

## Wellbeing for Longer in Glasgow Fund



## Project Directory 2019-21



<b>Organisation Name:</b>	<b>Beatroute Arts</b>	
<b>Project Name:</b>	<b>Nurturing Communities</b>	
<b>Area of the City:</b>	<b>North East</b>	

**Main contact**

<b>Daniella Kidd</b>	<b>0141 558 1387</b>	<a href="mailto:daniella@beatroutearts.com">daniella@beatroutearts.com</a>
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**Project Summary**

Nurturing Communities seeks to support vulnerable adults from a wide variety of backgrounds and abilities through a programme of specially designed activities held at the Beatroute Arts Centre.

There are two main strands within the programme, as follows;

- 1) Beatroute Allsorts- a socially inclusive group running from 10am – 2.30pm each Tuesday for adults with a variety of needs, from those who live independently to those with profound and multiple learning difficulties. Each week participants have the opportunity to take part in activities such as music, drama, gardening, photography, visual arts and crafts and cooking.
- 2) Beatroute Yogis – This yoga programme takes place twice per week on a Monday at 11am specifically for older people, with a scheduled hour of social time after class and also on a Friday at 6pm to provide opportunity for those who work or look after family during day time hours.

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<b>Organisation Name:</b>	<b>Cassiltoun Trust</b>	
<b>Project Name:</b>	<b>A Connected Castlemilk</b>	
<b>Area of the City:</b>	<b>Castlemilk</b>	

**Main contact**

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**Project Summary**

‘A Connected Castlemilk’ has been designed alongside community members who have told us what they want in their area to enhance their social connectedness and general health and wellbeing. This involves three strands that together will contribute to a wide-scale preventative approach to improve health, reduce isolation, and promote connectedness and belonging.

The proposed project will deliver the below which, threaded together, will create a more 'Connected Castlemilk':

- Create a new Connected Castlemilk Forum to provide a platform for integrated and sustainable collaborative work between organisations across Castlemilk (including Primary Care) working to address isolation, reduce loneliness, encourage self-management, and generally improve wellbeing. In harnessing collective resources and skills, a wide-scale preventative approach to isolation and health inequalities will be facilitated. The Forum will deliver a Taster Day Event that will showcase the range of opportunities in Castlemilk to promote engagement and participation
- Enable the development of a community garden project to focus on holistic health and wellbeing through the delivery of 'Cook, Grow, Learn'
- Create a series of vibrant opportunities that will build capacity; this will be delivered by Theatre Nemo who have over 20 years' experience and expertise in promoting wellbeing, connectedness, and confidence through creative workshops.

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<b>Organisation Name:</b>	<b>Common Wheel</b>	
<b>Project Name:</b>	<b>Common Wheel</b>	
<b>Area of the City:</b>	<b>North Glasgow</b>	

**Main contact**

<b>Name</b>	<b>Phone</b>	<b>Email</b>
<b>Alison Sommerville</b>	<b>0141 211 0688</b>	<a href="mailto:alison@commonwheel.org.uk">alison@commonwheel.org.uk</a>

**Project Summary**

Common Wheel is an established award winning mental health charity, supporting over 600 people a year in Glasgow. We use bike building and maintenance, music and art to engage people in meaningful activity that helps them live the best possible life despite their mental health challenges. All of our referrals come from mental health professionals.


We aim to reduce isolation, develop new skills and improve mental wellbeing. Mental illness and the associated stigma may lead to loss of employment, poverty, and withdrawal from society. Conversely, unemployment and poverty are likely to exacerbate mental illness. Common Wheel aims to break this cycle.

We deliver participatory music workshops in the wards of Gartnavel Royal Hospital and in care homes. We also facilitate community music and art workshops which take place in our studio in the grounds of the hospital.

As well as music and art we run a Build Your Own Bike course. Over ten weeks participants build their own bike from recycled parts and then ride it away.

Our vision is that people with mental illness in Glasgow are able to live a meaningful and satisfying life and contribute to society.

