Kirkriggs Primary School



Family Support and Information (Expanded)

**Support Services and Information**

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**Family Support Services**

**Children 1st – Family Support Service**

Website: Children1st.org.uk

Contact: Kirsteen Montgomery (Head of Service)

Local Tel: 0141 419 1150

National Tel: 08000282233

Emails: glasgowproject@children1st.org.uk

 Kirsteen.Montgomery@children1st.org.uk

Unit 70, Pollok Civic Realm, 27 Cowglen Rd, Pollok, Glasgow G53 6EW

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

People can self-refer.

**Aberlour family support service**

Aberlour.org.uk

Southside House 1st Floor

135 Fifty Pitches Road

Glasgow

G51 4EB

Email: glasgowfamilysupport@aberlour.org.uk

Tel: 0141 260 9180

This citywide service works on a one to one basis and in groups in a variety of community, school and home settings. Supporting families at home by providing emotional, practical and therapeutic support to women and children who are or have experienced Domestic Abuse. Supporting children and young people in their community who are being missed by other services, by meeting them on their territory – the streets. We offer youth clubs, planned activities, residential trips and issues- based workshops delivered in schools and clubs. We work in partnership with other agencies to support young people access opportunities which meet their needs including employment. We have Family support workers who will work with young people and their families to strengthen family relationships and stability for young people.

**Barnardo’s Apna project**

https://www.barnardos.org.uk/get-support/services/apna-home-care

70 Coplaw Street

Glasgow

G42 7JG

Email: apnaproject@barnardos.org.uk

Tel: 0141 423 9225 70

This project offers a wide range of support services to families who have special needs children and young people aged 0 to 25 living in the City of Glasgow. Our aim is to enhance the quality of life for a significant number of children and young people. Our project helps ensure that disabled children and young people have the opportunity to take part in social and leisure activities. The project provides home care services, after school club, school holiday play schemes and a club for 19 years and older. The service is provided citywide.

**Carnwadric WIN Project**

<https://carnwadricwinproject.com/>

[Address](https://www.google.com/search?safe=active&sca_esv=563020551&rlz=1C1GCEB_enGB993GB994&q=carnwadric+win+project+address&ludocid=10960780550625335451&sa=X&ved=2ahUKEwianuKg0JWBAxXAS0EAHdNeCEAQ6BN6BAg9EAI): 556 Boydstone Rd, Thornliebank, Glasgow G46 8HP

Contact: Dawn Barrett

Email: info@carnwadricwin.org

Tel: 0141 370 2140

Open Mon 9.30-5.00pm

 Tues 9.30-5.00pm

 Wed 9.30-1.30pm

This project serves the communities of Arden, Carnwadric, Kennishead and Regent’s Park in South-West Glasgow by providing the services of a Family Worker to listen, sign-post, visit and support local families.

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

**DIFFERabled Scotland**

[**https://www.differabledscotland.co.uk/**](https://www.differabledscotland.co.uk/)

S4 Flemington House

110 Flemington St

Glasgow

G21 4TD

Tel: 0141 558 0448

Email: differabledscotland@gmail.com

Operating since 2014. They provide Peer support to Parents/Carers of children, Young people or adults with Additional Support Needs (Autism, ADHD, Dyslexia & Dyspraxia). Our Projects fall into four categories: • Mutual & Peer Support (coming together) • Self Advocacy & Empowerment (Accurate Information to inform & create change) • Training & Development for Professionals (Bringing together specialists to share & improve experiences) • Policy Development & Change (Our collective shared experiences will give us the knowledge to influence & create change) Our Values are to promote Inclusion and Equality with an 'All means All' approach

**Geeza Break**

**www.geezabreak.org.uk/**

Contact: Doreen Paterson

Email: doreen@geezabreak.org.uk

Tel: 0141 573 2900

1450/1456 Gallowgate

 Glasgow

G31 4ST

Rest bite 4hr or overnight care. Families can self-refer or the school can too.

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

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

We encourage carers to focus more fully on personal needs to help improve their overall well-being

We support carers to put in place a clear structure, routines and boundaries within the home

**Home-Start Glasgow South**

homestartglasgowsouth.org.uk/

Contact: Colette Boyle

theteam@homestartglasgowsouth.org.uk

0141 570 8735

Pollokshaws Burgh Hall

2025 Pollokshaws Road

Glasgow

G43 1NE

Our goal is to help families, it’s as simple as that, and we employ a wide array of support mechanisms to enable us to address individual needs. At the heart of our service is a dedicated network of Home-Start Glasgow South volunteers. They are the lifeblood of our organisation, providing vital practical and emotional weekly support to families in their own homes, while for families in more acute need we can also provide intensive family support through our dedicated Family Support Worker. Alongside our amazing volunteers we also run support groups and courses, provide English tuition and throughout the year facilitate family outings which enable families to share experiences that may otherwise not be possible. We are continually reviewing and adapting our service to meet changing needs, and everything we do is designed to help parents to overcome hardship and enjoy happier, healthier families.

Our core activities include: • Home-Visiting Volunteers • Family Support Groups • Intensive Family Support • English Tuition • STEPS and Triple P Courses • Family Trips and Events

**Kindred**

Advocacy service

 Website: kindred-scotland.org

7 Rutland Court Lane

Edinburgh

EH3 8ES

Enquiries@kindred-scotland.org

Tel: 0800 031 5793

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

* Parent-led
* Listening
* Building self-confidence
* Non-judgemental

**Rainbow Families Project**

Website: [www.lgbthealth.org.uk/services-support/rainbow-families/](http://www.lgbthealth.org.uk/services-support/rainbow-families/)

**LGBT Health and Wellbeing**
The Adelphi Centre (Room 24)
12 Commercial Road
Glasgow
G5 0PQ

Email: glasgow@lgbthealth.org.uk

Tel: 0141 271 2330

National helpline: 0300 123 2523

Provides information and support for LGBTQI families who live in or travel to Edinburgh and Glasgow.

