



Love Letham

Co-creating plans to make Letham the best place to grow up



Phase 1 report from the Love Letham Commission

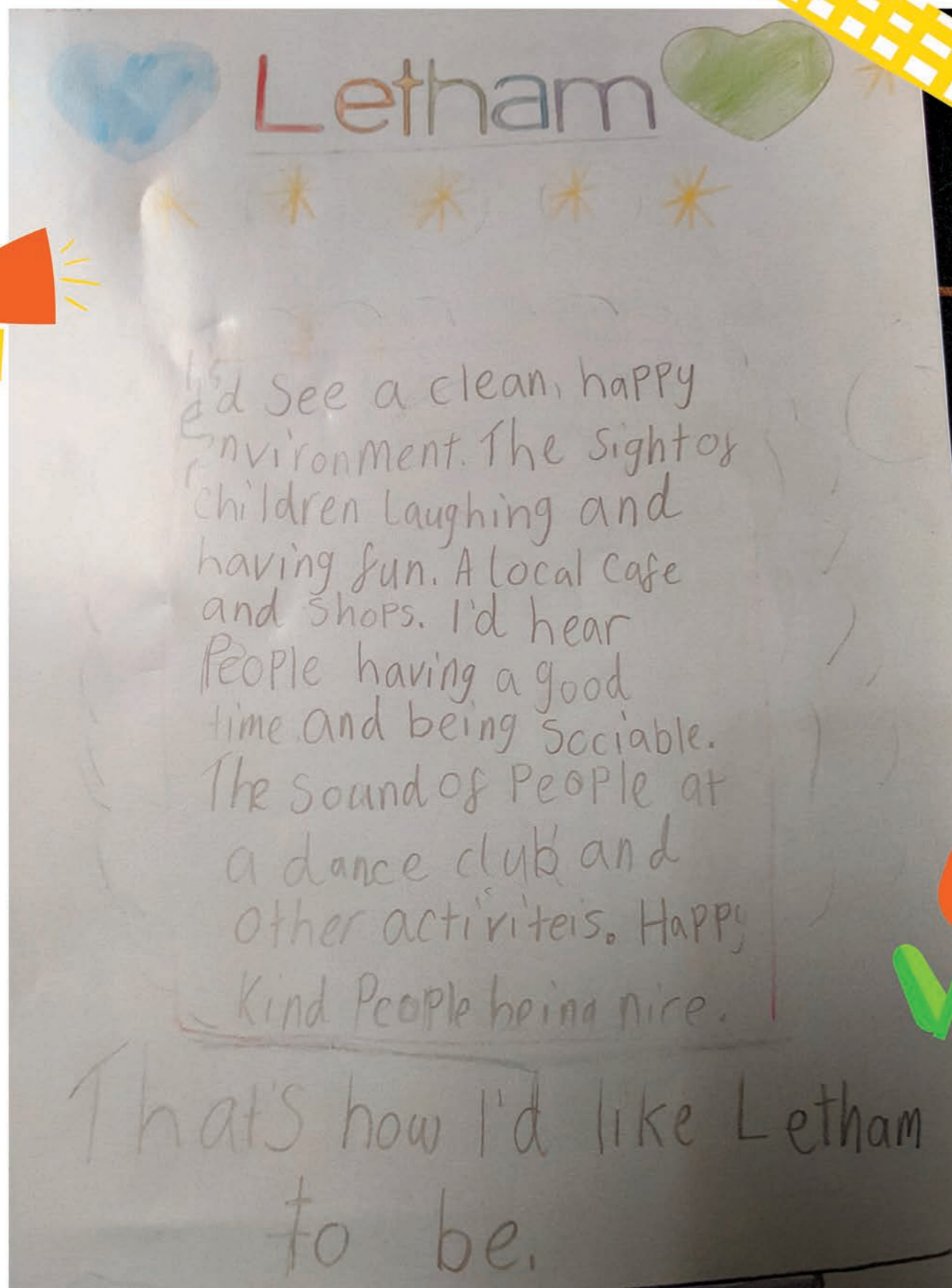


**WELLBEING
ECONOMY
ALLIANCE
SCOTLAND**



Love Letham is a collaboration between Wellbeing Economy Alliance Scotland and Perth & Kinross Council

Members of the Love Letham Adults Commission adopted this vision from one of Letham's primary-aged children as their mission statement.



