South Glasgow Directory

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

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

It aims to:

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

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

• Share learning and best practice through training and events.

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

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

The Forum aims to:

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

**Membership**

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

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

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

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

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

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

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

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

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

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

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

The Guardianship service works across Glasgow.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

We offer a range of activities in a safe environment that are free and fun. You can come along to enjoy sports, arts, get fit and feel better, or just be social. Have a look at our activities page to find out more or check out our activities calendar for the latest groups.

We are entirely run by a team of volunteers and through donations. If you want to be a volunteer we can offer amazing support, training and mentoring opportunities. You can also get involved in research and consultations, or simply sign up to join the activities.

Active Life Club has six Active Citizenship areas:

- Sports
- Youth Engagement and Participation
- Volunteers and Youth Leaders Development
- Community Consultation
- Coaching and Mentoring
- Creative Arts

Email: activelifeclub@hotmail.com
Govanhill Workspace
69 Dixon Road
Glasgow
G42 8AT
www.activelifeclub.org
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
Al Meezan

Al Meezan is a positive thriving place of learning that provides varied services to meet the needs of the wider region of Glasgow and beyond. Founded by conscientious individuals in 1998, it has now become a well-establish organisation facilitating over 1000 users from all walks of life. We aim to increase the knowledge and understanding of the Islamic faith for woman and children to connect to our Creator.

Al-Meezan is an evolving organisation, where we are constantly reaching out to serve the needs of a growing community. Our dedicated and experienced team meets regularly to review the work it undertakes and our work continuously benefits from new perspectives, approaches and training.

Al-Meezan prides itself in being part of the wider Scottish community. We constantly endeavour to build positive links with other organisations promoting good in the community at large.
Amina, The Muslim Women's Resource Centre

Amina is an award-winning organisation, recognised by Muslim communities and key partners within Scotland for its pioneering and responsive approach to addressing key issues and needs of Muslim women. Having invested in this specialist area where there was previously a gap in services in Scotland, Amina is recognised as the national hub for gaining access to, and consulting with Muslim women across Scotland. The organisation has been instrumental in initiating and tailoring services to meet the particular needs of Muslim women to ensure that they are able to fully participate in society without fear of discrimination or inequality.

Amina offers a range of tailored support services on a one to one basis eg. national ‘listening ear’ helpline which also offers Islamic advice through a scholar, employability guidance, befriending, as well as through peer group support eg. violence against women ‘self-healing’ workshops, refugee work to support the integration of people new to Scotland.

Contact: info@mwrc.org.uk
Telephone: 0141 212 8420
Citywall House
32 Eastwood Avenue
Glasgow, G41 3NS
https://mwrc.org.uk/
Ardenglen Housing Association

Ardenglen Housing Association manage nearly 1,000 homes and over the past 20 years has invested nearly £50m in transforming the housing, local environment and living conditions of our community in East Castlemilk, Glasgow, Scotland.

Ardenglen however, are about more than building houses and collecting rents, we strive to improve the community for everyone. We therefore work with many partners to deliver community based wider action activities and services aimed at making our neighbourhood a safer, better place to live.

We support the TEEN ZONE Youth Committee who promote and enhance youth activities in the local community. Any young person living in the area is eligible to join and take part in the wide range of activities on offer.
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
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
Barnardo’s Apna Project provide services to children and young people from the ages 0 to 25 with a disability.

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

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

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

Contact: Daljeet Dagon
Email: daljeet.dagon@barnardos.org.uk
Telephone: 0141 243 2393
91 Mitchell Street
Glasgow, G41 3LN
Battlefield Primary Out of School Service offer an after school care service during term time to children who attend Battlefield Primary School.

We also operate a holiday playscheme to all children in the local community. We offer the children in our care a safe, secure and friendly environment where all individuals are treated equally and fairly. We offer a semi-structured programme of activities to suit the various age groups (4 1/2 - 12 years). Activities include: arts & crafts, ports, music / drama, outdoor activities, dance, storytelling, baking, educational / leisure trips and outings.

Contact: Nichola Bray
E-mail: bpasca@live.co.uk
Telephone: 07725840822
44 Carmichael Place
Battlefield
Glasgow, G42 9SY
Bethany Christian Trust

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

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

All our programmes fit into 4 service streams

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

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

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

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

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

Contact: Beth Crozier
Tel: 0131 558 8853
beth.crozier@scottishbooktrust.com
55 High Street
Edinburgh, EH1 1SR
South Glasgow Bookbug (South Glasgow Childcare Partnership Forum) is a free service which promotes early literacy and positive parenting and child bonding by encouraging parents/carers to read, sing and talk to their children from birth.

The Bookbug programme gifts free book bags at key developmental stages for every child in Scotland, we also run Bookbug sessions which are free storytelling and singing sessions in the heart of communities, the sessions are inclusive and everyone is welcome.

Contact (South Glasgow): Linda Muirhead
Telephone: 0141 429 8139
Email: lindabookbug@btconnect.com
310 Cumberland Street
Glasgow, G5 0SS
Boys’ Brigade Glasgow Battalion

The Boys' Brigade is one of the biggest Christian Youth Organisations in the UK & Republic of Ireland, committed to seeing lives enriched by supporting children and young people to reach their full potential by providing opportunities to meet together and engage in a range of fun and developmental activities and experiences.

There's something for every young person whether it's camping or kayaking, first aid or five a side. Members develop skills, build confidence, make friends, take responsibility and are encouraged to make a real difference in their communities - sharing the values that make us who we are.

Contact: Jim McVean
Email: jim@bbglasgow.org.uk
Telephone: 0141 427 4051
Ibrox Parish Church, Clifford Street
Glasgow, G51 1QL
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.
**Bridging the Gap** is a local community project servicing the Gorbals area. The purpose of bridging the gap which is rooted in the Gorbals is to build positive relationships across divides, with particular reference to integration of BME community, and transition from primary to secondary. Also, to value humanity and nurturing the potential of every individual and where appropriate provide practical support.

We were established in 1998 to enable local Churches (Church of Scotland and Roman Catholic) to work together to meet local needs. We celebrate the good in our community, by providing the opportunity for people with diverse backgrounds to discover their common ground, overcoming racism, territorialism and isolation.

**Contact:** Tricia McConologue  
**Email:** tricia@bridging-the-gap.org  
**Telephone:** 0141 418 0241  
**270 Ballater Street, Gorbals**  
**Glasgow, G5 0YT**  
**www.bridging-the-gap.org**
**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.
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
Butterfly Nursery Scotland

We are a voluntary sector nursery with charitable status who works in partnership with Glasgow City Council to provide care and education to children aged 0-5 years. We are regulated and inspected by both The Care Inspectorate and HMIe.

The local areas we predominantly cover are Arden, Carnwadric, Darnley & Thornliebank.

We aim to inspire and give our young ones an opportunity to shine! Our ethos is centred on the child and we endeavour to portray a home like environment where children are able to develop necessary, but often overlooked, life skills. Our environment provides lots of scope for children to explore and investigate through a wide range of learning opportunities.

Contact: Wendy Carrigan
Telephone: 0141 638 8597
Email: info@butterflynursery.org
34 Kilmuir Road
Thornliebank
Glasgow, G46 8BQ
www.butterflynursery.org
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.