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

**Sense Scotland**

Website: [www.sensescotland.org.uk](http://www.sensescotland.org.uk)

Telephone: 0300 330 9292 9-5pm

Email: info@sensescotland.org.uk

TouchBase

43 Middlesex Street

Glasgow

G41 1EE

[www.sensescotland.org.uk](http://www.sensescotland.org.uk)

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

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

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

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

**Govan Community Project**

Website: https://govancommunityproject.org.uk/

Email: home@govancommunityproject.org.uk

Tel: 0141 445 3718

31 Garmouth Street
Govan, Glasgow
G51 3PR

Glasgow, G51 3UU

 [www.govancommunityproject.org.uk](http://www.govancommunityproject.org.uk)

We provide direct services such as weekly drop-ins, advice, information and advocacy, cultural events, a community flat, English classes, destitution food project, hate-crime reporting and an interpreting service. In addition, the network facilitates forums bringing together public, voluntary and community organisations with local people to help plan public services, promote equal rights and opportunities and cross-cultural understanding, and to build bonds and links within and between communities.

**Pollokshaws Support Project**

Telephone: 07394 639 799

Email: supportproject@pollokshawsareanetwork.co.uk

Pollokshaws Community Hub

132 Shawbridge Street

Glasgow, G43 1NP

[www.facebook.com/pollokshawssupportproject](http://www.facebook.com/pollokshawssupportproject)

Pollokshaws Support Project provides a drop in service on Wednesdays from 12 noon – 2:30pm and provides support for the following:

* Accessing support for your needs – including welfare, housing, disability, money, rights, food, health, environment, etc
* Help with communications – letters/phone call/appointments to or with DWP, NHS, Police, Courts, HMRC, Bills & Utilities, etc
* Finding information & getting online – including home energy, universal credit, employment, training, learning, etc
* Being part of the community – volunteering, activities, events. A Free meal, tea and coffee are available at the drop-in.

**Sleep Scotland**

Website: <https://sleepscotland.org/>

Email: enquiries@sleepscotland.org

60 Ravenscroft Street

Edinburgh

EH17 8QW

Tel: 0131 258 1258

If your child is struggling to sleep it can be exhausting for them and for the whole family. Sleep Scotland offer free Sleep Counselling.

**Addiction Support**

**Children 1st – Supporting Recovering Families (Also listed in Family Support Services)**

Website: Children1st.org.uk

Contact: Kirsteen Montgomery (Head of Service)

Local Tel: 0141 419 1150

National Tel: 08000 282 233

Emails: glasgowproject@children1st.org.uk

 Kirsteen.Montgomery@children1st.org.uk

Unit 70, Pollok Civic Realm, 27 Cowglen Rd, Pollok, Glasgow G53 6EW

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

People can self-refer.

Please contact our Project Workers: Aileen (07507 642883) or Claire (07943 066656) for more information.

Supporting Recovering Families in Glasgow offer the following support to make recovery easier and more sustainable:

* Group work for children, young people and parents
* Individual support for children, young people and parents
* Repair and restore relationships
* Tackle stigma
* Build resilience and confidence
* Build social connections to help overcome isolation
* Offer information and Advice

**Family Addiction Support Service (FASS)**

Argyll House

209 Govan Road

Glasgow

G51 1HJ

E-mail: info@fassglasgow.org

Tel: 0141 737 3699

FASS is a confidential support service for those affected by or concerned about a loved one’s drug or alcohol use.

FASS provide kinship support, bereavement support, family support, counselling, link work, respite, holistic therapy, hypnotherapy and training, through one-to-one services and group work services.

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

**The Mungo Foundation**

Website: www.themungofoundation.org.uk/

Telephone: 0141 226 1610

Email: headoffice@themungofoundation.org.uk

Rogart Street Campus

4 Rogart Street

Bridgeton

Glasgow

G40 2AA

South Recovery Hub The Mungo Foundation is a key provider of Alcohol and Drug Recovery Services in the South of Glasgow, delivered from our Recovery Hub in the Gorbals, we work with individuals and families at a variety of places and times in local communities. One to one sessions to plan and track the recovery journey, using the Recovery Outcome Web. This can include:

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

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

**Mental Health Support Services**

**Glasgow South PANDAS**

Website: <https://pandasfoundation.org.uk/groups/glasgow-pandas/>

Turf Youth Project Neighbourhood Hub

1618 Paisley Road West

G52 3QN

Telephone: 0808 1961 776

glasgowsouthpandas@gmail.com

Support Group provide peer support to families in the Glasgow area who are dealing with the effects of perinatal mental health issues. By joining a PANDAS Support Group you can spend time with people who share and understand your experiences. It’s an opportunity for you make friends and talk about your deepest concerns and know that they will be met with acceptance and understanding. This simple act of sharing can make an enormous difference to the way you feel.

