

**HEALTHY N HAPPY COMMUNITY DEVELOPMENT TRUST**  
**CURRENT SERVICES AND STAFF by Service Area as at May 2015**



Healthy n Happy, Aspire Building and old church hall, 16 and 18 Farmeloan Road, Rutherglen, G73 1DL  
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<p><b>Mental &amp; Emotional Health &amp; Wellbeing</b>  <b>Tel: 0141 641 5236</b>          Joy Mitchell – Development Worker          Gemma Trainer – Project Worker, IMPACT project          Donna McGill – Project Worker, Open Doors &amp; Connections</p>	<p><b>Volunteering Support &amp; Coordination</b>          Vacancy – Development Worker          Tom Harten – Project Worker, Volunteering and Community Involvement          Melanie Toner – Project Worker, Bike Town          Tam Curry – CamGlen Radio Co-ordinator</p>	<p><b>Supporting Communities</b>          Jan Taylor – Development Worker          Kenny Steven – Project Worker, Communities          Jane Horne – Project Worker, Communities and Den          William Rae – Youth Community Support Worker          Cheryl Vernel – Development Worker, Thinking Differently</p>
<p><b>Stress Management Services</b> for all ages  <b>Mental Health Awareness &amp; Scotland’s Mental Health First Aid training:</b> workshops and certificated training course  <b>IMPACT Project:</b> supporting people to self-manage long term health conditions  <b>Open Doors:</b> access into our full range of services  <b>Connections:</b> Community engagement activities to connect people with relevant services and groups</p>	<p><b>Volunteer Support programme:</b> 100+ opportunities offered across the organisation  <b>Community training programme:</b> wide range of training offered to volunteers and community members  <b>Information Station:</b> volunteer led information stalls in the community</p> <p><b>ReConnect</b>          Jane McArdle – Development Worker, ReConnect          Vacancy – Project Worker, ReConnect</p> <p>Supporting isolated older people to become more involved in their community, breaking down isolation and improving their ability to live independently</p>	<p>Focused community development work in specific neighbourhoods:  <b>Neighbourhood Action</b> – Working in Burnhill, Springhall and Whitlawburn  <b>PPF – Public Partnership Forum:</b> network of local people improving NHS services  <b>Thinking Differently:</b> a project led by young people creating dialogue and action on alcohol and its impact on local communities</p>
<p><b>CamGlen Radio</b>          Tam Curry – CamGlen Radio Co-ordinator          CamGlen Committee          70 + Volunteers</p> 	<p><b>Healthy Choices</b>          Jan Taylor – Development Worker          Jane Horne – Project Worker, Communities and Den</p>	<p><b>CamGlen Bike Town Initiative</b>          Jim Ewing – Development Worker, Bike Town          Melanie Toner – Project Worker, Bike Town          Liz Holmes – Support Worker, Bike Town</p> 
<p><b>CamGlen Radio Broadcasting:</b> full-time 107.9FM broadcast  <b>Volunteering:</b> 70 volunteers involved in over 16 individual, committee and sub-committee roles  <b>Tobacco Prevention &amp; Education radio project</b>  <b>Family Radio project</b>  <b>Audio production &amp; live event services</b>  <b>‘Radio for Schools’ consultancy service</b>  <b>Creative Industries events and workshops</b></p>	<p><b>Schools programme: Well Prepared</b>  <b>Tobacco and Alcohol Prevention and Education:</b></p> <p><b>Family Health &amp; Resilience</b>          Joy Mitchell – Development Worker          Sally Gillam – Project Worker, CKHC          Louise James – Project Worker, Early Years          Kimberley Doyle – Support Worker, Early Years</p> <p><b>Confident Kids Healthy Choices:</b> working with families with complex circumstances involving substance misuse  <b>Parent Cafes:</b> practical help, support and ideas for parents to enjoy their baby and build attachment</p>	<p>Getting everybody cycling in Cambuslang and Rutherglen whilst reducing the local carbon footprint through:  <b>Commuting with confidence courses:</b> route planning and confidence building to enable cycling to work  <b>Cycling for beginners:</b> support to those new to cycling  <b>Adult and family guided rides:</b> group rides in a supportive environment  <b>Dr Bike:</b> Pop-up basic safety checks and maintenance  <b>Bike maintenance courses:</b> Learn how to look after your bike  <b>Bike Kitchen:</b> Fix your own bike  <b>Infrastructure development:</b> working with partners to improve cycle routes etc.</p>