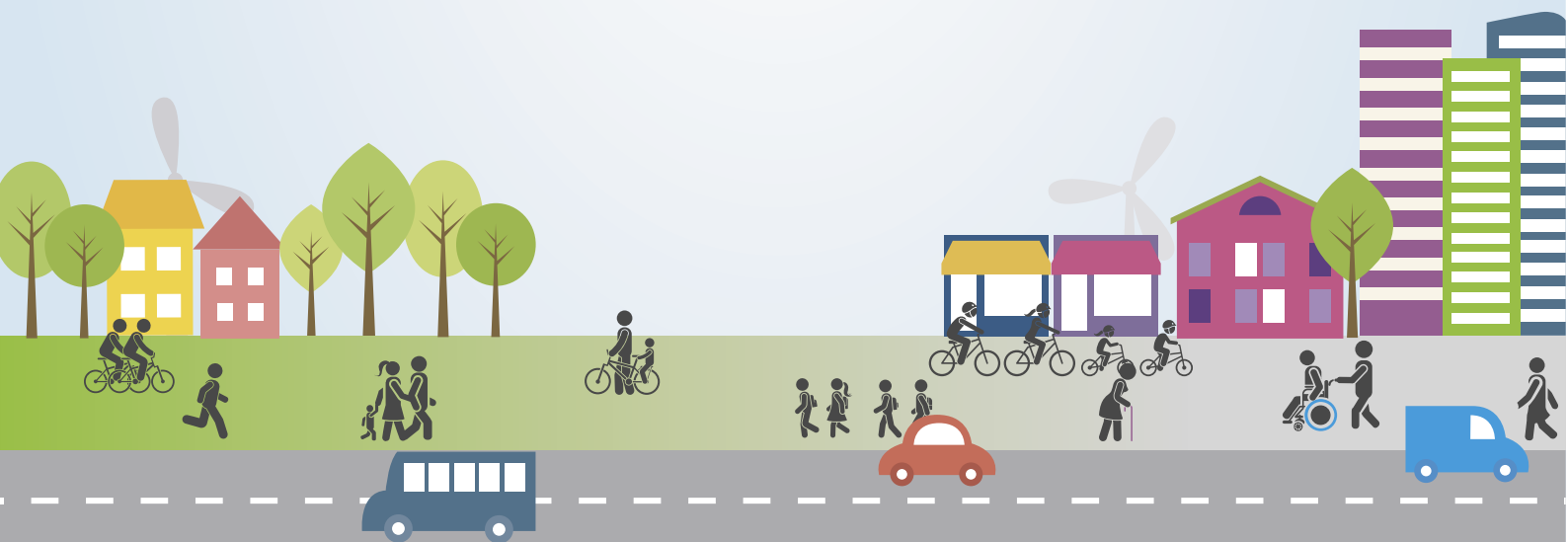


Shaping Places for Wellbeing Programme

Alloa Project Town

Wellbeing Hub and Lochies School Project -
Site Layout and Landscaping
Place and Wellbeing
Assessment Report



About the report

This is a report of a Place and Wellbeing Assessment held in March 2024 to look at the site layout and landscaping plans for the Clackmannanshire Council Wellbeing Hub and Lochies School Project (referred to in this report as the Project). The Place and Wellbeing Assessment aims to build on the strengths of the plan and produce recommendations that will support ongoing work on the landscape design and its impact on place, people and wellbeing as the site is developed and opened to the public.

A Place and Wellbeing Assessment involves a workshop pulling together expertise and perspectives from a range of attendees to consider how a plan, policy or decision impacts on delivering a place that enables wellbeing and reduces inequality. To do this, attendees consider the impact on each of the Place and Wellbeing Outcomes and those who are experiencing inequality in that place. This paper is the output of one of these Assessments.

Place and wellbeing outcomes



The [Place and Wellbeing Outcomes](#) are the evidenced features that every place needs to have for the places we live, work and relax in to positively enable health and wellbeing.

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

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

- People experiencing deprivation in Alloa South and East
- Problem substance use involving alcohol
- People experiencing ill health and dying prematurely
- Poverty focusing on children

As part of the Shaping Places for Wellbeing Programme's data exercise, the Community Link Leads in each town have been connecting with local communities, community organisations and practitioners working locally to understand what people who live, work and relax in Alloa need from their place, particularly those most impacted by the inequalities identified above. A summary of what was heard from communities is shared in an infographic in Appendix 4.

Navigating the document

Read the [Background to the Strategy](#) (page 4)

Understand the links to the [Shaping Places for Wellbeing Programme](#) (Page 5)

Read the [Report Summary](#) (Page 6) for an overview of the key themes from the assessment.

Find the [Recommendations](#) (Page 7)

Read [Appendix 1: Summary of Discussion on Specific Population Groups](#) (Page 12).

Read [Appendix 2: Summary of Discussion and Recommendations by Place and Wellbeing Outcome](#) (Page 17) for further detail. It lists the key evidence and research and a summary of the discussion that took place.

- **Movement** – page 17
- **Spaces** – page 23
- **Resources** - page 30
- **Civic** - page 34
- **Stewardship** - page 37

[Appendix 3](#) (Page 41) lists the participants in this Assessment workshop.

Find a summary of what the Shaping Places for Wellbeing Community Link Lead has heard from local communities in [Appendix 4: infographic](#) (page 42).

Background to the Wellbeing Hub and Lochies School Project

The Wellbeing Hub and Lochies School Project is a significant project for Clackmannanshire Council. The vision for the Wellbeing Hub and Lochies School is driven by an ambition to deliver an inclusive, accessible, and inspiring facility that will improve the quality of life for communities across Clackmannanshire - a social hub for all ages and a place for the whole community to come together to socialise, to learn, to relax, have fun and improve their fitness, health and wellbeing. The project unifies Lochies – a high-quality replacement ASN school, and the Wellbeing Hub which includes swimming pools, multi-purpose sports and community spaces, cafe and fitness suite.

Initial Place and Wellbeing Assessment

The Shaping Places for Wellbeing Programme in Alloa has been supporting the Project since earlier stages in the project's development. In July 2022 a Place and Wellbeing Assessment was undertaken, comparing two potential locations for the facility. This Assessment drew out recommendations for ensuring a place-based approach that promoted people's wellbeing in either site location. A copy of this [initial Assessment report](#) can be found online.

Following the Assessment, regular check-ins were established with the expanding Project team, building strong working relationships. The Shaping Places for Wellbeing Team in Alloa has brought a place-based perspective to additional workshops delivered as part of the project's development. Recommendations from the initial Assessment have been integrated as opportunities in the project's Risk and Opportunities Register ensuring these are reviewed at regular intervals.

Scope of follow-up Assessment

In March 2024, there was an opportunity for a follow-up Place and Wellbeing Assessment to be undertaken now the Project is at a more advanced stage in its development. It was decided that this Place and Wellbeing Assessment would focus on the site layout and landscaping plans. The landscape brief has a vision that the design will celebrate the unique landscape of the chosen site in the South West side of Alloa, adjacent to the River Forth with distant views of the Ochill hills. It is felt that the design of the outdoor spaces for the Project will be central to the promotion of physical and mental health and wellbeing through integration of nature. The site landscaping considered during the Assessment includes plans for parks, gardens, outdoor activity spaces, car parking and access routes. Participants had sight of the Project Landscape Brief and draft Landscape Design and Site Plan when preparing for participation in the workshop.

Links to Shaping Places for Wellbeing Programme

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

Our objective is to support delivery of the Place and Wellbeing Outcomes. A process used for doing so is a [Place and Wellbeing Assessment](#). This paper is the output of one of these assessments.

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

There is high-level evidence and research that sits behind our Place and Wellbeing Outcomes and links to health and wellbeing. Full details on all of this evidence can be found on our Wiki page on the [Shaping Places for Wellbeing Knowledge Hub](#). You will find some of this evidence listed in the body of the report.