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Summary

Finding out what matters to Letham's children and young people

Love Letham is a pioneering project bringing together children, young people, families, local residents and senior representatives from Perth & Kinross Council to co-create plans to make Letham the best place for children to grow up.

Love Letham is rooted in the belief that children and young people should have a greater voice in policymaking. It is one of four pilots, alongside others in California, Canada and New Zealand that are implementing the Wellbeing Economy Alliance's (WEAll) [Policy Design Guide](#) which helps people create transformative policies with the full participation of citizens. It is also informed by the report by WEAll's Dr Katherine Trebeck on [Building Budgets for Children's Wellbeing](#).

Love Letham is a collaboration between the Wellbeing Economy Alliance Scotland and Perth & Kinross Council. It is in keeping with the Perth & Kinross Offer – the Council's commitment to draw on the strengths and assets of individuals and communities and work together so everyone in Perth and Kinross can live life well. The project is supported by Northern Star and is funded by the Cattanach Trust, Partners for a New Economy and Robert Bosch Stiftung. This report documents phase one of the project which ran from June 2021 to December 2022.

Love Letham was designed to be fully rooted in and driven by what children and young people need to thrive. Sadly, their voice is often neglected when policies are created in their name. Our experience on this project demonstrates that children and young people have a remarkably sophisticated understanding of what truly matters for people to live well on a healthy planet. Adults involved in the Love Letham process frequently commented on being reinvigorated by the children's priorities and ideas.

"Empathy, creativity and curiosity have shone through as our children have engaged in our visioning for a 'Future Letham'."

Jo White, Headteacher of Letham Primary

In addition to talking to young people ourselves, we provided guidance to local primary and secondary schools, toddler groups, carers, parents and youth groups to engage children of all ages and backgrounds in creative exercises designed to find out what children and young people need to grow up well in Letham. We were particularly keen to capture the views of people whose voices are seldom heard in policymaking so we were careful to reach out to children and young people with care experience, young carers, disabled people and people from ethnically minoritised communities. Together we gathered the views of hundreds of children, young people and families.

Wellbeing is a subjective concept that varies from person to person according to their context, culture, habits, past experiences, and future goals. The visioning process offered a unique opportunity to hear from children and young people what wellbeing means to them rather than focusing on what adults have defined for them. To capture the ideas of children and young people of all ages, we used a range of creative exercises, such as:

What we did



Hundreds of children, young people and families shared what wellbeing means to them



We recruited diverse Commissions of primary aged children, young people, local adults and decision makers



Commissioners analysed the data, developed a shared vision and made recommendations

Commissioners chose 'frightening and disordered behaviour' as a priority to investigate. Pages 12 to 16 detail their recommendations for tackling this as well as some actions that could improve access to safe places and spaces to play, which Commissioners also highlighted as a priority. Page 17 outlines the next steps for the project and the ways in which it has shaped practice at Perth & Kinross Council.

This innovative project is part of a growing movement of people and organisations across Scotland who are trying to build a Wellbeing Economy. Working together we can think through what we all need to live good lives on a healthy planet and redirect our institutions, policy and practice to serve our collective wellbeing.



Small world observed play:

The facilitating adult used a small world set to put together a 'map' of some parts of their community and played with children around it, taking them through their day as a timeline and exploring what and which places they liked or didn't like.

Magic carpet ride:

Children sat on a space on the floor designed to be their imaginary magic carpets and took a ride to the future. This exercise is about imagining the places around the community and how they could look like in the future.

