

# Safe Delivery & Improvement Group Strategy Place and Wellbeing Assessment Report



# About the report

This is a report of a Place and Wellbeing Assessment held in June 2023 to consider the Safe Delivery & Improvement Group Strategy, how it could affect the health and wellbeing of the Clydebank population and what the forthcoming review of the strategy could include to enhance this. Community Planning West Dunbartonshire is the management group of community planning partners for the area and oversees delivery of the West Dunbartonshire Plan for Place - our Local Outcome Improvement Plan. With 'A safe West Dunbartonshire' being one of five priorities detailed in the Local Outcome Improvement Plan, this strategy plays an important role in creating a safe place for people to live.

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

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

- **People living in poverty**
- People experiencing mental health issues
- People experiencing substance use (focus on alcohol)
- Premature morbidity

The report begins with a Report Summary detailing the broad themes identified from the assessment process. This is followed by a summary of the plan under consideration; information about the Shaping Places for Wellbeing Programme and the assessment process; and details of participants in this assessment session. The remainder of the report outlines the discussion that took place and shares recommendations to consider to enhance the strategy's contribution to health and wellbeing, themed by the Place and Wellbeing Outcomes. Included alongside these is relevant evidence from Public Health research papers that inform the Place and Wellbeing Outcomes.

# Report Summary

The Safe Delivery & Improvement Group Strategy contributes to delivering and supporting many of the aspects of a place that enables the wellbeing of those who live, work and relax in Clydebank and wider West Dunbartonshire. The review of the strategy 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:

- A focus on prevention and a longer-term strategic approach is required to deliver on the Place and Wellbeing Outcomes and, in doing so, more fully address a wide range of safety issues.
- The contribution of prevention and a longer-term approach stands out particularly in relation to ensuring the safety of young people from substance use. In adopting the Planet Youth Scotland approach to reducing alcohol and drug use, there is a need to create more positive environments at school, home and in the community. A key element of the approach involves young people being involved in positive, confidence building activities such as sport, music and art. This requires involvement from the whole community and all stakeholders with a cultural change to supporting the availability of facilities and amenities and enabling access to such activity.
- Collaboration amongst the Safe Delivery & Improvement Group members with the other four Delivery Improvement Groups and wider local stakeholders is required to fully understand the range of safety issues affecting the local population of Clydebank and to identify and develop approaches to address safety issues.
- The use of both quantitative and qualitative data was identified as important in understanding the range and extent of safety issues and understanding what population groups are most impacted and to inform service design. Information sharing between the other Delivery Improvement Groups and other partners enables consideration and examination of the whole picture and is a key area for collaboration.
- The need for improved communication was highlighted both between partners and between partners and the public. This related to disseminating key messages on existing and future services and any initiatives or developments in the pipeline that related to safety.

Overarching recommendations include:

- Include a statement about the importance of long-term prevention in relation to the safety of young people (reference Planet Youth).

- Clarify the specific action plan content of other Delivery & Improvement Groups that contribute to the successful delivery of 'A safe West Dunbartonshire'.
- Include linkages to West Dunbartonshire Council and West Dunbartonshire Health & Social Care Partnership activities that contribute to the delivery of 'A safe West Dunbartonshire', for example Active Travel activities.
- Review the Safe Delivery & Improvement Group membership and consider potential contribution of other stakeholders to discussion on key safety issues, particularly in respect of the preventative role of place highlighted in this Place and Wellbeing Assessment.

# Summary of Safe Delivery & Improvement Group Strategy, links with Shaping Places for Wellbeing Programme Context and Participants

## Summary of background of the Safe Delivery & Improvement Group Strategy

Community Planning West Dunbartonshire (CPWD) is the management group of community planning partners for the area and oversees delivery of the West Dunbartonshire Plan for Place - the Local Outcome Improvement Plan.

There are five priorities detailed in the Local Outcome Improvement Plan (LOIP) and these are delivered on behalf of Community Planning West Dunbartonshire by partnership Delivery & Improvement Groups attended by key services and agencies who can ensure the necessary actions happen and improvements delivered.

Delivery of the aspirations and priorities set out in the LOIP are monitored through the Delivery & Improvement Group Strategies and action plans.

The five Delivery & Improvement Groups include:

- A flourishing West Dunbartonshire
- An independent West Dunbartonshire
- A nurtured West Dunbartonshire
- An empowered West Dunbartonshire
- **A safe West Dunbartonshire**

This assessment session will focus on the Safe Delivery & Improvement Group Strategy & Delivery Plan which is currently due for renewal. 'Being able to live in a community that is safe and positive' is an aim that the Safe Group helps deliver. This includes focussing local resources and efforts into the incidence types that are causing greatest harm in our communities, including anti-social behaviour and violence.

It is intended that Assessment Report will inform the next Safe Delivery & Improvement Group Strategy & Delivery Plan.

## 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 focuses 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 Clydebank has highlighted four key areas of focus. These are:

- **People living in poverty**
- People experiencing mental health issues
- People experiencing substance use (especially alcohol)
- Premature morbidity

## Participants

- Alice Collins (Notetaker, Shaping Places for Wellbeing Programme)
- Anthony McGloin (Watch Commander, Scottish Fire & Rescue Service)
- Bart Simonis (Inspector, Partnerships & Prevention, Police Scotland)
- Chris Kelly (Health Improvement Lead, West Dunbartonshire Health & Social Care Partnership)
- David Lacey (Inspector, British Transport Police)
- Elaine Troup (Communities Team Leader, West Dunbartonshire Council)
- Geraldine Donnan (Clydebank Community Link Lead, Shaping Places for Wellbeing Programme)
- Irene Beautyman (Programme Lead, Shaping Places for Wellbeing Programme)
- Jackie McElroy (Anti-Social Behaviour Officer, West Dunbartonshire Council)
- Joanne Sutherland (Housing Options & Homeless Service, West Dunbartonshire Council)
- Kirsten McLatchie (Communities Inspector, Police Scotland)
- Laura Evans (Partnership Officer, Police Scotland)
- Mary Sinclair (Clydebank Project Lead, Shaping Places for Wellbeing Programme)
- Nicola Pettigrew (Housing Operations Manager, West Dunbartonshire Council)
- Ricardo Rea (Performance & Strategy Officer, West Dunbartonshire Council)
- Ruth Hart (Chair, Shaping Places for Wellbeing Programme)
- Selina Ross (Chief Executive, West Dunbartonshire Council for Voluntary Service)
- Sylvia Chatfield (Head of Mental Health Services & Chair of Alcohol & Drug Partnership, West Dunbartonshire Health & Social Care Partnership)

