

Working with you to make Cambuslang and
Rutherglen the healthiest and happiest
places to live in Scotland



Community Development Trust

Healthy n Happy

annual report 2018



Contents

Welcome & Reports 3

Transforming Lives 4

Transforming Communities 6

Bike Town 8

Fundraising 10

CamGlen Radio 12

Social Enterprise 14

Summary of Accounts 16

Thank You 18

Meet the Staff 19

Company Information 20



Chairperson's Welcome

Well what a year that was. In my first year as Chairperson and since taking over the reins from May Caldwell, I have been consistently amazed at the passion, effort, skill and ingenuity of everyone involved in Healthy n Happy. A wide and impressive array of services and activities on offer to local residents, their families and communities are creating new jobs, careers, new volunteering roles and it is all leading to success for individuals and the organisation. How do you follow receiving 4 national awards...well a further quality management accreditation and 2 more planned for the year ahead gives some insight to everyone's efforts. Even these achievements, however, are overshadowed by the immense social impact of our work. Watching communities, individuals and groups gain a greater sense of purpose, confidence and having fun in the process is immensely rewarding. Actions speak louder than words they say and there is no shortage of action displayed in this annual report and throughout our work. Congratulations to all involved and sincere thanks to all who have supported our work over the year.

Ian Robertson,
Chairperson



Executive Director's Report

"The most beautiful thing you can wear is confidence" Blake Lively

"When you have confidence you can have a lot of fun. And when you have fun, you can do amazing things" Joe Namath

It is said when people face difficult life or health challenges that confidence is the first thing to go and it is often the last thing to return. Well, I can't begin to convey how rewarding it is to observe and to take part in the small revolution that is going on in our local communities.

Taking part in community life, gathering views and opinions of other neighbours and working together to achieve a shared local vision is leading to a renewal of confidence and hope that residents can and do take responsibility for improving where they live. Watching and working with local residents who are regaining their sense of purpose, control and confidence and having fun in the process is, in west of Scotland speak...Magic. Across our programmes individuals, families and friends are taking up new roles and challenges and relishing them and together we can wear our confidence with pride. Thank you to everyone involved in the Healthy n Happy family and to all who have supported us. It is greatly appreciated.

Brendan Rooney
Executive Director

Transforming Lives

Transforming Lives delivers a wide range of activities, supporting people of all ages in achieving their goals around personal and family health and wellbeing. The focus is on building confidence and personal capacity by developing a sense of purpose, aspiration, good relationships and a feeling of control in life. We work mostly in a group setting to ensure people are building new connections and confidence from the start of their journey. We often see people move on to volunteering across the organisation, using their re-discovered confidence and skills. We:

- Deliver science projects for children and young people to help them connect with the natural environment
- Help adults and older people build their self-confidence, develop a positive outlook, and get some control back in their lives, through stress management courses, art classes, learning craft skills, creative writing and walking activities
- Challenge the stigma around mental health through storytelling and multi-media events
- Break down loneliness and social isolation for all ages
- Support Healthy n Happy's volunteering programme, including this year, working towards renewal of our Investing in Volunteers quality award

306

people enhanced their bonds and relationships with family members

1022

people chose activities that generate positive health, wellbeing and quality of life

163

people developed a proactive outlook, are now able to manage stress and long term health conditions.





In 2017-18, Transforming Lives engaged directly with 648 people of all ages and many hundreds more along with our colleagues at community events. Individuals are supported to identify an action plan towards goals and are then linked in with our own activities or signposted within the community. Our broad and varied programmes have been organised through our four thematic hubs:

- **Eastcroft Hub** welcomes people over the age of 50 who are feeling isolated. They are encouraged to access group activities and provided with community information with support to participate, all delivered by a team of volunteers and staff
- **Handy Folk Hub** focuses on craft-based activities including: making planters, picnic benches, learning to fix broken tiles, upcycle plant pots and scrap material and making soup and other dishes to sit down and eat together each week. The past year saw many participants working towards certificates that recognised skills they had learned. The focus this year is to develop a task force (T-shirts optional!) that will deliver a programme of green learning in the community
- **Number 18 Tuesday Hub** delivers a range of group work activities and events that involve mental health awareness, training, the arts, and our CHANGES course. Also, the weekly Telling Your Story radio show broadcasts from CamGlen studios, every Sunday 1–2pm

“ What I like about this place is that it feels like a safe place where you’re not judged ”

