

'WHIT'S HAPPENING!'

COPE SCOTLAND 30 YEARS OLD : 1ST APRIL 2021!

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

Produced by COPE Scotland www.cope-scotland.org @COPEScotland

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

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

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If you notice any errors or omissions please email admin@cope-scotland.org and we shall change in the next edition thank you

How to rotate a page in this booklet

It's easy to rotate an individual page in a PDF using Acrobat online services. Upload a file. Then select the single page you want to rotate and click the rotate clockwise or rotate anticlockwise icon. You can also select multiple pages to rotate them at the same time if desired.

Information on the Coronavirus and where to find latest updates

Guide to Services

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



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

If you're not sure where to go or who to see visit: 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
#WeAreScotland





Information on being tested for COVID19

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

www.nhsinform.scot/campaigns/test-and-protect

www.gov.scot/publications/coronavirus-covid-19-getting-tested

www.gov.scot/publications/coronavirus-covid-19-getting-tested/pages/arrange-a-test/

Up to date information about COVID19 Scotland

Social distancing and measures to control the COVID19 pandemic are still in place and can vary in different parts of the UK and even Scotland itself. For updates in Scotland please follow reputable news including the daily COVID19 Scottish Government update on radio and television or visit: www.gov.scot/coronavirus-covid-19/

Protect Scotland

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

We need to follow the rules a while longer, please.

It is more important than ever we follow the rules to get COVID-19 back under control. Please if you are invited to attend for a vaccine, unless there are medical reasons you cannot take it and if you have doubts, do speak to your medical team, please do go along, and take the vaccine as this is something which can help us begin to return to some kind of normality. Please follow the rules, especially when in lockdown and when we begin to ease out of lockdown. If you need extra support to do so, there is help available. The national COVID-19 helpline - **0800 111 4000** will put you in contact with your local authority who will help link you to supports, they are out there, you are not alone.

For information on the COVID Vaccine Programme in Scotland

www.gov.scot/collections/coronavirus-covid-19-vaccination/

COVID-19 Vaccination Appointment – Annotated 1st dose invitation

Your COVID-19 vaccination appointment.

Appointment number: [Appointment number]

Address 2
Address 3
Postcode

Dear [Patient name]

You are now being offered the vaccine that will help to protect you from COVID-19. If you do get COVID-19, the vaccine reduces your chances of developing serious or life-threatening symptoms.

Please read the enclosed leaflet before your appointment.

Your appointment details for your first dose of the COVID-19 vaccine
[Date] [Time]
[Venue]

Additional information:

If this appointment suits you, you do not need to confirm, simply turn up. Please make every effort to attend. **Getting your COVID-19 vaccine is an essential reason for leaving your home.**

If you are **shielding or housebound** and unable to attend your appointment please call **0800 030 8013** for advice.

If you are **pregnant** you should discuss the risks and benefits of vaccination with your midwife or obstetrician before attending your vaccination appointment.

Your **vaccination clinic** may be further away from your home than you were expecting. NHS Scotland are using larger vaccination clinics to help vaccinate as many people as possible.

Please ensure you travel safely, following current government guidelines. If you are invited to a drive-through location and do not have a car, please rearrange your appointment. Drive-through clinics are not safe for pedestrians, you must attend in a vehicle.

Public transport information is available at www.travelinescotland.com or call **0141 405 1876**.

Rearranging your appointment
If you are unable to attend your appointment you can rearrange online at www.nhsinform.scot/covid19/vaccineappointments

You will need your unique username (found below), postcode, date of birth and email address.

Your unique username: [username]
Or call the COVID-19 Vaccination Helpline on **0800 030 8013** to rearrange.

If you are showing symptoms of COVID-19 or been told to self-isolate you should rearrange your appointment. If you've recently tested positive for COVID-19, rearrange your appointment for at least four weeks after the date you tested positive.

On the day of your appointment

- Please arrive as close to your appointment time as possible and bring this letter.
- Please wear a face covering while travelling to and from and during your appointment. If you are exempt from wearing a face covering, please let a member of staff know when you arrive at the clinic.
- Please remember to wash or sanitise your hands regularly.
- You may bring a carer, a sighted guide/translator or a guide/hearing dog to your appointment, if required.

The COVID-19 vaccine will be given in two doses. It is important to get both doses to protect yourself against COVID-19. You do not need to do anything to arrange your second dose. NHS Scotland will contact you with your appointment details.

Yours faithfully
[Insert local information]

To receive the enclosed leaflet in an alternative language or format (such as easy read or large print), please email phs.covidpublication@nhs.scot

Scan me for other formats and languages
www.nhsinform.scot/covid19/vaccineleaflets

Získaný, aby získal přístup do jiných formátů i jazykůw
掃描以獲得其它格式和语言版本
امسجني للحصول على تنسيقات ولغات بديلة
تملي هيلن اور بيلين کے لیے گھم دیجی کریں
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Your information
The protection and security of your data is very important to us. For further information about how the NHS handles your personal data visit www.nhsinform.scot/covid19/vaccineadata or call **0800 030 8013** (available 8am-4pm, 7 days a week).

COVID-19 Vaccination Appointment – Annotated 2nd dose invitation

Your COVID-19 vaccination appointment.

Appointment number: [Appointment number]

Address 2
Address 3
Postcode

Dear [Patient name]

You are now being offered the second dose of the COVID-19 vaccine. The second dose completes the course and is likely to be important for longer-term protection.

Your appointment details for your second dose of the COVID-19 vaccine
[Date] [Time]
[Venue]

Additional information:

If this appointment suits you, you do not need to confirm, simply turn up. **Getting your COVID-19 vaccine is an essential reason for leaving your home.** Please make every effort to attend.

Your **vaccination clinic** may be further away from your home than you were expecting. NHS Scotland are using larger vaccination clinics to help vaccinate as many people as possible.

Please ensure you travel safely, following current government guidelines. If you are invited to a drive-through location and do not have a car, please rearrange your appointment. Drive-through clinics are not safe for pedestrians, you must attend in a vehicle.

Public transport information is available at www.travelinescotland.com or call **0141 405 1876**.

If you are **shielding or housebound** and unable to attend your appointment please call **0800 030 8013** for advice.

For up-to-date advice on COVID-19 vaccines during pregnancy and breastfeeding, visit www.nhsinform.scot/covid19/vaccinepregnancy or call the COVID-19 Vaccination Helpline on **0800 030 8013**.

On the day of your appointment

- Please arrive as close to your appointment time as possible and bring this letter.

Please wear a face covering while travelling to and from and during your appointment. If you are exempt from wearing a face covering, please let a member of staff know when you arrive at the clinic.

Please remember to wash or sanitise your hands regularly.

Rearranging your appointment
If you are unable to attend your appointment you can rearrange online at www.nhsinform.scot/covid19/vaccineappointments

You will need your unique username (found below), postcode, date of birth and email address.

Your unique username: [username]
If you have already registered you can view and rearrange your appointments using your unique username and the password you created when registering for the first time.
Or call the COVID-19 Vaccination Helpline on **0800 030 8013** to rearrange.

If you are showing symptoms of COVID-19 or been told to self-isolate you should rearrange your appointment. If you've recently tested positive for COVID-19, rearrange your appointment for at least four weeks after the date you tested positive.

It is important to get both doses of the COVID-19 vaccine to protect yourself against COVID-19. After you've had your vaccine, it's important that you continue to follow the latest government advice.

Yours faithfully
[Insert local information]

Scan me for other formats and languages
www.nhsinform.scot/covid19/vaccineleaflets

Získaný, aby získal přístup do jiných formátů i jazykůw
掃描以獲得其它格式和语言版本
امسجني للحصول على تنسيقات ولغات بديلة
تملي هيلن اور بيلين کے لیے گھم دیجی کریں
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Your information
The protection and security of your data is very important to us. For further information about how the NHS handles your personal data visit www.nhsinform.scot/covid19/vaccineadata or call **0800 030 8013** (available 8am-4pm, 7 days a week).

VHS 'Vaccine Inclusion – Reducing inequalities one Vaccine at a time'

Voluntary Health Scotland (VHS) has launched its briefing report 'Vaccine Inclusion – Reducing inequalities one Vaccine at a time' <https://vhscotland.org.uk/vhs-launch-report-vaccine-inclusion-reducing-inequalities-one-vaccine-at-a-time-2/>



The report seeks to explore the key barriers and enablers to accessing the COVID-19 vaccine and how the vaccine delivery model can be improved to reduce inequalities and provide holistic support to those who need it the most.



The Drumchapel Mental Health Consumer Enablement Project 30 years on!

It's hard to believe 30 years ago I first walked into the social work department in Drumchapel which was then in Kinfauns Drive to take up post with the Drumchapel Mental Health Consumer enablement project. (shortened to CEP then renamed later by the community as C.O.P.E. Caring Over People's Emotions) Then as we began to share our learning more widely became COPE Scotland and with our new website in development, well as my mum used to say 'The world is your oyster'. As we all have a state of mental wellbeing, and if what we have developed over the years is helpful to others, then we want to share it across Scotland and beyond.

Back in 1991 mental health wasn't really discussed, it was mental illness and probably going out and asking communities "how would you spend this money?" wasn't really the norm either. However, that's what we did, with local volunteers from the Drumming up Health Project we spoke to a lot of people and what emerged was:

- 1. The need to challenge stigma.**
- 2. To offer something within the community which didn't yet exist to support recovery and mental wellbeing.**

There is a whole story of what happened between then and now, hahaha! More a trilogy! However, the key thing was, we listened to the voices of lived experience and together we looked at how we could create what didn't yet exist.





30 years on, in Drumchapel, we now have:

- Community Links Practitioners, we were part of the initial work with the Deep end GP's looking at social prescribing with the Health and Social Care Alliance and local GP's.
- We were involved way back in the days of the Social Inclusion Partnerships ensuring mental health was on the agenda and becoming the local champions for the prevention of suicide. Recognised by the Evening Times Community Champions awards by being finalists for our work in suicide prevention. We are no longer needed to lead on this as many other local champions have emerged. We were also delighted to offer evidence which helped contribute to Glasgow City receiving the Suicide Safer Community Award by Living Works.
- We were part of the working group secured funding for the local healthy living centre which went on to become Drumchapel Life.
- We were active on the Drumchapel community safety forum bringing CCTV to Drumchapel to increase people's feelings of safety and security.
- We were part of the original primary care developments around mental health, which began as open doors and evolved into what are now the Primary Care Mental Health Teams.
- Many people and groups have attended suicide awareness workshops and are more comfortable and confident to offer a suicide first aid intervention. We were one of the first applied suicide first aid instructors in Scotland and the National launch for Scottish Mental health first aid (SMHFA) happened in our premises! We were also part of the pilot for mental health first aid which went onto become SMHFA.
- Where we used to offer craft café's, mood and music, informal spaces to meet and chat, pantomimes and more! There are now many local peer support groups, Chance to Change, Promising links, Drumhub, Women Matter Scotland, Men Matter Scotland. Walking groups, a cycling hub, yoga classes a new developing community garden and more.

- We would like to think we have been helpful in supporting colleagues in achieving their dreams and that people who once volunteered with us found the experience helpful for what they wanted to do next and that people who worked with us went onto further advances in their career and even starting their own businesses.
- GCHSCP now commission third sector services to offer counselling and stress management and while we ourselves don't receive this funding; we were never about growing an empire but an idea so we wouldn't be needed any more as the one-to-one services we offered co designed with the voices of lived experience became the norm.
- Some of the peer support groups are including counselling provision in their service menu, as well as training for volunteers and members on mental health awareness.
- There are more third sector services offering direct mental health interventions, there are very few services now which don't have some element of mental wellbeing in their provision.
- We have created many tools and tips for supporting self-management led by the voices of lived experience and we share and care not only about what we are doing, but about what others are doing which helps increase kindness in the world and reduce suffering.
- We have supported others to secure funding to take forward their ideas including work with primary care around the Jigsaw project, connecting the pieces to wellbeing.
- We have always sought new ways to share information. This is something which we continue to explore as effective communication strategies are complex to introduce and involve the cooperation and connection of many diverse stakeholders.
- We have been invited to speak at many events locally, city wide and nationally on what we have learned since we began and were finalists in the Health and Social Care Alliance Self-management champions of the year awards for our work in promoting self-management.
- We were one of the founding Cohort of the Q Community. A connected community working together to improve health and care quality across the UK and Ireland.
- We have featured in many case studies including Iriss, Evaluation support Scotland, RCN Scotland.
- We were delighted to be involved in the Compassionate Communities Active Learning Programme with the International Centre for Integrated Care and the Health and Social Care Alliance, as this fits so well with our ethos of caring and compassion.



Our original objectives in 1991 were:

To be a community led initiative to empower service users to shape the services they want to see, where they want to see them.

Locally communities have initiatives of their own which they are developing, becoming SCIOs and designing their own service responses. There is a place where we contributed to this, however, people and communities are now doing that for themselves.

To increase community led workshops.

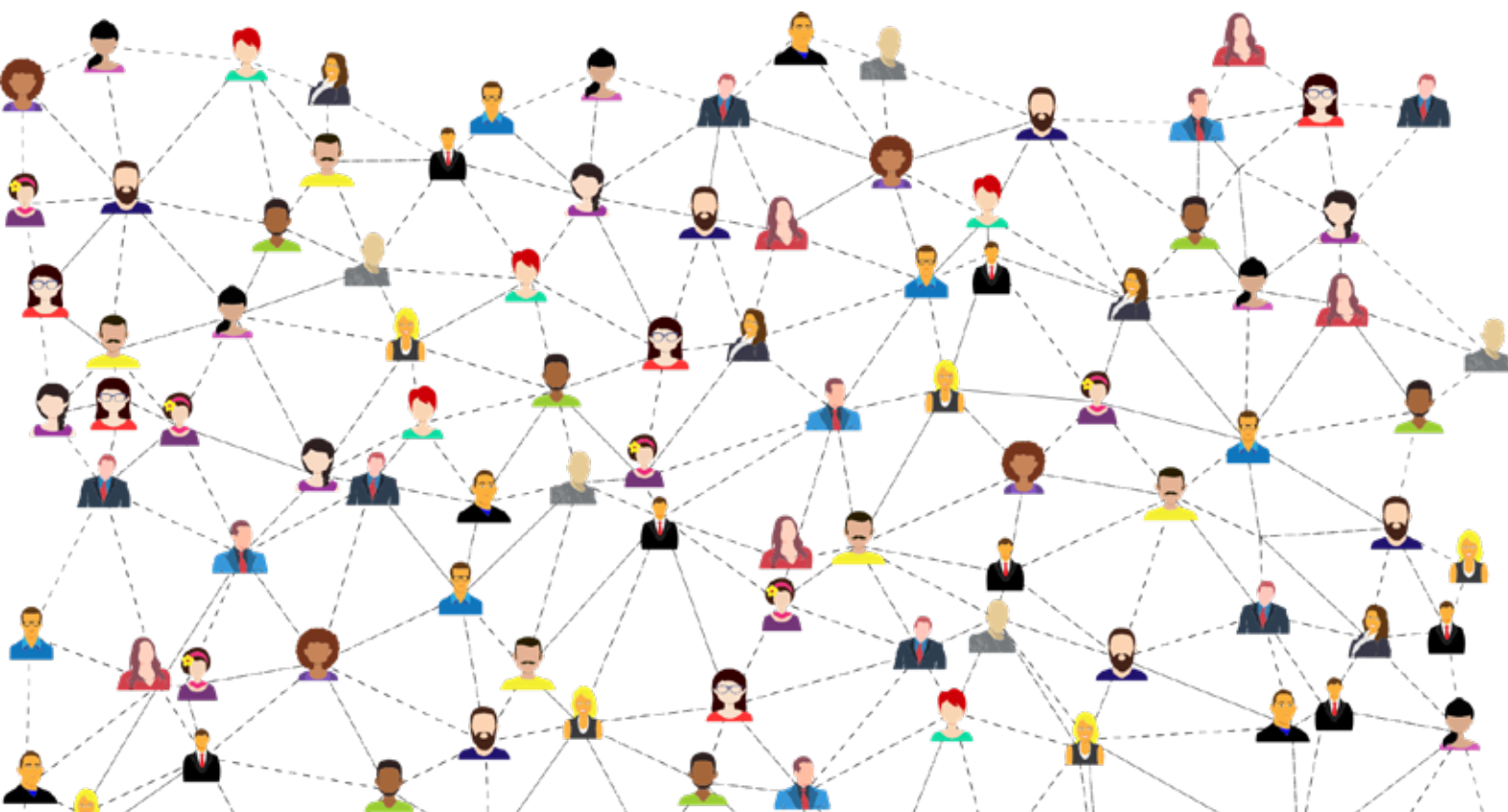
The community are now doing that for themselves; this is not something which we need to do anymore locally.

To reduce referrals to main statutory bodies e.g. health board and social work.

Since we began, the NHS locally have went through many transitions from local health care cooperatives to the current Health and Social Care partnership models, which commission services, from third sector organisations, for counselling, stress management, brief distress intervention. Also, with the rise in others providing mental health services many alternatives are there for people than in the past.

To ensure access to services and information.

While we have developed many tools over the years, their remains the issue that sometimes people either don't know what is happening, or it's information overload. This remains a work in progress.





What next?

One to one.

We recognise the one-to-one work which was core to what we did for so many years is now being offered by others. However, we recognise we can't stop what we have been doing overnight. So, over the next two years thanks to funding from GCC Community Fund, we plan to pull back from the one to one as others are now offering these services, but in a way which is gradual so does not leave people feeling confused about the changes.

COVID-19.

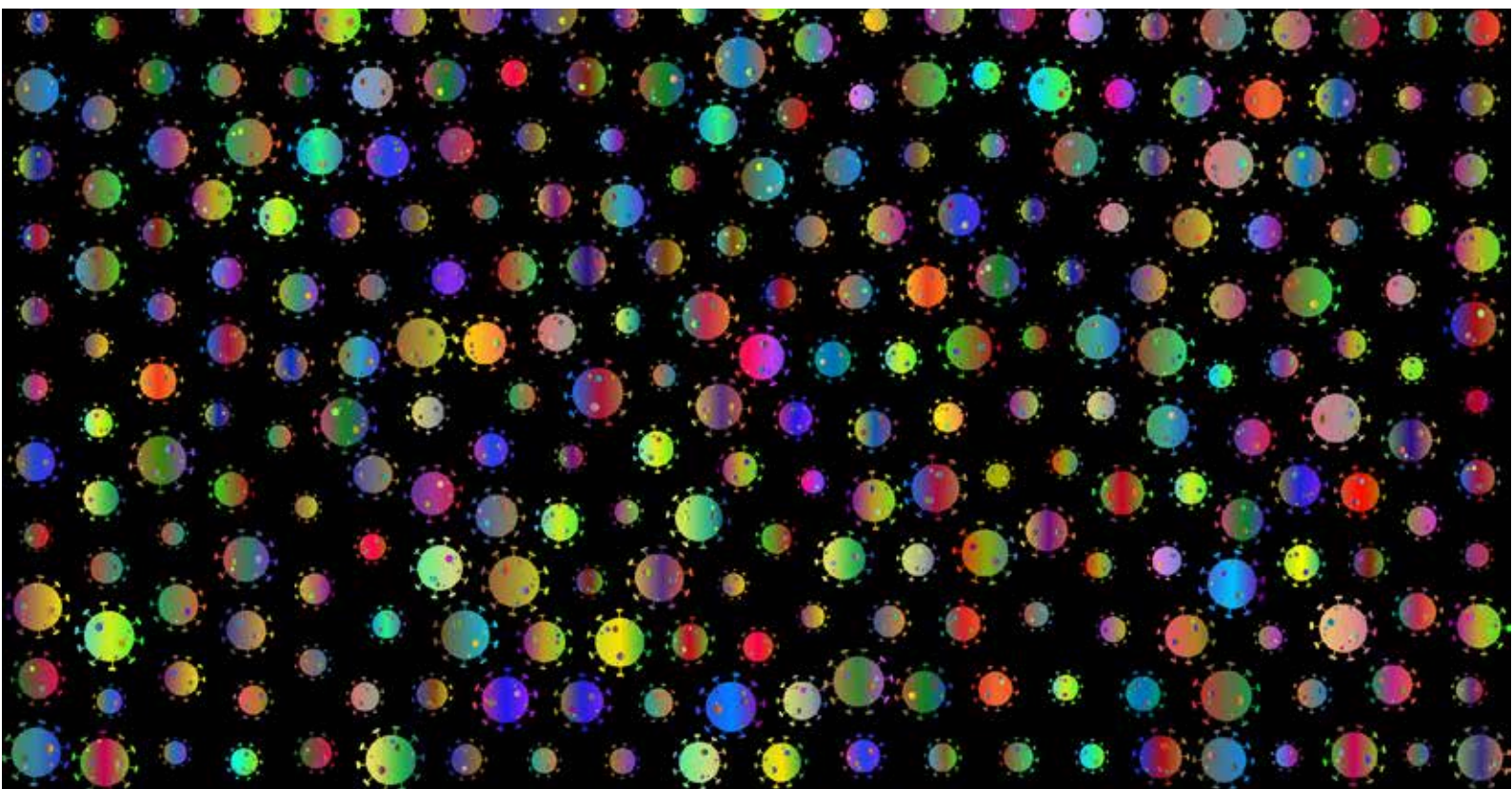
The impact of COVID_19 on mental health has been and may continue to be significant, while there is a need for direct one to one services, there is also a need for wider population based mental health programmes, similar to those for physical health.

When it comes to a proactive approach to physical health we have e.g.:

- Advice on diet, exercise, reducing salt, sugar, alcohol, cigarettes.....
- Screening for various health problems and routine check-ups which people can attend for dental health, optical health, physical health.....
- Laws which can help encourage healthier behaviours. Minimum pricing on alcohol, reducing levels of salt and sugar in food manufacturing, smoking bans and making purchase of cigarettes more of a challenge.
- Various places where we can go to look after our physical health e.g., gyms, outdoor gyms, cycle lanes, fitness instructors.
- Water at work and awareness of the importance of not being dehydrated e.g., urine charts in gyms.
- Policies in work e.g., walking meetings, changes to menus in staff canteens,
- We have access to work adaptations for people with physical health issues e.g., a specific chair, desk.
- By law we require first aiders when an organisation reaches a certain size, or we are organising an event.
- Offering hope in many conditions of recovery

We need a proactive approach to mental health also e.g.

- Promoting awareness and alerting people to risk factors to their mental health.
- Providing training and integrating mental and emotional wellbeing into other wellbeing promotion opportunities including policies in the workplace.
- Create new laws and policies where workplaces and communities have their mental wellbeing protected in the same way physical health is protected.
- Reduce stigma so everyone knows they have their own mind and take steps to look after it.
- There are mental wellbeing check- ups just as there are for physical health.
- Experiencing a mental distress/illness is normalised and recovery promoted.
- Have mental/emotional first aid champions and people know who they are, and they have a private space to talk if needs be.
- Small changes at home, in workplace, community which promotes mental health e.g., start a meeting with a 3minute relaxation. Encourage activities which connect people with nature.
- People pay as much attention to maintaining their mind as their body.
- Increasing our mental and emotional health literacy levels, recognising at times we will feel challenged and having strategies to cope.
- Being aware of interventions so if we do need more than self-management, or, lifestyle changes we know where to go and the support we think will be helpful.



Public health approach to mental wellbeing.

What we hear listening to people has led us to realise there is more still to be done, but in new ways. While not losing the work already done which has been essential, we are exploring how we can share experience and learning widely for others to adopt and adapt.

This charity grew out of caring about people. We recognise the current financial climate that services exist in and that funding will become more competitive. With the new services which are now around in West Glasgow we do not want to compete with them; our practice has always been to cooperate.

This year we will be launching our new website, which offers a variety of tools for people to use themselves or share with others. Our focus for the future is capacity building and resilience, for individuals, families, and communities.

There may come the day when COPE Scotland the charity itself is no more and that will be a sign, we have been successful.

*“The true **meaning of life** is to **plant trees**, under whose shade you do not expect to sit.”* —Nelson Henderson

It has never been about who gets the funding, or the credit for the work. It's always been about what difference can be made in people's lives and what legacy is left behind when you are gone. We are not gone yet may I add! Simply sharing our plans over the next two years as things change and we all change with them, as ever led by what we hear from the voices of lived experience. To symbolically plant the trees, we do not expect to sit under, we have taken out a grove with Trees for Life, which we hope over time may grow as the planet needs more trees.



Mental Health

The last word

No one is an island and the same holds for projects and organisations. Nothing we have achieved would have been possible without the support and belief of others, in particular we would like to thank:



- The Drumchapel Mental Health Action Group for securing the original Urban Aid Grant which enabled the project to come into being.
- The Social work staff in Drumchapel who offered us the support to get started practically.
- SAMH who offered us space to call our own.
- Kendoon Housing who increased the space we had available when SAMH moved out.
- The late and wonderful John Oliver who offered us 4,200 square feet of purpose-built premises, we are delighted to share is now occupied by Men Matter Scotland.
- JBG who offered us wonderful units when we left our premises at Drumchapel Rd.
- The Drumming up health volunteers who worked with us to conduct that first large community engagement exercise which helped begin the journey to who we are today.
- The many people over the years who have served on our committees, boards, strategic planning events as well as engaging with us when we have again went to the community and asked, what do you think?
- The people who have worked with us over the years or provided services. Including those creative individuals who designed and content managed our website and also to those whose design of the wellbeing materials we created brought them to life.
- Glasgow City Council for core funding us when the Urban aid programme ended, without that core funding, we would not have been able to secure other funds and become who we are now.
- Drumchapel Social Inclusion Partnership for having faith in Inclusion Now, a project which is now core to our work in helping tackle inequalities.
- Drumchapel Life for having faith in us to seed fund work around resilience and coping strategies.
- Scottish Government and the Health and Social Care Alliance for their faith in our work around exploring new ideas for self-management and peer support.

- QNIS (Queens Nursing Institute for Scotland) for their support of building kinder communities which continues as a programme thanks to the support of Drumcog in particular Cernach and Pineview Housing Associations.
- Local partners like the G15 youth project for helping us connect with young people and co design the young people’s wellbeing cards. Drumchapel Foodbank for helping us connect with people challenged significantly by inequality, Drumchapel United for helping us connect with people around their wellbeing programme and honouring us with putting our logo on the girls under 15’s away kit. CHSS for allowing us use of the community hub and so many more groups, thank you.
- Yoker resource centre who offered us space so we could offer a one-to-one service to the people living in and around Yoker for whom travel to Drumchapel maybe a barrier to support.
- 3D Drumchapel and Parent Network Scotland for helping us connect with parents.
- GCVS, VHS, NWVSN, the self-management network, Growchapel steering group and many more for helping us build our networks.
- This list could get very long, we cannot include everyone who has helped us get to where we are now and I am sorry if you are not listed here, do know, we do know who you are.
- The final gratitude must be to the experts by experience and communities who we serve who have led us to where we are now and continue to lead us in where we go next including what can be done to help raise awareness of gambling harms and reduce risk, where again we are working with some pretty amazing individuals and groups.

