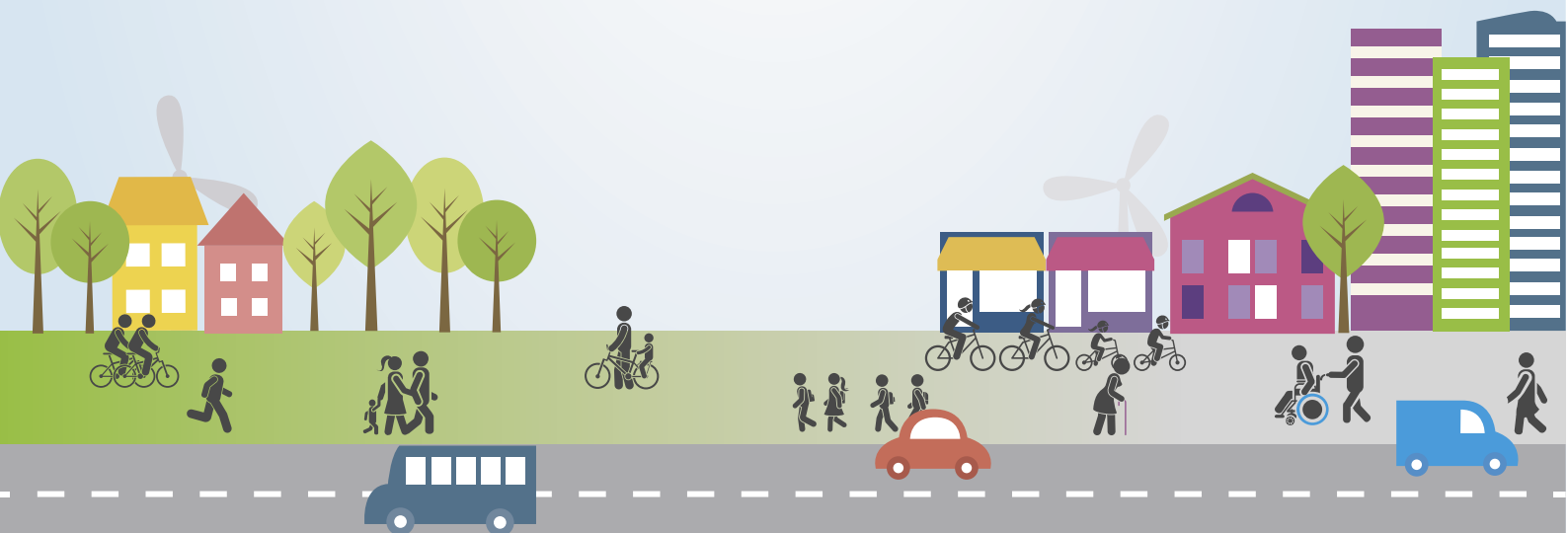


Shaping Places for Wellbeing Programme

Dalkeith Project Town

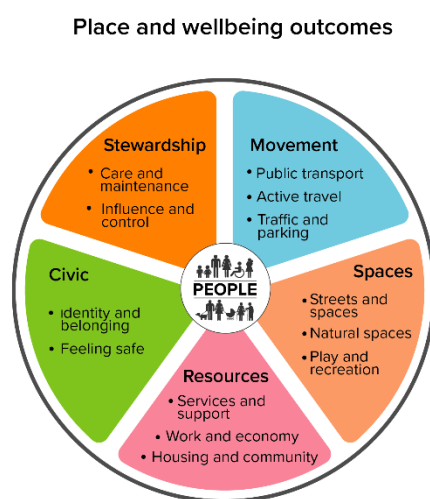
Woodburn/Dalkeith Community Action Plan
Place and Wellbeing Assessment Report



About the report

This is a report of a Place and Wellbeing Assessment held in August 2023 to look at the Woodburn/Dalkeith Community Action Plan 2016-2021. The Place and Wellbeing Assessment aims to build on the strengths of the plan and produce recommendations that will support the focus of the Living Well in Central Dalkeith and Woodburn Group.

