

Contents

2	Places and spaces.....	2
2.1	Introduction	2
2.2	Key facts about places and spaces in Hackney and the City of London	4
2.3	Health and wellbeing impacts.....	5
2.3.1	The links between planning and health	5
2.3.2	The night-time economy	5
2.3.3	Hot food takeaways	5
2.3.4	Betting shops.....	6
2.3.5	Payday lenders.....	6
2.3.6	Cultural facilities	7
2.3.7	Parks and open spaces	8
2.4	Number of people affected locally	8
2.4.1	The night-time economy	8
2.4.2	Hot food takeaways	8
2.4.3	Betting shops.....	8
2.4.4	Payday lenders.....	9
2.4.5	Cultural facilities	9
2.4.6	Parks and open spaces	10
2.5	Inequalities.....	11
2.5.1	The built environment.....	12
2.5.2	Hot food takeaways	14
2.5.3	Betting shops.....	15
2.5.4	Cultural facilities	16
2.5.5	Parks and open spaces	18
2.6	Comparisons with other areas.....	19
2.6.1	Betting shops.....	19
2.6.2	Payday lenders.....	19
2.6.3	Parks and open spaces	20
2.6.4	Cultural facilities	20
2.7	Evidence and best practice	20
2.7.1	Planning.....	21
2.7.2	The night-time economy	22
2.7.3	Hot food takeaways	23
2.7.4	Betting shops and payday lenders.....	23
2.7.5	Cultural facilities	24
2.8	Local Plans, services and other local support/initiatives	24
2.8.1	Planning.....	24
2.8.2	The night-time economy	26
2.8.3	Hot food takeaways	28
2.8.4	Betting shops and payday lenders.....	28
2.8.5	Cultural facilities	29
2.8.6	Parks and open spaces	32
2.9	Challenges and opportunities.....	33
2.10	References.....	34

2 Places and spaces

2.1 Introduction

This section describes the health and wellbeing impacts of the buildings and public spaces where we live, work, shop, relax and socialise. It includes consideration of the influence of parks and green spaces, as well as the composition of our high streets (with a focus on hot food takeaways, betting shops payday lenders, night-tem venues and cultural facilities), in driving health and wellbeing.

Local government planning functions are an important lever in shaping the built environment of a local area and have a major influence on a population's health - through their impact on the quality of open spaces, housing developments, transport modes, community facilities and the composition of our high streets and town centres. (See the Housing and homelessness, Transport and travel and the Health and the environment sections of this JSNA chapter). As such, this section is relevant to a number of other topics covered by this JSNA chapter, 'Society and Environment'.

Planning ensures that the right development happens in the right place at the right time, benefitting communities and the economy. It plays a critical role in identifying what development is needed and where, what areas need to be protected or enhanced, and assessing whether proposed development is suitable. [1]

The planning system in England and Wales is composed of different levels. The National Planning Policy Framework (NPPF) sits at the top, and sets out policies that local planning authorities are required to take into account in formulating local plans and making planning decisions. [2] The London Plan is the development plan for all of London. It sits under the NPPF but above borough local plans, and sets the policy context for the development of local plans. The Local Plan is the primary planning document for setting out the vision for local authorities, outlining policies on land use and development, and for assessing planning applications.

The NPPF directs local planning authorities to work with public health leads to understand and take account of the health status and needs of the local population, including expected future changes and any information about relevant barriers to improving health and wellbeing. This section focuses on how the working of the local planning system can affect the health and wellbeing of residents and visitors to Hackney and the City.

Licensing is a related, and highly relevant, influence on the 'healthiness' of our places and spaces. Licensing covers the sale of alcohol, as well as the provision of various forms of entertainment and late night refreshment, under the terms of the Licensing Act 2003. The focus of the 2003 Act is the promotion of the four statutory objectives which must be addressed when any licensing functions are undertaken by local authorities: the prevention of crime and disorder, public safety, the prevention of public nuisance, and the protection of children from harm. Under the Act, a number of public bodies (known as responsible authorities) must be fully notified of applications and are entitled to make representations to the licensing authority.

Directors of Public Health are included as responsible authorities under the Licensing Act 2003. [3]

Box 1: Definitions used in this section

Area Action Plan (AAP) - A comprehensive spatial strategy for coordinated development and design that reflects local aspirations for the future of a specific area. There are currently four AAPs in Hackney, covering Dalston, Hackney Central, Hackney Wick and Manor House. Further plans are in the pipeline for the Stamford Hill and Shoreditch AAPs.

Betting shops – Premises where the primary activity is betting services (also known as ‘bookmakers’).

Core strategy - Is the primary strategic document in the local development framework (see below), setting out the long-term vision for future development in a local area.

Cultural facilities – This includes libraries, museums and art galleries, theatres and cinemas.

Development management local plan (DMLP) – Detailed planning policies which are used (together with the London Plan, the core strategy and other supplementary planning documents) to assess planning applications.

Fixed odds betting terminals (FOBTs) - A type of electronic gaming machine on which players may bet on the outcome of various simulated games and events (such as roulette, blackjack, bingo, and horse races), the odds offered being fixed from game to game.

Green space (or open space) - This includes public parks, amenity green space, outdoor sports facilities/playing fields, allotments/community gardens/urban farms, cemeteries and churchyards, natural or semi-natural urban green spaces, civic spaces/pedestrianised areas.

Health Impact Assessment (HIA) – A combination of procedures, methods and tools by which a policy, programme or project may be judged as to its potential effects on the health of a population.

Local development framework (LDF) - A suite of planning documents which outline the borough's planning policies - including the core strategy, the DMLP and any supplementary planning guidance.

London Plan – The statutory spatial development strategy for the Greater London area, published by the Greater London Authority.

National Planning Policy Framework (NPPF) – This sets out the government's planning policies for England and how these are expected to be applied.

Night-time economy – Refers to alcohol and non-alcohol related leisure activities and entertainment taking place in the evening and at night - includes restaurants, cafés, cinemas, bingo halls, takeaways, retail, theatres and other cultural venues, pubs, bars and nightclubs.

Payday lenders – Payday loan shops provide high-interest, short-term loans for people needing money to tide them over for short periods.

Supplementary planning guidance – Non-statutory planning documents developed to give further guidance on particular areas of policy.

2.2 Key facts about places and spaces in Hackney and the City of London

- The strategic objectives for spatial planning in Hackney and the City of London are articulated in the following:
 - Core Strategy – Hackney’s strategic planning policies for 2010-2015 [4]
 - Local Plan - Development Management Local Plan, adopted in July 2015 [5]
 - The City of London Local Plan January 2015. [6]
- The night-time economy has grown substantially in Hackney in recent years, with high concentrations of venues in Shoreditch, Dalston and Stoke Newington. Recent analysis has identified four further night-time economy hot spots around Broadway Market, Chatsworth Road, Hackney Central and Victoria Park.
- The City of London’s night-time economy has also grown in recent years, with a large number of people now visiting the City in the evening specifically to socialise. This has been accompanied by longer opening hours and extended licensing of premises.
- There are concerns about the number of hot food takeaways in Hackney (for more information, see the ‘Food environment’ section of this JSNA chapter), but efforts are being made through Local Plan policies to prevent further proliferation of such outlets near to secondary schools in particular.
- Hackney Council played a leading role in successful national efforts for betting shops to be classified in a separate ‘use class’ for planning purposes (so that applications for new betting shops can be more easily identified and their proliferation controlled).¹
- There is a rich cultural heritage in Hackney, with eight libraries, Hackney Museum, Hackney Archives, a theatre and two cinemas located in the borough. Other attractions include the Geffrye Museum and the Building Exploratory², as well as the National Trust Sutton House³ and the oldest domestic residence in London’s East End.
- Hackney is one of the greenest inner London boroughs with a network of 225 open spaces. As with most London boroughs there are also areas of open space deficiency, such as Dalston.
- As well as a number of museums⁴ and other cultural facilities (including the Barbican Centre), the Square Mile is home to Finsbury Circus, which is considered to be the oldest public space in London (dating from 1606). It is currently closed due to work on Crossrail, but will be re-opened to the public in 2018.

¹ Victory for Hackney over betting shops, 12 August 2015 - <http://news.hackney.gov.uk/victory-for-hackney-over-betting-shops>

² <http://www.buildingexploratory.org.uk/>

³ <https://www.nationaltrust.org.uk/sutton-house-and-breakers-yard>

⁴ <https://www.cityoflondon.gov.uk/things-to-do/visit-the-city/attractions/Pages/museums.aspx>

2.3 Health and wellbeing impacts

2.3.1 The links between planning and health

The quality and design of our high streets, buildings and open spaces has a major impact on our health and wellbeing

The links between planning and health are explicitly expressed throughout the current NPPF. [2] In particular, Section 8 ‘Promoting healthy communities’ highlights that the planning system has an important role in facilitating social interaction and creating healthy, inclusive communities (see Box 2 for examples).

Making high streets more attractive places to go to not only improves economic viability, but also promotes health. Particular types of retail can have major impacts on the health and wellbeing of individuals, families and communities.

Box 2: Examples of how planning impacts on health⁵

There are many examples of how planning impacts on health and wellbeing:

- regeneration can contribute to a rich community life, by providing opportunities for social interaction (such as common activities and meeting places) - of particular importance for the most vulnerable groups
- *insufficient* attention to maintaining and creating community cohesion in urban renewal projects can lead to the destruction of social networks
- well-designed parks and public spaces reduce fear of crime and promote healthy lifestyles
- a lack of supply of affordable quality housing contributes to homelessness and overcrowding, which affects health (for further information, see the ‘Housing and homelessness’ section of this JSNA chapter).

2.3.2 The night-time economy

The night-time economy can have a positive and negative impact on health and wellbeing. Pubs and bars can act as hubs of community life, providing a space to socialise, promoting social interaction and reducing isolation (which can contribute to poor mental health).⁶ On the other hand, these venues can also contribute to noise, litter, harmful levels of alcohol consumption and anti-social behaviour. A recent report assessed pubs and bars to be positive for health on balance, despite their potential health harms. [7] However, the same report advocates tighter controls on the number of premises licensed to sell alcohol in areas where there is already a high concentration of such outlets.

