



Healthy n Happy Community Development Trust

Creating Happiness

Healthy n Happy Community Development Trust has issued the following press release, after receiving a grant from the SafeDeposits Scotland Community Fund in its March 2024 funding round:

Healthy n Happy Community Development Trust are delighted to receive funding from SafeDeposits Scotland Community Fund, for their 'Creating Happiness' programme. These funds will provide a great opportunity for them to offer residents in Cambuslang and Rutherglen regular creative, physical and social activities, such as: art, photography and a range of exercise classes; book club and film screenings; and a weekly social coffee afternoon, where people can drop in and chat over tea/coffee and biscuits.

Brendan Rooney, Executive Director for Healthy n Happy said: "Thank you to SafeDeposits Scotland Community Fund. The Creating Happiness programme will give local people a chance to come together, connect and build friendships, reducing loneliness and isolation. It will also offer them an opportunity to improve their general health, wellbeing and fitness, as well as learning and developing new skills. All of these can help to build confidence and improve self esteem, which can positively impact our mental health."

Alan Partridge, Marketing Manager at SafeDeposits Scotland, said: "We are delighted to have awarded this grant of £4,150 to Healthy n Happy Community Development Trust. Their Creating Happiness initiative promises a varied and engaging programme of activities for people in Cambuslang and Rutherglen, and meets one of the key funding criteria of the SafeDeposits Scotland Community Fund which is to promote social inclusion."

Check out Healthy n Happy's What's On page for full details and to book activities
- www.healthynhappy.org.uk/whatson - or call them on 0141 646 0123.