



Glasgow's Healthier Future Forum 11

A resilient Glasgow

Thursday 31 March 2011
Glasgow Science Centre

Introduction to the day

Dr Rosie Ilett (GCPH), Chair

Rosie welcomed delegates to the event. She noted that the purpose of the GCPH 'healthier future forums' related to the Centre's role in developing new thinking and fresh insights. This event was focussed on thinking afresh about the Glasgow of the future and considering the sorts of health, social and environmental issues that a future Glasgow might face.

Rosie chaired the morning and introduced each speaker (see Appendix 1 for the event programme and Appendix 2 for the list of delegates).

Future Glasgow

Nick Wright (Future Glasgow)

Nick described the process that is being undertaken at a city level, under the banner of Future Glasgow, to create a new city vision for Glasgow. He noted previous work in this area: a city vision had been created previously in 2003 and in 2007 Demos had supported story-telling about how Glasgow might be in the future (Glasgow 2020).



The new city vision process is intended to be overarching, incorporating all policy areas. It will involve thinking about - and shaping - the sort of city we want Glasgow to be. The visions will involve looking forward to 2061.

A draft 'vision' paper will be circulated for consultation in September, but before then there will be a period of consultation. There are two strands to the work. In one, groups of 'experts' or professionals will meet in a series of discussion workshops. In the other the views and aspirations of the general public of ordinary Glaswegians will be sought.

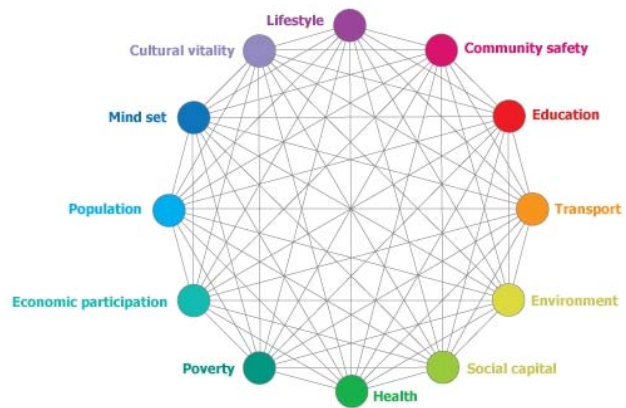
To start people thinking, Nick asked delegates to think back to 1961, 50 years ago, to consider what life was like in Glasgow then in comparison to now. After a few minutes discussion, comments were gathered from the floor which included: *"less traffic"*, *"industrial"*, *"poor air quality"*, *"very white (racially)"*, *"closer families"*, *"overcrowded"*, and *"loss of vitality"*. Nick followed this up with a supplementary question for the delegates to consider *"what has stayed the same in Glasgow?"* (since 1961). Responses to this included: *"the need for health promotion"*, *"lots of the buildings are the same"*, *"nice parks"*, *"still got deprivation"*, *"and sectarianism"*, *"a centre for education"*, *"drinking (culture)"*.

Nick finished off by thanking people for their input and noting that part of the purpose of these questions and the focus of the rest of the day was to pick up trends and changes over a long period of time.

Understanding Glasgow

Bruce Whyte (GCPH)

Bruce introduced his session by emphasising that it would involve the forum working together to think about what Glasgow could be like in the future. Laptops linked to a wireless network were made available to delegates in order that they could access the range of indicators available in the Understanding Glasgow website: www.understandingglasgow.com.



Bruce provided a brief background on the creation of this site ([see presentation slides via gcph.co.uk](http://gcph.co.uk))

Delegates were then asked to work within their tables on one of the twelve domains of the Glasgow indicators from the website. The workshop tasks were to think ahead in three ways...