Report Summary

The Clackmannanshire Council Wellbeing Hub and Lochies School Project site layout and landscaping contributes to delivering and supporting many of the aspects of place that enable the wellbeing of those who live, work and relax in Alloa. The review of the site layout and landscaping plans is an opportunity to broaden the contribution of place to both overall wellbeing and to reduce inequality in some communities. The following broad themes were identified:

Connections and journeys

A recurring theme through the assessment discussion was the connectivity of the Wellbeing Hub and Lochies School site with Alloa and other areas of Clackmannanshire. This echoes the Project ambition to be part of a wider network of leisure and recreation opportunities in Clackmannanshire. The idea of the Wellbeing Hub being a destination in itself, but also a stop-off in wider itineraries and a place of signposting to other opportunities was repeatedly raised. It was also identified that the location of the site, and perceptions around this, may present barriers to access for some communities including those experiencing greater inequality. Journey planning and a focus on movement to, and around, the site was a strong focus in discussion.

Work in advance of public opening

Whilst the assessment reviewed the site layout and landscaping design brief and draft plans, the discussion and recommendations that emerged likely have implications for project activity beyond the design phase through to public opening. A recurring theme through the discussion was the importance of preparatory work in advance of public opening, to build engagement and sense of relationship with the project. Discussions explored how getting this right for people across Clackmannanshire would make them feel more like they belong at the Wellbeing Hub, and therefore more likely to access the site. This is crucial to ensure the Project is commercially sustainable and for its full potential as a space for community connection, development, health and wellbeing to be realised.

Recommendations

For ease of reference, all the recommendations contained in this Report are listed below:

Place and Wellbeing theme	Place and Wellbeing Outcome	Recommendation
Movement	Active Travel	<ol style="list-style-type: none"> 1. To include specification for bike maintenance and water filling stations across the site in the next landscape design brief. 2. Project Team to consider provisions within the Wellbeing Hub facility for cleaning or storing wet or muddy shoes, clothes or equipment for users who have actively travelled to the site. 3. To ensure specifications in plans allow for bike access points and storage spaces that accommodate specialist bikes that can be up to 2m wide. 4. To review placement of bike storage shelters in the site plan, taking into account lessons learnt from NHS Forth Valley of the risk of these shelters being used by smokers and vapers. The Project team should liaise with NHS Forth Valley colleagues on this. 5. Project Team and design partners appraise path lighting options and placement for their impact on wildlife before procurement. Similar consideration should be given to the installation window, and the switching on-off cycle of any lighting. 6. Project Team to design a signage system on the site that clearly articulates possible routes around the site and gives users choices. To collaborate with partners in Clackmannanshire Council to connect onsite signage with a town or countywide signage system that directs people to the Wellbeing Hub. Consider creative approaches to signage to provide encouragement and motivation for users.

		<p>7. Project Team to engage with partners like Discover Clackmannanshire, the Alloa Hub, etc. to produce information and marketing material that promotes the Wellbeing Hub as part of a network of leisure and recreation destinations in the area.</p> <p>8. Project Team to create an active travel engagement plan, prioritising engagement with communities and third sector organisations that support people who are less likely to own bikes or feel confident cycling, wheeling or walking. This engagement should commence in advance of the Wellbeing Hub and Lochies School opening to the public. The Project team should seek support from Clackmannanshire Third Sector Interface (CTSI) and Clackmannanshire Council’s Community Learning and Development (CLD) Team in identifying priority groups to engage with.</p> <p>9. Wellbeing Hub team to use cycle leaders to support the local adult population to access the site by bicycle. This may be through direct recruitment of volunteer leaders, or partnership with organisations like Recyke-a-bike.</p>
	Public Transport	<p>10. Where they do not already exist, the Project Team to work with colleagues to create segregated, well-lit pedestrian paths from existing, and any future, bus stops to the site.</p> <p>11. Project Team to produce journey information materials in a range of digital and non-digital formats detailing public transport options from settlements across the county, and connections between active travel and public transport routes. These should be circulated in advance of the Wellbeing Hub opening to the public.</p> <p>12. Project Team, working with wider colleagues, to ensure signage systems on and off site clearly indicate access to public transport routes, and how these connect to the active travel network.</p> <p>13. Project Team to consider transport provision for those who are unable to use active travel or public transport due to health, mobility or disability but who do not have</p>

		access to a private vehicle. The Project team should engage with third sector partners to explore feasible options.
	Traffic and Parking	14. Project Team to further explore options for creating a 'Park and Walk' facility providing off-site parking. Use creative signage and landscaping that makes a segregated pedestrian path from the 'Park and Walk' to the site part of the overall experience at the site.
Spaces	Streets and Spaces	15. Project Team to visit The National Path Demonstration site at Scotland's Rural College (SRUC) Oatridge Campus to get ideas and help decide the best materials and infrastructure for the site.
		16. To incorporate a mini-road layout into the design plans for part of the path network to encourage young children's road awareness. Learning could be taken from Burngeen Park, Kilsyth .
	17. To forward plan by designating and designing meeting places within the site plans for groups/Clubs looking to use the Wellbeing Hub as a meeting place for activities that may then be taken offsite.	
		18. Project Team and design partners to consider the placement of benches around the site to create social spaces and promote intergenerational interaction. To include specification for wheelchair spaces beside benches, especially those on the side of paths to avoid forcing wheelchair users to sit in the path itself.
	Natural Spaces	19. To include specification in the designs for green roofs. To consider green roof provision on bicycle shelters, outside stores, shelters and any covered car parking areas.
		20. Project Team and landscaping partners to consider lawn grass mixes with clover and/or wildflowers for any grass areas. When planting in the site's parks, use native plants as much as possible. Consider underplanting trees, particularly in the carpark area.

		<p>21. Project Team to clarify with landscape architect that wind and thermal modelling of the outdoor spaces has been undertaken to understand the impact on users, as well as the environment.</p> <p>22. To incorporate provision of temporary, moveable, shade cover solutions into plans.</p> <p>23. To ensure specifications in the plans design planters and growing beds to be at various levels and layouts to ensure they can be accessed by wheelchair users, people who find it difficult to bend over, and by young children.</p> <p>24. Project Team to create signage onsite that encourages connection with nature and raises awareness of the importance of biodiversity and environmental sustainability. There is an opportunity to learn from Paths for All's Nature Connectedness Place Making Toolkit.</p> <p>25. Project Team to co-produce a joint maintenance plan for growing spaces with the local community and groups.</p>
	Play and Recreation	<p>26. In any public communications, the Project Team to include clear explanation and illustration of the delineation between publicly accessible Wellbeing Hub facilities and those primarily for use by Lochies school. Where appropriate, replicate features across both areas of the site.</p> <p>27. Project Team to undertake further consultation, engagement and involvement activities with teenagers and young people to understand what they want from the outdoor spaces.</p> <p>28. To incorporate principles of dementia friendly design into the plans. The Project team may wish to seek guidance and learning from partners at Stirling University, the Intergenerational Living Innovation Hub and local examples like Stirling Health and Social Care Village.</p> <p>29. To consider provision of an artificial climbing boulder for recreational bouldering in the site landscaping.</p>

		30. Wellbeing Hub Team to engage with the charities The Conversation Volunteers and Cycling Without Age on programming of outdoor recreational activities.
Resources	Services and Support	No specific recommendations under this Outcome.
	Work and Economy	<p>31. Project Team to consider how community benefits may help the Project to prioritise local procurement. To include commitment to these in the project’s procurement plan and seek the same commitment from contractors. The Project team may wish to seek further support on this from the Economic Development team.</p> <p>32. Project Team to produce a volunteer recruitment and coordination plan, whether this will be managed in-house or in collaboration with existing volunteer organisations. This should be developed and launched well in advance of the Wellbeing Hub and Lochies School opening.</p> <p>33. To prioritise recruitment of local people to any jobs created by the Project. This may be through eligibility criteria or targeted promotion of vacancies. Project Team to seek further guidance on how to approach this, e.g. from Employability Services.</p> <p>34. Project Team to engage with Forth Valley College on potential for Wellbeing Hub and Lochies School to support delivery of courses, e.g. horticulture.</p>
	Housing and Community	35. Project Team to consider how the Project can support the Local Authority and health board to fulfil their ‘ask and act’ duties. To collaborate with partners to ensure relevant training for staff on site, and that information can be provided from the facility.
Civic	Identity and Belonging	<p>36. To incorporate allowance of space for art elements in the site plans. Space should be designated early to ensure art, culture and heritage are prioritised even while consultation and planning on specifics is undertaken.</p> <p>37. Project Team to undertake consultation and community engagement to inform any public art commissions.</p>

