



Commonwealth and summer activities in Drumchapel

Welcome to the winter edition of the GoWell newsletter for Drumchapel. 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, Cernach Housing Association, Drumchapel Housing Co-operative, GHA and Drumchapel L.I.F.E. On pages 2 and 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 pages 2 and 3

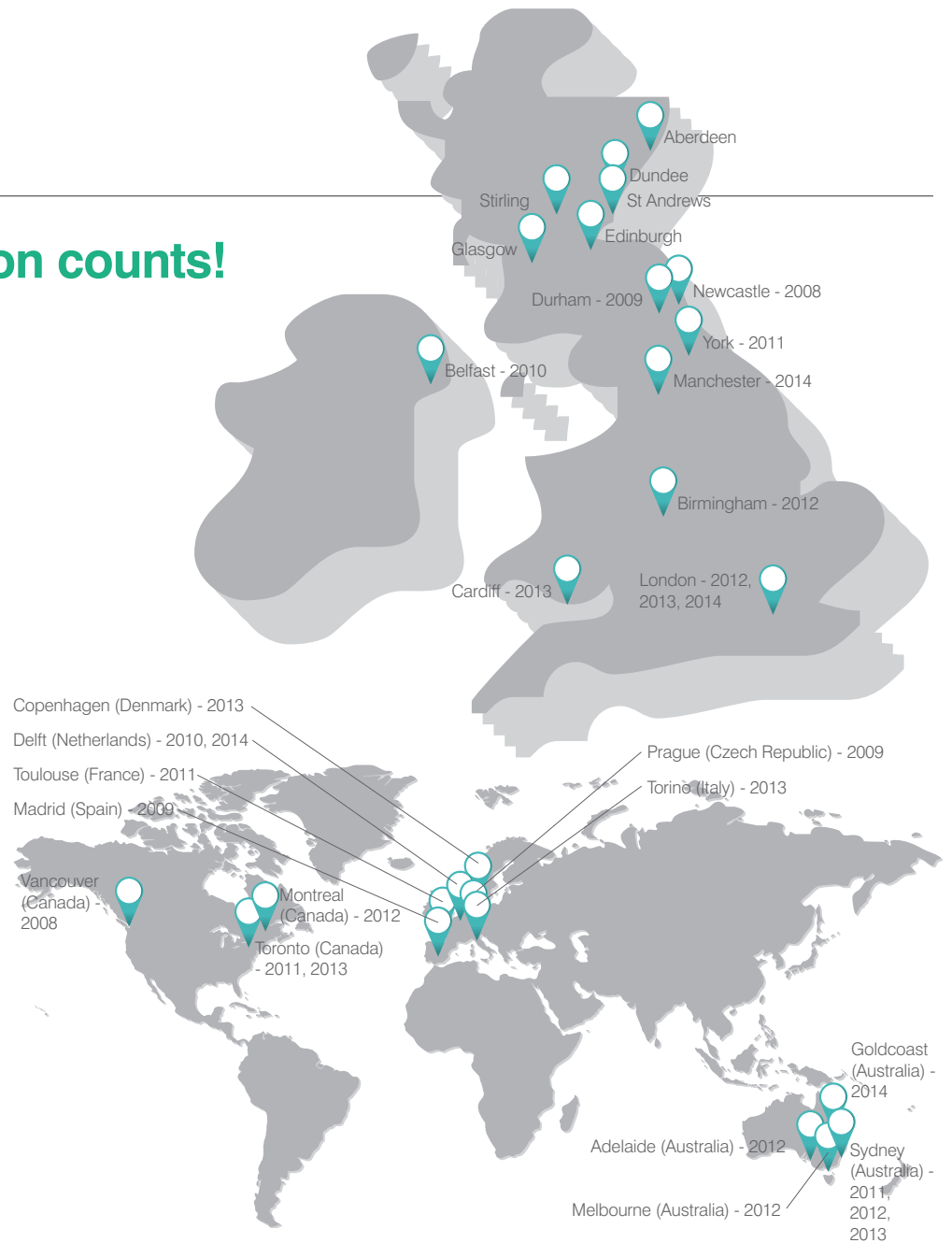


## YOUR participation counts!

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.



