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Re-imagining the locality: the 20-minute neighbourhood

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Post-pandemic place-making
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About the Town and Country Planning Association

The **TCPA's vision** is for homes, places and communities in which everyone can thrive.

Our mission is to challenge, inspire and support people to create healthy, sustainable and resilient places that are fair for everyone.

Our work includes research, seeking to influence policy, providing training, guidance and newsletters, as well as running networks and events.

tcpa.org.uk





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Different places have been facing similar challenges:



Town centres clogged with cars



Walking and cycling
unattractive or dangerous



Air pollution!



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Different places facing similar challenges:



Unhealthy food,
cheap and ubiquitous



Green spaces not always easy
to reach or good quality



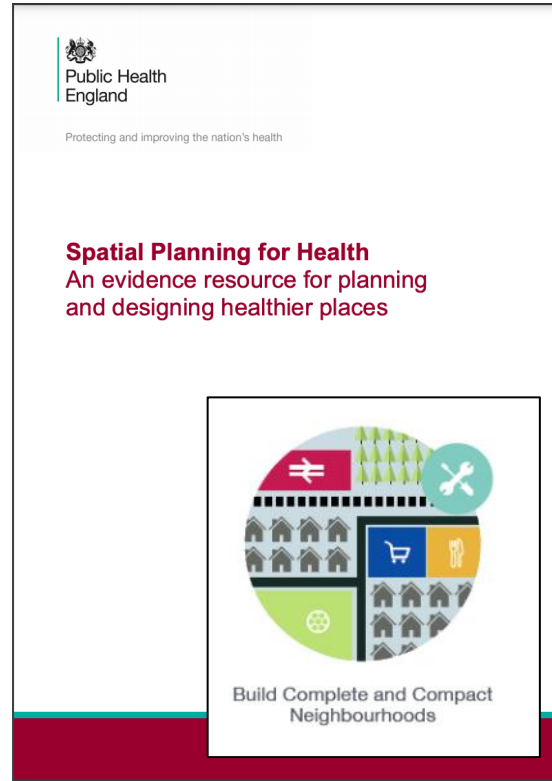
Places not resilient to climate change



tcpa Increasing evidence about influence of place on health:



Marmot review and update 2020



Spatial Planning for Health

2017 www.gov.uk/government/publications/spatial-planning-for-health-evidence-review

TCPA healthy planning publications
tcpa.org.uk/resources/tcpa-healthy-place-making-publications/





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Pandemic lock-down:



Widespread recognition
of the link between
health and place...


Awareness that some places
support good health far more than others.

Appetite for change.





tcpa Living locally: complete, compact, connected places


Public Health
England

Protecting and improving the nation's health

Spatial Planning for Health
An evidence resource for planning
and designing healthier places



‘20-minute neighbourhoods’ or ‘15 minute cities’ are ways of talking about ‘complete, compact connected places’ that people understand...

The precise number of minutes doesn't matter too much...



tcpa Creating complete, compact, connected places:

