

# ‘WHIT’S HAPPENING!’

ALLIANCE REDUCING  
GAMBLING HARM : PG 22

CAREER IN BROADCASTING?  
PG 70

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PG 100

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

Produced by COPE Scotland [www.cope-scotland.org](http://www.cope-scotland.org) @COPEScotland

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

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

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

## 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.

**NHS inform**

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

**Pharmacist**

With **physical distancing** measures in place:

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

**GP Practice**

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

**NHS 24**

General information about coronavirus when you are well **0800 229 2254**  
 Advice about coronavirus symptoms - NHS 24's 111 service has dedicated COVID-19 support.  
 Other health concerns - consult GP during the day but when your GP and pharmacy are closed and you are too ill to wait call NHS 24 on 111.

**Dentist**

For urgent dental care during the day telephone your usual dental practice.  
 If you are not registered, visit [www.nhsinform.scot](http://www.nhsinform.scot) to access your Health Board's Dental Advice Line telephone number.  
 Outside normal working hours, if feel you have an URGENT dental need call NHS 24 on 111.

**Social Care**

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

**Mental Well-being**

For tips on looking after your mental wellbeing during these uncertain times: [www.clearyourhead.scot](http://www.clearyourhead.scot)  
 Information about mental health services visit NHS inform/wellbeing or call Breathing Space on **0800 83 85 87**

**A&E or 999**

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

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

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

**F** Face coverings

**A** Avoid crowded places

**C** Clean your hands regularly

**T** Two metre distance

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

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

**Healthier Scotland**  
 Scottish Government

**CORONAVIRUS**  
 STAY SAFE  
 PROTECT OTHERS  
 SAVE LIVES

**NHS**  
 SCOTLAND

## Information on being tested for COVID19

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

[www.nhsinform.scot/campaigns/test-and-protect](http://www.nhsinform.scot/campaigns/test-and-protect)

[www.gov.scot/publications/coronavirus-covid-19-getting-tested](http://www.gov.scot/publications/coronavirus-covid-19-getting-tested)

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

## Up to date information about COVID19 Scotland

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

## Protect Scotland

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

## 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/](http://www.gov.scot/collections/coronavirus-covid-19-vaccination/)



# Long Covid, you and the Learn about ME professional development project

Many of our lives have been impacted and transformed by the impact of Covid-19 and the resulting lockdowns. However, for many of us we might now be contemplating some sort of return to normality. This might not be possible for the people who are suffering from the long term after effects of being infected with the Coronavirus. The Office for National Statistics estimated (1 April 2021) that 1.1 million people in the U.K. have long Covid.

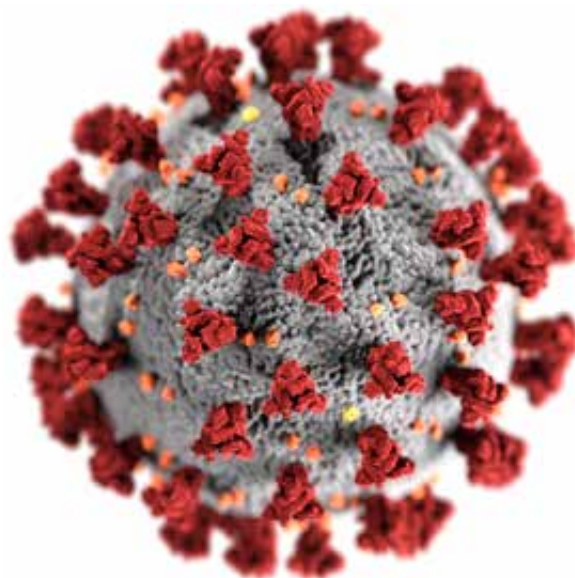
Since this is a new illness there is a need for medical education on symptom management and treatments that work. Learning from other conditions that have similar symptoms can be valuable. Learn about ME offers GPs and other health professionals an opportunity to discover the latest biomedical knowledge and how to apply it to the diagnosis and management of symptoms of ME and long Covid. This is a free, online learning module, based on 10 clinical cases, that usually takes less than an hour to complete. It offers CPD credit toward revalidation for GPs and healthcare professionals. There are a series of podcasts to complement the training. See the box on Learn about ME on page XXX for further information on this.

Many of this large group of people contracted the virus in the course of their work; 122,000 healthcare workers in the U.K. are now estimated to be living with long Covid. This has adversely affected their ability to continue to work, earn an income and continue in the other roles in their lives. Studies have found that post infection patients can have a bewildering range of symptoms; 84 symptoms and clinical signs have been reported.

## Symptoms of long Covid

If people have post infection symptoms resulting from Covid 19 for over 12 weeks then it is possible that they may have long Covid. Symptoms of long Covid can include:

- **Extreme tiredness (fatigue)**
- **Shortness of breath**
- **Chest pain or tightness**
- **Problems with memory and concentration ("brain fog")**
- **Difficulty sleeping (insomnia)**
- **Heart palpitations**
- **Dizziness**
- **Pins and needles**
- **Joint pain**
- **Depression and anxiety**
- **Tinnitus, earaches**
- **Feeling sick, diarrhoea, stomach aches, loss of appetite**
- **a high temperature, cough, headaches, sore throat, changes to sense of smell or taste**
- **rashes**





Some studies have found that there is an overlap between M.E. and Long Covid symptoms. Many people with M.E. have found that it has been difficult to get a diagnosis and the support they need to manage their condition and maintain or improve their quality of life. In Scotland there are no services directly aimed at people with M.E., as there is only one M.E. nurse. There has been a lack of biomedical research that has hampered medical education around this condition. The result has been that many people don't have the support they need to manage their health. The lack of medical education has meant that, at times, people have received inappropriate advice from GPs and other healthcare professionals and that has led to harm.

People living with M.E. or what is sometimes called Chronic Fatigue Syndrome (CFS) may have valuable experience and knowledge to offer here as there are a great deal of similarities in these illnesses. Many people living with M.E. want to ensure that people with long Covid don't have similar experiences and that they get the opportunity to benefit from what people with M.E. have learned works and what the latest biomedical evidence shows works.

### **Information and resources to support managing symptoms**

Action for M.E. have been supporting people with M.E. since 1987. We provide information and resources to support people living with M.E. to manage symptoms, energy and rest.

During the first lockdown due to Covid 19, the organisation combined all of its services into the one, Crisis, Support and Advocacy service. We also reached out to our 4,300 members to offer support. Many people with M.E. raised their concerns about the treatment for people who were experiencing the symptoms of long Covid. Some people living with M.E. have been harmed by following inappropriate advice and do not want the same thing to happen to others.

A key symptom of M.E. is post exertional malaise (PEM) and some studies have found that people with long Covid are also experiencing this symptom. PEM is not a common symptoms in disease in general so it is unusual for another illness to share this feature.

Post exertional malaise results when simple physical or mental activities, or combinations of activities result in people feeling absolutely debilitated. It can also increase the impact of other symptoms. It can also vary in the time it can take to be felt. It can occur right away or these films on PEM from the Dialogues for a neglected illness project give more information. Action for M.E. have joined the international Long Covid Alliance to work alongside 50 other partner organisations in this network of patient advocates, scientists, disease and public health experts who are working to share knowledge and resources. This Alliance aims to educate policy makers and accelerate research to transform our understanding of post-infectious illness, including M.E./CFS.



## Learn about ME professional development project in Scotland

All of the M.E. charities in Scotland (Action for ME, #MEAAction, the ME Association and the 25% ME group) are working in partnership to ensure that doctors in Scotland can better understand ME. With funding from the Scottish Government's Neurological Framework, we are promoting a free online training module on the diagnosis and treatment of M.E./CFS.

This training module provide CPD credit for any GP or healthcare professional, it is free, available to take anytime online and usually takes less than an hour to complete.

### Feedback on module

If you are someone living with ME and would like support for your GP to complete the module and for you to offer feedback on the resulting impact on your care, then get in touch. Please contact Avril Mclean on 0775 324 7099 or email [avril@actionforme.org.uk](mailto:avril@actionforme.org.uk).

We are keen to hear from any GP or healthcare professional who would like to take the module and offer feedback on how it can be shaped to meet their needs.

### Podcasts

There is a Learn about ME podcast series that is currently being developed. There are two episodes available now. The first being a general introduction and some information on what difference good care and support can make to someone living with M.E. The second episode features Dr David Strain who plays a leading role in the BMA's response to Long Covid; Dr Nina Muirhead, creator of the Learn about ME CPD learning module and Alec Finlay who has lived with M.E. and now has Long Covid.

You can listen to the podcasts <https://www.buzzsprout.com/1717775/>.

### Further reading/viewing

Action for M.E. (2021) [online] News. Action for M.E. joins Long Covid Alliance Available at: <https://www.actionforme.org.uk/news/%E2%80%8Baction-for-me-joins-long-covid-alliance/> [Accessed 28 May 2021].

Boulton, N (2021). Dialogues for a neglected illness (Dialogues for ME/CFS) [film] Post-Exertional Malaise Available at: URL Post-Exertional Malaise - Dialogues ([dialogues-mecfs.co.uk](http://dialogues-mecfs.co.uk)) [Accessed 28 May 2021].

Health Improvement Scotland SIGN. (2021) Long COVID. A booklet for people who have signs and symptoms that continue or develop after acute COVID-19. Available at: URL <https://www.sign.ac.uk/media/1825/sign-long-covid-patient-booklet-v2.pdf> [Accessed 28 May 2021].

## Have your voice heard

The UK Parliament offers interactive and tailored outreach sessions for community groups in Scotland, designed to increase awareness of how Parliament operates (from contacting a local MP or a member of the House of Lords, influencing the legislative process, and participating in democratic engagement) encourage active citizenship, and develop campaigning and lobbying skills.

These sessions are currently delivered online, and are available to be booked throughout the rest of the year. They are entirely free of charge, no prior citizenship knowledge or training is required, and I can spend my time during the session listening directly to the ideas that attendees have and providing practical support and advice as to how to take them forward.

It is vitally important that people across Scotland have access to practical advice and resources to learn how to influence decision making. This is the purpose of moving the community sessions online for the time being. However, please be aware that they are looking to start face-to-face sessions later this year when it is safe for all involved.



**UK Parliament**

### Free online workshops in Scotland for community and youth groups

Delivered by your local outreach officer, this tailored 45-60 minute online session will show your group:

- How to get your voices heard
- How to campaign for change
- How UK Parliament works

**Book now: [blt.ly/3zAYt9w](https://blt.ly/3zAYt9w)**





# LGBT+ Health & Wellbeing Survey 2021

**LGBT+ Health & Wellbeing Survey 2021** This survey is being done to find out more about the health and wellbeing of people who identify as lesbian, gay, bisexual, transgender or non-binary and live in Scotland. The survey is being undertaken by several NHS Boards working together.

Health Needs Assessment of Lesbian, Gay, Bisexual, Transgender and Non-binary People in Scotland

NHS Greater Glasgow and Clyde, NHS Lothian and Public Health Scotland are working in partnership to conduct a comprehensive health needs assessment of Scotland's LGBT+ population. As part of the health needs assessment an online survey is being conducted from 11th June to 20th August 2021.

This survey will ask LGBT+ people aged 16 and over about all aspects of their health and wellbeing and the factors that are known to influence health including mental and emotional health, physical activity, eating, smoking, alcohol, relationships, social connections, income, experience of discrimination, and experiences of services.

Over the last 18 months over 180 LGBT+ people and 18 organisations have contributed to interviews and focus groups with their experiences of health and wellbeing and we have used their feedback to develop this survey which we hope LGBT+ all over Scotland will complete.

COVID 19 has changed all our lives and this survey will also help us identify how LGBT+ would like to see the health service change to better meet their needs as COVID 19 recovery progresses.

The survey takes on average between 20-30 minutes to complete. Participants who choose to do so can enter their details (kept separately from their survey responses) to enter a prize draw to win one of four prizes of a voucher for £250 for their preferred online retailer.



The survey will provide helpful statistical information comparing the health of Scotland's LGBT+ population to that of the general population of Scotland as well as differences within the different parts of the LGBT+ population.

On completion, the full health needs assessment results will be considered at an event to be held later in the early autumn to co-produce recommendations based on the findings with LGBT+ people and LGBT+ organisations.

This will help to ensure that the health service in Scotland is able to meet the health and wellbeing needs of LGBT+ people, not just in how it provides inclusive health services, but also in the way that ill health prevention and promotion of positive health is delivered.

Please share this information with individuals, organisations and networks including your social media networks, to help us reach as many LGBT+ people as possible. In addition, the survey will be promoted on twitter so it would be great if info could be retweeted.

The survey is available at <https://www.smartsurvey.co.uk/s/ScotlandLGBT2021>

The twitter link for sharing is



[https://twitter.com/P\\_H\\_S\\_Official/status/1404776343351463938](https://twitter.com/P_H_S_Official/status/1404776343351463938)

# Services and Support

## Autism

### Scottish Autism

**T:** 01259 222 022

**E:** [advice@scottishautism.org](mailto:advice@scottishautism.org)

**www:** [www.scottishautism.org](http://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:** [www.autismtoolbox.co.uk](http://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:** [www.differabledscotland.co.uk/about](http://www.differabledscotland.co.uk/about)

**Email:** [differabledscotland@gmail.com](mailto:differabledscotland@gmail.com)

**Twitter:** @DifferabledScot

**Facebook:** @differabledscotland

### Enable

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

### National Autistic Society Helpline

**T:** 0808 800 4104.

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

**Twitter:** @Autism

**Facebook:** @NationalAutisticSociety

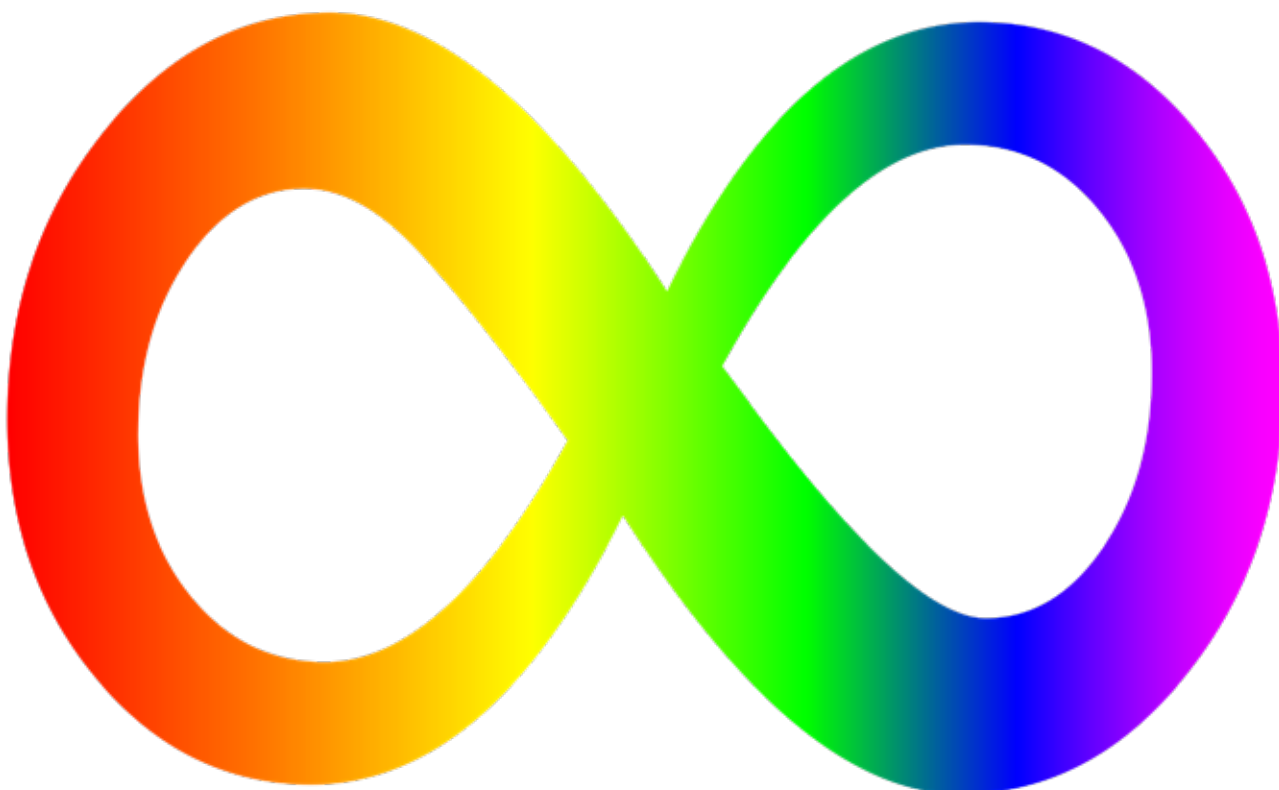
### Sense Scotland

**T:** 0300 330 9292

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

**Twitter:** @SenseScotland

**Facebook:** @sensescotlandcharity





## Social Navigation and Communication

NEW online social groups see leaflet and poster. The main thrust of these groups is **'Socialeyes' Social Navigation and Communication programme**, but there will also be fun activities (chosen by the group members).

Socialeyes is a **12-month programme** and the 1.5 hour sessions will take place twice a month via Microsoft Teams (initially), with the first group starting this August/September. (A blended approach may be adopted once social distancing rules are relaxed.)

The groups are for autistic people aged 14-24 who live in Glasgow with the following postcodes:

- **G1 – G53**
- **G69 (Baillieston, Garrowhill, Gartloch, Muirhead, Springhill only)**
- **G71 (Broomhouse only)**
- **G76 (Carmunnock only)**

Please feel free to share the leaflet, and the application link below, with anyone who would be interested in this exciting programme. Alternatively, they can email **[nasplusglasgow@nas.org.uk](mailto:nasplusglasgow@nas.org.uk)**.  
**<https://forms.office.com/r/q8n3y31L75>**.



# NASplus+ Glasgow

## Social Navigation & Communication

Online social groups for  
teenagers/young adults  
aged 14-24

Daytime and evening sessions  
available

12 month learning programme,  
plus other fun activities

*Explore the social  
world and become  
more confident*

**For more information contact:**

 **NASplusGlasgow@nas.org.uk**

 **07783782214**



## **NASplus+ online groups**

**Every 2 weeks for 12 months**

Socialeyes 'social navigation and communication' learning programme

Fun activities and shared interests

## **Why is the Socialeyes programme so effective?**

**Helps learners to make an informed choice**

Gives learners the option to learn social interaction skills or alternative social strategies.

## **Why get involved?**

- explore the social world and become more confident
- meet new people
- learn new skills
- resources and information

## **What makes SocialEyes different?**

Doesn't ask learners to change their 'inappropriate' social behaviour, or copy the 'typical' behaviour of others.

**For more information contact:**



**NASplusGlasgow@nas.org.uk**



**07783782214**

The National Autistic Society is a charity registered in England and Wales (269425) and in Scotland (SC039427).



**National  
Autistic  
Society  
Scotland**

## Carers

### Advice and Information Carers Hub

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

### Advice for Unpaid Carers

[www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/](http://www.gov.scot/publications/coronavirus-covid-19-advice-for-unpaid-carers/)

### Carers Scotland

[www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help](http://www.carersuk.org/scotland/help-and-advice/factsheets/coronavirus-covid-19-sources-of-advice-and-help)  
T: 0808 808 7777

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

### Carers Voices Project

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

### Citizens Advice Bureau

[www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/](http://www.citizensadvice.org.uk/scotland/family/help-for-adults-in-the-community-s/carers-help-and-support/)

### Dementia UK

Dementia Helpline

T: 0800 888 6678

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

### Friends and Family of Someone with Cancer

[www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends](http://www.macmillan.org.uk/cancer-information-and-support/supporting-someone/emotional-support-for-family-and-friends)

### Glasgow Association for Mental Health

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

### Mainstay Trust

Provide care services to the people of Glasgow

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

### PAMIS

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

### Take Break Scotland

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

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





## GAMH Carer Centre

**GAMH** have been part of the **Glasgow City Carers Partnership** since 2019 and have 2 services based in the West and South West of the city supporting unpaid carers. The 5 carer Centre's across the city all work together alongside SWS, Health and condition specific organisations to support and empower unpaid carers to balance having a life of their own and caring for their loved ones.

The Carers Act (2016) came into force in 2018 and for the first time unpaid carers are to be offered an Adult Carers Support Plan or Young Carers Statement in their own right. These plans allow carers the time and space to reflect on their caring journey and the impact it has on them as well as tell us what they would like to get from our input and support. Completing the plan is an essential part of our role and can be a very emotional experience for many carers to put into words all of the highs and lows that caring brings.

We often talk about the right support at the right time and it is vital when it comes to supporting carers effectively; too early and the shock of a diagnosis might mean they are not ready to talk but too late and a carer may miss out on invaluable support that could make a difficult time a little easier to bear. This is why we have dedicated workers whose role it is to raise awareness of the support available and highlight the unique issues that unpaid carers may face.

The last 12 months has been a challenging time for all but especially for those caring for a loved one without additional help and support due to the impact of the pandemic on services, and the amount of caring has increased for many people. Our staff team have worked tirelessly throughout the pandemic to provide additional emotional and practical support to carers and have adapted quickly to the ever-changing world we find ourselves in. The support we provide is varied but includes: Information and advice, Emotional

support, Training and peer support, Income maximisation, Short breaks and having your voice heard. These are what we call core services but often it is just the fact that someone is listening that carers appreciate the most.

Our Training Calendar has been moved online in response to the restrictions in Glasgow but we have found that a lot of carers have found this an easier way to access training. Our programme of training is always changing in response to what carers feedback to us about what would help them most. This year we have added Self-care tips and Mental Health Awareness to our calendar in response to the high number of people reporting low mood, Anxiety and Mental Health issues. In addition we will be launching our new peer support group this year 'Conversation for Change' that will focus on topics such as Guilt, Worry and Anxiety, Sleep and Grief. A lot of what we do is as a result of carer feedback whether that be through reviews, evaluations, local forums or just having a chat and we value the time and effort that carers put in to helping us shape our service, it is always appreciated and we will always strive to provide the best service we can for the carers in our local community.

There have been a lot of changes due to Covid and our referral process is one of them. All referrals go through the online self-referral which can be done by carers themselves or by someone on their behalf here

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

You can also contact the Carers Information Line on **0141 353 6504** to make a referral.

Please follow us on Twitter **@gamhcarercentre** to keep up to date with what is going on.

## Funding

Time to Live funding helped over 100 carers take time out from caring

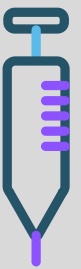


## 100+ carers

Accessed personalised Short Breaks from caring

## COVID Vaccine Info

Over 350 carers received priority information on the COVID vaccine



## Our year in numbers

### 300+ carers

received an offer of support



### 20 Young Carers

Received 'boredom boxes' filled with activities

## Caring at Christmas

Christmas came early for 25 families who received hampers and presents



## Charity Advice

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

### Creative Approaches to Problem Solving

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

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

### GCVS Glasgow Council for Voluntary Services

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

### Generations Working Together

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

### Glasgow Social Enterprise Network

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

### Impact Funding Partners

T: 01383 620 780

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

**Independent Age Grants Fund** Reaching older people most likely to be missing out – now and beyond the coronavirus pandemic [www.independentage.org/community/grants-fund](http://www.independentage.org/community/grants-fund)

### Just Enterprise

T: 0300 302 3333

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

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

For more information, please visit:

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

### Scottish Council Voluntary Organisations

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

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

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

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

- [thirdsectorlab.co.uk/covid-19/](http://thirdsectorlab.co.uk/covid-19/)
- [www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater](https://www.facebook.com/ThirdSectorLab/videos/b.53154337720/801038073737494/?type=2&theater)
- [open.spotify.com/show/5x2s9GleJufexYgm5JZ20X](https://open.spotify.com/show/5x2s9GleJufexYgm5JZ20X)

### Welcome to Glasgow CVS

Shout out to the third sector in Glasgow! Would you like to connect with other people doing similar fantastic work supporting the community?

GCVS would love to welcome you to the family with our new membership that is already thriving with activity. This includes Payroll and HR services that will help you save the pennies and provide a solid support in the everyday nitty gritty. First refusal at our popular training and events and regular updates to the crucial Glasgow Helps directory, the hub of finding support in the city. Further membership details here.

Glasgow Helps has become a beacon of light, where you can discover a variety of support organisations and services to ensure that people get the help they need. To search or register a service follow the link here.





## Death, Grief, and Loss

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

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

### Anticipatory Grief and Mourning

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

### Bereavement Advice

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

### Blue Cross for Pets

T: 0800 096 6606

*(Support following the death of a pet)*

### Breathing Space

T: 0800 83 85 87

### Child Bereavement UK

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

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

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

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

### Coping with Grief In Your Body

A Relaxation for Grief Exercise

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

### CRUSE Bereavement Support

Bereavement support helpline

T: 0808 808 1677

[www.cruse.org.uk/about-cruse/contact-us](http://www.cruse.org.uk/about-cruse/contact-us)

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

T: 07736 326 062

### For Guidance on Funerals in Scotland During COVID 19

[www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/](http://www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services/)

### 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](http://www.gamblingwithlives.org)

### Good Life, Good Death, Good Grief

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

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

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

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



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

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

### **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](http://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](http://www.petalsupport.com)**

**SOBS Bereaved by Suicide**  
**T: 0300 111 5065**

**Sudden Death**  
(*Bereavement support for sudden death*)  
**[www.suddendeath.org/about/about-sudden-death](http://www.suddendeath.org/about/about-sudden-death)**

**Supporting Bereaved Parents and Their Families**  
**T: 0345 123 2304**  
**W: [www.tcf.org.uk](http://www.tcf.org.uk)**

**The Good Grief Trust**  
**[www.thegoodgrieftrust.org](http://www.thegoodgrieftrust.org)**

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

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

### NWVSN Network IT Recycling Project

NWVSN Network has formed a partnership with Glasgow Clyde College and their Gifttech project, that recycles college PCs. They will now be able to offer PCs to members to give to people they work with that they know are in need. They will also be offering prepaid WIFI, which should last a few months with light/moderate use. To express an interest or get a referral form email **[martina.northwestglasgowvsn@outlook.com](mailto:martina.northwestglasgowvsn@outlook.com)**.

Please note they do not have a huge supply but will offer what they can, the project is here to fill the gaps if other options aren't available.



