

additional portfolio items...

2013



**Scottish
Communities
for Health
& Wellbeing**





Fotoula Adrimi
empowering success



Fotoula Adrimi
empowering success

PERSONAL COACH
PROFESSIONAL COACH
CORPORATE FIREWALK INSTRUCTOR

0141 946 7568
07969 459756

[FIREWALKING](#) [ABOUT FOTOULA](#) [COACHING](#) [PERSONAL DEVELOPMENT](#) [BLOG](#) [CONTACT](#)



What would you do if you knew you couldn't fail?

If you always do what you always did, you will always have what you always had.

Unlock your potential!

Increase your motivation and that of your staff.

Inspire others with your life example.

Break through limiting beliefs.

Enjoy life!

Welcome!



Firewalking and life coaching are two empowering vehicles that stretch our comfort zone, limiting beliefs, old patterns and take us from inaction and procrastination to positive action and desired outcomes.

I have a passion for enabling people be fulfilled in their life, celebrating their successes and having fun along the way. I help people celebrate their strengths and feel positive about themselves and life.

Why do we not take action to fulfill our dreams?

In my practice I meet many people who have worthwhile, achievable, realistic dreams, yet it is only 10% of the population that get to live their dream in their life, no matter what their circumstances are. [Life coaching](#) is the vehicle towards success, fulfillment and happiness.

In my practice, I have developed an enthusiastic, warm and inspirational way to empower and support people's choices and bring about positive change. I assist organisations as well as private individuals to attain their personal and business aspirations.

GO FOR GOLD!



Would an Olympic athlete do without a coach? Life coaching enables us to go for gold in life. [Link to life coaching page.](#) [Click here to find out more.](#)

SEE HOW YOU SCORE IN THE...



Check out my Blog

[Relaxation Programme](#)

[What I have been doing in America](#)

Business Coaching

[Click here to see how a One Day Seminar could turn your business around!](#)

ONE DAY
Seminar



Weight Loss Programme

The Healthy Living weight loss programme, including hypnosis, life coaching and mentoring!

Weight Loss
PROGRAMME

THE DAY I SWAPPED
MY DAD FOR TWO
GOLDFISH

THE DAY I SWAPPED
MY DAD FOR TWO
GOLDFISH

for ages
6-10

NATIONAL THEATRE OF SCOTLAND

By Neil Gaiman and Dave McKean, in a new adaptation
created by Lu Kemp and Abigail Docherty.
Written by Oliver Emanuel. Directed by Lu Kemp.

supported by
MACKIE'S of Scotland
www.mackies.co.uk

©NTSonline #2Goldfish nationaltheatrescotland.com

Please note that booking fees may apply on tickets, which will be less after other booking. The National Theatre of Scotland reserves the right to alter casts, performances, timing or ticket arrangements and admissions may not be advised. National Theatre of Scotland, a company limited by guarantee and registered in Scotland (SC3542775) is a registered Scottish charity (SC020517). Photography by Simon Murray. nationaltheatrescotland.com

THE DAY I SWAPPED
MY DAD FOR TWO
GOLDFISH

NATIONAL THEATRE OF SCOTLAND

By Neil Gaiman and Dave McKean, in a new adaptation
created by Lu Kemp and Abigail Docherty.
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©NTSonline #2Goldfish nationaltheatrescotland.com

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Kerrera Tea Garden



& Bunkhouse

OPEN Easter - Sept
7 days a week

10.30am - 4.30pm

Serving delicious homemade
cakes, breads, soups
and sandwiches

Check our Daily Specials!

Outdoor and indoor seating,
just a few minutes walk
from stunning Gylen Castle

01631 566367

Large groups please phone
in advance, thanks

Cosy bunkhouse, sleeps 7, open all year

www.kerrerabunkhouse.co.uk

info@kerrerabunkhouse.co.uk





Healthy n Happy

Community Development Trust

annual report 2012

tenth anniversary edition



Company Information 31st March 2012

Board of Directors: May Caldwell (Chairperson)
Kim Jackson (Treasurer)
Margaret Robinson
Jim Bolton
John Cassidy
Ian Robertson
Anne Anderson
Joy Anderson
Hamish McBride

