

Progress Report

2010/11



GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC/CSO Social and Public Health Sciences Unit, sponsored by the Scottish Government, Glasgow Housing Association, NHS Health Scotland and NHS Greater Glasgow & Clyde.

Foreword

Welcome to the GoWell annual report for 2010/11, reporting on activity over the past year. The GoWell programme has been running since 2006 and its aims and objectives remain highly pertinent to the challenges of reducing the inequalities in health and quality of life that are so evident within Scotland. GoWell focuses on fifteen communities in Glasgow which are undergoing different degrees of regeneration and change. All have levels of income deprivation higher than the level for Glasgow as a whole – and much higher than the national figure. A new GoWell report, *The wider relevance of GoWell to other urban areas in Scotland*, demonstrates that communities with similar levels of income deprivation exist across Scotland and the experiences of the GoWell communities are not unique. GoWell is clearly an important national resource as well as having particular relevance for Glasgow.

In 2009, the GoWell Steering Group took the decision that the Wave 3 survey should be carried out in 2011 rather than 2010 (Waves 1 and 2 having been undertaken in 2006 and 2008 respectively). This has undoubtedly turned out to be a good decision and has resulted in the high level of dissemination of findings and further analysis of the earlier data that are reported here. One highlight has been the progress made in comparing the experiences of those who have moved out of regeneration areas with those who remain. The wider gap between survey waves has also allowed a greater degree of change and development to have taken place in our study communities. The impacts of these changes will become evident when the Wave 3 survey data are available later in 2011. This will also be the first time that we will have trend data (from three points in time), enabling much stronger conclusions to be drawn about how the communities are changing, and what the impacts are of the regeneration programmes that are taking place.

One of the characteristics of GoWell is that it is highly complex. This is as it should be. It would not be possible to really get to grips with the processes and impacts of neighbourhood regeneration by focusing on only one type of intervention or one community. The various components of GoWell are increasingly being brought together to yield a richer picture of the experiences of these communities, and to cast light on how things are being done as well as what is changing. New areas of work are also developing, such as that now being taken forward on crime and anti-social behaviour. In 2010 the first *Synthesis of Research Findings* was published, drawing together learning from different parts of the GoWell programme. The redeveloped GoWell website similarly summarises research findings under the five themes of: housing, health and wellbeing, communities, neighbourhoods, and empowerment. These findings will be regularly updated and I encourage you to take a look (see www.gowellonline.com).

Overall, 2010/11 has been another successful year for the programme. GoWell is now part and parcel of local and national conversations about regeneration and health, and has a growing international reputation too. Its findings are influencing policies and strategies in the spheres of housing, regeneration and health, and members of the team regard these sorts of impacts as outcomes of prime importance for the programme.

Many thanks are due to the programme sponsors – the Scottish Government, Glasgow Housing Association, NHS Greater Glasgow and Clyde, NHS Health Scotland, and the Glasgow Centre for Population Health – whose ongoing commitment and support for the programme is central to its success. Thank you too to the external advisors, Professors Steve Platt and Ian Cole, for their excellent advice and guidance; to all the members of the GoWell team for their vision and unstinting hard work; and to the study participants for telling us of their experiences.

I look forward very much to steering the programme through the coming year, and to continuing to learn how regeneration can bring better health for communities like those we are studying.

Dr Andrew Fraser
Chair
GoWell Steering Group



Introduction

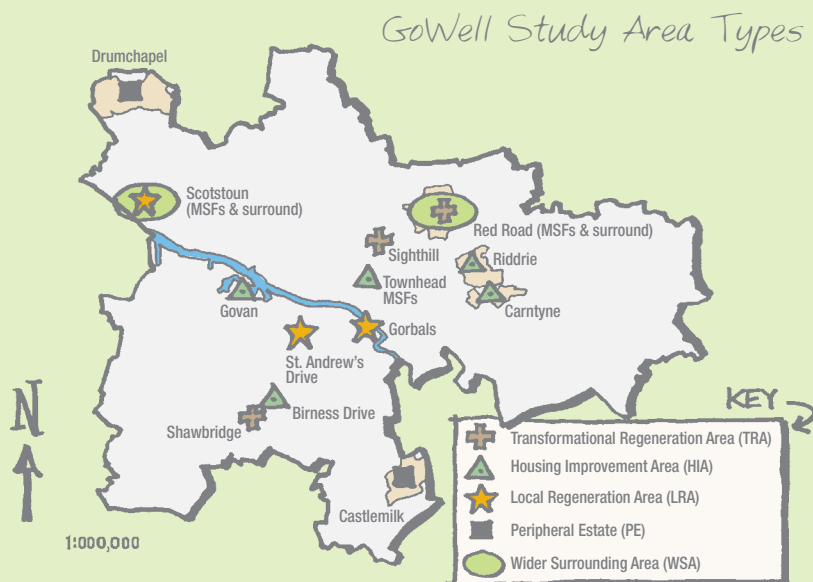
What is GoWell?

