

'WHIT'S HAPPENING!'

SOME POSSIBLY HELPFUL STUFF DURING COVID 19 LOCKDOWN

With COVID 19 we are practicing social distancing and only going out for the essential reasons which the Government has stated as acceptable for all our sakes.

Social isolation does not mean being alone. The 'Whit's happening' is a regular info booklet to help you stay connected with what is happening. We do not need to always meet in person, to feel connected or to know people care.

We plan to update this regularly if you want anything added or corrected please email admin@cope-scotland.org COVID19 maybe affecting some services, please contact them directly for more information.

REMEMBER

Stay at home unless for the following reasons:

- **Only go outside for food, health reasons or work (BUT only if you cannot work from home)**
- **If you do need to go out for food, health reasons or work (BUT only if you cannot work from home) stay 2meters apart from other people**
 - **Wash your hands for around 20sec as soon as you get home**
 - **Also avoid touching your face**
 - **Do not meet with others, even friends or family**
 - **You can spread the virus even if you don't have symptoms**

For more information if you think you may have COVID19 visit 111.nhs.uk/covid-19

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wee changes can make a big difference for coping when life feels strange

These are strange times for us all, but with kindness to ourselves and each other, we can come through this. Please visit our website as we will continue to share tips and resources which may be useful for you and your family at this time. These wee tips may also be useful:

Reliable Information

Only access information from reliable sources and try and limit how much you watch the news coverage of COVID19 including how much children maybe seeing. There is a lot of misinformation on the web, these are the links its maybe more helpful to use.

www.gov.uk/coronavirus

www.gov.scot/coronavirus-covid-19

www.nhs.uk/conditions/coronavirus-covid-19/advice-for-people-at-high-risk www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults

Useful information to share with children about COVID 19

www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf

A short book on COVID-19 for children under the age of 7 www.mindheart.co/descargables

Multi-lingual COVID-19 information, including Romanian, Slovak, Romanian Romanes & Slovak Romanes seinglasgow.org.uk/2020/03/17/covid-19-info-support

Useful sites and resources

www.handsonscotland.co.uk/COVID-19 Please ensure you follow the most up-to-date government guidelines, as some information on these websites was put together before the instruction to stay at home.

Thinking of suicide?

Sometimes when life feels overwhelming people can think of suicide, if you are having thoughts of suicide, please do speak to someone:

The Samaritans Free Phone T: 116 123.

Shout (an affiliate of crisis text line)

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

Find a new hobby or interest

We may be in the house, our mind can still roam, find a new hobby or interest. Reading 6min a day is good for us, why not visit

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

Discover the full range of Glasgow Life online services here: www.glasgowlife.org.uk/Glasgow-life-goes-on



Control what you can

It can feel our lives are no longer under our control, due to so many restrictions.

Take time to think about what is in your control and put energy into what you can do, and not waste your energy thinking about what you can't do just now.

Stay Healthy

Find new ways to stay healthy indoors, have an indoor disco with the kids, get stuck into the chores you keep meaning to do. Check out Glasgow Club App means you can work out from home, for free. Get a decent night's sleep www.nhs.uk/conditions/insomnia

Manage the 'what ifs'

It's natural to feel anxious at this time. Try and include some relaxation into your day. This only takes 3 minutes www.cope-scotland.org/index.php/videos/video/relaxation-in-just-3-minutes. Maybe consider studying Mindfulness which is helpful for learning to live in the moment



Relationships

The current restrictions may put a strain on relationships. The Spark offer Relationship Counselling and Support T: 0808 802 0050. It's important at this time people feel safe and where people don't feel safe: **Domestic abuse and forced Marriage Helpline T: 0800 027 1234. Men can also be victims of domestic abuse helpline T: 0808 800 0024 W: abusedmeninscotland.org**

Stay connected

We are all different and people will deal with the restrictions differently. Some people may like having time not to be rushing and doing and having space to just be. Other people may find it very difficult as they are always on the go, have something to do. There are still volunteering opportunities.

www.volunteerscotland.net/covid-19/actionnetwork.org/forms/glasgow-mutual-aid-covid-19-volunteers-2

Or someone to have a wee chat with Silverline (older people) T: 0800 4 70 80 90

Financial concerns

The current situation can cause anxiety around financial issues, there is support available, so please do think about seeking advice e.g. **GAIN network Helpline T: 0808 801 1011 www.citizensadvice.org.uk/health/coronavirus-what-it-means-for-you**



Practical support

You may find you need practical support at this time, To find support near you: **Glasgow Mutual Aid, T: 0141 280 7025, www.glasgowhelps.org Viral kindness Scotland 0800 054 2282**



Missing Out

We may be disappointed to cancel wedding plans, or a holiday. We may be struggling we weren't able to attend a funeral to say goodbye to a loved one. We may be missing family and important events. These can cause all sorts of emotions, if you need to, speak to someone [breathingspace.scot/news/2020/staying-connected-during-the-coronavirus-outbreak](https://www.breathingspace.scot/news/2020/staying-connected-during-the-coronavirus-outbreak)



Criminal justice

People can be separated from their families for many reasons and for some it may be easier than others to stay in touch through phone, email, skype. This is a useful group for families affected by **imprisonment**

Families Outside Peer support group Text **FAMOUT 60777** or **Freephone 0800 254 0088**.