Company Secretary: Brendan Rooney

Registered Office: 57 Belmont Road
Cambuslang
GLASGOW
G72 8PG

Company Registration Number: SC227276

Scottish Charity Registration Number: SC032654

Accountants: Greg Hannah & Company
26 Victoria Street
Rutherglen, G73 1ES

Auditors: The Kelvin Partnership
505 Great Western Rd
Glasgow G12 8HN

Bankers: Royal Bank of Scotland
90 Main St. Cambuslang,
G72 7NW

Contact Details: 57 Belmont Road
Cambuslang G72 8PG
Tel: 0141 646 0123
Fax: 0141 646 1733
enquiries@healthynhappy.org.uk



This publication is available in large print, Braille and easy to read versions, or on audio-tape. We can also provide translations in other languages. Please ask for details.

Healthy n Happy Community Development Trust is a trading name of HealthynHappy, a Company Limited by Guarantee registered in Scotland (Register No SC227276) having its registered office at 57 Belmont Road, Cambuslang, G72 8PG, is recognised as a Scottish Charity (Scottish Charity No SC032654)

Thank You

Our work throughout the last year could not have continued without the assistance of our local communities, volunteers and numerous organisations in Cambuslang, Rutherglen, South Lanarkshire and across the whole of Scotland.

To these organisations and especially to the communities of Cambuslang and Rutherglen we wish to express our sincere thanks and appreciation for your help and assistance throughout the year

Co-opted directors as at 31 March 2012

John McCafferty
Gillian Lindsay

South Lanarkshire Council
Lanarkshire NHS

Staff as at 31 March 2012

Brendan Rooney
Jane Churchill
Stan Middleton
Bernie Strachan
Lesley Towilson
Joy Mitchell
Jan Taylor
Veronica MacLeod
Caroline Graham
Thomas Curry
Martin Shields
Allison Stel
Lindsay Naughton
Callum Boyle

Gillian Ure

Initiative Director
Assistant Director
Administrator
Administration Support Officer
Administration Support Officer
Senior Development Officer
Development Worker
Development Worker
Volunteer Co-ordinator
Camglen Radio Station Co-ordinator
Camglen Radio Project Worker
Project Worker
Administration Assistant
South Lanarkshire Council Graduate
Scheme – work placement
South Lanarkshire Council Graduate
Scheme – work placement

COMIC
RELIEF



NHS
Greater Glasgow
and Clyde

NHS
Lanarkshire

THE ROBERTSON
TRUST

g CLYDEGATEWAY

SOUTH
LANARKSHIRE
COUNCIL

Organisational Structure 31st March 2012



Board of Directors



Director
Brendan Rooney



Administrator
Stan Middleton



Assistant Director
Jane Churchill



Senior Development Officer
Joy Mitchell



Development Worker
Veronica MacLeod



Admin Support Officer
Bernie Strachan



Admin Support Officer
Lesley Towilson



Volunteer Co-ordinator
Caroline Graham



Development Worker
Jan Taylor



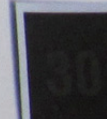
Admin Assistant
Lindsay Naughton



Camglen Radio Co-ordinator
Tam Curry



Camglen Radio Project Worker
Martin Shields



30 Sessional Workers



113 Volunteers

Working with you to improve lives and make Cambuslang and Rutherglen healthier and happier.

Statistics

- 370 local school children improved their confidence through learning radio broadcasting skills and presenting live radio
- 15 volunteers challenged stigma of mental health through engaging with over 1000
- 7663 smoothies have been prepared on the smoothie bike
- 57 stress management action plans supported through "Open Doors" sessions
- 654 school children engaged in the Healthy Choices and Alcohol Prevention and Education programmes
- 74 mums visited our parent café, increasing confidence and skills in parenting and raising awareness of child related health & wellbeing
- 227 people took part in the Burnhill Consultation helping to inform community priorities and plans
- 225 customers benefited from low cost, high quality fruit and veg from our Fruit Barra
- 6100 beneficiaries were reached outwith the local area
- 20 children from Cathkin SEN class were involved in food handling training, benefitting their social enterprise café
- 3 South Lanarkshire schools were supported to build their own permanent radio station
- £3270.68 kindly donated to the charity by very generous benefactors
- 58 venues were used within the Cambuslang and Rutherglen district
- 14 mums and babies completed baby exercise classes encouraging active play and exercise
- 1 film "The Stigma of Living with Mental Health Issues" was made by Callum during a graduate placement, featuring several of our volunteers who share their first hand experiences
- 270 people contributed to the "Express yr Health" young people's art exhibition in Rutherglen Shopping Centre
- 2806 Camglen radio listeners heard local bands and information about local events
- 27 chilled out ready for the weekend with our Friday Relaxation Group
- 19 local unemployed people gained new skills and confidence, earning SQA qualifications in Radio Feature Production
- 27 families attended workshops such as Screaming Optional and Mood Foods for Happy Families
- 120 Trinity pupils shared their healthy choices tips and messages at the "Well Prepared" event
- 6968 beneficiaries were reached by the CHI, Camglen Radio and HealthynHappy Enterprises within the area
- 113 volunteers help the CHI run smoothly
- 13 mums and babies completed our Baby Massage class
- 17161 cuppas were consumed by staff visitors and volunteers an overall increase of 10% on last year



