

What's on?

Information for Asylum Seekers and Refugees

In this leaflet you will find a list of Glasgow-based organisations providing support and **FREE** activities, groups, events, workshops and much more!



Welcome to Glasgow!





Urban Roots

Urban Roots is a community-led environmental charity working across the Southside of Glasgow, empowering local people to make choices and lifestyle changes that benefit them, their communities and the environment.

- **Gardening Groups**
- **Woodland Conservation**
- **Outdoor Wellbeing Projects**
- **Photo Walks**
- **Cooking Groups & Community Meals**

<http://www.urbanroots.org.uk>

0141 613 2766



Milk Cafe Glasgow 452 Victoria
Road
Glasgow, G42 8YU

Milk Café

MILK is a social enterprise to empower and support refugee and migrant women living in Glasgow.

Milk café is a multifunctional space in which hosting a number of other supportive and inclusive activities. The activities includes;

- **ESOL Classes** (Women only / sign-up required)
- **Women's Group and Shared Lunch**
- **Conversation Cafe**

Visit their instagram page for timetables and updates:

https://www.instagram.com/milk_cafeglasgow/?hl=en

<https://www.milkcafeglasgow.co.uk>

hellomilkcafe@gmail.com



Govan Community Project

Govan Community Project support the diverse communities in local area and refugees and people seeking asylum all over Glasgow, To achieve social justice in the Greater Govan area by building a strong community based on equality, mutual respect, support, and integration.

- **Advice & Advocacy**
- **English Classes**
- **Pantry Vouchers**
- **Homework Club**
- **Conversation Cafe**
- **Men's Group**
- **Women's Group**

<https://www.govancommunityproject.org.uk>

0800 310 0054

Nan McKay Community Hall

Nan McKay Community Hall

End of St John's Road, Adjacent to 29 St Andrews Drive
Pollokshields, Glasgow, G41 5SR

Tel: 0141 429 5370 Email: admin@nanmckay.scot
Web: www.nanmckay.co.uk



- English Classes
- Art & Craft
- Cookery
- Stained Glass making
- Lunch Club
- Bingo/Dominoes
- Creative Writing Group

Run by volunteers for over 40 years, the Nan McKay Memorial Community Hall has a comprehensive programme that brings together resources to improve the quality of life for all residents of Pollokshields.

End of St John`s Road,
Adjacent to 29 St Andrews Drive Pollokshields, G41 5SR
<http://www.nanmckay.co.uk> 0141 429 5370



Youth Community Support Agency

YCSA provides the following services City Wide but predominately in Pollokshields and Govanhill to young people from Black and ethnic minority communities and asylum seekers and refugees.

- Counselling services (16 - 25 years old)
- Art Psychotherapy for young
- Youth clubs for age 11-18 (boxing, archery, football)
- Cyling Classes
- Duke of Edinburgh support (14-25 years old)

70 Coplaw Street,
Glasgow,
G42 7JQ

<https://www.ycsa.org.uk> 0141 420 6600 enquiries@ycsa.org.uk



Central and West Integration Network

Central and West Integration Network is a Scottish charity based in the centre and west end of Glasgow that supports asylum seekers, refugees, migrant workers and black and minority ethnic people to access resources that improve their standard of living.

Garnethill Multicultural Centre
21 Rose Street
Glasgow
G3 6RE

- Multicultural Food Hub
- English Classes
- Community Meal
- Drop-in support
- Women's Sewing Group
- Art Workshops
- Exercise Classes

<https://www.cwin.org.uk/> 0141 573 0978



Flemington House (2nd Floor),
110 Flemington Street,
Springburn,
Glasgow,
G21 4BF

Interfaith Glasgow

Interfaith Glasgow facilitates friendship-building, dialogue, and cooperation between people from different religious and cultural backgrounds; tackles prejudice; and equips people with the skills to engage fruitfully with religious diversity.

- **Food Justice Network**
- **Weekly Events**
- **Scriptural Reasoning Events**
- **Climate crisis activities**
- **Weekend Club**
- **Faith to Faith**

<https://interfaithglasgow.org>

Tel: 0141 558 0778



The Well Multi-Cultural Resource Centre

The Well Multi-Cultural Resource Centre is a registered Scottish Charity that exists to serve the ethnic minority communities in South East Glasgow. The Well supports people to overcome these disadvantages through our one-to-one Advice Consultations and friendship-building activities.

