

Glasgow Community Link Worker Programme

Weekly Bulletin No. 1: Wednesday 15th April 2020

Patient support during COVID-19 for North West Glasgow

We realise that you will be dealing with lots of patients who are needing extra help and support right now. The information below will help you find the right place to refer or direct them too. You can make contact on behalf of a patient or give them the details. If you cannot find what you are looking for here or have any other queries that we can help with contact us at glasgowlinks@wearewithyou.org.uk and one of the Community Link Workers will get back to you quickly.

Glasgow Helps helpline	Help with getting food, medicine, and crisis support 0141 345 0543
National Assistance Helpline (for those who cannot leave home or access help online)	Will connect people who are disabled, over 70, receiving mental health support, pregnant, who have dementia or who receive the flu jab with extra support 0800 111 4000 (Mon-Fri 9-5pm)
Help with food (all free services)	Well-Fed Scotland: provide emergency 2 day food parcels (including homemade meals) to elderly people and vulnerable families/ children in the G14 area: enquires@well-fedscotland.org.uk or on Facebook The Food Train: provide food packages and support for elderly people. 0141 423 1722 or glasgow@thefoodtrain.co.uk Food Bank on Tues and Fri 12-2pm @ Blawarthill Parish Church - Kinstone Avenue, G14 OEB Refuweegee: open to everyone and deliver support packages including food, toiletries, toys, board games and books 07520648388
Help with money	Glasgow North West Citizens Advice - 0141 948 0204 and webchat available at Gnwcab.org.uk Drumchapel Money Advice Centre - 0141 944 0507
Help with mental health	Breathing Space: Call free on 0800 83 85 87 (evenings and weekend) Samaritans: 116 123 free from any phone or 0330 094 5757 (9am-10pm) Self help for mental health: www.moodjuice.scot.nhs.uk

	<p>Self Help for Stress: www.stresscontrol.org Self help for anxiety: www.anxietyuk.org.uk</p>
Help for isolated older people	<p>Glasgow Golden Generation for over 55's: befriending service 0141 221 9924 Silverline: telephone befriending freephone 0800 470 8090</p>
Help for families	<p>One Parent Families Scotland: support and advice on freephone 0808 801 0323 or helpline@opfs.org.uk Parent club: ideas, advice and info for being at home with kids www.parentclub.scot</p>
Help to stay safe	<p>Domestic Abuse Helpline (24 hours) : 0800 027 1234 Glasgow Rape Crisis: 08088 00 00 14</p>
Concerns about a child	<p>Children 1st Parentline: freephone 0800 28 22 33</p>
Help for Asylum Seekers and Refugees	<p>Refugee Survival Trust: 0141 353 5602</p>
Help with homelessness	<p>Simon Community Scotland: advice, information and support 0800 027 7466</p>
Help for people with dementia	<p>Dementia Helpline: advice support and someone to talk to freephone 0808 808 3000</p>
Help with domestic violence or sexual assault	<p>Glasgow Women's Aid: 0141 553 2022 Glasgow Rape Crisis: freephone 08088 00 00 14</p>
Help with alcohol or drugs	<p>Glasgow NorthWest Recovery Hub: free phone 0808 178 5901 Webchat available on www.wearewithyou.org.uk Alcoholics Anonymous: free national helpline 0800 9177 650 help@aamail.org Narcotics Anonymous: free national helpline for the U.K 0300 999 1212 https://ukna.org/meetings/search</p>
Help with bereavement	<p>Cruse Bereavement Care: helpline freephone 0808 808 1677 www.cruse.org.uk</p>
Help with housing	<p>Shelter Scotland: for information, advice and help: freephone 0808 800 4444 (Mon-Fri 9-5pm) or scotland.shelter.org.uk Glasgow Housing Association: (for their tenants only) freephone 0800 479 7979 or go to talk@gha.org.uk</p>
Help with gas and electricity	<p>The Wise Group: help and advice if running out of prepaid gas or electricity: freephone 0800 092 9002</p>
Exercise at home	<p>Online exercise videos for all abilities from Glasgow Club www.myglasgow.club/customer/index.php</p>