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Kool Kids
Background

Greater Pollok is one of Glasgow's four peripheral housing estates. Situated in the south west of the city Greater Pollok is an area of multiple deprivation with 80% of its enumeration districts within the worst 10% of all Scottish enumeration districts. The population is approximately 43,000 people, residing in 13 neighbourhoods. Unlike its contemporaries of Easterhouse, Castlemilk and Drumchapel, Greater Pollok has not had the benefits of Partnership status and there has been little inward investment. The recent introduction of Social Inclusion Partnership Status has raised hopes that the area can develop and progress.

In 1999 the Greater Pollok Health Review was published. This report was funded by Glasgow City Council, GGHB and the local employment project, Horizons. The report reflected the health concerns of 1000 local residents. Lack of safe play areas, access to sports and leisure facilities, fear for children's safety and lack of access to fresh affordable foods were all concerns raised by parents with regard to children's health and well being. Recommendations from the report concluded that Greater Pollok should have comparable access (with the city) to sports facilities but also recognised that this was a long term objective and that a staged approach was needed. Better use of current facilities and innovative methods of encouraging children to 'get active' were suggested.

In September 1999 a bid to the Social Inclusion Partnership Board for funding to pilot a children's health club in 2 primary schools was successful. A competition to name the club resulted in the title and logo for Kool Kids being designed by the children. Kool Kids adheres to the principle that children will only remain involved with activities that are lively, interactive and fun. These activities included use of art and drama as mediums to address nutrition, hygiene, smoking and self esteem work as part of the school curriculum. The after school physical activity sessions took place one afternoon per week for one hour. Attendance during this pilot phase averaged 54%. The project was fortunate that former Gladiator and now journalist and Radio One presenter Ali Paton (Siren) became its patron. The pilot project also aimed to 'mirror' the children's activities with activities for parents in the hope of influencing change given that children have little real control over what they eat and, as the pilot showed, things like being sent to buy cigarettes.

The pilot ran initially for a twelve week period although Cultural & Leisure Services were able to continue the after school club until the end of term. Following the evaluation report the working group submitted a bid to Greater Pollok SIP, GGHB, Glasgow City Council and Education to extend the club to all 19 primary schools in the area for 3 years. The project will offer training in children's play and sport specific courses.

A copy of the evaluation report is available on request.
Kool Kids
3 Year Project

In September 2000 a bid to the Greater Pollok Social Inclusion Partnership Board was approved. The commitment of joint funding from GGHB, Glasgow City Council Cultural and Leisure Services and Education enabled a three year initiative to be developed that would enable P5 children from all 19 Primary Schools in Greater Pollok to participate. Funding from Barnardo’s was also secured bringing new elements to Kool Kids.

With core funding secured we were able to appoint a co-ordinator (John Harkins) to the initiative. This appointment will ensure better co-ordination of all the elements of the project and a regular point of contact for schools. Additional funding from Barnardo’s will ensure that children will have opportunities to visit facilities within and outwith Greater Pollok and to participate in new activities. This funding will also support pilot work bringing together children and parents to work jointly on health in the environment workshops.

What Kool Kids Provides for Children

This initiative will ensure that all P5 children in Greater Pollok will have the opportunity to become members of Kool Kids. Each child will be given a membership pack with parent’s permission form, membership card, attendance card and a letter of welcome from Patron Ali Paton. All children will take part in the classroom activities (ensuring that no child feels excluded from the club) and everyone will be encouraged to come to the after school club. We recognise that not every child is keen to be a sportsman, which is why the activities include children’s play, co-ordination development and a wide variety of sports. Above all the after school club needs to remain fresh and fun! The overall aim of Kool Kids is to encourage children to see being healthy as the cool option. Positive role models are very important and Ali Paton proved to be a very positive influence in the pilot. Local young people were identified as good role models for children and the project is very fortunate to have a number of young people from the community (and outwith) who are studying/or have studied sports development at our local college (Cardonald). These young people have been a real asset to the project and they have also benefited from training in children’s play and increased employment opportunities. Cardonald College will work alongside Cultural & Leisure Services to develop children’s play as part of their sports curriculum.