## and in Drumchapel...

**Drumchapel L.I.F.E. is a voluntary organization focusing on health and well being priorities for residents in the G15 (Drumchapel and Blairdardie), G13 and G14 postcode areas. We work with groups to develop or support positive activities to make a difference to the community and people's lives.**

Did you know we have a programme funded by the Big Lottery to support people to have a healthy lifestyle and manage money issues? Get in touch to find out more!

Watch this space too as the Big Lottery have given us

funding to build a community garden in Drumchapel. Get in touch to get involved!

If your bicycle needs repaired, then we support the Wheel Fix It bike project. Plus, if you're looking for some light exercise and a spot of gardening, then the West Glasgow Green Gym might just be the thing for you.

**Get in touch to find out more!**

**Tel : 0141 944 6004**

**Email : [info@drumchapellife.co.uk](mailto:info@drumchapellife.co.uk)**

**[www.drumchapellife.co.uk](http://www.drumchapellife.co.uk)**

**Cernach Housing Association hosted its 'Taste of the Commonwealth Gala Day' on 4th July 2014.**

Culinary and cultural delights included: soul food, Indian cuisine and healthy fruit smoothies, cookery lessons and free recipe bags.

Activities included egg and spoon races, shot put, bouncy castle and bungee, seed planting, bike MOT, dog tagging and community art.

Entertainment featured Caribbean Steel Band, colourful Commonwealth dancers and a surprise visit from Glasgow's 2014 Commonwealth Games mascot Clyde.

Susan McDonald, MBE Chairperson said: "The Association hosts a variety of community events throughout the year and the gala day is one of my favourites. Being the year of the historic Commonwealth Games in Glasgow, we wanted to bring a taste of the Commonwealth to Drumchapel, and with the help of Celebrate funding we were able to do exactly that."

Jean Thomson, Director, said: "The creative and fun nature of the event allowed participants the opportunity to learn and share in



experiences and broaden their understanding of other agencies and facilities within Drumchapel and in so doing build capacity for new connections between people of different ethnic backgrounds through arts, food, sport and music."

**For more info, contact Cernach Housing Association on 0141 944 3860.**

**Drumchapel Housing Co-operative held its annual summer fete on 10th July 2014. The theme was "The Commonwealth Games and Community Health and Wellbeing". Approximately 60-70 tenants and children attended!**

Activities included: TOMBOLA, BEAT THE GOALIE, FACE PAINTING, BASKETBALL TRIALS, FRUIT SAMPLING with fruits from all 5 corners of the Commonwealth, GUESS THE COMMONWEALTH FLAG COMPETITION

A big thank you goes out to all the organisations that participated: Glasgow Community Safety's van proved popular with the youngsters who clambered in see the monitors and operate the periscopic camera.

NHS Vale Centre gave free toothbrushes and toothpaste to children.

Glasgow Futures had a map of Drumchapel for tenants to mark on the facilities they use. Tenants were also interviewed about how Drumchapel has changed over the years.

Karen Forey, a professional masseuse and one of the Co-operative's tenants, gave head and shoulder massages.

Drumchapel Housing Co-operative is a Fully Mutual Co-operative which means that it is run by the tenants and only tenants of the Co-operative can sit on its Board of Management. If you are interested in a home within the Co-operative you can join our housing register



by contacting us by:

**Tel: 0141-944-4902**

**Email: [enquiries@drumchapelhc.org.uk](mailto:enquiries@drumchapelhc.org.uk)**

**Website: [www.scottishhousingconnections.org/HA/Drumchapel-Housing-Co-operative/](http://www.scottishhousingconnections.org/HA/Drumchapel-Housing-Co-operative/)**



Are any of these gardens yours? These are some of the winning entries of GHA's annual garden competition. Each year the Tenant Managed Homes committee of local GHA tenants and owners decide whose garden looks the best!

As you can see, gardens last year looked fantastic. We think tenants had been taking inspiration from the Commonwealth Games in Glasgow and were keeping themselves active in their gardens!

## 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](mailto: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:**

**Cat Tabbner, Glasgow Centre for Population Health,  
1st Floor, House 6, 94 Elmbank Street, Glasgow G2 4NE**

**Email: [catherine.tabbner@drs.glasgow.gov.uk](mailto:catherine.tabbner@drs.glasgow.gov.uk)  
Phone: 0141 287 6953**

**Or visit our website at: [www.gowellonline.com](http://www.gowellonline.com)**

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



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