Contact: Simon Hodges
Email: simon.hodges@carerscotland.org
Telephone: 0141 445 3070
The Cottage, 21 Pearce Street
Glasgow, G51 3UT
Caring Operations Joint Action Council (C.O.J.A.C.) provide out of school and holiday care for children up to age 18 years affected by disability and complex support needs. We provide this 50 weeks of the year and cover in service days and other school closures.

We operate from our own leased centre based in the centre of Castlemilk. Our centre has a softplay facility, arts and crafts room, meeting/training room, kitchen/canteen, sensory room, sports hall with sound and light facilities for shows and productions, games/consul room, outdoor play area and sensory garden.

The centre is fully accessible with private changing area.

We also provide adult services one day and three evenings per week.

We hire out our rooms and resources when not in use by our own service users.

Contact: Angela Friel
E-mail: cojac@cojaccentre.co.uk
Tel: 0141 634 1002
146 Castlemilk Drive
Glasgow, G45 9UB
Cardonald Community Nursery

Cardonald Community Nursery work in partnership with Glasgow City Council, operating 5 days a week term time.

The service can accommodate a maximum of 20 children aged between 2 years to those not yet attending primary school.

The aims and objectives of the service are committed to the development of quality care and education for every child.

Contact: Lynn MacRitchie
Email: cardonaldcommnursery@live.co.uk
Tel: 0795 167 0911
14 Hallrule Drive
Glasgow, G52 2HH
Carmunnock Pre-School Nursery

We are a small village nursery, providing funded childcare for children aged 3 to 5 years.

The nursery has been providing pre-school childcare for children aged 3 years until school age for many years now, with many parents coming back with their own children who were children of the nursery themselves at one time. We pride ourselves in being one of only a few parent-led nurseries in Glasgow which means we are both owned and managed by parents and staff, in partnership with Glasgow City Council. We actively seek to involve parents in the care of their little ones.

Open Monday to Friday 9am till 1pm (Tuesdays 12.50) during term time only.

Email: manager@carmunnocknursery.com
Tel: 0141 644 4890
Castlemilk Hall, 106 Waterside Road
Glasgow, G76 9AJ
Carnwadric Afterschool Service

Carnwadric After school Service provide a safe and stimulating environment where school age children can be cared for, enabling parents to continue or return to day time work, education or training.

We aim to:

• Provide childcare facilities for parents during illness and stress if places are available.

• Provide a warm homely atmosphere with a programme of activities in which education through play can be offered to the child which can lead to an improved social and educational environment.

• Provide a service which has a priority to maintain the welfare of the children out of school hours and holiday cover, helping to reduce accidents both in the home and streets, reducing vandalism and other misbehaviour caused through boredom.

• Assist and encourage appropriate training and development of parents, staff and volunteers.

• Liaison with nursery and primary schools, community groups, voluntary and statutory orgs, Scottish Out of School Care Network and others for the promotion and development of CASS

Contact: Rhona Alexander
Email: carnwadricafterschool@yahoo.co.uk
Tel: 0783 445 1535
c/o St Vincent’s Primary School
40 Crebar Street, Carnwadric
Glasgow, G46 8EQ
Carnwadric WIN Project serves the communities of Arden, Carnwadric, Kennishead and Regent’s Park in South-West Glasgow by providing the services of a Family Worker to listen, sign-post, visit and support local families.

The project also provides weekly Creative Arts sessions for children and young people during school term-time, as well as one-to-one work with a small number of children and young people which will nurture and support development of their self-esteem and confidence.

Contact: Dawn Barrett
Email: dawnwinproject@gmail.com
Tel: 07546 235357
Carnwadric Parish Church
Boydstone Road
Glasgow, G46 8HP
Cassiltoun Stables Nursery

Highly qualified, professional staff deliver Pre Birth to Three and Curriculum for Excellence in three dedicated bright, spacious playrooms where children will have the opportunity to develop social skills and enjoy a wide range of activities.

Children will have the opportunity to get close to nature, enjoying active play in our spacious, secure garden area. Stables Nursery is the first nursery in Glasgow to provide Forest Kindergarten for children under 3 years of age, making the most of the Commonwealth Woodland Area on the nurseries doorstep.

Home cooked nutritious meals are cooked on the premises daily, with healthy snacks and drinks being provided as per nutritional guidelines, all dietary requirements are catered for.

Contact: Hazel Kelly
Email: hazel.kelly@cassiltoun.org.uk
c/o Cassiltoun Housing Association, Castlemilk Stables, 59 Machrie Road
Glasgow, G45 0AZ
Castlemilk Youth Complex is Scotland’s foremost independent youth work arts organisation. Uniquely, this Charity is managed by the young people using state of the art facilities, including a fully equipped 80-seater theatre, digital recording and broadcasting studios and visual arts media.

With established and innovative youth theatre and music projects, including devised Complex Theatre and Burning Haggis Records, the Complex engages excluded and vulnerable young people in lifelong learning opportunities.

While the focus is on the successful regeneration in Castlemilk, in Glasgow, the Complex develops exciting projects with partners across the city and internationally.

Email: castlemilkyouthcomplex@gmail.com
Tel: 0141 630 0000
39 Ardencairg Road, Castlemilk
Glasgow, G45 0EQ
www.castlemilkyouthcomplex.com
C-Change Scotland

C-Change supports people that have learning disabilities, mental health issues and other additional support needs to have real positive change in their lives regardless of their age or circumstances. Our work is based on a Human Rights Approach, empowering people to live their life to its fullest potential whilst being active citizens within their community.

We recognise that we all need support at different times in our lives and believe our role is to listen and learn; continually developing an individual’s support to respond to where they are now and to plan with them how they want life to be in the future.

Key Principles:

• Power and control remains with or as close to the person as possible, ensuring they direct their own support

• Every person has a transparent individual funding arrangement

• As people’s needs and wishes change, their support changes with them

• Active partnership working with a person and their support network will ensure a shared understanding of their outcomes and the support that needs to be in place to achieve this.

• Working for a person in their local neighbourhood will keep the focus on them and their connection with their community.
CEIS is the UK’s largest and most experienced social enterprise support agency. Established in 1984, CEIS has developed a series of training, support and investment programmes that have been widely adopted and replicated. Whether supporting or financing social enterprises, organising events or delivering innovative employability programmes to help people back into work, we are driven to enable individuals, organisations and communities.

Core to our success and reputation is our work with partners across the world to share and develop new approaches and systems that support social enterprise development.

Our mission is to tackle inequality, strengthen communities and improve the performance and impact of businesses which contribute to our society.
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
Clyde Stars Kids Club

Clyde Stars Kids Club offers a creative & active holiday project for the children from Govan, Ibrox & Kinning Park.

| Glasgow Wide |  ✓ |
| North East   |  ✗ |
| North West   |  ✗ |
| South        |  ✓ |

Contact: kinningparkkidsclub@gmail.com
Tel: 0756 460 2340
Ibrox Parish Church, 67 Clifford Street
Glasgow, G51 1QH
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
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
Croftfoot Afterschool Service provides after school care service to Croftfoot and Castlemilk.

This facility is also available during school holidays and In-Service Days.

Please note that this service runs independently to the school and the Head Teacher is not able to allocate places etc.

