



Gorbals Riverside

Winter 2015

Welcome!



The Gorbals Healthy Living Network (GHLN)

Welcome to the winter edition of the GoWell newsletter for Gorbals Riverside. 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, Bridging the Gap, City of Glasgow College and Gorbals Healthy Living Network (GHLN). 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 Taberner
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**



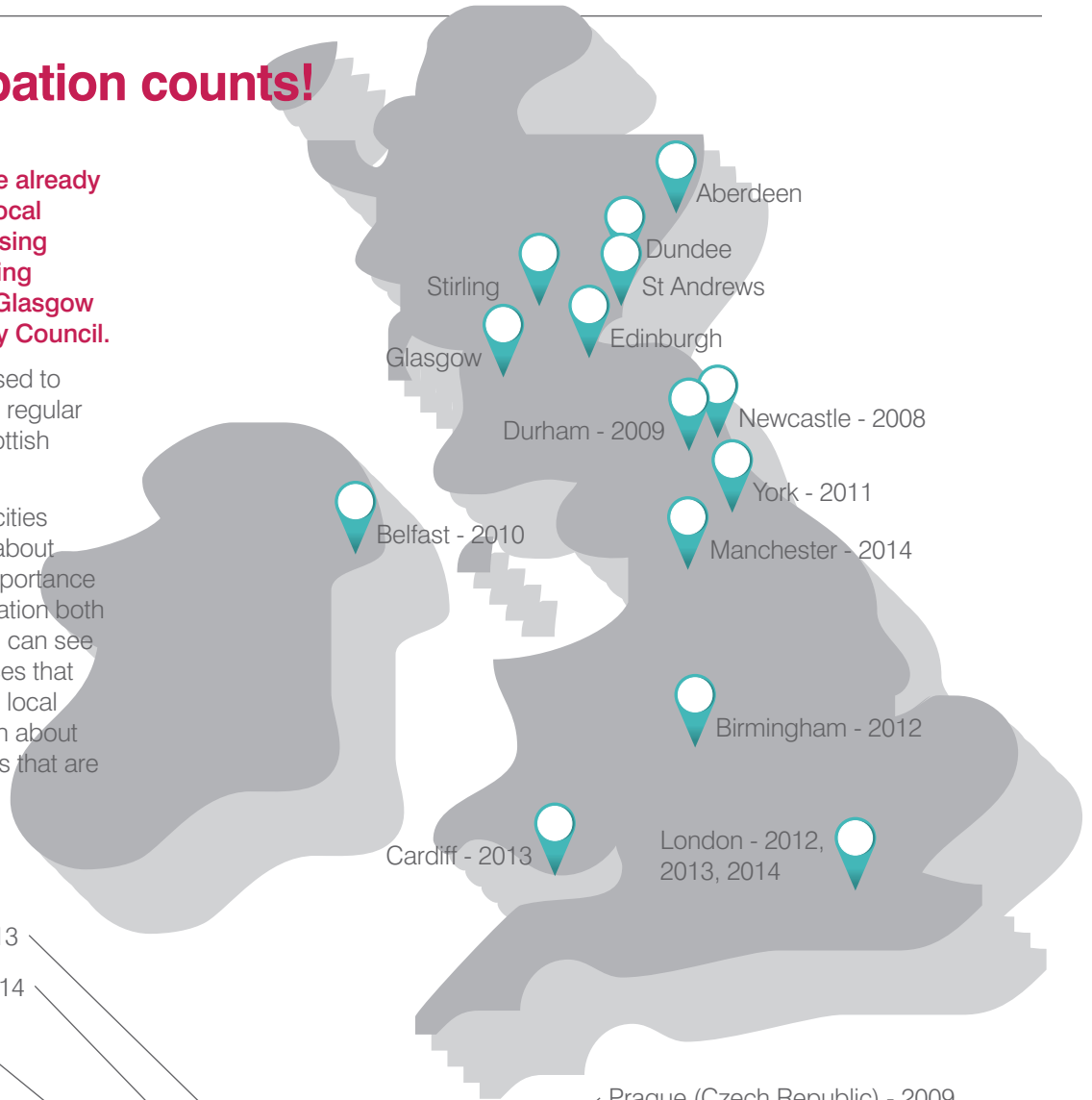
Glasgow Life

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

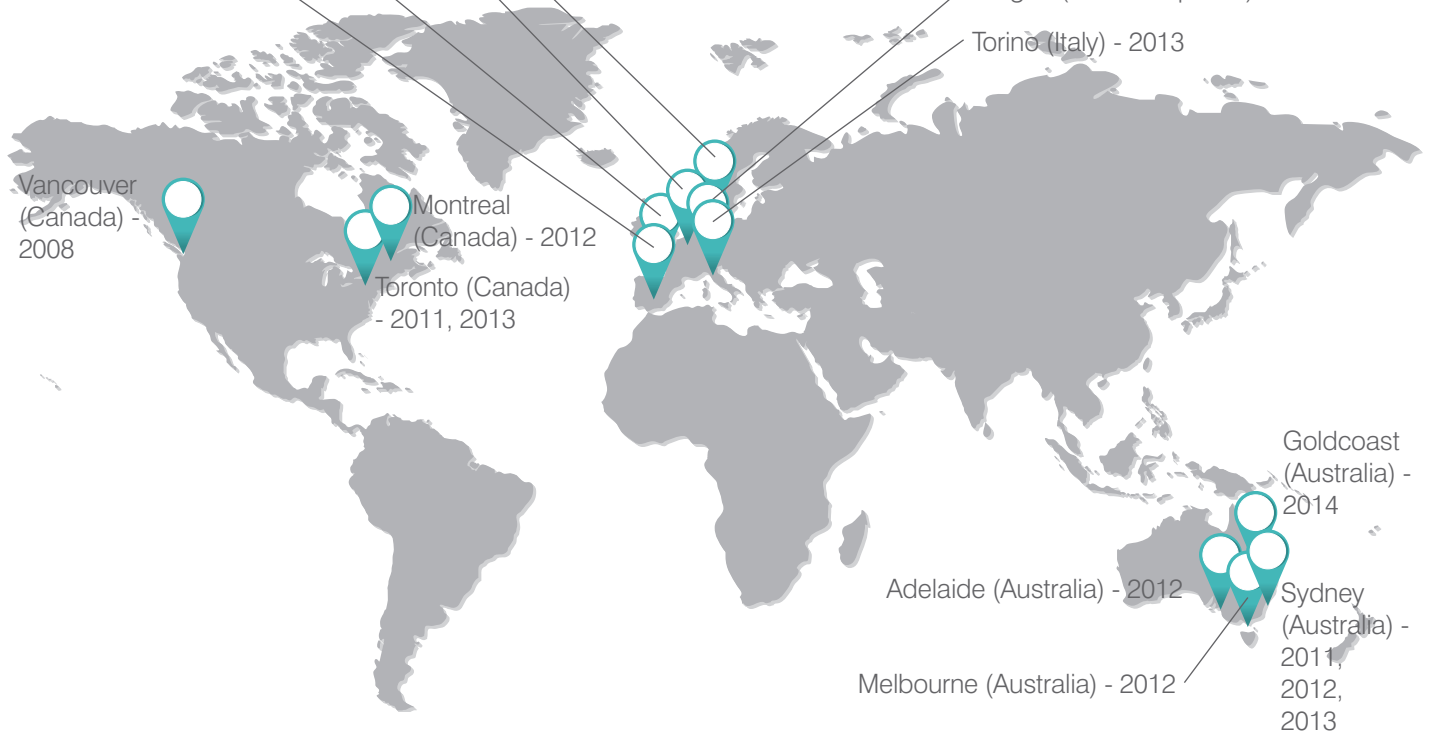
Delft (Netherlands) - 2010, 2014

Toulouse (France) - 2011

Madrid (Spain) - 2009

Prague (Czech Republic) - 2009

Torino (Italy) - 2013



Gorbals

Bridging the Gap is a local community organisation serving the Gorbals area. We were established in 1998 to enable the local churches (Church of Scotland and Roman Catholic) to work together to meet local needs.

Our work is to Support Community, Support Families and Support Young People. We work towards easing the transition from primary to secondary school as well as anti-sectarian work.

We run a 'Big Thursday' drop-in at St Francis Halls from 11am until 3pm where we have activities for children, family singing and SEAL fruit barra fruit and veg at cost price.

We run two baby and toddler groups at 10am – 12pm on Tuesdays in the St Francis Centre and from 1pm-3pm in Gorbals Parish Church.

If you wish to find out more about the work we do, contact Clemence on 0141-418-0241 or email: secretary@bridging-the-gap.org

Fancy a spot of gardening and fresh veg? Want to get involved in a project right on your doorstep? The Transitions Course at the City of Glasgow College wants to hear from you!

We have maintained a garden space in the Gorbals for 8 years. It began as a guerrilla gardening project and after the recent landscaping of the Waddell Court area, we have moved into a new purpose-built space near the Gorbals Recycles bike shop.

