

Health and Wellbeing

Visioning Workshop Offering

ARUP



FUTUREGOV

COPPER

 Grant Thornton



INCLUDING HEALTH & WELLBEING IN YOUR TIP

This document sets out some high-level considerations for health and wellbeing as you develop your TIP.

It also sets out a format for engaging more in-depth with health and wellbeing in your TIP development, if you require 1-to-1 support in this area.

How to engage with health and wellbeing in your TIP

The Towns Fund Delivery Partner will be able to help you incorporate health and wellbeing into your Town Investment Plan through:

- Providing web content and blogs on the TownsFund.org.uk website
- Hosting group workshops with towns
- Providing 1-to-1 support, as requested through your Town Coordinator

THE IMPORTANCE OF HEALTH AND WELLBEING

Globally people are living longer, more urban and more digitally connected lives than ever before. But these changes are not necessarily resulting in improved health and wellbeing for all.

Health and Wellbeing and the Built Environment

The built environment has a part to play, from the air we breathe, the way we travel, where we live and work and our interaction with each other and the natural world.

How we plan, design, build and live in our towns and our buildings has important implications for how healthy and well we can be.

THE WIDE REMIT OF HEALTH AND WELLBEING

Due to the broad nature of Health and Wellbeing projects it is typical that you would see crossovers and connections with other projects or programmes.

Interfaces with other Topics

Often projects which do not centre on health and wellbeing may have direct or indirect health and wellbeing benefits. These may include projects which feature the following topic areas:

- Creative Arts and Culture
- Heritage
- Housing and Homelessness
- Innovation and Digital
- Local Infrastructure
- Public Realm
- Social Value
- Transport and Connectivity
- Youth and Child Friendly Places

