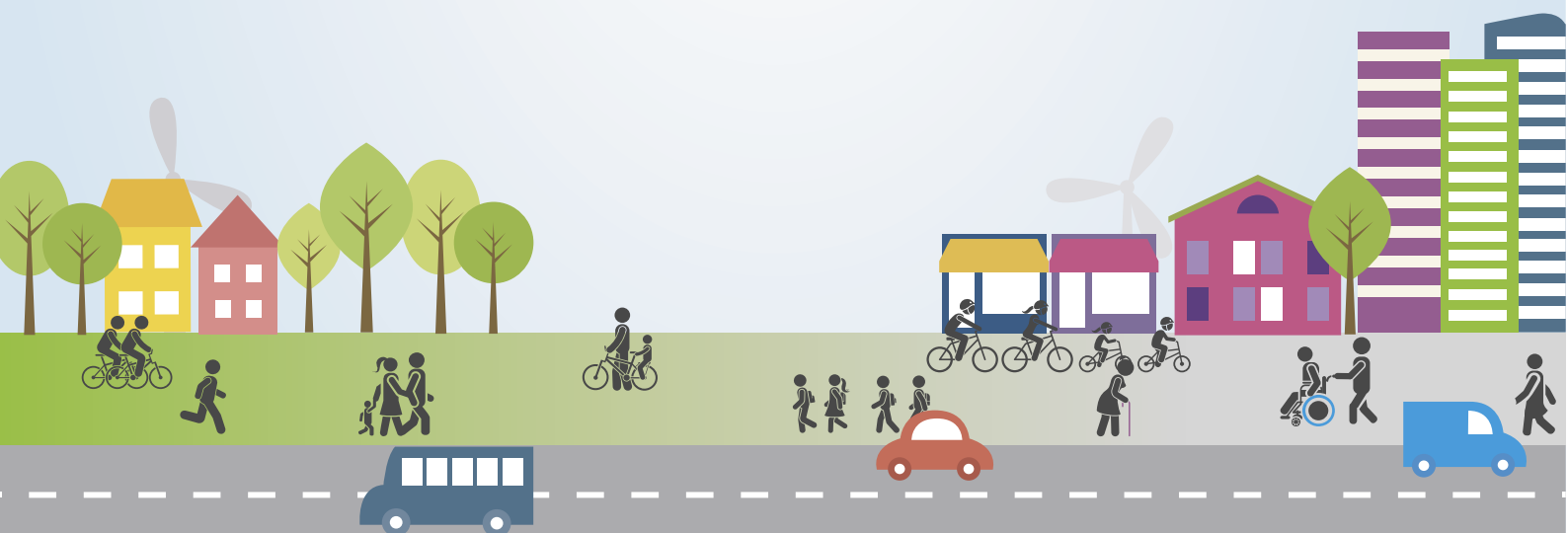


Shaping Places for Wellbeing Programme

Rutherglen Project Town

Burnhill Neighbourhood Plan 2020-2021
Place and Wellbeing Assessment Report



About the report

This is a report on a Place and Wellbeing Assessment held in February 2023 to support the refresh and implementation of the Burnhill Neighbourhood Plan and consider how the Shaping Places for Wellbeing Programme approach could be used to support Neighbourhood Planning across South Lanarkshire.

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 the current Neighbourhood Plan on creating a place that has a positive impact for those who live, work and relax there.

The Place and Wellbeing Assessment reviewed the priorities identified by residents and embedded in their 2020-2021 Neighbourhood Plan to consider their contribution to delivering all the features of a place that, if we get them right, enable those using that place to experience greater health and wellbeing. These features are referred to as the Place and Wellbeing Outcomes.

Participants at the assessment were asked to use their knowledge and expertise to consider how the future Burnhill Neighbourhood Plan can impact on creating a place that enables wellbeing. It is hoped that the outcome of this assessment process will:

- Provide a report that will support the refresh and implementation of the Burnhill Neighbourhood Plan.
- Provide recommendations that can be scaled to support other Neighbourhood Planning areas across South Lanarkshire.
- Form part of an ongoing process linking into other local strategies and plans which will bring in wider stakeholders, including the community.

This report begins with a Report Summary detailing the key themes emerging from the assessment process. This is followed by a summary of the plan 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 plan contribution to health and wellbeing. Included alongside these is relevant evidence and research papers that shaped the Place and Wellbeing Outcomes and the impact of each feature on people.