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<b>Organisation Name:</b>	<b>Drumhub</b>	
<b>Project Name:</b>	<b>Wellbeing Works!</b>	
<b>Area of the City:</b>	<b>Drumchapel</b>	

**Main contact**

<b>Alison Cox</b>	<b>0141 944 1917</b>	<a href="mailto:alijcox@gmail.com">alijcox@gmail.com</a>
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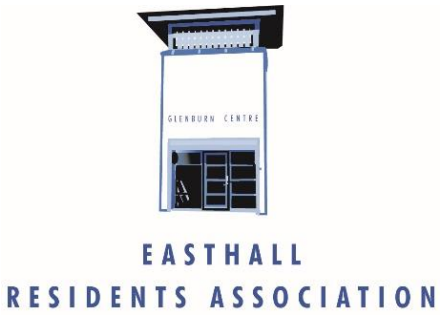
**Project Summary**

Wellbeing Works! A project with 2 main strands - both aimed at improving the mental health and wellbeing of adults of all ages (16+) in our community of Drumchapel. Our activities also focus on combating the social isolation which often results from mental ill-health.

We're offering accredited training in Mental Health & Wellbeing for everyone in our community, including a weekly class at Drumchapel High School for senior pupils (S4-6) on Tuesdays and a weekly class in our 'Chillout' base on Fridays, open to anyone who lives/works/volunteers in Drumchapel. In addition to this, we are offering free mental health first aid training (SMHFA/NHS) to community organisations and employers in Drumchapel.

Our second strand involves training volunteers and their dogs to become 'therapy pets' - once trained, our volunteers and their dogs will be visiting residents in sheltered housing and individuals who are housebound because of ill-health or disability.

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<b>Organisation Name:</b>	<b>Easthall Residents Association</b>	
<b>Project Name:</b>	<b>Glenburn My Life My Choice</b>	
<b>Area of the City:</b>	<b>North East (Mainly North East, although we do have attendees from across various wards)</b>	

**Main contact**

<b>Andy Gilbert</b>	<b>0141 781 2277</b>	<a href="mailto:andy@eraglenburn.org.uk">andy@eraglenburn.org.uk</a>
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**Project Summary**

Our 'My Life my Choice' project involves us delivering a range of health and wellbeing activities to support and enrich the lives of the participants. Activities are delivered and targeted at individuals with supported needs and aids their personal transition to a more inclusive lifestyle.

Core activities on offer include, IT Support, arts n crafts, pool, table tennis, badminton, football, Wii games console, Karaoke and X-Box games consoles. We also offer varied activities aimed at progressing individual's skills such as Health and Beauty, Massage & Reflexology, Dance and Aerobic sessions, photography, Glitter Glass and a Get Cooking programme.

Our activities take place on a Monday, Tuesday, Wednesday & Friday between 10am & 3pm at The Glenburn Centre, 6 Glenburnie Place, Glasgow, G34 9AN.

Our sessions are inclusive & are open to anyone with additional support needs aged 16+. We currently have a broad age range of attendees, aged between 18 & 75 years old.

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<b>Organisation Name:</b>	<b>Flourish House</b>	
<b>Project Name:</b>	<b>Do More, Feel Better</b>	
<b>Area of the City:</b>	<b>City Wide</b>	

**Main contact**

<b>Leah Middleton</b>	<b>0141 333 0099</b>	<a href="mailto:leah.middleton@flourishhouse.org.uk">leah.middleton@flourishhouse.org.uk</a>
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**Project Summary**

Flourish House supports adults with long term mental health problems. This project offers wellbeing opportunities in:

**Physical activities; (outside Flourish)**

- a. Woodland programmes - weekly or as organised
  - Walking in Woodlands
  - Branching Out
  - Conservation activities (TBA)
- b. Cycling opportunities (with Bike for Good) - on Thursdays
- c. Working on the allotment in Pollock Park, Monday, Wednesday and Fridays.
- d. Football on Friday afternoons