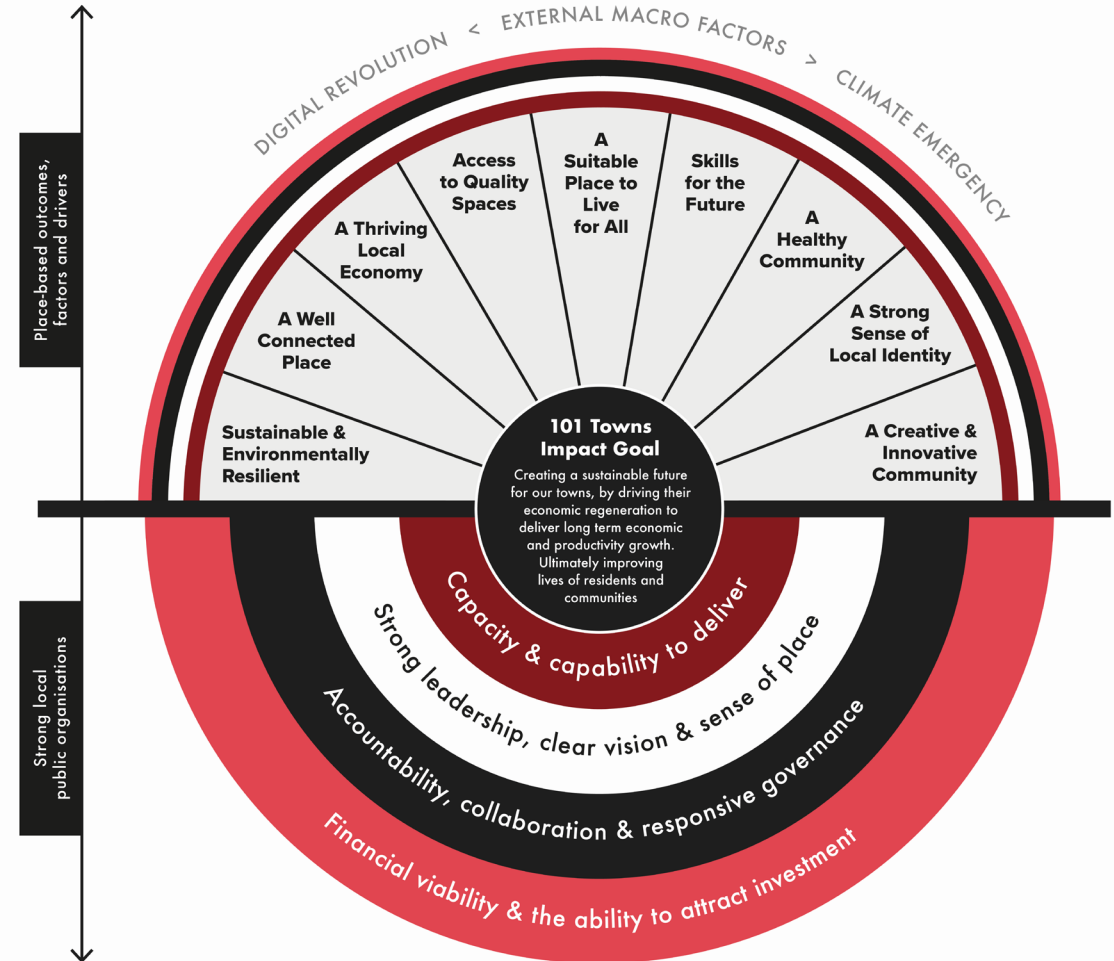
THE WIDE REMIT OF HEALTH AND WELLBEING

Development Framework

The links, direct or indirect, between health and wellbeing and other topics areas within the Outcomes Framework should be explored. These links could be explored in your Theory of Change to strengthen your TIP or Business Case.

Typical links within the Outcomes Framework can be made between Health and Wellbeing and:

- A well-connected place
- Access to quality spaces
- A strong sense of local identity



HEALTH & WELLBEING VISIONING APPROACHES

Tailored Approaches

There a number of approaches that can be taken in a visioning workshop for Health and Wellbeing and the most suitable will depend on how in depth you would like to be and the projects you want to undertake.

The three different approaches are:

- Focus areas for Health and Wellbeing
- Health and Wellbeing Trends
- Shared Asset Framework



FOCUS AREAS FOR HEALTH & WELLBEING

10 Priorities for Health and Wellbeing

Arup have developed 10 Health and Wellbeing priorities for consideration by all involved in shaping the built environment. These priorities have the potential to bring about positive outcomes for all.

These priorities are interconnected – often the key to success on one will also involve tackling issues more commonly associated with others.



1. Focus on air quality



3. Understand the impact of materials



5. Design for healthy street and active travel



2. Designing for building user comfort



4. Maximise the use of data



6. Incorporate green and blue infrastructure



8. Create towns for all ages and abilities



10. Improve evaluation of health and wellbeing outcomes



7. Take evidence-based planning decisions



9. Optimize operations, behaviour and the built environment

You can access the report on priorities for health and wellbeing here:
<https://www.arup.com/perspectives/publications/research/section/10-priorities-for-health-and-wellbeing>

HEALTH AND WELLBEING TRENDS

Trend Cards

Arup has developed a set of 36 cards that can be used to facilitate workshops and conversations with government and industry.

They are divided into four categories:

- Spaces
- People
- Process
- Technology

Each category has a set of topics that can help explore and prioritize health and wellbeing themes.