Keeping up to date

COPE Scotland is producing a regular what's on, of useful numbers and ideas.

www.cope-scotland.org/index.php/latest-blog/what-s-on

Struggling with recovery issues

It's really important when our routines are disrupted, we don't find ourselves using unhelpful coping strategies. These contacts maybe helpful if you are struggling with recovery and need to talk to someone.

Alcoholics anonymous T: **0800 9177 650**

Gamblers Anonymous Scotland T: **0370 050 8881**

Narcotics Anonymous T: **0300 999 1212**.



Some things to maybe get involved with

Monday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Weekday wow factor virtual disco www.facebook.com/weekdaywowfactor/ email weekdaywowfactor@gmail.com for more information

Mind and Draw Creative video exercise tutorial posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Wednesday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

MS Argyll Kindly share video on face massage for self-care www.youtube.com/watch?v=hSQ4iU5G7lg&feature=emb_logo

General information around what is happening in Drumchapel why not check out www.facebook.com/

Tuesday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

Anne's Yoga Heart 11.30am - Chair-based class for all abilities, may include standing/ supported by chair - suitable for wheelchair users - plenty of options for all www.facebook.com/annesyogaheart

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

The Brothers in arms Thrive App www.brothersinarmsscotland.co.uk/apps/brothers-thrive/ Visit their website find out more about the App and how it can help you or the men in your life, make it part of a new daily routine



theLOOPDrumchapel/ New things added all the time, maybe make checking it out, part of your new daily routine

Anne's Yoga Heart 7pm - Family flow, suitable for beginners slow pace www.facebook.com/annesyogaheart

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 8.30pm Talking Group



Thursday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Anne's Yoga Heart 11.30am - wake up yoga - refreshing and energetic
www.facebook.com/annesyogaheart

Friday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Zoom sing along For more information www.alliance-scotland.org.uk/blog/opinion/1-song-sing-along/

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 6pm Boxing training and at 7pm Fitness session

Anne's Yoga Heart 7pm - Feelgood yoga - strength and balance
www.facebook.com/annesyogaheart

Mind and Draw Sharing artwork posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber



Saturday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

COPE Scotland ideas to do yourself or with the kids, make an affirmation jar www.cope-scotland.org/index.php/latest-blog/positive-affirmations-for-wellbeing

Mind and Draw 2pm-3pm live stream Creative session www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Sunday

North West Recovery Community Online Recovery Programme loads going on every day check out www.facebook.com/NWRCGlasgow

10am Glasgow Science centre, wee bit science brought into the home every day to be inspired www.glasgowsciencecentre.org/gsc-at-home

Mind and Draw drawing challenge, posted on social media www.facebook.com/mindanddraw or www.youtube.com/channel/UCaraL9wr9JINfdtGTlcfVNw/about?view_as=subscriber

Anne's Yoga Heart 8pm - Wind down yoga, includes yin/restoration posture and meditation www.facebook.com/annesyogaheart

Sign up for the **Men Matter Scotland** zoom sessions www.facebook.com/MenMatterScotland/ 2.30pm Talking Group and 8pm Quiz Night

Services and supports

Abuse and protection from abuse

It is recognised during lockdown and the social isolation measures, the increased incidence of domestic abuse. This piece maybe helpful: www.news.gov.scot/news/support-for-victims-of-domestic-violence-during-covid-19-outbreak

It is really important people feel safe. For anyone needing support for domestic abuse as well as family members, this is a confidential, sensitive service for anyone to call. You can speak to a professional in your preferred language

sdfmh.org.uk/ **Domestic abuse and forced Marriage Helpline** T: 0800 027 1234 or email helpline@sdfmh.org.uk

Men can also be victims of domestic abuse helpline T: 0808 800 0024 W: abusedmeninScotland.org

It is also important at this time as always, that children are protected. This link maybe helpful www.celcis.org/news/news-pages/public-urged-look-out-signs-child-abuse-or-neglect-during-coronavirus-crisis

It is also important with children online more that they are safe **NSPCC** offer some useful tips www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/

COVID19 Adults with incapacity guidance www.gov.scot/publications/coronavirus-covid-19-adults-with-incapacity-guidance

Police Scotland share, they are beginning to see evidence that fraudsters are increasingly targeting the public and organisations with emails, texts, telephone calls and WhatsApp messages offering advice and treatment for the coronavirus. For more information www.scotland.police.uk/keep-safe/personal-safety/shut-out-scammers

The Police Scotland online child sexual abuse campaign, #GetHelpOrGetCaught launched on the 14th April 2020. Here you can find out more about online child sexual abuse, how to report it, as well as information for victims, their families and perpetrators. www.scotland.police.uk/whats-happening/campaigns/2020/child-sexual-abuse/

UNICEF How to keep your child safe online while stuck at home during the COVID-19 outbreak www.unicef.org/coronavirus/keep-your-child-safe-online-at-home-covid-19

Children, young people and Families

3D Drumchapel

T: 0141 944 5740

Facebook: en-gb.facebook.com/3DDrumchapel/ includes general support around challenges of COVID19 give them a ring as they want to support local families at this time.

