

# Auchenback Health and Open Space Project

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# AUCHENBACK HEALTH AND OPEN SPACE PROJECT

September 2008



## Halcrow

Halcrow Group Ltd, 16 Abercromby Place, Edinburgh, EH3 6LB



EAST RENFREWSHIRE  
COMMUNITY HEALTH AND CARE  
PARTNERSHIP

better  
barrhead



**Commissioned & Funded by:-**

**Glasgow and Clyde Valley Green Network Partnership,**

**Glasgow Centre for Population Health,**

**East Renfrewshire Council ,**

**&**

**East Renfrewshire Community Health and Care Partnership**

**Written by Halcrow Group Ltd**



**MOVING SCOTLAND FORWARD:  
THE GOVERNMENT'S PROGRAMME FOR SCOTLAND 2008-09**

SEPTEMBER 2008



# Health Impact Assessment of greenspace A Guide



Health Scotland, greenspace scotland,  
Scottish Natural Heritage and  
Institute of Occupational Medicine





## Healthy Eating, Active Living:

An action plan to improve diet, increase physical activity and tackle obesity (2008-2011)



# Health Impact Assessment of Transport Initiatives A Guide

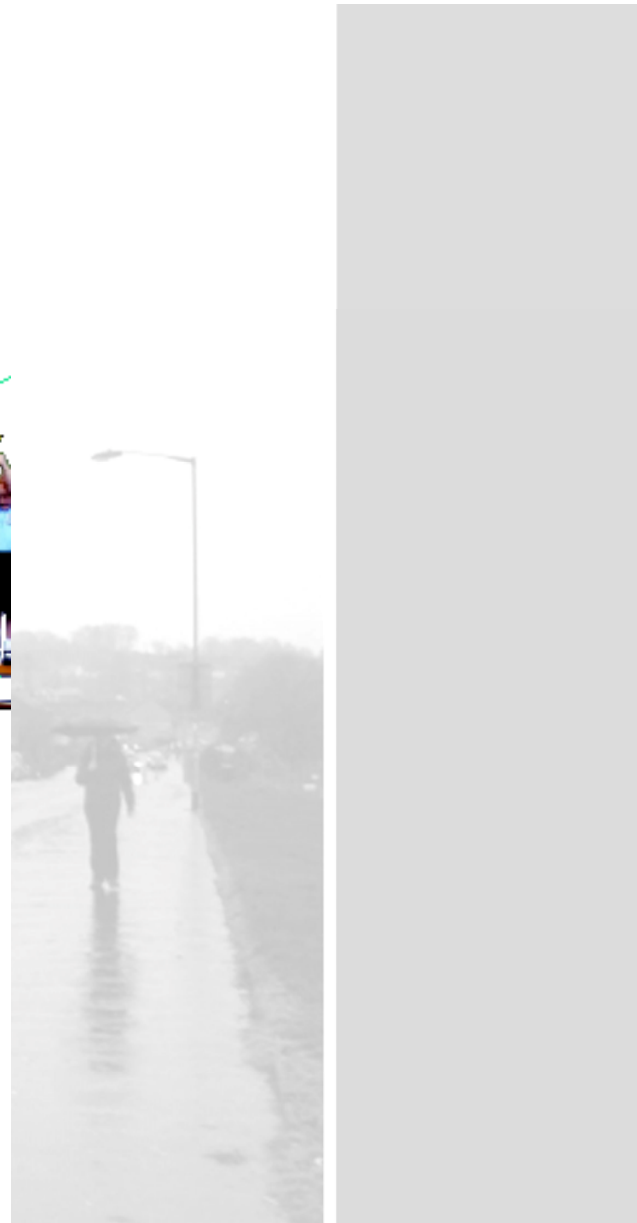
Health Scotland, MRC Social and Public Health Sciences Unit and Institute of Occupational Medicine