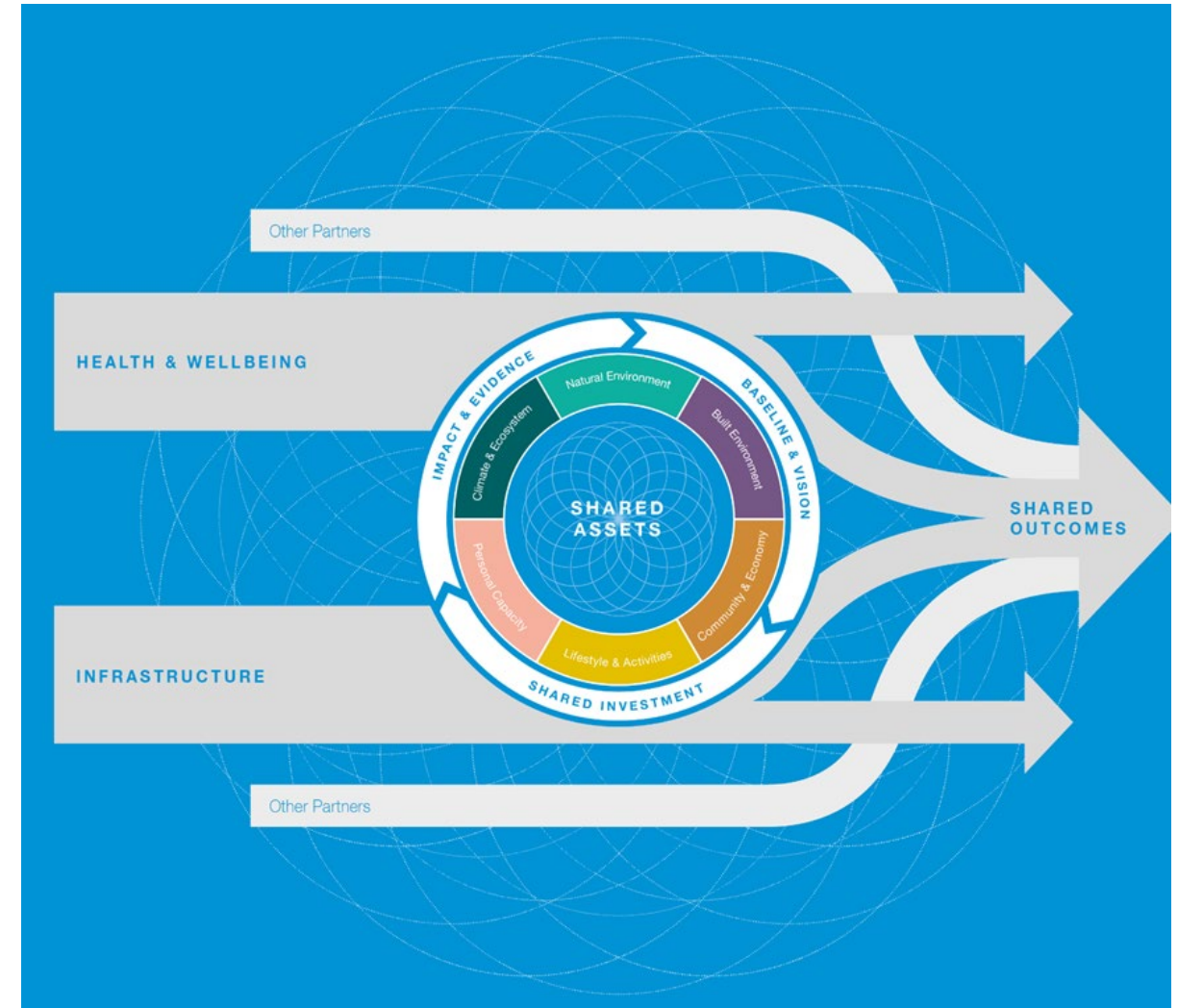
ARUP SHARED ASSET FRAMEWORK 2.0

A health-led, asset-based approach

This approach creates a powerful lens and catalyst to build a shared vision and understanding of place and complex urban systems informs ongoing action, planning and investment to achieve shared outcomes.

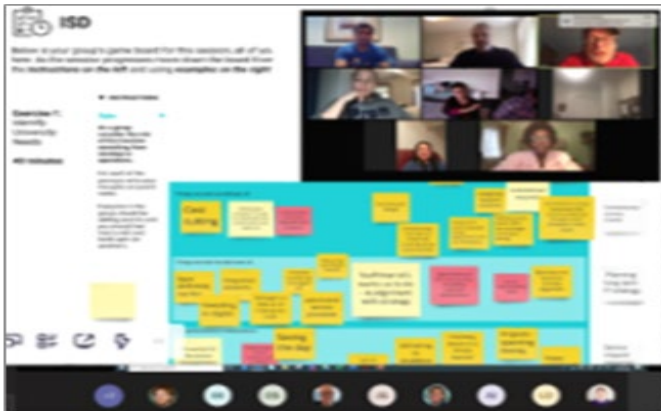
This combines 42 categories across six areas:

- Climate and ecosystem
- Natural environment
- Built environment
- Personal capacity
- Lifestyle and activities
- Community and economy



HEALTH & WELLBEING VISIONING WORKSHOP

The choice of approaches will be decided upon consultation with you. Dependent on the approach the visioning workshop may be held over a number of sessions



What would a workshop look like?

Effective workshops would involve a wide range of stakeholders from across the town to help build a shared vision.

Each visioning workshop will use Health and Wellbeing topic cards to facilitate the discussion to help prioritise what is most relevant for your town.

These workshops can be delivered virtually to a wide spectrum of people.

VISIONING OUTPUTS

Through the visioning workshop we will be able to identify and prioritise the Health and Wellbeing topics which are most important to your Town and proposed projects.

Towards a shared vision

Throughout the workshop we will encourage engagement from the wide range of stakeholder present. This will help build a shared vision of the future, identify clear roles and other key stakeholders who need to be involved.

Development Framework and Theory of Change

With a prioritised list of Health and Wellbeing topics, we will be able to map these onto the Development Framework and onto your Town's Theory of Change to bring about a more wholistic view of how Health and Wellbeing is embedded across different projects.

VISIONING OUTPUTS – Worked Example 1

Development Framework

A Town has project which is focusing on improving transport routes through the town (Well Connected Place).

