

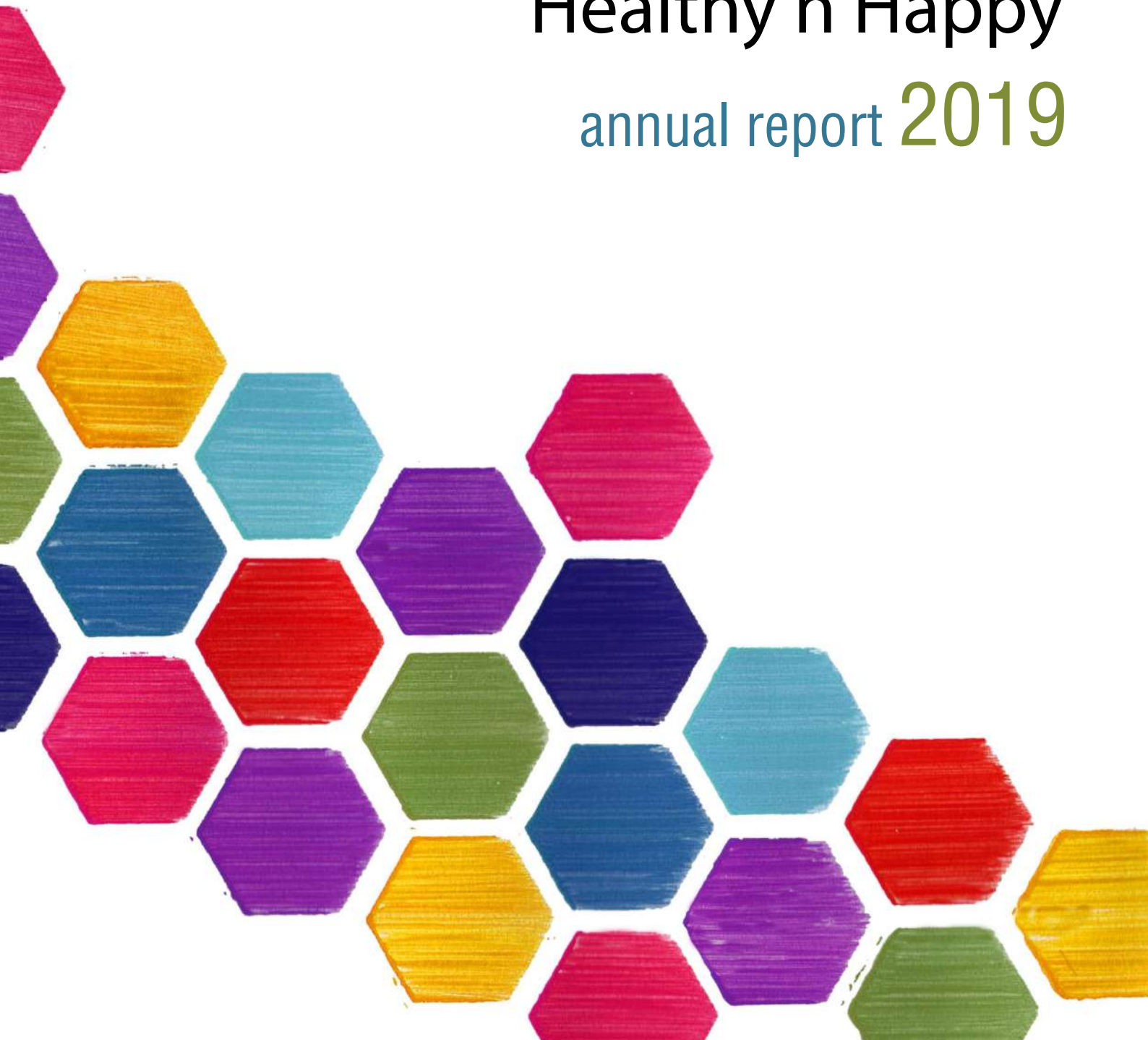
Working with you to make Cambuslang and  
Rutherglen the healthiest and happiest  
places to live in Scotland



