

Some examples of things which may be of interest 24th February 2020 version

<p>Mondays</p>	<p>Camera club Monday's 8.30pm-10pm The Phoenix Centre</p> <p>North West Recovery Community drop in St Marks Church Kinfauns Dv 11am-2pm for more information visit https://www.facebook.com/NWRCGlasgow/</p> <p>Ladies Cycling Group - meet at 6.15 for 6.30pm - must already be cycling. Relaxed pace and enjoyable company, come alone or come with a friend. All ladies welcome. £2/person - Please book online www.drumchapelcyclehub.org.uk</p> <p>Family Night Men Matter Scotland 5.30-7.30 All families welcome at the HUB 20 Drumchapel Rd G15</p> <p>3D Drumchapel 7-9.30pm Mum's Night meets every two weeks, first meeting 20th November St Andrew's Church 153 Garscadden Rd Beside 10 O'Clock shop</p> <p>Mind the Men are a suicide prevention peer to peer, support group, where men can meet in a safe place, talk openly, be listened to and feel supported. Group meets each Monday 7pm to 9pm West of Scotland Cricket Club 40-44 Peel Street Partick Glasgow for more info https://www.facebook.com/mindthemen/</p>
<p>Tuesdays</p>	<p>Drum Hub the Church on the hill 11am-3pm for more info 07510983206</p> <p>3D Drumchapel Baby Beats: A new, fun-filled drop-in session with music and wiggles for parents/carers with babies up to 1 year old. Starts 21st January 10-11am for more info 0141 944 5740 or via email at info@3ddrumchapel.org.uk. Alternatively, Facebook www.facebook.com/3ddrumchapel</p> <p>Elderly Lunch Club The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004</p> <p>Zumba 2-3pm CHSS Community Hub Drumchapel Shopping Centre</p> <p>Healthy Walk leaving CHSS Community Hub 1pm, check weather conditions may affect if the group is on</p> <p>Duke of Edinburgh Open Award Group 5:00 to 7:00 Drumchapel Library For young people aged 14 – 24 (up to 25th. Birthday) New enquiries welcome. Drop in and chat to the team or email Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p>

<p>Tuesdays</p>	<p>Glasgow Life Blairdardie Youth Group 12 – 18's at Drumchapel High School</p> <p>7:00 – 9:00 pm Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p> <p>Men Matter Scotland Walking Group , meet Drumchapel Park Tennis Court 5.40pm for more info https://www.facebook.com/MenMatterScotland/</p>
<p>Wednesdays</p>	<p>3D Drumchapel 10am-11.30am SPACE peer support: Parents' group for parents/carers of children with additional support needs. Meets monthly, 29th Jan, 26th Feb, 25th Mar, crèche provided</p> <p>3D Drumchapel 10am-11.30am Triple P Peer support: Parent's group open to anyone who is doing, or has done, the Triple P programme. Meets monthly, 22nd Jan, 19th Feb, 18th Mar</p> <p>Weekly drop in, community tea 1.30-3.30pm for all parents and Carers of St Clare's Children find out what is happening in your community, have a cuppa tea</p> <p>3D Drumchapel 1pm-2.30pm Baby Club: Drop-in session offering a baby weighing clinic, advice and support to parents and carers. Delivered by NHS Staff. Runs throughout the year</p> <p>3D Drumchapel 1pm-2.30pm Baby & Me (Pre-Birth – 1 year): Drop-in play and activity session for new and expectant parents/carers and babies, with refreshments provided.</p> <p>Green Gym 11am – 2pm Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004</p> <p>Daytime Cycling - 10am if you are just learning or looking for a very easy session (whether you are older or dealing with health conditions, all welcome), come along at 11am for a relaxed and slightly longer bike ride. They will stop for refreshments. £2/person for more information www.drumchapelcyclehub.org.uk</p> <p>Glasgow Life Play at Drumchapel for 5 – 11's currently attending primary school Drumchapel Community Centre 4.00 – 6.00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p> <p>Jan BIKE FIT - 5.45pm - Outdoor fitness with bikes! Building strength, mobility, getting active! £3/person - Please book online www.drumchapelcyclehub.org.uk</p> <p>G15 Youth Project The Club 6pm-8pm www.facebook.com/g15youth/</p>