# Outline of Discussion and Recommendations by Place and Wellbeing Outcome

## Movement

### Active Travel

Everyone can:

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

### Evidence and research:

- Active travel has the potential to improve health by increasing physical activity, weight loss and reducing obesity.<sup>1</sup>
- Active travel has the potential to minimise health harms by reducing motorised traffic.<sup>2</sup>
- Protected bike lanes and secure bike parking increases diversity and inclusion.<sup>3</sup>
- Safety is a key barrier to increasing women's use of active travel.<sup>4</sup>
- Walking or cycling to school helps children achieve a healthy weight and the beneficial effects may be greater for children from deprived areas.<sup>5</sup>
- Active travel has the potential to provide benefits to local economies.<sup>6</sup>

---

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

<sup>2</sup> 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](http://www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf)

<sup>3</sup> [\(Women and Biking: A Case Study on the use of San Francisco Bike Lanes. University of California, Berkley\).](#)

<sup>4</sup> [How Women Travel Around our City – A Case Study on Active Transport across Sydney. City of Sydney Council](#)

<sup>5</sup> [Associations of active travel with adiposity among children and socioeconomic differentials: a longitudinal study | BMJ Open](#)

<sup>6</sup> [www.livingstreets.org.uk/media/3890/pedestrian-pound-2018.pdf](http://www.livingstreets.org.uk/media/3890/pedestrian-pound-2018.pdf)



- West Dunbartonshire is ranked 8th lowest local authority for active travel across Scotland.<sup>7</sup>

## Summary of discussion:

Consideration of the active travel outcome was welcomed by the group, highlighting its contribution to key safety issues such as long-term prevention of substance use and more immediate road safety.

Active travel was recognised as particularly important for young people in that it enables them to access and participate in activities. Reference was made to the Planet Youth model and the supporting evidence of sport and physical exercise and other extra-curricular activities being a protective factor around substance use. Planet Youth activity in Clydebank is progressing this as an approach to reducing anti-social behaviour.

The importance of active travel to access services is not restricted to young people. The group highlighted the importance of access to services for the wider population, especially those living further from the town centre and those experiencing poverty, with no access to a car who depend on public transport.

Reference was made to the Fit for Life initiative in Glasgow that targeted areas of poverty to promote routes where people felt comfortable engaging in active travel. Given the high levels of poverty across most of Clydebank and the low levels of active travel in West Dunbartonshire, it was suggested this model be explored for the local area.

Road safety was highlighted as a crucial consideration with regard to active travel, acknowledging the hierarchy of roads users.

In relation to cycling it was noted that despite a good cycle connection from Clydebank to Dumbarton and on to Loch Lomond, there are no segregated cycle lanes to reach this main cycle path from different parts of Clydebank. Cyclists are therefore required to use busy roads, with this being a potential barrier to use. The group discussed the importance of addressing road safety, referencing the benefits of segregated cycle lanes, speeding and safe passing distances to enable safe active travel by bike.

Reference was made to Operation Close Pass and the current infrastructure and road redesign development that will have an impact on road safety. It was agreed that publicising such initiatives and developments would promote that steps are being taken to address road safety, thus encouraging active travel.

---

<sup>7</sup> [https://scotland.shinyapps.io/ScotPHO\\_profiles\\_tool/](https://scotland.shinyapps.io/ScotPHO_profiles_tool/)

The group agreed that including road safety to the strategy would improve the document and this should encompass all modes of transport. It was also agreed that existing Council wide activity relating to Active Travel should be referenced in the Delivery Plan.

A lack of confidence and bike access were also identified as barriers to cycling. It was suggested that the 'photo books' approach that increased local confidence for walking could be used for cycling. Potential community solutions were referenced to increase bike access and bike security (secure parking and theft prevention) was also highlighted.

It was also suggested that cycling could be encouraged by improving cycle ways and that working with Scottish Canals who govern the walkway / cycle lane along the section of the Forth and Clyde Canal that runs through Clydebank & West Dunbartonshire would be beneficial.

### Recommendations to consider:

- Strategy to include reference to the preventative need for a culture shift in approach to alcohol and the positive contribution of having activities available for young people.
- Strategy to include recognition of the importance of enabling young people to independently access activities that are a protective factor around substance use.
- Road safety to be included in the strategy, with reference to existing road safety activity and developments within the Delivery Plan.
- Consideration of road and cycling safety to be included with the strategy, with reference to the importance of segregated cycling and road speeds to prevent accidents.
- Reference to the importance of safe cycle parking in the strategy.
- Reference to the contribution of 'Photo Books' in building walking and cycling confidence to be included in the Delivery Plan.
- Fit for Life initiative to be highlighted as a successful approach for consideration in the Delivery Plan.
- Include reference to Scottish Canals and clarify their potential contribution to the Safe Delivery & Improvement Group Strategy and Delivery Plan.

### Public Transport

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

## Evidence and research:

- Public transport has the potential to reduce carbon emissions.<sup>8</sup>
- Public transport has the potential to encourage active travel.<sup>9</sup>
- Links between public transport and reduced obesity, physical activity, and mental health.<sup>10</sup>
- Public transport has the potential to improve access to services and facilities and connect communities.<sup>11</sup>
- Certain groups such as women, students and older people are likely to be at higher risk of transport poverty.<sup>12</sup>
- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.<sup>13</sup>
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.<sup>14</sup>

## Summary of discussion:

It was agreed that the strategy has an important role to play in contributing towards this outcome. As referenced earlier within 'Active Travel', it is essential in enabling people to access resources, especially young people in accessing activities that are a protective factor around substance use.

