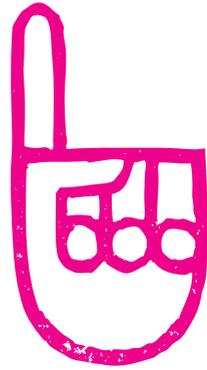
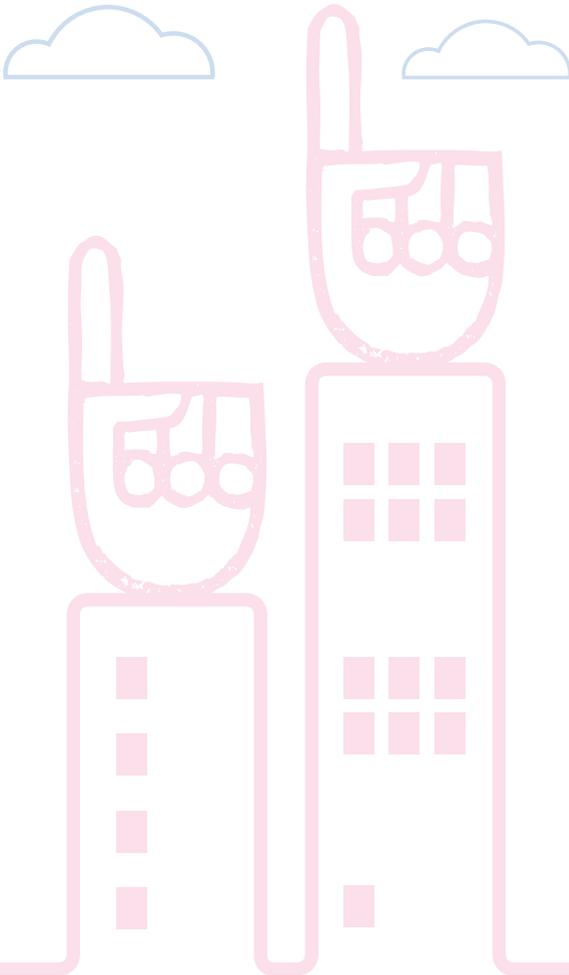


