



## Community Payback Supervisors

**Snapshot of the Organisations/services  
in Glasgow which support individuals needs**

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## Mental Health Services

Organisation Name	E-mail	Phone Number	Website Address
<b>Scottish Association for Mental Health (SAMH)</b>	<a href="mailto:enquire@samh.org.uk">enquire@samh.org.uk</a>	0141 530 1000	<a href="https://www.samh.org.uk/">https://www.samh.org.uk/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
SAMH operates over 60 services in communities across Scotland. Services are person centered and based on an ethos of recovery. For details of our local services get in touch on 0141 530 1000, available 9am to 5pm, Monday to Friday.		Service for all.	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p><b>Therapeutic Horticulture</b> - Horticulture services have a therapeutic impact on mental health recovery.</p> <p><b>Peer support</b> - Our peer support workers, each with their own experience of mental health problems, support others towards recovery.</p> <p><b>Employability</b> - National Employment Team helps people into work, training or education.</p> <p><b>Community Engagement</b> - Supporting people living with mental health problems towards recovery and engagement in the wider community.</p> <p><b>Homelessness</b> - Provide preventative work and practical support to individuals who are homeless or at risk.</p> <p><b>Addictions</b> - Helping people in their recovery from addiction.</p> <p><b>Active Living</b> - Champion active living as a vehicle for improving and maintaining good mental health and wellbeing.</p> <p><b>Suicide prevention</b> - Everyday SAMH works to prevent suicide through interventions and training.</p> <p><b>Supported Accommodation</b> - Provide emotional and practical support to people on a daily basis including living skills to help them keep their home.</p> <p><b>Mental Health Outreach</b> - Provides housing support and outreach to people in their own homes where staff support people to develop, regain and maintain independent living skills.</p>		<ul style="list-style-type: none"> <li>• Telephone/Email SAMH for referral or signposting.</li> <li>• Visit the website for more information.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Glasgow Association for Mental Health (GAMH)</b>	Enquiry form on website.	0141 552 5592	<a href="https://www.gamh.org.uk/">https://www.gamh.org.uk/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>GAMH is an independent charity registered in Scotland. They promote the mental health and wellbeing of people and their communities; providing more than 2000 hours of community based support every week to people in Glasgow. They do this by working with partner agencies across Scotland and beyond which supports us to provide innovative and effective service options and opportunities for people with lived experience of mental health and their carers.</p>		<ul style="list-style-type: none"> <li>• Service for all.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>My Time Health &amp; Wellbeing</b> -My Time Wellbeing Toolkit offers a range of holistic therapies and wellbeing training to business and voluntary sector organisations, their workforce and service users as well as private individuals.</li> <li>• <b>Group Opportunities</b> – Life &amp; Wellbeing Group focus on 3 key areas: Mental Health/Physical Health, Promotion Education and Learning Participating and Building Social Network.</li> <li>• <b>Peer Support &amp; Employment Initiatives</b></li> <li>• <b>Self-Directed Support</b></li> <li>• <b>Money &amp; Debt support</b></li> <li>• <b>Young carers/carers support</b></li> <li>• <b>South Later Life Matters support</b></li> <li>• <b>Service centres</b></li> <li>• <b>Collective Opportunities</b> e.g. Community Garden, Food for Recovery and Walking with friends.</li> </ul>		<ul style="list-style-type: none"> <li>• Telephone/Email GAMH for referral or signposting.</li> <li>• Visit the website for more information.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Theatre Nemo	Gordon@theatrenemo.org	07817 592484	<a href="http://www.theatrenemo.org/">www.theatrenemo.org/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Theatre Nemo is a Registered Charity set up in 1998 to give a voice to social issues, especially mental health. Theatre Nemo plays a valuable part in the lives of those it has touched. We actively encourage people with mental health problems and carers to take part. Our aim is to break down stigma and to give people a voice, and our experience so far has shown it is a powerful and truly worthwhile means of stimulation. Working in Hospitals, Prisons and in the Community making possible a role in throughcare and desistance. The aim is to encourage the development of self-confidence, communication skills and aid in the process of recovery.		<ul style="list-style-type: none"> <li>• Service for all</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Theatre Nemo provides the option to participate in a wide range of arts including: <ul style="list-style-type: none"> <li>• <b>Drama, Taiko Drumming , Instrument making , Visual Art , Animation &amp; Guitar classes</b></li> </ul>		<ul style="list-style-type: none"> <li>• Self-Referral</li> <li>• Referrals through professionals</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
LifeLink	info@lifelink.org.uk	0141 552 4434	<a href="https://lifelink.org.uk/about/">https://lifelink.org.uk/about/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Lifelink has supported adults and young people to make positive changes in their lives, realise their own abilities to cope with the normal levels of stress and to become happier and healthier, wherever they live, work or learn.		Service for all	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Lifelink focuses on providing an early intervention service, within a supportive and therapeutic environment, particularly, but not exclusively, in areas of high deprivation, <b>helping individuals to understand and manage their own stress to improve mental health and overall wellbeing.</b> We aim to provide a high quality, client-centered service, basic on social models of health and taking a community development approach. Building and maintaining good quality relationships with a large network of strategic and delivery partners, is key to achieving this goal.		Self Referral Services can also refer by visiting – <a href="https://lifelink.org.uk/make-a-referral/make-a-referral/">https://lifelink.org.uk/make-a-referral/make-a-referral/</a>	

Organisation Name	E-mail	Phone Number	Website Address
Mental Health Network Greater Glasgow & Clyde		0141 550 8417	<a href="http://www.mhngg.org.uk/">http://www.mhngg.org.uk/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
This is a service-user led charity which acts as a collective advocacy voice for people with a lived experience of mental-ill health and their carers.		<ul style="list-style-type: none"> <li>• Check website or contact organisation.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
This website publishes lots of different events and workshops taking place in Glasgow.		<ul style="list-style-type: none"> <li>• Check website or contact organisation.</li> </ul>	

## Employment, Education & Volunteering Services

Organisation Name	E-mail	Phone Number	Website Address
<b>Jobs &amp; Business Glasgow</b>	<a href="mailto:contact@jbg.org.uk">contact@jbg.org.uk</a>	0141 274 3333	<a href="http://www.jbg.org.uk">www.jbg.org.uk</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
<p>Jobs &amp; Business Glasgow provides free support to Glasgow residents. Its head office is located at 231 George Street, Glasgow, G1 1RX. The organisation was established in April 2011 as one of Glasgow City Council's arms-length external organisations (ALEO), with the aim of delivering economic development activity on behalf of the city.</p> <p>Our 5 year strategic planning process determined that our contribution to the economic development of the city should be, in the future, based on two key themes; the first is to increase the competitiveness of Glasgow's residents in the jobs market by equipping them with the skills that employers value in the workplace. Our second strategic goal is to work with the small business base to increase the number of start-ups and help improve their resilience in order to create more jobs.</p>		<ul style="list-style-type: none"> <li>• 16-65 years</li> <li>• Unemployed residents</li> <li>• Glasgow City Council boundary areas</li> <li>• Male and Female</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<ul style="list-style-type: none"> <li>• <b>Youth &amp; Learning Services</b></li> <li>• <b>1 – 1 advisor support for young people leaving school to 20<sup>th</sup> birthday</b></li> <li>• <b>Delivery of Youth programmes across the strategic employability pipeline</b></li> </ul>		<ul style="list-style-type: none"> <li>• Skills Development Scotland</li> <li>• Job Centre Plus</li> <li>• Education services, strategic partners</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Choice Works – Community Safety Glasgow</b>	CommsafetyChoiceworks@glasgow.gov.uk	0141 276 7509	<a href="http://www.communitysafetyglasgow.org/what-we-do/reducing-offending-behaviour/choiceworks/">www.communitysafetyglasgow.org/what-we-do/reducing-offending-behaviour/choiceworks/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Community Safety Glasgow (CSG) aims to tackle the causes of crime and antisocial behaviour in Glasgow. The Choiceworks Programme, funded by ESF, aims to support individuals to move forward to tackle their offending behaviour through individual support, groupwork sessions and fun activities.</p>		<ul style="list-style-type: none"> <li>• aged 16 +;</li> <li>• living in Glasgow;</li> <li>• not in education, employment or training; and</li> <li>• who either have been, or are, in trouble with the police, including fines.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Participants can expect <b>flexible intervention and support around their individual needs, tailored sessions to address offending and encouragement to make positive choices to move away from offending behaviour.</b> They will also have access to <b>training, intensive employability support and the opportunity of a paid placement (£85 per week) to gain valuable work experience. A weekly zone card and refreshments are provided at sessions and there is the opportunity to attend team building activities.</b></p> <p>Participants are expected to attend prearranged appointments and sessions and show a commitment to making a change and addressing their behaviour.</p>		<p>Participants are identified through the Community Safety Glasgow offender management process, but are also referred by partners such as Social Work, Prisoner Support Pathway, Skills Development Scotland or through self-referral.</p>	



