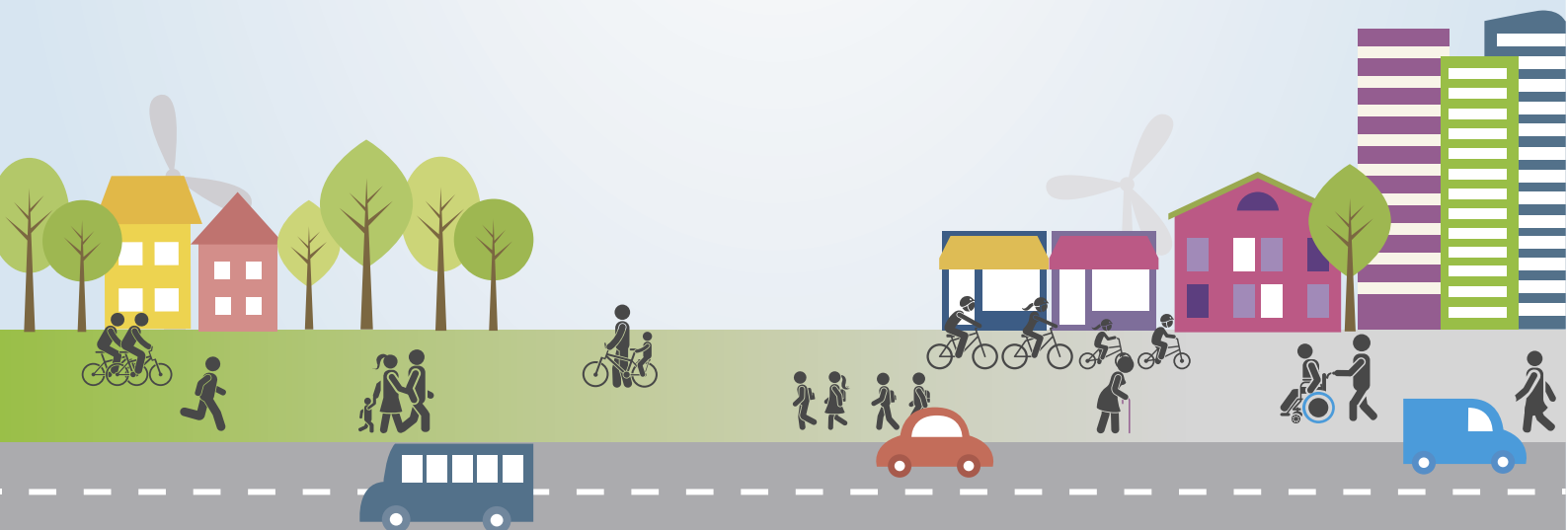


Shaping Places for Wellbeing Programme

Rutherglen Project Town

South Lanarkshire Economic Strategy
2022-27

Place and Wellbeing Assessment
Report



About the report

This is a report of a Place and Wellbeing Assessment held in October 2022 to consider the proposed South Lanarkshire Economic Strategy 2022-27 and how it could affect the wellbeing of the people of Rutherglen and the wider South Lanarkshire area.

We know that the places we create impact on those who live, work and relax in them and can have a positive or negative influence on their health and well-being. 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 proposals were likely to impact on creating a place that enabled wellbeing. With support from Public Health Scotland's Local Intelligence Support Team a data profile will be produced for Rutherglen which will allow further consideration of the impact of proposals on particular groups of the population.

This Place & Wellbeing Assessment took place near the end of the process of developing the new Economic Strategy.

This report begins with a Report Summary detailing the key themes and recommendations which emerged from the assessment process. This is followed by a summary of the strategy under consideration; information about the Shaping Places programme and the assessment process; and details of participants in this assessment session. The remainder of the report outlines the discussions that took place and shares some recommendations to enhance the strategy contribution to health and wellbeing. Included alongside these is relevant evidence from Public Health research papers that shaped the Place and Wellbeing Outcomes.



Report Summary

The South Lanarkshire Economic Strategy 2022-27 contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Rutherglen and the wider South Lanarkshire area. The review of the proposed South Lanarkshire Economic Strategy is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality in some communities.