Boredom Busting Resources from Chatter pack

W: chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR2kwzYajBW6p6ficB4do_5496AKG8LOYESLISq3AmGBtPMLToEZmRY93Jk

Childline

T: 0800 1111

W: www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus

Contact for families with disabled children

T: 0808 808 3555

W: contact.org.uk/advice-and-support/coronavirus-information-for-families-with-disabled-children

COVID19 guidance on Supporting Children and Young People's Mental wellbeing

www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing

COVID 19 Impact on education

www.gov.scot/publications/statement-covid19-managing-impacts-scottish-education

Differabled Scotland

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

W: www.differabledscotland.co.uk

F: www.facebook.com/differabledscotland/

Families outside

The Scottish Prison Service has suspended visiting due to COVID-19. Families Outside provide support to families affected by imprisonment

T: 0800 254 0088

www.familiesoutside.org.uk

Email: support@familiesoutside.org.uk

or text FAMOUT to 6077

How to help an addicted parent

www.childrenssociety.org.uk/advice-hub/how-to-help-an-addicted-parent

Ideas for activities

www.first5california.com/activity-center.

Parent Network Scotland (Drumchapel) www.facebook.com/parentnetworkscotland/

Susan's (Drumchapel Hub) Facebook is under **Susan PNS** and her twitter handle is **@SusanMcKellar1** for any parents who may want a bit of support during this time. You can also contact Susan on **susanm@pns.org.uk** also maybe follow PNS on twitter **@pns2018**

Papyrus is a specific young people's suicide prevention charity.

W: papyrus-uk.org

T: 0800 068 41 41 **Text:** 07860 039 967

Email: pat@papyrus-uk.org

Parenting across Scotland

Links to useful material for families:

www.parentingacrossscotland.org/info-for-families/coronavirus

Pregnant and new parents

www.parentclub.scot

The Coronavirus and helping children with autism
www.acamh.org/podcasts/coronavirus-autism-a-parents-guide

Thinkuknow

Thinkuknow is the education programme from NCA-CEOP, a UK organisation which protects children both online and offline. They have created a package to help support children and young people at a time when they are likely to be spending more time online. Families can download a pack according to their child's age, each pack will contain simple 15-minute activities parents can do at home with their child using Thinkuknow resources. The packs will be renewed fortnightly. The site also has advice for parents and carers. www.thinkuknow.co.uk

Triple P

Top Ten Tips Facebook posts

en-gb.facebook.com/tripleparenting

Parenting During COVID-19 - the Triple P Parenting Guide

www.triplep-parenting.uk.net/uk-en/triple-p

How to manage when you're all at home

(including working from home)

www.triplep-parenting.uk.net/uk-en/blog-and-videos/blogs-and-news/post/at-home-all-day-with-your-kids-a-challenging-task-but-you-don-t-have-to-be-perfect

Get the full Parenting During COVID-19 Parenting Guide

Watch video blogs, and download the Top Ten Tips 2-page poster here:

www.triplep-parenting.uk.net

Young Minds' Parents Helpline is available to offer advice to parents and carers worried about a child or young person under 25's behaviour, emotional wellbeing, or mental health condition.
www.youngminds.org.uk Parent helpline;

T: 0808 802 5544



Death and Grief

COVID 19 is bringing many challenges and pain to many people including the death of a loved one. Sadly, people are also dying for other reasons but with social distancing there are restrictions on how many people can attend the loved one's funeral. This can make the loss even more painful. In addition, while family can phone or facetime each other, we cannot visit other family members households during social distancing, so may miss that support we offer each other in times of grief. As with so many adjustments, how we mourn is affected by COVID19, however, its important we still get support at this time, even if for now, that is by phone.

This maybe a useful link if you are bereaved and needing to arrange a funeral at this sad time quakersocialaction.org.uk/we-can-help/helping-funerals/down-earth/coronavirus-organising-meaningful-funeral

It is worth also speaking to your faith community, while social distancing applies, we can still connect by phone. These are some services which maybe helpful to know of at this time. As with everything just now, things can be affected by COVID19, however, services are doing their best to be there for people even if for now, that is by phone.

A bereavement charter for Children and Adults in Scotland has been launched, as we want to be a Nation who can support people in their time of loss and help them find the support they may need, when they need it. **W: scottishcare.org/bereavement**
The following services may be helpful:

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

T: 0800 096 6606 (Support following the death of a pet)

Child bereavement UK

www.childbereavementuk.org/

Good life, good death, good grief:

www.goodlifedeathgrief.org.uk/content/support_with_covid19/

Families affected by Murder and Suicide (FAMS)

T: 07736 326 062SOBS

Bereaved by Suicide

T: 0300 111 5065

The Lullaby Trust

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

This link may also be helpful: Information for people experiencing a sudden bereavement

www.suddendeadth.org/guides-for-suddenly-bereaved-people

For guidance on funerals in Scotland during the COVID19 pandemic visit : www.gov.scot/publications/coronavirus-covid-19-guidance-for-funeral-services

Emergency services websites and COVID19

Loss of energy, water or Gas

www.mygov.scot/loss-of-electricity-water-or-gas

Police Scotland

www.scotland.police.uk/about-us/covid-19-policescotlandresponse/

Scottish Ambulance service

www.scottishambulance.com

Scottish Fire and Rescue service

www.firescotland.gov.uk/your-safety/covid-19.aspx

Scottish Society Prevention of Cruelty to Animals

[#">www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets #](http://www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets)



Employment, Business, Information for employers

Many people are worried about work just now, or work for the future. There are some opportunities available just now e.g. the farming community desperately need help with the crops and often accommodation can be provided. You can also ask future employers about protection for COVID19.