Organisation Name	E-mail	Phone Number	Website Address
Family Action in Rogerfield and Easterhouse (FARE)	<a href="mailto:info@fare-scotland.org">info@fare-scotland.org</a>	0141 771 9151	<a href="http://www.fare-scotland.org">www.fare-scotland.org</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Through integrating young people via a catalogue of services we aim to breakdown territorial divides which will give them more freedom of movement to participate in vital services. Allowing them the opportunity to take part in various accredited programmes to enhance their employment opportunities as well as their futures.		<ul style="list-style-type: none"> <li>• 12 – 25 years</li> <li>• Glasgow (mainly north east area)</li> <li>• Youths directly on the periphery of gang violence/anti-social behaviour</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
FARE provide a range of service to engage with youths such as <b>youth clubs, sports, arts/media, issue based workshops, school programmes, mentoring, Duke of Edinburgh and employability programmes.</b>		<ul style="list-style-type: none"> <li>• Local schools</li> <li>• Police</li> <li>• Social work</li> <li>• GHA (Glasgow Housing Association)</li> <li>• FARE’s streetwork and family support team</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Braveheart Industries	<a href="mailto:Violence.Reduction@scotland.pnn.police.uk">Violence.Reduction@scotland.pnn.police.uk</a>	01786 896785	<a href="http://www.actiononviolence.org.uk/projects/braveheart-industries">www.actiononviolence.org.uk/projects/braveheart-industries</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Partnership led by Police Scotland’s Violence Reduction Unit with a focus on desistance from violence through employability. Abstinence based social enterprise with wrap around support employing only ex-offenders with vision of breaking the cycle of chaos, addiction, violence & hopelessness.		<ul style="list-style-type: none"> <li>• 18 – 29 year old males &amp; females</li> <li>• Former offenders</li> <li>• Abstinent from all drugs, substances &amp; alcohol</li> <li>• Ready &amp; willing to change</li> <li>• Currently Glasgow focused</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<ul style="list-style-type: none"> <li>• <b>Employment, Training, Navigation, support</b></li> </ul>		<ul style="list-style-type: none"> <li>• Self-referral, Job Centre Plus &amp; Jobs &amp; Business Glasgow, SACRO, The Wise Group, Skills Dev Scot, SPS</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Elevate Glasgow – PSP	elevate@glasgowcouncilonalcohol.org	0141 353 1800	<a href="http://www.elevate-glasgow.org">www.elevate-glasgow.org</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Elevate-Glasgow is an Employability Public Social Partnership for individuals in recovery from problematic drug &amp;/or alcohol misuse which involves over 30 organisations. Glasgow Council on Alcohol is the lead agency supporting the partners within the PSP. It uses an asset based approach to bridge the gap from treatment and care to sustainable recovery emphasising the positive contribution individuals can make to the personal, social and economic wellbeing of their community and Glasgow as a whole.</p>		<ul style="list-style-type: none"> <li>• In recovery</li> <li>• Contact organisation for further information.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Personal Development</b> - Focusing on early stages of recovery, programmes utilise structured and coordinated activities to improve self-esteem, health and well-being, family relationships, reducing social isolation and increasing social engagement to improve readiness to access training and education. We also offer practical programmes around job coaching, work preparation, CV development and interview skills.</li> <li>• <b>Training &amp; Development</b> - provides structured training and education programmes. The main focus is on improving core skills to improve readiness towards work experience and employment. The work stream has a formal onward referral route to placement and volunteering opportunities linked to accredited qualifications.</li> <li>• <b>Work Placements &amp; Volunteering</b></li> <li>• <b>Social Enterprise</b> - focus on providing social enterprise workshops, business startup advice, cross learning events, to develop practical skills for self-employment, increase knowledge, self-belief and confidence to prepare individuals for entrepreneurship.</li> <li>• <b>Mentoring</b> - Mentors will support individuals (mentees) during their transition from personal development, formal training and education and work placements whilst working towards accredited qualifications.</li> </ul>		<ul style="list-style-type: none"> <li>• Organisation</li> <li>• Self-referral</li> <li>• Referral form on website</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Govan Youth Information Project</b>	mail@gyip.org.uk	0141 445 4505	<a href="http://www.gyip.org.uk">www.gyip.org.uk</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
The aim of the organisation is to promote inclusion and equality for children, young people and community members in the Greater Govan area. The support services are free to access and are available for children aged 5+. The support services delivered by GYIP aim to promote positive outcomes in terms of: education, training, employment, health and reducing anti-social behaviour.		<ul style="list-style-type: none"> <li>• Age 5-25</li> <li>• Diversionary work</li> <li>• Issue based group work</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
The organisation offers a wide variety of support services for children and young people including: <b>youth café, drop-in, free internet access, employment support, school information surgeries, and youth provision.</b>		<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
The Prince's Trust	Enquiry form on website.	0800 842 842	<a href="http://www.princes-trust.org.uk">www.princes-trust.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
We help 13 – 30 year olds who are unemployed or struggling at school to transform their lives. Our seven different programmes give young people the practical and financial support they need to stabilise their lives. We help them develop key skills while boosting their confidence and motivation.		Various programmes supporting young people from 13 to 30 years old. For those over 16 years olds must be in less than 16 hours employment or 12 hours education per week and be available to commit to the full programme.	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p><b>Fairbridge Programme:</b> works with chaotic and disengaged young people through a personalised approach. The perfect opportunity to learn new skills and overcome personal challenges and barriers.</p> <p><b>Get Started Programme:</b> short themed engagement courses for those that may lack confidence or motivation to successfully gain employment.</p> <p><b>Team Programme:</b> 12-week personal development course for 16 to 25-year-olds, offering work experience, qualifications, practical skills, community projects and a residential week.</p> <p><b>Development Awards: cash grants</b> 14 to 25-year-olds to help make getting back into work, education or training even easier.</p> <p><b>Get Into Programme:</b> short vocational courses for 16 – 25 year-olds that develop young people's skills in a specific sector</p> <p><b>Enterprise Programme:</b> initially training and supports for 18 to 30 year olds to explore whether a business idea is viable and whether self-employment is right for them. Then leads onto further training, funding and practical support to launch and run a business.</p>		<p>Refer:</p> <ul style="list-style-type: none"> <li>• via free-phone 0800 842 842;</li> <li>• website; or</li> <li>• drop in to our Glasgow Centre -The Prince's Trust Wolfson Centre, Cumbrae House, 15 Carlton Court, Glasgow G5 9JP</li> </ul>	