**Wellbeing Scotland**

Website: [www.wellbeingscotland.org](http://www.wellbeingscotland.org)

14 Bank Street

Alloa

FK10 1HP

Email: admin@wellbeingscotland.org

Tel: 01324 630 100

Wellbeing Scotland are a voluntary organisation with services across Scotland. We provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing. We offer client centred, holistic, trauma informed therapeutic services and have specialism in abuse and trauma work which has been built up since 1994. We work with both children and adults (mainly adults) and have a hub in Glasgow. Wellbeing Scotland, offers a diverse range of support services in recognition of the wide range of experiences which may impact on an individual or their family in different ways, at different stages of their lives. The range of support offered ensures that we can offer individuals a support pathway which suits their individual needs. Our services are open ended, in recognition of the fact that every individual’s experience is different and unique to them as is their journey to recovery. Referrals can be made by individuals or by other professionals or family members with the individual’s permission.

**Rethink**

Website: [www.rethink.org](http://www.rethink.org)

Tel: 0808 5000 927

Support and advice for people living with mental illness.

Our vision is for equality, rights, the fair treatment and maximum quality of life for all those affected by mental illness, their carers, family and friends. As one of the largest charitable providers of services for people living with mental illness, we are well placed to make a direct impact on the care people receive

**No Panic**

Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Tel: 0300 772 9944 (daily, 10am to 10pm). 24hr Crisis Line 01952 680835

email: info@nopanic.org.uk

Voluntary charity offering support for sufferers of panic attacks and obsessive compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.

**Calm**

Website: [www.thecalmzone.net](http://www.thecalmzone.net)

Helpline: 0800 58 58 58 (5pm – midnight 365 days)

Webchat: <https://www.thecalmzone.net/help/webchat> (5pm – midnight 365 days)

The Campaign Against Living Miserably (CALM) is leading a movement against suicide, the single biggest killer of men under 45 in the UK and the cause of 18 deaths every day.

**Sane**

Website: [www.sane.org.uk/support](http://www.sane.org.uk/support)

SANEline: 0300 304 7000 (daily, 4.00– 10.30pm)

Textcare: comfort and care via text message, sent when the person needs it most: [www.sane.org.uk/textcare](http://www.sane.org.uk/textcare)

Emotional support, information and guidance for people affected by mental illness, their families and carers.

**Anxiety UK**

Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk/)

Tel: 03444 775 774 (Monday to Friday 10.30-4.30pm

Text Service: 07537 416905

Charity providing support if you have been diagnosed with an anxiety condition.

**Mental Health Foundation**

Website: [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Providing advice to help people understand, protect and sustain their mental health.

**Scottish Association For Mental Health (SAMH)**

Website: [www.samh.org.uk](http://www.samh.org.uk)

Email: info@samh.org.uk

Tel: 0141 530 1000

Today, in over 60 communities they work with adults and young people providing mental health social care support, services in primary care, schools and further education, among others.  These services together with their national programme work in See Me, respectme, suicide prevention and active living; inform our policy and campaign work to influence positive social change.

**Mind**

Website: [www.mind.org.uk](http://www.mind.org.uk)

Email: info@mind.org.uk

Tel: 0300 123 3393 (Provides an information and signposting service. Open 9am to 6pm, Monday to Friday (except for bank holidays).

Providing advice and support to empower anyone experiencing a mental health problem. Mind campaign to improve services, raise awareness and promote understanding.

**Samaritans**

Main website: <https://www.samaritans.org>

Free phone: 116 123 any time, day or night

Email: jo@samaritcans.org (response time 24 hours)

Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide throughout the United Kingdom and Ireland.

**Young Minds**

Website: <https://youngminds.org.uk>

Tel: 0808 802 5544

Email: parents@youngminds.org.uk

Leading the fight for a future where all young minds are supported and empowered, whatever the challenges.

**Lifelink**

Tel: 0141 552 4434

Email: info@lifelink.org.uk

Website: [www.lifelink.org.uk](http://www.lifelink.org.uk)

Lifelink can offer support to anyone who is struggling to cope with everyday stress or is feeling anxious or depressed.  Issues such as debt, bereavement, addiction, self-harm/suicide and problems with relationships or family can all interfere with a persons’ quality and experience of life.

**One Parent Families**

**One Parent Families Scotland**

Telephone: 0141 847 0444

Email: advice@opfs.org.uk

Unit 4.3, Waterloo Chambers

19 Waterloo Street

Glasgow, G2 6AY

One Parent Families Scotland play an enormous part in enhancing the lives of parents and children, taking an active part in ensuring the voices of single parents are considered in shaping policies. We're committed to dealing with merging challenges while continuing to provide all our single parents support services that form the core of our work. Services such as: Financial Inclusion encompassing, Money and Debt advice, Welfare benefits and Tax credits/Universal credits advice and support. Support in areas of peer mentoring and charitable grant applications including Family Holidays and Fuel Debt grants. Support is provided on a one to one basis, on site group meetings and outreach hubs located at various citywide locations. OPFS provides a dedicated free Advice and Information telephone service for single parents. A Practitioners' Advice Service is provided to further enhance the knowledge of service providers out with OPFS when engaging with single parents.

**Fathers Network Scotland**

The Melting Pot

15 Calton Road

Edinburgh EH8 8DL

Tel: 0131 510 0445 (leave message)

Website: [www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)

Fathers Network Scotland is a young, dynamic and award-winning charity with a passion for dads – because the family and society as a whole benefit when fathers are involved in the life of their children. We offer a range of services including training, consultancy, events, research and media work. We’ve co-produced manuals for dads-to-be, given evidence to the equal opportunities committee of the Scottish Parliament, and organised the Year of the Dad – a nationwide celebration of fatherhood and the importance of fathers in child development and parenting.