Further detail and guidance on these exercises and others is available in a guide we contributed to on [Developing a Wellbeing Vision with Children and Young People](#).

What matters to Letham's children:

Examples of results from visioning exercises

Love Letham

Here to make Letham a better place!

Love Letham

Swimming pools will help with exercise. ☆

Food farms will help with food in Letham! ☆

More bins in Letham will stop littering and mess around the area!

Police Station could help with crimes in Letham!

A few Hotel's in Letham would help people with only a little bit of money. ☆

How to make Letham a better Place ☆

More things in Letham

Trees keep us alive, they give us oxygen to survive. That makes me feel safe and happy.

I don't feel safe at that park but I go to a better park with trees and bushes so it's like a secret base.

I feel happy in the park cause if I bring a ball I play football or basketball cause there's hoops. It's fun.

Friends are clearly important Z and he spent a lot of me speaking about them.

I went to the church playground and it made me feel safe because all my friends are there.

You can do more activities at the school park and you can play football with your friends.

My dog makes me feel included because she plays with me

Artur's House

Where do you like to go?
"To my friends. My friend Kattar is my friend. This morning he came to the Halloween party. David a Artur aswell. I was a tiger. I had stripes. Z talked about his costume and the the Tiger who came to Tea."
"[I went to] Artur's birthday. He's 4 but now he's 4. I am going to have a Lightning McQueen Cake."

Nursery

Where do you play?
"About far. I got a skateboard and the skateboard park is really far. I got a skateboard. It's got green wheels and orange."
Z talked in detail about wobbling on his board.
There is a skateboard park in the city centre so I asked if he would like one close to home.
"Yes. A bit nearer."

Skateboard Park

IN THE FUTURE

I want Perth to be more clean cause of living

I want corona virus gone soon

I wish to have Perth safe

In the future I want homeless people to be aloud to have a freehouse

Z said he felt safe & happy at all the places on the map that helps you to be healthy?
"the swimming pool"
"the playground."

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Skateboard Park

ROYS

COOP

His ch

Shop

Artur's House

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Skateboard Park

Building the Love Letham Commissions

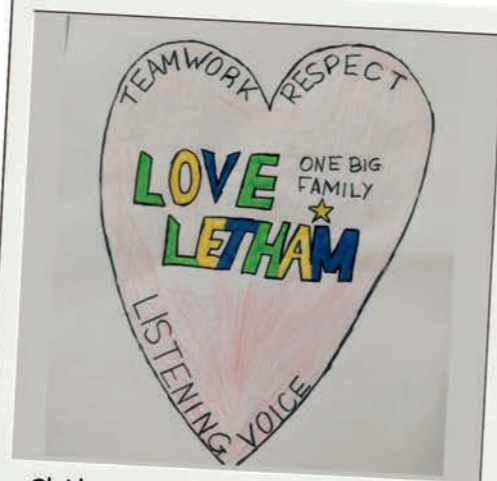
The Love Letham Commission comprised **three distinct groups** to provide appropriate spaces for people to work with peers before collaborating more widely. Each of Letham's three **primary schools** ran a Commission with the three groups coming together to create a shared vision. Young people took part through the existing **youth group The Inbetweeners** and we recruited a wide range of **residents and decision makers** to the adults Commission.

Each of the groups analysed data from hundreds of visioning exercises that had taken place with children, young people and families. Together they identified common themes that emerged.

In June the groups came together to hear the Children's Commission's vision for Letham they had assembled based on hearing other children's experiences. From this the adults chose one area to investigate first and make recommendations on.

