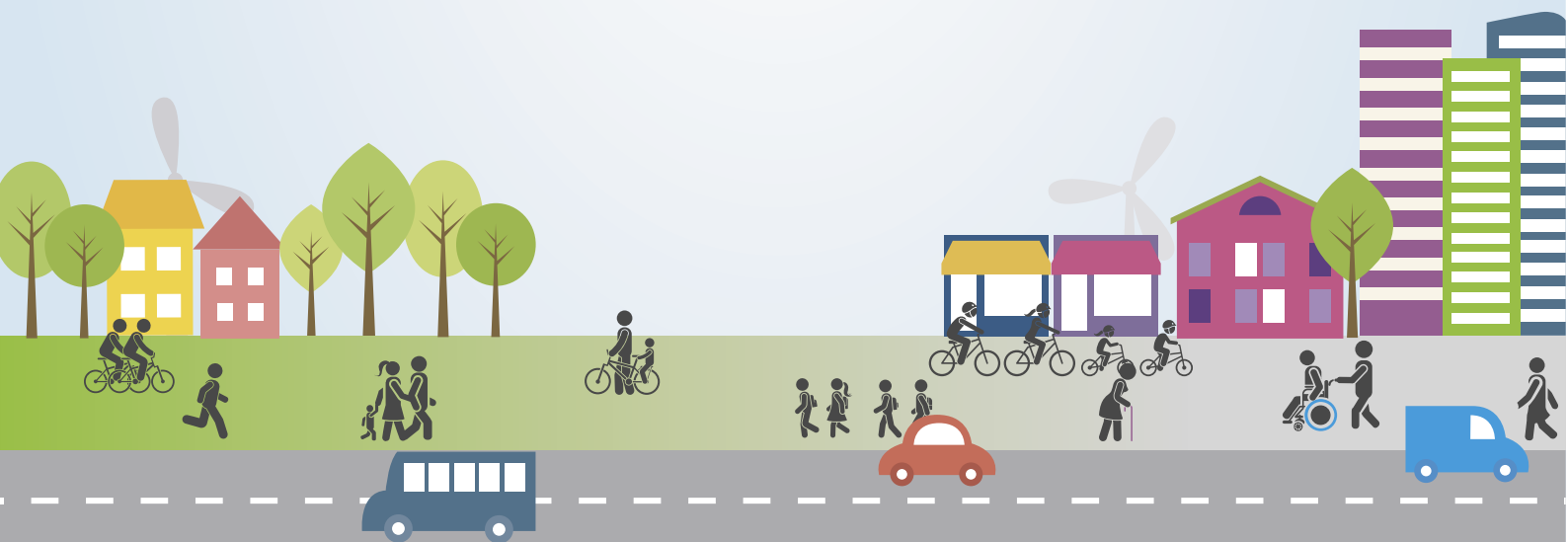


Shaping Places for Wellbeing Programme

Alloa Project Town

Clackmannanshire Council Local Development
Plan, Vision and Strategic Objectives
Place and Wellbeing Assessment
Report



About the report

This is a report of a Place and Wellbeing Assessment held in May 2023 to assess the Vision and Strategic Objectives section of the current Clackmannanshire Council Local Development Plan to inform the next Local Development Plan.

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 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 impacted by inequality. These are categorised under a set of themes detailed in the Inequalities Data section of this report.

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



Report Summary

The Local Development Plan Vision and Strategic Objectives contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Alloa and the wider Clackmannanshire area. The review of the Local Development Plan Vision and Strategic Objectives is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality in some communities.

The following broad theme was identified:

Clarity on the role of other stakeholders

Throughout the discussion it was recognised that there are other stakeholders that contribute to delivering the vision and objectives of Local Development Plan. There is an opportunity to refer to the other key plans and strategies across a range of service areas and what they can do to support delivery.

The Local Development Plan can lead on several of the Place and Wellbeing Outcomes; however, it cannot deliver any of the Outcomes on its own. There is an opportunity to provide supportive 'hooks' on what other plans and proposals can consider including to support the delivery of such places. The hooks will be referred to in the recommendation's sections of this report.

A key overarching recommendation is to clarify what other key stakeholders can do to consider their impact on place and therefore support the delivery of the Local Development Plan. There is potential to include text about this in the vision section to explain the cross over of ambitions, promotion of multi-disciplinary, cross department and cross organisational communication and collaborative approaches which will support this plan and other strategies in the council.

As well as data from recent research and community engagement work from the Shaping Places for Wellbeing Programme, the Stirling and Clackmannanshire Health and Social Care Partnership and the cross-sector collaboration team facilitating the 2023 Place Standard exercise, Local Place Plans were mentioned in the discussion to ensure the communities views are being taken into consideration. Guidance on Local Place Plan preparation should set out how they can support delivery of the Place and Wellbeing Outcomes and take account of the population groups experiencing inequality (cited below).

By creating a consistent approach across strategies and plans, through the use of the Place and Wellbeing Outcomes, it will ensure place-based approaches are embedded throughout Alloa and Clackmannanshire.



