

**Mobility, Mood and Place (MMP)** explores how places can be designed collaboratively to make pedestrian mobility easy, enjoyable and meaningful for older people.

The three-year research project (2013-2016), funded by the EPSRC through the Lifelong Health and Wellbeing Cross-Council Programme, builds on evidence that how we experience environments influences our mood and, in turn, our willingness to be active.

Bringing together experts from the Universities of Edinburgh, Heriot-Watt, York and King's College London, the research is partnered by a network of stakeholder bodies and involves co-design with a range of participants, including stroke survivors and people with dementia, as well as innovative mobile neural imaging methods to explore real-time emotional responses to place.

Working with the Lothian Birth Cohorts of people in their 70s and 90s, our research is the first to consider the influence of local environments in which people have lived from childhood.

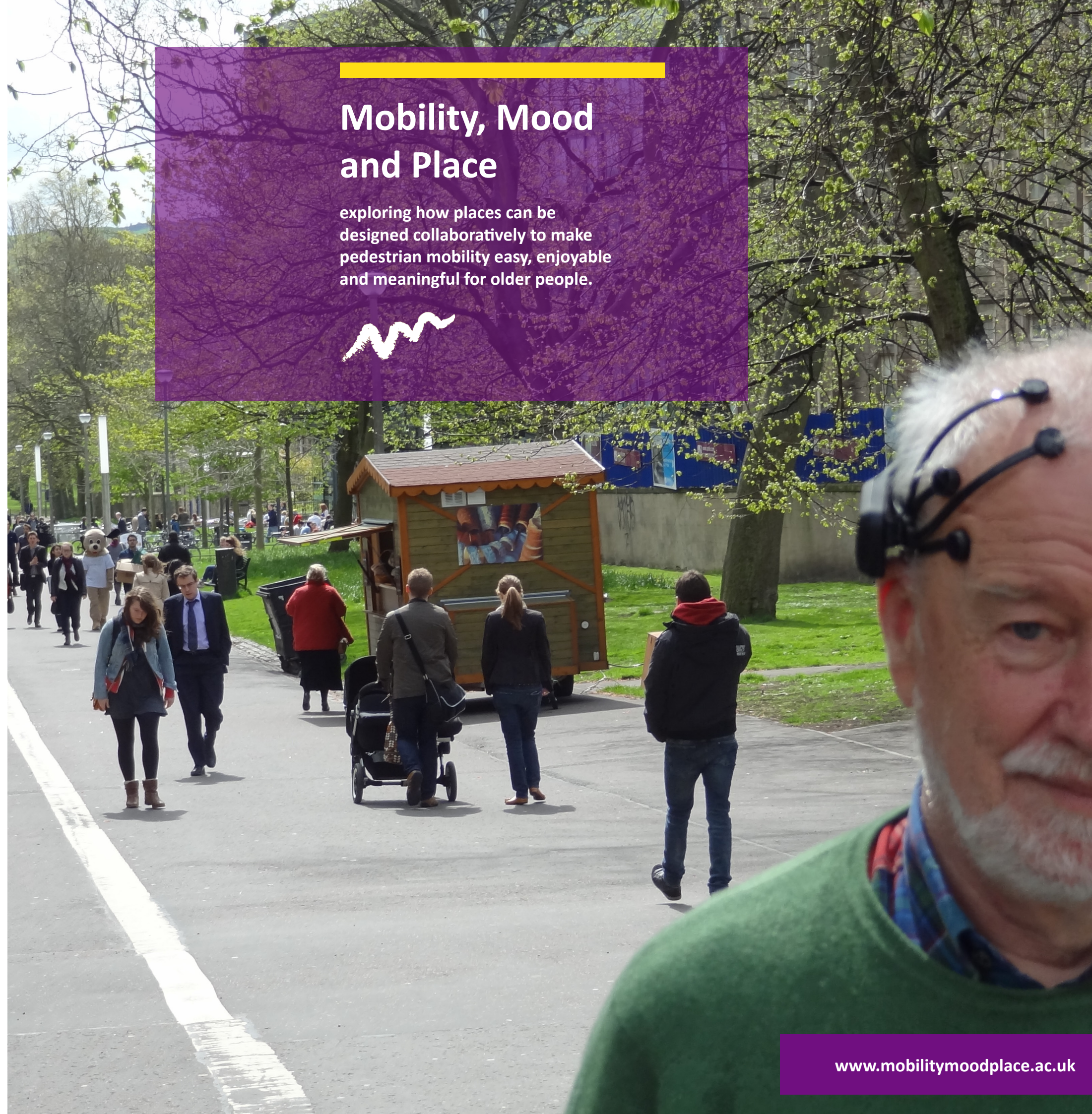
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## Mobility, Mood and Place

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[www.mobilitymoodplace.ac.uk](http://www.mobilitymoodplace.ac.uk)



**Mobility, Mood and Place (MMP)** is a multidisciplinary project comprising three research topics and a lively programme of knowledge exchange and stakeholder liaison.

