



Family Support Services Directory

Support and activities for families, children & young people

Produced by South Youth Health Improvement Team
(Updated 22nd May 2020)

Contents:

Services Key – *page 3*

Support for Families – *page 4*

Support for under 5 years old – *page 11*










Support for 5 to 12 years old – *page 16*





Support for 12 to 18 years old – *page 28*

Support for Vulnerable Groups – *page 35*









Further Information – *page 40*




Services Key:









| | |
|---|-----------------------------|
|  | Services via website |
|  | Telephone support |
|  | Support via email |
|  | Arts resources |
|  | Physical activity resources |
|  | Toy Bank |
|  | Food provision |
|  | Support with homework |
|  | Online learning |







| Support services for families | | | | |
|-------------------------------|--|--|-------|---|
| Service | Family support and activities available | Online or phone | Other | Contact details |
| Barnardos | <ul style="list-style-type: none"> • Parenting Coaches Online (Action for Children) • Where to go for help • Tips for family wellbeing and coping with worries |  | | 0141 419 4700 https://www.barnardos.org.uk/scotland https://www.facebook.com/barnardosscotland/ Twitter: @BarnardosScot Partners: www.actionforchildren.org.uk |
| Bike for Good | <p>Bike for Good are sharing challenges and videos (e.g. a learn how to ride your bike video) on their social media.</p> <p>They are also offering virtual 'Dr Bike' sessions to teach people to repair their bikes. More info on this (including prices) here.</p> <p>They are also selling bikes (by appointment only) on Saturdays for those who want to get cycling with their families.</p> |   | | https://www.facebook.com/BikeforGoodGlaS/ https://www.facebook.com/BikeforGoodGlaW/ www.bikeforgood.org.uk 0141 261 1609 glasgowsouth@bikeforgood.org.uk |
| Carnwadic Win Project | <p>Family Home Visits are now telephone & video support</p> <p>Family Group check-ins via Zoom and Whatsapp.</p> |  | | 0141 370 2140 https://carnwadicwinproject.com https://m.facebook.com/carnwadic |







Family Support Services Directory – Support and Activities for families, children & young people










| | | | | |
|--|---|---|--|---|
| | Social media posts supporting parenting and crafts. |  | | Twitter: @CarnwadricP Referrals: dawnwinproject@gmail.com 07462056294 |
| Cauldwell Children | Website and online support for disabled children and families. |  | | https://www.cauldwellchildren.com 0345 300 1348 |
| C.O.J.A.C Centre | Providing social, learning and leisure activities for children and young people affected by disability and their families and carers. |  | | 0141 634 1002 |
| Family Addiction Support Services | Support for family members affected by a loved one's use of drug or alcohol use through telephone support. |  | | 0141 420 2050 Monday to Friday, 9.00am till 4.00pm. Val - 07367353584 Kathleen - 07775939713 manager@fassglasgow.org senior.admin@fassglasgow.org |
| Families Outside | Supporting families affected by imprisonment: all 1:1 support online; group work and peer support. |   | | Helpline: 0800 254 0088 https://www.familiesoutside.org.uk support@familiesoutside.org.uk Text: FAMOUT to 60777 Search 'Families Outside' on Facebook. |
| Glasgow City Mission | Online activities such as singing, arts & crafts via Facebook page. |  | | https://www.facebook.com/glasgowcitymissionfamilycentre/ |
| Glasgow Club | Offering a range of free online fitness classes and advice on keeping healthy. |  | | https://glasgowclub.org/News/Pages/Working-Out-From-Home.aspx |








| | | | | |
|---|---|---|--|--|
| Glasgow Women's Aid Cedar Project | Confidential support for children and mothers who have experienced domestic abuse. Creating a safe space to share strategies to cope and deal with experiences. |  | | 0141 553 4085 0141 553 2022 |
| Govan Law Centre – Family Support Centre | Free support from <ul style="list-style-type: none"> • Solicitors • Money advisors • Welfare rights advisors • Housing case workers |  | | 0800 043 0306 9.00am till 5.00pm |
| HomeStart-Glasgow South | Support for families by phone, WhatsApp and video calls. Advice and support via Facebook and twitter pages including Facebook live activities such as cooking and games for children. 'Dads and Weans' Zoom group on Tuesday mornings at 10.00am. | | | 07745608788 0141 570 8735 theteam@homestartglasgowsouth.org.uk www.homestartglasgowsouth.org.uk www.facebook.com/HomeStartGS twitter- @HomeStartGS |
| International Play Association | Provide a 'Play in Crisis: support for parents and carers' which includes advice and ideas for playing with children during this pandemic. |  | | http://ipaworld.org/wp-content/uploads/2020/04/IPA-Play-in-Crisis-Booklet-for-parents-and-carers-2020.pdf |