Community Development Trust

# Healthy n Happy

annual report 2019



# Contents

Welcome & Reports	3
Transforming Lives	4
Transforming Communities	6
Bike Town	8
Fundraising	10
CamGlen Radio	12
Number 18	14
Summary of Accounts	16
Thank You	18
Meet the Staff	19
Company Information	20



## Chairperson's Welcome

As Chairperson it's easy to fall into the trap, when asked to write a comment in the annual report to simply report on "what a great year it's been". Well it has been a great year, largely due to the great staff and volunteers that Healthy n Happy are blessed with. However, I'd like to concentrate on some of the changes in the organisation, some sadly beyond our control and some planned.

Over the past year we have lost a couple of long serving staff, Sally Gillam, Donna McGill and Jim Gellatly, who have moved onto other opportunities. We sincerely thank them for their dedication and wish them every success.

Sadly, we have also lost 6 volunteers and participants who passed away during the year. Joy Anderson, Brian Quay, Bill Hay, Barry Keenan, Robin Wilson and David Lamont. Each was a pleasure to know and work with and we will miss these able and enthusiastic supporters of Healthy n Happy while celebrating their lives and the contribution they made, both here and everywhere else they got involved.

Further changes will come on our board of directors later in the year and I will reflect on them in next year's annual report while almost certainly reporting "what a great year it's been!"

Ian Robertson  
**Chairperson**

Since 2015, we have  
helped local residents, groups  
and organisation lever in

**£2,059,795**

direct investment to their  
local community.



## Executive Director's Report

*"Keep your face to the sunshine and you cannot see a shadow."* Helen Keller

*"In every day, there are 1,440 minutes. That means we have 1,440 daily opportunities to make a positive impact."* Les Brown

Sadly, there are shadows on our society, however you wouldn't think this is the case when you see the achievements of our staff, volunteers and local participants over the past year. It is nothing short of amazing. The increase in positivity and confidence tells me

that every one of the 1440 minutes are being used to great effect and by goodness, do we need these shining lights in times of turbulence.

The increase in active community leadership across all age groups and increase in funding directly for communities, decided by communities - is all fantastic to see. The growth of new friendships, networks and joint working is very rewarding for all involved and if this could be captured in a movie it would need to be called... It's a Wonderful Life. Incidentally we will be showing this in our new Community Cinema in Number 18 venue this Christmas. Sincere thanks and appreciation to everyone involved.

Brendan Rooney  
**Executive Director**

# 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. We do this by delivering a wide range of activities, supporting people of all ages in achieving their goals. We work mostly in a group setting to ensure people are building new connections and sense of self from the start of their journey. We:

- Help adults and older people build their self-confidence, develop a positive outlook and get some control back in their lives, through stress management courses, art classes, learning craft skills, creative writing and walking activities
- Challenge the stigma around mental health through our Telling Your Story programme, including storytelling, a weekly radio show Sundays 1-2 pm and community art events
- Work with children and young people to help them improve their health and wellbeing, confidence and social networks and we involve young people to lead on these activities through a steering group
- Encourage local people to appreciate and understand their physical environment, greenspace and woodland through our green health-focused Out and About and Woodcraft programmes
- Support Healthy n Happy's volunteering programme, working to a high quality standard that is recognised by the Investing in Volunteers Award (achieved again in 2018)

## 725

people enhanced their bonds and relationships with family members

## 1750

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

## 289

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







Throughout the year, Transforming Lives supported 168 Healthy n Happy volunteers, engaged with 1,010 people of all ages and worked directly with 294 individuals. We also launched our social prescribing programme, **SPRING**, which works with primary care patients so they can access a range of community activities and support. All of the individuals we worked with were supported to identify an action plan towards goals and then linked in to a wide range of workshops, groups and courses such as:

- **CHOICES:** workshops in goal setting, upcycling, walks, art, relaxation, mood foods
- **Handy Folk:** courses in cooking, textiles, woodwork, sewing, whittling, upcycling and our local Task Force
- **Mental Health Awareness:** Scotland's Mental Health First Aid certificated training and workshops
- **Activities in the community:** courses in creative writing, singing, reminiscence, walking, games, art and upcycling
- **Open Doors at Number 18:** relaxation station, drop in, information sessions, 121s – every Tuesday
- **MindFest!:** a community mental health and addictions event that brought together agencies, local residents and young people
- **Curiosity:** workshops and outings for children and young people - including bee visit, Bike Town, gardening, bug hotels, food miles, wilderness walks and citizen science
- **Looking Up for Young People:** workshops including green health activities, Feels FM, mental health awareness and our Mindfest! steering group
- **Tailored Group Programmes:** all delivered through a partnership approach that aims to reach those furthest from being involved in their community and has included upcycling, coastal outing, Bike Town wrecking crew, relaxation, goalsetting and clay work
- **External/Community Signposting and Referrals:** to specialist services and/or local neighbourhood activities

*“I have been given the opportunity to try new things; art, going for walks. I’m meeting new people. Coming here has been a godsend.”*

# Transforming Communities

We support local residents to be actively involved, take the lead and use their influence to help improve their communities and help make their neighbourhood better for all. We:

- Enable community leadership, involvement and activity to create vibrant and thriving communities
- Ensure services reflect local community priorities
- Support people to access healthy living activities
- Provide early years activities and support children and young people to take a lead in their community



156

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

7228

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

## Key highlights

- Working across the organisation and with local partners to increase production and consumption of local food by creating and connecting growing spaces and providing learning and skill sharing opportunities across CamGlen.
- Launching our communities website, where you can find out about what is happening in your neighbourhood, visit us here: [www.camglencommunities.org.uk](http://www.camglencommunities.org.uk)

### Springhall & Whitlawburn:

- **Age Active:** provides activities for the older residents in order to reduce isolation, forge new friendships and increase confidence.

- **No Wheels Needed on our Bus:** aims to increase the amount of young people walking to school in order to reduce the traffic, creating a safer walk to school whilst reducing the pollution in the area.
- **Supporting Springhall Community Resource Group:** who were successfully awarded £465,000 and will work in partnership with South Lanarkshire Council and National Lottery Community Fund to create a new multi games area, play park, growing and seating area in Springhall.
- **Our Place, Our Plan:** We continued to work with the South Lanarkshire Community Planning Partnership, launching the local community plan that has enabled a range of projects to be delivered throughout the year based on what local people would like to see in their neighborhood.



## Caledonian Circuit & Halfway:

- Following on from two new community plans, we supported 17 local groups and organisations to apply for a share of £40K Participatory Budget funding so they have the resources they need to achieve their local priorities.

## Burnhill

- The Action Group were successful in obtaining 3 years funding from the National Lottery Community Fund to continue their weekly hubs, develop a Health & Wellbeing Hub and deliver a range of other community events and activities.

## Youth Activism:

This year 81 young people participated in a 6 week activism course and each group delivered a community project, including:

- A cyberbullying awareness video which you can view here <http://tiny.cc/5m7yaz>
- An intergenerational project to reduce older people's isolation which included a large celebration event full of food, fun and dancing.

## Early Years

- 144 parent café sessions and 6 baby massage courses benefited 317 family members.

## Screening Inequalities:

- A new collaborative project that aims to identify the needs, issues, challenges and barriers to cancer screening in order to support more engagement with screening services. During the year we have consulted with 337 local Burnhill residents, worked with 6 GP practices and delivered a grassroots programme to increase engagement with services.

*“At last we feel we are being listened to and the people we are working with in the council have been really nice”*

172

parents and carers increased parenting knowledge and skills

learning new things makes me #healthynhappy



*“Thank you for giving our group the opportunity to apply for funding to carry out our project”*

# Bike Town



The **Bike Town Community Cycling Centre** is now well established at our large unit at 5 Thomson Court in Rutherglen. Our focus is on promoting active travel locally and generally helping people to get 'on their bike'.

