



## Glasgow Emergency Services available over the festive period 2020

Area	Organisation	Activity	Phone Number	Email address
<b>Foodbanks and Food Parcels</b>				
Any	The Sikh Foodbank	Delivering food parcels 24th, 25th and 26th December	07570 929489	admin@sikhsinscotland.com (10) The Sikh Food Bank   Facebook
Any	Perennial	We can provide food parcels delivered by Family Fund, or food vouchers, etc. to those in crisis. We close at lunch time on 24th December and re-open 2nd January 2021.	01372384057 / 07496628808	cdaly@perennial.org.uk <a href="https://en-gb.facebook.com/PerennialGRBS/">https://en-gb.facebook.com/PerennialGRBS/</a>

<b>City Centre</b>	Destiny Church	Taking part in Love Christmas with the aim to hand out 500 Christmas hampers to families struggling with COVID-19 and other social challenges this Christmas	0141 616 6777	connect@destiny-church.com <a href="https://www.facebook.com/DestinyChurchGlasgow/">https://www.facebook.com/DestinyChurchGlasgow/</a>
<b>City Centre</b>	Townhead Village Hall	We can only take new cases if it is a genuine emergency, including on Christmas Day and New Years Day.	0141 212 0046	isabel@townheadvillagehall.org.uk
<b>North East</b>	The Everlasting Foodbank	Will be open Boxing Day and 2 <sup>nd</sup> January from 1pm to 2pm	07936 938270	theeverlastingfoodbank@gmail.com <a href="https://www.facebook.com/everlastingfoodbank/">https://www.facebook.com/everlastingfoodbank/</a>
<b>North East</b>	Glasgow North East foodbank	Foodbank at Calton Parkhead Parish Church on Mon 28th and Wednesday 30th December	07951749363	info@glasgowne.foodbank.org.uk Glasgow NE Foodbank   Helping Local People in Crisis
<b>North East</b>	Barmulloch Community Development Company	Plan to provide emergency energy assistance top ups and food parcels to people who are self isolating or vulnerable. Emergency food parcels for people self-isolating or vulnerable	07729982080	contact@bcdcglasgow.co.uk
<b>North East</b>	Lodging House Mission	Food and toiletries packs for collection by prior arrangement, either by e-mail or telephone referral.. Contact first to arrange pack collection.. We shall be open Monday -Friday EXCEPT on 25 December, 28 December, 1st January and 4th January	0141 552 0285	enquiries@lhm-glasgow.org.uk
<b>North East</b>	FARE Scotland	Fare is delivering 1300 Christmas hampers to	01417719151	Info@fare-scotland.org

		senior citizens and toys to over 1000 families		
<b>North East</b>	Belvidere Bowling Club	Food supplies and home delivery in the local area	0141 554 2353	belviderebowlingclub.co.uk
<b>Food Pantries</b>				
<b>North East</b>	Ruchazie Pantry	Usual open times are Mon: 4pm - 8pm, Wed - Fri: 9:30am - 12:30pm then 1:30pm - 4:30pm, Sat: 9:30am - 1pm. Closed 25th to 28th. Open as usual between 29th and 31st then are closed between the 1st and the 4th, opening as usual from the 5th.	0141 237 4900	pantry@ruchaziechurch.org
<b>North East</b>	Parkhead Pantry	open at Parkhead Schoolhouse on Tuesday 22nd Dec from 12pm to 4pm and at 981 Shettleston Road on Wed 23rd Dec from 10am to 3pm then will be closed until the 5th of January where they will resume usual operating hours:		thepantry@parkheadha.org.uk
<b>North East</b>	Community of Helping Hands	Community Food Store will be open Mon 21 <sup>st</sup> – Wed 23 <sup>rd</sup> (10am-2pm), Thursday 24 <sup>th</sup> (9am-12pm), Wed 30 <sup>th</sup> (10am-4pm) and Thursday 31 <sup>st</sup> (9am-12pm) then returning to normal opening hours from 5 <sup>th</sup> Jan	07934 832643	admin@communityofhelpinghands.co.uk <a href="https://www.facebook.com/communityofhelpinghands/">https://www.facebook.com/communityofhelpinghands/</a>
<b>Christmas Day</b>				
<b>City centre</b>	Sikh Foodbank/ Simon Community	Christmas lunch at Central Station	0800 027 7466	hello@simonscotland.org
<b>City centre</b>	Social Bite	Every year we open up our shops on Christmas Eve and Christmas Day for people in a situation of homelessness and food poverty to come and get a Christmas	0131 353 0250	info@social-bite.co.uk Social Bite – A Movement to End Homelessness (social-bite.co.uk)

		meal and some loving company.		
<b>North East</b>	The Space (People Without Labels)	Holding a free Christmas Lunch on Christmas Day between 1pm and 5pm	0141 237 1221	info@thespacescotland.org <a href="https://thespacescotland.org/">https://thespacescotland.org/</a>