Report Summary

By setting out the community's priorities and highlighting the positive things happening locally, the Burnhill Neighbourhood Plan contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax there and in the wider Rutherglen area. The refresh of the Burnhill Neighbourhood Plan is an opportunity to broaden the contribution of place to wellbeing and to reducing inequalities.

The following broad themes were identified:

Communication and engagement

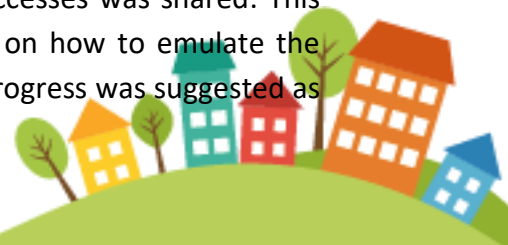
A joined-up approach to working is identified as essential going forward, requiring council departments to talk to one another as well as communities. The importance of bringing people together round a table from a variety of organisations and services was emphasised, as was identifying the gaps in terms of who is not there and how this can be tackled. The Healthy n Happy Community Development Trust are a valuable example of how the third sector can bridge the gap between community groups and public sector organisations to help greater understanding and collaboration.

The refreshing of the Burnhill Neighbourhood Plan provides an opportunity to set out where different stakeholders can come together and community views on how to achieve this. The opportunity to be heard by all organisations in relation to decisions being made locally is essential. New channels of communication should be established to ensure that all council departments are aware of what is coming directly from the community. The conversation also focused on how much it helps when you have a good relationship with council officers and what the impact could be with good relationships across all council departments. These relationships help to improve consultation and break down barriers related to language used.

Community assets

Conversations around community assets focused primarily on continuing to support what is working, identifying what is there, how assets are being used and if they are being used to full potential. The desire for quality over quantity was a theme that ran through much of the conversation around community assets where it was highlighted that, in relation to green spaces, there was an abundance but they are poor quality including dog fouling, broken glass and contaminated land. A lack of community consultation in relation to some assets was also outlined, which also outlined problems when a lack of joined up approach is taken.

The process of establishing the High Backs and celebrating the successes was shared. This success has led to numerous asks from others in the community on how to emulate the process. The development of a timeline of events, challenges and progress was suggested as



a time efficient way to share the group's knowledge and experience across Burnhill, Rutherglen, South Lanarkshire and Scotland.

Changing priorities

Members of the Burnhill Action Group shared some initial findings from the community engagement sessions that indicated a potential shift in priorities towards financial problems and housing improvements. These priorities may be subject to change following the community engagement process in the community. Where these changes in priorities occur it was recommended any reasons identified for them should be captured in the refreshed Burnhill Neighbourhood Plan. The value of asking communities for their thoughts on all of the Place and Wellbeing Outcomes was agreed as a useful approach to ensure consultation covers all the features that can enable the wellbeing of those living in Burnhill.



Summary of Burnhill Neighbourhood Plan

Burnhill Action Group are currently refreshing the Burnhill Neighbourhood Plan through a series of community engagement processes including a community survey. They are seeking to develop a refreshed plan that sets out the priorities for the Burnhill community as identified by residents and highlights the positive things going on in the community. To ensure progress is made in tackling the priorities the plan is updated on a yearly basis.

The neighbourhood plan describes Burnhill:

- Burnhill is a small community in Rutherglen that sits on the South Lanarkshire side of the border to Glasgow City Council.
- Burnhill is part of Ward 12 – Rutherglen Central and North.
- The housing in the area is made up of a mixture of houses and flatted properties.
- Burnhill has a very strong Action Group who deliver a variety of activities for the community.
- Burnhill has a population of approximately 3,300.

The history of the neighbourhood planning processes up to the first progress report in September 2021 are provided within the progress report.

- October 2019 – First Stakeholders meeting held.
- November to January 2020 – Consultation open, door to door conversations took place, school/group visits to encourage young people to take part.
- 230 people shared their hopes and aspirations for their area through the consultation.
- February to October 2020 – The Burnhill Neighbourhood Plan was produced, printed and delivered/shared to residents in the Burnhill community.
- Stakeholders' meeting regularly held to discuss future plans.
- May 2021 – Participatory Budgeting exercise £8,400 allocated to 2 local projects.
- September 2021 – first annual progress report published and shared with the community.

