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Department of Planning and environment
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Ryde Hornsby Health promotion
Locked Bag 2220,
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24th June 2019

Dear Mr Nixey

**RE: Ivanhoe Estate Redevelopment (SSD-8707)
(Submission by Northern Sydney Local Health District)**

Thank you for the opportunity to comment on the Ivanhoe Estate Redevelopment. Northern Sydney Local Health District (NSLHD) Health Promotion is committed to ensuring that the built environment has a net-positive impact on the health and well-being of individuals in particularly disadvantaged populations. We declare that our organisation has no political affiliations and have made no political donations.

As noted in the proposal, the Ivanhoe Estate redevelopment will provide 3,000 – 3,400 units, including over 950 social housing units and 128 affordable rental homes replacing the 259 social housing which was previously on the site. Social housing will be mixed with private housing market within the high density development, creating an integrated community as per NSW Social Housing strategy¹.

We commend the proposed features and amendments made to the development proposal from the initial consultation in 2018 which include:

- Deletion of Building C2 and expansion of the Village Green to create a new community centre and 2,900m² of additional open space.
- Ensuring that it will be a sustainable development.
- Retention of additional existing trees for urban tree canopy (we note submissions from other agencies to minimise tree removal).
- Improved interface with the Shrimptons Creek riparian corridor.
- Increased setback from Epping Rd from 10m to 12m to reduce impact of noise and air pollution on residents.
- Inclusion of community gardens, nature playground, town centre and village green.
- Connectivity for pedestrian/cyclist access within the estate and to surrounds including Epping Rd, Peach Tree Rd, new Lyon Rd bridge access and to Macquarie Shopping Centre.
- Provision of bicycle parking and space for car sharing schemes as per council's DCP and in public spaces.
- Emphasis on tenure blindness through uniform building designs and equitable access to common spaces and amenities to minimise social segregation.
- Community centres and facilities to provide outreach health and social services onsite.

Our comments will focus on getting people active, connecting and strengthening communities, providing healthy food options and minimising negative health impacts on higher density living. We also suggest referring to recommendations from the Heart Foundation in their Healthy Active by Design checklist publication² for further healthy built environment considerations.

Getting People Active

In addition to the known health benefits of walking and cycling, there is also a growing body of evidence that walking and cycling to town centres increases economic returns on private property value, retail rents, customer visits and local business activity³. On the contrary, high

¹ NSW Government (2016) Future Directions for Social Housing in NSW. Family and Community Services NSW
<https://www.facs.nsw.gov.au/about/reforms/future-directions>

² Heart Foundation (2018) Healthy Active by Design Checklist www.healthyactivebydesign.com.au/resources/healthy-active-by-design-master-checklists

³ Tolley, R., (2011), Good for Business: The benefits of making streets more walking and cycling friendly (Discussion paper), National Heart Foundation, Australia. Available from: <https://www.heartfoundation.org.au/images/uploads/publications/Good-for-business.pdf>

traffic volumes in high density developments can increase the risk of pedestrian injuries, especially children and adolescents³. To minimise the traffic congestion associated with increasing population density, adequate provisions for public transport, cycling and pedestrian infrastructures must be provided. Additionally traffic calming measures should be provided to reduce the overall speed of traffic.

Recommendations:

1. That the school provide adequate bicycle parking to encourage active transport by staff and students to minimise traffic congestion. Development of a school travel plan and policy should be a requirement as part of the agreement.
2. Provide dedicated walking routes around the site to support and encourage physical activity for all abilities including wheelchair and pram users.
3. Incorporate clear way-finding signage (including distance/time) into the surrounding bike network, public transport hubs and local amenities such as public toilets.
4. Install bicycle dismount signage within the town centre to facilitate shared use of the town centre by both pedestrian and cyclists.
5. Establish speed limits for cars surrounding the town centre to ensure pedestrians can access the area safely.
6. Ensure there is connectivity across the site between buildings and amenities so residents can maintain interaction with neighbours in other buildings.
7. Provide sheltered bike racks both at street level and within buildings.
8. Ensure the layout of the development allows residents to access to bus stops within 400m walk and train stations within 800m walk.

