

Some examples of things which may be of interest 27th January 2020 version

Mondays

Camera club Monday's 8.30pm-10pm The Phoenix Centre

North West Recovery Community drop in St Marks Church Kinfauns Dv 11am-2pm for more information visit <https://www.facebook.com/NWRCGlasgow/>

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

Family Night Men Matter Scotland 5.30-7.30 All families welcome at the HUB 20 Drumchapel Rd G15

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

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/>

Tuesdays

Drum Hub the Church on the hill 11am-3pm for more info 07510983206

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

Elderly Lunch Club The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004

Zumba 2-3pm CHSS Community Hub Drumchapel Shopping Centre

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

Glasgow Life Blairdardie Youth Group 12 – 18's at Drumchapel High School

7:00 – 9:00 pm Enquiries; CommunitiesNorthWest@glasgowlife.org.uk

Men Matter Scotland Walking Group , meet Drumchapel Park Tennis Court 5.40pm for more info <https://www.facebook.com/MenMatterScotland/>

Wednesdays

Axis Health Hubs Cooking Demonstrations 10.00am – 12.00pm
See how it's made & take a recipe to try at home

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

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

Friendship House Cooking Club Essenside all welcome 12.30-3.

Delicious food and good company If you would like more information, contact Sandra MacDowell 0141-212-3982 sandra@axishealthhubs.org.uk

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

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

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.

Green Gym 11am – 2pm Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004

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

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

Jan BIKE FIT - 5.45pm - Outdoor fitness with bikes! Building strength, mobility, getting active! £3/person - Please book online www.drumchapelcyclehub.org.uk

G15 Youth Project The Club 6pm-8pm www.facebook.com/g15youth/

Men Matter Scotland games night 5pm-7pm : Pool, Darts, Xbox, PlayStation, table tennis and more
The Hub @20 Drumchapel Rd

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)

Thursdays

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

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.

Drumchapel Life sewing group 10am-noon The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004

Elderly Lunch Club The Phoenix Centre Contact Margaret Steven margaret@drumchapellife.co.uk or Telephone 0141 944 6004

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

3D Drumchapel 3.30-4.30pm Blokes and Bairns

Games, crafts and lots of fun activities, especially for dads/male carers & kids.

Men Matter Thursday Football at Goals 6pm-7pm for more info visit <https://www.facebook.com/MenMatterScotland/>

Glasgow Life Blairdardie Youth Group 12 – 18's at Drumchapel High School 7:00 – 9:00 pm **Enquiries;** CommunitiesNorthWest@glasgowlife.org.uk

Fridays

Jobs & Business Glasgow will be in the CHSS Community Hub Coffee Corner from 10- 12 Angie & Ruth are looking forward to meeting everyone

Glasgow Life Bookbug session at Drumchapel Library 10:30 to 11:00 **Enquiries;** CommunitiesNorthWest@glasgowlife.org.uk

Breastfeeding Buddies Support Group at Drumchapel Library 11:00 **Enquiries;** CommunitiesNorthWest@glasgowlife.org.uk

Women Matter Chat Group St Marks Church 12-2.30.

Saturdays

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. Exploring exhibition of work at the end of the series of workshops sponsored by COPE Scotland. Every Saturday until 22nd Feb 2020 (**NOTE NO workshop on 8th Feb**)

Sundays

Men Matter Talking Group 20 Drumchapel Rd G15 2.30pm

Other useful information and events

Thursday 6th February

It's time to talk day. See me to challenge stigma are promoting today as time to talk day, , why not make time today to talk about how you feel to someone, or, if you have been worried about someone and didn't know how to start to talk to them, use today as the chance to start a conversation to let them know you care. For more information visit

<https://www.seemescotland.org/movement-for-change/campaigns/time-to-talk/> also maybe visit <https://passthebadge.co.uk/>

Breakfast and a Blether

9.30am for breakfast 10am start till noon Drumchapel Community Centre Kinfauns Dv, chance to get out, meet others, find out what is happening in your community

Fri 14th February

Love Yourself First (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 self-care workshop places limited please book through Kathleen 0141 944 5490

Aye Write

Glasgow Life Communities and Libraries invite you to participate in this year's Annual Aye Write book festival, 12 - 29 March 2020. As part of this year's festival, they are delighted to announce that they are again running the Aye Write! Community Ticketing Initiative. They are offering a limited number of free tickets across the festival programme to community members who wouldn't otherwise purchase tickets and are particularly keen to encourage those who are contributing to and participating in the free events to take up this offer

Want to know more about whats on?

<https://www.ayewrite.com/Pages/Whats-On.aspx>

Want to apply for FREE TICKETS?

E-mail CommunitiesNorthWest@glasgowlife.org.uk

or

Pop into Drumchapel Library and pick up an application form

CLOSING DATE FOR APPLICATIONS 18.02.20

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

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

Text FAMOUT 60777 or Freephone 0800 254 0088

For more information on groups including for children and young people aged 8-18 years please contact tracey.burns@familiesoutside.org.uk mobile no: 07384469640

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

Scottish Illegal Money Lending Unit

This winter, the Scottish Illegal Money Lending Unit are warning people not to get trapped by using Loan Sharks. It may seem like a good idea at the time, but you can be trapped by high repayments and if you can't afford to pay them back, useful numbers for more advice:

Report a Loan Shark Call: 0800 074 087824 hours

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

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