Socio-economic status of a place:
level of deprivation, income and unemployment.

Individual wellbeing
- Community-level deprivation is associated with lower levels of individual wellbeing.

Wellbeing inequalities
- Deprivation, unemployment and median income have a negative impact on wellbeing inequalities.

Relationships and connections
- Income inequalities in a place have been found to reduce trust in other people.

People-led
- Income deprivation is negatively associated with all outcomes in this domain.
Population of a place: demography and transience.

**Positive**

- A large, elderly population is positively associated with **all four relationship outcome variables**.
- Households with **long-term residency** have better connections and support network.
- Areas with **more dependent children** per household have higher scores on **all measures**, except **safety at dark**.
- Areas of people with an employment status that provides time to be in their neighbourhood scored high on a **neighbourliness index**.
- Areas with **more children, old people, and homeowners** are perceived to be more **neighbourly**.
- More ethnically diverse areas have higher engagement in group and organisations, **volunteering** more and feeling more **politically efficacious**.
- Resident turnover is positively associated with **group membership and activity, and political efficacy**.
- Commuting long distances is associated positively with **volunteering, group membership and activity, political efficacy** and even having more **local friends**.

**Negative**

- A high proportion of local businesses in an area (i.e. not chains) is associated with **higher feelings of safety**, but **more local businesses** is also associated with having fewer **local friends**.
- Areas where there is a high proportion of **commuters or second homes** score low on **neighbourliness**.
- Ethnic diversity is associated with lower **neighbourhood belonging**, perceived **neighbourliness**, feelings of safety and having more **local friends**.
- Recent migration, language barriers, crime, litter and poor **neighbourhood governance** affect perceptions of **neighbourliness**.
- Resident turnover in the previous year is negatively associated with **neighbourhood belonging**.
- A high proportion of local businesses in an area (i.e. not chains) is associated with **higher feelings of safety**, but **more local businesses** is also associated with having fewer **local friends**.

**Relationships and connections**

- **Areas with a higher social fragmentation index** report lower **social cohesion** and attachment to the neighbourhood.

**People led**

- **Areas where there is a high proportion of commuters or second homes** score low on **neighbourliness**.
- Recent migration, language barriers, crime, litter and poor **neighbourhood governance** affect perceptions of **neighbourliness**.
Physical attributes of a place:
Rural/urban, green space, heritage assets and environment.

**positive**

- **More green space** means people are more likely to report higher levels of neighbourhood belonging and perceived neighbourliness.

- **Rurality** is positively associated with **all relationships and connections outcome variables tested**, except local friends.

- Having **green and blue spaces** where interventions and activities can be delivered can provide opportunities for local people to participate and improve social interactions.

- **Heritage assets** were associated with greater political efficacy.

**negative**

- **Heritage assets** are associated with lower neighbourhood belonging.

- **Air pollution** is negatively associated with neighbourliness, local friends and safety.

- **Air pollution** is negatively associated with political efficacy, group activity and volunteering.
Design and use of physical spaces:
Urban design/green and blue spaces, temporary change of use, road use.

**positive**

- **People** who lived in areas with higher rates of road traffic accidents were more likely to feel safe outside in the dark.
- **Walkability** of a place was linked to higher levels of trust.
- Neighbourhood designs that bring together people from different ages and social backgrounds can positively affect the sense of belonging and social cohesion in a community.
- Community hubs may improve trust, pride in the local area, social cohesion and social mixing by bringing together different groups.
- **Urban renewal projects** can lead to increased social connections, as can community development projects (which may have a physical presence).
- The built environment, particularly accessibility and assets in a place, affect the level of social cohesion, neighbourliness and interactions.
- Green and blue spaces, community development projects and temporary changes to the use of a space can encourage mixing of different cultural and socioeconomic groups.
- Social Networking Sites can promote a sense of belonging and facilitate the development of supportive relationships for young people.
- **Walkability** of a place was linked to higher levels of participation in community activities.
- Changes to neighbourhood design and improvements to green and blue space can also increase civic activity.
- The walkability of a place was linked to higher levels of participation in community activities.

**negative**

- Some changes in the use of space, even temporarily, can lead to segregation or exclusion of certain groups.
- Changes to places and spaces including street design, planters, street play and making spaces more accessible increase the levels of physical activity and other health behaviours. This is the case at the area level.
Place based activities: Physical and social activities, heritage activities and use of green space

**Positive**

- Health scores of participants on community connectors improved, through increased socialising, activity levels, improved mood and number of friends.

- Ageing better programme run through 14 different local partnerships found participation has a positive impact on health.

- Outdoor recreation interventions help families improve their sense of identity through connecting with nature.

- Higher levels of engagement in heritage activities and use of green space is associated with lower wellbeing inequality.

- Participating in activities and interventions in historic buildings and places can have an impact on a communities’ social connections and sense of belonging.

- Events can provide a “hub” for people to meet which can improve social relations within the community, in particular where they are able to provide a neutral space for different groups to socialise.