- **Advice/Consultations**
- **Bubbles Toddler Group**
- **Chai and Chat**
- **English Classes**

***The activities are for women only**

<https://thewell.org.uk>

0141 424 4523

info@thewell.org.uk



Amina Muslim Women's Resource Centre

Amina is an intersectional organisation that empowers and supports Muslim, Black and Minority Ethnic women to create an inclusive Scotland. We envision a world where Muslim and BME women are fulfilling their aspirations.

- **Helpline including Islamic Advice on 0808 801 0301**
- **Financial Advocacy and Violence Against Women and G Casework**
- **Telephone Befriending**
- **Creative Wellbeing**
- **Peer Support**
- **Employability Support**

Citywall House
32 Eastwood Avenue
Glasgow
G41 3NS

<https://mwrc.org.uk>

0141 212 8420

Govanhill Baths Community Trust



The Govanhill Baths is a community hub based in the heart of Govanhill providing health and well-being educational workshops and classes for the local community free of charge. These may include;

126 Calder Street
Govanhill
Glasgow
G42 7QP

- **Yoga**
- **Thai Chi**
- **Walking Group**
- **LGBTQI+ Gardening Group**
- **Art Activities**
- **Youth Club**

<https://www.govanhillbaths.com>

Tel: 0141 433 2999



Women on Wheels

Women on Wheels (SCIO) is a Glasgow-based community cycling hub for women. A service designed and led by women, we deliver a range of cycling activities to get women back on a bike or onto a bike for the very first time.

Govanhill Workspace,
Unit 4,
69 Dixon Road,
Glasgow, G42 8AT

- **Cycling Lessons**
- **Confidence Building Rides**
- **Social Events**
- **Bike Buddy Support**
- **Maintenance classes**
- **Bike hire**

<https://womenonwheels.org.uk>

07927357140



CrossReach Daisy Chain Early Years Project

Glasgow Elim Pentecostal Church
42 Inglefield Street
Glasgow
G42 7AT

The Daisy Chain Early Years Project, use a whole range of activities to promote attachment between parent and child. The Project uses play, literacy-based activities and creative arts to ensure the children are Safe, Healthy, Included, Nurtured and Engaged (SHINE).

- **Come and Play** - Weekly play sessions for parents and children.
- **School nurture programmes** - Indoor and outdoor based sessions targeted at supporting the wellbeing and development of primary school aged children. ***Referral from schools needed.**
- **Loc de Joaca** - 'A place to play' in addition to support with social inclusion for the Romanian Roma community.
- **Little Marvels** - Play opportunities and support for children and families with additional support needs.
- **Family Support** - Needs led one to one support for parents.

<https://www.crossreach.org.uk/our-locations/daisy-chain-early-years-project>

0141 423 4777



Crossroads Youth and Community Association

Crossroads Youth and Community Association believes that everyone has the right to live flourishing lives. Opportunities available including:

The Barn Youth Centre, 37 Abbotsford Place, Gorbals, Glasgow G5 9QS

- Sewing group
- Women's empowerment
- Friendship group
- Yoga, shiatsu treatments
- Baby and toddler group
- Arts and Crafts
- Toastie Fridays
- Junior Sessions
- Senior Sessions
- Inbetweeners Sessions
- Young persons' drama group
- Outdoor and residential adventures
- Multicultural community events
- Gorbals Housing Action Group

<https://www.facebook.com/BarnYouthCentre>

www.cyca.org.uk/index.html

info@cyca.org.uk

0141 429 3254



The Hidden Gardens

The Hidden Gardens is a beautiful public oasis located in the Pollokshields area of Glasgow.

It is an urban greenspace where you can relax away from the busy city streets, discover nature, get creative and connect with friends and neighbours.

The Hidden Gardens
25a Albert Drive
Glasgow
G41 2PE

- Guided tours of the Hidden Garden
- Cultural Cookery
- Men's Group
- Tai Chi on the lawn
- Gardening volunteering

<https://thehiddengardens.org.uk>

0141 433 2722



Freedom from Torture

Freedom from Torture are a UK-wide charity providing therapy and medical evidence to torture survivors living in the UK, as well as protecting and promoting torture survivors' rights.

In Glasgow, they provide support to torture survivors through therapy, law, welfare and community development to enhance their rehabilitation and integration.

