



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 Sighthill and asked local residents to take part in a very important health, housing and regeneration study called GoWell.

Since then 673 Sighthill 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

The key findings

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

- Residents tend to be positive about their homes and neighbourhood.
- The majority of Sighthill's residents are economically active, although full-time employment is scarce.
- Over a third of residents find it difficult to find the money to pay bills.
- Self-reported health in Sighthill 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 Sighthill, 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 Sighthill?

Dr Matt Egan – Researcher



The GoWell researchers and I are interested in Sighthill 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 Sighthill 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?

Sighthill is a post-war mass housing estate whose residents live in multi-storey flats or deck access/tenemental accommodation. **Most** of these are owned by a housing association.

It is a relatively young neighbourhood. **Over half** of the households contain children, and **less than a tenth** are home to pensioners.

The community is also very ethnically diverse. Around a half of the GoWell participants are asylum seekers/refugees.

Social Contact

Nearly **2 out of every five** residents either live alone (**16%**) or are bringing up children alone (**23%**). The rest live with other adults.

However **most** people in Sighthill maintain fairly regular social contact with people outside their home. Around **two thirds** see or contact their relatives outside the home at least weekly, and around **three quarters** see or contact friends each week. This suggests an active community involvement for many residents, but the figures also show that a sizable minority in Sighthill live relatively isolated lives.

The figures on social contacts with friends are broadly similar for both asylum seekers and more established 'white Scottish' residents. Despite coming from other countries, **most** asylum seekers also maintain regular weekly contact with relatives (though not to the same degree that white Scottish residents are able to do).

Your general health

Generally speaking, population health is usually better in richer areas and poorer in neighbourhoods experiencing deprivation. In Sighthill only **half** the 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. **Fourteen percent** of people who say they are 'white Scots' give their health the lowest rating over the previous year, compared to 6% of asylum seekers and 3% of refugees.

Money and jobs

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

One in five residents report being either employed and **two in five** report being economically active in other ways - eg. training etc

Anti-social behaviour problems in your area

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

Drink, drugs, gangs, litter, teenagers hanging around and vandalism rank as residents' top concerns. From our survey responses, **around half** the residents say each of these issues is a problem in Sighthill.

At least two thirds of residents do not consider violent crime, harassment in the street, burnt out cars, sectarianism and burglaries to be problems in Sighthill. **Most** residents (**59%**) do not consider racially motivated harassment or violence to be a problem either. White Scots and refugees are equally likely to express this opinion, although fewer asylum seekers agree.

Satisfaction

Nearly three quarters of the people in Sighthill are satisfied with their home and a similar proportion are satisfied with the neighbourhood as a place to live.

A third of residents think that their homes need some work to improve them, but only **3%** told us that serious work is required, and only **4%** say their homes should be demolished. **Just under 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 **8 out of 10** residents telling us that transport services are good, and **7 out of 10** saying the same about local schools. **About 60%** say rubbish collection is good, but only **around half** of residents give their approval to local childcare/nursery provision, youth and leisure services, policing, shops, banks and health centres.

On the whole, **most** residents are generally satisfied with their home and neighbourhood, but **many** say 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. Over half of the Sighthill 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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