North East Glasgow Directory

This directory gives information about third sector organisations and projects working with children, young people and families in the North East of Glasgow. It is a work in progress and more organisations will be added.

September 2019
The Everyone’s Children project was set up to support and promote third sector organisations in Glasgow that provide services to children, young people and families. The project is funded by the Scottish Government and works in partnership with statutory partners and the third sector.

It aims to:

• Develop and support the local third sector capacity to deliver wellbeing outcomes.

• Ensure third sector contributions to Children’s Services are valued and strengthened

• Share learning and best practice through training and events.

The Everyone’s Children project provides a practical range of support to ensure that the third sector contribution is effectively integrated into planning of services for children and families. The project has helped to raise awareness of GIRFEC, map the contribution of the third sector in Glasgow, share learning, and support organisations through capacity building work.

Contact: Suzie Scott
Telephone: 0141 271 2517
Email: suzie.scott@gcvs.org.uk
The **Children, Young People and Families Citywide Forum** provides a strong and co-ordinated voice to partner agencies that influence Children’s Services in Glasgow.

The Forum aims to:

- consult, agree and support representation on behalf of the sector on priority issues
- actively represent forum membership in city wide multi-agency planning
- provide guidance and support to the Third Sector
- gather and co-ordinate views on behalf of the Forum
- promote good practice through shared learning

**Membership**

The Forum is open to all third sector organisations that provide services to Children, Young People and Families in Glasgow. There is no membership fee.

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**Email:** citywideforum@gcvs.org.uk
Aberlour family support service

This service works on a one to one basis and in groups in a variety of community, school and home settings.

• **Supporting families at home** by providing emotional, practical and therapeutic support to women and children who are or have experienced Domestic Abuse.

• **Supporting children in school** to improve their attainment and help them to reach their potential.

• **Supporting children and young people in their community** who are being missed by other services, by meeting them on their territory – the streets.

We offer youth clubs, planned activities, residential trips and issues-based workshops delivered in schools and clubs.

We work in partnership with other agencies to support young people access opportunities which meet their needs including employment.

We have Family support workers who will work with young people and their families to strengthen family relationships and stability for young people.
Aberlour Guardianship – Glasgow supports unaccompanied children and young people. Guardians support the young people by helping them navigate the immigration and welfare processes, and feel supported and empowered throughout the asylum process, assisting them to access the help they need when they need it, and make informed decisions about their future. Aberlour and the Scottish Refugee Council are the principal partners in the guardianship pilot.

The children and young people we help in the Scottish Guardianship Service have been through unimaginable traumas. Now, they must cope with being apart from their families in a strange, new country. They also face language and cultural barriers. In addition, the welfare and immigration system is very complicated and it can be difficult for them to understand.

These factors make it very hard for child refugees and victims of trafficking when they come to this country.

The Guardianship service works across Glasgow.

Contact: Catriona MacSween
Telephone: 0141 445 8659
Email: Catriona.macsween@aberlour.org.uk
Scottish Guardianship Service
6th Floor, Portland House
17 Renfield Street
Glasgow, G2 5AH
Aberlour Residential and Fostering Services – Glasgow

Our residential and fostering services are for children who are unable to live with their families. Often our children have suffered traumatic experiences at a young age, and this has affected the way they feel inside. We are there for those children, to help them to flourish.

We believe that a positive and nurturing home is the basic right of every child. We are proud to give them the best start in life, by offering safe, loving, nurturing and therapeutic care for them.

We see residential child care as a positive setting for children, where they have all the help and support they need. Our children’s houses have all the same rhythms and routines as any other family home.

We also offer foster families for those children who would be better suited to living in a different residential environment. All our foster carers are highly trained caring professions, all driven by desire to help children and young people to grow up and flourish.

Contact: Nicola Fearon
Telephone: 01592 591 500
Email: Nicola.fearon@aberlour.org.uk
Aberlour Fostering
West Bridge Mill, Bridge Street
Kirkcaldy, KY1 1TE
Achieve More Scotland (AMS) is a registered SCIO based in Glasgow that delivers programmes of diversionary activity to young people from areas of high social deprivation. Diversionary activities take the form of sports, physical activity, group-work, volunteering, employability and personal development sessions. We improve young people’s physical and mental health and well-being, confidence and self-esteem, aspirations, personal responsibility and life chances by engaging them in weekly, structured, positive activities that are delivered by role models (experienced and trained youth workers/coaches).

We currently work across 30 different communities in Glasgow, utilising 40 venues on 6 evenings per week. We work with up to 1500 young people each week and have around 2000 individuals registered to take part in our activities.

Contact: Paul Fletcher
Telephone: 0141 558 4300
Email: paul@achievemorescotland.co.uk
116 Elderslie Street, Glasgow G3 7AW
**Action for Children Employability Service** - Our services work with 16-24 year olds who face barriers to entering employment. We provide employability support through both 1:1 support and structured group work programmes. Dedicated key workers provide support to young people to progress into employment, training and further education with aftercare support to maintain sustainability.

**Contact:** Evelyn Rimkus  
**Telephone:** 0141 550 3374  
**Email:** Evelyn.Rimkus@actionforchildren.org.uk

**Action for Children GEN R 8 Youth Housing Support Service** provides outreach housing support to young people, including parents, aged 16 to 24 years who have a connection with North East Glasgow Locality. The service supports care experienced young people on a city-wide basis.

**Contact:** William Kelly  
**Telephone:** 0141 771 6161  
**Email:** William.Kelly@actionforchildren.org.uk

**Action for Children Stoneside Short Breaks** - Short breaks and outreach support for families who experience challenging behaviour associated with learning disability.

**Contact:** Nikki McCafferty  
**Telephone:** 0141 632 4052
Action for Children (Fostering) are looking for people who want to become foster carers and make a real and lasting difference to children and young people’s lives.

For children and young people who can no longer live with their families our foster carers offer safety, stability and a nurturing home environment. Being a foster carer is no ordinary role, it can be challenging as well as highly rewarding. The children and young people our carers look after are from a wide range of ages and experiences, we are proud of our foster carers and the young people they look after.

We will be there with you every step of the way, 24-support from our highly skilled team, competitive fees and allowances, extensive training and regular paid breaks to recharge your batteries are offered. We also have support groups to give you a chance to chat and share experiences.

One essential thing you need to have is a spare bedroom.

If you’re ready to take the next step towards becoming an Action for Children foster carer or you just want some more information, please get in touch.

Glasgow Wide
☐ North East
☒ North West
☐ South

Telephone: 0141 222 1770
fostercare.caps@actionforchildren.org.uk
17 Sandyford Place, Glasgow G3 7NB
Action On Hearing Loss

As the largest charity for people with hearing loss in the UK, we understand how hearing loss can affect everything in your life from your relationships, to your education and your job prospects.

We're here to support and help you, so you can take back control and live the life you choose

From day-to-day-care, to practical information, to campaigning for a fairer world for people with hearing loss, and funding research to find a cure, we’re taking action on hearing loss.

We work in communities around Scotland to support people with hearing loss including hearing-aid care and specialist employment support. We also campaign for equal access to employment, health, entertainment and to improve standards in audiology care.

Contact: Gordon McGowan
Telephone: 0141 341 5350
Email: gordon.mcgowan@hearingloss.org.uk
131 West Nile Street
Glasgow, G1 2RX
www.actiononhearingloss.org.uk
Addaction North East Recovery Hub

We give support and advice to adults who are experiencing problems related to their own or someone else’s drug or alcohol use. We provide specialist interventions to help prevent and reduce the harmful use of drugs and alcohol. We won’t judge you and will work at a pace you are comfortable with, helping you to get well and have a better quality of life. We also offer support to family and friends who can also be affected by drugs and alcohol misuse.

Addaction North East Glasgow Recovery Hub accepts self referrals as well as referrals from family members, drug and alcohol services, GPs, social work, police and any other support agency.
The Alcohol Education Trust: Helping Young People Stay Safe Around Alcohol

A national charity that supports schools, parents, carers, health educators and youth outreach teams to ensure that young people of all abilities learn to stay safe around alcohol.

Developing and delivering holistic, life skill and evidence-based approaches that build resilience and reduce underage drinking and alcohol related harms.

Contact: Brian Gibson  
Email: brian@alcoholeducationtrust.org  
Telephone: 07902 580 773  
c/o The Wise Group  
72 Charlotte Street  
Glasgow  
G1 5DW
ASAP Scotland

We run activities for young adults, focusing on 14 to 25 year olds

Many of our neighbours would like to see more community projects but struggle to know where to start. We have tools to help anyone find out what their community is likely to participate in, recruit other leaders and participants as well as help running the events.

Contact: contact@asapscotland.org
Telephone: 07766 708 363
www.asapscotland.org
4 North Court
Glasgow, G1 2DP
Barnardo's provides a range of services across Scotland supporting vulnerable children, young people and families.

We work in partnership with Health, Education, Social Work and other voluntary sector organisations to provide effective services that enable children, young people and families to achieve better outcomes and reach their potential.

Glasgow Wide

- North East
- North West
- South

Contact: Eddie Kane
E-mail: eddie.kane@barnardos.org.uk
Tel: 0141 419 4700
Barnardo’s Apna project provide services to children and young people from the ages 0 to 25 with a disability.

The project provides home care service, After school club, school holiday play schemes and club for 19 years and older. The service is provided citywide.

Contact: Mamta Kanabar
E-mail: mamta.kanabar@barnardos.org.uk
Tel: 0141 423 9225
70 Coplaw Street
Glasgow, G42 7JG
Barnardo’s PACe is an intensive family support service covering the whole of Glasgow City and East Dunbartonshire councils working with children and young people aged 5-18 years and their families.

Our primary remit is to support families so as to prevent children from being accommodated as well as support those children and young people who have already been accommodated to make sure that they are in the most appropriate accommodation that meets their needs.

Contact: Daljeet Dagon
E-mail: daljeet.dagon@barnardos.org.uk
Telephone: 0141 243 2393
91 Mitchell Street
Glasgow
G1 3LN
Barnardo's Youth Involvement and Family Support Project has been operational since 2003. Since its inception as a youth work programme with the aim of diverting young people off the streets and more meaningfully engaged in their communities, the Service has now greatly expanded to encompass a range of holistic family intervention services working with children and their families affected by multiple adversities. These include mental ill health, substance misuse and problematic family dynamics. The service provides a wide range of support interventions to children and young people aged 0 to 18 years who have a wide range of emotional and behavioural needs and their parents and carers.

We support families to build on the emotional resilience of each child and we promote positive mental health and social inclusion. We do this by adopting a child-centred and holistic approach across the range of service interventions. It is always our intention to very much involve parents as much as possible to address the needs of the family as holistically as possible. The service operates in accordance with the Barnardo's ethos and vision for children, with the hope of mitigating against social adversities afflicting the North east of Glasgow and hopefully help build more positive futures for children and their families.
Barlanark Out Of School Care is an out of school care organisation based in the east end of Glasgow. We are a not-for profit organisation with charitable status and are run by a management committee of parents/carers who use the service.

We offer out of school care provision for working parents/carers and parents/carers who are in full/part time education and/or training.

We also offer respite and emergency placements

Contact: Karen Shannon
Phone: 01417717690
Email: info@barlanarkosc.org.uk
Website: www.barlanarkosc.org.uk
Address: Barlanark CEC, 33 Burmouh Road, Glasgow, G33 4RZ
Beatroute Arts - Balornock East Youth Centre

Beatroute Arts is a community-led charity based in Balornock in the North East of the city of Glasgow, offering high-quality, free creative and holistic activities for young people between the ages of 8 and 25 and adult community groups such as older people and adults with complex support needs in order to improve quality of life for our local community.

Initially set up as a music project in 1990, Beatroute has developed to offer activities which range from weekly drop-in sessions specialising in music tuition, song-writing, film-making, sound-production, art, fashion design, gardening, woodwork, drama and science through to learning opportunities such as our weekly stringed instrument tuition programme, “Take A Bow” where young people can learn violin, viola and cello.

Beatroute works closely in partnership with local organisations and schools to offer community-led activities such as cookery, parent/child music sessions, music workshops for young adults with complex support needs and twice-weekly yoga classes for older people/those with daytime family commitments to alleviate social isolation, anxiety, depression and to help people deal with stressful situations.

Beatroute also offers community outreach workshops based in local primary schools and nurseries to promote the importance of creative learning.
Bethany Christian Trust

Bethany supports churches to use existing community assets, developing sustainable projects that meet local needs. People need practical support, they also need the opportunity to change. Everyone has potential and Community Development is all about supporting the local church to transform lives and revitalise local communities.

Our Community Development Workers act as facilitators alongside the local church. The local church is already in the heart of many communities. Our staff provide help to bring together people who have become socially isolated with professional support services – provided by ourselves and our partner organisations - with volunteers and other resources including funding and venues.

All our programmes fit into 4 service streams

**Initial Community Engagement** – Informal drop-ins; street work.

**Family Support Work** – Building Stronger Families Programme; Family Life Centre; Residential opportunities through partnerships with Columba 1400, Hopscotch and Scripture Union.

**Learning, Training & Development** – Community magazines; IT Literacy drop-ins, Employment & Volunteering drop-ins; Self-reliant groups.

**Befriending and Mentoring** – Passing the Baton, Passing the Baton for Older People, Youth Mentoring.
Scottish Book Trust is a national charity that believes books, reading and writing have the power to change lives. A love of reading inspires creativity, improves employment opportunities, mental health and wellbeing, and is one of the most effective ways to help children escape the poverty cycle.

Bookbug is Scottish Book Trust’s Early Years programme that aims to help children develop a love of books and reading by providing four free bags of books to every child in Scotland during their first five years. We also provide tactile books for children with additional support needs. Scottish Book Trust partners with libraries and community venues to run Bookbug Sessions - free song, rhyme and story sessions across Scotland. In addition, targeted Bookbug Outreach work trains early years practitioners to use activities which promote bonding, attachment, social skills and literacy in the early years.

Contact: Beth Crozier
Tel: 0131 558 8853
beth.crozier@scottishbooktrust.com
55 High Street
Edinburgh, EH1 1SR
Bridges Programme

The Bridges Programmes is Scotland’s specialist agency, supporting the social, educational and economic integration of refugees, asylum seekers, migrants, and anyone for whom English is a second language, living in Glasgow.

Recognised as an example of Best Practice in Scotland, the UK and Europe, Bridges works with employers and partners to ensure that our clients have the best possible support to help them into work (if eligible), education or further training.

Through a variety of programmes and resources we help clients build their confidence by re-engaging them with their skills, provide training, support, advice and guidance and work placements.

Based in Springburn, in the North of Glasgow, we have been working in this sector for over 10 years. We have a dedicated and expert team supporting the needs and campaigning for the rights of refugees, asylum seekers, migrants and non-native English speakers.

Tel: 0141 558 9749
maggie.lennon@bridgesprogrammes.org.uk
110 Flemington Street, Flemington House Glasgow
G21 4BF
http://www.bridgesprogrammes.org.uk/
The British Deaf Association (BDA) is the UK’s leading membership organisation and registered charity run by Deaf people for Deaf people.

The BDA delivers a range of services to achieve its aims of empowering Deaf people to overcome difficulties that they face on a daily basis.

The BDA also supports young Deaf people and their hearing families. Deaf Roots & Pride provides mentoring support from Deaf role models and group activities for deaf children and young people aged between 8 and 20. DRP aims to support them to see the positives in their deaf identities and to build their confidence and aspirations in negotiating key transitions and preparing for adult life.

We believe that access to Deaf role models, activities involving other deaf children and families, and providing support in British Sign Language are all crucial in empowering vulnerable deaf children.

Contact: Avril Hepner
Telephone: 0141 248 5565
E-mail: cado.sthscot@bda.org.uk
Suite 58, Central Chambers
Glasgow, G2 6LD
The British Red Cross helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We help vulnerable people in the UK and abroad prepare for, withstand and recover from emergencies in their own communities. The Crisis Education team at the Red Cross offer fully funded workshops in schools and youth work settings in areas where young people are at higher risk of experiencing a crisis related to drug/alcohol use and stigmatising behaviour. The two workshops we deliver are:

First aid workshops

• Learn essential first aid skills, including how to help someone who is: unresponsive (breathing/not breathing) bleeding heavily burnt
• Assess and manage risks to make informed choices when helping others.
• Build the confidence and willingness to help in a first aid emergency.