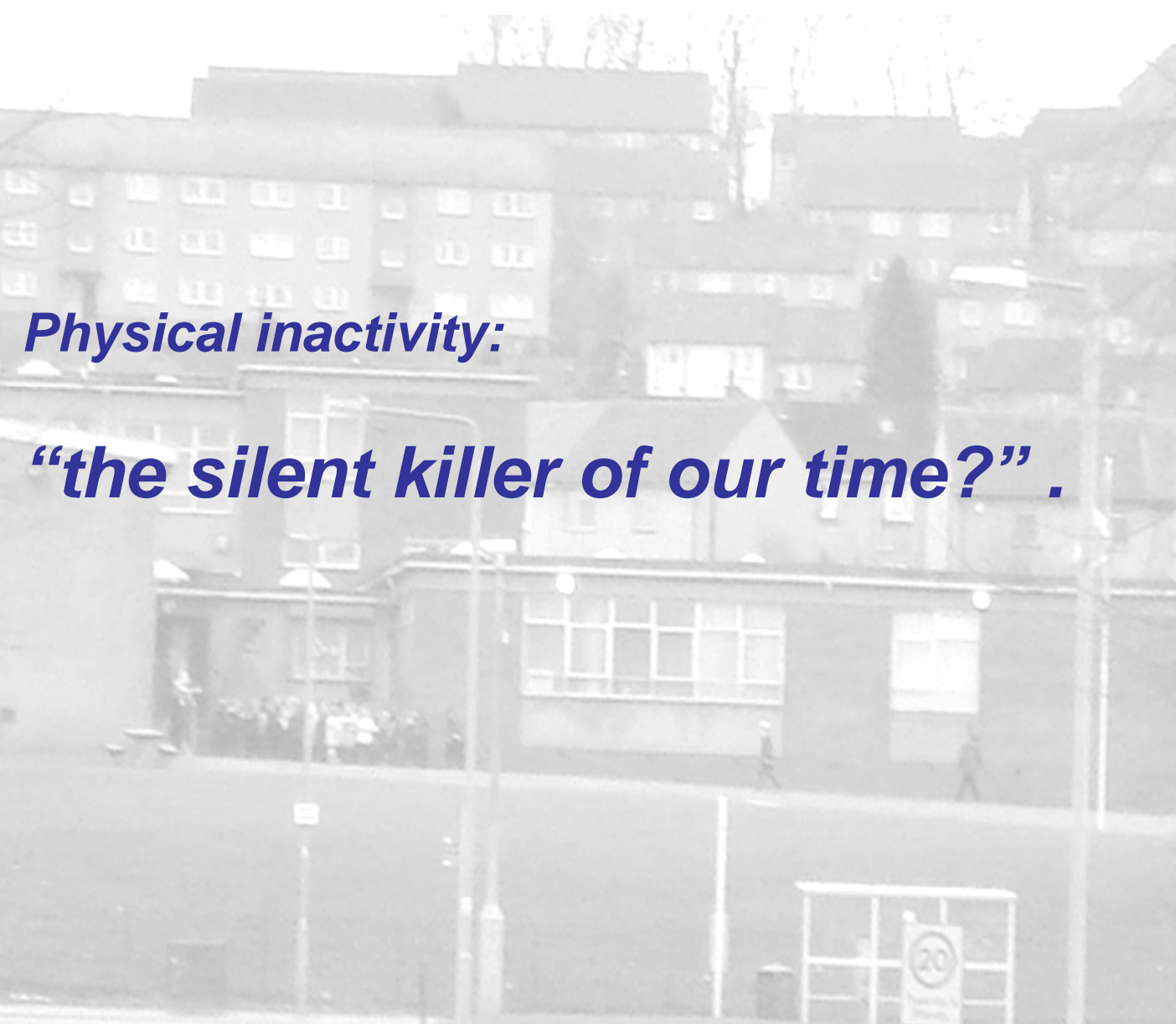


EAST RENFREWSHIRE COUNCIL

*working for you*





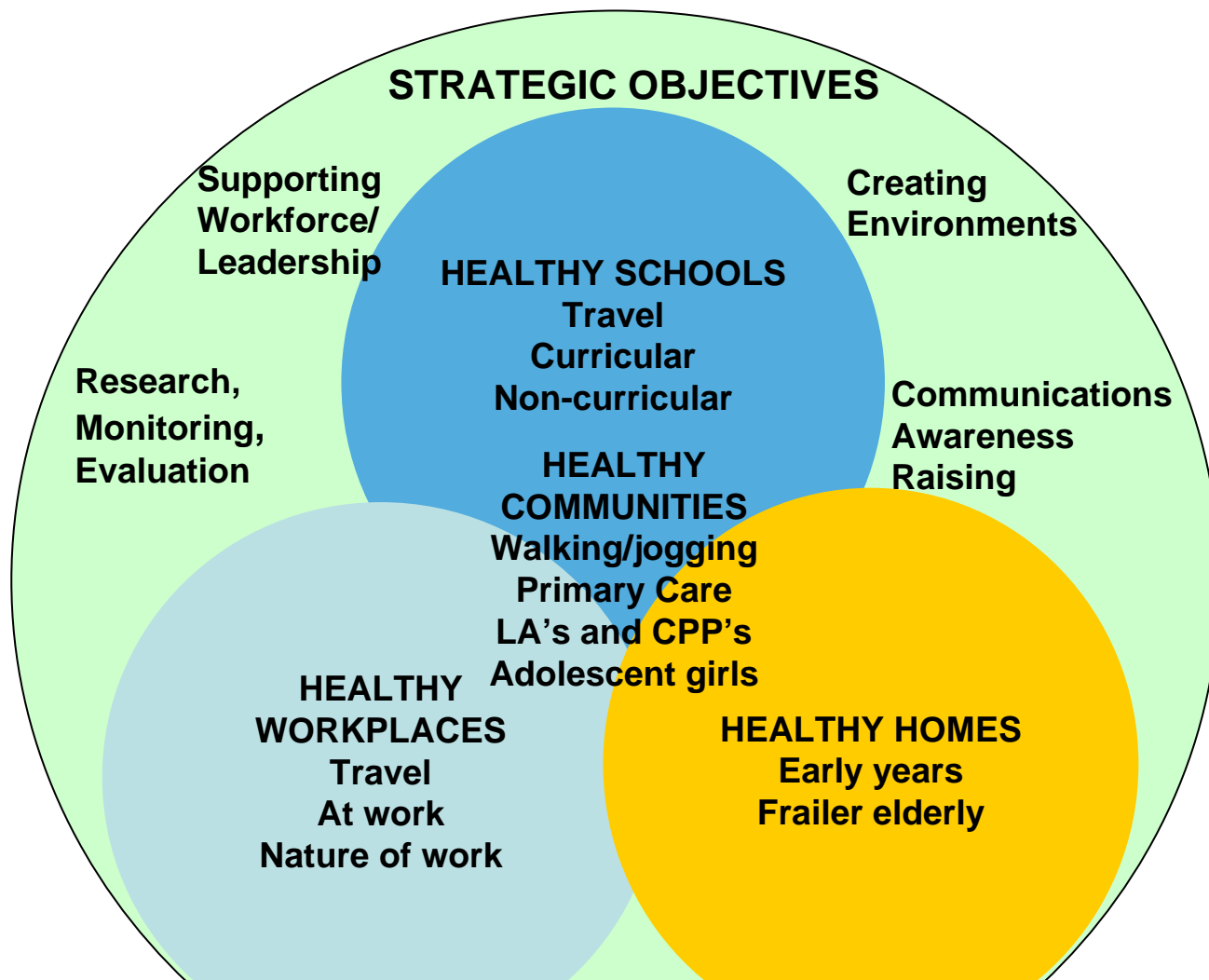


***Physical inactivity:***

***“the silent killer of our time?” .***

**Introduction**

# National PA Framework



## Physical Activity Spectrum



### Social benefits

- encourages family/ community connectedness
- improves social skills/ networks
- prolongs independent living for older people
- reduces isolation, loneliness
- enhances self-esteem, confidence

### Physical & mental benefits

- improves quality of life
- reduces risk of chronic diseases
- manages weight
- improves sleep
- reduces stress, depression
- develops motor skills
- improves concentration, enhances memory and learning

physical  
activity  
participation

### Environmental benefits

- reduces traffic congestion
- reduces air pollution
- reduces greenhouse emissions
- reduces noise pollution
- creates safer places with people

### Economic benefits

- creates employment
- draws tourism
- becomes a means of transport
- supports local businesses
- reduces absenteeism

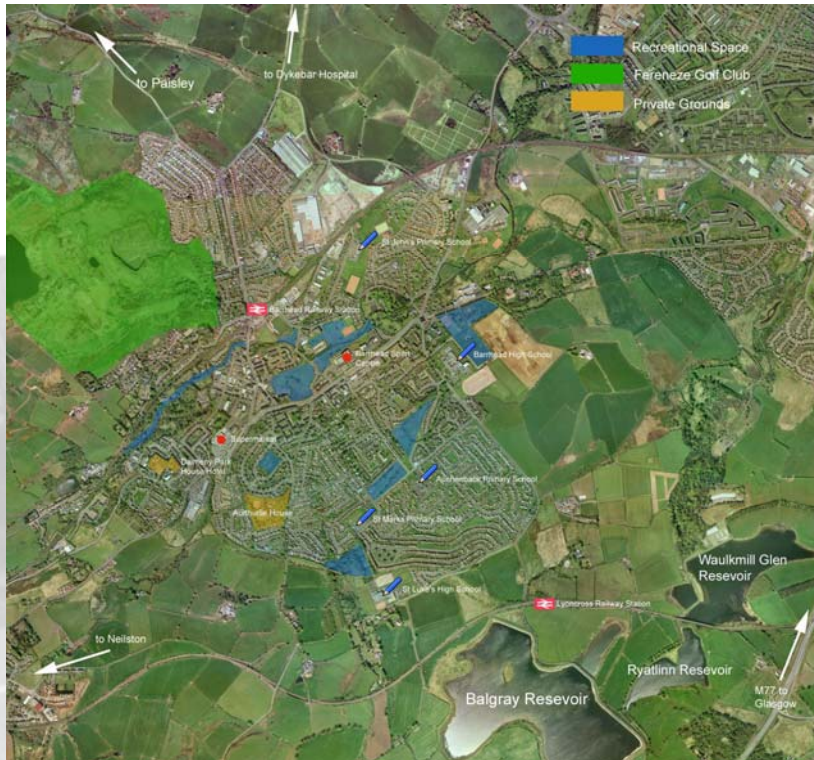
# PA Determinants





*If we are physically active only when certain conditions and environmental factors are in place. The environment can be a great enabler – or great barrier – to physical activity.*

**Agis D Tsouros, Regional Director of Health Cities and Urban Governance (WHO) for urban health)**



**Introduction**

Common sense tells us that the quality of the landscape in which we lead our lives makes a difference to the quality of the lived experience' ... However, as we dig a little deeper, it becomes apparent that too poorly we understand the need to invest in the environment, often urban, in which most people spend their day, to offer the 'num benefit'

(Source: Catherine Ward Thompson et al)