| | | | | |
|----------------------------------|---|--|--|--|
| Jeely Piece Club | Activity packs for family food bags in Castlemilk, Govanhill and Pollok area. |  |   | 0141 634 7305 https://www.facebook.com/jeelpiece/ Grace Lamont grace@jeely.org.uk |
| Kindred Advocacy | Support for parents of children with complex need by providing advocacy, information and emotional support. |   | | 0800 031 5793 Enquiries@kindred-scotland.org https://www.facebook.com/kindred.scotland/ |
| Licketyspit | Licketyspit are a children's theatre and play company based in Maryhill area. They are offering play videos and audio shows for children and families and sessions via Zoom involving singing, dancing and reading. |  | | www.licketyspit.com |
| Merry-Go-Round Glasgow | Offering online parenting support classes via Zoom. Timetables are posted every Monday for classes for mums, dads, breastfeeding support and music groups. |  | | www.merrygoroundglasgow.co.uk https://m.facebook.com/merrygoroundglasgow/ 0141 423 2299 |
| National Autistic Society | Online information including resources and tips for children and families on dealing with Coronavirus. There are also hosting online discussions via their |  | | https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx Helpline: 0808 800 4104 |







| | | | | |
|---|--|--|---|---|
| | community forum, sign up available via website. |  | | 10.00am till 3.00pm, Monday to Friday (excluding bank holidays) www.facebook.com/NationalAutisticSociety/ |
| New Rhythms for Glasgow | <p>Deliver online programmes suitable for the whole family, and with a specific focus on alcohol and drug recovery, as well as classes including Zumba, art, song writing, breakdancing and mindfulness.</p> <p>This is delivered in partnership with North West Recovery Communities and all are welcome to join.</p> <p>They are also providing art and activity packs to families in the North East of Glasgow.</p> |  | | <p>Further information and referrals for art packs: kirsteen@nrfq.org.uk</p> <p>07720625789 Balgrayhill Community Centre, 139 Balgrayhill Road, Balgrayhill G21 3AE</p> <p>www.nrfq.org.uk www.facebook.com/newrhythms/</p> |
| NSPCC Glasgow – Parents Under Pressure Project | Supporting parents of children under 12 via telephone consultations. Also providing activity packs for families, as well as facilitating a toybank in the Govan area. |   |  | <p>NSPCC Scotland 0141 212 3879 Facebook - https://www.facebook.com/nspccscotland/</p> |
| One Parent Families Scotland | Continuing to provide support through phone calls, texts and local Facebook groups. |  | | <p>Lone Parent Helpline 0808 801 0323</p> <p>Monday to Friday 9.30am to 4.00pm</p> |













| | | | | |
|---|---|--|--|--|
| | They are also able to support single parents through their Helpline , webchat and 'ask a question' function on their website. |  | | helpline@opfs.org.uk www.opfs.org.uk www.facebook.com/OneParentFamiliesScotland/ |
| Pandas – Perinatal mental health support | Helpline for perinatal mental health. Whatsapp support groups for parents. |   | | Pandas free helpline 0808 1961 776 Monday to Sunday 11.00am-10.00pm Facebook page https://www.facebook.com/Glasgowsouthpandas/ Email support info@pandasfoundation.org.uk (72hr response time) Call 08000 28 22 33 free. |
| Parentline | Parentline is offering practical and emotional support to help parents and carers through the uncertainties and challenges of the developing coronavirus situation. They are offering support about how to talk to children and help them to understand what's happening. They also have ideas for how to keep children busy and help them learn at home. |  | | Browse the website for advice and support, including live web chats. https://www.children1st.org.uk/help-for-families/parentline-scotland/ Monday to Friday, 9.00am to 9.00pm. Saturday to Sunday, 9.00am to 12.00pm www.facebook.com/children1st |
| Parenting Network Scotland | Information and support for families via Facebook page as well as a support group for families to interact with each other. |  | | https://www.facebook.com/parentnetworkscotland/ |
| Play Scotland | Tips and activities for families via their Facebook page. |  | | https://www.facebook.com/nationalplayscotland/ |

| | | | | |
|------------------------------|---|---|--|---|
| Quarriers | Working to support families and their 'Opt-in' service is still available. |  | | Tel 0141 0141 212 2682 Updates on service and contact details on Glasgow helps site https://www.glasgowhelps.org/listing/quarriers-opt-in-opt-in-early-years-and-lets-talk-pre-5-and-schools-emotional-well-being-support-services/ |
| Refuweegee | Support packages including toiletries, food and entertainment such as toys, board games and books through zero contact deliveries. Open to all. |   |   | hannah@refuweegee.co.uk Text PACK to 07520648388 https://www.facebook.com/Refuweegee/ |
| Village Story Telling | Weekly Youtube videos including stories for all ages. Developing Sensate Zoom session for families with children aged 8+. Can offer support with schools through online workshops |  |  | info@villagestorytelling.org.uk www.facebook.com/TheVillageStorytellingCentre/ |
| Wellbeing Scotland | Offering support by telephone, text, email and groups. Callers will be able to speak to a trained and experienced counsellor. |   | | info@wellbeingScotland.org www.wellbeingScotland.org Tel: 01324 630 100 (all calls) 0800 121 6027 (for people abused in care) 07912759655 (children and young people and those with mental health concerns) |




