Local Living and 20 Minute Neighbourhoods

Scottish Government
Riaghaltas na h-Alba
gov.scot

Sandy Robinson Chief Architect

Local Living and 20 Minute Neighbourhoods
Context

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11 SUSTAINABLE CITIES AND COMMUNITIES

13 CLIMATE ACTION

At the half-time point of the 2030 Agenda, the science is clear – the planet is far **off track** from meeting its climate goals.

Only 15% of the Sustainable Development Goals remain on track

This undermines global efforts to tackle hunger, poverty and ill-health, improve access to clean water and energy and many other aspects of sustainable development.

World Meteorological Organization (WMO).
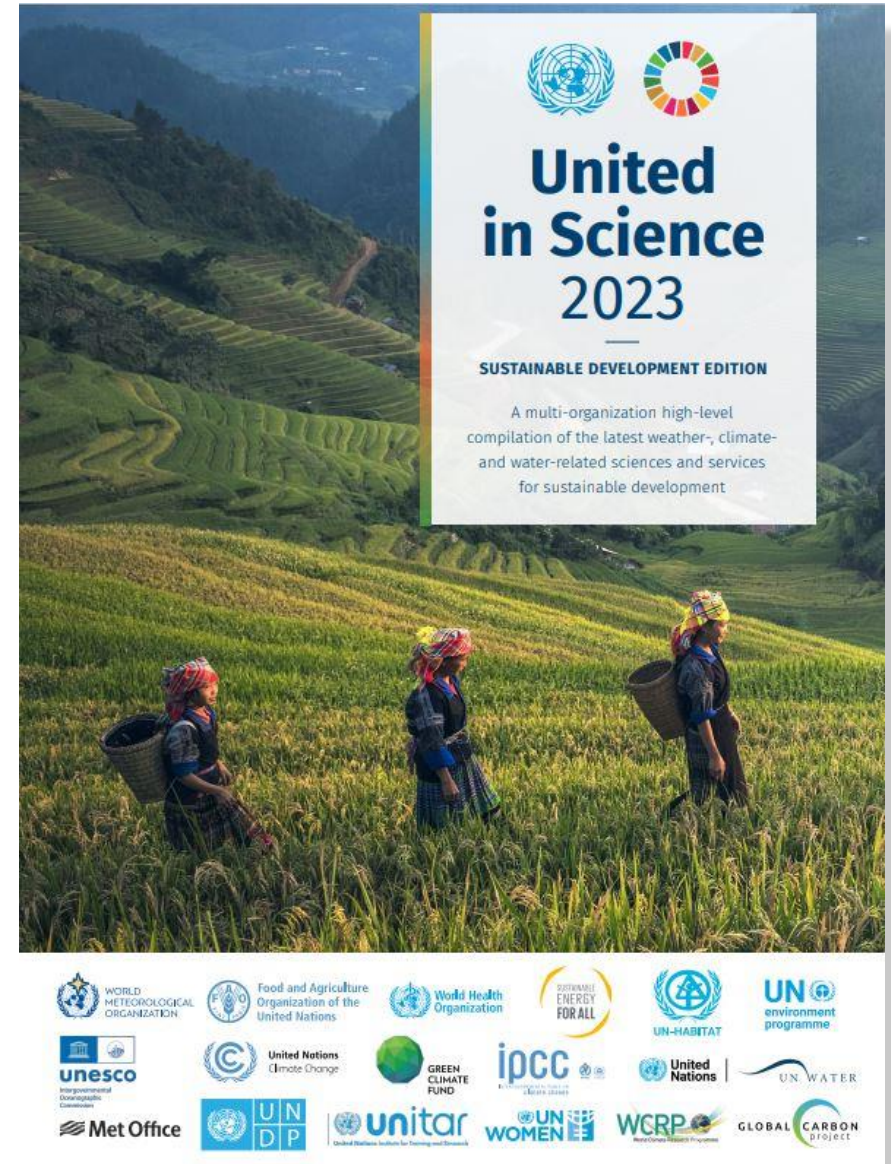
Rapid urban sprawl, urbanisation and population growth, extreme weather events, climate change, environmental and water pollution, and anthropogenic factors will continue to **threaten urban safety, resilience and sustainability.**

Additionally, data gaps and a lack of effective multi-stakeholder (transport, energy, health, tourism, etc.) partnership and user engagement **render cities vulnerable**.

World Meteorological Organization (WMO).

UN HABITAT
FOR A BETTER URBAN FUTURE

Cities of today are **traffic-choked**, road crashes kill a total of 3,287 people a day, and transport-related emissions are on the rise.

So far, the standard response to addressing urban mobility issues typically has been to increase infrastructure, mostly for cars, such as **building more roads**, highways, flyovers, or tunnels.

Unfortunately, these developments engender a **vicious circle**: more infrastructure stimulates **urban sprawl** because access to peripheral urban areas is eased, **increasing the use of cars** which, in turn, calls for further infrastructure development, and so on.

UN Habitat

Monoculture

Monoculture lacks resilience

Just transition and change

At present an estimated 1.8 million people are living in areas of the UK at significant risk of river, surface water or coastal flooding.

The population living in such areas is projected to rise to 2.6 million by the 2050s under a 2°C scenario and 3.3 million under a 4°C scenario, assuming low population growth and a continuation of current levels of adaptation.

UKCCC
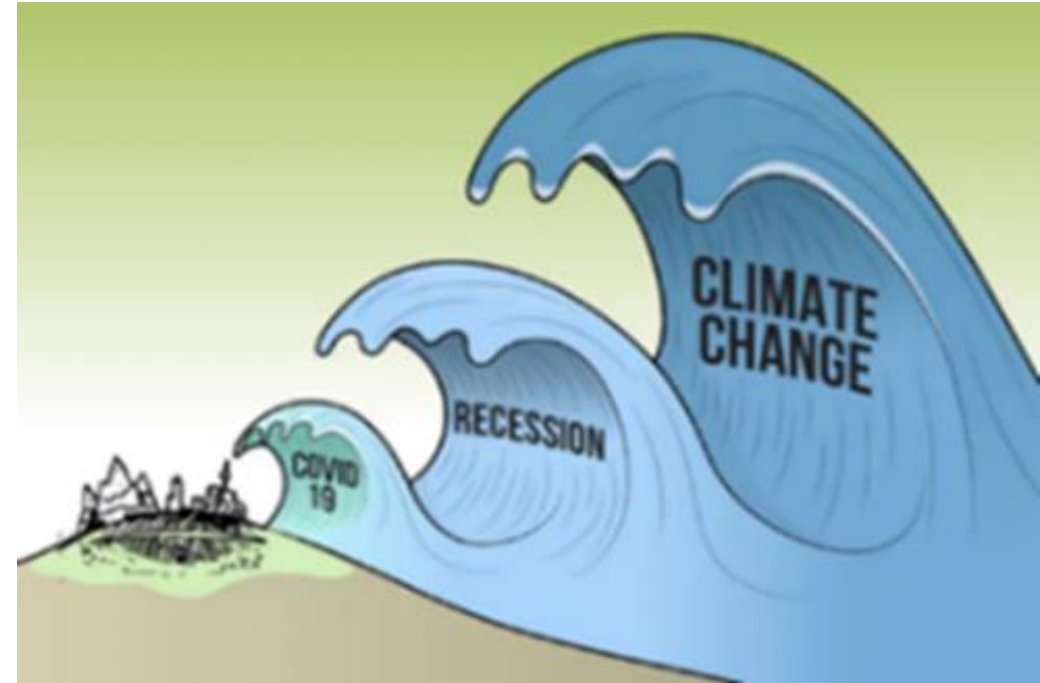
**Climate change is a stress multiplier that exacerbates existing inequalities**

- The most vulnerable in society will be hardest hit and least able to respond

The poorest households:

- Spend the greatest proportion of their income on energy and fuel
- Are least able to afford insurance
- Are often precluded by housing tenure or income from installing measures to increase resilience or energy efficiency
- Are more likely to live in areas at risk of flooding

Ignoring climate change in place making and service delivery means:

- It will be impossible to achieve other priorities and statutory obligations
- Investments in places and communities may be lost or undone
- Risk will be disproportionately loaded against communities which are already struggling
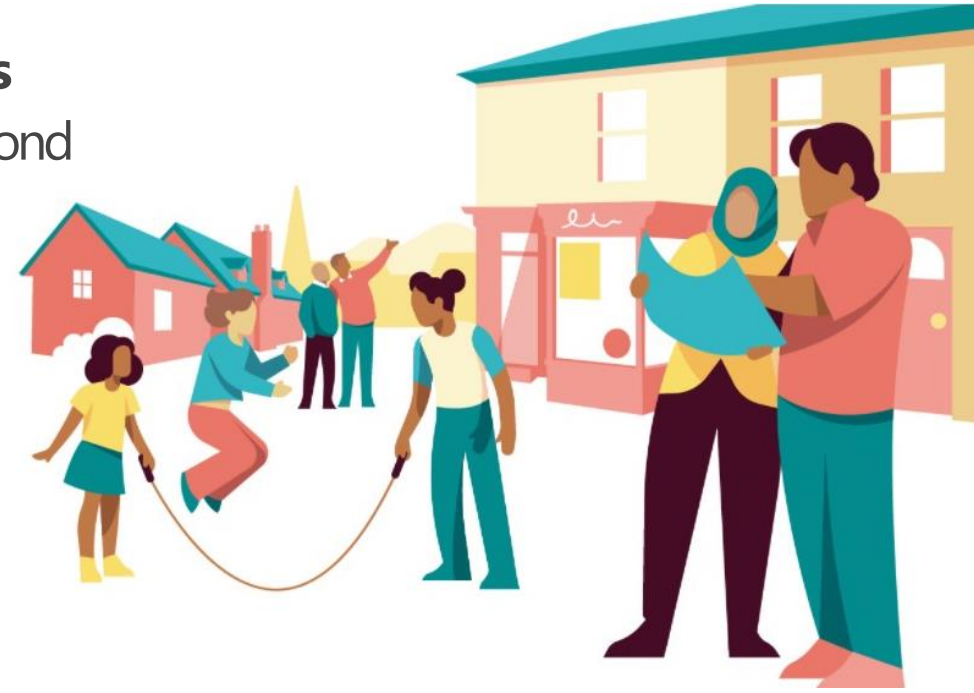
Changes in urban form

Heightened Vulnerability
due to historical processes

The explanatory model for Glasgow suggests that the city, over time, was made more vulnerable to particular socioeconomic and political exposures that adversely impact on health outcomes.

Image: Tom Parnell

Heightened Vulnerability
due to historical processes

The explanatory model for Glasgow suggests that the city, over time, was made more vulnerable to particular socioeconomic and political exposures that adversely impact on health outcomes.

Stressors
Economic and social pressures
Deindustrialisation

Protective factors
Economic investment

Image: Tom Parnell

The nature and scale of **urban change** experienced within Glasgow in the post-war period (1945-1980)

Regional policy from the later 1950's.

Relocating industry and population (generally younger, skilled workers, in employment, and often with families) to New Towns

Populations moved from what had been designated a 'declining' city, as part of a wider regional '**modernisation**'

Larger scale slum clearance and demolitions than other UK cities

Larger **poor quality** peripheral council housing

More high rise development

Much **lower investment** in housing repairs and maintenance.

So-called '**democratic deficit**' of that period, characterised by feelings of **despondency**, **disempowerment**, and **lack of sense of control**

Image: Duncan C

hope (lessness)

PHOLSTERERS

Image Flickr Marcello

Physical Inactivity

The annual cost of treating conditions associated with **overweight and obesity** is estimated to range from **£363 million to £600 million**.

The **total annual cost** to the Scottish economy of overweight and obesity, including labour market related costs such as lost productivity, is estimated to be between **£0.9 billion and £4.6 billion.**

A Castle (2015) Obesity in Scotland. SPICe Briefing, 15/01. 7 Jan 2015.

Research indicates that **increasing the intensity of destinations** in areas where they are more dispersed; and or planning neighbourhoods with greater destination intensity, may **increase residents' likelihood of being sufficiently active for health.**

Well-designed public space not only contributes to improving the overall visual character, but also **invigorates economic activities** and enhances the functionality of the city.

High density neighbourhoods with adequate public space, infrastructure and public transport facilities **encourage walking, cycling**, and other forms of eco-friendly non-motorized mobility, thereby **reducing carbon** emissions and cutting down reliance on fossil fuels.

Furthermore, the provision of **pedestrian friendly streetscapes** and public structures where residents can gather will **promote social connectivity** and diversity, thus making neighbourhoods more **cohesive, lively**, and ultimately more **attractive** to residents and investors alike.

Switching just one trip per day from car driving to cycling **can reduce carbon footprint by about 0.5 tonnes** over a year, representing a substantial share of average per capita CO2 emissions.

University of Oxford's Transport Studies Unit and including researchers from Imperial's Centre for Environmental Policy

Promoting active travel should be a cornerstone of strategies to meet net zero carbon targets, particularly in urban areas, while also improving public health and quality of urban life.

Brand et al, Transportation Research Part D: Transport and Environment 2021

Walking for 30 minutes on most days **reduces mortality risk by at least 10%;** Active commuting is associated with about a **10% decrease in risk for cardiovascular disease** and a **30% decrease in type 2 diabetes** risk; and Cancer-related mortality is **30% lower** among bike commuters.

WHO

It is crucial to redesign urban spaces that meet daily needs related to **accessing jobs, education, health care, food and goods, recreation**, and other amenities within **distances that can be safely covered using active mobility** means and public transport.

WHO

Greater neighbourhood provision of public parks from childhood through to adulthood may help to **slow down the rate of cognitive decline** in later life.

Scots who use green spaces for physical activity have a much **lower risk of poor mental health** than those who use non-natural environments.

Increasing green space in urban areas is likely to offer **significant mental health benefits to some residents of deprived communities**.

Parks provide regular users in Scotland with **£2.8b of physical and mental wellbeing benefits**.

Programme for Government Commitment

First commitment to 20 Minute Neighbourhoods in PfG 2020

"This crisis also gives us an opportunity to radically rethink the places we live in, our homes and our communities.

We want to ensure our communities can become vibrant hubs for the people who live there – to work, shop, learn, keep active, and socialise."

"Revitalise local communities through development of 20-minute neighbourhoods, investment in town centres and a new focus on place – improving local services and infrastructure, and aiding our ambition to '**live well locally**'."
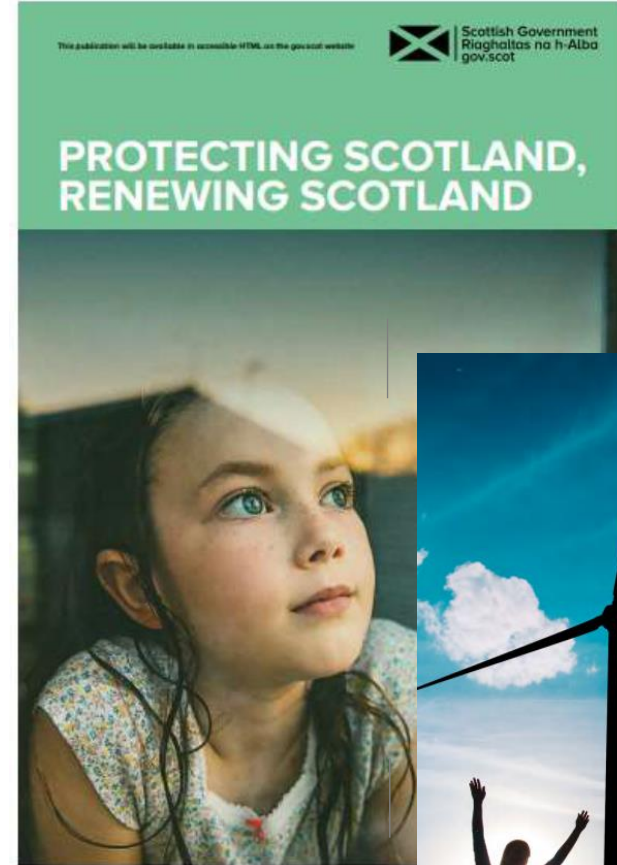
'Walkable' neighbourhoods

Designing Streets policy - 2010



400m
5 minute walk

Research base

Scotland has the opportunity to be a **global leader** in delivering this concept across the country, showing that it is feasible in both urban and rural locations

Every neighbourhood in Scotland should be **facilitated** to be a 20 minute neighbourhood

Communities should be **empowered** to make changes in their neighbourhoods to allow them to meet their daily needs in a fair and equitable way

The concept should **enable** people to travel actively in support of their health and well-being, without access being limited by the cost of transport