**Other programmes**

- a. Art group Friday afternoons in Flourish in addition to events like
  - workshops with other organisations
  - Exhibitions
- b. Relaxation class every Tuesday afternoon in Flourish
- c. Woodwork on Monday mornings at Boomerang

**Awareness raising sessions (in Flourish) (TBA)**

- a. Men's Health Day
- b. Diabetes Day

**Healthy cafe** provides 3 course home cooked lunch.

Organisation Name:	Givin' it Laldie	
Project Name:	Givin' it Laldie	
Area of the City:	Gorbals, Glasgow	

### Main contact


Clare McBrien	07749028424	<a href="mailto:Givin.it.laldie@gmail.com">Givin.it.laldie@gmail.com</a>
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### Project Summary

Givin' it Laldie is a grassroots community music organisation. We run free singing, instrument groups and one-off community music events for people of all ages and backgrounds, to extend social networks, improve health and build connections between people. Our activities are free - no previous music experience is required!

- **The Laldie Sessions:** weekly singing sessions in two local homes for people with dementia and monthly music sessions in sheltered housing units allowing residents, their families and carers to connect, and to sustain their wellbeing.
- **Sing for Life,** Wednesdays, Gorbals Parish Church, 1:30 – 3pm: day time singing bringing sustained friendship to those with long term mental and physical health conditions.
- **Strum for Life,** Wednesdays, Gorbals Parish Church, 17:30 – 19:00: community guitar group (guitars provided), structured to develop wellbeing, reduce the stigma of mental ill health and allow companionship. This group is particularly popular with men recovering from addiction issues, who may have poor mental health and be socially isolated.
- **Intergenerational Strum Groups,** Wednesdays, Gorbals Parish Church, 3:45 – 18:00: two guitar groups (beginners and intermediates) involving families from different backgrounds and helping them to develop skills, form friendship and gain confidence and self-esteem.
- **Sing for Health,** Wednesdays, Gorbals Parish Church, 11:00 – 12:30: a singing group providing enjoyment and decreasing social isolation amongst people with additional support needs, disabilities or poor physical or mental health. Some come with carers or family/friends.
- **Step into my Parlour:** occasional participatory music events run in conjunction with organisations working with elderly people.
- Ad hoc sessions on request for local organisations.



<b>Organisation Name:</b>	<b>Glasgow's Golden Generation</b>	
<b>Project Name:</b>	<b>Befriending in Later Life in Glasgow.</b>	
<b>Area of the City:</b>	<b>Glasgow Wide</b>	

**Main contact**

<b>Karen Moyes</b>	<b>07538979427</b>	<a href="mailto:Karen.moyes@glasgowgg.org.uk">Karen.moyes@glasgowgg.org.uk</a>
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**Project Summary**

Glasgow's Golden Generation provides care and support to reduce loneliness and social isolation for older adults in Glasgow. Through the many support projects, we offer to empower older adults in their later years of life.

The Befriending in Later Life in Glasgow project provides one to one support to anyone over the age of 55 in Glasgow.

The service offers support, companionship and better social connections with the wider communities.

We promote befriending for not only vulnerable housebound clients but also for clients who have lost their confidence due to challenging, stressful or traumatic events and are looking to re-engage with their local community.

All Volunteers are equipped with the appropriate tools to enable them to best support older adults.

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<b>Organisation Name:</b>	<b>Glasgow Association for Mental Health</b>	
<b>Project Name:</b>	<b>Calming Connections</b>	
<b>Area of the City:</b>	<b>North East / North West Glasgow</b>	

**Main contact**

<b>Kerry Hailstones</b>	<b>0141 552 4934</b>	<a href="mailto:k.hailstones@gamh.org.uk">k.hailstones@gamh.org.uk</a>
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**Project Summary**

Calming Connections provides support to unpaid mental health carers and individuals aged 55+ who have experienced mental health problems and live in the North East/North West area of the city.

