North West Glasgow Directory

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

November 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@gcvvs.org.uk

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**Glasgow Wide**

- North East
- North West
- South
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.

Email: citywideforum@gcvs.org.uk
North West Glasgow Voluntary Sector Network (NWGVSN) is a membership organisation representing voluntary sector providers and community organisations, who deliver services in the North West of Glasgow.

The Network’s aim is to provide support and advice; promote and enable effective information sharing and offer networking opportunities for voluntary sector organisations in the area. The Network also facilitates, via our Voluntary Sector Representatives, the input of the Voluntary Sector into local Community Planning Partnerships structures and meetings.

If you are a voluntary sector organisation offering services in North West Glasgow, you are eligible to join the Network for FREE.

Contact: Martina Johnston Grey  
Telephone: 0141 952 7090  
Email: martina.northwestglasgowvsn@outlook.com  
www.nwgvsn.org.uk
The North West Children and Families Network (previously NW Wellbeing Network) is a forum for third sector organisations providing services to children, young people and families. We have around 100 members from a wide range of organisations including early years, nurseries, out of school services, family support, dance and sports clubs, community centres and carers support. The purpose of the network is to:

Increase awareness of the range of third sector children, young people and families organisations in the NW

Promote recognition of the value of the role of voluntary organisations and maximise their impact

Support third sector organisations and share knowledge and best practice

Ensure links with other relevant structures including Childrens’ Services, Community Planning, Thriving Places, NW Voluntary Sector Networks

The network has a steering group and sends third sector representatives to Children’s Services Locality Planning. There are quarterly open meetings to discuss issues, share knowledge and best practice.

For further information, and to join the mailing list contact Suzie Scott at GCVS: suzie.scott@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
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.
The Bridges Partnership is a service that works with women and children who are currently or have previously experienced domestic abuse, and are living in or moving to the North West of Glasgow. Delivered in partnership between Aberlour and Shelter Scotland, the team work to:

- Provide advice and signposting information around domestic abuse
- Ensure families reside in safe and secure accommodation
- Support families to maintain a safe and stable home
- Work with women and children to develop local community links
- Support families to begin to address trauma and loss
- Deliver work to tackle cycles of abuse - Provide emotional, practical and therapeutic supports - Improve women and children’s confidence and wellbeing

Contact: Michelle King
Email: Michelle.King@aberlour.org.uk
Telephone: 0141 260 9180
Southside House
135 Fifty Pitches Road
Glasgow
G51 4EB
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-North Glasgow Family Support Team

Action for Children will deliver a flexible, needs-led Family Support Service to empower children up to 12yrs and their families across North West Glasgow, build their resilience and keep them together. This team is known to, and trusted by local families, and embedded with local agencies.

Support – frequency and duration of support is dependent on the needs of each family. We jointly agree an individualised package of support for each family to address their priority needs, improve capacity and create resilience for the future. Each support package is co-produced with the family. For example:

- Emotional Support, Advice and Guidance
- Practical Support and Role Modelling
- Risk Reduction Plan e.g. domestic violence, substance misuse
- Safeguarding and Addressing Neglect (emotional, physical)
- Attachment, Trauma and Stability
- Home Environment Improvements
- Parenting Skills and Accredited Parenting Programmes delivered in the family home
- Managing Children’s Behaviour
- Supporting Children’s Development
- Health and Emotional Wellbeing Support
- Access to Additional Supports e.g. financial support, mental health specialist
- 1:1 support for children supporting their emotional wellbeing

Contact: Karen McFadzean
Telephone: 0141-945-1653
Email: karen.mcfadzean@actionforchildren.org.uk
61 Smeaton Street
Ruchill, Glasgow G20 9JS
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.

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 Scotland North West Recovery Hub
Addaction North West Glasgow Recovery Hub is a free and confidential service for individuals, families and communities affected by drugs and alcohol. We offer drop-in or phone support; meetings at a time and place to suit; a personal recovery plan; parenting, pregnancy and family support; one-to-one and group work; links into other appropriate organisations; introduction to local recovery communities and volunteering opportunities.

Contact: Christine McCauley
E-mail: christine.mccauley@addaction.org.uk
Tel: 0141 221 2282
The Quadrangle, 59 Ruchill Street, Glasgow, G20 9PX
ADHD Parent Support West Glasgow is a parent-led group founded in 2015 to support families in our area with a child diagnosed with Attention Deficit Hyperactivity Disorder (ADHD).

Being a parent to a child (or adult) with ADHD can be really tough - and whether you've just had a diagnosis or known your child has ADHD for some time, we're here to help.

The group brings people together to learn about the condition and become confident and effective parents.

We provide information and support through regular meetings and a virtual meeting space on Facebook, and we aim to improve local health and education services.

Contact: adhdglasgow@outlook.com
64 Balmoral Street
Glasgow, G14 0BL
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
Antonine is a community based organisation that provides day opportunities for people with a disability living in the West of Glasgow, east and west Dunbartonshire and any other adjacent local authority. The organisation provides an innovative programme of support based on the individual needs of service users. Through this programme of activity, the organisation seeks to promote independence, increase citizenship, empowering and challenging prejudice, and increase life skills through the provision of meaningful daytime pursuits and educational opportunities.

Antonine youth group is held 3 evenings per week. There are 4 youth group workers, Tyler Stirling, Ryanna Ferran, Angela Kenny and Steven Mitchell. We have several volunteers in the youth group who have been with the group for a period of time and know the youths well. The youth group was originally set up for youths with disabilities in the west of Glasgow. However over time this has evolved into an integrated group of able bodies and youths with disabilities.
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
Ballet4Babies

Ballet4Babies is a Fun Filled programme of dance classes for Girls and Boys from Ages 6 months – 5 years. These classes are guaranteed to have your child laughing and smiling as they dance and sing to the music using props such as scarves, percussion instruments, bean bags, bubbles, soft toys and lots more....There is also an occasional visit from Miss Miranda Mouse to check how the ballet stars are doing!!!