| Support for under 5-year olds | | | | |
|---|---|--|---|---|
| Service | Family support and activities available | Online or phone | Other services | Contact details |
| Cauldwell Children | Website and online support for disabled children and families. |  | | https://www.cauldwellchildren.com 0345 300 1348 |
| Early Years Scotland | Online support for and video services, including groups and baby massage. |  | | https://www.earlyyearsscotland.org info@earlyyearsscotland.org 0141 225 2946. Helpline 0141 221 4148 |
| Lillias Graham Trust | Provides a residential for parents and babies – 12-week intense programme referrals from social work only. Residential is still open following social distancing and some supports are done through video link |  | | Cathmorrison@thelgt.org.uk Tel 01786850259 |
| NSPCC Glasgow – Parents Under Pressure Project | Supporting parents of children under 12 via telephone consultations. Also providing activity packs for families, as well as facilitating a toybank in the Govan area. |   |  | NSPCC Scotland 0141 212 3879 Facebook Page https://www.facebook.com/nspccscotland/ Govan TFC Facebook page https://www.facebook.com/search/top/?q=govan%20tfc&epa=SEARCH_BOX https://www.facebook.com/parentnetworkscotland/ |
| Parenting Network Scotland | Information and support for families via Facebook page as well as a support group |  | | https://www.facebook.com/parentnetworkscotland/ |

| | | | | |
|---------------------------------|---|--|--|---|
| | for families to interact with each other. | | | |
| Quarriers | Working to support families and their 'Opt-in' service is still available. |  | | Tel 0141 0141 212 2682 Updates on service and contact details on Glasgow helps site https://www.glasgowhelps.org/listing/quarriers-opt-in-opt-in-early-years-and-lets-talk-pre-5-and-schools-emotional-well-being-support-services/ |
| Bike for Good | <p>Bike for Good are sharing challenges and videos (e.g. a learn how to ride your bike video) on their social media.</p> <p>They are also offering virtual 'Dr Bike' sessions to teach people to repair their bikes. More info on this (including prices) here.</p> <p>They are also selling bikes (by appointment only) on Saturdays for those who want to get cycling with their families.</p> |   | | https://www.facebook.com/BikeforGoodGlaS/ https://www.facebook.com/BikeforGoodGlaW/ www.bikeforgood.org.uk 0141 261 1609 glasgowsouth@bikeforgood.org.uk |
| Glasgow City Mission | Activites such as singing and arts & crafts via their Facebook page. |  | | https://www.facebook.com/glasgowcitymissionfamilycentre/ |
| Home-Start Glasgow South | <p>Support for families by phone, WhatsApp and video calls.</p> <p>Advice and support via Facebook and twitter pages including Facebook live</p> |  | | 07745608788 / 0141 570 8735 theteam@homestartglasgowsouth.org.uk www.homestartglasgowsouth.org.uk www.facebook.com/HomeStartGS @HomeStartGS |











| | | | | |
|----------------------------------|---|---|--|---|
| | activities such as cooking and games for children. 'Dads and Weans' Zoom group on Tuesday mornings at 10.00am. | | | |
| Jeely Piece Club | Activity packs for family food bags in Castlemilk, Govanhill and Pollok area. |  |   | Grace Lamont grace@jeely.org.uk |
| Licketyspit | Licketyspit are a children's theatre and play company based in Maryhill area. They are offering play videos and audio shows for children and families and sessions via Zoom involving singing, dancing and reading. |  | | www.licketyspit.com |
| Merry-Go-Round Glasgow | Offering online parenting support classes via Zoom. Timetables are posted every Monday for classes for mums, dads, breastfeeding support and music groups. |  | | www.merrygoroundglasgow.co.uk https://m.facebook.com/merrygoroundglasgow/ 0141 423 2299 |
| National Autistic Society | Online information including resources and tips for children and families on dealing with Coronavirus. There are also hosting online discussions via their community forum, sign up available via website. |  | | https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx Autism Helpline: 0808 800 4104. 10am-3pm, Monday to Friday (excluding bank holidays). |








| | | | | |
|--|---|---|--|---|
| | |  | | www.facebook.com/NationalAutisticSociety/ |
| Refuweegee | Support packages including toiletries, food and entertainment such as toys, board games and books through zero contact deliveries. Open to everyone. |   |   | hannah@refuweegee.co.uk Text PACK to 07520648388 https://www.facebook.com/Refuweegee/ |
| The Salvation Army | Food supplies for those over 70, in self-isolation and those with children under 2 years old. |   |  | Glasgow.city@salvationarmy.org.uk 0141 226 2459 |
| The Well Multi-Cultural Resource Centre | Sharing activities via their Facebook page. Advice lines open from 9.30am |   | | info@thewell.org.uk 07894972381 / 07894972377 |
| Village Story Telling | Weekly Youtube videos including stories for all ages. Developing Sensate Zoom session for families with children aged 8+. Can offer support with schools through online workshops |  |  | info@villagestorytelling.org.uk www.facebook.com/TheVillageStorytellingCentre/ |






| | | | |
|----------------------|--|---|---|
| Play Scotland | Sharing useful tips and activities on their facebook page. |    | https://www.facebook.com/nationalplayscotland/ |
|----------------------|--|---|---|







| Support for 5 – 12 years old | | | | |
|--|---|--|----------------|--|
| Service | Family support and activities available | Online or phone | Other services | Contact details |
| Barnardos | <ul style="list-style-type: none"> Parenting Coaches Online (Action for Children) Where to go for help Tips for family wellbeing and coping with worries |  | | 0141 419 4700 https://www.barnardos.org.uk/scotland https://www.facebook.com/barnardosscotland/ Twitter: @BarnardosScot Partners: www.actionforchildren.org.uk |
| Carnwadic Win Project | Family Home Visits are now telephone & video support Family Group check-ins via Zoom and Whatsapp. Social media posts supporting parenting and crafts. |   | | 0141 370 2140 https://carnwadicwinproject.com https://m.facebook.com/carnwadic Twitter: @CarnwadicP Referrals: dawnwinproject@gmail.com 07462056294 |
| Cornerstone - Growing Together (Langlands, Croftcroighn, Hampden and Broomlea only) | Cornerstone provides support for children and young people with additional needs with school transitions from Primary to Secondary school | | | 0300 131 3333 https://www.cornerstone.org.uk |






