



Place Making for the Common Good: Foundations for Success



**A Report of the Liverpool City Region Summit
21st June 2016.**

The Pullman Hotel, Liverpool.

*This 'Place and Wellbeing Summit' was delivered by the **Heseltine Institute for Public Policy & Practice** at the request of **Luciana Berger**, MP for Wavertree and Shadow Minister for Mental Health, and sponsored by **Liverpool Mayor's Office**.*

Opening a cross-discipline/ sector discussion on the **bond** between places, mental health and wellbeing, the summit considered future place-making and place-stewardship in this context, emphasising its vital role for the **Liverpool City Region** economy.



Welcome

The summit opened with an introductory presentation from the Vice Chancellor of the University of Liverpool, **Prof. Janet Beer**, who spoke of the importance of places to people and of the '**urbanicity effect**', concluding with emphasis on the importance of effective place-making to support urban prosperity and thrival.



Statement from Luciana Berger MP

These points were reinforced by **Luciana** who presented an overview of the national and local context of mental distress, emphasising the importance of addressing the current crisis for our country.

In an erudite presentation on public mental health, Luciana provided several indicative statistics that contextualise where we currently are, both in a temporal and geographical sense.

This included reference to our region's recent 30% increase in antidepressant prescription compared to a national average increase of 22% and to data showing that only 3% of Mersey Care service users are in work. The inequitable starkness of this latter statistic illustrates the enduring disadvantage that envelopes those of us needing to seek help for mental distress that typically begins in childhood, impacting on educational achievement and defining futures.

Session 1

Different Lives: Perspective-Taking Scenarios

Led by Prof. Rhiannon Corcoran

The next session began with a '**Different Lives**' session that used purposely everyday scenarios to focus minds on the importance of place in people's lives while emphasising the variance in sense of control that we feel over our lives and the power we have to change our circumstances. Following round-table discussions, feedback about these scenarios referred to their ordinariness, inherent complexity, their connections to service provision issues and to neighbourhood and community.

Feedback

"Most interesting question - how much choice do we actually have (do we choose?) in where we live? We think it is driven by work and affordability except for the most wealthy." (Director, voluntary sector organisation)

"A great session focussing on different life scenarios and choice/ limited choice of citizens. The session strongly highlighted the lack of choices for some of our residents living in difficult situations." (CEO, Innovation Agency)

"Context is very important to understand people's lives. Helpful discussion to observe health issues through non-care opportunities and the need to encourage self-determination of dealing with issues balanced with the recognition that mental health has its own stigma." (Assistant Director Integrated Commissioning)

"Good discussion had around the scenario. Would have preferred a bit more time to discuss further. Focus on control of the situation, local school and chances of moving - lack of control." (Anon)

"Power of narrative to describe people's lives but also to influence policymakers. Attachment to place, sense of belonging very important." (Director of Public Health)

"Wrap around services critical to success. Eligibility criteria should not be a barrier for support." (Anon)

"Too brief. Brings out stereotyped, albeit often true, responses re: urban deprivation etc." (Public health academic)

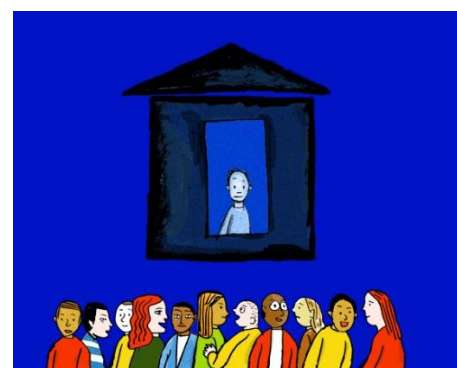
"LA's Local Plans need to take account of: home owner occupation is an aspiration for many, probably most, people. LA's need to give planning permission only to Life Time Homes standards or category 2 of Part M of Building reg's. This allows homes of all tenure to be adapted according to change." (Cllr in Liverpool)

"How in control - limited choice...(?).... All situations are fairly common there are opportunities but these are not always consistent. The public realm - + eligibility." (Anon)

