

# 'WHIT'S HAPPENING!'

THE NIGHTS ARE FAIR DRAWING IN,  
TIME TAE COORIE DOON

DOING THINGS DIFFERENTLY  
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PLEASE IF YOU CAN,  
DOWNLOAD THE PROTECT  
SCOTLAND APP  
[PROTECT.SCOT](https://protect.scot)

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

Due to changes in funding services can change, please contact them directly for their current position. There may also be changes in how services are offered due to COVID-19 restrictions.

We apologise for any errors in advance and suggest contact them directly for the latest update's, thank you.

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*If you notice any errors or omissions please email [admin@cope-scotland.org](mailto:admin@cope-scotland.org) and we shall change in the next edition thank you*

# 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.



|   |  |                          |
|---|--|--------------------------|
|  | <ol style="list-style-type: none"> <li>1 Latest information and guidance about coronavirus</li> <li>2 Advice about illnesses and conditions, including symptom checkers.</li> <li>3 Find local services and opening times</li> </ol>   | <b>NHS inform</b>        |
|  | <p>With <b>physical distancing</b> measures in place:</p> <ol style="list-style-type: none"> <li>1. Provide repeat prescription request/collection service</li> <li>2. Dispense your prescription</li> <li>3. Help if you run out of your repeat prescription</li> <li>4. Give advice about medicines and treating many minor complaints</li> </ol>      | <b>Pharmacist</b>        |
|  | 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.  | <b>GP Practice</b>       |
|  | <p>General information about coronavirus when you are well <b>0800 029 2154</b></p> <p>Advice about coronavirus symptoms – NHS 24's 111 service has dedicated COVID-19 support.</p> <p>Other health concerns – consult GP during the day but when your GP and pharmacy are closed and you are too ill to visit call NHS 24 on 111.</p>                   | <b>NHS 24</b>            |
|  | <p>For urgent dental care during the day telephone your usual dental practice.</p> <p>If you are not registered, visit <a href="http://www.nhsinform.scot">www.nhsinform.scot</a> to access your Health Board's Dental Advice Line telephone number.</p> <p>Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111.</p> | <b>Dentist</b>           |
|  | 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 <a href="http://www.parentclub.scot">www.parentclub.scot</a>  | <b>Social Care</b>       |
|  | <p>For tips on looking after your mental wellbeing during these uncertain times: <a href="http://www.clearyourhead.scot">www.clearyourhead.scot</a></p> <p>Information about mental health services visit NHS inform/wellbeing or call Breathing Space on <b>0800 83 85 87</b></p>   | <b>Mental Well-being</b> |
|  | <ul style="list-style-type: none"> <li>• Severe injury</li> <li>• Suspected heart attack or stroke</li> <li>• Breathing difficulties</li> <li>• Severe bleeding</li> </ul>   | <b>A&amp;E or 999</b>    |

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

## Remember **FACTS** for a safer Scotland

**F** Face coverings 

**A** Avoid crowded places 

**C** Clean your hands regularly 

**T** Two metre distance 

**S** Self isolate and book a test if you have symptoms 

[nhsinform.scot/coronavirus](http://nhsinform.scot/coronavirus)  
#WeAreScotland




## 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 visit the link below and this 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/)

## Coronavirus (COVID-19): advice for employers and employees

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

## Self-isolating support grant

[www.gov.scot/news/new-grant-for-those-self-isolating](http://www.gov.scot/news/new-grant-for-those-self-isolating)

## Guidance for the safe use of places of worship

[www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/](http://www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/)

## 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 and even Scotland itself. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit: [www.gov.scot/coronaviruscovid-19/](http://www.gov.scot/coronaviruscovid-19/)

## Useful information for parents and families during COVID19 pandemic

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

The Scottish Government has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic.

For more information:

[www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic](http://www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic)

## Protect Scotland

The Protect Scotland app from NHS Scotland's Test and Protect is a free mobile phone app designed to help us protect each other, reduce the spread of coronavirus and avoid further lockdowns. Please if you can, download the Protect Scotland App:

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

# Wee tips tae help plan jist incase you n yours need tae self isolate in Scotland

*These are wee tips,  
official updated  
guidance can be found:  
[www.gov.scot/collections/  
coronavirus-covid-19-  
guidance](http://www.gov.scot/collections/coronavirus-covid-19-guidance)*

**# STAY HOME**

*National Helpline for advice if  
self-isolating T: 0800 111 4000  
or textphone on 0800 111 4114*

*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)*

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## WHAT DOES SELF-ISOLATION MEAN?

Self-isolation means that you must remain at home and should not go to work, the shops, school, visit public areas or use public transport, for a period of time as specified in the guidelines. You should not go out to buy food or other essentials. Visit [www.nhsinform.scot](http://www.nhsinform.scot) for more information, or, if you can't get online call **0800 111 4000** for advice.

### So whit does it mean if I need tae self-isolate?

Self-isolation means that you must stay in your home and isolate yourself away from other people. If you live with family, others in your household may or may not also be isolating. You may need to keep yourself separated from others in your household. You must not go out anywhere that you could encounter others where you might potentially spread the virus. For more information visit [www.nhsinform.scot](http://www.nhsinform.scot) or phone **0800 111 4000**.

Please remember, self-isolating doesn't mean you are alone; help is available, at a distance, until you can get out and about again. Self-isolating protects you, your family, and friends, and protects others in the wider community, not to mention the whole of Scotland! It's the one thing we can all do to help each other. This wee booklet aims to offer some useful tips to help you plan, so if you ever do need to self-isolate you are prepared.

Official guidance is updated regularly therefore this wee booklet is around tips and where there may be assistance. It does not replace government guidelines. The latest can be found on [www.gov.scot/coronavirus-covid-19](http://www.gov.scot/coronavirus-covid-19) or phone the Coronavirus helpline **0800 028 2816**.



## Aye, but whit if I don't feel well when I am self-isolating?

If you start to feel unwell **YOU MUST** seek medical attention. COVID-19 can be serious and may require going into hospital. Phone **111** for medical advice if you are concerned. Phone **999** and ask for an ambulance if you feel very unwell. Let the operator know if you have already tested positive for COVID-19 and remember to also advise of any existing health conditions.

Take time to visit the NHS inform website just now, if you are at all concerned, so that you are familiar with symptoms should you contract COVID-19. For more information visit [www.nhsinform.scot](http://www.nhsinform.scot) If you can't view the information online, ask a friend, neighbour, or perhaps a local group you belong to if they can print the information out for you.



## Whit about ma mental health when I'm self-isolating?

Self-isolating can be stressful, it is good to know of any mental health support services in your area and make a note of them, in case you do need to speak to someone. If you are already in support, ask your mental health care provider what they can offer if you are in isolation.

There are also a number of national organisations with great resources to help you online, or, by phone, such as SAMH (Scotland's Association for Mental Health) **0344 800 0550**, Breathing Space **0800 83 85 87** and Support in Mind Scotland **0300 323 1545**. You may also want to visit [www.combatstress.org.uk](http://www.combatstress.org.uk). COPE Scotland have a variety of materials on their site to promote wellbeing [www.cope-scotland.org](http://www.cope-scotland.org), including a monthly magazine; 'whit's happening'; which lists various services and other items of interest. If the feelings of self-isolation become so overwhelming you have thoughts of suicide, please speak to someone. The Samaritans are there 24/7 365 and their number is **116 123**.

## So when dae I self-isolate?

- If told to by NHS Test and Protect
- If you get a notification on the Protect Scotland App, if you haven't already downloaded this and you can, please do it now
- If you develop one or more of the symptoms of COVID19
  - o A new continuous cough
  - o Fever
  - o Loss of taste or smell



## **Whit dae I dae if I think I may have the COVID-19?**

Isolate from other people right away and arrange to get tested, you can do this online [www.nhsinform.scot](http://www.nhsinform.scot) or, by phoning **0800 028 2816**. You can't use public transport to go to a testing station as you need to avoid other people so if you don't have your own transport then ask for a home testing kit. This will be posted to you and this will also be picked up from your home the next day.

## **So, whit about the rest of the family whit dae they dae?**

If you live with others and have potential symptoms of COVID-19 or have received a positive test result, everyone in the household must isolate, as they may also have contracted the virus but are not yet showing symptoms. Following the guidance from Test & Protect, each family member must book a test if showing symptoms. Family members testing positive must try to isolate from the rest of the household as much as possible. Speak to the Test & Protect team for advice on what to do. You can also find more information [www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/who-needs-to-self-isolate/](http://www.gov.scot/publications/coronavirus-covid-19-test-and-protect/pages/who-needs-to-self-isolate/) The more we understand what to do, if it happens, the better prepared we will be to cope if it does.

## **I am a carer for someone, whit happens to them if I need tae self-isolate?**

Carers UK have a helpline **0808 808 7777** Mon-Fri, 9am-6pm or, you can email them [advice@carersuk.org](mailto:advice@carersuk.org) Seek advice now so that you are prepared in case you ever need to self-isolate. This wee booklet is aimed at helping you be prepared just in case.

## **Whit if ma work isnae being very understanding about me self-isolating?**

Scottish Hazards who, deal with improving Health and Safety in the workplace are operating a completely free to use, confidential advice network for workers who are having difficulties with their employers regarding being able to follow the new guidance or the new laws. They have put around 15 new 2-4min videos on YouTube during the pandemic to get various messages across to workers. For more information online <http://www.scottishhazards.org> or <http://www.facebook.com/scottishHazards> they also have a Free Phone Number **0800 0015 022**.





## Whit if I belong tae a BME community and need a wee bit mair help?

BEMIS Scotland are aware that ethnic minority communities across Scotland will need to self-isolate and may need additional support to access support agencies, emergency relief or make contact with broader community support initiatives. For more information visit [www.bemis.org.uk/emnrrn/](http://www.bemis.org.uk/emnrrn/). The Scottish Refugee Council offers information, support, advice and advocacy to asylum seekers and refugees, their helpline number is **0808 1967 274**, also the British Red Cross Tel **07590 445367** can offer support to people who are refugees or seeking asylum. In addition there may be other local initiatives in your area worth checking out.

## Whit happens after I come oot o isolation?

When your isolation period finishes, you go back to following the government guidelines for your area. You may need to go back into self-isolation if you are exposed to the virus again. You may feel a bit strange getting back to work and worry about what you say to workmates. Ask your employer now about their policy for helping someone return to work after self-isolation. Remember, anyone can contract COVID-19, anyone might need to self-isolate. By staying away from work, you are helping reduce the risk for other people, you are playing your part in helping Scotland get through this difficult situation.

If you need a wee bit support to get your confidence back after self-isolating or recovering from COVID-19, there is help available. This can be online self-help or speaking to someone. These are strange times we live in and sometimes we need support to help adjust, this can apply to any of us. It takes more strength to ask for help, than pretend everything is okay when it's not. We all feel vulnerable sometimes.

These resources might be helpful if you are recovering from COVID-19 in addition to speaking to your medical team. It is important during recovery to look after your mental health too. Support in Mind Scotland have an information line **0300 323 1545** as well as online information.

[www.supportinmindscotland.org.uk/listing/category/coronavirus-support-guidance](http://www.supportinmindscotland.org.uk/listing/category/coronavirus-support-guidance)

This may also be of interest

[www.rcot.co.uk/recovering-covid-19-post-viralfatigue-and-conserving-energy](http://www.rcot.co.uk/recovering-covid-19-post-viralfatigue-and-conserving-energy)



Sometimes we use unhelpful coping strategies. There is a greater risk of this if we are isolated for 14 days. We may drink more, be tempted to use drugs or gamble online. If you or your family are struggling to cope, know who to contact just in case, capture their details here:

### **Wee Tips**

Alcoholics Anonymous | 0800 9177 650

Gamblers Anonymous | 0370 050 8881

GamStop | [www.gamstop.co.uk](http://www.gamstop.co.uk)

Narcotics Anonymous | 0300 999 1212

Overeaters Anonymous | [www.oagb.org.uk](http://www.oagb.org.uk)

If you are self-isolating for 14 days, you need to make sure you feel safe. Do you feel concerned for your safety? Take a wee moment to consider this and who may be able to support you.

### **Wee Tips**

Domestic Abuse &

Forced Marriage Helpline | 0800 027 1234

Bullying UK | 0808 800 2222 ([www.familylives.org.uk](http://www.familylives.org.uk))

Stop Loan Sharks | 0300 555 2222

## Having a plan should help us plan what we would do if we need to self-isolate

Take some time to think this through, if you live with others do it together.

Hopefully you won't need to use it but if you do, it will help make the time pass knowing you are not alone and any issues you may have are covered. Not all boxes will apply to everyone, complete what applies to you, if you are not sure of some of the answers, now is the time to ask. We have offered some suggestions throughout this wee booklet, however there will also be local initiatives, find out now and make a note of how to contact them:

### Numbers of local services who maybe useful to keep handy, or friend/family who can help:

Mental/Emotional Health Support

Foodbank

Financial Advice

Pet Walking

Prescription Collection

Refuse Collection

Repairs/Maintenance

Regular Shopping

Emergency Shopping

Issues with Power Cards

Paying Bills

Bank Details

Housing Provider

Mortgage Provider

Carers Support

Contact for online activities help reduce boredom:

Relaxation

Arts & Crafts

Box Sets you want to watch

Online Library

E.g. Glasgow Life online library  
[libcat.csghlasgow.org/web/arena](http://libcat.csghlasgow.org/web/arena)

Things that will help keep the children and young adults from getting bored e.g. visit [www.parentclub.scot](http://www.parentclub.scot), [themix.org.uk](http://themix.org.uk), [www.youngminds.org.uk](http://www.youngminds.org.uk)

Exercise

DIY

Cookery

Interesting YouTube Channels

**Do you know how to book a test for COVID-19, where you may need to go for the test, and how you get there?**

**Useful tips**

Visit: [www.nhsinform.scot/self-help-guides/self-help-guide-access-to-testing-for-coronavirus](http://www.nhsinform.scot/self-help-guides/self-help-guide-access-to-testing-for-coronavirus)

If you complete a self-referral and order a home-test kit, the test is delivered the next day. A Royal Mail courier will arrive the day after to collect it and take it to the lab. The aim is that results will then be received via text within 48 hours.

**How will I/my family book a test if we need to?**



**Would self-isolating for two weeks cause any issues with getting medication and what will you do to get round that?**

Speak to your doctor and pharmacist. Find out if you can register for a medication delivery service. Capture your plan here:



## If you/any of the household are working, what is your employer's policy or guidelines relating to staff who are self-isolating?

### Useful tips

Ask your employer what will happen if you need to self-isolate and make a note of that here. Further information on your rights can be found here: [www.acas.org.uk/coronavirus/self-isolation-and-sick-pay](http://www.acas.org.uk/coronavirus/self-isolation-and-sick-pay)



## If you are self-employed and cannot generate an income, do you have a plan for how you cope during this time?

### Useful tips

When agreeing any self-employed contracts discuss with the client what will happen if you need to self-isolate. Find out now if you are eligible to apply for a self-isolation support grant:

[www.gov.scot/news/self-isolation-support-grant-now-open/](http://www.gov.scot/news/self-isolation-support-grant-now-open/) and make a note of who it is you would need to speak to. Contact your local Citizen's Advice in relation to concerns around income from work or self-employment, discrimination, rights at work or if you have to be off to care for someone.

<https://www.citizensadvice.org.uk/scotland/ork/> or Scotland's Citizens Advice Helpline on **0800 028 1456**



**How much food including pet food, cat litter, hamster bedding, toiletries, hankies, toilet roll, cleaning materials, sanitary products etc would you/the family need if you were to be in the house for 14 days, please make a note here:**

**Useful tips**

How much food would you/the family need if you were unable to go to the shops for 14 days and don't have access to online shopping, Think about UHT milk, flour to make pancakes or soda bread, tinned fruit, veg, meat, pasta, pasta sauce as well as what you could put in the freezer if you have one. If you do have online access, considering making a list of necessities and booking a delivery for the following week



**Do you have a friend, neighbour or someone who could pick up fresh groceries for you? Find out now and make a note of who that is below:**

**Are there other things that you usually buy on a regular visit to the shops such as, chocolate, cigarettes, alcohol, or daily newspapers? Can you do without them or is there anyone that can help? Make a note below**



## If self-isolating for 14 days is going to cause financial issues, what can you do about that?

### Useful tips

You may be eligible for a support grant [www.gov.scot/news/self-isolation-support-grant-now-open/](http://www.gov.scot/news/self-isolation-support-grant-now-open/) Find out now who manages the grant in your area and how you contact them and make a note here. Also make a note of your local citizens advice or money advice centre. Citizen's advice has a free helpline **0800 028 1456** available Monday to Friday 9am to 5pm. Find out where your local foodbanks are who may be able to help and the kind of help, they can offer. Make a note of their contact details here. Visit the get help section of the Trussell Trust website: [www.trusselltrust.org](http://www.trusselltrust.org). If you are having issues paying heating bills, contact Home Energy Scotland **0808 808 2282**. Shelter advice helpline may also be helpful for any housing issues Shelter advice **0808 800 4444**. Contact your housing provider, mortgage company, and ask if you are eligible for support. You may also find other supports by looking for local help groups in your area e.g. visit [www.covidmutualaid.org/local-groups/](http://www.covidmutualaid.org/local-groups/) as well as services organised by local authorities e.g. Glasgow Helps [www.glasgowhelps.org](http://www.glasgowhelps.org). If you are elderly, you have a disability or long-term health condition, you are a carer or have young children in the household, additional support from your local authority may be available. Check out their website for more information.



## If there are children or young people in the house also self-isolating, what can I do to support them to continue learning?

### Useful tips

Speak to your children's school about what will happen if your child or children need to self-isolate. Make a note of what you learned here and who you need to speak to. Your child's school has specific plans in place to support home-schooling if the children need to isolate. Your child should receive work to continue with at home. Check you have the IT equipment and link to the internet to support home schooling and if this is an issue, speak to someone now about how to get online. There is a lot of digital inclusion work in Scotland find out who is your local contact. This site may be of interest: [www.gov.scot/news/getting-people-online/](http://www.gov.scot/news/getting-people-online/) Your child's school can also help with details of appropriate websites that they use for lessons.





## If there are children or young people in the house self-isolating how will you make sure they don't get bored?

### Useful tips

Many parents' groups and supports for parents have increased during COVID-19, find out about what local groups there are near you and get involved. You may also want to contact Parent line for advice:

**T: 0800 028 2233** There are also many resources shared in the whit's happening info magazine, this is a link to offer you an idea of what a magazine looks like [www.cope-scotland.org/index.php/latest-blog/whit-s-happening-issue-10-1](http://www.cope-scotland.org/index.php/latest-blog/whit-s-happening-issue-10-1) contact [admin@cope-scotland.org](mailto:admin@cope-scotland.org) to be added to the mailing list. <https://www.bbc.co.uk/bitesize> is a great education resource <https://www.glasgowlife.org.uk/libraries/online-library>



## Being indoors self-isolating could be boring, what can you do to amuse yourself?

### Useful tips

Make a list here of things you could do to find meaning in the little things, which may help the time pass. This wee piece may offer some ideas to invest time in [www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits](http://www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits) just remember, during isolation any activities need to be done indoors as you cannot go out during this time. Be mindful of your self talk, as when we are talking to ourselves, we are listening, this we video might be of interest [www.cope-scotland.org/index.php/videos](http://www.cope-scotland.org/index.php/videos) 'what are you saying to yourself, because you are listening'. Telling ourselves we are bored and fed up, can drain energy, finding ways to have an enthusiastic inner voice can help. Sometimes when our options are limited, its how we can find meaning in the every day. This wee blog may be of interest [www.cope-scotland.org/index.php/latest-blog/finding-meaningfulness-in-the-everyday](http://www.cope-scotland.org/index.php/latest-blog/finding-meaningfulness-in-the-everyday) If you cannot do it just now as you are self-isolating, make plans for what you can do when you come out of isolation.



## Self-isolating for 14 days may feel very lonely, what can you do and who could you connect with so you didn't feel so alone?

### Useful tips

Being online definitely will help you stay connected, if you are not online look at what you can do now to get online There is a lot of digital inclusion work in Scotland find out who is your local contact. This site may be of interest [www.gov.scot/news/getting-people-online](http://www.gov.scot/news/getting-people-online). Make sure your phone is working properly, you have enough credit to make essential calls or text, you have enough electricity for keeping it charged. If you think this might be an issue, think about how you might resolve it, such as putting some funds aside for emergency phone credit or electricity If you have financial concerns visit the section on page 13 for other sources of financial advice or help.

Take steps now to feel less isolated so if you do need to stay home. It is easier to stay connected if you are already linked to networks. Many community centres are offering online activities and will assist you in getting connected. There is more happening than sometimes we realise weekday wow factor virtual daytime discos [www.facebook.com/weekdaywowfactor/](https://www.facebook.com/weekdaywowfactor/) mind and draw art classes [www.facebook.com/mindanddraw](https://www.facebook.com/mindanddraw) Anne Yoga heart online Yoga [www.facebook.com/annesyogaheart/](https://www.facebook.com/annesyogaheart/) and so much more. There are also many resources shared in the whit's happening info magazine, available on [www.cope-scotland.org](http://www.cope-scotland.org)



## Self-isolating and not leaving your home for 14 days, could be stressful. What can you do to manage that stress?

### Useful tips

Get in the habit now, of trying a relaxation exercise works for you, here is one wee video offers some ideas [www.cope-scotland.org/index.php/videos/video/using-the-senses-to-relax](http://www.cope-scotland.org/index.php/videos/video/using-the-senses-to-relax) Make up a 14 day affirmation jar with inspiring messages you can pull one out a day to offer you something to do that day which will help you get through this time. This link offers a video and some ideas on how to make an affirmation jar [www.cope-scotland.org/index.php/latest-blog/changing-the-script](http://www.cope-scotland.org/index.php/latest-blog/changing-the-script) also make a list of mental/emotional health services near you. Who would you talk to if you were feeling stressed? Capture that here, this site also offers useful ideas [www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing](http://www.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/coronavirus-covid-19/your-mental-wellbeing/coronavirus-covid-19-your-mental-wellbeing). On your phone, there are some great apps for relaxation and stress relief such as 'Calm' and 'Headspace'. If you are unfamiliar with using apps on your phone, see if a friend or neighbour can assist you to download one. They have fantastic guidance around stress relief, sleeping better, relaxation and more.



