Welcome to the GoWell annual report for 2009/10, reporting on activity over the past year. It has been my pleasure to chair the GoWell Steering Group since its outset, during which time the research has become ever more complex and the challenges of delivering the study have, similarly, multiplied. However, thanks to the strong GoWell partnership and commitment of the GoWell team, the programme remains on course and we are now at a very exciting phase.

For the first time, we are in a position to use the survey data to look at how areas are changing over time. This is highlighting positive benefits arising from the investments being made, but also growing concerns about the social health of communities, where perceptions of safety, trust and neighbourliness are deteriorating. Two new areas of focus have also been developed over the past year: the first looking at mixed tenure communities, the second at the experiences of young people in areas undergoing regeneration. Findings from these will be reported in coming months.

The GoWell team has continued to put enormous effort into disseminating the emerging findings, building understanding of their implications through discussion with many different groups, and using the programme to support change in local and national plans and priorities. In this sense GoWell in an unusual research programme, evolving to reflect emerging priorities and issues, and supporting shared learning as it goes along.

I remain convinced of the importance of GoWell, not only to Glasgow, but nationally and internationally. It is imperative to keep a clear focus on communities with high levels of deprivation and need, and on how policies and practice can support change for the better. My sincere thanks go to the programme partners and sponsors, whose commitment has not waned and without whom the programme could certainly not be delivered. Thank you also to all the participants, community members and local organisations who have contributed in different ways, providing views and experience, and helping the GoWell team to understand and interpret the emerging findings.

This progress report takes a different format from previous years. At its core is a diagrammatic overview of the programme and the work carried out over the past year. Further information about the context and about future plans are provided in the surrounding text. There is now a range of reports, Briefing Papers, and articles on different dimensions of the work, available from the website (www.gowellonline.com) or by contacting the team. Their content is not reproduced here but I hope you will look at these other reports too, and reflect on their implications.

Dr Andrew Fraser
Chair
GoWell Steering Group
Introduction

What is GoWell?

GoWell is a research and learning programme, investigating the impact of regeneration and sustainable housing investment on area-based health and social inequalities in Glasgow, and the health and wellbeing of individuals, families and communities in the context of the broader geographical area known as ‘city-region’.

Our research objectives are to:

• Investigate how neighborhood regeneration and housing investment affects health and wellbeing
• Assess how places are transformed across a range of dimensions through processes of neighborhood regeneration
• Understand the processes that support the maintenance or development of cohesive and sustainable communities
• Monitor the effects of neighborhood regeneration on area-based health and social inequalities
• Determine whether research findings are appropriate to the investigation of complex, area-based social policy interventions

The centre section of this report outlines our progress we have made towards meeting these objectives. Further information is available at the GoWell website, and in our annual Progress Report.

Our learning objectives are to:

• To share best practice and knowledge of ‘what works’ for improving health and wellbeing
• To contribute to community awareness of the health inequalities in our city-region
• To contribute to community empowerment to make community members take part in the process of improvement
• To share lessons and knowledge of ‘what works’ in health and wellbeing improvements on an ongoing basis

Further information

We thought it would be useful to provide a greater level of detail about our findings, and for our research to be accessible to a wide range of audiences. Further information is available at the GoWell website.
Our learning objectives are to:

- Credit our learning in a way that enables regeneration policy and implementation to take greater account of opportunities to improve health and wellbeing
- Share opportunities to influence policy across Scottish Government Departments and all agencies
- Facilitate capacity of the GoWell communities and their local authorities to use learning in a way that empowers them to move towards meaningful developments and research findings to academic and practitioner audiences.

What do we aim to do?

- To share and use our research findings efficiently and effectively to support changemakers and help people to learn about regeneration
- To engage with and support practitioners in various roles and to enable community members to take part in research
- To bring together people who are interested in regeneration and help them to build on their experiences and knowledge

Communication & learning

We will listen to others, observe and discuss. We will try to understand the views of others. We need to ensure that our strategies and activities have been efficiently and effectively designed and delivered to be relevant to those with whom we are working.

Eliciting questions and using themes to help inform our research/learning objectives will improve the context and the outcomes. Our strategies and activities have been focused on different groups of people with different needs.

The diagram below shows these different components and illustrates the focus of our research/learning activities.

What is GoWell?

GoWell is a research and learning programme investigating the impact of housing and regeneration in Glasgow. The centre section of this report outlines our research and learning objectives and how they feed into each other, and illustrates the focus of our research/learning activities.

The next stage of this study involves investigating whether the health and wellbeing impacts of regeneration are associated with the different community areas.

The diagram below shows our research/learning activities, and the stage we are currently at within this timeline.