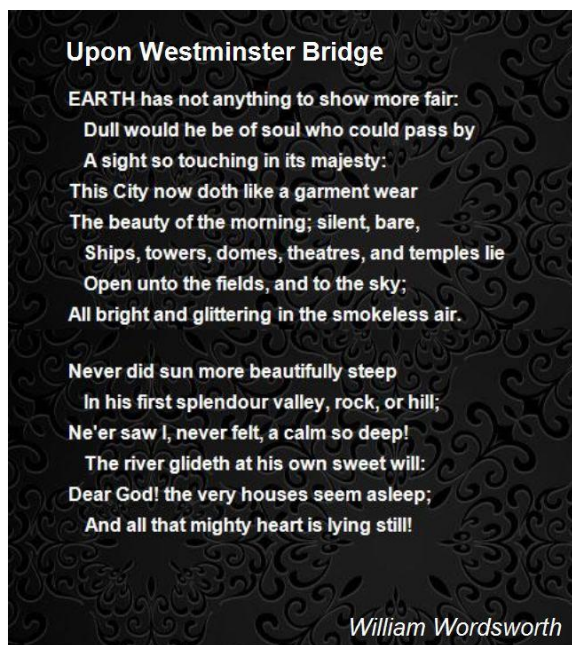
"Social isolation. School is important in building community and belonging/ networks etc." (Multiple Needs Programme Manager, Housing organisation)

"Case studies always useful for representing intersection between place/wellbeing." (Director with Mersey Care NHS Trust)

"Interesting discussions around communities and sense of place to support people to continue to live in their own home with mental illness." (Anon)



Session 1 concluded with a short film of a woman attending a shared reading group for dementia, reading Wordsworth's "Upon Westminster Bridge".



The film demonstrated the power of our emotional connections to place that survives the onslaught of the loss of 'self' that is dementia. When the audience learned that this woman did not recognise herself reading the poem when she saw the film a few days later, the surprise in the room was palpable. (<http://www.thereader.org.uk/>),

Tom is an alias for a service user who shared his tale of living in his city as a child and as an adolescent. It was similarly stirring for the audience. The love, the loss, the "peaceful excitement" of place that Tom describes was powerful.

Session 2

Our Place: Recent Mental Health & Wellbeing Evidence
Led by Prof. Rhiannon Corcoran



Now it was time to look at some data presented by **Prof. Corcoran**, Academic Director of the Heseltine Institute and its lead for Health and Wellbeing. The presentation provided national, regional, city and ward level data from various sources that ***all told a consistent story - the nature of our places is an important factor when we consider the prevalence of mental distress and subjective wellbeing.***

Rhiannon shared data collected as part of the *HIHR CLAHRC NWC Household Health Survey* that showed how the level of reported incivilities in neighbourhoods was the most reliable predictor of different types of mental distress. Not surprisingly, sense of belonging to place was also an important factor.

Concluding with reference to ***Life History Theory*** and some developing ideas about how attachment to place can be painfully ambivalent, Rhiannon stressed that resilient policy interventions can improve community wellbeing and the future prospects of people and places.

Place Making for the Common Good: Foundations for Success

It's Not Just Us!



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Urbanicity Effect NW

- North West Mental Wellbeing Survey 2009 (& 2012): Compared to the other North West areas surveyed, people in Liverpool had lower general levels of MH&W across the lifespan.

In particular Liverpool residents felt:

- Reduced sense of belonging to their community.
- Less participation in organizations.
- Feeling unable to ask others for help.
- Feeling unsafe outside their home.
- Relative isolation.



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Data Sources & Coverage

- North West Mental Wellbeing Survey: highlights 2009 & 2012
- CLAHRC NWC: Household Health Survey 2016 –preliminary analyses for the neighbourhoods
- Community Wellbeing: some findings from the What Works Centre for Wellbeing evidence programme.
- Prosocial Place: Some quantitative and qualitative findings exploring individual reactions to place.
- Moving towards an integrated understanding.

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Comparative Wellbeing

- By Area NWMWS - 2009



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The Urbanicity Effect

- 1938 - Wirth: Depression higher in urban compared to rural settings.
- 1939 - Faris & Dunham: "Mental disorders in urban areas": Schizophrenia was much more common in deprived inner city Chicago than its affluent suburbs.
- 2001 Pedersen & Mortensen: A dose-response relationship between time spent in urban environments in childhood and risk.
- 2003/2009 - Evans & Ellaway et al: The relationship is associated with perceived quality of place.
- 2004 - Sundquist et al: Sweden - 4.4 million adults. Those living in the most densely populated areas had 68-77% more risk of developing psychosis and 12-20% higher risk of developing depression than the reference group.
- 2010 - Peen, Schoevers, Beekman & Dekker: Meta-analysis of urban-rural differences of mood and anxiety disorder.
- 2012 - Vassos et al: Meta-analysis of urbanicity in schizophrenia.

