



Red Road & Wider Red Road (Balornock, Old Balornock, Petershill, Barmulloch)

Winter 2015

Welcome!



Commonwealth and summer activities in Red Road and Wider Red Road

Welcome to the winter edition of the GoWell newsletter for Red Road & Wider Red Road. 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, A&M Training and ng Homes. 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



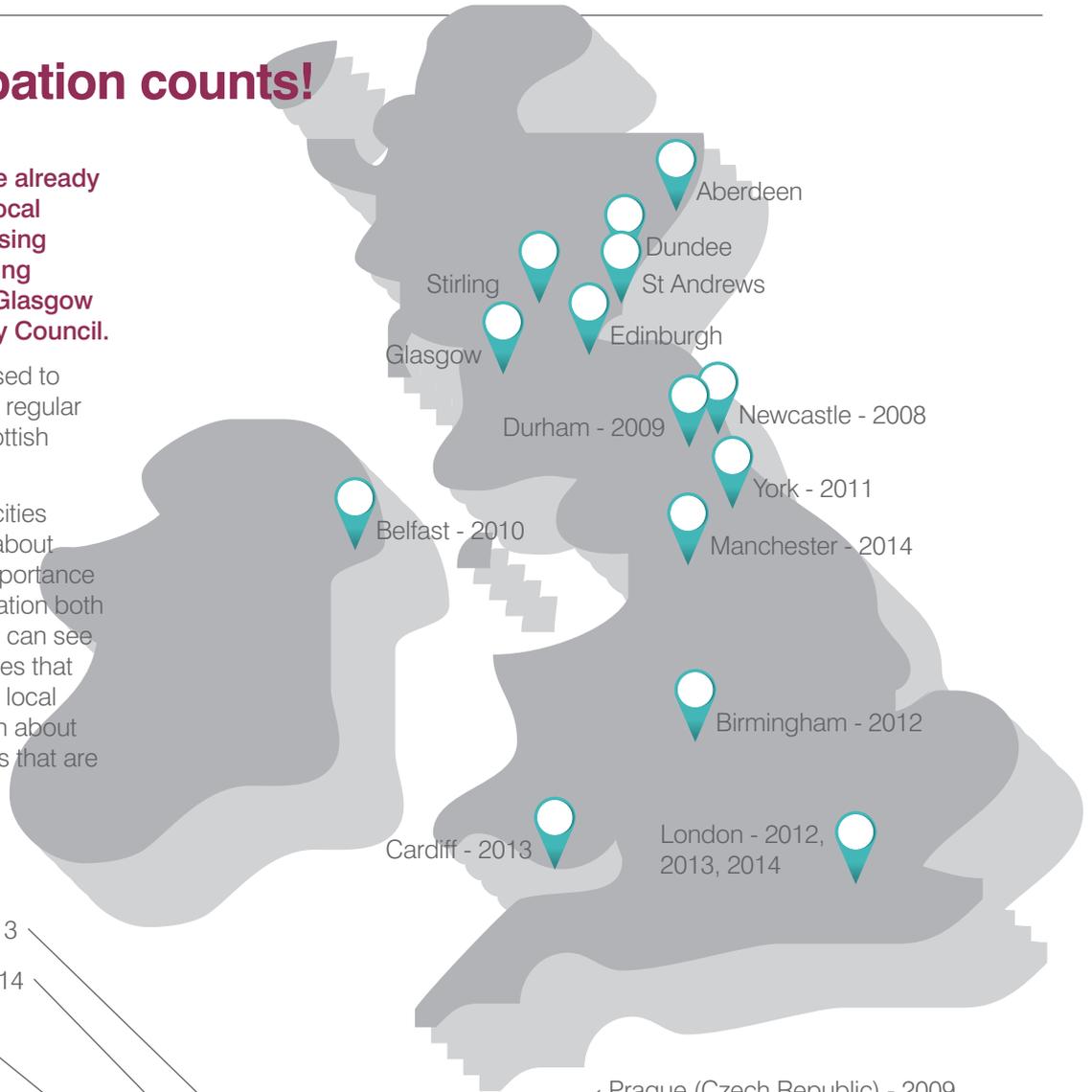
Glasgow Life

YOUR participation counts!

