

Community Engagement in Lhanbryde

Good Places Better Health

Autumn 2011



Lhanbryde Community Centre

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and most importantly the people of Lhanbryde themselves

Ann Davidson, REAP, Dec 2011

Executive Summary

The semi-rural village of Lhanbryde, Moray (population just under 2,000) has been one of the venues for evidence gathering and community engagement for the Good Places Better Health (GPBH) Project: a groundbreaking project set up to explore the complex relationship between environment and health in Scotland.

The community engagement aimed to look at this relationship in detail, engaging with the local community and agencies in the area to identify reasons for the issues arising in their community and develop realistic visions for future changes.

The project methodology included four stages: rapid appraisal via interviews, questionnaires and focus groups; an open engagement event; a workshop using DPSEEA mapping to explore the issues further and develop a vision for Lhanbryde and lastly, an action planning workshop.

Community Assets

The main community assets identified were:

- Good quality green space and access to walks and playing fields
- Good, friendly local shops, though limited in range
- Good community spirit and generally a helpful friendly place (though some reported a different experience)
- Good Community Centre with potential to be developed more
- Good primary school and nursery

Identified issues

The main issues identified in Lhanbryde were:

- Dog fouling and litter, limiting use of play areas and walks, and lack of time from the Community Warden and others to tackle this
- Limited facilities and activities, including:
 - Lack of facilities and activities for pre-school children
 - Problems with facilities for children – unfenced play areas, limited activities
 - Lack of activities for teenagers and opportunities for teenagers to get involved in the community through volunteering and project work
 - Lack of activities and community meeting spaces for adults
- Lack of a sense of community and the need to get more people involved via better communication
- Some housing problems in the tenanted areas
- Problems with access to local shops – lack of a pedestrian crossing – and limited selection of fresh produce
- Possible negative effects of a lack of GP surgery
- Lack of green space in the tenanted areas of Lhanbryde – too much concrete grey

A Vision for Lhanbryde

The following vision for Lhanbryde emerged.

Lhanbryde can be a:

- *beautiful place, without litter or dog dirt; empty spaces filled with something enjoyable to look at*
- *green place with small bits of garden/green in between concrete areas, allotments*
- *friendly happy place, where people know one another and help one another*
- *peaceful place*
- *safe and secure place for our kids*
- *place with good stuff- lots of facilities for young people of all ages:*
 - play parks
 - skate park
 - youth cafe
 - nature activities
 - volleyball
 - circus skills
 - dance
- *place with more groups and better connections*
- *where people meet one another with a:*
 - community centre that's always open and has a welcome for people of all ages
 - more family-friendly pub, maybe with a beer garden
 - cafe

Action Planning

The action planning workshop with members of the community, agencies and partners has identified an action plan to start addressing many of these issues. By using the existing community assets in Lhanbryde already, continuing to engage with all sections of the community and supporting new participants to get involved, the action plan can be used as a practical starting point to bring about positive change.

This report will be presented to Moray Community Planning Partnership in January 2012.

1 Background

This report details the community engagement conducted in Lhanbryde during 2011 on behalf of the Environmental Determinants for Health in Scotland (EDPHiS)¹ to contribute to evidence gathering for the Good Places Better Health (GPBH) project. The research was funded by the Scottish Government through the Rural and Environmental Research and Analysis Directorate.

Good Places Better Health (GPBH) is a groundbreaking project set up to explore the complex relationship between environment and health in Scotland. This is an area where “everything” matters, yet where a direct causal relationship between any two factors may be difficult to prove and often represents only a part of the picture. The prototype phase was embarked upon in January 2009 and has focussed on four key health challenges in Scotland: obesity; unintentional injuries; asthma; mental health and wellbeing, as they affect children aged 0-8 years.

The methodology developed within the Good Places Better Health Project sought to identify and assemble environment and health determinants within a structure that could examine and demonstrate the complexity of these relationships, while not leading to inertia in the formulation of interventions. At the core of this approach was extensive partnership working, the adoption of a multi-faceted approach to evidence gathering and validation and the innovative use of a modified version of a model (DPSEEA) developed by the World Health Organisation. The model’s use in this context is explained in the Scottish Government report 2008 “Good Places Better Health” from page 14².

One strand of the evidence gathering has been a series of community engagements to examine health and environment issues within local communities and explore the application of the mDPSEEA model at the local level. One of these engagements, commissioned by EDPHiS, took place in the village of Lhanbryde, a small, semi-rural community situated 3 miles east of Elgin in Moray with a population of just under 2,000 people (Census 2001). The area has pockets of social deprivation and the highest percentage of lone parents in Moray. Housing is a mixture of traditional stone built housing, council estates and several small, new, private developments

Facilities include a Primary School built in 1999 of 167 pupils; local shops comprising a pharmacy, butchers, general store, pub & hairdresser; and Lhanbryde Community Centre, a focal point for community activities currently used by 25 groups. Community activity has been focussed on the school and Community Centre and includes weekly Moray Council housing surgeries, health visitor sessions, NHS healthy eating initiatives, walk to school campaigns with the Moray Council transport officer and a youth café.

2 Aims of Community Engagement

- To engage with the local community to identify the perceived links between environment and health, to assist with the evidence validation processes of the GPBH project and identify any potential gaps in evidence.

¹ www.edphis.org

² <http://www.scotland.gov.uk/Resource/Doc/254447/0075343.pdf>

- To enable participants to identify reasons for the issues arising in their community and develop realistic and practical visions for future changes
- To develop an action plan with partners that could potentially effect positive change in the local environment and health and facilitate community development processes to support these actions where possible
- To explore the potential of a DPSEEA approach in a community setting

3 Methodology

The project has been facilitated by REAP, a local community and sustainable development organisation in partnership with the Communities Analytical Services, Scottish Government. Beginning in December 2010, the project has had four stages:

1 Rapid appraisal and engagement with the local community

A questionnaire was developed for local parents and carers of young children, to start the process of identifying key issues around environment and health in Lhanbryde. This was distributed around the shops in the town, the community centre and, most effectively through the Lhanbryde Primary School. Preliminary results from the questionnaires were shared at a meeting of local stakeholders, including community workers and local councillor. This assisted further targeting within the community and linked the work to local Community Planning Partnership structures.

The questionnaire was taken door-to-door in a tenanted housing area of Lhanbryde to assist the representativeness of the sample and help ensure that any key issues were not being omitted. Interviews were conducted with local professionals including pharmacist, health visitor, NHS staff and housing worker.

2 Open Engagement Event

An open event was held at the local community centre on a Saturday morning to bring people together and explore the issues identified in the first stage of the research. People who had expressed an interest were personally invited and leaflets and posters were also placed around the area and an advert in the local paper. The event was designed to offer fun, supervised activities for children and facilitate discussions with their carers.

