

# EAGLE QUARTER.

## HEALTH & WELLBEING STATEMENT

**Full: Phased redevelopment of the Kennet Centre comprising (i) partial demolition of existing building (ii) flexible-use commercial space (iii) headquarters office building (iv) 402 dwellings plus residents' ancillary facilities (v) access, car parking and cycle parking (vi) landscaping & open space (vii) sustainable energy installations (viii) associated works**

*The Kennet Centre,*  
**Market Street/Bartholomew Street/Cheap Street/Market Place,  
Newbury RG14 5EN**

**Lochailort Newbury Ltd**

**February 2021**

**LOCHAILORT**

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## 1.0 Introduction

### **Background**

- 1.1 Healthy urban planning aims to promote healthy, successful places for people to live and work in, reducing environmental risks and delivering well designed buildings and urban spaces which will create the conditions for healthy, active lifestyles. In addition to access to healthcare services, a number of other factors are known to influence a person's health status and lifestyle, including economic, environmental and social conditions. These factors are referred to as the wider or social determinants of health.
- 1.2 Healthy urban planning seeks to highlight and promote the role of planning to influence these social determinants of health. In many ways, the town planning system already promotes good health, by focussing on sustainable development and travel, enhancing green spaces, reducing pollution and protecting residential amenity. However, healthy urban planning goes further by explicitly recognising the role of planning and by using health issues as a way to promote good planning and design and raise standards. Poorly planned and designed buildings and spaces could deter healthy lifestyles and exacerbate poor physical and mental health, and thus the principles of healthy urban planning apply to both new development and urban regeneration programmes.
- 1.3 Accordingly, a *Healthy Urban Planning* checklist was developed in 2012 by the National Health Service, Greater London Authority and other bodies, aiming to promote healthy urban planning by ensuring that the health and wellbeing implications of major planning applications can be consistently taken into account. By bringing together planning policy requirements and standards that influence health and wellbeing, the checklist seeks to mainstream health into the planning system.
- 1.4 Local authorities are responsible for a number of regulatory functions, which are separate from planning controls, such as building regulations, traffic regulations, environmental protection and a range of licensing regimes. The checklist refers only to planning controls, although other regulatory controls, particularly environmental protection, food premises licensing and traffic regulations are closely related and required in order to achieve a 'healthy' development.
- The benefits of healthy urban planning***
- 1.5 Healthy urban planning means good planning and high quality urban design. Good design and good planning can help reduce health care costs over time by preventing ill-health from risks attributed to urban planning, including air pollution, road injuries, worklessness and poor housing. Good design also generates financial, social and environmental value. A well designed 'healthy' development will add economic value by increasing sales and lettings of residential units and producing higher returns on investment.
- 1.6 'Active Design' is a key element of healthy urban planning. Design has a crucial role to support activity in buildings and places in response to rising levels of obesity and related chronic diseases. Active Design can influence the design of healthier buildings, streets, and urban spaces, helping to reduce energy consumption, increase sustainability, and be cost effective. Active design can also positively influence mental health and wellbeing.

