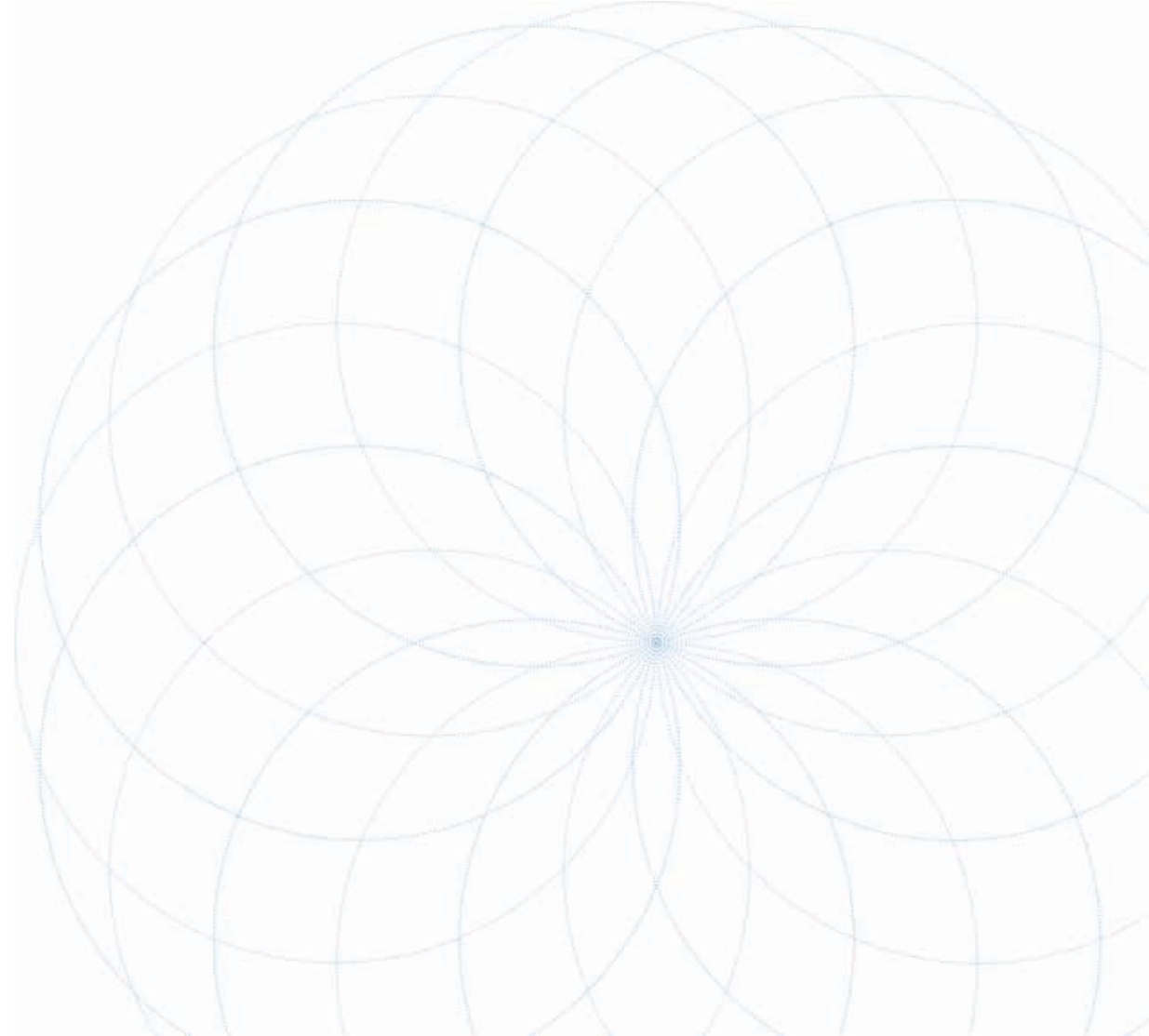


ARUP

HEALTHY CITY DESIGN 2019 – 15.10.19

# Health & Wellbeing Our Shared Value

Paul Simkins  
Associate, Strategic Designer





# SANITARY MAP of the Town OF LEEDS.

*Reference to the Wards.*

- |               |                 |
|---------------|-----------------|
| I North Ward  | V Kirkgate Ward |
| II North East | VI Mill Hill    |
| III East      | VII West        |
| IV South      | VIII North West |

Leeds and Selby Railway

Station

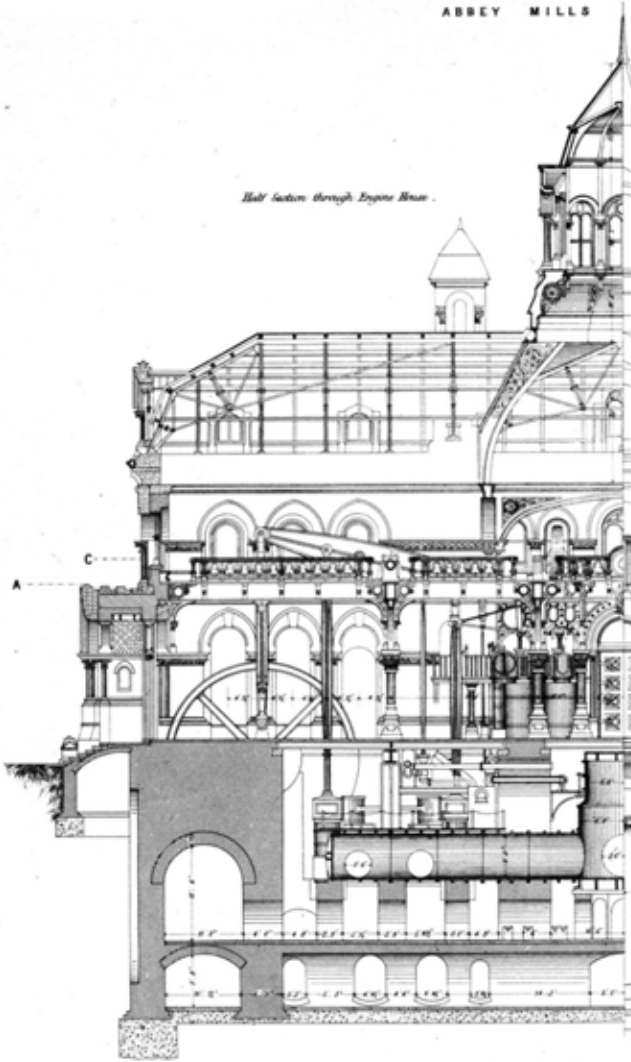
WARDS	Population	Population on each Acre.	No of Streets.		Births to Population.	Deaths to Population.
			Good Streets	Bad Streets		
Nos I & II.	28,775	207	64	109	1 in 22	1 in 23
III, IV & V.	23,039	118	60	100	1 in 28	1 in 30
VI, VII & VIII.	30,306	84	120	130	1 in 28	1 in 36





ABBEY MILLS

Half section through Engine House.