The Future

As May, our Chairperson, stated in her report we face the next financial year with many challenges and key decisions to be made.

One decision already made and acted upon was the decision to move on and become a Community Development Trust. Therefore from June 2012 we will be formally known as Healthyn Happy Community Development Trust. In reality we have been undertaking the role of a Trust for a number of years so therefore our day to day operations will not be affected greatly.

We are proud to say that we are staying true to the values that this organisation was set up with such as "Everyone should have the opportunity to improve their health" and "We need to work together to achieve change." We will make no change to the commitment of how we work with our community, including:

- Encouraging community members to build on and develop confidence, experience and skills
- Challenging stereotypes and prejudice
- Working to make a lasting difference

We have a bright future ahead and we are looking forward to opening the doors that being a Community Development Trust brings.

We have now expanded through taking on the hosting of the Den youth health project and we are excited about the opportunities for young people that we can develop through this. Camglen Radio has been awarded its five-year broadcast licence and we have two years to prepare for this.

So what can you expect from us? Well, you can expect opportunities to increase confidence, learn new skills, to meet people and to improve where you live. Partner agencies can expect innovative solutions to achieving their outcomes by utilising our local community expertise. We will, of course, maintain and enhance our caring and friendly approach and everyone will still receive the same warm welcome into our groups, activities and offices as they always have. You will see some new staff around the place and out and about as we have now employed four project workers to help us deliver our programmes. All these staff have been working sessionally with us previously so you will recognise them!

With a change of name comes a change of logo. We would like to thank Community Enterprise, Fresh Focus Marketing and Doug Summers Graphics for their support in getting us through our re-branding.

There are exciting times ahead! We know there will continue to be challenges but we will meet them head on and with a clear sense of purpose. We will be working alongside the people and communities of Cambuslang and Rutherglen all the way.



Healthy n Happy



Search here...



Community Development Trust

last updated: Tuesday 18 September, 2012

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Balloon launch for our Smoke Free Homes project, part of our Healthy Choices service area.

This Week's Question

What's the best thing about CamGlen Radio?

- ☐ the music
- ☐ the chat
- ☐ the local information
- ☐ being involved

Vote

[View Poll Results >](#)

What's On

Our new website goes live!

Wednesday 19, September 2012

Welcome to Healthy n Happy's new website, we hope you find it interesting and useful. Let us know what you think of our new look!

Springhall Family Fun Day

Sunday 28, October 2012

Springhall Community Resource Group is hosting a Family Fun Day from 12pm to 4pm at the Springhall Community Centre.



SUPPORTING SCHOOLS TO DEVELOP THEIR VERY OWN RADIO STATIONS.

On Facebook

Healthy n Happy Community Development Trust on Facebook
Like 127

Healthy n Happy Community Development Trust
It's our AGM today! Hope to see you there!

Healthy n Happy Community Development Trust
3 hours ago

Healthy n Happy Community Development Trust

Facebook social plugin



about 42 days ago We are offering courses and workshops for training people to help with stress and mental health issues, call 0141 646 0123 to find out more!



Healthy n Happy
Community Development Trust

Healthy n Happy Community Development Trust
Unit 3
57 Belmont Road
Cambuslang
G72 8PG

enquiries@healthynhappy.org.uk
0141 646 0123

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Healthynhappy (known as Healthy n Happy Community Development Trust) is a charity registered in Scotland, no. SC032654. Healthynhappy is a company limited by guarantee, registered in Scotland (company no. SC22276). The trading arm of Healthy n Happy Community Development Trust is Healthy n Happy Enterprises Ltd, a company limited by guarantee registered in Scotland, company no. SC302423. Registered office at Unit 3, 57 Belmont Road, Cambuslang, G72 8PG.



