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# Planning and Enabling Healthy Environments Case Studies

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This resource is in three parts:

- Planning and Enabling Healthy Environments
- Planning and Enabling Healthy Environments: A Supplementary Planning Guidance (SPG) Template for Healthy Weight Environments
- Planning and Enabling Healthy Environments: Case Studies (this document)

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# Introduction

This Case Studies document complements the main document 'Planning and Enabling Healthy Environments'. It contains case study examples from Wales and the United Kingdom in relation to:

- Investment in Town Centres and the High Street
- Town Regeneration
- Hot Food Takeaways
- Residential Developments
- Green Infrastructure
- Areas for Play

It should be read in conjunction with the evidence presented in the main resource document (see Sections, 2, 3, 4, 5, 6, and 7).

## Investment in Town Centres and the High Street:

### **Case Study A** 'Transforming Towns' and 'Town Centres First'

<https://gov.wales/90-million-programme-transform-wales-towns>

These two policies were launched by the Welsh Government in January 2020 as complimentary methods to reinvigorate town centres [103]. 'Transforming Towns' aims to invest £90 million in towns for:

- Regeneration projects;
- tackling disused and underutilised buildings;
- creating green spaces;
- increasing biodiversity.

'Town Centres First' aims to reinvigorate towns by choosing, where practical, to locate LA controlled buildings, such as offices, schools or one-stop-shops in town centres. An example of this is proposals by Swansea Council to relocate its public sector offices from a current seafront position to a new city centre Civic Centre, bringing up to 11,000 workers into the town centre, with plans to encourage private sector offices to do the same [104].

## Case Study B Drift Park - Rhyl

<https://dcfw.org/drift-park-denbighshire/>

Creation of a seafront 'park' as part of the regeneration of West Rhyl:

- Proposal developed through an extensive public consultation process;
- 3 day exhibition & feedback aimed to increase a sense of 'ownership';
- The park was designed as 5 sheltered gardens;
- Leisure facilities include mini-golf and play area alongside integrating with a walking and cycle route.



Figure 1: Drift Park, Rhyl (DCFW)

## Town Regeneration:

### Case Study C Ty Pawb - Wrexham

<https://dcfw.org/ty%cc%82-pawb-wrexham/>

Tŷ Pawb (Everybody's House), is a cultural, community and arts centre in Wrexham, opened in 2018. The project involved relocating an arts centre into a disused 1990s multi-storey car park and market hall, in the centre of the town. This allowed for expansion and new facilities such as art galleries, artist studios, market stalls, performance spaces, a learning centre, cafes and bars. It highlights how disused public infrastructure in town centres can be adapted to contribute to the wellbeing of the local community and also to the economy:

- Aims to bring life back to town centre by repurposing disused buildings;
- Range of displays and events to engage a broad sector of the community;
- Contributes to the local economy and employment opportunities.

### Case Study D Denbigh Townscape Heritage Initiative - Denbighshire

<https://dcfw.org/denbigh-townscape-heritage-initiative-denbighshire/>

Regeneration of the historic town centre between 2000 and 2006, to create both reengagement for the local population and spaces for commercial and residential use. It was felt that addressing the physical, social and economic decline of Denbigh could be addressed simultaneously, to revive what was previously a vibrant social, cultural and commercially successful town:

- Renovation of properties and infrastructure of the town centre;
- Renovation of disused buildings for cultural interest and civic purpose;
- Increasing employment opportunities in town centre;
- Upgrading residential, educational and community facilities.

## Hot Food Takeaways:

### Case Study E Wrexham: Hot Food Takeaway Exclusion Zones

[https://www.wrexham.gov.uk/english/planning\\_portal/lpg\\_notes/lpg09.htm](https://www.wrexham.gov.uk/english/planning_portal/lpg_notes/lpg09.htm)

Wrexham County Borough Council adopted an SPG in 1994 that recognised the large number of Hot Food Takeaways (HFT) in the town centre and their potential impact on health. It aimed to reduce the number of HFTs in the town centre, shopping centres, residential areas and within 400 metres of schools, in a 2011 revision. In the county borough nearly 60% of schools were located near to HFTs, increasing temptation for children. More broadly, density of HFTs was associated with increased litter, antisocial behaviour and traffic:

- Recognised the positive role a proportionate number of HFTs can have for leisure and employment;
- Highlighted the negative effects of HFTs on the character of town centres, residents and health;
- Introduced a 400 metre ban on the establishment of new HFTs around schools to limit access of pupils to unhealthy foods.

## Residential Developments:

### Case Study F Loftus Garden Village Development

<https://www.poblgroup.co.uk/our-developments/loftus-garden-village/>

[https://dcfw.org/wp-content/uploads/2015/12/DesignReview\\_2015\\_online.pdf](https://dcfw.org/wp-content/uploads/2015/12/DesignReview_2015_online.pdf)

Regeneration of an area in Newport:

- developed using principles of Garden City Movement;
- easily accessible play areas;
- green infrastructure;
- mix of private and social housing;
- Integrated into wider Newport community.