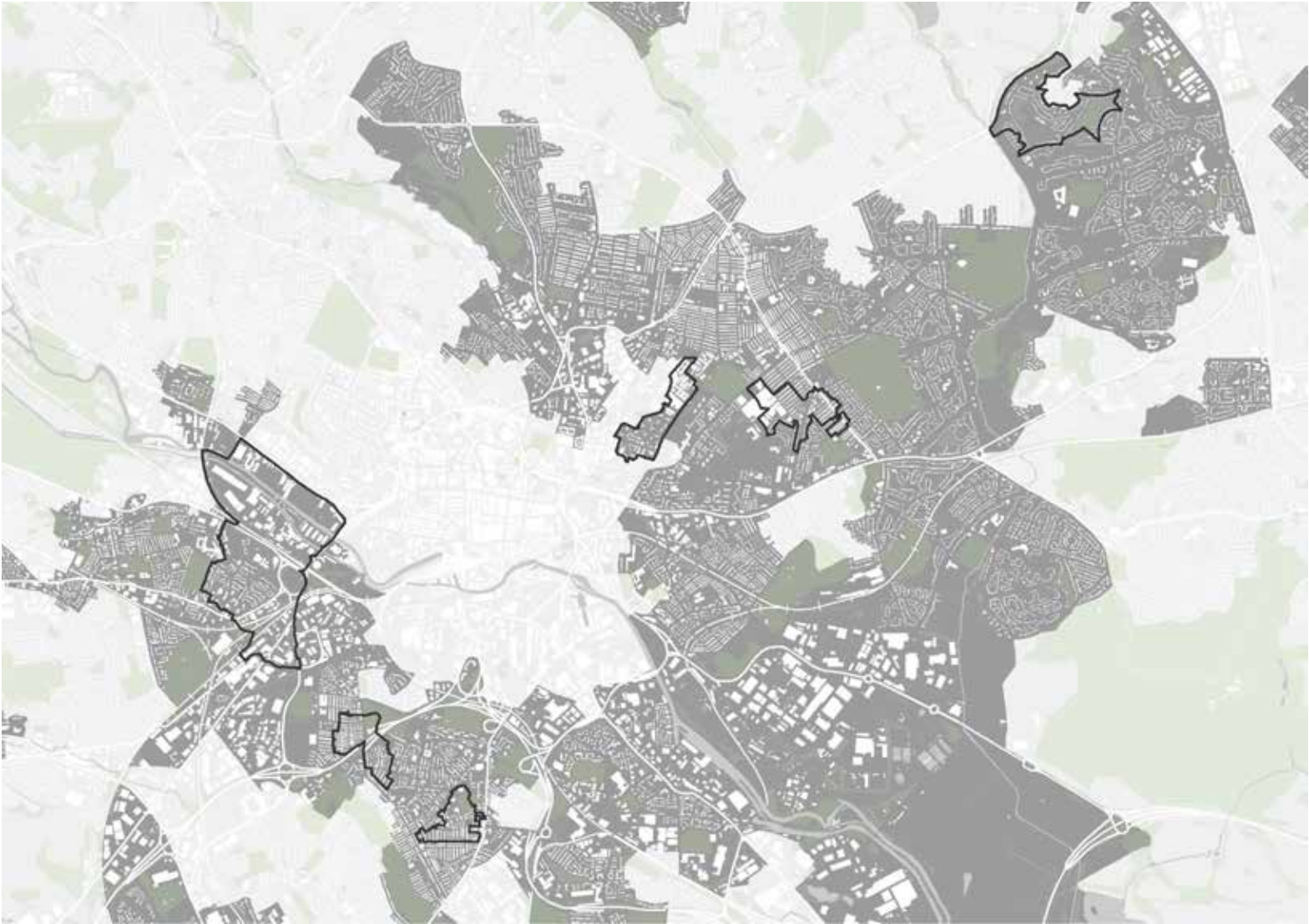
DRIVERS OF CHANGE

Inclusive growth and the health gap



Female and Male Life Expectancy (2013-2015)<sup>1</sup>

82.1 yrs	78.3 yrs	Leeds as a whole
78.9 yrs	77.7 yrs	Most deprived Leeds



<sup>1</sup> Leeds City Council (2018) Director of Public Health Annual Report 2017-2018




## DRIVERS OF CHANGE

Complexity | Resilience | Bouncing forward



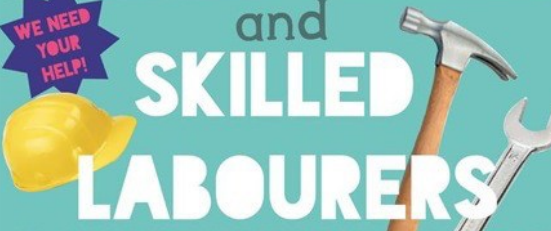
Kirkstall Flood Recovery Appeal!



Call Out  
to

**TRADESPEOPLE**  
and  
**SKILLED  
LABOURERS**

WE NEED  
YOUR  
HELP!



MANY SMALL INDEPENDANT BUSINESSES HAVE BEEN DEVASTATED BY THE FLOODS AND SOME WILL SIMPLY NOT RECOVER WITHOUT OUR HELP.

IF YOU'RE WILLING TO GIVE SOME TIME TO #REBUILDKIRSTALL WE WILL PUT YOUR LOGO ON THE WEBSITE WITH A LINK TO YOUR OWN WEBSITE.

We're working in partnership with **Leeds Community Timebank**. Timebanking is a means of exchange used to organise people and organisations around a purpose, where **time is the principal currency**. See how it can work for you as an individual or you as a larger organisation at: [www.timebanking.org](http://www.timebanking.org)

**WWW.KIRSTALLCLEANUP.WEBLY.COM/TRADESPEOPLE**





Some major challenges are causing us to think differently and find new ways of working together.

Health & wellbeing can be a powerful lens and catalyst to build shared value, create ideas and prioritise investment





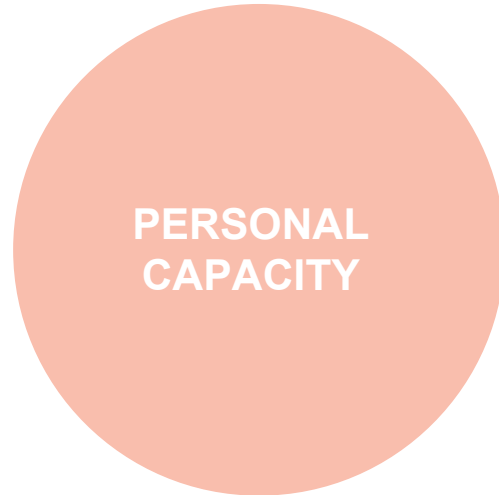


# Looking through a health and wellbeing lens...



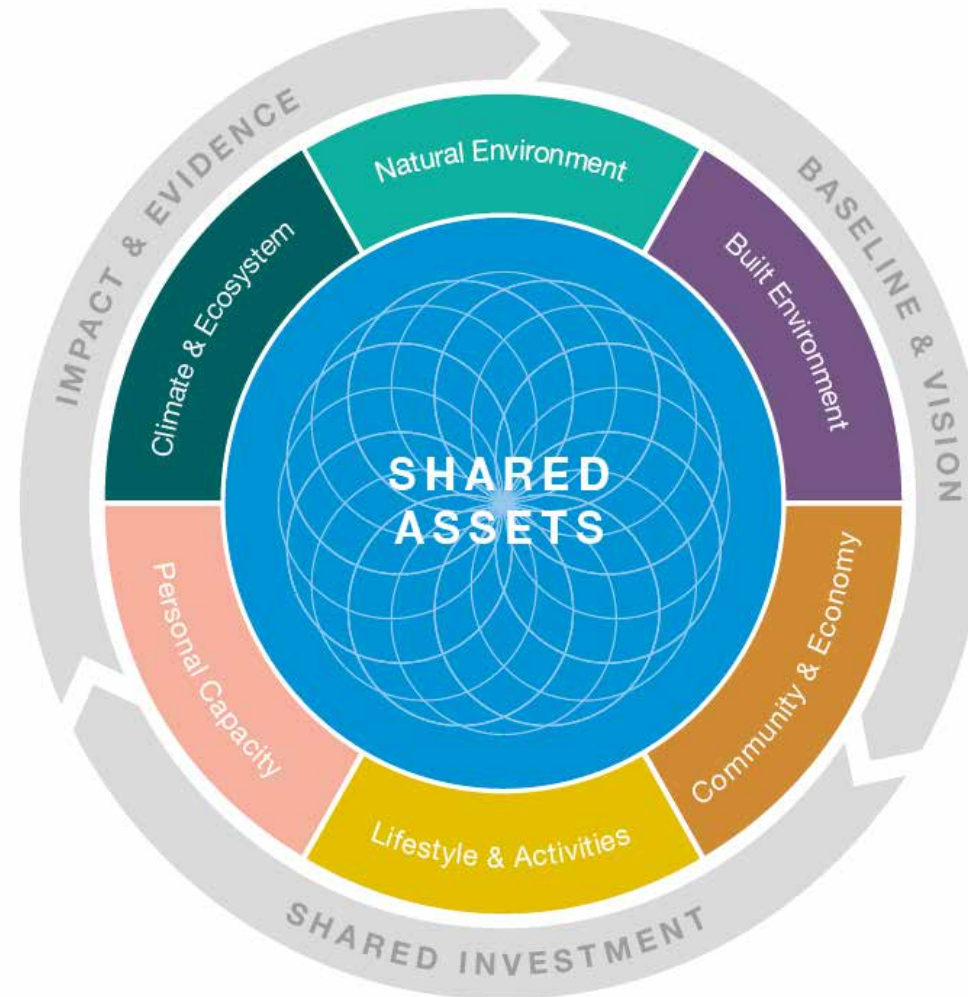
*‘A health asset is any factor or resource which enhances the ability of individuals, communities and populations to maintain and sustain health and well-being.’*

*(Foot & Hopkins, 2010)*





Understanding all of the assets that support our health & wellbeing can help us to build on existing strengths, communicate priorities and ideas, and create shared value.