2.3.3 Hot food takeaways

Fast food outlets tend to sell food that is high in fat and salt and drinks that are high in sugar. Increased use of fast-food outlets is associated with obesity and excess

⁵ <https://www.london.gov.uk/what-we-do/planning/implementing-london-plan/supplementary-planning-guidance/social-infrastructure>

⁶ <http://www.esrc.ac.uk/news-events-and-publications/evidence-briefings/mental-health-and-social-relationships/>

weight gain over time,⁷ as well as an increased risk of heart disease and type 2 diabetes as a result of insulin resistance. [8] There is also evidence that the type of food on sale near schools may influence the diet of school children. [9]

One study in Cambridgeshire found that people exposed to the highest numbers of takeaways are 80% more likely to be obese than those with the lowest exposure. [10] Given the high numbers of takeaways and high levels of child obesity in Hackney, addressing the role of the food environment in limiting or supporting local efforts to reduce obesity is an important area of focus locally. For further information, see the Health Needs Assessment for 5-19 Year Old Residents of the London Borough of Hackney and the City of London. [11]

2.3.4 Betting shops

Research suggests that gambling may be harmful for some people, by exacerbating financial vulnerability and worsening mental health problems through addictive behaviour. However, it is not a harmful activity for everyone who takes part. [12]

Harm from gambling is not restricted to those who are very heavy or frequent gamblers, it also affects people who are at low and moderate risk of problem gambling and those around them. Problem gambling is linked to poor health and a co-dependence on alcohol.

Research on the links between gambling and health shows that: [12]

- access to gambling venues increases gambling activity and problem gambling
- the use of multiple forms of betting, particularly fixed odds betting terminals (FOBTs) by younger adults, can be associated with significant harm to health and wellbeing
- problem gamblers experience the worst health outcomes and tend to live in deprived areas.

Insight gathered as part of a recent study in Liverpool found that, as well as creating financial difficulties, problem gambling impacts on family life, relationships and employment, and can lead to problems with sleep (due to anxiety). [13]

2.3.5 Payday lenders

Payday loan shops provide high-interest, short-term loans for people needing money to tide them over for short periods. Links have been established between severe debt and poor mental health, between debt and suicide, and debt and substance misuse. [7] The scientific literature has examined the links between debt and health specifically shows that: [12]

- access to payday lenders is an important factor in borrowing behaviour
- unmanageable payday lending is linked to poor mental health via indebtedness and financial exclusion
- payday loans are used to bridge payments on spending that is integral to health and wellbeing (such as food, child essentials, utility bills and

⁷ The most widely used method for assessing 'excess' weight is body mass index (BMI). BMI is a measure of whether someone is a healthy weight for their height.

emergency needs), however, the high-interest rates may perpetuate the need to borrow more

- debt is linked to mental health problems and a co-dependence on drugs and alcohol
- the greater the number of debts a person has, the higher their risk of also having a mental disorder.

Protecting the most vulnerable individuals from entering a downward spiral of severe debt, poor health and poor mental wellbeing should be a priority (see Section 2.7.4). [12]

2.3.6 Cultural facilities

Libraries, museums, theatres, cinemas and art galleries all contribute to the health and wellbeing of local people. They promote education and learning, creativity and personal development, and provide opportunities for social interaction, supporting a sense of belonging to the local area among residents.

'Intrinsic' benefits delivered through libraries (e.g. enjoyment, participation, learning) have been described as contributing to 'extrinsic' benefits or 'social goods' (e.g. improved wellbeing, greater civic participation). [14]

Libraries not only help to improve access to information and push up literacy rates through access to books (associated with improved mental and physical wellbeing), but often deliver a range of health and wellbeing activities on their premises - through hosting events, exhibitions, and health promotion and awareness sessions. Many of the core functions of the library service also have broader health and wellbeing benefits, for example through the provision of free access to computers, study space and support in writing CVs for those seeking employment.

A recent study found library use to be associated with health and wellbeing benefits for the individual (being a regular library user is associated with a 1.4% increase in the likelihood of reporting good general health) and to society as a whole (associated health improvements were estimated to save the NHS £27.5m each year in reduced GP appointments). [15]

The Royal Society for Public Health identified libraries as one of the most health promoting facilities on our high streets, citing the following from a survey of the public: [7]

- over half (55%) believe libraries support healthy choices
- over half (52%) believe they support social interaction
- almost half (44%) believe they promote access to health services and advice
- two thirds believe they support mental wellbeing.

Engaging in accessible, affordable cultural activity or contributing as a volunteer can also play a major role in supporting independence, providing an opportunity for people to socialise and reducing social isolation. [16] See the 'Community cohesion and social networks' section of this JSNA chapter.

2.3.7 Parks and open spaces

Parks and open spaces are a vital part of public life. Attractive, safe and accessible parks and green spaces provide a wide range of social, economic, health and environmental benefits.

Many open spaces are multi-functional and offer formal and informal leisure opportunities, wildlife habitat and green routes through borough local areas, all of which contributes to improved physical and mental health and general wellbeing. Parks and open spaces offer places where communities can socialise, and access sporting facilities and are a major focal point of community life. [17] [18] [19]

2.4 Number of people affected locally

2.4.1 The night-time economy

In recent years, Hackney and the City have become more popular as night-life destinations. This has had a positive impact in terms of raising the profile of the borough and in supporting jobs in bars, restaurants and other venues. This development of the night-time economy also creates opportunities for socialising for residents, especially in areas such as Shoreditch, Hoxton and Dalston (and increasingly in other locations such as Stoke Newington and Hackney Wick), which can contribute to positive mental health.

However, it is also likely that there are negative effects for some residents living in close proximity to the most popular destinations. For example, in 2013 Hackney Council consulted on changing the local licensing conditions in Dalston. Almost three-quarters of the 2,856 respondents said there was a problem with litter and waste, 61% were concerned about anti-social behaviour and 34% complained about noise.

2.4.2 Hot food takeaways

There are almost 300 fast food outlets in Hackney – or 110 per 100,000 residents - ⁸ and the area continues to have amongst the highest rates of child obesity in the country.⁹ In a recent survey of adult Hackney residents, a quarter (38%) reported that they eat takeaway food at least once per week. [20]

In the City of London, a recent estimate suggests that there are 43 hot food takeaways.¹⁰

2.4.3 Betting shops

There is strong evidence that greater opportunities for gambling (i.e. availability and accessibility of venues) increases the number of regular and problem gamblers in an

⁸ “Density of fast food outlets in England” Public Health England (2016)

⁹ <https://www.noo.org.uk/NCMP>

¹⁰ Built Environment, City of London Corporation internal data

area. [12] There are 25 betting shops per 100,000 resident population in Hackney.¹¹ Meaningful estimates for the City are not available (see Section 2.6.1).

National surveys show that 68% of men and 61% of women aged 16 and over gamble, but only 0.8% of men and 0.2% of women are estimated to be problem gamblers. [21] There are no data available on the number of problem gamblers in Hackney or the City, but a crude estimate (based on these national figures) would imply that there are just over 1,000 problem gamblers in Hackney and around 40 problem gamblers in the City. [22]

Approximately one in 10 people in the UK go to betting shops and 4% of the population use electronic gambling machines, such as FOBTs. [12] National studies suggest that 7% of men and 2% women were 'at risk of' harm from gambling behaviour in the last 12 months – applied to the local adult population, this may imply that nearly 9,500 people in Hackney and just under 400 people in the City are at risk of gambling-related harm. [12]

As mentioned above, there is limited Hackney or City specific data on the number of local gamblers or the harms associated with gambling, apart from a small scale project with the Chinese community (see Box 3).

Box 3: Case study - gambling in the Chinese community

Research from 2013, carried out as part of a local project looking at access to healthcare among the Chinese community in Hackney, found gambling to be a very serious issue.

The project interviewed 852 Chinese people (by phone or face-to-face) who were randomly selected from the Hackney Chinese Community Centre membership database, Chinese school enrolment, BT phone registry and on major streets of Hackney and Chinatown. Surprisingly, three quarters (75%) of those interviewed described themselves as being addicted to gambling. The report advocated expansion of support for debt advice and gambling awareness for members of the Chinese community in Hackney.

2.4.4 Payday lenders

No data are available on the number of people living in Hackney or the City who use, or have used, payday lenders. There are 4.1 payday loan shops per 100,000 people in Hackney. [22]

2.4.5 Cultural facilities

Hackney has eight libraries, (see Section 2.8.5) which are currently open for an aggregated total of 444.5 hours each week. In 2014/15, there were 1.7m visits to libraries in Hackney, an increase of 10% since 2010/11. There are over 177,000 registered Hackney library card holders and 56,000 active users.¹² Approximately 10,000 non-members also use libraries for reasons other than borrowing books -

¹¹ <http://www.gamblingcommission.gov.uk/Find-licensees.aspx>

¹² A library user who has taken out material (e.g. a book or DVD) or used the computer facilities within a 12 month period

using the study space, reading books without borrowing them, attending events or accessing the free Wi-Fi. In addition in 2014/15 over 700 people received regular home visits from the Community Libraries Service (see Section 2.8.5 for details of this service).

The City of London has five major libraries, three of which are 'community libraries', as described in Section 2.8.5.

At the end of December 2015, the total number of members of City of London libraries was 35,981, with the majority being City workers.

A 2014 survey of the City's lending library users found that 63% used the libraries for leisure activities; over half (55%) for study and learning and over a third (33%) for health and wellbeing matters. [23] Additionally, 22% of people used the libraries to assist with their own job and/or seeking employment, 15% to improve skills for life and 12% to assist with family and relationship issues.

Hackney Museum receives approximately 30,000 visits a year. Approximately 5,000 children from 90% of local primary schools are engaged with the museum and the schools programme.¹³ (See Box 16)

There are numerous museums and other cultural attractions in the City of London attracting thousands of visitors each year. This includes various museums (including the Museum of London), art galleries at the Barbican Centre and the Guildhall, plus a concert hall, theatre and cinema also at the Barbican Centre.

Hackney Archives receives more than 3,000 visitors per year, and over the past two years more than 1,100 volunteer hours were donated through the volunteer programme. Hackney libraries and Hackney Museum also rely heavily on volunteers - in 2014/15, there were 107 volunteers in libraries of all ages and 1,500 volunteer hours were donated at the Hackney Museum.

2.4.6 Parks and open spaces

Hackney is one of the greenest inner London boroughs, with a network of 225 open spaces. In 2016, 21 parks in Hackney have been awarded the Green Flag Award (see Box 4).

¹³ <https://tfl.gov.uk/info-for/schools-and-young-people/safety-and-citizenship>

Box 4: Green Flag Award

The Green Flag Award scheme is the benchmark national standard for parks and green spaces in the UK. It was first launched in 1996 to recognise and reward the best green spaces in the country. A site must fulfil eight key criteria¹⁴ to gain a Green Flag Award, as set out below.

1. A welcoming place
2. Healthy, safe and secure
3. Clean and well maintained
4. Sustainability
5. Conservation and heritage
6. Community involvement
7. Marketing
8. Management.

Parks are very important to local people in Hackney and are used regularly, possibly in part because so many residents live in flats with no access to private green space. The extensive provision of parks and green spaces is especially important in a borough with such a high population density.