***Policy context***

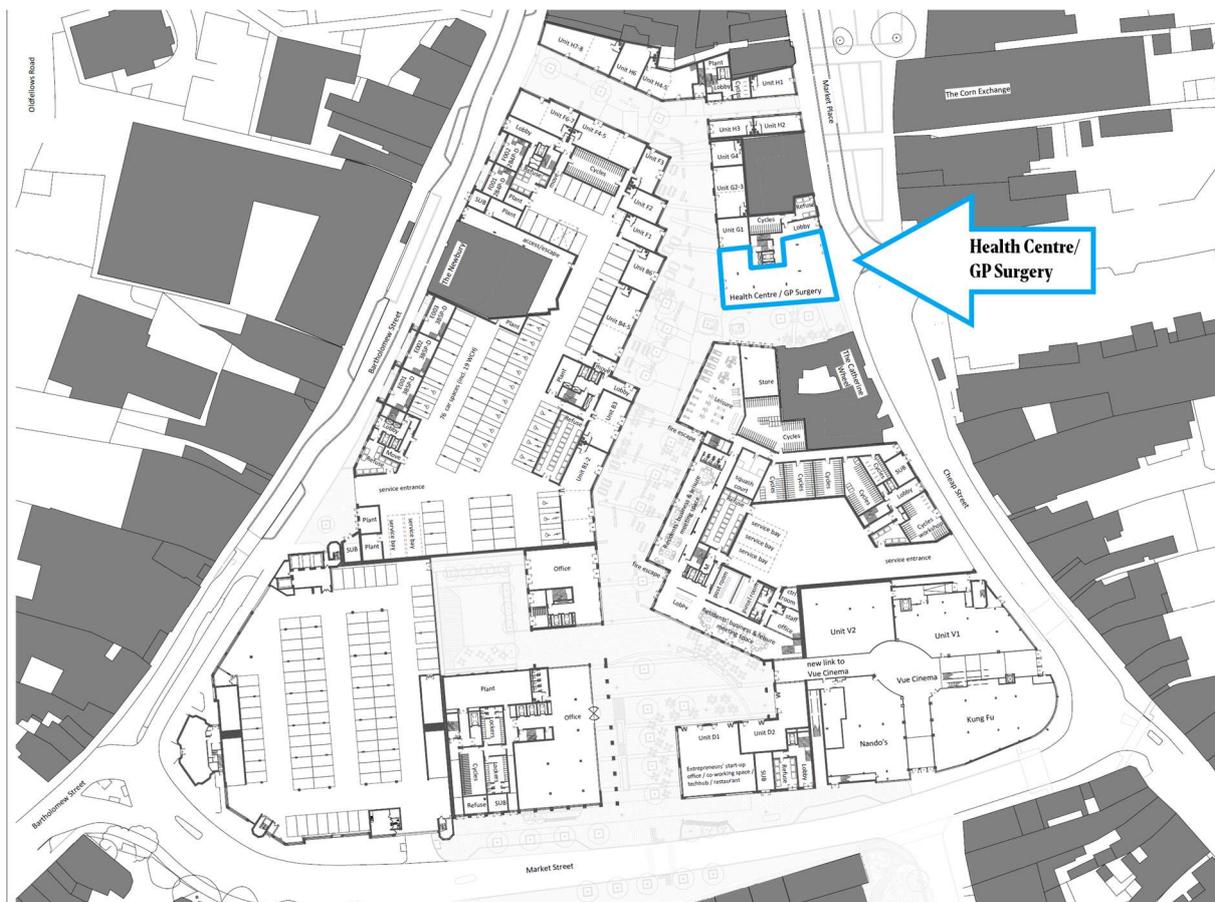
- 1.7 The *National Planning Policy Framework* (February 2019) promotes a collaborative approach to health and planning whereby local planning authorities should work with public health leads and health organisations to understand and take account of the health status and needs of the local population and the barriers to improving health and well-being (paragraphs 91 & 92). The supporting online *Planning Practice Guidance* refers to the use of health impact assessment as a useful tool to assess the impacts of development proposals.
- 1.8 Whilst the *Healthy Urban Planning* checklist has not been adopted by West Berkshire Council for forward planning or development management purposes, nonetheless it provides a useful guide for the assessment of the health and wellbeing aspects of a development such as *Eagle Quarter*.

## 2.0 Proposed onsite health & wellbeing facilities

2.1 As a truly mixed-use redevelopment scheme, *Eagle Quarter's* scale and sustainable town centre location make it an ideal candidate to incorporate a range of health and wellbeing facilities that are commonly absent from greenfield developments, even those of the largest scale.

