DESIGN, DELIVER AND MANAGE

Principles covered:

4 CREATE COMPACT NEIGHBOURHOODS

5 MAXIMISE ACTIVE TRAVEL

6 INSPIRE AND ENABLE HEALTHIER EATING

7 FOSTER HEALTH IN HOMES AND BUILDINGS

8 ENABLE HEALTHY PLAY AND LEISURE

tcpa

The King's Fund

THE YOUNG FOUNDATION

Public Health England

NHS

The structure of the Putting Health into Place publications

The learning from the Healthy New Towns programme has been distilled into four publications. This publication, the third in the series, covers principles 4-8. The other publications are an executive summary and two documents covering principles 1-3 and 9-10 respectively. The principles will be of interest to different audiences, and at different stages of the planning process.

The four Putting Health into Place publications

Executive Summary

Principle 1
Plan ahead collectively
Principle 2
Assess local health and care needs and assets
Principle 3
Connect, involve and empower people and communities

Principle 4
Create compact neighbourhoods
Principle 5
Maximise active travel
Principle 6
Inspire and enable healthy eating
Principle 7
Foster health in homes and buildings
Principle 8
Enable healthy play and leisure

Principle 9
Develop health services that help people to stay well
Principle 10
Create integrated health and wellbeing centres

Contents

OVERVIEW DESIGN, DELIVER AND MANAGE

New developments offer many opportunities to enhance the health and wellbeing of those who will live in them. We need to design, deliver and manage places to make best use of these opportunities.

This publication follows 'Plan, assess and involve' by presenting four principles for designing, delivering and managing healthy places. It describes how the 10 Healthy New Towns demonstrator sites have approached this process and what they've been able to achieve, representing five of the Healthy New Towns 'Putting Health into Place' principles:

This document outlines how to design, deliver and manage healthy places by using case studies, checklists and simple explanations which will help professionals working across planning, health and development to come together in partnership to create healthy places.

This is part of the 'Putting Health into Place' series from the Healthy New Towns Programme:

- Introduction and Executive Summary
- Plan, Assess and Involve
- Design, Deliver and Manage
- Provide Health and Care Services and Infrastructure

4

CREATE COMPACT NEIGHBOURHOODS

What this Principle covers:

4.1 Create compact and connected places

4.2 Design places and services to maximise use and impact

4.3 Practise inclusive design

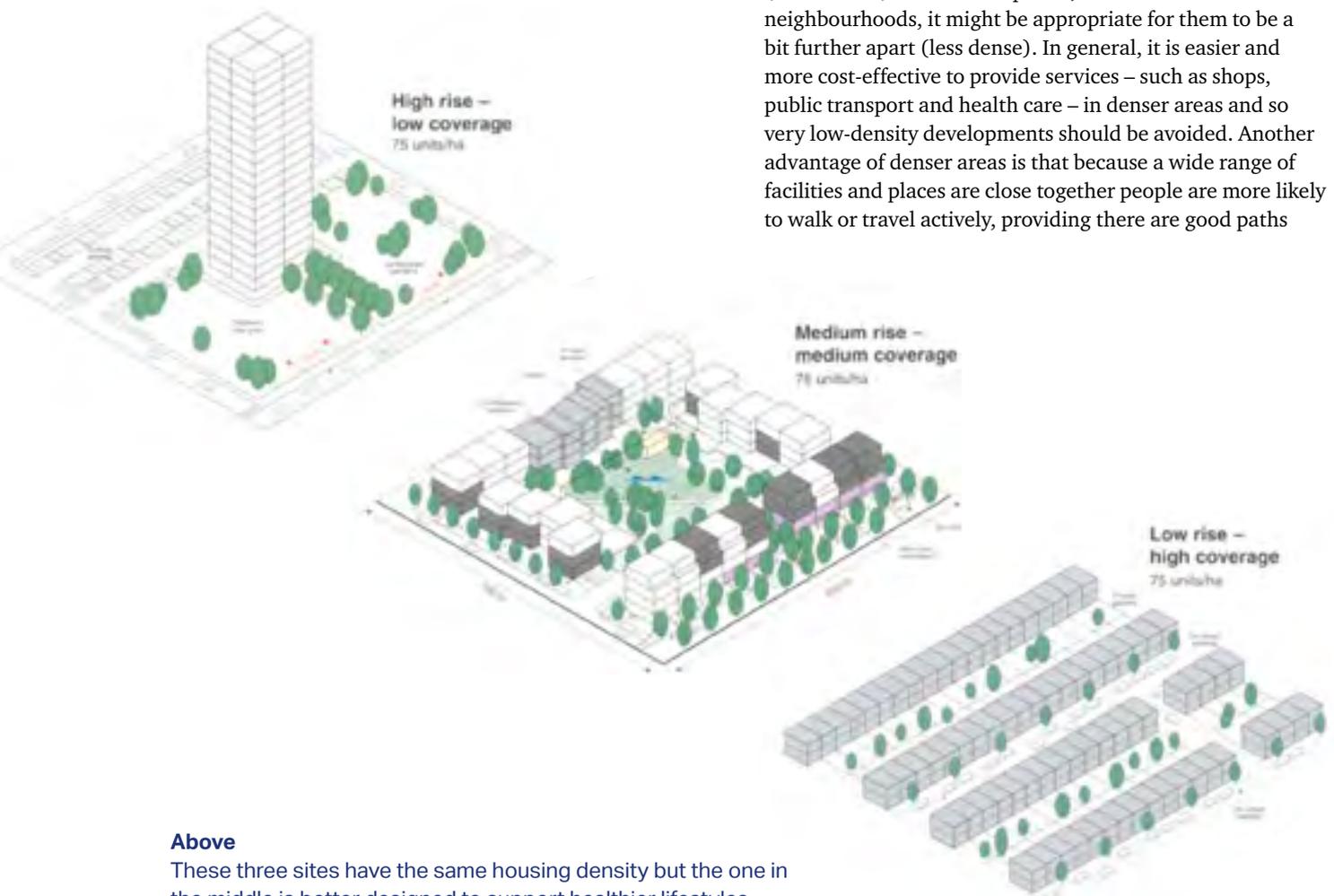**4.4** Design multi-functional green spaces

Create compact and connected places

New places should create the conditions for social and economic connections to take root and grow, and these connections are more likely to be successful when places are compact, walkable and mixed-use and have a distinct identity. Development partners should support the creation of compact places, through planning policies, transport policies, design codes and masterplanning[1] – as was done at Northstowe (see Northstowe case study on page 8) overleaf.

What do we mean by compact and connected places?
A compact place is one in which land is used efficiently so that buildings are distributed appropriately for their uses, and public and private spaces are clearly defined. Designing a neighbourhood to be 'compact' does not imply that homes should be small or that public spaces should be inadequate - instead it is about using land efficiently through good design. Homes should meet or exceed the Nationally Described Space Standard (see Principle 7).

Built environment experts talk about the 'density' of homes or buildings in an area, by which they mean the number of homes (or buildings) per hectare. There is no universally 'correct' density. In some places, such as town centres, it is often appropriate for buildings to be closer together (more dense) and in some places, such as residential neighbourhoods, it might be appropriate for them to be a bit further apart (less dense). In general, it is easier and more cost-effective to provide services – such as shops, public transport and health care – in denser areas and so very low-density developments should be avoided. Another advantage of denser areas is that because a wide range of facilities and places are close together people are more likely to walk or travel actively, providing there are good paths

High rise – low coverage
75 units/ha

Medium rise – medium coverage
75 units/ha

Low rise – high coverage
75 units/ha

Above
These three sites have the same housing density but the one in the middle is better designed to support healthier lifestyles.
Credit: Andrew Wright Associates

and connections between places. It is important to provide enough easily accessible green spaces and public spaces especially in densely built-up areas.

Fundamentally, creating a compact and connected neighbourhood that people enjoy being in comes down to good design, through using a design code for example. This can be achieved through effective masterplanning; defining the form and function of a place and a framework for future developments.[2] When creating the masterplan for a new place, councils and development partners must work closely with people with expertise and local knowledge; such as planners, urban designers, landscape architects, public health professionals, health care commissioners and providers, and local businesses – and, importantly, communities. Their input will ensure the masterplan locates places for people to live, work and enjoy their leisure time close to each other without compromising space, amenity and environmental sustainability.[3]

Homes, workplaces, parks and green spaces, community facilities such as health care provision, shops and schools should be connected to each other by a range of routes that prioritise walking and cycling for people of all abilities and ages. This will make walking and cycling easy and attractive for all residents (see Principle 5), creating lively streets that support social interactions and footfall for local businesses.

By working closely with local people, development partners can design the new place so that it has its own unique character, culture and identity. There are many benefits to this including nurturing a sense of belonging in the new place, enhancing integration with existing communities and reducing social isolation. This can be achieved by understanding, protecting and incorporating important or unusual landscape features, historic buildings and references to local history, geography and landmarks into the design of the new place. Creating spaces that can act as centres or hubs also provides opportunities for community activity and they should be designed to support a range of functions, for example: markets promoting local businesses or selling fresh food; open-air performances; games and sports; arts festivals. These spaces will require stewardship and management from public bodies or community trusts (see Principle 3 and Principle 8).

Both large and small spaces and streets are very important for encouraging social connections across communities. For instance, designing residential streets as HomeZones can encourage children to play outside and allow neighbours of all ages to meet each other (see Principle 8).

What is masterplanning?

SIMPLY EXPLAINED

Masterplanning is a collaborative process to create a design for a new development that sets out where key features – such as homes, schools, offices, parks and roads – will be located and how they will be connected. A masterplan describes the broad outline of the new place but does not go into detail. For instance, it does not include detailed designs for individual buildings.

What is a design code?

SIMPLY EXPLAINED

A design code is a form of detailed design guidance comprising a set of written and graphic rules that establish with precision the two- and three-dimensional design elements of a particular development or area. Involving health care professionals in creating a design code can help achieve healthier places.

Actions to create compact and connected places

HOW TO

✓ Involve public health teams when reviewing Local Plans. They will be able to provide evidence to support the creation of new places that support active travel, public transport and local service provision. Tools such as a density matrix, similar to the London Public Transport Accessibility Levels,[4] can be helpful.

✓ Public health and other health care teams should provide evidence and expertise to help create planning and design frameworks, masterplans and design codes so that developers create a range of housing types for healthier living.

✓ All major development proposals should be reviewed by the local public health team and an independent design review panel.

✓ Review mandatory design and access statements to ensure the development will contribute to a vibrant and healthier neighbourhood; for example ensure public spaces are able to support a wide range of people and functions as part of a masterplan, and adopt local design guidance, such as HomeZones, that encourages social activities in streets (see Principle 8) and active use of community spaces and buildings.

CASE STUDY

Lesson from Northstowe
Using a design code to create a
compact neighbourhood

The Northstowe Phase 2 Design Code[5] will shape the design of the second development phase of the new community, to help achieve its plan for healthier living.

