

## Homes and health – What's the connection?

People who feel good about themselves and in control of their life also have a high level of positive mental wellbeing. Good mental wellbeing helps to give people the confidence and drive to achieve the things they want to in life, and is linked to better health.

GoWell participants told us about their mental wellbeing. They answered some questions specially designed by researchers working with Scottish Government, and we calculated their wellbeing scores.

We found that the people who told us they lived in good quality homes and attractive peaceful neighbourhoods are most likely to enjoy high levels of mental wellbeing. We also found that people's wellbeing was higher when they were very satisfied with improvements to their homes, or if they felt that where they live makes them feel good about their life.

This is good news for your neighbourhood, where the majority of residents appear to have a positive view about where they live. Overall, our findings suggest that ongoing investment in homes and neighbourhoods across Glasgow has the potential to genuinely benefit the way people feel.



We hope you have enjoyed hearing about what you told us in 2008 about your homes and neighbourhood. In spring of this year, the interviewers will have their clipboards at the ready to record your views and how they may have changed (or stayed the same) since 2008.

### What will happen

Households in your area will be selected at random and will receive a letter from the survey company, BMG Research, inviting them to take part and letting them know about the survey and when the interviewers will be in the area. An interviewer (carrying an identity card) will then visit those households and arrange to interview one adult from each household. If you or another adult agree to participate in the study it will take 30–45 minutes to complete the interview and what you say will be completely confidential.

### What next?

Once all the interviews have been carried out across all the GoWell areas (there are 15 in total) the information will be reviewed and analysed by the GoWell Researchers. They will then be able to compare the information given in 2006, 2008 and 2011, which will tell us about how (or if) the health and quality of life of people in your area has changed.

### Watch this space...

Once we have new information this information will be shared with you in future newsletters, and in presentations to groups in your community. The information will also be used by organisations in Glasgow and beyond to help improve services and regeneration efforts now and in the future.



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All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.

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 Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde.



GLASGOW COMMUNITY  
HEALTH AND WELLBEING  
RESEARCH AND LEARNING  
PROGRAMME

# HOMES IN YOUR AREA

SPRING 2011

## WIDER SCOTSTOUN



Welcome to the latest edition of the GoWell newsletter for people living in neighbourhoods near to the Kingsway Court and (former) Plein Street multi-storey flats. For ease, we have called this study area 'Wider Scotstoun' – although we know that some of it also extends into Yoker. In this newsletter we report back on what you told us in 2008 about your home and how you feel about where you live. We also explore the findings which are helping us to understand "What matters most?" when thinking about the connections between homes and health.

Your involvement makes this research possible, so "thank you!" to those who have contributed so far. The third GoWell survey takes place this year and our researchers will be returning to Wider Scotstoun to invite people to take part. Turn to page four for more information.

Finally, we hope you find this newsletter of interest and, as always, welcome any thoughts or comments you may have – such as what you like, or what we could do better. You can find our contact details on the back page of this newsletter.

Best wishes

The GoWell Team

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GoWell  
needs YOU!

### What is GoWell?

GoWell is a ten-year research and learning programme that aims to find out from local people what they think of the approaches taken to improve their area. We are also looking at the impacts on health and wellbeing. Between now and 2014 we will carry out two more surveys in your area. These will help us understand:

- what changes have taken place,
- whether different aspects of community life are getting better,
- and what changes are important to residents.

GoWell's survey findings are already being used by organisations such as Glasgow Housing Association, other Registered Social Landlords, NHS Greater Glasgow and Clyde and Glasgow City Council to help to improve services and regeneration efforts both now and in the future.





## Who took part in the survey?

- 214 Wider Scotstoun residents took part in our most recent survey in 2008 – 124 women and 90 men.
- The map, on the right, shows where the people we spoke to lived, and it is this area that the newsletter describes.

Around half of residents in Wider Scotstoun rent their homes, and the rest are owned privately.

There are a wide range of household types in Wider Scotstoun, with around a quarter (27%) of households made up of families with children.

### Recognise this?

The 'typical' resident has lived in Wider Scotstoun for more than 3 years (86%) and enjoys living there (87%).



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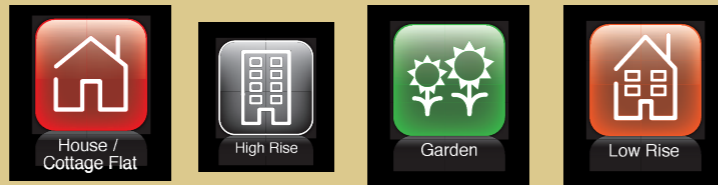
## Homes in WIDER SCOTSTOUN

### Housing types

- House or flat? Everyone in the Wider Scotstoun study area lives in a low rise flat, house or cottage flat, and most have access to either a private or shared garden.

### Condition of homes

- In Wider Scotstoun, many people were satisfied with the overall condition of their property and also rated other aspects highly. See below for more details.



