



**Glasgow City Youth Health
Improvement Annual Report
2023/24**



An overview of the work of the Glasgow City HSCP Youth Health Improvement Task Groups in 2023/24

Background

The work of the Glasgow City Child & Youth Health Improvement Workforce is underpinned by [Scotland's Public Health Priorities](#), [NHS Strategic Framework](#), and the [Glasgow City Child and Youth Health Improvement Strategic Framework \(2018-2023\)](#).

The work of each task group has been aligned to the Glasgow City Youth Health Improvement Strategic Framework which identified the following priorities for child and youth health: mental health and wellbeing, multiple risk, physical activity and nutrition, poverty and vulnerability. Task groups have been long established for each of these priority topic areas and action plans have been developed to meet short, medium and long-term outcomes. This is the structure in which work recorded within this report has been delivered.

The Glasgow City Child and Youth Health Improvement Task Groups aim to:

- to maximise the opportunities for children and young people in Glasgow to flourish by promoting good health, preventing harm and reducing inequalities
- co-ordinate health improvement work within education and community settings to deliver a consistent approach across the city
- align work to the Glasgow City Health Improvement Strategic Direction and the Glasgow City Child & Youth Health Improvement principles and priorities

Task groups report back to Health Improvement Managers and the Health Improvement and Education Group (HIEG). The work and priorities for the groups are established based on both local and national data including [Scotland's School Health and Wellbeing Census 2021/22](#), and the [NHS GGC Health and Wellbeing Survey 2017/18](#), as well as local intelligence gathered through locality networks and forums.



Mental Health & Wellbeing Training

40 courses delivered

Suicide Contagion

Healthy Minds

Scottish Mental Health First Aid (Adult)

What's the Harm

WTH Train the Trainer

Suicide Talk

Whole School Approach to Bereavement & Loss

Mental Health & Wellbeing Policy



34 schools & 3 youth org.'s supported to develop a policy



10 schools accessed funding support



1 celebration event sharing learning & success

North East

- 6 meetings & evaluation
- Staff Innovation Award for [Chalk the Walk](#) suicide prevention project
- Conversation to Action: culturally informed practice event

North West

- 3 'Your Voice' events engaging with >200 young people
- Mental Health partner input at 3 of 4 meetings
- [Celebration Report](#)
- Collaboration with the NW MH&WB Forum

South

- 5 network meetings
- Mental Health partner inputs at each meeting
- Network Activity Report

City-wide

- Co-ordinated approach across HI teams
- Suicide Awareness Day event sharing ideas and best practice
- Education Health Fayre - 2 topic inputs & networking

Training & Capacity Building

Partner engagement

Resources



Youth Suicide Prevention Framework: key information for professionals responding to incidents of suicide.



Launch of [Scotland's School Health & Wellbeing Census](#) : dissemination to key partners linking to relevant Health Improvement programmes.



Promotion of the [Compassionate Distress Response Service \(CDRS\)](#) , supporting young people in distress.



HWB Website [Mental Health & Wellbeing Information and Resources](#) updated



Training & Capacity Building



Vaping and Young People Lesson Plans for S1-S3 created and added to [HWB Website Multiple Risk Curricular Resources](#)

33 staff trained in CRAFFT substance use screening tool for young people



Promotion of external training opportunities

Fast Forward

SAMH

Scottish Drugs Forum (SDF)

The RCU Trust

Partner engagement

'Which Way' Resource Review

3 schools

2 engagement events

Health Improvement

Topic experts



Equalities Impact Assessment

Ongoing partner engagement

SDF

Youth Networks

Education

Public Health

Actify

Fast Forward

Resources

Review of 'Which Way' Multiple Risk Curricular Resource Pack for P7 & S2 educators

HWB Website [Multiple Risk Information and Resources](#) updated

HWB

[What's at Stake?](#) Gambling Harms resource launched in partnership with Public Health Scotland



Physical Activity & Nutrition



Glasgow City HI
[Training Calendar](#)

Actify Platform added to the calendar

E-learning opportunities quality assured and added to the calendar

NHSGGC Physical Activity
[Knowledge Hub](#)

Hub went live Jan 2024

4 new modules added

Your Body Matters Launch Event 24th May 2023

200 pupils

80 education staff



Ibrox Primary School

Open-door classroom activities



9 outdoor activities for pupils

Panel Q&A

Your Body Matters Resource and
[Website](#)

EQIA



Review completed
April 2023

Poster competition
- 23 pupil entries



200 pupils

[Comm.'s Pack](#)



Launch event
May 2023

HWB

[HWB Website](#)

Caffeinated Energy Drinks (CED's)
[Infographic](#)

[Physical Activity & Nutrition information and resources](#) updated



Poverty



Poverty Awareness
(Community)

Poverty Awareness Cost of the
School/Nursery Day (Level 1 & Level 2)

Health Improvement Staff
Training



Launch of Scotland's School Health and
Wellbeing Census shared via networks

Digital comm.'s shared via
GCHSCP and Social Media



Data presented to Education via the
HIEG and HWB Co-ordinator's



Glasgow City Education
Health Fayre Mar 2024



Challenge Poverty Week
Survey and Infographic
developed.

