

HEALTHY n HAPPY ANNUAL UPDATE 2024-2025



Inclusion

Resilience

Empowerment

Creativity

Learning

Culture

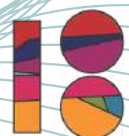
Participation



Community Development Trust

Healthy n Happy

number



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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

"You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one." – John Lennon

"But I know, somehow, that only when it is dark enough can you see the stars." – Martin Luther King, Jr.

We have so many stars, of all age groups, shining in Cambuslang and Rutherglen and most of them don't realise that they are shining. What a pleasure to see and to be part of. In the midst of uncertainty and endless media negativity, local residents and communities are coming together as one, to improve lives and where we live. This is the news we need to share across our families and friends and to promote across our various media platforms.

I am a dreamer and I always will be, because without the dark we won't see the stars. We shall overcome and we will do that united and together.

Alas, this is my last annual report, as my time with a wonderful organisation full of wonderful people is now coming to an end, as I retire from my role at Easter 2026. I commend our annual report to you and I thank you sincerely for all the kindness and support you have offered me in my role and to Healthy n Happy over the years. As a local resident I have no doubts that Healthy n Happy will continue to shine and excel.



1,242

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



3,362

people became more connected and involved



126

people volunteered and contributed their time to help their local community



Being active and outdoors makes me #healthynhappy

Being Active, Outdoors & Green

Our community has been buzzing with activity, with fitness fun for every level – from gentle Sit Fit classes, to high-energy Kettlercise workouts. We were delighted to introduce our ever-popular Dancercise class in Cambuslang on Fridays, while keeping the midweek favourite running at Number 18 Venue in Rutherglen. We also launched DrumTastic – a lively chair-based class, combining drumming and upbeat music (singing along is encouraged!). Outdoors, our Growing Club dug deep once again, harvesting a bumper crop of delicious produce. Meanwhile, our Wednesday walking group clocked up plenty of steps, exploring CamGlen's beautiful green spaces, chatting all the way!



Guided Cycle Rides



"Cycling gets you out in the fresh air and meeting like-minded people. If I feel stressed, I dig the bike out and feel instantly better"



Dancercise class

"These classes get me up and out of bed and they make me so happy"



1,103

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



Weekly Walks

"The walks have been great for my mental health and meeting new people, sometimes I just like being quiet on the walks, other times I like to chat and it's really lovely to feel supported"



Community Growing

"It's been such a great summer in the garden, we've grown so much and made loads of lovely food with the harvest to share. Our group are very close and I've made some friends for life"



617

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

Building Relationships

This year was filled with connection and community for individuals and families. From Peer Support groups and Coffee Afternoons, to our Early Years programme – these fostered many positive relationships and lasting friendships. New Maternal Journaling courses gave mums a supportive space to share their journey through writing. While the successful launch of Creating Hope In Our Community campaign united local residents, community groups, statutory services and businesses, working to improve mental health and prevent suicide in CamGlen. We also introduced our Compass Carers Project, giving carers the chance to connect with others and enjoy much needed time out. Some new volunteers joined us, who are already enjoying the friendships they are forming.



Early Years Programme

I'm so grateful to you for running all the events for mums and babies. They've made it easier to meet people and helped me get out of the house"



1,221

people feel more confident and have increased their self-esteem

Peer Support Group

"Things have got much better since coming to Peer Support. My confidence has got so much better and everything is looking up"



Creating Hope In Our Community (from 1st Class Credit Union)

"We admire what you do to help the community, especially around mental health. It was really interesting to attend the Creating Hope In Our Community event, where you are trying to combat suicide in particular - and if we even save one life by talking about this, then that's a success for all of us"



Weigh To Go Programme

"I've struggled with my mental health for the last couple of years and joining the group has helped immensely! Thanks for the company, laughs, knowledge and everything else"



Volunteering

"It's like a big family here at CamGlen Radio. I've made good friends with a lot of fellow volunteers"

650

people have enhanced their bonds and relationships with family members

Being creative makes me #healthynhappy

Enjoying Culture, Arts and Radio

CamGlen Radio marked 10 years of FM broadcasting with a packed gig of local bands, supported by CamGlen Radio DJs - kicking off a year of wonderful celebrations. Our Number 18 Venue buzzed with creativity through jewellery making, photography and art classes for all ages. The popular CamGlen Concert Series returned to Number 18, in partnership with Chamber Music Scotland. Featuring award-winning Scottish musicians, including a harpist and folk singer, all 4 concerts sold out - a firm favourite with our communities! The kids enjoyed lots of exciting themed camps, ranging from a Wicked Workshop to Graffiti Groove, with dance, musical theatre and crafts keeping them entertained throughout the holidays!