What Kool Kids Provides for Parents

Children ultimately have little control over areas of their lives such as what they eat. It is therefore important to encourage the involvement of parents in the activities of Kool Kids. Parents will be offered opportunities to take part in activities of training e.g. children’s play to encourage their involvement and support. Parents or other local adults who participate in children’s play training may be offered employment with Kool Kids and could play a vital role in securing the long term future of the club. Through the support offered from Barnardo’s joint activities with parents and their children will be encouraged.

For more information contact: John Harkins, Project Co-ordinator
Tel 0141 882 3827 or 07761 766 239
This report has been compiled to give the reader an insight into the activities on offer at the Kool Kids Children’s Health Club. We are at present commissioning an in-depth evaluation of the project, which will be available July 2002. Kool Kids have been successful in achieving the aims and objectives set out for the project.

The Aim of Kool Kids is:

To increase physical activity and encourage healthy choices among Primary school children within the curriculum and the supportive environment of the school.

To achieve this, our objectives are to:

- Increase participation in Sport, Play and increase Recreational opportunities delivered in a safe environment, thereby increasing physical fitness.

- Provide information for the children to make positive informed decisions to lead healthier lifestyles and promote general well being. (Involves whole community)

- Encourage parental involvement.

- Increase opportunities for employment and training.

- Monitor and evaluate project.

The project, now nearly entering its third year, goes from strength to strength. It is hoped that Kool Kids will continue after the initial 3 year period and be implemented throughout the whole of Glasgow.
Newspaper columnist and TV Presenter, Ali Paton kept a special promise when she visited children in Greater Pollok. When Ali helped launch Scottish Televisions 'Year of Promise' back in November 1999 she had no idea how soon she would be fulfilling her own promise to help young people enjoy sport more.

Former Gladiator Ali Paton (Siren) was asked to be the patron of the Kool Kids Children's Health Club and she was only too happy to accept.

Ali said, "Because of my active childhood, I have grown into a healthy adult. I am looking forward to helping the Kool Kids make the right choice for a fit and healthy life."

Each child joining the Kool Kids receives a letter from Ali welcoming them to the club.

Ali attended the initial pilot of Kool Kids in January 2000 and sent a video message to the actual project launch in January 2001.

Due to work commitments, Ali is unable to make regular visits but is kept up to date with the progress and she continues to enquire about the development and influence of the project. Ali is a great role model for the children and she has shown great enthusiasm in her role as Patron of Kool Kids.
1. Arden Primary School
2. St. Angela's Primary School
3. St. Bernard's Primary School
4. Bonnyholm Primary School
5. Burnbrae Primary School
6. Carnwadric Primary School
7. Darnley Primary School
8. St. Edmund's Primary School
9. Gowanbank Primary School
10. Househillmuir Primary School
11. Howford Primary School
12. Leithland Primary School
13. St. Louise Primary School
14. McGill Primary School
15. St. Marnock's Primary School
16. St. Monica's Primary School
17. Nitshill Primary School
18. St. Robert's Primary School
19. St. Vincent's Primary School
Kool Kids Children’s Health Club deliver curricular activities 8 times per year in each of the 19 Primary Schools. Each workshop lasts approximately one and half hours and are facilitated by sessional staff (see staffing section).

All the workshops are designed to be interactive and fun.

One Food taster/Healthy Eating Workshop
One Smoking Prevention Workshop
Three Art Workshops
Three Drama/Theatre Workshops

Food Taster/Healthy Eating

The children are encouraged to think about simple healthy choices they can make with everyday food. It also offers them the opportunity to be creative with food and experience new tastes.

Smoking Prevention

The children are involved in discussion on the dangers and risks associated with smoking. Information is presented to them, by way of fun activities and information handouts. This information is then passed from the children to their home.

Art

Art is used as a medium to reinforce the health message. The children are encouraged to create an awareness of health through art. The variety of work produced by the children has been excellent especially considering that many of the children are developing new skills and using various materials for the first time. These workshops are progressive and delivered three weeks concurrently.

Drama/Theatre

Drama/Theatre is used to encourage the children to express themselves creatively and learn about various health issues relevant to them. Through interactive drama, the children can improvise a situation in which they can reflect the specific health message dealt with in the session. Topics range from emotional wellbeing, developing coping strategies and confidence building. These workshops are delivered three weeks concurrently.