In a 2015 survey, four in five park users (81%) said that, in spring and summer, they use parks and green spaces at least once a week - falling to half (51%) of respondents in autumn and winter. [24] Most (87%) said they used parks and green spaces to exercise, mostly participating in activities they organise themselves (but there is some interest in park-based fitness classes, particularly among young women). Other popular uses for parks in Hackney include community events, music events and events for children.

The City of London has 376 open spaces, most of which are open to the public. Approximately 80% of the sites are less than two hectares in size. Only a small proportion of the City's open space comprises parks and gardens (88% of which are open to the public), the rest is made up of civic and market squares.

In the City of London, a survey of the large daytime population in 2012 found that most (86%) use the City's public gardens regularly, with a third (36%) visiting at least once a week. The vast majority of users (79%) rate these spaces as good or very good.

2.5 Inequalities

This section describes how different population groups - and areas across the City and Hackney - experience and are affected by different aspects of local places and spaces.

¹⁴ <http://www.greenflagaward.org.uk/judges/judging-criteria/>

2.5.1 The built environment

The design of the built environment can be especially powerful in reducing health inequalities. Unlike interventions that focus on improving the information available to people when making lifestyle ‘choices’ (such as what to eat or how much exercise to take), changing the default by adjusting the environment within which these ‘choices’ are made can have a powerful impact across all social groups. [25]

Evidence shows that a disproportionate burden of ill-health associated with the built environment is borne by people living in more deprived areas. Hackney is one of the most deprived local authorities in the country and there are significant pockets of deprivation in the City of London. For further information, see the ‘Living standards’ section of this JSNA chapter. Box 5 provides a summary of ways in which people living in more deprived groups may be adversely impacted by a lower quality living environment.

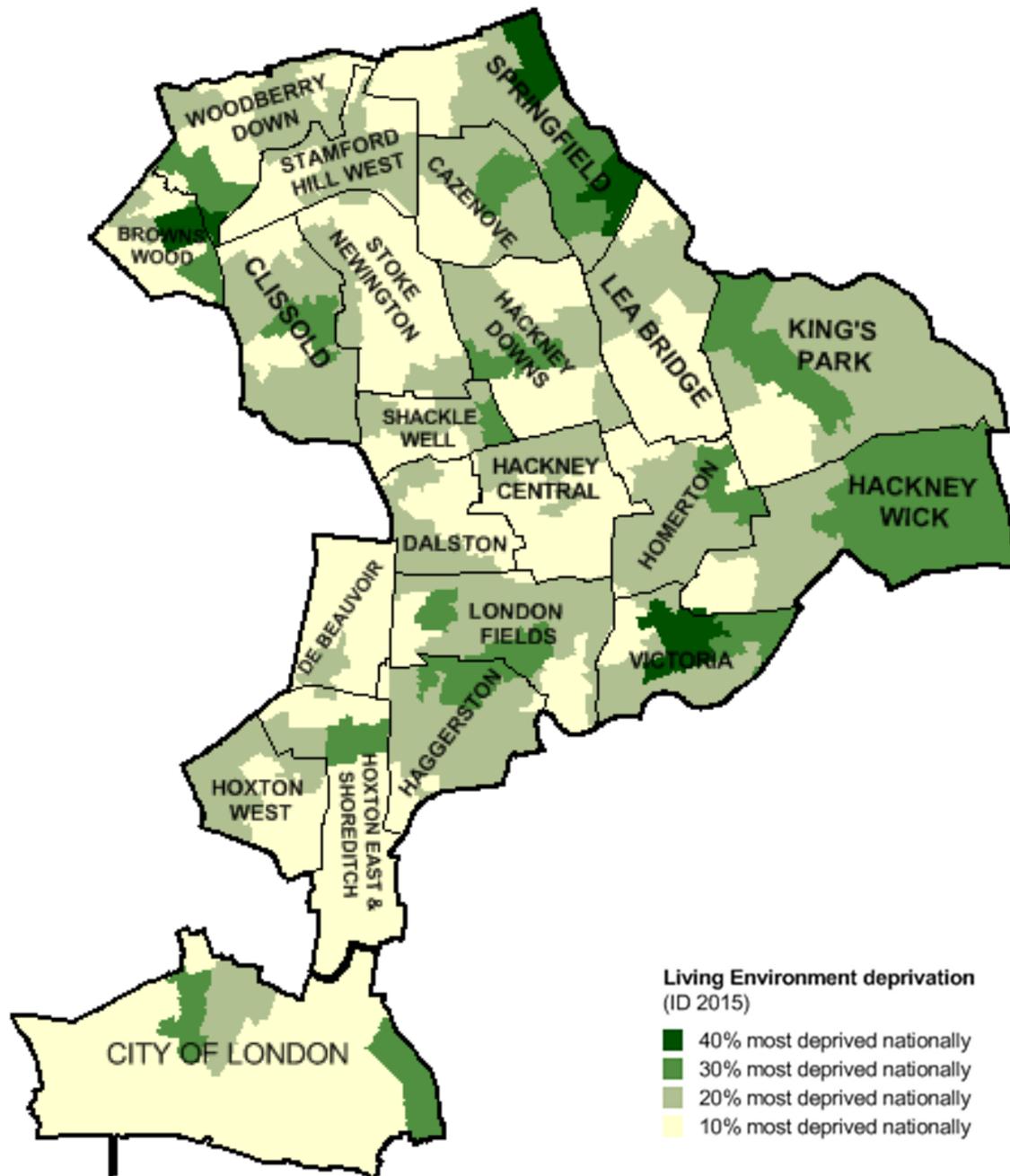
Box 5: Deprivation and living environment [26]

- Poorer families have greater exposure to air and noise pollution and higher traffic levels (see the ‘Transport and travel’ section of this JSNA chapter), which cause respiratory disease, mental stress and road traffic injuries.
- Features of a lower quality urban environment such as dilapidation, vandalism, graffiti and litter are disproportionately found in disadvantaged areas. These aspects can lead to a sense of insecurity on streets and in parks and play areas, meaning that the more vulnerable in particular use them less, leading to reduced physical activity and social interaction and exacerbating health problems such as obesity and isolation.
- Open spaces - in particular green spaces - have many benefits for physical and mental health and populations that are exposed to the greenest environments also have the lowest levels of health inequality related to income deprivation. However, poorer neighbourhoods often lack green space or have poorly maintained or vandalised green areas.
- Climate change will also impact significantly on the urban environment and disproportionately on the disadvantaged, particularly through increasing temperatures and flooding. For further information, see the *Health and environment* section of this JSNA chapter.

Figure 1 shows the geographical distribution across Hackney of one measure of living environment deprivation, based on the 2015 Index of Multiple Deprivation (IMD2015).¹⁵ (See the ‘Living Standards’ section of this JSNA chapter). This living environment ‘domain’ covers the quality of housing (indoor living environment), as well as air quality and road traffic accidents (outdoor living environment). The data show that living environment deprivation is high across most areas – though within Hackney a few localities score lower than average (i.e. less deprived) on this measure – for example to the east around Hackney Wick and King’s Park.

¹⁵ This covers seven domains: Income Deprivation; Employment Deprivation; Health Deprivation and Disability; Education, Skills and Training Deprivation; Crime; Barriers to Housing and Services; and Living Environment Deprivation.

Figure 1: Living Environment Deprivation in Hackney (IMD 2015), by neighbourhood (ward and LSOA, 2015)



Source: Indices of Deprivation, Department of Communities and Local Government, Crown Copyright, 2015

In general, the City of London is much less deprived than other areas (see the 'Living standards' of this JSNA chapter), but scores relatively poorly on the living environment IMD2015 domain. Four of the six lower-layer-super output areas (LSOAs)¹⁶ in the City are within the 20% most deprived in England in terms of living

¹⁶ The IMD2015 is a summary measure calculated at neighbourhood level – specifically Lower Layer Super Output Areas (LSOAs), which contain an average population of 1,500 people.

environment. This is perhaps not surprising given its inner city location, where air quality and road traffic accidents might be expected to be relatively high. [27]

2.5.2 Hot food takeaways

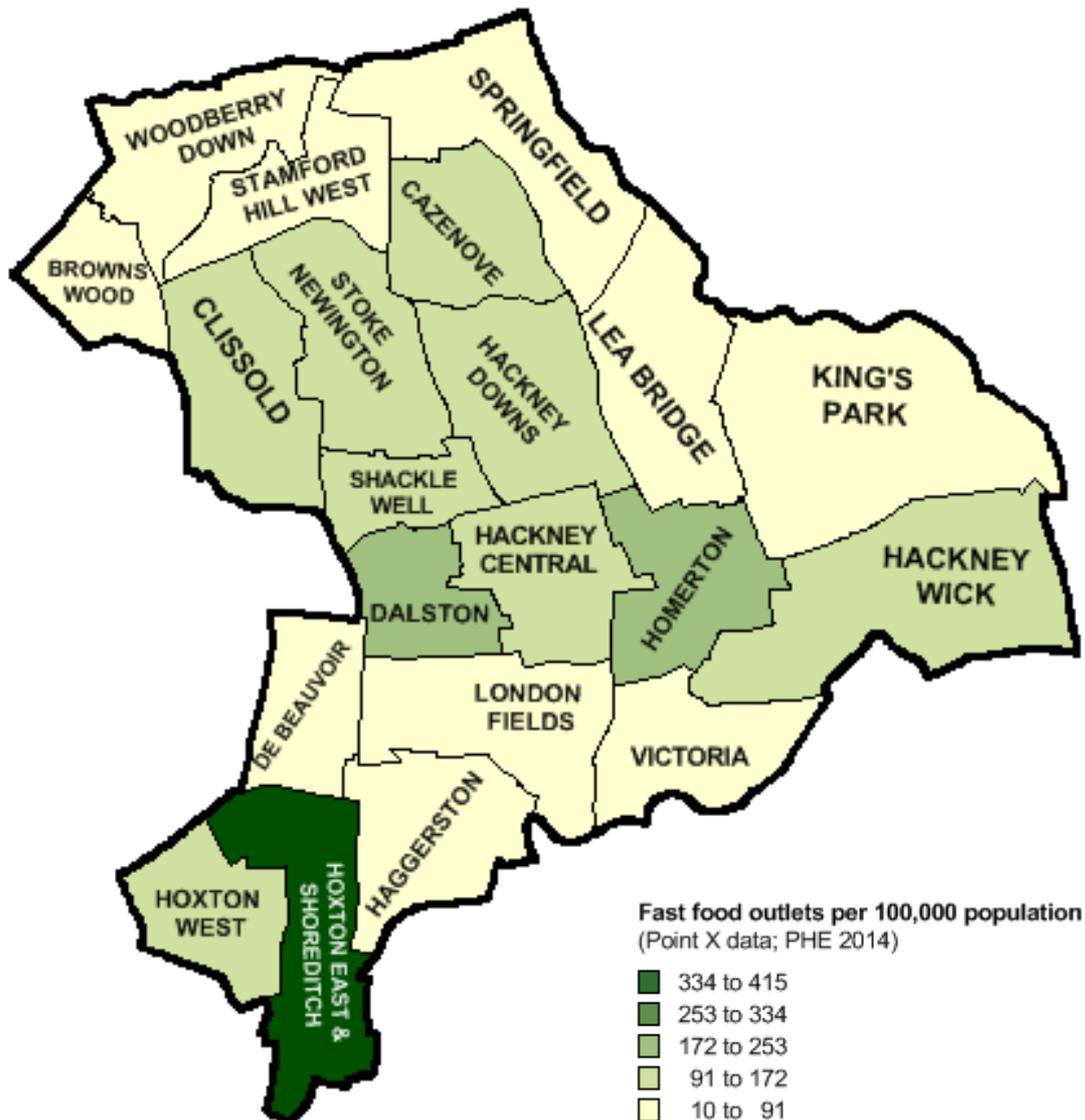
As mentioned in Section 2.3.3, proximity of schools to fast food takeaways is likely to influence the dietary patterns of pupils, thus contributing to poorer health outcomes in young residents.

