Planning and Designing Healthy Places

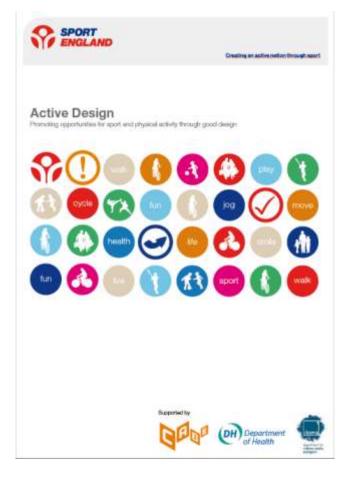
Owen Reading and Joseph Carr

26th September 2023





About DLA







OVERARCHING

RECOGNISE AND GIVE SIGNIFICANT WEIGHT TO THE BENEFITS OF SPORT AND PHYSICAL ACTIVITY.

PROTECT AND PROMOTE EXISTING SPORT AND PHYSICAL ACTIVITY PROVISION AND ENSURE NEW DEVELOPMENT DOES NOT PREJUDICE ITS USE.

PROTECT

ENHANCE

SUPPORT IMPROVEMENTS TO EXISTING SPORT AND PHYSICAL ACTIVITY PROVISION WHERE THEY ARE NEEDED. PROVIDE

SUPPORT NEW PROVISION, INCLUDING ALLOCATING MEW SITES, FOR SPONT AND PHYSICAL ACTIVITY WHICH MEETS IDENTIFIED NEEDS.

UNDERTAKE, MAINTAIN
AND APPLY ROBUST AND
UP-TO-DATE ASSESSMENTS
OF NEED AND STRATEGIES
FOR SPORT AND PHYSICAL
ACTIVITY PROVISION, AND
BASE POLICIES, DECISIONS
AND GUIDANCE UPON THEM.

ENSURE LONG-TERM
VIABLE MANASEMENT
AND MAINTENANCE OF
NEW AND EXISTING SPORT
AND PHYSICAL ACTIVITY
PROVISION.

ENCOURAGE AND SECURE
WIDER COMMUNITY USE OF
EXISTING AND NEW SPORT
AND PHYSICAL ACTIVITY
PROVISION.

ENSURE A POSITIVE APPODACH TO MEETING THE MEEDS SENERATED BY NEW BEVELOPMENT FOR SPORT AND PHYSICAL AUTIVITY

PLAN, DESIGN AND
MAINTAIN BUILDINGS,
DEVELOPMENTS,
EACILITIES, LAND AND
ENVIRONMENTS THAT
ENABLE PEOPLE TO LEAD
ACTIVE LIFESTYLES.



PROVIDE SPORT AND PHYSICAL ACTIVITY PROVIDION WHICH IS FIT FOR PURPOSE AND WELL DESIGNED.

PLAN POSITIVELY FOR SPORT AND PHYSICAL ACTIVITY PROVISION IN DESIGNATES LANGSCAPES AND THE OBSEN BELT

PROACTIVELY ABORESS ANY AMENTY ISSUES A PISING FROM OPORT AND PHYGICAL ACTIVITY DEVELOPMENTS.

12 PLANNING FOR-SPORT PRINCIPLES



About DLA





Challenges in our health





Definitions and Core Policy

"Urban design is the design of towns and cities, streets and spaces. It is the collaborative and multi-disciplinary process of shaping the physical setting for life – the art of making places.

Urban design involves the design of buildings, groups of buildings, spaces and landscapes, and establishing frameworks and procedures that will deliver successful development by different people over time."

Urban Design Group





National Design Guide

 Ten characteristics of welldesigned places

 All impact how places are used, and experienced.