GoWell is a research and learning programme, investigating the impacts of investment in housing and neighbourhood regeneration in Glasgow on the health and wellbeing of individuals, families and communities. Established in 2006, and planned as a ten-year programme, this allows us to examine a range of neighbourhood, housing and health-related factors before, during and after changes take place.

There are 15 different communities involved in our study, shown in the below map.

What do we aim to do?

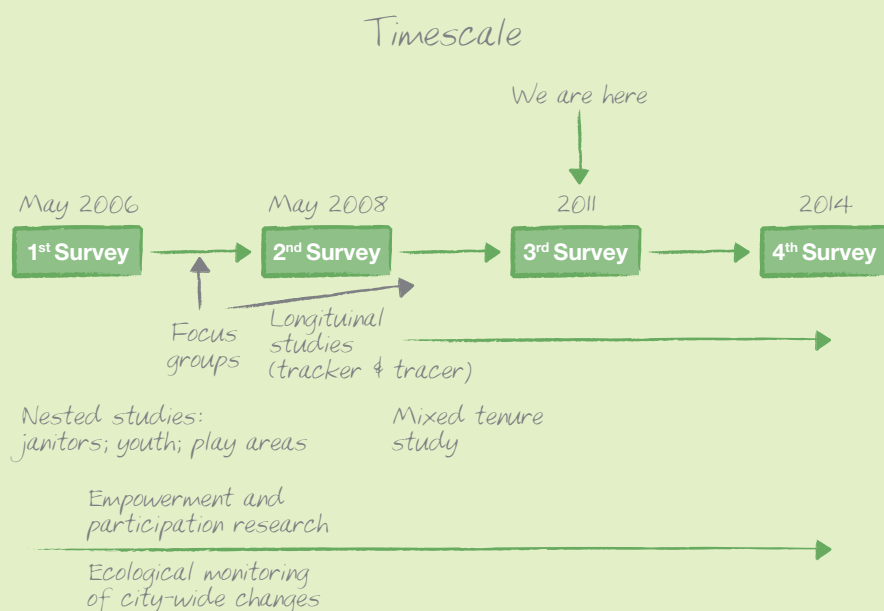
- To investigate the health and wellbeing impacts of regeneration activity associated with the Glasgow investment programme
- To understand the processes of change and implementation which contribute to positive and negative health impacts
- To contribute to community awareness and understanding of health issues and enable community members to take part in the programme
- To share best practice and knowledge of 'what works' with regeneration practitioners across Scotland on an ongoing basis.



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Timeline

We have a number of different research and learning components that help us to achieve these aims. Some of these will run throughout GoWell's life-span; some will be repeated at different intervals; while others will be short-term in nature. The diagram below shows these different components and the stage we are currently at within this timeline.



This report

The centre section of this report highlights our key outputs and activities for 2010/11. We hope it gives a good overview of the both the breadth and focus of GoWell's work this year.

Further information

Further background and contextual information on GoWell, our various research and learning components, and our different area types and study communities is available from our website at www.gowellonline.com

Research

Sharing

Rethinking

Our research objectives are to:

- Investigate how neighbourhood regeneration and housing investment affects health and wellbeing
- Assess how places are transformed across a range of dimensions through processes of regeneration and housing improvement
- Understand the processes that support the maintenance or development of cohesive and sustainable communities
- Monitor the effects of regeneration policy on area-based health and social inequalities
- Develop and test research methods appropriate to the investigation of complex, area-based social policy interventions



Learning



Understanding

Our learning objectives are to:

- Distil our learning in a way that enables regeneration policy and implementation to take greater account of opportunities to improve health and wellbeing
- Make opportunities to influence policy across Scottish Government Directorates and at a regional and local level
- Facilitate capacity of the GoWell communities and their local structures to use learning in a way that empowers them
- Disseminate methodological developments and research findings to academic and practitioner audiences

Influencing



Highlights of



March 2010

Progress for People and Places

The year began with the publication of "Progress for People and Places", a comprehensive report examining changes that have occurred in GoWell areas between 2006 and 2008. We found that physical and residential outcomes tended to have progressed more than social outcomes (although there was some evidence of positive social change: e.g. for community empowerment and employment outcomes). The report recommended that the social regeneration agenda required an increased level of planning, resourcing and partnership working at the local level so that social outcomes, as well as improvements to residents' health and wellbeing, might keep pace with and improve alongside residential outcomes in future.

April 2010

Synthesis of Research Findings

In April we produced a synthesis of GoWell Research Findings: 2006-2009, in order to pull together in one document a range of findings from across the GoWell research components. This report provided an excellent opportunity for the GoWell team to pause and reflect on the future direction of the research, as well as on the findings to date. The report categorised the findings under the headings of 'Housing and Neighbourhoods'; 'Communities' and 'Health and Human Capital'. As well as consolidating the findings under these headings, the report concluded that a major strength of the GoWell programme was its ability to employ mixed-method approaches in order to aid understanding of the issues involved in both the physical and social regeneration of urban areas.

April 2010

4th Annual Event

The 4th GoWell Annual Event was held in April and was attended by over seventy delegates from a range of organisations - some working in local communities, others at a city-wide level, and others nationally. During the first half of the morning some of the findings from the "Progress for People and Places" report were presented, followed by a rapid response from key stakeholders from the Scottish Government, Glasgow City Council, Glasgow Housing Association and SURF. The second half of the morning involved participants working together to consider the implications and actions that should be taken in particular in relation to the differing pace of change seen when comparing physical regeneration activity with social regeneration outcomes in the GoWell areas.

May 2010

Protocol for the impact and wellbeing of...

The publication of this protocol is a major milestone in the design and development of the project. It provides a framework for the work of the project and will be used to guide the design and development of the project. The protocol will be used to guide the design and development of the project and will be used to guide the design and development of the project.



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2010
Protocol paper published in BMC Medical Research Methodology

Publication of the GoWell Protocol in a peer review journal was an important means of ensuring that our study and methods are transparent and available for scrutiny from other researchers in this field (as well as anyone who wants to read it, being an 'open access' publication). In the accompanying article, we also took the opportunity to discuss some of the issues and challenges involved in designing and implementing a mixed methods study of this kind – to inform and stimulate future developments in the field. The protocol was published in BMC Medical Research Methodology and can be accessed at <http://www.biomedcentral.com/1471-2288/10/41>.



June 2010

Briefing Paper 7 "Area reputation. An examination of newspaper coverage of the Sighthill estate" disseminated

Area reputations are constructed both through direct experience and as a result of the way that areas are represented publicly, for example in the media. These reputations are hard to shift and have enduring effects on those who live in the area. This Briefing Paper examined newspaper coverage of the Sighthill estate over a ten year period (1998-2009). Negative coverage dominated, and largely related to three themes: asylum seekers and refugees; violence and crime; and the poor environment on the estate. Positive articles (10% of all coverage) included news of community events, individual achievements, school progress and regeneration partners' accounts of where the estate is heading. A media strategy, linked to a stronger emphasis on community engagement and social regeneration, could help change the balance of press coverage and contribute to shifting an area's reputation.



July 2010

Analyses progressed on: Mental wellbeing, Walking, High rise living, Housing improvement

The summer months provided an opportunity for GoWell researchers to work on key areas of data analysis. For example, the GoWell Analysis Group focused on a range of themes known to be of interest to policy-makers, practitioners and researchers. Lyndal Bond led on analysis to determine which individual, home and neighbourhood factors are most strongly associated with residents' mental well-being (measured using the Scottish Government commissioned WEMWBS® scale). Phil Mason studied determinants of walking, which is important both as a health behaviour and an indicator of the quality of neighbourhood environments. From a housing perspective Ade Kearns led on an investigation of issues relating to living in high rise flats, whilst Julie Clark began analysing the effects of housing improvement.



