



## 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:

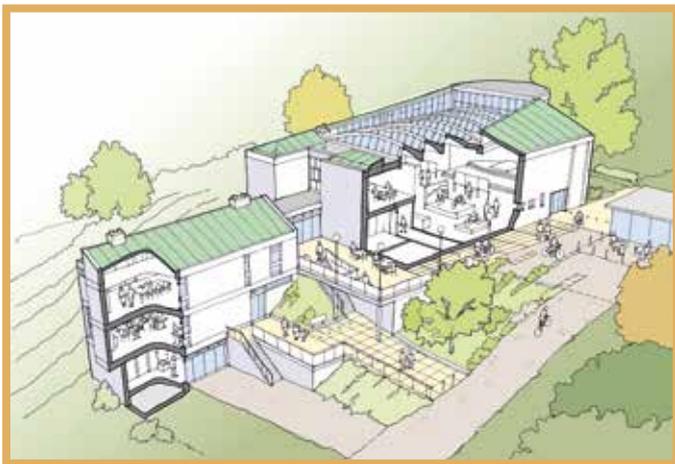
- what changes have taken place
- whether things have got better or worse
- and what changes are important to residents.

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:

Almost as soon as the Cathkin Braes Country Park was identified as the venue for the Commonwealth Games mountain bike track, Ardenglen Housing Association and the local community began working on the “Cathkin Braes Activity Centre”. This is a community-led 2014 Legacy project which proposes to convert the former B-listed St. Martin’s church in Castlemilk into a hub for the benefit of the local community, wider users and visitors of the Country Park.

This is John Gilbert Architects’ sketch of what the Cathkin Braes Mountain Bike and Activity Centre will look like when completed:



Credit: John Gilbert Architects

The former St. Martin’s Church is in the east of Castlemilk and is located at the foot of the mountain bike track. When it was vacated by the Archdiocese in 2011 the local community saw their chance to reinvigorate a much-loved community asset. As Ardenglen Housing Association recalls:

*“There is a long-standing local connection to the building, as the early Castlemilk community had actually embarked on a “Shilling-a-Brick” fundraising campaign for its very construction back in the early 1960s. Today’s project even benefits from the insight and passion of several of the original community fundraisers!”*

With the support of Ardenglen Housing Association, the Mitchellhill Community Group was formed in November 2011 to deliver and take ownership of the building. With the support of the Glasgow Building Preservation Trust (who worked on Castlemilk Stables), proposals have been developed by the local community which has already secured capital funding from Historic Scotland and Glasgow City Council (the Council have pledged a whopping £1m). Work is being done with the Scottish Government and the Heritage Lottery Fund in an effort to raise the rest of the money needed to make the plans a reality.

This project will not only expand and sustain local community regeneration but also enable improved access to a range of cycling-related activity at community level, enable greater social and cultural interaction with the built and natural heritage on people’s doorsteps and provide direct access to quality green and open space. The Centre will be a hub of economic activity and skills development and will operate as a social enterprise to further the economic and social regeneration of the local area and wider Glasgow economy.

If you are interested in finding out more or would like to get involved, please call Lesley at Ardenglen Housing Association on **0141 634 8016**.

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.

For more information on GoWell, please contact: Cat Tabbner, Glasgow Centre for Population Health, 3rd Floor, Olympia Building, Bridgeton Cross, Glasgow, G40 2QH

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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.

