

Glasgow Helps www.glasgowhelps.org

Compiled by [Glasgow Council for the Voluntary Sector \(GCVS\)](#) – please contact us with any additions or amendments

Glasgow Emergency Services available over the festive period 2020

Foodbanks and Food Parcels - Food Pantries - Hot meals - Christmas Day - Helplines

Area	Organisation	Activity	Phone Number	Email address
	Foodbanks and Food Parcels			
Any	The Sikh Foodbank	Delivering food parcels 24th, 25th and 26th December	07570 929489	admin@sikhsinscotland.com (10) The Sikh Food Bank Facebook
Any	Perennial	We can provide food parcels delivered by Family Fund, or food vouchers, etc. to those in crisis. We close at lunch time on 24th December and re-open 2nd January 2021.	01372384057 / 07496628808	cdaly@perennial.org.uk https://en-gb.facebook.com/PerennialGRBS/
City Centre	Destiny Church	Taking part in Love Christmas with the aim to hand out 500 Christmas hampers to families struggling with COVID-19 and other social challenges this Christmas	0141 616 6777	connect@destiny-church.com https://www.facebook.com/DestinyChurchGlasgow/
City Centre	Townhead Village Hall	We can only take new cases if it is a genuine emergency, including on Christmas Day and New Years Day.	0141 212 0046	isabel@townheadvillagehall.org.uk
North East	The Everlasting Foodbank	Will be open Boxing Day and 2 nd January from 1pm to 2pm	07936 938270	theeverlastingfoodbank@gmail.com https://www.facebook.com/everlastingfoodbank/

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North East	Glasgow North East foodbank	Foodbank at Calton Parkhead Parish Church on Mon 28th and Wednesday 30th December	07951749363	info@glasgowne.foodbank.org.uk Glasgow NE Foodbank Helping Local People in Crisis
North East	Barmulloch Community Development Company	Plan to provide emergency energy assistance top ups and food parcels to people who are self isolating or vulnerable. Emergency food parcels for people self-isolating or vulnerable	07729982080	contact@bcdcglasgow.co.uk
North East	Lodging House Mission	Food and toiletries packs for collection by prior arrangement, either by e-mail or telephone referral.. Contact first to arrange pack collection.. We shall be open Monday -Friday EXCEPT on 25 December, 28 December, 1st January and 4th January	0141 552 0285	enquiries@lhm-glasgow.org.uk
North East	FARE Scotland	Fare is delivering 1300 Christmas hampers to senior citizens and toys to over 1000 families	01417719151	Info@fare-scotland.org
North East	Belvidere Bowling Club	Food supplies and home delivery in the local area	0141 554 2353	belviderebowlingclub.co.uk
North West	Glasgow NW Foodbank	Usually open Tuesday and Friday 12 - 2pm at Blawarthill Parish Church and Thursday 12 - 2pm at Ruchill Kelvinside Parish Church. Closed on Christmas Day and New Years Day.		info@glasgowNW.foodbank.org.uk Glasgow NW Foodbank Helping Local People in Crisis
North west	Drumchapel Foodbank	We will be providing food parcels every week day except 25th Dec and 1st Jan. Also providing food vouchers for Xmas day.	0141 944 3335	
North West	Storehouse Foodbank:	usually operate on a Saturday 10am - 12pm. Closed on Boxing Day but open on the 2nd of January		compassion@glasgowvineyard.org
North West	Heart of Scotstoun	We will be distributing food parcels and gifts to local people in need	0141 433 0424	heartofscotstoun64@gmail.com (10) Heart of Scotstoun Facebook

