



Community Development Trust

Healthy n Happy

annual report 2014



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Chairperson's Welcome



This year, as with previous years, has been extremely busy and very successful. We are now firmly settled into our new base in Rutherglen however we remain committed to working throughout Cambuslang and Rutherglen whenever we can. We planned for steady growth however with considerable success in attracting funding our staff team and range of services has grown significantly. Congratulations to everyone on their fantastic efforts in raising new funds. Our relationship with funders is far more than just a financial one and we share common aims of wanting to make a real and lasting difference in the lives of local people and local communities.

We welcomed to the fold eight new members of staff and they are Jane McArdle, Melanie Toner, Joe Pearce, Jim Ewing, Donna McGill, Nicole Quinn, Liz Holmes, Louise James and William Rae.

In early Spring of this year we were extremely privileged to be awarded a substantial grant from Clyde Gateway and the Scottish Government, to purchase and begin the refurbishment of the old East Parish Church in Farmeloan Road. Work on the plans for an exciting new community facility continues apace and I would like to take this opportunity to offer my thanks and appreciation to Clyde Gateway and the Scottish Government for this fantastic award and also to Rutherglen and Cambuslang Housing Association for their support and consideration in making the purchase achievable and possible.

Sadly, this year we lost Hamish McBride, a long serving volunteer, director and distinguished community champion. Life in our communities would be much worse off without people like Hamish and our thoughts and wishes are with his family and friends.

Finally we are determined to see Cambuslang and Rutherglen become the healthiest and happiest places to live in Scotland and we could not do that without lots of hard work, commitment and support. I would like to thank you all for your commitment and support in what can only be described as a very successful year.

May Caldwell

Chairperson

Executive Director's Report



“Treat the earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors, we borrow it from our Children.”

Ancient Native American Indian Proverb

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

“Growth is never by mere chance; it is the result of forces working together.”

James Cash Penney

We have a vision and a determination to see Cambuslang and Rutherglen become the healthiest and happiest places to live in Scotland. We have a way to go but with your help and energy we will get there, however long it takes.

I think we are an excellent organisation, though far from perfect. We want to be the best in our field in Scotland and we want to be an excellent employer. This is not to massage anyone's ego but will mean that we are offering the best possible range of opportunities, services and activities to residents of Cambuslang and Rutherglen.

We have had an excellent year by any standards and we have not only achieved, but surpassed, what we set to do back in 2012/13. We wanted a future of steady growth; well, we have experienced extensive growth and success and this can be viewed in many ways such as increased levels of income, staff and service activity.

We are coming to the end of this four year strategic period and we are now starting to plan ahead for the next three to five years. We have undertaken a very in depth look at who we are, what we do and how we do it and we are really excited about the future. We now own our first asset and are in the process of designing a new vibrant community facility for the benefit of all local residents. We have very promising plans for generating our own independent income and we see a future where local communities are working together to achieve real positive change in where we live, work and play. We certainly see communities continuing to lead and shape the work that we do.

Thank you all so much for all your hard work, support and goodwill throughout the last year and I now commend our 2013/14 annual report to you.

Brendan Rooney

Executive Director

To many an outside observer this could be seen as a really quiet year in the history of CamGlen Radio. With no broadcast to be seen, the aims of the station might look like they have been missed. But under the surface things were very different!

For many of the staff, committee and volunteers involved, this has been one of the most eventful years in the history of the project. Having been based in the facilities at Arran Tower from March 2008 until May of 2013, the station (along with Healthy n Happy) made the significant move to a new home in the old East Parish Church on Farmeloan Road.



The potential to develop a hub which would allow for the running of the station, the development of improved studio facilities and the creation of a training centre for volunteers offered a massive step up from what had been done before. The work of stripping down the old studios and getting them moved and operational in their new home was a huge effort for the volunteers and the Technical Team in particular, for which they deserve great credit.

