**Glasgow Resources**

**Citywide:**

For families entitles to free school meals/clothing grant. Famileis can receive Farmfood vouchers - £20.00 per child in a family who is eligible. These are being sent out this week and can be used in any Farmfoods – this will be a pre-paid card which has a serial number on it, so please if you are speaking to service users remind them that the card is  matched to the service user address and the cards will be topped up on 13/04/2020, 27/04/2020, 11/05/2020, 25/05/2020 and 09/06/2020.

**Glasgow Mutual Aid:**

What is it: organisation looking to match up those who require help with volunteers who can provide it.

How to access it: <https://actionnetwork.org/forms/do-you-need-support-during-self-isolation?fbclid=IwAR2P1xSuJIS7QokIS1I7hnDDHkIx4Uu6k5p13a6RbpsV3xt9ddJJnje2Jiw>

Fairly straightforward looking form to fill in for asking people to fill out what help they need (picking up medications, shopping etc) to then match them up with volunteers.

If unable to fill out the form, can be contacted on 0141 280 7025 but they would prefer referrals to be completed online where possible.

**Glasgow Central Mosque:**

What they are offering: support for the elderly and vulnerable with shopping, medication pick ups etc. Supporting elderly people living alone with hot meals and food parcels.

Contact: 0141 429 3132

**The Food Train**

What they do: provide food packages and support for elderly people.

Contact: Tel: 0141 423 1722  
Email: [glasgow@thefoodtrain.co.uk](mailto:glasgow@thefoodtrain.co.uk)

**PEEK:**

What they are offering: They will be out and about in Glasgow with their PEEK- A- CHEW truck(s) delivering breakfasts, lunches and dinners to vulnerable children, young people and families. They also have tips about keeping children amused, and coronavirus information in different languages available.

Contact: no further details about when and where they will be delivering, but their twitter page appears to have regular updates. Search for “PEEK Possibilities for Each and Every Kid” on twitter.

**Whocares Scotland**

information on Twitter 23/03/2020 – Care experienced and worried about the Coronavirus and need someone to talk to?  Email [help@whocaresscotland.org](mailto:help@whocaresscotland.org) and they will call back.  They do have phone numbers on their tweet but these were for Monday so not sure if they are still  the same – 07568242965 (north of Scotland) and 07756047389 (south of Scotland).

**Whocares?**

Scotland are also sending out Care experienced people money for food, electricity and other essentials, they have a just giving page if anyone wants to donate.

**Refuwegee**

Can deliver support packages to people which can include – toiletries, food – shopping or meals and entertainment – toys, board games, books.   All volunteers are trained on zero-contact, doorstep deliveries. – you can phone for a package – 07520648388 – this is open to everyone.

**Broomhill area:**

What it is: for anyone living in the Broomhill area needing some extra support. Looks like there’s a coordinator assigned daily to be contacted with details of what people need.

Mon: Cheryl (07792441350) [smileyscot@sky.com](mailto:smileyscot@sky.com)

Tues: Gordon and Carol (07375381669) [gordon.carol@ntlworld.com](mailto:gordon.carol@ntlworld.com)

Wed: Victor and Ann (0141 576 2067) [victorcraig@gmx.co.uk](mailto:victorcraig@gmx.co.uk)

Thurs: Angela (07765144090) [angela.lawson@sky.com](mailto:angela.lawson@sky.com)

Fri: John and Jill (07825891169) [office@broomhillhyndlandchurch.org](mailto:office@broomhillhyndlandchurch.org)

Sat: Willie (07810787340) [hwclarence@yahoo.co.uk](mailto:hwclarence@yahoo.co.uk)

Sun: Norma (07958245235) [niapaterson@tiscali.co.uk](mailto:niapaterson@tiscali.co.uk)

**Southside:**

**Southsidesis**

What they do: matching up local residents that need support with local volunteers.

Contact: [www.southsidesis.co.uk](http://www.southsidesis.co.uk) and fill out form detailing personal details and what help is required.

**Easterhouse:**

**FARE Scotland:**

“FARE Scotland are raising funds to help support the most vulnerable in our communities. During this difficult time, they will use the monies donated to provide support to families and senior citizens who are in need. They will deliver such things as food and toiletries, along with helping with gas and electricity bills. If you find you are experiencing difficulties please contact FARE.”

Contact: 0141 771 9151

**Maryhill:**

**G20 Youth Festival**

What they do: delivering meals to those that are self-isolating in the G20 area.