Getting the big things right





Accessible, safe, public green open spaces

Convenient ways to get about by active modes

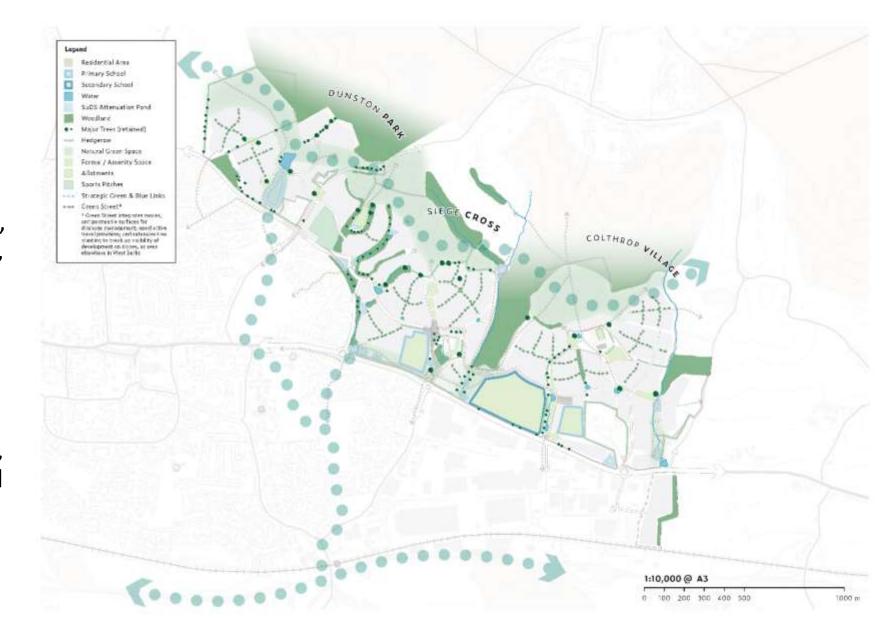
Homes & facilities in the right places

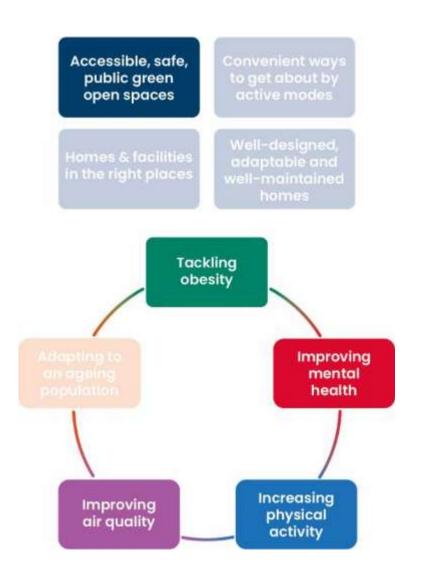
Well-designed, adaptable and well-maintained homes

Green Spaces

 Access to public green open space is important for leisure, active travel, physical activity, contact with nature and socializing

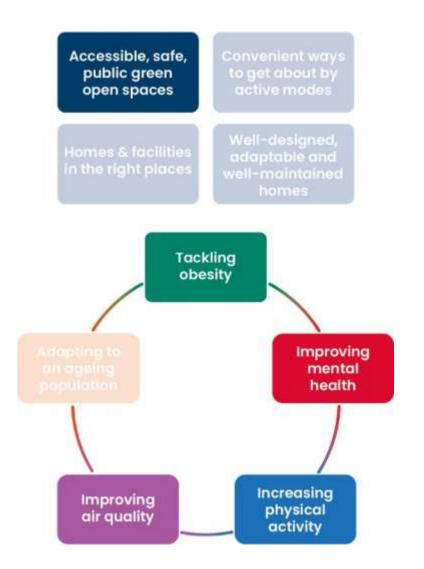
 Spaces can be inclusive, wellequipped, connected and varied, or they can be unsafe, poorly maintained or isolated in the wrong place





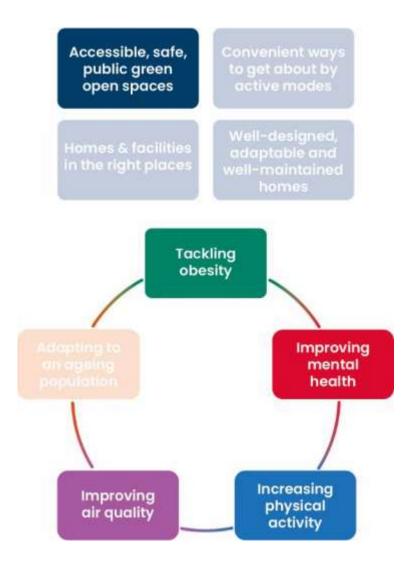
Space for physical activity, recreation and meeting people





