

# Happyplace Report

HALTON



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## Did you know?

Norton Priory in Runcorn is the most excavated monastic site in Europe with some areas of the settlement dating back to the 12th century.



# Introduction

## The 5 Ways to Wellbeing



### 1. Connect

Relationships are good for health and wellbeing. Connect with friends, family and neighbours.

### 2. Be Active

Being physically active is good for the mind and body. Find a physical activity that suits you and try and aim to move more throughout the day.

### 3. Take Notice

Do more of the things you enjoy by focusing on the world around you and the things that matter to you.

### 4. Keep Learning

Keeping the mind active throughout life is essential, try learning a new skill or enrol on a course.

### 5. Give

Giving back to others helps us feel good. What good deed will you do today?

This report summarises the key findings of a Community Researcher Project commissioned by Halton Healthy New Town to empower local people to map community assets that can help to improve health and wellbeing levels.

The project entailed recruiting 55 volunteers from Halton as Wellbeing Community Researchers whose goal it was to discover and record happy places in the local area using a new app called Happyplace.

Volunteers received Wellbeing Training as part of the project, which focused on sharing evidenced-based top tips to improve their own and other people's health and wellbeing. This included insight into the (nef) Five Ways to Wellbeing<sup>1</sup>; five evidence-based messages proven to improve individual and community wellbeing.



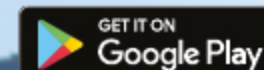
# Happyplace APP

Happyplace is the first digital asset mapping app that empowers citizens to map places in their community that help them to feel good.

The app provides a compendium of verified happy places that people can discover nearby which are categorised according to the Five Ways to Wellbeing.

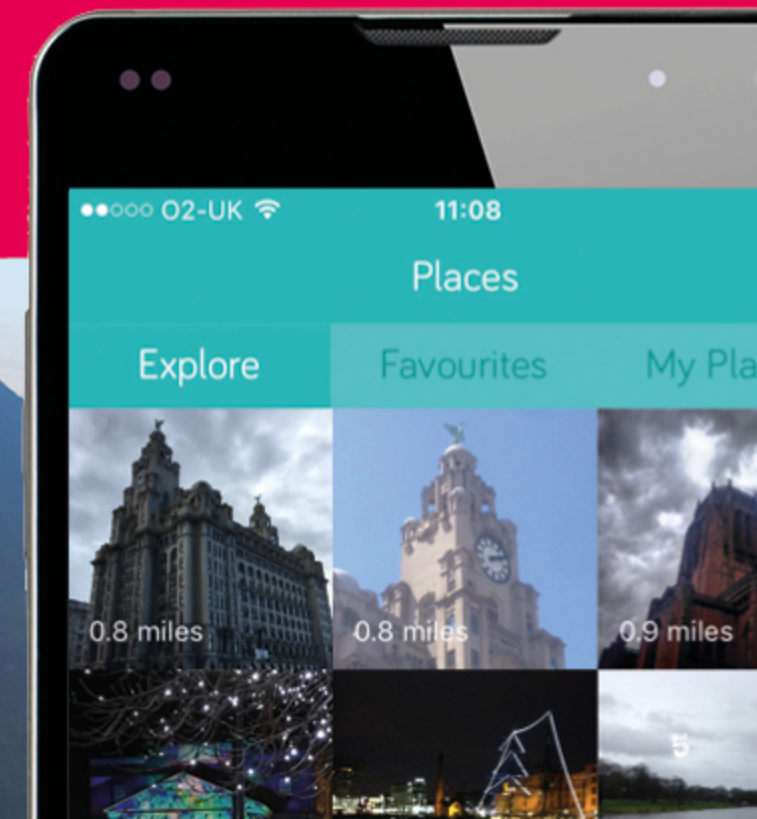
Happyplace aims to create the world's largest Happyplace asset map featuring multiple global landmarks.

This project focused specifically on Halton and the Halton Lea locality. Over a three month period, volunteers in Halton undertook a mapping exercise across the area and this report showcases the findings of this work.



The app is free to download and has a number of key features:

- 1 Discover and upload happy places near you**  
The app enables users to view details about a place and access directions to get there
- 2 Monitor your health and wellbeing**  
Users can monitor the impact of visiting places on their mood and overall levels of wellbeing, using validated health metrics
- 3 Take a Happyplace Challenge**  
Users can create a Happyplace Challenge, which is a curated pick of happy places, and set personal goals to visit these as part of a personal health and wellbeing plan



<sup>1</sup> Aled, J., Marks, N., Cordon, C. and Thompson, S. (2008). The Five Ways to Wellbeing: The Evidence, The New Economics Foundation (NEF), London



55 Volunteers



36 Female  
17 Male  
2 Undisclosed

108

Happy  
places  
recorded

47

Unique  
Happy  
places

# Happy places in Halton



A Happy place

Happy place  
cluster, lots  
of happy  
places here!



