

# Glasgow Wide Schools Directory

This directory gives information about third sector organisations and projects working with children and young people of school age throughout Glasgow. It is intended to provide schools with information on third sector services they may wish to access. It is a work in progress and more organisations will be added.

January 2020



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**Contact: Suzie Scott**  
**Telephone: 0141 332 2444**  
**Email: [suzie.scott@gcvs.org.uk](mailto:suzie.scott@gcvs.org.uk)**

**The Everyone's Children** project was set up to support and promote third sector organisations in Glasgow that provide services to children, young people and families. The project is funded by the Scottish Government and works in partnership with statutory partners and the third sector.

It aims to:

- Develop and support the local third sector capacity to deliver wellbeing outcomes.
- Ensure third sector contributions to Children's Services are valued and strengthened
- Share learning and best practice through training and events.

The Everyone's Children project provides a practical range of support to ensure that the third sector contribution is effectively integrated into planning of services for children and families. The project has helped to raise awareness of GIRFEC, map the contribution of the third sector in Glasgow, share learning, and support organisations through capacity building work.



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**Email: [citywideforum@gcvs.org.uk](mailto:citywideforum@gcvs.org.uk)**

The **Children, Young People and Families Citywide Forum** provides a strong and co-ordinated voice to partner agencies that influence Children's Services in Glasgow.

The Forum aims to:

- consult, agree and support representation on behalf of the sector on priority issues
- actively represent forum membership in city wide multi-agency planning
- provide guidance and support to the Third Sector
- gather and co-ordinate views on behalf of the Forum
- promote good practice through shared learning

### **Membership**

The Forum is open to all third sector organisations that provide services to Children, Young People and Families in Glasgow. There is no membership fee.





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**Aberlour Glasgow Family Support Service**  
**Southside House**  
**135 Fifty Pitches Road**  
**Glasgow G51 4EB**  
[glasgowfamilysupport@aberlour.org.uk](mailto:glasgowfamilysupport@aberlour.org.uk)  
**0141 260 9180**

## **Aberlour family support service**

This service works on a one to one basis and in groups in a variety of community, school and home settings.

- **Supporting families at home** by providing emotional, practical and therapeutic support to women and children who are or have experienced Domestic Abuse.
- **Supporting children in school** to improve their attainment and help them to reach their potential.
- **Supporting children and young people in their community** who are being missed by other services, by meeting them on their territory – the streets.

We offer youth clubs, planned activities, residential trips and issues-based workshops delivered in schools and clubs.

We work in partnership with other agencies to support young people access opportunities which meet their needs including employment.

We have Family support workers who will work with young people and their families to strengthen family relationships and stability for young people.



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**Contact: Paul Fletcher**

**Telephone: 0141 558 4300**

**Email: [paul@achievemorescotland.co.uk](mailto:paul@achievemorescotland.co.uk)**

**116 Elderslie Street, Glasgow G3 7AW**

**Achieve More Scotland (AMS)** is a registered SCIO based in Glasgow that delivers programmes of diversionary activity to young people from areas of high social deprivation.

Diversionary activities take the form of sports, physical activity, group-work, volunteering, employability and personal development sessions. We improve young people's physical and mental health and well-being, confidence and self-esteem, aspirations, personal responsibility and life chances by engaging them in weekly, structured, positive activities that are delivered by role models (experienced and trained youth workers/coaches).

We currently work across 30 different communities in Glasgow, utilising 40 venues on 6 evenings per week. We work with up to 1500 young people each week and have around 2000 individuals registered to take part in our activities.



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**Action for Children Employability Service** - Our services work with 16-24 year olds who face barriers to entering employment. We provide employability support through both 1:1 support and structured group work programmes. Dedicated key workers provide support to young people to progress into employment, training and further education with aftercare support to maintain sustainability.

**Contact: Evelyn Rimkus**

**Telephone: 0141 550 3374**

**Email: [Evelyn.Rimkus@actionforchildren.org.uk](mailto:Evelyn.Rimkus@actionforchildren.org.uk)**

**Action for Children GEN R 8 Youth Housing Support Service** provides outreach housing support to young people, including parents, aged 16 to 24 years who have a connection with North East Glasgow Locality. The service supports care experienced young people on a city-wide basis.

**Contact: William Kelly**

**Telephone: 0141 771 6161**

**Email: [William.Kelly@actionforchildren.org.uk](mailto:William.Kelly@actionforchildren.org.uk)**

**Action for Children Stoneside Short Breaks** - Short breaks and outreach support for families who experience challenging behaviour associated with learning disability.

**Contact: Nikki McCafferty**

**Telephone: 0141 632 4052**



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**Contact: Karen McFadzean**

**Telephone: 0141-945-1653**

**Email: karen.mcfadzean@actionforchildren.org.uk**

**61 Smeaton Street**

**Ruchill, Glasgow G20 9JS**

## Action for Children-North Glasgow Family Support Team

Action for Children will deliver a flexible, needs-led **Family Support Service** to empower children up to 12yrs and their families across North West Glasgow, build their resilience and keep them together. This team is *known to, and trusted by* local families, and embedded with local agencies.

**Support** – frequency and duration of support is dependent on the needs of each family. We jointly agree an individualised package of support for each family to address their priority needs, improve capacity and create resilience for the future. Each support package is co-produced with the family. For example:

- *Emotional Support, Advice and Guidance*
- *Practical Support and Role Modelling*
- *Risk Reduction Plan e.g. domestic violence, substance misuse*
- *Safeguarding and Addressing Neglect (emotional, physical)*
- *Attachment, Trauma and Stability*
- *Home Environment Improvements*
- *Parenting Skills and Accredited Parenting Programmes delivered in the family home*
- *Managing Children's Behaviour*
- *Supporting Children's Development*
- *Health and Emotional Wellbeing Support*
- *Access to Additional Supports e.g. financial support, mental health specialist*
- *1:1 support for children supporting their emotional wellbeing*





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**Contact: Gordon McGowan**

**Telephone: 0141 341 5350**

**Email: [gordon.mcgowan@hearingloss.org.uk](mailto:gordon.mcgowan@hearingloss.org.uk)**

**131 West Nile Street**

**Glasgow, G1 2RX**

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

## **Action On Hearing Loss**

As the largest charity for people with hearing loss in the UK, we understand how hearing loss can affect everything in your life from your relationships, to your education and your job prospects.

We're here to support and help you, so you can take back control and live the life you choose

From day-to-day-care, to practical information, to campaigning for a fairer world for people with hearing loss, and funding research to find a cure, we're taking action on hearing loss.

We work in communities around Scotland to support people with hearing loss including hearing-aid care and specialist employment support. We also campaign for equal access to employment, health, entertainment and to improve standards in audiology care.



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**Email: [activelifecub@hotmail.com](mailto:activelifecub@hotmail.com)**  
**Govanhill Workspace**  
**69 Dixon Road**  
**Glasgow**  
**G42 8AT**  
**[www.activelifecub.org](http://www.activelifecub.org)**

## **Active Life Club**

We offer a range of activities in a safe environment that are free and fun. You can come along to enjoy sports, arts, get fit and feel better, or just be social. Have a look at our activities page to find out more or check out our activities calendar for the latest groups.

We are entirely run by a team of volunteers and through donations. If you want to be a volunteer we can offer amazing support, training and mentoring opportunities. You can also get involved in research and consultations, or simply sign up to join the activities.

### **Active Life Club has six Active Citizenship areas:**

- Sports
- Youth Engagement and Participation
- Volunteers and Youth Leaders Development
- Community Consultation
- Coaching and Mentoring
- Creative Arts



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**ADHD Parent Support West Glasgow** is a parent-led group founded in 2015 to support families in our area with a child diagnosed with Attention Deficit Hyperactivity Disorder (ADHD).

Being a parent to a child (or adult) with ADHD can be really tough - and whether you've just had a diagnosis or known your child has ADHD for some time, we're here to help.

The group brings people together to learn about the condition and become confident and effective parents.

We provide information and support through regular meetings and a virtual meeting space on Facebook, and we aim to improve local health and education services.

Contact: [adhdglasgow@outlook.com](mailto:adhdglasgow@outlook.com)

64 Balmoral Street

Glasgow, G14 0BL



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**Contact: Brian Gibson**

**Email: [brian@alcoholeducationtrust.org](mailto:brian@alcoholeducationtrust.org)**

**Telephone: 07902 580 773**

**c/o The Wise Group**

**72 Charlotte Street**

**Glasgow**

**G1 5DW**

## **The Alcohol Education Trust : Helping Young People Stay Safe Around Alcohol**

A national charity that supports schools, parents, carers, health educators and youth outreach teams to ensure that young people of all abilities learn to stay safe around alcohol.

Developing and delivering holistic, life skill and evidence-based approaches that build resilience and reduce underage drinking and alcohol related harms.



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**Telephone: 0141 634 8016**  
**Email: [info@ardenglen.org.uk](mailto:info@ardenglen.org.uk)**  
**355 Tormusk Road**  
**Glasgow, G45 0HF**  
**<http://www.ardenglen.co.uk/>**

## Ardenglen Housing Association

Ardenglen Housing Association manage nearly 1,000 homes and over the past 20 years has invested nearly £50m in transforming the housing, local environment and living conditions of our community in East Castlemilk, Glasgow, Scotland.

Ardenglen however, are about more than building houses and collecting rents, we strive to improve the community for everyone.

The association has a TEEN Zone Youth Committee. This is open to young people living in the area aged between 13 and 25. They organise events and activities to attract young people.

- Ardenglen also has close links with the local primary schools and high schools. Partnership working has led to:
- An Employment Life Skills Initiative (ELSI) which provides work experience one day a week across the academic year for a 16 year old without a likely positive destination.
- Enterprise Workshops at local high schools on tenancy sustainment, CV writing, mock interviews and preparation for work.
- An intergenerational programme, designed to reduce social isolation and tackle social barriers, called the 3Bs (a bite, a blether and bingo). The programme won Castlemilk High's Above and Beyond Award and was a finalist in the Evening Times Community Champions Award



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**Contact: Louise Lawson**

**Email: [louiselawson@antonine.org](mailto:louiselawson@antonine.org)**

**Telephone: 0141 944 6393**

**30 Dunkenny Road**

**Drumchapel**

**G15 8LH**

Antonine is a community based organisation that provides day opportunities for people with a disability living in the West of Glasgow, east and west Dunbartonshire and any other adjacent local authority.

The organisation provides an innovative programme of support based on the individual needs of service users. Through this programme of activity, the organisation seeks to promote independence, increase citizenship, empowering and challenging prejudice, and increase life skills through the provision of meaningful daytime pursuits and educational opportunities.

Antonine youth group is held 3 evenings per week.

The youth group was originally set up for youths with disabilities in the west of Glasgow. However over time this has evolved into an integrated group of able bodies and youths with disabilities.



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**Contact:** [contact@asapscotland.org](mailto:contact@asapscotland.org)

**Telephone:** 07766 708 363

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

**4 North Court**

**Glasgow, G1 2DP**

## ASAP Scotland

We run activities for young adults, focusing on 14 to 25 year olds

Many of our neighbours would like to see more community projects but struggle to know where to start.

We have tools to help anyone find out what their community is likely to participate in, recruit other leaders and participants as well as help running the events.



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**Contact: Mamta Kanabar**  
**E-mail: [mamta.kanabar@barnardos.org.uk](mailto:mamta.kanabar@barnardos.org.uk)**  
**Tel: 0141 423 9225**  
**70 Coplaw Street**  
**Glasgow, G42 7JG**

**Barnardo's Apna Project** works in a variety of ways with children and young people aged 0 to 25 years old from families in Glasgow. They are as follows:

#### Home Care Service

Home care involves Apna staff providing personal care to children and young people aged from 0 to 25 years old with all forms of mild to severe disabilities throughout the day, thus giving parent carer and siblings respite from their caring responsibilities.

#### Social Inclusion and One to One

We provide a befriender who takes the child or young person out and enable them to learn new skills and enjoy leisure activities. One-to-One support is provided to children and young people with disabilities from the ages 5 to 25 years old. The aim of this service is to ensure they receive all the support they need in order to perform well and learn new skills which help them to improve their confidence.

#### Carers' Support Group

The carers' support group offers a platform for sharing information and providing mutual support to families in a similar situation. It helps to ensure that families are getting all the support they are entitled to, offering them time for themselves and challenges the isolation they may feel in the wider community.

Carers' meet once a month and join in activities.





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**Contact: Alison McIntyre**

**Email: [alison.mcintyre@barnardos.org.uk](mailto:alison.mcintyre@barnardos.org.uk)**

**Tel: 0141 353 6229**

**Unit 5.09, The Whisky Bond, 2 Dawson Road  
Glasgow, G4 9SS**

### **Barnardo's Children's Inclusion Partnership (CHIP)**

CHIP is a collaboration between Barnardo's Scotland and Stepping Stones for Families. The project has been working in Possilpark for 20 years. During that time the team has established positive working relationships with countless children, young people and families and with many groups in the local community.. It encourages individuals and families to participate in community development activities, ensuring their voice is heard in the decision making process.

Over the years the charity has taken part in a number of projects, with a focus on supporting children, young people and families in Possilpark to make a positive difference to their community. This has involved wildflower and bulb planting, biodiversity work and a range of activities that bring people of all generations together. These have included bat walks, storytelling, carol singing, sports days and community dog shows.



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**Contact: Daljeet Dagon**

**E-mail: [daljeet.dagon@barnardos.org.uk](mailto:daljeet.dagon@barnardos.org.uk)**

**Telephone: 0141 243 2393**

**91 Mitchell Street**

**Glasgow**

**G41 3LN**

**Barnardo's PACe** is an intensive family support service covering the whole of Glasgow City and East Dunbartonshire councils working with children and young people aged 5-18 years and their families.

Our primary remit is to support families so as to prevent children from being accommodated as well as support those children and young people who have already been accommodated to make sure that they are in the most appropriate accommodation that meets their needs.



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**Contact: Karen Ciantar**

**Email: [karen.ciantar@barnardos.org.uk](mailto:karen.ciantar@barnardos.org.uk)**

**Telephone: 0141 773 4297**

**69 - 71 Aberdalgie Road**

**Westwood Business Centre**

**Glasgow**

**G34 9HJ**

**Barnardo's Youth Involvement and Family Support Project** has been operational since 2003. Since its inception as a youth work programme with the aim of diverting young people off the streets and more meaningfully engaged in their communities, the Service has now greatly expanded to encompass a range of holistic family intervention services working with children and their families affected by multiple adversities. These include mental ill health, substance misuse and problematic family dynamics .

The service provides a wide range of support interventions to children and young people aged 0 to 18 years who have a wide range of emotional and behavioural needs and their parents and carers.

We support families to build on the emotional resilience of each child and we promote positive mental health and social inclusion. We do this by adopting a child-centred and holistic approach across the range of service interventions. It is always our intention to very much involve parents as much as possible to address the needs of the family as holistically as possible. The service operates in accordance with the Barnardo's ethos and vision for children, with the hope of mitigating against social adversities afflicting the North east of Glasgow and hopefully help build more positive futures for children and their families.



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**Telephone: 0141 558 1387**

**Email: [info@beatroutearts.com](mailto:info@beatroutearts.com)**

**285 Wallacewell Rd, Glasgow G21 3RP**

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

### **Beatroute Arts - Balornock East Youth Centre**

Beatroute Arts is a community-led charity based in Balornock in the North East of the city of Glasgow, offering high-quality, free creative and holistic activities for young people between the ages of 8 and 25 and adult community groups such as older people and adults with complex support needs in order to improve quality of life for our local community.

Initially set up as a music project in 1990, Beatroute has developed to offer activities which range from weekly drop-in sessions specialising in music tuition, song-writing, film-making, sound-production, art, fashion design, gardening, woodwork, drama and science through to learning opportunities such as our weekly stringed instrument tuition programme, “Take A Bow” where young people can learn violin, viola and cello.

Beatroute works closely in partnership with local organisations and schools to offer community-led activities such as cookery, parent/child music sessions, music workshops for young adults with complex support needs and twice-weekly yoga classes for older people/those with daytime family commitments to alleviate social isolation, anxiety, depression and to help people deal with stressful situations.

Beatroute also offers community outreach workshops based in local primary schools and nurseries to promote the importance of creative learning.



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**Contact: Beth Crozier**  
**Tel: 0131 558 8853**  
**[beth.crozier@scottishbooktrust.com](mailto:beth.crozier@scottishbooktrust.com)**  
**55 High Street**  
**Edinburgh, EH1 1SR**

**Scottish Book Trust** is a national charity that believes books, reading and writing have the power to change lives. A love of reading inspires creativity, improves employment opportunities, mental health and wellbeing, and is one of the most effective ways to help children escape the poverty cycle.

**Bookbug** is Scottish Book Trust's Early Years programme that aims to help children develop a love of books and reading by providing four free bags of books to every child in Scotland during their first five years. We also provide tactile books for children with additional support needs.

Scottish Book Trust partners with libraries and community venues to run Bookbug Sessions - free song, rhyme and story sessions across Scotland. In addition, targeted Bookbug Outreach work trains early years practitioners to use activities which promote bonding, attachment, social skills and literacy in the early years.



**South Glasgow Bookbug** (South Glasgow Childcare Partnership Forum) is a free service which promotes early literacy and positive parenting and child bonding by encouraging parents/carers to read, sing and talk to their children from birth.

The Bookbug programme gifts free book bags at key developmental stages for every child in Scotland, we also run Bookbug sessions which are free storytelling and singing sessions in the heart of communities, the sessions are inclusive and everyone is welcome.

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**Contact (South Glasgow): Linda Muirhead**

**Telephone: 0141 429 8139**

**Email: [lindabookbug@btconnect.com](mailto:lindabookbug@btconnect.com)**

**310 Cumberland Street**

**Glasgow, G5 0SS**



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## Boys' Brigade Glasgow Battalion

The Boys' Brigade is one of the biggest Christian Youth Organisations in the UK & Republic of Ireland, committed to seeing lives enriched by supporting children and young people to reach their full potential by providing opportunities to meet together and engage in a range of fun and developmental activities and experiences.

There's something for every young person whether it's camping or kayaking, first aid or five a side. Members develop skills, build confidence, make friends, take responsibility and are encouraged to make a real difference in their communities - sharing the values that make us who we are.

**Contact: Jim McVean**

**Email: [jim@bbglasgow.org.uk](mailto:jim@bbglasgow.org.uk)**

**Telephone: 0141 427 4051**

**Ibrox Parish Church, Clifford Street  
Glasgow, G51 1QL**



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**Contact: Avril Hepner**  
**Telephone: 0141 248 5565**  
**E-mail: [cado.sthscot@bda.org.uk](mailto:cado.sthscot@bda.org.uk)**  
**Suite 58, Central Chambers**  
**Glasgow, G2 6LD**

**The British Deaf Association** (BDA) is the UK's leading membership organisation and registered charity run by Deaf people for Deaf people.

