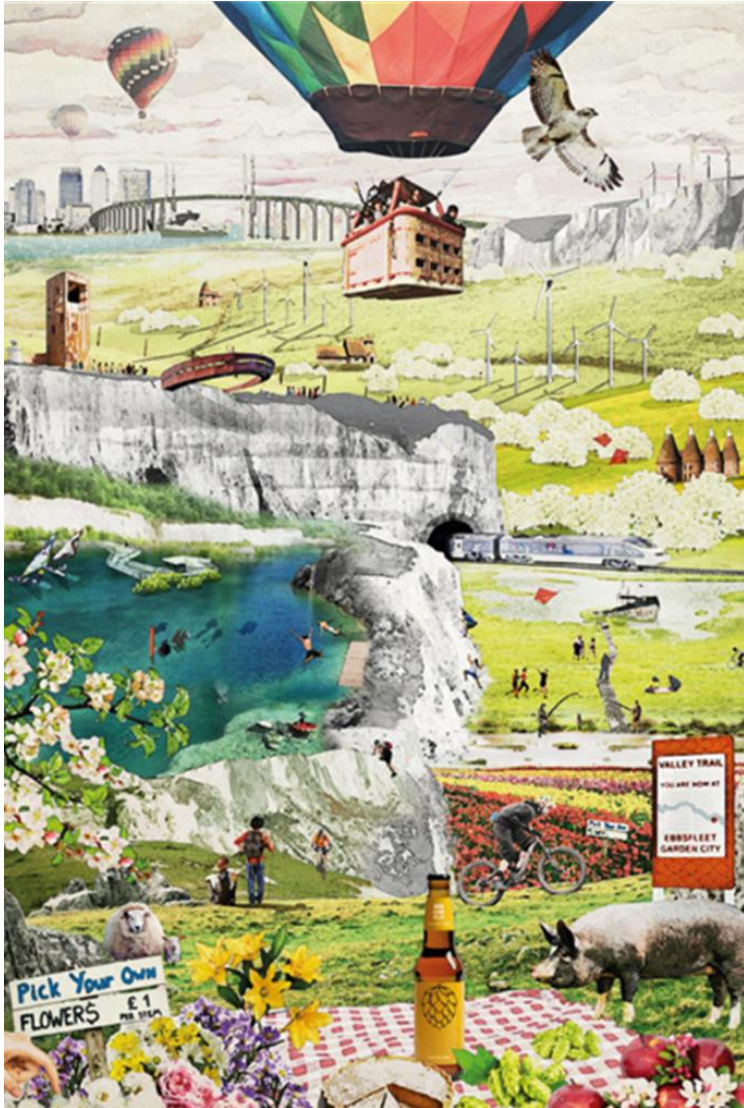


EBBSFLEET, A HEALTHY GARDEN CITY, FOR EVERYONE



HKHS 75th Anniversary Conference,
Hong Kong, 17th April 2023

Kevin McGeough

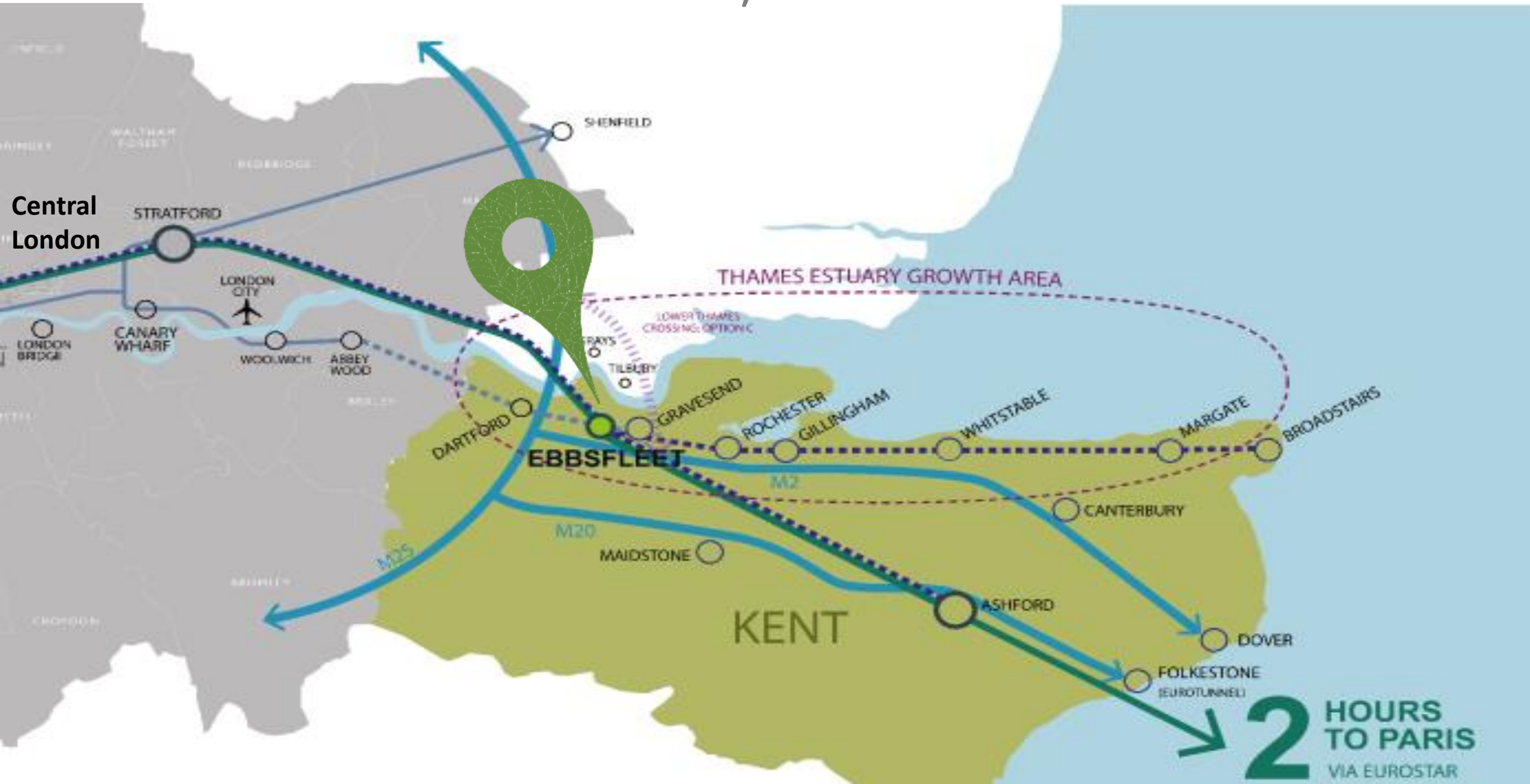
Head of Strategy and Placemaking, Ebbsfleet Development Corporation
Director of Ebbsfleet Healthy New Town Programme

- 
1. Ebbsfleet, setting the context
 2. A Healthy Garden City
 3. Our Intergenerational Housing approach
 4. The added value of health, housing and social care

1 Ebbsfleet, Setting the Context



EBBSFLEET GARDEN CITY, LOCATION



OUR AMBITION FOR EBBSFLEET

Experience	Empower	Enable	Embrace	Everyone	Share
building on the legacy of the best of historic Garden Cities and New Towns experience	a 21st Century New Town where residents are empowered to shape their communities	an exemplary Healthy New Town where residents are enabled to live healthier and more active lifestyles	embracing neighbouring communities to ensure they benefit from the potential of £6 billion of future investment	Maximise opportunities, for everyone in Ebbsfleet to have a high quality of life	Share our learning with other large scale planned new communities in UK and internationally

By **2035** we will support the delivery of:

- Up to **15,000 new homes** of all tenures
- Up to **30,000 new jobs**
- The necessary community infrastructure to support up to **40,000 new residents**
- Leave a sustainable legacy where residents are in control of managing their city and have a variety of **‘places to go, and things to do’**, which support a healthy, vibrant, and inclusive community







WHAT HAVE WE ACHIEVED SO FAR?

