

# 'WHIT'S HAPPENING!'

A WHOLE LOAD O' EVEN MAIR STUFF ABOUT  
WHIT SERVICES & SUPPORTS ARE AVAILABLE  
DURING THIS STRANGE TIME OF COVID 19

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

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



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*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.




 **NHS inform**

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


 **Pharmacist**

With **physical distancing** measures in place:

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

 **GP Practice**

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

 **NHS 24**

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

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

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

 **Dentist**

For urgent dental care during the day telephone your usual dental practice

If you are not registered, visit [www.nhsinform.scot](http://www.nhsinform.scot) to access your Health Board's Dental Advice Line telephone number.

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

 **Social Care**

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

 **Mental Well-being**

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

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

 **A&E or 999**

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

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

## 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](https://twitter.com/WeAreScotland)

 Healthier Scotland  
Scottish Government

 NHS  
SCOTLAND

 CORONAVIRUS  
STAY SAFE  
PROTECT  
OTHERS  
SAVE LIVES

## If you think you may have COVID19

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

## Information on being tested for COVID19

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

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

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

- [www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/](http://www.cardinus.com/insights/covid-19-hs-response/returning-to-work-after-lockdown/)
- [www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm](http://www.hse.gov.uk/news/hse-regulatory-activity-during-coronavirus.htm)

## Route Map for moving out of Lockdown in Scotland

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

## Test Trace Isolate and support in Scotland

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

## Up to date information about COVID19 Scotland

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





## Gambling Harms

Many partners, communities and voices of lived experience want to get together and do more to help make cities and communities Gambling Harms safe. For more information on an event coming up check out the following invites and please join in. We know there needs to be many changes to make Glasgow a Gambling Harms safer City. Working together we can see how we can bring that change about, as none of us can do it alone.





**Do you have personal experience of your own or others gambling?**

**Would you be interested in joining an informal zoom chat about what we can do to help make Glasgow safer from Gambling Harms?**

**We would love if you could join our free online event on Thursday 6th August 2020 between 6.30pm - 8.30pm to talk about how we can work together to make Glasgow a City free from gambling harms.**

**You will need internet access and Zoom to take part and be 18 years or older. A trained counsellor will be available to offer support and advice if needed.**

The Scottish Public Health Network and The Health & Social Care Alliance would like to invite adults living in Glasgow who have lived experience of gambling and the harm it can cause to an online Zoom event. This is a chance to hear about work taking place in Glasgow to tackle gambling harms and share your thoughts on how people with lived experience of gambling harms can get involved. Working with NHS GCC Communities and the Third sector to make a difference.

There are lots of ways for people of different ages, backgrounds, experience and expertise to get involved.

**To register your place and let us know of any accessibility needs please email [gamblingharm@alliance-scotland.org.uk](mailto:gamblingharm@alliance-scotland.org.uk). For more information about ways to get involved, please email [phs.scotphn@nhs.net](mailto:phs.scotphn@nhs.net).**

### **Useful contacts for anyone affected by Gambling**

**Gamblers Anonymous Scotland | T: 0370 050 8881**

**Gambling Helpline | T: 0808 8020 133**

**The Samaritans | Free Phone Tel: 116 123**

**If you are affected by someone's gambling  
[gamanon.org.uk](http://gamanon.org.uk)**

**RCA Trust | T: 0141 887 0880**

**Money Advice Service | T: 0300 500 5000**

**Illegal money lending unit | W: [www.tsscot.co.uk/illegal-lending/](http://www.tsscot.co.uk/illegal-lending/)**

The zoom session is the beginning of what we hope will be a mutually beneficial partnership between people and services.



**Public Health  
Scotland**

**ALLIANCE  
HEALTH AND SOCIAL CARE  
RESILIENCE SCOTLAND  
people at the centre**

**COPE  
scotland**  
Different Choices Different Lives



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**The Samaritans | Free Phone Tel: 116 123**

**Text: SHOUT to 85258 to text with a trained Crisis Volunteer.**

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

**RCA Trust | T: 0141 887 0880**

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# Consultations, what do you think?

## The Scotland Reducing Gambling Harm programme

Managed by the ALLIANCE, aims to put the voice of people affected by gambling harms at the heart of action to reduce those harms.

To do this it is engaging people throughout Scotland and working with them to set up a Lived Experience Forum, to speed up the delivery of the National Strategy launched last April by the Gambling Commission.

In light of COVID-19, the programme's engagement plan and timescales have been changed:

- Virtual ALLIANCE membership engagement sessions
- Regional Workshops to engage people throughout Scotland on this issue
- One to one interviews with people with experience of gambling harm to understand their experiences and interest in the Forum
- A survey of people with lived experience to scope the shape of the Forum

These events, survey, interviews, and other engagement activities will take place Summer-Autumn 2020, with the Forum established in late Autumn 2020, Winter 2020/21.

If you would like to work with us to set up one of the regional events, know someone who would be interested in this programme or want to learn more about this work, please get in touch with William Griffiths,

[william.griffiths@alliance-scotland.org.uk](mailto:william.griffiths@alliance-scotland.org.uk)

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## Scottish Rural Action Covid-19 Community Survey - Round 2

Are looking for a snapshot of how your community is responding to the phased relaxation of lockdown. They are also looking for your views on what would make a positive difference to your community's recovery as well as to your own financial security and wellbeing to take part [www.surveymonkey.co.uk/r/SRAc19-2](http://www.surveymonkey.co.uk/r/SRAc19-2)

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Deaf Scotland published second survey so that people affected by deafness can give their views on the Scottish Government's "Road to Recovery".

To take part, go to <https://www.surveymonkey.co.uk/r/5CHMNF7>

Please share it with all deaf people across the four pillars of deafness so we can have a full report to take to government.

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Sharing stories of recovery can also be powerful and inspire. Maybe share your story and let your voice inspire others:

[www.scottishrecovery.net/stories-experiences/](http://www.scottishrecovery.net/stories-experiences/)

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

[www.alliance-scotland.org.uk/humansofscotland/](http://www.alliance-scotland.org.uk/humansofscotland/)

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## Scottish Communities Climate Action Network

A network of Scottish community groups taking climate action. Our purpose is to inspire and promote, connect and support community-led action in Scotland to address the Climate Emergency.

The recovery from Covid-19 gives us a chance to recognise that action to address the root causes of the Climate Emergency will necessarily also address the causes of poverty and inequality, will regenerate the environment and will provide opportunities for meaningful employment and local economic regeneration as part of the 'Just Recovery'.

We want to hear from you! You can answer as an individual OR organisation. What are you doing/planning at this time and what should SCCAN prioritise to best support you?

Please take part in this survey: [docs.google.com/forms/d/e/1FAIpQLSeRQDGlcCnTR00FNTZH9KJbU3gHs6kKUGtYisrK5yYJB7n0vw/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeRQDGlcCnTR00FNTZH9KJbU3gHs6kKUGtYisrK5yYJB7n0vw/viewform)



# Services and Support

## Autism

### Autism Advice Line (Scotland)

T: 01259 222 022

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

### National Autistic Society Helpline

T: 0808 800 4104.

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

### Differabled

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



## Carers

### Advice 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 Voices Project

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

### 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

Notes and slides from Sustainability workshops with The Lasting Difference May-June 2020  
[www.corra.scot/cypfeif-alec-resources](http://www.corra.scot/cypfeif-alec-resources)  
For more information on events coming up  
[www.wrenandgreyhound.co.uk/](http://www.wrenandgreyhound.co.uk/)

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

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

**Glasgow Social Enterprise Network**  
[www.gsen.org.uk](http://www.gsen.org.uk)

**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)







## 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:

### 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)

### 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)

### 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.suddendeadth.org/about/about-sudden-death](http://www.suddendeadth.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)*



## Digital Inclusion

### Connecting Scotland: Glasgow Kit and Connectivity Programme

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

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

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

This first phase of Connecting Scotland will be offered as a grant programme. Building on learning from existing activity to tackle digital exclusion, the programme will work through organisations (particularly local authorities and local third sector organisations) who are already providing support to the target groups.

In Glasgow, the Programme will be administered by Glasgow Life in partnership with SCVO. The city has been allocated 780 devices in the first phase of the Programme (330 Chromebooks and 450 iPads) each device will come with a Mifi hotspot/dongle and SIM with 12 months of data with a 20Gb per month allowance.

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

### 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)

### 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.





## Drugs and Alcohol

### 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. en-gb.

[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)

### 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)

### Recovery Simon Community

T:0800 027 7466

### Re-solv

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. Even if it's just a quick question you want to ask, please get in touch.