Photographs had been taken in the locality to illustrate the problems people had raised and these were displayed in a slide-show format and also as posters. People were invited to discuss how the subject matter of the photographs affected health and to prioritise the issues raised and actions they would like to see taken. This took the form of a pictorial quiz and face-to-face interviews.

3 Workshop (DPSEEA Mapping)

A second event was held with local people (8 participants) who had expressed a keen interest in being involved in taking the issues forward. The aim of this workshop was to bring together the evidence from the earlier stages; explore this further; identify the reasons for these issues in Lhanbryde; and develop a vision of what people would like to happen in their community. The main focus was on issues relating to neighbourhood.

The workshop adopted an experimental approach, aiming to explore the application of the DPSEEA model at a community level. The model was simplified into: “*problems* (State), *effects* (Exposure/Effect), *causes* (Drivers/Pressures) and *imagine* (Actions)”. These were represented physically using the four walls of the room and the context (culture, history, relationships etc. represented by an imaginary time line linking the floor to the ceiling.

Participants moved around the four walls considering the issues that had emerged during the research, exploring how it impacted on their lives, what factors had created and continued to drive it, and how they would most like things to be in Lhanbryde instead. Finally the group came together over refreshments to discuss issues further. The outputs from this event were developed into simplified mDPSEEA maps of evidence (appendix 4), and a vision statement for Lhanbryde agreed. These themes fed directly into the action planning session

4 Action Planning Stakeholder Meeting

An action planning workshop was convened to consider the findings and to develop an action plan. This was attended by nine stakeholders - four members of the community, the Moray Council Housing manager for Lhanbryde, the Moray Council Strategic Manager – Health Improvement, local Moray Councillor Douglas Ross and the Chair and Centre Development Worker for the Lhanbryde Community Centre. This final report will be reported to the Community Planning Partnership and can provide evidence for work within the Lhanbryde Community and beyond.

4 Summary of Findings

The following results developed over the course of the project. At each stage, stakeholders were consulted to gain views, develop understanding and address any gaps in the research. As the project progressed, existing participants explored issues in more depth and new participants became involved as activity focused on their areas of interest. Some issues emerged quickly while others took awhile to develop, but all benefitted from the multi-layered approach which has teased out aspects of the complex picture of relationships between health and the environment in Lhanbryde.

Community Assets

People in Lhanbryde value the quality of green space in the surrounding area, citing two football pitches and nearby access to woods and loch. Lhanbryde's proximity to Elgin was seen as a great asset for wider shopping and activities.

Although local shopping is restricted, particularly in relation to fresh fruit and vegetables, people felt that the shops that were there were very good and in particular, that the staff were very welcoming.

Many reported a good community spirit in Lhanbryde and that it was a safe, friendly, place where people helped on another out, although a few reported a different experience.

Other assets included a good community centre which has the potential to be more widely used and a good nursery and primary school.

Issues in Lhanbryde

1. Dog Fouling and Litter

Problems with littering and dog-fouling were cited as being a major concern. The impact of this issue was to limit access to communal areas, particularly the woods, play areas and other recreational facilities. On a deeper level it left residents feeling angry and frustrated at what was perceived as a lack of consideration and respect, particularly for the well-being for their children. Unable to use the play areas, some parents limited children's physical range of independent play and preferred to travel into Elgin to use better-maintained, child-friendly facilities.

Action Points

- An increased Community Warden presence is needed to tackle the spoiling of existing facilities by anti-social behaviour – in particular littering and dog fouling. This could be backed up by an innovative volunteer scheme.
- Develop links with the Volunteer Centre, the Community Wardens, the Lhanbryde Challenge and other partners to support this work
- Have community warden surgeries at the same time as housing ones, perhaps once a month, to encourage information sharing

2. Facilities

i) Children aged 0-12

Compounding the issue of litter and dog-fouling in play areas, the main play park by the school was designed for primary school children only and did not include equipment for pre-schoolers. Parents were therefore unable to take children of different ages to a play area that could occupy all of them safely. There was a need for a safe, soft-surfaced, play area by the school that could accommodate both ages and for the area to be well-maintained and kept clear of dog dirt and litter.

There was also the need for the space to feel more enclosed and less exposed and to discourage its use by other groups. Fencing the area off was suggested.

ii) Teenagers

There were little organised activities for teenagers although there was a youth café in the community centre that was open one night a week. Some people spoke of teenagers “hanging about the streets” or having to travel into Elgin for activities. The community centre also offered some sporting activities such as judo and there was felt to be a need to expand the range and frequencies of activities. Many people would like to see the community centre more widely used. It is a very good resource but has limited opening and activities and more publicity was required to inform the local community.

There was also a desire to include young people more and some people mentioned obstacles in enabling young people to volunteer within the community. Working with young people on innovative projects was seen as a way of regenerating Lhanbryde – examples included the “ecopods” in Tillydrone, Aberdeen and creative murals.

iii) Adults

Adults also wanted activities and opportunities to meet and socialise. Many people spoke of a wider absence of meeting spaces in the community and that this made it difficult for people to meet and get to know one another. There was no café near the shops (the community centre is on the periphery of Lhanbryde, rather than being centrally located) and the local pub was not perceived to be a family-friendly space.

Action Points

- Lhanbryde needs community spaces – café, seating, allotments – where people can interact and socialise. Funding could be secured to help develop these.
- Social media and an electronic notice board could help promote the events already taking place in the community
- Working with youth work providers in liaison with housing agencies to develop innovative regeneration projects in Lhanbryde
- Working with the Lhanbryde Challenge and the Volunteer Centre to enhance and develop more community activity
- Support the School PTA to secure fencing for school area
- Securing funding to develop play facilities for a wider age range at the existing play area near the school
- Work with the Moray Council Transport worker Chris Thompson and the school on a secure cycle path

3. Sense of Community

Many people had lived in Lhanbryde all of their lives and had close-knit family connections. Many reported a good community spirit in Lhanbryde and that it was a friendly, place where people helped on another out. However some people made reference to experiences (direct and indirect) of bullying and verbal abuse. There was a perceived sense of division between more established residents and those who had arrived more recently.

There was felt to be a great need for more people to be active in their community; for more people to become volunteers and for more projects and activities to be developed. People expressed the need for assistance to organise and identify sources of funding.

Action points

- More effective communication via social media such as a Facebook page and an electronic notice board could help promote the events already taking place in Lhanbryde. A suggestion box in the Community Centre
- Encouragement and support for more people to join the Lhanbryde Challenge, especially from the tenanted areas. New participants will need childcare costs and mentoring
- Moray College could be contacted to conduct computer classes with childcare

4. Housing

There is a small area of tenanted housing where some residents reported a number of problems including poor insulation, electrical problems and health and safety concerns related to a lack of fire escape access from the upper floor. The area is also characterised by large areas of un-landscaped concrete.

Some residents expressed the feeling that there was some degree of stigma attached to living in the council house area. Some respondents of the survey had reported problems perceived to be linked to the area including an increase in drug use and violent crime.

