



## Knowledge exchange

This snapshot describes the types of knowledge that was exchanged and generated by the GoWell Panel with GoWell researchers and community organisations.

### ***Social regeneration***

One of GoWell's key findings is that social regeneration – a focus on people and communities – is as important as bricks and mortar<sup>1</sup>. The Panel used their workshops to explore how they and local housing associations had approached social regeneration. Workshops in a shopfront community hub and a hall maintained by housing associations showed the Panel “[h]ow housing is trying to pull the community together”. The Panel saw how in practice social regeneration brings together a range of employability programmes, tenant scrutiny panel, committees and other initiatives. They concluded that this range of activity is necessary to reflect the diverse aspects of people's lives and their communities.

### ***Social cohesion***

The Panel explored the social composition of areas and interactions among people living in these areas. They concluded that a combination of supportive policy with local space and efforts can draw in diverse groups to bring about social cohesion. Examples included a health and wellbeing centre in the northwest of the city that drew in New Scots<sup>2</sup> by campaigning for more inclusive policy and practice to support their integration. The Panel also concluded that social cohesion works best when it promotes the sharing of resources and activities to bring people together. An example of this was a community Christmas fair organised by a housing association with entertainment and stalls provided by local groups which prompted Panel members to reflect “This is what sharing is all about”.

### ***Communities***

Panel members often pointed out the immense contributions from communities to regeneration that was evidenced during their workshops. Community contributions included health and wellbeing promotion, social regeneration and social cohesion. Reinforced at the Panel workshops was their collective reflection on the “amount of work put in by volunteers” and that with the right resources, “people can work together to improve areas and lives”. Panel members saw this work as a collective resource of practice and ideas that “we could take back” to their local groups.

### ***Research***

Panel members astutely interpreted GoWell statistics. For example, they quickly pointed out that based on their local knowledge about their communities, they thought that self-reported incidences of seeing the GP for mental health reasons were under-reported. The Panel also helped one of our GoWell researchers to summarise evidence<sup>3</sup> into key points for submission to the Scottish Parliament. For example, one sentence about public transport became a main point given to a committee during the evidence hearing<sup>4</sup>.

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<sup>1</sup> For more information about GoWell's findings on social regeneration, go to:

[www.gowellonline.com/publications/98\\_residents\\_perspectives\\_of\\_health\\_and\\_its\\_social\\_contexts](http://www.gowellonline.com/publications/98_residents_perspectives_of_health_and_its_social_contexts)

<sup>2</sup> For more information about Scotland's strategy for welcoming refugees and people seeking asylum – New Scots – go to: [www.scottishrefugeecouncil.org.uk/working-for-change/new-scots/](http://www.scottishrefugeecouncil.org.uk/working-for-change/new-scots/)

<sup>3</sup> [www.gowellonline.com/news/411\\_evidence\\_given\\_to\\_the\\_local\\_government\\_and\\_regeneration\\_committee](http://www.gowellonline.com/news/411_evidence_given_to_the_local_government_and_regeneration_committee)

<sup>4</sup> The Scottish Parliament evidence hearing: <https://www.youtube.com/watch?v=nd-tbSSH3DI&feature=youtu.be>