The BDA delivers a range of services to achieve its aims of empowering Deaf people to overcome difficulties that they face on a daily basis.

The BDA also supports young Deaf people and their hearing families. **Deaf Roots & Pride** provides mentoring support from Deaf role models and group activities for deaf children and young people aged between 8 and 20. DRP aims to support them to see the positives in their deaf identities and to build their confidence and aspirations in negotiating key transitions and preparing for adult life.

We believe that access to Deaf role models, activities involving other deaf children and families, and providing support in British Sign Language are all crucial in empowering vulnerable deaf children.





**BritishRedCross**

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**Contact: Laureen Walker**

**Telephone: 0141 891 4000**

**Email: [LaureenWalker@redcross.org.uk](mailto:LaureenWalker@redcross.org.uk)**

**4 Nasmyth Place**

**Glasgow, G52 4PR**

**The British Red Cross** helps people in crisis, whoever and wherever they are. We are part of a global voluntary network, responding to conflicts, natural disasters and individual emergencies. We help vulnerable people in the UK and abroad prepare for, withstand and recover from emergencies in their own communities. The Crisis Education team at the Red Cross offer fully funded workshops in schools and youth work settings in areas where young people are at higher risk of experiencing a crisis related to drug/alcohol use and stigmatising behaviour. The two workshops we deliver are:

### **First aid workshops**

- Learn essential first aid skills, including how to help someone who is: unresponsive (breathing/not breathing), bleeding heavily or burnt
- Assess and manage risks to make informed choices when helping others
- Build the confidence and willingness to help in a first aid emergency

### **Refugees and migration workshops**

- Explore assumptions about terms such as 'refugee', 'migrant' and 'asylum seeker'
- Understand why someone might have to flee their home
- Analyse the harmful effects of unwelcoming, hostile or discriminating behaviour
- Consider how individual actions can help someone feel more welcome



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The **Brunswick Centre** offers a wide and varied range of activities for community purpose that aims to challenge issues affecting health, wellbeing and tackling the issues and barriers presented to modern communities.

The Junior Club runs on a Monday to Thursday from **5pm – 7pm** Ages 8-11 & the Senior Club runs Monday to Thursday from **7pm – 9pm** Ages 12- 18

The Brunswick Centre also offers free 5 a side pitch hire to all local young people on our newly refurbished 5 a side 4G pitch. Pitch hire is available daily Monday to Friday 3pm to 6pm & weekends.

Specialist holiday programmes run over Summer, October and Easter weeks

In addition we also run daily activities within the centre

**Telephone: 0141 557 0812**

**Email: [info@brunswickcentre.org](mailto:info@brunswickcentre.org)**

**Website: [www.brunswickcentre.org](http://www.brunswickcentre.org)**

**17 Wardhill Rd, Glasgow G21 3NN**



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**Contact: Jane Hook**

**Email: [buddies@buddiesglasgow.org.uk](mailto:buddies@buddiesglasgow.org.uk)**

**Telephone: 0141 434 0201**

**Southbrae Centre**

**190 Southbrae Drive**

**G13 1TX**

## **Buddies Clubs & Services**

Our main aim for our children and young people affected by disability is to give them the same access to play and leisure as other children and young people. All children have the right to play. This is particularly important for children aged 5-13 as this is the time they really learn to interact with their peers. Free play helps all children to develop and integrate into society.

From our play situations within after school, Sunday Club and our holiday schemes our other services have been developed to meet the growing needs of our young people and their families.

The more normal lives our families can lead the more opportunities there are for them within their local communities.



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**Contact: [office@caravanproject.co.uk](mailto:office@caravanproject.co.uk)**

**Telephone: 0141 258 4720**

**Knightswood Community Centre**

**201 Alderman Road**

**Glasgow, G13 3DD**

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

**The Caravan Project**, which has been in operation since 1985, is a social tourism charity that provides over 600 people a year living in Glasgow with access to affordable holidays and days out. For these families a holiday is not a luxury it is a much needed break from the challenging circumstances they face at home. For many it will be their first ever holiday.

Its main services are:

### **Respite Holidays**

The Caravan Project owns four caravans situated at the Haven's Craig Tara Holiday Park in Ayr and provides one week respite breaks to families living in poverty and facing challenging circumstances. Everyone accessing these holidays has a range of additional initiatives to ensure their holiday is as affordable as possible including: free door-to-door transport, free passes for every family member to the entertainment complex, a big bag of fruit and vegetables worth £10 and a discount card giving families 50% off all activities on site and 15% off all other purchases. These initiatives save families approximately £200 each.

### **'Big Day Out' programme**

This programme provides free family days out to a range of Glasgow visitor attractions for people facing challenging circumstances. This includes free transport and packed lunches. It is currently restricted to people living in the North West, however it is hoped that this service will be rolled out to cover the whole city in 2020.



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**Contact: Simon Hodges**

**Email: [simon.hodges@carerscotland.org](mailto:simon.hodges@carerscotland.org)**

**Telephone: 0141 445 3070**

**The Cottage, 21 Pearce Street**

**Glasgow, G51 3UT**

## Carers Scotland

We're here to make life better for carers. Working as part of Carers UK:

- we give expert advice, information and support
- we connect carers so no-one has to care alone
- we campaign together for lasting change
- we innovate to find new ways to reach and support carers.

We're here to help carers and professionals, with expert advice on issues such as carers' benefits, community care and services for carers

Looking after someone can be complicated. Our leaflets, booklets and newsletters give you accurate and up-to-date information so you know exactly where you stand.

## Self Advocacy

Our self-advocacy toolkit is designed to ensure every carer has support to navigate a confusing system, communicate effectively and handle complex thoughts and feelings.



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**Contact: Angela Friel**

**E-mail: [cojac@cojaccentre.co.uk](mailto:cojac@cojaccentre.co.uk)**

**Tel: 0141 634 1002**

**146 Castlemilk Drive**

**Glasgow, G45 9UB**

**Caring Operations Joint Action Council (C.O.J.A.C.)** provide out of school and holiday care for children up to age 18 years affected by disability and complex support needs. We provide this 50 weeks of the year and cover in service days and other school closures.

We operate from our own leased centre based in the centre of Castlemilk. Our centre has a softplay facility, arts and crafts room, meeting/training room, kitchen/canteen, sensory room, sports hall with sound and light facilities for shows and productions, games/consul room, outdoor play area and sensory garden.

The centre is fully accessible with private changing area.

We also provide adult services one day and three evenings per week.

We hire out our rooms and resources when not in use by our own service users.



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**Carnwadic WIN Project** serves the communities of Arden, Carnwadic, Kennishead and Regent's Park in South-West Glasgow by providing the services of a Family Worker to listen, sign-post, visit and support local families.

The project also provides weekly Creative Arts sessions for children and young people during school term-time, as well as one-to-one work with a small number of children and young people which will nurture and support development of their self-esteem and confidence.

**Contact: Dawn Barrett**

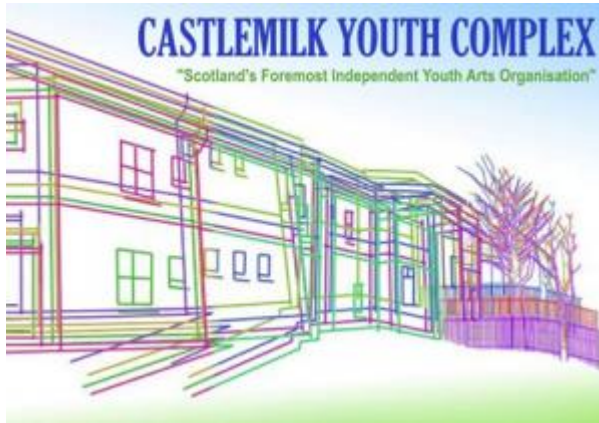
**Email: [dawnwinproject@gmail.com](mailto:dawnwinproject@gmail.com)**

**Tel: 07546 235357**

**Carnwadic Parish Church**

**Boydstone Road**

**Glasgow, G46 8HP**



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**Castlemilk Youth Complex** is Scotland's foremost independent youth work arts organisation. Uniquely, this Charity is managed by the young people using state of the art facilities, including a fully equipped 80-seater theatre, digital recording and broadcasting studios and visual arts media.

With established and innovative youth theatre and music projects, including devised Complex Theatre and Burning Haggis Records, the Complex engages excluded and vulnerable young people in lifelong learning opportunities.

While the focus is on the successful regeneration in Castlemilk, in Glasgow, the Complex develops exciting projects with partners across the city and internationally.

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

**Tel: 0141 630 0000**

**39 Ardenraig Road, Castlemilk**

**Glasgow, G45 0EQ**

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





Glasgow Wide



North East

North West

South

**Contact: Florence Dioka**  
**Telephone: 0141 573 0978**  
**Email: [florence@cwin.org.uk](mailto:florence@cwin.org.uk)**  
**21 Rose Street**  
**Glasgow, G3 6RE**

**The Central and West Integration Network** is a Scottish Charity, which works with individuals and groups to support asylum seekers, refugees, migrant workers and black and minority ethnic people. We work with all communities to promote integration, in the City Centre and West End of Glasgow, across the city of Glasgow and beyond.

Our services include:

- Mothers and children group
- Youth project
- Emergency Food Aid
- Drop in service
- Women's Groups in various locations in Glasgow
- Weekly information bulletin to other agencies and individuals
- Capacity building programme for Migrant led organisation



Glasgow Wide



North East

North West

South

**Contact: Karen Lafferty**

**Telephone: 0141 352 9995**

**Email: [glasgowsupport@childbereavementuk.org](mailto:glasgowsupport@childbereavementuk.org)**

**First Floor 16 Fitzroy Place**

**Finnieston**

**Glasgow, G3 7RW**

## **Child Bereavement UK (Glasgow)**

At our centre in Glasgow, Child Bereavement UK offers face-to-face support for bereaved children and young people up to the age of 25 and their families, within the locality and surrounding areas.

We are also able to support children and young people, when someone significant in their lives is not expected to live.

Our services are provided free of charge and are offered by trained bereavement support practitioners. Please get in touch to find out more about what we offer and to discuss your needs.



Glasgow Wide



North East

North West

South

**Contact: Julie Richardson**

**Tel: 0141 419 1150**

**Email: [Julie.Richardson@children1st.org.uk](mailto:Julie.Richardson@children1st.org.uk)**

**Unit 8000, Academy Park**

**Gower Street**

**Glasgow, G51 1PR**

At **Children 1st** our vision is a happy, healthy, safe and secure childhood for every child and young person in Scotland.

We have 125 years experience of working with children and families, previously as the Royal Scottish Society for Prevention of Cruelty to Children (RSSPCC).

Today, we support families under stress, protect children from harm and neglect, help them to recover from abuse and promote children's rights and interests.

**Glasgow Supporting Families Service** provides trauma informed support to children and families across the South of Glasgow. Our restorative and relational approach means we work with children and families to make positive changes in their lives. We work with families in a flexible and individualised way to offer them to right support at the right time that leads to positive outcomes for children



Glasgow Wide



North East

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South

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

**Search by your postcode to find the location, opening times and contact details of your nearest CAB**

**Citizens Advice Bureaux** are local, independent charities that provide free and confidential advice and information whoever you are and whatever your problem. Common areas of inquiry include:

- **Benefits**
- **Debt and money advice**
- **Consumer issues**
- **Work-related problems**
- **Housing**
- **Relationships**

Glasgow Bureaux:

- **Glasgow Central Citizens Advice Bureau, The Mitchell Library**
- **Glasgow North West Citizens Advice Bureau, 1455 Maryhill Road**
- **Bridgeton Citizens Advice Bureau, 35 Main Street, Bridgeton**
- **Parkhead Citizens Advice Bureau, 1361 - 1363 Gallowgate**
- **Castlemilk Citizens Advice Bureau, 27 Dougrie Drive Castlemilk**
- **Greater Pollok Citizens Advice Bureau, 27 Cowglen Road**
- **Easterhouse Citizens Advice Bureau, 46 Shandwick Square**
- **Drumchapel Citizens Advice Bureau, 195C Drumry Road East**



## Clyde Stars Kids Club

Clyde Stars Kids Club offers a creative & active holiday project for the children from Govan, Ibrox & Kinning Park.

Glasgow Wide



North East

North West

South

Contact: [kinningparkkidsclub@gmail.com](mailto:kinningparkkidsclub@gmail.com)

Tel: 0756 460 2340

Ibrox Parish Church, 67 Clifford Street

Glasgow, G51 1QH



Glasgow Wide



North East

North West

South

**Contact: Nicky Thornton**

**Email: [nickythornton@centrallhalls.org](mailto:nickythornton@centrallhalls.org)**

**Telephone: 0141 331 7676**

**292-316 Maryhill Road**

**Glasgow**

**G20 7YE**

## Community Central Halls

Community Central Hall was established over 40 years ago as a community trust providing facilities and services to the local community. As a local charity, CCH is responsible for the operation of the 22,000 square feet building on Maryhill Road and a range of services covering babies to older people. We pride ourselves in the diversity of services we offer.

Youth services at Community Central Hall provide a variety of support to the young people in the local community.

Some of the opportunities provided by Youth Services are: [Breakthrough](#), [Plusone Mentoring](#), [Job Club](#) and [Prince's Trust](#).

Breakthrough Youth Project works with young people aged 8 – 25 years old living in North West Glasgow, with the Princes Trust element focusing on those aged 16 to 25 in disadvantage.

The project challenges inequalities in opportunity, health, education, training and learning, and lifestyle through increased access to relevant services, information, support & advice.



Glasgow Wide



North East

North West

South

**Contact: Angela Boyle**

**Telephone: 0141 378 0700**

**Email: [angela.boyle@cornerstone.org.uk](mailto:angela.boyle@cornerstone.org.uk)**

**Cornerstone's Growing Together** project has been funded by the Big Lottery Fund's Investing in Communities Programme, supports around 200 families and is delivered across four partnership primary schools of Broomlea, Croftcroighn, Hampden and Langlands with the aim of supporting families who have children with additional support needs attending these schools.

We aim to help each family cope better with their caring role, to become more resilient, improve their family relationships and experience greater community involvement. The support provided includes an information and signposting service, priority outreach, activity sessions for children, leisure opportunities and training workshops for parents, individual family support options, sibling groups and transition support service.



**CRANHILL  
DEVELOPMENT  
TRUST**

Glasgow Wide



North East

North West

South

**Contact: Marie Ward**

**Telephone: 0141 774 3344**

**Email: [marie@cranhilldt.org.uk](mailto:marie@cranhilldt.org.uk)**

**109 Bellrock Street, Cranhill, Glasgow,  
G33 3HE**

## **Cranhill Development Trust**

Our core activity is to provide person-centred, responsive support services which are inclusive and are not age or gender specific. We focus on a community development and regeneration approach that builds and increases capacity within the community.

We do this by providing support which encourages and nurtures empowerment. In the same way, we promote resilience through active participation in the planning, design, development, delivery and evaluation of services.

By providing a range of community based support activities and services, we aim to increase self-esteem and opportunity in an area of multiple deprivation. These services include working with families and individuals, providing information and advice (e.g. Scottish Refugee Council outreach for refugees), health services (e.g. yoga, cycling), education services (e.g. ESOL classes), leisure opportunities, a community cafe and nearly new shop.

We do this as much as possible in partnership with other agencies and with the quality assistance of experienced volunteers.





Glasgow Wide



North East

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South

**Manager: Christine Smiley**

**Hours: 9.00 am - 9.00 pm (Monday - Thursday)**

**Call 0141 221 3003**

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

**CrossReach Bluebell Perinatal Service** is based at the Tom Allan Centre in the Charing Cross area of Glasgow.

**Services offered:**

- Perinatal counselling and therapy
- Relationship counselling
- Perinatal therapy for new and expectant parents
- Perinatal counselling and therapy
- Relationship counselling

We are here to support parents experiencing anxiety, depression, low self esteem or any other negative feelings before or after having a baby.

Our specially trained perinatal counsellors and therapists are experienced, compassionate and without judgement. We also have other types of support from one-to-one psychotherapy or relationship counselling, to yoga groups and baby massage.

There's no fixed charge for using our Bluebell Perinatal Service, but we do ask for a weekly donation for your counselling or therapy at whatever level you can afford.

If requested in advance, we can provide a free crèche.



Glasgow Wide



North East

North West

South

**Email: [liann.weir@crossreach.org.uk](mailto:liann.weir@crossreach.org.uk)**

**Telephone: 0141 558 7575**

**100 Morrin Street**

**Springburn**

**Glasgow**

**G21 1AW**

## **Crossreach - The Mallard**

A short breaks service for children and young people with disabilities  
The Mallard provides a safe, stimulating and homely environment where young people can come and stay over. Our staff support them during their time here.

We've been providing residential short breaks at the Mallard for over 20 years, and we still love every minute we spend with the young people.

Our house is in Springburn, ten minutes from Glasgow city centre. Our young guests have their own ensuite bedroom, as well as access a large lounge/dining room, sensory room, spa and computer room. We also have a well-equipped outdoor space with sensory garden and summer house.

Every part of the Mallard is wheelchair accessible.

We also have use of a wheelchair accessible car and mini bus.



Glasgow Wide



North East

North West

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**Contact: Louise Dorrian**  
**E-mail: [Louised@cyca.org.uk](mailto:Louised@cyca.org.uk)**  
**Tel: 0141 429 3254**  
**37 Abbotsford Place**  
**Glasgow, G5 9QS**

## **Crossroads Youth and Community Association (CYCA)**

Crossroads Youth & Community Association's fundamental purpose is about improving the well-being of all community members; we work creatively with people to enjoy and celebrate community life, empowering them to lead a dignified life and challenge or address issues that affect them, their families and their communities.

**Govanhill:** The overall aim of the community development work in Govanhill is to promote and facilitate integration and help strengthen community cohesion and resilience. Its current focus is to work with women and their families to gain an in-depth understanding of the concerns, interests and barriers faced by a representative range of women living in the area.

**Gorbals:** The Barn is a dedicated youth centre with a concern for the welfare and informal education of young people aged between 8 to 24 years old. It is a place where young people come along voluntarily and choose to be involved. Crossroads believes it is important that young people have a place where they can relax, meet friends and have fun.



Glasgow Wide



North East

North West

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**The Dash Club** is an after school club for young people with complex support needs. We provide a range of activities including swimming, bowling, team games, art and drama in a safe, social environment.

We also provide holiday programmes during the Easter, summer and autumn breaks.