		<p>38. Project Team to expand outreach and invitations to access the observation deck during construction to include local care homes and sheltered housing complexes.</p> <p>39. Project Team to produce a comprehensive community engagement plan, which includes scoping and targeted engagement with populations who are most at risk of being impacted by inequality, e.g. those identified through the Shaping Places for Wellbeing work. Delivery on this engagement plan should start as soon as possible, through the duration of the construction phase to opening and beyond.</p> <p>40. Project Team to create a communications plan for the construction phase which shares engaging updates on the build with the public.</p> <p>41. Project Team to invite local groups and residents to contribute to the landscaping efforts and outdoor furnishing and decoration of the site through collaborative art, craft, wood-working or planting projects.</p>
	Feeling Safe	<p>42. To continue to incorporate principles and learning from Make Space for Girls into design plans.</p>
Stewardship	Care and Maintenance	<p>43. To add specifications for bins to the plans, adhering to relevant waste collection guidelines.</p> <p>44. Project Team to connect with the Clackmannanshire Council Anti-Social Behaviour Strategy currently being developed.</p>
	Influence and Control	<p>45. Project Team to seek opportunities to engage with the public in their own communities through existing events over the next couple of years and include in community engagement plan.</p>

Next Steps

The recommendations in this report will be reviewed by the key people involved in developing and reviewing the landscape design. They will determine what can be incorporated into the next version of the design or subsequent project plans, what needs further consideration and where collaboration is needed to take them forward. Not all recommendations will be suitable to take forward at that time due to time, capacity or other constraints.

Appendix 1: Summary of Discussion on Specific Population Groups

In order to consider the impact of the site layout and landscaping on the Alloa area and their communities, the group began the assessment with a discussion on the specific population groups that are at risk of experiencing the greatest impacts caused by inequalities. The Project has undertaken work to date that considers this, including the involvement of a co-design group. With advisory support and facilitation from Animate, 14 people from the community with lived experience of inequalities were invited to form part of the extended design team alongside the Council's internal Project Team and the Design team. The group have been meeting between November 2023 and March 2024, and have expressed strong interest in continuing to engage with the project beyond March. Notes of each meeting are produced and fed back to the Project Team to include in the design analysis process, and ensure the designs fully reflect and needs and aspirations of different user groups including those most at risk of experiencing inequality.

Considering the work undertaken by Project to date, and to facilitate discussion within the time constraints of the Assessment, participants were asked to consider how the plans positively support these population groups, and whether there were any groups who they felt the project has not yet taken sufficiently into account.

Where topics of discussion moved into the detail of the plans and their impact on wellbeing and inequalities, these points have been included in Appendix 2 under the relevant Place and Wellbeing Outcome.

Children and young people

The Project team identified that children have been well considered in development of the project to date. Provision within the site landscaping for play was identified as a strength of the project. Involvement of the Learning Estates and Education teams through the Lochies side of the project has helped facilitate this. The specific needs of cared for children and young people were highlighted, including the potential for the Wellbeing to be a site for family contact meetings.

Teenagers were identified as an age group that may benefit from further consideration and consultation. Research and findings from elsewhere were referenced, where teenagers, particularly teenage girls, report that they don't feel like there are spaces designed for them. It was highlighted how teenagers may be less likely to use play equipment, and traditional provision such as skate parks are unlikely to suit everyone. The importance of teenagers having access to safe social spaces was acknowledged as it relates to the Clackmannanshire Anti-Social Behaviour Strategy currently in development.

Women and girls (inclusive of trans and non-binary people)

Conversation explored the ways in which women and girls may experience and use spaces differently to men and boys due to fear of gender-based violence. It was acknowledged that the design brief mentions designing with women and girls in mind already, and that this should continue to be considered.

Older adults, people living with dementia

Participants felt it was unclear whether people living with dementia, and dementia friendly design, had been considered to date. It was acknowledged that a range of local organisations have expertise in this area. The Project team confirmed plans to engage with local groups and partners to understand needs of specific groups. The value of having a representative from the Clackmannanshire Older Adults Forum participate in the present Assessment was acknowledged.

Disabled people (including physical disability, learning disability, neurodiversity, sensory impairment, cognitive impairment, long term medical conditions, mental health problems)

It was agreed that the needs of disabled people appear to have been well considered to date. The Project team explained that design features from Lochies, which meets the needs of pupils with complex, multiple and profound additional support needs have also been captured in the Wellbeing Hub design.

The Project team clarified that the co-design group included representatives who are disabled. Participants were informed that feedback on features such as accessibility, wheelchair access and quiet space provision for neurodivergent people has come from this group already. Participants were curious about how the entrances and exits from the two facilities would be managed to minimise over stimulation for Lochies School pupils who may be autistic or experience sensory difficulties. The Project team clarified this had been raised by the co-design group, and has been an important consideration for the building design. It was confirmed that a discrete separate Lochies School pupil and staff entrance will be maintained during school hours. Visitors will access Lochies through the Wellbeing Hub, and additional access to some areas of Lochies will be granted via the Wellbeing Hub outside of term time/school hours.

People living in poverty, people on low income

The Shaping Places for Wellbeing Project Lead (Alloa) highlighted the importance of considering people living in Alloa South and East, who are repeatedly highlighted as experiencing health and social inequality compared to neighbouring areas of Alloa.

Conversation explored the ways in which this may affect residents of Alloa South and East when accessing the Wellbeing Hub. This included in terms of how they are physically able to access the site, as well whether they will feel a sense of welcoming and belonging there.

The Project team explained that through their next phase of public consultation (April 2024) they are delivering events in Tillicoultry as well as Alloa to try and ensure that people across Clackmannanshire know the facility is not just for Alloa residents. It was raised that whilst a focus on Alloa South and East is important given the level of inequality experienced, it is crucial not to forget other areas of Clackmannanshire that also experience inequality and fall within the lowest SIMD quintile. The possibility that consultation events feel less accessible for community members experiencing higher inequality was raised. The importance of proactively reaching out to these communities as much as possible was repeatedly emphasised during later conversations too.

Appendix 2: Summary of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

- Active travel has the potential to improve health by increasing physical activity, weight loss and reducing obesity.¹
- Active travel can positively affect mental wellbeing and increase social interactions.²
- Active travel can positively affect mental wellbeing.³
- Active travel has the potential to provide benefits to local economies.²
- Health benefits of active travel, such as increased physical activity levels, will vary in different groups.²
- Safety is a key barrier to increasing women's use of active travel.⁴
- Active travel has the potential to minimise health and environmental harms by reducing motorised traffic.⁵
- Walkable neighbourhoods have the potential to increase physical activity and social interactions.²

¹ [Physical Activity Associated with Public Transport Use - A Review and Modelling of Potential Benefits.](#)

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

³ [Does active travel make people healthier, or are healthy people more inclined to travel actively?](#)

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

⁵ [INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity.](#)

- There is increased public support for investment in walking and cycling, particularly amongst people on low incomes.⁶

Summary of discussion:

It was acknowledged that how people are going to travel to the site has been a hot topic through the Project development. It was explained that the site is well connected to existing Active Travel routes, noting that the site connects to local path networks and that National Cycle Network Route 76 runs along the site boundary. The Project team explained that connection with these existing networks has been a key focus of the site layout and design planning. The active travel route between the site and South East Alloa has identified as being potentially confusing to navigate, and parts utilise quiet road network rather than segregated paths. Whilst it was acknowledged that work to improve or upgrade this network falls outside the remit of the Project, collaboration with wider Council transport planning was noted as important to improving this.