the
HAPPY CITY
initiative

annual review 2012/13



**LIVE
MORE
SHARE
MORE
ENJOY
LIFE
FOR
LESS**

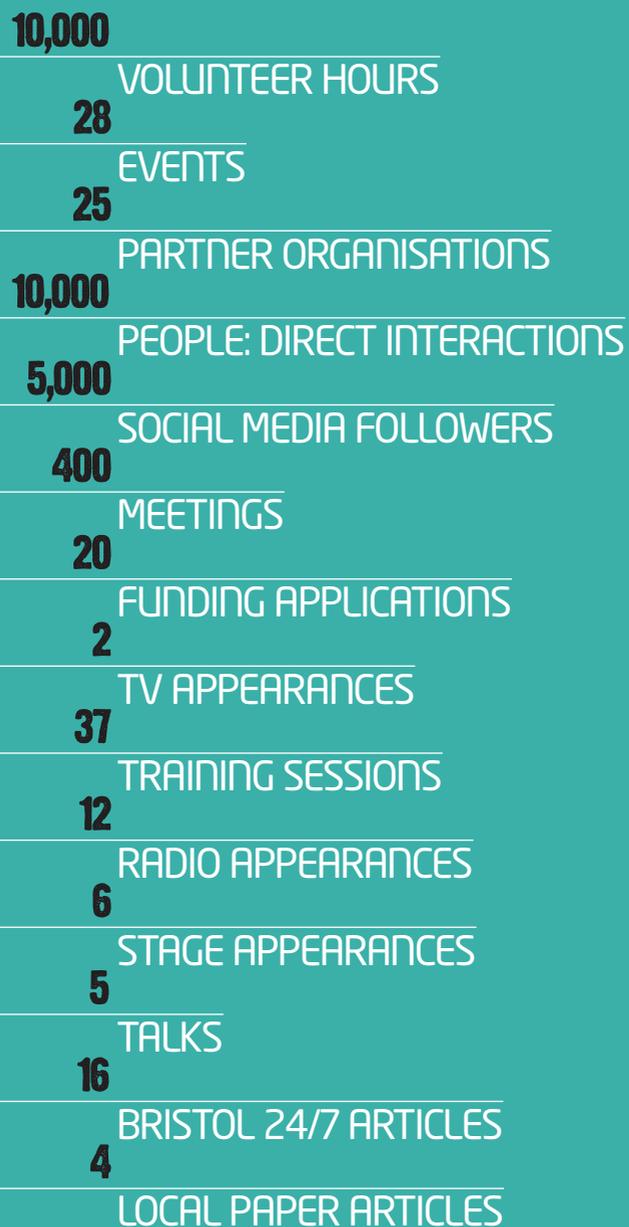


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2012 IN NUMBERS



EXECUTIVE SUMMARY

2012 WAS A YEAR OF TWO HALVES FOR HAPPY CITY.

From January to July, Happy City was everywhere; piloting training in inner-city schools, running happiness courses for communities, training inspiring local projects to make films to spread their work, making materials with the NHS to spread wellbeing and resilience around the city, and popping up at events and spaces around the city engaging and inspiring people to think, act and focus on developing happiness for themselves and their neighbourhoods.

In the Summer of 2012, we took a short, strategic pause. Looking again at our original concept paper and 5 year plan, we recognised, with delight, how strongly on course we were for achieving what many had thought too ambitious when we set out in 2010.

To take those plans to scale, we needed to move our focus to supporting people and partner groups around the city, to consciously and proactively work towards the shared goal of flourishing communities on a flourishing planet. The vision of being a central hub and innovation lab for people and groups across the city to test out and spread projects that increase happiness without costing the earth has really started to take shape.

Since then we have been working with people across the council, NHS, community organisations and multiple exceptional local partners to spread the best of what works, and to further our plans for a ground-breaking Happy City Index to offer a viable and game-changing alternative to current measures of success and prosperity.

The following report details our activities and achievements from January 2012 to March 2013.

“Happy City is a bold, ambitious initiative that represents a truly innovative, bottom-up approach to creating a city oriented towards the happiness of its residents. In collaboration with a consortium of the UK’s leading experts on well-being measurement, Happy City will design a robust survey tool that can be used for community engagement as well as to gather the sort of data on Bristol as a whole that can influence local policy-making. It will represent the UK’s first city-wide, community-led wellbeing measurement that will build a detailed picture of happiness across a city and seek to understand its causes.”

Charles Seaford Director of New Economics Centre for Wellbeing

2012 MILESTONES

01/12

Community Voice training in Easton
5 Ways to Wellbeing campaign focus groups
Quartet Catalyst Grant awarded
2-year celebration event

02/12

Happy Schools pilots – 2 started
Womens' Institute speaking events
Happy City Film Club launch
Envision 6th Form talk at John Cabot
First Happy City Index Partnership Meeting
Community Voice training in Knowle West
5 Ways to Wellbeing research and materials development for NHS

03/12

Community Voice training in Lawrence Weston
Happy Schools pilots – 2 completed
5 Ways report and materials delivered to NHS
Partnership with NEF & secured for Work Happy
Happy City Index partnership formed

04/12

Happiness Habits second pilot starts with parents in
Lawrence Hill

05/12

Happy Schools Toolkits developed
Agreement with Knightstone Housing Association
Community Voice training in Knowle West
First Work Happy Workshop delivered in partnership with
Nic Marks, NEF and SF Works
Quartet Red Trousers and Millennium Oak Grants awarded

06/12

Big Green Week event at Hamilton House
Festival of Nature stall
Community Voice training in Central Bristol
Engagement event at Malcolm X

07/12

Harbour Festival – Happy City Zone covering the whole
Lloyds Amphitheatre – >150,000 visitors
Partnership with Bristol Manifesto
Moved to new offices in Stokes Croft Bristol

08/12

Strategic Review completed
Office becomes 'Pukka powered' (sponsorship)

09/12

Green Capital and Voscur Board invitations
HappiNews Exchange created
Happiness Habits third pilot starts with the public
Small Is festival workshop with NEF
Bristol Junior Chamber event
Stall at Community Learning Partnership event

10/12

5 Ways to Wellbeing leaflet launch
Briefing for Mayoral Candidates on Happy City Index
Happy City support CSE meter project engagement
Dartington Interrogate Festival – Happy City keynote speaker
Happy City Index brief published

11/12

NHS/BCC training in 5 Ways to Wellbeing for community workers
rolled out
Agreement with Nic Marks and Happiness Works
Common Purpose Happiness Event
All key mayoral candidates back the Index

12/12

Community Learning Event to showcase all training products
New Happy City website commissioned.

