

Glasgow North East Strategic Youth Alliance Hubcap Meeting



Thursday 5th February 2026
Easterhouse Sports Centre
9:45am - 12:00pm

Event Agenda



NORTH EAST GLASGOW HUBCAP NETWORK MEETING AGENDA

Date: Thursday 5th February 2026 **Time:** 9:45am - 12noon
Venue: Easterhouse Sports Centre, 12 Auchinlea Road, G34 9PQ

Agenda Item 1 10
Welcome and Introductions mins

Agenda Item 2 15
Glasgow Life App mins
Stephen McDermott Glasgow Life

Agenda Item 3 30
Collaboration and Networking mins

BREAK

Agenda Item 4 40
Themed Group Discussion Tables mins

Agenda Item 5 15
Quit Your Way Smoking and Vaping input mins
Jade Campbell Health Improvement

Agenda Item 6 10
Health and Wellbeing website discussion mins

DONM: Monday 18th May 2026



Event Inputs

Glasgow Life Community Activity Finder



The Community Activity website is a simple, publicly accessible hub where people can find activities and events run by Glasgow's diverse community organisations.

This free platform lets organisations manage their own profile, information, and search tags, making it easy to promote activities in a place where community members can quickly find what they need. You can also add direct links to partner websites, contact details, and registration pages reducing duplication and giving the community smoother access to programmes and services.

To be included alongside other community organisations, register an account and upload your opportunities using the instructions via QR Code below.



[Scan or Click Link](#)

Health Improvement Health and Wellbeing Website

HWB

The Health and Wellbeing website supports staff delivering health and wellbeing education and programmes for children, young people and families across schools and community settings.

It offers information and quality-assured resources for professionals in Education, Youth Work, Community Development, Third Sector organisations and other services working with children and young people.

Following recent updates, we're gathering feedback to ensure the site continues to meet users' needs. You do not need to have used the website before to take part. We're keen to hear from anyone working with children and young people to help us understand awareness of the website, identify gaps and guide future development. [Click here to complete the survey.](#)



[Scan or click Link](#)

Quit Your Way - Smoking and vaping

Ceri Chalmers - Health Improvement senior (Tobacco): 'I was delighted to attend the HUBCAP and give an input on Tobacco and vaping. It was admiring to witness the strong collaboration among community organisations working towards a common goal. When we all work together, positive change happens'



[Quit Your Way](#)
[Scan or click link](#)



[ASH Scotland](#)
[Scan or click link](#)



Collaboration / Network & Group Discussion Tables



Collaboration & Networking

Claire Mclachlan, Health Improvement Practitioner

The organisations came together to collaborate and exchange examples of good practice. The session provided a valuable opportunity for partners to showcase their work, learn from each other, and explore ways to work collectively to deliver services that better meet the needs of our North East communities.



Group Discussion Tables

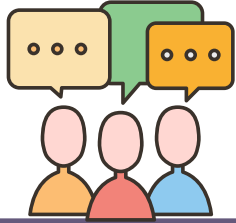
Participants explored key issues and challenges affecting both young people and the staff who support them through a series of themed discussion tables. The topics included **Mental Health Peer Support**, **Equalities & Gender-Based Violence (GBV)**, and **Service Updates**, each chosen through prior consultation with local organisations to ensure the conversations were meaningful and rooted in real community need.

These discussions offered space for partners to share experiences, highlight emerging concerns, and identify opportunities for collaborative action. The following pages summarise the insights gathered at each table and the key themes that emerged from these conversations.



For more information on what is happening in North East Glasgow follow North East Glasgow Health Information, or scan the QR Code.





Group Discussion Table 1



Mental Health Peer Support

Chloe Frew, Health Improvement Senior

What are you holding?

Feelings & States of Mind

Tired, stressed, anxious or unsure, while others felt motivated and positively overwhelmed.