The Design Code was prepared through a collaboration between Homes England, South Cambridgeshire District Council, Cambridgeshire County Council and the community. Preparation of this design code was a requirement of the Phase 2 planning permission.

A draft version of the code was assessed from the perspective of the Healthy New Towns programme and its wider objectives, including healthier neighbourhoods and active travel. After recommendations to create a more compact neighbourhood the design code was revised and approved by the local planning authority in July 2017.

Some of the code's requirements – such as those to do with urban form and structure and walking and cycling routes – apply to the whole development. Others are specific to particular 'character areas' and set out recommended land uses, building heights and densities. This should ensure each area looks and feels different, helping to create a sense of identity and making it easier for people to find their way around.

Other design code requirements include:
— Creating intimate areas with a high degree of enclosure and continuous building frontage.
— Streets should be 'permeable', so people have a choice of routes between places, including direct routes for pedestrians and cyclists.
— All streets must be pedestrian-friendly, providing choices for walking, cycling and running.
— Cycle routes must be segregated from pedestrian routes – which is safer and has been shown to be more inclusive.

'Northstowe town centre will be the beating heart. Our award-shortlisted design code provides the framework for a high quality, mixed use town centre, laid out so people can find their way easily to excellent facilities within convenient walking distance'

Mike Goulding
Head of strategic land, Homes England

Image credit: Copyright Homes England

Design places and services to maximise use and impact

Typically, people are prepared to walk 400-800 metres (around a 5–10 minute walk) from their home to access local services.[6] Clustering a range of facilities, such as schools, shops, health centres, dentists, leisure centres and youth facilities, close to each other creates multiple reasons to visit the same area. This generates activity so centres also become social hubs and meeting places. For example, the Halton Hospital and Wellbeing Campus is located on the hospital site and is reached easily from residential areas. This will help it become a hub for community activities of all kinds, not just a health centre for accessing medical treatment (see Principle 10 case study on Halton).

Putting leisure and sports facilities together with other community facilities can also help increase awareness of opportunities to take part in sport and leisure activities. If designed well, many community facilities can also be used flexibly or for multiple purposes, increasing their benefit for the local population (see Principle 7). As an example, most schools have sports pitches, indoor gyms, halls and kitchens that could be made available to the community when not in use – during the holidays, at weekends or in the evenings (see Principle 7). To do this the school building must be designed so some parts of it can be opened to the public while others are kept closed. Ideally, this requires developers and the council to reach an agreement with the organisation that will run the school before the building has been designed.[7]

The facilities that are developed in new places, including parks and play areas, can be designed to support neighbouring communities' needs. This can be particularly beneficial where new services complement existing services or provide something that has been lacking. Facilities that are designed to be used by both the existing and new communities will help bring people together, creating a greater critical mass of residents that can attract new shops, schools and health and other community buildings benefiting everyone's wellbeing.

Co-locating health and care services with other community facilities can deliver benefits for all (see Principle 10). For example, GP practices housed in community buildings may increase the likelihood of engagement in social activities. One example of this is the potential for increased uptake of social prescribing activities that are provided in co-located community buildings. This has proved to be useful in the Neighbourhood Centre in Barton, which includes a GP practice alongside a range of community activities.

What is social prescribing?

SIMPLY EXPLAINED

Social prescribing is the term used to describe health care professionals referring patients to non-clinical services to improve their physical or mental health (see Principle 9). For instance, someone who is socially isolated might be referred to a befriending scheme or community group that uses a local community centre.

Actions to support the development of places that will benefit both new and existing communities

HOW TO

- ✓ When the Local Plan is reviewed, public health and health care teams should provide evidence about the importance of creating connected communities. Policies should encourage new development that will benefit existing communities, especially those with the poorest health.

- ✓ New developments should be located in sustainable places with good public transport connections.

- ✓ Planners, developers, master-planners and health-care providers should collaborate to ensure that multipurpose buildings are created in easily accessible locations in the new development for potential use as health and community hubs (see Principle 7 and Principle 10).

- ✓ Architects and urban designers can adopt accessibility thresholds to locate community facilities and health services within walking distance of most homes.

- ✓ Community use agreements should be considered by developers and school providers to support community use of school grounds and facilities.

Practise inclusive design

Places, buildings and facilities should be designed to suit a wide range of people and age groups with a specific and measurable focus on reducing health inequalities by creating the conditions for everyone to lead a healthier life, no matter where they live or who they are. In Greater Cambridge, including Northstowe, the number of people aged 75 and over is set to nearly double between 2016 and 2036. The Cambridge Institute of Public Health was asked to review a draft of the design code for Phase 2 of the development to see if it could be improved in line with age-friendly principles. One of the changes they recommended was to specify that suitably designed seating is provided throughout public and green spaces to ensure older people can sit down if they need to rest.

Inclusive places and facilities are also a priority for Whitehill & Bordon. They ensured there are 'Changing Places'[8] toilets in the town which provide suitable facilities throughout for people with complex needs and their carers. The first of these is managed by the Whitehill & Bordon Community Trust.[9] It also runs the 'Safe Places' scheme, ensuring vulnerable people have designated places throughout the town where they can seek refuge and support if needed.[10]

Development partners, working with health professionals, can use the following resources to inform their planning to ensure new places meet the needs of everyone:

— **Inclusive design principles:**[11] Neighbourhoods play an important role in supporting independence throughout people's lives. Urban designers, transport planners and architects should use inclusive design to make spaces and buildings safe and accessible for everyone, including people with disabilities and dementia[12] (see Principle 7).
— **Lifetime Neighbourhoods:**[13] This is an approach to creating places that are suitable for everyone, regardless of age or disability (see Principle 7), demonstrated by Ebbsfleet exploring how to create inter-generational housing.
— **Healthy Streets:**[14] Developed by Transport for London and the Greater London Authority, this is an approach to support practitioners in improving the experience of people using streets and public spaces and support active travel.

HOW TO

Actions to support an inclusive design approach

✓ Councils can adopt planning policies and design guidance to promote the application of Lifetime Neighbourhoods (see diagram overleaf).

✓ Developers, in collaboration with health professionals and planners, can plan for and provide a mixture of house types and sizes.[15]

✓ Councils and developers can create accessible signposting and wayfinding and provide enough places for residents to rest, address their specific needs and make equal use of local amenities

✓ Councils and developers should work with local voluntary groups to hear and incorporate lived experiences of people with complex needs, informing the adaptation and co-design of places and facilities.

✓ Transport departments and teams can ensure local policies are based on design guidance that includes details such as dropped kerbs and wide paths.

Design multi-functional green spaces

The extent to which green infrastructure provides its benefits depends on how it is designed and maintained, and the maturity and health of its elements (such as trees). Green infrastructure functions at a range of different scales. For instance, a large area of flood plain can absorb water and prevent flooding downstream; whereas a small public garden can improve the wellbeing of a local community. Green infrastructure is 'multifunctional', in other words it provides multiple benefits at the same time.

Green infrastructure should be included wherever possible in the design of public space, including paths and roads, because access to good quality green infrastructure improves people's mental and physical health and wellbeing.[16] The design of a new place should start with an understanding of the landscape of the area and its natural assets and functions – for instance, trees and woodlands, rivers, floodplains and ancient hedgerows. These natural assets should be retained and enhanced rather than built on.[17] People living in the most deprived areas are less likely to live near good quality green spaces and so have fewer opportunities to benefit from them. To help reduce income-related health inequalities such as these, councils and developers should design and provide new places so that people of all ages, backgrounds and abilities have both equal provision of, and access to, good quality green infrastructure.

What is green infrastructure?

Green infrastructure is the networks of green spaces, and other features that deliver multiple quality of life and environmental benefits for communities. It includes parks, green spaces, playing fields, woodlands, street trees, allotments, private gardens, green roofs and walls, sustainable drainage systems (SuDS) and soils. It also includes rivers, streams, canals and other water bodies, sometimes called 'blue infrastructure'.

SIMPLY EXPLAINED

Below
Architects Pollard Thomas Edwards and Alison Brooks Architects are working with developer Hill to create a new sustainable neighbourhood at Oxford's Barton Park. Green infrastructure is designed to provide multiple benefits including sustainable drainage, space for recreation, shade by trees and attractive views.

The Hogmoor Inclosure in Whitehill & Bordon[18] is an excellent example of inclusive design for the natural environment. It has been designed to be accessible for people with mobility issues as well as older and young children. It brings together, history, nature and activity in one accessible place. In Northstowe, another Healthy New Town demonstrator site, the Water Park provides a place to walk as well as essential flood alleviation for the area.

Development partners can help increase people's everyday access to green infrastructure by creating 'green corridors' for walking and cycling and ensuring green spaces are easily reached from people's homes and workplaces. In the Barton demonstrator site, green and blue (water ways) corridors were created first, well before building started, which has allowed them to mature over time so they were attractive by the time residents moved in.

What are the benefits of green infrastructure?
— Improving people's mental and physical health
— Encouraging physical activity[19]
— Reducing air pollution, if carefully designed[20]
— Protecting against climate change; for instance, by helping to reduce flood risk, cooling urban areas during heatwaves, storing carbon, or preventing soil erosion
— Increasing biodiversity
— Growing food locally
— Attracting investment
— Improving the soundscape.[21]

Left
Children from the Manning family enjoy the freedom of the outdoors at the Hogmoor Inclosure, at Whitehill & Bordon.

Below
Jon London, Northstowe community development officer, and Northstowe HNT programme lead Clare Gibbons visit the site for the Northstowe Water Park.

HOW TO

Actions to support delivery of integrated green infrastructure

✓ Councils can adopt a green infrastructure strategy that provides for a mix of good quality formal and informal green spaces for people of all ages and abilities and maximises the health benefits of green infrastructure.[22]

✓ Masterplans for new developments can start with an assessment of the form and function of the landscape of the development site and wider area to ensure that important elements of green infrastructure are included and enhanced in the design for the new development.

✓ Developers can maximise the benefits and value of integrating green infrastructure throughout new neighbourhoods, for instance by using the Building with Nature[23] or Green Flag Award[24] benchmarks.

✓ At the earliest stages of planning, councils and developers must agree how the green infrastructure will be funded and managed in perpetuity and establish governance structures and long-term income streams to do this.[25] Ideally, this would involve the community in future management (see Principle 3). Diverse new approaches to funding green infrastructure are being developed, such as crowd funding and public-private partnerships or a combination of different funding sources, as Nesta describes in its project 'Rethinking Parks'.[26]

✓ Developers, transport planners and landscape architects can maximise the health benefits of green infrastructure, for example by making sustainable urban drainage systems (SuDS) and flood water retention areas useable for recreation for most of the year.

✓ Landscape architects and urban designers can maximise the impact of green infrastructure through the use of green walls, using air purifying species of planting next to carriageways, and using planting to diffuse street lighting or noise in residential areas.