Without all of you, we would not exist. There is a proverb:

“If you want to go fast, go alone. If you want to go far, go together.”
African Proverb

30 years on, we would like to think, this hasn’t just been about us, but the road many of us have walked together to help take some suffering out of the world and put a little kindness back in.

Hilda Campbell



University of St Andrews Participants Needed



Are you aged 55 or over?

*

Do you smoke or have you smoked in the past?

*

**Researchers from University of St Andrews
would like your help**

In the future, people may be able to take a blood test to help detect lung cancer. They will be able to take this blood test at home. To help with this, an instruction video will be provided.

We would like to hear what you think this video should like look and are asking you to complete a short survey. Please click the link to be taken to the survey page for more information and to take part https://standrews.eu.qualtrics.com/jfe/form/SV_4SgHW82ZrG5Lpwa

For more information about how you can get involved, contact:

Lynsey Brown or Dr Mara van Beusekom
lrb21@st-andrews.ac.u

cobelt@st-andrews.ac.uk

mvb4@st-andrews.ac.uk
07472 503 336

Cobelt co design Study St Andrew's University

Following an early survey on lung cancer screening the project is looking to develop an instruction video to help people take the test at home. From the first phase it became clear people might struggle a bit with this, so they are hoping a video might help with that. They are keen to hear what people would prefer the video to look like and what they thought of past videos. It's a short online survey, which they would be really grateful if people took part in standrews.eu.qualtrics.com/jfe/form/SV_4SgHW82ZrG5Lpwa

Our Voice Our Rights Campaign

ENABLE Scotland are passionate about member led campaigning – amplifying the voices of people who have learning disabilities to make sure that they are heard, and empowering people to lead their own campaigns to protect and promote human rights.

Their members have decided to work with communities across learning disability and autism in Scotland and work in partnership with their friends at National Autistic Society Scotland and Scottish Autism to launch the 'Our Voice Our Rights' Campaign calling for a Commissioner for people with a learning disability and autistic people.

The 'Our Voice Our Rights' campaign aims to make human rights real for the 175,000 people with a learning disability, the 56,000 autistic people and their families in Scotland. A country where human rights are respected and upheld; everyone has equal access to the services and support they need throughout their lives; and where people with a learning disability and autistic people are active, respected citizens without barriers to fulfil their potential.

Many individuals and their families are exhausted from fighting tooth and nail to get the much needed support and status as equal citizens to which they are entitled. A fight that sadly, they often do not win, leaving people in crisis, and systems which do not change to support them better.

As the country prepares for the Scottish Parliamentary Elections in May 2021, the three charities are standing together with people who have a learning disability and autistic people to say 'enough is enough' and calling on all the major political parties in Scotland to commit to a Commissioner to ensure real change.

Campaign for positive change in the lead up to the Scottish Parliamentary Election in May 2021.
www.ourvoiceourrights.org

Services and Support

Autism

Scottish Autism

T: 01259 222 022

E: advice@scottishautism.org

www.scottishautism.org

Twitter: @scottishautism

Facebook: @scottishautism

Autism Tool Box

A free online resource developed to support the inclusion of autistic learners across a range of educational settings.

www.autismtoolbox.co.uk

Twitter: @ToolboxAutism

Differabled

DIFFERabled Scotland is a constituted charity supporting parents/families/carers of children, young people and adults with ASD/ADHD/ Dyslexia in Glasgow and East Dumbartonshire.

www.differabledscotland.co.uk/about

Email: differabledscotland@gmail.com

Twitter: @DifferabledScot

Facebook: @differabledscotland

Enable

www.enable.org.uk

Our Voice Our Rights Campaign

Campaign for positive change in the lead up to the Scottish Parliamentary Election in May 2021.

www.ourvoiceourrights.org

National Autistic Society Helpline

T: 0808 800 4104.

www.autism.org.uk.

Twitter: @Autism

Facebook: @NationalAutisticSociety

Sense Scotland

T: 0300 330 9292

W: www.sensescotland.org.uk/

Twitter: @SenseScotland

Facebook: @sensescotlandcharity



Carers

Advice and Information Carers Hub

www.rethink.org/advice-and-information/carers-hub/

Advice for Unpaid Carers

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
T: 0808 808 7777

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

Carers Voices Project

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/

Dementia UK

Dementia Helpline

T: 0800 888 6678

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

Glasgow Association for Mental Health

www.gamh.org.uk/carers-information-line

Mainstay Trust

Provide care services to the people of Glasgow

www.mainstaytrust.org.uk/

PAMIS

Support people with profound and multiple learning disabilities, PMLD - their families, carers and professionals

pamis.org.uk

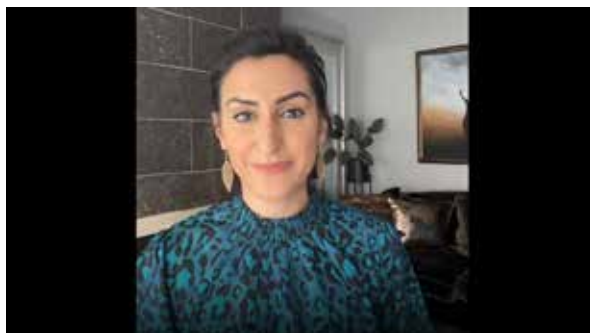
Take Break Scotland

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

COVID-19 vaccine social media posts

Unpaid carers in minority ethnic communities



If you provide vital face-to-face care to someone else, you can register for the COVID-19 vaccine now. NHS GP Dr Punam Krishan explains some of the things you might be doing for another person to be eligible [\[→\]](https://nhsinform.scot/carersregister) <https://nhsinform.scot/carersregister> or call 0800 030 8013.

If you provide vital face-to-face care for a family member, friend or neighbour, you may be eligible for the COVID-19 vaccine now. NHS GP Dr Punam Krishan explains more [\[→\]](https://nhsinform.scot/carersregister) <https://nhsinform.scot/carersregister> or call 0800 030 8013

If you provide vital face-to-face care to someone, getting the vaccine will reduce your risk of COVID-19 so that you can continue providing this care. NHS GP Dr Punam Krishan explains more [\[→\]](https://nhsinform.scot/carersregister) <https://nhsinform.scot/carersregister> or call 0800 030 8013

You can access all versions of the video in the [Unpaid Carers dropbox](#) and they are also available at the Youtube links below. Polish and Punjabi versions are to follow.

- [English version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)
- [Romanian Version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)
- [Cantonese Version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)
- [Arabic Version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)
- [Hindi Version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)
- [Urdu Version - Covid-19 Vaccine – Dr Krishan encourages unpaid carers to get vaccinated](#)

Thank you to MECOPP for partnering with us on the campaign and providing translated voiced over versions of the video. If you share the translated versions of the video on social media, please tag [@MECOPP1](#) or include the #MECOPP hashtag.

You can also tag Dr Krishan on Twitter at [@DrPunamKrishan](#).

COVID-19 Vaccination Unpaid Carers Campaign

Stakeholder and Partner Toolkit



Scotland, it's time to roll up our sleeves
#wearescotland



Introduction

People who provide vital face-to-face care and support for others who haven't already been given an appointment are now being invited to self-register for the COVID-19 vaccine.

There are an estimated 700,000 people in Scotland who care for a friend, family member or neighbour affected by a disability, physical or mental ill health, frailty or substance misuse.

Many don't see what they do as providing care, it's just what they do.

Please help us encourage them to self-register for the vaccine by:

- Sharing our content on your social media channels (follow Scottish Government channels across Facebook, Twitter and Instagram)
- Posting your own content on your social media channels
- Posting the news on your website or in newsletters

The campaign will run across radio, press and digital.

You will find everything you need in this [DROBOX](#) link including digital display banners, a campaign poster, social media assets, press ads and radio campaign.

Do you regularly care for family or friends who need extra support?



Key Messages

1. People who provide vital face-to-face care and support for others who haven't already been given an appointment are now being invited to self-register for the COVID-19 vaccine.
2. If you are aged 16 and over and provide face-to-face care for a friend, family member or neighbour it may be time for you to roll up your sleeve for the COVID-19 vaccination
3. That care could be due to old age, physical or mental illness, disability or for an addiction.
4. The type of care could be anything from the practicalities of domestic tasks such as regularly helping with the shopping, picking up prescriptions or preparing meals, to personal care such as helping them to wash and dress.
5. It could also be emotional support to someone such as a partner, friend or family member with a long-term health condition.
6. You can check if you are eligible for the vaccine as a carer by using the self-registration at <https://nhsinform.scot/carersregister> or by calling the Covid Vaccination Helpline on 0800 030 8013. If eligible, you can then self-register as a carer to get your vaccination.

**It's time
to roll up
your sleeve.**



Show Your Support on Social Media

Content Assets

A range of campaign images, GIFs and video content is available now and will be updated throughout the campaign here: [DROPBOX](#)



Are you one of
700,000
in Scotland's
caring community?



Do you provide
vital face-to-face
care to someone
due to frailty,
physical or mental
illness, disability
or addiction?



Do you provide
vital face-to-face
emotional care
and support to
someone with a
long-term health
condition?



Do you
regularly care
for family or
friends who
need extra
support?



Show Your Support on Social Media

Example Posts

If you are aged 16 or over and provide vital face-to-face care for someone you may be eligible for the COVID-19 vaccine now <https://nhsinform.scot/carersregister> or call 0800 030 8013

If you care for someone due to old age, physical or mental illness, disability or for an addiction you may be eligible for the COVID-19 vaccine now <https://nhsinform.scot/carersregister> or call 0800 030 8013

If you regularly help someone with shopping, preparing meals, washing and dressing you may be eligible for the COVID-19 vaccine now <https://nhsinform.scot/carersregister> or call 0800 030 8013

You can check if you are eligible for the vaccine as a carer by using the self-registration at <https://nhsinform.scot/carersregister> or by calling 0800 030 8013 to get your vaccination.



There's an estimated 700,000 people in Scotland who provide vital face-to-face care to someone, if that's you visit <https://nhsinform.scot/carersregister> or call 0800 030 8013

If you provide vital and regular face-to-face emotional support to someone with a long-term health condition you may be eligible for the COVID-19 vaccine now <https://nhsinform.scot/carersregister> or call 0800 030 8013

Editorial

Scotland’s estimated 700,000 people who care for others called forward for the COVID-19 vaccine
People aged 16 and over who provide vital face-to-face care and support for others and haven’t already been given an appointment are now being invited to self-register for the COVID-19 vaccine.

There are an estimated 700,000 people in Scotland who care for a friend, family member or neighbour affected by a disability, physical or mental ill health, frailty or a substance misuse.

The type of care they provide could be anything from the practicalities of domestic tasks such as regularly helping with the shopping, picking up prescriptions or preparing meals, to personal care such as helping them to wash and dress. It could also be emotional support to someone such as a partner, friend or family member with a long-term health condition.

Health Minister Jeane Freeman said:

“Scotland has very many people who provide vital face-to-face care and support for family and friends who don’t necessarily see themselves as unpaid carers, it’s just what they do. The care they provide is vitally important to all of us and in the national vaccination programme they are prioritised. By getting the vaccine those caring for others can protect themselves while they look after and protect others.”

You can check if you are eligible for the vaccine as a carer by using the self-registration at <https://nhsinform.scot/carersregister> or by calling 0800 030 8013 to get your vaccination.

For More Information About This Campaign

Please contact health@smarts.agency



Scotland, it's time to roll up our sleeves
#wearescotland



Charity Advice

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

Creative Approaches to Problem Solving

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

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

GCVS Glasgow Council for Voluntary Services

www.gcvs.org.uk

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

Glasgow Social Enterprise Network

www.gsen.org.uk

Impact Funding Partners

T: 01383 620 780

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

Just Enterprise

T: 0300 302 3333

justenterprise.org/events/event/charitable-trading/

Scottish Council Voluntary Organisations

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

Third Sector Lab Consultancy, training, and strategy to help charities get the most out of digital, useful resources:

- thirdsectorlab.co.uk/covid-19/
- www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater
- open.spotify.com/show/5x2s9GleJufexYgM5JZ20X



Recognising our rich tapestry

COPE Scotland was delighted to be a case study using “Recognising our rich tapestry: measuring the contribution of third sector organisations to tackling health inequalities” This is an excellent resource for the third sector to help share the impact we make helping tackle health inequalities. For more information, please visit:

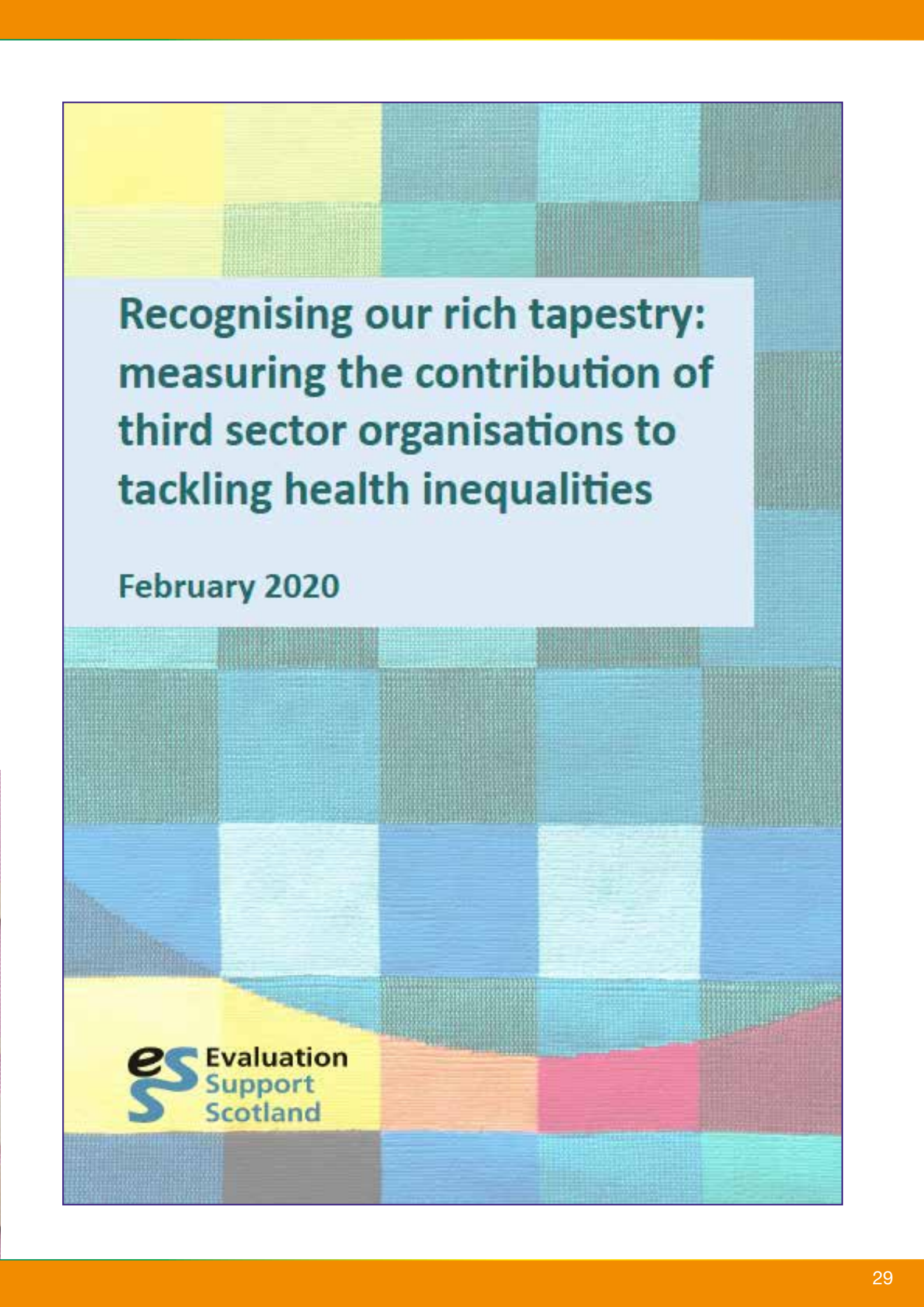
<https://evaluationsupportscotland.org.uk/what-we-do/thematic-programmes/demonstrating-impact-on-health-inequalities/>

We have also included our case study to show you an example of what this looks like in practice. We were also delighted to connect with colleagues at an event to discuss the toolkit, for materials from that event, please put this link in your browser <https://evaluationsupportscotland.org.uk/what-we-do/thematic-programmes/demonstrating-impact-on-health-inequalities/>

We especially want to thank Evaluation Support Scotland and Voluntary Health Scotland for their invitation to be a part of this. Having used the tool, this is now a resource we shall use time and again not only for reporting to stakeholders including funders, but for our own inhouse reflection. What this toolkit taught us was we have a plethora of data and evidence, sometimes lost in 40 page monitoring reports, this format offers key pieces of information gathered from a variety of sources which can be far more powerful than the 40 page thesis!

Recognising our rich tapestry: measuring the contribution of third sector organisations to tackling health inequalities. This resource is for third sector organisations and those who fund or commission third sector organisations seeking to understand how the sector contributes to tackling health inequalities.





Recognising our rich tapestry: measuring the contribution of third sector organisations to tackling health inequalities

February 2020

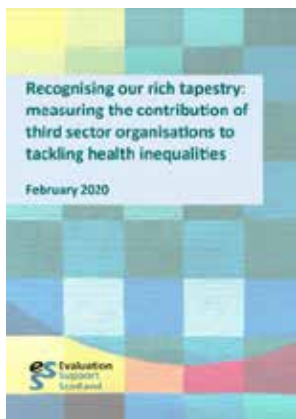
COPE Scotland case study

This is one of a series of case studies showing the kind of **evidence** organisations collect to **prove** their contribution to tackling health inequalities.

COPE Scotland have used "**Recognising our rich tapestry: measuring the contribution of third sector organisations to tackling health inequalities**" to **explain** and **prove** how their self-management support service contributes to tackling health inequalities.

Health inequalities are the unfair differences in people's health which lead to differences in life expectancy between the most and least disadvantaged people in Scotland.

Introduction



Evaluation Support Scotland (ESS) developed **Recognising our Rich Tapestry** in collaboration with third sector organisations, sector intermediaries and commissioners. This work was funded by Public Health Scotland.

The resource intends to help:

- third sector organisations explain to funders and partners how their work contributes to impacting on inequalities
- funders and commissioners better understand better the third sector's contribution to health inequalities

Section 1 includes a logic model which **explains** how COPE Scotland's work links to tackling health inequalities.

Section 2 sets out evidence to **prove** this.

About COPE Scotland

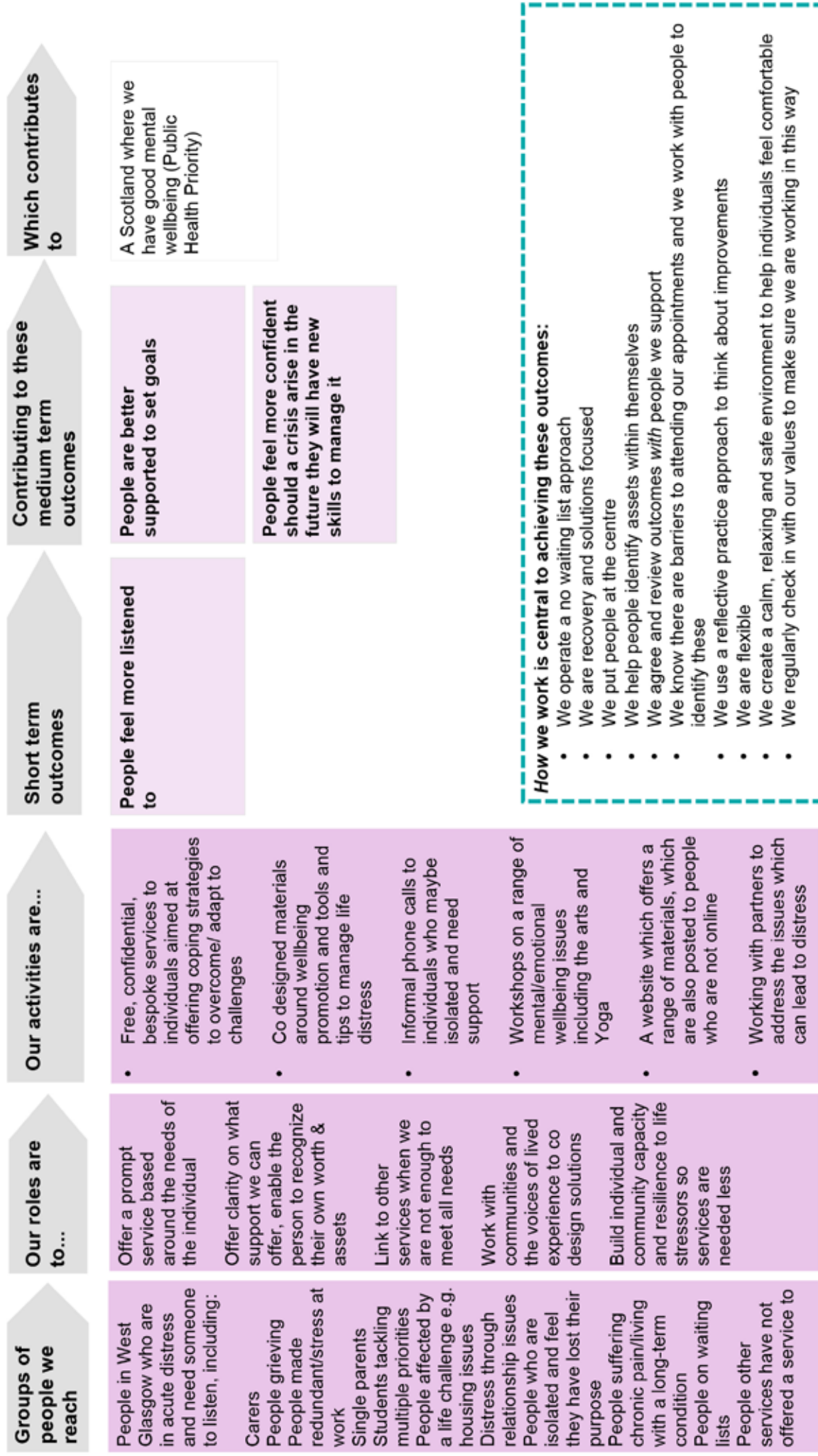
COPE Scotland offers direct one-to-one self-management support to adults living in West Glasgow experiencing mental and emotional distress. People can self-refer or be referred by another agency. COPE Scotland provides the following support:

- Phone and online support using a variety of tools to support people to manage their distress (adapted from face to face due to the COVID-19 crisis)
- Online learning opportunities provided on Zoom videoconferencing
- Hard copies of materials or workbooks mailed to those not online
- Website which people can access for information and wellbeing materials

On average, between 70 to 120 people a month seek one to one support from COPE Scotland.

SECTION 1 – Explaining the links to health inequalities

This **logic model** for COPE Scotland's self-management support service **explains** who COPE Scotland reaches, COPE's roles, activities, outcomes the service achieves in the short term and how these outcomes contribute to strategic priorities.



SECTION 2 – Proving the links to health inequalities

Who we try to reach

COPE Scotland aims to reach adults living in West Glasgow and experiencing mental and emotional distress. The service is designed to address issues that affect people in Drumchapel/Anniesland and Garscadden/Scotstounhill wards where levels of deprivation and child poverty are well documented.

How we know we reach them

To help connect them with their target group COPE Scotland gathers:

- Postcodes
- Age
- Whether person is working
- Experiences of any financial issues
- Access to services
- Disability

Some further information arises naturally in conversation as people feel more comfortable to share (for example, using a foodbank).

Outcome 1: People feel more listened to



We know we have achieved this outcome because we gather **verbal feedback** from people telling us they feel listened to:

Provided me with hope that someone will listen

I feel someone wants to help and knows how too



We observe and reflect on them opening up and sharing their problems with us.



We have achieved awards for the way we work, including:

- Shared community award on suicide prevention
- Finalist self-management champion of the year
- Finalist Evening Times Community Champions
- Individual recognition and awarded honorary fellow of QNIS

Outcome 2: People better are supported to set goals

The goals individuals set are personal and therefore varied. Sometimes the goals are about regaining a sense of purpose, improving self-care, coping with challenges building confidence to engage with life again and meet new people.



Completed workbooks include individuals' feedback which they send back to us.

While not everyone uses a workbook, some people find it helpful. Here is an excerpt.



We know we have achieved this outcome because we collect **verbal feedback** such as:

Getting to talk out everything and getting a better look at my life for things to make me happy again

I feel that I understand how I have been letting negative thoughts poison my mind. I now can see a different path that I did not see before



Wemwebs scale shows us, for example, people feeling able to address problems, feeling optimistic about future.

Before COVID-19 100% of people who engaged with the service on discharge had increased their score.

Since moving to phone support we have been exploring how we reintroduce this scale with individuals and at which point. We have included the WEMWBS in our latest workbook, but we have adapted the format, making the questions visual.



We observe a change in the use of language which suggests the person is now using a kinder inner voice. One staff member noticed:

- Used lot of negative language in self-talk, reports huge shift since working on this, negative language reduced significantly



Written records of 121 meetings with individuals.

100% of people who engage with the service achieve at least one of their personal goals. We note this in client records. Here are some of our staff notes:

- things more positive within the family, having meals together, sharing stories of their day and creating regular family time
- pressures at work continue, however, using the tools given. Not as stressed by this and more able to cope as helped take a different outlook to life
- listening to recording on web so sleeping better feeling more focused



Outcome 3: People feel more confident should a crisis arise in the future



We know we have achieved this outcome because we are able to **successfully discharge** around 1000 people from our one-to-one self-management support service each year. This means that they have achieved some or all their goals and feel confident that they don't need ongoing one-to-one support to cope.



Verbal feedback tells us people feel more able to cope:

Coming to COPE I felt I could really open up and let go of my worries and address how to try coping techniques and try and believe more in myself, not to always be hard on myself. COPE has made a major difference to how I think now and I am now more positive about future

I approached my GP and local church for support, but the help they could give was too far off. They told me there would be a 12 week wait or at £40 fee for something immediate – I said I might not be here in 12 minutes. And then I phoned COPE and I saw someone straight away

I feel that I would have not got through the tough times I experienced without the support from Cope. The Charity has been a lifeline to myself at times of need when I had nobody else. Staff are non-judgemental and very empathetic towards issues and experiences I have discussed, at times have seen me as an emergency appointment and guided myself to attend my GP for additional support measures



Third party reporting on occasion:

Sometimes we receive feedback from a family member who might comment on the positive change they see in the person who used our service. However, we don't collect this regularly.