August 2010

Briefing Paper "Glasgow's deprived neighbour environments: what do we know?" published

Health and health related issues can be worse in more deprived areas even after individual characteristics are taken into account. This Briefing Paper examines the environments in these areas themselves be detrimental to health and well-being. This Briefing Paper presents evidence concerning associations between the availability/quality of health-related amenities such as shops, leisure facilities and alcohol outlets) and health related behaviours of adults. It posed the question "Do deprived areas have a greater concentration of resources, retail premises which are potentially health promoting compared to more affluent areas? The evidence of amenities and services being systematically located in the disadvantage of poorer areas of Glasgow. However, the data does not allow an assessment of the quality of those amenities, nor of



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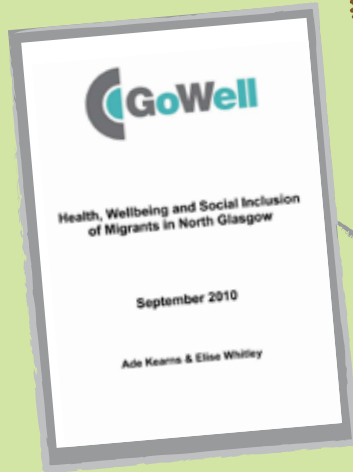
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September 2010

A focus on young people and anti-social behaviour

Analysis of the 2006 and 2008 GoWell surveys has found that young people's anti-social behaviour is a particular concern amongst many GoWell residents. Ongoing work on this topic came to fruition around September with the publication of Briefing Paper 8 "Who says teenagers are a serious problem?", which described how young adults were more likely than elderly residents to express concern about local teenagers hanging around. This and other findings were reported in *The Herald* newspaper and formed part of a presentation at a Community Safety Event organised by GoWell and featuring input from police and other local and national partners. Meanwhile, GoWell's "Evaluation of Glasgow Housing Association's Youth Diversionary Programme" report and Briefing Paper produced positive findings and recommendations about how to successfully encourage young people away from anti-social behaviours.



November 2010

"Health, Wellbeing and Social Inclusion of Migrants in North Glasgow report" disseminated

The death of an asylum seeking family in North Glasgow in March 2010 led to concerns about the mental health and wellbeing of others in similar circumstances. The GoWell team used Wave 2 survey data to explore these issues. On most of the measures used, there was no evidence to suggest that migrants as a whole have worse mental health than other people living in relatively deprived areas of Glasgow. Migrants did appear to be less socially included within the local community, however: most did not feel part of their community, knew very few of their neighbours, and felt unsafe in the area after dark. Leadership and support for cross-group relations is needed so that migrants can feel they are a greater part of what is going on in their area.



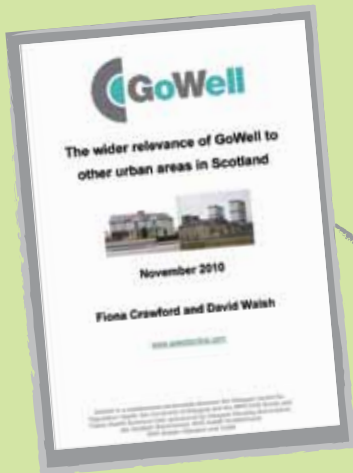
December 2010

Community Newsletters distributed

Community newsletters are produced 2-3 times per year as part of GoWell's commitment to engage with and inform communities about the findings and to maintain awareness of the study amongst potential or current longitudinal participants. In the Autumn/Winter 2010 issue, findings were presented on a range of health related questions from the 2008 survey, including a selection of findings on health behaviours such as rates of smoking and intention to quit; as well as findings on social capital and mental health and wellbeing. An additional section of this newsletter provided information on health related services offered in each area, such as smoking cessation services. Positive feedback was received on these newsletters from those working in the community.

Fifteen different newsletters were produced in total (one for each GoWell area) and were distributed to over 22,000 households in early December.





January 2011

"The wider relevance of GoWell" report disseminated

In early 2011, the "Wider relevance of GoWell to other urban areas in Scotland" report was disseminated. This report served as a useful reminder of the potential for insights from GoWell to be transferable to other areas. The first part of this report looked at GoWell's main themes of interest and emerging findings that may be relevant to other urban areas and linked them to national policy concerns and the evidence-base provided by GoWell. The second part then provided an argument for transferability based on the socioeconomic characteristics of Glasgow and the GoWell areas using, for example, income deprivation to compare to other urban areas in Scotland with similar characteristics.

