

share



16 SEPTEMBER
2026

SCOTTISH HOUSING DAY

HEALTHY
HOMES

HEALTHY
FUTURES



Healthy Homes, Healthy Futures

Housing is more than bricks and mortar. The homes we live in shape our physical health, mental wellbeing, sense of security and ability to thrive. A warm, safe, affordable and accessible home provides the foundation for healthy lives and strong communities.

This year's Scottish Housing Day theme, Healthy Homes, Healthy Futures, recognises the vital role housing plays in supporting good health and wellbeing. Across Scotland, housing organisations are helping people to live independently, stay connected to their communities and access the support they need.

The stories featured in this booklet celebrate the creativity, commitment and impact of organisations across the housing sector. They demonstrate how housing providers are making a real difference for tenants and communities every day.

Alongside these inspiring stories, we have included a series of articles exploring the wider relationship between housing and health. Growing evidence shows that good-quality housing does not simply improve people's lives, it can also help prevent illness, reduce health inequalities and ease pressures on public services.

We hope this booklet inspires new ideas, sparks conversations and highlights the important role housing plays in building healthier futures for everyone.

Happy Scottish Housing Day from everyone at Share.

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Argyll Community Housing Association (ACHA) - Campbeltown Allotments

Nestled amongst the 52 homes in New Parliament Place, Campbeltown, you'll find 8 allotments that have been something of a social hub for local residents for 15 years.

The idea of placing allotments in this area came from a local residents' group that ACHA set up during the development of this site. Since 2011, it has been home to the fruit and vegetable patches of 7 residents and Dalintober Primary School.

They've proven to be very popular since their creation. One of the allotments' longer-term tenants, Judy Martin, has found that tending her patch has been a boon to both her physical and mental health:



"My allotment here in Campbeltown has given me many hours of enjoyment as well as simple, healthy food. It was so exciting to get the key, back in 2012, look at the plot and imagine what to grow and where to start. Now, I know how to look after my allotment, and I'm always learning how to do that better, but I realise too that it looks after me!

Every year the allotment produces potatoes, onions, leeks, beetroot, chard, sprouting broccoli, kale, different varieties of peas and beans, salad leaves, herbs such as chives and parsley, Jerusalem artichokes, turnips and winter radishes. Tomatoes and peppers grow in the greenhouse. Seeing everything grow and thrive is very rewarding.

There are waiting lists for allotments all over the country as more people want to grow their own food, especially since food prices are rising. But the contribution to wellbeing that comes from looking after an allotment goes far beyond access to home-grown food. There are just so many benefits. I hope I can enjoy 'my wee plot' for as long as I am able."

Similarly, Mr Took, who started his allotment in 2022, told us that he enjoys spending 3 to 4 hours a week tending to his produce and plants, which has become a key part of his weekly routine.



Real Benefits

Don't just take their word for it. Research conducted by the Royal Horticultural Society in 2021 stated that "those who garden every day have wellbeing scores 6.6% higher and stress levels 4.2% lower than those who don't garden at all."

Combined with evidence from the NHS, which says that those who partake in physical activity have a 35% lower risk of coronary heart disease stroke. Similarly, it has been reported that those with higher exposure to green space in their neighbourhood have lower mental distress, it's clear that both residents tending to allotments, as well as their very presence in a community, can have positive effects across the community.

Take Mr Manders, who was allocated his allotment this year and credits it with having a huge impact on his mental health:

"Earlier this year I was notified that my application for an allotment in my area was successful and I was extremely excited. All my life, from a small child, I have been brought up with growing and cultivating plants. Later in my life, I took the opportunity to learn more about horticulture at my local horticultural college.

Several years ago, I suffered from a period of poor mental health, and I do believe that if not for my interest in growing plants and being out in the fresh air, it would have taken me longer to recover. The challenge of growing plants from seed, nurturing and watching them grow, gives you a sense of achievement. Now in my autumn years, the opportunity of being allocated an allotment and the chance to grow once again my own vegetables are very fulfilling."



Scottish Housing Day is about highlighting the amazing work that housing associations are doing across the country to support the health and wellbeing of their tenants, homes and communities. The allotments at New Parliament Place are a small-scale example of that principle in action – 8 allotments run by 7 residents and a primary school, all of which are having a huge impact on those that run them and the wider community itself.

