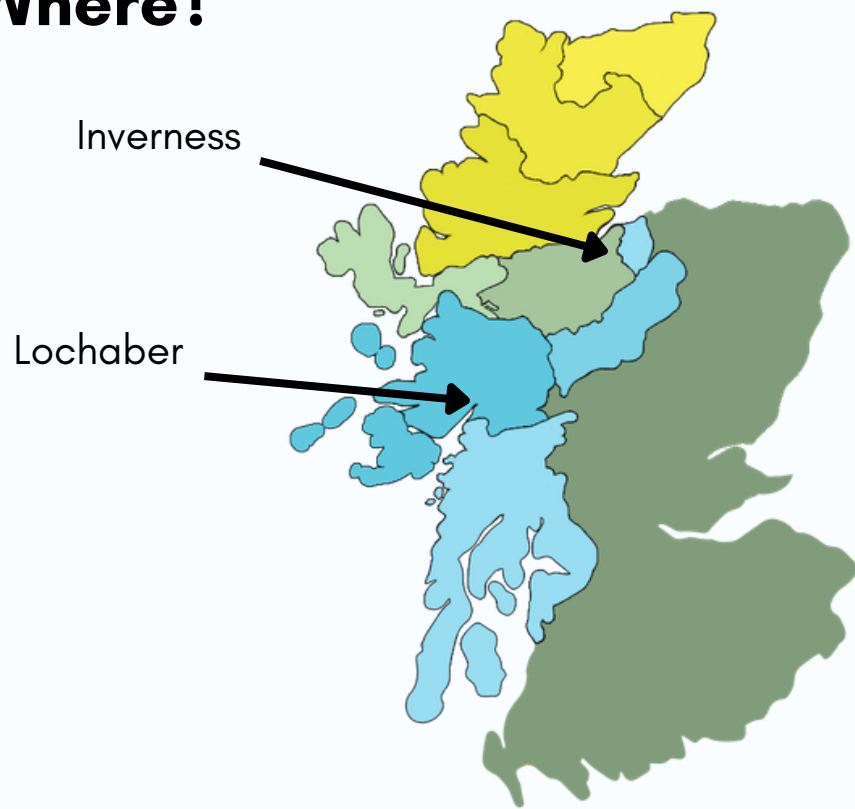


Innovation Challenge - Enabling Connection through Green and Creative Spaces

Aim: To support young people's mental health while addressing the growing health and healthcare inequalities that shape both their present and future wellbeing.

Where?



Pilot projects are being carried out across Lochaber and Inverness between August 2025 - August 2027.

The project connects with young people from Lochaber Highschool, Kinlochleven Highschool, Millburn Academy, and Inverness Royal Academy.

A Model of Co-production and Relational Resilience

Resilience grows through relationships and environments that recognise young people's strengths and create the conditions for them to thrive.



The Youth Engagement and Participation Worker connects with groups of young people, their families, and their schools to co-create safe spaces for support alongside local essential third sector organisations.

Young people are not just participants - they are co-creators, helping shape the sessions, activities, and settings that feel most meaningful to them.



What's been happening in Lochaber...



- 3 local partnership providers; Space2Be, Room 13, Nevis Landscape Partnership
- 6 term-time school groups (3 Space2be, 2 Room13, 1 Nevis Landscape Partnership)
- 63 young people engaged in projects



- 6 Campfire Conversations - Green health outdoor networking group

- 7 summer sessions - continuing connections through the school holidays.
- One 2 night residential at Glencoe Youth Hostel
- Employment of a Youth Engagement and Participation worker

Learning & Evaluation

- Reflective diary/observations from facilitators, teachers, and parents
- Demographic data collection, resilience based outcomes measure
- Participant feedback collection - 1:1 interviews with Young Engagement and Participation Worker



Anticipated Outcomes

Improved mental health & wellbeing	Improved relational and ecosystemic resilience	Increased awareness of local support providers	Community Cohesion	Increased responsiveness to young peoples voices
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Project Outputs

- Feedback/reflections from whole-system surrounding young people used to better inform future delivery of programmes
- Increased understanding of the needs of young people with regard to delivery of nature/creative based mental health & wellbeing programmes
- Deeper connections built around young people to enable stronger, more accessible support

What's been happening in Inverness...



- 3 local partnership providers; Clay Studios, Nature4Health, The Ledge
- 3 term-time school groups (1 Nature4Health, 1 Clay Studios, 1 The Ledge)
- 24 young people engaged in projects
- One residential trip to Ullapool with Nature4Health

- 3 workshops with 4th year Medical students on placement at New Craigs Hospital

- One CPD workshop with staff from NHS Highland's Child and Adolescence Mental Health service.