February 2011

BP 13 "Community Empowerment in transformational regeneration and local housing management in Glasgow: meaning, relevance, challenges and policy recommendations" developed

Community empowerment is a key aspect of public policy, particularly in the fields of regeneration and housing and in the context of social deprivation. There is, however, a lack of clear explanation of its meaning and there is limited evidence of the benefits of community empowerment policies. GoWell have studied community empowerment in various ways through the Governance, Participation and Empowerment (GPE) component of work in order to contribute to its understanding and utility as a policy objective. In this Briefing Paper, the focus of community empowerment in policy was outlined and a framework was developed for community empowerment, as was a model of the factors that influence it. The paper then identified the key findings from the research and provided recommendations for policy.

March 2011

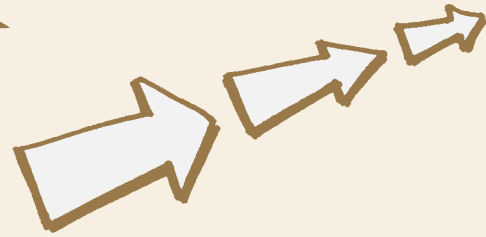
"Moving Out, Moving On?" finalised

This substantial report compares two cross-sectional samples of residents interviewed as part of the second wave of the GoWell Community Health and Wellbeing survey: *Remainers* (households that have lived in the same GoWell regeneration area since 2006) *Outmovers*, (the households that have moved out of a GoWell regeneration area to another location in Glasgow since 2006). A wide range of findings are presented and discussed. Residential outcomes (with the exception of issues of costs) for Outmovers compare favourably with those for Remainers, as do many social outcomes – for example social connections, and feeling part of the community. Outmovers appear, however, to have worse health and health-related behaviours than Remainers. It is possible that the relocation process impacts negatively on health, or that health benefits take longer than others to be realised, or that less healthy tenants are relocated first. The GoWell longitudinal study will enable these issues to be explored.



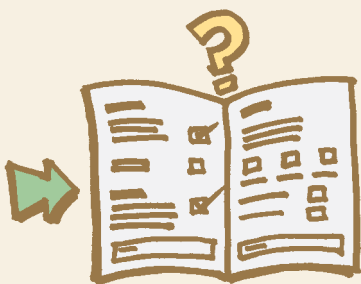
Forward look

2011-12



In summer 2011 GoWell interviewers will return to our study communities to interview residents as part of the Wave 3 survey. Once again, data will be collected from the 15 study areas, and in addition we will be involved in following-up past participants who have moved to a different part of Glasgow, so that we can learn more about the impacts of relocation on people's residential, social and health outcomes. The GoWell team is grateful to Glasgow Housing Association for making these surveys possible and to BMG (the research company that will carry out the interviews). From this survey wave we will be able to fully establish the longitudinal GoWell cohort with a larger group of Outmovers than we have to date.

gain a better understanding of the *processes* of clearance and relocation from the perspective of practitioners and residents, exploring questions such as: How are clearance strategies and policies implemented? How flexible can officers be in meeting movers' needs? What factors make moving people easier – or more difficult?



We will continue to make full use of all of the survey data already collected in previous survey waves. One strand of this will involve linking the GoWell data to other data sets. During 2010 data were linked with the Scottish Health Survey to investigate whether tenure mix has an

The GoWell ecological team will produce a report to describe recent trends in selective migration in Glasgow and their impact on inequalities, and to assess their relevance in relation to the GoWell study areas. The fundamental issue here is to try to understand better whether improvements in the health of communities in the city reflect true improvements in the residents' health, or whether they have resulted from population migration (healthier people moving in/unhealthier people moving out). The ecological team also plans to start looking at the impact of the economic recession.

independent effect on a range of health determinants and health outcomes. A report from this is due in early summer 2011. In the coming year, a similar process will be carried out to link GoWell data to a large crime dataset, thereby enabling further investigation of the links between residential environments and crime; and between perceptions of anti-social behaviour and reported crime. This provides an important new focus for the programme, and responds to the Wave 2 findings which highlighted the growing importance of community safety issues across our study communities. We are at early stages of exploring whether it will also be feasible to link GoWell data to education data, in a similar way.