<b>Helplines</b>				
<b>Addiction</b>	We are with you	Online services available throughout festive season	0808 164 4261	glasgow.northeast@addaction.org.uk; Glasgow, North East - We Are With You
<b>Bereavement</b>	Marie Curie	We provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death and bereavement Support Line is open 8am- 6pm Monday to Friday and 11am - 5pm on Saturday. On bank holidays we are open 10am - 4pm.	0800 090 2309	margaret.muir@mariecurie.org.uk <a href="http://www.facebook.com/mariecurieglasgow">www.facebook.com/mariecurieglasgow</a>
<b>Children</b>	Childline	You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.	0800 1111	Get Support   Childline
<b>Care Experienced</b>	Who Cares? Scotland	Helpline open throughout the festive period Mon-Fri (10am -4pm) includes Christmas Day and New Year's Day. Digital events will be announced via social media	0330 107 7540	help@whocarescotland.org <a href="https://www.facebook.com/WhoCaresScotland/">https://www.facebook.com/WhoCaresScotland/</a>
<b>Domestic Abuse</b>	Glasgow Women's Aid-	we provide information, support and refuge accommodation to women, children and young people	0141 553 2022	Glasgow Womens Aid

		who are experiencing domestic abuse.		
<b>Domestic Abuse</b>	Glasgow East Women's Aid	Our crisis service operating via telephone 9.30am-3.30pm Monday to Friday. also email support is available for Women experiencing Domestic Abuse.	0141 781 0230	info@gewa.org.uk <a href="https://www.facebook.com/glasgoweastwomensaid/">https://www.facebook.com/glasgoweastwomensaid/</a>
<b>Homelessness</b>	Simon Community	We help people who are experiencing homelessness or are worried about their accommodation.	0800 027 7466	hello@simonscotland.org
<b>Homelessness</b>	Homeless Out of Hours service	Out of Hours Homelessness Services - if you are homeless and need a service after 4:45pm Monday to Thursday or 3:55 on a Friday and weekends	<b>0800 838 502</b>	
<b>Homelessness</b>	Glasgow City Mission – Overnight Welcome Centre	Replacing the Winter Night Shelter and will be based in a local hotel, be a 24 hour service and allows space for distancing and self-isolation if required. The shelter has capacity of 40 beds and runs from Dec 1 <sup>st</sup> to 31 <sup>st</sup> March	0141 221 2630	info@glasgowcitymission.com <a href="https://www.facebook.com/glasgowcitymission/">https://www.facebook.com/glasgowcitymission/</a>
<b>Muslim Women</b>	Amina - The Muslim Women's Resource Centre	Amina's Helpline, which provides a confidential listening ear and signposting service, will be available between 10AM and 2PM Monday-Friday over the festive period, with the exception of Christmas Day (Friday 25th of December).	0141 212 8420	info@mwrc.org.uk <a href="https://www.facebook.com/amina.mwrc.1/">https://www.facebook.com/amina.mwrc.1/</a>
<b>Mental Health</b>	Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here	116 123	jo@samaritans.org

		24 hours a day, 365 days a year. Freephone 116 123		
<b>Mental Health</b>	Scottish Association for Mental Health	Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help. Available: 9am to 6pm, Monday to Friday	0344 800 0550	info@samh.org.uk SAMH is the Scottish Association for Mental Health   SAMH
<b>Mental Health</b>	Breathing Space	Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.	0800 83 85 87	Breathing Space   NHS 24
<b>Mental Health</b>	Lifelink	Offering 2 hour online well-being classes to anyone with a Glasgow Postcode. Each class will be themed around a certain topic.	0141 552 4434	info@lifelink.org.uk <a href="https://www.lifelink.org.uk/">https://www.lifelink.org.uk/</a>
<b>Mental Health</b>	MindtheMen	MindtheMen are a suicide prevention peer support group where men (18+) can meet in a safe place to talk about their challenges be listened to and feel supported. We meet every Monday evening 7pm-8pm	mindthemen@gmail.com (10) MindtheMen   Facebook	
<b>Mental Health</b>	COPE Scotland	We have an answering reception service where people can be offered an appointment to speak to someone week beginning 4th Jan Enquires via the website will be responded to within 24 hours where possible.	0141 944 5490	admin@cope-scotland.org
<b>Mental Health</b>	The Wee Retreat CIC	We will be running our free virtual cuppa during the festive period every Wednesday 11-11.45am.	info@theweeretreat.co.uk	

		The service is open to anyone feeling a bit lonely, or just wanting something to do.		
<b>Older people</b>	Good Morning Service	Offering a telephone befriending and safety net service for older people 365 days of the years.	0141 336 7766	info@goodmorningservice.co.uk <a href="https://www.facebook.com/thegoodmorningservice/">https://www.facebook.com/thegoodmorningservice/</a>
<b>Refugees</b>	Scottish Refugee Council	Helpline open Mon-Fri (10am 1pm and 2pm– 4pm)	0808 196 7274	communities@scottishrefugeecouncil.org.uk <a href="https://www.facebook.com/ScottishRefugeeCouncil/">https://www.facebook.com/ScottishRefugeeCouncil/</a>
<b>Other</b>				
Aberlour	Applications for Urgent Assistance Fund accepted until 5pm on Friday 18 <sup>th</sup> Dec. Further applications will then not be processed until 4 <sup>th</sup> Jan 2021.	0800 085 6150	enquiries@aberlour.org.uk <a href="https://www.aberlour.org.uk/">https://www.aberlour.org.uk/</a>	