Have faith in us, we can make a difference

Member of the Love Letham Children's Commission



Children in each of Letham's primary schools formed their own Commissions with their own logos



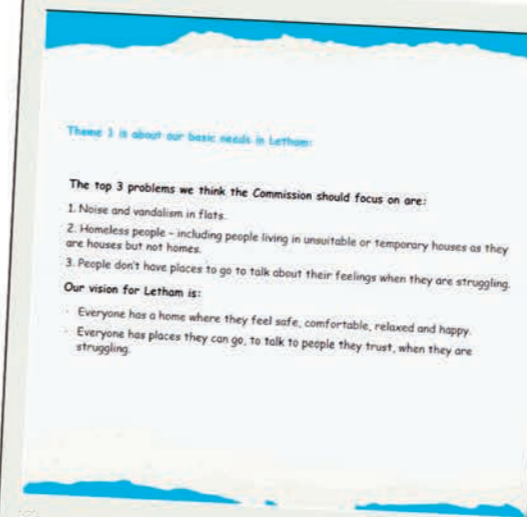
Each school Commission was given £500 for their time that they could spend on something they thought would boost wellbeing at their school. The Inbetweeners were also reimbursed.



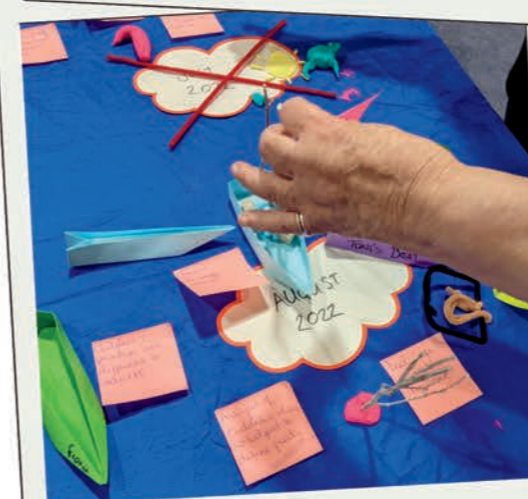
Members of the adults Commission were inspired by the clarity and altruism present in the children's ideas.



Young people fed back that they preferred to work without adults and then share what they came up with



Young people's focus on safety, decent homes and mental health support was echoed by adults



Members of the adults Commission commented throughout that they wanted to stay true to the children's vision.