The 20 minute neighbourhood concept should be the ambition that **pulls together** all other relevant policies in a given location
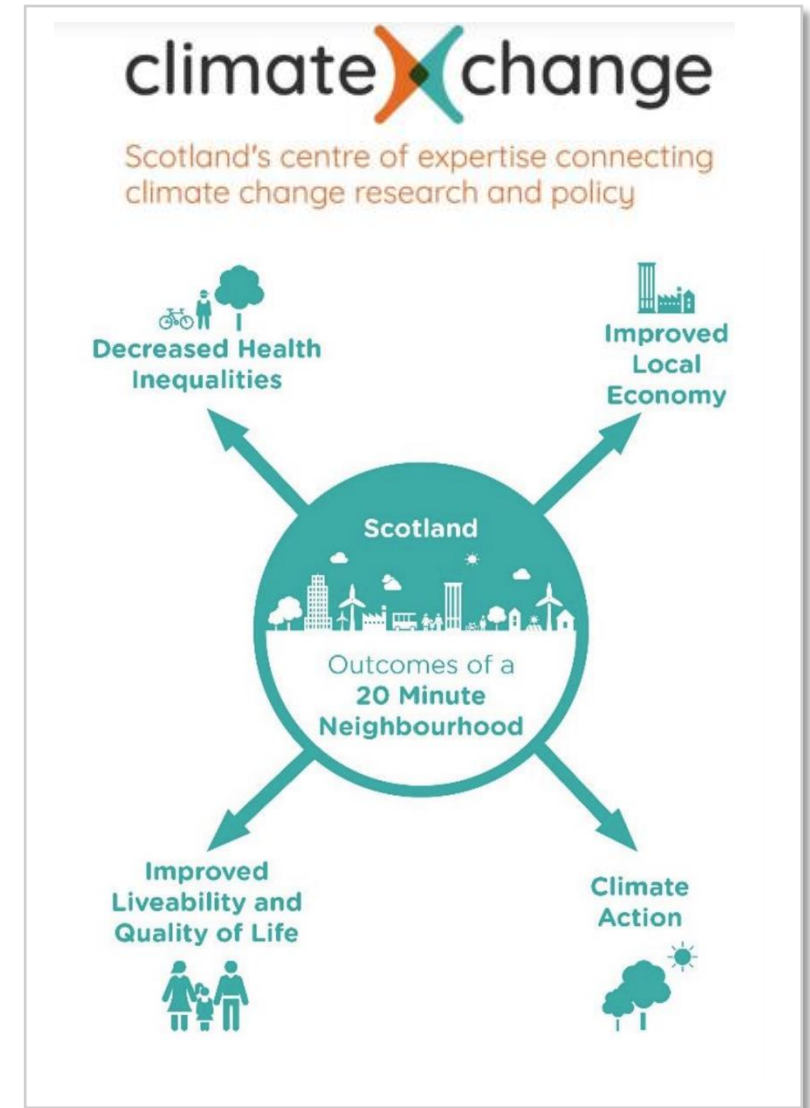
Benefits

Research into 20 minute neighbourhoods in a Scottish context identified the opportunity for the concept to support:

- **Climate action**
- **Decreased health inequalities**
- **Improved local economy**
- **Improved liveability/quality of life**
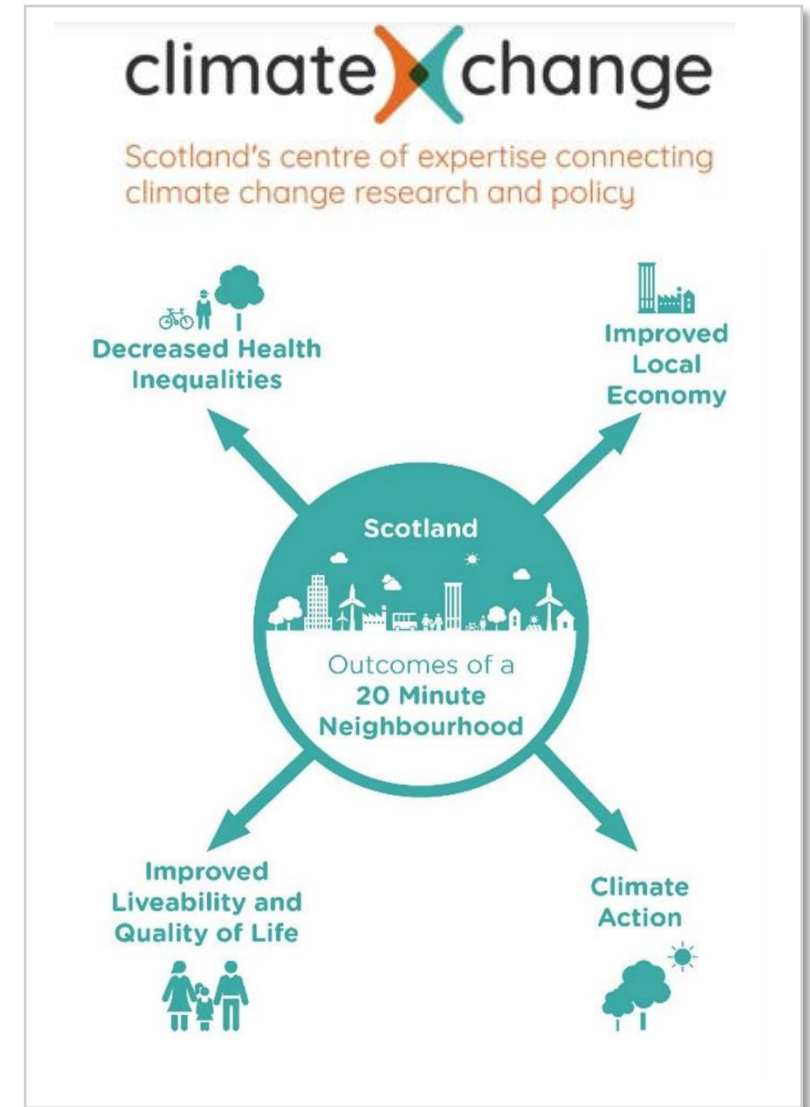
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Policy Framework

National Planning Framework 4

Scottish Government
Riaghaltas na h-Alba

Local Living and 20 minute neighbourhoods

Policy Principles

Policy Intent:
To encourage, promote and facilitate the application of the Place Principle and create connected and compact neighbourhoods where people can meet the majority of their daily needs within a reasonable distance of their home, preferably by walking, wheeling or cycling or using sustainable transport options.

Policy Outcomes:
- Places are planned to improve local living in a way that reflects local circumstances.
- A network of high-quality, accessible, mixed-use neighbourhoods which support health and wellbeing, reduce inequalities and are resilient to the effects of climate change.
- New and existing communities are planned together with homes and the key local infrastructure including schools, community centres, local shops, greenspaces, health and social care, digital and sustainable transport links.

Local Development Plans:
LDPs should support local living, including 20 minute neighbourhoods within settlements, through the spatial strategy, associated site briefs and masterplans. The approach should take into account the local context, consider the varying settlement patterns and reflect the particular characteristics and challenges faced by each place. Communities and businesses will have an important role to play in informing this, helping to strengthen local living through their engagement with the planning system.

Policy 15
a) Development proposals will contribute to local living including, where relevant, 20 minute neighbourhoods. To establish this, consideration will be given to existing settlement pattern, and the level and quality of interconnectivity of the proposed development

with the surrounding area, including local access to:
- sustainable modes of transport including local public transport and safe, high quality walking, wheeling and cycling networks;
- employment;
- shopping;
- health and social care facilities;
- childcare, schools and lifelong learning opportunities;
- playgrounds and informal play opportunities, parks, green streets and spaces, community gardens, opportunities for food growth and allotments, sport and recreation facilities;
- publicly accessible toilets;
- affordable and accessible housing options, ability to age in place and housing diversity.

Policy impact:
- Just Transition
- Conserving and recycling assets
- Local living
- Compact urban growth
- Rebalanced development
- Rural revitalisation

Key policy connections:
Tackling the climate and nature crises
Climate mitigation and adaptation
Sustainable transport
Design, quality and place
Infrastructure first
Quality homes
Blue and green infrastructure
Play, recreation and sport
Community wealth building
City, town, local and commercial centres
Retail

Policy Framework – Draft Guidance

National Planning Framework 4

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Local Living and 20 minute neighbourhoods

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with the surr____
access to:
- sustainab____
  local publ____
  walking, ____
- employme____
- shopping;____
- health an____
- childcare,____
  opportuni____
- playgroun____
  opportuni____
  spaces, c____
  for food g____
  recreation____
- publicly a____
- affordable____
  ability to a____
  diversity.____

Policy impac____
- Just Trans____
- Conserving____
- Local living____
- Compact ____
- Rebalance____
- Rural revit____

Key policy c____
Tackling the____
Climate mitig____
Sustainable t____
Design, qual____
Infrastructure____
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Play, recreati____
Community v____
City, town, lo____
Retail____

Local Living and 20 Minute Neighbourhoods.
Planning Guidance - Draft for Consultation

Scottish Government
Riaghaltas na h-Alba

Policy Framework – Draft Guidance

LOCAL LIVING
Local living provides people with the opportunity to meet the majority of their **daily needs** within a reasonable distance of their home.

20 MINUTE NEIGHBOURHOODS
The 20 minute neighbourhood concept is **one method** of supporting local living.

The 20 minute neighbourhoods concept aims to provide access to the majority of daily needs within a 20 minute walk, wheel or cycle

Local Living and
20 Minute Neighbourhoods.
Planning Guidance - Draft for Consultation

Scottish Government
Riaghaltas na h-Alba

Part 1: Policy and Place Context

Understanding context is key

Policy Context

      Planning Reform

      Public Service Reform

            Housing to 2040

            Town Centre Action Plan

            National Transport Strategy

            etc.