Healthy n Happy

Search here...



Community Development Trust

last updated: Wednesday 19 September, 2012

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Parent Cafés



"As a new mother it has been a fantastic help to learn so much, especially letting my baby play with other babies"

Parent

We provide a relaxed and friendly environment where you can meet other parents of new babies and enjoy light refreshments while getting practical help, support and ideas for enjoying your new baby.

Who is it for?

If you are a parent living in the area of Cambuslang or Rutherglen with a baby or toddler under the age of two, you are welcome! We have two different cafes in Whitlawburn, one for younger babies (0-1 years) and one for older babies and toddlers (1-2 years). We also have another cafe in Burnhill for babies under one.

How to get involved

Our Wednesday cafe at the Whitlawburn Community Resource Centre (Mull Room) 10am to 12pm and our Thursday cafe at Burnhill Sports Centre from 1pm to 3pm are both for babies under one. Our Friday cafe from 1pm to 2pm in Whitlawburn Community Resource Centre is for babies and toddlers from one to two years old.

You don't need to phone up in advance, just turn up! We suggest a voluntary donation of £2 per week, to help cover the costs of the cafe, but this is optional.

Activities

We have a range of different activities and taster sessions available at the cafes including Rhyme Time, mental health awareness, money matters, and child development activities.

For further information please telephone Lesley on 0141 641 5236 or email lesley@healthynhappy.org.uk



Offering a gentle atmosphere for parents and babies to interact, make friends and have a wonderful time



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Cambuslang
G72 8PG

enquiries@healthynhappy.org.uk
0141 646 0123

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Healthy n Happy



Search here...



Community Development Trust

last updated: Tuesday 18 September, 2012

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What's On

Coming Up

Wednesday 19, September 2012

Our new website goes live!

Welcome to Healthy n Happy's new website! We hope you find it useful and interesting. Let us know what you think of our new look via Twitter, using [@HnH_TheTrust](#), on [Facebook](#) or by email to enquiries@healthynhappy.org.uk

Sunday 28, October 2012

Springhall Family Fun Day

Following the success of their community clean up on the 15th of April, Springhall Community Resource Group is hosting a Family Fun Day.

All Springhall residents will be welcome to come along and join the fun. There will be activities for all ages, including a Bouncy Castle, Balloon Modeller, Arts and Crafts, Music, a range of traditional family games and lots more. Strathclyde Fire Brigade will be in attendance, so come along and have a nosy round their fire engine.

When? Sunday the 28th of October, 2012 from 12 until 4pm

Where? Springhall Community Centre in Cruachan Road, Springhall

Ongoing Events

The events below are ongoing. Click the links below for more details

Information Station

Every Thursday 9.30am to 11.00am, we host our health information stand at Rutherglen Health Centre

The Fruit Barra

Fresh fruit and veg on sale Thursdays 10.30am to 2.30pm and Fridays 5pm to 7pm at Benmore Tower in Whitlawburn

The Den

Aged between 12 and 25? Drop in for confidential information and support. Thursdays 5-7pm at Rutherglen Health Centre

Parent Cafés

A chance for parents to have a cuppa and share information and support, at Whitlawburn Community Centre or Burnhill Sports Centre.

Camglen Broadcasts

You can listen to previous broadcasts on [Mixcloud](#) or visit www.camglenradio.org for future broadcasts and details.

Open Doors

Information about and appointments for our stress management service are available by phoning Lesley on 0141 641 5236

Choices

Choices workshops – a pick 'n' mix of topics relating to managing stress. Try one or try them all! Call 0141 641 5236 for info.



Healthy n Happy

Community Development Trust

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Unit 3
57 Belmont Road
Cambuslang
G72 8PG

enquiries@healthynhappy.org.uk
0141 646 0123

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Sad but true, we're all going to die.



