

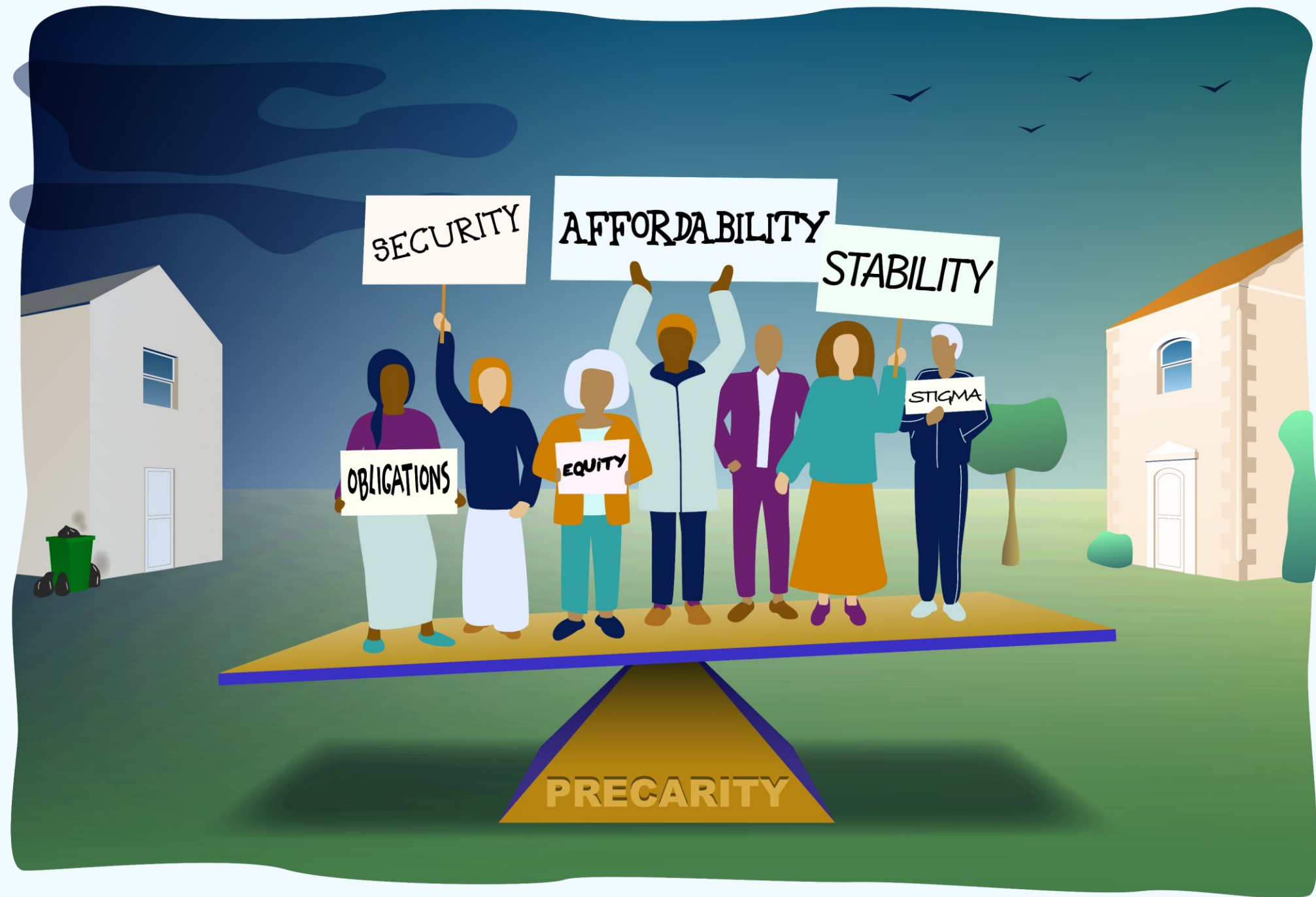
Home Matters: Attachment, Place and Health

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**Home Truths:
What Private Renting
Means for Health and
Wellbeing in Suffolk**

Home Truths: What Private Renting Means for Health and Wellbeing in Suffolk



Housing Journey



*You're on CCTV getting watched...
They had the right to go in your room
and search it.*

CLEANING ROTA				
X	X	X	X	
X	X	X	X	
X	X	X	X	



- *It's just nice when you get these lovely, happy, landlords... willing to help people... just to take pressure off their shoulders. And it's just nice now to put our scent on the home like she says, it's their house...*
- *But it's our home.*