Contact: info@ballet4babies.co.uk
Telephone: 0775 911 9965
www.ballet4babies.co.uk
Bankhead ASC Parent Committee

Bankhead Primary Parent Council aims to allow you, the parents and carers of pupils at our school, to have a voice on issues that are important to you and your children. We are committed to having a positive working relationship with our Head Teacher, staff and everyone linked to the school.

We represent the Parent Forum, which includes ALL parents and carers of children in our school.

Bankhead Parent Council meets once a month to discuss issues affecting the school and the Parent Forum. More information on Parent Councils can be found at Connect (formally Scottish Parent Teacher Council (SPTC)).
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.

Contact: Eddie Kane
E-mail: eddie.kane@barnardos.org.uk
Tel: 0141 419 4700
Barnardos 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 Children’s Inclusion Partnership (CHIP)
CHIP is a collaboration between Barnardo's Scotland and Stepping Stones for Families. The project has been working in Possilpark for 20 years. During that time the team has established positive working relationships with countless children, young people and families and with many groups in the local community. It encourages individuals and families to participate in community development activities, ensuring their voice is heard in the decision making process.

Over the years the charity has taken part in a number of projects, with a focus on supporting children, young people and families in Possilpark to make a positive difference to their community. This has involved wildflower and bulb planting, biodiversity work and a range of activities that bring people of all generations together. These have included bat walks, storytelling, carol singing, sports days and community dog shows.

Contact: Alison McIntyre
Email: alison.mcintyre@barnardos.org.uk
Tel: 0141 353 6229
Unit 5.09, The Whisky Bond, 2 Dawson Road
Glasgow, G4 9SS
Barnardos 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
BEMIS is the national Ethnic Minorities led umbrella body supporting the development of the Ethnic Minorities Voluntary Sector in Scotland and the communities that this sector represents.

As a strategic national infrastructure organisation, BEMIS aims to empower the diverse Ethnic Minority third sector. We are committed to promoting inclusion, democratic active citizenship, recognition of diversity, human rights education, and wider representation, as well as effecting a proactive role in maintaining and enhancing pathways to influence government policy in regards to equality and human rights at local, Scottish, UK and EU levels.

Contact: Tanveer Parnez  
E-mail: tanveer.parnez@bemis.org.uk  
Telephone: 0141 255 2133  
Mezzanine, Old Sheriff Court  
70 Hutcheson Street  
G1 1SH
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.
Blairdardie Out Of School Service (BOSS) is a charity registered in Scotland and is a non-profit making organisation. BOSS aim to offer play and education opportunities that are both fun and are challenging. All staff employed by BOSS are fully vetted by Disclosure Scotland, trained to SVQ/HNC level and have First Aid training. BOSS is registered with, and regulated by, the Care Inspectorate.

We provide Out of School Services at Blairdardie and Corpus Christi primary schools during Term Time and we open Blairdardie Out of School Service during the holidays from 8.00am – 5.45pm. We take children from all over Glasgow during the holidays.

Contact: Audrey Edmonds
Tel: 0141 952 5100
Email: enquiries@glasgowafter schoolearco.uk
Blue Triangle (Glasgow) Housing Association

We work with people of all ages and backgrounds and provide access to a whole range of skills such as access to learning and development, training, housing, specialist skills such as drugs and alcohol support. We work with both the statutory and voluntary sector to bring in the right skills and resources.

We work with people who are the farthest away from the job market and who other services reject or cannot work with because they have very challenging behaviour.

Our aim is that our service users achieve better lives because of their engagement with Blue Triangle.

See our work on Better Futures.

Contact: Fiona Stingfellow
Tel: 0141 221 8365
Email: fstringfellow@btha.org.uk
3rd Floor,
100 Berkeley Street
G3 7HU
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.
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 or 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  
Email: LaureenWalker@redcross.org.uk  
4 Nasmyth Place  
Glasgow, G52 4PR
Broomhill Out of School Care Association

BOSCA was founded in 1991 by a group of parents to provide after school care for their children. It is still voluntary managed by parents but now has a paid staff of fourteen. Staff encourage the children in art, crafts, drama, puppetry, music and sports and provide the toys, adults and equipment to stimulate their imagination and create their own games. To offer an even wider curriculum we have invited experts to come in and teach the children. This has included team combat, drama, street dance and Spanish. Our staff and families have introduced the children to opera, school life in Denmark, safari in Africa and scuba diving amongst other things.

Contact: Beverly
Tel: 07813 209 924
Email: bosca.bev@ntlworld.com
c/o Broomhill Primary
57 Edgehill Road
G11 7HZ
Broomhill Toddler Group

We have an informal play session with lots of toys, and parent-led arts and crafts and song time at the end. Snacks are provided for the children and tea, coffee and biscuits for the adults.

Broomhill Toddler Group is a registered charity, created to provide a friendly and informal drop-in playgroup at Broomhill Church Hall for babies, young children, and their parents and carers.
Our main aim for our children and young people affected by disability is to give them the same access to play and leisure as other children and young people. All children have the right to play. This is particularly important for children aged 5-13 as this is the time they really learn to interact with their peers. Free play helps all children to develop and integrate into society. From our play situations within after school, Sunday Club and our holiday schemes our other services have been developed to meet the growing needs of our young people and their families.

The more normal lives our families can lead the more opportunities there are for them within their local communities.

Contact: Jane Hook
Email: buddies@buddiesglasgow.org.uk
Telephone: 0141 434 0201
Southbrae Centre
190 Southbrae Drive
G13 1TX
Email: cadderchildcare@hotmail.com
Telephone: 0141 946 3063
Cadder Primary School
60 Herma Street
G23 5AR

Cadder Out of School Service

The Cadder Out of school service, an independent body within Cadder Primary School, is an essential provision for parents/carers. It operates from 3pm to 6pm daily during school time and different hours during the holidays.

For parents/carers attending college this service provides a welcome innovation in the Cadder area. For information regarding after school care, please contact the group at Cadder Primary between 3pm and 6pm. The group is open to children from Caddre and other schools in the local area.
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 it is 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.
Caring Over People’s Emotions (COPE) provides a range of services to individuals aged 16 and over who live in the West of Glasgow: Drumchapel, Yoker, Scotstoun, Whiteinch, Anniesland, Temple, Blairdardie, Knightswood. COPE is not a crisis service. The services we offer are towards supporting life affirmation and coping strategies and where we can, help mitigate the impact of inequality. The skills of the COPE team are used to support people individually to make positive changes to their lives, and the lives of their families where appropriate.

