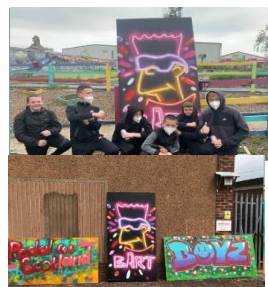


100 %
learned new
skills

Urban Arts Project



HI Team in partnership with GBT Shotts and Spectrum Arts brought urban art to Shotts. The project was aimed at young people with an overall aim of improving productivity at school and improving mental health through expressive art. There were 5 sessions and 7 young males from Calderhead HS attended



71% built +ve relationships with staff

Urban Sports Project

HI Team approached Social Track in Wishaw to develop a pilot programme to encourage active travel and youth engagement in physical activity. Urban sports project was a 12 week programme where coaches and volunteers at Social Track ran a free session each week for C&YP from across the locality at Overtown Skate park.

Martial Arts Mental Health & Fitness

The programme had:

- 24 Participants avg each week
- 18 attending other classes and continue post programme.

Info

HI team partnered with Rivals gym in Wishaw to pilot a 12 week Martial arts based health and fitness programme for 14 – 26 yr olds to participate in martial arts based activities to promote positive health and wellbeing, improve physical and mental fitness, and promote an overall healthy lifestyle.



37 participants each week.
30 Female aged 8-13 years
100% used active travel to attend:
3 Scooters, 4 Skateboard,
and 30 walked.

26 Adults and
26 Children
Attended

Growing Together for Better Mental Health

GBT & NHS Health Improvement brought the families in Shotts together to play and learn how to grow and use their own herbs to provide nutritious meals and drinks to support good mental health. There were 3 sessions that families booked into held outdoors at GBT Shotts in the community garden. At each session there was a Growing station to plant seeds and herbs; smoothie bike using fruit and herbs to make their own smoothies; recipe ideas/ how to use herbs planted at previous station; crafts/herb hunt; garden area open for exploration and relaxation. Each participant was able to take away a pack of herbs, seeds, fruit and vegetables, a selection of information and goodies to further support their health and wellbeing.



Healthy Working lives for Staff

To support the health and wellbeing of staff and increase staff morale, the HI Team Staff organised a Christmas quiz at Houldsworth Health Centre. A health and wellbeing quiz was created with a range of prizes and healthy snacks & drinks provided. There were 4 prizes to link in with health and wellbeing: 3 x boots vouchers (£25, £20 and £10) along with an electric toothbrush which came from the oral health fund.



1st Prize: Dr Rolinda Smith
2nd Prize Angela Andrew

3rd Prize Jackie Kelly
4th Prize Allison Smillie