



GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME



2015/16

Progress Report

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, and Urban Studies and the MRC/CSO Social and Public Health Sciences Unit at the University of Glasgow, sponsored by Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde.

Foreword

Welcome to the GoWell Progress Report for 2015/16, reporting on activity over the past year.

It has been my pleasure to chair the GoWell Steering Group since the programme was established. The Steering Group involves representatives from all of the sponsor organisations, together with external academic advisers and the Principal Investigators in the GoWell Programme. I would like to start by thanking them all for their ongoing support, advice and commitment; and the GoWell team for delivering another very full programme of activities throughout the past year. Two of our colleagues, Angela Curl and Laura Baggley, moved to new posts in recent months and Claire Cleland will also move on in the Spring. We are very grateful for the contributions they all made as part of the GoWell team.

The GoWell programme is widely valued as a respected source of expertise and insight into the processes and impacts of neighbourhood regeneration. Over the past year findings have been disseminated, referenced and discussed in a range of international arenas, including in Portugal, Northern Ireland and Australia, as well as across Scotland. However, it is the very local work and the changes taking place within GoWell communities that have been the primary focus of the team's activities, and it is this work that forms the basis of this Progress Report. The report provides an overview of GoWell's approach to community engagement and empowerment; and you can read about the development of the GoWell Panel, extension of the GoWell network, the application of GoWell learning to support Thriving Places in Glasgow, and experiences of migrants to the city. This work is crucial to ensuring that the learning from GoWell is integrated into community structures and processes of change within the city.

This theme of building capacity to use the learning from GoWell is evident also in the commitment made by new researchers contributing to this important work. Several of GoWell's PhD students are reaching the end of their studies, having undertaken in-depth research over a period of 3-4 years, and adding unique contributions to our understanding of the processes of urban regeneration. Many congratulations to those who have successfully completed their studies, and very best wishes to those who are still writing-up. Two new students have joined the GoWell team in the past year: Alexia Sawyer, a student at University College London, is working with us to look at influences on active living in two neighbourhoods; and Mary Anne Macleod, a Glasgow University student, will study food poverty and food bank use. These important investigations will help us to better understand local approaches to tackling health inequalities – one of the major challenges we face as a country.

During 2015, the fourth GoWell community survey took place in all of our study areas. Once again this was a major undertaking and thanks are due to colleagues in the Wheatley Group and in BMG Research for ensuring its successful completion. A response rate of 47% was achieved overall, and 3,834 interviews were completed. This enables the team to describe change over time for households and communities, and to identify the factors associated with positive outcomes. I'm sure we all look forward greatly to seeing those findings.

A neighbourhood audit was also carried out in the autumn, repeating a baseline audit from 2006. This means that we have images and external assessments of all of the study areas, and are able to look at how these have changed over the period of the study. It's often hard to remember what things looked like ten years ago. In some places the extent of change is quite dramatic.

Members of the GoWell team have all contributed to extending the programme's communications activities over the past year. We have seen a 15% increase in unique users of our website (www.gowellonline.com) and as many people now follow @GoWellOnline on Twitter as are on our network. We know that social media doesn't appeal to everyone, but if you'd like to hear our news directly, do sign up and follow us. More traditionally, the team continues to produce journal articles, community newsletters and briefing papers. A full list is provided later in this report and copies are available through the communications team (info@gowellonline.com).

I'd like to conclude by looking ahead. Over the coming year, GoWell will reach the conclusion of its original programme: ten years of research and learning focused on housing-led regeneration and its impacts on the health and wellbeing of communities. It's a time to take stock, to reflect on what we've learned and what we still need to understand, and to consider how best to apply the learning and extend our knowledge in the future. For these reasons, the annual event will take place later than usual this year; we want to ensure we have analysed the 2015 survey and have distilled the key messages beforehand. We will then want to engage with colleagues and communities to consider future priorities.

I look forward to that process, and in the meantime, I would like to express my thanks once again to all of the team for another very productive year.

Dr Andrew Fraser
Chair, GoWell Steering Group



Introduction

What is GoWell?

GoWell is a research and learning programme, investigating the impacts of investment in housing and neighbourhood regeneration in Glasgow on the health and wellbeing of individuals, families and communities. Established in 2005, and planned as a ten-year programme, the study design allows us to examine a range of neighbourhood, housing and health-related factors before, during and after intervention changes take place.

Who's involved?

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, and Urban Studies and the MRC/CSO Social and Public Health Sciences Unit at the University of Glasgow. The current team, working on the programme on a day-to-day basis across the partnership organisations, is listed on the back page of this report. The sponsorship of the programme by Glasgow Housing Association (part of the Wheatley Group), the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde brings together housing, regeneration and health sectors.



There are 15 communities involved in the main study, which are categorised into five types of area, depending on the type of regeneration and investment they are receiving. These are described below and shown on the map.

