

Glasgow Community Support Around Covid19



Covid19 is impacting us all. People are concerned about their families, friends and communities. Thankfully many people in all sorts of ways are working together to support each other.

[GCVS](#) has pulled together this directory specifically to highlight where there are additional services that people can access at this time or where there is spare capacity for new clients. (We are not sharing details where services have no extra capacity). Please share this directory widely and use it to connect people with supports.

We will keep the directory updated as frequently as needed so if you have a support that could be included please send us the information via this link: [Community Supports Around Covid-19 Survey](#).

- Are you providing support to people around Covid19?
- Have you set up a new service to deal with what is happening?
- Can your group or organisation support new clients?
- Do you have services with spare capacity?

If we have included your support already and details change, eg you can no longer support new people or if you have any questions, please email CLD@gcvs.org.uk

GCVS will circulate new versions of the directory via our [website](#), twitter (@GlasgowCVS) and our newsletters & mailings. Sign up to those on our website.

Many thanks for your support and so glad to be working together

GCVS Capacity Building Team

Org or Group Name	North East Glasgow	North West Glasgow	South Glasgow	Food or shopping delivery	Pharmacy pick up	Food parcels or hot meals	Energy cards	Reducing social isolation	Financial assistance / benefits advice	Crisis support	Additional social care support	Other (please specify)
3D Drumchapel		X		X			X	X				
Aberlour	X	X	X					X	X	X		
Achieve More Scotland	X	X	X	X								
ADHD Parent Support West Glasgow	X	X	X					X				X
Al-khair foundation			X	X	X	X		X			X	
Annexe Communities		X		X		X		X				
Articulate Cultural Trust	X	X	X									X
Baby Bank Scotland	X									X		
Boom! Community Arts		X						X				
Brunswick Community Centre	X			X		X	X	X			X	X
BTHA	X	X		X	X	X	X	X	X	X	X	X
Castlemilk Together: Community Food Action			X	X		X						

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Children 1st	X	X	X					X		X		
COJAC Centre			X					X			X	X
Colston Milton Parish Church		X		X				X				
Community InfoSource	X	X	X					X				X
Connect Community Trust	X			X	X			X		X		X
COPE Scotland		X						X				X
Cultivating Mindfulness			X					X		X		X
Drumchapel Foodbank	X	X	X	X								
Eastend Youth Carers	X							X		X		
Easthall Residents Association	X			X	X							
Epilepsy Connections	X	X	X					X	X	X	X	
Epilepsy Scotland	X	X	X					X	X	X		
FARE Scotland	X			X	X		X					

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Gap Childcare services			X									X
Geeza Break	X											X
Glasgow City Mission	X	X	X			X		X				
Glasgow East End Community Carers - Carers Hub	X							X	X	X		X
Glasgow East Women's Aid	X									X		X
Glasgow Family Support Partnership	X			X	X	X	X	X	X	X		
Glasgow Life	X	X	X						X			
Glasgow Southeast Foodbank			X							X		
GNWCAB		X							X			
Gorbals Youth Cafe			X			X						
Govan HELP			X									X
Govan Youth Information Project			X	X		X						
HIV Scotland	X	X	X	X	X			X	X	X		X

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Jobs & Business Glasgow	X	X	X						X			X
Jordanhill Watch		X		X				X				
Licketyspit	X	X	X					X				X
Lifelink	X	X	X					X				X
Macmillan @ Glasgow Libraries	X	X	X					X				X
Merry-Go-Round Glasgow			X					X				
MindtheMen	X	X	X					X				X
National Autistic Society	X	X	X					X	X	X		
New Rhythms for Glasgow	X	X	X					X				X
North United Communities - Nu Me		X						X				X
Occasions Creche	X	X	X								X	X
Parentline	X	X	X					X				X
PEEK- Possibilities for Each and Every Kid	X	X	X	X		X						X

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Possibilities		X				X						X
Potential in Me CIC	X	X	X					X				X
Royston youth action	X			X			X	X	X	X	X	
SAMH's Let's TALK Project	X	X	X					X	X	X	X	X
St George's & St Peter's Community Association	X			X	X			X				
St Paul's Youth Forum	X			X		X		X				
Stepdown Services	X	X	X					X		X		
Stepping Stones for Families	X	X		X		X		X	X	X	X	X
The Senior Centre			X	X	X	X		X				
THE SIKH FOOD BANK	X	X	X	X		X		X		X		X
The Space			X	X				X		X		
The Spark Counselling	X	X	X					X		X		X
The urban fox programme	X			X								X
The Wee Face Foundation		X		X	X			X				

Org or Group Name	North East Glasgow	North West Glasgow	South Glasgow	Food or shopping delivery	Pharmacy pick up	Food parcels or hot meals	Energy cards	Reducing social isolation	Financial assistance / benefits advice	Crisis support	Additional social care support	Other (please specify)
Youth Community Support Agency	X	X	X					X				X

3D Drumchapel	Main Purpose
01419445740	Family support for children and families in Drumchapel
info@3ddrumchapel.org.uk	
www.3ddrumcahpel.org.uk	
3ddrumchapel	
@3ddrumchapel	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Energy cards Reducing social isolation	Specific Support Around Covid19 Telephone support to our families Online parent & child sessions and activity info Signposting to services We are hoping to be on the ground once we are all out of isolation at beginning of April to distribute food to families
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations Phone 01419445740 If a referral is needed from a partner, who can do this? All - social work, education, health, third sector, police, housing
	Any other information We are all currently isolating as we have a case within the team but we will have a presence on the ground from April. Our support we are able to offer will evolve and stay in line with government guidance.

Aberlour	Main Purpose
0800 085 6150	Aberlour has more than 40 services across Scotland dedicated to helping children and families including residential & fostering, recovery, early years,disabioity,early intervention,urgent assistance fund,self directed support & school attainment support
urgentassistance@aberlour.org.uk	
aberlour.org.uk	
https://facebook.com/AberlourCC	
@aberlourcct	
https://www.instagram.com/AberlourCC	
Intended Service Users Children and families	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Crisis support	Specific Support Around Covid19 Aberlour’s Urgent Assistance Fund can provide cash grants to help families with children who are suffering extreme hardship, including the impact of the Coronavirus. This support is usually via cash grants to assist with a range of needs, such as food, prepay power cards, clothing, bedding or other essentials.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Applications must be endorsed and submitted by a sponsor, acting in their professional capacity. Applications from individuals cannot be accepted. If a referral is needed from a partner, who can do this? Social work, health, education, police, housing
	Any other information To apply for a grant, please download the Aberlour Urgent Assistance Fund application form - available from https://www.aberlour.org.uk/service-category/urgent-assistance-fund/ Please note that as of 23 March 2020 Aberlour is longer able to accept paper copy applications, so please email your completed application form to: urgentassistance@aberlour.org.uk .

Achieve More Scotland	Main Purpose
0737 567 0032	We 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.
info@achievemorescotland.co.uk	
http://aandm.org.uk/	
@AchieveMoreScot	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
Food or shopping delivery	Providing food and necessities to communities.
Geographic area covered	How can people access the support?
North East Glasgow	Members of the public can contact us directly
North West Glasgow	
South Glasgow	If a referral is needed from a partner, who can do this?
	Any other information

ADHD Parent Support West Glasgow	Main Purpose
07950 483885	We exist to support parents of children with ADHD and associated conditions (ASD, sensory issues, dyspraxia etc) who live in the Glasgow area. We offer training, peer support and activities for kids.
adhdglasgow@outlook.com	
www.adhdglasgow.org	
https://www.facebook.com/groups/ADHDParentSupportWestGlasgow/	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
Reducing social isolation Advice and moral support for parents	We are happy to offer remote support and advice by phone, email and through our closed Facebook group during this time - particularly if families are struggling with children with challenging behaviour being cooped up at home.
Geographic area covered	How can people access the support?
North East Glasgow North West Glasgow South Glasgow	Members of the public can contact us directly Referral from partner organisations
	If a referral is needed from a partner, who can do this?
	Any other information

Al-khair foundation	Main Purpose
01414235747	Humanitarian aid in uk and worldwide
Glasgow@alkhair.org	
Www.alkhair.org	
Alkhair.glasgow	
Intended Service Users Older people People with disabilities Unemployed People in crisis	
Types of Support Offered Food or shopping delivery Pharmacy pick up Hot meals Reducing social isolation Additional social care support	Specific Support Around Covid19 Food Bank + soup kitchen + support for sick / terminal cancer + elderly vulnerable shopping and home meals
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this? Turning point + Interfaith network
	Any other information

Annexe Communities	Main Purpose
0141 357 6747	Community-led health and wellbeing organisation, working with people, volunteers and groups in the Partick and surrounding neighbourhoods of west central Glasgow.
julie.fox@annexecommunities.org.uk	
www.annexecommunities.org.uk	
@annexepartick	
@AnnexeComm	
Intended Service Users Older people People with disabilities Aiming to target those who do not have internet access or mobile phone and who rely on landlines. Although will extend if we have capacity.	
Types of Support Offered Food or shopping delivery Hot meals Reducing social isolation	Specific Support Around Covid19 Setting up a telephone friendship buddy support network for the most isolated and vulnerable members of the communities we serve and match with a telephone volunteer. Volunteers are already registered and checked by our organisation. Staff also telephone supporting an already identified cohort of vulnerable NHS patients who have been referred by local GP's to our social prescribing project.
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations Access is limited to the most vulnerable older people living in the immediate geographical location of Partick and surrounding neighbourhoods. i.e. those with no family support/mobile phone or internet access. We will co-ordinate from our healthy living centre in Partick Available support will depend on capacity and will be reviewed daily. If a referral is needed from a partner, who can do this? This has still to be set up but we will be liaising with the local housing associations.
	Any other information

