it is a dementia friendly design, this could include coloured benches to aid navigation.

Recommendations to consider:

- Ongoing conversations should take place involving the Council and Dunoon Development Trust and other local stakeholders, to support alignment of the plans with other active travel projects and identify how programmes can complement each other.
- The Dunoon Community Development Trust should continue discussions with a range of local stakeholders about how the business plan can integrate with other local services and projects.
- Investigate potential to include in the business plan an extension of the variety and types of active travel equipment available for hire and loan. Also further consideration of tapping into cycle tourism opportunities.
- Further consideration in the landscaping and business plans of how to support pop up outdoor active travel events and workshops
- Review bike parking and storage options in the landscaping plans to assess if they are adequate and accessible. This may require speaking to local organisations.
- In future development of the landscaping plans consider increasing accessibility through additional benches and handrails and having a dementia friendly design. Also including and connecting to routes for skating.

Public Transport

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



Evidence and research:

- Rural and island areas often rely more on public transport because they have to travel further to access services and employment⁷
- Public transport has the potential to improve access to services and facilities and connect communities.⁸
- Public transport has the potential to reduce carbon emissions.⁹
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.¹⁰
- Public transport has the potential to encourage active travel¹¹

Summary of discussion:

Given its location near to key public transport hubs, there was felt to be lots of potential for linking with and encouraging public transport use to reduce private vehicle use. It was noted that it could be an ideal place for people to pick up public transport information. It was agreed that there is a complexity of different tickets and apps, which can put people off. There was a suggestion that information boards located at the Active Travel Hub could provide examples of journeys that could be taken from that location, breaking down barriers to people who don't own a car to explore the area. It was noted that Paths for All might fund this type of work.

It was agreed that partnership with bus companies to promote links between active travel and public transport would be beneficial. Ideas included buses carrying bikes to support people doing longer journeys or those who might struggle with steep inclines and combined tickets to support mixed mode transport. It was noted that West Coast Motors are

⁷ Scottish Government. Building the evidence base on tackling poverty www.gov.scot/publications/drivers-of-poverty/

⁸ 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

⁹ Evidence Review of the Potential Wider Impacts of Climate Change Mitigation Options: Transport sector <https://www.gov.scot/binaries/content/documents/govscot/publications/research-and-analysis/2017/01/evidence-review-potential-wider-impacts-climate-change-mitigation-options-transport/documents/00513155-pdf/00513155-pdf/govscot%3Adocument/00513155.pdf>

¹⁰ 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

¹¹ Davis A, Rye T, Pressl R, et al. Linking transport and health in SUMP. How health supports SUMP. Topic guide produced for European Platform on sustainable urban mobility plans (SUMPS). www.eltis.org/mobility-plans/topic-guides-0



amenable to discussion. They are currently looking towards bespoke services rather than a regular one to tie into free bus passes.

Recommendations to consider:

- Further develop the business plan by exploring the potential for the Active Travel Hub being a hub for multi-model travel by linking with public transport services.
- Further discussions in relation to future development of the landscaping plans and the business plan, with the local bus company and ferry companies, about ways in which they could be involved and support the Active Travel Hub.

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:

- Lack of suitable parking has the potential to affect health.¹²
- Parking should be prioritised for people who don't have other options.¹³
- Cars can help people to access services and communities.¹⁴
- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.¹⁵

¹² Armitage R, Monchuk L and Rogerson M. It Looks Good, but What is it Like to Live There? Exploring the Impact of Innovative Housing Design on Crime. *European Journal on Criminal Policy and Research* 2011;17(1):29–54

¹³ 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-inequalities-the-impact-of-measures-to-reduce-the-spread-of-covid-19/>

¹⁴ 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

¹⁵ Scottish Household Survey, 2018



Summary of discussion:

As there is a reasonable amount of free parking available within an average walking distance on the Dunoon Waterfront neither plan would be adding to that provision.

It was noted that the redevelopment of the ferry terminal will include parking close to the Active Travel Hub.