Action Points:

- Continued liaison with Moray Council Housing officers to address these problems, and better promotion of the weekly housing surgeries at the Community Centre

5. Shops

People were generally happy with local shops, but it was noted by some that there was limited choice, particularly in relation to healthier options/fruit and vegetables. There is however, a local food cooperative which sells fresh vegetables from the community centre once a week. The issue of publicity was raised and whether many people know about this.

Some people felt there was a need for a pedestrian crossing at the shopping area. The road is busy, there have been accidents involving young children there recently and the absence of a crossing inhibits parents from allowing children to access shops.

Action Points

- Better promotion of existing good practice (Facebook, signage etc as above)
- Campaign for a crossing at the Lhanbryde shops. This could begin by collecting data from a recent traffic monitoring survey and liaising with Grampian Police

6. Health Services

The absence of a GP was felt by some people to potentially have an impact on access to primary care for some sections of the community, particularly the elderly and those without access to a car. This may impact on the management of some chronic conditions by vulnerable sections of the community. There is a health visitor clinic and it was noted that the frequency had recently been reduced. The local chemist was felt to be a very valuable community asset in the absence of a local GP. While some people raised the possibility of having a local weekly GP surgery, others were concerned this could impact on services in Elgin and actually make it more difficult to secure an appointment.

7. Green Space

People were unused to thinking critically about their physical environment and to imagining how it could be. Some commented that no one had ever asked them this before. When pressed, some people spoke of an awareness of great contrasts between the green of the surrounding area and the grey of the concrete areas they experienced on a daily basis.

There was a general agreement that having more green areas was something that they would like, although many felt that any projects would be immediately vandalised. Others worried that somehow any action could make things worse. People had different needs and wants; changes needed to be carefully planned and negotiated.

Action Points

- Set up a joint working party to look at green space, allotments and regeneration
- Check on land zoning in Lhanbryde to assess areas suitable for growing

5 Research Stages

1. Rapid Appraisal with the local community; Main Findings

a) Survey

A questionnaire, (appendix 1) was developed for local parents and carers of young children, to start the process of identifying key issues around environment and health in Lhanbryde. This was distributed around the shops in the town and also taken door to door in a tenanted area.

49 respondents completed the questionnaire, 41 from the school and 8 from community groups. Of these, 41 live in Lhanbryde itself. Between them, the parents/carers looked after 63 children under 9, with 14 parents looking after children just over 9 (Primary 6 and 7 pupils).

Amongst the families surveyed, the majority of children were reported to engage in regular physical activity; walking to school and playing outside. They were described as eating healthily, maintaining a healthy weight and generally being “happy”.

i) Physical Activity and Health

MY CHILD:	Most days	Some days	Rarely	Yes/No
Walks to school	54	4	6	
Plays outside a lot	43	19	3	
Takes part in sports and activities	21	34	10	
Eats healthily	47	18	1	
Is happy	67	9	0	
Maintains a healthy weight				62 Yes / 2 No

ii) Positive and Negative Aspects of Living in Lhanbryde

People were first asked to consider what is good about living in Lhanbryde. This was an open question and people were not prompted. The majority of people perceived Lhanbryde to be a friendly place and many cited the quality of the local primary school and countryside, followed by the quality of shops and facilities.

Close knit, friendly community	29
Good Primary School	18
Countryside and good access to open spaces	18
Shops and good facilities	11
Near to Elgin/ cities	6
Quiet	5
Easy access to buses	4
Lhanbryde Community Centre	4
Other: Playbarn / Pharmacist / Community Food Project	3

They were also asked what was not so good about living there:

Dogs' dirt	13
Litter	11
Lack of Activities/ lack of facilities within walking distance	11
Vandalism in the park/ anti social behaviour	6
Lack of car to access Elgin facilities/ limited public transport	4
Lack of a playpark suitable for toddlers	4
Crime	4
Boarded up properties/poor housing	3
Lack of a 2-3 class at the school	2
Cars driving too fast in the village	2
Bad press/reputation	2
Lack of activities for teenagers	2
Young people hanging about	2
No takeaways	2
Other: Lack of childcare before and after school/ no café/ limited cycling/ open access to school/unfriendly people/ drugs/ dividing line between posh side and rough side/ job prospects/no surgery	9

These two questions started to bring out some of the key issues in Lhanbryde, particularly the impact of dogs' dirt and litter and a perceived lack of local facilities and activities.

iii) **Priorities for Change**

The final question in the Questionnaire - What one thing would you like to see changed about the environment in Lhanbryde to improve your children's' health? – acted to assist the prioritising of the above positive and negative issues. The top responses were to address dog fouling (and litter) and create better play facilities.

Dog fouling – generally and especially in children's areas	14
Better, safe play areas	7
Litter	6
A toddlers' playpark	6
More activities – generally and especially for under 4's	6
Cycle paths	3
Other: better street lighting/ better winter road clearing/ fenced off astro-turf area/ fence off the school/ anti-social behaviour/ doctors surgery	6

iv) A Healthy Place?

The respondents were then asked if they thought Lhanbryde was a healthy place for children to grow up in. Most people felt that it was, some citing the opportunities afforded by the local natural environment. A minority felt that it was not a healthy place, pointing out the impact of dogs' dirt and litter locally and the lack of facilities and activities.

Response	Yes	37
Comments – 26 total	Good walks/ cycles/ fresh air	10
	Good places to play	6
	Good health education at the school	3
	Safe	3
	Good clubs	2
	Less traffic	2
	Easy access to facilities and friends	1
	It's a lot worse in cities	1
	No chip shop or junk food	1
Response	No	8
Comments – 7 total	Litter and dog dirt spoil walks/parks	6
	More activities & skate park	6
	Lack of outdoor facilities/ No safe cycling areas/ need a playpark	3
	Need better social housing	1
	20mph zones would be better	1
No response		4

v) Opportunities for Play and Exercise

The respondents were asked if they thought Lhanbryde is a good place to play and get fun exercise and this produced similar responses, but with more people considering the limitations of available resources:

Response	Yes	24
Comments – 19 total	Lots of space and fresh air	6
	Good activities	5
	Good park	5
Response	No	18
Comments – 17 total	Some activities/ good parks etc, but limited	14
	Can't use parks/walks etc due to dog dirt/litter	8
	Nothing to do	4
	Not enough playparks / cycle paths	3
	Intimidation	2
No response		7

“Park can't be used due to broken glass & dog mess”

“Children complain about glass, dog mess in play areas. Tend to stay in garden”

“Woods are littered with rubbish & dog fouling so brings danger. The park is good yet unacceptable for those of us where intimidation goes on for children who are perceived as incomers”

“Playpark facilities are good, few led play activities at realistic times e.g. straight from school (e.g. volleyball/circus skills/dance)”

“2 football pitches, a play area & wood nearby to ramble & explore. Not bad for a small village”

“One child likes judo but not much for other one who doesn't”

“No proper play area for toddlers, older children's park not for young children. Sports activities take place in other towns - rarely anything for Lhanbryde”

“There is dog's mess in a lot of 'child friendly' areas”

vi) Are Children Happy in Lhanbryde?