**Relate**

Phone: 0300 0030396

Website: [www.relate.org.uk](http://www.relate.org.uk)

We're here to help you make the most of your couple and family relationships, past, present or future. We can help you even if you're not currently in a relationship. Our services include Relationship Counselling for individuals and couples, Family Counselling, Mediation, Children and Young People's Counselling and Sex Therapy. We also provide friendly and informal workshops for people at important stages in their relationships. We have a network of Relate Centres across the UK and a group of licensed local counsellors that provide face-to-face counselling and support. We also provide phone, email and Live Chat counselling so you can choose the support that works for you.

**Relationship Scotland**

Phone: 0345 119 2020

Website: [www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

Relationships Scotland’s network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Our work supports individuals, couples and families experiencing relationship difficulties.

**Refugees/ Asylum Seekers**

**Scottish Refugee Council**

Website:[www.scottishrefugeecouncil.org.uk](http://www.scottishrefugeecouncil.org.uk)

Email: communities@scottishrefugeecouncil.org.uk

Tel: 0141 248 9799

6th Floor, Portland House

17 Renfield Street

Glasgow, G2 5AH

Scottish Refugee Council works with refugees and asylum seekers across Scotland from our Glasgow headquarters. We work to offer direct advice services to people seeking asylum and refugees. Our current services include:

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

**Govan Community Project (also in Family Support Services)**

Website: https://govancommunityproject.org.uk/

Email: home@govancommunityproject.org.uk

Tel: 0141 445 3718

31 Garmouth Street
Govan, Glasgow
G51 3PR

We provide direct services such as weekly drop-ins, advice, information and advocacy, cultural events, a community flat, English classes, destitution food project, hate-crime reporting and an interpreting service. In addition, the network facilitates forums bringing together public, voluntary and community organisations with local people to help plan public services, promote equal rights and opportunities and cross-cultural understanding, and to build bonds and links within and between communities.

**Refugee Survival Trust**

Tel: 07769505297

Email: info@rst.org.uk

Floor 3 Robertson House

152 Bath Street

Glasgow, G2 4TB

[www.rst.org.uk](http://www.rst.org.uk)

RST was set up in 1996 by a number of concerned individuals as a reaction to the problem of refugees and people claiming asylum being made destitute in Scotland. RST is a small organisation and can only exist with the continued support and expertise of its Board of Directors, its small team of dedicated staff and the help of a committed team of volunteers.

The vision of RST is that all refugees and asylum seekers in Scotland receive just and respectful treatment and support appropriate to their needs.

RST’s mission is to do everything within our available resources and powers to achieve that vision by enabling and supporting asylum seekers and refugees in need.

**Refuweegee**

The Briggait

147 Bridgegate

Glasgow

G1 5HZ

Website: [www.refuweegee.co.uk](http://www.refuweegee.co.uk)

Email: enquiries@refuweegee.co.uk

Tel: 0141 4010756

Refuweegee is a local charity with a global mission. To ensure that all refugees arriving in Glasgow are welcomed to the city in true Glaswegian style. Our aim is to enable the existing community in extending the friendly welcome that Glasgow is world renowned for. We do this through our welcome packs, our events and our volunteer opportunities. We try to provide everyone who wishes to get involved with an opportunity to do so; be it through writing a letter, donating essential items, joining us at an event or fundraising.

**Govanhill Community Development Trust**

Tel: 0141 636 3636

Email: dzabiega@govanhillha.org

Website: <http://govanhill.info/>

GCDT supports the sustainable development of Govanhill's environment; economy and community. Our neighbourhood is Scotland's most ethnically diverse and much of what we do supports local ethnic minority groups to understand rights and entitlements; develop language and literacy skills; access services and connect with the community. We also lead on strategic initiatives to develop the local community - Thriving Places; the local voluntary sector and enterprise networks and act to catalyse other activity in the area. We manage a volunteering programme and run a community support centre which assists and signposts the local community. We are also a commercial landlord; with 30 workspaces let to a range of private; public and voluntary sector tenants.

**Homelessness**

**Glasgow Homelessness Network**

Website: [www.ghn.org.uk](http://www.ghn.org.uk)

Telephone: 0141 420 7272

Email: info@ghn.org.uk

Unit 16a

Adelphi Centre, 12 Commercial Road

Glasgow, G5 0PQ

GHN is a third sector membership organisation with a unique role. We evidence and advance solutions to poor housing and homelessness by connecting the knowledge and experiences of people who both live and work with the issue. Our home is Glasgow, but some of our work takes us more widely across Scotland and Europe.

**Glasgow City Mission**

Website: https://www.glasgowcitymission.com/

Email: info@glasgowcitymission.com

Telephone: 0141 221 2630

20 Crimea Street

Glasgow G2 8PW

We work with adults and children who are vulnerable and disadvantaged in Glasgow, people that are often leading chaotic or difficult lives. We want to help them to break free from their oppressive situations. That situation may involve: homelessness, addiction, poverty, family breakdown, prostitution, emotional issues, fleeing persecution overseas and now seeking asylum - or maybe all of these.

**Bethany Christian Trust**

Website: [www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)

Tel: 0141 332 4445

Email: info@bethanychristiantrust.com

Connect House, 42 Hollowglen Road

Glasgow, G32 0DP

All our services focus on relieving the immediate suffering and meeting the long terms needs of homeless and vulnerable people in Scotland. We don’t just work with homeless people. We stop people becoming homeless in the first place. Emergency and Resettlement projects work with people on the streets and in temporary accommodation. These projects provide furniture and household basics. Projects in this group also support people working towards an alcohol and drug free life in the community.

