

# 'WHIT'S HAPPENING!'

JINGS EVEN MAIR STUFF WHICH MAY BE HELPFUL  
DURING THE COVID 19 SITUATION!



If you are a British Sign Language user [www.contactscotland-bsl.org](http://www.contactscotland-bsl.org) offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss, please contact [www.rnib.org.uk](http://www.rnib.org.uk)

Produced by COPE Scotland [www.cope-scotland.org](http://www.cope-scotland.org) @COPEScotland  
During the COVID19 Pandemic its more important than ever,  
we all look out for each other wherever we live

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# Information on the Coronavirus and where to find latest updates



**Guide to Services**

Because of COVID -19 (coronavirus) getting help for a health concern is different. If you need help, remember your NHS is open and is there for you.

**NHS inform**

- 1 Latest information and guidance about coronavirus
- 2 Advice about illnesses and conditions, including symptom checkers.
- 3 Find local services and opening times

**Pharmacist**

With **physical distancing** measures in place:

- 1 Provide repeat prescription request/collection service
- 2 Dispense your prescription
- 3 Help if you run out of your repeat prescription
- 4 Give advice about medicines and treating many minor complaints

**GP Practice**

A range of clinicians, including doctors and nurses, to help you with both physical and mental health issues. Most practices are offering telephone consultations if appropriate.

**NHS 24**

General information about coronavirus when you are well **0800 028 2816**

Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support

Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111

**Dentist**

For urgent dental care during the day telephone your usual dental practice. If you are not registered, visit [www.nhsinform.scot](http://www.nhsinform.scot) to access your Health Board's Dental Advice Line telephone number.

Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111

**Social Care**

Your local authority can help advise with all aspects of social care. If you're looking after children during lockdown you can find useful tips here: [www.parentclub.scot](http://www.parentclub.scot)

**Mental Well-being**

For tips on looking after your mental wellbeing during these uncertain times: [www.clearyourhead.scot](http://www.clearyourhead.scot)

Information about mental health services visit NHS inform/wellbeing or call Breathing Space on **0800 83 85 87**

**A&E or 999**

- Severe injury
- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

If you're not sure where to go or who to see visit: [NHSinform.scot](http://NHSinform.scot)

## If you think you may have COVID19

visit [111.nhs.uk/covid-19](http://111.nhs.uk/covid-19)

## Information on being tested for COVID19

If you are confused about what is Test and Protect, then please watch this video as it explains what is it, the process and how to book a test, if you have COVID 19 like symptoms. To find out more, please click on the link below as that will take to you the Scottish NHS Inform website.

[www.nhsinform.scot/campaigns/test-and-protect](http://www.nhsinform.scot/campaigns/test-and-protect)

[www.gov.scot/publications/coronavirus-covid-19-getting-tested](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested)

[www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/arrange-a-test/](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/arrange-a-test/)

## Returning to work preparing to manage risk of COVID 19

[www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/](http://www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/)

[www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm](http://www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm)

## Route Map for moving out of Lockdown in Scotland

[www.gov.scot/news/route-map-for-moving-out-of-lockdown/](http://www.gov.scot/news/route-map-for-moving-out-of-lockdown/)

## Test Trace Isolate and support in Scotland

[www.gov.scot/publications/coronavirus-covid-19-test-trace-isolate-support/](http://www.gov.scot/publications/coronavirus-covid-19-test-trace-isolate-support/)

## Up to date information about COVID19 Scotland

Social distancing and measures to control the COVID19 pandemic are still in place and can vary in different parts of the UK. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit [www.gov.scot/coronavirus-covid-19/](http://www.gov.scot/coronavirus-covid-19/) This may also be a useful link for the latest news [www.bbc.co.uk/news/topics/c34kpl1r5d0t/scottish-government](http://www.bbc.co.uk/news/topics/c34kpl1r5d0t/scottish-government)



## Gambling harms

GamCare are a leading UK charity that provides information, support and treatment for anyone affected by gambling related harms. They understand that this is a particularly difficult time for many so GamCare has produced the following resource pack for use during this pandemic.

If you need support with yours or someone else's gambling please contact your local treatment provider: RCA Trust **0141 887 0880** or call the National Gambling Helpline on **0808 8020 133**

This is one of a series of features we shall cover on Gambling harms including work, which is happening, Nationally, in the City and Locally. To begin we want to raise awareness of support offered by GamCare

## Resources for Self-Isolation and Social Distancing

### Changes to daily life due to COVID-19

Daily life has changed significantly since mid-March with the introduction of social distancing and self-isolation measures to prevent the transmission of Coronavirus (COVID-19).

### Why we've put this pack together

We recognise that the changes to daily life affect everyone, and we have put together a pack of free resources, self-care suggestions, and support services to have to hand during this unusual time.

If you're working from home, or just spending more time at home than you're used to, it might be helpful to keep a routine and include a variety of activities in your daily life. We hope this pack will provide a few ideas of things to try!

All words that appear like [this](#) are weblinks.

### About GamCare

GamCare is the leading national provider of free information, advice and support for anyone affected by problem gambling.

You will find more information about all of our services on the back page of this pack.

*Stay home, stay safe  
from all of us at GamCare*



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## COVID-19

Coronavirus disease (COVID-19) is an infectious disease caused by a newly discovered coronavirus.

The best way to prevent and slow down transmission is to be well informed about the COVID-19 virus, the disease it causes and how it spreads.

Protect yourself and others from infection by washing your hands or using an alcohol-based rub frequently and not touching your face.



Coronavirus

The Government has issued guidance on keeping people safe through social distancing and self-isolation.

For more information, visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

If you, or someone in your household, displays a high temperature or a continuous dry cough, visit [nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms-and-what-to-do/)

Stay home, stay safe.

## GOT A SMARTPHONE? TRY THESE APPS

Fancy trying some new guided meditations or mindfulness exercises? [Headspace](#) are offering some free meditations, sleep and movement exercises through their popular website and [app](#). Other apps to look at are [Calm](#), and [Insight Timer](#) which has over 30,000 free meditations, talks and courses.

[Action for Happiness](#) has extended the 5 Ways to Wellbeing (see p.5) into 10 Keys for Happier Living. They also have an [app](#) which gives ideas and actions you can do to make life happier for you and those around you.



Watching more movies during 'lockdown'? Then [RunPee](#) is the app for you! It tells you a good time to nip to the loo (or make a cuppa) during a film without missing much. It also tells you whether there are any extra scenes in the credits, so you don't have to sit through it all.

Having trouble getting through to customer services and fed up sitting on hold? [WeQ4U](#) is a free app that sits on hold for you, then puts you through to any 01,02, 03 and 08 number *without* queueing.

## GAMBLING THERAPY

The [Gambling Therapy app](#) has been designed by residential treatment provider [Gordon Moody Association](#) to help anyone who is struggling with problem gambling.



The app providing easy to access information and straightforward tools, including :

- A self-assessment questionnaire
- Text-based live support
- Mindfulness exercises and self-help resources
- A directory of support organisations
- Crisis support information
- Links to blocking software
- Access to online forums

To download the app, visit Google Play or the App Store, or use your phone camera to scan the QR code.



## EXERCISE AND FITNESS IDEAS

### Want to look like Thor?

**Centr** is a personalised fitness and wellbeing platform from Chris Hemsworth that offers a free 6-week trial. Most workouts are HIIT-focused and require little to no gym equipment, ideal while gyms are closed.

Yoga is great for helping reduce stress.

**Yoga with Adriene** provides free, daily yoga classes for kids and adults on YouTube, plus a large library of past classes to work your way through.

Finding yourself stuck on the couch? Why not use your one daily exercise to build your fitness. **Couch to 5K** is a free, nine-week running programme from the NHS for complete beginners. Build up from a 5-minute walk to a 5k

### Endeavour

offers structure and routine while in social isolation with an online roadmap that combines food, movement and mindset coaching. Now offering an extended 8-week free trial, for “the everyday man who wants more from life”.



**Auro** motivational audio fitness app provides hundreds of workouts, personalised for you based on your fitness level and goals.

Classes are on-demand, or can be downloaded in advance.

Get a free 30-day trial, and 50% discount for all NHS staff.

### Don't want to sign up?

Try their free weekly workouts on **Facebook Live** on Tuesdays at 6pm or check out past workouts on their **YouTube** channel.

### Joe Wicks, The Body Coach

is offering free, live PE lessons on YouTube, from 9.00 to 9.30am Monday to Friday

**Strava** is a free app that turns your phone into a sophisticated running and cycling computer. Start Strava before an activity and you can track your favourite performance stats.

## THINKING ABOUT A NEW CAREER?

If (like me) you're stuck on the question: “*What do I REALLY want to do?*” then the following prompts from **Amazing If** might be useful:

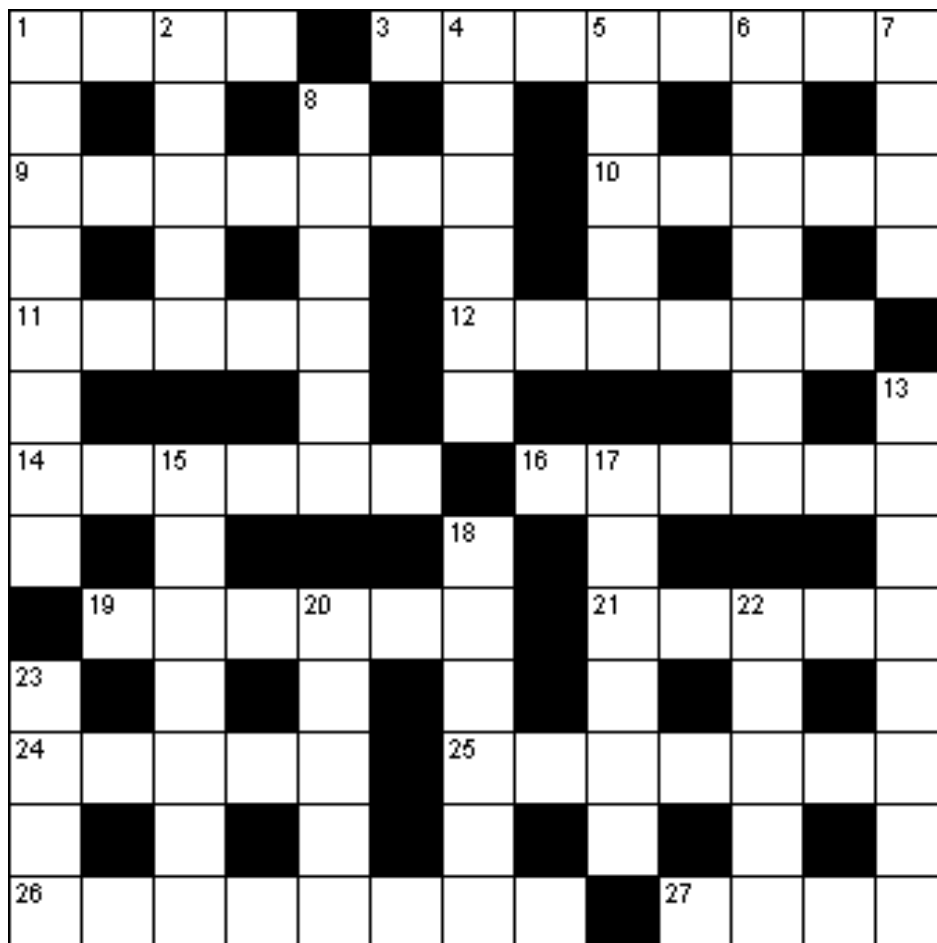
- 1. What would you do if time/money/experience were no object?** This is important. Be honest with yourself. What makes your heart beat faster?
- 2. When were you happiest at work?** What strengths were you getting to use? What was the environment like? Who were you working with?
- 3. What do you want to be known for?** Knowing the impact we want to have and the impression we want to make can be a really useful way of identifying our values and ambitions. e.g. “*I want to be known as someone who creates opportunities for business growth*”.