Box 1. GoWell Intervention Area Types (IATs).

Transformational Regeneration Areas (TRAs)

Places where major investment is underway, involving a substantial amount of demolition and rebuilding over a long period. Study areas are **Red Road, Shawbridge** and **Sighthill**.

Local Regeneration Areas (LRAs)

Places where a more limited amount and range of restructuring is taking place, and on a much smaller scale than in TRAs. Study areas are **Gorbals Riverside, Scotstoun multistorey flats** and **St Andrew's Drive**.

Wider Surrounding Areas (WSAs)

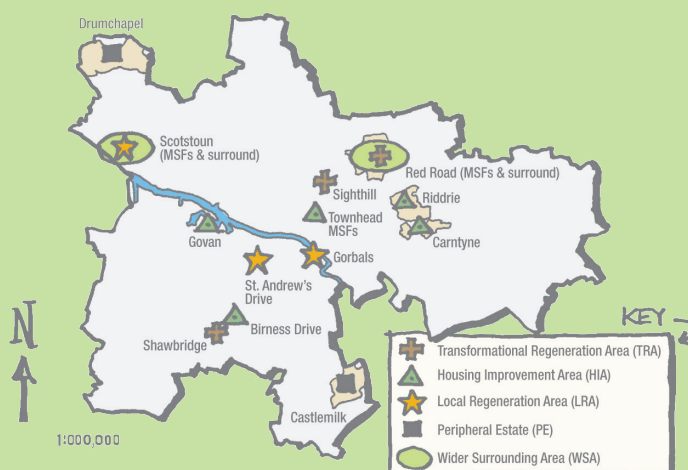
Places of mixed housing types surrounding TRAs and LRAs that may be affected by the transformation of those areas as well as by improvements in their own housing stock. Study areas are **wider Red Road** and **wider Scotstoun**.

Housing Improvement Areas (HIAs)

Places which are considered to be popular and functioning successfully, but where significant internal and external improvements are taking place to dwellings. Study areas are **Birness Drive, Carntyne, Govan, Riddrie** and **Townhead**.

Peripheral Estates (PEs)

Large-scale housing estates on the city boundary where incremental changes are taking place, particularly in terms of housing. These estates were originally entirely social rented but now have a significant element of owner-occupied as well as private rented housing. Private housing development and housing association core stock improvement works both take place on these estates. Study areas are parts of **Castlemilk** and **Drumchapel**.