Family Support Services Directory – Support and Activities for families, children & young people









| | | | | |
|---|---|---|--|---|
| Cauldwell Children | Website and online support for disabled children and families. |  | | https://www.cauldwellchildren.com 0345 300 1348 |
| Deaf Roots and Pride | Online mentoring support and group activities for deaf children and young people aged 8 - 20 years. |  | | https://www.bda.org.uk |
| Family Mediation West of Scotland | Online activities for young people and families. |  | | https://www.fmwest.org.uk 0141 332 2731 To ask us questions e-mail: youngpeople@fmwest.org.uk |
| Families Outside | Supporting families affected by imprisonment: all 1:1 support online; group work and peer support. |   | | Helpline: 0800 254 0088 https://www.familiesoutside.org.uk support@familiesoutside.org.uk Text: FAMOUT to 60777 Search 'Families Outside' on Facebook. |
| ChildLine | Phoneline for young people to discuss their concerns. |  | | 0800 1111 |
| Kindred Advocacy | Support for parents of children with complex need by providing advocacy, information and emotional support. |   | | 0800 031 5793 Enquiries@kindred-scotland.org https://www.facebook.com/kindred.scotland/ |
| NSPCC Glasgow – Parents Under Pressure Project | Supporting parents of children under 12 via telephone consultations. Also providing activity packs for families, as well as facilitating a toybank in the Govan area. |  |  | NSPCC Scotland 0141 212 3879 Facebook Page https://www.facebook.com/nspccscotland/ Govan TFC Facebook page |





| | | | | |
|-----------------------------------|--|--|--|---|
| | | | | https://www.facebook.com/search/top/?q=govan%20tfc&epa=SEARCH_BOX https://www.facebook.com/parentnetworkscotland/ |
| Parenting Network Scotland | Information and support for families via Facebook page as well as a support group for families to interact with each other. | | | |
| Place 2Be | Have launched an art room from home Supports on face book with information and activities regarding mental health |  | | Twitter @place2beScotland Facebook https://www.facebook.com/place2becharity/ |
| Quarriers | Working to support families and their 'Opt-in' service is still available. |   | | Tel 0141 0141 212 2682 Updates on service and contact details on Glasgow helps site https://www.glasgowhelps.org/listing/quarriers-opt-in-opt-in-early-years-and-lets-talk-pre-5-and-schools-emotional-well-being-support-services/ |
| Wellbeing Scotland | Offering support by telephone, text, email and groups. Callers will be able to speak to a trained and experienced counsellor. |   | | info@wellbeingscotland.org www.wellbeingscotland.org Tel: 01324 630 100 (all calls) 0800 121 6027 (for people abused in care) 07912759655 (children and young people and those with mental health concerns) |
| Aberlour | Online sessions including workshops, online challenges, cooking, arts & crafts & peer support Deliver activity packs and food parcel in partnership with Elderpark Housing (Govan area) |  |  | Tel: 0800 085 6150 Tel: 0141 260 9180 enquiries@aberlour.org.uk twitter: @Aberlour |




| | | | | |
|--|--|--|--|--|
| | Urgent assistance fund for young people facing hardship | | | |
| ADHD Parent Support - South Glasgow | Support for parents with children with ADHD. Based in Govanhill Neighbourhood Centre. |  | | Tel: 07880550339 (Karen) |
| Bike for Good | <p>Bike for Good are sharing challenges and videos (e.g. a learn how to ride your bike video) on their social media.</p> <p>They are also offering virtual 'Dr Bike' sessions to teach people to repair their bikes. More info on this (including prices) here.</p> <p>They are also selling bikes (by appointment only) on Saturdays for those who want to get cycling with their families.</p> |  | | https://www.facebook.com/BikeforGoodGlaS/ https://www.facebook.com/BikeforGoodGlaW/ www.bikeforgood.org.uk 0141 261 1609 glasgowsouth@bikeforgood.org.uk |
| Children 1st | Currently supporting children and young people. Offering phone calls, video calls and if necessary, socially distanced visits. |   | | 0141 419 1150 www.facebook.com/children1st www.children1st.org.uk |
| Crossroads Youth and | Online Zoom sessions and discord sessions online |  | | www.facebook.com/groups/473564299490908/ http://www.cyca.org.uk |