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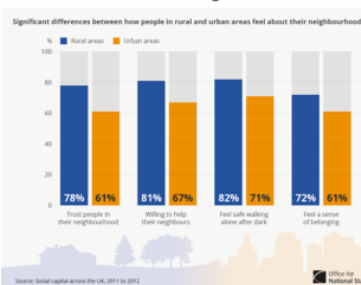
Place-related Changes

- Reported in NWMWS from 2009 -2012
- Neighbourhood belonging reduced significantly, with 12.7% fewer respondents saying they felt 'very strongly' that they belong to their immediate neighbourhood.
- The number of respondents who are meeting the **physical activity standard** has reduced from 30.4% in 2009 to 27.1% in 2012/13.
- The number of people reporting that they talk to neighbours on most days has fallen by 35.2%. **Approximately 1 in 20 of those surveyed never talk to their neighbours.**

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Urban vs Rural

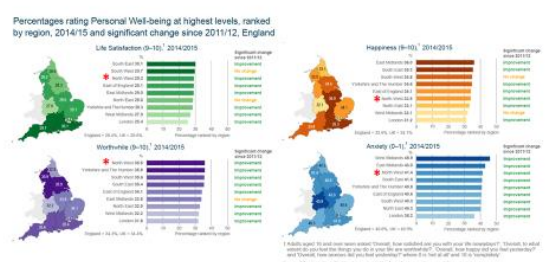
- How we feel about our neighbourhoods



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Subjective Wellbeing

- National data on subjective wellbeing: ONS



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Household Health Survey

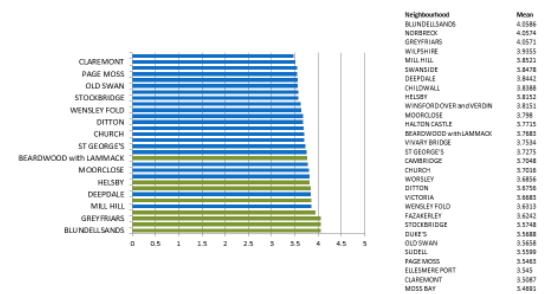
■ CLAHRC NWC 2015

	Most deprived neighbourhoods (n=2006)	Deprived neighbourhoods (n=1498)	Least deprived neighbourhoods (n=809)
Depression	1.60 (0.70)	1.52 (0.65)	1.33 (0.42)
Anxiety	1.58 (0.77)	1.48 (0.71)	1.33 (0.48)
Paranoia	2.03 (0.91)	1.97 (0.87)	1.70 (0.72)
Wellbeing	3.61 (0.84)	3.71 (0.78)	3.92 (0.67)

All are statistically significant differences: most deprived > deprived > least deprived

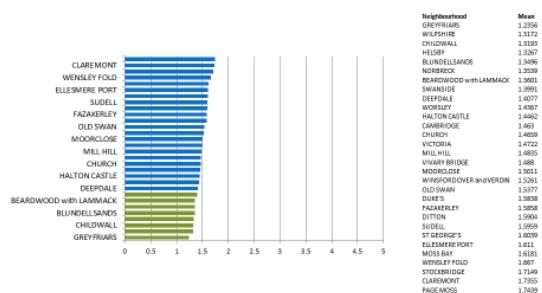
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Wellbeing by Wards



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Depression by Wards



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Place Variables

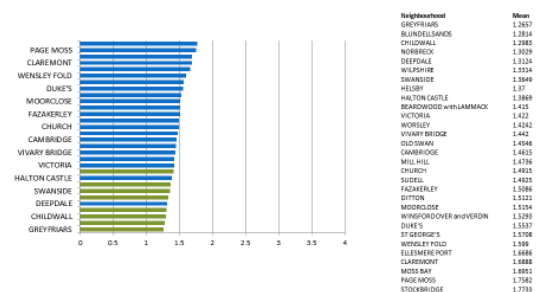
■ Which place variables are related to MH&W?

	Sense of belonging	Use of open space	Level of reported incivilities	Level of community trust
depression	YES	NO	YES	MARGINAL
anxiety	YES	NO	YES	NO
paranoia	NO	NO	YES	NO
wellbeing	YES	YES	YES	NO

Reported level of incivilities - the visible cues to impoverishment, threat and poor place stewardship

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Anxiety by Wards



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Place Related Distress

■ The 'psychology' of place-related distress

The amount we **anticipate threat** is related to:

- sense of belonging to neighbourhood, and
- level of reported neighbourhood incivilities.