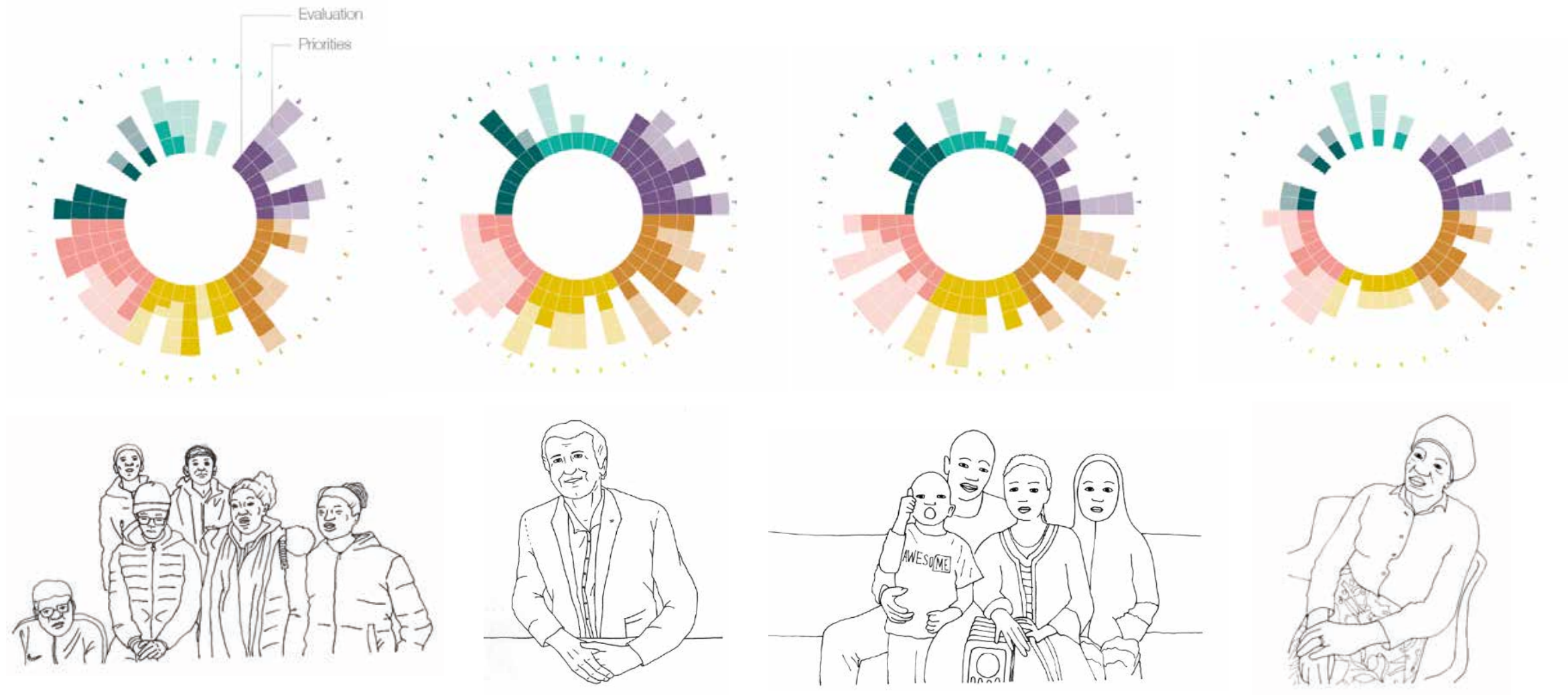


A whole-systems approach, facilitating a shared understanding of what is as asset, what is investable and by whom...



EXPLORING A HEALTH-LED APPROACH TO PLACE

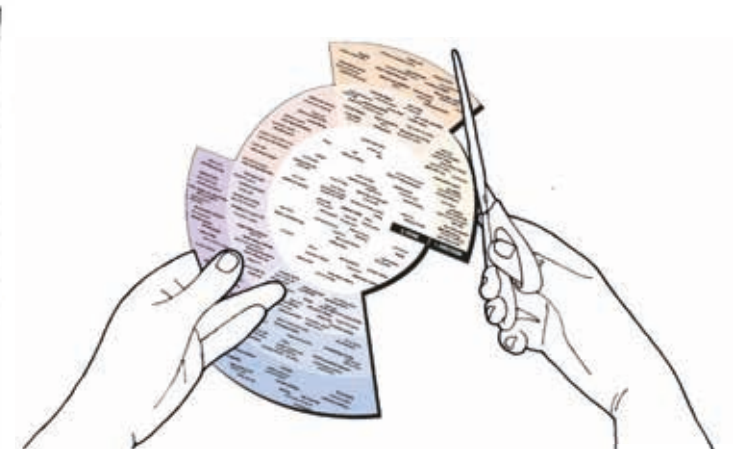
Understanding existing assets, values and priorities





## EXPLORING A HEALTH-LED APPROACH TO PLACE

Gathering insight using a range of different tools



\*Some of these, such as the wooden 'gameboard' may require additional development and/or Arup facilitation



## Exploring community assets, shared values and priorities





EXPLORING A HEALTH-LED APPROACH TO PLACE

Exploring community assets, shared values and priorities





EXPLORING A HEALTH-LED APPROACH TO PLACE

Shared insight: health & wellbeing assets, values and priorities



Health and wellbeing  
Our shared value

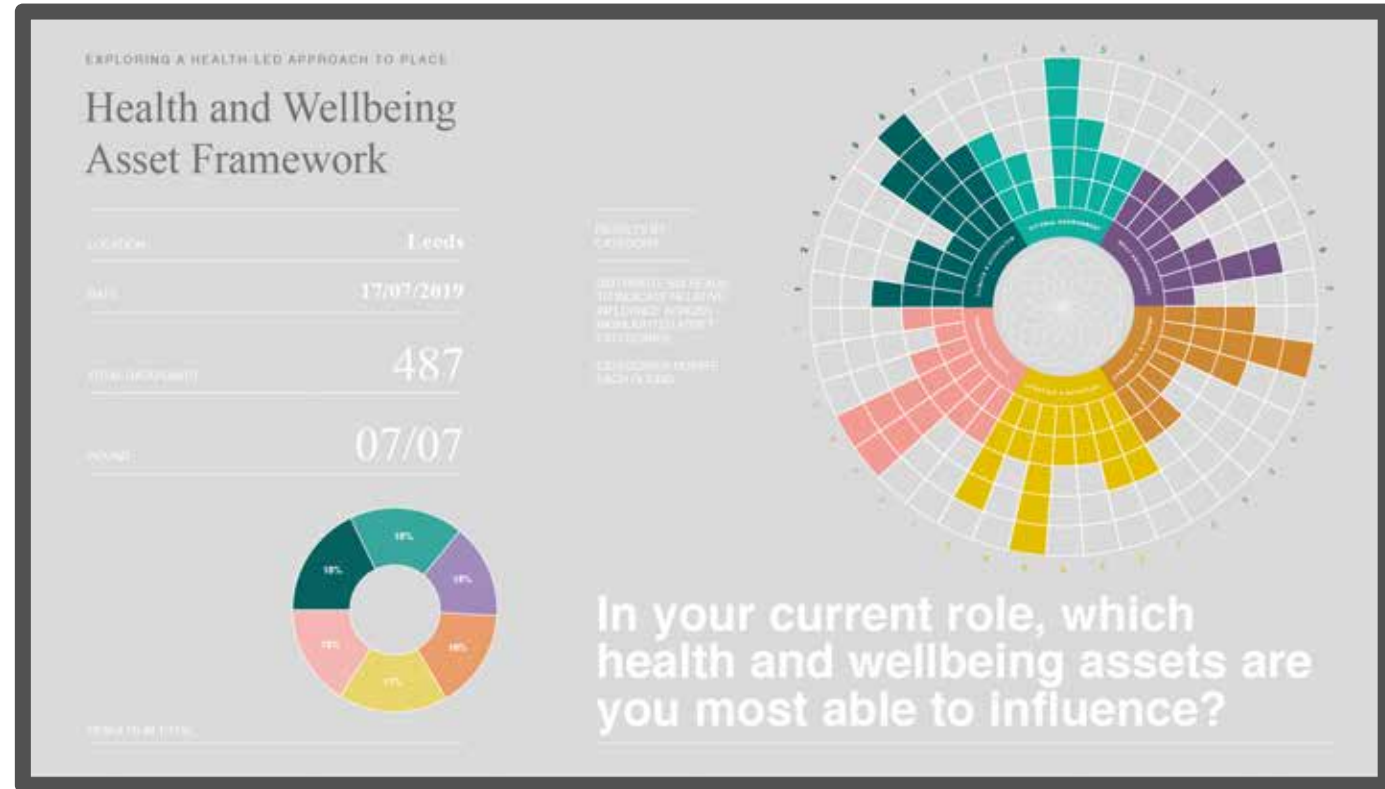
Exploring new approaches to placemaking, infrastructure and shared value through health and wellbeing assets

