



**URBAN
US
SCALE
INTERVENTIONS**

*THE IMPACT OF THE BUILT
ENVIRONMENT ON MENTAL
HEALTH AND WELLBEING*

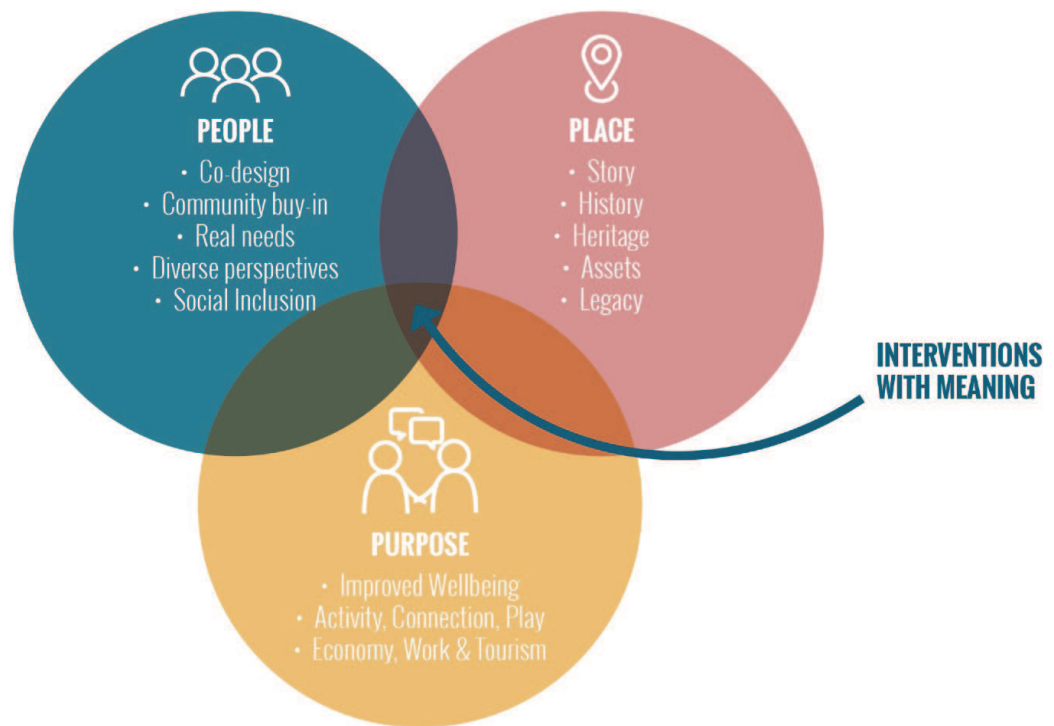
**Making Life Better
Dr Jak Spencer
June 4th 2019**

WE DESIGN CULTURAL INTERVENTIONS TO **IMPROVE WELLBEING**



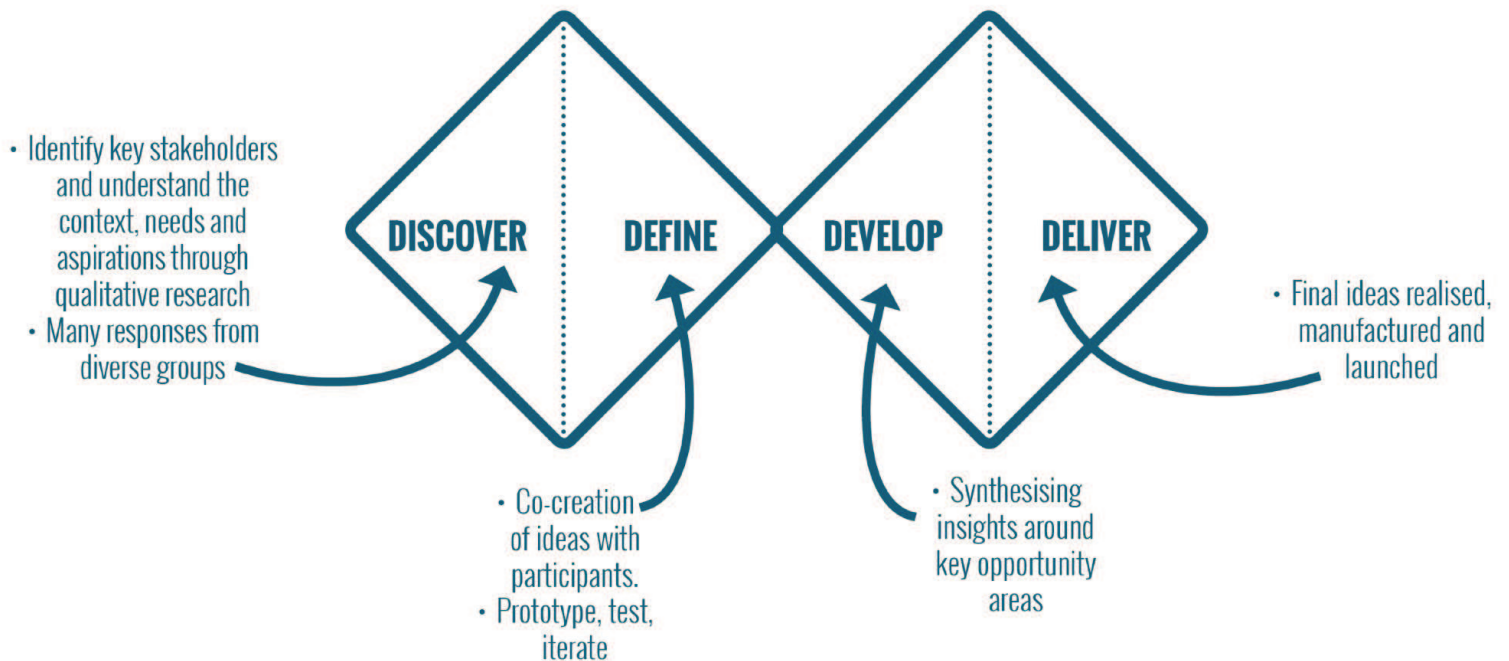
Born from academia, we use established people-centred design methodologies to improve wellbeing, engage citizens and promote vibrancy in the places we live, work and play