Paris, France:
15-minute city /
Ville du quart d'heure

Original motivation?
Reducing commuter traffic



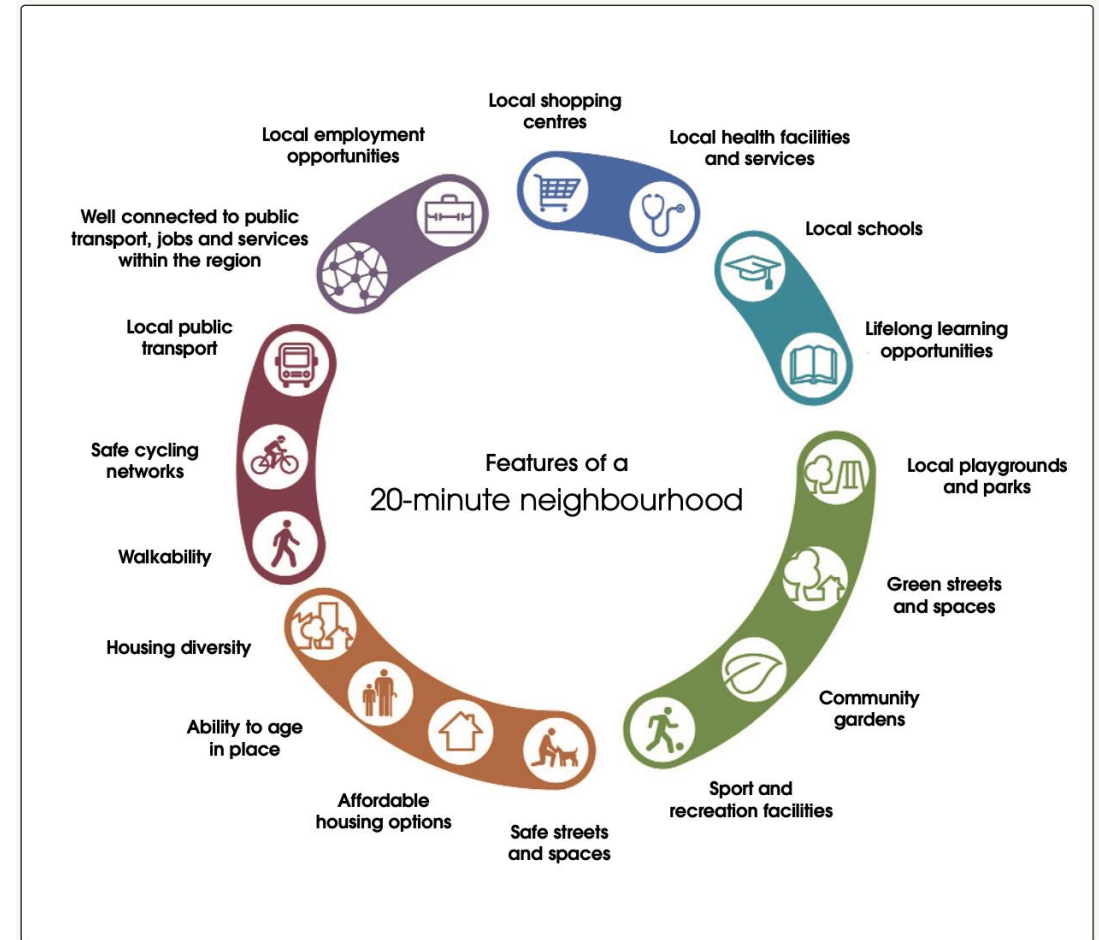


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Creating complete, compact, connected places:

Melbourne, Australia:
20-minute neighbourhoods

Original motivation?
Getting people active



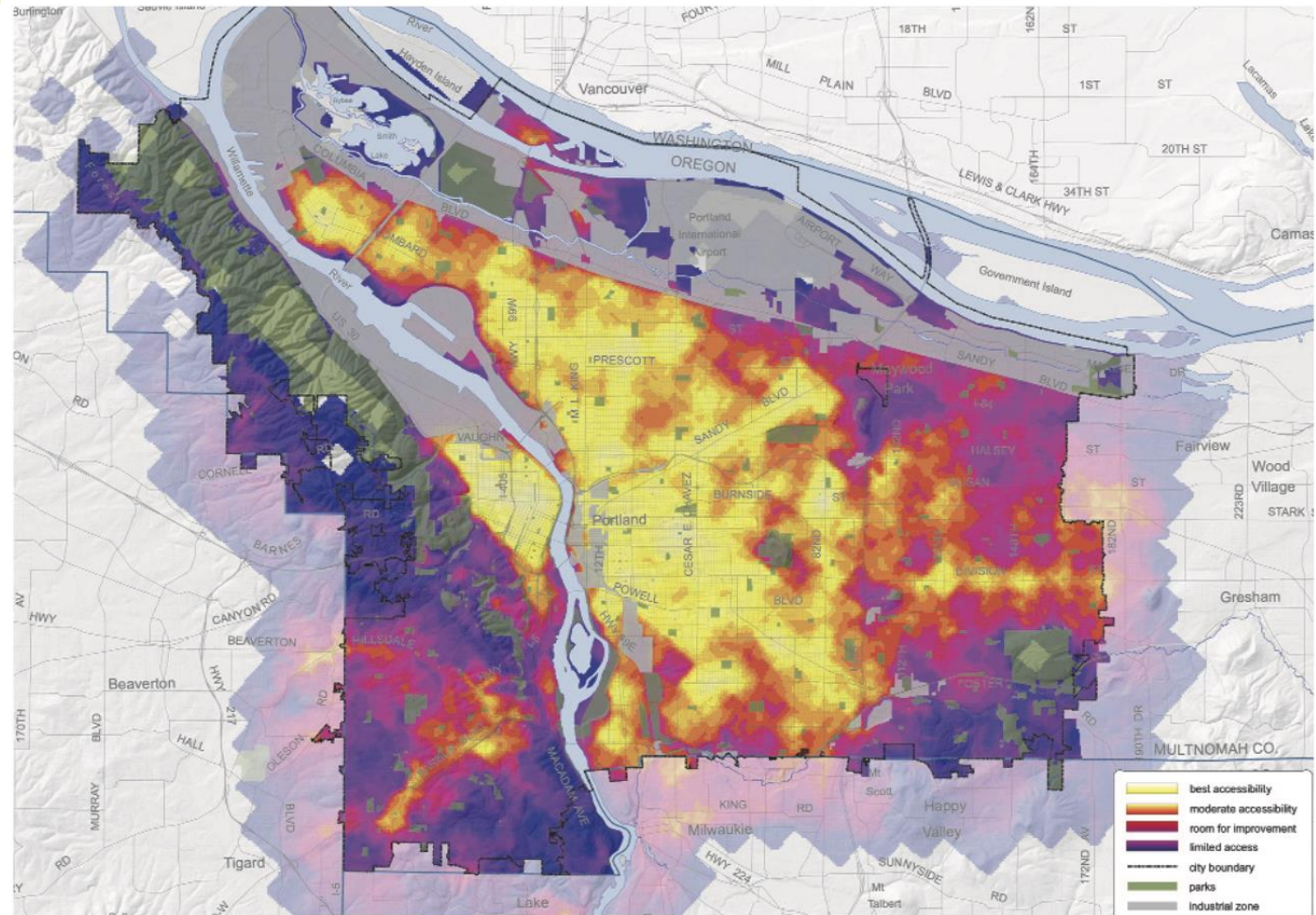


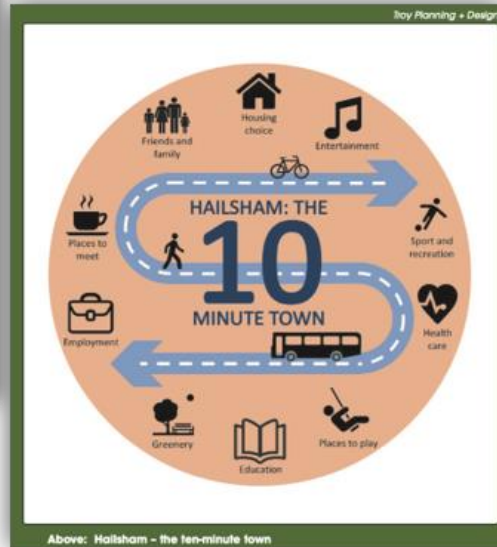
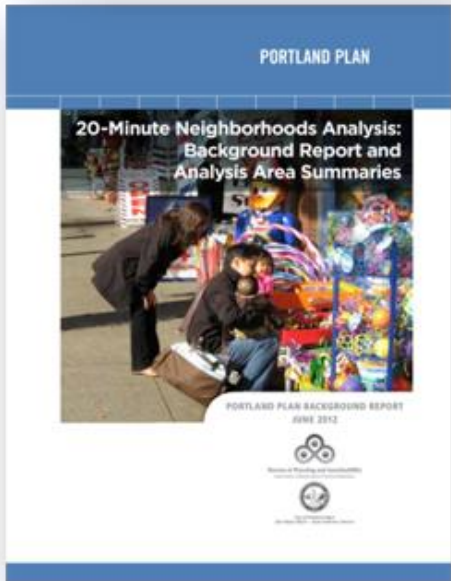
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Creating complete, compact, connected places:

Portland, Oregon, USA:
Complete neighbourhoods

Original motivation?
Addressing climate change





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20-Minute Neighbourhoods

Creating Healthier, Active, Prosperous Communities
An Introduction for Council Planners in England

tcpa.org.uk/collection/the-20-minute-neighbourhood/



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What is the 20-Minute Neighbourhood?



Complete and Compact

- everyone can meet day-to-day needs within easy walking and wheeling distance of home

Connected

- easy, direct, safe, enjoyable, interesting, desire-line active travel routes from one place to another
- access to good public transport networks

