

# Elements of Great Public Spaces that Benefit Health



## BACKGROUND

This research provides an analysis of the different things within great public spaces that benefit the health and wellbeing of the community.

It forms one component of the wider Newport Project and utilises Paine Reserve as a platform for urban planning studies.

Through this research and the Newport Project, we hope to become the catalyst for Paine Reserve to reach its full potential as a public space. To enable the reserve to become a landmark location within Newport and the greater Hobsons Bay area.



## RESEARCH QUESTION

The aim is to determine the various components of public spaces that can turn Paine Reserve into a high-quality location that benefits physical and mental health.

The research question that will be addressed in this paper is:

*“What are the desired elements of high-quality public spaces that benefit health and well-being?”*



## CONTEXT

The subject site is Paine Reserve at 11 Mason Street, Newport. It is located close to the centre of Newport, making it a key location for the community. Figure 1 shows the breakdown of the site.

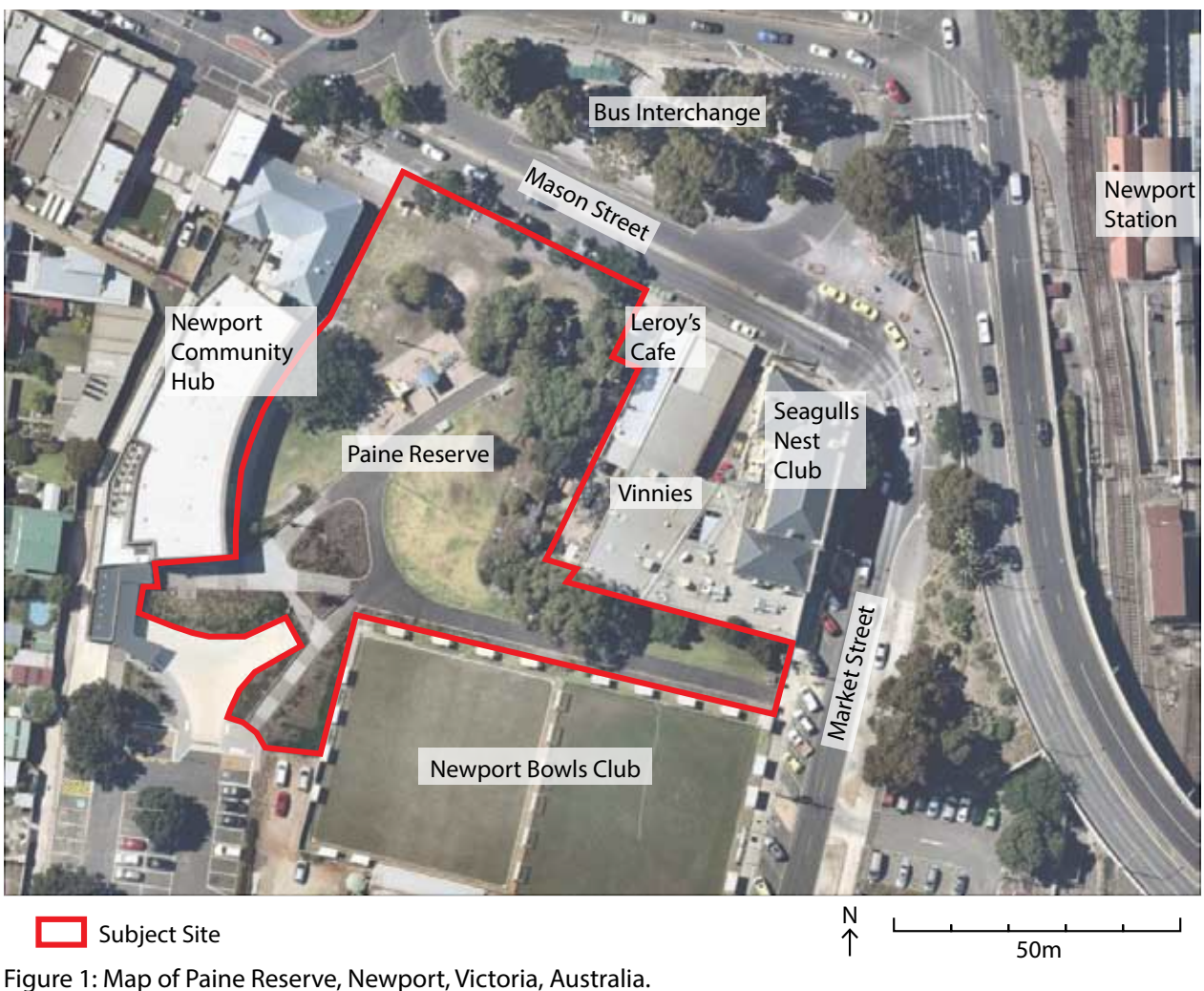


Figure 1: Map of Paine Reserve, Newport, Victoria, Australia.

## FRAMEWORK

The ‘Attributes for a Successful Place’ framework developed by ‘Project for Public Spaces’ will be used to understand the qualities that make a successful public space. These qualities are accessibility, functional use, aesthetics and social values. How these qualities relate to health and wellbeing will form the focus of this research.

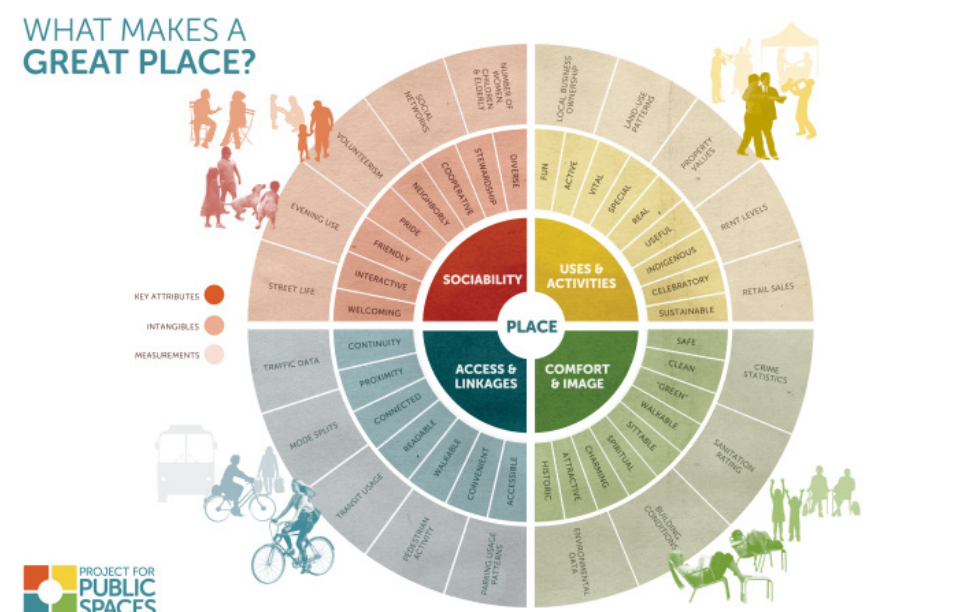


Figure 2: ‘Attributes for a Successful Place’ framework. Source: Project for Public Spaces.



