



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:

Your community garden needs you!

Drumchapel L.I.F.E. worked a number of years ago with partners SAGE (Sow And Grow Everywhere), Glasgow Housing Association and the Centre for Contemporary Arts to transform some of Drumchapel's empty land into an exciting community garden. Drumchapel L.I.F.E. have recently secured planning permission to grow a garden in a plot of land behind the 'Swedish' houses, off Kinfauns Drive near the shopping centre.

When they are complete, the gardens will be for people of all ages who live in Drumchapel and surrounding areas. They will offer:

- gentle gardening in the fresh air
- growing fruit and vegetables...and the chance to take some home with you
- a place to meet people and make new friends
- a wildlife area and areas to stimulate all the senses.



site for the future community garden



site for the future community garden

The gardens have received funding from GHA and the Big Lottery Fund to make the project happen but need residents from the G15, G14 and G13 areas to help turn it into community gardens by:

- helping with some gardening or wildlife diversity: share your knowledge or learn with us. No previous experience is necessary
- telling us what fruit and vegetables you would like in the gardens.

Drumchapel L.I.F.E. would love to hear from you, especially if you can give a bit of your time once or twice a month once the garden is up and running. Contact Kenny Macdonald on **0141 944 6004** or email him at kenny@drumchapellife.co.uk for further information.

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.

