

Relationships

Community

Connection

Wellbeing

Relaxation

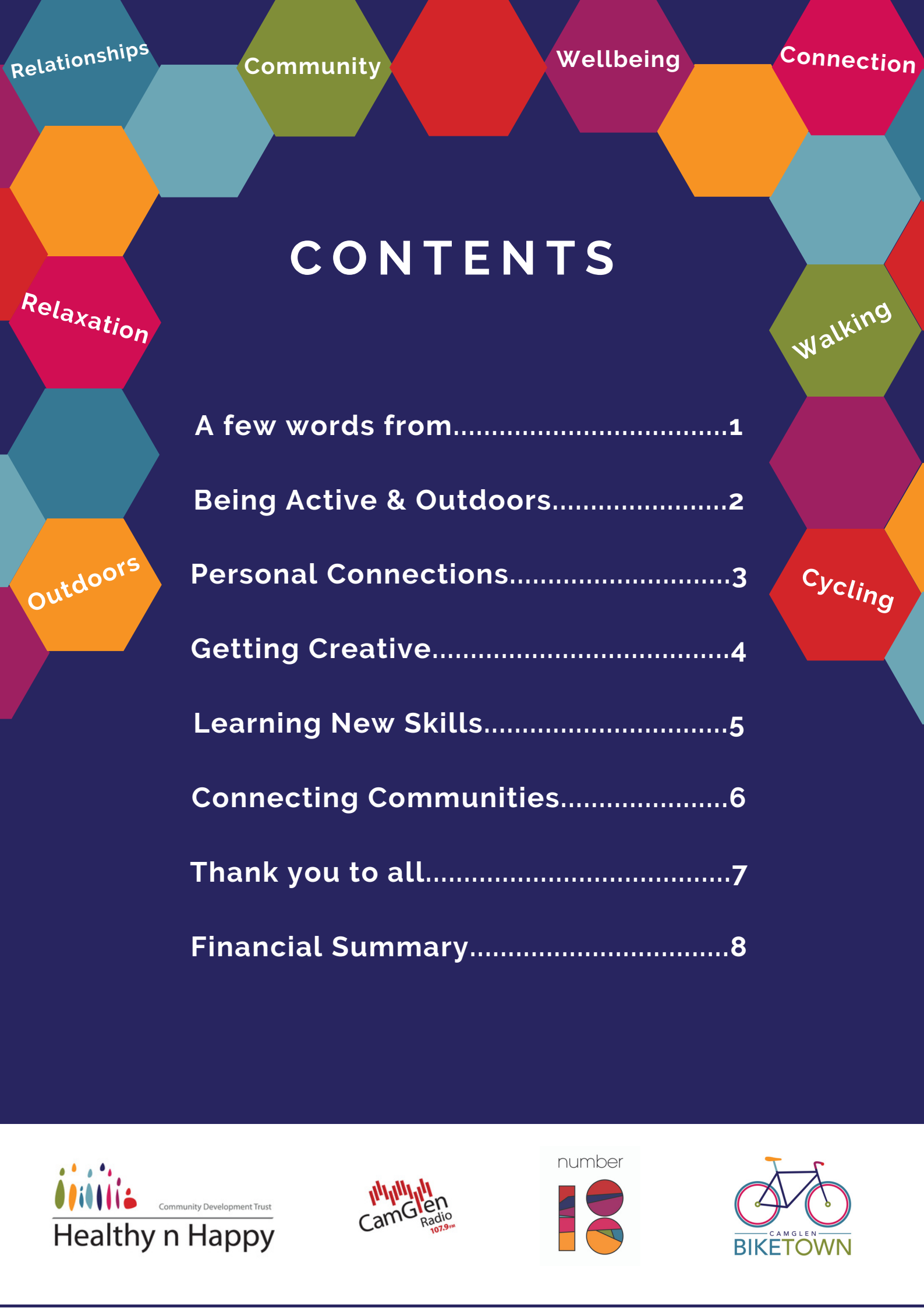
Walking

# HEALTHY N HAPPY ANNUAL UPDATE 2021-2022

Outdoors

Cycling





# CONTENTS

A few words from.....1

Being Active & Outdoors.....2

Personal Connections.....3

Getting Creative.....4

Learning New Skills.....5

Connecting Communities.....6

Thank you to all.....7

Financial Summary.....8



# Working with you to make Cambuslang and Rutherglen the healthiest and happiest places to live in Scotland

## A few words from...



**Brendan Rooney**  
Executive Director



*"A dream you dream alone is only a dream. A dream you dream together is reality". (John Lennon)*

*"However, we live in turbulent times, and it's more important than ever, that we learn how to open up dialogue and connect with people who are different from us". (Abhishek Ratna)*

Amidst the apparent endless sea of negative news, there are so many shining lights and they are right here in Cambuslang and Rutherglen, and they are connecting and making dreams together.

