

Homes and health – What's the connection?

People who feel good about themselves and in control of their life also have a high level of positive mental wellbeing. Good mental wellbeing helps to give people the confidence and drive to achieve the things they want to in life, and is linked to better health.

GoWell participants told us about their mental wellbeing. They answered some questions specially designed by researchers working with Scottish Government, and we calculated their wellbeing scores.

We found that the people who told us they lived in good quality homes and attractive peaceful neighbourhoods are most likely to enjoy high levels of mental wellbeing. We also found that people's wellbeing was higher when they were very satisfied with improvements to their homes, or if they felt that where they live makes them feel good about their life.

This is good news for Castlemilk, where the majority of residents appear to have a positive view about where they live. Overall, our findings suggest that recent investment in homes and neighbourhoods across Glasgow has the potential to genuinely benefit the way people feel.



We hope you have enjoyed hearing about what you told us in 2008 about your homes and neighbourhood. In spring of this year, the interviewers will have their clipboards at the ready to record your views and how they may have changed (or stayed the same) since 2008.

What will happen

Households in your area will be selected at random and will receive a letter from the survey company inviting them to take part and letting them know about the survey and when the interviewers will be in the area. An interviewer (carrying an identity card) will then visit those households and arrange to interview one adult from each household. If you or another adult agree to participate in the study it will take 30-45 minutes to complete the interview and what you say will be completely confidential.

What next?

Once all the interviews have been carried out across all the GoWell areas (there are 15 in total) the information will be reviewed and analysed by the GoWell Researchers. They will then be able to compare the information given in 2006, 2008 and 2011, which will tell us about how (or if) the health and quality of life of people in your area has changed.

Watch this space...

Once we have new information this information will be shared with you in future newsletters, and in presentations to groups in your community. The information will also be used by organisations in Glasgow and beyond to help improve services and regeneration efforts now and in the future.



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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.

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



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GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME

HOMES IN YOUR AREA

SPRING 2011

CASTLEMILK



Welcome to the latest edition of the GoWell newsletter for Castlemilk. In this newsletter we report back on what you told us in 2008 about your home and how you feel about where you live. We also explore the findings which are helping us to understand "What matters most?" when thinking about the connections between homes and health.

Your involvement makes this research possible, so "thank you!" to those who have contributed so far. The third GoWell survey takes place this year and our researchers will be returning to Castlemilk to invite people to take part. Turn to page four for more information.

Finally, we hope you find this newsletter of interest and, as always, welcome any thoughts or comments you may have – such as what you like, or what we could do better. You can find our contact details on the back page of this newsletter.

Best wishes

The GoWell Team

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GoWell
needs YOU!

What is GoWell?

GoWell is a ten-year research and learning programme that aims to find out from local people what they think of the approaches taken to improve their area. We are also looking at the impacts on health and wellbeing. Between now and 2014 we will carry out two more surveys in your area. These will help us understand:

- what changes have taken place,
- whether different aspects of community life are getting better,
- and what changes are important to residents.

GoWell's survey findings are already being used by organisations such as Glasgow Housing Association, other Registered Social Landlords, NHS Greater Glasgow and Clyde and Glasgow City Council to help to improve services and regeneration efforts both now and in the future.



Recognise this?

The 'typical' Castlemilk resident rents their home (84%), has lived in Castlemilk for ten years or more (58%) and enjoys living there (92%).



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Who took part in the survey?

- 484 Castlemilk residents took part in our most recent survey in 2008 - 323 women and 161 men.
- The map, on the right, shows where the people we spoke to lived, and it is this area that the newsletter describes.

Around a third of residents live alone, whilst one in five of all households include children.

Homes in CASTLEMILK

Housing types

- House or flat? Of the people we spoke to, around one third lived in low-rise flats or tenements and the other two-thirds lived in houses or 'cottage flats'
- Three quarters of the people we spoke to told us they either had their own garden or shared one with neighbours.