### ***Eagle Quarter* Health Centre**

2.2 A 3,350sqft (311m<sup>2</sup>) health centre/GP surgery is proposed at the junction of Market Place/Cheap Street/Bear Lane:



2.3 These ground floor premises would be suitable for:

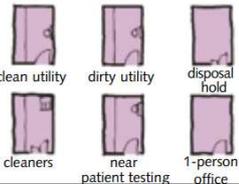
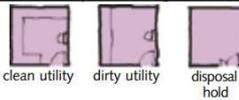
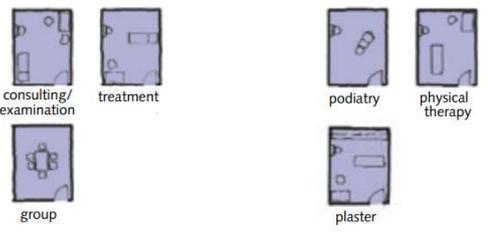
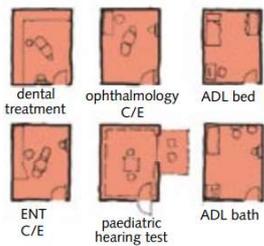
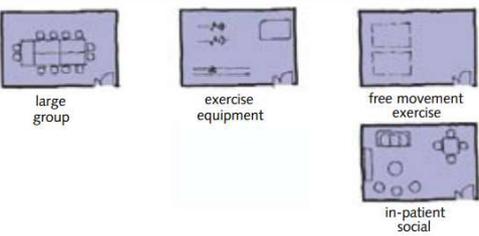
- GP premises
- Health centre
- Primary care centre
- Resource centre
- Urgent care centres (including a walk-in centre)

2.4 The Department for Health guidance note “*Health Building Note 11-01: Facilities for primary and community care services*” provides advice on the design of health centre/GP surgery premises. It describes the following:

- The range of services that may be delivered from primary and community care buildings;
- The types of space needed to deliver these services (many of which are generic);
- The way to quantify these spaces for briefing purposes;
- The way spaces can be organised into zones to create efficient, flexible, user-friendly environments.

This document does not provide detailed design guidance on specific rooms or spaces.

2.5 The size, shape and single-level nature of the proposed health centre/GP surgery makes its ideal for the modular sizing concept that the National Health Service has been following for several years:

	GENERIC PATIENT/CLIENT CONTACT SPACES	SPECIALIST CLINICAL SPACES	SUPPORT SPACES
8 m <sup>2</sup>	 interview (with or without clinical basin)	 adult hearing test	 clean utility   dirty utility   disposal hold cleaners   near patient testing   1-person office
12 m <sup>2</sup>	 interview   examination/ therapy   single person recovery   physical measurement		 clean utility   dirty utility   disposal hold
16 m <sup>2</sup>	 consulting/ examination   treatment   podiatry   physical therapy group   plaster	 dental treatment   ophthalmology C/E   ADL bed ENT C/E   paediatric hearing test   ADL bath	
32 m <sup>2</sup>	 large group   exercise equipment   free movement exercise in-patient social		

2.6 In terms of internal sub-division, a facility such as this might be expected to provide:

- Public zone
  - Main entrance & reception
  - Waiting & patient information points
  - WC and baby care facilities



2.8.2 The *Residents' Lounge* on Level 10, where a wide range of activities that stimulate health & wellbeing are planned:



2.8.3 The eastern podium garden and its **trim trail**, level 2:



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**2.8.4 The sun terrace, level 8:****2.8.5 The sky bridge garden, level 8 ideal for group exercise:**

