

CASE STUDY

Healthy n Happy Community Development Trust
<https://www.healthynhappy.org.uk/>

Aims and objectives:

As a community-owned organisation run by local people, we aim to combat disadvantage and enhance lives and communities in Cambuslang and Rutherglen so they are thriving, resilient and healthy. Our relationship-driven approach prioritises local leadership creating positive change through effective partnerships and community capacity building.

Healthy n Happy Community Development Trust demonstrate their impact on:

- Health and Wellbeing
- Cost of Living Crisis / Social Justice
- Democratic Participation



Evidence of impact:

We focus on individual well-being, helping people achieve their goals and improve their lives. One participant struggling with anxiety and isolation sought our support, attending activities after receiving practical assistance. She described her transformation, saying, "I feel like a blockage has been cleared after years of low power mode."

Our participant-led Peer Support Group empowers individuals, enabling one person to take their first holiday in years.

The National Lottery Healthy n Happy has facilitated a £2.6m investment into CamGlen. We engage 290 volunteers annually, offering courses, well-being groups, activities, and community initiatives.

Working with the Springhall Community Resource Group, we revitalised "The Cage" in Springhall with a £500,000 investment, hosting an after-school club and promoting parent engagement, community clean-ups and neighbourhood planning. We combat food poverty by providing food at the club and signpost individuals to other services and volunteering opportunities.

What does community development mean to you?

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Community Development to us is meeting community needs with a strong emphasis on connecting people to policy and partnerships to people. Our board is made up entirely of local residents and listening, responding and empowering is our main focus.

We prioritise mental well-being and provide communities and individuals with the tools and resources they need for self-sufficiency and to thrive.

Healthy n Happy Community Development Trust

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Community Development... A National Priority

There are a number of legislative duties to actively involve communities including The Community Empowerment (Scotland) Act 2015 and The Equality Act (2010). The Scottish Government is pro- actively encouraging local citizens to get involved in influencing decision making through the process of *Democracy Matters*.

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I'm pleased to support this publication. Our diverse communities are the building blocks of our nation. The pandemic saw local people come together to identify and address issues affecting the most vulnerable in our society. The Scottish Government believes that when we trust and resource our communities to take decisions, we see positive change happen. I would encourage communities across the country to get involved in the national Democracy Matters conversation to agree how we can further embed this approach in Scotland.

Mr. Tom Arthur
Minister for Community Wealth and Public Finance

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CDAS and its networks are working flat out helping communities to thrive. Their energy and experience will help to ensure the Democracy Matters conversation delivers on the new possibilities it creates for local decision-making in Scotland.

Brian Logan, Scottish Government
(Democracy matters 2)

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Relying on old measures like GDP, top-down regeneration and the concentration of wealth in a few hands has failed to deliver genuine economic success. Community Wealth Building (CWB) promises a more practical, inclusive and sustainable approach to development... a new people-centred approach ... which redirects wealth back into the local economy, and places control and benefits into the hands of local people ... This includes more democratic, shared ownership of the economy, with support for the development of SMEs, Social Enterprises, employee ownership, cooperatives, municipal activity and community enterprises.

<https://socialenterprise.scot/building-community-wealth-with-social-enterprise>

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Community Development is a specific field of practice defined by its purpose, values and processes. Adhering to the values is what enables progress on purpose and collective outcomes- namely positive social change, particularly for communities that experience the greatest levels of inequality and marginalisation.

Anna Clarke
International Association for Community
Development (IACD)

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What does community development mean to you?

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Community development is a process that is determined by the needs of any given community. Shaping this process are Community Development practitioners who engage with groups in order to enhance the places where they live and thrive. Community Development practitioners support community groups to build capacity by developing skills, knowledge and resources to organise, deliver, campaign and influence decision makers. Given the life changing responsibilities and accountabilities of Community Development work is therefore essential that practitioners are supported to operate within the framework of Community Learning and Development professional competences, values and code of ethics.

Dr. Marion Allison
CLD Standards Council

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