

# Health and Wellbeing in Galashiels

Presented By  
John Carr &  
Doddie Turner



# The View Of The Pupils

- Alcohol is a problem with youth in Galashiels.
- Too much litter.
- Free Gym passes for school pupils.
- Mental health is neglected.
- Sport is really prominent.
- Facilities need upgrading.
- New Kit for sports teams.
- Drugs and alcohol are a problem.
- Upgrades are needed.

# A Word from our Head of Health and Wellbeing

“Issues for H&W include transport and the opportunity to take part in the environment.”

“Galashiels academy explores the physical and emotional wellbeing of youngsters within the school, but we need a wider range of Activities.”

“ The sports facilities are moderately good. Great fields (when dry) but aging indoor facilities within the school.”



## We also spoke to Lesley from Quarriers

Lesley thought that the main issue was children not feeling safe within the school whether this is caused by instability through family or friends or by gender/sexuality insecurity.

She also thought it could be improved by mental health ambassadors and more detail on mental health in PSE classes

Another point was that self harm was making people more self conscious about people seeing them.

## The opinion of staff at Stable Life

They said issues include isolation in rural areas and pupils not attending school.

They thought that it was good that they brought in people from outside the school.

# The view of the School Nurse



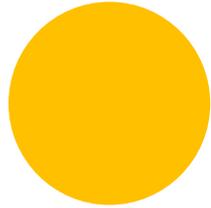
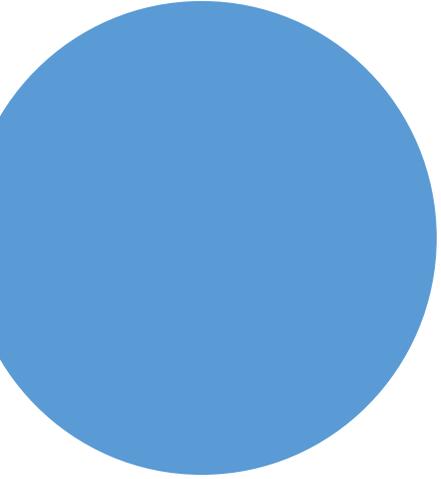
THE ISSUE FOR HEALTH AND WELLBEING INCLUDE EMOTIONAL HEALTH AND RISK TAKING BEHAVIOUR.



SHE SAID THAT OPENNESS IS ONE THING THAT CAN BE IMPROVED THROUGHOUT THE ENTIRE SCHOOL.



SHE TOLD US DRUGS AND ALCOHOL WERE MORE OF A PROBLEM NOW BECAUSE THEY ARE MORE READILY AVAILABLE THAN THEY USED TO BE.



Thank you for  
listening