The project offers access to complimentary therapies, mindfulness and a community befriending group. The service can provide:

- Six sessions of holistic therapies at home (where appropriate) or in a community setting.
- An eight week mindfulness course and/or a 4 session mindfulness drop-in to help manage day to day life.
- “A Summer Out and About” befriending group offering individuals opportunities to increase their social network and also get a taste of community activities in their local area.

To refer please contact Kerry Hailstones by phone or email for a referral form.

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<b>Organisation Name:</b>	<b>Glasgow Disability Alliance</b>	
<b>Project Name:</b>	<b>“CLICK” project</b>	
<b>Area of Glasgow:</b>	<b>City Wide</b>	

**Main Contact**

<b>Marianne Scobie</b>	<b>0141 556 7103</b>	<a href="mailto:mariannescobie@gdaonline.co.uk">mariannescobie@gdaonline.co.uk</a>
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**Project Summary**

“Click” – ‘Connect, Learn, Include, Confidence, Keep Well’ works with disabled people and those with long term conditions, of all ages across Glasgow.

‘Click’ offers free, fully accessible learning opportunities to build confidence, make connections, access support and services and ultimately improve their health and wellbeing, including short courses, programmes of learning, certificated learning, supports progressions to volunteering, further learning or paid employment.

‘CLICK’ runs community based information stalls, events and fun learning taster sessions, talks to groups, accessible information, newsletters, large and small events.


‘CLICK’ runs peer support events for disabled people including those facing complex barriers, e.g. disabled LGBT+ people, young disabled people and BAME disabled people. They support participants to explore identity, identify barriers, access support and plan actions to address discrimination.

‘CLICK’ learning programmes focus on keeping well – e.g. healthy eating and cookery, accessible sports, Happy Feet, relaxation, mental wellbeing, accessing services, pain management, self-esteem and personal development.

‘CLICK’ works with local organisations and services to support them identify and address barriers that may prevent disabled people accessing their services.

GDA is a disabled people’s organisation controlled by its disabled members. Our mission is to build the confidence, connections and contributions of disabled people, recognising and building on talents and strengths. GDA supports disabled people across Greater Glasgow to participate and be leaders in their own lives, connecting with each other and with opportunities and contributing to families, communities and wider society.

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<b>Organisation Name:</b>	<b>Good Morning Service</b>	
<b>Project Name:</b>	<b>Good Morning Service</b>	
<b>Area of the City:</b>	<b>City Wide</b>	

**Main contact**

<b>Nicky Thomson</b>	<b>0141 336 7766</b>	<a href="mailto:info@goodmorningservice.co.uk">info@goodmorningservice.co.uk</a>  <b>Twitter @Good_Morning_2U</b> <b>Find us on Facebook</b>
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**Project Summary**

**Free Good Morning Calls bringing friendship and a safety-net alert service** so that older people are, *and feel*, connected, safer and valued. For those aged **55+** years.

**Connected:**

Every morning, we telephone out to members at a pre-arranged time to check that all is well and for a good blether. We grow relationships and over time hope to become a good friend on the phone: someone to share stories with, or simply just be there to listen and give **emotional support** in difficult times.

**Safer:**

If our Good Morning Call goes unanswered and we can't locate someone, we will **alert** their nominated contact persons or the local police to a potential problem. We also work in partnership with Police Scotland and Trading Standards to help reduce the risk of our members becoming victims of scams.

**Social Outings:**

Each month we visit somewhere interesting eg, Glasgow Science Centre, Riverside Museum, Panopticon to enjoy a cuppa and good blether.


**Info Source:**

During our Good Morning Call and in our monthly newsletter we promote useful community and national services as well as key NHS messages and age-relevant information.

We operate 365 days a year.

**Connected + Safer + Valued = Confident to live as independently as possible.**

*'Good Morning' is a registered trademark*

<b>Organisation Name:</b>	<b>Kinning Park Complex</b>	
<b>Project Name:</b>	<b>A place to meet</b>	
<b>Area of the City:</b>	<b>Glasgow (Govan Ward)</b>	

**Main contact**

<b>Racheal Smith</b>	<b>0141 419 0329</b>	<a href="mailto:racheal@kinningparkcomplex.org">racheal@kinningparkcomplex.org</a>
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**Project Summary**

This project will create a space for local residents that reduces social isolation and increases social connections for a positive impact on their physical and mental wellbeing.