Summary of the Local Development Plan, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the Local Development Plan

The Clackmannanshire Local Development Plan was adopted in August 2015. It contains a vision statement, strategic objectives and planning policies for the future development of Clackmannanshire. The Local Development Plan looks forward for planned developments 10 years from 2015, with an indication of where further development can take place 20 years from then.

This assessment focuses on the **Vision and Strategic Objectives** of Clackmannanshire Councils Local Development Plan. The discussion and this report will be used to support the creation of the next Local Development Plan.

The overall vision;

'Our vision for a sustainable Clackmannanshire in 2035 is of:

.. A community that has experienced a successful transition to a vibrant low-carbon economy, providing excellent educational, training and employment opportunities, job satisfaction, good quality homes for its population and a continually improving sense of well-being for its people in an area which delivers a high quality of life. Social and economic inequalities will have reduced dramatically, and the environment and the services provided by nature will have been protected and enhanced for the benefit of current and future generations.' Page 7

Strategic Objectives

.. The Strategic Objectives provide the link between the Vision and the Spatial Strategy, providing the framework for the key issues addressed by the Spatial Strategy. The Plan's policies and proposals have been assessed to ensure that they each make a meaningful contribution to the realisation of the Plan's Strategic Objectives. The Plan will be regularly monitored to ensure that the Strategic Objectives are being successfully delivered and, where necessary, consideration will be given to amending policies to ensure that they contribute more effectively to their delivery.' Page 9



Strategic Objective headings:

1. A Clear Framework for Positive Change
2. Sustainable Economic Growth
3. Environmental Sustainability
4. Community Regeneration and Improving Health and Wellbeing
5. Natural Environment
6. Built Environment

Development of the next Clackmannanshire Council Local Development Plan comes after adoption in 2023 of [National Planning Framework 4](#). This Framework differs from previous versions as the 2019 Town & Country Planning Act (Scotland) defines new outcomes for the document that include requiring Scottish Planning to deliver on “improving the health and wellbeing of people living in Scotland” and “improving equality”.

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 the wellbeing of people and planet. 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 the evidenced features that a place needs to exhibit for it to have a positive impact on health and wellbeing are set out in the Place and Wellbeing Outcomes. Our objective is to support delivery of these outcomes. 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 initial understanding about inequalities in the Project Towns, the Public Health

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

Public Health Scotland's Local Intelligence Support Team's Data Profile for Alloa has highlighted four key inequalities arising. These are people:

- living in Alloa South and East
- experiencing poverty, with a focus on Children
- experiencing a substance use disorder
- within the age group 15-44 as they are experiencing a high rate of premature mortality and rate of disease.

As part of the Shaping Places for Wellbeing Programme's data exercise, the Community Link Leads in each town have been connecting with local community groups, community organisations and practitioners working locally to gather the qualitative aspect of the Data Profile. This includes a sense check of quantitative data and developing an understanding of Alloa residents' experience of the place they live, work and relax, particularly for those groups identified by the quantitative data as experiencing inequality.

The qualitative data in Alloa has highlighted the following areas up to until May 2023:

Mental health is a priority that we have limited data on.

Carers are a hidden group with unique and often unmet needs.

"Generational cycles" of trauma and behaviour exist in many families and communities.

Related to the Place and Wellbeing Outcomes:

Movement

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

Spaces

- **Green space** is abundant and valued.
- **Flood risk** is a worry.



- **Volunteering** is enjoyed, but time and financial constraints associated with the cost-of-living crisis can limit opportunities.
- **Cost** is a frequent barrier to accessing leisure activities.

Resources

- **Lack of service provision** in some areas is frustrating when people compare to other regions.
- **De-centralised services** are needed that can be accessed in local communities.
- **Need services** to be more flexible, responsive and joined up – not “one size fits all” to avoid people falling through the cracks.
- **Unemployment/limited employment** is an issue.
- **Insecure housing** needs to be reduced.

Civic

- **Good community spirit** present.
- **Sense of fatalism** for some – an expectation across generations that things will not change.
- **Division** between some neighbourhoods.
- **Violence** is a daily reality for some.
- **Minoritised communities** can feel unsafe.

Stewardship

- **Community and third sector** initiatives and innovation do not always feel valued by statutory services.
- **Disillusionment** in consultation processes – people feel their input is not meaningful and so disengage.
- **Transparency** and communication from statutory services could be improved.