Articulate Cultural Trust	Main Purpose
01414164105	Articulate is a niche and specialist charity that has equality, diversity and inclusion at its core and co-designs arts and cultural services that benefit
eona@craig@articulatehub.com	Scotland's most vulnerable young people, especially those who are care
www.articulatehub.com	experienced, at risk, seeking asylum or living in poverty in our most
https://www.facebook.com/articulatehub	challenged communities.
https://twitter.com/TrustCultural	
https://www.instagram.com/articulateculturaltrust/	
Intended Service Users Children and families	
Types of Support Offered Creative activities to carry out from home and / or on your own to keep our hands and heads busy ...	Specific Support Around Covid19 We will share a daily programme of arts, cultural and creative activities for children and families who are at home. Our web and social media sites will be used to platform arts and crafts opportunities that are free, cheap and fun and that will keep our heads and hands busy in a strange and isolating time ...
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations We will post daily on our social media and web sites. If a referral is needed from a partner, who can do this?
	Any other information

Baby Bank Scotland	Main Purpose
01698 457756	Supporting families experiencing financial hardship by providing them with baby and child essentials to meet their families needs.
enquire.bbscotland@outlook.com	
https://www.facebook.com/BabyBankScot/	
Intended Service Users Children and families	
Types of Support Offered Crisis support	Specific Support Around Covid19 We anticipate demand on our services will increase as financial impact hits more families. We can support families in need with most baby equipment and essentials and can provide clothing items for the wider family.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Health visitors, social workers, midwives, money and benefit advice centres, mental health organisations
	Any other information We are currently seeking emergency funding to aid with the provision of nappies, wipes, toiletries and baby formula. If this is approved we will be able to offer greater support to more people in this level of need.

Boom! Community Arts	Main Purpose
07941257211	BOOM! Community Arts works to provide fun, engaging arts-based activities
sara@boomcommunityarts.com	which respond to local need. We work mainly in Possilpark. We are run by a
https://boomcommunityarts.com/	group of volunteers and engage a range of artists & workshop leaders.
https://www.facebook.com/BoomCommunityArts/	
https://twitter.com/Boom_Arts	
https://www.instagram.com/boomcommunityarts/	
Intended Service Users Older people Children and families People with disabilities Unemployed Unpaid carers	
Types of Support Offered Reducing social isolation	Specific Support Around Covid19 We will be recording online art workshops / activities for adults & young
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly We're working with NG homes to deliver the art packs. If a referral is needed from a partner, who can do this?
	Any other information We'll keep doing this until our funding runs out.

Brunswick Centre	Main Purpose
0141 557 0812	The Brunswick Centre offers a wide and varied range of bespoke activities for community purpose, whilst still challenging issues affecting health, wellbeing, isolation/ exclusion and challenging the many barriers our modern community faces.
info@brunswickcentre.org	
https://brunswickcentre.org/	
https://www.facebook.com/centrebrunswick/	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
Food or shopping delivery Energy cards Reducing social isolation Additional social care support	Currently collecting food donations for food parcels and are transferring monetary donations to assist local families with fuel costs. Leaflets have also been distributed with offers of help with picking up shopping, posting mail, urgent supplies and phone calls to reduce isolation.
Geographic area covered	How can people access the support?
North East Glasgow	Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Brunswick Community Centre	Main Purpose
0141 557 0409	
info@brunswickcentre.org	
www.brunswickcentre.org	
https://www.facebook.com/centrebrunswick/	
https://twitter.com/CentreBrunswick	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Food parcels / hot meals Yes	Specific Support Around Covid19 The Brunswick Centre is working with volunteers in the Balornock area of North Glasgow. We are providing services for those self isolating/ most in need! Our Covid-19 services include: 1) Free cooked meals to all young people locally (Balornock) 2) Free Childcare for local keyworkers/ outwith school hours 3) Shopping pick up/ delivery 4) Posting Mail 5) Emergency Food Packages 6) Emergency Payment for pre paid energy meters 7) A friendly phonecall
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information G21 3NN

BTHA	Main Purpose
07872379315	We provide Homelessness and Resettlement Supported accommodation and Community Outreach Support across nine local authorities across Scotland.
kmcghee@btha.org.uk	
www.btha.org.uk	
bluetriangleHA	
bluetriangleHA	
Intended Service Users Children and families People with disabilities Unemployed People in crisis We cover a vast array of Vulnerabilities.	
Types of Support Offered Food or shopping delivery Pharmacy pick up Hot meals Energy cards Reducing social isolation Financial assistance / benefits advice Crisis support Additional social care support We cover a vast array of Vulnerabilities.	Specific Support Around Covid19 Our outreach staff are continuing to provide support daily link ins and drop off's with food, toiletries etc were required.
Geographic area covered North East Glasgow North West Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this?
	Any other information Happy to assist were required. :-))

C.O.J.A.C. Centre	Main Purpose
	Providing social, learning and leisure activities for children, young people and adults affected by disability and their families and carers.
cojac@cojaccentre.co.uk	
www.cojaccentre.co.uk	
CojacCentre	
cojactweets	
n/a	
Intended Service Users Children and families People with disabilities People in crisis	
Types of Support Offered Childcare	Specific Support Around Covid19 Providing childcare for children with additional and complex support needs from age 5 years up to 18 years,
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Castlemilk Together: Community Food Action	Main Purpose We aim to work in partnership with the community and others to understand food insecurity, to challenge it and to reduce its impact.
paddymckenna@cassiltoun.org.uk	
https://www.facebook.com/Castlemilk-Together-Community-Food-Action-470967613405301/?ref=settings	
Intended Service Users Older people yes	
Types of Support Offered Yes Food parcels / hot meals	Specific Support Around Covid19 We can offer food deliveries, errands, and phone support.
Geographic area covered Yes- Around postcode: G45 0AZ	How can people access the support? If a referral is needed from a partner, who can do this?
	Any other information

Children 1st	Main Purpose
08000 28 22 33	Support and advice for families
parentlinescotland@children1st.org.uk	
www.children1st.org.uk	
@children1st	
Intended Service Users Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Reducing social isolation Crisis support	Specific Support Around Covid19 Some examples: Tips for parents talking to children about coronavirus. Advice for families who need to be indoors for a long time. Ideas to keep kids entertained.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Call, browse website or webchat If a referral is needed from a partner, who can do this?
	Any other information

COJAC Centre	Main Purpose Providing out of school care for 5-18 years children and young people with additional and complex support needs.
01416341002	
cojac@cojaccentre.co.uk	
www.cojaccentre.co.uk	
CojacCentre	
@cojactweets	
n/a	
Intended Service Users Children and families People with disabilities People in crisis	
Types of Support Offered Reducing social isolation Additional social care support Childcare for working parents in key services, vulnerable children	Specific Support Around Covid19 Providing services during day for families with children and young people with additional support needs who are required to work, child protection, lone parents and so forth starting next week. It will all depend on funding and staff availability.
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information If there is additional funds we can source to deliver service as out with our current funding streams.

Colston Milton Parish Church	Main Purpose
0141 564 1138	
crowe@churchofscotland.org.uk	
https://churchofscotland.org.uk/?fbclid=IwAR3iaAwSBwliRxvLKm0O9etiNC5pnrcrCC0nR6q-G3uWyz-NfnTwdMFRfg8	
https://www.facebook.com/Colston-Milton-Parish-Church-1496603607231907/	
Intended Service Users Yes- all	
Types of Support Offered Food or shopping delivery Reducing social isolation	Specific Support Around Covid19 A friendly weekly phone call and check in, including by zoom video call for those with internet access, from Christopher Rowe, an experienced and compassionate parish minister in Milton, north Glasgow. Spiritual support if sought. Access to a small number of volunteers willing to deliver groceries in Milton, north Glasgow.
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information Yes- G22 7PF

Connect Community Trust	Main Purpose
07515853113	We are a Social Enterprise based within the East End of Glasgow operating a wide range of activities and services for all ages offering four community facilities
psmith@connect-ct.org.uk	
www.connect-ct.org.uk	
https://www.facebook.com/connectcommunitytrust/	
https://twitter.com/trustconnect	
Intended Service Users Older people Children and families People with disabilities Vulnerable people and families	
Types of Support Offered Food or shopping delivery Pharmacy pick up Reducing social isolation Welfare advice via phone	Specific Support Around Covid19 We have a team of volunteers available providing emergency food parcels to vulnerable people/families, welfare advice via telephone, prescription collection service, and check in service via telephone.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information G33 4HH

