



What Do I Do If...?

Information for parents and carers in Govan.

Taking care of wee ones isn't always easy and we all need help from time to time. This leaflet includes some of the range of support available in the local area and is broken down into categories you might need help with. You can call the NSPCC helpline 365 days a year for parenting advice and support on **0808 800 5000** or email help@nspcc.org.uk. If you are concerned for a child you can also call Social Work Direct on **0141 287 0555**. You can remain anonymous if you wish.

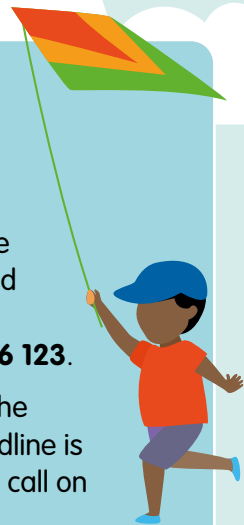
What do I do if

...we could do with support as a family?

Parenting comes with lots of challenges, which can be even more difficult if you're dealing with mental health problems. If you could do with some extra help or support it is really important that you speak out. You can speak to your GP or call the Samaritans on **116 123**.

If you are worried about your child's mental health, you can call the NSPCC Helpline for advice and support on **0800 800 5000**. Childline is available for your child to speak to 365 days a year and they can call on **0800 1111** or get support online at childline.org.uk

There are lots of different ways that you can receive support. These organisations provide a range of activities and support for mums, dads and children.



Organisations who can provide support

NSPCC – Together for Childhood, Govan, Glasgow

We can provide support to:

Parents and carers of children aged 0-8 years. We are currently running an 8 week parenting groupwork programme, Circle of Security.

We can help with:

CoS can help carers to understand their child's emotional world and their need for a secure relationship. Carers should feel more able to support their child to successfully manage their emotions which enhances their self-esteem.

You can contact us at:

Together for Childhood Team
NSPCC Glasgow, Pavilion 1,
Rowan Business
Park, 5, Ardlaw St, Govan
G51 3RR
Tel: 0141 440 6300

Any other information:

The Circle of Security® Parenting™ programme is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Govan Health Visiting Team

We can provide support to:

Families with children from 0-school entry.

We can help with

The health visiting team provides a home visiting service to offer support and advice on a variety of health and wellbeing topics such as; Child development, parenting advice and support, infant feeding, immunisations, oral health and home safety.

You can contact us at:

Contact your health visitor directly. If you are unsure who

your health visitor is contact your GP as each HV is GP attached.

Any other information

Health visiting is not an emergency service and if you have any health concerns with regards to your child please contact your GP or NHS24.

Dads Rock

We can provide support to:

We provide practical and emotional support to young Dads/male carers under the age of 30 in Glasgow

We can help with:

- Advocacy
- Improving their wellbeing
- Strengthening their attachment
- Improving their confidence
- Developing their parenting skills

- Liaising with other professionals

You can contact us at:

amy@dadsrock.org.uk
or 07508529469

Tea in the Pot (Women's Support Service)

We can provide support to:

The organisation promotes and supports vulnerable women resident in the Greater Govan and surrounding areas of Glasgow. The organisation provides a positive environment and appropriate opportunities to help address poor mental health, build self-esteem, confidence and skills that lead to better health and enhanced quality of life.

We can help with:

- Supporting positive social interaction
- Give an engendered sense of belonging
- Reducing isolation & loneliness
- Sense of being part of a wider community
- Making a lasting difference to people's lives
- Signposting and referrals
- Holistic Therapies ,
- Mental Health First Aid
- Advice on applying for jobs and volunteering

You can contact us at:

Pearce Institute, 840 Govan Road, G51 3UU (ground floor)
Email: teainthepot@yahoo.co.uk
Tel: (0141) 425-1709
Facebook @TeainthePotGovan

Govan Youth Information Project

We can provide support to:

Young people and their families, schools and other youth organisations.

We can help with:

Employability skills, accessing youth provisions, issue based work around: Alcohol, drugs, gambling, sexual and mental health as well as a host of other issues young people face day to day. We also have a wide range of partners who we can refer young people and families to.

You can contact us at:

0141 445 4505 or
mail@gyip.org.uk

Home-Start Glasgow South

We can provide support to:

Families living in the Southside of Glasgow with at least one child of 8 years old or under.