**Self-isolating means not leaving the house for 14 days, what can you do so you are still getting a bit of exercise? Capture your ideas here:**

**Useful tips**

If you have any health conditions speak to your health care providers for advice. Being active can include, housework, having a wee dance to your favourite tune, putting on a video of a walk in nature and walking on the spot along with it. Doing some chair exercises or even join in an online yoga class! This link maybe interesting and offers classes for everyone including chair yoga [www.facebook.com/annesyogaheart/](https://www.facebook.com/annesyogaheart/) or if you fancy something a wee bit different, why not try laughter yoga [www.cope-scotland.org/index.php/latest-blog/yoga-is-it-for-me](http://www.cope-scotland.org/index.php/latest-blog/yoga-is-it-for-me)



**If there are a few people in the house and you are all in together for 14 days, how can you create space, so you don't feel on top of each other?**

**Useful tips**

Discuss with your family what might happen if you do need to isolate and how each of you could take turns for some time to yourself, even for an hour a day. Planning that now means you can manage it better if it does happen, capture here what you agreed.



If you had an emergency while self-isolating e.g. the washing machine flooded, do you know how to turn the water off and who to contact for emergencies and what the procedure would be if your home is in isolation? Make a note here of emergency contacts:

#### Useful tips

Your housing association or factor will have a website and may have a newsletter with useful emergency numbers. Other numbers include: **National Gas Emergency Service - T: 0800 111 999**

**Scottish Water - T: 0845 601 8855** (Central and Southern Scotland)

**Scottish Power Energy Networks - T: 0800 092 9290** (from landlines) | **T: 0330 1010 222** (from mobiles) Thoughts of suicide **Samaritans - T: 116 123**



## What about my pets if I need to self-isolate?

#### Useful tips

Think about the needs of your pets/animals now and who would look after them if you were not able to. Find out if a friend or neighbour could help look after or walk your dog. If you don't have anyone, take a moment to look up a local dog walking service or a pet sitter if that would be more helpful, especially if you are caring for someone who is ill. If your pet becomes ill, have your local vet number to hand or the following numbers might be useful; <https://www.pdsa.org.uk/> or find out your local PDSA Hospital to contact in an emergency <https://www.vets-now.com/> 24/7 Emergency Pet Hospitals. You may also find useful advice on animal charity websites around caring for your pets at this time.

#### Cat Protection

T: 0345 371 2722

[www.cats.org.uk/glasgow](http://www.cats.org.uk/glasgow)

#### Dogs Trust

T: 0141 773 5130

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

#### SPCA

T: 03000 999 999

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



## Who will take out your bins?

### Useful tips

When isolating with suspected or confirmed COVID-19 please follow the guidance on your local authority website e.g. the Glasgow City Council website <https://www.glasgow.gov.uk/coronavirus>.



**If you have other health conditions, and during isolation you feel that your health is deteriorating, ask your GP or take a look at the NHS website for guidance or phone NHS 24 111 if you feel too ill to wait until your GP practice reopens.**

Capture any thing you need to consider here, so you are prepared just in case.



If you are in the house for 14 days, how can you communicate with the outside world to support your needs? We have covered this already but please do think about it and reflect now on any changes you need to make or things you need to put in place so the people know you are in isolation and may need support.

What will you do to ensure you remain in communication with others?



**Remember, if you do have COVID-19 you need to try and isolate from other family members as much as possible so as not to spread infection. How would you or any of the family do this?**

### **Useful tips**

#### **Self-isolating when sharing a home with others**

While you are self-isolating, try to physically separate yourself from other people in your home as much as you can. If you're able to, stay in a different room, ensuring it is well-ventilated and ideally has a window you can open. Try to keep the window open as much as possible to help with ventilation and air flow. At night, you should sleep alone in a separate bed if you can.

If you can't stay in a separate room, or you need to leave your room, try to stay 2 metres (6 feet, or 3 steps) away from other people in the home if they are not self-isolating. Spend as little time as possible in shared areas such as your sitting room, kitchen or bathrooms and keep these areas well ventilated. If you do share a kitchen avoid using it while others are present. If you can, use a separate bathroom from the rest of the household. If you do need to share a toilet and bathroom, wipe clean any surfaces you come in contact with. After you wash your hands, dry them with a separate towel from others in your home and wash towels regularly.

Use a household cleaner that's active against viruses and bacteria to clean your kitchen, bathroom, and other surfaces throughout the house every day. Common household products like detergents and bleach are effective for this. Follow the safety guidance for any cleaning products you use.

If you have a private garden or outdoor space where you live, you can use that to go outside while you are self-isolate. You should take extra care to stay at least 2 metres (6 feet, or 3 steps) away from other people who might pass by, or, look into your garden – for example, people walking on the street or neighbours in their own garden.



# #StayHome



## It could save lives

This is a difficult situation, but it will pass. While self-isolating isn't something we want to do, it will help save lives. We can find ways to make it as trouble free as possible until we can get back out again. These are strange times, but they will pass if we remember to look out for ourselves and each other.

Also visit [www.combatstress.org.uk/coping-low-mood](http://www.combatstress.org.uk/coping-low-mood)



If you are unwell during social isolation your focus is on getting well and taking the advice of your medical team. If you need to self-isolate but feel well, then boredom can be a real issue. Getting into a wee routine for the next two weeks can help. Here are some tips which may help:

## wee changes can make a **big difference** tips to social isolating

### Eating

We all need to eat a balanced diet, if money makes this a challenge there are ideas on eating well on a budget [www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less](http://www.nhs.uk/live-well/eat-well/20-tips-to-eat-well-for-less)

If things are challenging just now a foodbank maybe able to help [www.trusselltrust.org/get-help/find-a-foodbank](http://www.trusselltrust.org/get-help/find-a-foodbank) It's also important if we can afford extra food we don't overeat as we are bored or upset. If something is bothering you, please talk to someone about it.



### Housework and interior design

Often our external environment can reflect how we feel inside. Do you feel you have a lot of clutter, or things you would like to do in the house but just don't get round to? We all have those wee jobs about the house we put off. Getting into a housework routine can help keep clutter at bay, offer us some physical activity which saves cost of going to the gym! And improve how we feel inside and its amazing how a house can be made a home even when money is tight. This maybe offer some useful ideas [www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179](http://www.idealhome.co.uk/diy-and-decorating/free-ideas-home-decorating-9179)

### Rest and relaxation

We all need a good sleep pattern and some healthy relaxation habits. Does your home promote calm, could wee changes be made so it's a place of relaxation, maybe start with the bedroom see if that helps promote better sleep too? There are also heaps of relaxation exercises online, maybe find one which works for you [www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes](http://www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes)



### Companionship

We are social beings and for most people feeling and giving affection is important. Building time for companionship into our routine is important. If we don't have a lot of friends or family then it's looking at how we build connections. Part of a routine maybe looking for new places to connect with others e.g. online arts class, yoga, choirs, and singalongs, they are all out there and having a look we may find there is often more going on than we realise [www.whatsonglasgow.co.uk](http://www.whatsonglasgow.co.uk)

### Family

There is a saying we can pick our friends, but we can't pick our family and not everyone may want to stay in touch with family, however, if family is important, sometimes it's just getting into a healthier routine of staying in touch. Even a phone call or a letter if you don't see each other that often helps maintain those relationships. If you feel work needs done to rebuild family relationships, there is a lot of tips and advice on line. If using online resources, check they are from reputable sources.

### Knowledge and learning

Lifelong learning and acquiring new knowledge can be good for our wellbeing and we shouldn't worry about making mistakes as we learn, everyone makes mistakes until they learn something new [www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time](http://www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time) If you suffer a health challenge, learning more about your condition from reliable sources and ways to self-manage it can also be good for your wellbeing e.g. This piece offers ideas which may help reduce the distress of chronic pain [www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain](http://www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain)



## Fun and leisure

Build some fun and leisure into your daily routine, even thinking about, or trying out new ideas can help fill the day in a meaningful way. Money maybe tight, however, our imaginations knows no limits, use it to find new ways to have fun. This link takes you to an info mag which includes an activity page which you may find useful for you and, or, the kids [www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7](http://www.cope-scotland.org/index.php/latest-blog/whit-s-happening-and-resource-directory-issue-7)



## Be creative

This can be from baking a cake, starting a journal, joining a class, writing a song, making a hope jar, doing some creative artwork with the kids, writing poems, even writing a letter to a friend or family member. This piece has an excellent ideas book put together by MindandDraw. [www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health](http://www.cope-scotland.org/index.php/latest-blog/ideas-for-how-creativity-can-improve-our-mental-health) and this piece offers tips on making an affirmation jar [www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing](http://www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing)

## You matter

Make time every day for what matters to you, we are all unique individuals with our own needs and sometimes when life is challenging these can be harder to meet, but look for even 15minutes in the day to call your own, to do what matters to you. There is a workbook in this piece which may be of interest [www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1](http://www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1)

## Sense of freedom

Sometimes we get so caught up in what we can't do, we forget what is in our control. We may see lack of money, or someone to do things with as obstacles to what we want to do. Sometimes its about working out what matters to us, what is within our control and what maybe we need to find the confidence to go for. This wee piece and workbook maybe useful [www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership](http://www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership). Few people if any get everything they want, but having the confidence to set realistic goals may mean we find what we need.



## Know you are doing the right thing and are appreciated

We all respond to kindness and being kind to ourselves matters, sometimes we find that hard, this wee video maybe useful for helping change your internal voice to help you make kinder choices for you [www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1](http://www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1) Ideas for how we can be kinder to others [www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1](http://www.cope-scotland.org/index.php/latest-blog/changing-the-world-one-kind-compassionate-conversation-at-a-time-1) and kinder to the planet [www.cope-scotland.org/index.php/latest-blog/things-we-can-do-to-help-build-a-kinder-world](http://www.cope-scotland.org/index.php/latest-blog/things-we-can-do-to-help-build-a-kinder-world)

## Spend time in nature

From a walk in the park, to time in your garden if you have one, or making your veranda if you have one to looking at pictures of nature or having plants in the house if you aren't allergic. Being in nature even watching a video can be good for our wellbeing. This wee piece maybe of interest [www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter](http://www.cope-scotland.org/index.php/latest-blog/coorie-whits-that-got-tae-dae-wi-gettin-fitter)

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Funded by GCF

## About Fast Forward

Fast Forward was established as a charity in 1987, and has since then worked to enable young people to make informed choices about their well-being and to live healthier lifestyles. Our work began in substance use and peer education, and now includes a range of youth health and well-being project work, training, consultancy and resources.

We provide experiential learning based on accurate information and engagement with young people. Education and prevention on issues such as drugs, alcohol and tobacco have been at the centre of our work along with support for young people's volunteering and peer education. Our work today is very much about promoting young people's resilience in response to a range of risk-taking behaviours - giving young people the skills, education and support to make informed choices and to live healthier lives.

## About the Gambling Education Hub

For two years now, Fast Forward has also been the facilitator of the Gambling Education Hub, a preventative and educational programme commissioned by GambleAware, which addresses youth gambling and gambling harms. This programme adopts a train the trainer approach, while developing resources that professionals can use in a range of education and health settings including schools and universities, youth employability, youth work and informal education, as well as the parents and carers sector. We offer free CPD sessions, consultancy and resources to anyone working with young people aged 12-25, with the aim of developing an increased awareness and knowledge regarding gambling and its impact on young people's health and wellbeing. Additionally, we have developed the Gambling Education Toolkit, a free resource that supports practitioners to better understand gambling risks and harms, as well as providing a range of activities and session plans to support the facilitation of gambling education and prevention. Our work also involves advocacy work and raising awareness of gambling risks and harms on public platforms – we were proud to present at Scotland's Student Mental Health Conference at the end of October.

## The Gambling Education & Prevention Small Action Fund

Fast Forward and the Gambling Education Hub strongly believe that youth initiatives have the greatest impact when they are led and informed by young people themselves. With that in mind, we have established the Gambling Education & Prevention Small Action Fund, providing up to £500 to groups of young people aged 12-25 in Scotland to deliver their very own Gambling Education & Prevention project. By allowing young people to design the services, projects and initiatives themselves that support and inform their decision-making, we are confident it will have an immensely positive impact not only on the young people taking part, but also on their peers and the wider community. In the past, our Small Action Fund has provided funding for the delivery of youth-led gambling awareness sessions, the development of posters and leaflets that raised awareness of gambling risks and harms, a peer education programme, a gambling-related art workshop, a research project carried out by young people, a football-based gambling awareness workshop, and even the production of a short film.



A great example of a Small Action Fund project was the “Don’t be a Loser” project delivered by the Mayfield and Easthouses Youth 2000 (Y2K) Project based in Midlothian. Prior to applying to the Small Action Fund, the Y2K team of youth workers had attended Gambling Education & Prevention training sessions facilitated by the Gambling Hub, and had

subsequently involved their young people in several discussions and group work sessions around gambling awareness. The young people then came up with an idea of producing an educational short film on the harms of gambling, highlighting some of the reasons that may lead people to gamble and the range of negative effects it may have. The participants planned to make the short film particularly relevant to their local community by researching facts and figures on gambling addiction locally, and drawing connections to other factors such as a high level of poverty in the area. In June 2019, the participants facilitated a series of pop-up workshops as part of Y2K’s open-door summer drop-ins, where they encouraged their peers to think about the risks and harms of gambling, and to highlight its prevalence in their day-to-day lives. Inspired by the discussions and learning gained from these workshops, the group decided to name the project “Don’t be a Loser” to emphasise the loss of money, relationships, jobs and life chances often caused by gambling. By September, Y2K had expanded its gambling awareness programme and had involved approximately 180 participants in their workshops. As a result of the insight gained through participation in workshop inputs, the young people explored how to create their own educational resource that could be used to raise awareness of the issue with a wider audience, and finally decided to organise a trip to the Sky Skills Academy during the school October break, where they would film a short film based on research carried out by the young people. On the day of filming at the Sky Skills Academy, 12 young people worked together to script, direct, star in and edit their own “Don’t be a Loser” Sky News Report. It was a fantastic experience for the participants, with lots of opportunities for them to develop new skills.



For the final stage of the project, the young people also planned and facilitated the “Be a Winner” event, which involved a screening of the film, Q&A session and quiz night attended by friends, families, neighbours and community stakeholders.



Overall, the “Don’t be a Loser” project has had a significant impact on the 34 participants involved in the project, as well as on the young people and members of the wider community that were able to take part in workshops and enjoy the short film. The project raised awareness of gambling risks and harms, provided an understanding of safe gambling behaviour and ensured participants understand where to access support. The project also provided the young people with the confidence to lead a project, to facilitate conversations and to provide peer support. Lastly, the short film continues to serve as a great resource to engage with young people and open up conversations around gambling.

If you are working with children and young people, please do consider encouraging them to apply to the Gambling Education & Prevention Small Action fund to develop their own project. We can facilitate introductory workshops with your group, and will offer guidance and support every step of the way. For questions, queries and to find out more about the Gambling Education & Prevention Small Action Fund, please get in touch with

**[tina@fastforward.org.uk](mailto:tina@fastforward.org.uk)**.

To find out more about the Gambling Education Hub, do visit our website at: **[gamblingeducationhub.fastforward.org.uk/](http://gamblingeducationhub.fastforward.org.uk/)**.



# Come chat with me 19<sup>th</sup> November 2020

## A movement not a meeting!

### Background

The idea of the come chat with me zoom sessions was to create space to take forward the themes and ideas which have been arising from conversations with stakeholders around reducing gambling harms.

### These themes so far being:

- Improved awareness and communication around gambling harms
- A new service landscape for addressing gambling harms
- Training and education
- Cultural changes
- Attitudinal changes
- Legislative changes



### The emerging aspirations of stakeholders so far includes:

- Psychologically safe spaces exist to have courageous conversations between stakeholders including the gambling industry
- People at increased risk due to health issues or other vulnerabilities, including inequality are protected from gambling harms
- Children and young people are protected from gambling harms
- The voices of lived experience are involved in co design, development, and delivery
- Work is based around seeking solutions to the wider determinants of gambling harms not seeking to blame individuals
- People understand and can influence licencing laws
- Service pathways offered to individuals and their families are holistic and there is clarity on how to access them
- Health professionals and other frontline services are gambling harms aware and able to offer meaningful interventions
- Stigma is reduced within families and communities as the work of gambling harms champions makes it easier to talk about and seek help for challenges associated with gambling
- Advertising and accessibility of equipment which can lead to gambling harms is monitored and standards to reduce harm in place
- Population based education programmes are offered to promote healthy coping strategies to life challenges
- A public health and trauma informed approach is taken towards addressing gambling harms

### **During the come chat with me session our plan was to:**

- Share the work of Machine Zone, Beatthefix around raising awareness
- Share the work of Recover Me around the App designed to offer self-management support and links to more formal support to people affected by gambling harms
- Create a safe place for people to connect and explore ideas together which could take us close to our aspirations, including.
  - What could be done to protect young people and children from gambling harms?
  - What would a perfect holistic service look like which took account of people's needs who were affected by gambling harms and supported families?
  - How do we reduce stigma, so people feel comfortable to seek support?
  - What would a training Programme look like which enabled care providers and the public be more gambling harms aware?
  - What would you spend £3000-£5000 on to help reduce gambling harms?

### **The come chat with me session**

The energy and enthusiasm, experience, insight, and desire to make a difference from all those who came along was overwhelming. There were 12 people who attended which worked out a really good number as we were able to talk and listen to each other. What was clear was this was a beginning, not the end and that real actions needed to come from it. While we could not find solutions to all the challenges in one night some tangible next steps have emerged:

### **What could be done to protect young people and children from gambling harms?**

- Create safe spaces for children and young people to talk about gambling and gambling language used even from an early age 'Bet you a mars bar you can't do that'
- Learn from changes made for other unhelpful habits to change what is included in young people's programs e.g. was a time people were seen smoking in programs aimed at young people
- Link into youth groups the partners know to see how they can be engaged in exploring their ideas on how to protect young people and children
- Form relationships with the gambling industry to influence advertising
- Improve legislation around online gambling attractive to young people

### **What would a perfect holistic service look like which took account of people's needs who were affected by gambling harms and supported families?**

- GP's and others who someone may share their struggles with gambling harms with, need to know what support is available to link people to
- A mapping exercise of what is available where needs to happen to share what people may not know about and then to see what is missing so that care pathway can develop in a way which meets individual and family needs.
- Find a way to recognize the interconnectedness of mental health and addiction and services move out of silos as people do not live in silos







### How do we reduce stigma, so people feel comfortable to seek support?

- The Big Step ([www.heraldscotland.com/news/18751546.scots-take-first-steps-new-effort-ban-betting-sponsorship-advertising-football/](http://www.heraldscotland.com/news/18751546.scots-take-first-steps-new-effort-ban-betting-sponsorship-advertising-football/)) was successful in engaging the public in conversation around gambling harms. Is it possible to link this to the 'recovery walk' in future years
- There was a real sense many of the public (86%) feel there is too much advertising around gambling and a more empathic attitude exists towards those affected by gambling harms which can be built on
- There was a recognition of unconscious bias around people's behaviour e.g. buying scratch cards over food and a need for more understanding around the impact gambling has on people and how this affects their behaviour,
- There was a recognition often people themselves do not know they have a gambling harms issue, just as in past people didn't know how bad smoking was for them. That cigarettes now are kept behind a shutter, should the same not be for scratch cards also?
- Conversations like the come chat with me, finding a way to encourage those conversations at home, in clubs, at work, in a way offers people something to reflect on and raise awareness of keeping safe
- There was a sense, the work to reduce gambling harms wasn't about prohibition, it was about a deeper understanding of vulnerabilities, the disproportionate amount of betting places in areas people may already be struggling and the fact like cigarettes and alcohol people should be made aware of the risks
- There needs to be awareness raised of how lonely, isolated, and out of control someone with gambling harms can be. The image of people gambling together and having fun, is so far from the reality of those locked into gambling in a way consumes their every moment, leading to despair even suicide. Unlike other addictions the interventions to support people move away from this are not there. The recognition of the physical withdrawals people can also have. Interesting video worth watching <https://youtu.be/oQ4iz6pf7S8>
- Build onto existing anti stigma work e.g. See Me
- Make gambling harms a suicide prevention issue and get into the choose life agenda

### **What would a training Programme look like which enabled care providers and the public be more gambling harms aware?**

- Front line services need support to recognize gambling harms as a response to trauma, often services ask if people self-medicate with drugs or alcohol, gambling should be added to that checklist
- A mapping exercise of what exists where to address issues of gambling harms from prevention early intervention to intervention and how to screen for this on an individual basis, family, health care giver including GP
- Gambling harms training is featured more in the training of health professionals
- Workplaces have policies for supporting someone affected by gambling harms same as would for drugs and alcohol
- Population work around dreams, hopes aspirations, recognizing risks people may use gambling as a way to 'win' a better life, understand more what needs to change so people can feel a better life is something they can work towards and not see 'a lottery win' as the only way things can change. This also requires macro level changes in society, so people don't feel so despairing in their own existence, that life is fair and good for everyone. Recognize Gambling Harms as an inequality issue
- Work needing done to recognize assessing risk e.g. when people go into lockdown more chance of online gambling, universal credit means people's rent goes into their account, if affected by gambling harms this could be spent and even put the person's home at risk. When people feel despair, hopelessness, trauma more risk of unhelpful coping strategies and gambling advertising can project this is an answer as opposed to this could be the final straw

What would a training Programme look like which enabled care providers and the public be more gambling harms aware?