Mersey Road



Preston Brook Canal



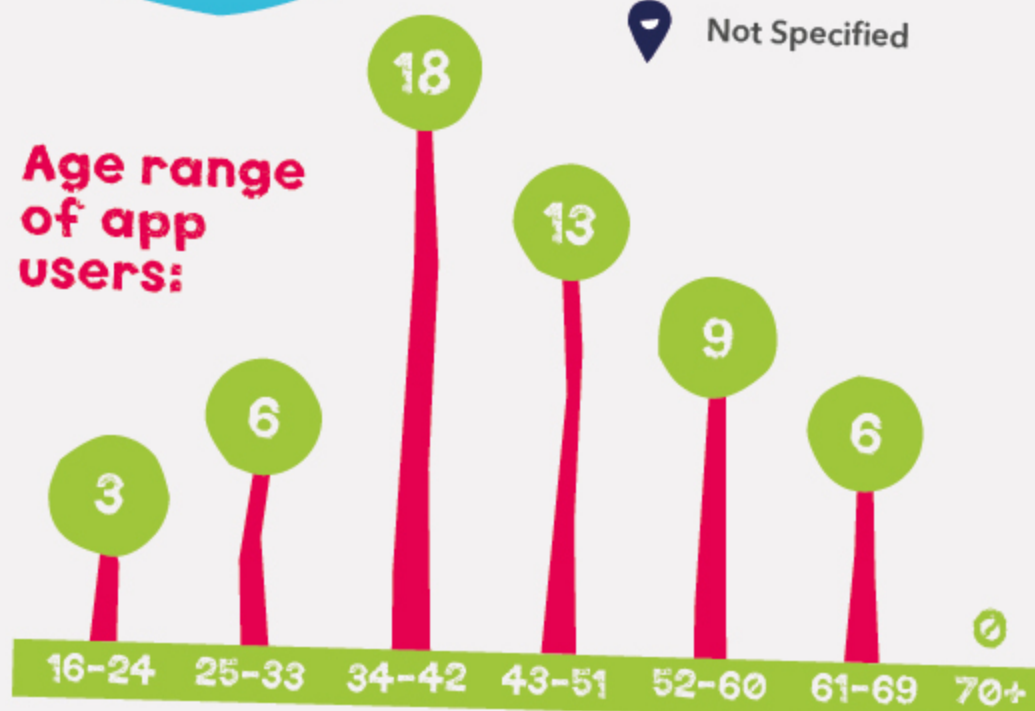
Victoria Park Environment  
Team & Butterfly House

## Ethnicity of Halton app users



- White: British
- White: Irish
- White: Other
- Mixed: White & Asian
- Mixed: Other
- Not Specified

## Age range of app users:



### Halton Happy places

- Bridgewater Canal
- Brookvale Community Centre
- By the River Mersey
- Castlefields Community Centre
- Catalyst Museum
- Cineworld in Runcorn
- Ditton Community Centre
- Food Bank at St Paul's Church
- Halton Castle
- Halton Lea Shopping City
- Halton Miniature Railway
- Halton Park Cafe
- Halton Skate Park
- Halton Ski Slope
- Hope Corner Food Bank
- Kingsway Children's Centre
- Kingsway Leisure Centre
- Macmillan Delamere Centre
- Mersey Road
- Norton Priory
- Pickering's Pasture
- Palace Fields Community Centre
- Preston Brook Canal
- Riverside College
- Runcorn Bridge
- Runcorn Hill
- Runcorn Library
- Runcorn Town Hall
- Runcorn Town Park Playground
- Spike Island
- St Bede's Church
- St Mary's Church
- St Paul's Church
- St Thomas Mottershead Memorial
- The Studio
- Victoria Park
- Victoria Park Environment Team & Butterfly House
- Wade Deacon Playing Fields
- War Memorial
- Widnes Cancer Support
- Widnes Library
- Widnes Market
- Widnes Railway Station
- Widnes Rugby Union Football Club
- Widnes Vikings RLFC - Halton Stadium
- Widnes Tennis Academy
- The Wonky Garden





Halton Lea Shopping City • Free

"This is where I come to take time for myself, have a walk around some shops and connect with people in my community"

"It's nice to see a positive space for young people to use and enjoy"

# connect

Connect with the people around you – family, friends, colleagues and neighbours – at home, work, school or in your local community.

Social relationships are key to promoting good wellbeing, think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Halton Skate Park • Free

Key:  
Free: Free  
£: £1-£3  
££: £4-£6  
£££: £7+



Ditton Community Centre • Free

"Fantastic place to relax with friends"

"Great sense of community"



The Studio • ££



Palace Fields Community Centre • Free

"Love seeing the children play in a safe environment and meet new people"



# Be Active

Exercising makes you feel good. Go for a walk or run, step outside, cycle, play a game, garden, dance.

Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

"There's nothing better than taking the dog for a walk by the canal in springtime"



Preston Brook Canal • Free

"I love running through the park at weekends. No matter the weather, it is a beautiful place to exercise!"