Skills Development Scotland have a job hub for those whose job has been affected by Coronavirus. There are currently a number of fixed term vacancies with immediate starts. There is high demand in a number of sectors, new posts will be added daily. www.myworldofwork.co.uk/has-your-job-been-affected-covid-19-coronavirus

Employability in Scotland

W: www.employabilityinscotland.com

COVID 19 support for employers and employees

www.acas.org.uk/coronavirus

Find business support in Scotland

W: findbusinesssupport.gov.scot

RIDDOR - Reporting Coronavirus

The Health & Safety Executive (HSE) has issued details of when and how organisations should report coronavirus incidents under RIDDOR (the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013).

A report must only be made under RIDDOR, relating to coronavirus, when:

- an unintended incident at work has led to someone's possible or actual exposure to coronavirus. This must be reported as a dangerous occurrence
- a worker has been diagnosed as having COVID-19 and there is reasonable evidence that it was caused by exposure at work. This must be reported as a case of disease.
- a worker dies as a result of occupational exposure to coronavirus.

Annual Leave

- The Government temporarily amended the Working Time Regulations 1998 (WTR) to allow carry forward of up to 20 days accrued holiday leave. This will allow leave to be taken some time in the next two years. 20 days from the 2020/21 entitlement can be used over 2021/22 and 2022/23.
- This is beneficial for employers who are concerned about staff returning to work after the lockdown with significant annual leave entitlement to use before the end of the year.
- It will be necessary to carefully manage annual leave over this year and the next two years to ensure no one loses their entitlement.

- Remember, if someone leaves the organisation for any reason, they must be paid all annual leave accrued and not yet taken.

Self-Certificates & Fit Notes

Organisations with fewer than 250 employees, can reclaim up to 14 days of Statutory Sick Pay for staff unable to work because they are ill with coronavirus or have been advised to self-isolate.

When it comes to evidence of illness or needing to self-isolate, use discretion about what evidence, if any, being asked for. GPs will not be able to provide fit notes at this time. Staff can get an Isolation Note from NHS 111 online if they have symptoms, or if they live with someone who has symptoms which should be accepted as sufficient evidence.

New App from NHS Scotland enables you to get an isolation note to give your employer as proof you need to stay off work because of COVID-19 – You DON'T need to get a note from your GP; www.111.nhs.uk

Homeworker Health & Safety

For any staff working from home temporarily as a result of the coronavirus outbreak, HSE has advice for employers to follow.

Employers have a legal responsibility for the health, safety and wellbeing of all staff including homeworkers. A homeworker is defined as anyone who works more than 50% of the contracted within their own home.

Issues to consider include:

- lone working, isolation, and contact
- working with display screen equipment (DSE)
- stress and mental health

For organisations which do not have Homeworking Policy and Risk Assessment or they have not been reviewed recently. There are groups who can help e.g. GCVS for the third sector www.gcv.org.uk



Finance and money advice

Citizens Advice Bureau will only be operating an email advice service via their website at www.glasgowcentralcab.org.uk



Drumchapel Citizens Advice Bureau

T: 0141 944 2612
www.drumchapelcab.org.uk/

Drumchapel Money Advice Centre

T: 0141 944 0507
www.dmac.btck.co.uk/

Ethnic Minorities Law Centre (Glasgow Wide)

T: 0141 204 2888

GHA – for help with benefits & Fuel advice **0808 169 9901**

GAIN network helpline

T: 0808 801 1011 Mon- Fri 9am-8pm
and Saturday 10am to 2pm
There is also useful information for those with cancer or long-term health conditions:
www.gain4u.org.uk

Glasgow North West Advice bureau

T: 0141 948 0204
www.gnwcab.org.uk/

Govan Law Centre: (Glasgow-wide service)

T: 0141 440 2503
W: govanlawcentre.org
WhatsApp: 07564 040765

Home Energy Scotland

if worried about energy bills
T: 0808 808 2282

Tenants rights during COVID 19

www.mygov.scot/housing-local-services/renting-property/

Universal Credit support

T: 0808 169 9901

Please check out www.citizensadvice.org.uk/consumer/energy/energy-supply/get-help-paying-your-bills/you-cant-afford-to-top-up-your-prepayment-meter/ If you can't afford to top up your prepayment meter during to challenges presented by COVID 19

Citizens Advice Scotland has launched a new national advice helpline to boost the network's service during the coronavirus crisis. The helpline is free to call on **0800 028 1456** and will initially operate open from 9am till 5pm, Monday to Friday
www.cas.org.uk/news/launch-scotlands-citizens-advice-helpline

Help during the COVID 19 outbreak

Support for those high COVID19 Risk

The service will offer help to those **who do not have family or existing community support and cannot get online** and who are:

- Over 70,
- Disabled,
- Require the support of mental health services,
- Are pregnant
- Receive a flu jab for health reasons.

