

SHAPE OUR CITY

CREATIVE INTERVENTIONS

Creatively exploring healthy urban planning
with Bristol residents

Eleanor Shipman
Sophie Laggan

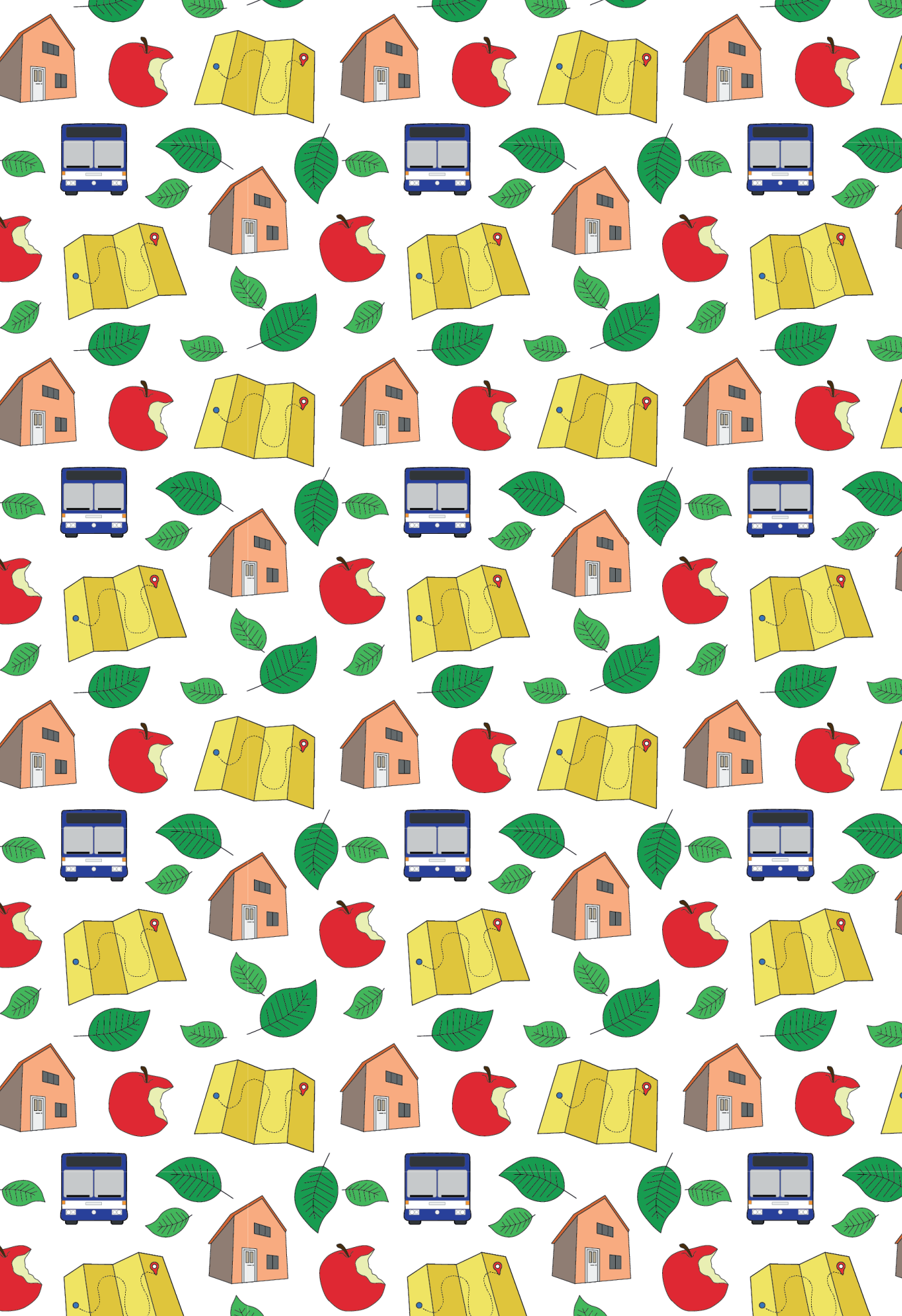


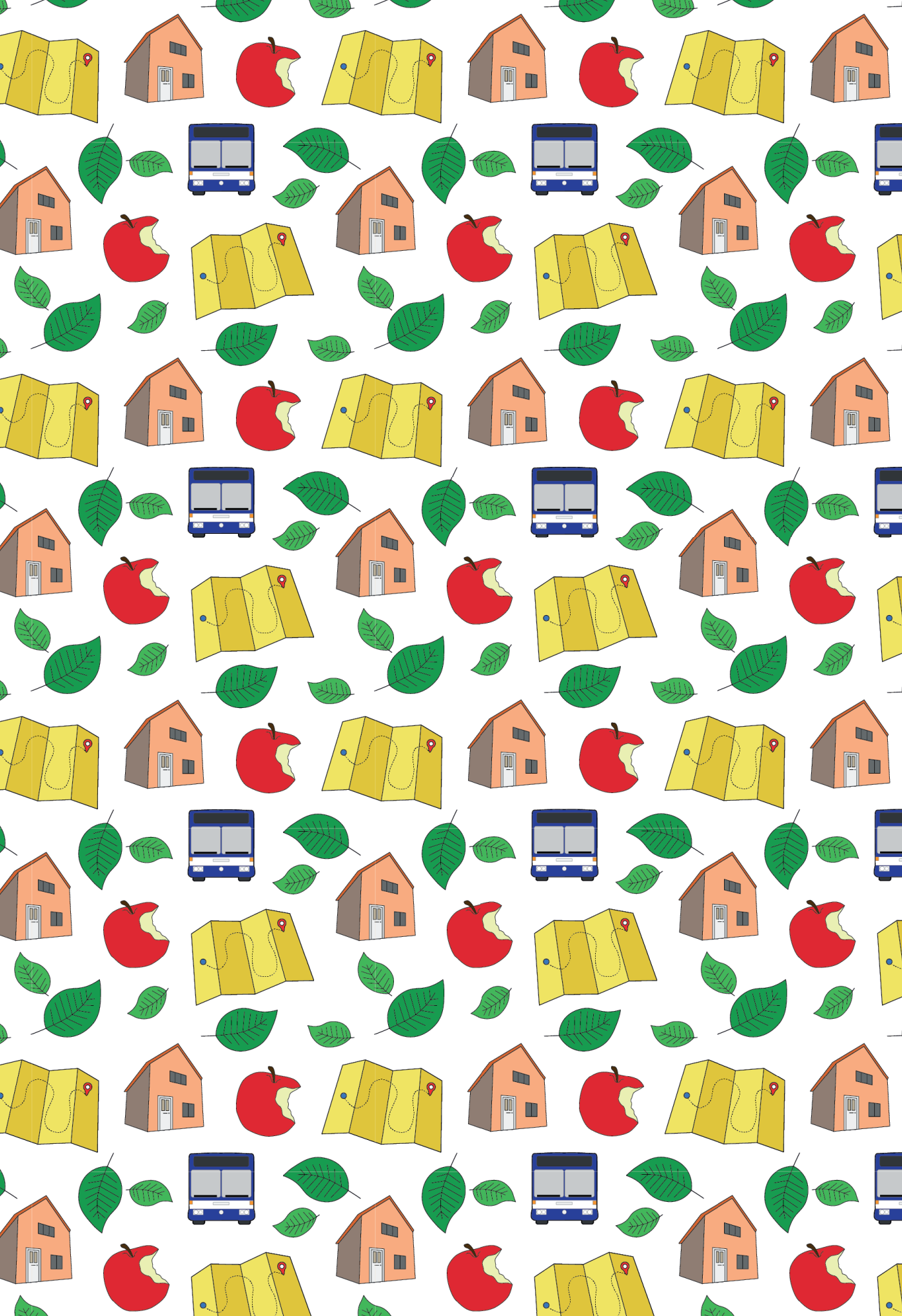
UPSTREAM
MOVING HEALTH UPSTREAM IN URBAN DEVELOPMENT


**UWE
Bristol**

University
of the
West of
England









The places we live
can make us ill –
where air is polluted,
food is unhealthy,
travel is congested,
buildings are poor
quality and there
is little or no green
space.

How can we improve
where we live to
make us feel better?

Shape Our City asks:
will the decisions we
make as a city today
lessen their future
health impact?



about the project

'Our City, Our Health is a UWE Bristol citizen-engagement project working with UPSTREAM researchers and Bristol-based citizens, artists and organisations.