- Understand the psychology and physiology that surrounds gambling harms, have simple short videos raise awareness similar to ones developed around why smoking was addictive
- Move away from blaming the individual, to understanding what leads to and sustains behaviour which is not helpful

### **What would you spend £3000-£5000 on to help reduce gambling harms?**

The chat covered a lot of area and rather than rushing at the end, people were invited to reflect on what they think £3000-£5000 could be spent on. There is an opportunity to apply for up to £5000, the closing date for applications is the 11th of December, people will know in January if successful and the project has to be delivered by 31/3/2021, while this has a mental health focus, we can demonstrate gambling harms is a mental health issue.

The Healthy Minds Network is supported by the NHS Greater Glasgow and Clyde Mental Health Improvement Team and has a membership that includes a wide range of partners across Statutory and Third sectors. They would like to invite creative bids from organisations that would help address some the issues of stigma and discrimination around mental health with a particular focus on equality. Previous proposals included training, awareness raising, resource development and face to face activities to name but a few. Applicants would need to take cognisance of the current situation and restrictions in place regarding Covid-19 within their proposals

## What happens next so we know this was more than talk?

- Mindanddraw art sessions are going to explore with those who come along creating posters to raise awareness of gambling harms and raise awareness of the Recover me app
- The Recover me App will be discussed at the one of the next Gamblers anonymous meetings
- Work will be done to explore how we promote the Recover me App to GP's as a first step in enabling GP's have more to offer people this will involve a variety of people who attended tonight using their networks to get this on the table
- Work will start to explore how we connect with people in the gambling industry as its recognized for real change to happen we need to create safe spaces with the industry for courageous conversations and the Jigsaw toolkit maybe one way to begin this
- If we can build relationships with the gambling industry have posters of the Recover Me app clearly displayed places where people gamble promoting the app as a first step for someone to recognize there may be an issue
- Film a demonstration of how the Recover Me app works so people have a sense of how useful a tool it can be
- Share what we already know and are developing as a starting point to begin to map out what is there already/in development/is missing
- Find allies and strategic partnerships which have influence and present with ideas to take forward which need bigger buy in to make a sustainable difference
- Make this a network of equals which recognizes all contributions and doesn't follow one members agenda but there is a consensus and ownership going forwards
- Make a gambling harms video can be used to engage people in conversations in a friendly and relaxed way
- Recognize COVID-19 and lockdowns and the impact this may have for people being more likely to find themselves at risk and find ways to raise awareness of this risk
- Stay in contact via email let this evolve and see where it takes us

Thanks so much to everyone who came and for their energy, ideas, passion and enthusiasm, we may have been a small group but as Margaret Mead said:

***"Never doubt that a small group of thoughtful committed individuals can change the world. In fact, it's the only thing that ever has"***

If you would like more information please contact Hilda: [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org) or William: [William.Griffiths@alliance-scotland.org.uk](mailto:William.Griffiths@alliance-scotland.org.uk)



# Sharing your views and how things are changing

**Glasgow City Food Policy Partnership has launched a consultation about the Glasgow** City Food Plan which is open until the end of December 2020.

The plan aims to tackle a range of environmental, health and well being challenges by improving the food system. They will be hosting an online discussion event in partnership with Glasgow Community Food Network - more info to follow soon

[www.smartsurvey.co.uk/s/GFP2020/](http://www.smartsurvey.co.uk/s/GFP2020/)

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## **Doing things differently – how disability assistance will be delivered in Scotland**

Scotland wants to build a better benefit system; work has been underway consulting people on what that new system may look and feel like. People and experience panels have contributed to this to enable a better benefit system that treats people with dignity, fairness and respect be built, while as with so many things just now COVID-19 has caused some delays, work is still progressing, these videos: [vimeo.com/showcase/doingthingsdifferentlyday2](https://vimeo.com/showcase/doingthingsdifferentlyday2) provide recordings of the sessions.

### **Scotland**

Last month we held a virtual event for stakeholders to talk about how we will be doing things differently when we introduce disability assistance.

These events set out plans for everything from applications right through to appeals.

Those who couldn't attend the event can access recordings of all the sessions here:

[vimeo.com/showcase/doingthingsdifferentlyday2](https://vimeo.com/showcase/doingthingsdifferentlyday2)

We are working on finalising a summary of all the questions and answers asked throughout the day. We will send this to you in our next newsletter. This summary will include responses to questions submitted that Scottish Government and Social Security Scotland presenters didn't get the chance to answer on the day.

## **Update on when these disability benefits will be delivered in Scotland**

Child Disability Payment will replace the DWP's Disability Living Allowance for Children and Adult Disability Payment will replace the Personal Independence Payment.

Child Disability Payment will be the next new benefit to be introduced by the Scottish Government. In an update to the Scottish Parliament today, Cabinet Secretary for Social Security Shirley-Anne Somerville said Social Security Scotland will start taking applications from summer 2021 as part of a pilot. The full roll-out across the country will start from autumn 2021.

This will be followed by the introduction of Adult Disability Payment. Adult Disability Payment will be piloted from spring 2022 and available across the country by summer 2022.

People who currently get UK Government disability benefits will be transferred to the new Scottish system in stages after the new benefits are introduced. This work is expected to be completed by 2025, as was previously announced.

Once Adult Disability Payment has been rolled out, anyone on Personal Independence Payment or Working Age Disability Living Allowance who reports a change in condition, has an upcoming review date, or is about to reach the end of their DWP award period will transfer to Social Security Scotland. This means they will not have to undergo a DWP face-to-face assessment.

The Cabinet Secretary also confirmed that we aim to roll out Scottish Child Payment to under-16s by the end of 2022. You can read the Cabinet Secretary's:

**[news.gov.scot/speeches-and-briefings/update-on-scotlands-social-security-benefits](https://news.gov.scot/speeches-and-briefings/update-on-scotlands-social-security-benefits)**

### **Applications open for Scottish Child Payment**

Social Security Scotland has now started taking applications for the new Scottish Government benefit, Scottish Child Payment.

This benefit starts on Monday 15 February 2021 with the first payments expected to be made from the end of February.

We have produced a short video **[vimeo.com/476356089/9cbc8c529c](https://vimeo.com/476356089/9cbc8c529c)** to help clients understand what the payment is and what our timeline is for it. If you are eligible, you can apply for this new benefit: **[mygov.scot/scottish-child-payment/](https://mygov.scot/scottish-child-payment/)**

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### **Child Winter Heating Assistance**

Child Winter Heating Assistance is a new £200 payment to help families of a child on the highest care component of Disability Living Allowance for Children to heat their homes.

Payments will arrive with people from Friday 27 November and these are expected to be complete by Friday 11 December.

People do not need to apply for this payment. It will be made automatically by Social Security Scotland using information provided by the Department for Work and Pensions. Families will get a letter in advance to confirm that they will be getting this payment.

### **Contact us:**

You can contact us with any questions at:

**Email:** [SocialSecurityExperience@gov.scot](mailto:SocialSecurityExperience@gov.scot)

**Phone:** 0800 029 4974 (Freephone)

Join the ALLIANCE, Engender and See Me for a short, participatory event focused on gender equalities and mental health for more information visit:

**[www.alliance-scotland.org.uk/blog/events/nacwg-satellite-wee-circle-spotlight-on-mental-health/](https://www.alliance-scotland.org.uk/blog/events/nacwg-satellite-wee-circle-spotlight-on-mental-health/)**

**A National Taskforce** is putting together recommendations to the Scottish Government for a new human rights law.

This law would build on existing human rights laws to strengthen how all our rights are protected. It will include things like the right to housing, to food and to health. It will also include rights for particular groups such as women. Find out more about what might be in this law on the All Our Rights in Law website (this link will take you away from our website).

Human rights are vital for all of us, and it is important that this new human rights law is shaped by people's views and experiences. We want to hear from our members what you think about how a new human rights law might help you, and your family and community.

- What needs to be in the law?
- How should it be put into practice?
- What do you want to tell the National Taskforce?

Come along to one of these interactive online sessions to share your views and find out more. The sessions are open to anyone who is interested.

If you take part in this conversation please email [event@alliance-scotland.org.uk](mailto:event@alliance-scotland.org.uk) to register.

Human Rights Consortium Scotland are holding further conversations about this new law over the next three months and will then collate all of the views together to help inform the National Taskforce's final recommendations. There will also be a published report of people's views, to help inform the next stage when the draft law is being written.

### **Event details**

**Location:** Zoom

**Date:** 17/12/2020

**Time:** 14:00 - 16:00

For more details contact

**Name:** Jillianne Rennie

**Email address:** [event@alliance-scotland.org.uk](mailto:event@alliance-scotland.org.uk)



**GenAnalytics** is working with the Scottish Government and the Older People's Strategic Action Forum to better understand the impact of COVID19 on older people in Scotland. They would like to hear your views. This survey will only take a few minutes to complete and responses are confidential. Thank you for your time and support: [www.surveymonkey.co.uk/r/ImpactofCOVID19OnOlderPeople](http://www.surveymonkey.co.uk/r/ImpactofCOVID19OnOlderPeople)

Generations Working Together has worked with its members to create a first intergenerational manifesto that calls for Scotland to become an intergenerational nation.

**Our manifesto for the 2021 Scottish Government Election:**

- identifies three areas that we believe the Scottish Government elected for 2021 – 2026, and all elected Members of the Scottish Parliament should focus on to help ensure that relationships between generations are strengthened and Scotland becomes more connected and inclusive.
- makes fifteen specific calls for action, which we believe would help the nation to make significant progress towards becoming an intergenerational nation and improve the quality of life for Scots of all ages.

Alison Clyde, the Chief Executive of Generations Working Together has said of the new intergenerational manifesto 'We feel now is the time for Scotland to become an intergenerational nation. One where ageism is tackled, where nobody feels lonely in their community, and where younger and older people can support each other and learn from each other. The COVID-19 pandemic has shown us the danger of isolation and the key role that our communities play in bringing people together. We hope that as many people as possible can sign up to support us in our call for an intergenerational nation'.

George Kay, the Chair of Generations Working Together has stated "I am very pleased to release our first intergenerational manifesto on the world day of kindness. Bringing generations together is essential to tackling ageism and loneliness in our society and I hope to see an intergenerational hero in all areas of Scotland".

Graham Hewitson, the Vice-Chair of Generations Working Together has said "We have always believed that positive intergenerational relationships have an important contribution to make to a fairer and more prosperous Scotland, but the present circumstances make these relationships more important than ever. Our manifesto for an intergenerational Scotland sets out an ambitious range of priorities and actions which we believe will make a significant and sustained contribution to a better quality of life for many Scots. We hope that organisations and individuals will support it and commit to helping us to achieve an intergenerational Scotland."

We are now looking for representatives at all levels of government, our members, the public, and organisations to join us in making this call for an intergenerational nation a reality. Please contact Kate Samuels, our Communications and Policy Officer if you would like to write about the intergenerational manifesto or to join our campaign for making Scotland the first intergenerational nation.

**[generationsworkingtogether.org/news/today-we-launch-generations-working-together-intergenerational-manifesto-13-11-2020](http://generationsworkingtogether.org/news/today-we-launch-generations-working-together-intergenerational-manifesto-13-11-2020)**

# Autism

We asked people what would help, and one thing was more information on Autism in the 'Whit's happening' so we are delighted to include Different minds. One Scotland. The first national campaign on autism created in response to The Scottish Government Consultation on The Scottish Strategy for Autism. For more information on the strategy visit:

**[www.gov.scot/publications/scottish-strategy-autism/](http://www.gov.scot/publications/scottish-strategy-autism/)**

People also shared the value of having space to be listened to without judgement and also the need to be linked to services and told how to access them, it's not just enough to know they are there, also the value of being offered tools to support self-managing stress, improve sleep, manage anxiety and more,.

We hope over the coming months to build on this section adding new resources and feature pieces and would be delighted for any help in doing this.

People also valued Peer Support and we are keen we can share information on where people may find that so would value anyone who has details of peer support groups for family or autistic people to email that to Hilda **[admin@cope-scotland.org](mailto:admin@cope-scotland.org)** so we can include in future issues.





# Services and Support

## Autism

### Autism Advice Line (Scotland)

T: 01259 222 022

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

### Differabled

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

### National Autistic Society Helpline

T: 0808 800 4104.

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

[www.autism.org.uk/services/helplines/coronavirus/resources/how-nas-can-help.aspx](http://www.autism.org.uk/services/helplines/coronavirus/resources/how-nas-can-help.aspx)

### Sense Scotland

T: 0300 330 9292

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

## Carers

### Advice and Information Carers Hub

[www.rethink.org/advice-and-information/carers-hub/](http://www.rethink.org/advice-and-information/carers-hub/)

### 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/)

### 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

**Carers UK** has published a Recovery Plan for carers, a list of recommendations that prioritise and support unpaid carers as restrictions are eased and the risk of Covid-19 is managed by society over the next 12 months. For more information visit [www.carersuk.org/help-and-advice/technology-and-equipment/99-for-professionals/policy-eng/6506-a-recovery-plan-for-carers](http://www.carersuk.org/help-and-advice/technology-and-equipment/99-for-professionals/policy-eng/6506-a-recovery-plan-for-carers)

### Carers Voices Project

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

### 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/)

### 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)

### Glasgow Association for Mental Health

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

### Mainstay Trust

Provide care services to the people of Glasgow  
[www.mainstaytrust.org.uk/](http://www.mainstaytrust.org.uk/)

### PAMIS

Support people with profound and multiple learning disabilities, PMLD - their families, carers and professionals  
[pamis.org.uk](http://pamis.org.uk)

### 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

Worth joining Wren Greyhound mailing list which includes regular free useful resources [us19.campaign-archive.com/e/?u=775c51c6f1955813188a5d5b2&id=67324628a8](https://us19.campaign-archive.com/e/?u=775c51c6f1955813188a5d5b2&id=67324628a8) for more info [www.wrenandgreyhound.co.uk](http://www.wrenandgreyhound.co.uk)

### Creative Approaches to Problem Solving

This was a tool shared by Q Community and may be of interest :

<https://s20056.pcdn.co/wp-content/uploads/2017/08/Q-community-CAPS-toolkit-2017.pdf>

### GCVS Glasgow Council for Voluntary Services

[www.gcvs.org.uk](http://www.gcvs.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](https://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)

### 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)

### Just Enterprise

T: 0300 302 3333

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

### Scottish Council Voluntary Organisations

[scvo.org.uk](http://scvo.org.uk)

### Smarter Choices, Smarter Places Fund

supported by Transport Scotland, and funds projects that encourage walking, cycling and using sustainable transport. The fund is open to public, community and third sector organisations.

[www.pathsforall.org.uk/open-fund](http://www.pathsforall.org.uk/open-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)





## National Lottery Community Fund Update

Posted by Christie McAlpine on 4th Sept. 2020

The National Lottery Community Fund have announced upcoming changes to ensure they can continue to support the sector to recover from the impact of the pandemic. Some of the programmes will remain the same while others will become more focused on Covid-19 recovery. Here are the key changes:

### Headlines:

**National Lottery Awards for All** and **Young Start** funds will remain open and unchanged. They are particularly interested in hearing from new projects for Young Start funding.

**Improving Lives** grants remain open, but will be shorter, quicker to access, and will fund a wider range of work focused on recovery from COVID-19.

**Community-Led Activity** grants remain open. They are currently reviewing these and will make any changes before the end of 2020. COVID-19 response is still a priority across all funds– but they remain open to non-COVID-19 related work too.

There will be some further changes to priorities for both Improving Lives and Community-Led Activity before the end of 2020, but there will be no other large-scale changes to the main grants programmes until at least 2022.

### Detail and Deadlines:

#### Improving Lives

From October 1, 2020 the maximum available Improving Lives grant will be £200K over one to three years. It will be a single stage application.

They will only accept applications for more than £200k or more than 3 years until noon on Wed 30 September.

New priorities are in development, but these will expand the types of work they can currently fund rather than replace them.

#### Community-Led Activity Grants

Community-Led Activity grants remain open. They are reviewing the fund to make sure it's relevant for current situation, and will make any changes before the end of 2020.

They plan to increase the maximum grant to £200K.

More details will be available on the changes to Improving Lives and Community-Led Activity in the next few months, they will let you know what these are once they have been confirmed.

# Grief After A Bereavement

The pain of loss can feel overwhelming but there are healthy ways to manage your grief



**G**

Give yourself time to process your loss, there is no instant fix

**R**

Remember to be kind to yourself and look after your needs

**I**

Invest your energy in things you can change

**E**

Everyone's grief experience is individual, don't compare yourself to others

**F**

Find someone you can talk to about your feelings;  
a friend, family member or a counsellor

<https://www.nhsggc.org.uk/your-health/health-services/bereavement-services/bereavement/>

## 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:

### Anticipatory Grief and Mourning

[www.cancerresearchuk.org/about-cancer/cancer-chat/thread/anticipatory-grief](http://www.cancerresearchuk.org/about-cancer/cancer-chat/thread/anticipatory-grief)

### Bereavement Advice

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

### Blue Cross for Pets

T: 0800 096 6606

*(Support following the death of a pet)*

### Breathing Space

T: 0800 83 85 87

### Child Bereavement UK

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

**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)

### Coping with Depression After a Loved One's Death

[www.cancer.org/treatment/end-of-life-care/grief](http://www.cancer.org/treatment/end-of-life-care/grief)

### Coping with Grief In Your Body

A Relaxation for Grief Exercise

[www.mindfulnessandgrief.com/coping-with-grief-relaxation](http://www.mindfulnessandgrief.com/coping-with-grief-relaxation)

### 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)

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

T: 07736 326 062

### 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/)

### Good Life, Good Death, Good Grief

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

**Grieving Alone and Together:** Responding to the loss of your loved one during the COVID-19 pandemic: [rememberingalife.com/covid-19/grief-during-the-pandemic/grieving-alone-and-together-booklet](http://rememberingalife.com/covid-19/grief-during-the-pandemic/grieving-alone-and-together-booklet)

### How to Cope With the Physical Effects of Grief

[www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/physical-symptoms-grief](http://www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/physical-symptoms-grief)



### How to Provide Workplace Support When an Employee Passes Away

[www.cruse.org.uk/get-help/about-grief/bereavement-at-work/when-a-staff-member-dies](http://www.cruse.org.uk/get-help/about-grief/bereavement-at-work/when-a-staff-member-dies)

### 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)

### Supporting Bereaved Parents and Their Families

T: 0345 123 2304

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

### 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)*

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## Digital Inclusion

### Connecting Scotland

Supporting the most vulnerable to get online Throughout the coronavirus crisis, the internet is keeping us connected to friends and family, informed and entertained, and able to learn, work, shop and access health information and other public services.

However, some people can't access these benefits because they don't have the confidence, kit and connectivity at home. The Connecting Scotland initiative aims to get 30,000 digitally excluded households online in 2020. For more information visit [connecting.scot](http://connecting.scot)

### Glasgow Life – Digital Support Freephone Helpline



T: 0800 158 3974

We are delighted to announce the introduction of the Digital Support Freephone Helpline.

The Helpline has been set up to provide digital support to people in the city who may have no or limited digital skills, but who would benefit from help to learn the digital skill they need.

### Service Overview:

Digital support and guidance will be delivered over the phone and provided by our Digital Champions. Customers must have access to a digital device and Internet connectivity so that support can be given. The type of digital support provided will be directed in the main to meet the customer request. For example:

### Basic Digital skills

- Getting to know your device
- Using the Internet
- Creating an Email
- Social media

### Essential Digital skills

- Communicating
- Online Safety
- Online Resources
- Online Services
- Online Learning

### Operating Times:

Monday: 9:30 - 16:00

Tuesday: 9:30 - 16:00

Wednesday: 9:30 - 16:00

Thursday: 9:30 - 16:00

Friday: 9:30 - 13:00

**This service is strictly to offer digital support and guidance for customers, and we will not be able to help with other types of enquires.**



### **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)

### **Glasgow Life**

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

### **Glasgow Life's Glasgow Code Learning**

programme is offering free places on its SCQF level 7 Cyber Security course for those out of work or on a low income. The course is supported by Skills Development Scotland's Digital Start Fund and delivered in partnership with Glasgow Clyde College.

Participants will gain the SQA's accredited PDA in Cyber Resilience at SCQF level 7 and support in progressing to robust employment opportunities within the Digital Technologies industry.

