

Local Living and 20-minute neighbourhoods factsheet



Planning Authorities are required to provide details within the Evidence Report of how their places can support local living, and where places do or do not meet the definition of a 20-minute neighbourhood.

Local living should mean that people do not, ideally, have to go very far from their home or leave their settlement in order to meet their daily needs for service access. The concept of 20-minute neighbourhoods, where a range of services should be within no more than a 20-minute round trip (10-minutes walk or cycle each way) applies to both urban and more rural places. Cities are best placed to meet the needs of more people with typically shorter travel distances for services. However, local living must be achieved in towns and some villages in order to meet the needs of their population, reduce the need to travel, improve health and wellbeing, and reduce greenhouse gas emissions.



The Scottish Government is currently preparing guidance on 20-minute neighbourhoods. Until this is produced, the key determining factor is NPF4 Policy 15 on Local Living. It defines eight key characteristics or facilities that places should contain in order to allow local living. These are:

- sustainable modes of transport including local public transport and safe, high quality walking, wheeling and cycling networks;
- employment;
- shopping;
- health and social care facilities;
- childcare, schools and lifelong learning opportunities;
- playgrounds and informal play opportunities, parks, green streets and spaces, community gardens, opportunities for food growth and allotments, sport and recreation facilities;
- publicly accessible toilets;
- affordable and accessible housing options, ability to age in place and housing diversity.



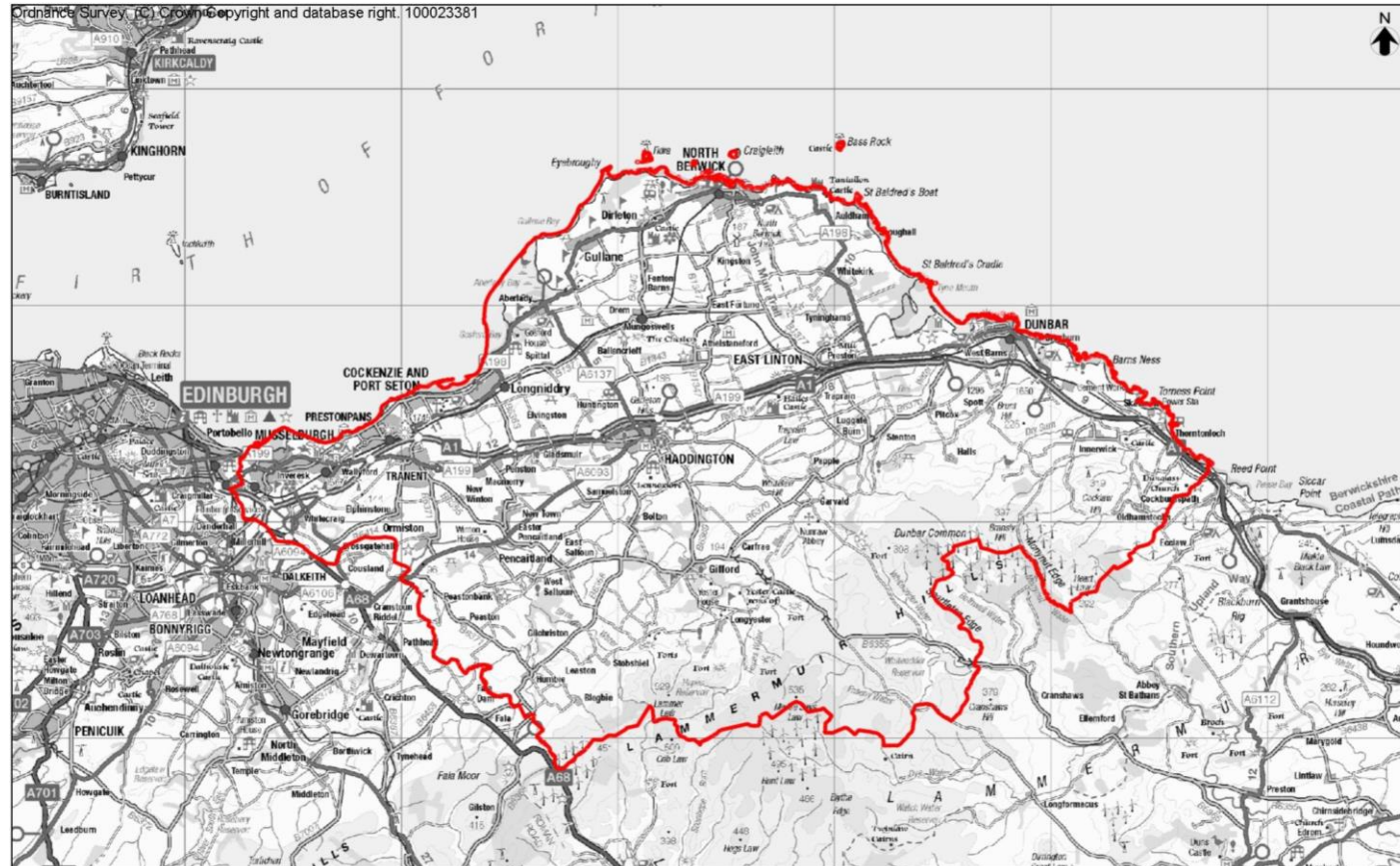
East Lothian has a number of large and medium towns, some having experienced significant change in the last 10 years in terms of population. These places are very likely to be considered 20-minute neighbourhoods, but not all, and many require retrofitting to improve facilities, access or movement. There are also many small places in the county that have some facilities but in general require travel to a larger place for certain services. Other places are very small and contain little to no facilities, requiring travel to access virtually any service. To be able to define what a 20-minute neighbourhood is for East Lothian, we first need to look at how East Lothian functions as a whole.