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)





## What did we do?

We recruited 8 volunteers from the LGBTQ+ community, along with media experts Media Co-op, to work together with the Glasgow LGBTQI Substance Use Partnership to develop a community co-produced, social media harm reduction campaign on alcohol and drugs.

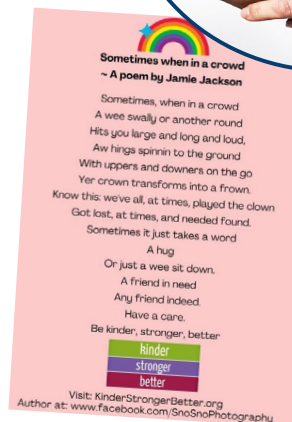


- We ran **one** LGBT Substance Use Training session for volunteers prior to the workshops.
- We ran **three** facilitated workshops with Media Co-op.
- We produced **four** short campaign videos and **six** campaign graphics, featuring **eight** key messages.
- We named the campaign **#KinderStrongerBetter**
- We developed and launched a brand new website - [kinderstrongerbetter.org](http://kinderstrongerbetter.org)

## Other Developments

Following the launch of the campaign:

- Campaign volunteer Wendy Masterton and Oceana Maund of the Scottish Transgender Alliance have now joined the Glasgow LGBTQI Substance Use Partnership
- We have received **two additional requests** from services to add them to our website support page - from Crew 2000 and Pink Saltire
- We have **added a Blog page** to [kinderstrongerbetter.org](http://kinderstrongerbetter.org) which will feature blog posts, creative works and video interviews with community members and professionals/experts



## Campaign Launch

We launched the campaign and website online on Zoom on 29 June at the end of Pride Month.

The launch event **premiered the new campaign videos & messages** & featured **speakers from the LGBTQ+ community**, including Oceana Maund of the Transgender Alliance & Judith Schooling, founder of an LGBT alcohol & drugs recovery group - with **discussion on the videos** with volunteers & Media Co-Op, as well as **a poem by one of the #KinderStrongerBetter volunteers**.

The event was **opened by Joe Fitzpatrick, Minister for Public Health**.

- **54 people** from the LGBTQ+ community & staff from alcohol, drugs & health services attended the event
- The campaign got a **full page feature in the Daily Record**
- The campaign was **discussed on the Kaye Adams show on BBC Radio Scotland**

## Campaign Statistics Overview

The campaign has garnered huge attention on social media and been shared widely by the Partnership - as well as by other LGBTQ+ community members and groups.

So far, the campaign has achieved the following stats:

- **153 additional followers** for the LGBTQI Substance Use Partnership on Twitter
- **51,631 Impressions, 1437 engagements, 131 URL clicks & a Total Reach of 425,769** on the LGBTQI Substance Use Partnership Twitter alone
- **3,949 campaign video views** (LGBTQI Substance Use Partnership accounts)
- **181 unique users and 269 sessions** in the first 9 days since the **website** was launched
- **52 different users** have Tweeted to **#KinderStrongerBetter**, with those tweets garnering a **Reach of 17,383 & 22,860 impressions**

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)**



## 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](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 [www.rnib.org.uk](http://www.rnib.org.uk)

### Age UK

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

### Autism

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



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

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

### **Deaf Awareness**

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

West of Scotland regional equality unit  
For various helpline numbers during COVID19  
please visit [www.wsrec.co.uk](http://www.wsrec.co.uk)

### **Discrimination Claims Risk**

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

### **Dyslexia Awareness**

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

### **Equality and Diversity Advice Centre**

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

### **Glasgow Disability Alliance**

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

### **Guide Dog**

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

### **Health and Social Care Alliance**

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

### **Inspiring Scotland**

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

### **LGBT Foundation**

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

### **LGBT Health and Wellbeing**

[www.lgbthealth.org.uk](http://www.lgbthealth.org.uk) Helpline  
T: 0300 123 2523

### **LGBT Youth**

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

### **Poverty Alliance, Working Together to End Poverty**

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

### **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)

### **Visibility Scotland**

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

### **West Scotland Regional Equality Council**

Includes emergency COVID19 helplines info  
[www.wsrec.co.uk](http://www.wsrec.co.uk)  
T: 0141 332 463

# Ready to change?



*'The ChoiceWorks Programme aims to support people to move forward to tackle their offending behaviour through individual support, groupwork sessions and interactive activities'*



**EUROPE & SCOTLAND**  
European Social Fund  
Investing in a Smart, Sustainable and Inclusive Future



Glasgow City Council (GCC) aims to tackle the causes of crime and antisocial behaviour in Glasgow.

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.

### **Participants must be:**

- aged 16+
- living in Glasgow;
- not in education, employment or training; and have been involved in offending.

### **Participants can expect:**

- flexible intervention and support around individual needs
- tailored sessions to address offending
- encouragement to make positive choices to move away from offending behaviour
- intensive employability support
- access to training
- the opportunity to attend team building activities
- a free weekly zone card

### **What we expect:**

- that you agree to attend appointments/sessions
- that you show a commitment to making a change
- that you address the issues relating to your offending behaviour

**If you are interested or would like to find out more information, please contact us in one of the following ways:**

**Tel:** 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

To help ensure that we can progress your referral as quickly as possible we request that you please supply proof of your identity, address and any benefit's that you may be receiving.

**Please provide at least one document from each of the sections below to help us with this.**

<b>Proof of Identity and citizenship</b>	
• Current UK passport	• Original birth certificate
• Adoption certificate	• Marriage/Civil partnership certificate
• Current UK/EU photo-card driving license	
<b>Proof of address</b>	
• Utility bill (gas, electric, satellite television, landline phone bill) issued within the last three months	
• Local authority council tax bill for the current council tax year	
• Bank, Building Society or Credit Union statement dated within the last six months	
• Solicitors letter dated within the last six months	
• Letter of confirmation from GP's practice of registration with the surgery	
• Official correspondence e.g. DWP; NHS; HMRC etc	
<b>Proof of benefit entitlement</b>	
• Housing benefit award notice	• Universal Credit Online Journal
• Working/child tax credit award letter	• Current Benefits Agency letter
• Bank, Building Society or Credit Union statement dated within the last three months showing payment of benefit	