We may also receive praise from referring agencies in general terms about the value of the work we do. For example:

Just wanted to say a massive thank you to your team. I was doing some well-being check-up calls and all of our clients referred have spoken so positively about the support given from telephone advice, worksheets to videos. Absolutely incredible to hear. One gentleman said that he didn't want to get out of bed before and is now clearing out cupboards. Another lady said that isolation was killing her and now she sees hope. Thank you for your wonderful support. Keep up the phenomenal work (Referrer)

Strategic priority

Over time COPE Scotland's work also clearly contributes to the Public Health Scotland priority **A Scotland where we have good mental wellbeing.**

If you want to explain and prove your contribution to tackling health inequalities please read "**Recognising our rich tapestry: measuring the contribution of third sector organisations to tackling health inequalities**" and follow the steps set out in the resource.

March 2021

You can download ESS resources free from our website.

info@evaluationsupportscotland.org.uk

www.evaluationsupportcotland.org.uk

@EvalSupScot

0131 243 2770

Scottish Charity SC036529

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Gambling with Lives



Gambling with Lives was set up by the families and friends of young people who have taken their own lives as a direct result of gambling. No one knows how many deaths are related to gambling each year; research indicates that there may be between 250 and 650 gambling related suicides every year in the UK ... a minimum of one every working day.

Glasgow has one of the highest suicide rates in the UK and more betting shops than anywhere else outside of London. Gambling with Lives is looking to reach families who have been bereaved by gambling related suicide in Glasgow and offer support and information. We are also looking to work in partnership with organisations who are providing suicide bereavement support and may already be working with the families and friends of those who have died by gambling related suicide.

Our aims

We aim to support families who have been bereaved by gambling related suicide and raise awareness amongst gamblers, their families and friends, and health professionals of the dangers of gambling products and their potential to cause real and significant harms.

In support of these aims, we will also seek to reduce gambling related harm by supporting better regulation of gambling products and the gambling industry.

We will look to promote the treatment of gambling as a health issue which requires improved access to health services within the NHS, and access to support for families and friends.

We also aim to give a voice to families and friends bereaved by gambling and bring the health issues surrounding gambling to the attention of policy makers and bodies responsible for regulating the gambling industry.

Family Support Service

Gambling with Lives offers therapeutic mental health and bereavement support for families, couples, individuals, young people, and children affected by a gambling related suicide. This can range from peer support and telephone check ins to professional counselling. We also offer support with complaints to the Gambling Commission, legal proceedings, and managing press interest.

This service is confidential and tailored to you.

If you have been bereaved by gambling related suicide and need some support you can refer yourself directly to us by contacting us at support@gamblingwithlives.org or on **07864 299 158**. It may be that you are a professional already working with someone who is bereaved by gambling related suicide. Feel free to get in touch to find out more about the work we do and how we can support you and your service users. You can also reach us at support@gamblingwithlives.org or on **07864 299 158**.

Death, Grief, and Loss

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

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

Anticipatory Grief and Mourning

www.cancerresearchuk.org/about-cancer/cancer-chat/thread/anticipatory-grief

Bereavement Advice

W: 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

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

Coping with Depression After a Loved One's Death

www.cancer.org/treatment/end-of-life-care/grief

Coping with Grief In Your Body

A Relaxation for Grief Exercise

www.mindfulnessandgrief.com/coping-with-grief-relaxation

CRUSE Bereavement Support

Bereavement support helpline

T: 0808 808 1677

www.cruse.org.uk/about-cruse/contact-us

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/

Gambling with Lives

Set up by the families and friends of young people who had taken their own lives as a direct result of gambling.

www.gamblingwithlives.org

Good Life, Good Death, Good Grief

www.goodlifedeathgrief.org.uk/content/support_with_covid19

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

How to Cope With the Physical Effects of Grief

www.mariecurie.org.uk/help/support/bereaved-family-friends/dealing-grief/physical-symptoms-grief



How to Provide Workplace Support When an Employee Passes Away

www.cruse.org.uk/get-help/about-grief/bereavement-at-work/when-a-staff-member-dies

The Marie Curie online bereavement

Marie Curie helpline – 0800 090 2309

Which is open Mon-Fri 8am-6pm and Sat 11am-5pm.

The Marie Curie online bereavement service is for people who might want to have ongoing support, from the same person, over the phone. You can access up to six telephone sessions of 45 minutes. We recognise that feelings of grief can happen after a diagnosis and so the bereavement service can support you now. More info here [Marie Curie Bereavement support](#) or phone **0800 090 2309**.

Marie Curie Helper Service

Everyone's different, but when we talk to the people we support, these are the benefits of having a Helper they mention most often:

- Companionship and emotional support. Our volunteers provide a friendly ear – someone to talk to about whatever's on your mind.
- Practical help. Helper volunteers can come with you to appointments or social events or help with small everyday tasks.
- A break for families and carers. Your carer may be able to take a short break while our Helper volunteer's with you.
- Information on further support. Our volunteers can help you look into other support and services available in your area, such as finding a gardener or cleaner to help around the home.
- Bereavement support. Helper volunteers can also provide support to families for up to three months after bereavement. Read about Irene Maclean and her experiences as one of our amazing Helper volunteers.

Booklets that may be of help:

(You can order printed copies of any of the booklets (for free) from the links or download straight to your computer.)

Being there for someone with a terminal illness (mariecurie.org.uk)

<https://www.mariecurie.org.uk/help/support/publications/living-with-terminal-illness>

<https://www.mariecurie.org.uk/help/support/publications/living-with-terminal-illness/keeping-active>

There are many booklets on specific subjects, you can browse them all here:

Petal Bereavement Support

www.petalsupport.com

SOBS Bereaved by Suicide

T: 0300 111 5065

Sudden Death

(Bereavement support for sudden death)

www.suddendeath.org/about/about-sudden-death

Supporting Bereaved Parents and Their Families

T: 0345 123 2304

W: www.tcf.org.uk

The Good Grief Trust

www.thegoodgrieftrust.org

The Lullaby Trust

T: 0808 802 6868

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

wee changes can make a **big difference** to help you suffer less if experiencing loss

Coping with loss and grief

Grief can hurt, we can experience many strong emotions including, sadness, despair, anger, hurt, shock, numbness, denial, guilt, fear and so many more, even sometimes relief. While these feelings can cause us extreme distress, they are the natural feelings which can emerge when we lose someone or something which mattered to us.



If you find the feelings so overwhelming, you are thinking of suicide please speak to someone. The Samaritans or Crisis text line or your GP or other local health provider.



We can experience grief when a loved one dies, including the loss of a pet or miscarriage we can also experience it at other times of loss, a health challenge, retirement, leaving school, separation all can produce feelings of loss and grief.

Remember, we are all unique individuals and we each cope with loss in our own way this includes the time we are grieving, which can vary too.

Remember its okay to cry, putting a brave face on and not allowing the tears to flow when they need to, can mean we bottle feelings up which can make us feel worse. Crying at this time is natural. There are people who don't cry naturally so for them, not crying is natural too, we are all different, just because we don't cry, doesn't mean we don't care or aren't hurting.



Worrying about being alone or about money now the person has gone isn't selfish, its natural, talk to others about how you feel.



Admitting to yourself and others that you are hurting can help you to begin to work through your grief and accept kindness from others to help at this time.

Sometimes sleeping and eating can be a challenge, but its important at this time we find a way to rest and make sure we are looking after our physical body as well as our minds.



If you aren't sure if what you are experiencing is grief, or depression go and speak to your GP or other health care provider as its important at this time we also look after our mental health.

Reach out if you are feeling alone with your grief and this is a challenge for you. There can also be support groups e.g. where someone has lost someone to suicide. Sometimes having someone just to listen can be very powerful, this is a time also we may find our faith or life philosophy is a comfort.



Grieving can be a challenging time and its okay to ask for help, or, seek to understand more how you are feeling. These are some contacts maybe useful:

- **Grieving Death by a Sudden Loss**
<http://www.econdolence.com/learn/articles/grieving-sudden-loss/>
- **Dealing with Anger in Grief**
<https://zintaharris.com/2018/02/15/dealing-anger-grief/>
- **6 Ways Grief Counseling Can Help You**
<https://blog.prepscholar.com/grief-counseling-therapy>
- **How to Help Your Grieving Parent (and Yourself) After the Death of Your Mom or Dad**
<http://www.legacy.com/news/advice-and-support/article/helping-your-grieving-parent>
- **Grief and Recovery: Overcoming Guilt and Loss After the Death of an Adult Child**
<https://blog.ioaging.org/end-of-life/grief-and-recovery-overcoming-guilt-and-loss-after-the-death-of-an-adult-child/>
- **Bearing the Special Grief of Suicide**
<https://www.soslsd.org/resource/bearing-the-special-grief-of-suicide/>
- **Breathing Space** | T: 0800 83 85 87
- **Blue Cross for Pets** | T: 0800 096 6606 (*Support following the death of a pet*)
- **Child bereavement UK** | www.childbereavementuk.org/
- **Families affected by Murder and Suicide (FAMS)** | T: 07736 326 062
- **SOBS (Bereaved by Suicide)** | T: 0300 111 5065
- **The Lullaby Trust** | T: 0808 802 6868 (*Bereavement support/ following the death of a baby/young child*)
- **The Samaritans** | Free Phone Tel: 116 123
- **Silverline** | T: 0800 4 70 80 90
- **Shout** | Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer (*an affiliate of crisis text line*)
- **The Spark Relationship Counselling and Support** | T:0808 802 0050
- **Victim Support** | T: 0345 603 9213
- **Information for people experiencing a sudden bereavement**
www.suddendeath.org/guides-for-suddenly-bereaved-people

Remember and consult with your GP or other health care provider if you are struggling with feelings of loss.
Produced by COPE Scotland
www.cope-scotland.org
@COPEscotland



Digital Inclusion

Connecting Scotland

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

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

Glasgow Life – Digital Support Freephone Helpline

T: 0800 158 3974



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

Glasgowlife™

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

Service Overview:

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

Basic Digital skills

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

Essential Digital skills

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

Operating Times:

Monday: 9:30 - 16:00

Tuesday: 9:30 - 16:00

Wednesday: 9:30 - 16:00

Thursday: 9:30 - 16:00

Friday: 9:30 - 13:00

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

GDA Connects

If you, or someone you know, is shielding from Covid-19 with no internet access and would like to hear more about GDAConnects – please get in touch with hannah@gdaonline.co.uk

For more information about GDA's wider COVID Response contact info@gdaonline.co.uk

Glasgow Life

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.

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.

Need help with getting online?

At present we are unable to support face to face digital learning within venues, however we can assist remotely or by telephone. If you have a Computer / Tablet / iPad and Internet connection, give us a call. We can provide learning, support and guidance on a wide range of topics.

DIGITAL SUPPORT HELPLINE
CALL FREE ON
0800 158 3974 
Mon - Thur: 9.30am - 4.30pm & Fri: 9.30am - 1.00pm
Stay Safe
Glasgowlife™

Please note that this service strictly offers digital support and guidance for learners and we will not be able to help with other types of enquires.

Learn My Way

Learn My Way is a website of FREE online courses



Learn My Way is a platform that will help to develop your computer skills, whether you are an absolute beginner, wanting to refresh your skills or a more advanced user. There are many modules to choose from which can be accessed from anywhere with internet access, at any time and pace to suit you.

Registration and ongoing remote support available

iDEA

Learn vital skills for work and life, for FREE



Develop your talents and gain all-important knowledge and information about the digital world with iDEA. You can earn career-enhancing badges, unlock new opportunities and, ultimately, gain industry-recognised Awards that help you stand out from the crowd.

Registration and ongoing remote support available

Learning Bytes – Short Courses*



Learning Bytes are free informal short individual lessons delivered remotely on Microsoft Teams.

Approx. 45 min each per session.

These include:

- Creating A Document in Word Online
- Creating An Outlook Account
- Introduction To Tablets
- Using an iPad Camera
- “Freegal” – A Free Music Service for Tablet or iPad
- Introduction To The Internet
- Using Internet Search Engines
- “Zoom” Video Calling for beginners
- Using Comparison Websites
- Online Safety – How to spot a fake website
- Setting up a Facebook Account

Digital Learning Sessions*



A series of individual learning sessions delivered remotely on Microsoft Teams.

Approx. 2 hours per session

Sessions include:

- Internet
- E Mail
- Find a Job Online
- Social Media
- Zoom & What’s App Video Calling
- Keeping Safe Online

ECDL – European Computer Driving Licence



Certificated by the BCS - The Chartered Institute for IT, the European Computer Driving Licence (ECDL) is an internationally recognised qualification and perfect for learners who want key computer skills and proficiency in the use of the most common applications.



ECDL has 7 units and covers the following topics:

- Security for IT Users
- IT User Fundamentals
- Email and the Internet
- Spreadsheet Software
- Presentation Software
- Word Processing Software
- Database Software

The cost of this course is £200 which includes access to all online learning materials, an assessment and exam per unit and access to remote support sessions.**

*Sign up for one or as many as you like. Participant numbers may be restricted. Book as soon as possible to avoid disappointment. Mouse and keyboard skills required.

**ITA funding may be available for this course – eligibility criteria applies

Drugs, Alcohol, Gambling and Other Unhelpful Coping Strategies

Al Anon (for families affected)

T: 0800 0086 811

Al A Teen (for teenagers affected)

al-anon.org/newcomers/teen-corneralateen/

Alcoholics Anonymous

0800 9177 650

Big Deal

Is specialist online help for young people and gambling

www.bigdeal.org.uk

Chatter

Peer support for people affected by Gambling harms

chatterscotland.org

Cocaine Anonymous

T: 0141 959 6363

Drink Wise Age Well

drinkwiseagewell.org.uk

Drinkline

T: 0800 917 8282

Family Addiction Support Service

T: 0141 420 2050

GamCare provides free information, advice, and support for anyone affected by gambling harms. 24 hours a day, seven days a week.

www.gamcare.org.uk

T: 0808 8020 133

Gamblers Anonymous

T: 0370 050 8881

Gamvisory

Gamvisory offers a unique Employee Assist Programme that has been developed through first-hand experiences of disordered gambling harm

www.gamvisorygroup.co.uk

Glasgow Council on Alcohol

T: 0808 802 9000

Due to the COVID 19 pandemic, GCA are currently unable to carry out Alcohol Brief Interventions (ABI) as usual within community settings.

Therefore, they have launched a new online ABI chat service via the Glasgow Council on Alcohol Facebook page where people can send a private message if they have concerns about their own or someone else's drinking. The online service will be covered at specific times by GCA ABI practitioners who will be able to screen people for harmful drinking and offer advice on how to manage or reduce their alcohol consumption, as well as refer people to counselling and other services.

facebook.com/GCAGlasgow/

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

Kinder Stronger Better

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

W: kinderstrongerbetter.org

Marie Trust Counselling Service

T: 0141 221 0169

Narcotics Anonymous

T: 0300 999 12 12

North West Recovery Communities

www.nwrc-glasgow.co.uk

Recover Me App. Manage a gambling addiction from your pocket, to download visit www.recovermeapp.co.uk/

Recovery Simon Community
T:0800 027 7466

Re-solv

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

Scottish Families Affected by Drugs and Alcohol
T: 08080 101011

Smart Recovery Group Meetings
smartrecovery.org.uk

Residential treatment programme for those most severely affected by gambling harms
www.gordonmoody.org.uk

TalkBanStop

A partnership between GamCare, Gamban and GAMSTOP to help anyone experiencing gambling harms to start their recovery journey.
W: www.gamcare.org.uk/talk/

Turning Point (Homelessness Service)

T: 0800 652 3757
www.turningpointscotland.com/glasgow

The UK Armed Forces Veterans' Health and Gambling Study

A Forces in Mind Trust-funded project to examine gambling attitudes and behaviour, mental health, and healthcare utilisation in armed forces veterans and non-veterans from the UK and Northern Ireland. It will complete in early 2021. For more information: veteranshealthandgambling.org

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



Rehab Guide



Began in 2012 to raise awareness of alcoholism, problem drinking and what steps to take to reach and maintain sobriety.

They run a free service in Scotland to assist people who suffer from alcoholism and drug addiction, and their 24/7 helpline allows people to phone and chat with their team of addiction counsellors regarding their own sobriety or a loved one in need of help.

They currently help with the following advice:

- Library of addiction advice and information for specific members of the community such as students, veterans and more
- Where to find local Alcoholics Anonymous (AA & NA) meetings in Scotland
- Locate local addiction one-to-one counsellors
- Advice on maintaining sobriety
- Set up of sober companions” Buddy System” to support through the first part of early recovery
- Information on free and private rehabilitation advice

Large database of information on drug types, symptoms and how to detox safely from them
The following URL will lead residents in Scotland to a specific page and contact details about finding help in the area, please click here: <https://www.rehabguide.co.uk/alcohol-rehab-scotland/> and <https://www.rehabguide.co.uk>





Covid-19 and Addiction: Is Recovery on Hold?

Deep in the heart of a pandemic is, without a shadow of a doubt, a tough time to start to get hold of your alcohol or drug addiction. While alcohol sales are skyrocketing, up more than 200 percent year on year, drug and alcohol rehabilitation and treatment is not. The National Drug Treatment Monitoring system statistics show that worryingly, thousands less people are seeking help for addiction problems in the U.K. this year. So, has Covid-19 put recovery on hold as well as the rest of our lives?

Those who have opened up about their addiction problems in lockdown have blamed the lack of community groups and fear of leaving the isolation of their own homes. This isolation itself is a contributing factor to addiction issues, loneliness, and a lack of accountability in lockdown is only worsening peoples existing problems.

No one to answer to

Take for example a single woman with a worsening alcohol addiction. Normally, her workmates, family and friends would notice her struggling to make it to work or out to social events due to the after-effects of drinking too much. In lockdown, this easily slips under the radar as normal behaviour. She can easily slip deeper into alcoholism worsened by loneliness and anxiety about the future.

Even for those who do seek help it is a challenge, with medical services focussed on dealing with the pandemic and counselling and treatment being cut. Vital services such as the AA have been struggling to hold meetings. The AA has been holding meetings throughout the pandemic although group numbers have been greatly reduced at first to 30 people and then down to 15. This has occasionally meant that people are separated from some of the other members they might rely on. Physical contact has also been banned, this is something that has long been a part of the AA and NA's community culture. A tough change for long standing members but necessary for everyone's safety.

Other recovery groups have chosen to change to online only meetups. This has proven difficult for first timers who aren't familiar with the other members and may not feel the connection they would in person. For others who are not comfortable with technology and unaccustomed to online meetings it can be an added barrier to getting help.

Finding a way

Fortunately, the recovery and rehabilitation community is blessed with an indomitable spirit and has been looking for new and inventive ways to help people while staying safe. Rehab centres have opened up with new measures in place including no room-sharing, advanced hygiene procedures and social distancing. Community and AA groups have arranged for people to meet their sponsors outside for a walk or other exercise. This provides both much needed company and support for those in recovery.

There is a lot that can be done by others outside of the rehabilitation community as well. The government took a fantastic step in offering support 'bubbles' for people living alone. This reduces loneliness and means that there is someone to keep an eye on those people who might be vulnerable to substance abuse if left unchecked. Employers have also started to take more responsibility for the mental health of their staff. People working from home are being encouraged to spend 'recreational' time chatting and catching up with colleagues, not just attending meetings. This is an important social network for many people and offers support and much needed support.

What can we do to help?

If you find yourself drinking excessively or turning to drugs during lockdown, please do reach out to friends and family for help. There are a number of services available online or over the phone so you can find support without putting your health and safety at risk. Try to stay sociable safely through online video calling and socially distanced walks or exercise with friends and family. As much as you may want to hide away, loneliness only makes addiction problems much worse. It is important to keep an eye on those in your friend and family network for any of the tell-tale signs of addiction and mental health problems. Here are some things to watch out for:

- **Avoiding socialising online or outside in person.**
- **Being evasive about how they are feeling or what they are doing.**
- **Appearing down or depressed.**
- **Drinking or taking drugs alone in the house.**

If you believe someone you know is suffering from addiction problems or may be relapsing into an addiction it is important to take action. Convince them to seek help, form a support bubble and remind them that you are there for them.

Togetherness has been a huge part of the international effort against coronavirus. Nothing speaks to addiction recovery so much as being 'in it together'.

**This article was written by Fiona McLean
@ <https://www.rehabguide.co.uk>**





Gambling Watch Scotland

Gambling for millions of people is a harmless leisure activity but for many in recent times it has brought great harm. It's estimated that between 250 and 650 suicides each year in the UK are because of gambling. Severe gambling difficulties bring in their wake debt, mental and emotional distress, job loss, family breakdown and possibly crime. For every gambler with severe problems between six and ten people, especially family and children, will suffer greatly too. In Scotland, one in fifty 11 – 16 year- olds are classed as having serious gambling disorders.



Last month's "Whit's Happening?" (March, Issue 13) featured COPE's guide to support for gambling difficulties. It's an excellent resource and stands out as a rare community-produced booklet about gambling which, despite the prevalence and intensity of harms to health and life, is not often spoken about. People suffering have the additional burdens of shame and stigma which stops them from talking through their issues with somebody and seeking support. It's true too that support services in Scotland require improving, that frontline staff delivering health and social support may need increased awareness, and that the Scottish government and NHS need to recognise the urgency of the subject.

We're a tiny community enterprise, The Machine Zone, which for four years has been working at national level to raise awareness of gambling harms and challenge the stigma around what should be seen as a health issue. Over that period, we've made many links with similar grassroots organisations, public health and medical bodies, academics and politicians. Our next stage is to concentrate upon local communities. We have found from experience that many thousands

of people benefit from informal conversations and encouragement with peers, and we'd like to develop such powerful human relationships.

Planned community events last year fell victim to the pandemic. We were lucky to get a financial award from Greater Glasgow and Clyde NHS Scotland, which has allowed us to start our community journey with a website, Gambling Watch Scotland (gamblingwatchscotland.org.uk). This features a powerful presentation by Martin, a film which we hope many will view as it not only covers so much but it also gives an intensely human insight into the nature of what is a severe mental disorder. The site also provides sources of support and self-help, and a section aimed at health and care staff including GPs. While much of the site offers overviews of broad national contexts, we are now focusing in on Glasgow, while keeping in mind Scotland as a whole, and the ways in which local action can both help people at community level, and generate conversations which influence policy makers.

The site is currently being 'tweaked' ready for an official launch in May. It's part of a wider conversation going on with partners – like COPE and the Scottish Alliance for Health and Social Care – which centres on the voices of Experts by Experience and the involvement of Glasgow's many vibrant community groups. We'd love for you to get involved and spread the word. If you have time, settle down with a cuppa and watch Martin's presentation. As ever, it's the human voice and experience that tells us more than all the facts and figures.



Equality and Diversity

GDA Podcast - Our LGBT Histories is available now at 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** 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**

Age UK

www.ageuk.org.uk/scotland

Autism

www.autism.org.uk



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

T: 0141 276 7400

Web: www.glasgow.gov.uk/choiceworks

Email: CommsafetyChoiceworks@glasgow.gov.uk

Facebook: [GlasgowCC](https://www.facebook.com/GlasgowCC)

Twitter: [@GlasgowCC](https://twitter.com/GlasgowCC)

Coalition for Racial Equality and Rights

www.crer.scot

Deafness and Dementia

Full report available on their website:

www.deafscotland.org

admin@deafscotland.org

T: 0141 248-2474

SMS: 07925 417 338

Deaf Awareness

deafscotland.org/support-communication-for-all

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**

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

disabilityequality.scot

Discrimination Claims Risk

The Equality & Human Rights Commission is reminding organisations of their legal responsibilities as employers may face discrimination claims if they unfairly treat disabled or pregnant staff because of the coronavirus situation. The EHRC has issued new guidance to help make the right and lawful decisions around dismissing and furloughing staff. The guides give organisations information about their duty to make reasonable adjustments for staff

with underlying health conditions and how to support pregnant women and those on maternity leave. For more information **www.equalityhumanrights.com/en/advice-and-guidance/coronavirus-covid-19-guidance-employers**

Dyslexia Awareness

www.bdadyslexia.org.uk

EACH (Educational Action Challenging Homophobia)

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

Early Warning System E-Bulletin

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

www.cpag.e-activist.com/page/24788/subscribe/?locale=en-GB

Equality and Diversity Advice Centre

www.equalityadvisoryservice.com

Advice Line T: 0808 800 0082

Glasgow Disability Alliance

gda.scot

Guide Dog

www.guidedogs.org.uk/Covid19/Support-for-people-with-sight-loss

Health and Social Care Alliance
www.alliance-scotland.org.uk
www.alliance-scotland.org.uk/blog/news/covid-19-and-communication-for-people-living-with-sensory-loss/

Inspiring Scotland
www.inspiringscotland.org.uk

LGBT Foundation
lgbt.foundation/coronavirus/impact
T: 0345 3 30 30 30

LGBT Health and Wellbeing
www.lgbthealth.org.uk Helpline
T: 0300 123 2523

LGBT Youth
www.lgbtyouth.org.uk/news/2020/covid19-announcement

Modern Slavery Helpline Scotland
If you need help, advice, or information about any modern slavery issue you can contact them confidentially 24 hours a day, 365 days a year. For more info:
www.modernslaveryhelpline.org/scotland
T: 0800 0121 700

Poverty Alliance, Working Together to End Poverty
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

Scottish Council on Deafness
www.scod.org.uk

Scottish Refugee Council
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/videtags/covid-19

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

Updated versions of the Scottish Commission for Learning Disability's series of guided self-help booklets

Designed to support people with mild to moderate learning/intellectual disabilities during the COVID-19 outbreak.
www.sclld.org.uk/update-to-the-covid-19-guided-self-help-booklets/

Visibility Scotland
visibilityscotland.org.uk

West Scotland Regional Equality Council WSREC
www.wsrec.co.uk
T: 0141 337 6626

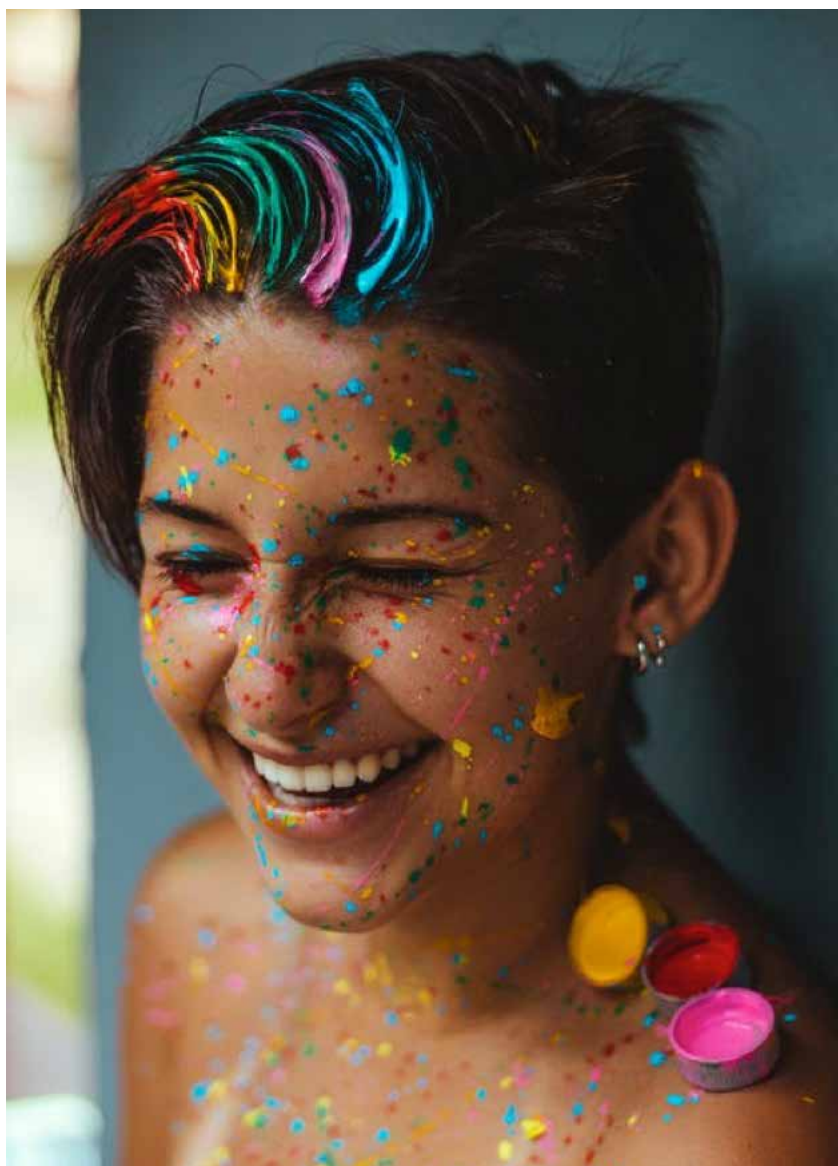


Helping You Understand Neuro-diversity

1. Tell us a bit about yourself

I'm Helen and I consider myself incredibly fortunate to live in deepest Scotland. I love the mountains and the morning light as the sun rises up over the Cairngorms. I set-up Douglas Mentoring in early 2021, and I describe myself as a compassionate encourager. My aim is to try and help improve the lives of those on the autistic spectrum. Sometimes that's by working with members of the neuro-diverse community and other times its by helping others to understand how very different the world can appear to those of us on the spectrum.