Recommendations to consider:

- Continue to engage with the ferry terminal redevelopments and the potential impact on both plans. Identify opportunities for suitable parking arrangements which support access to the Active Travel Hub, particularly for people who are limited in being able to use public transport.

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:

- Evidence that mental wellbeing and quality of life was higher if the residents perceived their neighbourhood, including the buildings, as attractive.¹⁶
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹⁷
- Inadequate or poor spaces can lead to reduced social interactions.¹⁸

¹⁶ Bond L, Kearns A, Mason P, et al. Exploring the relationships between housing, neighbourhoods and mental wellbeing for residents of deprived areas. BMC Public Health 2012;12:48.

¹⁷ Quality of Life Foundation. Quality of life literature review; 2019. www.qolf.org/wp-content/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf

¹⁸ <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>



- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities.¹⁹
- Partnerships in place-keeping which involve communities can bring benefits that individual partners cannot achieve alone.²⁰

Summary of discussion:

The focus of discussion was on how important the gardens are to people as a landmark and a resource for the town, with feedback from surveys indicating they appreciate, value and enjoy them. Also, that people have pride in it being a gateway to Dunoon. Noted that it has been relatively unchanged for a long time, the current path layout probably dating from the 1960s and associated with the Queens Hall building. The planting is currently relatively formal in nature and the gardens are seen as well tended. Because of this it was agreed on the importance of engaging people in proposed changes to the layout.

It was highlighted that renewal of the Gate Lodge breathes life back into the gardens and makes it more welcoming and this addresses criticism from previous surveys about how unsightly it was. The landscaping plans are also seen as providing an impetus for further improvement to the park in the future.

It was noted that there are limitations of the current maintenance schedule and budget cuts, which means it is mainly grass cutting. There is a desire to be able to do more and for staff be able to take pride in their work. There would be benefits to getting local groups involved in the gardens, including improved health and wellbeing. It was suggested that the gardens would also benefit from a conservation management plan.

The location of the Active Travel Hub is close to a number of local facilities and services including transport hubs and the Queens Hall. Also noted that renewed pathways and seating in the landscaping plan has the potential to encourage greater footfall for the museum. It was seen as important that further development of the landscaping plans facilitated active travel connections to public facilities and resources.

Signage was discussed as being important as currently very limited in the area and indicated in surveys as being needed. This would include signposting to local facilities as well as information about longer trips, using public transport. Fundraising hasn't been successful so far so it should be incorporated into other funding bids as difficult to secure funding on its own. It was suggested that a signage strategy for the gardens would be helpful.

The open greenspace in the gardens was discussed as being important for gatherings and social interaction so important that it was being retained in the landscaping plan. It was also

¹⁹ <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>

²⁰ <http://dx.doi.org/10.1016/j.landurbplan.2015.03.004> Place-keeping in action: Evaluating the capacity of green space partnerships in England, 2015



noted that it will also be a useful outdoor space if the High Kirk development plans to be a community hub go ahead.

Recommendations to consider:

- Consideration of signage strategy for the Active Travel Hub and Castle Gardens which could be jointly taken forward by the Council and Dunoon Community Development Trust
- In future stages of the upgrading of the gardens the Council should consider connectivity with other local resources and increasing accessibility through additional benches and handrails and being dementia friendly
- For the implementation of the landscape plans the Council should explore partnership options for supporting the maintenance of the gardens including investigating the possibility of a friends of the park group and joint maintenance plans. This could be supported by the Dunoon Community Development Trust.
- Any further development of the Castle Gardens by the Council should support physical active travel connections with local facilities (Queens Hall and Ferry Terminal in particular)

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 encourage social interactions and the development of stronger or more cohesive communities and can provide a sense of community and belonging.²¹
- Exercise, in natural/greenspaces may have greater health benefits, for example improved mental health outcomes, than the same activity in other settings.²²
- The availability and accessibility of natural spaces vary across different income groups.²³

Summary of discussion:

The gardens are valued as a greenspace, and it was seen as positive that the landscaping plan retained the different types of areas and elements in the garden and a balance between soft and hard landscaping. A suggestion for improvement in future development of the Castle Gardens by the Council was enhancing the visual impact of the rocks by removing self-seeded trees.