Local Living and 20-minute neighbourhoods

Journeys beyond East Lothian

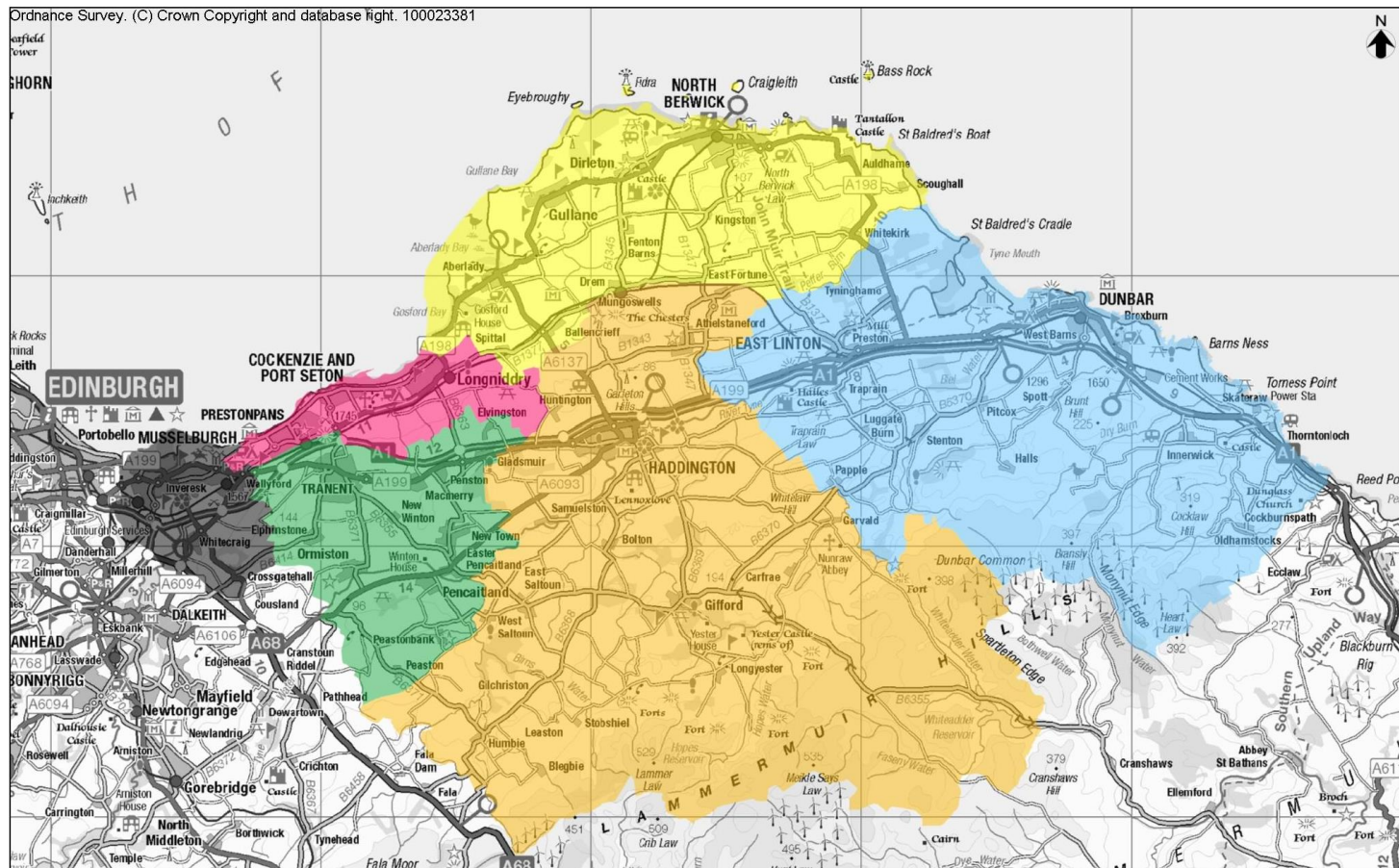
East Lothian is positioned with the City of Edinburgh, Midlothian and Scottish Borders areas adjoining the boundary. Many people travel outside of East Lothian on a daily or weekly basis, often for employment, leisure, or retail in particular larger goods. The patterns and behaviour that influence these types of journeys are not easy to change as they are already well established with people committed to jobs for example. However, East Lothian has excellent rail and bus transport meaning not all journeys need to be by car. We are looking at ways in which access from settlements in East Lothian to public transport hubs and longer distance cycling/wheeling routes can be improved so that travel beyond the county is as sustainable as possible.