Contact: Josie Thomson
Tel: 0141 569 3206
Email: croftfootafterschoolcare@hotmail.com
Croftfoot Primary School
265 Croftfoot Avenue
Glasgow, G44 5NT
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
www.crossreach.org.uk
CrossReach’s Daisy Chain Early Years Project

Aim: To see the children of Govanhill thrive.

We do this by supporting parents to recognise their own strengths, be the best they can be and give their children the best start in life. We provide a safe, welcoming environment where parents and children can be themselves and receive the support they want with challenges they identify for themselves.

Our stimulating play experiences support the learning and development of Govanhill’s youngest children and bring together families from a wide variety of backgrounds.

In response to the needs of the community Daisy Chain also periodically run other groups such as baby massage or young parents groups.

Contact: Liann Weir
Email: Daisy.Chain@crossreach.org.uk
Tel: 0141 423 1250
42 Inglefield Street
Glasgow, G42 7AT
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
Crossroads Youth and Community Association (CYCA)

Crossroads Youth & Community Association’s fundamental purpose is about improving the well-being of all community members; we work creatively with people to enjoy and celebrate community life, empowering them to lead a dignified life and challenge or address issues that affect them, their families and their communities.

**Govanhill:** The overall aim of the community development work in Govanhill is to promote and facilitate integration and help strengthen community cohesion and resilience. Its current focus is to work with women and their families to gain an in-depth understanding of the concerns, interests and barriers faced by a representative range of women living in the area.

**Gorbals:** The Barn is a dedicated youth centre with a concern for the welfare and informal education of young people aged between 8 to 24 years old. It is a place where young people come along voluntarily and choose to be involved. Crossroads believes it is important that young people have a place where they can relax, meet friends and have fun.

Contact: Louise Dorrian
E-mail: Louised@cyca.org.uk
Tel: 0141 429 3254
37 Abbotsford Place
Glasgow, G5 9QS
Darnley After School Service – Darnley CEC

Darnley After School Service aims:

• To promote the care and education of children without distinction of sex, race and political or religious opinions, in need of care during out of school hours and school holidays.

• To promote the provision of facilities for the recreation and leisure time occupation of such children in the interest of social welfare with the object of improving their conditions of life.

• To advance the education and training of persons providing such care and education and recreational facilities.

• To establish after school care in Darnley on a permanent basis.

Contact: Christine Macklin
Email: christinemacklin@yahoo.co.uk
Tel: 0789 518 0487
Darnley Community Centre
10 Glenlivet Place
Glasgow, G53 7LA
DIFFERabled Scotland have just recently celebrated their second year as a constituted Scottish Charity. They provide 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
Glasgow, G21 4TD
Domestic Abuse Integrated Support for You (DAISY Project)

Aims:

• To advance education and raise awareness of the subject of domestic violence within the public of the Castlemilk area and to seek to reduce levels of domestic violence to the benefit of the community.

• To provide support and assistance to individuals and groups experiencing and involved in the issue of domestic violence. To provide training for local people to enable them to provide support and to relieve the problems and isolation of low self esteem.

• To seek to enable women to stay in the community to ensure continuing of education, friends, family and other support structures where appropriate.

Email: office@thedaisyproject.org.uk
Tel: 0141 634 4053
121 Castlemilk Drive, Castlemilk
Glasgow, G45 9UG
www.thedaisyproject.org.uk
Dyslexia Action

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

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

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

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

EYS:

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

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

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

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

Contact: Fiona Carmichael
Telephone: 0141 221 2148
Email: fiona.carmichael@earlyyearsscotland.org
23 Granville Street, Glasgow, G3 7EE
**East Pollokshields Mobile Crèche**

**Aims:**

To provide a high quality crèche service for children aged 0-15 years inclusive.

To enable their parents to attend Education & Training classes, self help groups (including lone parents), women's and family groups, school events (including parent workshops), parent/teachers meetings and tenants/residents association meetings.

To actively promote the participation of the community in the managing of East Pollokshields Mobile Crèche project.

To increase job opportunities for local people.

Generally to enable parents to participate in community groups and play a greater part in community activities.

**Contact:**

Caroline Delaney  
Telephone: 0141 420 3517  
Email: themobilecrecheteam@hotmail.co.uk  
427 Shields Road, Pollokshields  
Glasgow, G41 1NY  
www.eastpollokshieldsmobilecreche.co.uk
East Pollokshields Out of School Care

We aim to offer after school care to children age up to 12 years. We aim to offer play and education opportunities that are both fun and challenging. We will promote dignity, privacy, safety, potential and diversity of all users and staff of the service.

Contact: Angela Whyte
Telephone: 0141 422 1007
Email: angela@eposc.org
c/o Pollokshields Primary School
241 Albert Drive
Glasgow, G41 2NA
www.eposc.org
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: bjoness@epilepsyconnections.org.uk
100 Wellington Street
Glasgow, G2 6DH
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.

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**Glasgow Wide**

- North East
- North West
- South

**Contact:** Amanda Muir  
E-mail: amanda@equalsay.org  
Tel: 0141 556 3477  
1/3 Brook St Studios, 60 Brook St  
Glasgow, G40 2AB
Fablevision Ltd

Fablevision pioneers projects which place culture and public involvement at the heart of the community development. We accept commissions and develop partnerships with community groups to run arts-centred projects that engage and involve people in their local environment and in wider processes that have a lasting effect on their lives.

Through community consultation, we ensure that people's real needs and desires are discovered rather than estimated, and participation in exciting projects and ventures secures a real commitment to a longer process of sustainable regeneration. Cultural planning engages and involves individuals who might otherwise have no say or no interest in developing their community.

Telephone: 0141 425 2020
Email: info@fablevisionstudios.co.uk
Level 3, 7 Water Row
Glasgow, G51 3UW
www.fablevisionstudios.co.uk
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
Email: 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 Miller
Email: lynne@familytherapytrainingnetwork.org
Telephone: 0141 202 0607
Suite 224 Baltic Chambers
50 Wellington Street
Glasgow, G2 6HJ
Fun Lodge After School Care

Fun Lodge first opened its doors to the children of Calderwood Lodge Primary school in January 1999. The aim now as then is to provide quality out of school care in a warm and friendly atmosphere.

Fun Lodge provides up to 60 places per day, currently Monday-Friday. We are based in Merrylea Parish Church Hall and we pick up from Calderwood Lodge Primary School, Merrylee Primary School and OLA Primary School.

As well as providing a wide range of play opportunities for your child to take part in, we also provide healthy snacks and a homework club.

Contact: Susan Brown
Telephone: 0797 721 5652
Email: funlodge@virginmedia.com
Merrylee Parish Church
78-80 Merrylee Road
Glasgow, G43 2QZ
www.funlodge.co.uk
GAP Childcare Services offer out of school care, mobile crèche and holiday playscheme services to the local community and neighbouring communities. GAP is a fun, friendly environment where children can play, socialise and develop life skills in a safe and secure setting. GAP provides flexible, high quality childcare at affordable prices. GAP is part funded through Glasgow City Council Children and Families and has strong links within the area.

OUT OF SCHOOL CARE

Providing OOSC to children aged 5 to 14 years (16 ASN) 50 weeks of the year. We collect children from the following schools: St Brides Primary, Holycross Primary, Cuthbertson Primary, Battlefield Primary

Secondary school pupils make their own way to GAP. We accommodate children from the following secondary schools:

Shawlands Secondary, Holyrood secondary

We also make early pickups for the children attending Primary 1 in the first two weeks.