<table>
<thead>
<tr>
<th></th>
<th>YEAR ONE</th>
<th>YEAR TWO</th>
</tr>
</thead>
<tbody>
<tr>
<td>Food Taster/Healthy Eating</td>
<td>18 Schools</td>
<td>19 Schools</td>
</tr>
<tr>
<td></td>
<td>472 Children</td>
<td>503 Children</td>
</tr>
<tr>
<td></td>
<td>19 Sessions</td>
<td>21 Sessions</td>
</tr>
<tr>
<td>Smoking Prevention</td>
<td>13 Schools</td>
<td>19 Schools</td>
</tr>
<tr>
<td></td>
<td>330 Children</td>
<td>503 Children</td>
</tr>
<tr>
<td></td>
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<tr>
<td>Art</td>
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<td></td>
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</tr>
<tr>
<td></td>
<td>57 Sessions</td>
<td>63 Sessions</td>
</tr>
<tr>
<td>Drama/Theatre</td>
<td>18 Schools</td>
<td>19 Schools</td>
</tr>
<tr>
<td></td>
<td>472 Children</td>
<td>503 Children</td>
</tr>
<tr>
<td></td>
<td>57 Sessions</td>
<td>63 Sessions</td>
</tr>
</tbody>
</table>
AFTER SCHOOL ACTIVITIES

Each School has a one-hour session held in their school or local community centre one day per week. These sessions are a range of children’s play, games, sports and fitness activities. All the children are involved in setting the ground rules of the After School Club, and have an input into deciding the activities on offer.

Each club is run by qualified sports coaches and playworkers. Two members of staff (minimum) are allocated to each school.

AFTER SCHOOL TIMETABLE

<table>
<thead>
<tr>
<th></th>
<th>YEAR ONE</th>
<th>YEAR TWO</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>Arden</td>
<td>Arden</td>
</tr>
<tr>
<td></td>
<td>St Angela’s</td>
<td>St Angela’s</td>
</tr>
<tr>
<td></td>
<td>Carnwadric</td>
<td>Carnwadric</td>
</tr>
<tr>
<td></td>
<td>Leithland</td>
<td>Leithland</td>
</tr>
<tr>
<td></td>
<td>St Monica’s</td>
<td>St Monica’s</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Bonnyholm</td>
<td>Bonnyholm</td>
</tr>
<tr>
<td></td>
<td>Burnbrae</td>
<td>Burnbrae</td>
</tr>
<tr>
<td></td>
<td>St Louise</td>
<td>St Louise</td>
</tr>
<tr>
<td></td>
<td>St Robert’s</td>
<td>St Robert’s</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td>St Bernard’s</td>
<td>St Bernard’s</td>
</tr>
<tr>
<td></td>
<td>Darnley</td>
<td>Darnley</td>
</tr>
<tr>
<td></td>
<td>Gowanbank</td>
<td>Gowanbank</td>
</tr>
<tr>
<td></td>
<td>Househillmuir</td>
<td>Househillmuir</td>
</tr>
<tr>
<td></td>
<td>Nitshill</td>
<td>McGill</td>
</tr>
<tr>
<td>THURSDAY</td>
<td>St Edmund’s</td>
<td>St Edmund’s</td>
</tr>
<tr>
<td></td>
<td>Mc Gill</td>
<td>Mc Gill</td>
</tr>
<tr>
<td></td>
<td>St Marnock’s</td>
<td>St Marnock’s</td>
</tr>
<tr>
<td></td>
<td>St Vincent’s</td>
<td>St Vincent’s</td>
</tr>
</tbody>
</table>

Due to travel arrangements for pupils at Howford Special Needs School, we are unable to run an after school club. To increase their physical activity levels, Kool Kids provided transport and access to Cultural & Leisure Services, Easter Holiday Programme at Bellahouston Leisure Centre for the children at Howford to take part.

