

# 20-Minute Neighbourhoods: Healthier Communities

Healthy Homes and  
Communities  
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@TCPAhealth

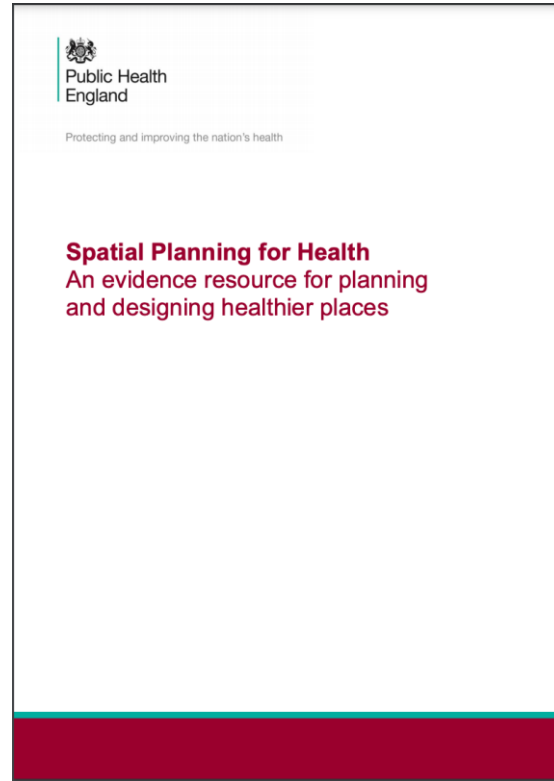




# tcpa Increasing evidence and widespread understanding:



Marmot Review  
2010, updated in  
2020



Spatial Planning for Health  
2017

TCPA healthy planning publications  
[www.tcpa.org.uk/health-publications](http://www.tcpa.org.uk/health-publications)





## tcpa Common priorities to address problems:

- Reduce the need to travel by creating **complete** places
- Encourage active travel by creating **compact** and **connected** places



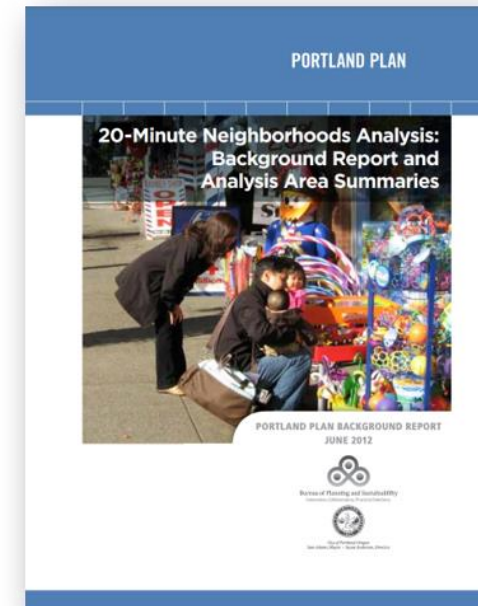
Build Complete and Compact  
Neighbourhoods



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# Living locally as a solution – international examples

## Complete, compact and connected neighbourhoods





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# Living locally as a solution – UK examples

## Complete, compact and connected neighbourhoods



### 3 Priority three: Our 15-minute neighbourhood

#### 1 Local neighbourhood life

We want to continue to revitalise local neighbourhood life as people spend more time in the borough. Residents of every neighbourhood should have easy access to everything they need to live well - including high quality local services. We will support local shops, and sustainable local deliveries through low-carbon modes of transport, such as ZED cargo bikes and electric vehicles. By creating jobs and working spaces in the borough, and developing hyperlocal cultural events, we will ensure that residents of Waltham Forest can meet most of their needs within a short walk or bike ride from their home.

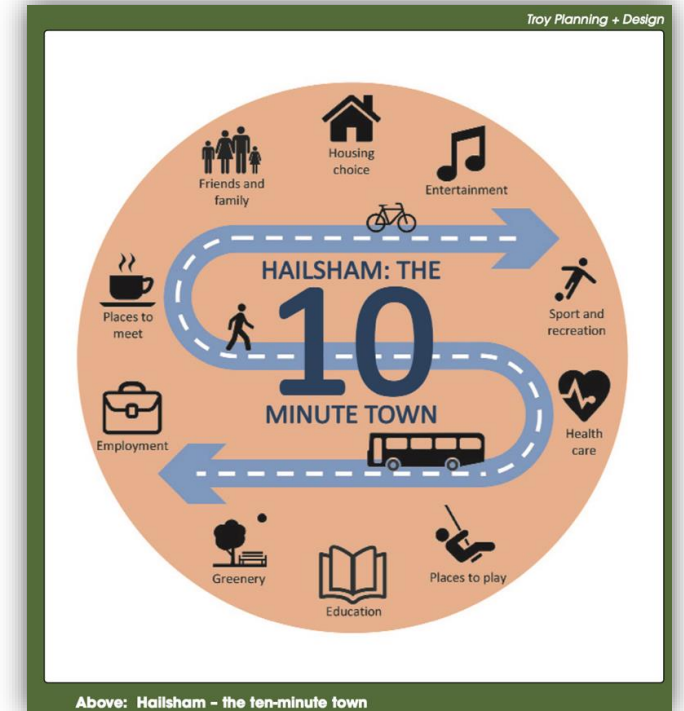
#### 2 People-friendly streets

Waltham Forest has a lot to offer, and active travel allows residents to enjoy their neighbourhoods, and stay healthy. The Council's Enjoy Waltham Forest programme has led the way, increasing walking and cycling in the borough, and improving air quality. We will go further to support active travel, shaping our urban design to enable a healthier borough, with new cycle routes and low-traffic neighbourhoods. More cycle hangars are also being installed around the borough. We will also grow our school streets programme to reduce air pollution around schools.

#### Checklist for the perfect 15-minute neighbourhood

Home	Children's play areas	Green space	Bus stop	Shops, bakery, butcher, cafés, nursery, pub/restaurant, hairdresser	Community gardens	Health facilities
				Public meeting place		
				Primary school		

WALKING DISTANCE: WITHIN 5 MINS      WITHIN 10 MINS



Waltham Forest Council



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[www.tcpa.org.uk/the-20-minute-neighbourhood](http://www.tcpa.org.uk/the-20-minute-neighbourhood)



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# 20-Minute Neighbourhoods

Creating Healthier, Active, Prosperous Communities  
An Introduction for Council Planners in England





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## What does the 20-minute neighbourhood mean?

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### **Complete and Compact**

- meet day to day needs within minutes of home

### **Connected**

- easy, direct, safe, enjoyable, interesting, desire line active travel routes from one place to another
- access to good public transport networks



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## Features of the 20-Minute Neighbourhood

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Diverse and  
affordable homes



Schools at the heart  
of communities

Well connected paths,  
streets, and spaces



Good green spaces  
in the right places





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## Features of the 20-Minute Neighbourhood

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Local food production

A place for  
all ages



Keeping jobs and  
money local



Community health and  
wellbeing facilities



# Making it happen – principles for success

1. **A compelling vision, well communicated**
2. **Strong, inspiring leadership**
3. **Led by empowered communities**
4. **Based on research, data and analysis of local context**
5. **Partnership and advocacy**
6. **Addressing inequalities – those with less choices**
7. **Adopting policy**
8. **Investment**
9. **'Hard' and 'soft' measures**
10. **Evaluation and adaptation over time**