MOBILE CRECHE

The mobile crèche service brings the equipment and staff to a venue of your choice, we offer a flexible service and can accommodate children aged between 6 weeks and 5 years. This service is available city wide and is available 40 weeks of the year.

PLAY SCHEME

We offer an all day service to all families with children aged between 5-14 yrs. The service opens at 7.30am to enable parents to attend work or college/ Uni and closes at 6.00pm Monday – Friday. Children are provided with a morning and afternoon snack but are required to bring a packed lunch. The service takes the children on various trips and is value for money.
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
Our music sessions are FREE and are open to everyone – no auditions, no experience and no ability to read music required! We use music to build and strengthen our community, to connect people and to lift lives and improve well being – why not come along and have a go?

Tel: 0774 902 8424  
Email: givin.it.laldie@gmail.com  
1 Errol Gardens  
Glasgow, G5 0RA  
www.givinitlaldie.org.uk
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.
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
Glasgow Clyde College – Cardonald Campus Children’s Centre

The Children's Centre is located with the Cardonald Campus and is open Monday to Friday from 9am to 5pm.

The Children's Centre provides childcare for up to 64 children from six weeks to 5 years old.

The main aim of the Children's Centre is to provide a happy, safe, stimulating and multicultural play environment for children of students at the College. It is well-equipped with a wide range of toys and play materials which allow children to participate in a wide variety of activities helping them develop socially, physically and intellectually.

Telephone: 0141 272 3337
690 Mosspark Drive
Glasgow, G52 3AY
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 over 4000. GDA has, by far, the biggest groundswell of disabled members in Scotland, if not the UK.

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

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

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

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

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

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

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

Contact: Michael Shanks
Email: michael@glasowdisabledscouts.org
c/o The Scout Association
21 Elmbank Street
Glasgow, G2 4PB
Glasgow Eco Trust

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

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

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

**Contact:** Neil Lovelock  
**Email:** [neil@glasgowecotrust.org.uk](mailto:neil@glasgowecotrust.org.uk)  
**Telephone:** 0141 433 0427  
**Heart of Scotstoun Community Centre**  
**64 Balmoral Street**  
**Glasgow, G14 0BL**
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.

Glasgow Wide

☑ North East
☑ North West
☑ South

Contact: snglmummylife@gmail.com
https://www.facebook.com/glasgowmamas/
Glasgow South East Foodbank operates from 2 distribution centres, one in Govanhill and one in Castlemilk. They are part of the Trussell Trust Network.

Contact: Audrey Flannagan
Tel: 07786228759/ 07456868628
Email: admin@glasgowse.foodbank.org.uk
Glasgow South West Foodbank operates out of four centres on a voucher referral basis. An independent charity. Part of the Trussell Trust network.

Contact: Ian McGregor
Email: info@glasgowsw.foodbank.org.uk
Tel: 07708504130
Ibrox Parish Church
Clifford Street
Glasgow, G51 1QL
Glasgow South PANDAS Support Group provide peer support to families in the Glasgow area who are dealing with the effects of perinatal mental health issues.

By joining a PANDAS Support Group you can spend time with people who share and understand your experiences. It’s an opportunity for you make friends and talk about your deepest concerns and know that they will be met with acceptance and understanding.

This simple act of sharing can make an enormous difference to the way you feel.

**glasgowsouthpandas@gmail.com**
Pollock Library, 27 Cowglen Road
Glasgow, G53 6EW
Telephone: 07434695167
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, G14 9XT
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
Gorbals Youth Café

The café is open to all young people, aged between 12 and 25 years from the Gorbals, Oatlands, and Laurieston area. The ethos of the café is to provide a safe and suitable environment in which young people can develop new skills and knowledge.

The café provides recreational, educational and personal development skills. The café is also open to the general public and offers a range of healthy choices at reduced prices.

Email: gorbalsyouthcafe@btconnect.com
Tel: 0141 429 3223
17 Waddell Court
Glasgow, G5 0QA
Govan Community Project

We provide direct services such as weekly drop-ins, advice, information and advocacy, cultural events, a community flat, English classes, destitution food project, hate-crime reporting and an interpreting service.

In addition the network facilitates forums bringing together public, voluntary and community organisations with local people to help plan public services, promote equal rights and opportunities and cross-cultural understanding, and to build bonds and links within and between communities.

Contact: Owen Fenn
Email: owen@govancommunityproject.org.uk
Tel: 0141 445 3718
The Pearce Institute, 840 Govan Road
Glasgow, G51 3UU
www.govancommunityproject.org.uk
**Govan Home and Education Link Project** (formerly Hill's Trust Home School Community Project) is a family education support project.

Also known as **Govan HELP**, the project aims to improve the educational attainment and life skills of children and their families.

Govan HELP offers a "menu" of integrated early intervention services to support the child, his/her family and their holistic needs. Govan HELP offers its services to pupils and their families from 4 primary schools (Pirie Park, St Constantines, Riverside & St Saviours) and 2 nurseries (Broomloan & Govan Family Learning Centre).

Govan HELP aims to:

- support families before any difficulties deepen & reach crisis
- improve children's nursery & school experiences
- build resilience, confidence and self-worth in children and adults
- strengthen family relationships
- help parents to feel more supportive, capable and responsible.

**Telephone:** 0141 445 6481  
**Email:** hello@govanhelp.org  
**c/o Govan Road Campus, 635 Govan Road, Glasgow, G51 2BN**
Family support project
Govan Law Centre family support project is a joint project with Children 1st to improve the lives of ‘just coping’ families.

We work alongside Children 1st early years and family services in Glasgow. Our legal services are aimed at families who are coping but whose debt and legal problems are in danger of becoming too much for them. We ensure these families can access appropriate legal advice and representation alongside the intensive family support that the existing Children 1st services provide.

The project also provides training to Children 1st staff to keep them updated on all aspects of housing, welfare, debt and benefit law. We run advice services for family support workers and their clients; support family support workers who have complex cases; take on legal case work referrals including defending evictions, appeal to social security tribunals and take on judicial reviews and legal appeals.

All clients are referred to us through Children’s 1st advice work team.
Govan Youth Information Project

We are a non-profit organisation with the aim of delivering empowering and meaningful youth work to all children and young people within the Glasgow Govan area. We aim to provide support, information and advice to anyone who makes use of our services (regardless of gender, sexual orientation, religious belief or racial group), and we are committed to the development and regeneration of our local community.

The objective of our project is, therefore, the advancement of education and the relief of poverty, particularly among those aged 5-25 and within the Govan area. GYIP is here to provide support, information and advice to young people while empowering them to contribute to the development and regeneration of our local community. Our education aims to be informal and accessible, yet relevant, honest, and informative so that our young people gain a clear and factual understanding of relevant topics; including employment, health and wellbeing, substance misuse, first aid, and equality and diversity.

Tel: 0141 445 4505
Email: mail@gyip.org.uk
9 Water Row, Govan Cross
Glasgow, G51 3UW
www.gyip.org.uk
12 Guitars

12 Guitars is a Social Enterprise formed in April 2019 in Glasgow by Gerry Thorogood and Steve Plummer. We provide guitars, equipment and access to tuition and support, free at the point of use to ensure that guitar playing is accessible to all young people. The benefits from guitar playing for a young person and the opportunities that can arise from playing are many. Get in touch if you want to know more about what we do or if you know of someone who you think we could support.

