



GLASGOW COMMUNITY  
HEALTH AND WELLBEING  
RESEARCH AND LEARNING  
PROGRAMME

# 02



## Welcome to the second edition of the GoWell newsletter. Six months ago the GoWell researchers visited Townhead Multi-Storey Flats and asked local residents to take part in a very important health, housing and regeneration study called GoWell.

Since then 366 Townhead residents have very generously given their time and have completed survey interviews with our researchers, along with about 6000 other households in 12 different communities across Glasgow.

The GoWell team would like to use this newsletter to tell you a little more about our progress and to share with you and your community some of the very early findings from the study. We will send you further newsletters in the future to keep you up to date with all we have found out.

Meanwhile, we would like to thank you and your community for taking part in GoWell. Without your help this study would not be possible.

With best wishes  
The GoWell Team

## How has the study progressed since the summer?

In brief, GoWell has been progressing very well and we are delighted with the support and encouragement the GoWell team have had from you and your community. To date more than 6000 people have completed the GoWell questionnaire, while others have sent us a wide range of encouraging messages, questions and suggestions. The GoWell team is grateful to you all.

At present all of the information you gave us is undergoing detailed analysis. The findings from this analysis will be officially released at the GoWell annual event in March 2007. If you would like to attend this event please telephone our programme administrator Rebecca Lenagh-Snow on 0141 221 9439. We will also provide you and your community with these more detailed findings in the spring edition of the GoWell newsletter. We hope that these findings will contribute to our understanding of health, housing and regeneration in your area and Glasgow as a whole.

# TOWNHEAD



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## The GoWell results – a sneak preview

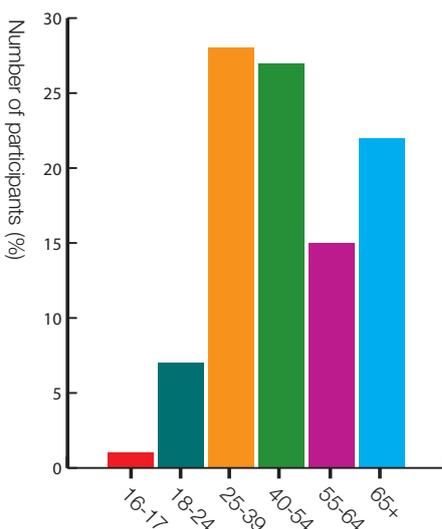
We thought you might like to have a sneak preview of what we have found out so far. This short summary presents some of our very early findings.

Over the next few weeks and months the GoWell team will be completing a more detailed analysis of the information you have given us from the survey. We will then be able to use this information to identify the similarities and differences between the views of people in the 12 communities taking part in GoWell. We will also be able to produce findings that are particular to the area in which you live.

## About you – the GoWell participants across Glasgow

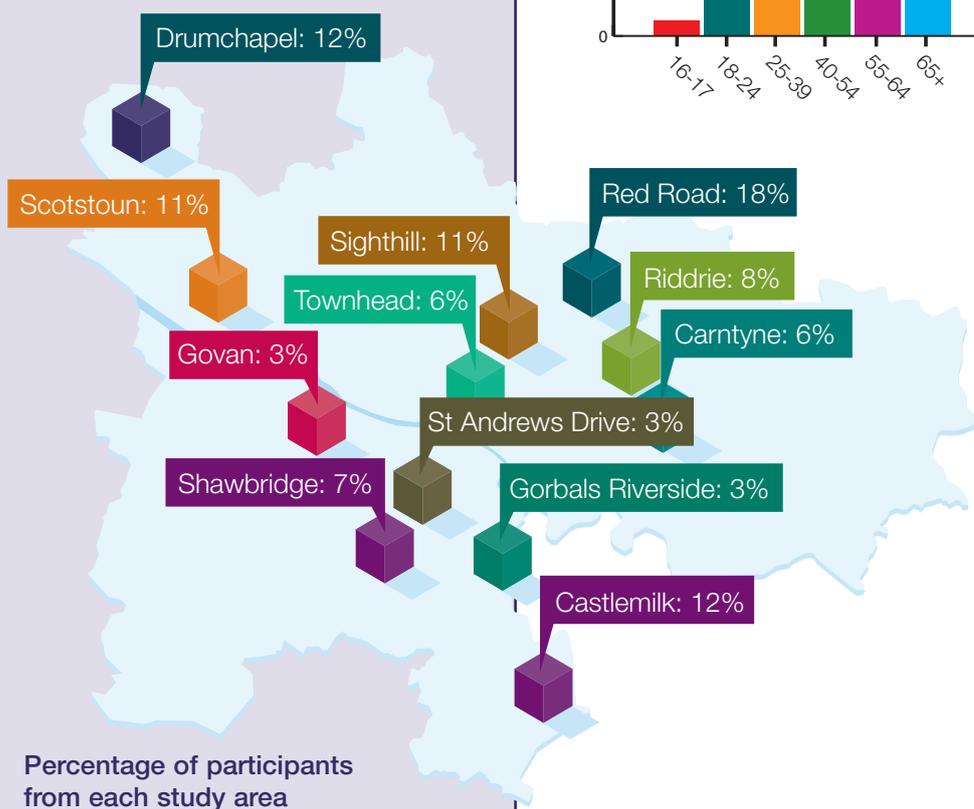
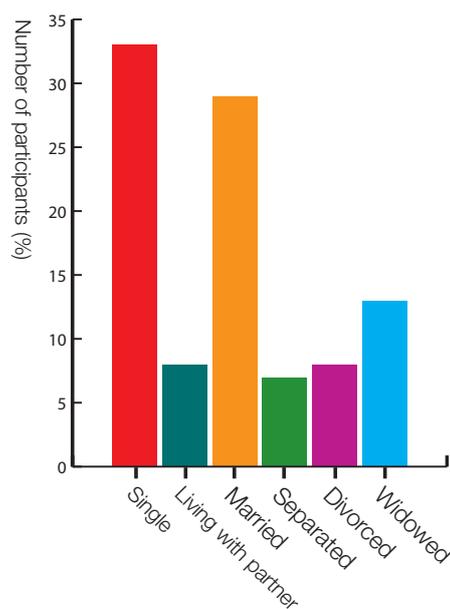
### What is your age?