The 12 week part-time course starts 7th December. Anyone interested can check their eligibility and apply for a place on the course by completing our short registration form; [surveys.glasgowlife.org.uk/s/Cyber\\_Security/](http://surveys.glasgowlife.org.uk/s/Cyber_Security/)

For more information on all of our free, flexible and accredited digital skills courses see Glasgow Life's website; [www.glasgowlife.org.uk/libraries/glasgow-code-learning/glasgow-code-learning-pro](http://www.glasgowlife.org.uk/libraries/glasgow-code-learning/glasgow-code-learning-pro)

### **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 Community Learning & Development Network Session**

**2 Dec 2020 1-3pm**

The next CLD Network sessions will hear updates on Digital Inclusion and Digital Health. There will also be a demonstration of the expanded Glasgow Helps website and a proposed pilot 'Toolbox and Learning Planning' to book a place visit:

[www.eventbrite.co.uk/e/glasgow-community-learning-development-network-meeting-tickets-125022412401](http://www.eventbrite.co.uk/e/glasgow-community-learning-development-network-meeting-tickets-125022412401)

### **Carnegie UK Trust**

If people would like to get in touch to find out more information or share their thoughts on the Carnegie report (pages 23-26) "Learning from Lockdown, 12 steps to eliminate digital exclusion" . Please contact Anna Grant [anna.grant@carnegieuk.org](mailto:anna.grant@carnegieuk.org) Senior Policy and Development Officer



## Drugs, Alcohol, Gambling and Other Unhelpful Coping Strategies

### 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/)

### Alcoholics Anonymous

0800 9177 650

### 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.  
[facebook.com/GCAGlasgow/](https://facebook.com/GCAGlasgow/)

### Glasgow Helping Hero's

T: 0800 731 4880

### Homeless Addiction Team

T: 0141 552 9287

### 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)

### Kinder Stronger Better

This website has been developed for and by members of the Glasgow LGBTQ+ community and substance use professionals to provide information and advice to LGBTQ+ people about alcohol and drugs, as well as where to get help and support in Glasgow (and beyond)

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

### 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)

**Recover Me App.** Manage a gambling addiction from your pocket, to download visit

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

### Recovery Simon Community

T:0800 027 7466

### Re-solv

Founded in 1984, Re-Solv is a charity working across the UK to end solvent abuse and support all those whose lives are affected by it. If you live anywhere in England, Northern Ireland, Scotland or Wales and are worried about your solvent abuse or someone else's – we're here to help. You can call us on **01785 810 762**, text **07496 959 930**, email [info@re-solv.org](mailto:info@re-solv.org)  
[www.re-solv.org](http://www.re-solv.org)

### Scottish Families affected by Drugs and Alcohol

T: 08080 101011

### Turning Point (Homelessness Service)

T: 0800 652 3757

[www.turningpointscotland.com/glasgow](http://www.turningpointscotland.com/glasgow)

### 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)



## Equality and Diversity

**GDA Podcast - Our LGBT Histories** is available now at [anchor.fm/GDA](https://anchor.fm/GDA)

*"In Glasgow, a lot of LGBT spaces are really inaccessible. So, we can't meet each other and gather there and that makes finding other people like ourselves really difficult."*

From LGBT history month in February, throughout Pride month in June - our **LGBT disabled people's network** have been supporting each other to speak out about life as a disabled LGBT+ person in Scotland – and have put together GDA's very first podcast!

Now with Covid-19 restricting opportunities to meet other people in person, our LGBT group has moved online. Inequalities disabled people already faced have been supercharged by the pandemic – poverty, mental health challenges, and increased isolation mean that an inclusive, supportive community is a lifeline that is now more vital than ever before.

GDA's LGBT network was founded by a small group of GDA members who highlighted the need for greater accessibility and inclusion in LGBT spaces. Empowered to challenge inequalities, they sought GDA's support to create a safe space to improve the wellbeing of this intersectional community. GDA listened and responded, working in partnership, and putting our LGBT members in the driving seat of this work for equality.

GDA has for many years been a supporter of Glasgow's Free Pride events. At the 2017 event GDA members hosted a jam-packed workshop discussion on disability inclusion within the LGBT community – following which, with support from LGBT health and wellbeing, the Equality Network and Glasgow Equality Forum, our LGBT Disabled People's Space was founded.



Hear all about it on our first ever podcast! Also available on:

- Spotify
- Apple
- Pocket casts
- Radio Public
- Breaker

### Accessibility

If you are a British Sign Language user [www.contactscotland-bsl.org](https://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 [www.rnib.org.uk](https://www.rnib.org.uk)

### Age UK

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

### Autism

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

**The ChoiceWorks Programme** aims to support people to move forward to tackle their offending behaviour through individual support, groupwork sessions and training and employability opportunities. If you are interested or would like to find out more information, please contact them in one of the following ways:

**T: 0141 276 7400**

**Web: [www.glasgow.gov.uk/choiceworks](http://www.glasgow.gov.uk/choiceworks)**

**Email: [CommsafetyChoiceworks@glasgow.gov.uk](mailto:CommsafetyChoiceworks@glasgow.gov.uk)**

**Facebook: GlasgowCC**

**Twitter: @GlasgowCC**

### **Coalition for Racial Equality and Rights**

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

### **Deafness and Dementia**

Full report available on their website:

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

**[admin@deafscotland.org](mailto:admin@deafscotland.org)**

**T: 0141 248-2474**

**SMS: 07925 417 338**

### **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)**

**Disability Equality Scotland** are a membership organisation for disabled people and disability groups/organisations

**[disabilityequality.scot](http://disabilityequality.scot)**

### **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)**

### **Dyslexia Awareness**

**[www.bdadyslexia.org.uk](http://www.bdadyslexia.org.uk)**

### **EACH (Educational Action Challenging Homophobia)**

EACH provides a free and confidential, homophobic, biphobic or transphobic bullying reporting service for children and young people up to 18 years of age. If you have been a target of this bullying you can call their freephone Helpline on **0808 1000 143** (Monday to Friday, 9:00am – 4:30pm) **W: [www.each.education/](http://www.each.education/)**

### **Early Warning System E-Bulletin**

Latest findings from the Early Warning System The Early Warning System was set up by CPAG in Scotland to collect and analyse case evidence about how social security changes are affecting the wellbeing of children, their families and the communities that support them. Case studies are collated from queries dealt with through our second tier advice line and submissions from frontline workers. The briefing summarises the emerging issues received between the beginning of July and mid-August 2020 For more information on how to register for the e bulletins visit:

**[www.cpag.e-activist.com/page/24788/subscribe/1?locale=en-GB](http://www.cpag.e-activist.com/page/24788/subscribe/1?locale=en-GB)**

### **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)

### Modern Slavery Helpline Scotland

If you need help, advice, or information about any modern slavery issue you can contact them confidentially 24 hours a day, 365 days a year. For more info:

[www.modernslaveryhelpline.org/scotland](http://www.modernslaveryhelpline.org/scotland)  
T: 0800 0121 700

### Poverty Alliance, Working Together to End Poverty

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

### 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)

### 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)

**Ubuntu** is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info: [www.ubuntu-glasgow.org.uk](http://www.ubuntu-glasgow.org.uk)

### Please find below information from the V&A Dundee on their accessible events:

**V&A Dundee** reopened on the 27th August 2020 and while our previous programme of accessible tours and events has had to be put on hold until current restrictions allow, we are still really keen to make our content as accessible as possible to as many people as possible. Mary Quant – our latest major exhibition – is proving a huge hit and we hope that as many people as possible can visit it before it closes on the 17th January 2021.

A number of our public events linked to this exhibition are to be broadcast digitally will now include live BSL interpretation from two local BSL interpreters and live closed captions provided by Stagertext. The first of these will be on the 23rd September, with the others on the 15th and 28th October. The events will be recorded and made available via our website following the event.

Links to these events are below.

[www.vam.ac.uk/dundee/event/255/quant-an-ongoing-legacy](http://www.vam.ac.uk/dundee/event/255/quant-an-ongoing-legacy)

[www.vam.ac.uk/dundee/event/272/online-making-up-the-1960s-mary-quant-cosmetics](http://www.vam.ac.uk/dundee/event/272/online-making-up-the-1960s-mary-quant-cosmetics)

[www.vam.ac.uk/dundee/event/269/online-quant-and-bazaar](http://www.vam.ac.uk/dundee/event/269/online-quant-and-bazaar)

We believe that museums have a role to play in providing respite and enjoyment to people who might now - more than ever – be feeling isolated and anxious, and we hope that by sharing events such as these, they can bring a little joy during these challenging times.

### Visibility Scotland

[visibilityscotland.org.uk](http://visibilityscotland.org.uk)

### West Scotland Regional Equality Council WSREC

[www.wsrec.co.uk](http://www.wsrec.co.uk)  
T: 0141 337 6626

# ORGANISATIONS PROVIDING ADVICE & SUPPORT TO REFUGEES AND ASYLUM SEEKERS IN GLASGOW

## British Red Cross

Supporting refugees and asylum seekers in Scotland with emergency, one-off or long-term casework.

Phone number: 07590 445367  
Monday; 09.30 – 13.00 and 14.00 – 16.30  
Tuesday; 09.30 – 13.00 and 14.00 – 16.30  
Thursday; 09.30 – 13.00 and 14.00 – 16.30  
Friday; 09.30 – 13.00



British  
RedCross

## Cranhill Development Trust

Providing learning opportunities and advice for refugees, asylum seekers and people from other countries in Glasgow.



CRANHILL  
DEVELOPMENT  
TRUST

Phone number: 0141 774 3344  
Email: david@cranhilltdt.org.uk  
Monday-Friday 9am - 5pm

## CWIN (Central & West Integration Network)

Offer one-to-one support, emergency food provision, help with making destitution grant applications and group support.

Phone number: 01415730978  
Email: centralandwestintegration@gmail.com  
Monday-Friday 10am - 4pm



## Glasgow City Mission

Open for drop-in 10am - 4pm, offering breakfast, lunch, tea, coffee and advice. Online Bible Study 2pm Tuesday. Online ESOL classes 10:30am Thursday.



Women's Group: contact helen@glasgowcitymission.com - Activities for asylum seekers in hotels: contact adam@glasgowcitymission.com - Phone: 07496112203 / 07949 032903 (Monday - Friday, 9-5pm)

## Govan Community Project

Advice on applying for Home Office support and emergency accommodation & information on foodbanks, online English classes and online social groups.

Phone number: 0141 445 3718  
Monday 9:30-1; CLOSED in the afternoon  
Tuesday 9:30-4  
Wednesday 9:30-4  
Thursday 9:30-4  
Friday 9:30-4



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## Maryhill Integration Network

### Currently offering:

Online English classes, Online English Conversation: Mondays 5pm,  
MIN Voices Online Group: Tuesdays 6-7pm  
Joyous Choir Online Group: Fridays at 4pm, Creative Writing Online  
Group – For womxn: 3rd Monday of every month at 4pm, Knit for Unity  
Online Meet up: Wednesdays 1.30pm, Weekly wellbeing check-  
ins, Emergency support.  
Phone: 01419469106, Monday to Friday, 10am-12:45pm, 1:30pm-3:45pm  
Email: hello@maryhillintegration.org.uk



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## Migrant Help

Offers advice on how to claim asylum, applying for asylum support, reporting problems with your accommodation, problems with your ASPEN card and making complaints.

Phone: 0808 8010 503, open 24 hours a day, 7 days a week. The number is free and interpreters are available.



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## MORE

Provide mobile phone top-up and food support.

Phone: 07465757303 or 07598880045, open Monday-Friday 6pm, Saturday-Sunday 9am to 4pm  
Email: migrantempowerment@prontonmail.com



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## No Evictions Network

Emergency response number available for people who are worried they might be facing eviction.

Phone: 07448515094



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## PAIH (Positive Action in Housing)

Advice on asylum, housing and benefits, Home Office support and accommodation, homelessness, social housing, private housing, Universal credit, EU Settlement Scheme.

Phone: 0141 353 2220, Monday-Thursday, 9.30 am-4.30 pm



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## Refugeegee

Delivering support packages.

Text PACK to 07520648388 to request food, toiletries, clothes or toys.

Email: enquiries@refugeegee.co.uk

**Refugeegee**  
(ref-u-wee-gee)



## SEIN (South East Integration Network)

Network of organisations providing support and services to refugees and asylum seekers in south east Glasgow.

Phone: 07749902684 or 0141 4238856  
Email: [info@seinglasgow.org.uk](mailto:info@seinglasgow.org.uk)

## Scottish Refugee Council

Offers information, support, advice and advocacy to asylum seekers and refugees. We can signpost, refer or offer you services directly.

Freephone helpline 08081967274 for clients, 0141 223 7979 for agencies or through our website contact section or chat.

Monday - 10am to 1pm ; 2pm to 4pm

Tuesday - 10am to 1pm ; 2pm to 4pm

Wednesday - 2pm to 4pm

Thursday - 10am to 1pm ; 2pm to 4pm

Friday - 10am to 1pm ; 2pm to 4pm



## Unity

Offers support and solidarity to asylum seekers and migrants.

24-hour phonenumber: 0141 427 7992  
Email: [unitycentremedia@gmail.com](mailto:unitycentremedia@gmail.com)

## Women & Asylum Seeker Housing Project

Supports asylum seekers to report housing repairs and issues to Migrant Help and Mears. This includes relocations and support for asylum seekers threatened with eviction. Puts people in contact with other charities and organisations. Empowering asylum seekers on their accommodation Rights and Responsibilities.

24-hour phonenumber: 0141 427 7992  
Email: [unitycentremedia@gmail.com](mailto:unitycentremedia@gmail.com)



**INFORMATION UPDATED NOVEMBER 2020**





## Homelessness

### Emergency Homelessness:

T: 0800 838 502

### Glasgow City Mission

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

### Glasgow Helpline

T: 0800 027 7466

### Homeless Addiction Team

T: 0141 552 9287

### Salvation Army

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

### Shelter Scotland (Glasgow Hub) Scotland

[shelter.org.uk/about\\_us/local\\_services/glasgow](http://shelter.org.uk/about_us/local_services/glasgow)

### The Marie Trust

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

### The Simon Community

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

### The Wise Group

Offer a range of services worth visiting the site to find out more: [www.thewisegroup.co.uk](http://www.thewisegroup.co.uk)

## Emergency Services Websites and COVID19

### Central and Southern Scotland

Phone Scottish Power Energy Networks on:

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

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

### Electricity

Who you need to contact depends on where you live

### Emergency Homelessness

**0800 838 502**

### Gas

National Gas Emergency Service

If you smell gas phone the National Gas Emergency service

**T: 0800 111 999**

### 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.

### North of Scotland's Central Belt

Phone Scottish and Southern Energy (SSE)

**T: 0800 300 999**

### Police Scotland

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

### Scottish Ambulance Service

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

### Scottish Welfare Fund

**0141 276 1177**

### SGN Manage the Network that Distributes Gas Across Scotland

**T: 0800 912 1700**

### Social Work Direct

**0141 287 0555 (Office Hours)**

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

### Water

Phone Scottish Water

**T: 0845 601 8855**







## Employment and Business

### Access to work scheme

[www.gov.uk/access-to-work](http://www.gov.uk/access-to-work)

New help on offer for disabled people working from home during the pandemic for more information visit: [www.gov.uk/government/news/new-help-on-offer-for-disabled-people-working-from-home-during-the-pandemic](http://www.gov.uk/government/news/new-help-on-offer-for-disabled-people-working-from-home-during-the-pandemic)

### Business Support in Scotland

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

### COVID 19 Support for Employers and Employees

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

### Employability in Scotland

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

### Employment Support Information

[www.gov.scot/policies/employment-support](http://www.gov.scot/policies/employment-support)

### Farm Advisory Service

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

T: 0300 323 0161

### Farming Sector Employment Opportunities

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

### 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)

### Jobs and Business Glasgow

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

Information for employers

### Kickstart

If you are an employer looking to create jobs placements for young people, apply for funding as part of the Kickstart Scheme for more information visit: [www.gov.uk/guidance/apply-for-a-grant-through-the-kickstart-scheme](http://www.gov.uk/guidance/apply-for-a-grant-through-the-kickstart-scheme) Also GCVS [www.gcvs.org.uk/blog/kickstart](http://www.gcvs.org.uk/blog/kickstart)

### Information for People Seeking Work

#### Employability in Scotland

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

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

### RIDDOR Reporting COVID19

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

### 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)

**Scottish Hazards** who, in more normal times deal with improving Health and Safety in the workplace no matter if the individual is in a Trade Union and who are operating a completely free to use, confidential advice network for workers who are having difficulties with their employers regarding being able to follow the new guidance or the new laws. They have put around 15 new 2-4min videos on YouTube during the pandemic to get various messages across to workers.

#### Their Website is;

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

#### Facebook

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

#### Twitter

@ScottishHazards

#### Free Phone Number

0800 0015 022.

### 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](https://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)

**Healthy Working Lives** have been working with Scottish Government and other occupational health and safety partners to develop a resource to support SMEs to plan to return to work safely and to stay safe on their return to work during COVID.

Their website is full of resources including sample and template risk assessments, guidance on engaging with your employees about returning to work and links to other partner sites that include guidance and legal requirements.

They understand that some organisations may be particularly worried and anxious about returning back to work and keeping themselves and their staff as safe as possible. They also appreciate that some smaller organisations won't have an in-house person with a good understanding of occupational health and safety and therefore they might be unsure about the steps they are putting in place. They have considered all of this and with the help of professionals in a wide range of sectors have developed a mentoring programme. The mentoring programme will allow organisations to ask us at Healthy Working Lives for support and guidance and if they can't answer your query they will pass it to one of their many Mentors, who will assist you within 48 hours of you requesting support.

To view information on returning to work or to request support visit:

<https://covid19.healthyworkinglives.scot/planning-return-to-work>

If you are interested in becoming a mentor, register here:

<https://covid19.healthyworkinglives.scot/planning-return-to-work/mentoring>

For more general information on COVID visit: [covid19.healthyworkinglives.scot/](https://covid19.healthyworkinglives.scot/)

The following is a guest blog on the COPE Scotland website on Healthy Working Lives: [www.cope-scotland.org/index.php/latest-blog/guest-blog-tammy-wells](https://www.cope-scotland.org/index.php/latest-blog/guest-blog-tammy-wells)

### The Wise Group

Offer a range of services worth visiting the site to find out more: [www.thewisegroup.co.uk](https://www.thewisegroup.co.uk)

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## Education and Skills Attainment

### Brush up on Reading, Writing and Numbers

[www.glasgowlife.org.uk/libraries/learning-opportunities/reading-writing-and-numbers](https://www.glasgowlife.org.uk/libraries/learning-opportunities/reading-writing-and-numbers)

### Guidance for Home Learning COVID 19

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

### Thinkuknow

Thinkuknow is the education programme from NCAACEOP, 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](https://www.thinkuknow.co.uk)

### Tips on Writing a Job Application


[knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application](https://knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application)

Check out this piece by **COPE Scotland** includes affirmation cards for learning

[www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time](https://www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time)



# VIRTUAL MENTAL HEALTH & WELLBEING TRAINING



On behalf of the NHS GG&C 5 year mental health strategy, prevention and early intervention sub-group, SAMH are taking forward a mental health improvement capacity building programme for Glasgow City only.

The virtual training offered within this additional programme, funded by Glasgow City HSCP Health Improvement Teams, will be Maintaining Wellbeing, Building Resilience, Mental Health in the Workplace – A Guide for Managers and an Introduction to Suicide Prevention. This training **is in addition** to existing Mental Health and Wellbeing training offered in Glasgow City.

**Training courses will be delivered via Zoom** for courses highlighted on this flyer. However, we have other dates available on Microsoft Teams.

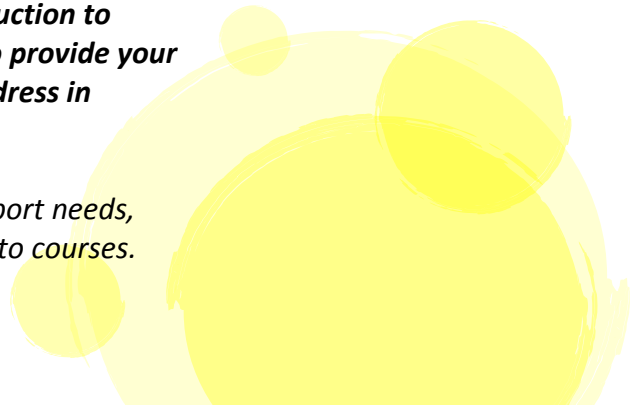
Please see below for more information on dates for the above mentioned courses.