The amount we **ruminate** is related to:

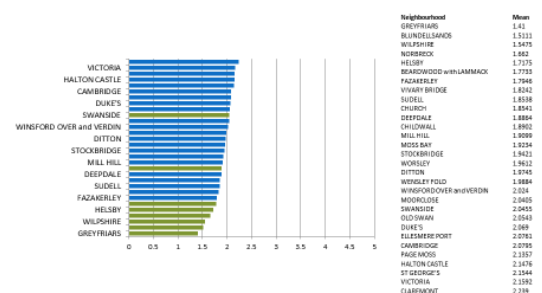
- sense of belonging to neighbourhood,
- lack of community trust, and
- level of reported neighbourhood incivilities

The extent to which we **feel hopeless** is related to:

- lack of use of open space, and
- lack of community trust.

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Paranoia by Wards



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What Works | Wellbeing

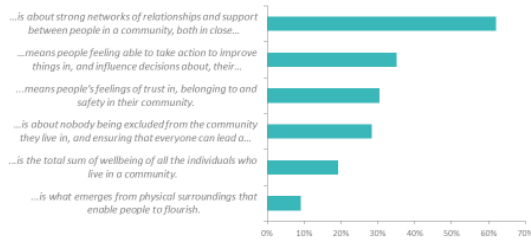
The What Works Centre for Wellbeing

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People & Power in Place

- 315 professionals/practitioners working on wellbeing were asked 'what is meant by the term community wellbeing?'



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Research in the Lab

- Can Consideration of Place Change:



- ...and will self-reported level of depression & anxiety/paranoia / wellbeing effect this?

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Community Wellbeing

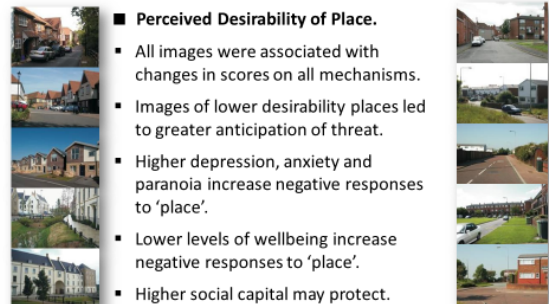
- Encouraging community wellbeing by reclaiming the public realm

"Spread & growth of 'Playing Out' activities. This is where streets are closed to traffic for short periods of time, but opened-up to children and adults to play, talk, interact and socialise. This has the potential to increase exercise for children, reduce isolation and loneliness, allow neighbours to get to know one-another, builds trust, understanding, increases safety in that people look out for one-another and much more."

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Research in the Lab

- Perceived Desirability of Place.



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Community Wellbeing

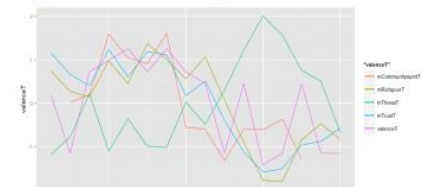
- Encouraging community wellbeing by reclaiming the public realm

"A once run down, crime ridden area has been given a new sense of pride for the individuals to live in due to one street deciding to come together to do little things i.e. plant flowers and shrubs and discourage their children throwing litter around etc. It has made a huge difference over time and led to people appearing to smile more."

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Sentiment Analysis

- Building Inferences from Perceptions

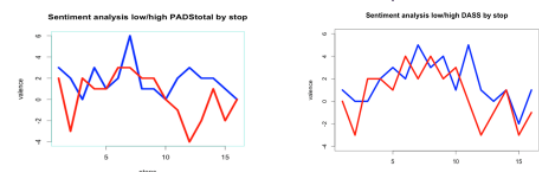


- Expression of salient feature sentiment correlates with on-the-spot sense of :
 - threat = -0.45
 - trust = 0.63;
 - wealth/resource = 0.65
 - community spirit = 0.58

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Sentiment Analysis

- How Individual Differences Determine Perception of Place



Clear differentiation of emotional reaction between groups in low IMD/ low resource environments.

Red = highest scores.

Blue = lowest scores.

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Place Making for the Common Good: Foundations for Success

Lived Experience

■ Places of Paradoxical Pride & Shame – an Ambivalent Attachment to Place?

Hayden (2013): "...place comes to define people and how they, in turn, define their community as in need of defence and not easily understandable to strangers."

