**Some examples of things which may be of interest 24th February 2020 version**

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| **Mondays** | **Camera club** Monday’s 8.30pm-10pm The Phoenix Centre**North West Recovery Community** drop in St Marks Church Kinfauns Dv 11am-2pm for more information visit <https://www.facebook.com/NWRCGlasgow/>**Ladies Cycling Group** - meet at 6.15 for 6.30pm - must already be cycling. Relaxed pace and enjoyable company, come alone or come with a friend. All ladies welcome. £2/person - Please book online [www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk/)**Family Night Men Matter Scotland** 5.30-7.30 All families welcome at the HUB 20 Drumchapel Rd G15**3D Drumchapel 7-9.30pm Mum’s Night** meets every two weeks, first meeting 20th November St Andrew’s Church 153 Garscadden Rd Beside 10 0’Clock shop**Mind the Men** are a suicide prevention peer to peer, support group, where men can meet in a safe place, talk openly, be listened to and feel supported. Group meets each Monday 7pm to 9pm West of Scotland Cricket Club 40-44 Peel Street Partick Glasgow for more info <https://www.facebook.com/mindthemen/> |
| **Tuesdays****Tuesdays** | **Drum Hub the Church** on the hill 11am-3pm for more info 07510983206**3D Drumchapel Baby Beats**: A new, fun-filled drop-in session with music and wiggles for parents/carers with babies up to 1 year old. Starts 21st January 10-11am for more info 0141 944 5740 or via email at info@3ddrumchapel.org.uk. Alternatively, Facebook www.facebook.com/3ddrumchapel **Elderly Lunch Club** The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004**Zumba** 2-3pm CHSS Community Hub Drumchapel Shopping Centre**Healthy Walk** leaving CHSS Community Hub 1pm, check weather conditions may affect if the group is on**Duke of Edinburgh Open Award Group** 5:00 to 7:00Drumchapel LibraryFor young people aged 14 – 24 (up to 25th. Birthday)New enquiries welcome. Drop in and chat to the team or email Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Glasgow Life Blairdardie Youth Group** 12 – 18’s at Drumchapel High School7:00 – 9:00 pm Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Men Matter Scotland Walking Group** , meet Drumchapel Park Tennis Court 5.40pm for more info <https://www.facebook.com/MenMatterScotland/> |
| **Wednesdays****Wednesdays** | **3D Drumchapel 10am-11.30am SPACE peer support**: Parents’ group for parents/carers of children with additional support needs. Meets monthly, 29th Jan, 26th Feb, 25th Mar, crèche provided **3D Drumchapel 10am-11.30am Triple P Peer support: Parent’s group** open to anyone who is doing, or has done, the Triple P programme. Meets monthly, 22nd Jan, 19th Feb, 18th Mar **Weekly drop in, community tea** 1.30-3.30pm for all parents and Carers of St Clare’s Children find out what is happening in your community, have a cuppa tea**3D Drumchapel 1pm-2.30pm Baby Club**: Drop-in session offering a baby weighing clinic, advice and support to parents and carers. Delivered by NHS Staff. Runs throughout the year **3D Drumchapel 1pm-2.30pm Baby & Me** (Pre-Birth – 1 year): Drop- in play and activity session for new and expectant parents/carers and babies, with refreshments provided. **Green Gym** 11am – 2pm Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004 **Daytime Cycling** - 10am if you are just learning or looking for a very easy session (whether you are older or dealing with health conditions, all welcome), come along at 11am for a relaxed and slightly longer bike ride. They will stop for refreshments. £2/person for more information [www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk/)**Glasgow Life Play at Drumchapel for 5 – 11’s** currently attending primary school Drumchapel Community Centre 4.00 – 6.00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Jan BIKE FIT** - 5.45pm - Outdoor fitness with bikes! Building strength, mobility, getting active! £3/person - Please book online [www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk/)**G15 Youth Project** The Club 6pm-8pm [www.facebook.com/g15youth/](http://www.facebook.com/g15youth/)**Men Matter Scotland games night** 5pm-7pm : Pool, Darts, Xbox, PlayStation, table tennis and more The Hub @20 Drumchapel Rd**3D Drumchapel 6.30-7.30pm Dads Night**: A chilled-out social night for dads, stepdads & male carers. Starts 22nd Jan, meets fortnightly in St Andrews Church (153 Garscadden Road, next to 10 o’clock shop) |
| **Thursdays** | **New table tennis sessions** on Thursday from 1.30pm - 2.30pm at Drumchapel Sports Centre Drumry Rd East. Meet new friends while having fun and being active! Starts 16th Jan, first week free then £1.50**3D Drumchapel 12.30-2.30pm Family Lunch** (pre-birth – 1 year): For new and expectant parents to come along with family & children for a tasty free lunch and a catch up. **Drumchapel Life sewing group** 10am-noon The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004**Elderly Lunch Club** The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004**Weekly cycling Group** - adults only (14 years plus) for a longer ride - must already be a confident cyclist - we stop for a wee break and usually are cycling for 16+ miles for more information [www.drumchapelcyclehub.org.uk](http://www.drumchapelcyclehub.org.uk/)**3D Drumchapel 3.30-4.30pm Blokes and Bairns**