CASE STUDY

Lesson from Ebbsfleet Garden City
A vision for quality green infrastructure

Ebbsfleet Garden City is being developed in an area of Kent that was once heavily industrial. The landscape today is complex and disjointed, with old quarries, gorges, clefts, tunnels, roads and bridges. While these unusual features create a distinctive identity for the area, they also create barriers that prevent people from accessing green and natural spaces or the banks of the River Thames close by.

Ebbsfleet Development Corporation, which is responsible for creating the garden city, identified six themes to underpin the creation of the new place in the Ebbsfleet Implementation Framework. These include connecting people and places through safe and integrated transport systems, encompassing walking, cycling and public transport; healthier environments; and resilient and sustainable systems. One aim is to take advantage of, and celebrate, Ebbsfleet's unique natural environment.

The development corporation wanted to raise aspirations and ensure that these priorities help transform the post-industrial landscape into high quality green infrastructure that is easily accessible for everyone. To do this, as part of the Healthy New Towns programme, it launched a high-profile international design ideas competition, Landscape for Healthy Living, managed by the Landscape Institute.

The winning submission, called HALO, includes the idea of creating a 'green grid' network throughout the area. HALO proposes a consistent approach to infrastructure across the garden city based on four principles that promote health and wellbeing, through: Hives of activity; Arcs which reconnect to nature; Links that create access for all; and Organics which promote edible landscapes.[27]

Below and right
Ebbsfleet's competition winning design, HALO, promises to transform the post industrial landscape (below) into a multi-use green space at Blue Lake (right, copyright Bradley Murphy Design).

'An international competition is a great way to raise the ambition and test innovative ideas for working in a challenging natural landscape. We want to make sure place-making and addressing health issues are integrated into the new town from the outset'

Kevin McGeough,
Director, Ebbsfleet Healthy New Towns Programme

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5

MAXIMISE ACTIVE TRAVEL

What this Principle covers:

5.1 Embed active travel from the earliest stages of planning

5.2 Design active travel to meet local needs

Embed active travel from the earliest stages of planning

Small increases in physical activity among those who are the least active can bring great health benefits; including lower death rates and lower rates of heart disease and depression. Encouraging everyone to walk or cycle more often is an effective way of increasing regular physical activity. Car travel, although convenient, reduces people's opportunity to be active, can reduce social cohesion, and increases air pollution and obesity. Supporting people to take up active travel is therefore good for health, wellbeing and the environment.[28]

To ensure active travel is the obvious and easy option for everyone, it should be considered and included from the very earliest stages of planning (see Principle 1) in Local Plans, policies and masterplans. This includes ensuring that the site chosen for the new place is suitable for sustainable transport links with other places and is designed to be compact to make active travel easier.[29]

Walking, cycling, and public transport should be prioritised at every stage of planning including the Local Plan, masterplanning, detailed design, funding, public realm management and maintenance, and be operational before people move into new homes and offices. This will help to ensure healthy behaviours are adopted as soon as people move into the new place and are sustained over time.

Simply providing footpaths and cycle paths is not enough to support and encourage a wide range of people to choose active travel. For instance, older people can be deterred by a lack of public toilets or a lack of benches along the route where they can rest along the way.[31] Details matter: some people need benches with arm-rests to support them as they sit and stand. Routes with attractive views, safe lighting, trip-free surfaces, open spaces or public art can make active travel more enticing. Technology, such as wi-fi hotspots, electronic charging points, and activity tracking[32] can make it easier for people to plan visits using active travel and to use public transport. Shops, offices and other public places should also be encouraged to provide buggy and cycle parking and changing rooms for staff.

What is active travel?

Active travel means being physically active by using a form of travel such as walking or cycling to make everyday journeys.[30] The purpose of the journey, whether it is a direct commute to work or school, or a more leisurely outing for pleasure, can influence the design requirements of the route, but both are positive for health.

What is travel planning?

A **travel plan** is an organisation's action plan to encourage safer, healthier ways of travelling that reduce car dependence and support more active transport. Travel plans are designed to encourage people to use safe, healthier and sustainable methods of travel and reduce their reliance on cars. They help people change their travel habits and are often required as part of planning applications, especially for large and complex developments, which have the potential to generate significant vehicle traffic. If the travel plan includes targets, the council and developer must agree how these will be met, and how progress

towards them will be monitored. Arrangements for monitoring should be included in the travel plan. A good travel plan should contain achievable and quantifiable measures that:

— Provide options to increase active travel, including for people with mobility difficulties or children
— Reduce the number of cars and other private vehicles; so reducing carbon emissions and improving air quality
— Reduce the likelihood that the development will create the need for more road capacity or new roads
— Support infrastructure and services that improve connections between communities.

Typically, travel plans created by employers and schools result in reductions in car journeys of 14-18% and a corresponding increase in walking, cycling and public transport use.

For residential areas, personal travel planning is highly effective.[35] This usually involves a team of trained advisors working in communities to encourage, inform, support and motivate people to switch from travelling by car to more sustainable modes.

The Healthy New Towns demonstrator sites promote convenient active travel in various ways. For example, Northstowe is connected to Cambridge city centre by a guided busway (a route exclusively for buses) with a cycle path alongside. As a result, people living close to the busway are more likely to cycle and less likely to drive.[33] Before becoming a demonstrator site, Darlington had been part of the Department for Transport's Cycling Demonstration Town programme (2005 to 2011),[34] which had created 22km of cycle routes, supported by personalised travel planning for local residents, cycle training and a bicycle hire scheme.

When masterplanning a new place, it is important to locate community facilities in the most accessible parts of the site for active travel. For instance, shops, schools and health centres should be built close to each other with safe, attractive walking and cycling routes between them, and to people's homes. If possible, there should be direct walking and cycling routes connecting all parts of the site and facilities, otherwise people are more likely to drive (see Principle 4.1).

Below
Local residents meet on the Bicester Discovery Walk to explore the new blue line walking routes.

CASE STUDY

Lesson from Bicester
Health routes

To encourage people in Bicester to be more active, three 5km routes for walkers, joggers and cyclists have been marked out with blue lines. The project was created by Cherwell District Council and involved consultation with residents' associations, town councillors and residents. The west route resulted in an increase in average daily footfall of 27%. Another, the north east route, did not produce a significant increase.

The project cost £14,000 per route and was created using durable thermoplastic paint. It has been calculated that for every £1 invested in creating the routes, £2.10 will be saved over 25 years. Despite some initial opposition, the majority of feedback from residents has been very positive, with many local residents being encouraged to be more active and to explore their local neighbourhood.

The impact of this project has been amplified with additional initiatives, such as outdoor gyms, community walks, bike repair workshops and training, and effective social media campaigns.

How to provide and maintain infrastructure for active travel

HOW TO

To make active travel easy and attractive for everyone, planners, transport planners, masterplanners and developers should include the following in masterplans and design codes:

✓ Insert segregated networks of walking and cycling routes that connect key destinations and public transport links in the earliest stages of designing the new place.

✓ Transport junctions should prioritise and protect pedestrians and cyclists of all abilities.

✓ Design footpaths and cycle paths so they are well lit and overlooked by houses or other buildings, to help users feel safe.

✓ Ensure footpaths and cycle paths are accessible to all ages and abilities – including step free access and dropped kerbs, and include benches and cycle parking.

✓ Use natural assets such as green spaces or conveniently located waterways to provide attractive settings for footpaths or cycle paths. These should not be incorporated at the expense of safety.

✓ Set up maintenance regimes and funding to ensure paths are well maintained and remain attractive, and are free from obstacles such as potholes, cracks or branches.

Designing active travel to meet local needs

Efforts to encourage active travel are usually most effective when they are tailored to local circumstances and delivered in a personalised way.[36] Councils, developers and health care providers should work to increase active travel, particularly by the least active. They should consult residents to understand what prevents them from travelling actively and then work together to co-create solutions to overcome local barriers to active travel, including supporting the needs of specific people or groups (such as intensive interventions with the most sedentary), and the whole community (such as a town-wide social marketing campaign).[37]

How cross-sector partners can play their part

Partners such as the council, NHS, voluntary sector and developers can:

— Work with residents to develop an understanding of their travel habits, including what they see as the opportunities and challenges of travelling actively in the local area
— Agree objectives, interventions and targets for promoting active travel locally
— Use these insights to develop actions to feed into the planning and design of a place.[38]

There are many ways to encourage people and communities to adopt more active travel habits. Those responsible for creating new places can ensure residents have:

— **Opportunities** – make sure there are enough active travel routes for residents as well as including a variety of distances to cater for different needs.
— **Motivation** – make sure residents understand the benefits of active travel and make the routes rewarding.
— **Information** – make sure there are enough visual cues for residents and infrastructure does not block or prevent residents from using the active travel routes.

A distinctive street layout that has natural features and other landmarks can be made even easier to understand by adding signage as part of a comprehensive wayfinding strategy.[39] Information should be provided at key decision points, such as junctions, and give details that are useful but not overwhelming.[40] To encourage active travel, it is helpful if signs say how long it will take to walk to a place, and, perhaps, how many calories walking could burn, as well as its distance. Digital technology, such as apps, can also help people find their way around. Sport England provides a number of resources to support active design in communities.[41]

At the Barking demonstrator site, researchers from University College London collaborated with the charities Living Streets[42] and Sustrans[43] to hold community events. They gained a better understanding of the difficulties people experienced travelling around the area and between the new Barking Riverside development and the established neighbourhood at Thames View. Researchers used focus groups and creative techniques, such as walking 'audit sheets', to understand the difficulties people experienced, informing a list of potential solutions to improve connectivity.

To influence people's travel choices councils and development partners often need to use a combination of encouragement and deterrence. One important way to encourage active travel is by making it easier for people to plan and pay for journeys, particularly trips that require more than one element of public transport. New technology can help; some bus operators use it to align services better with the journeys people want to make. Other options include charging for parking or introducing a congestion charge.

How to help people find their way around

✓ Masterplans should retain and incorporate local landscape or historic features and aim to create distinctive neighbourhoods and buildings to make it easier for people to know where they are in the new place.

✓ Councils can work with developers and health professionals to create wayfinding strategies specifically for pedestrians and cyclists. Strategies should incorporate the use of digital technology to make it easy and fun to navigate.[44]

✓ Councils can work with developers and the community to undertake a walking and cycling routes audit to improve navigation.[45]

✓ Councils must ensure co-ordination between the organisations responsible for signage in the new place, including the local transport authority, to create a coherent signage system that meets the needs of people who are walking and cycling.

Lesson from Whitehill & Bordon
Encouraging walking through wayfinding workshops

In Whitehill & Bordon, 200 residents including eight classes of students took part in wayfinding workshops. They walked along the main east-to-west route that connects the established community with the new neighbourhoods and took notes of what they experienced. Their comments helped the Healthy New Towns partners to understand how this important route could be improved for pedestrians.

To encourage local people to walk in their streets and open spaces, school children designed colourful hexagon tiles with messaging around themes of gardening, healthier eating and active travel. The artworks were then digitised and printed as signs for displaying along the route and through a new community garden along part of the route.