**ChoiceWorks**  
RELEASE YOUR POTENTIAL



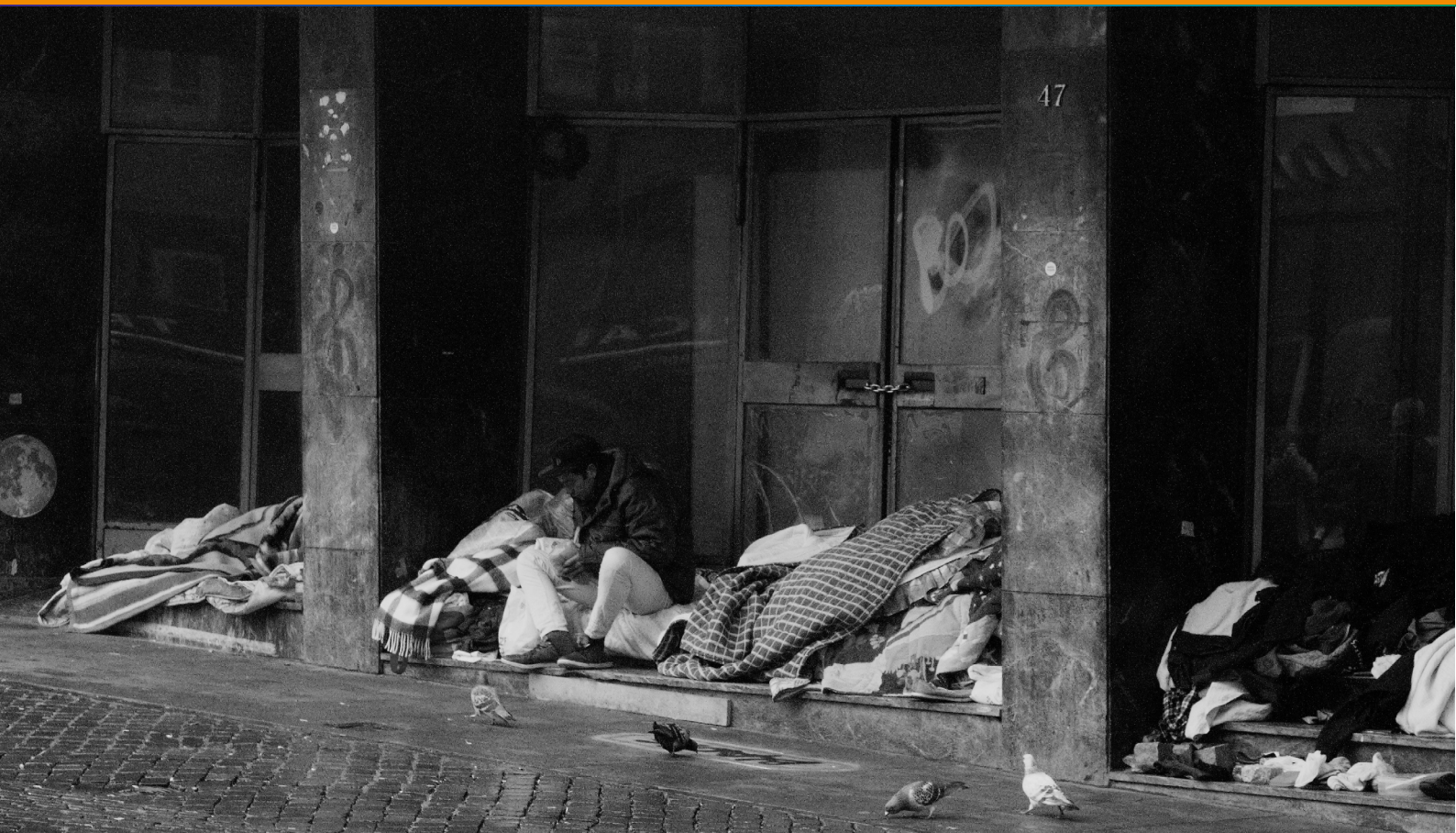


# ChoiceWorks

RELEASE YOUR POTENTIAL

Glasgow City Council, Neighbourhoods and Sustainability,  
Eastgate, 727 London Road, Glasgow G40 3AQ.





## 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)

## 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**

**Scottish Ambulance Service  
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**

**Business Support in Scotland  
findbusinesssupport.gov.scot**

**COVID 19 Support for Employers and Employees  
www.acas.org.uk/coronavirus**

**Employability in Scotland  
www.employabilityinscotland.com**

**Farm Advisory Service  
www.fas.scot/rural-business/coronavirus  
T: 0300 323 0161**

**Farming Sector Employment Opportunities  
www.pickforbritain.org.uk/jobs**

**Health and Safety  
www.hse.gov.uk/news/coronavirus.htm**

**Home Working Health and Safety  
www.hse.gov.uk/toolbox/workers/home.htm**

**Jobs and Business Glasgow  
www.jbg.org.uk/business-support-covid-19  
Information for employers**

**If Affected by Redundancy  
www.mygov.scot/help-redundancy  
www.acas.org.uk/redundancy**

**Information for People Seeking Work  
Employability in Scotland  
www.employabilityinscotland.com**

**Returning to Work, Preparing to Manage Risk of  
COVID 19  
www.cardinus.com/insights/covid-19-hs-  
response/returning-to-work-after-lockdown/  
www.hse.gov.uk/news/hse-regulatory-  
activity-during-coronavirus.htm**

**RIDDOR Reporting COVID19  
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)

**Working Safely During COVID19**  
[www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm\\_source=govdelivery&utm\\_medium=email&utm\\_campaign=coronavirus-hse&utm\\_term=tnt-4&utm\\_content=digest-28-may-20](http://www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus-hse&utm_term=tnt-4&utm_content=digest-28-may-20)

**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](http://www.cope-scotland.org/index.php/latest-blog/guest-blog-tammy-wells)

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

### Thinkuknow

Thinkuknow is the education programme from NCACEOP, a UK organisation which protects children both online and offline. Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

**Tips on Writing a Job Application**  
[knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application](http://knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application)





## 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**

### 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)

### Scottish Illegal Money Lending Unit

[www.tsscot.co.uk/illegal-lending/loan-sharks/](http://www.tsscot.co.uk/illegal-lending/loan-sharks/)

### Social Security Scotland and COVID 19

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

### Telephone Banking

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

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

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

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

### Universal Credit Support

**T: 0808 169 9901**



## Food

### Change for Life Recipes Ideas

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

### 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)

### 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.

## Fuel

### Home Energy Scotland partner update: new crisis funding available for those on prepayment meters

Home Energy Scotland is running a series of short webinars. Their free, impartial energy advice service funded by Scottish Government is keen to help as many people as possible who are struggling with energy costs as a result of coronavirus. They specifically want to share an update about crisis funding and other support available for those with prepayment meters and how your clients can access this support.

Please register for a date that suits. Once you have registered, Home Energy Scotland will email you a link to join the session that is being held using Zoom.

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

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

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



[Tues, 4 Aug 10am – register for your free place now](#)

[Tues, 4 Aug 2pm – register for your free place now](#)

[Wed, 5 Aug 10am – register for your free place now](#)

[Wed, 5 Aug 2pm – register for your free place now](#)

[Thurs, 6 Aug 10am – register for your free place now](#)

[Thurs, 6 Aug 2pm – register for your free place now](#)

If you are interested and aren't able to attend a session, please contact:

[emma.howe@sc.homeenergyscotland.org](mailto:emma.howe@sc.homeenergyscotland.org) for more detail.



## Help During the COVID 19 Outbreak

**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**  
**T: 0141 345 0543**  
[www.glasgowhelps.org](http://www.glasgowhelps.org)

**GLASGOWHELPS LAUNCHES NEW TEXT LINE**

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

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

We are working to offer more languages.

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



Glasgow Council for the Voluntary Sector



Glasgow City HSCP Health and Social Care Partnership



How can we help?

## Covid-19 Resilience Response: Leaving no one behind

<p><b>GDA Wellbeing:</b> Support on the phone &amp; online. Help to cope, feel better &amp; improve mental &amp; physical wellbeing.</p>	<p><b>GDA Lifeline:</b> Sourcing, coordinating and delivering shopping, medication and other essential resources.</p>
<p><b>GDA Connects:</b> Providing IT devices, equipment, support and coaching so disabled people can get online and stay connected.</p>	<p><b>GDA Learning:</b> Online &amp; phone peer support and free, fun learning, with the necessary support to get involved.</p>
<p><b>GDA Rights Now:</b> Online and by phone Welfare Rights info, support and representation.</p>	<p><b>GDA Voices:</b> Sharing our lived experience so Government and decision makers understand impact &amp; respect disabled people's rights.</p>

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 Glasgow Disability Alliance

**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)

**Need Help Getting to Places?**  
Taxis can prepay with debit card  
**Hampton 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**

**Support for Those at High COVID19 Risk**  
The service will offer help to those who do not have family or existing community support and cannot get online and who are:

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

**T: 0800 111 4000**

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

## 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

### Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

### Breathing Space

T: 0800 83 85 87

### 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

### Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

### Drinkline Scotland

T: 0800 7314 314

### Emergency Homelessness

T: 0800 838 502

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

T: 07736 326 062

### Families Outside Peer Support Group

(supporting families affected by imprisonment) Text FAMOUT 60777 or

Freephone 0800 254 0088

### Gamblers Anonymous Scotland

T: 0370 050 8881

### Gambling Helpline

T 0808 8020 133

### Glasgow Disability Alliance helpline

T: 0800 432 0422

### Glasgow Helping Hero's

T: 0800 731 4880

### Hopeline UK (people under 35)

T: 0800 068 41 41

### LGBT Helpline

T: 0300 123 2523

### LGBT Youth

Text: 07786 202 370

### Mind Info Line

T: 0300 123 3393

### NA

T: 0300 999 1212

### NHS 24

T: 111

### One Parent Families Scotland Helpline

0808 801 0323

### Pandas (perinatal mental illness)

T: 0808 1961 776

### Parent Line

T: 08000 28 22 33



### 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

### 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 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

### 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 Scotland

T: 0141 944 5490

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

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

### CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

### **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](https://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)

### **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)

### **Moira Anderson Foundation**

Supporting children and adults affected by childhood sexual abuse

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

### **Panda Foundation**

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

**T: 0808 1961 776**

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

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

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

Find Support Near You

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

### **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)**



### **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 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)**



## Nature Earth and Health

Recognising the link between the natural world and our own health and wellbeing, we are introducing a new section. To start this off, we have some featured pieces by partners as well as some links to other networks and resources you may find of interest:



**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.

A steering group was set up involving local organisations and representatives in Drumchapel, including but not limited to Police Scotland, Glasgow City Council Neighbourhoods and Sustainability, Drumchapel Life, COPE Scotland and a number of other interested agencies.

A large grassed area, commonly used for dog walking, but unfortunately also for flytipping and littering, was highlighted as a suitable piece of land between Abbotshall Avenue and Halgreen Avenue. The results from an

onsite soil test showed perfect conditions for multipurpose growing and the feedback from the community has been incredibly positive. The dedicated steering group is working to ensure community consultation will continue throughout the work stages in order to maintain that the community and local youth groups are integral to the development of this project.

