



# Overview of 2014/15 activity

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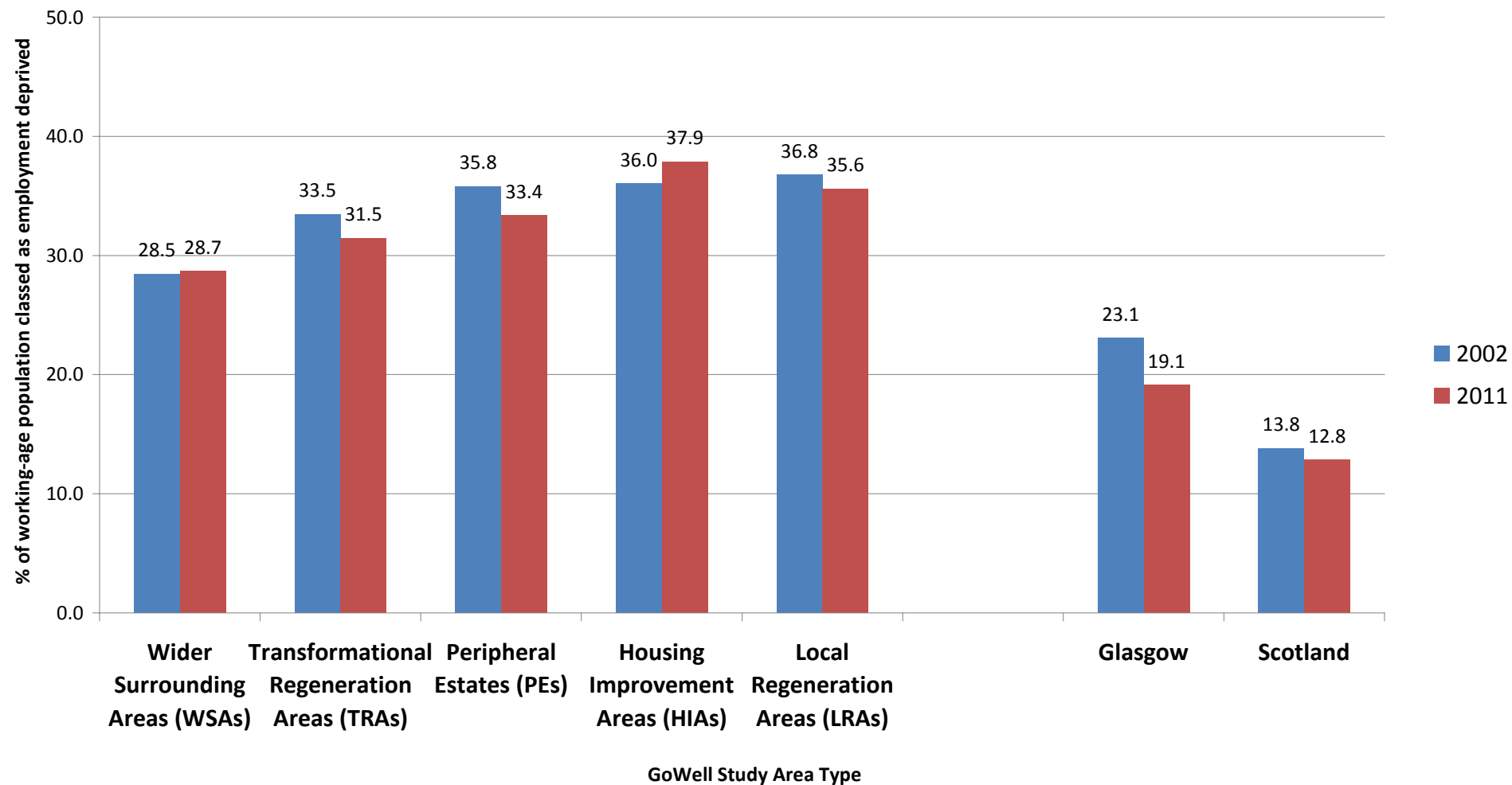
# GoWell research: financial stress & wellbeing

- Research looks at:
  - Nature, causes and severity of financial stress for households
  - Behavioural responses to financial stress
  - Health consequences of financial stress/associated behaviours
- Key findings:
  - People are increasingly struggling financially
  - Fuel and food less affordable
  - A range of psychological responses were adopted
  - Health consequences apparent