WE BELIEVE THE BEST INNOVATION HAPPENS AT THE INTERSECTION BETWEEN **PEOPLE**, **PLACE** AND **PURPOSE**



TO DO THIS, WE USE THE ESTABLISHED **DOUBLE-DIAMOND** INCLUSIVE DESIGN METHODOLOGY

Inclusive Design is a way of designing products, services and environments that serve the needs of the greatest number of people as possible





URBAN DESIGN AND MENTAL HEALTH

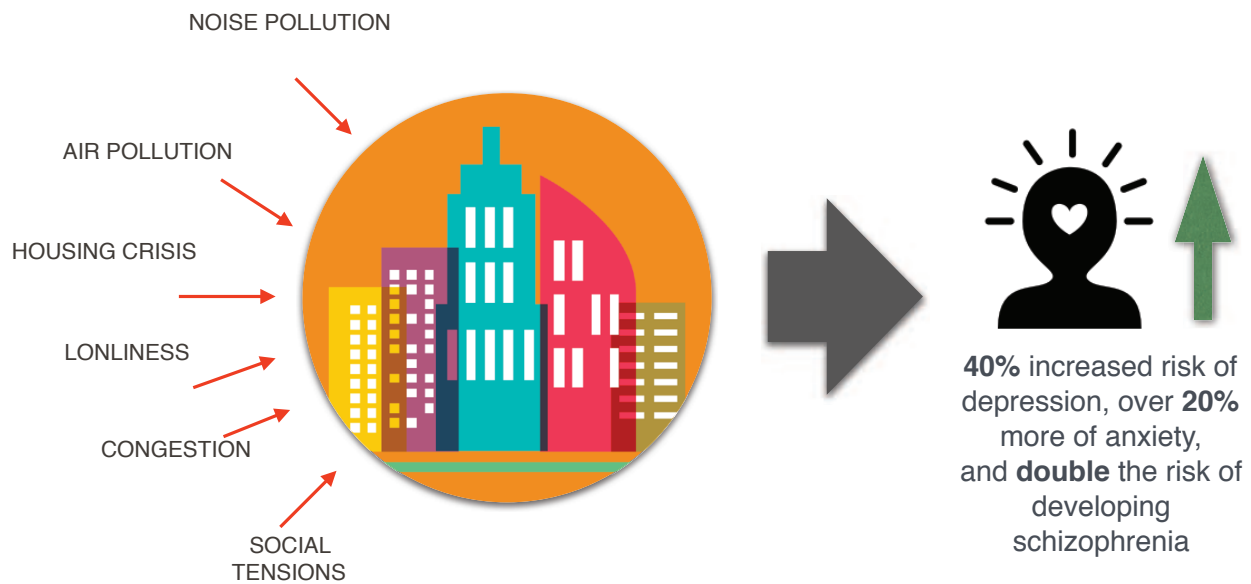
URBAN AREAS POSE ONE OF THE MOST PRESSING CHALLENGES OF THE 21ST CENTURY...

**54%
OF WORLD
POPULATION
LIVE IN CITIES**

**WORLD CITIES
ARE GROWING
IN SIZE &
NUMBER**

**600 URBAN
CENTRES
GENERATE
ABOUT 60% OF
GLOBAL GDP**

...BUT WHILST CITY LIVING PROMISES ECONOMIC GAIN, IT OFTEN COMES AT A SOCIAL COST



IN ITS MOST SERIOUS FORM, THE CONSEQUENCES CAN BE SEVERE...