COPE Scotland provides a range of workshops including an online resource offering tips and advice to support good mental health and wellbeing. The new site was driven by requests from parents who said having an online resource would be easier to access and fit in around their availability. The new site when it comes online will be called COPEDigital. We are always keen to hear new ideas for pieces for the site.

Contact: Kathleen Robertson
Telephone: 0141 944 5490
Email: admin@cope-scotland.org
Units 14 & 17 Garscadden House
Dalsetter Crescent
Drumchapel, G15
www.cope-scotland.org
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
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.

Contact: Julie Richardson
Tel: 0141 419 1150
Email: Julie.Richardson@children1st.org.uk
Unit 8000, Academy Park
Gower Street
Glasgow, G51 1PR
Club Picoti French Speaking Toddler Group

Come and join us for two hours of play, craft activities, a snack and some singing.
For parents, it's a moment to play with the children and enjoy a cup of tea and yummy cakes with other French speaking parents.

Le Club Picoti is a place where French speaking parents, grand parents and children can meet up and play.
Meeting every Wednesday 10-12 in the West End.
It is open to all children from birth to school age.

Contact: Chantal Plret
Email: leclubpicoti@hotmail.com
Telephone: 07742 525 022
Hillhead Parish Church
Observatory Road
G12 9AR
Community Central Hall was established over 40 years ago as a community trust providing facilities and services to the local community. As a local charity, CCH is responsible for the operation of the 22,000 square feet building on Maryhill Road and a range of services covering babies to older people. We pride ourselves in the diversity of services we offer.

Contact: Nicky Thornton
Email: nickythornton@centrallhalls.org
Telephone: 0141 331 7676
292-316 Maryhill Road
Glasgow
G20 7YE
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
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 is 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
DIFFERabled Scotland have now completed their second year as a charitable organisation. Providing 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
3D Drumchapel is a charity based in Drumchapel working with children and families providing a range of activities and support to families in Drumchapel, Knightswood and Yoker with children from pre-birth – 12 years. We aim to make a difference in the lives of children and families in Drumchapel by providing support, strengthening relationships and empowering families to make positive change. We provide a range of services including:

Pre-birth support

Parent & child sessions,

Parenting programmes,

Triple P Peer Support Groups

Dads programme,

One-to-one support and home visits

We facilitate 'Baby Basics & Toddler Togs' which recirculates baby and child goods and clothes to families who need it. We also support the Drumchapel Early Years Network.

Contact: Sharon Colvin
Telephone: 0141 944 5740
Email: sharoncolvin@3ddrumchapel.org.uk
Powerzone - Drumchapel Baptist Church

This is our children’s club for 5-12 year olds.

There are great games and challenges throughout the night, with plenty of activities for youngsters to enjoy themselves.

Glasgow Wide

- North East
- North West
- South

Contact: alijcox@gmail.com
Lillyburn Place
Glasgow
G15 8HU
The Children's Rights Project exists to offer independent advocacy to children and young people aged between 5 and 18 in the West of Glasgow.

An Advocate is someone who speaks on your behalf, putting your views and opinions forward when, for whatever reason, you feel unable to do so yourself. At CRP, our advocates are trained and experienced in working specifically with children and young people, helping with a huge range of issues.

An advocate is there to help. They will provide up-to-date information to help you make decisions, can refer you to various services, can go with you to meetings/panels/appointments and help explain your issues/concerns. Any information you share with your advocate is confidential, and would only be shared with your permission, or in certain circumstances, if it was putting you or others at risk.
The Drumchapel Foodbank provides seven day emergency supplies to those in the local and wider community experiencing financial crisis. We also act as a link to additional community based support services who can help individuals reduce their experience of financial and social isolation.

We provide a foodbank on Tuesday 2pm to 4pm at the Pheonix Community Hall. Referrals accepted from social work, housing organisations and other third sector organisations.

Contact: Liz McGeady
Telephone: 07810017687
Email: lizdcb@hotmail.com
Drumchapel Life

Drumchapel L.I.F.E. believes that people, including those living with long term conditions, disabled people and unpaid carers should be able to access the information they need to help them live well.

Contact: Kenny@drumchapellife.co.uk
Telephone: 0141 944 6004
Phoenix Centre
5 Monymusk Place
Drumchapel
Glasgow
G15 8JH
Drumchapel Women’s Aid

Drumchapel Women’s Aid offers support, information and help to any women and their children who ask for such help, whether or not they are refuge residents, and also to any women and children who have left a temporary refuge.

We encourage the provision of temporary refuge for women and their children where the women has suffered abuse, mental, physical or sexual in their home or within a relationship with a man and encourage women to promote equal opportunities for, and participation of, women in society to enable them to determine their own futures.

We also encourage statutory authorities and other agencies to recognise the obligations, legal and otherwise, towards abused women and their children if any and to act accordingly towards the prevention of abuse and the relief of suffering.

Contact: drumwomen@btconnect.com
Telephone: 0141 944 0201
8 Essenside Avenue
Drumchapel
Glasgow, G15 6DX
DRC Generations is a community health initiative, based in Scotstoun and operating in the wider Knightswood area.

**Peer mentoring and transitions**
We work with secondary schools in NW Glasgow recruiting volunteer s1 & s2 pupils to become Peer Educators. The Peer Educators volunteer their time to complete a 24 week substance misuse training, confidence and team-building programme. The Peer Educators then deliver a substance misuse awareness programme to eight Primary schools P7 pupils.

**Youth Work**
We have two youth clubs for young people aged 10-18 years which meet on Tues & Wed.
We work in partnership with Glasgow Life to deliver street work in Yoker area on a Thursday evening
During school holidays, we have regular outings and visits

**Family support**
Our staff provide one-to-one and group support to families where there are alcohol or drug dependency issues.

