



# About the report

This is a report of a Place and Wellbeing Assessment held in June 2023 to consider the implementation of the Dalkeith Regeneration Development Framework and identify where there are opportunities in its delivery to consider all the features that make up our places.

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 Dalkeith Regeneration Development Framework 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 are being impacted by inequality. This included:

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

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

## Report Summary

The Dalkeith Regeneration Development Framework contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Dalkeith and the wider Midlothian. The implementation of the Development Framework provides 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:



## **Collaborative whole council approach**

The Dalkeith Regeneration Development Framework will need a collaborative whole council approach for successful implementation. A clear and visible governance structure will enable the expertise and contributions from all service areas to be drawn on in delivery. The Development Framework aligns with a variety of Midlothian Council and other partner strategies and plans as well as national priorities and ambitions. In implementation these links can strengthen the delivery as the plan cannot be delivered in isolation. Clear identification of this at the outset of the delivery stage will create greater clarity on where collaborative work will be required to deliver the overall ambitions.

## **Clarity and communication**

As highlighted through the assessment discussion, throughout the implementation a number of services, businesses and residents will need to be relocated during the development. Clear communication will support reducing any uncertainties. By involving those who were engaged with by NESTA and keeping them informed throughout the implementation this will ensure they feel empowered and involved in the decision-making process.

## **Further develop the 20-minute neighbourhood model and collaborate with those who use the town centre**

The Development Framework sets out the ambition to take a 20 minute neighbourhood approach. The assessment discussion highlighted the need to determine who is traveling into the town centre for work and leisure and where they are coming from. There is an opportunity to further the 20 minute neighbourhood work to ensure there is equal access to the town centre and those in the most deprived areas have access to the town through different modes of active travel and public transport. By embedding the Place and Wellbeing Outcomes in the delivery this will ensure that all the features of a 20-minute neighbourhood will be considered.



# Summary of Dalkeith Regeneration Development Framework, links with Shaping Places for Wellbeing Programme Context and Participants

## Summary of background of the Dalkeith Regeneration Development Framework

The Dalkeith Regeneration Development Framework aims to set out a vision for Dalkeith town centre that will create a greener, more attractive, more welcoming and more prosperous place for our communities to thrive in, with a specific focus on a site in the town centre.

There have been attempts to create a plan for the redevelopment of the town centre over the years, but now due to the deterioration and uncertainty about some of the buildings there is an appetite to create change, this led to the Dalkeith Regeneration Development Framework. Reiach and Hall Architects were appointed having previously been involved in the King's Park masterplan, whilst the engagement work undertaken by NESTA, provided the starting point for the Development Framework which was written up in Insights Report.

The Place and Wellbeing Assessment focuses on the implementation of the Development Framework and identifies where there are opportunities in its delivery to consider all the evidenced features that make up our places. When the Development Framework goes to council, the findings of this report will help support this.

## Links to Shaping Places for Wellbeing Programme

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

All of the evidenced features that a place needs to exhibit for it to have a positive impact on health and wellbeing are set out in the Place and Wellbeing Outcomes. Our objective is to support delivery of these outcomes. The process used to facilitate this delivery 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 identify key issues relating to inequality.

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

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

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



## Participants

Annette Lang, Midlothian Council

Catherine Duns, Midlothian Council

Chris Howarth, Police Scotland

Claire Douglas, Midlothian Council

Claire Logan, Reiach and Hall Architects

Emma Hay, Midlothian Council

Fiona Clandillion, Midlothian Council

Jane Deary, Shaping Places for Wellbeing Programme

Jim Sherval, NHS Lothian

Kirstin McNicol, Public Health Scotland

Laura Stewart, Chair Shaping Places for Wellbeing Programme

Lesley Kelly, Midlothian Third Sector Interface

Madeleine Bell, Midlothian Council

Steven Psihramis, Midlothian Council

Susan Rintoul, Project Lead, Shaping Places for Wellbeing Programme

Tim Randal, Midlothian Council



# 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 been associated with reduced risk for all-cause mortality and improvements in mental health.<sup>2</sup>
- Encouraging active travel amongst older people could extend people's transport options but could also benefit health.<sup>3</sup>

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

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

<sup>3</sup> [Active Travel and Older Adults](#) – Greater Sport



## Summary of discussion:

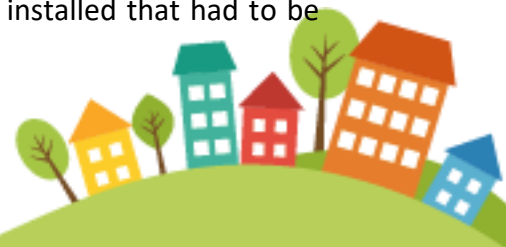
It was agreed that the Development Framework contributed well towards this outcome. It featured heavily throughout the document and articulates well how people can move around Dalkeith town centre. It also reflects that there is room for improvement in infrastructure and identifies where there are opportunities to connect with the surrounding areas. For example, there is currently no segregated active travel through the town centre. Eskdail Street was mentioned as it is used frequently by pedestrians as a key link and permeability of the site is key to encourage people to use active travel.