2013 SO FAR

01/13

Index partnerships secured
Mayoral and Council backing announced

02/13

Recruitment drive for new Agents of Happiness
First 'satellite' Happy City discussions started with partners
in Washington DC

03/13

Word Well Project launch with Bristol Libraries and
Bristol Public Health
Amphitheatre area secured for the Harbour Festival
for next 3 years

04/13

First city-scale Happy List published in partnership with
Independent on Sunday
Voicebridges pilot alongside 5 diverse community networks
Lottery Awards for All fund Upbeat Streets Project

05/13

Tudor Trust funding for Happy City Index
Walk Yourself Happy project launched
Training run with Prison Service and Carers' Association
Happy City part of winning Bristol European Green Capital
2015

UPCOMING 2013/14

**SUMMER
2013**

Happy City Index discussions with Central Government
State of Happiness – Pop-up country launched at
Harbour Festival
Word Well competition launch
Happiness Habits Summer Schools
Launch of Wellbeing Bond

**AUTUMN
2013**

London round table event for national stakeholders
Upbeat Streets project launched city-wide
Happy City Index and Community Happiness Bank built
Voicebridges full programme rolled out
Happy Schools Toolkit developed
Work Happy Programme included in Work Charter roll-out
Partnership deepened with Santa Monica Mayoral
Wellbeing Project
Happiness Habits courses running in 3 community settings
Core funding secured for salaries

**SPRING/SUMMER
2014**

Happy City Index city pilot begins
5 Ways to Wellbeing campaign rollout
Research funding secured for work with Universities
Pilot of new Happy School 5 Ways Toolkit for Year 7s
Upbeat Streets & Voicebridges apps and exhibitions
Happy City manuals and playbooks published

**AUTUMN/WINTER
2014**

Happy City Index Social Prescriptions services rolled out
Preparation for National Index rollout begins
Happy City Book published

OUR MISSION

LIVE MORE, SHARE MORE, ENJOY LIFE, FOR LESS

Happy City exists to demonstrate that being happier needn't cost the earth.

The world needs a new story: less 'stuff for stuff's sake' and more 'life for life's sake'. A story that redefines what it means to prosper. We believe that story is unfolding all around us. Ours is a radically simple plan to grow happiness – one city at a time.

Our approach is all about asking not telling, sharing not selling and celebrating not blaming. It is opening doors and changing lives across Bristol. We're enabling a city-scale 'tipping point' of change through innovative community projects that yield robust, measurable outcomes, resulting in a city-wide new model of progress based on flourishing lives on a flourishing planet.

Happy City has two arms to achieve this big goal.

Happy City CIC A company whose Community Interest is defined as people 'living in urban areas in the UK'.

Happy City Initiative A charity whose object is to develop the capacity and skills of people 'in socially disadvantaged communities in urban areas'.

This is the Annual Review of the work of Happy City CIC only.

"I would like to give my enthusiastic support to Happy City's inspirational work in opening people's eyes to the huge potential benefits of measuring a city's success by other means than the standard financial ones currently deployed. It is my intention to work with the Happy City team to encourage Bristol to become a beacon for health, happiness and wellbeing."

George Ferguson CBE
Mayor of Bristol

WHAT WE DO

MEASUREMENT & POLICY



A centre of excellence for new measures of success in cities – giving the capacity and motivation to measure, understand and influence the drivers of lasting prosperity & happiness to individuals, communities and policy makers

Happy City Index
Community Happiness Bank
Advocacy & Reach

COMMUNICATIONS



Inspiring communications – books, articles, press and media, events, viral campaigns, social marketing, design, all to overwhelm the voice of over-consumption

Social Media
Happy Broadcasting & PR
The Happy List
Website
Events
Public Speaking
Campaigns & Publications

TRAINING



Training in Happiness for individuals, workplaces, schools and communities, delivered by experts and revealing outstanding feedback and results

5 Ways to Wellbeing
Work Happy
Happy Schools
Happiness Habits

PROJECTS



A city-wide innovation lab – supporting experimental partnership projects to try new things based on the best of what's already working and to share the learning, first across Bristol and then in UK and beyond

Community Voice
Upbeat Street
Voicebridges
Word Well

THE HAPPY CITY INDEX



THE PROJECT

To develop a city-wide index of prosperity that challenges how we define success, and turns on its head traditional ideas of 'measurement'. The Index will combine the key 'drivers' of our wellbeing across the city (health, economy, environment, education, culture etc) with the key indicators of flourishing lives (relationships, belonging, purpose, vitality etc) to provide a rich picture of what really matters to people and communities. The process also gives the power and capacity to improve and increase happiness to every person in the city.