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. This paper is the output of one of these assessments.



To get a better understanding about inequalities in the Project Towns, the Shaping Places for Wellbeing Programme gathered data with the support of the Public Health Scotland’s Local Intelligence Support Team (LIST) and the Community Link Leads. This data has been used to highlight the people within each town who are being impacted most by poor health and wellbeing. The process for gathering data can be followed through [this guide](#).

The data for Dalkeith, at the time of the assessment, highlighted four key areas of focus. These are:

- High levels of deprivation
- Poverty, including child poverty
- Crime/ police call outs
- Substance misuse

Background to the Woodburn/Dalkeith Community Action Plan 2016-2021

Every Local Authority is required to write 'Locality Plans' under the Community Empowerment (Scotland) Act 2015 for areas experiencing particular disadvantage. The Living Well in Central Dalkeith and Woodburn Group is piloting a place-based approach to creating a new plan for the area and to create support around reducing poverty. This provided an opportunity to look at the expired Woodburn/Dalkeith Community Action Plan 2016-2021. The Place and Wellbeing Assessment aimed to build on the strengths of the previous plan and produce recommendations to inform the next plan but also the focus for the Living Well in Central Dalkeith and Woodburn Group.

Links to Shaping Places for Wellbeing Programme

The ambition of the [Shaping Places for Wellbeing Programme](#) 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 the 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 wellbeing are set out in the [Place and Wellbeing Outcomes](#). Our objective is to support delivery of the outcomes. A process used for doing so is a [Place and Wellbeing Assessment](#). This paper is the output of one of these Assessments.

A 'How to Guide' for [Place and Wellbeing Assessments](#) has been designed to support others to undertake their own assessments.

Navigating the document

Read the [Report Summary](#) (Page 5) for an overview of the key themes from the assessment.

Read the [Recommendations](#) (Page 6) that came from the discussion.

Read the [Summary of Discussion by Place and Wellbeing Outcome](#) (Page 10) for further detail. It lists the key evidence and research and a summary of the discussion that took place.

- [Movement](#) – page 10
- [Spaces](#) – page 15
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[Appendix 1](#): lists the participants.

Report Summary

The Woodburn/Dalkeith Community Action Plan 2016-2021 contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Woodburn/Dalkeith. The review of the Woodburn/Dalkeith Community Action Plan is an opportunity to broaden the contribution of place to both overall wellbeing and to reduce inequality in some communities. The following broad themes were identified:

Governance

The refresh of the Living Well in Central Dalkeith and Woodburn Group provides an opportunity to create a more joined-up approach to working, which was identified as essential going forward. It creates an opportunity to invite more stakeholders into the group to ensure we are bringing people together from a variety of organisations working in Woodburn and Dalkeith. The group should ensure that there are representatives covering the four key inequalities identified by the data: high levels of deprivation, poverty including child poverty, crime/police calls outs, and substance misuse.

The group should develop a governance structure, so it is clear who in the group is supporting the delivery of the recommendations. The group will also lead the development of the next Woodburn/Dalkeith Community Action Plan and incorporate the recommendations listed in this report.

Communication

A key theme throughout the discussion was the importance of new channels of communication being formed, within council departments but also with the community. This was to ensure that everyone knows what services and activities are happening in the area and where to access them. To do this, a mapping exercise of existing activities and services that are taking place in Woodburn/Dalkeith will need to be undertaken.

Connections and a place-based approach

A key theme throughout the discussion was connections, how people access services locally, how they move around in Woodburn/Dalkeith, and issues around accessibility and mobility. Another key theme was taking a place-based approach to support people to access services and work.