Research also shows that there are higher levels of obesity in communities with higher concentrations of fast-food outlets and that concentrations of fast-food outlets are highest in the most deprived areas. [28] [29]

In a recent survey, two in five adult residents (43%) of the most deprived parts of Hackney said that they eat takeaway food at least once a week; compared to 33% among residents of more affluent areas. [20]

Figure 2 shows the geographical distribution of takeaways in Hackney, based on Ordnance Survey (OS) points of interest data. The map shows that there are particular areas with higher numbers of takeaways - notably Dalston, London Fields and Hoxton. Other areas, including in the north west and south east of the borough, have relatively fewer takeaways. The density of takeaways in the City of London is particularly high – many of these mainly serve food at lunchtime to workers.

Figure 2: Density of fast food outlets in Hackney, by neighbourhood (ward and LSOA, 2014)

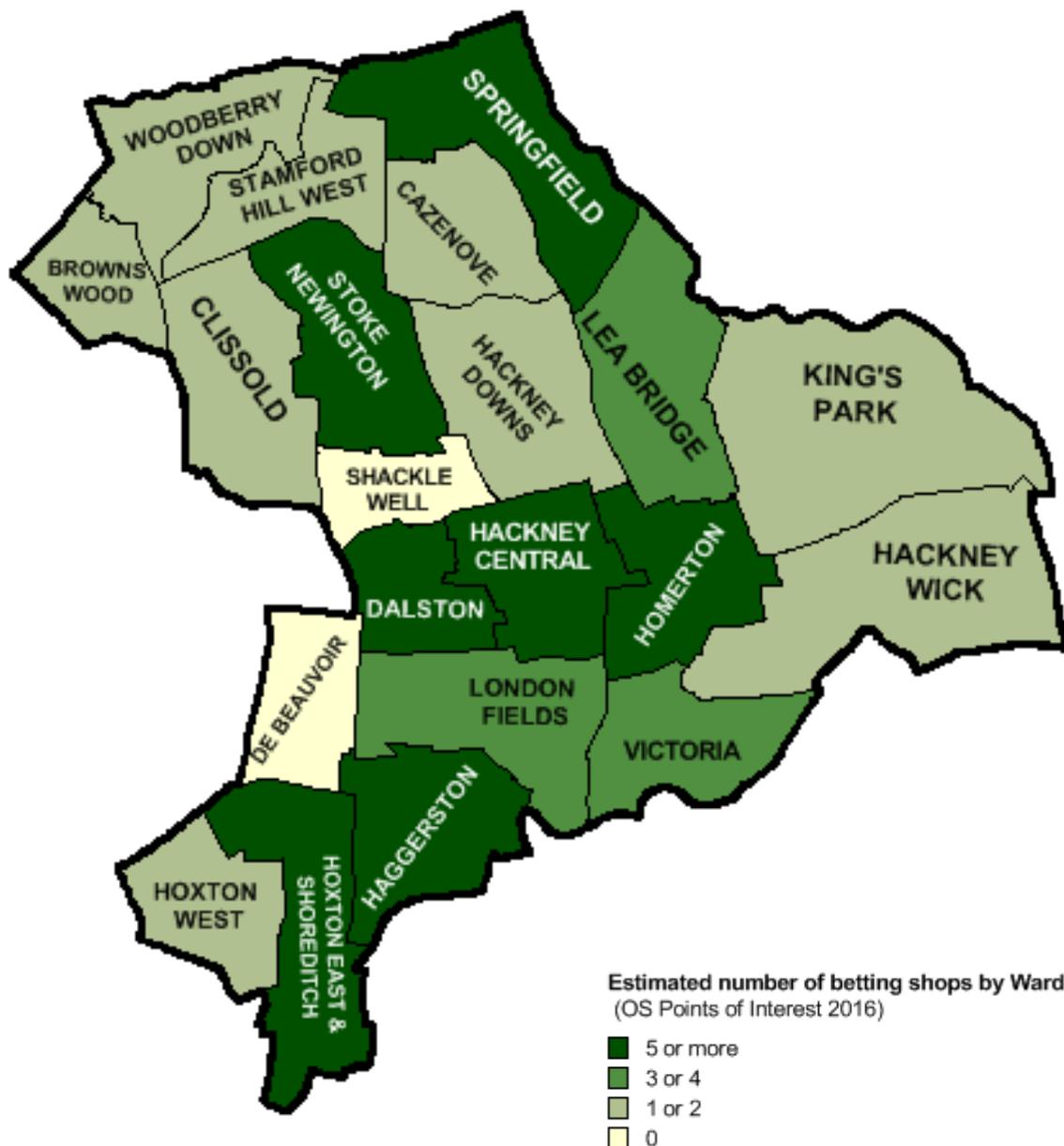


2.5.3 Betting shops

Section 2.3.4 highlighted the fact that younger users of FOBTs are at particular risk of harm from gambling.

Licensed betting shops are far more likely to be located in areas of high socio-economic deprivation. [13] And, again as described in Section 2.3.4, problem gamblers are more likely to live in deprived areas. Figure 3 below shows the geographical distribution of betting shops in Hackney by ward, based on Ordnance Survey (OS) points of interest data. The map shows a range of concentrations of betting shops. For example, several wards have no betting shops (e.g. Shacklewell and De Beauvoir), whereas Dalston and Haggerston are both home to more than seven betting shops. A similar mapping exercise has not been carried out for the City.

Figure 3: Estimated count of betting shops in Hackney by Ward (Points of Interest, 2016)



Payday lenders

Severe debt is linked to poor mental health and substance misuse (see Section 2.3.5). The risk of longer-term debt dependency created by payday loans is a major potential source of widening social and health inequalities.

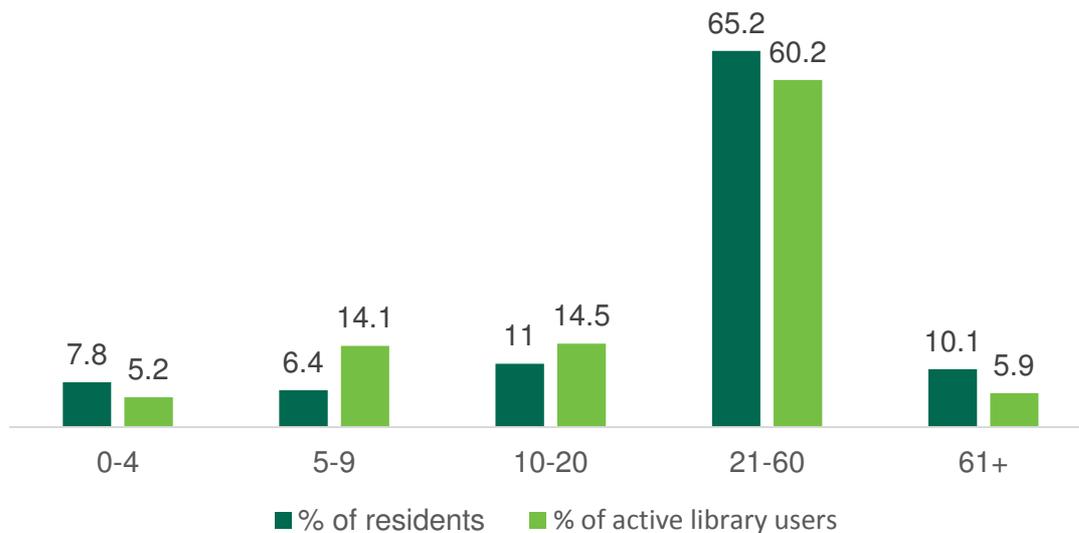
2.5.4 Cultural facilities

Libraries in Hackney are used by people from a wide range of socio-economic backgrounds, closely matching the borough deprivation profile. As such, they are a potentially valuable setting for targeted interventions to reduce health inequalities.

A larger number of women than men are active library users (information on gender was not provided by 4% of registered users).

Figure 4 compares the age profile of active Hackney library users with the age profile of the wider resident population. It shows that libraries are disproportionately used by young people (under 20) in Hackney. Almost a third (31%) of active library users are aged below 18, with 47% of resident children aged between 5-9 and 30% aged 10-19 years. Almost half (42%) of book issues were of children's stock in 2014/15.