This set things up in prime position to develop the opportunities for recruitment of more volunteers as we headed towards the momentous day when the community broadcast license would finally be used and we could get on air. To support this work there was a massive amount of fundraising by volunteers which included bag-packs, band nights, soup-and-roll events, sponsored activities and a whole lot more. The funds raised through this helped put CamGlen Radio in a more solid position than had been seen in a long time. For this, all who put in the extra time – whether CamGlen Radio volunteers or not – deserve our thanks.

This is not to say that the support of the staff at Healthy n Happy was not needed. The work of Tam to maintain the drive of volunteers and committees has been essential in keeping us moving towards our aims. Combined with the fundraising efforts of Jane and the team, we have seen CamGlen Radio deliver a successful tobacco prevention campaign for the NHS, receive funding through the People and Communities Fund to support involvement and many more opportunities across the year.

Oh, and there was the “small” matter of working with Clyde Gateway to develop the potential of a little opportunity which sees us having our own purpose built studio space within the newly purchased church hall. This will deliver a legacy for the communities of this area which will not only allow us to deliver quality training and development of volunteers and staff, but also the chance to give something back to the public, the bands and the contributors who have helped get us to where we are.

Not quite on air, we might be slightly behind where we thought we might be! However, we have the full support of OfCom who recognise the massive opportunity this development represents. Our first advertisers are on board, the training is moving forward with volunteers getting accreditation in their passports for the efforts they are putting in and the committee structure is stronger than ever with a clear focus on the needs of the forthcoming broadcast.

We look forward to the coming year with great relish and, on behalf of the committee, I would like to extend our thanks to all those who have worked so hard in such a “quiet” year.

Jim Brady

Chairperson (CamGlen Radio)

The Last Year in Pictures



Excellent shooting Alan



Mums & babies from The Parent Café enjoying a baby yoga taster



The First Minister Alex Salmond dropped by



New volunteers' induction



Knit one, purl one at our Impact Project event



Foodbank planning



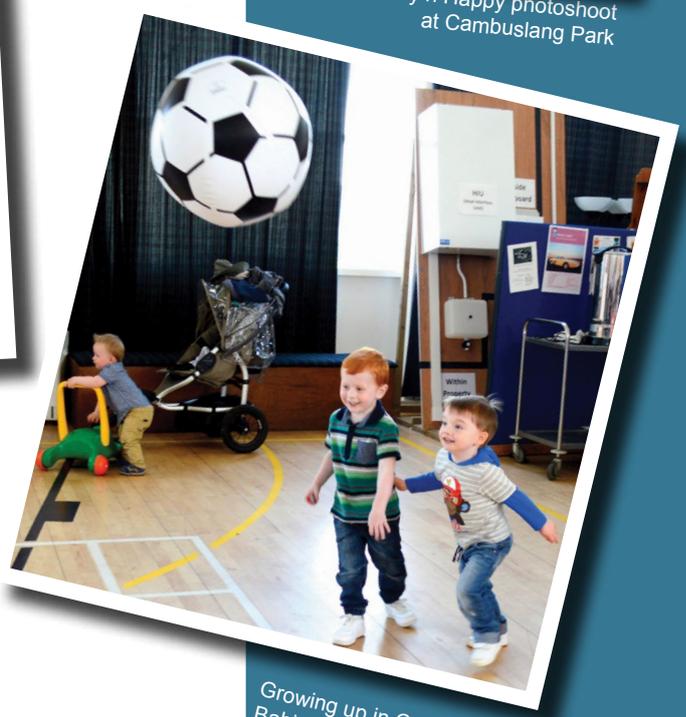
The Parent Cafe



Healthy n Happy photoshoot at Cambuslang Park



Santa's Little Helpers



Growing up in CamGlen Babies to Nursery



Bike Town visits Burnhill



Changes Stress Management Course participants receiving certificates



Our very own Dr. Bike, John Smith



Bubble fun at The Parent Café



The Parent Cafés' joint Christmas party



Our Smoothie Bike in action



Burnhill Children's Halloween Party



Volunteers from the Funhouse Team in the wild!