Contact: Isabel Dunsmuir
Telephone: 0141 584 5754
Email: enquiries@drcgenerations.org.uk
Dunard After School Care

We are very fortunate to have our Learning Community Active Schools Coordinator working in Dunard Primary. This means that an extremely wide range of after school activities are on offer from P1-P7. Our pupils are offered a diverse range of opportunities and then supported to access local clubs and associations to encourage an active lifestyle.

We are pleased to offer an extensive range of after school clubs. These are offered throughout the session and further clubs are available later in the term for those classes who have not been offered them to date.

Contact: dunardasc@gmail.com
Telephone: 0141 945 1888
35 Avenue Park Street
Glasgow
G20 8TS
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 Napierhall 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
Eiger Music is a local grassroots community music charity based in Woodside, Glasgow, Scotland. We provide free music tuition for groups and individuals.

Contact: Anne Cumming
Email: annecumming2@Hotmail.co.uk
1 Windsor Street
Glasgow
G20 7NA
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

Contact: Barbara Jones
Telephone: 0141 248 4125
Email: bjones@epilepsyconnections.org.uk
Suites 129 – 134 Baltic Chambers,
50 Wellington Street,
Glasgow, G2 6HJ
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@epilepsycotland.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
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
Friends of The River Kelvin

Friends of the River Kelvin (FORK) is a society formed in 1991 to build public awareness and commitment to the care and maintenance of the Kelvin and its tributaries. Preserving a rich natural habitat in the heart of Glasgow

We're a group of people who care passionately about the River Kelvin and the environment. We run clean-up, citizen science projects and also music and arts events. We need new members to join us to run activities, run campaigns and help us work with others to protect the River Kelvin for future generations to enjoy.

www.fork.org.uk
Telephone: 07855 037 118
135 Kelvin Drive
Glasgow, G20 8QL
Gaynor’s Baby Music Group

Music groups for babies aged approximately 2-20 months. Acoustic music from around the world using fiddle, ukulele, clarsach.

Classes take place at 10.30am as follows:
- Tuesdays at Glad Café, 1006A Pollokshaws Road, Glasgow G41 2HG
- Wednesdays at Language Hub Café, 19 Keith Street, Glasgow, G11 6QQ
- Thursdays at Partick Hill Bowling and Community Club, 46 Partickhill Road, Glasgow G11 5BY

No booking required, £5 per family.

Contact: Gaynor Barradell
Email: gaynorbarradellmusic@gmail.com
Tel: 0790 801 1630
https://www.facebook.com/gaynorsbabymusicgroupglasgow/
**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
Wellbeing. Confidence. Self Esteem. Resilience

theGKexperience is a Youth Work Charity founded on the belief that young people are brilliant and that they all deserve the same opportunities in order to enable them to reach their potential. Youth workers and young leaders work together to support amazing young people facing challenges in their everyday lives.

Contact: John Kewley
Email: john.kewley@thegkexperience.org.uk
Telephone: 0141 248 2915
759a Argyle Street
Glasgow
G3 8DS
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.

Contact: mary@glasowcarefoundation.org
Telephone: 0141 445 2736
18-20 Orkney Street
Glasgow
G51 2BX
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
Email: 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 5000. 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, 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 Gaelic School: Buidheann Disathairn (Saturday Club)

The club runs on most Saturday mornings from 9.45am to 11.45am in the school during term time.

We offer:

• Gaelic classes from absolute beginners (little or no knowledge) to advanced (mainly conversational).
• Creche for 0 years to 3 years.
• Pre-school activities for 3 years to 5 years.
• School age activities for 5 years and over.
• Everyone is welcome even if you don't have children.

Contact: Greg Cowan
Email: theaghlach@outlook.com
Telephone: 07791 685 515
Glasgow Gaelic School
147 Berkeley Street
Glasgow, G3 7HP
www.facebook.com/BuidheannDisathairne
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 Media Access Centre (GMAC)

The mission of GMAC Film is to empower young people, emerging film talent and independent filmmakers by enabling them to acquire the skills, knowledge, confidence and resources to realise their ambitions in film or elsewhere in the creative industries. GMAC Film develops talent from all backgrounds – including individuals from communities and backgrounds currently under-represented in the media industries – and creates open access points for them to enter the industry.

GMAC Film is an active member of the Glasgow Youth Arts Hub, Film Access network Scotland (FANS) and Screen Training Scotland (STS), linking opportunities while identifying gaps and collaborating on new work.

Contact: Lisa Doherty
Email: lisa@gmacfilm.com
Telephone: 0141 553 5400
5th Floor Trongate 103
Glasgow
G1 5HD
Glasgow Sling Library

A friendly Glasgow based peer-to-peer community for parents, & parents-to-be.

Join us if you already wear your baby, or want to find out more about slings & carriers.

Whether you are familiar with slings, wraps and carriers, or totally new to everything baby-wearing then you are welcome to come along. Ask questions and share what you know.

Email: glasgowslinglibrary@gmail.com
Telephone: 0771 055 9228
https://www.facebook.com/Glasgowslinglibrary/
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
Glasgow Wood Recycling Project

WOOD Unlimited is our Big Lottery funded training programme which aims to tackle social isolation through woodwork. It is a 6-week health and well-being themed course aimed at reducing the impact of loss, isolation and loneliness. The scheme involves a combination of practical woodwork skills, conservation activities and community projects. It aims to support participants as they make community connections to enable continued participation in volunteering and local groups and events.

We are proud to be a social enterprise providing employment opportunities and exceptional reclaimed wood products to the local community and beyond.

Email: media@glasgowwoodrecycling.org.uk
Telephone: 0141 237 8566
Unit 6, Barclay Curle Complex
739 South Street
Glasgow
G14 0BX
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
G15 Youth Project is a charity set up to help young people between the ages of 12 and 25. The project offers advice and support to young people in the local area, providing activities for leisure and social learning and education in order to improve opportunities and life chances of its members. The G15 Youth Project are committed to providing confidential information and advice for young people through a range of activities and workshops. Support is provided on a one to one basis for any young person who feel they require it.

Contact: Joyce Bell
Tel: 0141 944 8868
Email: joyce@g15yp.co.uk
Based in the West of Glasgow, **Healing for the Heart** exists to help people and organisations to improve their mental and emotional health.