It will take place in our Community Café two days a week that;

- Allows residents to come together and meet in order to reduce social isolation through building social connections and social capital.
- Brings together diverse residents from a range of backgrounds and encourages engagement between New Scots, especially those with experience of the asylum system, and indigenous Scots.
- Provides a range of activity that uses creativity to stimulate wellbeing and improvement in mental health.
- Encourages physical movement and healthy eating in order to improve physical health.
- Provides information about and refers to other services in the local area.
- Provides activity for service users of other key local services
- Offers personal and professional development opportunities for community members through volunteering opportunities.

We will particularly partner with organisations that work with older people, those in the asylum system and those suffering from long-term health problems and conditions.

<b>Organisation Name:</b>	<b>Lapidus Scotland</b>	
<b>Project Name:</b>	<b>Words Work Well for All</b>	
<b>Area of the City:</b>	<b>Glasgow Wide</b>	

**Main contact**

<b>Ken Cockburn</b>	<a href="mailto:lapidus.scotland1@gmail.com">lapidus.scotland1@gmail.com</a>
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**Project Summary**


Lapidus delivers writing and storytelling activities for wellbeing throughout Glasgow.

The project is for people with long-term and often complex health conditions in a range of inspiring and healing settings facilitated by experienced writers.

There are 4 different strands to the project.

- **'Water Story'** - creative writing upon a barge as it cruises along the Forth & Clyde Canal.
- **'Kibble Scribblers'**- a writing group based in the Kibble Palace in Glasgow's Botanic Gardens.
- **'Art into Writing'** - combines art with creative writing and takes place at Langside Parish Church.
- **'Writing The Garden'** - inspires creative writing from the setting of a community garden at Woodlands Workspace.

We offer a safe and supported space where participants can come together to explore how using words creatively, and making art, can help them to find new ways of coping with stress and illness. The half-day facilitated sessions offer inspiration, a boost to self-esteem and confidence, and, very importantly, a sense of community and purpose. They equip participants with skills and tools they can re-use when stressed or unwell and perhaps unable to leave the home.

<b>Organisation Name:</b>	<b>LGBT Health &amp; Wellbeing</b>	
<b>Project Name:</b>	<b>Glasgow LGBT Community Project</b>	
<b>Area of the City:</b>	<b>Citywide</b>	

**Main contact**

<b>Ian Mearns</b>	<b>0141 271 2330</b>	<a href="mailto:ian@lgbthealth.org.uk">ian@lgbthealth.org.uk</a>
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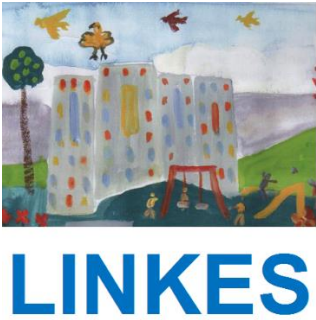
**Project Summary**

The Glasgow LGBT Community project delivers an LGBT-affirmative social programme that tackles inequality by providing a sense of belonging, acceptance and community for participants and volunteers.

The project is for LGBT adults aged 16+ and uses a community development ethos and strength based approach to deliver four activity strands:

- **Drop-ins:** Monthly facilitated Rainbow Spoon sessions that offer social interaction and activities in a safe environment. Volunteers' involvement enables one-to-one engagement with participants.
- **Social activities:** Inclusive and varied programme of monthly events, with particular emphasis on engaging individuals who are isolated. The programme is shaped through community consultation and the active involvement of volunteers.
- **Quarterly community discussions:** Delivered in partnership with LGBT and mainstream groups and organisations, to address a range of issues of community interest, such as 'What is an ally?' 'LGBT people and Autism'.
- **Community Groups:** Tailored support for LGBT community groups offering social and peer support. Current groups include the Language Exchange and LGBT Autism Group. Volunteer Community Group Leaders are assisted to start new groups and a Community Group Leaders' Forum provides peer support and training.