Plan your exit strategy

- Record your **wishes**
- Appoint a trusted **keyholder**
- Sort your legal and financial affairs
Eg, a Will, Advance Decision, Power of Attorney
- Pass on key **documents** to next of kin
- Start a bucket list
- Plan your **send-off**
- Pass on treasured **photos & films**
- Leave **messages**

Organise a funeral

- See our **10 step guide**
- Get tips on funeral **music** and **words**
- Understand the rules and options
- Get inspiration and ideas
- Understand costs, payments and benefits
- Find a **funeral director**
- Contact a **humanist** or **celebrant**
- Find a **wicker coffin** or handmade **urn**
- Get ideas for memorial or life celebration

Our **films**, **guides**, directories, advice and information will keep you right.

See our films for tips on how to talk to family and friends about **life and death decisions**.

Find out the **benefits of planning ahead**.

Find all the **services** and help you might need.

www.finalfling.com



phone: 0845 200 1132 email: info@finalfling.com [@finalflinguk](https://twitter.com/finalflinguk) #finalfling facebook.com/finalflingfamily



NEWS

NEWS TEASER



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FEATURED STORY



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SOMETHING ELSE



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MAIN CONTENT



PHOTO/VIDEO DESCRIPTION

Watch this video to gain insight into the great work we do here at SRC. Caring, sharing and rebuilding lives and families.

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam vulputate nulla in urna rhoncus mollis. In posuere semper elit, sed dictum nisi sagittis in. Phasellus lectus elit, laoreet in interdum eget.

ARE
YOU
IN?



ADDITIONAL INFO

SCOTTISH RECOVERY CONSORTIUM

234 West George Street,
Glasgow
G2 4QY

0141 226 1662
enquiries@sdrconsortium

PARTNERS/LINKS



© 2012 Scottish Recovery Consortium





SEVEN LOCHS wetland park

Scotland's Largest Urban Wetland Park

[Home](#)[The Park](#)[iMap](#)[What's On](#)[Get Involved](#)[Get There](#)[Contact](#)

Twitter Feed: Ranger walk for 9-12 year olds today at 10. Hogganfield visitor centre. [ow.ly/iogah](#)

Latest news

New Bridge for Gartcosh

Visitors from the Gartcosh area will have easier access to the park from April 2014 when a new bridge will link Blairhenry Marsh with Craggenpipe loch.

[read more](#)

20-12-2013

40 Species of Newt discovered in Gartloch Pools.

A new survey by the Royal Society for the protection of Amphibians has discovered 40 species of newt within the park.

[read more](#)

20-12-2013

Canoe Safari on Bishops Loch Every Wednesday

A new survey by the Royal Society for the protection of Amphibians has discovered 40 species of newt within the park.

[read more](#)

Interactive Map



Plants & Animal Species



Mammals	13	Invertebrates	457
Birds	54	Plants	1024
Reptiles & Amphibians	7	Fungi	99



What to feed to Ducks, Geese and Swans...



HANDS UP!
for nature...
SEVEN LOCHS
VOLUNTEERING SCHEMES

Contact Details

Seven Lochs Wetland Park
GCV Green Network Partnership
125 West Regent Street,
Glasgow,
G2 2SA

