



## Scotstoun & Wider Scotstoun

Winter 2015

# Welcome!



Commonwealth activities in Scotstoun



Welcome to the winter edition of the GoWell newsletter for Scotstoun and Wider Scotstoun. 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, GHA and De'ails on Wheels. 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**



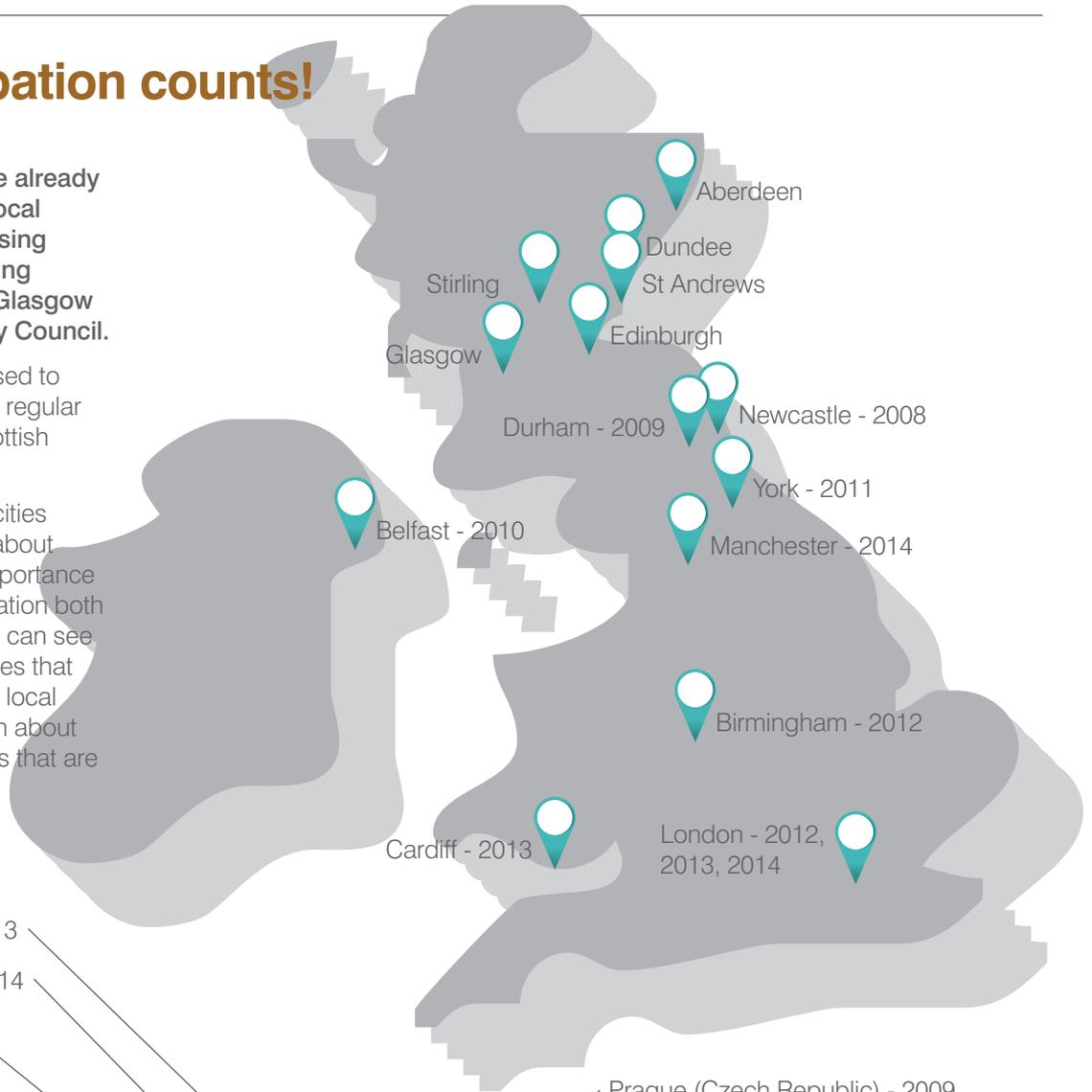
Glasgow Life

## YOUR participation counts!

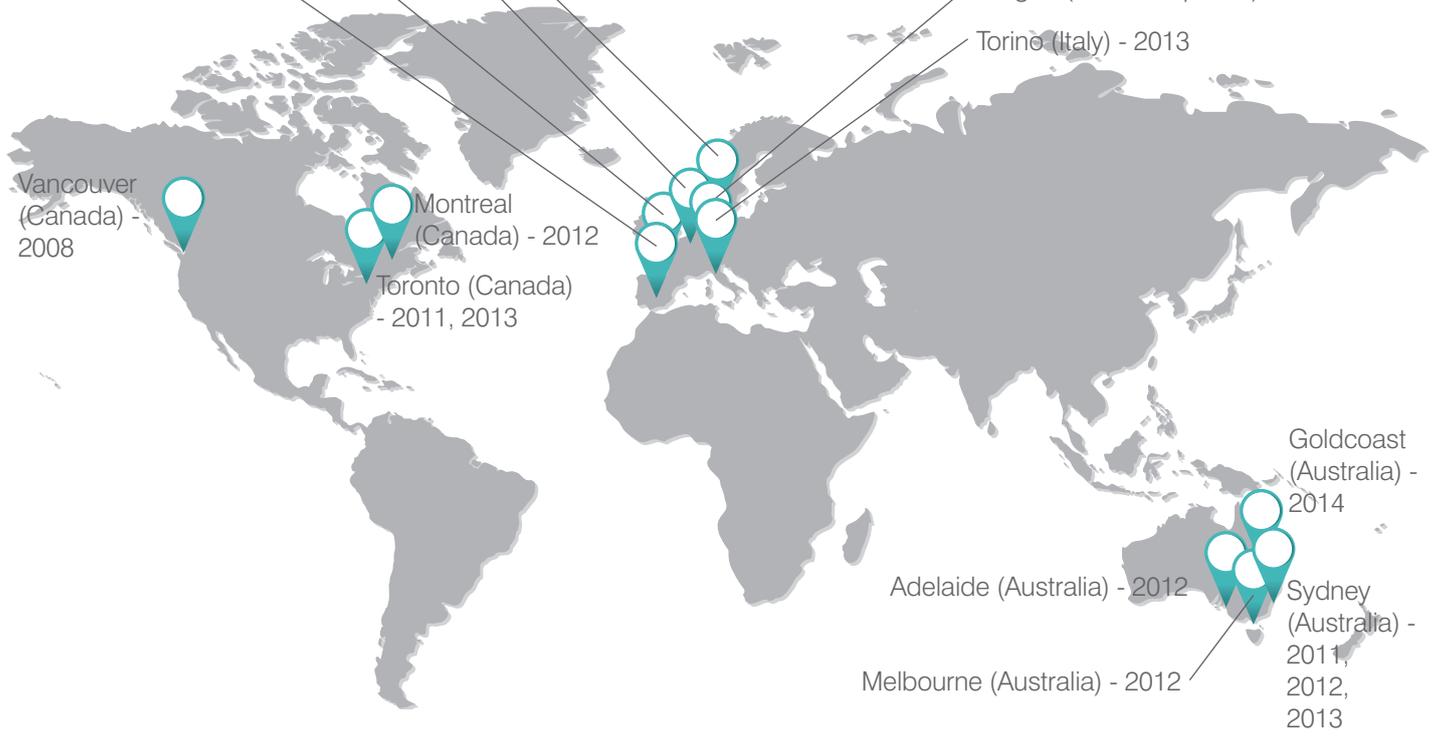
GoWell's survey findings are already being used in Glasgow by local communities, Glasgow Housing Association and other housing associations, NHS Greater Glasgow and Clyde and Glasgow City Council.

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



**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.**

In May 2013 we ran a Mini Commonwealth Games day for GHA aimed at the 19 primary schools covering the West End of Glasgow, including participants from the Scotstoun area. The event was a celebration of the Commonwealth Games. Participants were allocated a country and encouraged to find out more about it. They also made flags and banners.

650 children – all P7’s – took part in the event which lasted a day. In the morning the children participated in taster sessions in table tennis, badminton, basketball, football, dance/keep fit, rugby, athletics and cycling. In the afternoon the children participated in an athletics event complete with cheering on from the sidelines. Gold, Silver and Bronze trophies were awarded to the three schools that came highest.

This Mini Commonwealth Games day was an opportunity for many children to try new sports. It also raised awareness of the Games and of many of the countries who are part of the Commonwealth.

We did the same again last year on Thursday 25th September at Scotstoun Stadium. Extra sports included tennis, squash and judo. 740 kids attended from across the West End schools (P7’s).