Participants

- Mary Sinclair, Chairperson, Shaping Places for Wellbeing Programme Lead for Clydebank
- Theresa Glasgow, Place and evidence contribution, Shaping Places for Wellbeing Programme Lead for Alloa
- Sarah Rodway-Swanson, Shaping Places for Wellbeing Programme Community Link Lead for Alloa
- Irene Beautyman, Place contribution and note taker, Place & Wellbeing Partnership Lead with the Improvement Service & Public Health Scotland. Programme Lead on Shaping Places for Wellbeing Programme
- Joanne O Suilleabhain, Principle Public Health Officer NHS Forth Valley/Keep Well Manager
- Hazel Meechan, Public Health Specialist NHS Forth Valley
- Lesley Shaw, Service Improvement Manager, Clackmannanshire and Stirling Health and Social Care Partnership



- Kat Jarvie, Senior Health Promotion Officer, NHS Forth Valley
- Angela Watt, Resonate Together
- Grant Baxter, Principle Placemaking Officer, Clackmannanshire Council
- Graeme Finlay, Principal Planner Clackmannanshire Council
- Alan Finlayson Team Leader, Planning and Building Standards Clackmannanshire Council
- Keith Johnstone, Principal Planner, Clackmannanshire Council
- Alison Davidson, Team Leader Economic Development, Clackmannanshire Council
- Neil Ramsay, Economic Development Officer, Clackmannanshire Council
- Robert Seale, Climate Change and Energy Officer, Energy & Sustainability, Clackmannanshire Council
- Lawrence Hunter, Team Leader Energy and Sustainability at Clackmannanshire Council
- Liz Rowlett, Team Leader Community Health & Integration, Clackmannanshire third Sector Interface
- Kate Flemming, Senior Housing Strategy Officer Clackmannanshire Council
- Diane Brown, Project Manager Alloa First



Outline of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

- Active travel has the potential to provide benefits to local economies.¹
- Active travel has the potential to improve health by increasing physical activity, weight loss and reducing obesity.²
- Walking or cycling to school helps children achieve a healthy weight and the beneficial effects may be greater for children from deprived areas.³

¹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes: <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>

² Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³ [Associations of active travel with adiposity among children and socioeconomic differentials: a longitudinal study | BMJ Open](#)



Summary of discussion:

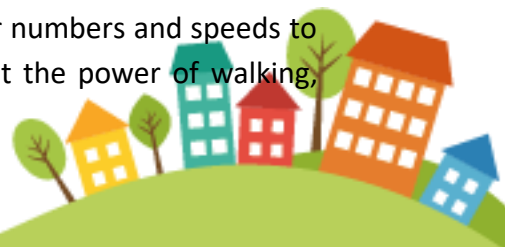
It was agreed that the Vision and Strategic Objectives reference active travel, however, more could be included to promote improved opportunities to walk, wheel and cycle for everyone. This includes reference to segregated wheeling, walking spaces and safe spaces to lock up bikes.

Within the Vision and Strategic Objectives, sustainable transport and accessibility is mentioned but could be expanded further. It should refer to the need to align and support other strategies and plans that support this area of work and the aim of new and continued collaboration. These links include the Clackmannanshire Council 20-minute neighbourhood work, Local Outcomes Improvement Plan, local Climate Change Strategies and NHS Forth Valley Health Improvement Programmes and Health Service planning.

There is an opportunity for the full Local Development Plan to actively draw out who else delivers on similar ambitions and the Vision should promote a multi- disciplinary, cross department, cross organisational approach required to deliver all the Place and Wellbeing Outcomes, as no one discipline, organisation or sector can deliver any of the Outcomes alone.

Recommendations to consider:

- The Vision and Strategic Objectives should promote the multi- disciplinary, cross department, cross organisational approach required to deliver all the Place and Wellbeing Outcomes and be explicit when describing the next steps in working with the partnerships that are working towards active travel (i.e., Climate Change and Sustainability department, Clackmannanshire Council Active Travel Framework, groups who are working towards behavioural change like Forth Environment Link, Local Health Walking groups, Clackmannanshire Regeneration Trust Active Travel Coordinator and the Active Travel Hub).
- The Strategic Objectives should detail that, in moving forward, there will be incorporation of local people's accessibility and travel needs to health services through collaboration with local partners e.g., Stirling and Clackmannanshire Health and Social Care Partnership Strategic Plan, NHS Health Improvement Programmes and Health Service planning and NHS 20-minute neighbourhood planning.
- In the Strategic Objectives, as a hook, include the importance of collectively searching for and dedicating funding in active travel and the steps that need to be taken to promote active travel particularly in partnership with the third sector e.g., Resonate Together, Clackmannanshire Regeneration Trust.
- Highlight in the Vision the long-term benefits of reducing car numbers and speeds to people and to local business e.g., exhibiting evidence about the power of walking,



wheeling and this contributing to the local economy by building town centre footfall and spend.

- In the Strategic Objectives there is an opportunity to mention how the inequality impact assessment will help to draw out those who face the most barriers in travel and give an example of how this will then be embedded in plans.

Public Transport

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

Evidence and research:

- Public transport use has the potential to improve access to services and facilities and connect communities.⁴
- There are links between public transport and increased physical activity, potentially reductions in obesity and better mental health.⁵
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.⁶
- "cost of personal transport diminishes rapidly as density increases. Better transport means better access to jobs, amenities, leisure, etc. At high densities fast, frequent, reliable public transport systems become fully effective with dramatic reductions in energy and costs."⁷

⁴ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁵ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁶ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁷ [CPRE, 2019; Double the Density, halve the land needed](#)



Summary of discussion:

It was agreed that more could be included in the Local Development Plan to promote everyone in Alloa and Clackmannanshire having access to public transport.