I hope you find our annual update this year as heart-warming as I did and very well done to everyone involved.

Amazingly well done and gratitude to all of our staff and volunteers, who despite massive challenges, have excelled yet again.

**1,259**

people feel more positive & are able to manage stress, low mood, and/or their wellbeing

**3,828**

people became more connected and involved

**204**

people volunteered and contributed their time to help their local community



# Getting active & outdoors makes me #healthynhappy

*"My feet hadn't had that "walked in warm feeling" for so long, it was great!"*

**881**  
people engaged in physical activity, through exercise sessions, health walks and cycling

## Getting active, outdoors & green

Over the last year, we've been delighted to start some new fun weekly exercise classes - like Dancercise, Body Boost Bingo and Yoga - to keep our community fit and flexible. We've also been out and about in the great outdoors through our weekly walks and cycling confidence classes. And we've been at one with nature with our community growing activities and the John Muir Award.



### Weekly Walks



*"I had so much fun today. I actually rode a bike! Brilliant instructor. Awesome!!!"*

### Cycling Lessons

*"My mental health has improved with all the colours & nature around me. Would recommend walking as great exercise for everyone"*

### Dancercise



*"I like the music, fun & banter we have each week"*

### Community growing

**457**  
people spent time outdoors, feeling more connected to nature, enjoying local growing and green spaces

*"It's so rewarding when we see the produce growing. It's hard work but a great way of being active & meeting lovely people, who are now friends!"*



# Connecting with people makes me #healthynhappy

## Building relationships

We welcomed the return of our face to face activities as this helped build connections and relationships within our communities again.

This included doing lots of fun activities like:

Book Club in-person book reviews, coffee afternoons and Craft Club.

Early Years activities with Baby Massage courses, Ally Bally Beats for babies and toddlers and Best Start Cafe.

*"It's done me so well being in the book club. It's given me something to do and kept me reading"*

**1,586**  
people feel more confident and have increased their self-esteem



**Book Club**

## Early Years



## Best Start Cafe

*"It's like a sanctuary for tired mums. It is lovely having somewhere to go & chat with other mums. My wee boy gets a lot from it too & we've learned a lot from the songs & playing"*

## Ally Bally class

*"I was nervous coming on my own, but the teacher & other mums are really friendly, & even invited me for a coffee after. My little girl loved the music & lights & slept really well after the class"*

## Coffee Afternoons



*"It's the highlight of my week!"*

**579**

people have enhanced their bonds and relationships with family members

## Craft Club



*"Time flies in at Craft Club. I really enjoyed that"*

# Getting creative makes me #healthynhappy

## Art Class

*"I really enjoy the art class, it's a great way to lose yourself"*

**149**  
fun and engaging creative sessions and activities were delivered

## Enjoying culture, arts and radio

As normality returned, we held our Kids Book Club sessions in person, delivering both in schools and in our radio studios. 10 supported volunteers began broadcasting directly from our radio studios. Also, some wonderful art and photography classes started in our Number 18 Venue and out in the community.



## Photography Class

*"It was great to work with folks who were also photographic minded. Well designed & offered everyone something. The gallery presentation at the end was fantastic"*

## Nature Art

*"Fabulous morning meeting other people in such a beautiful space. Choosing foliage to create a piece of art..amazing!!!"*

## Kid's Book Club

*"She enjoyed being able to visit the studio and hearing about the books the other children have read"*



## Radio Broadcasting

*"Having the confidence to talk on air has taken away many reservations I had in talking to complete strangers"*



# Learning new skills makes me #healthynhappy

## Fun & Engaging Activities

As restrictions eased we provided more learning activities, both outdoors and indoors in our wonderful Number 18 Venue.

Activities included making bath bombs (as part of our weekly Craft Club) and make your own cleaning materials. Plus seasonal events like Wreath Making.

Online activities continued, which included our tasty cookalongs.