Refugees and migration workshops

• Explore assumptions about terms such as 'refugee', 'migrant' and 'asylum seeker'.
• Understand why someone might have to flee their home.
• Analyse the harmful effects of unwelcoming, hostile or discriminating behaviour.
• Consider how individual actions can help someone feel more welcome.

Contact: Laureen Walker
Telephone: 0141 891 4000
E-mail: LaureenWalker@redcross.org.uk
4 Nasmyth Place
Glasgow, G52 4PR
The Brunswick Centre offers a wide and varied range of activities for community purpose that aims to challenge issues affecting health, wellbeing and tackling the issues and barriers presented to modern communities.

The Junior Club runs on a Monday to Thursday from 5pm – 7pm Ages 8-11 & the Senior Club runs Monday to Thursday from 7pm – 9pm Ages 12- 18

The Brunswick Centre also offers free 5 a side pitch hire to all local young people on our newly refurbished 5 a side 4G pitch. Pitch hire is available daily Monday to Friday 3pm to 6pm & weekends.

Specialist holiday programmes run over Summer, October and Easter weeks

In addition we also run daily activities within the centre

Telephone: 0141 557 0812
Email: info@brunswickcentre.org
Website: www.brunswickcentre.org
17 Wardhill Rd, Glasgow G21 3NN
Buddies Out of School Care operates from the Budhill Family Learning Centre in the Budhill area of Glasgow.

The service caters for a maximum of 42 children attending primary school.

8am to 6pm Summer provision
3pm to 6pm Term time

Contact: Karen Dunn
Phone: 01417743311
Email: karendunnbuddies@btconnect.com
Website: https://soscn.org/
Address: Budhill FLC, 1A Hallhill Road
Budhill
Glasgow, G32 0PR
Cafe Stork Drop In

Cafe Stork is a free drop in session to relax, have some lunch & meet other new or expectant parents, grandparents or carers. Babies & children are also welcome.

Café Stork helps reassure parents that they are not alone during or after their pregnancies and that there is help when needed. It also encourages parents to build on their network of friends/relationships to make sure parents are engaged in their local community and not forgotten about as this time is challenging enough already.

Contact: Claire.Mclachlan
Phone: 07710 091535
Email: claire.mclachlan@westscot.co.uk
www.thrivingpdc.wordpress.com/2017/10/20/🐦-cafe-stork
Parkhead Congregational Church
77 Westmuir Street
G31 5EW
The Caravan Project, which has been in operation since 1985, is a social tourism charity that provides over 600 people a year living in Glasgow with access to affordable holidays and days out. For these families, a holiday is not a luxury but a much needed break from the challenging circumstances they face at home. For many, it will be their first ever holiday.

Its main services are:

**Respite Holidays**

The Caravan Project owns four caravans situated at the Haven’s Craig Tara Holiday Park in Ayr and provides one week respite breaks to families living in poverty and facing challenging circumstances. Everyone accessing these holidays has a range of additional initiatives to ensure their holiday is as affordable as possible including: free door-to-door transport, free passes for every family member to the entertainment complex, a big bag of fruit and vegetables worth £10 and a discount card giving families 50% off all activities on site and 15% off all other purchases. These initiatives save families approximately £200 each.

**‘Big Day Out’ programme**

This programme provides free family days out to a range of Glasgow visitor attractions for people facing challenging circumstances. This includes free transport and packed lunches. It is currently restricted to people living in the North West, however it is hoped that this service will be rolled out to cover the whole city in 2020.
Carers Scotland

We're here to make life better for carers. Working as part of Carers UK:
• we give expert advice, information and support
• we connect carers so no-one has to care alone
• we campaign together for lasting change
• we innovate to find new ways to reach and support carers.

We're here to help carers and professionals, with expert advice on issues such as carers' benefits, community care and services for carers
Looking after someone can be complicated. Our leaflets, booklets and newsletters give you accurate and up-to-date information so you know exactly where you stand.

Self Advocacy
Our self-advocacy toolkit is designed to ensure every carer has support to navigate a confusing system, communicate effectively and handle complex thoughts and feelings.
The Central and West Integration Network is a Scottish Charity, which works with individuals and groups to support asylum seekers, refugees, migrant workers and black and minority ethnic people. We work with all communities to promote integration, in the City Centre and West End of Glasgow, across the city of Glasgow and beyond.

Our services include:

- Mothers and children group
- Youth project
- Emergency Food Aid
- Drop in service
- Women’s Groups in various locations in Glasgow
- Weekly information bulletin to other agencies and individuals
- Capacity building programme for Migrant led organisation

Contact: Florence Dioka
Telephone: 0141 573 0978
Email: florence@cwin.org.uk
21 Rose Street
Glasgow, G3 6RE
The Centre Playgroup is a community playgroup based within Mount Vernon Community Hall in Mount Vernon Park.

The group is run by a committee of volunteer parents/carers, elected at our AGM each year. Any parents/carers are welcome and encouraged to join our committee.

The Playgroup works in partnership with Glasgow City Council and can offer 35 funded places to children aged from 3 to starting school.

We presently offer 600 funding hours over the course of the academic year and our sessions run from 9.15am - 12.30pm and on Thursday and Friday we offer a lunch club until 1.30pm

Contact: Lynsey McQuade
Tel: 0141 778 8929
Email: thecentreplaygroup@gmail.com
Mount Vernon Community Hall, Mount Vernon, Glasgow G32 9LE
www.thecentreplaygroup.com
CHANGE: Childcare and Nurture Glasgow East is a partnership project, led by Children in Scotland, which has been working with communities in the East End of Glasgow since October 2016. The work of the project, which is funded by the National Lottery Community Fund, has been informed by community engagement and relationship building with children, families, professionals and organisations across our project area.

CHANGE’s current focus is on supporting the expansion of the following services across our project area:

- Childminding and Community Childminding
- Out of school care
- Childcare for children aged 0-2, including services providing family support

In addition to the expansion of service, CHANGE is aiming to raise the profile of registered childcare and other services that provide opportunities for children.

The work being done by the project staff is underpinned by the CHANGE hub, which is a network of professionals working in a range of services across the project area, supported by the Children and Young People’s Improvement Collaborative.
Child Bereavement UK (Glasgow)

At our centre in Glasgow, Child Bereavement UK offers face-to-face support for bereaved children and young people up to the age of 25 and their families, within the locality and surrounding areas.

We are also able to support children and young people, when someone significant in their lives is not expected to live.

Our services are provided free of charge and are offered by trained bereavement support practitioners. Please get in touch to find out more about what we offer and to discuss your needs.

Contact: Karen Lafferty
Telephone: 0141 352 9995
Email: glasgowsupport@childbereavementuk.org
First Floor 16 Fitzroy Place
Finnieston
Glasgow, G3 7RW
At Children 1st our vision is a happy, healthy, safe and secure childhood for every child and young person in Scotland.

We have 125 years experience of working with children and families, previously as the Royal Scottish Society for Prevention of Cruelty to Children (RSSPCC).

Today, we support families under stress, protect children from harm and neglect, help them to recover from abuse and promote children’s rights and interests.

Glasgow Supporting Families Service provides trauma informed support to children and families across the South of Glasgow. Our restorative and relational approach means we work with children and families to make positive changes in their lives. We work with families in a flexible and individualised way to offer them the right support at the right time that leads to positive outcomes for children.
Connect 2

Our Out of School Care bridges the gap between school and home time, with 3 hours of fun packed activities. Our New Start Club makes the transition easier from nursery to school for your little new starts. Our Holiday Care Service fills holiday time with action packed activities and trips and takes away the stress of finding childcare for 13 weeks per year.

School Term Time Monday to Friday 3pm – 6pm
School Holidays and In-service Days Monday to Friday 8am – 6pm

PROJECTS

Bridgeton: Ground Floor, 112 Baltic Street, Bridgeton, G40 3BL Telephone 554 3745

Haghill Park Primary School, 415 Cumbernauld Road, Haghill, G31 3LS, Telephone 550 4999

St Thomas Primary School, 8 Smithycroft Road, Riddrie, G33 2QJ Telephone 770 6266

Carntyne Primary School, 38 Liberton Street, Carntyne G33 2HF Telephone 770 8979

Head Office: 1343 Gallowgate, Glasgow G31 4DN
Telephone 0141 551 8425
Mobile 0786669728 E mail connect2osc@live.co.uk
Cornerstone’s Growing Together project has been funded by the Big Lottery Fund’s Investing in Communities Programme, supports around 200 families and is delivered across four partnership primary schools of Broomlea, Croftcroighn, Hampden and Langlands with the aim of supporting families who have children with additional support needs attending these schools.

We aim to help each family cope better with their caring role, to become more resilient, improve their family relationships and experience greater community involvement. The support provided includes an information and signposting service, priority outreach, activity sessions for children, leisure opportunities and training workshops for parents, individual family support options, sibling groups and transition support service.

Contact: Angela Boyle
Telephone: 0141 378 0700
Email: angela.boyle@cornerstone.org.uk
Cranhill Development Trust

Our core activity is to provide person-centred, responsive support services which are inclusive and are not age or gender specific. We focus on a community development and regeneration approach that builds and increases capacity within the community.

We do this by providing support which encourages and nurtures empowerment. In the same way, we promote resilience through active participation in the planning, design, development, delivery and evaluation of services.

By providing a range of community based support activities and services, we aim to increase self-esteem and opportunity in an area of multiple deprivation. These services include working with families and individuals, providing information and advice (e.g. Scottish Refugee Council outreach for refugees), health services (e.g. yoga, cycling), education services (e.g. ESOL classes), leisure opportunities, a community cafe and nearly new shop.

We do this as much as possible in partnership with other agencies and with the quality assistance of experienced volunteers.
The Croft, HMP Barlinnie

Croft staff welcome visitors and support them to have a better visit, using an assertive outreach approach. This includes giving people information about visit procedures, how to claim travel expenses and additional support that is available. Croft staff speak with a range of people at HMP Barlinnie, partners and parents of prisoners and also friends, siblings, and other relatives.

Staff and volunteers are based in the Waiting Area of the prison before most visits to speak with visitors. You can also book a support chat at the prison or on the phone if you’d rather speak with someone one-to-one or contact us via the website and we can answer your questions via email.

Contact: Catriona Gibson
Telephone: 07484 664 950
Email: catriona@barlinnievisitorscentre.org
81 Lee Avenue, Glasgow G33 2QX
CrossReach Bluebell Perinatal Service is based at the Tom Allan Centre in the Charing Cross area of Glasgow.

Services offered:
- Perinatal counselling and therapy
- Relationship counselling
- Perinatal therapy for new and expectant parents
- Perinatal counselling and therapy
- Relationship counselling

We are here to support parents experiencing anxiety, depression, low self esteem or any other negative feelings before or after having a baby. Our specially trained perinatal counsellors and therapists are experienced, compassionate and without judgement. We also have other types of support from one-to-one psychotherapy or relationship counselling, to yoga groups and baby massage.

There’s no fixed charge for using our Bluebell Perinatal Service, but we do ask for a weekly donation for your counselling or therapy at whatever level you can afford. If requested in advance, we can provide a free crèche.

Manager: Christine Smiley
Hours: 9.00 am - 9.00 pm (Monday - Thursday)
Call 0141 221 3003
https://www.crossreach.org.uk/our-locations/crossreach-bluebell-perinatal-service
Crossreach - The Mallard

A short breaks service for children and young people with disabilities
The Mallard provides a safe, stimulating and homely environment where young people can come and stay over. Our staff support them during their time here.

We’ve been providing residential short breaks at the Mallard for over 20 years, and we still love every minute we spend with the young people.

Our house is in Springburn, ten minutes from Glasgow city centre. Our young guests have their own ensuite bedroom, as well as access a large lounge/dining room, sensory room, spa and computer room. We also have a well-equipped outdoor space with sensory garden and summer house.

Every part of the Mallard is wheelchair accessible.

We also have use of a wheelchair accessible car and mini bus.

Email: liann.weir@crossreach.org.uk
Telephone: 0141 558 7575
100 Morrin Street
Springburn
Glasgow
G21 1AW
The Dash Club is an after school club for young people with complex support needs. We provide a range of activities including swimming, bowling, team games, art and drama in a safe, social environment. We also provide holiday programmes during the Easter, summer and autumn breaks.

Contact: Mary Cuttle
Email: office@dashclubglasgow.org.uk
Tel: 0141 336 8852
Possilpoint Community Centre
Glasgow
G22 5LQ
Dennistoun After School Service

Dennistoun Aftercare is a charity organisation and pick up from local primary schools in the surrounding area.

We provide an after school and summertime programme for up to 40 children aged 5-11.

Pick ups from the following schools:

- St Denis' Primary School
- Golfhill Primary School
- Alexandra Parade Primary School

Contact: Eleanor McIlhone
Phone: 01415564497
Email: ballochmac@yahoo.co.uk
Website: www.soscn.org
Address: Reidvale Neighbourhood Centre,
13-15 Whitevale Street
Glasgow, G31 1QW
DIFFERabled Scotland have just recently celebrated their second year as a constituted Scottish Charity. It provides Peer support to Parents/Carers of children, Young people or adults with Additional Support Needs (Autism, ADHD, Dyslexia & Dyspraxia).

Our Projects fall into four categories:

- **Mutual & Peer Support** (coming together)
- **Self Advocacy & Empowerment** (Accurate Information to inform & create change)
- **Training & Development for Professionals** (Bringing together specialists to share & improve experiences)
- **Policy Development & Change** (Our collective shared experiences will give us the knowledge to influence & create change)

Our Values are to promote Inclusion and Equality with an 'All means All' approach.

Contact: Deborah or Wendy
Email: differabledscotland@gmail.com
Flemington House
110 Flemington St
Springburn
Glasgow, G21 4TD
Dyslexia Action

Dyslexia Action Training and Professional Development is an accredited national training provider of courses designed and delivered to support professionals working with individuals with dyslexia and specific learning difficulties. Our training courses are designed to strengthen the expertise and confidence of teachers, teaching assistants, SENCos, instructors, tutors, lecturers and learning support staff.

Our courses are offered online to enable practitioners to access materials and tutor support through Moodle our Virtual Learning Environment (VLE). Our online tutors are highly qualified specialist teachers, assessors, and psychologists who have a depth of knowledge and experience in dyslexia and SpLD. Our courses are accredited by the British Accreditation Council (BAC), the CPD Standards Office for our short courses, and Middlesex University for our postgraduate, professional programmes.

Contact: Caroline Pearson
Email: carolinempearson@gmail.com
Telephone: 0141 334 4549
39 Napiershall Street
Glasgow, G20 6EZ
Early Years Scotland is committed to providing the very best start in life for every child in Scotland. We are the leading national third sector organisation for children birth to 5.

Our range of Stay Play and Learn services offer a two generational, play based approach where qualified practitioners encourage and engage with young children and their parents/carers to strengthen and improve confidence, attachments, interactions, shared learning and attainment.

EYS:

Offer services across a variety of local community settings, including schools, community and church halls, nurseries and prisons

Offer a number of support services and membership benefits to assist a range of staff across the country who provide high quality Early Learning and Childcare in different settings

Support parents to establish, run and improve Parent and Toddler Groups in local communities

Our Professional Learning Academy delivers a range of training and learning opportunities for providers of Early Learning and Childcare, colleges, universities, local authorities and many more partners.

Contact: Fiona Carmichael
Telephone: 0141 221 2148
Email: fiona.carmichael@earlyyearsscotland.org
23 Granville Street, Glasgow, G3 7EE
East End Kids and Co

East End Kids and Co has been in existence since 1999. The project’s main aim is to cover the 4 ‘A’s of food poverty; affordability, accessibility, availability and awareness.

The project believes in the principles of community development:

- Equality
- Empowerment
- Community Involvement
- Participation
- Partnership
Easthall Residents' Association: Glenburn Centre

We offer activities for children & families, young people, older people & individuals with additional support needs.