Acknowledging the high levels of poverty across Clydebank, the cost of public transport was identified as a key factor preventing people being able to move around and access services using public transport. This is particularly important given the low levels of car ownership in deprived areas.

Public transport is considered to be generally safe throughout Clydebank. Although it was acknowledged that some minor issues with young people can impact local communities. It

---

<sup>8</sup> Patterson R, Webb E, Hone T, et al. Associations of Public Transportation Use With Cardiometabolic Health: A Systematic Review and Meta-Analysis. *American Journal of Epidemiology* 2019 188(4):785- 795 Aether Evidence Review of the Potential Wider Impacts of Climate Change Mitigation options: Transport sector. Report to the Scottish Government 2017 Available from <https://www.gov.scot/binaries/content/documents/govscot/publications/research-andanalysis/2017/01/evidence-review-potential-wider-impacts-climate-change-mitigation-optionstransport/documents/00513155-pdf/00513155-pdf/govscot%3Adocument/00513155.pdf>

<sup>9</sup> [www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res\\_s.pdf](http://www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf)

<sup>10</sup> Patterson R, Webb E, Hone T, et al. Associations of Public Transportation Use With Cardiometabolic Health: A Systematic Review and Meta-Analysis. *American Journal of Epidemiology* 2019 188(4):785-795

<sup>11</sup> [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/847884/Transport\\_\\_health\\_and\\_wellbeing.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf)

<sup>12</sup> Transport and inequality: an evidence review for the Department for

Transport [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/843487/Transport\\_and\\_in\\_equality\\_report.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/843487/Transport_and_in_equality_report.pdf)

<sup>13</sup> Scottish Household Survey, 2018

<sup>14</sup> 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](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf)

was suggested that building on existing partnership working, with the addition of schools, local communities and transport operators to discuss safety and behaviour on buses and trains would address this.

Reference was made to the successful partnership working of the Operation Ballaton multi-agency group which demonstrated how a local issue can be addressed when local resources are combined. It was suggested this approach could be developed to become a strand of the Safe Delivery & Improvement Group and that this could bring additional value, especially if incorporating a longer-term strategic approach.

The perception of safety on public transport was highlighted as an important issue. Current measures in place to address safety on public transport including CCTV on buses and public spaces were discussed, along with public information on what to do if inappropriate behaviour is observed. Ensuring public awareness of these measures is important to reassure people on the safety of public transport.

Value was recognised in further discussions taking place between British Transport Police, ScotRail and West Dunbartonshire Council to ensure that public space CCTV cameras are located in the most appropriate places and to consider the need for further investment in public transport locations.

It was noted that a West Dunbartonshire Transport Strategy is due to be developed this year and the group agreed that safety on public transport is an essential consideration for this. It was recognised that the Safe Delivery & Improvement Group will provide an important and valuable contribution to the Transport Strategy, both in relation to public transport and broader transport planning that would support implementation of the Safe Strategy.

### **Recommendations to consider:**

- Strategy to explain the importance of people feeling safe on all modes of public transport and address its contribution in achieving this, with reference to relevant actions in the Delivery Plan.
- Strategy to include recognition of the importance of enabling young people to independently access activities that are a protective factor around substance use.
- Include reference in the strategy to the development of West Dunbartonshire Transport Strategy and the role of Safe Delivery & Improvement Group in contributing to this regarding public transport and wider transport planning to support delivery of the Safe Delivery & Improvement Group Strategy.
- Strategy to highlight the importance of collaboration and the role of other stakeholders, including transport providers, local communities and schools, in creating safer public transport.

- Include reference in the Delivery Plan to consider review of CCTV locations relating to public transport.
- Review membership of the Safe Delivery & Improvement Group to deliver this outcome including considering the contribution of CCTV Team to discussions on public transport safety.

## Traffic and parking

Everyone can benefit from:

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

## Evidence and research:

- Motorised transport has the potential to reduce levels of physical activity and social interactions.<sup>15</sup>
- Motorised transport has the potential to increase air and noise pollution and greenhouse gases.<sup>16</sup>
- Cars can help people to access services and communities.<sup>17</sup>
- Parking should be prioritised for people who don't have other options.<sup>18</sup>
- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.<sup>19</sup>
- 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.<sup>20</sup>

<sup>15</sup> 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

<sup>16</sup> Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. [www.transport.gov.scot/our-approach/national-transport-strategy/](http://www.transport.gov.scot/our-approach/national-transport-strategy/)

<sup>17</sup> 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](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf)

<sup>18</sup> Transport use, health and health inequalities: The impact of measures to reduce the spread of COVID-19. [https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalitiesthe-impact-of-measures-to-reduce-the-spread-of-covid-](https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalitiesthe-impact-of-measures-to-reduce-the-spread-of-covid-19)

<sup>19</sup> Scottish Household Survey, 2018

<sup>20</sup> Marmot M, Allen J, Boyce T, et al. Health equity in England: The Marmot Review 10 years on. London: Institute of Health Equity; 2020. [www.health.org.uk/publications/reports/the-marmot-review-10-years-on](http://www.health.org.uk/publications/reports/the-marmot-review-10-years-on)

## Summary of discussion:

The group recognised parking as a significant issue in Clydebank, particularly in relation to schools. Responsibility for dangerous parking currently sits with the police as parking is not decriminalised in West Dunbartonshire, although West Dunbartonshire Council has recently made the decision decriminalise parking. Whilst this process is underway and responsibility for dangerous parking is handed over, West Dunbartonshire Council is promoting 'Clear the Way' which aims to reduce parking on pavements.

