

LET'S GET THROUGH WINTER TOGETHER

Brought to you by
volunteer glasgow



Glasgow
Council
for the
Voluntary
Sector

Campaign to
EndLoneliness

Working together for good mental health

MANY of us struggle during the winter months, and with the pandemic still affecting us all, it's more important than ever to look after ourselves and each other. It's okay not to be okay however there are services that can help.

Volunteer Glasgow has been working closely with GCVS (Glasgow Council for the Voluntary Sector) and the Campaign to End Loneliness to provide information about services that can offer support this winter, as well as uplifting stories about volunteering.

And last month the Glasgow Times featured our Winter Survival Guide, available at www.glasgowtimes.co.uk/news/18938188.glasgow-mental-health-groups-unite-help-citys-need/

What we want to change

The Campaign to End Loneliness believes that nobody who wants company should be without it. We want to make this happen by ensuring that:

- } People most at risk of loneliness are reached and supported;
- } Services and activities are more effective at addressing loneliness;
- } A wider range of loneliness services and activities are developed.

What we do

Evidence-based campaigning to commissioners Much of our time is spent campaigning: communicating with, convincing and persuading those who make choices about health and care spending to tackle and prevent loneliness.

Building the research base

We gather together and offer to policy makers and practitioners the latest evidence on loneliness and isolation.

Public campaigning Thanks to funding from the National Lottery Community Fund, in 2017 we began to engage businesses and the public as part of our campaign.

Campaign locally Our campaign aims to end loneliness across the UK, but also covers specific areas of the country.

Remaining positive of mind is vital in the winter – especially during the present Covid-19 pandemic. So here's how to get the help and support you need.

There are nine million lonely people in the UK and four million of them are older people. Many of those find constant loneliness hardest to overcome.

They lack the friendship and support we all need.

We've been experts in the field of loneliness and connection since 2011. We share research, evidence and knowledge with thousands of other organisations and the public

to make a true, positive difference to older people's lives.

We inspire everyone to connect and bring communities together across the UK.

We're hosted by Independent Age, supported by National Lottery funding through the National Lottery Community Fund, and also funded by the Calouste Gulbenkian Foundation, The Tudor Trust and donations from the general public.

Working together, we can all stay mentally healthy and help keep loneliness at bay.

Don't hesitate to seek out help – it's easy to get in touch with some of the wonderful groups and organisations who are currently working hard to end loneliness in Scotland ...

Glasgow's Golden Generation

GLASGOW'S Golden Generation (GGG) has been caring for older adults in Glasgow since 1948.

Currently the charity has 5 key services, however not all of these are currently operating as normal:

- } **Day Centres** providing hands on care and support
- } **Befriending** led by a team of volunteers
- } **Welfare Service** helping older adults navigate the benefits system
- } **Weekly Clubs** by older adults, for older adults meeting weekly
- } **GGG App** keeping older adults active and engaged



At the moment the day centres have been replaced with a parcel delivery service where older adults receive a weekly package of essentials like food, cleaning products and milk. This is accompanied by a weekly newsletter delivered with each parcel which includes puzzles and an update from the charity.

The app has been launched in direct response to the



pandemic as the day centres have been unable to open due to social distancing. The app is a day centre on a screen – older adults can't come to GGG, so GGG is coming to your home electronically! The app is free to download for everyone and includes ongoing Zoom meetups, armchair exercises and activities like floristry and baking.

Face to face services like the

Welfare Service and Befriending are now taking place over the phone or via our app where possible and are still very much available.

If you are interested in accessing any of our services please call our head office on 0141 221 9924 for more information. We are also on Facebook, Twitter and Instagram and you can sign up for our weekly newsletter via email.

COPE Scotland

COPE Scotland provides help with mental and emotional health for people aged 16 and over.

Our current work includes listening services, one-to-one sessions, online wellbeing advice and community capacity building, helping to establish peer led groups and services.

While our service is limited to the West of Glasgow, we realise this year has been an exceptional year, so we will try and offer an appointment for people out with this area and link to other services where appropriate.

We are noticing other challenges arising as a result of what is going on – worries about work, family, money and access to food; loneliness and anxiety due to the COVID-19 Situation; relationship issues and uncertainty about the future. Just call 0141 944 5490.

The group offers direct support to individuals as well as workshops, advice, information and signposting to individuals aged 16 and over living in West Glasgow



experiencing mental and emotional distress.

An online learning portal for tips and ideas to maintain emotional and mental wellbeing also exists that aims to build resilience to life challenges which can cause distress.

The group share for free what we have learned and co-designed working with people with lived experience, for you to use yourself or share with others who are going through the same issues.

COPE Scotland work in partnership and link to wider developments in health and social care integration and transformation in primary care.

Services are offered 5 days a week from 20 Drumchapel Rd and one day a week from The Yoker Resource Centre.

Hilda Campbell, CEO COPE Scotland says "People's resilience and the way communities have come together to help each other has been inspiring.

"All of our circumstances may be different, but we can get through this by being kind to each other and ourselves.

"And of course we need to recognise that at times we all need someone to listen, help and check in to see if we are okay."

cope-scotland.org

Lifelink

LIFELINK has been providing mental health and counselling services to the people of Glasgow for over 28 years. During the Covid pandemic we have continued to offer free one-to-one counselling sessions, CBT Group Therapy and on line Wellbeing classes, with a blended approach, utilising different on line platforms and a telephone service.

