















Description and explanation for each theme

Theme	What does this mean?	Things to consider
<p>Moving around</p> 	<p>Pleasant and safe routes can encourage people to move around by walking, wheeling and cycling without relying on cars or public transport. This is good for health and for the environment and air quality. This can include off-road paths, wide pavements, quiet streets with reduced speed limits, and walking and cycling routes that can be used by people in wheelchairs, mobility aids, prams or adapted bikes.</p>	<p>How easy is it to move around and get to where I want to go?</p> <ul style="list-style-type: none"> • Can I walk, wheel or cycle to where I want to go? • Are paths and routes suitable? (walk, wheel, or cycle, adapted bikes) • Are routes attractive and safe? (good surfaces, well-lit, seating, continuous, clean and clear, free from pollution, all weathers) • Can everyone use them? (all ages and mobility, vision/ hearing impaired, pushchairs and prams, mobility aids, bikes) Can everyone use the paths and routes? • What needs to change to make me want to use these routes?
<p>Public transport</p> 	<p>Good public transport is affordable, reliable and well connected. This can reduce reliance on cars and encourage people to get around in ways that are better for the environment and for their health.</p>	<p>What is public transport like in my place?</p> <ul style="list-style-type: none"> • Do I have easy access to public transport? • Does public transport allow me to get to where I need to go if I cannot get there by walking, wheeling or cycling? • Can everyone use public transport? (wheelchairs, prams, vision/ hearing impaired, cyclists, all weathers, all times) • Is there information on services? (easy to find, easy to use, clear and accessible)
<p>Traffic and parking</p> 	<p>Traffic and parking affects how people move around. Good arrangements can help people to get the most out of their place.</p>	<p>How do traffic and parking affect how I move around my place?</p> <ul style="list-style-type: none"> • Do people who are walking or wheeling or cycling have priority over vehicles? • How does traffic affect me? (congestion, speed, pollution, noise, fear of vehicles or bicycles, delivery vehicles) • How does parking affect me? • Are there options for lower carbon travel eg. car clubs, park and ride, car sharing, electric vehicle charging?
<p>Streets and spaces</p>	<p>Buildings, landmarks, greenery, views and natural landscape can help to create an attractive place that people enjoy being in. Distinctive streets and spaces can help people to find their</p>	<p>What are the buildings, streets and public spaces like in my place?</p> <ul style="list-style-type: none"> • Are there points of interest like landmarks, historic features, public squares, parks, gardens, trees?

	<p>way around, and greener streets and spaces are not just good for wellbeing but also for the environment and for biodiversity.</p>	<ul style="list-style-type: none"> • Is it easy to find my way around? (good surfaces, visual features, well signposted, direct and easy routes to follow) • How accessible are my streets and spaces for everyone? (pavement width, crossing points, tactile surfaces, dropped kerbs) • Are there any challenges such as derelict sites and buildings, flooding, pollution, litter, lighting, busy roads or illegal parking?
<p>Natural space</p> 	<p>Natural spaces have many benefits – supporting wildlife, reducing flooding, and improving air quality. These spaces include parks and woodlands, fields, streams, canals and rivers, coasts and beaches, green spaces alongside paths and roads, and tree-lined streets. Connecting with nature improves our health and wellbeing.</p>	<p>How easy is it for me to regularly enjoy natural space?</p> <ul style="list-style-type: none"> • What kind of natural spaces do I have access to? • Can everyone use these spaces? (disabled people, dog walking, prams and buggies, walking and cycling, local food growing, playing, places to rest) • Are these spaces well looked after? (clean, safe, in good order, community volunteers) • What stops people using these spaces? • What needs to happen to encourage me to use natural spaces more often?
<p>Play and recreation</p> 	<p>Play and recreation can keep us active, happy, connected and help improve the quality of our lives and our health and wellbeing. Places with a range of formal and informal indoor and outdoor spaces and events encourage children, teenagers, adults and older people to play and to enjoy leisure, culture and sporting activities.</p>	<p>How good are the spaces and opportunities for play and recreation in my place?</p> <ul style="list-style-type: none"> • What opportunities are there for me? • Are there places that people of all ages and abilities can enjoy? (children and young people, adults and older people, non-disabled and disabled, vision/ hearing impaired, locals and visitors) • Are spaces and facilities well used? • What needs to change to encourage me to make the most of what is available?