“ I leave Handy Folk feeling like I’ve learned something new. I’ve learned how to sew and how to cook better... I’m going in the right direction ”

Transforming Communities

We support local residents to be actively involved, take the lead and use their influence to help improve life in their community. We talk to people about what their priorities are for improving their neighbourhood and work with them so they can help to make the area they live in better for all. We:

- Enable community leadership, involvement and activity to create vibrant and thriving communities
- Ensure services reflect local community priorities
- Support people to access healthy living activities
- Provide early years activities and support children and young people to take a lead in their community

136
people engaged in a leadership role in their neighbourhood, working together to identify local priorities and take collective action

7002
people know more about opportunities within the community and how they can participate



Key highlights

- **Whitlawburn and Springhall:** Significant investment of over £1 million has been secured by local groups, partners and community organisations so their Our Place Vision can become a reality. Successes include a play park refurbishment and investment in capital improvements, local community hub developments, activities for older people, a community safety project and a pathway of provision for young people of all ages. The CAGE refurbishment project has also made great strides this year towards

plans for a thriving multipurpose green and play space. Keep up to date at www.ourplacewhitlawburnandspringhall.com

This year we also worked with the South Lanarkshire Community Planning Partnership, consulting with 337 residents in the area as part of the neighbourhood planning process. These views will shape the range of neighbourhood planning activities throughout the next year and beyond.



- **The Caledonian Circuit and Halfway:**

We were delighted to expand our neighbourhood work to two new areas, Halfway and The Caledonian Circuit. As part of this work we consulted with 486 local residents gathering opinions and views and creating a community plan for each area. Work is now underway with the local community to implement these plans, including sourcing resources for local residents and groups.

- **Burnhill:** The Burnhill Action Group continue with their weekly community hubs so that financial and employability advice, the Parent Café, The Wee Adventure Club and family based activities are delivered at a neighbourhood level. A new hub is currently being developed by a committed group of volunteers. It will focus on weekly health activities for adults so they are able to take control and improve their health and wellbeing.

- **Children and Young People:** We were delighted to launch our three year Youth Activism programme for young people aged 12-16 years. The programme consists of an 8 week course followed by a community project that encourages young people to think about what is important to them and what they care about, share their opinions and take action on their ideas so they can make a difference in their community.

We continue to deliver our three Parent Cafes on a weekly basis and have also been working with The Wee Adventure Club to develop their growing project, with West and Wardlawhill Church kindly donating two raised beds for the local children to begin their growing journey.

“ *It feels great to be pushing for better things for your community...* ”

learning new things makes me #healthynhappy

“ *I really enjoy helping out and giving ideas about what we do week to week* ”

92

parents and carers increased parenting knowledge and skills



Bike Town



Bike Town works with local people, partner organisations and the wider community to:

- Promote active travel with a focus on cycling
- Provide a range of training to support people to cycle
- Provide a place for people to have their bike serviced and repaired at a reasonable cost
- Offer high quality, low cost refurbished bikes for adults and children.

The Bike Town Community Cycling Centre is flourishing at 5 Thomson Court in Rutherglen. The workshop sees a constant flow of bikes donated by the community coming in to be refurbished for resale or recycled. The increasing number of bikes donated and brought in for servicing and repair has seen the number of staff and volunteers expand to meet the demand. The bicycles refurbished by Bike Town meet the Revolve national re-use standard and come with a 3 month guarantee. As part of achieving this high standard Bike Town was awarded a Quality Scotland Award. As our reputation grows we are seeing an increasing number of bikes coming in for servicing.

“A massive thank you for having us in Bike town yesterday. The whole team had a great day and hopefully it was a good help ”

Siemens Mobility Ltd.



735

people increased their level of physical activity through activities like cycling, walking and Qigong



What makes you #healthynhappy

?

Volunteering makes me #healthynhappy



975

people increased their skills/learnt new skills and were enabled to achieve their goals and aspirations



Feel Good > Go Cycling!

With Smarter Choices Smarter Places funding we were out and active in the community with our Feel Good > Go Cycling! campaign. This funding has helped Bike Town train volunteer Cycle Ride Leaders and provide cycle maintenance training. With Cycling Scotland funding, we delivered a fleet of 'Play on Pedals' balance bikes to local nursery schools. Bike Town was also in the Cuningar Woodland Park with free loan bikes and our new cargo bike, electric power assisted and adapted to carry four children safely. Bike Town's expertise in delivering cycling events has helped Healthy n Happy Enterprises secure and deliver a successful project for Clyde and Avon Valley Landscape Partnership, which included two active travel based family fun days.

