

Regeneration and Well-Being

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The Project

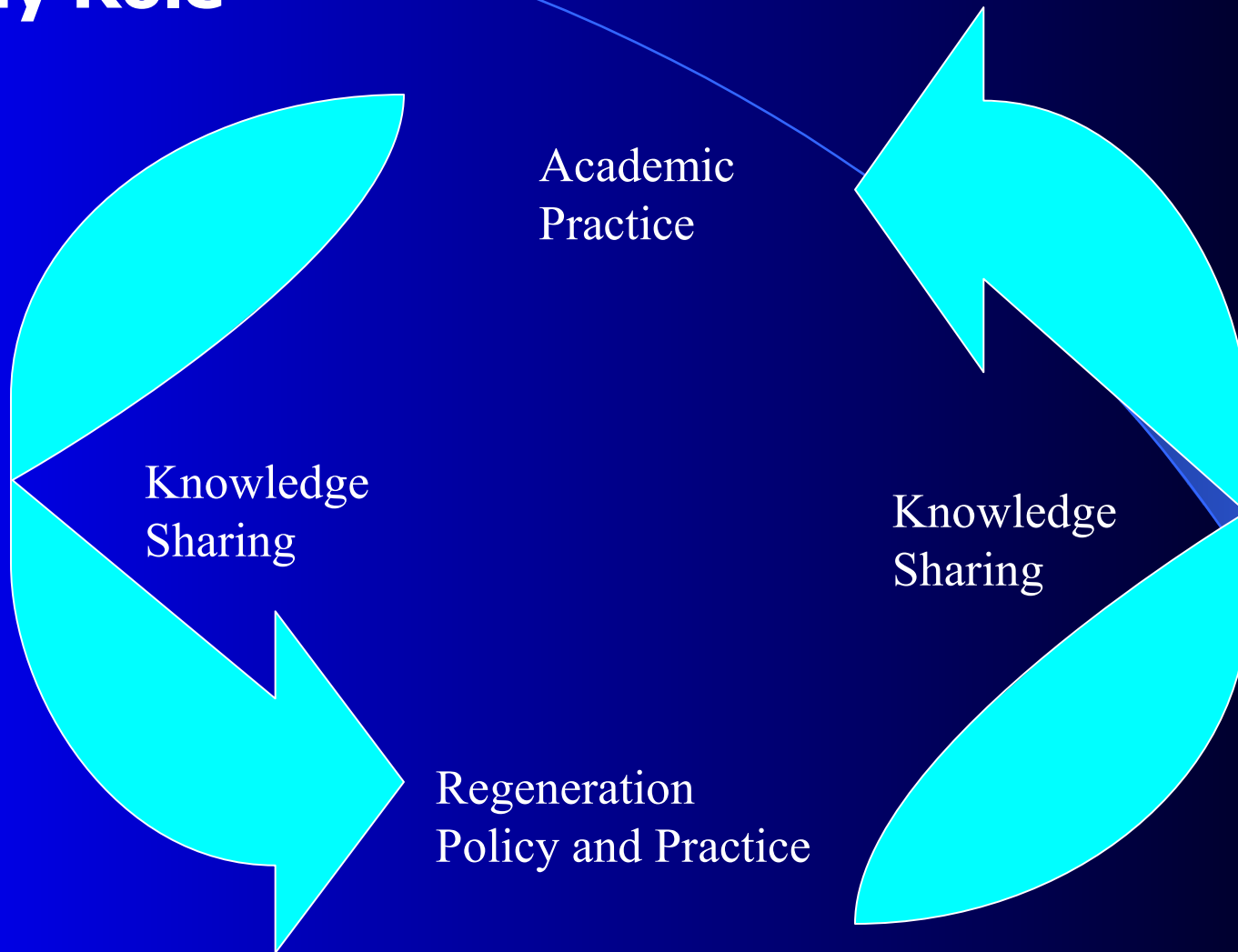
Aim:

To evaluate the impact of a major regeneration programme in inner city Manchester on the Health and Well-Being of the local residents

Objectives:

- To identify existing health and well-being data collected in East Manchester (Data assimilation)
- To provide a conceptual framework of Well-Being as applied to urban regeneration (Conceptual Model building)
- To identify key regeneration activity and its perceived impact upon health and well-being (Initial Impact)
- To undertake effective resident consultation to ascertain the impact of regeneration on aspects of health and well-being (Participative Element)
- To highlight gaps between regeneration policy and observed well-being targets (Implications)

My Role

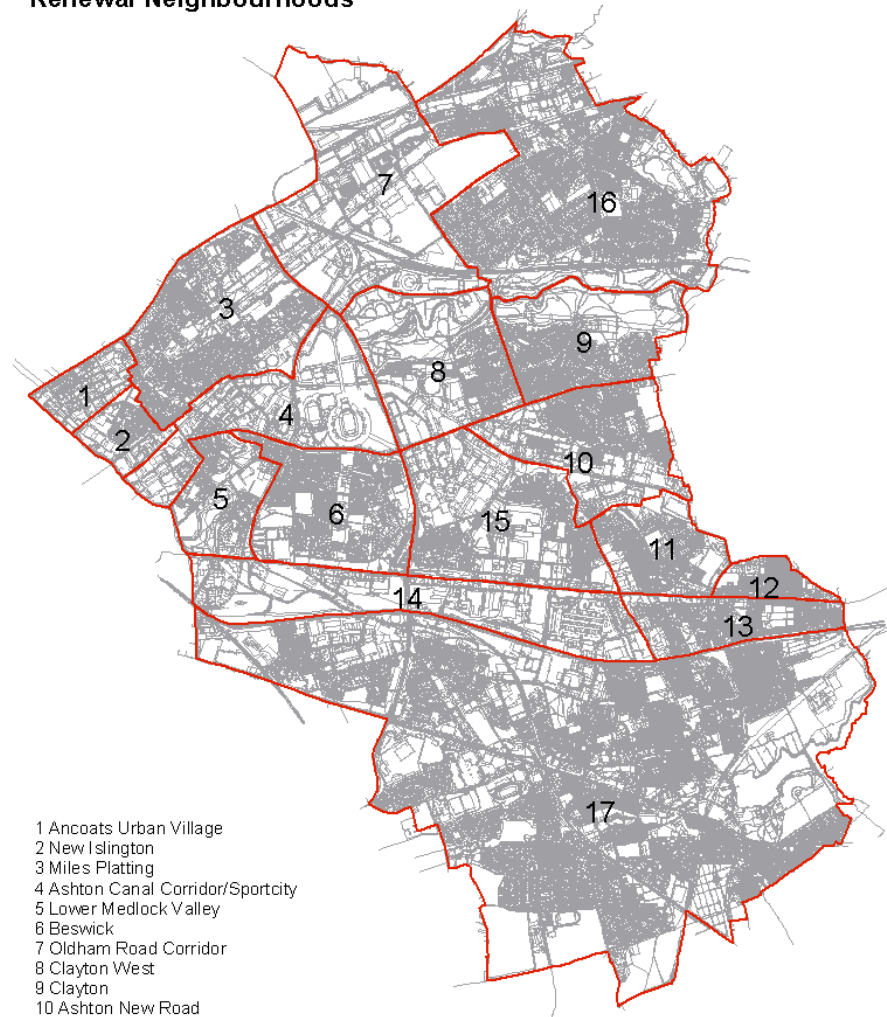


Background - New East Manchester

- Established in 1999 as the second URC to be created
- Partnership between the Manchester City Council, English Partnerships and the North-West Development Agency
- £77.6 million NDC and Single Regeneration Budget
- Population of just under 60,000, divided into 17 neighbourhoods
- Areas of investment: Crime and Community Safety; Education and Young People; Economic; Housing and the Environment; Health and Well-Being; Sport and Local Services; Community Capacity and Cohesion



New East Manchester Renewal Neighbourhoods



- 1 Ancoats Urban Village
- 2 New Islington
- 3 Miles Platting
- 4 Ashton Canal Corridor/Sportcity
- 5 Lower Medlock Valley
- 6 Beswick
- 7 Oldham Road Corridor
- 8 Clayton West
- 9 Clayton
- 10 Ashton New Road
- 11 High Legh
- 12 Toxteth Street
- 13 Delamere/Ogden Street
- 14 Ashton Old Road South
- 15 Openshaw West
- 16 Newton Heath
- 17 Gorton