Connect Community Trust	Main Purpose
0141 781 9918	Operates a wide range of activities and services for all ages, offering four community facilities
info@connect-ct.org.uk	
www.connect-ct.org.uk	
@connectcommunitytrust	
@TrustConnect	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Food or shopping delivery Pharmacy pick up Reducing social isolation Crisis support	Specific Support Around Covid19 A team of staff and volunteers doing calls in the community. Emergency stocks of various items, including food, which will be distributed as and when needed. Support provided over the phone and digitally
Geographic area covered North East Glasgow	How can people access the support? Members of the public can call directly
	If a referral is needed from a partner, who can do this?
	Any other information

<p>COPE Scotland</p> <p>01419445490</p> <p>hilda@cope-scotland.org</p> <p>www.cope-scotland.org</p> <p>@COPEscotland</p>	<p>Main Purpose</p> <p>Working collectively and collaboratively we seek to find solutions to the daily issues and challenges of life; which can cause mental and emotional distress. Is anxiety or depression as a result of economic uncertainty an illness? Will a tablet be the cure? Or, as a society does something need to change? Led by the voices of lived experience we aim to support conditions to help improve individual and community resilience and to reduce suffering and promote well being</p>
<p>Intended Service Users</p> <p>anyone aged 16 and over who is experiencing mental or emotional distress and linking with partners this includes families although we are not a youth or children's service we work with partners who are</p>	
<p>Types of Support Offered</p> <p>Reducing social isolation we seek to move our direct face to face service to being phone or online</p>	<p>Specific Support Around Covid19</p> <p>Please refer to the blog and brochure on our website http://www.cope-scotland.org/index.php/latest-blog/copescotland-continues-to-care-as-you-matter-we-all-do. Phone support, online support and with partners exploring ideas around group activities on line e.g. Facebook yoga class, online blogs hints and tips to promote well being with a focus on challenges being presented by COVID19, working with local residents and partners to develop plans to help ensure most vulnerable residents are identified and assistance offered where possible, designing and developing information for distribution of things which maybe of interest to people at this time, recognising the impact this situation may have on people's mental health and adapting what we can do as new issues emerge</p>
<p>Geographic area covered</p> <p>North West Glasgow</p>	<p>How can people access the support?</p> <p>Members of the public can contact us directly Referral from partner organisations</p> <p>If a referral is needed from a partner, who can do this?</p> <p>we have an open referral system as well as self referral, people need to leave a message on our answering machine which shall be picked up, or text, or email, for more info email admin@cope-scotland.org</p>

Any other information

We are not a crisis service, people who have issues of suicide, or complex mental health issues which require statutory intervention would need to access main stream mental health services. all the team are working remotely and on their own so we do not have the infrastructure in place for crisis support . We offer solution focused pragmatic interventions as we understand not only will people have the issues they would have referred to us for in the first place but the new challenges of COVID19 so its putting our energy where we can be of most benefit to people. We are producing an e brochure which outlines our service and would suggest in addition to what the 3rd sector is offering, people have clarity on what statutory mental health services are doing

Cultivating Mindfulness	Main Purpose
07890452858	We aim to build mindful, kind, compassionate communities and to bring people together through our 'Glasgow's Spirit of Christmas' campaign to help children in need. We are committed to making mindfulness courses more accessible within our communities and offer fully funded mindfulness and meditation courses for young people.
info@cultivatingmindfulness.org.uk	
www.cultivatingmindfulness.org.uk	
https://www.facebook.com/cultivatingmindfulness	
https://twitter.com/glasgowspiritofcultivating_mindfulness	
cultivating_mindfulness	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers - Adults suffering from anxiety, low mood and stress. - Teenagers and young adults who are experiencing mood swings, anxiety, stress and depression.	
Types of Support Offered Reducing social isolation Crisis support Support with improving psychological, emotional and physical well being that may be impacted by the crisis and isolation phase.	Specific Support Around Covid19 1. Mindfulness Weekly Support Group - Anxiety Description: Anxiety can affect our bodies, the way we think, the way we feel and how we behave. This weekly mindfulness support group provides a virtual space to come together and connect, to understand and explore anxiety, and practice mindfulness meditation to reduce and manage anxiety. This weekly free session is volunteer led by an experienced and BAMBA trained mindfulness meditation teacher and will run initially for one hour per week for four weeks on ZOOM. 2. Mindfulness Weekly Support Group - Stress Less Description: Trying to avoid dealing with stress might seem a sensible idea, but it usually just makes things worse. This weekly mindfulness support group provides a virtual space to come together and connect, to understand and explore stress and practice mindfulness meditation to work towards reducing and managing stress. This weekly free session is volunteer led by an experienced and BAMBA trained mindfulness meditation teacher and will run initially for one hour per week for four weeks on ZOOM. 3. Mindfulness Weekly Support Group - Low Mood Description: Having times when you feel low is normal, especially when life is stressful. However when low moods become more severe and stop us doing things we normally can manage it has affected the way we think. This weekly mindfulness support group provides a virtual

	<p>space to come together and connect, to understand and explore low mood and practice mindfulness meditation to work towards increasing our awareness and feelings of wellbeing. This weekly free session is volunteer led by an experienced and BAMBA trained mindfulness meditation teacher and will run initially for one hour per week on ZOOM.</p> <p>4. Mindfulness Based Living Course - Teens 12-15 years Description: The Mindfulness Based Living Course for teens is designed to help young people learn how to regulate their emotions, increase their awareness of self and others, manage stress, anxiety, depression and build resilience to cope with difficulties that arise in everyday life. The course aims to help young people have an easier time at school and in life in general. The eight week course curriculum consists of the following; Week 1 - Introduction Session Week 2 - Your Amazing Mind Week 3 - Staying Present & Dropping Anchor Week 4 - Working with Distraction Week 5 - Observing the Undercurrent Week 6 - Attitude of the Observer Week 7 - Self Acceptance Week 8 - Appreciation & A Mindful Life This weekly MBLC-YA course is led by an experienced and BAMBA trained mindfulness meditation teacher and will run for 8 consecutive weeks for one hour per week on ZOOM. Parents will be required to complete a registration form.</p> <p>5. Mindfulness Based Living Course - Young Adults 16-19 years Description: The Mindfulness Based Living Course for teens is designed to help young people learn how to regulate their emotions, increase their awareness of self and others, manage stress, anxiety, depression and build resilience to cope with difficulties that arise in everyday life. The course aims to help young people have an easier time at school and in life in general. The eight week course curriculum consists of the following; Week 1 - Introduction Session Week 2 - Your Amazing Mind Week 3 - Staying Present & Dropping Anchor Week 4 - Working with Distraction Week 5 - Observing the Undercurrent Week 6 - Attitude of the Observer Week 7 - Self Acceptance Week 8 - Appreciation & A Mindful Life This weekly MBLC-YA course is led by an experienced and BAMBA trained mindfulness meditation teacher and will run for 8 consecutive weeks for one hour per week on ZOOM. Parents or young adults will be required to complete a registration form.</p>
<p>Geographic area covered South Glasgow</p>	<p>How can people access the support? Members of the public can contact us directly Referral from partner organisations Referrals accepted via CAMHS</p> <p>If a referral is needed from a partner, who can do this?</p>

	CAMHS Health professionals Third sector organisations supporting adults, children and young people.
	Any other information The support we have listed will be offered at no cost to the community during the isolation phase.

Drumchapel Foodbank	Main Purpose
0141 944 3335	Drumchapel Foodbank is a community organisation run by KCEDG in partnership with Drumchapel L.I.F.E working to support people facing financial crisis.
ryanmcgeady@hotmail.com	
https://www.facebook.com/Drumchapel-Food-Bank-1481838552028461/	
Intended Service Users	
Yes	
Types of Support Offered Food or shopping delivery	Specific Support Around Covid19 We can offer support for people who are already suffering through food poverty during this time. This includes all non perishable foods as well as essentials such as hygiene products and cleaning products
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Referral from partner organisations If a referral is needed from a partner, who can do this? Any
	Any other information

Eastend Youth Carers	Main Purpose
07981 836 494	A Youth Funded Charity in Glasgow Eastend set up to help care for the community in as many ways as possible
Eastendcarers@secretary.net	
www.eastend-youth-carers.ueniwb.com	
@youthcarers	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Reducing social isolation Crisis support	Specific Support Around Covid19 Set up a free support line for anyone to use and talk to our Team about anything to gain advice and support during this difficult time
Geographic area covered North East Glasgow	How can people access the support? Members of the public can call directly If a referral is needed from a partner, who can do this?
	Any other information

Easthall Residents Association	Main Purpose
0141 781 2277/ 07740981785	We offer activities for Children & families, young people, older people & individuals with additional support needs. The Glenburn Centre is a
andy@eraglenburn.org.uk	community facility set in the heart of Easthall, Easterhouse, Glasgow. The
	centre is managed by Easthall Residents Association and delivers a varied
https://www.facebook.com/Easthall-Residents-Association-The-Glenburn-Centre-1392911517678361/	activity schedule aimed at increasing the social, educational and employability
https://twitter.com/ERAGLENBURN	needs of residents of Easthall and wider communities.
Intended Service Users Older people Children and families People with disabilities	
Types of Support Offered Food or shopping delivery Pharmacy pick up	Specific Support Around Covid19 We are offering a meal for vulnerable children/young people within our local communities. We are also in the process of making up emergency essentials packs for individuals & families within our communities. We are happy to support elderly, individual & families that may be self isolating or require support by going for prescriptions, groceries or need checked in on.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can call directly If a referral is needed from a partner, who can do this?
	Any other information G34 9AN

