

Progress Report

2009/10



GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC 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 2009/10, reporting on activity over the past year. It has been my pleasure to chair the GoWell Steering Group since its outset, during which time the research has become ever more complex and the challenges of delivering the study have, similarly, multiplied. However, thanks to the strong GoWell partnership and commitment of the GoWell team, the programme remains on course and we are now at a very exciting phase.

For the first time, we are in a position to use the survey data to look at how areas are changing over time. This is highlighting positive benefits arising from the investments being made, but also growing concerns about the social health of communities, where perceptions of safety, trust and neighbourliness are deteriorating. Two new areas of focus have also been developed over the past year: the first looking at mixed tenure communities, the second at the experiences of young people in areas undergoing regeneration. Findings from these will be reported in coming months.

The GoWell team has continued to put enormous effort into disseminating the emerging findings, building understanding of their implications through discussion with many different groups, and using the programme to

support change in local and national plans and priorities. In this sense GoWell is an unusual research programme, evolving to reflect emerging priorities and issues, and supporting shared learning as it goes along.

I remain convinced of the importance of GoWell, not only to Glasgow, but nationally and internationally. It is imperative to keep a clear focus on communities with high levels of deprivation and need, and on how policies and practice can support change for the better. My sincere thanks go to the programme partners and sponsors, whose commitment has not waned and without whom the programme could certainly not be delivered. Thank you also to all the participants, community members and local organisations who have contributed in different ways, providing views and experience, and helping the GoWell team to understand and interpret the emerging findings.

This progress report takes a different format from previous years. At its core is a diagrammatic overview of the programme and the work carried out over the past year. Further information about the context and about future plans are provided in the surrounding text. There is now a range of reports, Briefing Papers, and articles on different dimensions of the work, available from the website (www.gowellonline.com) or by contacting the team. Their content is not reproduced here but I hope you will look at these other reports too, and reflect on their implications.

Dr Andrew Fraser
Chair
GoWell Steering Group



Introduction

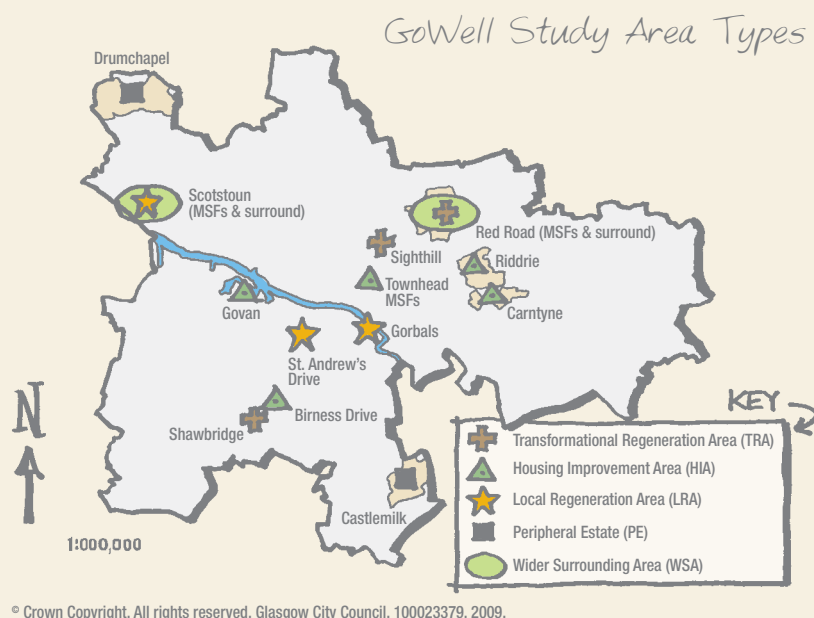
What is GoWell?

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.