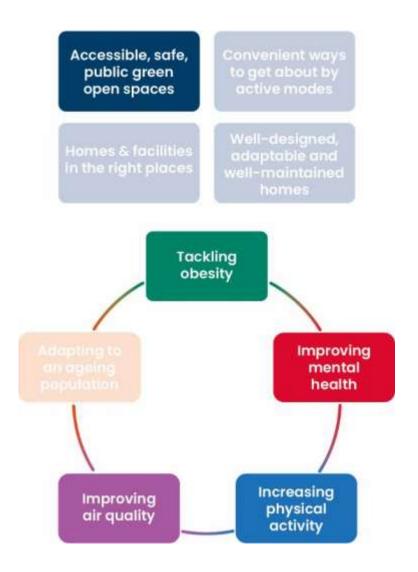
Provide access to nature





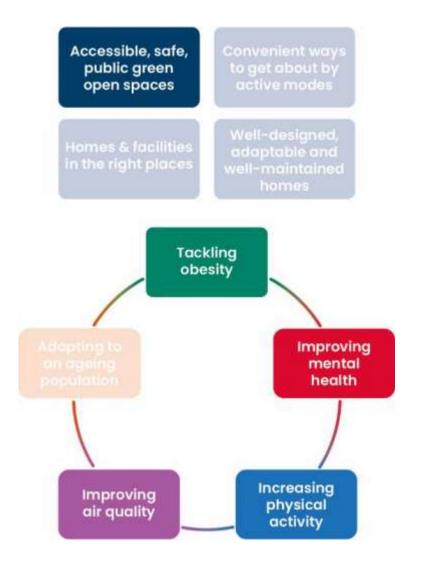
Opportunities for growing food





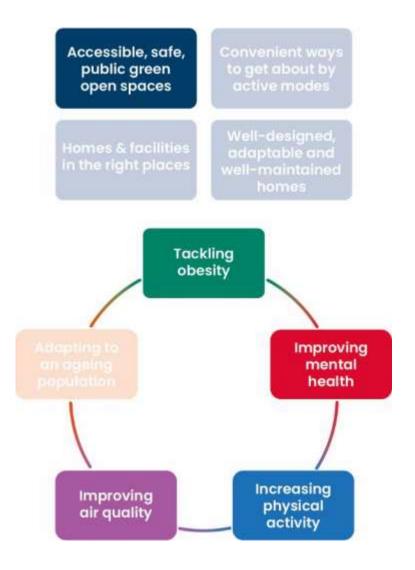
Add variety and diversity to a place





Create safe ways to get about without a car



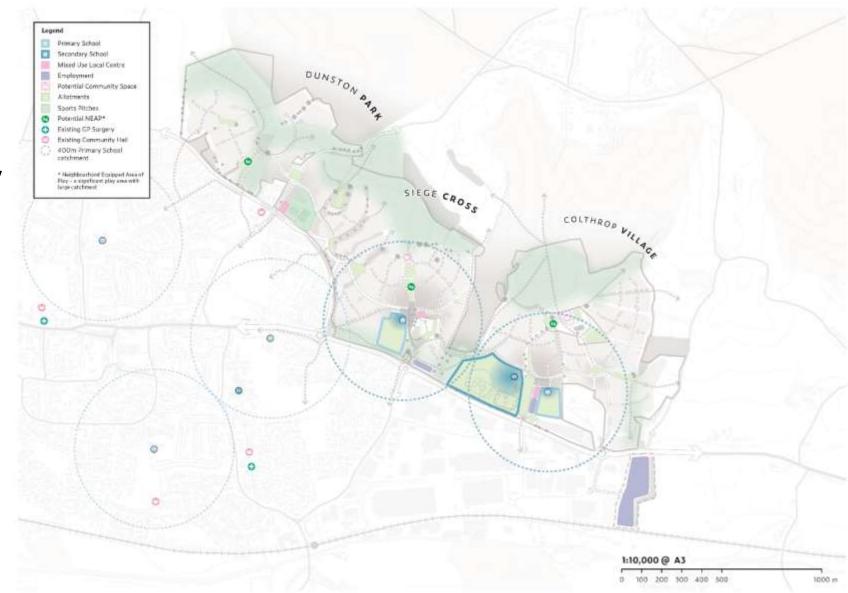


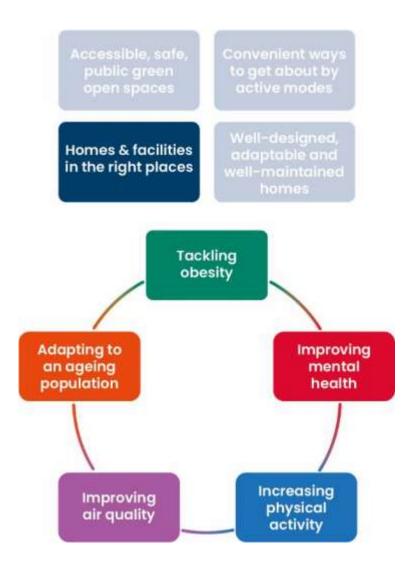
Must be safe, secure and accessible



Homes and Facilities in the Right Places

- Places can provide nearby local facilities such as GPs, schools, sports, shops, community spaces and jobs
- Facilities can be accessible by walking, cycling or wheeling, or isolated and only accessible by car
- Facilities need a viable catchment and to be located in the right place