“ Volunteering at Bike Town has been a brilliant experience. I've learned some of the systems that Bike Town use and have been able to aid their recycling effort at the same time ”

Fundraising

A huge thank you to all our Healthy n Happy Heroes!

We have had an amazing year of fundraising and we would like to extend a huge thank you to all our heroes for raising money on our behalf so we can continue to deliver a range of activities that support local residents in Cambuslang and Rutherglen! We would also like to thank all the local business and donors that have supported these activities.

Keeping it local makes me #healthynhappy

The London Marathon 2018

On the 22nd of April 2018 our Liz ran the London Marathon to raise money for Healthy n Happy. She completed the race in just over five hours, and managed to raise over £3,500!

Running makes me #healthynhappy

Kiltwalk 2018

It was an incredible day at the Royal Bank of Scotland Glasgow Kiltwalk, on Sunday the 29th of April where six Healthy n Happy Heroes completed the Kiltwalk on our behalf, raising an amazing £1,285.50!

Walking makes me #healthynhappy



Healthy n Happy
HERO



Spie

The lovely folks at SPIE in Rutherglen had their Halloween day in aid of Healthy n Happy and also hired our smoothie bike for their event. They raised **£1000** for our beneficiaries and we think they all looked amazing.



Having fun at work makes me #healthynhappy

Become a Healthy n Happy Hero



We have helped thousands in Cambuslang and Rutherglen feel healthier and happier however we cannot do this without your help. Whether you hold a sponsored event, take part in an organised event, make a one off donation or a regular donation or give us your time and energy, you can make a huge difference to the most vulnerable of all ages in our communities.

Want to get involved?

Give us a call on **0141 646 0123**
or visit our website
www.healthynhappy.org.uk

You can make a donation on our website using the **MyDonate** button or earn us donations while you shop by signing up for **Amazon Smile** or **EasyFundraising.org.uk**



The Co-op Local Community Fund

We were delighted that our Parent Café programme was selected by the Co-op to be part of their Local Community Fund. So far this has raised £1,423.83!

Sign up or register Healthy n Happy as your chosen charity by clicking **Become a member** at **www.coop.co.uk**



TSB

Our local TSB in Rutherglen and their lovely customers have had fundraising activities in their branch, raising **£291.30** and have assisted us through corporate volunteering.

CamGlen Radio



Chairperson's report – Jim Brady

It has been a fantastic year of growth and fun at CamGlen Radio – ask any of our 101 active volunteers!

Day to day broadcast operations have been skilfully handled by our dedicated team. It's incredible to reflect on the fact that this is a non-stop community project: seven days a week, 365 days a year.

Volunteers continue to lead from the front through our range of sub-committees and working groups, supporting broadcast operations from behind the scenes – providing technical support, peer support, creating regular news bulletins, curating CamGlen's music playlist, engineering live performances in our studios and so much more.

A big thank you to our growing team of volunteers and of course our skilled staff team who are responsible for essential (and often not so obvious) areas of work.

What is now a firmly embedded tradition is our annual radio awards party. It's always a great opportunity for everyone to catch up (especially with our evening and weekend presenters) and join in celebrating another successful year. We had a fantastic turn out and we were delighted to be able to give out glass awards to our winners (as voted by the whole team).

289
people volunteered
and contributed over
35,000 hours to local
activities and
groups

“Every week is a highlight – I always look forward to my show!”



Working together makes me #healthynhappy



1021
participants
increased their
confidence and self
esteem

2106
people increased
their social
networks

“ I am trying to pursue a career in radio and not only does this platform allow me to practice and improve, it helps me get myself out there and create demos. It has also made me more confident and willing to approach new people ”

CamGlen Radio continues to be the ‘go-to’ for everything local to Cambuslang and Rutherglen – news, events info, politics, travel updates and more, all brought to listeners by local people. Our free community advertising service was well used and we broadcast 1,056 community adverts to listeners from 183 local organisations. Our number of supported volunteers continues to grow and you can hear their shows peppered across the broadcast schedule, every day of the week.

Over the reporting year we recorded over 24,000 volunteer hours and volunteers commit an average of six hours every week to running the station. In the reporting year we ran a successful LGBT+ programme, recruiting a number of volunteers from the LGBT+ community, who are continuing to make great regular programmes. We also welcomed two young volunteers to the team, who have more than proven their worth (and both of whom are already award winners!).