This service is in addition to localised support already available for people who have received letters advising them to shield themselves. However, any of those in the shielding category who are not yet receiving assistance, **who do not have family and cannot get online can access support via this new helpline. T: 0800 111 4000**

Anyone not in these categories but still looking for support should visit www.readyscotland.org/coronavirus

For more information visit
W: www.gov.scot/news/support-for-those-at-high-covid-19-risk/



There are many groups seeking to offer support at this time, these are some examples we know of:

Drumchapel COVID 19 Working Group

E: drumchapelcovid19@gmail.com

Glasgow Helps

T: 0141 345 0543

glasgowhelps.org

G13/G14 Community Support Hub

T: 0141 952 6485

Glasgow Mutual Aid

T: 0141 280 7025

Viral Kindness Scotland

T: 0800 054 2282



Drumchapel COVID 19 Working group

Wanted to share this list of places where support maybe available during the COVID 19 outbreak. They ask can you please phone the contact numbers listed to access each service.

Also, visit www.urbanroots.org.uk/freefood

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

Please note that situations are changing rapidly just now, and services may have to change their way of working at short notice.

Area	Organisation	Contact	Service Providing
Drumchapel	Drumchapel Food bank	0141 944 3335	Food parcels, nappies, pet food etc. Can deliver if self-isolating or unable to get out.
Drumchapel/ Knightswood	Well Fed Glasgow	0141 944 2006	Food parcels, option of delivery or pick up. Can provide frozen food if access to freezer.
Drumchapel/ Knightswood	Drumchapel COVID 19 Working Group	07873 635 569 Tracey 077807 273 840 Michael 07900 431 986 CLLR Kerr	Volunteer service helping local vulnerable and isolated individuals. Food shopping and delivery, prescription collections, phone call check in, signposting to other resources when required. Call any of the noted mobile numbers to be linked in with support.
All of North West Glasgow (including Drumchapel etc)	Glasgow Golden Generation	0141 353 0720	Food parcels and essential items delivered to vulnerable/isolated older adults.
Knightswood	Knightswood Community Meal Service	0141 954 7554	Hot Meal Service. Delivered 3 x per week to individuals (Mon/Wed/Fri afternoon.) Free service for elderly and vulnerable individuals with no other support available.
Drumchapel	Drumchapel Asian Forum	07988 097771 (Frank)	Food parcels for isolated and vulnerable individuals.
Drumchapel	3D Drumchapel	0141 944 5740	Food Parcels/Nappies & Wipes etc for vulnerable young families. Currently awaiting funding to allow support to more families but are still accepting requests for support at this time.
All Areas	The Food Train	0141 423 1722	Deliver food shopping for elderly people or people in isolation. £5 delivery fee. They will contact the individual to get a list of what shopping they want and drop off for them.

Helplines

Alcoholics anonymous

T: 0800 9177 650

Breathing Space

T: 0800 83 85 87

Blue Cross for Pets

(Support following the death of a pet)

T: 0800 096 6606

Campaign Against Living Miserably CALM (Men)

T: 0800 585858

Childline

T: 0800 1111

Child Bereavement UK

T: 0141 352 9995

CHSS Advice line Nurses

T: 0808 801 0899

Domestic abuse and forced Marriage Helpline

T: 0800 027 1234

Emergency Homelessness:

T: 0800 838 502

Families affected by Murder and Suicide (FAMS)

T: 07736 326 062

Families Outside Peer support group

(supporting families affected by imprisonment)

Text FAMOUT 60777 or Freephone 0800 254 0088

Gamblers Anonymous Scotland

T: 0370 050 8881

Gambling Helpline:

T 0808 8020 133

Glasgow Community Response helpline

to answer your queries. You can contact them by telephone on 0141 345 0543 or by email at helpline@gcvs.org.uk

Glasgow helping hero's

T: 0800 731 4880

Hopeline UK (people under 35)

T: 0800 068 41 41

LGBT Helpline

T: 0300 123 2523

LGBT Youth

Text: 07786 202 370

The Lullaby Trust

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

NA

T: 0300 999 1212

NHS 24

T: 111

One parent Families Scotland Helpline:

0808 801 0323

Parent line

T: 08000 28 22 33

The Samaritans

Free Phone T: 116 123

Silverline (older people)

T: 0800 4 70 80 90

Shout (an affiliate of crisis text line)

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

SOBS (Bereaved by Suicide)

T: 0300 111 5065

The Spark Relationship Counselling and Support

T:0808 802 0050

Universal Credit Helpline:

T 0808 169 9901

Victim Support

T: 0345 603 9213



Mental/Emotional Health and stress management

CLEAR YOUR HEAD CAMPAIGN LAUNCHES TO HELP PEOPLE LOOK AFTER THEIR MENTAL HEALTH

A national campaign to help people cope during the coronavirus (COVID-19) pandemic launched 21 April 2020

The Scottish Government's 'Clear Your Head' campaign highlights the practical things people can do to help them feel better whilst continuing to stay at home, acknowledging these are worrying and uncertain times for many.

Simple steps to taking better care of our mental health and wellbeing over the coming weeks include:

- **Keeping to a routine** – trying to sleep and wake at the same time, and eating at regular times.
- **Moving more** – staying active, within the current guidance, to boost your mood.
- **Taking a break** – limiting exposure to the news on social media if you feel things are getting on top of you, instead using fun games, quizzes and apps online to pass the time.
- **Making time for yourself** – simply taking a breather or doing something you enjoy.
- **Keeping in touch** – phoning family and friends to ease worry and feel connected.

