



Community Development Trust

Healthy n Happy

Leave a gift in your Will

and you will help us to support the health, wellbeing and happiness for the people and communities across Cambuslang and Rutherglen.

What a legacy to leave!





“Our work helps to save lives, improve lives, and improve where we live. We help to bring joy, hope and happiness into local people lives and to reduce loneliness and isolation for all ages. If you could support us in your Will, we will strive to make Cambuslang and Rutherglen the healthiest and happiest places for all local residents.”

MARK SOANES
EXECUTIVE DIRECTOR

Healthy n Happy Community Development Trust are proud to play an important role within the Cambuslang and Rutherglen area. Our work is varied across all groups of people – from toddlers to teens, right up to more mature residents.

Broadly speaking, what we do is spread across 3 main teams.....

People and Communities – our dynamic team supports mental and physical health and wellbeing, empowers individuals and communities, helps reduce social isolation, alleviates the challenges caused by poverty – and so much more.



CamGlen Radio – we are very proud of our Community Radio Station which broadcasts 24 hours a day, 365 days a year. The station is community run with a dedicated team and almost 100 volunteers, many of whom have complex health challenges. These volunteers broadcast music, interviews and specialist programmes, developing their own skills and confidence along the way.



Number 18 – our amazing community hub runs a wide range of purposeful activities. Whether it be Peer Support groups, Baby Massage, Photography courses or weekly fitness classes, there is an activity to suit everyone. These help to develop skills and connections which is so vital to so many local people. It is also a space that can be hired at reduced rates for the local community.



These teams allow us to engage with a diverse range of people and residents, who make our Cambuslang and Rutherglen communities so special.

We believe in Community. What we do as an organisation is driven by the needs of people living and working in the local area. With the challenges that people face, whether that be physically, emotionally, through poverty or social isolation, the demand for what we do at Healthy n Happy is higher than ever.

- In 2024, we engaged with nearly 7,000 people across Cambuslang and Rutherglen. Our dedicated team of staff and volunteers focus on delivering support and activities across all the different communities in this area
- We run around 30-40 activities per week, including:
 - **One-to-One Support** - for those feeling lonely or struggling with mental health
 - **Support for Carers** - providing a platform to share experiences and to fight for what matters to them
 - **Youth Activism** - helping young people have a say in their community
 - **Energy Advice** - supporting people to manage their costs, while reducing their energy use
 - **Peer Support** - for those experiencing mental health challenges
 - **Age Active** - for older people's wellbeing
 - **Parent and Baby groups** - such as Baby Massage and Baby Café
 - **Antenatal and Perinatal Support**, and much more!

Radio Broadcasting (volunteer)

"Having the confidence to talk on air has taken away many reservations I had in talking to complete strangers"



Age Active

"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"



Kids Camps

"I am extremely grateful for this kids camp. My son has had so many opportunities to grow in confidence and develop his social skills"



Baby Cafe

"There is a perception that men wouldn't be welcome to baby groups but Baby Cafe is so welcoming. I feel validated 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"



Imaginative Art Class

"I have been coming to the Healthy n Happy art group for over a year now. I personally find attending the group helps me to overcome my fear and anxiety of visiting a public place and it creates a welcoming space to engage with the other artists and tutor."



Whoever turns to us for support, whether that be to build connections, to have fun, or ask for help, we will be there. By remembering Healthy n Happy in your Will, you will ensure that we continue to be that anchor in the community that we all care about. By supporting us, you too can play a part in making Cambuslang and Rutherglen the healthiest and happiest places to live in Scotland.

Every contribution, no matter the size, is invaluable. Here's how your support could make a difference.....

- **£2,500** would allow us to run a Kids' Camp for a week during the summer - offering children, whose parents may be struggling, a chance to engage in fun, educational activities, develop new skills and enjoy a healthy meal
- **£5,000** would fund mental health and suicide intervention training, empowering community members to confidently support someone in crisis
- **£10,000** would provide dedicated mental health support for up to 30 individuals over 12 weeks, helping them through challenging times with expert care

There is so much that we could do - and our guarantee to you is that we will spend any contributions wisely, supporting people who need it most.