call: 0141 229 7746
enquiries@gcvgreennetwork.gov.uk

Signposts

The Park
iMap
What's On
Get Involved
Getting There
Contact Us

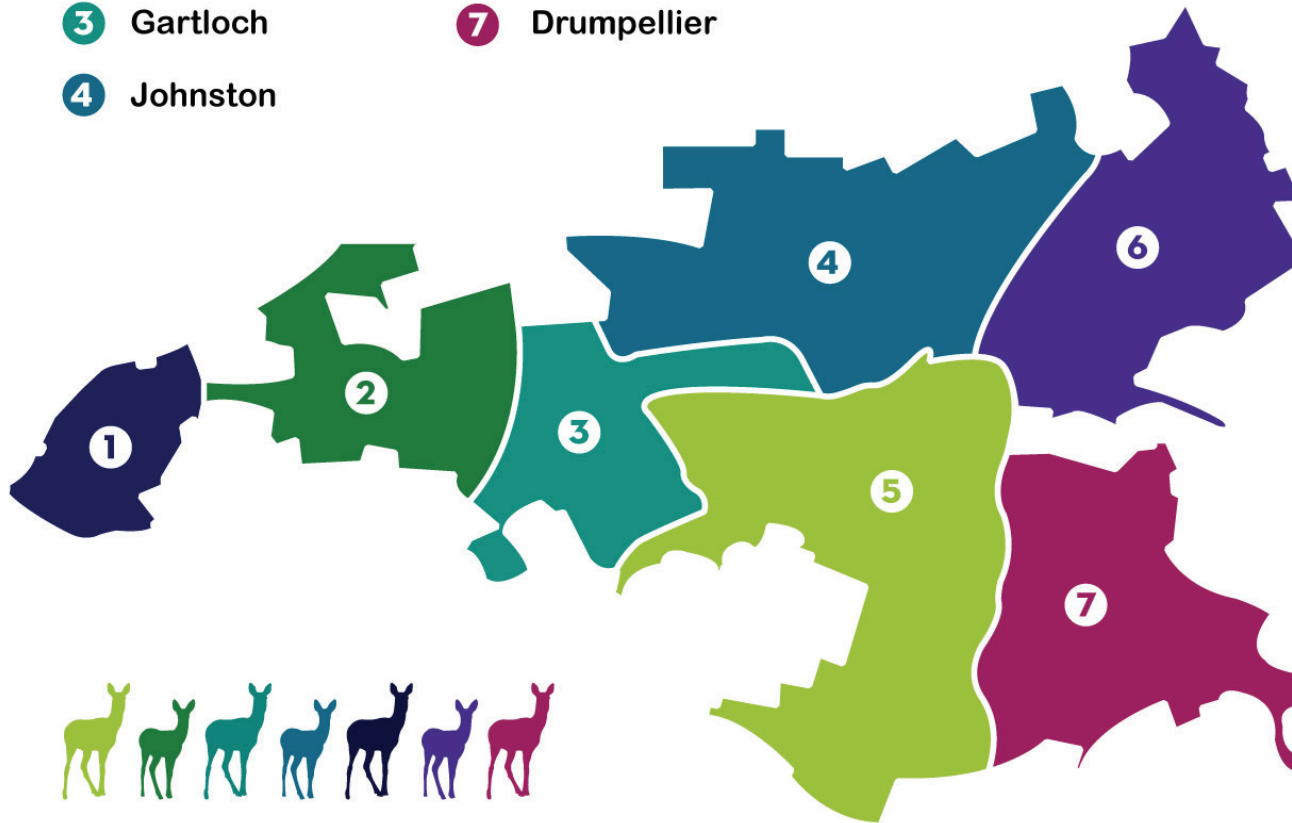
Policy

Cookie Policy
Terms & Conditions
Park Rules & Regulations
Bylaws

Partners

Glasgow City Council
North Lanarkshire Council
RSPB
Scottish Natural Heritage

- | | |
|---------------|---------------|
| 1 Hogganfield | 5 Bishop |
| 2 Frankfield | 6 Garnqueen |
| 3 Gartloch | 7 Drumpellier |
| 4 Johnston | |



Colour Palette

KNOCKENGORROCH

World Ceilidh

23-26 MAY 2013 SW SCOTLAND
MUSIC TO THE HILLS PEOPLE TO THE LAND

ASIAN DUB
FOUNDATION

CEDRIC WATSON

AND
BIJOU CREOLE

SHEELANAGIG

ORKESTRA DEL SOL

VIBRONICS

KRAR COLLECTIVE

FEDERATION OF THE DISCO PIMP

FREDDY TOO MUCH
FROGS FUN CLUB

MORPHAMISH

CONGO
NATTY

AKA REBEL MC

FEAT.
TENOR FLY

MUNGOS

H-I-FI

SOUND

SYSTEM

HEADMIX

COLLECTIVE

LUKE VIBERT

SLAMBOREE

BREABACH

THE CORRESPONDENTS

DIZRAELI

AND THE SMALL GODS

TREMBLING BELLS

THE JOHN LANGAN BAND

SAMEDIA SHEBEEN

AND MANY MANY MORE...

