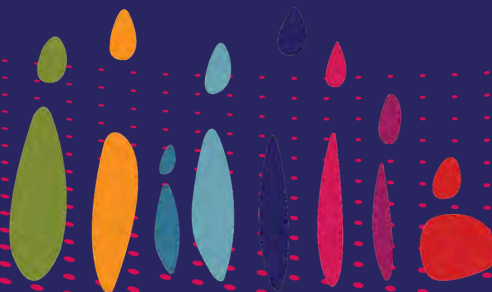


Outdoors Wellbeing Connection
Relationships Cycling Walking Relaxation Community

HEALTHY N HAPPY ANNUAL UPDATE 2023-2024



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Community Development Trust

Healthy n Happy



number



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

"Great things are done by a series of small things brought together" - Vincent Van Gogh

"Begin where you are. Don't wait for someone else to change things for you. Do it yourself" - Norman Vincent Peale

Far be it from me to disagree with a world renowned artist, but this year we have seen great things done by a series of not small, but wonderful things being brought together. Happiness, confidence, fun, something to get out of bed for, involved, learning, something to look forward to and so much more.

It reminds me of the children's TV show when I was young (a few years ago), Why Don't You? (just switch off your television set and go and do something less boring instead). There is no positivity in our news these days, but there is no shortage of positivity in Cambuslang and Rutherglen. So come and join us and let's change things for ourselves, our families, friends, neighbours and our communities.

My sincere thanks to all the staff, volunteers and residents involved.

1,026

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

3,312

people became more connected and involved

137

people volunteered and contributed their time to help their local community

Being active & outdoors makes me #healthynhappy



Weekly Walks

"I like that I've visited a new area - it's a lovely walk, very peaceful"

1,089

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

Being Active, Green & Outdoors

We've been keeping our community active with lots of cracking classes - from Kettlercise toning workouts, to dancing the afternoon away at Dancercise! Then calming the body and mind with Qigong. Outdoors, our Growing Clubs had an incredible crop, producing tonnes of tomatoes, gooseberries, cauliflowers, pumpkins and a sea of sunflowers and daffodils, to name but a few! BikeTown had 2 wonderful cycling festivals and got the community successfully cycling with lessons for adults and kids. Our weekly walkers enjoyed the beauty that nature offers in the local area, with light exercise and plenty of chat!

Cycling Lessons

"I've just recently retired and bought myself a bike from BikeTown. I came along for a couple of cycling lessons to feel more confident. It has been great for my physical and mental health"

Community Growing

"Volunteering at Clydesmill Community Gardens is so therapeutic"



620

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

Dancercise

"If it wasn't for these classes I wouldn't get out of bed, they make me want to get up and they make me happy"



CamGlen Cycling Festival

"Great event. We had a wonderful time and now have a fabulously decorated bike!"



Connecting with people makes me #healthynhappy

Building Relationships

Lots of positive relationships were formed this year, through our weekly Peer Support Group and Coffee Afternoons. Also our new Chess and Chat Club for men has been great for building new friendships. Thanks to our Early Years programme, parents and little ones have enjoyed meeting others and having fun at Ally Bally and Baby Massage. We were delighted to launch a new Baby Café in Cambuslang (alongside the current Rutherglen one) and antenatal classes - all forging solid parental bonds and friendships. Volunteering also provided true team spirit and formed special connections.

Early Years – Baby Cafe



"There is a perception that men wouldn't be welcome to baby groups, but Baby Cafe is so welcoming. I feel validated and that as her Dad I am also an important parent. Coming to Baby Cafe helps me out on days I am on my own with my baby and I feel involved in my daughter's life"

Peer Support Group

"I've learnt more here than I ever did at school!"



Volunteering

"CamGlen Radio has helped me improve my social skills. It also helped me add to my music taste"



1,124

people feel more confident and have increased their self-esteem

Chess and Chat Club



"I love the chess club, it's a blast every week. I have made great friends since starting and we now help each other out with odd jobs"

"I've been reading genres I've never read before and enjoy discussing them with the group"

Book Club



539

people have enhanced their bonds and relationships with family members

Coffee Afternoon

"It really makes a difference. On a bad day I think to myself - 'It's only two days to go until Coffee Afternoon'"



Getting creative makes #healthynhappy

Photography Course

"I learned how best to show off photos and feel more confident with my camera"



359

fun and engaging creative sessions and activities were delivered

Enjoying Culture, Arts and Radio

CamGlen Radio have returned to training new volunteers every 3 months and have been delighted to welcome many new volunteers to the station. They also hosted a series of 'CamGlen Presents...' live music events featuring up and coming bands, artists and DJs. Number 18 Venue was a hive of activity and creativity, with 2 amazing art exhibitions, from budding artists in our kids and adult classes. They also hosted a most wonderful CamGlen Concert Series, in partnership with talented local Rutherglen musician Colin Currie and Chamber Music Scotland - with 4 concerts. The kids had a ball during the holidays with fun camps a plenty, including Harry Potter, Taylor Swift and Barbie themes!