Organisation Name	E-mail (General inbox where possible)	Phone Number	Website Address
Venture Scotland	admin@venturescotland.org.uk	Glasgow Office: 0141 552 8173	<a href="http://www.venturescotland.org.uk">www.venturescotland.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions - Age, gender, ethnic groups, geographical areas, characteristics etc.	
Venture Scotland is a charity which empowers vulnerable young people aged 16-30 to develop the skills, confidence and resilience they need to fulfil their potential and play a positive role in their communities.		<ul style="list-style-type: none"> <li>• 16-30 age range</li> <li>• Male and female</li> <li>• Mainly Greater Glasgow area but across all of central belt</li> <li>• Involved in or At Risk of Offending, drug use, alcohol, homelessness, mental health issues</li> </ul>	
Services You Provide – What is/are your focus area(s) – Employability / Health & Wellbeing / accommodation / mentoring / arts etc.		Referral Routes	
12 month long programme to support young vulnerable people using the outdoors to teach team building and life skills to prepare for moving into college, training, volunteering or employment.		<ul style="list-style-type: none"> <li>• Any, from other support charities, police, prison service, local authority services.</li> <li>• Self-referrals</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Volunteer Glasgow	info@volunteerglasgow.org	0141 226 3431	<a href="http://www.volunteerglasgow.org">www.volunteerglasgow.org</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Established 45 years ago as the Centre for Volunteering, Community Action and Employment Initiatives, we provide a broad range of services including employability and ALN, befriending and mentoring, support services for young and adult carers and volunteering programmes. We work in partnership with Glasgow Community Justice authority, Possilpark PSP, the Scottish Refugee Council, the Youth Employment Board, Poverty Leadership Panel, Community Planning Partnership and the TSI / Third Sector Forum.		<ul style="list-style-type: none"> <li>• Glasgow City Council boundary areas</li> <li>• Male and Female</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
As above		<ul style="list-style-type: none"> <li>• Drop-in facility</li> <li>• Custody</li> <li>• Community</li> <li>• Through partners</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Action For Children Scotland</b>	ask.us@actionforchildren.org.uk	0141 550 9010	<a href="https://www.actionforchildren.org.uk/what-we-do/our-work-in-scotland/employability-programmes/">https://www.actionforchildren.org.uk/what-we-do/our-work-in-scotland/employability-programmes/</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
<p>In Scotland we work with looked after and accommodated children and young people, young carers, children affected by parental drug and alcohol misuse and families at risk.</p> <p>We provide residential breaks and support for young people with disabilities and their families and employability support for young people who are not in education, employment or training and work with young people who offend or at risk of offending.</p>		<ul style="list-style-type: none"> <li>• 16-19 years</li> <li>• Male and Female</li> <li>• Barriers to Employment</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<ul style="list-style-type: none"> <li>• <b>Youthbuild</b> - The Youthbuild programme works with young people aged between 16-19 years old who have faced barriers in their lives. It is a construction based training programme which offers nationally recognised construction certification, personal development and employability sessions. Support is over a thirty-four week period. Four weeks in the training centre, four weeks training on a site with an employer and then 26 weeks are then spent on site as employees of the company.</li> <li>• <b>Challenge Programme</b> - The service is designed to support young people who have just entered into the early stages of employability support. Each programme provides young people aged 16-19 years old with a unique opportunity to not only improve their confidence, employability and life chances, but also encourages them to take a definitive pride in contributing towards making positive improvement towards an identified community issue.</li> <li>• <b>Transitions</b> - The Glasgow Transitions Care Leavers' Employability Programme supports young people residing within the Glasgow-wide area who have been looked after at home or accommodated by Social Work Services. The programme supports young people who are looking for work by sourcing appropriate training and/or providing quality employment opportunities across various employment sectors.</li> </ul>		<ul style="list-style-type: none"> <li>• Contact service.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Grace Chocolates	Gracechocolatesuk@gmail.com	07482670325	<a href="http://www.gracechocolates.co.uk/introduction/">http://www.gracechocolates.co.uk/introduction/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Our chocolates are handmade by women who have touched the Scottish criminal justice system and are choosing to make positive changes in their lives.		<ul style="list-style-type: none"> <li>• Work in UK</li> <li>• Females</li> <li>• Involved in justice system</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Through making and selling our chocolates the women <b>receive support, training, work experience and the opportunity to raise their self-esteem</b> and resilience which helps lower the barriers they face in finding meaningful employment.		Self-Referral - Contact Grace Chocolates.	

## Connecting with Community

Organisation Name	E-mail	Phone Number	Website Address
Impact Arts	mail@impactarts.co.uk	Glasgow Office: 0141 575 3001	<a href="http://www.impactarts.co.uk">www.impactarts.co.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Established in 1994, Impact Arts is a forward-thinking community arts organisation which uses the arts and creativity to enable and empower social change. We consider the arts as a positive tool for change – helping people to: Build confidence and attain new skills, get back into work or education, source work in the creative arts and enjoy better health or simply improve quality of life. Impact Arts has strong ethos of partnership working in collaboration with a variety of partners including Third Sector, Local and National Government, Prisons and Housing Associations. We develop and deliver commissioned projects which help our partners fulfil their aims and target social challenges.</p>		<ul style="list-style-type: none"> <li>• Dependent on specific project</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p><b>Representing Dennistoun</b> - The aim of this project was to establish how community representations produced through the creative arts can be used as forms of evidence to inform health-related policy and service development. <b>Urban Green</b> - Impact Arts worked with local nurseries and schools, community groups and unemployed young people to deliver workshops on food growing, gardening, and environmental art.</p>		<ul style="list-style-type: none"> <li>• Contact Impact Arts or visit the website for further information.</li> </ul>	



Organisation Name	E-mail	Phone Number	Website Address
Royston Youth Action		0141 572 0984	<a href="https://en-gb.facebook.com/RoystonYouthAction/">https://en-gb.facebook.com/RoystonYouthAction/</a>
Brief Description of Organisation		Criteria or Restrictions	
Community organisation who work with children, young people and older people. We believe that the children, young people and wider community of Royston and the surrounding area should have ready access to a full range of social, educational, recreational and volunteering opportunities.		<ul style="list-style-type: none"> <li>• Any child aged from 5-12 years</li> <li>• Any young person aged 12-25 years</li> <li>• 50+ aged people delivering older peoples services;</li> <li>• Families and adults in a supportive role</li> <li>• Males and females</li> <li>• Primarily Royston (and surrounding locales).</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<b>Our service focuses on a wide range of areas such as; employability, health fitness and wellbeing, accredited awards, mentoring and support, arts and cultural, outdoor sports trips and residential, and diversionary activities.</b>		No official referral routes. Although we work with local Social Work team, Primary and High Schools and supported accommodation units to encourage young people to access our services.	

Organisation Name	E-mail	Phone Number	Website Address
Glasgow Social Enterprise Network Guide	Elizabeth.mckenna@gsen.org.uk	07584422775	<a href="https://www.gsen.org.uk/">https://www.gsen.org.uk/</a>
Brief Description of Organisation – Purpose, Aims etc. (		Criteria or Restrictions	
Glasgow Social Enterprise Network have created a guide which includes Social Enterprises across Glasgow. Follow this link to view various services which work to support people. - <a href="https://www.gsen.org.uk/files/the-pocket-guide-to-gsen-february-2018-final-single-page.pdf">https://www.gsen.org.uk/files/the-pocket-guide-to-gsen-february-2018-final-single-page.pdf</a> The contact details for each service are found at the bottom of each page.		<ul style="list-style-type: none"> <li>• Dependant on the service.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<b>The guide includes services in – Advocacy, arts &amp; culture, care, catering, community development, construction, health, employability, education, legal services, training, personal development and many more.</b>		<ul style="list-style-type: none"> <li>• <b>Dependant on the service</b></li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Youth Community Support Agency	<a href="mailto:enquiries@ycsa.org.uk">enquiries@ycsa.org.uk</a>	0141 420 6600	<a href="http://www.ycsa.org.uk">www.ycsa.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
A leading BME charity with 20 years of experience. At YCSA we support and empower young people in a social, educational and developmental process, enabling them to reach their potential and become active valued members of a diverse community. Our values, based around RESPECT are very important to us, so much so that we have built our entire organisation around them. Our values include responsibility, empower, support, potential, equality, challenge and trust.		<ul style="list-style-type: none"> <li>• Predominantly BME young people</li> <li>• Predominantly 10-25 year olds</li> <li>• Based across the whole Glasgow area</li> <li>• Predominantly focused on young people who are displaying vulnerabilities</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Our Ctrl Alt Delete</b> programme supports vulnerable young people, 16-25 to achieve positive outcomes in education, employment and social contexts - ESOL, Literacy and numeracy, ICT and digital media skills, creative arts, employability and access to further education - music, art, film, photography, ICT, English, literature through group projects and intensive 1:1 support</li> <li>• <b>Connect Protect Respect (CPR)</b> 1:1 sessions and group work to support young people aged 14-25 who are at risk of offending or involved in anti-social behaviour.</li> <li>• <b>The Ebara programme</b> 1:1 and group work support offered to young people from the BME community who are involved in the criminal justice system and displaying high levels of vulnerability. Service offered within HMYOI Polmont and upon release. Family support throughout the young person's sentence also offered.</li> </ul>		<ul style="list-style-type: none"> <li>• Self-referral</li> <li>• School</li> <li>• Referral from professionals, e.g. Job centre, social work</li> <li>• Drop in</li> <li>• Parent or Guardian</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Venture Trust	<a href="mailto:info@venturetrust.org.uk">info@venturetrust.org.uk</a>	0131 228 7700	<a href="http://www.venturetrust.org.uk/">http://www.venturetrust.org.uk/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
We believe in people. We believe that everyone, whatever their circumstances, can be supported to make and sustain positive changes in their lives.		Living Wild – Chance for Change – Men & Women, 16-40,national Next Steps – Women , 16+, national	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Living Wild – Chance for Change, Next Steps and many other programmes which help those experiencing challenging circumstances.		Contact service	