Below
Healthy New Towns team member Rebecca Treharne with display boards showing findings from community wayfinding workshops.

CASE STUDY

Lesson from Northstowe
Creating a travel information pack for new residents

In Northstowe the developers created a travel plan for the whole town and funded a travel plan co-ordinator to work with residents. This was a requirement from South Cambridgeshire District Council as part of the Section 106 planning agreement and also meets requirements set by Cambridgeshire County Council. The travel plan for the site included providing better connections to the Cambridgeshire Guided Busway. Research has shown that people living closer to the busway and associated cycle lane were more likely to increase the time they spent cycling on their commute. Specific travel plans were created for homes, workplaces and schools.

When people move into their new homes they are given a travel information pack and face-to-face advice from the travel plan co-ordinator. This means they are in a better position to make informed choices about how they choose to travel to and from their homes. The pack includes financial incentives to encourage them to make active and sustainable travel choices. These include subsidised bus tickets, money-off vouchers for cycles, clothing, and trainers (up to a value of £50); and vouchers for cycle-training 'taster' sessions.

The travel plan for the site sets out measures to monitor how people travel at different stages of the development and as residents begin to move in. In the first few months of occupation, about 20% of households took up the offers. South Cambridgeshire District Council will undertake regular monitoring to measure the success of the travel plan and is exploring ways to make it easier for more residents to access offers tailored to their needs to help increase take-up.

Below
Northstowe travel plan co-ordinator Jon London takes new resident Sue Green through the Northstowe Welcome Pack.

CASE
STUDY

Lesson from Ebbsfleet Garden City
Get Active in Ebbsfleet

Get Active in Ebbsfleet comprises a range of projects to encourage residents to be more physically active. One is a smartphone app, free for users, which works in a way similar to a supermarket rewards system. Users receive digital BetterPoints for engaging in physical activity, which they can swap for digital 'vouchers' either to spend in local shops or to donate to charity. Funding for the trial was provided by NHS England.

In addition, BetterPoints worked with local businesses inviting them to donate free products, such as a cup of coffee or groceries, to reward customers who achieve a certain level of physical activity. The businesses did this as part of their corporate social responsibility programmes. In-app messaging and stories act as prompts, encouraging changes in behaviour such as commuting by bicycle instead of by car or walking for at least 150 minutes a week.

The app was launched in Ebbsfleet in March 2018 and in the first three months users walked, ran or cycled a collective total of 16,168 miles and burned 1,483,986 calories. 40% of people who were inactive achieved NHS recommended levels of activity for three weeks or more. Three months after it launched, 66% of the people who had downloaded the app were actively using it, double the industry standard for health and lifestyle apps. Six months after the launch more than 700 people had registered.

BetterPoints is a proprietary product that can be customised for local projects. According to Kevin McGeough, director of the Healthy New Towns programme at Ebbsfleet Development Corporation, using an off-the-shelf product such as this has some advantages: 'They have systems in place so can send us credible, robust data very quickly', he says.
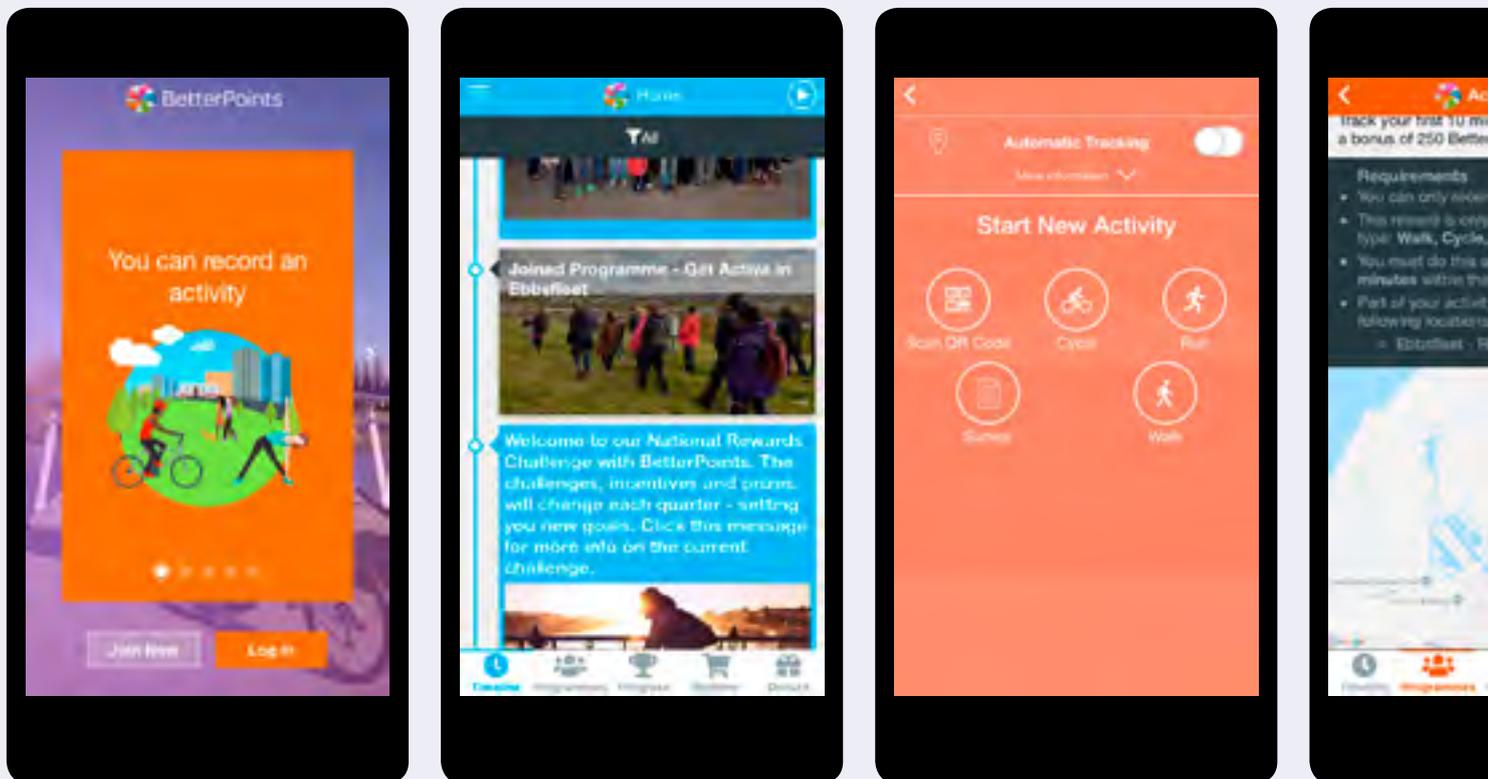
Credit: BetterPoints Ltd

Lesson from Ebbsfleet Garden City
Get Active in Ebbsfleet

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6
INSPIRE AND ENABLE HEALTHIER EATING

What this Principle covers:

6.1 Develop a joint commitment to plan for and enable healthier eating

6.2 Provide access to affordable healthy food and food growing

6.3 Provide opportunities to learn about healthier eating and cooking

Develop a joint commitment to plan for and enable healthier eating

Poor diet is now the biggest avoidable cause of ill health in England, associated with heart disease, stroke, cancers and type 2 diabetes.[46] People on lower incomes are more likely to suffer and prematurely die from diet related illnesses. Addressing the challenges of obesity and access to affordable healthy food requires everyone to play their part, as shown in the diagram below, because they are complex problems with many interacting causes and potential solutions.

Multiple actions can be taken by voluntary groups, councils (including planning and public health), the NHS nationally, Clinical Commissioning Groups, integrated care systems and local businesses. In line with Principle 1, this can be done through a cross-sector collaborative partnership, such as a formal food partnership and taking a whole systems approach and Public Health England has several resources ands toolkits to support this[47] and for working with local food businesses. The Brighton and Hove Food Partnership is one example of a resident-led food partnership and they have produced useful resources for other areas[48]. Another initiative popular with local places is the Sugar Smart campaign, which provides practical resources to help institutions reduce sugar in their local environment.[49]

Strategies established by food partnerships should be informed by relevant local needs assessments (see Principle 2) and national policies such as the government's childhood obesity plan for action.[50] In particular, the partnership should work with local people to understand their priorities for a healthier diet and weight so that action is taken with communities.[51] In 2019 Public Health England will publish guidance to support councils and partners with implementing a whole systems approach to tackling obesity.[52]
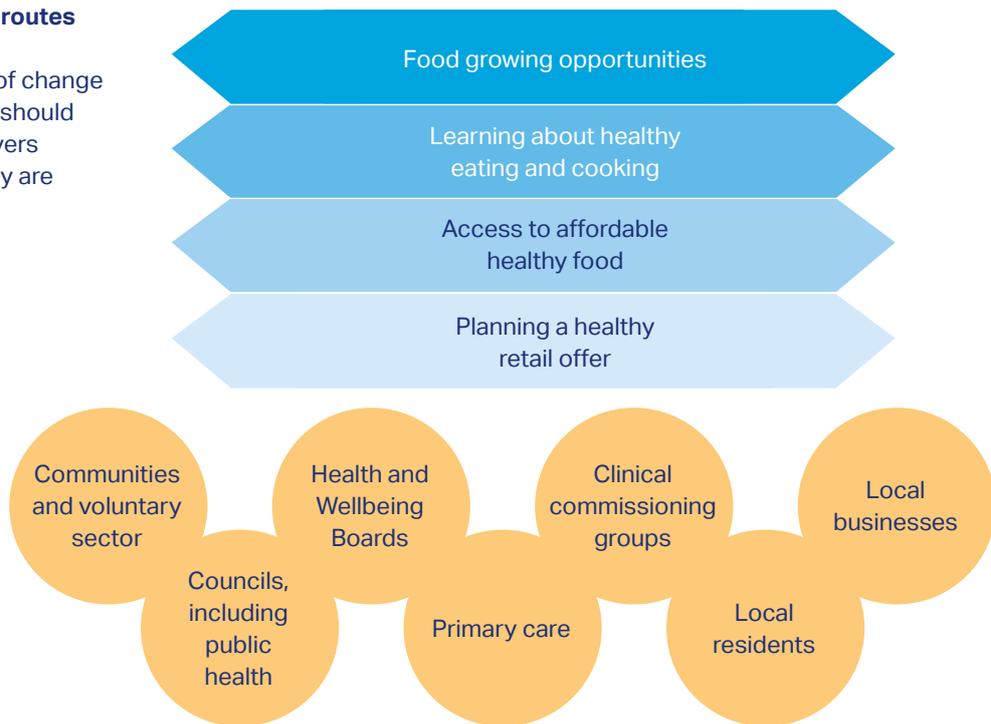
Improving the local food environment is important in enabling more people access healthier options[53] and such action is critical as not everyone has the same access, as highlighted by a greater density of hot food takeaways in areas of higher deprivation[54]. There is a clear link between deprivation and higher density of hot food takeaways. Lack of diverse food options restricts choices and chances to engage in healthier behaviours, with children from the most deprived areas twice as likely to be obese as those from the least deprived. A new neighbourhood provides the opportunity to rethink the local food retail offer and start to buck this trend.[55]

Many councils are already taking strong measures, for example limiting the opening of new fast-food outlets around schools and on the high street. A ban on the advertising of food and drink high in fat, sugar and salt across London's entire public transport network came into force in February 2019. In 2010 the London Borough of Barking and Dagenham became the first UK council to limit the number of fast-food outlets, while the London Mayor plans to ban new takeaways within 400m of schools and to install new drinking fountains across the capital. Such approaches can support council planning and licensing teams to promote healthier eating and food environments, which are the physical, social, economic, cultural, and political factors that impact the accessibility, availability, and adequacy of food. The Healthy High Streets research examines how high streets can be used as an asset to improve the overall health of local communities; diversifying the food retail offer can help high streets survive, support business and local economic growth.

