Community Engagement in Lhanbryde
Interim Report; Good Places, Better Health for EDPHiS
April 2011
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Background

In October 2008 the Scottish Government launched the Good Places, Better Health – A new approach to environment and health – implementation plan. Good Places, Better Health offers an innovative approach to understanding the complex issues connecting people’s health with the environment in which they live, and to finding more effective and inclusive ways to engage national and local stakeholders.

As part of this process, research projects have been set up to examine issues in specific communities, particularly focusing on the health of children under 9. One of these community projects has been conducted in the small village of Lhanbryde, Moray.

This research is a three-stage project that aims to engage with a local community as equal partners to identify the links between environment and health, with the intention of enabling participants to effect change in their environment and lives. The process therefore has intended positive outcomes for the community of Lhanbryde in terms of community capacity building and the development of future structures/projects that may, where feasible, address issues identified by the research.

The project is being led by REAP Scotland, a local sustainable development charity based in Keith. REAP have worked closely with Lhanbryde Primary School and Lhanbryde Community Challenge, a community organisation who manage the Lhanbryde Community Centre and engage with the local community to address issues of social inclusion and citizenship. Additional community development and social research support has been provided through the Good Places, Better Health Co-ordinator.

The project, beginning in December 2010, has three distinct stages:

Stage 1 – Rapid appraisal and engagement with the local community, including Lhanbryde Primary School, Lhanbryde Community Challenge, and GPs and pharmacists serving the area.

Stage 2 – In depth engagement work – the focus of the work will follow the issues identified by the participants, but the facilitators will hold an awareness of the four key EDPHIS themes of childhood health and obesity, asthma, accidental injury, mental health/wellbeing and will seek to encourage full exploration of these issues when raised, without detracting from exploration of other emergent issues.

Stage 3 – Action - An action plan for a longer-term project will be drawn up by participants that aims to address the issues identified through the previous process. The plan will be based on practical proposals for realistic interventions that can be made within the built environment, both external and within the home, as well as proposals for the more effective utilisation of existing assets within the natural environment.

Timescale

- Stage 1 to be completed by the end of January 2011
- Stage 2 to commence January 2011, completion end May 2011
- Stage 3 to commence June 2011

This report summarises methodologies, participation, information and outcomes so far (part way through Stage 2) and will be used to inform the next phase of the research work and any action or outcomes for Stage 3.
Lhanbryde Background

Lhanbryde is a small, semi-rural community situated 3 miles east of Elgin in Moray with a population of just under 2,000 people (Census 2001). It has pockets of social deprivation and the highest percentage of lone parents in Moray. Housing is a mixture of traditional stone built housing, council estates and several small, new, private developments.

Facilities include a Primary School built in 1999 of 167 pupils; local shops comprising a pharmacy, butchers, general store, pub & hairdresser; and Lhanbryde Community Centre, a focal point for community activities currently used by 25 groups.

Methodology

Following the timescales outlined above, a questionnaire was devised for distribution to local parents and carers for young children in Lhanbryde (see appendix 1), with input from REAP, the Scottish Government intelligence officer, the Lhanbryde Challenge and the Lhanbryde Primary School. This was designed to gather information about the four areas of children’s health and start identifying issues around environment and health links in Lhanbryde. This was piloted at the Community centre playgroup and distributed around the shops in the town, the community centre and, most effectively, through the school.

Preliminary results from the questionnaires were shared at a meeting of community stakeholders including a local councillor, LCC workers and Board members, the local Moray Council Community Support Officer and a local playgroup campaigner. Their feedback on some of the results helped us to target further enquiries and actions.

Door knocking around Lhanbryde was also undertaken, with 12 face-to-face interviews conducted. These especially focussed on the council house/former council house areas of Lhanbryde.

Comments and results from the questionnaires were also fed back to parents at a parents’ evening held at the school and at a drop-in session at the Lhanbryde Community Centre. These events provided an opportunity to invite further discussion, and participation at a further event.

