

Kingsway Community Garden



17 residents have individual plots and a further 15 plots are used communally for growing fruits, herbs and vegetables. In addition, two primary classes from St. Paul's & Bankhead tend two of the plots.

Following a Clean-Up campaign organised by GHA Neighbourhood Environment Team in March, we registered with **Keep Scotland Beautiful 'Its Your Neighbourhood'** award scheme. We achieved a score of 83 and the grading of 'Thriving' only 3 points short of their top 'Outstanding' category.

In partnership with DRC Environment Trust a couple of developments have been progressed. Funds were secured for new planters to be built for our fruit trees which were ailing in poor soil conditions and the construction of a polytunnel for 'bringing on' seedlings.



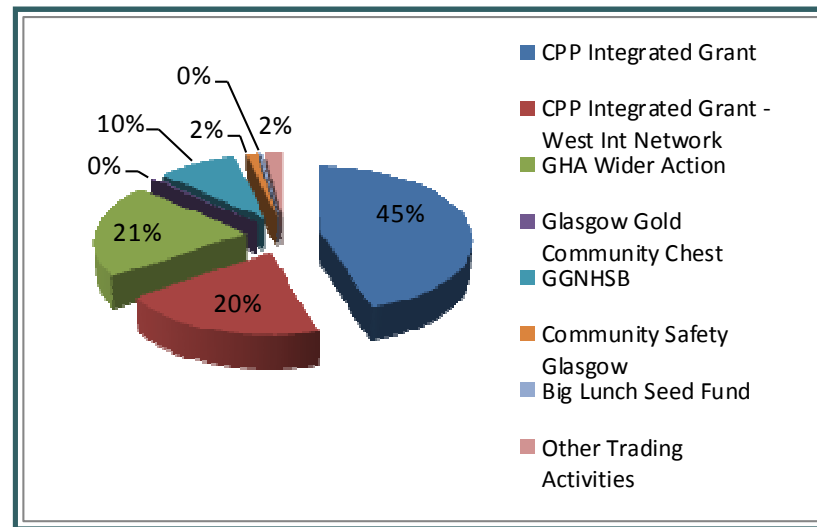
We held our community garden **Harvest Event** on Saturday 12th September. Despite poor weather conditions around 50-60 residents and their children attended. The event included: i) three cooking demonstrations (soup, potato scones & pakora); ii) gardener's question-time session; iii) music performances by Kingsway Music Stars; iv) a traditional dance performance by our Glasgow Tamil Group; v) face painting; vi) People took away various health information leaflets and promotional material from the Health Improvement Team's stall; and vii) 44 residents completed our Meet The Neighbours questionnaire on social media.



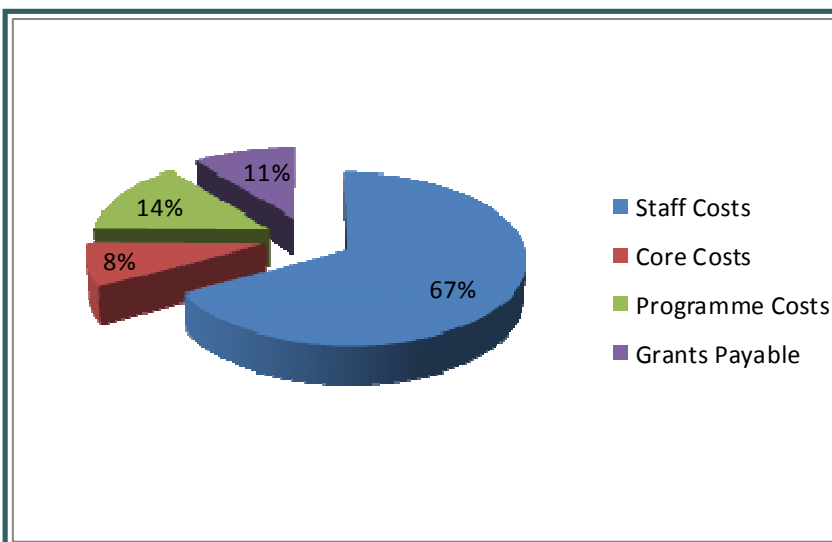
Over the final quarter, an additional £2,060 pounds was secured from Community Safety Glasgow for environmental improvements; enabling community involvement, social inclusion and a reduction in antisocial behaviour within the area. Also over this period good connections were made with Land & Environmental Services (Allotments & Biodiversity and Ecology). The Allotments officer arranged significant repairs to our badly wind-damaged garden fence. The Biodiversity & Ecology officer is advising on the establishment of a wild-flower meadow adjacent to the garden.

