

The Neighbourhood

Echo



In This Edition:
Splatter Art
Mental Health Week
Glasgow 5k Walk & Ride
and much more!

July 2026 Edition

Scottish Charity Number: SC028984



Neighbourhood
Networks

Cover Story – Splatter Art



Cumbernauld/Kilsyth members enjoyed a weekend visit to Glasgow Splatter Art Studio where they started off with a blank canvas and created their own unique masterpieces in just 1 hour!

They budgeted for the session ahead of time and independently travelled into the city centre to meet their Community Living Worker ahead of their session.



Splatter Art (continued)

Members thoroughly enjoyed their time in the studio and said that they most enjoyed the freedom and opportunity to be creative and messy, whilst also finding the experience therapeutic and allowed them to process some big things in a creative way whilst spending time with friends.

We can't wait to see the finished artwork when it's dry and hung up in their homes!



Dalkeith Country Park



Members from the Dalkeith Network enjoyed a walk through Dalkeith Country Park, where they had great fun exploring hidden woodland paths and following the River Esk.



Members took photos of fields of bluebells growing between the trees; it looked like a blue sea surrounded by vibrant greenery.



Everyone agreed that we should spend more time walking in nature, as it has such a positive impact on our overall health and wellbeing.



Immersive Room



Members from Wishaw travelled to Motherwell Library to take part in the Immersive Room, a purpose-built digital space designed to fully surround visitors in visuals and sound. It uses floor to ceiling projection creating 360-degree environment.

Members explored interactive themes of space, underwater, autumn and competed in two teams to kill the spaceships and beetles.



Portobello Beach



Dalkeith Network members decided to get into the holiday spirit and visit Portobello Beach.

They enjoyed relaxing on the beach and even had a competition to build the tallest sandcastle.

Members enjoyed a lovely lunch by the sea and then decided to visit Lucas Ice Cream in Musselburgh for an ice cream.



Mental Health Week event



Airdrie & Coatbridge members independently attended a mental health week event at Summerlee and enjoyed participating in the workshops which included a health walk, Tai Chi, hand massage and art session.

Neighbourhood Networks were invited to have an information table at the event.



Makerspace



Cumbernauld Transitions Network members had a great first time visit to the Makerspace at Cumbernauld Library.

This was a great opportunity to bring their own ideas and digital artwork to life. Supported by helpful staff, members learned how the heat press is used to transfer their digital images and artwork.

The end results were amazing with some K-pop water bottles and a digital art mug!



Homemade Waffles



Members in the Motherwell Network made some tasty homemade waffles in their cooking session.

They shopped for the ingredients, worked as a team to mix them together to make a batter, cooked them and served with fruit and a dusting of icing sugar.

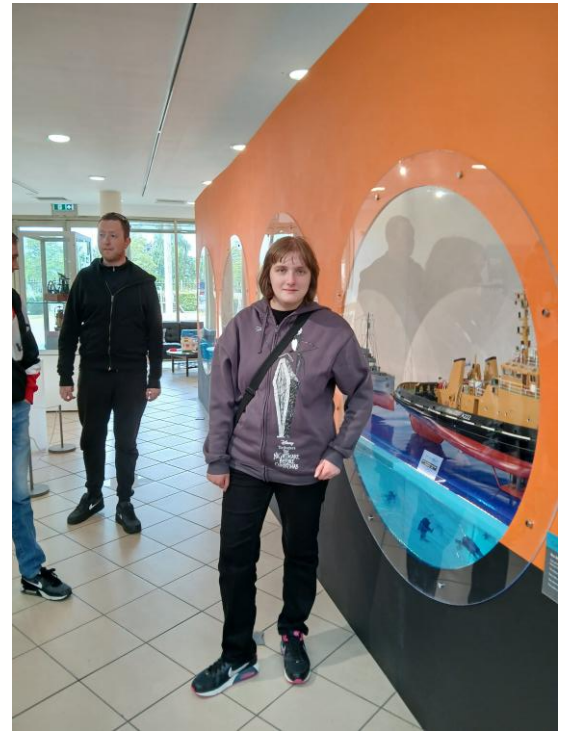
Everyone enjoyed eating them along with a cup of tea and planned some more baking and cooking sessions.