## Drugs, 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-corner/alateen/](http://al-anon.org/newcomers/teen-corner/alateen/)**

### **Alcoholics Anonymous**

**0800 9177 650**

### **Big Deal**

Is specialist online help for young people and gambling **[www.bigdeal.org.uk](http://www.bigdeal.org.uk)**

### **Chatter**

Peer support for people affected by Gambling harms **[chatterscotland.org](http://chatterscotland.org)**

### **Cocaine Anonymous**

**T: 0141 959 6363**

### **Drink Wise Age Well**

**[drinkwiseagewell.org.uk](http://drinkwiseagewell.org.uk)**

### **Drinkline**

**T: 0800 917 8282**

### **Family Addiction Support Service**

**T: 0141 420 2050**

**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](http://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](http://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/](https://facebook.com/GCAGlasgow/)**

### **Glasgow Helping Hero's**

**T: 0800 731 4880**

### **Homeless Addiction Team**

**T: 0141 552 9287**

### **How to Help an Addicted Parent**

**[www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)**

### **Kinder Stronger Better**

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

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

### **Marie Trust Counselling Service**

**T: 0141 221 0169**

### **Narcotics Anonymous**

**T: 0300 999 12 12**

### **North West Recovery Communities**

**[www.nwrc-glasgow.co.uk](http://www.nwrc-glasgow.co.uk)**

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

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

**Recovery Simon Community**

**T: 0800 027 7466**

**Re-solv**

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

**01785 810 762**, text **07496 959 930**, email **[info@re-solv.org](mailto:info@re-solv.org)** **[www.re-solv.org](http://www.re-solv.org)**

**Scottish Families Affected by Drugs and Alcohol**

**T: 08080 101011**

**Smart Recovery Group Meetings**

**[smartrecovery.org.uk](http://smartrecovery.org.uk)**

Residential treatment programme for those most severely affected by gambling harms

**[www.gordonmoody.org.uk](http://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/](http://www.gamcare.org.uk/talk/)**

**Turning Point (Homelessness Service)**

**T: 0800 652 3757**

**[www.turningpointscotland.com/glasgow](http://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](http://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](http://www.wearewithyou.org.uk)**



The Health and Social Care Alliance Scotland  
Engagement Report

# Reducing Gambling Harm in Greater Glasgow: A Community Conversation



# For more information:

**Sara Redmond, Director of Development and Improvement**

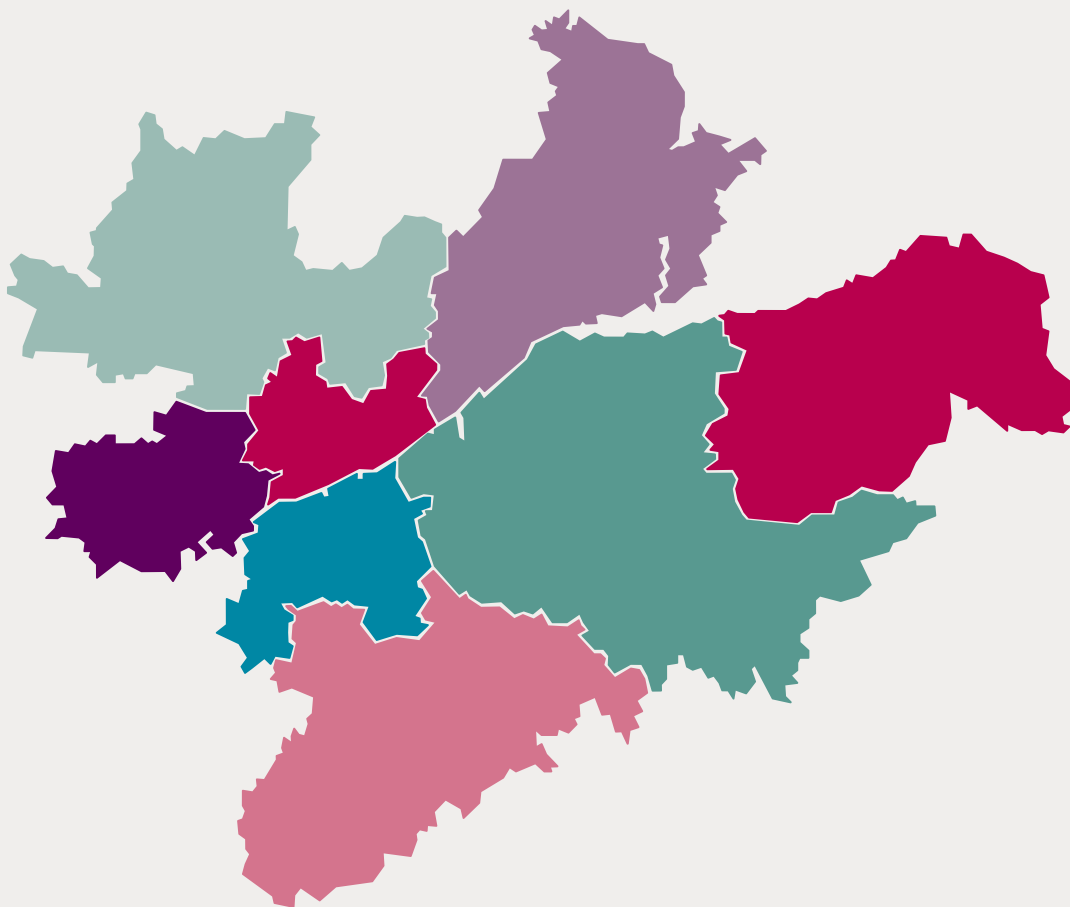
[sara.redmond@alliance-scotland.org.uk](mailto:sara.redmond@alliance-scotland.org.uk)

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

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

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





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# Introduction

This report outlines the findings of recent engagement activity with people with lived experience of gambling harm in Greater Glasgow carried out by the Health and Social Care Alliance (the ALLIANCE). The ALLIANCE was funded to carry out engagement activity by Scottish Public Health Network (ScotPHN) to support their project to take a whole system approach to reduce gambling harm in Glasgow (the WSA Glasgow project). The engagement activity built on the learning from previous engagement undertaken by the ALLIANCE's Scotland Reducing Gambling Harm (ScotRGH) programme<sup>1</sup> as part of the creation of the Lived Experience Forum which informs the Scottish Implementation Group for the National Strategy to Reduce Gambling Harm.<sup>2</sup>

The engagement activity, agreed between the ALLIANCE and ScotPHN, focused on two main areas:

- a. Better understand what current supports there are for people experiencing gambling harm in Greater Glasgow;
- b. Identify what support people would find valuable and identify priorities to reduce gambling harm that can be progressed by ScotPHN and partners in Greater Glasgow.

To achieve this, the ALLIANCE designed a programme of engagement activity that included:

- Co-producing the engagement questions with the Scottish Lived Experience Forum.
- Facilitating a series of events with people with lived experience in Greater Glasgow area.
- Facilitating events with support workers, link workers and social reporters<sup>3</sup> to understand their experience supporting people with lived experience.
- Running a survey to engage people with lived experience.
- Conducting interview with some individuals who did not wish to engage with the wider events or were underrepresented in the wider engagement process.

The data from the events, interviews and survey were analysed using a qualitative, thematic approach as it has the ability to capture the richness, depth and complexity of the lived experience shared, whilst being flexible in its ability to be applied to different qualitative data sets. Further details of the engagement and analysis undertaken can be found in Appendices 1 and 2.

# Context

ScotPHN is facilitating the development of a strategic approach to preventing and reducing gambling-related harms. Working with Glasgow City Council and NHS Greater Glasgow and Clyde, this three-year project is working on a whole system basis to develop an approach that embeds community and organisational collaboration at the heart of actions designed to addressing gambling harms. The project is funded from regulatory settlement funds, agreed by the UK Gambling Commission, and looks at all the factors that influence a person's or communities' experience of gambling harm rather than focus on individual gambling behaviours.

The ScotPHN-led project has started collecting information to understand the ways in which people and communities are affected by gambling harms in Glasgow, to look at what evidence exists on what works in tackling gambling harms and to map what is already being done. This information is being used to create a shared understanding of the problem and explore possible solutions. Actions to tackle gambling harm will be co-produced locally, drawing on evidence concerning locally identified needs and priorities. The overall approach to developing the strategy will be evaluated and the learning will be shared to help others working to tackle gambling harms across the whole system.

The work recognises the importance of involving people with lived experience of gambling harm to identify their needs and priorities. ScotPHN has therefore funded the ALLIANCE to ensure that people with lived experience are helping to inform the strategic development work being undertaken. The Lived Experience Forum on Reducing Gambling Harm, hosted by the ALLIANCE's ScotRGH, was actively involved in shaping the questions and approach to engagement.<sup>4</sup>

The ScotRGH programme aims to put the voice of people affected by gambling harms at the heart of action to reduce those harms. The Lived Experience Forum, coordinated by this programme, informs the implementation of the National Strategy to Reduce Gambling Harms from a lived experience perspective.<sup>5</sup> The ScotRGH programme has supported the Lived Experience Forum to identify key priorities for reducing gambling harm in Scotland,<sup>6</sup> established a PhD with the University of Glasgow on engaging people with lived experience, especially from seldom heard groups, and gathered the accounts of people with lived experience to raise awareness of the impact of gambling harm.<sup>7</sup> It was intended that the ALLIANCE would use the experience of engaging nationally on the topic of gambling harm to inform their work engaging people with lived experience in Greater Glasgow.

Reporting on the key themes identified from the engagement activity is divided into two parts:

1. Asset Mapping – understanding what currently supports people experiencing gambling harm.
2. What should be done to reduce gambling harm in Greater Glasgow.<sup>8</sup>

# Asset Mapping

## What currently supports people experiencing gambling harm?

An overarching theme identified from the engagement was that people felt there were too few services to support people experiencing gambling harm. Those who attended the events or agreed to an interview had a higher level of knowledge of services available than those who responded to the survey. It is possible that this because the people who attended the events and agreed to an interview were self selectively those willing to dedicate an hour and a half to the topic and were thus likely to have a greater prior knowledge of the topic. There were no significant differences in the priorities identified to reduce gambling harm in Greater Glasgow between the events, interviews, and survey responses.

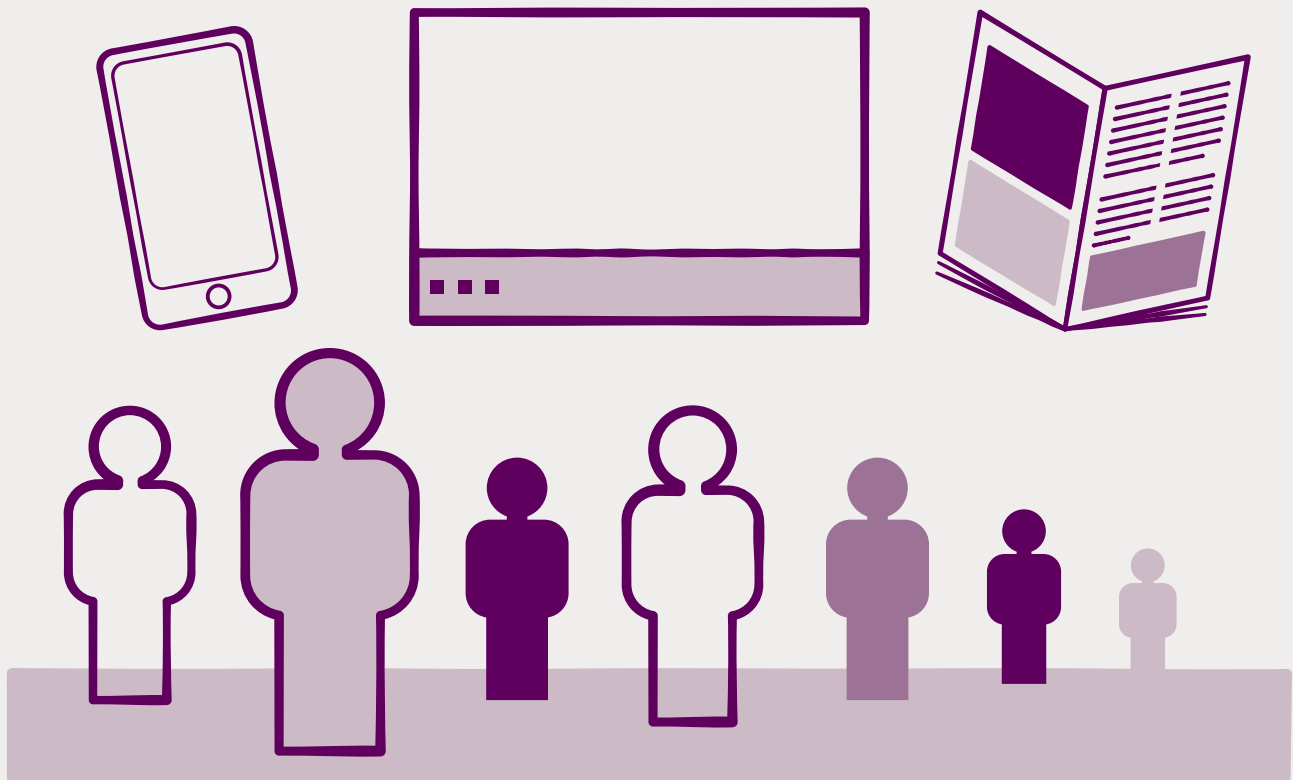
Several participants at events reported encouraging increases in awareness and attention paid to the issue and optimism that this issue is beginning to be taken more seriously. For example, one participant noted that “just after 2000 all anyone knew was Gambling Anonymous, (I) wasn’t aware of anything else”, but they were encouraged that there is an increase in services related to gambling harm and increased awareness of the issue.

Several event and interview participants reported that it was encouraging, for example, that GamCare have recently started an initiative to establish services in Scotland and that Citizens Advice Scotland were commencing training on gambling harms for their frontline staff. There were also positive signs that people with lived experience were coming together to form peer support groups, such as the website Chatter Scotland.<sup>9</sup> All these recent developments were seen as positive and a sign of increased awareness of the issue of gambling harm and participants hoped similar initiatives could be started and progressed throughout Greater Glasgow.

In terms of support that was already available, several participants in events, interviews and the survey highlighted the RCA Trust as a valuable service offering therapeutic help specifically on the issue of gambling harm. Several also mentioned GamCare’s Gambling Helpline and text service as something that had provided support to them. GamCare also operate an online forum which some participants found useful.

Participants in events and interviews expressed concern that there was a lack of services for people experiencing more severe harms from gambling. Severe harms were taken to mean experiencing acute mental distress due to the amount a person was indebted, or having an “alcohol problem too and not being able to quit drink and gambling at the same time.” Some participants reported a positive outcome from using counselling services from third sector organisations not aimed at reducing gambling harm, but that may have some awareness of the issue due to partnership work with the RCA Trust. There was, however, a widespread sense that supports available were confined to voluntary initiatives or the third sector, and that much of this support was for people experiencing lower levels of gambling harm. Participants agreed that counselling could be valuable in reducing severe harms also, but that this was best delivered by services specialising in treatment for gambling harm. Participants broadly agreed that these could be provided by the third sector, though several argued that these would be best delivered by statutory services.





While many of the participants who attended events or took part in interviews had received support from the previously mentioned services, especially RCA Trust and GamCare, the majority of those responding to the survey said they were unaware of what support was available to them out with Gamblers Anonymous (GA). A common response was that they thought GA “was the only game in town”. There were divergent views on the efficacy of GA and the GA model, but there was a broad consensus across responses that while GA had an important place in reducing gambling harms, it should be one part of a broader array of support services available to people.

Several of the participants reported steps they themselves took to control their gambling, for example, using resources like GamStop or GamBan to prevent themselves from gambling. Others reported using self-exclusion policies from bookmakers. However, this was not always successful as one participant noted they could only exclude themselves from a maximum of twelve bookmakers, but the area they lived in in Glasgow had many more in close range. Another participant reported that they would ‘hand my money over to my wife several times a day’ due to working a job that paid in regular increments. This form of utilising informal support from friend and family, was commonly reported, often coupled with frustration that they didn’t know where else to turn when “GA hadn’t worked for me”.

The participants underscored the importance of support for friends and especially close family of people experiencing gambling harm. They argued that it tends to be the family who first notice something is the matter and that this can be a significant strain on relationships, if either the person does not wish to talk about the issue or does not see that there is an issue. Many worried that there was little in place to support affected others and stated that they were poorly served by the current system. A couple mentioned GamAnon as a service that was aimed at affected others, but were unsure of whether they operated in Glasgow.

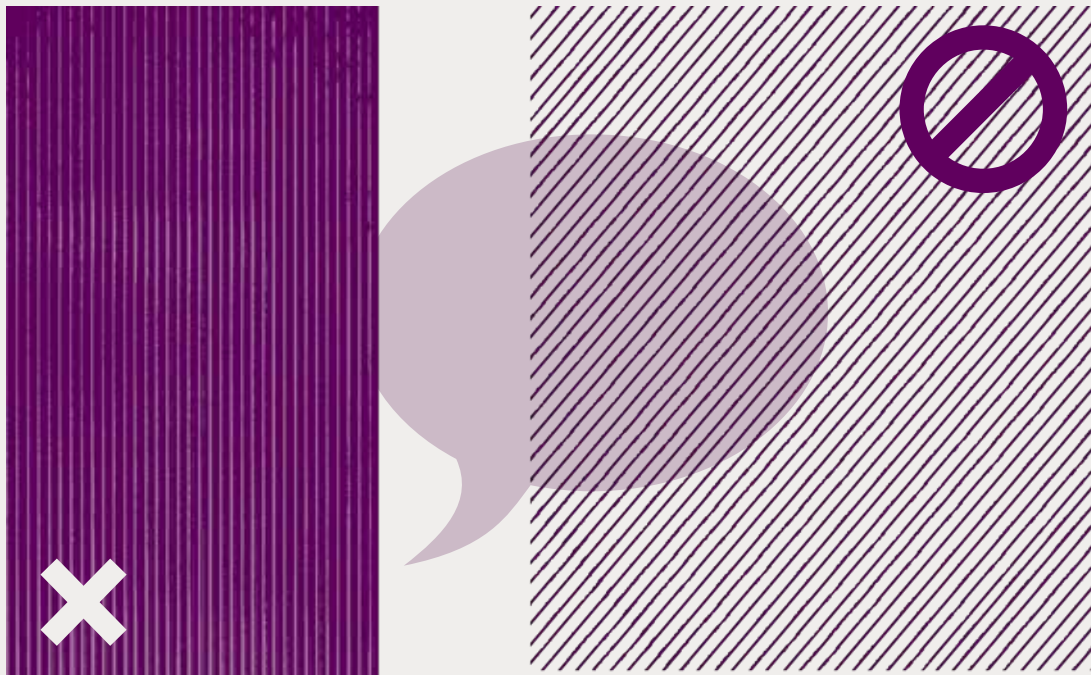
## Barriers to help, support and treatment

### Stigma

When discussing the barriers to help, support and treatment, stigma was frequently raised as a key reason people didn't reach out for help. This idea came out strongly in conversation with Link Workers, for example, one reported that they felt people "spoke around it (gambling harm), it's in the background, but never what people brought as a main issue". Another noted that "the person doesn't always feel able to talk about it – but maybe we are not asking the right questions."

Several participants drew parallels with other stigmatised topics, such as mental health problems and talking openly about suicide. Some argued that support workers have grown more used to asking openly about suicide as a key way to prevent suicide, but that they wouldn't know how to open a conversation about gambling.

Participants from across the different engagement channels argued that gambling harm was highly stigmatised and "not in the public view". They argued the harms of gambling are more hidden than other public health harms, like alcohol and drug harm, partly because there were fewer physical signs and partly because it is so easy to gamble privately at home. A theme that came up often was the idea of gambling harm as a "hidden addiction", both in terms of where gambling occurs, the fact that it is not physically recognisable and that society does not pay enough attention to it as an issue.



## Lack of awareness of gambling harms

Participants argued that there was a normalisation of gambling through advertising, but that gambling harm was a hidden issue, with low awareness in the public consciousness. "It's a culture problem," argued one participant, "Gambling is common, ... the harm is hidden". Support workers and Link Workers engaged on this topic argued that this led to people not thinking of what they're doing as gambling. For example, one support worker reported a person they worked with saying 'I don't really gamble but when I pick up my money I get 5 scratch cards'. Participants argued that awareness of gambling harm was a key step in addressing the barriers people faced in getting help.



## Concerns about the accessibility of help support and treatment

Participants raised concerns that some population groups faced additional barriers to getting help, support and treatment. For example, social reporters from the deaf community highlighted barriers to accessing GA and other services intended to reduce gambling harm due to a lack of inclusive communication being offered. In another example, a woman reported being put off GA by the fact that she was the only woman in the room. Several participants echoed this concern, arguing that women may find it difficult to go to GA and that there should be better pathways to help, support and treatment available to them.



# What should be done to reduce gambling harm?

When asked what should be done to reduce gambling harm in Greater Glasgow, participants generated a range of ideas and thoughts. Many of these focused on the importance of help, support and treatment and recommendations for what ought to be available. These included:

- Peer support
- Counselling
- Support for families
- Debt advice to address financial harm
- A clearly accessible and free helpline and text service
- Professional support provided by statutory sector

Further examples of the support people want to see are laid out in Appendix 3, but a key theme which emerged across all these recommendations, was the need to put the person at the centre of accessing treatment and support. Additional themes that emerged from the engagement is discussed in the remainder of this section.





## Holistic, person centred help, support and treatment

Participants uniformly agreed that a more joined up partnership approach was vital to providing people with the right support, at the right time, in a place of their choosing. Participants called for greater partnership working between the third sector and statutory sector and that the whole person should be taken into account when providing help, support and treatment.

Participants stressed that although it is important to think of gambling harm as a health issue, in order for people to be supported effectively it is also important to ensure that all sectors work together holistically to recognise and reduce gambling harm. This included specific mention of prisons, primary care, debt advice services, homeless shelters, housing associations, and others.

The participants argued that multiple factors affect their health and wellbeing and there was a strong desire that health professionals and services should consider the whole person and their life circumstances rather than just focusing on their experience of gambling harm, and that people may have a range of needs (e.g. mental health problems and gambling harms). Several participants expressed frustration at being sent from 'pillar to post' between mental health and addictions services and argued that there should be more integration between these services. It was put forward that ideally there should be a key contact person who knows the healthcare system and has a broad understanding of health conditions to refer people appropriately.

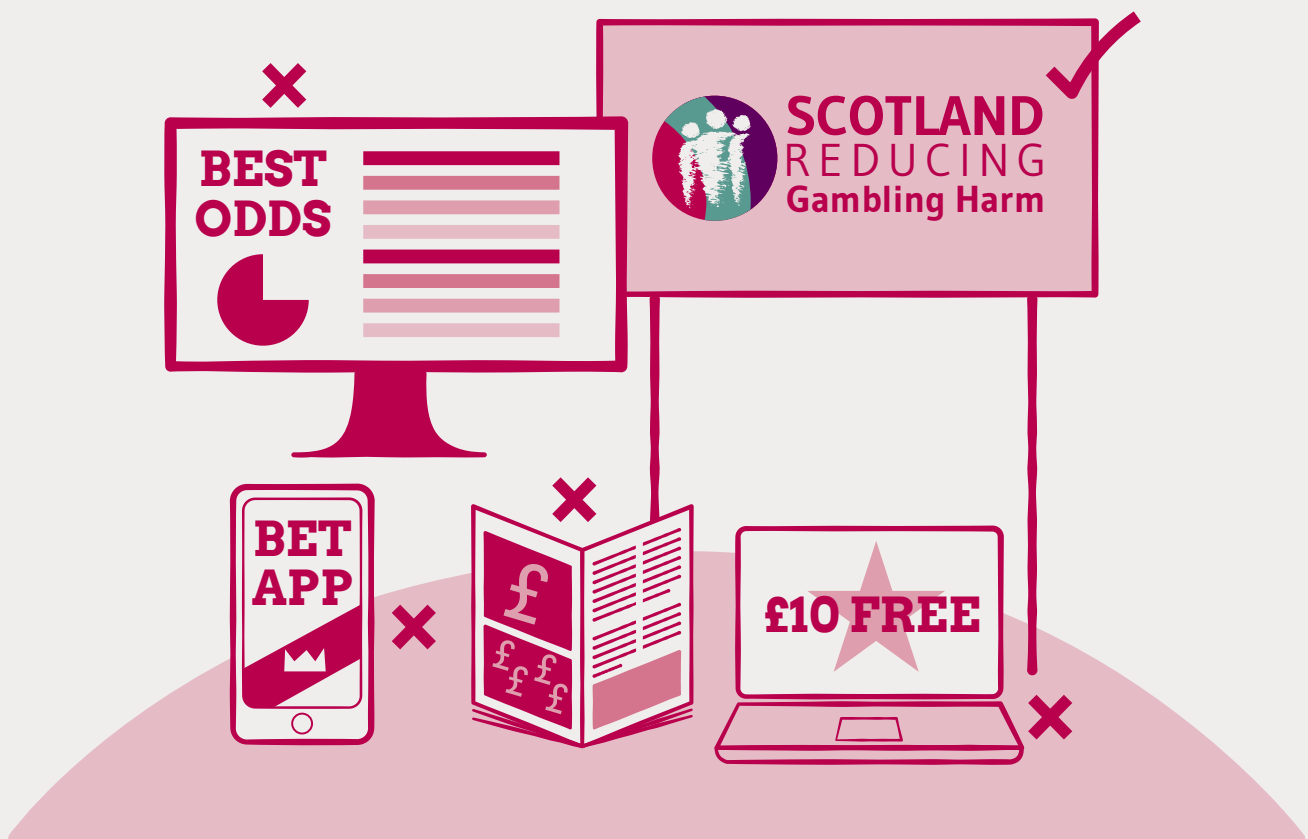


It was stressed that whilst grassroots organisations do vital work, statutory services need to do more to provide help, support and treatment to those experiencing gambling harm. There was significant concern expressed that there were no treatment centres to treat people experiencing severe gambling harm, and that these should be available. One participant noted, it "felt like a dead end unless you went down south to rehab, but this was not financially possible". The need for continuous and regular support, as a person will experience different levels of gambling harm over the course of their lifetime and may need different types of support, was also argued for. One participant, for example, described the process of visiting RCA Trust a number of years ago as 'putting the first chink in the armour', but that it took them several years to control their gambling. The participants stressed the importance of a number of avenues for help, support and treatment to ensure that people can access the right treatment for them at the right time. They also expressed concern that these avenues weren't available at the moment.

## Awareness of gambling harm

A key theme emerging from the engagement activity was the challenge that normalisation of gambling posed to reducing gambling harm. Participants were concerned with the amount of gambling advertising on television, online and in sports venues. Several also highlighted that the 'responsible gambling' and 'when the fun stops stop' narrative was deeply harmful, as it supposed that people were able to simply stop gambling. A participant noted "Advertising tells you 'if it's no longer fun then stop' as if it's that easy", which was a theme echoed throughout the engagement. Participants uniformly called for powerful harm reduction adverts to counteract the predominant message that gambling is 'just a bit of fun'. They suggested that gambling harm adverts should be created by people with lived experience and be run on the same platforms as gambling adverts.

With specific reference to the situation in Greater Glasgow, several participants expressed dismay that the two largest football clubs in Glasgow are sponsored by gambling companies, as is the national stadium of Scotland. The participants considered a campaign throughout Greater Glasgow to raise awareness of gambling harm and highlight what support was available to people to be a key priority, arguing that this campaign should be modelled on the See Me Scotland's work to reduce mental health stigma.<sup>10</sup>



## The importance of asset mapping

A number of participants highlighted the importance of asset mapping and better awareness of what is available to people. They welcomed the work of COPE Scotland<sup>11</sup> who have produced a booklet to outline the key support available to people and the current initiative by the ALLIANCE and wondered how this could be best communicated to people. Others suggested that there should be a unified database where people could go to identify help, support and treatment. Participants agreed that it would be valuable to integrate such a database with other databases outlining support available to people, such as A Local Information Support Scotland (ALISS<sup>12</sup>). This asset mapping would also allow for a clearer understanding of what gaps exist and where new services are needed.

## Pathways to help, support and treatment

Several participants noted that there was a significant gap in the amount of support available on gambling harms when compared to other public health issues, such as alcohol and drugs harm. It was acknowledged that the services for these issues may not always be ideal either, but that they did at least exist to a greater extent than in gambling harm.

The lack of specialist treatment available in Scotland was also highlighted; it was necessary for some people to travel to London to access specialist treatment. Ringfenced NHS funding for specialist treatment was a key ask of the participants.

## Awareness of pathways to help support and treatment

Participants were in agreement that current supports available and new support pathways need to be communicated clearly with key professional groups, such as those in primary care and those working in mental health services, in order to increase their awareness.

Professional awareness of how to screen for gambling harms and identify the appropriate associated care pathways was felt by participants to be a key element in ensuring people get the support they need. Many participants expressed frustration at not being correctly diagnosed and being directed around the health and social care system before receiving appropriate support.

There was widespread agreement that professionals in all parts of the system, but especially those in key professions such as GPs, debt advisors, prison staff, third sector support staff and others, needed increased awareness of gambling harm and the pathways to treatment and support. Participants argued that professionals should be equipped with 'trigger questions' that could help identify people as experiencing gambling harm. They also argued that professionals should be able to signpost to key support available in the community, like RCA Trust and GamCare. Some participants also highlighted the value in training for staff in bookmakers as a means of deescalating situations and identifying people at risk of gambling harm.

A group that came up repeatedly in the engagement activity was the importance of raising awareness of gambling harm among GPs, GP nurses and Link Workers. ... key group people

come into contact with and came up repeatedly. Several of the participants reported going to their GP to ask for help and support relating to gambling harm, but the GP being unaware of what support was available or only being aware of GA as a means of support.

Participants called for training for GPs to raise awareness of the issue and be able to support people prior to developing severe gambling harm. A range of initiatives were suggested to raise awareness within primary care, for example use of leaflets, inviting third sector organisations into health centres to create better links between the general practice and local communities.

