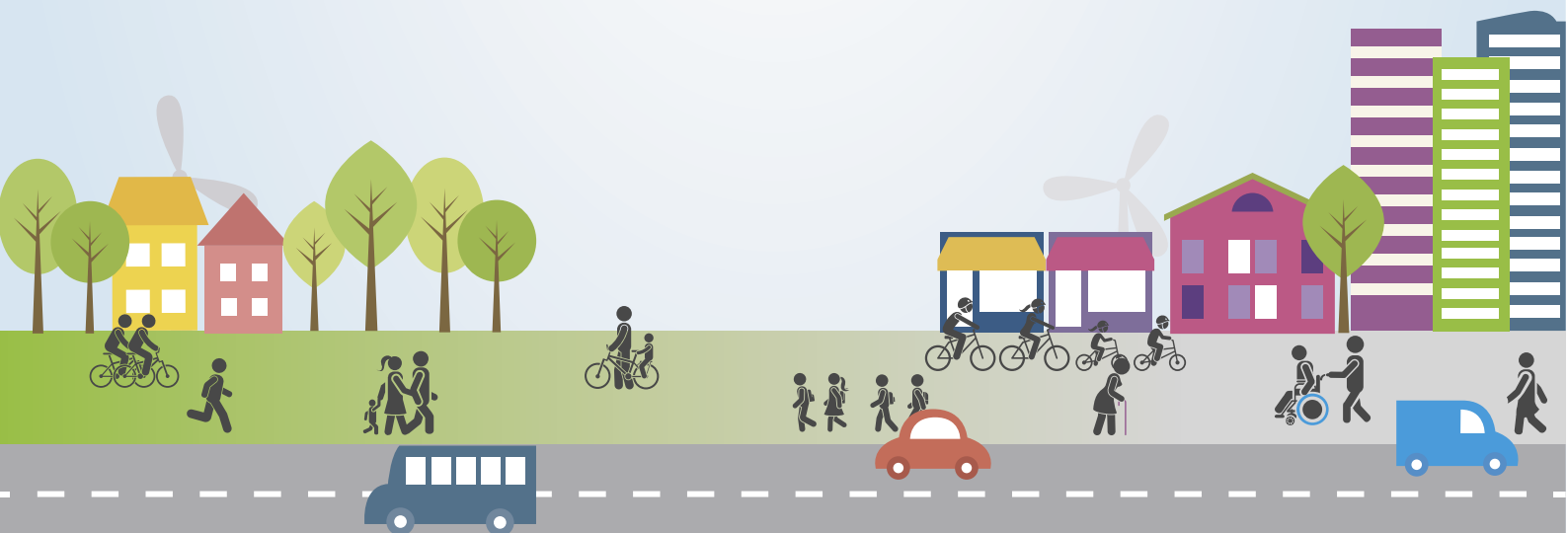**Public Health Scotland**

is.
improvement service

Shaping Places for Wellbeing Programme

Clydebank Project Town

West Dunbartonshire Health & Social Care Partnership Strategic Plan
Place and Wellbeing
Assessment Report

About the report

This is a report of a Place and Wellbeing Assessment held in November 2022 to consider the West Dunbartonshire Health and Social Care Partnership Strategic Plan and how it could affect the wellbeing of the people Clydebank and the wider West Dunbartonshire area.

We know that the places we create impact on those who live, work and relax in them and can have a positive or negative influence on their health and 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 West Dunbartonshire Health and Social Care Partnership Strategic Plan 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 impacts 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 West Dunbartonshire Health & Social Care Partnership Strategic Plan contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Clydebank and wider West Dunbartonshire. The review of West Dunbartonshire Health & Social Care Partnership Strategic Plan is an opportunity to broaden

the contribution of place to both overall wellbeing and to reducing inequality in some communities.