Links to Shaping Places for Wellbeing Programme Context

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 has on our health and wellbeing. This impact can be positive or negative and this Programme aims to ensure these unintended consequences are fully considered when we make decisions about a place.



All of the evidenced features that a place needs to exhibit for it to have a positive impact on health and wellbeing are set out in the Place and Wellbeing Outcomes. Our objective is to support delivery of these outcomes. 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 Shaping Places for Wellbeing Project Towns, Public Health Scotland's Local Intelligence Support Team (LIST) has been gathering data. This data will be used during the Shaping Places for Wellbeing Programme to highlight the people within each town who are being impacted most by poor health and wellbeing.

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

The LIST data for Rutherglen has highlighted a number of areas for focus. These are categorised under the following themes and more information can be found in the profile:

- Significant range of life expectancy variance between intermediate zones
- Rate of deaths aged 15-44
- Deprivation within intermediate zones varies significantly
- Drivers of hospitalisation and admissions
- Children
- Young Mothers
- Environment and access
- Economy



Participants

- Gillian Alexander, Sustainable Communities Engagement Officer, South Lanarkshire Council
- 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, Improvement Service
- Nicole Kane, Burnhill Action Group
- Lauren Love, Planning Officer, South Lanarkshire Council
- Lizzy McDonald, Burnhill Action Group
- Ann McLaughlin, Senior Health Improvement Manager, South Lanarkshire HSCP
- Aileen Murray, Community Planning Adviser, South Lanarkshire Council
- Jacqueline Queen, Community Engagement Officer, South Lanarkshire Council
- Heather Robertson, Community Engagement Officer, South Lanarkshire Council
- Niki Spence, Head of Sustainable Communities, Clyde Gateway
- Jan Taylor, Senior Team Leader – Transforming Communities, Health 'n Happy Community Development Trust
- Andy Whittet, Shaping Places for Wellbeing Project Community Link Lead – Rutherglen, Improvement Service
- Jade Watters, Burnhill Action Group
- Chloe McLean, Burnhill Action Group



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 The Pedestrian Pound, Living Streets [The Pedestrian Pound](#)

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. [INHERIT](#)



Summary of discussion:

It was agreed that more could be included in the Burnhill Neighbourhood Plan to promote everyone having access to opportunities to walk and cycle from their homes to other destinations in Rutherglen and beyond.

The group highlighted the many positives in relation to active travel and movement within Burnhill in general – the close proximity to Rutherglen Main Street/Town Centre, being well served with public transport links and Malls Mire Community Woodland contributing to the local green network.

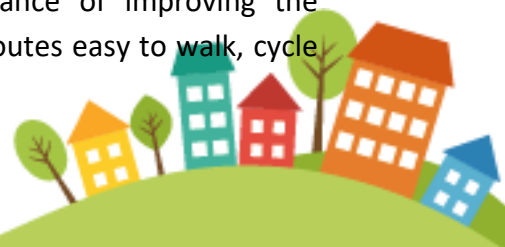
Although movement and active travel appeared to be less of a priority initially, following a discussion about what makes for a good active travel community issues were raised around community safety, repairs and maintenance of roads and footpaths, dog fouling on footpaths, a requirement for traffic calming measures and better street lighting.

The group reported that people have commented that footpaths are not suitable for wheelchairs due to cars being parked on the kerb and pavements not being in good condition which causes difficulty moving around. The Healthy n Happy walking group reported that wheelchairs were unable to get past cars parked on the footpath whilst other incidents were shared about the lack of maintenance leading to accidents.

There are good walking links in the community but low-level street lighting is an issue for feeling safe. The Garage Path referred to by the local residents is in good condition offering good connectivity but poorly maintained despite being an important route to Toryglen and accessing transport links. There was also concern about anti-social behaviour taking place along the Garage Path, including finding used needles. This anti-social behaviour increases in the summer months, especially since the benches were put in. This anti-social behaviour is an unintended consequence of benches put in to create an accessible, welcoming space for people.

Recommendations to consider:

- The Neighbourhood Plan include community thoughts on the current provision of walking and cycling options so everyone has equal access to leisure, public transport, town centre, social spaces and employment.
- The Neighbourhood Plan include reference to the Garage Path and the desire to connect with the relevant Council department to be included in decisions about upgrades, maintenance and improved lighting more generally.
- Include in the Burnhill Neighbourhood Plan the importance of improving the connectivity to facilities outwith Burnhill by making these routes easy to walk, cycle and wheel through.