OVER THE LAST **50** YEARS
GLOBAL SUICIDE RATES
HAVE INCREASED BY **60%**

Across the world, a person
dies by suicide every **40**
seconds



MIND THE G.A.P.S

A FRAMEWORK BY DR LAYLA MCCAY

Green Accessible Spaces



Active Spaces



Pro-Social Spaces



Safe Spaces



MIND THE G.A.P.S

GREEN SPACES



MIND THE G.A.P.S

GREEN SPACES, ACCESSIBLE EVERYDAY



MIND THE G.A.P.S

ACTIVE SPACES



MIND THE G.A.P.S

ACTIVE SPACES



MIND THE G.A.P.S

PRO-SOCIAL SPACES



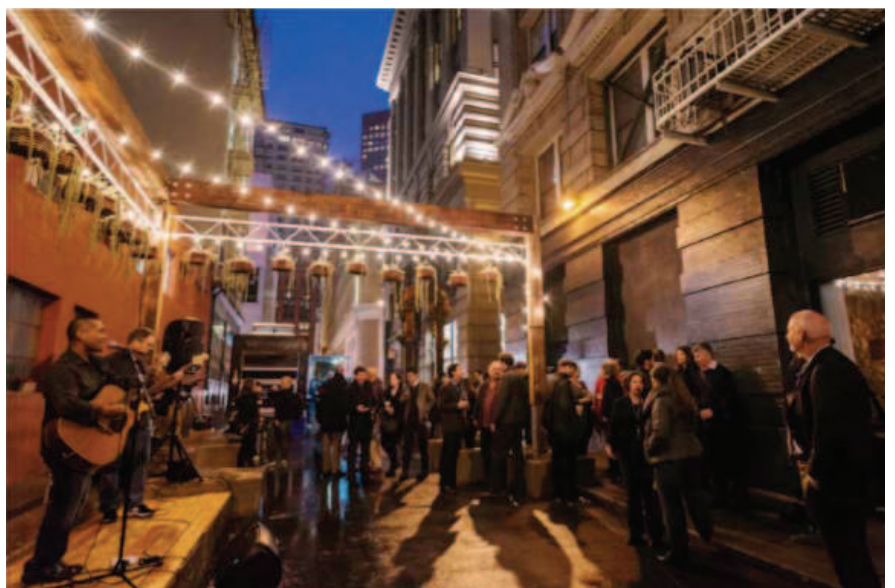
MIND THE G.A.P.S

SAFE SPACES



MIND THE G.A.P.S

SAFE SPACES



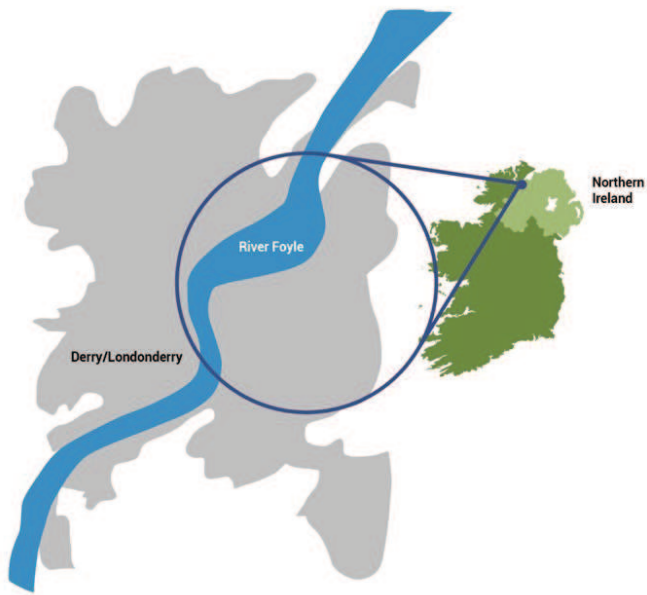


OUR PROJECTS IN NORTHERN IRELAND



Our Future Foyle

NORTHERN IRELAND | DERRY, LONDONDERRY - THE RIVER FOYLE



Our Future Foyle

THE BRIEF: COMMUNITY LED INTERVENTIONS FOR IMPROVED WELLBEING AND REDUCED SUICIDE



“Ready for the Foyle”

An innovative and creative approach to dealing with suicide prevention on the River Foyle.

Our Future Foyle

WORKING WITH FRONTLINE AND MENTAL HEALTH SERVICES



Our Future Foyle

DOPEY DICK: PUBLIC ART INSTALLATION AND COMMUNITY CONSULTATION TOOL IN DERRY



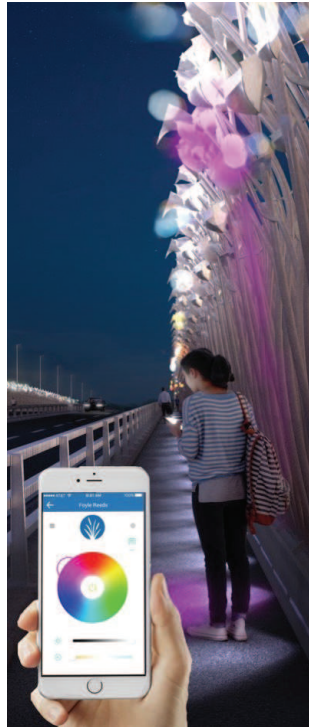
Our Future Foyle

LIVE ACADEMIC PROJECTS: POP-UP INSTALLATIONS IN COLLABORATION WITH UNIVERSITY STUDENTS AND LOCAL COMMUNITY



Foyle Reeds

COUNTRY'S LARGEST ART INSTALLATION MORE THAN JUST A BARRIER



Foyle Bubbles

COMMUNITY TRAINED ENTERPRISE WITHOUT THE CLINICAL STIGMA



Foyle Bubbles

COMMERCIALLY TRAINED ENTERPRISE WITHOUT THE CLINICAL STIGMA



Foyle Bubbles

ICONS ALONG THE RIVERFRONT FOR FESTIVALS AND TOURISTS



Our Experience

THE STRATEGIC PICTURE , OUR PROJECT BOARD



Department of
Health

An Roinn Sláinte
Máinistire O Póistie



Department for
Communities

www.communities-ni.gov.uk



Department for
Infrastructure

www.infrastructure-ni.gov.uk



**Northern Ireland
Executive**

www.northernireland.gov.uk

Our Experience

PORTVIEW TRADE CENTRE, EAST BELFAST

The 2016 constituency profile shows only 8% of young people in Belfast East go on to further education.

What is happening to the other 92%?



Portview Trade Centre

IDEAS ARE THE NEW CURRENCY



Portview Trade Centre

IDEAS ARE THE NEW CURRENCY



Portview Trade Centre

A NEW MODEL FOR UPSKILLING AND EXCHANGE



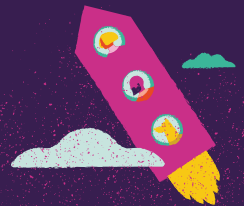
Belfast's Cultural Strategy

NORTHERN IRELAND | BELFAST



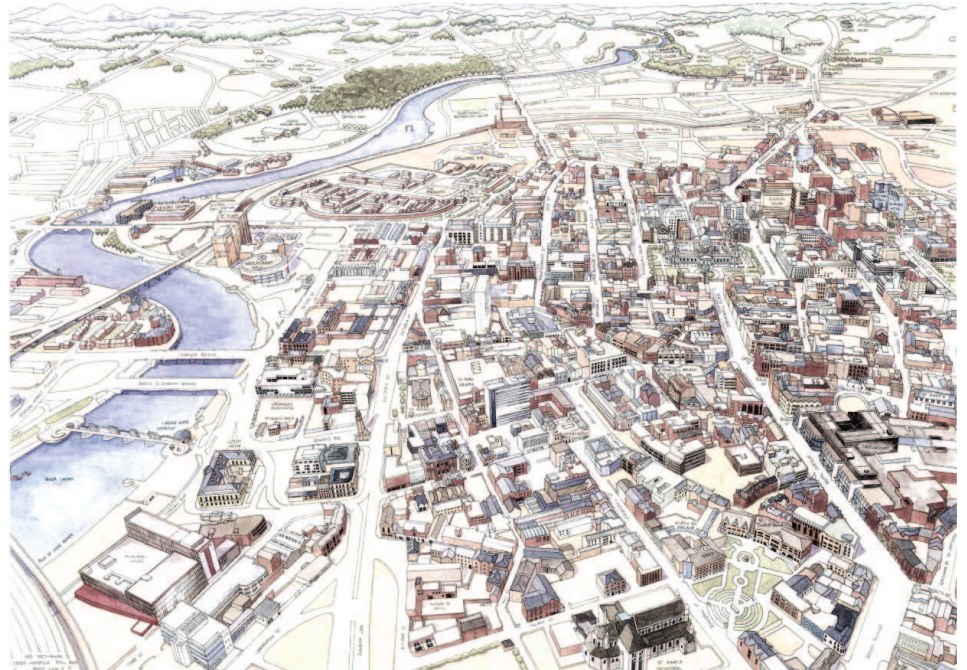
ONCE UPON A TIME...