Along with a range of tips on how to stay positive, the campaign website clearyourhead.scot will signpost sources of help and advice including NHS Inform, and helplines including NHS24, Breathing Space, SAMH and the Samaritans.

The campaign, which will run across television, radio, and online, is part of a package of measures announced by the Scottish Government to help people look after their mental health during and after the coronavirus outbreak.

This includes £3.8 million of extra funding to begin to increase the capacity of NHS24's telephone and online services, and investment of more than £1 million towards the expansion of the Distress Brief Intervention (DBI) programme.



Minister for Mental Health Clare Haughey said: *"The restrictions on our lives, whilst vital, are undoubtedly tough, bringing feelings of anxiety, frustration and worry as we try to cope and adapt. It's never been more important to look after our mental health, and this campaign has been launched to highlight the things we can do every day to feel better and stay mentally healthy."*

"These are unprecedented times and it's important that people know what support is there if they need to speak to someone. We appreciate everyone's efforts to prevent the spread of the virus, and hope this campaign helps people to take care of themselves as restrictions continue."

Consultant Psychiatrist Dr John Mitchell said: *"There's never been a better time to think and talk about how you're feeling. We're all experiencing the loss of things we may have taken for granted, such as loss of social interaction, loss of livelihoods, and for some the loss of health or bereavement."*

"Creating new mental health habits, simple things that help structure our days, give us a boost or make us feel connected, is important in these times. These practical tips will help people do the right things to look after themselves in the coming weeks and months, making them better able to cope and meet the challenges they are facing."

For information and advice visit clearyourhead.scot.

More contact details are on the next page.

Mental/Emotional Health and stress management

Anxiety UK

W: www.anxietyuk.org.uk

Text service 07537416905

Brothers in arms Thrive App

www.brothersinarmsscotland.co.uk/apps/brothers-thrive/

Visit their website find out more about the App and how it can help you or the men in your life, make it part of a new daily routine

COPE Scotland

T: 0141 944 5490 when you call leave a message and your phone number so that someone can phone you back. When COPE phones, the number shows as withheld.

Email: admin@cope-scotland.org will be replied to within 24 hours where possible. Website offers online wellbeing information:

www.cope-scotland.org

Iriss

For tips and information for staff resilience as well as the wider public www.iriss.org.uk/resources/reports/resilience-resources

How to look after your mental health

www.mentalhealth.org.uk

Help for key workers during COVID19 pandemic

www.basw.co.uk/help-key-workers-scotland

Lifelink Glasgow Counselling service

T: 0141 552 4434

W: www.lifelink.org.uk

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

SAMH Mental Wellbeing and COVID-19

www.samh.org.uk



Older Adults

The Age Scotland helpline

is a free, confidential phone service for older people, their carers and families in Scotland.

The helpline is free to call and available Monday - Friday 9am-5pm on **0800 12 44 222**.

Pets

This can be a challenging time also for pets, the following websites may offer some advice. Please also at this time be extra considerate of someone who is using a guide or assistance dog. A guide dog has not been trained to know to keep people 2metres away from the person they are protecting and the person with sight loss may not be able to see you, so please, be considerate. If we treat others, the way we want treated more of us will come through this.



Advice for animal owners From the Government

www.gov.scot/publications/coronavirus-covid-19-advice-for-animal-owners/

From Scottish Society for prevention of cruelty to animals

www.scottishspca.org/our-work/campaigns/coronavirus-and-caring-for-pets

Advice for people who use a guide dog

www.guidedogs.org.uk/coronavirus/Services



Physical Health

Asthma UK Speak to an asthma expert nurse on their helpline

T: 0300 222 5800

W: www.asthma.org.uk/coronavirus

Versus Arthritis

T: 0800 5200 520

W: www.versusarthritis.org/news/2020/april/coronavirus-covid-19-what-is-it-and-where-to-go-for-information/

British Heart Foundation

W: www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health

MacMillan Cancer support

Tel: 0141 287 2903 or

E Mail: macmillan@glasgowlife.org.uk for cancer information, help to access financial support, or even just to talk about how you're feeling

W: www.macmillan.org.uk/coronavirus

Chest Heart and Stroke Scotland

T: 0808 801 0899

W: www.chss.org.uk/coronavirus

Chronic Pain

W: www.nhs.uk/your-health/health-services/chronic-pain

Crohn's and Colitis UK

W: www.crohnsandcolitis.org.uk/news/coronavirus-covid-19-advice

Cystic Fibrosis Trust

W: www.cysticfibrosis.org.uk/life-with-cystic-fibrosis/coronavirus/staying-home-and-shielding