Stafford et al. (2008): Strong attachment to a deprived neighbourhood increases the risk of depression.

Participant: "...because I feel ashamed being associated with part of that area when deep down people would come to the area and say 'oh my god look, looks rough round here'. But the people are lovely. I'm not ashamed to be associated... I'm ashamed of people that have got no shame in themselves and they just throw litter. Maybe I've used the wrong word of saying I feel ashamed because I'm not ashamed of coming from where I've come from because I've come from there all my life, and it's better for me because I'm not a posh nob or I don't try and be what I'm not."

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Lived Experience

■ When Your Place Makes you Discount Your Future

Life History Theory shows how the qualities of an environment directly determine our life strategies and our wellbeing, emphasising the importance of place-making.

Where resources are perceived to be stable, reliable and predictable, people plan their futures, develop the capacity to adapt to inevitable life stresses, cooperate with other future-oriented people, to determine their positive futures.

Where resources are perceived to be unstable, unreliable and unpredictable thrill-seeking and non-cooperative impulsive, self-centered choices are primed and become the norm.

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Changing Places

■ Changing places changes futures.



"Very interesting presentation. This data is very useful for a local authority looking at place-making activity and policy. How can we access the data to help influence local policy?" (J. Webster; Head of Public Health, Wirral)

"Reported incivilities evidence underlines importance of community-based planning and urban regeneration." (Assistant Director Integrated Commissioning)

"Place is very important even when we lose our sense of self. I moved back to Wallasey because when I walk the streets, I know my parents and grandparents walked the same streets." (Multiple Needs Programme Manager of Housing organisation)

"Good biographical account of sense of place from R.C. Useful Reading group film showing how place cuts across dementia. Nil/yet re: policy implications of place; a very academic presentation." (Public health academic)

"Useful data presented. Providing useful rationale for community approaches to MH." (Director with Mersey Care NHs Trust)

"Greenery, trees, grass verges, improve the built environment. However, they must be respected and maintained – there are costs to this. Could communities take more responsibility? Don't park cars on grass verges and pavements, be considerate to others? Importance of community." (Cllr in Liverpool)

"Some interesting information and good references that I will follow-up. However, place is only part of the story – income, heating, jobs etc. are also significant." (Anon)

"Interesting looking at recent evidence looking at deprived neighbourhoods and correlation with anxiety/ lack of control etc. However, too much time spent on this aspect – reinforcing the same point with different stats. Could have been discussed on tables or in groups." (Anon)

Session 2 - Feedback

"Really useful stats! Suggest create a powerful A5 with most potent to handout and have high impact statement. Funding to create a store of common space projects?" (Director, voluntary sector organisation)

"A great amalgamation of thought-provoking research evidence about place-making supporting health." (CEO, Innovation Agency)

Session 3: Film 'Common Sense of Place' led by Graham Marshall

The second half of the morning was led by Graham Marshall, a practicing urban planner/ designer and landscape architect. Now the focus shifted to place-making policy and practice, beginning with **Martin Cassini's** film featuring the work of place-maker **Ben Baillie-Hamilton**.

<https://www.youtube.com/watch?v=RtxKhmLDUuo>



The film shows the positive impacts of public realm designs that balance urban needs and widen the 'outcomes agenda' for places. The outcome is to increase levels of civility in the living environment and local economic performance. This linked well to the data and final points made by Rhiannon.

Discussions drew attention to the importance of inclusive design to prevent shared space creating disadvantage for those with disabilities, particularly sensory impairments.

Feedback

"Message regarding integrating pedestrians/ road users rather than segregational. Shared space and a place to shop/ stop – destinations." (Assistant Director Integrated Commissioning)

"Good reminder about how city street planning affects a sense of place." (CEO, Innovation Agency)

"Excellent film - started to think differently about the design of places." (Anon)

"I hadn't heard of shared spaces before – an interesting concept for us to explore in our work on healthy high streets." (Director of Public Health)

"'Pedestrian priority areas' rather than 'shared spaces'. Remember people with visual impairment and older people, children not understanding where cars are likely to be. Traffic free zones better than shared spaces. People will use cars, provide car parking near places that people want to be." (Cllr Liverpool)

"European town and cities - notably Spain - do this really well. Pedestrian priority is largely the norm. In terms of community belonging open squares and meeting points are also well used particularly by the elderly – although they do have the weather!" (Anon)

Some interesting examples of where changes to the streetscape and road priority have increased flow but reportedly improved pedestrians' experience. Does this work take into account people with disabilities or dementia etc.? (Anon)

"Interesting informative concept. Discussion of how it may prioritise 'able bodied' people was interesting." (Director with Mersey Care NHS Trust).