The council planning department does not have control over many aspects of public transport. However, by creating good relationships with public transport providers this can increase collaboration. The discussion highlighted the Transport and Travel Connections meeting set up by the Shaping Places for Wellbeing Programme and the importance for the Local Development Plan team to continue to consider public transport planning, contribute to this network and take part in the collaboration opportunities that arise from it.

The need to listen to and learn more from innovative local third sector public transport support work was discussed in parallel to the group agreeing that there could be more activity around collaboration work.

Recommendations to consider:

- The Vision should mention more about bus and train travel ambitions both within and beyond Alloa, Clackmannanshire and Forth Valley Area and this plan's ambition to support these.
- Should ensure that within the Strategic Objectives that existing and new developments align with existing public transport, prioritizing maximum density and enhanced accessibility to essential services. Emphasize the importance of aligning new developments with public transport to solidify the viability of bus services and discourage the establishment of developments without proper alignment to public transport infrastructure.
- Highlight in the Strategic Objectives the importance of learning from service user data about local public transport and include details on this in the remainder of the plan.
- Include reference in the Strategic Objectives to the importance of collectively sourcing funding for active travel and public transport. In the remainder of the document highlight the benefits of promoting active travel, particularly in partnership with the third sector, as part of delivering the next plan ambitions and objectives. Include some detail as an example such as the contribution of 'active travel training' festivals etc.
- In the Strategic Objectives include the important contribution on the third/ voluntary sector to public transport related support work giving an example such as Resonate Together.
- Insert cross references within the economic and active travel related Strategic Objectives highlighting the need for partnership working with the business community on the benefits of walking and cycling.
- In the Strategic Objectives highlight the importance of public transport in enabling peoples re-employment, employment, volunteering and access to services, including health appointments and further education.



- In the Vision, highlight the value of partnership working with public health service design work e.g., location of services and links to active travel and public transport connections.
- The Strategic Objectives should highlight the importance of applying the town centre first principle to locate key services in the most accessible locations.

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:

- Some people can find it necessary to purchase a car even when they cannot afford it, which can lead to further debt.⁸
- People in deprived areas can be exposed to higher levels of air and noise pollution and certain groups of the population can be more adversely affected by poorer air quality.⁹
- Motorised transport has the potential to reduce levels of physical activity and social interactions.¹⁰

⁸ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

¹⁰ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



- One third of Scotland’s households do not own a car and this increases to half the households in deprived areas.¹¹
- “Investing in better streets and spaces for walking can provide a competitive return compared to other transport projects”¹²
- Research in Toronto looked at the economic impacts of removing on-street parking to install bike lanes to understand the role played by the travel patterns and attitudes of both visitors and merchants. The findings have disproved the myth that parking is essential to downtown small businesses.¹³
- Another study in Madrid concluded that closing central Madrid to cars resulted in a 9.5% boost to retail spending.¹⁴

Summary of discussion:

There was discussion around reducing the number and speed of cars on the high street in Alloa. Local businesses can be under the impression that more traffic supports their businesses. Evidence that the economic benefits of a walking and wheeling customer base is higher than from car-based custom should be referenced within the Strategic Objectives (see evidence cited above). Clarify that meeting this outcome requires having “less cars” not “no cars” and there are a variety of different options to support everyone.

Wider perspectives should be referenced on the impacts on health, people, community and social change as key considerations to be included in the plan and any engagement communications. This can include learning from previous and up and coming new community consultation using the Place Standard tool.

The plan in general should make specific reference to those with additional mobility needs when looking to meet this outcome.

¹¹ Scottish Household Survey, 2018

¹² chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf

¹³ <https://www.tcat.ca/resources/bike-lanes-on-street-parking-and-business-parkdale-danforth/>

¹⁴ <https://www.forbes.com/sites/carltonreid/2019/03/08/closing-central-madrid-to-cars-resulted-in-9-5-boost-to-retail-spending-finds-bank-analysis/?sh=31bb154755a7>



Recommendations to consider:

- In the Strategic Objectives reference evidence on the benefits of reducing traffic to the wellbeing of people and business and achieving the ambitions behind 20 minute/ local living neighbourhoods.
- In the Vision highlight the bigger picture and long-term interests of reduced traffic and alternative parking plans. Incorporate a key message around opening up movement choices for everyone to get around and reducing congestion.
- In the Strategic Objectives highlight the contribution of other stakeholders to deliver this outcome. Cite the contribution of collaboration pilot studies as a means of working with the community.
- In the Vision highlight the overarching mission of the reduction of emissions and align this to local Climate Change and Sustainability strategies supporting the reduction of emission with the reduction of car use in the area.
- Within the remainder of the plan show incorporation of data collected from Place Standard exercises and Stirling and Clackmannanshire Health and Social Care Strategic Plan regarding information about how local people want to use their town centres.