Make it more likely people will walk/cycle





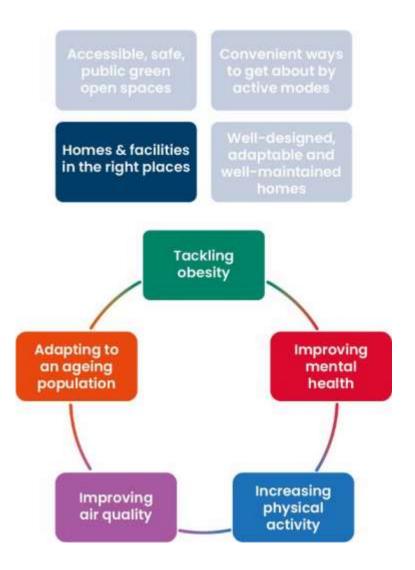
Co-locate complementary uses so people can chain trips together by active means



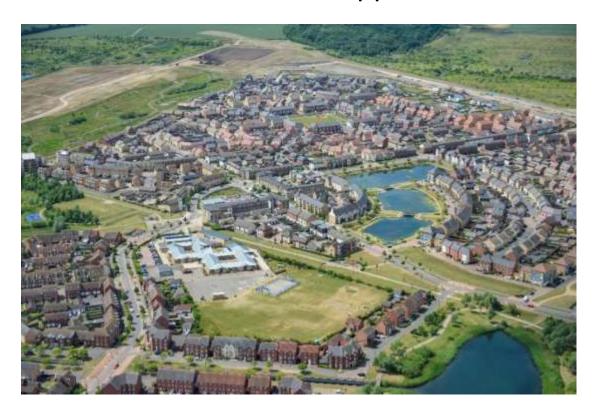


Locate people of different groups in places that can help them (e.g. elderly near to facilities)



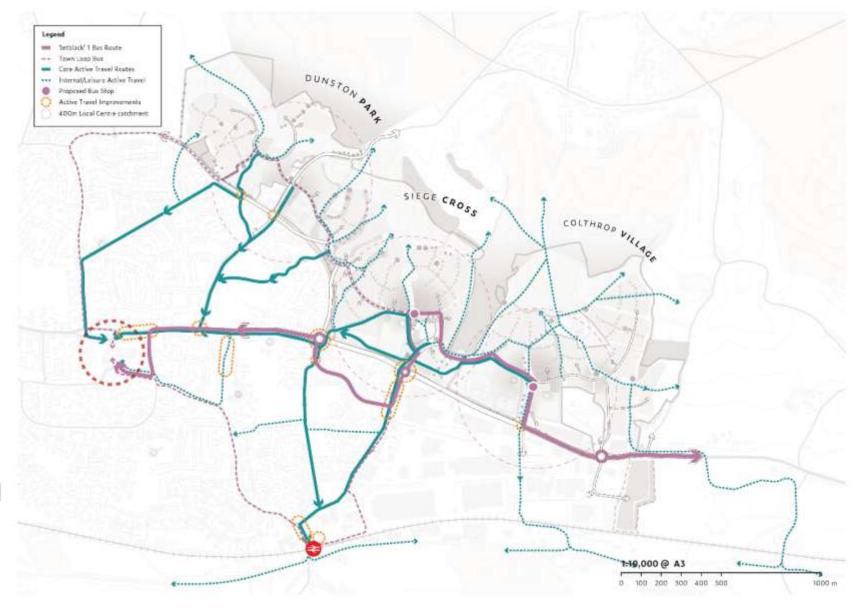


Create critical mass in places to help people connect with each other and support services



Enabling Active Travel

- Streets and connections can make it easy to get around by physically active modes (walking, cycling, wheeling)
- Or, they can isolate places and make people dependent on cars for all journeys
- Streets can be interesting and attractive, or polluted and unsafe



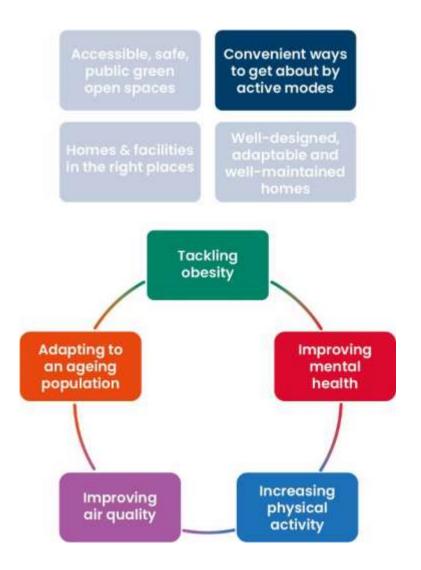
Getting the big things right: active travel