Photography Course

"Love taking pictures, knowing what I know now"



CamGlen Concert Series

"I didn't think classical music was my thing, I was wrong and I got so much out of attending"

519

fun and engaging creative sessions and activities were delivered



Kids Camps

"This has done wonders for rebuilding my daughter's confidence, after a difficult few months. Thank you"



Adult Art Classes

"I might not produce the best art in the class but I certainly have the most fun. Superb class"

Radio Broadcasting

"I read out news, weather and traffic and this has made me much more confident. I've done a lot of things I didn't think I could ever do. It has been really successful, changed my life!"

Learning new skills makes me #healthynhappy

Engaging and Skill Building Activities

Over the past year, our Creating Hope In Our Community campaign delivered vital life skills training, including Mental Health First Aid and ASIST (Applied Suicide Intervention Skills Training), equipping residents, community groups and businesses to support those in crisis—with more sessions planned. Our communities enjoyed a variety of wonderful workshops, from Cookery Classes and Baby Bakes, promoting healthy eating and developing cooking skills - to Mandala Painting and Autumnal Art, encouraging creativity and fun! CamGlen Radio also offered excellent podcast training, and continued to help strengthen the confidence and skills of their volunteers - especially for new additions and supported volunteers.



CamGlen Radio

"I'm getting more confident using the equipment to present my show – and getting lots of good feedback from people on the street who listen in"



Mental Health First Aid Training

"I gained a greater understanding of mental health and how to deal with certain situations eg suicide, psychosis and substance use. I feel armed and ready now as a Mental Health First Aider"



Jewellery Making

"I'm surprised that I created something as nice as this, in such a short space of time. It has been a real confidence booster"

2,221

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



Podcast Training

"It was a fantastic opportunity to learn, and the mix of recording and practical work using the microphones and equipment really helped break up the day"



Body Scrub Making

"Can't believe this is a free workshop. We thoroughly enjoyed it"



Connecting Communities

Over the past year, Spittal and Blairbeth Participatory Budgeting continued to make a real difference, with a further £10,000 invested in each community. Local delivery groups were supported to provide a wide variety of activities for residents to enjoy – from physical activity sessions and sensory play, to community events and pop-up play opportunities.

We were also delighted to launch our Compass Project, which has quickly become a favourite among carers and the people they support. More than 200 family members have joined in a wide range of activities, including cinema nights, seasonal parties, ASN soft play, carers' journaling courses, relaxation sessions, afternoon tea provided by Asda, and monthly community conversation cafés. Each activity creates a welcoming space where carers can rest, eat, and connect with others—offering much-needed respite and meaningful opportunities to share their experiences. Through ongoing group chats and conversations, carers are also helping us better understand their needs and how services can support their wellbeing.

Our Weight Management Project (Weigh to Go) has also gone from strength to strength this year. We delivered 3 x 15-week courses, with 45 local people taking part. Participants have reported real benefits, including improved fitness, greater confidence, and reduced feelings of isolation—thanks in large part to the supportive group environment.