Your answers to these questions could help you identify your deeper needs at work. Now look at lots of possibilities and how they map against your answers. This could help you find your happy career!

# QUICK CROSSWORD

*...time for a cup of tea!*



## Across

- 1 Deep open cut (4)
- 3 Copied (8)
- 9 Irritated (7)
- 10 Danger (5)
- 11 Carrying weapons (5)
- 12 Going by air (6)
- 14 Derided (6)
- 16 Tossed (6)
- 19 Vehicle for travelling over snow (6)
- 21 Male relative (5)
- 24 Audacity (5)
- 25 Common wild duck (7)
- 26 Calculate roughly (8)
- 27 Self-satisfied (4)

## Down

- 1 French policeman (8)
- 2 Water vapour (5)
- 4 Alter (6)
- 5 Squiffy (5)
- 6 Capital of Ontario (7)
- 7 Uninteresting (4)
- 8 Solemn promise (6)
- 13 Grounded (anag) (8)
- 15 The guilty one (7)
- 17 Every sixty minutes (6)
- 18 Recluse (6)
- 20 Cherished desire (5)
- 22 Demand as a right (5)
- 23 Leg joint (4)



## FIVE WAYS TO WELLBEING

The Five Ways to Wellbeing are a set of evidence-based activities that can help us maintain good mental health and wellbeing. We might have to be a bit more creative to maintain all five different types of activity while social distancing or while in social isolation, but it also gives us lots of opportunity to try new things!

### Connect...

...with the people around you... with family, friends, colleagues and neighbours... at home, work, or in your local community. Think of these as the cornerstones of your life and invest time in them.

### Be active...

...go for a walk or a run... step outside... cycle... play a game... garden... dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of fitness.

### Take notice...

...be curious... catch sight of the beautiful... remark on the unusual... notice the changing seasons... savour the moment, whatever you are doing. Be aware of the world around you and what you are feeling.

### Keep learning...

...try something new... rediscover an old interest... offer to do something new at work... discover a new skill. Set a challenge you will enjoy achieving. Learning new things is fun and will increase your confidence.

### Give...

...do something nice for a friend or a stranger... thank someone... smile... volunteer ... look out as well as in. Seeing your own happiness connected to the wider community can be incredibly rewarding.

### MANAGING CORONA VIRUS (COVID-19) ANXIETY

- For You
- Avoid excessive exposure to media coverage
  - Connect through calls/text/internet
  - Add extra time for daily stress relief
  - Practice self-care
  - Focus on your mental health

DressingManifesting

- For Kids
- Reassure them that they're safe
  - Let them talk about their worries
  - Share your own coping skills
  - Limit their news exposure
  - Create a routine & structure

- For Quarantine/Isolation
- Keep in contact with your loved ones via social media, texts, and phone calls
  - Create a daily self-care routine
  - Keep yourself busy: games, books, movies
  - Focus on new relaxation techniques

*“ These are not normal times so don't have normal expectations of yourself.*

*Don't beat yourself up over how you work from home or home-school.*

*We are in the middle of a global crisis.*

*Allow yourself to just exist rather than achieve.”*

- Matt Haig -

# HOW TO WORK FROM HOME

A MadeSimple<sup>®</sup> Infographic

## GET READY FOR WORK AT YOUR USUAL TIME

Your commute will obviously be shorter but it's good to get up, get ready and have breakfast at your regular time. This gives structure to your working week.

**FACT:** The number of UK home workers has grown by 1.3 million since 1998 (that's a 2.6% increase).

Listening to music is fine but turn off your TV and radio (you may also want to turn off phone notifications). This will prevent annoying distractions and help you stay 'in the zone'.

**FACT:** A study published by science journal *Shiver* showed noise is an "obvious stressor" in relation to job satisfaction.

## RECOGNISE OTHERS

Working from home can put a barrier between you and colleagues/employees so make an effort to connect by praising great work.

**FACT:** Being specific with feedback beyond "well done" is beneficial as it shows you've appreciated a piece of work in detail.



When you're free from distractions you can focus, but take breaks throughout the day to avoid burnout and remain consistent.

**FACT:** No breaks can lead to headaches and burnout known as 'computer vision syndrome'. Supta suggest resting your eyes for 15 minutes every 2 hours.

## TAKE A BREAK



## KEEP QUIET



## CONSIDER PRODUCTIVITY APPS

Apps such as RescueTime make it simpler to track what you do when working and block distracting websites for set periods of time.

**FACT:** Gaming constitutes 32% of app usage; ditch these apps for better productivity.

Some people find that they are more productive at home because they work longer hours. Try to be flexible with your time.

**FACT:** An ACAS study found 64% of people increased their working hours when homeworking.



## AVOID TOO MUCH CAFFEINE

Try not to drink too much caffeine. This can reduce concentration and make it harder to be productive.

**FACT:** Too much coffee can lead to dehydration, decreased concentration and increased stress.

## DO A LITTLE EXTRA WHEN YOU CAN



Plan tasks you're going to do for the day in advance or give yourself a set goal each day.

**FACT:** Morning is great for structuring your day. Workplace expert Lynn Taylor says "your evening establishes the tone and your attitude for the day".

## STRUCTURE PROPERLY

## SHUT THE DOOR

Designate a specific part of your house to work during working hours and let everyone know you're not to be disrupted.

**FACT:** The average attention span is dropping. From 12 seconds in 2000 to 8 seconds in 2013. So avoiding distraction is even more important.

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Find out how we can help your business start, run and grow: [www.madesimplegroup.com](http://www.madesimplegroup.com)

# THE POMODORO TECHNIQUE



DECIDE ON THE TASK TO BE DONE



SET THE TIMER TO 25 MINUTES



WORK ON THE TASK UNTIL THE TIMER RINGS



TAKE A SHORT 5 MINUTE BREAK



TAKE A 15-30 MINUTE BREAK

The Pomodoro technique is taken from [Natural Factors](http://Natural Factors) website

## CHARITIES AND SUPPORT SERVICES

Information about **GamCare** and the services we provide can be found overleaf, and on our [website](#)

For the latest government advice on Coronavirus (COVID-19), visit [gov.uk/coronavirus](https://www.gov.uk/coronavirus)

For health information and advice, call **111** or visit [nhs.uk](https://www.nhs.uk). In an emergency, always call **999**



### **Campaign Against Living Miserably (CALM)**

runs a helpline for people who are down or have hit a wall for any reason, who need to talk, or find information and support. Call **0800 58 58 58**. Phone and webchat open 5.00pm-midnight, 365 days a year.

**Breathing Space** is a confidential phonenumber for anyone in Scotland over the age of 16, feeling low, anxious or depressed. Call **0800 83 85 87**. Mon-Thurs 6pm-2am; then continuously from Fri 6pm-6am Mon.

**Samaritans** Whatever you're going through, a Samaritan will face it with you. Free listening service on **116 123**. 24 hours a day, 365 days a year. You can e-mail [jo@samaritans.org](mailto:jo@samaritans.org) or write to Chris, Freepost RSRB-KKBY-CYJK, PO Box 9090, STIRLING, FK8 2SA

**The Silver Line** is the only free confidential helpline providing information, friendship and advice to older people. Call **0800 4 70 80 90**. 24 hours a day, 365 days a year.

**Shout** is a crisis text service available for times when you feel you need immediate support. Text **SHOUT** to **85258** and you will be put in touch with a trained volunteer who will chat to you via text.

**Victim Support** supports people affected by crime. Services are confidential and free. In England and Wales, call **0808 1689 111**. 24 hours a day, 365 days a year. In Scotland, call **0800 160 1985**. Mon-Fri 8am-8pm.

**The Trussell Trust** is a nationwide network of foodbanks providing emergency food and support.

**Men's Sheds** are community spaces for groups of men to connect, converse and create. The activities can help reduce loneliness and isolation, but most importantly, they're fun.

**StepChange** helps you deal with your debts and get the support you need. Call **0800 138 1111** or chat online. Mon-Fri 9am-5pm, Sat 8am-4pm.

**Relate** provides relationship support to people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find your nearest office via the website.

**National Domestic Abuse Helpline** for women is open 24-hours online, or freephone **0808 2000 247**.



**Men's Advice Line** for male domestic abuse survivors. Webchat or freephone **0808 801 0327**. Mon/Wed 9am-8pm; Tues/Thurs/Fri 9am-5pm.

**ManKind Initiative** runs a free, confidential helpline for male victims of domestic abuse and violence. Call **01823 334244**. Mon-Fri 10am-4pm.

**National LGBT+ Domestic Abuse Helpline** for people who have experienced hate crime, domestic abuse and sexual violence. Call **0800 999 5428**. Mon/Tues/Fri 10am-5pm; Wed/Thurs 10am-8pm.

## GAMCARE FREE TREATMENT SERVICES

GamCare provides a range of treatment options for anyone affected by problem gambling who is over the age of 16 in England, Scotland or Wales. This includes anyone concerned about their own gambling, as well as family members and friends who are affected by a loved one's gambling behaviour (even if the gambler does not wish to seek support yet). **All our treatment is free, flexible and confidential.**

**During the Coronavirus (COVID-19) pandemic, GamCare can offer:**

- One-to-one online and telephone therapeutic support and treatment
- Group-based Gambling Recovery Courses delivered online for 6-8 weeks
- Guided online treatment modules which can be accessed at your convenience, over a period of 8 weeks, with additional telephone support from a GamCare practitioner



### NATIONAL GAMBLING HELPLINE FREEPHONE 0808 8020 133



#### The National Gambling Helpline

provides confidential information, advice and support for anyone affected by gambling problems in England, Scotland and Wales.

You can speak with our advisers over the phone or via Live Chat every day of the year, 24 hours a day.

They will listen to what's going on for you, and can talk you through all of the options available to you for support online or over the telephone.

### FORUM AND CHAT ROOMS

#### The GamCare Forum

is a 24/7 online message board, providing a safe and secure space for you (gamblers or their partners, friends and family) to share experiences, thoughts and feelings about problem gambling.



We also run a Chatroom every day at 1pm and 8pm for an hour (Sundays at 8pm for 1.5hrs).

We also run a dedicated chatroom for family and friends who are affected by a loved one's gambling on Wednesdays from 7-8pm.

### NOT SURE YET IF YOU NEED OUR SUPPORT?

Why not try our Self-Assessment to pick up any early signs of risky gambling behaviour. It's free, anonymous, and it only takes a few minutes. You'll get detailed feedback based on your answers and suggestions for other support that is available.

We also have a whole range of free Self-Help Resources for anyone who has recognised that gambling may be an issue for them.



# Consultations, what do you think?

An Open Letter to Glasgow City Council requesting the people of Glasgow lead the way on a city recovery plan focussed on well-being, justice and sustainability.

[bellacaledonia.org.uk/2020/06/01/an-open-letter-to-glasgow-city-council/](https://bellacaledonia.org.uk/2020/06/01/an-open-letter-to-glasgow-city-council/)

Deaf Scotland have put together a survey on the Covid-19 crisis for people with a hearing loss to complete to give them actual evidence to take to the Scottish and UK Governments on the information and support provided for individuals, those in employment and those who employ others. To complete the survey, go to: <https://forms.gle/pdHRH1MDVCD55CfFA>

## **Is it time for a rethink of mental health services?**

[www.holyrood.com/inside-politics/view,under-pressure-is-it-time-for-a-rethink-of-scotlands-mental-health-system\\_15581.htm](http://www.holyrood.com/inside-politics/view,under-pressure-is-it-time-for-a-rethink-of-scotlands-mental-health-system_15581.htm)

# Services and support

## Autism

### Autism Advice Line (Scotland)

T: 01259 222 022

[www.scottishautism.org](http://www.scottishautism.org)

### National Autistic Society Helpline

T: 0808 800 4104.