Kids Camps

"My daughter has shown a side to herself that I knew she had, but this has grown her confidence that she needed to find on her own"



CamGlen Concert Series



"Wonderful afternoon, Colin is so talented and to have him perform on our doorstep was a real treat"



Radio Broadcasting

"This has enabled me to have the confidence in presenting and gave me the tools to be more professional on the microphone. Without this I would not have had the ability to hold my own, presenting on the radio"



Learning new skills makes me #healthynhappy

Fun & Engaging Activities

Over the last year, we've held a wonderful wide range of workshops and skill building classes, with something a bit different for our community to enjoy. These included jewellery making, marbling, decoupage, balloon modelling and making your very own chessboard! Some were hosted at our Number 18 Venue and some in local community venues. BikeTown and CamGlen Radio continued to develop their volunteers' confidence and skillset, especially supported volunteers and new recruits.

CamGlen Radio

"The training is excellent for the volunteers. I sometimes shadow as I have been a presenter on CamGlen Radio for many years now. However I always take pride in my learning within the studio and grab any opportunities to learn from other staff and volunteers"



Jewellery Making

"I didn't think I would be able to make something this nice, it has been a real confidence booster"

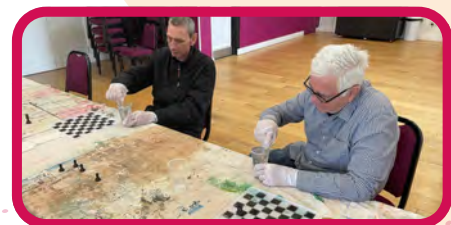
Balloon Modelling

"I spend my life running around after my family and never get to do anything just for me, so this was brilliant. It's going to save me a fortune on balloons for the kids' birthdays"



Make Your Own Chessboard

"Making my own chessboard was so fun and it turned out really well. I use it with my family at home, increasing my bragging rights in the creative department"



Paediatric First Aid

"The first aid workshop was so helpful and informative"

"I feel more confident and prepared for dealing with emergency situations with April"



2,056

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

Being together makes me #healthynhappy

Connecting Communities

The key highlights for this year were:

- Spittal and Blairbeth Participatory Budgeting - £10,000 invested in each community, distributed to local delivery groups to provide a variety of services/activities/physical improvements in both communities
- Youth Activism – 127 young people participated in taster sessions and courses throughout the year. Young people, who often experience challenging circumstances, are motivated and inspired to participate in local community action: 91% of those who participated said they were more confident in taking a lead role. Young people have taken on leadership roles, supporting each other and their peers to become more confident to take on more responsibility. They said they have:
 - Increased their willingness and ability to work within a team to achieve a shared goal
 - Experienced new challenges that have increased their confidence to problem solve and lead others
- SGN Energy Project – provided a variety of support to local people to increase their knowledge and awareness of opportunities such as reducing bills, amending tariffs, switching providers, support with arrears and signing up to The Priority Register. Over 500 households were supported throughout the year



Give a Gift of Joy Christmas Campaign

"Absolutely amazing, thank you all so much, you really helped my daughter massively to give her boys a decent Christmas"

Youth Activism



"I've had fun learning what I can do to make changes, not only in my school but my Community"

Age Active Group

"You can't beat a wee game of bingo and a cup of tea. I used to go to the bingo all the time but can't manage now, so this is the next best thing"



Cervical Screening

"I cannot believe the service being offered here, the staff are so supportive and to be able to get an appointment that doesn't interfere with my work hours is amazing"

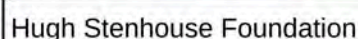
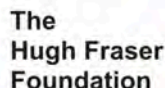
350

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

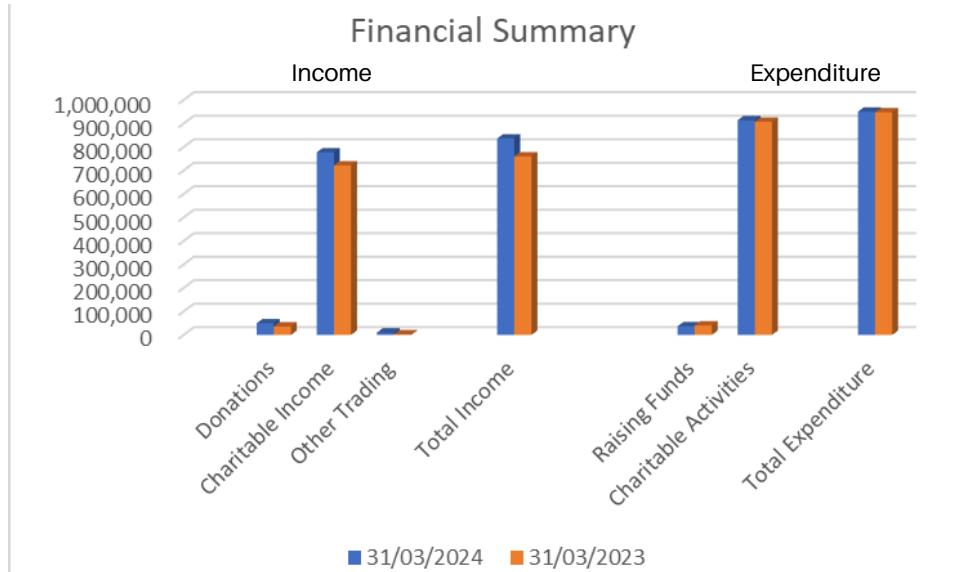
Thank you to all from Healthy n Happy

Our work throughout the last year would not be possible without the support and assistance of our local residents, communities, volunteers, partners, funders and supporters.

We wish to express our sincere thanks and appreciation to you all and a special thanks to our fantastic funders and supporters:



2023/2024 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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What's On Programme: www.healthynhappy.org.uk/whatson

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



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Community Development Trust