Local Living and 20-minute neighbourhoods

Area Partnerships

East Lothian is divided into six Area Partnership areas, each with at least one medium to large settlement. This means that large parts of the population already have good access to services. Others will need to travel to the nearest larger settlement for their service needs. However, travel is frequently within Area Partnership boundaries or between adjacent areas. By improving linkages between settlements, we can reduce the distance required to travel, help people to stay within the county, and improve health and wellbeing through greater uptake of sustainable travel options such as walking, cycling and wheeling.



- Musselburgh East, West & Carberry**
Settlement: Musselburgh
- Preston, Seton, Gosford**
Settlements: Prestonpans, Longniddry
- Fa'side**
Main settlement: Tranent
- North Berwick Coastal**
Main settlements: North Berwick,
- Haddington and Lammermuir**
Main settlement: Haddington
- Dunbar & East Linton**
Settlements: Dunbar, East Linton

Local Living and 20-minute neighbourhoods

Services and Accessibility

The definition of a 20-minute neighbourhood for East Lothian is primarily focussed around the level of services and accessibility that our places currently have. We have identified 12 key features, shaped by NPF4 policy 15 and the local characteristics of our area, that places must have in order to be considered a 20-minute neighbourhood:

- **Sustainable transport**
 - Settlements must have access to a train station or bus stop within 10 minutes, allowing travel within the settlement and also onward travel to another equally sized or larger settlement. Provision of facilities such as electric bicycles will help to create a more joined-up transport network.
- **Walking, cycling and wheeling networks**
 - To encourage more sustainable travel choices and reduce car journeys, our 20-minute neighbourhoods must have a cohesive walking, cycling and wheeling path network. These should keep people as safe as possible, providing off-road routes to reduce risk of accidents with vehicles, and avoiding crossing of main roads as much as possible. Routes must be high quality, well lit and wide enough for multi-modal use. They need to allow easy movement within places and beyond to other settlements within East Lothian.
- **Employment**
 - Places must support people by providing employment opportunities that can be accessed without leaving the settlement. These will not suit everyone however typically we would expect to find opportunities in retail, tourism, hubs for small business space and remote working.
- **Schools, nurseries and lifelong learning opportunities**
 - Children should not have to travel far to school and by ensuring educational facilities is as close to home as possible reduces the need for car and bus journeys. We want to encourage more walking and cycling to school, and the routes taken must be safe and welcoming.