The project uses the arts to encourage discussion on healthy urban development and the hidden health costs of poorly designed cities to understand the public's priorities for a healthier, more sustainable Bristol.'

Shape Our City Project Team

To have your say and play the Shape Our City game visit:
bit.ly/shapeourcity

For more, follow @ShapeOurCity

Funded by Wellcome Trust

about the residency

My name is Ellie Shipman and I am a participatory artist working with different communities to explore sustainability and urban change.

I worked with Sophie Laggan, the Shape Our City project coordinator, to explore public health and urban decision making with local residents in three areas of Bristol to feed into the UWE research project UPSTREAM.

The residency sought to engage Bristol's residents in joining the dialogue around public health and urban decision making to identify ideas and put them into action.

It did so through workshops and walks around three diverse areas of Bristol, inviting residents to add ideas onto themed tags on banner maps. Shape Our City supported resident-led actions to improve the health and wellbeing of Bristol's communities.



Find out more:
eleanorshipman.com
[@elliesshipman](https://twitter.com/elliesshipman)

research themes

The UPSTREAM key research areas are:

Transport
Buildings
Food environment
Natural environment
Neighbourhood design

These themes were designed into the stickers [right] which were added to paper tags for people to write on during the events.

The comments and ideas collected were fed back into the research project and used to help identify areas for future public health interventions, some of which were put into action at the end of the project.

See what residents said during each workshop on the following pages...





LAWRENCE HILL

Local Lunch and Walk

In July 2018 we threw a samosa-sharing lunch with the residents of Lawrence Hill at Barton Hill Settlement. We shared favourite recipes and chatted about the area, before walking around the neighbourhood to identify what is and is not making local people healthy on a walk with our banner expertly led by local children.

LAWRENCE HILL

Residents wanted to change:

- Visual pollution (fly tipping and rubbish)
- Grey buildings
- Speeding cars
- Busy roads
- A lack of social cohesion





PHOTOGRAPHY: ELLIE SHIPMAN



LAWRENCE WESTON

Workshop and Walk

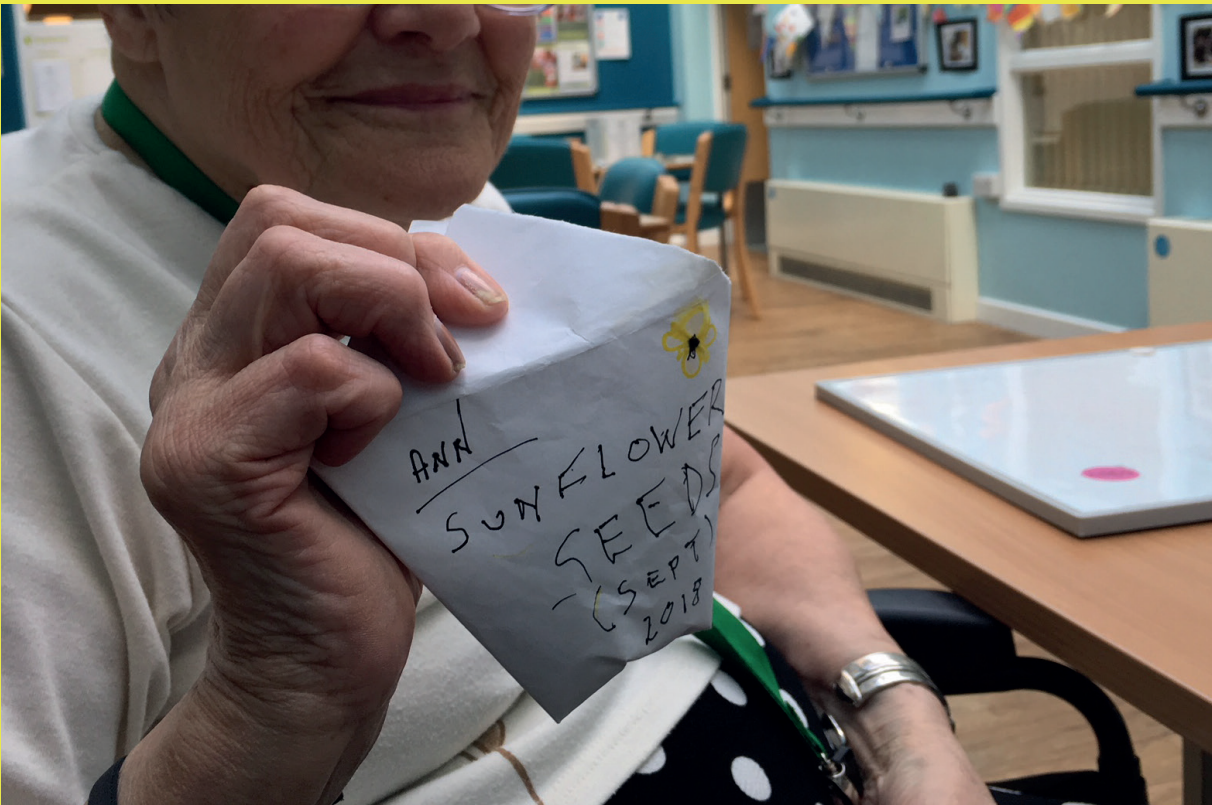
In August 2018 we visited Blaise Weston Residential Home, speaking with residents over cake and a cuppa to talk about their health experiences, knowledge and ideas for the area. In October we met with other residents at Oasis Community Shop for a walk with the banner to identify further ideas for healthy urban change. There were lots!