The following broad themes were identified:

Place and prevention

The role of place is crucial in shifting towards a preventative focused approach and the Strategic Plan provides an ideal opportunity to promote this. It is therefore recommended that the plan should make explicit reference to place and place-based approaches, alongside reference to the Shaping Places for Wellbeing Programme. It should include place as part of its ambition and include place related references throughout, recognising the role of the Health and Social Care Partnership in prevention. The clarity of this in the Strategic Plan will enable consideration and reference to place throughout the Delivery Plan's development and implementation.

Collaboration and partnership working

It is recognised that the Strategic Plan has an opportunity to promote place as part of its ambition in all partnership working which will encourage current and future partners to incorporate this approach to their work. This provides an opportunity to identify linkages with key plans and strategies across a range of service areas, including housing, climate change and transport and to promote place in their implementation.

Making use of data

Data was a key issue raised throughout the discussion. The group identified a series of opportunities for the improved use of population, performance and service data with the addition of the 20 Minute Neighbourhood Mapping Tool and analysis of qualitative data on community experience and perspective. In addition to making better use of this data to inform service design, the group highlighted the opportunity to use data to more effectively to tell the story of preventative approaches, with this providing compelling examples relating to place and impact.

Summary of West Dunbartonshire Health & Social Care Partnership Strategic Plan, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the West Dunbartonshire Health & Social Care Partnership Strategic Plan

West Dunbartonshire Health and Social Care Partnership delivers children's and adult's community health and social care services, some of which are delivered with partners in other sectors.

The Strategic Plan aims to outline how the Partnership will transform and develop over the next three years. The Strategic Plan is currently in draft format, with stakeholders being encouraged to review the draft and respond via survey. The survey feedback will be combined with a series of engagement methods with various stakeholders which will shape the plan.

It is intended that the Strategic Plan will be supported by a delivery plan, which will show all the actions the Partnership plans to take over the next three years to deliver against the strategic outcomes. The Delivery Plan will provide the detail on the programmes of work and individual projects to be undertaken in relation to each priority, who will be responsible for delivery, the timescale within which it will be delivered and outcome measures.

It is proposed that the Delivery Plan is developed once approval has been secured from West Dunbartonshire Health and Social Care Partnership Board for the draft Strategic 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 focusses on the evidenced impact that the places where we live, work and relax have on our health and wellbeing. This impact can be positive or negative and this Programme aims to ensure these unintended consequences are fully considered when we make decisions about a place.

All of the evidenced features that a place needs to exhibit for it to have a positive impact on health and well-being are set out in the Place and Wellbeing Outcomes. Our objective is to support delivery of these outcomes. A process used for doing so is a Place and Wellbeing Assessment. This paper is the output of one of these assessments.

A Place and Wellbeing Assessment involves a workshop pulling together expertise and perspectives from attendees to consider a plan, policy or decisions impact on delivering a place that enables wellbeing. It asks attendees to consider each of the Place and Wellbeing Outcomes with a lens on who is experiencing the most significant impact from inequality in that place.

Inequalities data

To get a better understanding about inequalities in the Project Towns, the Public Health Scotland's Local Intelligence Support Team (LIST) has been gathering data. This data will be used during the Shaping Places for Wellbeing Programme to highlight the people within each town who are being impacted most by poor health and wellbeing.

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

The LIST data for Clydebank has highlighted four key areas of focus. These are:

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

Participants

- Irene Beautyman, Place & Wellbeing Partnership Lead, Improvement Service & Public Health Scotland. Programme Manager on Shaping Places for Wellbeing
- Rebecca Campbell, Consultant in Public Health Medicine, NHS Greater Glasgow & Clyde
- Margaret-Jane Cardno, Head of Service Strategy & Transformation, West Dunbartonshire Health & Social Care Partnership
- Joshua Doyle, Place-making Coordinator, West Dunbartonshire Council
- Clare English, Communities Manager, West Dunbartonshire Council
- Chris Kelly, Health Improvement Lead, West Dunbartonshire Health & Social Care Partnership

- Susan Rintoul, Place and Wellbeing Project Officer, Improvement Service
- Mary Sinclair, Shaping Places for Wellbeing Project Lead Clydebank, Improvement Service