**The Marie Trust**

Website: [www.themarietrust.org](http://www.themarietrust.org)

Email: Complete web form

Tel: 0141 286 0065

29 Albion Street, G1 1LH

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

**Shelter Scotland**

Website: <https://scotland.shelter.org.uk/>

Tel: 0808 800 4444 Webchat availiable

At Shelter Scotland we don’t provide houses, but we do provide answers. From homelessness to home owner, we’ve housing advice for everyone.

Popular topics:

* Homelessness
* Eviction
* Private renting
* Repairs
* Tenancy deposits
* Housing benefit

**Domestic Abuse Support Service**

**Glasgow Women's Aid**

Website: https://glasgowwomensaid.org.uk/

Telephone: 0141 553 2022 9.30-4.30pm

Email: getsupport@glasgowwomensaid.org.uk

4th Floor, 30 Bell Street,

Glasgow

G1 1LG

Glasgow Women’s Aid provide information, support and temporary refuge accommodation to women, children and young people experiencing Domestic Abuse.

We offer: Confidential ongoing support. You can contact us as often as you need to, regardless of where you are living Information on housing, benefits, financial issues and legal issues Signposting to other relevant organisations. If we don‘t know something we can find out for you. Arrangements for interpreting services Safe, anonymous refuge accommodation where you and your children (if you have any) will receive emotional and practical support for a short term period

**Children experiencing domestic abuse recovery (CEDAR)**

Website: [www.cedarnetwork.org.uk](http://www.cedarnetwork.org.uk)

Email: cedar@glasgowwomensaid.org.uk

Telephone: 0141 553 4085

Cedar is a unique way of working with children, young people and their mothers who have experienced domestic abuse. The Cedar programme takes place over 12 sessions with groups for children, young people and their mothers running in parallel. The groups provide an opportunity to explore the experiences, understanding and feelings with an emphasis on providing fun and creative activities that keep children engaged and interacting with each other. It is about creating a safe place for children and their mothers to help each other to find the best strategies to deal with their experiences and rebuild their lives. A key aim of the programme is to help mothers to support their children in their recovery.

**Abused Men In Scotland (AMIS)**

Website: https://abusedmeninscotland.org/

Tel: 03300 949 395 Monday to Friday, 9-4pm

Email: support@amis.org.uk

AMIS is Scotland’s leading charity for men who experience domestic abuse. We operate a national helpline, website and training services.

**Refuge (Women and Children)**

Main website: <https://www.nationaldahelpline.org.uk>

Tel: 0808 2000 247 24 hour hotline

As a woman fleeing domestic abuse, you may want to access specialist refuge accommodation. The Helpline can help you find a refuge vacancy for you and your children.

They can also support you to find other specialist services in your community, which can provide support whether or not you have left your partner.

**Respect (Men Only)**

Website: <https://mensadviceline.org.uk>

Tel: 0808 8010 327 Mon – Fri 10am – 5pm

Email: info@mensadviceline.org.uk

Their friendly Men’s Advice Line Advisors will believe you, offer you non-judgmental emotional support, practical advice and information.

**Scotland Domestic Abuse & Forced Marriage Helpline**

Website: <https://sdafmh.org.uk>

Tel: 0800 027 1234 Webchat availiable

Email: helpline@sdafmh.org.uk

24/7 hotline, webchat and email are available too with various Language options.

Scotland’s domestic abuse and forced marriage helpline.

**Scotland Disclosure Scheme**

Webform below:

<https://www.scotland.police.uk/secureforms/disclosure/>

The scheme aims to prevent domestic abuse by empowering both men and women with the right to ask about the background of their partner, potential partner or someone who is in a relationship with someone they know, and there is a concern that the individual may be abusive.

**Safer Scot**

Website: <https://safer.scot>

Scotland’s domestic abuse and forced marriage helpline.

Tel: 0800 027 1234 open 24 hours Helpline

If you feel someone is in immediate danger call 999

Domestic Abuse is a crime. Call 101 to report it or call 999 in an emergency.

**Helplines**

* GCC Emergency Social Work Service 0300 343 1505
* Childline                           0800 1111
* Domestic Aduse & Forced Marriage 0800 027 1234
* Samaratans 116 123
* Breathing Space 0800 83 85 87
* Mind 0300 1233 393
* OCD Action 0845 3906 232
* Rape Crisis Scotland 0808 8010 302
* Crisis **Textline** 85258

**Children 1st - Parentline Scotland**

[www.children1st.org.uk/Parentline](http://www.children1st.org.uk/Parentline)

call free 08000 28 22 33

Every family needs a helping hand sometimes. From moments of crisis, to everyday challenges, Parentline can help. Speak to Parentline for: calm, practical, advice; emotional support; space to talk.

**Carers**

**Glasgow City Council**

Carers Information and Support line

Tel: 0141 353 6504

Website: [www.glasgow.gov.uk/carers](http://www.glasgow.gov.uk/carers)

**Glasgow West Carers Centre**

Glasgow City Carers Partnership
Glasgow Association for Mental Health (GAMH)

Building 3 46 Munro Place
Anniesland
G13 2UP
Tel: 0141 959 9871

**Glasgow South West Carers Centre**

Glasgow City Carers Partnership

Glasgow Association for Mental Health (GAMH)

Unit 3A, Moorpark Court

11 Dava St

Govan

G51 2JA

0141 882 4712

**Glasgow City Carers Partnership**

Tel: 0141 287 0555

Website: <https://www.yoursupportglasgow.org/homepage>

The Glasgow City Carers Partnership Carers Information Line is available during office hours for anyone who would like more information and advice about carers and the support available to them.