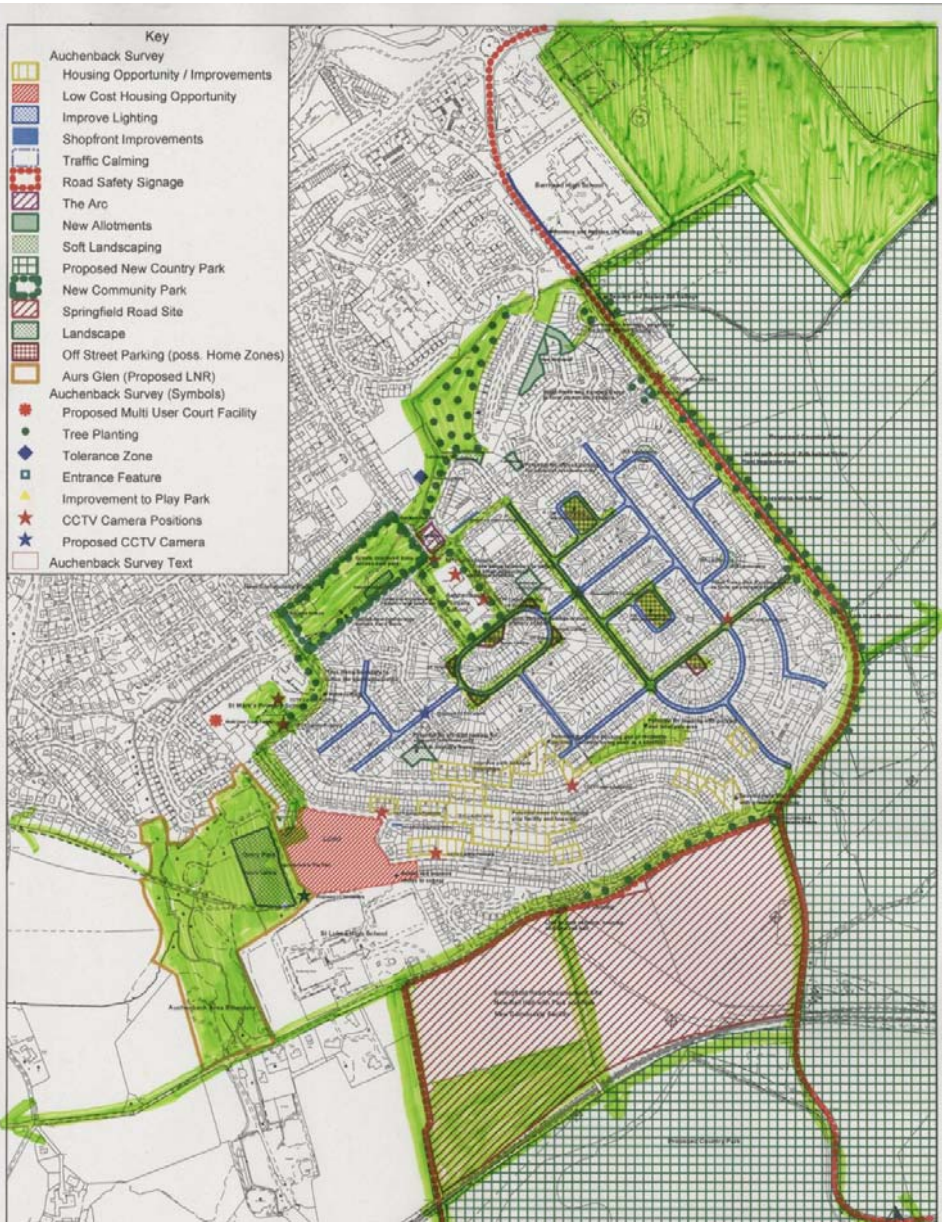


LET'S TURN OVER A NEW LEAF FOR AUCHENBACK'S HEALTH AND OPEN SPACES!

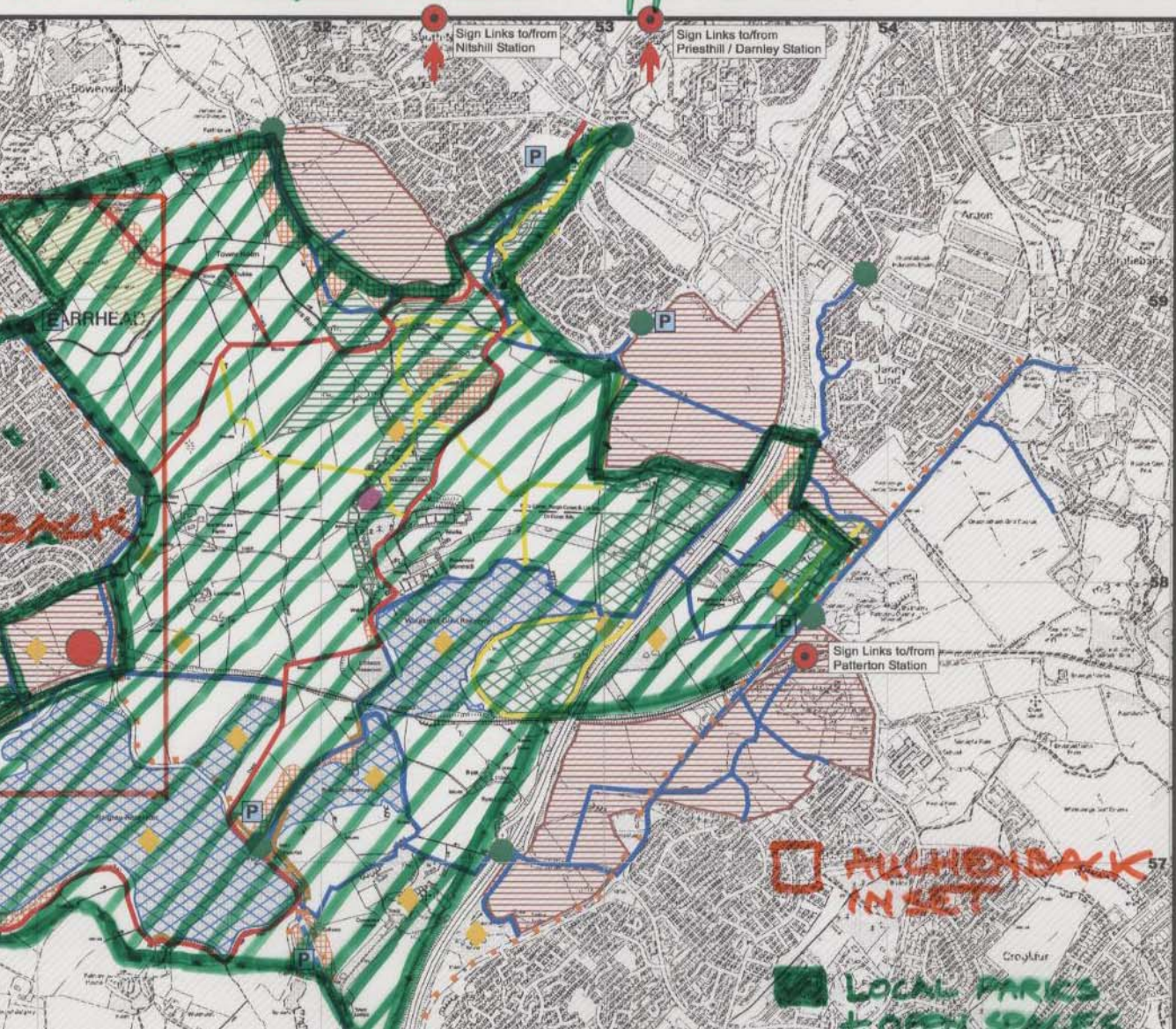
A picture of health!  
10TH JANUARY  
The ARC

Introduction

























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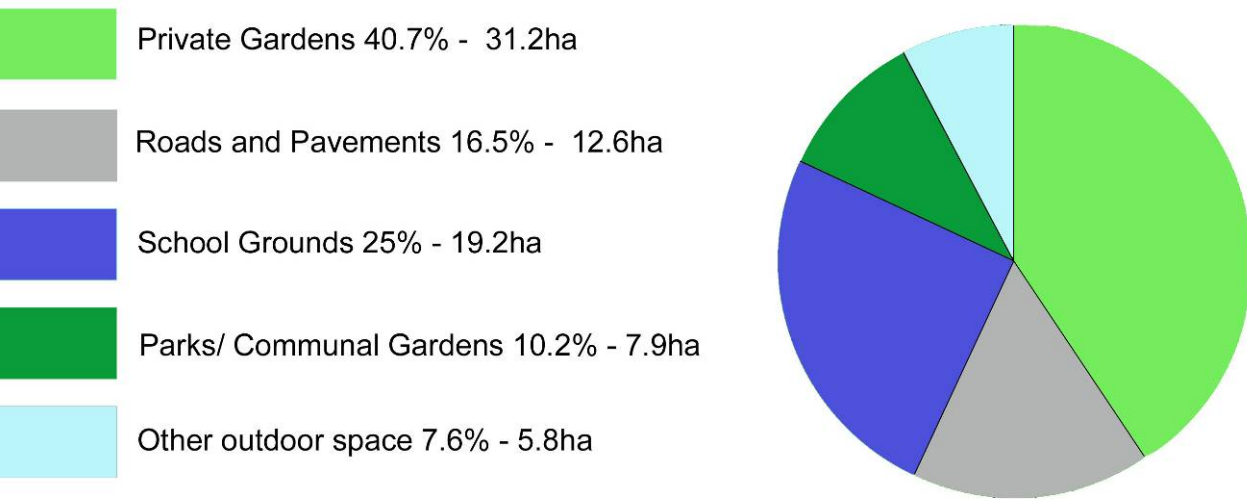
### PARK MASTERPLAN

#### KEY TO MAP

-  Urban Expansion/Development Site
-  Woodland Establishment
-  Darnley Mill Proposed Local Nature
-  Urban Park (existing)
-  Landscaping (trees, hedges, grass)
-  Built environment/Land outwith Co
-  Paths for Walking
-  Walking, Cycling Route
-  Walking, Cycling, Riding Route
-  Equestrian and Cycle Links on Minor Road Network
-  Repair Walls and Paint Railings
-  Car Parking :- E = Existing P = Prop
-  Patterton Station
-  Proposed Rail Halt and Carpark
-  Road Realignment
-  Entrance Points
-  Reservoirs with existing and potential recreational uses
-  Signage Strategy to Address Road
-  Site of Special Scientific Interest  
(For exact boundaries refer to ERC Local Plan and
-  Site of Importance for Nature Conservation  
(For exact boundaries refer to ERC Local Plan and

## Outdoor Space Resource

### Chenback - 76.7 Hectares of Open Space



The Resource

## Health and Physical Activity

*'As a nation, Scotland is inactive.'*

*'The health of two-thirds of the Scottish adult population is now at risk from physical inactivity'.*

*In Scotland... "72% of women and 59% of men are not active enough for health' 'among children 27% of boys and 40% of girls are not active enough to meet the guidelines.'*

(Reference: "Let's make Scotland more Active, Physical Activity Task Force")

*'Between 1994 and 2004 the number of walking trips per person per year fell by one-fifth.'*

(Reference: Department of Transport Statistics Bulletin, 2005.)