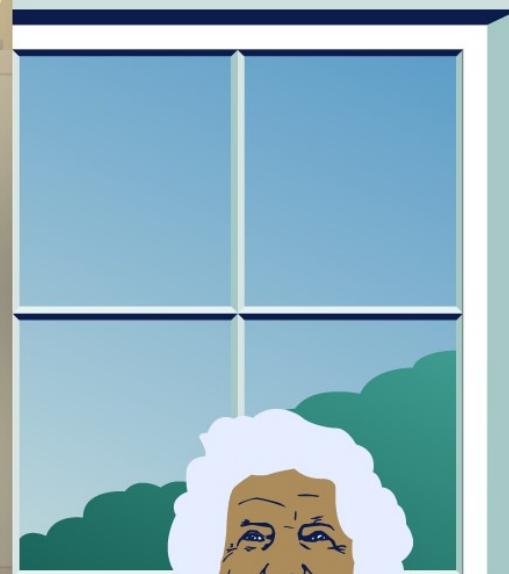
*Half packed at the moment,
living in chaos... Waiting
every day for that court*

*order to come through and
a leaving date to come in...*



*Watched the barn owls fledging from my garden
this summer. To be within arm's reach of
a barn owl... Brilliant*

*I don't want to really
go to him with a list
of complaints in case
he doesn't renew
my lease.*



*"This is your home now,
unless you need to go
into a nursing home...
You are here. That's it."*



A colorful illustration of a red brick almshouse with a brown tiled roof and a chimney. The house has a garden with various plants, including a large potted plant with yellow flowers. In the foreground, three people are walking: a man in a yellow jacket and brown trousers, a woman in a pink dress, and a man in a white shirt and blue scarf. The scene is set against a light blue sky with yellow clouds.

Almshouse Resilient Communities (ARC) for the Future

An overview of the project and the Knowledge Hub

Project team

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Investigator)



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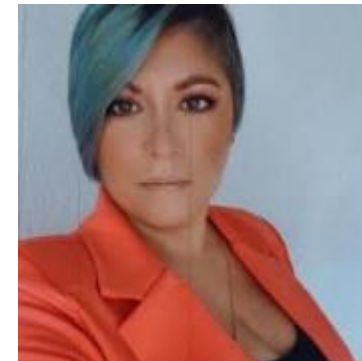
Alison Benzimra
United St
Saviour's Charity



Lisa da Silva
The Whiteley
Homes Trust



Zoe Richardson
Sir Josiah Mason
Trust



ARC for the Future – Project Partners



Research question: *How can almshouse communities become more resilient?*

Almshouse communities consist of past, current, and future residents, staff, trustees, governance, buildings, and grounds.

“the adaptive and learning capacity of individuals, groups and institutions to self-organise in a way that maintains system function in the face of change”

(Maclean, Cuthill & Ross, 2014)



Maclean, K., Cuthill, M., & Ross, H. (2013). Six attributes of social resilience. *Journal of Environmental Planning and Management*, 57(1), 144–156. <https://doi.org/10.1080/09640568.2013.763774>

Callahan, E., Murtagh, N., Pooley, A., Pannell, J., & Benzimra, A. (2024). Co-Production Within Academic Constraints: Insights from a Case Study. *International Journal of Environmental Research and Public Health*, 21(11), 1503. <https://doi.org/10.3390/ijerph21111503>

Themes

ARC for the Future found 30 themes which contribute to almshouse community resilience.

The 30 themes are grouped into 4 key themes.



VALUING AND SUPPORTING PEOPLE

includes individuals' psychological resources, diversity, and developing community ties and people-place connections.



DEVELOPING AND STRENGTHENING COMMUNITY

is about connection, community and communication and how community resilience depends on a sense of community.



ENHANCING THE BUILT ENVIRONMENT

includes design, maintenance, and continuing development



FOCUSING ON THE FUTURE

looks at planning and aiming for stability and includes how looking ahead strengthens resilience by preparing for what might happen.

People place connection

- People develop important attachments to places, and a place can become a part of someone's identity.
- Several factors allow for this including relationships with other residents, a connection to the charity/organization, and making your home your own.
- Connection to a local community, including having family and other social connections in the area, having grown up in the area, and amenities and activities in the local area.
- Most residents are planning to stay in the almshouse long-term.
- Attachment to a place can be developed through engagement, delight, feelings of security, familiarity, and development of care of and care for that place.
- Developing connections between people and place include maintaining relationships with people, opportunities to personalise a space, physical security and involvement with events and activities.,



Southwark Charities, almshouses in central London (now demolished)



- Almshouse communities have development over time, through built estate and human community, within a specific geographic location.
- Our findings demonstrate that resilient places will consider the built environment and the community and the reciprocal interactions between them.
- Placing an emphasis and resilience, informs design across a range of issues (including financial, materials, security, biodiversity).
- With an ageing population how and where we live in older age will become increasingly significant, across all tenure types.
- Decent housing which is affordable, secure and well-maintained is critical in relieving stress and worry for residents, building their capacity for dealing with change.
- For resilient communities, provision of decent housing is fundamental.

Main output is a [KNOWLEDGE HUB](#) for residents, staff, and trustees

What Works ...

Fairness and mutual understanding

My house: your home

Knowledge not assumptions

Advice and support

What Next ...

Promote professionalism and good practice across the PRS

Review advice and support pathways

Support the development of effective cross sector collaboration (inc. health)

Continue to learn from firsthand knowledge – research and KTP

Advocate for more decent quality, affordable, and secure housing



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THANK YOU FOR LISTENING



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