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
- 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:

It was agreed that public transport was less of a priority for Burnhill due to the public transport service available but accessing these services could be improved.

The group reported a sense of *“feeling lucky”* in relation to public transport links and having Malls Mire Community Woodland close by. Bus stops and train station close by and a five-minute walk to Rutherglen Main Street are real positives for the community.

In digging deeper into the topic of public transport it emerged that although good bus and rail transport is available, being able to access them comes with some challenges including poorly maintained walkways and low-level lighting that causes safety concerns for some residents.

⁵ Cooper E, Gates S, Grollman C, et al. [Transport, health and wellbeing: An evidence review for the Department for Transport](#)

⁶ Gates, S. et al. (July 2019). [Transport and inequality: An evidence review for the Department for Transport](#)

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 [Aether Evidence Review](#)

⁸ Cooper E, Gates S, Grollman C, et al. [Transport, health and wellbeing: An evidence review for the Department for Transport](#)



Recommendations to consider:

- Highlight the routes that are important to the community in order for them to access public transport services as part of the Burnhill Neighbourhood Plan's focus on 'easier to get about/moving around'.
- Reference public transport in the Spaces section of the Burnhill Neighbourhood Plan to include information about the importance of safety and easy access.

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

Summary of discussion:

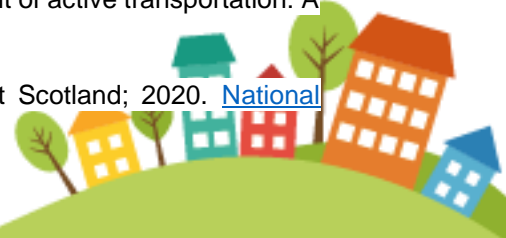
It was agreed that traffic and parking created problems locally and more could be done to address this.

Issues arising from traffic and parking were at times linked to Glencairn Football Club where positive conversations have already taken place with them to tackle issues relating to speed

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. [National Transport Strategy](#)



of cars in the area. Young people in particular have expressed concern about traffic and wanting less traffic in the area.

Discussions provided details that requests for traffic calming measures have been made but there remains a feeling that requests have not been listened to effectively. Responses received stated that 'speed bumps' were no longer an option.

Parking issues raised was in relation to cars parking on the footpaths which limited access for people in wheelchairs.

Recommendations to consider:

- Include in the Burnhill Neighbourhood Plan the need to discourage people from parking on pavements as this can impact on pedestrians and wheelchair users.
- Highlight the importance of prioritising streets for pedestrians within the Burnhill Neighbourhood Plan and the health benefits of this as outlined by the Place and Wellbeing Outcomes.
- The Neighbourhood Plan include reference to community concerns about speeding and a desire to connect with the relevant Council department to be engaged on what measures can be pursued to address this.

Spaces

Streets and spaces

Everyone can access:

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

Evidence and research:

- Mental wellbeing and quality of life is higher if the residents perceived their neighbourhood, including the buildings, as attractive. ¹²

¹² 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.



- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹³
- Inadequate or poor spaces can lead to reduced social interactions.¹⁴
- Walkable neighbourhoods can provide opportunities to socially interact.¹⁵

Summary of discussion:

It was agreed that more could be included in the Burnhill Neighbourhood Plan to promote everyone having access to improved streets and spaces.

The group shared an example of positive change and how it came about through young people writing letters and having bins put in, showing them that they can make a difference in the community.

The conversation often centred around the quality of the space rather than quantity. There was a recognition that there is an abundance of outdoor space in Burnhill but it is often of poor quality – contaminated land, dog fouling, litter, fly tipping. A lack of consultation in relation to plans and developments that affect streets and spaces was also highlighted – an example was given of trees planted in space where young people play.

The safety of streets and spaces was also raised with reference to low level street lighting. Young people in particular have mentioned this as a concern. This is affecting connectivity in the area for young people – despite having excellent public transport links. People feel uncomfortable using them. This is exacerbated further in the summer months due to anti-social behaviour on the Garage Path.

With both the community and sports centres closing there is recognition that the High Backs have “*changed everything*”, replacing using the local church.

The group refer to a ‘clean up’ group that has started in Burnhill which strengthens further the feeling of community spirit.