In a place not far away from here, some people gathered to talk. They talked about their city and their place in the world; they talked about creativity and culture, their dreams and hopes for the future and the things that were closest to their heart. This helped build the new cultural strategy for Belfast 2020 – 2030, A City Imagining, that sets out the proposed priorities for how we support our cultural lives over the next ten years. We want you to have your say on it...



Belfast's Cultural Strategy

NORTHERN IRELAND | BELFAST



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FAST GROWTH IN THE INDUSTRIAL REVOLUTION



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PUBLIC SPACE AS A PLACE TO AVOID AS OPPOSED TO GATHER



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REGENERATION OF DOCKLANDS AND CITY CENTRE



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COMMUNITY COHESION AND MENTAL HEALTH.

Northern Ireland

This article is more than 1 year old

Northern Ireland suicides outstrip Troubles death toll

4,500 people have taken their own lives since conflict ended, sparking calls to tackle crisis

Henry McDonald
Tue 20 Feb 2018 00.01 GMT

   2,626



▲ The 1998 Omagh bombing, which killed 29 people in County Tyrone. The legacy of the Troubles was cited as a factor in the rise in suicides. Photograph: Paul McLane/AP

Editorially independent, open to everyone

We chose a different approach – will you support it?

Support The Guardian →

most viewed

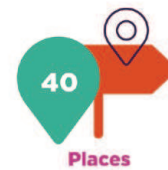
-  UN report compares Tory welfare policies to creation of workhouses
-  Could you give up flying? Meet the no-plane pioneers
-  Plastic straws, cotton buds and drink stirrers to be banned in England
-  Far-right Facebook groups 'eroding hate to millions'

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WHAT DOES BREXIT EVEN MEAN FOR NORTHERN IRELAND?



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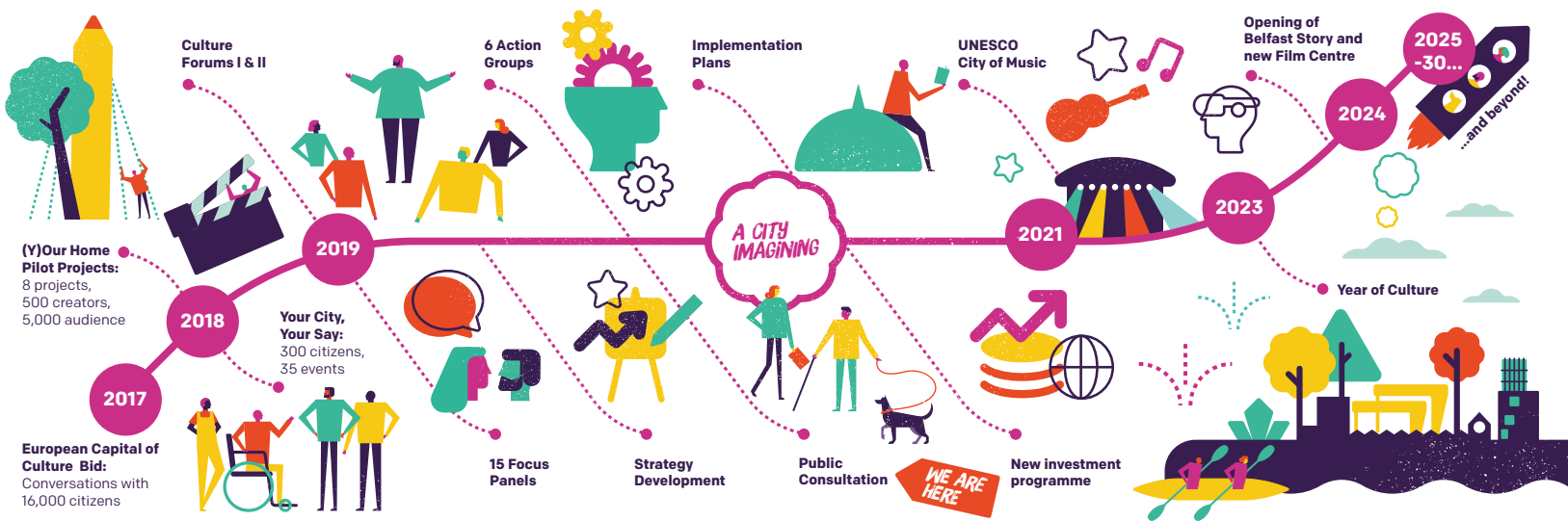
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THE STRATEGY EMERGED



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TIMELINE OF THE STRATEGY



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IMMEDIATE FOCUS



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A CITY CHALLENGING

Open your doors and celebrate our diverse lifestyles, traditions and attitudes.



A CITY BELONGING

Choose to be an active citizen. Make Belfast a city where you feel at home and can express yourself culturally.



A CITY CREATING

Lead the change by taking a culture led leap into our future.



A CITY EXPLORING

Let's strengthen our place in the world by building upon our cultural networks and partnerships locally, regionally and internationally.