*'Regular cyclists typically enjoy a level of fitness equivalent to someone 10 years younger.'*

(Reference: Walking and Cycling: An Active Scotland)

**Health & Physical  
Activity**

## An Invitation to Auchenback Residents .....



### Contribute your thoughts and ideas to The Auchenback Health and Open Space Project !

The health of two-thirds of the Scottish adult population is at risk from physical inactivity.  
You can help to change this in Auchenback!

**Getting active can.. be easy** – walking more, playing, gardening, washing the car ... anything that makes us breathe a bit harder and makes us feel warmer. **But is it that easy?** Does the local environment encourage us to be active? Do we have places where we want to walk, visit, and play? **We need your help to find out the answers!**

#### How To Get Involved?

**Photography Project: Take 10 photos outdoors (we'll supply the cameras)!** Show us your everyday outdoor activities; what makes you active outdoors or what discourages you. Your photos will be displayed in an exhibition in the ARC in December/January. **Visit the exhibition and join in the discussion!**

**Interested? We'd love to hear from you!**  
**Call Ellie Mills or Sian James on 0131 272 3300 or drop into the ARC**



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The Auchenback Health and Open Space Project, is funded by the Glasgow and Clyde Valley Green Network Partnership, East Renfrewshire Council and CHCP Health Improvement Team.

The Research Project



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AND

LET'S TURN OVER A NEW LEAF FOR AUCHENBACK'S HEALTH AND



A PICTURE OF HEALTH?  
10TH JANUARY  
The ARC

## What are the barriers?

- We want to hear about barriers to getting out of doors and active.
- Is it more than just the weather and dark nights putting you off getting out for that walk?
- Are you worried about safety, fed up with litter and dog fouling. Put off by lack of company and support?



***riers to Access:***

***ne outdoors is dark, cold,  
ring, dirty and full of  
eds”...’***

***Health Barriers***

## **Barriers to Access:**



- **Dog fouling**
- **Vandalism, graffiti, litter**
- **Not enough green – trees, plants and animals**
- **Nowhere to sit and chat in school and out of school**
- **Not confident about cycling on roads**
- **Cold, dark, wet**
- **Nothing to do, nowhere to go**
- **Lack of company**
- **Competing home based electronic indoor attractions**

**Health Barriers**

## ***Barriers to Access cont:***



- **Fear and unease about groups of young people**
- **No shelter**
- **Nowhere flat and safe to teach kids to cycle**
- **Roads and pavements dirty, slippery**
- **Not enough community spirit**
- **No football pitch**
- **Everyone in cars – not enough people walking around**
- **No paved surface in park**
- **Pot holes and broken paving**

**Health Barriers**

## Executive Summary

**Barriers** were analysed under the following headings:

•**Physical Barriers - The state of the outdoor environment** e.g. dog fouling; graffiti; width of footways.

•**Facilities, Opportunities, Activities, Services-** e.g. lack of seats; no safe places to cycle; lack of targeted activities for all age groups.

•**Perception and Behaviour – Social/cultural/emotional barriers** e.g. fears about anti-social behaviour; loneliness; image.

•**Organisational Barriers** e.g. funding; communication with stakeholders.





toolkit includes a wide range of possible actions:

**Improvements to the outdoor environment and facilities**

- Cleaner attractive streets
- Provide facilities for walking and cycling
- Improve and increase facilities for play and exercise for all ages.
- Provide facilities for social contact

**Facilities/groups/events/social capital**

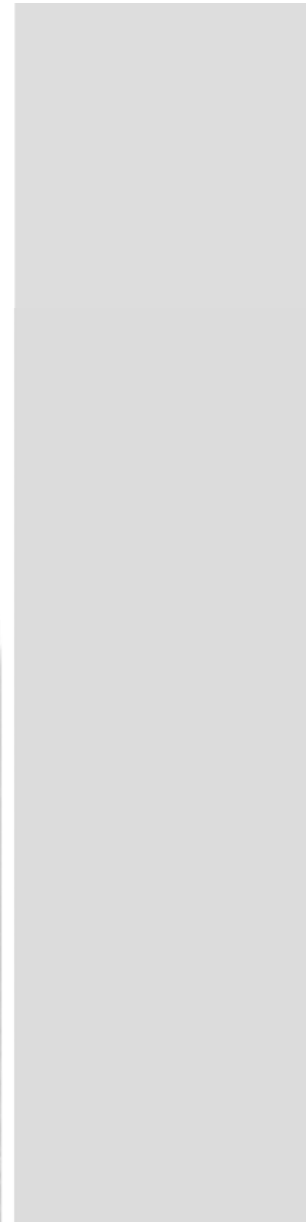
- Supporting the community in providing a range of opportunities.
- Seek opportunities for inter-generational projects.
- Create 'Active Community Co-ordinators'.

**Providing Education, raising awareness and increasing motivation**

- Change current perception of safety and security
- Raise awareness of the benefits of physical activity

**Policy/Organisation objectives and services to include health and physical activity**

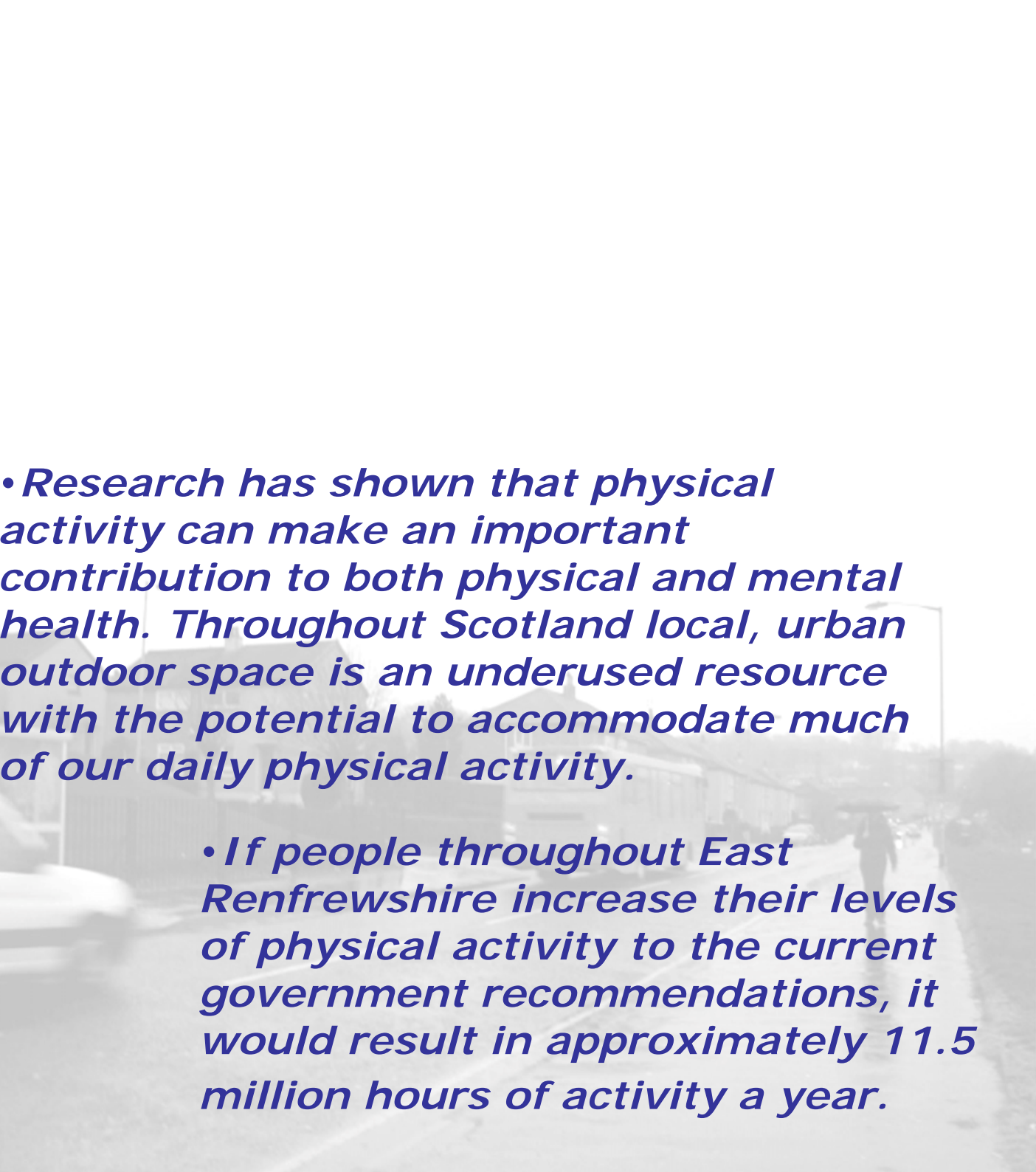
- Incorporate a health remit across all Council services
- Undertake health impact assessments for all new projects.



