



Welcome!

Commonwealth and summer activities in Castlemilk

Welcome to the winter edition of the GoWell newsletter for Castlemilk. My name is Cat and I have joined the GoWell team as community engagement manager. You may see me out and about in your neighbourhood and the back page explains why GoWell engages with communities. Thank you very much to the local groups who have opened their doors to me and I'm looking forward to continue getting to know your neighbourhood.



2014 saw the Commonwealth Games come to Glasgow. Athletes from 71 nations competed in our city. Community groups and residents across the GoWell areas organised all kinds of summer activities and events in their neighbourhoods, showing support. This newsletter celebrates these activities and what they meant for communities in GoWell areas.

For this edition, I'm especially delighted to welcome Glasgow Life, Ardenglen Housing Association and Cassiltoun Housing Association. On page 3 you will see their excellent photos and accounts about their celebrations of the Commonwealth Games in your area and what residents got up to over the summer. You will see their contact details too - get in touch with them to find out about future activities!

Remember, your participation makes this research possible. "Thank you!" to those who have taken part in the GoWell surveys so far. I welcome your thoughts or any comments you may have - such as what you like, or what we could do better. I'm looking forward to hearing from you!

Best wishes,

Cat Tabbner
Community Engagement Manager

What is GoWell?

GoWell is a ten-year research and learning programme that aims to find out from local people what they think of the efforts to improve their area and if this has an impact on their health and wellbeing. We have conducted three surveys in your area already in 2006, 2008 and 2011. A fourth survey will be conducted next year. These surveys help us understand:

- what changes have taken place
- whether things have got better or worse
- and what changes are important to residents.

GoWell's survey findings are already being used by local communities, Glasgow Housing Association, other Registered Social Landlords, NHS Greater Glasgow and Clyde and Glasgow City Council to help to improve services and regeneration efforts both now and in the future.