<p>Wednesdays</p>	<p>Men Matter Scotland games night 5pm-7pm : Pool, Darts, Xbox, PlayStation, table tennis and more The Hub @20 Drumchapel Rd</p> <p>3D Drumchapel 6.30-7.30pm Dads Night: A chilled-out social night for dads, stepdads & male carers. Starts 22nd Jan, meets fortnightly in St Andrews Church (153 Garscadden Road, next to 10 o'clock shop)</p>
<p>Thursdays</p>	<p>New table tennis sessions on Thursday from 1.30pm - 2.30pm at Drumchapel Sports Centre Drumry Rd East. Meet new friends while having fun and being active! Starts 16th Jan, first week free then £1.50</p> <p>3D Drumchapel 12.30-2.30pm Family Lunch (pre-birth – 1 year): For new and expectant parents to come along with family & children for a tasty free lunch and a catch up.</p> <p>Drumchapel Life sewing group 10am-noon The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004</p> <p>Elderly Lunch Club The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004</p> <p>Weekly cycling Group - adults only (14 years plus) for a longer ride - must already be a confident cyclist - we stop for a wee break and usually are cycling for 16+ miles for more information www.drumchapelcyclehub.org.uk</p> <p>3D Drumchapel 3.30-4.30pm Blokes and Bairns Games, crafts and lots of fun activities, especially for dads/male carers & kids.</p> <p>Men Matter Thursday Football at Goals 6pm-7pm for more info visit https://www.facebook.com/MenMatterScotland/</p> <p>Glasgow Life Blairdardie Youth Group 12 – 18's at Drumchapel High School 7:00 – 9:00 pm Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p> <p>Drum Hub the Church on the hill 11am-3pm for more info 07510983206</p>

Fridays	<p>Jobs & Business Glasgow will be in the CHSS Community Hub Coffee Corner from 10- 12 Angie & Ruth are looking forward to meeting everyone</p> <p>Glasgow Life Bookbug session at Drumchapel Library 10:30 to 11:00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p> <p>Breastfeeding Buddies Support Group at Drumchapel Library 11:00 Enquiries; CommunitiesNorthWest@glasgowlife.org.uk</p> <p>Women Matter Chat Group St Marks Church 12-2.30.</p>
Saturdays	<p>Mind and Draw in partnership with CHSS and COPE Scotland offer creative workshops a chance to have fun, connect with others and be creative workshop 1.30-3.30pm at CHSS Drumchapel Shopping Centre.</p>
Sundays	<p>Men Matter Talking Group 20 Drumchapel Rd G15 2.30pm</p>

Thursday 27th February

Momentum Occupational Therapy information workshop

10.30am-11.30am Unit 5, 3 Dalsetter Crescent, Garscadden House, Drumchapel G15 Come along and find out what their occupational therapist can offer the people of Drumchapel including:

- Management of panic attacks
- Thinking styles
- Stress management
- Management of sleep
- Confidence and self esteem
- Anxiety management

For more info phone 0141 944 4713

Friday 28th February

Menopause café 10am-11am CHSS Community Hub Drumchapel Shopping centre

At a Menopause Café people, often strangers, gather to eat cake, drink tea and discuss menopause

Followed by

General blether and a cuppa 11am-noon around making Friday's feel good days

All welcome

Monday 2nd March 2020

FREE hearing checks available! 10.00-12.00 Drumchapel CHSS Community Hub – Coffee Corner, 16 Dunkenny Sq, Drumchapel Shopping Centre. G15 8NB

Thursday 5th March

Drumhub pamper day as part of celebrations for International Women's day, includes workshop by COPE Scotland from 11.30am-12.30pm around how to be kinder to ourselves as well as others, for more information on the day contact Drumhub phone 07510983206

Fri 6th March Spring Cleaning the mind (check nearer the time in case weather means needs to be cancelled due to snow)

10am—11.30am COPE Scotland Garscadden House In partnership with Anne's Yoga Heart mental health detox workshop places limited please book through Kathleen 0141 944 5490 Venue remains at Garscadden for now Maximum 14 places

Saturday 21st March

Drumchapel parents' hub

Come along for a chat, chill and a cuppa with our friendly staff and families. Bring the kids and have some hot toast, tea n coffee to take the winter chill off! Arts and crafts will keep the children entertained and having fun while parents have some "me time". Hilda from COPE Scotland will also be there if anyone wants a wee blether about anything that is on their mind. St Marks Church Kinfauns Dv 11am-1pm

23rd to 29th March LGBT health awareness week

This is a useful website for LGBT health www.lgbthealth.org.uk more information in the next 'what's on' regards local activities

Things can change so if in doubt please contact organisers, the aim of this wee info sheet is to raise awareness of just some of the things happening in and around Drumchapel Check out www.facebook.com/theLOOPDrumchapel/ for events and things happening in Drumchapel