Diabetes UK

W: www.diabetes.org.uk/about_us/news/coronavirus

National Eczema Society

W: eczema.org

Primary Immunodeficiency UK

W: www.piduk.org

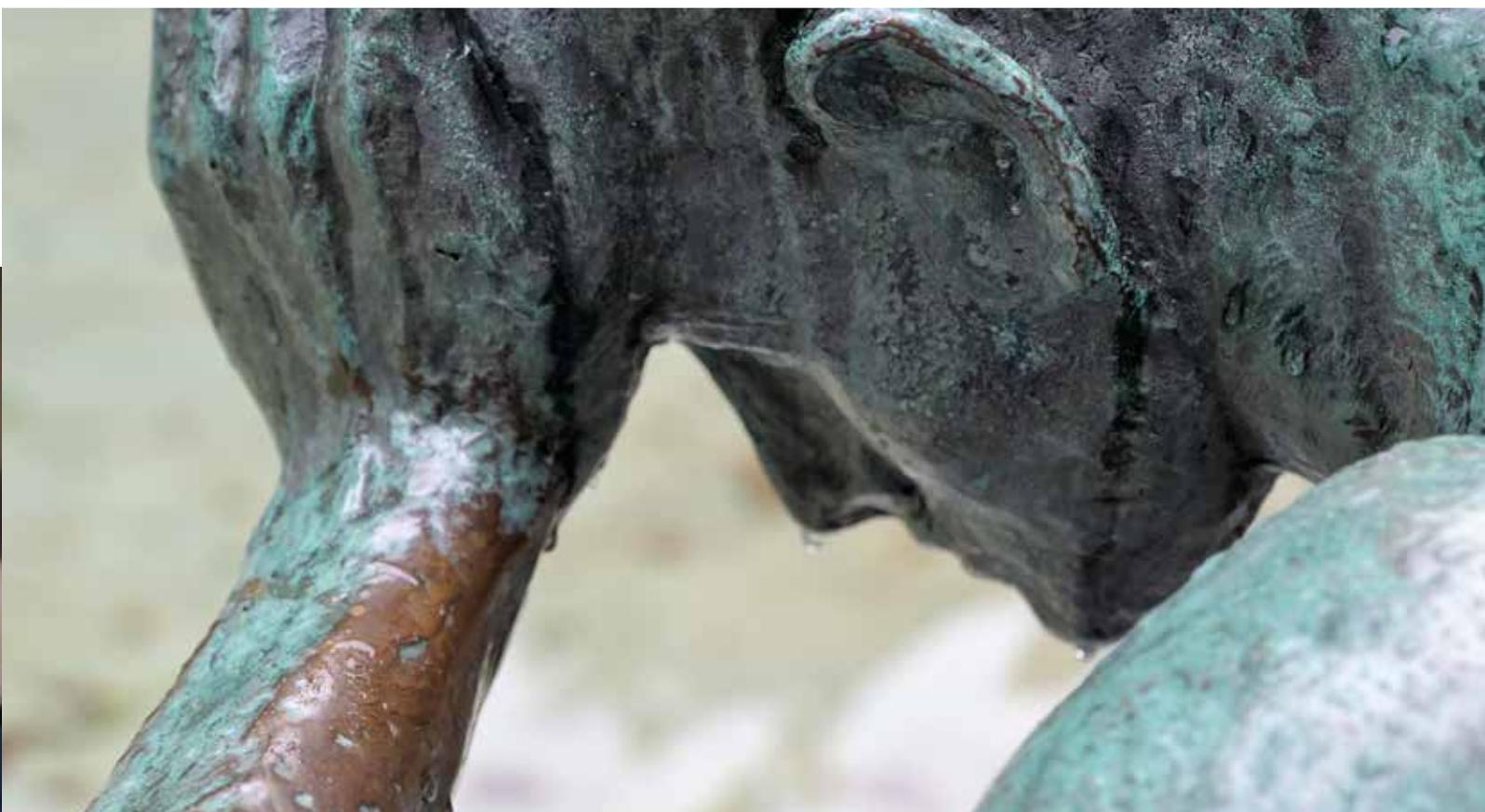
Sarcoidosis UK

W: www.sarcoidosisuk.org

Sign Health

W: signhealth.org.uk/videotags/covid-19

Health video library on range of conditions and issues for people who use British Sign Language



Places of worship

Places of worship are also subject to the guidelines on social distancing; however, many are offering guidance on how you can still stay connected, if we have missed any places of worship please let us know and we shall add these to the next edition. While we cannot list every single place of worship in every community, we wanted to share sources where you may find out what is happening in your local community:

Archdiocese of Glasgow

www.rcag.org.uk

Baptists Church

www.baptist.org.uk/Groups/337630/Coronavirus.aspx

Central Mosque Glasgow

centralmosque.co.uk/coronavirus-covid-19-announcement

Church of Scotland

www.churchofscotland.org.uk/resources/covid-19-coronavirus-advice/advice-for-churches-covid-19-coronavirus