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

### Differabled

[www.differabledscotland.co.uk/about](http://www.differabledscotland.co.uk/about)



## Carers

### Advice for unpaid carers

[www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/](http://www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/)



### Dementia UK

Dementia Helpline

T: 0800 888 6678

[www.dementiauk.org/get-support/coronavirus-covid-19/](http://www.dementiauk.org/get-support/coronavirus-covid-19/)

### Carers Scotland

[www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help](http://www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help)

T: 0808 808 7777

### Friends and family of someone with cancer

[www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends](http://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends)

### Carers Voices Project

[www.alliance-scotland.org.uk/people-and-networks/carer-voices/keep-well-with-carer-voices/](http://www.alliance-scotland.org.uk/people-and-networks/carer-voices/keep-well-with-carer-voices/)

### Citizens advice Bureau

[www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/](http://www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/)

### Glasgow Association for Mental Health

[www.gamh.org.uk/carers-information-line](http://www.gamh.org.uk/carers-information-line)

### Take Break Scotland

[takeabreakscotland.org.uk/applications/](http://takeabreakscotland.org.uk/applications/)

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

## Charity advice

**Glasgow Sport** is eager to help organisations to sustain themselves and be Ready to Go Again when the Scottish Government route map allows. This fund is specifically targeted at organisations in the sport and physical activity sector who have a role in enabling and supporting the communities of Glasgow to get and stay active. Organisations can apply for grants up to £2,000.

[www.glasgowlife.org.uk/sport/funding/sports-organisation-support-covid-19-fund](http://www.glasgowlife.org.uk/sport/funding/sports-organisation-support-covid-19-fund)

**GCVS Glasgow Council for Voluntary Services**  
[www.gcv.org.uk](http://www.gcv.org.uk)

### **Generations working together**

Directory of intergenerational resources to use during COVID19 pandemic  
[generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020](http://generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020)

**Glasgow social enterprise network**  
[www.gsen.org.uk](http://www.gsen.org.uk)

### **Just enterprise**

**T: 0300 302 3333**

[justenterprise.org/events/event/charitable-trading/](http://justenterprise.org/events/event/charitable-trading/)

### **Impact funding partners**

**T: 01383 620 780**

[www.impactfundingpartners.com](http://www.impactfundingpartners.com)

**Independent Age Grants Fund** Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic [www.independentage.org/community/grants-fund](http://www.independentage.org/community/grants-fund)

**Third sector lab** Consultancy, training, and strategy to help charities get the most out of digital, useful resources:

- [thirdsectorlab.co.uk/covid-19/](http://thirdsectorlab.co.uk/covid-19/)
- [www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater](https://www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater)
- [open.spotify.com/show/5x2s9GleJufexYgM5JZ20X](https://open.spotify.com/show/5x2s9GleJufexYgM5JZ20X)

**Scottish Council Voluntary Organisations**  
[scvo.org.uk](http://scvo.org.uk)





## Death, grief, and loss

COVID 19 is bringing many challenges and pain to many people including the death of a loved one. Sadly, people are also dying for other reasons and social distancing restrictions can make that loss even more painful. These are some contacts maybe able to help.

It is worth also speaking to your faith community if this is appropriate for you. As with everything just now, things can be affected by COVID19, however, services are doing their best to be there for people even if for now, that is by phone:

### **Breathing Space**

**T: 0800 83 85 87**

### **Blue Cross for Pets**

**T: 0800 096 6606**

*(Support following the death of a pet)*

### **Bereavement advice**

**W: [www.bereavementadvice.org](http://www.bereavementadvice.org)**

### **Child bereavement UK**

**[www.childbereavementuk.org](http://www.childbereavementuk.org)**

### **CRUSE Bereavement support**

**Bereavement support helpline**

**T: 0808 808 1677**

**[www.cruse.org.uk/about-cruse/contact-us](http://www.cruse.org.uk/about-cruse/contact-us)**

### **Good life, good death, good grief**

**[www.goodlifedeathgrief.org.uk/content/support\\_with\\_covid19](http://www.goodlifedeathgrief.org.uk/content/support_with_covid19)**

### **Families affected by Murder and Suicide (FAMS)**

**T: 07736 326 062**

### **Petal bereavement support**

**[www.petalsupport.com](http://www.petalsupport.com)**

### **SOBS Bereaved by Suicide**

**T: 0300 111 5065**

### **Sudden death**

*(Bereavement support for sudden death)*

**[www.suddendeath.org/about/about-sudden-death](http://www.suddendeath.org/about/about-sudden-death)**

### **The Good Grief Trust**

**[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)**

### **The Lullaby Trust**

**T: 0808 802 6868**

*(Bereavement support/ following the death of a baby/young child)*

### **For guidance on funerals in Scotland during COVID 19**

**[www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/](http://www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/)**

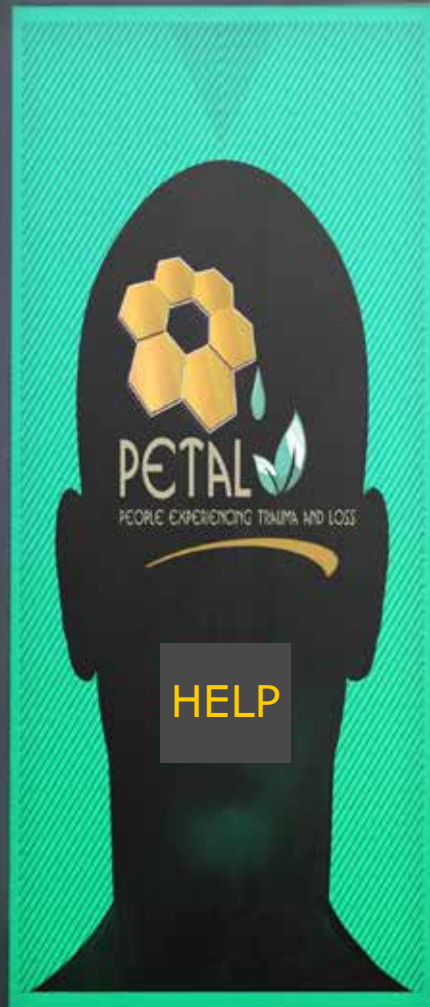
**COPE Scotland** have a piece on their website, maybe helpful at this time **[www.cope-scotland.org/index.php/latest-blog/coping-with-loss](http://www.cope-scotland.org/index.php/latest-blog/coping-with-loss)**





# **Bereavement Support**

## **Murder and Suicide & COVID-19**



- **SERVICES AVAILABLE**
- **Homicide - Suicide—COVID-19**
- **Free—Bereavement Counselling**
- **Free—Emotional Support**
- **Free—Practical Support/Advice**
- **For Immediate Family & Partners**
- **Short-term Brief Interventions**
- **For all ages over 12 years old**
- **Service Provision in Scotland**
- **Limited Service Available**

**CORONAVIRUS**  
PROTECT YOURSELF & OTHERS

## Digital inclusion

### GDA Connects

If you, or someone you know, is shielding from Covid-19 with no internet access and would like to hear more about GDAConnects – please get in touch with [hannah@gdaonline.co.uk](mailto:hannah@gdaonline.co.uk)  
For more information about GDA's wider COVID Response contact [info@gdaonline.co.uk](mailto:info@gdaonline.co.uk)

### NWVSN Network IT Recycling Project

NWVSN Network has formed a partnership with Glasgow Clyde College and their Gifttech project, that recycles college PCs. They will now be able to offer PCs to members to give to people they work with that they know are in need. They will also be offering prepaid WIFI, which should last a few months with light/moderate use. To express an interest or get a referral form email [martina.northwestglasgowvsn@outlook.com](mailto:martina.northwestglasgowvsn@outlook.com). Please note they do not have a huge supply but will offer what they can, the project is here to fill the gaps if other options aren't available.

### Glasgow Life

[www.glasgowlife.org.uk/glasgows-learning/digital-skills](http://www.glasgowlife.org.uk/glasgows-learning/digital-skills)

### Connecting Scotland: Glasgow Kit and Connectivity Programme

The Connecting Scotland programme aims to connect digitally excluded people, allowing them to access services and support and to connect with friends and family during the pandemic.

People on low incomes who are at greater risk of isolation due to coronavirus will be provided with:

- Access to kit –an appropriate internet enabled device (Chromebook or iPad)
- Access to connectivity –a mobile hotspot and 12 months of data
- Support to develop skills and confidence online

This first phase of Connecting Scotland will be offered as a grant programme. Building on learning from existing activity to tackle digital exclusion, the programme will work through organisations (particularly local authorities and local third sector organisations) who are already providing support to the target groups. In Glasgow, the Programme will be administered by Glasgow Life in partnership with SCVO. The city has been allocated 780 devices in the first phase of the Programme (330 Chromebooks and 450 iPads) each device will come with a Mifi hotspot/dongle and SIM with 12 months of data with a 20Gb per month allowance.

If you would like to know more about the programme in Glasgow please contact [digitalskills@glasgowlife.org.uk](mailto:digitalskills@glasgowlife.org.uk)



## Drugs and Alcohol

**Alcoholics Anonymous**  
0800 9177 650

**Al anon (for families affected)**  
T: 0800 0086 811

**Al a teen (for teenagers affected)**  
[al-anon.org/newcomers/teen-corneralateen/](http://al-anon.org/newcomers/teen-corneralateen/)

**Cocaine Anonymous**  
T: 0141 959 6363

**Drink Wise Age well**  
[drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk)

**Drinkline**  
T: 0800 917 8282

**Family addiction support service**  
T: 0141 420 2050

**Gamblers Anonymous**  
T: 0370 050 8881

**Glasgow Council on Alcohol**  
T: 0808 802 9000

Due to the COVID 19 pandemic, GCA are currently unable to carry out Alcohol Brief Interventions (ABI) as usual within community settings. Therefore, they have launched a new online ABI chat service via the Glasgow Council on Alcohol Facebook page where people can send a private message if they have concerns about their own or someone else's drinking. The online service will be covered at specific times by GCA ABI practitioners who will be able to screen people for harmful drinking and offer advice on how to manage or reduce their alcohol consumption, as well as refer people to counselling and other services. [en-gb.facebook.com/GCAGlasgow/](https://www.facebook.com/GCAGlasgow/)

**Glasgow helping hero's**  
T: 0800 731 4880

**How to help an addicted parent**  
[www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)

**Homeless Addiction Team**  
T: 0141 552 9287

**Marie Trust Counselling service**  
T: 0141 221 0169

**Narcotics Anonymous**  
T: 0300 999 12 12

**North West Recovery Communities**  
[www.nwrc-glasgow.co.uk](http://www.nwrc-glasgow.co.uk)

**Turning Point (Homelessness service)**  
T: 0800 652 3757  
[www.turningpointscotland.com/glasgow](http://www.turningpointscotland.com/glasgow)

**Recovery Simon Community**  
T:0800 027 7466

**Scottish Families affected by Drugs and alcohol**  
T: 08080 101011

**We are with you**  
Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.  
[www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)



# We are still here

for our LGBT community in Scotland  
[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)



## Keep well



**LGBT Helpline Scotland**  
Tue/Wed (12-9pm) Thu/Sun (1-6pm)  
More at [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)



**Telefriending**  
For LGBT people 50 and over in Scotland  
Contact [jean@lgbthealth.org.uk](mailto:jean@lgbthealth.org.uk)



**See Me Proud**  
Resources on Facebook, Twitter  
and Instagram at [@seemeproud](https://www.instagram.com/seemeproud)

### Online wellbeing events

Regular meetups on Zoom including:



**Queer May You Be Well**  
Facebook group



**Wellbeing Café**  
Monthly catch up



**LGBT Yoga**  
Fortnightly yoga class

## Stay connected

### Facebook groups

With regular activities for  
LGBT people in Scotland

In and Out:  
Queers' Open Mic



The Big  
Queer Quiz



LGBTQ+ Language  
Cultural Café



Queer Women's  
Group



### Trans Facebook groups

With regular online meetups  
for trans people in Scotland

Trans Social  
Lounge



Trans Self  
Care Space



Trans Creativity  
Hub



### Online social events

Regular meetups and  
activities on Zoom for all

Queerantime Nights  
Community Games



Queerantime Nights  
Community Stories



Find all our online activities on **Facebook** and  
also keep updated on **Twitter** and **Instagram**



Get regular updates emailed to you by subscribing to  
our newsletters at [www.lgbthealth.org.uk/subscribe](http://www.lgbthealth.org.uk/subscribe)



# Covid-19 Resilience Response: Leaving no one behind

## GDA Wellbeing:

Support on the phone & online. Help to cope, feel better & improve mental & physical wellbeing.