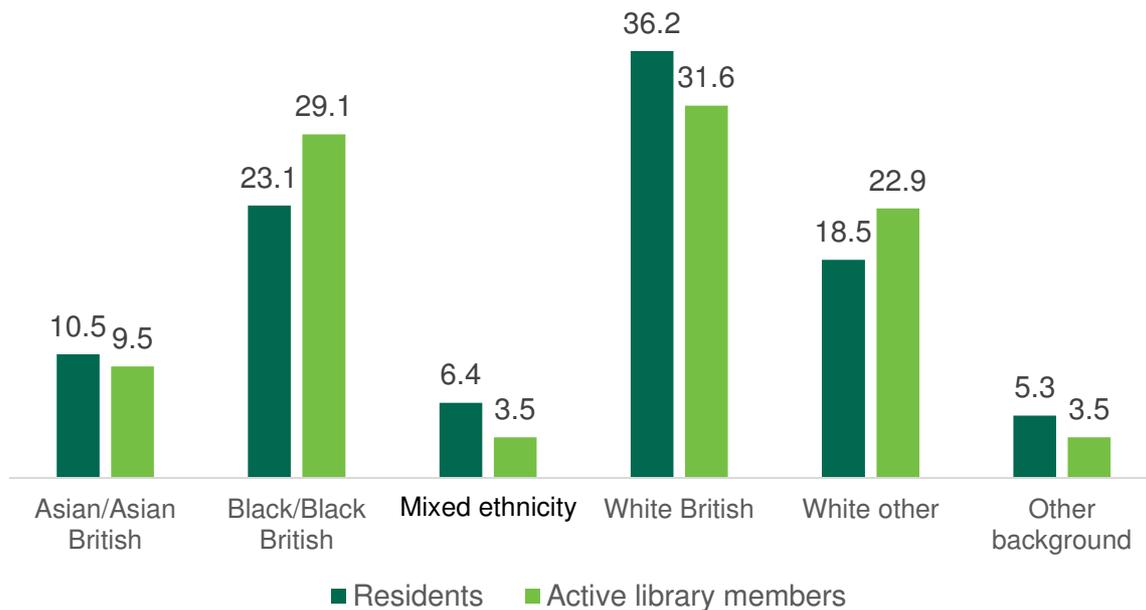
Figure 4: Age of active library users compared to resident population profile (2014/15)



Source: Hackney libraries service (registered library card holders taken from Open Galaxy, Library Management System) and ONS Census 2011

Figure 5 shows that the ethnic profile of Hackney's library service users broadly reflects that of the borough - with slightly more users of Black/Black British and White Other background, and slightly fewer White British users than are represented in the local population.

Figure 5: Ethnicity of active library users in Hackney compared to resident population profile (2014/15)



Source: Hackney libraries service (registered library card holders taken from Open Galaxy, Library Management System) and ONS Census 2011

Data on disability, faith and sexual orientation are not available for most library users and, therefore, analysis by these equalities characteristics is not possible.

Hackney Museum's visitor profile generally reflects that of the borough in terms of ethnicity, but slightly more women visit than men (54% of visitors were female in 2014/15). While residents from across the borough (as well as outside of Hackney) visit the museum, due to its location, it does tend to attract more residents from south of the borough (50% of visitors were residents who live in E2, E5, E8 and E9).

As mentioned in Section 2.4.5, members of the City of London's community libraries are primarily City workers, reflecting the large daytime City worker population. Of the remaining members, around 40% were children as of December 2015.

2.5.5 Parks and open spaces

A 2015 survey found that, overall, women in Hackney tend to use parks and green spaces more regularly than men for a number of social activities as well as exercising. More women (45%) than men (29%) said they used parks for attending events. Over a third of women (34%) reported taking exercise or a personal training session in a park compared to men (16%). Men, however, were more likely to report participating in organised sports in parks (17%) compared to 10% of women. [24]

In the same survey Hackney residents with children spend more time being outdoors (74%) and jogging or running (37%) and older residents aged 55+ spend more time walking outdoors (89%).

In the City, only half (51%) of parks and gardens meet the space requirements for disabled access.

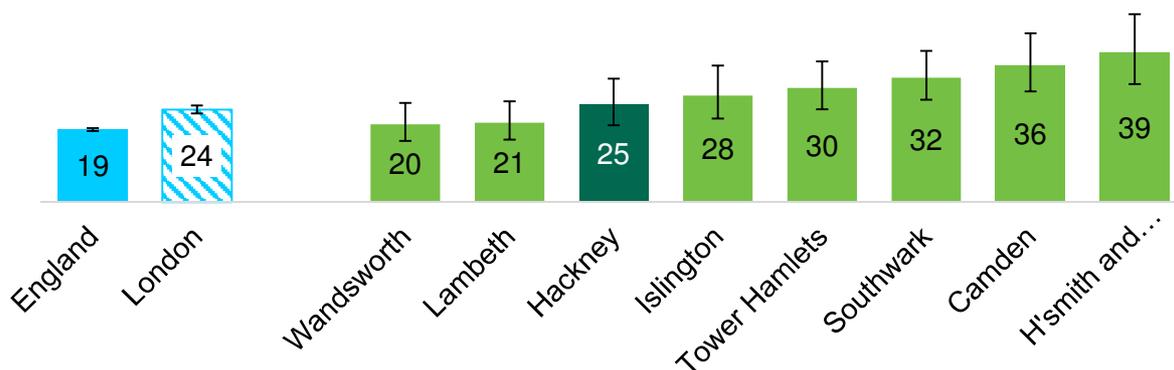
2.6 Comparisons with other areas

2.6.1 Betting shops

Figure 6 shows the number of betting shops per 100,000 people in an area, comparing Hackney with similar London boroughs ('statistical peers') as well as the London and England average. The Hackney value is significantly higher than England, although not significantly different from London or any of its statistical peers.

The City of London has 42 betting shops, or 500 betting shops per 100,000 residents. However, the resident population is unlikely to be an appropriate denominator in this instance, as it is very small compared to the much larger City worker population who will also be users of local betting shops.

Figure 6: Betting shops per 100,000 resident population (2016)



Source: Premises licences database extract (June 2016)¹⁷

2.6.2 Payday lenders

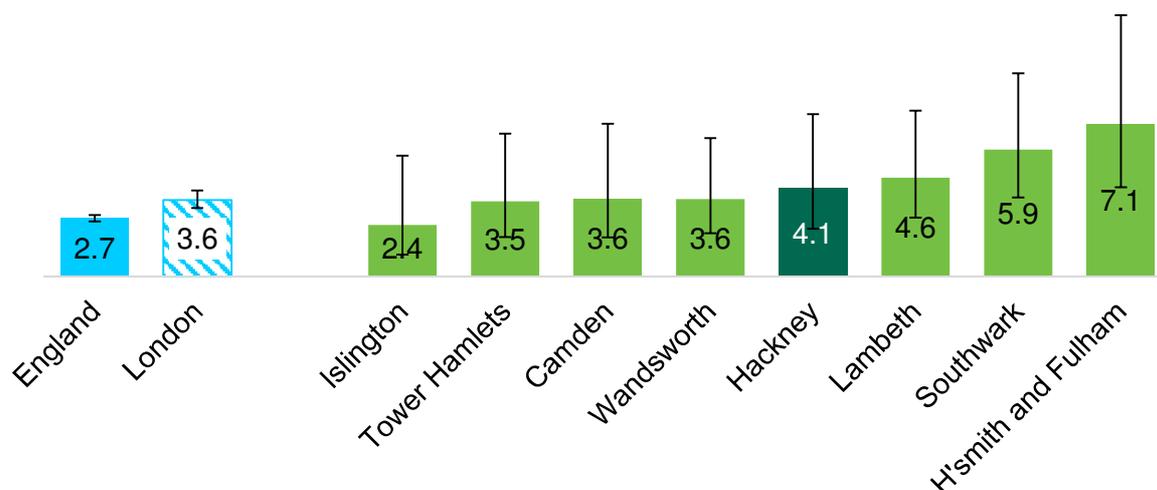
One source suggests that Hackney has the eighth highest rate of loan shops per 100,000 people in London. This is a conservative estimate, as it does not include independent shops and pawnbrokers, only the major national chains. [30]

Figure 7 shows how many payday loan shops there are in an area per 100,000 residents. The Hackney rate is compared to the rate in similar London boroughs, and to the London and England rates. The Hackney value is not statistically significantly different from any of the areas shown.

Data for the City of London are not available.

¹⁷ <http://www.gamblingcommission.gov.uk/Find-licensees.aspx>

Figure 7: Payday loan shops per 100,000 resident population (2014)



Source: Guardian Datablog 2014¹⁸

2.6.3 Parks and open spaces

Hackney has exceptionally good provision of green open space for an inner city borough. For example, 17% of the land is green open space compared to only 4% in Waltham Forest and 5% in Haringey. [31]

2.6.4 Cultural facilities

Hackney has fewer libraries than the inner London average of 11 per borough, but this is offset by the proximity to residents' homes – almost all residents live less than one mile from their nearest branch. As previously stated, in 2014/15, there were 1.7m visits to Hackney's libraries, which is equivalent to 6.5 visits per resident. Across the whole of England, there were 265.28m visits to libraries, or 4.2 visits per resident.

2.7 Evidence and best practice

There is an emerging body of evidence for the most effective approaches to improve population health through the planning process, and how to mitigate potential negative health impacts of fast-food outlets, betting shops and payday lenders. This includes the work of the Town and Country Planning Association (TCPA) on 'reuniting planning with public health'. [32] Some actions can only be implemented at national level (e.g. legislative changes), but there are significant powers at local authority level to influence the built environment. Housing, proximity of facilities, green space and modes of transport are key to tackling health inequalities related to the built environment. [26]

A recent report by The Royal Society for Public Health describes how our high streets can be made more health promoting and less health harming (see Box 6).

¹⁸ <http://www.theguardian.com/money/datablog/2014/mar/12/payday-lending-shops-boom-in-uk-the-full-data>

Further examples of good practice under specific themes covered in this section are provided below.

Box 6: 'Health on the high street' [7]

This report explores how high street outlets and facilities can impact on the health of the public. It notes that a healthy high street can provide the public with healthy choices, support community cohesion and social interaction, and do much to support individual wellbeing. The report includes a range of measures to make high streets more health promoting, including:

- local authorities to be given greater planning powers to prevent the proliferation of betting shops, payday lenders and fast-food outlets
- public health criteria to be a condition of licensing for all types of business
- mandatory food hygiene ratings linked to calorie and nutrition labelling for fast food outlets
- a limit of 5% of each type of business on a high street in order to avoid oversaturation and provide affordable choice
- legislation to enable local councils to set their own differential business rates to encourage healthier outlets and discourage those that are detrimental to health.

2.7.1 Planning

The NPPF states that local planning authorities should work with public health leads and health organisations to understand and take account of the health status and needs of the local population, including expected future changes, and any information about relevant barriers to improving health and wellbeing. The JSNA is therefore a key reference document for planning authorities in Hackney and the City.

The government's guidance on planning and health suggests that:¹⁹

- creating healthy living environments will encourage physical activity and community engagement
- planning decisions should consider the impact of developments on local healthcare infrastructure
- planning policies and decisions should promote access to healthy food and open spaces
- consideration should be given to the potential impact of developments on pollution and other environmental hazards.

The principal aspects of a holistic local approach to improving public health through the planning system have been set out by the TCPA (see Box 7).

