

Finance

NGHLC INCOME 2010/11



- M/K & C.LCIPP Board Core Funding 20.2%
- HLC Partners (NHS & GCC) Core Funding 60.1%
- Management Fees 1.5%
- Other Grants/Awards/Donations 18.2%

NGHLC EXPENDITURE 2010/11



- Salaries/Expenses/Sessional Workers/Volunteers 61.3%
- Projects 24.8%
- Property Costs 6.5%
- Audit/Legal 1.7%
- Administration/Advertising/Publications 2.1%
- Equipment/Furniture/Fittings/Miscellaneous 2.3%
- Events/Training/Conferences 1.3%

Chairman's Report

As Chairman of North Glasgow Healthy Living Community, I am delighted to provide a foreword for this year's annual report. Throughout 2010/11 North Glasgow HLC has strengthened service delivery through partnership working in our priority areas including Mental Health, Active Living, Community Engagement and Children and Families. Major achievements for our organisation this year have included the continued growth of North Glasgow HLC led annual events including Fun in the Park with an estimated 7,500 local residents benefiting from a day of free family fun promoting positive health and wellbeing for all. And, through our award winning Northern Sole Mates (NSM) brand, over 4,500 adults, children and families have been supported to participate in exercise-related activity via *ng5k* 2010 (family fun run), NSM Jogging and Walking

Networks, and series of Mini 2K school events. North Glasgow HLC continued to support the development and growth of voluntary sector organisations through North Glasgow Voluntary Sector Network this year. Hundreds of local front line staff and residents have also benefited from participating in numerous capacity building programmes including mental health training and 'Health Issues in the Community' courses. As lead organisation for the North Glasgow Volunteering Programme, North Glasgow HLC co-ordinated the Volunteering Activity Group to exceed all targets for 2010/11 delivering yet another successful 'Volunteering Tasters Programme'. On behalf of the North Glasgow Healthy Living Community Board, I would like to thank our partners, core funders - North Glasgow Community Health Partnership & Glasgow



Community Planning Partnership (North Area) - local projects and community members for their invaluable input and support in helping us achieve effective and sustainable results throughout the year. As Chairman, I would like to offer special thanks to all our Board members who committed time to support the organisation. In the coming year we will continue to build upon the many successes accomplished to date.

Brian M. Beacom M.B.E

Volunteering

North Glasgow Volunteering Activity Group (VAG)

Following its successful pilot, the North Glasgow Volunteering Activity Group (led by North Glasgow HLC) engaged with over 100 local 'hard to reach' residents in a 7 step 'Volunteering Tasters Programme'. Taster opportunities this year included community gardening, charity administration and customer services, and volunteering at a local library. In addition, 20 previous participants were 'tracked' as a follow up to last year's programme, and have since moved on to other volunteering roles, education, training and employment opportunities. Local organisations were also introduced to the 'Best Practice Framework Guide' produced by the VAG with the aim of building and adopting an Action Plan. All were supported through a series of workshops and distance learning via e-support through North Glasgow HLC's website. Organisations involved in best practice action planning last year put their plans into action to ensure better support for volunteers within their organisation during 2010/11.



Best Practice Framework Guide



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Active Living



ng5k

The 5th Anniversary North Glasgow 'ng5k' Fun Run took place on Sunday April 25th in Ruchill Park attracting a record breaking 2,900 participants. Thousands of fun runners of all ages and abilities took part in 'Superhero' themed fancy costumes to celebrate the occasion. The introduction of 'Early Bird' registration increased target numbers of local residents taking part with 70% of ng5k participants having a North Glasgow postcode. Despite increasing the capacity of the event by 300 this year, registration was closed 6 weeks early due to the overwhelming demand from local people wanting to take part. In the lead up to the main 5K event in April, ng5k Steering Group partners delivered a series of 'Mini 2K Events' throughout March for over 1,500 pupils from 25 North Glasgow Primary and SEN schools. ng5k continues to offer FREE entry for all and remains one of the biggest events of its kind in Glasgow.



ng5k 2010 was launched at our first Mini 2K at Milton Pitches



Northern Sole Mates

Following on from the success of the Northern Sole Mates Walking Network, Steering Group members furthered plans to develop Jogging and Buggy Groups this year. North Glasgow HLC funded Jog Leader training for volunteers to set up 5 new groups for local joggers and sourced a local trainer to deliver Buggy Exercise. This programme is due to commence at the start of summer 2011. The on-going success of the Walking Network saw 427 walks with 3,017 attendances throughout 2010/11. Walkers also participated in network and city wide events and initiatives including the Big Fit Walk Week. 'Map Packs' of walks in the local area will be ready for distribution in the summer with the aim to promote independent walking. Northern Sole Mates was also awarded the 'Evening Times



NSM members with their award



Big Fit Walk Week

Community Champion' award in North Glasgow for 'Health & Wellbeing' in December. Steering Group members, walk leaders, and walkers attended the award ceremony at Maryhill Fire Station.