At Healing for the Heart we are passionate about helping people to develop a positive attitude to mental and emotional health by offering a holistic approach to therapy. We currently offer counselling, massage therapy, spiritual healing and supported volunteering and we are developing our work with children, young people and creative arts.

We also offer training for organisations which are looking to address issues around mental and emotional health - particularly in the areas of trauma and the impact of ACE's. Like our 1:1 services, we tailor make our training around the needs of the client.

**Contact:** Shona Stirling  
**Telephone:** 07397 984288  
**Email:** [info@healingfortheheart.co.uk](mailto:info@healingfortheheart.co.uk)  
**Barclay Curle House, 739 South Street, Glasgow, G14 0BX**

[www.healingfortheheart.co.uk](http://www.healingfortheheart.co.uk)
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
Hyndland After School Club

Hyndland After School Club, affectionately known as “The Afty”, is an out-of-school childcare service based in the West End of Glasgow.

We run seven clubs – after school, breakfast, holiday and P1 in three locations:

- Our Clubs
- Hyndland After School Club
- Hyndland Breakfast Club
- Notre Dame Kids Club
- Thornwood After School Club
- Holiday Club

Contact: office@hyndlandasc.org.uk
Telephone: 0141 339 9526
44 Fortrose Street
Partick
G11 5LP
Hyndland Toddler Group

Not for profit community baby and toddler group open to all parents/guardians and children 0-5 years. We run every Tuesday from 10:00 - 11:30

We have lots of toys and snacks for the children and refreshments for the parents or guardians too! £2 for the first child, 50p for any additional child.

Contact: hyndlandtoddlergroup@gmail.com
Hyndland Community Hall
24 Novar Drive
Glasgow
G12 9RU
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.
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/
Jordanhill Baby and Toddler Group

This is a relaxed and friendly group for parents and carers of children 0-3 years.
We meet on Friday mornings from 10 till 11.30 a.m.

The group provides a great environment for children to interact with other children and enjoy new and different toys with plenty of space to run around. We usually have some songs and a craft activity, too.

Coffee, tea and biscuits for adults are provided, and healthy snacks for children. Santa comes to the Christmas party, there is an egg hunt at Easter, and there is a summer Teddy Bears’ Picnic.

The group is run by parents for parents, grandparents and carers of young children. All for £15 yearly subscription (£5 per term) and 50 pence per session. Come and join us!
Jordanhill Out of School Service

All children are welcome at JOSS. We are committed to promoting equal opportunities and all children within our care will be treated with equal respect irrespective of class, ethnic origin, gender, race or religion. We are also aware that some children have special educational needs and/or physical disabilities that require particular support and assistance.

JOSS will offer play centred activities that offer children rich and stimulating experiences, alongside opportunities to explore, experiment, plan and most importantly, make decisions for themselves. The staff team will recognise and take into account the differing ages, interests, backgrounds and abilities of the children.

JOSS is committed to the National Play Strategy and Glasgow’s Play Strategy and is guided by the Play Principles.
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.
The Kingsway Court Health & Wellbeing Centre

We are a community development centre set up and managed by local people for local people to help improve the quality of our life and our community.

Our Vision is one of a Proud, Capable and Confident multi-cultural community.

Our Mission is to build social capital within the community.

That is, we believe increasing people’s confidence, esteem, sense of connectedness and belonging is likely to be the most effective contribution our organisation can make to addressing health inequalities and improving health and wellbeing within the community.

We aim to do this by generating resources and opportunities to improve people’s chances of personal growth & fulfilment
Lambhill Stables

Lambhill Stables has been active in engaging local young people, and working with them, since 2008. Our aim is to occupy young people in constructive activity, building their confidence and getting them active using the amenities right on their doorstep. We run a wide range of activities such as:

- Drop-in youth club.
- Environment “Get Green” group.
- Gardening.
- Cycling.
- Canoeing.
- Schools workshops.
- Tailored employability activities.

We place considerable emphasis on youth work and its integration with our wider economic, social and environmental activities.
Glasgow Wide

- North East
- North West
- South

Email: francesainslie@yahoo.co.uk

Lapidus Scotland

Since 1996 Lapidus Scotland has looked to explore and expand knowledge and understanding of the value of words. We work with people, groups and organisations, offering reading and writing activities to promote health and wellbeing (often referred to as ‘bibliotherapy’).

Our programmes offer a creative approach to supporting self-management of long-term conditions and can e.g. help with mild to moderate depression, isolation, dementia, recovery from stroke and other illnesses that impact on individual identity. Our facilitators work with statutory and voluntary organisations across a range of settings. We also offer networking and training events for wellbeing practitioners.
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

Glasgow Wide
- North East
- North West
- South

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.

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.

Telephone: 0141 552 4434
Email: info@lifelink.org.uk
3 Brand Pl
Glasgow, G51 1DR
www.lifelink.org.uk
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 into a more confident child then eventually an adult.

Contact name: Cath Morrison
Telephone: 01786 850 259
Email: cathmorrison@thelgt.org.uk
Braendam House
Thornhill
FK8 3QH
**LINKES** is a community project, run by the community for the community, where everybody is welcome.

We have a full programme of activities and you are invited to drop in at Block 200 on Lincoln Avenue during our opening times.

Support for school children, young people and their families include:

- Play sessions
- Youth Clubs
- ESOL
- Women's group
- Men's group
- Welfare rights
- Click & Connect - free computer access

Contact: Heather McGill Crawford  
Telephone: 0141 954 7554  
Email: contact@linkes.org.uk
Love Milton

At LoveMilton we are working to alleviate and combat some of the causes and symptoms of deprivation in the area whilst continually working with the community.

It is our mission to start work on a self-build community centre using reclaimed materials and utilising the skills training course participants have obtained during our fantastic free opportunities.

We strive to provide a fun and interactive learning environment with a variety of training courses for the public to take part in with members of the public helping with LoveMilton projects, where they get the opportunity to get involved on construction sites and gain valuable skills and qualifications such as CSCS cards (Construction Skills Certification Scheme).