¹⁹ <http://planningguidance.communities.gov.uk/blog/guidance/health-and-wellbeing/what-is-the-role-of-health-and-wellbeing-in-planning/>

Box 7: Improving public health through planning [33]

- Health and Wellbeing Boards should review local Health and Wellbeing Strategies to ensure these reflect the impact of the built environment on public health outcomes.
- JSNAs should include spatial data relevant to informing planning policy-making and the review of planning applications.
- Local Plan policy reviews should incorporate public health evidence and assessment.
- Public health and planning teams should define an approach that supports public health input on relevant planning applications at a useful point in the development management process.
- The long-term impact of spatial planning on health outcomes is monitored.

2.7.2 The night-time economy

A range of recommended approaches have been set out to address the public health impacts of the night-time economy (see Box 8).

Box 8: Recommended approaches to tackling the public health impacts of the night-time economy [34]

- Define what is needed by identifying problems at local level, based on data and intelligence. For example:
 - mapping of crime data and licensed premises to identify hotspots
 - mapping of areas of high concentration of licensed premises and areas with alcohol recovery services to target local areas of concern
 - using information from Accident & Emergency departments
 - carrying out surveys of residents and patrons of the night-time economy.
- Develop a programme of coordinated actions to address the problems identified. This could include:
 - addressing transport needs
 - enforcement (such as a licensed premises enforcement database to monitor crime, disorder and public nuisance)
 - increasing access to medical support
 - monitoring of new applications for licences to inform appropriate public health response
 - licensing controls (such as early-morning alcohol restriction orders, or late night levy)
 - minimum unit pricing, to reduce access to cheap alcohol.
- Engage and co-ordinate relevant agencies, stakeholders and local communities. This can include:
 - public health input to multi-agency reviews of licensing applications
 - other partnership actions to promote joint working on reducing potential adverse health impacts of the night-time economy
 - working with local organisations and premises to promote non-alcoholic drinks as a socially acceptable option.

2.7.3 Hot food takeaways

The forthcoming Public Health England toolkit on influencing the out-of-home food environment should provide a useful basis for the development of evidence-based strategies relating to fast-food provision. The emerging evidence of what works is summarised in Box 9, and includes a range of actions - from supporting retailers to make healthier options available, to making (better) use of local public health data to support planning decisions.

Over 20 English councils have now introduced restrictions on the opening of new fast-food outlets. [35]

Box 9: Effective approaches for 'tipping the scales' by influencing locally available food and drink options [9]

- Work with existing fast food takeaways to improve the food and drink options available and how these are promoted, through schemes such as the Healthier Catering Commitment in London.
- Review opportunities to use licensing to improve the food offer, for example of street food vendors (which are not covered by the planning system).
- Develop planning policies that restrict the opening of new fast food takeaways near schools (or other strategic venues for public health), limit the concentration of fast food outlets in high streets and/or limit the opening hours of fast food takeaways (to exclude times when children are leaving school).
- Public Health to support planning officers to implement relevant policies, by providing intelligence, contributing to the review of planning applications and learning from effective practice in other areas.

2.7.4 Betting shops and payday lenders

For betting shops and payday lenders, limits to the proliferation of these types of businesses in a local area (to prevent saturation and clustering in the most deprived areas for example), can be explored through the planning or licensing system. For example, Islington Council has adopted a Supplementary Planning Document on the location and concentration of uses, focusing on hot food takeaways, betting shops and payday loan shops. [36]

Making independent debt advice and support easily accessible to those who need it through signposting is another recommended approach for reducing gambling-related harm. [7]

Geofutures has worked with the Local Government Association (LGA), Manchester City Council and Westminster Council to develop a gambling-related harm risk index. This entails the creation of local risk indices showing areas with greater concentrations of people who are more likely to be vulnerable to gambling-related harm. [37] This model can be used by other areas to identify locations where there is a case to limit new gambling venues and/or focus gambling-related support services.

Liverpool Public Health Observatory have outlined a comprehensive approach to tackle problem gambling, through a co-ordinated response from local and national

government, the NHS, and the gambling industry, as well as commissioners and those who provide support services. [13]

2.7.5 Cultural facilities

Libraries can play a key role in providing health and wellbeing information, as well as being accessible community settings to promote, support and encourage healthy lifestyles – for example, by hosting exercise classes and health promotion events. Therapeutic reading groups can help to alleviate depression and improve wellbeing, and bibliotherapy (books on prescription) has been shown to improve patient self-management and patient-doctor collaboration. [38] [14] However, in general, the evidence base on the health impacts of libraries (and other cultural services) is under-developed.

2.8 Local Plans, services and other local support/initiatives

2.8.1 Planning

Hackney's DMLP, adopted in July 2015, includes a number of objectives that have an impact on population health and wellbeing (including policies on housing, building design, community and culture facilities, bio-diversity and open space, night-time economy and sustainable transport). [39]

The Hackney DMLP also includes a specific policy that draws out the relevant elements of local planning policy that support health and wellbeing, as described in Box 10.

Health and wellbeing considerations are also included in four adopted AAPs in Hackney (for Dalston, Hackney Central, Hackney Wick and Manor House). [5]

Box 10: Policy DM3 – Promoting health and wellbeing

Development in the borough should promote health and wellbeing. Measures to ensure this are:

- ensuring that development is designed to promote physical activity, through appropriate arrangement of buildings and uses, access, open space and landscaping, the provision of facilities to support walking and cycling, and that schemes meet police ‘Secured by Design’ principles
- integrating development with the public realm and public transport, and in particular ensuring that local facilities and services are easily accessible by foot or bicycle
- ensuring that supporting infrastructure is in place to support development, such as providing or contributing to open space, children’s play facilities, indoor and outdoor leisure provision, and healthcare facilities
- development should not have an adverse impact on the environment, such as through air, noise and water pollution, and remediation of contaminated land (reversing or stopping environmental damage) prior to development must be undertaken.

The council will require the submission of Health Impact Assessments (HIAs) for major schemes of 100 housing units or more, or 10,000 square metres or more for all other uses. The HIA will consider potential impacts on health and wellbeing and, depending on the nature and scale of such development, be considered at pre-application stage.

In order to promote health and wellbeing the council will:

- protect and improve social and community facilities such as healthcare facilities, community halls and indoor leisure provision, and arts and cultural facilities, and ensure that development contributes appropriately to supporting infrastructure (see Policy DM4)
- protect, increase and enhance open space provision, allotments and food growing schemes, biodiversity and nature conservation assets, and the provision of improved children’s play facilities
- seek to manage access to hot food takeaways such as by restricting proposals for new hot food takeaways from location within 400 metres of secondary schools, and working with businesses and developers to promote healthier lifestyles through design and types of use within developments
- seek to expand the network of safe pedestrian and cycle routes to ensure that areas dedicated to vehicular circulation are designed with pedestrian safety and the needs of vulnerable groups in mind
- seek to ensure that new developments incorporate measures designed to minimise traffic flows and speeds, which will result in child-friendly streets in residential areas that can be used as informal areas for social interaction and children’s play.

The City of London’s Local Plan sets out the policies for guiding new development, while ensuring co-ordination with other strategies operating in the City, including those for health and wellbeing. As well as promoting the City’s position as a pre-eminent financial centre, the plans seek to maintain the quality of the local

environment and promote the provision of recreational and social facilities and open spaces. The aim is to achieve a balance of activities in the City (including the provision of housing, retail and cultural facilities) and to ensure that development is coordinated with the provision of social, transport, telecommunications, environmental and other infrastructure. The Corporation of London carried out an Integrated Impact Assessment at the 'issues and options' stage of the review of the City Local Plan, including health, equalities and sustainability.

2.8.2 Night-time economy

The Licensing Enforcement Operational Group in Hackney and the City of London Licensing Liaison Partnership Group examine new licensing applications and existing licensed premises, with the aim of promoting the four licensing objectives which must be taken in to account when a local authority carries out its functions. These objectives are: [39]

1. the prevention of crime and disorder
2. public safety
3. prevention of public nuisance
4. the protection of children from harm.

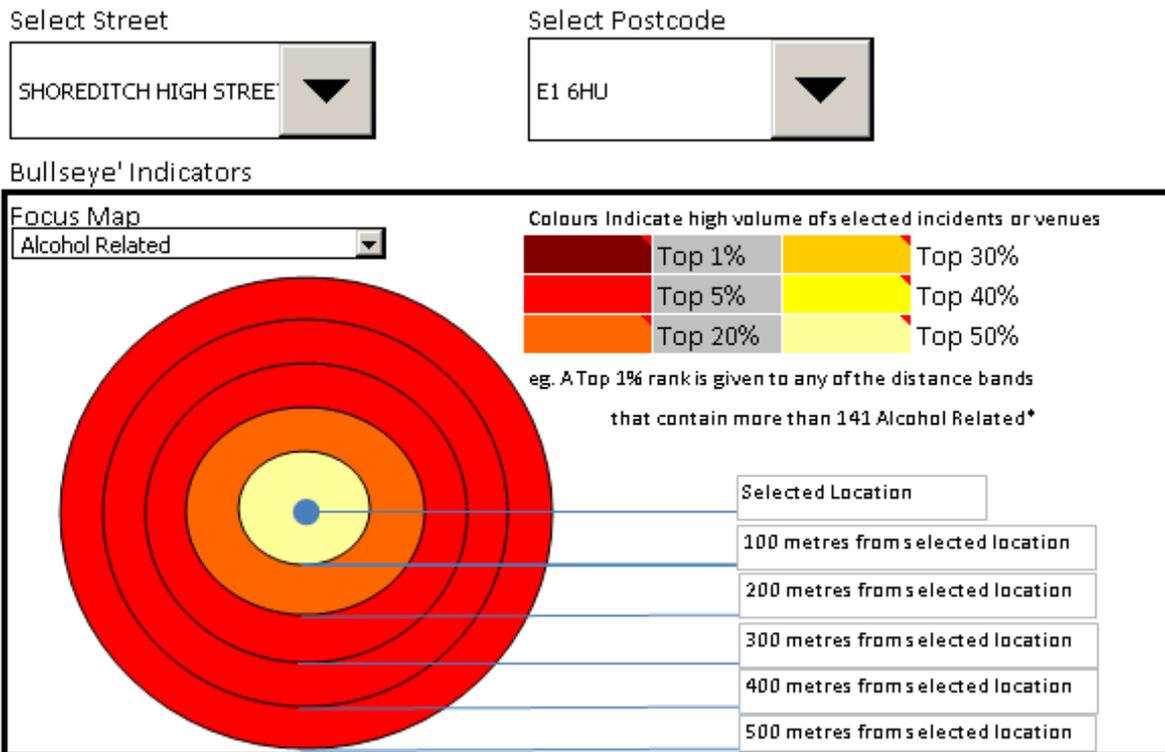
The Public Health Team in Hackney supports measures to reduce the affordability, availability and attractiveness of alcohol. Safe Sociable London Partnership was commissioned to support the implementation of a public health contribution to the licensing process for premises that sell alcohol. Public Health staff review licensing applications and, where appropriate, provide location-specific data to other agencies making responses to applications. Public Health contributed data, mapping and context to the review of the Statement of Licensing Policy, including proposing the inclusion of a licensing objective to promote and improve public health.

