

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**.

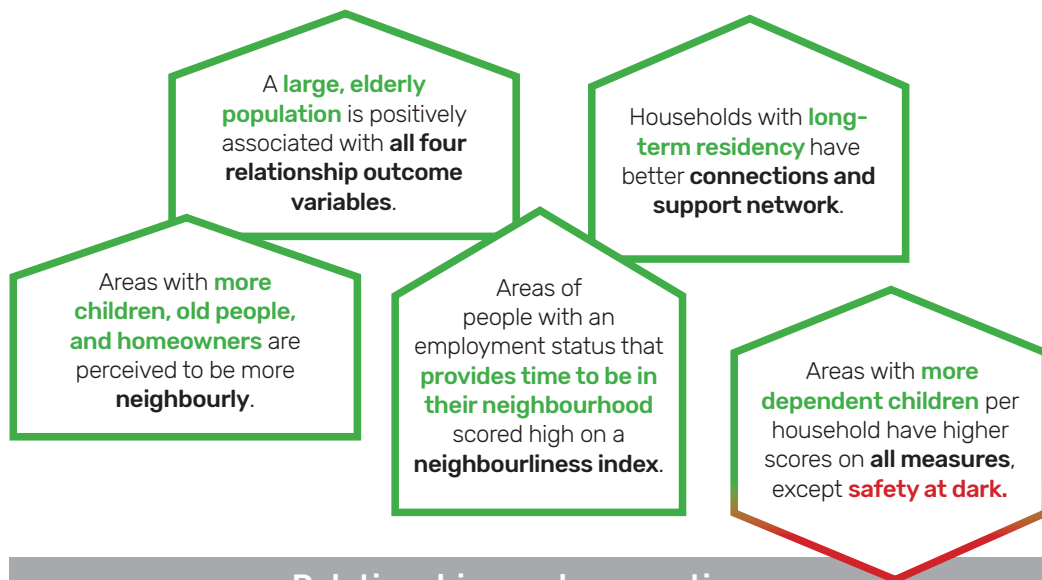
People-led

Income deprivation is negatively associated with **all outcomes** in this domain.

negative

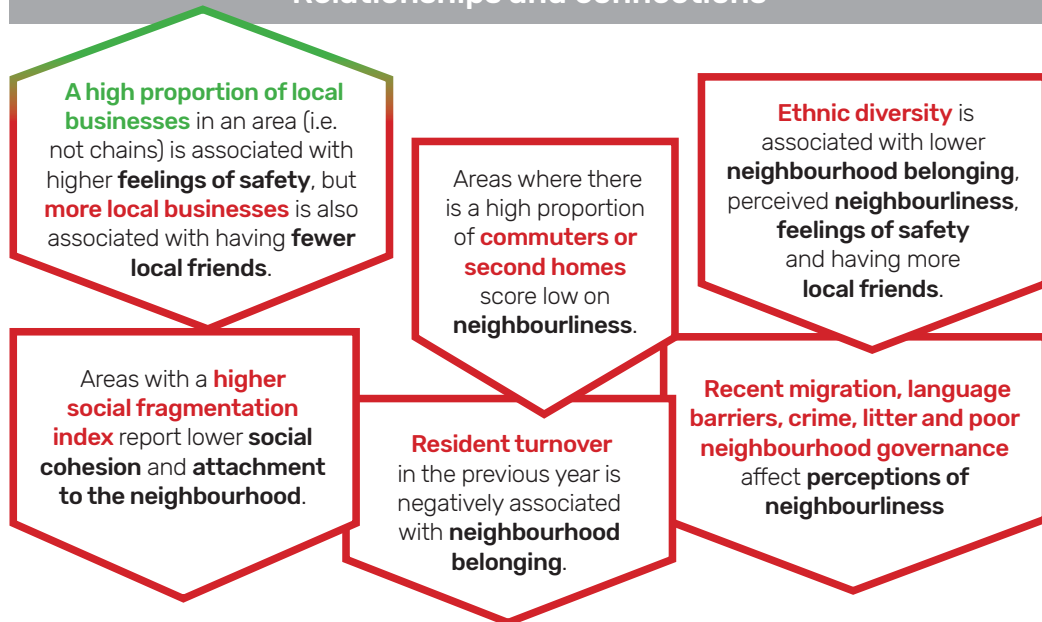
Population of a place: demography and transience.