## Relationships

Organisation Name	E-mail	Phone Number	Website Address
Families Outside	support@familiesoutside.org.uk	0800 254 0088	<a href="http://www.familiesoutside.org.uk/">http://www.familiesoutside.org.uk/</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Families Outside is the only national charity in Scotland that works solely to support the families of people affected by imprisonment. We work to mitigate the effects of imprisonment on children and families – and consequently to reduce the likelihood of reoffending – through support and information for families and for the people who work with them.		<ul style="list-style-type: none"> <li>• Nationwide</li> <li>• Family members affected by imprisonment</li> <li>• Helpline open 9-5 Monday to Friday</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
Families Outside supports children and families affected by imprisonment through: <ul style="list-style-type: none"> <li>• <b>Families Outside Support &amp; Information Helpline, Family Support Workers providing direct support to children and families throughout Scotland, Visitor Centre provision at HMP Addiewell providing support to families visiting the prison, Bespoke training and awareness-raising, Development of policy and practice &amp; Campaigning and research.</b></li> </ul>		<b>Call our Helpline on</b> 0800 254 0088	

Organisation Name	E-mail	Phone Number	Website Address
Family Sentence		Contact Tracy – 07426202501 Julie - 07592161082	<a href="https://www.facebook.com/A-Family-Sentence-1884165798516311/?fref=mentions">https://www.facebook.com/A-Family-Sentence-1884165798516311/?fref=mentions</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions - Age, gender, ethnic groups, geographical areas, characteristics etc.</b>	
A support group with lived experience of a loved one being in prison or involved in the criminal justice system.		Service for all those who have a loved one in the justice system	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<b>The group meets regularly to share experiences, support one another and do family activities as well as awareness raising.</b>		Self-referral, contact service.	

## Health & Wellbeing Services

Organisation Name	E-mail	Phone Number	Website Address
<b>Glasgow City Health and Social Care Partnership Youth Health Service (YHS)</b>	<a href="mailto:nwyouth@ggc.scot.nhs.uk">nwyouth@ggc.scot.nhs.uk</a>	0141 451 2727	<a href="http://www.yhs-ng.co.uk">www.yhs-ng.co.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>The Glasgow City Health and Social Care Partnership is a partnership between Glasgow City Council and NHS Greater Glasgow and Clyde for the planning and delivery of community health and social care services. It is the largest health and social care partnership in Scotland, with Glasgow City alone having a resident population of about 600,000 people.</p> <p>The North West Locality “<b>Youth Health Service</b>” offers support for young people aged 12-19 years.</p>		<ul style="list-style-type: none"> <li>• Young People aged between 12 and 19. Living in the North West of Glasgow.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Young people have access to:</p> <ul style="list-style-type: none"> <li>• <b>A Doctor/Nurse for health issues without an appointment.</b></li> <li>• <b>A counsellor to discuss emotional distress (e.g. self-harm, family break-up, anger management, depression, abuse).</b></li> <li>• <b>Youth Workers to find out what’s going on in the area, with help to access a range of opportunities (e.g. college places or employment).</b></li> <li>• <b>Workshops on health issues (e.g. alcohol and drugs, arts and crafts, personal safety, healthy eating).</b></li> <li>• <b>Our Weigh To Go – Weight loss programme for 12 -1 8 year olds with a BMI of 25+. Participants will be given free access to Slimming World, Scottish Slimmer’s or Weight Watchers) &amp; free gym/leisure centre membership (for +14 year olds). Initially for 12 weeks; and mentoring – for one to one support.</b></li> </ul>		<ul style="list-style-type: none"> <li>• Self-Referral</li> <li>• Drop in</li> <li>• Referral from any other professional</li> <li>• Referral from guardian</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Sandyford Sexual Health Clinic – Extra Support Service</b>	sandyford@ggc.scot.nhs.uk	0141 211 8610	<a href="http://www.sandyford.org/sandyford-sexual-health-services/what-are-our-services/people-who-need-extra-support/">http://www.sandyford.org/sandyford-sexual-health-services/what-are-our-services/people-who-need-extra-support/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Sandyford offers additional support to people who may find it difficult to access mainstream services. This might include people who are currently homeless, or who have a physical or learning disability.		<ul style="list-style-type: none"> <li>• City wide service</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Our Inclusion Team can help with <b>advice, support, or offer appointment by calling the service.</b>		<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	

## Community Justice Focussed Services

Organisation Name	E-mail	Phone Number	Website Address
The Wise Group	<a href="mailto:enquiries@thewisegroup.co.uk">enquiries@thewisegroup.co.uk</a>	0141 303 3131	<a href="http://www.thewisegroup.co.uk">www.thewisegroup.co.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>The Wise Group is a social enterprise. We're a business that provides solutions to social problems. We've got a commercial focus but we re-invest any profits for the benefit of the people and communities we work with. Since 1980 the Wise Group's been changing lives – helping people gain new skills and get off benefits and into work, reducing reoffending, regenerating communities, working to eliminate fuel poverty and trying to create a greener society.</p> <p>We have projects across Scotland and the North East of England developing and delivering innovative services to meet the needs of the people and communities we work with.</p> <p>We work in partnership with public, private and third sector organisations to meet shared goals and make a positive impact on society. We are helping other social enterprises grow and fulfil their full potential.</p>		<p>Community Justice</p> <ul style="list-style-type: none"> <li>• New Routes - (Males under 25, short term prisoners, national)</li> <li>• Positive Routes – (Males 25+, mental health and addiction issues, HMPs Barlinnie, Kilmarnock, Dumfries, Greenock)</li> <li>• Routes Out of Prison for Young People – (Polmont)</li> <li>• Shine (delivery partner) – (Females, custody and community (CPO), HMP Greenock returners to Glasgow, Lanarkshire and North Strathclyde)</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>We provide services across many sectors and geographies, in terms of our community justice activity <b>our focus is on mentoring.</b></p>		<ul style="list-style-type: none"> <li>• Custody</li> <li>• Community via CPO</li> <li>• Self-referral (Positive Routes)</li> <li>• Criminal Justice Social Work</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
One Glasgow – Clean Slate Programme	<a href="mailto:OneGlasgowReducingOffending@scotland.pnn.police.uk">OneGlasgowReducingOffending@scotland.pnn.police.uk</a>	0141 276 7783	<a href="https://www.glasgowcpp.org.uk/oneglasgow">https://www.glasgowcpp.org.uk/oneglasgow</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Outstanding complaints or warrants, which key agencies and those with convictions themselves are aware of prior to release, can often act as a barrier to people in custody engaging with prison and community based interventions. These outstanding complaints and warrants can often result in those with them, returning to custody in a short space of time, creating a revolving door effect. As a consequence this has poorer outcomes for not only those with convictions but for the communities they return to.		<ul style="list-style-type: none"> <li>• Outstanding warrants</li> <li>• Glasgow Postcode</li> <li>• Male and Female</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
The project does not ‘wipe out’ outstanding warrants or complaints. The purpose of the concept is to accelerate the process (decision by Crown Office & Procurator Fiscal Service (COPFS), court appearance etc.) whilst the accused is in custody or serving a Community Sentence.		<ul style="list-style-type: none"> <li>• Individual has to contact their defence agent and they should initiate the process.</li> <li>• For further information contact One Glasgow</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Tomorrows Women Glasgow	POPS_TWP@glasgow.gov.uk	0141 274 6052	<a href="http://www.womenssupportproject.co.uk/content/news/210,1,508/Tomorrow039sWomenGlasgow.html">http://www.womenssupportproject.co.uk/content/news/210,1,508/Tomorrow039sWomenGlasgow.html</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Tomorrow`s Women is a Community Justice Centre for women who have been involved in offending behaviour.		Women assessed via the LSCMI risk matrix as high or very high risk of re-offending, harm or custody and with high complex needs	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
The service aims to ‘reduce reoffending and bring about behavioural change’ and <b>offers individual and group support and a range of activities, including gardening and arts and crafts.</b>		Call 0141 274 6052 to refer.	