Underpinning much of the conversation around streets and spaces and in driving change are relationships and the importance of relationships with council officers. A desire exists to have this relationship across all council departments. There was also a strong emphasis on how the group shares the lessons learned in a meaningful way which can impact other communities.

¹³ Quality of Life Foundation. Quality of life literature review; 2019 [Quality of Life Foundation Review](#)

¹⁴ Public Health England. Reducing social isolation across the Lifecourse [Reducing social isolation across the life course](#)

¹⁵ Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. *Journal of Urban Design* 2019;24:1–48.



One key factor emerging is the issue of language and understanding the language used by council departments. Understanding this language is linked to getting things done by the council in relation to spaces and more generally.

Recommendations to consider:

- Include in the Burnhill Neighbourhood Plan the importance of streets and spaces that are well connected and maintained and how this also contributes to community safety and sense of feeling safe at home and in the community. Highlight that this outcome could be achieved by better lighting and maintenance enhancing the connectivity to transport links and Malls Mire Community Woodland.
- Include an ask in the Burnhill Neighbourhood Plan for identified links within the Council to work with them on the priorities identified by the community around streets, their use and how they link up to open green spaces.

Natural Space

Everyone can:

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

Evidence and research:

- There are wider environmental benefits to increasing natural space which can protect population health.¹⁶
- The type, size, quantity, quality, accessibility and proximity of natural spaces to where people live can influence whether infrastructures and spaces are used.¹⁷

¹⁶ INHERIT: exploring triple-win solutions for living, moving and consuming that encourage behavioural change, protect the environment, promote health and health equity [INHERIT](#)

¹⁷ Public Health England. Improving access to greenspace [Improving Access to Greenspace](#)



- Natural spaces can encourage social interactions and the development of stronger or more cohesive communities and can provide a sense of community and belonging.¹⁸
- Natural spaces impact health through increased physical activity, improved social connectedness and reduced stress.¹⁹
- Based on current waiting lists the strongest interest for food growing in South Lanarkshire is in Rutherglen, Cambuslang and East Kilbride.²⁰

Summary of discussion:

It was agreed that more could be included in the Burnhill Neighbourhood Plan to promote everyone having access to good quality natural spaces.

The Garage Path contributes to a green network in the area. There is also recognition of the abundance of natural spaces but use is limited due to maintenance and environmental hazards. A direct quote made; *“there is an abundance of green space but it is the quality of it that is the problem”*. Young people are not using the green spaces and the park due to dog fouling and broken glass. The widespread issues relating to chromium levels and contamination are also a factor in considerations around natural space.

Frustration also exists about the lack of community consultation about the allotments allocated to the area of the old sports centre, which reference to it going straight to planning. Whilst recognising the importance of allotments as a food growing space, the fact that they do not necessarily mean that local people will get to use them was raised.

A lack of community consultation about allotments or about the trees being planted on an area where young people play (see ‘streets and spaces’ above) leads to a lack of community buy-in. A comment received was that the allotment project may now have been withdrawn – this is to be confirmed.

Recommendations to consider:

- Include in the Burnhill Neighbourhood Plan the benefits to health and wellbeing of access to good quality green space as outlined by the Place and Wellbeing Outcomes.
- Include an ask for the local community to be updated on plans to redevelop the old sports centre site and consulted on any future development.

¹⁸ Hartig T, Mitchell R, de Vries S, et al. Nature and health. Annual Review of Public Health 2014;35:207–228

¹⁹ Carmona M. Place value: place quality and its impact on health, social, economic and environmental outcomes. Journal of Urban Design 2019;24:1–48.

²⁰ South Lanarkshire Food Growing Strategy [Food Growing Strategy](#)



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. ²¹
- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions. ²²
- There are health benefits of undertaking play and recreation in outdoor environments, in particular natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness. ²³

Summary of discussion:

It was agreed that access to good quality play and recreation areas should be included in the Burnhill Neighbourhood Plan.

Following closures to the sports centre, the huge impact the High Backs has had as a safe space for young people to play was shared. The otherwise poor quality of places for young people to play in was also shared by the group.

Play and recreation areas in Burnhill that are managed by different departments of the council creates confusion. Four places were listed as each being in different departments of the council's responsibility. One of the emerging requirements from this discussion is for each department to talk to each other as well as the community. This did however offer an opportunity for how other departments in the council can be made aware of what is going on locally.