Sometimes it isn't the biggest investment that makes the most difference: it's the simple one that lets people grow something themselves. And turns out that by giving people space to do that, they can find a little growth in themselves, too.



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Adapting Homes for Health and Independence: How Small Changes Can Help People Live Safely for Longer

Written by Debra Campbell,
Head of Training and Development at Share

How many of us could honestly say that, if our health changed suddenly, our homes would still be suitable for the way we needed to live?

Last year my mum had a stroke and, with the beginnings of dementia now affecting her day-to-day life, staying alone in her own home was no longer an option. What I had not fully appreciated was that my own home, where she would be moving, was not suitable either. I still remember the social worker explaining this and suggesting that I look for a house all on one level, preferably a bungalow. Sure, I thought, I'll just pop out and buy a bungalow.

I politely explained that this wasn't an option and that I was happy to adapt my home, although I had no idea how much that would involve or what it would take for Mum to live as independently as possible. We had grab rails fitted everywhere: next to doors, in the kitchen and bathroom, and along the corridors. Then came the stairlift, which tripped the electrics on its first use and led to major electrical work before Mum could come downstairs safely.

I am fortunate that I was able to adapt my house and that some of the support, such as shower aids and grab rails, was provided free of charge. Even so, the stairlift and electrical work took the cost from an expected £3,000 budget to closer to £5,000. How do people manage this when they do not have the financial support, or when their home simply cannot be adapted in the way they need?

Mum's experience made me realise that home adaptations are not just individual household decisions; they are part of a much wider health, housing and social care conversation. If the right support is available early enough, adaptations can help people stay safe, remain connected to their communities and reduce the pressure on already stretched services.

When we talk about adaptations, it can be easy to focus only on the equipment: the grab rail, the stairlift, the shower seat or the smart technology. But the real value is what these changes make possible. They can reduce the risk of falls, support confidence, delay or prevent more intensive care needs, and help people remain part of their own homes and communities for longer.

For my mum it wasn't possible to stay in her community or adapt her home due to the nature of her health issues, but for many people staying in their home longer can lead to better overall outcomes particularly for those experiencing dementia where having familiarity is important for wellbeing.

So, let me ask you again, is your home suitable if your health suddenly changes?

Accessible Office



Our office is open to the public all week - no appointment necessary. Tenants also have access to a 24/7 Tenant Portal.

Energy Advice Project



We have an Energy Advice Project with Community Links Scotland to support tenants who are in energy crisis.

Dedicated CAB Sessions



We have dedicated weekly sessions for our tenants to access the Citizens Advice Bureau.

Community Support



We have a part-time Community Support Officer, part funded by the National Lottery to ensure support to tenants. In the last year, 357 tenants received assistance, with a total of £11,626 being generated.

Toiletry & Cleaning Packs



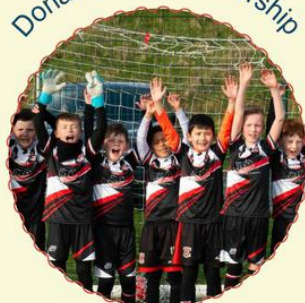
For many years we have provided cleaning and toiletry packs to our tenants who need them. This was following the Citizens Advice Bureau identifying the lack of these products as a 'hidden crisis'.

New & Current Tenant Initiatives



New tenants benefit from a starter pack, paint and Café81 voucher, card from CEO & one month free at Gym81. Current tenants can access free SIM cards, food & fuel vouchers.

Donations & Sponsorship



We donate to and support our local community. We recently donated 2 55" TVs to the local hospital, the Golden Jubilee, and sponsored Clydebank 2017's football team.

Attendance at Events



We attend a range of events to learn, network and ensure we are visible to our customers.

Support our Tenants Group



We provide support "in-kind", £1,400 of annual grant and special grants to Radnor Park Multis Tenants & Residents Association.

Enhancements in Estates



We installed bike storage in our estates to encourage the use of bicycles by our residents and electric vehicle charging points.

Competition & Engagement



We run regular newsletter and Facebook competitions to encourage engagement.

Tenant Satisfaction



We passionately act on dissatisfaction and complaints learning.

1,214
homes for rent

63
new tenants
welcomed in
the year

Factor to
600+
owner
occupiers

37
staff

Providing
homes in
Clydebank
since
1985

93% of tenants
satisfied with our
overall service

O Registered Tenants
Organisation
N Radnor Park
Multis Tenants
and Residents
E Association

Community Benefits



We provided £2k of support to families in need at Christmas and distributed selection boxes and Easter eggs. We also got help with the community garden and had £5k of playpark markings installed at a new development. All possible from community benefits.

