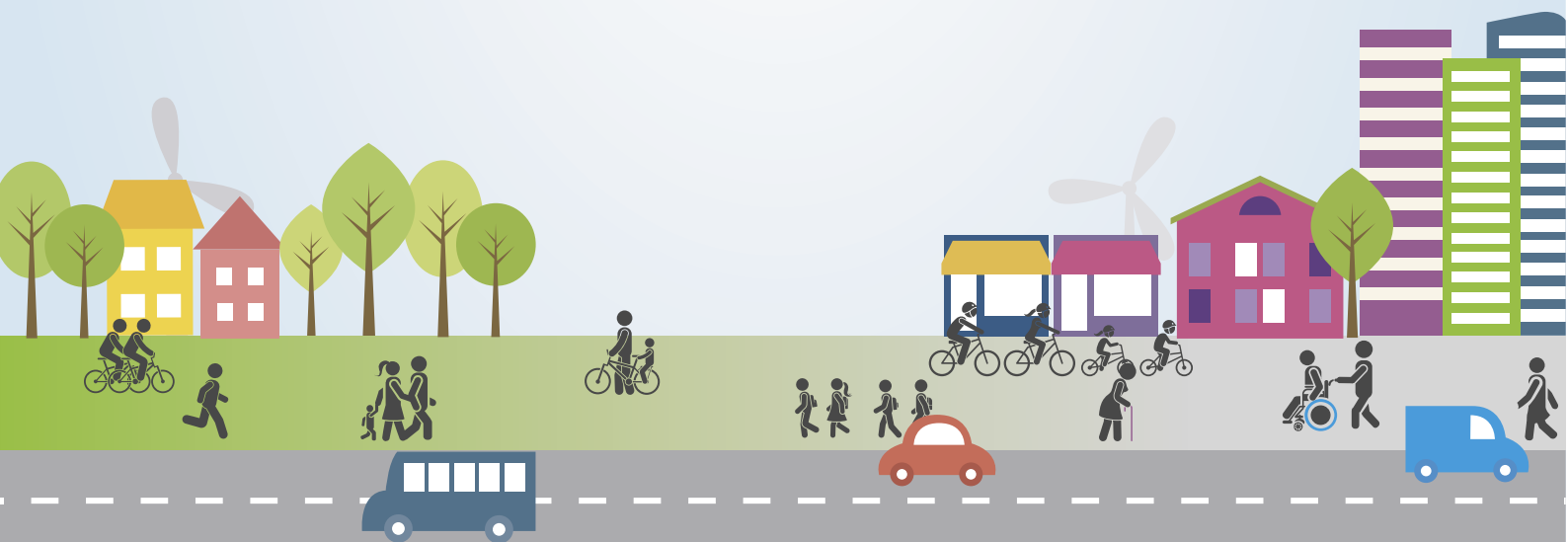


Shaping Places for Wellbeing Programme

Dunoon Project Town

Argyll and Bute Local Policing Plan

Place and Wellbeing Assessment Report



About the report

This is a report of a Place and Wellbeing Assessment held in June 2023 to review the Argyll and Bute Local Policing Plan 2023-2026. The Place and Wellbeing Assessment aims to build on the strengths of the plan and produce recommendations that will support the quarterly review of the Local Policing Plan.

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. This paper is the output of one of these assessments.

Place and wellbeing outcomes



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

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

- People experiencing addictions
- People living in the bottom quintile of the Scottish Index of Multiple Deprivation
- People aged 15 – 44 who are at risk of early death
- People living in poverty, particularly the effects of income inequality



Background to the Argyll and Bute Local Policing Plan

The assessment focused on the draft Argyll and Bute Local Policing Plan, which was consulted on in January-February 2023 and approved in May 2023. It will be published in summer 2023. The Plan is reviewed on a quarterly basis and this report will feed into the next review.

The Plan is framed around the strategic outcomes in the Annual Police Plan and priorities of the plan are set from a combination of the Your Police survey open throughout the year and information from Police Scotland systems and crime trends. The activities reflect how these will be carried out in partnership locally.

The assessment reviewed all activities in the plan and their contribution to the place and wellbeing outcomes.

Links to Shaping Places for Wellbeing Programme

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

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

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



Navigating the document

Read the [Report Summary](#) (**Page 5**) for an overview of the key themes from the assessment.

Find the [Recommendations](#) (**Page 6**) for the review of the Argyll and Bute Local Policing Plan.

Read the Summary of Discussion by Place and Wellbeing Outcome (**Page 9**) for further detail. It lists the key evidence and research and a summary of the discussion that took place.

- [Movement](#) – page 9
- [Spaces](#) – page 15
- [Resources](#) - page 20
- [Civic](#) - page 25
- [Stewardship](#) - page 27

[Appendix 1](#): lists the participants.



Report Summary

The Argyll and Bute Health Local Policing Plan contributes to delivering and supporting many of the aspects of a place that enable the wellbeing of those who live, work and relax in Dunoon and the wider Argyll and Bute Council area. The review of the Argyll and Bute Local Policing Plan is an opportunity to broaden the contribution of place to both overall wellbeing and to reducing inequality in communities.