The Glenburn Centre is a community facility set in the heart of Easthall, Easterhouse, Glasgow. The centre is managed by Easthall Residents Association and delivers a varied activity schedule aimed at increasing the social, educational and employability needs of residents of Easthall and wider communities.

The Centre provides café, creche, internet access, meeting rooms, exhibition reception and a main hall for exercise and clubs for all ages.

The activities on offer incorporate, early years, young people, elderly and additional support needs, ensuring all members of our community can enjoy quality activities in a safe and enjoyable environment. this is achieved with the support of volunteers and a small number of staff with the support of various funding partners.
Energy Action Scotland

Energy Action Scotland (EAS) campaigns for an end to fuel poverty in Scotland and is the only national body with this sole remit. Set up as a charity in 1983, EAS seeks to develop and promote effective solutions to the problem of cold, damp and expensive to heat homes.

EAS’s mission statement is to eliminate fuel poverty in Scotland. Its corporate aims are:

- Raising awareness of fuel poverty, particularly as it affects low income households; maintaining fuel poverty as a national issue of high priority; and working towards affordable warmth for all;
- Identifying effective solutions which can transform cold, damp houses into warm, dry homes;
- Researching fuel poverty and related issues in order to provide in-depth understanding of the causes and effects and to promote best practice;
- Securing public and private investment for domestic energy efficiency initiatives.
- Campaigning

Contact: Helen Melone
Email: helen.melone@eas.org.uk
Telephone: 0141 226 3064
Suite 4A, Ingram House
227 Ingram Street
Glasgow
G1 1DA
Epilepsy Connections runs a variety of projects and services within the Greater Glasgow & Clyde, Forth Valley and Ayrshire & Arran Health Board areas, offering information, advice and support to people with epilepsy, their families, friends and carers and the professionals working with them.

Services include:

- Fieldwork Services
- Befriending Service
- Ethnic Minorities
- Epilepsy Awareness in Schools
- Friends Connected
- Events for Children
- Gardening Projects
Epilepsy Scotland

Epilepsy Scotland are currently setting up a youth programme for young people between the age of 11 and 20 years old who have epilepsy. The project aims to provide the young people with more information on their epilepsy and support them to transition into adulthood. It is also a great opportunity for young people to meet other people who have epilepsy and reduce the feeling of isolating and stigma.

This programme can be delivered on a one to one basis or group setting.

Contact: Shauna Wilson
Telephone: 0141 427 4911
E-mail: swilson@epilepsyscotland.org.uk
48 Govan Road
Glasgow, G51 1JL
Equal Say provide independent advocacy support to parents who have learning difficulties. We offer 1:1 advocacy support, a self-advocacy group and Mellow Parenting Groups.

For 1:1 advocacy, we prioritise families where there are child protection concerns, although we will work with parents when there are no child protection concerns but there is a clear need for advocacy support.

We deliver Mellow Parenting Groups, specifically for parents with learning difficulties; these groups are for families with pre-school children.

Our self-advocacy group is open to any parent with a learning difficulty who wants to improve their self-advocacy skills and get to know other parents.

Contact: Amanda Muir
E-mail: amanda@equalsay.org
Tel: 0141 556 3477
1/3 Brook St Studios, 60 Brook St Glasgow, G40 2AB
Families Outside is the only national charity in Scotland that works solely to support the families of people affected by imprisonment.

We work to mitigate the effects of imprisonment on children and families – and consequently to reduce the likelihood of reoffending – through support and information for families and for the people who work with them.

Families Outside supports children and families affected by imprisonment through:

- Families Outside Support & Information Helpline
- Family Support Workers providing direct support to children and families throughout Scotland
- Bespoke training and awareness-raising
- Development of policy and practice
- Campaigning and research
- Coordination of all existing and new visitors’ centres at prison establishments across Scotland

Email: support@familiesoutside.org.uk
Tel: 0131 557 9800
Helpline: 0800 254 0088
13 Great King Street, Edinburgh, EH3 6QW
FARE (Family Action in Rogerfield and Easterhouse) is a community based project, which was founded in 1989 by local residents from Easterhouse, Glasgow. The project has grown significantly over the years and now delivers services across many communities. The vision of FARE is “People and communities thrive and are free from the effects of poverty’. Our work involves:

**Health** – To enable more of the local community to adopt and maintain an active and healthy lifestyle: FARE fosters community resilience and enables individuals and communities to take more control over their health and lives.

**Community Support and Development** – To encourage, support and empower people, to act on their ideas, issues and interests.

**Collaborations and partnerships** – involving communities and local services working together at any stage of planning cycle, from identifying needs through to implementation and evaluation.

**Access to community resources** – connecting people to community resources, practical help, group activities and volunteering opportunities to meet individual needs and increase social participation. FARE’s premises are new and inclusive to all.

**Employment** - To increase the number of community members who have the skills to seek, gain and maintain employment: FARE deliver stages 1-5 along the Strategic Skills Pipeline, from the newest school leaver struggling to find employment to Modern Apprenticeships. FARE’s employability approach working with young and old is individually people centred.

Contact: Jimmy Wilson  
Email: jimmy.wilson@fare-scotland.org  
Tel: 0141 771 9151  
Bannatyne House, 31 Drumlanrig Avenue  
Glasgow, G34 0JF
**FASS (Family Addiction Support Service)** is a confidential support service for those affected by or concerned about a loved one’s drug or alcohol use. FASS provide kinship support, bereavement support, family support, counselling, link work, respite, holistic therapy, hypnotherapy and training, through one-to-one services and group work services.

FASS currently have 23 family support groups operating in the city. FASS also work in partnership with Geezabreak who offer a wide range of valuable support to children and families in the local area.

Contact: FASS  
E-mail: info@fassglasgow.org  
Tel: 0141 420 2050  
123 West Street  
Glasgow, G5 8BA
Family Friendly Working Scotland

Family Friendly Working Scotland works with employers, government, families and others to promote a flexible and family friendly working culture. This is a way of working which delivers business success enabling working families to have a good balance between work and family life.

We provide free help and advice for employees who have caring responsibilities, including advice and information relating to employment rights on flexible working, parental leave, maternity and pregnancy and benefits.

Contact: ffws@workingfamilies.org.uk
Tel: 0141 353 6527
Robertson House, 152 Bath Street
Glasgow, G2 4TB
Family Mediation West of Scotland support families affected by separation, divorce and conflict.

Our services include Child Focused Family Mediation and provision of a Child Contact Centre.

In addition to this, we have a Family Support Unit providing flexible support tailored to a particular family’s needs.

We also provide free Parenting Apart sessions to assist parents to put their children first and move forward positively when living apart.

Contact: Pauline Linn
Email: pauline.linn@fmwest.org.uk
Tel: 0141 332 2731
19 Woodside Place
Glasgow, G3 6QL
The Family Therapy training Network (FTTN), is a multidisciplinary group of professionals, whose members are amongst the most experienced family therapists and family therapy trainers in Scotland and the North of England.

The members of FTTN have been, and remain, the only Scottish based providers of academically-accredited, post-graduate professional training in family therapy and systemic practice. The services provided are one of only eight courses in the UK where successful participants are eligible to register as accredited Systemic Psychotherapists on completion.

Contact: lynne@familytherapytrainingnetwork.org
Telephone: 0141 202 0607
Suite 224 Baltic Chambers
50 Wellington Street
Glasgow
G2 6HJ
Fuse Cafe offers a safe place for young people with a café area, gig space, annex and internet café. The internet café is supported by Glasgow Kelvin College. Activities, including formal and informal learning, are offered as supported and developed by young people.

Fuse is open six days a week. Afternoon sessions for young people in P5-P7 are offered five days a week for three hours. This includes an hour of formal learning, including homework support. Evening sessions for young people aged 12-18 are offered six days a week, Monday-Saturday, for three hours.

In addition, a session is offered during the day for young people aged 16-25 seeking support in further education, training, employability skills, and job seeking.

Fuse is more than providing an alcohol & drug free venue for local young people to gather. The activities and resources we make available are always evolving to meet the needs and requests of young people.

The building of positive relationships between Fuse members and youth workers is pivotal to successfully developing the confidence, social and employability skills of these young people.
Geeza Break

Respite Sitter Service: Children are cared for in their own home by trained sitters working on development and social skills.

Respite Care Service: Children are cared for in the homes of fully vetted and approved carers from a few hours to overnight care

Centre Based Respite: Primary school children between 5 and 12 years are cared for during school holiday periods through the Toffee (Time Out for Families East End) Club

Out of School Places: As part of the TOFFEE CLUB service we also provide city-wide Out of School Places to support Grandparents who have the sole care of their grandchildren/relatives

Geeza Chance Project: Supports young people with the smooth transition from being with their parents and their chaotic lifestyles to living with their grandparents/other family members

Family Support Service: Intense specialised one-to-one and group support offered to families experiencing poverty, abuse, isolation, addiction, crisis situations and/or mental health issues

Kinship Care Service: We Provide professional, confidential, personal, Person-Centred Therapeutic Support to Kinship Carers in privacy of own home

Contact: Doreen Paterson
Email: doreen@geezabreak.org.uk
Tel: 0141 573 2900
1450/1456 Gallowgate, Parkhead
Glasgow, G31 4ST
Gingerbread East End offers out of school care and operates 52 weeks of the year, supporting and helping single parents and families to build a brighter future for themselves and their families in the east end of Glasgow.

Hours
3pm - 6pm Term Time
8am - 6pm Summer Provision

Contact: Michelle Murray
Phone: 01415548600
Email: michellegingerbreadeastend@gmail.com
Address: 128 Armadale Street, Glasgow, G31 2TL
Glasgow Care Foundation

They say good things come in small packages, and that certainly applies to us. We often describe ourselves as a small charity doing big things for Glasgow. When we say small, what we really mean is lean, you see we don't spend a lot of our money on employing a large team of people, in fact we only have one full time employee and two part timers.

Supporting our staff are our Trustees and Directors, who all volunteer their time and expertise for free. This approach to looking after our pennies means we can put as much of our funds back into helping poorer citizens of Glasgow to lift themselves out of poverty.
Glasgow Children’s Holiday Scheme

We offer children and their families holidays in one of our caravans at Wemyss Bay Holiday Park. These can be full weeks or short breaks.

The families are affected by poverty, unemployment, bereavement, kinship carers, young carers, disability, mental health and physical/illness, domestic violence, drug/alcohol, refugee and asylum status.

Some children enjoy breaks with youth groups in the caravans.

A small number have a holiday with hosts families throughout Scotland.

Phone: 0141 248 7255
Email: admin@glasgowchildrensholidayscheme.org.uk
Website: www.glasgowchildrensholidayscheme.org.uk
GCHS Room 114 Pentagon Centre Washington St.
Glasgow, G3 8AZ
Glasgow City Mission

We work with adults and children who are vulnerable and disadvantaged in Glasgow, people that are often leading chaotic or difficult lives. We want to help them to break free from their oppressive situations.

That situation may involve: homelessness, addiction, poverty, family breakdown, prostitution, emotional issues, fleeing persecution overseas and now seeking asylum - or maybe all of these.

We do this through our City Centre, Child & Family Centre, and Glasgow Winter Night Shelter projects as Christians who are passionate about the people that look to us for help. We want to share a message of hope and aim to have compassion for these individuals.

Email: info@glasgowcitymission.com
Telephone: 0141 221 2630
20 Crimea Street
Glasgow
G2 8PW
GCVS Community Learning & Development (CLD) Team provides a tailored guidance and support service to staff and volunteers working with communities in Glasgow. We are keen to work with anyone with an interest in developing services in the city, including new organisations and potential partners.

Our priorities include Adult Literacy and Numeracy (ALN), English for Speakers of Other Languages (ESOL), Digital and adult learning. We can act as a conduit to the wider community based adult learning that may be of interest to developing skills.

Contact: Sallie Condy
Telephone: 0141 354 6508
Email: sallie.condy@gcvs.org.uk
Albany Centre, 44 Ashley Street
Glasgow, G3 6DS
Glasgow Council on Alcohol (GCA) is a not-for-profit charity organisation working with individuals, families and communities to reduce the harm caused by alcohol and drugs.

We are a COSCA recognised organisation who offer introductory and advanced counselling courses and bespoke alcohol and drug training.

Contact: Christopher Dickson
E-mail: chris.dickson@glasgowcouncilonalcohol.org
Tel: 0141 556 6631
14 North Claremont Street
Glasgow, G3 7LE
Glasgow Disability Alliance (GDA) is an organisation led by disabled people and has a membership of over 4000. GDA has, by far, the biggest groundswell of disabled members in Scotland, if not the UK.

We provide free, fun, accessible learning and opportunities for disabled people of all ages to build confidence, make connections and have support to make their contributions. Being disabled people ourselves, we strive to remove barriers to participation and learning and with this in mind, all our learning is free, with transport, personal assistance and lunch provided free of charge.

We work with disabled people of all ages, 11+ and with any type of impairment / condition. Membership is free and open to anyone living in Greater Glasgow who is disabled or has a long term condition.

Contact: Marianne Scobie
Email: mariannescobie@gdaonline.co.uk
Tel: 0141 556 7103
301 White Studios, Templeton Business Centre
Glasgow, G40 1DA
Glasgow Disabled Scouts

We are a Scout Group for young people with physical disabilities and life limiting conditions aged 7 to 25.

We currently have four sections which provide a programme for young people according to their age. Each section has around 15 young people.

Our group operates with a dedicated team of volunteers who provide one to one support for all our young people as well as leading aspects of the programme, health and safety, personal care, fundraising, transport and looking after all our equipment.

We have been around for more than 80 years, so we have a huge amount of experience dealing with many differing types of physical disabilities including Muscular Dystrophy, Cerebral Palsy, Spina Bifida, visual impairment and many others.

Contact: Michael Shanks
Email: michael@glasowdisabledscouts.org

c/o The Scout Association
21 Elmbank Street
Glasgow
G2 4PB
Glasgow Eco Trust

Glasgow Eco Trust delivers environmental activities and services across a range of Key Work Areas, many in partnership with other organisations, in order to protect and enhance the local environment and increase the wellbeing and resilience of local people and communities that we work with.

Glasgow Eco Trust makes a difference by facilitating and empowering local people in many different ways to be more eco-friendly including:

• to donate unwanted bikes and access affordable reused bikes;
• to walk and cycle more;
• to maintain and improve community spaces and community gardens;
• to come together to take action;
• to help people and communities to thrive;
• to use and develop their skills through volunteering and
• to improve their resilience and physical and mental health and wellbeing.

Contact: Neil Lovelock  
Email: neil@glasgowecotrust.org.uk  
Telephone: 0141 433 0427  
Heart of Scotstoun Community Centre  
64 Balmoral Street  
Glasgow  
G14 0BL
Glasgow East Alcohol Awareness Project (GEAAP) is a community alcohol project supporting individuals with their own or another's alcohol use.

GEAAP provide free services such as:

- adult, young persons and family counselling
- peer mentoring
- young persons prevention and education service
- school based alcohol multi risk programme
- weekly women’s group

Contact: Stewart McKay
Telephone: 0141 773 1222
Email: info@geaap.org
www.geaap.org
51 Trondra Place
Glasgow, G34 9AX
GEWA support women, children and young people who have experienced or are at risk of domestic abuse; through the provision of emotional, psychological, practical, financial and crisis support.

We also offer safe secure temporary refuge accommodation.

Telephone: 0141 781 0230
Email: collective@gewa.org.uk
753 Westerhouse Road
Easterhouse
Glasgow
G34 9PB
Survivor Trauma Abuse & Addictions Recovery Service

Are you or is someone you know experiencing co-occurring domestic abuse and addiction/substance misuse issues? If so we can help!

Please contact us for more information on our new bespoke service.

Telephone: 0141 781 0230
Email: donna.clark@gewa.org.uk
753 Westerhouse Road, Easterhouse
Glasgow G34 9PB
Glasgow Families Together

This innovative project is funded for three years by the National Lottery. A newly formed third sector consortium (comprising Barnardo’s, Quarriers, Home-Start Glasgow North, Glasgow East Women’s Aid, Rosemount Lifelong Learning, GeezaBreak) will work closely together with Education and Glasgow City Health and Social Care Partnership to bring about systems and cultural change in how agencies work together to support families at an early stage.