Flexibility in concept

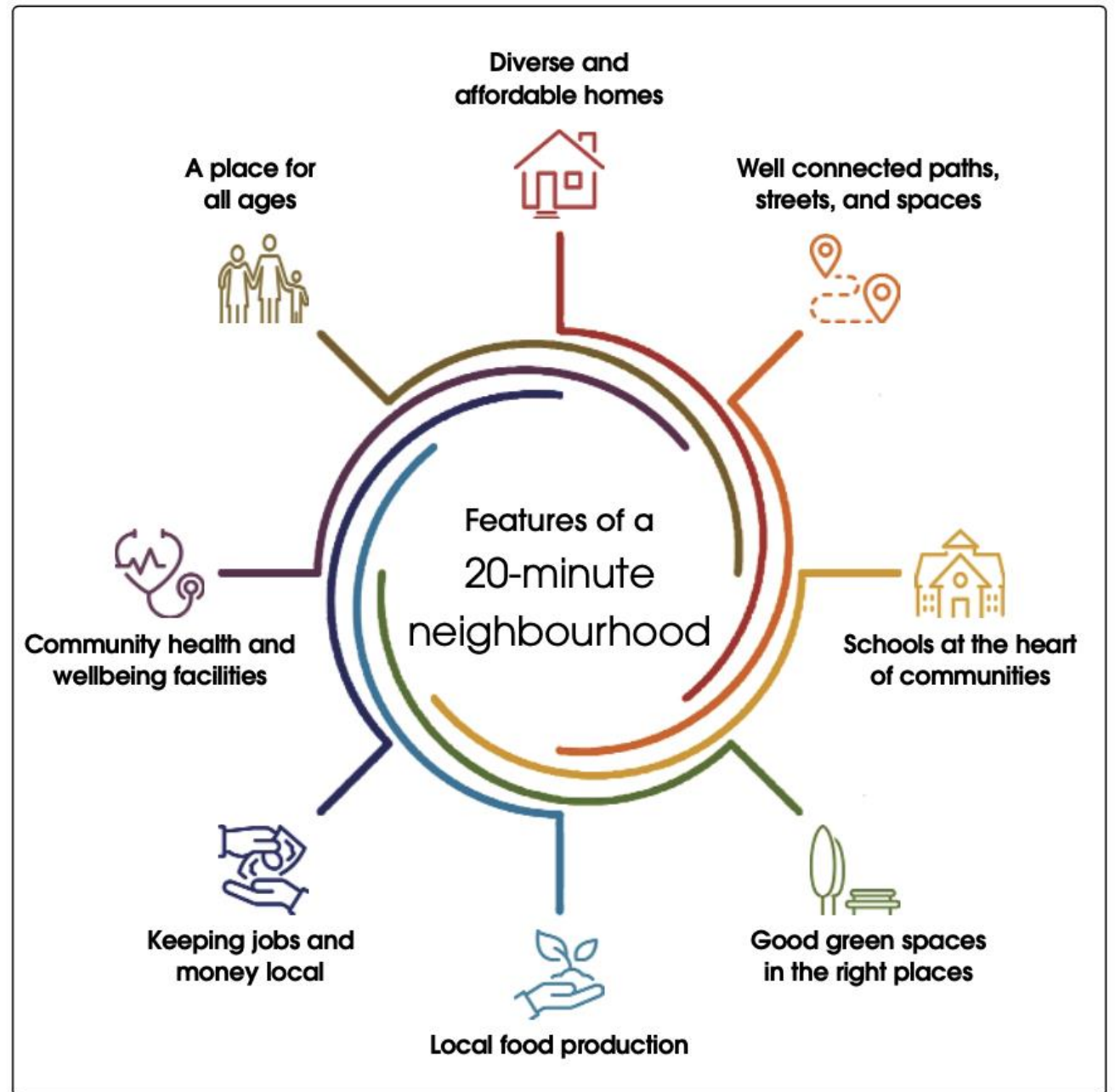
- no two places are the same
- existing communities vs. new build communities
- urban areas vs. rural areas



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Possible features of 20-minute neighbourhoods

- vision for place should be led by community
- respond to local context and aspirations
- meet the needs of people with less choice
- will change and adapt





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Making it happen – principles for success

1. **A compelling vision, well communicated**
2. **Strong, inspiring leadership**
3. **Empowered communities**
4. **Research, data and analysis**
5. **Partnership and advocacy**
6. **Addressing inequalities**
7. **Adopting policy**
8. **Investment**
9. **'Hard' and 'soft' measures**
10. **Evaluation and adaptation**





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1. A compelling vision, well communicated

Change can be difficult.

A well understood, compelling and attractive vision provides confidence between all stakeholders, generates engagement and discussion, and underpins co-ordinated approach.

2. Strong, inspiring leadership

Who provides leadership will vary place to place.

Visible, transparent, willing to counter mis-information.

Key role of local champions.



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3. Empowered communities

Local experience should be at heart of plans – from the beginning.

Wealth of knowledge, skills and assets.

Understand what is needed to resolve challenges.

4. Research, data and analysis

Vital to understand how a place functions – physically, socially, how experienced by everyone.

Data, mapping, walking tours, active listening.

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5. Partnership and advocacy

*Building wide partnerships – all interested groups.
Need to articulate co-benefits, how all fits together
(climate, health, societal impacts).
Aligning priorities.*

6. Addressing inequalities

*Identify where people are unable to meet their daily needs
in their neighbourhood, and then reduce inequalities.
Commitment to reduce deprivation.
Risk of increasing inequalities – gentrification.*

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7. Adopting policy

*Strategic and place-based.
Adopting local policies in frameworks, such as Local Plans, is a powerful way to influence planning outcomes.*

8. Investment

*Start-up costs and long-term funding.
Staff costs and resourcing from across budgets.
Potential of private sector.*

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9. 'Hard' and 'soft' measures

'Hard' infrastructure – built environment one part of equation. Often takes 'soft' measures to support their accessibility and use.

Rarely one actor can provide both.

10. Evaluation and adaptation

Places are complex and evolve over time.

Innovation, experimentation, ongoing evaluation and adaptation.

Is this a good place in which to live?



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Potential benefits – health and wellbeing:

- Active communities: more walking and cycling
- Less air pollution from local traffic
- Better social cohesion: neighbours bump into each other more