The Living Well in Central Dalkeith and Woodburn Group should take a place-based approach. It should consider how to map the current services and where they are being provided to

make use of existing assets. Setting delivery of the Place and Wellbeing Outcomes as a priority will ensure that a place-based approach is embedded in the plan.

Recommendations

When taking forward the recommendations the four key areas of focus should be considered: **high levels of deprivation; poverty, including child poverty; crime/ police call outs; and substance misuse**

Recommendations informing the key themes outlined in the [Report Summary](#):

1. During the refresh of the Living Well in Central Dalkeith and Woodburn Group a new governance structure should be set out, this should include everyone knowing who is responsible for delivering the recommendations.
2. The group should ensure it has representatives with expertise of the four key inequalities identified: high levels of deprivation, poverty including child poverty, crime/police call outs and substance misuse.
3. The group should map the community spaces, what activities are taking place, what services people are using, and are spaces available for community use at certain times. The group should investigate how people access services and what routes they take, to determine if they are accessible by active travel. The Shaping Places for Wellbeing Team can link with partners in the Fraserburgh Project Town who are working with [ALISS](#) to undertake a similar exercise. The group should then explore options on where services can be located within the community e.g., a campus style approach or the need for a bigger community building.
4. The group should promote what services and activities already exist in the local area. Explore the development of a 'one stop shop' for people to find out what is happening in the area, creating a unified approach to getting information about services and supporting people. Consider accessibility of information e.g., digital and non-digital, formats and other languages. Consider ways to improve thematic networking between organisations. This will also enable people to access local services through walking. For example, the Dalkeith Citizen Advice Bureaux in the pantry.

The Living Well Group will strengthen its position by undertaking the following:

5. The group should explore opportunities for Cowden Park with current users to encourage more use. The Shaping Places for Wellbeing team can share learning from Rutherglen Project Town community led natural spaces and Clydebank examples of proactive approaches to community led space.

6. The group to identify the benefit of running further cycling taster workshops run by the Community and Lifelong Learning and Employability team to encourage people to cycle, to support an unmet need.
7. The group should identify ways to promote the free bus travel for under 21s to encourage more use of public transport and active travel and ensure young people can access.
8. Link in with colleague in the council who is working on community hubs and invite them to join the group.
9. The group should continue to work with those working on poverty and connect with further people such as the Parental Employability and Child Poverty Coordinator role to see if there is potential for them to help share information and connect the dots on what opportunities there are for volunteering, employability and training.
10. The Shaping Places for Wellbeing team can support the sharing of learning with the group on:
 - a. by linking with colleagues in Rutherglen working on the Clyde Gateway/NHS Greater Glasgow and Clyde project to recruit people from Clyde Gateway area into NHS roles.
 - b. by linking with colleagues from Dunoon to share their Town Team approach to capturing who is doing what in an area.
 - c. link the group up with the other Project Towns who have been introducing the Icelandic Model. This is an environmental approach to reducing alcohol and drug consumption amongst young people.
11. The group should encourage community organisations to link with recovery and mental health groups to promote activities and volunteer opportunities.
12. The group should work with the council and local groups to explore ways to improve the maintenance of pathways around Woodburn and Dalkeith.
13. The group should work with local disabled and mobility groups to understand what barriers they face to active travel.
14. The group should explore where there have been successful e-bike hire schemes and how this can be implemented in Woodburn/Dalkeith. The Shaping Places for Wellbeing Programme can support this.
15. The group should work with the council's employability lead and link in with the Local Employability Partnership to support awareness of what local vacancies and opportunities there are in the area for people and what sectors they are in. Potential to map the vacancies, employers and the needs of those being supported. Opportunity to link in with ongoing work on Community Wealth Building and the role of anchor organisations. The group should also lobby for the local big employers to support an increase in employability for local work in the plan.
16. The group should explore community transport options with those in a position to provide these services and consider their viability in Woodburn/Dalkeith.