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:

- Attractive neighbourhoods can improve mental wellbeing.¹⁵
- Inadequate or poor public spaces can lead to reduced social interactions.¹⁶
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹⁷

Summary of discussion:

It was agreed that the current Vision and Strategic Objectives provide a positive contribution to meeting this Outcome. In addition, policy areas relating to place have moved on and the updated Local Development Plan will look to reflect this. One example is 'The New Future for Scotland's Towns' ambition for town centres as spaces where we live, work and spend recreational time.

There was reference to a working example in Grangemouth where the NHS and local authority are currently integrating health improvement into space planning, and it was noted that an opportunity to support an approach like this in Clackmannanshire would be welcome.

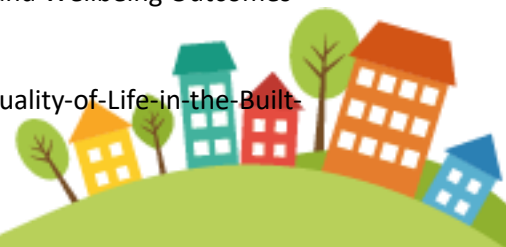
More could be included in the Local Development Plan to promote everyone having access to better connected streets and spaces that provide for multiple functions including local biodiversity needs. The Vision and Strategic Objectives could more explicitly describe how streets and natural spaces are not separate entities and that they are interlinked referencing the local Climate Change and Pollinator Strategies.

The importance of engaging with the community to understand what local needs are was raised. The Vision and Strategic Objectives present an opportunity to show storytelling and messages about the positive impact of medium density living and what it can do for the viability of active travel, public transport and the vibrancy of our streets. National Planning Framework 4 has an emphasis on this and will be highlighted in the Open Space Strategy and Play Sufficiency Assessments which will be published with the new Local Development Plan.

¹⁵ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

¹⁶ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

¹⁷ 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



The third sector often use the streets and spaces in Alloa and in Clackmannanshire for events etc and the need for streets and services to be designed around the needs of these service users and volunteers is required, including food growing spaces.

Recommendations to consider:

- In the Vision and Strategic Objectives, prioritise town centre living to reflect ‘The New Future for Scotland’s Towns’ ambitions for improving health and wellbeing and promoting community cohesion.
- In the Vision and Strategic Objectives highlight to positive impact of collaboration with local Climate Change and Pollinator strategies with an emphasis that streets are interlinked with nature.
- In the Strategic Objectives mention the good layout of open space in Alloa South and East and highlight the need for collaboration with dementia friendly street planning and the Intergenerational Living Innovation Hub project.
- In the Strategic Objectives and the body of the plan raise awareness of the positive impact of heritage walks on people’s wellbeing.
- In the Strategic Objectives highlight the positive benefits of designing streets and spaces for community activities as part of a co-design approach.
- In the main body of the plan detail links and learning from NHS Forth Valley Health Improvement team in Grangemouth.

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:

- Grow up near open space – less likely to have mental health issues.¹⁸
- Health benefits of access to green and blue spaces.¹⁹
- Children who grow up with greener surroundings are 55% less likely to develop a mental disorder later in life.²⁰
- There is an emerging and growing evidence base on the links between blue space and health.²¹
- The main mechanisms through which natural spaces are believed to impact on health is by increased physical activity, improved social connectedness and reduced stress.²²
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used.²³

Summary of discussion:

Within the discussion it was suggested that the Vision and Strategic Objectives explicitly describe how streets and natural spaces are not separate entities and that they are interlinked. This should include reference aligning with the ambitions of the Local Climate Change and Pollinator Strategies supporting an increase the natural assimilative capacity of nature across the county.

The health benefits of accessing good quality natural spaces were raised including links to heritage, culture, signage to wellbeing activity and the benefit of local blue space linking with renewable energy and food growing projects.

The high quantity of natural space in Alloa and Clackmannanshire was recognised by the group. Improving access to natural space helps people and biodiversity. Include messaging

¹⁸ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

¹⁹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

²⁰ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6421415/>

²¹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

²² Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

²³ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



about medium density housing not requiring a reduction in natural space but, for example, it could mean providing higher quality communal spaces.

Recommendations to consider:

- The Strategic Objectives highlight the positive impact on communities of improved access to natural space and heritage. This should include the benefits of aligning with the ambition of the Local Climate Change Strategies integrated action plans, joint maintenance plans in the remainder of the document.
- In the Strategic Objectives highlight the importance of enhancing the use of the open spaces in Alloa South and East and Clackmannanshire for biodiversity activity and expand on this in the remainder of the plan.
- In the Strategic Objectives highlight the contribution of the Council's Pollinator Strategy to maximise wildflower growing and biodiversity and its contribution to meeting this outcome.
- In the main document detail the positive contribution of integrating health improvement into space planning in collaboration with the NHS Forth Valley.
- In the Vision include reference to the benefits of a Cultural Strategy as part of the Local Development Plan.
- In the Strategic Objectives highlight the positive benefits of including natural spaces for community activities as part of a co design approach.
- In the Vision or Strategic Objectives support the community ownership/management of spaces to ensure spaces are delivering for the communities they serve and commit to establish joint maintenance plans with cross sector groups.
- In the Vision or Strategic Objective mention the support of the development of natural space, including increasing tree planting and tree canopy cover, in alignment with the Forth Climate Forest initiative. Show recognition to the benefits of trees in urban areas, emphasizing their role in improving air quality, mitigating climate change, enhancing biodiversity, and creating enjoyable green spaces.