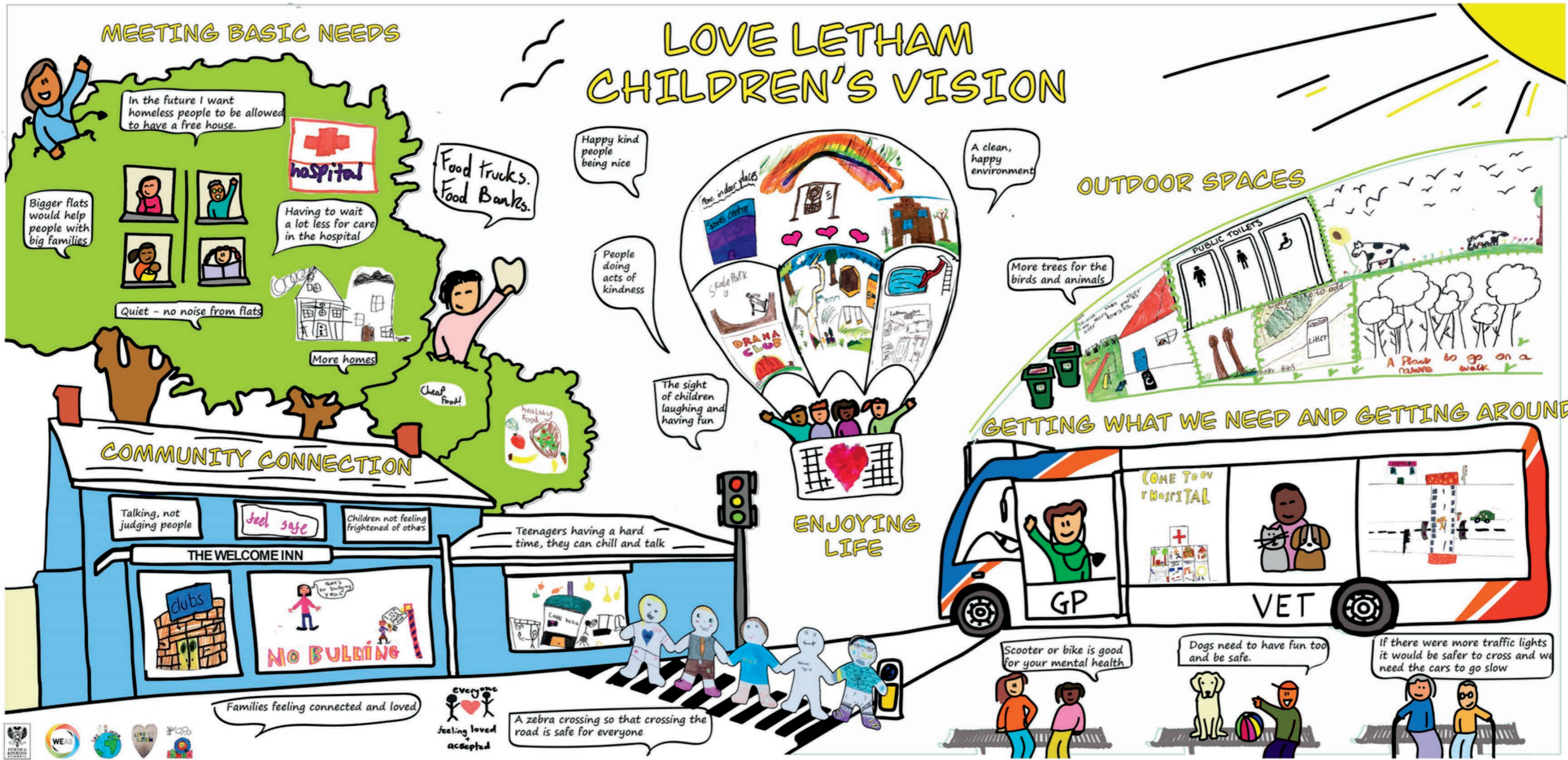
The adults commission met seven times over the course of the year to analyse the data and make recommendations.



Including elected Councillors, senior staff from Perth & Kinross Council and staff from NHS Tayside and the Health and Social Care partnership meant that those with power were bought in from the start

We liked having our opinions listened to and valued

Member of the Inbetweeners Youth Group



Children from Letham's three primary schools came together to create this shared vision.



Use a restorative justice approach where victims share their experiences.

6



Encourage reporting.

4



Display posters with prevention messages in hotspots. These should include children and young people sharing how frightening behaviour makes them feel.

5

2

Build relationships and engage people on the street, reduce red tape around services and offer out of hours support to people.

Priority action

Deliver services in a collaborative way that builds trust among those at risk of engaging in disordered behaviour.



3

Deploy drug and alcohol risk management services.



8

Increase the presence of community wardens, police and other known adults in hotspots.



7

Improve mental health support including proactive sessions on stress and anger management in schools and beyond.



Priority action

Provide clubs and activities for families and children, including after school clubs, parenting support, sports facilities and safe spaces to play.

1



Recommendations

Eight ways to tackle frightening and disordered behaviour

The Commission chose to investigate the topic of frightening and disordered behaviour in Letham. We researched the topic further with children and young people to understand their experience, took evidence from outside experts about the causes and mechanisms of violent and disordered behaviour and gathered data from Perth & Kinross Council before making these recommendations.

4

Improve access to nature and animals.



3

Create more fun parks and redo existing ones.



1

Create more places young people can socialise in peace.



Recommendations

Five priorities for improving spaces and places for children and young people

In addition to the chosen topic of frightening and disordered behaviour, the group also highlighted that providing safe places and spaces to play was a priority. While there was only time during this phase of the project to investigate one topic the Commissions identified the following priorities.

5

Make sure people put rubbish in bins



2

Increase access to public toilets.



Reflections

"The children's input was very moving and inspirational. It truly surprised me how insightful and realistic they were about what they wanted changed."

