Stop smoking and start saving in 2018

FREE support from friendly and highly skilled staff
FREE stop smoking medication

FARE
31 Drumlanrig Avenue
Easterhouse
G34 0JF

11.30 - 13:30

Every Wednesday

smokefree SERVICES

Call:
0141 201 9832

Glasgow City HSCP

NHS

5 top tips...

SLIP on a t-shirt
Clothing is the best form of protection from harmful UV rays. Choose a loose fitted light t-shirt for best protection.

SLAP on sunscreen
SPF 15 provides moderate protection from UV rays, but the higher the factor, the better the protection and remember to re-apply throughout the day. Be careful with "once" suncreams as they can rub off and your skin won’t be protected all day. It doesn’t need to be a fancy brand - look out for the 4* rating (or higher), UVA and UVB protection and dermatologically tested. Some cheaper brands give better protection.

SLOP on a hat
Protect sensitive areas that are easily burned. Choose a wide brimmed hat to cover ears and back of neck.

SEEK some shade
The sun is strongest between 11am – 3pm. Parasols and umbrellas are great ways of finding shade, especially for babies!

SLIDE on sunglasses
Make sure to protect your eyes from the sun.
BREASTFEEDING GROUPS

Meet other mums

Support

Health Professional Advice

Antenatal mums welcome

NEW BREASTFEEDING GROUP

Townhead Village Hall
60 St Mungo Avenue
Glasgow
G4 0PL

Mondays 1 - 2.30pm
Commencing: Monday 21st May 2018

Dennistoun Library: Monday 11:00 - 12:00
2 Craigpark, G31 2NA

Baillieston Health Centre: Wednesday 13:30-15:00
20 Muirside Road, G69 7AD

Easterhouse Baptist Church
26 Westerhouse Road, G34 9PD Friday 10.30 - 12:00

NHS
Greater Glasgow
and Clyde

Bumps 2 Babies

Helping you prepare for your baby’s birth

Are you between 28 and 34 weeks pregnant?

Please join us where you will receive a warm welcome as well as lunch.

This course will provide you with a range of activities designed to:
- Help you to know your baby before it’s here
- Meet other expectant parents
- Look after you as a mum or dad
- Tips on looking after your baby
- Follow-on Group – Benefits/Baby Massage/Sleep Counselling

Creche and Transport Available

When?
Mondays – 12.30pm to 2.30pm

Where?
The Church of Nazarene, 12 – 14 Burghead Street, Parkhead, G34 4TB

Interested?
Contact Cathy McInally or Rene Jenkins on 0141 573 2900
Mobile No...07936589872
Café Stork
Every Monday
the place to be
for a mum to be
FREE
Drop in to relax, have a snack & meet other new and expectant parents

You’re invited to come along to Café Stork
EVERY MONDAY
(Except Bank Holidays)
1:00pm - 2:30pm
Parkhead Congregational Church
77 Westmuir St.
G31 5EW
Contact: Marie on 07766 085 009

Meet new parents
Have a cuppa
Bring a friend or partner
Get a goodie bag
Learn new skills

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Catch the reading bug!

Bookbug Sessions
Every Friday afternoons of the school term 1.30 - 2.15pm
Starting from 20th April
Free, fun & friendly group for children aged 0-5 and their families. Enjoy a session of singing, stories and rhymes with your child.

Quarriers Family Resource Centre
26 Avondale Street
Ruchazie
Glasgow
G33 3QS
You are welcome just to turn up or if you want further information call 0141 774 8202
Your Support
Your Way
GLASGOW

Finding you care and support in Glasgow
www.yoursupportglasgow.org

Care and Support Service

Want to find out what local providers of support are near you and whether they can help you?

Your Support Your Way Glasgow is the place to start your search and it’s easier than you think.

Visiting www.yoursupportglasgow.org will mean you can

- Find information on social care in Glasgow which will help you live more independently
- Get information about providers of social care and support services in Glasgow all in one place
- Get in touch with people and services which can help you choose the life you want

Go to www.yoursupportglasgow.org to find the right information and services to help you live your life

New Scots Wednesday
Free Drop-in Activities

ESOL for beginners
Kelvin College Tutor
Starts at 9.30am—Ends at 11.30am

Cookery Session
AXIS & Flat Pack Meals
Starts at 11.45am—Ends at 1.15pm

Conversational English
Tutor JP & volunteers
Starts at 1.30pm—Ends at 3.30pm

Easterhouse Baptist Church

WALKING FOOTBALL
IN GLASGOW

Roll back the years and get back playing the game you love. Come along and socialise with others whilst getting fit!

Tollcross Walking Football is back!
Sessions start back from Monday 26th of February

Day & Time
Monday 1.00-2.00pm

Cost
£2.50 or FREE to Glasgow Club Members

Sessions are indoors so please wear appropriate clothing and footwear.