For full details about all the activities go to [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk), call or email us to go on our mailing list.

<b>Organisation Name:</b>	<b>Linkes</b>	
<b>Project Name:</b>	<b>Connecting Up</b>	
<b>Area of the City:</b>	<b>Knightswood and surrounding area of North West Glasgow</b>	

**Main contact**

<b>Elaine Connelly</b>	<b>0141 954 7554</b>	<a href="mailto:elaine@linkes.org.uk">elaine@linkes.org.uk</a>
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**Project Summary**

**Linkes** is a community-led project based in Knightswood who provide a vibrant programme of activities, groups and events within the local community – please see timetable on our website [www.linkes.org.uk](http://www.linkes.org.uk) for details of all our activities.

Our Connecting Up project provides:

- **Senior’s lunch club** – fun, friendship and a tasty nutritious 3-course lunch for over 50s. £3 donation. The club takes place on Thursday’s from 11.30 – 1.30 at our base at 200 Lincoln Avenue, or in a nearby community venue. Please call to confirm venue.
- **Men’s group** – a weekly group for men, including older men and those with disabilities and/or learning needs. The group provides fun, friendship and the opportunity to build a model railway, attend Model Railway conferences and learn electronics. The group takes place on a Thursday evening at a local church – please contact us for more details.
- **Click and Connect** – we provide access to computers, internet and printers three times a week. Our friendly staff are on hand to assist you. Open to anyone, even those who have never used a computer before. You can drop in on Wednesday & Thursday 3pm – 5pm and Friday morning from 11am - 1pm at Linkes Community Rooms, 200 Lincoln Avenue, Knightswood, Glasgow.

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<b>Organisation Name:</b>	<b>The Hidden Gardens</b>	
<b>Project Name:</b>	<b>Wellbeing Programme</b>	
<b>Area of the City:</b>	<b>South East</b>	

**Main contact**

<b>Grace Mark</b>	<b>0141 433 2722</b>	<a href="mailto:grace@thehiddengardens.org.uk">grace@thehiddengardens.org.uk</a>
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**Project Summary**

The Hidden Gardens is Scotland's sanctuary gardens dedicated to peace.

Our Wellbeing Programme consists of popular offers to our local communities; Tai Chi on the Lawn exercise sessions, Women's Cultural Cookery classes and our Men's Group.

We engage the local community in G41 /G42, specifically Govanhill and Pollokshields, but open to people from other parts of Glasgow too.


The Men's group is an activity based group that meets every Tues 1-3pm. Activities are chosen by participants and include foraging, tai chi, cooking, mindfulness, art activities and gardening. The group is facilitated in partnership with the Glasgow Mental Health Network.

Tai Chi on the lawn is a weekly drop in outdoor exercise class that is open to people of all abilities. Sessions run Fridays 10am-11am with a tea break for a chat or wander around the Gardens.

Cultural Cookery is a 10 week group bringing together women from a mix of cultural backgrounds. Over the 10 weeks they meet, share recipes from their cultures, cook together and eat together.

The purpose of our Wellbeing Programme is to improve local peoples' health and wellbeing and provide a space for people from our diverse communities to engage with each other, building more cohesive and connected communities.

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<b>Organisation Name:</b>	<b>The Village Storytelling Centre</b>	
<b>Project Name:</b>	<b>The Stories We Could Tell</b>	
<b>Area of the City:</b>	<b>Greater Pollok/South Glasgow</b>	

**Main contact**

<b>Helen Mill</b>	<b>0141 882 3025</b>	<a href="mailto:helen@villagestorytelling.org.uk">helen@villagestorytelling.org.uk</a>
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**Project Summary**

We improve lives and empower communities by bringing people together, inspiring them to find, shape and share their voices and to realise their potential through the power of Storytelling. We offer an accessible storytelling centre in Pollok and outreach service, working with people of all ages through a range of story-led activities.