Epilepsy Connections	Main Purpose
0141 248 4125	To provide info, support, training advice for those living with epilepsy, their friends, family, carers and the professionals working with them.
Info@epilepsyconnections.org.uk	
epilepsyconnections.org.uk	
Epilepsy Connections	
@epilepsyconnexn	
Instagram.com/epilepsyconnections	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Crisis support Additional social care support	Specific Support Around Covid19 Regulat telephone calls to most vulnerable service users. Social media contact and support.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this?
	Any other information

Epilepsy Scotland	Main Purpose
0141 427 4911	Epilepsy Scotland works with people living with epilepsy to ensure that their voice is heard. We believe that people living with epilepsy have a right to: be free from stigma and discrimination have access to high quality medical, social, educational, support and information services be valued and included in society determine their own way of life We fight discrimination and stigma experienced by people with epilepsy We influence public policy to achieve best practice for people living with epilepsy We work to ensure that appropriate services and support are available
contact@epilepsyscotland.org.uk	
https://www.epilepsyscotland.org.uk/	
https://www.facebook.com/epilepsyscotland/	
https://twitter.com/epilepsy_scot	
https://www.instagram.com/epilepsyscotland/	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers People with epilepsy or the people who care for them.	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Crisis support	Specific Support Around Covid19 Information, advice and emotional support to people affected by epilepsy.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

FARE Scotland Ltd	Main Purpose
0141 771 9151	To promote the welfare of the inhabitants of Greater Easterhouse and surrounding areas, without distinction of sex, politics or religion, by the provision of facilities for the social education, welfare and recreation of individuals and families.
info@fare-scotland.org	
https://fare-scotland.org/	
https://www.facebook.com/FAREGLASGOW/	
@FARE_Scotland	
Intended Service Users Older people Children and families	
Types of Support Offered Food or shopping delivery Energy cards	Specific Support Around Covid19 Delivering things such as food and toiletries, along with helping with gas & electricity bills.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can call directly If a referral is needed from a partner, who can do this?
	Any other information

Gap Childcare services	Main Purpose
01414240448	out of school care service for vulnerable children and families
gapchildcare@btconnect.com	
www.gapchildcareservices.co.uk	
gap childcare	
@Gapchildcare	
Intended Service Users Children and families	
Types of Support Offered childcare	Specific Support Around Covid19 we will be reopening after 14 days quarantine to provide childcare places for children aged 5-14 who have parents/ carers working in frontline key staff roles
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly we can be contacted on twitter or telephone If a referral is needed from a partner, who can do this?
	Any other information we have been serving the Govanhill community for 26 years and have vast experience of dealing with children. We want to play our part in helping communities come together by offering childcare places to children of key workers

Geeza Break	Main Purpose
0141 573 2900	Providing respite services and family support to families in the East End of Glasgow We also provide a respite service to kinship cares Glasgow city wide
doreen@geezabreak.org.uk	
www.geezabreak.org.uk	
Intended Service Users	
Children and families	
People in crisis	
Types of Support Offered	Specific Support Around Covid19
Lunch for children	During the 2 weeks of Easter we have organised a pack lunch for the children and we have sent out letters to inform the families and asking them to come to the office to pick up the food
Geographic area covered	How can people access the support?
North East Glasgow	Our Families If a referral is needed from a partner, who can do this? Local organisations with in the East End of Glasgow
	Any other information No

Glasgow City Mission	Main Purpose
0141 221 2630	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.
info@glasgowcitymission.com	
https://www.glasgowcitymission.com	
https://www.facebook.com/glasgowcitymission	
@GCMcare	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis	
Types of Support Offered Food parcels / hot meals Reducing social isolation	Specific Support Around Covid19 Handing out take away meals at the door each evening and soup or stew during the day. We are also trying our best to keep in touch with our guests by phone.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can call directly
	If a referral is needed from a partner, who can do this? Any other information

GLASGOW EAST WOMEN'S AID	Main Purpose
0141 781 0230	Support women, CHYP who are or have experienced Domestic Abuse
maureen.bettley@gewa.org.uk / info@gewa.org.uk	
www.gewa.org.uk	
glasgoweastwomensaid@gmail.com	
Intended Service Users Children and families People in crisis any families that are receiving a service from GEWA	
Types of Support Offered Crisis support anyone who is experiencing any form of DA	Specific Support Around Covid19 Telephone support to anyone who is experiencing any form of abuse at this time or historically. Trying to find safe refuge for them if we can and if they are fleeing abuse. If any of the families we work with are struggling to get groceries we have a limited food bank that we are able to give them some items.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? SWD, EDUCATION, POLICE, NHS, OTHER WA.
	Any other information The situation with Covid-19 changes all the time we will try to update service users and other agencies if and when this happens

Glasgow Family Support Partnership	Main Purpose
07545 205843	GFSP supports children and families who are referred to Social Work.
annette.mcconnell@barnardos.org.uk	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Pharmacy pick up Hot meals/ Food Parcels Energy cards Reducing social isolation Financial assistance / benefits advice Crisis support	Specific Support Around Covid19 Supporting local families - offering them advice/support/raising awareness/what they can do
Geographic area covered North East Glasgow	How can people access the support? Families are referred to Duty Team, Social Work and then to GFSP if lower level support is needed If a referral is needed from a partner, who can do this?
	Any other information

Glasgow Life	Main Purpose
08081699901	Assisted digital support to clients looking to make an online applications for Universal Credit.
steven.mctaggart@glasgowlife.org.uk	
Intended Service Users Children and families People with disabilities Unemployed People in crisis	
Types of Support Offered Financial assistance / benefits advice	Specific Support Around Covid19
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this?
	Any other information

Glasgow Southeast Foodbank	Main Purpose
07456 868 628	Helping local people in crisis
admin@glasgowse.foodbank.org.uk	
www.glasgowse.foodbank.org.uk	
@TrusselTrust	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis x	
Types of Support Offered Crisis support	Specific Support Around Covid19 Govanhill centre open
Geographic area covered South Glasgow	How can people access the support? Members of the public can call directly If a referral is needed from a partner, who can do this?
	Any other information

GNWCAB	Main Purpose Advice service for topics such as benefits, debt, housing, employment. We are providing a telephone service for Glasgow North West residents 0141 948 0204 Webchat advice at www.gnwcab.org.uk
0141 948 0204	
Amber.cully@gnwcab.org.uk	
www.gnwcab.org.uk	
Gnwcab	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis	
Types of Support Offered Financial assistance / benefits advice	Specific Support Around Covid19 Telephone Triage, signposting, and call backs from advisers
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Gorbals Youth Cafe	Main Purpose
0141 429 3223	
gorbalsyouthcafe1996@outlook.com	
https://www.facebook.com/waytogo.youthcafe	
Intended Service Users Children and families	
Types of Support Offered Food parcels / hot meals	Specific Support Around Covid19 We are offering a FREE take away lunch for school children in Gorbals area from Monday 23rd March 2020 until we are advised that staff cannot attend work if fit. Monday to friday only from 12noon 2pm at the Way to go Youth Cafe 39 Waddell crt Glasgow, G5 0QA.
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly phone or Facebook If a referral is needed from a partner, who can do this?
	Any other information Yes- G5 0QA

Govan HELP	Main Purpose
0141 445 6481	Support to families with nursery or school age children in the Greater Govan area.
Hello@govanhelpp.org	
Www.govanhelpp.org	
@GovanHELP	
@GovanHELP	
-	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
General support	At present we are providing phone support and can signpost families. Further services will be updated at end of social distancing.
Geographic area covered	How can people access the support?
South Glasgow	Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Govan Youth Information Project	Main Purpose
0141 445 4505	We are a nonprofit 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.
kevin@gyip.org.uk	
www.gyip.org.uk	
https://www.facebook.com/GovanYouthInformationProject/	
https://twitter.com/GYIP1994	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
Food or shopping delivery	With the cancellation of our busiest piece of work (School Holiday Programme) we quickly partnered with some other community agencies to try and meet the food needs of the young people and the wider community. This was possible due to the flexibility in the GCCHFP grant to divert funds in the time frame we could use and how we would spend. Our adjusted grant now has the vast majority attributed to food meaning we can offer 5 weeks of lunches with 100 per lunch 5 days a week which started from Mon 23rd March. The GYIP minibus and The Salvation Army food van will be stationed across Govan at 5 venues for 2 hours each day from 11-1pm offering a selection of hot and cold food. This service will be free of charge but we ask young people & tenants to be respectful and to only ask for what they need. Monday: Howat St, Govan 11am – 1pm Tuesday: Burndyke Square, Govan C 11am – 1pm Wednesday: Govan Cross, Govan 11am – 1pm Thursday: Elizabeth St, Ibrox 11am -1pm Friday: Sumertown Rd St, Govan 11am – 1pm
Geographic area covered	How can people access the support?
South Glasgow	Members of the public can contact us directly If a referral is needed from a partner, who can do this? N/A
	Any other information