Our workshop team of mechanics managed to refurbish 419 bikes during 18/19 whilst also repairing and servicing customer bikes. So if you need your bike looked at or if you have a bike to donate they would love to hear from you. Alternatively, if you'd love to learn how maintain and fix your own bike they can help you to do this as well. We run these sessions each week so do come and join us.

All the bicycles refurbished by our mechanics meet the Revolve national re-use standard and come with a 3-month guarantee. So if you are looking for a low cost but quality bike for adults or kids, our stock is always changing and we're sure we can find something to fit your needs. We sold over 250 refurbished bikes to our communities last year.

Our community engagement team were out and about at lots of local railway stations and country parks (Cuningar Loop, Overtoun Park and Cambuslang Park) attending events. Their role is to support people who want to learn to cycle, get back into cycling or just learn more about their options when it comes to cycling or walking. These activities are supported by Smarter Choices Smarter Places and the Climate Challenge Fund to help encourage people to look at changing their behaviour when it comes to their travel choices and in reducing carbon emissions. Last year you helped us surpass our Climate Challenge Fund target of 60 tonnes of CO2e!



# 1345

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



If you have an unloved bike that you think we can use please get in touch.  
**WE CAN COLLECT!**



“  
What a fab place!!  
Took my boy's  
bike last week and  
within a few days  
it had been sorted,  
now have a very  
happy wee guy  
”



Keeping active makes me #healthynhappy

1570

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

## Feel Good > Go Cycling!

Our retail team in the unit have supported lots of customers who were just looking for a specific part, a cycling accessory or wanted to buy a new or refurbished bike. Our new range of Raleigh e-bikes proved really popular and lots of people wanted to have a go. Our range of new children's lightweight Squish bikes were also a big talking point.

We received funding from the Energy Saving Trust to buy a fleet of 6 loan e-bikes. These have been a great hit! If you haven't been on an electric bike yet but are curious about them or would love to try one, do pop in and see us. We also held our first cycling cinema event in Number 18 last year showing Time Trial and this proved very popular.

Our volunteers last year in both the workshop and in the retail side of the unit supported us with driving, with stripping bikes down, with servicing customers, with administrative tasks and generally just being a great help all round. If you are interested in learning more about Bike Town volunteering opportunities do please get in touch.

“  
*Volunteering at Bike Town has been a brilliant experience. I've learned some of the systems that Bike Town use and have been able to aid their recycling effort at the same time*  
”

# Fundraising



Healthy n Happy  
HERO

## A huge thank you to all our Healthy n Happy Heroes!

We have had another amazing year of fundraising and we would like to extend a huge thank you to all our heroes for raising money on our behalf so we can continue to deliver a range of activities that support local residents in Cambuslang and Rutherglen! We would also like to thank all the local business and donors such as Laurie Ross Insurance, Tunnocks, the Co-op, SPIE, TSB and ASDA Torglen that have supported these activities.

Keeping it local makes me #healthynhappy

## Kiltwalk 2019

It was another incredible day at the Royal Bank of Scotland Glasgow Kiltwalk, on Sunday the 28th of April where 2 Healthy n Happy Heroes completed the Kiltwalk on our behalf, raising an amazing £802!

Walking makes me #healthynhappy





# Become a Healthy n Happy Hero



We have helped thousands of local residents in Cambuslang and Rutherglen to feel healthier and happier, however, we can't do this without your help. Whether you hold a sponsored event, take part in an organised event, make a one off or regular donation, or give us your time and energy, you can make a huge difference to people of all ages in our communities.

## Want to get involved?

Give us a call on **0141 646 0123**  
or visit our website **[www.healthynhappy.org.uk](http://www.healthynhappy.org.uk)**

You can make a donation online via our **Wonderful** fundraising page or earn us donations while you shop by signing up for **Amazon Smile** or **EasyFundraising.org.uk**. All options can be found on our website.