The following broad themes were identified:

Collaborating with other areas

The Strategy and its ongoing implementation is an opportunity to promote proactive “hooks” to support the implementation of other plans and strategies that deliver on the Strategy Ambition to “enable people to contribute and social capital, resilience, financial independence and security”. Recommend including how this ambition aligns with other South Lanarkshire policy in the Strategy text. Ongoing implementation can then actively collaborate with the Community Wealth Building Strategy, Local Development Plan, Open Space Strategy, Residential Design Guidance and the Rutherglen Town Centre Action Plan.

Inequalities

A key topic throughout the discussion was inequalities. Especially now we are in a cost-of-living crisis. There are opportunities for the Strategy and its Action Plan to strengthen its ambitions for Place. Promoting and supporting the delivery of all the aspects of a place that enable those experiencing inequality to access stronger physical, social and economic connections. For example improving physical connections to work and learning for those with no access to a car, reimagining the role of town centres as hubs that improve social connections particularly in our aging population and creating places proven to improve physical and mental health and thereby enabling a more productive population.

Evolving role of town centres

This was a key discussion across a number of themes including the importance of developing the 20 minute neighbourhood ambitions. Both within the Strategy and its implementation the changing role of town centre needs strong support. This should include active travel, public transport, mobility hubs, community amenities and a mix of housing types around these key centres. Also the need for flexible uses of existing outdoor spaces to build social connections and a night time economy. The role Planning plays in achieving these aims as



new legislation and National Planning Framework 4 comes into effect will require significant alignment of social and economic ambitions.

Summary of South Lanarkshire Economic Strategy 2022-27, links with Shaping Places for Wellbeing Programme Context and Participants

Summary of background of the South Lanarkshire Economic Strategy 2022-27

South Lanarkshire Council is currently refreshing and launching a range of new key strategies and plans. This includes the Council Plan 'Connect', Community Plan, Community Wealth Building Strategy, Sustainable Development and Climate Change Strategy, Tourism Strategy and the Economic Strategy 2022-2027 considered in this Place & Wellbeing Assessment. All these documents are inherently linked and have been informed by what South Lanarkshire communities have identified as priorities:

- **People** – put people first and reduce inequality
- **Progress** – recover, progress and improve
- **Planet** – work towards a sustainable future in sustainable places

The wider context and impact of challenges from the global COVID-19 pandemic, the UK's new international trading position, and the climate emergency form the backdrop to this suite of strategies.

The Economic Strategy's vision for 2022-27 is, "to make South Lanarkshire a flourishing, green, dynamic and equitable place for all", and it aims to do this under 3 key themes of People, Place, and Business.

South Lanarkshire Council approved the first draft of the strategy in June 2022. This was followed by a period of public consultation which contributed to the final draft under discussion here.



Links to Shaping Places for Wellbeing Programme

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

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

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

Inequalities data

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

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

We are at the beginning of the process with Public Health Scotland's Local Intelligence Support Team for gathering data on these groups and areas in Rutherglen, and this assessment was carried out using participants' existing knowledge of the area. In particular this includes existing data on income inequalities experienced within Rutherglen and the wider South Lanarkshire population. The data profile to be produced for Rutherglen will help to inform ongoing monitoring of the strategy and associated action planning.



Participants

- Irene Beautyman, Place & Wellbeing Partnership Lead, Improvement Service & Public Health Scotland. Programme Manager on Shaping Places for Wellbeing
- Tony Finn, Planning and Building Standards Headquarters Manager, South Lanarkshire Council
- Ruth Hart, Shaping Places for Wellbeing Project Lead Rutherglen
- Rhonda Leith, Community Engagement Manager, South Lanarkshire Council
- Lauren Love, Planning Officer, South Lanarkshire Council
- Ken Meek, Project Manager, Planning and Economic Development Services, South Lanarkshire Council
- Ann McLaughlin, Senior Health Improvement Manager, South Lanarkshire HSCP
- Pamela McMorran, Planning Officer, South Lanarkshire Council
- Jennifer Robertson, Shaping Places for Wellbeing Project Manager (taking notes)
- Iain Ross, Project Manager, Planning and Economic Development Services, South Lanarkshire Council
- Elspeth Russell, Consultant in Public Health, NHS Lanarkshire
- Laura Shanks, Building Standards Team Leader, South Lanarkshire Council