We can help with:

We work with families to help them identify, address, manage and overcome issues affecting their lives with a range of family support services: Intensive Family Support, Home Visiting Volunteer Support, One to One Dads' Support, Dads Antenatal, Group Work, Baby Massage, Volunteer Opportunities.

You can contact us at:

theteam@homestartglasgowsouth.org.uk
or 0141 570 8735

Gilded Lily

We can provide support to:

Women and children

We can help with:

Providing opportunities to take part in weekly workshops, training programs, events and outings. Workshops include,

cooking classes, sewing, knitting, crochet, mindfulness, dance, arts & crafts, etc

We can also provide volunteering opportunities for women in a variety of roles from administration, helping at events, helping with children's activities, etc.

You can contact us at:

general@gilded-lily.org.uk
0141 440 1109

Govan HELP (Govan Home and Education Link Project)

We can provide support to:

Parents / Carers and their children who are living in Govan and the surrounding areas

We can help with:

Family Support, Play Therapy, Children's Befriending, Adult Counselling, Volunteer Interpreters, Training and Volunteering Opportunities, support with food and essential items from The Govan Pantry

You can contact us at:

Email: hello@govanhelp.org

Call: 0141 445 6481

www.govanhelp.org

www.facebook.com/govanhelp

www.twitter.com/govanhelp

Katie Paterson, Family Support Co-ordinator,

Tel: 07788 907924

Email: katie@govanhelp.org

Make Do and Grow CIC

We can provide support to:

- Meet new people
- If you are worried about someone else's child
- Resources for families (children's clothing and toys)
- Activities for children (including children with Additional Support Needs)

We can help with:

- Referrals for children's clothing and support bundles
- Weekly creative activities (drop off and stay and play), with groups from 18 months to teen and family sessions
- Community Toy library membership
- Play space to connect and chat
- Digital device support (getting online)

You can contact us at:

makedogrow@gmail.com,
0141 440 5998 or message
us on social media: www.facebook.com/makedogrow
[Instagram](https://www.instagram.com/makedogrow) and [Twitter](https://twitter.com/makedogrow):
[@makedogrow](https://twitter.com/makedogrow)

Childline

Children and young people can contact Childline for free, confidential support and advice, 24 hours a day on 0800 1111 or at www.childline.org.uk

**Govan & Linthouse
Parish Church****We can provide support to:**

Any and all children, young people and families living within Govan area, as well as other adults.

We can help with:

Meeting new people in our weekly programmes as well as activities for children such as uniformed organisations or family fun days. Please check our website for upcoming events.

We have access to a small limited fund which can assist with accessing food and the cost of utilities in emergency circumstances.

You can contact us at:

0141 445 2010

glpcglasgow@googlemail.com
[@govanlighthousep](https://twitter.com/govanlighthousep)
www.govanlighthouseparish.org

NHS Living Life

a telephone based service for people aged 16+ feeling low, anxious or stressed. Mon - Fri 1pm - 9pm Call free 0800 328 1965

One Parent Scotland

available to lone parents. Call free 0808 801 0323

The Pandal Foundation

open to parents and their networks who need support with Perinatal Mental Illness. Call free, 0808 1961 776 Mon-Sun 9am – 8pm

Early Years Scotland

Free drop in play sessions for children 0-5 years and their carers. On Mondays from 1 – 2.30 pm and Fridays – 10 am – 11.30 am at Clydeside Hall, Clydebrae Street Govan. Booking essential www.trybooking.co.uk/BGFW



Money worries

What do I do if ...I run out of money?

The experience of the pandemic has been difficult and may have led to new or increased money worries for you or your family but there is support available. The Scottish Welfare Fund can provide grants to cover the cost of an emergency. Call them on 0141 276 1177 (Option 1) or visit www.glasgow.gov.uk/swf. You can also access money advice and support through the below organisations. For a full range of support available in Glasgow please check the Glasgow Cash First leaflet. If you have problem debt and are worried about how best to deal with it, you're not alone. From one-off payments, to help with school uniforms and ongoing support for living costs, there are lots of benefits available. Visit moneysupport.scot to find the support you need.