Enabling healthier eating: routes for healthy new towns
The diagram shows levers of change and key organisations who should be involved. The bottom levers should be prioritised as they are likely to be most impactful.

● Levers of change
● Who should be involved

Food growing opportunities

Learning about healthy eating and cooking

Access to affordable healthy food

Planning a healthy retail offer

Communities and voluntary sector

Councils, including public health

Health and Wellbeing Boards

Primary care

Clinical commissioning groups

Local residents

Local businesses

How to plan ahead to enable healthier eating

✓ Councils, businesses, the voluntary sector and the NHS need to work together (see Principle 1) to take a systems-based approach to developing a joint commitment to enable healthier eating through engaging a partnership of stakeholders and community representatives. They should build their evidence base by understanding the area's food offer. For example, to improve local food access, Good Food Oxford carried out mapping and research to inform action taken by Healthy New Towns demonstrator site Barton. The Food Environment Assessment Tool can support such mapping because it shows the density of different types of food outlets to ward level in England.[56]

✓ Councils must lead by example and use their powers to plan a healthier, more balanced and affordable retail offer, encouraging healthier catering practices across businesses and public institutions. This has been done in both Barton and Ebbsfleet.

✓ Councils, businesses, the voluntary sector and the NHS should collaborate to develop and use incentives as well as deterrents to limit new unhealthy food outlets in town centres or high streets, and restrict their proximity to schools or other facilities for children and young people by developing suitable, evidence-based planning local policies and guidance.[57]

✓ Monitor the spread of local advertising for foods and drinks high in fat, sugar or salt, and draw on support from the Children's Food Campaign on which advertisements can be challenged.[58]

✓ Councils and educational institutions can provide opportunities, formal and informal, for people to learn about healthier eating and cooking, based on local needs and interests (see Principle 7). See Sustain's guide to supporting communities to use the planning system to support community food growing.[59]

✓ Development partners should work with the community to create and sustain areas in new developments where food could be grown, such as at Northstowe, where a community orchard was planted with local residents, and Ebbsfleet, where unused public spaces have been turned into 'edible gardens'.

✓ Development partners should assess the impact of measures to enable healthier eating from the start, and ensure this is resourced. For example, Barking's 'pre' and 'post' workshop surveys assess eating behaviours and knowledge.

HOW TO

Provide access to affordable healthy food and food growing

One of the most effective ways to encourage a healthy balanced diet among residents of new developments is to ensure they can easily access healthier food and drink[60] through a range of measures including addressing affordability and increasing food growing facilities and skills. This is important to tackling health inequalities and food poverty.

As well as ensuring healthier food and drink is physically accessible, it is essential that it is affordable. Affordability is consistently identified as the single biggest influence on product choice for UK consumers[61] and interventions that tackle price, such as taxes or subsidies, are particularly effective for people from lower socio-economic backgrounds.[62] A range of resources for taking action on food poverty in communities is provided by Food Power[63] a scheme to make surplus food available to others. The Eating Out diagram, below, shows the range of out of home eating options, especially restaurants and takeaways, that can be targeted for healthier provision.
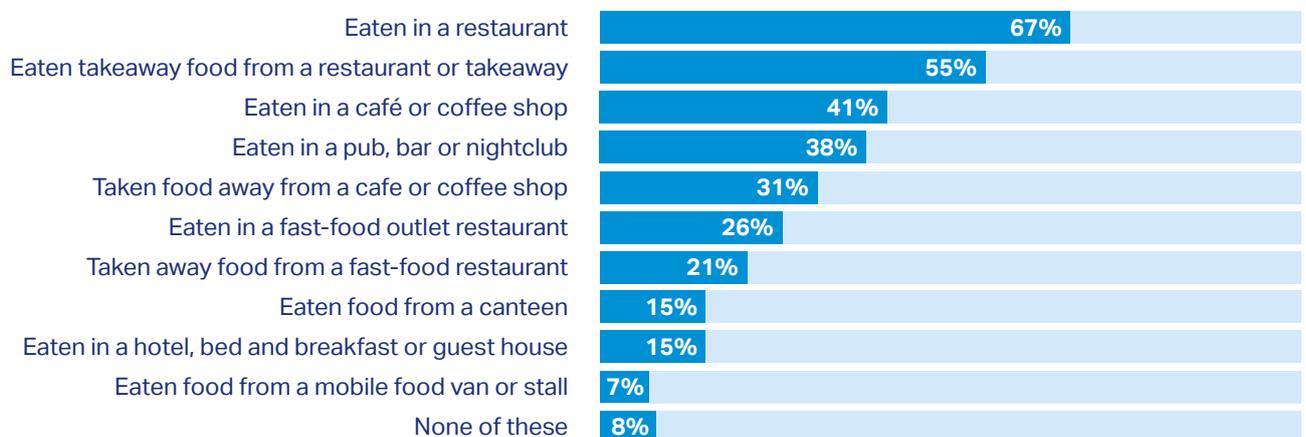
Role of businesses
Businesses can be encouraged through clear local planning policies to make their offer healthier through:

— Local healthy catering schemes, such as London's Healthier Catering Commitment. The Mayor of London also provides a takeaway toolkit for councils.[64]
— The use of awards to incentivise businesses to follow Public Health England guidance and toolkits on healthier and more sustainable catering and healthier 'out of home' food provision.[65]
— Adopting low-cost nudge approaches to lower the salt, sugar and calories in meals, and reduce portion size. For instance, in Gateshead, the council introduced salt-shakers in fish and chip takeaways with five holes rather than 17, reducing the amount of salt they release.

Role of public sector
Catering in public sector facilities, such as schools and hospitals, should lead by example, following relevant standards, such as the government buying standards for food and catering services to provide healthier, affordable and sustainable food.[66] Public sector organisations can

Reported eating out behaviour among adults over 16 in 2016 across England, Wales and Northern Ireland; prevalence of eating at, or buying food to take away from, different establishments[75]

Establishment	Percentage
Eaten in a restaurant	67%
Eaten takeaway food from a restaurant or takeaway	55%
Eaten in a café or coffee shop	41%
Eaten in a pub, bar or nightclub	38%
Taken food away from a cafe or coffee shop	31%
Eaten in a fast-food outlet restaurant	26%
Taken away food from a fast-food restaurant	21%
Eaten food from a canteen	15%
Eaten in a hotel, bed and breakfast or guest house	15%
Eaten food from a mobile food van or stall	7%
None of these	8%

promote healthier food and drink through contracts with caterers, pricing, sign-posting, positioning of products and information at the point of choice. For example, NHS England has acted to reduce the sale of sugar-sweetened beverages on NHS premises,[67] cutting 10 million spoons of sugar from hospital drink sales[68] and, in line with the government's childhood obesity plan, leisure centres should offer healthier options in vending machines as well as providing accessible water fountains.

Targeted support

As part of efforts to reduce health inequalities it is important to consider offering tailored support to promote good nutrition throughout the life course – for example, providing older people with healthier 'meals on wheels'. Children from low income families may benefit from school holiday support to avoid 'holiday hunger', as Darlington has done through its 'A Day Out Not a Hand Out' programme, which combined healthier eating with a range of sport and creative activities for children during the summer holidays.[69]

Include opportunities to grow food

New developments provide an opportunity to embed food growing in the local environment from the outset. When people grow food in allotments or community gardens and at home they can learn about horticulture and healthier eating and gain access to affordable vegetables and fruit. They are able to connect with nature, meet and share with neighbours, engage in physical activity and enhance the appearance of their neighbourhood.

Take-up of these opportunities can be maximised through effective use of social prescribing (the referral of patients to community services to help improve wellbeing) and other community referral schemes. For example, in Stockport medical practitioners prescribed people to the Kindling Trust to participate in healthy veg box schemes, cookery sessions and community gardening.[73] The Incredible Edible Network has resources for setting up, supporting and recruiting to local food growing projects.[74]

Councils can set out requirements for food growing spaces when developing local planning policies and supplementary guidance and preparing open space and food strategies. Working with local community groups, councils and developers can extend growing areas in new developments. They can make creative use of spaces in and around buildings, such as roofs, walls and balconies. Landscaping can include edible rather than ornamental plants, as in Edible Ebbsfleet. The community should be actively involved from the start. For example, Northstowe worked with local people and schools to design a community orchard. See more about food growing around schools in Principle 7.

How to increase access to healthy food and drink

HOW TO

✓ Councils can conduct resident and street mapping research to identify where and for whom additional or different food provision is needed (see Lesson from Barton).

✓ Where there are gaps in access, scope suitable alternative provision and work with partners to establish and maintain it. Build knowledge and skills of local support service providers in food poverty and local support.

✓ Use planning policies to promote a healthier and varied food retail offer and to avoid over-concentration of fast-food outlets (as in Barking).

✓ Local Plans should recommend reducing advertising of less healthy food and increasing advertising of healthier food, as has happened on the London transport network since February 2019.

✓ Councils, educational institutions and the NHS should use a range of methods to inform residents about sources of healthier affordable food – for example where vouchers under the government's Healthy Start scheme can be redeemed, locations of free water fountains and where free food can be collected.

✓ Facilitate sharing of healthier food across communities, for example through community fridges, cupboards and food sharing applications such as Olio.[70]

✓ Take action to help those in greatest need gain access to free or subsidised healthier food without stigma, for example through breakfast or lunch clubs, and community cupboards or pantries.[71]

✓ Support co-operative and joint purchasing schemes, such as community supported agriculture.[72]

✓ Design and build homes and other buildings with enough space for cooking and food storage (see Principle 7).

CASE STUDY

Lesson from Barton
Improving food provision to meet people's needs

The Barton Healthy New Towns programme was commissioned by NHS England in 2016-19 and sought to explore how the health and wellbeing of residents in places with new housing developments could be improved by innovations in the built environment, new models of care and community activation.

The Barton Healthy New Towns programme was run by a partnership between Oxford City Council, Grosvenor (the property developer who formulated the initial plan), Oxfordshire County Council, Oxfordshire Clinical Commissioning Group, Hedena Health and Manor Surgeries.