Inside

Commonwealth Games came to Glasgow!
Check out page 3



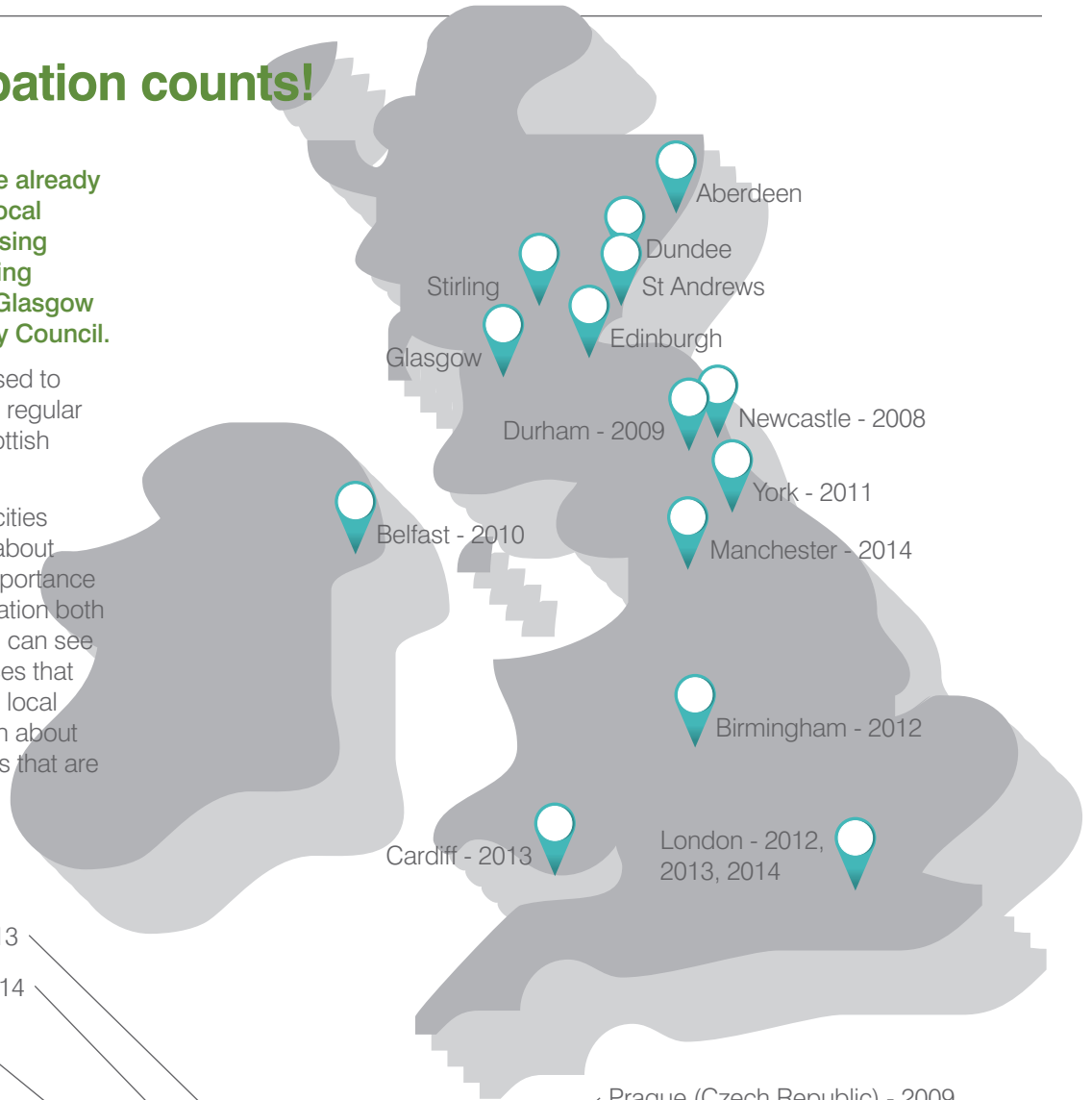
Glasgow Life

YOUR participation counts!

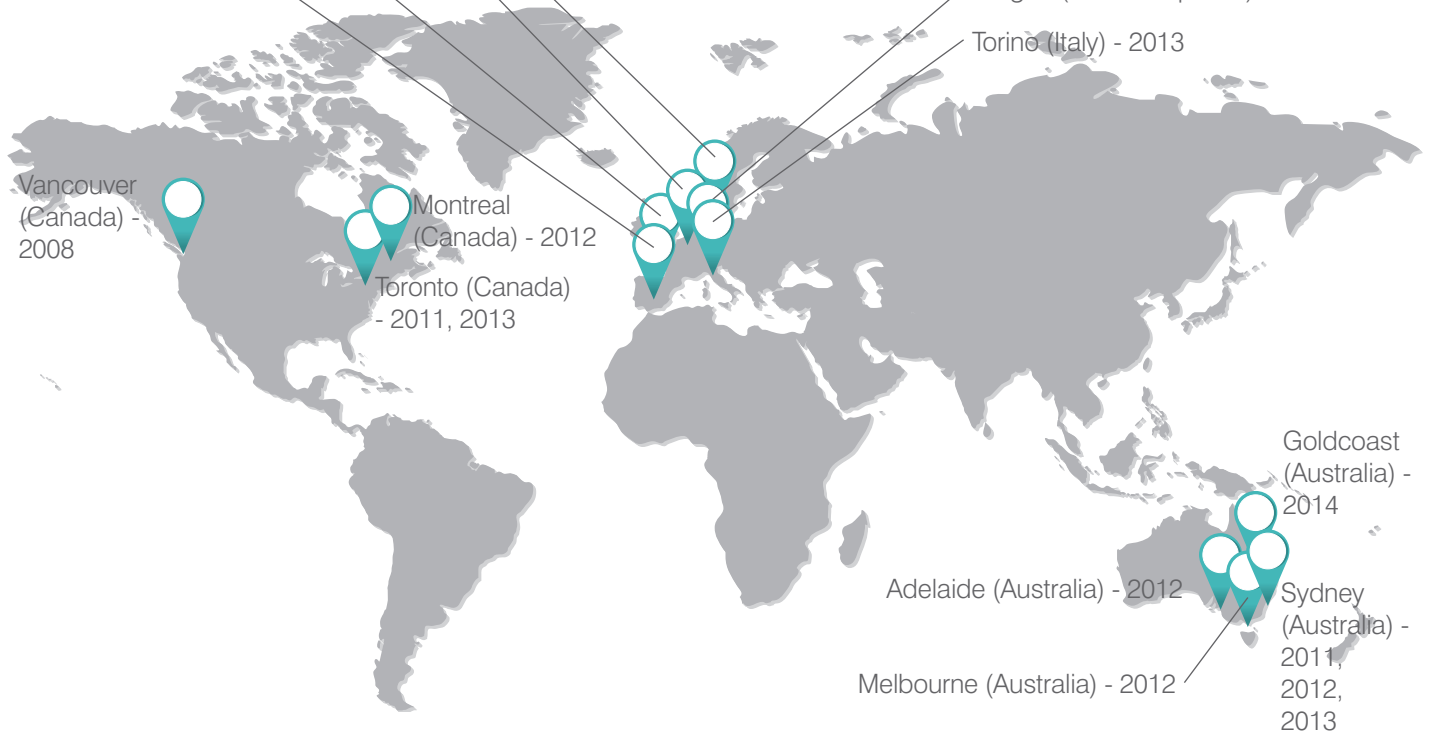
GoWell's survey findings are already being used in Glasgow by local communities, Glasgow Housing Association and other housing associations, NHS Greater Glasgow and Clyde and Glasgow City Council.

