



GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME



Welcome to the latest findings edition of the GoWell newsletter. Last summer our researchers visited Townhead and asked local residents to take part in a very important health, housing and regeneration study called GoWell.

Since then 366 Townhead residents have very generously given their time and have completed survey interviews with our researchers, along with about 6000 other households in 14 different communities across Glasgow.

The GoWell team would like to use this newsletter to share with you and your community some of the key findings for your area. We will send you further newsletters in the future to keep you up to date with all we have found out.

Meanwhile, we would like to thank you and your community for taking part in GoWell. Without your help this study would not be possible.

With best wishes
The GoWell team

The key findings

Last year our researchers spoke to more than 350 Townhead residents in the first of four surveys that will cover a period of 10 years. From these residents we learned that...

- Two thirds of Townhead's residents are economically active.
- Residents tend to be positive about their homes and neighbourhood.
- Most residents do not tend to identify anti-social behaviours as being problems in their area.
- However, there is concern about problems associated with young people.
- Services and amenities for young people also receive relatively low ratings from residents.
- Self-reported health in Townhead is relatively poor.



IT'S ALL ABOUT YOU, YOUR FAMILY AND YOUR COMMUNITY

Why is the GoWell team interested in studying Townhead?

Dr Matt Egan
– Researcher



The GoWell team and I are interested in the multi-storey flats located around St Mungo Avenue and Drygate because they are part of a multi-million pound community regeneration programme currently taking place in Glasgow.

Regeneration might involve both internal and external improvements to people's homes – and attempts to support communities with improved services and amenities.

These activities provide the GoWell team with an opportunity to find out from local residents if and how their health and lives are changed as a result of investment in regeneration.



About your home, health and community

What kind of people live in your area?

We focused the survey primarily on people who live in multi-storey flats.

Most are housing association tenants and around **half** either live alone (**36%**) or are single parents (**14%**).

One in four of the participants said there were pensioners living in their household, and a similar proportion of homes contain children.

The flats have relatively few asylum seekers, refugees or members of ethnic minority groups. For **every 10 residents**, **9** describe themselves as 'white' and the vast majority of these say they are 'white Scottish'.

Money and jobs

Few Townhead residents earn more than Glasgow's average income and **42%** say they often find it difficult to pay bills. A **third** rely entirely on benefits for income.

However, **two thirds** of the residents report being either employed or in training or are economically active in some other way.

Your general health

Generally speaking, population health is usually poorer in neighbourhoods experiencing deprivation. In Townhead only **35%** of residents described their health over the past 12 months as good – nearly half the national figure from the last census.

Age-related illness accounts for some of the health problems. Only **15%** of pensioners regarded their health as good over the previous year. Single parents and adults living alone were also less likely to report good health compared with participants from households with two or more adults.

Anti-social behaviour problems in your area

Most residents do not consider violent crime, racism, sectarianism and problem neighbours to be serious issues in their neighbourhood. In each case, **at least 7 out of 10** residents said these were not a problem.

More residents were concerned about youths in their area. **Around half** of the GoWell participants think teenagers hanging around is not a problem in their neighbourhood, whilst **a third** do think this is a problem (the remainder did not give an opinion).

In short, a significant minority of people in your area appeared to be affected by anti-social behaviour, but the majority of residents seem relatively untroubled.

Satisfaction

Over 80% of people in Townhead are satisfied with their home and even more say they are satisfied with their neighbourhood as a place to live. **Nearly a third** say that work is needed to improve their homes, but **most** residents do not think that major improvements are required. **70%** say their home is fine as it is.

Few residents describe local services and amenities as poor. Transport was the top rated service, with **over 70%** describing it as good or fairly good. Rubbish collection was also highly rated but residents tended to be less enthusiastic about local bank facilities and health services.

Local services and amenities for children and young people consistently received low ratings, with **only half** the residents (or less) willing to rate these as good or fairly good. Both parents and non-parents gave relatively low ratings for these.

On the whole Townhead residents are generally positive about their neighbourhood and community, but many still want to see improvements.



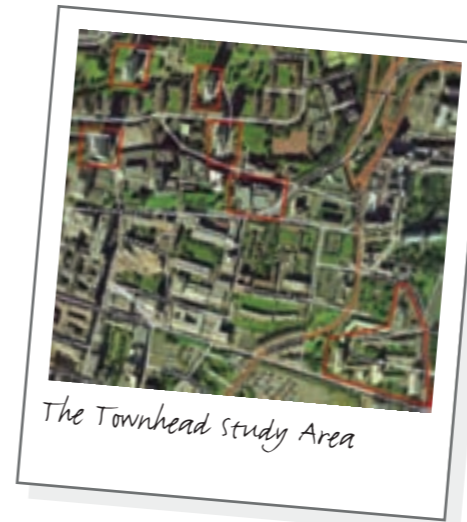
About the study

GoWell is conducted by an independent team of researchers. Over the next 10 years we will inform residents and housing planners about the impacts of neighbourhood changes across Glasgow.

GoWell asks people about health, housing, neighbourhood and community issues. Three fifths of the Townhead residents we contacted responded.

Some could not be contacted or chose not to take part. They might have their own view of things, but we can tell lots about your neighbourhood by looking at the many residents who did participate.

Our next steps include further resident contacts, and analysis of more information to fill knowledge gaps about what people want from community regeneration and to find out what your top concerns are.



The GoWell team

About us, the GoWell team

The principal investigators who designed and are leading the GoWell programme are:



Phil Hanlon
Professor of Public Health, based at the University of Glasgow.



Ade Kearns
Professor of Urban Studies, based at the University of Glasgow.



Mark Petticrew
Associate Director, Medical Research Council Social and Public Health Sciences Unit, based at the University of Glasgow



Carol Tannahill
Director, the Glasgow Centre for Population Health.

The GoWell team is also made up of a core group of staff, comprising our Researchers, a Communications Manager and a Programme Administrator. These members of the team will introduce themselves to you in the next issue of the newsletter.

The GoWell website

To help to keep you and your community fully informed of all GoWell progress and developments we have created a GoWell website. The purpose of the GoWell website is to provide the people taking part in GoWell, their communities and others interested in GoWell with a way of obtaining information about the findings directly from the GoWell team. The site contains links to the latest GoWell news, findings and events. If you would like to find out more please visit: www.gowellonline.com

What do you think?

We would like to know what you think. Send your views to:
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