Organisation Name	E-mail	Phone Number	Website Address
Cornerstone	<a href="mailto:sharon.mckinley@cornerstone.org.uk">sharon.mckinley@cornerstone.org.uk</a> <a href="mailto:leonie.coyle@cornerstone.org.uk">leonie.coyle@cornerstone.org.uk</a>	0141 378 0700	<a href="http://www.cornerstone.org.uk">www.cornerstone.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Community Justice Services aim to reduce offending behaviour and enable vulnerable people to live a safer and valued life and contributing to safer communities. Support to overcome barriers such as homelessness, addiction issues, mental and physical health. Structured support to enable individuals to be successfully integrated into the community by identifying support needs of people with a learning support need including health and wellbeing, accommodation, mentoring, training and employability.</p>		<ul style="list-style-type: none"> <li>• Male and Females</li> <li>• 16 years and over</li> <li>• involved or at risk of being involved in the criminal justice system</li> <li>• Have been recognised as having a mental health/learning support need.</li> <li>• ‘Finding a Voice’ project – history of sexual abuse/trauma.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p><b>Glasgow Community Justice</b> - Assess each person’s needs individually and holistically, including but not limited to accommodation, training and employment, personal and social needs, finance, debts and sourcing outside commitments and activities.</p> <p><b>Community Justice Partnership Project</b> - We can provide one-to-one, community based, person-centred, emotional, behavioural and practical support. The project aims to work with people to address areas of their behaviour that are putting them at risk of criminalisation and/or are posing a risk to others. We also support people through the legal process and social re-integration.</p> <p>Finding A Voice – Supporting those with a history of sexual abuse/trauma through 1 to 1 pre therapy support.</p>		<ul style="list-style-type: none"> <li>• Contact service</li> <li>• Self-Referral</li> <li>• Social Work Referral</li> </ul>	



## Drug & Alcohol (Addiction) Services

Organisation Name	E-mail	Phone Number	Website Address
<b>Scottish Families Affected by Alcohol &amp; Drugs</b>	info@sfad.org.uk	0141 221 0544	<a href="http://www.sfad.org.uk">www.sfad.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
National organisations supporting families & communities affected by a significant others drug &/or substance use. We are the hub of a network of family support groups across Scotland and provide information and support through our website and our helpline.		16+ across Scotland	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<b>National Helpline, Family support groups, National Telehealth support service, Online support and bereavement support (for drug related deaths).</b>		Self-referral Helpline 08080 101111 or via website Or any alcohol & drugs partnership/ treatment services/GPs	

Organisation Name	E-mail	Phone Number	Website Address
<b>The Mungo Foundation - South Glasgow Alcohol and Drug Recovery Hub</b>	southhub@themungofoundation.org.uk	0141 423 5872	<a href="http://www.themungofoundation.org.uk/what-we-do/outreach-services/alcohol-drug-recovery-hub/">http://www.themungofoundation.org.uk/what-we-do/outreach-services/alcohol-drug-recovery-hub/</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
We deliver the service from our Recovery Hub in the Gorbals and work with individuals and families at a variety of places and times in local communities		Anyone aged 16 or over in the South of Glasgow.	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
An assessment of individual needs is made and after the assessment discussion, allocated recovery worker gets in touch to arrange a first appointment, where your personal recovery plan is started, this is reviewed along the way.		Get in touch with us directly, or via a referral from someone like a doctor, social worker or housing officer.	

Organisation Name	E-mail	Phone Number	Website Address
<b>Family Addiction Support Service (FASS)</b>	info@fassglasgow.org	0141 420 2050	<a href="https://www.fassglasgow.org/">https://www.fassglasgow.org/</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
FASS is a confidential support service for parents and adult family members affected by or concerned about a loved one's drug or alcohol use. We offer support, advice and information to parents, spouses, partners, adult family members, kinship carers and close friends who due to their loved one's alcohol or drug problems are feeling the negative impact which this has on them.		<ul style="list-style-type: none"> <li>Families affected by a loved one's drug/alcohol use.</li> <li>Glasgow Service</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<b>FASS provides a variety of support including:</b> <ul style="list-style-type: none"> <li>Family Support</li> <li>Kinship Support</li> <li>Bereavement Support</li> <li>Hypnotherapy</li> <li>Holistic Therapy</li> <li>Respite Breaks</li> <li>And many other services</li> </ul>		Self-referral	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Alcohol Rehabilitation Service</b>	Gars@turningpointscotland.com	0141 948 0092	<a href="http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-alcohol-rehabilitation-service/">http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-alcohol-rehabilitation-service/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Glasgow Alcohol Rehabilitation Service is a residential support unit in Glasgow City Centre for adults with a history of alcohol dependence and homelessness who wish to change their lifestyle. The service provides support to people with complex physical, mental health and addiction issues through a programme of complete abstinence from alcohol and drugs.</p> <p>The facility provides a safe, supportive and structured environment for a maximum of ten residents. The support provided helps residents to explore the underlying reasons for their dependency and encourage them to realise their potential to rebuild their lives.</p>		<ul style="list-style-type: none"> <li>• Aged 18 and over</li> <li>• Alcohol dependency &amp; homelessness</li> <li>• Complex physical/mental health issues</li> <li>• Addiction issues.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Support offered within the unit includes:</p> <ul style="list-style-type: none"> <li>• <b>Personal support planning</b></li> <li>• <b>Individual key workers</b></li> <li>• <b>Regular and structured group work activities</b></li> <li>• <b>Physical and social care</b></li> <li>• <b>Family and parenting support</b></li> <li>• <b>Therapeutic activities</b></li> <li>• <b>Access to education and training</b></li> <li>• <b>Confidence building and re-developing life skills</b></li> <li>• <b>Residents will complete a three stage abstinence based rehabilitation programme with a target duration of 9 months. However, the length of each stage will be based on the individual’s progress and how quickly the goals set for each stage are achieved.</b></li> </ul>		<ul style="list-style-type: none"> <li>• Enquiries can be made by phoning 0141 948 0092</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Drug Crisis Centre</b>	GDCC@turningpointscotland.com	0141 420 6969	<a href="http://www.turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/">http://www.turningpointscotland.com/what-we-do/substance-misuse/glasgow-drug-crisis-centre/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>The Glasgow Drug Crisis Centre offers a safe, confidential service which will support and encourage people to find ways of making their substance misuse less problematic and to achieve a better quality of life. Everyone who comes to the Glasgow Drug Crisis Centre can have an initial assessment of their circumstances completed and a personalised care plan drawn up. Individuals can also obtain advice about other community based organisations which can provide longer term care to suit their needs. The centre is based in Tradeston and offers a range of support services 24 hours a day.</p>		<ul style="list-style-type: none"> <li>• Substance misuse</li> <li>• Male and female</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Services Provided:</p> <p><b>One Stop Service</b> - The One Stop service provides 24 hour advice, information and support on substance misuse and related issues. Assessments are carried out on a 24 hour basis and an abscess and ulcer clinic is also provided by Glasgow's Physical Health Team.</p> <p><b>Naxolone Programme</b> - This service educates people on what to do in the event of an overdose. Training in basic first aid skills is provided along with training to administer naloxone, which reduces the risk of fatality in the event of an overdose.</p> <p><b>Needle Exchange</b> - The needle exchange is open 24 hours a day. Used injecting equipment can be brought in to be disposed of safely and exchanged for new equipment. Those who come to the needle exchange for the first time will also be given a brief initial screening. It is expected that those who use the service may want to access other services offered or be put in touch with relevant local agencies.</p> <p><b>Performance and Image Enhancing Drug Clinic</b> - The clinic was set up in partnership with Glasgow Addiction Services as a response to the growing number of steroid users in Glasgow. The clinic is an NHS Greater Glasgow and Clyde resource and is held on a Tuesday from 6pm-10pm. It currently offers support and advice for people using body or image enhancing products.</p>		<ul style="list-style-type: none"> <li>• Enquiries can be made by contacting the service.</li> </ul>	