The following broad themes were identified:

- There are very strong partnerships and joint working identified throughout the plan. Building on the partnership with education, preventative work arose regularly in the recommendations, in particular opportunities for shared learning with the Planet Youth programme. Opportunities for strengthening partnership work with community groups were also highlighted.
- The complex challenges of supporting people with mental health issues in crisis, with limited resources, was a strong theme and highlighted the need for partnership working across police, health services and education in particular. Opportunities for further training, resource sharing and collaboration came up through the discussion. There was also discussion about environmental factors in mental wellbeing and the opportunities to share insight on what supports people to safely access public spaces and natural space.
- Addressing the needs of young people to feel safe was highlighted under a number of themes including active travel, public transport, spaces and resources. This included tackling perceptions that young people's presence in public space was by default, anti-social and highlighted the need for more intergenerational work.
- The pioneering local work supporting people with dementia was highlighted as being important in keeping people active and social. There was a suggestion that it could be broadened to include sharing learning about people's needs for safely navigating the built environment.
- The specific challenges of policing a remote, rural and island locations was raised in terms of visibility to communities, recruitment of officers due to the availability of affordable homes, road and water safety of visitors. Locally appropriate solutions are needed to these and building on partnerships to further insight and influence local and government strategies was suggested.



Recommendations

1. Strengthen references in the plan to active travel and the role in early prevention in increasing safety of people moving around through walking, wheeling and cycling. Also, the wider benefits in terms of supporting people to access leisure and social opportunities. This could include partnership working with the Council on positive messages about active travel routes.
2. Include a reference in the plan to the Argyll and Bute Active Travel Strategy which is being developed and the opportunity to share insight and data on safety including conflict with and between pedestrians and cycles to help identify specific locations to focus prevention work on.
3. Identify further work with partners, including Planet Youth project to encourage and support young people to cycle and identify barriers to participation.
4. Include reference to partnerships with local organisations around the maintenance of cycles for officers and identify potential to engage with initiatives to promote cycling amongst young people.
5. Strengthen references in the plan to safety on public transport and specific groups who would benefit from this, as well as existing partnerships with transport providers.
6. Review youth engagement on personal safety and identify opportunities to include more information about safety on public transport, including link with active bystander training. Investigate opportunities for inclusion in the plan of a specific campaign about safety on buses, particularly the rural aspect of journeys.
7. Identify opportunities to work with community organisations and forums to share learning on increasing safety on public transport.
8. Include in the plan an intention to work with tourist board and other tourism organisations on road safety awareness for people visiting the area.
9. Include references in the plan to the benefits to wellbeing of reducing road speeds and opportunities to work with the Council on upcoming legislation around 20 mile per hour limit.
10. Include in the plan an intention to work together with the Council on the implementation of pavement parking legislation including identification of streets suitable for exemption.
11. Include references to partnerships with community groups regarding messaging about impacts of speeding and supporting investment in interventions that increase road safety.
12. Strengthen references to safety in public spaces in the plan and working in partnership to share insight on barriers to access which Council's Open Space Strategy, for example.



13. Highlight in the plan the importance of accessible and welcoming spaces to divert young people in particular from harmful behaviours. Identify opportunities to support community conversations with young people about what they need from public spaces through youth engagement officers and organisations such as Live Argyll.
14. Identify opportunities for intergenerational work with partners to share perceptions of feeling unsafe and highlight issues that the police could support with. This could be a potential area for a community organisation to lead on. The plan could highlight work already taking place with police youth volunteers to increase visibility of young people using space as citizens.
15. Include in the plan references to the importance of safe, familiar and navigable spaces for people with dementia and t opportunities to share data with partners who could influence the shaping of dementia friendly environments such as Planning.
16. Strengthen use of greenspaces on Police Scotland estates in the plan by including an intention to enhance the quality and accessibility of open space around facilities. This could include identifying opportunities for increasing biodiversity and food growing, which would link with the upcoming Climate Change Strategy and fostering stronger links with the community.
17. Further strengthen the Summer Safety Plans by including more community involvement and increasing understanding about different perceptions of safety
18. Include in the plan, the benefits to mental wellbeing of access to natural spaces and identify further partnership work on insight to help increase opportunities for safe access.
19. Local Authorities are being asked to do play sufficiency assessments as part of the Open Space strategies. The plan could include an intention to work with the Council and support with sharing of insights about safety and the importance of play spaces as part of contributing to Planet Youth work.
20. Strengthen the opportunities in the plan to work in partnership with community and statutory organisations to support people with mental health issues through signposting, training and sharing resources. This could include highlighting in the plan the resources available through the NHS Mental Health Hub
21. Highlight in the plan the benefits of shared learning from the Distress Brief Interventions with community partners to help identify possible improvements.
22. Highlight in the plan the role of the Police as corporate parents and the work of their Youth Engagement Officers on building trusted relationship to support young people, including those who are in care establishment homes, in engaging in their learning environments and addressing anti-social behaviour in schools
23. Include in the plan an intention to consider the disposal of assets surplus to requirements and the opportunities to support long-term prevention by better meeting community need in terms of spaces.