One of the programme's objectives was healthy eating. The approach was underpinned by a 'One Barton' philosophy, which aims to ensure both existing and new residents benefit from the area's extension.

The data from commissioned research identified food poverty as a local issue. As a result, Barton Healthy New Town's team has worked with local partner Good Food Oxford to understand and enhance the area's community food offer. The process began by mapping the food suppliers accessible to residents.

The wider Barton area only has one corner shop, a fast-food outlet, and no easy access to a supermarket or grocery store. The work by Good Food Oxford also found that residents face a 'poverty premium', with fruit costing around 60% more than in neighbouring areas.

Rather than simply providing information about a healthier diet, this project sought to make healthier food more easily available and affordable to residents. The output of this research was an interactive map, showing the closest shops accepting Healthy Start vouchers, foraging and food growing locations in Barton, and the local Eatwells Café, which is run by the Barton Community Association.

As well as giving information about alternative ways to access food, the project transformed the local food bank into a 'community cupboard', to reduce the stigma surrounding food bank use and better meet people's needs. It is now available to everyone, offering fresh fruit, vegetables, whole grains and other perishable foods throughout the week, and shares meal ideas based on the ingredients available.

The project has also worked with Barton Community Association to build on an existing inter-generational lunch club, and has set up a breakfast club for children and parents, using surplus food from local shops and restaurants.

The breakfast club served 433 breakfasts and 181 main meals to children and young people over six months between October 2016 and March 2017. Staff and parents reported improved behaviour and attendance at school among some young people.

An important element of the project was training frontline public sector workers to both recognise hidden food poverty and to signpost cases to appropriate services – whether for emergency food provision, better access to affordable healthy food or financial inclusion initiatives.

Below
Barton Community Association secretary Sue Holden helps two young Breakfast Club members to a healthy start to the day.

CASE STUDY

Lesson from Ebbsfleet Garden City
Edible Ebbsfleet and No Walls Garden

A baseline quality of life study in and around Ebbsfleet revealed high levels of childhood obesity, type 2 diabetes and limited access to healthier and more affordable food. As a result, enabling healthier eating has been a priority for the garden city.

Inspired by Todmorden in Yorkshire, where the Incredible Edible movement began, the Ebbsfleet Healthy New Towns team decided to enable a growing movement in and around Ebbsfleet. Incredible Edible aims to raise the growing and eating of local food. Edible Ebbsfleet began as a small project run by No Walls Gardens, a group of local people who already had a passion for gardening.

They were commissioned to start 10 small growing projects on unused land. The initiative had a strong starting point, initially engaging people who already had relevant interests and skills. This, and the support of the clinical commissioning group and wider stakeholders, helped the initiative to develop.

This work inspired others to get involved and there are now nine Edible Ebbsfleet initiatives across the area, including a community garden, a growing initiative at Ebbsfleet International train station and four school projects involving more than 1200 children. These initiatives are backed by initial grant funding and peer support.

Left Volunteers working in the Secret Garden, a community garden at St Botolph's Church, Northfleet.

Below Reverend Andrew Avery and volunteers in the Community Garden at St Mary's, Greenhithe.

Provide opportunities to learn about healthier eating and cooking

One way of enabling people to eat healthily and sustainably is through increasing knowledge and skills in healthier eating and cooking. It is essential that such learning opportunities are provided alongside changes to the food environment. This is because education alone is unlikely to significantly increase healthier diets and can widen health inequality if some groups have greater capacity (due to environment or personal resources) to access or act on learning than others.[76] Public Health England's Eatwell Guide is a helpful tool used to help define and use the government's recommendations on eating healthily and achieving a balanced diet.[77]

Community programmes to improve diet should address the needs, concerns and interests of local people and can be delivered in formal or informal ways. For example, the Barton, Darlington and Barking demonstrator sites offered structured, multi-session formal training and workshops. Evidence from the demonstrator sites and elsewhere suggests that effective formal learning models are likely to include:

— Long-term and multi-component opportunities, for example, including changes to diet, targeted advice and goal setting,[78] tailored to community or individual participation, starting from an understanding of the skills, interests and values that people already have in relation to food.
— Experiential and hands-on learning.[79]
— Involvement of adults and children together.
— A focus on practical and easy ways to increase consumption of vegetables and fruit.
— Positioning healthier food as satisfying, nutritious and tasty, rather than 'healthy'.
— Provision of affordable healthier food, alongside skills and knowledge development, in line with the Bags of Taste model, which works with people struggling with food costs to eat better, for less.[80]

Other places have informally included learning opportunities in other activities, such as food growing (see Lesson from Ebbsfleet), community celebrations such as Ebbsfleet's Festival of Healthy Food, or holiday programmes for children and young people. Demonstrator sites have shown that provision and sharing of food is a great way to engage and connect local communities and that there are advantages to both formal and informal approaches.

How to plan a community cooking education programme

HOW TO

Those delivering eating education, such as councils, The NHS or community groups, should:

✓ Agree the programmes' aims, based on local needs, interests and skills. See Community Food and Health Scotland for guidance.[81]

✓ Identify someone from the community with relevant skills, qualifications/accreditation, knowledge and experience to deliver or co-deliver the course.

✓ Identify suitable venues with a kitchen, which is accessible geographically and socially, such as a school, community centre or community garden.

✓ Source equipment and resources, such as food and utensils. A list of equipment is provided by Community Kitchens.[82]

✓ Recruit participants through multiple channels – for instance referrals from other groups and agencies such as GPs, social media, offline media, information stands and competitions.

✓ Plan session-by-session learning objectives and activities. For an example see Community Cookery Courses: Good Practice Guide.[83]

Guides to community cooking and healthier eating are available from The British Dietetic Association and Community Food and Health, Scotland.

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7

FOSTER HEALTH IN HOMES AND BUILDINGS

What this Principle covers:

7.1 Create buildings of all types that support and facilitate good health

7.2 Provide suitable homes that are healthy and efficient

7.3 Create workplaces that stimulate productivity, efficiency and resilience

7.4 Provide educational settings that support growth and development

7.5 Set up community hubs that support health and social connections

Create buildings of all types that support and facilitate good health

Given the different functions of buildings, it is impossible to set rules for how all different types should support their occupants' health. Nevertheless, it is possible to highlight important common factors that should be incorporated where possible, as set out below.[84]

CHECK-LIST

Considerations for designing buildings that improve health

Site
— Is the site accessible, safe, and secure?
— Does the design optimise the benefits of the site (for instance, do windows overlook nearby greenery, or is there easy access to nearby facilities)?
— Does the design mitigate the deficiencies of the site (for instance, are there sustainable drainage systems if flooding is a risk, or mechanisms to improve air quality if pollution is high; are there opportunities to mitigate environmental noise levels)?
— Is there adequate space for storing bicycles?
— Is the building orientated to maximise energy efficiency and minimise overheating? Will occupants have access to green spaces?
— Is there good digital connectivity to the site?

Fabric
— Is the building as energy efficient as possible, eg to Energy Performance Certificate A, B or C standard?
— Will it provide sufficient protection against unwanted internal or external noise?
— Will all rooms have natural daylight?
— Will it be naturally or mechanically ventilated?
— Can occupants regulate the temperature?
— Will occupants feel safe and secure?

Internal spaces
— Are the spaces designed to be adapted for a range of uses?
— Are spaces provided to support social gatherings or multiple users?
— Are there attractive quiet rest/relaxation spaces?
— Have sound absorbing finishes been used to keep noise to a minimum?
— Is there good digital connectivity to all parts of the building?
— Is there at least one defibrillator for every 50 occupants?
— Are there showers for use after cycling or exercise?

Access
— Are the stairs obvious to encourage use?
— Are access areas well lit?
— Are all flights of stairs, entrances and hallways spacious enough for someone to be carried down on a stretcher or for wheelchair/stairlift use?
— Are there low hand rails so children can use stairs unaided?

Food and drink
— Do kitchens have the right capacity to store and cook a healthier range of food and drink options?
— Are eating areas attractive places where people can enjoy eating together?
— Are there easily accessible taps or water fountains?

Operating and maintaining a building
— Are occupants consulted or involved in the way the building is managed/maintained?
— What processes are in place to ensure maintenance is carried out regularly?
— Are social activities encouraged and facilitated – for example, events, clubs, etc?

Provide suitable homes that are healthy and efficient

New building offers the opportunity to deliver high quality, healthy, efficient homes for generations to come. It is estimated that illness and injuries caused by poor housing cost the NHS £1.4 billion a year, and more still in lost productivity.[85] Poor quality housing has particularly detrimental effects on the people who spend most time at home, such as the elderly, young children, people who are ill, home-workers and the unemployed.

A good quality home will support and enhance the physical and mental health of the people who live in it. Adaptable and accessible homes help people remain independent and in good health for longer, supporting their participation in their community and wider society[86] (see Principle 3 and Principle 4). Good digital connectivity is vital too; in the future, more health care will take place at home so people living in homes without good digital connectivity will be less able to access health services.

A good quality home will also be designed to keep people healthy in our future climate; resilient to flooding and water scarcity and allowing for warmth through the winter months while avoiding overheating during the summer months.[87]

Meeting local housing and health needs

Councils' planning, public health and housing teams should develop joint strategies and processes to address housing and health priorities, including informing the number and type of homes that are planned for and built. A number of needs assessment tools exist to help collate this information:

— **English Housing Survey:**[88] existing housing conditions
— **National Planning Policy Framework** and practical guidance[89]
— **Joint Strategic Needs Assessment (JSNA):** local health and care needs
— **Strategic Housing Market Assessment (SHMA):** local housing need
— **Housing needs assessment:** need for different types of housing[90]
— **Improving health through the home:**[91] a checklist for local plans and policies.

CASE STUDY

Lesson from Northstowe
Older people's housing assessment tool

To understand the amount, type and tenure of older people's housing that will be needed in Northstowe, South Cambridgeshire District Council commissioned an assessment from the Centre for Regional Economic and Social Research at Sheffield Hallam University. The result was a tool, Housing for Older People Supply Recommendations (HOPSR),[92] to help councils plan for housing systematically. It uses data from national charity the Elderly Accommodation Counsel to recommend the quantity of new homes while taking into account local demographic, health and place trends. It also considers the future need for specialist housing, home modifications, accessibility, enhancing information and advice about housing later in life, and the integration of health and care services. It will help councils to plan, build and/or commission housing to meet gaps in provision for older people.

CHECK-LIST

Four ways to design housing that supports health and wellbeing

Four criteria can be used to create housing that supports health and wellbeing. They apply to new housing developments and to retrofitting existing homes, or when converting non-domestic buildings into homes.

1 A stable and secure home
Stable and secure housing, with a low incidence of people moving in and out of the area, is key to developing strong and active communities that can support health and wellbeing. Residents should feel financially secure in their home, whether it is owned or rented. Tenants should be protected from excessive rent increases and should have 'assured' tenancies (open ended) rather than 'assured shorthold' (fixed term) tenancies where possible.