Convenient ways to get about by active modes Tackling obesity Adapting to **Improving** an ageing mental population health Increasing **Improving** physical air quality activity

Allow people to get about by physically active means



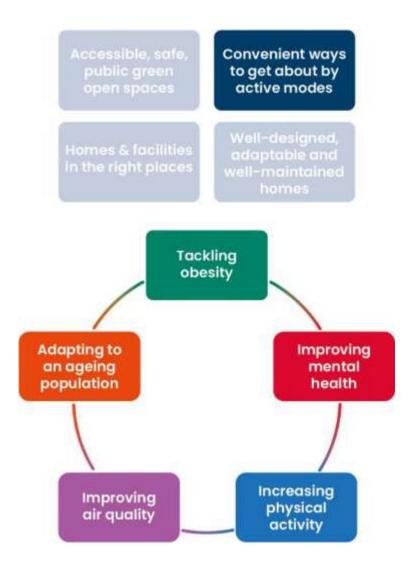
Getting the big things right: active travel



Reduce the need to use a car and create air pollution on urban streets



Getting the big things right: active travel

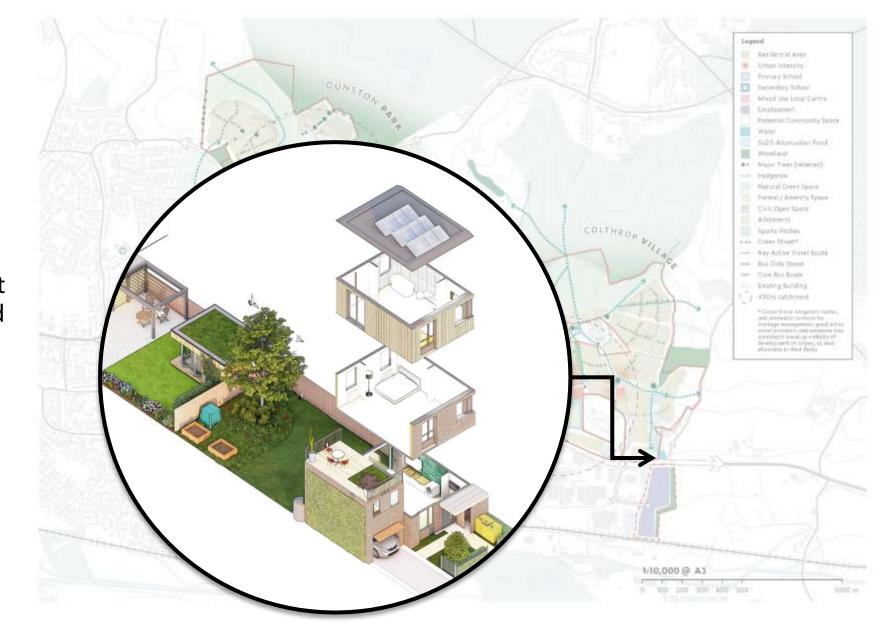


Offer a more equitable approach to travel and access facilities and services

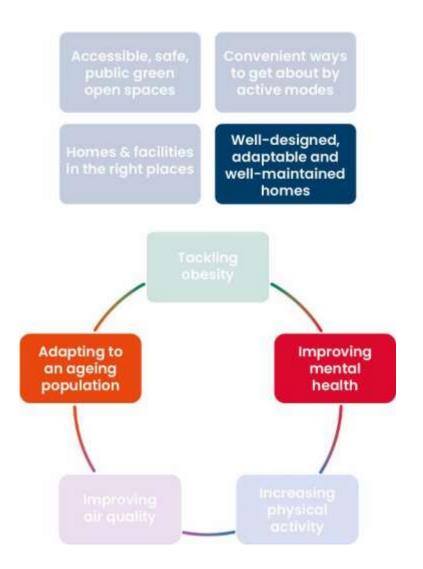


Well-designed homes

- We spend 90% of our lives indoors
- Quality of interior and exterior space can affect mental health of all, and the ability to move around as we age
- Ventilation can affect respiratory conditions
- Inadequate heating can exacerbate long-term health conditions