2012 UPDATES

The foundations for this project have been layered. An exceptional advisory board has been gathered from some of the world's leading experts* in the field of new measures. The Mayor, Council and health partners around the city are on board. It has gone from being a project in the city to a city project, and the partners are collectively pitching for funds to take the project off the drawing board and into the streets, cafes and homes around the city in 2013.

As this review goes to press we are awaiting news of the crucial seed funding, and are in talks with national and international partners keen to see Bristol lead the way in this important area.

* including New Economics Foundation, Office of National Statistics, Action for Happiness, Flourishing Enterprise, Cambridge University, Transition Towns, NHS, Bristol City Council, Regional Universities.



COMMUNITY HAPPINESS BANK

THE PROJECT

Community Happiness Bank as a key part of Happy City's strategy to help support the best ideas, actions, projects and innovations across the city spread and develop. It is also a central aspect of the innovation of the Happy City Index.

The Bank will be a huge resource base of events, learning, projects, activities and opportunities around the city that support people and place to flourish. The will cross existing boundaries around sector, geography, age or interest.

When people take the Index survey, and explore for themselves the drivers of their happiness and what aspects they could get the greatest boost from focusing on, the Bank will instantly offer a range of low or no-cost options for boosting that area of happiness within streets of their home.

2012 UPDATES

The Bank will form Stage 2 of our website development (see page 15). We are currently on the brink of securing significant funding for the Index and bank development and expect the bank to be ready for filling with information and inspiration by September 2013, and ready for city-wide launch in January 2014.

The Bank, and Stage 2 of the site, will be location specific and ready to be adapted for Happy City Birmingham, Brighton or Budapest. We aim for the whole of Stage 2 to go live by the end of 2013.

"The Happy City Index is a really exciting project. As a Green I am very keen to emphasise that material security is only one aspect of a functional society. As a scientist and someone who is very keen on evidence based policy I think a tool that helps to measure and monitor changes in society, and the empirical effects of policies will be very useful."

Daniella Radice
Green Party Councillor



COMMUNICATIONS



THE PROJECT

Happy City's Happinews Exchange has attracted a wide range of writers, interested in sharing ideas and broadcasting stories about happiness in its widest form.

A sort of 'Happiness Reuters' has emerged, where contributors submit pieces and stories are 'commissioned' that can engage people about the national and local debates and news stories that connect into Happy City's mission to move focus towards that which makes life worthwhile and moves us towards a sustainable route to happier lives.

2012 UPDATES

In 2012 we have built our online reach substantially. At the start of 2013, we have over 4,000 twitter followers, 1,000 facebook likes and a newsletter distribution of 900+. We have been on Radio 12 times, published 26 articles, 40 newsletters, many 100s of blogs, tweets & posts. Our ongoing partnership with award winning Bristol 24/7 is still going strong.

Our News Team meets weekly to agree priority stories to cover global/national stories, local inspirations and Happy City news.

We also now have an active Happy City Film Crew, who film events and opportunities for us and are available to support other inspiring projects around the city. See our youtube channel for some of our films and watch for further films and animations in 2013.

A key partnership has been developed with the *Independent on Sunday* who publish the annual Happy List as a counter-balance to the Rich-List to celebrate those in community who do most to spread happiness to others. Happy City is publishing the first city version of this in 2013 in partnership with The Post and BBC Radio Bristol.

"The Happy City Index plans will re-invigorate open democracy as more people feel empowered to improve their own lives and see the fruits of that in community. It will also prove that this level of engagement and measurement and data can change policy and steer local action towards a more sustainable economics."

Jules Peck Flourishing Enterprise

EVENTS

THE PROJECT

Happy City's mission is to support happier people in flourishing communities. We aim to spark conversations that lead to new thinking and action in homes, cafés, schools, offices, bars and streets across the city.

Happiness is something that crosses boundaries. Whether your passion is nature or football, baking or soap operas, happiness is something you seek for yourself and your loved ones. So Happy City makes sure it is out and about, at festivals, events, and happenings. Speaking, talking, listening, drawing, playing, filming and celebrating with people of all backgrounds and beliefs.

2012 UPDATES

See 2012 milestones for a glimpse of the number of events we ran, were part of, spoke at, supported or created in 2012.