The Stories We Could Tell will improve health & well-being and increase social connection for older people in South Glasgow through the following activities.

Story Café's

A series of events in local community spaces with food and conversation. Our Storytellers will encourage participants to share their stories; stories of their own lives, their community or those they remember as children.

Storytelling Sessions

Story-led sessions delivered in partnership with existing local groups or care homes. We will also provide a limited number of one to one sessions for people in their own homes, unable to attend group session.

Participatory Storytelling Programme

From October to March 2020 we will deliver a programme of workshops. Participants will continue to share their stories, developing skills as storytellers and exploring art-forms such as music, singing, visual arts, digital arts and movement developing new skills, confidence and friendships. They will create performance and art work inspired by their stories and experiences and share at a local community event.

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<b>Organisation Name:</b>	<b>Tron St Mary's Parish Church</b>	
<b>Project Name:</b>	<b>Golden Connections Making a Difference</b>	
<b>Area of the City:</b>	<b>Balornock</b>	

**Main Contact**

<b>Tom Armstrong</b>	<b>07884248414</b>	<a href="mailto:tarmstrong2260@yahoo.co.uk">tarmstrong2260@yahoo.co.uk</a>
<b>Lynn McAleer</b>	<b>01415581011</b>	<a href="mailto:lynnetsmpw@gmail.com">lynnetsmpw@gmail.com</a>

**Project Summary**

The project is located within the Tron St Mary's Parish Church building which is situated in Balornock in the North East of the City. (G21 4PJ) The project is to provide social, recreational and health related opportunities in a relaxed environment for older and more socially disadvantaged members of our community.

This will be through providing the following activities and programs:

- Weekly exercise group
- Weekly walking group
- Weekly craft hobbies and pastime group
- Weekly garden group
- Weekly community choir
- Weekly cafe
- Weekly ESOL class
- Weekly men's social/recreation /pastime group
- Weekly woman's social /recreational / pastimes group
- Twice monthly information /capacity building sessions
- Monthly Tea dance
- Monthly reminiscing activity
- Ongoing Volunteer and training opportunities including IT and cooking

Activities take place Monday to Friday with some programmes held in the evenings (check contact numbers for times)

The project worker will coordinate the events with existing staff and the help of volunteers to encourage participation and assist in the social togetherness that will help to reduce isolation within the community.

<b>Organisation Name:</b>	<b>Willowacre Trust</b>	
<b>Project Name:</b>	<b>Club 60</b>	
<b>Area of the City:</b>	<b>Glasgow Wide</b>	

**Main contact**

<b>Clare Bird</b>	<b>0141 550 5642</b>	<a href="mailto:clare.bird@westscot.co.uk">clare.bird@westscot.co.uk</a>
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**Project Summary**

Club 60's principal aim is to optimise health and wellbeing, support independent living and increase participation amongst our tenants aged 60 and over, which make up one third of our tenants. We aim to increase social connectedness, enhance health and wellbeing, and raise awareness of health conditions including management of these, boost confidence by speaking to, listening to and acting upon suggestions made by older tenants. Our tenants reside in all areas of Glasgow with our sheltered housing complexes located in the North West and North East of Glasgow.

This is achieved by offering a variety of events and activities such as relaxation sessions, creative sessions, health talks, learning opportunities and community gatherings. Working with and involving key professional partners will ensure that our tenants will receive the best service possible from the most informed sources. We regularly work with external partners both statutory and third sector.