17. The group to work closely with the council to improve speed calming measures, especially in Woodburn.
18. The group should explore more grant opportunities to support employability, taking a bottom-up approach.
19. The group should explore with the council options to improve safety in existing car parking, such as Old Edinburgh Rd and around electric charging stations.

The Living Well in Central Dalkeith and Woodburn Group should consider the following when writing the new plan:

20. The Action Plan should reference the 20 minute neighbourhood/ local living concept and how this supports people to walk and cycle to access local services including public transport. It should recognise the importance of enabling walking for daily needs as well as recreation and its positive impact on those living in poverty and aging well. It should define where accessing services could be enhanced by improving walking and cycling connections.
21. The Action Plan should include evidence that highlights the importance of walking and cycling for health and wellbeing and the reasons behind reducing traffic in the area and promoting other modes of transport. The Shaping Places for Wellbeing Team can provide evidence to support this.
22. The Action Plan should express its support for a feasibility study for a new MARC building, which is a community space, in Woodburn to create a much needed expansion to existing central space for community activities and services to be located.
23. The Action Plan should highlight the positive contribution of activities and services in Woodburn and Dalkeith that are already on offer, the affordability of these and what unmet need exists. Especially for young people as an early intervention response to preventing poor mental health and substance misuse. It should include the unmet need to improve communication on existing and new activity opportunities, for example through information boards at the parks.
24. The Action Plan should highlight and support initiatives such as the Dalkeith Guerrilla Gardeners to inspire others to take community action. The plan should encourage and express support for community groups to seek funding for projects that foster civic pride.
25. The Action Plan should express support the importance of increased awareness of Community Empowerment and Asset Transfers and signpost where additional information can be accessed.
26. The current references should continue to be included in the next Action Plan:
 - a. the maintenance of the pathways as an unmet need.
 - b. reference to lobbying for public transport, but for better services, including for those with mobility issues and be specific in what is needed.

- c. keep the priority “*Create Activities for young people to engage them in a constructive way*” and consider opportunities for young people.
 - d. keep references to the need to raise awareness of services and activities already happening in Woodburn/Dalkeith.
27. The Action Plan needs to align to the asks of the Single Midlothian Plan, however there is an opportunity to highlight the importance of other plans to support its implementation. It should support:
- a. the ambitions of the Dalkeith Regeneration Development Framework to ensure that the active travel routes enable people to get to where they need to go and the desire to improve the quality of the streets and spaces. The plan should support the redevelopment of the town centre, including the need for mixed use housing and reference to the ageing population.
 - b. the ambitions of the council's Food Growing Strategy and explore options to introduce more food growing into the area with a focus on who will manage this.
 - c. the Edinburgh and South East Scotland City Region Deal to maximise investment.
 - d. the Community Wealth Building Strategy which is in development and highlight how it supports those living in Dalkeith and Woodburn.

Next Steps and Reflections

The Place and Wellbeing Assessment was successful in bringing together key stakeholders to consider recommendations for the Living Well in Central Dalkeith and Woodburn Group. Due to the in-depth discussions that took place on the day, some Outcomes would have benefitted from further discussion. Areas that would benefit from consideration include: housing (including adaptative to climate change), climate change, safety, opportunities for young people.

Summary of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

- Active travel has the potential to improve health by increasing physical activity, weight loss and reducing obesity.¹
- Active travel has the potential to provide benefits to local economies.²
- Active travel can increase social interactions.³
- Evidence that older people appeared to have greater benefits if they started undertaking active travel compared to younger people.⁴

Summary of discussion:

The Woodburn/Dalkeith Community Action Plan mentions walking, cycle routes and access to bikes but more could be included on this outcome. The landscape has changed significantly since the plan was developed and active travel is now more at the forefront of people's minds.

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

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

³ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁴ Health impact assessment of active transportation: A systematic review <https://pubmed.ncbi.nlm.nih.gov/25900805/>

The council have developed an Active Travel Strategy and there are opportunities to link in with this.