The pedestrianisation of the High Street is a key change proposed in the Development Framework. It was agreed that this supports the aims of giving the town centre back to the community and supports this outcome. A number of points were raised in the discussion that need to be considered in delivery, such as how to strengthen understanding with local businesses and the people using that route for car journeys and keep them informed. The issue of safety was discussed, currently the cars flowing through provide some natural surveillance in the area, the impact of removing them needs consideration so as not to enable anti-social behaviour. There also needs to be consideration on where this will divert traffic. It was acknowledged that the Development Framework states that it will explore these through 'future studies'.

The group discussed the importance of considering both east/west and north/south connections into the town centre. Looking at how people commute from the wider area, for example from Woodburn, and out further to Edinburgh. There is a good cycle route from Penicuik to Dalkeith. The Active Travel Strategy aims to take this forward and is exploring funding from Sustrans to focus on connecting Dalkeith with wider areas. The importance of considering the topography in any proposals to widen connections was also raised.

The group agreed that there should be inclusion of mobility hubs, but there needs to be an assessment of the current hubs and if they are working effectively. This links to the discussion around the need to consider the different journeys people take in their day to day and how the infrastructure can support this, such as dropping kids off, doing the shopping and going to work. Specific discussion focused around supporting Midlothian Council staff to use active travel into the area, how the mobility hubs would contribute to that and also the potential of developing a green travel plan for staff. It was also recognised that car and e-bike sharing are being explored as part of the Local Transport Strategy process. There are potential sites for these in Dalkeith, such as around the Mobility Hubs.

The issue of anti-social behaviour was raised. There is a rack for bikes outside the library which is underused due to perception of safety. There were also e-bikes installed that had to be removed due to vandalism.





Police Scotland have been doing work around bike registers, free bike marking and security advice and they can set up drop in stalls within the community or workplaces to help encourage people to use bikes, previously undertaken at Morrisons. The council have also had cycling training sessions working alongside Cycling Scotland, looking to explore putting on cycle skills sessions for the over 60s.

### Recommendations to consider:

- Prioritize making walking and cycling routes segregated and connect with the Mobility Hubs in the delivery.
- When undertaking the 'future studies' on pedestrianisation, collaborate with Transport and Active Travel colleagues to explore the impacts this will have on the surrounding area, e.g., where will the traffic be relocated to and the associated impacts.
- Link with Community Planning to involve people and local businesses to explore options for pedestrianisation.
- Ensure active travel routes connect the neighbouring areas of deprivation with low car ownership, such as in Woodburn and consider the topography of the area.
- Link with the Local Transport Strategy to support potential car and e-bike sharing being introduced to the area.
- Include secure bike parking and explore options for where e-bikes can be located with Active Travel colleagues as part of the design. Work alongside Police Scotland who offer Bike Register and free bike marking and security advice.
- Consider how to mitigate antisocial behaviour in the implementation by linking with Police Scotland.
- Ensure council staff are supported to be able to access the office for work purposes either through active travel or sustainable modes of transport through developing a green travel plan. Link with relevant colleagues in the council.
- Ensure the representative organisations for disabled people are consulted on the number and location of blue badge parking spaces.



## 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.<sup>4</sup>
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.<sup>5</sup>
- Some people can find it necessary to purchase a car even when they cannot afford it, which can lead to further debt.<sup>6</sup>
- 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<sup>7</sup>

### Summary of discussion:

Lothian buses were consulted when preparing the Development Framework to ensure the proposal could be achieved, this was acknowledged as positive by the group. It was agreed that there needs to be broader discussion around timetabling in the area and how the bus serves the local communities and align that with commuting times. The focus should be on connecting Eskbank station with the proposed Mobility Hubs. In the long term the tram will potentially come out to Dalkeith.

The group discussed the amount of time it takes for public transport from surrounding towns to get into Dalkeith and that there needs to be a good solution to encourage people away from using the car.