LAWRENCE WESTON

Residents wanted to change:

- Uneven pavements
- Buses' waiting time, friendliness and access
- Run down shop fronts and shutters
- More green streets
- More shops and cafes in the area





PHOTOGRAPHY: ELLIE SHIPMAN



FILWOOD / KNOWLE WEST

Festival Workshop

In September 2018 we took part in Knowle West Fest, a community festival, bringing our banner out alongside music, dancing and crafts! Again we spoke with local residents about what they love about the area and what they'd like to improve for their own health and had lots of responses...

FILWOOD / KNOWLE WEST

Residents wanted to change:

- **Better local food provision and the need for a supermarket. [Two supermarkets have already turned down free land in the area due to no main road.]**
- **Activities for teenagers in the area. Currently activities are aimed at younger children or older people.**







SHAPE OUR CITY EVENTS

Citywide events

Shape Our City ran city-wide activities which included a wishing tree at The Festival of Nature, chatting about parks at UPFEST graffiti festival and discussing health impacts of air pollution at Clean Air Day around the sculpture Inhale by artist Luke Jerram. Each used creativity to challenge assumptions about public health and inspire action. What could you do?





INHALE AIR POLLUTION SCULPTURE, CREATED BY LUKE JERRAM. PHOTOGRAPHY: NICKY SHALE

Did you know...?





SHAPE OUR CITY ACTIONS

Resident-led actions

Sophie Laggan

At the end of these creative consultations, Hands On Bristol MA Architecture students, residents and project partners explored how to act on our priorities for change. We piloted these actions in Lawrence Weston and Lawrence Hill.

In Lawrence Weston we worked with Alive, a charity that seeks to enrich the lives of older people, to move their growing project onto the site of Blaise Weston Court Extra Care Estate. In the afternoon we invited residents to share stories and discuss what they would like to see grow and how they could get involved. This was documented in a book that was gifted to Alive.

In Lawrence Hill we worked with residents of Hanover Street and community organisers



The Network to host a planter making session at Netham Park. Door-to-door conversations, word of mouth and flyering resulted in a great turnout of 20 residents. Residents left with planters, tips on how to look after their plants, new friends and a desire to do more. A skill swap is next! The street has inspired other streets to get involved and we will continue conversations with all interested parties.

Working with residents, especially in communities which are not always asked for their opinions, is crucial for healthy urban development. We have seen that using creative tools can help bridge the gap between research, developers and residents leading to greater understanding about how developments impact on local lives. We hope these ideas inspire residents, researchers and city decision makers to work more closely for further healthy urban development.



BRISTOL CITY

What would you improve?
Add your ideas and let us know:
[@ShapeOurCity](#)

I would improve...



I would improve...



I would improve...



I would improve...



I would improve...



I would improve...





I would improve...