Place Context

      Place Principle

      Urban, rural
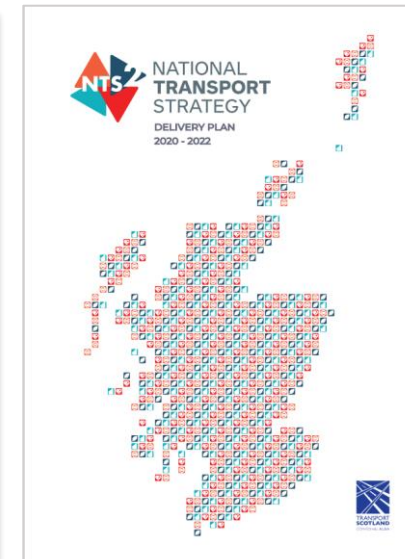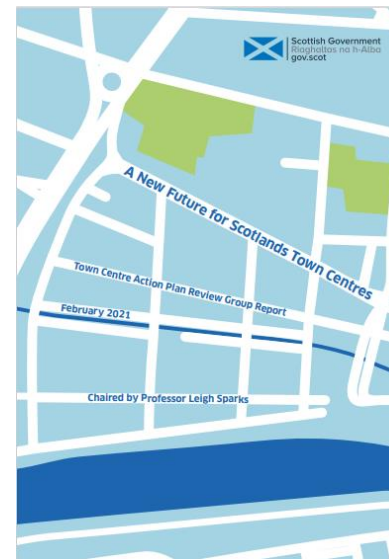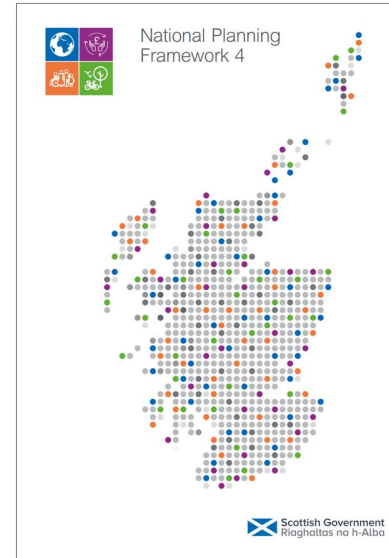
Rural and Island Context

Flexibility of approach is required across Scotland's diverse urban and rural geographies.

Local input is of particular importance in rural places.

LIVING WELL LOCALLY
20 MINUTE COMMUNITIES IN THE HIGHLANDS AND ISLANDS

JUNE 2022
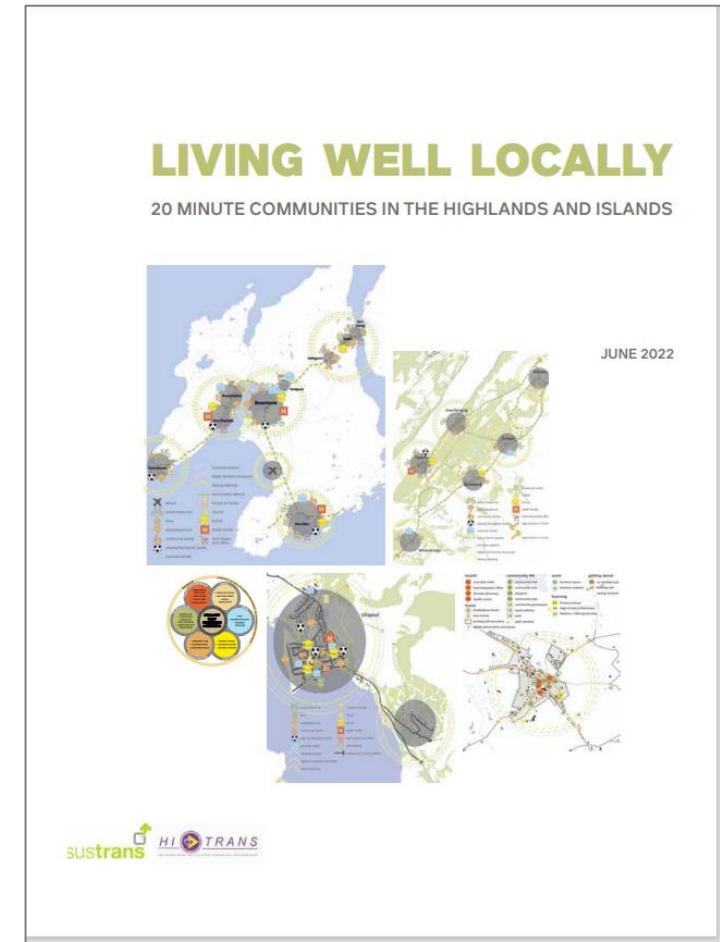
Part 2: What Local Living Looks Like
Local Living Framework
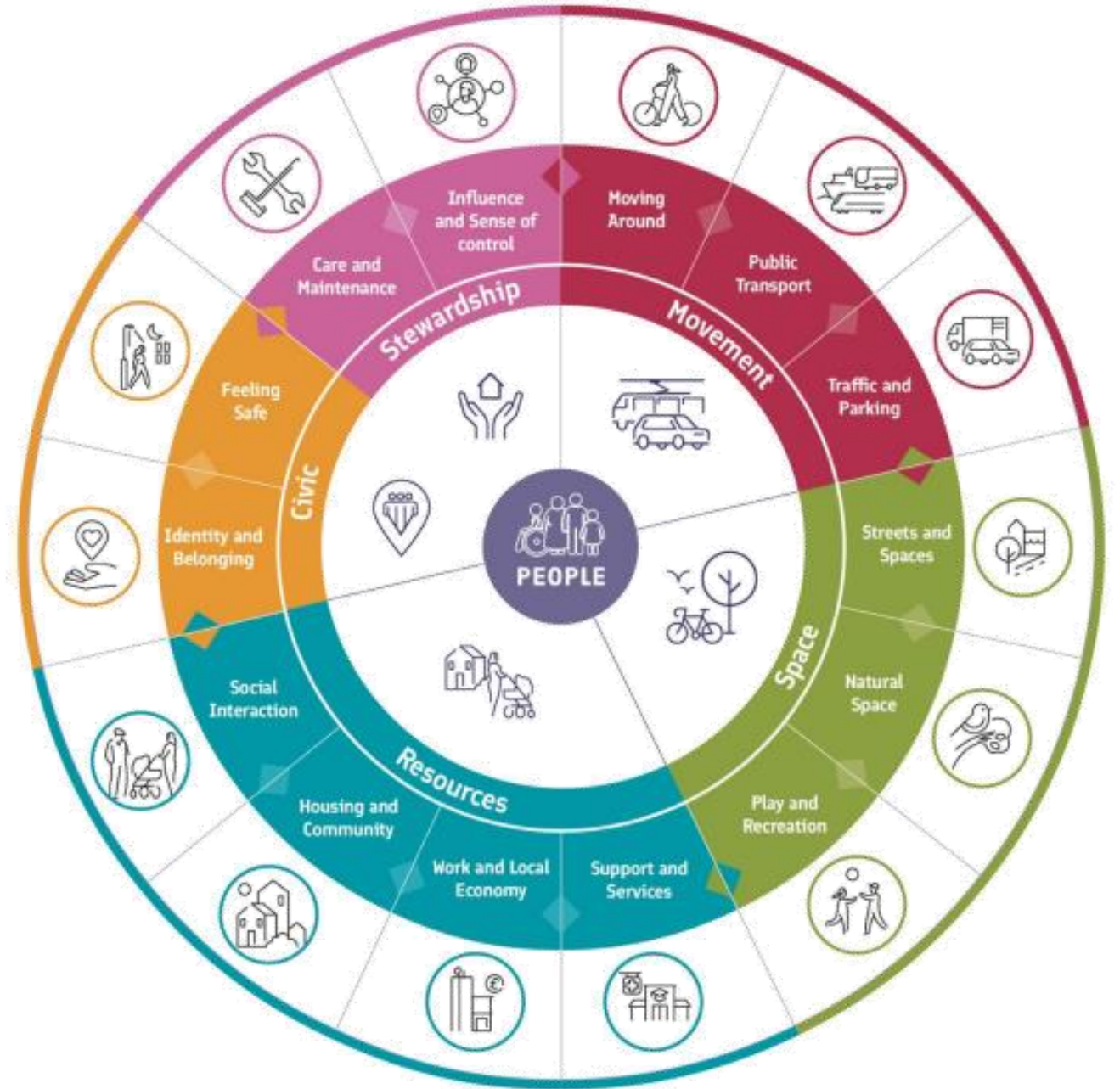
Part 2: What Local Living Looks Like
Local Living Framework

Based on **Place Standard** tool categories

Reflects **climate research** outcomes

Provides **consistent**, flexible structure that is embedded across existing policy frameworks

Can be used across geographies and place contexts

Promotes bespoke, **place based considerations**

Helps to structure conversations around **daily needs**

Part 2: What Local Living Looks Like
Local Living Framework

The Place Standard 'Design' Version

Local Living Framework
Key considerations for local living

Spaces

Place Standard tool theme	Key considerations for local living

Resources

Place Standard tool theme	Key considerations for local living

Civic

Place Standard tool theme	Key considerations for local living

Stewardship

Place Standard tool theme	Key considerations for local living

Movement

Place Standard tool theme	Key considerations for local living
Moving Around	Strategic cycle routes, local cycle routes, footpaths, secure cycle storage, shared transport, care share/trip share, inclusive of variety of pedalled vehicles, pavements, active travel networks, connectivity, desire lines, destinations, permeability, surfaces, experience, accessibility, safety, inclusive.
Public Transport	Local, regional, interconnection, commuting, infrastructure, sustainable travel, interchange between public transport & active travel, mobility hubs, modal shifts in transport.
Traffic and Parking	Public realm experience, integrated, safe, controlled, low vehicular volume, speed & noise, perceptual barriers, pedestrian priority, technology, deliveries, uplift, loading, cycle parking, charging, low and no parking provision, types & organisation of parking.