"Useful film. Shared space requires greater user engagement/ input. Constructive discussion." (Public health academic)

"Message re: traffic, street spaces and positive impact on individuals. Disabilities may be key to engagement! Get St. Mowdens in Knowsley to sponsor 'commons' space events/ projects." (Director, voluntary sector organisation)

"Good lessons for highways –Shared Spaces. How is this put into action." (Anon)

Session 4:

Our Place: Design for Thrival Led by Graham Marshall



Graham's presentation provided the real world context to the evidence that Rhiannon shared earlier. It was a provocative talk asking the key question 'do we want change or more of the same (stupid)?'. The emphasis of the talk was on '**future focus**', '**resources**' and '**people**'.

The talk began with the notion of places as human habitats and to understand what makes them optimal requires a grasp of human ecology and evolutionary psychology. Non-optimal places force unsustainable strain on our economies and cause deep human distress. Cooperation is an evolutionary stable strategy, but it can be a force for ill as well as good.

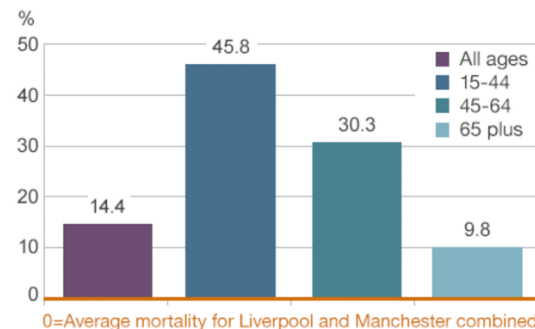
Design is the system we employ to create places, but the health and wellbeing evidence suggests that we are failing to deliver optimal and benign places. A show of hands from the audience indicated a unanimous identification of poor design that passed through the system and an understanding that it is more than a matter of taste. **Design is important and not an optional extra.**

Recognising the importance of design and continual design failure, statutory place policy and guidance has been continually developed over the past century with a singular definition – 'built environment'. In

his talk, Graham argued that we should be looking at 'place' from the perspective of the '**living environment**' – people not buildings; fluid places not quarters. And that we must recognise diversity – 'people' are not one homogenous group that wants to commute to an office.

Glasgow was selected as a case study because of its many similarities to the Liverpool city region; and its differences. It has the highest mortality rate in Britain and an accelerating young single male suicide rate. Why does this city provoke such destructive behaviour?

How much adult mortality rate in Glasgow exceeds Liverpool and Manchester



Figures based on standardised mortality ratios 2003-7 for all causes of death
Source: Walsh et al/Public Health

Graham showed how well intentioned 'top down' policies can go wrong and how it is people's attachment to their places that drives real, sustainable change and growth. By stressing the negative reality of policy "**un-placing**" urban environments and "**dis-placing**" communities, he argued for the need to "**re-place**" (not demolish) existing urban areas and not to try to build utopia on green (or brown) field sites.

Emphasising that around 80% of the city buildings and spaces of 2050 already exist, the audience understood that the talk was not about 'a blank sheet' but rather the opposite - of doing the right things to improve what we already have and that the right things need to be informed by relevant evidence. He concluded that the absence of informed and collective "**stewardship**" is where we are failing.

Place Making for the Common Good: Foundations for Success

Headlines

Future
Resource
People



1. "CHANGE VS. MORE OF THE SAME STUPID
2. THE ECONOMY
3. DON'T FORGET HEALTH CARE"
James Carville – 1992 messages for Clinton campaign.

- **The Urban Context:** an urban ecology; a human habitat.
- **Design is Important:** policy, guidance & common sense.
- **Failure of Policy:** a common case study.
- **Foundations for Success:** place-making for the common good.

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Cities...

...are they good for us?

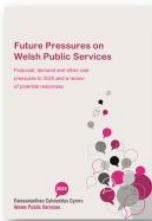
"In great cities men are brought together by the desire of gain. They are not in a state of co-operation, but of isolation, as to the making of fortunes; and for all the rest they are careless of neighbors. Christianity teaches us to love our neighbor as ourselves; modern society acknowledges no neighbor."