## Key elements

al outdoor space presents an accessible and sustainable resource to accommodate this level of physical activity and contribute to improved physical and mental health and wellbeing outcomes. The **elements** underpinning the proposals are:

- **To maximise the health benefits of the open space resource there is a need to recognise that health, wellbeing, and physical activity is relevant to the service delivery objectives of all community planning partners.**
- **Protecting and enhancement of existing open space** will be fundamental to accommodating increased physical activity levels for all. Undertaking **Health Impact Assessments** for existing and new open spaces, activities and developments will ensure increased levels of healthy physical activity can be accommodated.
- **Improved physical activity** levels across the community will have positive impacts on the local and national economy.
- Increasing physical activity levels (in East Renfrewshire) **does not require significant capital investment** and adds value to existing investment.
- **Good management and maintenance** of existing open spaces can significantly contribute to accommodating increased physical activity levels (across East Renfrewshire)
- **Education and publicity** will be fundamental to encouraging and maintaining increased physical activity.
- **Social networks are extremely valuable** and should be encouraged and supported to help people feel encouraged and confident enough to use their local spaces and to explore the wider area to become physically active.



- *Research has shown that physical activity can make an important contribution to both physical and mental health. Throughout Scotland local, urban outdoor space is an underused resource with the potential to accommodate much of our daily physical activity.*

- *If people throughout East Renfrewshire increase their levels of physical activity to the current government recommendations, it would result in approximately 11.5 million hours of activity a year.*



## ***Action Plan Proposals - A Few Examples:***

**Create a welcoming street environment**

**Change in tenure – streets primarily open space less priority as highway**

**Playground equipment for all ages**

**Set up Active Community Co-ordinators**

**Support tailored activities for different groups**

**Create a paved flat area for learner cyclists, roller blades, etc;**

**Opportunities for old and young to enjoy time together; activities & classes**

**Home zones**

**Community gardens**

**Support and build on existing community groups**

***ction Plan Proposals***

### Air Fitness



Our outdoor exercise equipment is professionally developed exercise equipment to be permanently installed, making it free to use and accessible to all. Its design makes it safe to use with the resistance being provided by your own body weight.



### Where can it be used?

Our equipment is suitable for a wide range of locations and facilities, in fact anywhere where there is open space and people with some time to spare.



The Auchenback Health and Open Space Project, is funded by the Glasgow and Clyde Valley Green Network Partnership, East Renfrewshire Council and CHCP Health Improvement Team.



### Wildlife Watch



**Wildlife Watch** is the UK's leading environmental action club for kids. It's all about you - and the natural world around you. There are 108,000 Wildlife Watch members and hundreds of local groups where young people get stuck into environmental activities. Taking part in Wildlife Watch is an exciting way to explore your surroundings and get closer to the wildlife you share it with.



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# Action Plan Proposals

for Wellbeing



Wellbeing is an off shoot of Gardening for Health by Scottish Natural Heritage

Research increasingly shows that gardening helps improve mental health, protects against cancer and heart disease, strengthens bones and fights stress. Calorie burning is also to be keen to know that thirty minutes of gardening burns 250 calories, while even weeding and digging. As a bonus, all that bending, digging and carrying tones up your muscles as well as your heart in the gym (and for free).

A recent study found that women over 50 who garden at least once a week have a higher bone density than women who do almost any other form of physical activity. Spending time in the sun also helps the body to produce Vitamin D, which in turn allows us to absorb calcium – vital for bone health. Studies have also shown that gardening helps people relax and can help with mental health problems.



Gardening is healthy and sociable.



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Traditional Festivals



Outdoor events can be held to celebrate traditional festivals through the year



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action Plan Proposals

ones

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streets where people and vehicles **share** the road space in equal terms. Where quality of life takes precedence over ease of transport.

Work through the physical alteration of streets and roads in an attempt to encourage motorists to drive with greater care and at lower speeds. The City of Edinburgh Council, participants from Granton Youth Centre are set to take part in two Build Your Own Bike courses, the first starting at the end of June.

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Build your own bike

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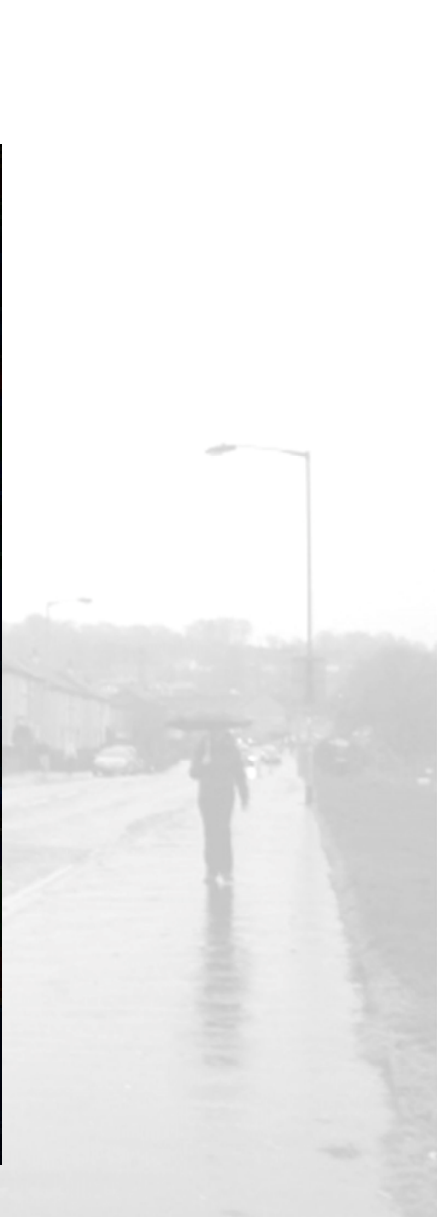
June 2007 - Granton Youth Centre builds its own bikes with funding from the LIF fund and the City of Edinburgh Council, participants from Granton Youth Centre are set to take part in two Build Your Own Bike courses, the first starting at the end of June.