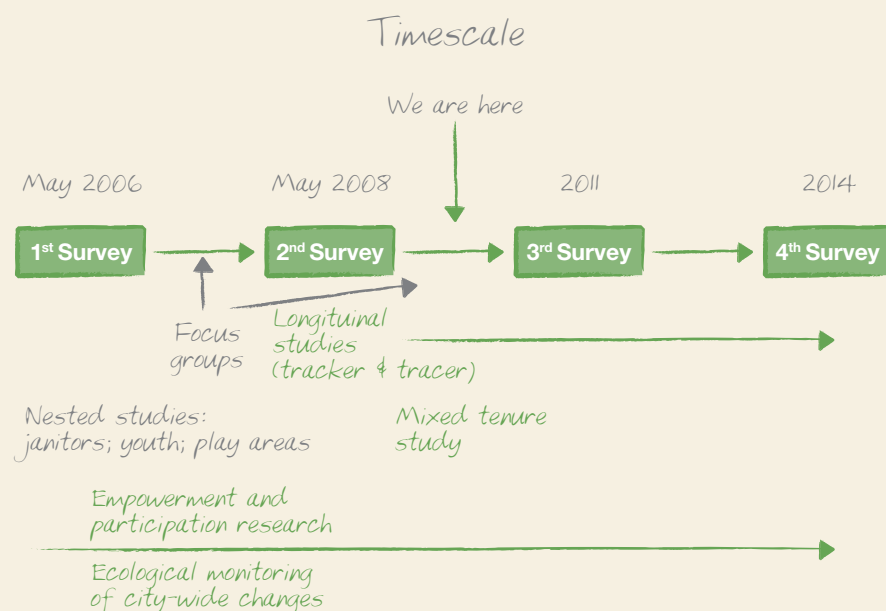
What do we aim to do?

- 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.



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 outlines our research and learning objectives and how they feed into each other, and illustrates the progress we have made towards meeting these objectives over the period April 2009 to end-March 2010. This is followed by a brief forward look which summarises the activities we have planned for the year ahead.

Further information

We thought it would be useful to produce a summary/synthesis of our findings to-date from the various research components, and this is available in a separate report entitled 'GoWell: Synthesis of Research Findings 2006-2009'.

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

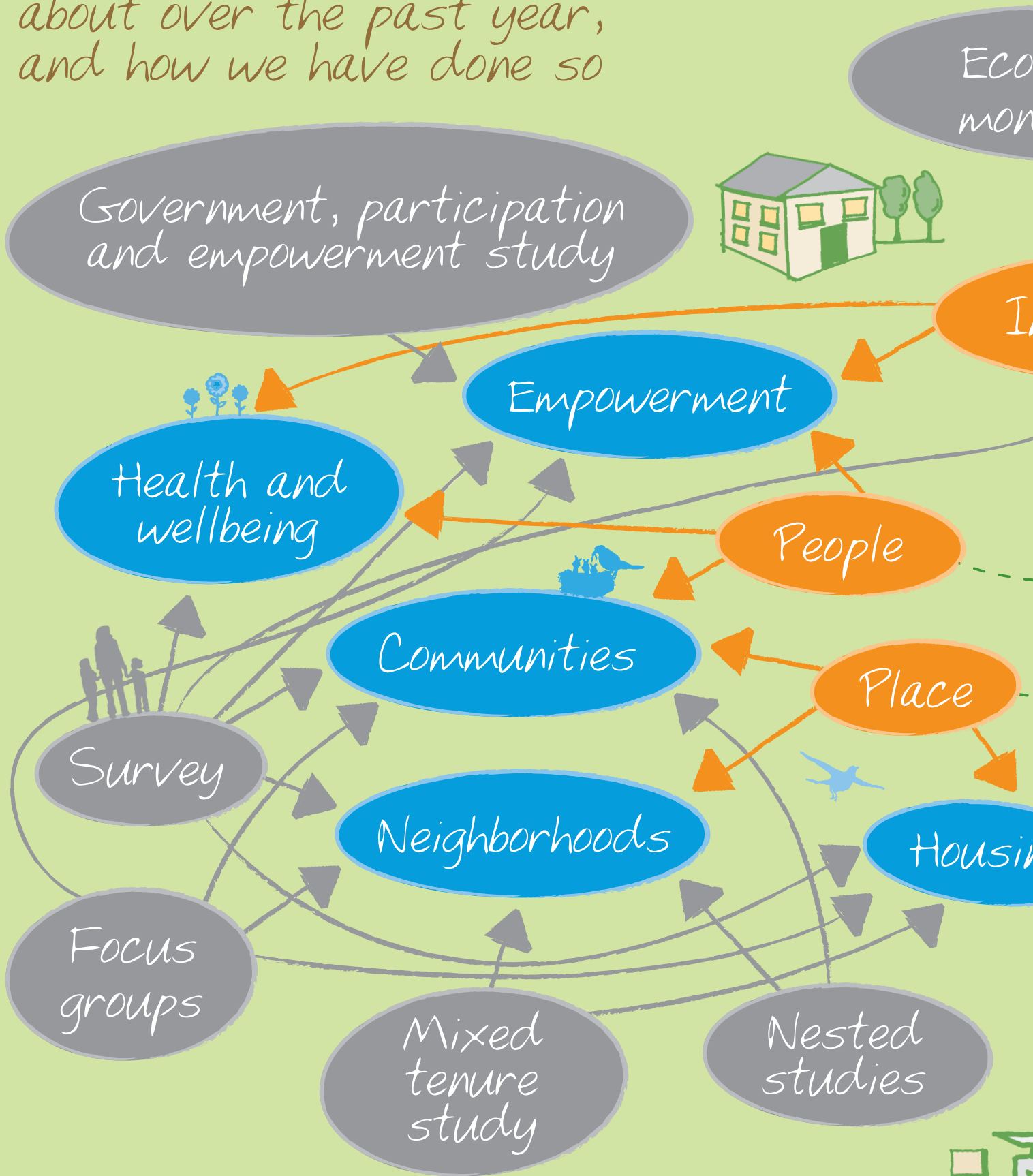
Our learning objectives are to:

- 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



This is what we have learnt about over the past year, and how we have done so



- What impacts are we learning about?
- What dimensions of these impacts have changed?
- How have we learnt this?

logical
monitoring

inequalities

Research

ing

Sharing;

Understanding



How does
regeneration
impact on people
& places?

Influencing;

Rethinking



Communications & Learning



This is who we have shared our learning with over the past year, and how we have done so



Who have we communicated / shared our learning with?

How have we done that?

What have we done? With whom?

Forward look

2010-11

Analysis

Over the coming year we will continue to analyse the responses from our first (2006) and second (2008) surveys and produce journal articles and briefing papers from these analyses. Some of the areas we are interested in include: young people and anti-social behaviour; physical activity; neighbourhood influences on mental wellbeing; wellbeing impacts of housing improvements; multi-storey flats – community/residential outcomes; and area reputations.

We will also start to analyse the responses of the longitudinal survey participants. This involves both 'remainers' i.e. residents who remained living in the regeneration areas between our first and second surveys; and 'outmovers' i.e. residents who had been living in the regeneration study areas in mid-2006 but subsequently moved elsewhere. We are interested in comparing the characteristics, and the housing, community and social outcomes of these groups, and of exploring the experiences of those residents that moved home.

Survey

We have already started planning and preparing for our third community health and wellbeing survey which will take place in 2011. This involves not only another cross-sectional survey across our study areas but also re-interviewing as many of the 'remainers' and 'outmovers' (described above) as possible.



Ecological monitoring

Over the coming year the ecological monitoring team will be exploring a number of different issues including: the transferability of lessons from GoWell, the impact of migration on our study areas; and the impact of the recession on regeneration plans and activity in Glasgow.



Mixed Tenure study

The next stage of this study involves investigating whether tenure mix has any independent effect on individual health outcomes (using linked Scottish Health Survey data). This will be followed by an analysis of crime and education data against trends in tenure mix.

Lived Realities study

This new qualitative, longitudinal study aims to explore how residents experience living through transformational regeneration, and the effects of different contexts and circumstances on their lived realities. It will involve approximately thirty families, ten from each of our three Transformational Regeneration Areas (Red Road, Sighthill and Shawbridge).



