



What we do

Light-touch Support

We provide telephone befriending and alert calls to older people. Every morning, 365 days a year, Telephone Befrienders call out to members at a pre-arranged time to check that all is well and for a good blether. We take an active interest in people and over time hope to become a good friend on the phone, someone to share a laugh with or simply be there to listen and give emotional support in difficult times.

Originally a service delivered by Glasgow City Council social work department on a small scale, we took over in 2000, launching our unique 365-day Good Morning Calls, adding Good Night Calls in 2008.

If our **Good Morning Call** goes unanswered and the person can't be located we will alert nominated contact persons or the emergency services to a potential health problem. Help will be sent, 365 days a year.

- Additional Good Night Calls in Winter
- Monthly social outings, our Get Togethers
- Pass on warnings of bogus callers from Police Scotland
- Connect people into their local communities

Interested?? Contact us

Opening Hours

Open 365 days a year, weekdays from 08:00 to 15:30.
Weekends and public holidays from 08:00 to 12:00 noon.
Good Night Calls over Winter from 17:00 to 20:00 when funding level allows.

Head office: G4 Flemington House, 110 Flemington Street, Springburn, Glasgow, G21 4BF

0141 336 7766 or 0333 101 0036

Email: [info @ goodmorningservice.co.uk](mailto:info@goodmorningservice.co.uk)

Community Survey– Stage 2



This survey is the second part of a consultation to develop a community plan for Calvay. This is your chance to have your say on the development of facilities, activities and services in your area. This information will provide us with a great opportunity to carry forward community projects in the Barlanark area.

For each of the questions below please indicate how important you feel each of the actions listed is for the ongoing development of Calvay; this will help us to prioritise actions going forward.

Please complete and return this survey using the freepost envelope enclosed by Thursday 10th October. If you complete the form and add your name, and telephone number or e-mail you will be entered into a prize draw where you could win £50 worth of Glasgow Fort shopping vouchers. Thank You.

1. Please identify which activities you think **young people would be interested in? (please tick **Max of 4**)**

Boxing club	Dance Classes	Football club	Table tennis club
Martial Arts	Arts and Crafts	Computer Games	Drama Class
Reading Club	Pool club	Cubs, Scouts/Brownies/ Guides/BB's/GB	Other
Please write other suggestions here:			

2. Please identify which activities you think **older people would be interested in? (please tick **Max of 4**)**

Aerobics	Zumba	Metafit	T-dance
Chair Aerobics	Line Dancing	Getting the best from your phone	Getting the most from the internet
Games Club	Introducing IT	Book Club	Other
Please write other suggestions here:			

3. Where do you think we should ask Glasgow City Council to place more dog bins? (please tick **Max of 2)**

Barlanark Road	Calvay Crescent	Calvay Road	Calvay Lane
Barlanark Place			Other
Please write other suggestions here:			

4. Which of the following events should Calvay HA be organising each year? (please tick **Max of 4)**

Burns Supper in Calvay Centre	Easter Arts and Crafts and Egg Hunt	Summer Gala Day	Back to School Event
Halloween Party	Fireworks Night	Christmas Party	Other
Please write other suggestions here:			

5. Which of the following sports events would you like to access in the Calvay Centre? (please tick **Max of 4**)

Indoor Bowls	Tae Kwondo	Judo	Tai Chi
Boxing	Chair Aerobics	Yoga/Palates	Pound Fitness
Clubbersize	Zumba	Metafiit/HIT workout	Other
Please write other suggestions here:			

6. Calvay HA have an IT suite in the Calvay Centre, which of the following course would you like to attend?

Beginners guide to computers	Getting the best out of your smart phone	Using your computer to save money	Using social media
Using Skype/Facetime etc	More advanced computing	Preparing your own CV	Other
Please write other suggestions here:			

7. When would you be most likely to use a café in the community centre? (Please tick)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							

8. What days would you most likely need to use an Out of School Club in the Calvay Centre? (Please tick)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Afternoon							

9. Which of the following activities should Calvay Youth Club be providing? please tick **Max of 3**)

Drama	Arts & Crafts	Games night in IT Suite	Learning the guitar
Learning bicycle maintenance & upgrade	How to stream and edit videos	Trips and visits to other groups	Other
Please write other suggestions here:			

10. Which of the following activities would you be interested in volunteering for?)

Litter Pick	Community Garden	Helping run the Calvay Centre	Befriending
Community Café	Parent & Toddlers Group	Addictions support group	Other
Please write other suggestions and you contact details here:			

11. Age: Less than 15 15-18 18-24 25-34 35-49 50-64 65-75 75+

10. Gender: Male Female Other

11. Postcode

12. Contact Address to send you further information, future activities, £50 Shopping voucher

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