Activities planned for the coming year include

- Cultural away day trips
- Mindfulness and Relaxation sessions
- Arts and Craft Sessions
- Health related information sessions
- Gentle chair based exercise
- Sunday Lunch within sheltered housing complexes
- Weekly coffee mornings
- Joining up with other local groups to share skills e.g. Bowling
- Celebrating National Days
- Podiatry appointments

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Organisation Name:	Wing Hong Chinese Elderly Group	
Project Name:	Keep Well and Have Fun	
Area of the City:	Glasgow Wide	

**Main contact**

Amy Li-Man	01413532523	<a href="mailto:amy.winghongcentre@yahoo.com">amy.winghongcentre@yahoo.com</a>
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**Project Summary**

The purpose of this project is to improve the quality of life, health and well-being of the Elderly Chinese who live in Glasgow area, through reducing loneliness and isolation, tackling social exclusion, and raising general health awareness among elderly in the community. We aim to engage 150 beneficiaries under this project, aged 60 and over.

**Activities**

- Weekly integrative health and well-being Clinic, a variety of health and well-being sessions will be organised within the Wing Hong Centre.
- Art and craft and cookery workshops: These group activities will provide service users with an opportunity to explore their creativity, learning tips on healthy eating, sharing their secret recipes on cooking, making new friends and express their feelings in a safe and friendly surrounding.
- Health seminars and workshops of the topics which are most related to the service users will be organised.
- Day trips and outdoor activities both within and outside of Glasgow area.
- Cultural events will be organized. All communities in Glasgow will be invited to visit the day Centre during the events, and get to know more about the group. The Service users will also have the opportunity to engage with people from diverse backgrounds and different ages through these events.

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<b>Organisation Name:</b>	<b>Women's Support Project</b>	
<b>Project Name:</b>	<b>Rights &amp; Choices</b>	
<b>Area of the City:</b>	<b>Glasgow Wide</b>	

**Main contact**

<b>Sabina Etchu</b>	<b>0141 418 0748</b>	<a href="mailto:sabina@womenssupportproject.org.uk">sabina@womenssupportproject.org.uk</a>
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**Project Summary**

Rights & Choices provides befriending and groupwork opportunities for women who are socially isolated and have experienced gender based violence at any time in their life.


The approach is flexible to suit a range of needs, including: initial short term befriending to support women to get out of the house; sign-posting to services and supporting access; regular drop-in sessions and other social activities; 3 women's health information events over the year; a programme of groupwork sessions offering information on gender equality, women's rights, women's and family health, community activities and further learning opportunities, and how to access services.

We aim to improve wellbeing, reduce isolation and strengthen social networks by providing support, information on women's rights, and social networking opportunities.

The project will work with women aged 18 and over and activities will take place in a range of community settings. We work closely with the Violence Reduction Unit, Glasgow Housing Association and other partnership services across Glasgow.

Over 2019 to 2021 the main focus of the work will be with migrant, asylum seeking and refugee women.

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<b>Organisation Name:</b>	<b>Woodlands Community Development Trust</b>	 Woodlands Community
<b>Project Name:</b>	<b>Woodlands Community Café</b>	
<b>Area of the City:</b>	<b>Woodlands and neighbouring areas</b>	

**Main contact**

<b>Tim Cowen</b>	<b>0141 332 2656</b>	<a href="mailto:woodlandscommunitygarden@gmail.com">woodlandscommunitygarden@gmail.com</a>
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**Project Summary**

Enjoy delicious home-cooked food and meet other people. Woodlands Community Café is open to anyone who wants to come along, and it's free! If you are on your own that is fine, the café team will make you very welcome and you'll soon get to know other people.

"I really enjoy the community spirit".

"It's something I look forward to every week".

"A chance to sit down and eat a relaxed good quality meal".

Woodlands community café takes place on Monday evenings, feeding an average of 70 people per week. Vegetarian meals are cooked using fresh ingredients including those grown at our community garden. We also run regular cookery workshops both at the cafe and in partnership with other local organisations.

You can join us every Monday from 5.30 - 7.30pm at Fred Paton Centre, 19 Carrington Street, Glasgow, G4 9AJ. There are no referral criteria and everyone is welcome.

The strength of our community cafe lies in that there is no distinction between those providing the aid and those receiving it, all are actively encouraged to volunteer in our work. The café has a very welcoming atmosphere, with music workshops and performances adding to its ambience.