Outline of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

- Active travel has the potential to provide benefits to local economies.¹
- Active travel has been associated with reduced risk for all-cause mortality and improvements in mental health.²
- Active travel can increase social interactions.³
- Active travel has the potential to minimise health harms by reducing motorised traffic.⁴

¹ Pedestrian Pound, Living Streets www.livingstreets.org.uk/media/3890/pedestrian-pound-2018.pdf

² Rissel C, Curac N, Greenaway M, et al. Physical Activity Associated with Public Transport Use - A Review and Modelling of Potential Benefits. *International Journal of Environmental Research and Public Health* 2012 9: 2454-2478

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

⁴ Staatsen B et al. INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity. Brussels: EuroHealthNet; 2017. www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf



Summary of discussion:

The group welcomed the reference to this outcome within the strategy.

The group acknowledged existing challenges with access to active travel across South Lanarkshire. The challenges around encouraging active travel in rural areas vs. non-rural areas such as Rutherglen was raised and how the strategy currently focuses on employment areas and town centres. The importance of active travel across different population groups e.g., those in bottom 20% SIMD areas and people with mental health issues was discussed. Across Scotland as a whole one third of households do not have access to a car and in the areas in the bottom 20% of the Scottish Index of Multiple Deprivation this amount raises to half of all households. The ability to access the town centre and employment opportunities that form the focus of this Strategy when one has no access to car requires careful consideration. Failing to do so could exacerbate existing income inequalities.

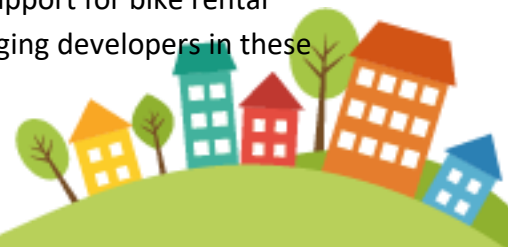
South Lanarkshire Council and NHS Lanarkshire have a role to play in encouraging active travel and supporting the infrastructure required for people to reduce car use: this includes the role of large employers in modelling good practice on active travel, and the role of planning in supporting the development of active travel.

More specifically, bike parking and how to encourage local employers to provide this is a key for Planning and they have encouraged this in recent developments. Examples, such as bike hire schemes similar to Glasgow which allow people to rent a bike from a train station in the morning, cycle to work, and return the bike to the train station that evening was suggested as one means to broaden access to employment.

South Lanarkshire's active travel ambitions align with their Community Wealth Building strategy and ambitions.

Recommendations to consider:

- A strengthened focus on the contribution of active travel to delivering the Place theme of the Strategy. References to active travel would sit more appropriately in the Place section as it is one of the features every place needs to enable those without access to a car to experience the Strategy Vision of an “equitable place for all”.
- Inclusion of high level support in Strategy on the value of shared active travel hubs in key locations such as town centres, employment centres and commute growth areas. Highlight their potential to encourage walking, cycling and car share options while contributing to a new role for town centres. Greater support for bike rental and bike storage was seen as key to this. While also encouraging developers in these areas to provide active travel infrastructure.



- Inclusion in the Strategy of high level support for South Lanarkshire Council and NHS Lanarkshire to model behaviour for other employers, encouraging cycling & active travel and providing facilities to enable this. There is potential to work in collaboration with other big local employers.
- Promote the importance of local business to encourage active travel amongst staff: this could include encouraging employers to sign up to Cycle to Work schemes, and allowing smaller local businesses to share council and NHS active travel facilities such as bike storage areas.
- Implementation should explore and develop the role of the planning system in encouraging use of active travel and build on discussions already taking place between planning and roads departments.
- Potential to link with a Residential Design Guide and whether it can further encourage and support active travel, especially in the big community growth areas.
- Where the plan talks about tourism, green spaces and ease of access to green space, include reference to the importance active travel options for “equitably” accessing leisure and cultural spaces as well as employment.

Public Transport

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

Evidence and research:

- Public transport has the potential to improve access to services and facilities and connect communities. ⁵
- Public transport has the potential to encourage active travel. ⁶

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https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport_health_and_wellbeing.pdf

⁶ Gates, S. et al. (July 2019). Transport and inequality: An evidence review for the Department for Transport. NatCen assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/843487/Transport_and_inequality_report.pdf



- Public transport has the potential to reduce carbon emissions.⁷
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.⁸

Summary of discussion:

The group felt that Rutherglen is well served by public transport: again, the split between access to transport in rural and non-rural areas of South Lanarkshire was highlighted, and the impact this has on accessing employment opportunities.