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

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

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

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



The increase in housing in the site was seen as a positive as it will support keeping a viable bus service. However, the impact of idling buses in the town centre was raised as something to be considered and where it is located.

### **Recommendations to consider:**

Many of the recommendations under Active Travel link with this outcome.

- Link with Transport colleagues and continue the relationship with Lothian Buses during the next phase of the Development Framework to progress delivery of this outcome.
- Ensure bus routes connect to areas of deprivation and link the Mobility Hubs with the train station.
- Gather further research into timetabling of buses and the time it takes to get to the town centre from neighbouring towns to inform implementation of this outcome.



## 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.<sup>8</sup>
- Motorised transport has the potential to reduce levels of physical activity and social interactions.<sup>9</sup>
- 71% of all households have access to a car. However, 49% own/have access to at least one car in the most deprived areas and 87% in the least deprived areas.<sup>10</sup>

### Summary of discussion:

The group acknowledged the progressive approach to car parking in the Development Framework. It was raised that there is an issue with the short-term parking on the roads and in the bus stops which can cause congestion. There is enough parking provision in the centre, however car parks like North Wynd remain empty due to a parking charge. There is a need to consider suitable alternatives and link back to the discussions under the Active Travel and Public Transport outcomes.

There was a discussion around the difficulties of east-west travel. A number of people in surrounding settlements travel into Dalkeith as it's well served. There is a need to consider what travel options are available for people to travel into Dalkeith. There are plans to explore this into the Local Transport Strategy. The options of car clubs were raised as an opportunity to be explored and electric vehicle charging points will be included in the delivery.

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

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

<sup>10</sup> Scottish Household Survey, 2018



There were a number of queries around the allocated parking with the green roof. It was acknowledged that this created more green space in the town centre. However, how this affects pedestrian permeability was raised. It was felt that the reconfiguration of the commercial units should remove this route as a desire line but there is still a need to consider the quality of the pedestrian experience when walking through this area. There is also need to consider if the servicing of the commercial units would require parking spaces or just temporary bays.

As highlighted before the need for a green travel plan for council employees was raised.

### **Recommendations to consider:**

- Investigate who is traveling through and parking in the town centre and whether there are suitable alternatives with Transport colleagues.
- Explore options for the parking covered by the green roof to ensure it feels safe.
- Explore alternatives to east-west travel through linking with the Local Transport Strategy and Transport colleagues.
- Link with Transport colleagues to explore the option of car clubs.
- Ensure there is good communication with businesses and residents on the changes to parking provision in the delivery of the Development Framework.



# Space

## Streets and spaces

Everyone can access:

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

## Evidence and research:

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

## Summary of discussion:

The group agreed that the Development Framework highlights the importance of this outcome for enhancing street activity and social interaction. The proposals provide opportunities to deliver on the different aspects of this outcome.

It was agreed that the area can currently feel unloved. There was a discussion around how the delivery of the Development Framework will take a long time to be implemented and it may be beneficial to look at what happens to the town centre in the meantime.

It was raised that currently there aren't many spaces for young people to spend time in the centre. There is an opportunity in the implementation of the framework to create spaces for young people and explore opportunities through social enterprise and volunteering to create these spaces.

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

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



## Recommendations to consider:

- Continue to follow up on the engagement from NESTA with local people and community groups during the implementation of the Development Framework to ensure the space is tailored to the community's needs, such as for young people.
- Explore options on how to improve the streets and spaces in the short-term. Link up with relevant colleagues in the council and community groups such as the Guerrilla Gardeners.

### Natural Space

Everyone can:

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

## Evidence and research:

- Natural spaces can provide mental health benefits.<sup>13</sup>
- Natural spaces can encourage social interactions and a sense of community and belonging.<sup>14</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>15</sup>

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

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

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



## Summary of discussion:

The group agreed that the Development Framework illustrates how there will be greater connections made to the surrounding natural spaces such as King's Park, Ironmills Park and Dalkeith Country Park in section 3.11., this links back to the active travel outcome. It also proposes how the town centre can incorporate more natural space through public and private gardens.

It was raised that there are challenges in the town centre with a lack of investment from the council in its properties, this includes some mature street trees which were taken down.

The Guerrilla Gardeners are a voluntary body that have taken over a lot of green spaces in the town centre and have put in planters. There was a suggestion to link them with the primary schools to support outdoor learning and upskill young people. This is also potentially an opportunity to upskill residents more broadly and educate around climate change.