	Our free lunches will continue for 5 weeks for 5 days assuming staff are fit and able to do so and Government guidelines permit.
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HIV Scotland	Main Purpose
01315583713	HIV Scotland exists to improve the lives of people living with and at risk of HIV, by providing advice, advocacy, support whilst involving people in the design and delivery of services through policy & engagement projects.
info@hiv.scot	
Www.hiv.scot	
HIV Scotland	
HIVScotland	
HIVScotland	
Intended Service Users Older people People with disabilities	
Types of Support Offered Food or shopping delivery Pharmacy pick up Reducing social isolation Financial assistance / benefits advice Crisis support Helpline	Specific Support Around Covid19 A dedicated HIV/Coronavirus Helpline, 10-6, Monday to Friday - 01315583713 Additional support - delivery of emergency supplies, medication or shopping. Life Coaching - virtual life coaching sessions for people living with HIV to reduce social isolation. A check-in call, for anyone living with HIV who may be self isolating. Run by peers and volunteers.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this?
	Any other information

Jobs & Business Glasgow	Main Purpose
0300 123 2898	We are here to assist unemployed residents of Glasgow to access employability support services, including money advice.
contact@jbg.org.uk	
www.jbg.org.uk	
@Jobsbusinessgla	
@Jobsbusinessgla	
@Jobsbusinessgla	
Intended Service Users Unemployed	
Types of Support Offered Financial assistance / benefits advice Employability	Specific Support Around Covid19 Our Employability Advisers are managing a free telephone support service, providing advice with recruitment applications, CV development, interview techniques and linking with money advice services.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Jordanhill Watch	Main Purpose
	This group is for anyone linked to and invested in the Jordanhill community, safety, events, alerts and whatever you like as long as it is appropriate.
https://www.facebook.com/groups/535343903191446/	
Intended Service Users Yes Community members (access via facebook)	
Types of Support Offered Food or shopping delivery Reducing social isolation	Specific Support Around Covid19 Food, provisions and medications delivery plus social support
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information Around postcode: G13 1TU. Phone call check ins

Licketyspit	Main Purpose
	Licketyspit are early years theatre and play specialists working with children, teachers, families and partners to transform lives, empowering and connecting participants through children's human rights based inclusive drama-led play and food. Licketyspit's Children & Families Network (CFN) nurtures and sustains relationships with and among a community of families in Glasgow & Edinburgh through online engagement, resources and ideas. Our work prioritises disadvantaged children and families.
info@licketyspit.com	
www.licketyspit.com	
/LicketyspitTheatre	
@Licketytweet	
Intended Service Users Children and families We think there would be a value in also connecting this work with older people who can access the internet to combat social isolation and anxiety.	
Types of Support Offered Reducing social isolation supporting home learning, play and family health and wellbeing.	Specific Support Around Covid19 Licketyspit will deliver a framework of quality online engagement for/with families with children under-twelve. Though rooted in dialogue/provision for our currently 800 member families, Licketyspit's Children & Families Network (CFN) is open to all. Many CFN families are EAL including refugees. The majority live in SIMD 1 & 2 in Glasgow. We will also be supporting our Storyplay Schools (Storyplay supports schools addressing poverty associated attainment gap to foster a children's human rights based language-rich culture across a whole school community.) with online engagement/creative learning resources. Licketyspit's high quality resources can potentially be shared Glasgow-wide to support distance learning, health & well-being. We are seeking funds to enable us to offer Licketyspit Playcard sets, children's books and art materials to disadvantaged families via food banks/partners.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Scottish Refugee Council;
	Any other information

Lifelink	Main Purpose
	For over 27 years we have supported adults and young people to make positive changes in their lives, realise their own abilities to cope with stress and develop ways of overcoming mental illnesses such as anxiety and depression. We believe everyone is unique and our aim is for every person we work with to become happier and healthier, wherever they live, work or learn.
info@lifelink.org.uk	
https://www.lifelink.org.uk/	
https://www.facebook.com/LifelinkScotland/	
https://twitter.com/LifelinkGlasgow	
Intended Service Users Older people Children and families People with disabilities Unemployed Unpaid carers We can only provide services to individuals with a Glasgow postcode.	
Types of Support Offered Reducing social isolation Mental Health support	Specific Support Around Covid19 We have switched our in person one-to-one counselling service to a digital service where we conduct counselling via telephone or video.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information

Merry-Go-Round Glasgow	Main Purpose
0141 423 2299	We are a social enterprise and registered charity. Our aims are threefold; to save families money by stocking great children’s goods at low prices, to support families in need with free goods and to provide a supportive space and events programme for families.
community@merrygoroundglasgow.co.uk	
www.merrygoroundglasgow.co.uk	
https://m.facebook.com/merrygoroundglasgow/	
Intended Service Users Children and families	
Types of Support Offered Reducing social isolation	Specific Support Around Covid19 We are moving all parenting support classes online via group video platform zoom. We hope this will help to aid feeling of isolation during this time, daily links can be found via our facebook page. Updated information will be made available soon surrounding the immediate future of our free baby/ toddler starter packs.
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information

MindtheMen	Main Purpose
07534512339	MindtheMen is a suicide prevention peer support group. We provide a safe platform for men (18+) to meet, talk about their challenges, be listened to and feel supported. With 75% of suicides being men our aim is to reduce male suicide. We have 2 club locations in Glasgow at the West of Scotland cricket club in Partick and the Springburn Community Hub, Springburn shopping centre. The clubs (normally) meet every Monday night 7pm - 9pm.
mindthemen@gmail.com	
www.mindthemen.co.uk	
https://www.facebook.com/mindthemen/	
https://twitter.com/mindthemen?s=09	
@mindthemen	
Intended Service Users People in crisis Men 18+ who are facing challenges, struggling with poor mental health and have suicidal thoughts.	
Types of Support Offered Reducing social isolation A safe place for men 18+ to talk, be listened to and feel supported amongst other peers.	Specific Support Around Covid19 As Covid19 prevents our clubs meeting up face to face we have taken the step to allow our club members (and new members) to meet and talk using the online conferencing platform, Zoom. MindtheMen have purchased a licence allowing up to 100 men to meet and are trying to make the experience as similar to our popular Monday night face to face meetings. We ask 6 questions (one at a time) allowing each man to respond individually. When someone is speaking all other present listen without interruption. At the end of the meeting there will be a short mindfulness session.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly email us at mindthemen@gmail.com or visit our website www.mindthemen.co.uk services are free and do not require a referral. If a referral is needed from a partner, who can do this?
	Any other information Once this crisis is over we will return to face to face meetings and ongoing social activities.

National Autistic Society	Main Purpose
0141 221 8090	Our branch of NAS offers services for autistic people and their families that tackle social isolation. We do this through the provision of social groups, coffee clubs, mentoring and delivery of information, advice and signposting services.
emma.hill@nas.org.uk	
http://www.autism.co.uk	
@EmmaOHill	
Intended Service Users People with disabilities	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Crisis support	Specific Support Around Covid19 We are moving our services online so autistic people can access digital social groups i.e. through Microsoft Teams.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information

New Rhythms for Glasgow	Main Purpose
07720625789	We are a creative arts charity who believe in the healing power of the creative arts. Our aim is to lift spirits, educate, upskill, connect and energise.
kirsteen@nrfg.org.uk	
www.nrfg.org.uk	
https://www.facebook.com/newrhythms/	
https://twitter.com/NewRhythms0	
Intended Service Users	
Children and families	
Young People and Adults	
Types of Support Offered	Specific Support Around Covid19
Reducing social isolation	We are in the process of developing online tutorials and forums around music, movement and art. This is to ensure our community members are still connected, educated and engaged.
Online tutorials in music and art	
Geographic area covered	How can people access the support?
North East Glasgow	
North West Glasgow	
South Glasgow	If a referral is needed from a partner, who can do this?
	Any other information
	Based at G21 3AE

North United Communities- Nu Me	Main Purpose
	Funded by Scottish Government and the European Social Fund, 'Nu Me' is a well-being course aimed at all adults in North Glasgow. With hearty soups, learning and laughter included, come along to improve your health, resilience and well-being!
Sara@nucommunities.org	
http://www.nuonline.co.uk/?fbclid=IwAR18Zlo4KcWwf-yTiICHE777rJHQURJI-3BSqGgO03x8HvrQZQIXM5JZkdE	
https://www.facebook.com/nucnume/	
Intended Service Users Children and families	
Types of Support Offered Yes emotional support, online learning and virtual meetings, check ins	Specific Support Around Covid19 Emotional support, tools and check ins daily to see how people are doing, connection, online learning, virtual meetings, 1:1 support via telephone, chat and face time. Motivation support to look after wellness.
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information G20 9NF

Occasions Creche	Main Purpose
07974645011	Out reach childcare services delivered on location on a sessional or ongoing basis for children aged 3 months 16 years.
info@mobilecrechescotland.co.uk	
www.mobilecrechescotland.co.uk	
Occasions Mobile Creche	
Intended Service Users Children and families People with disabilities People in crisis	
Types of Support Offered Additional social care support Pop up childcare	Specific Support Around Covid19 None at present, however have availability.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Contract by commission If a referral is needed from a partner, who can do this?
	Any other information