It was felt that the Wellbeing Hub should be part of a network of leisure and recreation spaces accessible by active travel in Alloa/Clackmannanshire rather than an isolated destination. This would support the Wellbeing Economy agenda as it could encourage people to use local cafes and stores to purchase lunch, refreshments, etc. The group agreed that good signposting and information would be necessary to support this.

It was acknowledged that active travel can provide a low-cost option for people living in poverty or on low income, including children and young people, to access the site. Discussion then explored potential barriers to people accessing the site by active travel. Bike ownership and cycling confidence were identified as potential issues, particularly for people and families with lower income or living in poverty. The group agreed that in order for active travel to be a reality, plans needed to go beyond designing the routes themselves. It was agreed that plans should include engagement with communities and third sector to address these issues, and that this should start prior to the opening of the Wellbeing Hub and Lochies School. The group were informed that existing work on cycling with school pupils would focus on education and practice on routes to the site. It was felt that voluntary cycle leaders could support efforts to increase cycling proficiency and confidence in the adult population. Recyke-a-bike were repeatedly mentioned as an important local partner.

Reflecting back on particular population groups, parents with multiple children and shift workers who may be accessing the facility during off-peak hours were thought to be less likely to use active travel and more likely to drive to the site. Safety considerations for active

⁶ [Sustrans, Helping people through the cost of living crisis and growing our economy The role of walking, wheeling and cycling.](#)

travel, particularly for women who can feel unsafe in enclosed or poorly lit spaces, were explored. The Project team clarified that there will be three different pedestrian routes to the Wellbeing Hub, providing options to users depending on their needs and preferences.

Short daylight hours during winter, and the variable Scottish weather were also thought to likely impact active travel uptake. Good lighting was agreed as being important, whilst ensuring it does not detrimentally affect wildlife like nesting birds and bats. Conversation also explored other practicalities of supporting active travel on the site. The Project team confirmed that wheelchair and walking aid accessible paths are prioritised in the landscaping plans. Bike storage, maintenance and cleaning stations were discussed. The risk of people using bike sheds as de facto smoking/vaping shelters was highlighted, which could then discourage cycling to the site.

Recommendations:

46. To include specification for bike maintenance and water filling stations across the site in the next landscape design brief.
47. Project Team to consider provisions within the Wellbeing Hub facility for cleaning or storing wet or muddy shoes, clothes or equipment for users who have actively travelled to the site.
48. To ensure specifications in plans allow for bike access points and storage spaces that accommodate specialist bikes that can be up to 2m wide.
49. To review placement of bike storage shelters in the site plan, taking into account lessons learnt from NHS Forth Valley of the risk of these shelters being used by smokers and vapers. The Project team should liaise with NHS Forth Valley colleagues on this.
50. Project Team and design partners appraise path lighting options and placement for their impact on wildlife before procurement. Similar consideration should be given to the installation window, and the switching on-off cycle of any lighting.
51. Project Team to design a signage system on the site that clearly articulates possible routes around the site and gives users choices. To collaborate with partners in Clackmannanshire Council to connect onsite signage with a town or countywide signage system that directs people to the Wellbeing Hub. Consider creative approaches to signage to provide encouragement and motivation for users.
52. Project Team to engage with partners like Discover Clackmannanshire, the Alloa Hub, etc. to produce information and marketing material that promotes the Wellbeing Hub as part of a network of leisure and recreation destinations in the area.
53. Project Team to create an active travel engagement plan, prioritising engagement with communities and third sector organisations that support people who are less likely to own bikes or feel confident cycling, wheeling or walking. This engagement should commence in advance of the Wellbeing Hub and Lochies School opening to the public. The Project team should seek support from Clackmannanshire Third Sector Interface

(CTSI) and Clackmannanshire Council's Community Learning and Development (CLD) Team in identifying priority groups to engage with.

54. Wellbeing Hub team to use cycle leaders to support the local adult population to access the site by bicycle. This may be through direct recruitment of volunteer leaders, or partnership with organisations like [Recyke-a-bike](#).

Public Transport

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

Evidence and research:

- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.⁷
- Public transport use has the potential to improve access to services and facilities and connect communities.⁸
- Transport poverty can affect health in various ways, including limiting access to the building blocks of good health and reduce community engagement.⁹
- Public transport has the potential to encourage active travel.⁸
- Certain groups such as women, students and older people are likely to be at higher risk of transport poverty.¹⁰
- Public transport has the potential to reduce carbon emissions.¹¹

Summary of discussion:

Public transport was identified as a challenge for the project, as it is across the wider Clackmannanshire and Forth Valley region. It was understood that financial viability needs to be proved for private transport providers to consider changes or additions to routes, and that Council subsidies for public transport are very expensive. The group were made aware that wider conversations around public transport provision and planning are already underway across the region currently. Involvement in these conversations by the Proteam

⁷ [Scottish Household Survey 2018](#)

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

⁹ [Public Health Scotland, Transport poverty: a public health issue](#)

¹⁰ [Transport and inequality: An evidence review for the Department for Transport](#)

¹¹ [Evidence Review of the Potential Wider Impacts of Climate Change Mitigation Options: Transport sector](#)

was thought to be important. It was acknowledged that rates of car ownership are lower in areas of higher deprivation, increasing likely reliance on active travel and public transport.

It was explained that one local bus service currently stops the end of the road serving the site, whilst the main bus route runs through central Alloa closer to the train station. The group felt the distance from the site to the bus route, plus frequency and perceived unreliability of the bus service are likely to discourage public transport use. Clear, comprehensive and engaging signage from public transport routes to the site were considered crucial. The value of segregated pedestrian paths from the nearest bus stop to the Wellbeing Hub and Lochies School was also discussed. As with active travel, weather and daylight were thought to be factors that could affect public transport use.

As with active travel, parents with children and shift workers accessing the facility during off-peak hours were thought to be less likely to feel able use public transport. Barriers to using public transport for disabled people and people with mobility issues were also highlighted. Services like Dial-a-Journey who can provide a door-to-door service were suggested as an alternative to public buses, especially for those who do not drive.

Recommendations:

55. Where they do not already exist, the Project Team to work with colleagues to create segregated, well-lit pedestrian paths from existing, and any future, bus stops to the site.
56. Project Team to produce journey information materials in a range of digital and non-digital formats detailing public transport options from settlements across the county, and connections between active travel and public transport routes. These should be circulated in advance of the Wellbeing Hub opening to the public.
57. Project Team, working with wider colleagues, to ensure signage systems on and off site clearly indicate access to public transport routes, and how these connect to the active travel network.
58. Project Team to consider transport provision for those who are unable to use active travel or public transport due to health, mobility or disability but who do not have access to a private vehicle. The Project team should engage with third sector partners to explore feasible options.

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:

- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.¹²
- Motorised transport has the potential to reduce levels of physical activity and social interactions.¹³
- Motorised transport can increase the risk of accidental injury and disrupt communities.¹⁴
- Lack of suitable parking has the potential to affect health.¹⁴
- Parking outside marked bays (pavement parking) creates hazards for pedestrians particularly disabled people, and damages pavement surfaces.¹⁵
- There is an association between perceived traffic volume and speed with walking and wellbeing.¹⁶

Summary of discussion:

As per the discussions on active travel and public transport detailed above, there was consensus in the group that a large proportion of visitors to the site will still access the site by private car. The Project team reported that they had heard a similar message from consultation and engagement work undertaken to date. Discussion explored the various needs and priorities that must be balanced with regard to traffic and parking: the desire to de-incentivise private vehicle use to reduce CO2 emissions; the needs of disabled people or those with reduced mobility who rely on private vehicles; ensuring enough parking provision

¹² [Scottish Household Survey 2018](#)

¹³ [Health impact assessment of active transportation: A systematic review](#)

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

¹⁵ [Nobody Left Behind Envisioning inclusive cities in a low-car future](#)

¹⁶ [Perceptions of road traffic conditions along with their reported impacts on walking are associated with wellbeing](#)

to avoid overspill outside marked bays whilst not allowing the carpark to dominate the space. The Project team explained that the current design tries to utilise trees and green space within the car park.