The community are currently prioritising what they would like on the area/site that is contaminated (see also "Natural Space" discussion above).

²¹ Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. [National Transport Strategy](#)

²² Getting it Right for Play. Play Scotland. [Getting it Right for Play](#)

²³ Getting it Right for Play. Play Scotland. [Getting it Right for Play](#)



Communication emerges as a key theme throughout the Spaces conversation; connecting people with the correct parts of the council; improving the consultation used by council departments and being able to influence decision making of the council.

Recommendations to consider:

- Include the community priority for more good quality, well-maintained play and recreation spaces in the Burnhill Neighbourhood Plan.
- Highlight in the Plan local people's ask for key stakeholders to talk to each other as well as the community to support this priority.
- Include in the Plan an ask for support to help local people identify realistic options for use of the contaminated 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.

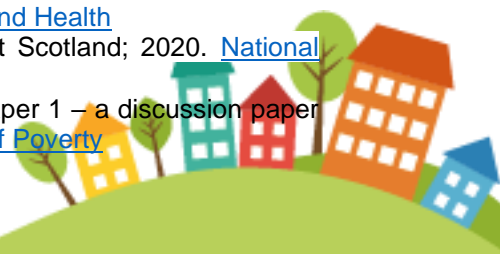
Evidence and research:

- People need local facilities and services to live and enjoy healthy independent lives.²⁴
- Accessibility to services can be exacerbated by poor transport links and safety of wider environment.²⁵
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.²⁶

²⁴ Spatial Planning and Health. Institute of Health Equity [Spatial Planning and Health](#)

²⁵ Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020. [National Transport Strategy](#)

²⁶ Scottish Government. Building the evidence base on tackling poverty paper 1 – a discussion paper on the drivers of poverty. Edinburgh: Scottish Government; 2017. [Drivers of Poverty](#)



Summary of discussion:

It was agreed that there is a lack of services being delivered in Burnhill and that more could be done around the importance of access to services and support.

There is much positivity about the potential for the High Backs in increasing the services and support available to people in Burnhill. Discussions focused on there being a lack of services delivered in Burnhill – no health care provision, no sports centre.

Services and support resources in relation to tackling anti-social behaviour was identified along with the need for early intervention in partnership with other organisations.

Having resources offering support linked to income and poverty is needed, with current resources not meeting the need. There is a feeling that during the neighbourhood planning process that people might not be comfortable talking about income status or employment when asked. Therefore, the neighbourhood plan process might be skewed by what people are comfortable talking about. There is hope that the cost of living crisis will mean that people are more willing to talk about it as *“people are in the same boat”*.

The main focus of discussion around health resources was on the low uptake of cancer screening. The conversation addressed some of the reasons why that might be and raised the question of who is best to engage with to drill beneath the issues around cancer screening uptake. Existing good work to improve uptake of cancer screening in partnership with Healthy n Happy and Health Improvement was highlighted.

The importance of community development workers in connecting council services with the community was highlighted as essential.

Recommendations to consider:

- Include an ask in the Burnhill Neighbourhood Plan for more services and support to be delivered locally, highlighting financial wellbeing, health, and tackling anti-social behaviour as priority areas for this identified by the community.
- Highlight the cancer screening uptake programme as a health enhancing service delivered locally as an approach which could be built on.
- Burnhill Neighbourhood Plan to include reference to the old sports centre site and community desire to engage with the relevant Council departments on its future (see also “Natural Space” above).



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.²⁷
- Unemployment can be harmful to health and the longer unemployed the worse the health outcomes.²⁸

Summary of discussion:

It was agreed that more could be done to promote everyone having access to work and supporting a local economy.

The proximity to Rutherglen Main Street and local transport routes were identified as a positive aspect in relation to accessing employing and training opportunities.

The conversation also covered aspects of the Enterprise Programme, already delivered at the High Backs, and how best to support young people to take part - particularly young people who are not currently engaging with services.

The difficulties in online learning programmes were outlined along with the value of open learning sessions in the community.

²⁷ Local Government Association. Nobody left behind: maximising the health benefits of an inclusive local economy. London: Local Government Association; 2019.