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| Games, crafts and lots of fun activities, especially for dads/male carers & kids. **Men Matter Thursday Football at Goals** 6pm-7pm for more info visit <https://www.facebook.com/MenMatterScotland/> **Glasgow Life Blairdardie Youth Group** 12 – 18’s at Drumchapel High School 7:00 – 9:00 pm Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Drum Hub the Church** on the hill 11am-3pm for more info 07510983206 |

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| **Fridays** | **Jobs & Business Glasgow** will be in the CHSS Community Hub Coffee Corner from 10- 12 Angie & Ruth are looking forward to meeting everyone**Glasgow Life Bookbug** session at Drumchapel Library 10:30 to 11:00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Breastfeeding Buddies Support Group** at Drumchapel Library 11:00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk**Women Matter Chat Group** St Marks Church 12-2.30. |
| Saturdays | **Mind and Draw in partnership with CHSS and COPE Scotland offer creative workshops** a chance to have fun, connect with others and be creative workshop 1.30-3.30pm at CHSS Drumchapel Shopping Centre. |
| Sundays | **Men Matter Talking Group** 20 Drumchapel Rd G15 2.30pm |

**Thursday 27th February**

**Momentum Occupational Therapy information workshop**

10.30am-11.30am Unit 5, 3 Dalsetter Crescent, Garscadden House, Drumchapel G15 Come along and find out what their occupational therapist can offer the people of Drumchapel including:

* Management of panic attacks
* Thinking styles
* Stress management
* Management of sleep
* Confidence and self esteem
* Anxiety management

For more info phone 0141 944 4713

**Friday 28th February**

**Menopause café 10am-11am CHSS Community Hub Drumchapel Shopping centre**

At a Menopause Café people, often strangers, gather to eat cake, drink tea and discuss menopause

Followed by

**General blether and a cuppa** 11am-noon around making Friday’s feel good days

All welcome

**Monday 2nd March 2020**

**FREE hearing checks** available! 10.00-12.00 Drumchapel CHSS Community Hub – Coffee Corner, 16 Dunkenny Sq, Drumchapel Shopping Centre. G15 8NB

**Thursday 5th March**

**Drumhub pamper day** as part of celebrations for International Women’s day, includes workshop by COPE Scotland from 11.30am-12.30pm around how to be kinder to ourselves as well as others, for more information on the day contact Drumhub phone 07510983206

**Fri 6th March Spring Cleaning the mind** (check nearer the time in case weather means needs to be cancelled due to snow)

10am—11.30am COPE Scotland Garscadden House In partnership with Anne’s Yoga Heart mental health detox workshop places limited please book through Kathleen 0141 944 5490 Venue remains at Garscadden for now Maximum 14 places