The diagram shows that we are currently investigating the impact of different policies and strategies and the role of different community areas.

Further information

This report is an update of our research/learning activities and strategies. We have used the information from our research/learning activities to inform our future plans and actions. We will continue to develop our research/learning activities as we learn more about the impact of different policies and strategies.

Our research objectives are to:

- Investigate how neighbourhood regeneration and housing improvement affects health and wellbeing
- Assess how places are transformed across a range of dimensions through processes of change
- Understand the processes that support the maintenance or development of cohesive and sustainable communities
- Monitor the effectiveness of regeneration programmes on individual and community-level health and social inequalities
- Develop and test research methods appropriate to the investigation of complex, newly formed social and policy frameworks.
Introduction

What is GoWell?

GoWell is a research and learning programme investigating the impact of investment in housing and community regeneration in Glasgow, the health and wellbeing of its residents, and the policy and implementation which contribute to positive and sustainable communities.

What do we want to do?

• To investigate the health and wellbeing impacts of regeneration activity associated with the Glasgow 2014 Commonwealth Games (see below)
• To understand the processes of change and impact of regeneration

What will we do to do it?

• To analyse public sector and voluntary sector contributions from the various research components, and a summary/synthesis of our findings to-date

Learnings from the programme will be shared with regeneration practitioners across Scotland on an ongoing basis.

Research

Our research objectives are to:
• Investigate how neighbourhood regeneration and housing investment affects health and wellbeing
• Assess how places are transformed across a range of dimensions through processes of change
• Understand the processes that support the maintenance or development of cohesive and sustainable communities
• Monitor the effects of regeneration on core health and social inequalities
• Develop and enrich research tools and methods appropriate to the investigation of complex, new-based societal change

Our research activities will include:
• Analysis of data from the mixed methods programme
• Analysis of data from the nested longitudinal study
• Analysis and dissemination of further findings from the programme

Sharing

Our research findings will be communicated to a range of different audiences, including those involved in regeneration and housing improvement, maintenance or development of cohesive and sustainable communities, and those interested in community health and wellbeing.

Further information

The findings of the programme will be disseminated through a range of different channels, including publications, conference presentations, and doctoral students, mentors and through the University's website.

Acknowledgements

Acknowledgements are due to all the people who have contributed to the programme, including the 15 communities, the项目 team, and the many others who have contributed to the programme.

Monitoring and evaluation

The programme is being monitored and evaluated throughout, with regular reviews of progress and outputs as follows:

• April 2009:
• June 2010:
• September 2010:
• February 2011:

The programme is due to run until March 2012.
This is what we have learnt about over the past year, and how we have done so.

**Research**

- Government, participation and empowerment study
- Survey
- Focus groups
- Nested studies
- Inequalities
- Health and wellbeing
- People
- Communities
- Neighborhoods
- Housing
- Place

**Communications & Learning**

- Ecological monitoring
- Inequalities

**Influencing; Rethinking**

**Sharing; Understanding**

**How does regeneration impact on people & places?**

- Research
- Communications & Learning
- Influencing; Rethinking

**This is who we have shared our learning with over the past year, and how we have done so.**

- **Research**
  - Sharing:
    - Understanding
    - Influencing
    - Rethinking
- **Communications**
  - Research communities
  - Local organisations
  - Local communities
  - Individual participant contact
  - Journal articles
- **Learning**
  - Conference presentations
  - Findings reports & briefing papers
  - Issue based reports
  - Discussion seminars
  - Scenregen
  - Survey
  - Focus groups
  - Mixed tenure study
  - Nested studies
  - Health and wellbeing
  - People
  - Communities
  - Neighborhoods
  - Housing
  - Place

**What impacts are we learning about?**

**What dimensions of these impacts have changed?**

**How have we learnt this?**

**Who have we communicated / shared our learning with?**

**How have we done that?**

**What have we done? With whom?**

**Who have we shared our learning with over the past year, and how we have done so.**

- **Research**
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  - Conference presentations
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  - Discussion seminars
  - Scenario
  - Discussion seminars
  - Local organics / housing committee presentations
  - Journal articles
  - National & local policy-makers
  - Local orgs / housing committee presentations
  - Community newsletters
  - Research communities
  - National & local policy-makers
  - Conference presentations
  - Journal articles
  - Research communities
  - National & local policy-makers
- **Influencing; Rethinking**
  - Survey
  - Focus groups
  - Nested studies
  - Inequalities
- **Sharing; Understanding**
  - Understanding
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- **Research**
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**Research**

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**Communications & Learning**

Who have we communicated / shared our learning with?