Plus! the Celtic Longhouse, kids' activities, workshops, cinema, stalls, cabaret, open mic, sessions, storytelling, comedy, real ales, great food, fire, camping, healing zone, sauna, showers and more...

www.knockengoroch.org.uk box office: 01644 460662

* line up may be subject to change



KNOCKENGORROCH

World Ceilidh

23-26 MAY 2013

Glasgow •

• Ayr

• K

Castle
Douglas

Dumfries

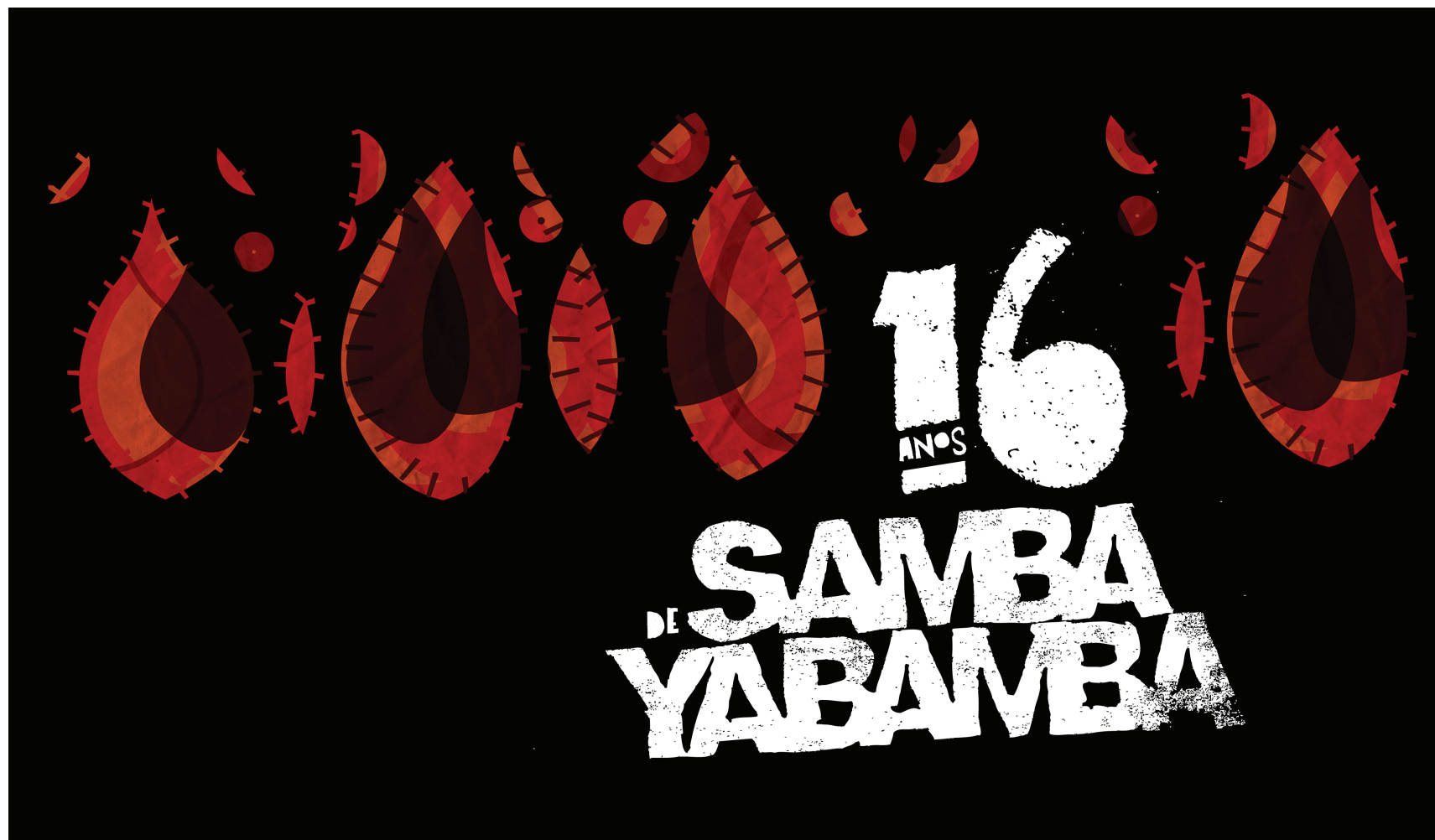
• Carlisle •

Whether you hail from Scotland, Pangaea, Middle Earth or Mars make the journey into the Southern Uplands and gather where all are one, under the stars in the darkest skies in the UK (certified). With music and more from near, far and everywhere in-between, it's the biggest biteable-sized festival in any mountain valley this side of Alba. Come and be huge with us...