**Contact: Mary Cuttle**

**Email: [office@dashclubglasgow.org.uk](mailto:office@dashclubglasgow.org.uk)**

**Tel: 0141 336 8852**

**Possilpoint Community Centre**

**Glasgow**

**G22 5LQ**



DIFFERabled  
Scotland

Glasgow Wide



North East

North West

South

**Contact: Deborah or Wendy**

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

**Flemington House**

**110 Flemington St**

**Springburn**

**Glasgow, G21 4TD**

**DIFFERabled Scotland provide** Peer support to Parents/Carers of children, Young people or adults with Additional Support Needs (Autism, ADHD, Dyslexia & Dyspraxia).

Our Projects fall into four categories:

- **Mutual & Peer Support** (coming together)
- **Self Advocacy & Empowerment** (Accurate Information to inform & create change)
- **Training & Development for Professionals** (Bringing together specialists to share & improve experiences)
- **Policy Development & Change** (Our collective shared experiences will give us the knowledge to influence & create change)

**Our Values** are to promote Inclusion and Equality with an 'All means All' approach.



Glasgow Wide



North East

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South

**Contact: Sharon Colvin**

**Telephone: 0141 944 5740**

**Email: [sharoncolvin@3ddrumchapel.org.uk](mailto:sharoncolvin@3ddrumchapel.org.uk)**

**3D Drumchapel** is a charity based in Drumchapel working with children and families providing a range of activities and support to families in Drumchapel, Knightswood and Yoker with children from pre-birth – 12 years. We aim to make a difference in the lives of children and families in Drumchapel by providing support, strengthening relationships and empowering families to make positive change. We provide a range of services including:

- Pre-birth support
- Parent & child sessions,
- Parenting programmes,
- Triple P Peer Support Groups
- Dads programme,
- One-to-one support and home visits

We facilitate 'Baby Basics & Toddler Togs' which recirculates baby and child goods and clothes to families who need it. We also support the Drumchapel Early Years Network.

*Drumchapel  
Baptist Church*

## **Powerzone - Drumchapel Baptist Church**

This is our children's club for 5-12 year olds.

There are great games and challenges throughout the night, with plenty of activities for youngsters to enjoy themselves.

Glasgow Wide



North East

North West

South

**Contact: [alijcox@gmail.com](mailto:alijcox@gmail.com)**

**Lillyburn Place**

**Glasgow**

**G15 8HU**

**D R U M C H A P E L**



Glasgow Wide



North East

North West

South

**Contact: Claire Haining**

**Email: [clairehining@d-mac.org.uk](mailto:clairehining@d-mac.org.uk)**

**Telephone: 0141 977 0507**

**Unit 1 KCEDG Commercial Centre**

**201 Alderman Road**

**Glasgow**

**G13 3DD**

**The Children's Rights Project** exists to offer independent advocacy to children and young people aged between 5 and 18 in the West of Glasgow.

An Advocate is someone who speaks on your behalf, putting your views and opinions forward when, for whatever reason, you feel unable to do so yourself. At CRP, our advocates are trained and experienced in working specifically with children and young people, helping with a huge range of issues.

An advocate is there to help. They will provide up to date information to help you make decisions, can refer you to various services, can go with you to meetings/panels/appointments and help explain your issues/concerns. Any information you share with your advocate is confidential, and would only be shared with your permission, or in certain circumstances, if it was putting you or others at risk.





Drumchapel  
F o o d b a n k

**The Drumchapel Foodbank** provides seven day emergency supplies to those in the local and wider community experiencing financial crisis. We also act as a link to additional community based support services who can help individuals reduce their experience of financial and social isolation.

We provide a foodbank on Tuesday 2pm to 4pm at the Pheonix Community Hall. Referrals accepted from social work, housing organisations and other third sector organisations.

Glasgow Wide



North East

North West

South

**Contact: Liz McGeady**

**Telephone: 07810017687**

**Email: [lizdcb@hotmail.com](mailto:lizdcb@hotmail.com)**



Glasgow Wide

North East

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South

**Contact: Isabel Dunsmuir**

**Telephone: 0141 584 5754**

**Email: [enquiries@drcgenerations.org.uk](mailto:enquiries@drcgenerations.org.uk)**

**DRC Generations** is a community health initiative, based in Scotstoun and operating in the wider Knightswood area.

### **Peer mentoring and transitions**

We work with secondary schools in NW Glasgow recruiting volunteer s1 & s2 pupils to become Peer Educators. The Peer Educators volunteer their time to complete a 24 week substance misuse training, confidence and team-building programme. The Peer Educators then deliver a substance misuse awareness programme to eight Primary schools P7 pupils.

### **Youth Work**

We have two youth clubs for young people aged 10-18 years which meet on Tues & Wed.

We work in partnership with Glasgow Life to deliver street work in Yoker area on a Thursday evening

During school holidays, we have regular outings and visits

### **Family support**

Our staff provide one-to-one and group support to families where there are alcohol or drug dependency issues.

# Dyslexia Action

Training and Professional Development

Glasgow Wide



North East

North West

South

**Contact: Caroline Pearson**

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

**Telephone: 0141 334 4549**

**39 Napiershall Street**

**Glasgow**

**G20 6EZ**

## Dyslexia Action

Dyslexia Action Training and Professional Development is an accredited national training provider of courses designed and delivered to support professionals working with individuals with dyslexia and specific learning difficulties. Our training courses are designed to strengthen the expertise and confidence of teachers, teaching assistants, SENCOs, instructors, tutors, lecturers and learning support staff.

Our courses are offered online to enable practitioners to access materials and tutor support through Moodle our Virtual Learning Environment (VLE). Our online tutors are highly qualified specialist teachers, assessors, and psychologists who have a depth of knowledge and experience in dyslexia and SpLD. Our courses are accredited by the British Accreditation Council (BAC), the CPD Standards Office for our short courses, and Middlesex University for our postgraduate, professional programmes.



Glasgow Wide



North East

North West

South

**Contact: Fiona Carmichael**

**Telephone: 0141 221 2148**

**Email: [fiona.carmichael@earlyyearsscotland.org](mailto:fiona.carmichael@earlyyearsscotland.org)**

**23 Granville Street, Glasgow, G3 7EE**

**Early Years Scotland** is committed to providing the very best start in life for every child in Scotland. We are the leading national third sector organisation for children birth to 5.

Our range of Stay Play and Learn services offer a two generational, play based approach where qualified practitioners encourage and engage with young children and their parents/carers to strengthen and improve confidence, attachments, interactions, shared learning and attainment.

EYS:

Offer services across a variety of local community settings, including schools, community and church halls, nurseries and prisons

Offer a number of support services and membership benefits to assist a range of staff across the country who provide high quality Early Learning and Childcare in different settings

Support parents to establish, run and improve Parent and Toddler Groups in local communities

Our Professional Learning Academy delivers a range of training and learning opportunities for providers of Early Learning and Childcare, colleges, universities, local authorities and many more partners.



Glasgow Wide



North East

North West

South

**Glenburn Centre**  
**6 Glenburnie Place,**  
**Easthall**  
**Glasgow, G34 9AN**  
**0141 781 2277**

[andy@easthallpark.org.uk](mailto:andy@easthallpark.org.uk)

[www.facebook.com/pg/Easthall-Residents-Association-The-Glenburn-Centre](https://www.facebook.com/pg/Easthall-Residents-Association-The-Glenburn-Centre)

## **Easthall Residents' Association: Glenburn Centre**

We offer activities for children & families, young people, older people & individuals with additional support needs.

The Glenburn Centre is a community facility set in the heart of Easthall, Easterhouse, Glasgow. The centre is managed by Easthall Residents Association and delivers a varied activity schedule aimed at increasing the social, educational and employability needs of residents of Easthall and wider communities.

The Centre provides café, creche, internet access, meeting rooms, exhibition reception and a main hall for exercise and clubs for all ages.

The activities on offer incorporate, early years, young people, elderly and additional support needs, ensuring all members of our community can enjoy quality activities in a safe and enjoyable environment. This is achieved with the support of volunteers and a small number of staff with the support of various funding partners.



## East Pollokshields Mobile Crèche

Glasgow Wide



North East

North West

South

**Contact: Caroline Delaney**

**Telephone: 0141 420 3517**

**Email: [themobilecrecheteam@hotmail.co.uk](mailto:themobilecrecheteam@hotmail.co.uk)**

**427 Shields Road, Pollokshields**

**Glasgow, G41 1NY**

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

## East Pollokshields Mobile Crèche

Aims:

To provide a high quality crèche service for children aged 0-15 years inclusive.

To enable their parents to attend Education & Training classes, self help groups (including lone parents), women's and family groups, school events (including parent workshops), parent/teachers meetings and tenants/residents association meetings.

To actively promote the participation of the community in the managing of East Pollokshields Mobile Crèche project.

To increase job opportunities for local people.

Generally to enable parents to participate in community groups and play a greater part in community activities.



Glasgow Wide



North East

North West

South

**Contact: Anne Cumming**

**Email: [annecumming2@hotmail.co.uk](mailto:annecumming2@hotmail.co.uk)**

**1 Windsor Street**

**Glasgow**

**G20 7NA**

**Eiger Music** is a local grassroots community music charity based in Woodside, Glasgow, Scotland. We provide free music tuition for groups and individuals.



Glasgow Wide



North East

North West

South

**Contact: Barbara Jones**  
**Telephone: 0141 248 4125**  
**Email: [bjones@epilepsyconnections.org.uk](mailto:bjones@epilepsyconnections.org.uk)**  
**Suites 129 – 134 Baltic Chambers,**  
**50 Wellington Street,**  
**Glasgow, G2 6HJ**

**Epilepsy Connections** runs a variety of projects and services within the Greater Glasgow & Clyde, Forth Valley and Ayrshire & Arran Health Board areas, offering information, advice and support to people with epilepsy, their families, friends and carers and the professionals working with them.

Services include:

- Fieldwork Services
- Befriending Service
- Ethnic Minorities
- Epilepsy Awareness in Schools
- Friends Connected
- Events for Children
- Gardening Projects





Glasgow Wide



North East



North West



South

## Epilepsy Scotland

Epilepsy Scotland are currently setting up a youth programme for young people between the age of 11 and 20 years old who have epilepsy. The project aims to provide the young people with more information on their epilepsy and support them to transition into adulthood. It is also a great opportunity for young people to meet other people who have epilepsy and reduce the feeling of isolating and stigma.

This programme can be delivered on a one to one basis or group setting.

**Contact: Shauna Wilson**

**Telephone: 0141 427 4911**

**E-mail: [swilson@epilepsyscotland.org.uk](mailto:swilson@epilepsyscotland.org.uk)**

**48 Govan Road**

**Glasgow, G51 1JL**



Glasgow Wide



North East

North West

South

**Contact: Amanda Muir**

**E-mail: [amanda@equalsay.org](mailto:amanda@equalsay.org)**

**Tel: 0141 556 3477**

**1/3 Brook St Studios, 60 Brook St**

**Glasgow, G40 2AB**

**Equal Say** provide independent advocacy support to parents who have learning difficulties. We offer 1:1 advocacy support, a self-advocacy group and Mellow Parenting Groups.

For 1:1 advocacy, we prioritise families where there are child protection concerns, although we will work with parents when there are no child protection concerns but there is a clear need for advocacy support.

We deliver Mellow Parenting Groups, specifically for parents with learning difficulties; these groups are for families with pre-school children.

Our self-advocacy group is open to any parent with a learning difficulty who wants to improve their self-advocacy skills and get to know other parents.



Glasgow Wide



North East

North West

South

**Tel: 01904 550055**

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

**Unit 4, Alpha Court**

**Monks Cross Drive**

**York, YO32 9WN**

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

## Family Fund

In 2017/18 we helped 6,233 families with grants across Scotland. This meant that a wide range of thousands of essential items were awarded to families, including computers, tablets, kitchen appliances and much-needed family breaks. We receive funding from the Scottish Government.

We work with a number of organisations in Scotland and are a member of Children in Scotland, Together (Scottish Alliance for Children's Rights) and For Scotland's Disabled Children (FSDC).

We also support GIRFEC as the very nature of the Family Fund's work aligns closely with the 14 values and principles underpinning the core approach. Getting It Right For Every Child is a national approach in Scotland aimed at supporting children to get more responsive and effective support for their wellbeing wherever they live or learn.



Glasgow Wide



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**Families Outside** is the only national charity in Scotland that works solely to support the families of people affected by imprisonment.

We work to mitigate the effects of imprisonment on children and families – and consequently to reduce the likelihood of reoffending – through support and information for families and for the people who work with them.

Families Outside supports children and families affected by imprisonment through:

- Families Outside Support & Information Helpline
- Family Support Workers providing direct support to children and families throughout Scotland
- Bespoke training and awareness-raising
- Development of policy and practice
- Campaigning and research
- Coordination of all existing and new visitors' centres at prison establishments across Scotland

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

**Tel: 0131 557 9800**

**Helpline: 0800 254 0088**

**13 Great King Street, Edinburgh, EH3 6QW**



Glasgow Wide



North East

North West

South

**Contact: Jimmy Wilson**

**Email: [jimmy.wilson@fare-scotland.org](mailto:jimmy.wilson@fare-scotland.org)**

**Tel: 0141 771 9151**

**Bannatyne House, 31 Drumlanrig Avenue  
Glasgow, G34 0JF**

**FARE** (Family Action in Rogerfield and Easterhouse) is a community based project, which was founded in 1989 by local residents from Easterhouse, Glasgow. The project has grown significantly over the years and now delivers services across many communities. The vision of FARE is “People and communities thrive and are free from the effects of poverty’. Our work involves:

**Health** – To enable more of the local community to adopt and maintain an active and healthy lifestyle: FARE fosters community resilience and enables individuals and communities to take more control over their health and lives.

**Community Support and Development** – To encourage, support and empower people, to act on their ideas, issues and interests.

**Collaborations and partnerships** – involving communities and local services working together at any stage of planning cycle, from identifying needs through to implementation and evaluation.

**Access to community resources** – connecting people to community resources, practical help, group activities and volunteering opportunities to meet individual needs and increase social participation. FARE’s premises are new and inclusive to all.

**Employment** - To increase the number of community members who have the skills to seek, gain and maintain employment: FARE deliver stages 1-5 along the Strategic Skills Pipeline, from the newest school leaver struggling to find employment to Modern Apprenticeships. FARE’s employability approach working with young and old is individually people centred.



Glasgow Wide



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**FASS (Family Addiction Support Service)** is a confidential support service for those affected by or concerned about a loved one's drug or alcohol use. FASS provide kinship support, bereavement support, family support, counselling, link work, respite, holistic therapy, hypnotherapy and training, through one-to-one services and group work services.

FASS currently have 23 family support groups operating in the city. FASS also work in partnership with Geezabreak who offer a wide range of valuable support to children and families in the local area.

**Contact: FASS**

**E-mail: [info@fassglasgow.org](mailto:info@fassglasgow.org)**

**Tel: 0141 420 2050**

**123 West Street**

**Glasgow, G5 8BA**



Glasgow Wide



North East

North West

South

**Contact: Chiara Marin**

**Telephone: 0131 554 4300**

**Email: [chiara@fastforward.org.uk](mailto:chiara@fastforward.org.uk)**

**4 Bernard Street**

**Edinburgh EH6 6PP**

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

## **Fast Forward – Gambling Education Hub**

The Hub offers CPD sessions and support to address youth gambling and problem gambling within youth employability programmes. Training includes links to other risk-taking behaviours and financial issues affecting school leavers and young adults. Youth employability services can also request up to 3 free gambling education sessions for their groups of young people, delivered with a follow-up debrief to discuss any additional needs.

The Hub continues to engage with secondary schools, through teachers' training.

The Hub offers support to Universities and Colleges to identify ways to provide effective support to students regarding gambling-related harm, e.g. by promoting materials and using their online presence to raise awareness.

We also provide bespoke training and support to staff, e.g. student welfare officers and student association officers, at key times over the academic- year.

This includes consultancy in developing and disseminating information and materials to be shared with parents and carers.

Our work promotes awareness about the impact of gambling on families, and provides advice regarding talking about gambling with young people.

## Family Mediation West

Glasgow Wide



North East



North West



South

**Family Mediation West of Scotland** support families affected by separation, divorce and conflict.

Our services include Child Focused Family Mediation and provision of a Child Contact Centre.

In addition to this, we have a Family Support Unit providing flexible support tailored to a particular family's needs.

We also provide free Parenting Apart sessions to assist parents to put their children first and move forward positively when living apart.

**Contact: Pauline Linn**

**Email: [pauline.linn@fmwest.org.uk](mailto:pauline.linn@fmwest.org.uk)**

**Tel: 0141 332 2731**

**19 Woodside Place**

**Glasgow, G3 6QL**





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**Contact: Gerry Baldwin, Manager**

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

**1567-1573 Shettleston Road**

**Shettleston**

**Glasgow G32 9AS**

**Telephone:**

**0141 778 4477**

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

**Fuse Cafe** offers a safe place for young people with a café area, gig space, annex and internet café. The internet café is supported by Glasgow Kelvin College. Activities, including formal and informal learning, are offered as supported and developed by young people.

Fuse is open six days a week. Afternoon sessions for young people in P5-P7 are offered five days a week for three hours. This includes an hour of formal learning, including homework support. Evening sessions for young people aged 12-18 are offered six days a week, Monday-Saturday, for three hours.

In addition, a session is offered during the day for young people aged 16-25 seeking support in further education, training, employability skills, and job seeking.

Fuse is more than providing an alcohol & drug free venue for local young people to gather. The activities and resources we make available are always evolving to meet the needs and requests of young people.

The building of positive relationships between Fuse members and youth workers is pivotal to successfully developing the confidence, social and employability skills of these young people.



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**Tel: 0141 424 0448**

**Email: [gapchildcare@btconnect.com](mailto:gapchildcare@btconnect.com)**

**Govanhill Neighbourhood Centre**

**6 Daisy Street**

**Glasgow, G42 8JL**

**GAP Childcare Services** offer out of school care, mobile crèche and holiday playscheme services to the local community and neighbouring communities. GAP is a fun, friendly environment where children can play, socialise and develop life skills in a safe and secure setting. GAP provides flexible, high quality childcare at affordable prices. GAP is part funded through Glasgow City Council Children and Families and has strong links within the area.

### **OUT OF SCHOOL CARE**

Providing OOSC to children aged 5 to 14 years (16 ASN) 50 weeks of the year. We collect children from the following schools: St Brides Primary, Holycross Primary, Cuthbertson Primary, Battlefield Primary

Secondary school pupils make their own way to GAP. We accommodate children from the following secondary schools:

Shawlands Secondary, Holyrood secondary

We also make early pickups for the children attending Primary 1 in the first two weeks.

### **MOBILE CRECHE**

The mobile crèche service brings the equipment and staff to a venue of your choice, we offer a flexible service and can accommodate children aged between 6 weeks and 5 years. This service is available city wide and is available 40 weeks of the year.

### **PLAY SCHEME**

We offer an all day service to all families with children aged between 5- 14 yrs. The service opens at 7.30am to enable parents to attend work or college/ Uni and closes at 6.00pm Monday – Friday. Children are provided with a morning and afternoon snack but are required to bring a packed lunch. The service takes the children on various trips and is value for money.