Several participants highlighted trigger questions asked by GPs to identify smoking harm and tobacco use and suggested that similar trigger questions should be used to ensure that people were being identified and supported early in their care journey. Some argued that the GP raising this issue would add credibility and weight to the topic arguing that there was a weight and authority to questions raised by a GP and that this could support early identification of gambling harm.

The challenges of engaging GPs were also raised, and participants noted a number of approaches would be needed, such as toolkits and inviting third sector into health care centres as examples. Link workers, especially those working in Deep End practices in Greater Glasgow, were identified as a key cohort to engage. Participants argued that they would have an important role in signposting and having the conversations “that the GP may not have.”





## Children and young people

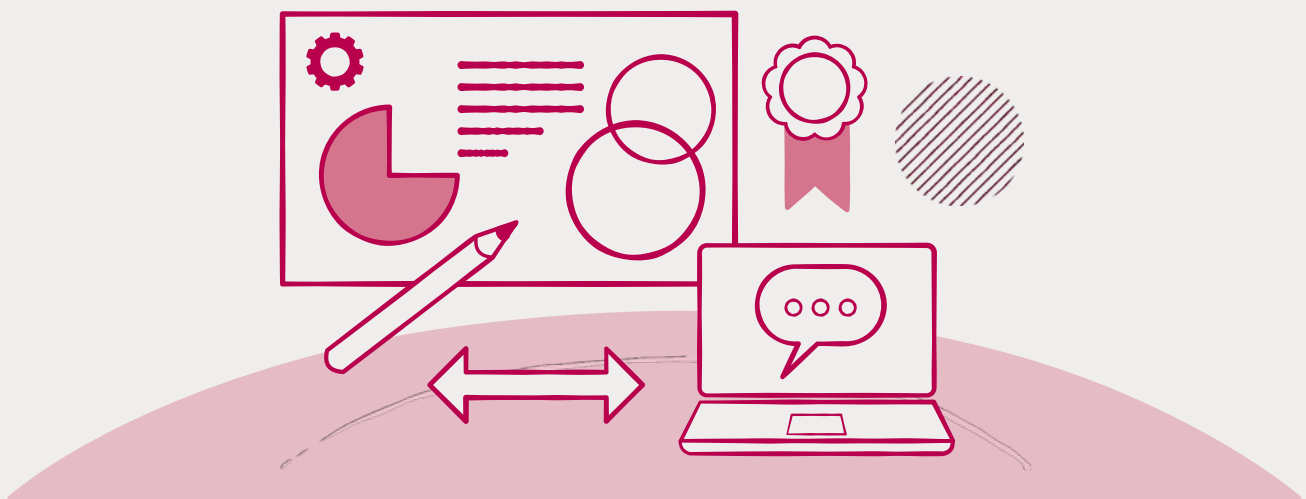
Raising awareness and introducing lessons on reducing gambling harms in education settings was identified as a priority. However, some participants highlighted a concern that education in classrooms may risk glamorising gambling. The widespread consensus was that there is a place for gambling harms education in schools, but it would need to be created in an age-appropriate manner and ideally designed and delivered by people with lived experience of gambling harm. Several participants suggested that gambling harm education should be embedded in a schools' curriculum, with a couple suggesting that it should be embedded in the Curriculum for Excellence.

There was also widespread agreement that schools in Greater Glasgow should be encouraged to make use of their current curriculum to ensure gambling harm messages are delivered, regardless of changes in the national curriculum. Participants stressed that schools have leeway in what they choose to emphasise, and that schools in Glasgow should be encouraged to focus on gambling harm education.

Young people receiving gambling harm training out with a formal school setting was also discussed. For example, several participants highlighted the importance of engaging youth workers on this issue and highlighted the work done by Fast Forward to provide education on gambling harms to teachers and youth workers.

Participants were also keen to emphasise the importance of working with higher and further education establishments on this topic. They argued that the large number of colleges and universities in Greater Glasgow should be informed about the dangers of gambling and share information on the resources available to support people with their students. This was felt to be especially important given that students may be drawn to gambling during a time of transition in their lives. Participants argued that resources for colleges and universities should be disseminated by their counselling services, halls of residence, and student unions.

While concerns regarding new forms of gambling were raised, such as loot boxes and skins, they did not feature heavily in the discussion, though, the adverse impact on a family when a young person spends a large amount of time and money gaming was raised. The need to educate parents about the risk and harms associated with children and young people gambling was also highlighted.

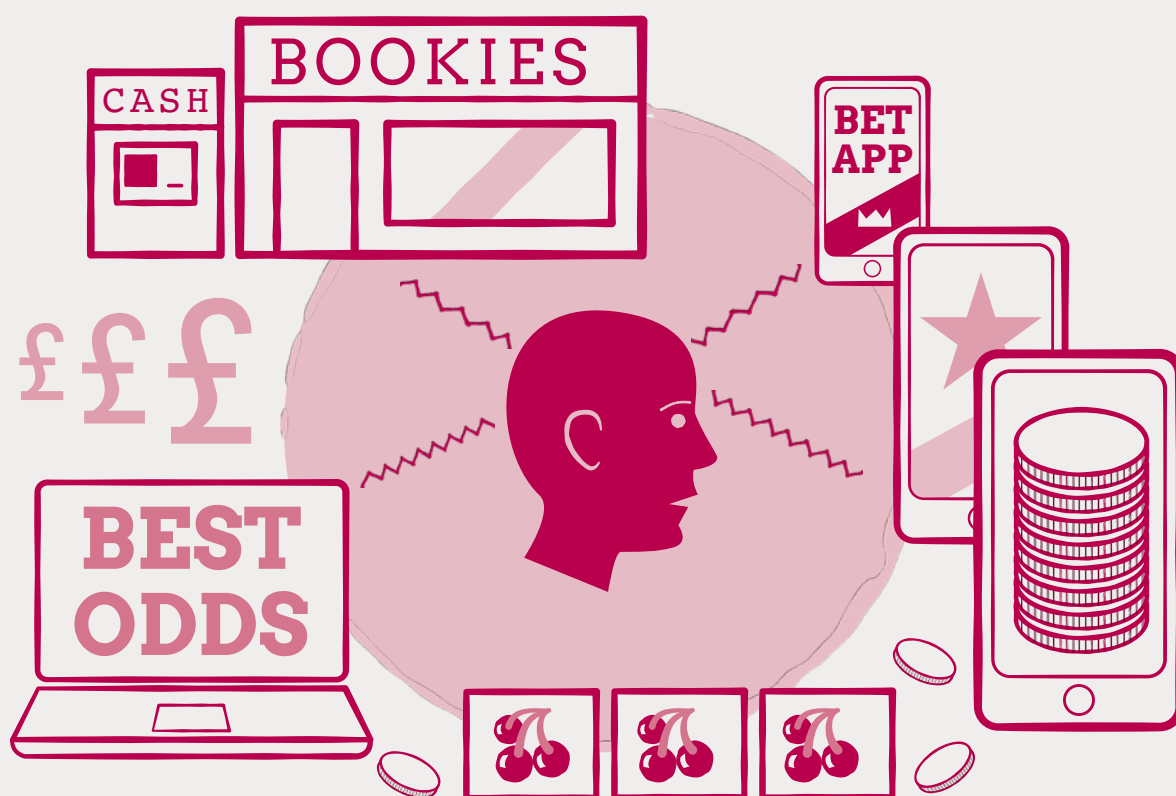


## Accessibility of gambling

A strong theme that came out from the engagement activity was concern about the clustering of bookmakers in particular parts of Greater Glasgow. Participants highlighted that this was often in areas with high levels of deprivation and expressed concern that this was having an adverse impact on individuals, families and communities. One participant shared that their hometown of roughly 40,000 people had 22 bookmakers within in it, and compared this to the areas Bearsden and Milngavie, with a similar combined population, where they had counted only one. Another participant said they had counted eighteen bookmakers within 300 yards of Glasgow Central Station. Participants were in agreement that this form of clustering was detrimental to local communities and areas.

Some participants were unsure of what the City Council could do about this but had heard of initiatives to prevent junk food shops, pawnshops and other 'environmental bads' clustering in particular areas. They argued that bookmakers should be included in this and that the City Council shouldn't be afraid to prevent new bookmakers from opening where too many already existed.

The accessibility of gambling machines and other forms of gambling was raised as a key issue. For example, gambling machines in pubs and amusement arcades were raised as a key area of concern. The accessibility of scratch cards was also highlighted, with participants wondering whether it would be possible to put restrictions on where these are placed in shops, for example, being stored behind a screen in the same way as tobacco.



## The role of people with lived experience

A strong theme that emerged was that people with lived experience should have an important role in reducing gambling harms and shaping the education, prevention, treatment and support available to people. Some participants noted that there were encouraging steps in this direction, making reference to the Scottish Lived Experience Forum hosted by the ALLIANCE, but that more needed to be done to embed people with lived experience in the decision making process.



For example, people with lived experience could be involved in designing key messages for public awareness raising campaigns and supporting people to understand that they are not alone in what they have experienced. People with lived experience would also have a key role in designing educational initiatives in schools and supporting training for key professional groups, such as GPs, Social Workers, Debt Advisors and others. Others highlighted the importance of grassroots organisation in driving the involvement of people with lived experience. Some saw the current initiative underway in Glasgow to involve people with lived experience in a whole system approach to reduce gambling harm as a significant sign of hope and encouragement.



## Clear, Inclusive Communication

A theme that was mentioned by a number of participants, but especially by two social reporters from the deaf community was the importance of clear, accessible information about the help, support and treatment available and how people can access it when required. The social reporters from the deaf community were concerned about the limited amount of information that exists on gambling harm available in inclusive format and worried that people in the deaf community were being poorly supported in the current system. They also highlighted that prevalence of gambling harm in the deaf community was not well researched, but that they were aware of concerning accounts of people not receiving the help they needed and not coming forward due to 'overwhelming stigma' of talking about gambling harm.

## Summary of priorities identified through engagement

- Provide holistic, person centred help, support and treatment, ensuring that services are joined up and providing people with the right support, at the right time, in a place of their choosing.
- Explore ways to increase public awareness of gambling harm and reduce stigma associated with gambling harm.
- Build on asset mapping initiatives undertaken by the ALLIANCE and COPE Scotland.
- Identify pathways to help, support and treatment for people experiencing gambling harm, and where necessary, establish new provision to fill gaps in existing services.
- Increase awareness of help, support and treatment available amongst key professional groups, including primary care staff, debt advisers, prison staff, and third sector support staff.
- Raise awareness and introduce lessons on reducing gambling harms in education settings.
- Take steps to reduce the accessibility of gambling.
- Include people with lived experience in shaping the education, prevention, treatment and support available to people.
- Ensure that communication is clear and inclusive.





## Closing Statement

Many people living in Greater Glasgow are profoundly impacted by gambling harm. The accounts coming out of this piece of engagement are echoed in the ALLIANCE's wider engagement on gambling harm across Scotland and in the work of the Scottish Lived Experience Forum, hosted by the ALLIANCE.

There are some positive initiatives that exist already and some positive work that is developing in Greater Glasgow and in Scotland more broadly. However, as this report demonstrates, this is starting from a low base and it is incumbent on all of those who wish for a public health approach the evidence and knowledge of those with lived experiences is at the core of what is being co-produced.

Concerns about the current systems in place to support people experiencing gambling harm are widespread amongst the participants. What was striking in this engagement, and in the ALLIANCE's wider engagement on gambling harm, was how similar the themes are to broader priorities for the health and social care system. People want care for the whole person and to create a more person centred, holistic system in place of a fragmented impersonal system.

We suspect that COVID-19 has made matters worse, exacerbating underlying health inequalities that we know are likely to impact levels of gambling harm. Despite the challenges outlined, people are beginning to think of the current situation as an opportunity to do things differently. A striking number of people engaged highlighted that in building back better, we need to ensure that reducing gambling harm is a key part of the narrative.

In addition to the distressing accounts that came out of this engagement, there was a true undercurrent of hope that we could action the priorities emerging from people with lived experience. Many of these priorities can be actioned at a local level without need to await the result of the Gambling Act Review and can be done in partnership with partners across the statutory and third sectors and with people with lived experience at the heart. People have shared their stories and powerful accounts, people have even staked out a course for improvement.

As one participant noted:

“Wouldn't it be great if Glasgow could be a world leader on this.”

## Appendix 1 Methodology – approach to engagement

The below is taken from the Operational Plan for engagement agreed between ScotPHN and the ALLIANCE in November 2021.

Engagement events are a pillar of evidence gathering. The aim of these is to offer a discursive approach to examining the experiences and ideas to future proof local actions to reduce gambling harm in Glasgow. The ALLIANCE will facilitate a series of workshops in two rounds. The first, held in late January which will be promoted through the partner organisations to reach people with lived experience who are likely to be underrepresented in the engagement, and the second, a series of engagement events in mid-February designed to address gaps identified by the first round of engagement events.

At the events there will be facilitated discussions around core questions in small groups, with key points being fed back and further discussed. Note takers in the groups will ensure that all points are captured. People will also be encouraged to write down any thoughts or observations to be included in the chat box, which will be captured. To ensure we are being inclusive the engagement events will take place during the day and in the evening.

To help with reach, a survey will be designed and shared with networks outlined below. The questions used in the engagement events and survey will be framed in a way that draws out assets available in the community as well as key priority areas for action.

In addition to workshops facilitated by the ALLIANCE, a facilitation guide will be available to be shared with community groups who have expressed interest in holding their own discussion events in communities; this guide will enable them to effectively feed into the process.

The feedback and comments from all workshops and survey will form a report to be submitted to the Scottish Public Health Network that draws together the main themes that emerged across the discussions.

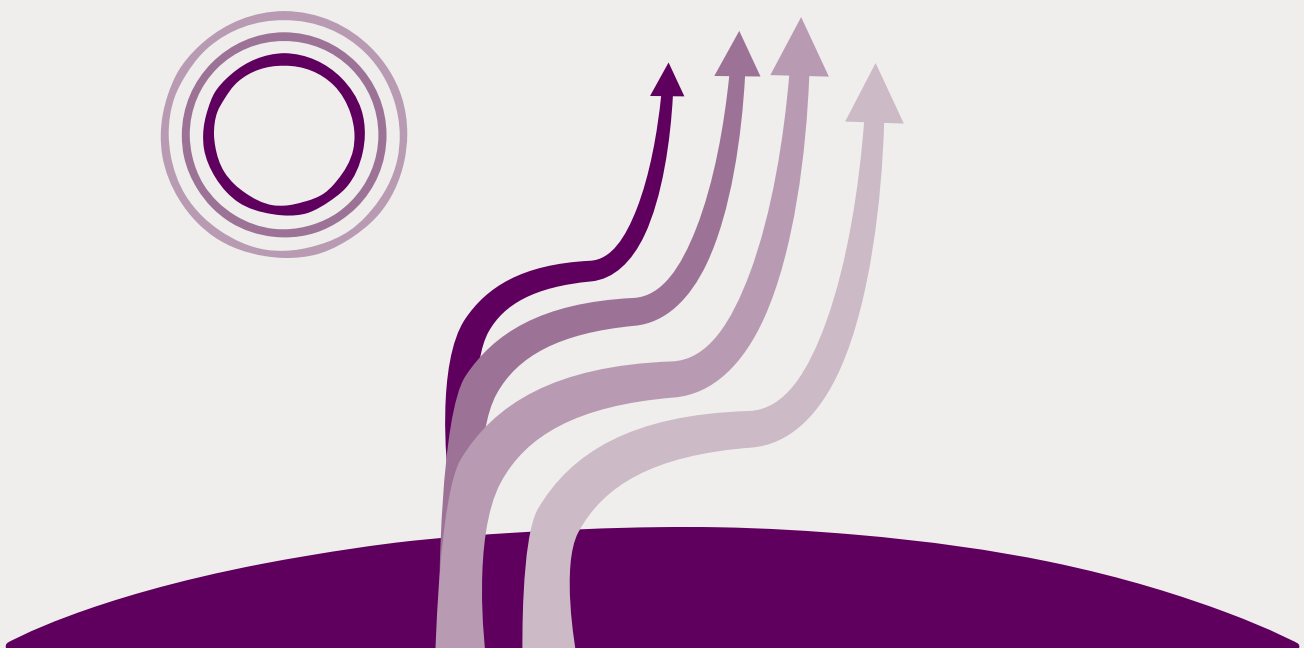


## Communication channels

To support engagement reach and to maximise participation, a variety of engagement routes will be employed including:

- Working with our third sector colleagues and community groups
- Scottish Lived Experience Forum
- Groups and organisations working specifically on gambling harm
- Promotion and partnership with local TSI
- Contact with Link Workers across Glasgow
- The ALLIANCE's membership and networks
- Promotion through ScotPHN
- Social Media via Twitter, Facebook and Instagram
- ALLIANCE Website
- Local Newspaper and radio stations
- Making use of networks available to the WSA Glasgow Advisory Board

The ALLIANCE will produce an invitation and materials to support the promotion of the consultation. The ALLIANCE will encourage stakeholders to share the opportunity within their own networks to raise awareness of the opportunity far and wide.



## Timeline

Timing	Engagement events	Survey
<p><b>PHASE</b></p> <p><b>1</b></p> <p>Complete by 18th December</p>	<p>Operational plan agreed between The ALLIANCE and ScotPHN (by 7th December).</p> <p>Discuss questions for events with Lived Experience Forum (meeting w/c 7th December) and confirm with ScotPHN.</p> <p>Proposed questions to foster discussion should be broad based and follow the outline of what matters to you in reducing gambling harm, what has supported you, and how can we achieve this locally?</p> <p>Approach key partner organisations (outlined below) to explore holding a partnership event. The partner organisation would work with the ALLIANCE to share the invite amongst its members and the ALLIANCE would lead on facilitation and reporting.</p>	<p>Discuss questions for survey with Lived Experience Forum (meeting w/c 7th December) and confirm with ScotPHN.</p>
<p><b>PHASE</b></p> <p><b>2</b></p> <p>Complete by 11th January</p>	<p>Agenda, facilitation pack and operational plan finalised.</p> <p>Confirm dates with partners.</p> <p>Invitation developed alongside partners.</p>	

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## PHASE

# 3

Complete by  
31st January

Hold partnership events with two or three organisations with focus outlined above.

Identify gaps based on these events and hone upcoming invites to particular groups or topics underrepresented in the engagement.

Promote upcoming events using range of channels outlined above.

Eventbrite open for booking on to Engagement Sessions.

Open survey for responses. (by w/c 18th January).

Promote the survey to key networks.

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## PHASE

# 4

Complete by  
18th February

Hold three or four engagement events.

Analysis.

Close survey (by 18th February).

Analysis.

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## PHASE

# 5

Complete by  
early March

Deliver report outlining key priority areas for local action to ScotPHN.

Deliver report/graphic outlining key assets in Glasgow and highlighting gaps.



## Ensuring representative engagement – approach to equalities

The ALLIANCE recognises the importance of ensuring that our engagement approach is broad and hears from a wide range of groups in Glasgow. For this reason, we have completed an assessment of how to ensure representative engagement, across protected characteristics and particular groups at greater risk of gambling harm.

## Planned participation by characteristic

The following table details how The ALLIANCE plans to ensure that people with particular protected characteristics are supported to engage through our work.

Protected Characteristic	Current Evidence
Age	<p>The ALLIANCE has close links with organisations and individuals with lived experience across the life course and can promote this programme of engagement directly to them.</p> <p>Some identified organisations with a remit in this area will also be invited to hold partnership events with us on this topic. This will include linking in directly with the Getting to Know GIRFEC (Getting it Right for Every Child) Advisory Group which is coordinated by the ALLIANCE.</p> <p>Key things we know about gambling harms impact on people from an age perspective:</p> <ul style="list-style-type: none"><li>● Younger people are at particular risk of gambling harm associated with gambling like mechanisms in video games.</li><li>● Impact of ongoing COVID-19 pandemic identified as a key concern for young people, especially in terms of emotional and psychological wellbeing, meaning they may be more susceptible to gambling harm.</li><li>● Impact of ongoing COVID-19 pandemic identified as a key concern for older people, especially in terms of emotional and psychological wellbeing, meaning they may be more susceptible to gambling harm.</li><li>● Students are identified as a group at particular risk of gambling harm and may not think of their activity as problematic.</li></ul>

Potential partners for an event: Fast Forward, YouthLink, YoungScot, NSPCC, Glasgow based universities, Student unions, NUS Scotland, Glasgow's Golden Generation, Age Glasgow, YWCA Scotland

Potential partners to share information regarding the events:

Age Scotland, Contact the Elderly, Cyrenians, OPAL (Older People, Active Lives).

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## Disability

Disabled people are one of the groups which make up the membership of the ALLIANCE, the ALLIANCE therefore has close links with organisations and individuals with lived experience in this area and can promote this programme of engagement directly to them.

Some identified organisations with a remit in this area will also be invited to hold partnership events with us with their membership and people they support.

Key things we know about gambling harms impact on people from a disability perspective:

- Those living with premature multimorbidity, struggling with mental health, and socioeconomically deprived, are significantly more likely to be at risk of gambling harm.

Potential partners for an event: Glasgow Disability Alliance, Glasgow Centre for Inclusive Living, SCLD, DeafScotland Enable, C-Change Scotland, Cornerstone, COPE Scotland.

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## Sex

The ALLIANCE's previous engagement on this topic tells us that women are likely to be underrepresented in engagement on gambling harms. To mitigate this risk therefore, there will be a particular focus on increasing engagement with women.

Key things we know about gambling harms impact on people from a sex perspective:

- There is reason to believe that women and gambling is a stigmatized issue and that the public imagination perceives gambling as a more male pastime.
- Previous engagement on gambling harm in Scotland and across the UK has seen an underrepresentation of women.

Potential partners for an event: Engender, Scottish Women's Aid, The Women's Centre Glasgow, Glasgow Women's Library, Close the Gap, SAY Women, Outside the Box Tomorrow's Women project, YWCA Scotland, MECOPP Women's Voices Project.

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## **Gender Reassignment**

Little is known about the impact of gambling harm on transgender people. However, given that transgender people have higher instances of mental health problems and problematic alcohol and drug consumption, there is reason to believe that they are at higher risk of gambling harm.

Potential partners for an event: LGBT Health and Wellbeing, Scottish Trans Alliance.

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## **Sexual Orientation**

Little is known about the impact of gambling harm on LGBT people.

Potential partners for an event: LGBT Health and Wellbeing, LGBT Youth Scotland.

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## **Marriage and civil partnership**

The ALLIANCE anticipates this group will be represented through our current planned engagement work. This assumption will be reviewed on an on-going basis.

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## **Pregnancy and maternity**

Little is known about the impact of gambling harm on pregnant women and mothers.

Potential partners for an event: Maternity Action, One Parent Families Scotland, Library parent and baby groups, NCT.

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## **Race**

The ALLIANCE's previous engagement on this topic tells us BAME people are likely to be underrepresented in engagement on gambling harms. A larger proportion of Glasgow's population is made up of BAME people than the rest of Scotland, making it doubly important to ensure engagement with this group. There will be a particular focus on increasing engagement with BAME people.

Key things we know about gambling harms impact on people from a race perspective:

- At a population level, BAME people are more likely to live in socioeconomic disadvantage and as a result are likely to be at greater risk of gambling harm.

Potential partners for an event: Cemvo, BEMIS, Scottish Refugee Council, Mental Health Foundation Refugee Programme, GAMH, MCAS Scotland, FENIKS, Scottish Iraqi Society, Scottish Council of Jewish Communities, Jewish Care Scotland.

## Religion and or belief

The ALLIANCE's previous engagement on this topic tells us that engagement skews towards those with Church of Scotland, the Catholic Church or No Religion beliefs. It is likely that people of other faiths are underrepresented in this engagement work. To mitigate this risk therefore, there will be a particular focus on increasing engagement with faith groups other than CoS and RC.

Key things we know about gambling harms impact on people from a religion or belief perspective:

- Some faiths, such as Islam, have strictures against gambling, making it likely that a level of stigma exists in talking about this topic.

Potential partners for an event: Interfaith Scotland, Muslim Council of Scotland.

## Groups at higher risk of gambling harm

Based on the literature<sup>13</sup> and the ALLIANCE's engagement nationally and in Glasgow there are several groups underrepresented in engagement activity on gambling harm. Below is a list of these groups, and potential partners to involve in the roundtable. The potential partners are indicative and not exhaustive.

**People with experience of criminal justice**

Potential partners for an event: Community Justice Scotland, the Violence Reduction Unit, Families Outside, Community Safety Glasgow, Tomorrow's Women (see above), SACRO, Howard League.

**People experiencing poor mental health**

Potential partners for an event:  
VOX, GAMH, RAMH, SAMH,  
Support of Mind.

**People with experience of Homelessness**

Potential partners for an event:  
Homelessness Network Scotland,  
Simon Community Scotland,  
Shelter Scotland, Social Bite.

**People with experience of poverty**

Potential partners for an event:  
Poverty Alliance, JRF, Robertson  
Trust, CAS.

**People with experience of smoking, drug and alcohol use**

Potential partners for an event:  
Ash Scotland, SFAD, We Are With  
You (formerly Addaction), Drugs  
and alcohol leads, Alcohol and  
Drug Action.

**People seeking support relating to gambling harm**

Potential partners for an event:  
RCA Trust.





## Appendix 2: Methodology – data collection and analysis

Following agreement of the Operational Plan, The ALLIANCE contacted key groups identified as working closely with the underrepresented groups outlined above. The organisations approached in December 2020 asking whether they wished to partner with the ALLIANCE on the engagement events were:

<b>Engender</b>	<b>Enable</b>	<b>RCA Trust</b>
<b>Glasgow Disability Alliance</b>	<b>GAMH</b>	<b>Fast Forward</b>
<b>Glasgow Women's Library</b>	<b>Age Scotland</b>	<b>YouthLink</b>
<b>SAY Women</b>	<b>SCLD</b>	<b>Deafscotland</b>
<b>MECOPP Women's Voices Project</b>	<b>OPAL (Older People, Active Lives)</b>	<b>See Me</b>
<b>Cemvo</b>	<b>Cornerstone</b>	<b>Enable</b>
<b>YWCA Scotland</b>	<b>Close the Gap</b>	<b>COPE Scotland</b>
<b>Muslim Council of Scotland</b>	<b>Outside the Box</b>	<b>LGBT Health and Wellbeing</b>
<b>Scottish Women's Aid</b>	<b>Scottish Iraqi Society</b>	<b>VOX</b>
<b>Close the Gap</b>	<b>Scottish Council of Jewish Communities</b>	<b>Scottish Refugee Council</b>
<b>Tomorrow's Women project</b>	<b>Jewish Care Scotland</b>	<b>Mental Health Foundation Refugee Programme</b>
<b>NCT</b>	<b>Support of Mind</b>	
<b>One Parent Families Scotland</b>	<b>Homelessness Network Scotland</b>	<b>MCAS Scotland</b>

<b>Families Outside</b>	<b>Simon Community Scotland</b>	<b>University of Glasgow</b>
<b>BEMIS</b>	<b>Ash Scotland</b>	<b>Citizens Advice Scotland</b>
<b>FENIKS</b>	<b>SAMH</b>	<b>We Are With You</b>
<b>SFAD</b>	<b>Social Bite</b>	<b>The ALLIANCE Links Worker Programme</b>

Many of those who responded said that gambling harm was not something that they were especially aware of but did offer to share information about the events with those in their networks, once the dates for wider engagement events were finalised.

Those who did come back exploring the opportunity of partnership events were:

- The ALLIANCE Links Worker Programme – event with Link Workers working in Deep End GP practices in Glasgow took place on 2nd February
- VOX – event with people with lived experience took place on 5th February
- We Are With You- event with people with lived experience and their support workers, some of whom had lived experience took place on 11th February
- Deafscotland – an event for people with lived experience was planned for 18th February, this included the creation of a BSL invite and advertising the event as accessible. While a number of people expressed an interest, stigma acted as a barrier to holding a full event, and we instead opted for a smaller event with two social reporters from the deaf community.