Other useful information and events

Action for Happiness

This is a useful website to visit which tells you more about action for happiness.

www.actionforhappiness.org/ COPE Scotland is in the process of co designing a local 'Happiness Campaign' including launching local 'Happy Café' events as well as new ways of enabling people regain their smile. We all can benefit from finding ways to be happier, for more information email hilda@cope-scotland.org

Brothers in arms App

Men's charity in Scotland offering an App which can support men's mental health, for more information on this and the charity <https://www.brothersinarmsscotland.co.uk/> where you can download the APP for free

Citizen advice Scotland

Citizens Advice Scotland is now running a dedicated online scams web-chat service. It gives specialist one-on-one help to people who are worried they're being scammed, and those who have already lost money.

www.cas.org.uk/spotlight/scams-action

Eating disorders and peer support

Website: www.anorexiabulimiare.org.uk/ helpline 03000 11 12 13, option one is the support line option 2 is for family and friends concerned about someone

EU Citizens

As of 31 January 2020, the United Kingdom ceased to be a member of the European Union. If you hold nationality from a country within the EU, you have until 30 June 2021 to apply for pre-settled or settled status. It is FREE to apply, and you can do this now using the link below:

<https://www.gov.uk/settled-status-eu-citizens-families/applying-for-settled-status?step-by-step-nav=0c79b832-75de-4854-8154-d62774a8dfb8>

Glasgow City Council is offering a settlement service to support people with their application:

<https://www.glasgow.gov.uk/article/24653/European-Settlement-Service>

If you are granted pre-settled status, be aware settled status is not awarded automatically and you must reapply once you meet the criteria for settled status.

You need to apply even if you:

- were born in the UK but are not a British citizen - you can check if you're a British citizen if you're not sure
- have a UK 'permanent residence document'
- are a family member of an EU, EEA or Swiss citizen who does not need to apply - including if they're from Ireland
- are an EU, EEA or Swiss citizen with a British citizen family member

More information:

<https://www.gov.uk/settled-status-eu-citizens-families/eligibility>

Families Outside Peer support group (supporting families affected by imprisonment)

Text FAMOUT 60777 or Freephone 0800 254 0088

FREE training for community members and volunteers

Wellness activists training..... Effective listening skills and boundaries

Leadership skills training.....What do we mean by leadership?

Applied Suicide Intervention skills training.....2 day training course in partnership with DrumHUB

The SafeTALK workshop planned for March is now full, if you would be interested in attending a half day suicide awareness workshop please contact Hilda and we can keep you informed if future dates are planned

Contact hilda@cope-scotland.org for more information

Glasgow Food Growing strategy

Glasgow has a vision is that Glasgow citizens wishing to grow their own fruit and vegetables will have access to a range of community growing opportunities in their area, the following link takes you to a survey to have your say on this idea www.glasgow.gov.uk/foodgrowing This links really well to Grow Drumchapel so please share your thoughts by taking the survey, it doesn't take long to complete

Jobs and Business Glasgow

Interested in becoming a Trainee Environmental Operative who improves Glasgow neighbourhoods with grass cutting, hedge trimming and other key responsibilities? No experience is necessary as full training is provided. Following a short training course, a guaranteed interview is offered to access a 26-week, fixed term, paid contract with holiday entitlement. ***This is open to unemployed, Glasgow residents only.*** Call JBG free on 0300 123 2898 or if you're already registered with JBG, speak directly with your Adviser.

Making a difference for the planet

If you are interested in collective action around the 16 sustainable development goals specifically around impact on health and inequalities drop Hilda an email hilda@cope-scotland.org as she is currently exploring with partners and the community an Earth and Health forum

Men Matter Scotland

Following official opening of new hub at 20 Drumchapel Rd also released video well worth watching <https://vimeo.com/392954316/ffdfec2246> For more information on Men Matter Scotland visit <https://www.facebook.com/MenMatterScotland/>

Scottish Illegal Money Lending Unit

Report a Loan Shark Call: 0800 074 087824 hours

Advice Direct Scotland Call 0808 164 6000 Mon – Fri 9am – 5pm

Specialist language support from women who are specially trained, trauma-informed and speak over 30 languages and dialects.