A key theme throughout the conversations was whether the cycle lanes connect people to where they want to go. Although there is an extensive path network, it was questioned how purposeful this is. There could be supportive hooks in the plan to the benefits of the 20 minute neighbourhood/ local living concept for those with no access to car including young people. A key concern is around safer routes to schools e.g., Cowden Park to the school and routes from the train station in Eskbank. Also, connections to the Dalkeith Country Park, there is potential for more cycle routes to connect to there as it is currently seen as a place for those who drive there from out of town.

The plan focuses on active travel in relation to recreation, this should be continued in future. However, there needs to be a stronger emphasis on its importance in supporting people's daily activities. There are also opportunities to add emphasis on the importance of walking to support social connections, reducing frailty, allowing people to access local facilities and supporting those living in poverty.

This links to the high levels of mobility issues in Woodburn and the gradient of Woodburn was highlighted. There could be stronger focus on enabling mobility for the older population in the plan. Not all the services are in walkable distance and to access the GP they need to use a mode of transport. The affordability of this was also raised and that a high percentage of people in Woodburn don't own a car.

There is mention of the extensive path network in the plan. However, there is no mention of the quality of these and that the three road entrances to Woodburn could be better signposted. The importance of the maintenance of the pathways should be included in future plans.

It was raised that there appears to be more funding opportunities becoming available to support cycling and active travel and the plan is an opportunity highlight opportunities/ unmet need in the Dalkeith/ Woodburn area as a hook for future funding applications.

While there are a few places in the town centre designated for bike parking, it was felt that people might not have awareness of these or feel they are secure. There were e-bikes available through a Sustrans scheme a couple of years ago, but these were discontinued due to vandalism and dumping of bikes.

Public Transport

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

Evidence and research:

- Public transport use has the potential to improve access to services and facilities and connect communities.
- There are links between public transport and increased physical activity, potentially reductions in obesity and better mental health.
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.
- Some people can find it necessary to purchase a car even when they cannot afford it, which can lead to further debt.⁵
- 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.⁶

Summary of discussion:

It was agreed that there should be more emphasis on public transport in the Woodburn/Dalkeith Community Action Plan. The bus situation in Woodburn/Dalkeith has changed dramatically since the plan and due to Covid-19. This has impacted communities especially those challenged with mobility and the gradient. Positive change has been the introduction of free bus travel for under 21s.

It was agreed that some of the priorities could be stronger in wording. The new plan should keep reference to lobbying but for better services and be specific in what is needed.

As with active travel, the connections to services were raised. There are not great links from Woodburn to other areas, especially links to employment, education, and the train station at Eskbank. There need to be more emphasis on the specific purpose of the transport system and aspects for those with mobility issues for example taxi card. There could be better links from the country park to the town centre and a shuttle bus was suggested.

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

⁶ [Research into the Social and Economic Benefits of Community Transport in Scotland](#) – Transport Scotland 2015

There was a discussion around lack of transport links leading to social isolation. Community transport was an option raised that can help with this, volunteers interact and support the people using the service. It was noted that there has been a decrease in people attending community organisations because of taxi costs increasing, which is the only option for some people.

There was a discussion around the new housing developments in the area. In many cases these are large detached houses with multiple car owners. Most of the bus service supports those commuting into Edinburgh rather than local routes. Residents have expressed concern over how this will impact on the established communities. It was agreed that new developments need to be shaped to make the bus service viable by increasing density. This also supports viability of local shops and helps to build communities.

There is potential to look at introducing private services. The taxi service which used to support people with mobility issues is no longer running. The Dial a Ride service must be Pre-booked, and this can cause barriers to users. People can struggle to afford to use the public transport and Dalkeith Citizen Advice Bureaux provide vouchers.