Based on the engagement with partners in early February, it became apparent that women and people from ethnic minorities remained underrepresented in the engagement. For this reason, the ALLIANCE decided to establish a series of wider events and target one of them especially at women. These events were advertised for:

- 17th February in the afternoon
- 17th February in the evening
- 19th February in the morning (aimed especially at women)

The event aimed at women was especially promoted to fifteen women's aid organisations and groups in Greater Glasgow, following advice from ALLIANCE member organisations working with women. The event received interest from a number of people currently supporting women experiencing gambling harm, but few women with lived experience came forward. It was decided to conduct interviews with the two women with lived experience who did wish to be part of the engagement but were unwilling to be a part of a broader event. These interviews were conducted on the 19th February and the 1st March. Women also made up 5 of the 22 who completed the survey's optional equalities monitoring form. One further interview was conducted, with a man who did not wish to take part in the events. This interview took place on 15th February.

In order to engage people from ethnic minorities we took advice from ALLIANCE member organisations working representing these groups and decided to promote the engagement activity on AWAZ FM, a Glasgow based radio station broadcasting in English, Urdu, Punjabi, Hindi, Paharhi and Swahili. Following this advertisement, three people from ethnic minorities have responded to the survey, but no people from ethnic minorities came forward to attend wider events or to be interviewed.

The wider events and survey were promoted to the above organisations who had said they could share through their networks. They were also shared with two dozen organisations suggested by ALLIANCE members and colleagues, predominantly food banks, housing associations and local counselling support services.

Overall, 22 people responded through the online survey, 3 people had a one-to-one interview and 32 people attended an online engagement event.

## Location

The vast majority of those who attended the events were from Greater Glasgow. Upon the participant emailing to sign up, the ALLIANCE confirmed they were based in Greater Glasgow. One person was allowed to attend from Lanarkshire, given that they would usually commute into Glasgow. There were two instances where the process was not correctly followed, and it transpired that one person who attended the event had recently moved to a town in the central belt from Glasgow and one person was from a city in the east of Scotland. The interviews were all with people from Greater Glasgow.

The survey included a section to tick that the participant had read and understood the premises of the survey, which included stating that the survey was only for people from Greater Glasgow. Although this does not guarantee that all who responded were from Greater Glasgow, the survey was promoted specifically to Glasgow based organisations and wider communication also made clear it was intended for people based in Greater Glasgow.

## Analysis

The data from the events, interviews and survey were analysed using a qualitative, thematic approach as it has the ability to capture the richness, depth and complexity of the lived experience shared, whilst being flexible in its ability to be applied to different qualitative data sets. Due to the large amount of data from the events, interviews and surveys, it was decided to conduct analysis during the same time as the data collection phase.

The ALLIANCE used its internal Readiness for Analysis Group to identify spare capacity to support analysis. A subgroup of the Readiness for Analysis Group was made up of three individuals to ensure that thematic interpretations were appropriately challenged before being accepted. The subgroups met regularly to facilitate these discussions with support from an ALLIANCE Director. The subgroup produced a short, internal summary report of the data. These findings were in turn written up to form the basis of the final report, that was then proofread by another member of the subgroup and an ALLIANCE colleague who had not worked on the analysis.

## Limitations

The ALLIANCE endeavoured to ensure that all engagement activity was comprehensive and inclusive, but recognises that there have been limitations to the activity taken forward:

- **Time limited project** – This has been a time limited programme of activity which has balanced the requirement for effective engagement, with the need to inform the work within Greater Glasgow. Whilst the reach has been wide, it is recognised that some individuals and organisations will have been unable to contribute in the timescale available and due to gambling harm not being on their radar. Hopefully this work and similar future initiatives will help increase awareness and engagement on the topic of gambling harm.
- **Engaging within social distancing guidelines** – As this programme of engagement has been delivered in the midst of a pandemic, methods of engagement were limited to those which complied with national and local guidelines in place. The data collection has exclusively taken place virtually. Therefore, there is a portion of the population in Greater Glasgow who are unable to access digital technologies whose experiences may not be reflected within this report. In addition, the ongoing challenges of living through a pandemic itself imposes barriers to engaging on such a topic.
- **Engaging women, people from ethnic minorities and young people** – 5 of the 22 survey responses are from women, women attended our events and two interviews were conducted to ensure that women's experiences of gambling harm were captured. However, the majority of the people engaged were men, and engaging women on this topic remains a challenge.

Three people from ethnic minorities responded to the survey, but we are not aware of any people from ethnic minorities who attended our events or engaged in the offer of an interview. Engagement with people from ethnic minority communities remains a challenge and something that should also be paid particular attention to in future engagement. The organisations we did engage on this did highlight the particular cultural barriers to engagement and stigma preventing people wanting to talk openly about this issue.

No one under the age of 18 was engaged in this engagement activity.

## Appendix 3: List of resources and support people said would be helpful

- Peer support
- GP signposting to appropriate support
- 1-2-1 counselling
- Group support
- Early diagnosis from GP or healthcare professional who know how to identify gambling harm
- Signposting to the right places
- Psychological help to deal with trauma
- Person centered care across the system
- GA groups as just one part of the mix
- Better advertisement and awareness of services
- Mental health support
- Help over the phone or using text
- Information about self-harm and suicide risk
- Access to information about gambling harm.



## Appendix 4: survey questions co-produced with Scottish Lived Experience Forum

- Have you ever reached out for professional help because of your gambling?
  - If yes. What help did you receive and what was your experience accessing it?
  - If no. Are you aware of the support services available to you for gambling harm?
- If support was available to you, what would encourage you to access it?
- What would discourage you to access it?
- What does professional support look like to you? For example, peer support, 1-2-1 counselling, support from a GP, or access to information about gambling harm.
- Is there anything else you feel should be done to reduce gambling harm in Greater Glasgow?



# Footnotes

- 1 [www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm/](http://www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm/)
- 2 [beta.gamblingcommission.gov.uk/about-us/reducing-gambling-harms](http://beta.gamblingcommission.gov.uk/about-us/reducing-gambling-harms)
- 3 Social reporter is a person who attends an event in order to represent the views of people they work closely with. This is often used to understand the challenges facing particular communities who may not otherwise engage due to stigma.
- 4 See Appendices 1 and 2 for further details on the engagement activity undertaken.
- 5 [www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm/](http://www.alliance-scotland.org.uk/people-and-networks/scotland-reducing-gambling-harm/)
- 6 [www.alliance-scotland.org.uk/blog/resources/reducing-gambling-harm-three-horizons-infographic/](http://www.alliance-scotland.org.uk/blog/resources/reducing-gambling-harm-three-horizons-infographic/)
- 7 [www.alliance-scotland.org.uk/blog/news/the-alliance-launches-humans-of-scotland-series-on-gambling-harm/](http://www.alliance-scotland.org.uk/blog/news/the-alliance-launches-humans-of-scotland-series-on-gambling-harm/)
- 8 For the purposes of engagement, a person from Greater Glasgow was defined as anyone who lives, works or plays in Glasgow. This included people who would under normal circumstances commute to work in Glasgow and was broadly coterminous with the local authorities making up the Greater Glasgow and Clyde Health Board. However, people from nearby areas, such as Lanarkshire were not excluded from attending events.
- 9 [chatterscotland.org](http://chatterscotland.org)
- 10 [www.seemescotland.org](http://www.seemescotland.org)
- 11 [www.cope-scotland.org/index.php/latest-blog/we-can-all-make-a-difference-in-helping-reduce-gambling-harms-january-2021-update](http://www.cope-scotland.org/index.php/latest-blog/we-can-all-make-a-difference-in-helping-reduce-gambling-harms-january-2021-update)
- 12 [www.aliss.org](http://www.aliss.org)
- 13 E.g. Wardle, Rodgers, et. al. Gambling as a public health issue in Wales, [www.bangor.ac.uk/psychology/research/gambling/docs/Gambling-as-Public-Health-Issue-Wales.pdf](http://www.bangor.ac.uk/psychology/research/gambling/docs/Gambling-as-Public-Health-Issue-Wales.pdf)

# About the ALLIANCE

The Health and Social Care Alliance Scotland (the ALLIANCE) is the national third sector intermediary for a range of health and social care organisations. We have a growing membership of over 3,000 national and local third sector organisations, associates in the statutory and private sectors, disabled people, people living with long term conditions and unpaid carers. Many NHS Boards, Health and Social Care Partnerships, Medical Practices, Third Sector Interfaces, Libraries and Access Panels are also members.

The ALLIANCE is a strategic partner of the Scottish Government and has close working relationships, several of which are underpinned by Memorandum of Understanding, with many national NHS Boards, academic institutions and key organisations spanning health, social care, housing and digital technology.

Our vision is for a Scotland where people of all ages who are disabled or living with long term conditions, and unpaid carers, have a strong voice and enjoy their right to live well, as equal and active citizens, free from discrimination, with support and services that put them at the centre.

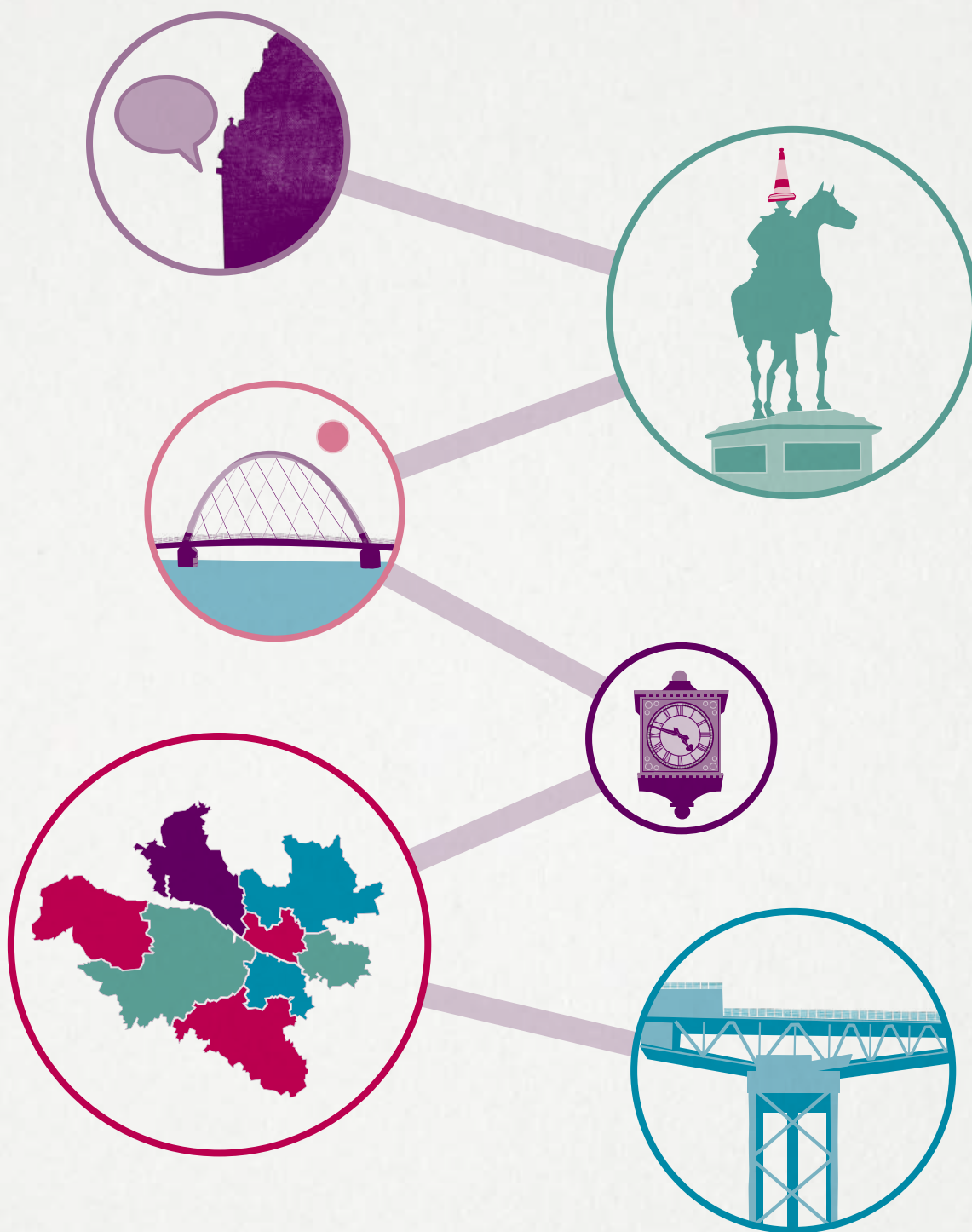
The ALLIANCE has three core aims; we seek to:

- Ensure people are at the centre, that their voices, expertise and rights drive policy and sit at the heart of design, delivery and improvement of support and services.
- Support transformational change, towards approaches that work with individual and community assets, helping people to stay well, supporting human rights, self management, co-production and independent living.
- Champion and support the third sector as a vital strategic and delivery partner and foster better cross-sector understanding and partnership.

The ALLIANCE's Scotland Reducing Gambling Harm programme works with people with lived experience of gambling harm to put those at the heart of action to reduce those harms. The programme was established to accelerate the National Strategy to Reduce Gambling Harms, a strategy launched in April 2019 by the Gambling Commission.



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



# Problem Gambling & Alcohol Abuse

- 🍷 **Problem drinkers are 23 times more likely to have a gambling problem than persons without an alcohol problem**
- 🎲 **Problem gamblers had 7 times the rate of alcohol dependence than nongamblers and low-risk gamblers**



## BOOZE, BET & BUST

Research delivered and Report written by Casey Sweeney, Ethan McNally, Sam McCann & Kelsi McFadden



## **Introduction**

GYIP were successful in gaining a small grant from Fast Forward, a charity that helps young people make informed choices about their well-being and to live healthier lifestyles.

Through one of their gambling and alcohol initiatives GYIP staff and sessional staff completed training on we, in partnership with young people devised a short workshop to look at different ways to gamble, where young people can gamble and their locale to places you can purchase alcohol and finally to compare their local area compared with a more affluent area.

In this report we discuss the outcomes of our gambling and alcohol project.

## **Week 1**

We looked at the topic in more detail by completing gambling awareness training. This session allowed us the opportunity to explore and have a better understanding of what Gambling is and what the reasons are that people may find themselves with gambling issues. This training included some interactive games and discussion workshops.

## **Week 2**

This session saw us discover how many gambling establishments there are within their area and the proximity of establishments selling alcohol in comparison to a more affluent area and begin to critically think why this might happen, by default or design.

We done this by working in pairs, using printed maps to mark with a key to donate different establishments such as a p for pub, b for bet or c for a convenience store selling alcohol/lotto tickets.

## **Week 3**

This session saw us evaluate their findings, contrast their data, draw a conclusion and present their report.

## **Why these areas?**

We choose Govan as this is our community. Govan is one of the most deprived areas in the city and therefore is seen to have more gambling issues and alcoholism

issues. In comparison we chose Bearsden as this is a more affluent area and therefore is seem to have less gambling issues and alcoholism.

### **Our Findings**

With our findings we found out that a Govan area has more alcohol and gambling establishments than a middle class area in Bearsden. For example we found out that in Govan there were 27 pubs where as in Bearsden there were only 9 pubs. 16 bookmakers were also located in Govan where as in Bearsden there were only 3. Also in Govan there were 19 convenience stores which sold alcohol and lottery tickets where as in Bearsden they only had 8 convenience stores. Finally we found out that there were only 6 off sales in Govan and only 2 in Bearsden.

### **Conclusion**

In conclusion we feel that these findings are by design as gambling company's and public houses target more deprived areas as there is more issues in these areas. Gambling company's specifically target deprived areas as the clientele are more desperate to win money.

## Hidden Disability, Hidden Stress

Since the start of the Coronavirus pandemic, I have referred to it as the “Communication Virus”. The virus affects breathing, speech and makes communication challenging. The mitigations: increased social distance, face coverings and limited social connections also have an overall negative impact on people affected by deafness. The population as a whole has been affected by increased risks of stress and mental ill health due to the trauma of the pandemic experience. People affected by deafness are at much higher risk as the stressors of daily living are already well evidenced and a general level of ill health is greater and now worsening.

Deafness is seen as a “hidden disability”. Most people are unaware of a person’s deafness until they try to speak to them, then there is a pause or a cough as they try to work out how to make themselves heard. Do they raise their voice? Shout? Move closer? Many people feel embarrassed when they meet a deaf person for the first time as they do not know how to speak to them and don’t want to ask. Our hearing aids are covered by hair and hats. We do not make a fuss when our language/communication needs are not met as most of the time it is just too difficult. Hearing people notice BSL users simply because British Sign Language (BSL) is a visual language; but mostly they don’t understand what is being said. People with a dual sensory loss – hearing and sight – are particularly vulnerable, isolated and hidden as they need specialist support to be able to enjoy everyday life in Scotland and that support is not as available as it should be. There has never been a national deaf awareness campaign to educate the public in Scotland, which is disappointing as people affected by deafness is the largest disability group in the country; there are 1 million of us across the four pillars of deafness:

**<https://deafscotland.org/>**

Moving into recovery, we at deafscotland are looking for redesign efforts to recognise

the traumatic, stressful, chronic impact of deafness and the need to build resilience from point of diagnosis onwards. After all, sensory deprivation is a known form of torture. Changing people’s lives will be critical to redesign success. Language and communication barriers impact across all areas of daily life: quality of family life; health, study and employment; and poor access to culture, arts and leisure activities. Those affected by deafness have been living in the shadows too long. We’re under-represented in politics, industry, culture and community life across race, faith, age, gender and other protected characteristics. We have been and will continue to work hard to improve representation, voice and mainstream communication improvements.

**deafscotland** has acknowledged its limitations and has seen the need to



collaborate and merge with partners, Scottish Council on Visual Impairment (SCOVl) and The ALLIANCE to create a new, strategic Scottish Sensory Hub. This new Hub will be a central point of contact and support a range of access and participatory activity. It will work to promote excellence across sensory barriers with particular reference to spectrum of deafness and sight loss in the first instance.

**Janis McDonald, Chief Officer**  
**[chiefofficer@deafscotland.org](mailto:chiefofficer@deafscotland.org)**



## Equality and Diversity

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

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

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

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

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

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

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

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

### Accessibility

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

### Age UK

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

### Autism

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



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

**T: 0141 276 7400**

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

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

**Facebook: GlasgowCC**

**Twitter: @GlasgowCC**

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

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

### **Deafness and Dementia**

Full report available on their website:

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

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

**T: 0141 248-2474**

**SMS: 07925 417 338**

### **Deaf Awareness**

**[deafscotland.org/support-communication-for-all](http://deafscotland.org/support-communication-for-all)**

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

West of Scotland regional equality unit

For various helpline numbers during COVID19

please **visit [www.wsrec.co.uk](http://www.wsrec.co.uk)**

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

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

### **Discrimination Claims Risk**

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

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

### **Dyslexia Awareness**

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

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

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

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

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

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

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

**[www.equalityadvisoryservice.com](http://www.equalityadvisoryservice.com)**

**Advice Line T: 0808 800 0082**

### **Glasgow Disability Alliance**

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

### **Guide Dog**

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

### Health and Social Care Alliance

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

### Inspiring Scotland

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

### LGBT Foundation

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

### LGBT Health and Wellbeing

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

### LGBT Youth

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

### Modern Slavery Helpline Scotland

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

**Poverty Alliance, Working Together to End Poverty**  
[www.povertyalliance.org](http://www.povertyalliance.org)

### Saheliya

Specialist mental health and well-being support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls (12+) in the Edinburgh and Glasgow area  
[www.saheliya.co.uk](http://www.saheliya.co.uk)

### Scottish Council on Deafness

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

### Scottish Refugee Council

[www.scottishrefugeecouncil.org.uk/covid-19](http://www.scottishrefugeecouncil.org.uk/covid-19)

### Sign Health

Health video library on range of conditions and issues for people who use British Sign Language  
[signhealth.org.uk/videotags/covid-19](http://signhealth.org.uk/videotags/covid-19)

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

### 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/](http://www.sclld.org.uk/update-to-the-covid-19-guided-self-help-booklets/)

### Visibility Scotland

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

### West Scotland Regional Equality Council WSREC

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







## Homelessness

### Emergency Homelessness:

T: 0800 838 502

### Glasgow City Mission

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

### Glasgow Helpline

T: 0800 027 7466

### Homeless Addiction Team

T: 0141 552 9287

### Salvation Army

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

### Shelter Scotland (Glasgow Hub) Scotland

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

### The Marie Trust

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

### The Simon Community

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

### The Wise Group

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

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

[www.glasgow.gov.uk/article/17283/Homelessness](http://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](http://www.scotland.police.uk/about-us/covid-19-policescotlandresponse)**

### Scottish Ambulance Service

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

### Scottish Welfare Fund

**0141 276 1177**

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

**T: 0800 912 1700**

### Social Work Direct

**0141 287 0555 (Office Hours)**

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

### Water

Phone Scottish Water

**T: 0845 601 8855**



## Employment and Business

### Access to work scheme

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

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

### Business Support in Scotland

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

### COVID 19 Support for Employers and Employees

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

### Employability in Scotland

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

### Employment Support Information

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

### Farm Advisory Service

[www.fas.scot/rural-business/coronavirus](http://www.fas.scot/rural-business/coronavirus)  
T: 0300 323 0161

### Farming Sector Employment Opportunities

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

### Health and Safety

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

### Home Working Health and Safety

[www.hse.gov.uk/toolbox/workers/home.htm](http://www.hse.gov.uk/toolbox/workers/home.htm)

### Jobs and Business Glasgow

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

### Kickstart

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

### Information for People Seeking Work Employability in Scotland

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

### Returning to Work, Preparing to Manage Risk of COVID 19

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

### RIDDOR Reporting COVID19

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

### Mind Tools Useful COVID19 Support Pack

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

### My World of Work

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

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

### Their Website is;

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

### Facebook

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

### Twitter

@ScottishHazards

### Free Phone Number

0800 0015 022.





### Working Safely During COVID19

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

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

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

They understand that some organisations may be particularly worried and anxious about returning back to work and keeping themselves and their staff as safe as possible. They also appreciate that some smaller organisations won't have an in-house person with a good understanding of occupational health and safety and therefore they might be unsure about the steps they are putting in place. They have considered all of this and with the help

of professionals in a wide range of sectors have developed a mentoring programme. The mentoring programme will allow organisations to ask us at Healthy Working Lives for support and guidance and if they can't answer your query they will pass it to one of their many Mentors, who will assist you within 48 hours of you requesting support.

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

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

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

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

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

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

### The Wise Group

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



# BOOST EMPLOYABILITY

Enabling the broadcast industry to change lives



## Looking for a Career in Broadcasting?

Are you creative, talented and passionate about broadcasting?

Boost Employability's Broadcast Production Skills Course, based at BBC Scotland, Glasgow starts in August 2021, two days a week for six months, although due to the pandemic remote learning may apply.

The course provides training in skills required for entry level work in production across Television, Radio and On-Line.

Boost Employability welcomes applications particularly from those who are under-represented in the industry: from Black, Asian and Minority Ethnic communities, or people who have a disability, or who come from disadvantaged backgrounds.

Applicants should have a passion for broadcasting, be unemployed and be based in Scotland.

If you've got what it takes, apply to [info@boostemployability.org.uk](mailto:info@boostemployability.org.uk) for an application form.

**Applications to be returned by 9th July 2021.**

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### Supported and Funded by:

BBC Scotland, The Barcapel Foundation, The Endrick Trust, J.T.H.Charitable Trust, The Robertson Trust and The Swire Charitable Trust.





## Education and Skills Attainment

### **Brush up on Reading, Writing and Numbers**

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

### **Guidance for Home Learning COVID 19**

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

### **Thinkuknow**

Thinkuknow is the education programme from NCACEOP, a UK organisation which protects children both online and offline.

Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

### **Tips on Writing a Job Application**

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

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](http://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](http://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 resources 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](http://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/](http://www.mygov.scot/best-start-grant-best-start-foods/)**

### Citizens Advice Scotland

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

**T: 0800 028 1456**

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](http://www.moneymap.scot)**

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

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

### Financial Help While Self-Isolating

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

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

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

### GAIN Network

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

**T: 0808 801 1011**

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

**T: 0808 169 9901**

### Glasgow Life Communities and Libraries

If you or anyone you know are worried about their current financial situation, let them know about their new helpline number

**T: 0808 169 9901**

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

**T: 0141 440 2503**

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

**WhatsApp: 07564 040765**

### Home Energy Scotland

**[energysavingtrust.org.uk/scotland/home-energy-scotland/news/covid-19-faqs-home-energy-scotland-customers](http://energysavingtrust.org.uk/scotland/home-energy-scotland/news/covid-19-faqs-home-energy-scotland-customers)**

**T: 0808 808 2282**

### HMRC

**T: 0300 456 3565**

### Mortgage Payment Assistance Line

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

**One Parent Families Scotland** are launching an Energy Support Grant for Single Parent Families, The OPFS Coronavirus Emergency Energy Fund can provide a one-off payment of £50 to single parent families in Scotland who need help with their energy bills.

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

### Scottish Housing Advice

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

### Scottish Illegal Money Lending Unit

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

**Social Security Scotland and COVID 19**  
[www.socialsecurity.gov.scot/what-we-do/  
stakeholder-resources/coronavirus-covid-19](http://www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/coronavirus-covid-19)

**Telephone Banking**

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

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

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

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

**Universal Credit Support**

**T: 0808 169 9901**



## Food

### Change for Life Recipes Ideas

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

### Community Pantries

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

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



### #CommunityFoodNearMe

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

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

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

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

### Food for Life Scotland

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

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

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

### Information on a Healthy Balanced Diet

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

### Keep Cooking and Carry on

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

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

### Locations on Food Banks

This has an online map which will direct you to foodbanks, meals (community and emergency) and fruit and veg barras in Glasgow.

All foodbanks and meals are free or pay what you can unless stated otherwise

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

### The Food Train

Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.

**T:0141 423 1722** all areas



### Tips on Eating Well During COVID 19

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

### Meal Makers

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

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

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

**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](http://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](mailto:adviceteam@sc.homeenergyscotland.org) for more information.

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

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

## 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](http://www.glasgow.gov.uk) and [www.glasgow.gov.uk/coronavirus](http://www.glasgow.gov.uk/coronavirus)

**Glasgow Disability Alliance GDA** If you or someone you know are not able to get food shopping, or if you are going out when you should really be staying safe at home, please contact their new Freephone helpline: **0800 432 0422** for help or email: [lifeline@gdaonline.co.uk](mailto:lifeline@gdaonline.co.uk)

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

### Glasgow Helps

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

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

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

### Glasgow Housing Association

Home comforts team [www.gha.org.uk/ways-we-can-help/at-home/home-comforts](http://www.gha.org.uk/ways-we-can-help/at-home/home-comforts)

**Glasgow Life Community Information** list of sites that are good sources of information regarding bereavement, health & wellbeing, financial and more. [libcat.csghlasgow.org/web/arena/community-information](http://libcat.csghlasgow.org/web/arena/community-information)

**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](mailto:info@gdaonline.co.uk) [www.gda.scot](http://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](http://www.glasgowtaxis.co.uk)

**Community Transport Glasgow**

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

### Other Information on Support

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



## Helplines

### Alcoholics Anonymous

T: 0800 0086 811 / 0800 9177 650

### Advice. Scot

T: 0808 800 9060

### Alzheimer's Scotland

T: 0808 808 3000

### Autism Helpline

T: 0808 800 4104

### Beat Eating Disorders

T: 0808 801 0677

### Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

### Breathing Space

T: 0800 83 85 87

### Bullying

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

T: 0845 22 55 787

### CAB

T: 0800 328 5644

### Campaign Against Living Miserably CALM (Men)

T: 0800 585858

### Child Bereavement UK

T: 0141 352 9995

### Childline

T: 0800 1111

### (Help prevent) Childhood abuse

T: 0808 1000 900

### CHSS Advice line Nurses

T: 0808 801 0899

### Combat Stress

UK charity for Veterans Mental Health

T: 0800 138 1619

### CRUSE Bereavement support Bereavement support helpline

T: 0808 808 1677

### Dementia Helpline

T: 0800 888 6678

### Digital Support Freephone Helpline

T: 0800 158 3974

### Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234

### Drinkline Scotland

T: 0800 7314 314

### Emergency Homelessness

T: 0800 838 502

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

T: 07736 326 062

### Families Outside Peer Support Group

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

**Freephone 0800 254 0088**

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

T: 0800 731 4880

### Gamblers Anonymous Scotland

T: 0370 050 8881

### Gambling Helpline

T 0808 8020 133

### Glasgow Disability Alliance helpline

T: 0800 432 0422

### Glasgow Helping Hero's

T: 0800 731 4880

### Hopeline UK (people under 35)

T: 0800 068 41 41

### LGBT Helpline

T: 0300 123 2523

### LGBT Youth

Text: 07786 202 370



### 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**



## Healthy Minds Pocket Guide

All of us will struggle with our mental health during our lifetime, problems range from the general worries and grief we experience as part of everyday life to the most desolate like depression. But there is a lot we can do to help our mental health. Prevention and early intervention is vital and recovery is possible with the right support and resources.