### 2.8.6 The lounge terraces, Level 10:



### 2.8.7 The western podium gardens, level 2:



### 2.8.8 St Nicolas' terrace, level 3 ideal for yoga or other contemplative exercise:



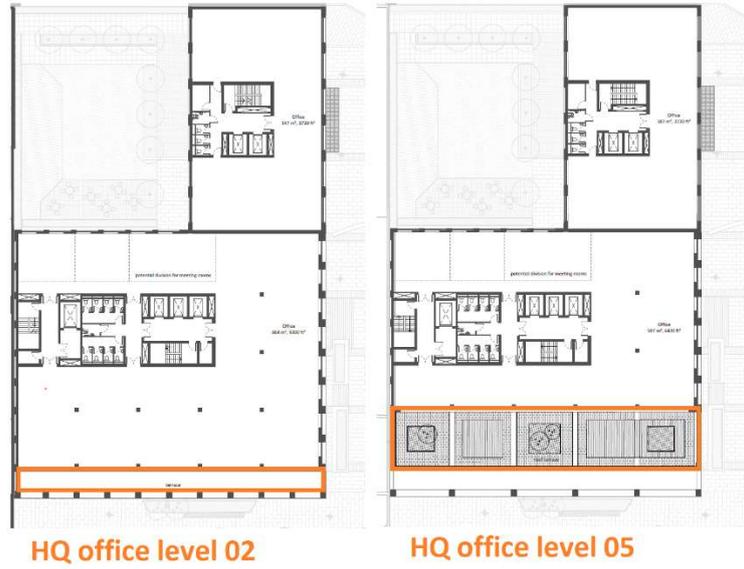
### 2.8.9 Squash court, ground floor:



- 2.9 Every apartment will have **secure cycle parking** to encourage cycling as a health active travel mode, supplemented by the **cycle workshop** which will also offer cycle hire and cycle repair facilities.

**Wellbeing facilities for office workers**

- 2.10 The proposed new headquarters offices will have a south-facing terraces on level 02 and level 05, as well as secure cycle parking and shower facilities on the ground floor:



### 3.0 The Healthy Urban Planning Checklist

3.1 The checklist is divided into four themes, with each theme containing a number of questions focused on a planning issue. Under each theme there are a number of related health and wellbeing issues many of which are identified in local joint strategic needs assessments and health and wellbeing strategies, such as those related to:

- Obesity and diseases related to physical inactivity and poor diet
- Excess winter deaths
- Air and noise pollution
- Road safety
- Social isolation

Theme	Planning issue	Health and wellbeing issue
1. Healthy housing	<ul style="list-style-type: none"> <li>• Housing design</li> <li>• Accessible housing</li> <li>• Healthy living</li> <li>• Housing mix and affordability</li> </ul>	<ul style="list-style-type: none"> <li>• Lack of living space - overcrowding</li> <li>• Unhealthy living environment – daylight, ventilation, noise</li> <li>• Excess deaths due to cold / overheating</li> <li>• Injuries in the home</li> <li>• Mental illness from social isolation and fear of crime</li> </ul>
2. Active travel	<ul style="list-style-type: none"> <li>• Promoting walking and cycling</li> <li>• Safety</li> <li>• Connectivity</li> <li>• Minimising car use</li> </ul>	<ul style="list-style-type: none"> <li>• Physical inactivity, cardiovascular disease and obesity</li> <li>• Road and traffic injuries</li> <li>• Mental illness from social isolation</li> <li>• Noise and air pollution from traffic</li> </ul>
3. Healthy environment	<ul style="list-style-type: none"> <li>• Construction</li> <li>• Air quality</li> <li>• Noise</li> <li>• Contaminated land</li> <li>• Open space</li> <li>• Play space</li> <li>• Biodiversity</li> <li>• Local food growing</li> <li>• Flood risk</li> <li>• Overheating</li> </ul>	<ul style="list-style-type: none"> <li>• Disturbance and stress caused by construction activity</li> <li>• Poor air quality - lung and heart disease</li> <li>• Disturbance from noisy activities and uses</li> <li>• Health risks from toxicity of contaminated land</li> <li>• Physical inactivity, cardiovascular disease and obesity</li> <li>• Mental health benefits from access to nature and green space and water</li> <li>• Opportunities for food growing – active lifestyles, healthy diet and tackling food poverty</li> <li>• Excess summer deaths due to overheating</li> </ul>
4. Vibrant neighbourhoods	<ul style="list-style-type: none"> <li>• Healthcare services</li> <li>• Education</li> <li>• Access to social infrastructure</li> <li>• Local employment and healthy workplaces</li> <li>• Access to local food shops</li> <li>• Public buildings and spaces</li> </ul>	<ul style="list-style-type: none"> <li>• Access to services and health inequalities</li> <li>• Mental illness and poor self-esteem associated with unemployment and poverty</li> <li>• Limited access to healthy food linked to obesity and related diseases</li> <li>• Poor environment leading to physical inactivity</li> <li>• Ill health exacerbated through isolation, lack of social contact and fear of crime</li> </ul>