It was suggested that the strategy could contribute to this outcome by including reference the importance of reducing traffic speeds as part of creating a safe environment. This is particularly important when encouraging active travel as evidence highlights that noise reduces in line with speed which makes streets safer and more attractive to walk along

In addition to the dangers of speeding traffic, consideration was also given to the negative impact of poor air quality outside schools relating to traffic. Reference was made to a current proposal from West Dunbartonshire Council Environmental Health team to work with schools to monitor air quality around the school vicinity.

Having a remit for children, the Nurtured Delivery & Improvement Group was recognised as most appropriate to consider children and air quality. It was also acknowledged that as environmental issues are a cross cutting theme, it would be appropriate for the Chair of the Safe Delivery & Improvement Group to raise this issue when all Delivery & Improvement Group Chairs meet with the Council Lead in the Community Planning Executive Group. This would be an opportunity to identify collaborative work to address this issue.

## Recommendations to consider:

- Include that parking at schools can be a safety issue in the strategy and clarify relevant actions in Delivery Plan.
- Include reference in the Strategy to the positive contribution of lowering traffic speeds and low traffic neighbourhoods in improving safety and delivering this outcome.
- Include support in the Delivery Plan to the contribution of 'Clear the Way' leaflets in preventing parking on pavements and advancing this outcome.
- Include reference to the impact on poor air quality outside schools as a safety issue in the strategy and clarify the relevant actions in the Delivery Plan.
- Include a cross reference to Nurtured Delivery Implementation Group and the Community Planning Executive Group in the strategy in relation to traffic impact on poor air quality outside schools.

- Include reference in the strategy to the West Dunbartonshire Climate Change & Sustainability Strategy and Action Plan and clarity on where ambitions are shared, for example air quality.

# Spaces

## 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. <sup>21</sup>
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services. <sup>22</sup>
- Inadequate or poor spaces can lead to reduced social interactions. <sup>23</sup>
- Walkable neighbourhoods can provide opportunities to socially interact. <sup>24</sup>
- If neighbourhoods are attractive this can improve mental wellbeing. <sup>25</sup>
- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities. <sup>26</sup>

## Summary of discussion:

The group welcomed consideration of this outcome, recognising that the appearance of streets and spaces can influence feelings of safety within communities.

---

<sup>21</sup> 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.

<sup>22</sup> Quality of Life Foundation. Quality of life literature review; 2019. [www.qolf.org/wpcontent/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf](http://www.qolf.org/wpcontent/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf)

<sup>23</sup> <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>

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

<sup>25</sup> <https://www.livingstreets.org.uk/media/3890/pedestrian-pound-2018.pdf>

<sup>26</sup> O'Connor, Alfrey, Hall & Burke Intergeneration understandings of personal, social and community assets for health. Health & Place 2019, 57:218-227



Again, achieving this outcome plays an important role in improving young people's access to activities that are a protective factor around substance use and in providing suitable spaces for them to host activities themselves.

The group also discussed current activity that contributes towards this outcome. West Dunbartonshire Council's Greenspace Team, with involvement from Community Pay Back Orders carry out landscaping work, including clearing foliage and this contributes to both improving green space and community reparation. This work is recognised as contributing towards safer communities.

Reference was also made to Tenants & Residents Associations and Housing Revenue Account land activity which supports fundraising to upgrade parks and community spaces. Local groups can access or apply to funds, including a tenant participatory budget. The value of this activity was acknowledged and it was suggested that progressing these activities in a collaborative and coordinated manner would enhance the overall value.

In looking to build upon existing activity, it was also highlighted that including reference to the importance of addressing unmet needs in relation to 'streets and spaces' in plans and strategies would potentially support the third sector to secure funding from a variety of sources. Presenting a solution to address a recognised unmet need provides a stronger position to secure resources from a range of funders.

In designing local streets and public spaces, it was suggested that a multi-agency approach is required to ensure they are designed with safety in mind. Similarly, the importance of engaging with local people to ask them what would make a difference to streets and spaces and what would make them feel safer was highlighted.

The Citizen Panel and other surveys currently gather some information on feelings of safety within the community, but it was recognised that conversations to capture qualitative data on complex issues relating to safety are important and would play a key part of local people informing service delivery or design. See 'Influence & Control' section.

Communication was recognised as a crucial element for collaboration, both between partners and with the community. It was acknowledged that communications from different partners are currently developed separately and that there would be a value in working more collaboratively on this.

### **Recommendations to consider:**

- Highlight in the Strategy the importance of safety contributing to this outcome is an important long-term preventative part of improving young people's access to activities. Include more detail on how this will be progressed in the Delivery Plan.

- Strategy to reference the need for a shared / multi-agency approach across Community Planning Partners to safety in relation to the design of streets and spaces, especially in relation to landscaping and non-day light hour.
- When referencing the importance of making places safer, identify any unmet needs in the Strategy and Delivery Plan to provide a supportive hook to potential funding for Delivery Plan actions.
- Include reference to the importance of joined up communications and community engagement in improving streets and spaces in strategy and include relevant combined action within the Delivery Plan.
- The Strategy and Delivery Plan highlight the importance of making use of data (both quantitative and qualitative) to inform targeting resources to where they have greatest impact on ensuring those experiencing inequality live in a safe place.

## 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 have an impact on health through facilitation of physical activity, improved social interactions/relationships and stress reduction.<sup>27</sup>
- Natural spaces can encourage social interactions and a sense of community and belonging.<sup>28</sup>

---

<sup>27</sup>[www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation](http://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation)

<sup>28</sup> Hartig T, Mitchell R, de Vries S, et al. Nature and health. Annual Review of Public Health 2014;35:207–228.

- There are wider environmental benefits to increasing natural space which can protect population health. <sup>29</sup>
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used. <sup>30</sup>
- Urban green and open spaces contribute to public health and wellbeing, particularly mental health and wellbeing. <sup>31</sup>

### Summary of discussion:

The previous strategy had a strong focus on water safety which was recognised as contributing toward this outcome in reducing drowning and water-based suicide. However, it is also important to highlight that water based natural spaces also provide an opportunity for a range of activities with accompanying health benefits.