## Co-created environments

All too often, the people who use environments day-to-day are left out of the design process. For older people, this can feel particularly alienating. In this topic, we are bringing together researchers, designers-in-training and older participants to envision places, from homes to public spaces, which are inclusive, enabling and inspirational. We will also be critiquing designs that fall short of these aspirations and examining the discrepancies between the existing and the ideal.

**Team:** Iain Scott (Ed), Richard Coyne (Ed), Neil Thin (Ed), Anthea Tinker, (KCL), Gillian Mead (Ed), John Starr (Ed) and Katherine Brookfield (Ed).

**Form:** Design workshops using projective techniques. Follow-up focus groups with project partners.

**Outputs:** Guidelines and design exemplars. Identified ‘affective’ dimensions of places. Exemplary processes for co-designing with older people.

## Environment and affect

Mood affects people’s judgments and actions. Well-designed places with good ambience are more likely to engage us and restore our ability to stay alert and be active. In this topic, researchers are looking at the emotional dimensions of place using mobile neural imaging methods to record measurable responses to different environments; urban and rural. Data from 80 older participants will be correlated with observational data that maps the social and dynamic context of place to better understand how setting impacts on behaviour.



Images: courtesy of ECA Master of Architecture graduates Roseanne Knight, Jonathon Phillips & Stephanie Sharpe (top); courtesy of Age UK (above); © Douglas Robertson (right)

**Team:** Richard Coyne (Ed), Jenny Roe (York), Peter Aspinall (HWU), Catharine Ward Thompson (Ed), Ian Deary (Ed), Neil Thin (Ed), Sara Tilley (Ed), Chris Neale (York), Panos Mavros and Katherine Brookfield (Ed).

**Form:** Direct behavioural observation. Field studies using GPS recorder and Electroencephalography (EEG) Neuro-headset.

**Outputs:** Methodology for understanding negative and positive emotive ‘hot spots’ in the environment that affect older people’s mobility. A potential tool for evaluating environmental design interventions. Identified ‘affective’ dimensions of places.

## Life course of places, health & mobility

Our health and mobility are intrinsically linked with the quality of our local environment. All sorts of things affect us, from housing density and neighbourhood deprivation to access to green space. In this topic, we are exploring how physical, built and social environments evolve over time and how they impact on inequalities in health-related mobility as people move into older age. We will be using data from 1,641 people in their 70s and 90s, together with temporal, area-level measures of their current, recent and past environment.

**Team:** Jamie Pearce (Ed), Niamh Shortt (Ed), Ian Deary (Ed), John Starr (Ed), Catharine Ward Thompson (Ed), Catherine Tisch (Ed) and Katherine Brookfield (Ed).

**Form:** Environmental measures (taken from censuses, historical maps, city plans, aerial photography and historical land use data etc.) appended to data on individuals in the Lothian Birth Cohorts of 1921 and 1936.

**Outputs:** Environmental indicators of healthy and mobile lifestyles in older age. Identification of environmental factors that are important at different life stages in relation to mobility and health in older age.



The Principal Investigator is Prof Catharine Ward Thompson. The Project Manager is Dr Katherine Brookfield. Supporting team members include Máire Cox, Mary Craig, Avril MacLennan and Anna Orme.

With thanks to Dr Gloria Gutman & Prof Ichiro Kawachi.

## Our team

**Mobility, Mood and Place** is a multidisciplinary collaboration between:

The University of Edinburgh (Ed)  
Heriot-Watt University (HWU)  
King’s College London (KCL)  
Stockholm Environment Institute at the University of York (York)

We are supported by a proactive group of partners from government, industry and the not-for-profit sector, including...

Age Scotland  
Alzheimer Scotland  
Anderson Bell Christie  
Architecture and Design Scotland  
Chest Heart & Stroke Scotland  
City of Edinburgh Council  
COSLA  
Design for All Foundation  
DPT Urban Design  
Emotiv Lifesciences Inc  
Homes for Scotland  
Landscape Institute  
Living Streets Scotland  
Manchester City Council  
National Library of Scotland  
NHS Lothian  
NHS Research Scotland  
NRS Stroke Research Network  
Stroke Association  
Sustrans

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The other LLHW partners are the BBSRC, MRC and NIHR, together with Health and Social Care Departments, Agencies and Directorates in England, Wales, Scotland and Northern Ireland.