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Map produced by Research and Evaluation Team
New East Manchester

Methodology

- Data Assimilation and Analysis
- Literature Review and Conceptual Model Development
- Interviews with Regeneration Professionals and other stakeholders
- Consultation with Local People

Data Sources

- Perceptions Survey data (1999, 2002, 2005)
- Baseline data
- Key performance indicators
- Other qualitative and quantitative data
- Tacit knowledge of officers and partners

East Manchester – Baseline Data

- Unemployment at 5.1%, compared to 3.7% for Manchester and 2.9% in the rest of the North-West
- 45% households have annual gross income of just over £10,000 compared to £19,400 for Greater Manchester and £21,300 for the UK
- 57% households have no car
- Teenage conception rates (90.9/1000) are over double the national average (42.9) and far exceed Manchester (64.9%)

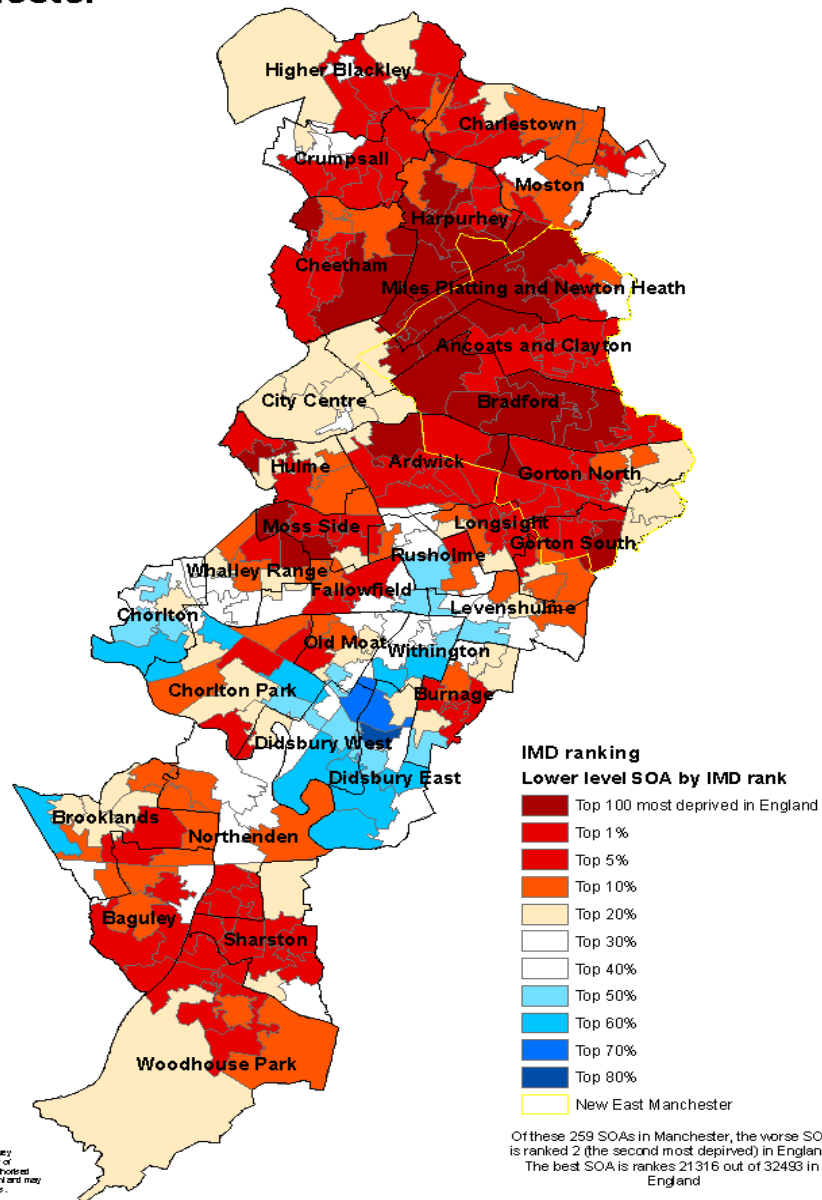
East Manchester – Baseline Data

- 39% households receive benefits
- Over 26% have a limiting long-term illness, exceeding city-wide (21%) and national levels (18%)
- 28% households have household member with physical or mental disability
- 63% households have suffered at least one crime in the past 3 years