| | | | | |
|--|---|---|--|---|
| Community Association's | divided in to junior and senior sessions. | | | |
| Glasgow Life | Online activities for young people, including Glasgow Libraries online. |  | | https://www.glasgowlife.org.uk/ |
| Glasgow Club | Offering lots of free online fitness classes and advice on keeping healthy. | | | https://glasgowclub.org/Pages/Home.aspx |
| Gorbals Youth Cafe | Online activity and support through social media. Weekly cooking challenge - bags of ingredients delivered to children & young people in the Gorbals area. Free lunches for young people – Tuesdays & Thursdays. Activity packs also available for local young people. |  | | gorbalsyouthcafe1996@outlook.com www.facebook.com/waytogo.youthcafe |
| Govan Community Project | Online support for children and young people with their homework from Govan area. |  |  | Tel: 0141 445 3718 https://www.facebook.com/govancommunityproject/ |
| Govan Youth Information Project | Online activities through their social media page. Also working in partnership with Govan Housing Association to provide meals to local families across Govan. |  |  | https://www.facebook.com/GovanYouthInformationProject/ www.gyip.org.uk 9 Water Row Glasgow, G513UW |



| | | | | |
|--|---|--|--|--|
| Govanhill Community Development Trust | Support, information and activities for young people and families via their social media. |  | | www.facebook.com/Govanhill-Community-Development-Trust |
| Impact Arts | Sharing art tutorial videos via their social media pages. |   | | www.impactarts.co.uk The Factory, 319 Craigpark Drive Glasgow Tel: 0141 575 3001 https://twitter.com/impact_arts www.facebook.com/pg/impactartsofficial |
| Jeely Piece Club | Activity packs for family food bags in Castlemilk, Govanhill and Pollok area. | | | Grace Lamont grace@jeely.org.uk |
| LGBT Youth Scotland | All support groups running digitally at the usual times. Using online platform for chat, games etc. New people welcome to join. Can also chat live with youth workers via the website. |  | | www.lgbtyouth.org.uk info@lgbtyouth.org.uk |
| Licketyspit | Licketyspit are a children's theatre and play company based in Maryhill area. They are offering play videos and audio shows for children and families and sessions via Zoom involving singing, dancing and reading. |  | | www.licketyspit.com |




| | | | |
|----------------------------------|---|---|--|
| Lifelink | <p>Offer a range of mental health support and wellbeing services for adults and young people across Glasgow via telephone.</p> <p>Referrals can be made via website or phone.</p> |   | <p>www.lifelink.org.uk Tel: 0141 552 4434</p> |
| Merry-Go-Round Glasgow | <p>Offering online parenting support classes via Zoom. Timetables are posted every Monday for classes for mums, dads, breastfeeding support and music groups.</p> |   | <p>www.merrygoroundglasgow.co.uk https://m.facebook.com/merrygoroundglasgow/ 0141 423 2299</p> |
| Migrant Help | <p>Migrant Help have collated a Covid-19 resource directory, packed full of well-being, health, education and entertainment resources.</p> <p>They also offer advice on changes to asylum process.</p> |   | <p>Free 24/ 7 Asylum helpline: 0808 8010 503 www.migranthelpuk.org www.facebook.com/migranthelpuk/</p> |
| National Autistic Society | <p>Online information including resources and tips for children and families on dealing with Coronavirus. There are also hosting online discussions via their community forum, sign up available via website.</p> |   | <p>https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx</p> <p>Autism Helpline: 0808 800 4104. 10am-3pm, Monday to Friday (excluding bank holidays).</p> <p>www.facebook.com/NationalAutisticSociety/</p> |





| | | | | |
|-------------------------------------|--|--|--|---|
| New Rhythms for Glasgow | <p>Deliver online programmes suitable for the whole family, and with a specific focus on alcohol and drug recovery, as well as classes including Zumba, art, song writing, breakdancing and mindfulness.</p> <p>This is delivered in partnership with North West Recovery Communities and all are welcome to join.</p> <p>They are also providing art and activity packs to families in the North East of Glasgow.</p> |  | | <p>Further information and referrals for art packs: kirsteen@nrfg.org.uk</p> <p>07720625789 Balgrayhill Community Centre, 139 Balgrayhill Road, Balgrayhill G21 3AE</p> <p>www.nrfg.org.uk www.facebook.com/newrhythms/</p> |
| One Parent Families Scotland | <p>Continuing to provide support through phone calls, texts and local Facebook groups.</p> <p>They are also able to support single parents through their Helpline, webchat and 'ask a question' function on their website.</p> |   | | <p>Lone Parent Helpline 0808 801 0323</p> <p>Monday to Friday 9.30am to 4.00pm</p> <p>helpline@opfs.org.uk www.opfs.org.uk</p> <p>www.facebook.com/OneParentFamiliesScotland/</p> |
| Parentline | <p>Parentline is offering practical and emotional support to help parents and carers through the uncertainties and challenges of the developing coronavirus situation.</p> |  | | <p>Call 08000 28 22 33 free.</p> <p>Browse the website for advice and support, including live web chats. https://www.children1st.org.uk/help-for-families/parentline-scotland/</p> <p>Monday to Friday, 9.00am to 9.00pm. Saturday to Sunday, 9.00am to 12.00pm</p> |