Speak to reception staff for more details or call 0141 276 8282
Tollcross International Swimming Centre
350 Wellshot Road Glasgow G32 7QP

www.glasgowville.org.uk/sport

OPEN TO ALL ADULTS

Weexterhouse Road, opposite Morrison’s G24 9DN
Email: deendor@easterhousebaptistchurch.com
Tel 0141 232 0710 for more information
TEA DANCES

Maguires Bar
215 Barlanarks Road
G33 4PF
Mondays
1pm-3.00pm
except Public Holidays

FUN, LAUGHTER AND FRIENDSHIP AT OUR FREE

Tea Dances

EXPERIENCED DANCE INSTRUCTORS TO HELP WITH THE STEPS IF YOU DON'T ALREADY KNOW THEM TO MAKE YOUR AFTERNOON ENJOYABLE!

G31 Centre
G31 4AQ
Wednesday's
12.30-3.30pm
Family Support Service

Have you been affected by a loved one's drug or alcohol problems? OR
Are you a Kinship Carer?

Your nearest support is available from 9 a.m. – 4 p.m. excluding bank holidays at:

Every Wednesday
Bridgeton Health Centre
201 Abercromby Street, G40 2DA

Every Friday Morning
GEAAP, 51 Tronda Place, G34 9AX

Every Friday Afternoon
Easterhouse Health Centre
9 Auchenlea Road, G34 9HQ

Every Monday, Tuesday & Thursday
Family Addiction Support Service
123 West Street, Glasgow, G5 8BA

For an appointment please call
Carrie-Ann on 07597162675
or 0141 420 2050

Family Addiction Support Service (FASS)
123 West Street, Glasgow, G5 8BA
Tel: 0141 4202050 Email: info@fassglasgow.org Web: www.fassglasgow.org
A Registered Charity Registered in Scotland No: SCO1667

MACMILLAN @ GLASGOW LIBRARIES

If you're affected by cancer you may want to know there's someone you can turn to for help. Someone who can help find answers to your questions, whatever they may be. Glasgow Libraries are working with Macmillan Cancer Support to provide Macmillan Cancer Information and Support Services in your community.

If you want more information, support and practical help or would just like someone to talk to, come along to Macmillan @ Glasgow libraries. No appointment is required and you can come along with a loved one to talk through issues and concerns with trained volunteers.

Dennistoun Library
Every Monday from 11:30am – 12:30pm and every Thursday 11:30am – 12:30pm

Parkhead Library
Every Tuesday from 11am – 12pm

Roxton Library
Every Tuesday from 11am – 1pm

Easterhouse Library at The Bridge
Every Wednesday from 10am – 1pm

How can we help?

We can offer you, your family and carer a wide-ranging drop in service which includes:

- Emotional support or just someone to talk to
- Information and booklets on all aspects of living with and beyond cancer
- Help to arrange free counselling and/or complementary therapy appointments provided by Cancer Support Scotland
- Putting you in touch with your local Macmillan Benefits Adviser who can help you with your financial worries
- Direct you to good-quality internet sites for cancer information and support
- Help to access a wide range of other local services from physical activity classes to careers support

For more information or to get involved as a Macmillan Cancer Information and Support Volunteer please just drop in to your local service. Alternatively you can call us on 0141 287 2999, email macmillan@glasgow.lib.gov.uk or visit glasgow.lib.gov.uk/macmillan.

Have you lost someone due to alcohol, drugs or suicide?

Until you're in this situation, there's no way to tell how you will cope when a loved one dies. It's the hardest of times, but talking about it with others and sharing what's on your mind will always help.

Come along & you'll be warmly welcome at our Bereavement & Blether Café

Here you can share your experiences of how you've coped or not coped with the death of a loved one, or ask questions about how others have dealt with such difficult times, or just sit and have a cuppa, and maybe share some stories – everyone is welcome.

Starting Thursday 2nd March 2017
10.15 – 11.45am
Bridgeton Library, 14 Orr Street, Bridgeton, G40 3TB

Every 1st Thursday of the month

If you would like more information or to take part, please contact Marie on 07716 080009 or at marie.stewart@ggc.scot.nhs.uk

stop smoking start saving

FREE support and FREE stop smoking medication

Just turn up or for more info call: 0141 201 9832

Bridgeton Health Centre, Abercromby Street G40 2DA
Tuesday
09:00 – 12:30

Main Street Practice,
Main Street Bridgeton G40 1HA
Tuesday
14:00 – 16:30

Parkhead Congregational Church,
77 Westmuir Street G31 5EJ
Thursday
11:00 – 14:00

Barmulloch Residents Centre,
54 Quarrywood Road, G21 3ET
Thursday
12:00 – 16:00

Easterhouse Health Centre,
Auchinlea Road G34 1QG
Friday
10:00 – 11:00

Springhill Health Centre,
Springhill Way G21 1TR
Thursday
09:00 – 13:00

Rowlands Pharmacy,
Giffnock Road East Kilbride G33 3TJ
Tuesday
14:00 – 16:30

Eastbank Training and Conference Centre,
Sheffield St G32 9AA
Thursday
18:00 – 19:30

QUIT YOUR WAY with our support
AIMS
The training aims to support professionals and volunteers working with young people in residential care and informal youthwork, who are often missed by education programmes taking place in schools and more formal settings to increase awareness of the issue of abuse and sexual exploitation in young people's relationships.