<p><b>Residential Unit</b> - This service is aimed at people who are no longer coping in the community and may be at risk due to their chaotic drug use. The unit has space for twelve residents with an average stay of 2-3 weeks. People who use the residential unit are provided with:</p> <ul style="list-style-type: none"> <li>-A fully personalised care plan</li> <li>- Access to 24 hour nursing care, podiatry and medication</li> <li>- A fully structured and flexible group work programme</li> <li>- Naloxone training and supply</li> <li>- Sexual health advice and treatment</li> <li>- Leisure equipment such as pool table, table tennis and badminton equipment and use of a gym hall</li> </ul> <p>There are no waiting lists or appointment times as the Glasgow Drug Crisis Centre and admission to the residential unit is made on the basis of priority and need. The Glasgow Drug Crisis Centre also provides an outpatient methadone clinic for those who have left the residential unit.</p>	
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Organisation Name	E-mail	Phone Number	Website Address
<b>Glasgow Council on Alcohol (GCA)</b>	info@glasgowcouncilonalcohol.org	0141 353 1800	<a href="http://www.glasgowcouncilonalcohol.org">www.glasgowcouncilonalcohol.org</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
GCA has over 50 years' experience of delivering a range of services for the people of Glasgow to tackle the misuse of alcohol.		<ul style="list-style-type: none"> <li>• Affected by addiction (self or someone you may know)</li> <li>• Dependant on service</li> <li>• Living in Glasgow</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>ACE – 12 week group work programme.</b></li> <li>• <b>Young Personal Counselling &amp; Group work Service – free counselling for those aged 12-25 who are affected by alcohol.</b></li> <li>• <b>Volunteering</b></li> <li>• <b>Relationship Counselling – for those aged 16 or over.</b></li> <li>• <b>Counselling</b></li> <li>• <b>Service User Involvement Forum</b></li> <li>• <b>Building Positive Pathways – 1-1 support for survivors to develop healthy coping skills.</b></li> <li>• <b>Communities – Community wide support.</b></li> </ul>		<ul style="list-style-type: none"> <li>• Criminal Justice services</li> <li>• Self-referral</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Addaction Scotland</b>	glasgow.northeast@addaction.org.uk  glasgow.northwest@addaction.org.uk	Drink Wise, Age Well - 0800 304 7690 North East Office - 0808 164 4261 North West Office - 0141 221 3382	<a href="https://www.addaction.org.uk/addaction-scotland">https://www.addaction.org.uk/addaction-scotland</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
As the largest provider of drug and alcohol support services in Scotland we believe that recovery from dependence on drugs or alcohol is possible. All our efforts are directed towards assisting and enabling people to become free of their dependence and to lead productive, fulfilled lives.		<ul style="list-style-type: none"> <li>• Different dependent on service</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Drink Wise, Age Well</b> – Prevention &amp; awareness workshops, social activities &amp; befriending, peer support &amp; coping skills group, training &amp; skills development, direct support, volunteering.</li> <li>• <b>North East Glasgow Recovery Hub/North West Glasgow Recovery Hub</b> - individual and group sessions as well as mutual aid and peer support. It's our aim to help build safe recovery networks and to encourage the use of Glasgow's thriving recovery communities.</li> </ul>		<ul style="list-style-type: none"> <li>• Contact service/visit website</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
HSCP – Glasgow Community Addiction Teams (CATS)		Found below	<a href="https://www.glasgow.gov.uk/index.aspx?articleid=18063">https://www.glasgow.gov.uk/index.aspx?articleid=18063</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
CATs will support, advise and assist you to think about the ways in which alcohol or drugs are affecting your life, those around you and those you have responsibility for.		<ul style="list-style-type: none"> <li>Contact CATs.</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<p>Together we can decide what treatment and support you may need in the short and long term. This may include:</p> <ul style="list-style-type: none"> <li>Assessing, planning and reviewing your care</li> <li>One-to-one support and advice</li> <li>Access to group work</li> <li>Support that your family or people who care for you may need in coming to terms with problems caused by alcohol or drugs</li> <li>Help for the people who rely on you – especially children, who are affected by the use of alcohol or drugs</li> <li>Further help – if together we agree that you need help from another type of worker or agency, we can arrange this, e.g. hospital care, residential rehabilitation. We can also assist you to get in touch with services that will help you get into training and employment</li> </ul>		<p>Contact Office for more information :-</p> <p><b>Greater Pollok</b> - 0141 276 3010  <b>Possil</b> - 0141 276 4580  <b>Maryhill</b> - 0141 276 6220  <b>South West</b> - 0141 276 8740  <b>South East</b> - 0141 276 5040  <b>East</b> - 0141 565 0200  <b>South</b> - 0141 420 8100  <b>West</b> - 0141 276 4330  <b>North East</b> - 0141 276 3420</p>	

Organisation Name	E-mail	Phone Number	Website Address
HSCP Recovery Services			<a href="https://www.glasgow.gov.uk/CHttpHandler.ashx?id=41158&amp;p=0">https://www.glasgow.gov.uk/CHttpHandler.ashx?id=41158&amp;p=0</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
A directory by HSCP of all the Glasgow Drug & Alcohol Recovery services 2018.		Contact service.	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
Focuses on services that work with those in drug & alcohol recovery.		All services are individual – contact service.	