From April 2018 local authorities and health boards were legally required to provide information on ‘Young Carer Statement’ which identifies and provides eligible support to those providing care. There are a wide range of services for young carers provided through the Glasgow City Carers Partnership.

**GAMH Young Carers Project**

Rena Ali- Project Leader

Young Carers Project

Glasgow Association for Mental Health

Building 3 46 Munro Place
Anniesland
G13 2UP

Tel: 0141 425 4850

This project provides support to young people aged 12-21 caring for a family member with a mental health problem. The service has been in operation since 2000 and is funded by NHSGG&C and the Big Lottery. The project sits within the Glasgow Association for Mental Health which provides community based support to people affected by mental health problems.

**The GK Experience**

Address: 759 Argyle Street, Glasgow

Website: <http://www.thegkexperience.org.uk>

Email: info@thegkexperience.org.uk

Facebook: <https://www.facebook.com/theGKexperience>

Youth work charity that believes in ‘Lives changing together’. We offer brilliant young people facing challenges and inequality opportunities to flourish.

**Foodbanks**

**The Trussell Trust (A referral is required to access – the school can do this)**

Our aim is to end hunger and poverty in the UK. We support a nationwide network of food banks and together we provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK. There are 4 Trussell Trust Foodbanks in Glasgow, operating from 18 locations.

Glasgow North East Foodbank, Calton Parkhead Parish Church - 07951749363

Glasgow South East Foodbank, 73 Butterbiggins Road – 07456868628

Glasgow South West Foodbank, Ibrox Parish Church - 07708 504130

Glasgow North West Foodbank, Blawarthill Parish Church – 07787334021

**Al Khair Foundation**

Address: 441a Victoria Rd, Govanhill, Glasgow G42 8RW

Contact number: 0141 433 2686

Website: <https://www.alkhair.org>

Email: glasgow@alkhair.org

Facebook: [www.facebook.com/alkhairuk.glasgow](http://www.facebook.com/alkhairuk.glasgow)

Al-Khair Foundation is one of the largest Muslim NGOs in the UK – delivering emergency aid & sustainable projects to some of the world’s most disadvantaged.

**Castlemilk Together**

Email: castlemilktogether@gmail.com

Facebook: <https://www.facebook.com/Castlemilk-Together-Community-Food-Action>

Community food action.

Service: food resources & community support

**Refuweegee (Also in Refugee & Asylum Section)**

Address: 100 Morrison Street, G5 8LN

Contact number: 07456868628

Website: https://www.refuweegee.co.uk

Email: enquiries@refuweegee.co.uk

Facebook: https://www.facebook.com/Refuweegee

Refuweegee is a local charity with a global mission. To ensure that all refugees arriving in Glasgow are welcomed to the city in true Glaswegian style.

**Queen’s Park Govanhill Parish Foodbank**

Opening hours: every second Thursday 10am-12pm beginning 2nd April

Address: 170 Queen’s Dr, Glasgow G42 8QZ

Email: qpgfoodbank170@aol.com

Facebook: <https://www.facebook.com/qpgfoodbank>

An independent foodbank in the Govanhill Parish of Glasgow aiming to provide a 3 day, 3 meal bag of food.

**Simon Community Scotland**

Contact number: 0800 027 7466 (24 hours, 7 days a week, free from landlines)

Website: <https://www.simonscotland.org>

Online contact: <https://www.simonscotland.org/contact-us>

Facebook: <https://www.facebook.com/SimonCommScot>

Working to combat the causes and effects of homelessness. We want everyone to have a safe place to live and access to the support they need.

**FareShare Trust**

Email: fsglasgowwestscotland@fareshare.org.uk

1070 South Street

Glasgow, G14 0AP

[www.fareshare.org.uk](http://www.fareshare.org.uk)

FareShare Glasgow & The West of Scotland redistributes quality surplus food to groups working with vulnerable people in and around Glasgow and the West of Scotland. They provide employability training including food hygiene, SVQ Employability, health and safety, warehouse distribution and forklift training. FareShare Glasgow & The West of Scotland support hostels, day centres, lunch clubs, addiction agencies, young people’s projects and refugee centres. Serving meals is a way for organisations to directly engage with their service users and using FareShare food enables them to redirect funds into improving their own services. FareShare Glasgow & The West of Scotland is run in partnership with Move On, a charity working with young people who have been in care and/or affected by homelessness.

**Money Worries**

**One Parent Families Scotland (See Lone Parent Families)**

Contact: Lee Anthony

Telephone: 0141 847 0444

Email: lee.anthony@opfs.org.uk

Unit 4.3, Waterloo Chambers

19 Waterloo Street

Glasgow, G2 6AY

We're committed to dealing with merging challenges while continuing to provide all our single parents support services that form the core of our work. Services such as: Financial Inclusion encompassing, Money and Debt advice, Welfare benefits and Tax credits/Universal credits advice and support. Support in areas of peer mentoring and charitable grant applications including Family Holidays and Fuel Debt grants. Support is provided on a one to one basis, on site group meetings and outreach hubs located at various citywide locations.