- Access to historic places and space (and their associated events and activities) has been found to contribute to the collective empowerment of local people.

- Earning in communities can help to increase social contact and facilitate connections to the community.

- Events and temporary use of space can increase civic activity.
Design and use of physical spaces: Urban design/green and blue spaces, temporary change of use, road use.

**positive**

- **Young people involved in the design and delivery** of Talent Match programme activities were more likely to enter **education** and helped them to develop **skills, experience and self-confidence** to better work with others in their area.

- **Being involved in making decisions in the community** (to change health behaviours) can have a positive effect on the **physical and mental health** of both those involved and the wider community, as well as on the **social determinants of health**.

- **Collaboration between professional and voluntary workers** can improve **health outcomes**.

- **Involving communities in decision making processes**, for example citizens juries or saving and enhancing community facilities, can reduce **isolation** and build **social networks**.

- **Involving communities in neighbourhood design projects** can potentially improve **pride in the area, social relations and social cohesion**.

**negative**

- **Being involved in the delivery of Community Connect** has been found to slightly affect the **perception of community members in being able to influence decisions** affecting their area.

- **Young people getting involved in local activities** can offer people the opportunity to **develop their skills** as part of the co-design and co-delivery of activities.

- **Participating in community engagement projects** can help people to gain **confidence to exercise control**.

- **Involving communities in neighbourhood design projects** can potentially improve **pride in the area, social relations and social cohesion**.

- **Involving local people in community decisions about how public budgets are spent** can help improve the **relationship between the community and public agencies** and in the longer-term, it can also help to improve **civic participation**.

- **Community decision making processes** have been found to have adverse effects, such as **consultation fatigue, distress and physical and mental strain**.

**Individual wellbeing**

- **Collaboration between professional and voluntary workers** can improve **health outcomes**.

**Relationships and connections**

- **Involving communities in decision making processes** can reduce **isolation** and build **social networks**.

**People led**

- **Participating in community engagement projects** can help people to gain **confidence to exercise control**.
Local relationships

Strength of local relationships, level of neighbourliness, social cohesion and sense of attachment to a neighbourhood can affect wellbeing and quality of life.

Feeling a sense of belonging, at a group and community level, enables learning opportunities to impact on wellbeing.

Having a sense of ‘neighbourliness’ can contribute to resident’s feelings of safety and belonging.

Too much bonding and ‘active neighbourliness’ can lead to self-segregation, if people feel their privacy is breached.

Individual wellbeing

Relationships and connections

positive

negative
Perceptions and experience: satisfaction with area

positive

Satisfaction people have with an area has a relationship with the levels of interaction and mutual support. It is thought that it increases the willingness of individuals to get involved in local organisations and activities.
**Housing:**

**quality and provision**

**positive**

**Safer and healthier houses** have a positive impact on **physical health**. Examples include interventions to reduce mould and promote good respiratory health and those that tackle fuel poverty.

**Housing First**, which focuses on **moving vulnerable people into independent and permanent housing** then providing **additional support**, increases **housing stability** and **health** outcomes, including on **mental health**.

**Relationships and connections**
Urban planning can contribute to the development of social capital through ensuring the co-location of services; planning infrastructure alongside residential growth to ensure there are adequate meeting spaces for social, recreational and educational purposes.

Other amenities that can help build social relations between groups include local shops, markets and places to informally trade, as well as extended schools, street parties and internet based local information services.

Diversity of land use, where a commercial and residential land is mixed to encourage routine encounters, positively affects social cohesion by generating positive perceptions and the potential frequency of neighbourly behaviour.

Ensuring accessible streets and transportation can help with accessing places for social interaction.

People who lived in areas that had received greater funding from charitable foundations had more local friends and felt safer. However, when looking specifically at Big Lottery Fund funding, we found no effect for any outcome variables.

Nurseries, schools, well-kept public spaces, health centres and other places that provide support, as well as somewhere people can spend time and meet other people supported a sense of neighbourliness.

Having a structured and linked programme of community-led activities can help to prevent and tackle loneliness.

Longer journey times to key services were associated positively with volunteering and group activity.

Longer journey times to key services was negatively associated with local friends.
Community participation: Volunteering

positive

Older people who volunteer have better health, support role identities, sense of purpose, self esteem and quality and quantity of social connections.

For young people, taking part in community volunteering programmes helped them to develop leadership, communication and organisational skills. When people took on an interesting and varied role in volunteering (outside their own identity), there was an impact on their self-worth. This was particularly pronounced for individuals from vulnerable backgrounds.

Volunteering can lead to the development of skills and have a positive effect on physical and mental health, including depression.

Volunteering placements for young people found that it helped to increase social connectedness, but this depended on the existing relationships and knowledge that the young person gained from their parents and life experience, as well as the context in which the volunteering took place.

Sports volunteering for young people has been found to result in positive attitudes and behaviour and encouraged further civic activity.

Individual wellbeing

Relationships and connections

People led