It was felt that a 'Park and Walk' feature could promote physical activity and reduce parking spaces on the site itself. The Project Team confirmed this was an option being considered, particularly for bus and coach parking offsite. This may involve acquiring or renting additional land and so is part of ongoing discussions. The group discussed various ways of creating engaging and creative signage on the route from the 'Park and Walk' to the Wellbeing Hub to motivate families to use this feature. Again, the need for adequate lighting particularly during the short winter days was highlighted.

The Project team explained that traffic calming measures would be included in the site plan, and that traffic speeds are being considered as part of the Planning process. The group were additionally made aware that neighbouring facilities include school and nurseries, so there are already slower traffic speeds operating.

Recommendations:

59. Project Team to further explore options for creating a 'Park and Walk' facility providing off-site parking. Use creative signage and landscaping that makes a segregated pedestrian path from the 'Park and Walk' to the site part of the overall experience at the site.

Spaces

Streets and spaces

Everyone can access:

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

Evidence and research:

- Mental wellbeing and quality of life may be higher if the residents perceive their neighbourhood, including the buildings, as attractive.¹⁷
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹⁸
- Inadequate or poor spaces can lead to reduced social interactions.¹⁹
- Walkable neighbourhoods can provide opportunities to socially interact.²⁰
- Hard-surface public space is positively associated with wellbeing in neighbourhoods that feel safe, but negatively associated in neighbourhoods that feel unsafe.²¹

Summary of discussion:

It was felt that the Project in its entirety will do a lot to contribute to this Outcome, creating a new civic space in Alloa. The group were generally impressed by the overall landscaping design and site layout in creating an attractive destination.

Discussion on streets and spaces naturally combined with, and led on from, the discussion already documented above under the Movement Outcomes. The *well-connected* aspect of this Outcome highlighted in conversation as a possible hurdle, given the perception by some that the site is isolated from other streets and spaces in Alloa. The group again highlighted the importance of work on travel and transport plans, particularly for those with minimal disposable income.

The group were asked to consider how well the streets and spaces within the site itself provide amenities for varying population groups. Again, the group generally felt the site and landscaping flowed nicely and did well to provide options for how the streets and spaces will be used. Conversation explored how cyclists will use the streets and spaces on the site itself. An example from Stirling was shared, where The Peak's (Stirling) carpark is used as a congregation point for bike club meets. It was felt that there may be a risk of a similar thing happening at the Wellbeing Hub and Lochies School. The group agreed that it was important to actively welcome and provide for these groups, whilst ensuring no disruption for other site users. The Project team mentioned they were already in conversation with a local Cycling Club about what they want from the facility. The team also highlighted the potential

¹⁷ [Exploring the relationships between housing, neighbourhoods and mental wellbeing for residents of deprived areas](#)

¹⁸ [Quality of Life Foundation, Literature Review](#)

¹⁹ [Local action on health inequalities: reducing social isolation](#)

²⁰ [Place value: place quality and its impact on health, social, economic and environmental outcomes](#)

²¹ [Does public space have to be green to improve well-being? An analysis of public space across Greater London and its association to subjective well-being](#)

for the public space on the site to be expanded during weekends, for example by expanding access to the Lochies carpark or service areas. It was agreed that ongoing engagement with local groups and clubs would be important in realising the ambition for the Wellbeing Hub to be part of a network of leisure opportunities and spaces.

The Project team confirmed they were seeking a range of path layouts and surfacing to meet all needs. Discussion explored the importance of dementia friendly design with regard to this and signage, and also touched on how different surfaces and designs can help reduce hip fractures. Several participants advocated the value of a visit to Paths for All's National Path Demonstration site which showcases best practice in inclusive design, infrastructure and the management of shared use paths. The group wanted to encourage creative approaches to the site's path network design, making them more interactive and interesting for children. It was felt the paths could also have potential as a safe space for young children to build their cycling proficiency and road awareness.

The group also saw the value in shared use outdoor spaces that facilitate intergenerational interactions. Assessment participants felt that older adults could benefit from seeing other users play and interact with the site, and that this could aid reminiscence. Conversation covered some best practice approaches to accessible outdoor seating. The Project team also raised awareness of plans to have an observation deck during the building process for people of all ages to visit. The importance of ensuring this observation deck is accessible was noted.

Recommendations:

60. Project Team to visit [The National Path Demonstration site](#) at Scotland's Rural College (SRUC) Oatridge Campus to get ideas and help decide the best materials and infrastructure for the site.
61. To incorporate a mini-road layout into the design plans for part of the path network to encourage young children's road awareness. Learning could be taken from [Burngeen Park, Kilsyth](#).
62. To forward plan by designating and designing meeting places within the site plans for groups/Clubs looking to use the Wellbeing Hub as a meeting place for activities that may then be taken offsite.
63. To consider the placement of benches around the site to create social spaces and promote intergenerational interaction. To include specification for wheelchair spaces beside benches, especially those on the side of paths to avoid forcing wheelchair users to sit in the path itself.

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.²²
- Natural spaces can have an impact on health through facilitation of physical activity, improved social interactions/relationships and stress reduction.²³
- Experts hypothesise that natural spaces can provide a sense of character and distinctiveness to a place.²⁴
- Natural spaces can encourage social interactions and the development of stronger or more cohesive communities and can provide a sense of community and belonging.²⁵
- Exercise, in natural/greenspaces may have greater health benefits, for example improved mental health outcomes, than the same activity in other settings.²⁶
- There are wider environmental benefits to increasing natural space which can protect population health.²⁶
- Access to and use of natural spaces varies across different income groups.²⁴

Summary of discussion:

The Project team explained that the design and landscaping aim to prioritise natural spaces, and that the project is working to Building with Nature Standards accreditation. The group recognised that the plans include significant use of natural and green spaces.

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

²³ [Local action on health inequalities: reducing social isolation](#)

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

²⁵ [Nature and health](#)

²⁶ [INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity.](#)

Conversation explored how the Project could further contribute to the Natural Space Outcome, with particular input from Council environment and sustainability representatives. The importance of encouraging biodiversity and supporting Clackmannanshire Council's pollinator strategy was recognised. The group agreed that choice of lawn mixes, plants and trees would support this. It was felt that use of green roofing could maximise green space provision, which not only provide shade and shelter but may also contribute to improved air quality on site too.

The increasing impact of climate change and extreme weather on use of outdoor space was acknowledged by the group. Older adults and children were identified as being particularly vulnerable to extreme temperature events. It was asked whether outdoor thermal comfort on the site had been assessed, considering wind and sun direction and intensity. It was thought that this would already have been considered by the landscape architect. It was felt that good site landscaping could help mitigate against some impact of this and extend the time people are comfortably able to use the outdoor spaces. The group considered ways of approaching this including: provision of permanent or temporary shade solutions; semi-open spaces; strategic tree placement to modify wind flow.

The group felt natural spaces on the site could promote wellbeing and connection with nature. The Project team informed the group that they have started conversations with The Conservation Volunteers (TCV) who are interested in the site's natural spaces. The Project team also clarified that provision of growing space is included in designs for the garden. Accessibility considerations for growing spaces were again raised. Further considerations procurement of plants and maintenance was covered under the Work and Economy and Care and Maintenance Outcomes.

Recommendations:

64. To include specification in the designs for green roofs. To consider green roof provision on bicycle shelters, outside stores, shelters and any covered car parking areas.
65. To consider lawn grass mixes with clover and/or wildflowers for any grass areas. When planting in the site's parks, use native plants as much as possible. Consider underplanting trees, particularly in the carpark area.
66. To clarify with landscape architect that wind and thermal modelling of the outdoor spaces has been undertaken to understand the impact on users, as well as the environment.
67. To incorporate provision of temporary, moveable, shade cover solutions into plans.
68. To ensure planters and growing beds are designed to be at various levels and layouts to ensure they can be accessed by wheelchair users, people who find it difficult to bend over, and by young children.