WEBSITE

THE PROJECT

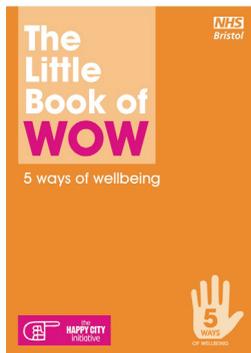
Happy City's website has been created through volunteer support since our inception. It is currently being completely re-designed and built to be fit for the organisation we have become. 2012 has been a time of patience, as the full brief for the new site was created and funding sought. Wireframes for Stages 1 and 2 of the re-development are now finished, and development as begun.

2012 UPDATES

Stage 1 will have a wide range of dedicated project pages to inform and inspire people to be involved and engaged in our projects. It will have Training Programme areas to ensure online curricula, forums, and learning opportunities are shared far and wide. It will have a wide array of news, blogs and event pages as well as acting as a signposting place for inspiring activities across the city. This stage of the re-development is due for completion in the first half of 2013.

Stage 2 of the site will incorporate the Happy City Index engine-room and the Community Happiness Bank (see page 12).

5 WAYS TO WELLBEING



THE PROJECT

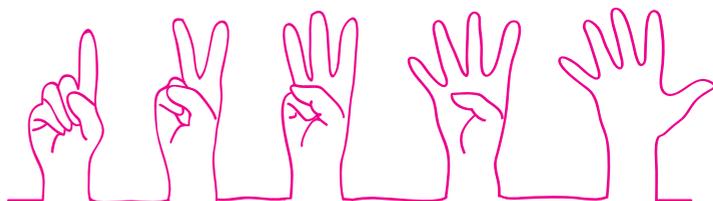
Happy City were commissioned by NHS Bristol Public Health to carry out research to create usable, creative, engaging and flexible tools to communicate the 5 Ways to Wellbeing to a wider audience (including 'hard to reach' groups). Following on from the research and reporting stage, a range of training and communication projects have emerged.

2012 UPDATE

Following a research focus group and consultation phase, Happy City submitted a lengthy report to NHS Bristol, which was described by managers there as 'outstanding' (it is available on request). The materials that were produced have since been adapted and produced and at time of print, roughly 4,000 have been distributed throughout the city, at events, workplaces and community buildings. They are due to be distributed across the 60 city GP practices, mental health services plus libraries and other public places.

Happy City has since been commissioned by NHS Bristol and City Council to run 5 Ways to Wellbeing training with community staff and workers around the city. That programme is ongoing and now includes local prisons, and volunteers from a range of council affiliated groups.

We are in discussion with a wide range of public sector bodies and other community organisations to offer this training to embed 'proactive resilience building' into the way people live and work across the city.



WORK HAPPY



THE PROJECT

Happy City has long and successful roots in Leadership Development and Change Management in businesses, organisations and communities throughout the world.

Work Happy takes the best of that work, weaves in aspects of Appreciative Inquiry, Solutions Focus, Positive Psychology and Systems Thinking, to provide coaching, training and development to organisations who see that staff, supplier and customer happiness and wellbeing impacts ALL aspects of work.

The Project development has been in partnership with Mark McKergow at Solutions Focus at Work, and the material is adaptable for 1:1 coaching, team development, Departmental training and Organisational Culture and Success programmes. It combines workshops, an online curriculum and tailored consultancy.

Work Happy results in workplaces which are happier, more productive, creative, collaborative and enabling places for staff, customers, suppliers and the community.

2012 UPDATES

We ran our first Day Taster Session for the programme in May 2012 alongside Nic Marks, co-founder of New Economics Foundation Centre for Wellbeing and creator of their ground-breaking happiness@work survey tool.

We have been in discussion with a range of local and national companies to support their work in this area. We now have a partnership agreement to work with Nic's new Happiness Works businesses who offer the survey tool, which allows organisations to fully understand their current staff wellbeing and allows us to pinpoint our work to gain maximum benefits to all.

"I can see something significant has shifted here in such a short time. That is a remarkable achievement."

Community Member Easton, Bristol



HAPPY SCHOOLS



THE PROJECT

To embed a broad approach to personal and community happiness in the mindsets of educators and children as a key aspect of school life. **Education for happiness** teaches wellbeing and resilience skills to pupils, teachers and parents, **education as happiness** focuses on the collective culture for happy and fulfilling learning experiences.

2012 UPDATES

A 4-person delivery team were trained for the programme, which we piloted in 2 inner-city Bristol primary schools – Hannah More and Glenfron Primary Schools. Seed funding was provided by the Network for Social Change. In each school we ran a 6-week course with Year 4 pupils, culminating in them having a Happy Schools’ Toolkit for these pupils to spread the learning to other classes. The pilot evaluation showed significant increases in the pupils’ ability to influence their own and each others’ happiness and benefits in many aspects of individual and class life. A full evaluation report is available.