Poverty Information and Resources [↗](#)
reviewed and updated on the HWB for
Education Website and App



Poverty Outcomes

Explore supporting the training needs of staff who work with young people

School Health & Wellbeing Census data

Promote Poverty Awareness and Financial Inclusion Information using Digital Resources

Training & Capacity Building

Partner engagement

Resources

Vulnerability



"It emphasised that gendered expectations harm us all (in different ways) regardless of gender" - Equally Safe Young People Participant

4 Equally Safe Young People training sessions delivered

"The course has made me challenge my previous thinking. The trainers set the scene and made the atmosphere conducive to opening up and having discussions" - Inequality, Equity and Social Justice Participant

3 Inequality, Equity and Social Justice Short Courses delivered



Training & Capacity Building



The Gender Friendly Nursery (GFN)

Collaboration with Early Years and Equalities Colleagues and Teams within Education Services

1-day gender equality and challenging gender stereotyping awareness session delivered to Leaders of Early Learning staff

Overview of GFN Evaluation and approach used in Glasgow delivered at the GCVS Challenging Gender Stereotyping Event in Oct 2023

Partner engagement

Gender Based Violence (GBV) Resources



A suite of GBV resources are now available on the updated [NHSGGC website](#)

HWB Website [Vulnerability Information and Resources](#) updated and established as a Carer Aware resource



Guidelines for Responding to Gender Based Violence in a Youth Setting

Keeping Mum

Crush

Resources



Youth Health Improvement Structures & Groups

The work and task groups delivering a city-wide approach to youth health improvement also work alongside the following structures to support development and delivery of health improvement programmes. A brief overview of their work in the past year has been outlined below.

Digital Developments: HWB Website and App

- Website & App moved to new platform (Right Decision Service) and added to Education devices
- 2 content reviews, including refresh of all media and infographics based on latest data
- 4 promotional events



CPD and Training Delivery

- New process for CPD group members, business support and trainers established
- 2 evaluation reports
- 37 delivered by Health Improvement, external courses promoted

Quality Assurance (QA)

- Process reviewed and updated to support HI staff
- Templates and guidance refreshed

Health Improvement & Education Group (HIEG)

- 5 meetings
- 2 Health Festivals for education staff
- 17 members (13 HI:4 Education)

Whole Family Wellbeing

- Led by Glasgow City Health Improvement Children & Young People's Mental Health colleagues
- Influenced priorities for Youth Health Improvement task groups
- Family Wellbeing Hub established in Maryhill & Pollok with 100+ parents/carers engaged and 10 partners working together
- Partnership with John Paul Academy school cluster & Health Improvement to deliver parent/carer workshops in 2024

Critical Thinking

- NW Youth Health Improvement Team have gathered local and national intelligence to support evidence based practice



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Next Steps

In 2023, Glasgow City HSCP Health Improvement launched their refreshed [Health Improvement Strategic Direction 2023-28](#) [↗] which has influenced the structure and priorities for work within the Child and Youth Health Improvement Workforce.

Considerable work has been carried out by locality youth health improvement teams in 2023-24 to review and establish capacity and resource to develop action plans for 2024-25. The following task groups have been established to deliver outcomes in relation to the Strategic Direction priorities with an overarching aim to foster a healthy start for children and young people:

- Reduce financial insecurity and mitigate poverty
- Support healthy and sustainable places and communities
 - Digital developments
 - Whole family wellbeing
 - Capacity building and Training
 - Youth engagement
- Advocate for and embed equalities and human rights
 - Critical thinking
- Develop and sustain mental wellbeing
- Reduce the harm from substances on people and communities and promote healthier lives

Acknowledgements

The report has been written by representatives from each task group on behalf of the Glasgow City Youth Health Improvement Workforce: Alison Watson, Health Improvement Practitioner; Ayisha Azam, Health Improvement Senior; Jacqueline Chalmers, Health Improvement Senior, Jennifer Johnstone, Health Improvement Senior; Mary Kate Harte, Health Improvement Senior.