



Welcome!



Pollokshaws Community Carnival 2014

Welcome to the winter edition of the GoWell newsletter for Shawbridge. 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 and Pollokshaws Area Network. 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**



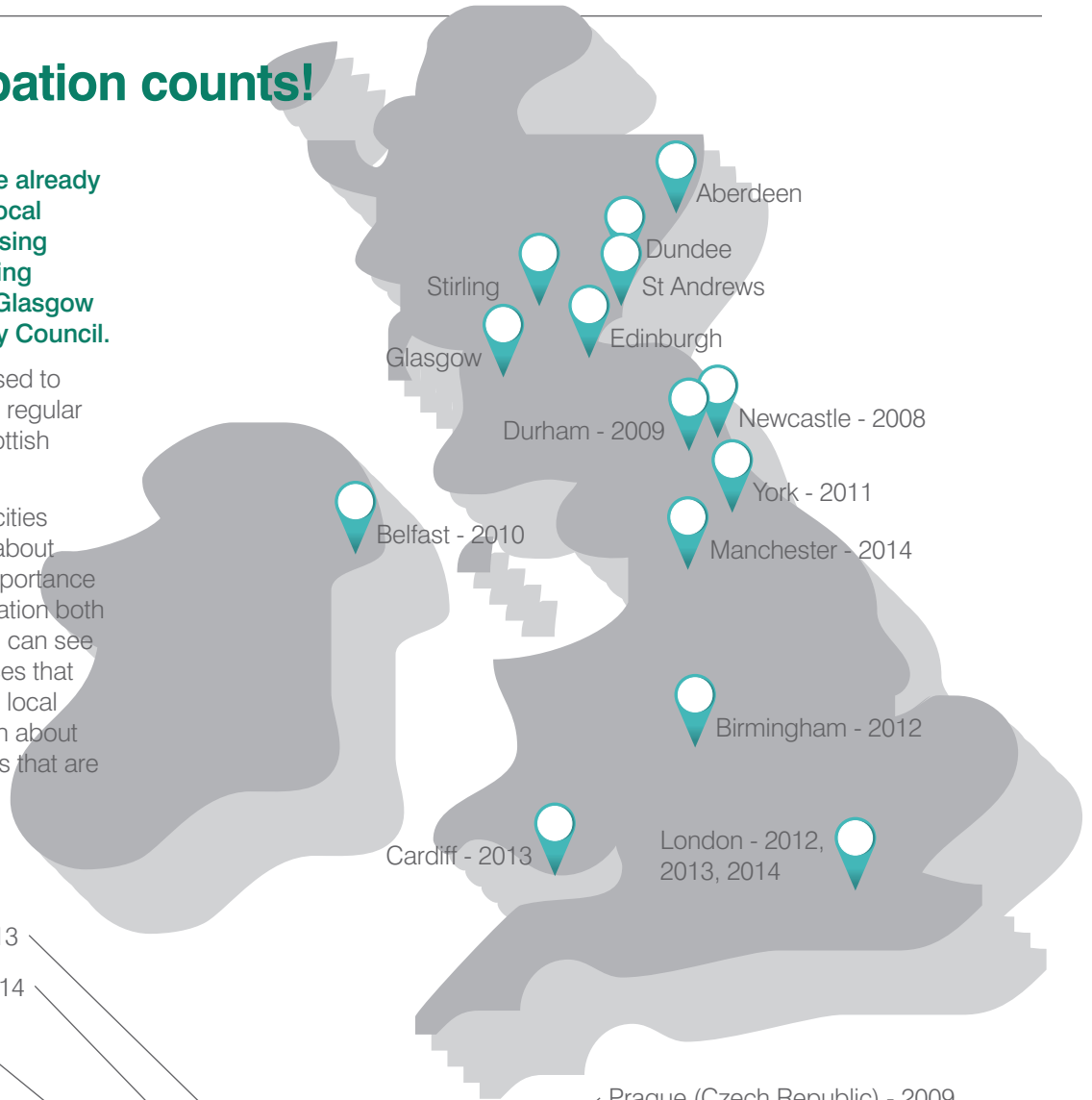
Glasgow Life

YOUR participation counts!