At Hannah More Primary, we also ran a Happiness Habits course with parents and this proved an invaluable well of cementing the learning and spreading the benefits beyond the school gates.

We are working with new partners to develop the Happy Schools Programme to take the learning to scale. Plans are in development to create a 5 Ways to Wellbeing-based toolkit to allow schools to roll-out self steering, tailored wellbeing programmes across the school and into the community.

“I am surprised and delighted at how accessible the course was to different people and how positive everyone was. I hope to see more of this sort of thing around here.”

Inner-city teacher



HAPPINESS HABITS



THE PROJECT

A short, flexible, usable introduction to the tools, skills and perspectives that develop greater personal and community happiness. This project is delivered in programmes of 10 sessions for groups of between 20–30 people. It aims to embed the everyday actions that make a difference to people’s wellbeing and resilience and show the effectiveness of the approach in all contexts. It is designed to be appropriate for the widest range of ages, backgrounds and mental health indicators.

2012 UPDATES

Following a short pilot in 2011, 2012 saw the project develop significantly in partnership with Miriam Akhtar, a leading UK positive psychologist. A 6-week version of the course was created to support a diverse parent group from Hannah More Primary School and delivered to unanimously positive response in March/April 2012. The longer 10-week course was then run with members of the public in central Bristol from September–December 2012.

Lloyds Social Entrepreneur Programme gave a small grant to support the development of Happiness Habits. They are offering business support and seed funding to allow the project to develop.

A full evaluation of the pilot programmes is available, and the feedback and impact statistics are exceptionally positive. We are currently looking at fine-tuning the programme into an 8-week course with online curriculum support, and will have it available both to the public, for specific target groups and to organisations for their staff and customers throughout 2013/14 and beyond.

We are in discussion with Mind Bristol about partnering with them to provide further courses.

“The benefit from the sessions has been priceless. Compared to therapy which costs a fortune this is far more engaging and useful in my opinion as you feel an equal participant rather than a client/victim.”

Participant on Happiness Habits Course



COMMUNITY VOICE



THE PROJECT

This Awards for All Big Lottery-funded project is a partnership between Happy City and Plastic Buddha Productions. It trains people in community groups to create solutions-focused inspiring short films about what they do. The resulting films are used by the organisations themselves, and by Happy City to inspire, engage and inform others with the solutions provided.

2012 UPDATES

The pilot phase ran from Autumn 2011 to Summer 2012. 5 sets of 2 workshops in all corners of the city. We over-achieved our award outcomes by nearly 400% and trained 36 people aged 17-65, from refugees to students, managers to service users, founders to new volunteers from 18 diverse and inspiring groups. The feedback has been overwhelmingly positive and the process has proved accessible enough to work with groups of every age, background, experience and language.

These organisations in every part of the city now have in-house film making, directing, producing and editing skills as well as a top quality 3-minute film for their own use. Some of those films have since gone on to be shown on ITV news, on major national funding bodies websites and even the Government's community best practice films.

100% of participating organisations would recommend it.

A full evaluation is available by request. We are seeking funding with our partners to expand the project to offer it city-wide and beyond and to develop similarly accessible training in other aspects of film and photo-journalism.

"The Happy City Index would be a useful tool for our projects, to enable baseline and comparison testing at the mid and end of interventions. The bank would also be a great way to both promote projects, find out about relevant work, and feed into our community prescribing work."

Makala Chueng
Knowle West Media Centre



UPBEAT STREET



THE PROJECT

This project aims to counteract the bombardment of 'consume your way to happiness' images surrounding us. It invites artists and amateurs, children and adults, to create or photograph images of the ingredients to lasting happiness in our communities. Everyone will be invited to submit images that capture the strength of relationships, nature bursting through the urban landscape, the imagination and resourcefulness of the people, the surprise beauty in a corner of their street.

2012 UPDATE

We tested out the project (then called SeeBristolHappy) through an interactive event at Harbour Festival. Over the weekend we asked over 1,000 people for their ingredients for happiness while a range of professional artists turned those ideas into images 'live' on giant outdoor canvases.

We have recently secured an Awards for All grant from the Big Lottery to run the first year of the project and are talking with a range of community groups and artists to support it. Easton and Lawrence Hill Community Management network are trialling the project in partnership with us and other neighbourhoods have expressed interest in doing so.