East Manchester – Baseline Data

- IMD 2005: East Manchester has some of the top 100 most deprived super output areas in England (out of 32,482)
 - Includes the 7th, 8th and 14th most deprived SOAs
 - Beswick (17th) and Clayton (22nd) amongst the most deprived wards in the country
- Only a third of residents feel that they can influence decisions in the local area
- 54% feel part of the community
- Over half know most or many people in their neighbourhood

Index of Multiple Deprivation (revised) Manchester



Data Analysis - Findings

- Infrequent, untimely data
- Level of Aggregation
- Contributory factors
- Quantitative Vs Qualitative data

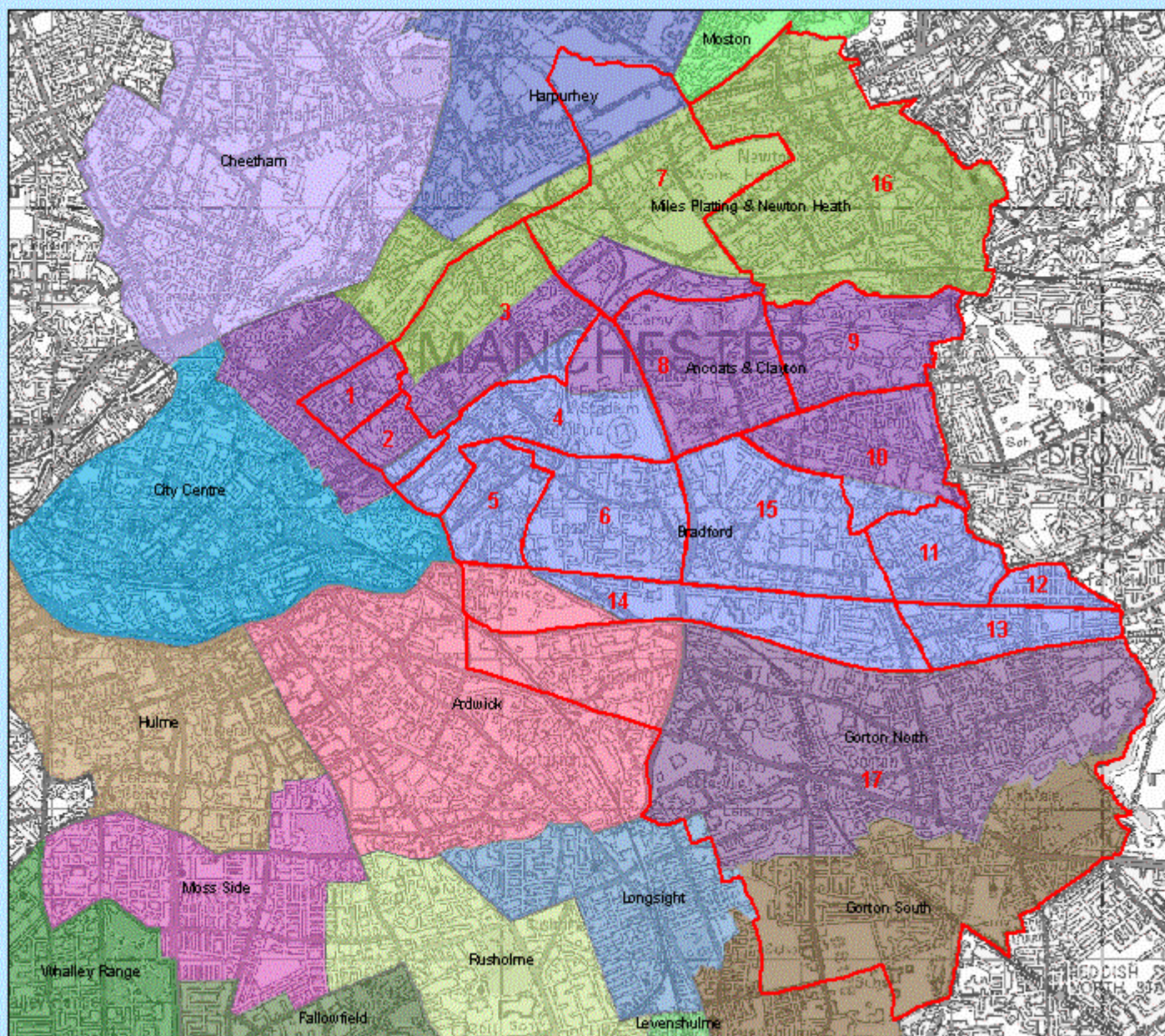
New East Manchester Neighbourhoods and Wards