Any Glasgow resident is eligible to use our services and you can self refer via our website, by telephone or have a referral made on your behalf by your GP or any partner organisation working in the health, social



care and community sectors in Glasgow. You can expect to

receive a telephone discussion with a qualified therapist who will



help you identify the most suitable of our services for your mental health needs.

For anyone wanting to start off with a lighter touch, our Wellbeing classes cover a range of topics and are delivered in Webinar format using Zoom and can be signed up for without any initial consultation via Eventbrite.

Visit lifelink.org.uk or call **0141 552 4434** to find out more.

Glasgow Helps

GLASGOW Helps is a website set up during the early days of lockdown to help people find the support they need.

The website continues to be developed and new services added to it all the time.

Hundreds of charities and community organisations offer support in the city. Glasgow Council for the Voluntary Sector (GCVS) set up Glasgow Helps so that people could find out what was available.

Ian Bruce, Chief Executive of GCVS adds, "There is so much happening in Glasgow, with voluntary organisations and charities busier than ever, but sometimes folk struggle to find the help that they are looking for. We hope that Glasgow Helps will go some way to bridging this gap and assist people with finding what they need."

If you are an organisation or service provider and would like to share your information with the local community, please go to the website and log in to create a listing or contact us if you would like to discuss this further.

glasgowhelps.org



Community Connectors

THE Coronavirus pandemic is having a huge impact on local services, but Community Connectors are still here and ready to help. If you're over 60 or caring for someone who is, we can offer:

One to One Support

We can take the time to get to know you and what matters most to you. We'll work alongside you to improve your health and wellbeing and by finding the things that could help make a difference in your life. For some people, this could be help with things like benefits and housing. For others, it could be about getting the support you need to manage your physical or mental health. We also



work with people who want to get more connected, make new friends or just get out more and feel less isolated. Whatever is going on for you, Community Connectors will help you make positive changes in your life.

Signposting & Referring

If you already have an idea of what you need but you just need a point in the right direction, we can provide information on local services and supports tailored to your individual needs. If we don't already have the answer, we're happy to go find it for you.

If you're worried about a friend or neighbour in the community, you can refer them to the service. The only thing we ask is that you have their permission to do so.

Call on **0141 271 2320**, or visit communityconnectors.org

Good Morning Service

“YOU can shape someone’s world with good conversation and having the back-up of our safety-net alert service gives older people confidence to live independently as possible.” says Nicky Thomson of Good Morning Service.

The telephone befriending and alert service provides emotional and practical support to older people 365 days a year. Every day, befriending staff make Good Morning Calls, and have done since 2000, supporting over 300 people with around 50,000 calls each year.

Emotional Support and Mental Wellbeing

Befrienders take time to build knowledge and trust with clients, learning about their life, fears and anxieties.

We’re highly skilled individuals who give emotional support, e.g., someone’s journey through cancer, through grief, coming to

terms with long-term conditions, or someone’s suicidal feelings as well as in emergency situations.

Having someone who cares really matters to members:

“Many nights I’ve prayed not to wake up and thought that no one would care – but having my calls has changed that. Now I get encouragement and motivation to keep on going.” *Client, 79 years*

“I didn’t think I’d have it when the GP recommended it but I’m glad I did. I’m a very private person but the Service is not intrusive at all. I love chatting with everyone, I know you all so well now. It’s a community and I’m really enjoying it. It makes me feel good about living on my

own into my old age.” *Client, 84 years*

Practical Safety-net Alert Support

Good Morning Service alerts a nominated contact person or the Police to potential health problems whenever a member fails to answer their Good Morning Call and cannot be located.

When Mary, 93, had an accident at home she knew help would be on the way.

“When I tripped and fell they knew to phone my daughter. She came round and helped me get up onto the chair. Boy, I gave myself a fright! I’ve always felt good knowing they’ll tell my daughter but now I know it works, I know I am looked after. She likes it that I have you.”

Members are and feel: connected, safer, valued and as a result are better able to



retain their independence living in their own communities. Our light-touch, preventative support transforms the lives of older people: we’re proud to be a real Glasgow success story.

To find out more, visit goodmorningservice.co.uk, email us at info@goodmorningservice.co.uk or call 0141 336 7766.



Volunteer Glasgow

VOLUNTEERING can be a great way to maintain your own mental health while supporting the wellbeing of others. You can still help even if you need to stay at home by signing up to provide telephone or online support, for example.

This way you can stay connected and provide reassurance to those in need.

If you are able and willing to volunteer, these are the ways in which you may be able to help:

Search for opportunities across Glasgow at volunteerglasgow.org/volunteer/search. Have a look specifically at our Winter Wellbeing – mental Health Support Opportunities that are currently seeking volunteers.



Follow us on social media (Facebook, Twitter and Instagram) for further updates and information about volunteering.

In lieu of our drop-in service, which is no longer operational, we are offering a new appointment system. If you are not able to get

online or you would simply like to speak to an adviser to find out more about volunteering, get in touch.

Appointments are by telephone, Zoom or WhatsApp video – whatever suits you best. Simply call up on us a call on 0141 226 3431 (option 2) or email engagement@volunteerglasgow.org

This winter is going to be a strange one but we know that kindness and community spirit will get us through it – so Volunteer Glasgow is also pleased to be part of the **Be Kind, Reach Out, Coorie In** campaign to keep kindness alive this winter! **See www.edenprojectcommunities.com/winter#communityactionresponse**