2 A smart home
Emerging technology is improving the function of homes, using sensors to support comfort levels and predict maintenance and repairs. Technology is evolving rapidly, but developers can follow industry guidance to meet future needs.[93] To reduce health inequalities, good digital connectivity in all homes is vital so occupants can access health care and employment opportunities, and online information about local services, events and activities.

3 A lifetime home
Homes should be designed to meet the needs of people of all ages[94] – children, teenagers, young adults, older people.[95] Some of the design features that can help achieve this are: diverse spaces for playing, cooking and socialising; wider doorways to provide greater accessibility for mobility scooters, wheelchairs and pushchairs; appropriate use of sound insulation and sound absorbing finishes to keep noise to a minimum and straight flights of stairs that can easily accommodate a stair-lift.

4 A quality home
Local Plans should require homes to meet the Nationally Described Space Standards[96] and achieve an A, B or C rated Energy Performance Certificate. This will support health and reduce the need for heating or cooling, making health and comfort more affordable to occupants. All homes should have: windows with low-emissivity double glazing and properly sealed non-metal frames; mechanical ventilation/heat-recovery, negating the need to open windows; sound insulation; an energy efficient condensing boiler; kitchens large enough to store and prepare fresh food and hold a freezer; and living space that all occupants can socialise in.

HOW TO

Actions to create homes that support good health

- Councils' housing, planning and public health teams should work together to create a healthy and inclusive homes strategy.

- Public health teams and sustainability and transformation partnerships/integrated care systems should make healthy homes one of the priorities in their plans.[97]

- Developers of all tenures should be required to submit a healthy and inclusive design strategy[98] for the site against quality criteria such as the HAPPI Design Principles[99] for older people's housing, perhaps as part of a design and access statement.

- Housing providers and developers should provide home information packs for residents, to help them make informed decisions about issues such as energy efficiency and home safety.[100]

Foster health in homes and buildings | Create workplaces that stimulate productivity, efficiency and resilience **39**

7.3

Create workplaces that stimulate productivity, efficiency and resilience

Work is a key determinant of people's income, physical and mental health and wellbeing and it's where people in employment spend a good proportion of their time. If workers are in poor health employers lose money through reduced productivity, absence, and recruitment costs and employees can struggle financially from reduced hours and unplanned absence. Developers of workplaces should aim to design these buildings from the outset with the health and wellbeing of employees in mind. Employers with the opportunity to operate in new buildings should work with developers and architects to improve the workplace environment, and ways of working within it, to support the health and wellbeing of staff and visitors. This applies to all types of employer, including those with offices, factories, health care environments and shops, and it makes good business sense.[101] The features listed earlier in this Principle (see 7.1) apply to workplaces and should be considered wherever possible. NHS Employers offers a useful Health and Wellbeing Framework for NHS workplaces that can be adapted for other workplaces.[102]

Actions to promote health and wellbeing in workplaces

HOW TO

✓ Councils must secure the quality of building design by setting out policies and guidance on meeting nationally-recognised quality standards, such as Building for Life,[103] BREEAM[104] and WELL Building Standard.[105]

✓ Developers must incorporate the above standards into the design of the masterplan and individual buildings,[106] and where possible involve potential owner-occupiers in the process.

✓ Employers should take a collaborative approach to creating a healthy workplace by engaging with their employees early in the development and design process.[107]

✓ Employers should create a health-promoting workplace by curating a programme of evidence-based activities and policies to support physical activity[108] and good mental health.[109]

✓ Employers should create the conditions for healthier eating and hydration for staff and customers with catering services or canteens. There are numerous useful resources, including food and farming alliance Sustain's Good Food at Work;[110] Public Health England's strategies for encouraging healthier 'out of home' food provision;[111] and the International WELL Building Institute's nourishment information[112] for its WELL standard (see Principle 6).

CASE STUDY

Lesson from Bicester
Enhancing productivity and profit through wellbeing

To increase understanding of health in the workplace, the Bicester Healthy New Towns programme, local public/private partnership Bicester Vision and 2B's Management Consultancy hosted a free business-to-business event. The event showcased initiatives to improve health and wellbeing in local businesses, and included exhibits from a wellness coach, residential fitness boot camps, a workplace mental health charity and a workplace wellness furniture provider. These activities have resulted in support being provided by the council to help businesses create a vision and action plan to develop their health and wellbeing policy.

Below
Public events in Bicester encourage people to make healthier choices and provide them with information on doing so.

Provide educational settings that support growth and development

Early years are instrumental in driving health and wellbeing behaviours. Children are particularly vulnerable to poor quality environments and schools are among the most crucial places for protecting and enhancing children's health, wellbeing and learning. The design, construction and management of schools for the early years, primary, secondary and special educational needs (SEN), is of critical importance, but the principles also apply to higher education.

School leaders, governors and school commissioners can play a vital client role by early engagement with health professionals such as public health officers. This should ensure that when they brief developers and design teams, including architects and educationalists, their proposals for a new school will optimise its potential to support health and wellbeing, based on an understanding of local health priorities and evidence base.

Spaces designed for an inclusive range of teaching and extra-curricular activities can inspire students to learn, encourage and enable healthy eating (see Principle 6), and facilitate play and exercise (see Principle 8). School buildings with visual and physical access to natural green spaces (see Principle 4) not only support the mental and physical health of pupils and staff, but also provide an asset that can be used by the wider community.[113] It is vital that, as well as the buildings, the curriculum, culture, policies and practices of the organisation are considered as part of a whole school – or whole organisation – approach to supporting health and wellbeing.[114]

Commissioning health-supporting school buildings and spaces

All the features listed earlier in this Principle (see 7.1) apply to creating schools and other learning environments and should be considered wherever possible. However, when designing schools, particular attention must be paid to:

— Selecting a site with low environmental risks, for instance avoiding areas with high air or noise pollution; close to chemical hazards; or with high risk of flooding.
— Good passive ventilation, sufficient daylight and good internal noise management.[115]
— A wide range of classrooms and other spaces that can be used for different types of large and small group teaching and independent learning.[116]

— Attractive spacious dining halls, where pupils and staff can enjoy eating together and socialising.[117]
— Food and eating can be creatively integrated into the wider curriculum, for instance by building a 'teaching kitchen'[118] and supporting children to grow food in a school garden.
— Access to good quality green spaces designed to encourage physical activity and to enable parts of the curriculum to be taught outdoors.
— Schools should also encourage active travel (see Principle 5) to increase physical activity and reduce air pollution from cars dropping off and collecting pupils.

Actions to create schools that support good health

HOW TO

✓ School leaders, governors and commissioners can work with the council's public health team to ensure the design brief for a new school fully supports health and wellbeing by optimising daylight, indoor air quality and noise control as well as use by the wider community out of school hours.[122]

✓ Developers can work with landscape architects to create high quality school grounds that incentivise active and creative play[123] and create high quality green spaces for exercise and learning.[124]

✓ School governors and headteachers can adopt a whole school approach to health and wellbeing.

✓ School governors and headteachers can encourage active travel and consider adopting a school travel plan (see Principle 5).

✓ School managers must support sustainability, for instance by providing recycling bins, minimising food waste from cafeterias, or purchasing supplies and materials made with recycled content.

✓ Schools can be central to the local community through offering additional functions on the premises (out of school hours).

SIMPLY EXPLAINED ?

What is a whole-school approach?

A **whole-school** approach integrates teaching (curriculum) with the social and organisational (culture) and technical and economic aspects of school (campus) and community practices. Whole school approaches have also been used to improve children's physical and mental health outcomes.[119]

Nine principles to create schools that support health and wellbeing

Develop good personal and social health

9

Targeted support services
For students with specialist needs, and appropriate referral

8

Policy development
Support health and wellbeing in line with existing standards and guidance

Partnership
Work with parents, carers, the community and businesses to promote health

7

Leadership
Management which recognises the importance of health

6

Encourage regular physical activity

Create the conditions for healthy eating

1

Ethos, culture and environment
Promote respect and value diversity

2

Curriculum
Teaching and learning to promote health and wellbeing

Whole school approach to health and wellbeing

Voice
Enable student voice to influence decision making

3

Professional development
Staff development to support their own and their students' health and wellbeing

4

Impact and evaluation
Evaluate interventions on student and staff health and wellbeing

5

Enable strong emotional health and wellbeing

Lesson from Cranbrook

As a new town with a population projected to be much younger than the Devon average, two schools, St Martin's C of E Primary School and Cranbrook Education Campus[120] were built quite early on the in the development process.

The two schools are also a focal point for the new community to come together. Both embraced a whole school approach and recognised their role as part of the wider community. Below are some of the activities undertaken as part of their whole schools (and community) approach:

— Drama and arts therapy for pupils referred by the school inclusion team
— Brain in Hand app for pupils to reduce anxiety, feel safe and increase their independence
— Outdoor school – taking the classroom outside
— Sherborne Developmental Movement – play sessions to develop confidence, communication and relationship building for parents and children
— Family vision project – support for single parents who have experienced domestic violence providing leadership skills and coaching
— Sustainable travel to school
— Healthy bodies – sugar smart: family-style dining for pupils to share food
— Healthy minds – 10 a day, 'We Eat Elephants'.[121]

Set up community hubs that support health and social connections

What is a community hub?

A **community hub** is a building, or a space within a building, that provides a focal point and facilities to bring residents, the local business community and smaller organisations together to organise activities to improve the quality of life locally.

How to create community hubs that support good health

✓ Community groups, funders, councils, developers and others involved in initiating and supporting a community hub should ensure that its location is as accessible to as many people as possible.

✓ Local people, especially the most disadvantaged and marginalised, should be involved in the design, management and use of the hub.

✓ People running community hubs must ensure they are welcoming and supportive to the whole community.

✓ The hub should be designed to be sustainable in terms of its maintenance and management, including community governance structures (see Principle 3).

✓ There must be a robust business plan identifying long-term income generation to pay for cleaning, maintenance, utility bills, staff, insurance and other essential outgoings (see Principle 3).

Community facilities and spaces can provide space for people to meet, organise and give and receive practical and emotional support and develop a sense of belonging, all of which are vital for a person's long-term health and wellbeing (see Principle 3). Identifying and providing and supporting existing community hubs and community centres is an excellent way of bringing different communities together, including new and existing residents. These social connections can reduce the risk of depression, dementia, diabetes, stroke and coronary heart disease.[125] However, new buildings are not always necessary or even the best option, as community spaces could be created in existing public buildings, schools, pubs, community centres, faith buildings or other spaces. A community group could use Community Asset Transfer rights[126] to acquire a building and seek grants to transform it.[127] Co-location with GP practices and other health and wellbeing services should also be explored and this is covered in Principle 10 in more detail.