This Saturday event was designed to offer fun, supervised activities for children and facilitated discussions about Lhanbryde issues with their carers (see appendix 2). Photographs of different areas of Lhanbryde were displayed around the café area to stimulate discussion over refreshments. Comments and quotes from these discussions were recorded by facilitators. 20 adults and 25 children attended the event. A pictorial quiz inviting positive and negative impacts on health in Lhanbryde was completed by 10 participants.

Especial thanks are due to Lhanbryde Primary School and the Lhanbryde Challenge for invaluable help and collaborative working on this project.
Interim Findings

Results from all sources brought out the following key issues:

Environment
- Lhanbryde has some great walks, facilities and community assets, with a great community spirit in most areas of the village
- Irresponsible dog owners, litterers and others spoil the facilities a lot of the time, especially for young children and their carers
- There is a sharp contrast between the concrete-rich areas of the council house estates and the green of the surrounding areas and countryside
- There has been no recent survey/input involving residents in looking at how they might change the environment in the council house area

Play facilities and activities
- There is patchy provision for children’s activities – no toddlers’ park, clubs/groups good for a limited range of ages/activity. Some rely on going to Elgin.
- Activities are sometimes only available for one age range. There is scope for the well-equipped community centre to become a hub for activities for all ages at the same time

Poor housing in the council house area
- While much of Lhanbryde and the surrounding area is great, the council housing area has problems of maintenance, overcrowding and some anti-social behaviour
- Housing problems include problems with insulation leading to fuel poverty and sound insulation

Access to healthy food
- The local shops are used by many in the community with friendly, helpful staff, but have a limited supply of fresh fruit and vegetables.
- There is no crossing from the main housing area to the local shops
- Allotments would be welcome in Lhanbryde

Lack of a GP surgery
- The lack of a health Centre or Doctor’s surgery in Lhanbryde affects those unable to travel, or who have conditions that need frequent monitoring. This would include diabetes and childhood asthma.
Results from the questionnaire

Please refer to the questionnaire (appendix 1)

49 respondents completed the questionnaire, 41 from the school and 8 from community groups. Of these, 41 live in Lhanbryde itself. Between them, the parents/carers looked after 63 children under 9, with 14 parents looking after children just over 9 (Primary 6 and 7 pupils). Amongst the families surveyed, the following information was gathered:

<table>
<thead>
<tr>
<th>MY CHILD:</th>
<th>Most days</th>
<th>Some days</th>
<th>Rarely</th>
<th>Yes/No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Walks to school</td>
<td>54</td>
<td>4</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Plays outside a lot</td>
<td>43</td>
<td>19</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Takes part in sports and activities</td>
<td>21</td>
<td>34</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Eats healthily</td>
<td>47</td>
<td>18</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Is happy</td>
<td>67</td>
<td>9</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Maintains a healthy weight</td>
<td></td>
<td></td>
<td></td>
<td>62 Yes / 2 No</td>
</tr>
</tbody>
</table>

To begin the questionnaire, people were asked what is good about living in Lhanbryde:

- Close knit, friendly community 29
- Good Primary School 18
- Countryside and good access to open spaces 18
- Shops and good facilities 11
- Near to Elgin/ cities 6
- Quiet 5
- Easy access to buses 4
- Lhanbryde Community Centre 4
- Other: Playbarn / Pharmacist / Community Food Project 3

“Good facilities for children which are affordable, on main A96 bus route is good for elderly. Everything at hand - school, chemist, banking, post office”

“It is a good community, everyone knows each other which makes me feel safe for myself and my children. Really good primary school - they get parents involved in everything they do”

“Good village hall with good events, youth club, convenient shop, good primary school, football pitch, woods nearby”