The third sector consortium was formed to develop a model of practice which required agencies to work more closely together. The aim of the project is for families referred to Social Work, but not meeting the threshold for statutory intervention, to receive faster and earlier access to a wider range of support from the consortium; to prevent a crisis cycle developing, thus reducing the need for statutory involvement and intervention from social work at a later stage.

Contact: Audrey Fleming
Telephone: 0141 276 3410
Email: audrey.fleming@barnardos.org.uk
Glasgow Families Together
Glasgow North East Social Work Department
Westwood House, 1250 Westerhouse Road
Easterhouse, Glasgow, G34 9EA
Glasgow Mama Meet Project

We understand how lonely motherhood can get so we organise regular meet ups, giving mums the opportunity to hang out and get to know each other. Whether you come to one or one hundred meet ups, we want to make sure you know you’re not alone. We’re a nice bunch, come and say hi.

Contact: snglmummylife@gmail.com
https://www.facebook.com/glasgowmamas/
Glasgow Women's Aid provide information, support and temporary refuge accommodation to women, children and young people experiencing Domestic Abuse.

We offer:

• Confidential ongoing support. You can contact us as often as you need to, regardless of where you are living
• Information on housing, benefits, financial issues and legal issues
• Signposting to other relevant organisations. If we don’t know something we can find out for you.
• Arrangements for interpreting services
• Safe, anonymous refuge accommodation where you and your children (if you have any) will receive emotional and practical support for a short term period

Contact: Susan Jack
Telephone: 0141 553 2022
Email: susanj@glasgowwomensaid.org.uk
4th Floor, 30 Bell Street,
Glasgow G1 1LG
Glasgow Women’s Library is the only Accredited Museum in the UK dedicated to women’s lives, histories and achievements, with a lending library, archive collections and innovative programmes of public events & learning opportunities. Glasgow Women’s Library aims to:

• Advance the education of the general public by increasing the knowledge and understanding of women’s history, lives and achievements.

• Provide information on a range of women’s and gender equality issues.

• Enable women, particularly the most vulnerable and excluded in society, to access the information, resources and services they need to make positive life choices.

• Break down barriers to learning and participation for women so that they become fully active citizens, develop skills and knowledge, engender self-confidence and equip themselves to pass on their experience to benefit their families and broader communities.

• Be a catalyst for change by taking a lead role in redressing the neglect of women’s historical and cultural contributions to Scottish society.

• Pioneer new ideas of, and approaches to, culture and heritage that bring together people from the most diverse backgrounds.

• Invest in women’s social, cultural and creative capital to the benefit of our nation.

Contact: Donna Moore
Telephone: 0141 550 2267
Email: donna.moore@womenslibrary.org.uk
23 Landressy Street
Glasgow, G40 1BP
The Glasgow Youth Council (GYC) are a group of 40 young people aged 12-25 who live, work, study or volunteer in Glasgow.

We are made up of young Glaswegians, who want to make the lives of the young people in our city even better. We seek to represent young people's views both formally and informally across the city, including within the city's decision-making process, as well as to create opportunities for our members to develop their understanding of politics and their soft skills. We work with colleagues across the country, the Scottish Youth Parliament, and the City Government as we endeavour to secure the best deal for young people in Glasgow and across Scotland.

Contact: Danyaal Raja
Telephone: 07477 106 321
Email: gycchair@outlook.com
Website: www.glasgwoyc.org
Greyfriars Youth Project

We are the Youth Project of Barlanark Church of Scotland motivated by our desire for young (and old!) to hear the good news that Jesus gives to all. But we welcome all people, from all backgrounds, to come and join us in our many activities in our Church and community.

Activities include Rock Solid Youth Club, Church Youth Organisations, School SU Clubs, Monday Night Football, Summer Activities and much more...

Contact: Jonny Morrin
Telephone: 0141 771 6477
Email: jonnym@gypweb.co.uk
Website: http://www.barlanark-greyfriars.co.uk/page4.html
Health and Social Care Alliance Scotland

The Health and Social Care Alliance Scotland (the ALLIANCE) has over 2,500 members including large, national support providers as well as small, local volunteer-led groups and people who are disabled, living with long term conditions or providing unpaid care.

Many NHS Boards, Health and Social Care Partnerships and Primary/Community Care practices are associate members and many health and social care professionals are Professional Associates.

Commercial organisations may also become Corporate Associates.

Our vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.
Home-Start Glasgow North is a voluntary organisation set up to increase the confidence and independence of families with at least one child under five years old who are experiencing difficulties. We provide support for families across the whole of North Glasgow and have expanded our service into North Lanarkshire.

Video Interaction Guidance (VIG) is a relationship-based intervention to support attuned interactions and attachment. The intervention is based on respect, empowerment and collaboration and aims to promote greater parental sensitivity to the child’s initiatives, leading to attunement and mutual emotional wellbeing.

Home-Start Glasgow North Perinatal Support Service (PSS)

Providing intensive community based support throughout a woman’s pregnancy, from second trimester and during the first year of the child’s life (or longer if required) and for mothers with infants under one.

PSS is embedded in our core work of weekly home visiting support and is provided by specially trained volunteers.
HWUPENYU Health and Wellbeing Project

HWUPENYU Health and Wellbeing is a service user community based project and caters for Black Minority Ethnic communities living in Scotland infected and affected by HIV/AIDS, Bloodborne Viruses, and other related health conditions.

Hwupenyu Health and Wellbeing Project allows Black Minority Ethnic communities living with HIV in Scotland to have a space where they can be themselves and have a voice about their own health and lives.

We provide a number of services for families including:

- Health Training to professionals and the community
- Information about transmitting HIV and BBVs
- HIV and culture
- Health promotion
- Holistic Therapies
- Mental Health issues
- HIV and Gender Based Violence
- Sign posting to specialist services
- Group work / Peer support
- Drop in services
- Social and emotional support
- Food bank facilities
- Free internet access

Contact: info@hwupenyuproject.org
Adelphi Centre, Office No 28/28A
12 Commercial Road
GLASGOW, G5 0PQ
Tel: 0141 418 0940
Impact Arts is a forward-thinking community arts organisation which uses the arts and creativity to enable and empower social change. Our mission is to help people and communities transform their lives through creativity and the arts. #artchangeslives

The Young Gallery (0-12 years)
Our Creative Team delivers a range of exciting arts projects in primary schools and nurseries. Children celebrate their artistic achievements in a dedicated and aspirational gallery space. We work in partnership with specialist therapeutic arts organisations to deliver group therapy, and through 1:1 Art Therapy, we work with children affected by family members’ substance misuse.

Cashback to the Future (12-19 years)
Early intervention arts projects (particularly for those at risk of disengaging from school), to gain new skills and confidence. Participants work with professional artists and creatives on intensive programmes (1-4 weeks) which culminate in exciting showcases. We work in schools to support young people at risk of disengaging or engage those not involved in exams through our programmes (Creative Connections and Impact 66).

Creative Pathways (16-24 years)
A creative employability programme for young people, who work full-time, over 12 weeks, alongside our dedicated and inspiring tutors. Programmes include: Fashion and Style, Product Design, Environmental or Theatre Arts to develop artistic and social skills that are transferable into a work setting. Journeys culminate in high profile final showcases. SQA accredited to SCQF levels 3 and 4.
We are a youth support charity that works with young people to help them transform their lives.

We provide intensive, bespoke support to young people and families in challenging circumstances.

Our model of support is based upon building solid relationships of trust. Through this approach we are able to help young people make positive life choices and progress towards the type of future they want to live.

We know that every young person has endless potential. With the right support, we can help them recognise this too.
Indigo Childcare Group exists to provide outstanding early learning and childcare solutions, from birth up to the age of 16yrs. We aim to provide services that provide the best possible start in life for all of our children and young people and a platform for improved life chances as they grow. Our services are flexible, accessible, and affordable to the local communities they serve, and our aspiration is always to provide outstanding quality in the eyes of all of our customers and stakeholders.

We are a business with social objectives, with our roots embedded in the community. Supported and part-funded by Glasgow City Council, we operate as a social enterprise, a company limited by guarantee with charitable status, which means that all income generated goes directly to the provision of the services and in turn to supporting our local communities.

We have nurseries in Garrowhill and Castlemilk

Contact: Laura Cusack
Email: laura.cusack@indigogrp.com
Tel: 0141 634 6161
29 Dunagoil Road
Castlemilk
Glasgow, G45 9UR
Joni Mackay Forest School

The Joni Mackay Forest School’s aim is to work with groups and individuals outdoors, helping them to develop their knowledge of the natural world as well as improve their overall health and well being.

The Forest School delivers the Therapeutic Forest School, Outdoor Therapeutic Play, Bushcraft, Natural Crafts and workshops and events in and around the Glasgow area

Contact: jonimackayforestschool@gmail.com
https://www.facebook.com/jonimackayforestschool/
Kindred

Our service is available to parents and carers of children with additional support needs aged 0 – 18 years. Our practice model is based on the following four principles:

**Parent-led** - Kindred is a parent-led organisation. Many of our staff are parents of children with disabilities. Everything that we do, including the way we run our organisation, is driven by the goal of meeting the needs of parents.

**Listening** - Information and services are not the whole answer to caring for a child with disabilities or additional support needs. Parents and carers need to be offered the chance to talk about the experience of disability on family life. Our practice model includes recognising that when parents or carers feel ‘acknowledged’ they are more able to cope with the challenges of caring.

**Building self-confidence** - Even the most articulate and able of parents can struggle to express themselves when it comes to care of their child. An important part of our role is to support the parent to develop confidence about caring for their child. We usually provide a high level of support at the beginning, but encourage parents to take a greater role over time.

**Non-judgemental** - We see that parents are often judged and criticised because of circumstances beyond their control, including the child’s disability. We actively avoid making assumptions about anyone who needs our service and maintain respect for parents at all times. Parents who use our service are doing their best to care for their child, often under very difficult circumstances.
LGBT Youth Scotland aims to make Scotland the best place to grow up LGBTI.

LGBT Youth Scotland works to build the capacity of professionals to meet the needs of LGBTI young people; to influence decision makers and to improve LGBTI visibility in Scotland. Our key national programmes focus on:

- Schools & Teachers,
- Policy Influencing,
- Domestic Abuse
- Co-ordination of LGBT History Month in Scotland.

We have a number of services in Glasgow including:

- TRANS YOUTH GLASGOW
- SHHOUT
- STANDOUT
- YOGHURT

Telephone: 0141 552 7425
Email: info@lgbtyouth.org.uk
LGBT Youth Scotland, 30 (3/2) Bell Street, Glasgow, G1 1LG
www.lgbtyouth.org.uk
**Licketyspit** is a specialist early years theatre company based in Scotland, creating work for, and with, children, their families and communities to fire children’s imaginations through experiences using theatre, drama-led play, stories and music.

Licketyspit creates and delivers work from full-scale theatre shows to intensive, drama-led early intervention. We work with professionals and practitioners in community, arts, school and nursery settings and share learning at local, national and international level. We prioritise working in communities disadvantaged by socio-economic factors.

Licketyspit is at a pivotal point in its development with increasing demand for our work. Our aim is to be widely recognised as a centre of excellence for child-centred theatre and drama-led practice, developing our role as a significant contributor to the potential of drama-led engagement for children, families, communities and services.

**BIG Porridge & Play Glasgow** is a 7-week block of Licketyspit Playcard Play & food sessions for families with children under 12.

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**Contact:** Fraser Macleod  
**Telephone:** 0131 332 0410  
**Email:** fraser@licketyspit.com
Lifelink is a social enterprise and registered charity, based in Glasgow, which supports individuals who have mild to moderate mental health issues, for example stress, anxiety, depression, relationship issues or overall low mood, or those who would like help with self-managing their own mental health proactively to avoid developing some of these symptoms or conditions.

We provide a range of services including one to one counselling, personal development workshops and training for young people and adults.
The Lilias Graham Trust is a residential facility that provides parenting capacity assessments to all Scotland-wide social work departments for parents whose children are at risk of being accommodated.

The LGT is a wrap-around service; we offer a psychiatrist, counselling psychologist, play therapist, health consultant, social work consultant and an educational psychologist. Parents are assisted within the centre to help them meet the needs of their own child.

We use the Kate Cairns Five to Thrive approach ‘relax, cuddle, play, respond and talk’. All these five things will assist the baby in developing in to a more confident child then eventually an adult.
Macmillan at Glasgow Libraries

For free cancer information, emotional, practical or financial support, or if you would just like someone to talk to, drop in to your local Macmillan Cancer Information and Support Service. You will find us in Glasgow Libraries across the city so that you can access free support in your community. We cover a wide range of topics for people with cancer, their loved ones, carers and people who are bereaved. Contact us today or drop in for free information at one of our libraries across the city.

Life with cancer is still life. Macmillan at Glasgow Libraries can help you live it.

Contact: Macmillan @ Glasgow Libraries
Telephone: 0141 287 2999
Email: macmillan@glasgowlife.org.uk
www.glasgowlife.org.uk/macmillan
Marie Curie Hospice, Glasgow

We provide round-the-clock, expert care and support to people in the Glasgow area in a friendly, welcoming environment.

Glasgow Wide

- North East
- North West
- South

Contact: Jean Cassidy
Email: jean.Cassidy@mariecurie.org.uk
Telephone: 0141 557 7400
133 Barlornock Road
Stobhill Hospital Grounds
G21 3US
The Marie Trust

The person-centred services offered by The Marie Trust Day Centre (and through our partner organizations) are designed to meet the complex and changing needs of people in the Glasgow area affected by homelessness and social exclusion.

Glasgow Wide

☐ North East
☐ North West
☐ South

Contact: fmckinlay@themarietrust.org.uk
Telephone: 0141 221 0169
32 Midland Street
Glasgow, G1 4PR
MCR Pathways

MCR Pathways is a Scottish school-based mentoring programme supporting those in or on the edges of the care-system to realise their full potential through education. Our vision is that every care-experienced and disadvantaged young person in Scotland gets the same education outcomes, career opportunities and life chances as every other young person.

The MCR Pathways Next Steps programme is a bridge of support for young people to transition from school to their positive destination. The Next Steps programme offers continued support for young people by empowering their transition into Further Education, Higher Education or employment meanwhile supporting them in building their own support package.

Next Steps run monthly drop-in sessions where leavers can come along, get to know each other and catch up. We also run training events to build new skills, covering a variety of topics and often including different guest speakers.
Mellow Parenting research, develop, implement and evaluate parenting programmes for the most vulnerable families in society.

We then train others in our programmes to support improvement of parent child relationships.

Contact: Rosemary Mackenzie
Telephone: 0141 445 6066
Email: rosemary@mellowparenting.org
Unit 4, Six Harmony Row, Glasgow, G51 3BA
Money Advice Scotland is the national umbrella organisation which promotes the development of free, independent, impartial and confidential debt advice and financial inclusion.

Money Advice Scotland offer a range of services from training (on a range of Money Advice topics); Financial Capability training to a range of organisations and groups; Policy and benefits advice and support. This includes specialist group work with schoolchildren – providing alternative learning environments for excluded pupils and school based support to pupils.

Contact: Pat Sproul
Telephone: 0141 572 0453
Email: p.sproul@moneyadvicescotland.org.uk
36 Washington Street, Glasgow, G3 8AZ
Move On

From our bases in Edinburgh and Glasgow, Move On works with vulnerable young people and those affected by homelessness.

We offer a range of services providing advice, training, guidance and support enabling vulnerable young people and those affected by homelessness to unlock their potential and achieve a range of positive outcomes. These positive outcomes include; securing or progressing towards a job, accessing and sustaining a home, building confidence, growing support networks and increasing life skills.

Contact: Laura McKechnie
Telephone: 0141 552 2272
E-mail: laura@moveon.org.uk
4th Floor, 24 St Enoch Square
Glasgow, G1 4DB
MsMissMrs is a not-for-profit organisation based in North Glasgow but open to women and girls Glasgow wide and beyond.