3,000 homes completed
over 7,000 new residents



Work progressing on three
further community centres,
three primary schools,
an education campus and
several 'village centres'



Three new primary schools,
two community centres, two
supermarkets, and a pub
together with new modular
housing factory at Northfleet



Invested £158m in
key infrastructure to
facilitate delivery by the
private sector e.g. A2
Junctions, Electricity,
Fastrack

Established Ebbsfleet
Garden City Trust to
manage assets including
community buildings, parks
and open spaces.



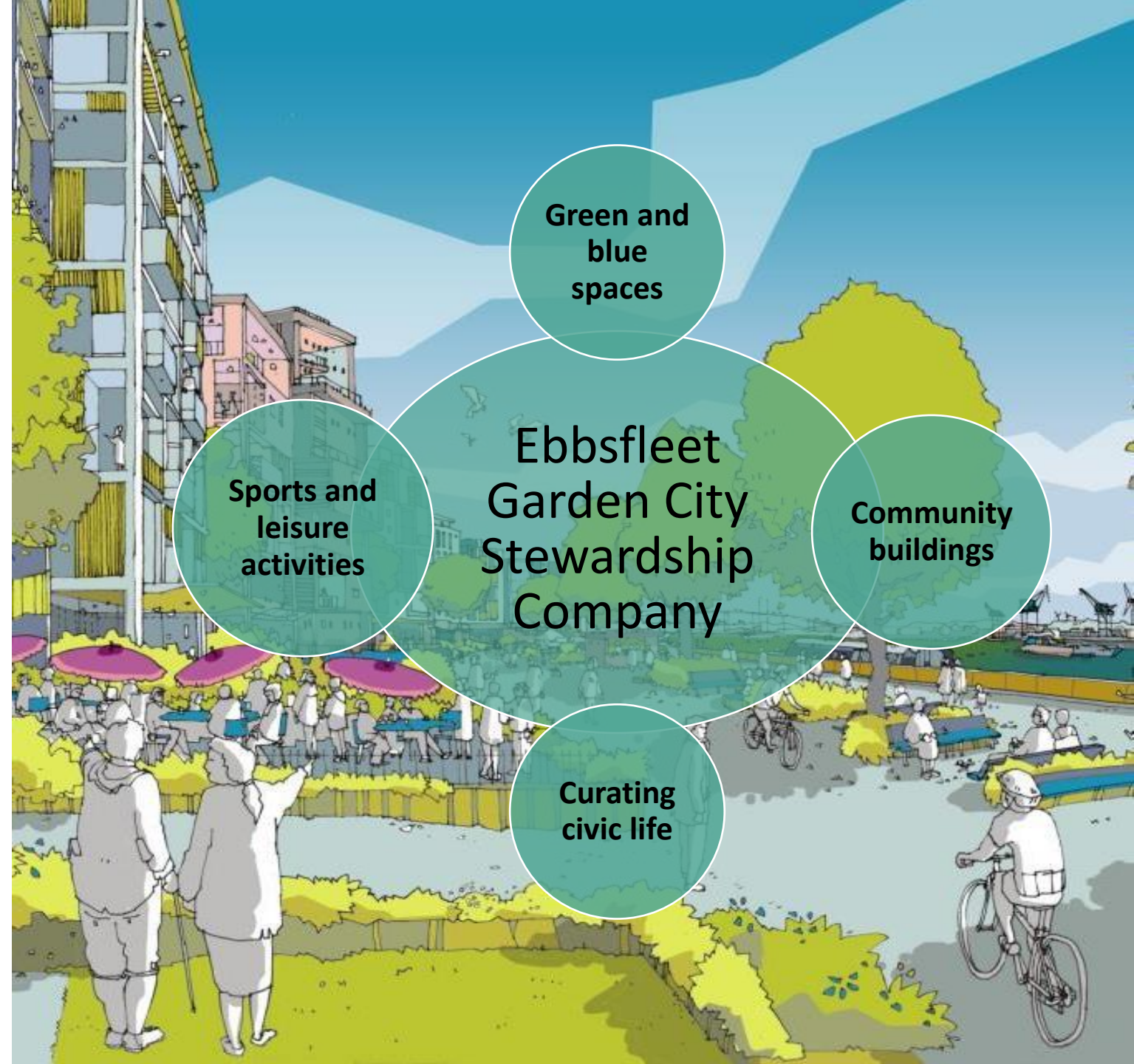
Established a Community
Board and an active
program of events and
activities supported
through our Community
Fund



We have established the **Ebbsfleet Garden City Trust**

- We are leading the way nationally in considering an appropriate model for stewardship and legacy which re-interprets the Garden City principles for a 21st century context putting local residents in control of managing their future place and are supported to manage their own health and wellbeing.
- The Garden City trust is governed by local residents, businesses, community stakeholders, elected political representatives and EDC Board members

‘To provide a viable and sustainable vehicle for the stewardship and management of the community assets within the Garden City in perpetuity’

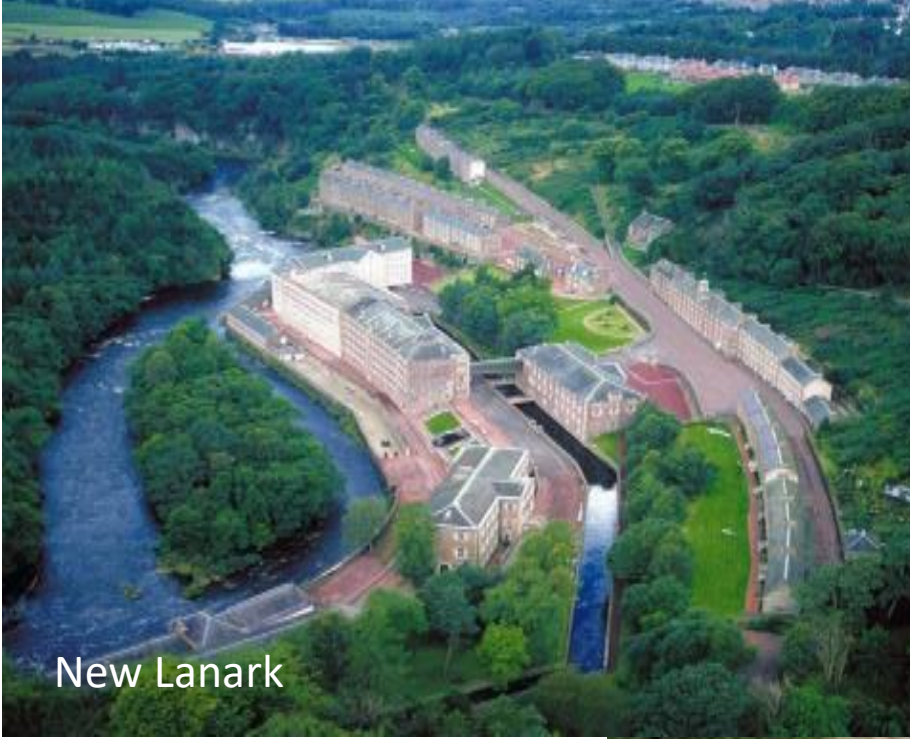


2 A Healthy Garden City



Developing an Exemplar approach to health, housing and care in a 21st Century Garden City

- Learn the positive lessons from historic examples of large scale planned development.
- 3 of the UK's planned new communities from the 18th and 19th Centuries have been designated UNESCOs World Heritage sites
- In all 3 locations life expectancy increased by 50% compared to neighbouring locations
- Clear connections between placemaking, housing, quality of life and health outcomes.