Photo courtesy of Evening Times

North Glasgow Food and Health Action Group

North Glasgow HLC was asked to lead the local Food & Health Action Group and work towards action planning. Development sessions with the group were facilitated by FMR to identify a strategy for the coming year. The 'Youth Food Guidelines & Healthy Eating Toolkit' was successfully launched in February 2011 at The St Matthew's Centre in Possilpark. Information and activities in the Toolkit aim to support youth workers to implement the guidelines in their youth organisations. Three projects were also contracted this year including: 'Grow Your Own' with young children; 'Interventions During Pregnancy'; and 'Cookery Skills.'

Mental Health

North Glasgow Mental Health Training Programme

North Glasgow HLC, in partnership with North Glasgow Mental Health Network, co-ordinated and delivered mental health training courses including 'SafeTalk', 'Scottish Mental Health First Aid', 'GASP' (Glasgow Anti - Stigma Partnership), and 'ASIST' (Applied Suicide Intervention Skills Training) to nearly 300 local residents and front-line staff throughout the past year. North Glasgow HLC also funded 'Training for Trainers' courses for 3 local workers to widen programme delivery in the forthcoming year.

Children & Families

Christmas on a Budget

Nine organisations hosted their own Christmas on a Budget event this year with nearly 100 participants taking part in a programme of financial inclusion, budgeting, cookery and ideas for Christmas leftovers, and



parent-led family fun making homemade decorations. Prior to the events, North Glasgow HLC worked in partnership with Glasgow Life to deliver a training session to ten host volunteers. Participants also received a FREE 'goodie' bag containing information promoting local financial inclusion and health related projects including Glasgow Credit Union, The Energy Saving Trust, and North Glasgow Alcohol Support Services.



Fun in the Park

The 7th Annual 'Fun in the Park' Family Fun Day took place on Saturday July 24th in Springburn Park with an estimated 7,500 local residents attending on the day. A programme of FREE fun filled activities included mountain biking, face painting, bouncy castles, and adventure courses as well as performances in the main arena from Maryhill Integration Network, Drakes of Hazard, and Theatre Modo. As well as offering a great day out for the whole family, Fun in the Park aims to promote healthy life choices for residents of North Glasgow with 51 local projects hosting information stalls in themed 'Zones' throughout the park including the newly created 'Green' and 'Music' zones. The event also created a number of training and volunteering opportunities such as free face painting workshops.

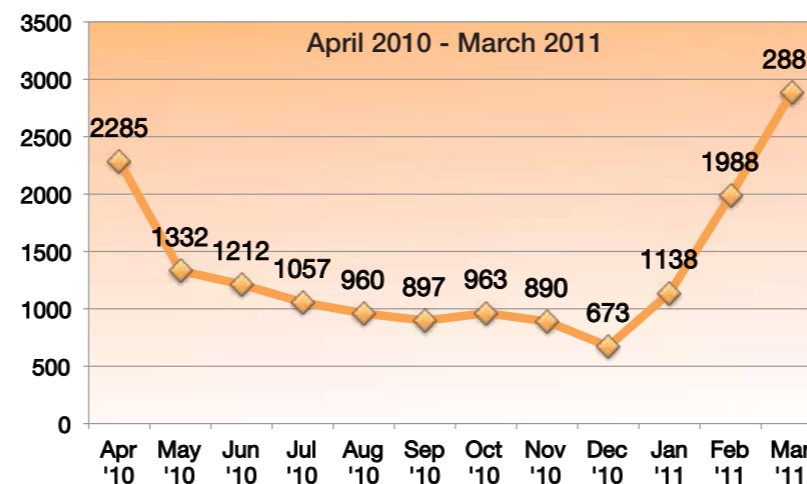


Website

www.healthynorthglasgow.co.uk

Our fortnightly e-newsletter ('e-shot') continues to provide regular updates on all our activities and latest developments in health and wellbeing in the local area for over 500 members. Visits to our website increased by 5% overall during 2010/11. March saw the highest ever number of hits to the site in the lead up to the ng5k event. Indeed, 90% of ng5k registrations came through the site this year. North Glasgow HLC website also hosts the VAG Forum for local organisations to share ideas and volunteering best practice.

Number of Unique Hits per Month to Website



Community Engagement & Involvement

Health Issues in the Community (HIIC)

North Glasgow HLC successfully delivered three adult HIIC courses this year for North Glasgow residents. Part 1 students were invited to present their group project to North Glasgow Community Reference Group and Service Users Network. Another student was also selected to attend as a panellist at the National CHEX Conference in February. With the support of CHEX (Community Health Exchange), North Glasgow HLC contracted an experienced HIIC Trainer to adapt the adult course for delivery to secondary school pupils. Springburn Academy was the pilot base with 16 pupils completing Part 1 and 15 pupils moving on to complete Part 2. The research chosen and presented was under the topic heading 'Teenage Pregnancy'. Taster sessions and short courses were also held throughout the year for different community groups including Addaction and older people, with many expressing an interest to enrol onto the full accredited course.



North Glasgow Voluntary Sector Network (NGVSN)

During the past year the Network, through the Management Committee and Support Officer, helped build the capacity of and promoted fuller engagement by member organisations to achieve effective and equitable participation in local strategic and operational planning, and increase participation in relevant structures and processes. Throughout 2010/11 NGVSN provided training opportunities for its 95 network members including 'Managing and Tendering Contracts', 'Employment Law', 'Managing Safety', and 'First Aid in the Workplace'.