Developing community transport models and the opportunity this would provide for investment into community organisations was discussed, and again the link to the Community Wealth Building Strategy was highlighted.

Examples were given of work in East Kilbride to encourage use of public transport by moving a local train station and adding a large Park & Ride facility; and work ongoing with a new, large employer to Rutherglen to support planning for how employees will access the site using public transport.

Recommendations to consider:

- A strengthened focus on the contribution of good quality public transport to delivering the Place theme of the Strategy with particular reference to rural areas. References to public transport would sit more appropriately in the Place section as it is one of the features every place needs and thus is part of a place based approach. It also enables those without access to a car to experience the Strategy Vision of an “equitable place for all”.

⁷ Patterson R, Webb E, Hone T, et al. Associations of Public Transportation Use With Cardiometabolic Health: A Systematic Review and Meta-Analysis. *American Journal of Epidemiology* 2019 188(4):785-795

Aether Evidence Review of the Potential Wider Impacts of Climate Change Mitigation options: Transport sector. Report to the Scottish Government 2017 Available from <https://www.gov.scot/binaries/content/documents/govscot/publications/research-and-analysis/2017/01/evidence-review-potential-wider-impacts-climate-change-mitigation-options-transport/documents/00513155-pdf/00513155-pdf/govscot%3Adocument/00513155.pdf>

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



- Include the importance of further development of community transport models, aligning with South Lanarkshire’s Community Wealth Building ambitions.
- During implementation, explore further work with public transport providers, e.g. development of Park & Ride facilities such as those in East Kilbride and continue to work with local employers on encouraging the use of public transport by employees.

Traffic and parking

Everyone can benefit from:

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

Evidence and research:

- Motorised transport has the potential to reduce levels of physical activity and social interactions.⁹
- One third of Scotland’s households do not own a car and this increases to half the households in deprived areas.¹⁰
- Motorised transport has the potential to increase air and noise pollution and greenhouse gases.¹¹
- Cars can help people to access services and communities.¹²
- Parking should be prioritised for people who don’t have other options.¹³

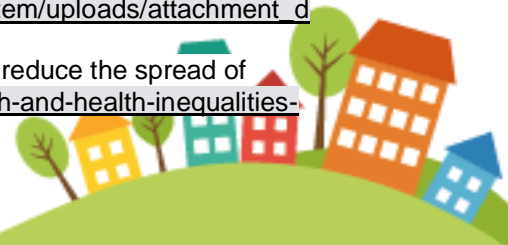
⁹ Mueller N, Rojas-Rueda D, Cole-Hunter T, et al. Health impact assessment of active transportation: A systematic review. *Preventative Medicine* 2015;76:103–114

¹⁰ Scottish Household Survey, 2018

¹¹ Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. www.transport.gov.scot/our-approach/national-transport-strategy/

¹² Transport, health, and wellbeing: an evidence review for the Department for Transport https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/847884/Transport_health_and_wellbeing.pdf

¹³ Transport use, health and health inequalities: The impact of measures to reduce the spread of COVID-19. <https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalities-the-impact-of-measures-to-reduce-the-spread-of-covid-19/>



Summary of discussion:

The group welcomed the strategy's mention of taking a more flexible approach to the use of spaces in town centres, and the importance of this "evolution approach". The use of town centres primarily for shopping has changed significantly and the COVID-19 pandemic has further impacted this. Across Scotland there is a recognised need to reimagine the role of our town centres and what they are used for. Introducing more leisure and community activities, including an evening economy, so people can spend more time in town centres. Evidence shows that reducing traffic numbers and speeds provides an environment that encourages the use of streets and spaces conducive to these new uses.

Although the strategy does not directly address traffic management and reduction, it aligns with ambitions around encouraging the use of active travel and access to public transport.

The group felt that there are ongoing tensions between the public sector's ambitions on reducing car use and the wishes of some businesses to have sites easily accessible by car for customers. There was agreement that a big shift in culture and behaviour is required from both businesses and individuals in order to reduce car use in town centres, as well as improved access to active travel routes and public transport.