“Love the easy access to the countryside”
People were also asked what was not so good about living there:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Rating</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dog’s dirt</td>
<td>13</td>
</tr>
<tr>
<td>Litter</td>
<td>11</td>
</tr>
<tr>
<td>Lack of Activities/ lack of facilities within walking distance</td>
<td>11</td>
</tr>
<tr>
<td>Vandalism in the park/ anti social behaviour</td>
<td>6</td>
</tr>
<tr>
<td>Lack of car to access Elgin facilities/ limited public transport</td>
<td>4</td>
</tr>
<tr>
<td>Lack of a playpark suitable for toddlers</td>
<td>4</td>
</tr>
<tr>
<td>Crime</td>
<td>4</td>
</tr>
<tr>
<td>Boarded up properties/poor housing</td>
<td>3</td>
</tr>
<tr>
<td>Lack of a 2-3 class at the school</td>
<td>2</td>
</tr>
<tr>
<td>Cars driving too fast in the village</td>
<td>2</td>
</tr>
<tr>
<td>Bad press/reputation</td>
<td>2</td>
</tr>
<tr>
<td>Lack of activities for teenagers</td>
<td>2</td>
</tr>
<tr>
<td>Young people hanging about</td>
<td>2</td>
</tr>
<tr>
<td>No takeaways</td>
<td>2</td>
</tr>
<tr>
<td>Other: Lack of childcare before and after school/</td>
<td>9</td>
</tr>
<tr>
<td>no café/ limited cycling/ open access to school/unfriendly people/</td>
<td></td>
</tr>
<tr>
<td>drugs/ dividing line between posh side and rough side/ job</td>
<td></td>
</tr>
<tr>
<td>prospects/no surgery</td>
<td></td>
</tr>
</tbody>
</table>
“No safe places for the kids to play….broken glass everywhere, dog mess everywhere”

“There is not much to entertain my children, no 2 to 3 playgroups & not much for toddlers in the area”

“Dog mess - especially near school & at playparks”

“There is not a good playpark for young children. No cafes”

These two questions started to bring out some of the issues in Lhanbryde.

Community Spirit: While there is a good community spirit which is great for community health and safety in many ways, parents and carers are concerned about the spoiling of this in some areas by anti-social behaviour such as dog fouling and littering.

Facilities& activities: shops, the school, the community centre and other facilities are good in Lhanbryde, but have limitations. Some people would like more facilities and activities for a wider range of ages

The final question in the Questionnaire - What one thing would you like to see changed about the environment in Lhanbryde to improve your childrens’ health? – acted like a prioritising of the above good and bad points. The responses to that question were as follows:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Dog fouling – generally and especially in children’s areas</td>
<td>14</td>
</tr>
<tr>
<td>Better, safe play areas</td>
<td>7</td>
</tr>
<tr>
<td>Litter</td>
<td>6</td>
</tr>
<tr>
<td>A toddlers playpark</td>
<td>6</td>
</tr>
<tr>
<td>More activities – generally and especially for under 4’s</td>
<td>6</td>
</tr>
<tr>
<td>Cycle paths</td>
<td>3</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
</tr>
<tr>
<td>better street lighting/ better winter road clearing/ fenced off astro-turf area/ fence off the school/ anti-social behaviour/ doctors surgery</td>
<td>6</td>
</tr>
</tbody>
</table>
The respondents were then asked if they thought Lhanbryde was a healthy place for children to grow up in.

<table>
<thead>
<tr>
<th>Response</th>
<th>Yes</th>
<th>37</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 26 total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Good walks/ cycles/ fresh air</td>
<td>10</td>
<td></td>
</tr>
<tr>
<td>Good places to play</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Good health education at the school</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Safe</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Good clubs</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Less traffic</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td>Easy access to facilities and friends</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>It’s a lot worse in cities</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>No chip shop or junk food</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Response</th>
<th>No</th>
<th>8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 7 total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Litter and dog dirt spoil walks/parks</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>More activities &amp; skate park</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Lack of outdoor facilities/ No safe cycling areas/ need a playpark</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Need better social housing</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>20mph zones would be better</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>

| No response | | 4 |

The respondents were then asked if they thought Lhanbryde is a good place to play and get fun exercise:

<table>
<thead>
<tr>
<th>Response</th>
<th>Yes</th>
<th>24</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 19 total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lots of space and fresh air</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Good activities</td>
<td>5</td>
<td></td>
</tr>
<tr>
<td>Good park</td>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Response</th>
<th>No</th>
<th>18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 17 total</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Some activities/ good parks etc, but limited</td>
<td>14</td>
<td></td>
</tr>
<tr>
<td>Can’t use parks/walks etc due to dog dirt/litter</td>
<td>8</td>
<td></td>
</tr>
<tr>
<td>Nothing to do</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>Not enough playparks / cycle paths</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Intimidation</td>
<td>2</td>
<td></td>
</tr>
</tbody>
</table>

| No response | | 7 |
“One child likes judo but not much for other one who doesn't”