## The Co-op Local Community Fund

We were delighted that our Parent Café programme continued to be part of their Local Community Fund. This initiative raised over £3,300! From all of us at Healthy n Happy, we want to extend a big thank you to everyone at the Co-op and who decided on Healthy n Happy as their chosen charity!



## Spie

The lovely folks at SPIE in Rutherglen had their Halloween day in aid of Healthy n Happy, raising another £1000 for our beneficiaries.

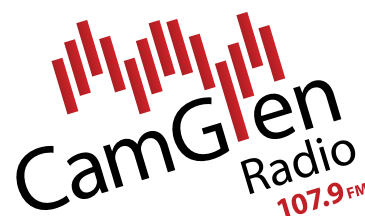
## < TSB >

The TSB team have once again held several fundraisers including a Christmas Hamper raffle and a tasty bake sale (left). On a very rainy and windswept day the team also undertook a sponsored walk for us up Tinto Hill (right). To date they have raised over £1,770! A great big thank you to all the staff and customers of the Rutherglen Branch.





# CamGlen Radio



CamGlen Radio has entered its fifth year of being a full time FM station, which is the final of year of the current community FM licence! Fear not, however, as we will be applying to extend the licence by a further five years.

As with each passing year there have been new developments and lots of great achievements. As a full time radio service, the station has a rolling positive impact on the local communities and particularly on the volunteers who make it all happen.

A unique way we are able to gauge the positive effect on our volunteers is simply by listening to their shows! Week on week, month on month, volunteers can be heard becoming confident, capable and technically proficient as radio broadcasters and that confidence along with their social networks, sense of purpose and wellbeing all contributes to making them Healthy n Happy!

**296**  
people volunteered  
and contributed over  
35,000 hours to local  
activities and  
groups



*“ I am managing to do my show and BA (Broadcast Assisting) in spite of my health issues which means a lot to me ”*



Working together makes me #healthynhappy

CamGlen Radio  
107.9 FM

1094

participants  
increased their  
confidence and self  
esteem

3659

people increased  
their social  
networks

## New developments this year

### CamGlen Presents...

#### Live music events at Number 18

With Number 18 fully upgraded (as of August 2018), CamGlen Radio formed a new volunteer team, with the sole purpose of organising and delivering live music events, in this great new venue. In the reporting year, two successful live music events took place and a full programme for 2019 was developed.

### Youth Amplified – Schools are thriving

We saw a continued growth in our schools programme this year, with new training developed and regular, twice-weekly schools programmes forming a core part of our broadcast schedule. As well as great content, the project is having a positive impact on schools and their pupils.

### See the music – live session videos

As champions of local up and coming artists and bands, we have branched out into video production, with a specific focus on filming and producing live session videos. We began this early in the calendar year (2019) and the engagement on social media has been fantastic!

“One of the children in our group is very shy and quiet. Since taking part in the radio work she has increased her confidence and last time we were at CamGlen she had one of the loudest, most confident speaking voices in the group”

Working with you to improve lives and communities throughout Cambuslang and Rutherglen



# Number 18

number



Number 18 is our beautiful community hub for the use of local groups and residents of Cambuslang and Rutherglen. After this final phase of refurbishment, we reopened the building in July 2018 and held a thank you event for some people and organisations who helped to make it look so wonderful. It was relaunched by our local MSP Claire Haughey and CamGlen Radio volunteer Scott Laidlaw.

This first year we've developed a great timetable with lots of exciting activities and events that local people told us they wanted to see.

Our community cinema has been well received and we've been putting on a wide range of different movie genres to test out what people want and hopefully provide something for everyone. We put on a minimum of two cinema events per month (one family friendly/kids and one for adults).

These are usually held on Saturday and cost a lot less than going to commercial cinemas. We also hire out the space to individuals or groups if you want to run your own movie night!

Our CamGlen Radio team and volunteers have been also been putting on their live music event series – CamGlen Presents - in Number 18 as well. This promotes local artists and less well known bands looking to play in an intimate venue. These run every second month.