Linthouse Housing Association

We can help with:

- Applications for Housing
- Welfare Benefits (LHA customers only)
- Accessing Food
- Energy Advice
- Handyperson Service (LHA customers who meet criteria)
- Signpost and refer to other specialist agencies
- Tenant & Community Participation

You can contact us at:

Linthouse Housing Association
1 Cressy Street, Linthouse,
Glasgow G51 4RB
0141 445 4418
enquiries@linthouseha.com

Govan Housing Association

We can provide support to:

check which benefits you may be entitled to and look at ways to maximise your income. We can assist you to make a claim for benefit as

well as challenging decisions along with representation at First Tier Tribunals. We also provide Debt and Money Advice and can facilitate formal debt relief options including bankruptcy.

We can help with:

crisis situations such as having no money for food, gas or electricity. We have an Energy Debt Adviser who can assist with all energy related matters including fuel debts. We can also help with obtaining furniture and white goods for your property with Govan Housing Association.

You can contact us at:

Govan Housing Association,
35 McKechnie Street, Glasgow,
G51 3AQ in person or by telephoning 0141 440 0308. Alternatively you can email the service directly at financial.inclusion@govanha.org.uk

Social Security Scotland

We can help with:

If you're on tax credits of certain benefits, you could be entitled to the following:

- Scottish Child Payment: £40 every 4 weeks for each eligible child under 6.
- Best Start Grant Pregnancy and Baby Payment: £606 payment for a first child and £303 for other children.
- Best Start Grant Early Learning Payment: £252.50 payment when a child is between the ages of 2 and 3.5 years.
- Best Start Grant School Age Payment: £252.50 payment to help with the costs of starting school.
- Best Start Foods: money every 4 weeks on a pre-paid card from pregnancy until your child turns 3.

You can contact us at:

Check if you are eligible and apply now at mygov.scot/benefits or by calling 0800 182 2222 2222.

DWP Jobcentre Plus

We can help with:

To make a claim for Universal Credit, Employment Supports Allowance and Job Seekers Allowance (New style) please go to GOV.UK which takes you through the steps to make a claim. Support is also available via the telephone if customers

are unable to get access to a device or Wi-Fi.

DWP can help with assisting you to find a job via our "Find a Job" website. When claiming benefits, you will have a work coach who will support you with any questions or issues and support to find work via your online account, by telephone or face to face.

You can contact us at:

GOV.UK or if you have a general enquiry that can't be answered via the website you can contact your local Jobcentre accessing GOV.UK and typing in your post code. This will bring up your nearest office contact details. UC customers can contact their work coach via their journal.

What do I do if ...I need help with food?

If you're struggling with the cost of food you should access financial support and advice to make sure you are claiming all the help you are entitled to.

There are number of organisations in Govan who provide support with food and other support.

Ibrox Parish Church

We can provide support to:

Anyone seeking spiritual or pastoral care, people needing emergency food parcels (Foodbank), those living with dementia and their carers (Memory Club), bereaved children (Richmond's Hope), LGBTQ+ folks who seek a welcome and affirming church, and anyone seeking friendship and community through various activities offered for both adults and children.

We can help with:

Worship, spiritual and pastoral care. Emergency food parcels through Glasgow Southwest Foodbank open Mondays 12-2pm, Alcoholics Anonymous, St. Andrew's First Aid, Girl Guides and Boys' Brigade. We see our building as a community

resource for people of all ages- please be in touch if you need a space to meet.

You can contact us at:

[facebook.com/ibroxparishchurch](https://www.facebook.com/ibroxparishchurch),
07380830030, or
ibroxparishchurch@gmail.com

Maslow's Community Shop

We can provide support to:

Asylum seekers, refugees and local people from Govan who are experiencing hardship.

We can help with:

We provide free clothes, household goods, toiletries and underwear to anyone referred or making a self referral. People are given a monthly voucher to shop with until their situation improves.

We run english classes, info sessions and leisure activities.

You can contact us at:

maslowscommunity@gmail.com

Any other information:

We also provide volunteering opportunities.

Moogety Grub Hub

We can provide support to:

Anyone living in Govan

We can help with:

Cooking classes, community food support and meals, social and community garden activities in Elderpark.

You can contact us at:

Moogety Grub Hub facebook page or anne@urbanroots.org.uk

Any other information:

We offer different activities, food and garden related and also run Dig In, Crossloan Rd, which sells recipe bags at a low cost. Times and activities vary, so message Moogety Grub Hub on Facebook for up to date information.