| | | | | |
|--|---|---|--|--|
| | They are offering support about how to talk to children and help them to understand what's happening. They also have ideas for how to keep children busy and help them learn at home. | | | www.facebook.com/children1st |
| PEEK- Possibilities for Each and Every Kid | Providing hot meals for young people and families via their food truck. Also posting activities for children and young people via their social media platforms. |  | | Tel: 0141 554 3068 Twitter: @PEEK_project http://www.peekproject.org.uk/ Crownpoint Sports Complex 183 Crownpoint Road Glasgow G40 2AL |
| Refuweegee | Support packages including toiletries, food and entertainment such as toys, board games and books through zero contact deliveries. Open to everyone. |  | | hannah@refuweegee.co.uk Text PACK to 07520648388 https://www.facebook.com/Refuweegee/ |
| The Croft - Visitors Advice and Support Service | Signposting to Families Outside for young people and family supports whilst visiting is postponed. |  | | support@familiesoutside.org.uk Helpline: 0800 254 0088 Text FAMOUT to 60777 Webchat: familiesoutside.org.uk |






| | | | | |
|---------------------------------------|---|---|--|--|
| Village Story Telling | Weekly Youtube videos including stories for all ages. Developing Sensate Zoom session for families with children aged 8+. Can offer support with schools through online workshops |  |  | info@villagestorytelling.org.uk www.facebook.com/TheVillageStorytellingCentre/ |
| Who Cares? Scotland | Offering support and information Social media & online activities such as quizzes via Zoom. |  | | reception@whocaresscotland.org help@whocaresscotland.org 07756047389 07568242965 07895961815 07545337152 (Kinship care line) |
| Youth Community Support Agency | Engaging with young people via phone calls, Zoom and Whatsapp to check-in. Online groups including virtual coffee morning for parents. |   | | https://www.facebook.com/YCSAGlasgow/ 0141 420 6600 48 Darnley Street, Pollokshields, Glasgow www.ycsa.org.uk |
| Ypeople | Information via website and social media. |  | | admin@ypeople.org.uk www.ypeople.org.uk |






| | | | | |
|---------------------------------------|--|---|--|---|
| | | | | twitter: @YpeopleOrg |
| Play Scotland | Sharing useful tips and activities on their Facebook page. |  | | https://www.facebook.com/nationalplayscotland/ |
| International Play Association | Providing a guide called 'Play in Crisis: support for parents and carers' filled with advice and ideas for playing with children during this pandemic. |  | | http://ipaworld.org/wp-content/uploads/2020/04/IPA-Play-in-Crisis-Booklet-for-parents-and-carers-2020.pdf |






| | | | | |
|----------------------------|--|--|--|--|
| South West Carers | <p>SW Carers continue to provide emotional support, information and advice, online training including access to the partnerships Carers App.</p> <p>Also supporting Carers to access Carers Short Breaks fund.</p> <p>For new Carers they are offering a telephone appointment to develop a plan to support them with their caring role.</p> <p>This includes the opportunity to develop a COVID-19 emergency plan which involves putting a plan in place if the Carer becomes unwell.</p> <p>The Carers Information Line is also available to unpaid carers, to access information, make referrals etc.</p> <p>Information also available via their social media platforms.</p> |   | | <p>0141 882 4712</p> <p>The Carers Information Line 0141 353 6504</p> <p>https://www.yoursupportglasgow.org/homepage</p> |
| CEOP Think You Know | <p>The 'Think you Know' website has useful information and age appropriate activities that parents can do with their children at home.</p> |  | | <p>https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/</p> |







| Support for 12 – 18 years old | | | | |
|--|---|---|---|--|
| Service | Family support and activities available | Online or phone | Other services | Contact details |
| Deaf Roots and Pride | Online mentoring support and group activities for deaf CYP 8-20 years. |  | | https://www.bda.org.uk |
| Family Mediation West of Scotland | Online activities for young people and families. |  | | https://www.fmwest.org.uk 0141 332 2731 To ask us questions e-mail: youngpeople@fmwest.org.uk |
| Aberlour | Online sessions including workshops, online challenges, cooking, arts & crafts & peer support Deliver activity packs and food parcel in partnership with Elderpark Housing (Govan area) Urgent assistance fund for young people facing hardship |  |  | Tel: 0800 085 6150 Tel: 0141 260 9180 enquiries@aberlour.org.uk twitter: @Aberlour |

| | | | | |
|---------------------------------|--|---|---|--|
| Castlemilk Youth Complex | <p>Variety of online of support, activities and group work through social media pages including employment and college support.</p> <p>Specific online support available for 16+ age group.</p> <p>Working in partnership with 'Castlemilk Together' distributing food to young people & families</p> |  |  | <p>kellybruce@castlemilkyouthcomplex.com</p> <p>www.facebook.com/kelly.youthcomplex/</p> |
| Bike for Good | <p>Bike for Good are sharing challenges and videos (e.g. a learn how to ride your bike video) on their social media.</p> <p>They are also offering virtual 'Dr Bike' sessions to teach people to repair their bikes. More info on this (including prices) here.</p> <p>They are also selling bikes (by appointment only) on</p> |  | | <p>https://www.facebook.com/BikeforGoodGlaS/</p> <p>https://www.facebook.com/BikeforGoodGlaW/</p> <p>www.bikeforgood.org.uk</p> <p>0141 261 1609</p> <p>glasgowsouth@bikeforgood.org.uk</p> |