There was a discussion around community food growing and opportunities to link in with the pantry in Woodburn. An example in Clackmannanshire was highlighted where private businesses are working with the community to grow food and SCRAN Academy in Edinburgh where they paired up with allotments. The Allotment and Food Growing Strategy needs more support to take forward and a whole council approach to ensure we are using the assets we have to support those living in poverty.

This led to a discussion around the opportunity to encourage more social enterprise in the area and support third sector to enhance the assets that are already there. Business Gateway have recently offered support on this. The challenges third sector are facing due to funding being short term and issues with recruitment to take initiatives forward was raised.

There is an opportunity to provide more activities for older people to be outside and take part in. An example in Falkirk was raised where they have tandem bikes that can be hired.

## Recommendations to consider:

- Ensure there is a coordinated management approach to maintaining the spaces in the development, there is need for a whole system commitment.
- Shaping Places for Wellbeing team can share learning and make connections with the Alloa Project Town colleagues about the Clackmannanshire community food growing initiative.
- Link in with the Allotment and Food Growing Strategy to establish where the Development Framework can support this in the delivery. This links to the mention of 'plant fruit trees and offer free plants' (page 48) in the Development Framework.
- Link with Business Gateway colleagues to encourage social enterprises in the area and increase awareness and education on what they are.





- Consider how the spaces will be used by different population groups and ensure the design is inclusive.

## 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.<sup>16</sup>
- There are health benefits of undertaking play and recreation in outdoor environments, particularly in natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness.<sup>17</sup>

### Summary of discussion:

It was agreed that there are opportunities for the Development Framework to support this outcome in the delivery. The Development Framework links in with the recent work in King's Park, such as a BMX track that was explored. This links back to the previous outcome discussing how connections can be made to the surrounding spaces to improve access.

There was a discussion around the importance of play for all ages. The nearby play parks are more tailored to those aged up to 12 years old. There is potential to look at what other activities could be encouraged in the town centre and making outdoor places multi use for all ages.

As mentioned before there are opportunities to support older people to use the space and there is a need to ensure that there is public transport and active travel to make the site accessible. Community transport was suggested.

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

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



Make Space for Girls are an organisation who look at equitable access to play and the importance of having gender balance was raised. This means not just having pieces of equipment but more informal opportunities for play including places to sit and chat that have natural surveillance.

How the site will be resilient to climate change was raised and suggestions were given to incorporate water into the design through Sustainable Drainage Systems (SUDS) and potentially making these opportunities for play.

### **Recommendations to consider:**

- Explore options to create spaces for young people to spend time outside. Follow up on the work by NESTA and engage with young people, including girls to make sure informal play opportunities are included in the design and that it is inclusive.
- Link up with the planning colleagues working on the Open Space Strategies and Play Sufficiency Assessments to ensure that the spaces meet the needs of all population groups and all ages.
- Explore the potential of community transport options to support older people being able to access the town centre. This should include linking in with the work of organisations currently in Midlothian, such as HcL (Handicabs (Lothian) Limited) Transport who provide a community transport service to any age with mobility challenges.



## 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>18</sup>
- Services and support can provide people with a sense of belonging to the community.<sup>19</sup>
- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities.<sup>20</sup>

### Summary of discussion:

It was agreed that Dalkeith has a vibrant town centre and it's well used with a small number of vacant properties, it therefore meets many of the aspects of this outcome. Dalkeith is well serviced in terms of support services and people come from all over Midlothian to use them.

The group discussed what will happen to the current services and commercial businesses in the site while the redevelopment happens and the need to ensure continued provision. A Decant Strategy has been proposed to ensure that services are kept in the town centre while the work is underway.

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

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

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



The number of front facing services was highlighted as working well and there is a need to ensure that this continues. However, there are accessibility issues with some of the services on upper levels, and Women's Aid is not accessible. In implementation the design should make clear where people should go for different services, it should be accessible and there are opportunities to look at dementia friendly design.

The lack of accessible changing facilities came up in the Local Development Plan consultation and there was a discussion around the toilet facilities and the need to ensure there is provisions for people to have access to baby changing. A changing pavilion has been explored in the King's Park work. However, anti-social behaviour in the toilets in the town was raised and the impact this had on the staff that manned them.

### Recommendations to consider:

- Agree an approach to support transparency and clarity around what will happen to the services located in the area while the development happens.
- Collaborate with the services who are currently located in the area about the design of the building fronts to ensure they are clear, and people know where to go for what service by creating visual cues to guide people.
- Explore dementia friendly design in the implementation of the Development Framework and incorporate the principles of this to ensure the design is inclusive.
- Ensure that public toilets and changing facilities are incorporated into the design and able to access out with normal working hours (9-5 Monday to Friday), and investigate how this can be delivered in a way that discourages anti-social behaviour.

