



Castlemilk

Winter 2018/19

GoWell is a long-term research and learning programme that began in 2005. It aims to find out from local people what they think of the efforts made by government and other agencies to improve their areas, and to examine whether housing improvements and regeneration impact upon people's health and wellbeing.

Castlemilk is one of the 15 areas included in our study, with opinion surveys carried out on four occasions, in 2006, 2008, 2011 and 2015. On each occasion, a sample of adult residents were asked a series of questions about the quality of their housing, local area and services, and their health. We are extremely grateful to all the residents who gave up their time to talk to us and take part in these surveys.

This newsletter tells you how the views of people in your area have changed over the decade covered by the surveys for a small selection of the survey questions.

Letting you know what local people think has got better or worse in your area can help you identify progress, as well as things that you might like to change in the future. The topics covered include what people told us about:

- housing
- the neighbourhood
- your community
- health.

It is important to remember that the changes that have taken place in your neighbourhood have occurred alongside other – and in many cases bigger – changes such as the recession, austerity and public sector budget cuts and welfare reforms. All of these will have impacted on the regeneration or other improvements that were planned for your area at the start of our study in 2006, the findings for your area and of course on people's health and wellbeing.



Survey year	Number of residents surveyed
2006	606
2008	496
2011	438
2015	404

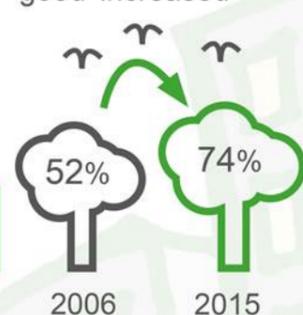
How have residents rated Castlemilk since we began looking at the effects of regeneration here in 2006?

Neighbourhoods

The percentage of residents rating the **local environment as attractive** increased



Ratings of **local parks and open spaces as 'good'** increased



Ratings of **local shops as 'very' or 'fairly good'** increased



Ratings of **local youth and leisure services as 'good'** increased over time



Housing

The percentage of residents strongly agreeing they **felt safe in their home** increased



'Very good' ratings of the **external appearance of the home** increased



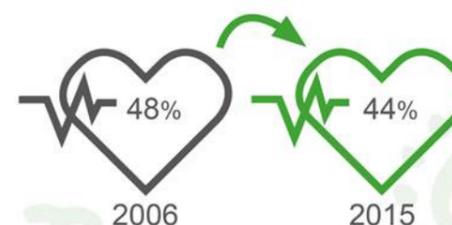
Satisfaction with **landlords or factors taking account of residents' views** increased



Health

* Note: question introduced from 2008 onwards

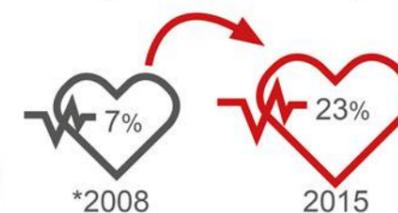
Smoking rates decreased slightly over time



Walking in the neighbourhood 'most days' increased over time



Around a quarter of residents had experienced **long-term stress, anxiety or depression** by 2015

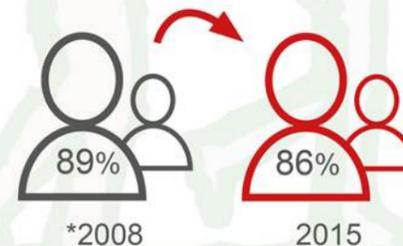


There was a slight decrease in the percentage of residents having a **fast food meal in the last 7 days**



Community

Feeling part of the community decreased slightly



Feeling able to rely on people for **emotional social support** increased



The proportion of residents who felt able to **influence decisions affecting the local area** increased



What have we found – and what next?

The survey findings from across our study areas have helped us understand more about the process of neighbourhood regeneration, and to highlight what is working well for communities and what needs more attention. Findings vary across the city, but in most of our study areas people feel more positive now about their homes and neighbourhoods than they did when GoWell started. This reflects the physical improvements that have taken place to housing and the neighbourhood environment, and also improvements in how these are managed. Generally, people also feel more positive about their ability to influence change in their local area.

Some of the features of community life that we asked about are really important for health. For example, people who feel part of the community and have good social support tend to have higher levels of wellbeing. Our findings also highlight the value of having local places for people to meet, good community facilities, and amenities for children and young people. These aspects of community life should be attended to, invested in, and supported in a similar way to the housing and neighbourhood improvements that are taking place.

Over the ten years of our study we have widely shared the findings from the community surveys and discussed what they mean for future housing, regeneration and services. They have been used by a wide range of stakeholders including local communities, housing and regeneration organisations and local and national government.

Next steps

GoWell was originally planned as a ten-year research programme. This included four community surveys, a snapshot of which we have reported in this newsletter. Although the surveys have now come to an end, the vast range of information that we have collected along with our other research will continue to be analysed and the findings published on the GoWell website.

This newsletter, along with fuller information on the survey findings for Castlemilk and all our study areas, can be found on the 'study area' section of the GoWell website here:

www.gowellonline.com/community

Thank you

Once again, thank you so much to all the residents who took part in our surveys and other research, attended our events, participated in our community panel and supported our work over the ten years of the programme. It couldn't have happened without you.

For more information, please visit the GoWell website: www.gowellonline.com

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All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.