

Inverclyde's SIX BIG ACTIONS

CHILDREN and YOUNG PEOPLE EDITION

"Together
we will
protect our
population"

"Reducing
Inequalities by
Building Stronger
Communities and
Improving Physical
& Mental Health"

"A Nurturing
Inverclyde
will give our
Children & Young
People the Best
Start in Life"

"Together we will
reduce the use of,
and the harm from
alcohol, tobacco
and drugs."

"We will Support more
People to fulfil their
right to live at home
or within a homely
setting and Promote
Independent Living."

"We will
build on the
strengths of our
people and our
community"

powered by
**young
people**

INVERCLYDE
HSCP
Health and Social
Care Partnership

NHS
Greater Glasgow
and Clyde

your
voice

During the **6 Big Actions Conversations**, 219 children and young people across Inverclyde identified eight key priorities and actions important to them:



Life skills education



Mental Health Support, self care and education



Inter-generational participation



Addiction: utilising people with lived experience as an educational resource



Recovery: celebrating and supporting recovering communities



Affordability and visibility of services / activities locally



Feeling Safe and Building Relationships



Compassion and Kindness

You said:

Relaxing is just as important as physical activity, it's not really something that's encouraged of people.

How to deal with stress and anxiety is missing in school, we have a lot of pressure.

Mental health, we need to know more, like where you go if you need help. We have a lack of knowledge of where the helpful services are for young people.

We should learn things like budgeting, mortgages, tax, cooking, paying bills etc.

We could work with services to help those in recovery, maybe create comfort boxes with things to help during recovery like messages of hope and encouragement on days they find tough

Better promotion of what clubs and hobbies there are for children and adults, and the prices

Look out for each other

Work on relationships and kindness in schools, this will help reduce bullying and build connections

Encourage young people to spend time with older people

Tell us about recovery, it's probably good for some young people to hear the good news of people getting off drugs, could be hope for some families

Bullying is an issue and how schools manage bullying - not really sure how to fix bullying

Have clubs for old people where young people can go and help

Get to know the community wardens and build trusting relationships

Real life stories have a greater impact, it creates empathy, reduces stigma and creates compassion, it also stays with you and will influence the choices you make

Get all schools involved in Compassionate Inverclyde

If people struggle keeping a house they need to be given help rather than kicking them out and making their situation worse

Opportunities for young people to support old people with digital skills, maybe help them facetime family members abroad or connect with friends locally


Give homeless people better support and help getting jobs



We listened:

WE WILL:

- Develop a plan of how we support people with mental health distress.
- **Support our workers to learn and train how to recognise young people with mental health issues and ways in which they can support them.**
- Develop support for families where parents/carers experience poor mental health and may have alcohol/drug addiction.
- **Look at the whole of Scotland and its identified needs regarding mental health and use the information/guidance to improve our own services locally.**
- Talk about ways of being healthy and keeping active for children right through to older people, and encourage local people to live healthier lifestyles.
- **Raise awareness about keeping safe online and when using digital devices.**
- Look at ways that we can support people find and keep houses.
- **Look at ways we can support people to aid recovery and help them get back into their community and live their lives.**
- Work together with services and communities to help people make better choices in relation to Drugs, Alcohol and Tobacco.
- **Continue to develop Compassionate Inverclyde's services in the community and our hospital.**
- Raise awareness of people being lonely and isolated, and look at what we have in Inverclyde that can help people who are lonely and give them places to go and groups to join.
- **Look at ways to improve how bullying is dealt with in schools and how we should respond.**



Thank you to all the young people who participated in the consultation and informed this engagement!