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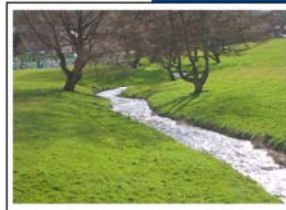
ction Plan Proposals



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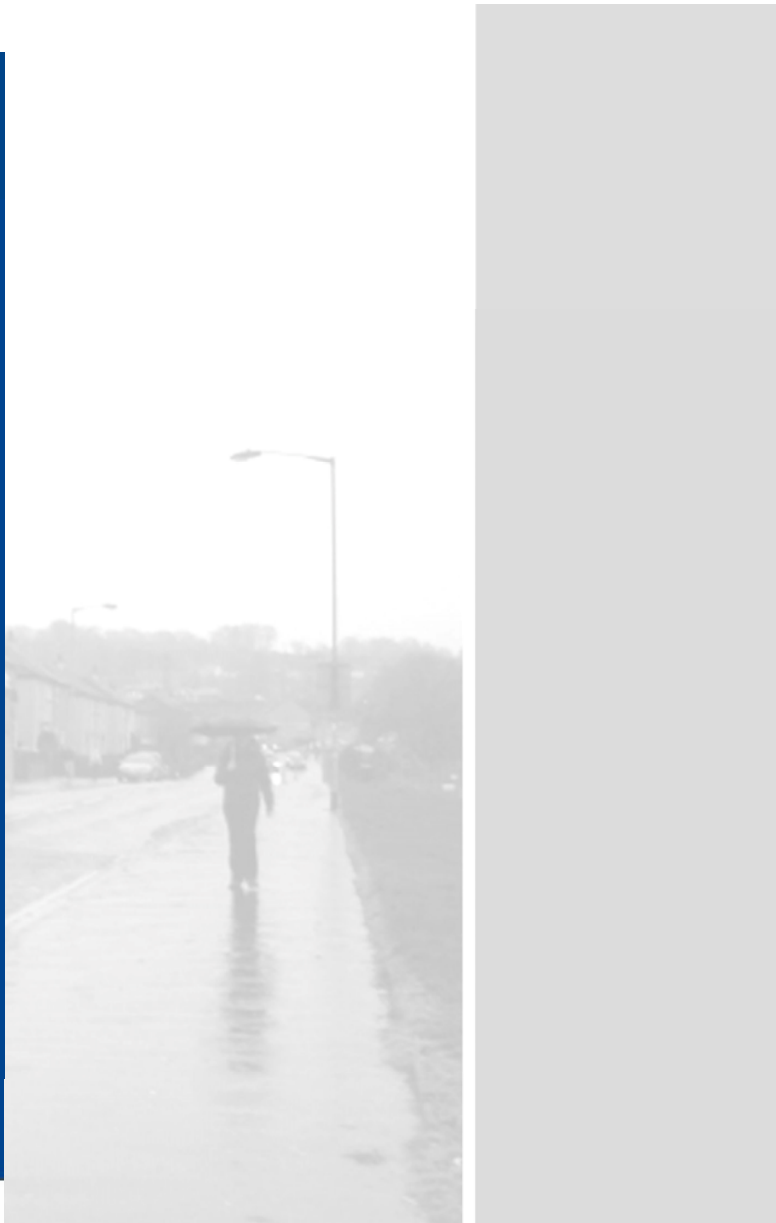
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COMMUNITY HEALTH AND CARE