The tagline of Douglas Mentoring is: Because, I understand neuro-diversity. And I do. I am a 48 years old autistic woman. I have a history of childhood trauma and I've navigated depression since my mid-teens. After stepping away from a career in forensic science, I've been fascinated by human connection. I feel passionately about helping others to discover and nurture their own inner strengths, and very often the catalyst for change and personal growth is a supportive alliance.



2. Why now?

During the last few years years I've been involved in a number of volunteering roles. Most recently in an educational setting where a teenage pupil told me I was the first positive role model (as an autistic woman) they had ever encountered. I had no-one to look up to when I was growing up and whilst hindsight is a wonderful thing, just maybe my life might have been less emotionally traumatic if I'd had a mentor to touch base with. I grew up thinking I was a mis-fit. It's not an exaggeration to say that I often felt like an alien. I knew I was different but I couldn't put my differences or how I felt into words which made it difficult for others to know what help to offer me.

Over the last year I've been contacted by people wanting to understand more about the impact of neuro-diversity on either their loved ones and/or work colleagues. Parents of young autistic children and/or teenagers have been in touch, equally the spouses or partners of folk on the spectrum have contacted me.

With more and more adults, and women in particular receiving their autism diagnosis later in life, its not uncommon for relationships to suffer, and for marriages to break down. Its not unusual for autistic people to bounce in and out of employment, and indeed for us to under-achieve across all aspects of our lives. Which is fine is that's an informed choice. My work is about helping others to achieve what they want to achieve. I like to think that I empower and encourage, but in a compassionately supportive and gentle way.

3. Who do you help?

Anyone who wants the inside track on what its like to be on the autistic spectrum. Parents, carers, teachers, and/or guardians of autistic children, managers whose workforce includes neuro-diverse members of staff. Perhaps you're looking to implement a policy in the workplace and would like to know what accommodations would be helpful and which would not. I work remotely and offer sessions over Zoom at a time and on a day that suits you, whether that's Monday to Friday or over the weekend.

I'm often contacted by adults contemplating an official diagnostic assessment. Understandably this can be an anxiety provoking experience, indeed just getting to a point of even deciding to pursue a diagnosis is a huge step. By working with me before and after a diagnosis, I can provide a vital element of continuity.

I offer open-ended mentoring, one-off sessions or a fixed number of sessions. I am totally flexible and completely open to all ways of working. If you just want to pick my brains for advice or appropriate signposting, then I'm here for that too.

I feel as an autistic person I am different. For me that is an undeniable fact. Recognising and accepting my difference(s) has enabled me to embrace them rather than continue to try and adapt myself to a world tailored to the needs of the predominately neuro-typical population. The time and energy spent on trying to fit in uses a disproportionate amount of emotional resources, which in the medium to longer term is neither healthy nor sustainable.

I am uniquely placed. I spent the first 20 years of my working life navigating the workplace as an undiagnosed autistic woman. I know first hand the pressures to conform, the bullying and micro-aggressions that are unfortunately all too common an experience for those of us on the spectrum.

Being autistic can be incredibly challenging. Living and/or working with someone on the autistic spectrum can be hard too but it can also be a beautiful, rewarding experience.

4. How do folk get in touch?

If anyone would like further information, I can be contacted by email Helen@douglasmentoring.co.uk or via my fledgling website, which has been much harder to build than I ever anticipated (give me Lego any day!) at www.douglasmentoring.co.uk



Homelessness

Emergency Homelessness:

T: 0800 838 502

Glasgow City Mission

www.glasgowcitymission.com

Glasgow Helpline

T: 0800 027 7466

Homeless Addiction Team

T: 0141 552 9287

Salvation Army

www.salvationarmy.org.uk/homelessness

Shelter Scotland (Glasgow Hub) Scotland

shelter.org.uk/about_us/local_services/glasgow

The Marie Trust

www.themarietrust.org

The Simon Community

www.simonscotland.org

The Wise Group

Offer a range of services worth visiting the site to find out more: www.thewisegroup.co.uk

For information on services in different parts of Glasgow please visit:

www.glasgow.gov.uk/article/17283/

Homelessness

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

Access to work scheme

www.gov.uk/access-to-work

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

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

Employment Support Information

www.gov.scot/policies/employment-support

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

Kickstart

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

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

My World of Work

www.myworldofwork.co.uk

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

Their Website is;

www.scottishhazards.org

Facebook

www.facebook.com/scottishHazards

Twitter

@ScottishHazards

Free Phone Number

0800 0015 022.



Working Safely During COVID19

www.gov.uk/guidance/working-safely-during-coronavirus-covid-19?utm_source=govdelivery&utm_medium=email&utm_campaign=coronavirus-hse&utm_term=tnt-4&utm_content=digest-28-may-20

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>

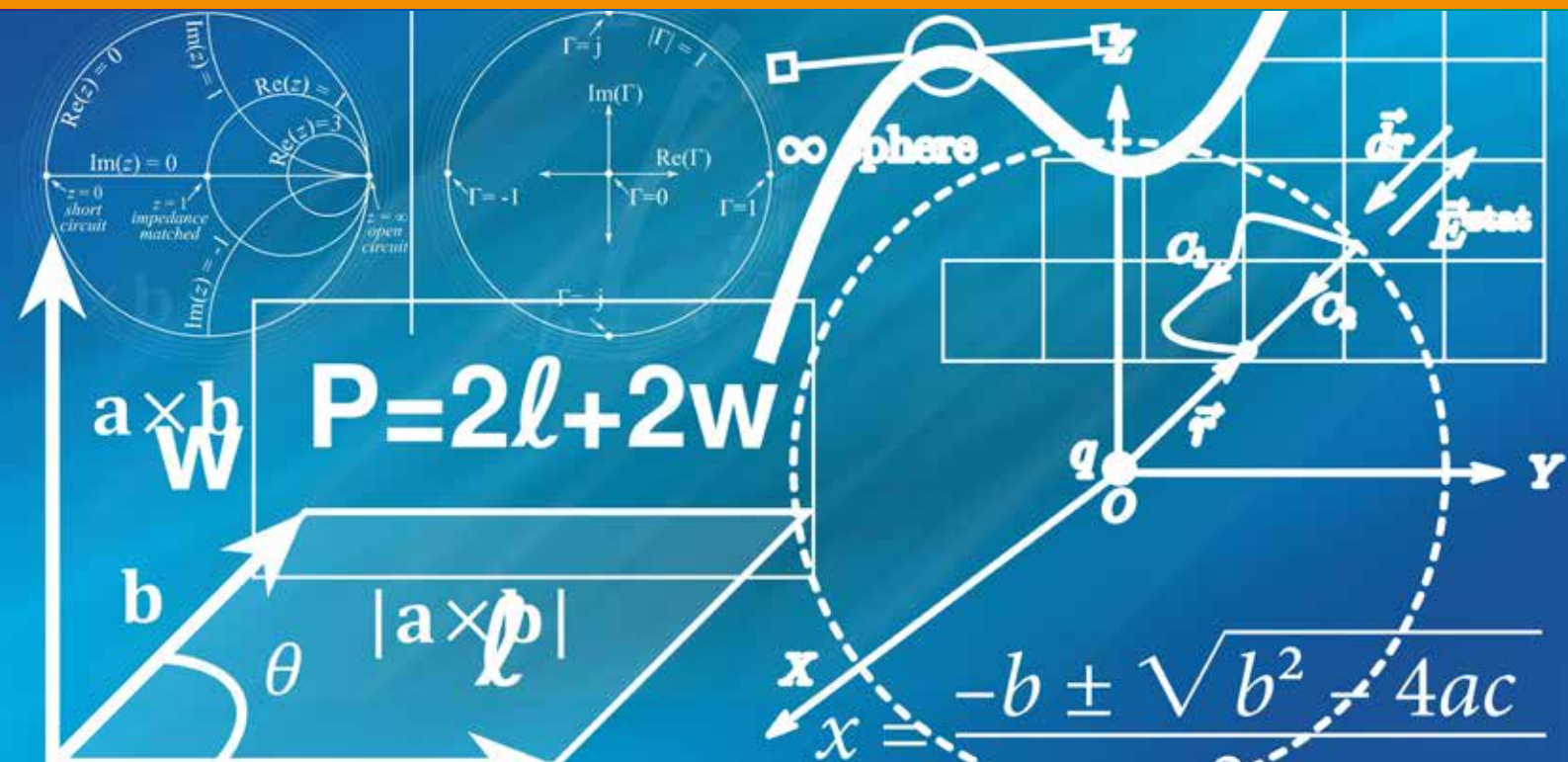
For more general information on COVID visit: covid19.healthyworkinglives.scot/

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

The Wise Group

Offer a range of services worth visiting the site to find out more: www.thewisegroup.co.uk





Education and Skills Attainment

Brush up on Reading, Writing and Numbers

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

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

Tips on Writing a Job Application

knowhow.ncvo.org.uk/how-to/how-to-write-a-compelling-job-application

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

www.cope-scotland.org/index.php/latest-blog/time-for-something-new-and-remember-rarely-anyone-gets-it-right-first-time

The Reading Agency- Digital Online Resources for Adults, Young People and Children

readingagency.org.uk/news/blog/digital-resources-for-lockdown.html?goal=0_ef82b5d6fa-941540c648-82042273&mc_cid=941540c648&mc_eid=41880de782

These include:

- Free resources for home-schooling
- Information on mental health wellbeing reds for young people, adults and children
- Resources for running online book groups and resource packs for numerous books
- How to run an online event

There is a lot of free information and it's worth a look through.

Online eBooks, magazines and educational resources are available from libraries:

www.glasgowlife.org.uk/libraries/online-library

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/

Citizens Advice Scotland

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

T: 0800 028 1456

Citizens Advice Scotland Money Map will help you find online support to

- Increase your income
- Reduce your bills
- Ease the costs of daily living

www.moneymap.scot

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

www.checkmycounciltax.scot

Financial Help While Self-Isolating

www.gov.scot/news/new-grant-for-those-self-isolating/

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

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

GAIN Network

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

WhatsApp: 07564 040765

Home Energy Scotland

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/

Scottish Housing Advice

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/

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

Community Pantries

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

The first community pantry in Scotland opened in Brechin in 2019, and more have started up. Most recently, Cyrenians, Greener Kirkcaldy, the Langtoun Larder, as well as Parkhead and Shettleston Pantries and the People's Pantry, all in Glasgow, have opened, with Tollcross Pantry due to open shortly.



#CommunityFoodNearMe

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

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

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

twitter.com/P_H_S_CFHS
www.facebook.com/likeCFHS

Food for Life Scotland

Working with public and private sector caterers, growers and producers, cooks, and communities to transform food culture, by serving food that is good for people and the planet

www.foodforlife.org.uk/about-us/ffl-scotland

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

Information on a Healthy Balanced Diet

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/

Also visit places offering help, who can share information on other supports in your neighbourhood, you are not alone, and people are helping each other, get through this. From local foodbanks, to parents' groups, to neighbours helping out, we are stronger when we help each other. All of us sometimes need help, if you find your struggling, please reach out, people care.

Locations on Food Banks

This has an online map which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow. All foodbanks and meals are free or pay what you can unless stated otherwise www.urbanroots.org.uk/freefood

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.nhsggc.org.uk/your-health/health-issues/covid-19-coronavirus/for-the-public-patients/general-advice-and-guidance/eating-well-during-covid-19/

Meal Makers

Check out www.mealmakers.org.uk for sharing food and friendship with an older neighbour

Nourish Scotland is an NGO campaigning on food justice issues in Scotland
www.nourishscotland.org

Scottish Government position statement in response to a joint letter to the UK from the UN Special Rapporteurs responsible for food and poverty. It outlines Scotland's human rights approach to the challenges of food insecurity and poverty, including actions taken in response to the COVID-19 pandemic. For more information

www.gov.scot/publications/scottish-government-response-un-food-insecurity-poverty



Fuel

Glasgow Home Energy Advice Team (G-Heat) has been established to provide independent advice on energy related issues to householders in the city on a face to face basis, in their homes, and assist in Glasgow City Council's strategic aim of eliminating Fuel Poverty.

T: 0800 092 9002

Home Energy Scotland

Energy suppliers have started to open their Warm Home Discount Schemes. Eligible clients could get £140 off their winter electricity bill.

Call **0808 808 2282** or email adviceteam@sc.homeenergyscotland.org for more information.

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

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

Practical Support

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 and 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

Glasgow's Golden Generation
www.glasgowgg.org.uk

Glasgow Helps

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

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

www.glasgowhelps.org/

Glasgow Housing Association

Home comforts team 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

GDA Glasgow Disability Alliance
Confident Connected Contributing

How can we help?

Covid-19 Resilience Response: Leaving no one behind

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

GDA Lifeline: Sourcing, coordinating and delivering shopping, medication and other essential resources.

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

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

GDA Rights Now: Online and by phone Welfare Rights info, support and representation.

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

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

Call free: **0800 432 0422** Text: **07958 299 496**
Email: info@gdaonline.co.uk www.gda.scot
@GDA_online Glasgow Disability Alliance

contact SCOTLAND BSL

Need Help Getting to Places?

Taxis can prepay with debit card

Hampden Cabs 0141 429 1122

Glasgow Taxis www.glasgowtaxis.co.uk

Community Transport Glasgow

www.ctglasgow.org.uk T: 0845 605 5955

Other Information on Support

www.readyscotland.org/coronavirus



Reflecting on the Links Worker Programme During Covid-19

by Jeff Macdonald, Senior Community Links Practitioner at the ALLIANCE Scotland



As we begin to emerge from lockdown, I have spent some time reflecting on how the ALLIANCE Links Worker Programme has adapted to support vulnerable people in local communities over the past year.

What is Community Link Working?

The ALLIANCE Links Worker Programme is an approach which supports GP Practices whose patients are disproportionately affected by social determinants of health in areas of high deprivation. Our programme has grown significantly of late and we now have 34 Community Links Practitioners (CLPs) who are based in Glasgow GP practices. Our ultimate goal is to support people who are affected by social issues to live well by considering engaging in community resources which may help improve a person's health and wellbeing.

The role of a CLP is quite unique where flexibility is vital. For instance, CLPs are able to work with any person registered at the practice where they are based and our approach is truly person centred. In other words, each interaction and discussion we have with each individual is on their terms as to what they would like to open up about. There is no pressure, no agenda and we can try and support each person at their own pace in a manner that suits them as a unique individual. We can be there to listen to anyone about anything that's worrying them and can offer compassionate and empathetic support to people in emotional and practical ways. Being open to the idea of trying different things which may help is important and we do this through encouraging people to self-identify what support each person might like to engage in. Sometimes this involves a bit of trial and error, but being open to giving things a go is most important thing to try and find out what fits each person best. Asking "What Matters to You?" is at the heart of all the supportive conversations we have with people to determine what's most important to each person.

Adapting to Lockdown and Shielding

During the initial lockdown in March when working from home became a requirement, we quickly adapted our service to work remotely and respond flexibly to ensure people were continued to be supported. The ALLIANCE Links Worker Programme moved from a face to face service to primarily providing telephone support, as well as texting and emailing for those who prefer contact in this way. We adapted to support people in the way they wished to be supported – taking into account

their individual needs and preferences – and often this included checking in on people’s welfare, as well as providing emotional and practical support. This was particularly important when Shielding was introduced for clinically vulnerable individuals – CLPs played a key role in acting as a liaison between GP practices and community services to link people in with essential support, including food and medication deliveries, where a need was identified.

This also involved checking if additional support was needed to put in place for some people, and for others, it was checking in to ask if people understood what Shielding involved and why the government was asking people to undertake it. Some extra clarification by spending time discussing exactly what Shielding involved went a long way to help people understand what personal actions could help to reduce the risk to their own health and wellbeing.

Community Response, Covid Resources and Making Links

As we all know, local communities, voluntary organisations and people everywhere have played a vital role in helping others to receive essential support in their local areas up and down the country. Particularly in the early stages of lockdown, I was amazed at the speed and effectiveness of how quickly community organisations and the third sector adapted resources to remobilise services to support people. The early intervention and quick thinking was a lifeline for many people to receive food parcels, medication deliveries and emotional support to ensure people were trying to get by as best they could in the circumstances. I’d like to take a moment to say a huge thank you to everyone who has done something, no matter how big or small, to help someone out during these difficult times. I don’t think we would have got through without your help.

As the community resources were rapidly evolving, it was quite a task in itself to keep on top of new and emerging services which people could access to receive essential support – especially when some well-established supports and services were significantly reducing or suspended entirely due to Covid. People who were already vulnerable are clearly hit hardest when this occurs. One way that the ALLIANCE CLPs continued to make links during lockdown was keeping GP practices up to date on new and evolving services which were available to support patients who are struggling and needed support. We prioritised getting this vital information out to as many GP practices as possible in Glasgow, as not every Glasgow GP Practice has a CLP, therefore we collated up to date community resources information and set up regular updates to share with GP practices in each cluster area (which is a grouping of GP practices in a local area). Getting current community resources information out as and when it was evolving and changing each week meant we could support our GP practices as fully as possible with tools and resources to help direct patients to where they could seek support to help with their individual circumstances.



Removing Digital Barriers

I am sure that you, like me, had no idea what Zoom was before lockdown. In case you haven't heard of Zoom, it's an internet-based video calling programme where you can interact with people through a smartphone, tablet or computer/laptop. Technology is brilliant if you are up to speed with how things work and have access to it – unfortunately this isn't the case for everyone. As more and more activities, groups and social contact moved online, the greater the need was to try and support people who couldn't access support and services online. The ALLIANCE identified that there were many patients we engaged with who would benefit from some support to remove digital barriers and enable people to access the digital world from their own homes. Mainly to try and reduce social isolation, connect with family and friends online and also keep entertained and engaged in some activities whilst stuck indoors. Importantly, many services adapted to provide their support in online/remote formats – therefore increasing online access was (and still is) vital to support people's the health and wellbeing.

The ALLIANCE greatly welcomed the introduction of the Connecting Scotland Programme and since its introduction we have been able to identify digital exclusion needs and have subsequently supported many vulnerable individuals gain access to the online world to keep connected in our current socially-distanced world. A screen can't replace social contact in person, but it goes a long way when you are isolated at home on your own and have no-one to talk to.





Walk and Talks

As things moved forward in the year and restrictions eased off, we were able to move to a blended approach to working and return to GP Practices on a limited basis to reintegrate with practice teams. During this time, we also looked to try and support people who were really struggling with the impacts of Covid on their mental health. One way we have adapted our service to enhance delivery is by offering patients the opportunity to take part in 1:1 socially distanced outdoor 'Walk and Talk' meetings whilst we are still not able to meet people indoors. 'Walk and Talks' have been extremely helpful for people to have an opportunity to get out of the house, see another human in person and have a chance to talk over their thoughts, feelings and emotions in relation to their mental health when struggling. I think we can all agree that most of us (not all of course!) are social beings at heart and having that face to face contact to talk over any worries or concerns is a dynamic way in which to support people during difficult times. Although remote support via phone was commonplace and most practical throughout lockdown overall, 'Walk and Talks', where possible, provided another tool to support people in another format if this was more appropriate and beneficial to the person's own circumstances and health and wellbeing.

Moving Forwards

A year ago I did not think that it would be possible that something could affect each and every aspect of human life on such a global scale, yet here we are, a year on with Covid still at the forefront. Despite this, my glass is still half full – I think it's always important, where possible, to look for the positives in each situation and to think that this will eventually pass. Building resilience isn't easy at the best of times, but it is possible if you work at it over time. In my role as a CLP, I am extremely glad and proud that our ALLIANCE Links Worker Programme continually goes above and beyond to support the most vulnerable individuals in our communities to try and live well. The importance of compassion, understanding and kindness cannot be overstated and people respect when you try your best to help them with whatever matters most to them. On a final note, I'm looking forwards to the next steps on how lockdown is likely to be eased in the coming weeks and months and I'm hopeful that things will gradually improve over time. Regardless of what the next steps may be, one thing I am certain of is that our ALLIANCE Links Worker Programme will rise above any challenges which are presented to ensure that people's health and wellbeing is at the centre of our recovery moving forwards.

Helplines

Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

Advice. Scot

T: 0808 800 9060

Alzheimer's Scotland

T: 0808 808 3000

Autism Helpline

T: 0808 800 4104

Beat Eating Disorders

T: 0808 801 0677

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Breathing Space

T: 0800 83 85 87

Bullying

www.nationalbullyinghelpline.co.uk

T: 0845 22 55 787

CAB

T: 0800 328 5644

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Child Bereavement UK

T: 0141 352 9995

Childline

T: 0800 1111

(Help prevent) Childhood abuse

T: 0808 1000 900

CHSS Advice line Nurses

T: 0808 801 0899

Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

Dementia Helpline

T: 0800 888 6678

Digital Support Freephone Helpline

T: 0800 158 3974

Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234

Drinkline Scotland

T: 0800 7314 314

Emergency Homelessness

T: 0800 838 502

Families Affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer Support Group

(supporting families affected by imprisonment) Text **FAMOUT 60777** or

Freephone **0800 254 0088**

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

T: 0800 731 4880

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline

T 0808 8020 133

Glasgow Disability Alliance helpline

T: 0800 432 0422

Glasgow Helping Hero's

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

Marie Curie helpline

T: 0800 090 2309

Which is open Mon-Fri 8am-6pm
and Sat 11am-5pm.

Mind Info Line

T: 0300 123 3393

Modern Slavery Helpline Scotland

T: 08000 121 700

NA

T: 0300 999 1212

NHS 24

T: 111

OCD Helpline

0845 390 6232 or 020 7253 2664

www.ocdaction.org.uk

One Parent Families Scotland Helpline

0808 801 0323

Parkinson's UK Scotland

T: 0808 800 0303

Pandas (perinatal mental illness)

T: 0808 1961 776

Parent Line

T: 08000 28 22 33

Rape Crisis

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

Report a Consumer Issue

Advice Direct Scotland T: 0808 164 6000

Report a Loan Shark

T:0800 074 0878

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

Sexual Health Info Line

T: 0800 567 123 but changing to

T: 0300 123 7123

Silverline (older people)

T: 0800 4 70 80 90

Shelter Helpline

T: 0300 330 1234

Shout (an affiliate of crisis text line)

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

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Age Scotland helpline is a free, confidential
phone service for older people, their carers
and families in Scotland. Our team provide
information, friendship and advice. Their
helpline is free to call and available Monday -
Friday 9-5pm

T: 0800 12 44 222

The Lullaby Trust

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

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

T: 0808 808 00 00

The Samaritans

Free Phone T: 116 123

The Spark Relationship Counselling and Support

T:0808 802 0050

Universal Credit Helpline

T: 0808 169 9901

Victim Support

T: 0345 603 9213

WSREC Hate Crime Helpline

T: 07497 187 992

Young Minds

T: 0800 018 2138



Mental Health, Well-Being and Stress Management

Anger Management

www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/problems-with-anger-self-help-guide

Anxiety UK (formerly National Phobics Society) Helpline

T: 03444 775 774

Text service: 07537 416 905

anxietyuk.org.uk

Association for Child and Adolescent Mental Health

www.acamh.org

Bipolar Scotland

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

Campaign to Look After your Mental Health

www.clearyourhead.scot

Combat Stress

UK charity for Veterans Mental Health

www.combatstress.org.uk T: 0800 138 1619

Compassion Fatigue

compassionfatigue.org

COPE continues to care

Phone wellbeing support because you matter

T: 0141 944 5490

Email: admin@cope-scotland.org will be

replied to within 24 hours where possible.