This includes recreation, sport, walking and food growing which offer benefits for the wider population. It was suggested that there would be value in the strategy highlighting the important role that natural space provides, with this again being particularly relevant when considering the preventative role of keeping young people safe and providing access to a range of activities.

Recognising that it is important for all population groups to have access to and feel safe in natural spaces, the group also discussed the fear of encountering anti-social behaviour as a potential barrier to accessing natural spaces. Planet Youth activity in Clydebanks is exploring this as an approach to an approach to reducing anti-social behaviour amongst young people.

### Recommendations to consider:

- Include reference in the strategy to the benefits of accessing natural space, including water-based locations, alongside any concerns.
- Include reference in the strategy to the development of West Dunbartonshire Open Space Strategy and the role of the Safe Delivery & Improvement Group in informing this through highlighting safety and feelings of safety amongst all population groups.

---

<sup>29</sup> INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity [www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res\\_s.pdf](http://www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf)

<sup>30</sup> Public Health England. Improving access to Greenspace [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/904439/Improving\\_access\\_to Greenspace\\_2020\\_review.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to Greenspace_2020_review.pdf)

<sup>31</sup> [Environmental and Human Health - The contribution of green and open space in public 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 both adults and children through the encouragement of physical activity and social interactions.<sup>32</sup>
- 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.<sup>33</sup>
- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.<sup>34</sup>

### Summary of discussion:

Again, this outcome was recognised as being particularly relevant in terms of the importance of spaces for young people to play and engage in activities that are a protective factor for substance use.

There was also discussion on the location of outdoor gyms, skate parks and other amenities for young people to access or get involved with. It was recognised that in focusing on a preventative approach to keeping young people taking part in extra-curricular activity resulting in them being less vulnerable to substance use and therefore safer, the provision of these activities is essential. However, it was recognised that this requires a joined-up approach across Community Planning Partners. This includes Planet Youth work in the Clydebank secondary school and the work on an Open Space Strategy and Play Sufficiency Assessment within the Council. There is merit in highlighting where others work contributes to the long-term delivery of this aspect of ensuring West Dunbartonshire is a safe place for its communities.

---

<sup>32</sup> <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation>; <http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf> 24 Play

<sup>33</sup> 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](http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf)

<sup>34</sup> Muñoz SA. Children in the outdoors. A literature review. Forres: Sustainable Development Research Centre; 2009. [www.ltl.org.uk/wp-content/uploads/2019/02/children-in-the-outdoors.pdf](http://www.ltl.org.uk/wp-content/uploads/2019/02/children-in-the-outdoors.pdf)

As with natural spaces, fear of encountering anti-social behaviour is a potential barrier to accessing play and recreation places. Similarly, parents may consider uncared for or poorly maintained spaces as unsafe places for children to play.

It was emphasised that it is important for all population groups have access to and feel safe in play and recreation places. See 'Feeling Safe'.

### **Recommendations to consider:**

- Highlight in Strategy or Delivery Plan that achieving this outcome is an important part of improving young people's access to activities.
- Include reference in the Strategy to linkages with the West Dunbartonshire Play Sufficiency Assessment and the potential role of the Safe Delivery & Improvement Group to inform this.

## 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.<sup>35</sup>
- Accessibility to services can be exacerbated by poor transport links and safety of wider environment.<sup>36</sup>
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.<sup>37</sup>
- There can be poor availability or accessibility of facilities in some rural and deprived areas.<sup>38</sup>
- A Scottish feasibility study on the Icelandic Model highlights the desire for higher prioritisation of universal primary prevention activities in Scotland, driven by concerns about high rates of substance use and related harms, and a general lack of effective and evidence-based prevention activities across the country.<sup>39</sup>

---

<sup>35</sup> <https://www.tandfonline.com/doi/abs/10.1080/10511482.2014.900102>; <https://www.instituteofhealthequity.org/resources-reports/spatial-planning-and-health-nice>

<sup>36</sup> <https://www.transport.gov.scot/our-approach/national-transport-strategy/>

<sup>37</sup> 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/drivers-of-poverty/](http://www.gov.scot/publications/drivers-of-poverty/)

<sup>38</sup> Geddes I, Allen J, Allen M, et al. The Marmot Review: implications for spatial planning. Institute of Health Equity/NICE Spatial Planning; 2012. [www.instituteofhealthequity.org/resources-reports/spatial-planning-and-health-nice/](http://www.instituteofhealthequity.org/resources-reports/spatial-planning-and-health-nice/)

<sup>39</sup> [https://www.biomedcentral.com/epdf/10.1186/s12889-021-11828-z?sharing\\_token=Z-nGkzb-ivT14\\_uj7jLgRm\\_BpE1tBhCbnbw3Buzl2RNziEobyxwvr26Qr8VOKOCv0yXaf6YcVgYRPBSVaYXK90iVeXrhM9ffL7EDopM16n0EyatDDSz1DwUtbqyr2lw9rg4zY97C335FqwheDIw13Bq6aNIJPaBU7MmQJ\\_P3JuQ%3D](https://www.biomedcentral.com/epdf/10.1186/s12889-021-11828-z?sharing_token=Z-nGkzb-ivT14_uj7jLgRm_BpE1tBhCbnbw3Buzl2RNziEobyxwvr26Qr8VOKOCv0yXaf6YcVgYRPBSVaYXK90iVeXrhM9ffL7EDopM16n0EyatDDSz1DwUtbqyr2lw9rg4zY97C335FqwheDIw13Bq6aNIJPaBU7MmQJ_P3JuQ%3D)

## Summary of discussion:

As previously noted, a key part of the Planet Youth approach with young people is regular activity. An important aspect of this is ensuring that the range and quantity of leisure options available to young people reflects their wide range of interests. Whilst the strategy is not directly delivering on this, including reference to this requirement within the strategy could encourage other plans and strategies that are involved in the provision and delivery and provision community facilities and activities to consider their importance for the safety of young people and potentially influence future decisions. Reference was made to the valuable contribution from Y Sort It in their provision of diversionary activities for young people.