As you can see from the graph people taking part in GoWell have a wide range of ages, so we will be able to examine how experiences vary by age.



### What is your marital status?

As you can see the people taking part in GoWell have a variety of different marital backgrounds with most of you being either married or single.



### Where do you live?

As you can see from the map the people taking part in GoWell live in 12 different communities from across Glasgow.

- Carntyne
- Riddrie
- Townhead Multi –Storey Flats
- Govan
- Scotstoun
- Red Road
- Shawbridge
- Sighthill
- Gorbals Riverside
- St Andrews Drive
- Castlemilk
- Drumchapel

## IT'S ALL ABOUT YOU, YOUR FAMILY AND YOUR COMMUNITY

**Your neighbourhood and community**

We asked you a lot of questions about your environment, and our early analysis has highlighted some of your concerns.

The vast majority of you (78%) said you are satisfied with your neighbourhood as a place to live, though less than 18% of you are very satisfied.

43% of you agreed that living in your neighbourhood helps make you feel that you are doing well in life. More people (64%) felt this about their home itself.

**Services in your area**

We asked you to rate the quality of local services and amenities in your community. More than 70% of you thought that public transport and refuse collection in your area was good. Similarly more than 70% of you thought that the schools in your area were good. In contrast to this you also told us that services for young people (in particular youth and leisure services) were an area for concern, with only 41% of you considering these services to be good.

**Community safety**

We asked you to tell us about how safe you feel in your community during the day and at night. Here is what you told us:

More than 70% of you feel safe in your own home, with only 15% feeling that burglary in your community is a problem.

17% of you do not feel safe walking alone in your community at night, with 8% of you never going out alone after dark. The number of you who feel it is unsafe to walk alone in your community after dark ranges from 8% in one community to more than 23% in other GoWell communities.

**Crime and anti-social behaviour**

When we asked you about crime and antisocial behaviour in your community, you identified the following six problems as your top concerns:

- Teenagers hanging around
- Vandalism & graffiti
- Gang activity
- People being drunk & rowdy
- Rubbish & litter
- Drug use & dealing

**Health**

We asked you a lot of questions about your health and wellbeing. Here is a brief look at what you have told us:

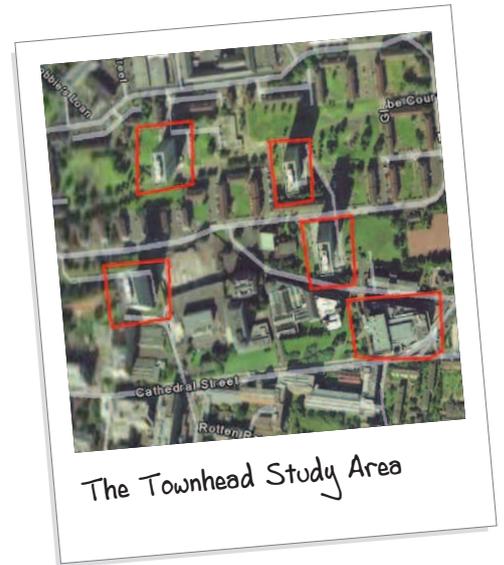
- 44% of you said that your health has been good over the past year.
- 66% of you have said that your health has not been good over the past year.
- 43% of you feel that you have accomplished less because of poor physical health.
- 38% of you feel that you have accomplished less because of emotional problems.



### The next steps

As our study will continue over the next 10 years we are still in the very early stages. For the next few months the GoWell team will focus our efforts on the work needed to analyse the information you have given us so far. We also need to plan ahead. In the meantime, as we find out more from the information you have given us we will let you know through the GoWell newsletter and the GoWell website.

Looking further ahead, we plan to contact you and other local people again every 2 years until 2016. We would like to use this opportunity to ask you how your community has been changing over the years and if these changes have made a difference to your health and wellbeing. This is important because the key purpose of the GoWell study is to try to find out what you think of efforts to improve and regenerate your community and whether these have had an effect on your health and wellbeing.



### The GoWell website

To ensure that you and your community are kept fully informed of all GoWell progress and developments we have created a GoWell website. The purpose of the GoWell website is to provide the people taking part in GoWell, their communities and others interested in GoWell with a way of obtaining information about the findings directly from the GoWell team. The site contains links to the latest GoWell news, findings and events. If you would like to find out more please visit: [www.gowellonline.com](http://www.gowellonline.com)

### What do you think?

We would like to know what you think. Send your views to:  
[Yvonne.christley@drs.glasgow.gov.uk](mailto:Yvonne.christley@drs.glasgow.gov.uk) or telephone us on 0141 221 9439

### GoWell

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