We're supporting local groups and individuals to run classes and workshops. Some examples of these are Ukele Club, Book Club, Knitting Club, Art classes, Tango Dance taster sessions and some one off events like the very popular "create your own comic" workshops.

*“ I used this venue for my mum's birthday party. Staff were excellent in the lead-up and also on the day. Venue is lovely, great location and spotlessly clean. Great sound system too. Highly recommended! ”*





“

*My daughter attended the Annie showcase and what a fabulous week she had! The staff are so lovely and gave the kids a fun filled week!*

”

“

*Superb space for meetings, events and classes. The service is charming and the venue is so clean, well maintained and relaxing.*

”

Caring about my world makes me #healthynhappy

At Healthy n Happy our teams also use Number 18 to run activities ourselves – these include Shake your Groove family discos, Kids Camps over school holiday weeks, baby massage classes and our Transforming Lives team run their ‘Open Doors’ activities in Number 18 every Tuesday.

We have had some more unusual events which we’ve loved hosting. These have included: Bath bomb/handmade soap workshops, clay workshops, honey making, chakra workshop, lip-reading classes, children’s mindfulness, hair braiding classes and a body builder spray tanning event. If you want to learn about all the different events we have got going, please visit our website [www.number18venue.org.uk](http://www.number18venue.org.uk) or follow us on social media.

The size of the space is fantastic and it is a great local and affordable facility available to hire for classes, parties and events. That means we have also had a lot of private hirers for christenings, birthdays, engagement events and for health and wellbeing and exercise classes. Our Learning Zone is also great for

folk wanting to run training workshops or meetings. We really love our building so if you haven’t been in for a tour yet do pop into see us – we’d love to show you around.

We are also building a great bank of volunteers who want to learn about working in a venue and managing events. If you are interested in learning opportunities in the fields of administration, hospitality, events management, activity delivery and marketing, get in touch with us!



# Summary of Accounts

## Healthy n Happy

### Statement of Financial Activities for the Year Ended 31 March 2019

	Notes	Unrestricted funds £	Restricted funds £	31.3.19 Total funds £	31.3.18 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>					
Donations and legacies	2	43,250	-	43,250	44,650
<b>Charitable activities</b>	4				
Direct Charitable Activities		79,208	1,173,350	1,252,558	1,246,166
Other trading activities	3	14,736	-	14,736	8,178
<b>Total</b>		137,194	1,173,350	1,310,544	1,298,994
<b>EXPENDITURE ON</b>					
Raising funds	5	-	40,703	40,703	38,221
<b>Charitable activities</b>	6				
Direct Charitable Activities		73,279	954,208	1,027,487	915,060
<b>Total</b>		73,279	994,911	1,068,190	953,281
<b>NET INCOME</b>		63,915	178,439	242,354	345,713
<b>RECONCILIATION OF FUNDS</b>					
<b>Total funds brought forward</b>		271,284	907,512	1,178,796	833,083
<b>TOTAL FUNDS CARRIED FORWARD</b>		335,199	1,085,951	1,421,150	1,178,796

**Healthy n Happy****Balance Sheet  
At 31 March 2019**

	Notes	31.3.19 £	31.3.18 £
<b>FIXED ASSETS</b>			
Tangible assets	13	1,026,819	820,262
Investments	14	5,000	5,000
		<u>1,031,819</u>	<u>825,262</u>
<b>CURRENT ASSETS</b>			
Debtors	15	212,721	372,061
Cash at bank and in hand		269,096	255,148
		<u>481,817</u>	<u>627,209</u>
<b>CREDITORS</b>			
Amounts falling due within one year	16	(92,486)	(273,675)
<b>NET CURRENT ASSETS</b>		<u>389,331</u>	<u>353,534</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>1,421,150</u>	<u>1,178,796</u>
<b>NET ASSETS</b>		<u><u>1,421,150</u></u>	<u><u>1,178,796</u></u>
<b>FUNDS</b>	18		
Unrestricted funds		335,199	271,284
Restricted funds		1,085,951	907,512
<b>TOTAL FUNDS</b>		<u><u>1,421,150</u></u>	<u><u>1,178,796</u></u>

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

This statement is an excerpt of a DRAFT of the company's audited accounts. Full accounts will be presented at the company's AGM and can be viewed on application. Please contact Healthy n Happy or the Kelvin Partnership.



