


*Funded by the Third Sector Transformation Fund,  
Glasgow City Health & Social Care Partnership*

## **Glasgow Third Sector Transformation Fund**



### **Project Directory 2016-17**



<b>Organisation Name:</b>	<b>Action on Hearing Loss Scotland</b>	
<b>Project Name:</b>	<b>Hear to Help</b>	
<b>Area of Glasgow:</b>	<b>City wide</b>	


**Main Contact**

<b>Hugh Donaghy</b>	<b>0141 341 5333</b>	<b>hugh.donaghy@hearingloss.org.uk</b>
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**Activities**

- Delivery of hearing aid maintenance and advice service to 30 residential care homes across Glasgow
- 6 accessible community drop-ins delivering hearing aid maintenance and advice service across Glasgow for older deaf and hard of hearing people
- 30 awareness raising sessions for older deaf and hard of hearing people based in care and residential settings
- Provide a home visiting service for 50 older deaf or hard of hearing individuals

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<b>Organisation Name:</b>	<b>Annexe Communities</b>	
<b>Project Name:</b>	<b>The Arts of Wellbeing Project</b>	
<b>Area of Glasgow:</b>	<b>North West</b>	


**Main Contact**

<b>Jane Cowie</b>	<b>0141 212 3987</b>	<b>Jane.cowie@annexecommunities.org.uk</b>
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**Activities**

- Weekly social activities for over 60 year olds including older carers.
- Slow and gentle Yoga for older people to increase core strength, support better balance and flexibility.
- Group Meditation to encourage breathing as a stress release and to calm the mind.
- Art Class for older people to have time out for self away from everyday life.
- Choir for older people to sing and enjoy spending time with others working towards performance.
- Circle social dancing for older people to be more physical in a social setting.
- Gentle exercise for older people for general fitness and more flexibility.
- Monthly Lunch club get togethers for older people to socialize, make new friendships & networks of support.

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<b>Organisation Name:</b>	<b>Community Transport Glasgow</b>	
<b>Project Name:</b>	<b>Healthy Journeys</b>	
<b>Area of Glasgow:</b>	<b>North East</b>	


**Main contact**

<b>Michelle Synadinos</b>	<b>0141 778 2042</b>	<b>projectofficer@ctglasgow.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Patient transport service for older people to NHS appointments and other health-related services.</li> <li>• Provide older people with information on relevant clubs &amp; patient services to encourage better connections to other local services</li> <li>• Recruit local volunteer drivers. Volunteers will feel better connected to their community</li> </ul>
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<b>Organisation Name:</b>	<b>COPE Scotland</b>	
<b>Project Name:</b>	<b>You Care We Care Time For You and Wellbeing in later life</b>	
<b>Area of Glasgow:</b>	<b>North West</b>	

**Main contact**

<b>Hilda Campbell</b>	<b>0141 944 5490</b>	<b>hilda@cope-Scotland.org</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Workbook for Carers with a focus on self-management of the stress of Caring</li> <li>• Workbook for Older adults on how to care for well-being in later life.</li> <li>• Individual support to people who are in a caring role for an older adult/s</li> <li>• Individual support to older adults to acquire skills for a healthier older age</li> <li>• Provide workshops for Carers on issues effecting them</li> <li>• Provide volunteering opportunities and training for people involved with the project</li> </ul>
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<b>Organisation Name:</b>	<b>Cuthelton Social Club</b>
<b>Project Name:</b>	<b>Wellbeing Clinic</b>
<b>Area of Glasgow:</b>	<b>North East</b>

**Main contact**

<b>Maureen Smith</b>	<b>0141 554 3764</b>	<b>Maureen.smith@parkheadha.org.uk</b>
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**Activities**

<ul style="list-style-type: none"><li>• weekly holistic therapy</li><li>• twice weekly discussions to look at progress and discuss aspirations</li><li>• weekly arm chair exercise</li></ul>
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<b>Organisation Name:</b>	<b>The Dixon Community</b>
<b>Project Name:</b>	<b>Connecting Older People</b>
<b>Area of Glasgow:</b>	<b>South</b>