(i) to identify key **trends**

(ii) to suggest what might be **shocks** for Glasgow e.g. global recession, severe and changing weather, escalating fuel prices, famine, trade disruption, etc

(iii) to outline what would be of **concern** if a shock occurred

The responses in plenary highlighted a diversity of thoughts about the **key trends**:

sustainable development – *“you’ve got consumerism on the one hand and you’ve got concerns about the environment on the other – if we’re going to pull back on consumerism, where we’re basically going to create more unemployment, lets be creative about it.”*

a tension (or disconnect) between different ways of doing things – *“... a disconnect between the paternalistic system and the way the establishment works, decades of municipal work, that kind of thing ...and a desire for more creative stuff, more social enterprise, more re-localisation, more things happening in communities.”*



The mindset group identified that *“a major difficulty in Glasgow is a sense of learned helplessness, there’s a real fatalism, some of us have problems with mental health”* and were concerned with *“a decrease in community mindedness [and increase in] individualism”*

The discussion on transport “ended up in an argument – car v public transport, and the car won”

Health trends were seen to be improving but with discrepancies between areas of Glasgow. Reductions in smoking were noted alongside greater alcohol harm and obesity

Decline in births and ageing population trends were highlighted but it was noted that “middle age [was] very different from the past”.

Education and crime trends were thought to be improving but it was recognised, in relation to the latter, that a lot of crime is unreported.

Concerns about income, debt pushing people into poverty, and property costs were all raised.

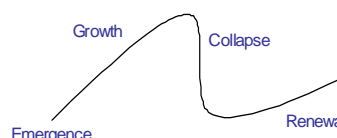
People identified a range of potential and real shocks to the system. These were diverse and are not summarised here. However, the impact of the recession was a common theme and although it was generally seen as bad, it was also a “chance to re-think the whole system.”

An audio recording and text transcript of these responses is available from GCPH on request.

Emergent planning for a resilient Glasgow Glasgow as a resilient city (or complex adaptive system)

Prof Phil Hanlon (University of Glasgow)

Phil's talk focussed on thinking about Glasgow as a resilient city by introducing the concept of Glasgow, or any other city, as a complex adaptive system. He proposed that given this notion, collapse and the need for resilience (the ability to bounce back to something better) was an inevitable and desirable part of a city's evolution. Given this “challenging and radical thought”, Phil then went on to answer three questions:



These are normal phenomena, fundamental to survival of the system

What is a complex adaptive system?

What are the characteristics of complex adaptive systems in nature and elsewhere?

If this is true of Glasgow, what are the implications for Glasgow?

Ideas, models and concepts for a resilient City

Prof Carol Tannahill (GCPH)

Carol followed on from Phil by introducing a range of ideas, models and concepts ([see presentation slides via gcph.co.uk](http://gcph.co.uk)) and in so doing encouraged delegates to think about recommendations for the Future Glasgow process. She encouraged the audience to keep the concept of the city as a 'complex adaptive system' in their heads and to consider the changing world we live in. She highlighted that there are a number of existing large and long-term – and in some cases unexpected – trends that face us.



Following on from her presentation, Carol encouraged delegates to consider their reactions to the ideas and concepts she and Phil had put forward. *Were the concepts helpful? Did delegates agree with the ecological model of collapse and renewal? Is a transformative response possible? Were those components of resilience identified good things and how can they be achieved in the city? What sorts of conceptual models help with the ideas of systems thinking?*

Responses to this included the observation that, while chaos theory is an interesting concept, because a small change can have a large impact it is impossible to predict whether impacts will be positive or not. The contribution of capitalism was noted. One delegate asked what would be the response to these ideas outside of this 'self-selected audience'? An observation was made that, given the uncertainty and complexity of the system, it (the system) can't be controlled; changes are difficult to anticipate and therefore perhaps individuals and communities need to create their own rules of engagement. There was a debate as to whether creative transformation was an inevitable consequence of the current economic crisis.

In a second discussion session delegates were asked to note *if there was anything surprising or particularly important that needed further emphasis?*

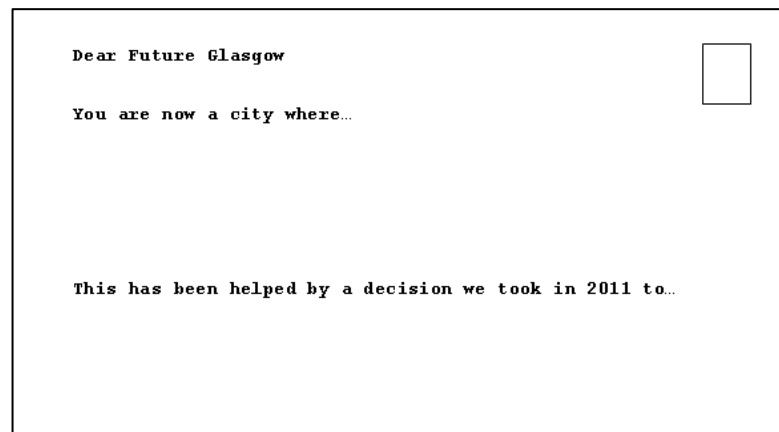
The following points were noted in response:

- Attitude to risk was noted and the notion of embracing risk in a positive way to achieve change.
- Culture and cohesion and partnership were also noted as important, although it was observed that "turf wars permeate the whole of Scotland"
- The tension between local food growth versus fair trade
- Attention to individual-level transformation (the 'inner world') is crucial
- Can we create a shock rather than wait for it? e.g. opening up the city to 'newcomers' to increase diversity – immigrants may be more resilient and optimistic
- Planning to do less better
- Combating corporate power
- Need to look at consumers rather than citizens e.g. "children with mobile phone accounts rather than 10 bob in their pocket"

In the final part of the session Carol asked delegates to think about positive things to build upon and challenges to address. Delegates were asked to express these thoughts in 'postcards to the future'.

The themes that were picked up in the postcards included an emphasis on sustainability linked to travel and local food

production, a renewed focus on children's wellbeing, on listening to and giving a voice to young people, and a safer, more empathetic city. The postcards are summarised in Appendix 3, and a selection are available to view on the GCPH website ([click here](#)).



Summing up

Rosie summed up the morning thanking all the speakers and delegates for their contributions toward making this such an interesting event. She noted there was an opportunity to send in postcards electronically via the Centre's website.

Those attending the Forum had been introduced to the process for developing the city vision, and had used Understanding Glasgow to explore trends in the city's performance on a range of dimensions and consider what these might mean for the future. The concept of complex adaptive systems had been discussed, together with the inevitability of collapse and regrowth. Dimensions of resilience – at individual, community and city-level – were considered, leading to the articulation of actions that might be taken now to strengthen the city's position in the face of an uncertain future. Although people expressed these in their own words, common themes included the need to invest more of a focus on young people, to ramp up progress on low carbon living and environmental sustainability, to champion and support diversity and equality, and to move towards a greater degree of neighbourhood decision-making and community empowerment. Whilst none of these themes was new or surprising, the sense of urgency and the need to accelerate progress in these areas was striking.

Appendix 1 – Event programme

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9.00 – 9.30	Registration
9.30 – 9.35	Welcome and introduction Chair – Dr Rosie Ilett (GCPH)
9.35 – 9.45	Future Glasgow Nick Wright (Future Glasgow)
9.45 – 11.00	Understanding Glasgow Bruce Whyte (GCPH)
11.00 – 11.15	Break
11.15 – 12.45	Emergent planning for a resilient Glasgow Prof Phil Hanlon (University of Glasgow) & Prof Carol Tannahill (GCPH)
12.45 – 1.00	Sum up and close
1.00	Lunch