24. Improve the alignment in the plans with other workforce plans, focusing on sharing data on barriers to recruitment. Identify any joint initiatives to tackle the challenges related to rural recruitment.
25. Expand on the role of place in the plan in relation to keeping people with dementia safe. Opportunity for the police to link with spatial planning in the Council to share knowledge about safety and community support, the positive contribution of distinct, varied walking environments and housing areas that enable people to age in place with a mix of house size and type.
26. Highlight in the plan the work being done on Secured by Design and identify opportunities to share insight on housing design and safety with relevant partner organisations to influence new developments.
27. Include in the plan the benefits of increasing understanding through shared data and learning about the causes and triggers of homelessness in the prevention of mental ill health.
28. Include in the plan an intention to share insight on housing needs with other statutory organisations experiencing similar issues related to recruitment and third sector organisations collating data on housing need.
29. Include reference in the plan to the importance of a sense of place and landmarks for navigation in supporting people with dementia to lead active lives. Identify opportunities to share insight on experiences of dementia to inform public realm improvements and investment in the built environment.
30. Highlight in the plan the joint work on See Me See Change training and the benefits to young people's sense of belonging.
31. Highlight in the plan the wider benefits of police attending community events, being part of the community and building relationships so people feel able to approach them.
32. Include more explicit mention of opportunities for community partnership work and the benefits to increasing communication and building relationships within the plan
33. Include in the plan longer-term preventative action on the maintenance of public spaces including engaging young people in identifying potential issues and solutions.
34. Alignment with other plans and strategies could be highlighted throughout the plan to further strengthen the role of partnership working.
35. Highlight in the plan work to engage older men through linking with the fire service as an example.
36. Include more reference in the plan to mechanisms for community groups and organisations such as forums and partnerships to help identify gaps in services and vulnerable groups



Outline of Discussion and Recommendations by Place and Wellbeing Outcome

Movement

Active Travel

Everyone can:

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

Evidence and research:

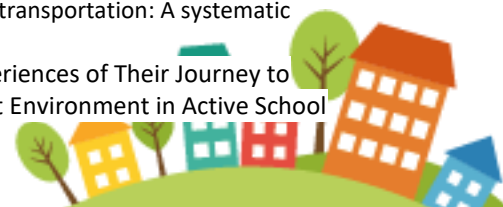
- Active travel has been associated with reduced risk for all-cause mortality and improvements in mental health.¹
- Evidence that older people appeared to have greater benefits if they started undertaking active travel compared to younger people.²
- Motorised transport has the potential to reduce levels of physical activity and social interactions.³
- Designing for pleasant experiences and safer journeys can promote automatic motivation and positive attitudes among children towards active travel, physical activity and engagement with their local neighbourhoods ⁴

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

² Health impact assessment of active transportation: A systematic review <https://pubmed.ncbi.nlm.nih.gov/25900805/>

³ 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

⁴ Nafsika Michail, Ayse Ozbil, Rosie Parnell and Stephanie Wilkie. Children's Experiences of Their Journey to School: Integrating Behaviour Change Frameworks to Inform the Role of the Built Environment in Active School Travel Promotion. 2021 <https://www.mdpi.com/1660-4601/18/9/4992>



- One third of Scotland's households do not own a car and this increases to half the households in deprived areas.⁵

Summary of discussion:

The focus of the discussion was on road safety and how people feeling safe is an important factor in taking up active travel. Agreed that there is an opportunity in the plan to build on the work that police are already doing around active travel and road safety such as Operation Close Pass and Lose the Blinkers campaigns. Noted there is an ambition to expand the work around bike security and safety, particularly with youth engagement officers.

It was acknowledged that there is limited data about points of conflict between cars, cycles, horse riders and pedestrians as many incidents are likely not reported. To help with this people are encouraged to share insights through events, social media and police attending community councils etc. The plan could identify opportunities to use this and partner data such as Hands Up Scotland survey to identify areas of focus.

In the discussion it was raised that investment in active travel is a long-term preventative strategy to increasing road safety and promoting healthy behaviours. It also addresses inequality for those who don't have access to a car, particularly the half of all households living in areas of deprivation and all young people. It was agreed on the importance of working with schools to encourage active travel, highlight road safety and support cycling proficiency. Specifically, it was highlighted that active travel could enable more young people to engage in positive activities which prevent harmful behaviours. This links with the Planet Youth project to explore effective ways to increase uptake of cycling, which had been identified by young people as a priority. Noted that work was already underway to identify sports ambassadors to encouraging young people to take up active travel.

Included in the plan, is support for officers to use pedal cycles where appropriate. It was highlighted that this works well for community events and has the multiple benefits of increasing the wellbeing of officers, reducing emissions and increasing visibility and approachability. It was noted that maintenance agreements for the pedal cycles are often in place with local organisations, which supports the local economy.

Recommendations to consider:

- Strengthen references in the plan to active travel and the role in early prevention in increasing safety of people moving around through walking, wheeling and cycling.

⁵ <https://www.sustrans.org.uk/media/11397/cost-of-living-report.pdf>



Also, the wider benefits in terms of supporting people to access leisure and social opportunities. This could include partnership working with the Council on positive messages about active travel routes.

- Include a reference in the plan to the Argyll and Bute Active Travel Strategy which is being developed and the opportunity to share insight and data on safety including conflict with and between pedestrians and cycles to help identify specific locations to focus prevention work on.
- Identify further work with partners, including Planet Youth project to encourage and support young people to cycle and identify barriers to participation.
- Include reference to partnerships with local organisations around the maintenance of cycles for officers and identify potential to engage with initiatives to promote cycling amongst young people.