Social Enterprise

Number 18

Number 18 is our community hub for the use of local groups and residents of Cambuslang and Rutherglen. During 2017/18 it was closed for our final phase of refurbishment with a series of external and internal improvements. These were designed to allow us to be able to provide more opportunities for people to learn, enjoy and get together. New equipment will enable us to hold community cinema evenings, live music events alongside health and wellbeing, arts and crafts and personal development courses and classes. The new social café space is designed as breakout space for venue hirers and class attendees with bar and catering facilities for any functions taking place in the building. Additionally, the funding also enabled us to improve accessibility of the old building, particularly the toilet facilities for disabled users of Number 18 and CamGlen Radio.

We have also hired our new Centre Manager who has hit the ground running, planning the new timetable full of exciting activities! We are extremely grateful to all of our funders for giving us this amazing space for community use. The size of the space is fantastic and it is a great local and affordable facility available to hire for parties and events. If you haven't already been to see us since we re-opened, please do come and visit!

If you want to learn about all the different events we have got going, please visit our newly created website www.number18venue.org.uk.

We are always welcoming of anyone who might want to volunteer in Number 18. So if you are interested in learning opportunities in the fields of administration, hospitality, events management, activity delivery and marketing, get in touch with us!

“ I used this venue for my mum’s birthday party. Staff were excellent in the lead-up and also on the day. Venue is lovely, great location and spotlessly clean. Great sound system too. Highly recommended! ”



“ It encouraged families to try out a spin bike and also promoted how enjoyable fruit smoothies actually are! ”

“ The bike added a healthy option to our event and allowed people to try something they made themselves ”



Caring about my world makes me #healthynhappy

Bike Town

Bike Town have continued to thrive in Unit 5, Thomson Court in Rutherglen offering high quality, low cost refurbished bikes for children and adults and servicing and repairs. Do come in and see us if you haven't already - we can also support folks to learn to cycle or get back into cycling and to learn how to fix their own bike.



If you have an unloved bike that you think we can use please get in touch.
WE CAN COLLECT!



Smoothie Bike

Our Smoothie Bike continues to be popular and hired by lots of different types of groups (schools, universities, other community groups, charities and private companies) as a unique and fun addition to their event to make your own fruit smoothie by cycling. We also provide groups with fun packages to accompany the bike to get everyone thinking and talking about good food, a healthy diet and active lifestyle.

CamGlen Radio

Community Announcements are free on Camglen Radio but if you want people to know about your business or private event locally then why not advertise on Camglen Radio! We offer sponsorship opportunities for our breakfast, lunch and drive time programmes for local organisations and also run Radio Team Building Days. So if you are looking for a way to fulfil your corporate social responsibility in a different way please do contact us on 0141 647 0311 or email advertise@camglenradio.org.

Summary of Accounts

Healthy n Happy

Statement of Financial Activities for the Year Ended 31 March 2018

	Notes	Unrestricted funds £	Restricted funds £	31.3.18 Total funds £	31.3.17 Total funds £
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	44,650	-	44,650	30,568
Charitable activities	4				
Direct Charitable Activities		107,705	1,138,461	1,246,166	1,052,333
Other trading activities	3	8,178	-	8,178	7,586
Total		160,533	1,138,461	1,298,994	1,090,487
EXPENDITURE ON					
Raising funds	5	64	38,157	38,221	40,730
Charitable activities	6				
Direct Charitable Activities		96,034	819,026	915,060	1,071,599
Total		96,098	857,183	953,281	1,112,329
NET INCOME/(EXPENDITURE)		64,435	281,278	345,713	(21,842)
RECONCILIATION OF FUNDS					
Total funds brought forward		206,849	626,234	833,083	854,925
TOTAL FUNDS CARRIED FORWARD		271,284	907,512	1,178,796	833,083