Getting the big things right: good homes



Be suitable for the needs of an ageing and diverse population



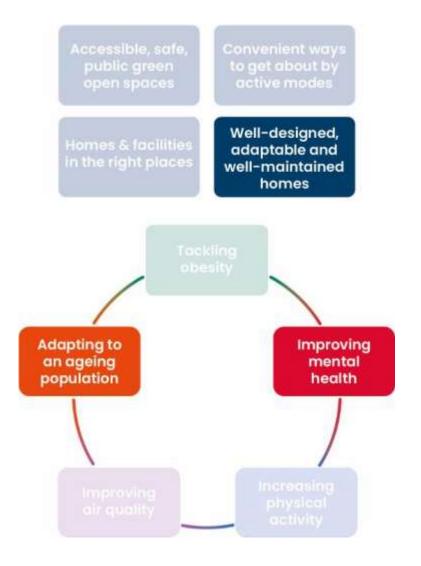
Getting the big things right: good homes

Well-designed, adaptable and well-maintained homes Adapting to **Improving** an ageing mental population health

Be warm, well-ventilated, and not prone to damp



Getting the big things right: good homes

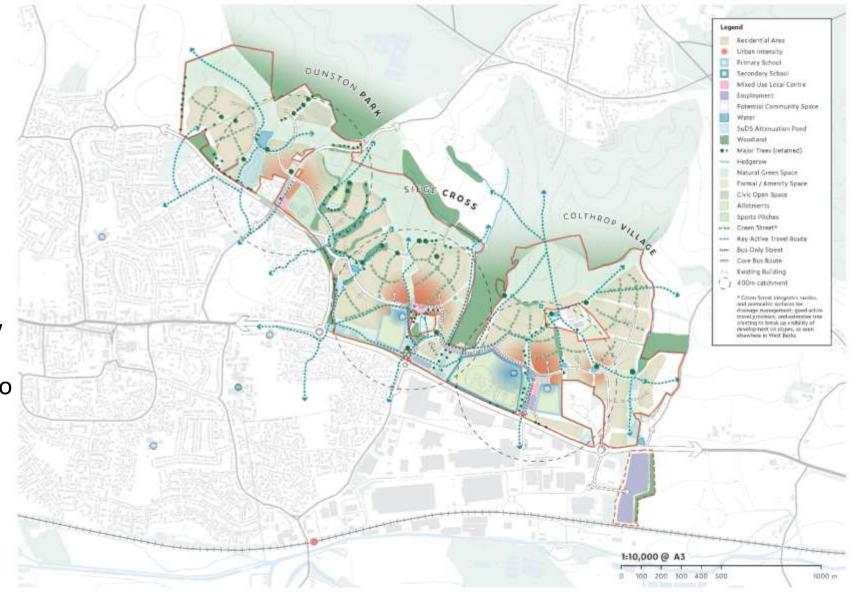


Help people manage long-term conditions



Bringing it together

- Successful urban design and planning balances all of these to create successful, healthy, sustainable places
- The ingredients of healthy places need to be arranged and connected to complement each other, not in isolation



The importance of context

Not every piece of urban design is universally applicable

 What works in a city centre might not work well in the suburbs

Essential

infrastructure

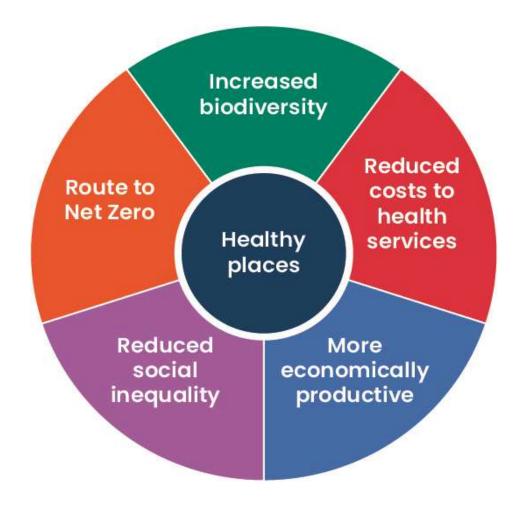
 Health inequalities and priorities will be different in different places





Links to other priorities

- Healthy places don't have to compete with other policy and political priorities
- They complement a wide range of other agendas