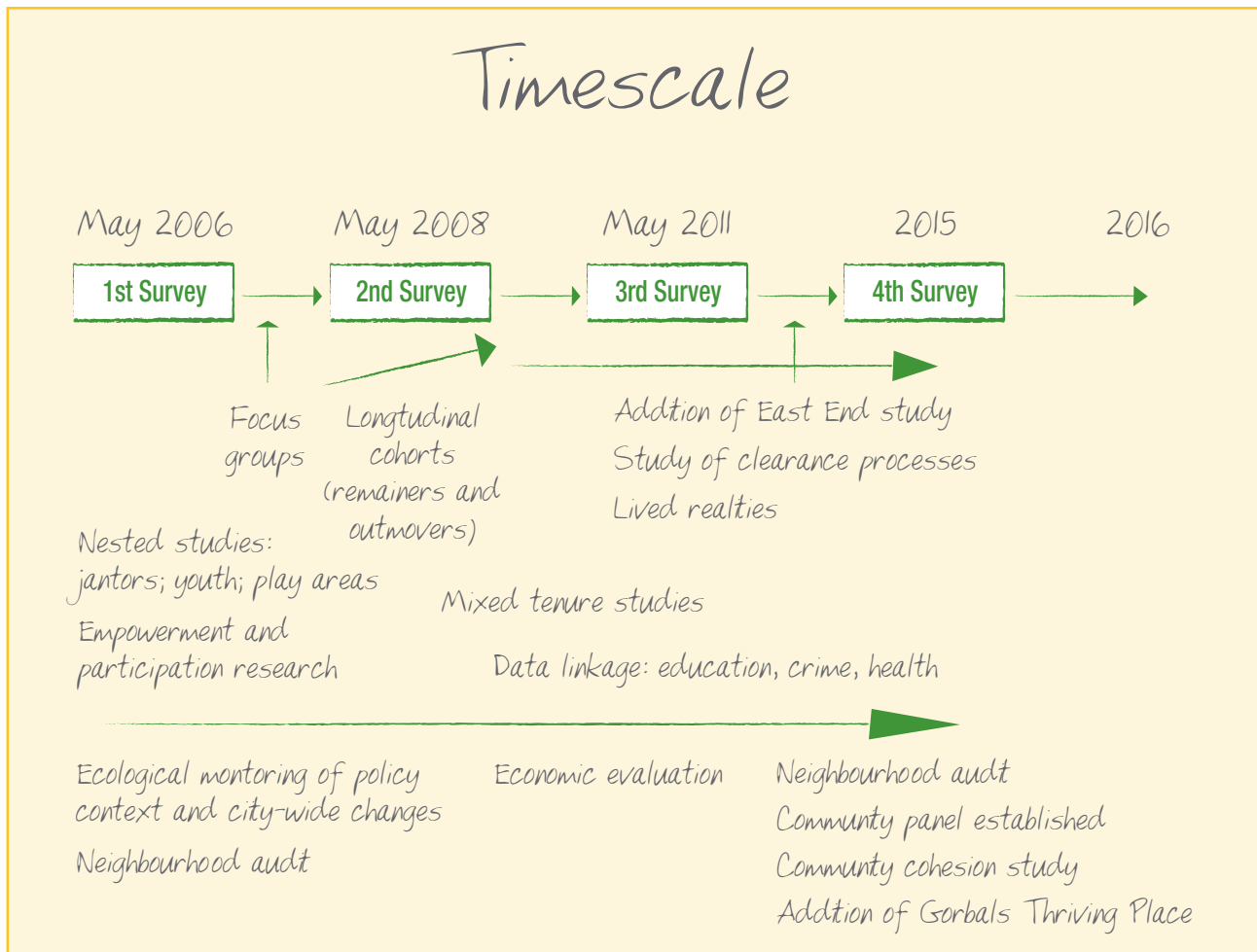


Our findings

We are now in our eleventh year of research and learning. New evidence and insights have emerged on a range of issues, generating better understanding of the relationships between housing, neighbourhood quality, community life, wellbeing and health. A key element of GoWell is to ensure that these findings are shared, discussed and considered with our study communities, policy-makers and practitioners so that they are translated into useful and practical information and recommendations for policy and practice.

Study components

A spectrum of research approaches is being used, some of which will run throughout the study; some repeated at different intervals; while others are short-term in nature.



This report

Following the completion of the fourth survey, the GoWell team is analysing the data and our initial findings will be reported at the annual event, later in the year, with more detailed findings to follow. Turn to page 10 for our forward look, and see what we have planned for 2016/17.

Further information

In addition to the presentations and discussion seminars we hold with our stakeholders, we report our findings through a variety of outputs including newsletters, findings reports, briefing papers, journal articles and our website. All of these, and further background and contextual information on the programme, can be accessed by visiting the GoWell website at www.gowellonline.com or by contacting us at info@gowellonline.com.

We are also on Twitter, where we tweet information about findings, publications and events. You can follow us [@GoWellOnline](https://twitter.com/GoWellOnline).

Supporting community engagement and empowerment



Community empowerment is of great interest to public policy-makers these days. In the past year, the Scottish Parliament passed the Community Empowerment (Scotland) Act and instituted a review of the National Standards for Community Engagement. GoWell and the Glasgow Centre for Population Health (GCPH) have used their research evidence to seek to improve the functioning of policy and practice by making written submissions on both topics.

In a submission to the ongoing review of the National Standards for Community Engagement, undertaken by the Scottish Community Development Centre (SCDC), the GCPH emphasised that there was still a mismatch between the existence and use of the engagement standards and practices on the ground across Scotland, so that only a third of Scottish citizens felt part of decision-making processes affecting their community. In some of the GoWell study areas, we have found a higher rate of perceived community empowerment, with 40-50% of respondents saying that they could influence local decisions. This is important, as the GCPH also argued that an approach to community engagement which valued local people's experiences and abilities, and was creative and collaborative, could form part of an 'asset-based approach' to health improvement.

In evidence given to the Scottish Parliament's Local Government and Regeneration Committee (LGRC), GoWell set out a model of community empowerment which could

potentially produce political, psychological and practical outcomes for communities (see diagram). Our research has shown that in situations where people feel able to influence local decisions, able to be proactive to improve things for themselves, and feel that service providers are responsive to their views, they are also more likely to have higher mental wellbeing, so engagement and empowerment are indeed good for health. In order to be empowering in this way, the GCPH argued that in addition to standards of engagement, political and administrative structures may need adjustment to facilitate community participation in devolved decision-making. In line with this, GoWell made three recommendations to the LGRC:

- Investigate the effectiveness of community engagement, and identify circumstances in which adherence to the national standards for engagement leads to an enhancement in community empowerment, and when it does not.
- Consider giving communities a right to independent advice and support in situations where they are facing major proposals for change or development.
- Recognise and encourage the social housing sector's contribution to empowerment, individual wellbeing and community capacity, akin to the role of anchor organisations within communities.

GoWell's model of community empowerment and outcomes.