Phone: 07783951997 or 07538623292

Email: [g20youthfestival@gmail.com](mailto:g20youthfestival@gmail.com)

Other info: call, text or email and give them name, full address, phone number and any dietary requirements. They deliver on Tuesdays, Thursdays and Sundays between 12pm and 5pm

**Non-referral food bank**

St. Gregory’s, 130 Kelvindale Road, G20 8DP

No need to call ahead, just turn up at the chapel door. Mon-Fri 10am-12noon

**Whiteinch:**

**Well-Fed Scotland:**

What they do: Providing emergency 2 day food parcels (including homemade meals) to elderly people and vulnerable children in the Whiteinch area (G14)

Contact: can’t find any specific contact details, but they seem to be operating from their Facebook page (Well-Fed Scotland CIC) through comments on that.

**Milton:**

**Non-referral food bank:**

St. Augustine’s, Milton, 393 Ashgill Road, G22 7HN

No need to call ahead, just turn up at the chapel door, and there are usually volunteers available. St. Vincent de Paul also there on Tuesdays 10.30am-12.30pm

**Energy companies:**

**Advice from Ofgem:**

From today customers with pre-payment meters who may not be able to add credit can speak to their supplier about options to keep them supplied. This will benefit over 4 million customers.

This could include nominating a third party for credit top ups, having a discretionary fund added to their credit, or being sent a pre-loaded top up card so that their supply is not interrupted.

|  |  |
| --- | --- |
| **Department** | **Contact Number** |
| [British Gas](https://www.energycustomerservice.co.uk/british-gas-contact/) | 0870 280 5465 |
| [Utility Warehouse](https://www.energycustomerservice.co.uk/utility-warehouse-contact/) | 0870 280 5474 |
| [EDF Energy](https://www.energycustomerservice.co.uk/edf-contact/) | 0870 280 5466 |
| [Southern Electric](https://www.energycustomerservice.co.uk/southern-electric-contact/) | 0870 280 5471 |
| [Scottish Power](https://www.energycustomerservice.co.uk/scottish-power-contact/) | 0870 280 5470 |
| [EON](https://www.energycustomerservice.co.uk/eon-contact/) | 0870 280 5467 |
| [Npower](https://www.energycustomerservice.co.uk/npower-contact/) | 0870 280 5469 |
| [First Utility](https://www.energycustomerservice.co.uk/first-utility-contact/) | 0870 280 5468 |
| [SWALEC](https://www.energycustomerservice.co.uk/swalec-contact/) | 0870 280 5472 |
| [Utilita](https://www.energycustomerservice.co.uk/utilita-contact/) | 0870 280 5473 |
| [OVO Energy](https://www.energycustomerservice.co.uk/ovo-energy-contact/) | 0800 358 3523 |
| [United Utilities](https://www.energycustomerservice.co.uk/united-utilities-contact/) | 0345 672 2888 |
| [Southern Water](https://www.energycustomerservice.co.uk/southern-water-contact/) | 0870 280 2908 |
| [Northumbrian Water](https://www.energycustomerservice.co.uk/northumbrian-water-contact/) | 0800 032 3417 |
| [South East Water](https://www.energycustomerservice.co.uk/south-east-water-contact/) | 0333 000 0001 |
| [Wessex Water](https://www.energycustomerservice.co.uk/wessex-water-contact/) | 0345 600 3600 |
| [Welsh Water](https://www.energycustomerservice.co.uk/welsh-water-contact/) | 0800 052 0145 |
| [Thames Water](https://www.energycustomerservice.co.uk/thames-water-contact/) | 0800 980 8800 |
| [Extra Energy](https://www.energycustomerservice.co.uk/extra-energy-contact/) | 0800 953 4774 |
| [Affinity Water](https://www.energycustomerservice.co.uk/affinity-water-contact/) | 0345 357 2424 |
| [Algian Water](https://www.energycustomerservice.co.uk/anglian-water-contact/) | 0345 791 9155 |
| [South West Water](https://www.energycustomerservice.co.uk/south-west-water-contact/) | 0344 346 2020 |
| [Severn Trent Water](https://www.energycustomerservice.co.uk/severn-trent-water/) | 03457 500 500 |

**Parenting support:**

**Parentline:**

<https://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/cat/support-for-families-about-coronavirus>

08000 28 22 33

**National Parent Forum of Scotland:**

Activities and wellbeing resources for children, young people and parents/carers.

<https://www.npfs.org.uk/2020/03/19/activities-and-well-being-resources/>

**Online support:**

Facebook:

1. East End Self-Isolation support group
2. Coronavirus Support Group UK & Ireland