Public Transport

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

Evidence and research:

- Rural and island areas often rely more on public transport because they have to travel further to access services and employment⁶
- Public transport has the potential to improve access to services and facilities and connect communities.⁷
- Certain groups in the population are disproportionately affected by the lack of available and affordable public transport.⁸
- Public transport has the potential to encourage active travel⁹

⁶ Scottish Government. Building the evidence base on tackling poverty www.gov.scot/publications/drivers-of-poverty/

⁷ 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

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

⁹ Davis A, Rye T, Pressl R, et al. Linking transport and health in SUMPs. How health supports SUMPs. Topic guide produced for European Platform on sustainable urban mobility plans (SUMPS). www.eltis.org/mobility-plans/topic-guides-0



- Community transport offers a range of health benefits, including improved access to
- Safety and comfort on public transport is a concern for young people, particularly young women and people with disabilities ¹¹

Summary of discussion:

Public transport isn't specifically mentioned in the plan and the focus of discussion was on the importance of everyone feeling safe on public transport to encourage its use. It was raised that large groups of young people on public transport can be intimidating but also that young people themselves often feel unsafe, particularly travelling in the evening. The work by the Scottish Youth Parliament on young people feeling safe on buses in Argyll and Bute was highlighted. Police Scotland Youth engagement officers cover personal safety; suggested there could be an opportunity to include review of transport safety. Potential to link with 'Mentors In Violence Prevention Programme' which uses active bystander training that is being rolled out in schools to tackle violence.

It was highlighted that uptake of active travel in rural areas can be dependent on having good connections with public transport, given many journeys might cover long distances and active travel isn't possible for the whole journey. It was noted that there are good links already between the police and local transport providers.

Recommendations to consider:

- Strengthen references in the plan to safety on public transport and specific groups who would benefit from this, as well as existing partnerships with transport providers.
- Review youth engagement on personal safety and identify opportunities to include more information about safety on public transport, including link with active bystander training. Investigate opportunities for inclusion in the plan of a specific campaign about safety on buses, particularly the rural aspect of journeys.
- Identify opportunities to work with community organisations and forums to share learning on increasing safety on public transport.

¹⁰ [Research into the Social and Economic Benefits of Community Transport in Scotland](#)
– Transport Scotland 2015

¹¹ Scottish Young Parliament. All Aboard 2019. <https://syp.org.uk/wp-content/uploads/2019/09/All-Aboard-final-report-no-bleeds.pdf>



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 increase air and noise pollution and greenhouse gases.¹²
- Parking should be prioritised for people who don't have other options.¹³
- Cars can help people to access services and communities.¹⁴
-
- People with worst perceptions on traffic and impact on walking have lower wellbeing¹⁶

Summary of discussion:

The focus of the discussion was about highlighting the impacts of speeding and reducing speeds as well as encouraging safer driving. It was raised that road traffic accidents often involve visitors who are unfamiliar with the roads and older people with conditions that impacted on their safety as road users. Noted that working with GPs on issues of social isolation of older people was included in the plan.

¹² Transport Scotland. National Transport Strategy. Edinburgh; Transport Scotland; 2020.

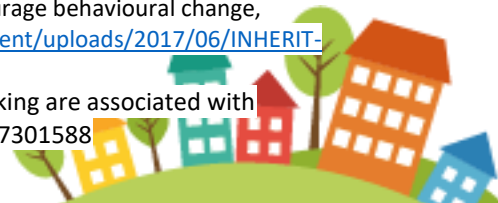
www.transport.gov.scot/our-approach/national-transport-strategy/

¹³ Transport use, health and health inequalities: The impact of measures to reduce the spread of COVID19. <https://publichealthscotland.scot/downloads/transport-use-health-and-health-inequalities-the-impact-of-measures-to-reduce-the-spread-of-covid-19/>

¹⁴ 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

¹⁵ 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

¹⁶ Perceptions of road traffic conditions along with their reported impacts on walking are associated with wellbeing . 2019 <https://www.sciencedirect.com/science/article/pii/S2214367X17301588>



The importance of partnership working in this area was emphasised as there is no longer a dedicated Road Safety Team in the Council. Noted that there is an intention to set up a road safety collaboration partnership group between the Police and Council.

Upcoming legislation on pavement parking and 20mph speed limits in residential areas was considered to raise different issues in Argyll and Bute compared with more urban areas. Agreed that partnership with the Council could be further highlighted in the plan: sharing data could support place-based feedback to Government and identify focus areas.

It was agreed that access to a car was important for some people's mental health in terms of reducing social isolation, particularly in rural areas. Links with GPs and the provision of community transport was discussed as important for people who were no longer able to drive safely. However, it was noted that access to community transport was often limited by a need to book in advance due to small fleets.

Agreed there was scope for longer-term involvement of the community in creating cultural shifts and supporting interventions in monitoring road safety. Noted that efforts had been made to train local volunteers in speed monitoring but there hasn't been good uptake. Discussed getting more community input with messaging about the impacts of speeding.

Recommendations to consider:

- Include in the plan an intention to work with tourist board and other tourism organisations on road safety awareness for people visiting the area.
- Include references in the plan to the benefits to wellbeing of reducing road speeds and opportunities to work with the Council on upcoming legislation around 20 mile per hour limit.
- Include in the plan an intention to work together with the Council on the implementation of pavement parking legislation including identification of streets suitable for exemption.
- Include references to partnerships with community groups regarding messaging about impacts of speeding and supporting investment in interventions that increase road safety.