New Lanark



Saltair



Edinburgh New Town

21st Century Garden City Principles, the best of Town and Country living

- Capture **value** for the benefit of the community.
- Vision, leadership and **community engagement**.
- Community **governance and stewardship** of assets.
- **Affordable** and Mixed-tenure homes
- A wide range of **local jobs**
- **Well designed** homes with gardens
- Opportunities to **grow food**
- Enhances the natural environment, providing a comprehensive **green infrastructure network**
- Strong cultural, recreational and shopping facilities in **walkable, vibrant, sociable** neighbourhoods.
- Integrated and accessible transport systems, with **walking, cycling and public transport** designed to be the most attractive forms of local transport



The NHS England Healthy New Town Programme

- To shape new towns, neighbourhoods and communities to promote health and wellbeing, prevent illness and keep people independent
- To radically rethink delivery of health and care services in areas free from legacy constraints, supporting learning about new models of integrated care
- To spread learning and good practice to other local areas and other national programmes
- 10 locations nationally of varying scales.
- <https://www.england.nhs.uk/ourwork/innovation/healthy-new-towns/>



Overview Of Ebbsfleet Healthy New Town Programme

5 Outcome drivers



1: People in control



2: Vibrant and inclusive city



3: Better quality of life



4: Accessible blue, green and physical environment



5: Living in your home for longer

3 workstreams

New models of local care

- Health and wellbeing hub
- Ageing well in Ebbsfleet
- Technology
- Prevention and social prescribing

Design of built environment

- Landscape Design Challenge
- Edible Ebbsfleet
- Parks, walkways and cycle paths
- Community infrastructure

Community building

- Healthy Schools programme
- Better points
- Arts and culture
- Active Ebbsfleet Sport & Physical Activity Strategy

HOMESPLUS

PLUSPOINTS - HELPING YOU TO BREATHE EASIER IN YOUR HOME

People love their home. It's theirs. But there are always improvements that can be made which you'll really value once you enjoy their advantages. The Healthy New Towns programme has looked at the best of what homebuilders already offer and picked features we propose as a package of design and specification benefits. True Plus Points to the new home. Some Plus Points can improve your mood, even your health. Let's say you want to work from home. A dedicated workspace will be such an advantage. But you'll find yourself using that workspace for long spells so locating it where there is natural ventilation and light will stop you feeling groggy or bleary eyed. So a dedicated workspace supported by natural ventilation and light is a PlusPoint. Let your mind and body discover just how much of a benefit that can be.

When ignored, some aspects of design can make life stressful and affect health. Internal temperatures can soar during hot spells. Homes without a strategy for air change at night, where breezes enter by one window and blow hot stale air out another, make sleeping less easy nights. Disrupted sleep affects health. So HomesPlus rewards homes designed to ventilate well. Higher floor-to-ceiling heights also help air movement and the volumes of fresh air, while boosting daylight – so another of our Plus Points. Plus Points also reward technical innovations that help people avoid anxiety, such as fire sprinklers in apartments, such as better locks on doors and windows, such as home CCTV to deter burglary. We believe that protecting you and giving you a greater sense of security will also help you breathe that little bit easier. These would be Plus Points in any home.

SPACE AND ACCESSIBILITY

INTERNAL SPACE
HomesPlus requirement
All homes to meet Nationally Described Space Standard

STORAGE
HomesPlus requirement
Layouts must demonstrate how home meets the NDSS storage requirements without being impacted by kit, such as an MVHR unit, water tank or washing machine

HOME-WORKING SPACE
HomesPlus requirement
All homes to have dedicated 2m working space with natural light and ventilation

ACCESSIBILITY
HomesPlus requirement
Minimum 90% of homes to be accessible and adaptable to M4 (2) and above

NATURAL LIGHT AND VENTILATION

FRESH AIR
HomesPlus requirement
A Plans show capacity for cross ventilation through location of openable windows (viewed across whole plan in apartments)
B Openable bathroom window
C Openable kitchen window

HIGHER CEILINGS
HomesPlus requirement
Minimum 2.5m floor to ceiling height

PRIVATE OUTDOOR SPACE AS GARDEN, PATIO OR BALCONY
HomesPlus requirement
All homes to provide access to private outdoor space
Minimum outdoor space for houses
1-2 beds: 40sqm
3 beds: 60sqm
4 beds and above: 100sqm
Minimum 90% of apartments to have a balcony or patio space with a minimum size of 3sqm

NATURAL LIGHT AND FRESH AIR TO APARTMENT CIRCULATION
HomesPlus requirement
Circulation space, such as corridors, to have natural light and ventilation

SAFE, SMART, SECURE

FIRE SAFETY
HomesPlus requirement
Homes on the 4th floor or above to have sprinklers to control fire