We will launch the project in early Summer 2013, and have our first community exhibition in the Autumn. The images will be used widely in social media and we are in discussions about offering the best of them to a print partner for a weekly spot of re-framing our image of our city streets.

"Thank you for helping me and my friends to find out more about what we can get from our community and also how we can give something back. I liked your plans for a Happiness Bank, it would really help more people get involved."

Participant in youth event



VOICE BRIDGES



THE PROJECT

This project explores the happiness wisdom from different cultures, with specific reference to the richness of international experience brought to the UK by refugees. It will work with people across the city to explore and record their understanding of Happiness in depth, and how to nourish and grow it. It will draw on the personal, cultural, traditional and inspirational stories of positive change – unearthing and sharing ideas, actions, habits and practices that help embed lasting happiness across and between communities.

Pending funding, there are plans for an online library of audio, visual and written stories of positive change and community solutions. Significant media coverage of the positive impact and opportunity that refugee and immigrant communities bring. Book of Happiness Wisdom around the world. Touring exhibition of images, voices and words depicting community action for happiness in diverse cultures and contexts.

The aim is to build on the existing strengths of Bristol's City of Sanctuary status, and with EU funding support, to promote peace, learning and intercultural understanding through communications designed to be shared around the world.

2012 UPDATE

The project brief has been developed and the process and partners refined. It has done some small pilots in local communities to test out the questions and approach. A range of funding options have been applied for. The aim to have gathered enough materials for the first Voicebridges local exhibition to take place in Summer 2013, with plans for the wider online and city-scale rollout after that.

THE WORD WELL



THE PROJECT

This multi-cultural project builds on the power of language and poetry to reach out and across communities. It invites everyone, from famous poets to school-children to write words that speak of the real routes to flourishing communities. From happiness to 'wellness', from relationships to the environment, from love to loss, from resilience to change – The Word Well project encourages us all to share and to listen to the depth of wisdom around us on what really matters and how best to focus on that.

2012 UPDATE

The project is a partnership between Happy City and Bristol Public Health, Bristol Libraries Services and Poetryvoices. The partnership ran a launch event with Jean Binta Breeze in March 2013.

A competition will be held to gather the best poems between April and September, with the results announced at a second of what we hope will be bi-annual events to coincide with Black History Month in October.

WALK YOURSELF HAPPY

THE PROJECT

Following on from our successful 5 Ways to Wellbeing training we are now starting work with the Walks for Health Team, who support around 100 different walking groups around the city.

Happy City is developing materials to allow all walk leaders to use a range of interactive themes and activities to offer even more wellbeing benefits to their walkers.

We are also developing a specific Walk Yourself Happy urban walk for 2013, and will be running training in resilience building and the 5 Ways to Wellbeing during the year.



FINANCIAL PICTURE

CIC 12/13

Turnover	£35,071
Core costs	£35,597
Operating profit/loss	-£526
Interest	£2
Profit on ordinary activities before tax	-£524
Tax	-
Retained profit for financial period	£524

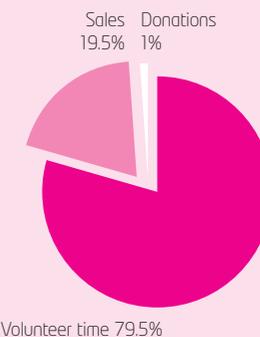
BALANCE SHEET

Fixed assets	£520
Current assets (debtors)	£4,990
Current assets (cash)	£3,873
Creditors (due within 1 year)	-£6,634
Net current assets	£2,229
Total net assets	£2,749

* figures are taken from Happy City CIC Cashbook 31/03/13. Full accounts available after July 2013 at the end of CIC company year.

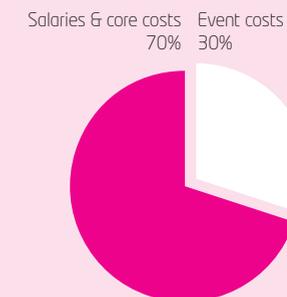
INCOME

Volunteer time	£136,632
Sales (up 403% on last year!)	£33,651
Grants	-
Donations	£1,420
Total	£35,071



EXPENDITURE

Subsistence & stock	-
Campaign materials	-
Event costs	£10,764
Salaries and core costs	£24,833
Total	£35,597



VOLUNTARY HOURS CALCULATION SUMMARY

Directors	2,745 hours	£45,022 value
Regular volunteers	4,500 hours	£49,450 value
Ad hoc volunteers	3,800 hours	£42,160 value