Website offers online wellbeing information:

www.cope-scotland.org

COVID-MINDS is a network of longitudinal studies on the global mental health impact of Covid-19 covidminds.org

CRUSE Bereavement support

Bereavement support helpline

T: 0808 808 1677

Eating Disorders

Beat Eating Disorders

www.beateatingdisorders.org.uk

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

GCHSCP

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

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

Healing for the Heart

www.healingfortheheart.co.uk

Health and Social Care Alliance (The Alliance)

Opinion piece on looking at COVID through a trauma informed lens

www.alliance-scotland.org.uk/blog/opinion/after-covid-19-am-i-normal

Health in Mind Trauma Counselling

www.health-in-mind.org.uk/services/trauma_counselling_line_scotland/d15/

Headroom

Is a recently launched mental health toolkit from the BBC. There's resources to help get people talking about mental health, essential everyday tips, inspiring personal stories and more.

www.bbc.co.uk/programmes/articles/YfRzhXDKSZQxFVn30TLXBj/your-mental-health-toolkit

YfRzhXDKSZQxFVn30TLXBj/your-mental-health-toolkit

How to Look After your Mental Health

www.mentalhealth.org.uk

Information on Self-Harm

SAMH

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

We are **Jean's Bothy** and open to anyone living in Helensburgh & Lomond over age 16 who would like support to improve their mental health and wellbeing. We have a monthly programme of activities and sessions and also offer 1-2-1 phone support. Currently our activities are all online and hope to return to our cottage soon!

E: jeansbothy@enable.org.uk

Lifelink Glasgow Counselling Service

Also have a young people's service

T: 0141 552 4434

W: www.lifelink.org.uk

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

MalesTales Helensburgh offers weekly sessions every Monday night at 7pm for any men looking for support. Founder John Lewis is the contact.

E: info@malestales.co.uk

Maternal Mental Health Scotland

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

this may also be of interest

www.mhfestival.com/exhibition

Mind Info Line

Open Monday to Friday 9am-6pm

T: 0300 123 3393

E: info@mind.org.uk or text 86463

Don't know where to start? www.mind.org.uk

Mind Tools a lot of useful information and tools
www.mindtools.com

Mindfulness

www.freemindfulness.org/download

Mindfulness Resource

waysofthinking.co.uk

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

NHSGG&C Glasgow Psychological Trauma Service

www.nhsggc.org.uk/your-health/health-services/glasgow-psychological-trauma-service/

Panda Foundation

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

T: 0808 1961 776

E: info@pandasfoundation.org.uk

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

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

SAMH - Let's Talk

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

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



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

Scottish Recovery Network

www.scottishrecovery.net/staying-connected-what-people-are-doing-to-stay-well

We've launched a new website full of free resources, ideas & insights!

Click this image to take a look or visit **www.scottishrecovery.net**



Scottish Recovery Network launch new website!

Launched in response to an ever-growing need for more accessible and immediate help for people with mental health challenges, Scottish Recovery Network has launched a new website to help groups, communities, organisations and services develop and deliver recovery focused support.

The website is full of free resources, ideas and insights to encourage people to work together to transform Scotland's mental health system into one that embraces peer support and is powered by lived experience.

It provides a platform to represent calls for a joined up, cross sector mental health system that provides many different 'doors' to support, where, when and for however long people need it. One that nurtures the third sector, NHS and all the good practice happening on the ground (or online) in communities.

Take a look around and see how you can make recovery real where you are

<http://bit.ly/2gyRB3Q>

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/

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/
- 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

Support in Mind Scotland

www.supportinmindscotland.org.uk

The Scottish Children's Services Coalition

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

The Wee Retreat Meditation and Wellbeing Centre

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

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

Wheatly-care.com

T: 0800 952 9292

Offer support around:

- Addictions
- Alcohol related Brain damage
- Homelessness
- Learning disabilities
- Mental Health
- Older Adults
- Young people and families

Woodlands Community Mental Health Support

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

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

What if my therapist left?

As a remote service, if your therapist was to leave you could if you wanted to see someone else, however, therapists do not share their notes, so a new therapist would require you to share the work done so far towards your goals and what interventions were offered next.

What do people who use your service say about you?

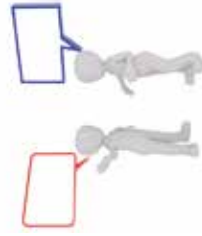
“It has been a great help to have had support and being able to talk with someone about how things have been for me since my Mum died.”

“My sleep patterns have improved vastly, and I am now more confident than ever and ready for my challenges ahead.”

“Even though we are in the midst of a global pandemic, the service that I have received has been phenomenal.”

“Since the first week of engaging I came off the call with a feeling of hope and excitement as I felt so much shifting in my mood and I began to feel I can get my life back together.”

“You do not realise how the sessions have been helping me keep going with everything I’m dealing with – they give me strength and hope to see it through”.



Useful phone numbers

Alcoholics Anonymous | T: 0800 9177 650

Breathing space | T: 0800 83 85 87

Citizens advice Scotland | T 0800 028 1456

Coronavirus helpline | T 0800 028 2816

National domestic abuse helpline | T: 0808 2000 247

Gamblers Anonymous Scotland | T 0370 050 8881

Gambling Helpline | T 0808 8020 133

Glasgow Helps | Text 07451 289255

LGBT Helpline | T 0300 123 2523

LGBT Youth | Text 07984 356512

One Parent Families Scotland Helpline

T 0808 801 0323

Parent Line | T 08000 28 22 33

Samaritans | T: 116 123

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

Useful websites

www.cope-scotland.org

www.nhsinform.scot

When is the service available?

The call answering take calls Monday to Friday 9am to 5pm, unless it's a public holiday, on a Friday if you phone, they will offer you an appointment time as the wellness connector does not work Fridays.

The wellness connector is available 8.45am - 5.30am Monday to Thursday, the therapists would discuss appointment times with you at your first session with them.



In-formal wellbeing check-ups, how are you doing, really?

Sounding board, as sometimes we just need someone to listen

Tools to look after your mental/emotional well being, and the impact of COVID-19

Learning to look after you, as well as everyone else

Support to see who else is out there when what we offer isn't enough

COPE the project is a PHONE and ONLINE service. Funded until March 2023. This decision was made in the light of restrictions to reduce the possible impact on appointments as well as offering increased flexibility in when appointments can be offered. We have offered this since March 2020 and people have shared they valued this during the pandemic also the reduced time to travel to appointments and costs for travel people have shared has been really helpful.

How do I get a service?

We have enlisted the support of a call answering service to reduce the chances of someone getting an answering machine when they phone to arrange an appointment. If you phone **0141 944 5490** one of the team will take your name and phone number and pass that to Kathleen who manages the diary, and she shall contact you with an appointment. The call answering service will delete your details within 6 weeks of the call. Or you can text Kathleen directly on **07763 743 296** or email 'kathleen Robertson' **kathleen2@gmx.co.uk**. Kathleen will ask for permission for your name and contact details to be shared with the therapist who is going to contact you, your age and how you found out about the service. She will then agree a time with you for one of the therapists to phone. When arranging this time, please think about when it is most likely to work for you, as we realise with childcare and other caring responsibilities or work, there may be some times, which suit better than others.

What kind of appointments do you offer?

Appointments are by phone, or for people who prefer, zoom. We can also offer a wellbeing email tips service for people who may find due to other commitments keeping set appointment times a challenge. We also mail out materials for people who are not online. Details of this can be discussed with your therapist to explore what the service can offer and what works best for you.

Who does COPE the project offer support to?

We offer a one-to-one service to people aged 18 and over. At the moment, we are working with partners to try and offer support across the city where possible and for people where they have no other source of support as we know, this pandemic has had an impact on people's mental and emotional wellbeing the phone service has enabled this adaptation to where we offer support possible. Our core areas of operation for the one-to-one service are the West of Glasgow.

Who offer the services?

COPE the project hire therapists with a range of skills which enable them to offer the support people accessing the service may require, and linking to other support where possible, when what we offer is not enough. They are fully qualified professionals with a minimum of 10 years post qualifying experience and follow their professional bodies codes of conduct on confidentiality and data protection.

The wellness connector does not offer a professional intervention; however, we have found since lockdown some people who may be living alone, or have little contact with others, appreciate someone phoning to say hi, enjoy a cup of tea together and have a wee blether.

How long are your waiting lists?

We manage our waiting lists to zero, so when you phone you will be offered an appointment usually within a maximum of 10 days but often sooner, sometimes due to holidays this may be a wee bit longer but when you contact us, you will know when your appointment is. We also find sometimes people cancel appointments so if you let us know when you connect with the service, if you can be available at short notice we can perhaps offer an appointment sooner if there is a cancellation.

Why should I get in touch?

Life sometimes can be challenging and the past year with COVID_19 more challenging even than usual. While we may cope against the odds and find we are getting on with it, we can be experiencing real issues of stress which is impacting on our wellbeing and taking the sparkle out of life. You matter, your wellbeing matters, we look after our teeth, our eyes, our bodies, it make sense, we also look after our minds and emotions. This is a confidential service, everyone offering support through COPE the project complies with GDPR (General Data Protection Regulations). Even if you only ever make one wee call and arrange a one off chat, that one wee chat may make a big difference. You are worth it, we do care and you do matter.



What kind of service do you offer?

COPE the project is a wellbeing project which aims to offer brief solutions focused interventions sharing tools and tips to reduce the suffering and distress which life events can cause. We also recognise sometimes people are in acute distress and need heard. While we are not a crisis service, nor a counselling service, we recognise the value of having someone to listen and sometimes that's what we need most.

We share many tools online and by email, however, for anyone not online we try wherever possible to post hard copies, which we meet the costs of. The services for COPE the project are free.





The Caley

Royal Caledonian Horticultural Society

grow₂

and learn in nature

*The Caley's new project based award
that connects people, plants and nature.*



Learn about

How to make your outdoors space more nature friendly.
Developing your skills in biodiversity, plant care, soil health,
propagation and so much more.

How it works

You decide what your Grow & Learn in Nature project will be.
Practical learning outdoors leads to your award.
No exams - use your portfolio.
Minimum of 30 hours of activities.
Can be a group or individual award.

What you achieve

Awarded The Caley's GLiN 'Certificate of Achievement'.
Gain new gardening skills that work in harmony with nature.
Develop your connection with the natural world.

Ready to get started with your learning, contact:

caleygrowandlearn@gmail.com

www.thecaley.org.uk

[@caleygrowandlearn](https://www.instagram.com/caleygrowandlearn)

Supported by:



Nature Earth and Health

Nature in Winter

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

www.woodlandtrust.org.uk/visiting-woods/find-woods

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

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

You may also want to visit

www.edenprojectcommunities.com/winter

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



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

Central Scotland Green Network

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

For more information:

www.centralscotlandgreennetwork.org

Community Energy Scotland

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

For more information:

www.communityenergyscotland.org.uk

Community Resources Networks Scotland

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

For more information: **www.crns.org.uk**

Energy Saving Trust

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

For more information:

www.energysavingtrust.org.uk

Friends of the Earth Scotland

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

Glasgow Eco Trust

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

www.glasgowecotrust.org.uk

Global Goals Scotland

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

www.globalgoals.scot

Greener Scotland

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

www.greenerScotland.org

Greenspace Scotland

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



Growchapel

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

Guidance for the safe use of community gardens and allotments

www.gov.scot/publications/coronavirus-covid-19-community-food-growing-spaces

Keep Scotland Beautiful

A One Planet Picnic is a picnic that is good for you and good for the planet. It is a fun way to make your food and drink choices environmentally friendly. Look at the step by step guide in their website for inspiration and ideas. Register your One Planet Picnic to receive a support pack.

www.keepsotlandbeautiful.org/sustainable-development-education/food-and-the-environment/one-planet-picnic/

Little Green Space

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

RSPB Give Nature a Home

www.rspb.org.uk/get-involved/activities/give-nature-a-home-in-your-garden/

Scottish Environment Link

Scottish Environment LINK is the forum for Scotland's voluntary environment community, with 38 member bodies representing a broad spectrum of environmental interests with the common goal of contributing to a more environmentally sustainable society.

www.scotlink.org

Scottish Wildlife Trust

From major species and landscape projects to managing wildlife reserves, education work and campaigning for nature, Scottish Wildlife Trust protect Scotland's wildlife for the future

scottishwildlifetrust.org.uk

Zero Waste Scotland

Zero Waste Scotland exists to lead Scotland to use products and resources responsibly, focusing on where we can have the greatest impact on climate change. For more information:

www.zerowastescotland.org.uk/content/who-we-are



Better
outside
using our
spaces
more

Introduction and contents

At greenspace scotland we've always talked about parks and greenspace as our natural health service, our children's outdoor classrooms, our community and leisure centres without a roof. Now we need them more than ever.

During the first lockdown we heard lots of heart-warming stories of how local greenspaces, communal gardens, back greens and back courts were helping people connect and cope with the lockdown. There were home-gardening packs, colourful potato sacks, bug bingo, yarn bombing of rainbows and butterflies, and shopping drop offs for older neighbours who were getting through flour supplies at a rate comparable to the Bake Off tent!

As lockdown restrictions started to ease, many groups began to find ways of taking the indoors – outdoors, moving activities from community centres, village halls, schools and leisure centres into local parks and greenspaces.

As we continue to adapt to living with Covid-19, we've developed **Better outside – using our spaces more** to provide examples, ideas, inspiration and resources for taking indoor activities outside. We hope you find these resources useful.

There are eight thematic resource sheets, plus a guide on technical resources:

1. Arts, culture and heritage outside
2. Taking cinema outdoors
3. Free range community centres
4. Let's keep growing
5. Outdoor play and learning
6. Employability and skills
7. Health and wellbeing outside
8. Youth work al fresco
9. Technical resources

You can also find further information and inspiring ideas in the Better Outside section of our website www.greenspacescotland.org.uk/better-outside

We would love to hear how you have been using your local greenspace and taking the indoors-outdoors. Please get in touch with us by emailing info@greenspacescotland.org.uk

Thanks to The National Lottery Heritage Fund for supporting work on **Better Outside – using our spaces more**

Better
outside

using our
spaces
more

Arts, culture
and heritage
outside

Photo Credit: Aproxima Arts

Greenspaces, parks and streets have become even more important to us as social and cultural venues. With cinemas, theatres, performing arts venues being closed and festivals cancelled during the Covid-19 pandemic, new kinds of events were staged in different locations, transforming spaces and creating new experiences for audiences. Community groups have also organised outside performances. Here are some pointers to help and inspire your group.

Making it happen

Keep up to date with restrictions and adhere to any guidance and regulations for your area, think about the resources and equipment you will need to adapt your activity to meet these and being outside.

Read: [Scottish Government Coronavirus \(COVID-19\): events sector guidance](#)

Contact a local group that have already run a similar event to learn from their experience.

Start small to build your confidence and get the help, skills and equipment you need.

Plan ahead and decide on - the scale of your event, a suitable film or performance for your audience, the best time and day of the week and time of year and how you will promote it.

Your budget will depend on the scale of the event and if you already own or can borrow equipment from other organisations. For example, it can start from about £500 for a small screening event if you already have access to seating, rain cover for equipment, and a high-quality projector but could be significantly more if you need to include all costs such as hiring all the equipment.

Things to consider

Where will the event take place? It could be in a park, public space or a privately owned open space. Check who owns the site and get permission to use it. Parks may require you to submit a permission form or sign an agreement. Check with your local authority whether you need a Public Entertainment License and/or Public Liability Insurance.

Think about how to reach your audience, be welcoming and inclusive. Put in place measures to ensure sound quality without disturbing the neighbourhood. Think about where the audience will sit, how easily can they see the performance and whether they will need seating - can they bring a deckchair or blanket, how will the event be weather-proofed - will umbrellas be needed? Do you need physical distancing due to any current Covid-19 restrictions?

Decide if you want to charge for tickets or make it a free event. Make sure you promote your event to your audience. This can be through posters, flyers, social media or advertising.

Depending on the scale of your event you may need volunteers to help with publicity, set-up, stewarding, organising a one-way system and gathering track and trace information.

To make sure everyone remains safe in your outdoor space, as well as keeping up to date with latest Covid-19 guidance for your area, you will need to do a full risk assessment and review your insurance.



Photo Credit: Simon Forsythe

Other practical things to consider include location, shelter, clothing, toilets, handwashing and getting your wider community involved. Take a look at Better Outside [Technical resources](#).

Who can help?

If outdoor performing arts or film screening is something you want to do on a regular basis here are some useful organisations and guides:

[Advice](#) for delivering arts activities outside.

If you are asking musicians to play outdoors read this [advice](#).

Helpful [guidance](#) from a council on delivering arts activities outside and working with councils.

Outdoor Arts UK have a collection of Covid-19 [resources](#).

[Directory](#) listing Scottish arts professionals with capacity and skills to deliver outdoor programmes.

[Guide](#) to taking community cinema outdoors.

Real life examples

Hayburn Park outdoor cinema screening

With cinemas closed, the Hayburn Playpark Association brought the magic of film to their park with a hugely enjoyable outdoor screening of Roald Dahl's *Fantastic Mr Fox*.

Taking community theatre outside

The Rubber Chicken Theatre company performed the beautiful Sondheim musical 'Into the Woods' outdoors amongst the trees of Holmehill Wood in Dunblane, with a socially distanced cast and audience.

When community art meets food growing

'An Empty Gunny Bag Cannot Stand' was originally intended to take place on unused land surrounding SWG3 arts complex in Glasgow. Then lockdown happened and a new plan evolved by inviting a whole street in Kelvindale, Glasgow, to plant and grow the potatoes on their own doorsteps.

Art on the Street

A colourful, temporary zebra crossing mural appeared on a pedestrianised main street in Dundee, painted by a local scenic painter, artists and students and co-designed by businesses and residents. It was painted in about 10 hours using eco-friendly paint that lasts 4-6 weeks.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/arts-culture-and-heritage-outside>

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Taking Cinema Outdoors

During the Covid-19 pandemic more social activity is happening in parks, greenspaces, gardens and out on the street. Outdoor screenings are a great way of bringing communities together in a safe and special way.

Watch our short films

Hear first-hand experience from Hayburn Playpark Association and Glasgow Artists' Moving Image Studios by watching our two short *films* on running an outdoor cinema community event in a park or public place. Get inspired and don't be daunted!

Top tips

Contact a local group that have already run a similar event. Hearing first-hand experience beats any factsheet! If you can't find anyone local check with [Film Hub Scotland](#) or [Cinema for All](#) as they may know of community film clubs that have run outdoor screenings.

It's really important with outdoor screenings to make sure you have a powerful enough projector.

Start with a small local event and learn from experience. Just doing something at a manageable scale for your group will give you a boost and lots of learning.

Don't be afraid to ask for help! There's an incredible amount of people who want to see communities come together safely, also you'll be surprised who might have the equipment or skills you need to make it work.

Planning your event

You need to plan ahead and decide on the scale of your event, a suitable film for your audience, the best day of the week and time of year for screening. This will determine how much budget you will need and how many people can come along.

Location – where will the event take place. It could be in a park, public space or a privately owned open space. Check how many people the space can safely hold, if it has good sight lines for the screen, if it has access to any power.

Set up - when you set up the projector, think about where the audience will sit, how easily can they see? If you are expecting a large audience, it might be worth setting the projector up high behind the audience, so the image is larger. Also, think about whether your audience will need seating - can they bring a deckchair or blanket - will umbrellas be needed? Do they need any physical distancing due to any current Covid-19 restrictions? Check the guidance for your area and plan this out.

Permissions and insurance – check who owns the site and get permission to use it. Parks may require you to submit a permission form or sign an agreement. Let relevant authorities know what you are doing, generally they will be very supportive. Check with your local authority whether you need a Public Entertainment Licence, and/or Public Liability Insurance. It's also worth notifying

the local police and environmental health, who can advise on health and safety measures.

Volunteers – depending on the scale of your event you may need volunteers to help with publicity, set-up, stewarding and gathering track and trace information. GAMIS had five volunteers, who helped people negotiate the one-way system, register contact details and answered questions from curious passers-by.

Publicity and bookings – decide if you want to charge for tickets or make it a free event. Make sure you promote your event to your audience. This can be through posters, flyers, social media or advertising. If you need people to book, have an easy booking system that will help you manage numbers. GAMIS used [Eventbrite](#) to register bookings, posting up QR codes so that people could book online whilst queuing.

Budget - your budget will depend on the scale of the event, if you charge for tickets and what equipment you already own or can borrow from other organisations. It can range from about £500 for a small event if you already have access to seating, rain cover for equipment, a high quality projector and a screen, to £2200 if you need to include all costs such as hiring all the equipment, seating, rain cover, publicity, film screening licence, insurance, as well as PPE for volunteers and sanitiser for attendees.

Things to consider

Projector - the most important thing is ensuring you have a powerful enough projector. GAMIS used a theatre-quality digital projector, which just about managed once the sun went down. You can hire daylight projectors, which are excellent. Alternatively, you can also use digital LED screens, but these are quite expensive, particularly if you want a good resolution.

Sound – you will need decent sound quality which generally means a PA system. This can be hired from commercial companies or you might find there is a community project or social enterprise that could provide one. GAMIS used a local music charity *Music Broth* who provided the PA System and power generator.

Power – you will need a power supply to power the projector, DVD player and PA. This could be from an adjacent building if you can do it safely: do make sure all cables are protected and secured so as not to be a trip hazard. Or hire/borrow a generator to power the projector and PA, it's worth making sure it's a 'silent' one, regular ones can be noisy and may drown out the sound of the movie.

Licenses - you will need to obtain a licence to screen the film, this is the case even if you are not charging for tickets. Most films can be licenced through distributors like *BFI*, *Filmbank Media* or *Park Circus*. You can usually find the info on the DVD case or online.

Health and Safety - always check current Scottish Government event guidance in relation to Covid-19 when planning and just before

running your event. During restrictions you may need to mark out safe queuing distances and a one-way system, a station with sanitiser and a system so people can give contact details on paper and possibly digitally. Make sure all electrical and screening equipment and cables are protected and secured so as not to be a trip hazard. All electrical equipment must be covered in case of rain. You should have a risk assessment that covers potential risks, how you will minimise and address them.

Inclusion and accessibility – think about how to reach your audience, be welcoming and inclusive. To reach a local audience GAMIS had posters in Urdu, Slovak, Punjabi, Romanian and English. The posters had a mobile number so that local residents could contact them if they had any concerns on the night. Think about how the event might impact on local residents. To ensure they didn't disturb local residents GAMIS paid for a sound technician to work with them to ensure the sound was properly balanced so that everyone could hear, without causing a nuisance to neighbours.

Who can help?

If outdoor film programming and screening is something you want to do on a regular basis here are some useful organisations and guides:

Film Hub Scotland provide funding and support for independent film clubs, festivals and cinemas. They have lots of useful resources including: *Starting a Community Cinema* | *How to plan an outdoor screening guide* (which includes a risk assessment template) | *Inclusion and access info*

Cinema For All help communities screen films

My Community Cinema is a directory of community run cinemas

Independent Cinema Office is a helpful organisation providing support and advice

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Free range community centres

Greenspaces, parks, gardens and streets have become even more important to us as venues for social activities, sports, youth work and cultural events.

With most community centres being closed during the Covid-19 pandemic, groups have looked for new ways of bringing local people together outdoors safely and creating a much-needed sense of community.

Activities which would normally happen in a community centre have moved outdoors, such as community cinema, exercise classes and seasonal events.

The community centre is also greatly missed as a point of information about what goes on locally and a place where chance meetings between people happen. It has been a challenge to recreate this function outside, but here are some pointers and examples to help and inspire your group.

Making it happen

Keep up to date with restrictions and adhere to any Covid-19 guidance and regulations for your area, think about the resources and equipment you will need to adapt your activity to meet these and being outside.

Read: [Scottish Government Coronavirus \(COVID-19\): events sector guidance](#)

Is there somewhere locally that could be turned into a sheltered outdoor space? Woodlands Community Trust in Glasgow turned their outdoor workspace area into a bookable meeting space for local people who wanted to meet up with family and friends.

You might be able to put up a more permanent structure like a marquee or tipi in a local greenspace. Pollokshields Development Trust and Urban Roots found a tipi with the sides open worked well.

Some exercise classes can take place outdoors. There is al fresco pilates in Starbank Park and yoga in the big backcourt at Govanhill. In Balerno, the Village Trust mapped local walks to encourage residents and visitors to discover their local area and to keep active and healthy. The walking routes can be downloaded or people could pick up a booklet in the Red Phone Box in the centre of the village.

Outdoor theatre and cinema screenings have also taken place across the country. We have put together a handy [how to guide](#) and videos about putting on outdoor film screenings.

Seasonal events which normally bring people together in the community centre can be relocated outdoors. Alva Community Council organised a Halloween display competition where residents could add their house to a google map and Dunblane had a community pumpkin patch.

Things to consider

Whichever activity you decide to try out in your "free range community centre" during the pandemic it will need careful planning, and adherence to guidance and regulations (of which there are many!)

To make sure everyone remains safe in your outdoor space, you will need to do a full risk assessment and review your insurance.

Other practical things to consider include location, shelter, clothing, toilets, handwashing and getting your wider community involved. Take a look at [Better Outside](#)

[Technical resources](#)

Check how many people the space can safely hold and if there is access to any resources like power and toilets. Will you need a shelter and seating, or will participants bring their own? Do they need any physical distancing due to any current Covid-19 restrictions and if so, how do you plan the space so that this happens?

Letting people know – consider how to reach different people in your community. Social media works well for some, but others need off-line information. Balerno Village Trust used the Red Phone Box they had just adopted from BT as a central information point and it also doubled up as a "share box" - creating an important sense of community at a time when a lot of people felt vulnerable and on their own.



Who can help?

Your local park might have a Friends of Park group you can work with to put on events and run activities in the park. There is no central list of these groups, but Friends of Park groups are often active on Facebook or Twitter, so have a look there.

greenspace scotland has created a range of resource sheets and collected inspirational stories from across Scotland to help and inspire you to take indoor activities outside – find out more at

www.greenspacescotland.org.uk/better-outside

If you are interested in finding out more about semi-permanent structures such as tipis and shelters, check out the Better Outside [Technical Resources](#)

Real life examples

Tipi at the Bowling Club

In Pollokshields, Urban Roots and Pollokshields Trust worked together to ensure that local people could continue to access the services of voluntary groups by using a tipi as indoor-outdoor meeting space.

Balerno's Red Phone Box

Balerno Village Trust adopted a red phone box and turned it into a mini community and information centre during lockdown.

Govanhill's big backcourt

Residents in Govanhill transformed their back court into a place to chat, share a drink and even do socially distanced yoga!

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/free-range-community-centre>

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Let's keep
growing

Photo Credit: Viewpark Gardens
Allotments Association

Allotments and community gardens have remained open for individual gardening and organised group activities. There's been an amazing amount of fruit and veg growing, with surplus veg being distributed to neighbours and foodbanks.

As not everyone has been able to get outside, lots of groups have been providing gardening-at-home activities and other ways of outreach gardening and growing.

Making it happen

Keep up to date with restrictions and adhere to any Covid-19 guidance and regulations for your area, think about the resources and equipment you will need to adapt your activity to meet these.