Communications & learning

We will continue to disseminate and discuss our findings with the communities involved in GoWell, and with health, housing and regeneration practitioners, policy-makers and academics. We will do this through further issues of our community newsletters, reports and briefing papers, presentations and discussion seminars, events and through the GoWell website.



Our accounts

Income 2009/10

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

Expenditure 2009/10

(from April 2009 to end-February 2010)

Sponsor	Amount
Research and support staff and associated costs	£317,280
Communications, events and outputs	£12,125
Total	£329,405

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

Our outputs and presentations



Below is a full list of the publications and presentations we produced and delivered over the period April 2009 to end-March 2010.

Reports

- Briefing paper 3. GoWell Findings: Asylum Seekers and Refugees in Glasgow's Regeneration Areas, 2006-07 (April 2009)
- Briefing paper 5. How Will Regeneration Activity Impact on the Health of Residents of Glasgow? A GoWell Briefing Paper on Policy and Key Informant Interviews in 2007 (May 2009)
- Briefing paper 6. Community Engagement in the Initial Planning of Regeneration in Glasgow (May 2009)
- Evaluation of Glasgow Housing Association's Youth Diversionary Programme (January 2010)
- Briefing paper 7. Area Reputation: An Examination of Newspaper Coverage of the Sighthill Estate (February 2010)
- Briefing paper 8. "Teenagers are a serious problem" – Who Says? GoWell's Findings on Perceptions of Youth-Related Problems in Deprived Areas of Glasgow (February 2010)
- Briefing paper 9. Youth Diversionary Programme Evaluation (February 2010)
- Progress for People and Places: Monitoring change in Glasgow's communities (February 2010)

Articles

Published

- Kearns, A., Tannahill, C. and Bond, L. (2009) 'Regeneration and health: conceptualising the connections', *Journal of Urban Regeneration and Renewal*, 3:1, 56-76.

- Kearns, A. and Lawson, L. (2009) '(De)Constructing a policy "failure": housing stock transfer in Glasgow', *Evidence and Policy*, 5:4.
- Lawson, L. and Kearns, A. (2010) 'Community empowerment in the context of the Glasgow housing stock transfer', *Urban Studies*, 47.
- Lawson, L. and Kearns, A. (2010) 'Community engagement in regeneration: are we getting the point?', *Journal of Housing and the Built Environment*, 25:1, 19-36.
- Beck, S. et al., (2010) 'How will area regeneration impact on health? Learning from the GoWell study', *Public Health* doi:10.1016/j.puhe.2010.02.004
- Egan, M., et al. (In Press) 'Protocol for a mixed methods study investigating the impact of investment in housing, regeneration and neighbourhood renewal on the health and wellbeing of residents: the GoWell Programme', *BMC Medical Research Methodology*
- 'Regeneration and Health: Working on the environment' *Scotregen*, Issue 46, Summer 2009
- "Regeneration improves health" – a fair assumption? *Scotregen*, Issue 47, Autumn 2009
- 'Swinging Success for Wellbeing'. *Scotregen*, Issue 48, Winter 09/10
- "Teenagers are a serious problem" – who says? *Scotregen*, Issue 49: Spring 2010

Accepted for publication

- Bond, L., Kearns, A., Sautkina, E. (forthcoming 2011) 'Mixed messages about mixed tenure: do reviews tell the real story?' *Housing Studies*