G15, a local youth group in Drumchapel worked alongside the design team in GCC to create a site plan, which includes a host of creative and inclusive spaces for everyone to enjoy. The site includes accessible plots for all abilities and requirements, a polytunnel, sensory garden, terraced wetlands to enhance biodiversity, seating areas, social community spaces and an outdoor classroom area to help boost the community's knowledge of growing, planting and cooking fresh produce. Local primary schools also took part in a competition to design our site logo, where the name "Growchapel" originates, we look forward to getting them more involved in the site as it progresses.

Before Covid19 lockdown, the steering group were working to ensure the site is progressing into the first development stages, starting with security and civil engineering works such as the footpaths, storage cabins, hard standing areas, drainage, and cultivation. As lockdown restrictions ease the team are keen to pick up where they left off to ensure the community growers are able to access the site at the earliest opportunity.

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)





**Connecting Nature** is a EU Horizon 2020 project that seeks to explore new ways to develop and upscale nature-based solutions to some of the biggest issues we face such as health inequalities, climate change, poor biodiversity and economic deprivation. To do this, we are using Glasgow's emerging open space strategy as our exemplar project and we are currently working on developing a publicly available map that can be used to help make informed decisions on how we use the city's open spaces in the most meaningful and positive way to improve social, environmental and economic outcomes.

They are a small team who sit within Glasgow City Council's Development and Regeneration Services department but their project has a wide reach and they work with a number of other European cities and academic partners, including Trinity College Dublin, to develop novel and innovative ideas for open space uses. The Growchapel project is a demonstrator project for them in the 'growing space' category of open space uses and they are using their network and working closely with the project stakeholders to ensure the longer term sustainability of the garden and the delivery of a successful nature-based solution project.

The Growchapel steering group, along with colleagues from the wider Connecting Nature Team, together have been researching and developing a business model canvas to help achieve long term sustainability for the project via a Nature Based Solutions approach. This will allow us to work towards developing a model of community food growing that can achieve economic sustainability without being solely reliant on grant funding.

The Connecting Nature Team is also working with the steering group to monitor aspects of the project, via a series of primary indicators, including interactions with NBS, the frequency of these interactions, the perceived quality of these interactions and duration. Further indicators being monitored are around health and wellbeing, social cohesion, and

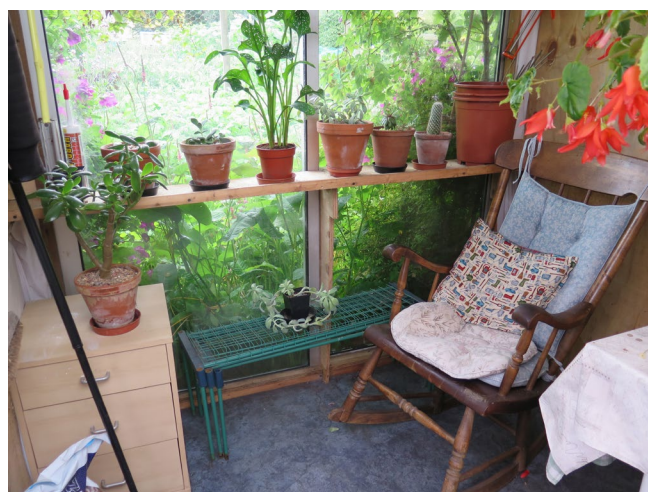
environmental impact amongst others. This model would be utilised in the development of further sites as we increase growing opportunities across Glasgow.



People grow their own for any number of reasons, whether it's because they want to be aware of where their food came from, how it was grown, or that they prefer the taste of their own produce, the variety it can bring to their table, they grow what they can't buy in shops, or because it can save money overall.

Whatever the reasons, growing your own can bring many health and wellbeing benefits for those involved.

The act of growing is can be thought of as an act of kindness to ourselves, our land and other animals, plants and insects that share this world with us.

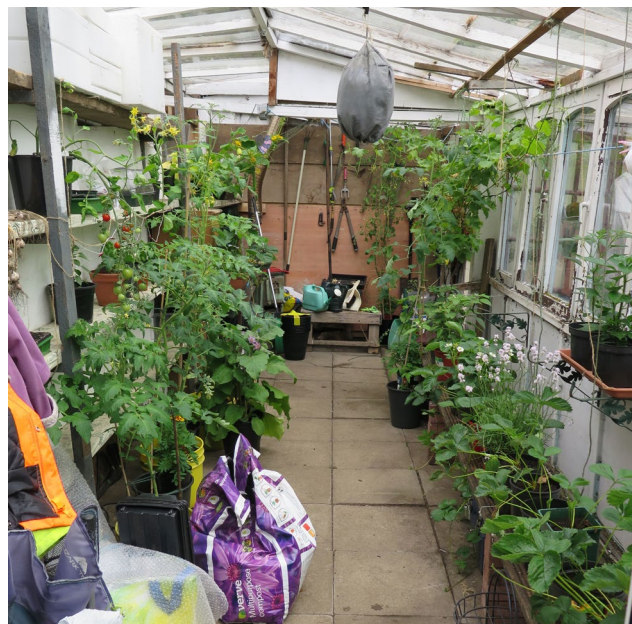




It teaches us how to look after our soils, yes, that stuff where all life on land comes from, to nurture seeds into plants and then harvest before ending up in a meal. It can raise our awareness of other living things and how we impact on them, put you in touch with the passing of the seasons, provide opportunities for gentle exercise in the outdoors, link us with other's who share our interests and offer an escape from the noise and bustle of everyday life. These aspects are often overlooked, or people are not aware of them but there is nothing like an hour or so of weeding to empty your brain of stress, worries and to find a calm quiet place for your mind to relax and reflect.

These benefits can be accessed throughout the year however as it's July we thought it would be useful to provide information on what is in season and what can be started in the garden this month.

July is a great month for variety in the garden, several crops will be ready for harvesting, several will continue to grow, and others will be ready to plant outdoors or sown directly from seed. In fact, July is probably the best month of the year for the diversity of veg, herbs or fruit available or growing.



Many gardeners will bend your ear about the difference in flavour of food you have grown yourself and there may well be some truth in this. Eating produce in season ensures the food is at its freshest and bursting with flavour. The following list of veg, is what is in season at this time:

**Beetroot, Broad Beans, Cabbage, Cauliflower, Celery, Chillies, Courgettes, Cucumber, Kale, Lettuce, Mangetout, New Potatoes, Onions, Peas (shell & sugar snap), Radish, Runner Beans, Summer Squash, Swiss Chard, Turnips.**



July is also a great month for fruit in Scotland and we have an excellent reputation for soft fruits grown in Scotland.

Here is a list of what fruits are in season in July:  
**Blackcurrants, Blueberries, Gooseberries, Plums, Raspberries, Redcurrants, Rhubarb, Strawberries, Tayberries**

So that's what can be available, but what can you start growing at this point?

Good question, here's a list of what can be sown outdoors in July in Scotland.

**M** = Crops which do not like their roots to be disturbed, so either start these directly in the ground or in module trays before transplanting into their final position in your garden.

- **Beetroot M** - Early and maincrop
- **Calabrese M**
- **Carrots** – Early
- **Cauliflower M** - Mini varieties
- **Chicory** - Pain di Zucchero, harvest in October
- **Chicory** - Red and Sugarloaf
- **Chinese Cabbage M**
- **French beans**
- **Kale**
- **Kohl rabi M**
- **Lettuce M** - Loose leaf, Cos, crisphead and butterhead. In hot weather, sow into modules or seed trays and shade from the sun



- **Pak Choi M**
- **Parsley**
- **Peas** - Maincrop, mangetout and sugarsnap
- **Radish**, mooli, Radish, winter
- **Spinach perpetual M**
- **Swiss chard M**
- To brighten up your beds, try **Rainbow chard**
- and finally, **Turnip**

We hope this provides you with information to encourage you to try to grow your own if you haven't already, or if you already are growing your own, it provides some inspiration for some crops you may not have considered previously.

### European Day of Sustainable Communities (EDSC) 2020

SCCAN is Scotland's contact point for ECOLISE's European Day of Sustainable Communities (EDSC) 2020. This year, the EDSC will take place on 19th September 2020. The EDSC is about reimagining the future, helping to create safer, healthier & more sustainable & just living environments! Take part in the #EDSC2020 on (or around) 19th September. 2020 What ideas do you have? Please register here:

[https://events.communitiesforfuture.org/?mc\\_cid=77a69b51df&mc\\_eid=03a69b6d3c](https://events.communitiesforfuture.org/?mc_cid=77a69b51df&mc_eid=03a69b6d3c)

Also if you like email:

[admin@cope-scotland.org](mailto:admin@cope-scotland.org) any thing about your event and we can include it in the August edition of Whit's Happening.