## Homelessness Services

Organisation Name	E-mail	Phone Number	Website Address
<b>Simon Community Scotland</b>	<a href="mailto:hello@simonscotland.org">hello@simonscotland.org</a>	0800 027 7466	<a href="https://www.simonscotland.org/get-support/">https://www.simonscotland.org/get-support/</a>
<b>Brief Description of Organisation – Purpose, Aims etc. (</b>		<b>Criteria or Restrictions</b>	
We're working to combat the causes and effects of homelessness. Our vision is that everyone should have a safe place to live and access to the support they need. Our role is to provide consistent, friendly and informed support to help people explore options and take 'the next step' towards a positive future.		<ul style="list-style-type: none"> <li>• 18 – 65 year olds</li> <li>• Homeless / at risk of homelessness</li> <li>• Glasgow, North Lanarkshire, South Ayrshire</li> <li>• Male and Female</li> </ul>	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
<ul style="list-style-type: none"> <li>• <b>Prevention of rough sleeping</b></li> <li>• <b>Advice and information</b></li> <li>• <b>Intensive outreach</b></li> <li>• <b>Emergency access</b></li> <li>• <b>Supported accommodation</b></li> <li>• <b>Life skills development groups</b></li> </ul>		<ul style="list-style-type: none"> <li>• Local Authority / Social Work / Hamish Allan Centre</li> <li>• Self-Referral (RSVP Service)</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Shelter Scotland Glasgow Community Hub</b>	ShelterScot@shelter.org.uk	0808 800 4444	<a href="https://scotland.shelter.org.uk/about_us/local_services/glasgow">https://scotland.shelter.org.uk/about_us/local_services/glasgow</a>
<b>Brief Description of Organisation – Purpose, Aims etc.</b>		<b>Criteria or Restrictions</b>	
Our Glasgow Community Hub is a one- stop-shop for anyone who is homeless, facing homelessness or needs advice about a housing related problem		Services for anyone experiencing or at risk of experiencing homelessness or any housing related issue.	
<b>Services You Provide – What is/are your focus area(s)</b>		<b>Referral Routes</b>	
The Hub offers <b>specialist advice on Housing, Money &amp; Debt, and Welfare Benefits as well as having a team of solicitors who make sure your rights are represented and fairly enforced.</b> Support services are available to help those who require ongoing support. We help and support anyone dealing with issues affecting their ability to find or keep a home.		Self-referral	



Organisation Name	E-mail	Phone Number	Website Address
Ypeople	<a href="mailto:admin@ypeople.org.uk">admin@ypeople.org.uk</a>	0141 565 1200	<a href="http://www.ypeople.org.uk">www.ypeople.org.uk</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
Y people, formerly YMCA Glasgow, is an independent registered Scottish charity that provides support to vulnerable groups and individuals including homeless and young people to enable them to adapt to change and improve their quality of life.		<ul style="list-style-type: none"> <li>• Ypeople provide services for children and adults of all ages, across a range of services</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
Ypeople operates 17 services across Glasgow, South Lanarkshire, Falkirk, Edinburgh and the Orkney Islands. Our services deliver a broad range of approaches to <b>support children, young people and families as well as providing accommodation support, homelessness support, and counselling and mentoring.</b>		<ul style="list-style-type: none"> <li>• Referral routes are dependent on services, and local authority area.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Glasgow City Mission</b>	info@glasgowcitymission.com	0141 221 2630	<a href="https://www.glasgowcitymission.com/">https://www.glasgowcitymission.com/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>We work with adults and children who are vulnerable and disadvantaged in Glasgow, people that are often leading chaotic or difficult lives. We want to help them to break free from their oppressive situations. That situation may involve: homelessness, addiction, poverty, family breakdown, prostitution, emotional issues, fleeing persecution overseas and now seeking asylum - or maybe all of these.</p>		<ul style="list-style-type: none"> <li>• Services for all.</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>City Centre Projects</b> – Evening drop-in service, daytime activities &amp; 1 to 1 support.</li> <li>• <b>Child &amp; Family Services</b> – Childcare, parent &amp; toddler group, family support services, advice for parents and after school clubs.</li> <li>• <b>Glasgow Winter Night Shelter</b> – Providing emergency accommodation to rough sleepers.</li> <li>• <b>Also has hostel and other service information on website.</b></li> </ul>		<ul style="list-style-type: none"> <li>• Contact service or visit website.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Homelessness Service</b>	glahome@turningpointscotland.com	0141 420 1929	<a href="http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-homelessness-service/">http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-homelessness-service/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Glasgow Homelessness Service provides a service for people who are dealing with a crisis due to <b>addiction (primarily alcohol) and are also homeless or sleeping rough.</b></p> <p>The service provides three facilities within their Commerce Street premises – a one stop drop in centre, a crisis residential unit and a long stay unit.</p>		<ul style="list-style-type: none"> <li>•</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>One Stop-</b> Open 365 days a year, this service aims to provide 24-hour assessment and advice related to homelessness and addiction. Every person who comes into the service is offered an assessment to determine their support needs. They may then be admitted to the crisis residential unit or directed to other relevant local agencies such as homeless addiction teams, homeless health services and social work departments.</li> <li>• <b>Crisis Residential Unit-</b> The unit provides a secure environment for up to 12 people to withdraw from a chaotic lifestyle. Services include alcohol detoxification, support planning and structured group work. The average stay is between 4-6 weeks.</li> <li>• <b>Long Stay Unit-</b> During an average stay of 6-9 months, residents will receive support to gain the life skills needed to resettle in the community. Through individual support planning, residents will be encouraged to make positive life changes. Opportunities to gain access to education, leisure and social activities will also be made available.</li> </ul>		<ul style="list-style-type: none"> <li>• Referrals usually come from the crisis residential unit, however, referrals from other agencies will be considered.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Housing First</b>	housingfirst@turningpointscotland.com	0141 429 8032	<a href="http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-housing-first/">http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-housing-first/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Housing First is a project in Glasgow, providing mainstream social housing and 24/7 outreach support to individuals. Peer support workers will work with individuals on their recovery journey to encourage engagement with mainstream agencies and break down barriers and trust issues they may have previously faced. <b>Working in a person centred and holistic recovery focused manner, staff will offer support to enhance or develop skills to maintain a tenancy like budgeting, food shopping, cooking and door management.</b></p>		<ul style="list-style-type: none"> <li>• Individuals who are homeless</li> <li>• Aged 18 and over</li> <li>• Involved in drug and/or alcohol misuse</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Is tailored to the needs of the individual</b></li> <li>• <b>Empowers individuals</b></li> <li>• <b>Supports individuals to develop towards their full potential</b></li> <li>• <b>Accords individuals respect, privacy and dignity</b></li> <li>• <b>Enables individuals to become active and valued members of their local community</b></li> <li>• <b>Supports the individual on their recovery journey</b></li> <li>• <b>Promotes the realisation of individual’s dreams and aspirations.</b></li> </ul>		<ul style="list-style-type: none"> <li>• Referrals can be made through the Homelessness Services in Glasgow or agencies such as the Glasgow Drug Crisis Centre, Homeless Addiction Team and other agencies.</li> <li>• Individuals can also self-refer by phoning the service.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Housing Support</b>	info@turningpointscotland.com	Maryhill service: 0141 946 5870  Drumchapel service: 0141 949 1822	<a href="http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-housing-support-north/">http://www.turningpointscotland.com/what-we-do/homelessness/glasgow-housing-support-north/</a>
Brief Description of Organisation – Purpose, Aims etc.		Criteria or Restrictions	
<p>Turning Point Scotland Glasgow Housing Support has flats in the Drumchapel and Maryhill areas of Glasgow:</p> <ul style="list-style-type: none"> <li>• <b>Drumchapel</b> has 5 flats and accommodates 8 service users. Three of the flats are two bedroom shared accommodation, and two of the flats are two bedroom single person flats. The single person flats allow overnight stays for a family member (child/parent/sibling) or a very close friend. This is organised via a risk assessment carried out by the individual and staff on duty. One of these flats is also wheelchair accessible.</li> </ul> <p><b>Staff are on site 24/7 with day shift, back shift and a member of staff who sleeps over.</b></p> <ul style="list-style-type: none"> <li>• <b>Maryhill</b> has 10 flats and accommodates 10 service users. There are four two bedroom flats and 6 single bedroom flats. There is no shared accommodation at Maryhill and the two bedroom flats can be used for an overnight stay for a family member (child/sibling/parent) or a very close friend. This is organised via a risk assessment carried out by the individual and staff on duty. One of these flats is also wheelchair accessible and specially adapted.</li> </ul> <p><b>Staff are on site (day shift and back shift) and staff contact is available on a 24/7 basis.</b></p>		<ul style="list-style-type: none"> <li>• Experiencing homelessness</li> <li>• Over 18</li> <li>• Needing support to work towards your own tenancy</li> <li>• Taking appropriate steps to address your substance misuse which may include being illicit substance free, stable on methadone or alternative or on an abstinence programme</li> <li>• Able to attend appointments with minimum support</li> <li>• Able to self-administer medication</li> <li>• Able to cook safely with minimum support</li> <li>• On a journey of recovery from homelessness and addiction</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Support includes:</p> <ul style="list-style-type: none"> <li>• <b>Shopping, Cooking and Cleaning (your flat and personal hygiene)</b></li> <li>• <b>Considering safety and security</b></li> <li>• <b>Developing budgeting, domestic and life skills</b></li> <li>• <b>Developing social skills</b></li> <li>• <b>Accessing training/education</b></li> <li>• <b>Finding permanent accommodation</b></li> <li>• <b>Claiming benefits</b></li> <li>• <b>Taking part in social and leisure activities</b></li> <li>• <b>Advice, advocacy and liaison</b></li> <li>• <b>Support for addiction issues from Community Addiction Teams</b></li> <li>• <b>Assistance to access mental health support within the community</b></li> <li>• <b>Acupuncture and Indian Head Massage delivered by trained and certified staff</b></li> </ul>		<ul style="list-style-type: none"> <li>• Community addiction team worker, social worker or housing case worker as they can initiate a referral.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Turning Point Scotland – 218	218@turningpointscotland.com	0141 331 6200	<a href="http://www.turningpointscotland.com/what-we-do/criminal-justice/218-service/">http://www.turningpointscotland.com/what-we-do/criminal-justice/218-service/</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions	
The service is for women involved in the criminal justice system. It is a criminal justice service and we can support you with drug/alcohol use, offending behaviour, physical/mental health, accommodation and social needs. The service also has a 12 bed residential unit as well as a day service programme.		<ul style="list-style-type: none"> <li>• Aged 18 and over</li> <li>• Female</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Allocated a key worker</b> that will work with you on your goals and support you while in the service. You can take part in <b>varied group work</b> and also have regular <b>1-2-1 sessions</b>.</li> <li>• <b>Help you access a clinic</b> for mental and physical health, a dietician, dentist, doctors and nurses either in-house or within your local community depending on your stay within residential or our day service.</li> <li>• Regular <b>reviews</b> are held and the community workers involved in your care can attend to discuss your progress and make plans for the future.</li> <li>• <b>The service will support you with outstanding court cases and other criminal justice issues. We also provide group work which involves sessions on looking at your past and present offending behaviour.</b></li> <li>• <b>Advice is available on welfare entitlement.</b> Alternative therapies are offered which can help you to detox from drugs/alcohol and manage your stress.</li> </ul>		<ul style="list-style-type: none"> <li>• Take referrals from social workers, courts, lawyers, criminal justice, addiction workers and self-referrals</li> <li>• Can also refer yourself to the service. You must be currently involved in the criminal justice system or have been in the past 12 months.</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Flexible Homelessness Outreach Support Service</b>	fhossgovan@turningpointscotland.com	0141 419 4520	<a href="http://www.turningpointscotland.com/glasgow/flexible-homelessness-outreach-support-service/">http://www.turningpointscotland.com/glasgow/flexible-homelessness-outreach-support-service/</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions	
<p>The Flexible Homelessness Outreach Support Service assists people with different levels of support needs: from low level to more complex needs, to progress from emergency and temporary accommodation and other homelessness services into a permanent tenancy. Turning Point Scotland is operating this service in two sectors of Glasgow, the North West and the South.</p>		<ul style="list-style-type: none"> <li>• Aged 18 and over</li> <li>• experiencing mental health issues</li> <li>• experiencing homelessness</li> <li>• experiencing physical/learning disabilities</li> <li>• alcohol/substance dependency</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>FHOSS supports people with repeat presentations of homelessness with complex needs including mental health vulnerabilities, physical or learning disabilities, alcohol or substance dependency issues.</p> <p>The Flexible Homelessness Outreach Support Service will work with individuals aged 16+, assessed as being homeless and who Glasgow City Council has a statutory duty to provide support for. The service will also work preventatively to support individuals at risk of homelessness.</p> <p>The service will be provided 365 days a year from 8am-8pm Monday to Friday and from 10am-6pm at weekends and public holidays.</p>		<p>The North West or South Area Community Homelessness Team will be the primary route for admission to the service – their initial assessment of housing need will inform the resettlement plan. Referrals to FHOSS will be made via a single point of contact. The service will accept referrals from other sources (HSCP, CATs, Recovery Hub etc) subject to discussion with the local Community Homelessness Teams to ensure the homeless duty is accepted.</p>	