Recommendations to consider:

- Include reference in the Place section of the Strategy to the importance of active travel and good quality public transport to reduce car numbers and speeds that enable environments conducive to reimagined roles for town centres. Include the role of planning in reducing car use when making decisions that impact town centres.
- During implementation of the strategy, promote behaviour change and culture shift from businesses and individuals by sharing case studies on the economic and health benefits of fewer cars in town centres. Bring to life evidence showing this can make a place somewhere people want to spend time and spend money.



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:

- Mental wellbeing and quality of life is higher if the residents perceived their neighbourhood, including the buildings, as attractive.¹⁴
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹⁵
- Inadequate or poor spaces can lead to reduced social interactions.¹⁶
- Walkable neighbourhoods can provide opportunities to socially interact.¹⁷

Summary of discussion:

The group welcomed the strategy's focus on health & wellbeing in connection with streets & spaces: this is featured under the "Business" section rather than "Place" section. The strategy's discussion of new and flexible uses for vacant and derelict land was welcomed as a way of embedding this outcome. Examples such as that of Local Nature Reserve Fernbrae Meadows where the redevelopment of a site creating ripple effects on health and wellbeing and the local economy was raised.

The group acknowledged important references to tourism, cultural and leisure use of spaces but highlighted the need to consider everybody living, working and playing in an area

¹⁴ Bond L, Kearns A, Mason P, et al. Exploring the relationships between housing, neighbourhoods and mental wellbeing for residents of deprived areas. BMC Public Health 2012;12:48.

¹⁵ Quality of Life Foundation. Quality of life literature review; 2019. www.qolf.org/wp-content/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf

¹⁶ <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>

¹⁷ Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. Journal of Urban Design 2019;24:1–48.



alongside a focus on tourism. Town centres, their design, amenities such as accessible public toilets and transport links were highlighted as important.

Recommendations to consider:

- Include reference in the Place section of the Strategy to the importance of streets and spaces in regenerating town centres.
- Implementation should continue discussion on town centre design role in creating good quality urban and green space e.g., with the upcoming development of the Rutherglen Town Centre Action Plan.
- Implementation should continue to explore funding to further develop vacant land sites.

Everyone can:

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

Evidence and research:

- There are wider environmental benefits to increasing natural space which can protect population health.¹⁸
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used.¹⁹

¹⁸ INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf

¹⁹ Public Health England. Improving access to greenspace https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to_greenspace_2020_review.pdf



- Natural spaces can encourage social interactions and the development of stronger or more cohesive communities and can provide a sense of community and belonging.²⁰
- Natural spaces impact health through increased physical activity, improved social connectedness and reduced stress.²¹

Summary of discussion:

While the strategy does not specifically mention green space, sections on health and wellbeing, fair work and transition to net zero are included which the group considered related.

The important health benefits of access to good-quality natural spaces under this outcome was discussed. There is a need to look at the quality of the spaces, making existing green space feel safer and more user-friendly as well as creating new green spaces.

More limited access to green space within urban areas and variation in amount and quality of green space across different towns was discussed. The possibility was raised of encouraging flexible use of private green spaces where possible e.g. opening up spaces within the council and health board estates for public access on a part-time basis. The group acknowledged the importance of making sure people have information about their nearest green space.

Also discussed was the importance of “greening” town centres and urban areas as well as thinking about traditional green spaces such as parks and local nature reserves.

Recommendations to consider:

- Include more about natural space in the strategy and its positive impact on physical and mental health and thus productivity.
- Implementation explores the possibility of opening up private green spaces e.g. those in hospital and council grounds for public use in areas where green space is limited.
- Implementation explores “greening” urban areas such as town centres e.g. with the upcoming Rutherglen Town Centre Action Plan and how existing green spaces can be enhanced and maintained to increase use by local people.
- Build on projects such as the Community Food Growing project at Cuningar Loop in Rutherglen.

²⁰ Hartig T, Mitchell R, de Vries S, et al. Nature and health. *Annual Review of Public Health* 2014;35:207–228

²¹ Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. *Journal of Urban Design* 2019;24:1–48.



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:

- Undertaking play or recreation in natural spaces and accessing them through active travel has benefits for the environment.²²
- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions.²³
- 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.²⁴

Summary of discussion:

The group discussed ambitions to embed this outcome more fully within the strategy and other local plans. The idea that play and recreation, green space and creative play helps with achievement in schools and attainment levels was mentioned.