²⁸ Tinson, A. What the quality of work means for our health The Health Foundation (2020) [Report Link](#)



Recommendations to consider:

- Include in the Burnhill Neighbourhood Plan the positive example of the High Backs offering a space for programmes like the Enterprise Programme to work with local young people as an approach that can be built on.
- Highlight in the Plan the importance of safe, well-maintained access routes to transport links and other areas in increasing opportunities for good paid and unpaid work (see also “Streets and spaces”, “Public Transport” and “Active Travel” above).

Housing and community

Everyone has access to:

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

Evidence and research:

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

²⁹ Health Equity. The Health Foundation [The Marmot Review](#)

³⁰ Jones R. The built environment and health: an evidence review; 2013. [The built environment and health](#)

³¹ Higgins M, Cain T, Lowther M, et al. 50,000 affordable homes: A health impact assessment. Edinburgh: Scottish Health and Inequalities Impact Assessment Network and Scottish Public Health Network (ScotPHN); 2017.



Summary of discussion:

It was agreed that 'housing' should become a standalone priority within the Burnhill Neighbourhood Plan.

Through the neighbourhood planning engagement process it emerged that housing is such an important topic locally that this should become a standalone priority of 'Housing improvement' within the Neighbourhood Plan rather than grouped with 'Physical environment and housing improvements' as was done previously.

Potential solutions to highlighting issues relating to housing before they become more of a problem was a significant part of the conversation. It was suggested that housing officers need to be "*on the beat*" more and that this could help to identify current and future issues.

There is a strong feeling in the discussions that a lack of adequate housing exists with houses not being wind or watertight. There is also an identified need for more council houses with a priority on three- and four-bedroom houses and council house allocation to locals.

Frustrations exist about timelines not being given for repairs, with examples provided about windows to be replaced but with no time frame for completion. Whilst some houses have had repairs and maintenance done to the outside (roughcasting) the insides of houses have not been improved. This led to a discussion about the links between housing and mental health, if people feel "*ashamed of housing both internally and externally*".

There was also a brief conversation around the outside of houses and how gardens and outdoor spaces looked, with the hanging baskets project mentioned.

During this conversation on housing and community focus was given to the new Local Place Plans and the Open Space Strategy.

Recommendations to consider:

- Make 'Housing improvements' its own standalone priority within the Burnhill Neighbourhood Plan instead of being grouped with 'Physical environment and housing improvements'. Physical environment should remain also as a standalone priority.
- Include an ask for housing officers, and relevant officers from other council departments, to engage regularly with the community to support this priority. Include the role of Healthy n Happy Community Development Trust as a key contact.
- Implementation of the Plan should consider if a Local Place Plan could support this priority.



Civic

Identity and belonging

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

Evidence and research:

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

Summary of discussion:

It was agreed that Burnhill Neighbourhood Plan should reference the importance of identity and belonging in the community.

There is a real sense of community spirit and pride in the local community and what has been achieved with the development of the High Backs and other programmes. People want to continue to live in the area and raise their families there, which is why there are calls for bringing the council stock of houses to a level that is more sustainable.

The High Backs has provided all generations in Burnhill with a place to participate and interact positively with others, a space that had been missing.

Recommendations to consider:

- Burnhill Neighbourhood Plan should reference the importance of identity and belonging in the community, and the health benefits of a positive sense of identity and belonging as outlined in the Place and Wellbeing Outcomes.

³² Quality of Life Foundation. Quality of life literature review; 2019 [Quality of Life Foundation Review](#)

³³ The Zubairi Report. Voluntary Health Scotland [The Zubairi Report](#)

³⁴ Durcan D, Bell R. Reducing social isolation across the life course. London: Public Health England; 2015. [Report link](#)



- Highlight examples contributing positively to the Burnhill community's sense of identity and belonging such as the High Backs project.

Feeling safe

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

Evidence and research:

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

Summary of discussion:

It was agreed that the Burnhill Neighbourhood Plan should include how people perceive places in relation to safety.

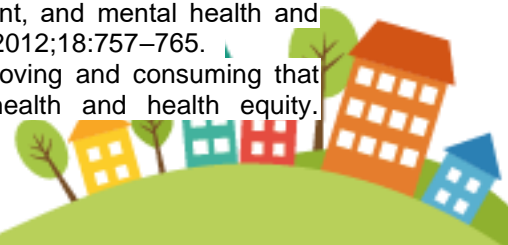
Much of the focus around community safety was covered in the discussion around *Spaces* and *Movement* with emphasis being on traffic calming measures, low level lighting and anti-social behaviour on the Garage Path. A safe space for young people to play is a key theme emerging from the discussion.