69. To create signage onsite that encourages connection with nature and raises awareness of the importance of biodiversity and environmental sustainability. There is an opportunity to learn from Paths for All's [Nature Connectedness Place Making Toolkit](#).
70. To co-produce a joint maintenance plan for growing spaces with the local community and groups.

Play and recreation

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

Evidence and research:

- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions.^{27,28}
- 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.²⁸
- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.²⁹
- Undertaking play or recreation in natural spaces and accessing them through active travel has benefits for the environment.³⁰

Summary of discussion:

As leisure and recreation are central to the Wellbeing Hub, it was generally felt that the site layout and landscaping plans contribute well to this Outcome. It was felt that the outdoor space is well suited for recreational exercise. Discussion on walking, cycling and also gardening activities blended with conversations detailed in some of the previous Outcomes. It was suggested that collaboration with the charity Cycling without Age would increase inclusion and accessibility of this space and activity. The Project team raised awareness of plans to likely have trim trail and outdoor gym equipment in keeping with the natural

²⁷ [Local action on health inequalities: reducing social isolation](#)

²⁸ [Getting it Right for Play The Power of Play: an evidence base](#)

²⁹ [Public Health Scotland, Place and communities](#)

³⁰ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

environment, and for the Hub's gym to offer outdoor classes. It was felt that other groups and classes, like Tai Chi, may be able to offer their sessions from the site too. The Conservation Volunteers (TCV)'s Green Gym sessions were mentioned as an opportunity for the Wellbeing Hub to look into.

The group felt there was good opportunity for children to engage in free and risky play within the natural and built environment. The group wondered if older children and young people may feel less catered for. Dementia friendly design was encouraged to maximise recreational opportunities for people with dementia.

Clarity was sought from the Project team on who could access the Multi Use Games Area. It was explained that the full-size Multi Use Games Area in the current plans would primarily be used by Lochies school though may be made available for public use at certain times (e.g. the school holidays), whilst a 'half size' Multi Use Games Area pitch is currently being considered for the Wellbeing Hub side of the project. The group agreed that further consultation is likely required on this, particularly with teenagers. Research that shows girls are less likely to use Multi Use Games Areas was also highlighted. The group agreed that proactive and transparent communication on the site zoning will be important to manage public expectations.

The group consistently expressed, across several Outcomes including Play and Recreation, a desire for the Wellbeing Hub to be part of a network of leisure opportunities across Alloa and Clackmannanshire. The group agreed that the Wellbeing Hub was an exciting part of this network and has an important role to play in directing people towards other opportunities too. It was felt that the Wellbeing Hub should be careful not to directly replicate existing facilities or take visitors away from other sites, especially community led initiatives like Wimpy Park. Bouldering was specifically flagged as an opportunity for the Wellbeing Hub to offer something unique, and potentially draw tourists into the area too.

Recommendations:

71. In any public communications, the Project Team to include clear explanation and illustration of the delineation between publicly accessible Wellbeing Hub facilities and those primarily for use by Lochies school. Where appropriate, replicate features across both areas of the site.
72. Project Team to undertake further consultation, engagement and involvement activities with teenagers and young people to understand what they want from the outdoor spaces.
73. To incorporate principles of dementia friendly design into the plans. The Project team may wish to seek guidance and learning from partners at Stirling University, the [Intergenerational Living Innovation Hub](#) and local examples like Stirling Health and Social Care Village.

74. To consider provision of an artificial climbing boulder for recreational bouldering in the site landscaping.
75. Wellbeing Hub Team to engage with the charities [The Conversation Volunteers](#) and [Cycling Without Age](#) on programming of outdoor recreational activities.

Resources

Services and support

Everyone can access:

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

Evidence and research:

- People need local facilities and services to live and enjoy healthy independent lives.^{31,32}
- Services and support can provide people with a sense of belonging to the community.³³
- Access to facilities, services and communities can also help to increase social interactions. Inaccessibility can affect certain groups disproportionately.³³
- Poor performing public services and delivery of support drives area deprivation.³⁴
- Place can have a mediating effect on the many factors that increase risk and experience of poverty.³⁴

³¹ [Compact, Walkable, Diverse Neighborhoods: Assessing Effects on Residents](#)

³² [Spatial Planning and Health \(NICE\)](#)

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

³⁴ [Scottish Government, Building the Evidence Base on Tackling Poverty, Paper 1 – A Discussion Paper on the Drivers of Poverty](#)

Summary of discussion:

Given the scope of the present assessment, the group were encouraged to consider any services or support that could be provided in the outdoor space. It was felt that a lot of service provision would happen from inside the facility building, and the outdoor space and landscaping may be used more informally by visitors. Physical activity service provision was mentioned, as per the discussion detailed above.

The group felt that the outdoor space and landscaping would equip the Wellbeing Hub well to promote mental health support and services. The mental health and wellbeing benefits of spending time in nature were raised. The group explored ways this could be facilitated on site. Possibilities included led or self-led wellbeing walks; creative signage; interactive stations throughout the parks. The use of digital technology, like QR codes taking visitors to further information and prompts was discussed. It was agreed that effective use of technology needs to be balanced against encouraging visitors to be 'in the moment' with nature.

Recommendations:

See recommendation 24.

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

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.³⁵
- Transport is a key barrier to employment for many residents living in low-income neighbourhoods.³⁶
- Volunteering has been associated with improved self-rated health, mental health, life satisfaction and wellbeing, and decreased depression and mortality.³⁷
- A weak economic base – barriers to work for individuals, poor skills or connectivity or factors discouraging business investment drives deprivation.³⁸
- Experts hypothesise that if a place is lively and vibrant it can provide work opportunities and will encourage people to visit the area.³⁹

Summary of discussion:

Leading from previous Outcome conversations, the group discussed the potential unpaid work (volunteering) opportunities that the Wellbeing Hub’s outdoor space will bring. A range of potential voluntary roles were explored by the group, including cycle and health walk leaders and garden/park maintenance roles. Further volunteer engagement considerations are documented under the Care and Maintenance Outcome.

It was felt that volunteering could promote skills development, particularly for young people in the area. Additionally, it was raised that Forth Valley College currently does not offer horticulture skills courses, so people interested in horticulture or similar are having to travel out of area to access training and education. It is understood that conversations have already started locally to address this. The group wondered if the site’s outdoor space and landscaping could offer space and partnership to support delivery of courses like this.

The group acknowledged that areas of Clackmannanshire have high levels of unemployment and low job density. It was felt that the Project is seen as a large cash injection into the area, and that it would be important for public engagement that the benefit to the local economy and communities is visible. The group agreed it would be great if local residents could be prioritised for any jobs created by the Project, during construction or upon opening. Various practical and legislative considerations were raised in response to this. It was felt that for

³⁵ [Nobody left behind: maximising the health benefits of an inclusive local economy](#)

³⁶ [Tackling transport-related barriers to employment in low-income neighbourhoods](#)

³⁷ [Volunteering and Health: What Impact Does It Really Have?](#)

³⁸ [Scottish Government, Building the Evidence Base on Tackling Poverty, Paper 1 – A Discussion Paper on the Drivers of Poverty](#)

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

some roles, the construction company would likely already have sub-contractors lined up. Some concerns were raised that inviting applications only from local residents would not meet equal opportunities recruitment requirements, whilst others in the group believed it was possible to advertise jobs in this way. Either way, it was felt that promotion of job adverts could be targeted locally.

The Project team raised awareness that the companies contracted for this project were required to offer community benefit as part of their bid. The team expressed their intention to follow-up to ensure delivery on these benefits. The group also discussed how procurement practices during the Project could promote the Wellbeing Economy and Community Wealth Building agenda. The group were enthusiastic about prioritising local procurement, though some concerns about the viability of this due to Council procurement policy were raised. It was felt that the inclusion of community benefit could make it harder to procure further away, though likely some difficulty may still be faced for large purchases. The new Forth Bank growing project was raised, as it was felt there may be potential for the Wellbeing Hub to take seedlings grown here. It was thought this could support cost reduction and collaboration.

