



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 the multi-storey flats at Plean Street and Kingsway Court and asked local residents to take part in a very important health, housing and regeneration study called GoWell.**

Since then 377 residents from those flats 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

### The key findings

Last year our researchers spoke to Plean St and Kingsway Court residents in the first of four surveys that will cover a period of 10 years. From these residents we learned that...

- Two thirds of residents are economically active, with a quarter in regular employment.
- 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.
- Residents' self-reported health 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.
- Most people in Plean St and Kingsway Crt 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 Pleas St and Kingsway Court?

Dr Matt Egan – Researcher



The GoWell team and I are interested in your area 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, 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 your area 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 the multi-storeys?

We focused this part of our survey primarily on people who live in multi-storey flats. The vast majority of these are housing association flats, although some are managed through specialist providers (e.g. asylum seeker flats and temporary furnished accommodation).

The multi-storey flats contain a relatively young community in which families predominate. **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, particularly as **over half** of the households contain asylum seekers or refugees.

### Money and jobs

**Few** Pleas St and Kingsway Crt residents say they earn more than Glasgow's average annual income but many prefer not to give details of their income. **Two thirds** of residents say that at times they have difficulty paying bills of one kind or another.

**Over half** of the households derive their income wholly from state benefits or pensions etc. **Nearly a quarter** of the adult residents report being employed and **nearly half** are economically active in other ways - eg. training etc..

### Your general health

Generally speaking, population health is usually better in richer areas and poorer in neighbourhoods experiencing deprivation. In these multi-storeys only **40%** of residents described their health over the past 12 months as good – much less than the national figure of 68% from the last census.

White Scots are more likely to have poor health compared to asylum seekers. Sixteen percent of people who say they are 'white Scots' report that their health has not been good over the previous year, compared to 6% of asylum seekers and no refugees.

### Social contact

**A third** of residents either live alone (**17%**) or are bringing up children alone (**15%**). The rest live with other adults.

**Most** people in the Pleas St and Kingsway Crt flats maintain fairly regular social contact with people outside their home. **Around three quarters** see or contact their relatives at least weekly, and **seven out of ten** see or contact friends this often. Hence, the reports suggest that most residents are socially active in their communities.

However, asylum seekers tend to have less social contacts than the white Scots living in these blocks. **Around 3 out of 10** asylum seekers do not have weekly contact with friends, or with relatives outside the home. In the case of white Scots, **2 out of 10** have no weekly contacts. In both cases, these reports of social isolation affect a minority of residents, but they still represent a worrying finding.

### Anti-social behaviour problems in your area

**Most** residents say that various forms of anti-social behaviour are causing problems in Pleas St and Kingsway Crt.

Vandalism, drink, drugs, gangs, teenagers hanging around and litter are seen as problems by around **two thirds** of residents and rank as their top concerns. The majority of residents do not think that house break-ins, racial harassment or sectarianism are problems in their neighbourhood (although a sizable minority disagree).

Asylum seekers and refugees are less likely to rate anti-social behaviour as a serious problem in their area than white Scots – and this even includes racially motivated violence and harassment. However all types of people in your community have expressed concern about these issues.

### Satisfaction

**Two thirds** of people in Scotstoun are satisfied with their home and **three quarters** are satisfied with the neighbourhood as a place to live.

**One in three** think their homes need some work to improve them, **less than 7%** think serious work is required and **less than 2%** 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 and schools were good. Other services such as nurseries, rubbish collection, police, shops and banks were rated as good by a small majority of residents (**between 51% and 57%**).

Youth and leisure services and amenities in your area tended to be the lowest rated – with only **51%** rating these 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. Around two fifths of the residents we contacted in your area 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](http://www.gowellonline.com)

## What do you think?

We would like to know what you think. Send your views to:  
[yvonne.christley@drs.glasgow.gov.uk](mailto:yvonne.christley@drs.glasgow.gov.uk) or telephone us on 0141 221 9439

### GoWell

The Glasgow Centre for Population Health  
Level 6 | 39 St Vincent Place  
Glasgow G1 2ER  
Telephone: 0141 221 9439  
Email: [Yvonne.christley@drs.glasgow.gov.uk](mailto:Yvonne.christley@drs.glasgow.gov.uk)

[www.gowellonline.com](http://www.gowellonline.com)

