

Glasgow North East Strategic Youth Alliance Hubcap Meeting



Wednesday 19th November 2025
Parkhead Hub
1:00pm - 3:30pm

Event Agenda



NORTH EAST GLASGOW HUBCAP NETWORK MEETING AGENDA

Date: Wednesday 19th November 2025 **Time:** 1pm - 3.30pm
Venue: Parkhead Hub, 1251 Duke Street, Glasgow, G31 5PZ

Agenda Item 1 Welcome and Introductions	5 mins
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Agenda Item 2 Staff Wellbeing Workshop The National Wellbeing Hub	30 mins
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Agenda Item 3 Overview of the Current Context of Sexual Health and Relationships for Young People Sandyford Sexual Health Services	20 mins
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Break & Group Discussion Tables	45 mins
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Agenda Item 4 Youth Entitlement Cards Glasgow Life	15 mins
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Agenda Item 5 Speed Networking	20 mins
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Agenda Item 6 People's Palace and Winter Garden Redevelopment	15 mins
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DONM: Thursday 5th Feb 2026



Event Inputs

Staff Wellbeing Workshop



The National Wellbeing Hub's Lorraine delivered an engaging workshop on mindfulness, with a focus on breathing techniques to help staff stay present, take time for themselves, and prioritise their wellbeing. Supporting staff wellbeing and tackling burnout is a key priority for the hubcaps (Youth Network), ensuring those working across North East Glasgow feel valued and cared for.



[Scan or Click here to find out more](#)

Sexual Health and Relationships for Young People



Elaine McCormack from the Health Improvement Sexual Health Team delivered an eye-opening session on the current landscape of young people's sexual health and relationships. The presentation explored what "good" looks like for healthy development, highlighted concerning trends such as the normalisation of sexual harassment and the impact of pornography, and shared practical approaches to empower young people with knowledge, confidence, and consent awareness. Elaine also outlined local services and resources, including Sandyford and RSHP education, aimed at supporting safer, healthier relationships.



[Scan or Click here to find out more](#)

National Entitlement Cards



Introduced in January 2022, Scotland's free bus travel scheme for young people under 22 has transformed access to transport. With around 115,000 cardholders and 11.5 million journeys in 2024–25, families have saved an estimated £35 million. The scheme covers standard bus services nationwide, offering consistency and ease of use through the National Entitlement Card (NEC). Beyond financial relief, this initiative promotes independence, social inclusion, and sustainable travel, helping young people access education, work, and community life without cost being a barrier. Applications are simple—online via getyoumec.scot, through schools for younger applicants, or in person at local libraries.

People's Palace and Winter Garden Redevelopment



Jane, Lyn and Fran from the People's Palace Project shared inspiring plans for the museum's community-led redevelopment. Their presentation showcased strong partnerships with local organisations such as PEEK, creative engagement through play days, and the innovative Pop-up Palace initiative offering free family sessions. They also introduced the People's Palace Youth Panel, empowering young people aged 18–25 to influence future museum content, events, and architectural design, ensuring the redevelopment reflects the voices and priorities of Glasgow's communities.



[Scan or Click here to find out more](#)



Group Discussion Tables & Networking



Participants explored key issues and challenges facing young people in their communities through themed discussion tables led by expert speakers. Topics included ;

- Mental Health
- Multiple Risk
- Financial Inclusion & Digital

These topics were identified through prior consultation with organisations to ensure meaningful dialogue. The following pages summarise each group's insights and main themes from these conversations.

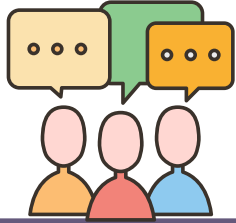


The word cloud above highlights the key points raised by participants during the session.



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



Topic Theme - Mental Health

The Nook SAMH

Mhairi Adamson,
Community Engagement Officer



Mental Health Guidelines and Policy

Claire Mclachlan
Health Improvement Practitioner

- The Nook is a free, walk-in mental health hub offering a safe, stigma-free space for anyone aged 10+
- No appointment needed – just drop in for support, resources, and wellbeing activities

What's on offer?

- Time 4 Me – CBT-inspired sessions
- YPPL – Peer support for neurodiverse young people and those on CAMHS waitlists
- Workshops & Activities – Mindfulness, art, music, and wellbeing coaching
- Talking Therapy – Trainee psychologists using CBT and person-centred approaches

Impact so far:

- 71 of 83 postcodes reached
- 200 digital sign-ups
- 500 visitors in one month

📍 Find us: Brunswick House, 51 Wilson Street, Glasgow

🕒 Open: Mon–Fri 10am–5pm | Sat–Sun 10am–4pm

Upcoming Events & Training

The Nook regularly host free workshops, wellbeing sessions, and creative activities.

👉 See all upcoming events on [Eventbrite](#)

- **Mental Health Policy and Guidelines** - document are available need personalised by organisations
- **Training Needs Analysis and Action Plan to compliment policy/guidelines**
- **Funding Available** – via Yomo an Action Plan is required before applying for fund. All applications are assessed by YPPL
- **Collaboration** – Education staff and youth groups

On offer: Health improvement staff can offer support as much or as little needed.

Group Discussion

Issues within communities related to Mental Health

- **Language Barriers** – Need for inclusive communication
- **Social Media Impact** – Highlighted by Wise Women Project
- **Emerging Concerns** – Bigorexia* and need for more service information

*Bigorexia is a new term that describes disordered eating with a fixation on building muscle.