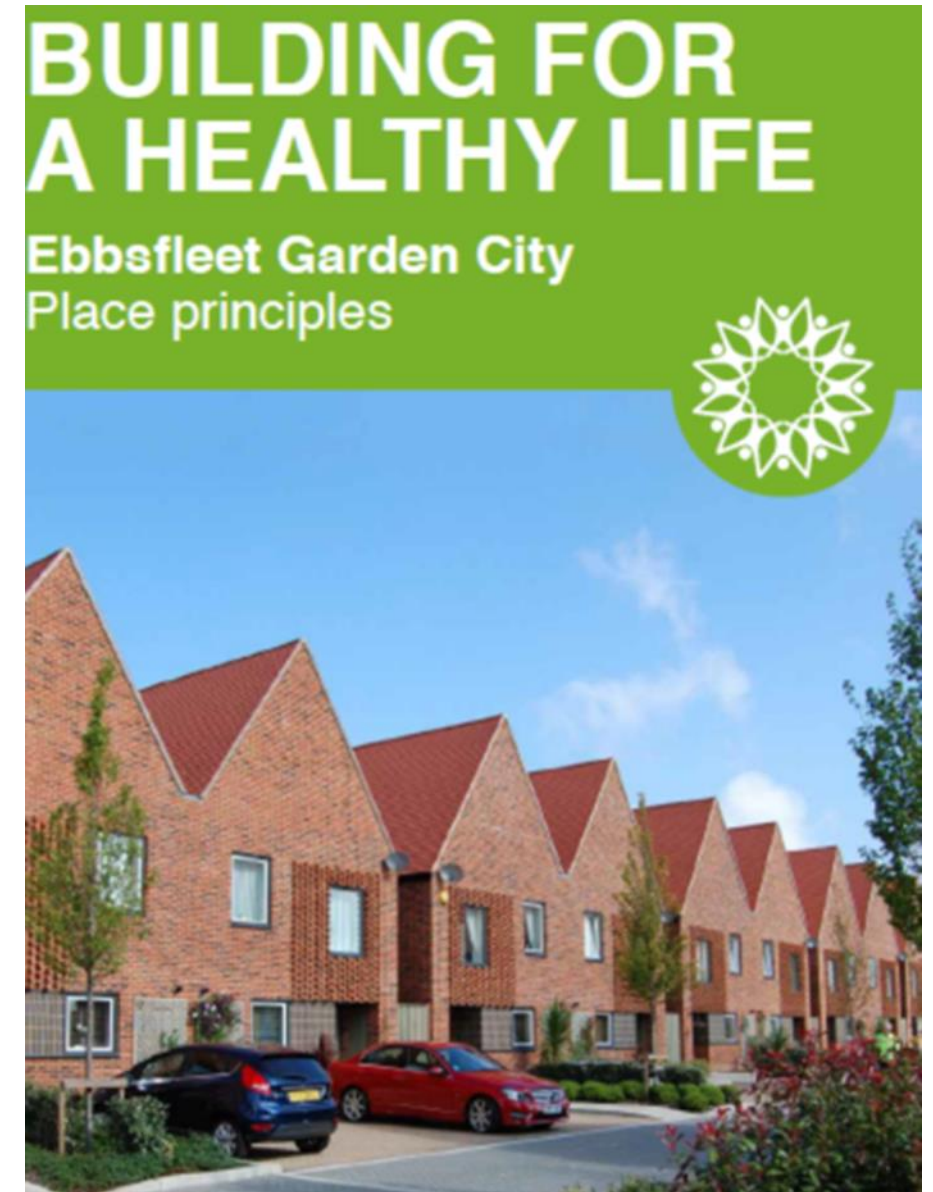
INNOVATION
HomesPlus requirement
Technical advances not yet required by regulation to keep homes safer or reducing running costs, such as:
• Doors and windows compliant to PAS24 increased security
• Air quality monitor
• Smart energy monitoring system*
• Security cameras linked to smart phones*
• Telecare monitoring
• Electricity generation from PVs
• Electric vehicle charging
• Building to robust details* to stifle noise
• Specialist lighting to promote health and well-being
• Digital information welcome packs
• Any other innovation, including spatial planning or use of sprinklers in buildings of less than 4 storeys

(*A list giving more detail on appropriate choices to be made available)

CONSUMER INFORMATION

ENDORSE BUILDERS WITH GOOD CUSTOMER FEEDBACK
HomesPlus requirement
Help potential purchasers find those companies with good customer feedback through rewarding good HBFIN-HBC 5-star scores where they are 4+ or 5-star rated

For the 1 in 10 sites where contractor does not take part in HBFIN-HBC ratings, alternative source of points is membership of Considerate Contractor scheme



- Defining and delivering an exemplar Built Environment
- Innovating at every scale; from the scale of the home to the scale of a new city.
 - Working with developers and housing associations to define and test the key ingredients for Healthy Homes
 - Worked across Government to define national standards for neighbourhood design for new housing areas



- International Landscape Design Competition to design health into place.
- Delivery of a city-wide network of 7 exemplar city parks (44% of area)
- Network of cycleways, pedestrian routes, and public realm, to be owned and managed by the Garden City Trust



Enabling residents to lead healthier lifestyles



EVALUATION OF COMMUNITY ACTIVATION PROJECTS

EDIBLE EBBSFLEET:

People who took part in the project reported eating 'more healthily' and 'better connected to their community'.

COMMUNITY PROJECTS CAN HELP:

Build social capital,
increased awareness of
healthy eating and living,

TALES AND TASTINGS:

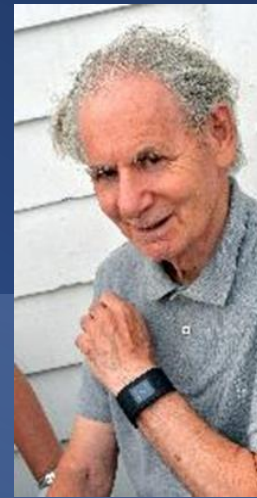
Helped bring
communities together
that had not previously met

BETTERPOINTS:

Encouraged its users to
be more active and
change their
behaviours

RECOMMENDATIONS:

1. Collaborate with existing community groups
2. Co-design inclusive branding with the community



Busv residents have more chance of being healthy residents



Sylvia's Story; empowering residents to help shape their community

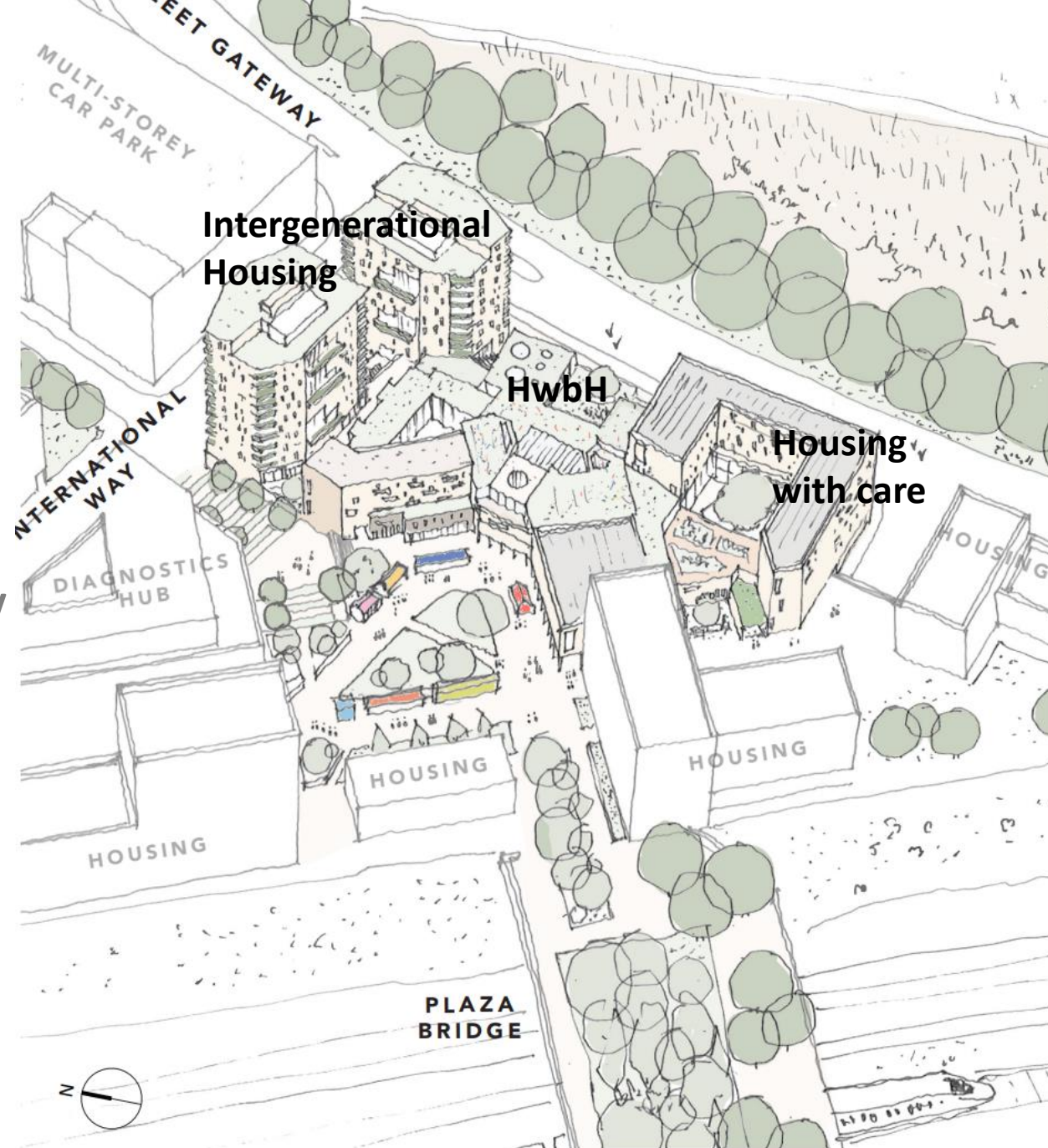


3 Our approach to Intergenerational Housing, associated with the Health and Wellbeing Hub

Our Vision for a Health & Wellbeing Hub at the heart of the future Centre of Ebbsfleet

We aspire to deliver;

- A world-class, environmental exemplar, inclusive, dementia friendly building of civic scale and importance
- within a **neighbourhood of intergenerational housing** and associated communal and shared internal and external living spaces
- that will **support a new model of health care** to meet the needs of the future and existing communities.



healthy opportunities

high quality housing

COMMUNITY FOCUS

links to landscape

clear boundaries and wayfinding

green courtyards link uses

porous hub

shared community facilities

safe, traffic-free routes

high quality public realm

optimising orientation

HIGHER DENSITY, URBAN LOCATION

creating landmark buildings

shared community gardens

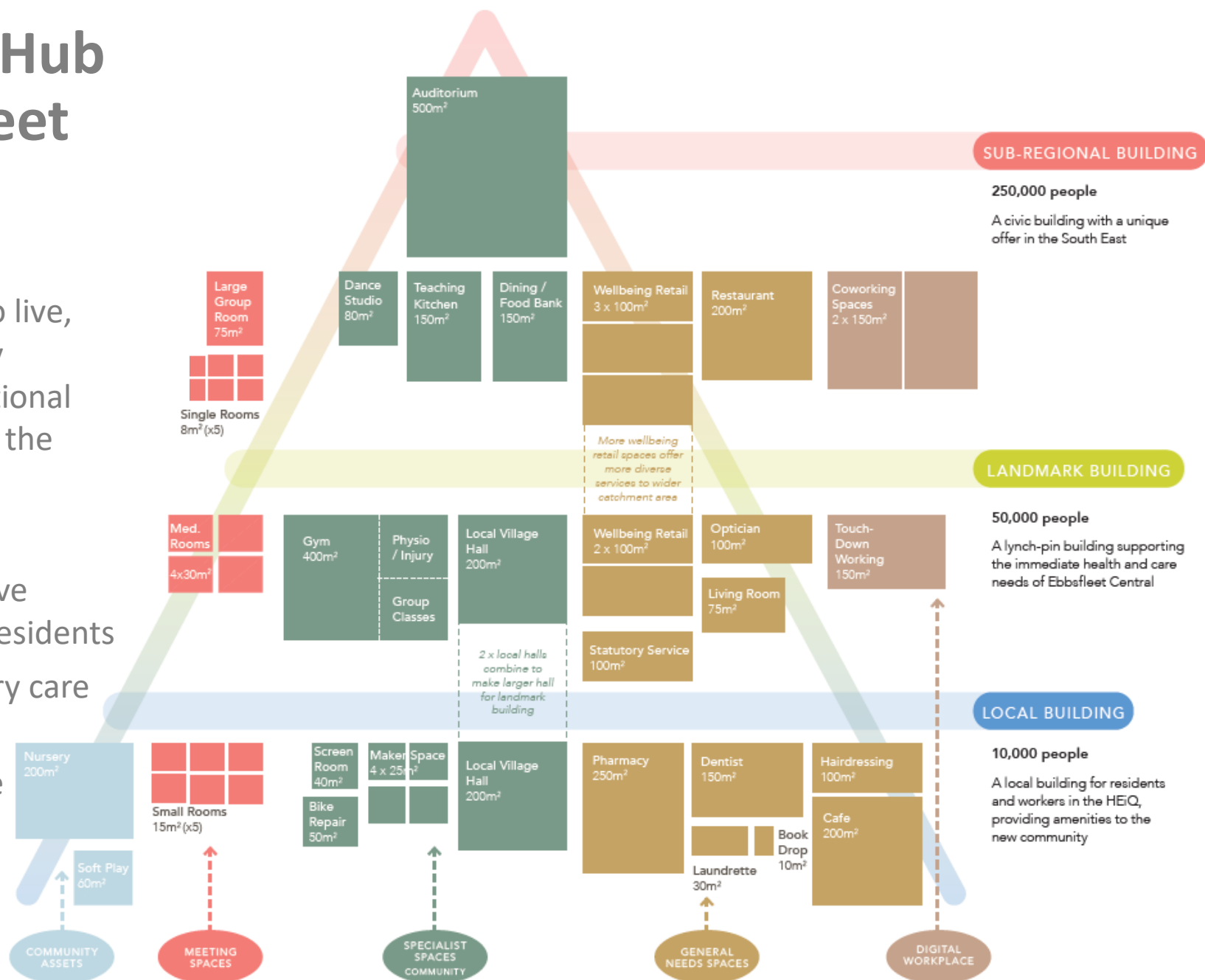
fabric first approach

improved connectivity

The Health & Wellbeing Hub (HwbH) will serve Ebbsfleet at 3 scales

To ensure that Ebbsfleet is a healthy place to live, work and play, health, social and community facilities will be co-located with intergenerational housing within the HwbH neighbourhood at the heart of Ebbsfleet Central's masterplan.