Hackney's Public Health Team also input to licensing decisions using the 'Bulls-eye' tool (developed by the SafeStats team) to help identify levels of crime and number of licensed premises in a local area. [40] See Box 11 for detail.

Box 11: The Bullseye Dashboard

The Bullseye Dashboard was developed by the SafeStats²⁰ team for the purposes of scanning for, and revealing, crime and disorder trends related potentially to alcohol licensing. The centre of the bullseye represents incidents that occur within 100 meters of the postcode location and colour coding reveals whether the location has higher than average incident counts (e.g. the number of ambulance-recorded assaults in Hackney within a given timeframe).

Example: Premises on Shoreditch High Street



Please note: There are important caveats with regard to data quality in using this tool, which is a scanning tool that reveals general trends. The data may not be an exact mirror of events in the real world. At best, it will be an approximation. The information can be used to identify areas for further analysis or focus, but it should not be relied upon for a definitive count of incidents at a specific time.

The 'Alcohol' section of the 'Lifestyle and behaviour' JSNA chapter also describes a pilot project in Hackney called 'Nudging pubs' which worked with pubs and bars to improve their offer to customers who drink less or not at all. [41] The pilot aimed to increase the availability and attractiveness of soft drinks and is now working in partnership with Blenheim CDP on the Club Soda Guide²¹ that rewards pubs and bars for being 'City and Hackney's best places for mindful drinkers.'

²⁰ <https://www.london.gov.uk/what-we-do/research-and-analysis/people-and-communities/strategic-crime-analysis/crime-data-and> The Bullseye Dashboard is based on data including ambulance recorded assaults, head injuries, gun, knife and weapons injuries, least serious injuries, alcohol related incidents, bus driver reported ASB and violence and British Transport Police data.

²¹ <http://clubsodaguide.com/>

Box 12 describes support from the City of London Police to support safety at night-time venues.

Box 12: City of London Police support to safety at night-time venues

The City of London Police licensing team has a long history of working in partnership with licensed premises in order to establish a profitable and safe environment for the night-time economy to thrive. As part of this collaboration, the partnership is keen to test new innovations that will seek to promote the licensing objectives and reduce the risk of any associated crime.

In the build up to the Christmas period 2015, the police purchased a number of breath testing devices designed for the specific purpose of being used within the night-time economy. The device is used as a tool to assist door staff at venues when making decisions about who to admit. If a patron is displaying signs of intoxication, a staff member can ask them to provide a specimen of breath into the device, which gives a reading in seconds with a red light indicating that the person is over twice the drink drive limit and a green light indicating they are under.

Since the introduction of these devices, the feedback from premises has been very positive. Many have commented how the device has helped to defuse tension at the door, as the device can clearly indicate that a person may have already consumed too much alcohol and the decision to refuse entry becomes less personal.

2.8.3 Hot food takeaways

Hackney Council has a policy (DM3) to seek to manage access to hot food takeaways. This includes restricting proposals for new hot food takeaways located within 400 metres of secondary schools, and working with businesses and developers to promote healthier lifestyles through design and types of use within developments.

Through the Healthier Catering Commitment (HCC),²² Hackney Council is also working with hot food takeaways in areas with the highest rates of obesity, deprivation and in proximity to secondary schools (see 'Food environment' section of this JSNA chapter). - The aim of this scheme is to help businesses make changes to cooking practices and promotions to reduce the health risks associated with fast food consumption. - Monitoring data collected by the Environmental Health Team shows that 54 of the 81 eligible fast food takeaways participated in the HCC pilot in 2013/14; and 45 of the 54 achieved the HCC award criteria standards. The project is currently being expanded, with funding from the council's Public Health Team.

2.8.4 Betting shops and payday lenders

Hackney Council has lobbied successive governments calling for local authorities to have more powers over betting shops, including a proposal to give betting shops their own planning class. Following a public consultation in 2014, the government amended the General Permitted Development Order to give bookmakers their own

²² <http://www.cieh.org/healthier-catering-commitment.html>

planning use class, giving greater control to licensing authorities to control their proliferation.

2.8.5 Cultural facilities

As described in Section 2.4.5, there are eight libraries in Hackney – Clapton Library, Dalston CLR James Library, Hackney Central Library, Homerton Library, Shoreditch Library, Stamford Hill Library, Stoke Newington Library, Woodberry Down Library. Box 13 summarises a selection of activities related to improving the health and wellbeing of residents that are provided by or in Hackney libraries.

The Community Library Service in Hackney is a free book delivery service for Hackney residents who cannot visit a library due to health reasons or because they are a full-time carer. There is no age limit, but the service is heavily used by people aged 60 and over. The service is also available to people living in sheltered housing blocks and nursing homes, and also visits day centres, nurseries, homeless hostels, St Joseph's Hospice and Homerton Hospital. The Community Library Service also supports a telephone reading group for residents who are housebound. Books are delivered to residents in the required format and two volunteers facilitate a reading group every six weeks.

Box 13: Examples of health and wellbeing related projects delivered by the Hackney Community Library Service

- Reading groups are available for young people and adults, including specific groups for people whose first language is not English (ESOL groups) and people who are unemployed.
- National programmes such as Adult Learners Week and Black History Season are celebrated in all branches whilst the Summer Activity Programme and the Summer Reading Challenge are major elements of the Council's provision to children during holiday periods.
- Physical activity sessions are delivered in library spaces (including 'ping-pong', pilates, tai-chi and yoga sessions), as well as other activities such as drama, poetry, creative writing, arts and crafts.
- Local services hold stalls offering residents support, advice and information, e.g. stop smoking advice and clinics.
- Macmillan Cancer Support works in partnership with Hackney Libraries to provide a Community Information Service run by Macmillan volunteers. The local coordinator uses office space within the library to meet people on a one-to-one basis to give them more specialised help.
- There are 304 study spaces, 244 bookable computers in Hackney libraries and free Wi-Fi available.
- Hackney Central and Dalston CLR James libraries have a dedicated area within the library called the 'Health Spot.' - This includes a book stock related to health and wellbeing. Associated activities are delivered as part of this project, for example dementia awareness and HIV awareness and testing.

As described in Section 2.4.5 there are five major libraries in the City – Barbican Library, Guildhall Library, Shoe Lane Library, City Business Library and Artizan Street Library and Community Centre. Some of the City of London's libraries are designated as being of regional or national importance. For example, City Business

Library provides its users with access to a wide range of financial and business data, and runs a full programme of events to support business start-ups and sole traders. Guildhall Library specialises in the history of London and the City, and holds significant collections, including those of many livery companies, the Stock Exchange and Lloyd's of London. These two libraries are reference libraries i.e. they are not membership libraries. Barbican Library (which loans more stock than any other London library) houses a specialist music library that is a centre of regional importance and holds an international award for excellence. Barbican Library also hosts the library of the Society of Technical Analysts.

Box 14 summarises a selection of activities related to improving the health and wellbeing of residents that are provided by or in City of London libraries. As in Hackney, the City of London also runs a free home delivery service for residents who cannot easily leave the house due to disability or ill health

Box 14: Examples of health and wellbeing related projects delivered by the City Library Service

- A range of social activities that allow residents to develop their skills and interests and guard against social isolation and loneliness (including, reading groups, chess club, reminiscence groups, fashion design classes, Asian women's and girls' groups, sewing classes, Age UK coffee mornings, ukulele classes).
- Stay and Play, Baby Bounce, Messy Play and Rhymetime sessions to socialise young children and provide a networking opportunity for parents. Monster Club and other activities for older children.
- Sports and fitness classes to improve health - such as yoga, dance, zumba, pilates and ju-jitsu.
- People's Pianos - matches students from the Guildhall School of Music and Drama with local residents to provide free individual piano lessons on the Library's electronic keyboards.
- Read to Succeed matches local volunteers with a City child to provide one to one reading mentoring and support.
- The City Business Library delivers subsidised talks and workshops to help people build skills and confidence – for example, in entrepreneurship and money management.
- Knit and Natter Craft is a weekly knitting club for City residents and others, held at the Barbican. Its purpose is to provide for others by creating knitted garments for people in need, and to provide a social support network for Barbican residents who participate in the club.
- Read and Relax is a therapeutic reading a group run by the Friends of Barbican Library for elderly residents, where they can share stories, poems, insights and memories. These regular sessions help reduce social isolation.
- The London Metropolitan Archives works with Black, Asian and Minority Ethnic (BAME) and lesbian, gay, bisexual and transgender (LGBT) people on community history projects, monthly history clubs and special exhibitions. This work promotes a greater sense of identity and community, benefitting participants' wellbeing.

Hackney Empire, Arcola Theatre and Immediate Theatre also run programmes which contribute to residents' wellbeing. These include the Empire's Community

Choir (with members aged from nine to 90 years old), Arcola's 50+ theatre group and Immediate Theatre's intergenerational work with harder to reach groups on the borough's housing estates. Graeae, the leading national theatre company for Deaf and disabled artists, is also based in Hackney.

The Hackney Picturehouse runs a range of community tailored events including autism friendly and mother and baby screenings. The Rio Cinema in the borough also undertakes programmes with older people.

Examples of other relevant projects and programmes related to improving the health and wellbeing of residents that are run or facilitated by Hackney Archives (Box 15) and Hackney Museum (Box 16) are described below.

Box 15: Examples of health and wellbeing projects delivered by Hackney Archives

- Provision of shared social space and community hub for groups, including Friends of Hackney Archives, Abney Park Trust and Hackney Museum which put on community talks.
- Education and literacy programmes (such as creative writing workshops for 8-11 year olds), as well as several ESOL classes.
- Re-present programme – a group of attendees from Hackney day centres who self-identify as having disabilities or special educational needs, visit the archives and reminisce with historical material of images of Hackney past and present.
- Used as a versatile space for travelling exhibitions, local community talks, teaching and learning sessions, study users, and other outreach events.
- Local History for ESOL Learners - a partnership between Adult Learning Services and Hackney Museum provides residents with the opportunity to explore the history of the borough while also improving their English language skills.