### Work and economy

Everyone benefits equally from a local economy that provides:

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



## Evidence and research:

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

## Summary of discussion:

As highlighted before it was agreed that Dalkeith town centre is well serviced with a number of businesses located in the area. In the town centre overall, there is a low number of vacancies. However, there is a high number of vacancies and temporary accommodation in the site the Development Framework focuses on. Commercial business that are currently in the space will be given the opportunity to stay in the site after it's been developed and there is an ambition to retain the independent retailers. As mentioned in the previous section there has been a study undertaken to ensure the current services won't be pushed out of the town centre during the work.

It was felt that there is an East – West imbalance in employment opportunities in Midlothian. Those who live in Woodburn find it hard to get jobs in the East.

There was also a discussion around looking at who works in Dalkeith Town Centre and where they come from e.g., Midlothian, Mayhouse and Scottish Index of Multiple Deprivation areas etc. The new census data was mentioned as a potential source to find out more on this. Transport colleagues will be linking up with the Borders Council who were mapping where people live and where their employment is, including council staff.

There is an opportunity to map the volunteer opportunities that Midlothian Voluntary Action are supporting to identify if they are in the town centre.

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

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

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



## Recommendations to consider:

- As highlighted under services and support, ensure transparency and clarity around what will happen to the businesses located in the area while the development happens.
- Link in with Transport colleagues on exploring where people live and where they go for employment in Dalkeith. Potential to further develop the 20-minute neighbourhood model to see who can access the town centre for work through sustainable modes of transport.
- Shaping Places for Wellbeing team can provide links with colleagues in our Clydebank Project Town who are undertaking 20 minute neighbourhood mapping work.
- Link with Midlothian Third Sector Interface to map where there are volunteer opportunities in the town centre to encourage more volunteers and raise awareness of existing opportunities.

## 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:

- Satisfaction with housing can lead to improved mental health.<sup>24</sup>

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



- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.<sup>25</sup>
- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life.<sup>26</sup>

### Summary of discussion:

It was agreed that the proposed higher density and mix of dwellings and tenure types will support this outcome.

There has been a study undertaken on where people will be relocated to during the development. The housing on the site is currently mostly temporary lets, so they will be provided with alternative housing during the transition.

There was a discussion around whether there should be family housing in the town centre. The feedback that housing colleagues are getting from tenants is that they want to be in the town centre and have family homes. There are currently a number of families living in Jarnac Court and Eskdail Court and the properties are not meeting their needs. Those living in the area express several issues with the properties and want the area redeveloped. In the development there will be a mixed tenure, including mid-market rent, to ensure there is a mix of people living in the town centre.

### Recommendations to consider:

- Link with Housing and other relevant council colleagues to ensure that the Development Framework implementation meets the needs of those looking to live in the town centre and enhance understanding of the different housing types and tenures.
- Ensure there is clear communication with current tenants on what will happen in the transition.

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

<sup>26</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)



## Civic

### Identity and belonging

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

### Evidence and research:

- Sense of belonging and neighbourliness can encourage community activities and provide a sense of purpose.<sup>27</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>28</sup>
- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.<sup>29</sup>
- People in lower income groups are less likely to report being strongly connected to their communities compared with those in higher income groups.<sup>30</sup>

### Summary of discussion:

The group agreed that there is a need to ensure the design keeps the feel of Dalkeith town centre. Those living in the centre will be changing with the introduction of new housing. The town centre needs to meet the needs of those who live there but also those who visit. With new people moving into the area there is a slight unknown on what this will look like.

### Recommendations to consider:

- In the 'future studies' ensure the work is indicative of the community and encompasses all voices. Link in with the findings from the qualitative work undertaken by the Community Link Lead in the Shaping Places for Wellbeing Programme.

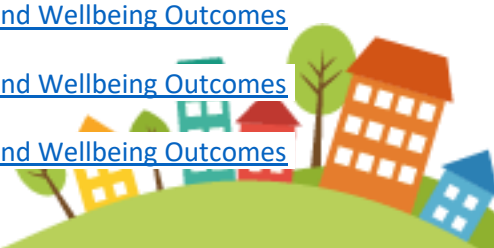
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<sup>27</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

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

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

<sup>30</sup> [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:

- A fear of crime can impact negatively on physical and mental health.<sup>31</sup>
- Perceptions of a place feeling unsafe can lead to negative impacts on health, for example mental wellbeing, and can reduce outdoor activities.<sup>32</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>33</sup>
- A lack of maintenance can lead to a place feeling unsafe.<sup>34</sup>

### Summary of discussion:

The group agreed that many of the design elements in the Development Framework are supportive of people feeling safe in an area such as by increasing the housing density it encourages more natural surveillance.