www.hamp.gov.uk



## EXPLORING A HEALTH-LED APPROACH TO PLACE

Shared insight: health & wellbeing assets, values and priorities



## EXPLORING A HEALTH-LED APPROACH TO PLACE

Shared insight: health & wellbeing assets, values and priorities

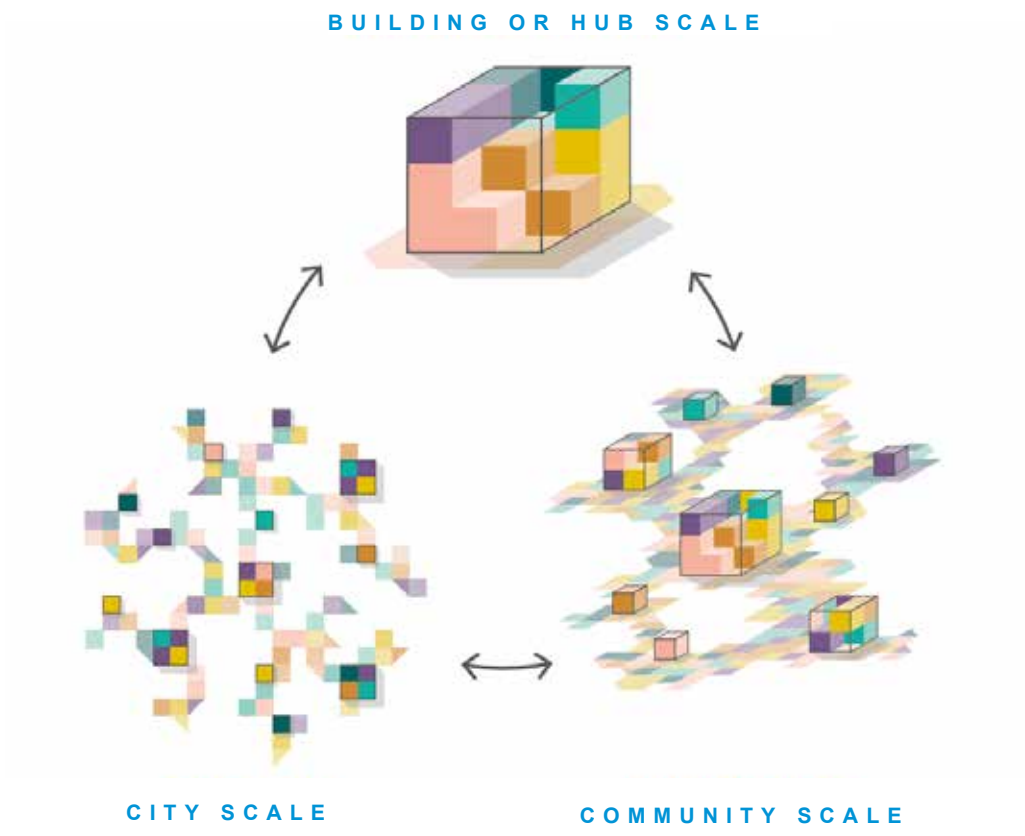


Top: Arup and Interactive Spaces Urban Studio. *25 Questions for Liveable Cities*. Interactive installation and website. Visit [www.25Questions.City](http://www.25Questions.City)  
Bottom: Arup with the Bernard Van Leer Foundation. *Growing Up in the City Workshops*. See also Arup, 2017, [Designing for Urban Childhoods](#)



