

# Participatory Housing - what is the role of participation in the delivery of community-led housing and can participation unlock health equity within housing

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## [5] HEALTH EFFECTS

**ABSTRACT**  
 Community-led housing (CLH) models have been gaining traction at both grassroots citizen and government level over recent years and are being proposed as an alternative to mainstream, profit-driven, housing models. A defining factor of CLH is the focus on the transference of power and agency over decision making and design development of housing to local citizens and community groups, which is lacking in current traditional housing models. This lack of agency within the current housing development process could be negatively impacting citizen health where individuals feel disempowered and lack control over their life circumstances which could be exacerbating health risk from a social and physical health standpoint.

- Reduce Age-Related Health Risks •
- Reduce Social Health Risk Factors •
- Reduce Physical Health Risk Factors •
- Reduce Mental Health Risk Factors •
- Overall Wellbeing Improved •

**METHOD**  
 This study undertakes participatory action research (PAR) in collaboration with Forest Community Land Trust (CLT) using qualitative and quantitative research methods to understand the causal pathway between participation and health in community-led housing. Participatory activities across four community land trust developments across England were identified and then mapped out using an adaptation of BRE Causal Pathways framework. The final illustration has taken a similar structure to Maslow's Hierarchy of Needs to indicate the different levels in order to achieve positive health and wellbeing from the participatory activities.

- Increased Community Cohesion •
- Increase in Trust in Neighbourhood •
- Improved Self-Efficacy & Self-Esteem •
- Increased Opportunity to Feel in Control •
- Increased Knowledge of Housing Process & Development •
- Improved Ontological Security •

## [4] HEALTH & WELLBEING OUTCOMES

- Empowerment •
- Inclusive Community & Neighbourliness •
- Agency •

## [3] OPPORTUNITIES FOR THOSE ENGAGED

- Feeling part of Positive Change for Yourself & Others •
- Connecting with Others in Area •
- Building new Skills between Each Other •
- Sense of Community Control in Developing Future Communities •
- Feeling Heard •
- Awareness of CLT/CLH Movement & Hope around Possible Benefits •

- Formation Meeting/Vision Setting •
- Asking Members to write to Local MP/ Political Engagement •
- Canvassing for Support at Planning Committee Meetings •
- Engagement with wider London Groups •
  - Door Knocking •
  - Leafletting •
- Set up Stand at Local Markets/Fayres •
- Set up Stand in Local Area to Speak to Locals •
- Meeting & Engaging with wider Community •
  - Engagement Workshops •
  - Community Steering Group •
  - Engagement Events •
- Equipping Community with Leadership Tools •

**RESULTS**  
 There were some key activities identified that were common to all the case studies that were assessed which are outlined in section [2] What this might look like for CLH. The most self-reported health and wellbeing outcomes from these participatory activities were empowerment, inclusive community & neighbourliness and agency which were further supported by literature on housing and health.

## [2] WHAT THIS MIGHT LOOK LIKE FOR CLH

**CONCLUSION**  
 This study shows that this impacts citizen health positively through the potential for reduced social, physical and mental health risks including a reduction in age-related health risks. This can have a further positive impact on overall wellbeing for individuals, community and the population through the opportunity it presents in building up communities and potential in increasing social capital.

## [1] EXPOSURE

- Participation in Community Organising (Active) •
- Participation in Community Building (Active) •
- Participatory Workshops prior to Development (Active) •
- Being a part of a Community of Intent/Purpose (Passive) •