

Reshaping Community Vitality Through Board Games with Residents



By Shen Ying Wang Xiuyuan

Neighborhood 228, located at the intersection of Dunhua Road, Yanji East Road, Antu Road, and Changbai Road in Yangpu District, was one of the first "20,000-unit" new worker villages completed and is the only existing complete set of "20,000-unit" historical residences in Shanghai.

Currently, as a key demonstration project for urban renewal in Shanghai, Neighborhood 228 has completed a "glorious transforma-

tion" and returned to the public eye. What does its future hold?

"Urban planning is often faceless, while community planning should be bottom-up and reflect the concept of public participation ladder," said Huang Yi, a professor at the College of Architecture and Urban Planning of Tongji University, at a special symposium on Neighborhood 228's "15-minute community living circle" in Changbai New Village.

Should the community canteen be a public service for the residents or should it be developed into a "big

canteen" model complementary to school canteens, catering to the huge demand of over 20,000 students in the surrounding area? Should talent apartments be targeted at high-end professionals or young teachers?

The Ladder of Citizen Participation theory was proposed by American planner Sherry Arnstein, which refers to public participation as a coordinated strategy adopted in situations where social classes, public demand diversification, and interest groups intervene. It emphasizes public participation

in the process of urban planning, approval, and management.

Among them, community planners play a coordinating and mediating role. They participate in community construction in the form of a professional management team and act as advocates for community development and resident demands.

Hosted by the Tongji University community planner team, resident representatives, People's Congress representatives, property management companies, enterprises, and relevant departments of the street sat together to discuss the "future has come" of Neighborhood 228.

Li Yanbo, head of the project's community planner team and associate professor at the College of Architecture and Urban Planning of Tongji University, told reporter: "The '15-minute community living circle' planning of the project is entirely demand-driven, without any preset ideas, and is based on listening through bottom-up research."

The symposium was conducted in the form of a workshop. Each attendee received a detailed discussion outline that addressed numerous specific concerns of all stakeholders, such as the application mechanism for talent apartment residency and the eligibility requirements. It also covered details of the community canteen, including the number of tables, seats, area, and the quality of the food produced. Additionally, it explored the possibility of establishing a collaborative mechanism with adjacent residential areas. The entire discussion process was democratic,

with all participants actively engaging in brainstorming sessions through neutral questioning and collaboration, ultimately leading to the creation of a shared mechanism and accelerating the development of the "15-minute community life circle" action blueprint for the Neighborhood 228.

Li Yanbo led a team of graduate students to become a special community planner team. They no longer content themselves with literature research and theoretical deductions on their desks but rather immerse themselves in reality, conduct field investigations, design practices, and explore governance: conducting an experiment of "public space renovation-attracting residents back to the alley-rebuilding community vitality."

"It's like playing a board game. We set the rules and arrange the props, allowing residents to play within them. It's not just about collecting and expressing opinions but also about residents expressing their values toward their neighborhood. The research form we designed is like a menu that we put on the table, and the residents can order as they please." Li Yanbo still had plenty to say after the symposium ended.

The renewed 228 neighborhood will feature long-term rental apartments, intelligent green vegetable supermarkets, restaurants, art training, a central green area, and community cultural and commercial complexes, becoming a "model neighborhood" for urban renewal with a "15-minute community life circle" superimposed on it.

Professional "Training Partners" Help Seniors Exercise Effortlessly

By Mao Xinhui

Before retiring, Wu Minsheng was a doctor, but due to work stress, he was easily anxious, and his blood pressure was always difficult to control. After retiring, he heard that the Daqiao Sub-district Citizen Health Promotion Center was in trial operation, so he often came to exercise here. "I feel lonely at home after retirement, so whenever I have time, I come to this activity to do some aerobic exercise, strength training, and often chat with my fellow players while playing table tennis. After a few months, my mood has improved, and my blood pressure has stabilized."

Before exercising, blood pressure and heart rate are measured. Without having to move, just shaking while standing, sitting, or lying down can achieve the fitness effect. Professional sports and health instructors develop exercise plans, and each person has their own "exercise health record" ... On April 12th, the Daqiao Sub-district Citizen Health Promotion Center was unveiled.

Every citizen who comes to this

Elderly Sports Health Home will obtain a body measurement report through an AI intelligent body measurement machine, generate a "sports prescription" through the Shangti Lefu backstage program, and engage in targeted exercise under the guidance of a sports and health instructor. "People who come to exercise every day must first 'check-in' and measure their heart rate and blood pressure. We determine the day's training schedule based on real-time data," said Shangti-Lehuo staff member Lu Chen'gan. "Sometimes, because they walk too fast on the way here, their blood pressure is high. We will suggest that they drink some water, rest for a while, or start with a more soothing and easier full-body rhythmic exercise."

The Elderly Sports Health Home is the first community multi-functional fitness venue for the elderly in China, with intelligent and aging-friendly designs, fully upgraded hardware, software, and services, integrated public service resources such as sports, elderly care, health, etc., and provides "one-stop" services

for physical fitness testing, basic health checks, scientific fitness guidance, chronic disease exercise intervention, sports rehabilitation training, health knowledge popularization, and leisure and social activities for the elderly.

The Elderly Sports Health Home at the Daqiao Sub-district Citizen Health Promotion Center has an indoor area of 172 square meters and is divided into physical fitness monitoring area, aerobic cardiopulmonary function area, constant speed muscle strength training area, microcirculation promotion area, comprehensive intervention area, and leisure and communication area.

All fitness equipment here is designed to be suitable for the elderly and is clinically used in rehabilitation departments of some hospitals. For example, the most popular vertical vibration series equipment simulates the vertical up-and-down movement of jumping rope, allowing exercisers to achieve full-body exercise while standing, sitting, or lying down in a passive way.

The 144-square-meter multi-

functional hall offers various traditional health-preserving exercises and special group exercises such as Tai Chi, Eight Pieces of Brocade, senior yoga, and Chinese dance. Regular health lectures are also held here to provide the elderly with more knowledge about healthy living. However, they are not the only beneficiaries of the health promotion center of the Daqiao Sub-district.

Located on the 3rd and 5th floors of Building C of Shanghai Country Garden Plaza, 399 Ningguo Road, the center covers an area of approximately 1175 square meters. It is the first community citizen sports and health center built in Yangpu during the "14th Five-Year Plan" period and is a comprehensive public welfare community activity venue serving "all people."

In addition to the Elderly Sports and Health Home on the third floor, there is also a community sports and health promotion platform specially designed for disabled people, with an indoor area of 133.5 square meters, providing high-quality and specialized free sports rehabilitation servic-

es to help more disabled people "walk" out of their homes and "walk" into fitness centers.

The 200-square-meter youth physical training area on the same floor has currently created a professional table tennis training base for 4-16-year-old youth, equipped with seven competition-grade tables and four professional serving robots. It also has a professional coaching team to tailor training courses for young people.

Middle-aged and young fitness enthusiasts can go straight to the Citizen Fitness Station on the 5th floor.

Not only are the facilities here complete and the functions abundant, but the fees are also very affordable. The Elderly Sports and Health Home, Citizen Fitness Station, and Youth Sports Training Zone all charge 99 yuan/month. Elderly people aged 55 and above can use the senior sports consumption vouchers provided by the Shanghai Sports Bureau, which can deduct 30 yuan per month, making the cost only 69 yuan/month.