## GDA Lifeline:

Sourcing, coordinating and delivering shopping, medication and other essential resources.

## GDA Connects:

Providing IT devices, equipment, support and coaching so disabled people can get online and stay connected.

## GDA Learning:

Online & phone peer support and free, fun learning, with the necessary support to get involved.

## GDA Rights Now:

Online and by phone Welfare Rights info, support and representation.

## GDA Voices:

Sharing our lived experience so Government and decision makers understand impact & respect disabled people's rights.

Support for disabled people, older people and those with long term conditions, living in and around Glasgow.

Call free: 0800 432 0422 Text: 07958 299 496

Email: [info@gdaonline.co.uk](mailto:info@gdaonline.co.uk) [www.gda.scot](http://www.gda.scot)

[@GDA\\_online](https://twitter.com/GDA_online) [Glasgow Disability Alliance](https://www.facebook.com/GlasgowDisabilityAlliance)



## Equality and Diversity

### Accessibility

If you are a British Sign Language user [www.contactsotland-bsl.org](http://www.contactsotland-bsl.org) offers a service which enables contact with public bodies and third sector services through Video Relay. If affected by sight loss please [www.rnib.org.uk](http://www.rnib.org.uk)

### Age UK

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

### Autism

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

### Coalition for Racial Equality and Rights

[www.crer.scot](http://www.crer.scot)

### Deaf awareness

[deafscotland.org/support-communication-for-all](http://deafscotland.org/support-communication-for-all)  
[deafscotland.org/cycling-safely-for-deaf-people](http://deafscotland.org/cycling-safely-for-deaf-people)

West of Scotland regional equality unit

For various helpline numbers during COVID19 please visit [www.wsrec.co.uk](http://www.wsrec.co.uk)

### Discrimination Claims Risk

The Equality & Human Rights Commission is reminding organisations of their legal responsibilities as employers may face discrimination claims if they unfairly treat disabled or pregnant staff because of the coronavirus situation. The EHRC has issued new guidance to help make the right and lawful decisions around dismissing and furloughing staff. The guides give organisations information about their duty to make reasonable adjustments for staff with underlying health conditions and how to support pregnant women and those on maternity leave. For more information [www.equalityhumanrights.com/en/advice-and-guidance/coronavirus-covid-19-guidance-employers](http://www.equalityhumanrights.com/en/advice-and-guidance/coronavirus-covid-19-guidance-employers)

### Equality and Diversity advice Centre

[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com) Advice line T: 0808 800 0082

### Glasgow Disability Alliance

[gda.scot](http://gda.scot)

### Guide dog

[www.guidedogs.org.uk/Covid19/Support-for-people-with-sight-loss](http://www.guidedogs.org.uk/Covid19/Support-for-people-with-sight-loss)

### Health and Social care Alliance

[www.alliance-scotland.org.uk](http://www.alliance-scotland.org.uk)  
[www.alliance-scotland.org.uk/blog/news/covid-19-and-communication-for-people-living-with-sensory-loss/](http://www.alliance-scotland.org.uk/blog/news/covid-19-and-communication-for-people-living-with-sensory-loss/)

### Inspiring Scotland

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

### LGBT Foundation

[lgbt.foundation/coronavirus/impact](http://lgbt.foundation/coronavirus/impact)  
T: 0345 3 30 30 30

**LGBT Health and wellbeing**  
[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) Helpline  
T: 0300 123 2523

**LGBT Youth**  
[www.lgbtyouth.org.uk/news/2020/covid19-announcement](http://www.lgbtyouth.org.uk/news/2020/covid19-announcement)

**Poverty alliance, working together to end poverty**  
[www.povertyalliance.org](http://www.povertyalliance.org)

**Scottish Council on deafness**  
[www.scod.org.uk](http://www.scod.org.uk)

**Scottish refugee council**  
[www.scottishrefugeecouncil.org.uk/covid-19](http://www.scottishrefugeecouncil.org.uk/covid-19)

**Sign Health**  
Health video library on range of conditions and issues for people who use British Sign Language  
[signhealth.org.uk/videotags/covid-19](http://signhealth.org.uk/videotags/covid-19)

**Saheliya**  
Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area  
[www.saheliya.co.uk](http://www.saheliya.co.uk)

**Visibility Scotland**  
[visibilityscotland.org.uk](http://visibilityscotland.org.uk)

**West Scotland Regional Equality Council**  
Includes emergency COVID19 helplines info  
[www.wsrec.co.uk](http://www.wsrec.co.uk)  
T: 0141 332 463

## Homelessness

**Emergency Homelessness:**  
T: 0800 838 502

**Glasgow City Mission**  
[www.glasgowcitymission.com](http://www.glasgowcitymission.com)

**Homeless Addiction Team**  
T: 0141 552 9287

**Shelter Scotland (Glasgow Hub) scotland**  
[shelter.org.uk/about\\_us/local\\_services/glasgow](http://shelter.org.uk/about_us/local_services/glasgow)

**The Simon Community**  
[www.simonscotland.org](http://www.simonscotland.org)

**Glasgow Helpline**  
T: 0800 027 7466

**The Marie Trust**  
[www.themarietrust.org](http://www.themarietrust.org)

**Salvation Army**  
[www.salvationarmy.org.uk/homelessness](http://www.salvationarmy.org.uk/homelessness)



## Emergency services websites and COVID19

### Electricity

Who you need to contact depends on where you live

### Emergency Homelessness

**0800 838 502**

### Central and southern Scotland

Phone Scottish Power Energy Networks on:

**T: 0800 092 9290 (from landlines)**

**T: 0330 1010 222 (from mobiles)**

### North of Scotland's central belt

Phone Scottish and Southern Energy (SSE)

**T: 0800 300 999**

### Gas

National Gas Emergency Service

If you smell gas phone the National Gas Emergency service

**T: 0800 111 999**

### SGN manage the network that distributes gas across Scotland

**T: 0800 912 1700**

### Water

Phone Scottish Water

**T: 0845 601 8855**

### Help for the elderly and people with disabilities or long-term illnesses

Utility companies work with local councils to make sure vulnerable people get support during disruptions.

You should tell your supplier if you have:

- a disability
- a long term illness
- a visual impairment
- hearing difficulties
- any other specific requirements

### Medical or mobility equipment

Tell your supplier if you depend on a continuous power supply. For example, for stair lifts or hoists.

### Police Scotland

[www.scotland.police.uk/about-us/covid-19-policescotlandresponse](http://www.scotland.police.uk/about-us/covid-19-policescotlandresponse)

### Social Work Direct

**0141 287 0555 (Office Hours)**

**0300 343 1505 (Out of Hours)**

### Scottish Welfare Fund

**0141 276 1177**

### Scottish Ambulance service

[www.scottishambulance.com](http://www.scottishambulance.com)

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## Employment and Business

### Business support in Scotland

[findbusinesssupport.gov.scot](http://findbusinesssupport.gov.scot)

### Farm advisory service

[www.fas.scot/rural-business/coronavirus](http://www.fas.scot/rural-business/coronavirus)

**T: 0300 323 0161**

### Jobs and Business Glasgow

[www.jbg.org.uk/business-support-covid-19](http://www.jbg.org.uk/business-support-covid-19)

Information for employers

### COVID 19 support for employers and employees

[www.acas.org.uk/coronavirus](http://www.acas.org.uk/coronavirus)

### Returning to work preparing to manage risk of COVID 19

[www.cardinus.com/insights/covid-19-hs-](http://www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/)

[response/returning-to-work-after-lockdown/](http://www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm)

[www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm](http://www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm)

### Employability in Scotland

[www.employabilityinscotland.com](http://www.employabilityinscotland.com)

### Health and safety

[www.hse.gov.uk/news/coronavirus.htm](http://www.hse.gov.uk/news/coronavirus.htm)

### Home working health and safety

[www.hse.gov.uk/toolbox/workers/home.htm](http://www.hse.gov.uk/toolbox/workers/home.htm)



### RIDDOR reporting COVID19

[www.hse.gov.uk/news/riddor-reporting-coronavirus.htm](http://www.hse.gov.uk/news/riddor-reporting-coronavirus.htm)

### Information for people seeking work Employability in Scotland

[www.employabilityinscotland.com](http://www.employabilityinscotland.com)

### Farming sector employment opportunities

[www.pickforbritain.org.uk/jobs](http://www.pickforbritain.org.uk/jobs)

### Jobs and Business Glasgow

[www.jbg.org.uk/jobs/](http://www.jbg.org.uk/jobs/)

### Mind tools useful COVID19 support pack

[www.mindtools.com](http://www.mindtools.com)

### My world of work

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

### Working safely during COVID19

[www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm\\_source=govdelivery&utm\\_medium=email&utm\\_campaign=coronavirus-hse&utm\\_term=tnt-4&utm\\_content=digest-28-may-20](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus-hse&utm_term=tnt-4&utm_content=digest-28-may-20)



## Education and skills attainment

### Guidance for home learning COVID 19

[www.gov.scot/news/guidance-for-home-learning](http://www.gov.scot/news/guidance-for-home-learning)

### Thinkuknow

Thinkuknow is the education programme from NCACEOP, a UK organisation which protects children both online and offline.

Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

## Financial hardship and support

### Advice Scotland

T: 0808 800 9060

### 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

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

### Citizens Advice Scotland

Launched a new national advice helpline to boost the network's service during the coronavirus crisis.

T: 0800 028 1456

### Glasgow Life Communities and Libraries

If you or anyone you know are worried about their current financial situation, let them know about their new helpline number

T: 0808 169 9901

### GHA – for help with benefits & Fuel advice

T: 0808 169 9901

### GAIN network

[www.gain4u.org.uk](http://www.gain4u.org.uk) helpline

T: 0808 801 1011

### Govan Law Centre: (Glasgow-wide service)

T: 0141 440 2503

[www.govanlawcentre.org](http://www.govanlawcentre.org)

WhatsApp: 07564 040765

### HMRC

T: 0300 456 3565

### Home Energy Scotland

[energysavingtrust.org.uk/scotland/home-energy-scotland/news/covid-19-faqs-home-energy-scotland-customers](http://energysavingtrust.org.uk/scotland/home-energy-scotland/news/covid-19-faqs-home-energy-scotland-customers)

T: 0808 808 2282



**One Parent Families Scotland** are launching an Energy Support Grant for Single Parent Families, The OPFS Coronavirus Emergency Energy Fund can provide a one-off payment of £50 to single parent families in Scotland who need help with their energy bills.