Traffic and parking

Everyone can benefit from:

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

Evidence and research:

- People in deprived areas can be exposed to higher levels of air and noise pollution and certain groups of the population can be more adversely affected by poorer air quality.
- The volume and speed of traffic and long commutes can be detrimental to health.⁷

⁷ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

- One third of Scotland’s households do not own a car and this increases to half the households in deprived areas.⁸

Summary of discussion:

The group agreed that the current references to car parking feel outdated. Car ownership in Woodburn is the amongst the lowest in Midlothian, therefore, car parking only serves half the population who have a car and not those experiencing inequality and poverty.

The current Plan’s priority to *“Promote and raise awareness of all available parking locally to make sure it is used effectively”* was questioned with a preference for promoting other modes of travel. Previous statements about *“Support Midlothian Council with their plans to decriminalise parking offences which will result in robust enforcement of parking regulations.”* were felt to lack clarity.

More could be included around reducing traffic speeds, with a desire to see the 20mph limit in Woodburn being enforced and to support further traffic calming. The residential streets in Woodburn are overwhelmed with car parking. The next Action Plan could include more evidence on the significant impact of reducing speed on road deaths and casualties making our streets safe as well as encouraging social interaction on the street and promoting other modes of transport.

The group noted that council employees are responsible for a lot of the traffic and parking in the area, and it was agreed that the parking in the town centre serves people coming into the area. There is an opportunity to improve use of public transport by employees with the next Action Plan highlighting the need for support from the travel plans in the council. The Health and Social Care Partnership also have a plan that can look at this.

⁸ Scottish Household Survey 2018

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:

- Mental wellbeing and quality of life is higher if the residents perceived their neighbourhood, including the buildings, as attractive.⁹
- Experts hypothesise that navigable streets and spaces will allow people to move around easily, safely and access facilities and services.
- Inadequate or poor spaces can lead to reduced social interactions.¹⁰

Summary of discussion:

The group agreed that the Dalkeith Town Centre Regeneration Framework will support many aspects of this outcome to improve the town centre and that there is a desire to improve the quality of the streets and spaces.

It was raised that many residents feel that Woodburn has been forgotten and there is a need to consider improvements to the look and feel of the area. There was a discussion on creating spaces that improve social connections.

⁹ Quality of Life Foundation. Quality of life literature review; [2019 Quality of Life Foundation Review](#)

¹⁰ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

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.¹¹
- Natural spaces can provide mental health benefits.
- Experts hypothesise that natural spaces can provide a sense of character and distinctiveness to a place. Natural spaces can encourage social interactions and a sense of community and belonging.¹²

Summary of discussion:

It was agreed that more could be included around natural spaces in the next Woodburn/Dalkeith Community Action Plan.

“Create attractive outdoor spaces to be enjoyed by all” could be more strongly worded and more specific. One example was Cowden Park in Woodburn which is large and underused with unmet opportunity to improve the usage of the green gym, potential park run, have more foliage and wifi. This should be in collaboration with residents and those using the park already. Community Groups should be encouraged to use the space and this will increase the feeling of safety. The examples of King’s Park and Dalkeith Thistle Football was raised as good examples. The importance of facilities was raised and other places such as Inverleith are successful as they have toilets and a coffee cart.

¹¹ INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity INHERIT

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

There was a discussion around food growing, there are small patches of ground in Woodburn where there are food growing opportunities. Growing fruit along streets was suggested, which links back to the quality of routes. Examples were raised such as in Mayfield and there is a box at the back of the MARC building for growing. The mental health benefits of growing were raised. It was agreed that there is need for coordination and staff or local volunteers to support this and there is potentially a role for the third sector.

Awareness of Community Empowerment and Asset Transfer opportunities to enhance the community's creativity and participation in utilising natural space assets could be included in the next Action Plan. Highlighting how this contributes to Community Wealth Building and health and wellbeing.