MAKING YOUNG PEOPLE EQUALLY SAFE
Date: Monday 18th June
9-5pm Eastbank Conference & Training Centre
22 Academy St, G32 9AA

TO BOOK A PLACE PLEASE CONTACT:
northeastyouth@ggc.scot.nhs.uk

Scotland's Mental Health First Aid: Adult
Thursday 21st & 28th June 2018
9.00 - 4.30pm both days
The Calvay Centre,
16 Calvay Road, Glasgow, G33 4RE.

TO BOOK A PLACE PLEASE CONTACT:
Yvonne Smith on 0141 771 7722 or call into Calvay Housing Reception at The Calvay Centre.
Stress Management Course

Come along and learn to deal with stress, sleep better and feel better. Our Stress Management Courses are designed to offer people a better understanding of what stress is, how it affects their thoughts, feelings and behaviour and introduces them to new ways to use relaxation and stress management techniques to sleep better, take time out, to deal with stress better, and improve their wellbeing. The course is made up of 4 separate workshops which last 2 hours with each one covering a separate subject each week:

• Workshop 1 - What is Stress?
• Workshop 2 - Behaviour and Stress
• Workshop 3 - Thought Patterns and Stress
• Workshop 4 - Problem Solving and Wellbeing

This course is delivered in an interactive style with a mix of power point presentation and participant involvement in various group discussions and workbook exercises.

Please note: These courses are freely available to anyone living in the Glasgow City Council area. If you do not have a Glasgow City postcode unfortunately we will not be able to offer you a place on this course.

7 - 28 JUNE 2018, 6 - 8PM
CROWNP OINT SPORTS COMPLEX
183 CROWNP OINT RD
GLASGOW G40 2AL
TO BOOK A PLACE
WWW.LIFELINK.ORG.UK

Relaxation Course

These relaxation workshops provide an excellent opportunity to take time to relax. Through the four weeks will introduce some basic principles from Mindfulness during the course.

Mindfulness can be seen as a state in which one is highly aware and focused on the reality of the present moment, accepting and acknowledging it, without getting caught up in thoughts that are about the situation or in emotional reactions to the situation. It aims to teach people to approach stressful situations ‘mindfully’ so they may respond to the situation instead of automatically reacting to it.

This course is delivered in a relaxed and informal learning environment. Trainer will discuss benefits of relaxation and concepts of Mindfulness with the majority of the class given to the trainer delivering relaxation exercises and facilitating group discussions.

This relaxation will be seated and no requirement to bring a relaxation mat. Some discussion and feedback from participants is encouraged but not compulsory.

Please note: These courses are freely available to anyone living in the Glasgow City Council area. If you do not have a Glasgow City postcode unfortunately we will not be able to offer you a place on this course.

7 - 28 JUNE 2018, 10AM - 12MD
CROWNP OINT SPORTS COMPLEX
183 CROWNP OINT RD
GLASGOW G40 2AL
TO BOOK A PLACE
WWW.LIFELINK.ORG.UK
Starting solids?

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
- Balleston Health Centre,
  20 Mainside Road,
  Glasgow G69 7AD, on Mon 4th June at 1:30pm

Get tips and advice on everything for your baby, including:
- The best time to start offering your baby first foods.
- How to prepare healthy food your baby will love.
- Looking after your baby’s teeth.
- How you can encourage your baby’s language development.

Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
- Easterhouse Health Centre,
  9 Auchinlea Road,
  Glasgow G34 9HQ, Thursday 26th July at 1:30pm

Get tips and advice on everything for your baby, including:
- The best time to start offering your baby first foods.
- How to prepare healthy food your baby will love.
- Looking after your baby’s teeth.
- How you can encourage your baby’s language development.

Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
- Parkhead Congregational Church,
  77 Westmuir Street,
  Glasgow G31 6EW, on Mon 11th June at 11:30am

Get tips and advice on everything for your baby, including:
- The best time to start offering your baby first foods.
- How to prepare healthy food your baby will love.
- Looking after your baby’s teeth.
- How you can encourage your baby’s language development.

And more – Ask your Health Visitor for more details.

Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting Solids Health Event
Make weaning fun for you and your baby!

Come along to:
- Eastbank Health Promotion Centre,
  22 Academy Street,
  Glasgow G32 9AA, on Wed 20th July at 10:30am

Get tips and advice on everything for your baby, including:
- The best time to start offering your baby first foods.
- How to prepare healthy food your baby will love.
- Looking after your baby’s teeth.
- How you can encourage your baby’s language development.

And more – Ask your Health Visitor for more details.

Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Summer Sun
from North East Health Improvement Team