# Employment deprivation: change over time

## Estimated levels of 'employment deprivation' 2002 and 2011

Source: calculated from DWP, SIMD and Census data





# GoWell: studying change in Glasgow's East End

- Baseline survey findings and equalities analysis (Reported)
- Prospective assessments of legacy impacts: economic, physical activity (Reported)
- Schools study of pupil physical activity (Headline indicators reported)
- Implementation of post-games survey
- Qualitative research with long- and short-term residents in Dalmarnock: exploring experiences of change in the area
- Athlete's village study just commenced
- Audit Scotland report on Commonwealth Games – recommends extension of longitudinal study



# GoWell: learning about the processes and impacts of regeneration

- Lived realities: wave 3 interviews in April-May
- Increased focus on young people
- Social cohesion in WSAs – starting now
- Life events: regeneration in context
- Health impacts of housing improvement
- We now have a lot of data: looking ahead, starting to describe the pathways







# GoWell: delivering high quality research with impact

- A different way of doing research
- GoWell's contribution to the Research Excellence Framework outcome for Glasgow University:
  - Urban Studies ranked top in category of Architecture, built environment and planning
  - 46% of Urban Studies outputs 'world leading'; and a further 38% 'internationally excellent'
  - Nearly a fifth of the total outputs were associated with GoWell
- Reflects ongoing contributions and commitment of GoWell communities, partner organisations, and sponsors.

# Some things that happened in 2014/15



# GoWell's relevance to the Programme for Government

- New economic strategy: more, better paid jobs in a strong, sustainable economy
- Building a fairer Scotland and tackling inequality
- Passing power to people and communities
  
- Regeneration is central to all 3 priorities – pathways becoming clearer
- Action needed at different levels and on a range of issues
- We have increased our links directly with communities, to support greater participation and bring together learning about approaches

## IN YOUR NEIGHBOURHOOD



### St. Andrews Drive Winter 2014

GoWell | 01

#### Pollokshaws Area Network

## Welcome!



Members of the Nan McKay Community Hall

Welcome to the winter edition of the GoWell newsletter for St. Andrews Drive. 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.

This summer 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 activities and events in their neighbourhoods showing support. This newsletter celebrates these activities and what they mean for communities in GoWell areas.

For this edition, I'm especially delighted to welcome Glasgow Life and the Nan McKay Community 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 - what residents got up to over the summer. You will see their contact details too - what residents got up to over the summer. You will see their contact details too - what residents got up to over the summer.

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 Tabberner  
Community Engagement Manager

Glasgow Community Health and Wellbeing Research and Learning Programme

#### 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 comes to Glasgow!  
Check out page 3



Glasgow Life

St. Andrews Drive | Winter 2014



Pollokshaws Community Garden



Pollokshaws Community Carnival



Shawbridge | Winter 2014

GoWell | 03

### Health Games is a Big Hit in North Glasgow



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whose Joan i plant, sporting s with critical Anthony School try at

World Book Day and tell them a bit about himself.

Anthony has enjoyed his time in North Glasgow and even brought along some gold and silver medals to meet children and parents. He said: "It has been a fantastic experience and I have enjoyed getting to know the people here and sharing experiences from Jamaica and there are many similarities between the two cultures."

Professor James Somerville, an ng Homes

board member, said: "We are delighted to be working with someone of Anthony's stature within international sport. We thank him for giving his time and the benefits of his experience to young people in North Glasgow. We wish him all the best with alongside him to develop this partnership with Jamaica."

For more info, contact ng Homes at 0141 560 600.



ing Research and Learning Programme

A&M Training is an award-winning organisation specialising in the delivery of diversionary group work and physical activities for young people aged 8-25 within Glasgow and West-Central Scotland.

For two weeks in July we ran free activities for children aged 7 to 18 at Peterhall Leisure Centre. Just over 100 kids and young people came each day, enabling them to participate in fun sporting activities and getting to meet other young people in their area. Through a grant from Cash for Kids we were able to provide each participant with a healthy lunch including water, fruit and sandwiches. This programme is repeated at Easter and October periods.

To find out more:  
www.aplusmtraining.com  
Facebook: A&M Training  
Twitter: @AplusMTraining

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[www.gowellonline.com](http://www.gowellonline.com)