As at 31st March 2016

INCOME £146,764



EXPENDITURE £144,454



A comprehensive copy of our Accounts can be obtained from the Centre office or online via Companies House.

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Registered Scottish Charity No: SC030788

Kingsway Court Health & Wellbeing Centre

Welcome to this year's annual report with a foreword by new member to the Board, James Gerard.

As a new member, who is still learning the ropes, I am honoured to have been asked to say a few words. First I would like to thank all of the staff, directors, volunteers, and users for welcoming me. The first thing that struck me about the Centre was its 'Tardis' like persona; it looks so small on the outside, but there's so much going on in the inside. And most of it is free.

The two big attractions for me are; The time they give you to heal and stay well; medical practitioners do not have this time. The knowledge and experience of staff and members; someone will always have an answer to your questions, or they will know someone who can help.



Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. (Alma-Ata 1978)

At Kingsway Court Health and Well-being Centre they also examine emotional and spiritual well-being and the environment. As well as all the activities summarised in this report, the Centre interacts with many other different agencies, supporting their holistic approach to health and well-being. I also like the fact that, despite having only three full-time staff they are a pro-active organisation; they don't preach, they do. This is a massive challenge in a diverse multi-cultural community riven by many socio-economical disadvantages. Inside the Centre you will find lots of laughter, a unique multi-cultural environment and a welcoming smile. When you become a member you will make lots of new friends and start on a journey to a new and healthier you.

Just bring an open mind.



SNAPSHOT OF ACHIEVEMENTS

Proud
Capable
Confident

Summer Walking Programme



Mother & Toddlers



This group meet twice weekly on Thursday & Friday mornings. 73 mothers and children registered 933 attendances. The group organised outings to Kidz Zone at Prestwick Beach in the summer and the carnival at SECC in December.

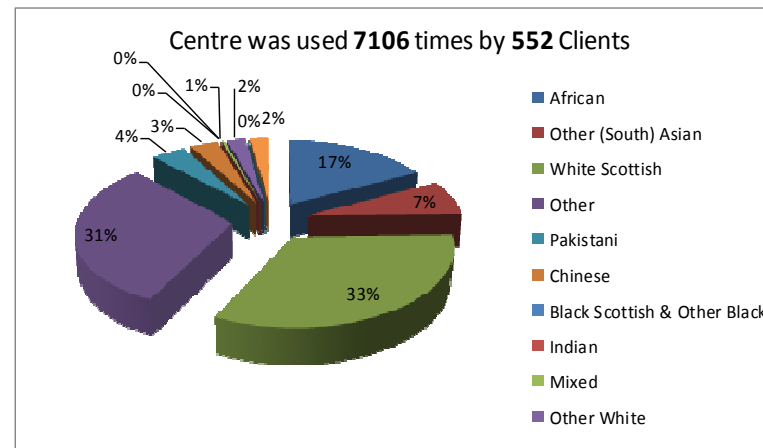
Over the final quarter, 8 mothers participated in Parent Network Scotland's Parenting Matters course. A 16-hour course over 8 sessions, tailored to meet the needs of today's parents. On the course parents look at the issues that are important to them, share skills and learn from each other. They then explore strategies and approaches that can be used in the real world of parenting.