Mood as Weather Pattern

Windy and fast-moving to rainy, sunny intervals, “four seasons in one day”, being in a fog with glimpses of light breaking through.

What's on People's Minds

Attendees reflected on the pressure and busyness of the week, ongoing challenges, and the balance between strain and gratitude, highlighting the varied emotional “weather” everyone was holding.



How are we holding this?

Managing What You're Holding

Getting fresh air, taking a break, socialising, or “sleeping on it.” Talking things through, focusing on positives, and remembering “it’s not just me” helped many, as did gratitude.


What Helps People Cope


Running, cycling, cooking, breathing exercises, dancing, and small moments of self-care. Others mentioned building personal skills, enjoying light-hearted moments, and taking comfort in shared partnership work.


What Makes Things Harder

Pace, pressure, unexpected challenges, and uncertainty often made things feel heavier. Naming what’s difficult sometimes eased the load, while hugs, connection, and fresh perspectives were described as small but meaningful boosts.

What do we need & What can we hold together?

 **What We Need;** Kindness, compassion, and a listener. Support often came through laughter with friends, talking to a partner, or peers who check in and offer perspective.

 **Holding Things Together;** Knowing there are people to turn to when things feel tough and feeling cared for through empathy and everyday kindness, makes the biggest difference.

 **What Support Feels Like;** Small actions matter, a manager reassurance after a mistake, random acts of kindness, someone simply listening, or having space to talk about things beyond work. Love, enjoyment, and even moments of singing helps lighten things.



Group Discussion Table 2



Equalities & Gender Based Violence (GBV)

Christine Bell & Kerry Leithead, Health Improvement Practitioners

Glasgow Girls Club & Glasgow Women's Aid



Equally Safe Young People

Key themes discussed in relation to GBV:

- Youth workers experiences of supporting young people affected by GBV
- If young people have access to one good adult—someone they feel confident and safe approaching for support
- The confidence and knowledge levels of youth workers to respond to disclosures of GBV, including if they feel equipped to take appropriate action.

Thanks to Glasgow Girls Club and Glasgow Women's Aid for sharing the breadth of work they are leading across the city. Glasgow Girls Club highlighted Sophie's Story, which is featured in the short film Where We Stop, created in partnership with Glasgow City Council.

<https://sophiesstop.com/services>

The film brings attention to the coercive control and abuse present within a young woman's relationship, helping to raise awareness of the signs and impact of such behaviours.

Glasgow Women's Aid highlighted Enough which is a support service for 13-21 year olds who are worried about their relationship.

<https://glasgowwomensaid.org.uk/enough/>

Key themes: Healthy and unhealthy relationships, risky behaviour - online, Gender Based Violence.

HI staff promoted Knowledge Hub resources that practitioners can use as prompts to support discussions about 'healthy' relationships, and some of the warning flags for 'unhealthy' relationships.

Equally Safe Young People training is delivered by Glasgow City Health Improvement. This 3 hour training course aims to:

- **Equip youth work staff with the knowledge of the underlying causes of Gender Based Violence**
- **Increase understanding of and confidence in preventing and addressing abuse within young people's intimate relationships**
- **Promote the use of the Guidelines for responding to Gender Based Violence in a Youth Setting by youth workers**

Upcoming dates:

20th May 2026, 09:30am-12:30pm,
Parkhead Hub, [Book a place.](#)



Group Discussion Table 3



Service Updates

Fiona Sinclair, Health Improvement Practitioner

Easterhouse Sports Centre

Kevin Martin

CEO of Easterhouse Sports Centre



Input Service Updates Discussion Question Here

In October 2023, following extensive community consultation and partnership development, the facility was re-opened by Easterhouse Henosis. A collaboration between basketballscotland, Easterhouse Phoenix, and the Easterhouse Community Sports Hub.

Kevin Martin (CEO) shared that they are proud to host such a wide range of fantastic activities, which you can explore [here](#). You can also visit their [Facebook](#) page to keep up to date with upcoming events.