Stewardship considerations:

Rights & responsibilities, public & private, housing management, climate emergency, weather events, long-term occupation, operational costs, procurement, longevity, fitness for purpose, communication, everyday care.

Consultation, self-initiation, long-term management, community ownership, community capacity building, evaluation & ongoing improvement.

Civic considerations (partial):

...opography, landscape, ...ys, design codes, local ... / distinctiveness, perception, ...ng diversity, sharing

...e, reactivation of derelict ...limate emergency, routes & ...s, play, connections, trust,

...nal facilities, energy & sustainability.

Resources considerations (partial):

...ifetime ...se, ...on, ...epair, ...nent, ...king ...unity ...o,

...hures, ...social ...or sport, health &

...ion of ...spaces (indoor & outdoor), local groups ...nisations, public spaces, informal social ...communal activities, welcoming ...s, tackling inequalities, cohesion.

Spaces considerations (partial):

public space, legibili... street hierarchies ar... vibrant, usability, ...ality, street frontage, ...oundaries.

...atural landscape, vis... ...tures or landforms, ...limate resilience, ...en infrastructure, ...roductive spaces,

y & recreation provisio... e & maintenance, sit... oor sport, health &

nsiderations on the

Part 3: Structuring the approach

Understand Context

Understanding the context of the place.

Repeat process for incremental change

Collaborate, plan, design

collaborative models of working to inform place-based planning & design

Implement and review

aligning investment, developing delivery capacity & supporting new ways of working.

Part 3: Structuring the approach – Understanding the context

Understanding and coordinating existing place information

Quantitative data

+

Qualitative data

Understand Context

Understanding the context of the place.

Repeat process for incremental change

Implement and review

aligning investment, developing delivery capacity & supporting new ways of working.

Collaborate, plan, design

collaborative models of working to inform place-based planning & design

Understanding context
The importance of qualitative data

Image Flickr Ed Webster

Part 3: Structuring the approach – Understanding the context

Understanding and coordinating existing place information

Quantitative data

+

Qualitative data
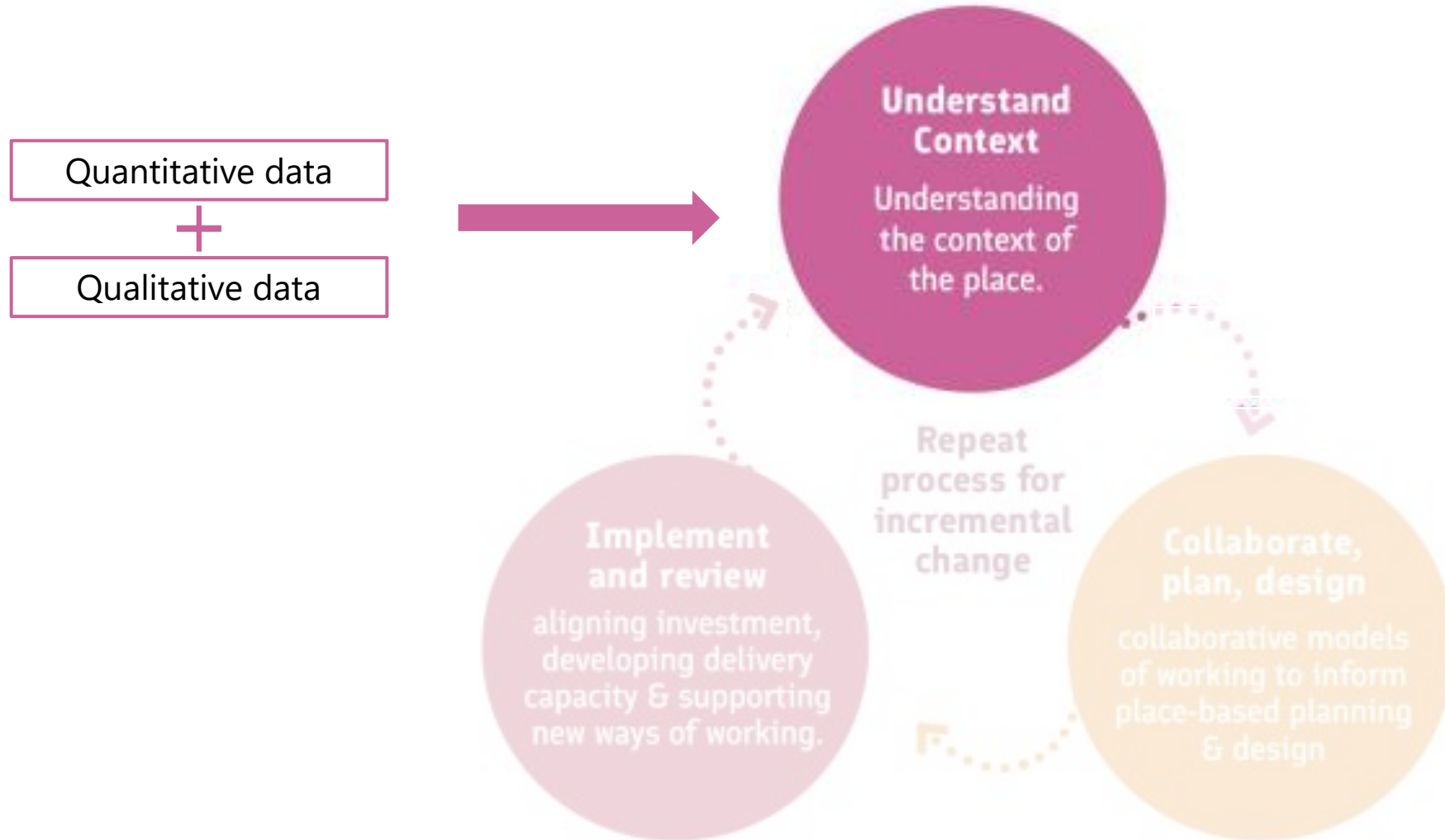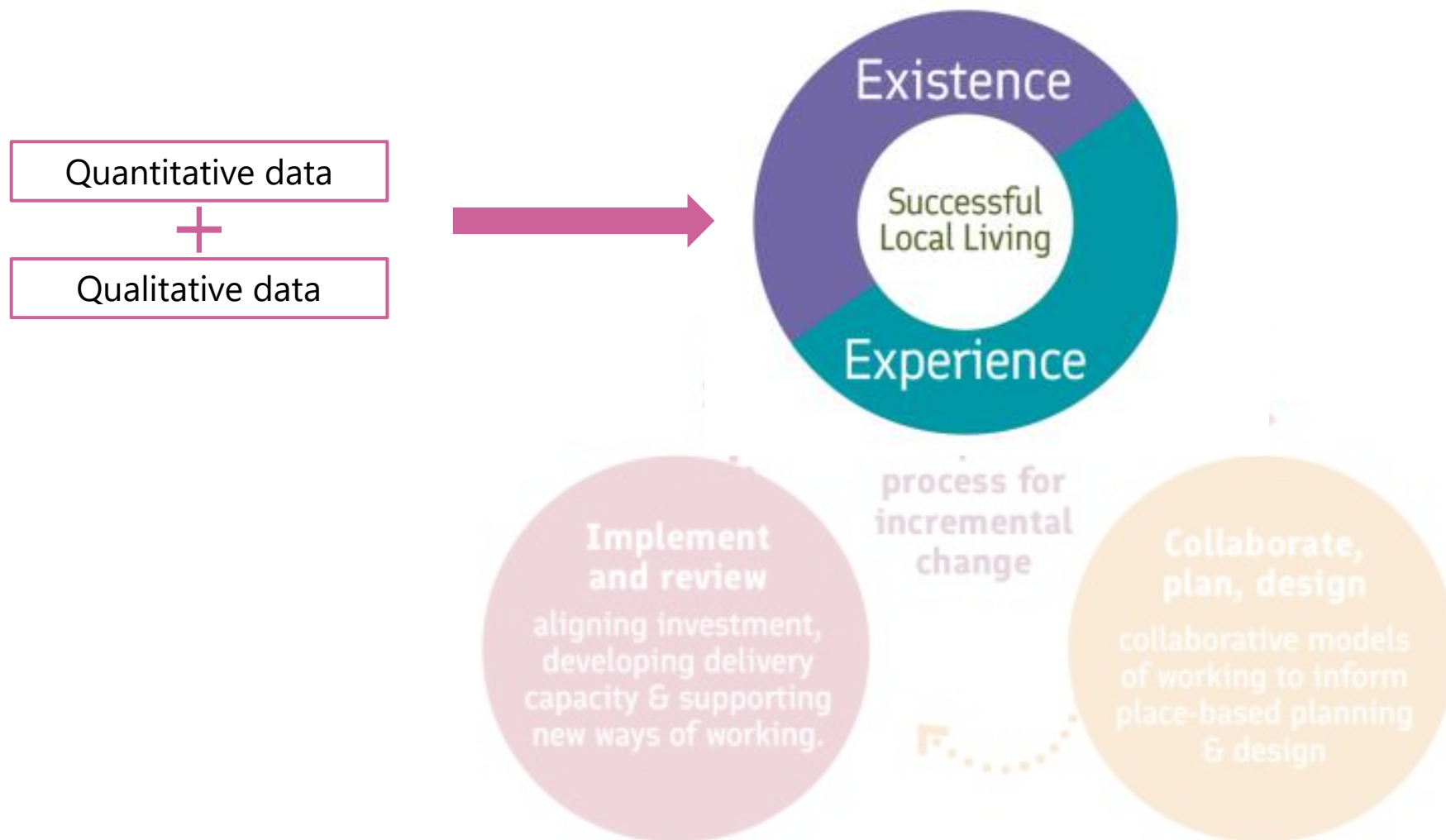
Part 3: Structuring the approach – Collaboration