See overleaf for more information on GoWell's community engagement and the establishment of the GoWell Panel

GoWell engagement



GoWell's relationship with communities in the study areas aims to facilitate capacity-building and empowered learning. Driven by GoWell's Community Engagement Manager, Cat Tabbner, this work has four components which enable GoWell to engage with individual residents, community-based groups in GoWell areas and the wider GoWell network: awareness raising; newsletters; the GoWell network; and the GoWell Community Panel.

Awareness raising has been undertaken by building relationships with local housing associations and community groups. This is a two-way process allowing the GoWell team to raise awareness of its research in communities, but also providing GoWell with information from and about the different GoWell study areas.

The GoWell network is made up of interested community groups, housing associations and other organisations across the GoWell areas. It keeps members up-to-date with GoWell progress, findings and events.

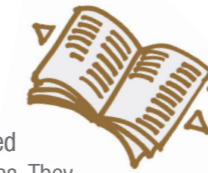


The GoWell Panel was a new innovation for 2015, and is made up of residents from each study area type. Its purpose is to provide an exchange of knowledge in which Panel members and the GoWell team can learn from each other about how the research is undertaken and interpreted. The Panel met for the first time in May 2015 and has a core membership of 11 residents attending monthly sessions. Members are linked in some form to a community group and contribute their experiences but are not asked to represent their communities, though they may give feedback to them.



Panel members in Govan with GoWell researcher Julie Clark undertaking exercises on research methods

Newsletters have been produced and distributed quarterly to residents in all the GoWell study areas. They provide information to residents about the research and how the learning, which they have assisted with, is used to inform the regeneration plans in their area. Content has been produced in partnership with housing associations, community groups and other organisations involved in delivering regeneration in those areas.



Panel members in Castlemilk visiting the Revive Group

Format of panel sessions

Aims

- Facilitate an exchange of learning between GoWell and the Panel.
- Panel members shape the sessions with GoWell.
- Making use of Panel members' knowledge, skills and interests.
- Understanding the people, as well as the processes, involved in the GoWell research.
- Empowering knowledge sharing and connections.
- Panel members find the sessions helpful and empowering.

Means

- Sessions focus on elements of the GoWell research chosen by the Panel and GoWell.
- Panel members help organise the sessions, which take place in GoWell study areas.
- Panel members meet organisations involved in the GoWell research and regeneration, including GoWell sponsor organisations, GoWell researchers and local organisations.
- Panel sessions are designed to be accessible, inclusive and make use of members' existing skills and knowledge, while also supporting individual learning journeys.

Outcomes

"I would not have spoken to so many people before the Panel, like the housing association staff." *Donna M*

"Statistically, Shawbridge is similar to Drumchapel, but they are completely different areas." *Amber*

"I'm learning how to go about it, 'cos it's not just about having ideas, you need to have a plan...and get people involved." *Davie*

"I was high as a kite when I got home!" *Donna H*

Speaking live on Sunny Govan Radio

"Being present at this meeting has made me more interested in the policies of local councils because us as a community should have a voice and should be heard." *Maggie*

Increased interest in politics

"This is the first I've met and listened to people from other areas of Glasgow."

Presentation skills

"Very interesting, good ideas to take back to our community." *Jean*

Writing blogs for first time, increasing computer skills

Outcomes

Increased knowledge of Glasgow's diverse neighbourhoods. Sharing ideas and best practice with regeneration practitioners

Increased confidence in: learning; meeting new people from diverse backgrounds and neighbourhoods; interpreting research findings

Community Achievement Awards

Panel sessions and activities

1 Wheatley House & Townhead Village Hall

- Agreed aims and ways of working.
- Intro to GoWell & 2006 findings.
- Identified elements of GoWell research to focus on throughout upcoming sessions.

2 Maureen Cope Hall, Castlemilk

- Comparing 2006 & 2011 findings.
- GoWell's Lived Realities research.
- Q&A with a BMG Interviewing Supervisor to learn how surveys are carried out. Listening to a Panel member's experiences of surveys.
- Ardenglen Housing Association's engagement with communities for upcoming regeneration projects and facilitation of community groups.

3 Tron St Mary's Church, Red Road

- Q&A with GHA to learn about its consultation processes with local residents about the Red Road area.
- Tron St Mary's Church: its work with housing associations and its contribution to social regeneration.
- Cali Thistle explains its work to increase physical activity.
- Participatory workshop with Flat Pack Meals which provides low cost healthy meals in Drumchapel.

4 Govan Housing Association Community Hub

- Workshop with GoWell researcher about quantitative and qualitative research methods:
 - Surveys
 - Visual methods
 - Using research findings to inform policy objectives.
- Govan Housing Association's work with its Tenant Scrutiny Panel, youth employment and its new community hub.
- Visit to Sunny Govan Radio and its community development approaches.