Email: Karen@lovemilton.org
Telephone: 0141 772 6704
Love Milton Office
15 Scaraway Drive
Glasgow
G22 7EY
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.

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

MIN brings refugee, migrant and local communities together through, art, social, cultural and educational groups and projects, offering people a chance to learn new skills, meet new people, share experiences and take part in worthwhile activities to improve their lives and the life of their communities.

Family Nest Group
The Family Nest Group is held weekly and involves activities, information and English conversation practice for resettled Syrians.

Youth Group
The Youth Group is held weekly and involves creative activities for children and young people aged 5-16 years.
Maryhill Mobile Children’s Services

Maryhill Mobile Children’s services has a 33-year history of delivering high quality childcare in partnership with the local community to support engagement, education, empowerment, and employment opportunities for disadvantaged and vulnerable families.

Originally set up as a mobile crèche by local volunteer mothers looking to access community learning projects, the organisation has grown considerably and now operates a mobile crèche supporting voluntary organisations city wide, a respite service for vulnerable families with children aged 0-3 years, Dunard After School care and Evergreen Outdoor Nursery – Glasgow’s first voluntary sector outdoor nursery.

The mobile crèche and respite service, after school care, and outdoor nursery are registered with the Care Inspectorate under the service provider Maryhill Mobile Children’s Services, each having their own separate registration numbers.

Contact: Caroline Thomson
E-mail: caroline.thomson@btconnect.com
Tel: 0141 945 1888
35 Avenuepark Street,
Glasgow, G20 8TS
Maryhill Parent and Toddler Group

We can offer lots of play space and equipment - enjoy a chance to chat with other mums and dads while your children play safely under supervision. Open to all families in the area, not just church members.

Come along and join us for a morning full of toys, games, music and craft. We are a multicultural group and have some Dads at present. Tea, coffee, milk, water and a healthy snack are provided.

Contact: Shona, Val and Jim
Email: shonal@hotmail.co.uk
Telephone: 0141 946 3512
Maryhill Parish Church
1990 Maryhill Road
G20 0EF
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.
MACS stands for quality and we ensure staff receive regular training on all issues relating to our field of work. Care Inspectorate reports are always favourable and we can always be inspected in any of our projects. We welcome parents and children’s comments to continue and develop our services.

We now operate 9 breakfast clubs, 11 out of school clubs and 2 holiday clubs throughout the year. Activities include arts and crafts, baking, sport, entertainment, outings during holidays, healthy snacks and games.

Contact: Paula Kane
Email: paula.kane@macs.uk.com
 Telephone: 0141 887 8939
c/o Scotstoun Primary
21 Duncan Avenue
Glasgow
G14 9HN
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
Movement Park

Movement Park is a Glasgow-based charity that uses sport and movement-based activities to enhance the lives of the local community. Based in our converted warehouse in Whiteinch, Movement Park is an innovative multi-activity facility.

The facility housed over two floors provides a 15 x 13-meter activity space together with an outdoor activity space on the ground level and three multi-discipline rooms on the first floor. Our vast and varied projects and activities provide the local communities a welcoming, inclusive facility to come and practice activities and sports, improving a wide range of skills such as physical literacy, flexibility, fitness, problem solving & decision-making skills, cognitive function, impulse control, cue recognition and creative thinking to encourage and unlock potential.

Everything we do has a participant-centered approach in each project, focusing on physical, mental and sociological development to promote more healthy active lifestyles and improved levels of social inclusion.

Email: info@movementpark.org.uk
Telephone: 0141 434 0002
813 South Street
Glasgow
G14 0BX
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](http://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.
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.
**North United Communities (NUC)** has four components, including: Youth work, Sports & Drama, Employment training and Family support.

The organisation delivers programmes 6 days/evenings a week to young people through youth work and educational programmes, holiday activities and events. The family support component provides a service 7 days a week including during holiday periods/weekends and evenings, those services include: outreach, parenting programmes and holiday programmes for families, as well as group work and community events.

**Contact:** Joan Dreghorn  
**Tel:** 0141 945 1540  
**E-mail:** joan@nucommunities.org  
**Glasgow, G20 9NF**
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
 Notre Dame Kids Club

Notre Dame Kids Club is based in Notre Dame Primary, a Roman Catholic school located on Havelock Street in the west end of Glasgow.

Our mission is to develop a high quality childcare service that meets the needs of children, parents and carers of Notre Dame Primary. We aim to achieve this by providing wide a range of activities for children to enjoy within a safe, caring and stimulating environment.

Contact: office@notredamekidsclub.org.uk
Telephone: 07419 999 452
30 Havelock Street,
Glasgow
G11 5JE
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.
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.
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.

Contact: Gill MacGregor
Telephone: 0344 225 9836
Email: gmacgregor@parkinsons.org.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
**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 pro active 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
Peterson Park Hall

Peterson Park Residents Hall is a small community hall in Yoker/Knightswood, run by local residents. The hall has a busy programme of clubs and activities including exercise classes, dance classes, seniors club activities and a parent and toddler group.

The Halls are also host to Yoker Community Council who hold their meetings in the Halls. The meetings alternate between the Halls, in the north of Yoker, and Yoker Resource Centre, in the south of Yoker.

A key feature of the Halls is the Peterson Park Football and Shinty Centre and following a recent refurbishment there are now 1 full size grass shinty pitch, 4 full size grass football pitches and an 8 suite changing facilities. Peterson Park is also home to Glasgow Mid-Argyll Shinty Club who play all their home games there.
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.
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.

Contact: Mark
Telephone: 07545 534 013
Email: info@glasgowplaybus.com
Unit F3, Westways Business Park
Renfrewshire, PA4 8DJ
www.facebook.com/glasgowplaybus
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
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.
Promoting Positive Contact is a child contact centre based in the city centre of Glasgow.

In a nutshell: A place where a parent/relative can meet the child(ren) that he/she wishes to see. Contact centres are child centred and provide an impartial and independent service.

Contact centre services are available to all families regardless of creed, ethnic origin, and financial or other circumstances of disadvantage.

In accordance with the UN Convention on the Rights of the Child, contact centres operate from the belief that children have a right to a relationship with both their parents.