Group Discussion Table 2



Topic Theme - Multiple Risk

NHS GG&C Drugs

Jo McManus - Health Improvement Lead
Drug Prevention and Harm Reduction



Group Discussion

Issues within communities related to
Multiple Risk

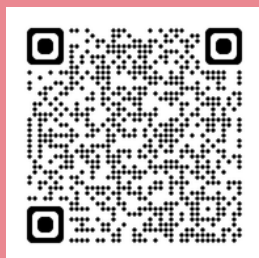
The NHSGGC Alcohol and Drugs Health Improvement Team operates across Greater Glasgow and Clyde, supporting colleagues and partners within the six Alcohol and Drugs Partnerships to advance public health and address inequalities related to alcohol and drug use.

Youth Drug Trend Monitoring

The team is in the process of developing an online form to help staff working with young people record emerging drug trends.

This follows feedback that a digital option would be more accessible. The new form is expected to be available in the new year.

Further information can be found on the NHSGGC website under **Health Improvement – Alcohol and Drugs**



- **Generational patterns:**
Substance use is becoming increasingly normalised within some families
- **Link to unemployment:** Limited opportunities can contribute to higher levels of drug use and involvement in dealing
- **Growing social acceptability:**
Cocaine and street valium are being used by a broader range of people across different backgrounds
- **Access for under-16s:** Young people are finding it relatively easy to obtain these substances
- **Branding trends:** Cocaine is sometimes coloured or marketed (e.g., “pink champagne”) and may be mixed with other drugs such as ketamine, making it difficult to know what is actually being taken
- **General harm-reduction awareness:** Some individuals try to reduce risks by using smaller amounts, letting someone know where they are, or avoiding being alone



Group Discussion Table 3



Topic Theme - Financial Inclusion and Digital

Financial Inclusion

Joan McDonald
Health Improvement Senior



Health and Wellbeing Website

Kerry Leithead
Health Improvement Assistant Practitioner

Financial stress affects mental and physical health. Tips: Budget, cut costs, build skills, ask for help.

Worried About Money

- Leaflet with 3 steps for help: income loss, debt, benefit delays

Energy Support

- Contact provider for credit and advice
- Schemes: Winter Heating Payments, Warm Home Discount, Warmer Homes Scotland, Home Energy Scotland

Festive Wellbeing Guide

- Lists food, warm spaces, and gift support

Digital Help

- Digi-PALS – weekly drop-ins for tech help
- Plugged In – free PC packages (6–8 week wait).

Financial Support

- Child Trust Fund – check savings for 2002–2011 births
- Help to Save – earn up to £1,200 bonus over 4 years

Smart Shopping

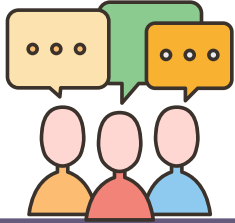
- Plan meals, use Too Good To Go, shop discounts, loyalty cards
- Avoid shopping hungry, look for yellow-sticker deals

The **Education Health and Wellbeing Website**, has been expanded to support **all professionals working with children and young people** across Glasgow, including those in **Youth Work, Community Development, and Third Sector organisations**.

Whats new

- Updated **quality assured information on a range of health topics** including mental health, poverty, sexual health, multiple risk (alcohol & drugs, vaping, online safety etc)
- A new “**Community Partners**” tab featuring youth network info, sector-specific updates and resources
- Links to the **Health Improvement Training Calendar**





Event Feedback



Below is a summary of the key highlights from event feedback, along with suggestions for improvement to help inform future planning.

Event Highlights

- **Group Discussions** – The interactive table sessions
- **Presentations** – Informative and engaging
- **Range of Services** – Great variety showcased
- **Flipchart Introductions** – Encouraged participation and useful to reflect back on
- **Mindfulness Sessions** – Highly valued
- **Networking Opportunities** – Strong connections made
- **Interaction & Engagement** – Positive feedback
- **New Resources Learned** – Useful takeaways
- **Venue & Space** – Comfortable and accessible
- **Topics Covered** – Wide range
- **Smooth Flow** – Afternoon ran well
- **Variety of Attendees & Organisations** – Diverse representation
- **Movement Between Tables** – Helped engagement
- **Sexual Health Input** – Appreciated contribution

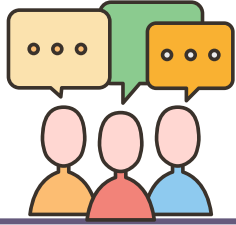


Suggestions for Improvement

- **Nothing to Change** – Majority satisfied
- **Mindfulness Timing** – Later in session and shorter
- **Joined-Up Approach** – More collaboration across services
- **More Interactive Elements** – Staff-led discussions and themed activities
- **Refreshments** – Biscuits requested!
- **Follow-Up Email** – Appreciated, keep this

What's Next

- **More Networking Time** – To build stronger connections
- **Extra Time for Information** – A lot to take in
- **Joined-Up Approach** – Continue improving collaboration
- **Access to Local Services** – e.g., CLWs at Parkhead Hub



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
- Alliance Community Link Workers
- Back on the Road
- BCDC
- Cranhill Development Trust
- FUSE
- GCC
- GCC EEI
- GCC HSCP (NE, NW & South Sectors)
- Glasgow Council and Alcohol Project
- Glasgow Kelvin college
- Glasgow Life Sport
- Glasgow Life
- Glasgow North East Carers
- Health Improvement
- National Youth Entitlement Cards
- Police Scotland
- People's Palace
- PYP
- Sandyford
- SAMH
- The National Wellbeing Hub
- The Scottish Pantry Network
- Pro UA Hub
- Wise women project
- Youth Health Service

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

DONM: Thursday 5th February, 09:45am till 12:00pm