Commission member Linda Richards, Service Manager, Services for Children, Young People & Families Perth & Kinross Council

We hope that Perth & Kinross Council will be able to follow through quickly with simple things such as better lighting and prominent, colourful rubbish bins. Making an area feel safe is often about perception, especially for younger people and making them part of the decision making process is an excellent way of beginning this journey.

Elsa (20) and Linda (72) Commission members

What went well?

According to Commissioners, teachers and project coordinators.

Bringing local services together with people who live in Letham was fantastic. We really heard how it was living there and what the issues were for them. I think problem solving together was also great and it felt like a true partnership.

We all came together as a community - young and old, residents and service providers, youth workers and teachers. We valued each other and engaged on a level footing, no matter our background or position. We were all committed to pursuing the vision of a good life articulated by the children,

The interactive activities which encouraged the children to share their ideas and develop leadership skills were well planned. The timescale worked well, as and you were able to give the sessions the quality time they required to be successful. Children really felt that their opinions were being sought and enjoyed the fact that there were a few sessions.

Compensating people for their time was the right thing to do and it made it easier for people to commit their time.

Children's voices lead the whole process. We kept going back to them to get more clarification and test things with them - we believe this is more meaningful than typical engagement processes with children.

The resources we developed based on the project are already proving useful to other local authorities and community groups in Scotland and beyond.

It's been the catalyst to create a connection between the three primary schools which will hopefully continue in the future in some way.

I am now more confident in letting the children take on leadership roles.

What we'd do differently?

An explicit aim of this pilot project was to inform similar work and the development WEAll's Policy Design Guide. We've learned a huge amount about techniques for engaging children in visioning work and the realistic timescales needed for a project of this nature. In future we'd scale down our ambitions for the first year of the project and hire someone locally.

What comes next?

"In many ways, we are just getting started. Ultimately, we'd like to use the approach we've used in Letham across the Council."

Commission member Clare Mailer, Executive Lead, Strategic Planning and Transformation, Perth & Kinross Council

Building on their experience with Love Letham, Perth & Kinross Council are setting up a "Locality Group" in Letham. This will be a multidisciplinary "team" of service providers from different areas of the Council e.g. housing, social work, health and community wardens. They will be empowered to respond to the unique needs of the area. This will streamline and tailor services for residents by reorienting frontline services to meet local needs.

The bottom-up and participatory approach we've used will be applied to the development of Perth & Kinross's new Locality Group.

We'll evolve the Love Letham Commission and continue to work with children of all ages and young people to formulate policy changes on the issues they identified in the visioning exercises. And we'll share our learnings with other local authorities, policymakers and third sector organisations across Scotland and beyond so that others might adopt this collaborative approach to visionary policymaking.

"The Love Letham project demonstrated that children and young people wanted to see more of the Safer Community Wardens, I'm delighted to say thanks to the support of the community and the local elected members we're making that happen. In Spring this year Letham will have an extra, dedicated, Safer Communities Warden".

Roddy Ross, Team Leader at Safer Communities Team, Perth & Kinross Council

Full list of issues identified from analysis of visioning data by children, young people and adults on the Love Letham Commission

The following issues arose as common themes when Commission members of all ages reviewed what was shared in visioning exercises.

Places and spaces to play

- We don't have enough toilets.
- There aren't enough fun parks and there's not enough for children and young people of all ages at the parks.
- Young people don't have enough places they can socialise outside in peace.
- People don't put rubbish in the bin.
- We want to plant more trees/have more nature and animals.
- We need cheap indoor places to play when it's wet and cold.
- We need places where kids and adults can all enjoy themselves.
- We don't have enough cheap, safe, happy cafes.
- We need more indoor and outdoor sports facilities that aren't football and a swimming pool or a climbing wall.
- We don't have enough clubs, groups and trips.
- People vandalise stuff and there's too much broken glass outdoors.
- Not enough community gardens
- We need more after school clubs.