Currently we have been creating awareness and building up our library of loan instruments. We are converting a double-decker bus “The No 12” into a recording studio, practice studio, guitar-tech workshop, learning space and meeting place. We have two pilot projects commencing. One in Govan in Glasgow and one in Central Scotland.

Once we have completed the pilot-projects we will broaden engagement to other cities, towns and villages. We will accelerate our engagement with the Corporate sector. Whether to have a pop-up guitar donation point in the staff canteen, a fund-raising live Riff-Quiz or to offer staff volunteering opportunities, we want to develop this strand of activity.
Harmony Row Youth Club

Our aims and objectives are to encourage young people to channel their energies in a positive direction through enjoyable, healthy and rewarding activities. Activities that boost their self-esteem, help engender team spirit, nurture self discipline. Positive values that will hopefully remain with them into adulthood.
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.

Contact: Ronnie Hill
Email: Ronnie.hill@alliance-Scotland.org.uk
Telephone: 0141 404 0231
Venlaw Building
349 Bath Street
Glasgow, G2 4AA
www.alliance-scotland.org.uk
The Hidden Gardens is an award-winning, unique public greenspace and community development organisation situated between the neighbourhoods of Govanhill and Pollokshields. Our vision is of a society where people live, play, learn, participate and celebrate together. We promote community engagement and trust between local people and communities through horticulture, nature, arts, creativity and collaboration.

Our 3 strands of work are our Volunteering Programme, our Community Programme and our Creative Programme. As well as providing free public access to the Garden 6 days a week, we offer free workshops, events and activities designed to engage the local community and meet their needs. For example, we run 'Play with Your Food' targeted creative group for parents of young children in challenging circumstances, a drop in Conversation Cafe for English language learners, weekend wildlife learning events, as well as delivering or hosting larger scale one off events. These have recently included the opening of the Refugee Festival, family friendly Into the Wild days and Family Day in collaboration with Tramway.

Contact: Grace Mark
Tel: 0141 433 2722
Email: grace@thehiddengardens.org.uk
25a Albert Drive
Glasgow, G41 2PE
Holy Cross After School Care

This out of school care operates from Holy Cross Primary School. The service is close to local amenities and bus routes and the accommodation has a secure door entry system.

The children have the use of the general purpose room, gym hall, computer room and toilet facilities within the school premises. The children have the use of the school playground.

The service aims to provide a safe, caring, friendly environment where the development of your child can be encouraged at his/her own pace.

Contact: Emmajane Farrell
Tel: 0141 423 6359
Email: Emma_jayne90@hotmail.com
Holy Cross Primary
316 Calder Street
Glasgow, G42 7NH
Home-Start Glasgow South

Our goal is to help families, it’s as simple as that, and we employ a wide array of support mechanisms to enable us to address individual needs. At the heart of our service is a dedicated network of Home-Start Glasgow South volunteers. They are the lifeblood of our organisation, providing vital practical and emotional weekly support to families in their own homes, while for families in more acute need we can also provide intensive family support through our dedicated Family Support Worker.

Alongside our amazing volunteers we also run support groups and courses, provide English tuition and throughout the year facilitate family outings which enable families to share experiences that may otherwise not be possible. We are continually reviewing and adapting our service to meet changing needs, and everything we do is designed to help parents to overcome hardship and enjoy happier, healthier families.

Our core activities include:

• Home-Visiting Volunteers
• Family Support Groups
• Intensive Family Support
• English Tuition
• STEPS and Triple P Courses
• Family Trips and Events

Contact: Colette Boyle
theteam@homestartglasgowsouth.org.uk
0141 570 8735
Pollokshaws Burgh Hall
2025 Pollokshaws Road
Glasgow, G43 1NE
HWUPENYU Health and Wellbeing Project

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

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

We provide a number of services for families including:

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

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

#artchangeslives

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

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

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

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

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

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

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

We have nurseries in Garrowhill and Castlemilk.
**Intandem** provides weekly, community based mentoring to children and young people aged 8-14 who are Looked After At Home (under compulsory supervision order with no condition of residency). Intandem is funded by the Scottish government and is being delivered in 21 local authorities throughout Scotland by 13 different charities. Volunteer Glasgow is delivering the programme to South Glasgow.

Young people will be matched up with an adult volunteer who will support the young person to engage in various different activities of their choice. Intandem’s focus is on relationship building and providing the "one good adult" who will bring consistency, trust, and fun to a vulnerable young persons life. We aim to reduce social isolation, improve confidence & self-esteem and provide a protective element to each young person.

Matches are fully supported throughout their time together by an allocated support worker who will work closely with all agencies involved in the young person's life to ensure consistent care and support is provided to meet the wellbeing needs of each young person.

**Contact:** Samantha Termer  
samantha.termer@volunteerglasgow.org  
Tel: 0141 226 2560  
10 Bothwell Street  
Glasgow, G2 6LU
The Jeely Piece

The Jeely Piece Club is a charity with its roots in Castlemilk in Glasgow's south side. We believe in providing play and learning opportunities for children from 0 to 12 years regardless of status or circumstance.

We do this from our two dedicated bases within the Castlemilk community - the Jeely Early Years Centre and the Jeely PlayZone Centre - and further afield via our stay & play and pop up play sessions which take place in partner sites, outdoor spaces, woodlands and Primary Schools.

Since it's creation in 1975 and to this day we take a holistic approach encompassing the child, the parent/carer and the wider community to encourage the growth and development of each and every child.
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/
Kinder Handl

We aim to recycle your unwanted children's items and turn the money into an ongoing fund to allow community projects to exist along with providing employment and community facilities. Importantly we are a social enterprise that welcomes all families and friends to come and play at our shop, spend time having a free refreshment or popping in for that perfect gift!

Contact: enquiries@kinderhandl.co.uk
Telephone: 0141 632 3311
9-11 Carmunnock Road
Glasgow, G44 4TZ
https://www.facebook.com/KinderHandl/
Kindred

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

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

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

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

**Non-judgemental** - We see that parents are often judged and criticised because of circumstances beyond their control, including the child’s disability. We actively avoid making assumptions about anyone who needs our service and maintain respect for parents at all times. Parents who use our service are doing their best to care for their child, often under very difficult circumstances.
Kinning Park Complex are an independent community space in the south side of Glasgow. We are a welcoming space that is a platform for all kinds of great activity.

It is a place that brings people together, encourages the development of new ideas and projects, provides for the most vulnerable and supports those who want to make our neighbourhood and our world a better place to be.

Telephone: 0141 419 0329
Email: hello@kinningparkcomplex.org
43 Cornwall Street
Glasgow, G41 1BA
www.kinningparkcomplex.org
Kool Kidz After School Care

We are committed to the personal development of our staff. We hope to build success by committing to provide a top quality service which is perceived by our customers to be excellent value for money.

We aim:

- to be recognised as one of the leading providers of out of school care in G52.
- to provide a safe, reliable quality service accessible to all parents and children in our local community.