5 Kingsway Court Health and Wellbeing Centre & GHA office, Scotstoun

- Kingsway Court Health and Wellbeing Centre: its work with residents and local organisations to integrate and welcome refugees and asylum seekers.
- GHA's planned office move to Kingsway Court and meeting the Area Housing Manager.
- Focus group with GoWell researcher to gain firsthand experience of qualitative methods and reflect on learning to date.

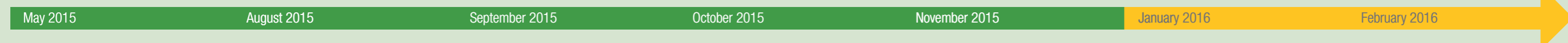
6 Phoenix Centre, Drumchapel

- Film and presentation by Drumchapel L.I.F.E. and Flat Pack Meals about their engagement with communities and outreach work to support healthy eating and wellbeing.
- Workshop with GoWell Principal Investigator to learn about translating research on community empowerment into evidence.
- Visit to Scottish Parliament to see GoWell provide evidence to the Local Government and Regeneration Committee.

7 Glasgow Kelvin College

- Workshop with Glasgow Kelvin College about the Community Empowerment Act and ways in which this legislation can be used by communities.
- Visit by the Clerk to the Scottish Parliament's Local Government and Regeneration Committee to discuss its engagement with communities and share ideas.
- Review Panel sessions and next steps for sharing Panel learning.

Panel sessions and activities



Gorbals Thriving Place

GoWell has become involved in a new community engagement initiative in Glasgow over the past year. Thriving Places is a long-term, transformative approach to making some of the most deprived neighbourhoods in Glasgow more resilient and engaged – one in which communities will be involved from the very start to identify priorities important for their area. Services and the voluntary sector have aligned to work together for a common purpose, and in a transparent way, enabling communities to participate and influence decisions made in their area. In this way, the community will be able to see the impact they have had on outcomes for their neighbourhood.



As a result, the community will be better connected, better informed and better able to make a difference in the areas where it really matters. Experience of the Thriving Places approach will empower residents, and the learning from the project will leave a legacy of sustainable knowledge and expertise which will remain, long after the 10 year approach has completed.

The Gorbals was chosen to be one of the first three Thriving Places initiatives in Glasgow due to persisting levels of deprivation. Gorbals Riverside, a small area of Greater Gorbals, was included as a Local Regeneration Area intervention site in the GoWell study, and a wealth of information has been collected on the area over ten years. Gorbals Thriving Place are using the extensive research and learning from Gorbals Riverside and from the GoWell research more generally, which provides a unique source of information to:

- inform the approach taken to Thriving Places in Gorbals
- identify issues that can usefully be investigated further with local communities and public services
- establish a baseline position and develop proposals for an ongoing set of approaches to monitor progress.

New Gorbals Housing Association and the Glasgow Centre for Population Health have jointly appointed research specialist Lizzie Leman as a new member of the GoWell team to support the integration of this evidence and learning into Gorbals Thriving Places.

Consideration of quantitative GoWell data for Gorbals Riverside, along with data from the NHS Greater Glasgow and Clyde health and wellbeing survey for Gorbals, has identified three broad issues that will be further explored with members of community and public services.

These are:

- Social capital – close and wide networks
- Community participation
- Sense of community

A series of community engagement events have been planned, including pop-up events, a community panel and conversation cafés – the first of which took place in February. Using data from the survey findings as conversation prompts, residents were asked to define their priorities for the area – feedback and findings from all these events will inform the Thriving Places approach and help develop a monitoring plan, tailored to their area.

Contact details

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Michael Fullerton, Community Co-ordinator, Thriving Places
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New Gorbals Housing Association
www.newgorbalsha.org.uk



Diverse communities and the integration of migrants

Glasgow is a city that has become increasingly ethnically diverse over the past 15 years: the ethnic minority population in the city doubled in size in the inter-census period 2001 to 2011. Migration is a large part of the explanation for these changes, consisting of EU migrants, economic migrants and students from beyond Europe, and asylum seekers and refugees from areas of conflict in Africa and the Middle East.



Given the importance placed upon migration as a source of population growth and economic dynamism for Scotland, it is important that migrants are well integrated within the communities in which they live. GoWell is well-placed to consider this issue because many migrants, at least initially, tend to settle in deprived areas, including several of GoWell's study areas.

To look at this issue, we used a sample of around 1,300 migrant interviews (from the 2008 and 2011 GoWell surveys) to examine the effects of time and other factors (education, employment and English language competency) upon self-reported social integration for migrants.

A total of 21 indicators were considered in the analysis across three domains: trust, safety and reliance; social relations, and sense of community. Four groups of migrants were included – British citizens not born in the UK, asylum seekers, refugees and other migrants – although since the effects were often similar, the groups were combined for much of the analysis.