Appendix 2 List of Delegates

First name	Surname	Organisation
Brian	Baker	Media
Robert	Calderwood	NHSGGC
Margaret	Caldwell	Glasgow Caledonian University
Fiona	Campbell	Glasgow City Council
Louise	Chisholm	Ingeus
Linda	Crutchett	Health at Work
Jacqueline	Donaghy	Renfrewshire CHP
Michael	Donnelly	Glasgow City Council
Patricia	Elliot	
Jan	Freeke	Glasgow City Council
Liz	Fronidgoun	Glasgow Caledonian University
Catherine	Fuller	Student
Angela	Gardiner	Govan and Craigton Integration network
Lisa	Garnham	University of the West of Scotland
Jacqueline	Gillespie	Glasgow Caledonian University
Ross	Haig	GCPH
Phil	Hanlon	University of Glasgow
Alistair	Hendry	Glasgow Caledonian University
Clementine	Hill O'Connor	Glasgow Caledonian University
Laura	Hunter	NHS Health Scotland
Rod	Hunter	SHARE
Rosie	Ilett	GCPH
Russell	Jones	GCPH
David	Kelly	Amey
Ruth	Kendall	NHSGGC
Susan	Kerr	Glasgow Caledonian University
Liz	Leonard	Liz Leonard Media
Robin	Lever	West Lothian Public Partnership Forum for Health and Care
Catherine	Linney	West of Scotland Social Work Standby Service
Karen	Lorimer	Glasgow Caledonian University
Alastair	Low	NHSGGC
Norie	Mackie	The Pearce Institute
Daniel	Maher	NHSGGC
Bob	Marshall	Community Renewal
Charlotte	McEleney	University of Dundee
Neil	McHugh	Glasgow Caledonian University
Gordon	McInnes	Mental Health Network
Miriam	McKenna	Inverclyde Council
Fiona	McKie	GCPH
Willie	Miller	Willie Miller Urban Design
Nuzhat	Mirza	NHSGGC
Linda	Morris	NHSGGC
Sue	Morrison	Strathclyde University
Kenneth	Munge	University of Glasgow
Johanna	Naylor	Glasgow Caledonian University
Simon	Parsons	BBC Scotland
Susan	Pettie	Prophet Scotland
Julia	Radcliffe	Glasgow Urban Lab/Glasgow School of Art
Louise	Rennick	NHS Health Scotland
Mark	Robinson	NHS Health Scotland
Michael	Ross	NHSGGC
Georgina	Scott	NHS Ayrshire and Arran
Joseph	Scott	Glasgow and the Clyde Valley Strategic Development

		Planning Authority
Kim	Shepherd	University of the West of Scotland
Debs	Shipton	GCPH
Heather	Sloan	NHSGGC
Mathew	Smith	Student
Clare	Strain	SPT
Carol	Tannahill	GCPH
Julie	Truman	NHSGGC
Tom	Tumilty	Scottish Government
Andrew	Turnbull	NAPP
Helen	Watson	Inverclyde CHCP
Amanda	Waugh	Glasgow City Council
Jim	White	NHSGGC
Bruce	Whyte	GCPH
Laura	Williamson	Glasgow Caledonian University
Derek	Wilson	University of Glasgow
Laura	Winter	SKAMPS
Nick	Wright	Nick Wright Planning

Appendix 3 Transcription of individual participants' 'postcards to the future'

This note contains 'postcards to the future' written individually by 40 participants in response to two questions – see below:

<p>Dear Future Glasgow</p> <p>You are now a city where...</p> <p>This has been helped by a decision we took in 2011 to...</p>	
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Common points:

- focus on young people
- more collaborative, entrepreneurial, less risk-averse culture
- more empowered citizens and neighbourhood decision-making
- people feel part of a community
- individuals feel valued
- inequalities reduced – health, relative poverty
- less consumerism and less focus on personal financial wealth
- healthier
- low carbon
- more active/sustainable travel (cycling/walking)
- car free city centre
- increasingly diverse people
- more local produce
- more equal
- safer
- streets/neighbourhoods more convivial, less car-dominated
- cleaner, better maintained

You are now a city where...¹

1. You are mixed and diverse, and people's contributions and creativity is valued. People are hopeful and feel accepted.
2. Each individual is valued.
3. The retail sector has diminished and people no longer form their identity via what they own.
4. Individuals count.
5. Where fearing for your safety is rare, where being lonely is a highly unusual choice and where ignoring other people's children is an odd thing to do.
6. There is a large car-free area in the city centre. There are a series of attractive, low carbon neighbourhoods. Active and sustainable travel has become the norm.
7. Young people flourish and live a life that they have reason to value.
8. People care more about relationships with each other, rather than shopping, celebrities and gadgets.
9. Power is equally shared, there really is a "working together" "can do" culture. Open-hearted collaboration is the norm and we are all becoming "more than the sum of our parts" and making most effective use of our resources.
10. People make local decisions and take actions that change and improve their local living environment. More people cycle and walk to work than drive. There are potholes that get repaired within a day. There is no chewing gum on the pavements.
11. The third sector is vibrant and successful. Community-led activity is a match for corporate power.
12. Local, community-led, small business-led, entrepreneurial things/projects are the norm – Lambhill Stables, social enterprises, voluntary groups etc are mainstream. The public sector supports that way of working – enables, not controls – and doesn't see itself as a source of power, but as an enabler of local power.
13. There are no health inequalities and where our young people have opportunity and hope for the future.
14. People have become less risk-averse, especially in public sector management.
15. We have no government in control. The community works together to make its own rules.
16. The good life is pursued (as conceived by Aristotle). Local produce is valued more.
17. No more work-related ill health. Culturally vibrant, at community and city level, helping social cohesion and identity. Integrated social and economically, less polarised, rich/poor and spatially, social integration, physically too. Fluid city, diverse and