Parentline	Main Purpose
	Children 1st is Scotland’s National Children’s Charity. Some children have little to smile about. We’re determined to give them reasons to. We help
parentlinescotland@children1st.org.uk	Scotland’s families to put children first, with practical advice and with support
https://www.children1st.org.uk/parentline	in difficult times. And when the worst happens, we support survivors of
https://www.facebook.com/children1st	abuse, neglect, and other traumatic events in childhood, to recover. We
https://twitter.com/children1st	help Scotland’s communities to play their part in looking-out for and
https://www.instagram.com/children1st/	protecting children. We listen to Scotland’s children and families. And when
Intended Service Users Children and families	government or society fails to hear them or respect their rights, we speak out.
Types of Support Offered Reducing social isolation It’s a very worrying time right now, and while it’s important to have honest conversations with children, it’s also important to try and keep calm and manage our own fears when talking to them to help them to feel safe. Children will be anxious and concer	Specific Support Around Covid19 Parentline can offer advice and support to families worried about how to cope with a long period together in a small space, how to keep their children busy; facing financial uncertainties or uncertain about how to balance work and childcare. As well as providing one to one family support through webchat, email, or by phone on 08000 28 22 33, Children 1st’s Parentline service has started providing specific tips and advice for all families on its webpages: children1st.org.uk/parentline
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Scotland-wide Parentline service is offered by phone, online and email service. If a referral is needed from a partner, who can do this?
	Any other information

PEEK-Possibilities for Each and Every Kid	Main Purpose
0141 554 3068	Improving the life chances of children and young people by enhancing their confidence, social skills, independence and resilience by enabling them to broaden their learning experiences and journeys through a supported process of encouraging participation in outdoor free play and creative learning.
info@peekproject.co.uk	
http://www.peekproject.org.uk/	
https://www.facebook.com/thepeekproject/	
@PEEK_project_	
https://uk.linkedin.com/in/peekproject	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Food parcels / hot meals X – Delivering hygiene hampers	Specific Support Around Covid19 Delivering food and hygiene hampers in our mobile food truck PEEK-A-CHEW to support as many children, young people and families as possible amidst the Coronavirus outbreak
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information

Possibilities	Main Purpose
0141 336 3562	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.
mfyfe@possibilities.org.uk	
www.possibilities.org.uk	
https://www.facebook.com/possibilities/	
https://twitter.com/possibilities	
Intended Service Users Older people Children and families People with disabilities	
Types of Support Offered Food parcels / hot meals Laundry service	Specific Support Around Covid19 Hot meal delivery service and a laundry service. Check on well-being.
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly online referral form If a referral is needed from a partner, who can do this?
	Any other information es- Around postcode: G22 5ST

Potential in Me CIC	Main Purpose
07740461926	We are a team of life coaches who support young people and the adults in their lives through coaching and workshops.
scott@potentialin.me	
www.potentialin.me	
https://www.facebook.com/PotentialInMeCIC/	
@potentialin_me	
@potentialinmecic	
Intended Service Users Children and families	
Types of Support Offered Reducing social isolation Helping parents and carers through this challenging time.	Specific Support Around Covid19 We are looking to deliver an online version of our Connected Families programme. The online version would be for parents/carers with children aged 8yrs plus. More details here https://potentialin.me/families-online/
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Kings Park secondary school, Holyrood secondary school
	Any other information We were originally delivering the programme in person at Holyrood Secondary school through area partnership funding. We have asked the council if we can deliver it online instead but have not heard back other than to ask some questions around costings. We are unsure whether to go ahead now and the deadline for completion is 31st March.

Royston Youth Action	Main Purpose
0141 572 0974	To provide a wide range of social, education, physical and emotional wellbeing activities to children, young people and families in Royston and the surrounding areas of north east Glasgow.
Info@roystonyouthaction.co.uk	
Www.roystonyouthaction.co.uk	
Royston youth action	
@RYA_YOUTHCLUB	
@ryayouthproject	
Intended Service Users Older people Children and families	
Types of Support Offered Food or shopping delivery Energy cards Reducing social isolation Financial assistance / benefits advice Crisis support Additional social care support	Specific Support Around Covid19 Providing food parcels and vouchers to families in need and the elderly in the community. Providing fuel poverty relief payments. Providing sanitary and toiletry products. Providing care and activity packs for children and young people. Offering a telephone service for those needing support. Posting daily updates on social media including videos and activities etc to keep I touch with our children and young people.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Local schools and social work referrals.
	Any other information

SAMH's Let's TALK Project	Main Purpose
	The Scottish Association for Mental Health's Let's TALK Project aims to help communities across Glasgow and Lanarkshire with mental wellbeing during these unprecedented and testing times.
Emma.Straughan@samh.org.uk	
www.samh.org.uk/coronavirus	
@SAMHmentalhealth	
@SAMHtweets	
@samhscotland	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers Partners organisations looking for help and support for staff, volunteers, members and service users	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Crisis support Additional social care support Signposting to self-care resources	Specific Support Around Covid19 Let's TALK uses the 5 Ways to Wellbeing to promote recovery and self-care by Being Active, Connecting, Taking Notice, Learning and Giving. There is the opportunity to share lots of useful hints and tips online to help yourself and those around you.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Social media channels If a referral is needed from a partner, who can do this?
	Any other information

St George's & St Peter's Community Association	Main Purpose Working with the elderly
07800647894	
stgsstps@aol.com	
The daffodil club	
Intended Service Users Older people	
Types of Support Offered Food or shopping delivery Pharmacy pick up Reducing social isolation	Specific Support Around Covid19 Daily phone call. Going shopping
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations self referrals If a referral is needed from a partner, who can do this? Social work. Third sector organisations
	Any other information We have closed down our centre based work. Staff and volunteers are still available for support.

St Paul's Youth Forum	Main Purpose
0141 770 8559	St. Paul's Youth Forum is a collection of youth focused programmes based in Provanmill in the North East part of Glasgow. Our programmes provide young people between the ages of 0-25 with opportunities to learn, develop, and interact in a safe and fun environment.
joe@stpaulsyouthforum.co.uk	
https://stpaulsyouthforum.co.uk/	
https://www.facebook.com/stpaulsyf/	
@StPaulsYF	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Food parcels / hot meals	Specific Support Around Covid19 Every weekday we're taking fresh rolls, soup and fruit to vulnerable children and others in Blackhill/Provanmill.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information

St. Paul's Youth Forum	Main Purpose
0141 770 8550	Alleviating the worst effects of poverty for the Blackhill/ Provanmill area.
neil@stpaulsyouthforum.co.uk	Providing Diversionary Youth Activities, Growing and Food Project, Bolt FM
www.stpaulsyouthforum.co.uk	Youth Radio Station, On Bikes cycle hubs.
@stpaulsyf	
@stpaulsyf	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Food or shopping delivery Reducing social isolation	Specific Support Around Covid19 We are delivering food packages to the Blackhill/ Provanmill area on a Monday only. These will be made up of fruit and veg from our veg barra, and a range of supplies made up from our Fair Share delivery. Every week day we will also be preparing lunch of soup, roll and fruit for pupils who would normally receive free school meals, vulnerable adults and people who are medically self-isolating. Through our online youth groups we are providing over sessions to young people 14 hrs a week, reducing social isolating and assisting in young peoples mental health.
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information No food pick up from our base, contact us and we'll drop it off outside your home to ensure the safety of our staff.

Stepdown Services	Main Purpose
0141 762 4523	Stepdown support young people and their families both in a cottage setting, carer's setting and the community support. We deal with some of the hard to
kevin.miller@stepdown.org.uk	place young people with complex needs. Stepdown community service is a
www.stepdown.org.uk	place that provides care and support for the young people that come to the
N/A	service. It also does fostering services. It has several cottages throughout the
N/A	Glasgow and surrounding area. Stepdown was set up to provide care and
n/A	support services for children, young people and families. Young people can
Intended Service Users Children and families People in crisis Continua's care leavers	live with Stepdown and receive intensive support in small Stepdown Cottages or within the family homes of Stepdown Carers. This service is an alternative to Secure Accommodation
Types of Support Offered Reducing social isolation Crisis support	Specific Support Around Covid19 Where young people who have come through the service we are offering outreach and in particular those that have been required to self isolate or indeed are suffering with their mental health due to anxiety and loneliness.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Referral from partner organisations If a referral is needed from a partner, who can do this? Local Authorities
	Any other information

Stepping Stones for Families	Main Purpose
0141-849-6333	To provide support and advice to help families with young children tackle the effects of poverty and inequalities. To support communities to build resilience / wellbeing to create places where children can grow up feeling valued and respected for who they are and who they aspire to be.
isobel@ssff.org.uk	
www.ssff.org.uk	
f/steppingstonesforfamilies	
@SSfF_Scotland	
n/a	
Intended Service Users Children and families People in crisis	
Types of Support Offered Food or shopping delivery Hot meals Reducing social isolation Financial assistance / benefits advice Crisis support Additional social care support Childcare 0-5yrs and out of school care	Specific Support Around Covid19 Childcare & Out of School Care to sustain people on low pay in employment and to sustain other key workers in employment in collaboration with Glasgow Early Years/Education services. Providing food bags to vulnerable families in the communities while the schools/nurseries are closed. We have changed our parent support services from a mix of groupwork/training and 1-1 to mainly 1-1 support and counselling with small scale family play sessions to minimise loneliness & isolation for those families who do not have coronavirus and are self-isolating. Family support in primary schools (PEF) Providing information to Asylum seeking/migrant families with information on COVID19 in their own language (21 languages circulated plus another 12 to be circulated). Plus making our teams working in the communities flexible to respond to the needs that arise.
Geographic area covered North East Glasgow North West Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Social Work; Health Visitors; Education services-nurseries/primary schools; various Third Sector organisations; Housing Associations/Co-operatives;
	Any other information