You don't have to be an expert to be having conversations about mental health. It is about understanding, being that supportive trusted friend or colleague is key, being there for someone. Not judging, listening and showing compassion can make a huge difference. It's not about trying to 'fix' people but let them know they are not alone.

There are lots of supports and resources available, navigating what can seem like a cluttered landscape can be a challenge in itself, therefore finding supports and information appropriate to our needs is key. The NHS Greater Glasgow and Clyde Mental Health Improvement and Equalities team website provides a useful one stop shop for mental health resources across the life course. As well as sharing information on partner organisations they also develop in house resources. Their Healthy Minds pocket guide shares information on a mental health support organisation in each of the 6 Health and Social Care Partnerships, tips for looking after your mental health and who to contact if someone is in distress. The guide is available to anyone living and/or working in Greater Glasgow and Clyde and copies can be ordered free from the Public Health Resource Directory. Please note you will need to create an account if you don't already have one.

For more information please contact [heather.sloan@ggc.scot.nhs.uk](mailto:heather.sloan@ggc.scot.nhs.uk)

# Healthy Minds

## Mental Health and Wellbeing Supports



We all have mental health and like our physical health, we need to give it the care and attention it needs

All organisations provide a range of free supports to suit the needs of individuals. Referrals can be self or professional

## Mental Health, Well-Being and Stress Management

### Anger Management

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

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

T: 03444 775 774

Text service: 07537 416 905

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

### Association for Child and Adolescent Mental Health

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

### Bipolar Scotland

[www.bipolarscotland.org.uk/newsblog](http://www.bipolarscotland.org.uk/newsblog)

### Breathing Space

If you need to talk about your anxiety or mental health in general

T: 0800 83 85 87

### Brothers in Arms Thrive App

[www.brothersinarmsscotland.co.uk/apps/brothersthive](http://www.brothersinarmsscotland.co.uk/apps/brothersthive)

### Campaign to Look After your Mental Health

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

### Combat Stress

UK charity for Veterans Mental Health

[www.combatstress.org.uk](http://www.combatstress.org.uk) T: 0800 138 1619

### Compassion Fatigue

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

### COPE continues to care

Phone wellbeing support because you matter

T: 0141 944 5490

Email: [admin@cope-scotland.org](mailto:admin@cope-scotland.org) will be

replied to within 24 hours where possible.

Website offers online wellbeing information:

[www.cope-scotland.org](http://www.cope-scotland.org)

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

### CRUSE Bereavement support

**Bereavement support helpline**

T: 0808 808 1677

### Eating Disorders

**Beat Eating Disorders**

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

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

### GCHSCP

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

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

### Healing for the Heart

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

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

Opinion piece on looking at COVID through a trauma informed lens

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

### Health in Mind Trauma Counselling

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

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

### **Information on Self-Harm**

#### **SAMH**

[www.samh.org.uk/about-mental-health/mental-health-problems/self-harm](http://www.samh.org.uk/about-mental-health/mental-health-problems/self-harm)

#### **SAMH download maybe helpful**

[www.samh.org.uk/documents/SAMH\\_Understanding\\_Self\\_Harm.pdf](http://www.samh.org.uk/documents/SAMH_Understanding_Self_Harm.pdf)

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](mailto:jeansbothy@enable.org.uk)

### **Lifelink Glasgow Counselling Service**

**Also have a young people's service**

**T:** 0141 552 4434

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

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

**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](mailto:info@malestales.co.uk)

### **Maternal Mental Health Scotland**

[maternalmentalhealthscotland.org.uk/resources/links-to-charities-and-support-groups](http://maternalmentalhealthscotland.org.uk/resources/links-to-charities-and-support-groups)

### **Mental Health Foundation**

Please visit the Mental Health Foundation Scotland website for information around looking after your mental health during the COVID19 pandemic

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

this may also be of interest

[www.mhfestival.com/exhibition](http://www.mhfestival.com/exhibition)

### **Mind Info Line**

Open Monday to Friday 9am-6pm

**T:** 0300 123 3393

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

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

**Mind Tools** a lot of useful information and tools  
[www.mindtools.com](http://www.mindtools.com)

### **Mindfulness**

[www.freemindfulness.org/download](http://www.freemindfulness.org/download)

### **Mindfulness Resource**

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

### **Moira Anderson Foundation**

Supporting children and adults affected by childhood sexual abuse

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

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

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

### **Panda Foundation**

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

**T:** 0808 1961 776

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

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

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

Find Support Near You

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

### **Phobic Awareness**

Their website, forum, and chat room are all completely free! They are a community composed of people from all over the world who are suffering from panic, phobias and



anxiety. They believe in support through the exchange of ideas information and coping skills. Phobias, anxiety, depression, and panic attacks can be chronic and incredibly damaging conditions, affecting not only the individual struggling, but loved ones as well. Even if you are not suffering with anxiety, if you are a loved one or family member of someone who is, you may find the support offered here of incredible value.

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

**The public health resource directory**  
**[www.phrd.scot.nhs.uk](http://www.phrd.scot.nhs.uk)**

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

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

The next time you have a team meeting, coffee catch up or wellness webinar why not have them 'drop in' to chat about mental wellbeing? They also have a range of workshops that can be offered through Zoom that look at mental health conditions, support and self care. Please contact Emma Straughan by email **[Emma.Straughan@samh.org.uk](mailto:Emma.Straughan@samh.org.uk)** or by mobile **07595 244761** if you have any queries about this free support

### **Scottish Recovery Network**

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

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

**Click this image to take a look or visit  
[www.scottishrecovery.net](http://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/](http://wellbeing.silvercloudhealth.com/signup/)**

As part of the national digital programme to support the health and wellbeing of staff in response to the impact of Coronavirus (COVID-19) and increase access to digital forms



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

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

- The modules can be accessed free of charge through the website wellbeing:  
**[silvercloudhealth.com/signup/](https://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](https://wellbeing.silvercloudhealth.com/onboard/nhsscotland/Staff)**

#### **Support in Mind Scotland**

**[www.supportinmindscotland.org.uk](https://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](https://www.thescsc.org.uk)**

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

**[www.theweeretreat.co.uk](https://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](https://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](https://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.





It's an exciting time at Scottish Recovery Network! We recently launched a brand-new website and our strategy for 2021-2024 'A new future for mental health'.

We know that together we can make Scotland a place where people expect mental health recovery and are supported at all stages of their recovery journey.

Our three-year strategy sets out our vision, mission, values and strategic aims. It outlines how we will work with others to bring about the change needed in how we develop, deliver and access mental health support.

'A new future for mental health' represents the views of people, organisations and services from across the country who are calling for the transformation of our mental health system into one that:

- **Takes a whole person approach**
- **Genuinely values lived experience by integrating it into all parts of the system**
- **Embeds peer support approaches and roles in mental health support**
- **Is easy to access and navigate**
- **Offers more community-based supports and choices**
- **Tackle's inequalities and contributes to a fair society**

Our new website compliments our strategy. It is full of free resources, ideas and insights to encourage people to work together to develop recovery focused support in their community.

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.

Key features on the website include:

- **The Peer Recovery Hub – a place to find help and connections for developing peer support approaches and roles**
- **Sharing recovery stories - ideas and activities you can use to support people to**

**share their stories of recovery or help you get started with your own**

- **Let's talk recovery – resources to help you put lived experience at the heart of how you develop mental health support**
- **Your stories – people from across Scotland and beyond have shared their experiences of mental health recovery through blogs, films, animation and podcasts**

Our role at Scottish Recovery Network is as a catalyst for recovery focused change and as a facilitator of new ways of working and shared learning. We look forward to working with a wide range of people, organisations and services at a local and national level to deliver collaborative recovery projects. From this we will share experiences and learning through our communications, by developing resources and delivering learning opportunities and events.

We would love to hear from you. Get in touch for an informal chat about how you can make recovery real in your community.

**Tel: 0300 323 9956**

British Sign Language (BSL) users can contact us directly using **contactScotlandBSL**

**Email: [info@scottishrecovery.net](mailto:info@scottishrecovery.net)**

**Online: [www.scottishrecovery.net](http://www.scottishrecovery.net)**



**YouTube**



**Spotify**





## Nature Earth and Health

### Nature in Winter

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

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

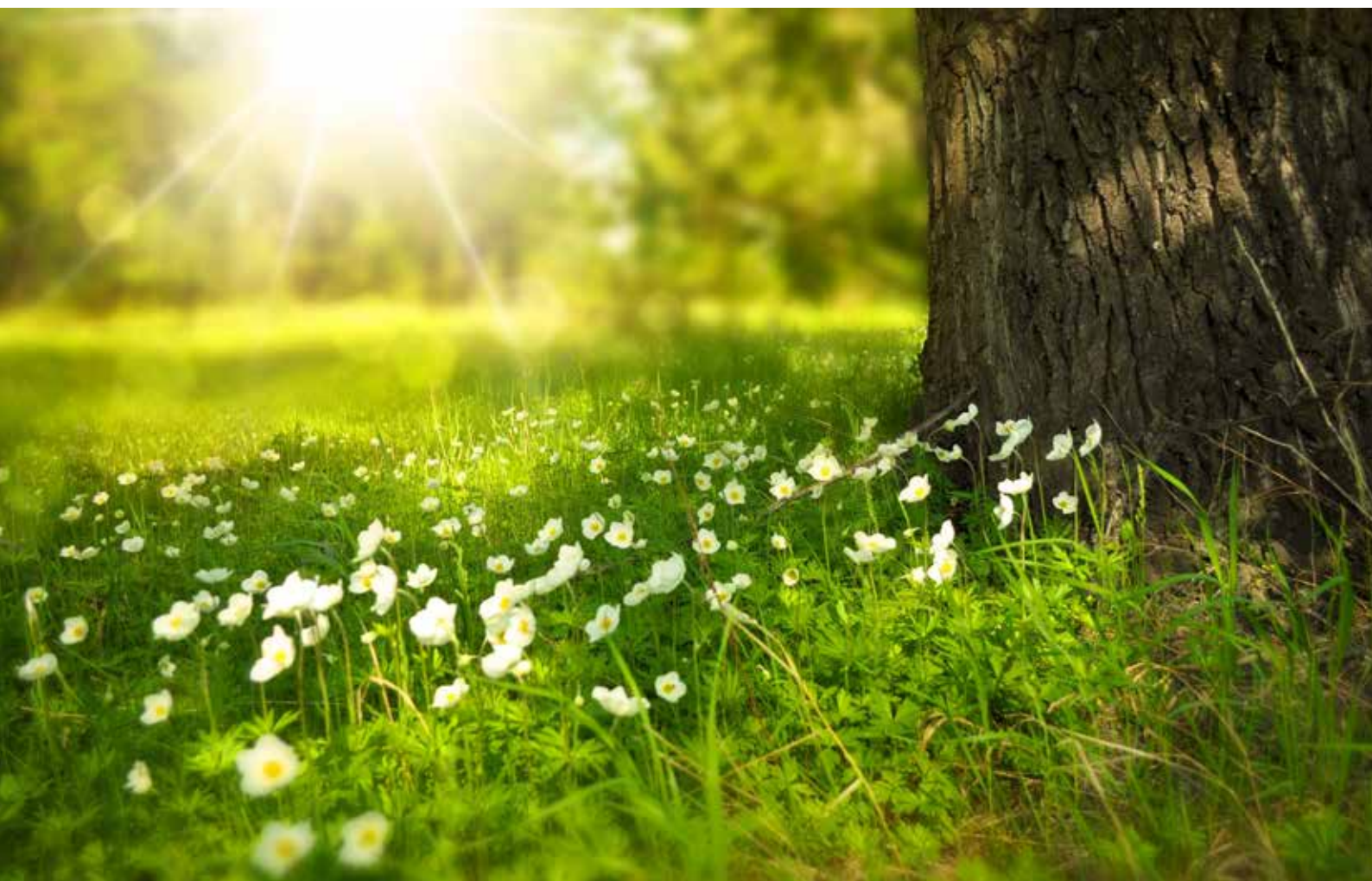
**Coorie** is that snuggly feeling we get when we are drinking a warm cup of soup having come in from a brisk walk in the cold. It's the feeling of wellbeing we get listening to the crackling of a log fire. It's the feeling of calm we get when curled up in a warm blanket and getting lost in a good book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

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

You may also want to visit

**[www.edenprojectcommunities.com/winter](http://www.edenprojectcommunities.com/winter)**

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



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

### **Central Scotland Green Network**

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

For more information:

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

### **Community Energy Scotland**

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

For more information:

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

### **Community Resources Networks Scotland**

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

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

### **Energy Saving Trust**

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

For more information:

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

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

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

### **Glasgow Eco Trust**

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

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

### **Global Goals Scotland**

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

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

### **Greener Scotland**

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

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

### **Greenspace Scotland**

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





### Growchapel

Growchapel is a community led project which is currently in the planning and development stage in Drumchapel, Glasgow West. The site aims to use horticultural therapy as a way of helping those members of the community struggling with mental health issues, addiction and isolation as well as offering the local community a welcoming place to meet their neighbours, socialise with new people and spend more time growing and planting. If you would like to get involved or if you would like any more information on Growchapel, please do not hesitate to get in touch with the steering group on: **growchapel@gmail.com** 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](http://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/](http://www.keepsotlandbeautiful.org/sustainable-development-education/food-and-the-environment/one-planet-picnic/)**

### Little Green Space

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

### RSPB Give Nature a Home

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

### Scottish Environment Link

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

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

### Scottish Wildlife Trust

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

**[scottishwildlifetrust.org.uk](http://scottishwildlifetrust.org.uk)**

### Zero Waste Scotland

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



## Older Age

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

### **Deafness and Dementia**

Full report available on their website:

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

**T: 0141 248-2474**

**SMS: 07925 417 338**

### **Dementia Helpline**

**T: 0800 888 6678**

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

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

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

### **Glasgow's Golden Generation**

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

They are delivering packages of food and essentials to older adults across Glasgow, including pictures, paintings and messages of hope from local children and young people. Parcels are being delivered to older adults' doorsteps to minimise contact. This free service is open to anyone over the age of 55. Please contact your nearest centre if you need essentials or have someone in mind who needs urgent assistance.

**Glasgow North and West Fred Paton Centre**  
**T: 0141 353 0720**

**Glasgow South David Cargill Centre**  
**T: 0141 632 7391**



**Independent Age Grants Fund Reaching** older people most likely to be missing out – now and beyond the coronavirus pandemic  
[www.independentage.org/community/grants-fund](http://www.independentage.org/community/grants-fund)

### **Playlist for Life**

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

### **Roar**

Connections for life is a charity with a mission to reduce loneliness and social isolation in older age by enabling people to stay mobile and connected.  
<https://www.roarforlife.org/>

### **Scottish Pensioners Forum**

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

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

**T: 0800 4 70 80 90**

### **The Age Scotland Helpline**

is a free, confidential phone service for older people, their careers and families in Scotland  
**T: 0800 12 44 222**





### **The Good Morning Service**

**T: 0141 336 7766**

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

### **WeekdayWOWFactor**

Thanks to Funding from Big Lottery, GSEN and Foundation Scotland. Offering a 7 day free service at present using Zoom platform- Daily 5pm Daytime discos with chat and fun quiz. Mondays and Fridays Zooming at 3pm for Virtual Adventure walks in cities and natural wonders around the world as well as a chat and a fun quiz.

**[Weekdaywowfactor@gmail.com](mailto:Weekdaywowfactor@gmail.com) or**

**call 07717 732 542 for more information.**

**Active Facebook page: Weekday Wow Factor**

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

**T: 0800 952 9292**

Offer support around:

- Addictions
- Alcohol related brain damage
- Homelessness
- Learning disabilities
- Mental health
- Older adults
- Young people and families



## Meal Makers relaunches indoor Meal Sharing and Befriending!

After over a year of doorstep deliveries and socially distanced chats, from 17th May Meal Makers are thrilled to announce our volunteers in Level 2 areas can now visit and share meals with our older Diners in their home.

Meal Makers is the community meal sharing project delivered by The Food Train, which matches volunteer 'Cooks' with an older neighbour (Diner) aged 55 or over to share a home-cooked meal once a week.

Throughout the pandemic, Cooks have been carefully complying with Government guidelines to continue delivering food, but with a chat on the doorstep instead of inside the home. As restrictions are now eased, volunteers and Diners are very much looking forward to spending a bit more time together. Although it has been a tough year, Meal Makers have seen many wonderful matches across Scotland, which are blossoming into warm friendships. One of the newest pairings in Perthshire is Irene and Lesley (pictured). Irene worked as a printer for the Perthshire advertiser and was also a keen photographer with an interest in birds. They have struck up a friendship over food and are delighted by the news that they'll be able to have a blether and cuppa indoors.

Meal Makers are currently making as fresh appeal for volunteer Cooks and Diners who would welcome a homecooked meal and some company. The project aims to facilitate community cohesion, address social isolation, and support people to eat well. All you need to volunteer is a love of cooking and a sociable nature! Anyone aged 55 years + can refer themselves for a meal share or they can be referred by friends, family or a statutory organisation by calling **0800 783 7770** or by signing up at **[www.mealmakers.org.uk](http://www.mealmakers.org.uk)**.



# 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](http://www.nhs.uk/conditions/menopause)

### Menopause Café

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

[www.menopausecafe.net](http://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](http://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](http://www.menopausematters.co.uk)

### British Menopause Society

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

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

### Daisy Network Charity

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

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

### Hysterectomy Association

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

[www.hysterectomy-association.org.uk](http://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](http://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](http://www.nhs.uk/conditions/periods)

### Endometriosis UK

Provides information and support to women with Endometriosis

[Endometriosis-uk.org](http://Endometriosis-uk.org)

### Verity

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

[www.verity-pcos.org.uk](http://www.verity-pcos.org.uk)

### Women's Health – Menstrual Cycle

Provides information and resources regarding periods

[www.womenshealth.gov/menstrual-cycle](http://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](http://www.diabetes.co.uk/menopause-and-diabetes)

[www.diabetes.co.uk/periods-and-diabetes](http://www.diabetes.co.uk/periods-and-diabetes)

### Fertility Network

Support for those who have ever experienced fertility problems

[fertilitynetworkuk.org](http://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](http://www.nhs.uk/conditions/stress-anxiety-depression/mindfulness)

## Physical Health

### Alzheimer's Scotland

[www.alzscot.org](http://www.alzscot.org)  
T: 0808 808 3000

### Asthma UK

T: 0300 222 5800  
[www.asthma.org.uk/coronavirus](http://www.asthma.org.uk/coronavirus)

### Bladder and Bowel Community

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

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

### Brittle Bones

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

### Brugada Syndrome

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

### Charcot-Marie-Tooth Disease

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

### Charles Bonnet Syndrome

T: 0303 1239999  
[www.charlesbonnetsyndrome.uk](http://www.charlesbonnetsyndrome.uk)

### Chest Heart and Stroke Scotland

T: 0808 801 0899  
[www.chss.org.uk](http://www.chss.org.uk)

### Chronic Pain

[www.nhs.uk/your-health/healthservices/painassociation.co.uk](http://www.nhs.uk/your-health/healthservices/painassociation.co.uk)  
[www.youtube.com/watch?v=4l8dUJgCj0I&feature=youtu.be](http://www.youtube.com/watch?v=4l8dUJgCj0I&feature=youtu.be)

### Crohn's and Colitis UK

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

### Chron's disease

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

### Cystic Fibrosis Trust

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

### Diabetes UK

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

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

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

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

### Epilepsy

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

### Fibromyalgia

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

### Foetal Alcohol Spectrum Disorder

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

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

### GUTSUK

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

### HIV

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

### Here For You Telephone Support Service

Continue to provide this peer support service through lived experience and connect and chat to trained volunteers. Available to stroke survivors and carers.

Referral online via our website

<https://www.stroke.org.uk/webform/volunteer-telephone-support-people-affected-stroke>

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

### MacMillan Cancer Support

COVID-19 (coronavirus) 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](http://www.macmillan.org.uk/coronavirus)



### Macular Society

[www.macularsociety.org](http://www.macularsociety.org)  
**T: 0300 3030 111**

### Menopause

[www.nhs.uk/conditions/menopause](http://www.nhs.uk/conditions/menopause)

**Menopause Café** [www.menopausecafe.net](http://www.menopausecafe.net)

### Multiple Sclerosis National Therapy Centres

Find your nearest MS Therapy Centre

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

**T: 01296 711 699**

### National Eczema Society

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

### Parkinson's UK Scotland

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

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

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

**Tel: 0808 800 0303**

### Primary Immunodeficiency UK

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



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

**Scoliosis Association UK**  
T: 020 8964 1166  
[www.sauk.org.uk/types-of-scoliosis/scheuermanns-kyphosis](http://www.sauk.org.uk/types-of-scoliosis/scheuermanns-kyphosis)

**Scottish Huntington's Association**  
[hdscotland.org](http://hdscotland.org)  
T: 0141 848 0308

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

**The Scottish Government** has developed a framework for how recovery and rehabilitation services will support people affected by the pandemic. For more information:  
[www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic](http://www.gov.scot/publications/framework-supporting-people-through-recovery-rehabilitation-during-covid-19-pandemic)

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

**Tips to Help Reduce the Suffering of Living with Chronic Pain**  
[www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain](http://www.cope-scotland.org/index.php/latest-blog/wee-tips-to-help-reduce-suffering-caused-by-chronic-pain)

**Ulcerative Colitis**  
[www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis](http://www.crohnsandcolitis.org.uk/about-crohns-and-colitis/publications/ulcerative-colitis)

**Urology Foundation**  
The Urology Foundation a charity in the UK and Ireland that tackles all urology diseases. For more information:  
[www.theurologyfoundation.org](http://www.theurologyfoundation.org)

**Useful information if recovering from COVID19**  
[www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy](http://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy)

**Online stroke cafes – all via Zoom**  
**Generic online stroke café – every second Thursday – option of morning or afternoon sessions** 10.30 – 11.30am or 1.30 – 2.30pm  
**Carers online stroke café – every second Tuesday** 10.30 – 11.30  
**Young Person online stroke café every second Friday** 10.30 – 11.30  
Contacts for the cafes [Dawn.price@stroke.org.uk](mailto:Dawn.price@stroke.org.uk) and [jack.simpson@stroke.org.uk](mailto:jack.simpson@stroke.org.uk)

**Facebook stroke connect group**  
Fantastic peer support through this closed facebook group. Open to stroke survivors and carers.  
**Search: Stroke Association – Scotland Stroke Connect Group and request to join.**

**My Stroke Guide**  
Our online resource containing information on a wide variety of topics including what is a stroke, fatigue, emotional effects of stroke and much more via videos, hints & tips along with links to other relevant resources. It also includes a section for friends and family with a section called My Social to help you connect with others. Free to access and use.  
**Google search: Mystrokeguide.com**

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

**PARKINSON'S<sup>UK</sup>**  
SCOTLAND  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

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

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

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

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

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

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

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

If you would like to know about other Young Parkinson's groups in your area check out this link -

<https://www.parkinsons.org.uk/information-and-support/local-groups-younger-people>

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

### **Gina Allen**

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

### **Versus Arthritis**

[www.versusarthritis](http://www.versusarthritis)  
**T: 0800 5200 520**

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

Offer support around

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

**T: 0800 952 9292**



## Parents and Families

### **The Aberlour Family Support Service**

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

### **Action for Children**

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

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

### **Association for Child and Adolescent Mental Health**

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

### **Babies in Lockdown**

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

### **Child Bereavement UK**

**T: 0141 352 9995**

### **Childs Health Scotland**

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

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

### **Children's Health Scotland**

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

### **(Help prevent) Childhood Abuse**

**T: 0808 1000 900**

### **Childline**

**T: 0800 1111**

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

### **Dads Rock**

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

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

### **Differabled Scotland**

Parent to parent, peer to peer support for parents whose children have additional support needs

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

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

### **Down's Syndrome Scotland**

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

### **Fathers Network Scotland**

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

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

### **Families Outside**

• **T: 0800 254 0088**

• **Webchat** [www.familiesoutside.org.uk](http://www.familiesoutside.org.uk)

• **Text FAMOUT to 60777**

• **Email** [support@familiesoutside.org.uk](mailto:support@familiesoutside.org.uk)

### **Home Schooling**

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

### **How to Help an Addicted Parent**

[www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)

**Licketyspit** is a family drama-led play and children's theatre charity based in Glasgow. To take part: Families can join the Children & Families Network at:  
**[www.licketyspit.com/families/network](http://www.licketyspit.com/families/network) or contact ruby at [cfm@licketyspit.com](mailto:cfm@licketyspit.com) or via text 07413 800 342.** You can find all of Licketyspit's online content for imaginative play at home at **[www.licketyspit.com/families/coronavirus](http://www.licketyspit.com/families/coronavirus)**

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

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

#### **One Parent Families Scotland**

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

#### **Parent infant Foundation**

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

#### **Parent Network Scotland**

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

#### **Parenting Across Scotland**

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

#### **PNS Toolkit Registration**

Follow link for anyone wanting to register for new PNS wellness toolkit learning targeting parents  
**[docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3xoGWPPcjlTKOCCVNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSeV8085eAxTtLa4x3xoGWPPcjlTKOCCVNWHLZ1uvrtKF4bOw/viewform?vc=0&c=0&w=1)**

#### **Positive Parenting Campaign**

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

#### **Pregnant and New Parents**

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

#### **Scottish Families Information Services**

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

#### **Solihull Approach Training Online**

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

#### **Storm Break**

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

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

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

Each year GCC invest funds in food and activity programmes for summer, the following link offers more info on same,

**[www.gcvsc.org.uk/blog/glasgow-summer-holiday-programme-2020/](http://www.gcvsc.org.uk/blog/glasgow-summer-holiday-programme-2020/)**

#### **Take a Break Scotland**

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

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

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

**T: 0808 1961 776**

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

#### **Triple P**

Online training **[www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/](http://www.triplep-parenting.uk.net/uk-en/find-help/triple-p-online/)**

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

Offer support around Addictions

Alcohol related Brain damage

Homelessness

Learning disabilities

Mental Health

Older Adults

Young people and families

**T: 0800 952 9292.**

### **With Kids**

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

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

**Glasgow Tel: 0141 550 5770**

**Edinburgh Tel: 0131 453 9400**

### **3D Drumchapel**

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

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







“The shorter days, the cold and dark, the loneliness and uncertainty in the first weeks of our son’s life really affected our mental health,” new dad Wasseem tells me.

I remember those long nights, our minds racing with concern for our new baby; the 3am WhatsApp messages to antenatal friends; the coffee dates with fellow new parents; the cosy Bookbug sessions.

So how about those long nights, mind racing, exhaustion and crises of confidence, with no antenatal friends to message, no coffee shops and friendly faces, no classes or activities. Just the same four walls and a walk with the buggy if we’re lucky.

It really is no wonder that 37% of dads tell us their mental health is bad or very bad. It’s a significant shift even from last year, when 23% of dads told us the same. We thought this number was shocking enough, but two national lockdowns later, and the situation is even worse.

I work for Fathers Network Scotland, a national charity that supports services, educators and employers to help them to understand the needs of dads and families. We have just surveyed father-figures in Scotland about their experiences of lockdown, a repeat of the same survey last year. 69% told us that their mental health has deteriorated so far in 2021, compared to 64% during the first lockdown. Both are significant figures and that the percentage is getting greater is worrying.