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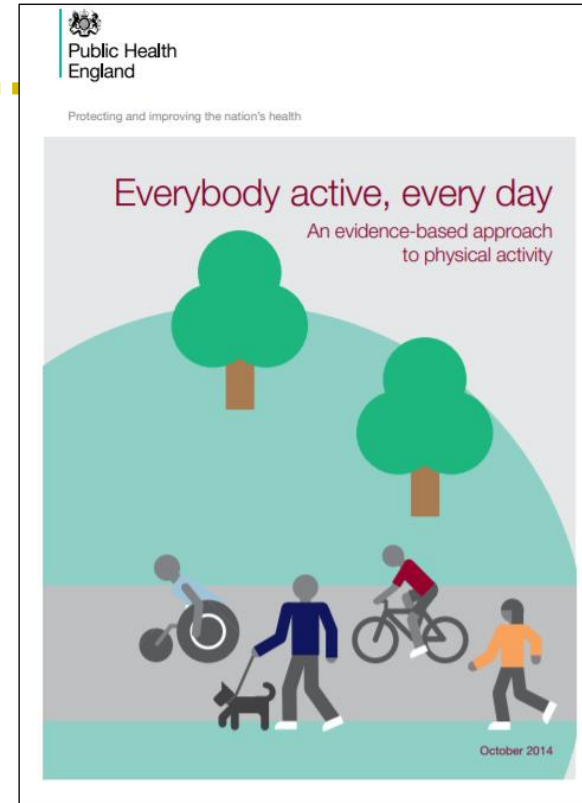
Everyday physical activity matters



Physical inactivity
is responsible for

1 in 6
UK deaths

‘If physical activity were a drug
we would refer to it as a “miracle cure”.’
Dame Sally Davies,
Chief Medical Officer (2019)



Physically active people have lower health risks

Cognitive decline

↓40%

Type 2 diabetes

↓35%

Hypertension

↓33%

Depression

↓48%



All-cause mortality

↓30%

Bone fractures

↓66%

Breast cancer

↓20%

Coronary heart disease and stroke

↓25%

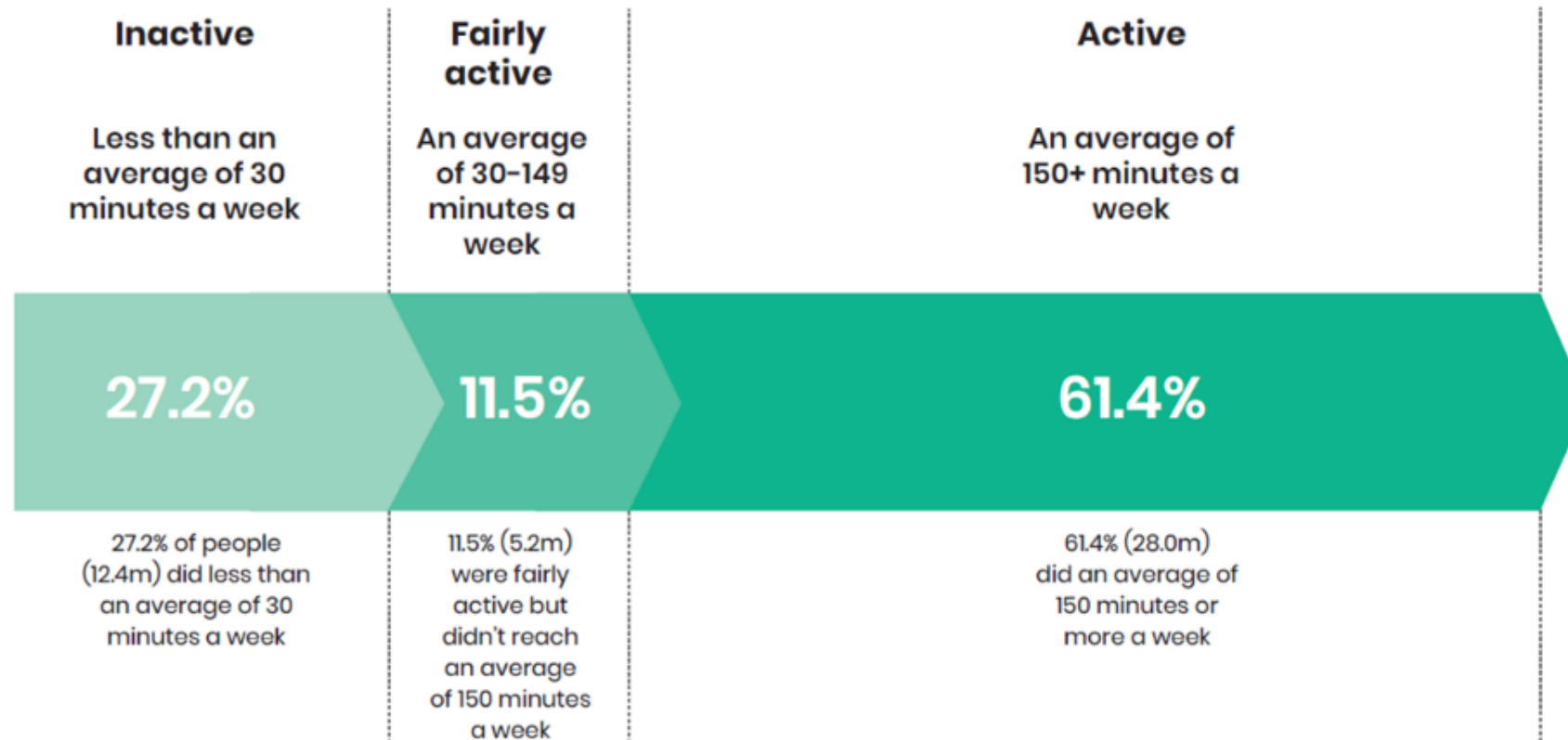
Colorectal cancer

↓19%



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Shocking levels of inactivity