## HOW TO BOOK

*To book onto courses offered on this flyer (see below), please email; [training@samh.org.uk](mailto:training@samh.org.uk) with your name, job role, organisation and the area of Glasgow you work in (please specify if it's North East, North West or South) For bookings for Introduction to Suicide Prevention, please also provide your managers name and email address in addition to the above.*

*If you have any additional support needs, please advise when booking onto courses.*



| Course   | Date       | Time                  |
|--|------------|-----------------------|
| <b>Introduction to Suicide Prevention (90 mins)</b>  | 09/02/2021 | 3-4.30pm              |
|  | 11/03/2021 | 10-11.30am            |
|  | 15/03/2021 | 2-3.30pm              |
|  | 22/03/2021 | 2-3.30pm              |
| <b>Building Resilience (90 mins)</b>   | 30/11/2020 | 2-3.30pm              |
|  | 04/12/2020 | 2-3.30pm              |
|  | 19/01/2021 | 10-11.30am            |
|  | 27/01/2021 | 2-3.30pm              |
|  | 16/02/2021 | 10-11.30am            |
|  | 18/02/2021 | 2-3.30pm              |
| <b>Maintaining Wellbeing (90 mins)</b>   | 24/11/2020 | 10-11.30am            |
|  | 01/12/2020 | 2-3.30pm              |
|  | 18/01/2021 | 2-3.30pm              |
|  | 20/01/2021 | 10-11.30am            |
|  | 01/02/2021 | 2-3.30pm              |
|  | 04/02/2021 | 10-11.30am            |
| <b>Mental Health in the Workplace- A Guide for Managers (3 hours, split into 2 sessions)</b> | 07/12/2020 | 10-11.30am & 2-3.30pm |
|  | 09/12/2020 | 10-11.30am & 2-3.30pm |
|  | 11/01/2021 | 10-11.30am & 2-3.30pm |
|  | 15/01/2021 | 10-11.30am & 2-3.30pm |
|  | 11/02/2021 | 10-11.30am & 2-3.30pm |
|  | 23/02/2021 | 10-11.30am & 2-3.30pm |
|  | 16/03/2021 | 10-11.30am & 2-3.30pm |

***Please note, all courses will run for the duration outlined above, so please only book on to these courses if you are able to stay for the full duration. Please also only book on to Mental Health in the Workplace if you are a manager/have line management duties within your role and can attend both am & pm sessions.***

**Maintaining Wellbeing**  
**Course duration: 1.5hr**

This session:

- Begins by looking at creating a mentally healthy work-from-home environment
- Stress- what this looks like for participants, stress vs pressure, and ways to manage stress
- Sources of support to maintain wellbeing during lockdown, including videos, websites, apps and handouts
- A take home workbook which includes individual, reflective exercises for participants to do in their own time

### **Building Resilience**

**Course duration: 1.5hr**

This session:

- Begins by looking at the relationship between wellbeing and resilience
- Discusses one definition of resilience, what it means, and the key elements included
- Group activities on ways to build resilience
- A take home workbook which includes individual, resilience-building exercises for participants to do in their own time

### **Introduction To Suicide Prevention**

**Course duration: 1.5hr**

This session:

- Begins by looking at the statistics around suicide
- Spotting the signs and asking about suicide
- Listening and supports available
- Looking after yourself

*\*\*Please note that this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention. The use of virtual platforms cannot guarantee a confidential safe-space. Please refer to our classroom taught courses for more information on Suicide Prevention training.*

### **Mental Health in the Workplace – A Guide for Managers**

**Course duration: 3hr (x2 1.5 hour sessions over morning and afternoon)**

This session:

#### **First 90 minute slot**

- Introduction to mental health
- Creating a mentally healthy workforce
- Understanding the most common mental health problems (part 1 Stress)

#### **Second 90 minute slot**

- Understanding the most common mental health problems (part 2 Depression & Anxiety)
- Employers legal duties and responsibilities
- Managing mental health at work
- Having a conversation

## 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**

### Check your council tax to see if you are missing money off

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

### Financial Help While Self-Isolating

[www.gov.scot/news/new-grant-for-those-self-isolating/](http://www.gov.scot/news/new-grant-for-those-self-isolating/)

People on low incomes will be eligible to receive a new £500 grant if asked to self-isolate. This grant is for those who will face financial hardship due to being asked to self-isolate and will be targeted at people who are in receipt of Universal Credit or legacy benefits, with some discretion to make awards to others in financial hardship.

Applications are now open and will be delivered through the existing Scottish Welfare Fund, which is administered by local authorities. This link offers more information on the Scottish Welfare Fund in Glasgow [www.glasgow.gov.uk/swf](http://www.glasgow.gov.uk/swf)

### GAIN Network

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

**T: 0808 801 1011**

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

**T: 0808 169 9901**

### 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**

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

**T: 0141 440 2503**

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

WhatsApp: 07564 040765

### 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**

### HMRC

**T: 0300 456 3565**

### Mortgage Payment Assistance Line

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

**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/](http://opfs.org.uk/coronavirus-emergency-energy-fund/)

### Scottish Housing Advice

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





## Food

### Change for Life Recipes Ideas

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

### Community Pantries

Community pantries operate differently to food banks or community fridges by offering choice and dignity as well as preventing the waste of surplus food. Those using a Pantry pay a nominal membership fee and then pay a small amount each time they use it (e.g. £2) to buy from a range of foods available.

The first community pantry in Scotland opened in Brechin in 2019, and more have started up.

Most recently, Cyrenians, Greener Kirkcaldy, the Langtoun Larder, as well as Parkhead and Shettleston Pantries and the People's Pantry, all in Glasgow, have opened, with Tollcross Pantry due to open shortly.



### #CommunityFoodNearMe

During the height of restrictions and now as we live with ongoing risk of Covid-19, the places we can walk or cycle to have become more important to us. Community support around food has played, and will continue to play, a vital role.

**#CommunityFoodNearMe** is a social media campaign to recognise our local community food activity. Walk or cycle to one of your local initiatives, take a photo, then post it on twitter or facebook, using the hashtag above. Also tag CFHS and the organisation if they are on social media.

To start us off, CFHS team members will be sharing posts about community food activity near them. Please join us and celebrate community food activity across the country (and beyond).

[twitter.com/P\\_H\\_S\\_CFHS](https://twitter.com/P_H_S_CFHS)

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

### 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](http://www.foodforlife.org.uk/about-us/ffl-scotland)

**GCVS** hosted two events on food provision, which were attended by a variety of third sector organisations. The report from the events outlines the discussions and identifies some of the issues going forward the report is available [www.gcv.org.uk/blog/glasgow-third-sector-food-events/](http://www.gcv.org.uk/blog/glasgow-third-sector-food-events/)

### Information on a Healthy Balanced Diet

[www.nhsinform.scot/healthy-living/food-and-nutrition](http://www.nhsinform.scot/healthy-living/food-and-nutrition)

### Keep Cooking and Carry on

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

### 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](http://www.urbanroots.org.uk/freefood)

### 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

### Tips on Eating Well During COVID 19

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

### Meal Makers

Check out [www.mealmakers.org.uk](http://www.mealmakers.org.uk) for sharing food and friendship with an older neighbour

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

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

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## Fuel

### Home Energy Scotland

Energy suppliers have started to open their Warm Home Discount Schemes.

Eligible clients could get £140 off their winter electricity bill.

Call **0808 808 2282** or email

[adviceteam@sc.homeenergyscotland.org](mailto:adviceteam@sc.homeenergyscotland.org) for more information.

**The Warm Home** discount is accepting applications NOW. The Warm Home Discount is a government-run scheme that provides one-off payments of £140 off electricity bills to help customers keep warm over winter. For more information [www2.scottishpower.co.uk/whd-process?execution=e1s1](http://www2.scottishpower.co.uk/whd-process?execution=e1s1) or phone: **0800 027 0072** Monday to Friday 8:30am - 6pm

You will need your electricity account number and the postcode of your supply address The account number can be found on the top right hand corner of the electricity bill.



## Help During the COVID 19 Outbreak

Remember also check out the wee booklet on preparing to self-isolate for other useful numbers page 4

# Wee tips tae help plan jist incase you n yours need tae self isolate in Scotland

These are wee tips,  
official updated  
guidance can be found:  
[www.gov.scot/collections/  
coronavirus-covid-19-  
guidance](http://www.gov.scot/collections/coronavirus-covid-19-guidance)

# STAY HOME

**National Helpline for advice if  
self-isolating T: 0800 111 4000  
or textphone on 0800 111 4114**

*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)*

Nov 2020

**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)

**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's Golden Generation**  
[www.glasgowgg.org.uk](http://www.glasgowgg.org.uk)

### Glasgow Helps

Anyone needing assistance can email [helpline@gcvs.org.uk](mailto:helpline@gcvs.org.uk) or text **07451 289 255**, if people have no phone credit then please text, someone will call back. Also please check the Glasgow Helps website.

They have over 500 organisations listed so far - and it's growing every day as they encourage people to add and update their details.

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

### 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 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)



How can we help?

## 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)

### Need Help Getting to Places?

Taxis can prepay with debit card

**Hampden Cabs** 0141 429 1122

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

**Community Transport Glasgow**

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

### Other Information on Support

[www.readyscotland.org/coronavirus](http://www.readyscotland.org/coronavirus)



## Helplines

### Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

### Advice. Scot

T: 0808 800 9060

### Alzheimer's Scotland

T: 0808 808 3000

### Autism Helpline

T: 0808 800 4104

### Beat Eating Disorders

T: 0808 801 0677

### Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

### Breathing Space

T: 0800 83 85 87

### Bullying

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

T: 0845 22 55 787

### CAB

T: 0800 328 5644

### Campaign Against Living Miserably CALM (Men)

T: 0800 585858

### Child Bereavement UK

T: 0141 352 9995

### Childline

T: 0800 1111

### (Help prevent) Childhood abuse

T: 0808 1000 900

### CHSS Advice line Nurses

T: 0808 801 0899

### Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

### CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

### Dementia Helpline

T: 0800 888 6678

### Digital Support Freephone Helpline

T: 0800 158 3974

### 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**

**Forces Line** for any member of the armed forces, veterans, and their families

T: 0800 731 4880

### 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

### Mind Info Line

T: 0300 123 3393

### Modern Slavery Helpline Scotland

T: 08000 121 700

### NA

T: 0300 999 1212

### NHS 24

T: 111

### OCD Helpline

0845 390 6232 or 020 7253 2664

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

### One Parent Families Scotland Helpline

0808 801 0323

### Parkinson's UK Scotland

T: 0808 800 0303

### Pandas (perinatal mental illness)

T: 0808 1961 776

### Parent Line

T: 08000 28 22 33

### Rape Crisis

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

### Report a Consumer Issue

Advice Direct Scotland T: 0808 164 6000

### Report a Loan Shark

T: 0800 074 0878

**Scottish Hazards** free to use, confidential advice network for workers who are having difficulties with their employers regarding being able to follow the new guidance or the new laws. **Free Phone Number 0800 0015 022.**

### 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 Lullaby Trust

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

**The Macmillan Support Line is open 7 days a week between 8am-8pm**

T: 0808 808 00 00

### The Samaritans

Free Phone T: 116 123

### 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



## Mental Health, Well-Being and Stress Management

### Anger Management

[www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide](http://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide)

### Anxiety UK (formerly National Phobics Society) Helpline

T: 03444 775 774

Text service: 07537 416 905

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

### Association for Child and Adolescent Mental Health

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

### 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 continues to care

Phone wellbeing support because you matter

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

### Eating Disorders

**Beat Eating Disorders**

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

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

### GCHSCP

Online self-help modules on stress, resilience and sleep problems

W: [glasgowcity.hscp.scot/publication/online-self-help-modules-stress-resilience-and-sleep-problems-23-june-2020](http://glasgowcity.hscp.scot/publication/online-self-help-modules-stress-resilience-and-sleep-problems-23-june-2020)

### Healing for the Heart

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

### Health and Social Care Alliance (The Alliance)

Opinion piece on looking at COVID through a trauma informed lens

[www.alliance-scotland.org.uk/blog/opinion/after-covid-19-am-i-normal](http://www.alliance-scotland.org.uk/blog/opinion/after-covid-19-am-i-normal)

### Health in Mind Trauma Counselling

[www.health-in-mind.org.uk/services/trauma\\_counselling\\_line\\_scotland/d15/](http://www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/)

### How to Look After your Mental Health

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

### **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

### **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 Info Line**

Open Monday to Friday 9am-6pm

**T: 0300 123 3393**

**E: [info@mind.org.uk](mailto:info@mind.org.uk) or text 86463**

**Don't know where to start? [www.mind.org.uk](http://www.mind.org.uk)**

**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)

### **Mindfulness Resource**

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

### **Moira Anderson Foundation**

Supporting children and adults affected by childhood sexual abuse

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

### **NHSGG&C Glasgow Psychological Trauma Service**

[www.nhsggc.org.uk/your-health/health-services/glasgow-psychological-trauma-service/](http://www.nhsggc.org.uk/your-health/health-services/glasgow-psychological-trauma-service/)

### **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)

### **Phobic Awareness**

Their website, forum, and chat room are all completely free! They are a community composed of people from all over the world who are suffering from panic, phobias and anxiety. They believe in support through the exchange of ideas information and coping skills. Phobias, anxiety, depression, and panic attacks can be chronic and incredibly damaging conditions, affecting not only the individual struggling, but loved ones as well. Even if you are not suffering with anxiety, if you are a loved one or family member of someone who is, you may find the support offered here of incredible value.

**W: [phobics-awareness.org/phobias](http://phobics-awareness.org/phobias)**

### **SAMH - Let's Talk**

SAMH's Let's TALK project is here to help during these unprecedented times. Whether for your staff, volunteers or the people you support in your local communities (service users, members or patrons) they offer support to those adults across Glasgow and Lanarkshire who may be experiencing poorer mental health.

The next time you have a team meeting, coffee catch up or wellness webinar why not have them 'drop in' to chat about mental wellbeing? They also have a range of workshops that can be offered through Zoom that look at mental health conditions, support and self care.

Please contact Emma Straughan by email [Emma.Straughan@samh.org.uk](mailto:Emma.Straughan@samh.org.uk) or by mobile **07595 244761** if you have any queries about this free support

### **Scottish Recovery Network**

[www.scottishrecovery.net/staying-connected-what-people-are-doing-to-stay-well](http://www.scottishrecovery.net/staying-connected-what-people-are-doing-to-stay-well)

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

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

### **Silver Cloud**

[wellbeing.silvercloudhealth.com/signup/](http://wellbeing.silvercloudhealth.com/signup/)

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms of self-help and psychological therapies, SilverCloud has released a number of online self-help modules. Everyone is now able to self-refer to CBT modules on Stress, Resilience and Sleep Problems, and there is one to help with managing mental health during the COVID-19 pandemic. This is independent of the computerised CBT service; the modules are not monitored, and no information is shared with their GP. Previously these modules were only available to staff, and they are now available to the wider public so that staff can signpost their patients and service users to them.

### **How to access the modules:**

- The modules can be accessed free of charge through the website wellbeing: [silvercloudhealth.com/signup/](http://silvercloudhealth.com/signup/)
- Visitors will be asked to sign up and identify what health board area they reside within.
- The pin '**Scotland2020**' should be used as the access code when signing up.
- More information about the modules can be found at SilverCloud's website at: [wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff](http://wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff)

### **Support in Mind Scotland**

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

### **The Scottish Children's Services Coalition**

**(SCSC)** is an alliance of leading independent and third sector service providers of care, support and education to vulnerable children and young people, as well as to their families. [www.thescsc.org.uk](http://www.thescsc.org.uk)

### **The Wee Retreat Meditation and Wellbeing Centre**

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

### **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)



### **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)**

### **Wheatly-care.com**

**T: 0800 952 9292**

Offer support around:

Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

### **Woodlands Community Mental Health Support**

One to one support for people experiencing stress or anxiety. The Woodlands Community Outdoor Listening Service was piloted during June and July and will now be continuing through the rest of the summer and into the autumn.

If you are suffering from anxiety, stress or feeling isolated, then their mental health specialist Judy will be happy to meet with you in Woodlands Community Garden or other nearby green spaces. Text or call Judy on **07545 659 636** to arrange a free and confidential appointment at a time that suits.







Staying well in winter is tough for many of us at the best of times. I know this too well – I’ve spent the last five years making plans involving SAD lamps and running to try and keep myself on emotionally on track. This year feels particularly difficult - lots of us are isolated, or unable to do the things that normally keep us well. Even with a vaccine on the horizon, there’s still a long few months that we need to get through.

For the next few months, we’re all going to need the kindness and support of people around us. That’s why Eden Project Communities and our partners at Community Action Response have launched **Be Kind, Reach out, Coorie In.**

Coorie, as I’ve tried to explain to friends and family south of the border, embodies all things cosy. It’s cuddling up on the sofa, a hot drink and a big jumper - the word itself feels like a hug to me. Even though lots of things are out of reach, the small things that we do to bring ourselves joy, to soothe and comfort ourselves, are vital acts of self care. Our campaign encourages people to think what coorie looks like for them – to find the things that make them feel cosy, comforted and safe, and to build them into their days.

Of course, good self care also involves knowing when cosying up with a cup of tea isn’t enough, and when to reach out for help. Everyone should be able to ask for support – whether that’s unpacking it all with a friend, or speaking to Breathing Space or Samaritans. So as well as encouraging people to coorie in, we’re signposting to key sources of mental health support through our website.

We’re also asking people to share kindness with those around them. There are days when we need support, and days when we’re able to give it, and we’re asking people to look out for those opportunities. A wave to a neighbour, an offer to do the shopping, checking in on a friend. Maybe you could share some coorie with someone who needs it – a cup of tea, a scarf for a friend, a donation of warm clothes.

This winter, we all need to look after ourselves and each other. So get involved – be kind, reach out and coorie in!

## Get involved with the campaign!

Check out [www.edenprojectcommunities.com/winter](http://www.edenprojectcommunities.com/winter) for ideas and tips on spreading kindness and how to coorie in, as well as signposting to mental health support and self care resources.

If you'd like to share the campaign with people you work with, encourage them to keep coorie and help spread kindness, download our posters and resources on the website, or contact [sbridger@edenproject.com](mailto:sbridger@edenproject.com)

Sophie Bridger is the Scotland Country Manager for Eden Project Communities, and lives in Leith. Eden Project Communities initiatives are all about connecting people in their communities, supported by The National Lottery. When the pandemic hit earlier this year we quickly launched the Community Action Response working with over thirty partners. Be Kind, Reach out, Coorie In is our new campaign to help people connect and support one another through the ongoing crisis. Find out more at [www.edenprojectcommunities.com](http://www.edenprojectcommunities.com) or at [@EdenCommsScot](https://twitter.com/EdenCommsScot)

### **We're all going to have to spend a lot of time inside this winter - here's some tips to make it as much of a cosy, positive experience as possible:**

- Think about the things you find most comforting - a mug of tea, a cosy jumper, a wee treat - and make them a regular part of your day
- Food is so comforting - make something delicious and hot for yourself! How about some mince pies, or a hot chocolate?
- Winter is a great time to start new hobbies - reading a new book, knitting or storytelling are all great choices when you're indoors!
- Start a joint craft project with your friends or neighbours! Could everyone make a patch for a quilt, or add a piece to some bunting? Be inspired by Barra's Community Christmas Tree!
- Embrace the slower pace of winter life. Keeping a diary, and meditation are great ways to slow down and engage with the day
- Getting out of the house will be harder, but it's still a brilliant thing to do for your mood! When the weathers good enough, get outside with a friend. Go for a walk, or even a winter picnic! Take a hot water bottle, a blanket, and a flask of tea
- Be kind to yourself - listen to what you need, and give yourself space



# A whistle Stop tour of the NHS Greater Glasgow and Clyde Mental Health Improvement Team

## **Who are we?**

We are the NHSGGC Mental Health Improvement Team covering the 6 HSCP areas across Greater Glasgow and Clyde – this includes Glasgow, Renfrewshire, East Renfrewshire, West Dunbartonshire, East Dunbartonshire and Inverclyde. We support our local teams across the 3 sectors in Glasgow as well as the other five HSCP's out with Glasgow on all things Mental Health. As a small team of 4 we have to be creative as to how we make best use of our resource and partnership working is key to this to support us to deliver on the public mental health agenda; in particular we applaud the third sector organisations such as Cope, Lifelink, GAMH (to name but a few and too many to mention) who also champion this agenda.

## **What do we do?**

We support a range of networks taking a life course approach from Maternal and Infant mental health, Child and Youth, Adult and Older Adults and of course all of our work is underpinned by tackling poverty, disadvantage & inequalities. We adopt a capacity building approach to our work whereby we support and upskill our colleagues to deliver training and awareness sessions. An example of this is the development of our Healthy Minds Awareness sessions. Healthy Minds is an awareness raising resource to support implementation of the NHSGG&C Mental Health Improvement Frameworks. There is a suite of 16 sessions that aim to promote basic awareness and understanding of mental health and topics that are associated with and can impact on mental health and wellbeing. We have delivered this to a wide range of staff from Education to Prison Officers to third sector partners. The resource has recently been used by Glasgow Life to form part of their submission in the Youthlink Scotland's Heids Together: A Wellbeing & Youth Work Resource. The Healthy Minds resource is free to download and is designed to be delivered by anyone who has a keen interest in Mental Health. It can be downloaded here:

**[www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/](http://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/healthy-minds-resource/)**

## **Resource Development**

We are also very creative and have developed a lot of our own resources. An example of this is our Board wide Healthy Minds Pocket guide that provides helpful tips for looking after your mental health and wellbeing and who to contact if you feel someone is in distress. We also produced a loss and grief poster resource to highlight information on healthy ways in which we can manage our grief as well as a pocket guide to be used in Primary Care across Glasgow City GP practices. The poster is now available in 10 languages and can be downloaded here; ( see if you can open this I cant and add to the piece) Grief Poster

We have worked in partnership with key colleagues in developing Curriculum packs for schools as well as 'What's the Harm' self-harm awareness and skills training and 3 of us are Instructor trainers that deliver the Train the Trainer course for this training. As part of our Self Harm Forum we have delivered train the trainers and Instructor training to Glasgow Psychological Services who now deliver this to teachers across Glasgow City Schools. We also trained Prison staff to enable them to deliver to their peer officers across Scottish Prison Service. To see the range of resources we have developed and to access these and other links to key organisations please see here;

**[www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/](http://www.nhsggc.org.uk/about-us/professional-support-sites/healthy-minds/resources/)**

**Trevor Lakey, Health Improvement and Inequalities Manager – Mental Health, Alcohol and Drugs**  
trevor.lakey@ggc.scot.nhs.uk

**Heather Sloan, Health Improvement Lead (Mental Health)**  
heather.sloan@ggc.scot.nhs.uk

**Michelle Guthrie, Health Improvement Senior (Mental Health)**  
Michelle.guthrie@ggc.scot.nhs.uk

**Jane Kelly, Health Improvement Senior (Mental Health Training)**  
Jane.kelly3@ggc.scot.nhs.uk

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## Nature Earth and Health

### Nature in Winter

Nature offers something in every season. Wrapping up warm, going a walking the woods, then home to Coorie with a warm cuppa tea or, a bowl of soup. For more information on woods near you please visit:

**[www.woodlandtrust.org.uk/visiting-woods/find-woods](http://www.woodlandtrust.org.uk/visiting-woods/find-woods)**

**Coorie** is that snuggly feeling we get when we are drinking a warm cup of soup having come in from a brisk walk in the cold. It's the feeling of wellbeing we get listening to the crackling of a log fire. It's the feeling of calm we get when curled up in a warm blanket and getting lost in a good book and so much more. Being in contact with nature then cooring in when we get home can help improve feelings of wellbeing.