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North West	The Pyramid at Anderston/The Curam	We can provide festive hampers to those who need additional help living in the G3 7 and G3 8 postcode areas. These will be available via a simple self referral for collection or delivery before Christmas		info@thepyramid.scot https://www.thepyramid.scot/christmas
North West	Bethany Christian Trust	We are handing out bundles to 100 households in the Glasgow area which include Food essentials, toiletries, cleaning supplies and a children's activity pack.	0131 561 8930	info@bethanychristiantrust.com https://www.facebook.com/BethanyChristianTrust1/
North West	African Relief Support	We run mobile foodbank to continue to support those shielding and or struggling due to the economic impact of the coronavirus pandemic. Critical advices, services, or care, language barriers, physical or cognitive restrictions, changing circumstances etc.	07598236626	info@africanreliefsupport.org.uk
South	Auldhouse Foodbank:	usually operate on a Thursday 11:30am - 2pm. They will be open on Christmas Eve but not New Year's Eve.	07393 741338	laremalloy.acc@gmail.com
South West	Glasgow South West Foodbank	Open as usual during festive season except Christmas Day and New Years Day	07708 504130	info@glasgowsw.foodbank.org.uk https://www.facebook.com/glasgowswfoodbank/
South East	Glasgow South East Foodbank	we will be open on the 30th December from 12.30 till 2pm to provide a 3 day emergency food parcel	07437-910115	info@glasgowsw.foodbank.org.uk Glasgow SW Foodbank Helping Local People in Crisis
South East	Toryglen Community Base	Emergency Food Bags will be given out Wed 23rd & 30th December 10am-1pm	07434828867	jackie@toryglen.org.uk https://www.facebook.com/toryglencommunity.base

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South	Glasgow City Mission	We can provide supermarket vouchers, emergency food parcels, and help with referrals to local services.	01412212630	info@glasgowcitymission.com https://www.facebook.com/glasgowcitymission/
South West	SWAMP Community Development Trust (G53Together)	Anyone experiencing difficulties during this period will be supported through the G53Together helpline. This will include energy support, emergency food provision and other types of support relevant to need.	0141 378 8541	info@g53together.scot

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	Food Pantries			
North East	Ruchazie Pantry	Usual open times are Mon: 4pm - 8pm, Wed - Fri: 9:30am - 12:30pm then 1:30pm - 4:30pm, Sat: 9:30am - 1pm. Closed 25th to 28th. Open as usual between 29th and 31st then are closed between the 1st and the 4th, opening as usual from the 5th.	0141 237 4900	pantry@ruchaziechurch.org
North East	Parkhead Pantry	open at Parkhead Schoolhouse on Tuesday 22nd Dec from 12pm to 4pm and at 981 Shettleston Road on Wed 23rd Dec from 10am to 3pm then will be closed until the 5th of January where they will resume usual operating hours:		thepantry@parkheadha.org.uk
North East	Community of Helping Hands	Community Food Store will be open Mon 21 st – Wed 23 rd (10am-2pm), Thursday 24 th (9am-12pm), Wed 30 th (10am-4pm) and Thursday 31 st (9am-12pm) then returning to normal opening hours from 5 th Jan	07934 832643	admin@communityofhelpinghands.co.uk https://www.facebook.com/communityofhelpinghands/
North West	DRC Youth Project – North West Community Pantry	North West Community Pantry will continue operating over the Christmas Holidays.	0141 951 8669	http://drcyouthproject.blogspot.com/
North West	Well-fed Scotland	Food pantry open. We will be here every week day 11-1pm. if you need a delivery we are able to take referrals from our partners	0141 954 7720	enquiries@well-fedscotland.org.uk https://www.facebook.com/wellfedscotlandcic