More information available: [opfs.org.uk/coronavirus-emergency-energy-fund/](https://opfs.org.uk/coronavirus-emergency-energy-fund/)

#### **Mortgage payment assistance line**

**T: 0808 145 0437 (Bos Halifax & Lloyds)**

#### **Scottish Housing advice**

[scotland.shelter.org.uk/get\\_advice/scottish\\_housing\\_advice\\_coronavirus\\_COVID\\_19](https://scotland.shelter.org.uk/get_advice/scottish_housing_advice_coronavirus_COVID_19)

#### **Social security Scotland and COVID 19**

[www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19](https://www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19)

#### **Telephone banking**

**T: 0345 300 0000 (Lloyds)**

**T: 0345 721 3141 (Bos)**

**T: 0345 720 3040 (Halifax)**

If you are experiencing any challenges with finances at this time, please seek advice from your own bank, or lender or one of the money advice services to see what support maybe available to you at this time

#### **Universal Credit support**

**T: 0808 169 9901**

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## **Food**

#### **Tips on eating well during COVID 19**

[www.nhs.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/](https://www.nhs.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/)

#### **Locations on food banks**

This has an online map which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow.

All foodbanks and meals are free or pay what you can unless stated otherwise

[www.urbanroots.org.uk/freefood](https://www.urbanroots.org.uk/freefood)

#### **Food for Life Scotland**

Working with public and private sector caterers, growers and producers, cooks, and communities to transform food culture, by serving food that is good for people and the planet [www.foodforlife.org.uk/about-us/ffl-scotland](https://www.foodforlife.org.uk/about-us/ffl-scotland)

#### **The food train**

Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.

**T:0141 423 1722** all areas

#### **Change for Life Recipes ideas**

[www.nhs.uk/change4life/recipes/dinner](https://www.nhs.uk/change4life/recipes/dinner)

#### **Keep Cooking and Carry on**

[www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide/](https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on/episode-guide/)

Also visit places offering help, who can share information on other supports in your neighbourhood, you are not alone, and people are helping each other, get through this.

From local foodbanks, to parents' groups, to neighbours helping out, we are stronger when we help each other. All of us sometimes need help, if you find your struggling, please reach out, people care.

**Nourish Scotland** is an NGO campaigning on food justice issues in Scotland

[www.nourishscotland.org](https://www.nourishscotland.org)



## Cooking with kids, Spaghetti and Meatballs with Hidden Veg Sauce



### Ingredients

#### For the meatballs

- 300g pork sausages (Halal; replace with finely minced chicken and seasoning)
- 500g lean beef mince
- 1 onion grated
- 1 carrot grated
- 1 tbsp. oregano
- 50g of parmesan and some for serving
- 1 egg
- 1tbsp of oil

#### For the sauce

- 1 tbsp. oil
- 1 courgette grated
- 3 gloves of garlic grated or crushed
- 1 tbsp. of tomato pure
- Pinch of caster sugar
- Splash of white or red/white wine vinegar or even Worcestershire sauce.
- 2x400g tins of chopped tomatoes

#### To serve

- Cooked Spaghetti pasta (or what you have available)

**How to make on the other side**



- 1. Children:** Squeeze all the sausage meat out of the sausage skins into a large bowl and add the mince. Tip all the rest of the meatball ingredients, except the olive oil, into the bowl and season with black pepper then squish everything together through your hands until completely mixed. Keep an eye on younger children to make sure they don't taste any of the raw mix.
- 2. Children:** Roll the meatball mix into walnut-sized balls and place them on a plate – this is a job children as young as 2 can help with and a great job to help teach older children basic division
- 3. Grown-ups:** While the children are rolling the meatballs make the sauce. Heat the oil in a large saucepan. Add the courgette first, cook for a few minutes then add garlic and cook on a low heat for 5 mins until soft and mushy.
- 4. Grown-ups:** Stir in the tomato puree, sugar and vinegar/Worcestershire sauce - leave for 1 min then tip in the tomatoes and simmer for 5 mins. If your children like courgettes then you can leave the sauce chunky. But if they hate courgettes then blitz the sauce with a hand blender – either way continue to simmer sauce gently while you cook the meatballs. If your child is confident with heat, from 7+ they can cook the sauce with supervision.
- 5. Grown-ups:** Heat the oil in a large frying pan and, working in batches, brown the meatballs on all sides then pop them into the sauce – continue to simmer the sauce for 15 mins, stirring very gently until the meatballs are cooked through. Serve with cooked spaghetti, extra grated Parmesan and a few torn basil leaves your child has picked and torn - avoid cutting with a knife as this turns them black.
- 6. Enjoy** – add some garlic bread to the table if you wish and make plenty of napkins or kitchen roll available!



## Cake Pops



### Ingredients

#### For the cakemix

- 100g butter
- 100g caster sugar
- ½ tbsp vanilla extract
- 2 eggs
- 100g self raising flour

#### For the buttercream icing

- 75g butter
- 150g icing sugar
- 1 tbsp milk
- 200g white chocolate melted to dip
- Sprinkles to dip

**How to make on the other side**



### How to make:

- 1.** First make the cake. Heat oven to 190C/170C fan/gas 5. Grease and line the base of a 20cm sandwich tin. Place the butter, sugar and vanilla extract into a bowl and beat well to a creamy consistency. Slowly beat in the eggs, one by one, then fold in the flour and mix well. Tip into the cake tin and bake for about 20 minutes until risen and golden brown. Set aside to cool completely.
- 2.** While the cakes are cooling, make the buttercream. In a large bowl or the bowl of a stand mixer, beat the butter and icing sugar together until smooth, add the vanilla extract and milk and beat again. Once the cake is cooled, crumble into large crumbs. Add the butter cream and stir together. Take chunks of the cake mixture and roll into balls, transferring each ball to a lined tray or plate, push a lollypop stick into each, then put into the fridge for an hour to set.
- 3.** Melt the white chocolate in the microwave, blasting it and stirring at 10 seconds intervals until smooth. Tip the sprinkles into another bowl. Take each of the chilled cake pops and dip into the white chocolate, allowing it to drip off a little over the bowl. Dip into the sprinkles, then stand upright in a mug to dry at room temperature for an hour, or in the fridge for 30 mins.



## Help during the COVID 19 outbreak

### Support for those high COVID19 Risk

The service will offer help to those who do not have family or existing community support and cannot get online and who are:

- Over 70,
- Disabled,
- Require the support of mental health services,
- Are pregnant
- Receive a flu jab for health reasons.

**T: 0800 111 4000**

Anyone not in these categories but still looking for support should visit [www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)

**Glasgow Life Community Information** list of sites that are good sources of information regarding bereavement, health & wellbeing, financial and more. [libcat.csghlasgow.org/web/arena/community-information](http://libcat.csghlasgow.org/web/arena/community-information)

### Glasgow Housing Association

Home comforts team [www.gha.org.uk/ways-we-can-help/at-home/home-comforts](http://www.gha.org.uk/ways-we-can-help/at-home/home-comforts)

### Glasgow's Golden Generation

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

**Glasgow Disability Alliance GDA** If you or someone you know are not able to get food shopping, or if you are going out when you should really be staying safe at home, please contact their new Freephone helpline:

**0800 432 0422** for help or email:

[lifeline@gdaonline.co.uk](mailto:lifeline@gdaonline.co.uk)

### Glasgow Helps

**T: 0141 345 0543**

[www.glasgowhelps.org](http://www.glasgowhelps.org)

**GLASGOWHELPS LAUNCHES NEW TEXT LINE**

Are you affected by COVID-19 and need support?  
You can now text us on **07451 289255**

Support is now available in:  
Urdu; Punjabi; Cantonese;  
Polish; Arabic; Lithuanian;  
Czech and Slovak.

We are working to offer more languages.

To access support in these languages, simply text the language you require, i.e Arabic, to **07451 289255** and our bi-lingual call handler will phone you back.



### Need help getting to places

Taxis can prepay with debit card

**Hampton cabs 0141 429 1122**

**Glasgow Taxis [www.glasgowtaxi.co.uk](http://www.glasgowtaxi.co.uk)**

**Community Transport Glasgow**

[www.ctglasgow.org.uk](http://www.ctglasgow.org.uk) **T: 0845 605 5955**

**Glasgow City Council** has been working hard to provide urgent services for its citizens in response to the COVID19 pandemic, for more detail on these services please visit their website [www.glasgow.gov.uk](http://www.glasgow.gov.uk) and [www.glasgow.gov.uk/coronavirus](http://www.glasgow.gov.uk/coronavirus)



## Helplines

### Advice. Scot

T: 0808 800 9060

### Alcoholics anonymous

T: 0800 0086 811 / 0800 9177 650

### Autism Helpline

T: 0808 800 4104

### Alzheimer's Scotland

T: 0808 808 3000

### Breathing Space

T: 0800 83 85 87

### Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

### CAB

T: 0800 328 5644

### Campaign Against Living Miserably CALM (Men)

T: 0800 585858

### Childline

T: 0800 1111

### Child Bereavement UK

T: 0141 352 9995

### (Help prevent) Childhood abuse

T: 0808 1000 900

### CHSS Advice line Nurses

T: 0808 801 0899

### CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

### Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

### Dementia Helpline

T: 0800 888 6678

### Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

### Drinkline Scotland

T: 0800 7314 314

### Emergency Homelessness

T: 0800 838 502

### Families affected by Murder and Suicide (FAMS)

T: 07736 326 062

### Families Outside Peer support group

(supporting families affected by imprisonment) Text FAMOUT 60777 or

Freephone 0800 254 0088

### Gamblers Anonymous Scotland

T: 0370 050 8881

### Gambling Helpline

T 0808 8020 133

### Glasgow Disability Alliance helpline

T: 0800 432 0422

### Glasgow helping hero's

T: 0800 731 4880

### Hopeline UK (people under 35)

T: 0800 068 41 41

### LGBT Helpline

T: 0300 123 2523

### LGBT Youth

Text: 07786 202 370

### The Lullaby Trust

T: 0808 802 6868 Bereavement support/  
following the death of a baby or young child

### NA

T: 0300 999 1212

### NHS 24

T: 111

### One parent Families Scotland Helpline

0808 801 0323

### Pandas (perinatal mental illness)

T: 0808 1961 776

### Parent line

T: 08000 28 22 33

### **The Samaritans**

Free Phone T: 116 123

### **Rape Crisis**

T: 0808 802 999 national number Glasgow and Clyde number T: 0808 800 0014

### **Sexual Health info line**

T: 0800 567 123 but changing to  
T: 0300 123 7123

### **Silverline (older people)**

T: 0800 4 70 80 90

### **Shelter Helpline**

T: 0300 330 1234

### **Shout (an affiliate of crisis text line)**

Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer

### **SOBS (Bereaved by Suicide)**

T: 0300 111 5065

### **The Spark Relationship Counselling and Support**

T: 0808 802 0050

### **Universal Credit Helpline**

T: 0808 169 9901

### **Victim Support**

T: 0345 603 9213

### **WSREC Hate Crime Helpline**

T: 07497 187 992

### **Young Minds**

T: 0800 018 2138

### **Bipolar Scotland**

[www.bipolarscotland.org.uk/newsblog](http://www.bipolarscotland.org.uk/newsblog)

### **Breathing Space**

If you need to talk about your anxiety or mental health in general

T: 0800 83 85 87

### **Brothers in arms Thrive App**

[www.brothersinarmsscotland.co.uk/apps/brothersthive](http://www.brothersinarmsscotland.co.uk/apps/brothersthive)

### **Campaign to look after your mental health**

[www.clearyourhead.scot](http://www.clearyourhead.scot)

### **Combat Stress**

UK charity for Veterans Mental Health

[www.combatstress.org.uk](http://www.combatstress.org.uk) T: 0800 138 1619

### **Compassion fatigue**

[compassionfatigue.org](http://compassionfatigue.org)