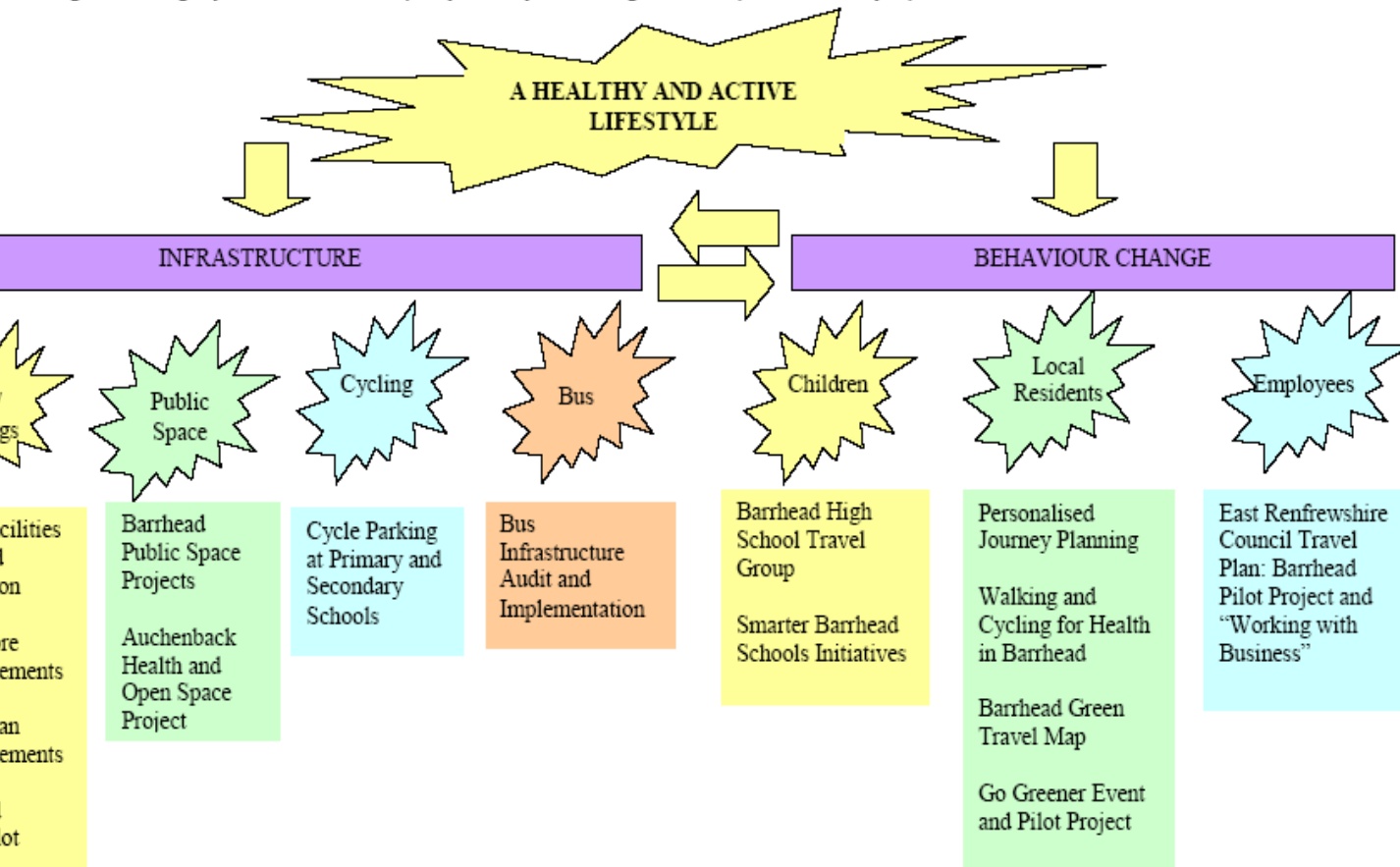


## Smarter Choices, Smarter Places:

### *The Case for Barrhead*

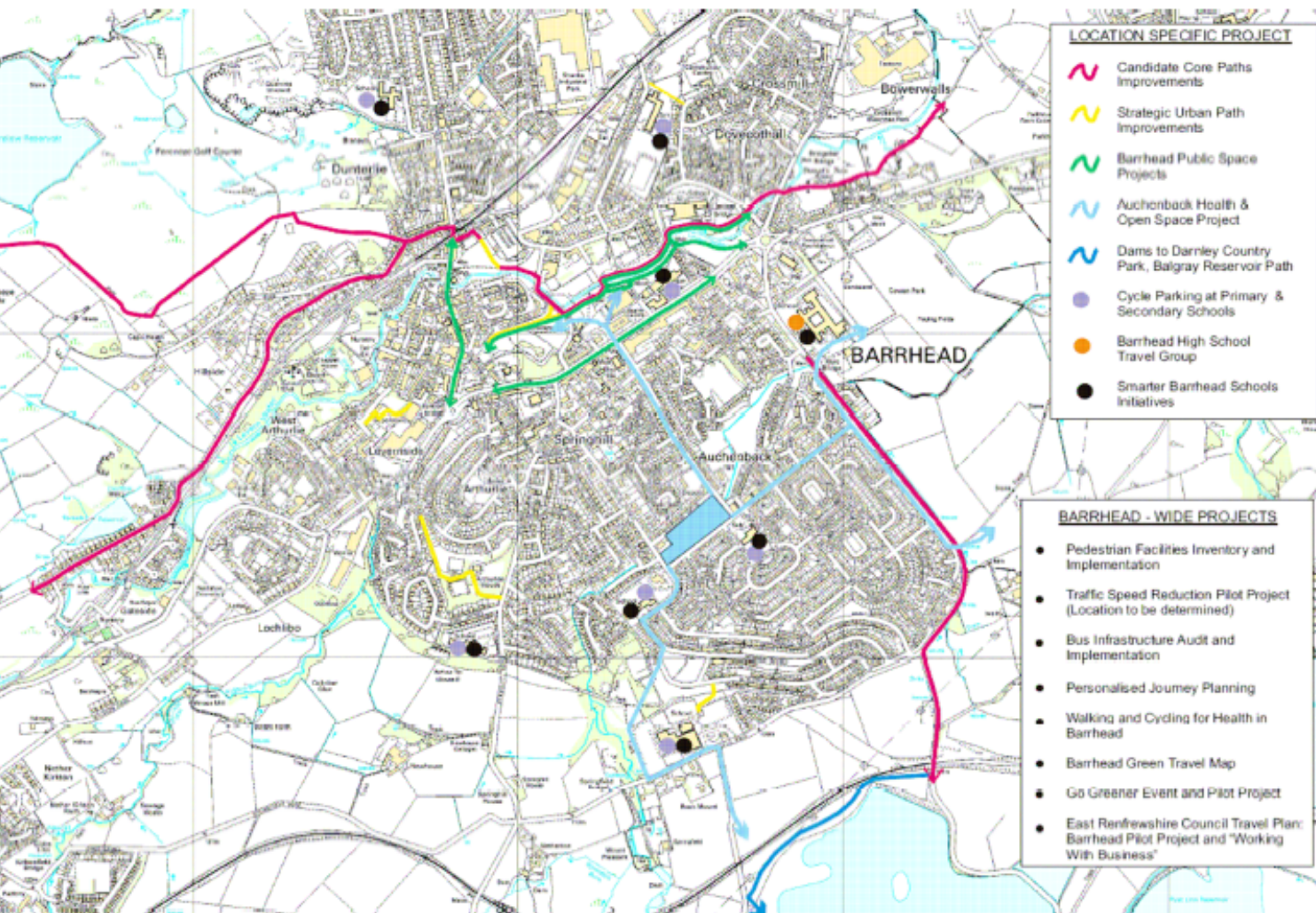


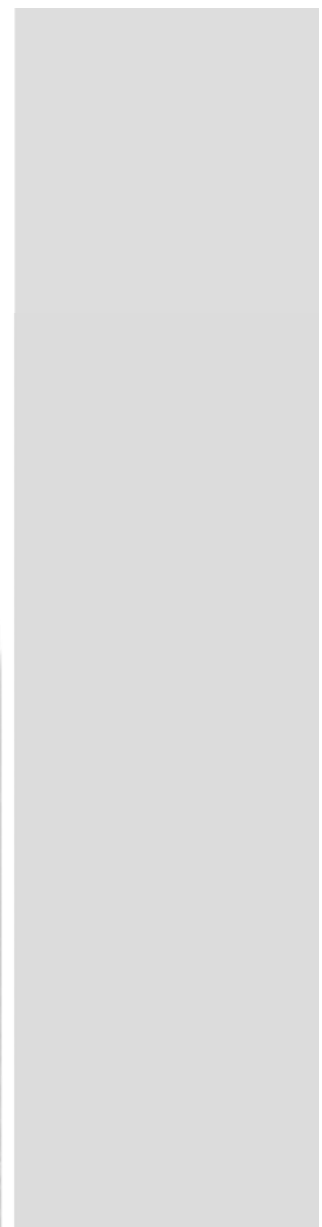
- Linking the Package of Measures to the Key Objective of Promoting "A Healthy and Active Lifestyle"



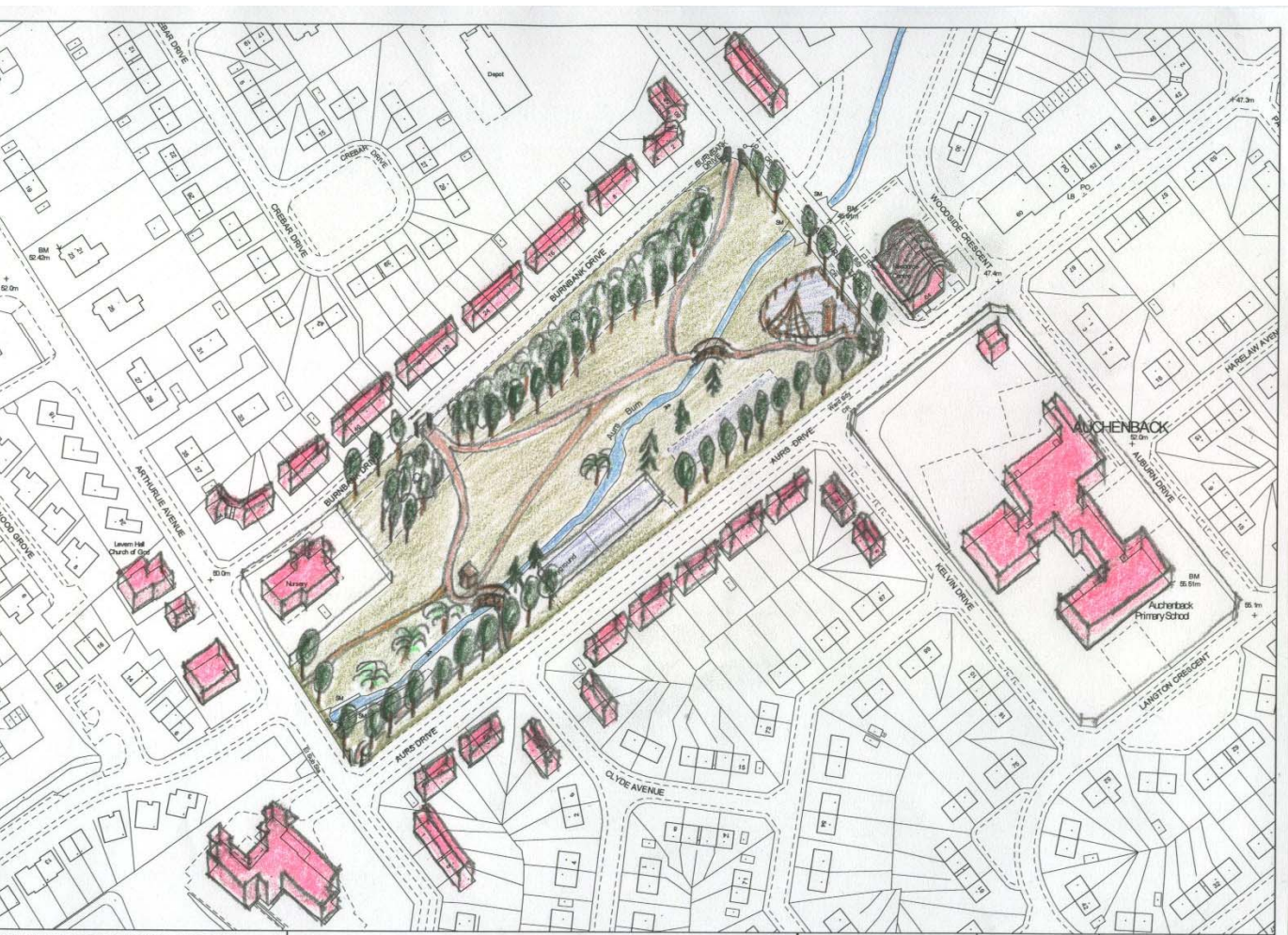


SCSP Proposed Package of Measures – Spatial Context









Ordnance Survey Mapping with the permission of the  
 City's Stationery Office (C) Crown Copyright. Unauthorised  
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 proceedings. OS License No. 100023382 2005.



SCALE: 1:1250  
 DATE: 29/03/2005

Map Ref  
 NS5058SE

AUCHENBACK  
 COMMUNITY  
 PARK. SKETCH.