positive



Relationships and connections

People led



negative

Physical attributes of a place: Rural/urban, green space, heritage assets and environment.

positive



Relationships and connections



People led

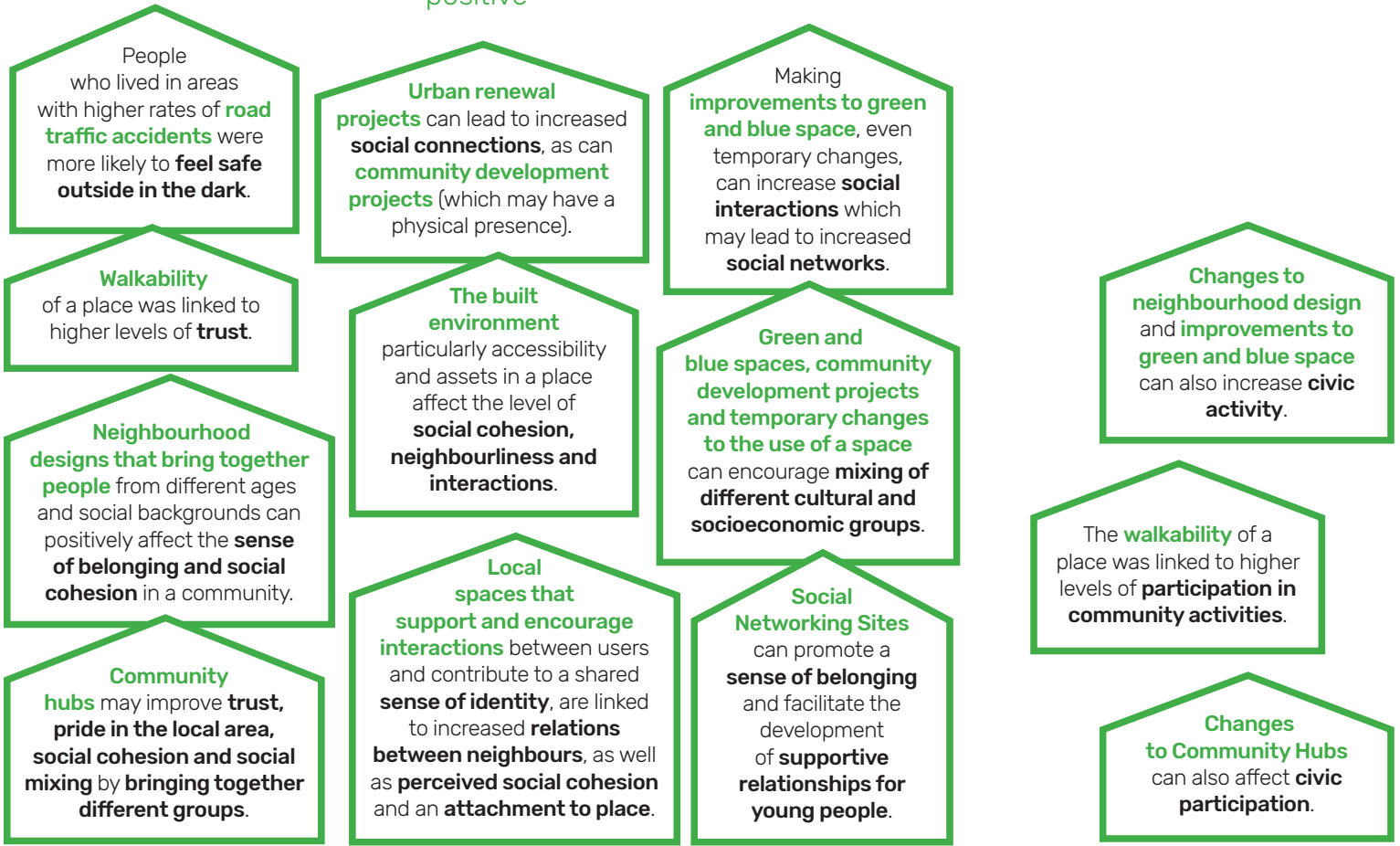


negative

Design and use of physical spaces:

Urban design/green and blue spaces, temporary change of use, road use.

positive



Individual wellbeing

Relationships and connections

People led

Some **changes in the use of space**, even temporarily, can lead to **segregation or exclusion of certain groups**.

negative

Place based activities:

Physical and social activities, heritage activities and use of green space

positive

Health scores of participants on of **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.**

Individual wellbeing

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

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.