Outline of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

- Active travel has been associated with reduced risk for all-cause mortality and improvements in mental health. [1]
- Active travel can increase social interactions [2]
- Active travel has the potential to minimise health harms by reducing motorised traffic. [3]
- West Dunbartonshire is ranked 8th lowest local authority for active travel across Scotland. [4]

---

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

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

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

[4] https://scotland.shinyapps.io/ScotPHO_profiles_tool/

- West Dunbartonshire is ranked 8th lowest local authority for active travel across Scotland. [5]

Summary of discussion:

The importance of active travel recurred throughout the group discussion reflecting support for the Strategic Plan's 'case for change'. The Strategic Plan highlights low levels for active travel and a decrease in the number of children walking to school and acknowledges physical inactivity as a preventable risk factor for poor physical and mental health.

Active travel featured prominently in the group discussion. The group welcomed further and more prominent reference to active travel in the Strategic Plan to raise the profile of this outcome and ensure that active travel related actions feature throughout the Delivery Plan and other Health and Social Care Partnership Policies accompanying the Strategic Plan. Connecting the Delivery Plan with West Dunbartonshire's Active and Sustainable Travel Strategy and Action Plan implementation was identified as essential.

The group also discussed the potential to increase active travel and reduce short car journeys via the provision of route planning support to Health and Social Care Partnership home care staff. Identifying safe and easy walking routes and when travel by public transport or car is necessary.

Recommendations to consider:

- Include reference to active travel ambitions in Strategic Plan.
- Include reference to active travel ambitions in Health and Social Care Partnership Transport Policy.
- Identify linkages between Health and Social Care Partnership plans and policies and West Dunbartonshire Active and Sustainable Travel Strategy and Action Plan.
- Identify collaborative approaches to improving active travel in Delivery Plan.
- Explore feasibility of 20 Minute Neighbourhood Mapping Tool route planning support for Health and Social Care Partnership home care staff in the Delivery Plan.

---

[5] https://scotland.shinyapps.io/ScotPHO_profiles_tool/

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

Evidence and research:

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

Summary of discussion:

The Strategic Plan refers to the development of a Health and Social Care Partnership Transport Policy and identifies transport as a key enabler for service users, their families and carers to easily access services. This supports people to maintain independence at home and in their local community.

The group acknowledged the role of public transport in enabling access to services and identified the cost of public transport and limited current routes as potential barriers for the local population depending on income levels, car ownership levels in deprived areas and where they live. It would be beneficial for these potential barriers to be more fully

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

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

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

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

understood and to be reflected in the Health and Social Care Partnership Transport Policy and Delivery Plan.

The group also discussed opportunities for local community transport provision to improve access to services and facilities.

Recommendations to consider:

- Strategic Plan to reference benefit of achieving alignment between Health and Social Care Partnership Transport Policy and West Dunbartonshire Active and Sustainable Travel Strategy and Action Plan.
- Strategic Plan to reference that the Partnership will consider access to public transport as part of any future sites for facilities or services, recognising the importance of understanding potential barriers to public transport use for affected population groups.
- Explore opportunities for developing community transport solutions with West Dunbartonshire Community Transport Action Group within the Delivery Plan.

Traffic and parking

Everyone can benefit from:

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

Evidence and research:

- Motorised transport has the potential to reduce levels of physical activity and social interactions. [10]
- One third of Scotland's households do not own a car and this increases to half the households in deprived areas. [11]

---

[10] Mueller N, Rojas-Rueda D, Cole-Hunter T, et al. Health impact assessment of active transportation: A systematic review. Preventative Medicine 2015;76:103–114
[11] Scottish Household Survey, 2018

- Motorised transport has the potential to increase air and noise pollution and greenhouse gases. [12]
- Cars can help people to access services and communities. [13]
- Parking should be prioritised for people who don't have other options. [14]

Summary of discussion:

The group welcomed the Strategic Plan's commitment to consider the impact of services on climate change and to work with partners to meet sustainability goals. With transport identified as an enabler for accessing services, the Delivery Plan will be key in reflecting the active travel and public transport related actions that will reduce traffic and unnecessary car journeys.