We support the empowerment of women and girls through our accredited educational programmes in self-awareness, provision of training for professionals, our community hub and the sale of Empowerment Pants (www.msmissmrs.co.uk). We offer bespoke training packages, mentoring sessions and facilitation to other organisations.

Women are encouraged to self-refer onto our ASDAN accredited Get SET (Self Empowerment Tools) Programme which last 8 weeks, one day per week where they learn skills to develop self-awareness & personal resilience. We also have a Get SET for Girls programme which is taught interactively using a workbook designed to explore self-esteem, relationships, personal boundaries, self-talk, inner strengths, personal values, body image which all culminates in a self-care plan for them to keep.

Contact: Louise McAllister
Telephone: 0141 946 0244
Email: louise@msmissmrs.co.uk
1 Benview St
Glasgow, G20 7SA
Mutha Tuckers

Mutha Tuckers is an all new social club for women who just happen to be mothers.

The role of a modern day mother is more demanding than ever so we’re sorry babies but there ain’t no nursery sing along like your usual mother & baby groups. Our baby play areas will ensure all tiny ones are entertained but Mutha Tuckers is all about the women in charge... The Muthas!

Contact: muthatuckers@gmail.com
https://www.facebook.com/MuthaTuckers/
National Deaf Children's Society is an organisation of parents, families and carers that exists to support parents in enabling their deaf child to maximise their skills and abilities and potential. Providing information on all aspects of childhood deafness and can help with practical support, advice and advocacy.

NDCS services are based on the principle of informed choice which means providing full and impartial information and support to families and professionals on every aspect of childhood deafness—schooling, communication, parenting, health services, welfare benefits etc.

NDCS organise many sports, art and activity events for deaf children and young people. This helps to bring them together with their peers and enhance their confidence and self-esteem.

Many deaf children and families do not receive the right information or service that they have every right to expect. NDCS campaigns to break down these barriers so that every deaf child can reach his/her true potential through the right support.
North Glasgow Uniform Bank

The North Glasgow Uniform Bank recycles good quality, donated school clothing for low-income families who obtain them for free at pop-up events at schools and community venue locations promoted by social media.
Notre Dame Children's Centre provides assessment, therapeutic counselling and psychological interventions to vulnerable children and their families or main carers.

The Centre also provide training to professionals working with children and young people and are the Scottish license holders for 'Seasons for Growth', a loss and bereavement training programme aimed at supporting children, young people and adults affected by loss.

Contact: Margaret Brown
Telephone: 0141 339 2366
Email: Margaret.Brown@notredamecentre.org.uk
Kelvin House, 419 Balmore Road
Glasgow, G22 6NT
NSPCC Minding the Baby programme
Minding the Baby helps young, first-time mothers to develop a positive relationship and secure bond with their baby. The service aims to help mothers to develop their maternal reflective capacities, to recognise and respond to their baby’s feelings and needs.

Minding the Baby is available to mothers who are:
- 19 and under or 20- to 25-years-old and receiving means-tested benefits
- having their first child
- confident English speakers.

NSPCC Parents Under Pressure
Parents Under Pressure (PUP) is a 20-week programme for parents and their partners who have a child up to 8 years old, and are on a drug or alcohol treatment programme. The allocated worker will visit the parents every week in their own home to provide support and guidance on parenting and maintaining their own emotional wellbeing. The programme aims to help parents facing adversity develop positive and secure relationships with their children, and uses a strengths based approach.
One Parent Families Scotland has been dedicated to supporting single parents since 1944. We play an enormous part in enhancing the lives of parents and children, taking an active part in ensuring the voices of single parents are taken into account in shaping policies. We’re committed to dealing with merging challenges while continuing to provide all our single parents support services that form the core of our work. Services such as:

Financial Inclusion encompassing, Money and Debt advice, Welfare benefits and Tax credits/Universal credits advice and support.

Employability encompassing Training and Employment information, Moving into Work advice and support and sustaining employment.

Training in areas of Family Finances, Personal Development and Mental Well-being.

Support in areas of peer mentoring and charitable grant applications including Family Holidays and Fuel Debt grants.

Support is provided on a one to one basis, on site group meetings and out-reach hubs located at various city wide locations.

OPFS provides a dedicated free Advice and Information telephone service for single parents. A Practitioners' Advice Service is provided to further enhance the knowledge of service providers outwith OPFS when engaging with single parents.

Contact: Lee Anthony
Telephone: 0141 847 0444
Email: lee.anthony@opfs.org.uk
Unit 4.3, Waterloo Chambers
19 Waterloo Street
Glasgow, G2 6AY
The Outward Bound Trust

We are an educational charity that helps young people to defy limitations through learning and adventures in the wild. We challenge young people to never give up, to change their perspective and to learn the most important lesson: to believe in themselves.

Contact: lisa.hunter@outwardbound.org.uk
Telephone: 0141 413 0244
Robertson House
152 Bath Street
Glasgow, G2 4TB
Parenting across Scotland (PAS) is a partnership of charities working together to provide a focus for issues and concerns affecting parents and families in Scotland.

PAS website provides information to families from the early years to teenagers, a wide range of topics are covered from breastfeeding to managing difficult behaviour.

Contact: Alison Clancy
Telephone: 0131 313 8816
Email: aclancy@childreninscotland.org.uk
Website: www.parentingacrossscotland.org
Level 1 Rosebery House
Edinburgh, EH12 5EZ
Parent Network Scotland run workshops, co-ordinate support groups, and provide training tailored to meet the needs of parents in communities across Scotland, as well as trauma-informed training to practitioners.

Our vision is of a Scotland where family relationships are rich in mutual trust and respect, between children, parents and carers.

Our mission, as a parent led organisation, is to improve family relationships. We do this by offering support in changing patterns of behaviour and dealing more positively with the challenges of family life. We progress parents through our accredited programme which not only improves family life for them but builds on their skills and opportunities into work. We also run monthly Saturday hubs across Glasgow where all families are welcome to come for a cuppa and participate in fun activities.

Our values include respect for others, openness and honesty, and maintaining high quality in all we do.

Contact: Lorna Mitchell
Telephone: 0141 353 5604
Email: lornam@pns.org.uk
152 Bath Street, Glasgow, G2 4TB
Parkinson’s UK in Scotland

We are the Parkinson’s charity that drives better care, treatments and quality of life. Because we’re here, no one has to face Parkinson’s alone.

We’re on a mission to change attitudes, support one another and find a cure. Our small staff team and more than 300 volunteers are based in communities across Scotland and we work together to improve lives for everyone affected by Parkinson’s.

We can provide support and advice to families and carers of people with Parkinson’s and we also support people with YOUNG Onset Parkinsons.

Glasgow Wide
☒ North East
☒ North West
☒ South

Contact: Gill MacGregor
Telephone: 0344 225 9836
Email: gmacgregor@parkinsonsorg.uk
Website: www.parkinsons.org.uk/scotland
Suite 1-14 King James IV Business Centre
Friarton Road
Perth PH2 8DY
Partners in Advocacy offers a free, independent advocacy service which helps children and young people have their voices heard, views respected and rights upheld when adults and professionals are making decisions about their lives. Our Glasgow office operates the following 4 projects:

1. Mental Health for young people up to and including age 18 with mental health issues living in the NHS Greater Glasgow & Clyde Health Board area.


3. Stand By Me for vulnerable young people up to and including age 18 who may be involved with Youth Justice, Children’s Hearings or Child Protection living in Glasgow.

4. East Renfrewshire for vulnerable young people up to age 18 living in East Renfrewshire.

Contact: Pauline Cavanagh
Telephone: 0141 847 0660
glasgow@partnersinadvocacy.org.uk
Offices 1 & 2 Strathclyde Business Centre
120 Carstairs Street
Glasgow, G40 4JD
Path Scotland

Path’s vision is to be leaders in new and innovative positive action schemes which address inequality and disadvantage throughout Scotland.

Aims:

• To address the under-representation of black and minority ethnic communities working in housing and other professions in Scotland.

• To provide high quality training and opportunities which are tailored to the needs of individuals.

• To enable individuals, when experience is gained, to compete effectively for employment within housing and other professions.

Contact: najimee@pathscotland.org.uk
Telephone: 0141 332 9477
19 Lyndoch Crescent
Woodlands
G3 6EQ
Pavillion Youth Café is a charity youth organisation based in Easterhouse, Glasgow. Probably the best youth café in the whole wide world, we here at Pavillion provide young people with a safe, welcoming and alcohol and drug-free environment for children and young people in the local area.

Being a diverse youth club, our team offers a range of many different and unique skill sets which guarantees that you won't be bored with the vast range of activities and groups that we have on offer for our young people: homework club, computing, sports, trips, cooking, gardening, arts and crafts, and lots lots more.

Telephone: 0141 781 4525
Email: info@pavillionyouthcafe.co.uk
www.pavillionyouthcafe.co.uk
47 Aberdalgie Road
Glasgow, G34 9HX
Peeple is a charity that trains practitioners to support parents and carers to learn together with their children (age 0-5) to improve the home learning environment and secure attachment relationships. Parents and carers have the opportunity to gain formal recognition of their learning. Our main programme is our evidence-based Peep Learning Together Programme. This adult learning programme aims to support parents and carers improve children(s) outcomes in:

- personal, social and emotional development
- communication & language
- early literacy
- early numeracy
- health & physical development

Contact: Denise Millan
Telephone: 07442500693
Email: denise.millan@peeple.org.uk
15 Morningside Road
Edinburgh, EH10 4DP
Penumbra

Penumbra is one of Scotland’s largest mental health charities. We support around 1600 adults and young people every week and employ 400 staff across Scotland.

Founded in 1985, we work to promote mental health and wellbeing for all, prevent mental ill health for people who are ‘at risk’, and to support people with mental health problems.

We provide a wide range of services which offer hope and practical steps towards recovery, and we campaign to increase public knowledge about mental health and to influence national and local government policy.

Contact: Fiona Tall
Email: fiona.tall@penumbra.org.uk
Telephone: 0141 229 2580
Floor 6, Standard Buildings
94 Hope Street
G2 6QB
Petal Support was set up in 1994 by a group of families that had each lost a family member through the act of murder.

Petal is a proactive support centre providing practical and emotional support, advocacy, support and counselling for the families, friends, children and young people of murder and suicide victims.

The service includes:

- one to one counselling
- telephone counselling
- complementary therapies
- group work
- volunteering opportunities

Petal Support operates throughout Glasgow and also has bases in Hamilton and Edinburgh.

Contact: Anne Rennie
Telephone: 0141 332 8855
E-mail: arennie@petalsupport.com
The Connal Building, 4th Floor
34 West George Street
Glasgow, G2 1DA
Phoenix Futures

We are a charity and housing association which has been helping people overcome drug and alcohol problems for 50 years.

We provide residential, prison, community and specialist services.

We believe in being the best, we are passionate about recovery, and we value our history and use it to inform our future.

At Phoenix Futures Scotland we are passionate about showing that recovery from drug and alcohol misuse is possible. We work with individuals and communities to support those affected by substance misuse every step of the way.

Contact: glasgow@phoenix-futures.org.uk
Telephone: 0141 336 4272
Scottish National Offices
98 Hamiltonhill Road
Glasgow
G22 5RU
Pinkston Watersports provide affordable access to watersports to those who would not normally be able to benefit from such opportunities. In particular we work with the young people of Glasgow whose circumstances prevent them from accessing these activities elsewhere. We offer a range of low and no (funding permitting) cost activities to groups from schools, youth groups, registered charities, and other constituted community groups. We also offer courses for staff and volunteers from these organizations who have no background in watersports to train as an instructor. They then have free access to our equipment, thus reducing further cost barriers to community group participation.

Outdoor activities are increasingly recognized as a key component to healthy development, and we are ideally situated to offer opportunities that would otherwise require significant commitment in terms of travel and equipment. Pinkston is home to Scotland’s only artificial whitewater course and clean water basin, and as a facility situated in the Port Dundas area of Glasgow it is easily accessible to local communities.

At Pinkston we believe strongly in the positive impact that watersports can have on a young person’s life, and regularly see the growth of social and physical confidence, positive interaction, problem solving skills, and physical ability in the young people who access activities on site.
Place2Be has been working in Scotland since 2001. We work with over 13,000 pupils and their families in 39 schools across Glasgow, Edinburgh, and North Ayrshire.

Place2Be offers a flexible menu of services, tailored to meet schools' needs. The typical model is based on a team of five or more Place2Be personnel (both clinical staff and highly skilled Counsellors on Placement) delivering a range of services in a school.

Primary schools: We work with children in primary schools at a vital stage of their development. We offer them support to cope with emotional and behavioural difficulties which has a positive impact on the whole class, and helps teachers focus on teaching. We also offer support for school staff and parents.

Secondary schools: Transition to secondary school can be challenging for some young people, while others may struggle to cope with specific life events or experience increased stress and anxiety during adolescence.

The Art Room: The Art Room is a Place2Be service which uses a unique approach to support children who are facing emotional difficulties. Through art-making and group work, children are able to explore their feelings, express themselves and grow in confidence in a safe, creative space.

Why work with Place2Be: We offer over 20 years' experience providing a sustainable, integrated service at the heart of the school community. Our commitment to thorough research and evaluation means we fine-tune our model to meet pupils' needs.
Platform is the art centre at the heart of The Bridge in Easterhouse. We connect local audiences across North East Glasgow with high calibre artists through a programme of theatre, gigs, exhibitions, festivals, workshops and events. We use an asset based approach to developing our community and aim to challenge preconceptions and boast aspirations.

We work with nurseries, schools and partners to develop, manage and deliver bespoke activity from touring theatre featuring some of the very best theatre makers in Scotland, to our Theatre Days giving young people a behind-the-scenes experience of a working theatre, to programmes of creative therapeutic sessions for smaller groups of pupils at ASL schools.

As part of a network of Creative Scotland funded organisations across the country our theatre and exhibition spaces offer a diverse programme of work combined with excellent-value-for-money ticket cost and special offers.

Platform works with a host of specialist partners to develop creative learning experiences that relate to a range contexts from across the Curriculum for Excellence to health and well-being. We can work with organisations to develop potential projects for all ages of children and young people.

Contact: Jenny Crowe
Telephone: 0141 276 9696
Email: jenny@platform-online.co.uk
The Bridge, 1000 Westerhouse Road
Glasgow, G34 9JW
Playbus SCIO

We have converted passenger-carrying buses into exciting and colourful soft play adventure on wheels. Inside each bus there are two floors of soft play filled with slides, climbing frames, ball pools and lots more.

The buses can been sent to almost any location and operate 12 months of the year, no matter what the weather.

We work with other charities, schools, early year centres and event companies to bring joy to children but at the same time burning countless calories.

There is a huge focus for children to learn through play and the playbus is the perfect to facilitate up to 30 children at a time.

Glasgow Wide

- North East
- North West
- South

Contact: Mark
Telephone: 07545 534 013
Email: info@glasgowplaybus.com
Unit F3, Westways Business Park
Renfrewshire, PA4 8DJ
www.facebook.com/glasgowplaybus
Playbusters are a Community Development organisation based in the East End of Glasgow.

We're working towards an East End where people of all ages can realise their potential and aim for stronger individuals, stronger families, stronger communities.

Bringing families, children and the wider community together through a variety of activities and educational opportunities.
Pollokshields Parent & Toddler Group

A community group held at Pollokshields Church of Scotland for up to 30 children aged from 0-5 years and their parents/carers.

Pollokshields Church of Scotland
525 Shields Road
Glasgow, G41 2RF
www.pollokshieldschurch.org.uk/activities
Possibilities for Each and Every Kid (PEEK)’s purpose is to improve the life chances of children & young people by unlocking their potential, whilst journeying alongside them as they PLAY, CREATE, THRIVE. We achieve our mission by providing a number of services giving youngsters the motivation, self-confidence & skills they need to change their lives. All our projects are child and young person led.

PLAY: is a diverse and stimulating programme of outdoor play & physical activity.

