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Glasgow Resources

Citywide:

For families entitled to free school meals/clothing grant. Families can receive Farmfoods vouchers - £20.00 per child in a family who is eligible. These are being sent out this week and can be used in any Farmfoods – this will be a pre-paid card which has a serial number on it, so please if you are speaking to service users remind them that the card is matched to the service user address and the cards will be topped up on 13/04/2020, 27/04/2020, 11/05/2020, 25/05/2020 and 09/06/2020.

Glasgow Mutual Aid:

What is it: organisation looking to match up those who require help with volunteers who can provide it.

How to access it: <https://actionnetwork.org/forms/do-you-need-support-during-self-isolation?fbclid=IwAR2P1xSuJIS7QokIS1I7hnDDHkIx4Uu6k5p13a6RbpsV3xt9ddJJnje2Jiw>

Fairly straightforward looking form to fill in for asking people to fill out what help they need (picking up medications, shopping etc.) to then match them up with volunteers.

If unable to fill out the form, can be contacted on 0141 280 7025 but they would prefer referrals to be completed online where possible.

Glasgow Central Mosque:

What they are offering: support for the elderly and vulnerable with shopping, medication pick-ups etc. Supporting elderly people living alone with hot meals and food parcels.

Contact: 0141 429 3132

The Food Train

What they do: provide food packages and support for elderly people.

Contact: Tel: [0141 423 1722](tel:01414231722)

Email: glasgow@thefoodtrain.co.uk

PEEK:

What they are offering: They will be out and about in Glasgow with their PEEK- A- CHEW truck(s) delivering breakfasts, lunches and dinners to vulnerable children, young people and families. They also have tips about keeping children amused, and coronavirus information in different languages available.

Contact: no further details about when and where they will be delivering, but their twitter page appears to have regular updates. Search for “PEEK Possibilities for Each and Every Kid” on twitter.

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Whocares Scotland

Information on Twitter 23/03/2020 – Care experienced and worried about the Coronavirus and need someone to talk to? Email help@whocarescotland.org and they will call back. They do have phone numbers on their tweet but these were for Monday so not sure if they are still the same – 07568242965 (north of Scotland) and 07756047389 (south of Scotland).

Whocares?

Scotland are also sending out Care experienced people money for food, electricity and other essentials, they have a just giving page if anyone wants to donate.

Refuwegee

Can deliver support packages to people which can include – toiletries, food – shopping or meals and entertainment – toys, board games, books. All volunteers are trained on zero-contact, doorstep deliveries. – you can phone for a package – 07520648388 – this is open to everyone.

Energy companies:

Advice from Ofgem:

From today customers with pre-payment meters who may not be able to add credit can speak to their supplier about options to keep them supplied. This will benefit over 4 million customers.

This could include nominating a third party for credit top ups, having a discretionary fund added to their credit, or being sent a pre-loaded top up card so that their supply is not interrupted.

Who	Contact Number
British Gas	0870 280 5465
Utility Warehouse	0870 280 5474
EDF Energy	0870 280 5466
Southern Electric	0870 280 5471
Scottish Power	0870 280 5470
EON	0870 280 5467
Npower	0870 280 5469
First Utility	0870 280 5468
SWALEC	0870 280 5472
Utilita	0870 280 5473
OVO Energy	0800 358 3523
United Utilities	0345 672 2888
Southern Water	0870 280 2908
Northumbrian Water	0800 032 3417

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South East Water	0333 000 0001
Wessex Water	0345 600 3600
Welsh Water	0800 052 0145
Thames Water	0800 980 8800
Extra Energy	0800 953 4774
Affinity Water	0345 357 2424
Algian Water	0345 791 9155
South West Water	0344 346 2020
Severn Trent Water	03457 500 500

Parenting support:

Parentline:

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>

08000 28 22 33

National Parent Forum of Scotland:

Activities and wellbeing resources for children, young people and parents/carers.
<https://www.npfs.org.uk/2020/03/19/activities-and-well-being-resources/>

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