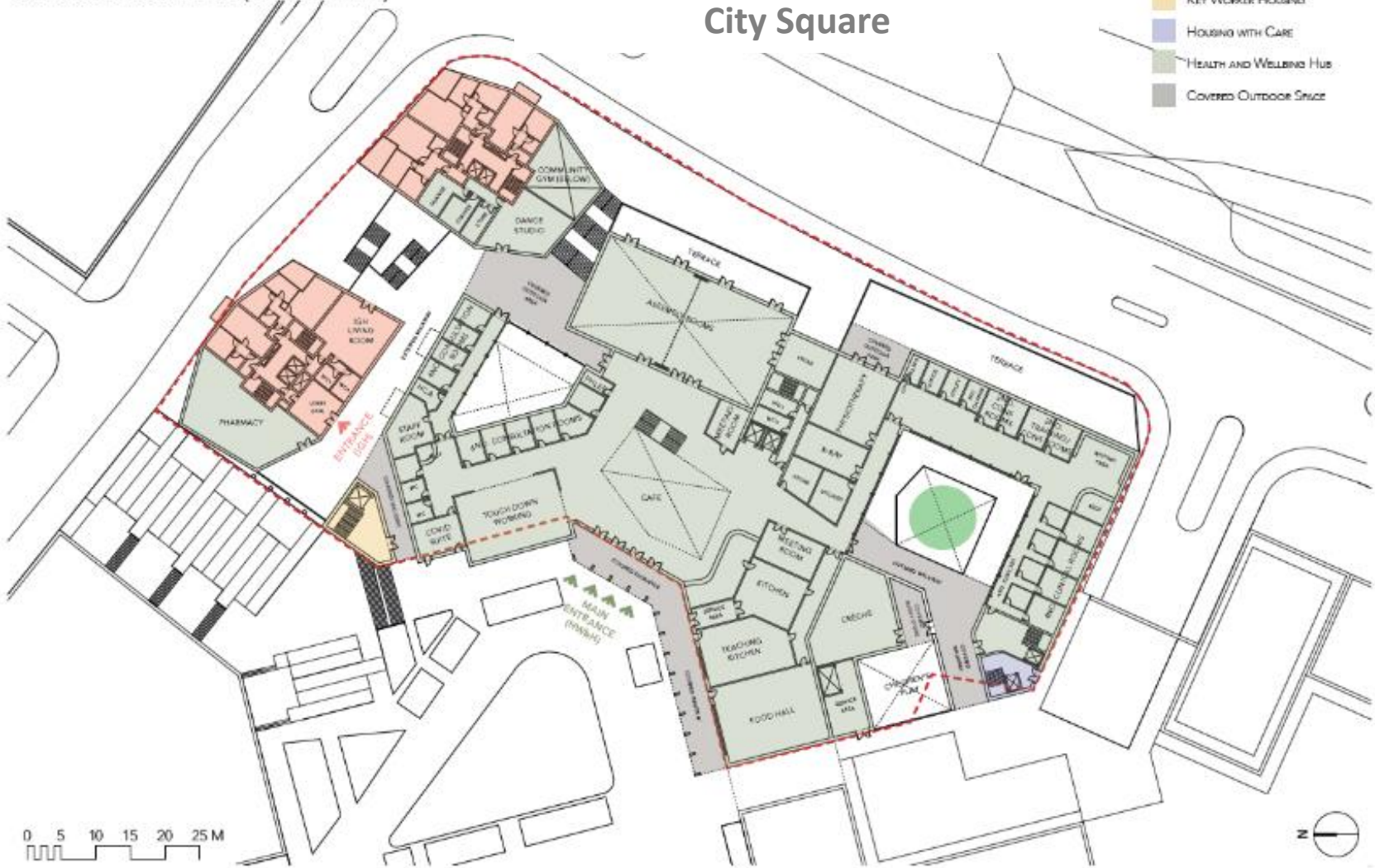
- At a sub-regional scale the HwbH will serve secondary healthcare needs of 250,000 residents
- At a city scale the HwbH will serve primary care needs for 40,000 new residents
- At a local scale the HwbH will provide the community space for Ebbsfleet Central