Activity: Assessing Streets

Assessing Streets

Accessible, safe, public green open spaces

Convenient ways to get about by active modes

Homes & facilities in the right places

Well-designed, adaptable and well-maintained homes







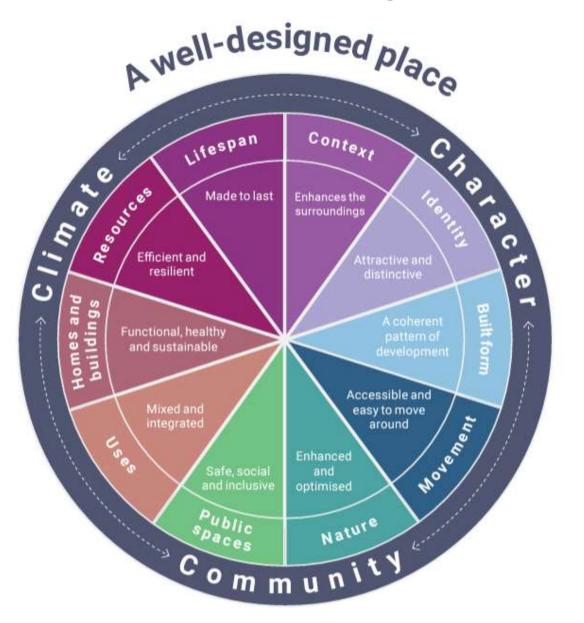
Securing Healthy Places: Design Coding

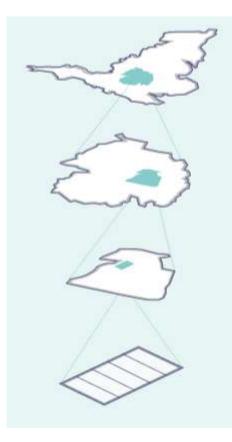
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What is a design code?







1. Local Authority

Some elements of the code may apply to the entire local authority area.

2. Area type

Some elements of design codes can apply to types of area, for example, all villages, or all inner suburbs.

3. Development Sites

Parts of the code can relate specifically to development sites such as urban extensions, new settlements and other large sites where the code may be guided by masterplans.

4. Plot

Parts of the code can be used to guide individual building plots, for example relating to a single house or block of flats, whether they be in existing urban areas or new development.

What is a design code?

 Additional layers of regulation, beyond policy

 Securing what is important prior to detailed design



Why are they important?

National Planning Policy Framework (2023) paragraph 128:

"...all local planning authorities should prepare design guides or codes consistent with the principles set out in the National Design Guide and National Model Design Code, and which reflect local character and design preferences..."



How can they secure healthy nlaces?

Topography gently rises. Low density barn housing overlooking meadow



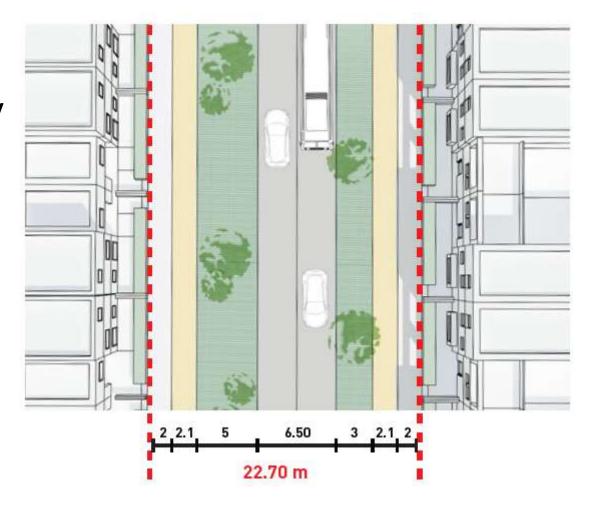
• Set locations and roles of green spaces

Secure active travel connections to these green spaces

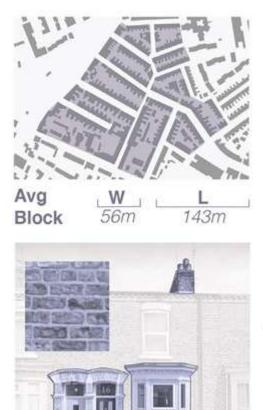
How can they secure healthy places?

 Define key elements of high quality streets

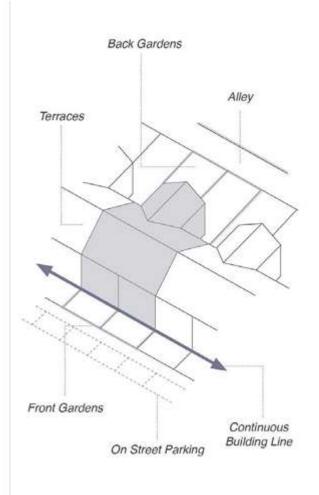
 Ensuring the right type of infrastructure is delivered in different contexts



How can they secure healthy places?