	<p>We have teams working in communities who can work flexibly. If we had additional resources we could reach more families to provide support/friendship/food/and various household items/childcare etc.</p>
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The Senior Centre	Main Purpose
01416343834	To prevent loneliness and isolation of older adults within Castlemilk and surrounding areas. Promoting inclusion - health improvement - wellbeing.
melanie@theseniorcentre.co.uk	
Www.theseniorcentre.co.uk	
Www.facebook/theseniorcentre	
Www.twitter/theseniorcentre	
Intended Service Users Older people	
Types of Support Offered Food or shopping delivery Pharmacy pick up Hot meals Reducing social isolation	Specific Support Around Covid19 Home support Telephone contact Meal prep and delivery Grocery / medicine / bank collectuon & delivery Community info updates
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information We have 400+ members we are currently supporting. Funding is an issue. We are awaiting application decisions.

THE SIKH FOOD BANK	Main Purpose
	<p>The Sikh Food Bank was launched in March 2020 as an emergency response to the Coronavirus Pandemic to support families, elderly and those in need.</p>
sikhsinscotland@outlook.com	<p>The initiative was launched by Sikhs in Scotland (a registered charity), in partnership with the Mel-Milaap Centre.</p>
www.sikhsinscotland.com	
www.facebook.com/thesikhfoodbank	
@SikhsinScotland	
@SikhsinScotland	
Intended Service Users Older people Children and families People with disabilities People in crisis	
Types of Support Offered Food or shopping delivery Hot meals/ Food Parcels Reducing social isolation Crisis support Chaplaincy and cultural support	Specific Support Around Covid19 We provide deliveries of food parcels and essential items. We provide a friendly call and check-in service in English, Panjabi, Hindi and Urdu.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Any partners can refer to our service
	Any other information This is a free service, donations welcome

The Space	Main Purpose
	We support families facing intense poverty to enable them to transform their own lives, access appropriate services and actively participate in the social transformation of their community. Our aim is for families to live flourishing lives in thriving communities.
admin@spaceglasgow.org.uk	
www.spaceglasgow.org.uk	
@spacegoanhill	
@thespace_ghill	
Intended Service Users Children and families People in crisis Everyone is welcome to benefit from support	
Types of Support Offered Food or shopping delivery Reducing social isolation Crisis support	Specific Support Around Covid19 Emergency Food Emergency Resources Crisis Support
Geographic area covered South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Glasgow South East Foodbank
	Any other information Our service will be reviewed each week and if necessary daily in order to comply with public health requirements.

The Spark Counselling	Main Purpose
08088020050	Counselling services for adults, families, children and young people (telephone and online) Mental health and wellbeing resources for parents, individuals and couples dealing with challenging life issues. Counselling services for
appointments@thespark.org.uk	Primary and Secondary pupils in conjunction with their school. Free
https://www.thespark.org.uk	Relationship Helpline offering support for relationship issues - 0808 802 2088.
https://www.facebook.com/TheSparkCounselling	
https://twitter.com/SparkScotland	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Reducing social isolation Crisis support Mental health support.	Specific Support Around Covid19 We are continuing to offer counselling for adults, families, children and young people via telephone and online appointments. This will continue during the Covid19 breakout in Scotland. We are also maintaining the free Relationship Helpline (0808 802 2088) for support with relationship problems during the outbreak. As of 30 March 2020 we will increase our hours of operation for this service. We will continue to update our website with mental health advice to support wellbeing of adults, children and young people during the Covid19 outbreak, direct from our counsellors.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information The Spark will never refuse access to any of our services for financial reasons.

The urban fox programme	Main Purpose
07795948751	We provide youth activity programs to young people in glasgow northeast
Debbie@urban-fox.org	
Www.urban-fox.org	
@ theurbanfoxprogramme	
@the-urban_fox_club	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Arts packs and mini bus that can be used	Specific Support Around Covid19 We are offering support to young people and families in the Parkhead Carmyle and castlemilk area .
Geographic area covered North East Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information We will help to direct local people to partner services and also hand a mini bus if people need transport

The Wee Face Foundation	Main Purpose
	Our main purpose is offering support to family and friends (wider network) of anyone receiving treatment or recovering from ill health. Via a variety of recreational platforms.
Hello@weeface.co.uk	
www.weeface.co.uk	
@theweeface	
@theweeface	
@theweeface	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Food or shopping delivery Pharmacy pick up Reducing social isolation	Specific Support Around Covid19 We have tried to offer our availability in terms of supporting anyone in need. Food collection/drop off. Medication/prescription collection/drop off. Using our charitable funds we have provided food banks with essential products too. We would also be more than happy to offer a telephone service to those struggling emotionally during a difficult time.
Geographic area covered North West Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? The Beatson Cancer Charity. We have worked with previously. However, we would accept referrals from any other relevant organisation.
	Any other information

theGKexperience	Main Purpose
07971600230	theGKexperience is a youth work charity that works alongside children, young people and their families living in some of the 5-10% most disadvantaged neighbourhoods in Glasgow. We believe that all young people are brilliant and all deserve the same opportunities to succeed. Through residential experiences, local community work, one to one tailored support and a young leaders programme, we focus on long-term relationships and building trust in order to make a real positive difference to the life chances of these brilliant but under-appreciated and stigmatised communities.
john.kewley@thegkexperience.org.uk	
www.thegkexperience.org.uk	
@thegkexperience	
@GK_experience	
@thegkexperience	
Intended Service Users Older people Children and families People in crisis Although officially our intended service users are Children and families, our work with kinship carers means a focus on older people too. We will also be supporting people in partnership with others across all the categories you list in order to ensure e	
Types of Support Offered Food or shopping delivery Pharmacy pick up Energy cards Reducing social isolation At the moment we don't have the available funding to provide financial assistance, however we are hoping that with applications we are submitting regarding this response, we might be able to do so a month or so time.	Specific Support Around Covid19 We are checking in with all families we work alongside across Glasgow to see how they are and what support needs they have. We are looking to partner with other organisations in order to help deliver support to these families. Specific concerns emerging include: money for and access to food, fuel poverty, access to internet for online school resources and social contact, kinship carers who fall into high risk category and can not leave house needing to look after children/young people 24/7 for min next 3 months. We are offering to deliver food and prescriptions where needed, find funding to help families with fuel poverty and campaign and discover ways in which families can access internet at a low cost or free. We will also be running regular online activities, e.g. drop in cafe, fun daily challenges, quiz nights, storytime and more as ideas and suggestions are put forward.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Currently we are working to support the children, young people, families that we regularly work alongside. At the moment, we are still gathering information about what support is needed. If we have capacity to support people outside of our existing service users then we will make this known.

	If a referral is needed from a partner, who can do this?
	Any other information This is an evolving situation which will require the ability to respond to any changes - charities working as never been as important in order to deliver a breadth and depth of support to those who need it most.

Thrive Approach	Main Purpose
01392 797555	A leading provider of support for children and young people's social and emotional development. Supporting the development of confident, curious, creative and capable children and young people.
enquiries@thriveapproach.com	
www.thriveapproach.com	
https://www.facebook.com/ThriveApproach/	
https://twitter.com/ThriveApproach/	
https://www.instagram.com/thriveapproach/?hl=en	
Intended Service Users	
Children and families	
All families and people working with children and young people	
Types of Support Offered	Specific Support Around Covid19
Online through social media	We are dedicated to supporting everyone in the community with Thrive Approach strategies and activities that will help adults support the social and emotional well-being of children and young people. We have created a public Facebook page, 'The Thrive Approach - supporting the community to weather the storm' , this includes free and downloadable resources in the FILES section and regular updates.
Geographic area covered	How can people access the support?
North East Glasgow	Members of the public can contact us directly
North West Glasgow	https://www.facebook.com/groups/145621073473221/
South Glasgow	If a referral is needed from a partner, who can do this?
	Any other information

Thriving Survivors	Main Purpose
07577632809	
info@thrivingsurvivors.co.uk	
www.thrivingsurvivors.co.uk	
@thrivingsurvivors	
@survive2thrive1	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
Types of Support Offered Crisis support	Specific Support Around Covid19 Throughout this outbreak and such uncertain times we are offering a weekly telephone call for anyone who needs it. This support will be for 30 minutes per week and is completely free of charge. We have limited availability as spaces are now filling up very quickly.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? We have a range of partners such as the DWP, NHS and local support services.
	Any other information