“Children complain about glass, dog mess in play areas. Tend to stay in garden”

“Woods are littered with rubbish & dog fouling so brings danger. The park is good yet unacceptable for those of us where intimidation goes on for children who are perceived as incomers”

“Playpark facilities are good, few led play activities at realistic times eg straight from school (eg volleyball/circus skills/dance)”

“2 football pitches, a play area & wood nearby to ramble & explore. Not bad for a small village”

“No proper play area for toddlers, older children's park not for young children. Sports activities take place in other towns - rarely anything for Lhanbryde”

“There is dog's mess in a lot of 'child friendly' areas”

Respondents were asked if their children were happy living in Lhanbryde

<table>
<thead>
<tr>
<th>Response</th>
<th>Yes</th>
<th>39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 15 total</td>
<td>Good community feeling / safe</td>
<td>6</td>
</tr>
<tr>
<td></td>
<td>Have friends and family</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Seem happy but don’t know anything else</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Good school</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Great environment</td>
<td>2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Response</th>
<th>No</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Comments – 9 total</td>
<td>Not much for teenagers/ not enough facilities or activities</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Kids are upset when they can’t play out due to dog dirt/litter</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Verbal abuse, bullying</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Could have better fruit and veg.</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Cars go too fast</td>
<td>1</td>
</tr>
</tbody>
</table>

| No response | 29 |

“Good community feeling, friends within small area”

“My children are happy in Lhanbryde & never express any wish to be anywhere else. They love their school & broader community.

“My kids are upset when they can't play because it is too dirty & unsafe"
“My 10 year old son opened his window one day and said without prompting how lucky we are to live here. Can see an open playing field with cows & sheep and the fields at bottom”

“They haven’t (felt happy) for a while due to being bullied but getting a move away from this place is a joke”

Comments
The questionnaire results show that Lhanbryde has a good community spirit for many people who live there. 80% of respondents felt that there child was happy living in Lhanbryde, and 59% named good community spirit as one of the best things about living in Lhanbryde. 76% of respondents felt that Lhanbryde was a healthy place to live and bring up children, naming good walks, fresh air and places to play as helping to make that true.

However, many people were concerned that the good walks, facilities and play areas were being spoiled by irresponsible dog owners and people littering. At times, people have stopped their children playing at the main park or turned back from walks because of these problems and the danger to their children. 41% named dog mess and/or litter as the one thing they would change about Lhanbryde to make it a healthier place to live. This negative experience of a play area might only have to happen once or twice for a carer to decide that it’s too difficult to take children to a play area and choose their own garden instead. This could restrict running and aerobic exercise.

“Children complain about glass, dog mess in play areas. Tend to stay in garden”

Facilities are seen by some as being quite good for a small village, with the shop, school, pharmacist and Community Centre all receiving positive comments. However, the lack of a doctor’s surgery, the fact that some mention travelling to Elgin to go to parks, kids clubs, shop for fresh fruit and vegetables etc means that there might be a problem for families without transport (who would have to pay for buses).

6 Parents and carers mentioned that their child had health issues. 4 had asthma, one had excema and possible aspergers, and one had weight problems and weakness in the joints
Results from interviews with agencies
Preliminary results from the questionnaires were shared at a meeting of community stakeholders including a local councillor, LCC workers and Board members, the local Moray Council Community Support Officer and a local playgroup campaigner. The group recognised the issues raised, both positive and negative. Commenting on the results, one person queried if the incidence of asthma matched the results coming from the questionnaire. Others wondered if a wide enough sample of opinions had been collected, especially from the central area of Lhanbryde.