Read: [Scottish Government Coronavirus \(COVID-19\): community food-growing spaces](#)

Read: [Scottish Government Coronavirus \(COVID-19\): events sector guidance](#)

Once you've decided what you're going to do, plan your activities carefully. You'll need to think about safe numbers, space, your capacity and any other practical resources you might need to adapt your activities to meet current guidance or to do more outside. You might require additional funding for items such as storage units, shelters, handwashing stations, individual cooking utensils, face coverings, individual toolboxes etc.

Things to consider

Keep in touch with your regular site users and participants to let them know what measures are in place, and how services or activities have changed. Ask users of your site for ideas on how to make changes to allow a wider range of activities to take place.

Using online platforms like Zoom can be a good way to run group training sessions or meetings to keep your project progressing if you can't be on site.

You can also widen your audience and attract new members with new skills by using tools like Instagram, Facebook or posters around your community.

Be realistic about what you can deliver and consider the capacity of your group. Find out who else can help you locally. For example, there might be another organisation or local business making deliveries locally who may be willing to help deliver grow at home kits.

Find ways to understand your community and their needs. Remember people have had very different experiences during the pandemic and some may be anxious about participating in activities again. They may need additional support or a phased introduction to what's on offer.

To make sure everyone remains safe in your outdoor space, as well as keeping up to date with latest Covid-19 guidance for your area, you will need to do a full risk assessment and review your insurance.

Other practical things to consider include shelter, clothing, toilets, handwashing and getting your wider community involved. Take a look at Better Outside [Technical resources](#)

Who can help?

[Social Farms & Gardens Scotland](#) has produced a list of practical points to help community growing groups to think through, plan and get back to growing.

[Trellis](#) have been offering regular Zoom sessions to support community growing groups covering a range of topics such as seasonal gardening activities, bird feeding and informal coffee and chat sessions.

[The Grow and Learn in Nature Award](#) from the Caley offers the opportunity to continue to develop gardening and nature skills at home. This could be creating bug hotels in the garden, growing plants for pollinators on your balcony or herb planters on your window.



Photo Credit: Urban Fox

Real life examples

Growing with the Maxwell Centre in Dundee

The Maxwell Centre is a community centre and garden which successfully adapted their services and activities. They set up a 'Grow Dundee' Facebook page and blog, delivered 'Grow At Home' kits to families and moved some indoor activities outdoors like cooking workshops.

Blooming well in the East End

Include Me 2 Club's Allotment Angels joined forces with Urban Fox for East End In Bloom. Together, the two organisations provided 500 bags of pots, compost, sunflower seeds, wildflower seeds and vegetables to families to help them grow at home and get the East End blooming with colour.

Veg your ledge in Falkirk

Community groups and organisations across Falkirk took part in a pilot project to get them growing their own produce from their windowsill. Forth Environment Link produced and delivered 250 Veg Your Ledge kits designed to encourage people to realise the benefits of growing their own fresh food, reducing their carbon footprint, and experiencing the health and therapeutic gains associated with food growing.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/lets-keep-growing>

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Photo Credit: The Cyrenians

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Outdoor
play and
learning

Photo Credit: Milton Community Garden

From informal play to outdoor nurseries and nature kindergartens, from outside classrooms to outdoor education and forest schools, there are lots of ways that parks and greenspaces can be used for play and learning.

The *National Position Statement on Outdoor Play and Learning* has links to research evidence showing why outdoor learning and play is so valuable for children and young people. This Statement predates the Covid-19 pandemic and demonstrates why playing and learning outside is so important for children's health, wellbeing and development. Actions taken now in response to the pandemic can set in train new practices for the future.

Making it happen

Keep up to date with restrictions and adhere to any guidance and regulations for your area. Think about the resources and equipment you will need to adapt your activities to meet these and being outside.

Working with others – when taking your first steps towards taking play and learning outside it is a good idea to work in partnership with other organisations to draw on their skills and experience. You'll find lots of suggestions in the 'Who can help?' section.

Finding a space near your school or nursery - NatureScot's *Greenspace Map for Outdoor Learning* lets you search quickly and easily for greenspaces nearby and within a 5 minute walk. *OS Greenspace* lets you search by postcode to find parks, playing fields, sports areas, playgrounds and community gardens.

Linking with Award Schemes – the structure and resources associated with award schemes can help you think about how to plan and develop your activities. There are lots of different schemes including: *John Muir Award*, *Eco Schools* and *Junior Award Scheme for Schools*.

Things to consider

Identifying a suitable site and finding out who owns it may take time.

You will need to have a formal agreement for permission to use the site.

Think about access to the site – how will staff, volunteers and children get there?

What facilities will you need on site? Think about shelter, toilets and handwashing, clothing, play and learning materials.

Thrive Outdoors have produced *resources* to help you think about selecting a site, shelter, toilets, handwashing, eating, clothing and loose parts play. Although written from an early learning perspective, the resource will be useful for many outdoor settings for play and learning.

You can find out more about semi-permanent structures such as tipis and shelters, in the Better Outside *Technical Resources*

To make sure everyone remains safe in your outdoor space, as well as keeping up to date with latest Covid-19 guidance for your area, you will need to do a full risk assessment and review your insurance.



Photo Credit: The Sheiling project

Who can help?

Using greenspaces for early learning and childcare - the Thrive Outdoors team at Inspiring Scotland provide a wealth of useful information and **resources** on how to use greenspaces for outdoor play and learning.

Out to Play: creating outdoor play experiences for children - practical **guidance** and advice from the Scottish Government for early learning and childcare settings and practitioners on how to access outdoor spaces to create safe, nurturing and inspiring outdoor learning experiences.

Playful schools - Play Scotland have produced a **guide** to delivering loose parts play during Covid-19.

Learning through Landscapes (previously called Grounds for Learning in Scotland) has a wealth of **resources** for early years, primary and secondary schools. They've also got a great range of short videos – search for Learning through Landscapes on YouTube.

Taking the classroom outside - NatureScot's **Learning in Local Greenspace resources** can help teachers discover the learning potential in local greenspaces. Resources and supporting documents are available to download to help you to find, access and use your local greenspace.

Many local authorities have specialist outdoor learning teams who can offer support and resources to teachers, as well as to wider community group leaders, e.g. **East Ayrshire's Learning Outdoors Support Team; Falkirk Council's Falkirk Outdoors** and **East Lothian's Outdoor Learning Service**

Education Scotland: outdoor learning webinars - during 2020, Education Scotland held webinars to support and encourage outdoor learning, many are available on their YouTube channel e.g. the **outdoor learning journey** of Garnethill Primary School

Teaching Learning Outdoors is a free **on-line module** (2 hours) aimed at instructors, third sector and private organisations, classroom assistants, volunteers, or indeed anyone who wants to work in partnership with education establishments to deliver meaningful outdoor learning experiences.

Real life examples

Wild Fife Babies and Bairns

As traditional parent and toddler groups have been 'locked out' of their venues, a Countryside Ranger on maternity leave, started to organise meet-ups to introduce babies and parents, in fun ways, to the natural environment; sparking natural curiosity, love and care for nature.

Shortlees Primary School - whole school learning outdoors

A School Grounds Survey identified several spaces with different features which would be suitable for a variety of lessons and activities. Training was undertaken by the teachers, a range of outdoor learning resources accessed and learning across the curriculum was moved outside.

Weekend Warriors – playscheme in Rouken Glen Park

Due to Covid-19 restrictions, this playscheme for children with learning disabilities and their families, was taken outside to a safe space in Rouken Glen Park. It has been so successful that it will continue outdoors.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/outdoor-play-and-learning>

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Employability and skills

Photo Credit: Sacro Garden Project

Many parks and heritage projects are connected with training and employability schemes. It's been encouraging to see these projects find ways to continue their activities and services by taking more of their activities outside.

With restrictions on indoor training and skills sessions, moving activities outside allows them to continue. It has also inspired educators and facilitators to explore new ways of delivering employability and skills training on a longer-term basis.

Making it happen

Keep up to date with restrictions and adhere to any Covid-19 guidance and regulations for your area and think about the resources and equipment you will need to adapt your activity to meet these and being outside.

Employability and skills training often focuses on group work and interaction between people is important. Delivering this outside can offer new opportunities, such as using different areas outside for different types of activity, and provide the space for physical distancing. There may be a need to alter the way some sessions are delivered to enable users to interact with the environment and use the space available.

Remember people have had very different experiences during the pandemic and so it is important to find ways to understand your service users and their needs. Some may be anxious about participating in activities again – they may need additional support or a phased introduction. Others may not be able to take part due to health reasons, and so some flexibility will be needed within your planned training and skills sessions.

Things to consider

Keep in touch with your regular participants to let them know what measures are in place, and how services or activities have changed. Ask service users for their ideas on how to change things to allow a wider range of activities to take place.

Quick wins: think about the things you can quickly and easily move outside. This might, for example, include doing some simple planting or cleaning up; this has the added benefit that those carrying out the activity can see immediate benefits from what they are doing. This will help in inspiring not only service users but also other people using the greenspace.

Think imaginatively about how to deliver some of the indoor elements of training and skills sessions. It is unlikely you will have access to tools such as presentations so consider alternatives such as drawing in the sand.

Consider the practical resources you may need to adapt your activities to meet current guidance or to do more outside. You might need additional funding for items such as storage units, shelters, handwashing stations, face coverings, suitable clothing and appropriate footwear.

Using online platforms like Zoom can be a good way to run group information sessions or meetings to keep participants informed about what to expect from outdoor sessions.



Photo Credit: Lanark Community Development Trust

To make sure everyone remains safe in your outdoor space, as well as keeping up to date with latest Covid-19 guidance for your area, you will need to do a full risk assessment and review your insurance.

Other practical things to consider include location, shelter, clothing, toilets, handwashing and getting your wider community involved. Take a look at Better Outside [Technical resources](#)

Who can help?

The Conservation Volunteers (TCV) have produced comprehensive [guidance](#) outlining general principles and information on working safely outside during Covid-19.

[Branching Out](#) is an innovative development by Forestry Commission Scotland for adults who use mental health services in Scotland.

Finding a space: [OS Greenspace](#) lets you search by postcode to find parks, playing fields, sports areas, playgrounds and community gardens.

Real life examples

Fife Employment Accessibility Trust (FEAT) have adapted their long running 'Employ Your Mind' programme to run fully outdoors in 2021 with the launch of the 'Grow Your Mind' project.

Skills Exchange SCIO has developed 'Let's Grow' as a new outdoor employability programme. This gives young people the opportunity to gain skills and qualifications in employability, personal development, enterprise, horticulture and environmental work through a blend of group work, individual support and work placements.

The Ridge secured a Licence to Occupy the Empire Close to develop a larger, socially distanced community garden. This outdoor site is used to deliver National Progression Awards in Construction and National Certificates in Rural Skills to High School children from across East Lothian.

Stramash Outdoor Nurseries Apprenticeships have been working to support our communities in Fort William, Oban and Elgin throughout the Covid-19 pandemic as key-worker hubs.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/employability-and-skills>

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Health
and wellbeing
outside

Photo Credit: GP Dr. Pete Churn,
Harbours Medical Practice
Cockenzie



At greenspace scotland, we've always talked about how parks and greenspaces are our natural health service. During the first lockdown, many people discovered the positive benefits of using outdoor spaces close to home for their mental and physical health and wellbeing.

As well as informal exercise, leisure and recreation, there are many organised green health activities like health walks and green gyms, as well as therapeutic activities in greenspace.

Covid-19 has also encouraged people think about how to make much more use of outside spaces, particularly around health care facilities for activities, waiting rooms and as outdoor 'wobble' rooms to provide respite and relaxation.

Making it happen

Keep up to date with restrictions and adhere to any guidance and regulations for your area and think about the resources and equipment you will need to adapt your activity to meet these and being outside.

Working together - if you are a greenspace or community garden manager, think about what other organisations work in your area, for example, GP surgeries, health centres, hospitals, mental health charities, care homes, dementia support groups or other health service delivery groups. What are the challenges they are currently facing and might they be interested in delivering some of their activities in your outdoor space?

Finding a space - as hospitals, health centres, care homes and support groups are starting to look to make more use of local greenspaces, you can use NatureScot's [Greenspace Map for Outdoor Learning](#) or [OS Greenspace](#) to search quickly and easily for greenspaces nearby and within a 5 minute walk.

Things to consider

5 ways to wellbeing is a well recognised structure to improve personal wellbeing. The 5 actions can easily be integrated into outdoor group activities:

- > **Connect**
- > **Be active**
- > **Take notice**
- > **Keep learning**
- > **Give**

The actions were originally identified from an evidence review by the New Economics Foundation. Find out more <https://neweconomics.org/2008/10/five-ways-to-wellbeing-the-postcards>

To make sure everyone remains safe in your outdoor space, as well as keeping up to date with latest Covid-19 guidance for your area, you will need to do a full risk assessment and review your insurance.

Other practical things to consider include location, shelter, clothing, toilets, handwashing and getting your wider community involved. Take a look at [Better Outside Technical resources](#)



Photo Credit: Garthdee Field Allotments Association

Who can help?

Your local **Third Sector Interface (TSI)** can help you find out which local charities are working in your area and reach out to them to see if there are obvious connections.

Health and Social Care Partnerships bring together a wide range of services to support people with a focus on community based and preventative approaches. **Health and Social Care Scotland** has a map of the 31 partnerships across Scotland.

Scottish Communities for Health and Wellbeing is an alliance of independent, community-led health improvement organisations, and an advocate for community led approaches to improving health and wellbeing. They can help make connections and partnerships with local and national organisations, statutory services, primary health professionals and local and national decision makers.

Green Health Partnerships in Dundee, Highland, North & South Lanarkshire and North Ayrshire are piloting ways of bringing together the health, social care, environment, leisure, sport and active travel sectors to make more use of local greenspace as a health-promoting resource.

NHS Greenspace uses a range of pilot sites to show how hospital staff and local organisations can encourage more people to use greenspaces around health facilities.

Trellis Scotland is Scotland's network for therapeutic gardening. Health professionals, those working in care settings and community settings can contact others who use gardening to augment care services via the **Trellis Project Network**. They also provide online resources, training and networking events.

TCV Scotland offer a wealth of practical and project experience to help people do practical activities outside and feel good as a result. They run Green Gyms in community and hospital settings, and their **Green Health in Later Life** programme aims to build natural exercise into supported living arrangements with housing associations and 'extra care' organisations who work with older people, as well as developing new programmes within hospital grounds.

Paths for All has volunteer led health walks across Scotland. Find an existing group, or access training and resources to set one up in your area.

Real life examples

Nature Recovery Project – the Woodlands Community Garden responded to seeing the detrimental impact the first lockdown was having on the mental health of their community by developing a range of practical and creative interventions. These include Nurture through Nature and wellbeing sessions in the garden.

GP led group walks – a doctor's surgery held a series of six, monthly walks as a group intervention for patients with mild to moderate mental health issues. The walks covered two miles, stopping at five locations for the GP-led chat about areas of lifestyle change, enabling small peer-group walk and talk between stops.

Waiting Room in the Park – the new Stobhill Hospital sits beside Springburn Park, where a waiting area in the park and bird box walk has been created, encouraging walking as well as connecting the natural themes explored in the hospital artworks to the natural environment of the Park.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/health-and-wellbeing-outside>

Thanks to The National Lottery Heritage Fund for supporting work on **Better Outside - using our spaces more**

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Youth work al fresco

Many youth groups moved their sessions online and continued to connect with their young members through delivery of food parcels and activity kits. As lockdown restrictions started to ease, many groups began to find ways of taking the indoors – outdoors, moving activities from community centres, village halls, schools and leisure centres into local parks and greenspaces.

Making it happen

Returning to face-to-face youth work during a pandemic takes careful planning and adherence to guidelines, of which there are many!

Guidance for the youth work sector has been surprisingly steady since August as youth work is considered a vital activity for our young people supporting both their mental and physical wellbeing.

Youth Scotland has developed a practical action plan for groups to work through to return to indoor and outdoor youth work.

Risk assessment - the sooner you can begin your risk assessments of the venue/site and the activities you plan to deliver the better. You will already have risk assessments, but now staying safe from Covid-19 must be considered. Youth Scotland has developed helpful resources, as have many other associations, for example, Scouts and Scottish Hockey.

Location – where will the sessions take place? It could be in a park, public space or a privately owned open space. Check how many people the space can safely hold and if there is access to any resources like power and toilets.

Permissions and insurance – if you are using a site that is not your own check who owns the site and get permission to use it. Parks may require you to submit a permission form or sign an agreement. Let the relevant authorities know what you are doing - generally they will be very supportive.

Set up – will you need a shelter and seating, or will participants bring their own? Do they need any physical distancing due to any current Covid-19 restrictions and if so, how do you plan the space, so this happens? Check the guidance for your area and plan this out.

Things to consider

Think about how you can re-create the feeling of your youth centre, so that the young people feel at home. A cold marquee with no atmosphere will probably not entice the young people to join in. The Breathe project in Aberfeldy developed a pop-up youth drop-in kit complete with carpets, inflatable furniture and plants!

'Make sure you give a good welcome. Our young people missed their "Breathe family" more than anything, so we made sure we greeted them outside the marquee without wearing masks, which we wore inside the marquee.'

Toilets and handwashing - ensure participants are aware of the procedure and availability of toilets - if there is no access to facilities, let the young people (and their parents) know. For handwashing, it is possible to rig up temporary handwashing using a camp shower (basically a black bag of water you hang up) but it might be easier to use hand sanitiser. Consider asking participants to bring their own to avoid sharing.



Photo Credit: The Breathe Project, Aberfeldy

Activities - when you plan your activities make sure they are Covid-19 safe – avoid sharing equipment if you can; if you cannot, make sure it is sanitised between uses.

Try something new – if your group is not used to spending time outdoors and you are not sure of what activities to run, there are lots of good ideas online. It might be possible to partner with an outdoor organisation nearby, for example, About Youth in Edinburgh, teamed up with outdoor experience company Bridge8, to provide outdoor activities for the young people right on their doorstep.

Who can help?

Youth Link Scotland worked with the [Youth Work Covid-19 Recovery Group to develop Youth work: Supporting young people through and out of lockdown: A statement on behalf of the youth work sector in Scotland June 2020](#). They also keep the sector updated on guidance from Scottish Government – check out the [website](#).

Youth Scotland has produced a practical [Action Plan, Risk Assessment template and Risk Assessment Example](#) for groups to work through – these complement official guidance. They also have a set of Covid-19 safety posters and an example building plan for groups to use.

sportscotland has a Covid Officer [E-Learning Module](#) to provide guidance to support organisations to return safely to the delivery of sport and physical activity.

The Scout Association has developed a [five-step process](#) that leaders are required to follow to get their section back together safely.

Thrive Outdoors has a wealth of useful [information and resources](#) on how to use greenspaces for outdoor play and learning that can be adapted for any age group.

Real life examples

About Youth & Bridge8 in the Calders area of Edinburgh, started to work together during lockdown to offer young people in the area outdoor activities such as canoeing, mountain biking and outdoor skills.

The Breathe project in Aberfeldy built on their experience of outreach youth work to provide outdoor pop-up youth drop-in sessions.

Kincardine Cub Scouts moved into the woods with an outdoor programme and are working to overcome the challenges of on dark night activities.

For more about these projects, and other examples and ideas, visit <https://www.greenspacescotland.org.uk/youth-work-al-fresco>

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Technical resource sheet

Greenspaces, parks, gardens and streets have become even more important to us as venues for social activities, sports, youth work, learning and cultural events. With a lot of "normal" venues closed during the Covid-19 pandemic, local organisations have looked for new ways of bringing local people together outdoors safely and creating a much-needed sense of community.

This resource sheet covers some of the things you need to think about and infrastructure that may be needed to support activities happening outside in parks, greenspaces, education and health estate grounds.

You can also download thematic resource sheets from our Better Outside webpages www.greenspacescotland.org.uk/better-outside with information about: Arts, culture and heritage outside | Taking cinema outdoors | Free-range community centres | Let's keep growing | Outdoor play and learning | Employability and skills | Health and wellbeing outside | Youth work al-fresco.

Things to consider

Keep up to date with restrictions and adhere to any Scottish Government guidance and regulations for your area. Think about the resources and equipment you will need to adapt your activity to meet these and being outside.

Risk assessment

The sooner you can begin your risk assessments of the venue/site and the activities you plan to deliver the better. You will already have risk assessments, but now staying safe from Covid-19 must be considered. Youth Scotland has produced a practical [Action Plan and Risk Assessment template](#) for youth groups - this can be adapted for activities with adults.

Location

Decide where your outdoor sessions will take place - it could be in a park, public space or a privately owned open space. Check how many people the space can safely hold and if there is access to any resources like power and toilets. [OS Greenspace](#) lets you search by postcode to find parks, playing fields, sports areas, playgrounds and community gardens.

Shelters and clothing

Sometimes it rains in Scotland! But that's no reason not to get outside. For outdoor events and activities, encourage people to dress for the weather - wearing waterproofs and wrapping up well.

If you are running regular outdoor events and activities, you may want to provide somewhere to shelter from bad weather. Temporary shelters can be made cheaply and quickly. Use of ropes and tarpaulins tied to trees or other existing structures, tipi tents or gazebos do not usually require planning permission and cost little (they can be as cheap as £50 to £400). They are also flexible and portable, allowing you to move them around the park or between several spaces.

More permanent buildings may need planning permission. Speak to your local authority as early as possible and consider gaining pre-application advice from your planning department. Yurts (canvas or wooden), wooden huts, bothies or lean-tos can all be used. Think carefully about what would work well in your site and canvas views of other people and groups. The cost of permanent structures varies hugely from a couple of hundred pounds to several thousands. Where planning permission is needed, you will need to allow at least three months from submitting plus installation time.



Photo Credit: Alan Kain

Design ideas for shelters

greenspace scotland engaged erz landscape architects to gather examples and good practice of permanent and temporary shelters – you can download the guide from Better Outside [Technical Resources](#).

Social Farms and Gardens Scotland worked with Mayfield & Easthouses Development Trust and Greig Reynolds to develop a low-cost open-source design for a shelter - download the “How to guide” from Better Outside [Technical Resources](#).

Toilets and hand washing

Regular handwashing is more important than ever to prevent the spread of Covid-19. Providing hand sanitiser and encouraging people to regular sanitise their hands is an option for many outdoor events and activities. There are other ways of providing handwashing facilities outside.

Handwashing requires running warm water and liquid soap. At its simplest, warm water can be provided using a large plastic tank topped up from a thermos flask. For community gardens and other activities that regularly use the same spaces, installing a solar powered water heater might be an option.

Solar-powered water heaters

Watch the YouTube [video](#) about the solar water installation at The Back Garden in Glasgow.

Open-source designs are available online, for example, [DIY solar water heater](#), as well as other [low tech ideas](#). These may require planning permission, so speak to your local planning authority as soon as possible.

If you are able to use a space beside existing washing and toilet facilities, managing safe access to them is usually the best option. Depending on the frequency and permanency of your outdoor activities, you may consider hiring portable toilets, or constructing off-grid composting toilets. Check out the info from Forth Valley & Lomond Leader about [Eco-Loos](#).

Lighting

During the winter months evening activities outside can be a challenge due to darkness. Investing in good torches and lanterns can be a quick solution along with using fairy lights. Depending on the frequency and permanency of your activities it may also be useful to consider more permanent lighting solutions, possibly powered by the sun or wind. If you invest in this now it will stand you in good stead for years to come and you will also help contribute to Scotland’s net-zero ambition.

Getting your wider community involved

Involving your community

The COSS publication [Involving Your Community](#) includes advice on why involving your community through information, consultation and engagement is so important and provides tips on the best methods to use and where to go for further ideas, advice and support.

Your community greenspace Q&As

greenspace scotland has produced a useful guide to help individuals and groups navigate through the wealth of useful information, support and advice available to help you to make the most of your local greenspace. [Your community greenspace](#) is structured around some of the most frequently asked questions: from finding out who owns it, to organising events and volunteering activities, fundraising for improvements and responding to planning applications, through to community leasing and ownership options.

Thanks to The National Lottery Heritage Fund for supporting work on [Better Outside - using our spaces more](#)



GROWCHAPEL

issue # 2

SPRING 2021

We hope this Growchapel spring newsletter finds you all in good health, spirits and that everyone is keeping safe during this difficult period.

The challenges that we have all faced throughout this past year have been unprecedented in our lifetime, the COVID global Pandemic continues to test us all in every part of our daily life. We must recognise the enormous impact that this disease continues to have on our communities and stress the importance of a positive community spirit, looking after each other and staying safe.

It would be wrong to suggest that the current situation has not had an impact on our project but if anything it has strengthened our resolve and underlined the important place that a project of this type has in our community. Everyone involved in the Growchapel garden project believes that this project is needed in the community now more than ever.

With that being said the current COVID situation has impacted our plans however the wonderful news is that the project is still on track and those involved are dedicated to producing a wonderful community Garden that we can all be proud of.

Hopefully this newsletter will update you with the progress that has been made and the new plans that we have going forward. Please stay safe, stay positive and we hope to see you all in the garden soon.

GLASGOW CONNECTING NATURE VIRTUAL INNOVATION SUMMIT

Glasgow recently held the Innovation Summit which brought together an international audience to explore how we shift to sustainable, greener cities that deliver for their citizens using nature-based solutions. It shared learning from the community of cities involved in Connecting Nature and introduced the innovative tools and methods being developed through the project.

We used this opportunity to explore the challenges and opportunities and hear more about innovations emerging to support the design, implementation and stewardship of nature-based solutions in cities.



Hosted on a virtual platform with panel discussions, presentations, workshops and opportunities to connect with other delegates.

The Summit showcased exemplar projects from across Europe with a focus on Glasgow and Scotland – of course Growchapel was featured during an online session to discuss the Nature Based work surrounding the project.