The group's discussion on improving active travel and public transport usage is also applicable to the need to reducing traffic and unnecessary car journeys.

The Health and Social Care Partnership Transport Policy should refer to the ambition of reducing traffic and unnecessary car journeys, whilst also recognising that for some service users, their families and carers, access to and use of a car and parking facilities is critical for maintaining independence.

Recommendations to consider:

- Include reference to improved planning on the location of services as part of commitment of reducing traffic and unnecessary motor vehicle journeys in Health and Social Care Partnership Transport Policy.
- Include reference to and understanding of the prioritisation of car parking for those who don't have other options in Health and Social Care Partnership Transport Policy.
- Increase understanding of Motability vehicle usage via mobility component of DLA and PIP at a local level to inform the Delivery Plan.

---

[12] Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. www.transport.gov.scot/our-approach/national-transport-strategy/

[13] Transport, health, and wellbeing: an evidence review for the Department for Transport https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport__health_and_wellbeing.pdf

[14] Transport use, health and health inequalities: The impact of measures to reduce the spread of COVID-19. https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalitiesthe-impact-of-measures-to-reduce-the-spread-of-covid-
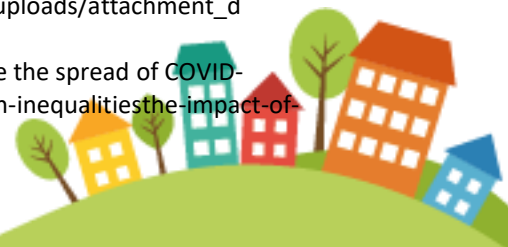
Space

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:

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

Summary of discussion:

Whilst the Strategic Plan doesn't refer to streets and spaces specifically, the importance of well-connected and maintained streets and spaces was a recurring issue in the group discussion and referenced by the group as being important in physically accessing services. Particularly for those without access to a car.

The group highlighted the opportunities that spaces can provide for social interaction, including interaction amongst different population groups, such as intergenerational

---

[15] Quality of Life Foundation. Quality of life literature review;
2019. www.qolf.org/wpcontent/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4- 1.pdf
[16] https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation
[17] Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. Journal of Urban Design 2019;24:1–48.

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

interactions. There was concern that there is no comprehensive record of the quality of streets and spaces and thus their likelihood to enhance access to local facilities and amenities. It was suggested that a picture of this could be pursued by making use of the 20 Minute Neighbourhood Mapping Tool with qualitative data on community perspectives.

Recommendations to consider:

- The Strategic Plan is an opportunity to highlight the need for collaborative approaches to improve streets and spaces in the Delivery Plan and to maximise the potential to increase levels of physical activity.
- The Delivery Plan explore the feasibility of a study incorporating use of the 20 Minute Neighbourhood Mapping Tool and community perspectives to establish the quality of local streets and spaces.

Natural Space

Everyone can:

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

Evidence and research:

- There are wider environmental benefits to increasing natural space which can protect population health. [19]

---

[19] INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf

- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used. [20]
- Urban green and open spaces contribute to public health and wellbeing, particularly mental health and wellbeing. [21]

Summary of discussion:

The group felt that the Strategic Plan would be improved by including reference to natural space and the positive impact this has on physical and mental health. This would raise awareness and initiate conversations on how this could be approached by a range of partners.

With the increase in mental health related issues being experienced, this provides an opportunity to explore the use of natural space and open spaces in addressing these issues, whilst also increasing physical activity.

The group suggested that there is a role for the Partnership in championing the development and use of natural space and connecting to local strategies and plans, including the Open Space Strategy and Climate Change Strategy and Action Plan.

