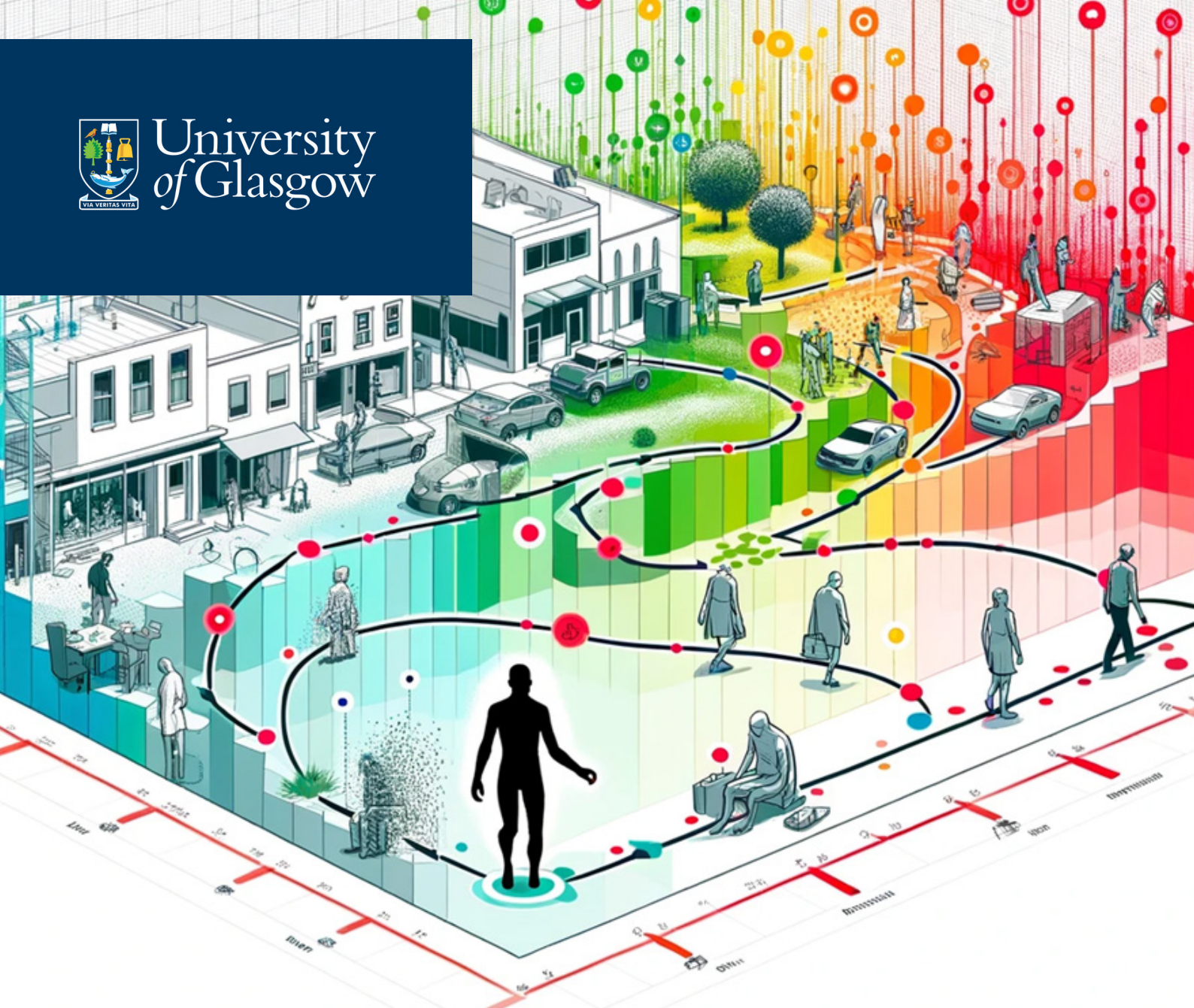




University
of Glasgow



OPTIMA

Orienting Policy Towards Inequality Minimising Actions (OPTIMA)

A systems science approach to 20-minute neighbourhood policy and evaluation, is an National Institute for Health and Care Research (NIHR), Public Health Research (PHR) Programme-funded project.

Get involved in important Health and Community research!



WHO CAN TAKE PART?

We're looking for people from all backgrounds and all areas of Scotland to help shape research that can influence government and local decisions on improving health and communities.

This study explores the impact of “living locally” — how having essential services within easy walking or cycling distance (up to a 20-minute return trip) might affect health. We want to understand both the possible benefits and challenges for different groups of people.

Your insights can help shape policies that affect communities across Scotland!



WHAT IS LIVING LOCALLY?

Living locally means being able to access daily essentials - such as fresh food, schools, healthcare, and parks - within a short walk or bike ride from home.

There are claims that this way of designing neighbourhoods can improve health for everyone. However, real-world examples are limited, and some groups might benefit more than others.

We need your help to explore what works and what doesn't!



WHY GET INVOLVED?

By getting involved, you'll have the opportunity to

- Connect with others from your community and beyond
- Join workshops and discussions (expenses and carer costs covered)
- Have your say by reflecting on your own experience, and community and its needs and how best to make improvements
- Help shape research that informs national policy and make a real difference when it comes to living healthier happier lives by living locally



GET INVOLVED THROUGH:

1. Public Involvement

- Share your thoughts and feelings on local services and provisions in your community
- Help steer the research and influence how we report findings
- Join monthly online meetings or in other flexible ways that work around your schedule

2. Workshops

These workshops are informal and everyone will be welcome to share their experiences of living locally.

- Explore how your environment affects your community and health
- Attend one or two sessions over the course of the study

Interested? Get in Touch!

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www.gla.ac.uk/research/az/optima/

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