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East Manchester Neighbourhoods

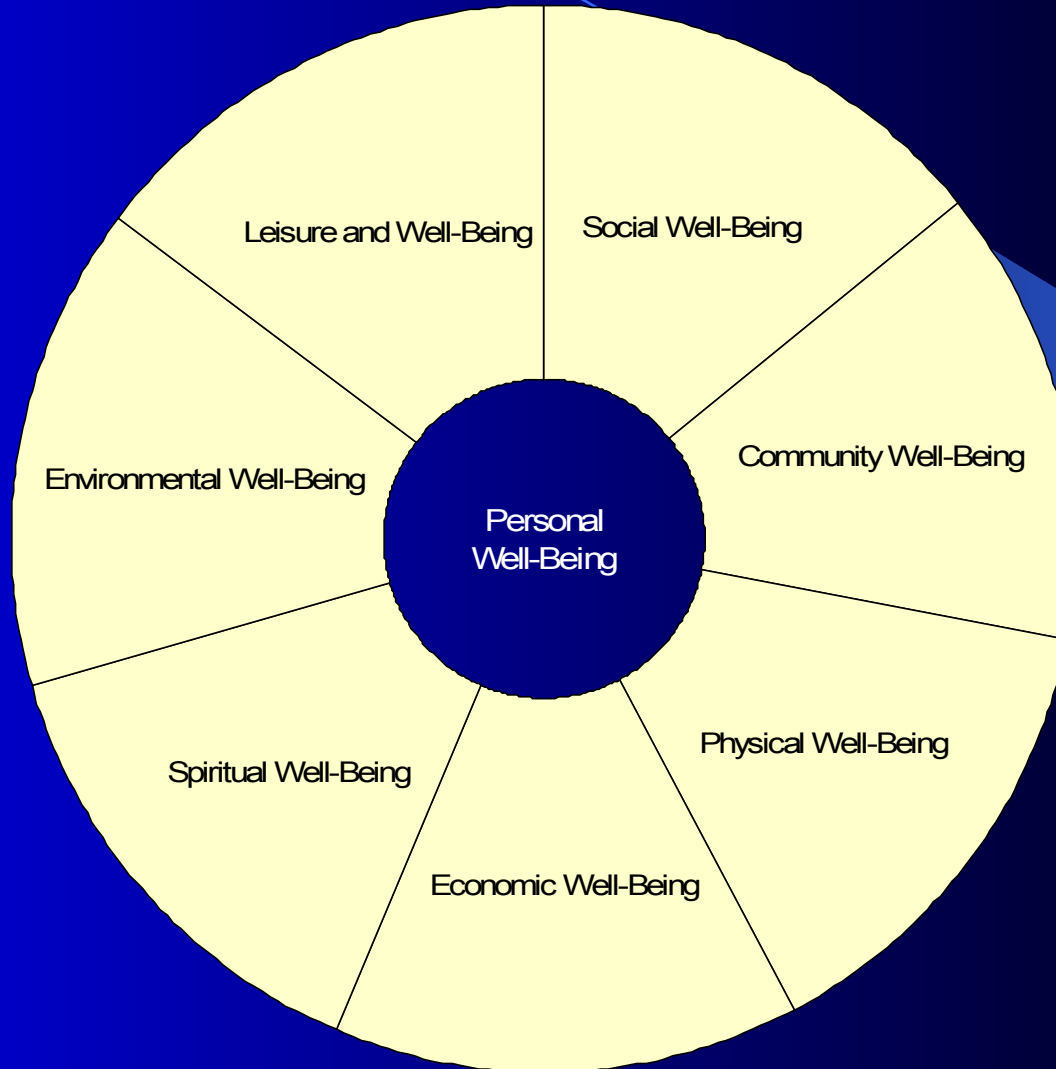
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Literature Review - Findings