Recommendations to consider:

- Include reference to the health benefits of natural space in the Strategic Plan.
- Opportunity to identify collaborative approaches to increase the use of natural space in the Delivery Plan, building on the previous work with the Greenspace and Communities Teams within West Dunbartonshire Council.
- The Strategic Plan can provide a championing role in promoting the importance of natural space as a positive impact on physical and mental health.
- Identify linkages between the Delivery Plan and Open Space Strategy and Climate Change Strategy and Action Plan.

---

[20] Public Health England. Improving access to Greenspace https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to_greenspace_2020_review.pdf
[21] Environmental and Human Health - The contribution of green and open space in public health and wellbeing

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

Evidence and research:

- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions. [22]
- There are health benefits of undertaking play and recreation in outdoor environments, in particular natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness. [23]

Summary of discussion:

Although the Strategic Plan doesn't refer to play and recreation, this outcome is relevant in that it is associated with encouraging physical activity and providing opportunities for social connections, both of which are referenced in the Strategic Plan.

Recommendations to consider:

- Opportunity to highlight the need to align the Delivery Plan with the Council's Open Space Audit and Strategy to identify and map existing opportunities for play and recreation with local communities. Examine qualitative data on community experience and perspective of local play and recreation opportunities.
- Identify collaborative approaches for play and recreation opportunities in the Delivery Plan.

---

[22] https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-socialisolation;http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf 24 Play
[23] Play Scotland. Getting it right for play power of play: an evidence base. www.playscotland.org/wpcontent/uploads/Power-of-Play-an-evidence-base.pdf

Resources

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

Evidence and research:

- People need local facilities and services to live and enjoy healthy independent lives. [24]

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

Summary of discussion:

The group welcomed the Strategic Plan's commitment to accessible services. The need for further consideration of physical accessibility emerged during the discussion. The Strategic Plan's focus on accessibility concentrates on clinical pathways, service integration and single point of access and increasing awareness of how to access services. The group agreed that accessibility of services would be improved if service location was considered for different population groups.

Recent 20 Minute Neighbourhood Mapping Tool activity illustrates that a relatively small catchment of the local population in Clydebank live within 20 minutes of GP access. The

---

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

group discussed the potential impact of this on physical access to other specialised health services as a centralised approach to service delivery is adopted.

The group discussed how the 20 Minute Neighbourhood Mapping Tool could inform decisions on service delivery locations, including condition specific services. Similarly, studying population density around health and care services could also inform discussion and consideration of satellite service opportunities.

The potential of growing satellite services beyond health and care services was also considered, with recognition that a wide range of services and activities not currently physically accessible (within 20 Minute Neighbourhood concept) could be more easily accessed if delivered from premises located within local communities.

The group felt that this presented an opportunity for various service areas to work collaboratively and maximise available resources through the provision of services from a single premises. It also presents an opportunity to explore the use of currently unused buildings which would contribute to improving streets and spaces and potentially provide additional opportunities for play and recreation.

This would reduce climate impact (decreasing motor vehicle journeys) and deliver benefits in financial efficiencies. It would also provide an opportunity for community involvement in service design and development and co-producing local solutions to local problems, contributing towards more empowered and resilient communities. Current examples of local solutions developed in relation to local mental health and wellbeing issues amongst third sector organisations was suggested as a useful starting point.

The Strategic Plan identifies technology as a strategic enabler and commits to making best use of digital technologies in the design and delivery of services, also noting that technology will only be used as appropriate to the needs of service users.

The group acknowledged that digital approaches and technology will be used more in the future and current piloting of digital diabetes services in West Dunbartonshire was referenced. The group highlighted the need to assess the local populations level of access to the necessary resources and skills required to effectively access digital services.

Recommendations to consider:

- Include physical access / location as a key component in the Strategic Plan's commitment to accessible services.
- Opportunity to identify collaborative approaches to improving physical access / location of services in the Delivery Plan.
- Inform the Delivery Plan with a report on the catchment areas within 20 Minute Neighbourhood concept access to health and care services. Explore opportunity to

carry out further 20 Minute Neighbourhood Mapping activity on specialist service areas with consideration of population and service data.