# Aurs Drive Community Park Consultation 14/06/07 Feedback

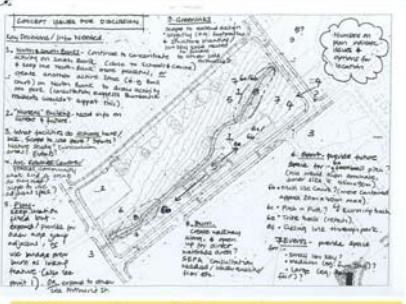
Sketch Design For Discussion Only  
SCALE



## Initial Concept Issues for Discussion



## Initial Concept presented at Consultation for Discussion



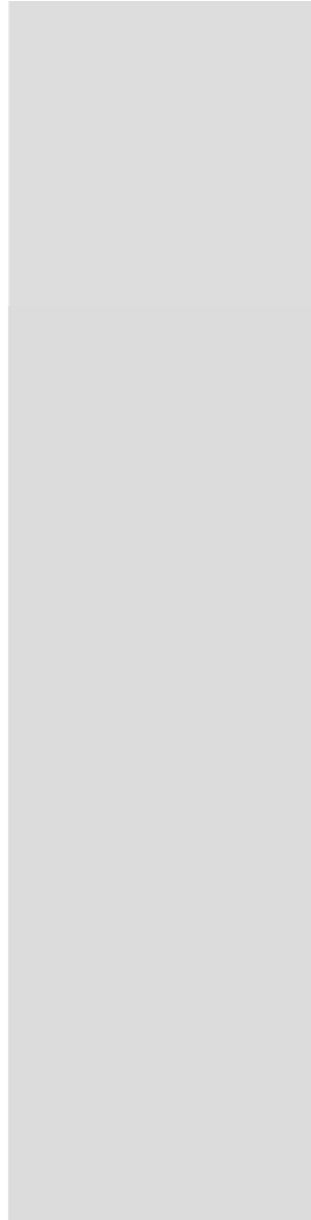
Sheet 3: Aurs Drive Community Park: Sketch Design Development Work for Discussion













Auchenback  
Community Park

ARTHURLIE STREET







Auchenback  
Community Park



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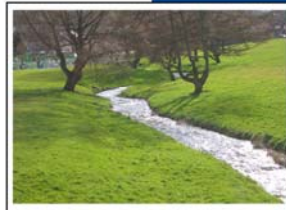






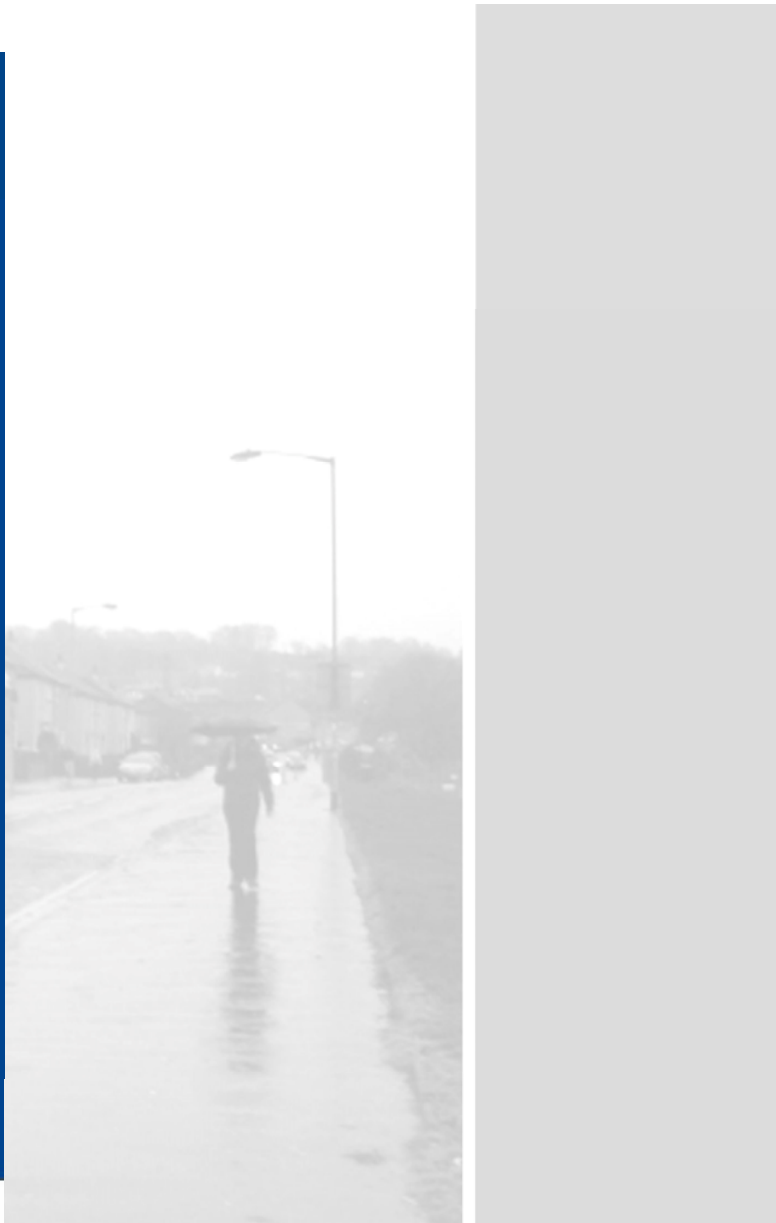
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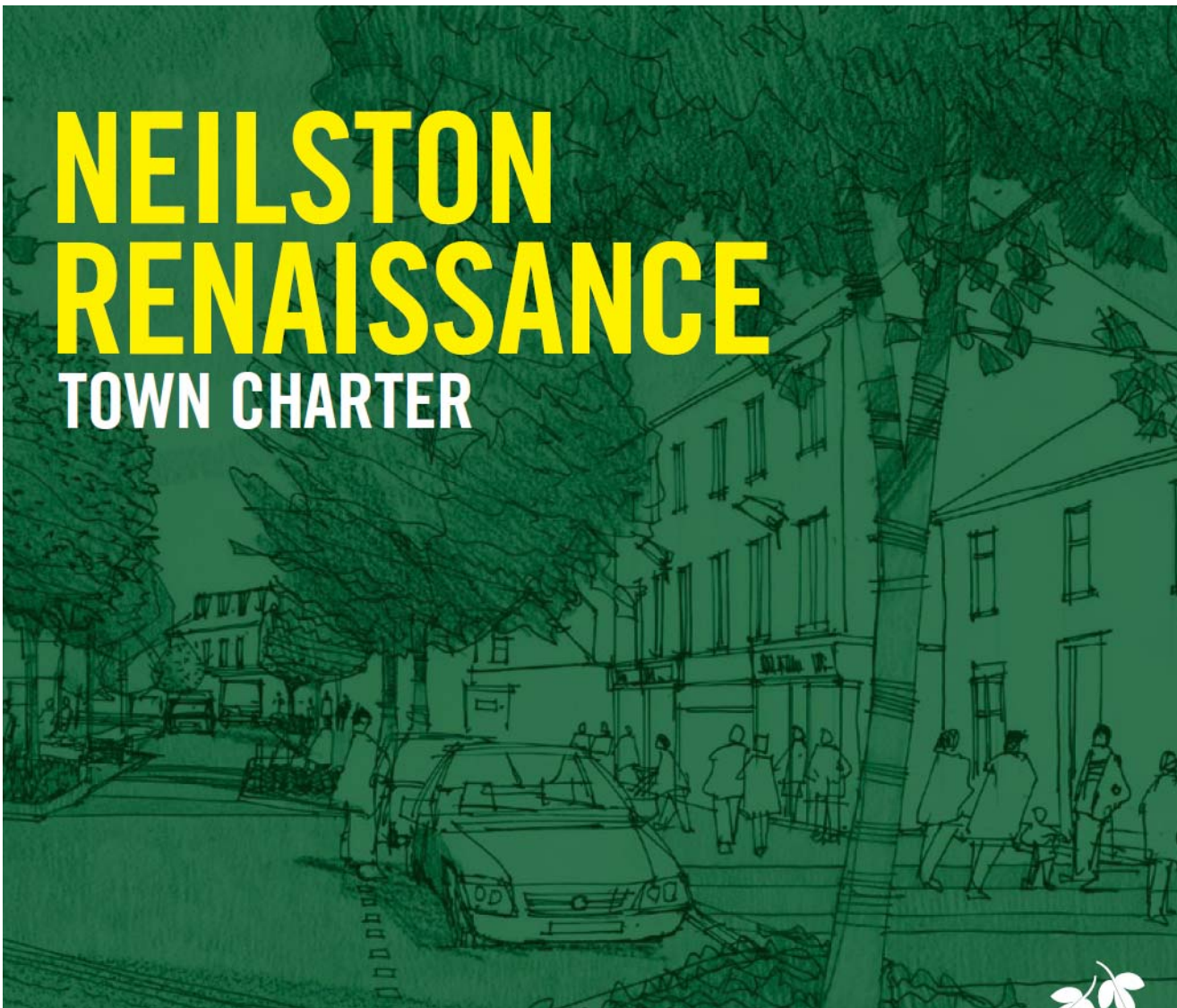


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# NEILSTON RENAISSANCE

TOWN CHARTER



**Short film**