Contact: Gary McNeil
Telephone: 0792 199 1353
Email: koolkidzasc@rocketmail.com
c/o Sandwood Primary School
120 Sandwood Road
Glasgow, G52 2QY
Langside After School Care Club Association

To offer high quality childcare with professionally trained staff, and:
- create a positive atmosphere in which children can have fun & learn
- ensure that the needs of a diverse group of children are being catered for
- create a secure environment to give parents peace of mind regarding the care of their children
- ensure that the highest possible standard of care is provided at all times

Contact: Sheena McGinnis
Telephone: 0141 636 1297
Email: sheenamcginn@yahoo.co.uk
c/o Langside Primary
233 Tantallon Road
Glasgow, G41 3JW
Langside Baby & Toddler Group

The Langside Baby & Toddler group is a community group for children from birth to 5 years old and their parents/carers.

The group is held at Langside Church once a week every Wednesday morning during term time from approximately 9.45am till 11.15am.

Email: langsidetoddlergroup@hotmail.co.uk
c/o Langside Parish Church
169 Ledard Road
Glasgow, G42 9QU
Leithland Neighbourhood Centre aims to:
- promote the use of Leithland Neighbourhood Centre
- promote the Aims & Objectives of Scottish Healthy Choices Award Scheme
- promote healthy eating
- promote and improve conditions for the inhabitants of Leithland, Brockburn, Kempsthorn and Cor nalee areas of Pollok by advancing education and providing recreation and leisure facilities.
- manage a community neighbourhood centre and provide a range of communal activities.

Contact: Julie McMurray
Telephone: 0141 883 0624
Email: leithlandnc@outlook.com
25 Kempsthorn Road
Glasgow, G53 5SR
www.facebook.com/leithlandneighbourhoodcentre
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
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.
Lifelink is a social enterprise and registered charity, based in Glasgow, which supports individuals who have mild to moderate mental health issues, for example stress, anxiety, depression, relationship issues or overall low mood, or those who would like help with self-managing their own mental health proactively to avoid developing some of these symptoms or conditions.

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

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

We use the Kate Cairns Five to Thrive approach ‘relax, cuddle, play, respond and talk’. All these five things will assist the baby in developing into a more confident child then eventually an adult.
Look Who’s Learning – Cathcart Playgroup

Provides quality nursery care for children from 3 - 5 years.

Contact: Catherine Lynch
Telephone: 0141 533 7004
Email: lwnursery@yahoo.co.uk
119 Carmunnock Road
Glasgow, G44 5UW
Macmillan at Glasgow Libraries

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

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

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

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

Glasgow Wide
- North East
- North West
- South

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

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

Glasgow Wide

☑ North East
☑ North West
☑ South

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

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

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

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

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

Contact: Rosemary Mackenzie
Telephone: 0141 445 6066
Email: rosemary@mellowparenting.org
Unit 4, Six Harmony Row, Glasgow, G51 3BA
Merry-go-round is a social enterprise and registered charity dedicated to helping local families. Our aims are:

- to save local families money by offering great children’s goods at low prices
- to support local families in need with free goods
- to provide employment and volunteering opportunities in the local community.

We have a shop in the Southside and also put on mini pop-up shops in other locations. We save families money with fabulous, high quality, pre-loved children’s goods at a fraction of the original price.

We host a number of events each month – everything from music classes to story time and from breastfeeding support to cloth nappy information.

We run a partnership programme working with local agencies to help families in need. If you work for an agency that works with vulnerable women and families, please contact us to find out more about registering as a partner to access free goods.

Contact: Rachel Porteous
Telephone: 0141 423 2299
Email: community@merrygoroundglasgow.co.uk
32-34 Nithsdale Road
Glasgow, G41 2AN
Money Advice Scotland is the national umbrella organisation which promotes the development of free, independent, impartial and confidential debt advice and financial inclusion.

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

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

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

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

Contact: Laura Mckechnie
Telephone: 0141 552 2272
E-mail: laura@moveon.org.uk
4th Floor, 24 St Enoch Square
Glasgow, G1 4DB
MsMissMrs is a not-for-profit organisation based in North Glasgow but open to women and girls Glasgow wide and beyond. We support the empowerment of women and girls through our accredited educational programmes in self-awareness, provision of training for professionals, our community hub and the sale of Empowerment Pants (www.msmissmrs.co.uk). We offer bespoke training packages, mentoring sessions and facilitation to other organisations.

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

Contact: Louise McAllister
Telephone: 0141 946 0244
Email: louise@msmissmrs.co.uk
1 Benview St
Glasgow, G20 7SA
The Mungo Foundation – South Recovery Hub

The Mungo Foundation is a key provider of Alcohol and Drug Recovery Services in the South of Glasgow, delivered from our Recovery Hub in the Gorbals, we work with individuals and families at a variety of places and times in local communities.

One to one sessions to plan and track the recovery journey, using the Recovery Outcome Web. This can include:

- One to one key work sessions
- Structured therapeutic group work in the local recovery hubs and community venues.
- Access to counselling
- Housing support including tenancy sustainment and welfare rights.
- Pregnancy and parenting support
- Connections to recovery communities or other local activities.

In addition to the interventions and support offered we work in partnership with a wide range of services to provide opportunities for leisure activities, personal development, training, employment and volunteering.

Telephone: 0141 423 5872
Email: southhub@themungofoundation.org.uk
1st Floor, 63 Carlton Place
Glasgow, G5 9TW
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.
National Youth Choir of Scotland – Mini Music Makers Glasgow

At Mini Music Makers the main emphasis is on learning subconsciously through fun activities. Your child is sure to enjoy participating in circle games with parachutes, singing songs with puppets, tapping drums and shaking shakers with the group. You and your child will learn a range of new bouncing and tickling songs, nursery rhymes and circle games that you can take away and enjoy at home too.

The structured NYCOS method offers your child a progressive journey through musical learning. Research in this area has shown that early musical activity can have huge benefits in many areas of child development including language, motor skills, memory and concentration. At Mini Music Makers your child will be given access to these benefits whilst having fun and interacting with other children.

Contact: Claire McBride
Tel: 0141 287 2943
Email: claire.mcbride@nycos.co.uk
The Hidden Gardens behind Tramway
25 Albert Drive
Glasgow G41 2PE
New Gorbals Housing Association aims to:

Providing the best possible housing, environment and services to all our service users

We do as much as we can towards the overall regeneration of the Gorbals, meeting the needs of disadvantaged people in the community wherever we can.
Notre Dame Children's Centre provides assessment, therapeutic counselling and psychological interventions to vulnerable children and their families or main carers.

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

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

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

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

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

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

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

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

Support is provided on a one to one basis, on site group meetings and outreach 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.
Orchard Grove Kindergarten aims to provide quality, affordable childcare for children aged 0-5 years.

We work using the birth to 3 curriculum and the curriculum for excellence. The nursery is structured to provide stimulation and support to progress the children in their next stage of development.

Contact: Sandra Markey
Telephone: 0141 613 2769
Email: sandra@toryglen.org.uk
18 Prospecthill Circus
Glasgow, G42 0LA
The Outward Bound Trust

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

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

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

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

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

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

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

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

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

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

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

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

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


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

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

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

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

Aims:

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

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

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

Contact: najimee@PathScotland.org.uk
Telephone: 0141 332 9477
19 Lyndoch Crescent
Woodlands
G3 6EQ
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
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.
Playbreak

Playbreak is a Glasgow playgroup with a difference - we aim to give parents/carers a much needed break while your children play.

