

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

A few words by...



Brendan Rooney
Executive Director

"You can't stop the waves, but you can learn to swim." (Jon Kabat Zinn)

The above quote captures really well the mood of our annual report this year. We can't stop the waves of life but so many local people are definitely 'swimming' and making an excellent job of it too. Sometimes we have to hold onto the sides, sometimes others have to hold us up and other times we are swimming a mile. Seeing so many people laugh, feel good about themselves, feeling fitter, more confident, more connected and learning from each other is a pleasure.

Well done everybody.



Community Development Trust

Healthy n Happy

annual update 2020



5,431

people chose activities that generate positive health, wellbeing and quality of life

2,478

people increased their skills/learnt new skills and were enabled to achieve their goals and aspirations

318

people volunteered and contributed...

39,088

hours to local activities and groups

Caring about
my world
makes me
#healthynhappy

Watch the video of Our Year here:

www.healthynhappy.org.uk/annual-reports

Working together makes me #healthynhappy

Transforming Lives

Transforming Lives aims to build personal capacity and confidence by developing a sense of purpose, aspiration, good relationships and a feeling of control in life.

Throughout the year, we supported 136 Healthy n Happy volunteers. We have engaged with 1,251 people of all ages and worked directly with 346 individuals to help them achieve their goals.

I'm feeling so much better and it's all thanks to you. If I hadn't come to Healthy n Happy I don't know where I'd be today. I made a good friend at the workshops.



712
people enhanced
their bonds and
relationships with
family members

Transforming Communities

We work closely with local residents to ensure that they are actively involved in their community, taking a lead and using their influence to improve community life.

Over the past year the team reached and worked with over 5,500 local residents, including 182 community volunteers and helped to lever in £78,165 direct investment to these communities.

I definitely want to do more projects now. I enjoyed all the planning, shopping and the feeling we had when all the seniors were laughing and chatting to each other. It felt good. I may get involved in more things at school, we have an Eco Group.

377
people developed a
proactive outlook, are
now able to manage
stress and long term
health conditions.

7,792
people know more
about opportunities
within the community
and how they can
participate

248
parents and carers
increased their
parenting
knowledge and
skills



247
people engaged in a
leadership role in their
neighbourhood,
working together to
identify local priorities
and take
collective action

Learning new things makes me #healthynhappy

CamGlen Radio

CamGlen Radio 107.9FM broadcasts 24 hours per day, 7 days per week across CamGlen, where over 100 volunteers produce and broadcast local news, topical discussions, community interviews and a wide mix of great music.

Over the past year our volunteers have dedicated over 24,000 hours to the operation of the radio station which involved over 480 people participating in live performances, interviews and amplifying young people's voices through our school radio programme.

I am managing to do my show and be a Broadcast assistant in spite of my health issues which means a lot to me.



5,834

people
increased their
social networks

2,634

participants
increased
their confidence
and self esteem

1,519

people increased
their level of physical
activity through
activities like cycling,
walking and
Qigong

Bike Town

Our social enterprise provides cycling products, services and support in order to generate health, social and environmental benefits to local residents. Over the last year, we worked with over 1,700 local residents, providing practical support so people are encouraged to cycle, selling new and refurbished bikes (including our fabulous e-bikes!) and equipment while recycling donated bikes and parts.

Thanks to Bike Town Get Back to Cycling Classes I had the confidence to get back on a bike and have a great time in Orkney cycling with my sister. It was a great way to see the islands, keep fit and help save the environment by using bikes to get about.

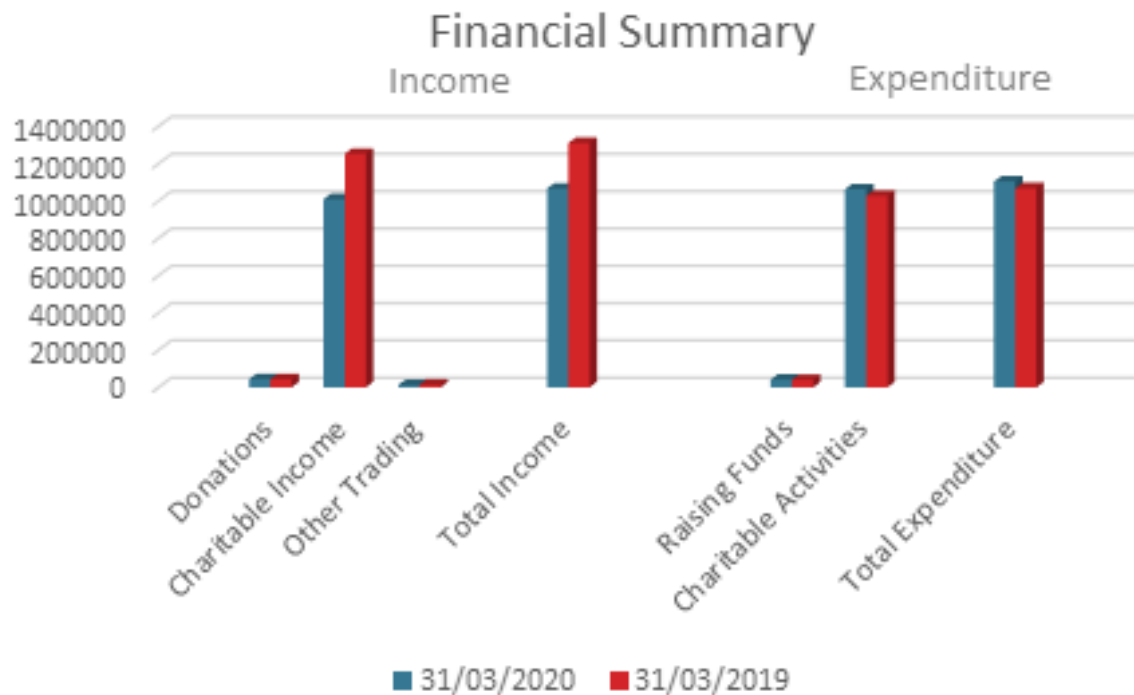
Number 18

...is our beautiful community hub for the use of local groups and residents of Cambuslang and Rutherglen. We offer lots of activities aimed at connecting and benefiting local residents and communities... to hire, join a class or take a course. Overall, 3,300 people have accessed and enjoyed the facility, which includes people who live outside the area, evidencing the visibility and awareness of the venue beyond Cambuslang and Rutherglen.

Summer school was the best ever, I loved singing songs from all around the world, learning new dances and making a Chinese dragon. My whole family got to listen to me on the radio which was really exciting.



2019/2020 Financial Summary



Board of Directors:

Ian Robertson (Chairperson)
Kim Jackson (Vice Chair)
Louise Bacon (Treasurer)
John Cassidy
Sharon Currie
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

Registered Office:

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Auditors:

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