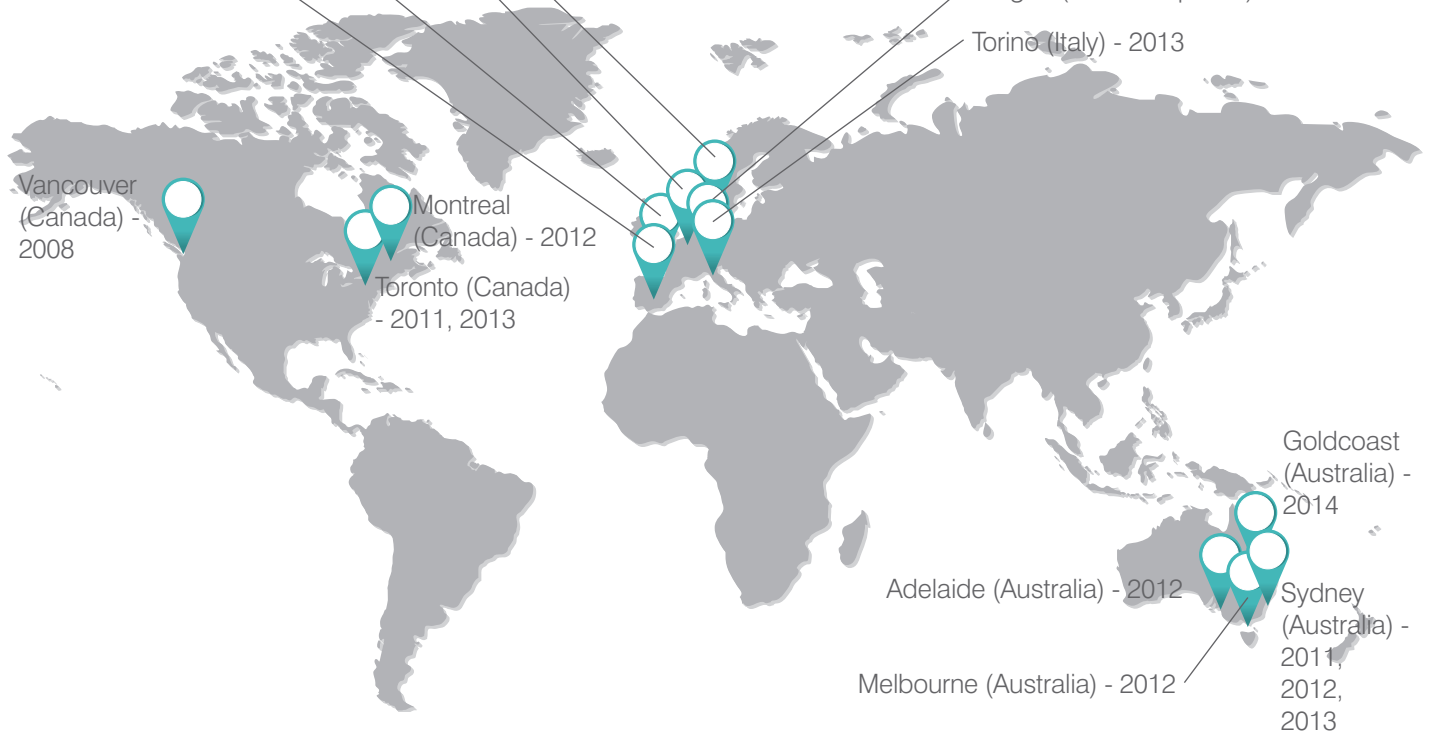
GoWell's survey findings are already being used in Glasgow by local communities, Glasgow Housing Association and other housing associations, NHS Greater Glasgow and Clyde and Glasgow City Council.

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



Pollokshaws Area Network

Pollokshaws Area Network (PAN) is a community-led organisation, who want to see a happy, healthy community develop in Pollokshaws and the wider G43 area. We have members who are local people as well as representatives from organisations such as GHA, Glasgow Life, NHS and the Police. We all work together to develop and provide activities and projects which help you and other local people to get involved, learn new things, make friends, have fun and improve our health and wellbeing.

Anyone can become a member and /or get involved with our activities. You may already know some of the things we have been doing in the area, for example:

Pollokshaws Community Garden

We have been working on this project for a year and a half. The garden is situated at the old **Shawbridge Nursery, 132 Shawbridge Street**. About **20 local people** are regularly involved, growing fresh veg and trying to make the garden a lovely place for the community to use. There are loads of **benefits** to getting involved, for example: **fresh air** and **exercise**, **free fresh veg**, learning new **skills**, finding out about other **opportunities**, making new **friends**, a sense of purpose and being involved in something **positive** in the community.

The sessions are twice a week on Wednesday afternoons from 1 – 4pm and Friday mornings from 10am – 1pm. There are lots of jobs to do for all different levels of fitness and ability. Why not come along and get involved. We guarantee you'll love it!!

Pollokshaws Community Carnival

You may have been at this event which took part in Greenbank Park on 21st June 2014. This was our **11th carnival** and it is getting more popular every year. We reckon at least **1,000 people** attended. As well as a **free, fun family day**, it is a **celebration** of the good things in the community as it's planned by **local people** and about two thirds of the entertainment and activities are delivered by **local groups** and **organisations**. The event was themed on the Commonwealth Games with 300 children taking part in the '**Commonwealth Challenge**', a bit of friendly competition where all the children got **medals**. Clyde also made an appearance! There were loads of other activities too from **face painting** to **arts** and **crafts**, **music** and **entertainment**.

We are always **looking** for **new people** to help at the carnival, you can help plan the event, volunteer on the day and help set up, clear up or steward or maybe you have an activity you can put on?

For information on PAN, getting involved in the garden or other activities, please contact Fiona (Network Co-ordinator) on 07807704633 or Peter (Chair) on 0141 636 0394.



Pollokshaws Community Garden



Pollokshaws Community Carnival



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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