Waseem’s baby son was born in October and the new dad took three months’ parental leave. But now, he’s back at work. “Home and work life just blur into one,” he says. “There really are no boundaries.” As a researcher at Stirling University, he is able to work remotely, but we all know how difficult that can be for any parent who has a child at home. More than half of the dads we surveyed told us they’re finding their work/life balance challenging or very challenging.

Nevertheless, dads want to spend more time with their children. During the most recent lockdown, 44% spent more than 25

hours a week playing or homeschooling. Dads' feedback shows they long for this to continue, with 67% saying the experience of living through the pandemic has changed the way they would like to parent in the future.

"I'm now able to do the school run everyday and feel much more involved in my children's lives," one dad told us. "I've been able to plan home schooling around my job. I very much hope there isn't a return to 'normal'." Dads want to be there for school drop-offs and pick-ups, they want to be involved in their children's education, they want to explore flexible working arrangements, and one dad even said that he is looking for a new job to enable him to do that.

Fathers Network Scotland recently held a virtual panel discussion about our survey results, with input from dads' mental health campaigners, health visitors, midwives, academics, early years practitioners and advocates for flexible working. Everyone agreed that we need to challenge the structures that get in the way of dads' ability to engage meaningfully with their children. If employers better understand that both mums and dads want to take an equal parenting role, wouldn't we achieve better gender equity at work and at home?

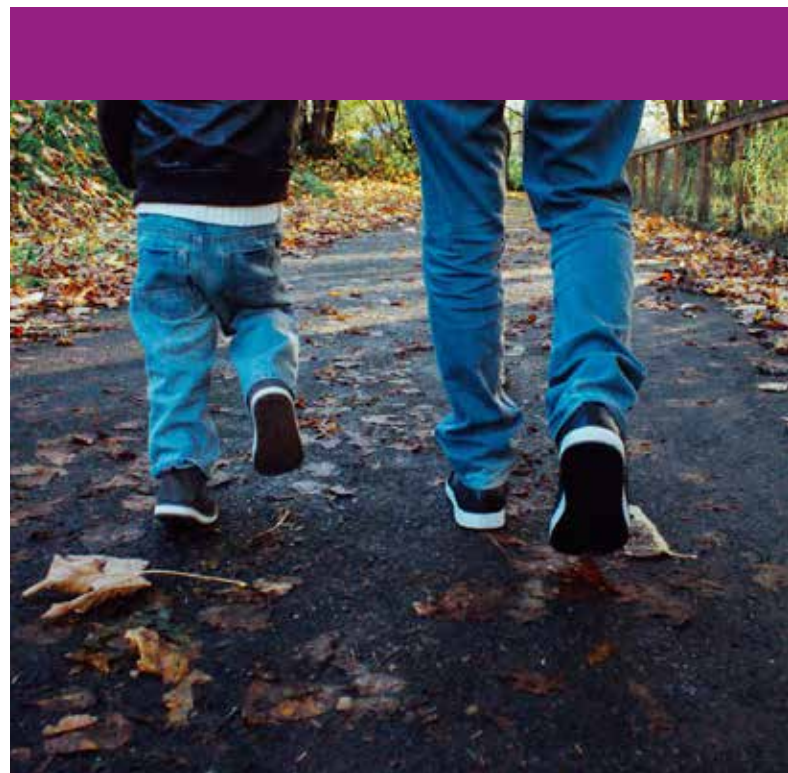
Our survey shows that dads have had enough of the strain of being pulled in all directions. Scotland uses GIRFEC, which stands for "Getting It Right For Every Child", putting the best interests of children at the heart of all local and national services. But our survey shows that a fifth of dads feel their relationship with their children has suffered, double the number from last year. Children's and families' lives are being negatively affected. We must sit up and take notice.

When I asked Wasseem why he thinks dads are struggling, he answered with passion: "My son was born six months ago and I'm still reeling. I was pretty much ignored by midwives during our antenatal appointments to the point that I felt irrelevant. It really affected my confidence.

If dads are treated as if they're unimportant to their children and families from day one, how can we expect them to confidently take an equal role at home?"

Fathers Network Scotland trains services who engage with families to involve all parents and carers and to value motherhood and fatherhood in equal measure, and is campaigning for a clear mental health pathway of support for fathers. It is devastating that suicide is still the biggest killer of men under the age of 50 in Scotland and it is clear that dads are struggling now more than ever. Dads want to spend more time with their children, but don't know how to make it happen. We need services and employers to work together to recognise the importance of fatherhood. When more than a third of dads are telling us they have poor mental health and a fifth have deteriorating relationships with their children, change is needed. Urgently.

Kirsty would love to hear from you if this article resonates with you. To find out about our training, the charity and what we offer servicers, employers and families, please email [kirsty@fathersnetworkscotland.org.uk](mailto:kirsty@fathersnetworkscotland.org.uk).





## Movember and Fathers Network Scotland team up to co-develop new men's mental health initiative

Men at risk of becoming socially isolated following the global pandemic will be able to access new ways of receiving support for their mental health, thanks to Movember.

The global men's health charity has announced that they will be investing a total of AUD \$3.54 million into 11 projects across Australia, Canada, the UK and Ireland, as part of the Movember's Social Connections Challenge.

One of those projects is Fathers Network Scotland's men's mental health app.

Movember launched the Social Connections Challenge in 2020, with the aim of identifying strategies that will strengthen the social connections of men who are struggling with isolation and poor mental health, particularly in the wake of COVID-19 lockdowns.

Results of a study commissioned by Movember in May 2020 found that nearly a quarter of men globally (23 per cent) reported their mental health had worsened in the first six weeks of the pandemic.

Brendan Maher, Global Mental Health Director at Movember, said: "This was an opportunity to shake things up and identify the amazing ways that people have been keeping connected using technology during the global pandemic.

'We were looking for fresh, innovative technology-based ideas to address the problem of loneliness, isolation and improve social connectedness in men and strengthen their overall mental health. For this challenge, we prioritised men who are at greater risk of social isolation because of where they live, their socio-economic status or cultural background.

"We're really looking forward to working with our new partners to develop initiatives that will support the mental health of men who are at risk of becoming socially isolated."

For more information about the Social Connections Challenge, and to see the full list of funded projects, please visit <https://movember.com/SCC>.

For more information about Fathers Network Scotland, please visit [www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk).

**CHANGING THE FACE  
OF MEN'S HEALTH**

**MOVEMBER®**

## 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/](http://www.gov.scot/publications/coronaviruscovid-19-advice-for-animal-owners/)**

### **Advice for People who use a Guide Dog** **[www.guidedogs.org.uk/coronavirus/Services](http://www.guidedogs.org.uk/coronavirus/Services)**

### **From Scottish Society for Prevention of Cruelty to Animals**

**[www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets](http://www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets)**

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

### **Borrow My Dog**

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

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

### **Cat Protection**

**T: 0345 371 2722**

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

### **Dogs Trust**

**T: 0141 773 5130**

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

Also speak to them about fostering.

### **PDSA**

**T: 0141 332 6944**

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

### **Pet Fostering Service Scotland**

**T:0344 811 9909**

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

### **SPCA**

**T: 03000 999 999**

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

Also speak to them about fostering.

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

### **RSPCA**

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

### **Pet Bereavement Service**

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





## Places of Worship

Places of worship are also subject to the guidelines on social distancing for more information [www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/](http://www.gov.scot/publications/coronavirus-covid-19-phase-3-guidance-for-the-safe-use-of-places-of-worship/); if we have missed any places of worship please let us know and we shall add these to the next edition.

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

### Ahmadiyya Mosque

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

### Archdiocese of Glasgow

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

### Baptists Church

[www.baptist.org.uk/Groups/337630/Coronavirus.aspx](http://www.baptist.org.uk/Groups/337630/Coronavirus.aspx)

### Central Mosque Glasgow

[centralmosque.co.uk/coronavirus-covid-19-announcement](http://centralmosque.co.uk/coronavirus-covid-19-announcement)

### Church of Scotland

[www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus](http://www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus)

### Glasgow Buddhist Centre

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

### Glasgow City Free Church

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

### Glasgow Gurdwara

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

### Glasgow Reform Synagogue

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



### Greek Orthodox Church Glasgow

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

### Hindu Temple Glasgow

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

### Jehovah's Witnesses

[www.jw.org/en](http://www.jw.org/en)

### Methodist Church

[www.methodist.org.uk/about-us/coronavirus/official-guidance](http://www.methodist.org.uk/about-us/coronavirus/official-guidance)

### Orthodox Synagogue

[www.jscn.org.uk/small-communities/garnethillsynagogue/](http://www.jscn.org.uk/small-communities/garnethillsynagogue/)

### Quaker Religious Society of Friends

[www.quakerscotland.org/glasgow](http://www.quakerscotland.org/glasgow)

### Salvation Army

[www.salvationarmy.org.uk/glasgow-city-centre](http://www.salvationarmy.org.uk/glasgow-city-centre)



## Redundancy

### If affected by redundancy these maybe useful contacts

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

### Family Finances Approach

Funded through the Scottish Government from the Better Employment Fund.

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

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

They can be contacted on:

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

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



## Relationship and Family Breakdown

### Info Site

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

### Relate

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

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

### Relationships Scotland (Family Mediation)

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

T: 0141 332 2731

### The Spark

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

T: 0808 802 2088

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

[vt.edu/350/350-092/350-092.html](http://vt.edu/350/350-092/350-092.html)

## Safety and Protection

### Act Fast

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

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

T: 01202 797217 Text or call 07468 694068

### Anti-Bullying Alliance

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

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

### COVID19 Adults with incapacity guidance

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

### Cyber Safety

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

### Disability Safety Hub

To raise awareness of disability hate crime, helping disabled people to understand what a hate crime is. The Hub also wants to help disabled people to report hate crime, and shows the different ways you can do this.

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

### Domestic Abuse

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

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

### Domestic Abuse and Forced Marriage Helpline

T: 0800 027 1234 or email

[helpline@sdafmh.org.uk](mailto:helpline@sdafmh.org.uk)



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

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

### **GDA Support to report hate crime**

Many people feel unable to report direct to the Police – as part of the Third-Party Reporting scheme - GDA are committed to helping victims and witnesses to speak out about Hate Crime. They can make a report on your behalf and can provide ongoing support after the report has been made. If you have experienced or witnessed a Hate Crime, Don't stay silent – Report it online, or through Third Party Reporting: contact GDA on **0800 432 0422**, text **07958 299 496** or via **Contact Scotland BSL**

### **Fearless Campaign**

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

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

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

### **Male Victims of Domestic Abuse Helpline**

**T: 0808 800 0024**

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

### **Moira Anderson Foundation**

Supporting children and adults affected by childhood sexual abuse

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

### **National Bullying Helpline**

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

**T: 0845 22 55 787**

**Progress Housing Group** are a social housing provider with nearly 11,000 homes in England & Scotland, delivering homes, independence and opportunities to their tenants and communities **[www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/](http://www.progressliving.org.uk/current-tenants/anti-social-behaviour-asb/hate-crime/)**

### **Redress for Abuse in Care**

A scheme that offers recognition and acknowledgement to survivors of historical childhood abuse in care has made payments of £10,000 each to 417 people in its first year. The Advance Payment Scheme provides redress payments to those who were abused in care in Scotland and who are terminally ill or aged 68 or over. For more information:

**[www.gov.scot/news/redress-for-abuse-in-care](http://www.gov.scot/news/redress-for-abuse-in-care)**

### **Respect Me (Scotland's Anti-Bullying Service)**

Our vision is of a respecting, just, equal and inclusive Scotland in which all children and young people can live free from bullying and harassment and are encouraged to reach their full potential. Our work is driven by a focus on children's right.

**[respectme.org.uk](http://respectme.org.uk)**

**SAY Women** offers safe semi-supported accommodation and emotional support for young women aged 16 to 25 who are survivors of sexual abuse, rape or sexual assault and who are homeless, or threatened with homelessness.

**[www.say-women.co.uk](http://www.say-women.co.uk)**



### **Stop it Now Helping Prevent Childhood Sexual Abuse Helpline**

**T: 0808 1000 900**

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

### **The Survivors Trust Support**

The Survivors Trust is a national umbrella agency for over 120 specialist voluntary sector agencies providing a range of counselling, therapeutic and support services working with women, men and children who are victims/survivors of rape, sexual violence and childhood sexual abuse

**Advice & Info: 0808 801 0818**

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

### **Trading Standards**

Site alerts to latest scams

**[mailchi.mp/0029ab105224/scam-share](mailto:mailchi.mp/0029ab105224/scam-share)**

**Police Scotland** share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information **[www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers](http://www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers)**

### **Ubuntu**

Is a new charity based in Glasgow, set up to provide emergency support for women with no recourse to public funds, facing destitution and violence, check their site for more info

**[www.ubuntu-glasgow.org.uk](http://www.ubuntu-glasgow.org.uk)**

### **UNICEF**

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

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

**We can all help protect each other, please wear a face covering if you can**

**[www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/](http://www.gov.scot/publications/coronavirus-covid-19-phase-3-staying-safe-and-protecting-others/pages/face-coverings/)**

Information for people exempt from wearing a facemask **[disabilityequality.scot/news/face-covering/](http://disabilityequality.scot/news/face-covering/)**

### **Women's Aid**

Have created an online resource for children and young people. check their site for more info: **[thehideout.org.uk](http://thehideout.org.uk)**

### **WSREC Hate Crime Helpline**

With recent times WSREC would like to highlight that they are still running their hate crime project, within this Covid-19 epidemic. If you have been a victim or a witness of hate crime then they can help support you, within a safe environment by filling out forms, communicating with the police, providing an interpreter and answering queries. For further assistance, please phone **07497 187 992** (Mondays and Thursday 9am - 1pm) or email then for more info. **[www.wsrec.co.uk](http://www.wsrec.co.uk)**

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

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



## Self-harm



### Self Injury Support

is still here for you  
Self injury Support  
has been running  
UK-wide emotional  
support services  
around self-harm

for over 30 years and they've always wanted to run a complementary information/navigation service alongside.

The great news is that they now have funding to pilot this service and they really want to collect as many views as possible to make sure it does something useful and is easy to access.

They'd really appreciate it if you can take 5 minutes to fill in this survey and let us know what you think.

Please also feel free to send this survey on to anyone you think would be interested in responding - the service will be open to people who self-harm, friends and family who support them and people who are working to support people who self-harm.

For more information about the other support they offer please visit: [selfinjurysupport.org.uk](http://selfinjurysupport.org.uk)

### Blogs About Self-harm and Coronavirus:

[www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19](http://www.selfinjurysupport.org.uk/Blogs/coping-with-coronavirus-and-lockdown/Category/coping-with-covid-19)

### Dealing with self-harm in lockdown:

[www.selfinjurysupport.org.uk/self-care-and-self-advocacy](http://www.selfinjurysupport.org.uk/self-care-and-self-advocacy)

### Distractions and Displacement:

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/distractions-and-displacement)

### Exploring Alternatives:

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/alternatives)

### First Aid for self-harm:

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/first-aid)

### Harm Minimisation:

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/harm-minimisation)

### Seeking Treatment and Self-Advocacy:

[www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy](http://www.selfinjurysupport.org.uk/Pages/FAQs/Category/seeking-treatment-and-self-advocacy)

### A range of other self-help and information:

[www.selfinjurysupport.org.uk/Pages/Category/self-help-resources](http://www.selfinjurysupport.org.uk/Pages/Category/self-help-resources)

They welcome all feedback on these pages and suggestions of things to add from your own experiences.

Self injury Support also wanted to let people know that during this very difficult time their text-based support services are still open and they are there to listen and support. Their TESS service offers emotional listening support for women and girls affected by self injury and a space where you can explore what is going on for you alongside a trained female volunteer with knowledge of self injury.

**All of their services are open from 7pm -9.30, Tuesday-Thursday.**

### You can:

- Text them on **07537 432 444**
- Email them at **[tessmail@selfinjurysupport.org.uk](mailto:tessmail@selfinjurysupport.org.uk)**
- Or start a webchat here **[www.selfinjurysupport.org.uk/Pages/FAQs/Category/webchat-support](http://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](http://www.sandyford.scot)

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

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

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

## Veterans

We are delighted to introduce a new section to the 'Whit's Happening' dedicated to veterans. In this edition we are grateful to Sight Scotland Veterans for their feature piece.

For further information contact Richard Baker:  
**07900 510 544**

**ABF The Soldiers' Charity** is the national charity of the British Army, providing a lifetime of support to soldiers, veterans and their families when they are in need.  
[www.soldierscharity.org](http://www.soldierscharity.org)

**The Army Families Federation (AFF)** is the independent voice of Army families and works hard to improve the quality of life for Army families around the world – on any aspect that is affected by the Army lifestyle.  
[www.aff.org.uk](http://www.aff.org.uk)

**The Army Widows' Association** was formed by widows in 2004. We are a volunteer run Organisation and Charity. Our aim is to offer comfort, support and friendship to the widows and widowers of service men and women.  
[www.armywidows.org.uk](http://www.armywidows.org.uk)

**Blesma**, The Limbless Veterans, is dedicated to assisting serving and ex-Service men and women who have suffered life-changing limb loss or the use of a limb, an eye or loss of sight in the honourable service of our country.  
[www.blesma.org](http://www.blesma.org)

**The Burma Star Association** exists to relieve need, hardship or distress among men and women who served in HM and Allied Forces or the Nursing Services in the Burma Campaign of the 1939-45 war or are otherwise entitled to be holders of the Burma Star or Pacific Star with Burma Clasp and for their widows, widowers or dependants.  
[www.burmastar.org.uk](http://www.burmastar.org.uk)

**Combat stress** for veteran's mental health.  
**T: 0800 138 1619**  
[www.combatstress.org.uk](http://www.combatstress.org.uk)

**Erskine** provides support to veterans in Scotland, through four care homes and a Veterans Village, comprising of 44 cottages, an Activity Centre, five Assisted Living Apartments and 24 Single Living Apartments (currently under construction). [www.erskine.org.uk](http://www.erskine.org.uk)  
Forces line help desk for any member of the armed forces, veterans, and their families  
**T: 0800 731 4880**  
[www.ssafa.org.uk](http://www.ssafa.org.uk)

**Garelochhead Station Trust** are a veterans hub just a few miles from Faslane. Morevain Martin is their manager.  
**E: [morevain@garelochheadstationtrust.co.uk](mailto: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](http://www.ssafa.org.uk)

**Ghurkha Welfare Trust** provide financial, medical and development aid to Gurkha veterans, their families and communities.  
[www.gwt.org.uk](http://www.gwt.org.uk)

### **National Gulf Veterans and Families Association**

The charity's mission is :

- To enhance and improve the quality of the day-to-day lives of all veterans of desert conflicts and their families, partners and carers, through support, information, advocacy and counselling.
- To provide a safe haven for veterans of desert conflicts and their families, partners and carers to be able to talk about the impact their service has had on their lives.
- To educate and provide information for the public and health care professionals to assist and improve the support and health care provided for veterans of desert conflicts and their families, partners and carers

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

**Poppyscotland** believes that those who serve in the Armed Forces, and their families, deserve special recognition and support.  
[www.poppyscotland.org.uk](http://www.poppyscotland.org.uk)

**PTSD Resolution** provides counselling for former armed forces, reservists and families  
**T: 0300 302 0551**  
[www.tsdresolution.org](http://www.tsdresolution.org)



## Workers and Volunteer's Wellbeing

### 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/](http://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](http://www.basw.co.uk/help-key-workers-scotland)

### COPE Scotland

[www.cope-scotland.org](http://www.cope-scotland.org) offers a range of tools and tips for wellbeing

### Compassion Fatigue [compassionfatigue.org](http://compassionfatigue.org)

### Iriss

For tips and information for staff resilience as well as the wider public  
[www.iriss.org.uk/resources/reports/resilience-resources](http://www.iriss.org.uk/resources/reports/resilience-resources)

### Mental Health and Wellbeing for Staff [www.learn.nes.nhs](http://www.learn.nes.nhs)

### National Wellbeing Hub [www.promis.scot](http://www.promis.scot)

**NHS Greater Glasgow and Clyde** has pulled together a number of resources to support the physical and mental health of staff.  
[www.nhsggc.org.uk](http://www.nhsggc.org.uk)

### The Scottish Social Services Council

For care providers who are providing support to people with palliative and end of life care needs  
[www.news.sssc.uk.com](http://www.news.sssc.uk.com)

### New Helpline for Staff Mental health hotline for social care staff in Scotland

The health and social care workforce mental wellbeing support line (**0800 111 4191**) operated by NHS 24 on a 24/7 basis

### 5 Ways to Wellbeing at Work Toolkit [www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf](http://www.mentalhealth.org.nz/assets/5-ways-toolkit/Five-Ways-to-Wellbeing-at-Worknew.pdf)

**You Cannot Pour** from an empty cup  
Hints and tips for people caring for others on making sure you also make time for you  
[www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/](http://www.qnis.org.uk/blog/you-cannot-pour-from-an-empty-cup/)



## Youth

### **Al A Teen (for teenagers affected by others alcohol misuse)**

[al-anon.org/newcomers/teen-corner/alateen/](http://al-anon.org/newcomers/teen-corner/alateen/)

### **Article on COPE Scotland's website which maybe of interest**

[www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown](http://www.cope-scotland.org/index.php/latest-blog/being-young-in-lockdown)

### **Beat Eating Disorders**

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

Helpline: 0808 801 0677

Studentline: 0808 801 0811

Youthline: 0808 801 0711

### **Child Bereavement UK**

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

### **DRC Youth Project**

Provides free activities and support for young people aged 8-26. Specialise in youth employability and use holistic methods with CLD at the core Twitter: [@DRCYouthProject](https://twitter.com/DRCYouthProject)

### **G15 Youth Project**

Voluntary organisation based in Drumchapel Glasgow; support Youngsters aged 12-25  
[www.facebook.com/g15youth](https://www.facebook.com/g15youth)

### **How to Help an Addicted Parent**

[www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent](http://www.childrenssociety.org.uk/advice-hub/how-tohelp-an-addicted-parent)

### **Lifelink Youth**

T: 0141 552 4434

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

### **Papyrus**

A specific young people's suicide prevention charity

[papyrus-uk.org](http://papyrus-uk.org)

T: 0800 068 41 41

Text: 07860 039 967

### **Parent Helpline**

T: 0808 802 5544





### Royston Youth Action

Provide facilities for recreation, education or leisure time for young people, children and families residing or working in their area of operation.

**[roystonyouthaction.co.uk](http://roystonyouthaction.co.uk)**

### Storm Break

Aim to improve children's mental health through movement, equipping them with sustainable, transferable skills and coping strategies to thrive during the complex demands of growth into adult life.

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

**Sandyford, NHS GG&C** is delighted to inform you that they are opening a sexual health clinic for 13-17 year olds in Glasgow City Centre on Saturday afternoons.

Starting on the 5th June, the clinic will run from 12.30-3.30, with twelve appointments available. The clinic will run from the Simon Community Hub, 389 Argyle Street, Glasgow, G2 8LR, which is a short walk from Central station.

We are grateful to the Simon Community for the use of their excellent, youth friendly, premises.

Due to COVID 19 restrictions, these clinics are not drop in, young people must book an appointment and can do this online or by phone **0141 211 8130**.

The services available at this clinic include: Asymptomatic sexual health screens, BBV testing, Oral and injectable contraception, Implant insertions and removals, Emergency contraception, Condom provision.

### Take Break Scotland

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

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

### The Mix Helpline

Life's tough, we know that. It can throw a lot your way and make it hard to know what to do with it all. So, welcome to The Mix. Whether you're 13, 25, or any age in between, we're here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts you have. We give you the information and support you need to deal with it all. Because you can. Because you're awesome. We'll connect you to experts and your peers who'll give you the support and tools you need to take on any challenge you're facing – for everything from homelessness to finding a job, from money to mental health, from break-ups to drugs. We're a free and confidential multi-channel service. That means that you choose how you access our support, without the worry of anyone else finding out. Whether it be through our articles and video content online or our phone, email, peer to peer and counselling services – we put the control in your hands. You can even volunteer with us too.

**T: 0808 808 4994**

**[themix.org.uk](http://themix.org.uk)**

### Young Minds

**T: 0800 018 2138**

### Young Minds' Parents Helpline

Available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition

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

### Young Entrepreneurs

Resource page for young entrepreneurs, inventors & creatives

**<https://www.glasgowlife.org.uk/libraries/finding-work/young-entrepreneurs>**





## Things to do



### Glasgow Life Libraries

A wide range of online services and digital offers can be found at

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

These include opening hours, venues open, online catalogue and library services.

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### Glasgow Life Museums

Full information on GL Museum venue opening hours **[www.glasgowlife.org.uk/museums](http://www.glasgowlife.org.uk/museums)**

Glasgow Museums' Learning and Access team have created various resources for school groups to use both in the classroom, and our museum venues. Given the likely reduction in our in-gallery programme over the coming year, we have enhanced our provision of on-line resources and will continue to add more content throughout 2021. New resources include:

- **Virtual Visit Films – short, gallery films for you to watch in class**
  - **PowerPoint lessons for secondary Art & Design and Social Subjects– featuring images of our collections, pupil tasks and discussion questions**
  - **Teachers' CPD notes to enhance your teaching practice**
  - **Facebook Bookbug sessions**
- 

### Glasgow Kidz Card

The Glasgow Kidz Card is free for all who attend a Glasgow primary school.

From free Take 2 screenings at the GFT to 10% off in Glasgow Museum shops, it's the must-have card for all kids in Glasgow. Find out more below on what it can offer.

Please note: Check with venue to see if there are any updates on pricing and restrictions due to Covid19.

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### Glasgow Film Theatre

Show your Kidz card for FREE entry for you and an accompanying adult to Take 2 screenings at the Glasgow Film Theatre (GFT) every Saturday morning at 11.30am (special screening only).

**Find out more about Take 2 listings**

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### Loch Lomond Aquarium Sea Life

50% off entry with Kidz Card. Open 10 am every day (except Xmas day).

Visit **[sealifeeurope.com](http://sealifeeurope.com)** for more information

## Museums

There's something for everyone at Glasgow museums and best of all it's free! Plus receive 10% off in the museums shops when you show your Kidz Card. Explore the collections today!

Our Museum retail shops are located at:

- Kelvingrove Art Gallery & Museum
- Riverside Museums
- Gallery of Modern Art - GoMA
- St. Mungo Museum of Religious Life & Art
- People's Palace
- The Lighthouse

**Visit Glasgow Museums for more information**

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## Paradise Island Golf

Show your Kidz Card and play a round of golf for just £4 (normal price £5).

Find out more about this offer

**<https://www.glasgowlife.org.uk/whats-on?page=1&age-range=5-11%20years&cost=Free>**

Got a question or want to apply? Call us on 0141 276 0727 (open Mon-Fri, 9am-5pm) or email us at: **[youngglasgow@glasgowlife.org.uk](mailto:youngglasgow@glasgowlife.org.uk)**

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## GL Sport and Glasgow Club

All information can be found at **[www.glasgowlife.org.uk/sport](http://www.glasgowlife.org.uk/sport)**

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## Join Glasgow Club

Glasgow Club is Scotland's largest health and fitness club; with 21 gyms, 12 swimming pools and over 1,400 weekly fitness classes. Our facilities offer something for everyone so you are bound to find something you enjoy. Join Glasgow Club today. **<https://glasgowclub.org/Pages/Home.aspx>**



The **Summer Reading Challenge** run by the Reading Agency and Scotland's libraries takes place each year.

This year children aged 4-12 can take part by visiting any of our re-opened libraries or take part online.

The challenge starts on **19th June** and **finishes on 14th August** - you and your friends and family can sign up and join in at any time from this date, but don't leave it too late to make the best of your challenge activities!

The challenge is to read **any 6 books (including e-books)** over the holidays borrowed from your local library or - you can pick your own target as this year we're all about reading for pleasure so pick a challenge that works for you.

This year's theme is **Wild World Heroes** and the Reading Agency have teamed up with **WWF** for this year's challenge.