The group also discussed the importance of the availability of spaces for use by community groups to increase the range of activities available. It was emphasised that these spaces should be easily accessible, of satisfactory quality and affordable for use by the community. Including reference in the Strategy and Delivery Plan to West Dunbartonshire's Community Empowerment Strategy's commitment to this and the potential role of West Dunbartonshire Council Estates Department as a partner in delivering this was suggested.

There was consideration amongst the group on where young people access support from (both physical spaces and online). It was recognised that this support could be improved, particularly in relation to substance abuse, bullying and wellbeing. It was also highlighted that the communication of support available (both digitally and in person) could be improved. The need for collaboration between services targeting young people was mentioned, e.g. youth work service and HSCP in delivering digital outreach and keeping people safe. It was suggested that the strategy includes reference to the need for improvement in the support provided and the associated communications.

Further consideration was given to online services and the importance of safe spaces in terms of online bullying. It was suggested that the strategy would be strengthened by further reference to online safety.

The need for more collaboration was also identified as essential in improving online safety for all service users, including victims of domestic abuse. Similarly improving communication amongst partners was highlighted as important, although this was recognised as significant piece of work that cuts across off of the Strategic Plans.

It was acknowledged that recent factors, including Covid 19 recovery and the cost of living crisis has resulted in an increased demand for services and at a time when budgets constraints are resulting in reduced service provision. It was suggested that this requires partners to work smarter to ensure that safety related services are still delivered, e.g. collaboration, building on existing services, target services based on data. It was suggested that the strategy refers to this and that the is addressed at the Executive Committee as a cross cutting theme.

## Recommendations to consider:

- Include a statement in the strategy about the importance of all activity to meet this outcome as a long-term preventative means to achieving a safe West Dunbartonshire
- Include reference in strategy on how important community facility assets are to projects e.g. Planet Youth.
- Include reference in the strategy to West Dunbartonshire's Community Empowerment Strategy role in ensuring there are sufficient easily accessed spaces for communities to use and the role of West Dunbartonshire Council's Estates Department in looking to the contribution of their assets is securing this.
- Include content in the strategy about the importance of online safety and reference in Delivery Plan all actions relating improved collaborative working and communications to further online safety.
- Include reference in the strategy to work of the Alcohol and Drugs Partnership and the benefits of an increased online presence.
- Include reference in Delivery Plan of highlighting to Executive Group the potential impact of increased demand if there's less service provision / reduction in facilities.

## 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. <sup>40</sup>
- Transport is a key barrier to employment for many residents living in low-income neighbourhoods.<sup>41</sup>
- The cost and accessibility of public transport can affect access to employment opportunities, which can disproportionately disadvantage those on the lowest incomes. <sup>42</sup>
- Volunteering has been associated with improved self-rated health, mental health, life satisfaction and wellbeing, and decreased depression and mortality. <sup>43</sup>

## Summary of discussion:

The group discussed the role of volunteering in contributing towards creating safer communities, with reference to volunteers being involved in the delivery of services and activities that young people access and in activities relating to maintaining streets and spaces.

Local Planet Youth activity, although at an early stage, draws on the contribution of volunteers. The local approach being developed builds on what is already embedded within the community rather than developing new structures, thus avoiding leaving a gap when funding is no longer available. This has included involvement of the Active Schools programme delivered by West Dunbartonshire Leisure and the volunteer sports network supported by the Active Schools Coordinators.

In recognising the important role of volunteering, it was proposed that it would be useful to include a reference within the Strategy to the role of volunteering and clarify and build links with the Empowered Delivery & Improvement Group Strategy mentioned above. Similarly, where schools are involved in any related activities, it would be beneficial to include reference to the Nurtured Delivery & Improvement Group Strategy.

---

<sup>40</sup> 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](http://www.local.gov.uk/sites/default/files/documents/22.15%20inclusive%20growth_04.1.pdf)

<sup>41</sup> [Crisp, Ferrari, Gore, Green, McCarthy, Rae, Reeve & Stevens \(2018\) Tackling transport-related barriers to employment in low-income neighbourhoods.](#)

<sup>42</sup> Scottish Government. Building the evidence base on tackling poverty paper 1 – a discussion paper on the drivers of poverty; 2017.

<sup>43</sup> Volunteering and health: what impact does it really have?

[www.researchgate.net/profile/RachelCasiday/publication/228628782\\_Volunteering\\_and\\_Health\\_What\\_Impact\\_Does\\_It\\_Really\\_Have/link/s/56339fa-b08aeb786b7013877/V](http://www.researchgate.net/profile/RachelCasiday/publication/228628782_Volunteering_and_Health_What_Impact_Does_It_Really_Have/link/s/56339fa-b08aeb786b7013877/V)

## Recommendations to consider:

- Include reference in Strategy to the importance of volunteering in creating safer communities, clarify and provide links with the Empowered Delivery & Improvement Group and West Dunbartonshire Community Empowerment Strategy in Delivery Plan.
- Include reference in Strategy to the importance of volunteering connected with schools and children in creating safer communities Nurtured Delivery & Improvement Group and highlight any linkages in Delivery Plan.

### 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. <sup>44</sup>
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs. <sup>45</sup>

---

<sup>44</sup> [www.health.org.uk/publications/reports/the-marmot-review-10-years-on](http://www.health.org.uk/publications/reports/the-marmot-review-10-years-on)

<sup>45</sup> Jones R. The built environment and health: an evidence review; 2013.