EXPLORING A HEALTH-LED APPROACH TO PLACE

Shared insight: health & wellbeing assets, values and priorities

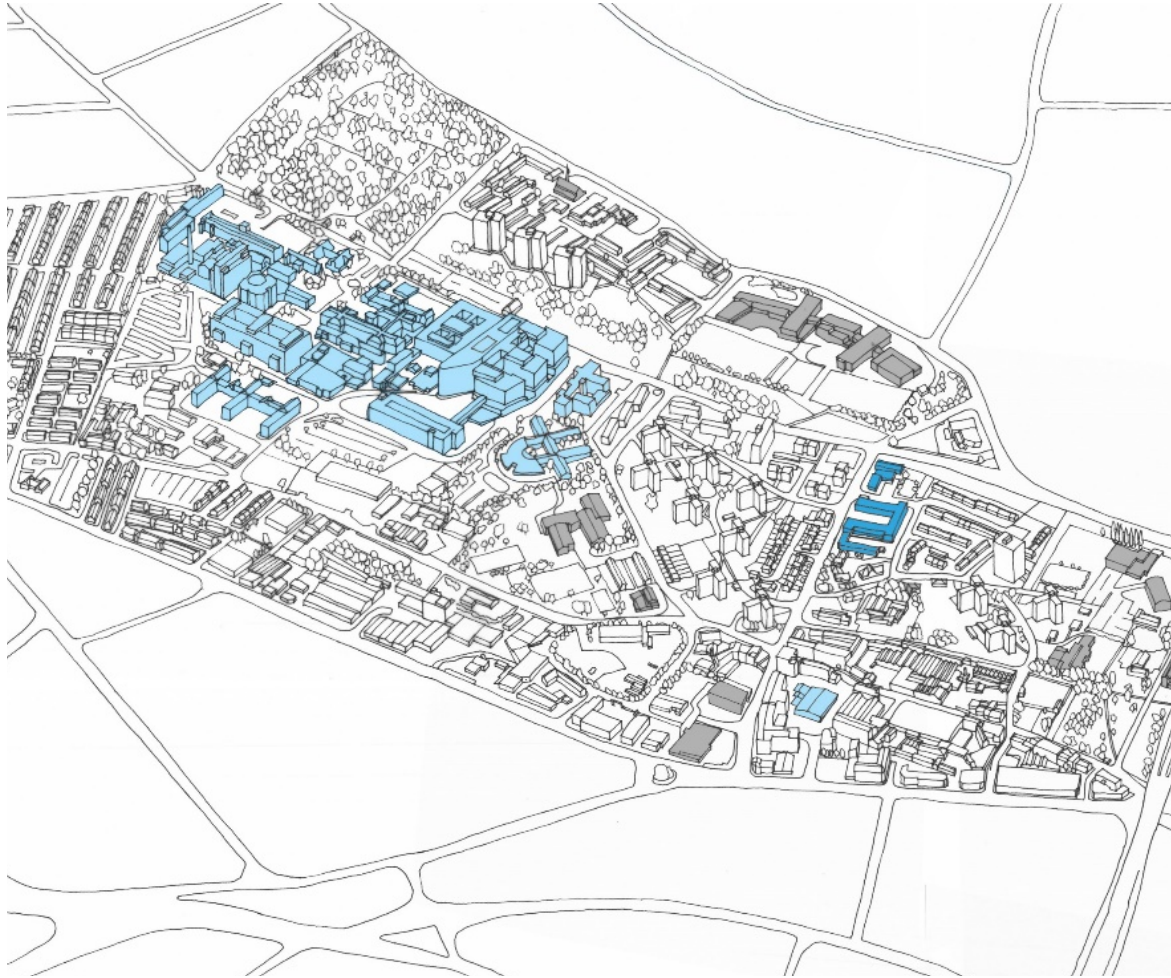






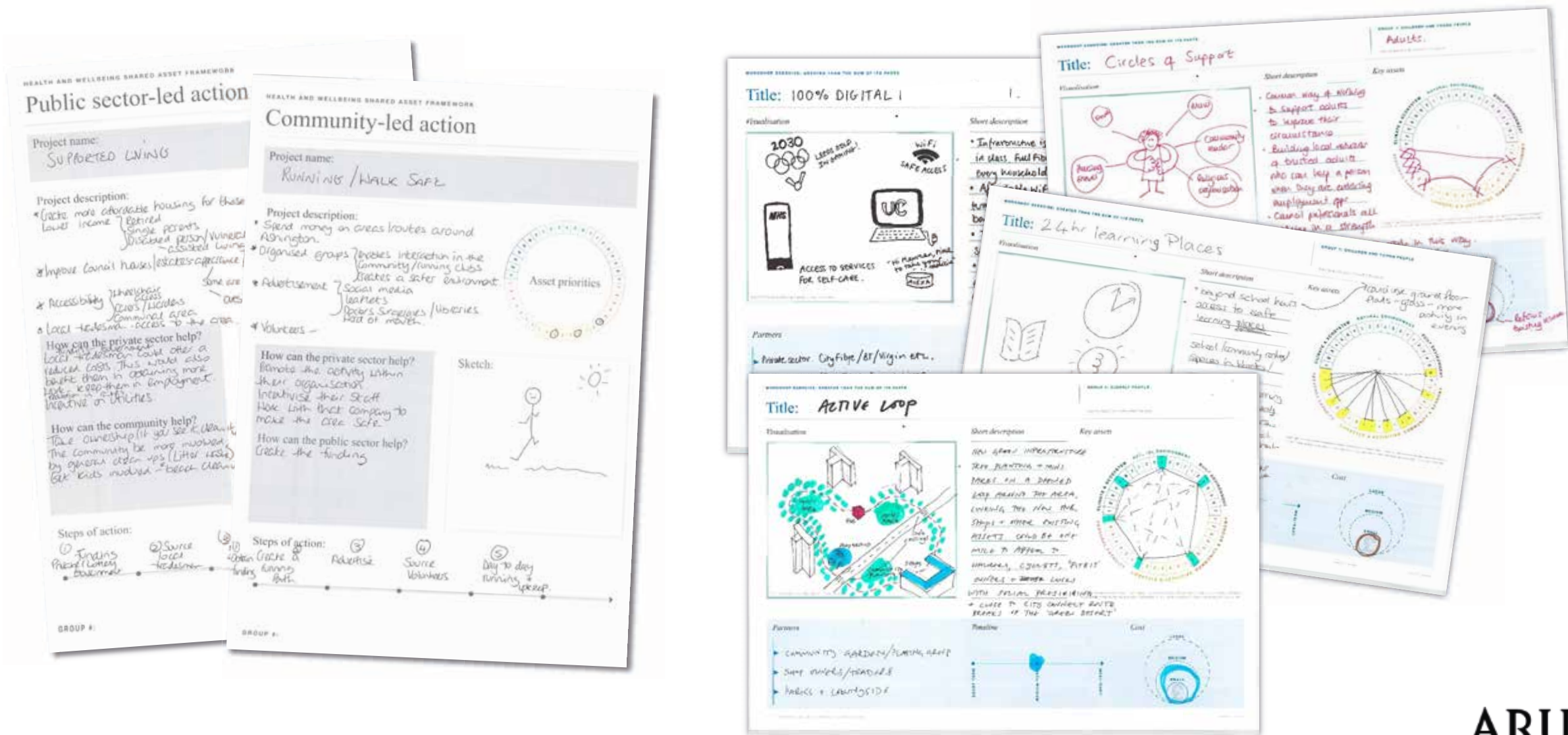
## EXPLORING A HEALTH-LED APPROACH TO PLACE

Shared insight: health & wellbeing assets, values and priorities



EXPLORING A HEALTH-LED APPROACH TO PLACE

Generating ideas to enhance and develop health & wellbeing assets





## Generating ideas to enhance and develop health & wellbeing assets

The collage consists of four posters, each titled "Community Health Room".

- Top-left poster:** Lists items a through i. Item 'a' is circled in green. A small diagram shows a circle with a line segment.
- Top-right poster:** Lists items a through i. Item 'a' is circled in red. A circular diagram shows percentages from 10% to 100% in 10% increments. A line segment connects the 10% mark to the 90% mark.
- Bottom-left poster:** Lists items a through i. Item 'a' is circled in green. A small diagram shows a circle with a line segment.
- Bottom-right poster:** Lists items a through i. Item 'a' is circled in red. A circular diagram shows percentages from 10% to 100% in 10% increments. A line segment connects the 10% mark to the 90% mark.

[illegible]

The image displays four children's design projects, each consisting of a drawing and a corresponding design process sheet.

- C1. Playful Places:** The drawing shows a park with winding paths, trees, and a small structure. The design process sheet includes a title, a description of the park, a list of materials (e.g., paper, glue, scissors), and a drawing of the design.
- B3. 50 Shades of Green:** The drawing shows a city skyline with green buildings. The design process sheet includes a title, a description of the city, a list of materials (e.g., paper, glue, scissors), and a drawing of the design.
- D1. Light My Way:** The drawing shows a path with yellow light trails. The design process sheet includes a title, a description of the path, a list of materials (e.g., paper, glue, scissors), and a drawing of the design.
- C2. The Future:** The drawing shows a futuristic city with flying cars and a large bridge. The design process sheet includes a title, a description of the city, a list of materials (e.g., paper, glue, scissors), and a drawing of the design.

[illegible]

## B5. NHS Matching Employability Programme

### Title: Boundaries (star)

**Personal:**

**Learn:**

- 1. What are boundaries?
- 2. Why are boundaries important?
- 3. How do I set boundaries?
- 4. What are the consequences of not having boundaries?
- 5. How do I maintain boundaries?

**Knowledge:**

- 1. What are boundaries?
- 2. Why are boundaries important?
- 3. How do I set boundaries?
- 4. What are the consequences of not having boundaries?
- 5. How do I maintain boundaries?

### Title: Circles of Support

**Personal:**

**Learn:**

- 1. What are circles of support?
- 2. Why are circles of support important?
- 3. How do I build circles of support?
- 4. What are the consequences of not having circles of support?
- 5. How do I maintain circles of support?

**Knowledge:**

- 1. What are circles of support?
- 2. Why are circles of support important?
- 3. How do I build circles of support?
- 4. What are the consequences of not having circles of support?
- 5. How do I maintain circles of support?

### Title: Getting on with the NHS

**Personal:**

**Learn:**

- 1. What is the NHS?
- 2. Why is the NHS important?
- 3. How do I get on with the NHS?
- 4. What are the consequences of not getting on with the NHS?
- 5. How do I maintain my relationship with the NHS?

**Knowledge:**

- 1. What is the NHS?
- 2. Why is the NHS important?
- 3. How do I get on with the NHS?
- 4. What are the consequences of not getting on with the NHS?
- 5. How do I maintain my relationship with the NHS?

B1. Circles of Support

D4. Get Up and Go B

**A4. 100% Digital I**

**TITIK 100% DIGITAL, LINGKARAN DIGITAL**

**Diagram 1: Digital System Block Diagram**

The diagram shows a central **Microcontroller** connected to **Memory** and **I/O Devices**. The **I/O Devices** are further divided into **Input Devices** and **Output Devices**. The **Microcontroller** is also connected to a **Power Supply** and a **Ground**.

**Diagram 2: Circular Diagram**

A circular diagram showing the components of the digital system and their interconnections. The components are arranged in a circle, with arrows indicating the flow of data and control signals between them.

**Diagram 3: Flowchart**

A flowchart illustrating the system's operation. It starts with a **Start** block, followed by a **Initialization** block, then a **Loop** block. The **Loop** block contains a **Check** block, which leads to a **Yes** or **No** decision. If **Yes**, it goes to a **Process** block, then to a **Output** block, and finally to a **Stop** block. If **No**, it goes to a **Wait** block, then to a **Check** block, and finally to a **Stop** block.

The collage features five project cards from a 'Design Thinking' workshop. The cards are titled 'D2. Active Loop', 'A1. Going (Lincoln) Green', 'Title: Active Loop', 'Title: Going (Lincoln) Green', and 'Title: Happy Feet'. Each card contains a drawing, a list of ideas, and a diagram. The 'Active Loop' cards show a city map with green spaces and a circular flow diagram. The 'Going (Lincoln) Green' cards show a city map with green spaces and a circular flow diagram. The 'Happy Feet' card shows a city map with green spaces and a circular flow diagram.