The group looked at ways to take some of the issues raised forward in the Lhanbryde community. Suggestions included:

- Feeding back the information to parents through the school at a parents evening
- Feeding back information to the community through an event
- Getting the community warden involved in the Moray Council 'Green Dog Walkers' scheme
- Continuing research in the community
- Continuing to get people involved

The group was very helpful in offering contacts, suggesting times and venues and agreeing to work with the project.

Results from face-to-face interviews
Interviews were carried out around the streets in the central area of Lhanbryde and elsewhere. 12 people were interviewed. Most of these had received the questionnaire through the school – 5 had filled it in. Some of the responses were as follows:

"It's not that bad - a nice wee place to live really. Most of the grumbles are to do with council houses; some people are overcrowded, don't have enough bedrooms"

"It's difficult with some of the neighbours round here. The back lane here has been a rat run for motorbikes – I mean how stupid is that? The kids mostly stay in their gardens – it's not safe to go out in the lane"

"I've lived all my days in Lhanbryde – it's a place like any other, good and bad"
“These council houses are awful. There is damp and it took me 5 years to get a faulty socket repaired. I don’t know what it would take to make this place better.”

“The kids might get more exercise if there were more facilities. Need to go into Elgin for entertainment. It’s very basic here”

“There’s no doctor’s surgery here, need to go into town. This affects people without cars, particularly the elderly. Sometimes people need to see the doctor but they say “Oh I’m not going away in there!”

“Lhanbryde has gone through phases. Basically it’s okay - problems come mostly from the council areas - problem families from down south are put in together; they have caused the problems- drugs etc. And recently the Hotel has taken in homeless people. There is more of a police presence now”
Consultation Event

As well as continuing to contact health professionals and other agencies, an event was planned aimed at families to feedback some of the results, continue to gather more information, look in more depth at links between health and environment – and have fun at the same time!

Researchers attended a parents’ evening to feedback some of the results to parents and invite them to this event. People were contacted who’d left their details, and advertising locally invited anyone interested to attend. Around 20 adults and 25 children attended this event.

Results from the event
Facilitated discussions

Shops

Need more local shops, particularly for people who don’t have cars:

- A good veg shop, hardly ever get fresh fruit
- Better grocers
- Chip shop
- Carry out shops

“Shops are fine, although some are a bit expensive. We just need a few more.”

Health

Need a community surgery:

- Particularly for the less mobile, they need to take a taxi up to Elgin to get to see their GP. Without transport, it’s not easy. Difficult for diabetics to get their condition under control without a surgery.
- It’s ok if you’ve got a car – I drive to Elgin, but some folk have to rely on extended family, say if the wage earner is away with the car in the day
- Pharmacy helps
- Minor ailments can get treated at pharmacy

“Need a public toilet down by shops- even if it is one that needs payment, particularly for the elderly and disabled people.”

Activities

“Need more activities for all ages. The community centre needs to be used more. More use of the hall - indoor football, clubs for kids etc. Need things organised for the school holidays. There’s nothing for the kids to do. If the centre was closed down- would it really be missed by most of the community?”

“Kids should be taught not to get into trouble and how to do other stuff. When I was young I was out playing games in the street and building dens in the woods. Kids don’t know how to do that anymore. I let my kids out to play. They can’t be led by the hand everywhere. Lhanbryde is a good environment. They can use their imagination.”

“We need an after school club for kids – especially younger kids”

“Need better advertising of what’s on, say through a facebook account for the Community Centre would be good for keeping in touch, getting message out”

For adults

“Need a more family-friendly pub, maybe with a beer garden. The one we have isn’t the sort of pub I’d take my wife never mind the kids.”
For Teenagers
More youth café hours and for wider age groups.

For Primary School kids
There is nothing organised for them. Need clubs like a gymnastics club and access to resources like the youth café that the older ones have.

We need more activities for Primary school aged kids – how about activities for different ages at the same time – activities for younger kids at the same time as the youth club – then all the kids would be happy. We’d like the hall to be OPEN for the community, not – you can come in, but you’re too young etc. A welcome for all ages.

For Preschool kids
Need activities for pre school kids.

Playparks

The small one at Glen Esk road needs resurfacing with soft fall and equipment for pre-schoolers.