Belfast's Cultural Strategy

KEY AREAS



Cultural Rights



**Heritage,
Culture & Creativity**



**Culture
& Education**



**Culture &
Environment**



**Culture &
Economy**



**Culture, Equality
& Social Inclusion**



**Culture,
urban planning,
and public space**



**Culture,
information,
and knowledge**



**Governance
of Culture**

Belfast's Cultural Strategy

OUR FOCUS



Cultural Rights



**Heritage,
Culture & Creativity**



**Culture
& Education**



**Culture &
Environment**



**Culture &
Economy**



**Culture, Equality
& Social Inclusion**



**Culture,
urban planning,
and public space**



**Culture,
information,
and knowledge**



**Governance
of Culture**

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THE RESTRICTION OF PUBLIC SPACE



Belfast's Cultural Strategy

A CITY AND ITS PEOPLE LEARNING TO REUSE PUBLIC SPACE



Belfast's Cultural Strategy

THE BANK BUILDINGS FIRE



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A CITY AND ITS PEOPLE LEARNING TO REUSE PUBLIC SPACE



Belfast's Cultural Strategy

A CITY AND ITS PEOPLE LEARNING TO REUSE PUBLIC SPACE



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QUICK FIX SOLUTIONS WITH LITTLE ENGAGEMENT



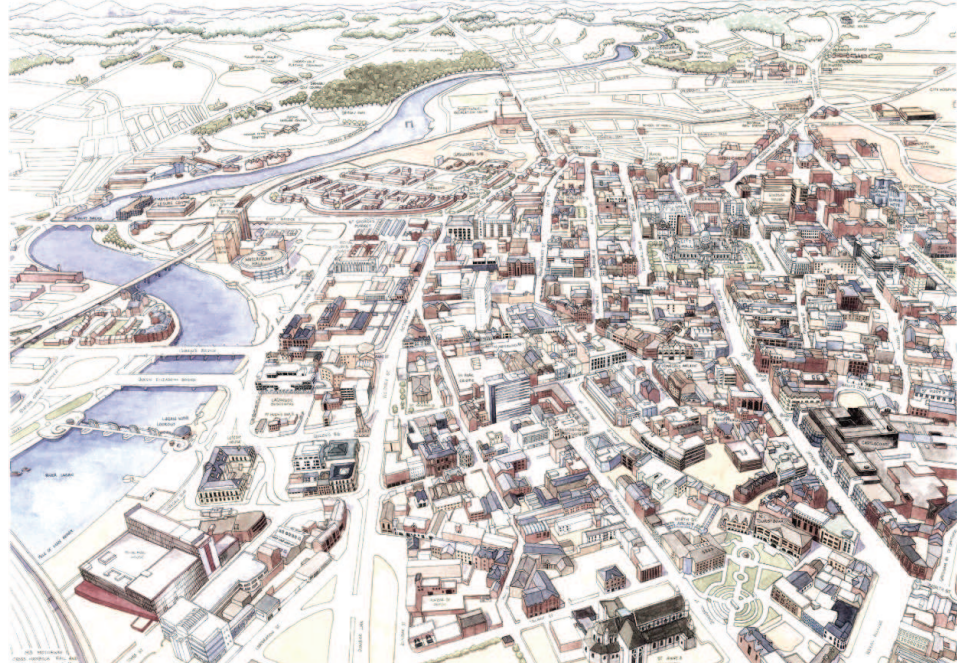
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QUICK FIX SOLUTIONS WITH LITTLE ENGAGEMENT



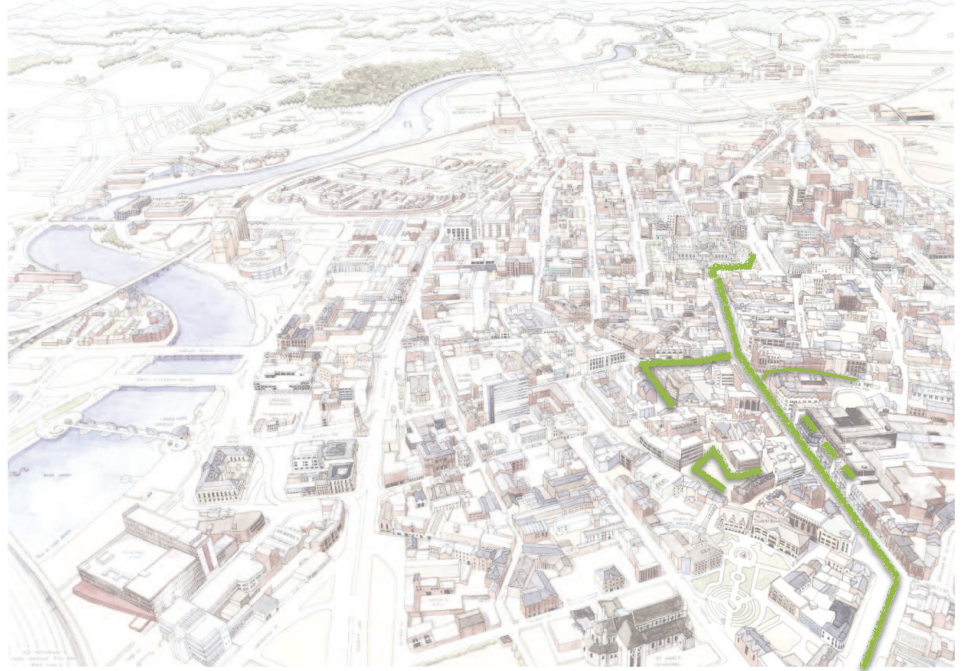
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THE URBAN FOREST - ROYAL AVENUE STREET



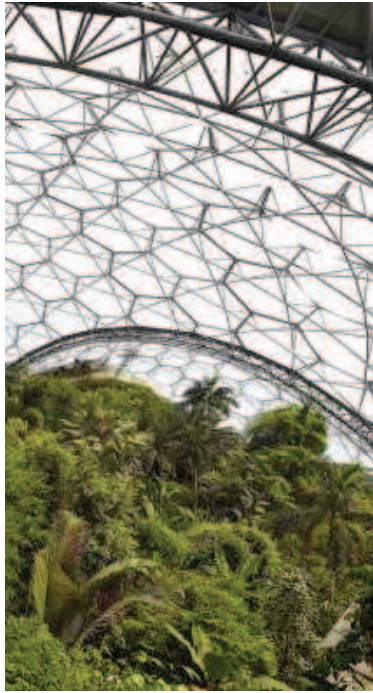
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THE URBAN FOREST - ROYAL AVENUE STREET