For more information please consider reading **[www.cope-scotland.org/index.php/latestblog/coorie-whits-that-got-tae-dae-wigettn-fitter](http://www.cope-scotland.org/index.php/latestblog/coorie-whits-that-got-tae-dae-wigettn-fitter)** or watching this wee video **[www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing](http://www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing)**

You may also want to visit **[www.edenprojectcommunities.com/winter](http://www.edenprojectcommunities.com/winter)**

'Spending time in nature can be great for your mental health! This is why **@mentalhealth** have chosen the theme 'Nature and the environment' for **#MentalHealthAwarenessWeek 10-16 May 2021**'



# Coorie for wellbeing



- ♥ Have one room as the cosy room
- ♥ Enjoy a warm drink, snuggled with a good book
- ♥ Embrace the outdoors, snuggle with a cuppa when you get home
- ♥ Find a way to bring cuddles into your life, even try a weighted blanket
- ♥ Use colours which promote warmth, maybe invest in a salt lamp?
- ♥ For that crackling log fire effect? check out YouTube videos & DVD's
- ♥ Enjoy music which promotes the 'feel good factor'
- ♥ Layer clothes; including hat and socks, even indoors if you feel cold
- ♥ Pack stews out using vegetables to offer hearty warming meals



There are opportunities to connect with other people, sometimes we just need to explore options in our communities. Maybe try volunteering? Kindness to others, creates warm feelings of wellbeing for us too. Even dropping into see a neighbour who is on their own for a cuppa can help create a community cuddle.

## Some useful contacts to help promote Coorie

These are only some tips, for more advice contact:

- ♥ **Home Energy Scotland:** 0808 808 2282
- ♥ **Compare energy deals:** [www.energycompare.citizensadvice.org.uk/](http://www.energycompare.citizensadvice.org.uk/)
- ♥ **Citizens Advice Bureau:** [www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-schemes-to-help-you-save-money-on-energy-bills-s/](http://www.citizensadvice.org.uk/scotland/consumer/energy/energy-supply/get-help-paying-your-bills/grants-and-schemes-to-help-you-save-money-on-energy-bills-s/)
- ♥ **Macmillan Cancer Care:** many local libraries have outreach services or visit [www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support](http://www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support)
- ♥ **Age UK:** [www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/](http://www.ageuk.org.uk/information-advice/health-wellbeing/mind-body/preparing-for-winter/)

*Maybe check out other local services and groups in your area including local money advice centres.*

*Maybe see if you can register as a priority services customer, for more info:*

[www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register-people-need](http://www.ofgem.gov.uk/consumers/household-gas-and-electricity-guide/extra-help-energy-services/priority-services-register-people-need)

*Sometimes worrying about money can affect our mental health, if this is an issue for you, see what services you can connect with locally. These helplines may also be useful. You don't need to be alone with this, there are people who care, sometimes it takes time to find them, but they are there:*

- ♥ **The Samaritans:** free phone number is 116 123
- ♥ **Crisis Text Line:** [www.crisistextline.uk](http://www.crisistextline.uk) or Text SHOUT to 85258 in the UK to text with a trained Crisis Volunteer
- ♥ **Breathing space:** 0800 83 85 87
- ♥ **Coorie Video** [www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing](http://www.cope-scotland.org/index.php/videos/video/the-coorie-the-scottish-way-to-wellbeing)



Useful websites and links for more information about how we can be kinder to the natural world. We will continue to add to this each issue, so please share if we have missed you and we will add next time.

### **Central Scotland Green Network**

The CSGN is a national development within the National Planning Framework which aims to make a significant contribution to Scotland's sustainable economic development. It involved public agencies and stakeholders working together to align their policies, programmes and actions to achieve a common aim.

For more information:

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

### **Community Energy Scotland**

Community Energy Scotland is a membership-based organisation. Members can share knowledge and connect to other Member groups who are developing, or who have already developed, community energy projects.

For more information:

**[www.communityenergyscotland.org.uk](http://www.communityenergyscotland.org.uk)**

### **Community Resources Networks Scotland**

Scotland's national reuse, repair, recycling charity. With members across Scotland, their network is all about connecting you with those who are delivering reuse, repair and recycling in your community. You can support your local community and environment by volunteering, donating items or purchasing from one of their members.

For more information: **[www.crns.org.uk](http://www.crns.org.uk)**

### **Energy Saving Trust**

Visit their site to explore free advice and information for people across the UK looking to save energy, conserve water and reduce waste

For more information:

**[www.energysavingtrust.org.uk](http://www.energysavingtrust.org.uk)**

### **Friends of the Earth Scotland**

Vision of a world where everyone can enjoy a healthy environment and a fair share of the earth's resources: **[www.foe.scot](http://www.foe.scot)**

### **Glasgow Eco Trust**

Glasgow Eco Trust is a local environmental charity and social enterprise based in west Glasgow that coordinates and delivers a range of environmental activities and services that enable local people to get active, get involved and make a difference. For more information:

**[www.glasgowecotrust.org.uk](http://www.glasgowecotrust.org.uk)**

### **Global Goals Scotland**

SDG Network Scotland is an open coalition in Scotland. For anyone committed to achieving the UN Sustainable Development Goals (SDGs) in Scotland, which was one of the first nations to sign up to the Goals. An unfunded coalition that is built on an active membership of over 500 people and organisations including charities, universities, schools, public sector bodies, and businesses. For more information:

**[www.globalgoals.scot](http://www.globalgoals.scot)**

### **Greener Scotland**

You can sign up for a newsletter around ideas for Greener Living as well as visit the site which has a heap of info and resources:

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

### **Greenspace Scotland**

Since 2002, greenspace Scotland has provided a national lead on greenspace, working towards their goal that everyone living and working in urban Scotland has easy access to quality greenspace which meets local needs and improves their quality of life. for More information: **[www.greenspacescotland.org.uk](http://www.greenspacescotland.org.uk)**



### Growchapel

Growchapel is a community led project which is currently in the planning and development stage in Drumchapel, Glasgow West. The site aims to use horticultural therapy as a way of helping those members of the community struggling with mental health issues, addiction and isolation as well as offering the local community a welcoming place to meet their neighbours, socialise with new people and spend more time growing and planting. If you would like to get involved or if you would like any more information on Growchapel, please do not hesitate to get in touch with the steering group on: [growchapel@gmail.com](mailto:growchapel@gmail.com) There are also feature pieces on Growchapel in issues 7 and 8 of what's happening

### Keep Scotland Beautiful

A One Planet Picnic is a picnic that is good for you and good for the planet. It is a fun way to make your food and drink choices environmentally friendly. Look at the step by step guide in their website for inspiration and ideas. Register your One Planet Picnic to receive a support pack.  
[www.keeptoscotlandbeautiful.org/sustainable-development-education/food-and-the-environment/one-planet-picnic/](http://www.keeptoscotlandbeautiful.org/sustainable-development-education/food-and-the-environment/one-planet-picnic/)

### Little Green Space

Maybe give a follow [@LGSpace](https://twitter.com/LGSpace) to, or visit [www.littlegreenspace.org.uk/](http://www.littlegreenspace.org.uk/) which offers super tips on positive action and how to create your own little green space at home or in your local community – and to enjoy the benefits of enjoying nature and reducing your carbon footprint.

### RSPB Give Nature a Home

[www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/](http://www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/)

### Scottish Environment Link

Scottish Environment LINK is the forum for Scotland's voluntary environment community, with 38 member bodies representing a broad spectrum of environmental interests with the common goal of contributing to a more environmentally sustainable society.  
[www.scotlink.org](http://www.scotlink.org)

### Scottish Wildlife Trust

From major species and landscape projects to managing wildlife reserves, education work and campaigning for nature, Scottish Wildlife Trust protect Scotland's wildlife for the future  
[scottishwildlifetrust.org.uk](http://scottishwildlifetrust.org.uk)

### Zero Waste Scotland

Zero Waste Scotland exists to lead Scotland to use products and resources responsibly, focusing on where we can have the greatest impact on climate change. For more information: [www.zerowastescotland.org.uk/content/who-we-are](http://www.zerowastescotland.org.uk/content/who-we-are)



## Planning some Sitooterie time!



Okay I hear some ask what's sitooteries, well It's also known as a small building or area where people can sit outside. However, sitooteries is such a super word let's just call it that!

This year has been a strange one with COVID19 and all its brought, however, having something to look forward to and plan for can help us not feel too overwhelmed, it reminds us a time will come when this is behind us and our lives will feel less restricted and sitooteries will play a part in helping us get reconnected to each other.

Now Sitooteries could be done solo, have a wee sit oot and read a book, or, watch the world go by, or, it can be a social space, where you sit oot with others and have a blether! Now I personally don't really like the definition of blether as I read online " talk in a long-winded way without making very much sense." To me, a good blether is having a chat, chewing the fat (Chat in a friendly, leisurely way, as in "Let's get together for cuppa and chew the fat")

One thing people often share they have missed, are those informal meet ups with people they know and just having a wee blether about life, the universe and everything and to talk about other stuff apart from.....COVID-19!.

Growchapel has had the brakes applied due to COVID-19, however, it's not stopped, it's just stepped down a gear. In issue 12 we will share the latest Growchapel newsletter of the work, which is still going on, this is going to happen and together in Drumchapel we can make it a really magical place

Part of Growchapel will be that place to connect, grow things, meet up with others and guess what yes, there will be benches for places to sitoot and blether .....with plans for a pizza oven. So some pizza and the sitoot and blether and some tattie salad made from the tatties grown in the beds and some salad again home grown for the community to share, now that's something worth planning for isn't it?

With a chance for the kids to experience some new learning in 'school garden' where they can learn to plant, nurture and grow their own food, which they can then learn to make into wonderful soups, casseroles, apple pies and more!

We can all be part of helping make this a reality, thinking about what we want Growchapel to be, what we will do to make it happen, how we can work together to build that wee wooden garden school, benches for people to sit out on, plant fruit trees, tend the vegetable plots, grow flowers, share and be kind to each other. Growchapel we want to be a place of safety, respect for the planet, the natural world and each other. A wee retreat and haven where you can sit and enjoy the smells from the Scented sitooterie! More on that in issue 12! and more. All this will take work, but when we work together that is when we achieve most, for now through winter start thinking of your ideas for how we transform this wee piece of land into something future generations can enjoy and sitoot and blether in.





## NOTE TO THE WORLD

- \* I will recycle and cut down on waste
- \* I will scatter wildflower seeds, to help the bees and butterflies
- \* I will be part of helping build a better world for children
- \* I will take the time to listen to others who maybe hurting
- \* I will find a way to contribute to my community
- \* I will learn to practice Kindfulness, as well as Mindfulness
- \* The planet's future matters to me.



### We all have it in us to build a kinder world

Thanks for reading and if you want to share your ideas, drop me an email: [hilda@cope-scotland.org](mailto:hilda@cope-scotland.org) or, if you would like to get involved with Growchapel or get any further information on the project please contact the Growchapel Team at [growchapel@gmail.com](mailto:growchapel@gmail.com)



## Older Age

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

### **Deafness and Dementia**

Full report available on their website:

[www.deafscotland.org](http://www.deafscotland.org)  
[admin@deafscotland.org](mailto:admin@deafscotland.org)

**T: 0141 248-2474**

**SMS: 07925 417 338**

### **Dementia Helpline**

**T: 0800 888 6678**

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

**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)

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>

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

### **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**

**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/)



### **Roar**

Connections for life is a charity with a mission to reduce loneliness and social isolation in older age by enabling people to stay mobile and connected.

<https://www.roarforlife.org/>

### **Scottish Pensioners Forum**

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

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

**T: 0800 4 70 80 90**

### **The Age Scotland Helpline**

**is a free, confidential phone service for older people, their careers and families in Scotland**

**T: 0800 12 44 222**

### **The Good Morning Service**

**T: 0141 336 7766**

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

### **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**

### **Wheatly-care.com**

**T: 0800 952 9292**

Offer support around:

Addictions

Alcohol related brain damage

Homelessness

Learning disabilities

Mental health

Older adults

Young people and families

## **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)

### **Bladder and Bowel Community**

This small community is growing so if you are looking to share stories, experiences or just simply chat with others with a bladder and/or bowel condition then head over to Facebook and join the Bladder & Bowel Community Support Group.

**[www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/](http://www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/)**

### **Brittle Bones**

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

### **Brugada Syndrome**

**[www.bhf.org.uk/information-support/conditions/brugada-syndrome](http://www.bhf.org.uk/information-support/conditions/brugada-syndrome)**

### **Charcot-Marie-Tooth Disease**

Charcot-Marie-Tooth Disease is a genetic condition that damages peripheral nerves. These nerves are responsible for passing on commands from the brain to the muscles (motor nerves) and for passing information to the brain about sensations, such as pain, heat, cold, touch, importantly for balance – where your joints are in space (sensory nerves). When these are damaged, people are said to have a neuropathy. For more information visit:

**[www.cmt.org.uk](http://www.cmt.org.uk)**

### **Charles Bonnet Syndrome**

**T: 0303 1239999**

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

### **Chest Heart and Stroke Scotland**

**T: 0808 801 0899**

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

### Chronic Pain

[www.nhs.uk/your-health/healthservices](http://www.nhs.uk/your-health/healthservices)  
[painassociation.co.uk](http://painassociation.co.uk)  
[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)

### Crohn'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)

**Endometriosis UK** recognises that the COVID-19 pandemic is a source of significant worry and uncertainty for everyone. They also understand that if your medical care has been affected then this time may feel even more challenging for you.

They have included a page on their site contains latest information and resources available on COVID-19 and endometriosis. They have developed resources in collaboration with various healthcare practitioners, to both guide you with regards to some of the current recommendations on medical treatments and to offer some strategies for the management of some of the associated symptoms for more information visit:

[www.endometriosis-uk.org/covid-19-and-endometriosis-information-hub](http://www.endometriosis-uk.org/covid-19-and-endometriosis-information-hub)

### Epilepsy

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

### Fibromyalgia

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

### Foetal Alcohol Spectrum Disorder

Foetal Alcohol Spectrum Disorders (FASD) is a term used to describe impacts on the brain and body of individuals prenatally exposed to alcohol during pregnancy. FASD is a lifelong disability. Individuals with FASD have their own unique areas of difficulties and may experience challenges in their daily living and need support with motor skills, physical health, learning, memory, attention, emotional regulation, and social skills. They also have a unique set of strengths and many are showing talents, that when nurtured and supported, demonstrates their unlimited potential in those areas. For more information:

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

### GUTSUK

Committed to fighting all digestive disorders  
[gutscharity.org.uk](http://gutscharity.org.uk)

### HIV

#### Terrance Higgins Trust

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

**Lynch Syndrome UK** aims to ensure that for the public benefit, people and their families affected by Lynch Syndrome are provided with support in the form of information, signposting and listening, also to increase public awareness of the syndrome, educating members of the general public and healthcare professionals.  
[www.lynch-syndrome-uk.org](http://www.lynch-syndrome-uk.org)

### Macmillan Cancer Support



COVID-19 (coronavirus) updateIn these extraordinary times, Macmillan's priority is

the health and wellbeing of people with cancer, Macmillan professionals, our staff, supporters and volunteers. Right now, Macmillan nurses, doctors and other health professionals up and down the country are continuing to support people living with cancer whilst doing all they can to help alleviate the immense strain put on the NHS by coronavirus. Many Macmillan services are having to take the difficult decision to change the way they operate or even close so we would advise you contact them.

**The Macmillan Support Line is open 7 days a week between 8am-8pm**

**T: 0808 808 00 00**

**T: 0141 287 2903**

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

### **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)**

### **Multiple Sclerosis National Therapy Centres**

Find your nearest MS Therapy Centre

**[www.msntc.org.uk/find-a-centre](http://www.msntc.org.uk/find-a-centre)**

**T: 01296 711 699**

### **National Eczema Society**

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

### **Parkinson's UK Scotland**

**[www.parkinsons.org.uk/about-us/parkinsons-uk-scotland](http://www.parkinsons.org.uk/about-us/parkinsons-uk-scotland)**

**[www.parkinsons.org.uk/information-and-support/mindfulness-and-parkinsons](http://www.parkinsons.org.uk/information-and-support/mindfulness-and-parkinsons)**

**[www.parkinsons.org.uk/information-and-support/beat-panic](http://www.parkinsons.org.uk/information-and-support/beat-panic)**

**Tel: 0808 800 0303**

### **Primary Immunodeficiency UK**

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

### **Sarcoidosis UK**

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

### **Scoliosis Association UK**

**T: 020 8964 1166**

**[www.sauk.org.uk/types-of-scoliosis/scheuermanns-kyphosis](http://www.sauk.org.uk/types-of-scoliosis/scheuermanns-kyphosis)**

### **Scottish Huntington's Association**

**[hdscotland.org](http://hdscotland.org)**

**T: 0141 848 0308**

### **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)**

**The Scottish Government** has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic. For more information:

**[www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic](http://www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic)**

**The Thistle Foundation** support people living with disabilities, long term conditions or facing challenging life situations to live well, whatever that means to them **[www.thistle.org.uk](http://www.thistle.org.uk)**

### **Tips to Help Reduce the Suffering of Living with Chronic Pain**

**[www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain](http://www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain)**

### **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)**

### **Urology Foundation**

The Urology Foundation a charity in the UK and Ireland that tackles all urology diseases. For more information:

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

### **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)**

### **Versus Arthritis**

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

**T: 0800 5200 520**

### **Wheatly-Care.com**

Offer support around

Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

**T: 0800 952 9292.**



## Edinburgh Young Parkinson's Support Group (Working Age)



We're a friendly, active group for people of working age who have Parkinson's. You don't have to

live in Edinburgh to join – we have members from Fife, South Lanarkshire and Stirling. We understand what it's like to be diagnosed with and to live with early onset Parkinson's. You don't need to explain. Anyone of working age is welcome as well as their partner, friends or family members. We're an open group, so you can still join us even if you already attend another group.

We get together on the first Thursday of each month from 6.30pm until about 8pm. In normal times we meet in a private room in The Steading – [www.thesteadingedinburgh.co.uk/](http://www.thesteadingedinburgh.co.uk/)

Currently, we meet on Zoom where we have a chance to chat about ups and downs or to just listen. We have occasional speakers on a range of interesting topics including gentle exercise, mental health strategies and research – see this news item about Joy Milne who talked about her collaborative work on developing a smell-led approach to diagnosing Parkinson's. [www.edinburghparkinsons.org/eypsg-meeting-smelling-parkinsons/](http://www.edinburghparkinsons.org/eypsg-meeting-smelling-parkinsons/)

You can dip in and out of the meeting when it suits you, make a cup of tea and if you are having a bad hair day you can leave your camera switched off!

We run a closed Facebook page [www.facebook.com/groups/eypsg/](http://www.facebook.com/groups/eypsg/)

If you would like to join the page or the group meetings (membership is free) or to be added to our mailing list please contact:

**Scott Wilson: 07835 820898** or [scottwils180@gmail.com](mailto:scottwils180@gmail.com) for more information. We won't share your details without your consent.

If you would like to know about other Young Parkinson's groups in your area check out this link - <https://www.parkinsons.org.uk/information-and-support/local-groups-younger-people>

Or contact **Alice Hall** to find out more, including how to set up a group: [ahall@parkinsons.org.uk](mailto:ahall@parkinsons.org.uk) or tel: **0334 225 3725**.

**Gina Allen**  
Edinburgh Young Parkinson's Support Group  
Volunteer  
[www.edinburghparkinsons.org.uk](http://www.edinburghparkinsons.org.uk)



## Invisible, Not Inconsequential

The Scottish Government has just launched its free FASD eLearning resource on the NHS Education for Scotland (NES) website [learn.nes.nhs.scot/39148](https://learn.nes.nhs.scot/39148). QNIS welcomes this essential online learning resource. It could have significant benefits for professionals and the individuals/families affected if widely used and shared.

Fetal Alcohol Spectrum Disorder (FASD) is both the most common and the most overlooked neurodevelopmental condition in Scotland. The Scottish Government estimates that approximately 172,000 children, young people and adults across the country have their lives and life chances adversely affected by FASD. And yet, only a small proportion of people with FASD have been diagnosed, actively assisted or effectively supported.

To help overcome the longstanding misdiagnosis, misunderstanding and mistreatment of people with this life-altering condition, the Scottish Government has launched a free FASD eLearning resource on the NHS Education for Scotland (NES) website <https://learn.nes.nhs.scot/39148>.

The module has four sections: Understanding, Preventing, Identifying, and Intervening/Supporting. The completion time is estimated at 1 hour 40 minutes. More detailed resources on each section are available or referenced.

Community nurses across Scotland – and the individuals, families, and communities they support – can benefit from this new source of accurate information and insights for improving practice. There are few community nurses who do not encounter people affected by FASD. All the nursing specialities have an important, but largely unrecognised, role to play in raising awareness, prevention, identification and/or better supporting these children, young people, and adults.