Parents need a playpark that caters for nursery as well as primary school so they can keep all their kids occupied.

People walk through playground with their dogs and don’t pick up dog dirt

Poor housing

- Problems with the flats
- Housing services not responsive
- Problems with windows, electrics
- Poor sound and heat insulation
“There’s some bonny areas (in Lhanbryde) but up by the flats it’s all run down. They’re in a shambles. It’s just degrading staying here. I hate it. I got offered a flat here by the Council and I didn’t know I had a choice. They telt me it was that or none at all. There’s bairns out at 9/10 o’clock at night.”

“We live in that concrete bit there – it’s great from one side – I can see green fields but just other flats if I look out the back”

“What could you do with that space there? Are you going to come in and change it? My kids like that open space for playing on their bikes. If you had a cycle track people in the flats might be disturbed, though if it was small it might be fun. If you put in trees people might not like it. Small garden areas might be good. Benches might become a drinking den. We’d need to have a proper talk about what happened there – there’s a lot of fear that anything new might be worse”
St Bryde’s court has had some problem people moving in

Other issues

- Speeding drivers- too many for kids to play safely
- More lighting going in –what was wrong with the old lighting?
- Council go out spraying weeds but don’t warn us. The pesticide can cause dogs to be sick.

Community Assets

a) Good neighbours in Lhanbryde
b) Green Space - Woods and parkland, loch
c) Good community centre
d) Good bus service- locally and between Elgin (6 times a day)
e) Local shop is good for necessities

Contrast between urban areas and green space

“Never been asked before. You’re the first people to come down and ask us about it”

Large areas of concrete:

“Hard to imaging how things could be different. For many people it’s all they’ve ever known. But I notice the difference looking out one side of my house (to green space) and the other (to concrete)”

“The loch is great. It’s lovely, then when you come back intae town it’s like “Awww naww”."

EDPHIS Good Places, Better Health Project in Lhanbryde 2011
Pictorial quiz

**GOOD for HEALTH**
- Fresh fruit & veg.
- Local produce
- Cheery staff lift your spirits
- Great Community Spirit
- The Shop is good for Health
- Fruit and Veg. good for diet
- Friendly, helpful staff good for mental health
- Good fresh fruit and veg
- Only a short walk from home
- A shop selling fruit and veg. is good for community
- Good friendly folk
- Easy to walk to
- Veg. etc on sale
- Local shops, pharmacy and butcher very important

**BAD for HEALTH**
- Some anti-social behaviour
- Prices high, can be a worry for low income or elderly – cause stress
- More choice at better prices would be better
- Road busy, cannot cross it easily
- Litter from shop over village
- Sweets, cakes
- Busy road, no crossing
- Road difficult to cross at shop

**GOOD for HEALTH**
- Butchers is good for health
- Good fresh meat
- Good fresh local meat
- Fresh local produce
- Local produce and traditional shops like the butchers are vital to the well-being of Lhanbryde.
- Large supermarkets often kill small, local shops but in reality they can’t compete
- Lots of choice. Older folk don’t have to go into town
- Good to have a chemist in Lhanbryde
- Good butcher, chemist and hairdresser
- Nice butcher, lovely chemist
- Good bus service
- Fantastic bus service

**BAD for HEALTH**
- Too much red meat
- No crossing point for children on main road through Lhanbryde. Some drivers drive over the speed limit near speed cameras
- No safe crossing point for children
- Some motorists drive too fast – need speed cameras
- Pies! (x2)
- Busy road, no crossing
- Needs community surgery and a diabetic clinic – a must
- No GP surgery
GOOD for HEALTH
Nice for a treat now and again
Good for a treat
Having a visiting fast food van is a good idea for a bit of variety and a treat

BAD for HEALTH
Too much isn’t good
Too much greasy food bad for health
Not healthy- greasy food
Bad food choice – fast food
Litter
Overindulgence in this is bad for health, but a little now and then is fine

GOOD for HEALTH
Needs upgraded for younger children
Good for exercise
Keeps kids entertained
Good fun for the kids and exercise
The adventure playground is excellent and well-maintained, a real focus for our children to play
Fun, get kids fit
Outside play, fresh air exercise