- Improving 'Cycle Routes' has direct benefits to Health and Wellbeing as it is part of building a 'Local Cycle and Walking Infrastructure'.
- Making 'Town Centres more accessible' has indirect benefits for Health and Wellbeing as it helps improve Social Wellbeing and that of a community.

This list is not exhaustive and the wider benefits both Health and Wellbeing and other can be identified during the visioning workshop.



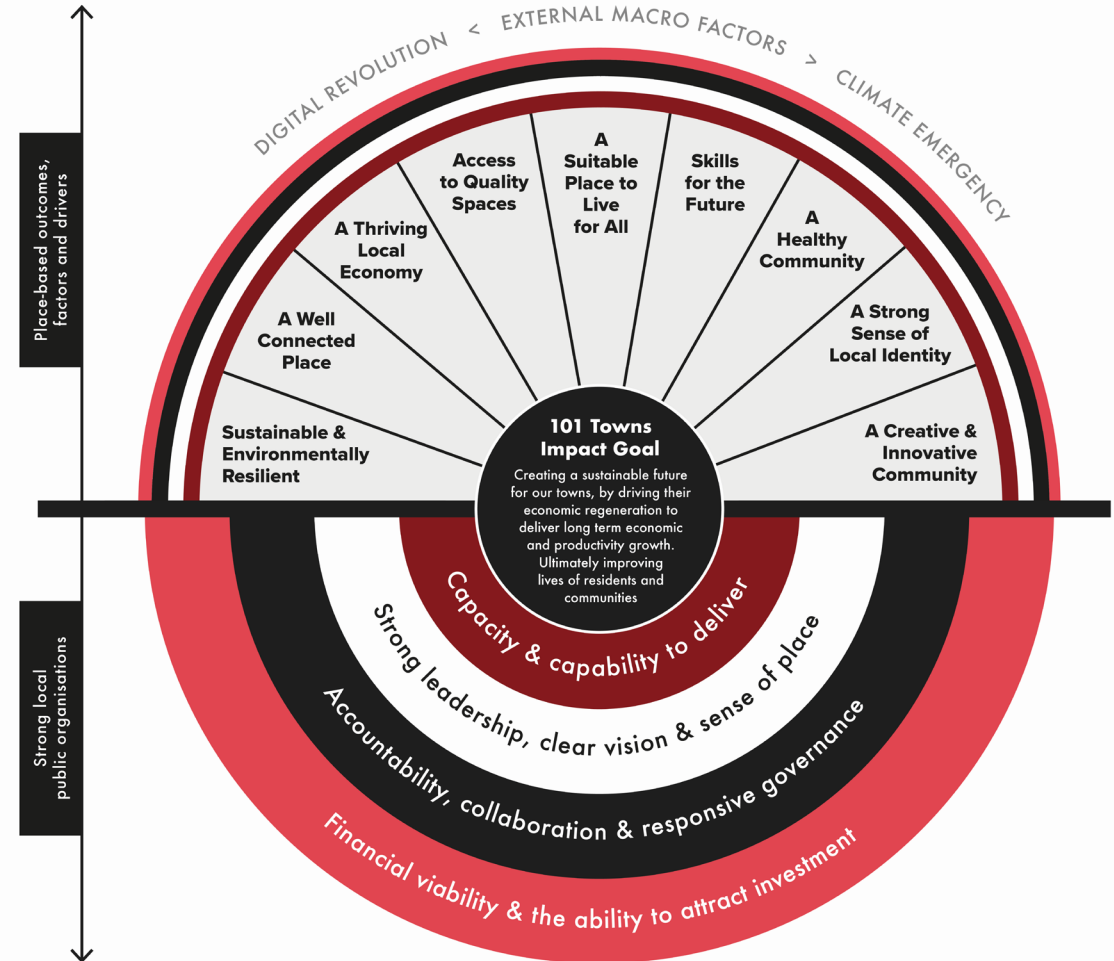
VISIONING OUTPUTS - Worked Example 2

Development Framework

A Town has project to develop a community health facility.

- There will be a direct Health and Wellbeing benefit from the facility to the community.
- Wider Health and Wellbeing benefits could also include it being used for 'Faith and Youth Groups'.
- There may be indirect benefits from the facility as it is used for other functions in the same building(i.e. 'Affordable office space' or 'a Community Hub').

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If you require 1-to-1 support or would like to request health and wellbeing content for the website, please talk to your Town Coordinator.

Towns
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Delivery Partner