| | | | | |
|--|---|---|--|---|
| | Saturdays for those who want to get cycling with their families. | | | |
| Children 1st | Currently supporting children and young people, offering phone calls, video calls and socially distanced visits if necessary. |  | | 0141 419 1150 www.facebook.com/children1st www.children1st.org.uk |
| Crossroads Youth and Community Associations | Online Zoom sessions and discord sessions online divided in to junior and senior sessions. |  | | www.facebook.com/groups/473564299490908/ http://www.cyca.org.uk |
| Glasgow Life | Online activities for young people, including Glasgow Libraries online. |  | | https://www.glasgowlife.org.uk/ |
| Glasgow Club | Offering lots of free online fitness classes and advice on keeping healthy. | | | https://glasgowclub.org/Pages/Home.aspx |
| Gorbals Youth Cafe | Variety of online activities and support through social media Weekly cooking challenges, ingredients delivered to young people |  |  | gorbalsyouthcafe1996@outlook.com www.facebook.com/waytogo.youthcafe |









| | | | | |
|--|---|---|---|--|
| | Free lunches for young people – weekdays Arts & craft packs delivered to young people. | | | |
| Govan Community Project | Online support for children and young people with their homework from Govan area. |  |  | Tel: 0141 445 3718 https://www.facebook.com/govancommunityproject/ |
| Govan Youth Information Project | Online activities through their social media page. Also working in partnership with Govan Housing Association to provide meals to local families across Govan. |  |  | https://www.facebook.com/GovanYouthInformationProject/ www.gyip.org.uk 9 Water Row Glasgow, G513UW |
| Impact Arts | Sharing art tutorial videos via their social media pages. |  | | www.impactarts.co.uk The Factory, 319 Craigpark Drive Glasgow 0141 575 3001 https://twitter.com/impact_arts www.facebook.com/pg/impactartsofficial |









| | | | | |
|------------------------------|--|--|---|--|
| LGBT Youth Scotland | <p>All support groups are now running online for chats and activities.</p> <p>New young people are welcome to join and can also chat live with youth workers via the website.</p> |  | | <p>www.lgbtyouth.org.uk</p> <p>Tel: 0131 555 3940</p> |
| Lifelink | <p>Offer a range of mental health support and wellbeing services for adults and young people across Glasgow via telephone.</p> <p>Referrals can be made via website or phone.</p> |   | | <p>www.lifelink.org.uk</p> <p>Tel: 0141 552 4434</p> |
| Village Story Telling | <p>Weekly Youtube videos including stories for all ages.</p> <p>Developing Sensate Zoom session for families with children aged 8+.</p> <p>Can offer support with schools through online workshops</p> |  |  | <p>info@villagestorytelling.org.uk</p> <p>www.facebook.com/TheVillageStorytellingCentre/</p> |








| | | | | |
|---------------------------------------|---|---|--|--|
| Visibility Scotland | Offering support and information via email and phone. |   | | info@visibility.org.uk 0141 332 4632 |
| Who Cares? Scotland | Offering support and information social media & online activities such as quizzes via Zoom. |  | | reception@whocaresscotland.org help@whocaresscotland.org 07756047389 07568242965 07895961815 07545337152 (Kinship care line) |
| Youth Community Support Agency | Engaging with young people via phone calls, Zoom and Whatsapp to check-in. Online groups including virtual coffee morning for parents. |   | | https://www.facebook.com/YCSAGlasgow/ 0141 420 6600 48 Darnley Street, Pollokshields, Glasgow www.ycsa.org.uk |
| South West Carers | Emotional support, information and advice, online training. |  | | 0141 882 4712 The Carers Information Line 0141 353 6504 |

| | | | | |
|--|--|--|--|--|
| | <p>They can also support access 'Carers Short Breaks' fund.</p> <p>Telephone appointment for new carers to develop a plan to support them with their caring role.</p> <p>This includes a Covid-19 care plan.</p> | | | <p>https://www.yoursupportglasgow.org/homepage</p> |
|--|--|--|--|--|

| Support for Vulnerable Groups | | | | |
|---|---|--|----------------|---|
| Service | Family support and activities available | Online or phone | Other services | Contact details |
| CrossReach - Daisy Chain Early Years Project | <p>Crossreach, with support of local sponsors and volunteers, have provided food parcels and craft packs.</p> <p>Information, advice and activities for children available via their Facebook page.</p> |  | | <p>Facebook: CrossReach Daisy Chain Early Years Project</p> <p>Tel: 0141 423 1250</p> <p>www.crossreach.org.uk/daisy-chain-early-years-project</p> |
| Barnardos - APNA Project (Glasgow South) | <p>Support for BME families with children with disabilities.</p> <p>They offer 1:1 support as well as a parental peer support network to reduce social isolation.</p> |   | | <p>Tel: 0141 352 9847</p> <p>apnaproject@barnardos.org.uk</p> <p>http://www.barnardos.org.uk/apna.htm</p> |
| Carnwadric Win Project | <p>Family Home Visits are now telephone & video support</p> <p>Family Group check-ins via Zoom and Whatsapp.</p> <p>Social media posts supporting parenting and crafts.</p> |   | | <p>0141 370 2140</p> <p>https://carnwadricwinproject.com</p> <p>https://m.facebook.com/carnwadric</p> <p>Twitter: @CarnwadricP</p> <p>Referrals: dawnwinproject@gmail.com</p> <p>07462056294</p> |
| Cornerstone - Growing Together | <p>Cornerstone provides support for children and young people with additional needs with school transitions</p> |  | | <p>0300 131 3333</p> <p>https://www.cornerstone.org.uk</p> |