It was noted that the gardens provide opportunities for different type of play and using the space in different ways, and it was suggested this should also be encouraged. Agreed it would be good to link with outdoor nurseries and other childcare providers to increase their use of the space as a resource.

Increasing the biodiversity of the gardens was seen to be important and it was highlighted that this had been included in the landscaping plan through the planting of swales/rain gardens. It was noted that planting swales also had a function in reducing the flooding, which is an issue in the gardens. There have been some test wildflower areas planted and bird and bat box making in partnership with the HELP project, which have been successful. Extending this partnership working to other groups would be positive. There was a discussion about how changes to the currently more formal design would be received and that interpretation for the rain gardens planting would be helpful as well as involving Dunoon Business Improvement District to get the message out.

²¹ Hartig T, Mitchell R, de Vries S, et al. Nature and health. Annual Review of Public Health 2014;35:207–228

²² 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

²³ Public Health England. Improving access to greenspace. A new review for 2020. London: Public Health England; 2020. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/improving_access_to_greenspace_2020_review.pdf



Recommendations to consider:

- Alongside implementation of the landscaping plan, the Council should engage with people regarding the planting design, particularly around biodiversity planting as part of the overall design. This could include thinking about edibles. Also link with local groups to support the planting, maintenance and use of the natural spaces. While potentially outside the scope of the business plan, the Development Trust could also support this work.
- Inclusion or enhancing of natural play areas in the landscaping plan or future development of the Castle Gardens by the Council.

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:

- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.²⁴
- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions.²⁵
- 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.²⁶

²⁴ NHS Health Scotland. Place and communities. www.healthscotland.scot/publications/place-and-communities

²⁵ <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>; <http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf>

²⁶ Play Scotland. Getting it right for play power of play: an evidence base. www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf



Summary of discussion:

In addition to natural play areas, there was seen to be potential for the plans to support pop up activities in the gardens which encourage play, for example the Cowal Games using a bike powered smoothie machine in the gardens. Links to previous reference in the spaces outcome to landscaping plans including supporting infrastructure.

Noted that Argyll Coast and Countryside Trust have outdoor exercise equipment and outdoor table tennis tables which could be sited in the gardens. There was also a suggestion of a wellbeing labyrinth to be included in the design for self-guided mindfulness.

Recommendations to consider:

- As part of implementation of the landscaping plans the Council should engage with other organisation who might want to use the gardens for play and recreation activities to encourage wider use.
- In future developments of the Castle Gardens by the Council consider the inclusion of informal play and leisure elements. Engage with Argyll Coast and Countryside Trust in the development of plans.
- Inclusion of supporting infrastructure in the landscaping plan and partnership working in the business plan to support pop up active travel related activities



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.²⁷
- Accessibility to services can be exacerbated by poor transport links and safety of wider environment.²⁸
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.²⁹

Summary of discussion:

The Active Travel Hub was agreed to be an important service for local people and visitors, and consideration had already been made in the business plan about the service being accessible. The business plan hopes to run in parallel with the Bothy Project to offer free cycling and walking opportunities, particularly linking with the Addictions Recovery Café and other mental health / addictions groups, also Community Link Workers and social prescribing models. A question was raised about whether bike hire be a prescribed activity.

²⁷

<https://www.tandfonline.com/doi/abs/10.1080/10511482.2014.900102>; <https://www.instituteoftheequity.org/resources-reports/spatial-planning-and-health-nice>

²⁸ <https://www.transport.gov.scot/our-approach/national-transport-strategy/>

²⁹ 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/



Providing opportunities to upcycle bikes was seen as another way of making it more accessible. Noted that Argyll Coast and Countryside Trust have a funding bid in for this and if they are unsuccessful bike upcycling could potentially be built into the Dunoon Community Development Trust business plan instead. Active Travel team in the Council suggested there was also potential for Mid-Argyll Argyll Coast and Countryside Trust pilot to be extended.