[illegible]


The collage displays student work for the 'A5. Sky Gardens' project. It features several pages with drawings and text. One page is titled 'D5. Growing L...' and another 'A5. Sky Gardens'. The drawings include a garden with a person and a bird, a circular diagram of a garden layout, and a drawing of a garden with a person and a bird. The text on the pages includes 'Title: A5. Sky Gardens', 'Description: A5. Sky Gardens', 'Sketch: A5. Sky Gardens', and 'A5. Sky Gardens'.

EXPLORING A HEALTH-LED APPROACH TO PLACE

Generating ideas to enhance and develop health & wellbeing assets

HEALTH SERVICES

A2. Community Health Rooms

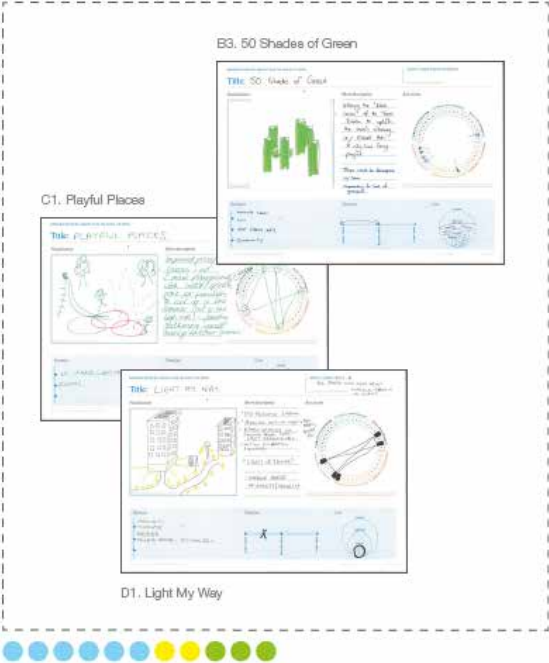


PUBLIC SPACE IMPROVEMENT PROJECTS

C1. Playful Places

B3. 50 Shades of Green

D1. Light My Way

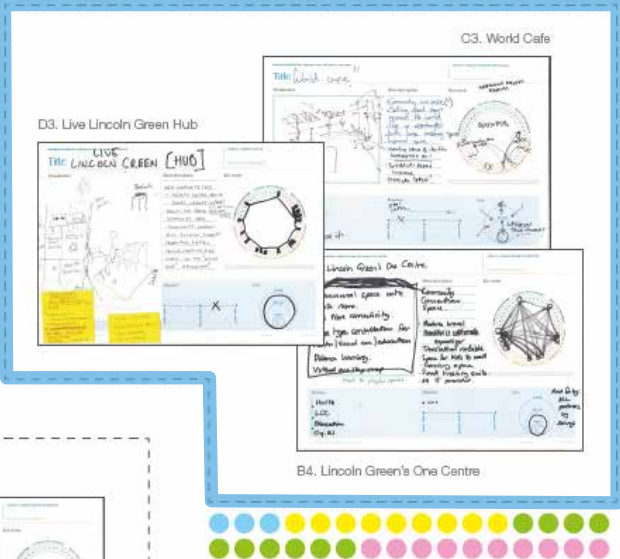


JOINT COMMUNITY HUB

D3. Live Lincoln Green Hub

C3. World Cafe

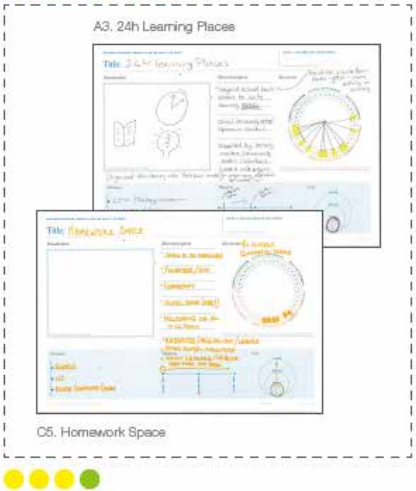
B4. Lincoln Green's One Centre



EDUCATIONAL PLACES

A3. 24h Learning Places

C5. Homework Space



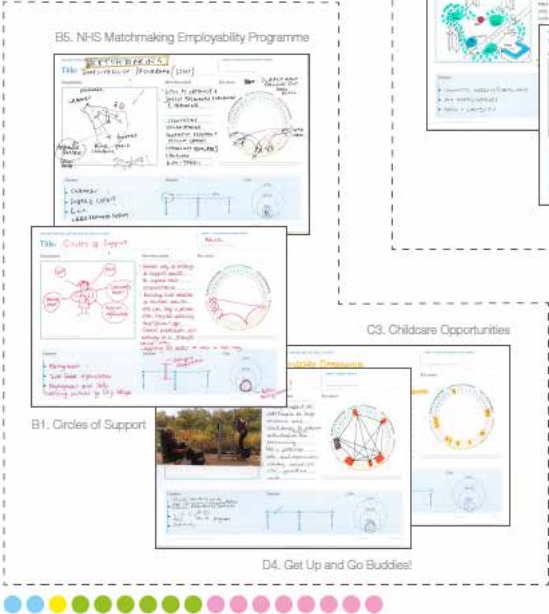
SUPPORT PROGRAMS

B5. NHS Matchmaking Employability Programme

B1. Circles of Support

D4. Get Up and Go Buddies!