## Older Age

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

**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/)

**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



## Physical Health

### Alzheimer's Scotland

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

T: 0808 808 3000

### Asthma UK

T: 0300 222 5800

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

### Brittle Bones

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

### Charles Bonnet Syndrome

T: 0303 1239999

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

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

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

### Crohn's and Colitis UK

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

### Chron's disease

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

### Cystic Fibrosis Trust

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

### Diabetes UK

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

### Epilepsy

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

### Fibromyalgia

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

### HIV

Terrance Higgins Trust

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

### MacMillan Cancer support

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)

### National Eczema Society

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

### Primary Immunodeficiency UK

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

[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)

### Sarcoidosis UK

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

### Sign Health

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

### 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)

### 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



## Parents and Families

### Association for Child and Adolescent Mental Health

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

### Child Bereavement UK

T: 0141 352 9995

### (Help prevent) Childhood Abuse

T: 0808 1000 900

### Childline

T: 0800 1111

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

### Differabled Scotland

Parent to parent, peer to peer support for parents whose children have additional support needs  
[www.differabledscotland.co.uk](http://www.differabledscotland.co.uk)  
[www.facebook.com/differabledscotland](https://www.facebook.com/differabledscotland)

### Down's Syndrome Scotland

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

### Families Outside

- T: 0800 254 0088
- Webchat [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)
- Text FAMOUT to 60777
- Email [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

### How to Help an Addicted Parent

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



### One Parent Families Scotland

[mylifeandme.opfs.org.uk](http://mylifeandme.opfs.org.uk)

### Parent Network Scotland

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

### Parenting Across Scotland

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

### Pregnant and New Parents

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

### 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)

### Take Break Scotland

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

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

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

T: 0808 1961 776

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

### 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/)



## 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 Wwners 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)

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## Places of Worship

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

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

### Ahmadiyya Mosque

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

## Relationship and Family Breakdown

### Info Site

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

### Relate

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

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

### Relationships Scotland (Family Mediation)

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

T: 0141 332 2731

### The Spark

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

T: 0808 802 2088

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



## Safety and Protection

### COVID19 Adults with incapacity guidance

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

### Cyber safety

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

### Domestic Abuse

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

### Domestic Abuse and Forced Marriage Helpline

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

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

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

### Fearless Campaign

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

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

### Issues with Neighbours and Antisocial Behaviour

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

### Male Victims of Domestic Abuse Helpline

T: 0808 800 0024

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

### Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

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

### National Bullying helpline

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

T: 0845 22 55 787

### 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)

**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)

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

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

### UNICEF

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

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

### WSREC Hate Crime Helpline

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic. If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497187992** (Mondays and Thursday 9am - 1pm) or email then for more **info**. [www.wsrec.co.uk](http://www.wsrec.co.uk)

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

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





## Self-harm



support for women and girls  
resources and training for all

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

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

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

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

**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

- **Help keep your bike on the road,**  
[www.glasgowcotrust.org.uk/bike-repairs-booking-infomation](http://www.glasgowcotrust.org.uk/bike-repairs-booking-infomation)
- **Find a local cycling group near you**  
[www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk)
- Maybe check out [www.cycling.scot/what-we-do/cycling-friendly/community](http://www.cycling.scot/what-we-do/cycling-friendly/community) which includes links to **funding for Community groups in Scotland who are looking to increase opportunities for people to cycle**
- **Find out what's on in Glasgow**  
[www.whatsonglasgow.co.uk](http://www.whatsonglasgow.co.uk)

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

● **Mind and Draw** Creative video exercise tutorial posted on social media [www.facebook.com/mindanddraw](http://www.facebook.com/mindanddraw)

● Find out a bit more about you with fun, free personality test [www.16personalities.com/free-personality-test](http://www.16personalities.com/free-personality-test)

● **Mind and Draw** creative ideas workbook [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)





## Drumchapel Cycle Hub

All activities must be booked on their website:  
[www.drumchapelcyclehub.org.uk/](http://www.drumchapelcyclehub.org.uk/)

### Monday Ladies Cycling Group - 6pm and 7.30pm

Relaxed and social pace group rides, 4-6 miles.

### Wednesday Easy Daytime Cycling - 10.30am (Starting 5th Aug)

For less confident adults or those dealing with health concerns - using the park and local routes.

### Thursday Adult Weekly Good - 6.30pm

Longer ride for more confident cycling at a slightly faster pace, always a stop for tea!



Interested individuals need to register on their website [www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk) and complete a membership form (only £5).

Rides are £3 per person. Hires are £5 for half week, £10 full week.

Please visit Drumchapel Cycle Hub website there has been a lot going on throughout lockdown and more planned as they go forwards

They are now at more than 300 members. They have had over 200 bike hires and daily enquiries about activities.

They have had a very busy lockdown, with the coaches and volunteers all being kept busy.

They have been doing bike repairs since the first week in April and have fixed over 100 bikes, taking in donations and selling or giving older bikes away.

Observing social distancing, they have been delivering one to one (or sometimes one to two) lessons to children and adults. They have had over 60 lessons since they started).

They are currently open Sunday, Monday and Wednesday between 9.30-1.30 for bike hire, although they're not currently taking in any more repairs this month as they are getting a new workshop and are clearing out their storage.

Great resource in Drumchapel worth checking out if you would like to get more active, have fun and meet others!





**Glasgowlife™**  
presents

# Summer Fun

Activities & Challenges for Families

## Family Sport Activity Pack

[myglasgow.club/homework](http://myglasgow.club/homework)

Welcome to Glasgow Sport's interactive Family Activity Pack!

In this pack you will find lots of games to keep you active inside and outside the house as well as challenges you can try on your daily walks. We have also included some Glasgow Sport puzzles for you.

The icons below are used throughout the pack to help you find your favourite games.



View written instructions of the game



Watch a video of the game



Go back to previous page

Click on a picture to take you to your favourite activities

Outdoor and Garden Games

Indoor Games

Active Challenges

Cycle Routes

Puzzles

# ← Outdoor & Garden Games

Active Countdown  

Beat The Bucket  

Corners  

Highland Games 

Olympic Challenge 

Rob The Nest  

Simon Says  

Sports Day  

Sum Run  

Tennis  

# ← Garden Games: Active Countdown

## What do you need?

- Open space to run back and forward
- 2 or more players
- Scrabble set
- 4 markers e.g. jumper, box, toy
- Pen and paper for each player

## Set Up and Rules

Each player will take it in turns to run to a marker, perform an exercise and then select 3 random Scrabble tiles.

Once each player has 9 tiles the game begins.

Game 1 - who can get the longest word

Game 2 - who can get the best Scrabble score

Game 3 - who can make the most different words from their letter "s"

Games 4 - combine letters of both players to find any of the above.

# ← Garden Games: Beat The Bucket

## What do you need?

- Open space to run back and forward
- 1 or more players
- 1 target per person (bucket, box or hula hoop for example)
- Items that can be used as markers
- Some small items that can be thrown safely

## Set Up and Rules

- Set up your target (bucket, box or hula hoop)
- Position 3 markers at varying distances.
- Closest marker to the target scores 1 point
- Middle marker scores 4 points
- Furthest marker from the target scores 6 points
- Players throw items at target from either 6, 4 or 1 point marker.
- First person to 14 points wins.

## Make it harder

To make harder if you miss the target you have to run to end of garden before taking another shot

Change distance of markers

Change the size of the target to bigger or smaller





# Garden Games: Corners

## What do you need?

- Open space to run back and forward
- 1 or more players
- 4 small items per person
- Pen and paper
- 4 Clothes pegs per player

## Set Up and Rules

- One item per player is placed in each corner
- Players start in the middle of the garden
- Players run to a corner and collect one item
- Players then return this item to the middle
- Players start at different corners to avoid collisions
- First person to collect all items wins!

## Round 1

Players run to a corner and collect their first item and then return this item to the middle.  
Repeat for all 3 corners  
First person to collect all items wins!

## Round 2

Instead of collecting items - players perform a different exercise in each corner.  
You could write down the exercises and leave in each corner to remind players.

## Round 3

Make up 4 different exercises for each player to do and write them down on small pieces of paper  
Attach to a clothes peg. Each player should have their own colour  
Hide the pegs around the garden - they don't have to be in corners.  
First person to find their pegs and complete all the exercises wins!



# Garden Games: Highland Games

## What do you need?

- Open space to run back and forward
- 1 or more players, create Clan Name, wear Tartan, Irn Bru, shortbread
- Chalk, string, cones, Caber, 2 weights/ water bottles, water balloons, bean bags, skipping rope, welly boot

## Set Up and Rules

- Create Start Line & Finish line
- Each Players takes a turn or join in together
- Watch the videos for demonstrations
- The Player or team achieving the best score per Game wins.