**Not a library member yet? Cant get to a library ? Want to know more?**



## Health and Wellbeing trails from Maryhill Burgh Halls

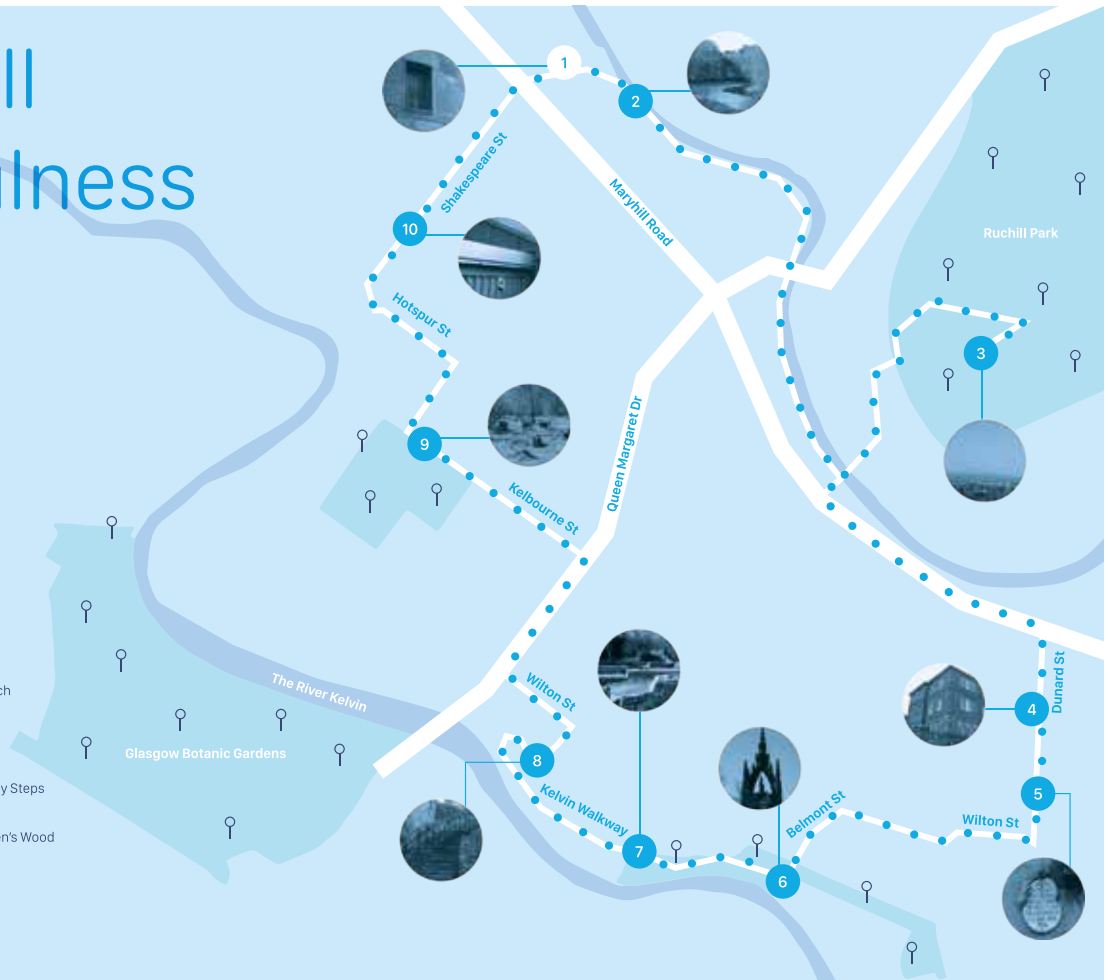
Produced by Kirsty Reid, a Museum Education MSc student from the University of Glasgow for Maryhill Burgh Halls Trust .

Explore Southern Maryhill mindfully with this trail, which will take you on a relaxing journey around landmarks in the area. Take in the sights and sounds as you pass by a community meadow, a Mackintosh church and a ruined mill. At each stop on the trail you will be guided through a brief mindfulness exercise that will allow you to remain present in the moment and free from any worries.



# Maryhill Mindfulness Trail

- 1 Start Point: Ruchill Church Hall
  - 2 Canal
  - 3 Ruchill Park Flagpole Viewpoint
  - 4 Dunard Street School
  - 5 William Primrose Plaque
  - 6 Kelvin Stevenson Memorial Church
  - 7 North Woodside Flint Mill
  - 8 Alexander 'Greek' Thomson's Sixty Steps
  - 9 North Kelvin Meadow and Children's Wood
  - 10 Shakespeare Street Youth Club
- ● ● Walking route



## Maryhill Mindfulness Trail

Explore Southern Maryhill mindfully with this trail, which will take you on a relaxing journey around heritage landmarks in the area.

To begin, take a moment to observe how you feel. Tune in to how you feel mentally and whether this matches how you feel physically. With this in mind, begin the trail at the Ruchill Church Hall on Shakespeare Street.

### 1. Ruchill Church Hall

This Church was designed by Charles Rennie Mackintosh. Take a moment to pause and look closely at the architectural details. Notice the curved lines and various colours of the bricks slotted together. Can you think of any other buildings in Glasgow that have these features?

*With the Church Hall on your right, walk up Shakespeare Street and turn right onto the Canal pathway.*

### 2. Canal

As you walk along the pathway, listen out for the sounds around you. What can you hear? Try to walk mindfully as you follow the curving path, noticing the rhythm of your feet, placing one in front of the other.

*Take the bridge over to the Murano Street Student Village, and pass through to Calthness Street. Follow the road around to the left onto Murano Street, and from here head up the path into the park to the viewpoint at the top of the hill.*

### 3. Ruchill Park Flagpole Viewpoint

Take a few deep breaths and breathe in the air. As you do this keep a soft gaze over the horizon and take note of today's weather. Is the sky full of clouds or a bright blue? In the 19th Century the area around the canal was the hub of several local industries including the Rubber Works and Glassworks. Imagine standing here 150 years ago, and seeing the thick smoke from the chimneys rise up into the air.

*Head back down to the bridge onto the canal walkway and continue on to Maryhill Road. Turn right onto Dunard Street.*

### 4. Dunard Street School

As you leave Maryhill Road you are now crossing the old Burgh Boundary. Notice the two playgrounds of Dunard Street School. As you can see from the entrances these used to be separated by gender but today they are separated by age. Think of a playground game you used to play when you were a school pupil. What emotions or feelings are conjured up when you think back to this time?

*Continue past the school onto Wilton Drive.*

### 5. William Primrose Plaque

At No.18 Wilton Drive, look up at the first floor level to see the William Primrose Plaque, which commemorates the birth of the Viola player. William Primrose went on to become an acclaimed musician, and he even has a star on the Hollywood Walk of Fame! Think of your favourite song. Play it in your head as you walk along to the next stop.

*Continue down to the end of Wilton Drive and turn right onto Wilton Street. Follow the road along until you reach Belmont Street and turn left to reach the church.*

### 6. Kelvin Stevenson Memorial Church

Take a moment to pause, and starting from the top of the tower, look carefully at all of the small details, letting the tall vertical lines guide your eyes down and around the windows.

Try to find the carved animals on the sides of the tower. Once you have done this, notice if your breathing is calmer or more steady. Do you feel more relaxed?

*If you continue down Belmont Street to Great Western Road the various cafes and eateries there serve as an ideal place to have a break. To continue the trail, head down the steps to the Kelvin Walkway opposite the church.*

*For a step-free route, take a left onto Doune Gardens, then a right onto Kelvinside Terrace to rejoin the trail at the top of Alexander 'Greek' Thomson's Sixty Steps.*

### 7. North Woodside Flint Mill

Before producing flint for pottery, the North Woodside Mill produced barley and corn. Observe the ruins of the old mill. Try to visualise what the rest of the building might have looked like. Imagine the sound of the grains being grinded between the millstones and what the mill might have smelled like.

*Head right along the Kelvin Walkway. As you walk along the path, take note of the trees around you. Observe the current colour of the leaves. Are they starting to bloom in fresh greens or pinks or beginning to rust and curl up?*

### 8. Alexander 'Greek' Thomson's Sixty Steps

Take a right off the Kelvin Walkway at the sign for Thomson's Sixty Steps. Count each step in your head as you climb up. If your mind goes elsewhere, bring your attention back to the numbers. At the very top stands one of the original lampposts from the 1870s. Imagine what the steps would have looked like at night in the darkness, with only the lampposts to guide your way.

*Take a left onto Wilton Street, then a right onto Queen Margaret Drive. Take a left onto Kelbourne Street to reach the North Kelvin Meadow.*

### 9. North Kelvin Meadow and Children's Wood

The meadow was originally the site of a bandstand for the Kelvinside Racecourse. Today, it is used as a community garden for the residents of Maryhill. Try to find three different species of plants or flowers planted in the meadow. Do they have a strong scent? Take a moment to appreciate their colours.

*Exit the Meadow and continue to follow the road to Hotspur Street. Take a left and this will lead you to Shakespeare Street on the right. Continue until you reach Shakespeare Street Youth Club opposite Amisfield Street.*

### 10. Shakespeare Street Youth Club

Established in 1917, the Youth Club is the oldest in Scotland. Notice the vertical lines running up and down the roof and the walls. Let your eyes scan the building from left to right, following the zig-zag pattern of the lines.

*If you continue along Shakespeare Street you will return to the start point.*

Take a moment to reflect on how you feel. How does this compare to how you felt at the beginning of the trail?

We hope you enjoyed a relaxing walk around old and new Maryhill. If you like, you can use the techniques in the trail to create more mindful moments in your daily routine.



Central Maryhill History and Heritage

# Maryhill

## Walking Trail



Maryhill Burgh Halls Trust presents a free, self-guided walking tour through old and new Maryhill, lasting between 1 and 2 hours





# Welcome to Maryhill

**MARYHILL** - a part of Glasgow often overlooked on the standard tourist trails, something which this walking guide aims to help change!

Sandwiched between the peaceful, sunken green corridor of the valley of the river Kelvin, and some stunning city views from the raised portions of the Forth & Clyde Canal, municipal Maryhill features a surprising amount of historic buildings, interesting architecture and important social and industrial heritage.

Come along and find out more...

The walk is a circular route, and can take around two hours at a reasonable pace - although there are also shorter versions that take around 60 or 90 minutes respectively.

A map of the route, featuring key locations, can be found in the centre pages of this booklet. It's also available online and in other formats - see the back page for more details.

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

## Transport

You can get to the starting point of the walk in several ways...

**By Car:** the postcode for the Maryhill Burgh Halls is G20 8YE. Gairbraid Avenue is closed to traffic, so turn off Maryhill Road at Kelvindale Road, then turn right up Burnhouse Street, and you will find Gairbraid Avenue on the right. On street parking is usually available in the vicinity.

**By Bus:** Maryhill Road is well served by buses to and from the city centre; alight outside Maryhill Library, directly opposite the Burgh Halls. From town, services 60 and 61 pass the Halls. From Byres Road or Hillhead Subway station, look for a northbound 19 bus (Summerston). See [www.travelinescotland.com](http://www.travelinescotland.com) for more details and times.

**By Train:** The nearest mainline station is Maryhill, situated about 20 minutes walk (1km, 0.6 miles) north of the start point, straight along Maryhill Road. For more details, see [www.scotrail.co.uk](http://www.scotrail.co.uk). Hillhead and St Georges Cross Subway stations are also about 20 minutes walk to the south.

**By Bike:** The canal forms part of National Cycle Route 754; more info at [www.sustrans.org](http://www.sustrans.org). Bike racks can be found nearby on Maryhill Road and within the courtyard behind the Fire Station Gates. **3**

**By Boat:** The Forth & Clyde Canal provides easy access to Maryhill and the Burgh Halls. Access on foot from the canal to the starting point can be found at the top of Burnhouse Street, and there are mooring facilities near the former White House pub (Point 13 on map), by Lock 21. Full details can be found at [www.scottishcanals.co.uk](http://www.scottishcanals.co.uk)



## 1 Starting point: corner of Gairbraid Ave & Maryhill Road

It was the coming of the canal in 1790 which led to the foundation of Maryhill as a township in its own right. When the owners of the Gairbraid estate, Mary Hill and her husband Robert Graham, sold the first land in January 1791, they stated that “the feuer is required to make the road or street through the town of Mary’s Hill from the toll road towards the Water of Kelvin”. The family gravestone - featuring Mary Hill’s name - can still be seen today in the churchyard at Glasgow Cathedral. Maryhill - known earlier by the name Kelvindock or Drydock - became an independent police burgh in 1856. The centre of Maryhill was once further north from here, by Maryhill Cross [12] - but with the opening of the new Burgh Halls, what was considered Maryhill was gradually moving further south.

## 2 Maryhill Burgh Halls

*“The new buildings, which are handsome in appearance and a decided ornament to the locality, have been treated, architecturally, according to the French Renaissance style.”*

*- Glasgow Herald, 1878*

The Burgh Halls and adjoining police

station opened on April 26th, 1878, and were designed by the architect Duncan McNaughtan. In the building were twenty stained glass panels, designed by Stephen Adam, depicting the varied trades and occupations of the area, at the time. This walk will highlight a number of the buildings and scenes depicted in the panels.

The main Hall sat over 900 people, and ran lengthwise along Maryhill Road. To the left on Gairbraid Avenue, the lower building formed the Police Station, including “15 cells, four of which have been specially designed for the accommodation of drunks”.

Derelict for many years, the Halls were regenerated as a modern community hall, heritage display spaces, nursery, studios and office spaces, all entered through the Fire Station courtyard. Our cafe is open 7 days - why not come and visit us?

**Maryhill  
Burgh Halls**

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➔ *Head along Gairbraid Avenue away from Maryhill Road.*

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## 3 Fire Station Arches & Courtyard

Behind the four sandstone archways lies the entrance courtyard for the Maryhill Leisure Centre, as well as the restored Maryhill Burgh Halls complex.





*Andy Scott's  
gates at the Fire  
Station Arches*

The courtyard is the site of the former Maryhill Fire Station, constructed in 1892, by City Engineer A.B. McDonald. The stunning metal gates, showing firemen in period dress and equipment, are designed by sculptor Andy Scott, and fill the four archways that fire engines once drove through. Until the late 1960s, a 3-storey tenement stood above, in which the firemen lived.



*Maryhill Baths  
& Wash-houses*

#### **4 Maryhill Baths & Wash-houses**

The Baths and Wash-houses were opened in 1898, after the Burgh of Maryhill had become part of the city of Glasgow. The city's Coat of Arms can be seen over

the old entrance just round the corner in Burnhouse Street.

A description when it opened stated that the pool was 75ft by 35ft, and that "there will be 6 hot baths for women, a private wash-house, and 35 washing stalls with drying stoves." Today, the building is thriving again as a busy swimming pool,

*Gairbraid  
Public School*

leisure & fitness centre. The whole series of buildings - from the Burgh Halls to the Baths - are all now listed buildings, recognising their historical and architectural importance.

*➤ Carry on along Gairbraid Avenue, then take the second left down Balfour Street.*

#### **5 Site of Gairbraid Public School, Burnhouse Street**

The island of land surrounded by Burnhouse Street, Gairbraid Avenue, Balfour Street and Kelvindale Road once held the Gairbraid Public School. It was built for the Maryhill School Board in 1898, and demolished a few years ago after a fire. It will soon be the site of a brand new health centre for the area.

*➤ At the bottom of the hill, turn right onto Kelvindale Road.*





## 6 Maryhill Barracks Wall

As we head down Kelvindale Road, across the road on our left is the tall, dark wall that once protected Maryhill Barracks from invaders - and perhaps protected Maryhill from the soldiers stationed there! You can still see bits of broken glass on the top of some sections



of the wall to discourage climbing over it. A description of the Barracks from 1877 notes that, "The surrounding district is rich in scenes of natural beauty, and when viewed from the aristocratic terraces of Great Western Road, the architectural features of the barracks serve greatly to enhance the general effect of the landscape." We will pass the main entrance to the Barracks <sup>[25]</sup> later.

## 7 Site of Gairbraid House

Up to to the right, at the end of what's now Kelvindale Gardens, once sat one of the largest and grandest houses in the area - Gairbraid House. Dating from 1688, it was rebuilt in 1789, but later demolished. The driveway to the house, once lined with trees, became the route of Gairbraid Avenue.

✦ Just after passing St Gregory's RC Church (1971, by Cordiner, Cunninghams & Partners) on the right, and just before the road crosses over the Kelvin, turn right off the street onto the tarmac path leading down into the trees - part of the Kelvin Walkway.



Gairbraid House

## 8 Site of Kelvindale Paper Mill

Directly across the river was the enormous Kelvindale Paper works, which started life as the Balgray mill in the 18th century. The factory itself closed in the 1970s, and the site was developed for housing, which can be glimpsed through the trees. A few of the company houses survive on the opposite bank, and as we carry on up-river, we'll shortly pass a dramatic V-shaped weir across the river that fed the mill lade for the factory.

One of the stained glass panels made for the Burgh Halls featured a Papermaker, working in one of the two paper companies that were manufacturing in the area at the time.

✦ Ignoring the first path on the right, take the fork down to the left, along the river past the weir.

Maryhill Barracks Wall

Stephen Adam's 'Papermaker' stained glass panel







V-shaped weir

## 9 Disused railway lines & V-shaped weir

This section of the Kelvin Walkway follows the route of the former Glasgow Central railway line (to the south it ran under the Botanic Gardens and Great Western Road, emerging at Kelvinbridge). The evidence of the many railway lines that criss-crossed the area are shown by the number of abandoned bridge piers standing in the river, now often providing an excellent perch for a heron or other wildlife, but once serving the many factories and industries that used the Kelvin for water or for power. Find out more about the Kelvin, its history and wildlife with the Friends of the River Kelvin (FORK): [www.fork.org.uk](http://www.fork.org.uk)



The Burgh seal

⚠ *Don't go under the aqueduct, instead re-join the tarmac path to the right, heading up the steep zig-zag slope, signposted as taking you up to the Forth & Clyde canal.*

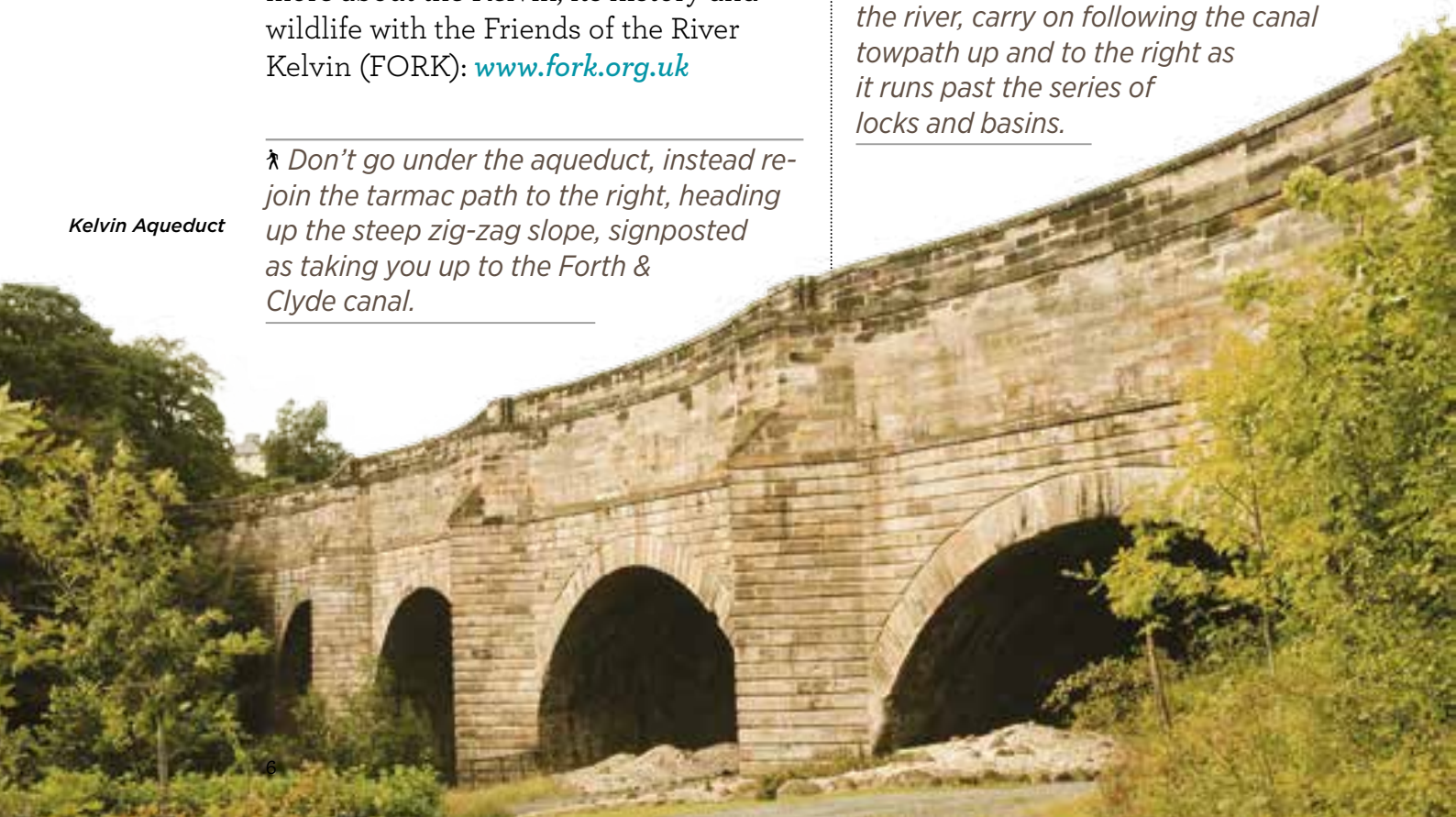
Kelvin Aqueduct

## 10 Kelvin Aqueduct

On the canal, turn to the left, and walk out onto the middle of the aqueduct - there are great views looking back down the Kelvin valley where we've just come from. The aqueduct you're standing on is a scheduled ancient monument, and at 400 feet long, and 70 feet high, when it opened in 1790

was one of the largest to be built since Roman times. The engineer in charge was Robert Whitworth, and the cost of the construction, at £8,500, almost bankrupted the canal company. On completion it became a tourist attraction, drawing admirers from far and wide. The aqueduct was so important to Maryhill that it featured on the Burgh Seal - with a steamboat passing over it, and symbols of the industries of the town below.

⚠ *Don't go any further across - historically the Kelvin was the traditional boundary of Maryhill, so if you follow it any further across the river, you'll go outside the scope of this guide! Instead, go back the way you came, but instead of going back down to the river, carry on following the canal towpath up and to the right as it runs past the series of locks and basins.*





## 11 Maryhill Locks

The series of basins and locks here form one of the most picturesque and dramatic parts of the Forth & Clyde Canal. The five locks climb over twelve metres to reach the summit stretch of the canal - the basins were designed to allow multiple ships to use them at once, preventing a bottleneck on this busy section of the canal. You can find out more about the canal with the Waterways Trust:

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



## 12 Kelvin Dock/Maryhill Cross

Opening off one of the basins near the top of the series of locks is an old dry dock, known as Kelvin Dock. This, and the land to the left of it, (now with some picnic tables and making a good spot to have some lunch), was actually built as a repair facility for the canal in the 1790s. It later developed as a boat building yard owned by Swan & Co. from 1842, and lasted until 1949. The boatyard built a variety of ships including the first puffers, and other prefabricated ships. Some of these were launched sideways into the canal.

A boatbuilder features in one of the stained glass panels - and the boat shown there features a swan on the side. David Swan was Maryhill's first Provost in 1856, and initially lived in a mansion called



*Kelvin Dock and Maryhill Cross, 1960s*



*Stephen Adam's 'Calico Printers' stained glass panel*

Collina, on the hill overlooking the canal, near the high flats.

Just beyond the dock, where the traffic junction is, was the original Maryhill Cross. The tenements that stood here were demolished in the 1960s. Behind it and down to the left was the Dalsholm printfield, whose female workers - wearing clogs and standing on duckboards because of all the water sloshing about - are featured in one of the stained glass panels.

The area is known as the Butney, assumed by many to be a reference to Botany Bay, but more likely deriving from the historic connection to the former printworks nearby.

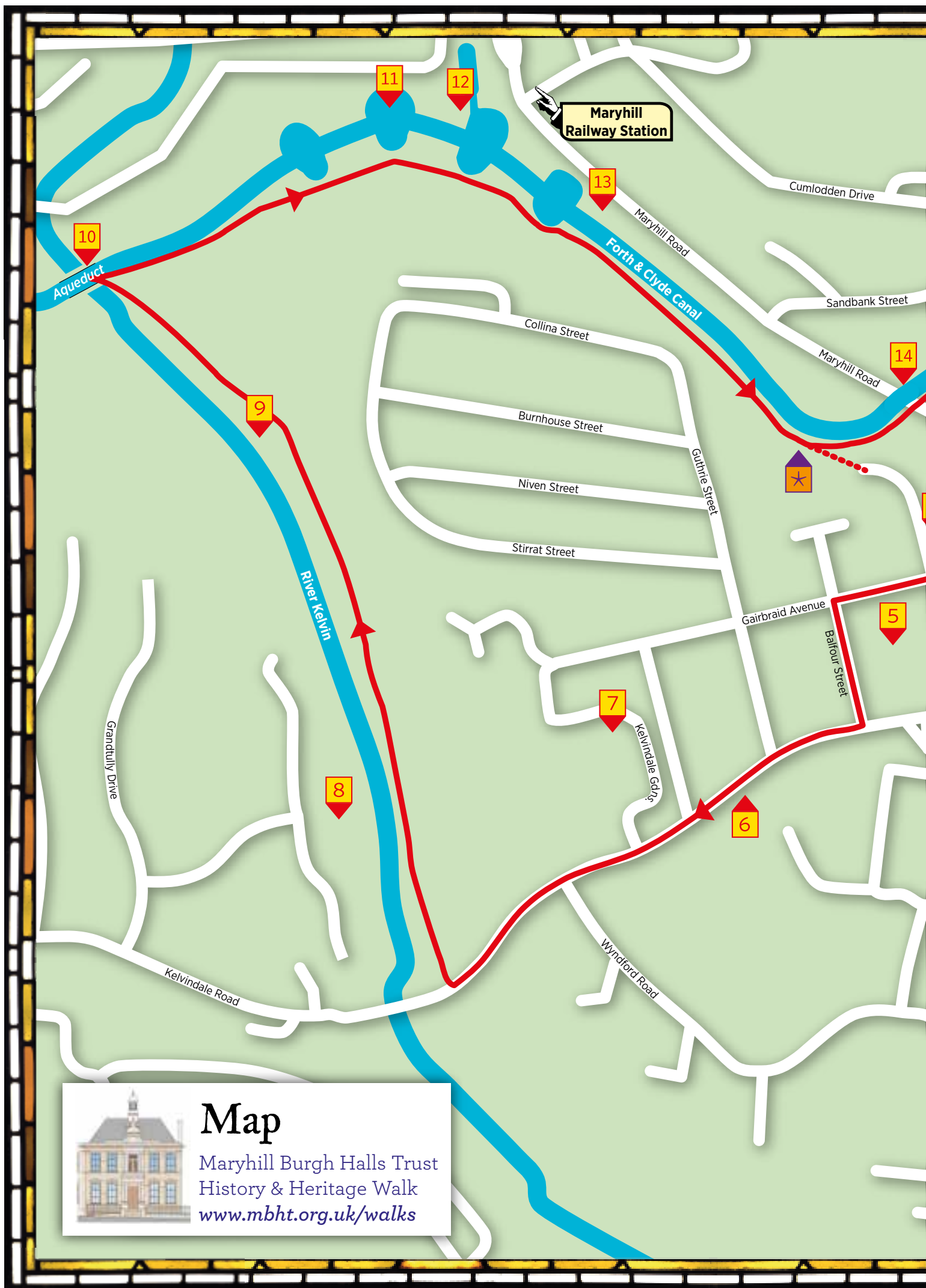
*Maryhill Locks*

## 13 White House Pub

Just past the footbridge over the canal at the top of the locks, is a long, low white-painted building, known as the White House. Built around 1810 by John Walker as a pub, it was later Maryhill's first post office, and then a long line of different pubs. To the left, the modern bungalow is on the site of a house where the tenant was required to have ale available at any time of day or night for the canal workers.