To find out more about Connecting Nature and Nature Based Solutions please visit:

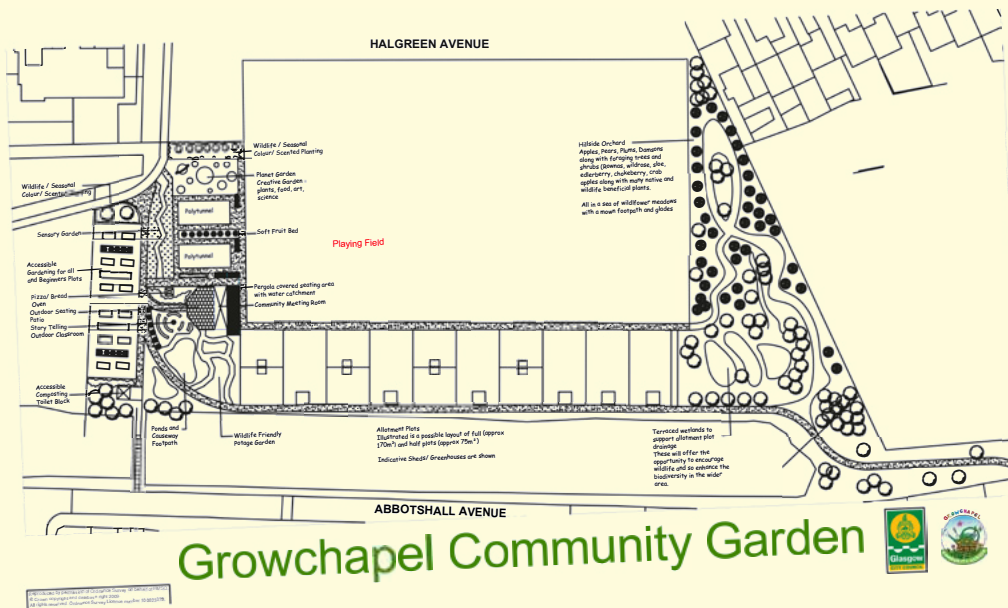
<https://connectingnature.eu/>

CONNECTING NATURE

We have partnered up with our colleagues from the EU Horizon 2020 - Connecting Nature project who are helping establish a governance structure, a sustainable finance model, and an evidence base for Growchapel. We want to make sure Growchapel is a project that follows the 'Nature-based Solutions' concept in promoting health and wellbeing, social cohesion, economic and environmental improvements within the local community.

In order to achieve this, we are currently building a baseline of trends across these aspects and we will soon ask you to get involved so that we can capture your experiences. We will then continue to monitor the community's health, socio-economics (incomes and employment) and the local environment so that we can evaluate the success of Growchapel and allow for the collection of evidence required.

GROWCHAPEL IS COMING!



Growchapel is a community led project aiming to use horticultural therapy as a way of helping those members of the community struggling with isolation, mental health and addiction issues. The 6000m2 site in Drumchapel, between Halgreen Avenue and Abbotshall Avenue is currently an unused green space but it will soon host a range of features for the local community.

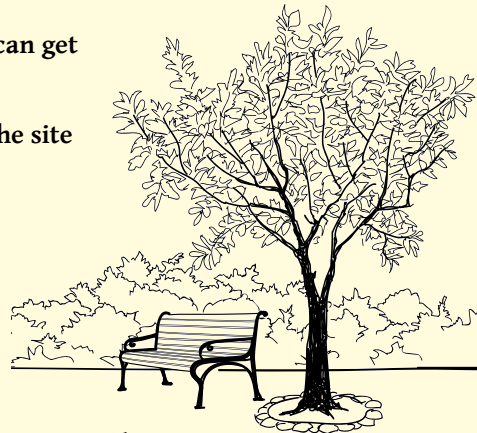
Coming to the site in Phase 1 (Our contractors are now on site!):

- Civil works including pathways, drainage and site foundations
- Improved access to the site with new pathways and refurbished stairs from Abbotshall Avenue
- A custom built polytunnel so we can get growers started on the site
- New safer fence lines to protect the site and growing plots

Coming in phase 2 (work starts end of 2021 / start 2022):

- will create more new accessible plots and allotment spaces
- A sensory garden and outdoor learning space
- Social spaces for the community to blether
- Biodiversity areas and wetlands for the wildlife to flourish

PLANNING SOME SITOOTERIE TIME!



Sitooteries: A small building or area where people can sit outside, alone or with others to catch up and have a chat. We'll have a space for a sitooterie in Growchapel, which we hope you'll enjoy.

This year has been a strange one with Covid19 and all its brought, however, having something to look forward to and plan for can help us not feel too overwhelmed, it reminds us a time will come when this is behind us and our lives will feel less restricted and sitooteries will play a part in helping us get reconnected to each other.

Growchapel will be that place to connect, grow things, meet up with others and there will be benches to sitoot and blether... with plans for a pizza oven (in phase 2). After the kids have tired themselves out in the outdoor playground, get some pizza and blether with some tattie salad freshly grown in the beds for the community to share, now isn't that something worth planning for?

We can all be part of helping make this a reality, thinking about what we want Growchapel to be, what we will do to make it happen, how we can work together to build an outdoor learning space, benches for people to sit out on, plant fruit trees, tend the vegetable plots, grow flowers, share and be kind to each other.

Growchapel, we want to be a place of safety, respect for the planet, the natural world and each other. It aims to be a wee retreat and a haven, where you can sit and enjoy the smells and sights from the garden. All this will take work, but when we work together that's when we achieve the most. Through winter, start thinking of your ideas for how we transform this piece of land into something future generations can enjoy and sitoot and blether in.

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

UNDERSTANDING THE BENEFITS OF GARDENING OR "HORTICULTURE"

Not only do we end up with flowers and nutritious and delicious fruits and vegetables, gardening provides us with a number of bonuses, including:

- **Better physical health through exercise**
- **Mood booster - Improved mental health through a sense of purpose and achievement**
- **Vitamin D exposure - get your sunshine and improve your immune system**
- **Improve your mobility and strengthen muscles**
- **An opportunity to connect with others - helps combat feelings of isolation, depression or exclusion**

FROM PLANTING TO PLATE

Whether you're a growing expert or a complete novice, we'll provide you with guidance and advice to help you get started with your plot. Here's how we envisage the process to look:

1. **Fill out an Expression of Interest Form** (coming soon)
2. **Preparation** - Getting your tools and working on getting your plot ready
3. **Planting and Growing seasonally** - we'll help you with options on what to plant and when
4. **Maintenance** - tips and advice on how to look after your plot
5. **Enjoying your yield** - Get your potatoes, lettuce, peas, carrots, etc. grown for your table or someone else's!

Start planning for your next harvest!

GROWCHAPEL NEEDS YOU!

Soon, the Growchapel Team will launch an Expression of Interest Form within the local community and local groups/organisations so you can highlight your interest for a Growchapel growing plot.

We're looking for local residents, local groups and organisations to get involved, whether you can spare an hour or a day a week.

- Do you want to get more involved in gardening and growing?

This past year has been difficult on everyone, but there is a light at the end of the tunnel and Spring is fast approaching. Through working together as a partnership we can support the most vulnerable in our community, create a positive space for our young people and start to plan ahead for what we want to see in our community.

Together we can be the change!

WE'RE IN COPE SCOTLAND MAGAZINE

We are delighted to announce that Growchapel features in Cope Scotland's latest edition (Issue 11) of the *Whit's Happening?* magazine, which you can read here: <http://www.cope-scotland.org/index.php/latest-blog/whit-s-happening-issue-11-1>

For more information, advice and support from Cope Scotland you can contact Hilda on: hilda@cope-scotland.org

COMING SOON!

We are building an online toolkit where you can find a host of Growchapel news, phase updates and activities - **we'll keep you posted!**



- Do you want to learn new skills and get 'greener'?
- Are you looking to connect with others and help improve the area?
- Are you interested in helping with the governance and running of the site?

Don't worry if you don't have experience in gardening/growing - the Growchapel Team will assist you at every step along the way.

Contact the Growchapel Team if you would like to get involved or get further information on Growchapel: growchapel@gmail.com



Older Age

Alzheimer's Scotland
www.alzscot.org

Deafness and Dementia

Full report available on their website:

www.deafscotland.org
admin@deafscotland.org

T: 0141 248-2474

SMS: 07925 417 338

Dementia Helpline

T: 0800 888 6678

www.dementiauk.org/get-support/coronavirus-covid-19/

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

Glasgow East Mattie Carwood Centre
T: 0141 766 0000

Glasgow's Golden Generation
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

Playlist for Life

Connect through music during isolation and build your loved ones' personal playlist
www.playlistforlife.org.uk/mp3-music-players-dementia/
www.playlistforlife.org.uk/connectthroughmusic/

Roar

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

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

Scottish Pensioners Forum
www.scottishpensioners.org.uk

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

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 or

call 07717 732 542 for more information.

Active Facebook page: Weekday Wow Factor

Wheatly-care.com

T: 0800 952 9292

Offer support around:

Addictions

Alcohol related brain damage

Homelessness

Learning disabilities

Mental health

Older adults

Young people and families

Menopause and Perimenopause

Useful Links

NHS – Menopause Overview

An overview of the menopause, together with information about symptoms and treatment options

www.nhs.uk/conditions/menopause

Menopause Café

Offers the opportunity to discuss the menopause with no agenda, objectives or themes

www.menopausecafe.net

National Institute for Health & Care Excellence (NICE) guidelines

Outlines how a GP will determine what types of treatments/interventions they can offer

www.nice.org.uk/guidance/ng23/ifp/chapter/about-this-information

Menopause Matters

Gives up-to-date information about the menopause, menopausal symptoms and treatment options

www.menopausematters.co.uk

British Menopause Society

Information and guidance to healthcare professionals specialising in all aspects of reproductive health

thebms.org.uk

Daisy Network Charity

Provides information and support to women with Premature Ovarian Insufficiency (POI) / premature menopause

www.daisynetwork.org

Hysterectomy Association

Gives an insight into surgically induced menopause as a result of having a hysterectomy

www.hysterectomy-association.org.uk

Macmillan Cancer Support

Support and information to women undergoing treatment which may cause menopausal symptoms

www.macmillan.org.uk/information-and-support/coping/side-effects-and-symptoms/menopause

NHS – Periods Overview

An overview of periods, together with information about different products and problems

www.nhs.uk/conditions/periods

Endometriosis UK

Provides information and support to women with Endometriosis

Endometriosis-uk.org

Verity

Provides information and support to women with Polycystic Ovary Syndrome (PCOS)

www.verity-pcos.org.uk

Women's Health – Menstrual Cycle

Provides information and resources regarding periods

www.womenshealth.gov/menstrual-cycle

Diabetes.co.uk (the global diabetes community)

A community of people with diabetes, family members, friends, supporters and carers, offering their own support and first-hand knowledge.

www.diabetes.co.uk/menopause-and-diabetes

www.diabetes.co.uk/periods-and-diabetes

Fertility Network

Support for those who have ever experienced fertility problems

fertilitynetworkuk.org

NHS – Mindfulness

An overview of mindfulness, together with tips on how to be more mindful

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness

wee changes can make a **big difference** to help you be kind to yourself during menopause

Menopause awareness

The menopause is when a person stops having periods, it is a natural part of ageing and while it usually starts around 45 to 55 it can begin earlier. Perimenopause is the lead up to menopause when oestrogen levels begin to decline and this can start for some people as early as their, 30's Menopause can also occur as a result of surgery (hysterectomy) or as a result of some cancer treatments. If in doubt please speak to your GP or other health care provider.

Symptoms can vary and not everyone's experience is the same, but symptoms can include:

- **Hot flushes**
- **Reduced libido**
- **Changes in mood**
- **Breast tenderness**
- **Irregular periods aches and pains possibly urinary problems**
- **Weight gain**
- **Thinning hair**

If not sleeping well due to hot flushes this can cause fatigue which can affect mood and concentration.



There can be other reasons why people may have these symptoms so it's worth going to your GP, they can discuss your symptoms and advise whether they think this is the menopause and if any other tests need to be done. They can also offer advice around treatment, including lifestyle options and medical management, including HRT. Many women find discussing options, with their GP, for managing the menopause, including doing nothing, helpful.

Small things which can help. Wear light clothing and layer so if you become hot you can remove layers. Use cool showers, compresses and cold drinks to help with flushes, maybe carry a fan.



Other changes can happen at this time, children have grown and are leaving home, career, caring for older relatives, perhaps other health challenges for you or a loved one. Learning to be aware of the signs of stress and how-to manage this is really important.

Making time to have fun, be active, work out something you enjoy relaxing can all help at this time, also become aware of any triggers which make symptoms worse and maybe avoid them e.g. you notice a flush after you drink coffee.



It's important at this time you don't feel alone, so share with others how you are feeling. There are also opportunities to connect with others and share experiences of menopause e.g. **www.menopausecafe.net** find a menopause café near you, or organise one of your own

While the menopause is a natural part of the ageing process, it can be a challenge, be aware of the signs and symptoms of menopause and seek advice to help you work through this in a way most helpful for you.

This may be useful to print out and take along to your GP to help enable conversations about the menopause **Symptoms Checker: www.menopausesupport.co.uk**

These are some contacts maybe useful:

British Menopause Society: www.thebms.org.uk

Menopause in the workplace: archive.acas.org.uk/menopause

Meno Martha International Menopause Directory: www.menomartha.com

NHS Inform: www.nhsinform.scot/illnesses-and-conditions/sexual-and-reproductive/menopause

People sharing their stories and experiences: healthtalk.org/menopause/overview

The Menopause Doctor website seeks to empower women with information about their, menopause and the treatments available: www.menopausedoctor.co.uk

Independent website providing up-to-date information about the menopause, symptoms and possible treatment options: www.menopausematters.co.uk

Improving the lives of women through mindfulness, relaxation and sleep. This app is a drug free option to help with menopause anxiety, insomnia, loss of libido, hot flushes, relaxation: [clarity.app](https://www.getglad.com/clarity)

Many life challenges can lead people to thoughts of suicide, if you are having thoughts of suicide, please speak to someone now:

The Samaritans: [Freephone Tel: 116 123](tel:116123)

Shout (an affiliate of crisis text line): [Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer](https://www.shouttextline.com/)

Please support the online campaign to raise awareness of menopause: www.Pausitivity.co.uk

Remember and consult with your GP or other health care provider if you are struggling with symptoms of the menopause.

Produced by COPE Scotland

www.cope-scotland.org

[@COPEscotland](https://twitter.com/COPEscotland)



Marie Curie In Your Community

Marie Curie is the UK leading's leading end of life charity, providing specialist palliative care through our frontline nursing services and hospices to those living with life limiting conditions.

What is palliative care?

Palliative care is treatment, care and support for people with a life-limiting illness, and their family and friends. It's sometimes called 'supportive care'.

The aim of palliative care is to help you to have a good quality of life – this includes being as well and active as possible in the time you have left.

You can receive palliative care at any stage in your illness. Having palliative care doesn't necessarily mean that you're likely to die soon – some people receive palliative care for years. You can also have palliative care alongside treatments, therapies and medicines aimed at controlling your illness, such as chemotherapy or radiotherapy.

However, palliative care does include caring for people who are nearing the end of life – this is sometimes called end of life care.

What is end of life care?

End of life care involves treatment, care and support for people who are nearing the end of their life. It's an important part of palliative care.

It's for people who are thought to be in the last year of life, but this timeframe can be difficult to predict. Some people might only receive end of life care in their last weeks or days. End of life care aims to help you to live as comfortably as possible in the time you have left. It involves managing physical symptoms and getting emotional support for you and your family and friends. It can also involve support with practical things like making a Will or getting financial support.

How we can support you

At Marie Curie Glasgow we're here to help you with all aspects of end of life care and support, from a terminal diagnosis to bereavement.

If you, or someone close to you, is terminally ill, you might be finding it's harder than ever to get the vital support you need right now. But during this time of increased uncertainty and isolation, we're here for you, whatever your question.

For anyone affected by terminal illness, including family and friends

Call our Support Line to speak to one of our multi-disciplinary team of professionals – nurses, bereavement specialists, as well as one of our trained officers and volunteers who can support with practical matters and emotional support.



Call us free on **0800 090 2309*** to speak to a member of the team, or to book a call back at a time that suits. **Calls are free from landlines and mobile phones. Your call may be recorded for quality and training purposes.*

Bereavement support

We have a range of services available for anyone affected by the death of a loved one from a terminal illness, whether the bereavement happened recently or in the past. If you need someone to talk to now or want to access ongoing support, we're for you.

If you need ongoing support, you can be matched with a specially trained volunteer through our national telephone bereavement support. Over the course of up to six sessions, our volunteers can offer you a safe space to talk and explore your thoughts and feelings following the death of a loved one.

If you are caring for a loved one

Caring for someone can be challenging. Our information specifically developed to help people caring for someone with a terminal illness can help you know what to expect – from day-to-day caring to looking after your own needs.

You can also call the Support Line on **0800 090 2309** and speak to our trained team about any concerns you may have when looking after someone with a terminal illness. Our Information and Support officers, nurses and volunteers are ready to help with practical, clinical and financial information as well as emotional support, whenever you need us.

Marie Curie Helper Service

Our helper service can offer you regular support in your home from a trained volunteer. They can spend up to three hours a week visiting you at home to have a chat with over a cup of tea, help you get to an appointment or run an errand, or just be there to listen when you need a friendly ear. The service is entirely based around your needs. **Due to current restrictions we are providing a telephone support service **

Tel: 0800 304 7692

southscotlandhelper@mariecurie.org.uk

For further information and support contact your local engagement officer Margaret on:

M: 07823533388

E: Margaret.muir@mariecurie.org.uk

www.mariecurie.org.uk

www.twitter.com/MarieCurieSCO

www.facebook.com/mariecuriescotland



Physical Health

Alzheimer's Scotland

www.alzscot.org

T: 0808 808 3000

Asthma UK

T: 0300 222 5800

www.asthma.org.uk/coronavirus

Bladder and Bowel Community

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

www.bladderandbowel.org/news/new-bladder-bowel-community-facebook-support-group/

Brittle Bones

www.brittlebon.org

Brugada Syndrome

www.bhf.org.uk/information-support/conditions/brugada-syndrome

Charcot-Marie-Tooth Disease

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

www.cmt.org.uk

Charles Bonnet Syndrome

T: 0303 1239999

www.charlesbonnetsyndrome.uk

Chest Heart and Stroke Scotland

T: 0808 801 0899

www.chss.org.uk

Chronic Pain

www.nhs.uk/your-health/healthservices

painassociation.co.uk

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

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

Crohn's and Colitis UK

www.crohnsandcolitis.org.uk

Chron's disease

www.crohnscolitisfoundation.org/what-is-crohns-disease

Cystic Fibrosis Trust

www.cysticfibrosis.org.uk

Diabetes UK

www.diabetes.org.uk

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

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

www.endometriosis-uk.org/covid-19-and-endometriosis-information-hub

Epilepsy

www.epilepsyscotland.org.uk

Fibromyalgia

www.fmauk.org

Foetal Alcohol Spectrum Disorder

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

www.fasdnetwork.org

GUTSUK

Committed to fighting all digestive disorders
gutscharity.org.uk

HIV

Terrance Higgins Trust

www.tht.org.uk/centres-and-services/glasgow

Lynch Syndrome UK aims to ensure that for the public benefit, people and their families affected by Lynch Syndrome are provided with support in the form of information, signposting and listening, also to increase public awareness of the syndrome, educating members of the general public and healthcare professionals.

www.lynch-syndrome-uk.org

MacMillan Cancer Support



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

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

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

T: 0808 808 00 00

T: 0141 287 2903

www.macmillan.org.uk/coronavirus

Macular Society

www.macularsociety.org

T: 0300 3030 111

Menopause

www.nhs.uk/conditions/menopause

Menopause Café www.menopausecafe.net

Multiple Sclerosis National Therapy Centres

Find your nearest MS Therapy Centre

www.msntc.org.uk/find-a-centre

T: 01296 711 699

National Eczema Society

www.eczema.org

Parkinson's UK Scotland

www.parkinsons.org.uk/about-us/parkinsons-uk-scotland

www.parkinsons.org.uk/information-and-support/mindfulness-and-parkinsons

www.parkinsons.org.uk/information-and-support/beat-panic

Tel: 0808 800 0303

Primary Immunodeficiency UK

www.piduk.org

Sarcoidosis UK

www.sarcoidosisuk.org

Scoliosis Association UK

T: 020 8964 1166

www.sauk.org.uk/types-of-scoliosis/scheuermanns-kyphosis

Scottish Huntington's Association

hdscotland.org

T: 0141 848 0308

Sign Health

Health video library on range of conditions and issues for people who use British Sign Language www.signhealth.org.uk

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

www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic

The Thistle Foundation support people living with disabilities, long term conditions or facing challenging life situations to live well, whatever that means to them www.thistle.org.uk

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

Ulcerative Colitis

www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis

Urology Foundation

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

www.theurologyfoundation.org

Useful information if recovering from COVID19

www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy

Versus Arthritis

www.versusarthritis

T: 0800 5200 520

Wheatly-Care.com

Offer support around

Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

T: 0800 952 9292.

Edinburgh Young Parkinson's Support Group (Working Age)



We're a friendly, active group for people of working age who have Parkinson's.

You don't have to

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

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

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

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

We run a closed Facebook page www.facebook.com/groups/eypsg/

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

Scott Wilson: 07835 820898 or scottwils180@gmail.com for more information. We won't share your details without your consent.

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

Gina Allen
Edinburgh Young Parkinson's Support Group
Volunteer
www.edinburghparkinsons.org.uk

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



Parents and Families

The Aberlour Family Support Service

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

Action for Children

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

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

Association for Child and Adolescent Mental Health

www.acamh.org

Babies in Lockdown

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

Child Bereavement UK

T: 0141 352 9995

Childs Health Scotland

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

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

Children's Health Scotland

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

(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

Dads Rock

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

www.dadsrock.org.uk

Differabled Scotland

Parent to parent, peer to peer support for parents whose children have additional support needs

www.differabledscotland.co.uk

www.facebook.com/differabledscotland

Down's Syndrome Scotland

www.dsscotland.org.uk

Fathers Network Scotland

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

www.fathersnetwork.org.uk

Families Outside

• T: 0800 254 0088

• Webchat www.familiesoutside.org.uk

• Text FAMOUT to 60777

• Email support@familiesoutside.org.uk

Home Schooling

www.parentingacrossscotland.org/info-for-families/resources/steps-clubfoot-hip-dysplasia-or-any-other-lower-limb-condition/

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

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 or contact ruby at cfm@licketyspit.com or via text 07413 800 342. You can find all of Licketyspit's online content for imaginative play at home at **www.licketyspit.com/families/coronavirus**

Notre Dame Child Guidance Clinic

Providing support for children, young people and their families. For more information:
www.notredamecentre.org.uk

One Parent Families Scotland
mylifeandme.opfs.org.uk

Parent infant Foundation

Their vision is that all babies have a sensitive, nurturing relationship to lay the foundation for lifelong mental and physical health
parentinfantfoundation.org.uk

Parent Network Scotland
www.parentnetworkscotland.org.uk

Parenting Across Scotland
www.parentingacrossscotland.org

PNS Toolkit Registration
Follow link for anyone wanting to register for new PNS wellness toolkit learning targeting parents
docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3x0GWPPcjlTKOCCVNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1

Positive Parenting Campaign
www.alliance-scotland.org.uk/blog/news/positive-parenting-campaign-by-parent-club

Pregnant and New Parents
www.parentclub.scot

Scottish Families Information Services
Information for parents and carers of children and young people **scottishfamilies.gov.uk**

Solihull Approach Training Online
solihullapproachparenting.com/online-course-for-parents

Storm Break

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

Summer Holiday Programme for Families

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

Take a Break Scotland

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

Triple P

Online training **www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/**

Wheatly-Care.com

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

With Kids

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

www.withkids.org.uk

Glasgow Tel: 0141 550 5770

Edinburgh Tel: 0131 453 9400

3D Drumchapel

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

3ddrumchapel.org.uk



'Children & Young People Now' Family Support Award

3D Drumchapel were announced as winner of 'Children & Young People Now' Family Support Award.

3D Drumchapel were shortlisted along with another 5 charities, including the MET Police, however were the only Scottish charity in the UK-wide award. The judges praised 3D Drumchapel's wide range of support, community capacity building, and the way it empowers and equips individuals, as well as the organisation's compassionate ethos.



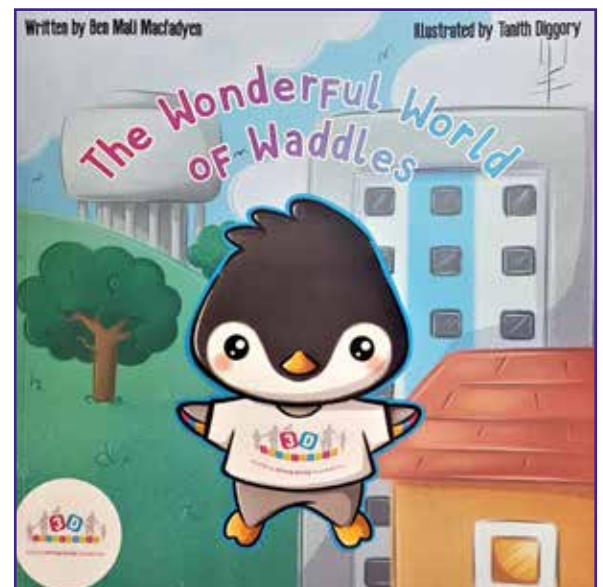
Waddles book

3D Drumchapel have published their first book. The book is called 'The Wonderful World of Waddles' and tells the story of a loveable penguin and his family. The book is dedicated to all the wonderful children and families who 3D Drumchapel have had the privilege to journey with over the years. The book was written by Ben Mali MacFadyen who has worked with 3D Drumchapel as a storyteller and was beautifully illustrated by Tanith Diggory who is a local resident and a participant of 3D Drumchapel.

The hope is for the message in this storybook to reinforce the important message of 3D, that although there can be challenges and difficult times, that there is strength in each other and strong family attachments. 3D are delighted to share this book with others and introduce our their own Waddles.

The book costs £6.99 with 100% of profits going straight back to helping the family support charity to continue supporting local families.

If you would like to purchase a book or find out about available sessions and services, please contact 3D Drumchapel on **0141 944 5740** or via their Facebook page: **www.facebook.com/3ddrumchapel**





Website

On the website you will be able to find out more information about 3D Drumchapel, such as what we do, our background and more information about our staff, board members and our volunteers. There is also plenty of information about the different services we offer, along with all the sessions and each has a lovely selection of pictures to give you a real feel of what each class is like. There is an up-to-date programme showing what sessions we are currently running and how to register for these. Due to current restrictions, all sessions are run online via Zoom or Facebook.

There is also information on the different ways people can help support us whether fundraising by themselves or as a group/business. We are going to be launching 3D Raise in June this year, which is a 5-month fundraising appeal. Every month we shall raise funds for a different issue. Be sure to check out our page on 3D Raise for more information shortly. We also have a selection of pictures in our gallery from different services, and these includes videos that our team have created for local families. We could go on and on about all the different features, however it may be best for you to have a look yourself at www.3ddrumchapel.org.uk :-)

Pets

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

Advice for Animal Owners from the Government

www.gov.scot/publications/coronaviruscovid-19-advice-for-animal-owners/

Advice for People who use a Guide Dog

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

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

Borrow My Dog

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

www.borrowmydoggy.com

Cat Protection

T: 0345 371 2722

www.cats.org.uk/glasgow

Dogs Trust

T: 0141 773 5130

www.dogstrust.org.uk

Also speak to them about fostering.