Respondents were asked if their children were happy living in Lhanbryde

Response	Yes	39
Comments – 15 total	Good community feeling / safe	6
	Have friends and family	4
	Seem happy but don't know anything else	3
	Good school	2
	Great environment	2
Response	No	3
Comments – 9 total	Not much for teenagers/ not enough facilities or activities	4
	Kids are upset when they can't play out due to dog dirt/litter	2
	Verbal abuse, bullying	2
	Could have better fruit and veg.	1
	Cars go too fast	1
No response		7

Most people felt that their children were happy living here; that it was a safe and friendly place:

“Good community feeling, friends within small area”

“My children are happy in Lhanbryde & never express any wish to be anywhere else. They love their school & broader community.

“My 10 year old son opened his window one day and said without prompting how lucky we are to live here. Can see an open playing field with cows & sheep and the fields at bottom”

A smaller number cited problems however:

“They haven't (felt happy) for a while due to being bullied but getting a move away from this place is a joke”

“My kids are upset when they can't play because it is too dirty & unsafe”

vii) Child Health issues

Respondents were also asked if they would like to mention any health issues that affected their children. Six parents and carers responded to this question. Four respondents had a child with asthma, one child had eczema and possible Asperger's Syndrome, and another had weight problems and weakness in the joints

viii) Summary and Key issues

The questionnaire results show that Lhanbryde has a good community spirit for many people who live there. 80% of respondents felt that their child was happy living in Lhanbryde, and 59% named good community spirit as one of the best things about living in there. 76% of respondents felt that Lhanbryde was a healthy place to live and bring up children, citing good walks, fresh air and places to play.

However, many people were concerned that the good walks, facilities and play areas were being spoiled by irresponsible dog owners and people littering. At times, people have stopped their children playing at the main park or turned back from walks because of these problems and the danger to their children. 41% named dog mess and/or litter as the one thing they would change about Lhanbryde to make it a healthier place to live. This negative experience of a play area might only have to happen once or twice for a carer to decide that it's too difficult to take children to a play area and choose their own garden instead. This could restrict running and aerobic exercise.

“Children complain about glass, dog mess in play areas. Tend to stay in garden”

Facilities are seen by some as being quite good for a small village, with the shop, school, pharmacist and Community Centre all receiving positive comments. However, the lack of a doctor's surgery, the fact that some mention travelling to Elgin to go to parks, kids clubs, shop for fresh fruit and vegetables etc means that there might be a problem for families without transport (who would have to pay for buses).

b) Results from Community Stakeholder Meeting

Preliminary results from the questionnaires were shared at a meeting of community stakeholders including a local councillor, Lhanbryde Community Challenge workers and board members, the local Moray Council Community Support Officer and a local playgroup campaigner.

The group recognised the issues raised, both positive and negative. Commenting on the results, one person queried if the national incidence of asthma matched the results coming from the questionnaire. Others wondered if a wide enough sample of opinions had been collected, especially from the central area of Lhanbryde.

The group looked at ways to take some of the issues raised forward in the Lhanbryde community. Suggestions included:

- Feeding back the information to parents through the school at a parents evening
- Feeding back information to the community through an event
- Getting the community warden involved in the Moray Council 'Green Dog Walkers' scheme
- Continuing research in the community
- Continuing to get people involved

The group was very helpful in offering contacts, suggesting times and venues and agreeing to work with the project.

c) Results from face-to-face interviews

Interviews were carried out around the streets in the central area of Lhanbryde and elsewhere. 16 people were interviewed including local professionals. Some of the responses were as follows:

“It’s not that bad - a nice wee place to live really. Most of the grumbles are to do with council houses; some people are overcrowded, don’t have enough bedrooms”

“It’s difficult with some of the neighbours round here. The back lane here has been a rat run for motorbikes – I mean how stupid is that? The kids mostly stay in their gardens – it’s not safe to go out in the lane”



“I’ve lived all my days in Lhanbryde – it’s a place like any other, good and bad”

“These council houses are awful. There is damp and it took me 5 years to get a faulty socket repaired. I don’t know what it would take to make this place better.”

“The kids might get more exercise if there were more facilities. Need to go into Elgin for entertainment. It’s very basic here”

“There’s no doctor’s surgery here, need to go into town. This affects people without cars, particularly the elderly. Sometimes people need to see the doctor but they say “Oh I’m not going away in there!”

“For some families there is difficulty accessing surgery to have immunisations for children completed. Mental health and wellbeing can be an issue for families relating to poor housing issues, finances or use of drugs/alcohol.”

“Lhanbryde has gone through phases. Basically it’s okay - problems come mostly from the tenanted areas - problem families from down south are put in together; they have caused the problems- drugs etc. And recently the Hotel has taken in homeless people. There is more of a police presence now”

“Families are settled in Lhanbryde and have grandparents often living within the village too. This lends itself to a more settled community. However, there have been a number of

incidents where a small number of isolated families have been in great fear living in the village.”

“Young families within the community tend to stick to their own friends and relatives and are not always keen to engage with others. It’s difficult to encourage some young parents to attend the well run Toddler Group (confidentiality plays an important part for them)”

“A recent survey (approx 3 years ago) showed that individuals within the community did not eat a healthy diet. Many accepted this and did not wish to change their eating habits. There is a project selling fruit at the Lhanbryde Hall to offer reasonable priced fruit and vegetables, but initiatives to have an allotment for the community and the community café have ceased also.”

2. Open Engagement Event



Poster and flyer

This event was aimed at families to feedback some of the results, continue to gather more information, look in more depth at links between health and environment – and have fun at the same time!

Researchers attended a parents' evening to feedback some of the results to parents and invite them to this event.

Survey participants who had provided contact details were personally invited and posters and flyers were distributed locally to invite anyone else from the community who was interested to attend. Around 20 adults and 25 children attended this event.

Interviews and group discussions were held throughout the morning.



Round table discussions at the event

a) **Facilitated discussions: summary of key issues raised**

i) **Shops**

Need more local shops, particularly for people who don't have cars:

- A good veg shop, hardly ever get fresh fruit
- Better grocers
- Chip shop
- Carry out shops

"Shops are fine, although some are a bit expensive. We just need a few more."

ii) **Health**

Need a community surgery:

- Particularly for the less mobile, they need to take a taxi up to Elgin to get to see their GP. Without transport, it's not easy. Difficult for diabetics to get their condition under control without a surgery.
- It's ok if you've got a car – I drive to Elgin, but some folk have to rely on extended family, say if the wage earner is away with the car in the day
- Pharmacy helps
- Minor ailments can get treated at pharmacy

"Need a public toilet down by shops- even if it is one that needs payment, particularly for the elderly and disabled people."

iii) **Activities**

"Need more activities for all ages. The community centre needs to be used more. More use of the hall - indoor football, clubs for kids etc. Need things organised for the school holidays. There's nothing for the kids to do. If the centre was closed down- would it really be missed by most of the community?"