CREATE: provides an exciting range of activity for all ages. Youngsters explore a variety of art forms and issues relevant to them & their community through creating music, visual arts, drama, film. We offer youngsters the chance to Flourish through gaining awards such as the Arts Awards, and to Broaden Horizons through holidays such as Hopscotch, Residential weekends and regular trips.

THRIVE: provides opportunities for youngsters to emerge as leaders in their communities and lives. Through volunteering, training, peer education and accreditation such a youth achievement awards.
Over the last 33 years Possibilities has developed into one of the most respected voluntary organisations in Glasgow. We have a proven track record of offering support and respite to disabled and vulnerable people in our community.

We’re all about promoting independent living.

We give members with disabilities access to the resources they require and support them to grow, learn and develop so that they can achieve their goals within society rather than feel isolated in their own homes.

Our purpose-built centre at Possibilities gives them confidence to grow in a safe environment at their own pace while also encouraging them to try new things.

Our members, who range in age from 5-95 years, have disabilities in various forms and we understand that disability can limit opportunities. We go out of our way to break down those barriers.

Possibilities is able to offer support through social groups and community-led assets in a welcoming environment. This allows us to give our members what they need to allow them to participate in activities and social circles.
Potential In Me CIC are a team of professionally qualified life coaches and facilitators. We provide a range of services that support children and young people (aged 8yrs plus) and the adults in their lives, whether that be parents, carers, families, youth professionals or employers.

Our focus is on supporting young people and adults to communicate and connect better, develop a deeper understanding of themselves and each other, and build resilience and resourcefulness. For employers we also enhance the performance of line managers and young people so that they transition successfully into work and contribute to the organisation faster.

Our programmes and services are:

- Using a Coaching Approach for Parents and Carers including understanding of the adolescent brain
- Using a Coaching Approach for Youth Professionals including understanding of the adolescent brain
- Potential in Families programme for families with children aged 8-25yrs
- Apprentice Accelerator programme for young employees and line managers
- 1:1 and Group coaching for young people and the adults in their lives
- Mindfulness and Mbraining
- Project Smile: supporting socially aware young people to create and sustain their own social enterprise

Contact: Scott Hay
Email: scott@potentialin.me
Tel: 07740461926
43 Parkholm Quadrant
Glasgow, G53 7ZH
The Poverty Alliance

Our aim is to combat poverty by working with others to empower individuals and communities to affect change in the distribution of power and resources.

We have four objectives for the period 2009-2012 that guide our work:

To work with people and communities experiencing poverty to empower them to address poverty

To work with organisations to build a strong anti-poverty network in Scotland

To support the development of policies which promote social justice and combat poverty

To raise awareness about poverty and encourage debate about solutions.

Contact: Poe McHugh
Email: poe.mchugh@povertyalliance.org
Telephone: 0141 353 0440
Standard Buildings
3rd Floor 94 Hope Street
Glasgow, G2 6QB
Pride Glasgow

Pride Glasgow is a registered charity best known for holding the annual Pride Glasgow festival, where thousands come to celebrate LGBT equality. We host the largest celebration of its kind in Scotland. We have a rich history of celebrating Pride in Scotland.

Pride Life is the exciting volunteer programme run by Pride Glasgow designed to engage and develop meaningful relationships with volunteers year round through our activity programme offering a range of social activities, training, health awareness and skill development.

Visit the Pride Life website for more information.
Quarriers - Barlanark/Calvay Support Services

Barlanark Support Service is made up of four core services providing support across the Northeast sector and Citywide for our Kinship service. The services provide support to families with children up to the age of 18yrs of age.

**Barlanark Family support service** works with families affected by parental substance misuse across the NE sector offering practical support to the whole family which can incorporate a brief period of befriending for the child.

**Our Lets Talk** project is an innovative schools programme being delivered in 9 NE primary schools addressing mental health issues with young people.

**Barlanark Families Matters** project currently provides support to Kinship families across the city of Glasgow.

Contact:
barlanarkfamilysupportservice@quarries.org.uk
Telephone: 0141 781 4264
Calvay Centre
16 Calvay Road
G33 4RE
Quarriers – Family Resource Centre (Ruchazie)

The aim of the Centre is to work with families to overcome their difficulties, and achieve a more balanced family life. This is achieved through practical programmes to aid bonding, attachment and build positive relationships.

Children can be supported through placement in the attached Quarriers Ruchazie Nursery, providing high quality childcare for zero to three-year-olds. Parents are supported through a range of initiatives, determined by the nature of the difficulties being faced by their family. One-to-one counselling, advice and support programmes and parent/child activities for engaging the family as a unit are all delivered from the Family Centre.

The Centre itself is a purpose built facility, with practical resources designed to provide a welcoming space to participate in activities. The Tranquillity Room provides a quiet space for counselling and one-to-one support while our Treatment Room allows parents to have holistic therapies on site to aid relaxation and promote well-being. A large open plan living / eating / playing area looks out onto the garden and a fully equipped kitchen allows parents to take a hands-on role in healthy eating initiatives.
Quarriers Inclusion Team supports adults, children and young people to actively engage in issues which affect them through encouraging participation. This includes consultations, one-to-one meetings and taking part in groups.

Quarriers is a unique charity which offers people we support resilience to deal with the challenges life brings. Quarriers: gives people affected by epilepsy a new life, offers young homeless people the right support at the right time, and gives adults with disabilities more opportunities.

Contact: Louise Hamilton
Telephone: 0150 561 6032
E-mail: louise.hamilton@quarriers.org.uk
Glasgow, G41 11QB
Rainbow Families Project
Events, information and support for LGBTQI families who live in or travel to Edinburgh and Glasgow.

Rainbow Families events are specifically for anyone looking to meet other LGBTQI parents, share experiences and socialise in a family setting. It’s a friendly and relaxed group with a really diverse mix of coupled and single LGBTQI parents and their children taking part. We have previously organised visits to soft play centres, museums, parks & gardens and other family-friendly locations.

We provide quarterly information events for LGBTQI parents, involving a range of topics to support families, such as family planning, dealing with school and nursery experience and coming out. We’re keen to hear from parents about the topics that are most relevant and of interest to you. During these events there is plenty of opportunity to socialise and meet other parents from the community, pick up information and meet the Rainbow Families team to find out about the range of services LGBT Health and Wellbeing offer.

Benn Benjamin (Glasgow, works Fridays)
E: benn@lgbthealth.org.uk
T: 0141 271 2330
LGBT helpline: 0300 123 2523
Rape Crisis Scotland

Rape Crisis Scotland (RCS) is the national office for the rape crisis movement in Scotland. We support the work of local centres and develop new centres in areas where there are no or few specialist services. We also work with other agencies such as the police, Crown Office and health services providing training and consultancy to improve the response to those who are affected by and who perpetrate sexual violence. Through our campaigns, briefings and publications we raise awareness of sexual violence, challenge attitudes and press for legal change.

The Rape Crisis Scotland National Helpline (08088 01 03 03) provides crisis support for anyone in Scotland affected by sexual violence at any time in their lives.

Contact: Julie Scobbie
Email: julie.scobbie@rapecrisisscotland.org.uk
Telephone: 0141 331 4180
First Floor, Tara House
46 Bath Street
Glasgow
G2 1HG
Training Opportunities for young Parents (TOPs) at Rathbone works with young parents aged 16-24, and their children. We aim to build resilience and strong families through providing young parents with a safe and supportive environment to build their skills, develop positive support networks with other young parents, and promote family bond and attachment.

We deliver a flexible programme that is responsive to the needs of those attending; each month is different and our timetable is developed with the input of the young families that we work with. To support this we provide a free crèche for the children while they are attending sessions, reimburse public travel expenses, and provide lunch. We also plan regular family trips, provide goodie bags, and access to opportunities with partner organisations.

We aim to increase young parent’s self-esteem and confidence, while providing them with a safe environment to meet other young parents and build a strong support network for themselves.

Our programme is based in Glasgow City Centre and we work with families across the Glasgow City Council area, including outreach in Drumchapel, Shettleston and Clydebank.

Contact: Leigh Anne Elliott
Telephone: 0141 229 6300
E-mail: leigh-anne.elliott@rathboneuk.org
38 Queen Street
Glasgow, G1 3DX
Reattach Parenting is a social enterprise that aims to raise awareness of attachment and why it matters. The organisation provides a range of information and training events about attachment for parents, carers, and other clients.

Raising awareness of the impact of Adverse Childhood Experience (ACEs) on development, and through the life span.

Telephone: 07866634705
Email: reattachparenting@gmail.com
www.reattachparenting.co.uk
Reidvale Adventure Play Association Ltd aims to improve the lives of children and young people (0-16yrs) and their families including children and young people with additional support and learning needs and their families in a fully integrated, safe, supervised playground environment in their local community.

Although we provide a direct service to the local and surroundings areas, our service can be accessed by individuals, families, groups and schools from Glasgow wide and outwith Glasgow. We have provided a quality play service to children and young people for 21 years.

We are open 50 weeks per year, 6 days and 6 evenings per week.

Cost: 50p all day entry (per drop in child or young person).

We also deliver and facilitate quality play, sport and creative art sessions for nursery classes, educational mainstream schools and additional support and learning needs primary and secondary schools across Glasgow and outwith.

Telephone: 0141 550 2320
Email: playteam@rapa.org.uk
www.rapa.org.uk
Reidvale Adventure Play Association Ltd
62 Garfield Street
Dennistoun, Glasgow, G31 1DW
Reidvale Neighbourhood Centre is your local community hub of activities, classes and opportunities to get involved.

We provide activities and classes for children, youths and adults alike. We try to cater for every aspect of your life, from socialising, to interests, exercise and wellbeing, to training and employment, activities and events for the whole family to enjoy.

Our café is open to the public Monday to Friday. The café encourages local residents to drop in and helps to create an informal and welcoming atmosphere.

Our Youth Hub provides interesting and fun opportunities to engage and involve young people aged 11-21, building their confidence and skills to take the lead in determining and delivering projects, activities and services. The young people get to meet, socialise, learn, develop and break down barriers to enjoy safe and quality activities, events and projects.

Programme open for 11-21 yrs 6pm -9pm Mon-Thurs
Relationships Scotland’s network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties. Around 40,000 people have contact with our services each year.

The National Office of Relationships Scotland supports the network of 22 Member Services. We provide training, development and quality assurance of our practitioners and services. We are a national voice for relationship services and we influence political and legislative policy development in the area of family support.

We wholeheartedly support the principle of equal opportunities and oppose all forms of unlawful and unfair discrimination on the grounds of colour, race, nationality, culture, religion or belief, age, ethnic or national origin, sex, sexual orientation, gender reassignment, marital / civil partnership status, pregnancy or maternity, disability, or socio-economic group.
Richmond's Hope, Glasgow is a charity that supports children and young people from Glasgow and the surrounding areas who have been bereaved.

We provide children with a safe place to work out their grief through verbal and non-verbal ways, e.g. art and therapeutic play and activities. As each child's grief is different, we provide individual support for children aged 4-18 years on a weekly basis for 40 minutes per session, with children attending at the same time each week for an average of 12 weeks.

We also offer telephone support and advice, presentations to statutory and non-statutory organisations, bespoke training, family support away days and the opportunity for children we have supported to join a peer support group. Referrals are taken over the telephone and all we ask is that the person with parental responsibilities gives consent for the referral to be made, that the child/young person is aware of the referral and that they know how the person died in an age related way.

Contact: Val Scholfield
Telephone: 0141 230 6123
E-mail: glasgow@richmondshope.org.uk
Ibrox Parish Church, Clifford Street
Glasgow, G51 1QH
Right Track Scotland is a registered charity established in 1983 in the East End of Glasgow (Bridgeton) where our Central Office and Bridgeton Training Centre remain today.

The organisation delivers training and support to local young people aged 15-26 years who are not engaged in Training, Education or Employment opportunities.

Since our inception Right Track has supported clients with significant difficulties to overcome before they can participate positively in Employment, Training or Further Education options.

The support that Right Track provides to our clients has always been holistic. Our broad aims include providing training that ultimately:
- Broadens horizons
- Raises aspirations
- Empowers young people with the skills to identify and manage personal barriers to progression
- Helps young people develop the skills to sustain positive options.
- Supports young people to progress positively from Right Track to positive options in Training, Education and Employment

Our ethos as an organisation is to address the needs of each young person individually and to work creatively and supportively to ensure that each young person realises their potential.
Rosemount Lifelong Learning is a charity based in Royston, North Glasgow and our mission is to increase life chances through learning for children, young people and adults living in the North East and wider North Glasgow area. Our broad range of services include:

Community Learning – assisting with the education and training of disadvantaged adults aged 16+ to improve basic skills including IT, literacy and numeracy, life skills and skills for employment. We also provide ESOL, language skills and other services to support community integration.

Family Support Services – the Positive Family Futures project is a new community led project focusing on a strengths based approach to developing services and activities to meet the needs of different generations of individuals within local families.

The Family Links Project is an addictions and recovery service offering emotional, social, educational and practical parenting support to parents, young children and teenagers affected by parental substance misuse.

Employability – Time for a Change – an employability programme that engages with those who are further from the labour market and need additional support before they are able to re-enter the labour market. Challenge 50 – a new employability programme providing those over 50 with targeted and tailored support to help them move into work. The Young Parents Project operates across Glasgow and is targeted to work with young people aged 15-24 (26 for young care leavers) who are pregnant or have children.

Childcare – quality, affordable nursery provision for parents to allow them to take part in training, further education or employment.
Royston Youth Action believes that young people and children should have ready access to a full range of social, educational, recreational and volunteering opportunities in order to promote active, responsible citizenship.

RYA is proud to be the biggest children and youth work provider in the Royston area and facilitate over 22 clubs, activities and projects over the course of the week.
Sacro is a Scottish community justice organisation which works to create safer and more cohesive communities across Scotland. Sacro provides a wide range of services spanning all aspects of the community justice continuum. These range from conflict resolution to prevent disputes escalating, to supporting prisoners on release.

All our services are designed to create safe and cohesive communities by reducing conflict and offending. The organisation works with a broad range of people, including those harmed by crime and those responsible for that harm.

We also provide a Community Payback Service which takes referrals for decorating and gardening work.

Contact: infoglasgow@sacro.org.uk
Telephone: 0141 248 1763
G10 Festival Business Park
150 Brand Street
Glasgow, G51 1DH
Many of us would turn to relatives and friends for support but some families can be really isolated with nobody there to help them. Stabilising families before they reach a breaking point is key to reducing the number of children who need to go into care. An award-winning charity, Safe Families has benefitted over 6000 children since it was launched in the UK in 2013.

**Volunteering can change a life**

Safe Families for Children aims to build a network of support to care for children and parents facing a temporary crisis through local churches.

Churches of all sizes are meeting their own goals of engaging with their community when they get involved in providing support to families and vulnerable children in their area. Safe Families provides Family Friends, Host Families and Resource Friends to help while parents get back on their feet.

- Trustworthy homes who take children into their loving homes, giving the parents much needed space to deal with the pressing issues.
- Friendly folk who befriend, mentor and support parents through their crisis, helping them get back on their feet and making the home stable for them and their children.
- Generous supporters who find they are able to provide useful goods or skills to benefit families in need, such as a cot, clothing or helping with cooking or gardening.

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Glasgow Wide

- North East
- North West
- South

Telephone 0131 603 8430
scotland@safefamiliesforchildren.com
63/65 Shandwick Place
Edinburgh, EH2 4SD
www.safefamiliesforchildren.com
Saheliya is a specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area.

Saheliya around the world play and learn centre provides the highest possible standards in childcare and education within a fun, stimulating and above all a safe and caring environment. Our qualified practitioners, will make sure that your child is supported through their stages of development by being observed and encouraged to explore their individual skills and enhance their learning experience.

We provide a multicultural environment to improve positive socialising skills amongst children and a diverse environment where all children feel included.

Contact: Ruqaiya Khan
Telephone: 0141 552 6540
Email: playandlearn@saheliya.co.uk
130 Springburn Road, St Rollox House
St. Paul's Youth Forum is a youth led organisation that works alongside children and young people to give them opportunities they wouldn't normally have. We have a number of different opportunities to support children, young people and families.