Our commitment to communication, and making our findings accessible to different audiences, will continue. The GoWell website (www.gowellonline.com) will be re-launched at the 2011 GoWell annual event. The aim is to ensure that this operates as an attractive and accessible source of all GoWell material and information. We aim to produce a minimum of 6 Briefing Papers and reports per annum; and two sets of community newsletters (each newsletter is produced in 15 versions, so that each study community receives information about its own findings). Academic journal articles are another important route to communicate the programme's research findings, as are conference presentations.

In addition to these linked data analyses, further analyses of the survey data will be undertaken. Publications planned for 2011 include findings on the impacts of housing improvement; longitudinal analyses of the cohort of people who have remained living in regeneration areas between Wave 1 and Wave 2; further analyses of physical activity and experiences of mixed tenure communities; and new work examining people's sense of their relative position.

A full list of the reports, articles and presentations delivered during the 2010/11 financial year is provided in this report.



New qualitative research will also take place during 2011/12, providing a depth of understanding of the regeneration processes taking place, and of residents' experiences. The 'lived realities' study will enable us to gain an in-depth understanding of the experiences, perceptions, expectations and aspirations of residents (adults and young people) as they live through major regeneration, through a comparison with residents' lived realities in similar areas not undergoing major regeneration. It is proposed that four of the GoWell areas will provide the setting for this study, which will commence in early 2011. A further small study is planned to

The GoWell programme has continued to receive invaluable support and advice from its sponsors and Steering Group. A major strength of the programme is its interface with relevant policy and practice issues. During 2010, examples include inputs to the Scottish Government's Regeneration Discussion Paper, GHA's strategic plan and action plans, and cross-agency discussions on community safety. The team will continue to take every opportunity to contribute to similar developments in the coming year, and to ensure the ongoing relevance and value of the programme to our sponsors and to the GoWell communities.

Our outputs and presentations



Below is a full list of the publications and presentations we produced and delivered over the period April 2010 to end-March 2011.

Reports and briefing papers

- *Moving Out, Moving On? Short to medium term outcomes from relocation through regeneration in Glasgow.* GoWell: 2011.
- Crawford F and Walsh D. *The wider relevance of GoWell to other urban areas in Scotland.* GoWell: 2011.
- Kearns A and Whitley E. *Health, wellbeing and social inclusion of migrants in North Glasgow.* GoWell: 2010.
- Aston E, Thomson H, Scoular A and Kearns A. *Evaluation of Glasgow Housing Association's youth diversionary programme.* GoWell: 2010.
- GoWell. *Synthesis of Research Findings 2006-2009.* GoWell: 2010.
- GoWell Briefing Paper 14 *Putting a spring in Glasgow's step: neighbourhood walking in deprived areas.*
- GoWell Briefing Paper 13 *Community Empowerment in transformational regeneration and local housing management in Glasgow: meaning, relevance, challenges and policy recommendations.*
- GoWell Briefing Paper 12 *The contribution of regeneration to mental wellbeing in deprived areas.*
- GoWell Briefing Paper 11 *The effects of high-rise living in the social rented sector in Glasgow.*
- GoWell Briefing Paper 10 *Glasgow's deprived neighbourhood environments and health behaviours: What do we know?*
- GoWell Briefing Paper 9 *Youth diversionary programme evaluation.*
- GoWell Briefing Paper 8 *Who says teenagers are a serious problem? GoWell's findings on perceptions of youth-related problems in deprived areas of Glasgow.*
- GoWell Briefing Paper 7 *Area reputation: An examination of newspaper coverage of the Sighthill Estate.*

Articles

Published

- Bond L, Kearns A and Sautkina E. Mixed messages about mixed tenure: do reviews tell the real story? *Housing Studies* 2011; 26(1): 69-94.
- 'Bricks, mortar and more - mental wellbeing, resilience and regeneration' *Scotregen* Issue 52 Winter, 2010/11.
- 'Neighbourhood environments and health behaviours - what does research tell us?' *Scotregen* Issue 51 Autumn, 2010.
- 'Mixed progress for people and places' *Scotregen* Issue 50 Summer, 2010.
- 'Young people - old problems?' *Scotregen* Issue 49 Spring, 2010.