Local Living and 20-minute neighbourhoods

Services and Accessibility

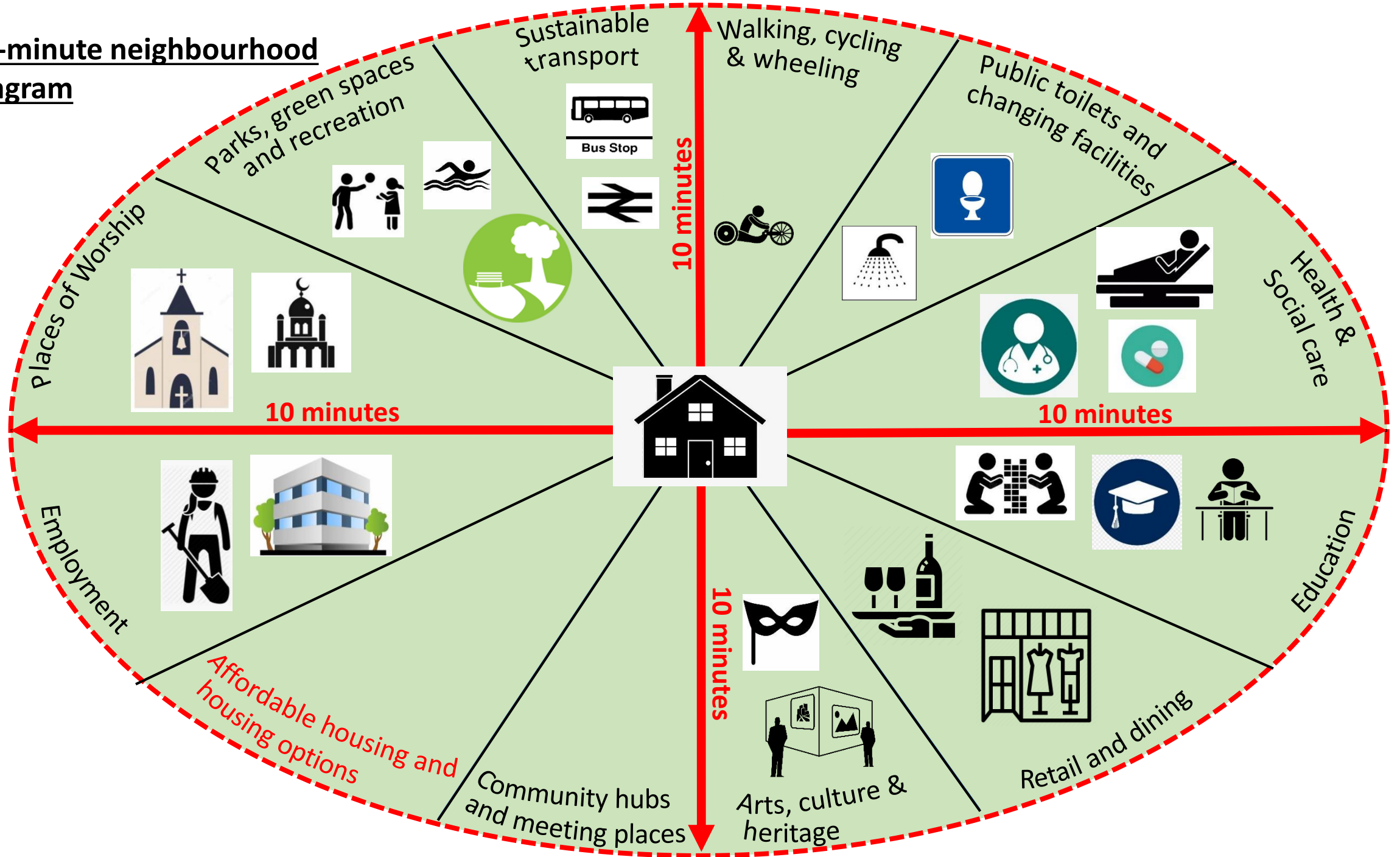
- **Health and social care**
 - Another essential requirement for people is good health care access. When people are unwell, they do not want to have far to travel to get medical assistance. Access to health centres and pharmacies is important for a 20-minute neighbourhood. We also want our places to be diverse and meet the needs of people at any age. Social care facilities allow people to remain in or close to the place they are familiar with and their friends and/or families.
- **Parks, green spaces and recreation**
 - There is a direct link between access to green space and improved physical health and mental wellbeing, and our 20-minute neighbourhoods must allow easy access to a park, places where children can play (both formal and informal), sports and recreation, allotments, community gardens and opportunities for food growing.
- **Retail and dining**
 - One of the essential daily needs of people is fresh food, and in order to be a 20-minute neighbourhood, there needs to be at least one shop selling fresh fruit and vegetables and staple items such as milk, bread etc. Other retail options can also be expected for non-food items. We want our 20-minute neighbourhoods to be vibrant and we would expect there to be places where people can buy a coffee or sit down for a meal.
- **Publically accessible toilets**
 - Our neighbourhoods are diverse and people must have access to the basic requirement of a publically accessible toilet. This is especially important for people with certain medical conditions. 20-minute neighbourhoods must provide access to at least one public toilet. This may be within a public building or within a retail shop, but should ideally also include changing facilities.