**Main contact**

<b>Julie Young</b>	<b>0141 423 0728</b>	<b>Julie.young@dixoncommunity.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Line Dancing for up to 30 older people</li> <li>• Keep Fit for up to 30 older people</li> <li>• Multicultural men's group for up to 20 men</li> <li>• Bollywood Exercise class for up to 25 BME ladies</li> <li>• 4 awareness raising events in the South targeting at least 75 older people from multicultural backgrounds</li> </ul>
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<b>Organisation Name:</b>	<b>ENABLE Scotland</b>	
<b>Project Name:</b>	<b>The Cuppa Club</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Gillian Reid</b>	<b>01698 737124</b>	<b>Gillian.reid2@enable.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Bi weekly friendship and respite service for up to 40 older carers of people with learning disabilities</li> <li>• Monthly information/consultation sessions for up to 40 older carers of people with learning disabilities</li> </ul>
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<b>Organisation Name:</b>	<b>Faith in Community (Scotland)</b>	
<b>Project Name:</b>	<b>Ageing Well</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Calum Strang</b>	<b>0141 221 4576</b>	<b>calum@transformationteam.org</b>
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**Activities**

- Using a Capacity-building process, mentor and enable local faith communities to research and develop local projects that have a positive impact on the lives of older people living in their neighbourhood.
- Provide continuing support to **10 existing Ageing Well projects** helping them deliver services to a further **60 service users**.
- Having identified suitable local partners, develop at least **3 new local projects** that provide services to **40 new service users**
- Promote the use of an asset-based approach to development of local projects.
- Ensure the views and needs of participants will form part of the research element of each local project and inform the services and activities developed.
- Build in volunteering opportunities for older people as an integral part of each project, if appropriate. **20 new volunteers** (all age) will be recruited and trained.
- Review the projects and evaluate their contribution to the achievement of the stated aim and outcomes.
- Work alongside local Ageing Well projects to help them develop an action and funding strategy for their project beyond the Transformation Fund support.

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<b>Organisation Name:</b>	<b>Flourish House</b>	
<b>Project Name:</b>	<b>Love Later Life 3</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	

**Main contact**

<b>Raymond Jack</b>	<b>0141 333 0099</b>	<b>raymond.jack@flourishhouse.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Increase number of active participants in Flourish House by             <ul style="list-style-type: none"> <li>○ 22 members over 60 attending on a monthly basis. We will begin to track members who are 55+ for the first time and expect to see a similar number from that age group also.</li> <li>○ Produce a quarterly newsletter to encourage attendance and participation in activities in Flourish House.</li> </ul> </li> <li>• Be more involved in our wider community by;             <ul style="list-style-type: none"> <li>○ The group plans to be involved in at least 4 community events this year including; Aye Write, Age Friendly Cities, Age UK/ Scotland and Luminare Scotland.</li> </ul> </li> <li>• Be more involved in consultations and events which inform policy by;             <ul style="list-style-type: none"> <li>○ Completing another small piece of research in this related area.</li> <li>○ Develop our networking links and awareness of consultations and events, - planning to take part in 4 activities over the year.</li> </ul> </li> <li>• Promote the project by;             <ul style="list-style-type: none"> <li>○ Making a specific leaflet that promotes this project to the over 55s in Flourish House.</li> <li>○ Complete a programme of at least 6 contacts and visits to other projects.</li> </ul> </li> </ul>
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<b>Organisation Name:</b>	<b>Food Train</b>	
<b>Project Name:</b>	<b>Food Train Glasgow</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Chris Curtis</b>	<b>0141 423 1722</b>	<a href="mailto:chris@thefoodtrain.co.uk">chris@thefoodtrain.co.uk</a>
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**Activities**

- Weekly grocery shopping delivery service for 400 older people citywide
- 100 volunteering opportunities for community members

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<b>Organisation Name:</b>	<b>Glasgow Disability Alliance</b>	
<b>Project Name:</b>	<b>ODP CIRCLE Project</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Sandra Stuart</b>	<b>0141 556 7103</b>	<a href="mailto:sandrastuart@gdaonline.co.uk">sandrastuart@gdaonline.co.uk</a>
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**Activities**

- 4 Newsletters to over 2500 disabled people, member orgs and GDA Networks
- 10 Courses/Programmes delivered
- 100 Older Disabled People involved in programmes
- 3 Discussion Forums exploring wellbeing, barriers and solutions. Learning and support will be provided to this process.
- 50+ older disabled people supported to influence services
- 3 'STAR' Clubs supported – older disabled people will be supported within existing clubs or indeed new support groups and clubs will be facilitated and supported. Lunch, activities and learning programmes will be delivered as well as information about services. Partners will be involved.
- Keynote speeches and presentations to at least 5 TS and public agencies.