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	Hot meals			
All	Asda	Kids eat free all day in December		
South	Soul Food Sisters	Hot meals for take away 21-24th Dec	07971024909	hello@soulfoodsisters.org
North West	Mel Milapp	We deliver hot food to people in need	0141 339 0678	admin@mel-milaap.org.uk
North West	Well-Fed Scotland	North pole breakfast, lunch and dinner on 23rd December. Bookings needed.	0141 954 7720	enquiries@well-fedscotland.org.uk https://www.facebook.com/wellfedscotlandcic/
North West	Heart of Scotstoun	working with FareShare and DRC Youth Project to provide take away Christmas Dinners on Christmas Eve between 2pm and 4pm	0141 433 0424	heartofscotstoun64@gmail.com https://www.facebook.com/heartofscotstoun
North West	G15 Youth Project	Cooked Christmas Dinner delivered for people in need G15 area	0141 944 8868	streetworker2@g15yp.co.uk (10) The G15 Youth Project Facebook
North West	Woodlands Community Development Trust	Neighbourhood Food Service. Monday Cuppa & Check-in on Zoom. 10am Monday 28th December.		katherine@woodlandscommunity.org.uk https://www.facebook.com/woodlands.garden
South	Greater Pollok Services	A cooked meal every Friday Emergency food parcels 7 days a week	07746785005	greaterpollokservices@outlook.com

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South	The Pollokshields Trust & Partners	Take Away Hot Meals events at The Bowling Green on 18 th Dec (3.30pm), 19 th Dec and 24 th Dec. Also holding Winter Lights Cluedo on 27 th Dec	07775 832461	info.thetrust@pollokshields.net https://www.facebook.com/thepollokshieldstrust/
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	Christmas Day			
City centre	Sikh Foodbank/ Simon Community	Christmas lunch at Central Station	0800 027 7466	hello@simonscotland.org
City centre	Social Bite	Every year we open up our shops on Christmas Eve and Christmas Day for people in a situation of homelessness and food poverty to come and get a Christmas meal and some loving company.	0131 353 0250	info@social-bite.co.uk Social Bite – A Movement to End Homelessness (social-bite.co.uk)
North East	The Space (People Without Labels)	Holding a free Christmas Lunch on Christmas Day between 1pm and 5pm	0141 237 1221	info@thespacescotland.org https://thespacescotland.org/
North West	The Hug and Pint, 171 Great Western Rd, Glasgow G4 9AW	The Hug and Pint will be open once again from 12-5 on Christmas Day and serving a free feast to anyone that fancies it.	0141 331 1901	brian@432presents.com Home - The Hug and Pint
South	The White Elephant 128 Merrylee Rd, Glasgow G44 3DL	Open on 25th December 10am to 9pm for free hot drink and mince pie	0141 637 5774	thewhiteelephant@partypeople.scot (2) The White Elephant Facebook
South	The Salvation Army	Will be serving hot Christmas dinner from a food van on Christmas Day (11am – 2pm)	0141 445 6272	govan@salvationarmy.org.uk https://www.facebook.com/govansalvationarmy

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	Helplines			
Addiction	We are with you	Online services available throughout festive season	0808 164 4261	glasgow.northeast@addaction.org.uk Glasgow, North East - We Are With You margaret.muir@mariecurie.org.uk www.facebook.com/mariecurieglasgow
Bereavement	Marie Curie	We provide frontline nursing and hospice care, a free support line and a wealth of information and support on all aspects of dying, death and bereavement Support Line is open 8am- 6pm Monday to Friday and 11am - 5pm on Saturday. On bank holidays we are open 10am -4pm.	0800 090 2309	margaret.muir@mariecurie.org.uk www.facebook.com/mariecurieglasgow
Children	Childline	You can contact Childline about anything. Whatever your worry, it's better out than in. We're here to support you.	0800 1111	Get Support Childline
Care Experienced	Who Cares? Scotland	Helpline open throughout the festive period Mon-Fri (10am -4pm) includes Christmas Day and New Year's Day. Digital events will be announced via social media	0330 107 7540	help@whocaresScotland.org https://www.facebook.com/WhoCaresScotland/
Domestic Abuse	Glasgow Women's Aid-	we provide information, support and refuge accommodation to women, children and young people who are experiencing domestic abuse.	0141 553 2022	Glasgow Womens Aid
Domestic Abuse	Glasgow East Women's Aid	Our crisis service operating via telephone 9.30am-3.30pm Monday to Friday. also email support is available for Women experiencing Domestic Abuse.	0141 781 0230	info@gewa.org.uk https://www.facebook.com/glasgoweastwomensaid/
Emergency Social Work	Social work out of Hours Service	Glasgow and Partners Emergency Social Work Service provides an emergency social work service out of normal office hours. The service provides emergency social work intervention, relieve situations of acute risk and meet statutory obligations.	0300 343 1505	