[www.gcph.co.uk/publications/472\\_concepts\\_series\\_11the\\_built\\_environment\\_and\\_health\\_an\\_evidence\\_review?date\\_from%5Bmonth%5D=1&date\\_from%5Byear%5D=2013&date\\_to%5Bmonth%5D=12&date\\_to%5Byear%5D=2013](http://www.gcph.co.uk/publications/472_concepts_series_11the_built_environment_and_health_an_evidence_review?date_from%5Bmonth%5D=1&date_from%5Byear%5D=2013&date_to%5Bmonth%5D=12&date_to%5Byear%5D=2013)

- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport. <sup>46</sup>

### Summary of discussion:

The strategy was recognised as contributing towards this outcome as one of its three local outcomes is that ‘Residents live in a safe and positive community’. The strategy states that to deliver this aim, this will ‘include focussing our resources and efforts into the incident types that are causing greatest harm in our communities – this will include anti-social behaviour and violence’.

Reference was made to West Dunbartonshire Council’s Neighbourhood Services addressing anti-social behaviour, including their work with housing associations and the importance of this for people feeling safe in their homes and local community. The location of new housing developments was mentioned (e.g. considerations of water safety and Locations of Concern) and the potential linkages with the local Housing Strategy and the Strategic Housing Investment Plan to support safety considerations were highlighted.

Reference was also made to dementia friendly work at the Bank Street development in Alexandria that demonstrates how the important role housing has in creating a positive and safe place that people can age in can be delivered.

The importance of information sharing protocols was also highlighted as important in being able to address challenges in data sharing that can be a barrier to effective partnership working to address important issues, e.g. anti-social behaviour.

### Recommendations to consider:

- Include reference in the Strategy on the contribution that housing provides to ‘residents living in a safe and positive community’, citing the example of those living with dementia.
- Identify and reference links between this Strategy and the Local Housing Strategy and Strategic Housing Investment Plan in the Safe Strategy.
- Include reference to the positive contribution of Fire Safety home visits in the Delivery Plan.

---

<sup>46</sup> Higgins M, Cain T, Lowther M, et al. 50,000 affordable homes: A health impact assessment. Edinburgh: Scottish Health and Inequalities Impact Assessment Network and Scottish Public Health Network (ScotPHN); 2017. [www.scotphn.net/wp-content/uploads/2015/11/2017\\_06\\_27-FINALSHIAN-50000-New-Homes-HIA-Report-ES.pdf](http://www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINALSHIAN-50000-New-Homes-HIA-Report-ES.pdf)

## Civic

### Identity and belonging

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

### Evidence and research:

- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.<sup>47</sup>
- Attachment to place can be associated with good-quality and well-designed public spaces, how welcoming a place is and its aesthetics.<sup>48</sup>
- 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.<sup>49</sup>
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment.<sup>50</sup>

### Summary of discussion:

The group acknowledged that a sense of belonging is important in improving feelings of safety and recognised the equal importance of this for people coming into an area.

The work of West Dunbartonshire Council's Resettlement Team was highlighted as a good example of this in relation to Syrian resettlement, with considerable efforts to establish a sense of belonging. It was highlighted that partnership working and the provision of adequate support and involvement of the third sector, appears to be crucial in addressing issues experienced by people settling in Scotland. Useful third sector resource available in neighbouring local authority areas to support New Scots communities were mentioned.

The group recognised the importance of welcoming people to an area and supporting people to feel that they belong.

---

<sup>47</sup> Quality of life literature review [www.qolf.org/wp-content/uploads/2021/02/Literature-Review-ofQuality-of-Life-in-the-Built-Environment-Publica-4-1.pdf](http://www.qolf.org/wp-content/uploads/2021/02/Literature-Review-ofQuality-of-Life-in-the-Built-Environment-Publica-4-1.pdf)

<sup>48</sup> Talen E, Koschinsky J. Compact, walkable, diverse neighborhoods: assessing effects on residents. *Housing Policy Debate* 2014;24:717–750.

<sup>49</sup> Durcan D, Bell R. Reducing social isolation across the life course. London: Public Health England; 2015. [www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation](http://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation)

<sup>50</sup> <https://vhscotland.org.uk/the-zubairi-report/>

## Recommendations to consider:

- Strategy should reference the importance of adequately addressing a sense of belonging and feeling safe in their own homes specifically for people who have settled in Clydebank and wider West Dunbartonshire.
- Include reference in the Delivery Plan to additional support / third sector resources that are important in the provision of support and addressing any issues.

### 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:

- Fear of crime, antisocial behaviour or crime itself can make places feel unsafe.<sup>51</sup>
- A fear of crime can impact negatively on physical and mental health.<sup>52</sup>
- A lack of maintenance can lead to a place feeling unsafe.<sup>53</sup>
- Perceptions of place feeling unsafe can lead to negative impacts on health, for example mental wellbeing and can reduce outdoor activities.<sup>54</sup>
- Some groups within the population can have limited access to safe and well-maintained environments.<sup>55</sup>
- A place can be perceived as unsafe if there are a large number of speeding vehicles because of the potential impact of vehicles on health.<sup>56</sup>
- Protected bike lanes and secure bike parking increases diversity and inclusion<sup>57</sup>
- Safety is a key barrier to increasing women's use of active travel<sup>58</sup>

---

<sup>51</sup> NHS Health Scotland. Place and communities. Edinburgh: NHS Health Scotland; 2016. [www.healthscotland.scot/publications/place-and-communities](http://www.healthscotland.scot/publications/place-and-communities)

<sup>52</sup> <https://www.youngfoundation.org/our-work/publications/design-for-social-sustainability/>

<sup>53</sup> Talen E, Koschinsky J. Compact, walkable, diverse neighborhoods: assessing effects on residents. *Housing Policy Debate* 2014;24:717–750

<sup>54</sup> 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.

<sup>55</sup> INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity. [www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res\\_s.pdf](http://www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf)

<sup>56</sup> 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/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res\\_s.p](http://www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.p)

<sup>57</sup> ([Women and Biking: A Case Study on the use of San Francisco Bike Lanes. University of California, Berkeley](#)).

<sup>58</sup> ([How Women Travel Around our City – A Case Study on Active Transport across Sydney. City of Sydney Council](#))

## **Summary of discussion:**

The issue of safety and feeling safe is central to the strategy and was considered throughout the discussion in relation to all of the outcomes.