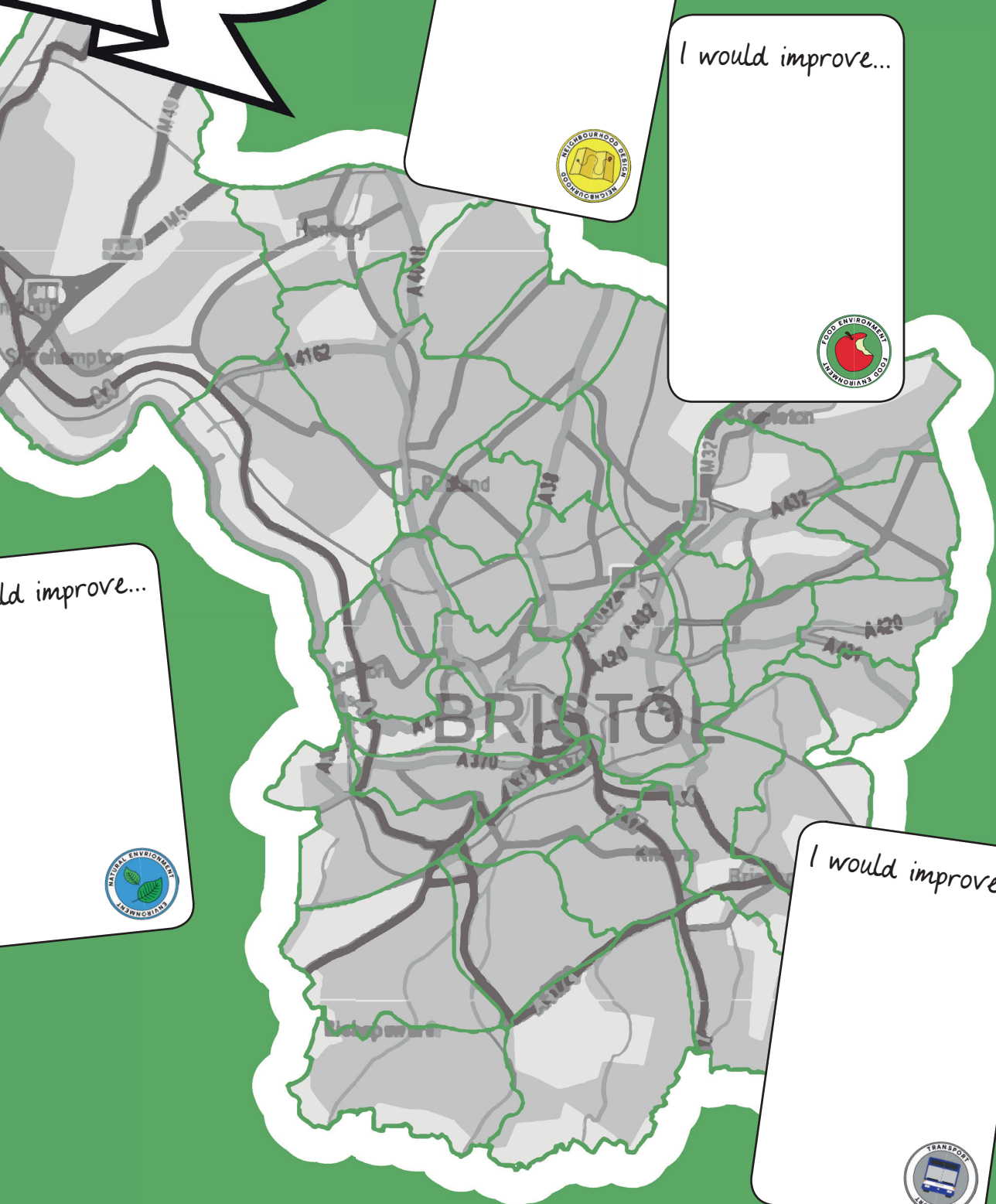
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