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Homelessness	Simon Community	We help people who are experiencing homelessness or are worried about their accommodation.	0800 027 7466	hello@simonscotland.org
Homelessness	Homeless Out of Hours service	Out of Hours Homelessness Services - if you are homeless and need a service after 4:45pm Monday to Thursday or 3:55 on a Friday and weekends	0800 838 502	
Homelessness	Glasgow City Mission – Overnight Welcome Centre	Replacing the Winter Night Shelter and will be based in a local hotel, be a 24 hour service and allows space for distancing and self-isolation if required. The shelter has capacity of 40 beds and runs from Dec 1 st to 31 st March	0141 221 2630	info@glasgowcitymission.com https://www.facebook.com/glasgowcitymission/
Muslim Women	Amina - The Muslim Women's Resource Centre	Amina's Helpline, which provides a confidential listening ear and signposting service, will be available between 10AM and 2PM Monday-Friday over the festive period, with the exception of Christmas Day (Friday 25th of December).	0141 212 8420	info@mwrc.org.uk https://www.facebook.com/amina.mwrc.1/
Mental Health	Samaritans	Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year. Freephone 116 123	116 123	jo@samaritans.org
Mental Health	Scottish Association for Mental Health	Whether you're seeking support, are looking for more information for you or someone you love, or if you just want to have chat about mental health, we're here to help. Available: 9am to 6pm, Monday to Friday	0344 800 0550	info@samh.org.uk SAMH is the Scottish Association for Mental Health SAMH
Mental Health	Breathing Space	Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen.	0800 83 85 87	Breathing Space NHS 24
Mental Health	Lifelink	Offering 2 hour online well-being classes to anyone with a Glasgow Postcode. Each class will be themed around a certain topic.	0141 552 4434	info@lifelink.org.uk https://www.lifelink.org.uk/

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Mental Health	MindtheMen	MindtheMen are a suicide prevention peer support group where men (18+) can meet in a safe place to talk about their challenges be listened to and feel supported. We meet every Monday evening 7pm-8pm		mindthemen@gmail.com (10) MindtheMen Facebook
Mental Health	COPE Scotland	We have an answering reception service where people can be offered an appointment to speak to someone week beginning 4th Jan Enquires via the website will be responded to within 24 hours where possible.	0141 944 5490	admin@cope-scotland.org
Mental Health	The Wee Retreat CIC	We will be running our free virtual cuppa during the festive period every Wednesday 11-11.45am. The service is open to anyone feeling a bit lonely, or just wanting something to do.		info@theweeretreat.co.uk
Older people	Good Morning Service	Offering a telephone befriending and safety net service for older people 365 days of the years.	0141 336 7766	info@goodmorningservice.co.uk https://www.facebook.com/thegoodmorningservice/
Refugees	Scottish Refugee Council	Helpline open Mon-Fri (10am 1pm and 2pm–4pm)	0808 196 7274	communities@scottishrefugeecouncil.org.uk https://www.facebook.com/ScottishRefugeeCouncil/
	Other			
	Aberlour	Applications for Urgent Assistance Fund accepted until 5pm on Friday 18 th Dec. Further applications will then not be processed until 4 th Jan 2021.	0800 085 6150	enquiries@aberlour.org.uk https://www.aberlour.org.uk/

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	Volunteer Glasgow	promoting good mental health and wellbeing this winter through offering volunteering opportunities supporting mental health and well-being in communities	0141 226 3431	info@volunteerglasgow.org http://www.volunteerglasgow.org/