- Political Agenda
- Integral to Local and National Policy
- Subjective and objective measurement
- Frameworks and Quality of Life measures

Conceptual Framework



Interviews

- Regeneration Professionals (12) and other Health and Well-Being personnel (6)
- Tacit knowledge of officers and partners
- Recorded and Transcribed
- Thematically Mapped - NVivo

Interviews – Findings

- Synonymous with Life satisfaction and QOL
- Subjective Measurement
- Project Evaluation and effects on Well-Being
- Sustainability of Regeneration Projects
- Appreciation of Well-being
- Measurement of Well-Being
- Impacts of Regeneration on Well-Being
- Community Consultation
- Access to Information

Project Evaluation

- Evidence of Evaluation
- Necessity for Evaluation

“Evaluations are really good to demonstrate that they [projects] are effective, usable and positive and that they make a difference”

- Important for Self-evaluation

“Evaluation is a mix of me wanting evaluation and it being expected”

- Reliance on Quantitative Data

“It has always been difficult because of the desire for hard numbers... It is about the how many?”

Mainstreaming and Sustainability

- Importance for Funding

“You cannot access funding unless you know what you deliver and you know how successful that has been... further down the line they are not going to get the funding if they do not have the evidence base”

- Future Sustainability

“It is a problem when funding dries up... if we are not proactive... they [services] are just going to deteriorate unless someone picks up the gauntlet”

“After next year the level of support will drop away and the danger is that they will still require some support and yet that support is not going to be there”

- Resources

“I should have evaluated it better but I have anecdotal stuff”

Importance and Measurement of Well-Being

- Appreciation of Well-Being

“Well-being is very important.. If I was in housing and transport those people think why should I think about well-being? But you should think about it because it impacts on all areas... It is intrinsic to everything”

- Measurement of Well-Being

“We need somebody to gauge QOL”

“How do you create the evidence base to get the funding and the backing.”

“We have struggled to come out with evidence... hard evidence for improvements to people’s well-being”

“It is too difficult to assess the more rounded concept of well-being.”

- The Generation Project, IS Project, Outlook

Positive Impact of Regeneration

▪ Personal Well-Being

“It is looking at aspiration rousing.. The need to nurture ideas and enable people to fulfil their dreams”

“We are working on giving people the ability to communicate with somebody or building social skills and communication skills to help build confidence.”

▪ Community and Well-Being

“It is all about community cohesion and getting people talking to each other... building people’s self-esteem.”

“I was originally against regeneration, as I was all for community pride. I was all for friends and family being a key aspect. The regeneration has maintained this and allowed us to continue and develop our work.”

Positive Impact of Regeneration

▪ Environmental Well-Being

“It was a very depressing environment to live in. It was bleak and dirty, people didn’t take pride in the area. That attracts other people to vandalise it even further.... But now it is a place of hope, people look after the area and their houses.”

“All the houses were boarded up and this had an effect on well-being. It was very depressing.... Everyone was always going to the doctors for anti-depressant tablets and we never really associated it with the housing....now you can see the difference..... you get people in the street saying “Oh doesn’t it look nice now”.....”

“Parks are really important to their [residents] life and helps promote physical exercise.”

“Alleygating was a really positive thing..... people were opposed feeling it would look like a prison... but have to think of people on their homes..... Cut robberies down, make people feel safe..... A light at the back of the house would detect someone in the garden, so they could phone the police. They are just small things that made a massive difference.”

Negative Impact of Regeneration

- Economic Well-Being

“Where do people go? Kwik Save just said that they were pulling out and that was it! It devastates people... a company closes and people get left redundant... It's not just losing a job, it's losing your life.... Feeling of a loss of self.”

- Environmental Well-Being

“There are lots of negatives. There are negatives in that people have to continue to live in the area whilst all this is going on. People move out of the area and it deteriorates.”