WHO'S WHO

HAPPY CITY INITIATIVE CHARITY

Trustees Trena Cormack, Antony Clark, Dave Forman, Sabrina Tyus-Hayes, Liz Zeidler

Advisors Nick Roads, Mike Zeidler

HAPPY CITY CIC

Directors Liz Zeidler, Mike Zeidler, Miriam Akhtar, Jules Peck, David Relph, Claire Williamson, Caroline Beardkins,

Advisors Antony Clark, Mark Williamson, Gavin Aubrey, Paul Clarke

VOLUNTEERS

We now have over 130 registered helpers. We are very grateful to all of them and especially to the following people who made important and regular contributions during 2012:

KEY VOLUNTEERS

Derek Ahmedzai, Roger Allen, Tony Almond, Danny Baker, Danny Balla, Jay Bigford, Peter Boldisar, Dizzy Bowen, Chloe Brain, Rachel Brompton, Toni Clews, Laura Collacott, Helen Dyson, James Hairsnape, Anthony Halliwell, Kyle Hannan, Amy Hart (RIP), Rajnie Kaur, Rob Jewitt, Juwei Jiang, Rhiannon Lawton, Maddy Longhurst, Konstantinos Perdakis, Rosie Moreno Parra, Jo Priest, Evie Miles, Molly O'Doherty, Lyndsay Platt, Annabel Reddick, Nicky Sawyer, Sol Stephens, Onela Sugunajasan, Jonathan Trollope, Steve Tucker, Sam Wren-Lewis, Alistair Wynn, Stacy Yelland

PARTNERS

Bristol 24/7, The Post, BBC Radio Bristol, Independent on Sunday, Plastic Buddha, Solutions Focus at Work, Happiness Works, Positive Psychology Training, Bristol Libraries, Bristol Public Health, Action for Happiness, New Economics Foundation, Yoke Design

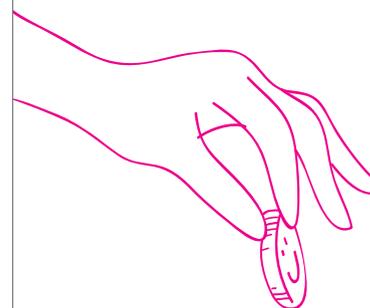
SUPPORTERS



"The Happy City Index... will be the first systematic attempt to engage people across a city and explore the 'what' and the 'how' of their happiness, for both their own and international benefit. Drawing upon robust evidence emerging from the science of wellbeing, the project will not only provide regular and textured happiness 'snapshots' of Bristol neighbourhoods, it will also engage citizens in experimenting with interventions (individual, social and physical) to help identify what really matters and what really works. The fruits of this will have both generic and context/culturally specific relevance, applicable to local, national and international audiences."

Cambridge Wellbeing Institute

DONATE



Happy City has done this much on very little. This is largely thanks to the generosity of its founders, volunteers and suppliers.

If you'd like to see us achieve our goal of enabling communities and cities across the country to better understand, engage in and influence the long-term happiness of people and planet, then please consider making a donation today.

Every penny we raise goes towards our campaigning, our training and our projects, helping us focus communities on what matters to people and place and begin to drown out the voice of over-consumption.

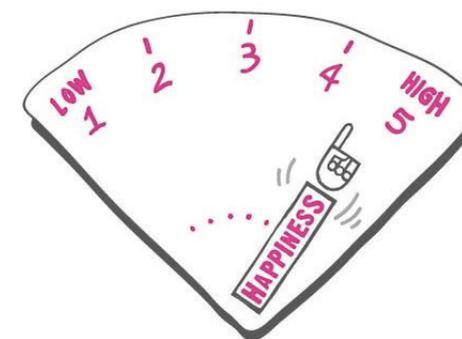
Give what you can at:

<https://mydonate.bt.com/charities/happycity>

or

<http://localgiving.com/charity/happycity>

or text APPY00E5 (or more!) to 70070



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Pukka Herbs is delighted to support Happy City on their mission of inspiring the people of Bristol to find happiness through wellbeing.

**A
RADICALLY
SIMPLE
PLAN
TO GROW
HAPPINESS
ONE CITY
AT A TIME**



CONTACT US

Web: www.happycity.org.uk
Email: info@happycity.org.uk
Facebook: Happy City Bristol
Twitter: @happybristol
YouTube: happycityuk
Tel: 0117 320 0128
Office: 77 Stokes Croft
Bristol BS1 3RD