A further suggestion about accessibility of the service, was to consider how it might be accessible to families and extending the offer in the business plan to adaptations, trailers etc

It was noted that the Dunoon Community Development Trust are currently not funded beyond March 2023 so there may need to be considerations of how the Active Travel Hub can be driven forward if the Bike Bothy and Dunoon Community Development Trust don't secure funding. It was suggested Argyll Coast and Countryside Trust could be a potential partner, though they are also waiting on funding.

Recommendations to consider:

- Include partnership with or support for provision of upcycled (second hand) bikes within the business plan
- Continue to develop ideas in the business plan for partnership working to ensure that services are accessible to as many people as possible, particularly families, people with addictions and mental health issues.
- Continue partnership working between the Council and third sector to ensure that the business plan is successful, and the Active Travel Hub can be operated sustainably and effectively.

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:

- Volunteering has been associated with improved self-rated health; mental health; decreased depression; decreased mortality, life satisfaction; and wellbeing.³⁰
- 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.³¹

Summary of discussion:

It was agreed that the Active Travel Hub would contribute to work and economy outcomes even if the direct impact was small. There was a discussion about opportunities to further enhance this in the business plan by investigating skills development and training in partnership with other providers. Noted that there could be training opportunities for upcycling bikes if other organisations not taking that forward. Suggested that it could focus on young people or those with support needs.

A point was raised that the Active Travel Hub could be in competition with other services. This was not felt to be a concern and it was highlighted that the business plan identified working alongside other local providers both in the third and private sector to support each other. Noted that there is no bike shop in Dunoon and the Bothy Project already works alongside other bike maintenance providers in the area, many of which are currently at capacity.

As mentioned in the spaces theme local groups could be involved in the maintenance, providing volunteer opportunities.

Recommendations to consider:

- Include more on training within the business plan and explore links to the local college in relation to developing training and apprenticeships

³⁰ Volunteering and health: what impact does it really have? www.researchgate.net/profile/Rachel-Casiday/publication/228628782_Volunteering_and_Health_What_Impact_Does_It_Really_Have/links/56339fab08aeb786b7013877/V

³¹ 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



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.³²
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs.³³
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.³⁴

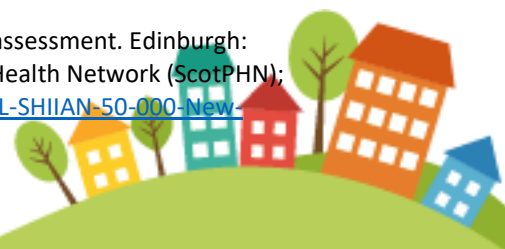
Summary of discussion:

There wasn't an explicit connection in the plans with housing provision but links with local housing providers in the business plan would be beneficial. There is potential to work in partnership to run pop-up bike maintenance in areas of multiple deprivation and encourage

³² www.health.org.uk/publications/reports/the-marmot-review-10-years-on

³³ Jones R. The built environment and health: an evidence review; 2013. https://www.gcph.co.uk/publications/472_concepts_series_11the_built_environment_and_health_an_eviden%20c_e_review?date_from%5Bmonth%20%5D=1&date_from%5Byear%5D=2013&date_to%5Bmonth%5D=12&date_to%5Byear%5D=2013

³⁴ 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. https://www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINAL-SHIAN-50-000-New-Homes-HIA-Report-ES.pdf



use of the Active Travel Hub. This could be extended to provide storage space for loaned bikes close to housing. Noted that Argyll Community Housing Association is working with the architects in Sandbank on covered cycle shelters.

Recommendations to consider:

- The Dunoon Community Development Trust should continue discussions with local housing providers, specifically housing associations to explore opportunities for the business plan. Could be a benefit of setting up conversation with ACHA to learn from the Sandbank project.