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:

- Evidence that mental wellbeing and quality of life was higher if the residents perceived their neighbourhood, including the buildings, as attractive.¹⁷
- Navigable streets and spaces allow people to move around easily, safely and access facilities and services.¹⁸
- Inadequate or poor spaces can lead to reduced social interactions.¹⁹
- Intergenerational connection and sharing of resources to support health, including the sharing of community assets, can strengthen communities.²⁰
- Partnerships in place-keeping which involve communities can bring benefits that individual partners cannot achieve alone.²¹

Summary of discussion:

There is limited reference to spaces in the plan and the focus of the discussion was on the use of public spaces for social interaction and leisure activities, and how accessible and safe people feel they are. The common perception that young people gathering in public spaces are causing anti-social behaviour was raised but noted that there is limited evidence of that. Planet Youth data indicated that alcohol consumption is generally more likely to happen in private houses rather than public spaces, for example.

¹⁷ 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.

¹⁸ 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

¹⁹ Public Health England. Local action on health inequalities: reducing social isolation. 2015 <https://www.gov.uk/government/publications/local-action-on-health-inequalities-reducing-social-isolation>

²⁰ Public Health England. Local action on health inequalities: reducing social isolation. 2015

²¹ Place-keeping in action: Evaluating the capacity of green space partnerships in England, 2015 <http://dx.doi.org/10.1016/j.landurbplan.2015.03.004>



It was raised that often people don't have equal access to spaces because of their design (including lighting) or the transport to get to them. Young people in particular often rely on being transported to social and leisure activities by carers. There was agreement that different types of spaces are needed to support different activity and that safe, accessible, welcoming and inviting spaces for social and leisure activity can support healthy choices and avoid harmful behaviours. There was the suggestion that intergenerational work to share experiences and perceptions of safety in public spaces could be really beneficial. Potential work has been discussed involving young people doing safety walk arounds, which could also help people see young people as part of the solution not just the problem. A survey conducted by Rape Crisis in Argyll and Bute, that explored people's perceptions of safety was noted could provide useful insight, including differing concerns depending on demographic group.

Safety of people with dementia is a strong focus of the plan, which aligns with the potential needs of an aging population. Noted the Dementia friends tag is a local initiative about to be rolled out nationally, which contributes to increasing the confidence of people with dementia to continue to be active and social.

Recommendations to consider:

- Strengthen references to safety in public spaces in the plan and working in partnership to share insight on barriers to access which could be fed into the Council's Open Space Strategy, for example.
- Highlight in the plan the importance of accessible and welcoming spaces to divert young people in particular from harmful behaviours. Identify opportunities to support community conversations with young people about what they need from public spaces through youth engagement officers and organisations such as Live Argyll.
- Identify opportunities for intergenerational work with partners to share perceptions of feeling unsafe and highlight issues that the police could support with. This could be a potential area for a community organisation to lead on. The plan could highlight work already taking place with police youth volunteers to increase visibility of young people using space as citizens.
- Include in the plan references to the importance of safe, familiar and navigable spaces for people with dementia and identify opportunities to share data with partners who could influence the shaping of dementia friendly environments such as Planning.



Natural Space

Everyone can:

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

Evidence and research:

- Natural spaces can encourage social interactions and the development of stronger or more cohesive communities and can provide a sense of community and belonging.²²
- Exercise, in natural/greenspaces may have greater health benefits, for example improved mental health outcomes, than the same activity in other settings.²³
- The availability and accessibility of natural spaces vary across different income groups.²⁴
- Outdoor play or activities, particularly in natural/greenspaces, can be associated with the understanding of risk among children ²⁵

Summary of discussion:

The plan has a strong emphasis on supporting people to safely access the natural environment, with a particular focus on water safety. A multi-agency approach is standard practice at particular times of year and at specific locations, to address unsafe and anti-social behaviour. Operation Ballatan is an example of this. There are already good links with education to raise awareness of safety issues through the Partnership Approach to Water

²² Hartig T, Mitchell R, de Vries S, et al. Nature and health. *Annual Review of Public Health* 2014;35:207–228

²³ 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

²⁴ Public Health England. Improving access to greenspace. A new review for 2020. London: Public Health England;

2020. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/904439/Improving_access_to_greenspace_2020_review.pdf

²⁵ Brown, C et al. Cities and Health. Special issue: child-friendly cities <https://www.tandfonline.com/doi/full/10.1080/23748834.2019.1682836>



Safety group. Noted that further work could focus on visitors to Argyll and Bute as incidents often relate to people unfamiliar with the area.

It was noted that a large percentage of police call out can be mental health related and it was agreed on the importance of access to natural space as part of prevention work to support mental health. Getting people moving, socialising and interacting with nature is vital in recovery and preventing mental ill health. It was highlighted that this can have a more general impact on people's confidence, which has been noted by a range of organisations, including employability support. Specific work through the suicide prevention group was noted in terms of friendship benches to encourage people out and about after Covid.

Noted that the plan refers to the value of outdoor space in supporting officer wellbeing and highlighted there are generally good opportunities to access greenspace around Argyll and Bute facilities. Highlighted there could be opportunities for partnership working with community organisations related to fostering biodiversity.

Recommendations to consider:

- Strengthen use of greenspaces on Police Scotland estates in the plan by including an intention to enhance the quality and accessibility of open space around facilities. This could include identifying opportunities for increasing biodiversity and food growing, which would link with the upcoming Climate Change Strategy and fostering stronger links with the community.
- Further strengthen the Summer Safety Plans by including more community involvement and increasing understanding about different perceptions of safety.
- Include in the plan, the benefits to mental wellbeing of access to natural spaces and identify further partnership work on insight to help increase opportunities for safe access.