Local Living and 20-minute neighbourhoods

Services and Accessibility

- **Affordable housing and housing options**
 - Access to affordable housing within a 20-minute neighbourhood ensures that places do not become exclusive or homogenous, catering only for the needs of a particular demographic. The definition of affordable to one person may also differ greatly from another. Providing a range of housing options allows for mixed communities and better social cohesion. Additionally, the ability for disabled or older people to meet their housing needs such as by downsizing, having space for a carer, or adapting their home to meet their needs, will ensure they are not forced to move to a completely new place. This can be particularly harmful, for example, to those with conditions such as dementia.
- **Community hubs and meeting places**
 - 20-minute neighbourhoods should be places where people feel socially included and have opportunities for interaction with others. Our places should provide people with easy access to community centres, social clubs, places within the built environment where you can meet e.g. a public space.
- **Arts, culture and heritage**
 - Our places should provide people with options to engage in a range of activities including access to art galleries or exhibitions, performing arts such as plays and musicals etc. Heritage is an important aspect of sense of place, and our places must use the historic environment to achieve this through retaining and providing access to assets where possible, and creating opportunities for learning such as through interpretation boards, public art etc.
- **Places of worship**
 - Places of worship often serve as important community gathering places, either for specific religious events/ceremonies, or by providing space for organised community events such as fayres, musical performances etc. A 20-minute neighbourhood should provide people with easy access to these spaces where they feel inclusive regardless of particular faith or background.

20-minute neighbourhood diagram



Local Living and 20-minute neighbourhoods

Large settlements

We have identified five settlements within East Lothian that meet the requirements for the facilities to be considered a 20-minute neighbourhood: Musselburgh, Prestonpans, Tranent, Haddington, North Berwick and Dunbar

The scale of these settlements means that they have both a defined town centre and at least one local centre. They also have population sizes of between 10-20,000. They would be considered at the top level in terms of services and accessibility, often providing more than one choice for the same service or goods. They are the places that people will often travel to from other parts of Area Partnerships or between in order to access the services they need. They have excellent transport links between settlements of equal size or smaller. These settlements are also at the highest level due to the ease of which they are to get to, how easy they are to move around, and how good onward travel options are.



The top five settlements will have the majority of services people require within the town centre, although due to their scale this may mean travelling from one end of a high street to the other. The facilities and services within the town centre will serve the nearby residential areas, but there will be some that are outwith the 20-minute round trip.

Local centres will provide for the needs of people in residential areas that are beyond the 10-minute walk or cycle to the town centre. They will not have as many facilities as the town centre but should still have one shop selling fresh food.

The relationship between the town centre and local centre/s is very important as people should be able to easily access and travel between the local centre/s and the town centre to meet their daily needs.

It is also important to ensure that in analysing our urban environments, there is not too much focus purely on the number of services available. A large part of the success of places depends upon the quality of the built environment and the experiences people have. We have therefore looked closely at the key routes people take to access services and how attractive and safe they are.



Next steps to understand 20 minute neighbourhoods in East Lothian

This consultation will provide us with a greater understanding of the extent to which East Lothian's settlements function as 20 minute neighbourhoods.

To improve, develop and change our places there first must be a thorough understanding of the context of our settlements. This can be developed through the study of the unique circumstances and characteristics of a place; for instance the settlement patterns; the density and scale; connectedness or remoteness; historical, natural, physical and social assets; existing resources, services and facilities, including any changes that are planned and the policy context.

Once gathered this information can be referenced by the LDP Evidence Report, to help inform decisions about future development and produce settlement strategies in the Draft Proposed Plan.