**** Referral or self-referral required to access the services below**

- Therapy & Support
- Asylum Rights
- Activism

<https://www.freedomfromtorture.org>

0141 420 3161



The Neighbourhood Centre
6 Daisy Street
Glasgow
G42 8JL

Sistema Scotland - Big Noise

Sistema Scotland, we're committed to improving lives and strengthening communities through music and nurturing relationships! The Big Noise programme is particularly focused on early years' intervention and long-term delivery in **Govanhill**. The programme gradually building on core skills such as listening, concentration, rhythm, rhyme and teamwork whilst learning to play an instrument in a group.

* **The services are children who live in or go to school in the Govanhill area only.**

- **Little Noise (babies and toddlers with their parents)**
- **After school Club**
- **Holiday Club**
- **Govanhill Community Orchestra (Adults)**

<https://makeabignoise.org.uk/big-noise/govanhill/>

0141 328 4113



109 Bellrock Street
Glasgow G33 3HE

Cranhill Development Trust

Cranhill Development Trust (CDT) is an integral part of its community, responding successfully to the complex needs of Cranhill since 2002. CDT's primary charitable aims are to promote resilience, tackle poverty and address social exclusion through a holistic range of programmes, opportunities, and events.

- **Employability and Welfare support**
- **Holiday Programme**
- **Community Gardening Sessions**
- **English Classes**
- **Social Cooking Club**
- **Digital Support**

<https://cranhilldt.org.uk>

0141 774 3344



39 Inglefield Street,
Govanhill,
Glasgow, G42 7AY

Larkfield Community Centre

The Larkfield Community Centre is established in the Govanhill Area to promote the benefits of the inhabitants of Govanhill without distinction of political, religious, or other opinions.

- **Art Group**
- **Women's Exercise Class**
- **Women's Group**
- **Social activities**

<https://larkfieldcentre.weebly.com>

0141-424-1797



The Sound Lab

The Sound Lab is helping young people and other communities to fulfil their creative potential through free music, media, digital and art tuition.

- **Singing, song writing and vocals**
- **DJ skills and production**
- **Guitar**
- **Drums**
- **Keyboard**
- **Podcasting / Broadcasting**

And many more...

www.thesoundlab.org.uk



FINN'S PLACE

Finn's Place

The aim of Finn's Place is to provide opportunities for local residents to improve and enhance their well-being through a weekly programme of activities and occasional community events.

Finn's Place, Langside Church,
167 Ledard Road, Glasgow, G42 9QU

- **Christian Meditation**
- **Men Talking Group**
- **English Classes**
- **Garden Sessions**
- **Indoor Labyrinth/Mindful Walking**
- **Indoor Social Space with free refreshments**

<https://www.finnsplace.org>

0141 632 7520

GMAC FILM

GMAC Film

Established as a charity in 1982, GMAC Film is an open access media centre that delivers a creative and artistic programme for

all people, regardless of age, background or income to acquire the skills, knowledge, resources and confidence to realise their ambitions in film and elsewhere in the creative sector.

Fifth Floor,
Trongate 103,
Glasgow,
G1 5HD

- **Youth workshops**
- **BFI Film Academy (16-24)**
- **Employability for the screen sector (Screen Start)**
- **Film commissioning scheme (Little Pictures)**
- **Network & show your film events (Cafe flicker)**

<https://www.gmacfilm.com>

0141 553 5400

South Seeds



South Seeds works in partnership with residents and organisations within the local community to help improve the area and help Southsiders live more sustainable lives. South Seeds' recent projects have involved increasing energy awareness for Southside residents, helping people learn more about growing food at its allotments in Queens Park, and reducing the amount of waste that we produce via its tool library project.

514 Victoria Road
Glasgow, G42 8BG

- **Gardening Activities**
- **Outdoor Activities**
- **Energy Efficiency Tips**
- **Growing Sessions**

** Activities are offered to local residents (G41, G42, G43 postcodes residents)

<https://southseeds.org>

0141 636 3959



Glasgow Life Community Centres

Glasgow Life is a charity that delivers cultural, sporting and learning activities on behalf of the Glasgow City Council. In doing so we aim to make a positive impact on individuals, the communities in which they live and the city as a whole.