Source: Sport England's Active Lives survey



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- Less traffic, reducing carbon emissions
- More street trees, local green spaces, opportunities for sustainable drainage





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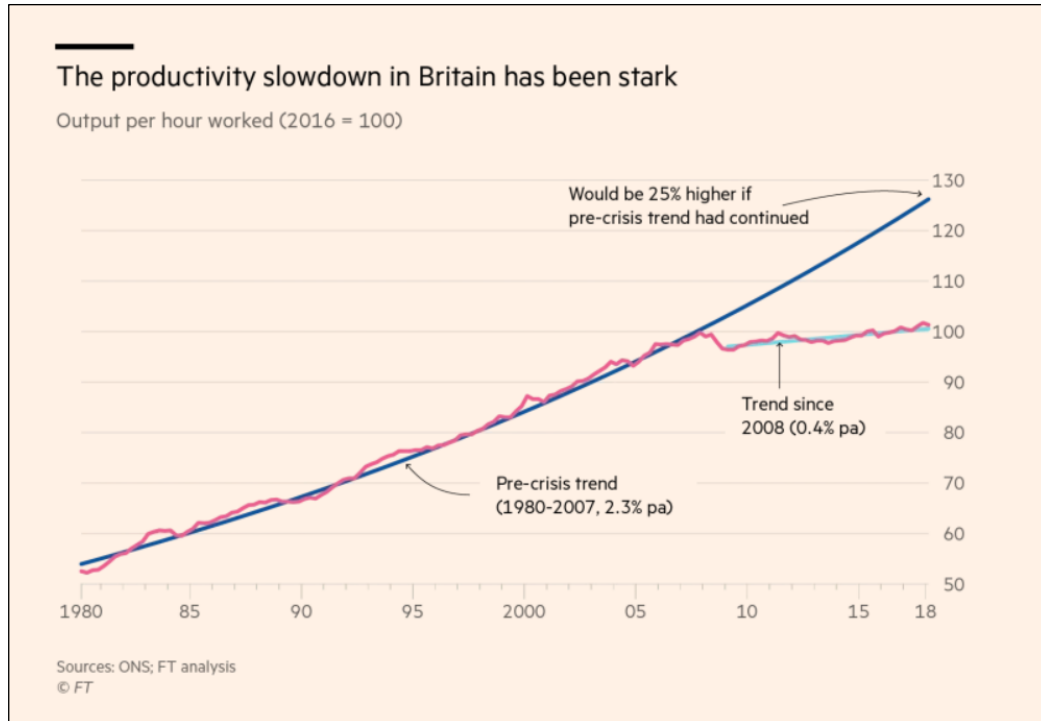
Potential benefits – economy:

- Healthier population: more productive, attracts employers
- Healthier population: less reliant on NHS, benefits
- Stronger local economies (eg using the 'Preston Model')



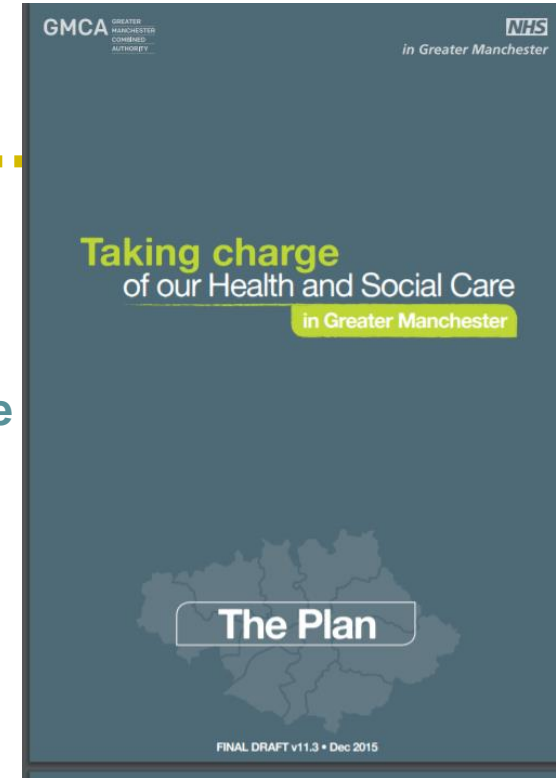
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Benefits of healthier populations



Financial Times 13 August 2018

The link between healthy populations and economic productivity is starting to be made....