The findings are also being used to inform national policy through regular feedback and briefings to Scottish Government.

The map below shows other cities that have also been learning about GoWell. This highlights the importance of quality research to regeneration both locally and internationally. You can see that your views and experiences that you share with GoWell enable local and international cities to learn about housing regeneration changes that are important to residents.



- Copenhagen (Denmark) - 2013
- Delft (Netherlands) - 2010, 2014
- Toulouse (France) - 2011
- Madrid (Spain) - 2009



Fairies of the Commonwealth

The woodlands of Castlemilk Park are part of a network of 14 Commonwealth Woods across Glasgow. A lasting legacy of the Commonwealth Games 2014, the network encourages people to head outdoors, get active, learn and have fun.

On the 22nd June 2014, fairies from around the Commonwealth came to Glasgow to support their athletes in the games. They created their own village that was only visible to the human eye for one magical day.

These spectacular fairy homes were the highlight of a one-mile fairy trail through the enchanting woods of Castlemilk Park. Several hundred people discovered this magical world of fairy and folklore from around the Commonwealth with storytelling, guided walks, face painting and an opportunity to make your own fairy door.

Richard Bolton, Community Woodland Officer at Cassiltoun Housing Association commented "The event had a wonderful atmosphere with the sound of children excitedly exploring the woodlands, finding fairy houses and tapping the doors to see if the fairies were home."

The fairies of the commonwealth event was funded by the Big Lottery Celebrate fund and delivered by Cassiltoun Trust.

For more information on the Regeneration programme at Cassiltoun contact Clair Malpas, Regeneration Manager on 0141 634 2673 or clair.malpas@cassiltoun.org.uk.

WE'VE all been REVIVED!!!

Last summer, Ardenglen Housing Association and NHS Greater Glasgow and Clyde rolled out a programme called REVIVE for local residents aged over 50. REVIVE aims to help improve health and wellbeing.

The programme lasted 10 weeks and was very well received by the local community. In fact, the age criteria was even extended to the over 40s after overwhelming demand! Both partners jumped at the chance to continue to support the REVIVE group.

Following its success, REVIVE is now part of the Association's programme of activities delivered from the Maureen Cope Community Hall. REVIVE Club members continue to participate in a variety of activities including a "Health Issues in the Community" course, volunteering in community gardening and cookery projects, intergenerational workshops with the BLAZE Dance youth group and actively supporting Ardenglen's drive to establish the Cathkin Braes Mountain Bike and Activity Centre (as the Commonwealth Games mountain bike track was located in the heart of all this activity!).

As part of the Commonwealth Games REVIVE also delivered The Only Way is Up Kite Festival at Cathkin Braes that was funded by the Big Lottery Celebrate fund. In the words of one REVIE member, it was a "real community event".

Vikki McAlpine, NHS Health Improvement Practitioner who has been supporting REVIVE says, "Working with this group has been a great inspiration... REVIVE has seen lots of results, including increased physical activity levels, confidence and regular participation in activities. It has been a great pleasure working with the REVIVE Group and I look forward to continue hearing their inspiring stories".

For more info, contact Fiona McGovern, Regeneration Officer, Ardenglen Housing Association on 0141 631 5041 or Fiona.McGovern@ardenglen.org.uk.



Fairies of the Commonwealth



Ardenglen Cook Bus



The Only Way is Up Kite Festival

GoWell needs YOU and your COMMUNITY!

GoWell's results are about you and your neighbours. Many of you have taken part in GoWell's surveys and studies. You have told us your experiences and opinions of housing regeneration and your health.

I'm here to share GoWell's survey results with you and with community groups and housing associations in your area. In turn, I will share communities' views of the results with the GoWell team. All of your survey answers are confidential and we only share the results for your neighbourhood so that communities can understand the impact that housing regeneration is having on peoples' health.

Why do we do this? GoWell's research is helpful to community groups, giving them local information that they can use to do what they do best – working with your community to shape your future. Watch this space for newsletter updates and please do contact me if you would like more information. If you don't belong to a community group, then you can still get in touch to find out more about GoWell and share your views.

Are there survey results that you especially wish to know about? If so, get in touch! For example, you and your neighbours have answered questions about:

- changes to your home – both inside and out
- changes in your neighbourhood
- your health – physical and mental
- what you think and feel about your community.

Do you have questions you would like to ask about the surveys? Do you belong to a community group that would like to feature in the newsletter? Get in touch! I'd be very happy to hear from you.

Call me on 0141 287 6953 or email me at catherine.tabbner@drs.glasgow.gov.uk.



GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow and the MRC/CSO Social and Public Health Sciences Unit, sponsored by Glasgow Housing Association, the Scottish Government, NHS Health Scotland and NHS Greater Glasgow and Clyde.

For more information on GoWell, please contact:

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Or visit our website at: www.gowellonline.com

All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.