<p>Facilities and service</p> 	<p>When facilities and services in a place are easy to access locally, this can help people to live independent, healthy and fulfilling lives. Facilities and services can include schools, doctors, shops, libraries, social care and community groups, children’s services, council services, housing services, alcohol and substance use services, homeless services, support to return to work or retrain, support to prevent reoffending, support when on a low income, food banks and community pantries.</p>	<p>How well do facilities and services in my place meet my needs?</p> <ul style="list-style-type: none"> • What facilities and services do I use? • What other support is available? • Do the facilities and services meet my needs, now and in the future? (affordable, all ages, different needs and abilities, responsive to emergencies) • Are facilities and services easy to get to and use? • What stops me from accessing these services?
<p>Work and economy</p> 	<p>A strong local economy with a mix of businesses can help to make places feel active and attractive – most people enjoy spending time in lively places. Access to good quality jobs, volunteering and training can help us to stay active and healthy, provide social connections, a sense of identity and satisfaction, and an income where paid.</p>	<p>How active is the local economy in my place and are there good opportunities for work, volunteering and training?</p> <ul style="list-style-type: none"> • Is there work available in the local area for those that want it? (a mix of jobs, paid work and volunteering, temporary and permanent, seasonal and part- time positions) • Are there opportunities for people to build skills? (education, training or retraining, community work, local or accessible nearby) • What support is available for people with different needs such as employment advice, business advice, childcare, travel? • How does the local economy affect how I feel about my place? (thriving or declining, lots of activity or empty streets, boarded up or attractive buildings).
<p>Housing and community</p> 	<p>Good places have a mix of housing in attractive, safe and connected communities for different types of families and people. Where we live and call home affects our health and wellbeing.</p>	<p>How well do the homes in my place meet the needs of my community?</p> <ul style="list-style-type: none"> • Is there a good mix of housing types? (different sizes, various prices, privately owned, rented, specialist housing, supported living, multi-generational) • Is my home insulated, weather-proof and free of mould? • Are homes and places able to adapt to changing circumstances? (changing climate, population changes, global health challenges, energy efficiency) • Are residential areas attractive?

		<ul style="list-style-type: none"> Is there a good community spirit? (local activities and events, friendly neighbours, welcoming neighbourhoods, intergenerational mixing)
<p>Social interaction</p> 	<p>Good places have a mix of spaces and opportunities to meet and spend time with other people. Some places also have active websites or social media networks to help people meet and take part in the local community. Feeling part of our community improves our health and wellbeing.</p>	<p>How good is the range of opportunities which allow me to meet and spend time with other people?</p> <ul style="list-style-type: none"> Are there places in the community where I meet up with friends and family? How do I find out what's happening? Can everyone join in community activities? (accessible, friendly, inclusive, welcoming, free or affordable, digital access and skills) Is there a mix of activities? Would people come together in a crisis?
<p>Identity and belonging</p> 	<p>How a place looks, its history and what other people think of it can affect how we feel. A positive identity can also attract people and businesses to move into an area.</p>	<p>To what extent does my place have a positive identity that supports a strong sense of belonging?</p> <ul style="list-style-type: none"> How strong is my sense of identity and belonging? How welcoming are people in this place? (friendliness, tolerance and openness, all ages and ethnicities, for disabled people, language, culture) How involved are people in the community? (volunteering, sharing experiences, support networks, different groups, come together in a crisis) How does the community celebrate? What do others think of our place and community?
<p>Feeling safe</p> 	<p>How safe a place feels can support community activity, affect people's wellbeing and influence how and where we spend our time. Good design and maintenance can make places feel safe by reducing crime and antisocial behaviour.</p>	<p>How safe does my place make me feel?</p> <ul style="list-style-type: none"> Do I feel safe in the places I live and visit in Aberdeen? Are there physical barriers such as lighting, derelict or empty buildings, unused land or flooding or areas that feel unsafe? Are children protected from harm and exploitation, including online? Am I worried about litter or graffiti, speeding traffic, crime, anti-social behaviour, or illegal drug taking? If I had concerns, who would I speak to?

<p>Care and maintenance</p> 	<p>Places that are cared for can make us feel positive and secure, while those that are not looked after properly can affect our wellbeing.</p>	<p>How well is my place looked after and cared for?</p> <ul style="list-style-type: none"> • Are buildings, streets and spaces well maintained? • Who helps to maintain our place – the council, businesses, members of the community? • If I had concerns, who would I tell? • What are local services such as property maintenance, cleaning or recycling, like?
<p>Influence and sense of control</p> 	<p>Having a voice in decision-making can help to build stronger communities and better places. Having a sense of control can make people feel positive about their lives.</p>	<p>When things happen in my place how well am I listened to and included in decision-making?</p> <ul style="list-style-type: none"> • Do I have a voice in my community/city? • Do I feel able to take action on my own or with neighbours? (litter picking, local improvements, working together to take action) • Does my community have a voice? (confidence to take part, getting involved, influencing decisions, doing things ourselves, do we know and successfully exercise our rights) • Is my community listened to? (are our needs understood, who do we talk to, how are we consulted, more or less consultation) • Are there effective local groups? • Are children listened to and involved in choices that affect them? • Are there barriers for some people? (clear language, online/digital tools, hearing/ vision needs, disabled people, can everyone take part)