Unless there are compelling reasons to do otherwise, contact centres exist to support the relationship between children and non-residential parents.

Telephone: 0141 333 9515
53 Rose Street
Glasgow, G3 6SF
http://www.renfieldcontactcentre.co.uk/index.html
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 11Q8
Quarriers Glasgow North West Carers Service and the city wide Glasgow Carers Partnership offer the following core services to unpaid carers:

- Information and advice, including support to access through health and social work
- Emotional support and a listening ear
- Help to access short breaks and respite
- Help with income maximisation, accessing grants and charitable trusts and signposting for welfare benefit support
- Training and wellbeing to help you take care of your personal needs and in your caring role

The service supports adult carers (including parent carers and carers of older people) to help manage their caring role and young carers between ages 6 – 18 years – to minimise any inappropriate caring roles.

Contact: Liz Brunjes
Telephone: 0141 331 9420
Email: Liz.Brunjes@quarriers.org.uk
308-310 Maryhill Road
G20 7YE
Quarriers Supported Youth Housing Project

Providing a high standard of support to young people who are homeless or threatened with homelessness.

We work specifically with young people who are single, aged 16-25 years old and wish to be housed in the north and west areas of Glasgow. The service is registered with Social Care and Social Work Improvement Scotland (SCSWIS) as a Housing Support Service to be provided to young people who are already in supported accommodation, have been homeless, are at risk of becoming homeless, are staying with family or friends on a non-permanent basis, or who have been looked after and accommodated by a local authority.

Contact: Angela Campbell
Email: quarrierssyhp@quarriers.org.uk
Telephone: 0141 944 7869
252 Keppochhill Road
Glasgow
G21 1HG
Queens Cross Housing Association

We're a community-based housing association.

We're run by a Board and four Community Involvement Groups. The majority membership of these are local people.

We run lots of projects, events and activities that bring people of all ages together. We help people gain employment, learn new skills and access financial advice.

Contact: nmcgrath@qcha.org.uk
Telephone: 0141 945 3003
45 Firhill Road
Glasgow
G20 7BE
Rainbow Families Project
Events, information and support for LGBTQI families who live in or travel to Edinburgh and Glasgow.

Rainbow Families events are for 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.
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
E-mail: 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.

Reidvale Adventure Play Association

62 Garfield Street
Dennistoun, Glasgow, G31 1DW

Telephone: 0141 550 2320
Email: playteam@rapa.org.uk
www.rapa.org.uk
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.

Family Mediation – West of Scotland
19 Woodside Place, Glasgow, G3 7QL
Telephone: 0141 332 2731
Info line: 0345 119 2020
Email: fmwest@btconnect.com
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
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.
SACRO - The Scottish Association for the Care and Resettlement of Offenders

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
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
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](mailto:enquire@samh.org.uk)
Telephone: 0141 530 1000
Brunswick House
51 Wilson Street
Glasgow, G1 1UZ
Save the Children – Families Connect

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.

Glasgow Wide
- North East
- North West
- South

familiesconnectinfo@savethechildren.org.uk
Telephone: 0141 763 2873
306 White Studios
Glasgow, G40 1DA
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.
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.

Contact: lisab@sdf.org.uk
Telephone: 0141 221 1175
91 Mitchell Street
Glasgow, G1 3LN
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.
Shakespeare Street Youth Club has the accolade of being the oldest youth club in Scotland. It has been established for over 60 years and provides children and young people in Maryhill a place to go and take up activities in their local area.

The club works with children and young people aged 5-17 years, with different club nights for each age range. The club is also used by different community groups such as mother and toddlers group, dance classes, Tai Chi, Tai Kwando and the Spiritualists Church.

Shakespeare Street Youth Club also provides a holiday programme for young people aged 5-12 years for young people to have extra activities, outings and residential trips during the holidays. The clubs aim is to provide a happy safe space for young people to do activities they enjoy and have a part in choosing themselves.

Contact: Sarah MacNeil  
Telephone: 0141 946 3153  
Email: shakespeareyouthclub@yahoo.co.uk  
95 Shakespeare Street, Maryhill  
Glasgow, G20 8JD
SiMY Community Development

The overall aim of SiMY is to develop a sustainable programme of activities for young people and their families in Townhead and the surrounding area which contribute to the development of both individuals and the community as a whole.

Contact: molly.Buckingham@simycommunitydevelopment.co.uk
Telephone: 0141 611 9605
Firhill House
55-56 Firhill Road
Glasgow
G20n7BE
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
Email: 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.

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
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.
St. John’s Renfield Playgroup

St John’s Renfield Playgroup was started by mums from the local church for their own children and it grew in popularity achieving registration from Glasgow City Council in 1968.

The success of the playgroup is a tribute to the commitment of the parents, committee members and leaders who have willingly given of their time and talents to the group. Many children have come and gone over the last forty years including the grandchildren of some of the original members and the children of the present staff.

Contact: stjohnspg@hotmail.com
Telephone: 07773 859 140
Brotherton Hall
22 Beaconsfield Road
Glasgow
G12 0NY
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
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
Summer in the City - Jordanhill

Summer in the City is located at Jordanhill Primary and Secondary school. The school offers great facilities including; indoor gym halls, astro turf and grass pitches and lots of playground space. This gives our team the option to choose from a wide variety of activities each day. Jordanhill is a safe and enclosed premises that offers our campers a protected space to carry out their activities. This location is widely accessible to our campers across Glasgow and in particular those who are based in the West End.

Summer in the City also runs a camp at Craigholme Sports Complex on the Southside of Glasgow with similar facilities.

Contact: info@summer-in-the-city.co.uk
Telephone: 07709 785 413
45 Chamberlain Road
Glasgow, G13 1SP
Summerston Childcare Ltd

We are a childcare provider in the Summerston area of Glasgow. Currently we have after school care provision based at Caldercuilt Primary School offering a pick up service from St Blanes Primary and Parkview Primary.

We also have a Family Learning Centre which provides a nursery service to children aged 0 - 5 years based within Bellcraig Community Education Centre.