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:

- Perceptions of poor design, quality and safety can lead to children and young people not using the play and recreation spaces.²⁶
- Play and recreation is beneficial for the health of both adults and children through the encouragement of physical activity and social interactions.²⁷
- There are health benefits of undertaking play and recreation in outdoor environments, in particular natural spaces. There are specific benefits for children such as the development of motor skills, understanding risk and environmental awareness.²⁸

Summary of discussion:

Similar to Natural Spaces, opportunities for play and recreation were highlighted as important for people's mental wellbeing and providing alternative activities to harmful behaviours like drinking alcohol.

The point was reiterated that there needs to be a range of different types of spaces for play and recreation to suit different needs. For example, it was noted that evidence suggests teenage girls often need different types of more supervised spaces that they feel safe in. Linking to movement, there was a suggestion that spaces could encourage active travel such as skating, rollerblading and scooting, which might appeal to young people.

It was noted that there is a current 5 year investment programme by the Council in upgrading play facilities for 0-14 year olds through the Scottish Government. Work is already underway to engage with schools, disability groups and community groups.

Recommendations to consider:

- Local Authorities are being asked to do play sufficiency assessments as part of the Open Space strategies. The plan could include an intention to work with the Council and support with sharing of insights about safety and the importance of play spaces as part of contributing to Planet Youth work.

²⁶ NHS Health Scotland. Place and communities. www.healthscotland.scot/publications/place-and-communities

²⁷ <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>

²⁸ 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



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:

- There can be poor availability or accessibility of facilities in some rural and deprived areas.
- People need local facilities and services to live and enjoy healthy independent lives.²⁹
- Accessibility to services can be exacerbated by poor transport links and safety of wider environment.³⁰
- Access to facilities, services and communities can also help to increase social interactions and the inaccessibility can affect certain groups disproportionately.³¹

Summary of discussion:

Following on from the Spaces theme, there was further discussion on the importance of broadening activity choices and having a range of different types of indoor and outdoor spaces to support that. It was suggested that anchor organisations have a key role to play in ensuring assets surplus to requirement are considered for community need, to meet demand.

Again, it was reiterated that supporting people with mental health issues is a big pressure on police time. There is a particular issue with need for out of hours mental health services,

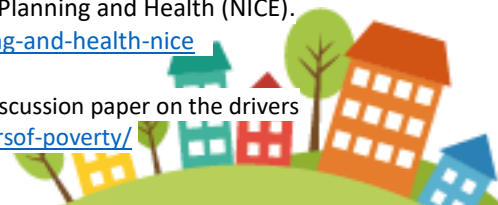
²⁹ Compact, Walkable, Diverse Neighbourhoods: Assessing Effects on Residents. 2014

<https://www.tandfonline.com/doi/abs/10.1080/10511482.2014.900102>; Spatial Planning and Health (NICE).

2012 <https://www.instituteofhealthequity.org/resources-reports/spatial-planning-and-health-nice>

³⁰ <https://www.transport.gov.scot/our-approach/national-transport-strategy/>

³¹ Scottish Government. Building the evidence base on tackling poverty paper 1 – a discussion paper on the drivers of poverty. Edinburgh: Scottish Government; 2017. www.gov.scot/publications/driversof-poverty/



which despite having been extended, were still not meeting demand. It is a national issue and points to the need for longer-term management of mental health conditions and importance of preventative focused work. It was agreed that support for people in a mental health crisis could be improved and Distress Brief Interventions were highlighted as positive work to address this. It was suggested there is scope to do further joint work with statutory and third sector organisations on signposting, training and sharing resources to support people. Sharing of the third sector interface card for signposting to support organisations is seen as a good first step. Carers were identified as a particular group which might benefit from involvement in the initiative.

It was highlighted that there can be stigma around seeking support with mental health issues and sexual health and a need for confidential access to services. It was noted that there are a high number of 3rd party reporting centres which provide safe spaces for reporting, though less in more rural areas.

There was a discussion about education services and support for young people not attending school or engaging with learning. It was noted that the situation is complex and there is a lot of work being done to support young people around mental health and improving learning environments to make sure they are nurturing and welcoming. It was highlighted that the Police have taken up the role of corporate parent and Youth Engagement Officers are already involved in work with care establishment homes to support engagement in education.

Recommendations to consider:

- Strengthen the opportunities in the plan to work in partnership with community and statutory organisations to support people with mental health issues through signposting, training and sharing resources. This could include highlighting in the plan the resources available through the NHS Mental Health Hub.
- Highlight in the plan the benefits of shared learning from the Distress Brief Interventions with community partners to help identify possible improvements.
- Highlight in the plan the role of the Police as corporate parents and the work of their Youth Engagement Officers on building trusted relationship to support young people, including those who are in care establishment homes, in engaging in their learning environments and addressing anti-social behaviour in schools.
- Include in the plan an intention to consider the disposal of assets surplus to requirements and the opportunities to support long-term prevention by better meeting community need in terms of spaces.



Work and economy

Everyone benefits equally from a local economy that provides:

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

Evidence and research:

- Volunteering has been associated with improved self-rated health; mental health; decreased depression; decreased mortality, life satisfaction; and wellbeing.³²
- 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.³³

Summary of discussion:

The importance of supporting people to engage with education was covered in Services and Support. This was highlighted as having a long-term benefit of enabling people to access employment as well as supporting their wellbeing in childhood.