<b>Organisation Name:</b>	<b>Good Morning Service</b>	
<b>Project Name:</b>	<b>Good Morning Service</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Nicky Thomson</b>	<b>0141 336 7766</b>	<b>Nicky.t@goodmorningservice.co.uk</b>
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**Activities**

<p>1. Provide 27,300 Good Morning Calls, supportive befriending calls which also act as a safety net by alerting an Emergency Contact Person or the Police whenever someone does not answer their phone. An average of 5 Good Morning Calls per week over 7 days to approx. 110 older people. Operating 365 days a year.</p> <p>2. Run 10 group befriending sessions, social outings to visit places of interest eg The Panopticon, Sharmanka Kinetic Theatre, Botanic Gardens, held monthly for an average attendance of 15.</p> <p>3. Publish 1,320 newsletters promoting useful community/national services, NHS messages, readers poems, recipes, age relevant info eg welfare benefits and puzzles.</p> <p>4. Pass on bogus caller / rogue trader warnings from Police Scotland to 110 older people and give advice on good doorstep management to reduce the risk of becoming a victim.</p>
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<b>Organisation Name:</b>	<b>Lambhill Stables</b>	
<b>Project Name:</b>	<b>Bringing Older People into Focus</b>	
<b>Area of Glasgow:</b>	<b>North West</b>	


**Main Contact**

<b>Edward McKee</b>	<b>0141 945 4100</b>	<b>eddie@lambhillstables.org</b>
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**Activities**

- Continuation, expansion and development of the weekly lunch and social club.
- Continuation and expansion of the successfully established activities such as Art Groups, Creative Stitching Group and Local History & Heritage Group.
- Raise awareness of the project by promoting it through social media, newsletters, mail drops and open day events specifically targeting residents who may not have used the services we provide.

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<b>Organisation Name:</b>	<b>The Mount Befriending Service</b>	
<b>Project Name:</b>	<b>The Mount Befriending Service</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

**Main contact**

<b>Mary McCallum</b>	<b>0141 649 8800</b>	<b>themountbefriendingservice@btconnect.com</b>
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**Activities**

- Maintain 26 one-to-one befriending sessions per week in the Southside.
- Maintain 2 telephone befriending sessions
- Facilitate one coffee morning a month at Hanover House Sheltered Housing Complex with an average of 8 attendees.
- New monthly 'drop in' at The Victoria Hospital Day Unit to connect and signpost older people to support services
- Recruit and train 6 new volunteers
- Assess referrals and either include on the waiting list for matching or signpost to alternate agencies.

<b>Organisation Name:</b>	<b>Nan McKay Community Hall</b>	
<b>Project Name:</b>	<b>NMH Older Person Resource Centre</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

**Main contact**

<b>Gills Hair</b>	<b>0141 429 5370</b>	<b>nanmckayhall@btconnect.com</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Personal Footcare Clinic. We piloted an innovative clinic in response to Scottish Government recent guidelines on Personal footcare. Whereby all nail cutting is considered a personal care task. It is the individual's responsibility to self-care either personally or with help from family or Carer. This service is vital to some older people who may need support to carry out this task.</li> </ul> <p>Volunteers have been supported and received an education package from NHS GG&amp;C Podiatry Service along with necessary equipment, and education materials. This is all delivered from an appropriate treatment room.</p> <p>'Whilst in discussion with NHS that the total costs of this should not be passed to older people and/or voluntary sector, the running costs, materials etc. for initial year would be beneficial for success of project whilst the viability and partnership of such a service evolves.'</p> <p>Monthly footcare for 43+ older (+ as numbers will increase as guidelines have effect on community throughout country)</p> <ul style="list-style-type: none"> <li>• Fresh Fruit &amp; Veg Social Enterprise: in response to not having a local supermarket, we piloted selling 'Fresh Fruit &amp; Veg'. This was successful in the small scale but proved inefficient due to heat of hall affecting product. With grant from Council we have installed chill cabinets and have gathered a group of volunteers with an interest to operate this 'Social Enterprise'. The next stage is for this to be supported by specialist Fruit &amp; Veg /retail support.</li> </ul> <p>Supporting 8 volunteers over 20 weeks 30 + older people having daily access to Fruit &amp; Veg and once publicity established we shall target all 800 homes within estate.</p> <ul style="list-style-type: none"> <li>• Monthly Therapy Session 20 older people in hall. This has proven to be a highly beneficial service whenever we have had the finance to supply. Especially for older carers. '</li> </ul>
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<b>Organisation Name:</b>	<b>Pollokshields Development Agency</b>
<b>Project Name:</b>	<b>Senior Lunch Club</b>
<b>Area of Glasgow:</b>	<b>South</b>