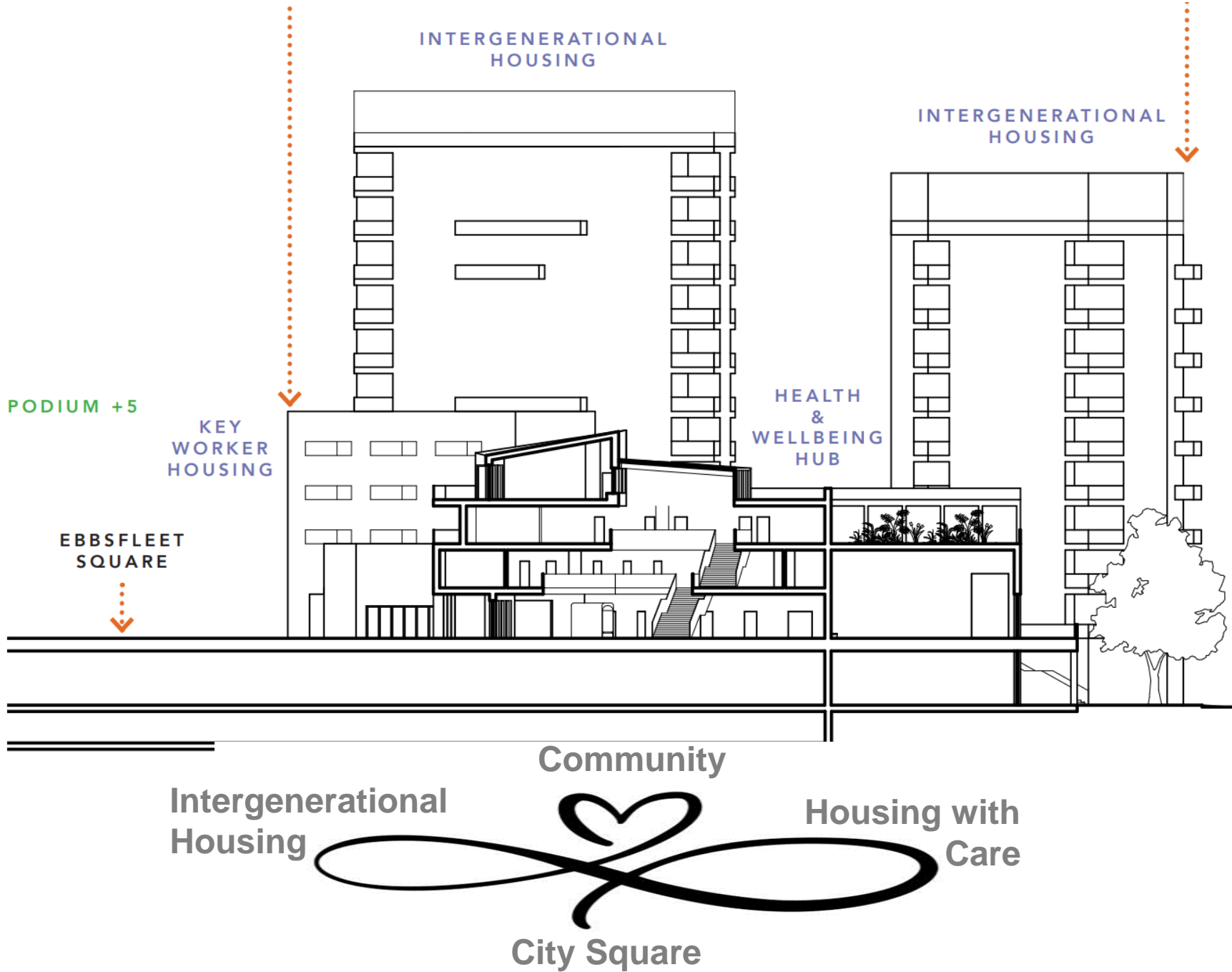


HwbH Ground floor plan



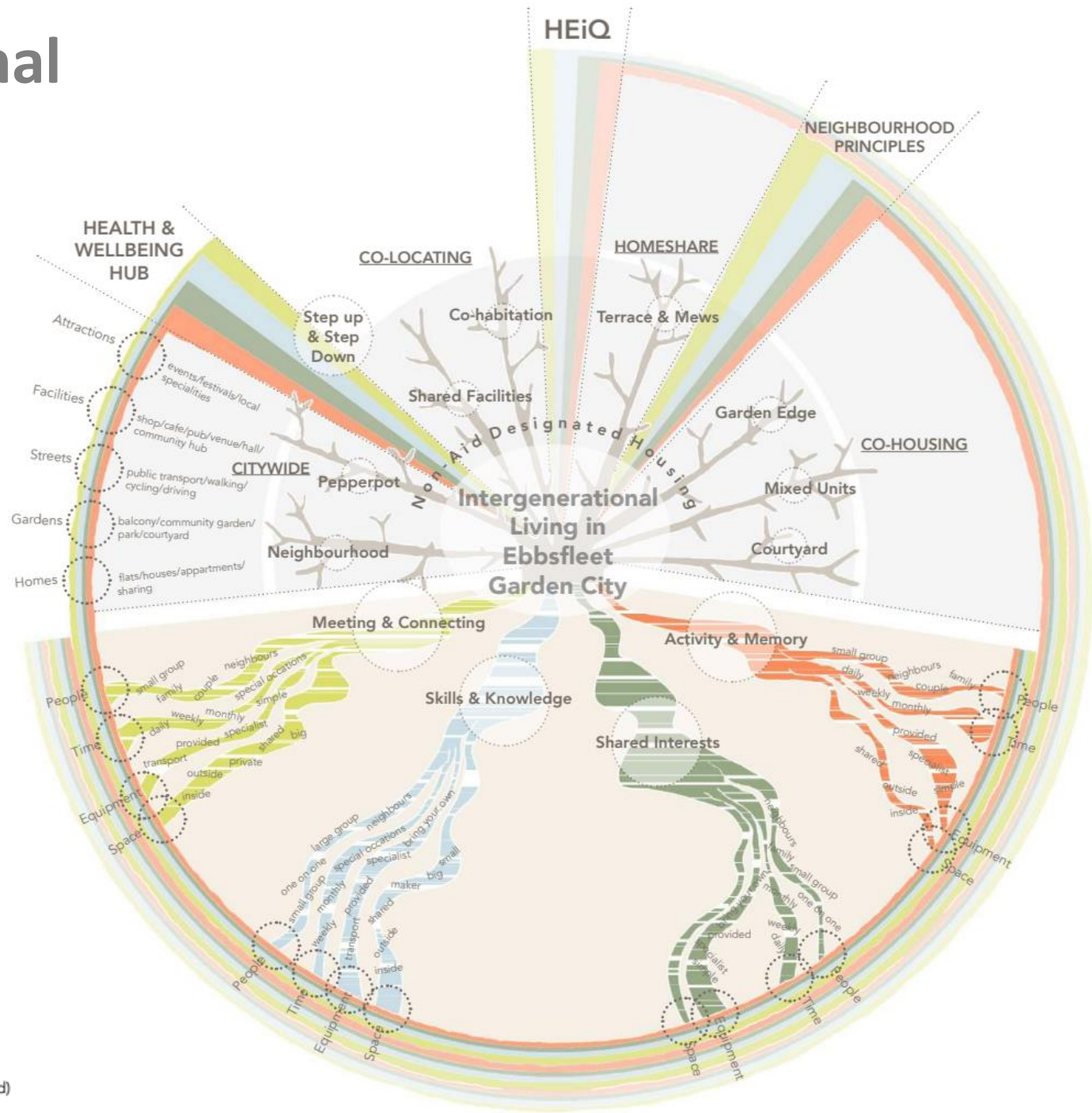
GROUND FLOOR PLAN (PODIUM LEVEL)





The Concept of Intergenerational Housing at Ebbsfleet

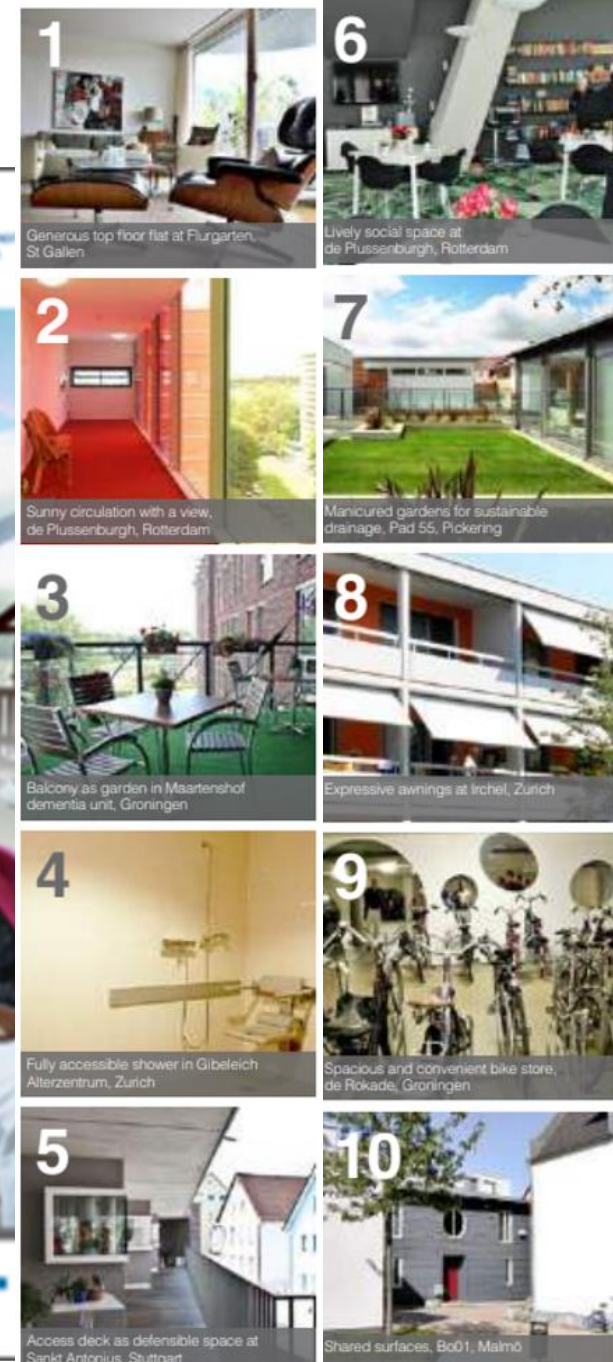
- At Ebbsfleet we have developed a 'top down' and 'bottom up' process bringing together our Healthy New town lessons.
- Thinking of this as a tree, the roots at the base represent the community, their shared ambitions and ambitions.
- The branches indicate how these can be accommodated in a range of housing models and typologies.
- The principles of the Garden City nurture and guide growth over time



Understanding Local Need and Demand for an ageing population

- HousingLin modelling found evidence of demand from older households aged **65+** for a **positive lifestyle housing offer**.
- **Opportunities to attract older people** from across the area to move to Ebbsfleet.
- Evidence of **demand for a high quality, environmentally sustainable, age friendly, HAPPI compliant housing offer**
- D & G NHS Trust, identified need for **affordable key worker housing** to help attract and retain workforce.
- Specifically D&G NHS Trust also identified need for **transitional accommodation** a 6 monthly basis for international workers.
- D & G NHS Trust and KCC identified an opportunity around **rehabilitation or step-up/ step-down housing**, to help unblock hospital beds and to improve the return to home pathway

HAPPI sets our nationally agreed principles for specialist housing for older residents



Definition for Intergenerational Housing in Ebbsfleet

- **Specialist housing** offer for active older people
- Combines with **complementary mainstream housing** offer.
- Can include a limited range of **compatible types and tenures**, defined by local need, opportunities and market insight, including health workers and care workers.
- Encourages a **mix of age** groups.
- **Fosters opportunities for mutual support** between neighbours through interaction in communal spaces.
- **Offers aspirational HAPPI Homes**, well designed, environmentally sustainable homes which are fully accessible, flexible and adaptable to meet changing needs.
- Offers **good access to amenities**.
- **Offers access to care** when needed, which can be based on-site or brought in.