- Delivery Plan preparation explore a feasibility study on satellite service delivery, including health and social care and other agreed service areas.
  - Identify examples of successful service delivery from premises within local communities
  - Asset management – offer to support them in addressing climate aspect
- Delivery Plan preparation establish level of access to resources and skills across local population for digitally delivered services, work with Working4U and libraries within West Dunbartonshire Council.
- Delivery Plan preparation collaborate with West Dunbartonshire CVS (the local Third Sector Interface), Community Response Network and other third sector providers to explore local solutions to mental health and wellbeing issues.

Work and economy

Everyone benefits equally from a local economy that provides:

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

Evidence and research:

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

---

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

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

Summary of discussion:

The Strategic Plan will be accompanied by a Health and Social Care Partnership Workforce Plan. It was noted that this requires further definition and will be informed by a new Retention and Recruitment Working Group. Given the role of "good" work in benefitting health, the group agreed that the Strategic Plan could be stronger on employment and economy to promote its role in delivering this outcome.

As the second largest employer in West Dunbartonshire, the group felt there should be greater awareness amongst the local population of opportunities to access employment within the Health and Social Care Partnership. This is, in part, being addressed through partnership work with Working4U focusing on upskilling opportunities and Health and Social Care Partnership exploring ways to promote themselves as an employer of choice.

The group identified the cost of travel as a potential barrier for some Health and Social Care Partnership employment opportunities, such as care at home workers. The cost of public transport, running a car, obtaining a driving license were highlighted. The current employer process of reimbursing travel expenses in arrears was acknowledged as a potential barrier and this prompted consideration on the benefits of offering income maximisation support to staff.

See earlier point in Active Travel on reducing short car journeys being made by home care staff through the provision of support to home care staff to plan routes as a potential way to reduce travel costs.

Recommendations to consider:

- Inform the Delivery Plan with an enhanced understanding on the cost of travel and impact of transport poverty on securing employment for the local population, through desk-based research and qualitative data on community experience and perspectives.
- Potential to strengthen the strategic intent that would inform the Delivery Plan, on skills and knowledge about the impact of place across the workforce.
- Strategy plan include mention of benefits of aligning the Health and Social Care Partnership Workforce and Transport plans

---

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

Housing and community

Everyone has access to:

- a home that is affordable, energy efficient, high quality and provides access to private outdoor space.
- a variety of housing types, sizes and tenancies to meet the needs of the community. And of a sufficient density to sustain existing or future local facilities, services and amenities.
- a home that is designed and built to meet need and demand, is adaptable to changing needs and includes accessible/wheelchair standard housing.
- new homes that are located and designed to provide high levels of climate resilience and use sustainable materials and construction methods.
- homes that are designed to promote community cohesion.

Evidence and research:

- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life. [29]
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs. [30]
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport. [31]

Summary of discussion:

The group welcomed the Strategic Plan's recognition that housing and people's homes play an important role in health and the positive relationship the Partnership has with West Dunbartonshire Council Housing. The Strategic Plan also contributes to this outcome

---

[29] www.health.org.uk/publications/reports/the-marmot-review-10-years-on

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

[31] Higgins M, Cain T, Lowther M, et al. 50,000 affordable homes: A health impact assessment. Edinburgh: Scottish Health and Inequalities Impact Assessment Network and Scottish Public Health Network (ScotPHN); 2017. www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINALSHIIAN-50000-New-Homes-HIA-Report-ES.pdf
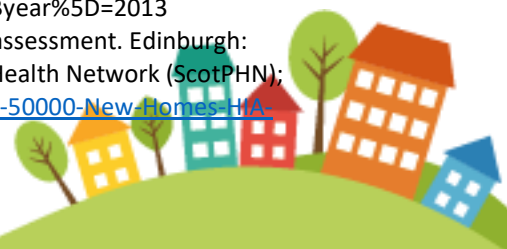
through its commitment to working with partners to expand the choice of specialist and particular needs housing.