### **COPE Scotland**

T: 0141 944 5490

Email: [admin@cope-scotland.org](mailto:admin@cope-scotland.org) will be replied to within 24 hours where possible. Website offers online wellbeing information: [www.cope-scotland.org](http://www.cope-scotland.org)

**COVID-MINDS** is a network of longitudinal studies on the global mental health impact of Covid-19 [covidminds.org](http://covidminds.org)

### **CRUSE Bereavement support**

**Bereavement support helpline**

T: 0808 808 1677

### **How to look after your mental health**

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

### **Healing for the heart**

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

### **Lifelink Glasgow Counselling service**

**Also have a young people's service**

T: 0141 552 4434

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

Due to COVID 19 restrictions at the moment all counselling will be delivered via telephone or video sessions

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## **Mental Health, well-being and stress management**

**Association for child and adolescent mental health**

[www.acamh.org](http://www.acamh.org)

### **Anxiety UK**

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

Text service 07537416905



**Maternal mental Health Scotland**  
[maternalmentalhealthscotland.org.uk/  
resources/links-to-charities-and-support-  
groups](http://maternalmentalhealthscotland.org.uk/resources/links-to-charities-and-support-groups)

### **Mental health Foundation**

Please visit the Mental Health Foundation Scotland website for information around looking after your mental health during the COVID19 pandemic

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

this may also be of interest

[www.mhfestival.com/exhibition](http://www.mhfestival.com/exhibition)

**Mind tools** a lot of useful information and tools  
[www.mindtools.com](http://www.mindtools.com)

### **Mindfulness**

[www.freemindfulness.org/download](http://www.freemindfulness.org/download)

### **Moira Anderson Foundation**

**Supporting children and adults affected by  
childhood sexual abuse**  
[moiraanderson.org](http://moiraanderson.org)

### **Panda Foundation**

The PANDAS Foundation is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline  
**T: 0808 1961 776**

**E: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)**  
[www.pandasfoundation.org.uk/help-and-  
information/pre-ante-and-postnatal-illnesses/  
dad's-and-depression.html](http://www.pandasfoundation.org.uk/help-and-information/pre-ante-and-postnatal-illnesses/dad's-and-depression.html)

### **Perinatal and Infant Mental Health Third Sector Service Directory**

Find Support Near You

[www.inspiringscotland.org.uk/perinatal-  
mental-health-services](http://www.inspiringscotland.org.uk/perinatal-mental-health-services)

### **Thinking of suicide?**

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

### **The Samaritans**

**Free Phone T: 116 123**

### **SAMH Mental Wellbeing and COVID-19**

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

### **Information on self-harm**

#### **SAMH**

[www.samh.org.uk/about-mental-health/  
mental-health-problems/self-harm](http://www.samh.org.uk/about-mental-health/mental-health-problems/self-harm)

#### **SAMH download maybe helpful**

[www.samh.org.uk/documents/SAMH\\_  
Understanding\\_Self\\_Harm.pdf](http://www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf)

### **Shout (an affiliate of crisis text line)**

**Text: SHOUT to 85258 in the UK to text with a  
trained Crisis Volunteer**

### **We are with you**

Support for people who have issues with drugs, alcohol and mental health, and their families and friends. We know our communities and understand the challenges they face.

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

### **Support in Mind Scotland**

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



## Older age

**Alzheimer's Scotland**  
[www.alzscot.org](http://www.alzscot.org)

**The Age Scotland helpline**  
is a free, confidential phone service for older people, their careers and families in Scotland  
T: 0800 12 44 222

**Dementia Helpline**  
T: 0800 888 6678  
[www.dementiauk.org/get-support/coronavirus-covid-19/](http://www.dementiauk.org/get-support/coronavirus-covid-19/)

**Glasgow's Golden Generation**  
[www.glasgowgg.org.uk](http://www.glasgowgg.org.uk)  
They are delivering packages of food and essentials to older adults across Glasgow, including pictures, paintings and messages of hope from local children and young people. Parcels are being delivered to older adults' doorsteps to minimise contact. This free service is open to anyone over the age of 55. Please contact your nearest centre if you need essentials or have someone in mind who needs urgent assistance.

**Glasgow North and West Fred Paton Centre**  
T: 0141 353 0720

**Glasgow South David Cargill Centre**  
T: 0141 632 7391

**Glasgow East Mattie Carwood Centre**  
T: 0141 766 0000

**Independent Age Grants Fund** Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic [www.independentage.org/community/grants-fund](http://www.independentage.org/community/grants-fund)

**Playlist for life**  
Connect through music during isolation and build your loved ones' personal playlist  
[www.playlistforlife.org.uk/mp3-music-players-dementia/](http://www.playlistforlife.org.uk/mp3-music-players-dementia/)  
[www.playlistforlife.org.uk/connectthroughmusic/](http://www.playlistforlife.org.uk/connectthroughmusic/)

**Silverline (older people)**  
T: 0800 4 70 80 90

**The Good Morning service**  
T: 0141 336 7766  
[www.goodmorningservice.co.uk](http://www.goodmorningservice.co.uk)

**Generations working together, Directory of intergenerational resources to use during COVID19 pandemic**  
[generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020](https://generationsworkingtogether.org/news/directory-of-intergenerational-resources-to-use-during-pandemic-27-05-2020)

The next **Glasgow & East Dunbartonshire intergenerational meeting** will take place in October and is now open for bookings: <https://generationsworkingtogether.org/events-training/glasgow-and-east-dunbartonshire-intergenerational-network-meeting-23-10-2020>

**WeekdayWOWFactor**  
Thanks to Funding from Big Lottery, GSEN and Foundation Scotland. Offering a 7 day free service at present using Zoom platform- Daily 5pm Daytime discos with chat and fun quiz. Mondays and Fridays Zooming at 3pm for Virtual Adventure walks in cities and natural wonders around the world as well as a chat and a fun quiz.  
[Weekdaywowfactor@gmail.com](mailto:Weekdaywowfactor@gmail.com) or call 07717 732 542 for more information.  
Active Facebook page: Weekday Wow Factor



## Physical Health

### Alzheimer's Scotland

[www.alzscot.org](http://www.alzscot.org)

T: 0808 808 3000

### Asthma UK

T: 0300 222 5800

[www.asthma.org.uk/coronavirus](http://www.asthma.org.uk/coronavirus)

### Brittle Bones

[www.brittlebon.org](http://www.brittlebon.org)

### Charles Bonnet Syndrome

T: 0303 1239999

[www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)

### MacMillan Cancer support

T: 0141 287 2903

[www.macmillan.org.uk/coronavirus](http://www.macmillan.org.uk/coronavirus)

### Chest Heart and Stroke Scotland

T: 0808 801 0899

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

### Chronic Pain

[www.nhsggc.org.uk/your-health/healthservices](http://www.nhsggc.org.uk/your-health/healthservices)

[painassociation.co.uk](http://painassociation.co.uk)

[www.youtube.com/](http://www.youtube.com/)

[watch?v=4I8dUJgCj0I&feature=youtu.be](https://www.youtube.com/watch?v=4I8dUJgCj0I&feature=youtu.be)

### Crohn's and Colitis UK

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

### Chron's disease

[www.crohnscolitisfoundation.org/what-is-crohns-disease](http://www.crohnscolitisfoundation.org/what-is-crohns-disease)

### Cystic Fibrosis Trust

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

### Diabetes UK

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

### Epilepsy

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

### Fibromyalgia

[www.fmauk.org](http://www.fmauk.org)

### HIV

Terrance Higgins Trust

[www.tht.org.uk/centres-and-services/glasgow](http://www.tht.org.uk/centres-and-services/glasgow)

### Macular society

[www.macularsociety.org](http://www.macularsociety.org)

T: 0300 3030 111

### Menopause

[www.nhs.uk/conditions/menopause](http://www.nhs.uk/conditions/menopause)

Menopause Café [www.menopausecafe.net](http://www.menopausecafe.net)

### National Eczema Society

[www.eczema.org](http://www.eczema.org)

### Primary Immunodeficiency UK

[www.piduk.org](http://www.piduk.org)

### Sarcoidosis UK

[www.sarcoidosisuk.org](http://www.sarcoidosisuk.org)

### Sign Health

Health video library on range of conditions and issues for people who use British Sign Language [www.signhealth.org.uk](http://www.signhealth.org.uk)

### Ulcerative Colitis

[www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis](http://www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis)

### Useful information if recovering from COVID19

[www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy](http://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy)  
[elearning.rcpsych.ac.uk/default.aspx?page=29567](http://elearning.rcpsych.ac.uk/default.aspx?page=29567)

### Versus Arthritis

[www.versusarthritis](http://www.versusarthritis)

T: 0800 5200 520



## Parents and families

Association for child and adolescent mental health

[www.acamh.org](http://www.acamh.org)

### Child Bereavement UK

T: 0141 352 9995

### (Help prevent) Childhood abuse

T: 0808 1000 900

### Childline

T: 0800 1111

[www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus](http://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus)

### Differabled Scotland

Parent to parent, peer to peer support for parents

whose children have additional support needs

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

[www.facebook.com/differabledscotland](https://www.facebook.com/differabledscotland)

### Down's syndrome Scotland

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

### Families outside

• T: 0800 254 0088

• Webchat [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

• Text FAMOUT to 60777

• Email [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

### How to help an addicted parent

[www.childrensociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrensociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)

**Licketyspit** is a family drama-led play and children's theatre charity based in Glasgow.

To take part: Families can join the Children & Families Network at:

[www.licketyspit.com/families/network](http://www.licketyspit.com/families/network) or contact ruby at [cfn@licketyspit.com](mailto:cfn@licketyspit.com) or via text 07413 800 342. You can find all of Licketyspit's online content for imaginative play at home at [www.licketyspit.com/families/coronavirus](http://www.licketyspit.com/families/coronavirus)



### Parent Network Scotland

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

### Parenting across Scotland

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

### Pregnant and new parents

[www.parentclub.scot](http://www.parentclub.scot)

### Solihull Approach Training online

[solihullapproachparenting.com/online-course-for-parents](http://solihullapproachparenting.com/online-course-for-parents)

### Triple P

Online training [www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/](http://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/)

### Take Break Scotland

[takeabreakscotland.org.uk/applications/](http://takeabreakscotland.org.uk/applications/)

Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

**The PANDAS Foundation** is there to help support and advise any parent and their networks who need support with perinatal mental illness. They are also there to inform and guide family members, carers, friends and employers as to how they can support someone who is suffering Pandas FREE helpline

T: 0808 1961 776

[info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)

### Scottish Families Information services

Information for parents and carers of children and young people [scottishfamilies.gov.uk](http://scottishfamilies.gov.uk)

## Pets

This can be a challenging time also for pets, the following websites may offer some advice. Please also at this time be extra considerate of someone who is using a guide or assistance dog. A guide dog has not been trained to know to keep people 2metres away from the person they are protecting and the person with sight loss may not be able to see you, so please, be considerate. If we treat others, the way we want treated more of us will come through this.

### **Advice for animal owners From the Government**

[www.gov.scot/publications/coronavirus-covid-19-advice-for-animal-owners/](http://www.gov.scot/publications/coronavirus-covid-19-advice-for-animal-owners/)

### **From Scottish Society for prevention of cruelty to animals**

[www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets](http://www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets)

### **Advice for people who use a guide dog**

[www.guidedogs.org.uk/coronavirus/Services](http://www.guidedogs.org.uk/coronavirus/Services)

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## Places of worship

Places of worship are also subject to the guidelines on social distancing; however, many are offering guidance on how you can still stay connected, if we have missed any places of worship please let us know and we shall add these to the next edition.