**Bolt FM - Youth Radio**, for young people, by young people. Bolt FM is Scotland’s longest running youth led radio station, enabling young people to have a voice. We have been working in North East Glasgow for almost 17 years. With a mobile studio, we can broadcast from any location which has a mobile signal or internet access, with classrooms transformed into radio studios in a matter of minutes.

Bolt FM works alongside teachers to cover aspects of the curriculum in a variety of accessible, enjoyable and educational ways. We specialise in encouraging work with disengaged young people. We can provide small group working, allowing a highly tailored environment, to gain skills in teamwork, leadership, co-operation and collaborative working, alongside the curricular skills. This has lead to a reengagement in formal education.

Diversionary, where we provide traditional youth work to help give young people positive alternatives to youth anti-social behaviour. By working with families we can provide support to enable young people to engage despite the many barriers that exist in their lives. We provide many different programmes, from sports including our own Bike Club - Blackhill on Bikes, to our Food Poverty Programme - Blackhill's Growing - encouraging young people to grow, prepare and eat their own food, with bees and hens in the garden.

In addition we also provide actives for under 5’s, primary school children as well as community meals.
St Roch’s Childcare Service aims to provide an excellent quality childcare provision. We strive to be flexible, offering a 50 week service from 8am-6pm, thus enabling us to meet the needs of all our families. Further allowing parents and carers the opportunity to return to or sustain employment, training or education.

We wish to promote a positive, safe, healthy, nurturing and rich environment. Promoting children’s learning through a Curriculum for Excellence and Pre-Birth to Three documents encouraging respect for others, trust and opportunities for children to be included in a wide range of activities and experiences.

Nursery and out of school care provision offered over 50 weeks per year.

Out of School Care is open Monday to Friday 3pm-6pm (term-time) and 8am-6pm (school closures). We collect from: St Roch's, Royston, St Mungo's and Barmulloch Primary Schools.

Nursery provision is available Monday to Friday 8am-6pm for children aged six weeks to five years.
SAMH (Scottish Association for Mental Health)

Around since 1923, SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, homelessness, addictions and employment services, among others.

These services together with our national programme work in See Me, respectme, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change.

Contact: 

enquire@samh.org.uk

Telephone: 0141 530 1000

Brunswick House
51 Wilson Street

Glasgow, G1 1UZ
Families Connect focuses on supporting parents and children to learn together.

It helps parents to support their children’s learning in three key areas:
- Literacy and language development
- Numeracy
- Emotional development

The eight-week programme provides a series of activities, techniques and games that parents and carers can do with their children at home.

Each activity encourages parents and children to spend quality time together by talking about specific topics and reflecting on what they already do to support their children’s learning.
SAY Women

SAY Women is a voluntary organisation which offers safe, supported accommodation and related services for young women, aged 16-25 years, who are survivors of childhood sexual abuse, rape or sexual assault and who are homeless or threatened with homelessness.

Referrals can be made to Accommodation Project and Resource Service by young women themselves or an organisation/project working with them, please see contact information.

SAY Women provides a variety of services to respond to the needs of young survivors, including:

- Semi supported accommodation
- Emotional 1:1 support
- Practical 1:1 support
- Group work
- National Training Service

We work in partnership with a variety of agencies to ensure young women receive consistent and appropriate services.

Contact: enquiries@say-women.co.uk
Telephone: 0141 552 5803
3rd Floor 30 Bell Street
Glasgow, G1 1LG
SCLD (Scottish Commission For Learning Disability)

SCLD engages at a policy level to help ensure that decision making which affects people with learning disabilities is based on the best available evidence and takes their views into account.

We lead innovation and collaboration in policy by:

• Supporting the development and evaluation of asset based approaches to service design and delivery

• Promoting practice which facilitates new opportunities for people with learning disabilities

• Creating opportunities to share good practice and ensuring accessible dissemination of evidence

• Providing advice and support to organisations to strengthen their capability to support people with learning disabilities

We undertake and commission research on learning disability and engage regularly with learning disability organisations, advocacy groups and individuals themselves to gain a clearer understanding of the lived experience of people with learning disabilities.
Scottish Childminding Association (SCMA) is Scotland’s only charity dedicated 100% to childminding. Over 84% of childminders in Scotland are members and we are here to support them through the registration process and help them to build strong foundations and a sustainable business model. SCMA can offer:

SCMA Integrated Service in Glasgow is two pronged - a Community Childminding service and an Early Learning and Childcare service for Eligible 2’s and 3-4 year olds. Both services are accessed via referral process. Childminders contribute to children’s development and learning by real life experiences and provide a valuable Early Learning & Childcare service for the community. Everyday activities, like going to the shops, involvement in school pick-ups, family mealtimes and visits to the park or socialising in a toddler group all teach children valuable life skills.

Contact: Jacqueline Spence
Email: jacqueline.spence@childminding.org
Tel: 07552 279 233 / 01355 238593
7 Melville Terrace, Stirling, FK8 2ND
SDF (Scottish Drugs Forum)

Scottish Drugs Forum (SDF) is Scotland’s national resource of expertise on drugs and related issues.

Established in 1986, SDF is a membership-based organisation. We seek to lead and represent the drugs field in Scotland in order to improve Scotland’s response to problem drug use. SDF works with policy makers, service planners and commissioners, service managers and staff as well as people who use or have used services to ensure service quality and evidence-based policy and practice.

SDF’s work involves joint and partnership working within the drugs field and related fields in Scotland and beyond and we welcome the active engagement of members and other stakeholders in our work.
Scottish Mentoring Network

We are the membership body and intermediary for mentoring projects across Scotland.

Our core purpose is to support and grow mentoring projects across all sectors through raising awareness of the impact of high quality mentoring on life chances and influencing the development of policy, practice and resources.

Our strategic aims for 2019-22 are:

• To improve the scale and quality of mentoring across Scotland
• To raise the profile of mentoring across Scotland and beyond
• To exert effective influence on policy and practice at both national and local levels about the impact of mentoring
• To build a sustainable resource foundation for SMN’s core activities

Contact: Maureen Watson (Chief Executive)
Email: maureen@scottishmentoringnetwork.co.uk
Telephone: 0141 559 5009
3rd Floor Brunswick House
51 Wilson Street
Glasgow
G1 1UZ
Scottish Refugee Council works with refugees and asylum seekers across Scotland from our Glasgow headquarters.

We work to:

- Offer direct advice services to people seeking asylum and refugees. Our current services include:
  - Refugee Integration Service
  - Telephone advice service
  - Family Keywork Service
  - Scottish Guardianship Service
  - Destitute Asylum Seeker Service (DASS)
- Support organisations in the community working with, or run by, refugees and asylum seekers, enabling them to have a voice at all levels in Scottish society.
- Organise a comprehensive programme of training events for individuals and organisations working with refugees or people seeking asylum.
Scottish Throughcare and Aftercare Forum

All who are involved in the lives of looked after children and young people have the expertise, passion and enthusiasm to help them live happy, successful lives.

Staf is committed to a Scotland which supports all children and young people to live happy and successful lives, on their own terms.

Contact: Sandra@staf.scot
Telephone: 0141 465 7511
Edward House, 2nd Floor
199 Sauchiehall Street
G2 3EX
Children experiencing domestic abuse recovery (CEDAR)

Cedar is a unique way of working with children, young people and their mothers who have experienced domestic abuse.

The Cedar programme takes place over 12 sessions with groups for children, young people and their mothers running in parallel. The groups provide an opportunity to explore the experiences, understanding and feelings with an emphasis on providing fun and creative activities that keep children engaged and interacting with each other.

It is about creating a safe place for children and their mothers to help each other to find the best strategies to deal with their experiences and rebuild their lives. A key aim of the programme is to help mothers to support their children in their recovery.

cedar@glasgowwomensaid.org.uk
Telephone: 0141 553 4085
www.cedarnetwork.org.uk
Scripture Union Scotland

Scripture Union Scotland is part of the worldwide family of Scripture Union movements in over 130 countries across the world.

We are a Christian charity working in partnership with local churches, Associate Trusts and others. Our vision is to see the children and young people of Scotland exploring the Bible and responding to the significance of Jesus, through work in schools, SU Holidays, discipleship programmes and Missions / Holiday Clubs. Everything we do is governed by two core values: dependence on God and deepening relationships.

More than 2,000 volunteers are involved in helping to run our activities, together with around 100 staff and associate workers.

Contact: info@suscotland.org.uk
Telephone: 0141 332 1162
70 Milton Street
Glasgow, G4 0HR
Sense Scotland

Whether it's for a few hours a day or seven days a week, we can offer tailor-made support throughout Scotland. Our free advisory service is at the heart of Sense Scotland and is often the first point of contact for disabled people and their families.

Our Early Years Team offers advice and support for families who have a child under the age of 8 with a communication support need, arising from a range of disabilities.

We also provide support to children and families during school holidays, after school hours or evenings and weekends.

Based in Kinning Park, Glasgow, TouchBase provides specialised services and support in a welcoming, safe and accessible environment, for disabled children, young people and adults.
The Smelly Welly Club

Children aged 8 to 12 are welcome to join the Smelly Welly Club. The SWC gives young people the opportunity to get involved in healthy outdoor activities and offers a mixture of food growing, cooking, arts and crafts, practical conservation work, games, bush-craft, trips and lots more.

The SWC meets as an after-school club during term time (April to October) and as a holiday club during the Easter, summer and October break. Sessions are delivered by qualified and PVG checked youth workers.

The SCGP also welcomes secondary school age young people, enabling them to get involved in volunteering, taking part in award schemes like the John Muir Award or the Duke of Edinburgh Award and enjoying a range of interesting outdoor activities.

Email: Marion.Bate@shettleston.co.uk
Tel: 0141 763 0511
www.shettlestongrowing.org.uk
Dalness Street, Glasgow, G32 7SA
The Sound Lab is a project that looks to deliver free education in music and the arts to the whole community. The main demographics of those who utilise our program are between the ages of 8 -25 from areas affected by poverty and lack of opportunity.

We believe that all people should have experiences and support in order to unearth their talent, improve social skills, and develop a positive sense of themselves and of other people. We have over 13 years’ experience of providing services to some of the most disadvantaged areas of Glasgow and we know from the evidence from our programmes that our delivery model works for those that we support.

Although our main intake is young people, we also aim support groups from many other backgrounds. For example, previous events that we have ran involve Sunday Shindigs which was a programme that looked at integrating the people of Glasgow to join together and play and learn music.

Since 2003, our music and creative workshops have allowed hundreds of young people to advance their education and develop skills in a safe environment. Some of our ‘alumni’ have gone on to form their own bands, form club nights, achieving success in Scotland and further afield.
The Spark is a leading provider of couples counselling, marriage counselling, individual counselling and family counselling in Scotland. Established in 1965, The Spark has been supporting individuals, couples and families dealing with challenging relationships. As the nature of relationship support has changed so has The Spark. We are now the foremost provider of relationship education and counselling for young people. In addition we offer training for frontline staff including Relationship First Aid training and Mental Health First Aid training.

Contact: Stella Gibson
E-mail: reception@thespark.org.uk
Tel: 0141 222 2166
72, Waterloo Street, Glasgow, G2 7DA
Sports Council for Glasgow

We offer a range of services to member Clubs, including PVG checks, Awards for Club of the Month and Annual Awards.

We have two grant funds that members can apply for and we run educational seminars throughout the year.

Glasgow Wide

☑ North East
☑ North West
☑ South

Contact: Katy Swan
Telephone: 0141 287 3649
Email: info@scglasgow.org.uk
1000 London Rd, Glasgow G40 3HY
Starter Packs Glasgow are working to alleviate poverty across the city.

By providing packs of essential household goods to those moving into a new tenancy, often after homelessness, we can make houses more homely, and help people to sustain their tenancy. We do this through the help and support of our local community, much-needed donations and the many staff and volunteers we’re lucky to work with.

Contact: Jacqui Flynn
Telephone: 0141 440 1008
E-mail: administrator@starterpacks.org.uk
7 Harmony Road, Govan
Glasgow, G51 3BB
www.starterpacks.org.uk
St. Margaret’s Children and Family Care Society

St Margaret’s Children and Family Care Society was initially founded in 1955 as an adoption society, to support children and families in need throughout the UK.

Since then we have developed further to include our education services and therapy centre offering support to all children, families and professionals within a trauma informed framework.

Contact: paula@stmargaretsadoption.org.uk
Telephone: 0141 332 8371
26 Newton Place
Glasgow
G3 7PY
For nearly thirty years, Stepping Stones for Families has worked alongside children, young people and families in the North East and North-West of Glasgow to give them support, opportunities and a voice in tackling the effects of poverty and disadvantage in their lives.

We support families to lay the foundations they need to take control over their own lives and engage on their terms with the wider community.

Our Family Support, Family Play, Money Advice and Family Wellbeing Services provide the resources that many parents and children tell us they need to become healthier, happier and more confident so that they can participate and take an active role in their community.

**Stepping Stones for Families – Power of Play**

Our family play service brings together isolated families who have very young children. The overall aim is to support and strengthen family and community relationships through the power of play.

Families at our family play project in Townhead are collecting warm clothing, jackets and putting together survival kits for people who are homeless in Glasgow City. The kits and clothing are dropped off to Glasgow RSVP (Rough Sleeping and Vulnerable Persons outreach team) and Glasgow Night Shelter.
Street Connect

Street Connect exists to offer hope and opportunity of change to the disadvantaged and marginalised in society. We work to support men and women who are 18 years and over.

The individuals we work with come with a range of complex needs including: various addictions, homelessness, loneliness & social isolation, mental health issues, trauma, offending and poverty among other issues. Our hope is that through the various services we provide, they will feel supported, motivated and able to take positive steps towards a brighter and more fulfilling future.

Contact: ricky@streetconnect.co.uk
Telephone: 0141 237 5859
340-348 Cathedral Street
Glasgow, G1 2BQ
Stretch-A-Nickel Foundation

We seek to help strategise for transformation. We network with community services, local councils, community groups, churches and business representatives; together we identify the most pressing unmet needs of the area. Programmes are delivered using a holistic approach to transformation by addressing economic, physical and social needs of the area.

We provide

- School based support to pupils
- Alternative learning environments for excluded pupils
- General youth club/activities
- Sporting activities
- Physical or mental health and wellbeing support
- Advocacy and empowerment work
- Parenting support or training
- Volunteering Opportunities
- Networking

Contact: Becky Frank
Telephone: 07745732622
Email: stretchanickel@yahoo.com
Sunshine Wishes Children’s Charity

Sunshine Wishes Children's Charity is a Scottish charity who's aim is to fulfil dreams for sick & terminally ill children, children with learning disabilities, and kids who are underprivileged.

SWCC grants wishes to children of any age. We believe that every child should experience happiness and put their illness/situation on hold - even if it is for just one day. Our mission is to make their wishes become a reality.

http://www.sunshinewisheschildrenscharity.com/
Theatre Nemo is an organisation that exists to support people in recovery from poor mental health. We provide creative workshops that have a focus on mental wellbeing, teaching people coping strategies and developing a greater understanding of their own mental health, where to get support and how to support others.

Theatre Nemo provides weekly workshops from our studio space in Glasgow. These workshops aim to give attendees an opportunity to learn in a safe and fun atmosphere. We offer a number of workshops in a diverse selection of creative skills.

Our work takes also takes us to schools, the community at large, hospitals, prisons and commercial environments.

Our Join the Dots project creates a supportive environment within which people who face multiple barriers to community inclusion can easily access support. We will focus on people with complex needs, such as individuals leaving prison, those with past convictions and their families, mental health and addiction issues.

Glasgow Wide

North East
North West
South

Contact: Gordon Liddle
Telephone: 0141 559 4941
Email: info@theatrenemo.org
Unit 235, 141 Bridgegate, Glasgow, G1 5HZ
www.theatrenemo.org
Toybox Lee Avenue

We are a small charitable company, which exists to improve the quality of visits for children and their families, to help maintain family relationships and to make a significant contribution to the visiting environment for families in Barlinnie Prison.

In line with this Toybox Lee Avenue seeks to involve volunteers to provide safe and stimulating play for children visiting Barlinnie at the visit sessions.

