We got help to quit smoking in a way that worked for us.

Find your way

For more information call 0141 201 9832 or 0800 84 84 84
Get Started at QuitYourWay.scot

FREE Support and FREE Medication to help you stop smoking from our friendly team of Advisors

Bridgeton Health Centre
Abercromby Street G40 2DA
Tuesday 9am - 12.30pm

Easterhouse Health Centre
Auchinlea Road G34 9GU
Friday 9.30am - 11.30am

Main Street Practice
Main Street, Bridgeton G40 1HA
Tuesday 2pm - 4.30pm

Springburn Health Centre
Springburn Way G21 1TR
Thursday 9.00am - 11.30am

Parkhead Congregational Church
77 Westmuir Street G31 5EW
Thursday 1pm - 2pm

Rowlands Pharmacy
Gilbertfield Street,
Ruchazie G23 3TT
Wednesday 2.30pm - 4.30pm

Eastbank Training and Conference Centre
Shettleston G32 9AA
Thursday 6pm - 7pm

Barmulloch Residents Centre
54 Quarrywood Road G21 3ET
Thursday 4pm - 6pm

Ballieston Health Centre
20 Muirside Road G69 7AD
Wednesday 9am - 12noon

Just turn up or for more info call: 0141 201 9832
Come and Sing Café
For people who live with dementia and their carers

A fortnightly Come and Sing café with afternoon tea so that families can sing together, enjoy time together and perhaps make some new memories, if even for a moment. Come and Sing café is a pilot project and is open to anyone living with dementia and their carer.

Every First and Third Monday of the Month

Contact Muriel Pearson (0141 770 6873) or Anne McGreechin (0141 774 2759) for more information

Ruchazie Parish Church
4 Elbank St, Glasgow G33 3QN
(off M8 at junction 12)

G.R.A.C.E. grouping (Gartmanlock & Craigend East, Ruchazie and Cranhill Church of Scotland SCD09874)

Glasgow City HSCP
Health & Social Care Partnership North East

BREASTFEEDING GROUPS
Meet other mums & support

Health Professional Advice
Antenatal mums welcome

Dennistoun Library: Monday 11 -12:00
2 Craigpark, G31 2NA Tel: 0141 276 0768

Baillieston Health Centre: Wednesday 1:30-3pm
20 Muirsie ROAD, G69 7AD Tel: 0141 531 8000

The Charter, Tollcross: Thursday 1.30-3pm
494 Tollcross Road, G31 4XX

Bumps 2 Babies
Geeza Break

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 get 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

Grease and Transport Available

When?
Mondays – 12,30pm to 2,30pm

Where?
The Church of Nazarene, 12 – 14 Burgher street, Parkhead, G31 4TB

Interested?
Contact Cathy McInally or Rene Jenkins on 0141 573 2900 Mobile No...079016589872

Stay & Play
Bookbug
**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

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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 goody bag
- Learn new skills

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**Bookbug Sessions**

Free story, song and rhyme sessions for babies, toddlers, preschool children and their families

Where: The Calvay Centre
16 Calvay Road
Barlanark
G33 4RE

When: Every Thursday
10am – 11am

Refreshments provided for parents/carers & children
For more info contact: 0141 781 2116

To find details of your nearest Bookbug Session, please visit scottishbooktrust.com/bookbug

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It’s Story Time
**Post Natal Group**
**Friday 10am – 12.30pm**
**Ruchazie Family Centre**

**Group session focus:**
- Have you noticed your first baby? Finding it hard to manage the house? Want to meet some other mums in your area?
- The group works to build confidence in the parents, helping them cope with the emotional challenges they face in their parenting.
- Some parents feel isolated and find it difficult to get an understanding of what to expect.
- The group seeks to support parents on their journey to becoming better prepared parents.

**Contact:**
Please contact your local centre for further information. (Dundee) 01382 744326

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**Perinatal Drop In Group**
**Parents & Babies**
**Wednesday 1pm – 2.30pm**
**Ruchazie Family Centre**

**Group session focus:**
- Peer Support
- Safe space to talk
- Photographic activities, Arts & Crafts, Reflections, Mindfulness, etc.
- Parent & Child interactions
- Baby yoga

**Contact:**
Please contact your local centre for further information. (Dundee) 01382 744326

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**Growing Together**
**Tuesday 10am – 11am**
**Ruchazie Family Centre**
(Drop In)

**Group session focus:**
- Child’s Development
- Parent & Child Relationships
- Child’s Wellbeing
- Nutrition, Sleep, Hygiene, Exercise, etc.
- Child Enrichment: Energy, Concentration, Creativity, etc.
- Synchronicity: pattern of play

**Contact:**
Please contact your local centre for further information. (Dundee) 01382 744326

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**Baby Massage**
**5 Week Programme**
**to promote Parent & Child Interaction**

To include discussions on:
- Behavioural States
- Infants Care & Reflex
- Bonding & Attachment
- Appropriate Oils
- Gentle Movements
- Suggestions for the Older Child
- Relief of Cole/ Gas

**Contact:**
Please contact your local centre for further information. (Dundee) 01382 744326

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**Book Bug**
**Children 0 – 5yrs**
**Monday 12pm – 12.30pm**
**Ruchazie Family Centre**

**Group session focus:**
Friendly and Fun Filled 30 minute session for parents and carers to enjoy with babies, toddlers and pre-schoolers involving songs, stories and rhymes.

**Contact:**
Please contact your local centre for further information. (Dundee) 01382 744326
Starting solids?

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 27th Nov 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 we’ll more! Ask your Health Visitor for more details.
Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting solids?

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

Come along to: Easterhouse Health Centre,
5 Auchinlea Road,
Glasgow G34 9HQ, on Thu 28th November 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.
And we’ll more! Ask your Health Visitor for more details.
Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting solids?

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

Come along to: Springburn Parish Church,
180 Springburn Way,
Glasgow G21 1TU, on Thur 5th December, 1.00pm

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 we’ll more! Ask your Health Visitor for more details.
Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!

Starting solids?

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

Come along to: Parkhead Congregational Church,
77 Westmuir Street,
Glasgow G31 5EW, on Mon 9th December 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 we’ll more! Ask your Health Visitor for more details.
Mums, Dads, Grannies, Grandpas – and of course babies – all welcome!
Macmillan @ Glasgow Libraries
Drop in to your local library for free cancer support and information

Dennistoun: Mondays 12.30-4.30
Parkhead: Tuesdays 10.30-2.30
Royston: Tuesdays 11-3
Easterhouse: Wednesdays 10-2
Dennistoun: 10.30-2.30
0141 287 2999
macmillan@glasgowlife.org.uk

glasgowlife.org.uk/macmillan

Partnering with

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (606). Also operating in Northern Ireland.