## Seasonal Events

### Wreath Making

*"It's just wonderful to be able to spend time engrossed in an activity like this. And am very pleased with the end result. Loved it"*



## Online cookalongs

*"The cauliflower curry is beautiful and my house smells amazing. Love doing these cooking classes. I am actually getting better at cooking!"*



## Making Natural Products

### Bath Bombs

*"It's so lovely and relaxing. I can't wait to have a bath. They smell lovely"*



### Cleaning Products

*"Great class, looking forward to trying out the natural products at home. Need to have it again as so useful"*



**2,448**

people engaged in opportunities so they could have fun, be creative and learn together

# Being together makes me #healthynhappy

## Connecting Communities

The key highlights were:

- Burnhill delivering their local hubs and outdoor community events alongside the fantastic development of the High Backs
- Ongoing delivery within the Springhall Cage: a multipurpose sports area, playground and lovely growing and greenspace area
- Plans to expand our work from 5 to 10 local neighbourhoods in the top 5-20% SIMD. Helping us to achieve is the 3 year award from NLCF for our Wellbeing in the Community programme
- Direct investment of £91,164 into local CamGlen communities

## Youth Activism

*"I'm normally very quiet in groups, but I was able to speak up more. Going on the residential really helped my confidence"*



## Communities in action - Springhall Cage

*"There's so many more families and kids that gather and play there now. The area has been transformed. We've needed this for a long time"*



## Cervical Screening

*"Thank you so much for the appointment, without this I would not have been able to get screened, I can't get time off work for these things"*

## Give a Gift of Joy Christmas Campaign

**300**

people received a tailored package of gifts to further help their family have an enjoyable Christmas

*"Endless gratitude for your support and love. I got all the gifts, thanks a lot, they are lovely"*





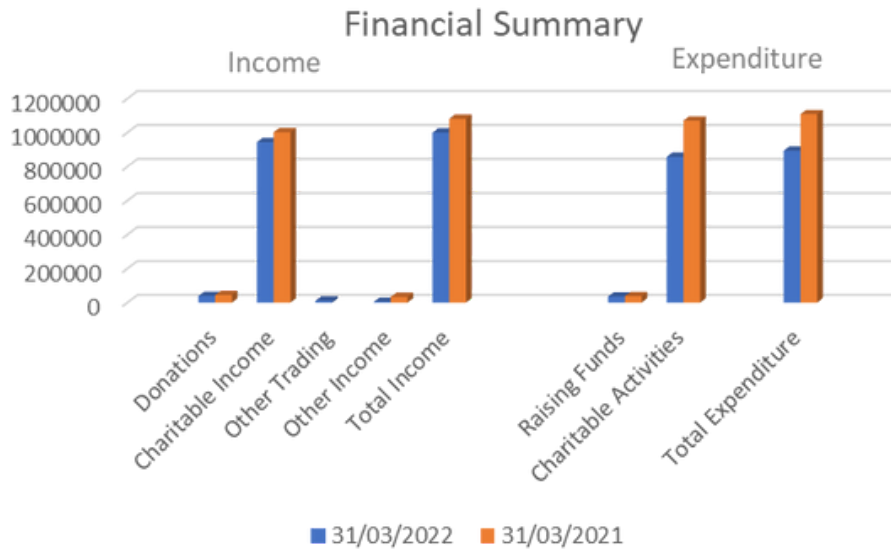
# Thank you to all from Healthy n Happy

Our work throughout the last year would not be possible without the support and assistance of our local communities, volunteers, partners, funders and supporters.

We wish to express our sincere thanks and appreciation to you all and a special thanks to our fantastic funders and supporters:



# 2021/2022 Financial Summary



## Board of Directors:

Ian Robertson (Chairperson)  
Kim Jackson (Vice Chair)  
Louise Bacon (Treasurer)  
John Cassidy  
Jane Horne  
Mary Neilson  
Ali Laing  
Sandra Shafii

## Company Secretary:

Brendan Rooney

Company Registration Number:  
SC227276

Scottish Charity Registration  
Number: SC032654

[www.healthynhappy.org.uk](http://www.healthynhappy.org.uk)

## Registered Office:

Aspire Building  
16 Farmeloan Road  
Rutherglen G73 1DL

## Accountants:

Greg Hannah & Company  
26 Victoria Street  
Rutherglen G73 1ES

## Auditors:

The Kelvin Partnership  
505 Great Western Road  
Glasgow G12 8HN

## Contact Us:

Tel: 0141 646 0123  
[enquiries@healthynhappy.org.uk](mailto:enquiries@healthynhappy.org.uk)  
Twitter: @HnH\_TheTrust  
Facebook: @healthynhappyCDT  
Instagram: @hnh\_the\_trust

What's On Programme: [www.healthynhappy.org.uk/whatson](http://www.healthynhappy.org.uk/whatson)

Our YouTube Channel: [HnHTheTrust](https://www.youtube.com/HnHTheTrust)



