

Wellbeing

Community

Cycling

Walking

Outdoors

Relationships

Relaxation

HEALTHY N HAPPY ANNUAL UPDATE 2022-2023

Connection



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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 challenge only becomes an obstacle when you bow to it" – Ray Davis

"The best preparation for tomorrow is doing your best today" – H. Jackson Brown, Jr

We all face challenges in our lives and goodness knows there are many challenges in our society during these turbulent times. So many local people in Cambuslang and Rutherglen are doing their best today and what amazing things they are doing. It's an honour to be part of.

Are our staff and volunteers bowing down to the challenges they face? Not a bit of it. Fantastic as always - congratulations and thanks to all.

Is our organisation or sector bowing down to the challenges and inequalities we face? Absolutely not.

I commend our annual report to you - I hope you enjoy seeing and reading it, as much as I did.

793

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

297

people volunteered and contributed their time to help their local community

3,724

people became more connected and involved



Being active & outdoors makes me #healthynhappy

Weekly Walks



Being Active, Outdoors & Green

We've been keeping our community fighting fit and flexible with fun new classes like Kettlercise, Yoga, QiGong and Sit Fit. Outdoors, our weekly walks have covered lots of ground in CamGlen's wonderful greenspaces – and our super cycling lessons for adults and kids have got more people successfully using pedal power. We developed and supported 8 community garden projects and also supported our two community councils to develop their streetscape/gardens.

"I love all the laughs and chats, it has been great for my self esteem and keeps me fit. I would never go walking if it wasn't for this group"

1,085

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



Cycling Lessons

"I couldn't ride a bike when I arrived, then when I started pedalling, I felt like I was flying!"

QiGong

"I feel a big difference in my life since starting the class. I don't get so anxious"



471

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

Community Growing

"It was great harvesting and cooking our potatoes and pesto, it was very tasty"



Connecting with people makes me #healthynhappy

Building Relationships

Many positive connections and relationships have been built this year in our community through our Coffee Afternoons and Peer Support groups, as well as through fun activities like Craft Club, Jewellery Making and Art Classes. Our excellent Early Years activities have expanded to include Ally Bally Baby, Toddler and Boogie Babies, along with regular Best Start Café and Baby Massage courses. Volunteering has also provided solid bonds and friendships.

Early Years – Ally Bally class



"I'm a No 18 superfan! It has helped us meet new friends in the area"

1,585

people feel more confident and have increased their self-esteem

Peer Support Group



"I know for a fact if I hadn't come here years ago I'd still be sitting in my living room staring at four walls"

Volunteering

"I love volunteering at Bike Town. They are an amazing team and make me feel part of the team"



"CamGlen Radio volunteering has expanded my social circle and I've made a lot of new friends"



701

people have enhanced their bonds and relationships with family members

Jewellery Making

"I didn't think I would be able to make something this nice, it has been a real confidence booster"



Being creative makes me #healthynhappy

Black History Month



181

kids attended 5 week long kids camps and 4 day camps

"The atmosphere, food and movie were all fantastic. This was a really memorable night"

Enjoying Culture, Arts and Radio

In Autumn 2022, CamGlen Radio volunteers were thrilled to return to the studios for live broadcasting once again, saying it was great to be back! Our Number 18 Venue has been as busy as ever, with lots of fun, exciting Kids Camps over school holidays. They were delighted to host a few wonderful unique events – a musical afternoon with local percussionist Colin Currie from Chamber Music Scotland and a cultural evening for Black History Month. Our CamGlen Book Club also welcomed 2 famous local authors, Chris Brookmyre and Lisa Gray, for a Q&A session.

Colin Currie in Concert

"Can't wait until next time, it was brilliant"

"I am extremely grateful for this camp. My son has had so many opportunities to grow in confidence and develop his social skills"



Radio Broadcasting

"Volunteering means that I'm not just sitting in the house. I'm meeting people and engaging with the community"



Author Visits

"I have never attended an author visit before. I found Chris fascinating. Happy that I came along"



Learning new skills makes me #healthynhappy

Fun & Engaging Activities

In the last year, we've introduced more skill building classes for our community to enjoy, such as Art Classes for children and adults and Jewellery Making. Circus Skills have also been a big hit with the kids! Our ever popular tasty Cookalongs have been delivered out in the community and online. Our seasonal events like Wreath Making continue to be well received, with lots of beautiful festive doors in the neighbourhood!

Seasonal Events

Wreath Making

"Beautiful wreaths and very well explained. Everyone's door will look great"



Cookalongs



"It was good to learn new things. It shows that we don't have to spend a lot of money to cook family friendly meals that are delicious, as well as affordable"

Adult Art Class



"This is such a great group, really nice people. Doing the art was so therapeutic, I came out of the dark box I feel like I've been in"

Kids Circus Skills



"I never thought I'd be able to do skills like the teacher, but now I can spin plates and hold a mermaid pose on the trapeze. It's great fun!"

1,946

people engaged in opportunities to have fun, be creative and learn together

Being together makes me #healthynhappy

Connecting Communities

The key highlights were:

- Successfully securing funds to increase and expand our community engagement programme from 5 to 10 neighbourhoods
- The successful community engagement programme being delivered in Springhall which includes development of the community garden and our brand new kids' club which has proven very successful
- Supporting 2 neighbourhoods to secure over £60,000 Participatory Budget funds
- Support to volunteers in Burnhill to secure a further 2 years funding to continue their community engagement and activity programme, including the continued development of their greenspace

Youth Activism

"This is great experience to be working on a project like this and having my own role"



Cervical Screening

"Thank you for listening to me. I already feel like a weight has been lifted from me just talking about it"

Communities in action - Springhall Cage



"Delighted we are getting a new piece of play equipment and that the community were consulted on what one we would like"

Give a Gift of Joy Christmas Campaign

"The gifts were fantastic. Thank you so much for helping me make my kids Christmas special"

102

tailored gift packages were distributed to families across CamGlen, to give them a better and enjoyable Christmas



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 residents, 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:



The Thistledown Trust



The Hugh Fraser Foundation



FHS Pitch Pot Fund



The Endrick Trust

2022/2023 Financial Summary



Board of Directors:

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

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



Healthy n Happy

Community Development Trust