PDSA

T: 0141 332 6944

www.pdsa.org.uk

Pet Fostering Service Scotland

T:0344 811 9909

www.pfss.org.uk

SPCA

T: 03000 999 999

www.scottishspca.org also

Also speak to them about fostering.

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

RSPCA

www.rspca.org.uk/adviceandwelfare/pets/bereavement

Pet Bereavement Service

www.petbereavementservices.co.uk



Places of Worship

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

Archdiocese of Glasgow

www.rcag.org.uk

Baptists Church

www.baptist.org.uk/Groups/337630/Coronavirus.aspx

Central Mosque Glasgow

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

Glasgow Buddhist Centre

www.glasgowbuddhistcentre.com

Glasgow City Free Church

www.glasgowcityfreechurch.org

Glasgow Gurdwara

www.glasgowgurdwara.org

Glasgow Reform Synagogue

www.grs.org.uk



Greek Orthodox Church Glasgow

www.greekcommunitystluke.scot

Hindu Temple Glasgow

www.hindumandirglasgow.org

Jehovah's Witnesses

www.jw.org/en

Methodist Church

www.methodist.org.uk/about-us/coronavirus/official-guidance

Orthodox Synagogue

www.jscn.org.uk/small-communities/garnethillsynagogue/

Quaker Religious Society of Friends

www.quakerscotland.org/glasgow

Salvation Army

www.salvationarmy.org.uk/glasgow-city-centre

Redundancy

If affected by redundancy these maybe useful contacts

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

Family Finances Approach

Funded through the Scottish Government from the Better Employment Fund.

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

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

They can be contacted on:

Julie Maguire: Julie.Maguire@glasgowlife.org.uk

Justin Hanley: justin.hanley@glasgowlife.org.uk



Relationship and Family Breakdown

Info Site

www.mygov.scot/relationship-counselling

Relate

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

T: 0141 332 2731

The Spark

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

vt.edu/350/350-092/350-092.html



Safety and Protection

Act Fast

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

actsfast.org.uk

T: 01202 797217 Text or call 07468 694068

Anti-Bullying Alliance

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

www.anti-bullyingalliance.org.uk

COVID19 Adults with incapacity guidance

www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance

Cyber Safety

www.neighbourhoodalert.co.uk

Disability Safety Hub

To raise awareness of disability hate crime, helping disabled people to understand what a hate crime is. The Hub also wants to help disabled people to report hate crime, and shows the different ways you can do this.

disabilitysafety.scot/

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

Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234 or email

helpline@sdaafh.org.uk

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

vimeo.com/430085213

GDA Support to report hate crime

Many people feel unable to report direct to the Police – as part of the Third-Party Reporting scheme - GDA are committed to helping victims and witnesses to speak out about Hate Crime. They can make a report on your behalf and can provide ongoing support after the report has been made. If you have experienced or witnessed a Hate Crime, Don't stay silent – Report it online, or through Third Party Reporting: contact GDA on **0800 432 0422**, text **07958 299 496** or via **Contact Scotland BSL**

Fearless Campaign

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

www.fearless.org/campaigns/harm-neglect

Freedom from Torture

Their centre in Glasgow was set up in 2004. It was the second centre they established outside of London, in response to the dispersal of asylum seekers across the UK.

The centre offers therapy and other support to adults, children, young people and families, as well as medico-legal reports. Visit their website <https://www.freedomfromtorture.org/UK-centres/our-Scotland-centre-in-Glasgow> and help for survivors section for more information and to make a referral for therapy or MLRs. Clinicians also offer training and support to practitioners and services across the region.

Their Scotland centre covers survivors living in the whole of Scotland.

Issues with Neighbours and Antisocial Behaviour

www.your-place.net

Male Victims of Domestic Abuse Helpline

T: 0808 800 0024

W: abusedmeninscotland.org

Moira Anderson Foundation

Supporting children and adults affected by childhood sexual abuse

moiraanderson.org

National Bullying Helpline

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

T: 0845 22 55 787

Progress Housing Group are a social housing provider with nearly 11,000 homes in England & Scotland, delivering homes, independence and opportunities to their tenants and communities www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/

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

Respect Me (Scotland's Anti-Bullying Service)

Our vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and harassment and are encouraged to reach their full potential. Our work is driven by a focus on children's right.

respectme.org.uk

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

Stop it Now Helping Prevent Childhood Sexual Abuse Helpline

T: 0808 1000 900

www.stopitnow.org.uk

The Survivors Trust Support

The Survivors Trust is a national umbrella agency for over 120 specialist voluntary sector agencies providing a range of counselling, therapeutic and support services working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse

Advice & Info: 0808 801 0818

thesurvivorstrust.org

Trading Standards

Site alerts to latest scams

mailchi.mp/0029ab105224/scam-share

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

www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers

Ubuntu

Is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info

www.ubuntu-glasgow.org.uk

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

We can all help protect each other, please wear a face covering if you can

www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/

Information for people exempt from wearing a facemask **disabilityequality.scot/news/face-covering/**

Women's Aid

Have created an online resource for children and young people. check their site for more info: **thehideout.org.uk**

WSREC Hate Crime Helpline

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic. If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497 187 992** (Mondays and Thursday 9am - 1pm) or email then for more info. **www.wsrec.co.uk**

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**

It is also important with children online more that they are safe NSPCC offer some useful tips **www.nspcc.org.uk**



Self-harm



Self Injury Support

is still here for you. Self injury Support has been running UK-wide emotional support services around self-harm

for over 30 years and they've always wanted to run a complementary information/navigation service alongside.

The great news is that they now have funding to pilot this service and they really want to collect as many views as possible to make sure it does something useful and is easy to access.

They'd really appreciate it if you can take 5 minutes to fill in this survey and let us know what you think.

Please also feel free to send this survey on to anyone you think would be interested in responding - the service will be open to people who self-harm, friends and family who support them and people who are working to support people who self-harm.

For more information about the other support they offer please visit: selfinjurysupport.org.uk

Blogs About Self-harm and Coronavirus:

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

Distractions and Displacement:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement

Exploring Alternatives:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives

First Aid for self-harm:

www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid

Harm Minimisation:

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

A range of other self-help and information:

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.



Sexual Health Support and Advice

Sandyford Sexual Health Services
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

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

Veterans

We are delighted to introduce a new section to the 'Whit's Happening' dedicated to veterans. In this edition we are grateful to Sight Scotland Veterans for their feature piece.

For further information contact Richard Baker:
07900 510 544

ABF The Soldiers' Charity is the national charity of the British Army, providing a lifetime of support to soldiers, veterans and their families when they are in need.

www.soldierscharity.org

The Army Families Federation (AFF) is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle.

www.aff.org.uk

The Army Widows' Association was formed by widows in 2004. We are a volunteer run Organisation and Charity. Our aim is to offer comfort, support and friendship to the widows and widowers of service men and women.
www.armywidows.org.uk

Blesma, The Limbless Veterans, is dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.
www.blesma.org

The Burma Star Association exists to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-45 war or are otherwise entitled to be holders of the Burma Star or Pacific Star with Burma Clasp and for their widows, widowers or dependants.
www.burmastar.org.uk

Combat stress for veteran's mental health.
T: 0800 138 1619
www.combatstress.org.uk

Erskine provides support to veterans in Scotland, through four care homes and a Veterans Village, comprising of 44 cottages, an Activity Centre, five Assisted Living Apartments and 24 Single Living Apartments (currently under construction). www.erskine.org.uk
Forces line help desk for any member of the armed forces, veterans, and their families
T: 0800 731 4880
www.ssafa.org.uk

Garelochhead Station Trust are a veterans hub just a few miles from Faslane. Morevain Martin is their manager.
E: morevain@garelochheadstationtrust.co.uk

Glasgow Help for Heroes a partnership between SSAFA and Glasgow City Council to help those who are serving or have served in the Armed Forces, or their families.
T: 0800 731 4880
www.ssafa.org.uk

Ghurkha Welfare Trust provide financial, medical and development aid to Gurkha veterans, their families and communities.
www.gwt.org.uk

National Gulf Veterans and Families Association

The charity's mission is :

- To enhance and improve the quality of the day-to-day lives of all veterans of desert conflicts and their families, partners and carers, through support, information, advocacy and counselling.
- To provide a safe haven for veterans of desert conflicts and their families, partners and carers to be able to talk about the impact their service has had on their lives.
- To educate and provide information for the public and health care professionals to assist and improve the support and health care provided for veterans of desert conflicts and their families, partners and carers

www.ngvfa.org.uk

Poppyscotland believes that those who serve in the Armed Forces, and their families, deserve special recognition and support.
www.poppyscotland.org.uk

PTSD Resolution provides counselling for former armed forces, reservists and families
T: 0300 302 0551
www.tsdresolution.org



Workers and Volunteer's Wellbeing

At My Possible Self

Our app has clinically proven modules to help you manage stress, anxiety and low mood. Based on face-to-face therapy, we'll teach you psychological strategies and coping skills to tackle stress and anxiety, and boost your mood

You can also use our mood tracker to see how activities, places and people influence your mood – so you can focus more on the things that help, and less on the things that don't.

We'll continue to offer our app for free until we're on the other side of this crisis' For more information and to sign up www.mypossibleself.com/blog/free-mental-wellbeing-tools-for-the-covid-19-pandemic/

BASW

Help for key workers during COVID19 pandemic www.basw.co.uk/help-key-workers-scotland

COPE Scotland

www.cope-scotland.org offers a range of tools and tips for wellbeing

Compassion Fatigue compassionfatigue.org

Iriss

For tips and information for staff resilience as well as the wider public www.iriss.org.uk/resources/reports/resilience-resources

Mental Health and Wellbeing for Staff www.learn.nes.nhs

National Wellbeing Hub 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

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

New Helpline for Staff

Mental health hotline for social care staff in Scotland

The health and social care workforce mental wellbeing support line (**0800 111 4191**) operated by NHS 24 on a 24/7 basis

5 Ways to Wellbeing at Work Toolkit

www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf

You Cannot Pour from an empty cup

Hints and tips for people caring for others on making sure you also make time for you www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/



Youth

Al A Teen (for teenagers affected by others alcohol misuse)

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

Beat Eating Disorders

www.beateatingdisorders.org.uk

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

Child Bereavement UK

www.childbereavementuk.org

DRC Youth Project

Provides free activities and support for young people aged 8-26. Specialise in youth employability and use holistic methods with CLD at the core Twitter: [@DRCYouthProject](https://twitter.com/DRCYouthProject)

G15 Youth Project

Voluntary organisation based in Drumchapel Glasgow; support Youngsters aged 12-25
www.facebook.com/g15youth

How to Help an Addicted Parent

www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent

Lifelink Youth

T: 0141 552 4434

www.lifelink.org.uk

Papyrus

A specific young people's suicide prevention charity

papyrus-uk.org

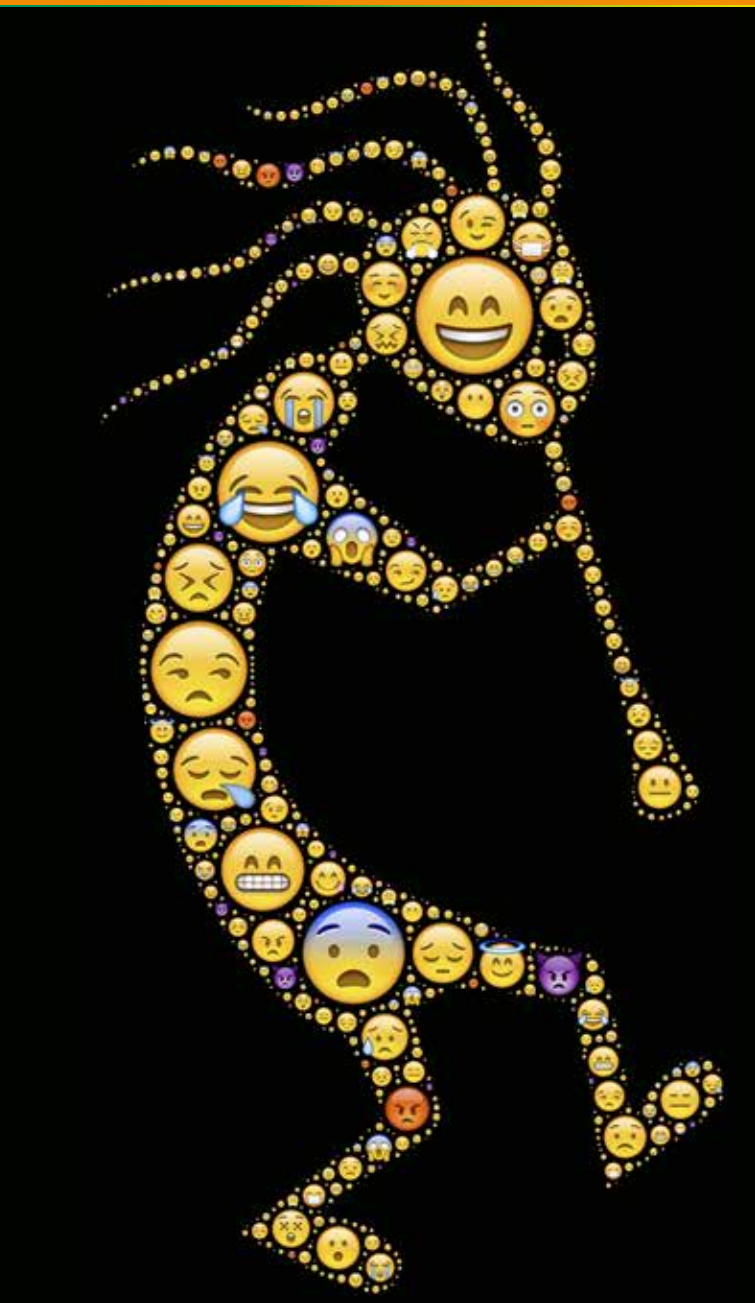
T: 0800 068 41 41

Text: 07860 039 967

Parent Helpline

T: 0808 802 5544





Royston Youth Action

Provide facilities for recreation, education or leisure time for young people, children and families residing or working in their area of operation.

roystonyouthaction.co.uk

Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

www.stormbreak.org.uk

Take Break Scotland

takeabreakscotland.org.uk/applications/

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

The Mix Helpline

Life's tough, we know that. It can throw a lot your way and make it hard to know what to do with it all. So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome. We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our articles and video content online or our phone, email, peer to peer and counselling services – we put the control in your hands. You can even volunteer with us too.

T: 0808 808 4994

themix.org.uk

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

Things to do

Upcoming Mind and draw Creative drawing Session 2021 schedule with COPE Scotland

Wednesday 7th April - 2pm to 3pm
Wednesday 7th April - 6:30pm to 8pm

Wednesday 14th April - 2pm to 3pm
Wednesday 14th April - 6:30pm to 8pm

Break

Wednesday 28th April - 2pm to 3pm
Wednesday 28th April - 6:30pm to 8pm

Wednesday 5th May - 2pm to 3pm
Wednesday 5th May - 6:30pm to 8pm

Wednesday 12th May - 2pm to 3pm
Wednesday 12th May - 6:30pm to 8pm

Wednesday 19th May - 2pm to 3pm
Wednesday 19th May - 6:30pm to 8pm

Break

Wednesday 2nd June - 2pm to 3pm
Wednesday 2nd June - 6:30pm to 8pm

Wednesday 9th June - 2pm to 3pm
Wednesday 9th June - 6:30pm to 8pm

Wednesday 16th June - 2pm to 3pm
Wednesday 16th June - 6:30pm to 8pm

Wednesday 23rd June - 2pm to 3pm
Wednesday 23rd June - 6:30pm to 8pm

Wednesday 30th June - 2pm to 3pm
Wednesday 30th June - 6:30pm to 8pm



Important

For more information on the
sessions or how-to sign-up
contact Garry through email at
mindanddraw@hotmail.com

STOP PRESS!!

Mind and draw have brought back their
YouTube channel! They will be doing
a drawing tutorial live stream every
Thursday at 1pm.

These tutorials on you tube are for
people who miss out on the Wednesday
sessions and would like to do drawings
themselves and in their own time. This is
the link if you want to find out more

[https://www.youtube.com/channel/
UCaraL9wr9JINfdtGTlcfVNw](https://www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw)

Toddlers Tales Virtual session

Would you like to experience Glasgow Museums new virtual programme for Pre 5's? Toddler Tales, is a fun, relaxed and playful online museum session. This is a new free programme for Pre 5's and their parents or nursery groups. For more information and to register for the April session. Join the Glasgow Museums Learning team for a live, fun, relaxed and playful 45-minute session. Toddler Tales will take you on an adventure as we explore a different theme in the museum each month through play, music, movement and stories.

Suggested age: 2-5 years and their grown-ups - siblings welcome too. We aim to create a friendly and relaxed atmosphere, so come along and play together.

We only use simple materials and objects that you will have to hand around the house, but don't worry if you don't have them, you can still attend!

- **a blanket**
- **a piece of paper and some sellotape**
- **If you have any little instruments or pots, pans, wooden spoons, etc.**

To register for this event

<https://www.eventbrite.co.uk/e/glasgow-museums-toddler-tales-tickets-147585236415?aff=erelexpmlt>

The Menopause Festival

30th April & 1st May 2021 online for more information

<https://www.menopausecafe.net/menopause-festival-2021-flushfest2021/>

#FLUSHFEST2021

MENOPAUSE 2021 festival

Menopause Festival 2021 #FlushFest2021

Sponsored by:
Lindsays, law firm for people and business.
www.lindsays.co.uk

Rowan Consultancy - Live Better
www.rowan-consultancy.co.uk

TICKETS ON SALE NOW

Qigong online workshops with Clare

Sunday April 25th at 11 am. <https://www.eventbrite.co.uk/e/qigong-based-relaxation-revitalisation-resilience-zoom-tickets-150046074849>

Sunday May 2nd: <https://www.eventbrite.co.uk/e/creative-relaxation-for-families-zoom-tickets-150161423861>

There will be 15 workshops between April and June 2021 sponsored by COPE Scotland, for details of how to register email kathleen2@gmx.co.uk We will be running a feature piece on Qigong in our May issue with full details of the other workshops until June.



APPLICATIONS INTO THE AWARDS PROCESS ARE FREE AND YOU HAVE UNTIL WEDNESDAY, MAY 12 TO APPLY.

A full list of our categories and entry form can be found online.

Please visit: www.newsquestscotlandevents.com/events/streetsahead/



Have your say!

2021 Glasgow Times Streets Ahead Awards Now Open for Nominations

2021 marks the 10th anniversary of the Streets Ahead Campaign & Awards. In this anniversary year, we will continue to recognise and reward these incredible groups and citizens who are proud of their city and who want to make Glasgow and the world a better place to live and work.

As COP26 conference comes to the city in November, we wish to showcase and recognise the countless people and Glasgow communities taking action to create a prosperous, safer, and greener world.

I wanted to highlight these awards as you will work with many projects and individuals who put the environment of Glasgow at the heart of what they do. It would be great if you were able to circulate this information or the link to the website to anyone you feel should be nominating.

Entries are free and should take no longer than 5 minutes to complete. A really easy way to say a big thank you!

You have until Wednesday, May 12, 2021 to put forward your champion for free.

Please visit - <http://newsquestscotlandevents.com/events/streetsahead/> for further information on each of the categories below

All entries are free across all categories!

People Make Glasgow Greener Award

Many people in Glasgow go above and beyond to keep our streets, parks, businesses, and communities cleaner and more environmentally friendly. As COP26, the 2021 United Nations Climate Change Conference comes to the city in November, this category has been introduced as part of the city's People Make Glasgow Greener strategy. We want to reward an individual who gets

involved in positive action to ensure the city is greener for all. Perhaps they organise recycling drives at work or school, or are the driving force behind a community initiative, or work with neighbours to keep their own street clean – this award will go to a person who steps up or speaks out to make Glasgow greener.

Best Clean Up Campaign

This category celebrates the best clean-up initiatives taking place across the city. We want to hear from people who have come together to tidy up their local area, whether it's a street, gardens, allotments or even a park. We will be looking for campaigns to demonstrate what has been achieved for the whole community. Open to individuals and groups.

Best Community Garden

For this category, we will be looking for gardens which are used by the whole community. We want to hear about how they were set up, who benefits and why they deserve to win.

Glasgow City Council Environmental Initiative

This award will be presented to the city's best 'green' project, whether it's a recycling scheme, a road safety initiative or something completely different. We want applicants to demonstrate what environmental benefits their projects have made to the community.

Glasgow City Council Green Business Award

We're looking for a Glasgow business, large or small, which has played its part in keeping Glasgow clean and green. It could be through recycling initiatives or waste management, or by getting involved in community projects that aim to improve the local area for everyone.

Best Community Initiative

Across Glasgow, communities are banding together to improve their local areas for the benefit of everyone who lives and works there. We want to hear about the most exceptional examples of initiatives which encourage people to work together and which make a difference to people's lives.

Schools Award

This award will be presented to a school – nursery, primary, secondary or assisted support for learning – which can demonstrate what contribution it has made to its local community. It could be through regular clean-ups, eco-friendly initiatives or gardening – the sky is the limit!

Please see the attached entry form to complete. Please send this back to me via email or visit <http://newsquestscotlandevents.com/events/streetsahead/> to complete our online nomination form



Glasgow Times Streets Ahead Awards 2021 Entry Form

ENTRY RULES

- The awards are free to enter.
- You may submit multiple entries across the different categories, but a separate submission must be made for each.
- The Evening Times reserves the right to withdraw any applicant found to be supplying false information within their submission from the process.
- The information provided within the entries will be treated as confidential. It will be shared with our judging panel but will not be used for any purpose other than judging the awards.
- The judging panel's decisions are final and individual feedback cannot be given to entrants.
- The closing date for submissions is **Wednesday, May 12.**

By proceeding to submit a nomination for the awards, you agree to the above terms and conditions.

SUPPORTING MATERIALS

We would love to receive supporting materials to help your nomination for example photographs, video links, website links or testimonials.

Your supporting materials should be emailed to nina.holmes@localiq.co.uk once you have submitted your entry. Please ensure written material does not exceed one page and that you send a maximum of five images.

SECTION ONE – Your information

Your Name:

Telephone Number:

Email Address:

SECTION TWO – Who are you nominating?

Name of nominated group/individual/business:

Chosen Award Category:

SECTION THREE – Tell us about your nominee...

To make a nomination for the Glasgow Times Streets Ahead Awards 2021, please answer the following questions.

- 1) Where is the work undertaken? (Max. 150 words)
- 2) What is the main activity and what was the motivation? (Max. 150 words)
- 3) What impact has this activity made on the local environment? (Max. 150 words)
- 4) What other benefits and legacy has it provided for the local community? (Max. 250 words)

Entry deadline: 6pm on Wednesday, May 12

Once completed, please email your form to nina.holmes@localiq.co.uk

Wee steps can make a **big difference**

Tips for visualisation



What is creative visualisation?

We can think of creative visualisation as a way of using your imagination, to help create what you want to happen in your life. We do it all the time and probably aren't even aware of it. We may decide we want toasted cheese. We imagine the lovely warm toasted bread with the melting cheese. We may have none of these ingredients so need to go to the shops and get them. To do this we need money so need to look for our card or cash. In our mind we imagined toasted cheese, and before we know it, our feet are taking us along a line of decisions which result in us enjoying eating this lovely feast! It started with an idea, the more our imagination focused on a reality where this was something we were doing, the more motivated we were to make it happen and it did!

Why does it matter what we imagine?

It's amazing how much our thinking goes into creating what happens next. Using our imagination towards goals which matter to us will help us move towards having or achieving what we visualise. However, our faith in our ability to achieve that matters, when we visualise something, we also need to believe this is something we can do. There are many pieces on www.cope-scotland.org you may find helpful for increasing confidence. It is also really important we take time to think, what is it I want, what do I want to make manifest in my life.

How does this work?

Our thinking is pretty complex, in addition to the thinking we are aware of, our consciousness, there is also our preconscious mind, it's kind of there if we need it but we don't think about it all the time. Then there is our unconscious mind. Like an iceberg, we only see what is above and just below the water, the bulk of the iceberg is hidden from view. This is also true of our unconscious. However, this is where our fears live, the self-doubts, attitudes and experiences which can hold us back from reaching our potential. Creative visualisation is a way to help us override any self-limiting beliefs we may have, by helping us develop new attitudes about ourselves and what we are capable of.



How do I start?

The aim of creative visualisation is to bring something into your life which wasn't there before or imagine a new life where something which isn't helpful for you is no longer an issue. The key things to remember are, it needs to be something which really matters to you and view it in the positive. If you are in a job you hate, don't visualise leaving that job, instead visualise yourself in a new job which makes you feel fulfilled. What does that new job look like? Be clear on what your goals are maybe include bullet points to achieve those goals. Knowing what your goals are and why they matter is really important for visualisation so please take time on this. Tune into your gut reaction, does this feel right? The clearer your vision the more it matters to you, the more motivated you will be to make it manifest. When you visualise you maybe imaging something you don't yet know how to do, don't worry about that as in setting your goals this is something you can work towards. The stronger the memory you are making of visualising yourself having already succeeded, the stronger will be your motivation to get there.



Untangling notes with boxing gloves on!

Sometimes we have so much going on in our lives, its like being given a ball of very knotted wool, putting on a set of boxing gloves and a blind fold and told to untie the knots! Hmmm how many seconds and the ball of wool goes flying. The same holds when our lives feel very overwhelming and stressful, we don't know where to start. Relaxation doesn't take away the knotted ball of wool, but it takes off the blindfold and boxing gloves and makes it easier for us to be calmer and focus on the knots which we need to put our energy into unknitting. Make a note in your journal about the knots that are holding you back from your dreams.

Perspective

There are a couple of ways you can visualise; one is that you are in the vision and experiencing all the positive things you are aiming to achieve. The other is seeing it through someone else's eyes e.g., you may imagine watching yourself on a screen. Perhaps a film you have written the script for and directed? Try it both ways, see what works for you. A reminder, if you are working through any issues, or have any feelings of depersonalisation or dissociation, speak to a health professional before trying these exercises, they are for self help and do not replace professional advice.

Stay kind and positive

Creative visualisation is around bringing something kind or positive into your life and the lives of others and is a tool for bringing more positive energy into the world. If at this time you find it hard to be positive do speak to someone as our mental health matters and sometimes self-help alone is not enough. What is also helpful, if you think this is hard of someone you admire who succeeded, sometimes against the odds, that you would see as a role model. Yes, goals need to be realistic, however, we are often capable of more than we give ourselves credit for, so if you are going to dream, dream big and see where those aspirations take you and remember, if you need help ask, we all need help sometimes.



Haste ye back and keep
an eye oot fur mair info
in issue 15



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COPE Scotland
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