Give a Gift of Joy Christmas campaign

"Literally saved my life this year, we have 3 kids and not a penny to buy food let alone Christmas presents, we cannot thank you enough"

461

households
received helpful
energy advice

Age Active Group

"If it wasn't for groups and people like you, I wouldn't be here. I need to be out and meeting people. I get that here"

Energy Advice Project

"The Energy Advice Team helped me to understand how my bills are paid and that I can afford to heat my home. I now have my heating set to a system that I'm comfortable controlling myself and am heating my whole house"



Cervical Screening

"I had an issue booking with my GP so this is an amazing offer and I know some of my colleagues have the same issues, I have told them about this service and hopefully they will be in touch soon"

321

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

Compass Carers' Project – Cinema Night

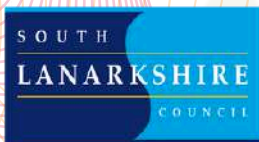
"Thank you so much for hosting tonight. The members had a ball watching Home Alone. The sound of laughter could be heard downstairs. This gave parents/carers a chance to share their ideas and thoughts with the lovely Janice. Thank you for having us"



Thank you to all from Healthy n Happy

Over the past year, our work has been made possible thanks to the unwavering support of our local communities, dedicated volunteers, trusted partners, generous funders and steadfast supporters.

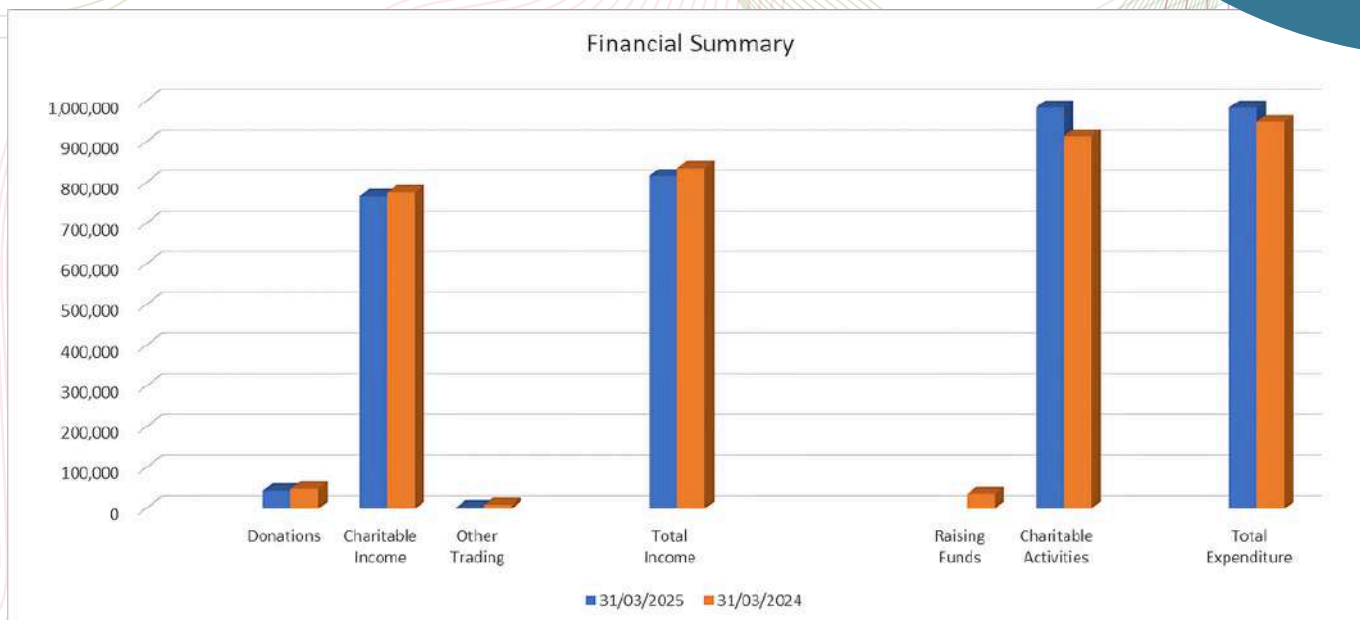
We extend our heartfelt thanks to each of you—and a special acknowledgement to our exceptional funders and supporters, whose generosity has made an extraordinary difference.



Funded by the Energy
Industry Voluntary
Redress scheme



2024/2025 Financial Summary



Board of Directors:

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

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Brendan Rooney

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Scottish Charity Registration
Number: SC032654

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Number 18 Venue, with room hire:
www.number18venue.org.uk



CamGlen Radio, 107.9FM:
www.camglenradio.org

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