MUSIC TO THE HILLS, PEOPLE TO THE LAND !

www.knockengorloch.org.uk












SCOTTISH COAL RACE

Tianjin People's Arts Theatre **VOX MOTUS** [NATIONAL THEATRE OF SCOTLAND]

DRAGON

WORLD PREMIERE
Written by Oliver Emanuel
Conceived by Jamie Harrison, Oliver Emanuel and Candice Edmunds



An extraordinary visual story told without words, featuring puppetry, illusion and original music.

CITIZENS THEATRE

Friday 11 – Saturday 19 October, 2013, 7pm
 Previews: Friday 11 & Saturday 12 October, 7pm
 Matinee: Saturday 19 October, 2pm
 Box Office: 0141 429 0022
citiz.co.uk

@NTSonline
voxmotus.co.uk
nationaltheatrescotland.com
 Recommended for 9 years +

Please note that booking fees may apply on tickets, check with the box office when booking. The National Theatre of Scotland reserves the right to alter casts, performances, seating or ticket arrangements and to postpone or cancel performances. The National Theatre of Scotland, a company limited by guarantee and registered in Scotland (SC28270) is a registered Scottish charity (SC033777). Poster illustration by Kevin Allen/The Two Much Fun Club. Design by Doug Summers Graphics.

Tianjin People's Arts Theatre **VOX MOTUS** [NATIONAL THEATRE OF SCOTLAND]

DRAGON

WORLD PREMIERE
Written by Oliver Emanuel
Conceived by Jamie Harrison, Oliver Emanuel and Candice Edmunds

A show for adults, teenagers and children with vivid imaginations.

Tommy can't sleep. He hasn't been able to since his mum died a year ago. Since then, life has gone from bad to worse. His dad is grief-stricken, his big sister ignores him and he's become the target for the school bully. Then one restless night, Tommy goes to the window, throws back the curtain and...

...a dragon is looking at him.

Straight in the eye.

Terrifying and destructive, but powerfully intoxicating, the dragon burns with the anger and hurt that Tommy feels and makes anything seem possible. They go everywhere together as if connected by invisible thread and suddenly life is much better again. But mysterious fires have started igniting across Glasgow's Garnethill.

An extraordinary visual story told without words, featuring puppetry, illusion and original music.

Directed by Candice Edmunds and Jamie Harrison // Designed by Jamie Harrison // Puppet Design by Jamie Harrison and Guy Bishop // Composed by Tim Phillips // Lighting Design by Simon Wilkinson // Sound Design by Mark Melville

CAST // Martin McCormick // Joanne McGuinness // Scott Miller // Adura Onashile // Clodion Whight // Zhang Kai // Tao Yan

Dragon has been created by the magnificently inventive Vox Motus in their trademark performance style in co-production with the National Theatre of Scotland and the Tianjin People's Art Theatre

'crucial magical staging illusions by Jamie Harrison of Glasgow's Vox Motus company, is a triumph in every department.'

The Herald on Charlie and the Chocolate Factory (Warner Brothers/Head Street Productions)

GLASGOW
Citizens Theatre

Friday 11 – Saturday 19 October, 2013, 7pm
 Previews: Friday 11 & Saturday 12 October, 7pm
 Matinee: Saturday 19 October, 2pm
 Tickets: £14 Adults, £8.50 Child, £3 Previews
 Family Discounts: £33 Family of 3 (1 child min), £40 Family of 4 (2 child min), £48 Family of 5 (3 child min)
 Box Office: 0141 429 0022
citiz.co.uk

INVERNESS
Eden Court

Tuesday 22 – Saturday 26 October, 2013, 7pm
 Matinee: Thursday 24 October, 1.30pm; Saturday 26 October, 2pm
 Released Performance: Wednesday 23 October, 7pm
 Tickets: £10, £7 U18's, £5 Schools, £5 Released Performance
 Box Office: 01463 234234
eden-court.co.uk

EDINBURGH
Traverse Theatre

Wednesday 30 October – 2 November, 2013, 7.30pm
 Thursday 31 October 10.30am
 Tickets: £15.50, £12.50, £8, £5 Schools
 Box Office: 0131 228 1404
traverse.co.uk

SALFORD QUAYS
The Lowry

Friday 8 & Saturday 9 November, 2013, 7pm
 Tickets: £10, £14
 Concession: £2 off
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