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

Relationships and connections

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

Events and temporary use of space can increase **civic activity.**

People-led

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.

Individual wellbeing

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**.

Relationships and connections

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 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**.

People led

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

negative

positive

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**.

Individual wellbeing

Relationships and connections

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

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.**

Relationships and connections

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.

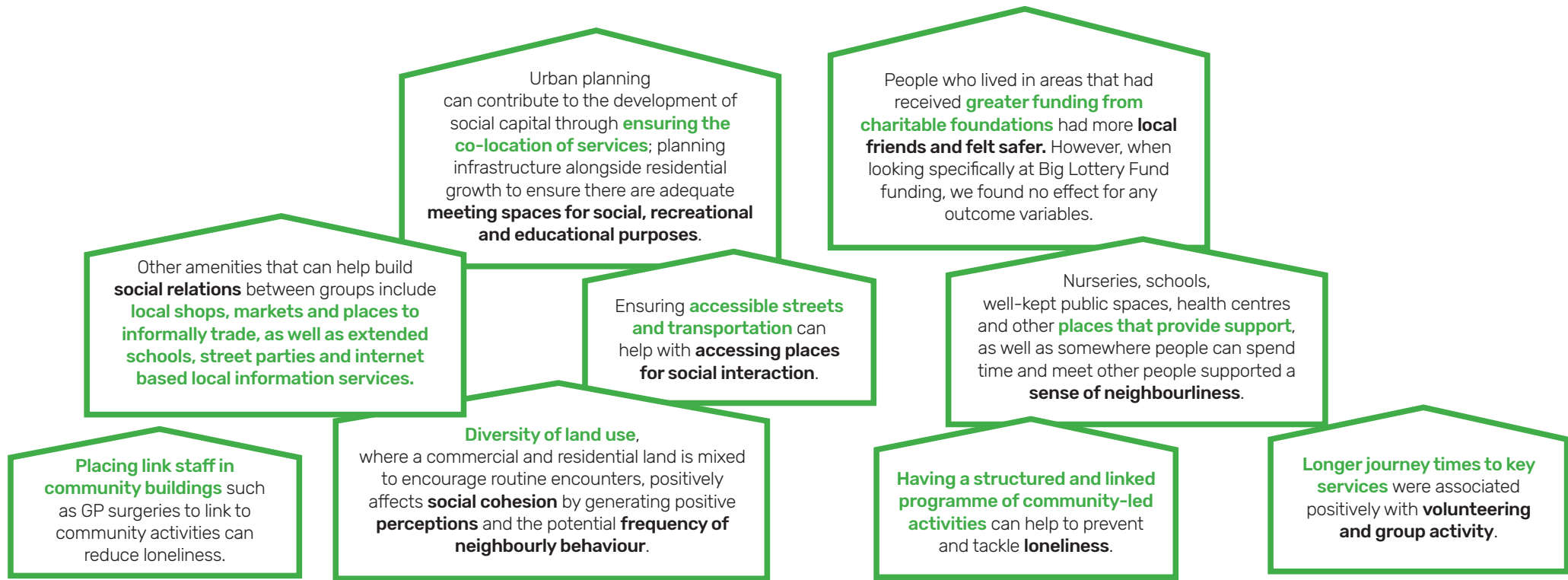
Housing First, which focuses on **moving vulnerable people into independent and permanent housing then providing additional support**, increases **housing stability** and **health** outcomes, including on **mental health**.

Relationships and connections

Place based services and infrastructure:

planning, accessibility, provision, investments and Local Authority Expenditure on community development

positive



Relationships and connections

People-led

Longer journey times to key services was negatively associated with **local friends**.

negative

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

Individual wellbeing

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.

Relationships and connections

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

People led