Play and recreation

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



Evidence and research:

- Play and recreation is beneficial for the health of adults and children through the encouragement of physical activity and social interaction.²⁴
- There are health benefits of undertaking play and recreation in outdoor environments, particularly in natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness.²⁵
- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.²⁶

Summary of discussion:

It was agreed that more could be included in the Vision and Strategic Objectives to support the provision of play and recreation as a contributor to improving health and wellbeing.

Within National Planning Framework 4 there is a requirement for councils to conduct Play Sufficiency Assessments to inform the Local Development Plan Evidence Report. Specific inclusion around the needs of young people will help to deliver this Outcome.

There is a potential link with the Intergenerational Living Innovation Hub work from the Stirling and Clackmannanshire City Deal project in addition to dementia friendly design being linked with play, recreation and leisure areas in Alloa and Clackmannanshire.

The local Alloa and Clackmannanshire/Forth Valley wide community food growing initiatives need to be referenced in the Vision and Strategic Objectives.

Recommendations to consider:

- In the Vision and Strategic Objectives give clarity on the importance of the accessibility of play and recreation spaces for people of all ages.

²⁴ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

²⁵ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes: <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>

²⁶ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes: <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>



- In the Strategic Objectives include a 'hook' to consult with public and partners whilst undertaking Play Sufficiency Assessments linking to examples such as the Dignity in Schools Project, offering an opportunity for the LDP to support Clackmannanshire Council's protection of Children's Rights
- In the Strategic Objectives highlight the positive contribution of other sectors to achieving this Outcome, citing examples such as Forth Environment Link Clacks Good Food and Wimpy Parks play and recreation and food growing activities.
- In the Strategic Objectives emphasise the positive role of Community Food Growing crossing over on multiple wellbeing and land maintenance benefits for both people and land.



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.²⁷
- Access to facilities, services and communities helps to increase social interactions and inaccessibility can affect certain groups disproportionately.²⁸

Summary of discussion:

Awareness of the positive contribution of achieving this Outcome for both people and planet has grown significantly since the plan was written. With the new National Planning Framework 4 and Scotland's Place and Wellbeing Outcomes the approach has now changed with a fuller understanding of the benefits of local living.

There is an opportunity in the Vision and Objectives to tell the story of what services and support are available locally and within Alloa town centre. The approach for this should be in collaboration with the third sector and community groups and be inclusive of seldom heard groups.

Recent community engagement work lead by Resonate Together and NHS Forth Valley were mentioned as approaches to link in with, learn from and collaborate with moving forward.

²⁷ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

²⁸ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



Recommendations to consider:

- Highlight in the Vision the need for better place-based working, coordination and buy in with partners to tell the story about local living and promote awareness and what is available to residents in their area.
- In the Strategic Objectives highlight the benefits of understanding levels of access to services and amenities in local neighbourhoods.
- In the Strategic Objectives highlight the role of capturing lived experience and the benefits of working with community groups to gather this input into decision making.

Work and economy

Everyone benefits equally from a local economy that provides:

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

Evidence and research:

- Volunteering has been associated with improved self-rated health, mental health, life satisfaction and wellbeing, and decreased depression and mortality.²⁹
- There are inequalities in terms of people being able to access 'good' work, training and volunteering. Certain groups in the population are more likely to be unemployed.³⁰

²⁹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³⁰ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



- Transport is a key barrier to employment for many residents living in low-income neighbourhoods.³¹

Summary of discussion:

It was discussed that there is an opportunity for the Vision and Strategic Objectives to reflect some outcomes of the Scottish Government Heat and Building Strategy. The economic impact of this work in Alloa and Clackmannanshire was recognised.

The social determinants of health, place and health needs when pursuing employment and volunteering was recognised and it was agreed the Strategic Objectives should be expanded to include awareness of this.

There should be clear links made within the plan to the Community Wealth Building Strategy, the Anchor Partnership work and planning around the City Region Deal employment programmes.

Recommendations to consider:

- As a hook, the Strategic Objectives provide information on the supporting organisations, cross sector plans and strategies that lead on supporting pre-employment and employment needs and detail how they inform the Local Development Plan, for example, The Stirling and Clackmannanshire Health and Social Care Workforce Plan.
- In the Vision reference reflections, targets and the approaches moving forward to support the cross-sector employment programmes.
- Highlight within the Strategic Objectives the link to economic benefits of energy generation referencing the Scottish Government Heat and Building Strategy and the regional energy plan.
- In the Vision or Strategic Objectives state its support to move towards a more local Wellbeing Economy including the Community Wealth Building Strategy, Volunteering Strategy and Social Enterprise Strategy and define its contribution to their delivery.