While we cannot list every single place of worship in every community, we wanted to share sources where you may find out what is happening in your local community:

### **Archdiocese of Glasgow**

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

### **Ahmadiyya Mosque**

[www.facebook.com/baiturrahmanmosqueglasgow/](https://www.facebook.com/baiturrahmanmosqueglasgow/)

### **Baptists Church**

[www.baptist.org.uk/Groups/337630/Coronavirus.aspx](http://www.baptist.org.uk/Groups/337630/Coronavirus.aspx)

### **Central Mosque Glasgow**

[centralmosque.co.uk/coronavirus-covid-19-announcement](http://centralmosque.co.uk/coronavirus-covid-19-announcement)

### **Church of Scotland**

[www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus](http://www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus)

### **Glasgow Buddhist centre**

[www.glasgowbuddhistcentre.com](http://www.glasgowbuddhistcentre.com)

### **Glasgow City Free Church**

[www.glasgowcityfreechurch.org](http://www.glasgowcityfreechurch.org)

### **Glasgow Reform Synagogue**

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

### **Glasgow Gurdwara**

[www.glasgowgurdwara.org](http://www.glasgowgurdwara.org)

### **Greek Orthodox Church Glasgow**

[www.greekcommunitystluke.scot](http://www.greekcommunitystluke.scot)

### **Hindu Temple Glasgow**

[www.hindumandirglasgow.org](http://www.hindumandirglasgow.org)

### **Jehovah's Witnesses**

[www.jw.org/en](http://www.jw.org/en)

### **Methodist Church**

[www.methodist.org.uk/about-us/coronavirus/official-guidance](http://www.methodist.org.uk/about-us/coronavirus/official-guidance)

### **Orthodox Synagogue**

[www.jscn.org.uk/small-communities/garnethillsynagogue/](http://www.jscn.org.uk/small-communities/garnethillsynagogue/)

### **Quaker religious society of friends**

[www.quakerscotland.org/glasgow](http://www.quakerscotland.org/glasgow)

### **Salvation Army**

[www.salvationarmy.org.uk/glasgow-city-centre](http://www.salvationarmy.org.uk/glasgow-city-centre)

## Relationship and family breakdown

### Info site

[www.mygov.scot/relationship-counselling](http://www.mygov.scot/relationship-counselling)

### Relate

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

Website also shares advice and tips on keeping relationships healthy during self-isolation and social distancing

### Relationships Scotland (Family Mediation)

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

T: 0141 332 2731

### The Spark

[www.thespark.org.uk/relationship-support-for-couples-individuals/relationship-helpline](http://www.thespark.org.uk/relationship-support-for-couples-individuals/relationship-helpline)

T: 0808 802 2088

Tips for successful communication within the family [www.pubs.ext.vt.edu/350/350-092/350-092.html](http://www.pubs.ext.vt.edu/350/350-092/350-092.html)



## Safety and protection

### COVID19 Adults with incapacity guidance

[www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance](http://www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance)

### Cyber safety

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

### Domestic abuse

It is recognised during lockdown and the social isolation measures, the increased incidence of domestic abuse. It is really important people feel safe. For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language  
[sdafmh.org.uk](http://sdafmh.org.uk)

### Domestic abuse and forced Marriage Helpline

T: 0800 027 1234 or email [helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)

**GCA** have been working with Inspiring Scotland and the other Survivor Scotland organisations to develop and present #NeverMoreNeeded video.

[vimeo.com/430085213](https://vimeo.com/430085213)

### Fearless campaign

Fearless Scotland have launched a campaign encouraging children and young people to be alert to signs of abuse and neglect in their families and communities

[www.fearless.org/campaigns/harm-neglect](http://www.fearless.org/campaigns/harm-neglect)

### Issues with neighbours and antisocial behaviour

[www.your-place.net](http://www.your-place.net)

### Male victims of domestic abuse helpline

T: 0808 800 0024

W: [abusedmeninscotland.org](http://abusedmeninscotland.org)

### Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

[moiraanderson.org](http://moiraanderson.org)

### National bullying helpline

<https://www.nationalbullyinghelpline.co.uk/>

T: 0845 22 55 787

### Stop it now Helping prevent childhood sexual abuse Helpline

T: 0808 1000 900

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

Police Scotland share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information

[www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers](http://www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers)

### UNICEF

How to keep your child safe online while stuck at home during the COVID-19 outbreak

[www.unicef.org/coronavirus/keep-your-child-safeonline-at-home-covid-19](http://www.unicef.org/coronavirus/keep-your-child-safeonline-at-home-covid-19)

### WSREC Hate Crime Helpline

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic.

If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497187992** (Mondays and Thursday 9am - 1pm) or email then for more **info. [www.wsrec.co.uk](http://www.wsrec.co.uk)**

It is also important at this time as always, that children are protected. This link maybe helpful [www.celcis.org/news/news-pages/public-urgedlook-out-signs-child-abuse-or-neglect-duringcoronavirus-crisis](http://www.celcis.org/news/news-pages/public-urgedlook-out-signs-child-abuse-or-neglect-duringcoronavirus-crisis)

It is also important with children online more that they are safe NSPCC offer some useful tips [www.nspcc.org.uk](http://www.nspcc.org.uk)



## Self-harm



**Self injury Support** is still here for you

They just wanted to let people know that during this exceedingly difficult time they are still here and aim to offer support in as many ways as they can. Dealing with the current global situation on top of existing struggles with mental health is leaving people feeling more isolated than ever. Along with people who self-harm they have developed a range of self-help and information pages on their website:

### **Experience-led self-help resource:**

[www.selfinjurysupport.org.uk/experience-led-self-help-resource](http://www.selfinjurysupport.org.uk/experience-led-self-help-resource)

### **Dealing with self-harm in lockdown:**

[www.selfinjurysupport.org.uk/self-care-and-self-advocacy](http://www.selfinjurysupport.org.uk/self-care-and-self-advocacy)

### **First Aid for self-harm:**

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid)

### **Seeking treatment and self-advocacy:**

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy)

### **Harm Minimisation:**

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation)

### **Distractions and Displacement:**

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement)

### **Exploring Alternatives:**

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives)

### **Blogs about self-harm and coronavirus:**

[www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19](http://www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19)

### **A range of other self-help and information:**

[www.selfinjurysupport.org.uk/Pages/Category/self-help-resources](http://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources)

They welcome all feedback on these pages and suggestions of things to add from your own experiences.

Self injury Support also wanted to let people know that during this very difficult time their text-based support services are still open and they are there to listen and support. Their TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

**All of their services are open from 7pm -9.30, Tuesday-Thursday.**

### **You can:**

- Text them on **07537 432 444**
- Email them at **tessmail@selfinjurysupport.org.uk**
- Or start a webchat here **www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support**

Webchats are for up to half an hour.

If you don't know where to start just text or message 'hello' and they will be there with you.

All their services are confidential and anonymous.



## Stuff to do

- **Action for happiness**  
[www.actionforhappiness.org](http://www.actionforhappiness.org)
- **Paul McKenna Official**  
Instant Confidence Guided Hypnosis  
[www.youtube.com/watch?v=9nTcDbRnyCo](http://www.youtube.com/watch?v=9nTcDbRnyCo)
- **Learn more about Mindfulness**  
[positivepsychology.com/mindfulness-training-courses-programs-workshops-degrees](http://positivepsychology.com/mindfulness-training-courses-programs-workshops-degrees)
- **Virtual Menopause Cafe via Zoom**  
Check out Eventbrite for dates, details and to reserve a place

- **Learn about giving yourself a Butterfly Hug**  
A simple grounding technique  
[www.youtube.com/watch?v=iGGJrqscvtU](http://www.youtube.com/watch?v=iGGJrqscvtU)
- **Scotland's Gardens**  
[scotlandsgardens.org/gardening-at-a-time-of-crisis/](http://scotlandsgardens.org/gardening-at-a-time-of-crisis/)
- **Weekday wow factor virtual disco**  
[www.facebook.com/weekdaywowfactor](http://www.facebook.com/weekdaywowfactor)
- **Mind and Draw** Creative video exercise tutorial posted on social media  
[www.facebook.com/mindanddraw](http://www.facebook.com/mindanddraw)

- **Life kit tools to help you get it together** [www.npr.org/lifekit](http://www.npr.org/lifekit)  
Learn how to make the sustainable development goals part of the everyday, for everyone file:///D:/Bk\_software/UNHS%20Guide%20Final.pdf

- **Glasgow Science centre**, wee bit science brought into the home every day to be inspired  
[www.glasgowsciencecentre.org/gsc-at-home](http://www.glasgowsciencecentre.org/gsc-at-home)

- **Learn more about motivation and getting back a sense of purpose**  
[www.cope-scotland.org/index.php/latest-blog/taking-the-time-to-think-about-what-matters-to-you](http://www.cope-scotland.org/index.php/latest-blog/taking-the-time-to-think-about-what-matters-to-you)

- **Tips for successful communication within the family** [www.pubs.ext.vt.edu/350/350-092/350-092.html](http://www.pubs.ext.vt.edu/350/350-092/350-092.html)

- **Glasgow Life**  
Working out from home  
[www.glasgowlife.org.uk/sport/working-out-from-home](http://www.glasgowlife.org.uk/sport/working-out-from-home)

- **Anne's Yoga Heart** check out for more info [www.facebook.com/annesyogaheart](http://www.facebook.com/annesyogaheart) Something for all ages and abilities as well as relaxation

### In this issue

- Glasgow Life Service Spotlight: 2020 Summer Reading Challenge
- Mental Health and wellbeing: CONNECTING SCOTLAND
- Photo snap challenge
- Quote of the week
- Cook it up Corner

## Glasgow Life North West Teams

# REACH OUT

Issue 5

Produced by Glasgow Life North West Communities in partnership and collaboration with Glasgow Life Service Wide and with Community Partners.

Each week we plan to bring you a Spotlight article on one or more of Glasgow Life's or a Partners Service offer for your interest and access.

This week, we are spotlighting our Library's city wide **ANNUAL SUMMER READING CHALLENGE**

### THIS SUMMER 2020, WHY NOT JOIN THE SILLY SQUAD WITH GLASGOW LIBRARIES

Wow how did it get to be summer already!

2020 Summer Reading Challenge has started with a bang and we are all feeling super silly at Glasgow Libraries!

**Summer Reading Challenge's Silly Squad** will spend all summer with you and your children to celebrate funny books, happiness and laughter with some seriously silly reads. Children taking part will be able to join the **Silly Squad**, an adventurous team of animals who love to have a good laugh and get stuck into all sorts of funny books!

The Summer Reading Challenge website is **free** to enter and has book suggestions, games, quizzes and downloadable interactive activities for children to take part in reading related activities. Aimed at readers **aged 4 – 11 years**, it is also a chance for families to have loads of fun together!

**Join in for FREE**- just head over to the web and sign up at <https://summerreadingchallenge.org.uk> If you can't get on line to do the challenge you can contact us on 0141 287 2999 from Monday – Friday, between 11am -1pm to arrange for you to get a pack with books, stickers, posters and a pencil.

Glasgow's Libraries currently remain closed, however we are continuing to have books for all our readers in electronic format.

<https://libcat.csglasgow.org/web/arena/src2020> for Summer Reading Challenge eBooks catalogue  
<https://www.glasgowlife.org.uk/libraries/online-library> for our full range of eBooks, audio and magazines

Each year, in partnership with the National Reading Agency, the **Summer Reading Challenge** motivates over 700,000 children throughout Britain to keep on reading throughout the summer and to maintain their reading levels before going back to school in August.