Connecting and Strengthening Community

It is commendable to see that green open space, including community gardens, has been prioritised in this proposal. This provides opportunities for incidental neighbourhood interaction, helps to reduce social isolation, improves mental wellbeing and creates a sense of community^{4,5}.

Recommendations:

9. Provide seating and furniture in common areas which are inclusive of the needs of a diverse range of users e.g. seating with arm rests, picnic tables with cantilevered ends to allow wheelchair access. Use of nature-based furniture can also improve amenity.
10. Consider installing additional senior friendly gym equipment in the town centre village green which will be visible to more people. This can help promote use of equipment, activate the space and improve accessibility for people who are unable to mobilise long distances.
11. Playground equipment should prioritise nature play where possible i.e. rocks, wood and water. Also consider the needs of different age groups and opportunities for intergenerational interactions, such as co-locating playgrounds and community gardens. Equipment and flooring should be resistant to heat.
12. Include lighting of open spaces during the evening to improve safety and activate public spaces for night time activity.
13. Consider designs which facilitate the use of the town square as a public art space e.g. use of sculpture installations, performance space for live music or free movie screenings and community events.
14. Consider integration of tactical urbanism⁶ and place-making strategies such as street libraries, child-friendly public art.
15. Provide wheelchair accessible toilets and parent room facilities near public spaces as poor access to public toilets can be a barrier for older people to use public spaces⁴.
16. Ensure that vegetation is evergreen, non-deciduous and does not have lifting roots which can pose a falls/trip hazard to pedestrians.

⁴ Giles-Corti B, Ryan K, Foster S, (2012), Increasing density in Australia: maximising the health benefits and minimising the harm, report to the National Heart Foundation of Australia, Melbourne. <http://www.heartfoundation.org.au/density>

⁵ L. Kent, J & Thompson, S (2019). Planning Australia's Healthy Built Environments. 10.4324/9781315524573.

⁶ Codesign Studio (2015) The Tactical Urbanism Guidebook, Vol 4 Australia and New Zealand Available from: https://issuu.com/codesignstudio/docs/tacticalurbanismvol4_141020

17. Consider pet friendly policies and regulations which support pet ownership and pets in public spaces. Research has shown that human-animal interactions can enhance human physical health and psychological wellbeing⁴.

Community Health and Safety

In addition to legislative compliance, smoke free and alcohol free public spaces contribute to community safety and wellbeing. A well-planned public environment can reinforce positive social behaviour and discourage antisocial behaviour and crime⁴.

Recommendations:

18. City of Ryde Council introduce and enforce a Smoke-Free Policy under the Local Government Act 1993.
19. City of Ryde Council enforce Alcohol Free Zones in Ivanhoe Estate.
20. Follow Crime Prevention Through Environmental Design (CPTED)⁷ guidelines by ensuring adequate lighting, eliminating dark and secluded sections and planting either low-lying shrubs or high canopy trees that maintain sight-lines and maximise passive surveillance

Providing Healthy Food Options

The built environment can influence healthy food and drink choices. Fresh food outlets located within an 800m walk can encourage the purchase and consumption of healthy food, such as fruit and vegetables and reduce the likelihood of people developing a high BMI and obesity⁴. The entrance to Macquarie Shopping centre is approximately a 950m walk. Therefore, Health Promotion strongly recommends that the provision of a fresh food outlet in the retail centre is prioritised, to ensure equitable access to people who may have limited mobility e.g. elderly.

Community gardens can encourage consumption of fresh food and vegetables and foster community capacity and social capital⁴. However, it is noted on page 39 of the submission report the shadow diagrams of the proposed location of the community garden may have inadequate solar access i.e. less than 5 hours per day. The exact location may need to shift to ensure solar access, in particular so the garden in building C4 receives enough sunlight for it to thrive as intended.