**Saturday 21st March**

**Drumchapel parents’ hub**

Come along for a chat, chill and a cuppa with our friendly staff and families. Bring the kids and have some hot toast, tea n coffee to take the winter chill off! Arts and crafts will keep the children entertained and having fun while parents have some "me time". Hilda from COPE Scotland will also be there if anyone wants a wee blether about anything that is on their mind. St Marks Church Kinfauns Dv 11am-1pm

**23rd to 29th March LGBT health awareness week**

This is a useful website for LGBT health [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk/) more information in the next ‘what’s on’ regards local activities

Things can change so if in doubt please contact organisers, the aim of this wee info sheet is to raise awareness of just some of the things happening in and around Drumchapel Check out [www.facebook.com/theLOOPDrumchapel/](http://www.facebook.com/theLOOPDrumchapel/) for events and things happening in Drumchapel

**Other useful information and events**

**Action for Happiness**

This is a useful website to visit which tells you more about action for happiness. [www.actionforhappiness.org/](http://www.actionforhappiness.org/) COPE Scotland is in the process of co designing a local ‘Happiness Campaign’ including launching local ‘Happy Café’ events as well as new ways of enabling people regain their smile. We all can benefit from finding ways to be happier, for more information email hilda@cope-scotland.org

**Brothers in arms App**

Men’s charity in Scotland offering an App which can support men’s mental health, for more information on this and the charity <https://www.brothersinarmsscotland.co.uk/> where you can download the APP for free

**Citizen advice Scotland**

Citizens Advice Scotland is now running a dedicated online scams web-chat service. It gives specialist one-on-one help to people who are worried they’re being scammed, and those who have already lost money.

[www.cas.org.uk/spotlight/scams-action](http://www.cas.org.uk/spotlight/scams-action)

**Eating disorders and peer support**

Website: [www.anorexiabulimiacare.org.uk/](http://www.anorexiabulimiacare.org.uk/) helpline 03000 11 12 13, option one is the support line option 2 is for family and friends concerned about someone

**EU Citizens**

As of 31 January 2020, the United Kingdom ceased to be a member of the European Union. If you hold nationality from a country within the EU, you have until 30 June 2021 to apply for pre-settled or settled status. It is FREE to apply, and you can do this now using the link below:

<https://www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status?step-by-step-nav=0c79b832-75de-4854-8154-d62774a8dfb8>

Glasgow City Council is offering a settlement service to support people with their application: <https://www.glasgow.gov.uk/article/24653/European-Settlement-Service>

If you are granted pre-settled status, be aware settled status is not awarded automatically and you must reapply once you meet the criteria for settled status.

**You need to apply even if you:**

* were born in the UK but are not a British citizen - you can [check if you’re a British citizen](https://www.gov.uk/check-british-citizenship) if you’re not sure
* [have a UK ‘permanent residence document’](https://www.gov.uk/settled-status-eu-citizens-families/if-you-have-permanent-residence-or-indefinite-leave-to-remain)
* are a family member of an EU, EEA or Swiss citizen who does not need to apply - including if they’re from Ireland
* are an EU, EEA or Swiss citizen with a British citizen family member

More information:

<https://www.gov.uk/settled-status-eu-citizens-families/eligibility>

### **Families Outside Peer support group (supporting families affected by imprisonment)**

### Text FAMOUT 60777 or Freephone 0800 254 0088

**FREE training for community members and volunteers**

Wellness activists training………. Effective listening skills and boundaries

Leadership skills training…………What do we mean by leadership?

Applied Suicide Intervention skills training…………2 day training course in partnership with DrumHUB

The SafeTALK workshop planned for March is now full, if you would be interested in attending a half day suicide awareness workshop please contact Hilda and we can keep you informed if future dates are planned

Contact hilda@cope-scotland.org for more information

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**Glasgow Food Growing strategy**

Glasgow has a vision is that Glasgow citizens wishing to grow their own fruit and vegetables will have access to a range of community growing opportunities in their area, the following link takes you to a survey to have your say on this idea[www.glasgow.gov.uk/foodgrowing](http://www.glasgow.gov.uk/foodgrowing) This links really well to Grow Drumchapel so please share your thoughts by taking the survey, it doesn’t take long to complete

**Jobs and Business Glasgow**

Interested in becoming a Trainee Environmental Operative who improves Glasgow neighbourhoods with grass cutting, hedge trimming and other key responsibilities? No experience is necessary as full training is provided. Following a short training course, a guaranteed interview is offered to access a 26-week, fixed term, paid contract with holiday entitlement. \***This is open to unemployed, Glasgow residents only**.\* Call JBG free on 0300 123 2898 or if you’re already registered with JBG, speak directly with your Adviser.