- 3.2 Not all the issues and questions will be relevant to a specific proposed development; some issues may be directly related to an individual development, others may be relevant at a neighbourhood level where the cumulative impact of development can contribute to a healthy neighbourhood.
- 3.3 Each section summarises the impact on health, with the checklist identifying why each issue is important to health and wellbeing. The checklist aims to ensure a development proposal is as 'healthy' as possible, by achieving as many 'Yes' ticks and avoiding 'No's. A 'No' response may reflect discrete local circumstances, the scale of a proposed development, spatial or geographical constraints, or the nature of existing/proposed services in the locale.

### Theme 1: Healthy Housing

		Yes	No	Commentary
A. Healthy design	Does the proposal meet all the standards for daylight, sound insulation, private space and accessible and adaptable dwellings?	✓		All apartments are well-lit, have large windows, have a balcony/terrace and access to a range of outdoor spaces.
B. Accessible Housing	Does the proposal provide accessible homes for older or disabled people? Does the proposal ensure that every non-ground floor dwelling is accessible by a lift that can accommodate an ambulance trolley?	✓		Every upper floor apartment is served by a lift. All lifts can accommodate an ambulance trolley.
C. Health Living	Does the proposal provide dwellings with adequate internal space, including sufficient storage space and separate kitchen and living spaces? Does the proposal encourage the use of stairs by ensuring that they are well located, attractive and welcoming?	✓		Appropriate levels of internal storage are provided. Secure cycle storage is additionally provided. All stairs are daylight where possible and conveniently located.
D. Housing Mix & Affordability	Does the proposal provide affordable family sized homes?	✓		3-bedroom apartments form part of the development mix.

### Theme 2: Active Travel

		Yes	No	Commentary
A. Promoting Walking & Cycling	Does the proposal promote cycling and walking through measures in a travel plan, including adequate cycle parking and cycle storage?	✓		610 secure cycle parking bays are provided, in addition to an onsite cycle workshop featuring cycle repair and hire.
B. Safety	Does the proposal include traffic management and calming measures and safe and well lit pedestrian and cycle crossings and routes?	✓		The development's new street is pedestrianised, lit and well overlooked. A new pedestrian crossing is proposed on Market Street.

C. Connectivity	Does the proposal connect public realm and internal routes to local and strategic cycle and walking networks and public transport?	✓		The development will provide an essential and long-overdue pedestrian link between the railway station and bus station/town centre.
D. Minimising Car Usage	Does the proposal seek to minimise car use by reducing car parking provision, supported by the controlled parking zones, car free development and car clubs?	✓		An onsite car club is proposed. The level of residents' car parking is appropriate to this highly sustainable town centre location.

### Theme 3: Healthy Environment

		Yes	No	Commentary
A. Construction	Does the proposal minimise construction impacts such as dust, noise, vibration and odours?	✓		This is addressed in the submitted Noise Statement. A Construction Management Plan will be conditioned.
B. Air Quality	Does the proposal minimise air pollution caused by traffic and energy facilities?	✓		Emission-free sustainable energy technologies are proposed for heating/cooling and hot water.
C. Noise	Does the proposal minimise the impact of noise caused by traffic and commercial uses through insulation, site layout and landscaping?	✓		The development is not in a noise sensitive location and will not generate undue levels of noise itself, as set out in the submitted Noise Statement.
D. Open Space	Does the proposal retain or replace existing open space and in areas of deficiency, provide new open or natural space, or improve access to existing spaces? Does the proposal set out how new open space will be managed and maintained?	✓		The site currently has 100% building coverage, whereas the proposed development will have a range of residents' terraces and outdoor spaces in addition to a high-quality pedestrianised public realm. Management of these is set out in the submitted Framework Servicing & Management Plan.
E. Play Space	Does the proposal provide a range of play spaces for children and young people?		✗	The applicant will explore the provision of additional children's play facilities in Victoria Park
F. Biodiversity	Does the proposal contribute to nature conservation and biodiversity?	✓		A habitat enhancement package is set out in the submitted Ecological Impact Assessment report.
G. Local Food Growing	Does the proposal provide opportunities for food growing, for example by providing allotments, private and community gardens and green roofs?	✓		Green roofs form part of the proposal and an onsite urban food farm is being explored.