Anti-social behaviour was a recurring theme throughout the discussion and the group agreed that this can lead to people feeling unsafe. Specific aspects of the design such as the parking with the green roof and pedestrianisation were raised as potentially encouraging anti-social behaviour and the importance of considering gender specific safety issues.

The police are working in partnership with the housing team on the anti-social behaviour in the area and have an initiative planned at the end of the month. The police have also reintroduced the Liaison Officer role and they are currently working with the housing team, Midlothian Community Action Team, the schools and community officers in the council.

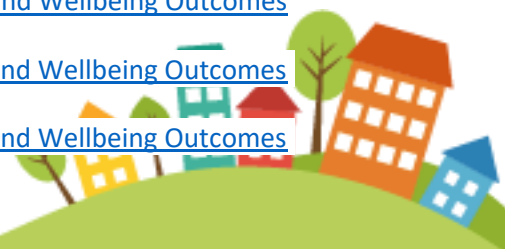
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<sup>31</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

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

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

<sup>34</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



The night-time economy was raised and the benefits to ensuring people feel safe at all times of day in the town centre.

### Recommendations to consider:

- Link with Police Scotland during the implementation of the Development Framework and ensure implementation supports the creation of a physical environment that reduces opportunities for anti-social behaviour.
- Explore options to mitigate anti-social behaviour in certain aspects of the design such as the parking with green roof and pedestrianisation.
- Consider gender specific safety issues in the design and link with Community Planning colleagues.
- Consider how the town centre will be used at all times of day and how this can promote people feeling safe.

## 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.

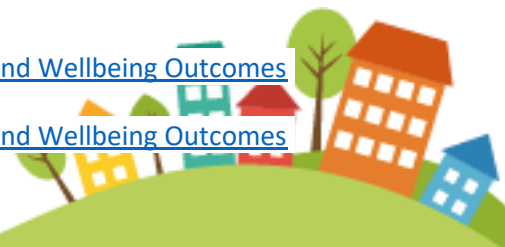
### Evidence and research:

- Poorly maintained neighbourhoods with high levels of incivilities can lead to lower levels of mental wellbeing and poor health.<sup>35</sup>
- If places are regarded as not being maintained this can lead to perceptions of it being unsafe and reduced social capital.<sup>36</sup>

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<sup>35</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

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- 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>37</sup>

### Summary of discussion:

This outcome was discussed throughout the conversation, see Streets and Spaces. The maintenance of the natural spaces and the importance of incorporating litter and waste into the design were raised.

### Recommendations to consider:

- Explore how all proposed civic and natural spaces outlined in the Development Framework will be maintained and resourced.
- Link with Community Planning to involve local people to co-produce maintenance solutions and explore the contribution third sector support can have to keep spaces well cared for and deliver on this outcome.

### 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:

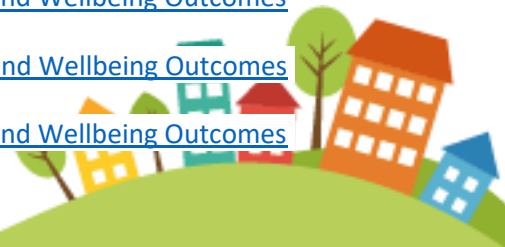
- Sense of control can be beneficial for mental health and quality of life.<sup>38</sup>
- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing.<sup>39</sup>

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<sup>37</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

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<sup>39</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)



- People living in more socioeconomically deprived areas can feel less confident about being involved in decision-making compared to less deprived areas.<sup>40</sup>

### Summary of discussion:

It was agreed that the Development Framework incorporated the community engagement that took place through NESTA. However, the community have received recent progress updates on the Development Framework.

As highlighted under the Housing and Community outcome there is need for clear communication during the implementation with residents.

### Recommendations to consider:

- Undertake a progress update process with all parts of the community to follow up on the consultation that took place by NESTA. Share that a draft Development Framework has been written and a Place and Wellbeing Assessment has taken place.
- Consider opportunities for community organisations to co-produce local solutions to issues and introduce more networking opportunities to facilitate conversations.

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<sup>40</sup> [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