Implementing the Place Principle

Understand Context

Understanding the context of the place.

Implement and review

aligning investment, developing delivery capacity & supporting new ways of working.

Repeat process for incremental change

Collaborate, plan, design

collaborative models of working to inform place-based planning & design

Place Principle

Collaborative working

Place based approach

Working across services

Coordination of partners/stakeholders

Part 3: Structuring the approach – Implementing

Supporting incremental change , review and learning

Aligning investment

Developing delivery capacity

Supporting new ways of working

Review, refine and refresh

Understand Context

Understanding the context of the place.

Repeat process for incremental change

Implement and review

aligning investment, developing delivery capacity & supporting new ways of working.

Collaborate, plan, design

collaborative models of working to inform place-based planning & design
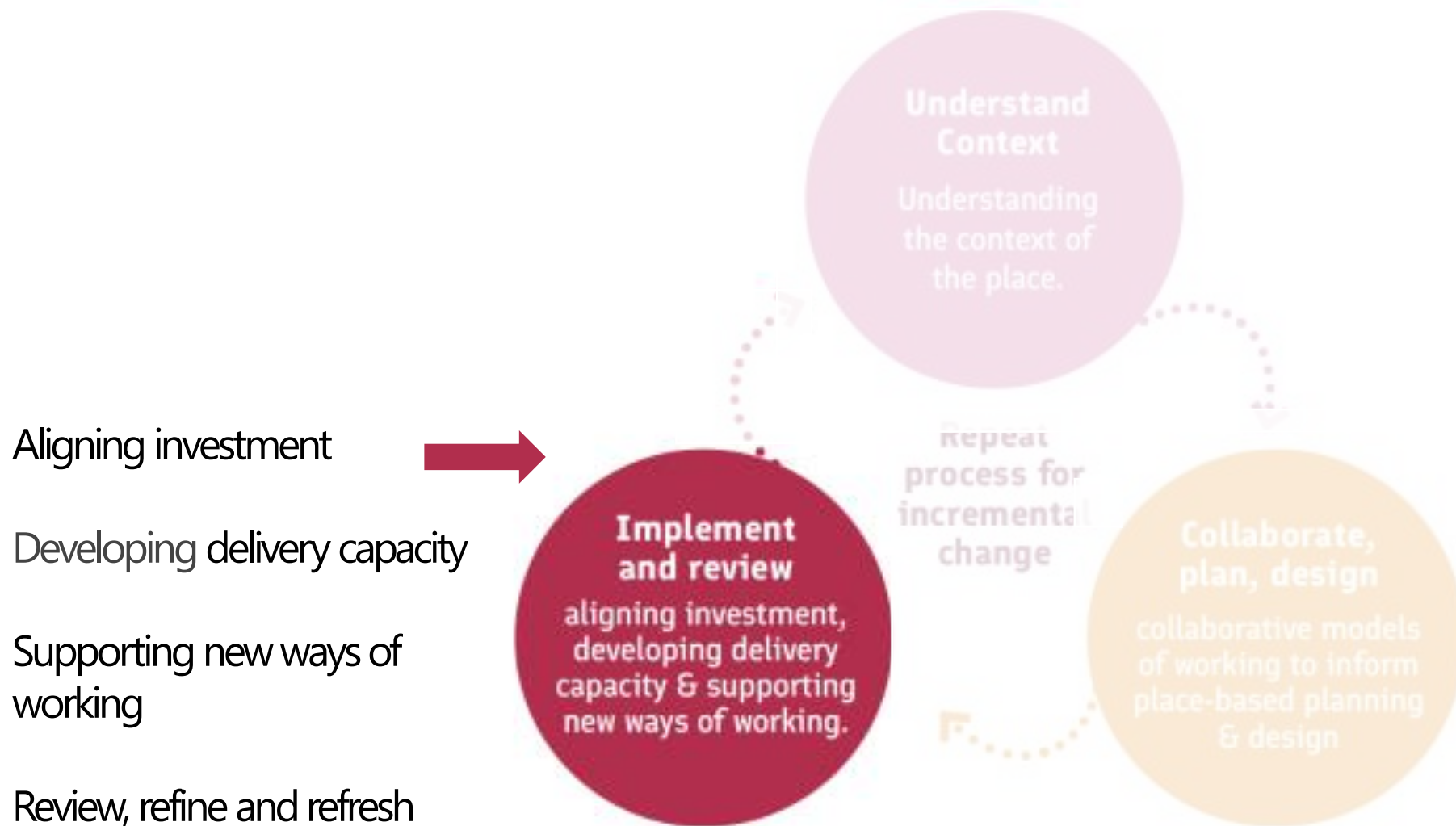
Climate Resilient Development Pathways

Intergovernmental Panel on Climate Change – AR6

Greenhouse gas mitigation

Adaptation options

Sustainable development

Climate Resilient Development Pathways

Intergovernmental Panel on Climate Change – AR6

Transformative actions and system transitions

(a) Societal choices that generate fragmented climate action or inaction and unsustainable development perpetuate business as usual development