Benjamin Disraeli



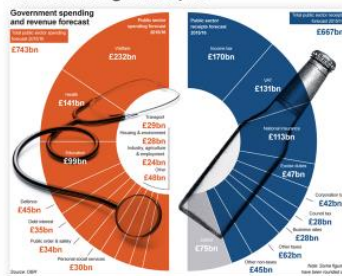
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The Urban Context



"...public spending is lowest in those regions where the population is prosperous, well educated and healthy."

National Budget 2015/16



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Design is Important



Boomtown Amy Casey 2011

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Five Capitals Failing



An Urban Ecology

'Silo' thinking creates 'harsh' environments that are not attractive to investment but are high in cost.

Weak relationships between individual, community and built capitals make heavy demands footloose economies.

An unsustainable and impoverished status quo persists.

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Design Policy



In the 21st Century, places that do not promote resilient communities or prioritise the wellbeing of citizens, are 'unfit-for-purpose'.

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Five Capitals Succeeding



A Human Habitat

Co-operation is an evolutionary stable strategy.

'Co-operative' stewardship reduces 'harshness' to create a benign living environment that is good for wellbeing.

Strong relationships between individuals, communities and the built environment promotes a resilient economy.

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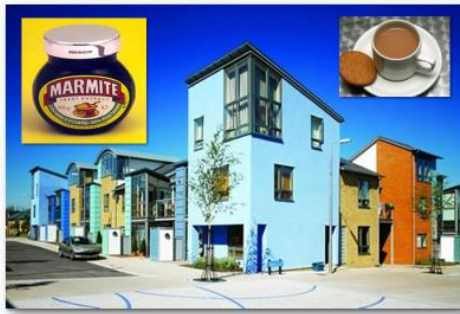
...Home or Prison?



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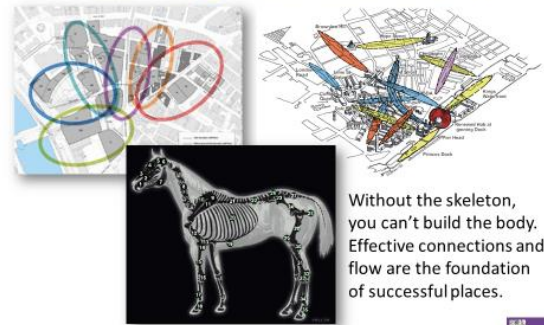
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A Matter of Taste?



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'Living' Environment



Without the skeleton, you can't build the body. Effective connections and flow are the foundation of successful places.

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Design Wisdom



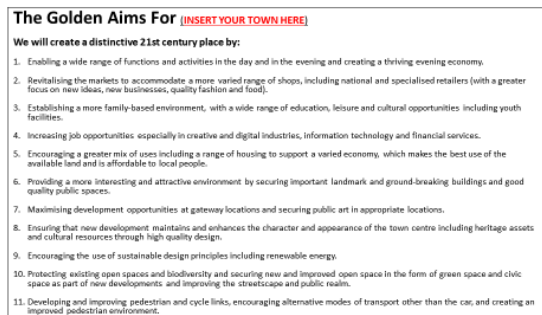
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'People'



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Visions for 'Any-place'



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Failure of Policy



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Where is the Vision?



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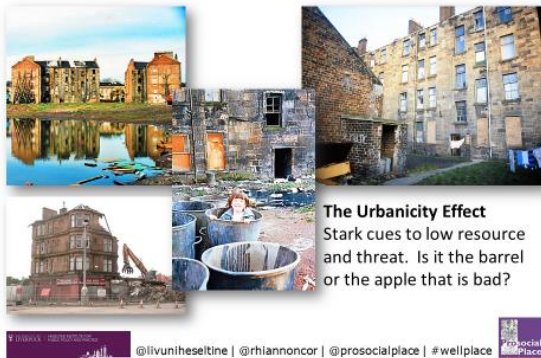
Whose Aspiration?



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Un-Valued



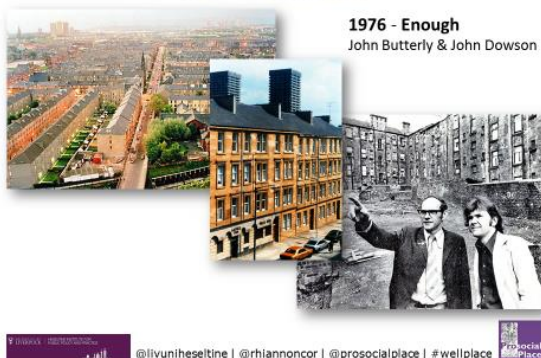
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Piecemeal & Suburban



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Re-Valued



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A Healthy New Place?