## Highland Games: Caber Toss

Each player takes 2 turns to toss the caber. The player who flips the caber so it lands in a straight line wins.



## Highland Games: Farmers Dash

Each player takes 2 weights, one in each hand & walks as fast as they can to the marker, turns around and comes back.



## Highland Games: Welly Toss

Each player throws a Welly as far as you can. Standing at start line. The one who throws the welly the furthest wins.



## Highland Games: Haggis Hurling

Each player throws their "haggis" as far as you can without bursting it. The furthest Haggis and keeps it intact wins.



## Highland Games: Tug o' War

Each player/Team holds the Rope, the winning team is the first team to pull the tape on the rope over their starting line.





# ← Garden Games: Summer Fun Olympic Challenge

## What do you need?

- Open space to run back and forward
- 1 or more players
- Stop watch, measuring tape, dividing line, Step/raised platform

## Set Up and Rules

- Each player gets 30 seconds to carry out each challenge
- Use a stopwatch for each challenge.
- The player achieving the most moves within 30 seconds wins the challenge.

### Olympic Challenge: Star Jumps

Each player has 30 seconds to do as many Star Jumps. The player with the most star Jumps in 30 seconds wins

### Olympic Challenge: Speed Bounce

Each player has 30 seconds to do as many Speed Bounce Jumps. The player with the most Jumps in 30 seconds wins

### Olympic Challenge: Step Ups

Each player has 30 seconds to do as many Step Up's. The player with the most step up's in 30 seconds wins

### Olympic Challenge: 1 Metre Long Jump

Each player has 30 seconds to do as many 1metre Long Jumps. The player with the most Long Jumps in 30 seconds wins

### Olympic Challenge: High Knees

Each player has 30 seconds to do as many High Knees. The player with the most High Knees in 30 seconds wins

# ← Garden Games: Rob The Nest

## What do you need?

- Open space to run back and forward
- 2 or more players
- 12 – 24 small items like empty plastic bottle, kids shoes/trainers, rolled up socks, small toys or clothes pegs
- 1 larger "treasure" item such as a ball, adult shoe/trainer, teddy or hat
- A "nest" for each player like a hula hoop, a bucket, a shoe box

## Set Up and Rules

- Put all items into the middle of the space.
- Each player starts by their "nest" at opposite sides of the space.
- Each player takes as many items as they can from the middle and puts them back into their nest.
- Each player can only carry one item at a time.

### Round 1

Each player has 30 seconds to put as many items in their nest as possible.  
The player with the most items after 30 seconds wins

### Round 2

Each player has 45 seconds to put as many items in their nest as possible.  
Players can steal or "rob" items from other players' nests.

### Round 3

Players can now try to take the larger "treasure" item which is worth 10 smaller items. Players can also steal this from other players.





# Garden Games: Simon Says

## What do you need?

- Open space
- 2 or more players
- 4 different coloured items for each player
- Items could be balls, socks, jumpers, t shirts, cones etc

## Set Up and Rules

- Arrange the items across from each so that each colour matches up.
- Players start from the same spot.
- Players take it turn to lead the call a command for each item.
- For example, Simon says star jump at blue. Simon says touch yellow with your hand.
- Once a player has made 4 commands, swap over.

## Make it harder

Player 1 performs actions at all 4 items - Player 2 watches and then has to copy the actions in the correct order.

Players then swap over.



# Garden Games: Sports Day

## What do you need?

- Open space to run back and forward
- 1 or more players
- A spoon and hard boiled egg/rolled up socks
- A packet of crisps
- A pillowcase
- Household items as markers like jumpers, toilet rolls, pots

## Set Up and Rules

- Set out your races using markers and put eggs/socks and spoons at the start of one, packets of crisps at another, and pillowcase at the last one.
- Balance the eggs/socks on the spoon and move as fast as you can between your markers.
- Place the packet of crisps on your head and move between the you markers as fast as you can while balancing the crisps.
- Put your two feet in the pillowcase and jump as far as you can between your markers

## Make it easier or harder

Move your markers further apart or closer together.

Try using different sizes of spoons to balance your egg/socks. Bigger is easier.

Put obstacles in your way that you have to move around.

Time yourself and try to beat it or try the activities with your eyes closed – if it is safe to do so.





# Garden Games: Sum Run

## What do you need?

- Space to run forwards and backwards
- 1 or more players
- Pen, paper and scissors
- 3 boxes (could also use buckets, basin, pans or bags)

## Set Up and Rules

- Cut up A4 paper into 4 pieces. Repeat this so you have 30 bits of paper.
- Split paper in packs of 10
- Pack 1 - Number each piece of paper 1-10.
- Pack 2 - Draw a maths symbol on each piece of paper (Plus, minus, divide and multiply)
- Pack 3 - Number each piece of paper 1-10.
- Place the 3 packs into separate boxes (or alternatives)

## How to Play

Player 1 will run to Pack 1 and pick up a piece of paper. They will place it and the other side of the space. They will then move to the Pack 2 (hop, skip, side step etc) and pick a piece of paper. This will repeat for Pack 3 - you should now have a sum!

How many sums can you solve in a set time? (1 minute, 2 minutes etc)  
Remember to get creative with the movements!!

## COOP Mode

Same as before but this time players take in turns to solve as many sums as you can as a team in a set time.



# Garden Games: Tennis

## What do you need?

- Open space to run back and forward
- 2 or more players
- Book, notepad, or racquet for each player
- One throwing item like a small ball or rolled up socks

## Set Up and Rules

- Each Player finds a space in the garden.
- To make game easier stand closer.
- To make game harder stand further apart.
- Each players should have their own Notepad or racquet one ball/sock between 2 – 4 players.
- Aim is to always try and return the ball/sock to the other player

## Round 1

Throw and Catch - Clap and Catch - One hand Catch - Jump and Catch - Shuffle and Catch  
You can play these games for as long as you like

## Round 2

Underhand Hit - Overhead Hit - Side Lunge - Shuffle and Hit - Hit Ball/Sock off racquet or notebook  
How long can you keep the ball in the air - Pass between you and partner.  
You can play these games for as long as you like

# ← Indoor Games

Air Hockey  

Bowling  

Circuits  

Colour Cube  

Noughts & Crosses  

Pots & Pans  

Rock Paper Scissors  

Sport Charades  

# ← Indoor Games: Air Hockey

## What do you need?

- Small space with a slippery surface like a table or wooden/tiled floor
- 2 players
- Towels, use jumpers or t-shirts for the game area
- Cones, cups or plastic bottles for paddles
- Bean bag or rolled up socks for the puck

## Set Up and Rules

- Roll the towels up and place at opposite ends of the playing area to act as goals/barriers.
- Players sit across from each other and use cones/cups/bottles to push the bean bag/socks to try and score a goal!
- Can play timed games or first to reach a set score.





# Indoor Games: Bowling

## What do you need?

- Long open space like a hallway
- 2 or more players
- 10 stackable items like toilet/ kitchen rolls, plastic or paper cups
- At least one rolling item like a small ball or rolled up socks

## Set Up and Rules

- Stack the toilet rolls/cups with four on the bottom, then three on top, then two, then one.
- Decide on a starting place. You can use a jumper to mark this.
- Roll (or throw) your ball/socks towards the toilet rolls and try to knock over as many as possible.
- Each player gets 2 turns each. The play that knocks over the most wins.

## Make it easier or harder

- Try moving your start position forward or back
- Use less or more stackable items
- Bigger items are easier to hit than smaller items
- Give players more/less turns or keep going to all items are knocked over.
- Give items a point value and count up total points



# Indoor Games: Circuits

## What do you need?

- Open space indoor or outside
- 1 or more players
- 4 items to make ladders (straws)
- 2 weights: Tin of beans, bottle of water
- Timer

## Set Up and Rules

- Lay the Straws on the floor like ladders
- Watch the videos for demonstrations
- Each Players takes a turn or join in together
- Use a timer for Round 3.

