

# SHAPE OUR CITY



SEEDING CHANGE: TOWARDS HEALTHY URBAN DEVELOPMENT

# CONTENTS



## INTRODUCTION

Page | 01

## DRIVE FOR CHANGE NEEDS DESIRE FOR CHANGE

Pages | 02-03

## CATEGORIES OF RESEARCH

Page | 04

## TOOLKIT DEFINITIONS

Page | 05

## INTEGRATION

Pages | 06-09

## AESTHETIC

Pages | 10-13

## MOBILITY

Pages | 14-17

## ACCESS TO HEALTHY FOOD

Page | 18-21

## GREEN SPACE

Page | 22-25

# INTRODUCTION



Business, government and citizens have a collective responsibility for prioritising human health, both now and in the future. From changes to legislation and policy to changes in how we organise, lots needs to be done to embed health into our decision-making for equitable outcomes. This could seem like an overwhelming task but as is often quoted, the journey of a thousand miles begins with one step.

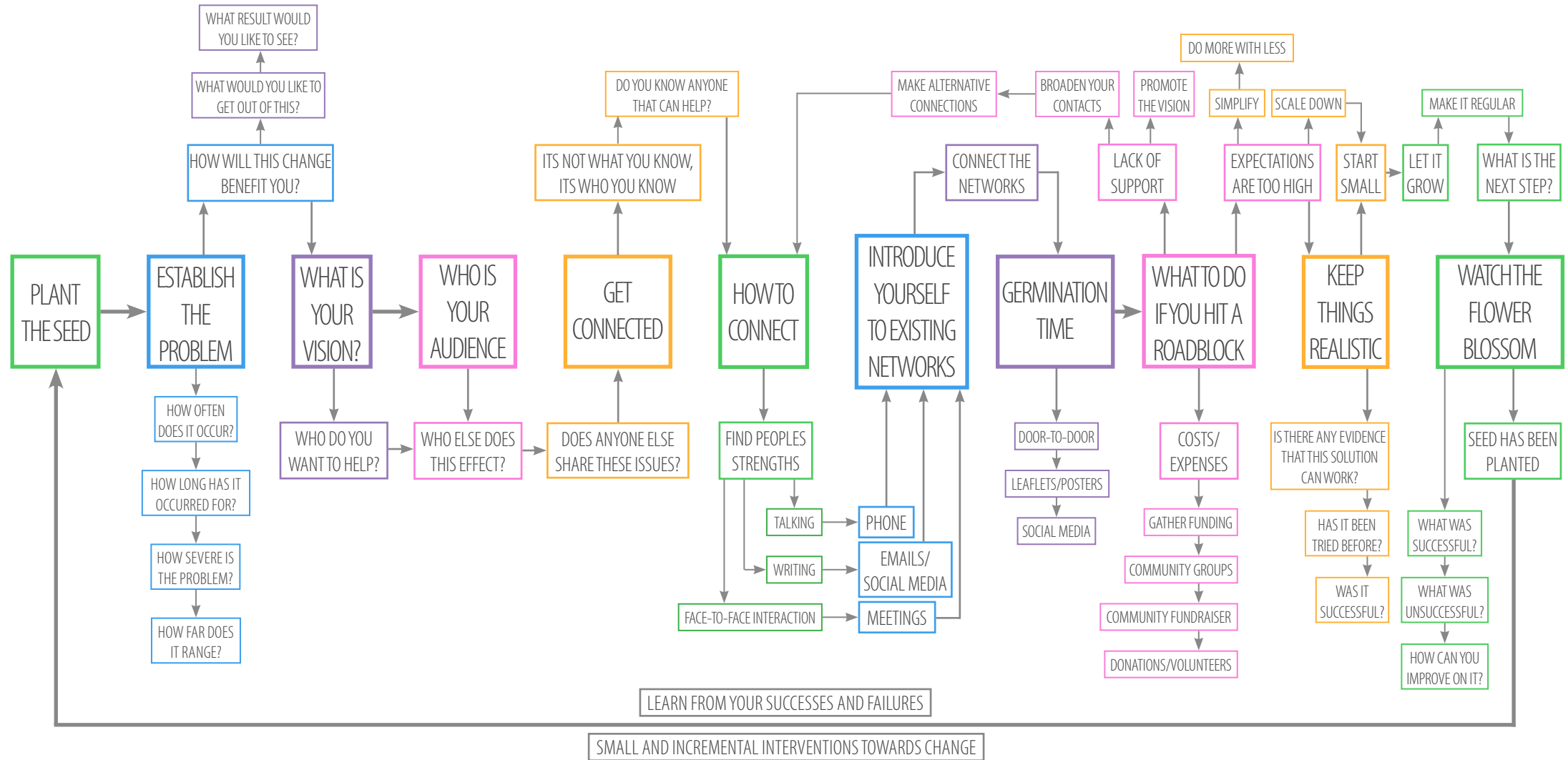
This toolkit is for citizens in Bristol that want to lead the way in shaping a healthier city, either by taking their first step or continue with their journey.

In these pages we provide some ideas for inspiration that can help you and your neighbours, friends and colleagues to sew the seeds of change. Just like a seed, some changes will survive, others won't. But those that do will blossom into life that provides multiple benefits for people and the environment.