Play and recreation

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

Evidence and research:

- Play and recreation is beneficial for the health of adults and children through the encouragement of physical activity and social interactions.
- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.¹³

Summary of discussion:

The group agreed that this outcome was covered under the discussion on Cowden Park in 'natural space'. It was raised that there is potential to add more information boards to communicate existing and new opportunities.

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

Resources

Services and support

Everyone can access:

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

Evidence and research:

- Accessibility to services can be exacerbated by poor transport links and safety of the wider neighbourhood.
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.
- People need local facilities and services to live and enjoy healthy, independent lives.¹⁴

Summary of discussion:

The next Woodburn/Dalkeith Community Action Plan should keep references to the need to raise awareness of services and activities already happening. People want to see more of the great work that is already happening for example the young carers group.

There is need for a bigger building in Woodburn to allow services to locate there. However, it was raised that there is lots of great community spaces in Woodburn, the Miner's Club, MARC building, CLLE shop, Cowden Pavillion and Community Space at the campus school. A joined-up approach was discussed and the potential to take a campus approach to the spaces.

This outcome links back to the discussion around accessing services. All the services people access in Woodburn are predominantly in the town centre. There has been success with

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

services setting up drop-ins at the pantry. These are in a location that people already know and use, making them easier for people to access and reducing the stigma of accessing.

The importance of the third sector was raised throughout the discussion and the funding that is being cut, more places are closed for face-to-face drop ins. There is a balance to be made in improving signposting but acknowledging that services are being cut.

The GP now has a physio and nurses, however, there is a lack of GP and health facilities out in the communities and those in Woodburn with mobility issues struggle to access the services. There is a need to raise awareness of the local health services and consider the GP as an anchor for 20 minute communities. This links back to the need for a bigger community building in Woodburn to host drop-in services.

Aldi has now located in Woodburn which means families can now access affordable fresh fruit and vegetables and affordable essential goods locally. That said, the Food Pantry in Woodburn has a growing membership and might need to consider increasing their size and extend opening hours.

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.

- Unemployment can be harmful to health and the longer someone is unemployed, the worse the health outcomes.¹⁵

Summary of discussion:

There is potential to look at a place-based approach to employability and consider a localised offer, rather than a theme-based approach. How can more be done to link people with local employers and local vacancies.

Young people's career aspirations have changed and there are new industries. There are opportunities to use storytelling and to link in with local employers so that young people have positive role models. Potential to try taster sessions so young people can trial different roles and areas of work. Also potential to do more to enable young people in accessing further education and working with the surrounding Universities by ensuring those in Dalkeith can access them.

Potential to lobby for the local big employers to support an increase in employability for local work in the plan. Green technology companies were mentioned, and whether there are links with the college campus. Key sectors such as Health and Social Care, Early Years Care are struggling to recruit. This links back to the movement theme and ensuring that people have access to good quality work.

The council is currently advertising for a Parental Employability and Child Poverty Coordinator role. It was agreed that there is a need for someone to connect with what's going on for people in the area in terms of employability, volunteering and training opportunities and there is potential that this role could support this.

The council is working on a Community Wealth Building Strategy and there are opportunities to link in with this work. It was noted that the NHS need to think about what they can do to support this as they are a huge employer with lots of vacancies to fill. The example of Clyde Gateway/NHS Greater Glasgow and Clyde was raised this was a project to recruit people from Clyde Gateway area into NHS roles.

One Dalkeith currently have funding to focus on improving the economic wellbeing of the local community and have various initiatives to support this. This links with Community Wealth Building and to the 20 minute neighbourhood concept.

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

The City Region Deal was raised and how that is supporting Dalkeith. The plan needs to support the third sector and highlight the need for funding to continue vital employability support.

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.¹⁶
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs.
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.¹⁷

¹⁶ www.health.org.uk/publications/reports/the-marmot-review-10-years-on

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

Summary of discussion:

There is need for more joined up thinking to raise awareness of what services are available to those in the area to include them in the community, especially the “new Scots” refugees residing in the area.