Architectural Features/ Materials



Define components of homes

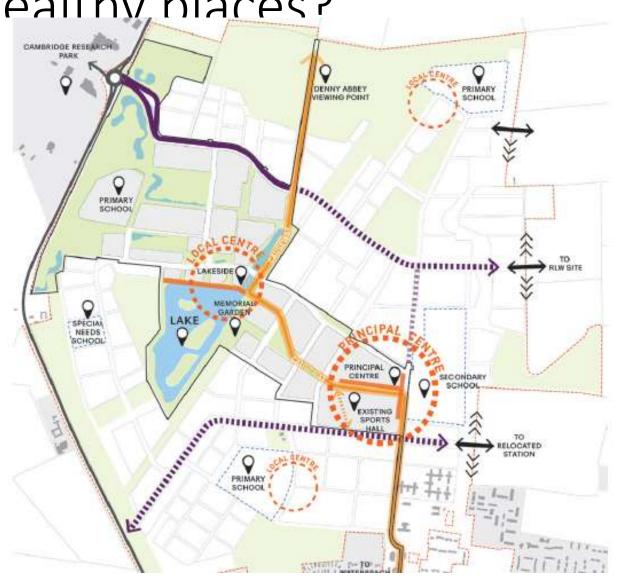
 Set out how these will be integrated architecturally, to complement built form

• Set requirements for gardens, relationship to street etc.

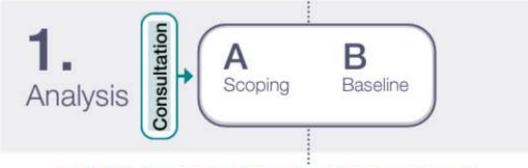
How can they secure healthy nlaces?

 Ensure that homes and facilities are located in the right places

 Ensure these facilities are co-located and supported by Active Travel connections



How can you get involved?



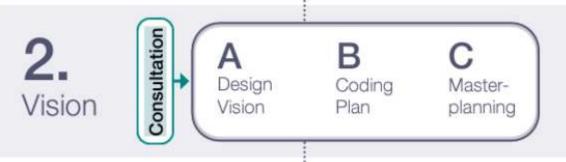
 Encourage connections to relevant health and activity stakeholders



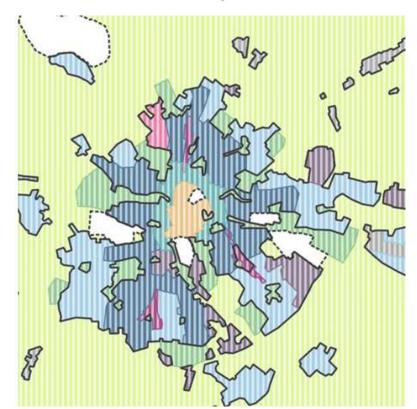
 Provide health and activity evidence in a format which is easy for designers to use and understand

Offer expertise

How can you get involved?



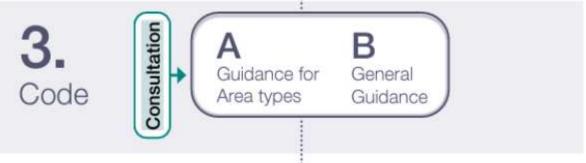
Offer input to visioning consultations



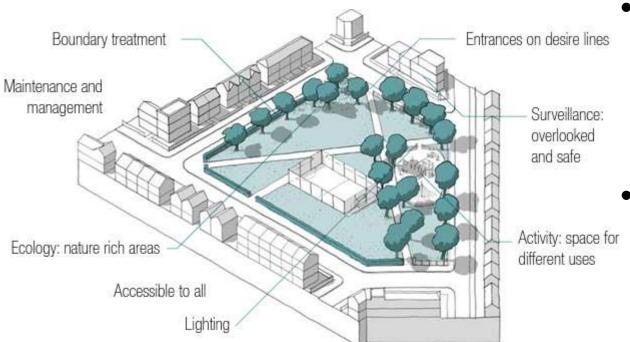
• Ensure vision reflects local healthy places values

 Build on connections established in stage 1 to continue to offer expertise

How can voluget involved?



Review and ensure evidence based approach



 Consider how you might monitor and evaluate effectiveness of coding

 Think about how you might get involved later in the delivery process (e.g. assessing planning applications)



Activity: Securing Healthy Places

How can you secure healthy places?



 How can you secure some of these characteristics?

 How have you done this already?

 Think about how you might get involved going forward

Thanks

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