Medical Adaptations



We complete medical adaptations (45 in the year/£97k) to allow tenants with changing physical needs to continue living in their home.

Good Neighbour Awards



We hold Good Neighbour Awards to encourage our residents to recognise the unsung heroes, those who show kindness, lend a hand and make a positive impact in their neighbourhoods.

Centre81 Access



We own and manage Centre81, our thriving community centre. Free cooking and craft classes, £3 fitness classes & Gym81 just £10 a month.

Low Cost Heat & Hot Water



One third of our tenants benefit from unlimited heat and hot water for £16.80 a week through our subsidiary, CHA Power Ltd.

Showing Kindness



We deliver flowers to tenants celebrating big birthdays 85+, we send birthday cards from 80+ and keep a range of kindness vouchers, chocolates and cards to distribute.

Bike Repair Service



We have a part-time bike mechanic who repairs, services, and even builds bikes from scratch, helping keep people in the community moving.

Cosy Afternoons



Every Friday we hold our free Cosy Afternoons with soup, tea/coffee, biscuits and a chance to chat.

Prioritising Major Repairs



We prioritise major repairs which we believe will help our tenants with their energy costs.

Wide Range of Info Events



We hold a wide range of popular information events in our community, at our office, community garden and community centre so tenants feel informed.

World Kindness Day



We celebrate World Kindness Day each year. We raised £2,250 this year with 50% used for kindness to our residents & 50% to the local foodbank.

Emergency Pet Food



We continue to be able to provide emergency pet food in partnership with Blue Cross Foodbank.



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Health Beyond the Home

Written by Rachel Cope, Marketing and Communications Officer at Share

When we think about healthy homes, it is easy to focus on the condition of the property itself. Warmth, energy efficiency and accessibility are all essential to supporting health and wellbeing. However, the spaces beyond our front doors also play a significant role in helping people live healthy, connected lives.

Access to green spaces, community gardens, allotments and welcoming public places can benefit both physical and mental health. Parks, gardens and shared outdoor spaces encourage people to be more active, whether through walking, gardening or simply spending time outdoors. They also provide opportunities to relax and unwind, helping to reduce stress and improve overall wellbeing.

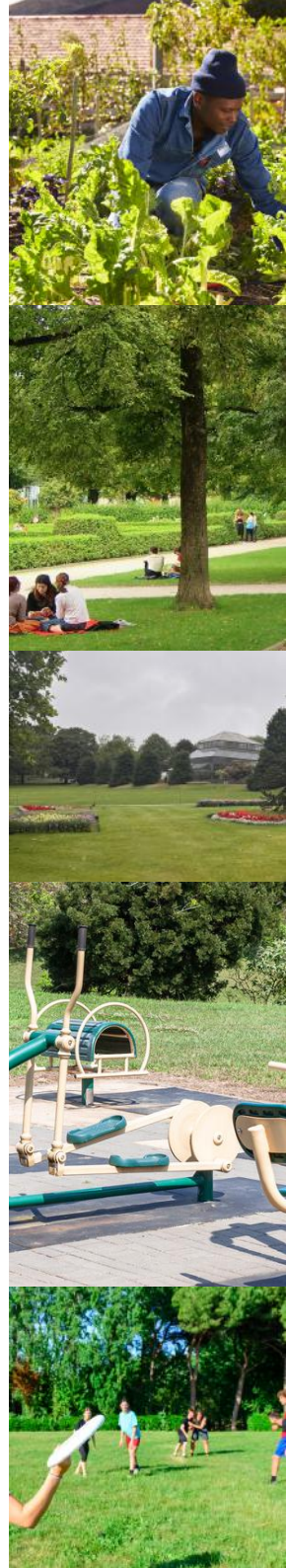
The benefits extend far beyond physical health. Green spaces often become places where people meet, talk and build friendships. In an increasingly busy and digital world, these everyday social interactions can make a real difference, particularly for people who live alone or feel isolated from their communities.

Community gardens and allotments provide powerful examples of this in action. While they offer opportunities to grow flowers, fruit and vegetables, they often become much more than places to garden. They create opportunities for neighbours to connect, share skills and work towards a common goal. For many people, tending a plot provides structure, purpose and a sense of achievement, while helping them spend more time outdoors and stay physically active.

