

Alternative Resource List

Glasgow HSCP Carers Team - Carers information line - 0141 353 6504

Social Work based Team for Carers across Glasgow. This service provides unpaid carers advice, support and links/referral to other services. Can provide information on SDS and support services/respite.

Community Connectors - 0141 271 2320

This service can provide information on Glasgow Voluntary Council Services directory. Can provide signposting to appropriate organisations and support services in Glasgow.

Age UK Scotland - National helpline for people over 50 - 0800 12 44 222

Scotland's national charity supporting people over the age of 50, Age Scotland works to improve people's lives and promote their rights and interests. Provide Information and Advice.

Glasgow's Golden Generation - 0141 221 9924

Established in 1948 as Glasgow Old People's Welfare Association (GOPWA), Glasgow's Golden Generation is Glasgow's leading charity for the elderly.

Our charity aims to improve the quality of life of older adults in Glasgow through a variety of support services ranging from our 3 day care centres, clubs, community support, volunteering, befriending and welfare services.

Glasgow Food Train - 0141 423 1722

Food Train is a registered charity, voluntary organisation and social enterprise. Since 1995 Food Train has been making daily life easier for older people, providing vital services to those who are no longer able to manage independently, through age, ill health, frailty or disability.

Wiltshire Fam Foods – 01475 746480

Frozen Meal Delivery Service

Cook and Care - 0141 336 3562

Meal Delivery Service

British Red Cross – 0344 871 8000

From hiring a wheelchair or dealing with loneliness, getting support at home.

Royal Voluntary Service – 0330 555 0310

Our dedicated teams will continue to support the community with companionship telephone calls and by delivering essential food & medication.

Care and Repair – 0141 423 1722

Glasgow Care and Repair assists home owners aged 65 or over and people with disabilities, with no adult family living with them, to organise repairs to the fabric of their property or help to carry out adaptation works.

Good Morning Service – 0141 336 7766

Provide telephone befriending and alert calls to older people. Telephone Befrienders call out to members at a pre-arranged time to check that all is well. 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.

Help for Heroes Glasgow – 0141 276 7199

The leading charity for the Armed Forces Community. Helping wounded veterans and their families to recover and get on with their lives.

I-Care Scotland – 0141 773 2226

(Private Hot Meal delivery / home shopping service).

Glasgow Mutual Aid

This is a new volunteer group that provides support for people who are unable to get out, or who may require shopping, food or medicines.

https://www.facebook.com/groups/glasgowmutualaid/?hc_location=ufi