C3. Children's Opportunities

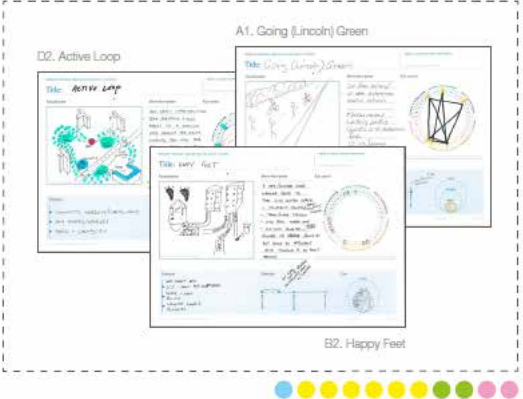


ACTIVE LIFESTYLE/ TRAVEL INCENTIVES

A1. Going (Lincoln) Green

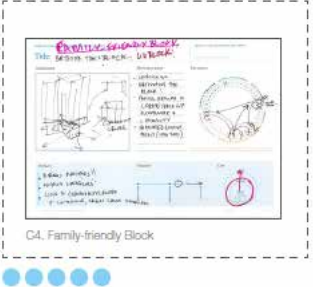
D2. Active Loop

B2. Happy Feet




HOUSING IMPROVEMENTS

C4. Family-friendly Block



DIGITAL FACILITIES

A4. 100% Digital I



COMMUNITY GARDENING

D6. Growing

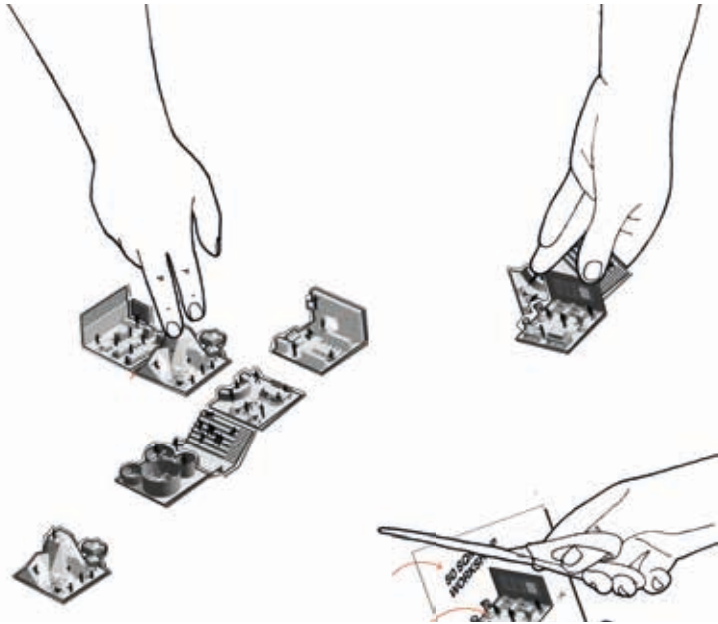
A5. Sky Gardens





## HEALTH, WELLBEING AND SHARED VALUE

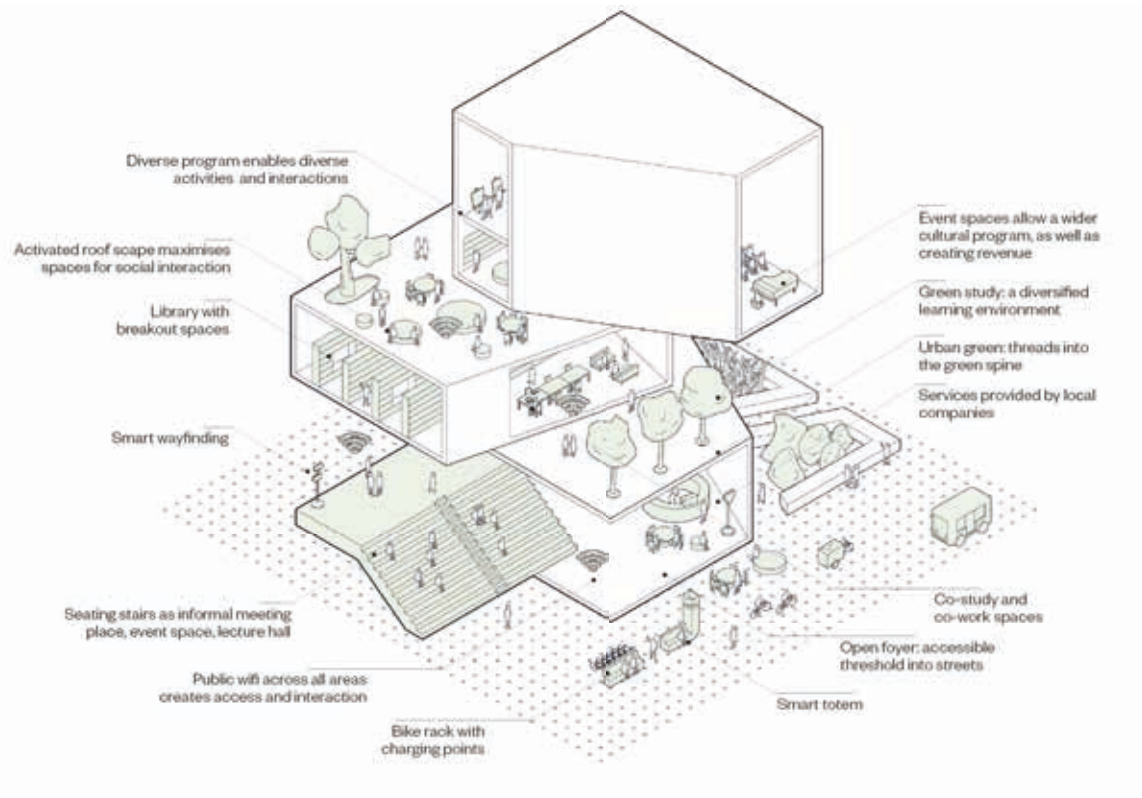
Design brief co-creation based on place-based insight and user needs