Across Scotland, community growing spaces also host workshops, volunteering opportunities and social events that bring people together. They create welcoming environments where people can learn new skills, develop friendships and feel more connected to their local area.

The importance of these connections should not be underestimated. Loneliness and social isolation can have a significant impact on both mental and physical health. Feeling connected to others helps build confidence, resilience and a sense of belonging. A conversation with a neighbour, participation in a local activity or simply being part of a shared space can help people feel more supported and engaged in their community.

Investing in accessible green spaces, community initiatives and places where people can gather is an investment in health and wellbeing, and the local community. These spaces promote active lifestyles, encourage social interaction and help tackle isolation. Healthy homes provide a foundation for good health, but thriving communities help people flourish. By creating places where people can connect, participate and belong, we can support healthier futures not only for individuals, but for entire communities.



Supporting Tenant Wellbeing Through Regular Contact and Community Engagement

As part of Fyne Homes commitment to supporting tenants' wellbeing, they make regular weekly contact with tenants, providing an opportunity for them to discuss any concerns they may have, whether housing related or personal. These conversations offer reassurance, advice, and a listening ear, helping tenants feel supported and connected.

Where tenants raise concerns about financial difficulties, energy costs, or other practical issues, they signpost them to specialist support from colleagues such as their Welfare Rights Officer and Fyne Heat Advisor, ensuring they receive the help they need as early as possible. They also signpost to other external organisations.



Fyne Homes also recognises the importance of reducing social isolation and encouraging community connections. Their popular Nostalgia Café is being relaunched as "Catch Up with a Cuppa", with the first event taking place during August. The initiative provides a welcoming space for tenants to meet others, build friendships, and access support in an informal setting. If successful, they hope to roll the programme out to additional communities in the coming months.

They also regularly attend local community groups to engage with tenants and residents, helping them strengthen relationships and better understand local needs.

**Tenant Wellbeing
and
Community
Connection**

Improving Financial Wellbeing Through Benefit Checks

Helping Tenants Maximise Their Income and Financial Wellbeing

Financial security plays a key role in maintaining healthy homes and supporting positive wellbeing. To help tenants access the financial support available to them, Fyne Homes offers welfare benefit checks to all new tenants, as well as to tenants reaching State Pension age.

Since April 2026, they have also been carrying out targeted benefit checks for tenants aged over 70, with a particular focus on Housing Benefit, Pension Age Disability Payment, and Pension Credit.

Although the project is still in its early stages, it is already delivering positive outcomes for tenants. To date, they have secured:

- 5 successful Pension Age Disability Payment claims, all awarded at the enhanced rate of £114.60 per week
- 2 successful Housing Benefit increases, worth £51.31 and £52.40 per week
- 1 Council Tax Reduction award, saving a tenant approximately £1,000 per year

These additional sources of income help tenants meet essential living costs, reduce financial pressures, and maintain stable, healthy homes, supporting both their current wellbeing and their future independence.



Helping Tenants Stay Warm, Safe and Financially Secure

Through the support of our dedicated FyneHEAT Energy Advisor, they continue to help tenants navigate the ongoing energy and cost-of-living crisis.

The service provides practical advice and one-to-one support on energy bills, tariffs, heating systems, meter issues and energy debt, helping tenants manage costs and maintain comfortable, healthy homes. During the current reporting period, £1,372 in energy vouchers were distributed to tenants experiencing financial hardship, while a further 23 tenants received assistance with issues including significant energy debts, meter failures and billing concerns.

The Energy Advisor also supports tenants affected by the Radio Teleswitch Service (RTS) switch-off, helping them engage with suppliers and access the most suitable tariffs. Through proactive advice, partnership working and financial support, the service is helping to reduce fuel poverty, improve wellbeing and ensure tenants can remain warm and secure in their homes.

Supporting Tenants Through the Energy and Cost of Living Crisis

Healthy Homes Start with Early Action

Written by Rachel Cope, Marketing and Communications Officer at Share

Housing services are often called upon when something goes wrong. A repair is reported, damp appears on a wall, a tenant falls into arrears, or a wellbeing concern is identified. Increasingly, however, housing providers are recognising that some of the most effective interventions happen long before a problem reaches crisis point.