The importance of play and recreation for health and wellbeing was discussed. Along with the improved health and wellbeing strand within the strategy with a focus on prevention being acknowledged as a good approach in supporting strong local economies and communities, a focus on health and wellbeing “in its widest sense”.

Opportunities to align with the upcoming Open Space Strategy were promoted. This will include a new focus on play and is connected to the development of the South Lanarkshire Local Development Plan 3 in 2023 and new planning duties to consider health and wellbeing.

²² Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. www.transport.gov.scot/our-approach/national-transport-strategy/

²³ <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>; <http://www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf>

²⁴ Play Scotland. Getting it right for play power of play: an evidence base. www.playscotland.org/wp-content/uploads/Power-of-Play-an-evidence-base.pdf



The group also discussed the importance of moving beyond a traditional idea of play: play for all ages and using natural materials that can be easily maintained, not just children and traditional play equipment. The potential for sculptural seating in town centres. The new administration strategy “A New Hope” was mentioned which includes a commitment to a play strategy and access to good quality community facilities is required to underpin this.

Recommendations to consider:

- Align play and recreation with learning in the strategy, highlighting its importance to health and wellbeing and impact on attainment levels.
- Include play and recreation as part of this strategy’s consideration of health and wellbeing in its broadest sense, supporting preventative health and wellbeing interventions.
- Take forward the “New Hope” commitment to developing a play strategy for South Lanarkshire, consider play in its broadest sense and for the varying needs of a range of ages and groups.
- Embed play and recreation in the upcoming Open Space Strategy.
- Explore opportunities for play and recreation in town centres, including creating more natural play opportunities in residential areas.

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.²⁵
- Accessibility to services can be exacerbated by poor transport links and safety of wider environment.²⁶
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.²⁷

Summary of discussion:

The group felt this outcome was well met in the plan with the inclusion of the 20-minute neighbourhoods priority. There was a discussion around how the 20-minute neighbourhood concept needs to be developed further, particularly how it could work in a rural area vs. towns but there was a feeling that we are moving gradually towards a better understanding of this. The publication of Scotland's National Planning Framework 4 guidance will further support this understanding and implementation of the concept. The development of Rutherglen's Town Centre Action Plan will align with this too.

The strategy highlights the importance of increasing digital participation to access services, employment and other opportunities for both individuals and businesses and has specific actions and measures for this. The issue of rural access to good-quality broadband was highlighted, especially as this has become a key way for those in rural areas to engage and access services.

The point was raised that active communities are supported by a range of spaces in which to meet, and that community facilities management can sometimes make space unaffordable – it's important to also have informal spaces that a community can access.

NHS Lanarkshire's new healthcare strategy was mentioned and potential links to this and other council strategies and ambitions were promoted.

²⁵

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

²⁶ <https://www.transport.gov.scot/our-approach/national-transport-strategy/>

²⁷ Scottish Government. Building the evidence base on tackling poverty paper 1 – a discussion paper on the drivers of poverty. Edinburgh: Scottish Government; 2017. www.gov.scot/publications/drivers-of-poverty/



Recommendations to consider:

- Include support for the development and implementation of the 20-minute neighbourhoods ambition in the Strategy, exploring how this can work for people in both towns like Rutherglen and rural areas of South Lanarkshire.
- Implementation should continue to develop support and access to increase people and businesses digital confidence and competence.
- Implementation should link with NHS Lanarkshire's new health care strategy and their services, and align with council ambitions for South Lanarkshire.
- Implementation should continue to support a range of community spaces, formal and informal.

Work and economy

Everyone benefits equally from a local economy that provides:

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

Evidence and research:

- Work is beneficial for health if it is 'good' work. 'Good' work is defined as work which improves income, job security, does not increase employee's risk of illness or injury, or does not negatively impact mental health.²⁸

²⁸ Local Government Association. Nobody left behind: maximising the health benefits of an inclusive local economy. London: Local Government Association; 2019.
www.local.gov.uk/sites/default/files/documents/22.15%20inclusive%20growth_04.1.pdf



- Unemployment can be harmful to health and the longer unemployed the worse the health outcomes. ²⁹
- If a place is lively and vibrant it can provide work opportunities and will encourage people to visit the area, use it and invest in it. ³⁰

Summary of discussion:

This outcome was agreed to be firmly embedded in the strategy as well as aligned with the Community Wealth Building Strategy. The strategy makes reference to No One Left Behind, the employability and school leaver plan, and to developing training in the workplace.