How have we done that?

**Influencing; Rethinking**

What have we done? With whom?

**Government, participation and empowerment study**

Health and wellbeing

People

Communities

Neighbors

Place

Housing

Survey

Focus groups

Mixed tenure study

Nested studies

Ecological monitoring

Inequalities

Empowerment

This is how we have shared our learning with over the past year, and how we have done so.

Who have we communicated / shared our learning with?

How have we done that?

What have we done? With whom?

GoWell Annual Progress Report 8pp fold out.indd   12/4/10   11:29:01
This is what we have learnt about over the past year, and how we have done so.

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- Government participation and empowerment study
- Ecological monitoring
- Inequalities

**Communications & Learning**
- Research communities
- Conference presentations
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- Findings reports & briefing papers

**Sharing; Understanding**
- Understanding
- Influencing
- Rethinking

**Influencing; Rethinking**
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**How does regeneration impact on people & places?**
- How have we done that?
- What have we done? With whom?

**Who have we communicated shared our learning with?**
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**Survey**
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- Health and wellbeing
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Communications & Learning

Influencing;
Rethinking

Government, participation and empowerment study

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Place

Neighborhoods

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Survey

Focus groups

This is who we have shared our learning with over the past year, and how we have done so

Sharing;
Understanding

How does regeneration impact on people & places?

Glasgow Community Planning Partnership; Scottish City Council; Citizens Advice; Ecological monitoring

Inequalities

Communities

Government, participation and empowerment study

Understanding

In: Journal of Urban Regeneration & Renewal; Evidence & Policy; Urban Studies; Journal of Housing & the Built Environment; Public Health; BMC Medical Research Methodology; Housing Studies

GoWell Annual Progress Report 8pp fold out.indd   1 04/12/10   11:29:01
Our learning objectives are to:

• Understand how local evidence of what works can impact on regeneration policy and practice in terms of improving health and wellbeing.
• Share opportunities to influence policy across Scottish Government Directorates and at a national level.
• Facilitate capacity of the GoWell communities and area-based social policy interventions to use learning in a way that empowers them to influence future programme developments and research findings to academic and practitioner audiences.

Influencing

• To share best practice and knowledge of ‘what works’ encouraging communities to influence future programme developments and research findings.
• To understand the processes of change and the negative health impacts of regeneration activity associated with the Glasgow regeneration areas between our first and second surveys; and the impact of the recession on regeneration plans and activity in Glasgow.
• To investigate the health and wellbeing impacts of mixed tenure areas (using linked Scottish Health Survey data). This will enable further work on area-based social inequalities.

Ecological monitoring

The ecological monitoring team aims to explore how ecological experience through Ecological Monitoring can have an effect on different outcomes and influence our local health. It will involve two inter-related workstreams: the first on our three Transformational Regeneration Areas in mid-2006 but subsequently abandoned due to low numbers and the second on “…effect these groups have on outcomes”.

Local health study

This new qualitative, longitudinal study aims to explore how ecological experience through Ecological Monitoring can have an effect on different outcomes and influence our local health. It will involve two inter-related workstreams: the first on our three Transformational Regeneration Areas in mid-2006 but subsequently abandoned due to low numbers and the second on “…effect these groups have on outcomes”.

Communication and learning

We will share our outputs in diverse and novel ways with the communities involved in GoWell, and with health, housing and regeneration practitioners, policy-makers and academics. We will use a range of novel methods to share our results, making use of visual representations, and also deliver seminars, events and on the go training.

Further information

The follow-up report is due to be published in summer 2011. This report will be available in a variety of formats including the website at www.gowellonline.com, from the various research components, and summarises our findings to date.

Timeline


• To share learning and sharing impacts of area-based social policy interventions associated with the Glasgow regeneration areas between our first and second surveys; and the impact of the recession on regeneration plans and activity in Glasgow.

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Timeline


• To share learning and sharing impacts of area-based social policy interventions associated with the Glasgow regeneration areas between our first and second surveys; and the impact of the recession on regeneration plans and activity in Glasgow.
Our accounts

Income 2009/10

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Glasgow Centre for Population Health</td>
<td>£100,000</td>
</tr>
<tr>
<td>NHS Health Scotland</td>
<td>£110,838</td>
</tr>
<tr>
<td>NHS Greater Glasgow and Clyde</td>
<td>£40,000</td>
</tr>
<tr>
<td>Scottish Government</td>
<td>£110,838</td>
</tr>
<tr>
<td>Total</td>
<td>£351,676</td>
</tr>
</tbody>
</table>

Expenditure 2009/10

(From April 2009 to end-February 2010)

<table>
<thead>
<tr>
<th>Sponsor</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Research and support staff and associated costs</td>
<td>£317,280</td>
</tr>
<tr>
<td>Communications, events and outputs</td>
<td>£12,125</td>
</tr>
<tr>
<td>Total</td>
<td>£329,405</td>
</tr>
</tbody>
</table>

*Glasgow Housing Association contributes funding of approx £100,000 per annum towards the community health and wellbeing survey and qualitative focus groups. The survey contract is managed directly by GHA so this funding does not appear as ‘income’ in the GoWell accounts.