**Making a difference for the planet**

If you are interested in collective action around the 16 sustainable development goals specifically around impact on health and inequalities drop Hilda an email hilda@cope-scotland.org as she is currently exploring with partners and the community an Earth and Health forum

**Men Matter Scotland**

Following official opening of new hub at 20 Drumchapel Rd also released video well worth watching <https://vimeo.com/392954316/ffdfec2246> For more information on Men Matter Scotland visit <https://www.facebook.com/MenMatterScotland/>

**Scottish Illegal Money Lending Unit**

Report a Loan Shark Call: 0800 074 087824 hours

Advice Direct Scotland Call 0808 164 6000 Mon – Fri 9am – 5pm

**Specialist language support from women who are specially trained, trauma-informed and speak over 30 languages and dialects.**

For more information [www.access2safety.co.uk/](http://www.access2safety.co.uk/) Languages spoken include

Arabic; Amharic; Bajuni; Chichewa; Farsi; Flemish; French; German; Hakka; Hindi; Italian; Japanese; Krio; Kurdish Kurmanji; Kurdish Sorani; Luganda; Mandarin; Mandiknka; Norwegian; Pashto; Portuguese; Punjabi; Roma; Russian; Rutooro; Sariky; Sindhi; Swahili; Somali; Spanish; Tigrinya; Tumbuka; Turkish; Urdu; Vietnamese

This video gives you more information <https://vimeo.com/333369277>

**Strengthening Voices, Making Choices**

A service for young adults affected by an acquired Brain Injury or Neurological Condition

For more information or to make a referral, please contact a member of their team:T: 0141 550 4922 E: svmc@momentumscotland.org

**Veterans support**

We are really grateful to Voluntary Action South Lanarkshire who compiled a list of third sector organisations that provide support to veterans across the UK. We have included details about some of them here, the full list is available at <http://www.locator.org.uk/content/veterans-support-organisations> Apologies if details have changed

ABF The Soldiers Charity Scotland [www.soldierscharity.org](http://www.soldierscharity.org) Tel: 0131 310 5132 based at Edinburgh Castle

Army Families Federation [www.aff.org.uk](http://www.aff.org.uk)

Army Widows Association [www.armywidows.org.uk](http://www.armywidows.org.uk)

Blind Veterans UK [www.blindveterans.org.uk](http://www.blindveterans.org.uk) Hotline Tel: 0800 389 7979

BRAVEHOUND [www.bravehound.co.uk](http://www.bravehound.co.uk)

Project places dogs with veterans and provides training and support, training is also available for veterans who already own a dog.

British Limbless Ex-Service Mens Association - BLESMA (Limbless Vets) [www.blesma.org](http://www.blesma.org)

Citizens Advice Armed Services Advice Project [www.asapadvice.og.uk](http://www.asapadvice.og.uk) Tel: 0808 800 1007 (9-5 Mon-Fri)

Glasgow Helping Hero’s [www.ssafa.org.uk/get-help](http://www.ssafa.org.uk/get-help)

Erskine [www.erskine.org.uk](http://www.erskine.org.uk)

Gurkha Welfare Advice Centre [www.gwt.org.uk](http://www.gwt.org.uk)

Forces Online [www.forcesonline.org.uk](http://www.forcesonline.org.uk)

Help for Heroes [www.helpforheroes.org.uk](http://www.helpforheroes.org.uk)

Help 4 Homeless Veterans [www.help4homelessveterans.org.uk](http://www.help4homelessveterans.org.uk)