DRAFT

13/08/18 10:14

Healthy n Happy

Balance Sheet
At 31 March 2018

	Notes	Unrestricted funds £	Restricted funds £	31.3.18 Total funds £	31.3.17 Total funds £
FIXED ASSETS					
Tangible assets	13	5,057	815,205	820,262	599,074
Investments	14	5,000	-	5,000	5,000
		10,057	815,205	825,262	604,074
CURRENT ASSETS					
Debtors	15	372,061	-	372,061	201,701
Cash at bank and in hand		162,841	92,307	255,148	280,406
		534,902	92,307	627,209	482,107
CREDITORS					
Amounts falling due within one year	16	(273,675)	-	(273,675)	(253,098)
		261,227	92,307	353,534	229,009
NET CURRENT ASSETS					
		271,284	907,512	1,178,796	833,083
TOTAL ASSETS LESS CURRENT LIABILITIES					
		271,284	907,512	1,178,796	833,083
NET ASSETS					
		271,284	907,512	1,178,796	833,083
FUNDS					
Unrestricted funds	17			271,284	206,849
Restricted funds				907,512	626,234
				1,178,796	833,083
TOTAL FUNDS					
				1,178,796	833,083

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies and with the Financial Reporting Standard for Smaller Entities (effective January 2015).

This statement is an excerpt of a DRAFT of the company's audited accounts. Full accounts will be presented at the company's AGM and can be viewed on application. Please contact Healthy n Happy or the Kelvin Partnership.

Thank You

Our work throughout the last year and into the next would not be possible without the support and assistance of our local communities, volunteers and numerous organisations in Cambuslang, Rutherglen, South Lanarkshire and across the whole of Scotland.

To these organisations and especially the communities of Cambuslang and Rutherglen we wish to express our sincere thanks and appreciation for your help and assistance throughout the years. We would like to extend a special thanks to the following:



The Ryvoan Trust

WM Mann Foundation

Hugh Fraser Foundation

Meet the Staff

10
Directors



Executive Director
Brendan Rooney



Operations Director
Rebecca Haack



Enterprise Manager
Susan Miller



Senior Team Leader
Central Support
Liz Holmes



Support & Finance Officer
Central Support
Bernie Strachan



Support Officer
Central Support
Lesley Towison



Admin Assistant
Central Support
Claudia Law



Senior Team Leader
Number 18
Gemma Cannon



Senior Team Leader
Transforming Communities
Jan Taylor



Community Worker
Transforming Communities
Kenny Steven



Community Worker
Transforming Communities
Sally Gillam



Community Worker
Transforming Communities
Laura Barnfield



Early Years in Communities
Transforming Communities
Louise James



Senior Team Leader
Transforming Lives
Joy Mitchell



Specialist Worker
Transforming Lives
Donna McGill



Transforming Lives Worker
Transforming Lives
Roisin Deville



Transforming Lives Worker
Transforming Lives
Janice Fountain



Transforming Lives Worker
Transforming Lives
Louise McLellan



Senior Team Leader
Bike Town
Jim Ewing



Recycling and Training
Officer Bike Town
Andy McLean



Senior Team Leader
CamGlen Radio
Tam Curry



Radio Operations Officer
CamGlen Radio
Cameron King



Radio Peer Support Officer
CamGlen Radio
Derek McCutcheon



Schools & Operations
CamGlen Radio
Matthew Conn



Community Liaison
CamGlen Radio
David Cuthbertson



WW1 Project Worker
CamGlen Radio
Tess Milligan



WW1 Project Support
CamGlen Radio
Carrick McDonald

PLUS

25 Hourly Rate Workers

289 Volunteers

Company Information

Board of Directors: Ian Robertson (Chairperson)
Kim Jackson (Vice Chair)
Louise Bacon (Treasurer)
Elaine Fee
Jim Bolton
John Cassidy
Joy Anderson
Mary Neilson
Sharon Currie



Healthy n Happy
Community Development Trust

Company Secretary: Brendan Rooney



Registered Office: Aspire Building,
16 Farmeloan Road,
Rutherglen,
G73 1DL

Company Registration Number: SC227276

Scottish Charity Registration Number: SC032654

Accountants: Greg Hannah & Company
26 Victoria Street
Rutherglen, G73 1ES

Auditors: The Kelvin Partnership
505 Great Western Rd
Glasgow G12 8HN

Bankers: The Clydesdale Bank
203 Main Street
Rutherglen G73 2HG

Contact Details: 16 Farmeloan Road,
Rutherglen, G73 1DL
Tel: 0141 646 0123
enquiries@healthynhappy.org.uk
www.healthynhappy.org.uk

Social Media  @HnH_TheTrust
 @healthynhappyCDT

This publication is available in large print, Braille and easy to read versions, or on audio-tape. We can also provide translations in other languages. Please ask for details.