



# in your neighbourhood

Spring / Summer 2013

CASTLEMILK

## Welcome to the latest edition of the GoWell newsletter for Castlemilk...

We send two newsletters each year to keep you updated on what's been happening in GoWell and to let you know what residents have been telling us in our surveys. If you're a bit unsure of what GoWell is, the box to the right describes briefly what we are about. We are interested in how people are affected by housing or neighbourhood improvements and regeneration.

We thought in this issue it would be useful to remind everyone of the importance of trying to understand whether the regeneration taking place in your neighbourhood is making a difference to health, wellbeing and community life.

The centre section of this newsletter explains how the different aspects of people's lives and their neighbourhoods that we ask about in our survey combine to build up a picture of health and wellbeing.

We have interviewed many residents from your neighbourhood over our three survey waves:

**in 2006 508 in 2008 372 in 2011 309**

You may have taken part in one or more of these surveys and if so thank you for your time. If not, we hope you might take part in our next survey in 2014.

We hope you find this newsletter of interest. As always, we would welcome any thoughts or comments you may have on it. You can find our contact details on the back page.

Best wishes

The GoWell Team



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 now completed three surveys, in 2006, 2008 and 2011, with another one planned for 2014. From these surveys, we have built up a picture of what and how changes are taking place in your community; whether things have got better or worse for residents; and what changes are important to residents.

We share and discuss the survey findings with a range of organisations that plan and deliver services in your area. They are already being used by organisations such as Glasgow Housing Association, other housing associations/providers, NHS Greater Glasgow and Clyde, Glasgow City Council and the Scottish Government to help improve services and regeneration efforts both now and in the future.



The



Jigsaw

## What do we ask and why?

GoWell is interested in how housing and neighbourhood improvements may be having an impact on the health and wellbeing of residents in **Castlemilk**. If you've ever taken part in a GoWell interview, you'll know that our interviewers ask a lot of questions about this, but also about many other things!

You may also have wondered why we ask so many questions?

The main reason we ask such a range of questions is that our health and wellbeing is complex and is affected by many things, and if we only asked about housing, we'd miss a big part of the jigsaw. We therefore ask questions not only about your home, but also your neighbourhood, your social contacts, your health and wellbeing, your personal circumstances, and your feelings about where you live.

All these factors are important – and by asking about these, we can measure how the investments in housing and neighbourhoods across the city are really affecting health and wellbeing. We then feed these findings back to our partners to help them improve their plans and services.

### Healthy behaviours:

Many things we do can have an impact on our health and wellbeing, particularly what we eat and drink, and whether we smoke or exercise.

In 2011, 50% of people in Castlemilk told us that they smoked, although 64% of those who smoked said they hoped to quit in the future.

The percentage of people who told us they were current smokers is similar to that in 2006.



Health & wellbeing

### Smoking rates

2006	2008	2011
49%	44%	50%





## Communities and empowerment:

Feeling part of a community and feeling empowered are also important for health and wellbeing and GoWell helps to measure this. For example, in 2011 87% of residents said they felt part of their community.

This is similar to the rating in 2008.

### Feeling part of the community

2008	2011
89%	87%

## Housing and neighbourhoods:

Studies show that where you live is important for health and wellbeing.

GoWell asks about this in many ways. For example, in 2011, 75% of Castlemilk residents said they thought their neighbourhood was quiet and peaceful, and 63% said they felt safe walking after dark in their neighbourhood.

The percentage of people who thought their area was quiet and peaceful has increased since 2006.



### Neighbourhood is quiet and peaceful

2006	2008	2011
59%	75%	75%

Turn the page to find out more about how we use all this information to feed back to partners.

## How do we use the survey findings?

Sometimes research can involve gathering lots and lots of information, and then at the end producing a report with all of the findings. GoWell is very different in that we are reporting what we find throughout the ten years of the programme. We do this in a number of different ways and to a number of different people and organisations: through our community newsletters; newsletters aimed at professionals working in the areas of housing, health or regeneration; our website; through local meetings and meetings with service providers and policy makers; and through published journals that reach audiences across the UK, Europe and beyond.

What you tell us is important and is being used to inform and influence a range of decision-making forums and seminars, either specific to local areas or nationally. Some of the ways we share our findings and encourage others to consider the specific issues residents have raised with us are listed below.

- **Glasgow City Council Area Committees** – These committees are made up of local councillors, council officers and community representatives and are responsible for monitoring how Council services are delivered and developed locally. They aim to be responsive to local issues and priorities.
- **Housing organisations** – We have links with the local housing organisations across our study areas and offer yearly presentations to their committees.
- **GHA Board** – We make a yearly presentation to the GHA Board, which uses our findings to help develop its future direction and business plans.
- **Scottish Government** – We hold several discussion seminars with the Scottish Government each year to ensure our findings are being considered at a national policy level.
- **We also have an annual event each year in the centre of Glasgow which provides an opportunity for local residents and organisations to get together and discuss our findings and a range of issues.**

As GoWell is a complex and ambitious research programme it has already attracted national and international interest, with presentations made to conferences across Scotland, the UK, Europe, Canada and Australia. Over the coming year we will continue to share our findings widely in this way. **However, our most interesting discussions take place with the communities involved in GoWell, so if you belong to a group or organisation within Castlemilk and would be interested in having a discussion about the most recent survey findings please contact us and we'd be delighted to meet you.**

### What's next?

We'll send you another newsletter in the Autumn. If you have any questions or queries meantime though please don't hesitate to contact us.



We have also now joined the world of Twitter so you can follow us at: **@GoWellOnline** for all our latest updates and news.

### For more information on GoWell, please contact:

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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