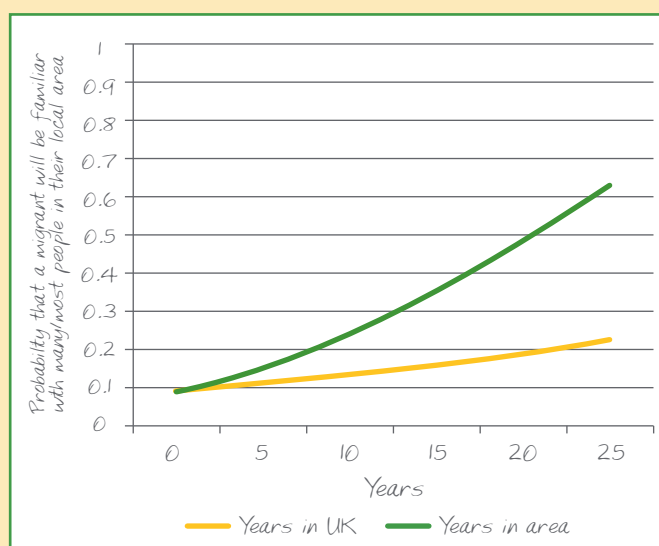
We found that social integration for migrants is generally lower than for British-born citizens living in the same places. This is especially true for some of the indicators of trust and of neighbourly behaviours. We also found that living in a regeneration area, as many migrants did, lowered the chances of positive social integration for migrants, reflecting the particular challenges facing these areas, as well as their social instability.

Our analysis of the effects of functional factors upon social integration demonstrated in particular positive associations of education with social relations; of employment with sense of community; and of English language competency with social support. Thus, it seems important that all migrants are given opportunities to learn English, study for qualifications and seek employment.

We found that indicators in all three of the social integration domains improved with time, with the effects of length of residence in a community being stronger than the effects of total time spent in the UK. This is illustrated in the figure, which shows how, after the first couple of years, migrants' familiarity with other people who live in their neighbourhood increases rapidly the longer the migrants are resident in the area (green line).

This suggests that it may be detrimental to migrants' integration if they are required to move to another neighbourhood, for example due to regeneration activity.

The effects of time on knowing many or most people in the neighbourhood

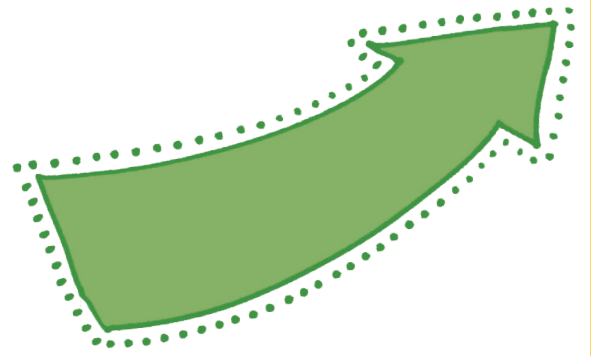


Respondents were asked: **'Would you say that you know: most, many, some, very few, none... of the people in your neighbourhood?'**

Kearns A, Whitley E. *Briefing paper 23. Migrant social integration in Glasgow's deprived communities*. Glasgow: GoWell; 2015.

Forward look

This section outlines our priorities for the period April 2016-March 2017. This period represents the end of the current (third) phase of GoWell and our aim is to complete key pieces of analysis from the data that have been collected, and to draw together learning from the programme to date thereafter.



Community survey

The first phase of analysis will result in a single report which describes changes over time for the cross-sectional samples obtained from the communities in all of our study areas. The survey allows us to measure outcomes for individuals and for areas, contrasting different types – and degrees – of regeneration. After producing this, thematic analyses will allow us to examine specific influences on health and wellbeing.

Neighbourhood audit

In 2006, and again in 2015, 'audits' were carried out by external surveyors, looking at land use, housing types, and quality of the built environment and wider amenity. We will use these audits to examine the amount of change that has taken place and how this compares with residents' perceptions. The 2015 audit also included a 'walkability' score which we can compare with rates of local walking in the study areas.

Qualitative research

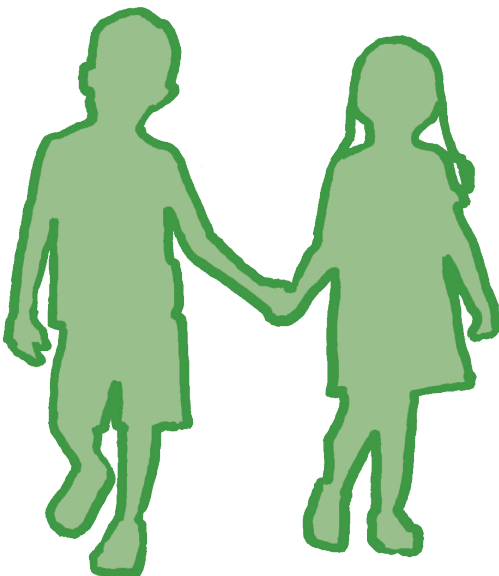
Two qualitative studies will be reported and the implications of their findings discussed: our study of community empowerment and cohesion in areas surrounding regeneration areas; and our longitudinal, multi-method investigation of the experience of living through transformational regeneration and relocation. We also intend to undertake a qualitative study of the impacts of homes in new developments upon the health and quality of life of their occupants.