You can contact us at:

0141 445 2010

glpcglasgow@googlemail.com
govanlinthousep@govanlinthousep.org
www.govanlinthousparish.org

Govan Pantry Pierce Institute

The Govan Pantry is a new community membership shop that will provide high quality, low cost food to those in the area. Anyone with a G51-G52

postcode can join The Govan Pantry. We are open Wednesday and Thursday each week from 10.30am to 3pm.

You can contact us at:

We are located within the Vestibule of The Pearce Institute (next to the monument) 840-860 Govan Road, G51 3UU. Email: thegovanpantry@govanhelp.org

Relationships and domestic abuse

What do I do if ... I am not safe at home?

We know, for some children and families, home might not be a safe place and staying there will be extremely challenging. Some may already be experiencing domestic abuse or worried an adult's behaviour is changing and escalating.

If you and your family are in immediate danger call **999**. If you're unable to talk press **55** after dialling.

Children 1st

We can provide support to:

Children 1st Glasgow- family support for children/parents/ carers living in the south of the city, including Govan area.

Children 1st's Parentline Scotland, the national family support service. This provides Mon-Fri 9am-9pm, Sat/Sun 9am-noon phone support, webchat and remote family support scheduled sessions.

We can help with:

We provide relational and trauma informed support to families affected by a wide range of issues. Our aim is to be introduced to families as early as possible, working alongside parents/carers and children, to provide a variety of practical and emotional supports, tailored to individual family circumstances.

You can contact us at:

Children 1st Glasgow - glasgowproject@children1st.org.uk

Children 1st's Parentline Scotland
08000 28 22 33

Aberlour, Glasgow Family Support Service

We can provide support to:

Children and families who experience domestic abuse

Children and families who are homeless or at risk of becoming homeless

Young people who may be at risk of exploitation, isolated, new to the country and/or wanting to get involved in their local community

We can help with: Practical, emotional and social support.

This can include advocacy, supporting families navigate challenging landscapes of homelessness, statutory meetings and court processes in relation to domestic abuse.

We can provide financial support through our Urgent Assistance Fund <https://www.aberlour.org.uk/>

[urgentassistancefund/](https://www.urgentassistancefund.org/) as well as assessing other funds/ grants for families.

We provide detached streetwork, youth clubs, activities and volunteering opportunities.

You can contact us at:

Aberlour, Southside House, 135 Fifty Pitches Road, Glasgow, G51 4EB

Tel: 0141 260 9180
glasgowfamilysupport@aberlour.org.uk

The DAISY Project

We can provide support to:

Women who are being or have been affected by domestic abuse. One to one and group support is available.

We can help with:

Emotional and practical support as well as providing personal development opportunities.

You can contact us at:

office@thedaisyproject.org.uk
or 0141-634-4053

What do I do if

...I need help navigating the asylum system?

Advice and support for asylum seekers, refugees and people with no recourse to public funds (NRPF) is available from a wide range of organisations in Glasgow. For more information about these services [click here](#). Locally, the following organisations in Govan provide specific advice, support or services to asylum seekers and refugees.

Govan Community Project

We can provide support to:

diverse communities in our local area and refugees and asylum seekers across Glasgow

We can help with:

Advice and advocacy around navigating the asylum system, anti destitution support for asylum seekers, peer support groups (Men's Group/Women's Group), Homework Club, ESOL classes, volunteer opportunities.

You can contact us at:

Freephone 0800 310 0054 or email home@govancommunityproject.org.uk

Any other information:

Our support is primarily for individuals and families in the asylum process however we welcome all individuals from the Govan and Mossheights communities to become involved to foster community integration, share culture and experiences and develop friendships

Maslow's Community Shop

We can provide support to:

Asylum seekers, refugees and local people from Govan who are experiencing hardship.

We can help with:

We provide free clothes, household goods, toiletries and underwear to anyone referred or making a self referral. People are given a monthly voucher to shop with until their situation improves.

We run english classes, info sessions and leisure activities.

You can contact us at:

maslowscommunity@gmail.com

Unity Centre Glasgow

We can provide support to:

People without papers, seeking asylum or navigating the immigration system at any point.

We can help with:

Finding a lawyer, getting connected with material resources including food vouchers, figuring out how the asylum system works, applying for grants.

You can contact us at:

0141 427 7992, from 9-5 weekdays, outside of those times in emergencies.
info@unitycentreglasgow.org