Glasgow Tamil School

A Kingsway Director and his wife voluntarily facilitate this group of 24 young Sri Lankans. They meet every Monday 5 - 7pm and Saturday 4 - 8pm

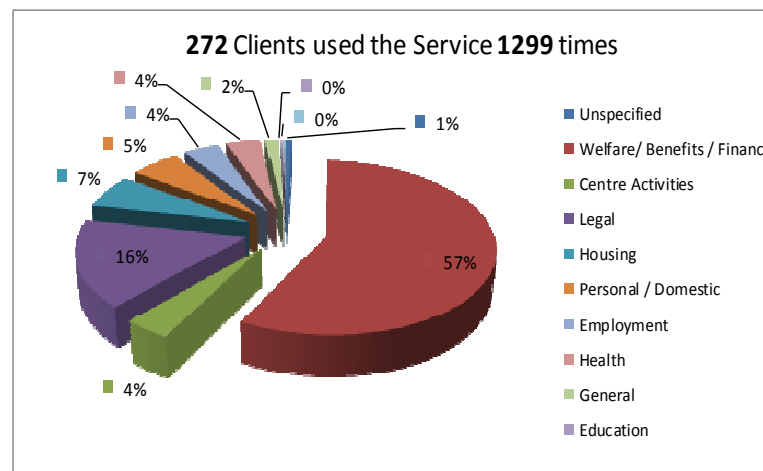


Centre Usage



Enquiry Information & Advice Service

Our Welfare Advice & Support Worker has dealt with 272 clients who have used the service 1,299 times over this period. 454 types of enquiry or requests for support were made, they were categorised as follows:



Kingsway Food Bank Referrals & Telephone Requests

Between April & March the Centre referred 101 people on 314 occasions to local food banks. Of the 101 referrals 74 were Scottish and 27 were BME population. Over the same period, 36 people have been assisted on 148 occasions with telephone calls to benefit agencies.

Financial Capability Workshops

A group of 11 people attended three consecutive workshops between 30th November and 7th March. Workshop 1 included: budgeting; financial planning; saving habits; and setting savings goals. WS2 included: information on benefits systems; gas and electricity warm home discount scheme and how to save money by applying for it. WS3 included: new universal credit system; and how to plan your budget within new scheme.

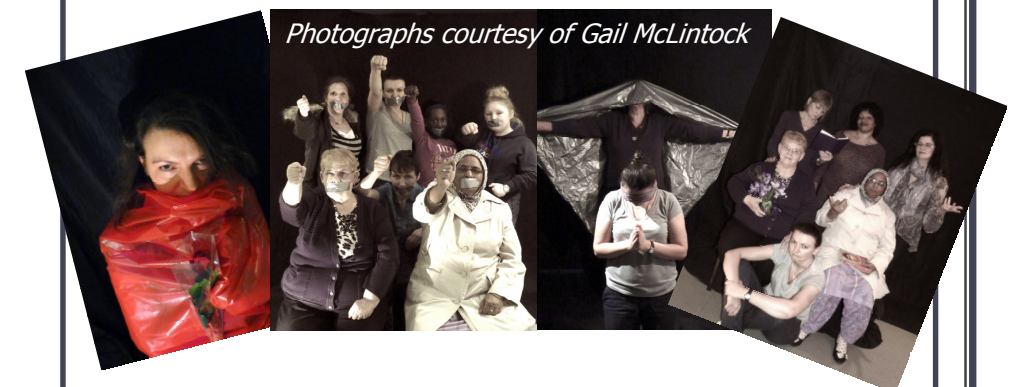
Women's Group

This group meets on Friday evenings 6-8pm. 32 women and 14 of their children have registered over the year. The group work offers a wide variety of activities to build confidence and develop relations.

The group organised a programme of activities to raise awareness and knowledge of issues around Women's rights, violence, sexual exploitation, emotional abuse, workplace exploitation, lack of educational opportunities and other crimes against women. This included a trip to the Tron Theatre to see Mrs Barbour's Daughters, a cinema trip to see Suffragettes, and a viewing of the BBC3 Documentary "The World's Worst Place to be a Woman?" by Stacey Dooley. This was followed by a work shop to explore feelings on what they learned and what they'd like to do about it.



The group followed up the above work with an arts-based photography project entitled 'Still Change'. They produced a series of photographs depicting 'silent revolt' which was displayed at the International Women's Day event held at Heart of Scotstoun.



ESOL

Clyde College (Anniesland) provided 304 hours class time to 30 people.

Glasgow ESOL Forum provided 4 Volunteer Teachers and 228 hours class time to 27 people.