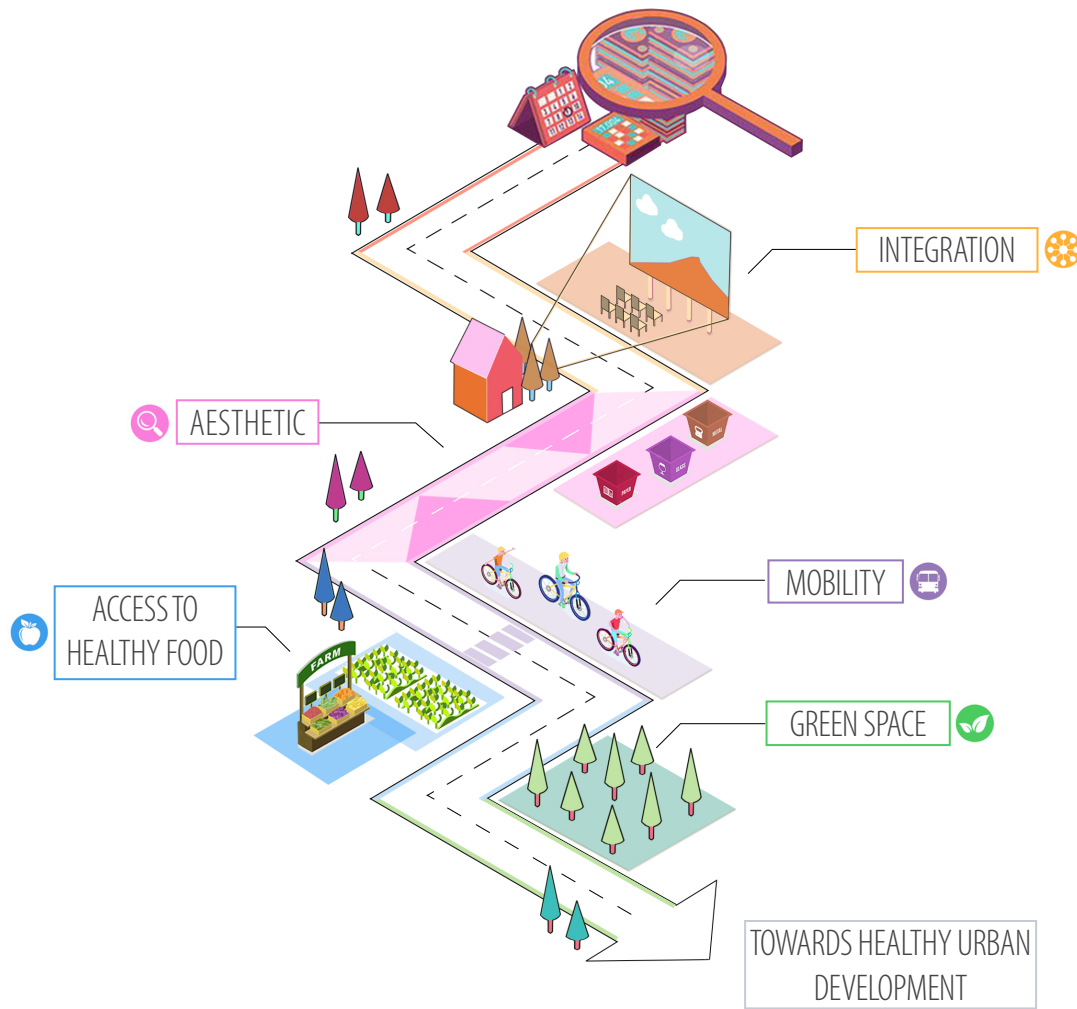
As a living document you can make suggestions on how this toolkit evolves and we look forward to hearing your thoughts on what can be done to improve integration, the city aesthetic, mobility, access to healthy food and green space in UK cities.

Let us know what you'd like to include by emailing Sophie: [sophie.laggan@uwe.ac.uk](mailto:sophie.laggan@uwe.ac.uk)

# PLANTING THE SEED FOR CHANGE



# CATEGORIES OF RESEARCH



# CATEGORIES OF RESEARCH



## INTEGRATION

*The ability to mix with and join society or a group of people and this creating a positive effect.*

## AESTHETIC

*The aesthetics of a space as a result of the buildings, litter and noise, but also its presence and atmosphere.*

## MOBILITY

*The quality of being able to reach, obtain or use something, e.g affordable healthy food, transport and green space*

## FOOD

*Real food does not have a long ingredient list, isn't advertised on TV, and it doesn't contain stuff like maltodextrin or sodium tripolyphosphate. Real food is things that your great-grandmother would recognize.*

Pollan, M. (2014). Food rules. New York: Penguin Books.

## GREEN SPACE

*An area of grass, trees, or other vegetation used for recreational or aesthetic purposes in an otherwise urban environment.*

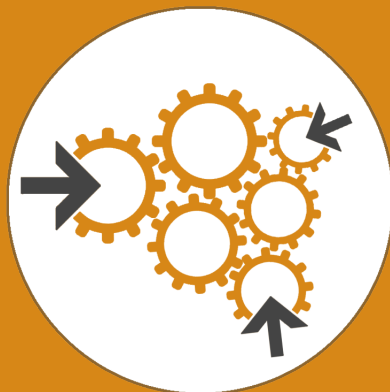
Oxford Dictionaries | English. (2018). green space | Definition of green space in US English by Oxford Dictionaries. [online] [bit.ly/2Rbl8Gb](https://bit.ly/2Rbl8Gb).

# INTEGRATION



"Bristol is an increasingly young and intercultural city, approaching a level of hyper-diversity akin to that of a global city... Relatively fractured social landscape whereby thriving communities of different cultures coexist but do not cohere as a whole, lacking in interconnection and cross-overs."

Democracy.bristol.gov.uk. (2018). [online] [bit.ly/2R7aBvH](https://bit.ly/2R7aBvH).