The Den Peer Educators



"Wish You Were Here" Anti-stigma exhibition



Clean up well under way in Springhall

The Last Year in Pictures



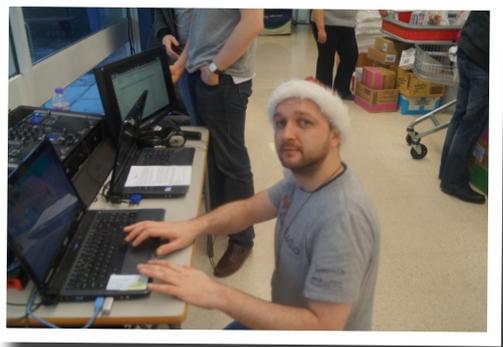
The boss hard at work



Family day out at the Science Centre



Sainsbury's staff hear from "Telling Your Story" volunteers



Santa Iain on an outside broadcast



Our new home



Dad and son, Confident Kids, Healthy Choices family day out



Discussing mood foods

Statistics

98 people improved their ability to manage stress and their overall health, including 41 people with long term health conditions who were supported to achieve personal goals and better self-manage

99 parents increased their parenting capacity by improving the bond with their child through our Parent Cafés

32 people are now able to take on a leadership role, including 14 Impact Project participants who can lead health walks, provide structured peer support and lead activities at the Friday Night Social

600 people across the community have increased awareness of mental health through our 'Wish You Were Here' anti-stigma arts project

109 people were supported to achieve great things through volunteering in a wide range of activities, including 29 local people who increased their confidence and skills through volunteering with CamGlen Radio

722 people got involved in their local area, building more vibrant communities where citizens are actively involved

34 families (48 parents and 33 children/young people) have enhanced their family relationships through our Confident Kids, Healthy Choices Programme

355 children and young people are able to make healthier life choices

165 residents of Overton, Halfway were consulted about their local area, including their views on alcohol related issues in their community

£272,360 secured from the Climate Challenge Fund to employ three staff and run our CamGlen Bike Town initiative

219 local residents both young and old alike engaged with local groups and services and generally had fun at the Whitlawburn Family Information Day

68 children got involved in their community and learned new skills through the Burnhill Children's Action Group

500 hours of volunteering clocked up by local community activists from the Burnhill Action Group

32 volunteers are now ready for full time CamGlen Radio broadcasting, ready to be joined by new recruits in 14/15

9 Re-Connect volunteers provided 86 support visits to 14 local community members, either at home or out and about in the community

4,283 people attending events across Scotland sampled our delicious smoothies made on our very own smoothie bike!

3 rounds of tea was Stan's staggering contribution to providing nourishment to the team during this year; a great improvement on last year's performance

Our Services

Mental & Emotional Health & Wellbeing

- **Stress Management Services** for all ages
- **Mental Health Awareness & Scotland's Mental Health First Aid training:** workshops and certificated training course
- **IMPACT Project:** supporting people to self-manage long term health conditions
- **Open Doors and Connections Project:** community inputs and access to the wider range of services

Supporting Communities

- **Neighbourhood Action** – Working in Burnhill, Springhall and Whitlawburn
- **PPF – Public Partnership Forum:** network of local people improving NHS services
- **Thinking Differently Project:** community development work to reduce alcohol harm in Halfway.