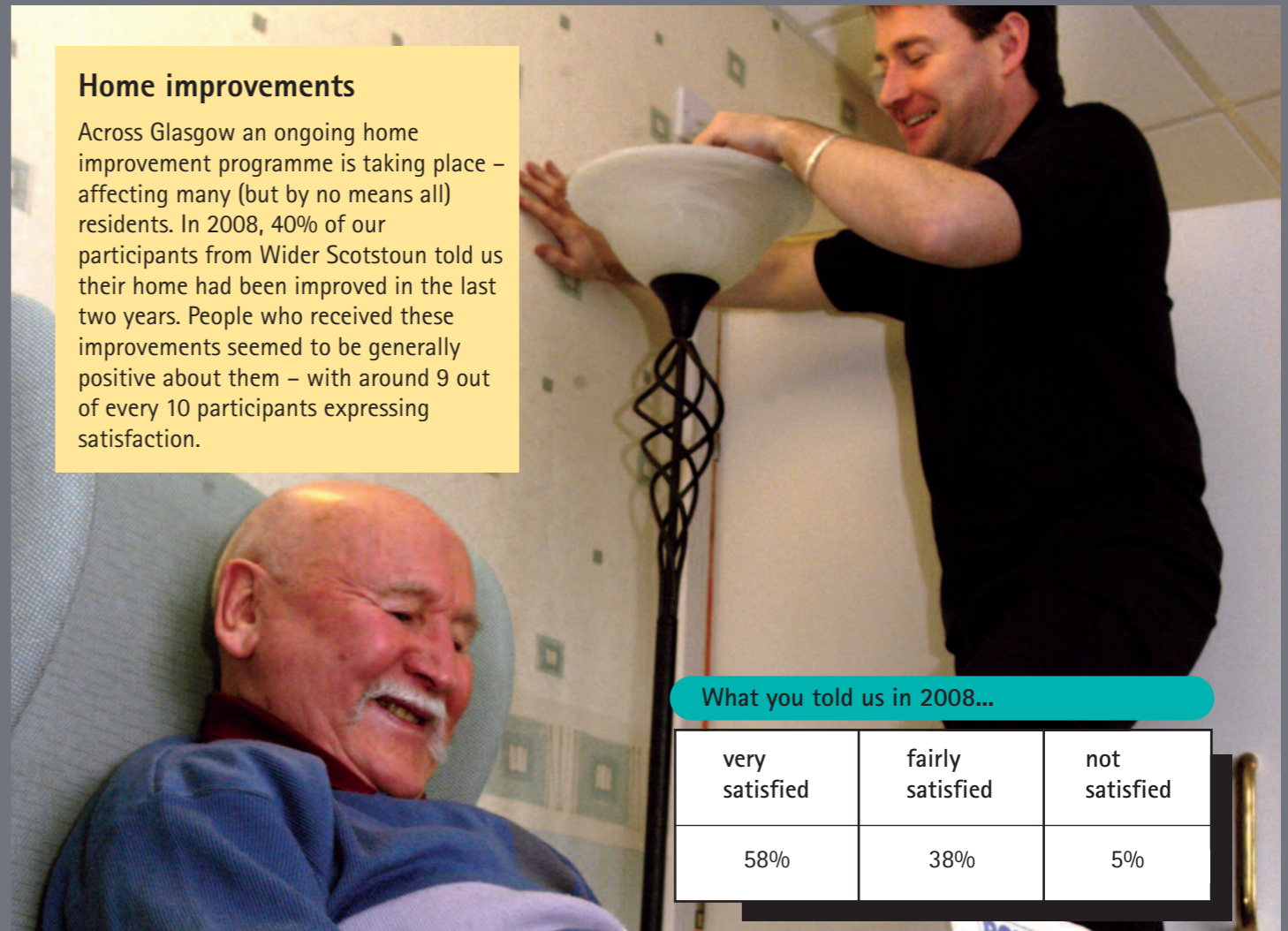
### What residents in Wider Scotstoun told us about the condition of their homes:



	Good or very good	Room for improvement
overall condition of home	93%	7%
dampness / condensation	87%	13%
quality of kitchen	87%	13%
heating system	92%	8%
insulation	91%	9%
state of external repair	87%	13%
security of home	86%	14%

## Home improvements

Across Glasgow an ongoing home improvement programme is taking place – affecting many (but by no means all) residents. In 2008, 40% of our participants from Wider Scotstoun told us their home had been improved in the last two years. People who received these improvements seemed to be generally positive about them – with around 9 out of every 10 participants expressing satisfaction.



### What you told us in 2008...

very satisfied	fairly satisfied	not satisfied
58%	38%	5%

## How your home makes you feel

Homes mean more to us than just the bricks and mortar that they're made from, and that is why the GoWell researchers also asked questions about how you feel about homes and neighbourhoods. For example, is your home somewhere where you feel safe and in control? The responses below say something important about the effect homes have on people's self-image and quality of life.

"I have control at home" – 91%

"My home makes me feel I'm doing well in life" – 84%

"I feel safe in my home" – 90%

"I feel I have privacy in my home" – 88%

"I worry about losing my home" – 37%

"My home expresses my personality and values" – 80%

"I can get away from it all in my home" – 88%

Overall, these findings show that the majority of people in your neighbourhood are satisfied with their homes. Most people in the area feel positive about where they live and think that their home is in good condition, although some did identify problems with their home. This suggests that there is still important work to be done to improve living conditions here – but the good news is that neighbourhood investment is ongoing and residents tend to be satisfied or very satisfied with those improvements that have already taken place. Over the page, we will describe how these findings link with what we know about people's health and mental wellbeing.