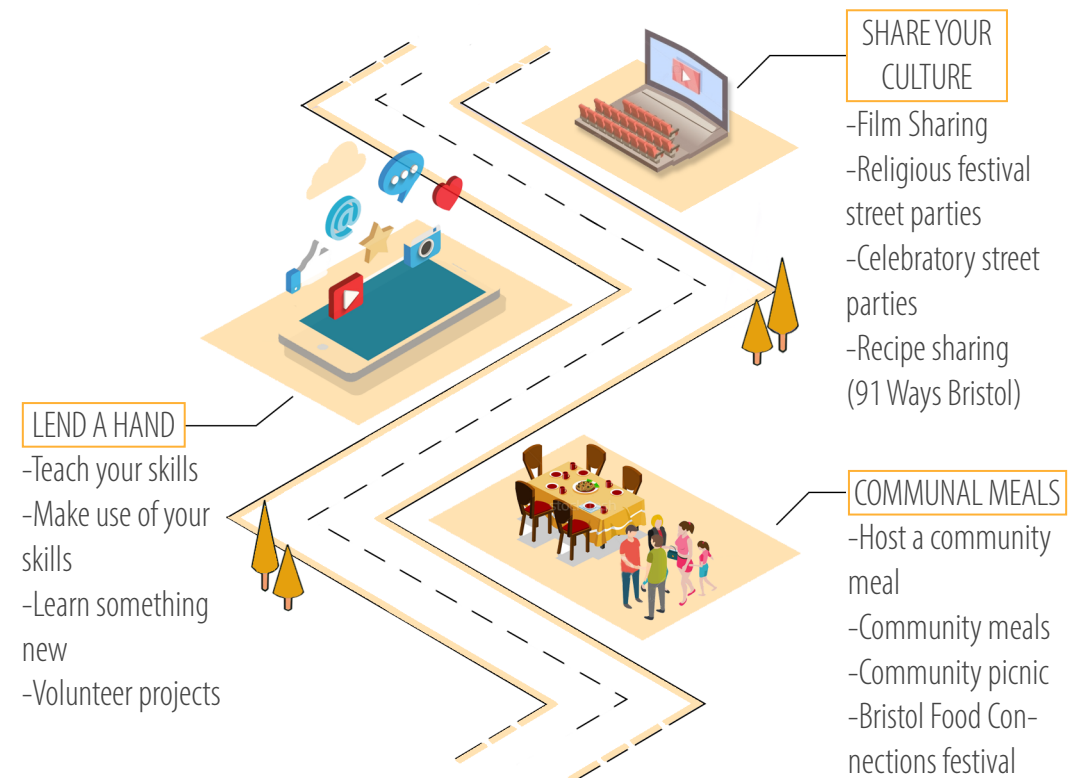


"To connect different groups with continuous activities or projects which enable intercultural dialogue to flourish, enhanced with facilitation to promoting 'conversations of connection' that help us learn about our commonalities."

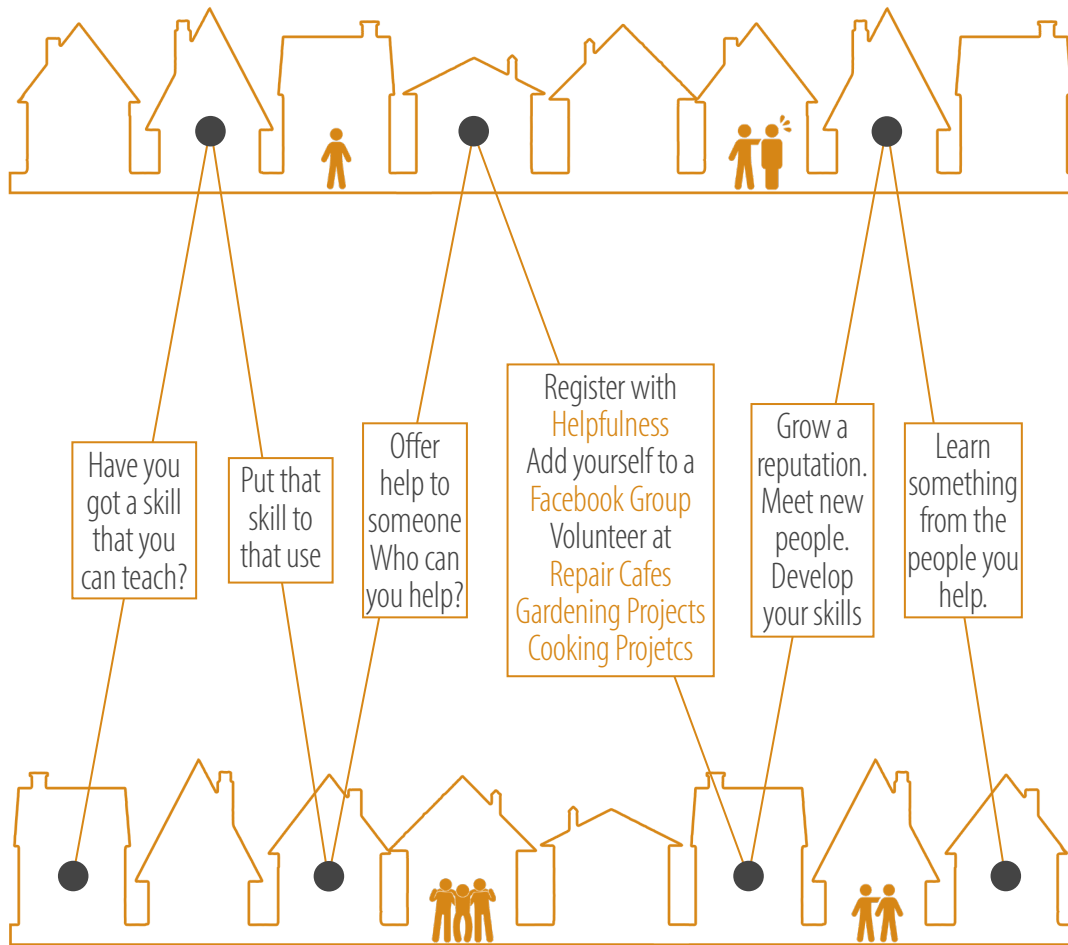
Sbhihelp.org. (2018). [online] [bit.ly/1A2fCq7](https://bit.ly/1A2fCq7).

# STRENGTHENING COMMUNITIES THROUGH SHARING

Here are some ideas to improve our communities so that everyone feels included.