BAD for HEALTH
Not suitable for younger children
Vandals often leave broken glass
Dog’s mess
Park dangerous for younger children – nowhere for toddlers to play
Glass lying about, dogs dirt lying mostly everywhere
Nothing for the under 5’s
Litter, mountains of broken bottles and dog’s poo
No good play area for kids between Glenesk Rd and St Bryde’s Ct – need more play/toys and rubber matting

GOOD for HEALTH
Open spaces
Area to play
Good space for kids to exercise
Playing field good for health if you use it
Good access to woods for walks
Nice walks, good areas

BAD for HEALTH
Litter, broken glass
Too much rubbish
Dog’s poo, Dog’s mess
Dog’s mess main problem
Lots of litter gathering
Wholly inadequate fencing–off of school playground
Dog poo, rubbish, glass
Fence, dog dirt, litter, smashed glass
Litter! My pet hate…parents need to educate their kids to keep Scotland tidy. I’ve just returned from a trip to pristine Germany – it’s sad here.
GOOD for HEALTH
Lovely play parks
Good - if you are walking responsibly
Good open spaces for dog walking, jogging and kids playing
Good wide open spaces for dog walking, exercise
Woods to walk them in
Open spaces for kids/family to play

BAD for HEALTH
Litter and graffiti
Scramblers ruin the woods in the summer
Teenagers on motorbikes
Bad if the owner doesn’t pick up waste
Dog’s mess not cleared
When my son plays football here on a Sunday it’s covered in dog’s mess – while only 100m away is woodland more suitable for dog walking
Dog dirt lying everywhere
Too many dogs without owners running wild
Too many dogs off lead, dog dirt everywhere
Early in morning and at night many dog owners use area as a toilet and don’t pick it up

GOOD for HEALTH
Huge sense of community spirit
Everyone knows each other
Quiet – little heavy traffic

BAD for HEALTH
Spoilt by a few anti-social drink and drug users
Drugs, kids sometimes just left to run around estate
Too much hard surface – makes me feel degrading
Flats need demolished
Mostly concrete
Large open areas concreted! A bit more green grass would be nice, some trees and shrubs, benches, communal areas etc
Empty spaces could be filled with something enjoyable to look at
Kids playing can be in danger from cars if not supervised

GOOD for HEALTH
Pretty for awhile
Pretty areas to walk
Rural
Lovely area by the burn. Other villages enter Moray in Bloom and look stunning – this would be a good project – look nice and bring people together
Lovely scenery to look at – tidy
Nice scenery
Good for walks

BAD for HEALTH
Poor drainage in the area – my wife is disabled – no good for her
Busy road no crossing
Road too busy (x2)
Too close to road
Results from the Pictorial Quiz and discussions at the event

Asking people to focus on both the negative and positive aspects of elements in their environment in Lhanbryde reinforced and developed some of the issues already raised and brought in some new ones. The display of photographs around the discussion/ café area were mixed in with captions from comments drawn from the questionnaires. People looked afresh at familiar places. New perspectives included:

- The lack of a crossing for pedestrians at the shops or across the main A96 to get to some of the most popular walks
- How the lack of a health centre/ Doctor’s surgery affects those needing frequent medication/ medical help, especially if they don’t have a car
- The overall impact of the ‘concrete’ area and some ideas for changing it
- Problems of unauthorised motorbike use
- Open access at the school seen as a problem
- More information about when dog fouling offences occur
- A possible Village in Bloom project

Next Steps

Discussion group
A discussion session at Lhanbryde CC with those who have participated in the research and are interested in exploring further the links between environment and health will be held to look at the results, discuss further links and decide any action points they want to take forward

Dog Fouling & Litter
The Community Warden for Lhanbryde was contacted and attended the event at the Hall. Members of the community would like a Green Dog Walkers scheme started in Lhanbryde. An article in the press also highlighted the dangers of broken glass at the playpark and the police are involved. This report will also be forwarded to the Community Warden for action

Playpark
The Playpark action group are keen to use this report to back up their funding applications for a toddlers’ playpark in Lhanbryde