Our outputs and presentations

Below is a full list of the publications and presentations we produced and delivered over the period April 2009 to end-March 2010.

Reports

- Evaluation of Glasgow Housing Association’s Youth Diversionary Programme (January 2010)
- Briefing paper 7. Area Reputation: An Examination of Newspaper Coverage of the Sighthill Estate (February 2010)
- Briefing paper 9. Youth Diversionary Programme Evaluation (February 2010)
- Progress for People and Places: Monitoring change in Glasgow’s communities (February 2010)

Articles Published

- Egan, M., et al. (in Press) “Protocol for a mixed methods study investigating the impact of investment in housing, regeneration and neighbourhood renewal on the health and wellbeing of residents: the GoWell Programme”, BMC Medical Research Methodology
- ‘Regeneration and Health: Working on the environment’ Scotregen, Issue 46, Summer 2009
- ‘Swinging Success for Wellbeing’. Scotregen, Issue 48, Winter 09/10
- “Teenagers are a serious problem” – who says? Scotregen, Issue 49: Spring 2010
Accepted for publication

- Bond, L., Kearns, A., Sautkina, E. (forthcoming 2011) ‘Mixed messages about mixed tenure: do reviews tell the real story?’ Housing Studies

Events

- Third GoWell Annual Event – May 2009

Community meetings/presentations

- GCC Drumchapel/Anniehill Area Committee – June 2009
- GCC Canal Area Committee – September 2009
- GCC Anderston/City Area Committee – September 2009
- GCC Govan Area Committee – September 2009
- GCC Southside Central Area Committee – October 2009
- GCC Springburn Area Committee – October 2009
- GCC Garscadden/Scotstounhill Area Committee – October 2009
- GCC East Centre Area Committee – November 2009
- GCC North East Area Committee – November 2009
- GCC Linn Area Committee – November 2009
- West Local Community Planning Partnership Board – January 2010
- Clydeside Tenant Partnership – January 2010
- Central & West Local Community Planning Partnership Board – January 2010
- GCC Pollokshields Area Committee – February 2010
- Pollokshields LHO – February 2010
- Cassilhoton Housing Association – March 2010
- GCC Newlands Auldburn Area Committee – March 2010
- Compass LHO committee – March 2010
- GCC Health and Wellbeing, Equalities and Social Care Policy Development Committee – March 2010

Conference and seminar presentations

- ‘The Effects of High-Rise Living on Residential, Social and Health Indicators and Outcomes in Glasgow: Results from the GoWell Programme’ oral presentation at Wellbeing and Place: an International Conference – April 2009, Durham
- GHA Senior Staff Seminar – April 2009
- ‘What Do We Mean by ‘Meaningful’ Community Engagement?’ and ‘High-rise stories’ at Tackling Multiple Deprivation in Communities: Considering the Evidence Seminar – June 2009, Edinburgh
- ‘The Effects of High-Rise Living on Residential, Social and Health Indicators and Outcomes in Glasgow: Results from the GoWell Programme’ and ‘The Social Integration of Asylum Seekers and Refugees in a Regeneration Context’ oral presentation at the EURA City Futures Meeting – June 2009, Madrid

Our team

Sheila Back (Ecological Monitoring Team)
Lyndal Bond (Principal Investigator)
Jennie Caley (Communications Manager)
Julie Clark (Researcher) from March 2010
Fiona Crawford (Ecological Monitoring Team)
Matt Egan (Researcher)
Elizabeth Fenwick (Health Economist)
Ade Kearns (Principal Investigator)
Louise Lawson (Researcher)
Ade Kearns (Principal Investigator)

Rebecca Lenagh-Snow (Administrator) until December 2009
Phil Mason (Researcher and data analyst)
Jennifer McLean (Public Health Researcher)
Elena Sautkina (Mixed-tenure effects) until March 2010

Kelda McLean (Administrator) from December 2009
Elena Sautkina (Mixed-tenure effects) until March 2010
Carol Tamadhil (Principal Investigator)
Julie Clark (Researcher)
David Walsh (Ecological Monitoring Team)