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THE URBAN FOREST - A CULTURALLY LED PEOPLE CENTRED ENGAGEMENT



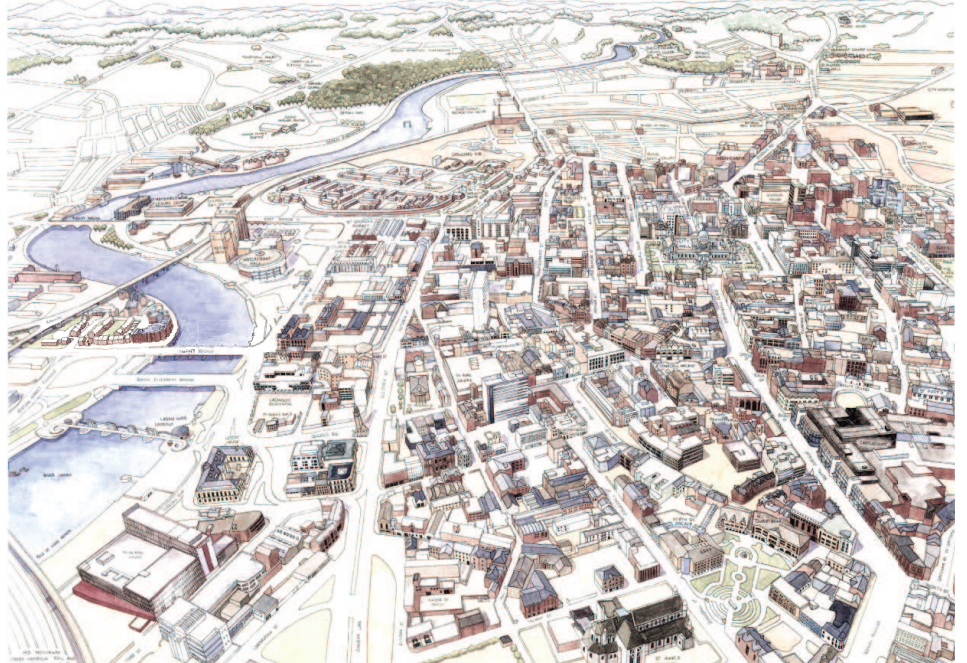
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THE URBAN FOREST - A CULTURALLY LED APPROACH



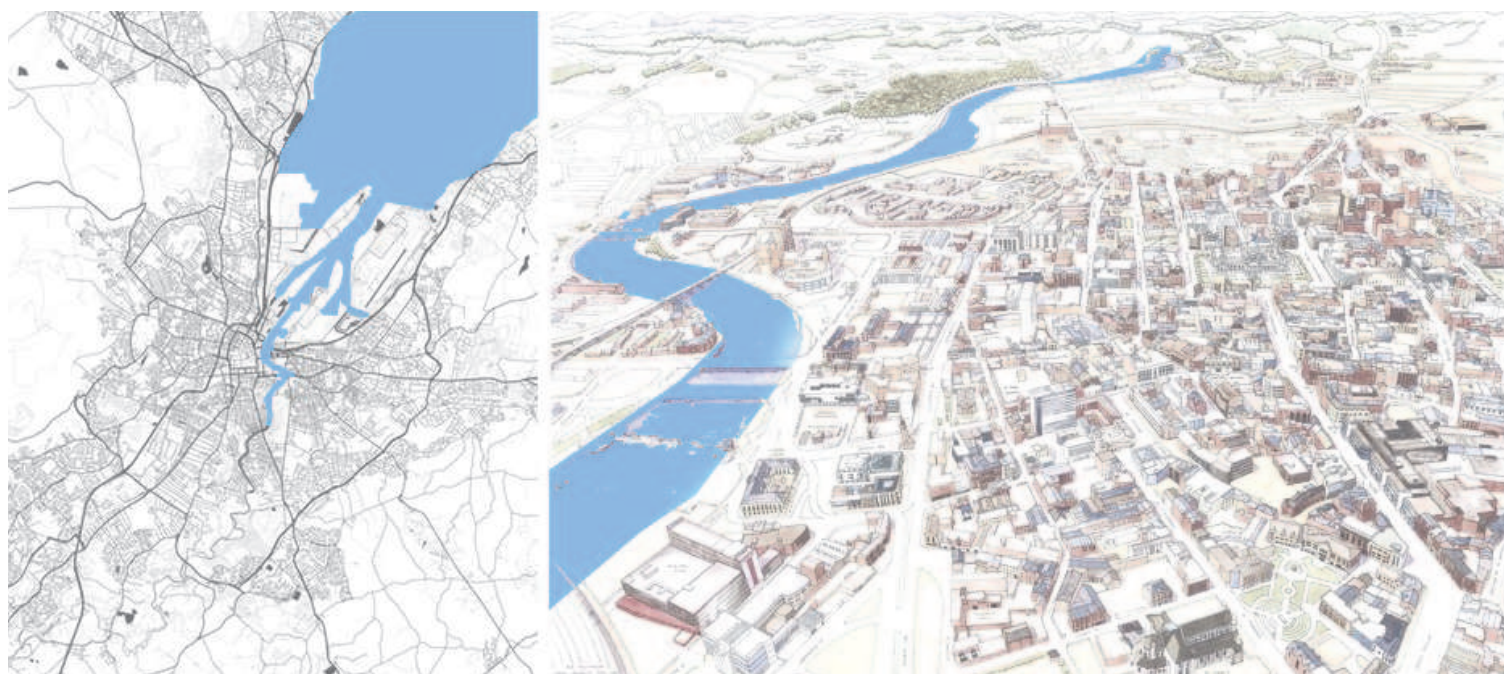
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THE RIVER LAGAN, THE HEART AND DISCONNECT OF THE CITY