## METHODS

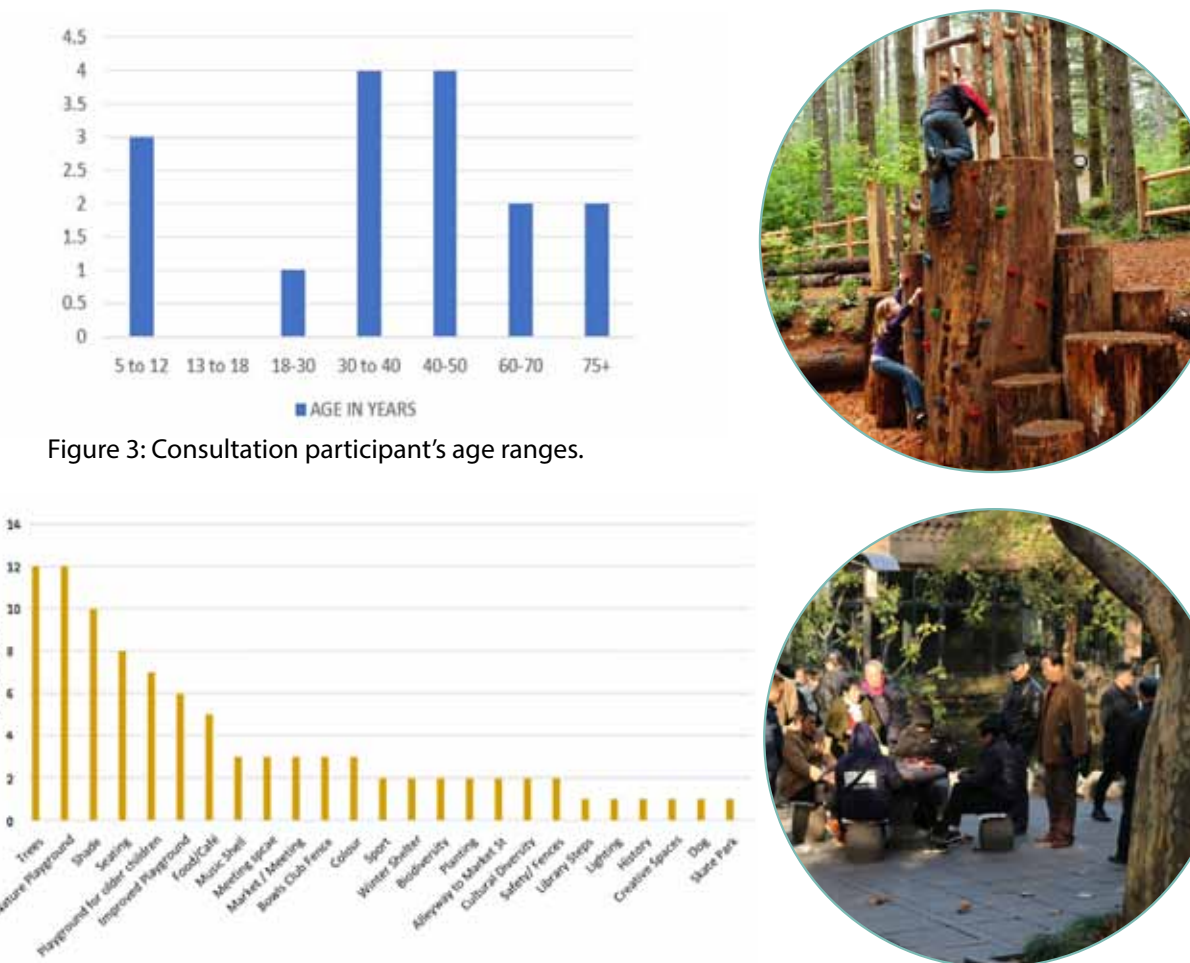
Data for this research was collected through observation and a community consultation. We set up clear perspex boards to allow the community to draw what they want to see in Paine Reserve. It also allowed us to have some great conversations with community members about their drawings.



## RESULTS

The results from the collected data show that there is a significant lack of presence by teenagers and young adults at Paine Reserve.

From the feedback gathered at the consultation, the common themes that occurred include a nature or water play area, seating, shade, event facilities and the capacity to be a meeting space.



## OPPORTUNITIES

Paine Reserve has a number of opportunities that is in harmony with the results from the collected data.

1. Improving accessibility by increasing walkability and cyclability.
2. Enhancing comfort and aesthetics by improving safety through visibility.
3. Fostering social values by promoting greater social activity.
4. Developing functional uses by providing recreational activities.



## RECOMMENDATIONS

Many different opportunities exist for Paine Reserve and from this research, recommendations for ways to improve the space is provided.

The photos below show just some of possible forms that these recommendations can take.