"Kids should be taught not to get into trouble and how to do other stuff. When I was young I was out playing games in the street and building dens in the woods. Kids don't know how to do that anymore. I let my kids out to play. They can't be led by the hand everywhere. Lhanbryde is a good environment. They can use their imagination."

"We need an after school club for kids – especially younger kids"

"Need better advertising of what's on, say through a Facebook account for the Community Centre would be good for keeping in touch, getting message out"

For adults

"Need a more family-friendly pub, maybe with a beer garden. The one we have isn't the sort of pub I'd take my wife never mind the kids."

For Teenagers

More youth café hours and for wider age groups.

For Primary School kids

There is nothing organised for them. Need clubs like a gymnastics club and access to resources like the youth café that the older ones have.

We need more activities for Primary school aged kids – how about activities for different ages at the same time – activities for younger kids at the same time as the youth club – then all the kids would be happy. We'd like the hall to be OPEN for the community, not – you can come in, but you're too young etc. A welcome for all ages.

For Preschool kids

Need activities for pre school kids.

iv) Playparks

The small one at Glen Esk road needs resurfacing with soft fall and equipment for pre-schoolers.

Parents need a playpark that caters for nursery as well as primary school so they can keep all their kids occupied.

People walk through playground with their dogs and don't pick up dog dirt

v) Poor housing

- Problems with the flats
- Housing services not responsive
- Problems with windows, electrics
- Poor sound and heat insulation



Some of the images displayed with comments they stimulated:



“There’s some bonny areas (in Lhanbryde) but up by the flats it’s all run down. They’re in a shambles. It’s just degrading staying here. I hate it. I got offered a flat here by the Council and I didn’t know I had a choice. They told me it was that or none at all. There’s bairns out at 9/10 o’clock at night.”

“We live in that concrete bit there – it’s great from one side – I can see green fields but just other flats if I look out the back”



“What could you do with that space there? Are you going to come in and change it? My kids like that open space for playing on their bikes. If you had a cycle track people in the flats might be disturbed, though if it was small it might be fun. If you put in trees people might not like it. Small garden areas might be good. Benches might become a drinking den. We’d need to have a proper talk about what happened there – there’s a lot of fear that anything new might be worse”

vi) Other issues

- Speeding drivers- too many for kids to play safely
- More lighting going in –what was wrong with the old lighting?
- Council go out spraying weeds but don't warn us. The pesticide can cause dogs to be sick.

vii) Community Assets

- a) Good neighbours in Lhanbryde
- b) Green Space - Woods and parkland, loch
- c) Good community centre
- d) Good bus service- locally and between Elgin (6 times a day)
- e) Local shop is good for necessities

viii) Contrast between urban areas and green space

“Never been asked before. You're the first people to come down and ask us”

Large areas of concrete:

“Hard to imaging how things could be different. For many people it's all they've ever known. But I notice the difference looking out one side of my house (to green space) and the other (to concrete)”

“The loch is great. It's lovely, then when you come back intae town it's like “Awww naww”.”



*Fresh produce available on the day
(Community Foods Moray)*

b) Pictorial quiz

Photo 1

GOOD for HEALTH

Fresh fruit & veg.
Local produce
Cheery staff lift your spirits
Great Community Spirit
The Shop is good for Health
Fruit and Veg. good for diet
Friendly, helpful staff good for mental health
Good fresh fruit and veg
Only a short walk from home
A shop selling fruit and veg. is good for community
Good friendly folk
Easy to walk to
Veg. etc on sale
Local shops, pharmacy and butcher very important



BAD for HEALTH

Some anti-social behaviour
Prices high, can be a worry for low income or elderly – cause stress
More choice at better prices would be better
Road busy, cannot cross it easily
Litter from shop over village
Sweets, cakes
Busy road, no crossing
Road difficult to cross at shop

Photo 2

GOOD for HEALTH

Butchers is good for health
Good fresh meat
Good fresh local meat
Fresh local produce
Local produce and traditional shops like the butchers are vital to the well-being of Lhanbryde.
Large supermarkets often kill small, local shops but in reality they can't compete
Lots of choice. Older folk don't have to go into town
Good to have a chemist in Lhanbryde
Good butcher, chemist and hairdresser
Nice butcher, lovely chemist
Good bus service
Fantastic bus service



BAD for HEALTH

Too much red meat
No crossing point for children on main road through Lhanbryde. Some drivers drive over the speed limit near speed cameras
No safe crossing point for children
Some motorists drive too fast – need speed cameras
Pies! (x2)
Busy road, no crossing
Needs community surgery and a diabetic clinic – a must
No GP surgery

Photo 3

GOOD for HEALTH

Nice for a treat now and again
Good for a treat
Having a visiting fast food van is a good idea for a bit of variety and a treat



BAD for HEALTH

Too much isn't good
Too much greasy food bad for health
Not healthy- greasy food
Bad food choice – fast food
Litter
Overindulgence in this is bad for health, but a little now and then is fine

Photo 4

GOOD for HEALTH

Needs upgraded for younger children
Good for exercise
Keeps kids entertained
Good fun for the kids and exercise
The adventure playground is excellent and well-maintained, a real focus for our children to play
Fun, get kids fit
Outside play, fresh air exercise



BAD for HEALTH

Not suitable for younger children
Vandals often leave broken glass
Dog's mess
Park dangerous for younger children – nowhere for toddlers to play
Glass lying about, dogs dirt lying mostly everywhere
Nothing for the under 5's
Litter, mountains of broken bottles and dog's poo
No good play area for kids between Glenesk Rd and St Bryde's Ct – need more play/toys and rubber matting

Photo 5

GOOD for HEALTH

Open spaces
Area to play
Good space for kids to exercise
Playing field good for health if you use it
Good access to woods for walks
Nice walks, good areas



BAD for HEALTH

Litter, broken glass
Too much rubbish
Dogs' poo. Dog's mess
Dog's mess main problem
Lots of litter gathering
Wholly inadequate fencing-off of school playground
Dog poo, rubbish, glass
Fence, dog dirt, litter, smashed glass
Litter! My pet hate... parents need to educate their kids to keep Scotland tidy. I've just returned from a trip to pristine Germany – it's sad here.