Motherwell Heritage Centre



Bellshill and Wishaw members travelled independently to visit Motherwell Heritage Centre, where they explored local history and viewed the Chariots of Steam model ship exhibition, this provided opportunities for socialising together and learning about the local area.



Balloch Sea Life Centre



Members from Coatbridge network travelled to Balloch Sea Life centre and enjoyed their experience. They loved watching the feeding of the sharks and otters.



Members visited the viewing deck and enjoyed the views. They then visited the cafe before the return train journey.



Camelon Pool and Bowling



Grangemouth members travelled independently and with peer support to meet in Falkirk before travelling to Camelon.

They met members from Denny network to enjoy a game of bowling and to play pool which are favourites for the members.

They then chose to go back into Falkirk for a spot of lunch to enjoy the weather before travelling home. Great day had by all and working towards many of their outcomes!



Personal Safety



Members and staff from the North Ayrshire Networks participated in a personal safety session from the Scottish Centre for Personal Safety in Ardrossan.

They learned how to avoid confrontation and tips on staying safe when we might feel vulnerable, as well as practical self defence moves and the laws about this.



Botanical Gardens Edinburgh



Members from Musselburgh Transitions visited the Botanical Garden in Edinburgh.

They had a great time exploring the different plants and flowers this time of year and enjoyed seeing birds building their nests.



A Walk in the Sunshine

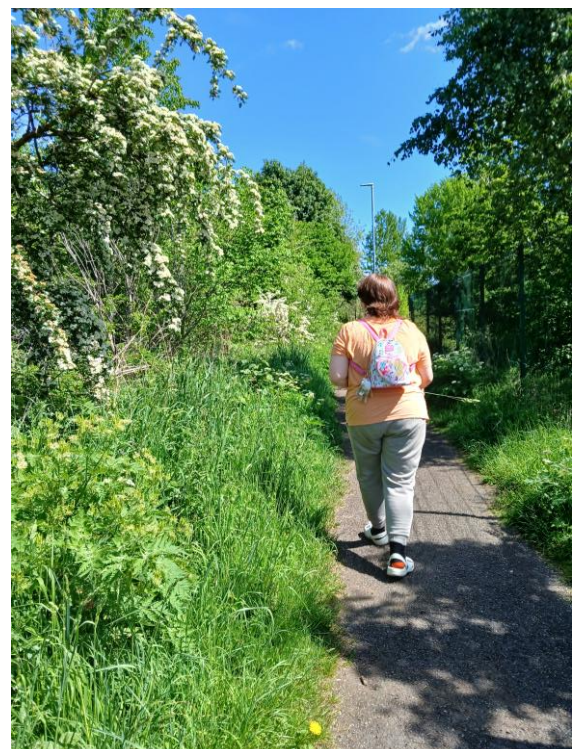


Members from Denny and Larbert met to go for a lovely walk to the river since the weather has been so beautiful.

Members enjoyed pointing out different types of flowers and also bugs!

We spoke about water safety and the dangers of going into cold water.

Members enjoyed getting out into the sunshine and plan to do this again soon.



Problem Solving



Members came together, having to problem solve and put into action many life skills to deal with different events, to ultimately have a great time celebrating two members Birthdays.

A great way to celebrate with friends.



Invitation to join Health Group



North /East Glasgow network members have had the idea of a health group that involves lots of activities so that members with different interests can get involved. Richard and Gerry started off the idea of having a health walk that could include cycling.



They all started with a 5K around Glasgow Green and along the river Clyde.

Every two weeks they meet for the 5K walk and ride and more members are joining in each time.



Invitation to the Health Group (cont)



They now have the idea of 5 a side football as there is a great pitch across from Glasgow Green that could be used. They have decided on their players and would like to invite other networks who are interested in playing football or in the 5K walk and ride along.



If anyone is interested in joining in please get in touch with your CLW and we can share our details of dates and times.

Members Area of the Website



Our Networks are generally open to members aged 16 to 65, however in several areas we have specific young people networks for those aged from 16 to roughly 25 years of age.

These networks help young adults with the transition from child services and school to the adult world and have the flexibility and responsive support to meet their needs. For example, support might be worked around college hours or a final year at high school.

Find out more information on our website:

<https://www.neighbourhoodnetworks.org/what-we-do/young-people-networks/>