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**Contact: Doreen Paterson**  
**Email: [doreen@geezabreak.org.uk](mailto:doreen@geezabreak.org.uk)**  
**Tel: 0141 573 2900**  
**1450/1456 Gallowgate, Parkhead**  
**Glasgow, G31 4ST**

## **Geeza Break**

**Respite Sitter Service:** Children are cared for in their own home by trained sitters working on development and social skills.

**Respite Care Service:** Children are cared for in the homes of fully vetted and approved carers from a few hours to overnight care

**Centre Based Respite:** Primary school children between 5 and 12 years are cared for during school holiday periods through the Toffee (Time Out for Families East End) Club

**Out of School Places:** As part of the TOFFEE CLUB service we also provide city-wide Out of School Places to support Grandparents who have the sole care of their grandchildren/relatives

**Geeza Chance Project:** Supports young people with the smooth transition from being with their parents and their chaotic lifestyles to living with their grandparents/other family members

**Family Support Service:** Intense specialised one-to-one and group support offered to families experiencing poverty, abuse, isolation, addiction, crisis situations and/or mental health issues

**Kinship Care Service:** We Provide professional, confidential, personal, Person-Centred Therapeutic Support to Kinship Carers in privacy of own home



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**Contact: Michelle Murray**

**Phone: 01415548600**

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

**Address: 128 Armadale Street, Glasgow, G31 2TL**

**Gingerbread East End** offers out of school care and operates 52 weeks of the year, supporting and helping single parents and families to build a brighter future for themselves and their families in the east end of Glasgow.

Hours

3pm -6pm Term Time

8am - 6pm Summer Provision



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## Givin It Laldie

Our music sessions are FREE and are open to everyone – no auditions, no experience and no ability to read music required! We use music to build and strengthen our community, to connect people and to lift lives and improve well being – why not come along and have a go?

**Tel: 0774 902 8424**

**Email: [givin.it.laldie@gmail.com](mailto:givin.it.laldie@gmail.com)**

**1 Errol Gardens**

**Glasgow, G5 0RA**

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



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**Contact: John Kewley**

**Email: [john.kewley@thegkexperience.org.uk](mailto:john.kewley@thegkexperience.org.uk)**

**Telephone: 0141 248 2915**

**759a Argyle Street**

**Glasgow**

**G3 8DS**

## **Wellbeing. Confidence. Self Esteem. Resilience**

**theGKexperience** is a Youth Work Charity founded on the belief that young people are brilliant and that they all deserve the same opportunities in order to enable them to reach their potential. Youth workers and young leaders work together to support amazing young people facing challenges in their everyday lives.

The Young Team is a young leaders programme, where young people are identified and invited to be part of an intensive period of training and self-development, whilst learning alongside others more experienced and re-employing their new found skills and confidence in local community settings, as well as team on residential.



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**Contact:** [mary@glasowcarefoundation.org](mailto:mary@glasowcarefoundation.org)

**Telephone:** 0141 445 2736

**18-20 Orkney Street**

**Glasgow**

**G51 2BX**

## Glasgow Care Foundation

They say good things come in small packages, and that certainly applies to us. We often describe ourselves as a small charity doing big things for Glasgow.

For over 140 years Glasgow Care Foundation have been assisting families and individuals in Glasgow who cannot get help from any other agency with basic household goods. We also support local community projects, holidays for families and distribute toys and food vouchers at Christmas.



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## Glasgow Children's Holiday Scheme

We offer children and their families holidays in one of our caravans at Wemyss Bay Holiday Park. These can be full weeks or short breaks

The families are affected by poverty, unemployment, bereavement, kinship carers, young carers, disability, mental health and physical/ illness, domestic violence, drug/alcohol, refugee and asylum status.

Some children enjoy breaks with youth groups in the caravans.

A small number have a holiday with hosts families throughout Scotland.

**Phone: 0141 248 7255**

**Email: [admin@glasgowchildrensholidayscheme.org.uk](mailto:admin@glasgowchildrensholidayscheme.org.uk)**

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

**GCHS Room 114 Pentagon Centre Washington St.**

**Glasgow, G3 8AZ**





**Glasgow Council on Alcohol (GCA)** is a not-for-profit charity organisation working with individuals, families and communities to reduce the harm caused by alcohol and drugs.

We are a COSCA recognised organisation who offer introductory and advanced counselling courses and bespoke alcohol and drug training.

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**Contact: Christopher Dickson**

**Email: [chris.dickson@glasgowcouncilonalcohol.org](mailto:chris.dickson@glasgowcouncilonalcohol.org)**

**Tel: 0141 556 6631**

**14 North Claremont Street**

**Glasgow, G3 7LE**



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**Glasgow Disability Alliance (GDA)** is an organisation led by disabled people and has a membership of over 4000. GDA has, by far, the biggest groundswell of disabled members in Scotland, if not the UK.

We provide free, fun, accessible learning and opportunities for disabled people of all ages to build confidence, make connections and have support to make their contributions. Being disabled people ourselves, we strive to remove barriers to participation and learning and with this in mind, all our learning is free, with transport, personal assistance and lunch provided free of charge.

We work with disabled people of all ages, 11+ and with any type of impairment / condition. Membership is free and open to anyone living in Greater Glasgow who is disabled or has a long term condition.

**Contact: Marianne Scobie**

**Email: [mariannescobie@gdaonline.co.uk](mailto:mariannescobie@gdaonline.co.uk)**

**Tel: 0141 556 7103**

**301 White Studios, Templeton Business Centre**

**Glasgow, G40 1DA**



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**Contact: Michael Shanks**

**Email: [michael@glasowdisabledscouts.org](mailto:michael@glasowdisabledscouts.org)**

**c/o The Scout Association**

**21 Elmbank Street**

**Glasgow, G2 4PB**

## **Glasgow Disabled Scouts**

We are a Scout Group for young people with physical disabilities and life limiting conditions aged 7 to 25.

We currently have four sections which provide a programme for young people according to their age. Each section has around 15 young people.

Our group operates with a dedicated team of volunteers who provide one to one support for all our young people as well as leading aspects of the programme, health and safety, personal care, fundraising, transport and looking after all our equipment.

We have been around for more than 80 years, so we have a huge amount of experience dealing with many differing types of physical disabilities including Muscular Dystrophy, Cerebral Palsy, Spina Bifida, visual impairment and many others.



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**Contact: Neil Lovelock**

**Email: [neil@glasgowecotrust.org.uk](mailto:neil@glasgowecotrust.org.uk)**

**Telephone: 0141 433 0427**

**Heart of Scotstoun Community Centre**

**64 Balmoral Street**

**Glasgow**

**G14 0BL**

## Glasgow Eco Trust

Glasgow Eco Trust delivers environmental activities and services across a range of Key Work Areas, many in partnership with other organisations, in order to protect and enhance the local environment and increase the wellbeing and resilience of local people and communities that we work with.

**Glasgow Eco Trust makes a difference by facilitating and empowering local people in many different ways to be more eco-friendly including:**

- to donate unwanted bikes and access affordable reused bikes;
- to walk and cycle more;
- to maintain and improve community spaces and community gardens;
- to come together to take action;
- to help people and communities to thrive;
- to use and develop their skills through volunteering and
- to improve their resilience and physical and mental health and wellbeing.



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**Glasgow East Alcohol Awareness Project (GEAAP)** is a community alcohol project supporting individuals with their own or another's alcohol use.

GEAAP provide free services such as;

- adult, young persons and family counselling
- peer mentoring
- young persons prevention and education service
- school based alcohol multi risk programme
- weekly women's group

**Contact: Stewart McKay**  
**Telephone: 0141 773 1222**  
**Email: [info@geaap.org](mailto:info@geaap.org)**  
**[www.geaap.org](http://www.geaap.org)**  
**51 Trondra Place**  
**Glasgow, G34 9AX**



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**Contact: Greg Cowan**

**Email: [theaghlach@outlook.com](mailto:theaghlach@outlook.com)**

**Telephone: 07791 685 515**

**Glasgow Gaelic School**

**147 Berkeley Street**

**Glasgow, G3 7HP**

**[www.facebook.com/BuidheannDisathairne](http://www.facebook.com/BuidheannDisathairne)**

## **Glasgow Gaelic School: Buidheann Disathairn (Saturday Club)**

The club runs on most Saturday mornings from 9.45am to 11.45am in the school during term time.

We offer:

- Gaelic classes from absolute beginners (little or no knowledge) to advanced (mainly conversational).
- Creche for 0 years to 3 years.
- Pre-school activities for 3 years to 5 years.
- School age activities for 5 years and over.
- Everyone is welcome even if you don't have children.



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**Contact: Lisa Doherty**  
**Email: [lisa@gmacfilm.com](mailto:lisa@gmacfilm.com)**  
**Telephone: 0141 553 5400**  
**5<sup>th</sup> Floor Trongate 103**  
**Glasgow**  
**G1 5HD**

## Glasgow Media Access Centre (GMAC)

The mission of GMAC Film is to empower young people, emerging film talent and independent filmmakers by enabling them to acquire the skills, knowledge, confidence and resources to realise their ambitions in film or elsewhere in the creative industries.

GMAC Film develops talent from all backgrounds – including individuals from communities and backgrounds currently under-represented in the media industries – and creates open access points for them to enter the industry.

GMAC Film is an active member of the Glasgow Youth Arts Hub, Film Access network Scotland (FANS) and Screen Training Scotland (STS), linking opportunities while identifying gaps and collaborating on new work.



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**Glasgow South PANDAS** Support Group provide peer support to families in the Glasgow area who are dealing with the effects of perinatal mental health issues.

By joining a PANDAS Support Group you can spend time with people who share and understand your experiences. It's an opportunity for you make friends and talk about your deepest concerns and know that they will be met with acceptance and understanding.

This simple act of sharing can make an enormous difference to the way you feel.

[glasgowsouthpandas@gmail.com](mailto:glasgowsouthpandas@gmail.com)

**Pollock Library, 27 Cowglen Road**

**Glasgow, G53 6EW**

**Telephone: 07434695167**





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**Contact: Susan Jack**

**Telephone: 0141 553 2022**

**Email: [susanj@glasgowwomensaid.org.uk](mailto:susanj@glasgowwomensaid.org.uk)**

**4th Floor, 30 Bell Street,**

**Glasgow G1 1LG**

**Glasgow Women's Aid** provide information, support and temporary refuge accommodation to women, children and young people experiencing Domestic Abuse.

We offer:

- Confidential ongoing support. You can contact us as often as you need to, regardless of where you are living
- Information on housing, benefits, financial issues and legal issues
- Signposting to other relevant organisations. If we don't know something we can find out for you.
- Arrangements for interpreting services
- Safe, anonymous refuge accommodation where you and your children (if you have any) will receive emotional and practical support for a short term period



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## Greyfriars Youth Project

We are the Youth Project of Barlanark Church of Scotland motivated by our desire for young (and old!) to hear the good news that Jesus gives to all. But we welcome all people, from all backgrounds, to come and join us in our many activities in our Church and community.

Activities include Rock Solid Youth Club, Church Youth Organisations, School SU Clubs, Monday Night Football, Summer Activities and much more...

**Contact: Jonny Morrin**

**Telephone: 0141 771 6477**

**Email: [jonnym@gypweb.co.uk](mailto:jonnym@gypweb.co.uk)**

**Website: <http://www.barlanark-greyfriars.co.uk/page4.html>**



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**G15 Youth Project** is a charity set up to help young people between the ages of 12 and 25.

The project offers advice and support to young people in the local area, providing activities for leisure and social learning and education in order to improve opportunities and life chances of its members.

The G15 Youth Project are committed to providing confidential information and advice for young people through a range of activities and workshops. Support is provided on a one to one basis for any young person who feel they require it.

**Contact: Joyce Bell**

**Tel: 0141 944 8868**

**Email: [joyce@g15yp.co.uk](mailto:joyce@g15yp.co.uk)**



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## Gorbals Youth Café

The café is open to all young people, aged between 12 and 25 years from the Gorbals, Oatlands, and Laurieston area. The ethos of the café is to provide a safe and suitable environment in which young people can develop new skills and knowledge.

The café provides recreational, educational and personal development skills. The café is also open to the general public and offers a range of healthy choices at reduced prices.

**Email: [gorbalsyouthcafe@btconnect.com](mailto:gorbalsyouthcafe@btconnect.com)**

**Tel: 0141 429 3223**

**17 Waddell Court**

**Glasgow, G5 0QA**



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**Telephone: 0141 445 6481**  
**Email: [hello@govanhelp.org](mailto:hello@govanhelp.org)**  
**c/o Govan Road Campus,**  
**635 Govan Road**  
**Glasgow, G51 2BN**

**Govan Home and Education Link Project** (formerly Hill's Trust Home School Community Project) is a family education support project.

Also known as **Govan HELP**, the project aims to improve the educational attainment and life skills of children and their families.

Govan HELP offers a "menu" of integrated early intervention services to support the child, his/her family and their holistic needs. Govan HELP offers its services to pupils and their families from 4 primary schools (Pirie Park, St Constantines, Riverside & St Saviours) and 2 nurseries (Broomloan & Govan Family Learning Centre).

Govan HELP aims to:

- support families before any difficulties deepen & reach crisis
- improve children's nursery & school experiences
- build resilience, confidence and self-worth in children and adults
- strengthen family relationships
- help parents to feel more supportive, capable and responsible.



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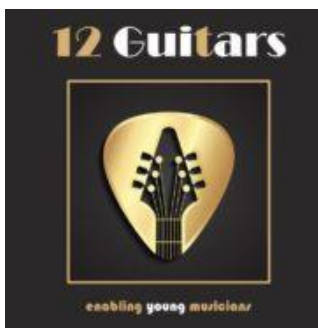
**Tel: 0141 445 4505**  
**Email: [mail@gyip.org.uk](mailto:mail@gyip.org.uk)**  
**9 Water Row, Govan Cross**  
**Glasgow, G51 3UW**  
**[www.gyip.org.uk](http://www.gyip.org.uk)**

## Govan Youth Information Project

We are a non-profit organisation with the aim of delivering empowering and meaningful youth work to all children and young people within the Glasgow Govan area. We aim to provide support, information and advice to anyone who makes use of our services (regardless of gender, sexual orientation, religious belief or racial group), and we are committed to the development and regeneration of our local community.

The objective of our project is, therefore, the advancement of education and the relief of poverty, particularly among those aged 5-25 and within the Govan area.

**GYIP** is here to provide support, information and advice to young people while empowering them to contribute to the development and regeneration of our local community. Our education aims to be informal and accessible, yet relevant, honest, and informative so that our young people gain a clear and factual understanding of relevant topics; including employment, health and wellbeing, substance misuse, first aid, and equality and diversity.



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**Tel: 0771 170 6880**

**Email: [Gerry@12guitars.org](mailto:Gerry@12guitars.org)  
[12guitars.org](http://12guitars.org)**

## 12 Guitars

12 Guitars is a Social Enterprise formed in April 2019 in Glasgow by Gerry Thorogood and Steve Plummer. We provide guitars, equipment and access to tuition and support, free at the point of use to ensure that guitar playing is accessible to all young people. The benefits from guitar playing for a young person and the opportunities that can arise from playing are many. Get in touch if you want to know more about what we do or if you know of someone who you think we could support.

Currently we have been creating awareness and building up our library of loan instruments. We are converting a double-decker bus “The No 12” into a recording studio, practice studio, guitar-tech workshop, learning space and meeting place. We have two pilot projects commencing. One in Govan in Glasgow and one in Central Scotland

Once we have completed the pilot-projects we will broaden engagement to other cities, towns and villages. We will accelerate our engagement with the Corporate sector. Whether to have a pop-up guitar donation point in the staff canteen, a fund-raising live Riff-Quiz or to offer staff volunteering opportunities, we want to develop this strand of activity



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## Harmony Row Youth Club

Established in 1915, Harmony Row are a long standing community club that deliver football sessions in the south west of Glasgow. We have teams for players born in 2011 all the way up to our Amateur side. With our own venue, Alex Ferguson Park, we welcome over 200 participants per to play football in a fun, friendly environment.

As a club we work to make sure every person that joins us have the right opportunity to improve their skills, enjoy their football and just as importantly make friends. Our training nights vary per age group with younger teams tending to train between 6pm-7.30pm and older teams 7.30pm-9pm at our facility, Alex Ferguson Park.

We welcome anyone along to the club regardless of ability so if you are interested in playing football or your child is contact us today to arrange to come along.

**Tel: 0141 866 7758**

**Email: [harmonyrowyouthclub@btconnect.com](mailto:harmonyrowyouthclub@btconnect.com)**

**8 Row Avenue**

**Glasgow, G51 4SY**

**[www.harmonyrow.club](http://www.harmonyrow.club)**





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**Contact: Shona Stirling**

**Telephone: 07397 984288**

**Email: [info@healingfortheheart.co.uk](mailto:info@healingfortheheart.co.uk)**

**Barclay Curle House, 739 South Street,  
Glasgow, G14 0BX**

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

Based in the West of Glasgow, **Healing for the Heart** exists to help people and organisations to improve their mental and emotional health.

At Healing for the Heart we are passionate about helping people to develop a positive attitude to mental and emotional health by offering a holistic approach to therapy. We currently offer counselling, massage therapy, spiritual healing and supported volunteering

We are developing our work with children, young people and creative arts and we can work with local schools to promote health and wellbeing.

We also offer training for organisations which are looking to address issues around mental and emotional health - particularly in the areas of trauma and the impact of ACE's. Like our 1:1 services, we tailor make our training around the needs of the client.



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**Tel: 01368 850336**

**Email: [contact@heygirls.co.uk](mailto:contact@heygirls.co.uk)**

**Unit 3 Newhailes Business park**

**Newhailes Road, Musselburgh**

**Edinburgh, EH21 6RH**

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

## Hey Girls

At Hey Girls we know that you girls and young women are all powerful individuals, care about your health, are passionate about the environment and want to make a difference.

We seek to enrich the lives of girls and young women in the UK by exercising social and ethical responsibility in every aspect of our work—from where we source our products through to our supply chain, and the way we run our social business

Girls in the UK miss school because they can't afford period products - Hey Girls tackles period poverty by giving a girl or woman one pack of products for every pack you buy.

My Period is a new resource to help schools have positive conversations with their pupils about periods. We know that there is a very wide spectrum of what, how and when education about periods is delivered in schools. With schools in Scotland providing free period products for pupils, now is the time to ensure all pupils have access to high quality education about periods.

To complement the physical learning tool, Hey Girls has created comprehensive schools' pack available to download for free.