The issue of future proofing homes as a key area in need of further attention. Including the importance of density and mix of housing types, and how this aligns with the 20 Minute Neighbourhood concept. Whilst recognising that this does not fall within the direct remit of the Health and Social Care Partnership, the Strategic Plan having a clear commitment to place-based approaches could support partners to include the policy building blocks early on that enable future improvements.

Examples include highlighting the relationship between open space and health, the proximity of transport links to housing developments; and that a mix of housing can contribute to community cohesion and provide support to age in place.

Recommendations to consider:

- The Strategic Plan is an opportunity to spotlight and promote the need for collaborative approaches that improve opportunities for social interaction, access to open space and specialist housing.
- Delivery Plan opportunity to highlight the benefit of collaborating on a briefing on the importance of future proofing in housing within a health context, including the importance of density and a mix of housing types and how this aligns with the 20 Minute Neighbourhood concept.
- Opportunity to state alignment in the Strategic Plan with the National Planning Framework 4 ask for homes for an aging population.
- Opportunity to supply health data on housing need to inform evidence lead policy.

Civic

Identity and belonging

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

Evidence and research:

- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life. [32]
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment. [33]
- If people are involved in helping to design and maintain the places they live in this can build a sense of ownership, belonging and attachment. [34]

Summary of discussion:

Although the Strategic Plan doesn't refer to identity and belonging, this is an important contributory factor in being connected within a community. It is one aspect of the Strategic Plan that the group agreed could be more prominent with frequent reference to 'connected communities. The group agreed that this is an importance aspect of empowered and resilient communities which research shows enhances positive mental health and overall quality of life.

The group also discussed the growing pressure on services. The tightening of eligibility criteria for statutory services means there is an increased need to signpost people to other available activities and support, especially where this provides opportunities to engage with other people and address loneliness. The range of third sector activities and support provided reflects a wide range of shared interests within communities.

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

A sense of identity and belonging also impacts people living with dementia, with the importance of key landmarks providing orientation. The local Third Sector Interface's work on Dementia Friendly Communities was highlighted.

Engaging with the local area and activities is important in allowing people to stay in their own home, providing improved quality of life. The group felt that there is a role for the

---

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

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

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

health and Social Care Partnership in telling the story of how these activities play an essential role in prevention and self-management.

The group also discussed the potential for the Community Links Programme commissioned from Health & Social Care Alliance Scotland to connect people with appropriate activities and services, including connecting people with the Communities Team to access local community opportunities.

Recommendations to consider:

- Strengthen reference to 'connected communities' in the Strategic Plan.
- Opportunity to identify collaborative approaches that improve social interactions and community connections in the Delivery Plan.
- Working with West Dunbartonshire CVS, Health & Social Care Alliance Scotland and other third sector organisations to access their knowledge and networks to identify appropriate support opportunities for signposting should be included in the Delivery Plan.

Feeling safe

Everyone feels safe and secure in their own home and their local community taking account of the experience of different population groups.

Evidence and research:

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

---

[35] Lorenc T, Clayton S, Neary D, et al. Crime, fear of crime, environment, and mental health and wellbeing: mapping review of theories and causal pathways. Health Place 2012;18:757–765.

[36] INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity.www.inherit.eu/wpcontent/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf

Summary of discussion:

The Strategic Plan emphasises feeling safe within the community and people's own home and recognises this as being important in enabling people to remain in their own home and maintain independence.

More could be included in the Strategy and Delivery Plan on the importance of feeling safe when moving around within the local community. When people feel unsafe, research tells us this can have a negative impact on both physical and mental health. There would be value in examining routes and assessing the suitability and accessibility and perceptions of these for different population groups. It was suggested that the 20 Minute Neighbourhood Mapping Tool could be used for this, with additional qualitative data from community perspectives being included to develop an overview of these routes.

There is potential to also use the 20 Minute Neighbourhood Mapping Tool to inform the prioritisation of gritting routes, with a focus on falls prevention for vulnerable population groups.