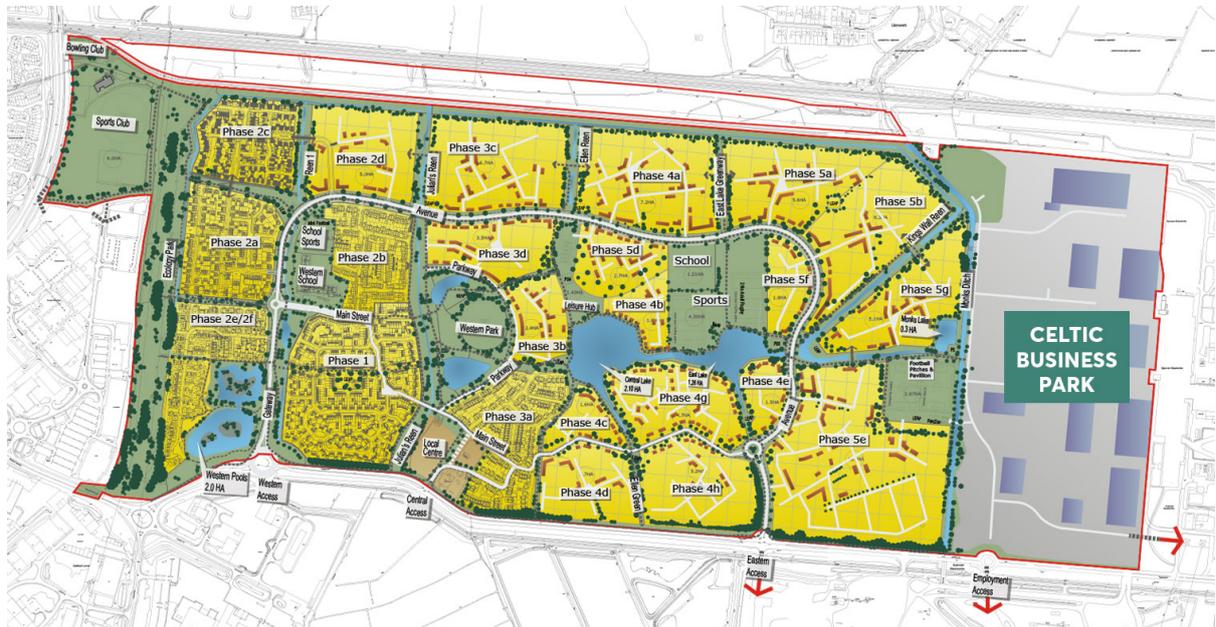
Figure 2: Pirelli Garden Village [105, p. 25]

## Case Study G Glan Llyn, Newport

<http://www.newport.gov.uk/en/About-Newport/Regeneration/Glan-Llyn.aspx>

20 year, £1bn project to build a sustainable community on the site of an old steel works with 4,000 new homes and leading to 6,000 new jobs:

- Green and blue infrastructure;
- Easily accessible play areas;
- Easy access to employment;
- Cycle paths, footpaths, bus services, park and ride;
- Water theme park and leisure facilities.



Site Plan Glan Llyn: <http://www.glanllyn-newport.co.uk/site/>

Figure 3: Glan Llyn

## Green Infrastructure:

### Case Study H Greener Grangetown

<https://www.arup.com/projects/greener-grangetown>

A sustainable drainage system in a Cardiff neighbourhood to remove high volumes of rainwater. The strategic placement of green areas of hardy plants and trees, captures and naturally filters the water into the nearby River Taff. Previously this water was overloading the sewage system and required pumping to a water treatment centre 8km away, at great expense:

- 108 'rain gardens' infrastructure to capture water and improve residents' well-being;
- Strategic placement of greenery and measures to improve cycling environment;
- Creation of a 555 metre 'bicycle street' along the Taff Embankment;
- Collaboration: engineers, Cardiff Council, Welsh Water, Natural Resources Wales.

## Case Study I

## Fitz Park London

<https://www.arup.com/projects/fitzpark>



Figure 4: Fitz Park London

This project created a temporary 'parklet' in what used to be a loading bay on a busy London street. This provided a space for the local community, workers and visitors to relax, pause and socialise in. It is an example of 'urban greening' that can contribute to active travel and wellbeing:

- Improve appearance of an area and promote a sense of place;
- Encourage biodiversity via planting.
- An illustration of how small places can be used to good effect.

## Areas of Play:

## Case Study J

## Play Streets Playing Out

<https://playingout.net/>

A charity and community group with advice on how to arrange temporary closure of residential streets to create 'play streets' for children. Benefits include improved health and wellbeing for children, as well as community cohesion and wellbeing for residents and communities:

- Promotes use of short and regular temporary street closures for street play;
- Opportunity for children and families to play in immediate environment;
- Chance for community interaction and cohesion.