# LEND A HAND



# COMMUNAL MEALS

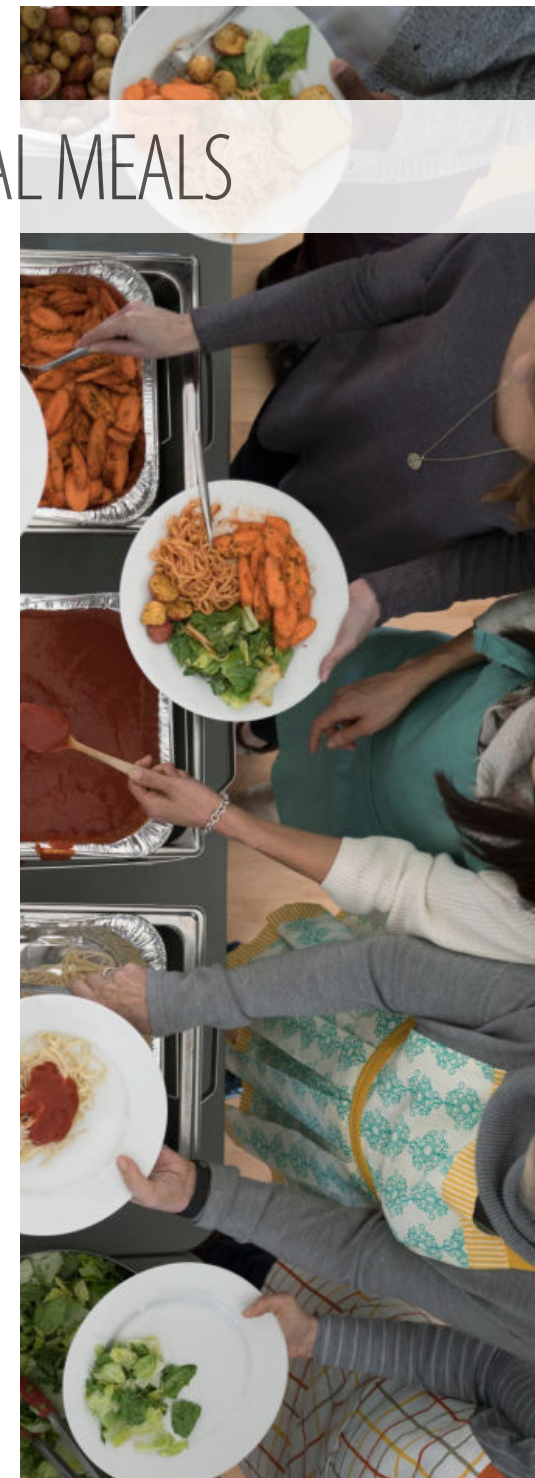
"The shared meal elevates eating from a mechanical process of fuelling the body to a ritual of family and community, from the mere animal biology to an act of culture."

Pollan, M. In defense of food.

1. Choose an inviting space
2. Gather interest with neighbours and locals
3. Partner with existing community hubs
4. Gather volunteers for cooking and facilitating
5. Look for ways to keep costs low i.e, food cycles, donations, home grow food, etc.
6. Try to make it a regular occasion
7. Link it to celebrations and events

OR

Join existing communal meal events in Bristol;  
91 Ways  
Food Cycle  
Hamilton House

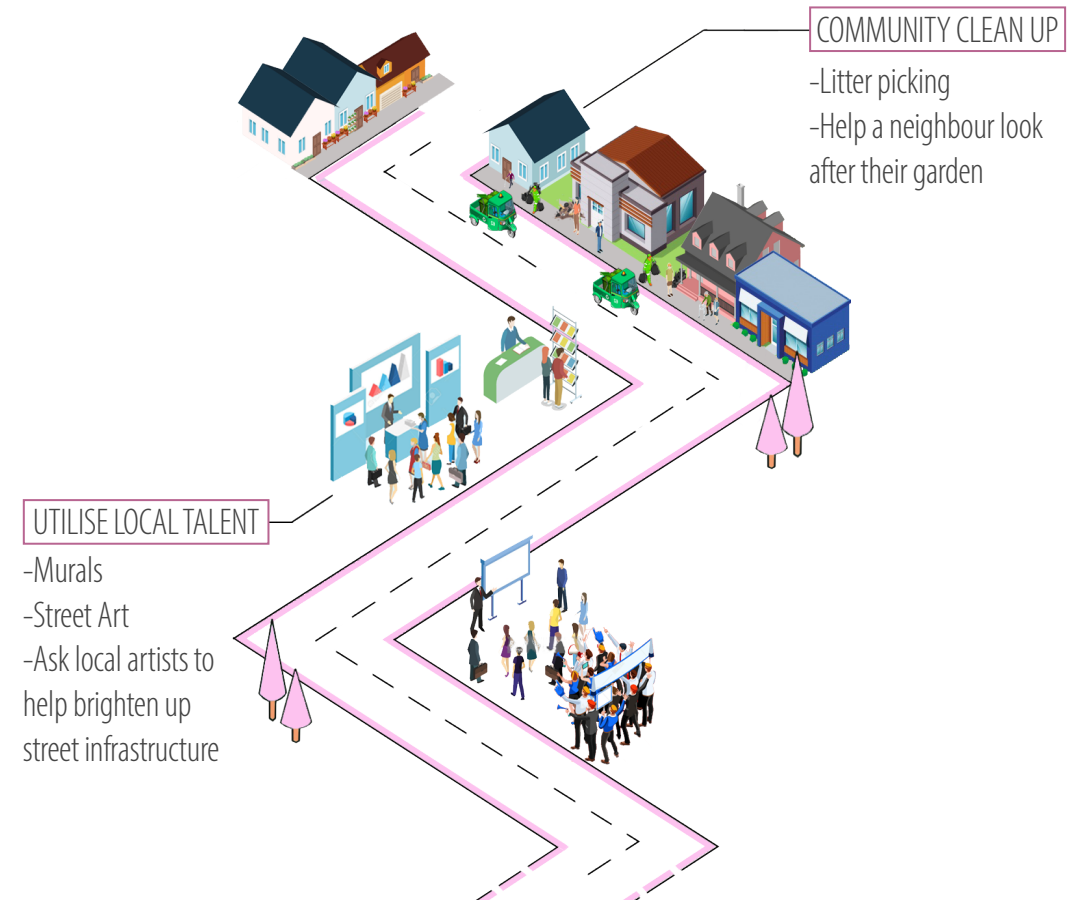


# IMAGE



"A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living."  
Steiner, R

## ENHANCING THE CITY AESTHETIC





# COMMUNITY CLEAN UP

Eighty percent of residents in Bristol think street litter is a problem in their area, rising to 94% in the most deprived areas.

Bristol.gov.uk. (2018). [online] bit.ly/2rLt07l.

1. Find and gather volunteers: neighbours and key members of the community.
2. Apply on Bristol.gov.uk for a community litter pick pack.
2. Choose where to clean up; the entire community may be too large. Decide on a few streets which need attention first.
3. Determine your tools based on what you are cleaning up; brooms, gloves, maps, first aid kits, refreshments, etc.
4. Link up with existing waste organisations for volunteers, tools and advertisement.
5. Connect with community groups.
6. Advertise your event; posters, flyers and social media.