Belfast's Cultural Strategy

THE RIVER LAGAN, THE HEART AND DISCONNECT OF THE CITY



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THE RIVER LAGAN, THE SURROUNDING BANKS AND DEVELOPMENT



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BRINGING PLAY TO THE RIVER



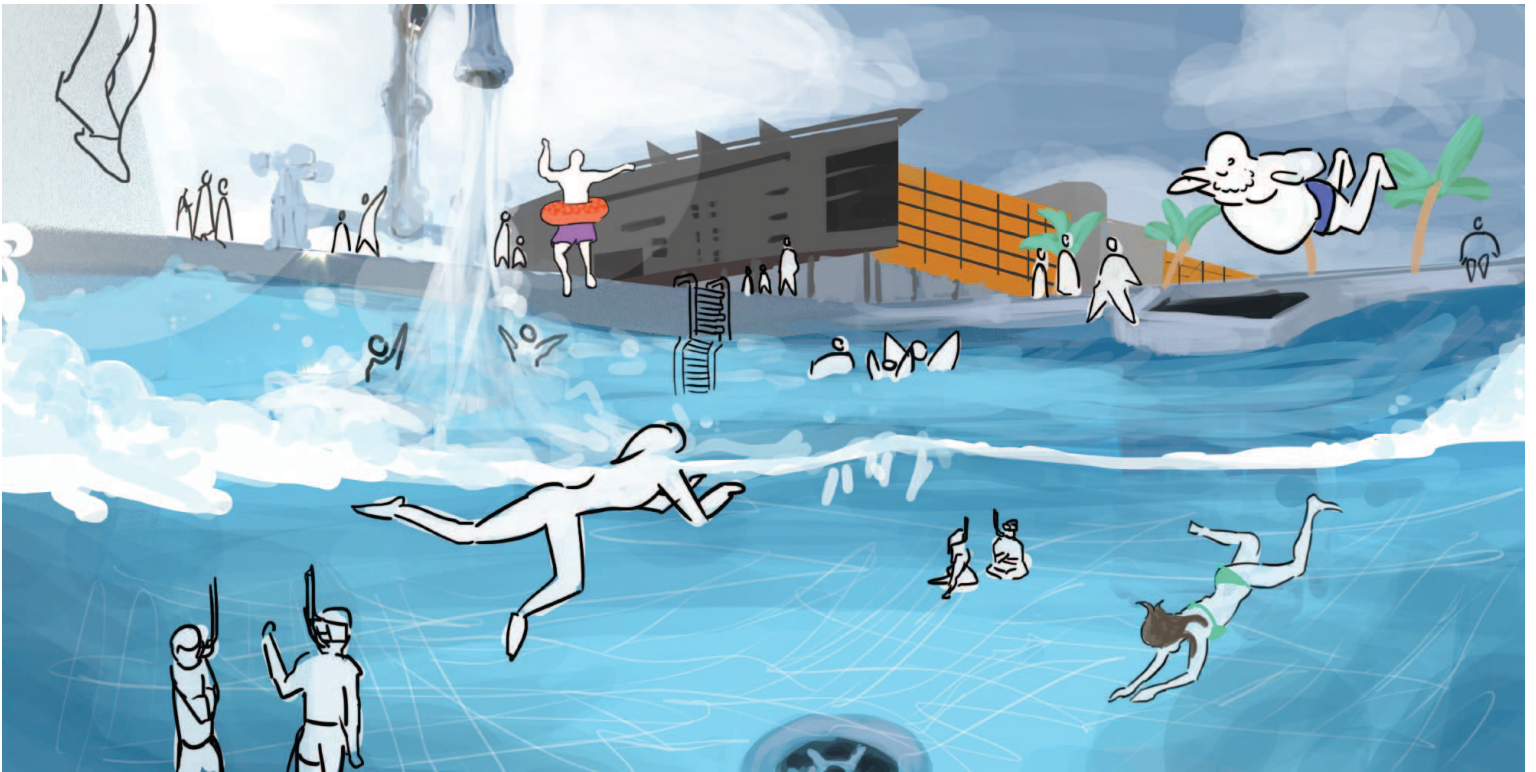
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THE RIVER LAGAN, AN INDUSTRIAL ICON



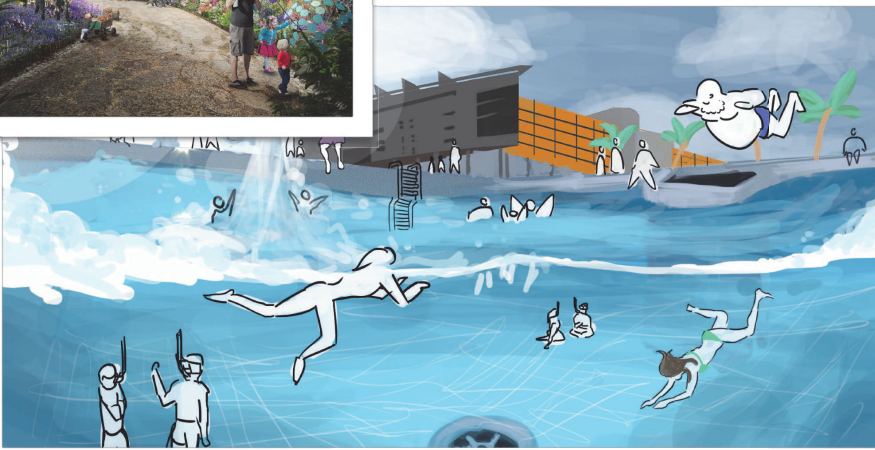
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THE RIVER LAGAN, THE BELFAST SINK