GOOD for HEALTH

Lovely play parks
Good- if you are walking responsibly
Good open spaces for dog walking, jogging and kids playing
Good wide open spaces for dog walking, exercise
Woods to walk them in
Open spaces for kids/family to play



BAD for HEALTH

Litter and graffiti
Scramblers ruin the woods in the summer
Teenagers on motorbikes
Bad if the owner doesn't pick up waste
Dog's mess not cleared
When my son plays football here on a Sunday it's covered in dog's mess – while only 100m away is woodland more suitable for dog walking
Dog dirt lying everywhere
Too many dogs without owners running wild
Too many dogs off lead, dog dirt everywhere
Early in morning and at night many dog owners use area as a toilet and don't pick it up

Photo 7

GOOD for HEALTH

Huge sense of community spirit
Everyone knows each other
Quiet – little heavy traffic



BAD for HEALTH

Spoilt by a few anti-social drink and drug users
Drugs, kids sometimes just left to run around estate
Too much hard surface – makes me feel degrading
Flats need demolished
Mostly concrete
Large open areas concreted! A bit more green grass would be nice, some trees and shrubs, benches, communal areas etc
Empty spaces could be filled with something enjoyable to look at
Kids playing can be in danger from cars if not supervised

Photo 8

GOOD for HEALTH

Pretty for awhile
Pretty areas to walk
Rural
Lovely area by the burn. Other villages enter Moray in Bloom and look stunning – this would be a good project – look nice and bring people together
Lovely scenery to look at – tidy
Nice scenery
Good for walks



BAD for HEALTH

Poor drainage in the area – my wife is disabled – no good for her
Busy road no crossing
Road too busy (x2)
Too close to road

Asking people to focus on both the negative and positive aspects of elements in their environment in Lhanbryde reinforced and developed some of the issues already raised and brought in some new ones. The display of photographs around the discussion/ café area were mixed in with captions from comments drawn from the questionnaires. People looked afresh at familiar places. New perspectives included:

- The lack of a crossing for pedestrians at the shops or across the main A96 to get to some of the most popular walks
- How the lack of a health centre/Doctor's surgery affects those needing frequent medication/ medical help, especially if they don't have a car
- There is a sharp contrast between the concrete-rich areas of the council house estates and the green of the surrounding areas and countryside
- There has been no recent survey/ input involving residents in looking at how they might change the environment in the council house area
- Problems of unauthorised motorbike use
- Open access at the school seen as a problem
- There is no monitoring of dogs off-lead and a lack of education and penalties for irresponsible dog owners
- Community environmental projects could help bring people together

3. Workshop (DPSEEA Mapping and Vision Development)

The results from this session have been organised into simplified mDPSEEA model chains. A Vision for Lhanbryde was also developed:

a) **DPSEEA Maps**

i) **Problem/ State: Dog's dirt and Litter**

(particularly on playing fields, playparks and walks)

One Sunday we picked up 3 bags full of dog's dirt before we could start the (football) game.

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>Physical I just get out of Lhanbryde – go to Elgin, Fochabers etc. to walk, go to park... Children complain about glass, dog mess in play areas. Tend to stay in garden</p> <p>Emotional I'm disgusted at dog's dirt – i have to stop at the school to clean off the kid's shoes – makes me angry (I'm) angry – there's no need for it! Why do some people use Lhanbryde as a toilet for their dogs?!</p> <p>(I'm) Fed up – we're surrounded by lovely woods and walks but dog owners ruin it - clear it up!</p>	<p>Community Warden/Enforcement Issues</p> <ul style="list-style-type: none"> • People don't get caught so don't see the need to change • Former community warden used to come out more. Where is the new one? • The new warden has too many areas to cover. • Early in morning and at night many dog owners use area as a toilet and don't pick it up <p>Education</p> <ul style="list-style-type: none"> • Lack of education – bad habits • Older people are used to just letting their dogs foul <p>Some people let their dogs out with young kids who don't know about picking up dirt</p>	<p>A place with no dog dirt and litter!</p> <p>We want a fence round the school area – not such open access</p> <p>Community Warden needs to:</p> <ul style="list-style-type: none"> • be more visible • help us pick up dog dirt before football • help us with a campaign just for Lhanbryde.

ii) **Problem/ State: Busy Road and lack of a crossing**

No safe crossing point for children

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>Accidental injury Someone's pram was hit by a car while trying to cross the road.</p> <p>Access/freedom Stops some people crossing to take their dogs out for a walk</p> <p>Stops us letting the kids go out on their own to shops</p>	<p>Traffic flow</p> <p>Some motorists drive too fast</p> <p>Economic constraints</p>	<p>Install crossing</p> <p>Traffic calming/speed cameras</p>

iii) **Problem/ State: Restricted Shopping**

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>Restricted diet- not much fruit & veg available</p>	<p>We like Community Foods Moray (CFM) delivery van – good fruit and vegetables and good prices, but people don't know about it</p>	<p>Improve publicity for current initiatives</p>

iv) **Problem/State: Lack of a GP Surgery in Lhanbryde**

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>May make management of chronic conditions more difficult.</p> <p>Elderly and other people with limited transport less likely to attend surgery</p> <p>We manage – we've got the health visitor and the pharmacist -she's great (the health visitor clinics have been reduced to 1 x month)</p>	<p>Lack of local finances/pressure on services</p>	<p>Local clinic once a week? Don't know – would having a doctor here take one away from another service?</p> <p>It's difficult enough to get a GP appointment as it is – a GP here might make it worse</p>

v) **Problem/ State: Lack of toddler's playpark**

It's a bit daunting to go into the play area on the other end of town – we need a toddlers' play area near the school

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>The kids might get more exercise if there were more facilities. Need to go into Elgin for entertainment. It's very basic here</p>	<p>Council ran out of money for playpark for toddlers</p> <p>One toddlers' area was taken down due to vandalism.</p>	<p>A toddlers playpark up at the school area next to the older ones' park</p> <p>A playpark that caters for nursery as well as primary school so parents can keep all their kids occupied.</p> <p>More play/toys and rubber matting</p> <p>If kids can play together it brings folk together</p> <p>A better playpark so the children could get exercise</p>

vi) **Problem/ State: Lack of activities for older children/teenagers**

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>The playpark is over-used by older kids.</p> <p>Not a lot of choice of things for the teenagers to do - have to go further afield for a lot of interests</p> <p>Young people hanging about the street</p>	<p>Lack of council finances</p> <p>Need youth involvement – e.g. for skate park</p> <p>Kids should be taught not to get into trouble and how to do other stuff. When I was young I was out playing games in the street and building dens in the woods. Kids don't know how to do that anymore. I let my kids out to play. They can't be led by the hand everywhere.</p> <p>Lhanbryde is a good environment. They can use their imagination</p>	<p>We want a skate park for Lhanbryde</p> <p>Nature stuff – geocaching is a new thing that's fun</p> <p>I've seen some eco-domes in Aberdeen – young folk can plug in their phones and listen to music etc – the kids thought it was great. You can climb inside and close it and have private space.</p> <p>A few led play activities at realistic times e.g. straight from school (e.g. volleyball/circus skills/dance)</p> <p>Need better advertising of what's on, say through a Facebook account for the Community Centre would be good for keeping in touch, getting message out</p>