H. Flood Risk	Does the proposal reduce surface water flood risk through sustainable urban drainage techniques, including storing rainwater, use of permeable surfaces and green roofs?	✓		Green and brown roofs are proposed as part of the site's SUDS system, as explored in the submitted Drainage Statement.
I. Overheating	Does the design of buildings and spaces avoid internal and external overheating, through use of passive cooling techniques and urban greening?	✓		The south facing façade of the HQ office building has a brise-soleil integrated into its design. A ground source heat pump system will provide both heating <i>and</i> cooling without using fossil fuels.

#### Theme 4: Vibrant Neighbourhoods

		Yes	No	Commentary
A. Health Services	Has the impact on healthcare services been addressed?	✓		As set out in this report, an onsite health centre/GP surgery is proposed
B. Education	Has the impact on primary, secondary and post-19 education been addressed?		✗	The applicant intends to engage with the education authority post-submission on this, noting that education infrastructure funding falls within the Council's Community Infrastructure Levy
C. Access to Social Infrastructure	Does the proposal contribute to new social infrastructure provision that is accessible, affordable and timely? Have opportunities for multi-use and the co-location of services been explored?	✓		The new HQ office buildings offers a unique opportunity for public services including a range of social infrastructure provision to be provided from the site
D. Local Employment and Healthy Workplaces	Does the proposal include commercial uses and provide opportunities for local employment and training, including temporary construction and permanent 'end-use' jobs? Does the proposal promote the health and wellbeing of future employees by achieving BREEAM health and wellbeing credits?	✓		The applicant will explore a Construction Employment Skills Plan ahead of the construction phase. The new HQ office building and tech incubator hub building will both achieve BREEAM Excellent.
E. Access to Local Food Shops	Does the proposal provide opportunities for local food shops? Does the proposal avoid an over concentration or clustering of hot food takeaways in the local area?	✓		A range of food shops are on the site's doorstep. There is not an over concentration of hot food takeaways in Newbury town centre.

F. Public Realm	Does the design of the public realm maximise opportunities for social interaction and connect the proposal with neighbouring communities? Does the proposal allow people with mobility problems or a disability to access buildings and places?		The development will complete the key missing link between the railway station and the town centre/bus station in the form of a wide pedestrianised new street. Level access will be provided throughout and the multi-use public realm will provide seating and other opportunities for social interaction.
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- 3.4 From this assessment it can be seen that health and wellbeing factors have been extensively taken into account in the mix of uses, masterplanning and detailed design of the development. Enhancement of off-site play facilities will be explored during the planning application process, and the development's relationship with education capacity and provision will be dealt with through the mechanism of the Council's Community Infrastructure Levy.

#### 4.0 Summary

- 4.1 Health and wellbeing factors have been extensively taken into account in the mix of uses, masterplanning and detailed design of the development.
- 4.2 An onsite **health centre/GP surgery** is proposed, which meets the modular flexible design standards set out by the Department for Health and which could have benefits for not only scheme residents but also the wider community.
- 4.3 Residents' health and wellbeing has been catered for through a wide range on **dedicated onsite residents' facilities**, as well as through sustainable transport initiatives and the wealth of existing facilities that are already on the site's doorstep.
- 4.4 The commercial elements of the scheme, not least the new HQ office building, will achieve **BREEAM Excellent** and include outdoor spaces, secure cycling parking, shower & changing facilities, and integrated shading.
- 4.5 The use of onsite **renewable technology installations** will avoid the burning of fossil fuels onsite and thus avoid any harm to local air quality.
- 4.6 In all, the scheme performs well when tested against the NHS' *Healthy Urban Planning Checklist* which demonstrates how health and wellbeing have been given importance throughout the masterplanning and design iteration process.