The group discussed education within South Lanarkshire and its impact on work and economy: there are good attainment levels across primary and secondary schools in the area, but people tend to access further and higher education and training opportunities within Glasgow & on a regional level.

The group agreed that there is a need to create training and development opportunities within South Lanarkshire so that people can improve skills, develop qualifications and progress, moving out of the “foundational economy”.

Recommendations to consider:

- Implementation explores further opportunities for training and development within South Lanarkshire so that people can improve skills, develop qualifications and progress in their careers: moving out of the “foundational economy”.

²⁹ Tinson, A. What the quality of work means for our health The Health Foundation (2020)
https://www.health.org.uk/sites/default/files/2020-02/Health%20Foundation_What%20the%20quality%20of%20work%20means%20for%20our%20health.pdf

³⁰ Happy city wellbeing principles for British land. London: British Land; 2015
www.britishland.com/search-result?q=Happy+city+wellbeing+principles



Housing and community

Everyone has access to:

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

Evidence and research:

- Provision of good quality affordable housing is associated with improved physical and mental health outcomes including quality of life.³¹
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs.³²
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.³³

Summary of discussion:

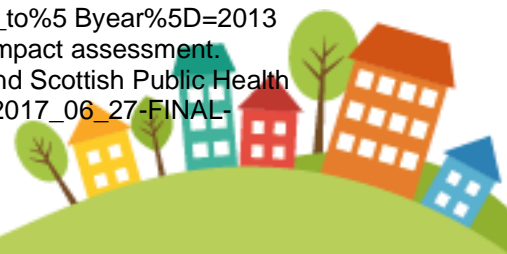
While this outcome is not directly referenced within the strategy the group felt there was a strong link between housing, community and the local economy. Recent public consultation for the new Council and community plans received many responses related to housing and the types of housing available. The group felt that there is a need for mixed housing developments including a range of properties which are affordable for different types of

³¹ www.health.org.uk/publications/reports/the-marmot-review-10-years-on

³² Jones R. The built environment and health: an evidence review; 2013.

www.gcph.co.uk/publications/472_concepts_series_11the_built_environment_and_health_an_evidence_review?date_from%5Bmonth%5D=1&date_from%5Byear%5D=2013&date_to%5Bmonth%5D=12&date_to%5Byear%5D=2013

³³ Higgins M, Cain T, Lowther M, et al. 50,000 affordable homes: A health impact assessment. Edinburgh: Scottish Health and Inequalities Impact Assessment Network and Scottish Public Health Network (ScotPHN); 2017. www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINAL-SHIAN-50000-New-Homes-HIA-Report-ES.pdf



people and families. These encourage intergenerational communities that support those living there into work and learning. The cost of living crisis was mentioned. It was highlighted that young people and first-time buyers in particular are not well catered for and as such may choose to live elsewhere. The new Residential Design Guide was mentioned again and its role in supporting this outcome discussed.

Recommendations to consider:

- Implementation to support Planning housing policy to recognise the importance of mixed housing developments. Creating more affordable and accessible housing for first-time buyers, young and elderly people.
- Recognise the importance of intergenerational communities and support housing which encourages this. This can include current work on the Residential Design Guide and how it can support these aims.

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. ³⁴
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment. ³⁵
- 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. ³⁶

³⁴ Quality of life literature review www.golf.org/wp-content/uploads/2021/02/Literature-Review-of-Quality-of-Life-in-the-Built-Environment-Publica-4-1.pdf

³⁵ <https://vhscotland.org.uk/the-zubairi-report/>

³⁶ Durcan D, Bell R. Reducing social isolation across the life course. London: Public Health England; 2015. www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation



Summary of discussion:

The group agreed that although this outcome does not feature in the strategy document it is detailed as part of a complementary suite of South Lanarkshire strategies including the work of the South Lanarkshire Community Planning Partnership and Strategic Housing Partnership Strategy. There was a discussion of how the cost of living crisis will impact the strategy and this outcome and the danger in people disengaging in their communities because of cost of living pressures.