# the hidden gardens

## Glasgow Wide



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**Contact: Grace Mark**

**Tel: 0141 433 2722**

**Email: [grace@thehiddengardens.org.uk](mailto:grace@thehiddengardens.org.uk)**

**25a Albert Drive**

**Glasgow, G41 2PE**

**The Hidden Gardens** is an award-winning, unique public greenspace and community development organisation situated between the neighbourhoods of Govanhill and Pollokshields. Our vision is of a society where people live, play, learn, participate and celebrate together. We promote community engagement and trust between local people and communities through horticulture, nature, arts, creativity and collaboration.

Our 3 strands of work are our Volunteering Programme, our Community Programme and our Creative Programme. As well as providing free public access to the Garden 6 days a week, we offer free workshops, events and activities designed to engage the local community and meet their needs. For example, we run 'Play with Your Food' targeted creative group for parents of young children in challenging circumstances, a drop in Conversation Cafe for English language learners, weekend wildlife learning events, as well as delivering or hosting larger scale one off events. These have recently included the opening of the Refugee Festival, family friendly Into the Wild days and Family Day in collaboration with Tramway.



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**Contact: Carrie Manning**

**Telephone: 0141 575 3001**

**Email: [carrie.manning@impactarts.co.uk](mailto:carrie.manning@impactarts.co.uk)**

**The Factory, 319 Craigpark Drive**

**Dennistoun, Glasgow, G31 2TB**

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

**Impact Arts** is a forward-thinking community arts organisation which uses the arts and creativity to enable and empower social change. Our mission is to help people and communities transform their lives through creativity and the arts. #artchangeslives

### **The Young Gallery (0-12 years)**

Our Creative Team delivers a range of exciting arts projects in primary schools and nurseries. Children celebrate their artistic achievements in a dedicated and aspirational gallery space. We work in partnership with specialist therapeutic arts organisations to deliver group therapy, and through 1:1 Art Therapy, we work with children affected by family members' substance misuse.

### **Cashback to the Future (12-19 years)**

Early intervention arts projects (particularly for those at risk of disengaging from school), to gain new skills and confidence. Participants work with professional artists and creatives on intensive programmes (1-4 weeks) which culminate in exciting showcases. We work in schools to support young people at risk of disengaging or engage those not involved in exams through our programmes (Creative Connections and Impact 66).

### **Creative Pathways (16-24 years)**

A creative employability programme for young people, who work full-time, over 12 weeks, alongside our dedicated and inspiring tutors. Programmes include: Fashion and Style, Product Design, Environmental or Theatre Arts to develop artistic and social skills that are transferable into a work setting. Journeys culminate in high profile final showcases. SQA accredited to SCQF levels 3 and 4.



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We are a youth support charity that works with young people to help them transform their lives.

We provide intensive, bespoke support to young people and families in challenging circumstances.

Our model of support is based upon building solid relationships of trust. Through this approach we are able to help young people make positive life choices and progress towards the type of future they want to live.

We know that every young person has endless potential. With the right support, we can help them recognise this too.

**Telephone: 0141 427 0523**

**Email: [enquiries@includem.co.uk](mailto:enquiries@includem.co.uk)**

**Head Office, Unit 6000, Academy Office Park,  
Gower Street, Glasgow, G51 1PR**

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



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**Contact: Laura Cusack**

**Email: [laura.cusack@indigogrp.com](mailto:laura.cusack@indigogrp.com)**

**Tel: 0141 634 6161**

**29 Dunagoil Road**

**Castlemilk**

**Glasgow, G45 9UR**

**Indigo Childcare Group** exists to provide outstanding early learning and childcare solutions, from birth up to the age of 16yrs. We aim to provide services that provide the best possible start in life for all of our children and young people and a platform for improved life chances as they grow. Our services are flexible, accessible, and affordable to the local communities they serve, and our aspiration is always to provide outstanding quality in the eyes of all of our customers and stakeholders.

We are a business with social objectives, with our roots embedded in the community. Supported and part-funded by Glasgow City Council, we operate as a social enterprise, a company limited by guarantee with charitable status, which means that all income generated goes directly to the provision of the services and in turn to supporting our local communities.

We have nurseries in Garrowhill and Castlemilk



### Glasgow Wide



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**Contact: Samantha Termer**  
**samantha.termer@volunteerglasgow.org**  
**Tel: 0141 226 2560**  
**10 Bothwell Street**  
**Glasgow, G2 6LU**

**Intandem** provides weekly, community based mentoring to children and young people aged 8-14 who are Looked After At Home (under compulsory supervision order with no condition of residency). Intandem is funded by the Scottish government and is being delivered in 21 local authorities throughout Scotland by 13 different charities. Volunteer Glasgow is delivering the programme to South Glasgow.

Young people will be matched up with an adult volunteer who will support the young person to engage in various different activities of their choice. Intandem's focus is on relationship building and providing the "one good adult" who will bring consistency, trust, and fun to a vulnerable young persons life. We aim to reduce social isolation, improve confidence & self-esteem and provide a protective element to each young person.

Matches are fully supported throughout their time together by an allocated support worker who will work closely with all agencies involved in the young person's life to ensure consistent care and support is provided to meet the wellbeing needs of each young person.



### Glasgow Wide



North East

North West

South

**Contact: Tracey Black**  
**Telephone: 0141 634 7305**  
**Email: [info@jeely.org.uk](mailto:info@jeely.org.uk)**  
**55 Machrie Drive**  
**Glasgow, G45 0AL**

## The Jeely Piece

The Jeely Piece Club is a charity with its roots in Castlemilk in Glasgow's south side. We believe in providing play and learning opportunities for children from 0 to 12 years regardless of status or circumstance.

We do this from our two dedicated bases within the Castlemilk community - the Jeely Early Years Centre and the Jeely PlayZone Centre - and further afield via our stay & play and pop up play sessions which take place in partner sites, outdoor spaces, woodlands and Primary Schools.

Since its creation in 1975 and to this day we take a holistic approach encompassing the child, the parent/carer and the wider community to encourage the growth and development of each and every child.





Glasgow Wide



North East



North West



South

**Kindred Advocacy,  
7 Rutland Court Lane,  
Edinburgh, EH3 8ES**  
[Enquiries@kindred-scotland.org](mailto:Enquiries@kindred-scotland.org)  
[0800 031 5793](tel:0800 031 5793)

## Kindred

**Our service is available to parents and carers of children with additional support needs aged 0 – 18 years. Our practice model is based on the following four principles:**

**Parent-led** - Kindred is a parent-led organisation. Many of our staff are parents of children with disabilities. Everything that we do, including the way we run our organisation, is driven by the goal of meeting the needs of parents.

**Listening** - Information and services are not the whole answer to caring for a child with disabilities or additional support needs. Parents and carers need to be offered the chance to talk about the experience of disability on family life. Our practice model includes recognising that when parents or carers feel 'acknowledged' they are more able to cope with the challenges of caring.

**Building self-confidence** - Even the most articulate and able of parents can struggle to express themselves when it comes to care of their child. An important part of our role is to support the parent to develop confidence about caring for their child. We usually provide a high level of support at the beginning, but encourage parents to take a greater role over time.

**Non-judgemental** - We see that parents are often judged and criticised because of circumstances beyond their control, including the child's disability. We actively avoid making assumptions about anyone who needs our service and maintain respect for parents at all times. Parents who use our service are doing their best to care for their child, often under very difficult circumstances.



Glasgow Wide



North East

North West

South

**Contact:** [lainybedingfield@kingswayhealth.co.uk](mailto:lainybedingfield@kingswayhealth.co.uk)

**Telephone:** 0141 959 0129

**50 Kingsway Court**

**Glasgow**

**G14 9SR**

## The Kingsway Court Health & Wellbeing Centre

We are a community development centre set up and managed by local people for local people to help improve the quality of our life and our community.

**Our Vision** is one of a **Proud, Capable and Confident** multi-cultural community.

**Our Mission** is to build social capital within the community.

That is, we believe increasing people's confidence, esteem, sense of connectedness and belonging is likely to be the most effective contribution our organisation can make to addressing health inequalities and improving health and wellbeing within the community.

We aim to do this by generating resources and opportunities to improve people's chances of personal growth & fulfilment



Glasgow Wide



North East

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South

**Contact:** [morven@lambhillstables.org](mailto:morven@lambhillstables.org)

**Telephone:** 0141 945 4100

**11 Canal Bank North**

**Glasgow**

**G22 6RD**

## Lambhill Stables

Lambhill Stables has been active in engaging local young people, and working with them, since 2008. Our aim is to occupy young people in constructive activity, building their confidence and getting them active using the amenities right on their doorstep. We run a wide range of activities such as:

- Drop-in youth club.
- Environment “Get Green” group.
- Gardening.
- Cycling.
- Canoeing.
- Schools workshops.
- Tailored employability activities.

We place considerable emphasis on youth work and its integration with our wider economic, social and environmental activities.



#### Glasgow Wide



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#### **Leithland Neighbourhood Centre** aims to:

- promote the use of Leithland Neighbourhood Centre
- promote the Aims & Objectives of Scottish Healthy Choices Award Scheme
- promote healthy eating
- promote and improve conditions for the inhabitants of Leithland, Brockburn, Kempsthorn and Cornalee areas of Pollok by advancing education and providing recreation and leisure facilities.
- manage a community neighbourhood centre and provide a range of communal activities.

**Contact: Julie McMurray**

**Telephone: 0141 883 0624**

**Email: [leithlandnc@outlook.com](mailto:leithlandnc@outlook.com)**

**25 Kempsthorn Road**

**Glasgow, G53 5SR**

**[www.facebook.com/leithlandneighbourhoodcentre](https://www.facebook.com/leithlandneighbourhoodcentre)**



Glasgow Wide



North East

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South

**Telephone: 0141 552 7425**

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

**LGBT Youth Scotland, 30 (3/2) Bell Street,  
Glasgow, G1 1LG**

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

**LGBT Youth Scotland** aims to make Scotland the best place to grow up LGBTI.

LGBT Youth Scotland works to build the capacity of professionals to meet the needs of LGBTI young people; to influence decision makers and to improve LGBTI visibility in Scotland. Our key national programmes focus on

- Schools & Teachers,
- Policy Influencing,
- Domestic Abuse
- Co-ordination of LGBT History Month in Scotland.

**We have a number of services in Glasgow including:**

- TRANS YOUTH GLASGOW
- SHHOUT
- STANDOUT
- YOGHURT



Glasgow Wide



North East

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**Contact: Fraser Macleod**

**Telephone: 0131 332 0410**

**Email: [fraser@licketyspit.com](mailto:fraser@licketyspit.com)**

**Licketyspit** is a specialist theatre company based in Scotland, creating work for, and with, children, their families and communities to fire children's imaginations through experiences using theatre, drama-led play, stories and music.

Licketyspit creates and delivers work from full-scale theatre shows to intensive, drama-led early intervention. We work with professionals and practitioners in community, arts, school and nursery settings and share learning at local, national and international level. We prioritise working in communities disadvantaged by socio-economic factors.

Licketyspit is at a pivotal point in its development with increasing demand for our work. Our aim is to be widely recognised as a centre of excellence for child-centred theatre and drama-led practice, developing our role as a significant contributor to the potential of drama-led engagement for children, families, communities and services.

**BIG Porridge & Play Glasgow** is a 7-week block of Licketyspit Playcard Play & food sessions for families with children under 12.



Glasgow Wide



North East

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South

**Telephone: 0141 552 4434**

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

**3 Brand Pl**

**Glasgow, G51 1DR**

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

**Lifelink** is a social enterprise and registered charity, based in Glasgow, which supports individuals who have mild to moderate mental health issues, for example stress, anxiety, depression, relationship issues or overall low mood, or those who would like help with self-managing their own mental health proactively to avoid developing some of these symptoms or conditions.

We provide a range of services including one to one counselling, personal development workshops and training for young people and adults.



**LINKES [SCIO]**

200 Lincoln Avenue

Knightswood

GLASGOW G13 3PR

Tel. 0141 954 4833

[infolinkes@yahoo.co.uk](mailto:infolinkes@yahoo.co.uk)

Registered Charity Number SC037175

Glasgow Wide



North East

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**Contact: Heather McGill Crawford**

**Telephone: 0141 954 7554**

**Email: [contact@linkes.org.uk](mailto:contact@linkes.org.uk)**

**LINKES** is a community project, run by the community for the community, where everybody is welcome.

We have a full programme of activities and you are invited to drop in at Block 200 on Lincoln Avenue during our opening times.

Support for school children, young people and their families include:

- Play sessions
- Youth Clubs
- ESOL
- Women's group
- Men's group
- Welfare rights
- Click & Connect - free computer access





Glasgow Wide



North East

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Email: [Karen@lovemilton.org](mailto:Karen@lovemilton.org)

Telephone: 0141 772 6704

Love Milton Office

15 Scaraway Drive

Glasgow

G22 7EY

## Love Milton

At LoveMilton we are working to alleviate and combat some of the causes and symptoms of deprivation in the area whilst continually working with the community.

It is our mission to start work on a self-build community centre using reclaimed materials and utilising the skills training course participants have obtained during our fantastic free opportunities.

We strive to provide a fun and interactive learning environment with a variety of training courses for the public to take part in with members of the public helping with LoveMilton projects, where they get the opportunity to get involved on construction sites and gain valuable skills and qualifications such as CSCS cards (Construction Skills Certification Scheme).

Young Milton Members Youth group is open young people aged 10 plus

We also run a summer activities programme.



Glasgow Wide



North East

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**Telephone: 0141 946 9106**

**Email: [hello@maryhillintegration.org.uk](mailto:hello@maryhillintegration.org.uk)**

**35 Avenuepark Street**

**Glasgow**

**G20 8TS**

## **Maryhill Integration Network**

**MIN** brings refugee, migrant and local communities together through, art, social, cultural and educational groups and projects, offering people a chance to learn new skills, meet new people, share experiences and take part in worthwhile activities to improve their lives and the life of their communities.

### **Family Nest Group**

The Family Nest Group is held weekly and involves activities, information and English conversation practice for resettled Syrians.

### **Youth Group**

The Youth Group is held weekly and involves creative activities for children and young people aged 5-16 years.



Glasgow Wide



North East

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**Telephone: 0141 221 0200**

**Email: [info@mcrpathways.org](mailto:info@mcrpathways.org)**

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

**Mitchell Library, Berkeley Street**

**Glasgow, G3 7DN**

## **MCR Pathways**

MCR Pathways is a Scottish school-based mentoring programme supporting those in or on the edges of the care-system to realise their full potential through education. Our vision is that every care-experienced and disadvantaged young person in Scotland gets the same education outcomes, career opportunities and life chances as every other young person.

**The MCR Pathways Next Steps programme** is a bridge of support for young people to transition from school to their positive destination. The Next Steps programme offers continued support for young people by empowering their transition into Further Education, Higher Education or employment meanwhile supporting them in building their own support package.

Next Steps run monthly drop-in sessions where leavers can come along, get to know each other and catch up. We also run training events to build new skills, covering a variety of topics and often including different guest speakers



#### Glasgow Wide



North East

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**Contact: Rachel Porteous**

**Telephone: 0141 423 2299**

**Email:**

[community@merrygoroundglasgow.co.uk](mailto:community@merrygoroundglasgow.co.uk)

**32-34 Nithsdale Road**

**Glasgow, G41 2AN**

**Merry-go-round** is a social enterprise and registered charity dedicated to helping local families. Our aims are:

- to save local families money by offering great **children's** goods at low prices
- to support local families in need with free goods
- to provide employment and volunteering opportunities in the local community.

We have a shop in the Southside and also put on mini pop-up shops in other locations. We save families money with fabulous, high quality, pre-loved children's goods at a fraction of the original price.

We host a number of events each month – everything from music classes to story time and from breastfeeding support to cloth nappy information.

We run a partnership programme working with local agencies to help families in need. If you work for an agency that works with vulnerable women and families, please contact us to find out more about registering as a partner to access free goods.



Glasgow Wide



North East

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**Tel: 0141 354 7850**

**Email: [ndcsscotland@ndcs.org.uk](mailto:ndcsscotland@ndcs.org.uk)**

**Empire House, 131 West Nile Street  
Glasgow, G1 2RX**

**National Deaf Children's Society** is an organisation of parents, families and carers that exists to support parents in enabling their deaf child to maximise their skills and abilities and potential. Providing information on all aspects of childhood deafness and can help with practical support, advice and advocacy.

NDCS services are based on the principle of informed choice which means providing full and impartial information and support to families and professionals on every aspect of childhood deafness-schooling, communication, parenting, health services, welfare benefits etc.

NDCS organise many sports, art and activity events for deaf children and young people. This helps to bring them together with their peers and enhance their confidence and self-esteem.

Many deaf children and families do not receive the right information or service that they have every right to expect. NDCS campaigns to break down these barriers so that every deaf child can reach his/her true potential through the right support.



## North Glasgow Uniform Bank

The North Glasgow Uniform Bank recycles good quality, donated school clothing for low-income families who obtain them for free at pop-up events at schools and community venue locations promoted by social media across North Glasgow.

Glasgow Wide



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Phone/Text: 07565 726 446

Email: [balornockuniformbank@gmail.com](mailto:balornockuniformbank@gmail.com)

[www.en-gb.facebook.com/Balornock-Uniform-Bank](https://www.en-gb.facebook.com/Balornock-Uniform-Bank)



Glasgow Wide



North East

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South

**Contact: Joan Dreghorn**

**Tel: 0141 945 1540**

**E-mail: [joan@nucommunities.org](mailto:joan@nucommunities.org)**

**Glasgow, G20 9NF**

**North United Communities (NUC)** has four components, including: Youth work, Sports & Drama, Employment training and Family support.

The organisation delivers programmes 6 days/evenings a week to young people through youth work and educational programmes, holiday activities and events.

The family support component provides a service 7 days a week including during holiday periods/weekends and evenings, those services include:

- outreach,
- parenting programmes
- holiday programmes for families (including Glasgow's Holiday Food Programme)
- group work
- community events.



Glasgow Wide



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**Contact: Margaret Brown**

**Telephone: 0141 339 2366**

**Email: [Margaret.Brown@notredamecentre.org.uk](mailto:Margaret.Brown@notredamecentre.org.uk)**

**Kelvin House, 419 Balmore Road**

**Glasgow, G22 6NT**

**Notre Dame Children's Centre** provides assessment, therapeutic counselling and psychological interventions to vulnerable children and their families or main carers.

The Centre also provide training to professionals working with children and young people and are the Scottish license holders for 'Seasons for Growth', a loss and bereavement training programme aimed at supporting children, young people and adults affected by loss.