To find out more:  
[www.aplusmtraining.com](http://www.aplusmtraining.com)  
 Facebook: A&M Training  
 Twitter: @AplusMTraining



**Get on your bike and ride!  
 Cycling is a great way to keep healthy and is at the heart of what De’ils on Wheels is all about.**

De’ils On Wheels is a community bike workshop based at 40 Block, Kingsway Court estate.

We take in unwanted bikes, refurbish them and find them new homes. We also provide low cost repairs and second-hand parts to local residents to help them keep on their bike! Through these activities we are also able to provide volunteering and training opportunities to local people.

Over the summer we provided cycling skills activity sessions to young people at Kingsway Court and the Lincoln Avenue

flats as part of Commonwealth Games Celebrate It funded projects. And we were along at the community celebration events with our fantastic pedal powered smoothie maker!

So whether you have a bike to donate, are looking to get back in the saddle or just want to get more involved in your community, please get in touch.

You can contact De’ils On Wheels at:  
[www.deilsonwheels.org.uk](http://www.deilsonwheels.org.uk)  
 e: [deilsonwheels@dumbartonroad.com](mailto:deilsonwheels@dumbartonroad.com)  
 m: 07515 879747.

De’ils On Wheels is a project of Dumbarton Road Corridor Environment Trust and we greatly appreciate the support of GHA and Clydeside Tenant Partnership.



## 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](mailto: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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Phone: 0141 287 6953**

**Or visit our website at: [www.gowellonline.com](http://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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