This eLearning resource was created by a Scottish Government Expert Group. Among its five members is Dr Jonathan Sher, QNIS Deputy Director. Back in 2012 (while still at Children in Scotland), Jonathan was commissioned to write the first NHS online course/resource on FASD in the UK. The resource launched today updates and revises that earlier version. For further information, please contact Dr Sher at [jonathan.sher@qnis.org.uk](mailto:jonathan.sher@qnis.org.uk) or on **0744 333 1953**.

Please note that anyone In Scotland (or beyond) can access this FASD eLearning resource free of charge. However, it does require registering with NES/Turas, which can be done here: [turasdashboard.nes.nhs.scot/](https://turasdashboard.nes.nhs.scot/)

Please share this information and link with others to raise awareness of FASD and to encourage them to use this new eLearning resource.

[www.qnis.org.uk/invisible-not-inconsequential-fasd/](https://www.qnis.org.uk/invisible-not-inconsequential-fasd/)





Social Security Scotland  
Tèarainteachd Shòisealta Alba

# Scottish Child Payment

£40 every four weeks to help with the costs of having a child.



**We're  
taking  
applications  
now!**

**mygov.scot**

**☎ 0800 182 2222**



**If you have a child who will be under six on 15 February 2021 and you get certain benefits or tax credits, you could be due £40 every four weeks per child once Scottish Child Payment starts.**

To help us deal with demand, we are taking applications now. This way we can make sure we have all the information and evidence we need. This will help us to quickly make our decision on your application once the benefit starts. We will then start making payments from the end of February 2021.

When you apply for Scottish Child Payment, you can also apply for Best Start Grant and Best Start Foods at the same time and on the same form.

**Check if you are eligible and apply now at [mygov.scot/benefits](https://mygov.scot/benefits) or by calling 0800 182 2222.**



This information can be provided in alternative languages or formats by calling 0800 182 2222.



Social Security Scotland  
Tèarainteachd Shòisealta Alba

# Scottish Child Payment

## What is Scottish Child Payment?

It's a new payment for families on certain benefits or tax credits to help towards the costs of looking after a child. It's £40 paid every four weeks for each child under six.

It opens on Monday 15 February 2021 but we are taking applications now to help us manage demand.

## Who can get it?

People can apply for Scottish Child Payment whether in work or not.

People may be eligible if they, or their partner, are the parent or full-time carer of a child who will be aged under six on 15 February 2021 and if they get certain benefits or tax credits.\*

\*Child Tax Credit, Income Support, Pension Credit, Working Tax Credit, Universal Credit, Income-based Jobseeker's Allowance (JSA), income-related Employment and Support Allowance (ESA).

## How many children can qualify for Scottish Child Payment per household?

Every child under six in a qualifying family will get a payment.

## How do people apply?

We take applications via our freephone helpline on 0800 182 2222, by post or online at [mygov.scot/scottish-child-payment](https://mygov.scot/scottish-child-payment).

## Why are you asking people to apply now?

We are expecting a huge demand for this new payment. Encouraging people to apply now means we can check that we have all the information and evidence we need to make a decision once the benefit starts on Monday 15 February.

## What evidence will be required?

We need evidence that the person applying is responsible for a child under six, usually through the child being named on a benefits claim. If more than one person applies for the same child we have a process for deciding who gets the payment, prioritising the person who the child lives with for the majority of the time.

Kinship carers can demonstrate responsibility for a child with a legal order or letter of support from a local authority.

Fact Sheet

[mygov.scot](https://mygov.scot)



**Will they need their partner's information?**

Yes if they live in the same household and are:

- married to each other
- civil partners of each other
- living together as if you are married.

**What happens if someone's circumstances change after applying?**

People need to let us know if their circumstances change at any point. This is to make sure that they are getting everything that they are entitled to. This could include changes to what benefits or tax credits someone gets or where they live.

**What if the child turns six before Monday 15 February 2021?**

Children who will be six years old or older on Monday 15 February will not be eligible.

**When should people expect to get a decision?**

We'll start writing to people following Monday 15 February – the time this will take will depend on the demand and whether or not we need to ask people for more evidence.

This letter will tell them how much money they'll get in their first payment and when to expect this.

**When will people get their first payments?**

We will make the first payments to eligible families from the week after the benefit opens. Not everyone will get their payment on the same day and not everyone will be paid from this week. When someone gets paid will depend on how many applications we get and the process each individual application goes through.

If someone applied before Monday 15 February 2021, this will be the date that their payment will be calculated from. If they apply after this date, it will be calculated from the date that they applied.

Payments will be made every four weeks following the first payment.

**How will people be paid?**

Eligible families will be paid into their chosen account. They can contact us if they wish to change their chosen account.

**What can people use the money for?**

It is up to the person on how they decide to use this money to help support their family.

**Does it affect other benefits?**

No, it will not be taken into account for UK benefit and tax credit assessments.





Social Security Scotland  
Tèarainteachd Shòisealta Alba

ParentClub.scot

# Help at every step

## Scottish Child Payment, Best Start Grant and Best Start Foods



 0800 182 2222

[mygov.scot](https://mygov.scot)

## What is Scottish Child Payment?

It is a new payment of £40 paid every four weeks for each eligible child under six. We are taking applications now before the benefit starts on 15 February 2021. We are encouraging parents to beat the rush as we expect a huge demand. You can apply for the Scottish Child Payment, together with Best Start Grant and Best Start Foods, on a combined form.

## What is the Best Start Grant?

It is a package of three one-off payments to help at key stages of a child's life. Each payment gives extra money to parents and carers who get certain benefits or tax credits\* at key stages of a child's life.

## What are the three payments?

- Pregnancy and Baby Payment is £600 for a first child and £300 for other children. You can apply from when you are 24 weeks pregnant up until the baby is six months old.

- Early Learning Payment is a £250 payment made when the child is between the ages of two and three years and six months.
- School Age Payment is a £250 payment made around the time a child normally starts Primary 1.

## Who can get it?

You can apply if you live in Scotland whether you are in work or not. You may be eligible if you are the parent or carer of the child and get certain benefits or tax credits.\*

\*Universal Credit (UC), Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, Pension Credit, Housing Benefit, Child Tax Credit (CTC) and Working Tax Credit. You don't have to be getting one of these if you are under 18, or are aged 18 or 19 and are dependent on someone like a parent or carer who is claiming benefits or tax credits for you.

## What is Best Start Foods?

Best Start Foods is for pregnant women and families on certain benefits and tax credits.\* The payment is made onto a card and can be used to help buy healthy foods, as well as milk and first Infant formula. The card works like a bank card. It can be used to pay for food in supermarkets and local food shops, as long as they have a card reader. It's contactless and can be used online.

## How much do you get?

- For the duration of your pregnancy to when your child is born, you'll get £17.00 every four weeks.
- From birth to when your child turns one, you'll get £34.00 every four weeks.
- From one until your child turns three, you'll get £17.00 every four weeks.

## Who can get it?

You can apply for Best Start Foods if you are pregnant or the parent or carer of a child.\*\*

If you are under 18, you may be eligible for Best Start Foods during pregnancy and up until your child turns one without having to be on any benefits.

\*\*Income support, Income-based Job Seekers Allowance, Income-related Employment and Support Allowance, Child Tax Credit (CTC) up to a maximum income of £16,190 per annum, Universal Credit (UC) with an income limit of £610 per month, both maximum Child Tax Credit and maximum Working Tax Credit and income under £7,320, or the four week run, Pension Credit, Housing Benefit – weekly income of £311 and under.



## I have more than one child

If you have more than one child, please enter the details of all your children when applying for any of our parental benefits, as we will automatically check what other parental benefits you may be eligible for when processing your application.

Remember, you will need to apply at each key stage in your child's life - you won't automatically get the next payment.



## How do I find out more and apply?

Visit **mygov.scot/beststart** to apply online, or call our freephone helpline on **0800 182 2222** to apply over the phone or to get a paper application form.



Text Relay Service:  
18001 +0300 244 4000  
(for the hard of hearing)



British Sign Language users: [contactscotland-bsl.org/device-direct/](https://contactscotland-bsl.org/device-direct/)



Social Security Scotland



This information can be provided in alternative languages or formats by calling 0800 182 2222.

## Parents and Families

### The Aberlour Family Support Service

Help some of the most disadvantaged children, young people and families living in Glasgow.  
For more information: [www.aberlour.org.uk](http://www.aberlour.org.uk)

### Action for Children

Launching Parent Talk – a new national online service which connects parents with trained parenting coaches

[www.actionforchildren.org.uk/news-and-blogs/press-releases/2020/july/one-in-three-parents-out-of-their-depth-as-children-struggle-with-pandemic-fallout/](http://www.actionforchildren.org.uk/news-and-blogs/press-releases/2020/july/one-in-three-parents-out-of-their-depth-as-children-struggle-with-pandemic-fallout/)

### Association for Child and Adolescent Mental Health

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

### Babies in Lockdown

New report from Best Beginnings, Home Start UK and the Parent Infant Foundation on the impact of COVID19 and subsequent measures on those pregnant, giving birth, or at home with a baby or toddler. For more information [babiesinlockdown.info/download-our-report](http://babiesinlockdown.info/download-our-report)

### Child Bereavement UK

T: 0141 352 9995

### Childs Health Scotland

Children and young people, Families and carers, Schools, professionals

<https://www.childrenshealthscotland.org/>

### Children's Health Scotland

A charity based in Scotland dedicated to informing, promoting and campaigning on behalf of the needs of all children and young people within the healthcare system. For more information: [www.childrenshealthscotland.org](http://www.childrenshealthscotland.org)

### (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)

### Dads Rock

Their aim is to improve outcomes for children in Scotland to ensure the best start in life by providing support to Dads and Families

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

### 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)

### Fathers Network Scotland

Vision a safe and compassionate Scotland where all children, their families and communities are enriched and strengthened through the full and welcome involvement of their fathers.

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

### Home Schooling

[www.parentingacrossscotland.org/info-for-families/resources/steps-clubfoot-hip-dysplasia-or-any-other-lower-limb-condition/](http://www.parentingacrossscotland.org/info-for-families/resources/steps-clubfoot-hip-dysplasia-or-any-other-lower-limb-condition/)

### 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)



**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 [cfm@licketyspit.com](mailto:cfm@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)**

### **Notre Dame Child Guidance Clinic**

Providing support for children, young people and their families. For more information:  
**[www.notredamecentre.org.uk](http://www.notredamecentre.org.uk)**

**One Parent Families Scotland**  
**[mylifeandme.opfs.org.uk](http://mylifeandme.opfs.org.uk)**

### **Parent infant Foundation**

Their vision is that all babies have a sensitive, nurturing relationship to lay the foundation for lifelong mental and physical health  
**[parentinfantfoundation.org.uk](http://parentinfantfoundation.org.uk)**

**Parent Network Scotland**  
**[www.parentnetworkscotland.org.uk](http://www.parentnetworkscotland.org.uk)**

**Parenting Across Scotland**  
**[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)**

**PNS Toolkit Registration**  
Follow link for anyone wanting to register for new PNS wellness toolkit learning targeting parents  
**[docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3x0GWPPcjlTKOCCvNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3x0GWPPcjlTKOCCvNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1)**

**Positive Parenting Campaign**  
**[www.alliance-scotland.org.uk/blog/news/positive-parenting-campaign-by-parent-club](http://www.alliance-scotland.org.uk/blog/news/positive-parenting-campaign-by-parent-club)**

**Pregnant and New Parents**  
**[www.parentclub.scot](http://www.parentclub.scot)**

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

**Solihull Approach Training Online**  
**[solihullapproachparenting.com/online-course-for-parents](http://solihullapproachparenting.com/online-course-for-parents)**

### **Storm Break**

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.  
**[www.stormbreak.org.uk](http://www.stormbreak.org.uk)**

### **Summer Holiday Programme for Families**

Each year GCC invest funds in food and activity programmes for summer, the following link offers more info on same,  
**[www.gcv.org.uk/blog/glasgow-summer-holiday-programme-2020/](http://www.gcv.org.uk/blog/glasgow-summer-holiday-programme-2020/)**

### **Take a 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)**

### **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/)**

### **Wheatly-Care.com**

Offer support around  
Addictions  
Alcohol related Brain damage  
Homelessness  
Learning disabilities  
Mental Health  
Older Adults  
Young people and families  
**T: 0800 952 9292.**



### With Kids

With Kids offers a range of therapeutic services to children, parents and carers

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

Glasgow Tel: 0141 550 5770

Edinburgh Tel: 0131 453 9400

### 3D Drumchapel

3D Drumchapel is a charity based in Drumchapel in the West of Glasgow working with children and families providing a range of activities and support:

[3ddrumchapel.org.uk](http://3ddrumchapel.org.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/)

### Advice for People who use a Guide Dog

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

### 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)

We know people may worry who will walk my dog if I need to self-isolate, perhaps some of the following links maybe helpful to explore?

### Borrow My Dog

Looking for dog minding or to help someone by minding their dog?

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

### Cat Protection

T: 0345 371 2722

[www.cats.org.uk/glasgow](http://www.cats.org.uk/glasgow)

### Dogs Trust

T: 0141 773 5130

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

Also speak to them about fostering.

### PDSA

T: 0141 332 6944

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

### Pet Fostering Service Scotland

T:0344 811 9909

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

### SPCA

T: 03000 999 999

[www.scottishspca.org](http://www.scottishspca.org) also

Also speak to them about fostering.

It can be very sad when we loss a loved pet, these resources maybe helpful for Pet Bereavement.

### RSPCA

[www.rspca.org.uk/adviceandwelfare/pets/bereavement](http://www.rspca.org.uk/adviceandwelfare/pets/bereavement)

### Pet Bereavement Service

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



## Places of Worship

Places of worship are also subject to the guidelines on social distancing for more information [www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/](http://www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/); 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:

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

**Archdiocese of Glasgow**  
[www.rcag.org.uk](http://www.rcag.org.uk)

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

**Glasgow Reform Synagogue**  
[www.grs.org.uk](http://www.grs.org.uk)



**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)

## Redundancy

### If affected by redundancy these maybe useful contacts

- [www.indeed.co.uk](http://www.indeed.co.uk)
- [www.reed.co.uk](http://www.reed.co.uk)
- [www.s1jobs.com](http://www.s1jobs.com)
- [www.swifthires.com](http://www.swifthires.com)
- [www.mygov.scot/find-job](http://www.mygov.scot/find-job)
- [www.myjobscotland.gov.uk](http://www.myjobscotland.gov.uk)
- [Turn2us.org.uk](http://Turn2us.org.uk)
- [www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancyis-fair/discrimination-during-redundancy](http://www.citizensadvice.org.uk/work/leaving-a-job/redundancy/check-if-your-redundancyis-fair/discrimination-during-redundancy)
- [www.acas.org.uk/your-rights-duringredundancy](http://www.acas.org.uk/your-rights-duringredundancy)
- [www.scotland.org/work/career-opportunities](http://www.scotland.org/work/career-opportunities)
- [www.gov.scot/policies/employment-support/fairstart-scotland-employment-support-service](http://www.gov.scot/policies/employment-support/fairstart-scotland-employment-support-service)
- Fair Start | Tel: 0800 804 8108
- Business Support Scotland | Tel: 0300 303 0660
- [www.myworldofwork.co.uk](http://www.myworldofwork.co.uk) | Tel: 0800 917 8000
- [Employersdirect.org.uk/redundancy-advice](http://Employersdirect.org.uk/redundancy-advice) Tel: 0800 464 0966

### Family Finances Approach

Funded through the Scottish Government from the Better Employment Fund.

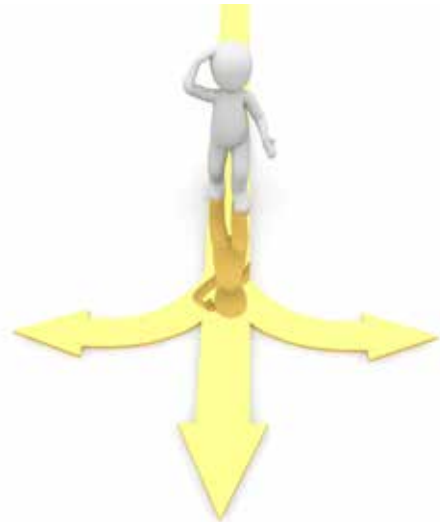
Julie Maguire and Justin Hanley are the contacts and are happy to take any queries about this citywide service.

This service would be of benefit to many families within our communities.

They can be contacted on:

Julie Maguire: [Julie.Maguire@glasgowlife.org.uk](mailto:Julie.Maguire@glasgowlife.org.uk)

Justin Hanley: [justin.hanley@glasgowlife.org.uk](mailto:justin.hanley@glasgowlife.org.uk)



# FAMILY FINANCES APPROACH

*Supporting parents and  
kinship carers to increase their  
income through employment.*

**NEED  
HELP?**



## WHAT IS THE FAMILY FINANCES APPROACH?

We aim to increase parents' financial resilience and earnings through working. Eligible parents will be paired with a **Family Finances Key Worker**, to help them achieve their employment goals and overcome any barriers they face. The key worker will help them access and sustain engagement with the support available across the city. This free approach will be tailored to parents' needs, for as long as they need it.

## WHO ARE THE FAMILY FINANCES KEY WORKERS?

A Glasgow Life team of skilled mentors, the Family Finances Key Workers will work with families across the city.

The team comes with extensive experience working with customers and partner agencies, to provide a wide range of support including:

- **BENEFITS**
- **FINANCIAL SERVICES**
- **TRAINING AND LEARNING**
- **EMPLOYMENT OPPORTUNITIES**



## HOW WILL THE KEY WORKERS SUPPORT FAMILIES?

Support will be tailored to parents' needs, however, there will be some common themes to this approach:



- SUPPORT AT A PARENTS' PACE FOR AS LONG AS NEEDED
- ACTION PLAN AND GOALS REVIEWED REGULARLY

## WHY HAVE WE ADOPTED THIS NEW APPROACH?

Glasgow has a range of support services for parents and families. Our Key Workers will act as mentors, helping parents navigate and sustain engagement with the support available. They take a "whole family" approach to identify any gaps in support. By working in partnership with support services, parents can access the right support, at the right time. This will help parents to focus on their employment goals.



## WHO CAN USE THE APPROACH?

The project is open to parents and kinship carers who are looking for support to improve their employability. They can either be on low incomes or looking for work, and must experience one of the following:

- **Lone parents or kinship carers**
- **Parents or kinship carers under the age of 25**
- **Parents or kinship carers from black and minority ethnic backgrounds**
- **Parents or kinship carers with disabilities, or those who have a child with a disability**
- **Parents or kinship carers with 3 or more children under 16**
- **Parents or kinship carers with a child under the age of one**

## HOW CAN PARENTS ACCESS THIS APPROACH?

Referrals can be made by calling, texting or emailing the contact details below:

**T: 07443 814 190 • 07584 773 328**

**E: [financialcapability@glasgowlife.org.uk](mailto:financialcapability@glasgowlife.org.uk)**

If parents already have an employability worker, the worker can make a direct referral to this project.





## 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

### Act Fast

Support to the protective parent/carer of sexually abused children. Acts Fast also support partners and family members affected by a loved one downloading indecent images online.

[actsfast.org.uk](http://actsfast.org.uk)

T: 01202 797217 Text or call 07468 694068

### Anti-Bullying Alliance

The Anti-Bullying Alliance is a coalition of organisations and individuals that are united against bullying. For more information:

[www.anti-bullyingalliance.org.uk](http://www.anti-bullyingalliance.org.uk)

### 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)

### Disability Safety Hub

To raise awareness of disability hate crime, helping disabled people to understand what a hate crime is. The Hub also wants to help disabled people to report hate crime, and shows the different ways you can do this.

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

### 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@sdaafh.org.uk](mailto:helpline@sdaafh.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)

### **GDA Support to report hate crime**

Many people feel unable to report direct to the Police – as part of the Third-Party Reporting scheme - GDA are committed to helping victims and witnesses to speak out about Hate Crime. They can make a report on your behalf and can provide ongoing support after the report has been made. If you have experienced or witnessed a Hate Crime, Don't stay silent – Report it online, or through Third Party Reporting: contact GDA on **0800 432 0422**, text **07958 299 496** or via **Contact Scotland BSL**

### **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**

**Progress Housing Group** are a social housing provider with nearly 11,000 homes in England & Scotland, delivering homes, independence and opportunities to their tenants and communities  
[www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/](http://www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/)

### **Redress for Abuse in Care**

A scheme that offers recognition and acknowledgement to survivors of historical childhood abuse in care has made payments of £10,000 each to 417 people in its first year. The Advance Payment Scheme provides redress payments to those who were abused in care in Scotland and who are terminally ill or aged 68 or over. For more information:

[www.gov.scot/news/redress-for-abuse-in-care](http://www.gov.scot/news/redress-for-abuse-in-care)

### **Respect Me (Scotland's Anti-Bullying Service)**

Our vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and harassment and are encouraged to reach their full potential. Our work is driven by a focus on children's right.

[respectme.org.uk](http://respectme.org.uk)

**SAY Women** offers safe semi-supported accommodation and emotional support for young women aged 16 to 25 who are survivors of sexual abuse, rape or sexual assault and who are homeless, or threatened with homelessness.