Health inequalities

A report will be produced examining the relationship between regeneration and health inequalities, using the experience and learning from GoWell. This will sit alongside an updated analysis of change over time in a core set of health indicators.

Community engagement

The GoWell Panel will continue for a period of time, after which Panel members who wish to remain involved will be supported to become peer mentors, as part of an extended community engagement strategy. A series of learning events for the GoWell network will be held in GoWell areas, involving site visits and featuring learning from the GoWell Panel sessions. Further support will also be provided for Gorbals Thriving Place and the Govanhill Housing Acquisition and Refurbishment Programme. We will evaluate the experience of the GoWell Panel and draw together the learning from the community engagement activity carried out as part of the GoWell programme.



Communications and knowledge utilisation

The 2016 GoWell annual event will focus on the findings from the community survey. There is the possibility of hosting a more substantial conference on regeneration, health and wellbeing later in the year. The team will continue to produce community newsletters, journal articles and briefing papers and to disseminate findings through seminars, conferences and other forums.

Outputs

Below is a list of the publications and presentations we produced from the beginning of April 2015 to end-March 2016. These are available to download from the GoWell website or in hard copy by contacting the GoWell team (info@gowellonline.com). In addition to these reports, briefing papers and journal articles, we have delivered a number of presentations and seminars at a wide range of forums, which are also listed below.

GoWell briefing papers

Briefing paper 26: Relocating or remaining: could the circumstances of area regeneration drive changes in health behaviours?

Briefing paper 25: Prior-attitudes and post-experiences of relocation from restructured neighbourhoods.

Briefing paper 24: Health effects of housing improvements.

Briefing paper 23: Migrant social integration in Glasgow's deprived communities.

Working Paper: Levels of deprivation.

GoWell East reports

Household type: GoWell in the East End: key equalities issues in the baseline survey.

Gender: GoWell in the East End: key equalities issues in the baseline survey.

Disability: GoWell in the East End: key equalities issues in the baseline survey.

Ethnicity: GoWell in the East End: key equalities issues in the baseline survey.

GoWell East: Headline indicators comparison report.

Journal articles

Egan M, Kearns A, Katikireddi SV, Curl A, Lawson K, Tannahill C. [Proportionate universalism in practice? A quasi-experimental study \(GoWell\) of a UK neighbourhood renewal programme's impact on health inequalities](#). *Social Science & Medicine* 2016;152:41-49.

Clark J, Kearns A, Cleland C. [Spatial scale, time and process in mega-events: the complexity of host community perspectives on neighbourhood change](#). *Cities* 2016;53:87-97. DOI: 10.1016/j.cities.2016.01.012.

Clark J, Kearns A. [Going for gold: A prospective assessment of the economic impacts of the Commonwealth Games 2014 upon the East End of Glasgow](#). *Environment and Planning C: Government and Policy* 2016. DOI: 10.1177/0263774X15624923.

Curl A, Kearns A. [Can housing improvements cure or prevent the onset of health conditions over time in deprived areas?](#) *BMC Public Health* 2015;15:1191. DOI: 10.1186/s12889-015-2524-5.

Clark J, Kearns A. [Pathways to a physical activity legacy: Assessing the regeneration potential of multi-sport events using a prospective approach](#). *Local Economy* 2015;30(8):888-909. DOI: 10.1177/0269094215601993.

Cleland C, Kearns A, Tannahill C, Ellaway A. [Home truths: Are housing-related events more important for residents' health compared with other life events?](#) *Housing Studies* 2015 DOI:10.1080/02673037.2015.1094565.

Robison O, Kearns A, Gray L, Bond L, Henderson M. [Mixed tenure communities as a policy instrument for educational outcomes in a deprived urban context?](#) *Urban Research and Practice* 2015 DOI:10.1080/017535069.2015.1095349.

Egan M, Lawson L, Kearns A, Conway E, Neary J. [Neighbourhood demolition, relocation and health. A qualitative longitudinal study of housing-led urban regeneration in Glasgow, UK](#). *Health and Place* 2015;33:101-108. DOI:10.1016/j.healthplace.2015.02.006.

Kearns A, Whitley E. [Getting There? The Effects of Functional Factors, Time and Place on the Social Integration of Migrants](#). *Journal of Ethnic and Migration Studies* 2015;41(13):2105-2129. DOI:10.1080/1369183X.2015.1030374.