Recommendations to consider:

- Ongoing work to strengthen town centres to promote the contribution of a place in enabling identity and work with communities and local businesses to promote this.

Feeling safe

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

Evidence and research:

- Perceptions of place feeling unsafe can lead to negative impacts on health, for example mental wellbeing and can reduce outdoor activities.³⁷
- Some groups within the population can have limited access to safe and well-maintained environments.³⁸

Summary of discussion:

The contribution of this outcome was covered under the Active Travel and Natural Space Outcomes.

³⁷ Lorenc T, Clayton S, Neary D, et al. Crime, fear of crime, environment, and mental health and wellbeing: mapping review of theories and causal pathways. *Health Place* 2012;18:757–765.

³⁸ INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity. www.inherit.eu/wp-content/uploads/2017/06/INHERIT-Report-A4-Low-res_s.pdf



Recommendations to consider:

There were no specific recommendations related to this outcome.

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 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.³⁹
- 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.⁴⁰
- Vacant and derelict land can negatively impact on health.⁴¹

Summary of discussion:

The group felt this outcome is well referenced in the strategy, and built on earlier conversations on 20-minute neighbourhoods, town centres, maintenance of buildings and spaces, and accessibility for different groups within the population. There was a sense that there needs to be better collaborative action with communities, the private and 3rd sectors to ensure places are attractive and well cared for. The costs of care and maintenance in the

³⁹ A connected Scotland: our strategy for tackling social isolation and loneliness and building stronger social connections. www.gov.scot/publications/connected-scotland-strategy-tackling-social-isolation-loneliness-building-stronger-social-connections/

⁴⁰ https://www.gcph.co.uk/assets/0000/4174/BP_11_-_Built_environment_and_health_-_updated.pdf

⁴¹ Maantay J. Derelict land, deprivation and health inequality in Glasgow, Scotland: The collapse of place. New York; 2013



current financial context were discussed, along with ensuring accessibility for all groups when we consider this outcome.

Recommendations to consider:

- Implementation could explore opportunities with Building Standards to assist business and other private owners with care and maintenance of buildings. Encourage buy-in from private business falling into disrepair.
- Implementation should promote a new approach to play area design such as prioritising natural play which requires less ongoing maintenance and ensure accessibility.

Influence and sense of control

Everyone is empowered to be involved a place in which:

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

Evidence and research:

- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing.⁴²
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas.⁴³
- Sense of control can be beneficial for mental health and quality of life.⁴⁴

⁴² What works to boost social relations. What Works Centre for Wellbeing; 2015. <https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/>

⁴³ Whitehead M, Pennington A, Orton L, et al. How could differences in 'control over destiny' lead to socio-economic inequalities in health? A synthesis of theories and pathways in the living environment. *Health & Place* 2016 39: 51-61

⁴⁴ Bell R. Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England/UCL Institute of Health Equity; www.instituteofhealthequity.org/resources-reports/psychosocial-pathways-and-health-outcomes-informing-action-on-health-inequalities



- Lack of a sense of control can lead to poorer health outcomes such as increased risk of heart disease, depression, anxiety and stress. ⁴⁵

Summary of discussion:

The group acknowledged that, as the strategy is high level, engagement has been with the local 3rd sector, social enterprises, businesses and organisations. The Community Wealth Building agenda and the new Social Enterprise Strategy also align with this outcome.

The group discussed ongoing engagement and dialogue with the wider community on the strategy and associated action plan. It was agreed that breaking the strategy into component parts and using existing mechanisms for community involvement would be useful for this.

Recommendations to consider:

- Continue to support involvement of the third sector and local social enterprises in achieving the strategy's aims, aligning with related Community Wealth Building and Social Enterprise strategies.
- Use existing mechanisms for ongoing dialogue with communities throughout the strategy's lifespan, making sure that all groups within the community have the opportunity to be involved. Break the strategy into its component parts for these conversations.

⁴⁵ Orton LC, Pennington A, Nayak S, et al. What is the evidence that differences in 'control over destiny' lead to socioeconomic inequalities in health? A theory-led systematic review of high-quality longitudinal studies on pathways in the living environment. *Journal of Epidemiological and Community Health* 2019 0:1-6