Glasgow Wide



North East



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South

**Contact: Lee Anthony**

**Telephone: 0141 847 0444**

**Email: [lee.anthony@opfs.org.uk](mailto:lee.anthony@opfs.org.uk)**

**Unit 4.3, Waterloo Chambers**

**19 Waterloo Street**

**Glasgow, G2 6AY**

**One Parent Families Scotland** has been dedicated to supporting single parents since 1944. We play an enormous part in enhancing the lives of parents and children, taking an active part in ensuring the voices of single parents are taken into account in shaping policies. We're committed to dealing with merging challenges while continuing to provide all our single parents support services that form the core of our work. Services such as:

- Financial Inclusion encompassing, Money and Debt advice, Welfare benefits and Tax credits/Universal credits advice and support.
- Employability encompassing Training and Employment information, Moving into Work advice and support and sustaining employment.
- Training in areas of Family Finances, Personal Development and Mental Well-being.
- Support in areas of peer mentoring and charitable grant applications including Family Holidays and Fuel Debt grants.

Support is provided on a one to one basis, on site group meetings and out-reach hubs located at various city wide locations.

OPFS provides a dedicated free Advice and Information telephone service for single parents. A Practitioners' Advice Service is provided to further enhance the knowledge of service providers outwith OPFS when engaging with single parents.



## The Outward Bound Trust

We are an educational charity that helps young people to defy limitations through learning and adventures in the wild. We challenge young people to never give up, to change their perspective and to learn the most important lesson: to believe in themselves.

Glasgow Wide



North East

North West

South

Contact: [lisa.hunter@outwardbound.org.uk](mailto:lisa.hunter@outwardbound.org.uk)

Telephone: 0141 413 0244

Robertson House

152 Bath Street

Glasgow, G2 4TB



Glasgow Wide



North East

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**Contact: Alison Clancy**

**Telephone: 0131 313 8816**

**Email: [aclancy@childreninscotland.org.uk](mailto:aclancy@childreninscotland.org.uk)**

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

**Level 1 Rosebery House**

**Edinburgh, EH12 5EZ**

**Parenting across Scotland (PAS)** is a partnership of charities working together to provide a focus for issues and concerns affecting parents and families in Scotland.

PAS website provides information to families from the early years to teenagers, a wide range of topics are covered from breastfeeding to managing difficult behaviour.



Glasgow Wide



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**Contact: Lorna Mitchell**  
**Telephone: 0141 353 5604**  
**Email: [lornam@pns.org.uk](mailto:lornam@pns.org.uk)**  
**152 Bath Street, Glasgow, G2 4TB**

**Parent Network Scotland** run workshops, co-ordinate support groups, and provide training tailored to meet the needs of parents in communities across Scotland, as well as trauma-informed training to practitioners.

Our vision is of a Scotland where family relationships are rich in mutual trust and respect, between children, parents and carers.

Our mission, as a parent led organisation, is to improve family relationships. We do this by offering support in changing patterns of behaviour and dealing more positively with the challenges of family life. We progress parents through our accredited programme which not only improves family life for them but builds on their skills and opportunities into work. We also run monthly Saturday hubs across Glasgow where all families are welcome to come for a cuppa and participate in fun activities.

Our values include respect for others, openness and honesty, and maintaining high quality in all we do.



Glasgow Wide



North East

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South

**Contact: Pauline Cavanagh**

**Telephone: 0141 847 0660**

**glasgow@partnersinadvocacy.org.uk**

**Offices 1 & 2 Strathclyde Business Centre**

**120 Carstairs Street**

**Glasgow, G40 4JD**

**Partners in Advocacy** offers a free, independent advocacy service which helps children and young people have their voices heard, views respected and rights upheld when adults and professionals are making decisions about their lives. Our Glasgow office operates the following 4 projects:

1. Mental Health for young people up to and including age 18 with mental health issues living in the NHS Greater Glasgow & Clyde Health Board area.
2. My Rights, My Say – independent advocacy for children aged 12-15 with additional support needs in education across Scotland
3. Stand By Me for vulnerable young people up to and including age 18 who may be involved with Youth Justice, Children's Hearings or Child Protection living in Glasgow
4. East Renfrewshire for vulnerable young people up to age 18 living in East Renfrewshire.

Glasgow Wide



North East

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**Telephone: 0141 781 4525**

**Email: [info@pavillionyouthcafe.co.uk](mailto:info@pavillionyouthcafe.co.uk)**

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

**47 Aberdalgie Road**

**Glasgow, G34 9HX**

**Pavillion Youth Café** is a charity youth organisation based in Easterhouse, Glasgow. Probably the best youth café in the whole wide world, we here at Pavillion provide young people with a safe, welcoming and alcohol and drug-free environment for children and young people in the local area.

Being a diverse youth club, our team offers a range of many different and unique skill sets which guarantees that you won't be bored with the vast range of activities and groups that we have on offer for our young people: homework club, computing, sports, trips, cooking, gardening, arts and crafts, and lots lots more.



Glasgow Wide



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**Contact: Fiona Tall**

**Email: [fiona.tall@penumbra.org.uk](mailto:fiona.tall@penumbra.org.uk)**

**Telephone: 0141 229 2580**

**Floor 6, Standard Buildings**

**94 Hope Street**

**G2 6QB**

## Penumbra

Penumbra is one of Scotland's largest mental health charities. We support around 1600 adults and young people every week and employ 400 staff across Scotland.

Founded in 1985, we work to promote mental health and wellbeing for all, prevent mental ill health for people who are 'at risk', and to support people with mental health problems.

We provide a wide range of services which offer hope and practical steps towards recovery, and we campaign to increase public knowledge about mental health and to influence national and local government policy.



Glasgow Wide



North East

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South

**Contact: Anne Rennie**

**Telephone: 0141 332 8855**

**E-mail: [arennie@petalsupport.com](mailto:arennie@petalsupport.com)**

**The Connal Building, 4th Floor**

**34 West George Street**

**Glasgow, G2 1DA**

**Petal Support** was set up in 1994 by a group of families that had each lost a family member through the act of murder.

Petal is a pro active support centre providing practical and emotional support, advocacy, support and counselling for the families, friends, children and young people of murder and suicide victims

The service includes:

- one to one counselling
- telephone counselling
- complementary therapies
- group work
- volunteering opportunities

Petal Support operates throughout Glasgow and also has bases in Hamilton and Edinburgh.





Glasgow Wide



North East

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**Contact: Hannah Blair**  
**Telephone: 0141 332 5636**  
**Email: [hannah@pinkston.co.uk](mailto:hannah@pinkston.co.uk)**  
**75 North Canal Bank Street,**  
**Glasgow G4 9XP**

**Pinkston Watersports** provide affordable access to watersports to those who would not normally be able to benefit from such opportunities. In particular we work with the young people of Glasgow whose circumstances prevent them from accessing these activities elsewhere. We offer a range of low and no (funding permitting) cost activities to groups from schools, youth groups, registered charities, and other constituted community groups.

We also offer courses for staff and volunteers from these organizations who have no background in watersports to train as an instructor. They then have free access to our equipment, thus reducing further cost barriers to community group participation.

Outdoor activities are increasingly recognized as a key component to healthy development, and we are ideally situated to offer opportunities that would otherwise require significant commitment in terms of travel and equipment. Pinkston is home to Scotland's only artificial whitewater course and clean water basin, and as a facility situated in the Port Dundas area of Glasgow it is easily accessible to local communities.

At Pinkston we believe strongly in the positive impact that watersports can have on a young person's life, and regularly see the growth of social and physical confidence, positive interaction, problem solving skills, and physical ability in the young people who access activities on site.



Glasgow Wide



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[Scotland@place2be.org.uk](mailto:Scotland@place2be.org.uk)

**Tel: 07803 247 170**

**c/o The Melting Pot**

**5 Rose Street**

**Edinburgh**

**EH2 2PR**

**Place2Be** has been working in Scotland since 2001. We work with over 13,000 pupils and their families in 39 schools across Glasgow, Edinburgh, and North Ayrshire.

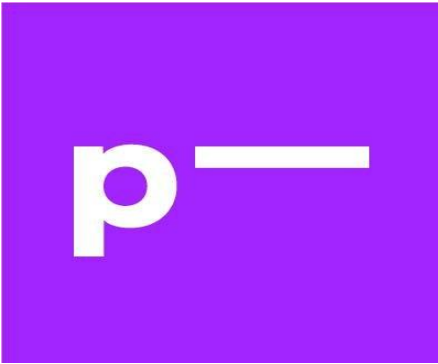
Place2Be offers a flexible menu of services, tailored to meet schools' needs. The typical model is based on a team of five or more Place2Be personnel (both clinical staff and highly skilled Counsellors on Placement) delivering a range of services in a school.

**Primary schools:** We work with children in primary schools at a vital stage of their development. We offer them support to cope with emotional and behavioural difficulties which has a positive impact on the whole class, and helps teachers focus on teaching. We also offer support for school staff and parents.

**Secondary schools:** Transition to secondary school can be challenging for some young people, while others may struggle to cope with specific life events or experience increased stress and anxiety during adolescence.

**The Art Room:** The Art Room is a Place2Be service which uses a unique approach to support children who are facing emotional difficulties. Through art-making and group work, children are able to explore their feelings, express themselves and grow in confidence in a safe, creative space.

**Why work with Place2Be:** We offer over 20 years' experience providing a sustainable, integrated service at the heart of the school community. Our commitment to thorough research and evaluation means we fine-tune our model to meet pupils' needs.



Glasgow Wide



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**Contact: Jenny Crowe**

**Telephone: 0141 276 9696**

**Email: [jenny@platform-online.co.uk](mailto:jenny@platform-online.co.uk)**

**The Bridge, 1000 Westerhouse Road  
Glasgow, G34 9JW**

**Platform** is the art centre at the heart of The Bridge in Easterhouse. We connect local audiences across North East Glasgow with high calibre artists through a programme of theatre, gigs, exhibitions, festivals, workshops and events. We use an asset based approach to developing our community and aim to challenge preconceptions and boost aspirations.

We work with nurseries, schools and partners to develop, manage and deliver bespoke activity from touring theatre featuring some of the very best theatre makers in Scotland, to our *Theatre Days* giving young people a behind-the-scenes experience of a working theatre, to programmes of creative therapeutic sessions for smaller groups of pupils at ASL schools.

As part of a network of Creative Scotland funded organisations across the country our theatre and exhibition spaces offer a diverse programme of work combined with excellent-value-for-money ticket cost and special offers.

Platform works with a host of specialist partners to develop creative learning experiences that relate to a range of contexts from across the Curriculum for Excellence to health and well-being. We can work with organisations to develop potential projects for all ages of children and young people.



Glasgow Wide



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**Contact: Mark**

**Telephone: 07545 534 013**

**Email: [info@glasgowplaybus.com](mailto:info@glasgowplaybus.com)**

**Unit F3, Westways Business Park**

**Renfrewshire, PA4 8DJ**

**[www.facebook.com/glasgowplaybus](https://www.facebook.com/glasgowplaybus)**

## **Playbus SCIO**

We have converted passenger-carrying buses into exciting and colourful soft play adventure on wheels. Inside each bus there are two floors of soft play filled with slides, climbing frames, ball pools and lots more.

The buses can be sent to almost any location and operate 12 months of the year, no matter what the weather.

We work with other charities, schools, early year centres and event companies to bring joy to children but at the same time burning countless calories.

There is a huge focus for children to learn through play and the playbus is the perfect to facilitate up to 30 children at a time.



Glasgow Wide



North East

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**Telephone: 0141 473 0461**

**Email: [christine@playbusters.org.uk](mailto:christine@playbusters.org.uk)**

**135 Westmuir Street, Parkhead**

**Glasgow, G31 5EX**

**Playbusters** are a Community Development organisation based in the East End of Glasgow.

We're working towards an East End where people of all ages can realise their potential and aim for stronger individuals, stronger families, stronger communities.

Bringing families, children and the wider community together through a variety of activities and educational opportunities.

**Playbusters** projects we provide are:

**Youth Activities:** We provide a wide range of activities for age groups 5-7, 8-12 and 12 plus in Beattock Street, Whiterose Hall, Bridgeton Community Learning Centre (BCLC), YMCA Tollcross and offer support to Family Meal and Homework Club and a recent Film Making Project.

**Volunteering Programme:** We provide excellent opportunities for volunteers to become involved in a variety of ways which increases confidence, self-esteem, skills and experience of individuals and greatly benefits the whole community.

**Go Play:** We work with local schools and deliver 'free play' sessions throughout the East End. This encourages young people to play creatively and freely. Young people have been involved in building dens, climbing trees and playing games.

Find out more about what we do on our YouTube channel: <http://www.youtube.com/user/Playbusters>

Glasgow Wide



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## **Pollokshaws Youth Project**

We provide a youth club on Wednesday nights at the Hub.

The club for P1-P7 runs from 5pm to 7pm.

The club for S1-S3 runs from 7pm to 9pm

**Telephone: 0141 649 9422**

**Email: [contact@pollokshawsareanetwork.co.uk](mailto:contact@pollokshawsareanetwork.co.uk)**

**Pollokshaws Community Hub**

**132 Shawbridge Street**

**Glasgow, G43 1NP**



Glasgow Wide



North East

North West

South

**Contact: Michaela Collins**

**Telephone: 0141 554 3068**

**Email: [michaela@peekproject.co.uk](mailto:michaela@peekproject.co.uk)**

**Crownpoint Sports Complex**

**183 Crownpoint Road**

**Glasgow**

**G40 2AL**

**Possibilities for Each and Every Kid (PEEK)**'s purpose is to improve the life chances of children & young people by unlocking their potential, whilst journeying alongside them as they **PLAY, CREATE, THRIVE**. We achieve our mission by providing a number of services giving youngsters the motivation, self-confidence & skills they need to change their lives. All our projects are child and young person led.

**PLAY:** is a diverse and stimulating programme of outdoor play & physical activity.

**CREATE:** provides an exciting range of activity for all ages. Youngsters explore a variety of art forms and issues relevant to them & their community through creating music, visual arts, drama, film. We offer youngsters the chance to Flourish through gaining awards such as the Arts Awards, and to Broaden Horizons through holidays such as Hopscotch, Residential weekends and regular trips.

**THRIVE:** provides opportunities for youngsters to emerge as leaders in their communities and lives. Through volunteering, training, peer education and accreditation such a youth achievement awards.



Glasgow Wide



North East



North West



South

**Contact: Melanie Fyfe**

**Telephone: 0141 336 3562**

**Email: [mfyfe@possibilities.org.uk](mailto:mfyfe@possibilities.org.uk)**

**74 Closeburn Street**

**Possilpark, G22 5ST**

Over the last 33 years **Possibilities** has developed into one of the most respected voluntary organisations in Glasgow. We have a proven track record of offering support and respite to disabled and vulnerable people in our community.

We're all about promoting independent living.

We give members with disabilities access to the resources they require and support them to grow, learn and develop so that they can achieve their goals within society rather than feel isolated in their own homes.

Our purpose-built centre at Possibilities gives them confidence to grow in a safe environment at their own pace while also encouraging them to try new things.

Our members, who range in age from 5-95 years, have disabilities in various forms and we understand that disability can limit opportunities. We go out of our way to break down those barriers.

Possibilities is able to offer support through social groups and community-led assets in a welcoming environment. This allows us to give our members what they need to allow them to participate in activities and social circles.



# Potential

in



Glasgow Wide



North East



North West



South

**Contact: Scott Hay**

**Email: [scott@potentialin.me](mailto:scott@potentialin.me)**

**Tel: 07740461926**

**43 Parkholm Quadrant**

**Glasgow, G53 7ZH**

**Potential In Me CIC** are a team of professionally qualified life coaches and facilitators. We provide a range of services that support children and young people (aged 8yrs plus) and the adults in their lives, whether that be parents, carers, families, youth professionals or employers.

Our focus is on supporting young people and adults to communicate and connect better, develop a deeper understanding of themselves and each other, and build resilience and resourcefulness. For employers we also enhance the performance of line managers and young people so that they transition successfully into work and contribute to the organisation faster.

Our programmes and services are:

- Using a Coaching Approach for Parents and Carers including understanding of the adolescent brain
- Using a Coaching Approach for Youth Professionals including understanding of the adolescent brain
- Potential in Families programme for families with children aged 8-25yrs
- Apprentice Accelerator programme for young employees and line managers
- 1:1 and Group coaching for young people and the adults in their lives
- Mindfulness and Mbraining
- Project Smile: supporting socially aware young people to create and sustain their own social enterprise



Glasgow Wide



North East

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## Quarriers - Barlanark/Calvay Support Services

Barlanark Support Service is made up of four core services providing support across the Northeast sector and Citywide for our Kinship service. The services provide support to families with children up to the age of 18yrs of age.

**Barlanark Family support service** works with families affected by parental substance misuse across the NE sector offering practical support to the whole family which can incorporate a brief period of befriending for the child.

**Our Lets Talk** project is an innovative schools programme being delivered in 9 NE primary schools addressing mental health issues with young people.

**Barlanark Families Matters** project currently provides support to Kinship families across the city of Glasgow.

### Contact:

[barlanarkfamilysupportservice@quarriers.org.uk](mailto:barlanarkfamilysupportservice@quarriers.org.uk)

Telephone: 0141 781 4264

Calvay Centre

16 Calvay Road

G33 4RE



Glasgow Wide



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**Contact: Liz Brunjes**

**Telephone: 0141 331 9420**

**Email: [Liz.Brunjes@quarriers.org.uk](mailto:Liz.Brunjes@quarriers.org.uk)**

**308-310 Maryhill Road**

**G20 7YE**

**Quarriers Glasgow North West Carers Service** and the city wide Glasgow Carers Partnership offer the following core services to unpaid carers:

- Information and advice, including support to access through health and social work
- Emotional support and a listening ear
- Help to access short breaks and respite
- Help with income maximisation, accessing grants and charitable trusts and signposting for welfare benefit support
- Training and wellbeing to help you take care of your personal needs and in your caring role

The service supports adult carers (including parent carers and carers of older people) to help manage their caring role and young carers between ages 6 – 18 years – to minimise any inappropriate caring roles.



Glasgow Wide



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**Tel: 0141 212 2682**

**Email: [optin@quarriers.org.uk](mailto:optin@quarriers.org.uk)**

**Govan High School**

**12 Ardnish St**

**Glasgow**

**G51 4NB**

## Quarriers - Opt-in Support for School Pupils

We work with pupils from Primary 6 to S1, helping them to deal with a range of issues including difficulties with behaviour, attendance, social skills, peer relationships, coping with loss and confidence issues.

The service is particularly focused on supporting pupils through the difficult transition from primary to secondary school. We deliver support in schools during term time and offer a series of transition support programmes during the summer holidays.

The service also provides individual support to pupils in secondary schools and works alongside families to address their child's difficulties.

Referrals are normally made by pastoral care, teaching staff, school joint support teams and educational psychology staff.



Glasgow Wide



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**Contact:** [nmcgrath@qcha.org.uk](mailto:nmcgrath@qcha.org.uk)

**Telephone:** 0141 945 3003

**45 Firhill Road**

**Glasgow**

**G20 7BE**

## Queens Cross Housing Association

We're a community-based housing association. We're run by a Board and four Community Involvement Groups. The majority membership of these are local people.