| | | | | |
|---|--|--|--|--|
| (Langlands, Croftcroighn, Hampden and Broomlea only) | from Primary to Secondary school. |  | | |
| Caudwell Children | Website and online support for disabled children and families including parenting information and advice. They facilitate access to specialist equipment to reduce social exclusion and promote family wellbeing. |   | | https://www.caudwellchildren.com 0345 300 1348 |
| British Deaf Association Scotland - Deaf Roots and Pride | Support and advice for parent of child with hearing impairment. Online mentoring support and group activities for deaf children and young people aged 8-20 years. |   | | https://www.bda.org.uk |
| DIFFERabled Scotland | Practical and emotional support for parents/carers of children with additional support needs. |  | | Tel: 0141 558 0448 differabledscotland@gmail.com |
| Kindred Advocacy | Support for parents of children with complex need by providing advocacy, information and emotional support. |   | | 0800 031 5793 Enquiries@kindred-scotland.org https://www.facebook.com/kindred.scotland/ |

| | | | | |
|--|--|---|--|---|
| National Autistic Society | Online information including resources and tips for children and families on dealing with Coronavirus. There are also hosting online discussions via their community forum, sign up available via website. |   | | Autism Helpline: 0808 800 4104 10am-3.00pm, Monday to Friday (excluding bank holidays) https://www.autism.org.uk/services/helplines/coronavirus/resources.aspx www.facebook.com/NationalAutisticSociety/ |
| Sense Scotland Touchbase and Parent Enabler Project | Family advisory service (an email service) is currently focussing on enquiries relating to coronavirus. Website offers ideas for home activities during lockdown. |  | | www.sensescotland.org.uk advisory@sensescotland.org.uk Advisors available Monday to Friday, 9.00am till 5.00pm |
| ADHD/ASD Parent Support South Glasgow | Practical and emotional support for parents/siblings of children with ADHD/Autism. Peer support network is now online via Facebook page. |  | | Facebook: ASD/ADHD Parent Support Group Glasgow South |
| Wellbeing Scotland | Offering support by telephone, text, email and groups. Callers will be able to speak to a trained and experienced counsellor. |   | | info@wellbeingScotland.org www.wellbeingScotland.org Tel: 01324 630 100 (all calls) 0800 121 6027 (for people abused in care) 07912759655 (children and young people and those with mental health concerns) |
| Amina Muslim Women's Resource Centre | Helpline available whilst face to face service is closed. |  | | Helpline 0808 801 0301 Monday to Friday, 10.00am to 4.00pm |
| Families Outside | Supporting families affected by imprisonment: all 1:1 |  | | Helpline: 0800 254 0088 https://www.familiesoutside.org.uk Email: support@familiesoutside.org.uk |

| | | | | |
|--|--|--|--|---|
| | support online; group work and peer support. |  | | Text: FAMOUT to 60777 Search 'Families Outside' on Facebook. |
| South West Carers | Emotional support, information and advice, online training. They can also support access 'Carers Short Breaks' fund. Telephone appointment for new carers to develop a plan to support them with their caring role. This includes a Covid-19 care plan. |   | | Tel: 0141 882 4712 The Carers Information Line 0141 353 6504 https://www.yoursupportglasgow.org/homepage |
| Carers information and support Line | The Carers Information Line is also available to unpaid carers, to access information, make referrals etc. Information available via their twitter page. |  | | The Carers Information Line: 0141 353 6504 |
| Your Support Your Way | Glasgow City Council's website Your Support Your Way has lots of information and resources for Carers including a carers self-referral form on the website. |  | | https://www.yoursupportglasgow.org/homepage |
| LGBT Youth Scotland | All support groups are now running digitally at the usual times. Using online platform for chat, games etc. New people welcome to join. Can also chat live with youth workers via the website. |   | | www.lgbtyouth.org.uk Tel: 0131 555 3940 |

| | | | | |
|---------------------|--|--|--|---|
| Migrant Help | <p>Migrant Help have collated a Covid-19 resource directory, packed full of well-being, health, education and entertainment resources.</p> <p>They also offer advice on changes to asylum process.</p> |   | | <p>Free 24/7 Asylum helpline: 0808 8010 503</p> <p>www.migranthelpuk.org</p> <p>www.facebook.com/migranthelpuk/</p> |
|---------------------|--|--|--|---|

Further Information:

- **Young Scot COVID-19 Website:** A website dedicated to information and support relating to COVID 19. This will be continually updated, and links added to trustworthy information - <https://young.scot/campaigns/national/coronavirus>
- **Big White Wall** is funded by Glasgow City Council Education Services and provides a supportive, online community to give help when young people are feeling down. Trained professionals are available 24/7, and there's a choice of safe therapeutic services, including on-line self-help courses. If you live in Glasgow and are 16-18 years you can simply go to www.bigwhitewall.com and enter your postcode to join.
- **Aye Mind** is a resource developed by young people for young people to make better use of the internet to improve mental health. Digital resource including training, apps and resources on mental health - <https://www.ayemind.com>