## Circuit: Round One: Ladder and Cardio

4 different Exercises: Jump with 2 feet over the straws at the end do 10 Star Jumps, repeat Ladder 3 times followed by 20 High Knees, 15 Squats and 10 Sky Jumps

## Circuit Round Two: Weights Inspired

4 different Exercises: 20 Bicep Curls, 20 Shoulder Press, 20 Twists and 20 Squats

## Circuit Round Three: Finisher

Repeat all Exercises from round one and two: 30 seconds exercise – 15 seconds rest





# Indoor Games: Colour Cube

## What do you need?

- Small floor space
- 1 or more players
- 8 plastic cups per player (could also use toilet roll holders, bottles or cans).
- 3 different coloured pens, pencils or crayons

## Set Up and Rules

- Colour in the bottom of the cups so that you have 3 cups of 1 colour, 3 cups of another and 2 cups of the final colour.
- Set the cups up in a random order in a 3 x 3 formation with the middle area empty.
- Align one of the coloured pens to each row

## How to Play

Move the cups one at a time into the empty space  
 The aim is to line the coloured cups up to the same colour of pen  
 Challenge to see how few moves it takes to complete  
 Timed challenge - how long it takes to complete  
 Countdown - set time limit to complete.

# Indoor Games: Noughts & Crosses

## What do you need?

- Small space
- 2 players
- 9 pieces of blank paper for playing area
- 10 pieces of blank paper for 5 noughts and 5 crosses
- Pens, pencils, crayons or paint

## Set Up and Rules

- Use your pens/pencils/crayons/paint to design 5 noughts and 5 crosses
- Lay out your 9 blank pieces of paper in a square 3 by 3.
- Decide who will play noughts and who will play crosses.
- Each player takes a turn to place their nought or cross on a blank space.
- The player that gets 3 noughts/crosses to line up in row wins

## Make it harder

Try adding more blank pieces of paper for a bigger playing area.

Remember you would need to make more noughts and crosses.

If you play 4 by 4 you need 4 in a row to win, 5 by 5, you need 5 in a row to win.





# Indoor Games: Pots & Pans

## What do you need?

- Open space living room or hall
- 2 or more players
- Pots of various sizes or bowls, pen and paper
- At least one throwing item like a small ball or rolled up socks

## Set Up and Rules

- Arrange pots on the floor with the **LARGEST** pots at the front and **SMALLER** pots at the back.
- Use pen and paper to create a score for example 5 points for largest pot, 30 points for medium pot & 100 points for smallest pot
- Decide on a starting place. You can use a jumper to mark this.
- Throw your ball/sock in pot .
- Each player gets 3 turns each. Whoever gets the highest point wins.

## Make it more active

Try adding more blank pieces of paper for a bigger playing area.

Remember you would need to make more noughts and crosses.

If you play 4 by 4 you need 4 in a row to win, 5 by 5, you need 5 in a row to win.



# ← Indoor Games: Rock Paper Scissors

## What do you need?

- Small space
- 2 players

## Set Up and Rules

- Both players face each other
- Count to 3 and then make rock, paper or scissors sign with your hand on "GO".
- Rock beats scissors
- Scissors beats paper
- Paper beats rock

## Make it more active

Instead of using just your hand, use your full body.

Tuck into a ball or rock for rock.

Stand stretching legs and arms out wide for paper.

napping or cutting motion with arms for scissor.

Why not try making up your own actions?

## Make it more active level 2

This time players have to complete an exercise 3 times before choosing their shape on "GO".

You can try 3 star jumps or 3 sit ups .

If you have enough space you can run up and down 3 times.

Why not trying making up your own exercises.



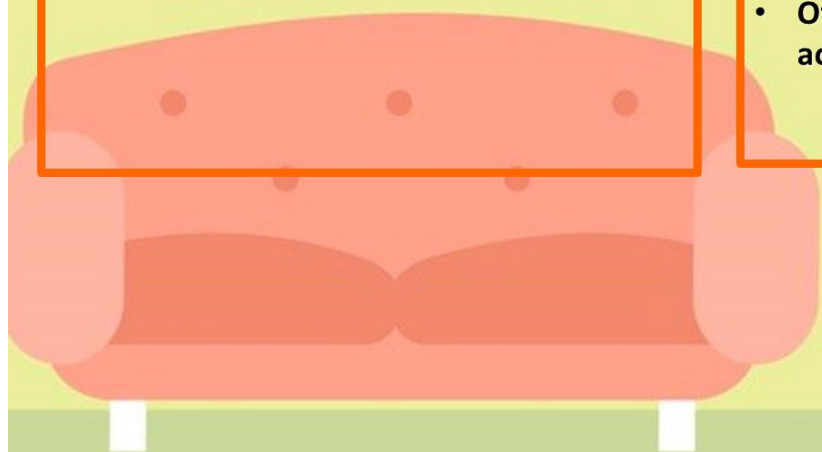
# ← Indoor Games: Sport Charades

## What do you need?

- Small space
- 2 or more players

## Set Up and Rules

- Just like in Charades - act out sports, activities, famous celebrations or what ever you can think of!
- No talking allowed remember!
- Other person has to guess what you are acting out.



# Active Challenges

Daily Walk



Bingo Hunt



Ropes & Ladders



Toss The Coin



Activity Scavenger Hunt



Alphabet Challenge



# Glasgow Sport Daily Walk Active Challenge

## When you see a....

- **Post Box** Hop on one foot 5 times
- **Cat** Do 10 star jumps
- **Cyclist** Spin and jump in a circle
- **Bird** Tweet and flap your arms
- **School** Run on the spot
- **White Car** 3 Squat jumps
- **Traffic lights** March on the spot
- **Butterfly** Touch your head and toes 10 times
- **Dog** 4 Lunges
- **Rainbow in a window** Clap your hands (above your head, behind your back or between your legs)

Why not create your own?



# Glasgow Sport Bingo Hunt

While you are out and about, have a go at playing Sport Bingo  
 Challenge someone to see who is first to complete a column, row or a whole sheet!

Sports Centre	Female Jogger	Dog walker with 2 dogs	Child cycling
Swimming Pool	Male Jogger	Outside Gym	Children playing in the garden
Female adult cycling	Someone roller skating	Cycle path	Male adult cycling
Someone pushing a buggy	Family of 4 people walking	Play park	Family of 2 people walking





# Ropes & Ladders

Roll a dice and move along the board.

Complete the action in each box and the first player to 30 wins.

30 FINISH! WELL DONE!	29 	28 10 x lunges	27 Choose a player to do an exercise	26	25 6 x toe touches
19	20 	21 Go back 3 places	22 5 x press ups	23 	24 20 sec plank
18 Relax	17 3 x standing long jumps	16 10 x star jumps	15 	14 6 x sit ups	13
7 10 x burpees	8 	9 20 sec plank	10 15 sec wall sit	11 Roll the dice again	12 10 x squats
6 Go back to the start	5 4 x shuttle runs	4 	3 3 x standing long jumps	2 10 x star jumps	1 - START 



## Glasgow Sport Activity

## Scavenger Hunt

### Can you see...



1. Pink flower
2. Cyclist
3. Runner
4. Green Car
5. A Road Crossing
6. Something Recyclable
7. An insect
8. A Magpie
9. Dog
10. Key Worker

Get busy with an activity when you see any of these things! Star jumps, run on the spot or hopping- the choice is yours. Increase the number for older kids and adults.



By the Finnigan family





# Toss The Coin

Toss a coin and if it lands at 'Heads' you complete the first easy exercise and if 'Tails' a hard exercise. Every time you toss the coin you move to the next number. Each player takes it in turn and every exercise lasts for 30 seconds.

## EASY (HEADS)

1. Run on the Spot
2. Toe Touches
3. Jumping Jacks
4. Side Lunges
5. Arm Punches
6. Squats
7. Arm Circles
8. Calf Raises
9. Front Lunges
10. Relax

## HARD (TAILS)

1. Burpees
2. Mountain Climbers
3. Press Ups
4. Sit Ups
5. Plank
6. Squat Jumps
7. Wall Sits
8. Crunched
9. Frog Jumps
10. Tuck Jumps



## Glasgow Sport Alphabet Active Challenge

Can you spell out some of Glasgow iconic sports venues? Such as Tollcross or Emirates Arena! Or where you go swimming or play football? Such as Bellahouston or Gorbals.