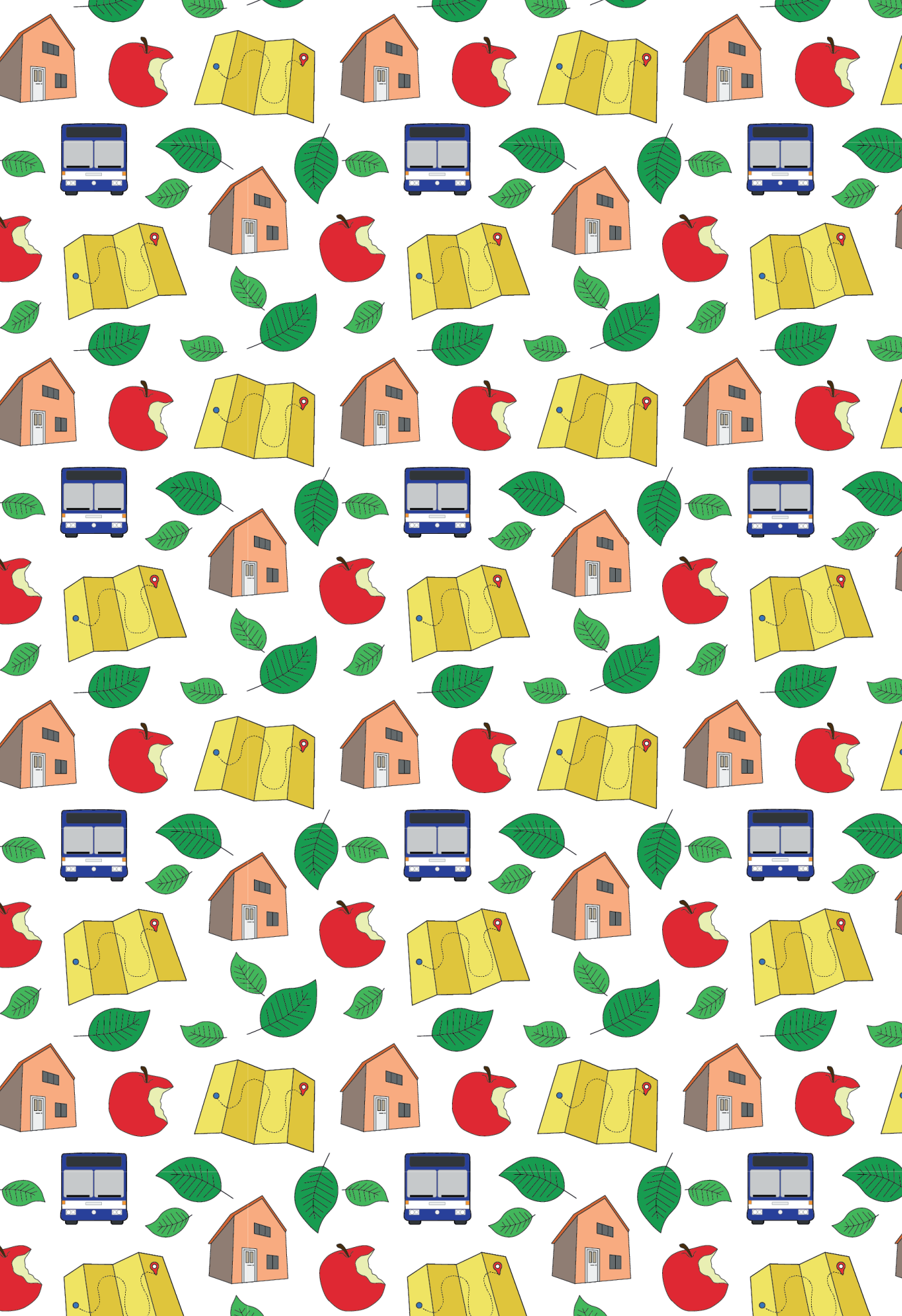