Accepted for publication

- Mason P, Kearns A and Bond L. Neighbourhood walking and regeneration in deprived communities. Submitted to *Health and Place*.
- Kearns A, Whitley E, Mason P and Bond L. Living the high-life? Residential, social and psychosocial outcomes for high-rise occupants in a deprived context. *Housing Studies* 2012;27(2).

Events

- GoWell 4th Annual Event - April 2010.
- 'Researching community safety, young people and antisocial behaviour' seminar - September 2010.
- 'Greenspace, health and inequalities: an evidence-informed approach to delivering health outcomes'. Joint seminar with Greenspace Scotland - November 2010.
- 'Generating Glasgow: Community engagement for the 21st century.' Glasgow Community Planning Partnership and GoWell joint seminar - February 2011.

Community meetings/presentations

- Pollokshields and Southside Central Community Reference Group - May 2010.
- East Centre and Calton Community Planning Board - June 2010.

Conference and seminar presentations

International

- Considering the Restructuring of Social Housing Areas. *OTB Research Institute for the Built Environment Conference.* Delft, November 2010.

UK

- Who thinks teenagers are a problem? Perceptions of anti-social behaviour, health and place. *Society for Social Medicine Annual Conference.* Belfast, September 2010.

Scotland

- Go Well Community Survey Findings 2006-8. *Scottish Government.* Edinburgh, April 2010.
- From Housing and Neighbourhoods to Health and Wellbeing. Scottish Federation of Housing Associations: Realising the Potential for Healthy Homes in Scotland. Edinburgh, April 2010.
- Assessing the Health Impacts of Glasgow's Local Housing Strategy (LHS) 2011-2016: A Stakeholder Consultation Workshop. *Glasgow City Council Workshop.* Glasgow, May 2010.
- GoWell overview. *Ayrshire and Arran Public Health Learning Forum.* Glasgow, June 2010.
- Perceptions of youth related anti-social behaviour. Youth ASB Seminar with Scottish Government Criminal Justice Department. July 2010.
- Findings for Regeneration. *Scottish Government Regeneration Seminar.* Edinburgh, October 2010.
- Mental wellbeing, housing and neighbourhoods. *SURF Seminar.* Edinburgh, November 2010.
- Young people, community safety and GoWell. *Strathclyde Police.* Glasgow, November 2010.
- What elements make up a good community and what do we need to do to create them in Glasgow? *GHA Regeneration Committee Workshop.* Glasgow, November 2010.
- Neighbourhood Restructuring and the Assessment of Outcomes for Those Relocated. *Housing Employers Conference, University of Glasgow.* Glasgow, February 2011.
- GoWell Findings on Communities and Local Services and their Implications for Health. *Glasgow Community Planning Partnership Strategic Board.* Glasgow, March 2011.

Summary of accounts

Income 2010/11

Sponsor	Amount
Glasgow Centre for Population Health	£100,000
NHS Health Scotland	£110,838
NHS Greater Glasgow and Clyde	£40,000
Scottish Government	£110,838
Total	£351,676

*Glasgow Housing Association contribute funding of approx £100,000 per annum towards the community health and wellbeing survey and supporting qualitative focus groups. The survey contract is managed directly by GHA so this funding does not appear as 'income' into the GoWell accounts.

Expenditure 2010/11 (from April 2010 to end-March 2011)

Activity	Amount
Research and support staff and associated costs	£301,275
Communications, events and outputs	£37,015
Total	£338,290

Our team

Esther Aspinall (Specialist Registrar in Public Health)

Sheila Beck (Ecological Monitoring Team)

Lyndal Bond (Principal Investigator)

Jennie Coyle (Communications Manager)

Julie Clark (Researcher)

Fiona Crawford (Ecological Monitoring Team)

Matt Egan (Researcher)

Elizabeth Fenwick (Health Economist)

Ade Kearns (Principal Investigator)

Louise Lawson (Researcher)

Phil Mason (Researcher and Data Analyst)

Kelda McLean (Administrator/Acting GoWell Communications Manager)

Joanne Neary (Postgraduate Research Student)

Carol Tannahill (Principal Investigator)

Hilary Thomson (Neighbourhood Audits)

David Walsh (Ecological Monitoring Team)