Glasgow delivers a range of services including arts, music, sports, and events in several community centres across Glasgow. The community centres are located in:

Barlanark - Barmulloch - Bellcraig - Castlemilk - Couper - Cranhill - Darnley - Drumchapel - Geoff Shaw - Govanhill - Linn Park - Maryhill - Netherton - Partick - Penilee - Pollok - Pollokshields - Possilpoint - Ruchill - St. Francis

- **Learning opportunities**
- **English Classes**
- **Dancing**
- **Yoga**
- **Religious activities**
- **Knitting Club**
- **Karate**
- **Tha-Chi**
- **Children activities**
- **Sport activities**

<https://www.glasgowlife.org.uk>

0141 287 4350



Castlemilk Parish Church

Castlemilk Parish Church aims to be open, welcoming and inclusive and tries to find new and effective ways to serve the people of Castlemilk. Looking for and encouraging the strengths and gifts of local people, as well as the common ground and values we share with other organisations, we work together to care for and support our community.

- **Soup Lunch Club**
- **Tea and Scones**
- **Community Meals**
- **Craft Groups**

<https://castlemilkparishch.wixsite.com/castlemilk-parish>

0141 634 7113



Maryhill Integration Network

Maryhill Integration Network (MIN) was established to bring asylum seekers, refugees, migrants, and the settled inhabitants of Glasgow together. MIN has been developing projects which support positive social change by investing in communities and providing welcoming, safe and inclusive space.

Maryhill Integration Network
35 Avenuepark Street,
Glasgow,
G20 8TS

- **Art Group**
- **English Classes**
- **Family Group**
- **Gardening Club**
- **Joyous Choir**
- **Men's Group**
- **Asylum seeker and refugee support**
- **Oasis Women's Group**
- **IT Support**

<https://www.maryhilegration.org.uk>

0141 946 9106



baby steps, big changes

Merry-Go-Round

Merry-go-round is an inclusive preloved baby shop. – a social enterprise and registered charity that offers:

- A boutique shop in Glasgow's Southside where families can purchase high-quality second-hand children's goods at low prices.
- A supportive space with an events programme where everyone is welcome.
- Free goods and support for families who need the most help.

32-36 Nithsdale Road
Strathbungo
Glasgow
G41 2AN

- **Stay & Play**
- **Bumps & Babies**
- **Mum's the Word**
- **Breastfeeding Support**
- **Dad's & Weans**

<https://www.merrygoroundglasgow.co.uk>

0141 423 2299



Community Info Source

Community InfoSource works with marginalised communities in Glasgow, primarily with asylum seekers and refugees, to put their ideas into action and to secure their rights.

The Albany Centre
44 Ashley Street
G3 6DS

- **ESOL lessons for beginners (online and face-to-face)**
- **Peer Support &**
- **Buddy Volunteer**
- **Wellbeing Walks & Activities**
- **Asylum Seeker housing rights and support**
- **Eviction Support**

<https://www.infosource.org.uk>

0141 258 2773



Weekday Wow Factor

The Weekday Wow Factor prioritises working with adults 50+. However, younger adults are welcome! We use exciting and healthy leisure activities to make new friendships and gain new confidence along the way.

- **Virtual Daytime Disco**
- **In-person Daytime Disco**
- **International music and dance**
- **Mini-bus day trips**
- **Virtual Tai Chi**
- **Virtual walks**

<https://weekdaywowfactor.com>

07717 732542



Kinning Park Complex

Kinning Park Complex is a community-owned space in the Southside of Glasgow, which is a place where our communities work together to ensure that wellbeing is prioritised in a world that is sustainable and just.

Kinning Park Complex
43 Cornwall Street
Glasgow
G41 1BA

- **Events**
- **Community Meals**
- **Classes**
- **Support & Guidance**
- **Men's Group**
- **Women's Group**

<https://www.kinningparkcomplex.org>

(0)75 4461 2437



Gilded Lily

Award-winning Gilded Lily's activities help women to overcome barriers and become more confident and creative. Gilded Lily does this through supportive and flexible programmes to explore, start-up and succeed in enterprise, social enterprise or employment.

1008 Govan Road,
Govan
G51 3DU

- **Confidence & Wellbeing**
- **Soap and bath bomb making**
- **Accessories and jewellery making**
- **Guided walks**
- **Cookery classes**
- **Painting classes**
- **Certificated training**
- **Digital access and support**

<http://gilded-lily.org.uk/>

0141-440 1109



Make Do & Grow

41 Burleigh Street
Glasgow
G51 3LA

It's a Glasgow-based social enterprise supporting families through creativity and play, reuse and recycling. Make Do & Grow encourages creative development through our structured classes and free play sessions, using recyclable materials.