Keepbritaintidy.org. (2018). Cut litter | Keep Britain Tidy. [online] bit.ly/2rLt07l



# BRIGHTEN YOUR COMMUNITY WITH THE HELP OF LOCAL TALENT

Find neglected spaces within your community and turn them into more vibrant public spaces

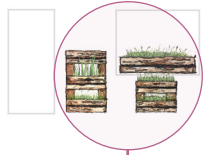
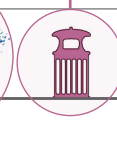
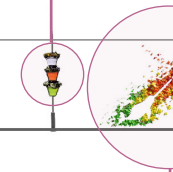
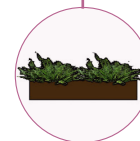
Turn existing street infrastructure into mini green spaces i.e lamp posts, bus stops, benches, etc.

Turn existing street infrastructure into art murals i.e bike racks, electric boxes, bins, etc.

POCKET PLACES

GREEN STREET INFRASTRUCTURE

ARTISTIC STREET INFRASTRUCTURE



STREET ART BY LOCAL ARTISTS

MAKESHIFT PLANTERS

Get help from local artists, designers, architects, etc. to help with street art. i.e wall murals, yarn bombing, sculptures

Get creative with unused object and create your own planters for your front garden or the front of your house.



# GREEN SPACE



Green urban areas facilitate physical activity and relaxation and form a refuge from noise. Trees produce oxygen, and help filter out harmful air pollution, including airborne particulate matter. Water spots, from lakes to rivers and fountains, moderate temperatures.

Urban parks and gardens provide safe routes for walking and cycling for transport purposes .

Green spaces also are important to mental health. Having access to green spaces can reduce health inequalities, improve well-being, and aid in treatment of mental illness.

World Health Organization. (2018). Urban green spaces. [online] [bit.ly/2BuHRDj](https://bit.ly/2BuHRDj).

## INCREASING OR BETTER UTILISING GREEN SPACE

### Use of space

What is the space currently used for?  
What size are you working with?  
What plants would be beneficial for the environment and your community?  
How will this change over the seasons?

#### THINGS TO CONSIDER

- Scale of site
- Plants to include
- Seasonal changes

#### CREATE HABITATS

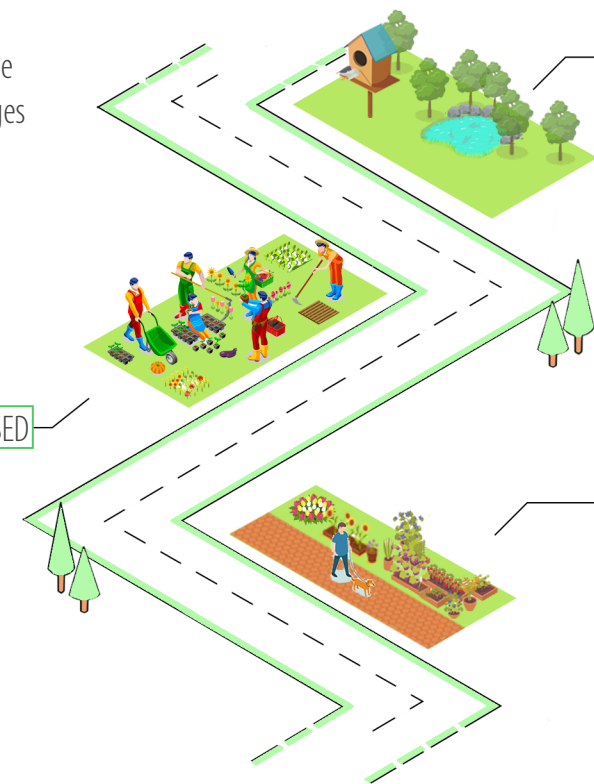
- Garden ponds
- Bird boxes & baths
- Hedgehog huts

#### UTILISE THE UNUSED

- Public parks
- Allotments
- Farms

#### TRANSFORM NEGLECTED SPACES

- Front gardens
- Residential Streets
- Grass areas



# WHEN & WHAT TO PLANT

WINTER

## Plant before soil gets water logged

Bare-root roses  
Dormant shrub

## Seeds to sow inside

Begonias  
Busy lizzies

SPRING

## Plant when frost has passed

Dahlias  
Cannes  
Begonias  
Plant before the bulbs dry out  
Lillies

## Plant as ground gets softer

Hardy perennials (i.e shrubs)

## Plant colourful patio pots

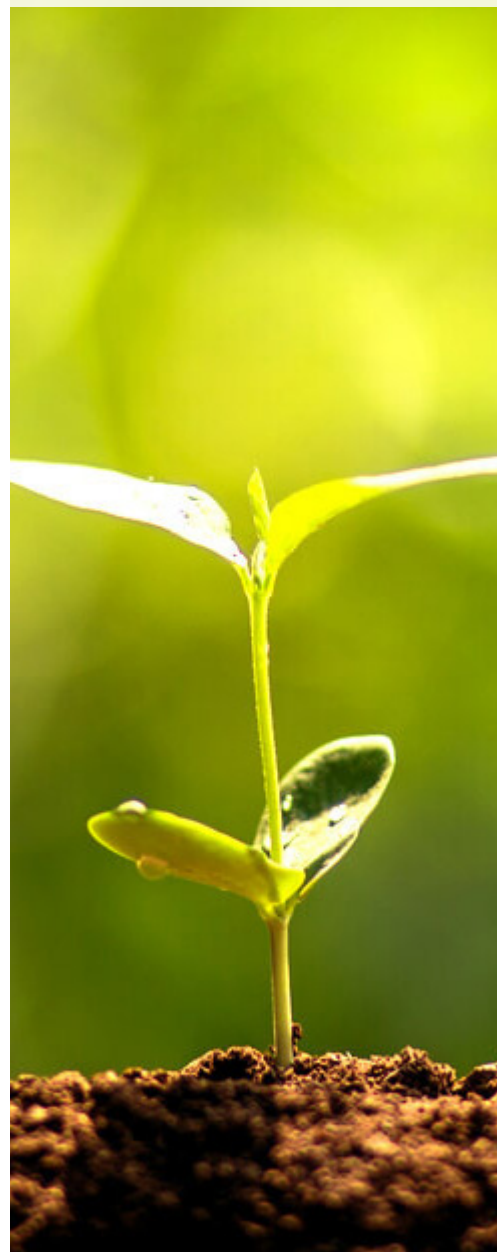
Primulas  
Heathers  
Hybrid primroses

SUMMER

## Plant colourful annuals

Pelargonium  
Lobelia  
Stocks  
Petunias  
Verbena  
Fuchsias  
Begonia

Stephenson, H. (2018). Your ultimate flower calendar: The best time of year to plant garden favourites. [online] [bit.ly/2qcwuiuo](https://bit.ly/2qcwuiuo).