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:

- Landmarks or something distinctive about the neighbourhood can also help to create a sense of place and belonging, which is beneficial for health.³⁵
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment.³⁶
- If neighbourhoods are attractive this can improve mental wellbeing.³⁷
- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.³⁸

³⁵ Design for social sustainability – a framework for creating thriving new communities. <https://youngfoundation.org/publications/design-for-social-sustainability/>

³⁶ <https://vhscotland.org.uk/the-zubairi-report/>

³⁷ Bond L, Kearns A, Mason P, et al. Exploring the relationships between housing, neighbourhoods and mental wellbeing for residents of deprived areas. BMC Public Health 2012;12:48.

³⁸ Quality of life literature review www.golf.org/wp-content/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf



Summary of discussion:

Agreed that the gardens give a first positive impression of the town, creating a sense of pride and identity. Drawing attention to Castle House Museum by improving path access is important in enhancing civic pride and the many stories of Dunoon. Suggested that this should also be considered in any review of signage.

There was further discussion about the importance of care of the gardens, specifically about maintaining the sense of pride. It was agreed it would be beneficial to create opportunities for people to be involved in the maintenance of the gardens as this would bring people together and connect them. See maintenance in previous sections.

Recommendations to consider:

- In the implementation of the business plans consideration should be made about partnering with local groups and investigating joint maintenance plans. Look for examples already in use.
- Future development of the landscaping plans for the garden should include working in partnership with the Castle House Museum.

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.³⁹
- Some groups within the population can have limited access to safe and well-maintained environments.⁴⁰

³⁹ 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.

⁴⁰ 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/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf



Summary of discussion:

There weren't any concerns raised about feeling safe in relation to the plans. It was asked if additional street lighting in areas if needed and to consider use of the gardens at night. There is no indication from previous engagement (e.g. 2019 Place Standard exercise) that safety or lighting were concerns, but useful to sense check this with local groups, particularly groups most marginalised.

Recommendations to consider:

- Future development of landscaping plans or improvements to the garden should include engagement with local groups about lighting, particularly during different times of the day.

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 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.⁴¹
- 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.⁴²

⁴¹ [https://www.gcph.co.uk/assets/0000/4174/BP_11 - Built environment and health - updated.pdf](https://www.gcph.co.uk/assets/0000/4174/BP_11_-_Built_environment_and_health_-_updated.pdf)

⁴² Quality of life literature review www.golf.org/wp-content/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf



- 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.⁴³

Summary of discussion:

It was noted that there are reduced budgets for maintenance, and it was important not to create anything that is hard or costly to maintain. There was agreement that further conversations about how this can be managed would be welcomed. Creating volunteer opportunities could also be a benefit of this.

Recommendations to consider:

- As in previous sections, implementation of landscaping plans should include conversations between amenities team and local groups about working in partnerships on maintenance. This could be supported by the Development Trust.

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:

- Sense of control can be beneficial for mental health and quality of life.⁴⁴
- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing.⁴⁵

⁴³ 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-isolation-loneliness-building-stronger-social-connections/

⁴⁴ <https://vhscotland.org.uk/the-zubairi-report/>

⁴⁵ What works to boost social relations. What Works Centre for Wellbeing; 2015. <https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/>



- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas.⁴⁶

Summary of discussion:

It was highlighted as important that the business plans are coming from a community trust with a membership of local people and are informed by local engagement and conversations about community led community regeneration. It was noted that it is important this engagement is ongoing.

It was agreed there are challenges with connecting engagement across the different proposals in the areas and noted that some of this is due to funding timescales. It was raised that mechanisms for connecting projects would be beneficial.

Recommendations to consider:

- Dunoon Community Development Trust should continue to build relationships with local organisations and engage with local people to inform the final business plan
- The Council should continue to work in partnership with third sector organisations on the development and implementation of the landscape plans and future developments of the Castle Gardens to enhance impact and align engagement.

⁴⁶ Scottish Household Survey 2018. Edinburgh: Scottish Government; 2019. www.gov.scot/publications/scotlands-people-annual-report-results-2018-scottish-household-survey/documents/