# Thank You

Our work throughout the last year and into the next would not be possible without the support and assistance of our local communities, volunteers and numerous organisations in Cambuslang, Rutherglen, South Lanarkshire and across the whole of Scotland.

To these organisations and especially the communities of Cambuslang and Rutherglen we wish to express our sincere thanks and appreciation for your help and assistance throughout the years. We would like to extend a special thanks to the following:



Scottish Government  
Riaghaltas na h-Alba  
gov.scot



Cycling Scotland



The Ryvoan Trust

Hugh Fraser Foundation

# Meet the Staff

10  
Directors



**Executive Director**  
Brendan Rooney



**Operations Director**  
Rebecca Haack



**Enterprise Manager**  
Susan Miller



**Senior Team Leader  
Central Support**  
Liz Holmes



**Support & Finance Officer  
Central Support**  
Bernie Strachan



**Support Officer  
Central Support**  
Lesley Towison



**Senior Team Leader  
Number 18**  
Gemma Cannon



**Senior Team Leader  
Transforming Communities**  
Jan Taylor



**Community Worker  
Transforming Communities**  
Kenny Steven



**Community Worker  
Transforming Communities**  
Laura Barnfield



**Community Worker  
Transforming Communities**  
Ryan Cummings



**Early Years in Communities  
Transforming Communities**  
Louise James



**Senior Team Leader  
Transforming Lives**  
Joy Mitchell



**Transforming Lives Worker  
Transforming Lives**  
Roisin Deville



**Transforming Lives Worker  
Transforming Lives**  
Janice Fountain



**Transforming Lives Worker  
Transforming Lives**  
Louise McLellan



**Transforming Lives Worker  
Transforming Lives**  
Tess Milligan



**Senior Team Leader  
Bike Town**  
Jim Ewing



**Recycling and Training  
Officer Bike Town**  
Andy McLean



**Senior Team Leader  
CamGlen Radio**  
Tam Curry



**Radio Operations Officer  
CamGlen Radio**  
Cameron King



**Radio Peer Support Officer  
CamGlen Radio**  
Derek McCutcheon



**Operations Support Worker  
CamGlen Radio**  
Matthew Conn



**Community Liaison  
CamGlen Radio**  
David Cuthbertson

PLUS

40 Hourly Rate Workers

296 Volunteers



# Company Information

## Board of Directors:

Ian Robertson (Chairperson)  
Kim Jackson (Vice Chair)  
Louise Bacon (Treasurer)  
Elaine Fee  
Jim Bolton  
John Cassidy  
Mary Neilson  
Sharon Currie



**Healthy n Happy**  
Community Development Trust

## Company Secretary:

Brendan Rooney



## Registered Office:

Aspire Building,  
16 Farmeloan Road,  
Rutherglen,  
G73 1DL

## Company Registration Number:

SC227276

## Scottish Charity Registration Number:

SC032654

## Accountants:

Greg Hannah & Company  
26 Victoria Street  
Rutherglen, G73 1ES

## Auditors:

The Kelvin Partnership  
505 Great Western Rd  
Glasgow G12 8HN

## Bankers:

The Clydesdale Bank  
203 Main Street  
Rutherglen G73 2HG

## Contact Details:

16 Farmeloan Road,  
Rutherglen, G73 1DL  
Tel: 0141 646 0123  
[enquiries@healthynhappy.org.uk](mailto:enquiries@healthynhappy.org.uk)  
[www.healthynhappy.org.uk](http://www.healthynhappy.org.uk)

## Social Media



@HnH\_TheTrust  
@healthynhappyCDT

This publication is available in large print, Braille and easy to read versions, or on audio-tape. We can also provide translations in other languages. Please ask for details.