- Social Well-being

“Have the more concentrated issues of the problems of void [empty] houses. It is not nice living next to an empty property. It is not nice being the only person living on the street... so concentrated things like isolation...”

Negative Impact of Regeneration

▪ Community Well-Being

"It is an understanding that people want, to make the transition easier. If someone would only them and demonstrate that they appreciated what the whole change meant.... We billed it as *Change for the Better* and the *Future is looking Brighter*. These were our campaign slogans. But are things looking brighter to the people who were happy with how things are anyway?.. we just made massive assumptions that people were unhappy with the state of the area... but this was their home, their community and area. It is not just about knocking houses down."

"When houses get knocked down it can upset communities."

"I am distraught about local shops going. They are the hub of the community. A lifeline. People come in for a paper, a cup of tea and a chat. It is the routine of life. They rely on it. Regeneration does not realise this.... You do not get to know your neighbours or community."

Negative Impact of Regeneration

▪ Community Well-Being

“Regeneration and working with communities takes a lot longer and it is hard to strike that balance , to push it through and take people with you. People are frightened of what is going to happen to them, especially if they want to know what is happening and why it is taking so long”

“People are frustrated and anxious because their anxiety is not being recognised by somebody who is bringing about change. That can be the NDC team or individuals who are creating problems”

“There has been a huge level of frustration with residents”

“The level of uncertainty and incompetence, in terms of officers..... one minute they are telling people one thing and the next minute they are getting something else.... The little guy gets forgotten and people are just inconvenient to them..... it is not just about community that needs capacity building, it is other officers and professionals who need to be reminded that they are messing with people's lives.”

Negative Impact of Regeneration

▪ Community Well-Being

"It [new housing] was on the plan, it was off the plan, it was back on the plan, it was back off the plan, so one minute they [houses] were coming up, the next minute they were not, then they were..... It was horrible"

"People are more inclined to accept change if they can demonstrate an understanding of what the effects are going to be and that you are going to put the resources and support in to make things better.... It is not rocket science"

▪ Access to Information

"Residents need information in a format that is real to them"

"It is not about having that abstract service delivery it is about having that tailored description of what it means to them and their lives."

Perceptions of Well-Being

- Self-rated Well-Being

“Quality of life is about autonomy and self-control” (Personal Well-Being)

“Need disposable income which gives you choices and an ability to be in control of your life. The less in control you feel, the less choices that you have, the increased likelihood you have of having poor health” (Economic Well-Being)

“Work and non-work balance. That I was stimulated and challenged and well-paid in work but it did not intrude on my life too much. That I had plenty of time for other interests, leisure, family and stuff” (Leisure and Well-Being)

“It is the whole thing. I eat crap, drink and smoke but I have a lovely home, a good husband, a lovely son...” (Social Well-Being)

Perceptions of Well-Being

▪ Residents Well-Being

“Well-Being for my clients is “wealth, employment, finance.... Having the means to get on” (Economic Well-Being)

“Debt from housing can have negative consequences on people’s lives and this can have a cyclical effect, as people turn to depression and drugs” (Economic Well-Being)

“Older people will say safety and being in a safe environment. Being in a safe area reduces stress” (Environmental Well-Being)

“If you are talking about young people and families you want a nice environment to bring kids up in, so you do not come into contact with drug users” (Environmental Well-Being)

Well-Being and Policy

"I increasingly come across the term well-being. I do not know whether it was borne out of regeneration but it is certainly been talked about more and has come to the fore more so than direct health policy."

"There is not a single policy document that I work with that does not include health and well-being.... Because -- -- is about the softer side of regeneration and concentrating on inclusion, a sense of well-being and happiness and social interaction and social responsibility."

"There has always been a recognition that – and – impacts on health and well-being, more well-being than health."

"The governments push on the liveability agenda a greener, cleaner agenda, at the centre of that is quality of life."

Resident Consultation

- Focus Groups and Interviews
- Sample of areas undergoing 'change'
- Longitudinal 'Down Your Street' Project
- Impact of Regeneration on Well-Being
- Identify gaps in service provision

Conclusion

- Exploration of the concept of Well-Being
- Conceptual Model of Well-Being
- Knowledge Transfer
- Contribution to Regeneration Policy and Practice
- Contribution to the Well-Being Agenda