



## Welcome to the Autumn edition of the GoWell newsletter!



My name is Cat and I am GoWell's community engagement manager.

I'm here to

share GoWell's research with you, community groups and housing associations in your area. In turn I share communities' views of the research with GoWell. If you would like to find out more or get involved, please get in touch - contact details are on the reverse.

*Best wishes,  
Cat*

GoWell's planned final **survey** got under way across your communities this summer and is expected to be complete in the coming weeks. **Thank you** to the hundreds of residents who have taken part in the survey so far. We will keep you updated about the survey findings. For those of you still to be surveyed, the GoWell survey is a chance for **you** and your **neighbours** to have your say about:



**Changes to your home**  
– inside and out



**Changes in your neighbourhood**



**Your health – physical and mental**

**What you think and feel about  
your community**



### 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 surveys in your area already between 2006 and 2011. A planned final survey is being conducted this 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 and 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.

As well as conducting surveys, GoWell also monitors regeneration and health changes across this city by keeping in touch with local organisations. Here is some of the latest local news:

## GoWell Panel comes to Govan!

GoWell works with a Panel of residents as part of our community engagement activities. The Panel is an exchange:

- GoWell learns from the Panel about how its research findings can be useful to residents
- the Panel learns from GoWell about how it has undertaken the research.

The GoWell Panel came to Govan on 23 October. Donna, a local resident and Panel member shared her experiences of living in Govan with the Panel and showed them work she had done with Bead 'n' Blether. Explaining what she liked about Bead 'n' Blether, Donna said:

*"The things I love about Bead 'n' Blether is you get to meet new people and get to make fantastic jewellery and other crafty things including cards for all occasions, key rings and découpage. Every now and then we get a wee master class on a craft. Katy and Gillian who run it make you feel very welcome."*

The Panel met in a shop front on Govan Road that is now used by Govan Housing Association as a community hub for local groups to use. Govan Housing Association and the Panel shared ideas about engaging and working with residents. The Panel learned about the work of Govan Housing Association's Tenant Scrutiny Panel.

Julie Clark, a GoWell researcher, gave the Panel a mini masterclass of some of the research methods that GoWell uses, such as survey interviews and using photos to find out what residents think and feel about regeneration.



GoWell Panel with Julie Clark (centre)



An exercise on policy objectives

Donna summed up the Panel session in her own words:

*"I'm glad I joined the GoWell panel as I get to meet new people from all over Glasgow and see parts of Glasgow that I wouldn't normally see. I find the panel interesting and informative finding out what is happening in the areas that are being regenerated. Just to see how much Govan has changed over the years and other parts of Glasgow where I have also stayed and how it has an effect on your health and that is great."*

The Panel would like to thank Govan Housing Association for hosting us in their shop front. If you would like to find out more about the GoWell Panel or come along to a Panel session, see the contact details for Cat Tabbner, GoWell Community Manager, at the bottom of this page.

GoWell is a collaborative partnership between the Glasgow Centre for Population Health, the University of Glasgow's Department of Urban Studies 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.

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