**Main contact**

<b>Naheed Asghar</b>	<b>0141 429 4249</b>	<b>naheed.pda@gmail.com</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Hot healthy meals served at Pollokshields Community Centre for 27 older BME men and woman on a weekly basis.</li> <li>• Weekly ladies only yoga and easy exercise sessions for 15 older ladies from BME backgrounds.</li> <li>• Fortnightly relaxation therapies for 12 older BME men at Pollokshields Community Centre.</li> <li>• 8 health advice and information sessions at Pollokshields Community Centre for 27 older BME men and woman</li> </ul>
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<b>Organisation Name:</b>	<b>Scottish Opera</b>	
<b>Project Name:</b>	<b>Dementia Choir Performance Project 2015</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	

**Main contact**

<b>Rishaad Ait El Moudden</b>	<b>0141 242 0593</b>	<b>rishaad.aitelmoudden@scottishopera.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• 16 weeks of weekly singing and movement workshops for 30 people affected by dementia (one block of eight weeks in early summer and one block of eight weeks in winter 2015)</li> <li>• Two performances by people affected by dementia to friends and family in Scottish Opera's Production Studios</li> <li>• One trip by 30 people affected by dementia for a high tea at our Production Studios then to the Theatre Royal to see an Unwrap performance for <i>Carmen</i></li> </ul>
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<b>Organisation Name:</b>	<b>The Senior Centre Castlemilk</b>	
<b>Project Name:</b>	<b>Count Us In!</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

<b>Melanie O'Donnell</b>	<b>0141 634 3834</b>	<b>melanie@theseniorcentre.co.uk</b>
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**Activities**

- Daily minibus service to & from Centre for up to 30 members per day
- Develop participation of 20 male members with socialisation and health improvement as the main target areas.
- Provide 4 activities (quarterly) for 20 male members involving learning and reminiscence.

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<b>Organisation Name:</b>	<b>Southwest Community Transport</b>	
<b>Project Name:</b>	<b>Hoppa Shoppa &amp; Befriending Project</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

**Main contact**


<b>Kirsty Cameron</b>	<b>0141 881 9998</b>	<b>Kirsty@southwestct.org.uk</b>
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**Activities**

Hoppa Shoppa taking people out two days a week away days and shopping for another 40 members which will include carers.

Afternoon Teas two per month over the coming year bring new members on board to come along and join this service.

Attempt to get 4 more volunteers to join our project giving them a chance to put back into the community.

<b>Organisation Name:</b>	<b>Springburn Alive &amp; Kicking Project</b>	
<b>Project Name:</b>	<b>Getting Oot the Hoose Again</b>	
<b>Area of Glasgow:</b>	<b>North East</b>	


**Main contact**

<b>Eulalia Stewart</b>	<b>0141 558 0349</b>	<b>eulaliastewart@hotmail.co.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• We will run three weekly classes/groups to encourage older people in the Springburn area to be more active and to get out of the house more.</li> <li>• These are a keep fit class; a line dancing class; and a walking group.</li> </ul>
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<b>Organisation Name:</b>	<b>St George's &amp; St Peter's Community Association</b>	
<b>Project Name:</b>	<b>The Daffodil Club</b>	
<b>Area of Glasgow:</b>	<b>North East</b>	

**Main contact**

<b>Lynda O'Neill</b>	<b>0141 771 8810</b>	<b>stgsstps@aol.com</b>
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**Activities**