Box 16: Examples of health and wellbeing projects delivered by Hackney Museum

- Supports the co-creation of exhibitions in partnership with communities, including opportunities for public participation in the exhibitions - approximately 4-8 temporary exhibitions a year are displayed, with previous exhibitions including the history of mental health care and the journeys taken by residents who have suffered severe and enduring mental health issues.
- Schools programme that has three main strands - the core programme (supports the national curriculum to teach local history, identity and belonging), Black History Season programme (see below) and the Junior Citizenship Scheme (in partnership with the Safety & Citizenship team at the London Transport Museum).
- Hackney Museum leads on the borough's annual Black History Seasons activities, usually including a temporary exhibition and a related public programme of events and education workshops.
- Enabling greater digital access through online platforms.
- Creating a volunteer programme to support local needs, skills, development and employment opportunities.
- Extensive learning programme of taught sessions for Key Stage 1, Key Stage 2 and Special Educational Needs (SEN) groups, ESOL learners and provision of online resources.

2.8.6 Parks and open spaces

As described in Section 2.4.6, 21 of Hackney's parks have been awarded Green Flag status. In addition, there are seven adventure playgrounds in the borough providing natural outdoor spaces for children to play (as well as indoor activities).²³

A number of programmes outside Hackney Council's planning system aim to improve the quality of open spaces in the borough, as summarised in Box 17.

Many recent activities have taken advantage of the links between green spaces as well as the parks themselves. For example, after its initial launch in 2014, the Run Hackney half marathon attracted over 15,000 runners in 2016 who enjoyed a route taking in Hackney's parks. And, in 2015, funding was awarded to Hackney to create Wetlands to Wetlands - a cycle route linking the reservoirs in Stoke Newington to the wetlands in Walthamstow, via Clapton Common and Springfield Park.

Twenty four of the open spaces within Hackney are Sites of Metropolitan, Borough or Local Importance for Nature Conservation due to their importance for wildlife. A Biodiversity Action Plan for Hackney was adopted in 2012.

Box 17: An overview of programmes and plans to improve open spaces in Hackney

- A Strategy for Parks in Hackney – sets out the long-term strategic planning and management of the boroughs' parks. [42]
- Transport Strategy and Local Implementation Plan – seek to improve the quality of local cycle and walking provision.
- Lee Valley Regional Park Plan – sets out proposals for future use and development of the regional park as a place for leisure, recreation, sport and nature (currently under review).

Ten of the open spaces within the City of London are Sites of Metropolitan, Borough or Local Importance for Nature Conservation, due to their importance to wildlife. The Open Spaces Department works with residents, local schools and volunteers to maintain these important sustainable assets, as well as delivering a range of opportunities for education and healthy lifestyles. The City Gardens Team won consecutive gold awards in the London in Bloom Royal Horticultural Society Awards, as well as gold and silver awards for several pocket parks in the Small Parks Category in 2015.

The City's Open Space Strategy 2015, drawn up as part of the preparation of the core strategy, aims to encourage healthy lifestyles for all the City's communities through improved access to open spaces, while encouraging biodiversity. Given the constraints on land in the City, the City of London Corporation focuses on improving the quality of the limited open space available and, where possible, seeks to identify opportunities to increase provision of green space. One way it is doing this is by seeking to maintain a ratio of at least 0.06 hectares of high-quality, publicly accessible open space per 1,000 weekday daytime population. Box 18 describes an example of this.

²³ See www.hackney.gov.uk/parks-play-areas

Box 18: The Aldgate project, City of London

The reconfiguration of the Aldgate Gyratory to include a new landscaped green space and additional tree planting has resulted from a wide community consultation and partnership working with Transport for London and the London Borough of Tower Hamlets. A smaller public space is also planned for the southern end of Middlesex Street. The project aims to make Aldgate feel safe, inviting and vibrant by:

- enhancing safety for road users
- improving cycling routes
- improving pedestrian routes and connections
- introducing more greenery
- creating a flexible public space for events, leisure and play
- improving lighting.

2.9 Challenges and opportunities

Hackney Council is conducting an open space assessment and a retail assessment during 2016/17. Both of these assessments will contribute to improving public health, for example by improving access to open spaces (including parks and green spaces), which in turn promotes physical activity and good mental health.

These assessments will be accompanied by work to formalise the process for HIAs for major planning applications in Hackney. The City is also planning to implement HIAs of planning applications. Effective implementation of HIAs locally will promote a systematic approach to assessing and mitigating (where needed) the potential impacts of development on the social, psychological and physical health of individuals and communities. Among other things, the HIA process will include consideration of how planning can contribute to creating an environment that supports people to be more physically active and eat healthily, helping to reduce the risk of a range of health conditions. An important aspect of this approach will be to consider how to monitor the impact of HIA on the planning process.

The forthcoming review of the Hackney DMLP is also an opportunity to identify further opportunities to 'embed' public health considerations into the decision-making process for new housing, employment, leisure and retail developments. There is also an opportunity within the process of review of the local Health and Wellbeing Strategies to consider inclusion of priorities that better reflect the impact of places and spaces on population health outcomes.

2.10 References

- [1] Department for Communities and Local Government, "Plain English guide to the Planning System," 2015.
- [2] Communities and Local Government, "National Planning Policy Framework," 2012.
- [3] Public Health England, and Local Government Association, "Public health and the Licensing Act 2003 - guidance note on effective participation by public health teams," 2014.
- [4] Hackney Council, "Local Development Framework (LDF) Core Strategy. Hackney's strategic planning policies for 2010-2025. Adopted November 2010.," 2010.
- [5] Hackney Council, "Local Plan. Development Management Local Plan. Adopted July 2015.," 2015.
- [6] Department of the Built Environment, City of London Corporation, "Local Plan," London, 2015.
- [7] Royal Society for Public Health, "Health on the high street," 2015.
- [8] M. A. Pereira, A. I. Kartashov and C. B. Ebbeling, "Fast-food habits, weight gain, and insulin resistance (the CARDIA study): 15-year prospective analysis," *Lancet*, no. DOI: 10.1016/S0140-6736(04)17663-0, 2005.
- [9] Local Government Association, "Tipping the scales. Case studies on the use of planning powers to limit fast food takeaways," 2016.
- [10] T. Burgoine, N. G. Forouhi and S. J. Griffin, "Associations between exposure to takeaway food outlets, takeaway food consumption and body weight in Cambridgeshire, UK: population based cross sectional study.," *BMJ*, no. doi: 10.1136/bmj.g1464, 2014.
- [11] Hackney Council, "A Health Needs Assessment for 5-19 Year Old Residents of the London Borough of Hackney and the City of London," 2016.
- [12] Ben Cave Associates and Southwark Council, "Betting, borrowing and health. Health impacts of betting shops and payday loan shops in Southwark," 2014.
- [13] Liverpool Public Health Observatory, "Fixed Odds Betting Terminal Use and problem gambling across the Liverpool City Region. Observatory report series No, 95," 2014.
- [14] BOP Consulting and Department of Culture, Media and Sport, "Capturing the Impact of Libraries Final Report," 2009.
- [15] D. Fujiwara, R. Lawton and s. Mourato, "The health and wellbeing benefits of public libraries," Simetrica for Arts Council England, 2015.
- [16] Chief Cultural & Leisure Officers Association, "The role of culture and leisure in improving health and wellbeing," 2014.
- [17] University College London, Public Health England, "Local action on health inequalities: Improving access to green space. Health Equity Review 8: September 2014," 2014.

- [18] Faculty of Public Health policy department, "Great Outdoors: How Our Natural Health Service Uses Green Space To Improve Wellbeing. Briefing Statement," 2010.
- [19] A. C. Lee and R. Maheswaran, "The health benefits of urban green spaces: a review of the evidence," *Journal of Public Health*, vol. 33, pp. 212-222, 2010.
- [20] Ipsos MORI for Hackney Council, "Health and Wellbeing in Hackney: Survey Report for Hackney Council," 2015.
- [21] H. Wardle, A. Moody and S. Spence, "British Gambling Prevalence Survey 2010," National Centre for Social Research, 2011.
- [22] The Bureau of Investigative Journalism, "High Cost Credit. UK: One short-term lender for every seven banks on the high street," 2014. [Online]. Available: <https://www.thebureauinvestigates.com/2014/03/12/uk-one-short-term-lender-for-every-seven-banks-on-the-high-street/>. [Accessed December 2016].
- [23] City of London Corporation, "Libraries Customer Services Survey 2014," (unpublished).
- [24] Hackney Council, "Hackney Matters Survey," 2015. [Online]. Available: <http://www.hackneymatters.org/latest-panel-news/2015-newsletters/april-2015-newsletter/parks-survey/>.
- [25] S. Macintyre, "Inequalities in health in Scotland: what are they and what can we do about them? Occasional Paper No 17," Medical Research Council Social & Public Health Sciences Unit, 2007.
- [26] M. Grant, C. Bird and P. Marno, "Health inequalities and determinants in the physical urban environment: Evidence briefing," University of the West of England, 2012.
- [27] Department of the Built Environment, City of London Corporation, "City of London Resident Population - Deprivation Index 2015," 2016.
- [28] S. N. Zenk, A. J. Schulz and A. Odoms-Young, "How Neighborhood Environments Contribute to Obesity," *The American journal of nursing*, no. doi: 10.1097/01.NAJ.0000357175.86507.c8, 2009.
- [29] Public Health England, "Healthy people, healthy places briefing. Obesity and the environment: regulating the growth of fast food outlets," 2014.
- [30] Gambling Commission, "Find licensees," 2016. [Online]. Available: <http://www.gamblingcommission.gov.uk/Find-licensees.aspx>. [Accessed November 2016].
- [31] Hackney Council, "Core Strategy - Hackney's strategic planning policies for 2010-2025 - adopted November 2010," 2010.
- [32] The Journal of the Town and Country Planning Association, "Reuniting health with planning," 2014.
- [33] Public Health England, Town & Country Planning Association, "Building the foundations: Tackling obesity through planning and development," Local Government Association, 2016.
- [34] London Drug & Alcohol Policy Forum, Department of Health, Greater London Authority, "Tackling alcohol problems in the night time economy," 2012.
- [35] A. Ross, "Obesity-based policies to restrict hot food takeaways: progress by local planning authorities in England - final draft consultancy," 2013.

- [36] Islington Council, "Location and concentration of uses Supplementary Planning Document," 2016.
- [37] H. Wardle, G. Astbury and M. Thurstain-Goodwin, "Exploring area-based vulnerability to gambling-related harm: Developing the gambling-related harm risk index," *Geofutures*, 2016.
- [38] The Reader Organisation, Liverpool Health Inequalities Research, "An investigation into the therapeutic benefits of reading in relation to depression and well-being," 2010.
- [39] Hackney Council, "Hackney Development Management Local Plan," 2015.
- [40] Hackney Council, Licensing Committee, "Public Health and Licensing," 2014.
- [41] L. Willoughby and J. Tolvi, "Nudging Pubs - Club Soda," 2016.
- [42] Hackney Council, "Social Spaces - A strategy for Parks in Hackney," 2008.