# CREATING GARDEN HABITATS

Habitats are the natural homes or environments of animals and plants.

By making space for habitats in the city we can help to halt the decline of biodiversity and improve our wellbeing.

If you have a private or public garden that you would like to improve, consider...

**1. Bird feeders and baths** - Birds and squirrels

**2. Let your grass grow** - Insects & Butterflies

**3. Grow climbers** - Birds & Insects

**4. Make an insect hotel** - Beetles & Spiders

**5. Build a pond** - Frogs, newts & dragonflies

**6. Flowers** - Bees & insects

National Trust. (2018). Nine ways to build a wildlife friendly garden. [online] [bit.ly/2QYMrQc](https://bit.ly/2QYMrQc).

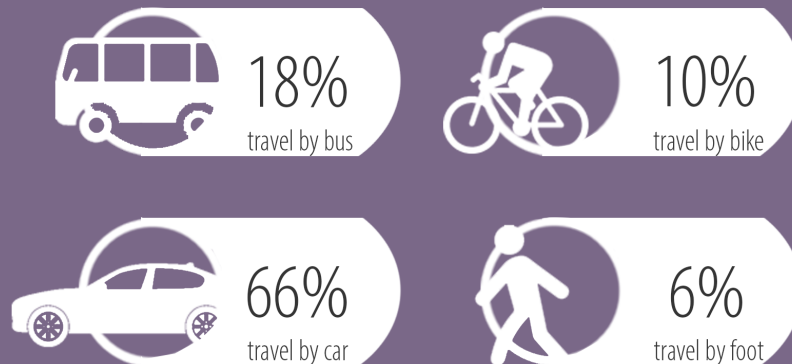


# MOBILITY



Road traffic increases air and noise pollution as well as accidents. To reduce traffic it needs to be easier to get about the city by alternative modes of transport, renewable fuel sources and the infrastructure to support it needs to be available and affordable, and car sharing needs to be encouraged.

## HOW PEOPLE IN BRISTOL COMMUTE

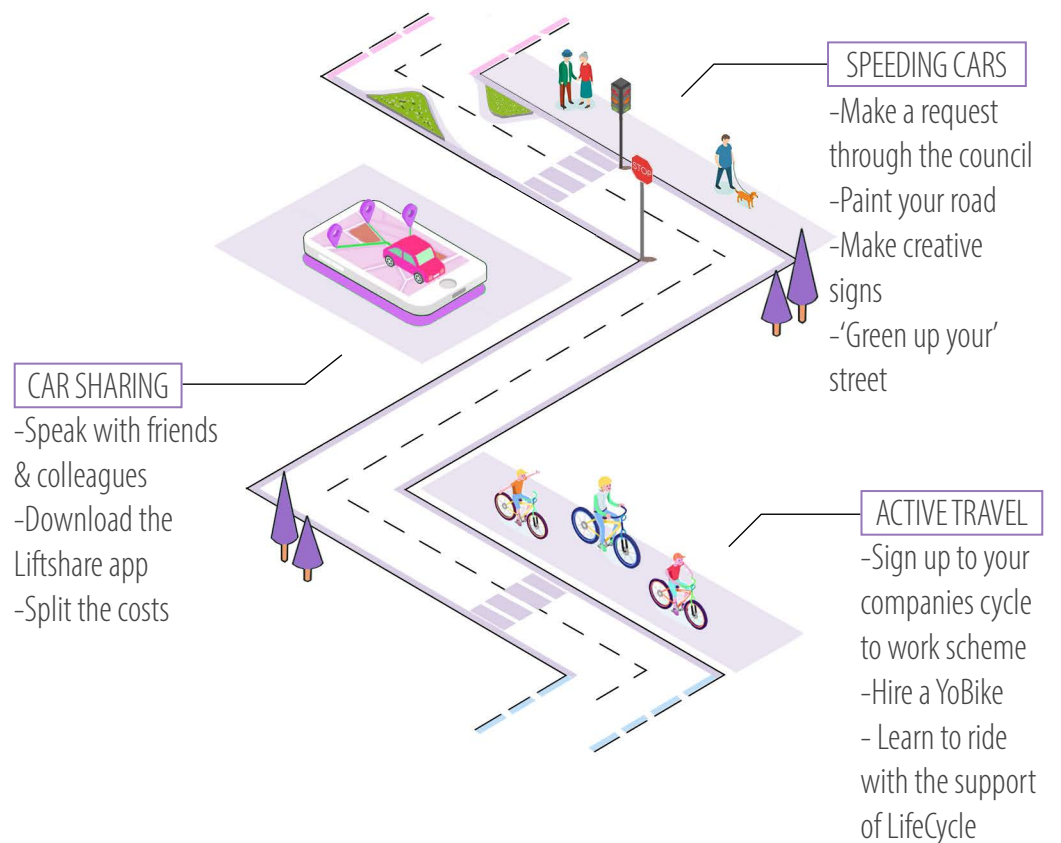


Sucharov, L. and Brebbia, C. (2001). Urban transport VII. Southampton: WIT Press.

# MOBILITY SOLUTIONS

With Bristol already having one of the highest rates of car ownership of the English core cities and an increasing population, there is a lot of room for improvement!