Organisation Name	E-mail	Phone Number	Website Address
<b>Turning Point Scotland – Glasgow Supported Living Service</b>	glasupportedliving@turningpointscotland.com	0141 781 1496	<a href="http://www.turningpointscotland.com/what-we-do/mental-health/glasgow-supported-living-service/">http://www.turningpointscotland.com/what-we-do/mental-health/glasgow-supported-living-service/</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions	
Turning Point Scotland can provide <b>flexible housing support</b> – from the point of crisis, through tenancy sustainment, to longer term support.		<ul style="list-style-type: none"> <li>• Aged 18 and over</li> <li>• experiencing mental health issues</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<p>Glasgow Supported Living is a 24-hour service for adults with mental health issues who live in their own tenancy in the East End of Glasgow.</p> <p><b>Individuals are supported to maintain their tenancies and to become part of their local community. Through person centred planning, service users are able to have a support package designed to suit their needs.</b></p> <p><b>Personalised support plans</b> are reviewed on an ongoing basis to meet the needs of the service user and to help them achieve their goals.</p>		Please contact the <b>Service Coordinator</b> on <b>0141 781 1496</b> or <b>midway@turningpointscotland.com</b>	



## Financial Advice

Organisation Name	E-mail	Phone Number	Website Address
<b>Parkhead Citizens Advice Bureau (CAB)</b>	<a href="mailto:info@parkheadcab.org.uk">info@parkheadcab.org.uk</a>	0141 554 0004  You can also find your nearest CAB by contacting - 0345 404 0506	<a href="https://www.cas.org.uk/bureaux/glasgow-parkhead-citizens-advice-bureau">https://www.cas.org.uk/bureaux/glasgow-parkhead-citizens-advice-bureau</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions	
Providing free, confidential, independent and impartial support, advice, and assistance and representation service to prisoners and families of prisoners at HMP Barlinnie, assisting to stabilise income, deal with debt issues, prevent homelessness and support financial sustainability. Developing peer youth advice services in the East End of Glasgow in conjunction with local secondary schools.		<ul style="list-style-type: none"> <li>• Prisoner and/or family member Barlinnie Prison</li> <li>• Dependent children</li> <li>• Male and Female</li> <li>• 16-25 year olds</li> <li>• At risk of offending, re-offending</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• <b>Money Advice</b></li> <li>• <b>Benefits and Income Maximisation</b></li> <li>• <b>Prevention of homelessness</b></li> <li>• <b>Energy efficiency</b></li> <li>• <b>Financial Inclusion</b></li> </ul>		<ul style="list-style-type: none"> <li>• Self-referral</li> <li>• SPS referral</li> <li>• Partner referral</li> <li>• Community</li> <li>• School</li> </ul>	

Organisation Name	E-mail	Phone Number	Website Address
Fairer Together	fairertogether@advice.scot	0808 800 0501	<a href="https://www.advice.scot/fairertogether">https://www.advice.scot/fairertogether</a>
Brief Description of Organisation – Purpose, Aims etc. (max 50 words)		Criteria or Restrictions	
The Fairer Together Project is a city-wide partnership of Glasgow advice agencies led by Advice Direct Scotland with other partners including Citizens Advice and the Legal Services Agency. Working together with our dedicated team, we will support you on a pathway to financial stability.		<ul style="list-style-type: none"> <li>• Eligible to live &amp; work in UK</li> <li>• A lone parent</li> <li>• In a low or no income household</li> </ul>	
Services You Provide – What is/are your focus area(s)		Referral Routes	
<ul style="list-style-type: none"> <li>• reduce your debt</li> <li>• improve your money management skills</li> <li>• support you with job searching, education/training or gaining a qualification</li> </ul>		<ul style="list-style-type: none"> <li>• Self-referral</li> </ul>	