Victoria Park • Free



Pickering's Pasture • Free

"Great for a walk with loved ones or for a bit of time to yourself"



Town Park Playground • Free

Key:

Free: Free  
£: £1-£3  
££: £4-£6  
£££: £7+

"Lots of activities to tire the kids out and keep them occupied so I get a bit of peace!"

"A fabulous place to exercise. I enjoy finishing my walk by stretching by the pond!"



Spike Island • Free



# Take Notice

Be curious. Be aware of the world around you and what you are feeling.

Savour the moment, whether you are walking to work, eating lunch or talking to friends. Reflecting on your experiences will help you to appreciate what matters to you.

"A peaceful place to visit to recharge batteries"



Bridgewater Canal • Free



By The River Mersey • Free

"The sky is beautiful, the sea air blowing up the estuary brings refreshing salty air"

## Key:

Free:	Free
£:	£1-£3
££:	£4-£6
£££:	£7+



Runcorn Town Hall • Free

"Wonderful gardens and community place"



Victoria Park Environment Team Butterfly House • Free



Mersey Road • Free

"A lovely place to look across the water"

"I love volunteering there - sharing the amazement of the butterflies"



# Keep Learning

Try something new. Rediscover an old interest, sign up for that course, take on a different responsibility at work, fix a bike, learn to play an instrument or how to cook your favourite food.

Set a challenge you will enjoy achieving. Learning will improve your self-esteem and confidence as well as increasing your satisfaction levels.

Key:

Free: Free  
£: £1-£3  
££: £4-£6  
£££: £7+

"It's so beautiful and peaceful here, I find myself getting lost in the gardens for hours!"



Norton Priory • ££



Catalyst Museum • ££

"Great place to learn about science"



Runcorn Library • Free

"Lots of opportunities here to learn new skills"



Kingsway Children's Centre • Free



St Thomas Mottershead Memorial • Free

"Took a moment to be grateful for the men and women who served in the armed forces"

"It's a great place to meet new people and relax"





Macmillan Delamere Centre • Free

“Supports members of our local community in so many ways and gives people hope as well as advice”

“I love bringing my mother here and giving her the chance to connect to nature again”



Runcorn Hill • Free

# Give

Do something nice for a friend, or a stranger. Thank someone, smile, volunteer your time, join a community group.

Look out, as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding.

Key:

Free: Free  
£: £1-£3  
££: £4-£6  
£££: £7+

“A calming place to reflect and contribute to the community by volunteering your time”



St. Paul's Church • Free



Hope Corner Foodbank • Free

“A great team of people at the food bank who make such a difference to people in Halton!”



Widnes Market • Free

“Helps to support local businesses”



# Focus on: Halton Lea

Plans are underway to develop the Halton Lea area as a Healthy New Town. This will culminate with the building of 800 new homes and the development of a 'Health & Wellbeing Campus'.

The development at Halton Lea, Runcorn, has the potential to regenerate the area into a thriving community hub, with new opportunities for social and community activities, healthy retail provision and integrated housing, health and social care provision.

The 'One Halton' model of care and support is focused on enhancing services in the community and ensuring easy access to those services. The focus is on developing a health and wellbeing ecosystem with people at the heart of it, and an infrastructure that supports wellbeing and health.



Halton Park Café • ££

## Key:

Free: Free  
£: £1-£3  
££: £4-£6  
£££: £7+

"I love sitting here in summer, with an ice cream and my kids"

"Enjoy watching films and spending time with my friends"

## Priorities

- Developing a Health & Wellbeing Campus, allowing the shift of care to less acute settings/homes at reduced cost and improved personal experience.
- Developing alternative commercial models and maximising use of existing NHS land to reduce capital pressures nationally.
- Build 800 new houses with up to 400 of these on the current hospital site. There will be a range of housing types to attract workers and supported housing, private, council and mixed tenure. An important aspect will be sensitivity to the built environment and place as a means of promoting health, wellbeing and independence.
- Making greater use of Runcorn Shopping City as a hub for the development of local commercial, training and employment opportunities, health messages and services for the community.
- Addressing lower than average educational attainment and higher unemployment present in Halton. As a consequence we hope to be able to grow our own workforce in Halton Lea. We intend to create a health academy which will address staffing shortages in health and social care.



Cineworld in Runcorn • £££

"Reminds me of happy trips as a child"



Halton Ski Slope • £££

Halton Castle • Free



"Exploring Halton Castle makes me feel like I'm a part of Halton's history"





## More information:

For more information about how the Happyplace app can help you discover and reconnect with community assets, please contact Wellbeing Enterprises CIC:

T: 01928 589 799

E: [info@wellbeingenterprises.org.uk](mailto:info@wellbeingenterprises.org.uk)

W: [www.wellbeingenterprises.org.uk](http://www.wellbeingenterprises.org.uk)

You can also find more information by visiting:

[www.happyplace.org.uk](http://www.happyplace.org.uk)