There is a need to ensure that social housing is integrated into developments. There is support from the community to redevelop the town centre and bring in more housing.

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.
- Sense of belonging and neighbourliness can encourage community activities and provide a sense of purpose.
- 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.¹⁸

Summary of discussion:

Mention of civic pride in the plan is welcome. Identity and belonging linked in with earlier conversations around raising awareness of what's happening in the area. Given the positive contribution of festival and events in growing civic pride, there should be further awareness of what exists and identifying opportunities for more.

The Dalkeith Guerilla Gardeners are doing fantastic work at creating gardens in small pockets of land across the town centre.

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

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 a place feeling unsafe can lead to negative impacts on health, for example mental wellbeing, and can reduce outdoor activities.
- Some groups within the population can have limited access to safe and well-maintained environments.¹⁹

Summary of discussion:

The plan has a strong focus on safety within “*Theme 2: Safer Communities*” and the next plan should continue to include “*Create Activities for young people to engage them in a constructive way*”. There is a lack of activities after school and young people have been using their free bus passes to congregate on the buses. There have been older people feeling unsettled by young people in the precinct area. The data on police call outs about safety should be explored in further detail. The Icelandic model was raised as something to explore more.

The discussion linked back to the ‘Natural space’ outcome. More activities taking place in the parks will create more ‘eyes on the street’ and make people feel safer. There are safety issues in the current car parks, Old Edinburgh Road is not well lit.

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

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 places are regarded as not being maintained this can lead to perceptions of it being unsafe and reduced social capital.
- Deprived areas are more likely to be exposed to environmental incivilities, vacant and derelict land, and poor maintenance.²⁰

Summary of discussion:

Certain gardens and the frontage of houses could be better maintained. The Dalkeith Guerilla Gardeners work can inspire others to take community action. There is potential to explore private sector sponsorship to help maintain paths and spaces.

There is a high cost of arranging pavement collection of large items and there is need to explore a more accessible model for this.

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.

²⁰ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

- 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.
- People living in more socioeconomically deprived areas can feel less confident about being involved in decision-making compared to less deprived areas.
- Lack of control can lead to poorer health outcomes such as increased risk of heart disease, depression, anxiety and stress.²¹

Summary of discussion:

It is key to create a governance structure for the next plan and clearly set out who is going to be implementing each of the recommendations. The Living Well in Central Dalkeith and Woodburn Group should lead on this.

The list of partners under each theme is helpful, but it should be clear these are a guide and still encourage others to support the recommendations.

The Living Well in Central Dalkeith and Woodburn Group can share best practice that is happening in other areas to inspire and encourage creativity and identify opportunities. The group has the opportunity to explore co-production of local solutions to issues.

As suggested under the outcome 'Natural Spaces' the group can encourage awareness of the Community Empowerment and Asset Transfer opportunities to enhance the community's creativity and participation in utilising assets to contribute to Community Wealth Building.

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

Appendix 1: Participants

- Amanda Johnston – Police Scotland
- Amie Willson – NHS Lothian
- Andrew Collinge – CAB
- Ann Stewart-Kimcha – Dalkeith and District Community Council
- Annette Lang – Midlothian Council
- Ashley Galloway – Sure Start
- Catherine Duns – Midlothian Council
- Claire Douglas – Midlothian Council
- Gill Main – Health and Social Care Partnership
- Irene Beautyman – Shaping Places for Wellbeing Programme
- Jane Deary - Shaping Places for Wellbeing Programme
- Janette Hope – Grassy Riggs
- Jillian Simon – One Dalkeith
- Jim Sherval – NHS Lothian
- Karen Soar – Dalkeith Food Pantry
- Kirstin McNicol – Public Health Scotland
- Lesley Kelly - MVACVS
- Ruth Hart - Shaping Places for Wellbeing Programme
- Steve Nash – Health in Mind
- Susan Rintoul – Shaping Places for Wellbeing Programme