The case for prevention is compelling. Research has shown that poor housing can contribute to a range of health issues, including respiratory illness, falls and poor mental wellbeing. A 2026 **Housing Quality and Health – an Economic Analysis report**, found that poor-quality housing is estimated to **cost NHS Scotland around £530 million each year**, highlighting the wider impact that housing conditions can have on public services.

What if risks could be identified earlier?

One area where this is already happening is with technology. In Glasgow, a partnership involving Glasgow City Council and local housing associations piloted smart sensors that monitor moisture and temperature levels in homes. The aim is to identify conditions that could lead to damp and mould before they become visible, allowing landlords to intervene early and help prevent health issues linked to poor indoor conditions.

Housing staff are often uniquely placed to identify concerns that extend beyond the property itself. Through routine visits, tenancy support and day-to-day interactions, they may be among the first people to notice signs that a tenant is struggling. Loneliness, poor health, financial pressures or difficulties managing day-to-day tasks can sometimes become apparent long before support services are involved.

A simple conversation can make a significant difference. Tenant wellbeing visits and regular engagement provide opportunities to identify concerns early, offer reassurance and connect people with the support they need. Whether that involves signposting energy advice, arranging home adaptations, referring someone to community activities or accessing financial support, early intervention can help prevent what may start as small challenges from becoming a crisis.

Across Scotland, housing associations are working together to offer accessible advice on welfare rights, money management and wellbeing support, recognising that early intervention can help improve outcomes for both tenants and communities.

This shift towards prevention reflects a broader understanding of housing's role in health and wellbeing. Good housing is about more than maintaining buildings. It is about creating the conditions that allow people to stay well, remain independent and thrive in their communities.

By identifying risks earlier, building strong relationships with tenants and investing in preventative approaches, housing providers can help reduce the need for more intensive interventions later. In doing so, they are not only improving housing outcomes but contributing to healthier homes, and healthier futures for individuals, communities and public services alike.



“Come Dine With Us”

In November 2025, Ochil View Housing Association delivered a pioneering tenant engagement initiative designed to meaningfully tackle social isolation while promoting affordable, nutritious home cooking. Using Community Benefits funding, they created and delivered three “Come Dine With Us” events, open to all tenants across their housing stock, as an alternative to traditional classroom-style information sessions. Instead of expecting tenants to sit through presentations, they brought people together around something universal: good food, good company, and a warm, welcoming atmosphere.



What They Delivered

Across the three events, tenants enjoyed:

- A freshly prepared hot meal, including homemade soup, and mince and tatties
- Interactive social activities, including a quiz and bingo with cash prizes
- A completely free-of-charge experience designed to remove every barrier to participation

Recognising the financial pressures many households face, they created a practical resource to support long-term positive change: **“5 Meals for £25” Recipe Book**

This booklet showcased affordable, nutritious meals using staple ingredients available in any supermarket.

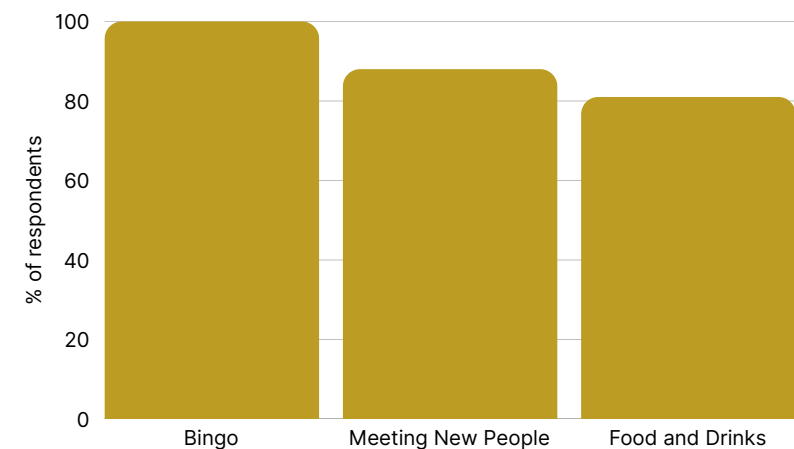
To support tenants to put these recipes into action, every household received a £20 Aldi voucher, which was enthusiastically welcomed and widely used.

Participation and Reach

A total of 34 households attended the events — significantly exceeding expectations for a first-time initiative of this type. Many attendees had not engaged with the Association in previous tenant events, demonstrating that this more relaxed, social approach effectively reached those who are typically harder to engage.



