



Welcome!

Govan Games 2014



Welcome to the winter edition of the GoWell newsletter for Govan. 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 and Riverside Hall. 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



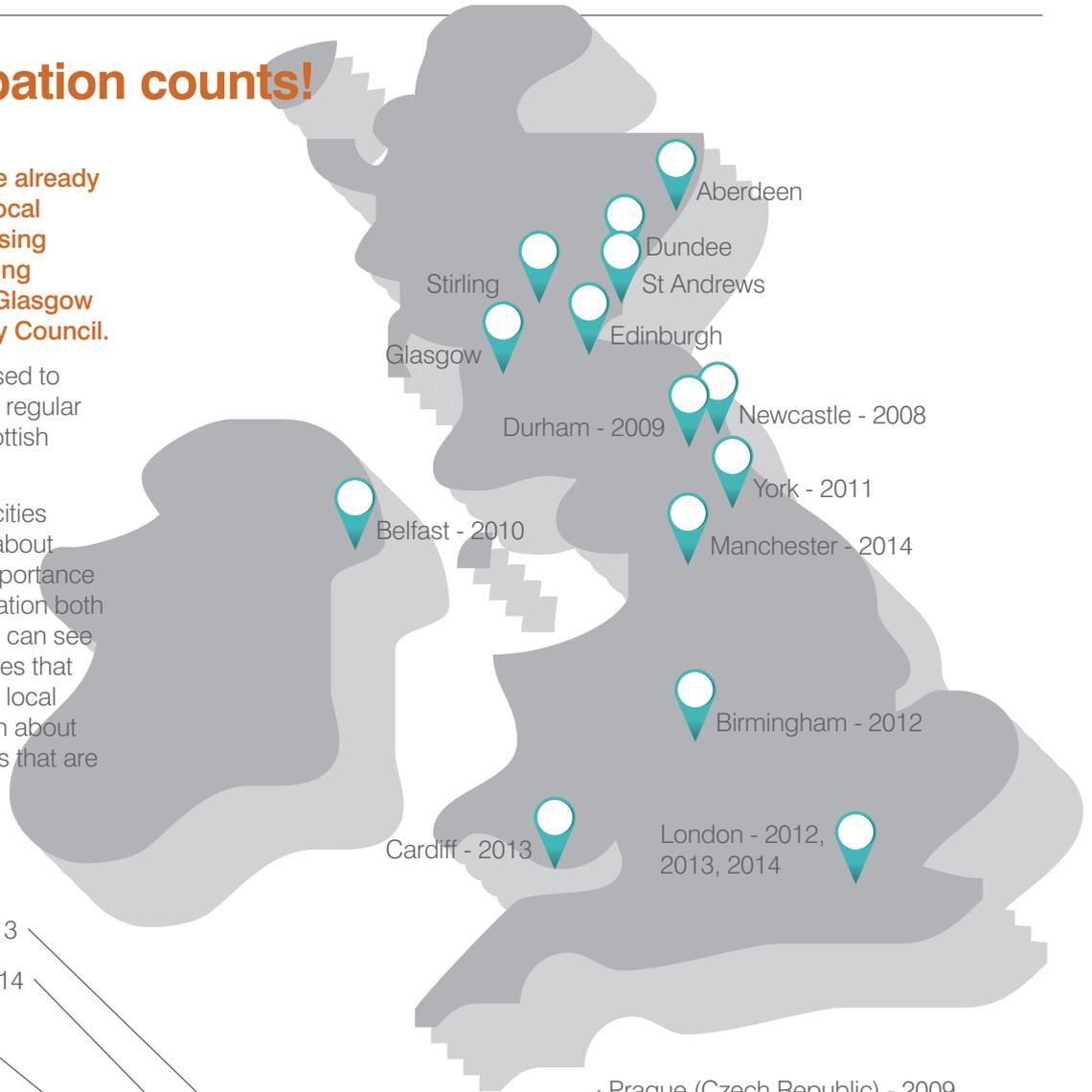
Glasgow Life

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

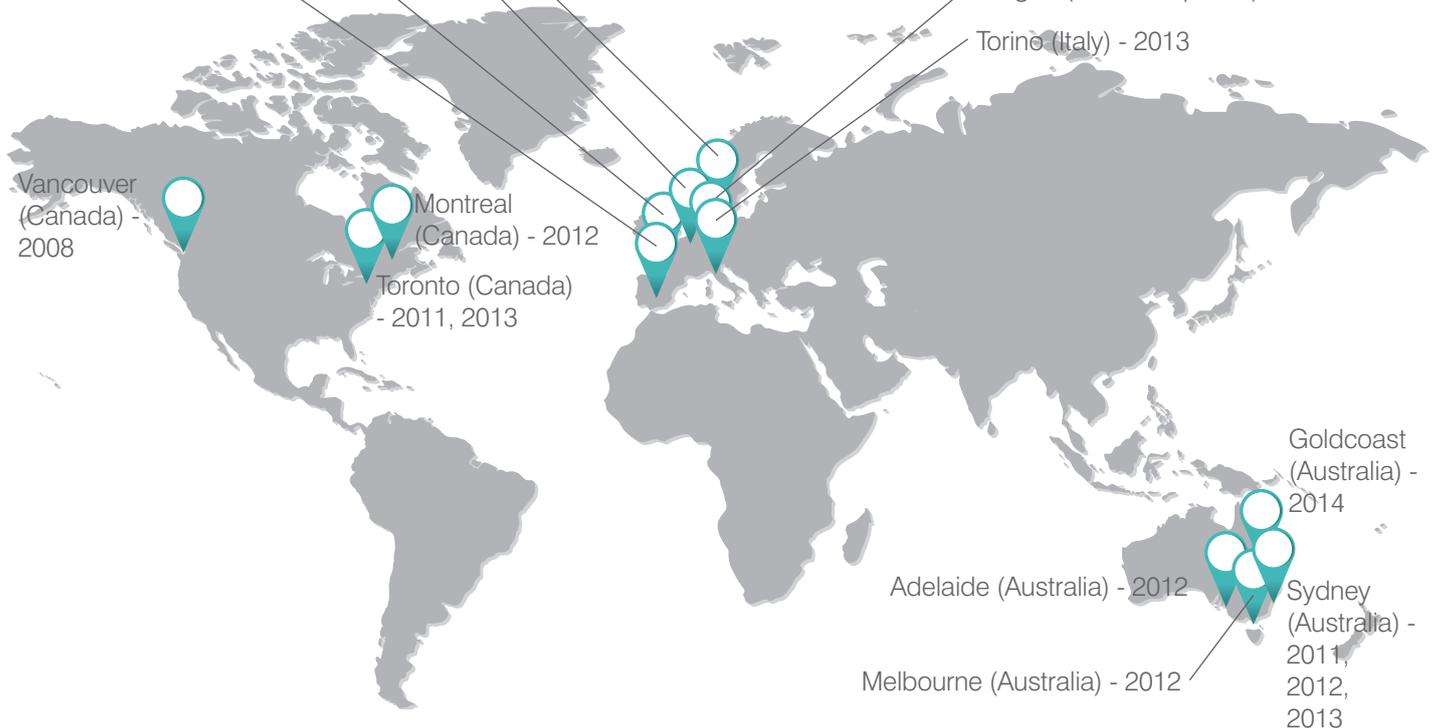
Delft (Netherlands) - 2010, 2014

Toulouse (France) - 2011

Madrid (Spain) - 2009

Prague (Czech Republic) - 2009

Torino (Italy) - 2013



Riverside Hall has been a community facility and project since 1981 and was recently refurbished in 2013.

Our main aim is to provide a service for the people of Greater Govan to benefit the local community, young and old. This includes managing and organising clubs, groups and self-help organisations. Over 50 volunteers help run Riverside Hall and over 30 groups and clubs meet in our facility, which is open 7 days per week.

The main aim of our project is to provide a service which meets the needs and expectations of our local community. Our target groups vary from the very young to the very old and this is reflected in the groups and clubs we provide:

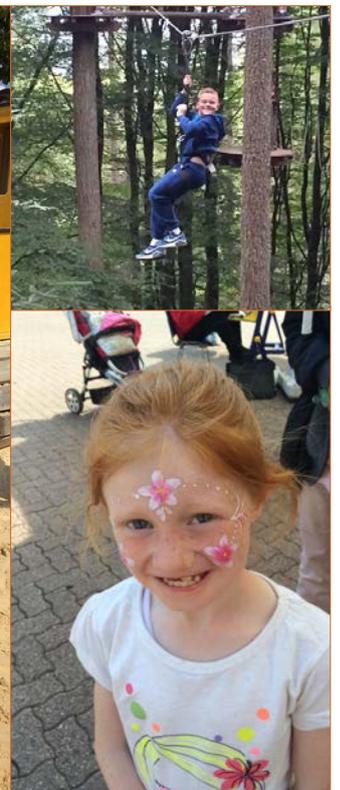
Mothers & Toddlers, Narcotic Anonymous, OAP Shopping, AA, OAP Cafe, Lunch Club, OAP Bingo, After-School Club, Junior Youth Clubs, Senior Youth Club, G.Y.I.P Youth Club, Dance Class, Street Dance Class, Stroke Club, Keep Fit Class, Street Soccer, Quarriers, Govan Gatherers, Judo Club, Sport Centre Training, Summer & October Play Scheme that lasts 9 weeks, Cafe, Toddlers Lunch Club, Free Internet Access 7 days a week, Community Transport, MSP & Councillors Surgeries, Children's Parties, Private Functions, Family Nights.

Last summer adults and children alike took part in our very own Govan Games 2014. Games included mini javelin, egg and spoon, running and many won a Govan Games 2014 medal as a memento. The Summer Play Scheme was adventure time for kids and volunteers who put their team work and nerves of steel to the test by completing a tree-top adventure course at Go Ape.

To find out more, contact us on 0141 445 2822 or riversidehall@yahoo.com.



Govan Games 2014



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.



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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Or visit our website at: www.gowellonline.com

All the personal information we collect is completely confidential and anonymous and is not shared with anyone outside the research team.