Reference was made to the work of West Dunbartonshire Council's Neighbourhood Services in addressing anti-social behaviour, including their work with housing associations and the importance of this in people feeling safe in their homes and local community.

The group highlighted the importance of all population groups feeling safe. It was suggested that considering this from an equality and human rights perspective and the Public Sector Equality Duty is key to addressing issues for both existing and emerging communities.

## **Recommendations to consider:**

- Strategy should highlight the importance of all populations groups feeling safe and it is therefore key to progress this outcome from an Equality & Human Rights and the Public Sector Equality Duty perspective.
- Include reference in the Delivery Plan to work addressing Anti-Social Behaviour for all population groups.

# 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.<sup>59</sup>
- 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.<sup>60</sup>
- Those living in areas of greater deprivation are more likely to be exposed to harmful environmental factors such as environmental incivilities (vandalism, graffiti, litter, dog fouling) vacant and derelict land, and poor maintenance.<sup>61</sup>
- Vacant and derelict land can negatively impact on health.<sup>62</sup>

## Summary of discussion:

Consideration of this outcome was covered in 'Streets & Spaces', with reference to the importance of the maintenance and aesthetics of spaces and how they impact on people's feelings of safety.

Reference was made to a previous collaborative project between West Dunbartonshire Council and Police Scotland that involved skips being made available for people to dispose of rubbish. It was reported that local people valued this and that it enabled people to

---

<sup>59</sup> [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)

<sup>60</sup> A connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections. [www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolationloneliness-building-stronger-social-connections/](http://www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolationloneliness-building-stronger-social-connections/)

<sup>61</sup> Geddes I, Allen J, Allen M, et al. The Marmot Review: implications for spatial planning. Institute of Health Equity/NICE Spatial Planning; 2012. [www.instituteofhealthequity.org/resources-reports/spatial-planning-and-healthnICE/](http://www.instituteofhealthequity.org/resources-reports/spatial-planning-and-healthnICE/)

<sup>62</sup> Maantay J. Derelict land, deprivation and health inequality in Glasgow, Scotland: The collapse of place. New York; 2013

interact with one another and participate in quickly tidying up a neighbourhood and it subsequently feeling safer.

It was recognised that uncared for spaces do not feel safe and that addressing this has a positive impact on the community.

### Recommendations to consider:

- Include reference to the impact of uncared for spaces on feelings of safety in the Strategy and the positive contribution of collaborative initiatives like skip provision stemming from work between West Dunbartonshire Council and Police Scotland

### 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. <sup>63</sup>
- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing. <sup>64</sup>
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas. <sup>65</sup>

---

<sup>63</sup> Bell R. Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England/UCL Institute of Health Equity; [www.instituteofhealthequity.org/resources-reports/psychosocial-pathways-andhealth-outcomes-informing-action-on-health-inequality](http://www.instituteofhealthequity.org/resources-reports/psychosocial-pathways-andhealth-outcomes-informing-action-on-health-inequality)

<sup>64</sup> What works to boost social relations. What Works Centre for Wellbeing; 2015. <https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/>

<sup>65</sup> Whitehead M, Pennington A, Orton L, et al. How could differences in 'control over destiny' lead to socio-economic inequalities in health? A synthesis of theories and pathways in the living environment. *Health & Place* 2016 39: 51-61



- People on lower incomes tend to have a lower sense of control compared to people on higher incomes. <sup>66</sup>
- Those with a long-term health condition or disability can feel less empowered in decisions about their neighbourhood. <sup>67</sup>

### Summary of discussion:

Reference to community involvement featured in much of the group's discussion, particularly within 'Streets & Spaces'.

Following on from recent efforts to refresh local formal structures for community engagement and representation as part of West Dunbartonshire's Community Empowerment Strategy and Action Plan, it was reported that there appears to be limited local appetite for suggested formal structures. In light of this, West Dunbartonshire Council's Communities Team are currently exploring how to best progress this, with further consideration of informal structures. Whilst this is recognised as a broader Community Planning issue, it is important that the strategy acknowledges the importance of involving local groups and engaging with the local community in relation to safety and feelings of safety within the community.

It was suggested that in light of the current local community engagement plans, that a centrally coordinated communication function is required to enable messages in relation to safety issues to be locally distributed and fed into the range of existing forums and structures. This would enable existing forums to incorporate these issues into their agendas, facilitate conversations and then feedback to the Safe Delivery & Improvement Group via its wide-ranging membership.

It was also suggested that there would be value in the public having an opportunity to comment on the draft strategy as part of the strategy development process.

Reference was also made to the value of the two-way flow of information and appropriate means of intelligence transfer between all Safe Delivery & Improvement Group partners, including Police Scotland.

### Recommendations to consider:

- Clarify in strategy where there are links with West Dunbartonshire's Community Empowerment Strategy & Action Plan.

---

<sup>66</sup> Orton LC, Pennington A, Nayak S, et al. What is the evidence that differences in 'control over destiny' lead to socioeconomic inequalities in health? A theory-led systematic review of high-quality longitudinal studies on pathways in the living environment. *Journal of Epidemiological and Community Health* 2019;0:1–6.

<sup>67</sup> Dodds S. Social contexts and health. *Glasgow Centre for Population Health*; 2016  
[www.gcph.co.uk/publications/620\\_social\\_contexts\\_and\\_health](http://www.gcph.co.uk/publications/620_social_contexts_and_health)

- Include reference in strategy to the importance of communications and an intention to develop a joint Communication Strategy in the Delivery Plan.
- Highlight the importance of coordinated communications in the Strategy and include reference to Safe Delivery & Improvement Group feedback routes in the Delivery Plan.
- Include consideration of options for public consultation / engagement on the draft strategy in the Delivery Plan.
- Include reference in Strategy to ensuring an appropriate means of intelligence transfer from all Safe Delivery & Improvement Group partners to Police Scotland and vice versa.