Legion Scotland [www.legionscotland.org.uk](http://www.legionscotland.org.uk)

National Gulf Veterans and Families Association [www.ngvfa.org.uk](http://www.ngvfa.org.uk)

Poppy Scotland [www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

PTSD Resolution [www.ptsdresolution.org](http://www.ptsdresolution.org) Tel: 0300 302 0551 (9-5 Mon-Fri)

Provides free counselling for former armed forces, reservists and families therapists nationwide

RAF Association [www.rafa.or.uk](http://www.rafa.or.uk) Tel: 0800 018 2361

RAF Benevolent Fund [www.rafbf.org](http://www.rafbf.org) Tel: 0300 102 1919

Remembering Scotland at War [www.rememberingscotland@war.org.uk](http://www.rememberingscotland@war.org.uk)

Online museum with Social Networking

Royal Navy and Royal Marines Association [www.rnrmwidowsassociation.org](http://www.rnrmwidowsassociation.org)

Royal Navy and Royal Marine Charity

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

Royal Navy Benevolent Trust (RNBT) [www.rnbt.org.uk](http://www.rnbt.org.uk)

SSAFA [www.ssafa.org.uk/glasgow](http://www.ssafa.org.uk/glasgow). Helpline 0800 731 4880

Scottish War Blinded [www.royalblind.org/scottish-war-blinded](http://www.royalblind.org/scottish-war-blinded)

The Felix Fund [www.felixfund.org.uk](http://www.felixfund.org.uk)

The aim of Felix Fund is to provide welfare support and financial assistance to these trades within the British military and their families, particularly following their experiences in Iraq and Afghanistan

The not Forgotten Association [www.nfassociation.org](http://www.nfassociation.org)

The Thistle Foundation [www.thistle.org.uk](http://www.thistle.org.uk)

The Veterans Charity [www.veteranscharity.org.uk](http://www.veteranscharity.org.uk)

The Veterans Foundation [www.veteransfoundation.org.uk](http://www.veteransfoundation.org.uk)

Veterans with Dogs [www.veteranswithdogs.org.uk](http://www.veteranswithdogs.org.uk)

Women’s Royal Naval Service Benevolent Trust [www.wrnsbt.org.uk](http://www.wrnsbt.org.uk)

War Widows Association of Great Britian (WWA) [www.warwidowsassociation.org.uk](http://www.warwidowsassociation.org.uk)

**Victim Support**

New website <https://victimsupport.scot/>

**Other useful Phone Numbers**

Alcoholics anonymous T: 0800 9177 650

SOBS (Bereaved by Suicide) T: 0300 111 5065

Breathing Space T: 0800 83 85 87

Blue Cross for Pets (Support following the death of a pet) T: 0800 096 6606

Campaign Against Living Miserably CALM (Men) T: 0800 585858 5pm-midnight

Childline T: 0800 1111

[Child Bereavement UK](http://www.cope-scotland.org/www.childbereavementuk.org)T: 0141 352 9995

Domestic abuse and forced Marriage Helpline: 0800 027 1234

Families affected by Murder and Suicide (FAMS) T: 07736 326 062

Gamblers Anonymous Scotland T: 0370 050 8881

Gambling Helpline: 0808 8020 133

Hopeline UK (people under 35) T: 0800 068 41 41

LGBT Helpline T: 0300 123 2523

[LGBT Youth Text:](http://www.cope-scotland.org/www.lgbtyouth.org.uk) 07786 202 370

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

NAT: 0300 999 1212

NHS 24 T: 111

One parent Families Scotland Helpline: 0808 801 0323

[Over Eaters Anonymous](http://www.cope-scotland.org/www.oagb.org.uk)

Parent line T: 08000 28 22 33

The Samaritans Free Phone Tel: 116 123

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

Shelter T: 0808 800 4444

Shout (an affiliate of crisis text line) Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.

The Spark Relationship Counselling and Support T:0808 802 0050

Universal Credit Helpline: 0808 169 9901

Victim Support T: 0345 603 9213