Our Council for Homeless Young People (CHYP) project provides supported accommodation for 13 young people aged 16 to 21 years, the Fire Station Project supports up to 40 vulnerable young adults.

We run lots of projects, events and activities that bring people of all ages together. We help people gain employment, learn new skills and access financial advice.

We have Job Clubs, Universal Credit Drop-in sessions, homework clubs and family meal sessions

The Queens Cross Community Chest has been set up to help children and young people aged 0-25. It gives access to grants of up to £150 to pay for activities, equipment, training, clothing and clubs that might not be affordable otherwise.



Glasgow Wide



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**Benn Benjamin (Glasgow, works Fridays)**

E: [benn@lgbthealth.org.uk](mailto:benn@lgbthealth.org.uk)

T: 0141 271 2330

LGBT helpline: 0300 123 2523

## Rainbow Families Project

Events, information and support for LGBTQI families who live in or travel to Edinburgh and Glasgow.

Rainbow Families events are for specifically for anyone looking to meet other LGBTQI parents, share experiences and socialise in a family setting. It's a friendly and relaxed group with a really diverse mix of coupled and single LGBTQI parents and their children taking part. We have previously organised visits to soft play centres, museums, parks & gardens and other family-friendly locations.

We provide quarterly information events for LGBTQI parents, involving a range of topics to support families, such as family planning, dealing with school and nursery experience and coming out. We're keen to hear from parents about the topics that are most relevant and of interest to you. During these events there is plenty of opportunity to socialise and meet other parents from the community, pick up information and meet the Rainbow Families team to find out about the range of services LGBT Health and Wellbeing offer.



Glasgow Wide



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**Telephone: 0141 550 2320**

**Email: [playteam@rapa.org.uk](mailto:playteam@rapa.org.uk)**

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

**Reidvale Adventure Play Association Ltd**

**62 Garfield Street**

**Dennistoun, Glasgow, G31 1DW**

**Reidvale Adventure Play Association Ltd** aims to improve the lives of children and young people (0-16yrs) and their families including children and young people with additional support and learning needs and their families in a fully integrated, safe, supervised playground environment in their local community.

Although we provide a direct service to the local and surroundings areas, our service can be accessed by individuals, families, groups and schools from Glasgow wide and outwith Glasgow. We have provided a quality play service to children and young people for 21 years.

We are open 50 weeks per year, 6 days and 6 evenings per week.  
Cost: 50p all day entry (per drop in child or young person).

We also deliver and facilitate quality play, sport and creative art sessions for nursery classes, educational mainstream schools and additional support and learning needs primary and secondary schools across Glasgow and outwith.



Glasgow Wide



North East

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**Telephone: 0141 554 5315**

**Email: [richard@reidvalecentre.org.uk](mailto:richard@reidvalecentre.org.uk)**

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

**Reidvale Community Centre**

**13 Whitevale Street, Dennistoun**

**Glasgow, G31 1QW**

**Reidvale Neighbourhood Centre** is your local community hub of activities, classes and opportunities to get involved.

We provide activities and classes for children, youths and adults alike. We try to cater for every aspect of your life, from socialising, to interests, exercise and wellbeing, to training and employment, activities and events for the whole family to enjoy.

Our café is open to the public Monday to Friday. The café encourages local residents to drop in and helps to create an informal and welcoming atmosphere.

Our Youth Hub provides interesting and fun opportunities to engage and involve young people aged 11-21, building their confidence and skills to take the lead in determining and delivering projects, activities and services. The young people get to meet, socialise, learn, develop and break down barriers to enjoy safe and quality activities, events and projects.

Programme open for 11-21 yrs 6pm -9pm Mon-Thurs



# Richmond's Hope

Supporting Bereaved Families Since 2003

Glasgow Wide



North East

North West

South

**Contact: Val Scholfield**

**Telephone: 0141 230 6123**

**Email: [glasgow@richmondshope.org.uk](mailto:glasgow@richmondshope.org.uk)**

**Ibrox Parish Church, Clifford Street**

**Glasgow, G51 1QH**

**Richmond's Hope, Glasgow** is a charity that supports children and young people from Glasgow and the surrounding areas who have been bereaved.

We provide children with a safe place to work out their grief through verbal and non-verbal ways, e.g. art and therapeutic play and activities. As each child's grief is different, we provide individual support for children aged 4-18 years on a weekly basis for 40 minutes per session, with children attending at the same time each week for an average of 12 weeks.

We also offer telephone support and advice, presentations to statutory and non-statutory organisations, bespoke training, family support away days and the opportunity for children we have supported to join a peer support group. Referrals are taken over the telephone and all we ask is that the person with parental responsibilities gives consent for the referral to be made, that the child/young person is aware of the referral and that they know how the person died in an age related way.



Glasgow Wide



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**Contact: Jim Duffy**  
**Telephone: 0141 556 1991**  
**E-mail: jimd@rtscot.co.uk**  
**14 Rogart St**  
**Glasgow, G40 2AA**

**Right Track Scotland** is a registered charity established in 1983 in the East End of Glasgow (Bridgeton) where our Central Office and Bridgeton Training Centre remain today.

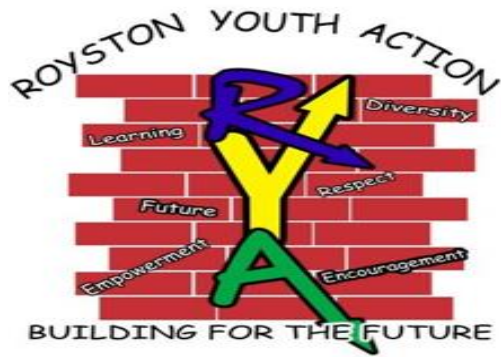
The organisation delivers training and support to local young people aged 15-26 years who are not engaged in Training, Education or Employment opportunities.

Since our inception Right Track has supported clients with significant difficulties to overcome before they can participate positively in Employment, Training or Further Education options.

The support that Right Track provides to our clients has always been holistic. Our broad aims include providing training that ultimately:

- Broadens horizons
- Raises aspirations
- Empowers young people with the skills to identify and manage personal barriers to progression
- Helps young people develop the skills to sustain positive options.
- Supports young people to progress positively from Right Track to positive options in Training, Education and Employment

Our ethos as an organisation is to address the needs of each young person individually and to work creatively and supportively to ensure that each young person realises their potential.



**Royston Youth Action** believes that young people and children should have ready access to a full range of social, educational, recreational and volunteering opportunities in order to promote active, responsible citizenship.

RYA is proud to be the biggest children and youth work provider in the Royston area and facilitate over 22 clubs, activities and projects over the course of the week.

Glasgow Wide



North East

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Telephone: 0141 572 0984

Email: [frances@roystonyouthaction.co.uk](mailto:frances@roystonyouthaction.co.uk)

325 Royston Road

Glasgow,

G21 2BS

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

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



Glasgow Wide



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**Contact: Neil Young**

**Email: [neil@stpaulsyouthforum.co.uk](mailto:neil@stpaulsyouthforum.co.uk)**

**Tel: 01417708559**

**30 Langdale St**

**Glasgow, G33 1DL**

**St. Paul's Youth Forum** is a youth led organisation that works alongside children and young people to give them opportunities they wouldn't normally have. We have a number of different opportunities to support children, young people and families.

**Bolt FM - Youth Radio**, for young people, by young people. Bolt FM is Scotland's longest running youth led radio station, enabling young people to have a voice. We have been working in North East Glasgow for almost 17 years. With a mobile studio, we can broadcast from any location which has a mobile signal or internet access, with classrooms transformed into radio studios in a matter of minutes.

Bolt FM works alongside teachers to cover aspects of the curriculum in a variety of accessible, enjoyable and educational ways. We specialise in encouraging work with disengaged young people. We can provide small group working, allowing a highly tailored environment, to gain skills in teamwork, leadership, co-operation and collaborative working, alongside the curricular skills. This has led to a reengagement in formal education.

Diversionsary, where we provide traditional youth work to help give young people positive alternatives to youth anti-social behaviour. By working with families we can provide support to enable young people to engage despite the many barriers that exist in their lives. We provide many different programmes, from sports including our own Bike Club - Blackhill on Bikes, to our Food Poverty Programme - Blackhill's Growing - encouraging young people to grow, prepare and eat their own food, with bees and hens in the garden.

In addition we also provide actives for under 5's, primary school children as well as community meals.



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## **SAMH (Scottish Association for Mental Health)**

Around since 1923, SAMH currently operates over 60 services in communities across Scotland providing mental health social care support, homelessness, addictions and employment services, among others.

These services together with our national programme work in See Me, *respectme*, suicide prevention, sport and physical activity; inform our policy and campaign work to influence positive social change.

**Contact: [enquire@samh.org.uk](mailto:enquire@samh.org.uk)**

**Telephone: 0141 530 1000**

**Brunswick House**

**51 Wilson Street**

**Glasgow, G1 1UZ**



Glasgow Wide



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**Contact: Margaret Rizza**

**E-mail: [thesaturdaycafe@gmail.com](mailto:thesaturdaycafe@gmail.com)**

**Cathcart Old Parish Church Community Halls**

**119 Carmunnock Road**

**Glasgow, G44 5UW**

**[www.facebook.com/The-Saturday-Cafe-Clubs-](http://www.facebook.com/The-Saturday-Cafe-Clubs-SCIO)**

**SCIO**

## **The Saturday Café Clubs SCIO**

**The Saturday Café Clubs** main purpose is to provide short break recreation activities which promote social integration, health and wellbeing; make a positive impact on the lives of and safeguard the rights of disabled children and young people and assist in identifying individual strategies to overcome barriers to social inclusion facing these children and young people, their family/care groups. Each young person is supported and encouraged by creating opportunities to integrate, play and develop in an environment of respect and promotion of positive behaviours.

The Clubs operate over three (3) sessions, Saturday and Sunday afternoons and Tuesday evening. Each Club provides hours of activities designed to make a positive impact on the lives of our children / young people.

A secondary, but equally important purpose is to provide short breaks from caring for the families and care groups of the children / young people attending the Clubs to enable families / care providers to engage in other activities with confidence that their child / young person is in a positive, safe and fun environment.



**Save the Children**  
100 YEARS

Glasgow Wide



North East



North West



South

[familiesconnectinfo@savethechildren.org.uk](mailto:familiesconnectinfo@savethechildren.org.uk)

**Telephone: 0141 763 2873**

**306 White Studios**

**Glasgow, G40 1DA**

## **Save the Children – Families Connect**

Families Connect focuses on supporting parents and children to learn together.

It helps parents to support their children's learning in three key areas:

- Literacy and language development
- Numeracy
- Emotional development

The eight-week programme provides a series of activities, techniques and games that parents and carers can do with their children at home.

Each activity encourages parents and children to spend quality time together by talking about specific topics and reflecting on what they already do to support their children's learning.



Glasgow Wide



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**Telephone: 0300 330 9292**  
**Email: [info@sensescotland.org.uk](mailto:info@sensescotland.org.uk)**  
**TouchBase, 43 Middlesex Street,**  
**Glasgow, G41 1EE**  
**[www.sensescotland.org.uk](http://www.sensescotland.org.uk)**

## Sense Scotland

Whether it's for a few hours a day or seven days a week, we can offer tailor-made support throughout Scotland. Our free advisory service is at the heart of Sense Scotland and is often the first point of contact for disabled people and their families.

Our Early Years Team offers advice and support for families who have a child under the age of 8 with a communication support need, arising from a range of disabilities.

We also provide support to children and families during school holidays, after school hours or evenings and weekends.

Based in Kinning Park, Glasgow, TouchBase provides specialised services and support in a welcoming, safe and accessible environment, for disabled children, young people and adults.





Glasgow Wide



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**Contact: Sarah MacNeil**

**Telephone: 0141 946 3153**

**Email: [shakespeareyouthclub@yahoo.co.uk](mailto:shakespeareyouthclub@yahoo.co.uk)**

**95 Shakespeare Street, Maryhill**

**Glasgow, G20 8JD**

**Shakespeare Street Youth Club** has the accolade of being the oldest youth club in Scotland. It has been established for over 60 years and provides children and young people in Maryhill a place to go and take up activities in their local area.

The club works with children and young people aged 5-17 years, with different club nights for each age range. The club is also used by different community groups such as mother and toddlers group, dance classes, Tai Chi, Tai Kwando and the Spiritualists Church.

Shakespeare Street Youth Club also provides a holiday programme for young people aged 5-12 years for young people to have extra activities, outings and residential trips during the holidays. The clubs aim is to provide a happy safe space for young people to do activities they enjoy and have a part in choosing themselves



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## SiMY Community Development

The overall aim of SiMY is to develop a sustainable programme of activities for young people and their families in Townhead and the surrounding area which contribute to the development of both individuals and the community as a whole.

We run a variety of creative arts and outdoor activities programmes for young people and a summer activities programme

### Contact:

[molly.Buckingham@simycommunitydevelopment.co.uk](mailto:molly.Buckingham@simycommunitydevelopment.co.uk)

Telephone: 0141 611 9605

Firhill House

55-56 Firhill Road

Glasgow

G20n7BE



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## Sistema Scotland – Big Noise Govanhill

Big Noise Govanhill is currently open to all children from birth to Primary 6 from the Govanhill community and will continue to grow with the children as they grow.

We are very proud of all the achievements which have already been seen from the children and families we are working with. The after school orchestras are growing every year and we are so excited about learning, experiencing, performing, and loving music together.

In 2016, Woodwind, Brass and Percussion was added to the range of instruments we teach. This is the first steps towards creating our own symphony orchestra!

**Telephone: 0141 328 4113**

**Email: [govanhill@sistemascotland.org.uk](mailto:govanhill@sistemascotland.org.uk)**

**[www.makeabignoise.org.uk/big-noise/govanhill](http://www.makeabignoise.org.uk/big-noise/govanhill)**



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## The Smelly Welly Club

Children aged 8 to 12 are welcome to join the Smelly Welly Club. The SWC gives young people the opportunity to get involved in healthy outdoor activities and offers a mixture of food growing, cooking, arts and crafts, practical conservation work, games, bush-craft, trips and lots more.

The SWC meets as an after-school club during term time (April to October) and as a holiday club during the Easter, summer and October break. Sessions are delivered by qualified and PVG checked youth workers.

The SCGP also welcomes secondary school age young people, enabling them to get involved in volunteering, taking part in award schemes like the John Muir Award or the Duke of Edinburgh Award and enjoying a range of interesting outdoor activities.

**Email: [Marion.Bate@shettleston.co.uk](mailto:Marion.Bate@shettleston.co.uk)**

**Tel: 0141 763 0511**

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

**Dalness Street, Glasgow, G32 7SA**



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**Contact: Lauren Thighe**

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

**Tel: 07875317720**

**161 Tollcross Road**

**Glasgow, G32 8HB**

**The Sound Lab** is a project that looks to deliver free education in music and the arts to the whole community. The main demographics of those who utilise our program are between the ages of 8 -25 from areas affected by poverty and lack of opportunity.

We believe that all people should have experiences and support in order to unearth their talent, improve social skills, and develop a positive sense of themselves and of other people. We have over 13 years' experience of providing services to some of the most disadvantaged areas of Glasgow and we know from the evidence from our programmes that our delivery model works for those that we support.

Although our main intake is young people, we also aim support groups from many other backgrounds. For example, previous events that we have ran involve Sunday Shindigs which was a programme that looked at integrating the people of Glasgow to join together and play and learn music.

Since 2003, our music and creative workshops have allowed hundreds of young people to advance their education and develop skills in a safe environment. Some of our 'alumni' have gone on to form their own bands, form club nights, achieving success in Scotland and further afield.



Glasgow Wide



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## South West Arts & Music Project

**SWAMP** enhances cultural awareness, promotes social inclusion and builds community spirit within the locality, and has been successfully sustaining this for over two decades.

During this time we have taken a dilapidated building within our community and redeveloped it, and are now planning another move to new premises. We strongly believe in the model of inclusion through creation, and work collaboratively with children, young people, older people and communities to achieve our aims; predominantly, but not exclusively, with vulnerable groups

**Telephone: 0141 882 3250**

**Email: [info@swampglasgow.co.uk](mailto:info@swampglasgow.co.uk)**

**Creative Media Centre, The Currie Hall**

**1 Barnbeth Road**

**Glasgow, G53 5YR**

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



Glasgow Wide



North East

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**Telephone: 0141 882 4712**

**Email: [southwestcarers@gamh.org.uk](mailto:southwestcarers@gamh.org.uk)**

**Unit 3a Moorpark Court**

**11 Dava Street**

**Glasgow, G51 2JA**

## **South West Glasgow Carers Centre**

The Princess Royal Trust, Greater Pollok Carers Centre provides practical and emotional support to carers.

Carers can be wives, husbands, partners, parents, daughters, sons, or neighbours who look after a relative or friend of any age who has a physical disability, a learning disability, mental ill health, dementia, is dependent on alcohol or drugs or who is elderly and frail.

Caring for someone can be very rewarding, but it can also be very demanding. You may be worried about the person you care for, your finances or your health. You may be tired or under stress and you could benefit from having someone to talk to.

We offer Information & Advice: Benefit Checks, Emotional Support & Carer Support Groups, Training for Carers, Education, Training & Employment Support, Access to Short Breaks and Having a Voice Heard.



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**Contact: Becky Frank**  
**Telephone: 07745732622**  
**Email: [stretchanickel@yahoo.com](mailto:stretchanickel@yahoo.com)**

## Stretch-A-Nickel Foundation

We seek to help strategise for transformation. We network with community services, local councils, community groups, churches and business representatives; together we identify the most pressing unmet needs of the area. Programmes are delivered using a holistic approach to transformation by addressing economic, physical and social needs of the area.

We provide

- School based support to pupils
- Alternative learning environments for excluded pupils
- General youth club/activities
- Sporting activities
- Physical or mental health and wellbeing support
- Advocacy and empowerment work
- Parenting support or training
- Volunteering Opportunities
- Networking





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## Summer in the City - Craigholme

Summer in the City's Craigholme camp is located at Craigholme Sports Complex. The complex offers great facilities including; indoor gym halls, astro turf and grass pitches and lots of playground space. This gives our team the option to choose from a wide variety of activities each day.

Summer in the City also runs a camp at Jordanhill Primary and Secondary School and offers the same facilities.

Contact: [info@summer-in-the-city.co.uk](mailto:info@summer-in-the-city.co.uk)

Telephone: 07709 785 413

97 Hags Road

Glasgow, G41 4RD



Sunshine Wishes  
Childrens Charity

Glasgow Wide



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## Sunshine Wishes Children's Charity

Sunshine Wishes Children's Charity is a Scottish charity who's aim is to fulfil dreams for sick & terminally ill children, children with learning disabilities, and kids who are underprivileged.