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

**Castlemilk Law & Money Advice Centre**

Tel: 0141 634 0313

 Email: mail@castlemilklawcentre.co.uk

155 Castlemilk Drive (First Floor)

Glasgow

G45 9UG

[www.castlemilklawcentre.co.uk](http://www.castlemilklawcentre.co.uk)

Castlemilk Law & Money Advice Centre offers free and confidential advice in the following areas: Consumer Issues, Debt/Money Advice, Housing, Employment, Benefits and Taxes, Family and Relationships, Compensation, Discrimination/Human Rights.

**Citizens Advice Bureaux**

[www.citizensadvice.org.uk/scotland](http://www.citizensadvice.org.uk/scotland)

Citizens Advice Bureaux are local, independent charities that provide free and confidential advice and information whoever you are and whatever your problem. Common areas of inquiry include: Benefits, Debt and money advice, Work-related problems, Housing and Relationships

* Glasgow Central Citizens Advice Bureau, The Mitchell Library
* Castlemilk Citizens Advice Bureau, 27 Dougrie Drive Castlemilk
* Greater Pollok Citizens Advice Bureau, 27 Cowglen Road

**Home Energy Scotland**

Tel: 0808 808 2282

We are a network of local advice centres covering all of Scotland. Our expert advisors offer free, impartial advice on energy saving, keeping warm at home, renewable energy, greener travel, cutting water waste and more. We’re funded by the Scottish Government and managed by the Energy Saving Trust, and our mission is to help people in Scotland create warmer homes, reduce their bills and help tackle climate change.

**Money Advice Scotland**

Email: info@moneyadvicescotland.org.uk

5 Redwood Crescent

East Kilbride G75 5PA

Money Advice Scotland is the national umbrella organisation which promotes the development of free, independent, impartial and confidential debt advice and financial inclusion.

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

**Money Matters**

Telephone: 0141 445 5221

Email: advice@moneymattersweb.co.uk

Orkney Street Enterprise Centre

Unit 1, 18-20 Orkney Street

Glasgow, G51 2BX

[www.moneymattersweb.co.uk](http://www.moneymattersweb.co.uk)

Money Matters offers a Financial Capability Service offering one to one and Group information and advice sessions in the south of Glasgow.

Here are a few examples of the types of information that can be offered by our Financial Capability Service: • managing money with confidence • moving from benefits into employment • budgeting, saving, debt prevention • affordable credit • economical options for paying bills

We also have energy awareness sessions to offer essential information on heating your home effectively and saving money on your fuel costs. If you would like to know more about this service please contact our reception at the Money Matters Advice Centre.

**Glasgow Centre for Inclusive Living**

117 - 127 Brook Street

Glasgow

G40 3AP

Tel: 0141 550 4455

Glasgow Centre for Inclusive Living is run by disabled people for disabled people. We believe that barriers disable people, not impairments. Our support, payroll, training, housing, employment and consultancy services enable disabled people to assert more control over their lives as equal citizens

**Grants**

**Family Fund**

Tel: 01904 550055

Email: info@familyfund.org.uk

Unit 4, Alpha Court

Monks Cross Drive

York

YO32 9WN

[www.familyfund.org.uk](http://www.familyfund.org.uk)

In 2017/18 we helped 6,233 families with grants across Scotland. Grants include holidays, clothing, toys and can include gardening. In Scotland families can apply every 18 months. We receive funding from the Scottish Government. We work with a number of organisations in Scotland and are a member of Children in Scotland, Together (Scottish Alliance for Children's Rights) and For Scotland's Disabled Children (FSDC). We also support GIRFEC as the very nature of the Family Fund’s work aligns closely with the 14 values and principles underpinning the core approach. Getting It Right For Every Child is a national approach in Scotland aimed at supporting children to get more responsive and effective support for their wellbeing wherever they live or learn. They have just updated their Practitioners Pack determining how Practitioners will communicate with you in your area.

**Scottish Welfare Grant**

[www.mygov.scot/scottish-welfare-fund/](http://www.mygov.scot/scottish-welfare-fund/)

The Scottish Welfare Fund helps families and people in Scotland who are on low incomes through Crisis Grants and Community Care Grants.

You can apply for a:

Crisis Grant – if you're in crisis because of a disaster (like a fire or flood), or an emergency (like losing your money or an unexpected expense)

Community Care Grant – to help you or someone you care for to start to live, or to carry on living, a settled life in the community

**Best Start Grants**

[www.mygov.scot/best-start-grant-best-start-foods/](http://www.mygov.scot/best-start-grant-best-start-foods/)

You can get Best Start Grant and Best Start Foods:

* if your child is the right age for a payment
* whether you're in work or not, as long as you're on certain payments or benefits
* as long as you're the parent of a child, or the main person looking after the child

Best Start Grant is 3 cash payments. Each payment can only be paid once per child.

The 3 Best Start Grant payments are:

* 1. Pregnancy and Baby Payment
* 2. Early Learning Payment
* 3. School Age Payment

The Best Start Foods card

Best Start Foods is a prepaid card that you can use to buy healthy foods for children under 3. You can use the card in shops and online.

**Clubs and Leisure**

**The Jeely Piece**

Contact: Tracey Black

Telephone: 0141 634 7305

Email: info@jeely.org.uk

55 Machrie Drive

Glasgow, G45 0AL

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

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

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

**Caring Operations Joint Action Council (C.O.J.A.C.)**

Contact: Angela Friel

E-mail: cojac@cojaccentre.co.uk

Tel: 0141 634 1002

Castlemilk Drive

Glasgow, G45 9UB

C.O.J.A.C provide out of school and holiday care for children up to age 18 years affected by disability and complex support needs. We provide this 50 weeks of the year and cover in service days and other school closures. We operate from our own leased centre based in the centre of Castlemilk. Our centre has a softplay facility, arts and crafts room, meeting/training room, kitchen/canteen, sensory room, sports hall with sound and light facilities for shows and productions, games/consul room, outdoor play area and sensory garden. The centre is fully accessible with private changing area. We also provide adult services one day and three evenings per week. We hire out our rooms and resources when not in use by our own service users.