Contact: summerston.childcare@ntlworld.com
Telephone: 0141 945 2710
Bellcraig Community Centre
10 Gorstan Street
Glasgow
G23 5QA
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/
Temple/Shafton Youth Project

Temple/Shafton Youth Project is based in the G13 area of Glasgow and has been reaching out and supporting young people since 1987. We pride ourselves on being one of the best voluntary run youth projects in Glasgow.

We provide personal, social, educational and employment development for young people. Our activities include drop in, one to one work and a wide range of issue based groups, including sports and arts, work experience placements, voluntary opportunities to grow as a future leader, duke of Edinburgh awards, tall ships experiences, outward bound and trips and residentials both in Scotland and abroad.

Young people can have fun, be safe and valued for their opinions and views, can talk in confidence to workers about anything to help them discover their way through life's challenges etc. We work with over 150 young people every week, our doors are open to young people from all backgrounds between the ages of 5-25 with 10 different groups running weekly.

Contact: paul.tsyp@hotmail.co.uk  
Telephone: 0141 950 1739  
The Hut, 358 Netherton Road  
Glasgow  
G13 1AX
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.
Thornwood Community Council

Thornwood Community Council is a representative body in Thornwood, Glasgow which is part of Partick.

Our aim is to work with the local communities, local councillors and other community councils to create a space and opportunity for change in the West End of Glasgow. We always want to hear from you, your views and opinions.

Contact: tccmail01@gmail.com
11 Thornwood Avenue
Glasgow
G11 7QZ
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
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
**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
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.

Contact: Derek McGill  
Email: derek.mcgill@volunteerglasgow.org  
Tel: 0141 226 3431  
10 Bothwell Street  
Glasgow, G2 6LU
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
Wee Blether Playgroup

Parenthood is a time when you need a bit of support. It’s also a time when a hot cuppa doesn’t go amiss! As your little ones grow it’s great to have a space that gives joy to all.

If you’re pregnant or have a little one (babies to 5) then you are welcome to come along!

The children will have fun in the beautiful gardens, making art, getting exercise and singing and dancing. Parents can find community and space in which ‘I’ve had very little sleep’ chat is the norm; if you want to talk about the latest scientific discoveries then feel free but Game of Thrones and your baby’s bowel movements will be just as accepted!

The group will pride itself on being open, inclusive and welcoming.

The group is also parent-led so if you want to help make the drinks, bring some biscuits or bubbles or help with song-time then jump right in!

https://www.facebook.com/weeblethergroup/
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.
West Glasgow Carers Centre provides help and support to people who are unpaid adult carers or young carers.

Carers can be of any age and can be wives, husbands, partners, parents, daughters, sons, friends or neighbours who look after a relative or friend who has a physical disability, long term medical condition, learning disability, mental ill health or dementia, dependence on alcohol or drugs, or is elderly or frail.

We provide:

• Information and Advice
• Income Maximisation
• Emotional Support and Carers Support Groups
• Training for Carers
• Access to Short Breaks

We also offer all registered carers our Glasgow City Council Carers Privilege Card which gives a discount on some council services and commercial outlets.

Having a voice - We provide a platform to assist carers to help have their voice heard.
Whiteinch Centre Ltd

Whiteinch Centre is an independent community facility owned by the people of Whiteinch. It provides a hub at the heart of the community making Whiteinch a vibrant place to live, work and play. Our key objectives are to:

• Maintain a sustainable social enterprise led by the local community
• Offer learning, training and employability for local people from west Glasgow and beyond
• Enable community involvement through volunteering
• Support local health and wellbeing, and
• Offer information and advice on relevant issues and opportunities

Whiteinch Out of School Project

WOSP is a small but vibrant after school club, operating from the Whiteinch Centre. We serve the 2 local Primary Schools, Whiteinch and St. Paul’s. We offer a range of activities, but are very adaptable to the needs and wishes of children. We are an affordable service, welcoming all child care vouchers.
Whiteinch Transformation

Seeking financial, social, relational and spiritual transformation in Whiteinch, Glasgow.

Our Current Projects:

- Food Bank
- CAP (Christians Against Poverty)
- Healing for the Heart
- Forge

Contact: info@whiteinchtransformation.org
Telephone: 0141 959 9317
Barclay Curle House
739 South Street
Glasgow
G14 0BX
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
Woodlands Community Development Trust

Woodlands Community is a Development Trust, a charitable organisation that aims to improve the Woodlands area of Glasgow and the lives of local people.

We achieve this through community-led activity and partnership with both local and national organisations.

We have a small team of paid staff, but most of the people who are involved in Woodlands Community are volunteers who give their time and energy to make a difference to their local community.

Contact: woodlandscommunitygarden@gmail.com
Telephone: 0141 332 2656
66 Ashley Street
Glasgow
G3 6HW
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
Yoker Community Campus

The Yoker Community Campus was established in 2006 to serve as a community learning centre for the people of Yoker and surrounding communities regardless of age, gender, sexual orientation, race, religion or disability.

The Campus delivers a range of health, social care, employability and educational programmes across the North West Area of Glasgow.

The Platform programme, for people with a learning difficulty, is managed and delivered by the Yoker Community Campus and offers a new approach to activity based day services. Working partly in one of the best equipped facilities in Glasgow, and partly in the community, Platform offers a varied range of interesting, productive and progressive activities.

We also have a Parent and toddler group running in the Yoker Community Campus every Tuesday from 10am-12pm!
Yoker Out of School Care provides an essential service for families within the local area. Staff know the families very well and children are cared for in a relaxed and responsive environment. The service operates from Yoker Resource Centre, Monday to Friday during the following times:

- 8 to 8.45am and from 3 to 6pm during school term time
- 11.45am to 6pm between August and October to accommodate Primary 1 children
- 8am to 6pm during school holidays - active school holiday programme

The crèche provides care for 1-5 year olds and staff support children’s transition to primary school. Once at school, children are taken, and collected, from local schools by mini-bus. The Care Inspectorate commended the service is for being child centred and providing very good opportunities for children to actively participate in planning and evaluating activities.

Contact: Elizabeth Busby
Telephone: 0141 952 7090
Email: sandyyoker@yahoo.co.uk
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: familysupport@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
120 Sydney Street
Glasgow, G31 1JF
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.
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.