



GLASGOW COMMUNITY
HEALTH AND WELLBEING
RESEARCH AND LEARNING
PROGRAMME



Welcome to the latest findings edition of the GoWell newsletter. Last summer the GoWell researchers visited Red Road and asked local residents to take part in a very important health, housing and regeneration study called GoWell.

Since then 329 Red Road residents have very generously given their time and have completed survey interviews with our researchers, along with about 6000 other people in 14 different communities across Glasgow.

The GoWell team would like to use this newsletter to share with you and your community some of the key findings for your area. We will send you further newsletters in the future to keep you up to date with all we have found out.

Meanwhile, we would like to thank you and your community for taking part in GoWell. Without your help this study would not be possible.

With best wishes
The GoWell team

Initial findings

Last year our researchers spoke to Red Road residents in the first of four surveys that will cover a period of 10 years. From these residents we learned that...

- Two thirds of Red Road's residents are economically active, although full-time employment is scarce.
- Many told us that they find it difficult to find the money to pay bills.
- Residents tend to be positive about their homes and neighbourhood.
- Self-reported health in Red Road is poorer than the national average.
- Asylum-seekers are both relatively healthy and particularly likely to express satisfaction about where they live.
- Anti-social behaviour is seen as a problem by most residents.
- In Red Road, most people in the neighbourhood maintain regular social contacts with friends and/or relatives.



IT'S ALL ABOUT YOU, YOUR FAMILY AND YOUR COMMUNITY

Why is the GoWell team interested in studying Red Road?

Dr Matt Egan – Researcher



The GoWell team and I are interested in studying Red Road because it is part of a multi-million pound community regeneration programme currently taking place in Glasgow.

Regeneration can involve a range of activities such as building new homes, refurbishment, demolition– and attempts to give communities more of a voice and to support them with improved services and amenities.

Activities such as these provide the GoWell team with an opportunity to find out what people from Red Road think about their communities, and how urban regeneration might affect your health and wellbeing in the long term.

About your home, health and community

What kind of people live in your area?

We focused this part of our survey primarily on people who live in multi-storey flats but **10%** of participants also come from the nearby tenement flats. **Most** are housing association tenants.

Red Road is a relatively young neighbourhood. **Less than 5%** of our sample are pensioners (or live with a pensioner). **Two thirds** of the homes contain children.

The flats are very ethnically diverse. **Around a half** of the participants are asylum seekers/refugees.

Money and jobs

Few Red Road residents say they earn more than Glasgow's average annual income but many prefer not to give details of their income. **Most** residents say that at times they have difficulty paying bills of one kind or another.

Two thirds of the residents report being either employed (**12%**) or economically active in other ways - eg. training etc (**54%**).

Your general health

Generally speaking, population health is usually poorer in neighbourhoods experiencing deprivation. In Red Road only **47%** of residents described their health over the past 12 months as good – a third less than the national figure from the last census.

White Scots are more likely to have poor health compared to asylum seekers or refugees. **Eighteen percent** of people who say they are 'white Scots' report that their health has not been good over the previous year, compared to **7%** of asylum seekers and no refugees.

Social Contact

A third of residents either live alone (**12%**) or are bringing up children alone (**23%**). The rest live with other adults.

However **most** people in Red Road maintain fairly regular social contact with people outside their home. **Around three quarters** see or contact their relatives at least weekly, and **eight out of ten** see or contact friends. These figures are broadly similar for both asylum seekers and residents who describe themselves as 'white Scots' (although residents with refugee status report less social contact with their relatives).

Anti-social behaviour problems in your area

Most residents are concerned that various forms of anti-social behaviour are causing problems in Red Road.

Drink, drugs, gangs, teenagers hanging around and nuisance neighbours rank as residents' top concerns. From our survey responses, around **a third** (or less) of residents say each of these issues is not a problem in Red Road, **a third** say they are slight problems and around **a third** or more say they are serious problems

Asylum seekers and refugees are more likely to rate anti-social behaviour as a problem than white Scots. The same can be said of racially motivated violence and harassment. **Around a half** of white residents say this is not a problem in Red Road, whereas only **a third** of asylum seekers/refugees agree.

Satisfaction

Two thirds of people in Red Road are satisfied with their home and a similar proportion are satisfied with the neighbourhood as a place to live.

One in three think their homes need some work to improve them, and **one in twenty** think serious work is required, but only **4%** of the residents think their homes should be demolished. In contrast, **around two thirds** say their homes are fine as they are. Asylum seekers are more likely to say their home is fine than white Scottish residents.

We also asked residents what they thought about services and amenities in their areas. Some were rated well, with **two thirds** of the residents saying that local transport, rubbish collection and schools were good. Other services fared less well. **Less than one in two** residents rated local shops, banks and youth and leisure services as 'good.'

On the whole, **most** residents are generally satisfied with their home and neighbourhood, but many have said that they would like to see improvements.



About the study

GoWell is conducted by an independent team of researchers. Over the next 10 years we will inform residents and housing planners about the impacts of neighbourhood changes across Glasgow.

GoWell asks people about health, housing, neighbourhood and community issues. Nearly half of the Red Road residents we contacted responded.

Some could not be contacted or chose not to take part. They might have their own story to tell, but we can tell lots about your neighbourhood by looking at the many residents who did participate.

Our next steps include further resident contacts, and analysis of more information to fill knowledge gaps about what people want from community regeneration and to find out what your top concerns are.



The GoWell team

About us, the GoWell team

The principal investigators who designed and are leading the GoWell programme are:



Phil Hanlon
Professor of Public Health, based at the University of Glasgow.



Ade Kearns
Professor of Urban Studies, based at the University of Glasgow.



Mark Petticrew
Associate Director, Medical Research Council Social and Public Health Sciences Unit, based at the University of Glasgow



Carol Tannahill
Director, the Glasgow Centre for Population Health.

The GoWell team is also made up of a core group of staff, comprising our Researchers, a Communications Manager and a Programme Administrator. These members of the team will introduce themselves to you in the next issue of the newsletter.

The GoWell website

To help to keep you and your community fully informed of all GoWell progress and developments we have created a GoWell website. The purpose of the GoWell website is to provide the people taking part in GoWell, their communities and others interested in GoWell with a way of obtaining information about the findings directly from the GoWell team. The site contains links to the latest GoWell news, findings and events. If you would like to find out more please visit: www.gowellonline.com

What do you think?

We would like to know what you think. Send your views to:
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