¹ Please note that the responses are in no particular order. Those with the same number under each of the two statements – 'You are now a city where...' and 'This has been helped by a decision we took in 2011 to...' - were written by the same person.

equitable. With opportunities for all and higher aspirations. An 'aspirational' city, always considering its evolution.

18. There is a large car free city centre...active and sustainable travel is much more the norm.
19. The people are empathetic, happy, confident, resilient, socially responsible, caring citizens. The place is green, healthy, accessible for all, safe, with good housing and sustainable. Where the market doesn't dictate life and quality of life so much, good work-life balance and family friendly workplaces that support people.
20. People are hopeful, positive and optimistic about a thriving future. Everyone plays their part in making the city a great place to live. It's prosperous, healthy, sustainable and equitable.
21. Caring/sharing population.
22. The children are educated in a way to make sensible changes. I think the individual values are meaning the inner health of the individual (rather than being too individualistic and not behaving as a community). The advent of mobile phones and social networking amongst the younger generation is worrying since there is less talking/simple communication to make the right choices to regenerate positive growth in a good city.
23. Fair distribution of wealth. Diverse population with diverse skills and knowledge. Sharing and caring city learning should come very young age.
24. Reducing health inequalities within Glasgow and Scotland. You can live as long as people in Edinburgh!
25. The individual is at the heart of decision making. Health has improved along with quality of life.
26. Diverse knowledge and skills where we value equally creative abilities rather than just academic.
27. People love to live, work, rest and play. It's now called MARS.
28. Everyone has purpose, meaning and vision and is creative in contributing to a multi-faceted city. (Relative) poverty is eradicated/non-existent. People are happy and content.
29. We are on the cusp of a new opportunity in a journey developing a beautiful place to live, work and play. People remain friendly and welcoming.
30. You know you are connected to your fellow citizens.
31. The poverty gap has been significantly reduced or eliminated.
32. The focus or the measure is economic development.
33. Alcohol is more reasonably priced and workers have a minimum wage that allows a decent quality of life. You may even have escaped the shackles of UK rule by becoming an independent nation.

34. Employment is full and large sections of the population are entrepreneurial and self-motivated and useful. Parks are re-used as useful green spaces. Derelict land is used. Young people are part of a city wide democratic forum that monitors ongoing change and flux. We all recycle everything and grow prosperous from doing so.
35. Wealth is not the primary goal of individual and national aspirations. Children are our most precious resource. There is greater equality.
36. Children are valued as our most precious resource, not seen as a cost to the economy. Taxation is levied more fairly through society, and this is spent on essential services of health, welfare and education resulting in improved quality of life for all.
37. The main part of energy use is from renewable sources.
38. Creation, innovation and technology are flourishing and unemployment has almost been eradicated. We have something to offer the world and inequalities have been reduced through employment. Quality of life is improved and we all enjoy good health.
39. Glasgow's policies and strategy are predicated from a simple perspective: "children are our most useful resource". Politics is framed from the point of view of not holding onto power and has moved away from the capitalist model.
40. People are happy, healthy and have a shared sense of community.

This has been helped by a decision we took in 2011 to...