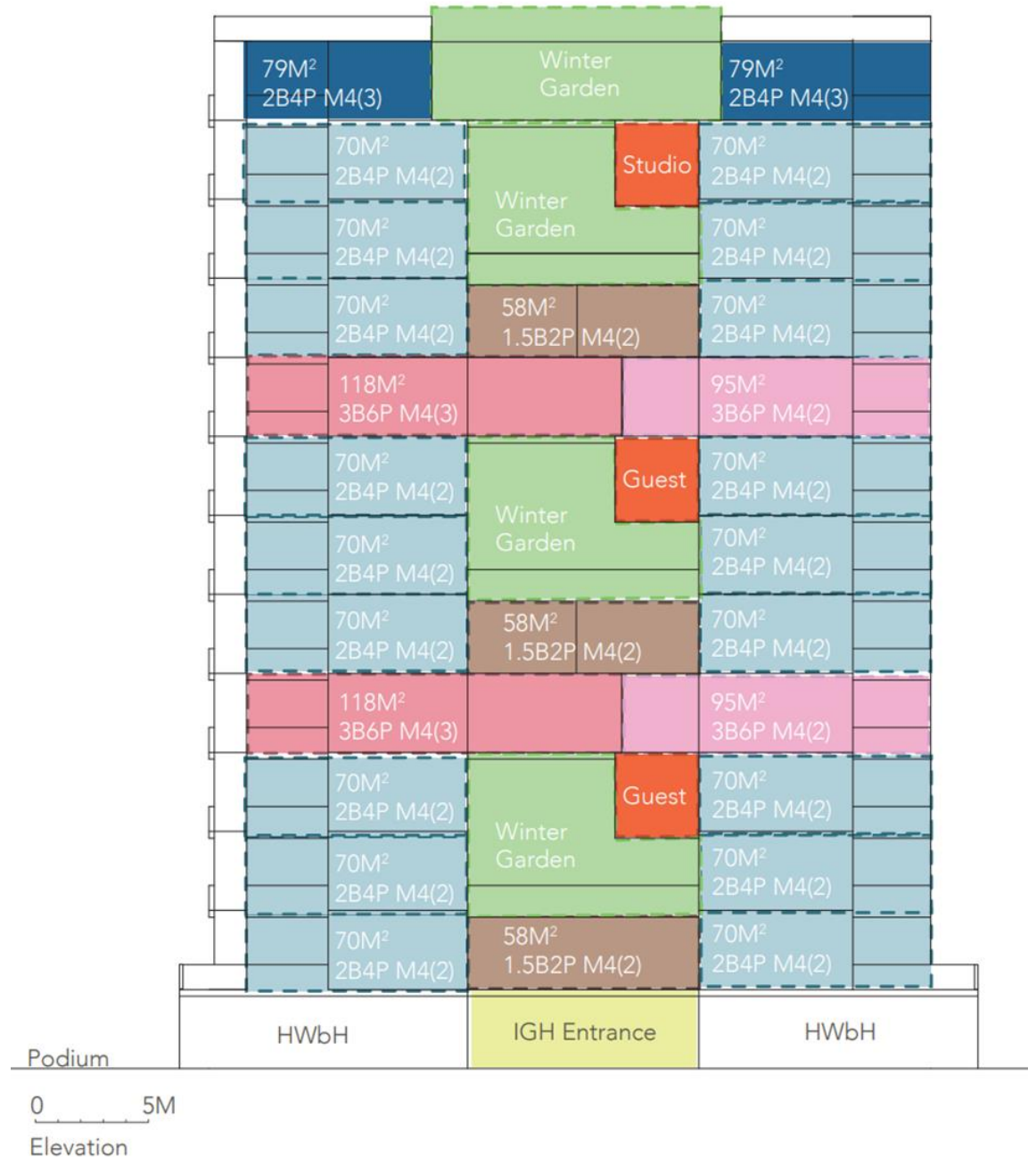


Proposal for 138 Intergenerational Homes, including 50% private for sale for older people, 25% affordable Shared Ownership for older people, and 25% PRS for health workers
Plus an additional 63 supported housing with care bedrooms



The Intergenerational Housing Concept is integral to creating an identity for Ebbsfleet as a Healthy Garden City.

- The proposals will provide a range of opportunities for older residents who will live alongside younger residents including keyworkers and health workers.
- The Intergenerational Housing proposal works at 4 levels, Local, Neighbourhood, Village and City.
- At the **City-level** all residents of both intergenerational towers, together with housing with care, have direct access to the facilities of the Health and wellbeing hub, including a gym and dance studio, assembly rooms, learning and movement space and access to healthy food in the hub itself.
- At the **Village-level** each intergenerational housing tower comes together to share a roof terrace and a ground level 'Living room', encouraging social connectedness.



Housing with Care based within HwbH

- The supported housing offers groups of **9-10 private bedroom suites** on each level with shared living and kitchen spaces surrounding a central courtyard with private and semi-private terraces overlooking Ebbsfleet River Park.
- **The levels of care offered can vary** and user groups can change depending on need. The current design allows for the opportunity for **step-up / step down** rehabilitation beds which can offer an opportunity for support on the pathway between hospital and home and could help unblock hospital beds.



4 Additionality of health, housing and social care together

The background of the slide is a stylized, semi-transparent map of a city or urban area. The map features various colored regions in shades of green, blue, and grey, representing different land uses or administrative boundaries. A network of black lines, likely representing roads or transit routes, crisscrosses the map. Some areas are marked with small circles or dots, possibly indicating specific locations or points of interest. The overall aesthetic is modern and urban.

Research Question: What evidence is there of additional social and economic value derived from the proposed model at Ebbsfleet that includes a range of health and wellbeing facilities, social care provision and a mix of housing models, including specialist housing for older people?

The research found that there is **strong evidence** to suggest that by integrating and **co-locating health and wellbeing, social care and housing within a health and wellbeing hub at Ebbsfleet**, which provides a range of commercial, clinical and community services, there are likely to be **significant** 'additional' social value and economic value benefits of **£7,347,984 per annum** from integrating proposals at Ebbsfleet compared to if they were dispersed.

Social and economic value from self-supporting communities that foster mutual self-help

Social and economic value of improved Social connectivity and reduced loneliness

Social and economic value from enabling a healthier community

Social and economic value from a happier workforce and through Staff retention and wellbeing

Keep in touch

- Visit: ebbsfleetdc.org.uk
- <https://www.england.nhs.uk/publication/putting-health-into-place-executive-summary/>
- <https://www.designforhomes.org/project/building-for-life/>
- <https://www.housinglin.org.uk/Topics/browse/Design-building/HAPPI/>
- Email: kevin.mcgeough@ebbsfleetdc.org.uk