OUR PROMISES TO YOU

- ✓ We appreciate that this is an important and very personal decision. We will always be open as to how any gift can be used and will never pressure you
- ✓ If there is a particular area of work that you would like to support, we will respect that and ensure that money is used well
- ✓ If you would like to keep in touch with the work we do, then we would be delighted to do that
- ✓ You can change your mind at any point



Some Questions You May Have:

Do I need a Will?

Ideally yes. If you die without a Will, the law decides who inherits your estate, which may be different from your wishes.

Writing a Will allows you to ensure your wishes are fulfilled. It guarantees that family, friends and the causes you believe in receive the gifts that you want them to have. Having a Solicitor to help you write your Will and take you through the process is what we recommend. By not writing a Will, it can take much longer and cost more when you are gone.

I already have a Will. Can I change it to include Healthy n Happy?

Yes. A Will can be changed and any minor changes can be made by a codicil. A codicil needs to be signed and witnessed in the same way as your Will. Your Solicitor will advise you on the best way to make any changes within your Will.

Are there any financial benefits to leaving a gift to a charity in your Will?

Yes. Gifts left to UK charities in Wills are exempt from inheritance tax. Your Solicitor will advise you further on this.

Must I use a Solicitor to prepare my Will?

No. It isn't necessary to use a Solicitor, but doing so can provide reassurance and ensure that your wishes cannot be disputed later. A Will is a legal document and needs to be reviewed by a legal expert to ensure that it is valid.

Healthy n Happy can support with a Free Will Writing Service, having built a relationship with a local solicitor in the community.





Next Steps

If, after taking care of your loved ones, you feel that you would like to support Healthy n Happy, there are 2 available options:

1 Leave a share of your estate. Whatever you decide, whether this be 1% or 10%, it will make a huge difference

2 Leave a gift stating a specific sum, like £5,000 or £50,000 etc

We have put together some example wording for your Will for both options. We would always recommend that you speak to your Solicitor. The key details to note are our Name, Registered Address and Scottish Charity Number.



Example Wording

For a share of your estate (residuary legacy):

I give all/a share of (state fraction/percentage) of my estate absolutely to Healthy n Happy, Aspire Building, 16 Farmeloan Road, Rutherglen, G73 1DL, Scottish Charity Number: SC032654, to be applied by Healthy n Happy for it's general charitable purposes, and I further direct that the receipt of the Fundraising Lead or any other proper officer of Healthy n Happy for the time being shall be sufficient discharge to my executors.

For a specific sum (percuniary legacy):

I give to Healthy n Happy, Aspire Building, 16 Farmeloan Road, Rutherglen, G73 1DL, Scottish Charity Number SC032654, absolutely, the sum of (amount in figures, amount in words) to be applied to Healthy n Happy for it's general charitable purposes, and I further direct that the receipt of the Fundraising Lead or any other proper officer of Healthy n Happy for the time being shall be sufficient discharge to my executors.

Take advantage of our FREE Will Writing Service

We are delighted to offer you the chance to benefit from our FREE Will Writing Service. We have partnered with local Solicitors, Pacitti Jones, based in Rutherglen Main Street, which will enable you to create a new Will, or amend an existing one.

There is no obligation to leave Healthy n Happy anything in your Will to benefit from this offer, however, we would be extremely thankful if you did. No matter the amount that you leave as a gift, we will put it to good use within our community.

You can request further information from them through a short form on our website. Or get in touch with us directly if we can help answer any of your questions.



If you have questions about leaving a gift or would like to inform us of your decision, please get in touch:



enquiries@healthynhappy.org.uk



0141 646 0123



www.healthynhappy.org.uk

Thank you.

Healthy n Happy (known as Healthy n Happy Community Development Trust) is a charity registered in Scotland, no. SC032654. Healthy n Happy is a company limited by guarantee, registered in Scotland (company no. SC227276).



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