Kevin welcomes anyone to get in touch—whether you're looking to sign up for activities, book a space, or discuss new ideas. The team are actively seeking new partnerships and would love to see Easterhouse Sports Centre host even more opportunities for the local community.

Contact: kevin.martin@easterhousesc.org

A big thank you to Kevin and the team at Easterhouse Sports Centre for providing the venue and supporting us to host this Hubcap meeting.

Cycling UK

Cycling UK offer a range of workshops and services and are keen to connect with partners locally in the North East. You can see some of the impact they have already had across Glasgow here.

SSF

Dougie Millen has now been appointed as the new CEO of SSF. Dougie is an incredibly accomplished leader with strong relationships across sport and the third sector, joining SSF from sportscotland. His vision is to reach more young people and ensure equality, diversity and inclusion remain at the heart of everything SSF delivers. Welcome Dougie!

Achieve More Scotland

During the February break, Achieve More Scotland delivered dance and football camps, with more than 200 participants attending, supported by Active Schools. In addition, 3 training courses were provided for staff, children and young people: First Aid, Tennis coaching and Understanding Additional Support Needs (delivered by With Kids)



Event Expectations and Feedback



Below is a summary of the key highlights from the event feedback, capturing how the session aligned with what participants expected beforehand, as well as their suggestions for strengthening future events.

Event Expectations

Networking & Connections

- Meeting other agencies and local partners
- Developing new contacts and discovering organisations to support signposting
- Building knowledge of who is working in the area

Learning About Local Activity

- Finding out what's happening across the community
- Understanding other organisations' roles, projects and priorities
- Gathering information to better support young people and families

Partnership Working

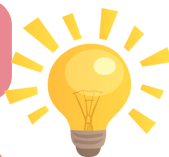
- Sharing knowledge and best practice
- Exploring opportunities for collaboration
- Strengthening joint working across services

Promoting Services

- Sharing information about their own organisation and current projects

Topic-Specific Learning

- Accessing information on vaping and support for young people



What highlights

- Strong appreciation for networking opportunities.
- Valuable information sharing between services.
- Better awareness of other services in the area.
- Improved signposting pathways for families, young people, and parents.
- Strengthened partnership working.
- Helps organisations enhance outreach, grow their services, and collaborate.
- Perceived improvement since merging groups together.
- Opportunities to learn about training, priorities, and current focuses of services.
- Creates a shared space where organisations can address barriers collectively.

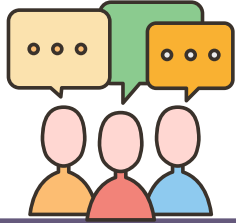
Suggestions for Improvement

Logistical / Event Setup

- Participants felt stuck at tables, limiting movement.
- Request for more time to circulate and meet the whole room.

Service Delivery / Sector Challenges

- Services sometimes work independently, missing opportunities to link in.
- Difficulty reaching hard-to-engage young people (a shared challenge).
- No major concerns raised — several responded “Nothing” or “None”.



Event Attendance



Below are the named organisations that attended the event, with 55 individuals representing a broad range of communities across North East Glasgow, each contributing valuable perspectives and experiences to the discussions.

- Achieve More Scotland
- Cycling UK
- Easterhouse Sports Centre
- GCC
- GCC EEI
- Glasgow Girls Club
- Glasgow Women's Aid
- Glasgow Life
- East End Carers
- Health Improvement
- YoMo
- NHS Health for All Team
- NHS School Nursing
- Platform
- Police Scotland
- PYP
- Royston Youth Action
- Scottish Sports Futures
- The Advocacy Project
- The National Lottery Community Fund
- The Young Women's Movement
- Wise Women Project

"Whatever you're holding today, you don't need to carry all of it alone. Some things we hold individually, and some things we can hold together."

To receive updates about upcoming Hubcap meetings, get in touch at:
ggc.northeasthealthimprovementteam.admin@nhs.scot

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