WHAT WAS THE HIGHLIGHT OF THE DAY



Impact and Outcomes

The initiative delivered impact across multiple fronts:

1. Reducing Social Isolation

Tenants expressed how valuable it was to connect with others in their community, share a meal, and enjoy an uplifting activity. Many commented that they left feeling “less alone,” “more connected,” and “part of something.”

2. Supporting Financial Wellbeing

The combination of: a free hot meal, a low-cost recipe book, and a £20 supermarket voucher helped tenants stretch their budgets during the winter months while building confidence in preparing affordable meals at home.

3. Strengthening Community Relationships

The relaxed format fostered open conversation, trust, and a sense of belonging — strengthening tenant relationships not only with one another but with the Association itself.

4. Sector Influence

The success of “Come Dine With Us” attracted interest from neighbouring Registered Social Landlords who are now exploring similar approaches. This demonstrates broader sector relevance and highlights Ochil View HA’s leadership in creative, community-focused engagement.

100% of tenants said they would like “Come Dine With Us” to become an annual event!

What their tenants said:

“I really appreciate it and it was good to get out the house and get a nice meal.

Ochil View were wonderful.”

“I was really surprised as I only went along to see what was happening and had a great night - enjoyed absolutely everything!”

“I sat with a gentleman on his own and got chatting - swapped numbers and drove him home.

Loved meeting new people and got one new person interested in the scrutiny group.”

“Was a good laugh and very laid back. I was made to feel really welcome and appreciate all the work and time that went into organising”

“It was good to get out the house and socialise with people I haven't seen in years.”

“Really pleased with the night and surprised with the Aldi voucher. I loved the recipe book and its on my fridge. I only ever cook microwave meals for myself and I am now going to make the lasagne and soup - great idea!”

“Great to meet people I haven't seen in a long time”

“Delighted with the whole night!”

The project was designed to make tenant engagement more accessible, inclusive and enjoyable, creating opportunities for residents to share their experiences and ideas in a relaxed setting.

The success of the events has shown that when we meet people in welcoming and informal environments, we can connect with individuals who may not have previously participated in engagement activities. Hearing directly from a diverse range of tenants helps us better understand the needs of our communities and ensures their voices are at the heart of the services we provide.

Following on from the events, we were announced winners of TPAS 'Good Practice in Widening Participation' which we are incredibly proud to have received. Our organisation plans to build on the success of the initiative by continuing to develop innovative ways for tenants to get involved, share feedback and help influence future service improvements.

This award is a testament to the enthusiasm and commitment of our tenants, who continue to play a vital role in shaping our organisation. We would like to thank everyone who has taken part and helped make the events such a success.

Jade Murray, Tenant Engagement & Communications Officer



The Come Dine with Us events show what meaningful tenant engagement can look like when we remove barriers and create a welcoming space where people feel included, listened to and valued. The event was about much more than sharing a meal — it helped build confidence, reduce isolation and strengthen connections within our communities.

As Director of Housing Services, I am incredibly proud of the positive impact this initiative has had and of the way our tenants have helped shape future opportunities in our communities that is both practical and genuinely inclusive.

**Linda McLaren,
Director of Housing Services**



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This year, in support of Scottish Housing Day 2026, West Granton Housing Co-op (WGHC) are working in partnership with The Fresh Start Community Pantry in North Edinburgh.

WGHC's Housing Management Team aim to make housing support and advice more accessible within the community, by hosting a Housing Advice drop-in for local residents to pop in and ask about any housing related matter.

The team will be on hand to offer practical advice and support covering a whole range of areas including:

- Benefits such as Universal Credit, Carers Allowance & Adult Disability Payment, etc
- How to report any damp or mould to your landlord & “next steps”
- What to do if you need help with moving around in your current home
- How does the Edinburgh Choice Based Lettings System work?
- What repairs must a landlord carry out to keep a home safe and liveable
- What support is available if experiencing domestic abuse
- Help with fuel debt and the cost of living
- Accessing mental health support
- Complaints: understanding the Scottish Public Services Ombudsman process/know your rights



L-R: Fiona Dodds (Housing Officer), Donald Martin (Housing Manager) and Laura Flynn (Housing Assistant)

It has been agreed between Fresh Start and WGHC, that if the session proves to be successful, the drop-in sessions will be rolled out to take place on a monthly basis.





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