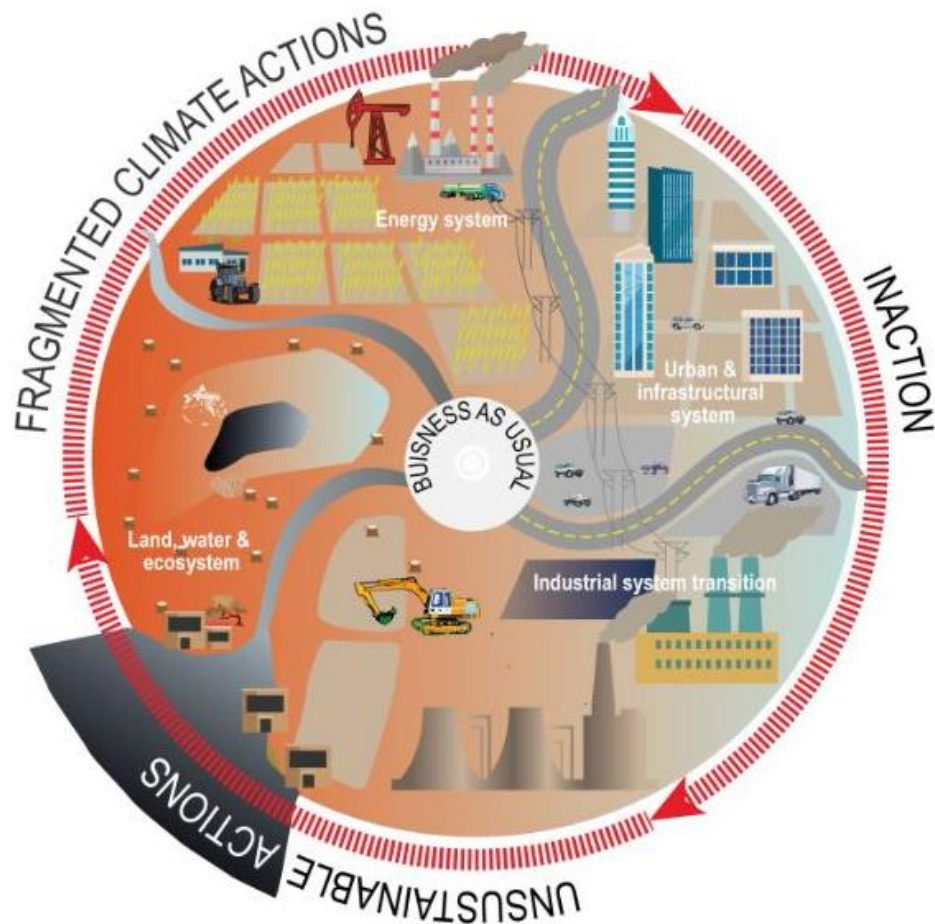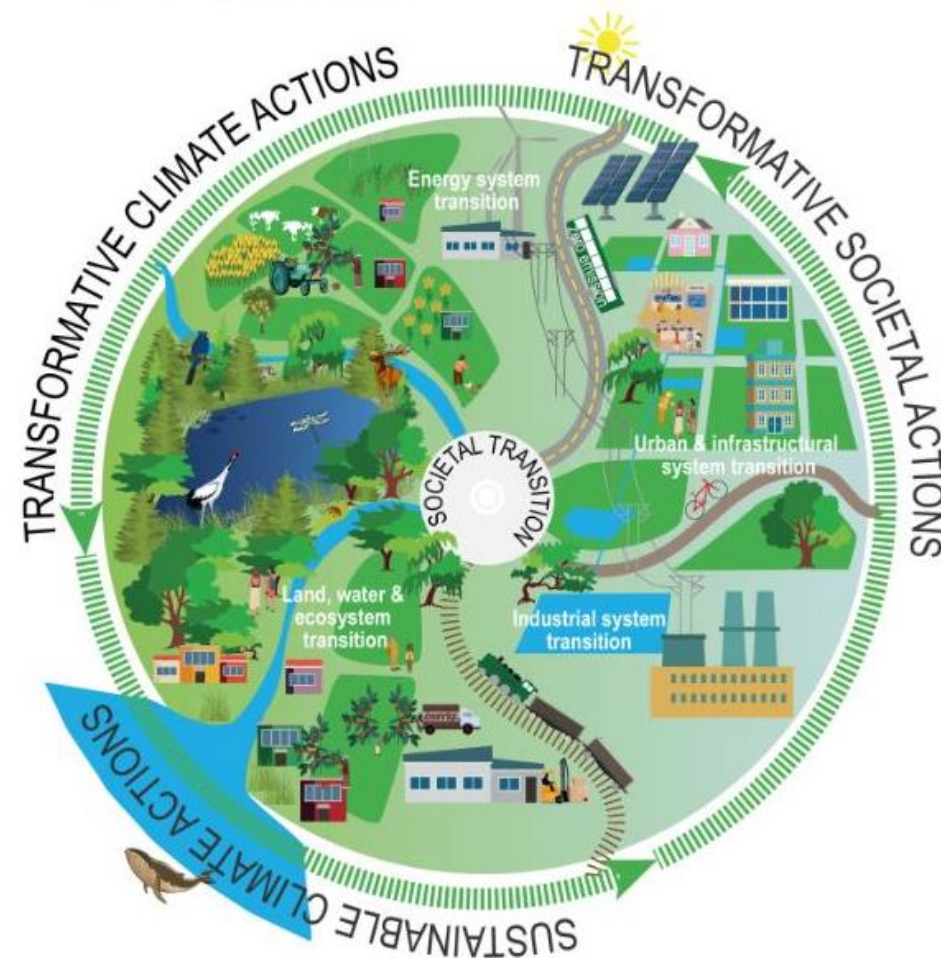(b) Societal choices that support CRD involve transformative actions that drive five systems transitions

Challenges

Placemaking is a slow, incremental process but climate change is happening now, and fast

- Scotland's built assets are replaced at <1% a year
- During the 2020s climate action must be delivered at scale
- Today's places must be designed with the future in mind

Opportunities

Responding to the climate emergency is also good for health, wellbeing, equality, inclusive growth

- Climate change is a stress multiplier that exacerbates existing inequalities
- Climate change solutions have cascading benefits
- Ignoring climate change in place making means it will be impossible to achieve other priorities and we will create risk
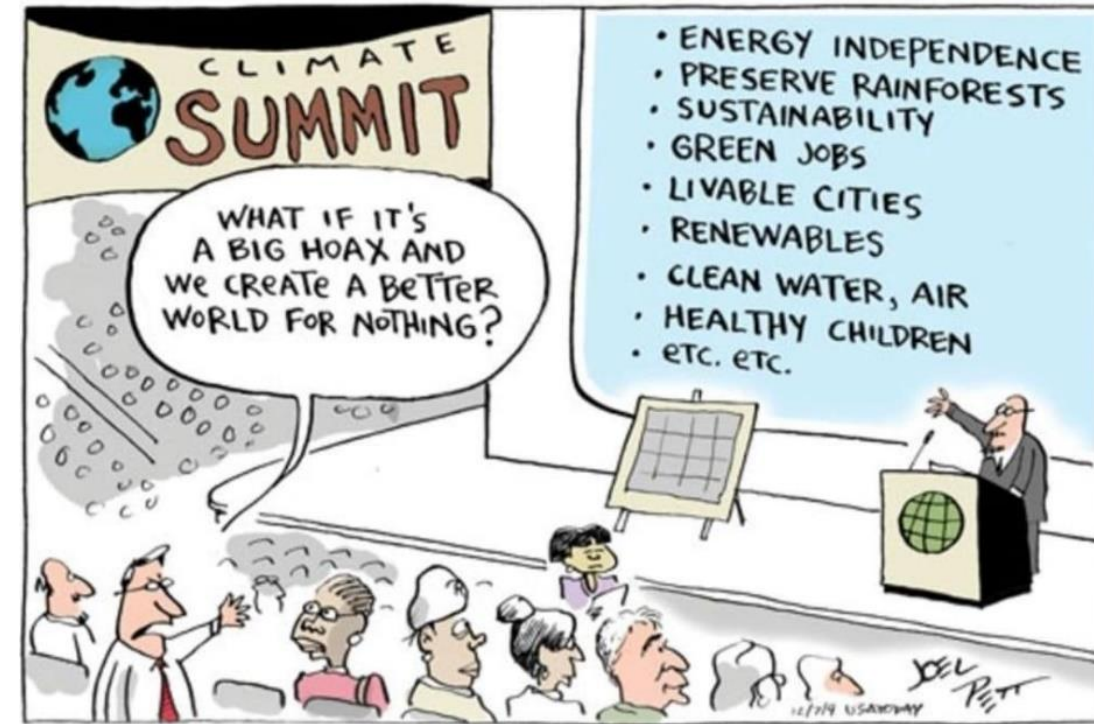
© Joel Pett

Good practice and learning
ourplace. scot

Launched January 2022

Platform to share information and learning on place-based working

Focus on supporting the Place Principle

Good practice and learning

ourplace. scot

OUR PLACE

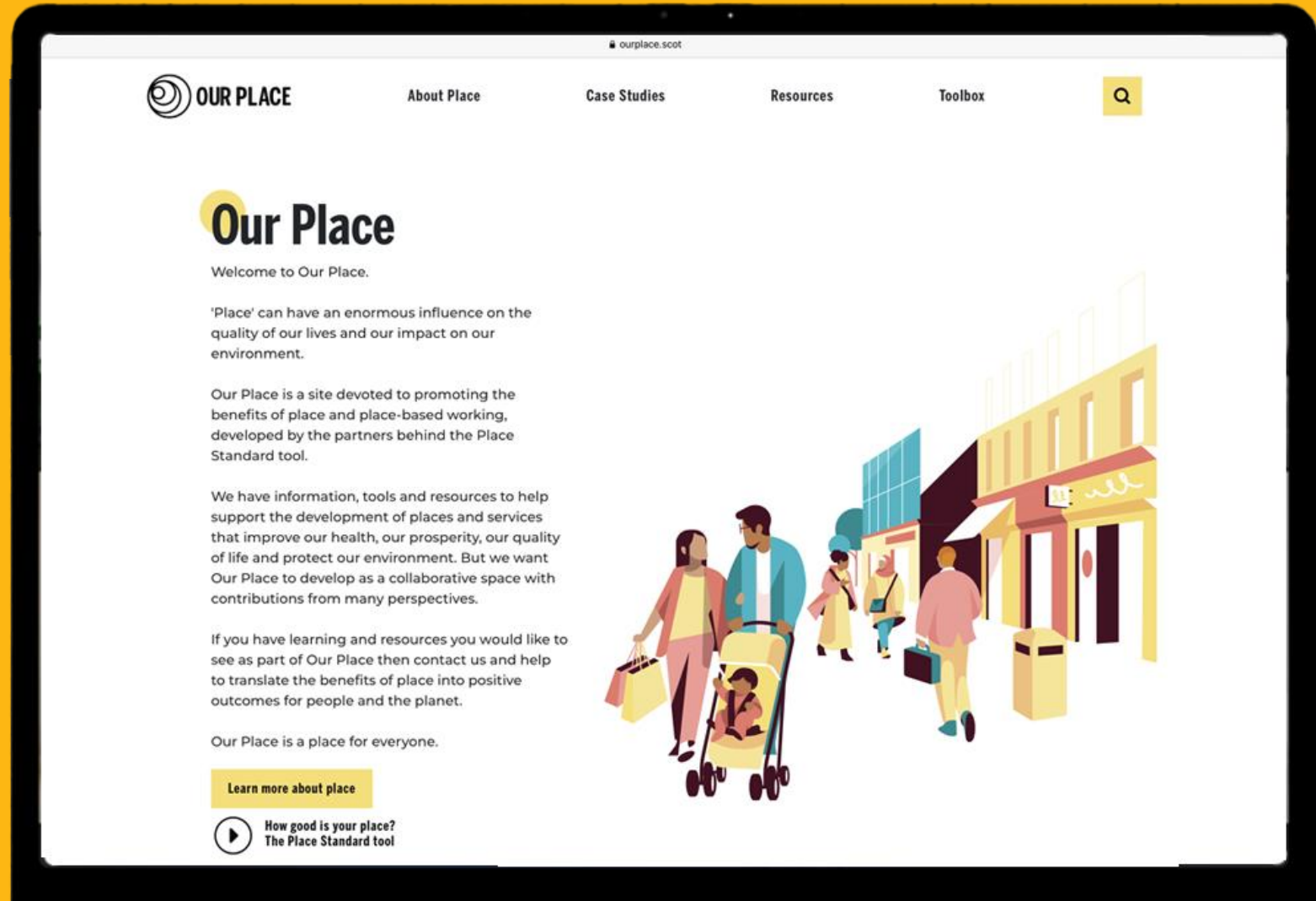About Place   Case Studies   Resources   Toolbox   🔍

