Prevention in Practice: Building the Bridge

Workshop Findings – 27th August 2026

West Dunbartonshire Health & Social Care Partnership

Where do we want to get to?

Each group agreed one shared ambition to work towards before the next survey in 2027

1. All S3 pupils taking part in survey and young people having improved **sleep** and less **bullying**
2. Better **collaboration** in order to be fully inclusive so that everyone can be **represented**
3. Families and young people get the right **support** at the right time to improve **outcomes**
4. Strengthen a joined-up approach to addressing **bullying** involving parents, police and education
5. Increase **connection** with peers, family and community to reduce isolation
6. Support parents, young people and communities around positive **sleep** patterns

Key Finding One: Ambitions centred on addressing the issues that the last survey (2025) highlights most: **bullying** and **sleep**. There was a clear commitment to tackling the underlying factors collaboratively while increasing participation in the next survey.

What is in the way

- Lack of knowledge, awareness and understanding – particularly around healthy peer relationships
- Financial and funding pressures for services and families
- Barriers to participation in the survey, especially for school non-attenders
- Pressures on capacity, time and resources

Strengths to build on

- Well-established relationships and partnerships
- Good range of services and community resources throughout West Dunbartonshire
- Committed and knowledgeable workforce
- Strong opportunities for young people's involvement

Key Finding Two: When exploring the barriers preventing their ambitions, participants described challenges felt across both services and within families. However, West Dunbartonshire is not starting from scratch to achieve them: it has a **solid foundation** to build on.

Priorities for moving forward

Across the groups, four priority themes stood out as the focus for achieving the ambitions

Improve collaboration

Strengthen connections between organisations to enable clearer communication and better coordination of existing activity and resources

Increase participation

Improve participation in the Planet Youth survey, particularly by understanding and reaching young people who are currently underrepresented (i.e vulnerable groups)

Use data more effectively

Use Planet Youth and wider local data to identify gaps, highlight need and target services accordingly, ensuring support addresses pressing issues

Strengthen family engagement

Increase opportunities to involve parents, carers and families, improve awareness of available support and strengthen their role in improving outcomes

Key Finding Three: Every group chose priorities that require organisations to work together. There was recognition that better outcomes for young people and families need a **cross-sector approach** spanning education, youth work, health and community organisations.

The case for a coalition

Groups described what a coalition could offer to help turn these priorities into action



Bring people together around shared priorities to improve collaboration



Enable the sharing of information, knowledge and resources



Give a strategic way to set goals and hold each other accountable



Help maintain momentum towards achieving ambitions

Key Finding Four: Participants wanted an **action-focused approach** bringing partners together to share expertise and respond to emerging needs. They saw a coalition as an opportunity to strengthen collective action and align with strategic priorities and existing structures.