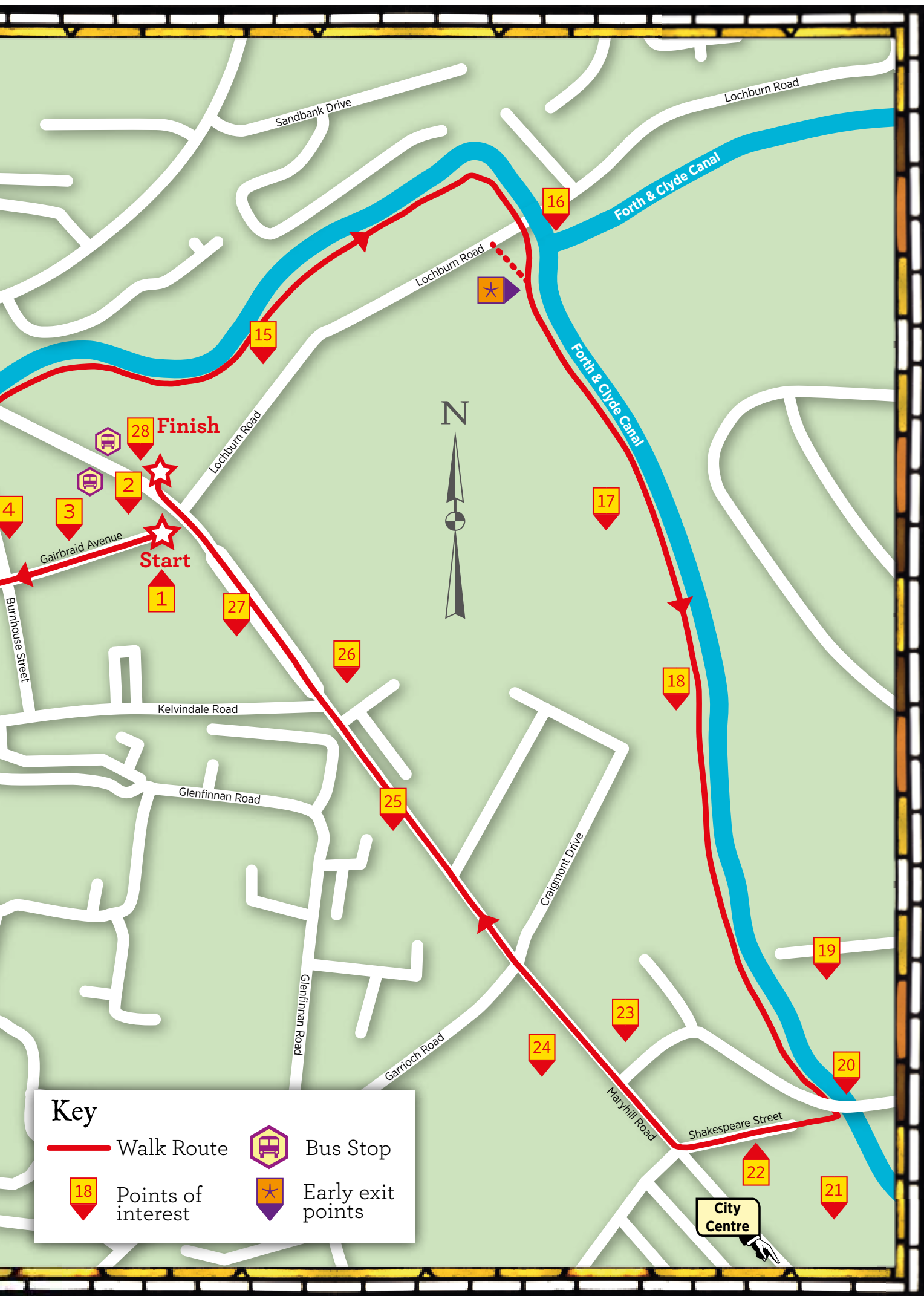
*White House Pub*



## Map

Maryhill Burgh Halls Trust  
History & Heritage Walk  
[www.mbht.org.uk/walks](http://www.mbht.org.uk/walks)





➤ Continue following the canal towpath along to the point where it crosses over Maryhill Road. The exit to the top of Burnhouse Street is just before this on the right ☒ and provides a good stopping point for the shorter version of the walk, bringing you back out past the United Presbyterian Church of 1859, later Gairbraid Church, by the Baths & Wash-houses [4]. Otherwise, continue following the towpath.

Stephen Adam's  
'Canal Boatman'  
stained glass  
panel

#### [14] Aqueduct over Maryhill Road

From the bridge over Maryhill Road, to the south, a good view of the back of the Burgh Halls can be seen. In the distance, the flagpole marks the viewpoint at Ruchill Park. Across the canal to the left, the prominent tower is that of Maryhill High, originally the Free Church. Now converted to flats,

this spire features in the Canal Boatman stained glass panel.

#### [15] Maryhill Engine Works

Following the canal path around the bend, and just visible is the back of a brick industrial building - originally the Kelvin Foundry of 1837, then the Clarkson Brothers Maryhill Engine Works from 1873. This was immortalised in one of the stained glass panels - it's likely

Maryhill Engine  
Works and  
Stephen Adam's  
'Engineers'  
stained glass  
panel



that the bearded gentleman with the paper is either John or James Clarkson. This building is one of few to still exist from when the panels were made in 1878, and remarkably is still in use as an engineering works today.

#### [16] Canal Stockingfield Junction & Stop Lock

A few minutes walk further round the canal is Stockingfield Junction. If you were to follow the canal branch across to the left for a few miles, you'd reach the recently restored Lambhill Stables [www.lambhillstables.co.uk](http://www.lambhillstables.co.uk), then Falkirk and, eventually, the River Forth. We're following the right branch, towards Port Dundas basin in the centre of Glasgow. Just visible along the Falkirk branch is the remains of a stop lock - constructed during World War II to help prevent too much water being lost and pouring down into the town in the event of the canal being hit by enemy bombs.

➤ To exit early here take the path on the right ☒ just past the junction onto Lochburn Avenue, and follow the road back down to Maryhill Road, and the start point of the walk.

Otherwise, continue following the towpath.

#### [17] Site of Iron Works

There were a number of iron works in the area: the Ruchill Iron Works, the Maryhill Iron Works (which stood where the modern industrial buildings on the right hand side are), and the famous Shaw & McInnes works near Firhill, which was still in operation until 2001.





The importance of this industry to the area is shown by one of the stained glass panels featuring iron moulders at work. Also hidden amongst the buildings on the right is the Maryhill FC stadium - one of the oldest junior clubs in Glasgow, dating back to 1884.

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➤ *Carry on along the canal towpath.*

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### **18 Canal Spillway**

Look over the wall to your right to see a canal spillway - to help let excess water run off and maintain the level of the canal.

A small overgrown inlet on the far bank of the canal here is all that's left of what once formed a much larger basin serving the Ruchill Saw Mills - another type of industry once common in the area, with the large basin on the canal at Firhill also being used in similar way. A sawyer features on one of the most striking stained glass panels - with the whirring blade of a saw very close to his bare hands!

### **19 Site of Lead & Colour Works**

On the left, behind the building with the faded mural celebrating the areas connection to the canal, was the Bryant & May match factory, producer of the

famous Bluebell matches until 1981. In the foreground, and across the bridge ahead was Alexander Fergusson's Lead and Colour Works. On the near bank was the site of the former Kelvin Chemical works - it's possible it's one of these companies that was featured in Adam's Chemical Workers panel.



Stephen Adam's  
'Sawyer' stained  
glass panel



Bascule Bridge

### **20 Bascule Bridge**

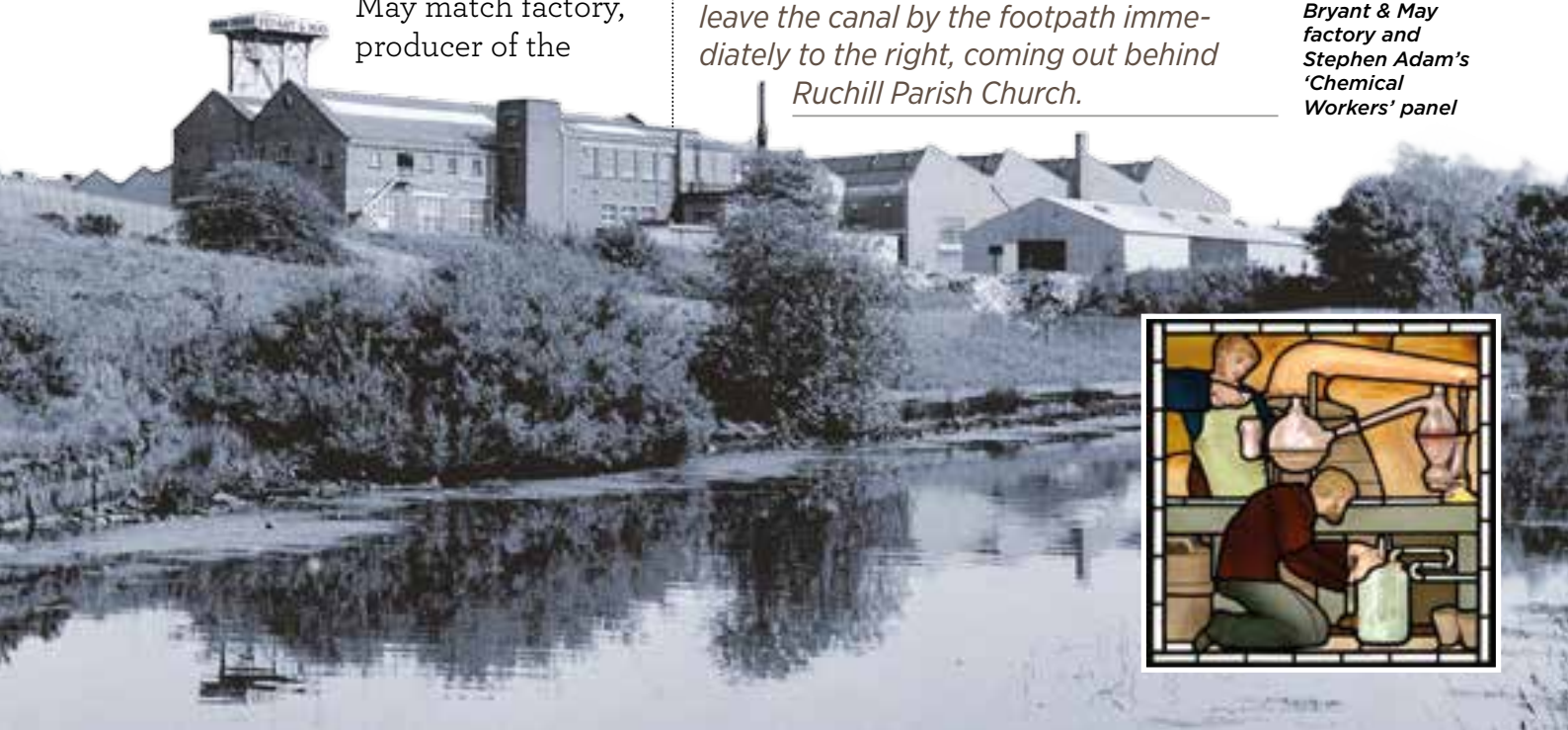
The bridge that takes the road over the canal is a modern replacement for a bascule bridge - a narrow structure that could be raised and lowered to allow canal traffic to pass - which was replaced as part of the canal Millennium works.

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➤ *Carry on under the bridge, and then leave the canal by the footpath immediately to the right, coming out behind Ruchill Parish Church.*

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Bryant & May  
factory and  
Stephen Adam's  
'Chemical  
Workers' panel



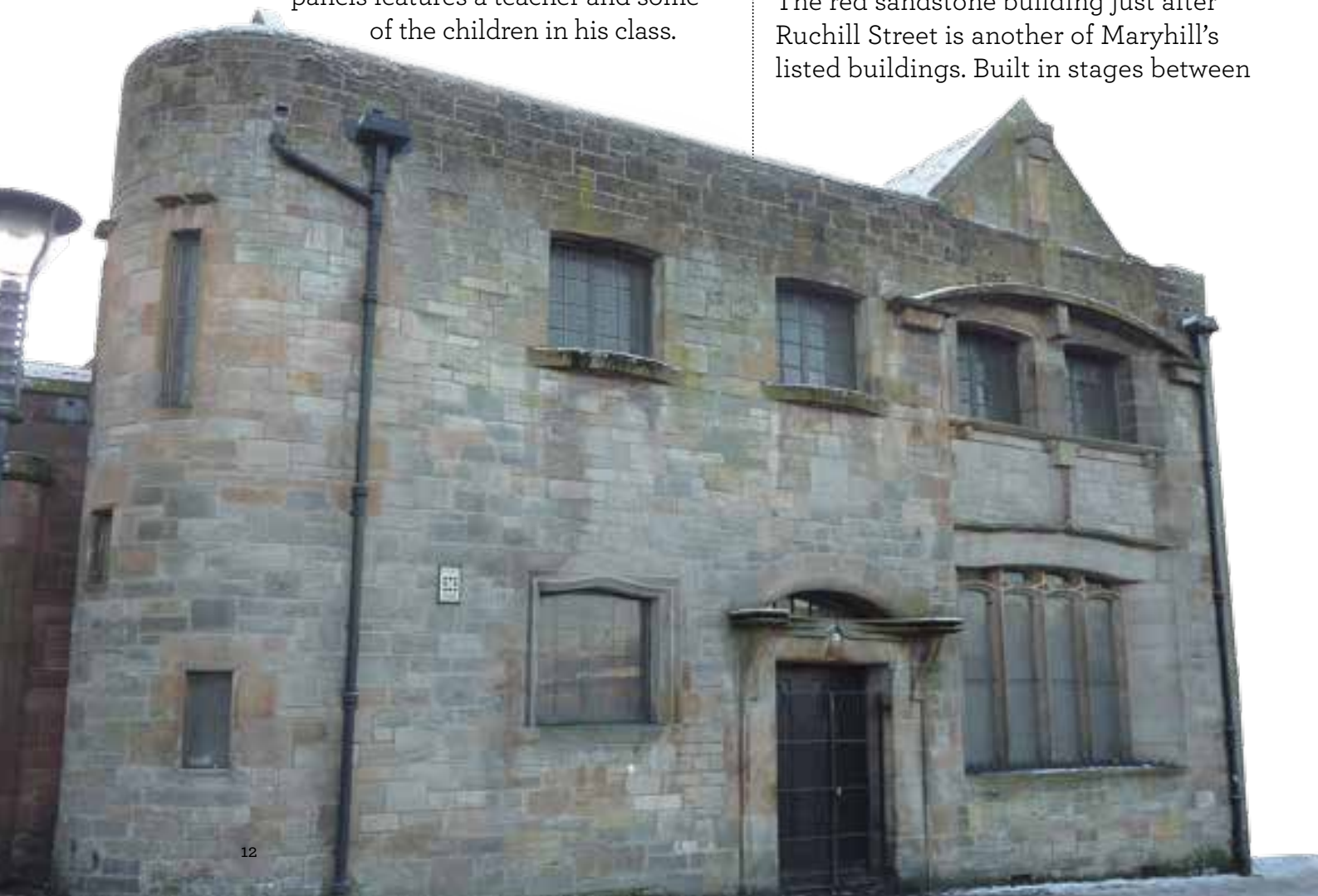


East Park

## 21 East Park

To the left can be seen the modern buildings forming East Park School, and beyond, the sandstone building with a tower that was its original home. As of 1895, there were three schools in the area: Maryhill Public School, Church Street Public School, and East Park Public School. More recently, Roy Rogers and his horse Trigger visited East Park in February 1954. One of the stained glass panels features a teacher and some of the children in his class.

Mackintosh's  
Ruchill  
Church Hall



➤ *Head down Shakespeare Street past the Ruchill Church.*

## 22 Mackintosh's Ruchill Church Hall

The low building just past the red sandstone church is one of the more famous buildings in the area - a church hall, designed by Charles Rennie Mackintosh. The Hall dates from 1899 - pre-dating the church next to it - and the tea-room here (*open Mon-Fri, 11am-3pm*) makes a great place to stop for a break and a look around the interior, little changed from when it first opened, complete with original and detailed doors, folding partitions and decorative roof trusses.

➤ *Carry on down Shakespeare Street to where it meets Maryhill Road at the Viking Bar. Turn right, and head up Maryhill Road.*

## 23 Glasgow Soldiers Home

The red sandstone building just after Ruchill Street is another of Maryhill's listed buildings. Built in stages between





1892 and 1899 as the Glasgow Soldier's Home (hence the GSH lettering above the main entrance), by Mrs Alice Osborne as part of the Mission to Garrisons - it had a tea room and quiet room, and was designed to help soldiers avoid the temptations of alcohol. It later became Maryhill Trades Union Centre, and ironically, it is now a pub.

## 24 Maryhill Central Station

Directly across Maryhill Road from the Soldiers Home was the site of Maryhill Central Station and goods yard. This had opened as the Maryhill Barracks station in 1894; and closed to passenger traffic in 1964. Before then it was the site of Kelvinside Quarry, from where many of the stones on the Barracks wall were sourced. The supermarket and car park occupying the site now are actually built on stilts, above the cutting the railway lines ran in. Planning conditions for the site mean that these cuttings remain accessible to allow for the possibility for the railway line to be re-opened at some point in the future.

## 25 Barracks Entrance

Just past the supermarket, on the left, the familiar Barracks wall reappears, and is marked on the corner with a stone plaque explaining its history. The Barracks were a major feature of Maryhill from 1876; despite its closure and demolition in the early 1960s, the wall surrounding the Barracks remains, as does the gatehouse, just to the left of the main entrance, opposite the police station.



*Barracks entrance, c. 1908 and Stephen Adam's 'Soldiers' stained glass panel*

*Inside the barracks, c. 1903*





**Barracks  
Entrance today**



The Soldiers stained glass panel shows two guards in the gatehouse: this is more famous in latter years as having held Rudolf Hess overnight after his flight to Scotland during WW2. From 1920, the Barracks were known as the home of the Highland Light Infantry - a pub named after the HLI once stood nearby.

The Wyndford housing estate on the site of the Barracks won a Saltire Society Award in 1968 for its design and layout, much of which was based on the street pattern of the barracks buildings it replaced.

➤ *Continue heading up Maryhill Road.*

**Castle Brewery**



## **[26] Castle Brewery**

Where the modern police station now sits was once the site of the Castle Brewery, which had opened in October 1889, and had a capacity to produce over 30,000 barrels per annum. Before that the site was Robert Jeffrey's Cotton Spinning Factory.

## **[27] Site of Roxy Cinema**

On the left is the Elephant & Bugle pub, taking its name from the emblems on the HLI badge, and a long, low line of shops mark the site of what was once Maryhill's grandest

**Maryhill  
Library, c. 1910**



cinema - the enormous Roxy. Named after the New York cinema that was the largest in the world, Maryhill's Roxy opened in 1930, and originally sat over 2,200 people in both stalls and balcony seats. The steelwork for its construction came from just up the canal, at the nearby Lambhill Ironworks. The cinema closed and was demolished in 1962.

➤ *Continue up Maryhill Road, near to the start of the walk, just past the junction with Lochburn Road, Maryhill Road and Gairbraid Avenue.*

## **[28] Maryhill Library**

Facing the side of the Burgh Hall is Maryhill Library, opened in 1905, and one of the libraries built thanks to the generosity of Andrew Carnegie. Now a listed building, the architect was James R Rhind, and in common with many of his library designs, there was a separate entrance for Boys and Girls to keep them out of the way of the adults! In contrast,

**Roxy Cinema**





the sculpture above the main entrance is a stunning piece depicting a woman and children reading together. The library features illustrated displays on the history of the area.

Across the road, the tall windows give a glimpse into the restored interior of the main Burgh Hall itself. The small square windows are where the stained glass panels that have illustrated much of our route were designed to sit.

Find out more about the stained glass, and the history of the area at

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

*That completes the Maryhill Walk - we hope you enjoyed it!*



## Image credits

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Design & layout by Ian Corcoran ([ianc@mac.com](mailto:ianc@mac.com))

## Disclaimer

Every effort has been made to make sure the information contained here is accurate and up-to-date at the time of going to press. No responsibility can be taken for any inaccuracies, errors or omissions, and anyone choosing to do this walk does so entirely at their own risk. We would be pleased to be informed of any corrections for a future edition. See back page for contact details.

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## Maryhill Burgh Halls regeneration project funders



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- Scottish Government Wider Role Fund
- Vacant and Derelict Land Fund



- Cities Growth Fund 2006 - 2009
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[www.maryhillburghhalls.org.uk](http://www.maryhillburghhalls.org.uk)

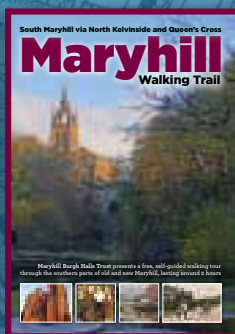
This walking trail is one of three covering the Maryhill area, produced by Maryhill Burgh Halls Trust. This is just a taster of the history and heritage Maryhill has to offer - there's lots more to see and do. To find out more, visit the Maryhill Burgh Halls website or look out for the other walking guides to the area. Large print and electronic versions can also be found on the website.

If you've done this walk, please let us know! Drop us an email at [walks@mbht.org.uk](mailto:walks@mbht.org.uk) or ring 0845 860 1878. All comments, suggestions, corrections, stories, memories or photographs are welcomed! Everyone who gets in touch to let us know what they thought of this walk will be entered into a regular prize draw to win some Maryhill stained glass window merchandise.

More information at [www.mbht.org.uk/walks](http://www.mbht.org.uk/walks)

“MARYHILL possesses in itself and in its environs such strong attractions of scenery as draw many visitors from Glasgow, and exhibits for the most part a well-built, pleasant appearance.”

*Gazetteer of Scotland, 1884*



This is one of a series of walking trails in the Maryhill area. If you've enjoyed this walk, why not look out for the other volumes?

Download the free interactive iOS/Android app version of the walks for even more information.





# Wee steps can make a **big difference**

## Tips for journaling



### What is journaling?

There are many kinds of journals. The tips here are for journaling which can help setting goals to support wellbeing and capture your own thoughts in a way which helps you get to know yourself better. Journaling means writing down how you are feeling, or what you are thinking. When we put pen to paper and see something written before us, it can often make it easier to understand what we are thinking and may help us begin to work through what we need to do to help regain a sense of balance and wellbeing.



### Journaling in therapy

Some people experiencing particular challenges e.g., around trauma may find journaling useful. However, please note, this is something best done with professional support. While using journals for some lifestyle changes or choices, or for improving is something which we can do ourselves. Using journaling in a therapeutic way can bring up many emotions and feelings and its important you have appropriate support from someone who is qualified and experienced enough to help you work through this.

### Journaling and goal setting

How often do we say, we want to be happier, more confident, feel better? But what does that actually mean? What would we be doing, saying, thinking, how would we be responding to others and situations in our life if we were happier, more confident, felt better? Journaling is a way to help us to look at where we are now, and where we want to be, it can also help us plan and keep a record of our progress towards achieving what matters to us in a way we can see, touch, feel, measure. This wee piece may be helpful [www.cope-scotland.org/index.php/latest-blog/have-fun-achieving-what-matters-to-you](http://www.cope-scotland.org/index.php/latest-blog/have-fun-achieving-what-matters-to-you) It offers a tool to help set goals.

### Making journaling a Habit

The more we journal, the more we may find it useful in helping us to achieve our goals. These can be, around improving wellbeing, planning for a career change, moving to a new house, moving to a new country, dealing with a problem or challenge, understanding ourselves better. Whatever the goal is we have decided will be better for our lives. However, this takes time and a change in our routine to make time for this to become a regular part of our day. This piece may be helpful. [www.cope-scotland.org/index.php/latest-blog/healthyroutines-lead-to-healthier-habits](http://www.cope-scotland.org/index.php/latest-blog/healthyroutines-lead-to-healthier-habits) This may also be a useful piece around tips for problem solving. [www.cope-scotland.org/index.php/latest-blog/there-are-things-which-are-an-inconveniencethen-there-are-problems](http://www.cope-scotland.org/index.php/latest-blog/there-are-things-which-are-an-inconveniencethen-there-are-problems)

### Tips for journaling act

Most of us, if not all of us can usually offer many reasons why something didn't happen. Or feel defensive if perhaps someone says something which to them was neutral, but triggers something in us we react to and may be even feel hostile about. In journaling we may find we write something which requires us to take a step back and think 'oh, okay, maybe I do have more choices and have used excuses, or blame to stay stuck' remember, if you have something which you need to work through seek counselling. These tips are for self-management. To help 'own it' use 'I' as in 'I feel' 'I think' 'I want' also to help us move towards what we are wanting to achieve, use terms which suggest it's happening now e.g. 'Now I am visioning this great new job and how much more valued I feel, I am so excited' Making your dreams come true need action, so after each session capture even in a couple of sentences, how you feel after doing your journaling today and what action or next steps you plan to take towards the vision you want to achieve.

## Journaling and motivation

Working towards change does take effort, and sometimes we may feel we can't be bothered, it's too hard, it's not happening, another challenge has cropped up. Our journals are a reminder of how far we have come. Why we are doing this and can also capture what we learned to overcome when our motivation slipped. We don't have to do it all at once, and we don't have to have it all done by tomorrow. Small measured considered steps help us work towards what we want to achieve at our pace. Our visualisations when captured in our journal offer us something to reflect on why the effort just now matters and what the benefits shall be for the future.

### Visualisation and journaling

To help clear your mind so you can focus on what you want to visualise you may want to try some relaxation technique or some breathing exercises. Find one which works for you. These are two examples [www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes](http://www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes) and [www.cope-scotland.org/index.php/videos/video/using-the-senses-to-relax](http://www.cope-scotland.org/index.php/videos/video/using-the-senses-to-relax). Even 5 or 10 minutes a day can make a big difference over time. Do this before you journal or visualise in your mind the change you want to see. It maybe you are enjoying packing up to move to a new home, picking colours for the décor. It maybe you have moved on from a relationship which was not healthy for you. You see yourself free, confident, making the choices which matter for your wellbeing. The focus is one of positivity, imagine it like a film of how you want your life to be as if it was already happening. The using the senses to relax video is helpful in becoming aware of all of our senses so when we visualise the way we want our life to be we can add as much detail as possible. Which we then capture in our journal. Imagine you have succeeded, what that looks like. This is why setting goals for what we want to achieve matter so we set goals which are achievable and something we can see ourselves working towards.

### Writing as a meditation

Some people may call it journaling, some may call it meditation. There are many kinds of meditation, there is meditation associated with Mindfulness. You may find this site useful [www.freemindfulness.org/download](http://www.freemindfulness.org/download). There is also a piece on this website around tips for living mindfully. [www.cope-scotland.org/index.php/latest-blog/tips-for-living-mindfully](http://www.cope-scotland.org/index.php/latest-blog/tips-for-living-mindfully). However, there is also a form of meditation called visualisations meditation. Journaling can be used as a tool to help support this.

### Tips for journaling Time

Make time where you can do this without being distracted or concerned someone may see what you are writing. Your journal is private, its yours. Even in therapy you may discuss if you want, what is in your journal, but you don't feel obliged to hand it over. This is your private space where you can write what you are thinking and how that makes you feel. Try and build in time each day not only to write in your journal, but also to have the space to read, and reflect on what you have written. There are many ways to journal, find a way that works for you. If you are using journaling therapeutically don't feel you need to write about the traumatic event, its your journal, its about what is right for you in this moment.

### Tips for journaling purpose

Take some time to think what it is you want to write about, what is it you hope to achieve and take time to do this. If when you write it down it doesn't look right, no problem change it, the clearer we are on what we want to move towards the more energy we have to invest in taking those steps. This is why making space to feel calm and visualise the outcome you are seeking matters. Don't worry if at times your mind and your writing wanders, that's always something to be curious about later. This is why building in space to reflect matter and learning to be mindful so we can respond to what we see written in a way that is helpful for us.



**Haste ye back and keep  
an eye oot fur mair info  
in issue 16**



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