Activities at the Lhanbryde Community Centre
The LCC were pleased to receive feedback from the public during this research. They are interested in the suggestions for whole community/family activities and events to make the centre open for all so that the whole family can attend, and the suggestions for using a wide variety of media/ social networking to promote the Centre and its activities

Community Planning Partners
This interim report and the follow up full report will be reported to the Healthier Communities Community Planning Committee for information and action
Good Places, Better Health: Living in Lhanbryde

Good Places, Better Health is a Scottish Government project that looks at how the environment we live in may affect our health and the health of our children. We want to create healthy places to live. The project would like to involve local people in thinking about these issues and Lhanbryde has been chosen as one of the first areas in Scotland to do this. Two local projects, REAP (Rural Environmental Action Project based in Keith) and the Lhanbryde Community Challenge have been asked to carry out the work, and this questionnaire is a starting point for doing this.

All the information you give in the questionnaire will be treated confidentially and used to help us think about ways we can support local people improve life in Lhanbryde. But please feel free to miss out any questions you’d prefer not to answer.

For any more information about the project, please contact Ann Davidson, REAP 01542 888070, e-mail info@reapscotland.org.uk. There will also be the opportunity to fill in this questionnaire/ find out more/ ask about the project at a drop-in event with free teas and coffees at the Lhanbryde Community Centre on Thursday 27th January from 9.15am- 12noon.

1. Do you live in Lhanbryde? yes □ no □

2. We’d like to hear about what it’s like to live here:
   a) What’s good about living here?
      Comment. .................................................................
      .................................................................
      .................................................................
      .................................................................

   b) What’s not so good about living here?
      Comment. .................................................................
      .................................................................
      .................................................................
      .................................................................

3. Do you have or look after children under 9 yrs of age? yes □ no □
   If yes, please tell us how many children under 9 you have/look after ...................

4. Do you think that Lhanbryde is a healthy place for children to grow up?
   yes □ no □
Comment........................................................................................................................................
..................................................................................................................................................
..................................................................................................................................................

5 We’d like to know about the things that help keep your child healthy. Please tick all that apply and fill in a separate set of answers for each child up to P7:

**My child (1):**
- walks to school
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- plays outside a lot
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- takes part in sport and active games
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- eats healthily
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- is relaxed and happy
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- maintains a healthy weight [ ] yes [ ] no [ ]

**My child (2):**
- walks to school
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- plays outside a lot
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- takes part in sport and active games
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- eats healthily
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- is relaxed and happy
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- maintains a healthy weight [ ] yes [ ] no [ ]

**My child (3):**
- walks to school
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- plays outside a lot
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- takes part in sport and active games
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- eats healthily
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- is relaxed and happy
  - most days [ ]
  - some days [ ]
  - rarely [ ]
- maintains a healthy weight [ ] yes [ ] no [ ]

6 Is Lhanbryde a good place for children to play/ get fun exercise?  [ ] yes [ ] no [ ]

Comment........................................................................................................................................
..................................................................................................................................................
..................................................................................................................................................

7 Would you say your children are happy living in Lhanbryde?  [ ] yes [ ] no [ ]

Comment........................................................................................................................................
..................................................................................................................................................
..................................................................................................................................................
8 Do your children suffer from any on-going health problems?  yes □  no □
e.g. asthma □
weight problems □
or any other health problem you would feel happy to share?

9 Are there things in the environment that make these health problems better or worse?

10. What one thing would you like to see changed about the environment in Lhanbryde to improve your child’s wellbeing?

We would like you to be involved in this project and will be running some events in Lhanbryde between now and May 2011 that you may like to come along to, to talk about these issues in more depth. There would be a free crèche and refreshments. Please give us your details here if you’d like to be contacted and get involved.

Name…………………………………………………………………………………………………

Address………………………………………………………………………………………………

…………………………………………………………………………………………………………
e-mail………………………………………………………………………………………………………………phone…………………………………

Please return the completed questionnaire sheets to the school office in the envelope provided by Friday 28th January 2011.

Thank you for taking part in this questionnaire.