Recommendations:

21. Retain proposed community gardens but investigate further on exact locations to maximise solar access. Consider the addition of a community garden area near the community centre which has better solar access.
22. Provide roof top space designs which could accommodate rooftop community gardens and space for community interaction. This should be done in consultation with the community.
23. Consider incorporating edible vegetation e.g. fruit trees around the development.
24. Include an affordable fresh food outlet as part of the retail mix of the town centre in future detailed plans.
25. Provide water drinking fountains in the town centre, community centre, playground and along walking tracks.
26. Consider town centre designs which provide for outdoor Farmers' Markets e.g. provision of power-points, loading zones etc.

Higher density living and health

Whilst there is a strong body of evidence that higher residential density and mixed land use is associated with increased physical activity and active transport³, there is a need to consider other health impacts unique to low income populations. This relationship is diagrammatically described by Corti-Giles and colleagues³. See Addendum.

There is some evidence to suggest that some population subgroups may be more susceptible to poor mental health when living in higher floors, particularly stay-at-home women with children, lower socioeconomic groups and older people³. Contributing factors included anxiety about accidents and falls, particularly for parents of young children and the elderly and a lack of social networks.

⁷ NSW Police (2001) Crime Prevention Through Environmental Design (CPTED) Available from: https://www.police.nsw.gov.au/data/assets/pdf_file/0003/9390/duapguide_s79c.pdf

Recommendations:

27. Consider the placement of social housing units in lower floors and consider their access to amenities.
28. Consider family friendly apartment configurations in lower floors e.g. three bedrooms.

Previous City Futures research⁸ found 72-85% of owners' corporations had identified major defects in their buildings, particularly those completed since 2000. The most common problems experienced include internal water leaks due to inadequate waterproofing and water penetration from outside into the building. Others include malfunctioning elevators in high rise buildings which restrict entry and exit.

Such defects can negatively affect the liveability and health of its occupants, particularly low income households. Mould growth and damp can increase the risk of developing respiratory conditions. Malfunctioning elevators can profoundly impact on those with poor health and mobility issues, compounded by lack of social networks. Psychological stress associated with dealing with the complex strata governance structures to progress repairs has been widely reported^{3,7}. This has not been noted in the Social Impact Assessment reports and there appears to be no risk mitigation strategies at this stage of the proposal.

Recommendations:

29. Mission Australia provides more details on risk mitigation strategies to protect the rights of Social Housing tenants within the Strata Scheme, including providing advocacy services in the event of building defects, maintenance issues and disputes.
30. Ensure the Social Impact Assessment details how the housing provider will support social housing residents in advocating for their tenancy rights.

There is consistent evidence that proximity to busy roads, high traffic density and the associated increased exposure to pollution are linked to a range of respiratory conditions. At the time of writing, details on the design of apartments facing Epping Road, a major road, were not evident.

Recommendations:

31. Ensure apartments facing Epping Rd are not unduly exposed to harmful vehicle emissions through balconies and air-conditioner draw points³.
32. Allowing for local prevailing winds and topographic characteristics to avoid building high density housing downwind of busy roads that carry high traffic volumes³.
33. Ensure apartments have adequate noise insulation and breeze-ways that optimise ventilation³.

We appreciate the opportunity to provide comment on the Ivanhoe Estate Redevelopment. Should you have any queries about this submission please contact the undersigned at Ryde Hornsby Health Promotion Unit on 8877 5184 or queenysafford@health.nsw.gov.au. Health Promotion would be happy to assist further as the development progresses to benefit the health, wellbeing and safety of the community.