1. Encourage and welcome people to come to Glasgow and make their contributions, and to work together through relaxing rules around settlement and also encouraging businesses to develop across the city.
2. Recognises potential in everyone to contribute positively to society.
3. Move away from a consumerist society and emphasise the innate value in human beings.
4. Help promote individual values when major financial cuts were having to be made.
5. Measure every policy decision primarily by its impact on our children, and our recognition that our children are our most precious resource.
6. Invest over time in hub and spoke peripheral facilities and car parking, and additional pedestrian and cycle crossings of the Clyde. Create a series of low carbon sustainable neighbourhoods in various quarters of the city. Promote cycle and pedestrian activity more strongly.
7. Priorities policies, investments and cultural dialogue which provided young people with increased opportunities to choose a life they have reason to value.
8. Restrict commercial operating hours, despite the commercial sector saying it would be a disaster for economic growth and employment.

9. Hold a “city assembly” along the lines of the Icelandic national assembly to define our collective values and vision through dialogue and consensus of a large random sample of the Glasgow population.
10. Encourage local communities to innovate and take control of local environments. “No ball games” signs were the first to go on the bonfire. 15mph zones were introduced gradually community-by-community with initial resistance but with increasing local neighbourhood support.
11. To work with local and national government to achieve this. Big companies are taxed to support local communities.
12. Get every public servant – top to bottom – to think and work as facilitators, mediators, enabled, entrepreneurs; not as managers, controllers and bosses. What an impact all those different personal behaviours would achieve.
13. Invest in health and education and taking an approach to ensure that our young people are equipped for the future.
14. Encourage people (managers) to think laterally and take more opportunities to test out service approaches.
15. Respect each other, empower people and communities, and take responsibility for our future.
16. Challenge the current mindset of individualisation. Challenge international trade and the perceived benefits of global trade.
17. Tackling issues in an integrated and collaborative way, deciding to get out of our silos and being “open”. Celebrating good and things to build on. Challenge/assess the status quo, look at aspirations. Learn how others have changed/evolved, learn from good practice in tackling challenges by other cities, and apply if transferable.
18. Invest in a range of hub and spoke car parking and additional cycle crossings across the central area. Create a series of low carbon neighbourhoods.
19. Focus on people (early years through to older age) rather than the market/capitalism.
20. Promote positive self-image, foster a sense of community, empower individuals to play their part. Educate people on complex adaptive systems!
21. Develop a child-friendly society including parents, general population, agencies.
22. Educate for the young to build a sustainable, resilient, inspiring future. I wonder if using the Amazon rainforest as an example ecosystem is... Should we be changing as part of the human race looking at growth in a sustainable (not destructive) way.
23. Caring and sharing population.
24. Increased access to healthcare, increased public health funding, all stop smoking and drinking alcohol and eating too much.
25. Establish one Glasgow with a shared strategic vision for the future. We reduce the tiers of government.

26. Encourage a diverse population – increasing immigration, diverse education system (needs changed).
27. Empower communities, take risks, promote sustainable development and successfully balance the needs of self and society.
28. Tackle and enforce inequality and the (mostly) capitalist/banking/economic gaps in society. More additional/pro rata contributions (of e.g. the above) whether financial, social or other. Provide a legacy and resource to encourage participation in arts/sports/education/health/etc.
29. Involve community in local development decisions and creating positive places to spend our time.
30. Support local level decisions (democratic) whatever they are (even if we don't like or agree with them) as long as they are local decisions.
31. Recognise the inequalities in society and break the repeating cycles of social exclusion with a reassessment of current economic priorities.
32. Redefine the measure of 'wealth' to focus on health or equity.
33. Lobby national government on issues affecting Glaswegians. Support the decision to have a referendum on Scotland's independence from the rest of the UK.
34. Foster entrepreneurial thought and skills, have the whole city reconsider greenspace and derelict land, launch our new forum, create recycling initiatives that eclipse what happens currently.
35. Change indicators of success. Transform mindsets.
36. Work collaboratively as a society rather than the individualistic approach of the past 25 years.
37. Investment in research and development of renewable energy technology and implementation of e.g. district heating systems.
38. Investment in science through education and enterprise and a fair minimum wage, with fiscal controls on large scale profiteering by private companies and banks who service the economy and the public. A fabulous NHS that is still free at the point of need.
39. Consider the impact on children of any of our plans or thinking. Fundamental rethinking of Holyrood/Westminster where politics is not framed in terms of retaining power.
40. Drop our entrenched organisational positions and agree a shared vision that everyone could contribute to achieving – avoiding turf wars.