Community hubs must be welcoming to and meet the needs of all abilities, ages, attitudes, cultures and financial means – particularly the most disadvantaged. They should be designed to be flexible spaces that can serve multiple purposes such as a café, a library, meeting rooms, performance spaces, a foodbank, employment services and a base for local organisations. Building connections between community hubs or co-locating community groups can enable the sharing of resources, skills and knowledge for the further benefit of communities. Bicester brought together its community groups routinely to build connections, further enhancing the 'whole system' approach they took with their wide range of initiatives.

CASE STUDY

Lesson from Whitehill & Bordon
Community resource at Café 1759

Café 1759 in Whitehill & Bordon is a not for profit community café and multi-purpose space run by Radian, the local housing association. It provides a range of activities and services, including working with the local GP surgery to provide opportunities for social prescribing (see Principle 9), and hosting employment and health-check events. The café buys local produce, promotes healthy eating choices and has created jobs and volunteering opportunities for local people as well as skills and training.

Below

Café 1759 provides a safe place and serves the community in multiple ways. Natalie Disney serves a local customer (bottom), while in the kitchen chef Matt Murray works with trainee Jason Street (above).

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8
ENABLE HEALTHY PLAY AND LEISURE

What this Principle covers:

8.1 Enable community activities and events

8.2 Create play and leisure spaces for everyone

Enable community activities and events

Community activities and events that form a part of people's regular play, leisure and community life build social connections[128] and encourage participation in physical activity and other health-promoting activity. New places can facilitate healthier behaviours by combining a built environment that provides multiple opportunities for play and leisure with a healthy and diverse programme of community activities (see Principle 3).

To create high quality community activities that promote health and wellbeing, councils and other partners can:

— Develop activities and events in partnership with residents to empower communities and ensure alignment with interests, needs and abilities[129] (see Principle 3) Activities should be both physically and financially accessible.

— Provide a variety of opportunities – including some that require physical activity and some that do not, such as board games, art groups and cooking activities – which can take place in contexts ranging from community centres to faith spaces.[130] Provide activities across the week, throughout the day, as well as annual events, such as community fairs or street parties like The Big Lunch,[131] which develop community cohesion and social connections across different groups.

— Select or design opportunities that encourage healthier behaviours and/or ways to support wellbeing (see opposite). These could include tried-and-tested evidence-based models, such as GoodGym,[132] as well as developing local initiatives based on residents' interests and needs.

Developing community cohesion through activities and events can also help to create a stronger sense of place and identity for a local area. If new places fail to achieve this, people can feel disconnected from their environment and their neighbours, which can result in higher turnover of residents and a less stable, safe and cohesive neighbourhood, contributing to poor mental health.[133]

Some activities and events are particularly effective for creating local identity and place-attachment:

— Public art, such as murals or outdoor galleries, ideally created with residents, can act as daily visual reminders of who communities are, as well as helping people find their way around.[134]

— Engaging in public events, such as community festivals and street parties, can help provide shared experiences, which can foster a sense of identity.

— Opportunities that are related to the local environment or its history can help to emphasise characteristics of a neighbourhood, even when most residents are new arrivals. For example, in Barking Riverside new and established residents have taken part in a radio project that explores memories and histories of the river.[135]

CASE STUDY

Lesson from Barking Riverside
Barking GoodGym

Barking Riverside Development Corporation, in east London, recognised that there is a strong sense of social responsibility among many residents. Therefore, it is planning to partner with the charity GoodGym, which combines physical activity with helping people in their daily lives. GoodGym participants run to the homes of people who need help with one-off tasks or run regularly to see an elderly person.

Barking Riverside has found that the programme, which usually operates in more affluent and densely populated urban areas, needs to be adapted to the specific community context of Barking Riverside. For example, Barking Riverside Development Corporation and GoodGym plan to include walking, as well as running, to make it more attractive to residents. They also intend to schedule group runs at weekends, rather than in the evenings, to suit local families. By adapting the GoodGym model to reflect local interests and needs, more residents are likely to participate.

New Economics Foundation's Ways to Wellbeing
Credit: Copyright Mental Health Foundation of New Zealand

CONNECT

— Talk and listen
— Be there
— Feel connected

BE ACTIVE

— Do what you can
— Enjoy what you do
— Move your mood

TAKE NOTICE

— Remember the simple things that give you joy

KEEP LEARNING

— Embrace new experiences
— See opportunities
— Surprise yourself

Give

— Your time
— Your words
— Your presence

Create play and leisure spaces for everyone

Play is an essential part of every child's life and is vital for the enjoyment of childhood, as well as social, emotional, intellectual and physical development.[136] For adults too, leisure time is needed to maintain health and strengthen social relationships at all ages.[137]

To ensure that everyone has access to play and leisure opportunities, councils and developers must ensure that throughout new neighbourhoods there are affordable, fun and inviting spaces that can be used by people from a wide range of backgrounds, new and existing communities and people with varying interests.[138] These facilities should be designed and developed with input from local people and meet the needs of groups such as the most disadvantaged and seldom heard.

Designing spaces for a range of activities – such as running around, sitting and chatting, playing football, feeding the ducks – allows different groups of people to use them. This encourages inter-generational mixing and potentially reduces loneliness and isolation. In addition, it is more cost effective to maintain a smaller number of multi-use spaces, rather than a larger number of single-use spaces.

Councils and other development partners can consider the location, size, type, environmental quality distribution and accessibility of spaces for play and leisure when developing masterplans and frameworks for new places. They should agree who will be responsible for maintaining and improving community spaces and facilities before they are designed, so that income streams to fund this can be put in place at the start of the planning and design process. This process should run parallel to and overlap with the enhancement and creation of green infrastructure (see Principle 4) as was done in Northstowe (see Healthy Living and Youth & Play Strategy).

Enabling children and young people's play

Lack of access to appropriate safe play spaces can negatively influence the lives and outcomes for many children in built-up areas. Play facilities should be exciting, providing some physical challenge, which is vital to a child's development. The Play Safety Forum offers detailed advice about what this means in practice. It distinguishes between 'good risks' in play provision, which engage and challenge children to support their growth and development; and 'bad risks' which are difficult or impossible for children to assess for themselves and have no obvious benefits.[139] Two effective ways to encourage play and help neighbours get to know each other are HomeZones and Playing Out:

— A **HomeZone** is a street designed so play and leisure are prioritised over vehicles, with people and vehicles sharing streets safely and on equal terms.[140] Typically, the street has seating, growing spaces and areas for children to play on it and drivers are forced to slow down to get past them. HomeZones encourage children to play, leading to less isolated and sedentary lives and greater social interaction between residents of all ages.[141] In Northstowe, at least one street in every development will be designed as a HomeZone, with a speed limit of 15mph.

— **Playing Out** is organised by local parents on a street and supported through a special council street closure order.[142] Residents apply to open for play and close to through-traffic on a weekly, fortnightly or monthly basis.

SIMPLY EXPLAINED

What are the forms of play and leisure?

Incidental play and leisure activities are spontaneous and might be experienced as people are on their way to somewhere ('play on the way'). This can be stimulated by landscapes designed to be 'playable' and interactive, for example by including hills to run up and down, sculptures, mazes or other public art.

Informal play and leisure activities are spontaneous and unstructured, such as climbing trees, a game of tag, or walking the dog.

Formal play and leisure activities are organised or facilitated, such as organised football, yoga or bowling. They usually need specific facilities, such as marked pitches, studios or courts.

CASE
STUDY

Lesson from Whitehill & Bordon
Hogmoor Inclosure – a natural green space for everyone

Hogmoor Inclosure, at Whitehill & Bordon in Hampshire, is 54ha of wooded heathland that has been adapted to make it attractive and accessible for the whole community. It opened in 2017 and was immediately popular, providing play and leisure opportunities for all ages and abilities, and a space for current and new residents to meet and socialise. The Inclosure includes a cycling route and footpaths; games, puzzles and activities at regular intervals to encourage 'play on the way'; a natural play area made of stone, wood and sand; communal growing areas and water features. A weekly park run takes place which is very popular.

Residents were involved in the design, which aims to meet the needs of people managing physical disabilities, mental health issues and dementia. It includes several 'refuge areas', places where people can stop and rest, read signs giving local information, or phone for help if they are lost. Each refuge is designed to be distinctive so that people can describe where they are if they need someone to come and find them.

Once complete, the Inclosure will also have a café and community rooms.

Left
The Hogmoor Inclosure is a natural park built on a former tank training ground.

Below
Jo and her son Ralph enjoy the timber climbing frame.

HOW TO

Play England's 10 principles to create successful play spaces

1 Bespoke
Fit the surroundings and enhance the environment, complementing and enhancing spaces.

2 Well located
Be where children would play naturally and away from dangerous roads, noise and pollution.

3 Natural
Include and make the most of existing grassy mounds, flora and other natural features.

4 Wide range of play experiences
Work for different ages, including non-prescriptive play equipment and features that encourage imagination, creativity and provide flexibility of use.

5 Accessible for disabled and non-disabled
Offer enjoyable experiences to those with disabilities while acknowledging that not all elements of the space can be accessible to all.

6 Meet community needs
The play area should be developed with community involvement to meet the changing needs of users.

7 Allow children of different ages to play together
Minimise segregation with equipment and features designed for all ages – a tyre swing, for example.

8 Include opportunities for risk and challenge
Children and young people need opportunities to experience adventure, challenge, risk, imagination and excitement in their play.

9 Sustainable and well-maintained
Play equipment made from recycled or sustainable sourced materials. A long-term management and maintenance plan must be agreed at the outset.

10 Allow for change and evolution
Flexibility to allow for changes to layout and features, including any that may happen informally.

HOW TO

How to create successful play spaces

Councils and developers can:

✓ Co-create spaces through consultation, engagement and co-design with a range of age groups to understand changing needs, as children and young people grow.

✓ Provide good pedestrian and cycle paths, and safe road crossings, to ensure children and young people can get to the play space safely and independently (see Principle 4 and Principle 5).

✓ Support healthy childhood development by providing the widest possible range of opportunities for play.

✓ Use the Quality in Play framework for understanding, providing and assessing informal play provision.[143]

✓ Prioritise and allocate funding to maintain and manage play spaces to keep them exciting as needs evolve.

CASE
STUDY

Lesson from Northstowe
Healthy Living and Youth & Play Strategy

The Healthy Living and Youth & Play Strategy combines a strategy to address the needs of children and young people with a healthy living strategy for the whole community. It is based on evidence about local health and planning contexts and ends with an implementation plan.

Its objectives include ensuring that outdoor play and recreation, and contact with nature, are part of everyday life through the seasons. It takes an imaginative, inspiring and nature-focused approach to encouraging physical activity, independence, social interaction, access to nature and community identity. Cycling and pedestrian pathways are included, as well as skateboard and scooter paths, landscaped with sensory and seasonal plants.

'Homes England wants Northstowe to be a healthy and fun place for people of all ages. The Healthy Living and Youth & Play Strategy is a major step towards this, enabling us to prioritise elements that are proven to improve health and wellbeing'

Mike Goulding
Head of strategic land, Homes England

Below
Playing outside is encouraged at Little Learners, the community Wing of the Pathfinder School, Northstowe.

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