Yours sincerely,



Queeny Stafford
Health Promotion Officer
Northern Sydney Local Health District

⁸Liu, E et al (2019) Poor-quality housing and low-income households City Futures Research Centre UNSW
<https://cityfutures.be.unsw.edu.au/research/projects/poor-quality-housing-and-low-income-households/>

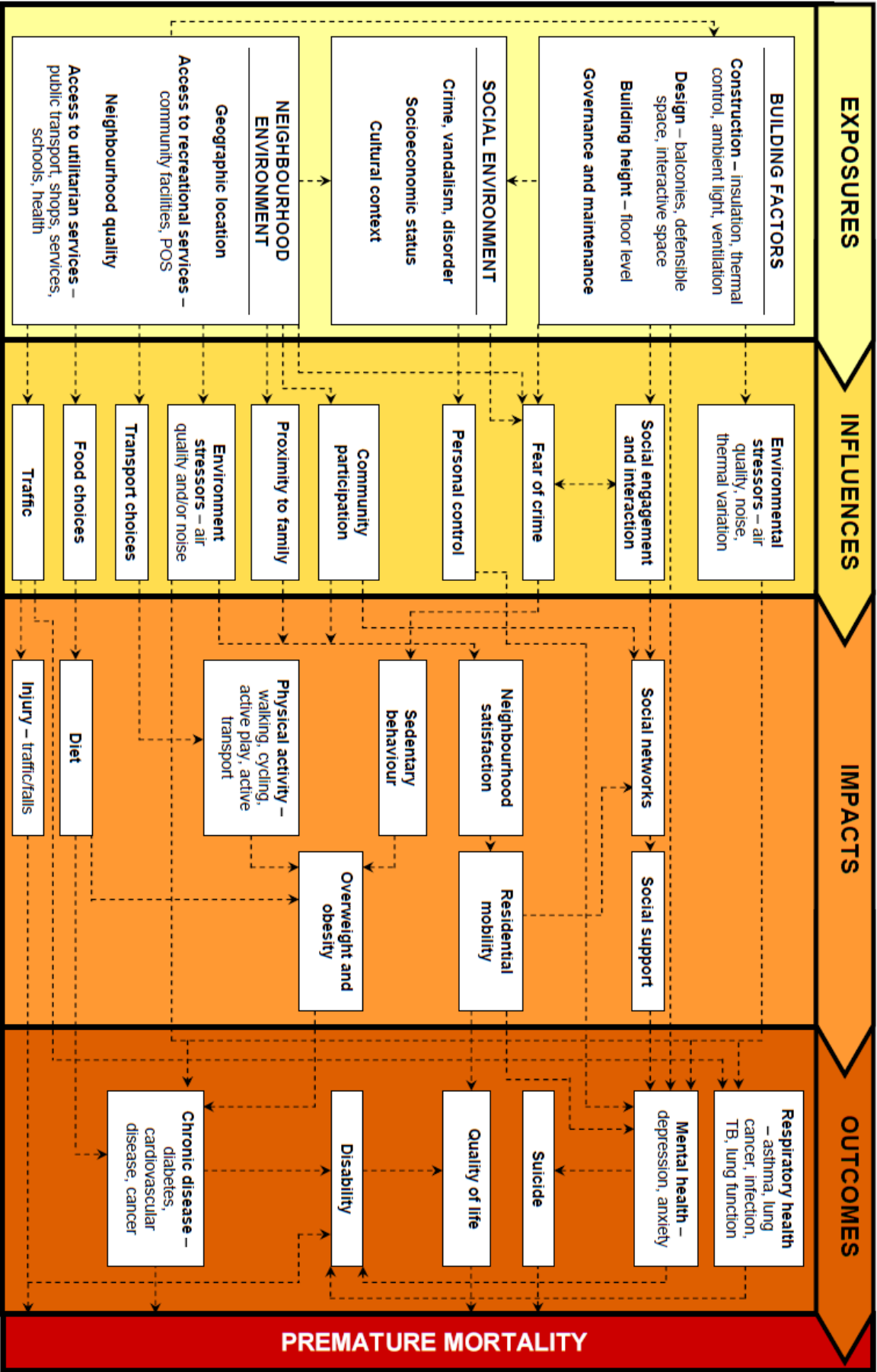


Figure 9.2 The mechanisms through which higher density housing can influence health, including the key aspects of higher density housing that should be considered (i.e. building, social and neighbourhood)