

Health: The Design, Planning and Politics of How and Where We Live

- **Paper / Proposal Title:**

'They said I shouldn't walk alone': Perceived barriers and facilitators to accessing enhancing places.

- **Format:**

Presentation in-person

- **Author(s) Name:**

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- **University or Company Affiliation:**

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- **Abstract (300 words):**

This qualitative study explored the perceived barriers and facilitators involved in accessing places that individuals identified as providing positive well-being outcomes. This study forms part of a larger research project into how physical environments provide salutogenic benefits by enhancing and/or maintaining positive well-being outcomes. Adult participants ($N = 20$) were recruited via three regional organisations: teaching and support staff from a sixth form college, a university and members of a U3A group (a learning cooperative for older adults). Semi-structured interviews were conducted and an Inductive Thematic Analysis identified positive well-being outcomes associated with a diverse range of places including domestic gardens, historical properties, workplaces, nature reserves,

cinemas, Antarctica and Disneyland. Themes associated with perceived barriers included: Physical access, perceived ability, perceived risk, social roles, social preference, time and finances. Perceived facilitators were considered in terms of overcoming barriers in addition to specific themes linked to group membership, childhood experiences of place and adaptation to change. The findings were considered in relation to the Public Health Outcomes Framework in relation to improving the wider determinants of health. In addition, these themes are integrated into theoretical frameworks of hedonic/eudemonic well-being (Ryan and Deci 2010) and Environmental Psychology theories of people-place relationships such as the tripartite Person, Place and Process place attachment model (Scannell and Gifford 2010). The findings emphasised the importance of recognising individual differences in people-place relationships, particularly when the aim is to identify positive impacts of places on well-being. Possible future applications of these findings are discussed in the context of informing the development of health promotion initiatives, as well as recommendations for green space management and urban design.

• **Author(s) Biography (200 words each):**

Liz Henry is a third-year Environmental Psychology PhD student at the University of Sunderland. Her mixed methods research focus is exploring the salutogenic potential of places that individuals perceive as having positive well-being outcomes. Liz's presentation *From Antarctica to Ikea: Exploring the salutogenic links between place and well-being* at the BrEPS (British Environmental Psychology Society) conference in 2016 at the University of Surrey was followed by a further presentation at the BrEPS conference in 2017 at UCL Bartlett school of construction and project management, *'I don't feel limited there': perceived characteristics of place, place attachment and state well-being in relation to self-selected enhancing places*. Liz qualified as a teacher from the University of Leicester and taught Psychology at a sixth form college for 20 years and has also worked as an A level examiner and as an Academic Tutor at the University of Sunderland. She completed her MSc in Psychology research methods with the Open University before commencing her PhD studies at Sunderland.