**Glasgow Children’s Holiday Scheme**

Phone: 0141 248 7255

Email: admin@glasgowchildrensholidayscheme.org.uk

Website: [www.glasgowchildrensholidayscheme.org.uk](http://www.glasgowchildrensholidayscheme.org.uk)

GCHS Room 114 Pentagon Centre Washington St.

Glasgow, G3 8AZ

We offer children and their families holidays in one of our caravans at Wemyss Bay Holiday Park. These can be full weeks or short breaks The families are affected by poverty, unemployment, bereavement, kinship carers, young carers, disability, mental health and physical/ illness, domestic violence, drug/alcohol, refugee and asylum status. Some children enjoy breaks with youth groups in the caravans. A small number have a holiday with hosts families throughout Scotland.

**The Caravan Project**

Contact: office@caravanpoject.co.uk

Telephone: 0141 482 9604

Knightswood Community Centre

201 Alderman Road

Glasgow

G13 3DD

[www.caravanproject.co.uk](http://www.caravanproject.co.uk)

The Caravan Project, which has been in operation since 1985, is a social tourism charity that provides over 600 people a year living in Glasgow with access to affordable holidays and days out. For these families a holiday is not a luxury it is a much-needed break from the challenging circumstances they face at home. For many it will be their first ever holiday. Its main services are:

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

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

**Glasgow Disability Alliance (GDA)**

Contact: Marianne Scobie

Email: mariannescobie@gdaonline.co.uk

Tel: 0141 556 7103

White Studios, Templeton Business Centre

Glasgow, G40 1DA

GDA is an organisation led by disabled people and has a membership of over 4000. GDA has, by far, the biggest groundswell of disabled members in Scotland, if not the UK.

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

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

**South Glasgow Bookbug (South Glasgow Childcare Partnership Forum)**

Telephone: 0141 429 8139

Email: lindabookbug@btconnect.com

310 Cumberland Street

Glasgow, G5 0SS

South Glasgow Bookbug is a free service which promotes early literacy and positive parenting and child bonding by encouraging parents/carers to read, sing and talk to their children from birth. The Bookbug programme gifts free book bags at key developmental stages for every child in Scotland, we also run Bookbug sessions which are free storytelling and singing sessions in the heart of communities, the sessions are inclusive and everyone is welcome.

**Clothing and Furniture**

**Glasgow’s No. 1 Baby & Family Support Service**

Tel: 0141 230 6856 261

Forge St,

Glasgow

G21 2AR

Our service has been designed and built around simplicity & common sense. Identifying the issues, problems and obstacles people were faced with when seeking help for hardship and working poverty, the service was created by eliminating those obstacles and as a result GN1BFSS was born.

Assisting people throughout Glasgow and beyond our clients and professionals who use the service have praised us endlessly on the ease and simplicity of the service.

**Merry-go-round**

Telephone: 0141 423 2299

Email: community@merrygoroundglasgow.co.uk

 32-36 Nithsdale Road

Glasgow, G41 2AN

Merry-go-round is a social enterprise and registered charity dedicated to helping local families. Our aims are; • to save local families money by offering great children’s goods at low prices, • to support local families in need with free goods and • to provide employment and volunteering opportunities in the local community. We have a shop in the Southside and also put on mini pop-up shops in other locations. We save families money with fabulous, high quality, preloved children’s goods at a fraction of the original price. We host a number of events each month – everything from music classes to story time and from breastfeeding support to cloth nappy information. We run a partnership programme working with local agencies to help families in need. If you work for an agency that works with vulnerable women and families, please contact us to find out more about registering as a partner to access free goods.

**Starter Packs Glasgow**

Contact: Jacqui Flynn

Telephone: 0141 440 1008

E-mail: administrator@starterpacks.org.uk

7 Harmony Road, Govan

Glasgow, G51 3BB

[www.starterpacks.org.uk](http://www.starterpacks.org.uk)

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

**Useful Websites**

**Glasgow City Council**

[www.glasgow.gov.uk](http://www.glasgow.gov.uk) – Information about – Coronavirus updates, council services and education

**NHS**

[www.nhs.uk](http://www.nhs.uk) - Information on health and care services.

**Glasgow Helps**

[www.glasgowhelps.org](http://www.glasgowhelps.org) - Information on support services throughout Glasgow in response to Coronavirus.

Merry-go-round is a social enterprise and registered charity dedicated to helping local families. Our aims are; • to save local families money by offering great children’s goods at low prices, • to support local families in need with free goods and • to provide employment and volunteering opportunities in the local community. We have a shop in the Southside and also put on mini pop-up shops in other locations. We save families money with fabulous, high quality, preloved children’s goods at a fraction of the original price. We host a number of events each month – everything from music classes to story time and from breastfeeding support to cloth nappy information. We run a partnership programme working with local agencies to help families in need. If you work for an agency that works with vulnerable women and families, please contact us to find out more about registering as a partner to access free goods.

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E-mail: administrator@starterpacks.org.uk

7 Harmony Road, Govan

Glasgow, G51 3BB

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