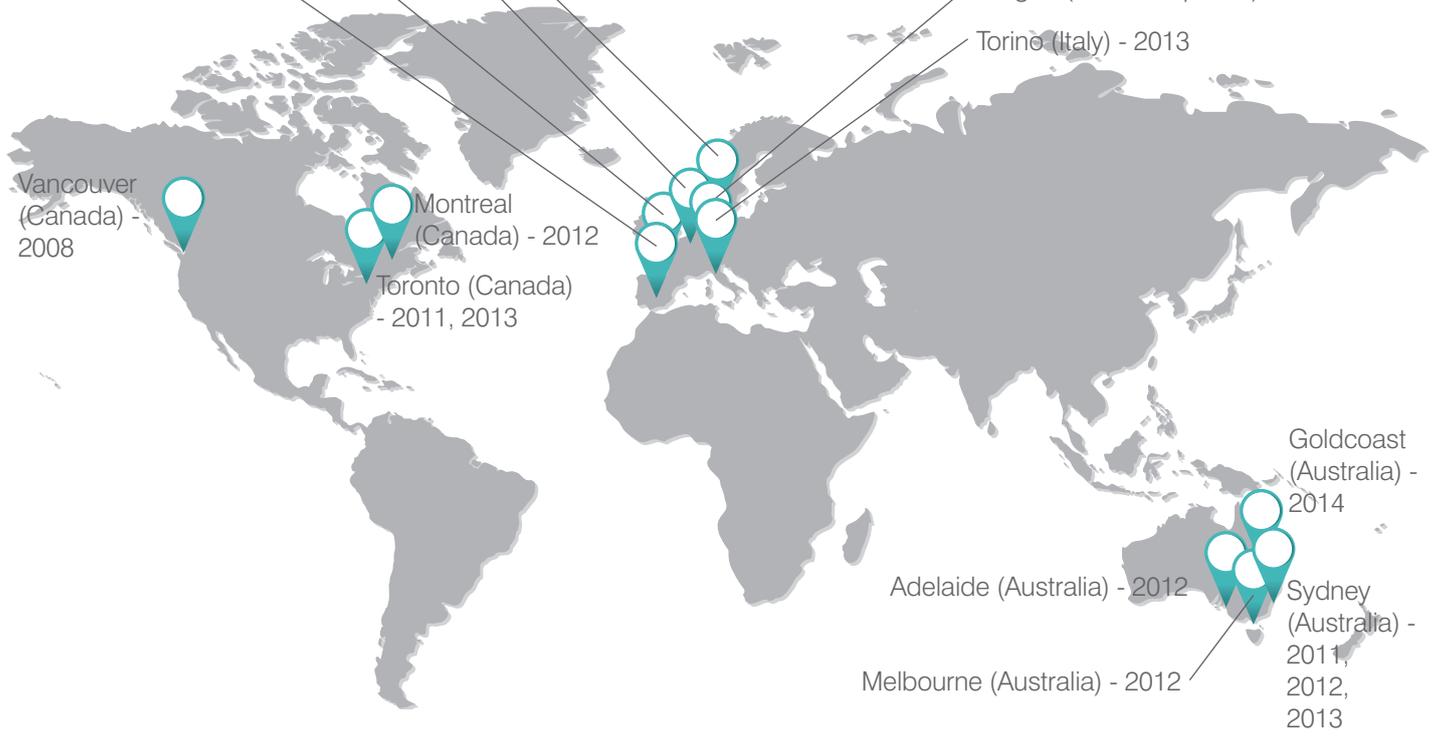
GoWell's survey findings are already being used in Glasgow by local communities, Glasgow Housing Association and other housing associations, NHS Greater Glasgow and Clyde and Glasgow City Council.

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



Commonwealth Games is a Big Hit in North Glasgow

For the past two years ng Homes geared up to the Commonwealth Games through a dedicated Sports Legacy programme in partnership with Winning Scotland Foundation and Glasgow Life. A variety of sporting activities for all age groups have taken place including table tennis, swimming for pre-fives, athletics, cricket, cycling, rugby and football. Activities have been held in primary schools in Balornock and at Red Road Family Centre and Tron St Mary's, Red Road.

When news of the programme reached former Jamaican sprinter, Anthony Davis, who is currently carrying out research as a PhD student at the University of Glasgow on the impact of major sporting events, observing host cities such as London, Manchester, Sheffield and Glasgow, he was keen to see first-hand what was happening. Anthony is the Sports Director at Jamaica's University of Technology, whose programmes and facilities helped Usain Bolt become the fastest man on the planet. Over the past year he has been supporting ng Homes in their sporting initiatives with young people through delivering practical workshops and inspirational talks. Anthony was on hand at St Martha's Primary School to talk to the children about his country at World Book Day and tell them a bit about



himself.

Anthony enjoyed his time in North Glasgow and even brought along some gold and silver medallists to meet children and parents. He said: "It has been a fantastic experience and I have enjoyed getting to know the people here and sharing experiences from Jamaica and there are many similarities between the two cultures."

Professor James Somerville, an ng Homes board member, said: "We were delighted

to work with someone of Anthony's stature within International sport. We thank him for giving his time and the benefit of his experience to young people in North Glasgow. We wish him all the best with his studies and we will continue to work alongside him to develop this partnership with Jamaica."

For more info, contact ng Homes at 0141 560 600.



A&M Training is an award-winning organisation specialising in the delivery of diversionary group work and physical activities for young people aged 6-25 within Glasgow and West-Central Scotland.

For two weeks in July we ran free activities for children aged 7 to 18 at Petershill Leisure Centre. Just over 100 kids and young people came each day, enabling them to participate in fun sporting activities and getting to meet other young people in their area. Through a grant from Cash for Kids we were able to provide each participant with a healthy lunch including water, fruit and sandwiches. This programme is repeated at Easter and October periods.

To find out more:
www.aplusmtraining.com
 Facebook: A&M Training
 Twitter: @AplusMTraining

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.



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