Bristol.gov.uk. (2018). [online] [bit.ly/2TaH8iP](https://bit.ly/2TaH8iP)



# ACTIVE TRAVEL



## GET CYCLING



STEP .1



STEP .2



STEP .3



STEP .4

### GET A BIKE!

Cycle to work schemes can save you money on a new bike for work

**Cyclescheme**  
**Halfords cycle scheme**  
**Cycle Solutions**  
**Bike2Work**  
**SMEHCI**  
**FairCare**  
[bit.ly/2KfllMa](http://bit.ly/2KfllMa)

### LEARN TO CYCLE & BUILD UP CONFIDENCE!

Training for children:  
[bit.ly/2FwJohh](http://bit.ly/2FwJohh)  
Training for adults:  
<https://bit.ly/20PfwfH>  
Life Cycle UK  
[bit.ly/2Qgu64J](http://bit.ly/2Qgu64J)

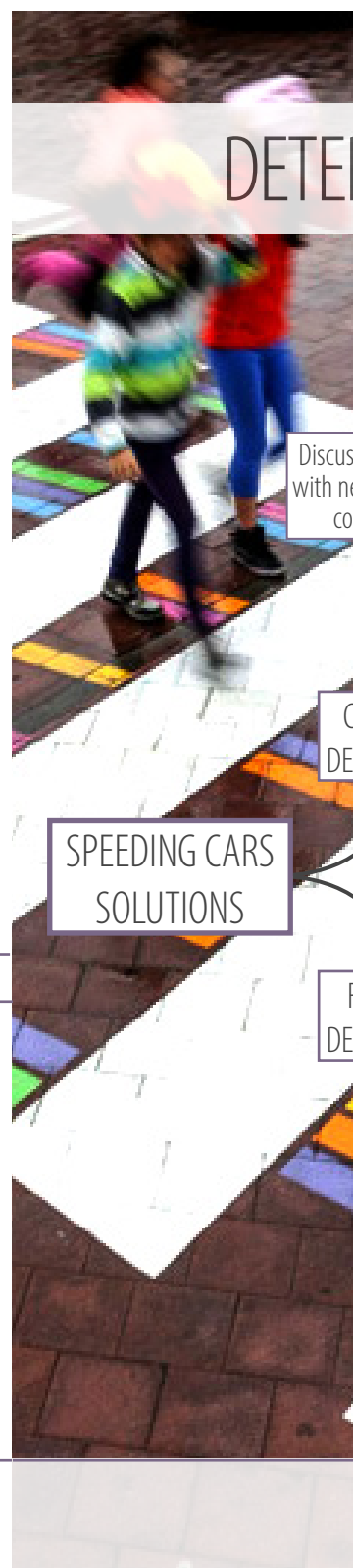
### GET ON THE ROAD SAFETY FIRST

Get yourself a helmet, lights and high vis! Where possible use cycle lanes, or write to your local councillor to invest in more into your local cycle systems.  
[bit.ly/2Kkhvra](http://bit.ly/2Kkhvra)

### OR CYCLE OCCASIONALLY

Occasionally ride a bike instead of taking the car. Try renting a bike or using the YoBike app.

# DETERRING SPEEDING CARS



Involve community and local artists in the designing

Discuss and consult with neighbours and community

Talk to local councillor about what is allowed.

Putting planters on the edge on the pathway next to the road

Get local children to design and make the signs

Paint your road

Make creative 'slow down' signs

'Green your street'

## CREATIVE DETERRENTS

## SPEEDING CARS SOLUTIONS

Many street related problems can be reported to Bristol City Council online. However a lot of issues can be improved through creative community based solutions as well.

## FORMAL DETERRENTS

Contact your local MP or Councillors

Request a change to the road online

Phone or email. Request them to open a case file. Gather some local stories on how this affecting your community.

Visit [/www.bristol.gov.uk](http://www.bristol.gov.uk)  
-For residents  
-Streets and travel  
-Request a change to a road



# ACCESS TO HEALTHY FOOD



“Good food is vital to the quality of people’s lives in Bristol as well as being tasty, healthy and affordable, the food we eat should be good for nature, good for workers, good for local businesses and good for animal welfare”

Sustainable-everyday-project.net. (2018). Bristol Good Food Charter : Sustainable Food in Urban Communities. [online] [bit.ly/2rNVUQ4](https://bit.ly/2rNVUQ4).



“Access to fresher foods in the city can benefit our health substantially. Fresher foods could become more readily available if areas of wasteland and green space in and around Bristol were used to grow food produce”

UWE - Upstream. (2018). Find Out More · UWE - Upstream. [online] [bit.ly/2S7PWfa](https://bit.ly/2S7PWfa).

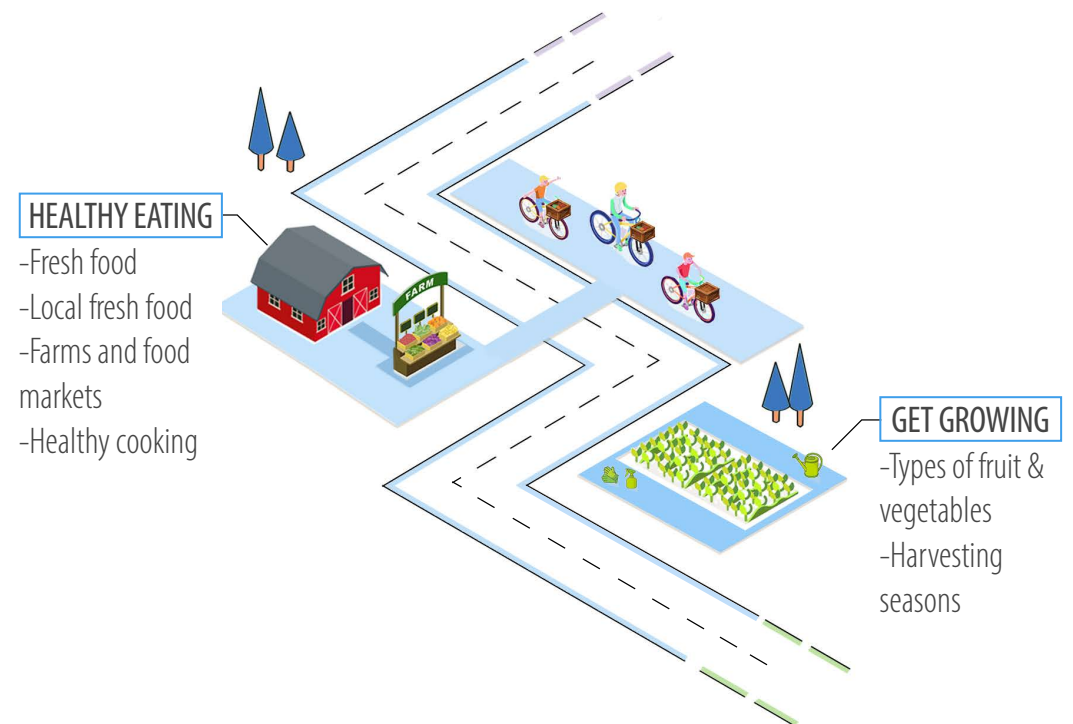


# MAKING HEALTHY FOOD ACCESSIBLE

In Bristol 35.6% of children are overweight or obese by the time they leave primary school, and for adults this rises to 57.8%.