Conference and seminar presentations

- Regeneration, health and wellbeing. Glasgow North East Health and Social Care Partnership Forum, Glasgow: 2015.
- The potential power of sport and education to contribute to the legacy of the Commonwealth Games. Scottish Parliament's Cross Party Group on Scotland's Colleges and Universities, Edinburgh: 2015.
- Regeneration, education and learning. Scottish College Development Network, Stirling: 2015.
- Proportionate universalism in practice? A quasi-experimental study of a UK housing-led neighbourhood renewal programme's impact on health inequalities. Society of Social Medicine conference, Dublin: 2015.
- Neighbourhood structures, offender densities and crime rates. European Society of Criminology annual conference, Porto, Portugal: 2015.
- Equalities issues pertaining to the legacy of the Commonwealth Games in the East End. Community Planning Partnership Glasgow Equalities Group, Glasgow: 2015.
- Fuel poverty, mental health and the impact of housing improvements. Energy Action Scotland, Glasgow: 2015.
- Equalities issues in relation to the Commonwealth Games legacy in the East End. Glasgow Housing and Social Care Partnership Equality Group, Glasgow: 2015.
- Living in high-rise accommodation. Senior Management Team, Queens Cross Housing Association, Glasgow: 2015.
- Glasgow Commonwealth Games: what works when assessing the impact of a large sporting event on the general population, lesson learned from the GoWell East study. The International Society for Behavioural Nutrition and Physical Health annual conference, Edinburgh: 2015.
- Key messages on community engagement. Glasgow City Deal conference, Glasgow: 2015.
- Domains and levels of physical activity among deprived neighbourhood residents and their consequences for physical and mental health and wellbeing. European Network for Housing Research annual conference, Lisbon, Portugal: 2015.
- Great expectations: prospects for a mixed community in the East End of Glasgow. European Network for Housing Research annual conference, Lisbon, Portugal: 2015.
- Housing improvements, fuel poverty and mental health. European Network for Housing Research annual conference, Lisbon, Portugal: 2015.
- Regeneration and physical activity in the East End of Glasgow: Prospective assessments of legacy. Glasgow City Council Legacy Board City Chambers, Glasgow: 2015.
- GoWell East findings on legacy impacts in the three domains of the economy, physical activity and sustainability. Glasgow 2014 Group, City Chambers, Glasgow: 2015.
- Housing improvements and fuel affordability. Scottish Government staff group, Glasgow, 2015.
- Reflections on Scotland's Third National Planning Framework: Fit for the purpose of regenerating disadvantaged communities? Conference on The Future of Planning in Scotland, Edinburgh: 2015.
- Thriving Places: survey findings. Gorbals Regeneration Group, Glasgow: 2015.
- Thriving Places: survey findings. New Gorbals Housing Association Management Committee, Glasgow: 2015.
- Thriving Places: survey findings. Gorbals Voluntary Forum, Glasgow: 2015.

Our team

The GoWell Team during 2015/16 consisted of:

- Laura Baggley** (PA/Administrator) until August 2015
- Julie Clark** (Researcher)
- Claire Cleland** (Researcher)
- Jennie Coyle** (Communications Manager)
- Joe Crossland** (Acting Communications Manager)
- Angela Curl** (Researcher) until December 2015
- Anne Ellaway** (Principal Investigator)
- Ade Kearns** (Principal Investigator)
- Louise Lawson** (Researcher)
- Lizzie Leman** (Public Health Research Specialist)
- Matt Lowther** (Ecological Monitoring Team) until December 2015
- Louise Rennick** (Ecological Monitoring Team) from December 2015
- Phil Mason** (Researcher)
- Emma McIntosh** (Health Economist)
- Jennifer McLean** (Ecological Monitoring Team)
- Kelda McLean** (Programme Administrator)
- Jill Muirie** (Ecological Monitoring Team)
- Cat Tabbner** (Community Engagement Manager)
- Carol Tannahill** (Principal Investigator)
- David Walsh** (Ecological Monitoring Team)
- Elise Whitley** (Researcher)



We are also pleased to have five PhD students (**Camilla Baba, Maureen Kidd, Mary Anne Macleod, Oonagh Robison and Nick Sharrer**) working with us.

Our accounts

Income 2015/16*†

Sponsor	Amount
Glasgow Centre for Population Health	£65,000
NHS Health Scotland	£113,676
Scottish Government	£93,676
Total	£272,352

*Glasgow Housing Association contribute funding of approx £55,000 per annum towards the community health and wellbeing survey and supporting qualitative focus groups. The survey contract is managed directly by GHA so this funding does not appear as 'income' into the GoWell accounts.

†GoWell: Studying Change in Glasgow's East End is accounted for separately.

Expenditure 2015/16

(from 1 April 2015 to end-March 2016)

Activity	Amount
Research and support staff and associated costs	£272,490
Communications, events and outputs	£20,000 (estimated)
Total	£292,490