Volunteering Support & Co-ordination

- **Volunteer Support programme:** 100+ opportunities offered across the organisation
- **Community training programme:** wide range of training offered to volunteers and community members
- **Information Station:** volunteer led information stalls in the community
- **Re-Connect:** volunteers supporting isolated older people

Healthy Choices

- **Den Youth Health Service:** peer education, stress management and health support for ages 12–25
- **Schools programme: Well Prepared**
- **Tobacco and Alcohol Prevention and Education**

CamGlen Bike Town Initiative

- **Commuting with confidence courses:** route planning and confidence building to enable cycling to work
- **Cycling for beginners:** support to those new to cycling
- **Adult and family guided rides:** group rides in a supportive environment
- **Dr Bike and bike maintenance courses:** Pop-up basic safety checks and maintenance advice
- **Infrastructure development:** working with partners to improve cycle routes etc.
- **Bike Kitchen:** fix your bike

CamGlen Radio Project

- **CamGlen Radio Broadcasting:** launching full-time FM broadcast in early 2015
- **Volunteering:** 70 volunteers involved in over 16 individual, committee and sub-committee roles
- **Tobacco Prevention & Education, and family radio projects**
- **Audio production & live event services**
- **'Radio for Schools' consultancy service**
- **Creative Industries events and workshops**

Family Health & Resilience

- **Confident Kids Healthy Choices:** working with families with complex circumstances involving substance misuse
- **Parent Cafés:** practical help, support and ideas for parents to enjoy their baby and build attachment

Summary of Accounts

(Limited by Guarantee)

**Healthy n Happy trading as
Healthy n Happy Community Development Trust
Income and Expenditure Account
Incorporating Statement of Financial Activities
for the Year Ended 31 March 2014**

| | | Unrestricted | Restricted | 31.03.14 Total | 31.03.13 Total |
|---|------|----------------|-----------------|-------------------|-------------------|
| | Note | £ | £ | £ | £ |
| Incoming resources: | | | | | |
| Incoming resources from generated funds: | | | | | |
| Fee income | 2 | 18,999 | - | 18,999 | 14,313 |
| Donations | 2 | 100 | - | 100 | 656 |
| Investment income | | 320 | - | 320 | 352 |
| Incoming resources from charitable activities: | | | | | |
| Grants received | 3 | - | 790,114 | 790,114 | 521,697 |
| Total incoming resources | | <u>19,419</u> | <u>790,114</u> | <u>809,533</u> | <u>537,018</u> |
| Resources expended: | | | | | |
| Cost of generating funds: | | | | | |
| Cost of grant applications | 4 | 1,237 | 36,672 | 37,909 | 25,706 |
| Charitable activities | 4 | 21,848 | 629,209 | 651,057 | 415,552 |
| Governance costs | 4 | <u>5,590</u> | <u>149,036</u> | <u>154,626</u> | <u>108,440</u> |
| Total resources expended | | <u>28,675</u> | <u>814,917</u> | <u>843,592</u> | <u>549,698</u> |
| Net incoming/(outgoing) resources for year | 7 | <u>(9,256)</u> | <u>(24,803)</u> | <u>(34,059)</u> | <u>(12,680)</u> |
| Net incoming/(outgoing) resources before other recognised gains | | (9,256) | (24,803) | (34,059) | (12,680) |
| Total funds brought forward | | <u>162,865</u> | <u>120,682</u> | <u>283,547</u> | <u>296,227</u> |
| Total funds carried forward | | <u>153,609</u> | <u>95,879</u> | <u>249,488</u> | <u>283,547</u> |

(Limited by Guarantee)

**Healthy n Happy trading as
Healthy n Happy Community Development Trust
Balance Sheet
31 March 2014**

| | | 31.03.14 | | 31.03.13 | |
|---|------|-----------------|----------------|-----------------|----------------|
| | Note | £ | £ | £ | £ |
| Fixed assets: | | | | | |
| Tangible assets | 9 | - | | - | |
| Investments | 10 | <u>5,000</u> | | <u>5,000</u> | |
| | | | 5,000 | | 5,000 |
| Current assets: | | | | | |
| Debtors/Prepayments | 11 | 71,375 | | 35,863 | |
| Cash at bank and in hand | | <u>191,884</u> | | <u>283,412</u> | |
| | | 263,259 | | 319,275 | |
| Creditors: Amounts falling due within one year | 12 | <u>(18,771)</u> | | <u>(40,728)</u> | |
| Net current assets: | 16 | | <u>244,488</u> | | <u>278,547</u> |
| Total assets less current liabilities: | | | <u>249,488</u> | | <u>283,547</u> |
| Represented by: | | | | | |
| Unrestricted funds | 14 | | 153,609 | | 162,865 |
| Restricted funds | 15 | | <u>95,879</u> | | <u>120,682</u> |
| | | | <u>249,488</u> | | <u>283,547</u> |