Noted that the plan includes ensuring the workforce is representative of the community. There was a suggestion to work more closely in partnership with the NHS on recruitment to understand and tackle the challenges of attracting people within these professions to live in a rural area.

³² Volunteering and health: what impact does it really have? www.researchgate.net/profile/Rachel-Casiday/publication/228628782_Volunteering_and_Health_What_Impact_Does_It_Really_Have/links/56339fab08aeb786b7013877/V

³³ 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



Recommendations to consider:

- Improve the alignment in the plans with other workforce plans, focusing on sharing data on barriers to recruitment. Identify any joint initiatives to tackle the challenges related to rural recruitment.

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.³⁴
- Certain groups of the population can sometimes find it difficult to access good quality affordable housing, which meets their needs.³⁵
- Housing should be located close enough to enable residents to easily access facilities and services including employment, social networks and transport.³⁶

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

³⁵ Jones R. The built environment and health: an evidence review; 2013. https://www.gcph.co.uk/publications/472_concepts_series_11the_built_environment_and_health_an_eviden%20ce_review?date_from%5Bmonth%20%5D=1&date_from%5Byear%5D=2013&date_to%5Bmonth%5D=12&date_to%5%20Year%5D=2013

³⁶ 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. https://www.scotphn.net/wp-content/uploads/2015/11/2017_06_27-FINAL-SHIAN-50-000-New-Homes-HIA-Report-ES.pdf



Summary of discussion:

It was highlighted that housing is a significant issue in Argyll and Bute and the Council has recently declared a Housing Emergency. Housing is mentioned in the plan in relation to recruitment, supporting displaced people and safety and security of people's homes. The discussion focused on opportunities to link with and influence other partners.

A question was raised about the scope to work together to further identify people at risk of homelessness and links to mental health and addictions. The Council has a post focused on homelessness, which could assist with this (though it is currently unfilled). It was also noted that there may soon be statutory obligations on health services in addition to other statutory services, to prevent homelessness.

The Police are being increasingly contacted by developers and housing associations about safety in the design of housing developments. It was noted there is an accreditation Secured by Design that the police can provide. Given the focus on dementia in the plan, there was discussion about dementia friendly housing. It was noted there is a Health and Social Care Partnership strategy on housing and community living for older and disabled people, with examples in Alexandria and Dunbeg. It was highlighted that a good mix of housing in a development can support people to age well in place.

The challenges of lack of housing availability and the impact on police recruitment in rural areas is highlighted in the plan. It was raised that a substantial amount of work has been done by the Police Scotland estates team to work with partners to upgrade properties and provide temporary accommodation. It is still an issue across Argyll and Bute and there are challenges in persuading house builders to invest in more mixed sizes of accommodation.

Recommendations to consider:

- Expand on the role of place in the plan in relation to keeping people with dementia safe. Opportunity for the police to link with spatial planning in the Council to share knowledge about safety and community support, the positive contribution of distinct, varied walking environments and housing areas that enable people to age in place with a mix of house size and type.
- Highlight in the plan the work being done on Secured by Design and identify opportunities to share insight on housing design and safety with relevant partner organisations to influence new developments.
- Include in the plan the benefits of increasing understanding through shared data and learning about the causes and triggers of homelessness in the prevention of mental ill health.



- Include in the plan an intention to share insight on housing needs with other statutory organisations experiencing similar issues related to recruitment and third sector organisations collating data on housing need.

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:

- Landmarks or something distinctive about the neighbourhood can also help to create a sense of place and belonging, which is beneficial for health.³⁷
- Social isolation and fewer social interactions can be exacerbated by a poor physical environment.³⁸
- A sense or feeling of belonging to a community is associated positively with mental health, and an improved quality of life.³⁹

Summary of discussion:

The focus of discussion was on reducing stigma and addressing discrimination as an important part of enabling people to feel that they belong. In addition to the 'Mentors in Violence' programme noted under Movement, there is joint work between police and education on See Me See Change training which will be implemented in school. There is a new session tackling stigma about mental health, which is part of the Police Scotland youth engagement officer work.

It was highlighted again that belonging is often about building relationships so people feel that they have people they can approach about their concerns.

³⁷ Design for social sustainability – a framework for creating thriving new communities. <https://youngfoundation.org/publications/design-for-social-sustainability/>

³⁸ <https://vhscotland.org.uk/the-zubairi-report/>

³⁹ 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



Recommendations to consider:

- Include reference in the plan to the importance of a sense of place and landmarks for navigation in supporting people with dementia to lead active lives. Identify opportunities to share insight on experiences of dementia to inform public realm improvements and investment in the built environment.
- Highlight in the plan the joint work on See Me See Change training and the benefits to young people's sense of belonging.

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.⁴⁰
- Some groups within the population can have limited access to safe and well-maintained environments.⁴¹
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Summary of discussion:

Safety is a theme that runs throughout the plan and as with other outcomes the focus of this discussion was on the importance of partnership working. It was raised that community organisations have expressed enthusiasm for partnering on place-specific interventions and helping shape initiatives on community safety.

It was agreed that communication around safety was important and police visibility at community events, mentioned in the plan, helped with this. Also noted that social media

⁴⁰ 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.