This was a great success with a 60% attendance and we will continue this during the summer programme.
### After School Activities Attendance Year One

**18 Schools - 472 Children**

**287 Sessions - 4,068 Children Participated - 57%**

<table>
<thead>
<tr>
<th>School</th>
<th>P 5 School Roll</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Louise</td>
<td>14</td>
<td>92%</td>
</tr>
<tr>
<td>Nitshill</td>
<td>17</td>
<td>90%</td>
</tr>
<tr>
<td>Burnbrae</td>
<td>20</td>
<td>71%</td>
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<tr>
<td>St Vincent's</td>
<td>22</td>
<td>68%</td>
</tr>
<tr>
<td>McGill</td>
<td>26</td>
<td>66%</td>
</tr>
<tr>
<td>St Robert's</td>
<td>22</td>
<td>65%</td>
</tr>
<tr>
<td>Arden</td>
<td>26</td>
<td>61%</td>
</tr>
<tr>
<td>Carnwadric</td>
<td>19</td>
<td>60%</td>
</tr>
<tr>
<td>St Edmund's</td>
<td>20</td>
<td>60%</td>
</tr>
<tr>
<td>Househillmuir</td>
<td>38</td>
<td>59%</td>
</tr>
<tr>
<td>St Monica's</td>
<td>29</td>
<td>58%</td>
</tr>
<tr>
<td>Bonnyholm</td>
<td>24</td>
<td>56%</td>
</tr>
<tr>
<td>Leithland</td>
<td>22</td>
<td>50%</td>
</tr>
<tr>
<td>St Bernard's</td>
<td>27</td>
<td>49%</td>
</tr>
<tr>
<td>St Angela's</td>
<td>32</td>
<td>41%</td>
</tr>
<tr>
<td>St Marnock's</td>
<td>46</td>
<td>37%</td>
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<tr>
<td>Darnley</td>
<td>34</td>
<td>27%</td>
</tr>
<tr>
<td>Gowanbank</td>
<td>35</td>
<td>24%</td>
</tr>
</tbody>
</table>

### After School Activities Attendance Year Two

**(at March 2002)**

**18 Schools - 483 Children**

**Children Participated - 62%**

<table>
<thead>
<tr>
<th>School</th>
<th>P 5 School Roll</th>
<th>Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td>St Marnock's</td>
<td>63</td>
<td>no figures available</td>
</tr>
<tr>
<td>Nitshill</td>
<td>16</td>
<td>93%</td>
</tr>
<tr>
<td>Househillmuir</td>
<td>28</td>
<td>92%</td>
</tr>
<tr>
<td>St Edmund's</td>
<td>15</td>
<td>91%</td>
</tr>
<tr>
<td>McGill</td>
<td>25</td>
<td>81%</td>
</tr>
<tr>
<td>Burnbrae</td>
<td>21</td>
<td>79%</td>
</tr>
<tr>
<td>Bonnyholm</td>
<td>21</td>
<td>74%</td>
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<tr>
<td>St Angela's</td>
<td>28</td>
<td>73%</td>
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<tr>
<td>St Bernard's</td>
<td>27</td>
<td>72%</td>
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<tr>
<td>St Robert's</td>
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<td>72%</td>
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<tr>
<td>St Vincent's</td>
<td>14</td>
<td>66%</td>
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<tr>
<td>Darnley</td>
<td>43</td>
<td>56%</td>
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<tr>
<td>Leithland</td>
<td>21</td>
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<tr>
<td>Gowanbank</td>
<td>42</td>
<td>51%</td>
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<td>St Monica's</td>
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<td>50%</td>
</tr>
<tr>
<td>Arden</td>
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<td>47%</td>
</tr>
<tr>
<td>St Louise</td>
<td>25</td>
<td>36%</td>
</tr>
<tr>
<td>Carnwadric</td>
<td>22</td>
<td>34%</td>
</tr>
</tbody>
</table>
January 2001

Kool Kids Launch

350 Kool Kids took part in our launch day at Cardonald College, which involved, an art class, food tasting session, potted sports, children’s games, fitness circuit class and performance of the Kool Kids rap and Kool Kids song. Our design a menu winners received a £10 voucher and enjoyed a healthy lunch.

Everyone had a great time, not least the children who enjoyed the BIG TOP performers, who ended their show by juggling knives over the top of two brave teachers (how the kids laughed).

