

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

*"This is the moment we were born for"*  
(Vandeeva Shiva)

The biggest challenge our collective society has ever experienced in recent history and our staff and volunteers, local residents, local agencies and businesses all faced it together and head on.

An amazing response and a brilliant example of community cohesion and resilience that we should never forget.

This is certainly a moment that Healthy n Happy were born for and everyone should be so proud of their achievements in the most trying of circumstances.

**Very well done everyone.**



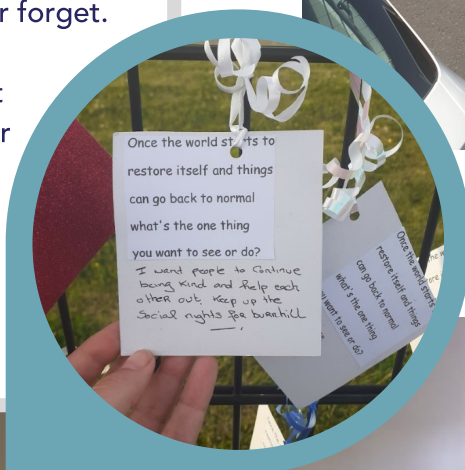
Community Development Trust

## Healthy n Happy annual update 2021



**3,731**

people became  
more connected  
and involved



**1,152**

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

**292**

people volunteered  
and contributed their  
time to help their  
local community



Watch the video of Our Year here:

**[www.healthynhappy.org.uk/annual-reports](http://www.healthynhappy.org.uk/annual-reports)**

# Working together makes me #healthynhappy

## What A Year!

The year 20-21 has been a year like no other, with all our energies and resources being spent on responding to the local impact of Covid-19 within CamGlen.

We experienced a significant demand for our services and we also had to take on new and additional delivery to support immediate need, such as emergency food and welfare provision.

*"Without this donation, I would've been in serious turmoil."*

## Emergency Food Response



## Our fantastic volunteers

## Demand for bikes was at an all time high

*"The bike loan scheme has been a stepping stone for potential cyclists to try out commuting & exercise before committing to buying their own bikes."*

## CamGlen Radio broadcast from home

**6,157**  
food packages  
provided to  
**832** households,  
supporting  
**4,099**  
people

**Our communities came together even stronger...**





# Being with nature makes me #healthynhappy

*"I'm in heaven,  
I feel like  
Monty Don!"*

**523**

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

## Getting active and outdoors

As restrictions lifted, we were able to get out and about more through Health Walk programmes, community growing activities, confident cycling classes, fix your own bike sessions and videos, as well as self-led activities in local greenspaces including scavenger hunts, online wildflower quizzes and activity kits.

## Growing at home



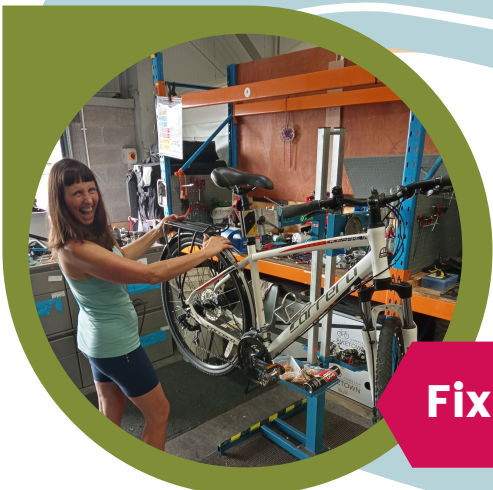
*"These walks are the  
highlight of my week."*

## Health Walks



*"It's given me a whole  
new perspective. When  
I walk down the street,  
I notice things I never  
did before."*

## A return to community gardens



## Fix Your Own Bike



**196**

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

# Learning together makes me #healthynhappy

## Fun & Engaging Activities

These included:

Goal planning/wellbeing conversations, Stay in Touch befriending, Keep Well Kits and wellbeing tools & workshops

Early years activities such as virtual Baby Cafés, Ally Bally classes, Summer Session activities and Baby Massage courses

Online classes and workshops on topics like photography, art, flower arranging, cooking, languages, upcycling, music, singing and sculpture workshops/classes, virtual cinema, guided meditation sessions

Adult & kids book clubs and our Curiosity Club

Virtual coffee mornings

*"Elisha was so excited to see you on the screen, before the class had started she was bouncing up and down!"*



## Activities for babies & toddlers

*"It was therapeutic especially considering the isolation of the last year. These sessions have really helped my mental health."*

*"I attended the online Baby Massage course, Ally Bally classes, Bookbug and event Parent Cafe parties. The groups provided that normality I needed. I didn't feel like me or my child were missing out on those precious moments."*

## Online workshops



*"The residents (Victoria House Care Home) absolutely loved these sessions! ...and they are all asking for more!"*

## Keep Well Kits



**2,673**

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 Action Group and their ongoing community action and support

Launch of the new Springhall Cage: a multi-purpose sports area, a new playground, storage and lovely growing and greenspace area

Comprehensive programme for children and young people in Halfway and the Circuit

Our Community Halloween programme

Our Community Christmas programme and Gift Drive

Direct investment of £99,704 into local CamGlen communities



**300**  
people received a  
tailored package of  
gifts to further help  
their family have an  
enjoyable  
Christmas

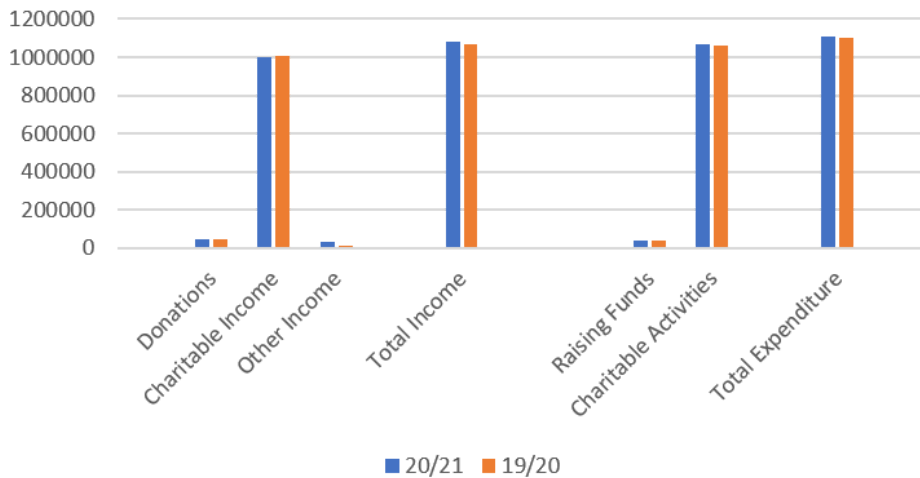


**"Words are powerless to express our gratitude for the gift package we received. You don't know how much my two girls and wife got pleased and excited with their gifts."**



# 2019/2020 Financial Summary

Financial Summary



**Thank you  
to all our  
funders,  
donors  
and  
supporters**

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

## Registered Office:

Aspire Building  
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## Accountants:

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26 Victoria Street  
Rutherglen G73 1ES

## Auditors:

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

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