Similarly, there was discussion on connecting the CCTV work of the Communities Team with the 20 Minute Neighbourhood Mapping Tool to strengthen this work and provide a comprehensive picture.

Recommendations to consider:

- Opportunity to identify collaborative approaches that increase safety and feelings of safety in the Delivery Plan.
- The Strategic Plan can provide a hook for a collaborative approach in the use of the 20 Minute Neighbourhood Mapping Tool. The Delivery Plan is an opportunity to support scoping the potential of a project developing 20 Minute Neighbourhood Mapping activity in conjunction with examination of qualitative data to provide a comprehensive overview of the suitability and accessibility of routes.
  - o Work with Communities Team and local community organisations to tap into qualitative data on feelings of safety for different population groups within local communities.
- Develop a proposal for 20 Minute Neighbourhood Mapping Tool activity to inform prioritisation of gritting routes.
- Explore the potential of connecting CCTV activity with 20 Minute Neighbourhood Mapping Tool activity.

Stewardship

Everyone has access to:

- buildings, spaces and routes that are well cared for in a way that is responsive to the needs and priorities of local communities.
- good facilities for recycling and well organised refuse storage and collection.

Evidence and research:

- If a place is not well maintained this can lead to negative perceptions of a place, which can lead to investors disinvesting and people not wanting to go to that place. [37]
- If people perceive their neighbourhoods as being poorly maintained with high levels of environmental incivilities, they are likely to experience worse health outcomes such as lower levels of mental wellbeing. [38]
- Vacant and derelict land can negatively impact on health. [39]

Summary of discussion:

This outcome is not referenced in the Strategic Plan. However, the group's discussion on the potential to make use of unused community assets, opening these buildings for satellite service delivery and development as community hubs relates to this outcome and is suggested for consideration within the Resources section. Similarly, the group's discussion on feeling safe also applies here.

Recommendations to consider:

- Identify local or further afield examples of activity relating to stewardship that impact on health.

---

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

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

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

Influence and sense of control

Everyone is empowered to be involved a place in which:

- Local outcomes are improved by effective collaborations between communities, community organisations and public bodies.
- Decision making processes are designed to involve communities as equal partners.
- Community organisations co-produce local solutions to issues.
- Communities have increased influence over decisions.
- Democratic processes are developed to be accessible to all citizens.

Evidence and research:

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

Summary of discussion:

The group welcomed the Strategic Plan's reference to the importance of working with communities and the aspirations to improve and strengthen this in their approach. While the Health and Social Care Partnership is fairly strong on placing individual service users at heart of decision making and making good progress in this area, this could be significantly strengthened in relation to co-production work with communities. Although mechanisms are in place for consultation, improvements are required to involve people in the early stage of service design. The group recognised the need to resource this type of activity, but also acknowledged that this could be strengthened by working with others.

---

[40] What works to boost social relations. What Works Centre for Wellbeing;
2015. https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/
[41] Whitehead M, Pennington A, Orton L, et al. How could differences in 'control over destiny' lead to socio-economic inequalities in health? A synthesis of theories and pathways in the living environment. Health & Place 2016 39: 51-61
[42] Bell R. Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England/UCL Institute of Health Equity; www.instituteofhealthequity.org/resources-reports/psychosocial-pathways-andhealth-outcomes-informing-action-on-health-inequality

Reference was made to the Scottish Service Design Practice that the Communities Team is undertaking and the community lead action research underway with the Recovery Group and Dumbarton West.

The group recognised the importance of ensuring the right people engage and that they are reflective of the community. The Communities Team are seeking to develop this and engage with service users in other areas, such as schools to secure involvement in participatory budgeting at an early age.

Recommendations to consider:

- Review current Health and Social Care Partnership engagement processes.
- Develop a coproduction model for service development in health and social care.
- The Strategic Plan should highlight the benefit of alignment with other key strategies and plans, including Community Empowerment Strategy and Action Plan, Child Poverty Plan.