We had some very important guests at the event including Susan Deacon (Health Minister), Carol Tannahill (Director Health Promotion), M.P.s, MSPs, Councillors, Head Teachers, Teachers, Parents and most important of all, Kool Kids.

Ali Paton (SIREN) was very sorry she couldn’t attend due to work commitments, but she did send a video message wishing everyone well and she continues to ask about the progress of Kool Kids.

Each Kool Kid at the event received a bag of goodies at the end, which included a T Shirt, Membership Pack, Juice and Fruit.

May 2001

Trip To Glasgow Ski Centre

The Kool Kids with best attendance at the After School Clubs, received the opportunity to try their hand at skiing at the Glasgow Ski Centre.

A total of 133 Kool Kids participated over four days. For the majority of the children this was their first opportunity to take part in this type of activity.

All the children thoroughly enjoyed the days they participated. The instructors at the centre were very impressed by the skill levels shown by beginners and commented on this and their excellent behaviour.
June 2001

Greater Pollok Mini Olympics at Bellahouston Sports Centre

450 children from 18 schools participated in an indoor athletic event over two sessions. This was an interschools event aimed at accessing local sporting facilities and promoting athletics development in the area.

Every child attending was entered into a prize draw for 80 children to take part in an athletics development camp and football development camp run by Cultural & Leisure Services, during the summer holidays.

All participants received certificates, two free passes to attend summer holiday programme run by Cultural & Leisure Services and Kool Kids promotional goodies.

This event was a great success and enjoyed by all.

January 2002

King's Theatre

This was the first time the majority of the children had been to the theatre and viewed professionals performing on stage. It gave the children an insight into theatre prior to their curricular drama workshops and gave them the opportunity to access a magnificent facility.

We received great feedback from all the schools that attended and the impression left on the children exceeded our expectations.
November 2001

Right Fit Event, Butlins Skegness

2 Kools Kids, Ryan Brophy and Paul McCann from Arden Primary were chosen to represent Kool Kids at the above event along with co-ordinator (John Harkins) and local parent (Helen Villiers).

It was a great (tiring) and ever eventful three days. Here is a short diary of the trip:-

Monday 26th November
1.00pm leave Arden, 2.00pm left Glasgow Central Edinburgh/Newcastle/Darlington/Durham, 5.30pm arrive York train station, 6pm check into hotel, 7pm out to dinner in York, 10.00pm bed.

Tuesday 27th November
5.00am wake up (who said this trip would be fun), 6.00am taxi to York station, 6.30am breakfast, 7.00am bus to Skegness (meet other project reps), 9.00am Sheffield, 11.30am arrive Butlins, 12.30pm check in, 1.00pm lunch, 2.00pm Right Fit welcoming party, 2.30pm workshop one, 4.30pm workshop two, 6.00pm pool/ ten pin bowling (which John won), 7.00pm dinner, 8.30pm disco time, 10.00pm bed (exhaustion is setting in)

Wednesday 28th November
7.00am wake up, 8.00am breakfast, 9.15 – 11.15am demonstrations by projects, 11.30am presentation (Bubble from big brother gets the chance to meet Kool Kids) 1.00pm bus to York, 4.00pm arrive in York, 5.15pm train to Glasgow, 8.45pm home

The trip was a great experience for the Kool Kids and although exhausting, it was very worthwhile. A special thanks to Helen who was on hand to chaperone Ryan, Paul and myself over the three days.
PARENTS ACTIVITIES

Information Workshops run at local venues. Workshops mirror children's curricular activities.

Food Tasting/ Recipes
Art/ Clay Modelling
Children's Play/ Sports Activities
Aromatherapy Sessions
Smoking Prevention

JOINT PARENT/ CHILD ACTIVITIES

Aqua Fit Sessions / Pollok Health Event
Aerobics Sessions / Pollok Health Event
Circuit Training / Pollok Health Event
Art Workshops / Women's Health Day
Trip to Theatre / King's Theatre

Trying to encourage parental involvement and participation is a very slow process. By providing information leaflets for the children to take home, the health message gets across to the parents who fail to take up our opportunity of workshops.

The parent’s who have attended, have taken a great deal from our sessions, which prove very beneficial to them. The sessions also allow parents to access local facilities.