Glasgow Buddhist centre

www.glasgowbuddhistcentre.com

Glasgow City Free Church

www.glasgowcityfreechurch.org

Glasgow Reform Synagogue

www.grs.org.uk

Glasgow Gurdwara

www.glasgowgurdwara.org

Greek Orthodox Church Glasgow

www.greekcommunitystluke.scot

Hindu Temple Glasgow

www.hindumandirglasgow.org

Methodist Church

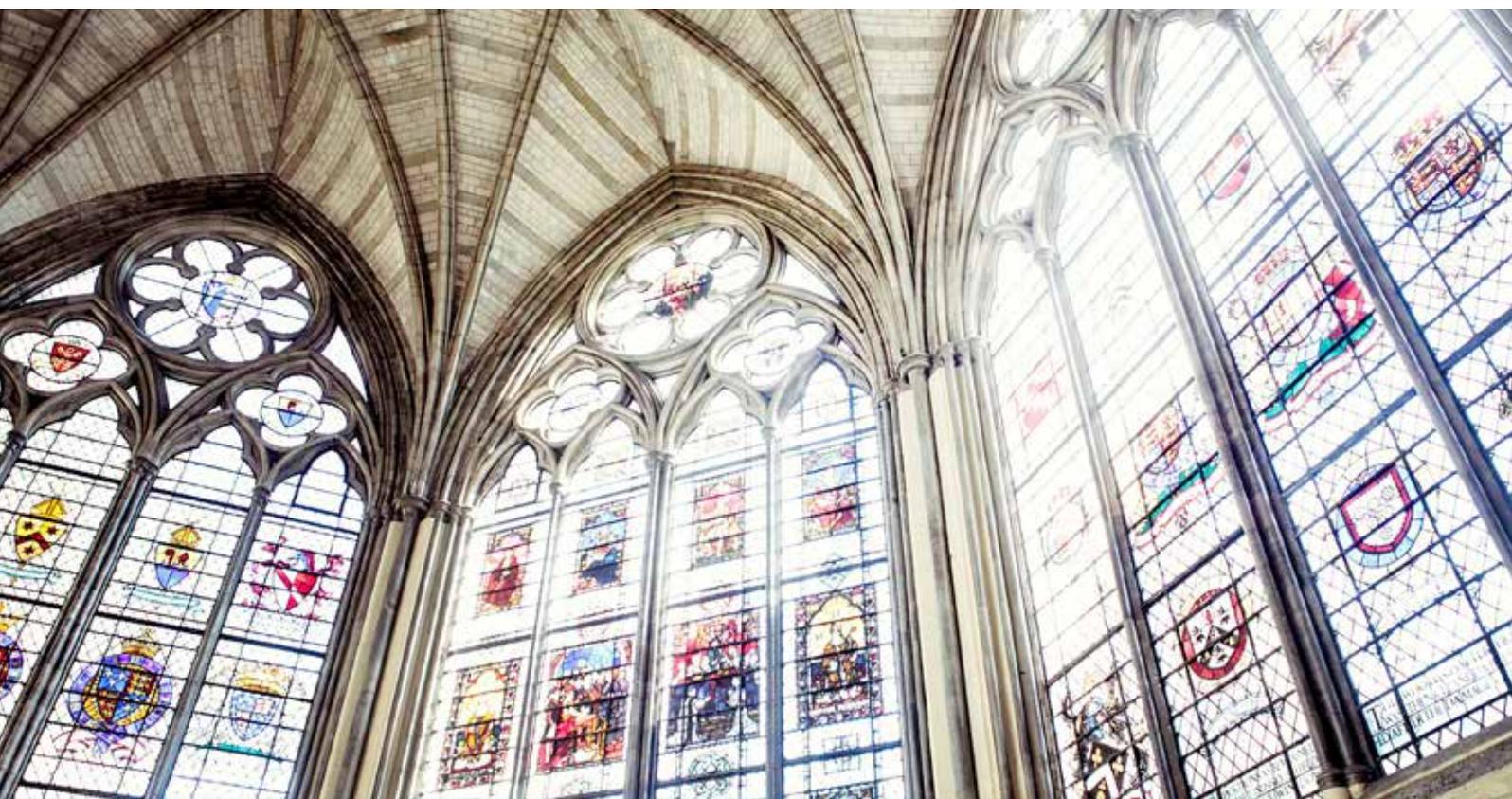
www.methodist.org.uk/about-us/coronavirus/official-guidance/

Orthodox Synagogue

www.jscn.org.uk/small-communities/garnethill-synagogue/

Quaker religious society of friends

www.quakerscotland.org/glasgow



Recovery services

Alcoholics Anonymous
0800 9177 650

Al anon (for families affected)
0800 0086 811

Al a teen (for teenagers affected)
<https://al-anon.org/newcomers/teen-corner-alateen/>

ADDaction
0808 178 5901

Cocaine Anonymous
0141-959-6363

Drink Wise Age well
<https://drinkwiseagewell.org.uk/about/where-we-work/glasgow/>

Family addiction support service
0141 420 2050

Gamblers Anonymous
0370 050 8881

Glasgow Council on Alcohol
T 0808 802 9000 and 0141 353 1800 for hub

Glasgow helping hero's
T: 0800 731 4880

Homeless Addiction Team
0141 552 9287

Marie Trust Counselling service
0141 221 0169

Narcotics Anonymous
0300 999 12 12

North West Recovery Communities
www.nwrc-glasgow.co.uk

Turning Point (Homelessness service)
0800 652 3757
www.turningpointscotland.com/glasgow
for more info on other services

Simon Community

0800 027 7466

Scottish Families affected by Drugs and alcohol
08080 101011

Sexual health services

Sexual Health Support and Advice

Waverley Care offers HIV, hepatitis C and sexual health support and advice. They will be continuing to provide support to people who need it by phone, text, and email, and through their live chat service.





Please stay at home, help protect the NHS & CARE sector and save lives

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