- **Community Events**
- **Creative Workshops**
- **Toddler Crafts (age 18 months -5 years)**
- **Junior Art Club (age 5-8)**
- **Art Club (age 8-12)**
- **Family Craft Club (all ages)**
- **Toy Library**

<https://www.makedogrow.co.uk>

0141 440 5998



The portal arts
connect · co-create

The Portal Arts

The Portal Arts
978 Govan Rd
G51 3AJ

The Portal Arts is an art and media charity based in Govan, Glasgow. Through creative participation, we aim to improve wellbeing and address inequality. The creative participation programmes provide opportunities to meet new people, develop creative skills and access professional resources. * **Self-referral required for the services below.**

- **Kickstart employment programme**
- **The Portal Seniors Film Club**
- **Community Based Groups**
- **Choir, Sewing, photography Classes**

<https://www.theportalarts.com>

0141 445 1666



Elderpark Housing Association

Elderpark Housing Association,
65 Golspie Street,
Glasgow,
G51 3AX

Alongside building new and affordable homes for the people of Govan, Elderpark Housing Association work towards building the community and helping make Govan such a great place to live. The Elderpark Housing's Community centre offers a wide range of activities for all ages.

- **Arts and Crafts Class**
- **Youth Clubs**
- **Community Lunch**
- **Drama and Performance Class (14-19 years old)**
- **Volunteering Programme**
- **Cookery course**
- **Gardening and Growing Vegetables**

<https://elderpark.org>

0141 440 2244



15 Fairley Street
Glasgow
G51 2SN

GalGael Trust

GalGael are a working community based in Glasgow, Scotland, working together on demanding common tasks that demonstrate ways of living with more humanity in our times. Central to all work in GalGael is learning how to create and practice healthy community – community that is good for individuals and society as a whole.

- **Woodwork Program**
- **Boat Building**
- **Basic Woodwork**
- **Workshop**
- **Garden Growing Space & Volunteering**

<https://www.galgael.org>

(0)141 427 3070



18-20 Orkney Street,
Govan,
Glasgow G51 2BX

The Glasgow Barons

Named after the shipbuilding barons, Govan's orchestra revitalises local venues with performances and makes music with Govan's diverse communities. The Glasgow Barons work with local communities and agencies to build a new story for Govan as a thriving arts hub, community music centre and regeneration orchestra.

- **Online Singing Group**
- **Musician in Exile**

<https://www.glasgowbarons.com>

paul@glasgowbarons.com / +44 746 466 9972



The Preshal Trust
PO Box 7344
8 Aboukir Street
Glasgow
G51 4QX

The Preshal Trust

The Preshal Trust was launched in November 2002 and is a registered charity based in Govan. The aim of the Preshal Trust is to make a difference to the lives of people within South West Glasgow by providing holistic, locally based care and support to individuals and their families suffering from the effects of social exclusion.

- | | | |
|-------------------------------|------------------------------|----------------------------------|
| • Art Class | • Cooking Class | • Bingo *£1 participation |
| • Sewing | • Knitting | • Choir |
| • Women's Group | • Digital Photography | • Drums |
| • Card Making | • Guitar Class | • Baking Class |
| • £1 for 3 course meal | • Breakfast Club | • Lunch Club |

<https://www.preshaltrust.org.uk>

0141 445 3689



Pearce Institute
840-860 Govan Rd,
Glasgow G51 3UU

Govan Help

Govan HELP supports families with children in the Govan area of Glasgow. It's a charity which exists to build the resilience, confidence and self-worth of children and their families through the provision of a range of early intervention services.

- **Family Support**
- **Play Therapy**
- **Befriending**
- **Training & Volunteering**
- **Adult Counselling**
- **Community Interpreters**
- **The Govan Pantry**
*£2.50 for up to 10 items

<https://www.govanhelp.org>

0141 445 6481

Clyde Community Hall

Clyde Community Hall provides a venue for local events, groups and Family Celebrations. There is a wide range of inclusive activities hosted by the Hall contributing to the well-being of the community.

Clyde Community Hall,
41 Whitefield Rd,
G51 2YB

- **Baby and Toddler Group**
- **Momentum Tae kwon do***Referral required
- **Community Lunch**

clydech@icloud.com

Ubuntu Women Shelter



Ubuntu Women Shelter is a Glasgow - based charity that provides unconditional practical support for destitute women and people of other marginalised genders who have no recourse to public funds and insecure immigration status in Scotland.