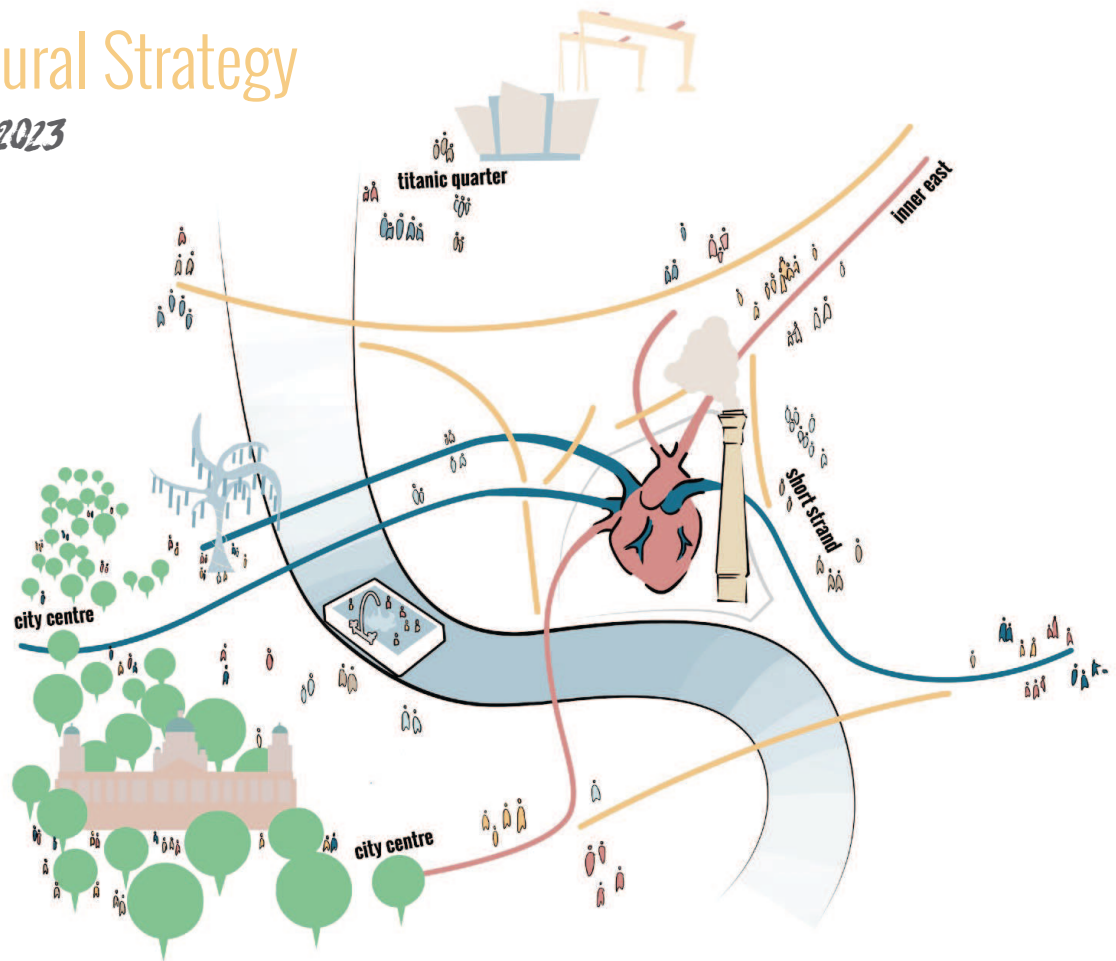
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A YEAR OF CULTURE 2023



Belfast's Cultural Strategy

A YEAR OF CULTURE 2023



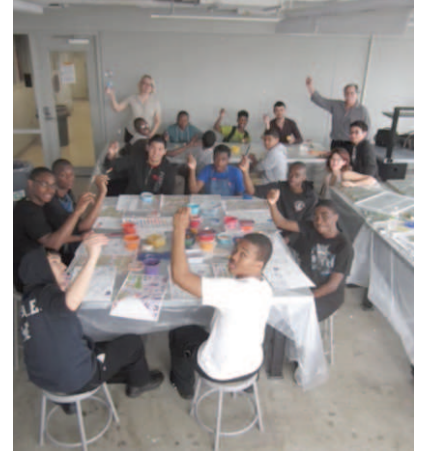
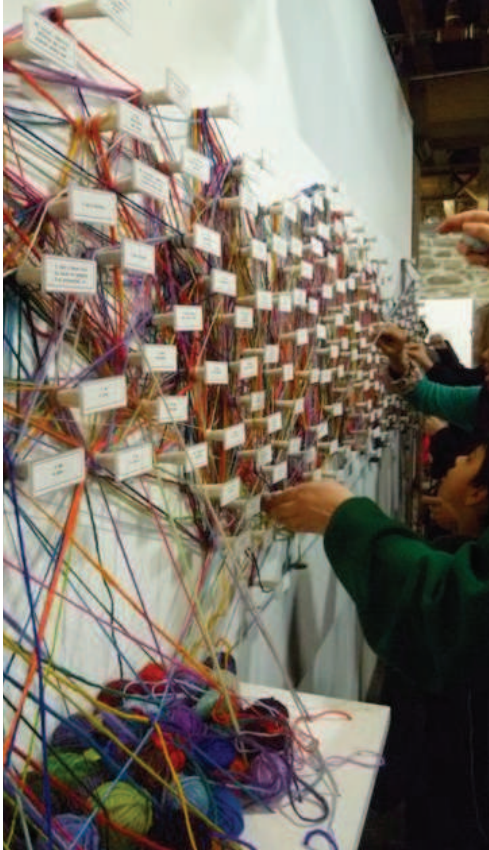
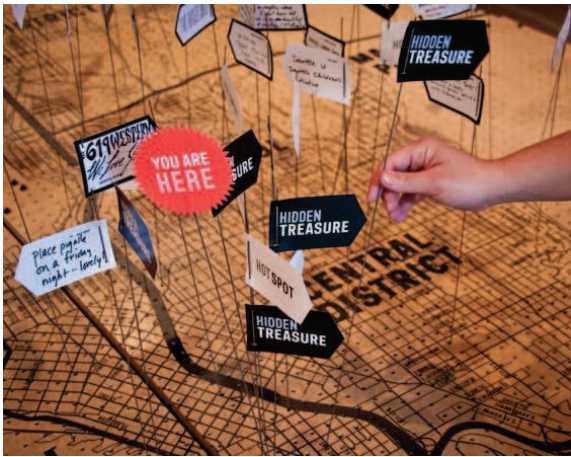
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A CITY IMAGINING CONSULTATION POP-UP SHOP



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THE IMAGINING SHOP



AN OPEN INVITE



HELP **SHAPE** THE
CULTURAL
STRATEGY IN THE
CITY

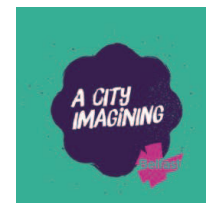
COME TO OUR SHOP
IN **ROYAL AVENUE**
THROUGHOUT JUNE

DATE: 27th June

TIME: 10-12

LOCATION: A City Imagining, Spencer House,
71 Royal Avenue, BT1 1FE

RSVP: jak@urbanscaleinterventions.com



USI
URBAN SCALE
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THANK YOU

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www.urbanscaleinterventions.com