Homes

- Some people are homeless, including people living in unsuitable or temporary houses as they are houses but not homes.
- Our closes are noisy, dirty and vandalised.
- Houses are overcrowded.

Healthcare

- There is no doctor, nurse, health visitor or mental health services in Letham.
- We don't have baby clinics or health visitors.
- We don't have enough dentists.

Frightening and disordered behaviour

- There's trouble between younger and older kids.
- There's too much noise in flats from neighbours.
- There aren't enough adults outside to keep us safe.
- There is too much bullying and fighting between young people.
- There are people on the street being scarey/fighting.
- People jump fences and go places they shouldn't.
- Some people get drunk or take drugs.
- It's scary going out without bright enough street lights.
- We want to play outside but it's not safe.

Inclusion

- If you're disabled, it's hard to access everything.

Money

- People can't afford good food.
- People don't have enough money.

Safe travel


- We can't cross the road safely.
- There is pollution from cars.
- Not enough public transport like buses.
- We can't travel safely by bike or scooter.

Local services

- There is no local vet.
- We don't have enough libraries.
- We don't have enough cheap local shops.
- People don't have places to talk about their feelings when they feel upset.
- There are no shops for children.

Progress log: tackling frightening & disordered behaviour

Commissioners and partner agencies can use these sheets to keep track of progress 

RECOMMENDATION	DETAILS	ROUTES TO CHANGE	ACTION TAKEN
Provide clubs and activities for families and children.	Should include after school clubs, parenting support, sports facilities and safe spaces to play.	Separate shelter for young people with free WIFI. Could Perth College open up facilities? Could PKC map the existing activities and services?	
Build relationships and engage people on the street and make it easier to access services.	Deliver services <i>with</i> people to build trust among those at risk of engaging in disordered behaviour. Offer out of hours support.	Could community wardens build relationships with local people through activities?	
Increase the presence of community wardens, police and other known adults in hotspots.			A new community safety warden post is being created to cover North Perth, which includes Letham. 
Deploy drug and alcohol risk management services.			

Progress log: tackling frightening & disordered behaviour (continued)

RECOMMENDATION	DETAILS	ROUTES TO CHANGE	ACTION TAKEN
Place prevention posters in hotspots.	Posters could include children and young people sharing how frightening behaviour makes them feel.	Could the Children's Commissions in the primary schools take this on?	
Encourage reporting.			
Improve mental health support.	Including proactive sessions on stress and anger management in schools and beyond.	Open up college mental health services to others. Train shopkeepers in mental health first aid.	
Use a restorative justice approach where victims share their experiences.			

Progress log: providing safe spaces and places to play



RECOMMENDATION	DETAILS	ROUTES TO CHANGE	ACTION TAKEN
Create more places young people can socialise in peace.			
Increase access to public toilets.		Toilets will be available at the Letham hub when it opens. For now, the nearest ones are at Seven Acres.	
Create more fun parks and redo existing ones.		Park at the hub will be revamped. Can children feed into these plans? Could Our Ladies' park be opened to others?	
Improve access to nature and animals.		Ask Perth in Bloom to come to Letham. Green Space Rangers could do talks. Could wooded area by Goodlyburn school be used by others.	
Make sure people put rubbish in bins		Could PKC provide more bins and perhaps make them colourful? Provide free bags and community litter picking kit.	



Love Letham

Love Letham is supported by Northern Star and is funded by the Cattanach Trust and Partners for a New Economy. The "Policy Design for a Wellbeing Economy" project was supported by the Robert Bosch Stiftung.



To keep up to date with Love Letham
visit www.loveletham.org



Living in Letham is important to us

One aim to make Letham better

Vandalism is never the right answer

Everyone should listen and value opinions

Let's make Letham a better place

Everyone should be encouraged to speak up

Tell us your thoughts about your local area

Have faith in us, we can make a difference

Are you taking care of Letham?

Make Letham a great place

**Love Letham:
a poem by
pupils from
Our Lady's
Primary**