- **Short term accommodation**
- **Practical destitution support (finding a lawyer, GP registration, emergency cash grants)**
- **Advice and information (Education, health, housing, demand your rights sessions)**
- **Weekly drop-in (Mondays 10-2pm) for signposting, specialist advocacy and casework**
- **Specialist 'by and for' Empowerment and Wellbeing training**
- **Awareness raising, outreach and campaigning to end the hostile environment**
- **Community Hub**
- **24-hour emergency helpline for women and girls subject to the NRPF condition and escaping violence**

Room 8
Block A
The Adelphi Centre
Glasgow
G5 0PQ



Argyle House
Ibrox Stadium
150 Edmiston Drive
Glasgow
G51 2XD

Rangers Charity Foundation

The Foundation exists to be a force for good on behalf of the Rangers Family, showing compassion to those in need, tackling inequalities and creating opportunities for people of all ages to change their lives for the better.

- **Men's Mental Health Groups**
- **Physical activity**
- **Recovery Drop-In**
- **Pupil Groups**
- **Walking Football (50+ age)**
- **Visually Impaired Football (8-18 years old)**
- **Autism Friendly Football (5-16 years old)**

<https://www.rangerscharity.org.uk>

0141 580 8775



Home Start Glasgow South

Home Start Glasgow South is a family support charity offering support that helps to give young children the best possible start in life. They work with families living in the southside of Glasgow who have at least one child under 8 years old to help them overcome issues affecting their lives with a range of family support services.

- **Home-Visiting Volunteers**
- **Family Support Groups**
- **Intensive Family Support**
- **English Tuition**
- **STEPS and Triple P Courses**
- **Family Trips and Events**
- **Perinatal support**
- **Baby Massage - one to one and group**
- **One to one support for Dads and Dads to be**
- **Dads Groups**
- **Volunteering opportunities.**

Home-Start Glasgow South
Pollokshaws Burgh Hall
2025 Pollokshaws Road
Glasgow G43 1NE

<https://www.homestartglasgowsouth.org.uk/home-2/>

0141 570 8735



Govan Youth Information Project

It's a non-profit organisation with the aim of delivering empowering and meaningful youth work to all children and young people within the Glasgow Govan area.

- **Youth Provisions**
- **School Holiday Programme**
- **Physical and Social Education**
- **Information and Advice**

9 Water Row
Govan Cross,
Glasgow
G51 3UW

<http://gyip.org.uk/>

0141 445 4505

Information and Advice Organisations

Migrant Help - Free asylum helpline (open 24/7: **0808 8010 503**)

<https://www.migranthelpuk.org>

Scottish Refugee Council - Monday-Friday, from 9am to 5pm: **0808 1967 274**

<https://www.scottishrefugeecouncil.org.uk>

The Unity Centre - Opening hours vary: **0141 427 7992**

<https://unitycentreglasgow.org>

Glasgow City Mission - **0141 221 2630 / 0141 445 3551**

<https://www.glasgowcitymission.com>

British Red Cross - 10am to 5pm Monday to Friday, 10am to 8pm Wednesday

0808 196 3651 / 01413314170

<https://www.redcross.org.uk>

Refuweegee - Clothing, household items and food - free of charge (Booking is necessary) To book - **0141 401 0756** / enquiries@refuweegee.co.uk

<https://www.refuweegee.co.uk>

Simon Community Scotland - support to people experiencing, or at risk of, homelessness.

Open 24/7: **0800 027 7466** / info@ubuntu-glasgow.org.uk

Maslow's Community Shop - Free clothing & household goods

70 Shaw Street: Monday to Friday, 10am - 4pm

94 Langlands Road: Tuesday to Friday, 10am - 4pm

0141 387 0978 / <https://www.maslowscommunity.co.uk>

Positive Action in Housing - 10am to 5pm Monday to Friday: **0141 353 2220**

<https://www.paih.org>

Trafficking Awareness Raising Alliance - Support women, aged 18 years and over

0141 276 7724

<https://www.tarascotland.org.uk>

The Bridges Programme - Employment, education, training support.

Monday-Friday, from 9am to 5pm: **0141 558 9749**

<https://www.bridgesprogrammes.org.uk>

Safe in Scotland - Emergency accommodation for destitute asylum seekers. Duty phone: **07818372130**

Website: www.safeinscotland.com