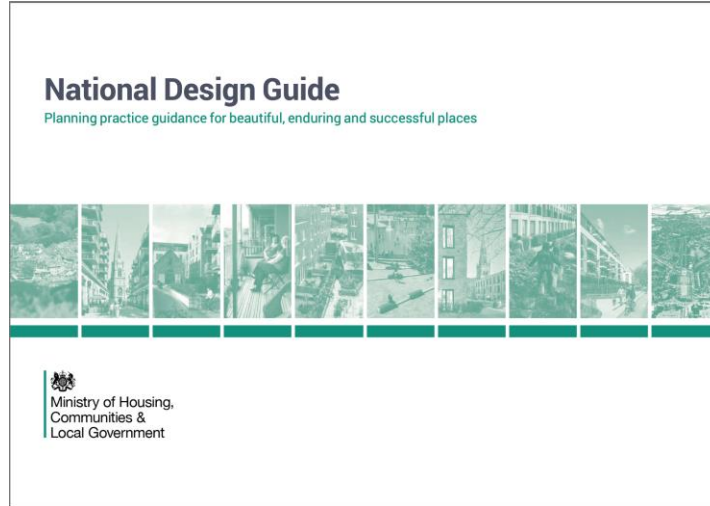
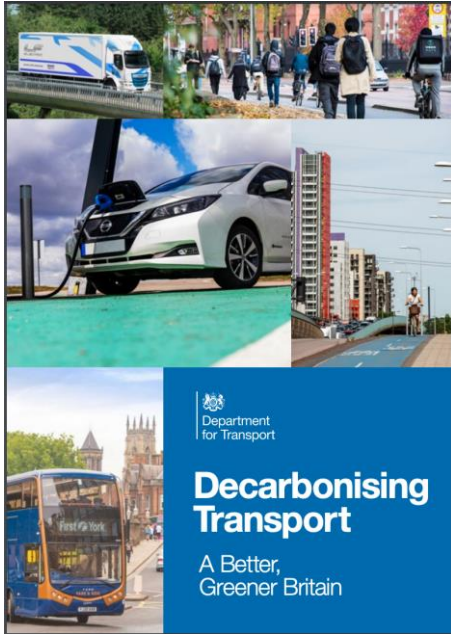


‘Put simply, skilled, healthy and independent people are crucial to bring jobs, investment and therefore prosperity to Greater Manchester.’

www.gmhsc.org.uk/wp-content/uploads/2018/04/GM-Strategic-Plan-Final.pdf



tcpa 20-minute neighbourhoods: policy alignment

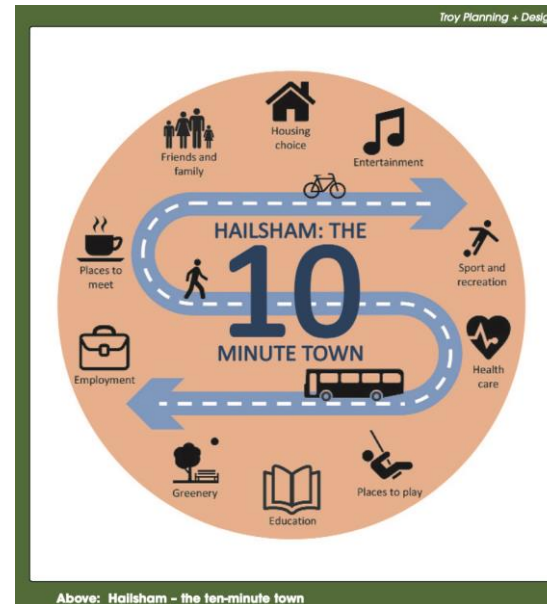


20-minute neighbourhoods can help deliver a range of government policies, strategies and priorities....



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Places putting it into practice:



3

Before the pandemic, we knew in Waltham Forest that old-fashioned concepts of cities did not always make people healthier and happier. We want everyone to be able to meet most, if not all, of their needs within a short walk or bike ride from their home. This will enable a deeper, stronger recovery from COVID-19 and to help foster the more local, healthy and sustainable way of life that many residents are calling for.

Many residents have told us about a new-found appreciation for their neighbourhood, while getting to know the nearby shops, cultural hotspots or high-quality green spaces that had always been on their doorsteps.

Residents have also expressed that they enjoyed having less traffic and air pollution during lockdown. Almost a quarter think that the Council should focus on the environment and the climate emergency in the long term.

This has underlined the need to keep developing our borough so that every one of our residents can easily access what they need to live a fulfilling and healthy life within their local area.

Priority three: Our 15-minute neighbourhood

1 Local neighbourhood life
We want to continue to revitalize local neighbourhood life as people spend more time in the borough. Residents of every neighbourhood should have easy access to everything they need to live well - including high quality local services. We will support local shops, and sustainable local deliveries through low-carbon modes of transport, such as ZED cargo bikes and electric vehicles. By creating jobs and working spaces in the borough, and developing hyperlocal cultural events, we will ensure that residents of Waltham Forest can meet most of their needs within a short walk or bike ride from their home.

2 People-friendly streets
Waltham Forest has a lot to offer, and active travel allows residents to enjoy their neighbourhoods, and stay healthy. The Council's Enjoy Waltham Forest programme has led the way, increasing walking and cycling in the borough, and improving air quality. We will go further to support active travel, shaping our urban design to enable a healthier borough, with new cycle routes and low-traffic neighbourhoods. More cycle hangars are also being installed around the borough. We will also grow our school streets programme to reduce air pollution around schools.