Recommendations:

76. Project Team to consider how community benefits may help the Project to prioritise local procurement. To include commitment to these in the project's procurement plan and seek the same commitment from contractors. The Project team may wish to seek further support on this from the Economic Development team.
77. Project Team to produce a volunteer recruitment and coordination plan, whether this will be managed in-house or in collaboration with existing volunteer organisations. This should be developed and launched well in advance of the Wellbeing Hub and Lochies School opening.
78. To prioritise recruitment of local people to any jobs created by the Project. This may be through eligibility criteria or targeted promotion of vacancies. Project Team to seek further guidance on how to approach this, e.g. from Employability Services.
79. Project Team to engage with Forth Valley College on potential for Wellbeing Hub and Lochies School to support delivery of courses, e.g. horticulture.

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:

- Poor housing and local environments, and unstable communities drive poverty.⁴⁰
- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life.⁴¹
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs.⁴²

Summary of discussion:

It was agreed that the Project is unlikely to impact on this Outcome as no residences will be provided on the site. People experiencing, or at risk of, homelessness were identified as a population group whose needs may not have been specifically considered to date. The recently published new Housing (Scotland) Bill that will introduce a 'ask and act' duty on social landlords and bodies including health boards and the police, was highlighted.

⁴⁰ [Scottish Government, Building the Evidence Base on Tackling Poverty, Paper 1 – A Discussion Paper on the Drivers of Poverty](#)

⁴¹ [The Marmot Review 10 Years On](#)

⁴² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

Recommendations:

80. To consider how the Project can support the Local Authority and health board to fulfil their 'ask and act' duties. To collaborate with partners to ensure relevant training for staff on site, and that information can be provided from the facility.

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.⁴³
- Attachment to place can be associated with good-quality and well-designed public spaces and how welcoming a place is.⁴⁴
- People in lower income groups are less likely to report being strongly connected to their communities compared with those in higher income groups.⁴⁵
- 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.⁴⁶
- Social interaction is positively associated with health. Social isolation and fewer social interactions can be exacerbated by a poor physical environment.^{45,47}

Summary of discussion:

It was felt that culture, art and heritage elements which are key parts of a place's identity were missing from the current plans. The group acknowledged the rich history of industry in Clackmannanshire, which is felt to be a source of continued pride for the county. The Clackmannanshire Tapestry, a community project that depicts the key industries of mining, glass-working, brewing, yarn spinning and weaving was highlighted as a celebration of

⁴³ [Quality of Life Foundation, Literature Review](#)

⁴⁴ [Compact, Walkable, Diverse Neighborhoods: Assessing Effects on Residents](#)

⁴⁵ [Local action on health inequalities: reducing social isolation](#)

⁴⁶ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁴⁷ [The Zubairi Report](#)

Clackmannanshire's heritage and community spirit. This was also recognised as just one example of the artistry and creative skill present in Clackmannanshire. The group felt it was important to bring this sense of heritage and art to the site. Various suggestions were raised on how to do this – through public art, temporary exhibitions, names used for rooms or areas on site, etc. Again, the group felt it was important to ensure that any art or features were unique to the Wellbeing Hub and did not replicate cultural features elsewhere in Alloa or Clackmannanshire. The existing Andy Scott public art trail was raised as an example, where the Wellbeing Hub could be part of a greater whole.

As per the Outcome, the group felt that everyone feeling a sense of belonging and being welcome to participate and access the Wellbeing Hub was vital. It was felt that some groups of people may feel like the Wellbeing Hub “wasn't for them” and that the Project team would need to work hard prior to opening to reduce barriers to access in terms of perceived belonging and confidence. The group agreed that community engagement should involve the Project team proactively reaching out and joining existing groups and events, as well as inviting people to them. The Project team provided an example of success from their attendance at a Wimpy Park summer event in 2023. Projects where local groups can get involved in creating elements for the site were suggested as a way of engaging people early. Communities may be able to support in the creation of art, wood-working, planting, etc. for the site giving them a sense of ownership. Another avenue for this early participation suggested were community get-together days, like the Beechgrove: Muck in Week at Wimpy Park a few years ago.

Lastly, it was felt that people's relationship with the Wellbeing Hub and Lochies School and sense of belonging there could be improved by, metaphorically, bringing them on the construction journey with the team. It was felt regular website and social media updates including photographs would aid this, as well as non-digital formats. The observation deck promised during the construction phase was again mentioned. It was agreed that schools were a key audience for this, but it was also thought that older adults and care home residents would enjoy accessing this.

Recommendations:

81. To incorporate allowance of space for art elements in the site plans. Space should be designated early to ensure art, culture and heritage are prioritised even while consultation and planning on specifics is undertaken.
82. Project Team to undertake consultation and community engagement to inform any public art commissions.
83. Project Team to expand outreach and invitations to access the observation deck during construction to include local care homes and sheltered housing complexes.
84. Project Team to produce a comprehensive community engagement plan, which includes scoping and targeted engagement with populations who are most at risk of being

impacted by inequality, e.g. those identified through the Shaping Places for Wellbeing work. Delivery on this engagement plan should start as soon as possible, through the duration of the construction phase to opening and beyond.

85. Project Team to create a communications plan for the construction phase which shares engaging updates on the build with the public.
86. Project Team to invite local groups and residents to contribute to the landscaping efforts and outdoor furnishing and decoration of the site through collaborative art, craft, wood-working or planting projects.

Feeling safe

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

Evidence and research:

- Fear of crime, antisocial behaviour or crime itself can make places feel unsafe.⁴⁸
- A fear of crime can impact negatively on physical and mental health.⁴⁹
- A lack of maintenance can lead to a place feeling unsafe.⁵⁰
- Perceptions of place feeling unsafe can lead to negative impacts on health, for example mental wellbeing and can reduce outdoor activities.⁵¹
- Safety can directly impact health through its impact on mental wellbeing, anxiety, stress and through injuries and accidents. It can also indirectly impact health through its influence on whether people engage in activities in their community.⁵²
- Perceptions of safety can influence a sense of powerlessness.⁵²

Summary of discussion:

Discussions on safety was largely incorporated into earlier discussions talking about women's safety, accessible and well-lit paths, and traffic and parking provision. The Project team confirmed that plans include CCTV provision and traffic calming measures.

⁴⁸ [Public Health Scotland, Place and communities](#)

⁴⁹ [The Young Foundation, Design for Social Sustainability](#)

⁵⁰ [Compact, Walkable, Diverse Neighborhoods: Assessing Effects on Residents](#)

⁵¹ [Crime, fear of crime, environment, and mental health and wellbeing: mapping review of theories and causal pathways](#)

⁵² [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

Recommendations:

87. To continue to incorporate principles and learning from Make Space for Girls into design plans.

Stewardship

Care and maintenance

Everyone has access to:

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

Evidence and research:

- If people perceive their neighbourhoods as being poorly maintained with high levels of environmental incivilities, they are likely to experience worse health outcomes such as lower levels of mental wellbeing.⁵³
- Those living in areas of greater deprivation are more likely to be exposed to harmful environmental factors such as environmental incivilities (vandalism, graffiti, litter, dog fouling) vacant and derelict land, and poor maintenance.⁵⁴
- 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.⁵⁵

Summary of discussion:

Bin provision was identified as an area currently not explored in the site layout and landscaping. The group felt it was important to consider bin type – waste, recycling and dog waste - and location. Bins placed at regular intervals throughout the length of the site was felt to be ideal to discourage littering. However, the group recognised that collection of waste from locations across the site could be a staff intensive task. It was agreed that staff resourcing needed to be balanced against the risk of the aesthetic and smell impact from

⁵³ [The built environment and health: an evidence review](#)

⁵⁴ [The Marmot Review: Implications for Spatial Planning](#)

⁵⁵ [A Connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections](#)

overflowing bins or littering. It was raised that topics of stewardship, including littering, are emerging from the work on developing Clackmannanshire Council's Anti-Social Behaviour Strategy.