Playbreak runs on Tuesday morning during school term time, from 10am until 11.15am. You get the chance to sit down, have a coffee and chat to other parents/carers while your children play. On some weeks there will be a talk or activity. The children are cared for by a dedicated team of volunteer helpers (all helpers are members of the PVG scheme) in separate rooms: the crèche for up to 15 under twos and the large hall, which can care for up to 35 two to five year olds. Please note we operate on a first come, first served basis.

mairi@qpbc.org
Tel: 0141 423 3962
Queen’s Park Baptist Church
Camphill Bldg, 20 Balvicar Drive
Glasgow, G42 8QS
Playbus SCIO

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

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

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

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

We aim to provide before and after school care and holiday care to children of school age up to 12 years. We aim to provide quality, affordable childcare in Pollokshaws to enable parents to continue in/gain employment or further education.

Telephone: 0141 649 5548
Email: pollokafterschoolcareservice@yahoo.co.uk
Pollokshaws Parish Church
223 Shawbridge Street
Glasgow, G43 1QN
Pollokshaws Youth Project

We provide a youth club on Wednesday nights at the Hub.

The club for P1-P7 runs from 5pm to 7pm.
The club for S1-S3 runs from 7pm to 9pm

Telephone: 0141 649 9422
Email: contact@pollokshawsareanetwork.co.uk
Pollokshaws Community Hub
132 Shawbridge Street
Glasgow, G43 1NP
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 **Possobilities** 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 Possobilities 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.

Possobilities 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

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

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

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

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

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

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

To raise awareness about poverty and encourage debate about solutions.

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

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

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

Visit the Pride Life website for more information.

Contact: hello@pride.scot
Telephone: 0844 664 5428
272 Bath Street
Glasgow, G2 4JR
Quarriers Inclusion Team supports adults, children and young people to actively engage in issues which affect them through encouraging participation. This includes consultations, one-to-one meetings and taking part in groups.

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

Contact: Louise Hamilton
Telephone: 0150 561 6032
E-mail: louise.hamilton@quarriers.org.uk
Glasgow, G41 11QB
Quarriers - Opt-in Support for School Pupils

We work with pupils from Primary 6 to S1, helping them to deal with a range of issues including difficulties with behaviour, attendance, social skills, peer relationships, coping with loss and confidence issues.

The service is particularly focused on supporting pupils through the difficult transition from primary to secondary school. We deliver support in schools during term time and offer a series of transition support programmes during the summer holidays.

The service also provides individual support to pupils in secondary schools and works alongside families to address their child’s difficulties.

Referrals are normally made by pastoral care, teaching staff, school joint support teams and educational psychology staff.
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
Email: reattachparenting@gmail.com
www.reattachparenting.co.uk
Reidvale Adventure Play Association Ltd aims to improve the lives of children and young people (0-16yrs) and their families including children and young people with additional support and learning needs and their families in a fully integrated, safe, supervised playground environment in their local community.

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

We are open 50 weeks per year, 6 days and 6 evenings per week. Cost: 50p all day entry (per drop in child or young person).

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

Telephone: 0141 550 2320
Email: playteam@rapa.org.uk
www.rapa.org.uk
Reidvale Adventure Play Association Ltd
62 Garfield Street
Dennistoun, Glasgow, G31 1DW
Relationships Scotland’s network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties. Around 40,000 people have contact with our services each year.

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

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

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

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

Contact: Val Scholfield
Telephone: 0141 230 6123
E-mail: glasgow@richmondshope.org.uk
Ibrox Parish Church, Clifford Street
Glasgow, G51 1QH
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: infoglsgw@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
Telephone: 0141 530 1000
Brunswick House
51 Wilson Street
Glasgow, G1 1UZ
The Saturday Café Clubs SCIO

The Saturday Café Clubs main purpose is to provide short break recreation activities which promote social integration, health and wellbeing; make a positive impact on the lives of and safeguard the rights of disabled children and young people and assist in identifying individual strategies to overcome barriers to social inclusion facing these children and young people, their family/care groups. Each young person is supported and encouraged by creating opportunities to integrate, play and develop in an environment of respect and promotion of positive behaviours.

The Clubs operate over three (3) sessions, Saturday and Sunday afternoons and Tuesday evening. Each Club provides hours of activities designed to make a positive impact on the lives of our children / young people.

A secondary, but equally important purpose is to provide short breaks from caring for the families and care groups of the children / young people attending the Clubs to enable families / care providers to engage in other activities with confidence that their child / young person is in a positive, safe and fun environment.

Contact: Margaret Rizza
E-mail: thesaturdaycafe@gmail.com
Cathcart Old Parish Church Community Halls
119 Carmunnock Road
Glasgow, G44 5UW
www.facebook.com/The-Saturday-Cafe-Clubs-SCIO
Families Connect focuses on supporting parents and children to learn together. It helps parents to support their children’s learning in three key areas:

- Literacy and language development
- Numeracy
- Emotional development

The eight-week programme provides a series of activities, techniques and games that parents and carers can do with their children at home. Each activity encourages parents and children to spend quality time together by talking about specific topics and reflecting on what they already do to support their children’s learning.
SAY Women

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

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

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

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

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

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

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

We lead innovation and collaboration in policy by:

- Supporting the development and evaluation of asset based approaches to service design and delivery
- Promoting practice which facilitates new opportunities for people with learning disabilities
- Creating opportunities to share good practice and ensuring accessible dissemination of evidence
- Providing advice and support to organisations to strengthen their capability to support people with learning disabilities

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

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

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

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

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

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

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 Refugee Council

communities@scottishrefugeecouncil.org.uk
Tel: 0141 248 9799
Scottish Refugee Council
6th Floor, Portland House
17 Renfield Street
Glasgow, G2 5AH
www.scottishrefugeecouncil.org.uk
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.
Shawlands Happy Tots Playgroup

The aim of the playgroup is to encourage children to socialise, learn through play and have fun in a safe and happy environment. This is done through informal play opportunities including painting, gluing, imagination areas, physical play, playdough, book corner, songs and exercise etc. These activities help children's all round development and help build personal skills and confidence. Nearing the end of the sessions, children are offered healthy snacks, where they are encouraged to sit together at the snack table. Our sessions are finished off taking part in Sticky Kids exercise routine.

Playgroup opening hours are 9.35am to 11.30am, Monday & Thursday (Term-time).

Prices: £6.00 per session for children aged 2yr 6mth.
£4.00 per session for children under 2yr 6mth

Places available for children aged 2yr 6mth upwards (where children can stay without parents). (children under 2yr 6mth must be accompanied by an adult). All staff are NNEB/SVQ3 qualified and follow the pre-5 curriculum.
Shawlands Out of School Care

We aim to offer before and after school care and holiday care to children of school age up to 12 years. We aim to offer play and education opportunities that are both fun and challenging. We will promote the dignity, privacy, choice, safety, potential and diversity of all users and staff of the service.

Contact: Karen Stanway
Telephone: 0141 632 2444
E-mail: shawlands.osc@btconnect.com
1284 Pollokshaws Road
Glasgow, G41 3QP
www.soossc.org
Sistema Scotland – Big Noise Govanhill

Big Noise Govanhill is currently open to all children from birth to Primary 6 from the Govanhill community and will continue to grow with the children as they grow.