<ul style="list-style-type: none"> <li>• Weekly hairdressing sessions at Project for 10 older people per session</li> <li>• Weekly beautician/massage sessions for 8 older people per session</li> </ul>
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<b>Organisation Name:</b>	<b>Sunny Govan Community Media</b>	
<b>Project Name:</b>	<b>Radio Reminiscence</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

**Main contact**

<b>Heather McMillan</b>	<b>0141 445 3741</b>	<b>sunnygovanadmin@googlemail.com</b>
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**Activities**

<p>2 x weekly sessions for 20 older people:                  2 x weekly sessions for 10 older people new to the project                  2 x weekly sessions to continue to support existing 10 older people within the project</p>
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<b>Organisation Name:</b>	<b>Toryglen Community Hall</b>	
<b>Project Name:</b>	<b>Inspiring Community Connections</b>	
<b>Area of Glasgow:</b>	<b>South</b>	

**Main contact**

<b>Eveline McNair</b>	<b>0141 569 1031</b>	<b>manager@toryglen.org.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• 17 people will attend a Weekly lunch club 2 hrs per week x 50 weeks</li> <li>• 50 people will attend social activities 5 hrs per week x 50 weeks</li> <li>• 20 people will learn new skills through Art activities 5hrs per week x 48 weeks</li> <li>• 30 people will attend physical activities 5 hrs per week x 48 weeks</li> </ul>
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<b>Organisation Name:</b>	<b>Visibility</b>	
<b>Project Name:</b>	<b>Early Intervention Project</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	


**Main contact**

<b>Shelagh Palmer</b>	<b>0141 332 4632</b>	<b>shelagh@visibility.org.uk</b>
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**Activities**

- Provision of information and advice to 150 people (100%) who are blind or partially sighted
- Home assessments completed for everyone receiving a visit (at least 135 people /90%) and passed to Glasgow Sensory Impairment team
- Onward referrals made for 90 people (60%)
- Support provided to 45 carers
- Provision of aids and equipment to approx 121 people (90% of those receiving a home visit)
- Widen our referral pool by developing links with other agencies, including those funded through VAF e.g. Good Morning Glasgow, The Food Train
- Link people to local activities they might benefit from




<b>Organisation Name:</b>	<b>West of Scotland Housing Association</b>	
<b>Project Name:</b>	<b>Forever Yopung</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	

**Main contact**

<b>Alison Cameron</b>	<b>0141 550 5634</b>	<b>alison.cameron@westscot.co.uk</b>
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**Activities**

<p>4 x 6 weeks mindfulness sessions for 48 older people in 4 separate locations</p> <p>4 x 4 weeks 'BE' programme increasing confidence for 40 older people in 4 separate locations</p> <p>4 x 6 weeks Arts &amp; Crafts programme for 34 older people in 4 separate locations</p> <p>4 x group cultural outings for 96 older people in a different location each time i.e. Kelvin Grove Art Gallery, Glasgow Cathedral and 2 others</p> <p>6 x Health Awareness sessions for 60 older people in 4 locations</p> <p>Weekly tea dance for 30 older people in Camlachie</p> <p>Weekly singing group 4 locations for 20 older people</p> <p>Twice per month Sunday lunch club for 30 older people 2 locations</p>
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<b>Organisation Name:</b>	<b>West Of Scotland Regional Quality Council (WSREC)</b>	
<b>Project Name:</b>	<b>Minority Ethnic Silver Surfers (MESS)</b>	
<b>Area of Glasgow:</b>	<b>Citywide</b>	

**Main contact**

<b>Javed Sattar</b>	<b>07584 281428</b>	<b>JSattar@wsrec.co.uk</b>
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**Activities**

<ul style="list-style-type: none"> <li>• <b>Group Training Sessions</b> – <i>A total of 5 blocks of training sessions in a number of community centers/IT Learning Zones benefitting a minimum of 30 ME older people (training block to last 6-8 weeks in a number of accessible community settings across Glasgow)</i></li> <li>• <b>Celebration Events</b> – <i>5 events held for ME older people (plus one family/friend) on completion of training sessions.</i></li> <li>• <b>Drop in Service</b> – <i>A continuation of weekly drop in service (half day per week) to provide one to one support to at least 20 older people</i></li> <li>• <b>Silver Surfers Club</b> - <i>A monthly club for 10-12 ME older people (each session) at diverse community based locations</i></li> </ul>
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