Recommendations to consider:

- Burnhill Neighbourhood Plan to reference the importance of people having access to safe and well-maintained local environments.
- See also recommendations under 'Streets and spaces' above

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

³⁶ 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. [INHERIT](#)



Stewardship

Care and maintenance

Everyone has access to:

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

Evidence and research:

- If people perceive their neighbourhoods as being poorly maintained with high levels of environmental incivilities they are likely to experience worse health outcomes such as lower levels of mental wellbeing. ³⁷
- Vacant and derelict land can negatively impact on health. ³⁸

Summary of discussion:

It was agreed that care and maintenance of buildings, spaces and routes in in Burnhill should be included in the Burnhill Neighbourhood Plan.

The development of the High Backs is in response to a recognised community need and a direct response to the existing Burnhill Neighbourhood Plan which had more leisure and social opportunities as the top priority.

The litter clean up group is an asset for the local community, as are good relationships with the council Grounds team. The Neighbourhood Planning process has contributed to strengthening that relationship.

Fly tipping and litter continue to be a problem locally. There has been some success discussed around bins being put in as a result of young people writing letters.

Open spaces and main routes for public transport access require maintenance to encourage use of public transport services and local access. As better financial wellbeing looks to be the

³⁷ Jones R. The built environment and health: an evidence review; 2013. [The built environment and health](#)

³⁸ Maantay J. Derelict land, deprivation and health inequality in Glasgow, Scotland: The collapse of place. New York; 2013



top priority in the upcoming refresh of the Burnhill Neighbourhood Plan, having spaces and routes that are responsive to meeting this as a priority needs to be considered.

Recommendations to consider:

- Include the importance of care and maintenance of buildings, spaces and routes within the Burnhill Neighbourhood Plan with examples of the impact of not doing so.
- Highlight in the Plan the need for well-maintained spaces and routes to transport links to support the identified priority of better financial wellbeing.

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.³⁹
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas.⁴⁰
- Sense of control can be beneficial for mental health and quality of life.⁴¹

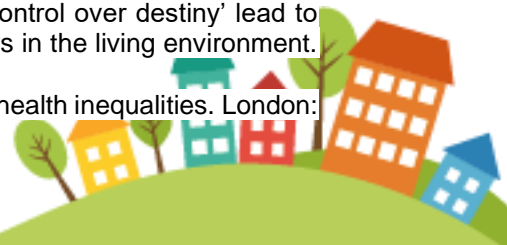
Summary of discussion:

It was agreed that the importance of influence and sense of control should be highlighted in the Burnhill Neighbourhood Plan.

³⁹ What works to boost social relations. What Works Centre for Wellbeing. 2015. [Report link](#)

⁴⁰ 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

⁴¹ Bell R. Psychosocial pathways and health outcomes: Informing action on health inequalities. London: Public Health England/UCL Institute of Health Equity; [Report link](#)



The development of the High Backs is a great example of a community organisation co-producing a local solution to identified local issues. Through the neighbourhood planning process people are having a greater say in what the priorities are in Burnhill and how they should be addressed.

The importance of communication is raised again within the area of influence and control both with council departments but also with other community groups. A desire exists to share how Burnhill has made the changes it has to increase the confidence of other groups to do the same, but this takes time.

The discussion focused on what communication and engagement of the future would look like and the desired outcome, with *“blurring the lines”* between planner, NHS, Health Improvement –and recognising that it should be whoever is best placed to work with whatever group in that situation.

Recommendations to consider:

- Include the importance of influence and sense of control in the Burnhill Neighbourhood Plan, and the health benefits of a positive sense of influence and control as outlined in the Place and Wellbeing Outcomes.
- The Plan highlight the positive impact of working together with Healthy n Happy Community Development Trust and council officers to tackle local issues. Use this example to encourage stronger relationships with other Council teams.
- Statutory services and processes have become engaged because of the volunteers and the impact they have had. Highlighting this in the Neighbourhood Plan could support and encourage this approach elsewhere.
- Develop a way to capture the process that Burnhill Action Group has gone through in a timeline that is shareable with other community groups and organisations, saving time for the Burnhill Action Group members and increasing confidence in other groups that it is possible.
- Continue to encourage community involvement in the refresh and implementation of the Plan.