Venture Scotland	Main Purpose
	Venture Scotland deliver a long term personal development based in the outdoors for young people aged 16-30 to help them understand, maintain and improve their mental health.
david.brackenridge@venturescotland.org.uk	
www.venturescotland.org.uk	
Intended Service Users Children and families Unemployed Young people struggling with their mental health	
Types of Support Offered Reducing social isolation	Specific Support Around Covid19 We have had to close down all our face to face group work and 1-2-1's. We are currently working to develop virtual means to support the young people we work with and our part participants.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Volunteer Glasgow Befriending and Mentoring Services	Main Purpose to provide social support to people who are experiencing difficulty
0141 226 2571	
jean.inglis@volunteerglasgow.org	
www.volunteerglasgow.org	
vgbfriendmentor	
Intended Service Users Older people Children and families	
Types of Support Offered Food or shopping delivery Reducing social isolation	Specific Support Around Covid19 telephone contact with people who would normally have a volunteer visiting shopping delivery to families
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Referral from partner organisations we are currently trying to ensure that our volunteers can appropriately support people outwith their usual befriending/mentoring match If a referral is needed from a partner, who can do this?
	Any other information

Weekday Wow Factor	Main Purpose
07717732542	Enhance health & wellbeing reduce loneliness, health inequalities and ageism
weekdaywowfactor@gmail.com	
WeekdaywowFactor.com	
Weekday Wow Factor	
@weekdaywowfacto	
Weekday wow Factor	
Intended Service Users Older people	
Types of Support Offered Reducing social isolation Enhance physical and mental health and wellbeing	Specific Support Around Covid19 Virtual Daytime disco for 50+
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly If a referral is needed from a partner, who can do this?
	Any other information Open to adults of all ages and abilities in Greater Glasgow or beyond. Virtual Daytime disco Every Monday 11am via Skype. We can walk through setting up Skype via a phone call. Many of us are new to Skype so can have a laugh as we learn together !

Wellbeing Scotland	Main Purpose
01324 630100	To support people whose adverse life circumstances have had an impact on their wellbeing offering counselling, advocacy, groups, art and play therapy.
info@wellbeing scotland.org	We also offer training to organisations on wellbeing ,self care, ACEs and childhood abuse.
www.wellbeingscotland'org	
https://www.facebook.com/WellbeingScotland/	
https://twitter.com/wellbeingscot	
https://www.instagram.com/wellbeingscotland/?hl=en	
Intended Service Users Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers Anyone impacted	
Types of Support Offered Reducing social isolation Financial assistance / benefits advice Stress and mental wellbeing support	Specific Support Around Covid19 We are offering specialist helplines to people of all ages to offer telephone counselling, advice and support. We will support people with practical support as well as wellbeing support by advocating for them.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this? Any
	Any other information People can call our helplines, text or email Helplines are 01324 630100 or 07912759655 For people who are abuse survivors 08001216027

Well-Fed Scotland	Main Purpose
0141 954 2006	Well-Fed is proud to be a community led organisation where the needs of the
enquiries@well-fedscotland.org.uk	community are identified by the community and the actions taken by the
http://www.well-fedscotland.org.uk/	organisation are guided by our very own community advisors board.
https://www.facebook.com/wellfedscotlandcic/	
@WellFedScotland	
Intended Service Users Older people Children and families People with disabilities	
Types of Support Offered Food or shopping delivery Food parcels / hot meals	Specific Support Around Covid19 Distributing meals and food packages to vulnerable groups with priority in G3, G11, G12, G13, G14, G15 postcodes due to demand but we will do our best to accommodate requests from other areas.
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

Wing Hong Chinese Elderly Group	Main Purpose
	Wing Hong exists to promote equal opportunities for the Chinese elders in accessing various social, health, welfare and housing services. The purpose of Wing Hong is to improve the health and well-being of the Chinese elderly who live in the Glasgow area. The objectives are to enhance the quality of service users' life by reducing loneliness and isolation, maintaining and improving their independence. The Centre also promotes healthy lifestyle choices and raising awareness of the needs of the Chinese elderly.
amy.winghongcentre@yahoo.com	
https://winghong.org/	
https://www.facebook.com/Wing-Hong-Chinese-Elderly-Centre-Glasgow-243861146176556/?ref=br_rs	
Intended Service Users	
Older people	
Types of Support Offered	Specific Support Around Covid19
Pharmacy pick up	Providing support to vulnerable Chinese Elderly -kept close in touch with our service users by telephone/video calls and what's app message -keeping them updated with the latest information of the coronavirus, and continuing to remind them of the importance of maintaining good personal hygiene; - pick up prescriptions and medicines delivery; - check their situations and wellbeing; - check if they have enough supply of foods and essential consumables; - provide financial support if they are short of cash; -we keep in touch with the carers or relatives of those vulnerable members for monitoring the wellbeing of the elderly.
Reducing social isolation	
Geographic area covered	How can people access the support?
North West Glasgow	Members of the public can contact us directly
	If a referral is needed from a partner, who can do this?
	Any other information

With Kids	Main Purpose
0141 550 5770	We are a community based mental health charity for children and families experiencing adversity. We offer support primarily through play therapy in our partner schools and through individual parent work and family groups in schools and local community. We have office bases in East end of Glasgow and in Wester Hailes in Edinburgh, though support a smaller number of additional schools in West Lothian and around both cities.
g.galbraith@withkids.org.uk	
www.withkids.org.uk	
With Kids	
@withkidsscot	
Intended Service Users Children and families	
Types of Support Offered Food or shopping delivery Reducing social isolation Emotional and mental health support to families throughout time of school closures	Specific Support Around Covid19 We aim to continue working in our partner schools who are offering support to vulnerable children following school closures. Whilst possible we are continuing to run our family support services by meeting individual parents. We will be developing digital resources such as keep fit classes, cookery events etc which will mimic the parent/family support we currently offer. We will also develop a range of digital resources/activities that help parents and children to connect playfully throughout this difficult time. We will maintain phone, facetime contact with children and parents and develop resources whose aim is to support mental health of parents and children alike. We are hoping to support families with food parcels and resource packs and may or may not need to seek additional funding to develop this further. In Wester Hailes we are partner services with the Health Agency and will be delivering community support in tandem with them in the form of food parcels and practical support.
Geographic area covered North East Glasgow	How can people access the support? Currently we don't have capacity to take on additional referrals. We are however happy to collaborate with other organisations to provide required support. If a referral is needed from a partner, who can do this?

	<p>In ordinary times we take referrals from the schools we are based in. Where funding exists we are able to take referrals from social work, cahms, health visitors, parents etc. Our staff are currently at capacity.</p>
	<p>Any other information As time goes on and we have developed our digital resources it is very likely that we will have capacity to support other children/families or other organisations. We are happy to collaborate.</p>

Women's Support Project	Main Purpose
01414180748 / 07918053322	The Women's Support Project is a feminist voluntary organisation, recognised as a Scottish Charity. The Project works to raise awareness of the extent, causes and effect of male violence against women, and for improved services for those affected.
enquiries@womenssupportproject.org.uk	
www.womenssupportproject.org.uk	
https://www.facebook.com/Womens-Support-Project-117243951779/	
Intended Service Users Yes	
Types of Support Offered Additional social care support Yes	Specific Support Around Covid19 Befriending / regular check in by telephone, text or What'sAp, including support by women volunteers in community languages, incl Arabic. Information and support around male violence/ how to access services and legal advice Advocacy to access vital services, including food
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Yes- Email to enquiries@womenssupportproject.org.uk or call Sabine 07718493185 (Monday to Wednesday) or Samira 07718493182 (Mon, Weds, Fri) Please note that staff in this project do not work full time so for workers making enquiries an email may get a quicker response If a referral is needed from a partner, who can do this?
	Any other information

Young People's Futures	Main Purpose
0141 336 8883 call 0141 237 8440	We aim to excel in providing children and young people's services in North Glasgow.
ann@youngpeoplesfutures.org.uk	
WWW.YOUNGPEOPLESFUTURES.ORG.UK	
https://www.facebook.com/YPFutures/	
Intended Service Users	
Children and families	
Types of Support Offered	Specific Support Around Covid19
	We are able to provide an emergency food parcel, within the Possilpark area we are able to call people and have a chat to ensure they are safe and well.
Geographic area covered	How can people access the support?
North West Glasgow	If a referral is needed from a partner, who can do this?
	Any other information
	Yes- Possilpark

Youth Community Support Agency	Main Purpose
07842 79418	YCSA has provided dedicated support, focused on empowering black and minority ethnic young people and their families for over 25 years.
enquiries@ycca.org.uk	
www.ycca.org.uk	
https://www.facebook.com/YCSAGlasgow/	
@YCSA_Youth	
ycca_youth	
Intended Service Users Children and families People in crisis Yes, BME Young people and families	
Types of Support Offered Reducing social isolation Counselling and wellbeing	Specific Support Around Covid19 YCSA is operating a tele-counselling service, for young people from black and ethnic minority backgrounds and their parents and carers. Young people and their carers can self-refer to the counselling line by calling or texting 07842 79418, or sending an email to Shameemraza@ycca.org.uk
Geographic area covered North East Glasgow North West Glasgow South Glasgow	How can people access the support? Members of the public can contact us directly Referral from partner organisations If a referral is needed from a partner, who can do this?
	Any other information