Contact: toybox1821@hotmail.com
8 Kirklee Road
Glasgow
G12 0TP
Tron St Marys Family Support Project

Our purpose is to support families and raise environmental awareness in Balornock and the surrounding areas. We offer group activities for all ages and abilities that build confidence, reduce isolation, promote health and well-being and are open to all within our community and the surrounding areas.

Supporting those who are isolated, vulnerable & tackling poverty via activities including Toddler Group, café, ESOL classes, welfare advice, cooking club, etc.

Contact: Margaret Finlay
Telephone: 0141 558 1011
E-mail: tsmfsp@gmail.com
128 Red Road
Glasgow
G21 4PJ
Thriving Survivors is a recovery and training centre for victims and survivors of trauma. We support both men and women as well as families through education and therapy.

It is the aim of organisation to provide support to survivors of physical or emotional trauma, to help them feel empowered and in control of their own emotions, behaviours and recovery. We help people that have been through:

- Domestic Violence
- Bereavement
- Drug and Alcohol Abuse
- Mental Health Problems
- Health Problems
- Many other forms of trauma

Offering a unique and insightful path to recovery by delivering:

- 1 to 1 mentoring
- Peer to peer support groups
- Training
- Volunteering Opportunities
- Employment Opportunities
- Childcare Facilities

Contact: Sarah Fairburn
Email: info@ThrivingSurvivors.co.uk
Tel: 0141 763 2354
601-641 Tollcross Road
Glasgow, G32 8TF
Toonspeak provide free, high quality creative opportunities for young people living in Glasgow.

Most of our activity involves drama but in the course of producing original theatre productions we often explore music, dance and writing.

We run a mixture of weekly workshops and occasional projects.

Participants can work towards Arts Awards, an accredited qualification.

More than anything our participants tell us that Toonspeak is a place where they feel like they can be themselves.

Contact: Alan Govan
E-mail: alan@toonspeak.co.uk
Tel: 0141 552 0234
54 Quarrywood Road, Glasgow, G21 3ET
The **Urban Fox Programme** is a voluntary managed project, providing young people within the East End of Glasgow with a wide range of educational and diversionary activities.

These include supervised sports and leisure programmes, health and social education guidance programmes, IT training, as well as many other structured learning programmes.

They are all designed to provide young people with the skills and confidence to make positive decisions about the issues and influences they may face growing up in the East End.

Through attendance to the many available Urban Fox programme initiative, we aim to promote self-development and to raise self-esteem in our young members.

**Contact:** Debbie McGowan  
**Email:** debbie.mcgowan@urban-fox.org  
**Telephone:** 0141 556 1195  
**Helensea Community Hall, 48 Methven Street, Parkhead**  
**Glasgow G31 4RB,**  
**www.urban-fox.org**
Venture Scotland offers an outdoor-based personal development programme which empowers vulnerable young people aged 16-30, who face complex and difficult problems. We build the confidence and skills of young people and aim to empower each individual we work with to make positive and lasting changes in their lives and play a positive role in their communities.

The course is split into four modules: Challenge, Discover, Explore, Leader. Each involves regular and frequent one-to-one support, structured group work and mentoring sessions aimed at addressing key areas of personal and social development, including communication skills, confidence, attitude, responsibility, problem solving and teamwork.

We believe that by helping a young person to increase their capacity in these areas, we can enable them to tackle the barriers that are holding them back and help them to build a positive future. The amount of regular contact our programme enables between our staff, volunteers and young people enables strong bonds to be formed where young people’s behaviour can be challenged in a supportive environment.

Contact: George McConnachie
george.mcconnachie@venturescotland.org.uk
Tel: 0141 552 8173
253 High Street
Glasgow, G4 0QR
Victim Support Glasgow provide a service for anyone affected by any kind of crime. This includes victims, witnesses and their friends or family. Clients do not have to report the crime to the police to get support. Victim Support can tell clients about the different options for reporting the pros and cons and help people with that decision.

Our service is confidential and we are there for the client anytime, whether the crime happened recently or a long time ago. We provide emotional and practical support for clients helping them deal with the trauma of any incident and we also support clients at court if required.

Contact: Ann Marie Adair
Email: vs.glasgowcity@victimsupportsco.org.uk
Tel: 0141 553 2415
2nd Floor, 10 Bothwell Street
Glasgow, G2 6LU
Visibility works across all ages, with adults and children who are blind or partially sighted and live in the west of Scotland. Visibility runs a wide range of services which are available to people with a visual impairment, their families, carers and other professionals.

The services include:

• information and advice face to face or by phone;
• peer support groups across the region
• courses on living with sight loss
• training in reading skills using magnification
• scanning training and daily living skills development for people with sight loss due to brain injury or stroke
• early intervention advice and support for eye hospital patients
• aids and equipment demonstrations and using technology to support day to day life
• visual impairment awareness training

Contact: Clare Sweeney
E-mail: info@visibility.org.uk
Tel: 0141 332 4632
2 Queen’s Crescent
Glasgow, G4 9BW
Volunteer Glasgow

At any point in time there are 100s of volunteering opportunities in Glasgow looking for people like you to help!

There’s a huge variety of activities you can get involved in – with a wide range of organisations, charities, community groups and clubs – and some opportunities only need a few hours each month. Many of the services in this directory rely on volunteers. If you are interested in volunteering, you can contact services direct – or look at the services advertised through Volunteer Glasgow.

Discover...the opportunities that will suit you best with our SEARCH service

Drop in to see us - You are very welcome to drop in to our city centre office and search online using our internet PCs with help and guidance from an adviser.

Volunteer Glasgow also has its own volunteering services, such as the Young Persons Befriending Service, which provides support to Young People throughout Glasgow. We take referrals for Young People aged 8 to 18.
Voluntary Sector North East Glasgow (VSNEG) provides a voice for voluntary sector organisations in the North East of Glasgow. Promotes information sharing and supports joint working by collaboratively linking up voluntary sector organisations to evolve, grow and form new partnerships.

Supports organisations to build an effective, sustainable voluntary sector in the North East communities.

Provides a platform for voluntary sector organisations by encouraging communication links through online forum speaking and networking.

VSNEG’s approach is to promote inclusive engagement for all North East voluntary sector through a monthly newsletter, to promote up and coming events, meetings, workshops and community conference/fun days.

Contact: Isabella Barnes
Telephone: 0141 556 1195
Email: isabella@vsneg.org.uk
C/o The Hub
Glasgow
G33 4LA
Wave Trust

WAVE is dedicated to making the world safer by breaking damaging, intergenerational family cycles and helping people mitigate the effects of trauma within their communities.

Aims:

• Continuing to update our global research
• Advising local and national authorities
• Educating and networking with politicians at all levels
• Overseeing a grassroots network of ambassadors
• Collaborating with community groups seeking to achieve change in their areas

Contact: ghosking@wavetrust.org
Telephone: 0141 230 3992
0/1 Broomgate, Newton Mearns
Glasgow, G77 6RA
Waverley Care Glasgow

Waverley Care is Scotland’s HIV and Hepatitis C charity.

We are a community of diverse and inspiring people united by the same goal – to make a positive difference in the lives of people living with or affected by HIV or Hepatitis C in Scotland.

Our work is focused on prevention, education, testing and support. Throughout Scotland we’re reducing new HIV and Hepatitis C infections, getting people diagnosed and supporting those affected in whatever ways they need. Through our work, we are also challenging HIV and Hepatitis C related stigma, tackling health inequalities and promoting good sexual health.

Contact: mildred.zimunya@waverleycare.org
Telephone: 0141 332 2520
12 Queens Crescent
Glasgow
G4 9AS
Wellbeing Scotland are a voluntary organisation with services across Scotland. We provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing. We offer client centred, holistic, trauma informed therapeutic services and have specialism in abuse and trauma work which has been built up since 1994.

We work with both children and adults and have services in various areas of Scotland and are working towards providing support to individuals in all areas of Scotland.

Wellbeing Scotland, offers a diverse range of support services in recognition of the wide range of experiences which may impact on an individual or their family in different ways, at different stages of their lives. The range of support offered ensures that we can offer individuals a support pathway which suits their individual needs.

Our services are open ended, in recognition of the fact that every individual’s experience is different and unique to them as is their journey to recovery. Referrals can be made by individuals or by other professionals or family members with the individual’s permission.
Wise Women

Wise Women pro-actively address women's fears and experiences of violence and crime by providing free Personal Safety and Confidence Building Courses and Workshops to women living in local communities in Glasgow.

We also provide Courses and Workshops for women who experience different and additional types of violence and abuse as a result of discrimination; e.g. Black and Minority Ethnic Women, Disabled Women, Young Women, LGBT Women and women dealing with complex issues.

As well as this, we provide information and advice for women and staff on all aspects of violence against women.

Contact: frances@wisewomen.org.uk
Telephone: 0141 550 7557
Wellpark Enterprise Centre
120 Sydney Street
Glasgow, G31 1JF
With Kids Glasgow

Our work is child centred and recognises that all families regardless of background can have difficulties but may not know how to access the right support. There may also be concerns that asking for help will result in unwanted intervention. Our services aim to provide children and their parents/carers with the tools to manage their lives effectively. Central to this work are the core concepts of building self-esteem and resilience in children and supporting parents in managing this.

Many the issues can be traced back to generational problems from early childhood, this is supported by developments in psychology and neuroscience. With Kids is based on a preventative approach that involves early intervention, working in tandem with children and families to enable the best life chances possible.

Contact: g.galbraith@withkids.org.uk
Telephone: 0141 550 5770
15 Annfield Place
Glasgow
G12 9EN
Women’s Centre Glasgow

The Women’s Centre is a charitable organisation founded in 1994. The centre presents a safe, positive and accessible environment. We encourage and support women to develop confidence, combat social isolation, promote learning new skills, raise their aspirations and achieve their potential.

Contact: info@womenscentreglasgow.org.uk
Telephone: 0141 576 1400
17-33 Shawpark Street, Maryhill
Glasgow, G20 9DA
WEA Workers Educational Association Scotland

Founded in 1903, the Workers’ Educational Association (WEA) is a charity dedicated to bringing high-quality, professional education into the heart of communities. With the support of nearly 3,000 volunteers, 2,000 tutors and over 10,000 members. We deliver friendly, accessible and enjoyable courses for adults from all walks of life.

Contact: k.simpson@wea.org.uk
Telephone: 0141 221 0003
The Pentagon Centre, Suite 218
36 Washington Street
Glasgow
G3 8AZ
Who Are We?

YoMo (Young Movers) is Glasgow's North East and North West Youth Empowerment Charity. The aim is to work with young people aged 12-25, providing services that empower them.

YouthBank

Young people involved in the project can learn or develop their skills such as research, budgeting and interviews skills which are crucial skills they can use later in life.

Peer Education

Peer Educators are trained up in topics they feel are important to them such as First Aid, Money for Life, Anti Bullying and LGBT Awareness.

Youth Health Champions Project

Our Youth Health Champions is a volunteering opportunity designed in partnership with the NHS Greater Glasgow & Clyde in order to promote health topics within the local community for young people and to deliver training to local organisations with their peers.

Accredited Learning

YoMo is the largest agency operating the Hi5, Youth Achievement and Dynamic Youth Awards in Scotland. We support voluntary sector organisations from across Glasgow in the training and delivery of the awards in a community and youth work setting.

Contact: Linda McGlynn
Email: inquiries@yomo-online.co.uk
Telephone: 08444148296
39 Conisborough Road
Glasgow
G34 9QN
Young People’s Futures

Young People's Futures (formerly known as Young Possil Futures) is a charitable company working with children and young people aged 5-18 years that provides drop-in based diversionary activities in the Possilpark, Westercommon and Hamiltonhill communities of North Glasgow.

Contact: familiesupport@youngpeoplesfutures.org.uk
Telephone: 0141 336 8883
130 Denmark Street
Possilpark
G22 5LQ
YWCA Scotland, The Young Women’s Movement, is part of a worldwide movement of women leading change. We are based in Edinburgh and have a centre in Glasgow. We reach out to women, particularly girls and young women, across Scotland.

Our mission is to inspire girls, young women and women to achieve their potential through developing their skills, self confidence and leadership and through challenging the barriers they face in society, by creating safe spaces for them to meet together in groups and clubs, activities and conversations. We do this in our own centres, schools, in partnership with others, and through social media.

We work in partnership with local colleges to deliver a wide range of formal accredited courses in a community based setting in our learning centre in East Glasgow.

Across Glasgow we deliver:

- YGirls and Gen Up programmes designed to raise the aspirations and achievements of girls and young women of primary and secondary school age.
- Empowering Pathways for Women a programme designed to strengthen women's choices and participation in all aspects of their lives.

Contact: Carol Cunningham
Telephone: 0141 465 4627
Email: carol@ywcascotland.org
The Youth Community Support Agency (YCSA) works with young people aged 12 - 16 from black and ethnic minority backgrounds to support them to become active members of a diverse society.

We offer a range of services including counselling, family support, volunteering opportunities and personal development projects.

YCSA delivers support services that empower young people from BME communities to embrace their true potential.

- Counselling
- Literacy & Numeracy Support
- Drugs & Addiction
- Throughcare
- New Routes
- Youth Development & Employment Service

We support also young people to develop the confidence, skills and attributes they need to enter into education, training and employment by running group projects including film, photography, music, art, cooking and ESOL.

Glasgow Wide

☑️ North East
☑️ North West
☑️ South

Telephone: 0141 420 6600
Email: enquiries@ycsa.org.uk
48 Darnley Street, Glasgow, G41 2SE
www.ycsa.org.uk
Youth Mindfulness is a small charity based in Glasgow who believe that the practice of mindfulness has a deeply beneficial impact on the lives of young people and can lead to a happier and healthier society.

We work with young people of all ages and the adults who work with them to offer innovative and engaging programmes which are fun, inspiring as well as meaningful and transformative.

Our programmes:

- Kid's Programme for 7-11 year olds
- Soma Programme for identified groups of teens
- Mindfulness for Life course for adults
- Kid's Programme training for adults wishing to teach mindfulness to children

Our aim is to help grow the capacities of courage, compassion, kindness and resilience within people of all ages through programmes which draw on various mindfulness traditions and the latest research in neuroscience and psychology.
Ypeople is an independent registered Scottish charity that provides support to vulnerable groups and individuals including homeless and young people to enable them to adapt, to change and to improve their quality of life.

Our Current Services include:

**Intandem Mentoring Programme**

Intandem provides volunteer mentors for young people aged 8-14 years of age looked after by the local authority and living at home. The programme matches young people with trained volunteers and supports them to build positive, trusting and secure relationships.

**Ypeer Mentoring Service**

Ypeer is a mentoring service for care experienced young people aged 14 to 26. The service trains and supports other care experienced young people (aged 18 to 30) to volunteer their time to support another young person leaving care or making another life transition. The shared lived experience is a crucial element in the development of a trusting and productive relationship.

**The Calm Project – Counselling Service**

The Calm Project offers a community based counselling service for young people looking for support with their mental health and emotional wellbeing. Young people 12-18 years old who are involved in or at risk of becoming involved in anti-social or offending behaviour can benefit from person-centred counselling for as long as they feel it is useful.

Contact: Joanne Glennie  
Email: j.glennie@ypeople.org.uk  
Tel: 0141 565 1200  
15 Dava Street, Glasgow, G51 2JA
Zoo-Ed was an idea born out of passion for both animals and education. We believe that the best way to learn about the animal kingdom is to experience handling the animals for yourselves.

Our key aims are to improve children's listening and behaviour skills in order to enhance their educational attainment and to promote self-esteem.

Animals are a highly motivating subject for school children and by the time children start school, almost all children will already have had some sort of real-life experiences of an animal(s). These early life experiences can have long-lasting effects on attitudes and behaviours towards animals.

Zoo Education C.I.C. provide children with a platform to discuss their experiences and thoughts surrounding animals. Through story-telling (young children) and through our contemporary science and social workshops, children are encouraged to recognise animals as sentient individuals.

These positive interactions will help children develop greater empathy and compassion for animals, which will then help them develop their social skills, leading to higher levels of self esteem and eventually to experience greater academic success.