

Castlemilk Together

Food Parcel Distribution
This is a referral based system, for households with children and young people, and are struggling financially.

Mon and Fri
12-2pm

Delivery Only!

Contact Castlemilk Together, The Jeely Piece, Youth Complex or your housing association.

Castlemilk Together

Food Cupboard
-Parcel Distributions.
Castlemilk Parish Church:
MON & THURS 10am-12pm.
(Adult Only Households)
DELIVERY ONLY
Contact during office hours on:
0141 634 7113 or private message
Castlemilk Parish Church.

Virtual Youth Work

Castlemilk Youth Complex are offering online support and daily activities for Young People aged between 11-18.

Digital Youth Work:

MON-FRI :
12-3PM, 3:30-5:30PM
& 6-8PM.

SAT-SUN :
3:30-5:30PM

Digital Contact

Castlemilk Youth Complex
Social Media

FACEBOOK:
@KELLYYOUTHCOMPLEXSTAFF

TWITTER:
@YOUTHCOMPLEXCYC

INSTAGRAM:
@YOUTH_COMPLEX

TIKTOK:
@KELLYYOUTHCOMPLEX

YOUTUBE:
@CASTLEMILKYOUTHCOMPLEX

Get Involved!!

FOOD/SHOPPING SUPPORT

Need support with errands, shopping, phone calls, prescription pickups? call...

Castlemilk Relaxation Centre
on 07971358717

Or, just need a chat, or someone to blather to?
Text LD Lets Talk on
07825428847



SUPPORT FOR CHILDREN AND YOUNG PEOPLE

Meal Distribution:
Senior Centre,
Members Only:
0141 634 3843.

Meal Distribution:
Indigo Childcare,
Families Only:
Pick up by referral only,
Wed. (Weekly)

CASTLEMILK PARK
PROJECT
Facebook Page

Explore your local woodlands to help your health and wellbeing or join us online for virtual woodland walks, nature arts and crafts, quizzes and much more.

Lifelink
Community Based Counselling
12-17 years
0141 552 4434

Youth Health Service
0141 451 2727

CAMHS
Child and Adolescent Mental
Health Support
0141 201 5031

Mental Health Support Lines

Mind: 0300 123 3393
Promotes the views and needs of people with mental health problems.

Rethink Mental Illness:
0300 5000 927
Support and advice for people living with mental illness.

Samaritans: 116 123
(free 24-hour helpline)
Confidential support for people experiencing feelings of distress or despair.

NHS EVERY MIND MATTERS

www.nhs.uk/oneyou/every-mind-matters
Advice about general mental health and mental wellbeing while staying at home.

BREATHING SPACE

Free and confidential telephone counselling service.
0800 838 587

SHOUT

Text service for crisis intervention.
Text 'SHOUT' to 85258

GP LINK WORKERS

Providing ongoing support for social & community issues, benefits or financial information, advocacy, emotional support or any other issues.

Contact your GP Practice, to make an appointment with the link worker there.

MONEY MATTERS
(Based in the Credit Union building.)
0141 634 0313

UNIVERSAL CREDIT SUPPORTLINE
0808 169 9901

CITIZENS ADVICE SCOTLAND
08000281456
www.citizensadvice.org.uk

Castlemilk Law Centre
0141 634 0313

HEALTH & WELLBEING SUPPORT



ADDITIONAL INFORMATION

Domestic Abuse Support Lines

Scotlands Domestic Abuse and Forced Marriage helpline:
0800 027 1234

Victim Support Scotland:
0800 160 1985

Womens Aid Scotland:
0131 226 6606

National LGBT+ Domestic Abuse Helpline
0800 999 5428

The Domestic Violence Project (Castlemilk Based)
0141 634 4053
domviol2000@yahoo.co.uk

USEFUL NUMBERS

Craigdale Housing
0141 634 6473

Cassiltoun Housing
0141 634 2673

Ardenglen Housing
0141 634 8016

Northview Housing
0141 634 0555

Thenu Housing
0141 550 3581

Castlemilk Health Centre
0141 531 8500

Jeely Piece Club
0141 634 7305

Castlemilk Together:
Community Food Action

Netherholm Community Food Hub

ON FACEBOOK