³¹ [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:

- Good-quality affordable housing is associated with improved physical and mental health outcomes. Housing can impact on health in three main ways: physical factors, household factors and factors related to place and communities.³²
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.³³
- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life.³⁴

Summary of discussion:

It was discussed that the Vision and Strategic Objectives mentions the need for designing housing around needs and this should now be linked in with the new Clackmannanshire

³² Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³³ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³⁴ www.health.org.uk/publications/reports/the-marmot-review-10-years-on



Council Housing Strategy, local Climate Change Strategies and the City Region Deal programmes.

The impact of insecure housing on addiction recovery was mentioned, the Vision and Objectives should promote aspects of the Place and Wellbeing Outcomes in relation to local living, regarding the population groups identified in the Shaping Places for Wellbeing Alloa Town Profile.

The new Housing Demands Assessment is currently in progress which is linking in with many supporting plans and strategies. This will include the needs of local people as well as the private housing sector approach. The Housing Demands Assessment will be referenced in the Local Development Plan and is closely linked with the planning team in Clackmannanshire Council. Some key aims of this work consider the Private Sector policy and planning approaches, leading to incorporating bespoke place designed developments.

Recommendations to consider:

- In the Strategic Objectives show housing targets and the approaches moving forward to support the City Region employment programme and cater for the population increase.
- In the Strategic Objectives link to the current collaborative work on the Housing Demands Assessment, including the need for private sector housing mix and its contribution to meeting the needs of the local community.
- In the Vision highlight the need to collaborate with Community Planning Partnership Anchor Alliance to align housing with the needs identified in the new Wellbeing Local Outcomes Improvement Plan.
- In the Strategic Objectives provide clarity between the role of this plan and the Council's Housing Strategy.
- In the Strategic Objectives reference evidence of the negative impact of insecure affordable housing or out-of-area placement on cycles of behaviour like substance use, crime, reducing social cohesion and sense of identity.
- Highlight within the Strategic Objectives the link of housing requirements with the regional energy plan and the plans in place to help reach net zero targets.
- In the Strategic Objectives highlight the growing need to provide housing for our aging population and showcase Living Alloa Primrose Street development as an exemplar approach.



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:

- 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.³⁵
- The physical attributes of a place including its design, quality and maintenance can influence perceptions and its reputation – negative perceptions can negatively impact on physical and mental health.³⁶
- People in lower income groups are less likely to report being strongly connected to their communities compared with those in higher income groups.³⁷
- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.³⁸
- Social cohesion within a community can positively impact on health.³⁹

Summary of discussion:

The Vision and Objectives could do more to reference the positive impacts of promoting identity and belonging and align with the National Performance Framework 4 requirements.

Understanding local peoples' perspectives and pride in their community was raised as key. The document should reflect the approach of working alongside local communities. The role

³⁵ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³⁶ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

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³⁸ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

³⁹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



of local place plans, local cultural work and volunteering in Clackmannanshire should be celebrated. Feedback from the Stirling and Clackmannanshire Health and Social Care Localities Plan advises the need to engage with a diverse range of groups to ensure they are being heard and their cultural identity thoughts are being considered.

Linking in with 'Natural Spaces,' part of the discussion centred around the connection with nature and heritage suggesting heritage walks with maps and key information about the trail could leading to local signposting as being a way to increase wellbeing which could also incorporated into active travel, cultural plans and strategies.

Recommendations to consider:

- In the Strategic Objectives highlight the positive impact of nature and heritage groups and organisations who provide services and have ideas for local development.
- In the Strategic Objectives include reference to the positive impact of collaborative work on a Clackmannanshire County Culture Strategy lead by Clackmannanshire Third Sector Interface and Resonate Together.
- In the Vision include reference to areas in Clackmannanshire where local people are proud of their place, for example, local buildings and activities outdoors like 'Fun Days.' This should be informed by questions about pride in the engagement process for the Plan.
- In the Strategic Objectives reference the role of organisations such as Nature Scot, The Royal Society for the Protection of Birds, and Clackmannanshire Council Countryside Rangers as key for learning about how to incorporate heritage into the Local Development 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:

- Fear of crime, antisocial behaviour or crime itself can make places feel unsafe.⁴⁰
- Social capital can be lower or perceived to be lower in places which are regarded as being unsafe.⁴¹
- Some groups within the population can have limited access to safe and well-maintained environments.⁴²

Summary of discussion:

Safety along with Identity and Belonging was included in the above discussion. The group agreed that there is an opportunity to learn from the Glasgow Feminist city planning approach to incorporate how women and girls feel safe in Clackmannanshire. The connection to the Clackmannanshire Council Local Outcome Improvement Plan regarding local thoughts about safety was discussed as a key to link in with.

There were previous conversations about how active travel and public transport pathways linking into future data from local place plans and recent Place Standard consultation data, should be considered for a community co design approaches having 'Feeling Safe' as design priority and using relatable signage.