Check out our Glasgow Life family of services, keep up to date and explore any e-offers to you;

<https://www.glasgowlife.org.uk>

<https://www.glasgowlife.org.uk/museums>

<https://www.glasgowlife.org.uk/sport>



<https://www.glasgowlife.org.uk/arts-music-and-cultural-venues>

<https://www.glasgowlife.org.uk/communities>

**SUPPORTING THE MOST VULNERABLE TO GET ONLINE**

Whilst we're at home throughout the coronavirus crisis, more than ever before the internet is keeping us connected to friends and family, keeping us informed and entertained, able to learn, work, shop and access health information and other vital public services and support networks



However, some people can't access these benefits for a variety of reasons such as not the confidence, the 'know how', the kit and the connectivity at home.

The **Connecting Scotland Initiative**, [www.connecting.scot/](http://www.connecting.scot/) aims to connect up to **9,000 more people** on particularly on low incomes who are also considered clinically at high risk so they can access services and support and connect with friends and family during the pandemic.

Are you an **organisation** working with vulnerable individuals and families? Go to: [www.connecting.scot/for-organisations](http://www.connecting.scot/for-organisations)

Are you an **individual** looking to help and support from someone to get online? Go to: [www.connecting.scot/for-individuals](http://www.connecting.scot/for-individuals)

**Connecting Scotland** is a partnership initiative between the Scottish Government [www.gov.scot/](http://www.gov.scot/) Local Authorities and The Scottish Council for Voluntary Organisations (SCVO) [scvo.org.uk](http://scvo.org.uk)

We are grateful to ScotlandIS [www.scotlandis.com](http://www.scotlandis.com) for building momentum and leading the call to action for the technology industry, and to the wide range of organisations that are providing support to help deliver the initiative.

Do you know of or, are you a voluntary group or organisation that are offering community support at this time across the North West Glasgow area? If you are and would like an article added to this page, please get in touch and give us an outline of what you might wish to add at;

[CommunitiesNorthWest@glasgowlife.org.uk](mailto:CommunitiesNorthWest@glasgowlife.org.uk)

We will get in touch with you after that to plan your insert to a forthcoming **REACH OUT** issue.

**Quote of the Week**

**A diamond is merely a lump of coal that did well under pressure'**

*Peter Hunter Glasgow Life*

**Contact us;**

Keep sending your **Moments of Joy** and finished **Art and Crafts Activities** as well as any **recipes** and **comments** you might have to **Chrissie** at

[CommunitiesNorthWest@glasgowlife.org.uk](mailto:CommunitiesNorthWest@glasgowlife.org.uk)

Always good to hear from you!

GDPR; <https://www.glasgowlife.org.uk/the-small-print/privacy-statement-for-glasgow-life> Please see our website for further details on how we collect, use, share and store personal information.

**Moments of Joy**

**Lockdown Photo Challenge**



This weeks' images are some team members' animal world joy givers. What are **Yours**? Please send them in to the **Contact Us e-mail** Share the joy for future Newsletters.



Bluebells and Squirrels ...  
... Peter's Lockdown Comrade's favourite combo!

What... who's bed do you think this is - really?  
Chrissie's Lockdown Comrade



Taking a moment to 'paws' for thought!  
Margaret's Lockdown Comrade

**Cook it up Corner**

**Clare's Cake Pops**

**Ingredients**

- 100g butter
- 100g caster sugar
- ½ tbsp. vanilla extract
- 2 eggs
- 100g self raising flour



**Buttercream icing**

- 75g butter
- 150g icing sugar
- 1tbsp milk
- 200g white chocolate melted to dip
- Sprinkles to dip

Full recipe sheet is enclosed in your pack, why not take a photo of your finished **Pops** and send in to us at the **Contact Us** email address?  
It may feature in a future Newsletter

## Sexual Health Support and Advice

**Sandyford sexual health services**  
[www.sandyford.scot](http://www.sandyford.scot)

**Sexual Health info line**  
T: 0800 567 123 but changing to  
T: 0300 123 7123

**Terrance Higgins Trust**  
[www.tht.org.uk/centres-and-services/glasgow](http://www.tht.org.uk/centres-and-services/glasgow)

**Waverley Care**  
Offers HIV, hepatitis C and sexual health support and advice. They will be continuing to provide support to people who need it by phone, text, and email, and through their live chat service.  
[www.waverleycare.org](http://www.waverleycare.org)

## Workers and volunteer's wellbeing

**BASW**  
Help for key workers during COVID19 pandemic  
[www.basw.co.uk/help-key-workers-scotland](http://www.basw.co.uk/help-key-workers-scotland)

**COPE Scotland**  
"Good morning, your mental health matters", offering tips 5 days a week on looking after your mental health. This is around mental wellbeing promotion as opposed to mental illness intervention to register email [admin@cope-scotland.org](mailto:admin@cope-scotland.org) These emails are made up and sent out by Hilda and issues evolve from feedback from those who have received them, each person's email is added individually each day as they are being thought about, however, all the emails are BCC for confidentiality  
Also visit COPE Scotland's website for information in a variety of formats to support good mental health and resilience to life challenges

**Compassion fatigue**  
[compassionfatigue.org](http://compassionfatigue.org)

**The Scottish Social Services Council**  
For care providers who are providing support to people with palliative and end of life care needs  
[www.news.sssc.uk.com](http://www.news.sssc.uk.com)

**Iriss**  
For tips and information for staff resilience as well as the wider public  
[www.iriss.org.uk/resources/reports/resilience-resources](http://www.iriss.org.uk/resources/reports/resilience-resources)

**Mental Health and wellbeing for staff**  
[www.learn.nes.nhs](http://www.learn.nes.nhs)

**National wellbeing hub**  
[www.promis.scot](http://www.promis.scot)



**NHS Greater Glasgow and Clyde** has pulled together a number of resources to support the physical and mental health of staff.  
[www.nhsggc.org.uk](http://www.nhsggc.org.uk)

## Youth

**Al a teen (for teenagers affected by others alcohol misuse)**  
[al-anon.org/newcomers/teen-corneralateen/](http://al-anon.org/newcomers/teen-corneralateen/)

**How to help an addicted parent**  
[www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)

**Lifelink Youth**  
T: 0141 552 4434  
[www.lifelink.org.uk](http://www.lifelink.org.uk)

**Papyrus**  
A specific young people's suicide prevention charity  
[papyrus-uk.org](http://papyrus-uk.org)  
T: 0800 068 41 41  
Text: 07860 039 967

**Young Minds' Parents Helpline**  
Available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition  
[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Young Minds**  
T: 0800 018 2138

**Parent helpline**  
T: 0808 802 5544

**Child bereavement UK**  
[www.childbereavementuk.org](http://www.childbereavementuk.org)

**Article on COPE Scotland's website which maybe of interest**  
[www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown](http://www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown)

**Take Break Scotland**  
[takeabreakscotland.org.uk/applications/](http://takeabreakscotland.org.uk/applications/)  
Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right



## wee tips to dealing with 'what if's' and uncertainty



### Trying to control things

Life is full of uncertainty. Trying to control everything to have the outcomes that we want is an illusion and also can make us less resilient to the natural changes and adaptation that life will throw at us e.g. COVID19 and lockdown, now who could have predicted or controlled that to everyone's satisfaction?

### Worrying

Most of us don't like uncertainty it can make us feel anxious and afraid. we don't know what may come next and we worry whatever it is, we won't be able to handle it. If we lock into that worry and all the things which may go wrong, which we don't think we can cope with, we can feel overwhelmed, maybe even feel hopeless, depressed, demotivated. Thinking where is the point?

### Suicidal thoughts

Sometimes people find they have thoughts of suicide when it all becomes too much and the feelings of 'what if' become too exhausting. If you are having thoughts of suicide, please speak to someone about how you feel and what you are finding overwhelming. It can help to talk to someone.

### Negative thoughts

Uncertainty breeds uncertainty! When we begin to imagine all the various 'what if' scenarios (which are usually negative, we can end up imagining even more 'what if' scenarios)! We have great imaginations, but rarely do we lie awake in the wee hours of the morning, unable to sleep thinking about all the super wonderful things which are going to happen to us! This focus on what can go wrong can make us feel negative, which in turn, can programme us into looking for more things to be negative about and feeling like that.....we find them. This does not leave us feeling jolly!

### Stuck inside your own head

Spending too much time inside our own head about how we feel can in itself increase our feelings of anxiety and depression. We find our minds stuck in this thinking loop where we keep going round and round thinking, or, talking about whatever it is we have focused on as a source of 'what if'.

### Negative influences

The impact of other people can also affect the 'what if's'. What we say and do has an effect on others as does what they think and do, have an effect on us. Being around others who repeatedly focus on negative outcomes; even when you are trying to be positive, can be exhausting. Also, watching news reports, following social media, other communication mediums which have a focus on 'Its Bad, it's going to get worse'. "Oh, and did you know about this new thing to worry about...?" Again, doesn't fill us with hope for the future. That doesn't mean we don't need to be informed, it's all about balance.

### Uncertainty

Uncertainty basically means we aren't sure what is going to happen next. We look to see what is happening now and then try and predict from that, what may happen next. Depending on our thinking styles, any predisposition we maybe have to anxiety or low mood may affect how we adjust and prepare to deal with this state of 'not knowing', 'not feeling in control' and the level of stress this uncertainty is likely to cause us.

## Coping with change

Part of dealing with the 'what ifs' is being resilient to change. Even when it's a change we may not have chosen, the speed at which you decide to respond to the change in a way that is most helpful for us and those close to us, will impact on how we deal with that change. It maybe you need help to come to terms with the change, and that's okay, we all at times need someone to talk to.

### Self-compassion

We are all different. Don't beat yourself up if you find others maybe respond better to change and uncertainty than you do, be kind, we all have things which can stress us out. Being kind and showing compassion for yourself is more likely to help you find a way through than being self-critical. That just drains energy.



### Learning new skills



Depending on what happens next, we may need to learn something new. That maybe a new way of doing something, it may mean a new way of using your income to meet your outgoings, it may mean learning new skills to seek employment in areas which you have never thought about before.

### Be flexible

If we think of the analogy of the tree which bends in the wind, it helps us realise if we are flexible to the 'what happens next' and learn to go with the flow, don't allow the 'what ifs' to overwhelm recognise maybe that things need to change and while that maybe hard to accept, in time acceptance will lead to more peace of mind than holding onto a memory of a reality which has gone.

### Good habits

Practice tools which support your wellbeing. Get into the habit of going a walk, reading a book, doing some form of relaxation or Mindfulness practice. Be aware of what you eat and drink and how you cope with negative feelings. Avoid misuse of drugs, alcohol, or gambling harms. Any release of stress is short lived and in time will lead to more challenges.



### Inner voice

Taking control where you can is important. Sometimes we get so caught up in the 'what ifs' which we feel are in other hands, we forget what is within our own control. Become aware of our inner voice and the story we tell ourselves and be wary we don't tell ourselves we can't, when in fact we are really saying we choose not to.

#### It's okay to ask for support, here are some ideas:

- If you are thinking of suicide due to worrying about the 'what ifs' phone the Samaritans **T: 116 123**
- Or **text SHOUT to 85258** to text with a trained Crisis Volunteer
- Speak to your GP about mental health services you can link to
- This link takes you to information on a variety of support for anxiety: [www.supportline.org.uk/problems/anxiety](http://www.supportline.org.uk/problems/anxiety)
- Campaign to look after your mental health [www.clearyourhead.scot](http://www.clearyourhead.scot)

You matter, how you feel matters. It's ok not to be ok and to ask for support

Find other tips for wellbeing at:  
[www.cope-scotland.org](http://www.cope-scotland.org) and  
maybe follow us on  
[@COPEScotland](https://twitter.com/COPEScotland) for updates





**As we begin to take steps back to a new normal, please be patient and keep following the guidance, for your own sake, your families, and the people around us. We all matter. For more information [www.gov.scot/news/route-map-for-moving-out-of-lockdown/](http://www.gov.scot/news/route-map-for-moving-out-of-lockdown/)**

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