20 Minute Neighbourhoods

A 20 minute neighbourhood is an attractive, safe, walkable place where people of all ages and abilities can access the vast majority of the facilities and services they need daily within a walk of around 20 minutes.

20 minute neighbourhoods can help to reduce car use, encourage physical activity and help to support local businesses. However, they are not simply about accessing shops and public services.

They are places that help to build a sense of community and social capital and create a positive identity for a place and the people who live there.

Read more about 20 minute neighbourhoods

Planning & Designing Places

Making the right decisions about how our places are designed and planned is essential if communities are to benefit from the quality of life that a vibrant and thriving 20 minute neighbourhood can provide.

Learn more about the planning & design of good places

Housing

Housing is the building block of our communities. The quality, affordability and design of our homes has an important influence on our health and wellbeing

Learn more about Housing

Moving Around

How we move around a place can influence our health and levels of activity, our impact on the environment, our ability to connect with each other and with facilities, and the layout and attractiveness of our communities.

Learn more about Moving Around

Town Centres and Local Services

Town centres, local centres and community services such as schools, health centres and shops provide many of the essential services and opportunities that we access daily and inform our sense of identity and belonging.

Learn more about Town Centres

Greenspace

Our relationship with green space is important for people's health and for the environment. Green spaces, such as parks and open spaces are a vital part of communities, providing places for socialising, interaction and events, and opportunities for children to play.

Learn more about green space here

OUR PLACE

PlaceStandard@gov.scot

Case Studies

There are many different ways place-based work happens: community led, professionally generated, focussed on one issue or all issues in a place. Each place has a unique context which means no two efforts will ever be the same.

Below are some examples of how effective place based working has been taken forward in projects across Scotland.

Creative Dundee

TIME	2008 - Ongoing
LOCATION	Citywide, Dundee

Creative Dundee began as a blog in 2008 which grew into a social enterprise dedicated to better connecting the city of Dundee through advocating and recognising the incredible things that are made in Dundee, and encouraging an environment that inspires new collaborations to emerge. Today, Creative Dundee operates as a citywide network leading collaborative projects which generate local, national and international opportunities for people and the city. For more than a decade the organisation has supported Dundee's strong creative ecology and citywide transformation, most notably leading the development and creation of the Creative Industries Strategy for the city with wide ranging local partners.

LIVE Park

TIME	2011 - Ongoing
LOCATION	Loch Lomond & The Trossachs National Park

LIVE Park is the Local Development Plan for Loch Lomond & The Trossachs National Park. This 720 square mile area contains a number of towns and villages, and while conservation is a key concern for the park authority, there exists a need to think carefully about development opportunities that impact the more than 15,000 residents of the area. Live Park sets out a 20 year vision for development and is refreshed every 5 years.

The Stove Network

TIME	2011 - Ongoing
LOCATION	Dumfries, Scotland

The Stove Network is an 'arts and community' organisation in the heart of Dumfries High Street. From their space, they are able to run a diverse programme encompassing many different avenues of art, design and enterprise as well as a cafe. The work of the Stove Network is to raise the profile of their creative community and their town through regular opportunities, workshops, events and projects.

Resources

This section contains a variety of resources on place and place-based working.

You can browse all of the resources or view them using the categories below.

See All Resources

Mental Health and Town Planning

This practice note gives advice on how planners can work within the current UK planning systems and with other professionals to take account of mental health when making changes to the built environment. It summaries expert advice, outlines key planning policy, good practice and case studies. The policy context applies to England, Wales, Scotland, Northern Ireland and Ireland, but the principles of good practice apply wherever you work in the world. The audience for this advice is primarily RTPI members, but it is also relevant to other built environment professionals, public health professionals, charities and local politicians.

mentalhealthtownplanning2020-final.pdf (rtpi.org.uk)

Shaping Places for Wellbeing

The Shaping Places for Wellbeing Programme is a delivery partnership between the Improvement Service and Public Health Scotland, funded and supported by the Health Foundation and Scottish Government with support from COSLA.

The ambition of the Shaping Places for Wellbeing Programme is to change our collective approaches to the places where we live, work and play. To deliver upstream preventative interventions that reduce Scotland's significant health inequalities while delivering on the range of national ambitions around Covid recovery and climate action. The programme aims to stimulate and support action at local, network and national level and the action is anchored in the Place and Wellbeing Outcomes.

https://www.improvementservice.org.uk/products-and-services/consultancy-and-support/shaping-places-for-wellbeing-programme

Place and Wellbeing Outcomes

Link to the Place and Wellbeing Outcomes

Space to Thrive - Evidence review of the benefits of parks and green spaces

This report summarises a rapid review of evidence on the social benefits of urban parks and green spaces. It has been conducted by researchers from Sheffield Hallam University and The University of Sheffield. It focuses on issues such as health, wellbeing and social integration rather than on the wider environmental and ecological benefits of green spaces.

The evidence is presented within a context of increasing policy interest in the social benefits of parks and green spaces. Following work by The National Lottery Heritage Fund, the National Lottery Community Fund and civil society organisations, there is growing political recognition of the social importance of public parks.

Space to thrive_2019, A rapid evidence review of the benefits of parks and green spaces for people and communities (heritagefund.org.uk)

Toolbox

The Our Place Toolbox contains some key tools that can support you to learn, understand, assess and act to improve the quality of places.

Place Standard tool

The Place Standard tool is a simple way for anyone to assess the quality of a place.

The tool provides a framework to structure conversations about place. It allows people to think about the physical elements of a place (for example its buildings, spaces, and transport links) as well as the social aspects (for example whether people feel they have a say in decision making).

The tool provides prompts for discussions, allowing groups or individuals to consider all the elements of a place in a methodical way.

Find out more about the Place Standard tool

Understanding Scottish Places

Understanding Scottish Places is a tool to help towns practitioners and communities better understand the function of the towns they live and work in. The platform primarily functions as a diagnostic tool, offering the opportunity to compare and contrast data about places across the country.

The site organises data about all of the places in Scotland with populations higher than 1000, helping visualise how different towns inter-relate and how they depend on others around them for services and functions.

Access the Understanding Scottish Places data

Scottish Index of Multiple Deprivation

The Scottish Index of Multiple Deprivation (SIMD) is a relative measure of deprivation across 6,976 small areas across seven domains: income, employment, education, health, access to services, crime and housing.

SIMD data can help improve understanding about the outcomes and circumstances of people living in the most deprived areas in Scotland.

Access the SIMD website

Town Toolkit

The Town Toolkit has been developed by Scotland's Towns Partnership, as a source of information and inspiration for anyone who wants to make their town centre better. Whether from a local authority, community group, business, social enterprise or other organisation – the toolkit contains a range of ideas that can be put into action to improve and enhance Scotland's towns.

The Toolkit aims to put Scotland's policy approach to town centres into practice. It shows how working collaboratively can deliver the ambitions of the Town Centre First Principle, the Place Principle and the Place Standard tool.

Access the Town Toolkit here

Place Value Wiki

Place Value Wiki is an online resource, developed by the Place Alliance, containing research and evidence that links the quality and design of place with the value added in health, social, economic and environmental terms.

The evidence held in the wiki is valuable to understand the impacts of place on a range of outcomes and to help make the case for investing in the quality of place.

Access the Place Value Wiki

Young Placechangers Toolkit

The Young Placechangers toolkit aims to inspire young people to take the lead in their local community, to voice their opinions and help make positive change happen.

Full of place activities and resources which are inclusive, fun, and interactive, it gives youth workers, community groups and place professionals ideas on working with young people, including how to evaluate place, how to map your local community and how to influence the local decision-making process.

Access the Young Placechangers Toolkit

Local Living and 20 Minute Neighbourhoods