(To make it harder, add Glasgow Club to the start of the venue)

- |  |  |
|--|--|
| <b>A</b> - 5 Star jumps                    | <b>O</b> - 20 Second plank                                 |
| <b>B</b> - Hop on right leg                | <b>P</b> - 30 second wall sit                              |
| <b>C</b> - Clap your hands above your head | <b>Q</b> - Pretend to do the hula hoop                     |
| <b>D</b> - Try a handstand                 | <b>R</b> - Try a keepie-up                                 |
| <b>E</b> - Walk like a crab                | <b>S</b> - 5 Frog jumps                                    |
| <b>F</b> - 10 Lunges                       | <b>T</b> - 20 Arm circles                                  |
| <b>G</b> - 5 Press-ups                     | <b>U</b> - 20 Flutter kicks                                |
| <b>H</b> - 10 Spins                        | <b>V</b> - Try a rolly polly                               |
| <b>I</b> - Hop Skip and Jump               | <b>W</b> - 5 Floor to sky jump                             |
| <b>J</b> - 20 seconds high knees           | <b>X</b> - 5 Shuttle runs                                  |
| <b>K</b> - 10 Sit ups                      | <b>Y</b> - 5 head, shoulders, knees and toes               |
| <b>L</b> - 10 Squats                       | <b>Z</b> - Pat your head and rub your tummy for 20 seconds |
| <b>M</b> - 3 Burpees                       |  |
| <b>N</b> - Hop on left leg                 |  |







# Puzzles

Crossword



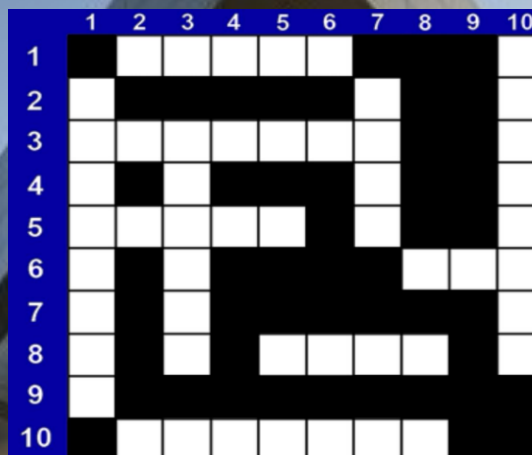
Sport Word Search



Spot The Difference



## Glasgow Sport Crossword



Across

Down

- 2.1 Name of Glasgow based basketball team
- 1.3 2002 Champions league final venue
- 1.5 Hosted rugby 7's final at Glasgow 2014
- 5.8 Nickname of Glasgow's west end football team
- 2.10 Sport the Sirens play in Glasgow
- 8.6 Golfers use this to start a hole

- 2.1 Name of sir who has the velodrome named after him
- 3.3 Famous tennis family
- 2.7 First name of Scotland and Liverpool star
- 1.10 Stadium neighbour to Emirates Arena





# Sport Word Search

There are 10 words hidden in the word search below, the words may be found across, down, diagonally and backwards and can overlap with each other. The hidden words are listed beneath the word search; circle the words in the word search as you find them and cross them out from the list.

- Badminton
- Basketball
- Football
- Golf
- Gymnastics



- Netball
- Rugby
- Squash
- Swimming
- Tennis



# Spot The Difference

Can you spot the 8 differences between the two pictures?







**Thank you for trying out Glasgow Sport's Summer Fun activities. We hope you had fun trying all the different games and keeping active.**

**Let us know how you got on by uploading your photos and videos to your social media pages and tagging us.**

 **Glasgow Sport**

 **@Glasgow\_Sport**

**#SummerFun**



# Why not join the Silly Squad with Glasgow Libraries this summer?



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

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

**Join in for FREE**- just head over to the web and sign up at [summerreadingchallenge.org.uk](http://summerreadingchallenge.org.uk)

If you can't get on line to do the challenge you can contact them on **0141 287 2999** from Monday – Friday, between 11am -1pm to arrange for you to get a pack with books, stickers, posters and a pencil.

Glasgow's Libraries currently remain closed; however they are continuing to have books for all their readers in electronic format.

<https://libcat.csghlasgow.org/web/arena/src2020> for Summer Reading Challenge eBooks catalogue

<https://www.glasgowlife.org.uk/libraries/online-library> for our full range of eBooks, audio and magazines

Remember, if you're not currently a member, you can join up for FREE also on line [www.glasgowlife.org.uk/libraries](http://www.glasgowlife.org.uk/libraries)

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





## 'Glasgow is Open' campaign to rally support for city businesses launched

### Wednesday, 15th. July, 2020

Glasgow Life and Glasgow City Council have launched a new campaign to encourage all Glaswegians to support local businesses and get Glasgow's economy moving again. Timed to coincide with the official reopening of Scotland's tourism industry, we have launched our new city-wide campaign #Glasgowisopen. We want to encourage residents and visitors to shop and eat in the city centre and Glasgow's diverse neighbourhoods, and to then share their experiences online.

We are kicking off the campaign with a specially-commissioned, inspirational film showing some of Glasgow's best assets and reassuring shoppers and visitors that Glasgow is now open, ready and safe. You can watch it now at:

[www.youtube.com/embed/ynR3LfjDAaQ?rel=0](http://www.youtube.com/embed/ynR3LfjDAaQ?rel=0)

### How you can get involved

You can help support #Glasgowisopen by liking and sharing the film and using the hashtag on your own social media channels as you shop and eat in the city, enjoying all it has to offer.

Newspapers and digital channels are also showing their support. The People Make Glasgow channels are highlighting practical 'know before you go' information, a 'support local' message, as well as inspiration for day trips for both Glasgow's citizens and visitors from out with the city



## Book Bugs

Whilst our libraries are closed, we miss the opportunity to have fun with the families that come along to our sessions in our local libraries across the city.

We are running a live session every Wednesday morning at 10:00 which is free to access through our Facebook page:

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

Don't worry if you can't make the dates, we do have the series of online sessions for you to dip in to at any time on YouTube, especially for children and families to use as they wish. More sessions will be added as they are completed.

- **Shark in the Park**

[www.youtube.com/watch?v=p0Pk6COd67I](http://www.youtube.com/watch?v=p0Pk6COd67I)

- **Luna Loves Library Day**

[www.youtube.com/watch?v=vVFG57iFQtU](http://www.youtube.com/watch?v=vVFG57iFQtU)

- **Happy Hatchday**

[www.youtube.com/watch?v=nOiBbdTVQpU](http://www.youtube.com/watch?v=nOiBbdTVQpU)

- **Peace at Last**

[www.youtube.com/watch?v=elbLvUpbGOA](http://www.youtube.com/watch?v=elbLvUpbGOA)

- **Tiger Who Came to Tea!**

[www.youtube.com/watch?v=5q6dxuCO16s](http://www.youtube.com/watch?v=5q6dxuCO16s)

- **My Cat Likes to Hide.**

[www.youtube.com/watch?v=M8U-k18L95g](http://www.youtube.com/watch?v=M8U-k18L95g)

- **How to Catch a Star**

[www.youtube.com/watch?v=dBvEDgNi\\_6Q](http://www.youtube.com/watch?v=dBvEDgNi_6Q)

- **Dear Zoo**

[www.youtube.com/watch?v=jO17FmdmzSA](http://www.youtube.com/watch?v=jO17FmdmzSA)

Each session is around 20 minutes long and delivered by our Janette, Senior Parental Support Officer.

Why not join Janette on YouTube for session or two with your wee ones and, join the Facebook Page to get up to date information and activity opportunities for you and your family.

## Sexual Health Support and Advice

**Sandyford Sexual Health Services**  
[www.sandyford.scot](http://www.sandyford.scot)

**Sexual Health Info Line**  
T: 0800 567 123 but changing to  
T: 0300 123 7123

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

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

## Workers and Volunteer's Wellbeing

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

**COPE Scotland**  
[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 launched for social care staff in Scotland**  
The health and social care workforce mental wellbeing support line (**0800 111 4191**) will be operated by NHS 24 on a 24/7 basis from 10 am on 20 July





## 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)

**Child Bereavement UK**

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

**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**

**Take Break Scotland**

[takebreakscotland.org.uk/applications/](http://takebreakscotland.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

**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)



**wee changes** can make a **big difference** in helping you feel better  
*please put this where you can see it every day*



**Keep stimulants to a minimum**

Stay away from excessive amounts of tea, coffee, fizzy drinks with high caffeine levels and alcohol



**Drink at least 2 litres of water a day**

Drink water or diluted juice from morning to evening this is important to keep your body hydrated.



**Eat a healthy balanced diet**

Eat 3 meals a day never missing breakfast and have fruit or vegetables or fruit juice with every meal



**Take time to relax every day**

Listen to a relaxation tape everyday or relaxing music, practice slow regular breathing techniques.



**Take regular exercise be active**

Do some sort of exercise or activity at least three times a week, walking, swimming, housework anything which keeps you active.

**Have fun on a regular basis**

Make an effort to have fun if you haven't in while after a time it will be effortless to have fun. Watch a funny video, go out with people who make you laugh, smile just for the fun of it.



**If something or someone is bothering you do something about it**

If someone or something has upset you and you are holding onto this deal with it, don't just ignore it and allow it to fester.

**Discover your stress trigger buttons and learn to self-manage them**

Some things we have no control over, however, we do have control of how we react. Being aware and mindful of what causes you distress can help you manage stress better

Remember consult with your GP before making any lifestyle changes. For more tips on managing stress and promoting wellbeing visit: [www.copedigital.org](http://www.copedigital.org).







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