Bristol.gov.uk. (2018). Get involved in the great weight debate - bristol.gov.uk. [online] [bit.ly/2EzLafu](https://bit.ly/2EzLafu).

Here are just a few examples to increase access to healthy food.



# COOK & EAT HEALTHY

## WHY EAT LOCAL ?

- It helps cut Food Miles.
- It help cut packaging.
- It's healthier!
- It can save your money.

## FRESH FOOD NEAR YOU

Check if there are Farms or Food Markets near you.

You can find some information on our map.

No farms or markets in your neighbourhood?  
Use a VEG BOX SCHEME!

OR  
Start growing your own fruit and vegetables.  
Some vegetables can be more cost effective than others...  
Lettuce, bell peppers, garlic, tomatoes and broccoli.

Eartheasy Guides & Articles. (2018). Top 6 Most Cost-effective Vegetables to Grow. [online] [bit.ly/2rwgGTF](https://bit.ly/2rwgGTF).

Bristol Food Network. (2018). Bristol's Local Food Directory - Bristol Food Network. [online] [bit.ly/2EFxfWi](https://bit.ly/2EFxfWi).

## HOW TO COOK HEALTHY MEALS

Learn it in cookery classes!

Community Organisations:

HHEAG  
<https://bit.ly/2zljwPQ>

Knowle West Health Association  
<https://bit.ly/2DRAuJK>

Co-exist Community Kitchen  
<http://www.hamiltonhouse.org/community-kitchen/>

Square Food Foundation  
<http://www.squarefoodfoundation.co.uk>

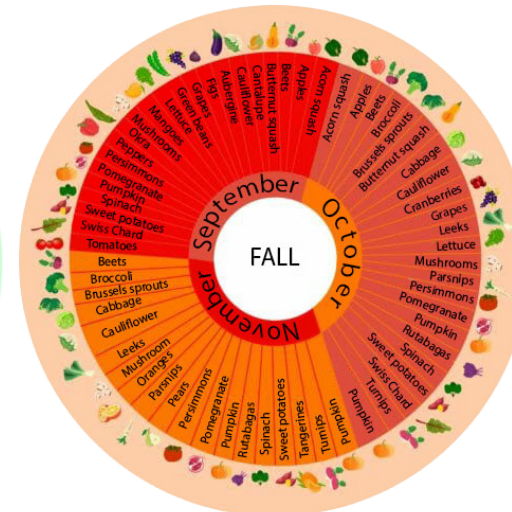
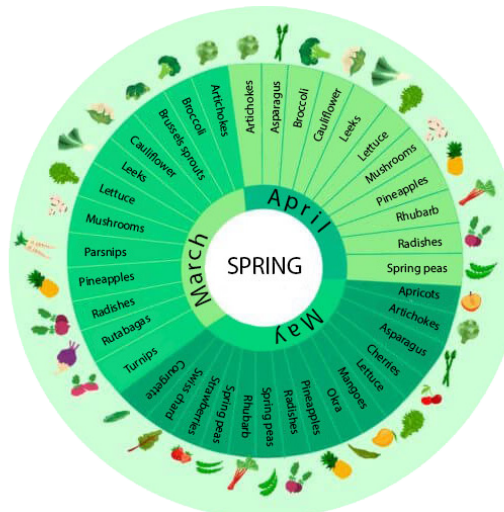
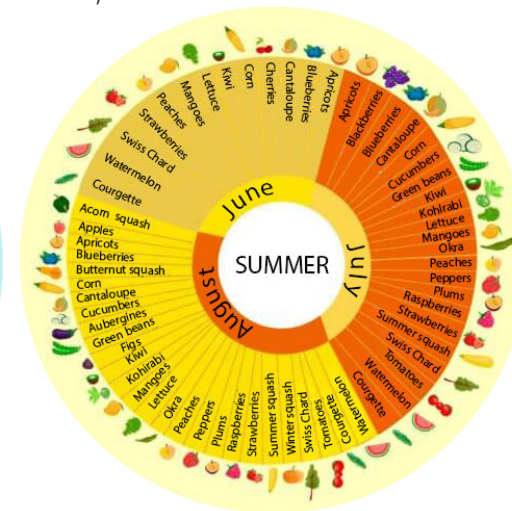
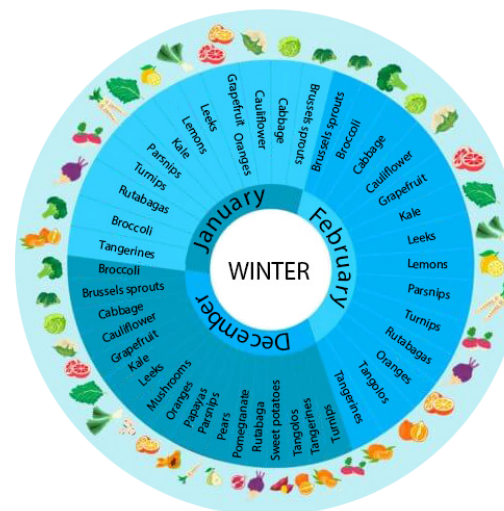
Cooking it  
<http://www.cookingit.co.uk>

The Good Cook School  
<http://thegoodcookschool.co.uk/workshops/>

OR  
Learn at home through video tutorials on youtube...

# GROW YOUR OWN FRUIT & VEG

## WHAT TO HARVEST, WHEN





BY  
HANNAH BRACEWELL  
SOPHIE WARD  
LUDOVICA SCARPA  
FEI GWAN  
KHANG SIANG  
SARVESH SOOBARAH

IN PARTNERSHIP WITH  
**SHAPE OUR CITY**



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