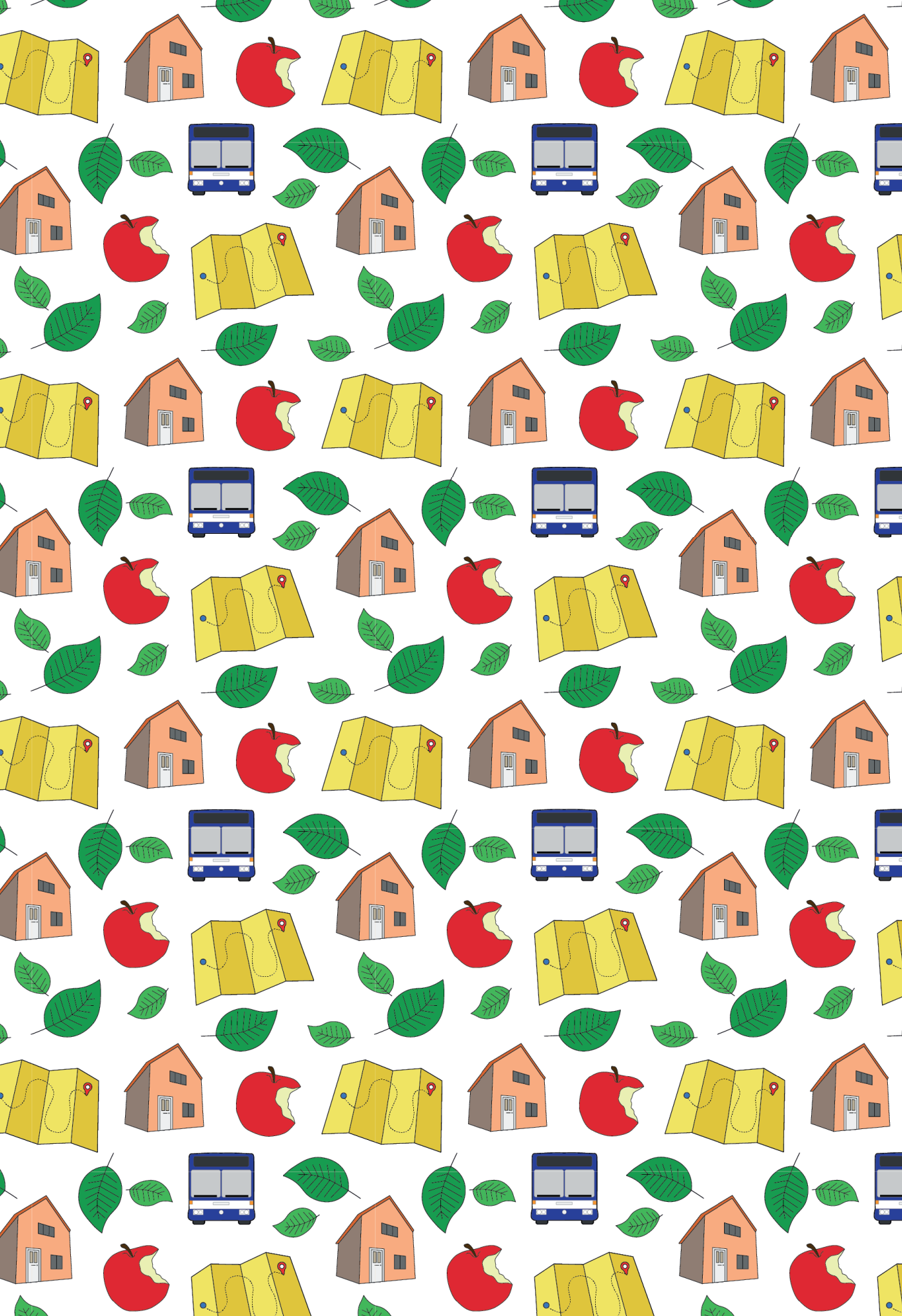
I would improve...



I would improve...







with thanks

*Residents of Lawrence Hill,
Barton Hill Settlement and the
residents of Hanover Street*

*Residents of Lawrence Weston,
Blaise Weston Court Extra Care
Estate and Oasis Community Shop*

*Residents of Filwood,
Knowle West Media Centre and
Fillwood Community Centre*

*The scientists, artists, community
organisers and students who have
contributed to the project*

Bristol's citizens and change makers

Find out more:

UPSTREAM: bit.ly/healthupstream

Eight Creative Agency: bit.ly/CreateEight

Luke Jerram: bit.ly/LukeInhale

SOTO: bit.ly/GoSOTO

The Network: bit.ly/BHSTheNetwork

Alive: bit.ly/AliveActivities

Blaise Weston Court: bit.ly/BlaiseCourt

Oasis Community Shop: bit.ly/OasisCShop

Knowle West Media Centre: bit.ly/KnowleMedia

Filwood Community Centre: bit.ly/FilwoodCC

Hands On Bristol: bit.ly/HandsOnBristol

Designed by Eleanor Shipman / eleanorshipman.com

Project management by Sophie Laggan, UWE