For more information www.access2safety.co.uk/ Languages spoken include

Arabic; Amharic; Bajuni; Chichewa; Farsi; Flemish; French; German; Hakka; Hindi; Italian; Japanese; Krio; Kurdish Kurmanji; Kurdish Sorani; Luganda; Mandarin; Mandiknka; Norwegian; Pashto; Portuguese; Punjabi; Roma; Russian; Rutooro; Sariky; Sindhi; Swahili; Somali; Spanish; Tigrinya; Tumbuka; Turkish; Urdu; Vietnamese

This video gives you more information <https://vimeo.com/333369277>

Strengthening Voices, Making Choices

A service for young adults affected by an acquired Brain Injury or Neurological Condition

For more information or to make a referral, please contact a member of their team: T: 0141 550 4922 E: svmc@momentumscotland.org

Veterans support

We are really grateful to Voluntary Action South Lanarkshire who compiled a list of third sector organisations that provide support to veterans across the UK. We have included details about some of them here, the full list is available at <http://www.locator.org.uk/content/veterans-support-organisations> Apologies if details have changed

ABF The Soldiers Charity Scotland www.soldierscharity.org Tel: 0131 310 5132 based at Edinburgh Castle

Army Families Federation www.aff.org.uk

Army Widows Association www.armywidows.org.uk

Blind Veterans UK www.blindveterans.org.uk Hotline Tel: 0800 389 7979

BRAVEHOUND www.bravehound.co.uk

Project places dogs with veterans and provides training and support, training is also available for veterans who already own a dog.

British Limbless Ex-Service Mens Association - BLESMA (Limbless Vets) www.blesma.org

Citizens Advice Armed Services Advice Project www.asapadvice.org.uk Tel: 0808 800 1007 (9-5 Mon-Fri)

Glasgow Helping Hero's www.ssafa.org.uk/get-help

Erskine www.erskine.org.uk

Gurkha Welfare Advice Centre www.gwt.org.uk

Forces Online www.forcesonline.org.uk

Help for Heroes www.helpforheroes.org.uk

Help 4 Homeless Veterans www.help4homelessveterans.org.uk

Legion Scotland www.legionscotland.org.uk

National Gulf Veterans and Families Association www.ngvfa.org.uk

Poppy Scotland www.poppyscotland.org.uk

PTSD Resolution www.ptsdresolution.org Tel: 0300 302 0551 (9-5 Mon-Fri)

Provides free counselling for former armed forces, reservists and families therapists nationwide

RAF Association www.rafa.or.uk Tel: 0800 018 2361

RAF Benevolent Fund www.rafbf.org Tel: 0300 102 1919

Remembering Scotland at War www.rememberingscotland@war.org.uk

Online museum with Social Networking

Royal Navy and Royal Marines Association www.rnrmwidowsassociation.org

Royal Navy and Royal Marine Charity

www.rnrmc.org.uk

Royal Navy Benevolent Trust (RNBT) www.rnbt.org.uk

SSAFA www.ssafa.org.uk/glasgow. Helpline 0800 731 4880

Scottish War Blinded www.royalblind.org/scottish-war-blinded

The Felix Fund www.felixfund.org.uk

The aim of Felix Fund is to provide welfare support and financial assistance to these trades within the British military and their families, particularly following their experiences in Iraq and Afghanistan

The not Forgotten Association www.nfassociation.org

The Thistle Foundation www.thistle.org.uk

The Veterans Charity www.veteranscharity.org.uk

The Veterans Foundation www.veteransfoundation.org.uk

Veterans with Dogs www.veteranswithdogs.org.uk

Women's Royal Naval Service Benevolent Trust www.wrnsbt.org.uk

War Widows Association of Great Britain (WWA) www.warwidowsassociation.org.uk

Victim Support

New website <https://victimsupport.scot/>

Other useful Phone Numbers

Alcoholics anonymous T: 0800 9177 650

SOBS (Bereaved by Suicide) T: 0300 111 5065

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 5pm-midnight

Childline T: 0800 1111

[Child Bereavement UK](#) T: 0141 352 9995

Domestic abuse and forced Marriage Helpline: 0800 027 1234

Families affected by Murder and Suicide (FAMS) T: 07736 326 062

Gamblers Anonymous Scotland T: 0370 050 8881

Gambling Helpline: 0808 8020 133

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

NAT: 0300 999 1212

NHS 24 T: 111

One parent Families Scotland Helpline: 0808 801 0323

[Over Eaters Anonymous](#)

Parent line T: 08000 28 22 33

The Samaritans Free Phone Tel: 116 123

Silverline (older people) T: 0800 4 70 80 90

Shelter T: 0808 800 4444

Shout (an affiliate of crisis text line) Text: SHOUT to 85258 in the UK to text with a trained Crisis Volunteer.

The Spark Relationship Counselling and Support T:0808 802 0050

Universal Credit Helpline: 0808 169 9901

Victim Support T: 0345 603 9213