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 April 2008).

Thank You

Our work throughout the last year could not have continued without the 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 to the communities of Cambuslang and Rutherglen we wish to express our sincere thanks and appreciation for your help and assistance throughout the year.

Co-opted directors as at 31 March 2014

John McCafferty
Gillian Lindsay

South Lanarkshire Council
NHS Lanarkshire

Staff as at 31 March 2014

Brendan Rooney
Jane Churchill
Stan Middleton
Bernie Strachan
Lesley Towlson
Lindsay Naughton
Joy Mitchell
Jan Taylor
Tam Curry
Kenny Steven
Jane Horne
Tom Harten
Jane McArdle
Melanie Toner
Joe Pearce
Jim Ewing
Donna McGill
Sally Gillam
Liz Holmes
Nicole Quinn
William Rae

Executive Director
Assistant Director
Administrator
Administration Support Officer
Administration Support Officer
Administration Assistant
Senior Development Officer
Development Worker
Camglen Radio Station Co-ordinator
Project Worker
Project Worker
Project Worker
Development Worker
Project Worker
Development Worker
Development Worker
Project Worker
Project Worker
Support Officer
Admin Assistant (South Lanarkshire Jobs Fund)
Community Youth Support Worker (Community Jobs Scotland)



Lloyds TSB
Foundation for Scotland

Staff Mugshots

18th September 2014



Assistant Director
Jane Churchill



Executive Director
Brendan Rooney



Administrator
Stan Middleton



Board of Directors



26 Sessional Workers



129 Volunteers



Development Worker
Joy Mitchell



CamGlen Radio Co-ordinator
Tam Curry



Admin Support Officer
Bernie Strachan



Admin Support Officer
Lesley Towilson



Project Worker
Tom Harten



Business Development Manager
Suzy Mercer



Project Worker
Jane Horne



Development Worker
Jan Taylor



Project Worker
Kenny Steven



Admin Assistant
Lindsay Naughton



Development Worker
Jane McArdle



Development Worker
Cheryl Vernel



Project Worker
Melanie Toner



Development Worker
Jim Ewing



Project Worker
Donna McGill



Project Worker
Sally Gillam



Support Officer
Liz Holmes



Services Manager
Rebecca Haack



Admin Assistant
Nicole Quinn



Community Youth Support Worker
William Rae



Support Worker CJS
Kimberley Doyle



Project Worker
Louise James



Project Worker
Gemma Trainer

Company Information

31st March 2014

Board of Directors:

May Caldwell (Chairperson)
Kim Jackson (Treasurer)
Margaret Robinson
Jim Bolton
John Cassidy
Ian Robertson
Nan Hughes
Joy Anderson
David Smart

Company Secretary:

Brendan Rooney

Registered Office:

(from May 1st 2013)
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 Co-operative Bank
29 Gordon Street
Glasgow, G1 3PF

Contact Details:

16 Farmeloan Road,
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Social Media



@HnH_TheTrust



HealthynHappyCommunityDevelopmentTrust



hnh_thetrust



Healthy n Happy
Community Development Trust

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.

Healthy n Happy Community Development Trust is a Scottish Charity (SC032654) and the trading name of Healthy n Happy, a Company Limited by Guarantee registered in Scotland (Register No SC227276) having its registered office at 16 Farmeloan Road, Rutherglen, G73 1DL