⁴¹ 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

⁴² Evidence Behind the Place Standard Tool and the Place and Wellbeing Outcomes <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>



has been a really useful tool in sharing information to support people feeling safe by raising awareness of vulnerabilities and fostering a sense of community safety.

Recommendations to consider:

- Highlight in the plan the wider benefits of police attending community events, being part of the community and building relationships so people feel able to approach them.
- Include more explicit mention of opportunities for community partnership work and the benefits to increasing communication and building relationships within the plan.

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 neighbourhoods are attractive this can improve mental wellbeing.⁴³
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Summary of discussion:

This was touched on in the discussion on quality of spaces and issues with littering in particular locations which attract people in warmer months. The multi-agency approach to safety was highlighted as important in supporting local communities to manage to impact. It was also touched on in relation to the perceived anti-social behaviour of young people in

⁴³ 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.

⁴⁴ [https://www.gcph.co.uk/assets/0000/4174/BP_11 - Built environment and health - updated.pdf](https://www.gcph.co.uk/assets/0000/4174/BP_11_-_Built_environment_and_health_-_updated.pdf)



public spaces and the suggestion of getting young people involved in walkabouts which identify solutions to improving spaces.

Recommendations to consider:

- Include in the plan longer-term preventative action on the maintenance of public spaces including engaging young people in identifying potential issues and solutions.

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:

- Sense of control can be beneficial for mental health and quality of life.⁴⁵
- Empowerment can help to reduce isolation and can be beneficial for mental health and wellbeing.⁴⁶
- People living in more socio-economic deprived areas felt less confident about being involved in decision-making compared to less deprived areas.⁴⁷
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⁴⁵ <https://vhscotland.org.uk/the-zubairi-report/>

⁴⁶ What works to boost social relations. What Works Centre for Wellbeing; 2015. <https://whatworkswellbeing.org/blog/what-works-to-boost-social-relations/>

⁴⁷ Scottish Household Survey 2018. Edinburgh: Scottish Government; 2019. www.gov.scot/publications/scotlands-people-annual-report-results-2018-scottish-household-survey/documents/

⁴⁸ Evidence Behind the Place Standard Tool and the Place and Wellbeing Outcomes <https://publichealthscotland.scot/media/14808/evidence-behind-the-place-standard-tool-and-the-place-and-wellbeing-outcomes-full-report.pdf>



Summary of discussion:

It was highlighted that improving outcomes for people in Argyll and Bute is supported through extensive engagement with the community planning partners, which is evident in the plan. Noted there is an opportunity to learn from the consultation on the Outcome Improvement Plan, which will be running focus groups on transport infrastructure, community wellbeing and housing.

Partnership with community organisations and other statutory organisations is identified throughout the plan and across all of the themes. A query was raised about how gaps are identified in services which address community safety and the mechanisms for engaging with that. Noted good work around fraud and cyber security, identifying who should be engaged and which organisations to partner with.

A specific question was raised about the opportunities for community organisations to be more closely involved in support and information around drug related deaths. It was noted that while there can be benefits, there is often a need to be careful about release of information. It was highlighted that Alcohol and Drug Partnership specifically include people with lived experience on the committee.

There is an intention in the plan to engage seldom heard groups who might not engage digitally. A specific group noted was older men, who often engage less with services and tend not to go to senior citizens groups. Raised that older men are often not visible and don't engage with services until they are in crisis. Noted that police link in with fire service to provide information when they are out doing home visits. Also raised that engagement has been identified as an issue for some young people too, specifically in the gap between leaving care or school, as they may not come to attention until they are in crisis.

Recommendations to consider:

- Alignment with other plans and strategies could be highlighted throughout the plan to further strengthen the role of partnership working.
- Highlight in the plan work to engage older men through linking with the fire service as an example.
- Include more reference in the plan to mechanisms for community groups and organisations such as forums and partnerships to help identify gaps in services and vulnerable groups.



Appendix 1: Participants

Laura Evans, Argyll and Bute Partnership and Preventions Officer, Police Scotland
Helen Moffat, Partnership and Preventions Sergeant, Police Scotland
Lorna Gibson, Partnerships Superintendent, Police Scotland
Bart Simonis, Partnership and Preventions Inspector, Police Scotland
Simon Shanks, Area Commander – MAKI and OLI, Police Scotland
Matthew Richardson, Strategy and Innovations, Police Scotland (national)
Hugh O'Neill, Network and Standards Manager Roads Department (Argyll and Bute Council)
Rosie MacKay, Education Manager: Wellbeing, Rights and Relationships (Argyll and Bute Council)
Ryan Macintyre, MSYP
John McLuckie, Partnerships Lead, Community Planning Partnership (Argyll and Bute Council)
Mary Holt, Criminal Justice (Argyll and Bute Council)
Nicola Gillespie, Mental Health Lead (NHS Highland)
Leslie Mackay, Clinical lead for community mental health and addictions (NHS Highland)
Angela McDonald, Adult Child Protection
Irene Beautyman, Shaping Places for Wellbeing Programme Lead
Alex Wilde, Shaping Places for Wellbeing Project Lead for Dunoon
Becky Hothersall, Shaping Places for Wellbeing Community Link Lead for Dunoon
Laura Stewart, Shaping Places for Wellbeing Programme Lead for Rutherglen (chair)
Ruth Hart, Shaping Places for Wellbeing Programme Lead for Rutherglen (note taker)