We are very proud of all the achievements which have already been seen from the children and families we are working with. The after school orchestras are growing every year and we are so excited about learning, experiencing, performing, and loving music together.

In 2016, Woodwind, Brass and Percussion was added to the range of instruments we teach. This is the first steps towards creating our own symphony orchestra!

Telephone: 0141 328 4113
Email: govanhill@sistemascotland.org.uk
www.makeabignoise.org.uk/big-noise/govanhill
South East Area Lifestyles (SEAL) Community Health Project

SEAL aims to:

- encourage active participations, by those socially excluded, in activities that will have a positive impact on their health and well being.

- encourage local residents to be involved in voluntary activities that will enable them to realize their full potential.

- use a community development approach in collaboration with local people and statutory and voluntary agencies to develop health promoting initiatives, which link into local and citywide strategies.

Telephone: 0141 429 1238
Email: info@sealcommunityhealth.org.uk
St Francis Centre
405 Cumberland Street
Glasgow, G5 0SE
www.sealcommunityhealth.org.uk
Southside Housing Association

Southside Housing Association is a "not for profit" housing organisation which provides good quality affordable housing to those in need and works in partnership with communities which serves to build attractive neighbourhoods.

Glasgow Wide

North East

North West

South

Telephone: 0141 422 1112
Email: enquiries@southside-ha.co.uk
135 Fifty Pitches Road
Glasgow, G51 4LB
www.southside-ha.org
South West Arts & Music Project

SWAMP enhances cultural awareness, promotes social inclusion and builds community spirit within the locality, and has been successfully sustaining this for over two decades.

During this time we have taken a dilapidated building within our community and redeveloped it, and are now planning another move to new premises. We strongly believe in the model of inclusion through creation, and work collaboratively with children, young people, older people and communities to achieve our aims; predominantly, but not exclusively, with vulnerable groups.
South West Family Support Group

The **Family Support Group** aims to support family members who suffer the effects of a family member abusing alcohol or drugs. The group offers a safe place for people to discuss their problems with others who are going through the same things.

Telephone: 0792 684 4690
Pollock Community Centre
Langton Road, Pollok
Glasgow, G53 5DP
South West Glasgow Carers Centre

The Princess Royal Trust, Greater Pollok Carers Centre provides practical and emotional support to carers.

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

Caring for someone can be very rewarding, but it can also be very demanding. You may be worried about the person you care for, your finances or your health. You may be tired or under stress and you could benefit from having someone to talk to.


Telephone: 0141 882 4712
Email: southwestcarers@gamh.org.uk
Unit 3a Moorpark Court
11 Dava Street
Glasgow, G51 2JA
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
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 - Craigholme

Summer in the City’s Craigholme camp is located at Craigholme Sports Complex. The complex 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.

Summer in the City also runs a camp at Jordanhill Primary and Secondary School and offers the same facilities.

Contact: info@summer-in-the-city.co.uk
Telephone: 07709 785 413
97 Haggs Road
Glasgow, G41 4RD
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/
At TASK Childcare Family Support and Learning Centre we recognise the importance of designing our service around our communities needs. We nurture and support all of our families, enabling them to reach their full potential.

We deliver inclusive services with all our partner organisations enabling our children and families to thrive and offer a variety of unique services that are responsive and holistic in their approach.

Our Services Include:

• Full day 0-5 Nursery Provision
• Afterschool Care
• Holiday Cover (Afterschool Care)
• Early Intervention & Prevention Team
• Play Therapy Space
• Training & Meeting Space

Our centre has an ethos of learning and embraces not just the families that use our service but members of our local community to discover and learn together.
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.
Tinto After School Care

TASCCA is a non-profit organisation, run by a committee of parents. Providing a high quality childcare service for children aged from 4 years 6 months to 15 years.

Aims:

• To provide a healthy, safe and happy environment for all children attending.

• To encourage feedback from service users (parents/children), evaluate and, where possible, use this to improve the service.

• To encourage and support staff to attend all relevant training which enhances/improves experience and skills.

• To ensure all staff are aware of all health and safety issues and to include first aid training.

Email: tintoafterschool@yahoo.com
Tinto Primary School
61 Netherauldhouse Road
Glasgow, G43 2XG
Toryglen After School Service Ltd

TASS aims to provide a safe simulating and affordable environment, where children can be cared for to enable parents to work or return to education.

TASS consists of 3 rooms which are age appropriate. We offer a Secure, Happy, Stimulating environment, with staff who are qualified to the highest level. Our day to day activities include:

* Arts & Crafts
* Baking
* Computer Consoles (WII, PS3, Xbox)
* Role Play
* Gardening Club
* Bike Club
* Photography Club

During holiday time the children are taken out most days whether it local or further afield.
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
Urban Roots Initiative – Community Gardening

Urban Explorers Club

Urban Explorers is an after school club for 5 – 11 year olds. Children get a chance to learn about the outdoor environment using community gardens and woodlands to understand where their food comes from and for Forest School activities and learning.

Into the Woods

Into the Woods is a Forest School holiday activity club which we run in both Toryglen and Castlemilk. We spend several days a week in Malls Mire LNR and Castlemilk woods during the holidays with a crew of young explorers.

School Grounds Projects

We work closely with primary and secondary schools and nurseries across the Southside of Glasgow. All schools are signed up to the eco-schools awards programme and we have been helping them with their journey.

Youth Projects

We have worked in partnership with various agencies across the Southside to deliver programmes for young people.
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.
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
At The Village Storytelling Centre, we use the power of storytelling to bring people together and to provide a space for creativity and relaxation.

We use storytelling to support people to increase their confidence and self-esteem by fostering the belief that each of us has stories to tell and that they are worth hearing. We offer people the opportunity to look at their lives differently, to understand that the stories we have always told ourselves or been told about ourselves aren’t set in stone – we can change and shape them.

Story is an excellent way for people to reflect on their situations through the safety of fiction, inspiring them to reframe the past and imagine positive futures. Stories are what happen to us, they’re what we do, and they’re who we are and who we want to be. Storytelling is our way of making sense of the world around us and of finding our own unique voice.

Email: info@thevillagestorytelling.org.uk
Tel: 0141 882 3025
Langton Halls, 69 Langton Road
Glasgow, G53 5DD
www.villagestorytelling.org.uk
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
Waverley Care Glasgow

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

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

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

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

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

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

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

Glasgow Wide
North East
North West
South

14 Bank Street,
Alloa, FK10 1HP
info@wellbeingscotland.org
01324 630 100
www.wellbeingscotland.org
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
Woodland Inspired Learning & Development CIC

W.I.L.D’s Forest School will run as blocks of outdoor sessions led by our Forest School Practitioners. Sessions will continue right throughout the year in local urban woodland.

Our aim is to provide participants with the opportunity to explore and experience the natural world through play and practical activities which will help promote confidence, independence and self-esteem. Learning how to look after themselves, the people around them and the environment we live in.

By using the natural environment and the participant’s interests we hope to stimulate imagination, creativity and enquiry skills. Participants will work with tools, on self-initiated learning and understand boundaries of behaviour, both physical and social.
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
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.
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.

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