Condition of homes

- Most of the people told us that overall, the condition of their home was good. However, some people identified specific parts of their property that they were not as satisfied with. For example, around one in five participants cited household dampness as a problem, with similar numbers saying they had problems with insulation, external repair and home security. See below for more details.



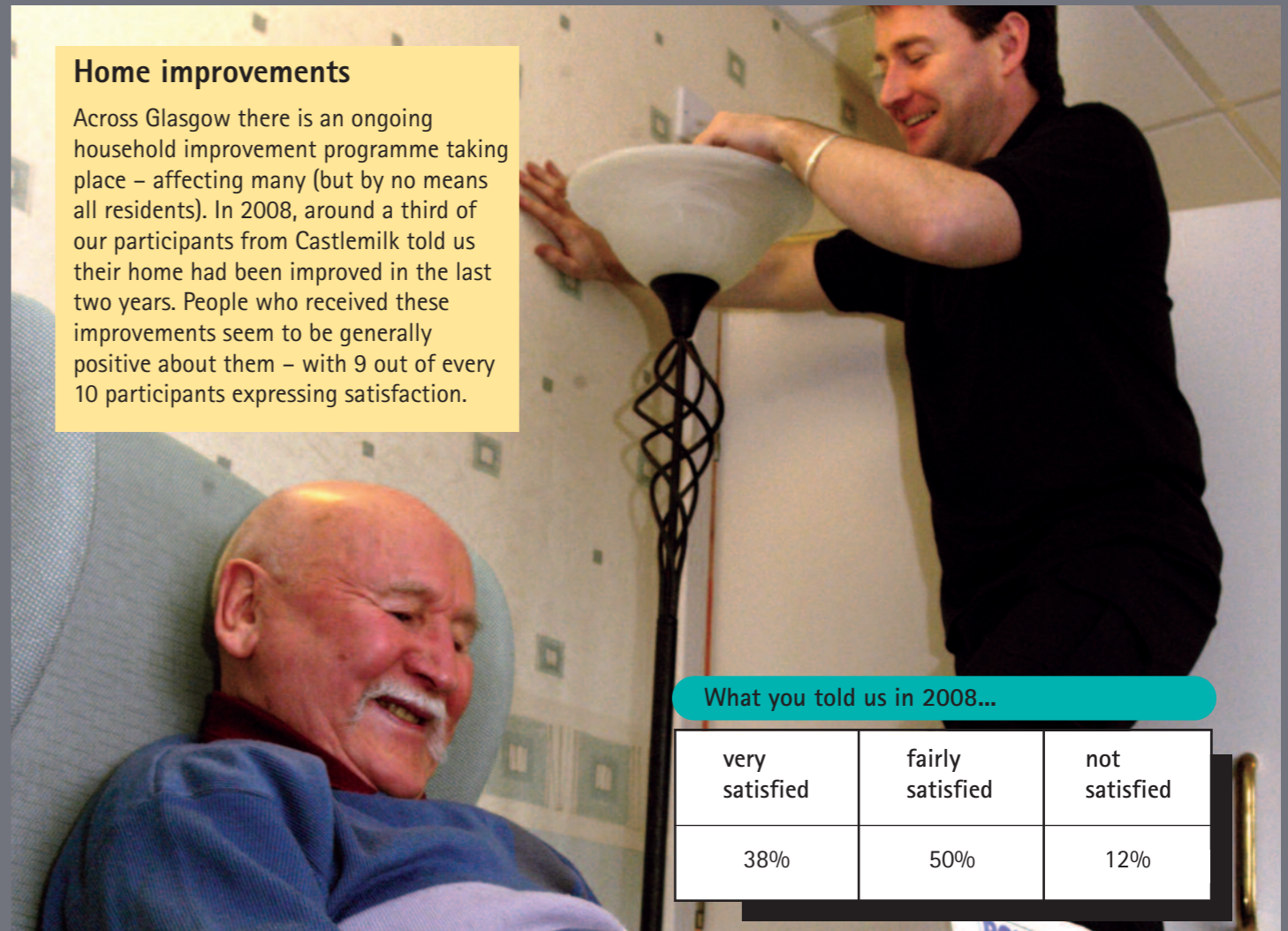
What residents in Castlemilk told us about the condition of their homes:

	Good or very good	Room for improvement
overall condition of home	86%	14%
dampness / condensation	79%	21%
quality of kitchen	83%	17%
heating system	88%	12%
insulation	82%	18%
state of external repair	82%	18%
security of home	82%	18%



Home improvements

Across Glasgow there is an ongoing household improvement programme taking place - affecting many (but by no means all residents). In 2008, around a third of our participants from Castlemilk told us their home had been improved in the last two years. People who received these improvements seem to be generally positive about them - with 9 out of every 10 participants expressing satisfaction.

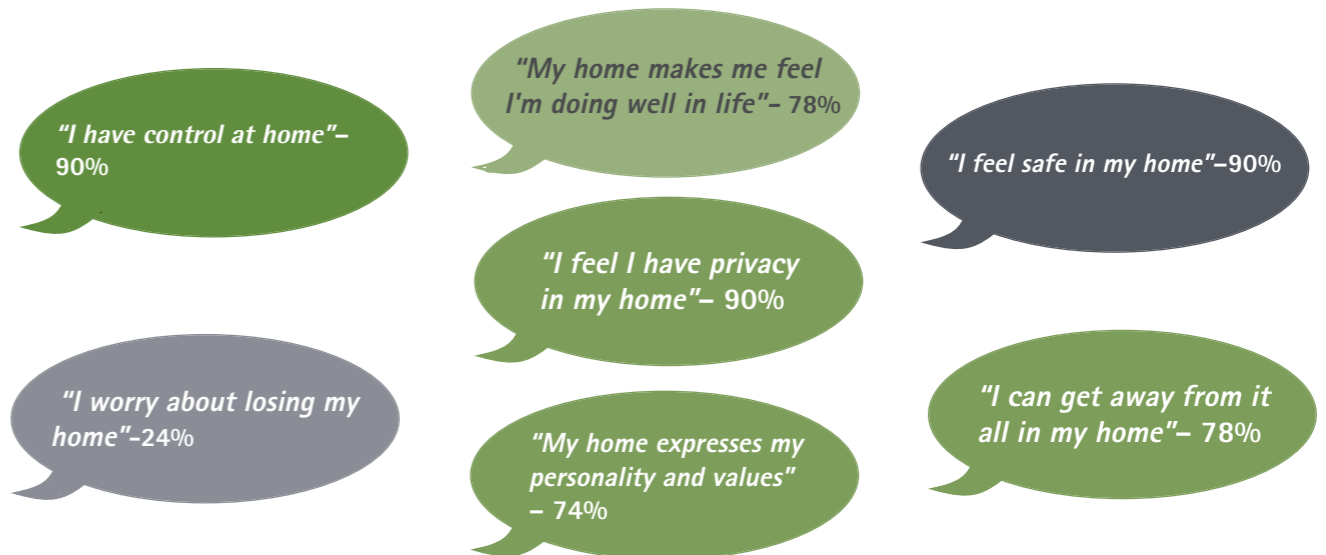


What you told us in 2008...

very satisfied	fairly satisfied	not satisfied
38%	50%	12%

How your home makes you feel

Homes mean more to us than just the bricks and mortar that they're made from, and that is why the GoWell researchers also ask questions about how you feel about your home and neighbourhood. For example, is your home somewhere where you feel safe and in control? The responses below say something important about the effect homes have on people's self-image and quality of life.



Overall, these findings show that the majority of people in Castlemilk are satisfied with their homes. Most people in the area feel positive about where they live and think that their home is in good condition, although some did identify problems with their home. This suggests that there is still important work to be done to improve living conditions here - but the good news is that neighbourhood investment is ongoing and residents tend to be satisfied or very satisfied with those improvements that have already taken place. Over the page, we will describe how these findings link with what we know about people's health and mental wellbeing.