vii) Problem/ State: Lack of Cohesion in the Community

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
My child was causing trouble and no one told me about it. We don't know each other the way we used to when I was growing up. We all knew each other's names and whose kids belonged to who. I want to be told if my child is doing something they shouldn't.	<p>People too afraid to speak to offenders – get abuse or threats. I challenged some young people and just got abuse back.</p> <p>There's no café or pub (family-friendly) – places to meet one another.</p> <p>The shop (that used to be near the centre) is closed down now</p>	<p>We want places to sit and be</p> <p>Young people to be involved, enjoying things, not destroying stuff</p> <p>Need a more family-friendly pub, maybe with a beer garden</p> <p>Friendly, happier place</p> <p>More groups – better connections</p>

viii) Problem/ State: Divisions

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>Intimidation goes on for children who are perceived as incomers</p> <p>There is too much bullying goes on in this place. They (kids) haven't felt happy for a while.</p> <p>I feel people judge you by where you live</p>	<p>There was a woman who I used to think was snobbish, never said hello, but turned out she was just English and thought nobody would like her.</p> <p>Coming to a new place can be daunting...</p> <p>There's a posh side and a 'slum bit'</p> <p>I've lived here all my life; friends & family live in village. Friendly community, but more & more alcohol & drug related crimes affect community</p> <p>Kids sometimes just left to run around estate</p> <p>There is not anything wrong with Lhanbryde. The people who stigmatize it are the problem!</p>	<p>Everyone's the same and should be treated that way– my father always used to say that</p> <p>Community Spirit</p> <p>We all just basically want the same thing - security for our kids</p> <p>Things to pull the community together</p>

ix) **Problem/ State: Lack of community involvement - people volunteering**

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>Lack of development, activities, cohesion etc.</p>	<p>Causes – lack of motivation - same people on different committees – too much work</p> <p>Some young people would like to help but are ‘too young’, need disclosures etc</p> <p>Need a plan – what to do first?</p> <p>Need more people in the village to say what they want</p> <p>The village hall – could be more activities</p> <p>Not much to do - needs more activities for the young & old. Need to make more use of village hall & advertise things</p>	<p>If we could get something going that would get people going – be a focus</p> <p>We need more activities for Primary school aged kids – how about activities for different ages at the same time – activities for younger kids at the same time as the youth club – then all the kids would be happy. We’d like the hall to be OPEN for the community, not – you can come in, but you’re too young etc. A welcome for all ages.</p> <p>Teenagers could help</p> <p>Need new signs, more publicity – people don’t know about it. Not well used enough. Could make more of it</p> <p>We want more activities for our kids – (and for adults – us!)</p> <p>Good stuff – youth café, other activities</p>

x) Problem/ State: Environment

No cycle path, only a couple of small parks. Lot of concrete

EFFECT/IMPACT	CAUSE/DRIVER	IMAGINE/ACTION
<p>The loch is great. It's lovely, then when you come back intae town it's like "Awww naww"</p>		<p>Never been asked before. You're the first people to come down and ask us</p> <p>Hard to imaging how things could be different. For many people it's all they've ever known. But I notice the difference looking out one side of my house (to green space) and the other (to concrete)</p> <p>More parks. Small bits of garden/green in between concrete areas</p> <p>My kids like the open spaces for playing on their bikes. If you had a cycle track people in the flats might be disturbed, though if it was small it might be fun.</p> <p>If you put in trees people might not like it. Small garden areas might be good. Benches might become a drinking den. We'd need to have a proper talk about what happened there – there's a lot of fear that anything new might be worse</p> <p>Empty spaces could be filled with something enjoyable to look at</p> <p>Lovely area by the burn. Other villages enter Moray in Bloom and look stunning – this would be a good project – look nice and bring people together</p> <p>Allotments</p>

b) A Vision for Lhanbryde:

Lhanbryde can be a:

beautiful place, without litter or dog dirt; empty spaces filled with something enjoyable to look at

friendly happy place, where people know one another and help one another

peaceful place

safe and secure place for our kids

place with good stuff- lots of facilities for young people of all ages

- play parks
- skate park
- youth cafe
- nature activities
- volleyball
- circus skills
- dance

place with more groups and better connections

green place with small bits of garden/green in between concrete areas, allotments

place where people meet one another

- a community centre that's always open and has a welcome for people of all ages
- a more family-friendly pub, maybe with a beer garden
- a cafe

4. Action Planning Stakeholder Meeting

Participants at the action planning meeting first considered the community assets highlighted from this research:

Community Assets

- People in Lhanbryde valued the quality of green space in the surrounding area, citing two football pitches and nearby access to woods and loch. It's proximity to Elgin was seen as a great asset for wider shopping and activities.
- Although local shopping is restricted, particularly in relation to fresh fruit and vegetables, people felt that the shops that were there were very good and in particular, that the staff were very welcoming.
- Many reported a good community spirit in Lhanbryde and that it was a safe, friendly, place where people helped on another out, although a few reported a different experience.
- Other assets included a good community centre which has the potential to be more widely used and a good nursery and primary school.

With these in mind, the following actions were agreed and responsibilities allocated: (LCC= Lhanbryde Community Challenge; MC= Moray Council; PTA= Lhanbryde Primary School Parent teachers' Association)

a) Community Cohesion

Families housed in Lhanbryde who have no personal contacts within the village feel isolated and vulnerable. Often there are either mental health issues/alcohol/drug /low self esteem issues before being placed there, but the isolation and vulnerability they feel impinges on how they relate to the community and to their young children. Encouraging agencies and the many groups and initiatives in the village to engage with those in the tenanted area of housing and promote initiatives to address issues will help mental health and well being of children and their families

Action	Who?
Encourage organisations (LCC, Church, gardening groups etc) to work more in the 'concrete' tenanted areas, not just the 'pretty' parts	LCC School? Church?
Encourage more people who live in this area to join the LCC. Provide childcare expenses to parents wanting to attend in the evenings	Individuals LCC
Could have a suggestion box for LCC when groups attend	LCC
Community café could be restarted – include in bid to lottery Community Places	LCC to lead on this with new members from community
Investigate innovative projects to inspire young people – go carts, car boot sales, murals to replace damaged ones	MC CLD youth work Housing officer

Contact Moray College to investigate restarting local computer classes with childcare	LCC Individuals
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c) Dog dirt and litter

Enforcement of dog fouling and littering laws locally in Lhanbryde is essential to achieve behaviour change:

Action	Who?
Foster good liaison with the local Community Warden and police services– especially at LCC meetings. Invite community warden or ask police at next LCC meeting to discuss next steps and improved partnership working	LCC Police Community Warden
Reinforce the patchy Community Warden provision by introducing a volunteer warden scheme. Research is needed into whether there are any other such schemes that could be replicated/visited. Funding also needs to be investigated	Individuals Police/community warden Moray Volunteer Centre
Following the GPBH report being taken to community planning, good work carried out at the school and housing officer involvement, a major campaign in Lhanbryde to tackle litter and irresponsible dog owners is planned led by Grampian Police	Police Lhanbryde School Housing officer
Re-instate police/community warden sessions at same time as weekly housing surgeries – perhaps once a month. Need good publicity for these sessions as have been poorly attended in past.	Police / Community Warden LCC Housing officer

Parents at the school have been finding out about fencing off parts of the school grounds to stop dogs and deter littering:

Action	Who?
PTA has discovered who is responsible for which areas of the school grounds and what access criteria apply to rights of way etc	PTA
PTA is taking forward fencing issues with MC and will liaise with LCC	PTA / LCC / MC

d) Activities for all ages

Build on the positive things already happening in Lhanbryde: school initiatives on active transport with the MC Travel Co-ordinator; Moray Information Bus etc

Action – Young Children	Who?
Playpark group has been active for 4 years – lots of hard volunteer effort and help from MC etc but to no avail. Good to include playpark in a wider ‘Community Spaces’ bid. LCC to maintain contact with playpark group to consult and support	Playpark group LCC
PTA calling meeting with MC school transport officer Chris Thompson and members from Moray Council to discuss the development of a safe cycle path	MC Lhanbryde School
Action – Teenagers	Who?
Approach local MC Community Development Youth Worker to ask for advice on youth projects	MCCLD
Investigate murals, go-carting, music projects and helping at car boot sales	
Approach Moray Youth Action for help	
Ensure good links (through MC Community Development Team (CLD) who attend LCC meetings) with the Moray Information Bus (MIB) project which attends Lhanbryde regularly	MCCLD LCC MIB worker
Action – Publicity	Who?
Better signage outside the community centre – vandal-proof notice board	LCC
Work is underway to renew the Lhanbryde Challenge website and encourage Facebook links and Twitter	LCC
Develop a volunteering opportunity to help with this (through the Moray Volunteer Centre)	Moray Volunteer Centre

e) **Environment**

Action	Who?
Set up a joint working group to look at allotments, community gardens and concrete area renewal.	LCC, Housing, MC Health Improvements, others
Identify practical and achievable projects quickly (quick wins) Community will need to see the benefits of action to get involved	All
MC budget for grounds maintenance cut - more effective to support community led initiatives	
Local Councillor to check land zoning around the LCC to determine suitability for growing schemes	Douglas Ross
Lhanbryde Challenge to submit lottery bid for allotments, playpark and community café	LCC, All
PTA will link up with LCC to advise on existing gardening groups and initiatives at the school	PTA Chair, LCC
MC could help organise best practice visits if required	MC Health Improvements

f) **Access to healthy eating**

Action	Who?
Issue of crossing at shops – Moray Council responsible for this road	MC
Obtain results of traffic flow survey recently carried out after accident	LCC
LCC to look at co-ordinating a long term campaign to get a crossing, to include zigzag lines – penalties more severe for parking infringements	LCC, Douglas Ross, MC
Police to be approached for advice	LCC, Police

Health surveys recently (approx 3 years ago) and before this in Lhanbryde show that many individuals within the community do not eat a healthy diet. Many accepted this and did not wish to change their eating habits. Promotion of reduced price fruit and vegetables through a local community food project and supporting allotments can help break down these attitudes:

Action	Who?
Increase publicity for Community Foods Moray (CFM) fruit and veg stall	CFM, LCC
Support allotments by including in lottery bid	LCC, MC Health Improvements

6 Conclusions and Next Steps

The Action Planning Workshop brought members of the community of Lhanbryde together with representatives of some of the agencies that can work with them to help achieve their visions. The positive community assets in Lhanbryde and current good practice there can help break down some of the identified barriers to health – in children and in the wider community.

There is a wealth of activities happening already in Lhanbryde which may need better promotion and publicity (Community Foods Moray fruit and vegetables stalls; school transport initiatives; existing groups). Other activities exist as ideas in the community with widespread support which have not yet been achieved (toddlers' playpark, allotments, youth projects, volunteer warden scheme, community cafe).

The challenge will be for local organisations to use a community development approach to keep engaging with all sections of the community and finding practical partnerships to make things happen for change. Participation can be encouraged, especially from the tenanted area of Lhanbryde which will help increase parents' self esteem and engagement with their community. Those participating for the first time may well need support to get involved and contribute. The Action points provide a practical starting point to work from and are currently being taken forward within the community.



Some of the participants at the Lhanbryde Action Planning session

5 We'd like to know about the things that help keep your child healthy. Please tick all that apply and fill in a separate set of answers for each child up to P7:

My child (1):

walks to school		most days	some days	rarely
plays outside a lot		most days	some days	rarely
takes part in sport and active games		most days	some days	rarely
eats healthily		most days	some days	rarely
is relaxed and happy	most days	some days	rarely	
maintains a healthy weight	yes	no		

My child (2):

walks to school		most days	some days	rarely
plays outside a lot		most days	some days	rarely
takes part in sport and active games		most days	some days	rarely
eats healthily		most days	some days	rarely
is relaxed and happy	most days	some days	rarely	
maintains a healthy weight	yes	no		

My child (3):

walks to school		most days	some days	rarely
plays outside a lot		most days	some days	rarely
takes part in sport and active games		most days	some days	rarely
eats healthily		most days	some days	rarely
is relaxed and happy	most days	some days	rarely	
maintains a healthy weight	yes	no		

6 Is Lhanbryde a good place for children to play/ get fun exercise? yes no

Comment.....

7 Would you say your children are happy living in Lhanbryde? yes no

Comment.....

8 Do your children suffer from any on-going health problems? yes no

e.g. asthma
 weight problems
 or any other health problem you would feel happy to share?

.....

9 Are there things in the environment that make these health problems better or worse?

.....
.....
.....

10. What one thing would you like to see changed about the environment in Lhanbryde to improve your child's wellbeing?

.....
.....

We would like you to be involved in this project and will be running some events in Lhanbryde between now and May 2011 that you may like to come along to, to talk about these issues in more depth. There would be a free crèche and refreshments. Please give us your details here if you'd like to be contacted and get involved.

Name.....

Address.....

.....

e-mail..... phone.....

Please return the completed questionnaire sheets to the school office in the envelope provided by Friday 28th January 2011.

Thank you for taking part in this questionnaire.

Interview Schedule for Practitioners

1 How long have you worked in Lhanbryde?

2 Are you aware of any key health issues for children in Lhanbryde?

3 The project is looking in particular at 4 childhood health issues:

Are you aware whether any of these is a particular issue in Lhanbryde?

- Asthma
- Obesity
- Accidental injury
- Mental health and wellbeing

4 I'd like to know what you think of Lhanbryde generally. How would you describe it as a place to live or work?

5 Are you aware of any particular issues, relating to the physical environment, that may have an impact on health?