Volunteering was again raised as a discussion point, following on from previous conversation documented under the Natural Spaces and Work and Economy Outcomes. It was explained that during term-time, Lochies school will be involved in growing and gardening. During the school holidays the group hoped volunteers, or a community group would help maintain these spaces. Sensitivities around this approach were explored. Whilst the group were in favour of empowering communities to feel a sense of belonging and ownership of the Wellbeing Hub and Lochies School, it was agreed that it will be important not to place these responsibilities on community groups. The importance of ensuring volunteering is not used to replace paid roles was highlighted, along with the role of strong transparent communication with regard of this. The possibility of a 'Friends of' group was put forward, whereby members could gain access to benefits such as cafe discounts whilst supporting the maintenance of the site.

Recommendations:

See Recommendation 25.

See Recommendation 32.

See Recommendation 41.

88. To add specifications for bins to the plans, adhering to relevant waste collection guidelines.

89. Project Team to connect with the Clackmannanshire Council Anti-Social Behaviour Strategy currently being developed.

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:

- 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.⁵⁶
- Sense of control can be beneficial for mental health and quality of life.⁵⁷
- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing.⁵⁸
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas.⁵⁹
- Those with a long-term health condition or disability can feel less empowered in decisions about their neighbourhood.⁶⁰

Summary of discussion:

The importance of effective and meaningful community involvement in this project was acknowledged throughout all earlier conversation. It was agreed that collaboration with communities, local groups and third sector organisations work if all partners are treated equally. A feeling within some communities that engagement and consultation can be tokenistic was raised. Again, the need for the Project team to proactively go out meet people in their own communities was highlighted. The Project team made the group aware that the co-design group they have been working with have expressed a desire to remain involved. Unlike some of the fixed elements and facilities indoors, the Project team felt that the outdoor space likely had more flexibility to be shaped over time and hope this will be informed by community engagement.

Recommendations:

See Recommendation 39.

90. Project Team to seek opportunities to engage with the public in their own communities through existing events over the next couple of years and include in community engagement plan.

⁵⁶ [Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes](#)

⁵⁷ [Psychosocial pathways and health outcomes: Informing action on health inequalities](#)

⁵⁸ [What works to boost social relations?](#)

⁵⁹ [How could differences in 'control over destiny' lead to socio-economic inequalities in health? A synthesis of theories and pathways in the living environment](#)

⁶⁰ [Social contexts and health](#)

Appendix 3: Participants

- **Chair:** Mary Sinclair – Project Lead (Clydebank), Shaping Places for Wellbeing Programme
- **Note taker:** Jennifer Robertson – Project Manager, Shaping Places for Wellbeing Programme
- Sarah Rodway-Swanson – Project Lead (Alloa), Shaping Places for Wellbeing Programme
- Ross McGuire – Team Leader Wellbeing Hub, Clackmannanshire Council
- Robbie Stewart – Senior Manager Sport and Leisure, Clackmannanshire Council
- Andrew Ayres – Senior Project Manager, Thomas and Adamson on behalf of Clackmannanshire Council
- Ben McGinlay – Learning Estate Development Lead, Clackmannanshire Council
- Fraser Reynolds – Community Sports Hub/Club Officer, Clackmannanshire Council
- Emma Fyvie – Senior Manager Development, Clackmannanshire Council
- Hazel Meechan – Public Health Specialist, NHS Forth Valley
- Janette Fraser – Head of Strategic Planning, NHS Forth Valley
- Gemma Pritchard-Wollett – Senior Community Links Worker, Clackmannanshire Third Sector Interface
- Colin Melville – Team Leader Communities and Partnership, Clackmannanshire Third Sector Interface
- Moira Bruce – Clackmannanshire Older Adults Forum
- Julie Haslam – Community Learning and Development Coordinator, Clackmannanshire Council
- Neil Ramsey – Business Advisor Economic Development, Clackmannanshire Council
- Shirley Paterson – Active Travel Project Manager, Clackmannanshire Council [contributed by email]
- Nerxhana Tallushi – Climate Change and Energy Officer, Clackmannanshire Council
- Lisa Ford – Countryside Ranger, Clackmannanshire Council

Appendix 4: Infographic



Alloa – what we're hearing in our communities

As part of the Shaping Places for Wellbeing Programme's data exercise, the Community Link Leads in each town have been connecting with local communities, community organisations and practitioners working locally.

A comprehensive quantitative data exercise has already indicated that some groups in Alloa face particularly significant inequalities. Those groups are: people experiencing deprivation in Alloa South and East; people with problem substance use involving alcohol; people experiencing poverty with a focus on children; and people experiencing ill health and dying prematurely.

This exercise aims to bring the above data to life, and understand Alloa residents' experience of the place they live, work and relax. The information gathered will be fed into Steering Group meetings and [Place and Wellbeing Assessments](#), and be continually reviewed for the duration of the Programme.



This infographic summarises some of the key things we're hearing as they relate to the [Place and Wellbeing Outcomes](#).

People are central to the Outcomes. The principles of equality, net-zero emissions and sustainability underpin all of these themes.

You can find out more about the quantitative data profile [here](#). You will be able to read more, including the process for identifying the ideas captured in this infographic, in a report to be published soon.

Sept 2023



Mental health is a priority that we have limited data on.
Carers are a hidden group, often with unique and high need.
“**Generational cycles**” of trauma and behaviour exist in many families and communities.

Movement
Public transport
Active travel
Traffic and parking

Poor connectivity and public transport links between Alloa and other hubs in the region, like Stirling or Falkirk.

“Due to having to use more than one bus and trying to tie up the bus times, this can often result in long waits for people, often standing in miserable weather, it is very time consuming and the journey will take longer than the actual appointment or visit.” – Clackmannanshire resident

Spaces
Streets and spaces
Natural spaces
Play and recreation

Green space is abundant and valued, but care and use of space could be improved.

Flood risk is a worry for some residents.

Cost is a frequent barrier to accessing leisure opportunities, including **volunteering**, especially since the cost of living crisis.

Resources
Services and support
Work and economy
Housing and community

Lack of service provision can be frustrating, particularly when compared to other regions.

De-centralised local services are needed.

Services need to be more flexible, responsive and joined up to avoid people falling through the cracks.

Inaccessible services can deepen inequality.

Unemployment/low employment opportunities is an issue.

Insecure housing needs to be addressed.

“You can no longer walk in to speak to someone about a concern. What if people don’t have access to a phone to book an appointment?” – resident

Civic

identity and belonging
Feeling safe

Good community spirit, but division between some neighbourhoods.

Sense of fatalism for some – an expectation across generations that things will not change.

Violence is a daily reality for some.

Minoritised communities can feel unsafe.



"Parents are stopping their children from playing together because they live in 'less desirable' areas." - Alloa resident and parent

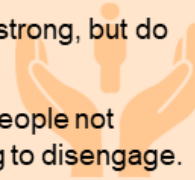
"We won't hold hands in certain areas within Clackmannanshire/Alloa. It isn't safe for us to show that we are together locally." - lesbian couple.

Stewardship

Care and maintenance
Influence and control

Community and third sector initiatives are strong, but do not always feel valued by statutory services.

Disheartened by consultation processes – people not feeling their input is meaningful and choosing to disengage.



"They prefer to keep themselves separate from the discussion as they don't want to get their hopes up for change." - members of community group

Shared learning

Across the seven Shaping Places for Wellbeing project towns, we've identified some shared messages about ways of working:

- Communities value joint working and partnership approaches.
- Communities want strong and consistent communication from and between all stakeholders.
- Collective decision making by all stakeholders will strengthen partnerships.

"Who better to help solve problems and issues within communities than the local people?" - Alloa resident and group leader



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