Checklist for the perfect 15-minute neighbourhood

Home Children's play areas Green space Bus stop Shops, bakery, butcher, cafes, nursery, pub/restaurant, hairdresser Community gardens Public meeting place Health facilities Primary school

WALKING DISTANCE: WITHIN 5 MINS WITHIN 10 MINS

20 OUR FOUR IMMEDIATE PRIORITIES

Ipswich: led by the private sector through the BID

Hailsham: neighbourhood plan

Waltham Forest: has made it a corporate priority (not just planning policy)



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How do you know if it is a success?

Ask: Is this a great place to live in?

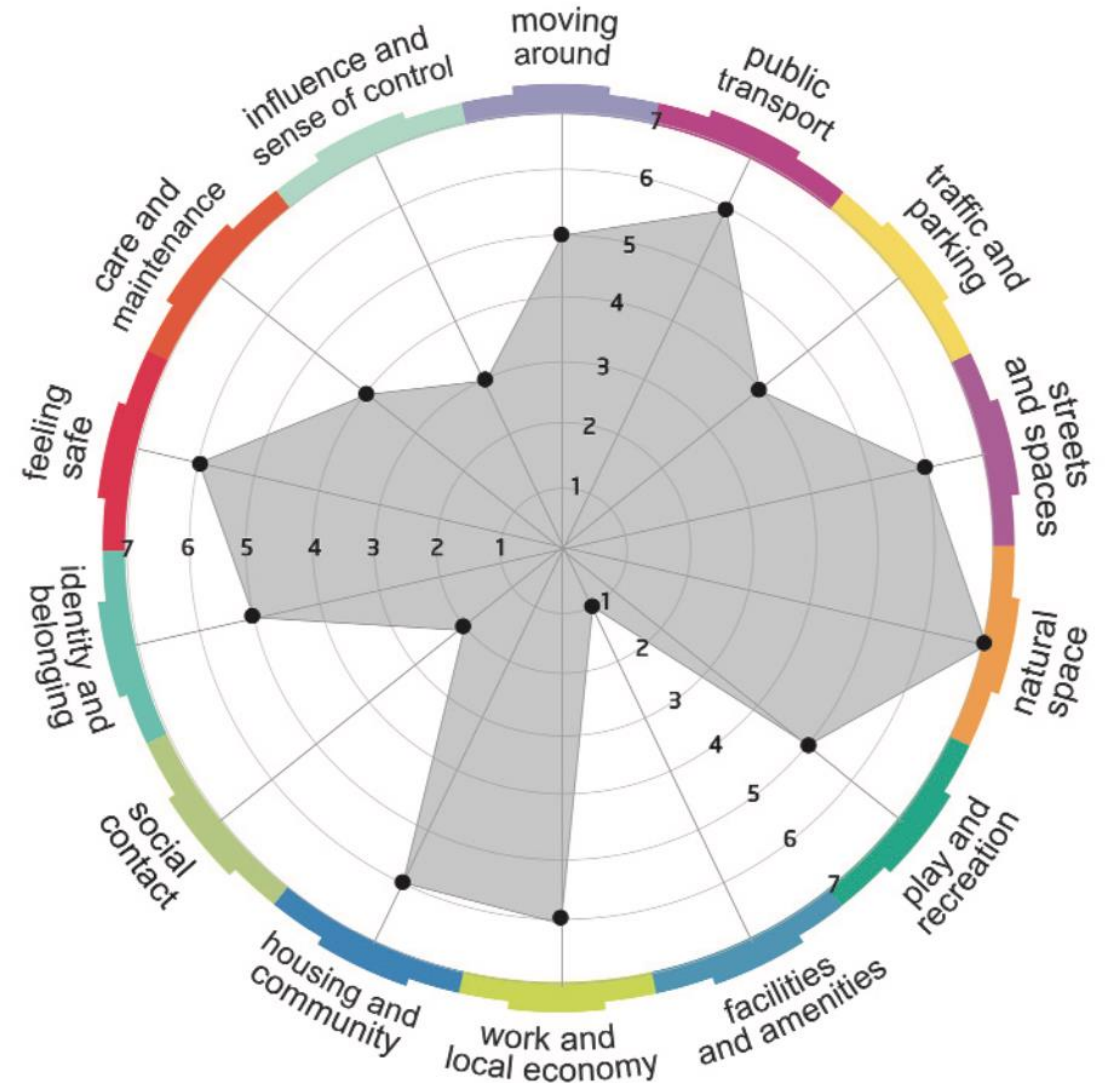
Place Standard Tool provides a practical way of finding out what different people think about a place.

Could help prioritise investment.

Identify things that don't work for some people e.g. old, children, unemployed...

www.placestandard.scot

(OHID is working on similar tool for England.)





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Thank you!

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