Involving parent’s has been limited, however the evaluation of the pilot recorded that 96% of parents reported that their children talked to them about the club and about what they learned. Therefore there is some evidence of a cascade effect taking place.

A local parent Helen Villiers accompanied the co-ordinator and two Kool Kids to a promotional event at Butlins, Skegness.
STAFFING

A main aim of Kool Kids was to increase opportunities for employment and training. It was hoped that local people could become involved in the delivery of the project and receive training so as to increase the sustainability of the project and to aid people's personal development. We have established close links with Cardonald College, recruiting students from sports/fitness/arts courses.

Cultural & Leisure Services are responsible for administrating staff payments and SCRO checks being carried out on any potential employee's and there are ongoing training opportunities available to staff through Sports Development Programmes, Children's Play, Youth Services and Local College's. Health Promotions employ staff to deliver anti smoking workshops.

After School Club Workers are qualified sports coaches and playworkers, there are also additional staff who facilitate the various curricular workshops.

Art Workshops are run by Community Artists aided by sessional art workers. Food Workshops are run by Food & Nutrition Specialists aided by sessional workers. Smoking Prevention Workshops are run by sessional staff trained to deliver appropriate information.

Drama Workshops are run by Local Theatre Groups.
YEAR ONE

John Harkins was employed as full time Development Co-ordinator in January 2001, line managed and supported by Lorraine Wark (Community Action Officer).

After School Clubs

A total of 26 people were employed sessionally to deliver After School Activities. 12 of who were people from the immediate area G53. 15 of who were students from the local college studying sports/fitness/arts.

Each member of staff has the opportunity of additional work from Cultural & Leisure Services, for their ongoing sports/play programmes.

One member of sessional staff has now moved on to full time employment as a classroom assistant with the Education Department.

Art Workshops

Community artists Robert Coia/Kathy Gillies, developed and delivered sessions. 3 sessional staff 2 of who were people from the immediate area G53

Food Workshops

Delivered by Justina Struthers, Nutritionist 3 sessional staff, trained in Food Hygiene 2 of who were people from the immediate area G53

Smoking Prevention Workshops

2 staff delivered programme, trained by Smoking Concerns 2 of who were people from the immediate area G53

Drama Workshops

Delivered by Govan Theatre Works, who employed the sessional staff.
YEAR TWO

After School Clubs

A total of 21 people were employed sessionally to deliver After School Activities.
15 people were retained from year one
7 of who are people from the immediate area G53
7 of who are students from the local college studying sports/fitness/arts.
3 now at University

Each member of staff has the opportunity of additional work from Cultural & Leisure Services, for there ongoing sports/play programmes.

12 members of staff passed St Andrew's Ambulance First Aid Course.
10 offered places on rugby league coaching course

One member of sessional staff has now moved on to full time employment as a Children's Activity Rep for Thomson's in Majorca.

One member of sessional staff now has part time post with Milton DASH Club (special needs children).

One member of sessional staff now has a part time job with Quarriers Homes (Children at risk).

One member of sessional staff has just completed an interview for Teacher Training at Glasgow University.

Art Workshops

Community Artist Liz Sheperd, developed and delivered sessions
3 sessional staff
2 of who are people from the immediate area G53

Food Workshops

Delivered by Justina Struthers, Nutritionist
4 sessional staff
2 of who are people from the immediate area G53

Anti Smoking Workshops

2 staff developed and delivered full programme in consultation with Smoking Concern's

Drama Workshops

Delivered by T.R.A.M. Theatre Group, who employed the sessional staff.
Kool Kids is an excellent example of Partnership Working. Each partner is essential to the success of the project and valued for what they bring to Kool Kids.

Greater Pollok Social Inclusion Partnership Board
Main Funding
Monitoring & Evaluation

Glasgow City Council Cultural & Leisure Services
Funding / Admin Support
Training / Resources /
Monitoring

Education Department
Funding
Access to Schools

Greater Glasgow NHS Health Promotion
Funding / Admin Support /
Resources / Monitoring

Barnardo's/GlaxoSmithKline Right Fit
Funding / Monitoring &
Evaluation

Cardonald College Sports/Fitness /
Arts Sections
Staff

Local Parents
Support / Project
Involvement