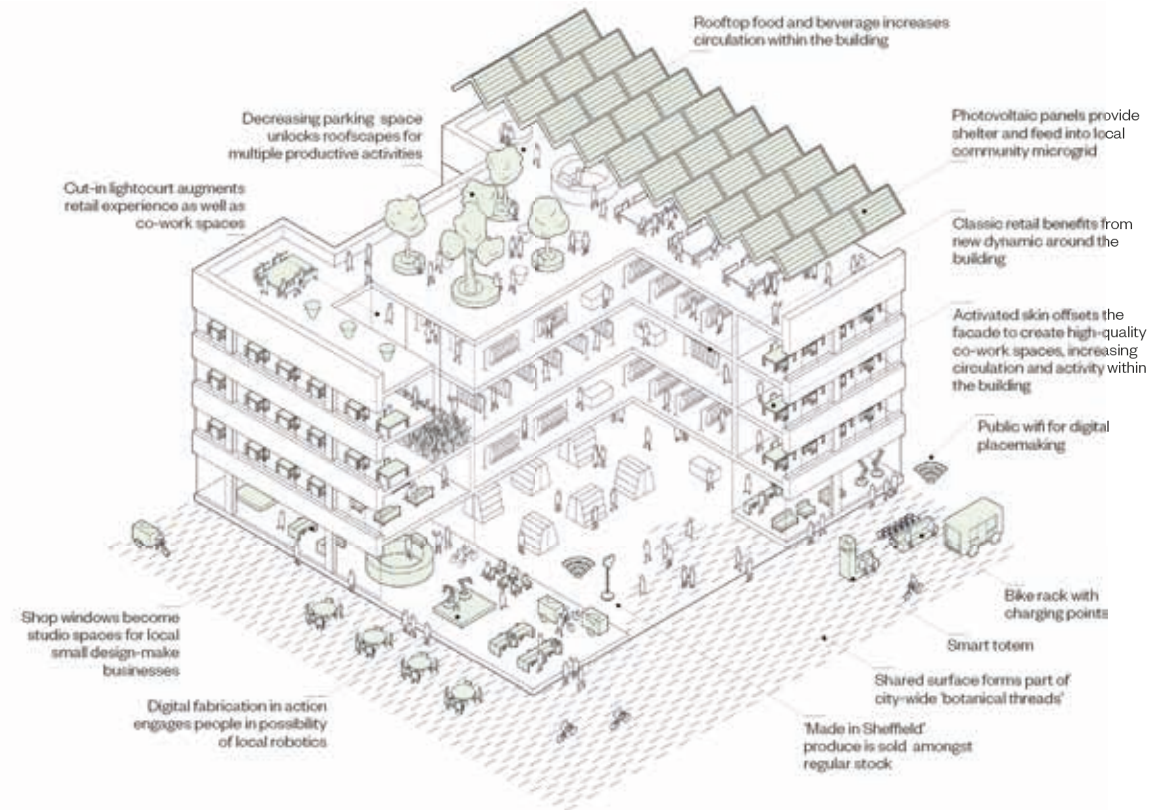
## HEALTH, WELLBEING AND SHARED VALUE

### Design brief co-creation based on place-based insight

#### *Discuss/think Library*



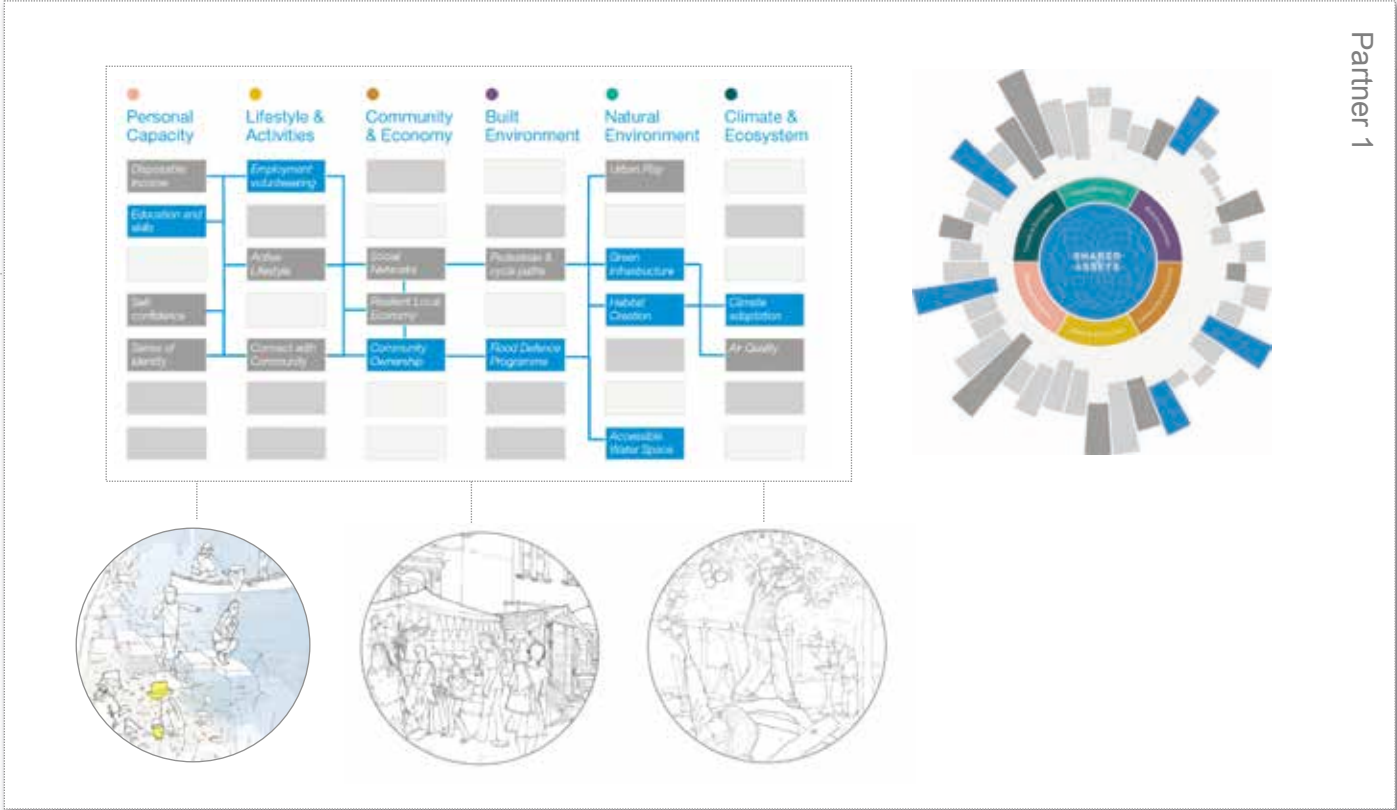
#### *Work/play Library*





HEALTH, WELLBEING AND SHARED VALUE

Facilitating place-based investment



Partner 1

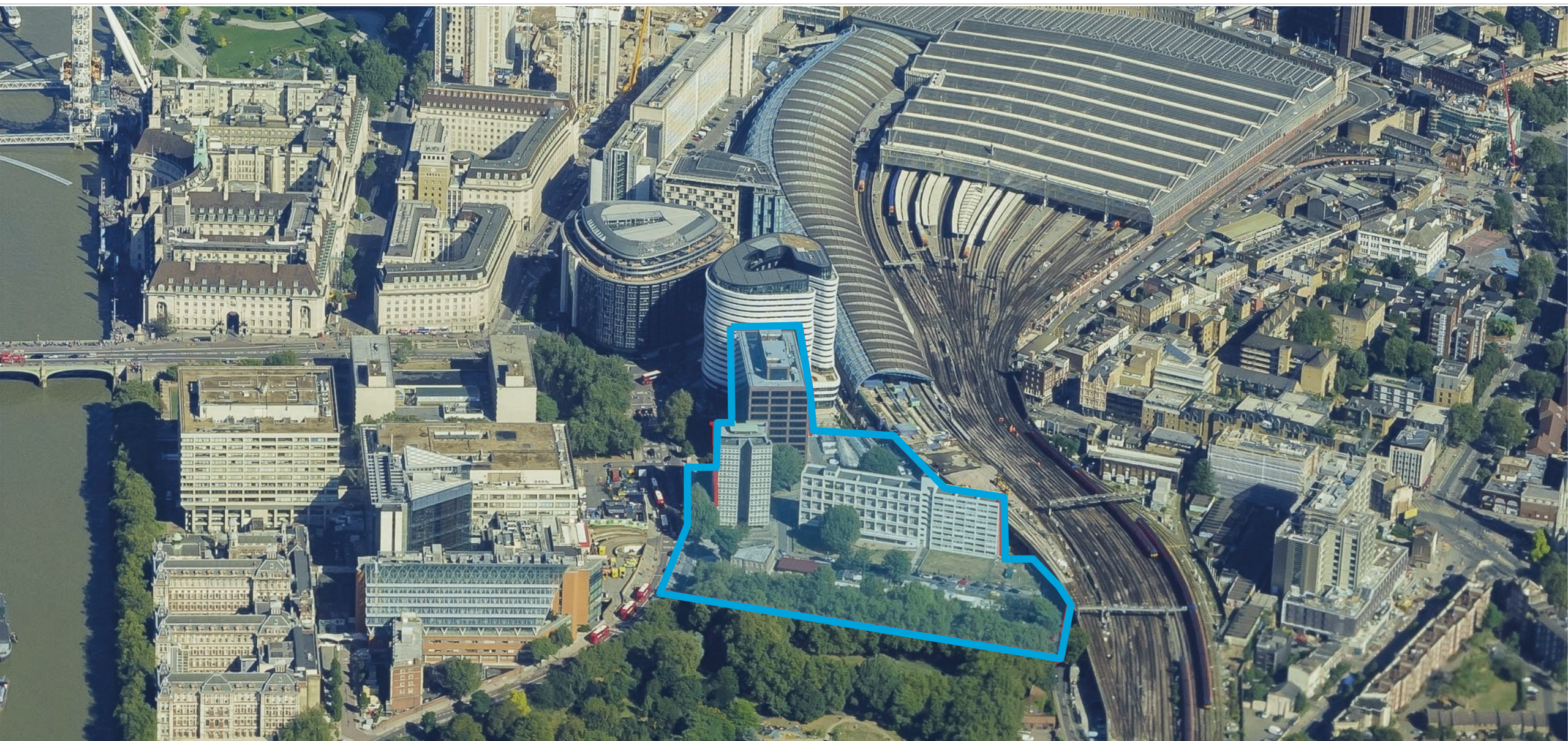
Partner 2

Partner 3



## HEALTH, WELLBEING AND SHARED VALUE

Anchors, catalysts and shared investment





HEALTH, WELLBEING AND SHARED VALUE

Anchors, catalysts and shared investment

4

You Retweeted



**Leeds Teaching Hospitals** @LeedsHospitals · Aug 19

We are proud to be working with our local community around St James's to provide access to job opportunities. Over 25 local residents living in Lincoln Green, Burmantofts and Harehills have been offered roles through the new scheme. Read more: [leedsth.nhs.uk/about-us/news-...](https://leedsth.nhs.uk/about-us/news-...) #TheLeedsWay



19

70

You Retweeted



**parkrun** @parkrun · Oct 12



**The Leeds Teaching Hospitals**  
NHS Trust

CONSULTANTS

RESEARCH

CAREERS

OUR CHARITY

Reaches out to the community on its doorstep

# Hospital reaches out to the community on its doorstep

20 August 2019

St James's hospital is reaching out to the community on its doorstep in a partnership providing access to job opportunities for residents who live in some of the most deprived wards in the city.

The hospital has come together with Leeds City Council, universities, colleges and other NHS organisations to form an Anchor Institution Network to support the health and wellbeing of people locally by addressing the causes of poverty and ill health.

Leeds Teaching Hospitals Trust has worked with the City Council to promote health and care careers, provide access to employability skills and run English as a second language courses.

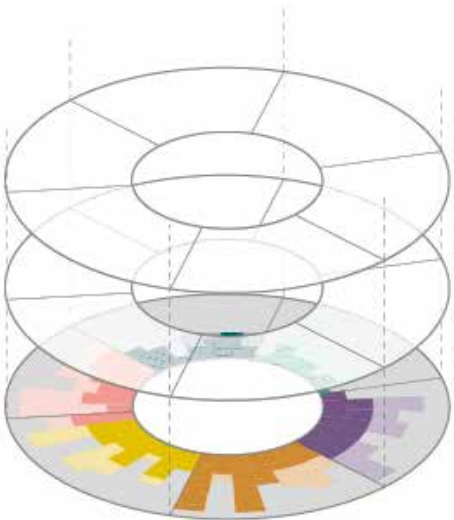
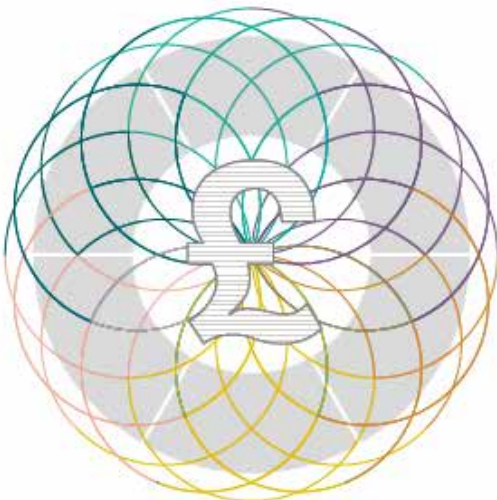


## HEALTH, WELLBEING AND SHARED VALUE

Shared assets, shared investment









Thank you!