[www.say-women.co.uk](http://www.say-women.co.uk)

### **Stop it Now Helping Prevent Childhood Sexual Abuse Helpline**

**T: 0808 1000 900**

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

### **The Survivors Trust Support**

The Survivors Trust is a national umbrella agency for over 120 specialist voluntary sector agencies providing a range of counselling, therapeutic and support services working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse

**Advice & Info: 0808 801 0818**

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

### **Trading Standards**

Site alerts to latest scams

[mailchi.mp/0029ab105224/scam-share](http://mailchi.mp/0029ab105224/scam-share)

**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)

### **Ubuntu**

Is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info [www.ubuntu-glasgow.org.uk](http://www.ubuntu-glasgow.org.uk)

### **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)

**We can all help protect each other, please wear a face covering if you can**

[www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/](http://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/)

Information for people exempt from wearing a facemask

[disabilityequality.scot/news/face-covering/](http://disabilityequality.scot/news/face-covering/)

### **Women's Aid**

Have created an online resource for children and young people. check their site for more info: [thehideout.org.uk](http://thehideout.org.uk)

### **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 **07497 187 992** (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. Self injury Support has been running UK-wide emotional support services around self-harm

for over 30 years and they've always wanted to run a complementary information/navigation service alongside.

The great news is that they now have funding to pilot this service and they really want to collect as many views as possible to make sure it does something useful and is easy to access.

They'd really appreciate it if you can take 5 minutes to fill in this survey and let us know what you think.

Please also feel free to send this survey on to anyone you think would be interested in responding - the service will be open to people who self-harm, friends and family who support them and people who are working to support people who self-harm.

For more information about the other support they offer please visit: [selfinjurysupport.org.uk](http://selfinjurysupport.org.uk)

### 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)

### 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)

### 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)

### First Aid for self-harm:

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

### Harm Minimisation:

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

### 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)

### 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

- **MindandDraw** creative workshops in partnership with COPE Scotland by zoom  
The workshops will be running most Wednesday's between now and 31st March 2021 with breaks every 4 weeks or so check out:  
**[www.facebook.com/events/the-space/mind-anddraw/1760711517306713/](https://www.facebook.com/events/the-space/mind-anddraw/1760711517306713/)** for more info and to register
- **Time to chill with Sheila** in partnership with COPE Scotland by zoom  
Monday's 6:30pm  
Wednesday's 12:15pm  
To register please phone **0141 944 5490** or email **admin@cope-scotland.org** and the zoom link will be sent to you.
- **Make someone happy**  
**Roar for life**  
Would be delighted to receive Cards of Encouragement that they can send on to people they know who are lonely or anxious. Send to **Roar, 59 Glasgow Rd, Paisley PA1 3PD.**
- Check out the **Nature Earth and Health section** for ideas of things to do too  
Looking for **dog minding** or to help someone by minding their dog? Check out **[www.borrowmydoggy.com](http://www.borrowmydoggy.com)**
- **Weekdaywow factor**  
Check out **[www.facebook.com/weekdaywowfactor](https://www.facebook.com/weekdaywowfactor)** for some pretty amazing ideas to stay connected and have fun with a virtual daytime disco and more
- **Anne 's Yoga heart**  
**<https://www.facebook.com/annesyogaheart/>**

# Lambhill, Milton and Cadder

## Window Wonderland



Thank you  
to our key  
workers!



- ★ **Best Dressed Window Competition 14<sup>th</sup> December 2020**  
Theme is Christmas tree. Winners will be chosen by Lambhill, Milton and Cadder Community Councils. Winners will be announced on Monday 21<sup>st</sup> December 2020. For more information visit us on Facebook @Thriving Places Lambhill, Milton and Cadder

- ★ **Light Up your window on 14<sup>th</sup> & 15<sup>th</sup> December 2020**
- ★ **Bell ringing from your window on Thursday 24<sup>th</sup> December 2020 at 6pm**
- ★ **The best way to spread Christmas Cheer is by ringing bells for all to hear!**



Funded by Canal Area Partnership



## 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)

## Veterans

We are delighted to introduce a new section to the 'Whit's Happening' dedicated to veterans. In this edition we are grateful to Sight Scotland Veterans for their feature piece.

For further information contact Richard Baker:  
**07900 510 544**

**ABF The Soldiers' Charity** is the national charity of the British Army, providing a lifetime of support to soldiers, veterans and their families when they are in need.  
[www.soldierscharity.org](http://www.soldierscharity.org)

**The Army Families Federation (AFF)** is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle.  
[www.aff.org.uk](http://www.aff.org.uk)

**The Army Widows' Association** was formed by widows in 2004. We are a volunteer run Organisation and Charity. Our aim is to offer comfort, support and friendship to the widows and widowers of service men and women.  
[www.armywidows.org.uk](http://www.armywidows.org.uk)

**Blesma**, The Limbless Veterans, is dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.  
[www.blesma.org](http://www.blesma.org)

**The Burma Star Association** exists to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-45 war or are otherwise entitled to be holders of the Burma Star or Pacific Star with Burma Clasp and for their widows, widowers or dependants.  
[www.burmastar.org.uk](http://www.burmastar.org.uk)

**Combat stress** for veteran's mental health.  
**T: 0800 138 1619**  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

**Glasgow Help for Heroes** a partnership between SSAFA and Glasgow City Council to help those who are serving or have served in the Armed Forces, or their families.  
**T: 0800 731 4880**  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

**Erskine** provides support to veterans in Scotland, through four care homes and a Veterans Village, comprising of 44 cottages, an Activity Centre, five Assisted Living Apartments and 24 Single Living Apartments (currently under construction). [www.erskine.org.uk](http://www.erskine.org.uk)  
Forces line help desk for any member of the armed forces, veterans, and their families  
**T: 0800 731 4880**  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

**Ghurkha Welfare Trust** provide financial, medical and development aid to Gurkha veterans, their families and communities.  
[www.gwt.org.uk](http://www.gwt.org.uk)

**National Gulf Veterans and Families Association**  
The charity's mission is :

- To enhance and improve the quality of the day-to-day lives of all veterans of desert conflicts and their families, partners and carers, through support, information, advocacy and counselling.
- To provide a safe haven for veterans of desert conflicts and their families, partners and carers to be able to talk about the impact their service has had on their lives.
- To educate and provide information for the public and health care professionals to assist and improve the support and health care provided for veterans of desert conflicts and their families, partners and carers  
[www.ngvfa.org.uk](http://www.ngvfa.org.uk)

**Poppyscotland** believes that those who serve in the Armed Forces, and their families, deserve special recognition and support.  
[www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

**PTSD Resolution** provides counselling for former armed forces, reservists and families  
**T: 0300 302 0551**  
[www.tsdresolution.org](http://www.tsdresolution.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**

[www.cope-scotland.org](http://www.cope-scotland.org) offers a range of tools and tips for wellbeing

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

### **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)

### **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)

### **New Helpline for Staff** **Mental health hotline for social care staff in Scotland**

The health and social care workforce mental wellbeing support line (**0800 111 4191**) operated by NHS 24 on a 24/7 basis

### **5 Ways to Wellbeing at Work Toolkit** [www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf](http://www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf)

**You Cannot Pour** from an empty cup  
Hints and tips for people caring for others on making sure you also make time for you  
[www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/](http://www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/)



## Youth

### **Al A Teen (for teenagers affected by others alcohol misuse)**

[al-anon.org/newcomers/teen-corneralateen/](http://al-anon.org/newcomers/teen-corneralateen/)

### **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)

### **Beat Eating Disorders**

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

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

### **Child Bereavement UK**

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

### **DRC Youth Project**

Provides free activities and support for young people aged 8-26. Specialise in youth employability and use holistic methods with CLD at the core Twitter: [@DRCYouthProject](https://twitter.com/DRCYouthProject)

### **G15 Youth Project**

Voluntary organisation based in Drumchapel Glasgow; support Youngsters aged 12-25  
[www.facebook.com/g15youth](https://www.facebook.com/g15youth)

### **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)

### **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

### **Parent Helpline**

T: 0808 802 5544



### **Royston Youth Action**

Provide facilities for recreation, education or leisure time for young people, children and families residing or working in their area of operation.

**[roystonyouthaction.co.uk](http://roystonyouthaction.co.uk)**

### **Storm Break**

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

**[www.stormbreak.org.uk](http://www.stormbreak.org.uk)**

### **Take Break Scotland**

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

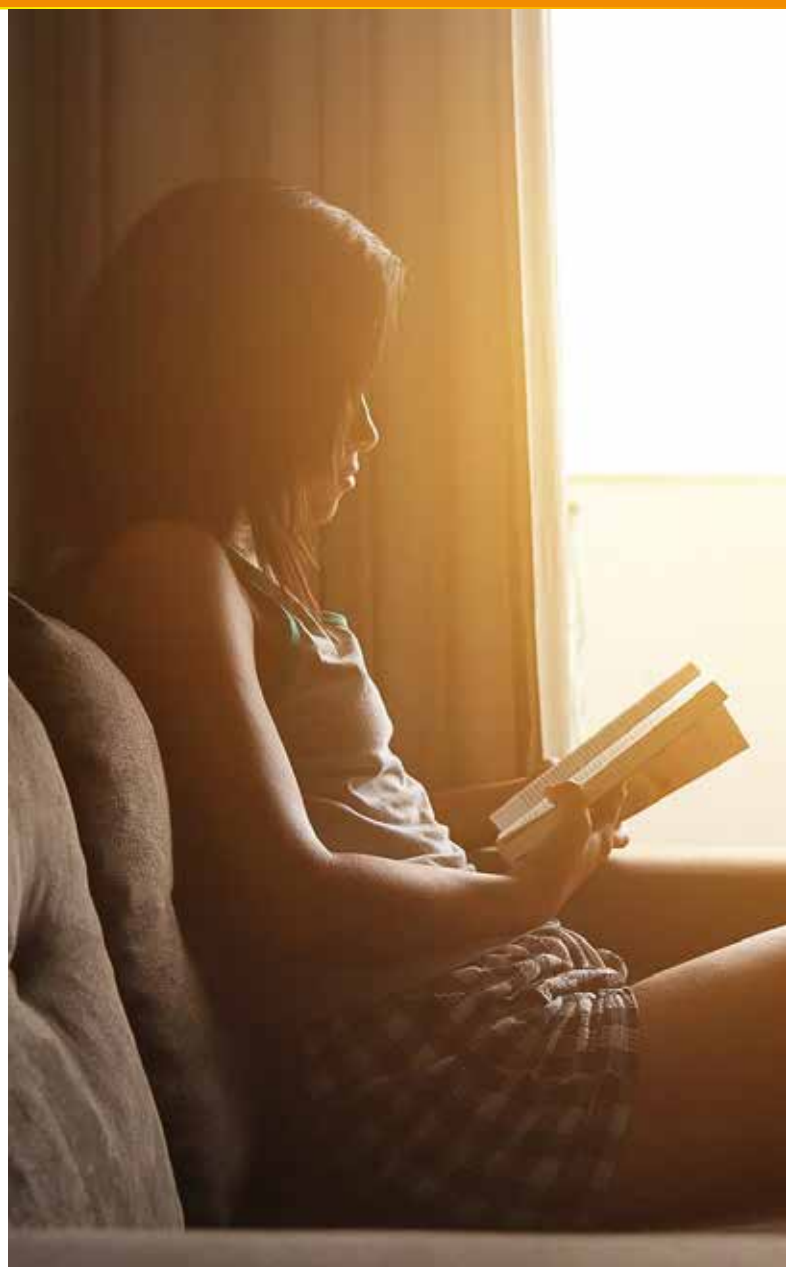
Take a Break can accept applications from either a parent carer of a disabled child, or from a disabled young person in their own right

### **The Mix Helpline**

Life's tough, we know that. It can throw a lot your way and make it hard to know what to do with it all. So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome. We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our articles and video content online or our phone, email, peer to peer and counselling services – we put the control in your hands. You can even volunteer with us too.

**T: 0808 808 4994**

**[themix.org.uk](http://themix.org.uk)**



### **Young Minds**

**T: 0800 018 2138**

### **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)**

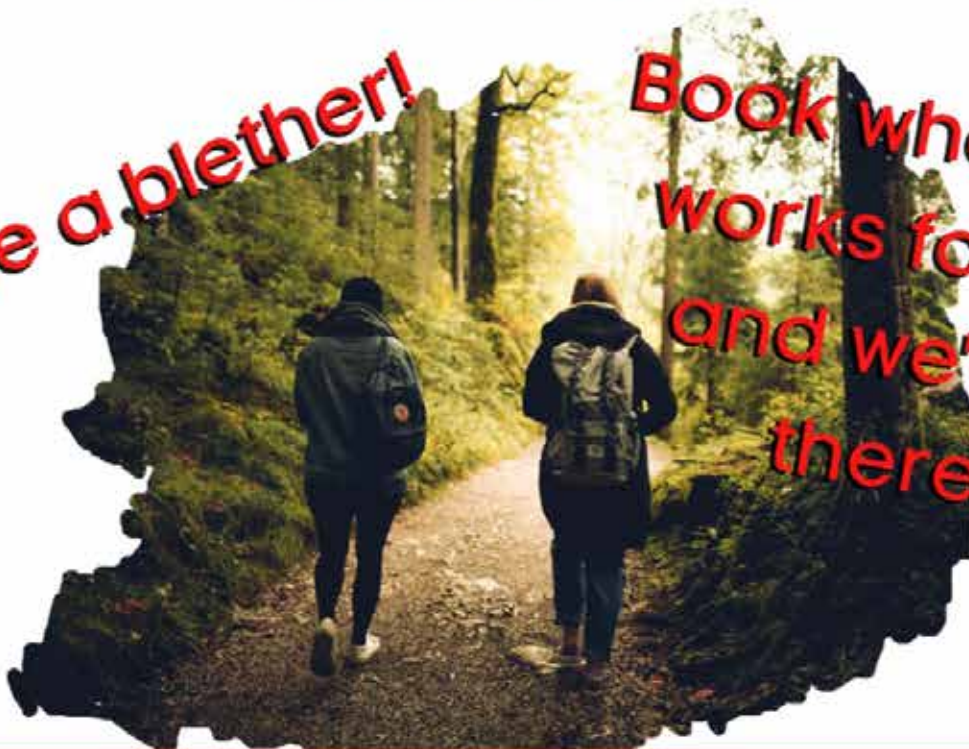
A photograph showing the lower legs and feet of a group of people walking on a paved path, suggesting a group walk or run.

# YO MO WALK N' TALK

**Come catch up with our  
friendly staff!**

**Have a blether!**

**Book whenever  
works for you  
and we'll be  
there!**



**NEW SERVICE OPEN TO ALL YOUNG PEOPLE AGED 12 - 25  
LIVING IN NORTH EAST AND NORTH WEST OF GLASGOW**

**FOR MORE INFORMATION CONTACT CAITLIN AT  
[CAITLIN@YOMO-ONLINE.CO.UK](mailto:CAITLIN@YOMO-ONLINE.CO.UK)**

**OR CALL 07468498596**



**Foundation  
Scotland**



# Glasgow City Youth Health Service

## A Confidential\* Holistic Service

For young people **12-19 years**

Evening service in 5 Venues across Glasgow

Additional wrap around support and care

Anxiety, Exam Stress

Alcohol / Drug Misuse

Low Mood

Weight

Employability Support

Sexual Health

Pregnancy

Bullying

Bereavement / Loss

Family Break Up



### How we support:

- Weigh to Go - Weight Management for 12-18 year olds
- Skills & Support for parents (Teen Triple P)
- Counselling
- Seeing the Nurse or the Doctor
- Tailored programme for Multiple Risk - "Know Your Way"
- Youth volunteering opportunities for 16+
- Advice line 8am-4pm (Mon-Fri)

For further information or to refer call:

**0141 451 2727**

venues overleaf

\* Except when there are safety concerns.



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Having a sense of purpose, meaningfulness in our lives can help us feel more positive about life, the universe and everything, enable us to cope better with the challenges life throws and helps us hold onto a sense of health and wellbeing, especially when situations are challenging and may overwhelm. Finding meaning in the everyday can sustain us when the more exciting things are perhaps out of reach. When it comes down to it, sometimes the simple things in life, turn out to be the most valuable of all. Every one of us is a totally unique individual, capable of so much, a simple smile, act of kindness, positive vibe sent out to the world can change someone else's day and in turn change ours. There is meaning in all we do, just sometimes we need to look for it and find some peace and contentment within our lives, every day. The following wee tips may be helpful in finding meaning in the every day.

**“Many people think excitement is happiness.... But when you are excited you are not peaceful. True happiness is based on peace.” – Thich Nhat Hanh**

## wee changes can make a **big difference** tips for Living Meaningfully

Sometimes when life feels routine and options feel limited, it can all feel a bit mundane. This can make us feel bored, restless, unsettled as if the whole world is at a party, we didn't get an invitation to. We have heard of living mindfully, even living kindly, so here are some tips for living meaningfully, as we all need a reason to get out of bed in the morning.

### Do something which has a positive impact on someone else

This can be from making banana bread which one of the family will enjoy, phoning an elderly relative or friend you haven't spoken to for a while, even giving a wee gift of an affirmation jar which may help someone smile? This wee piece offers ideas on making a jar [www.cope-scotland.org/index.php/latest-blog/changing-the-script](http://www.cope-scotland.org/index.php/latest-blog/changing-the-script)



### Think about the difference doing the task will make

If we feel overwhelmed getting the house back in order as maybe it's got a wee bit out of hand. Visualise what it will be like when it's finished, putting on some music gets you feeling energetic and you may find you are more motivated to do it and finish it. Same can hold if you have a garden and things need weeded or cut back. It maybe you want to create a safe space for nature over winter, the little green space has some amazing ideas [www.littlegreenspace.org.uk](http://www.littlegreenspace.org.uk) of how we can support nature.

### Recognise your strengths and use them

When we feel bored, unsettled, out of sorts, we can be unkind to ourselves, even get angry as we know we should be doing X,Y,Z but just can't be bothered. It's hard to tell yourself, your life has meaning, when you are using an unkind inner voice. Often, we are too quick to condemn ourselves and think we can't do things, as opposed to actually reflect we can do a lot more than we give ourselves credit for. Learning to use a kinder inner voice, helps us to recognise our strengths and use them to make a difference in our lives as well as having a positive impact on others. This piece and video is helpful for using a kinder inner voice [www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1](http://www.cope-scotland.org/index.php/latest-blog/what-are-you-saying-to-yourself-because-you-are-listening-1)



### Learn what matters to you and why

Sometimes we think its fancy holidays, or nights out, or a new kitchen, or.....but other times when we stop to think about it we realise it's the moments we spend with people who matter to us, the laugh we shared, the calm of watching the wind in the trees, escaping into a great book, the first time we made scones and they rose! Not being in pain. This wee piece with workbook and affirmation cards maybe of interest [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)

### What are the routines that have become our habits

It's amazing how easily we slip into routines which become habits, maybe not even ones which are good for us, but it's been going on so long we don't even think about it, or why we do what we do. This is an interesting link around habits and routines [www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits](http://www.cope-scotland.org/index.php/latest-blog/healthy-routines-lead-to-healthier-habits)

## Have confidence that what you do matters

How often do you hear someone describe themselves as I am 'just a' or, maybe have done that yourself? As if somehow there are some people more valuable than others. We are all valuable, every single one of us and we all have something to give. Maybe some people earn more money, that's not because they are more valuable, that's because whatever they do carries more responsibility, or requires more time commitment, or whatever. We all contribute something to this world, and we all have meaning, it's just sometimes we forget it, or don't realise the value a smile has to someone who really needs it. Being confident, is not the same as being arrogant. Having confidence can help us find meaning. This maybe helpful



[www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership](http://www.cope-scotland.org/index.php/latest-blog/self-confidence-and-personal-leadership)

## Find something you want to belong to and people you want to be with

We recognise loneliness can be an issue, sometimes to fill that need for company we get involved in 1001 things to be around others, and still that feeling remains. Sometimes having one or two meaningful relationships is more satisfying than 1001 contacts where we maybe in a crowd, but we still feel alone. Working on the relationships which have meaning for us, can help bring more meaningfulness into our lives. This wee book and piece maybe of interest [www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1](http://www.cope-scotland.org/index.php/latest-blog/picking-up-the-pieces-when-the-world-feels-changed-1)

## If you need to talk to someone please do

Sometimes things can happen which rocks our World, we lose someone close to us, our health is affected, we lose our job, we find we are taking early retirement and hadn't planned for it and wonder what next. Sometimes we need to talk to someone about how we are feeling. That maybe a friend or family member, but it maybe someone who is trained to offer support. This wee piece maybe of interest if you find sharing how you feel a challenge [www.cope-scotland.org/index.php/latest-blog/the-art-of-conversation](http://www.cope-scotland.org/index.php/latest-blog/the-art-of-conversation)



## Live the life has meaning for you

We can be sold an image of how our lives should be and social media in many ways has contributed to this, where it seems all these people are having all these amazing times and here we are again, Friday night and doing nothing exciting! Oh the pressure when someone asks what you did at the weekend and you have nothing amazing to share....so what! Being happy and being content are not necessarily the same thing. Some people may need to climb Everest to find meaning in their life, other people it maybe that hour a week when they go a walk in the hills, or start a new book, or make a banana loaf and share it with the family, is what gives them that feeling of internal satisfaction. Sometimes finding pleasure in the little things, we find, we can have more pleasure and find more meaning every day.

**Sometimes we can feel our life has no meaning and we can think of suicide. If you are thinking of suicide please tell someone: The Samaritans Tel 116 123, or text SHOUT to 85258 to text with a trained crisis volunteer.**

**Speak to your GP, or find out about services near you, perhaps phone Breathing space T: 0800 83 85 87**

*You matter, people do care be kind to you please*

Produced by COPE Scotland  
[www.cope-scotland.org](http://www.cope-scotland.org)  
@COPEScotland



Funded by Glasgow Communities Fund





Hast ye back fur mair stuff in issue 12 and remember It's a lang road that's no goat a turnin...  
Don't lose heart in dark times, things can't keep going in the same direction forever

Produced by  
**COPE Scotland**  
[www.cope-scotland.org](http://www.cope-scotland.org)  
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