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Streets & Spaces



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Projects & Roads



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"More of the Same"



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Foundations for Success



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Our Estate

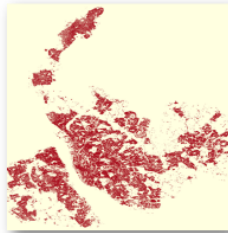
Place-Making for the Common Good

■ Fore-sighting that tells us that 80% of the buildings that we will inhabit in 2050 have already been built.

■ Many new buildings erected between now and then will be within existing fabrics and infrastructures, and so be quickly assimilated to become 'existing'.

■ We therefore need to make existing environments liveable, building on our evidence bases.

■ Lessons learned should direct the development of new places, not untested design theory or developers business plans.



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Moving Forward

"85% OF PEOPLE POLLED STATED THAT THE QUALITY OF PUBLIC SPACE HAS A DIRECT IMPACT UPON THEIR LIVES AND THE WAY THEY FEEL."

SEEN & HEARD DENVER, NOVEMBER 2007

Focus on the 'built' environment facilitates silo thinking.

Focus on the 'living environment' demands co-operative working.



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Future Focus

People First + Capitalising all Resources = Positive Change

■ Sustained wellbeing definitely does not depend on:

- Economic growth,
- Consuming more, or
- Spending money.

■ Wellbeing should be the focus in all aspects of place-making including:

- Planning,
- Development, and
- Stewardship.

■ Instigate a 'Well-Design' process for placemaking through:

- Inter-disciplinary thinking,
- Knowledge mobilisation, and
- Sensitive management of our existing townscapes.



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Thoughts



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Feedback

"Interesting statistics regarding Glasgow and community-based planning." (Assistant Director Integrated Commissioning)

"If design is not inclusive some of us are left out and our needs are deemed "special" and segregated places develop. How far can old buildings be made usable by as many people as possible so don't perpetuate physical exclusion." (Cllr Liverpool)

"Requirement for resilience to keep plans rather than revising them and losing community was very interesting." (Anon)

"Excellent presentation." (Anon)

"Need to focus on streets/ community spaces/ ownership." (Anon)

"Marrying economic improvements to the 5 ways to wellbeing (ref. research?)" (Director, voluntary sector organisation)

Session 5

Discussion: Changing the Culture - How do we 'Re-place'?

Joe Anderson, Mayor of Liverpool began the discussion session by acknowledging the importance of places to people and concurring that the 'blank-sheet' approach to regeneration was a thing of the past. He went on to describe how individuals had been let down for too long with regard to mental health support and announced that he had appointed a new **Mayoral Lead for Mental Health** to address these issues and put them firmly on the agenda.

In addressing the issue of next steps, there was general agreement and enthusiasm in the room for ongoing Liverpool City Region summits on **place-making for people**. Politicians in the room recognised the importance for built environment professionals within their authorities to engage with this agenda and that '**place directorate**' approaches were worth considering on a city region scale.

The threat to an integrated approach from volume house builders was noted and it was suggested that planning policy could be usefully supported by 'social' policy via the joined up approach discussed above.

Graham summarised the Victorian approach to placemaking through industrialisation as "doing things to people badly" and the Twentieth Century approach as "doing things to people better." He called for professionals in the Twenty-first Century to **"do things with people."**

Feedback

"Discussion made apparent the relative absence and low status occupied by town planning in the 21st century." (Public health academic)

"An interesting workshop. Would have benefited from a few more 'real' people." (Public health academic)

"More service user/ lived experience involvement would have been good to see." (Director with Mersey Care NHS Trust)

"Design needs to be inclusive, we all have the same needs, they are not all met in the same way – then become "special" and dealt with separately, left out of community. Local authority Local Pans need to include these issues into planning intentions, how planning permission is given. Less silo thinking is needed and more interdisciplinary working." (Cllr Liverpool)

"Interested to be involved in further summits." (Assistant Director Integrated Commissioning)

"I'd support further interaction between planners/designers and mental health policy experts – including the people who live in the most deprived areas and experience the highest mental distress. There still seems to be too much silo-speak and too little shared vocabularies." (Anon.)

"Very good and important summit." (Cllr Liverpool)

"Can we have copy of slides please?" (Director, voluntary sector organisation)

"It would be very useful if the slides could be circulated, thank you." (Director of Public Health)

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