Events

- Third GoWell Annual Event – May 2009

Community meetings/presentations

- GCC Drumchapel/Annie'sland Area Committee – June 2009
- GCC Canal Area Committee – September 2009
- GCC Anderston/City Area Committee – September 2009
- GCC Govan Area Committee – September 2009
- GCC Southside Central Area Committee – October 2009
- GCC Springburn Area Committee – October 2009
- GCC Garscadden/Scotstounhill Area Committee – October 2009
- GCC East Centre Area Committee – November 2009
- GCC North East Area Committee – November 2009
- GCC Linn Area Committee – November 2009
- West Local Community Planning Partnership Board – January 2010
- Clydeside Tenant Partnership – January 2010
- Central & West Local Community Planning Partnership Board – January 2010
- GCC Pollokshields Area Committee – February 2010
- Pollokshields LHO – February 2010
- Cassiltoun Housing Association – March 2010
- GCC Newlands Auldburn Area Committee – March 2010
- Compass LHO committee – March 2010
- GCC Health and Wellbeing, Equalities and Social Care Policy Development Committee – March 2010

Conference and seminar presentations

- 'The Effects of High-Rise Living on Residential, Social and Health Indicators and Outcomes in Glasgow: Results from the GoWell Programme' oral presentation at *Wellbeing and Place: an International Conference* – April 2009, Durham
- GHA Senior Staff Seminar – April 2009
- 'What Do We Mean by 'Meaningful' Community Engagement?' and 'High-rise Stories' at *Tackling Multiple Deprivation in Communities: Considering the Evidence Seminar* – June 2009, Edinburgh
- 'The Effects of High-Rise Living on Residential, Social and Health Indicators and Outcomes in Glasgow: Results from the GoWell Programme' and 'The Social Integration of Asylum Seekers and Refugees in a Regeneration Context' oral presentation at the *EURA City Futures Meeting* – June 2009, Madrid
- 'Residential Environments and Mental Wellbeing in Deprived Areas'; 'Living in High-Rise Flats: Residential, Social and Psychosocial Outcomes'; 'Community Engagement in the Planning of Neighbourhood Regeneration in Glasgow'; and 'Does Tenure Mix Matter for Residents' Health and Wellbeing? The Role of Social, Residential and Economical Variables' at *Conference of the European Network for Housing Research* – June 2009, Prague

- Scottish Government Regeneration Seminar – June 2009
- Joint meeting NHS Health Scotland/GCPH – June 2009
- NHS Lothian Health Inequalities Network Seminar – June 2009
- Scottish Government High-Level Stakeholder Seminar – July 2009
- Tenant Participation Advisory Service (TPAS) Annual Conference – October 2009
- GHA Corporate GoWell Group – October 2009
- GCPH External Advisory Group – October 2009
- GHA Executive Team – November 2009
- South-East Glasgow CHCP GoWell Seminar – November 2009
- GHA Regeneration Committee – November 2009
- GCC Development and Regeneration Services Seminar – November 2009
- 'Impact of Housing on the Health and Wellbeing of Communities' workshop at SFHA/CIH Care, Health and Housing – Making the Connections' Conference – December 2009, Stirling
- GCPH Management Board – December 2009
- Scottish Government Wave 2 Findings seminar – March 2010
- 'Urban Regeneration, Mental Health and the Recession, Some Lessons from the GoWell Programme' at University of Edinburgh Health Policy and Practice Network Seminar – March 2010, Edinburgh
- SURF Annual Conference – participation in panel discussion on 'Beyond the Towers – Knowledge as a Resource for Change' – March 2010
- 'Addressing Scotland's Complex Socio-Economic Challenges' at Scottish Government Annual Forum – March 2010

Our team

Sheila Beck (Ecological Monitoring Team)

Lyndal Bond (Principal Investigator)

Jennie Coyle (Communications Manager)

Julie Clark (Researcher) from March 2010

Fiona Crawford (Ecological Monitoring Team)

Matt Egan (Researcher)

Elizabeth Fenwick (Health Economist)

Ade Kearns (Principal Investigator)

Louise Lawson (Researcher)

Rebecca Lenagh-Snow (Administrator) until December 2009

Phil Mason (Researcher and data analyst)

Jennifer McLean (Public Health Researcher)

Kelda McLean (Administrator) from December 2009

Elena Sautkina (Mixed-tenure effects) until March 2010

Carol Tannahill (Principal Investigator)

Hilary Thomson (Neighbourhood Audits)

David Walsh (Ecological Monitoring Team)