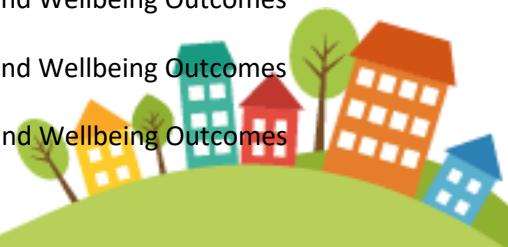
Recommendations to consider:

- In the Vision or Strategic Objectives highlight the importance of planning places that feel safe for women with approaches like the Feminist City design approach.
- In the Strategic Objectives incorporate relevant data from the recent Place Standard consultations.

⁴⁰ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁴¹ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁴² Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



- In the Strategic Objectives highlight the need to work with communities in relation to safety signage needs, for example, raise awareness of the benefits of wildflower sites to reduce the occurrence of vandalism.
- The Vision to incorporate reference to the importance of people having access to safe and well-maintained environments to enable their wellbeing and promote social cohesion.

Stewardship

Care and maintenance

Everyone has access to:

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

Evidence and research:

- Poorly maintained neighbourhoods with high levels of incivilities can lead to lower levels of mental wellbeing and poor health.⁴³
- If places are regarded as not being maintained this can lead to perceptions of it being unsafe and reduced social capital.⁴⁴
- Deprived areas are more likely to be exposed to environmental incivilities, vacant and derelict land, and poor maintenance.⁴⁵

⁴³ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁴⁴ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes: <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>

⁴⁵ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



Summary of discussion:

It was discussed that there was mention of Care and Maintenance linking to community consultation in the Vision and Objectives. Moving forward a co-production approach to care and maintenance in Alloa and Clackmannanshire needs to be explored including reference to examples of council/community approaches.

Recommendations to consider:

- In the Strategic Objectives highlight the positive impact of empowering communities on health and wellbeing of communities.
- In the Vision and Strategic Objectives highlight the positive contribution of local community groups who focus on nurturing natural greenspaces and support innovative joint approaches to enhancing places.
- The Strategic Objectives should reference the importance of the care and maintenance of places and how it contributes to health and wellbeing of those that live in the area.

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:

- Lack of control can lead to poorer health outcomes such as increased risk of heart disease, depression, anxiety and stress. ⁴⁶

⁴⁶ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



- People living in more socioeconomically deprived areas can feel less confident about being involved in decision-making compared to less deprived areas.⁴⁷
- Those with a long-term health condition or disability can feel less empowered in decisions about their neighbourhood.⁴⁸

Summary of discussion:

Throughout the discussion the importance of engaging with the community to understand what their needs are was raised. It was acknowledged that the National Planning Framework 4, which sets the requirements for Local Development Plans, has an emphasis on this. There was reference to the need for proactive communication with seldom heard and priority groups across Alloa and Clackmannanshire and the benefit of more resources to do this effectively.

Current connection to local communities to raise awareness about local place plans has been initiated through written and verbal communication with local community councils, but more support to ensure those experiencing inequality have their voices heard would inform a reduction in inequalities. This is a new required outcome for National Planning Framing 4 set out in the Planning (Scotland) Act 2019. Connecting into the engagement work of other is an opportunity, for example, the collaboration opportunity with Clackmannanshire Council Climate Change Community Forum work.

When discussing the Play and Recreation Outcome, it was highlighted that there is a new requirement for councils to conduct Play Sufficiency Assessments to inform the Evidence Report needed to accompany the new Local Development Plan. The planning team are currently progressing this and will include consultation with the public including young people.

When discussing the Services and Support Outcome, the group agreed that within the Vision and Strategic Objectives there is an opportunity to capture lived experience from a community perspective on what service and support are available locally and within the town centre.

Recent community engagement work lead by Resonate Together and NHS are approaches to link in with, learn from and collaborate with moving forward. Work by the Shaping Places for

⁴⁷ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes

⁴⁸ Public Health Scotland, Evidence behind Place Standard Tool and Place and Wellbeing Outcomes



Wellbeing Community Link Lead offer a further approach to capturing lived experience from those groups in a community most impacted by inequality.

Recommendations to consider:

- The Vision to explicitly mention the value of incorporating Community Development and Co-production approaches to ensure the voices of those experiencing the greatest inequality are included in decisions about place.
- In the Strategic Objectives highlight the importance of a considered community engagement processes to avoid consultation fatigue.
- In the Strategic Objectives provide a hook to implement processes that are co-produced/informed by the local community to encourage a sense of ownership in their local area with transparency throughout the decision-making timelines. This should include capturing lived experience on topics such as community culture and the long-term public interest role of the Planning.
- In the Strategic Objectives expand the idea of partnership, define support needed from other stakeholders and collaborations working with communities, mentioning the important contribution of the third sector.
- In the Strategic Objectives reference the benefits of including feedback from the Stirling and Clackmannanshire Health and Social Care Localities Plan.
- In the Vision, Strategic Objectives and remainder of plan use language that is relatable to the public with no jargon.
- The Play Sufficiency Assessments process needs to be tailored to include effective engagement with young people.