SWCC grants wishes to children of any age. We believe that every child should experience happiness and put their illness/situation on hold - even if it is for just one day.

Our mission is to make their wishes become a reality.

<http://www.sunshinewisheschildrenscharity.com/>



Glasgow Wide



North East

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**Contact:** [paul.tsyp@hotmail.co.uk](mailto:paul.tsyp@hotmail.co.uk)

**Telephone:** 0141 950 1739

**The Hut, 358 Netherton Road**

**Glasgow**

**G13 1AX**

## Temple/Shafton Youth Project

Temple/Shafton Youth Project is based in the G13 area of Glasgow and has been reaching out and supporting young people since 1987. We pride ourselves on being one of the best voluntary run youth projects in Glasgow.

We provide personal, social, educational and employment development for young people. our activities include drop in, one to one work and a wide range of issue based groups, including sports and arts, work experience placements, voluntary opportunities to grow as a future leader, duke of Edinburgh awards, tall ships experiences, outward bound and trips and residential both in Scotland and abroad.

Young people can have fun, be safe and valued for their opinions and views, can talk in confidence to workers about anything to help them discover their way through life's challenges etc. We work with over 150 young people every week, our doors are open to young people from all backgrounds between the ages of 5-25 with 10 different groups running weekly.



Glasgow Wide



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**Contact: Angie Muir**

**Email: [angie@taskchildcare.co.uk](mailto:angie@taskchildcare.co.uk)**

**Tel: 0141 429 1140**

**347 Caledonia Road, Gorbals**

**Glasgow, G5 0JY**

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

**Twitter: @TASKchildcare**

**At TASK Childcare Family Support and Learning Centre** we recognise the importance of designing our service around our communities needs. We nurture and support all of our families, enabling them to reach their full potential.

We deliver inclusive services with all our partner organisations enabling our children and families to thrive and offer a variety of unique services that are responsive and holistic in their approach.

Our Services Include :

- **Full day 0-5 Nursery Provision**
- **Afterschool Care**
- **Holiday Cover (Afterschool Care)**
- **Early Intervention & Prevention Team**
- **Play Therapy Space**
- **Training & Meeting Space**

Our centre has an ethos of learning and embraces not just the families that use our service but members of our local community to discover and learn together.



Glasgow Wide



North East

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**Contact:** [toybox1821@hotmail.com](mailto:toybox1821@hotmail.com)

**8 Kirklee Road**

**Glasgow**

**G12 0TP**

## **Toybox Lee Avenue**

We are a small charitable company, which exists to improve the quality of visits for children and their families, to help maintain family relationships and to make a significant contribution to the visiting environment for families in Barlinnie Prison.

In line with this Toybox Lee Avenue seeks to involve volunteers to provide safe and stimulating play for children visiting Barlinnie at the visit sessions.



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**Toonspeak** provide free, high quality creative opportunities for young people living in Glasgow.

Most of our activity involves drama but in the course of producing original theatre productions we often explore music, dance and writing.

We run a mixture of weekly workshops and occasional projects.

Participants can work towards Arts Awards, an accredited qualification.

More than anything our participants tell us that Toonspeak is a place where they feel like they can be themselves.

**Contact: Alan Govan**

**E-mail: [alan@toonspeak.co.uk](mailto:alan@toonspeak.co.uk)**

**Tel: 0141 552 0234**

**54 Quarrywood Road, Glasgow, G21 3ET**



Glasgow Wide



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## The Trussell Trust

Our aim is to end hunger and poverty in the UK.

We support a nationwide network of food banks and together we provide emergency food and support to people locked in poverty, and campaign for change to end the need for food banks in the UK.

There are 4 Trussell Trust Foodbanks in Glasgow, operating from 18 locations

**Glasgow NE Foodbank**, Calton Parkhead Parish Church - [07951749363](tel:07951749363)

**Glasgow SE Foodbank**, 73 Butterbiggins Road – [07456868628](tel:07456868628)

**Glasgow SW Foodbank**, Ibrox Parish Church - [07708 504130](tel:07708504130)

**Glasgow NW Foodbank**, Blawarthill Parish Church – [07787334021](tel:07787334021)

**Telephone: 01722 580 180**

**Email: [enquiries@trusselltrust.org](mailto:enquiries@trusselltrust.org)**

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



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**Contact: Debbie McGowan**

**Email: [debbie.mcgowan@urban-fox.org](mailto:debbie.mcgowan@urban-fox.org)**

**Telephone: 0141 556 1195**

**Helensea Community Hall, 48 Methven  
Street, Parkhead**

**Glasgow G31 4RB,**

**[www.urban-fox.org](http://www.urban-fox.org)**

The **Urban Fox Programme** is a voluntary managed project, providing young people within the East End of Glasgow with a wide range of educational and diversionary activities.

These include supervised sports and leisure programmes, health and social education guidance programmes, IT training, as well as many other structured learning programmes.

They are all designed to provide young people with the skills and confidence to make positive decisions about the issues and influences they may face growing up in the East End.

Through attendance to the many available Urban Fox programme initiative, we aim to promote self-development and to raise self-esteem in our young members.





Glasgow Wide



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**Telephone: 0141 613 2766**

**Email: [projects@urbanroots.org.uk](mailto:projects@urbanroots.org.uk)**

**Toryglen Community Base**

**179 Prospecthill Circus**

**Glasgow, G42 0LA**

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

## **Urban Roots Initiative – Community Gardening**

### **Urban Explorers Club**

Urban Explorers is an after school club for 5 – 11 year olds. Children get a chance to learn about the outdoor environment using community gardens and woodlands to understand where their food comes from and for Forest School activities and learning.

### **Into the Woods**

Into the Woods is a Forest School holiday activity club which we run in both Toryglen and Castlemilk. We spend several days a week in Malls Mire LNR and Castlemilk woods during the holidays with a crew of young explorers.

### **School Grounds Projects**

We work closely with primary and secondary schools and nurseries across the Southside of Glasgow. All schools are signed up to the eco-schools awards programme and we have been helping them with their journey.

### **Youth Projects**

We have worked in partnership with various agencies across the Southside to deliver programmes for young people.



Glasgow Wide



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**Contact: George McConnachie**

**george.mcconnachie@venturescotland.org.uk**

**Tel: 0141 552 8173**

**253 High Street**

**Glasgow, G4 0QR**

**Venture Scotland** offers an outdoor-based personal development programme which empowers vulnerable young people aged 16-30, who face complex and difficult problems. We build the confidence and skills of young people and aim to empower each individual we work with to make positive and lasting changes in their lives and play a positive role in their communities.

The course is split into four modules: **Challenge, Discover, Explore, Leader**. Each involves regular and frequent one-to-one support, structured group work and mentoring sessions aimed at addressing key areas of personal and social development, including communication skills, confidence, attitude, responsibility, problem solving and teamwork.

We believe that by helping a young person to increase their capacity in these areas, we can enable them to tackle the barriers that are holding them back and help them to build a positive future. The amount of regular contact our programme enables between our staff, volunteers and young people enables strong bonds to be formed where young people's behaviour can be challenged in a supportive environment.



Glasgow Wide



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

**Tel: 0141 882 3025**

**Langton Halls, 69 Langton Road**

**Glasgow, G53 5DD**

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

At **The Village Storytelling Centre**, we use the power of storytelling to bring people together and to provide a space for creativity and relaxation.

We use storytelling to support people to increase their confidence and self-esteem by fostering the belief that each of us has stories to tell and that they are worth hearing. We offer people the opportunity to look at their lives differently, to understand that the stories we have always told ourselves or been told about ourselves aren't set in stone – we can change and shape them.

Story is an excellent way for people to reflect on their situations through the safety of fiction, inspiring them to reframe the past and imagine positive futures. Stories are what happen to us, they're what we do, and they're who we are and who we want to be. Storytelling is our way of making sense of the world around us and of finding our own unique voice.



Glasgow Wide



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**Contact: Clare Sweeney**  
**E-mail: [info@visibility.org.uk](mailto:info@visibility.org.uk)**  
**Tel: 0141 332 4632**  
**2 Queen's Crescent**  
**Glasgow, G4 9BW**

**Visibility** works across all ages, with adults and children who are blind or partially sighted and live in the west of Scotland. Visibility runs a wide range of services which are available to people with a visual impairment, their families, carers and other professionals.

The services include:

- information and advice face to face or by phone;
- peer support groups across the region
- courses on living with sight loss
- training in reading skills using magnification
- scanning training and daily living skills development for people with sight loss due to brain injury or stroke
- early intervention advice and support for eye hospital patients
- aids and equipment demonstrations and using technology to support day to day life
- visual impairment awareness training



Glasgow Wide



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**14 Bank Street,  
Alloa, FK10 1HP**  
[info@wellbeingscotland.org](mailto:info@wellbeingscotland.org)  
**01324 630 100**  
[www.wellbeingscotland.org](http://www.wellbeingscotland.org)

**Wellbeing Scotland** are a voluntary organisation with services across Scotland. We provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing. We offer client centred, holistic, trauma informed therapeutic services and have specialism in abuse and trauma work which has been built up since 1994.

We work with both children and adults and have services in various areas of Scotland and are working towards providing support to individuals in all areas of Scotland.

Wellbeing Scotland, offers a diverse range of support services in recognition of the wide range of experiences which may impact on an individual or their family in different ways, at different stages of their lives. The range of support offered ensures that we can offer individuals a support pathway which suits their individual needs.

Our services are open ended, in recognition of the fact that every individual's experience is different and unique to them as is their journey to recovery. Referrals can be made by individuals or by other professionals or family members with the individual's permission.



Glasgow Wide



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**Contact: Robert Murray**

**Tel: 0141 9599871**

**Email: [robert.murray@volunteerglasgow.org](mailto:robert.murray@volunteerglasgow.org)**

**West Glasgow Carers Centre** provides help and support to people who are unpaid adult carers or young carers.

Carers can be of any age and can be wives, husbands, partners, parents, daughters, sons, friends or neighbours who look after a relative or friend who has a physical disability, long term medical condition, learning disability, mental ill health or dementia, dependence on alcohol or drugs, or is elderly or frail.

We provide:

- Information and Advice
- Income Maximisation
- Emotional Support and Carers Support Groups
- Training for Carers
- Access to Short Breaks

We also offer all registered carers our Glasgow City Council Carers Privilege Card which gives a discount on some council services and commercial outlets.

Having a voice - We provide a platform to assist carers to help have their voice heard.



Glasgow Wide



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Contact: [mhowrie@whiteinchcentre.org.uk](mailto:mhowrie@whiteinchcentre.org.uk)

Telephone: 0141 950 4434

1 Northinch Court

Whiteinch

G14 0UG

## Whiteinch Centre Ltd

Whiteinch Centre is an independent community facility owned by the people of Whiteinch. It provides a hub at the heart of the community making Whiteinch a vibrant place to live, work and play. Our key objectives are to:

- Maintain a sustainable social enterprise led by the local community
- Offer learning, training and employability for local people from west Glasgow and beyond
- Enable community involvement through volunteering
- Support local health and wellbeing, and
- Offer information and advice on relevant issues and opportunities

## Whiteinch Out of School Project

WOSP is a small but vibrant after school club, operating from the Whiteinch Centre. We serve the 2 local Primary Schools, Whiteinch and St. Paul's. We offer a range of activities, but are very adaptable to the needs and wishes of children. We are an affordable service, welcoming all child care vouchers.



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## With Kids Glasgow

Our work is child centred and recognises that all families regardless of background can have difficulties but may not know how to access the right support. There may also be concerns that asking for help will result in unwanted intervention. Our services aim to provide children and their parents/carers with the tools to manage their lives effectively. Central to this work are the core concepts of building self-esteem and resilience in children and supporting parents in managing this.

Many the issues can be traced back to generational problems from early childhood, this is supported by developments in psychology and neuroscience. With Kids is based on a preventative approach that involves early intervention, working in tandem with children and families to enable the best life chances possible.

**Contact: [g.galbraith@withkids.org.uk](mailto:g.galbraith@withkids.org.uk)**

**Telephone: 0141 550 5770**

**15 Annfield Place**

**Glasgow, G12 9EN**





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**Contact: Linda McGlynn**

**Email: [inquiries@yomo-online.co.uk](mailto:inquiries@yomo-online.co.uk)**

**Telephone: 08444148296**

**39 Conisborough Road**

**Glasgow**

**G34 9QN**

## Who Are We?

YoMo (Young Movers) is Glasgow's North East and North West Youth Empowerment Charity. The aim is to work with young people aged 12-25, providing services that empower them.

## YouthBank

Young people involved in the project can learn or develop their skills such as research, budgeting and interviews skills which are crucial skills they can use later in life.

## Peer Education

Peer Educators are trained up in topics they feel are important to them such as First Aid, Money for Life, Anti Bullying and LGBT Awareness.

## Youth Health Champions Project

Our Youth Health Champions is a volunteering opportunity designed in partnership with the NHS Greater Glasgow & Clyde in order to promote health topics within the local community for young people and to deliver training to local organisations with their peers.

## Accredited Learning

YoMo is the largest agency operating the Hi5, Youth Achievement and Dynamic Youth Awards in Scotland. We support voluntary sector organisations from across Glasgow in the training and delivery of the awards in a community and youth work setting.



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## Young People's Futures

Young People's Futures (formerly known as Young Possil Futures) is a charitable company working with children and young people aged 5-18 years that provides drop-in based diversionary activities in the Possilpark, Westercommon and Hamiltonhill communities of North Glasgow.

Job club for ages 16+ on Mondays 10am –noon and Fridays noon – 2pm.

Contact: [ann@youngpeoplesfutures.org.uk](mailto:ann@youngpeoplesfutures.org.uk)

Telephone: 0141 336 8883

130 Denmark Street

Possilpark

G22 5LQ



Glasgow Wide



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**Contact: Carol Cunningham**  
**Telephone: 0141 465 4627**  
**Email: [carol@ywcascotland.org](mailto:carol@ywcascotland.org)**  
**120 Sydney Street**  
**Glasgow, G31 1JF**

**YWCA Scotland, The Young Women's Movement**, is part of a worldwide movement of women leading change. We are based in Edinburgh and have a centre in Glasgow. We reach out to women, particularly girls and young women, across Scotland.

Our mission is to inspire girls, young women and women to achieve their potential through developing their skills, self confidence and leadership and through challenging the barriers they face in society, by creating safe spaces for them to meet together in groups and clubs, activities and conversations. We do this in our own centres, schools, in partnership with others, and through social media.

We work in partnership with local colleges to deliver a wide range of formal accredited courses in a community based setting in our learning centre in East Glasgow.

Across Glasgow we deliver:

- YGirls and Gen Up programmes designed to raise the aspirations and achievements of girls and young women of primary and secondary school age.
- Empowering Pathways for Women a programme designed to strengthen women's choices and participation in all aspects of their lives.



Glasgow Wide



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**Telephone: 0141 420 6600**

**Email: [enquiries@ydsa.org.uk](mailto:enquiries@ydsa.org.uk)**

**48 Darnley Street, Glasgow, G41 2SE**

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

**The Youth Community Support Agency (YCSA)** works with young people aged 12 - 16 from black and ethnic minority backgrounds to support them to become active members of a diverse society.

We offer a range of services including counselling, family support, volunteering opportunities and personal development projects.

YCSA delivers support services that empower young people from BME communities to embrace their true potential.

- Counselling
- Literacy & Numeracy Support
- Drugs & Addiction
- Throughcare
- New Routes
- Youth Development & Employment Service

We support also young people to develop the confidence, skills and attributes they need to enter into education, training and employment by running group projects including film, photography, music, art, cooking and ESOL.



Glasgow Wide



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**Contact: Lorna Walker**

**Telephone 07393193965**

**Email: [info@youthmindfulness.org](mailto:info@youthmindfulness.org)**

**24 Sandyford Place**

**Glasgow**

**G3 7NG**

**Youth Mindfulness** is a small charity based in Glasgow who believe that the practice of mindfulness has a deeply beneficial impact on the lives of young people and can lead to a happier and healthier society.

We work with young people of all ages and the adults who work with them to offer innovative and engaging programmes which are fun, inspiring as well as meaningful and transformative.

Our programmes:

- Kid's Programme for 7-11year olds
- Soma Programme for identified groups of teens
- Mindfulness for Life course for adults
- Kid's Programme training for adults wishing to teach mindfulness to children

Our aim is to help grow the capacities of courage, compassion, kindness and resilience within people of all ages through programmes which draw on various mindfulness traditions and the latest research in neuroscience and psychology.



Glasgow Wide



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**Contact: Joanne Glennie**

**Email: [j.glennie@ypeople.org.uk](mailto:j.glennie@ypeople.org.uk)**

**Tel: 0141 565 1200**

**15 Dava Street, Glasgow, G51 2JA**

**Ypeople** is an independent registered Scottish charity that provides support to vulnerable groups and individuals including homeless and young people to enable them to adapt, to change and to improve their quality of life.

Our Current Services include:

### **Intandem Mentoring Programme**

Intandem provides volunteer mentors for young people aged 8-14 years of age looked after by the local authority and living at home. The programme matches young people with trained volunteers and supports them to build positive, trusting and secure relationships.

### **Ypeer Mentoring Service**

Ypeer is a mentoring service for care experienced young people aged 14 to 26. The service trains and supports other care experienced young people (aged 18 to 30) to volunteer their time to support another young person leaving care or making another life transition. The shared lived experience is a crucial element in the development of a trusting and productive relationship.

### **The Calm Project – Counselling Service**

The Calm Project offers a community based counselling service for young people looking for support with their mental health and emotional wellbeing. Young people 12-18 years old who are involved in or at risk of becoming involved in anti-social or offending behaviour can benefit from person-centred counselling for as long as they feel it is useful.

# ZOO-ED

*bringing learning to life*

Glasgow Wide



North East

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**Contact: Fiona McCrindle**

**Telephone: (+44) 07-973-212-338**

**Email: [info@zoo-ed.org](mailto:info@zoo-ed.org)**

**[www.zoo-ed.org](http://www.zoo-ed.org)**

**Zoo-Ed** was an idea born out of passion for both animals and education. We believe that the best way to learn about the animal kingdom is to experience handling the animals for yourselves

Our key aims are to improve children's listening and behaviour skills in order to enhance their educational attainment and to promote self-esteem.

Animals are a highly motivating subject for school children and by the time children start school, almost all children will already have had some sort of real-life experiences of an animal(s). These early life experiences can have long-lasting effects on attitudes and behaviours towards animals.

Zoo Education C.I.C. provide children with a platform to discuss their experiences and thoughts surrounding animals. Through story-telling (young children) and through our contemporary science and social workshops, children are encouraged to recognise animals as sentient individuals.

These positive interactions will help children develop greater empathy and compassion for animals, which will then help them develop their social skills, leading to higher levels of self esteem and eventually to experience greater academic success.