You will get the opportunity to garden alongside our Transition course students, who are aged 16-19 and have Asperger syndrome. The students use the space as part of their course to help develop work skills, build up their confidence and make future plans in education or employment.

We would be delighted to hear from you. Please get in touch with Don MacKeen on 0141 565 2773.

Grow Well with Gorbals Healthy Living Network!

The summer sailed by in a haze of Commonwealth Games, international football, independence chat and unseasonably sunny days. Meanwhile, our volunteers worked tirelessly sowing seeds, watering crops and battling weeds. They fortunately reaped what they sowed with bumper crops! Plus all of that hard work made the end results taste that much better!

The Gorbals Healthy Living Network (GHLN) aims to improve the health and wellbeing of local residents through gardening and growing fruit and vegetables. Our Climate Challenge Fund backed project seeks to engage with all ages, backgrounds and abilities. It will teach basic horticultural skills which hopefully will make people reflect on where food comes from and consider what happens to waste.

If you have some spare time to volunteer, then come along to our community growing spaces and get some great exercise, meet new people and take away your share of the fruit and veg being grown right on your doorstep in the Gorbals.

For more information, contact us on 0141 429 0360, find us on Facebook or visit our new office at Unit 7, 24 Cumberland Street, Eglinton Industrial Estate, Gorbals, G5 9QJ.



Bridging the Gap



Transitions Course at the City of Glasgow College



The Gorbals Healthy Living Network (GHLN)



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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Phone: 0141 287 6953**

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.



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