

## Glasgow Mutual Support Groups Around Covid19



Across the city people in communities are helping each other, showing the amazing community spirit that Glasgow has. Mutual support groups have been set up to coordinate some of that activity locally. These groups are often able to help with shopping delivery, collecting prescriptions, dog walking etc. While this is a very welcome addition, people choosing to access support through these mutuals should be aware that they may not have the safeguarding, training and resources that you would expect an existing charity or voluntary organisation to have.

[GCVS](#) has pulled together a listing of these mutual support groups that we have become aware of and will keep this on our [Glasgow Helps Resource Page](#). If you would like your mutual support group included in this listing, please email [CLD@gcvs.org.uk](mailto:CLD@gcvs.org.uk).

The wider directory of supports can be found on the [Glasgow Helps Community Hub](#).

Many thanks for your support and so glad to be working together

GCVS Capacity Building Team

<b>anything that can help Gorbals People</b>	<b>Main Purpose</b>
	A group for helping the gorbals people out during this coronavirus in times of need
<a href="https://www.facebook.com/groups/3352731891403861/">https://www.facebook.com/groups/3352731891403861/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Reducing social isolation	<b>Specific Support Around Covid19</b> online support forum - running errands for vulnerable
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b> n/a
	<b>Any other information</b>

<b>Baillieston Notice Board</b>	<b>Main Purpose</b>
	Social media notice board for Baillieston residents, regularly updated on whats happening within the Baillieston area
hello@promoprinting.co.uk	
<a href="https://www.facebook.com/groups/1666088246867006/">https://www.facebook.com/groups/1666088246867006/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers whole community	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Reducing social isolation running errands for vulnerable	<b>Specific Support Around Covid19</b> Social media notice board for Baillieston residents, regularly updated on whats happening within the Baillieston area
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Gorbals

<b>Brighter Baillieston Food Aid</b>	<b>Main Purpose</b>
07545378754	To help people in crisis from Baillieston, Broomhouse, Garrowhill or Swinton
chair.brighterbaillieston@gmail.com	
<a href="https://www.facebook.com/Brighter-Baillieston-Food-Aid-106316594364759/">https://www.facebook.com/Brighter-Baillieston-Food-Aid-106316594364759/</a>	
<b>Intended Service Users</b> Older people   People in crisis	
<b>Types of Support Offered</b> Food or shopping delivery Crisis support	<b>Specific Support Around Covid19</b>
<b>Geographic area covered</b> North East Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly
	<b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Carmyle Forever In Our Heart</b>	<b>Main Purpose</b>
	Social media notice board for Carmyle residents, regularly updated on whats happening within the Baillieston area
<a href="https://www.facebook.com/groups/1985457338402799/">https://www.facebook.com/groups/1985457338402799/</a>	
<b>Intended Service Users</b> Older people          group of around 25 households including several with older residents	
<b>Types of Support Offered</b>	<b>Specific Support Around Covid19</b> Social media notice board for Carmyle residents, regularly updated on whats happening within the Baillieston area
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Contact Emily Rodway

<b>COVID19 Support - Glasgow North East</b>	<b>Main Purpose</b>
07538 395436	supporting the NE community through COVID-19
covid19glasgowhelp@gmail.com	
<a href="https://www.facebook.com/GlasgowNorthEastCOVID19Support/">https://www.facebook.com/GlasgowNorthEastCOVID19Support/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis	
<b>Types of Support Offered</b>	<b>Specific Support Around Covid19</b> Recruiting volunteers and linking them with requests for help across the NE
<b>Geographic area covered</b> North East Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Contact Natalia Nati

<b>East End Self-Isolation Support Group</b>	<b>Main Purpose</b> To provide information and support for the East End through the COVID-19 pandemic
<a href="https://www.facebook.com/groups/649788075775645/">https://www.facebook.com/groups/649788075775645/</a>	
<b>Intended Service Users</b>	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation Crisis support	<b>Specific Support Around Covid19</b> Facebook group for sharing information and requesting support in the East End of Glasgow
<b>Geographic area covered</b> North East Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly
	<b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>G53 Covid19 support group</b>	<b>Main Purpose</b>
07746 785005	We are residents and organisations working together to support residents who need support in G53 during the Covid19
greaterpollokservices@outlook.com	
<a href="https://www.facebook.com/G53-Covid19-support-group-101967921464362/">https://www.facebook.com/G53-Covid19-support-group-101967921464362/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation Crisis support	<b>Specific Support Around Covid19</b> Food and shopping pick up Pharmacy pick up Referrals to food banks. Combined Community Effort (including key third sector organisations and housing associations). Food parcels being delivered by Pollok Baptist Church. Preferably text the number rather than call. Also in need of volunteers in the area.
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>



<b>Glasgow Mutual Aid</b>	<b>Main Purpose</b>
0141 280 7025	Glasgow Mutual Aid is a group for those in Glasgow wishing to help others .
glasgowmutualaid@gmail.com	We formed in response to the COVID-19 outbreak and are trying our best to
<a href="https://glasgowmutualaid.typeform.com/to/Xh5O2Y">https://glasgowmutualaid.typeform.com/to/Xh5O2Y</a>	safely support those who are self-isolating, quarantined, or otherwise
<a href="https://www.facebook.com/groups/glasgowmutualaid/about/">https://www.facebook.com/groups/glasgowmutualaid/about/</a>	vulnerable.
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers Anyone self isolating	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation	<b>Specific Support Around Covid19</b> We provide food and other services to those in need
<b>Geographic area covered</b> North East Glasgow North West Glasgow South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly
	<b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Glasgow Mutual Aid - Hillhead/Woodlands Area</b>	<b>Main Purpose</b> This is a local page for Hillhead/Kelvinbridge/Gilmorehill/Woodlands/Woodside area residents looking to help each other out during the Covid-19/Coronavirus outbreak.
<a href="https://www.facebook.com/groups/516928635877522/">https://www.facebook.com/groups/516928635877522/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers Anyone self isolating	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up	<b>Specific Support Around Covid19</b> We are aware that this is a worrying time for many people. especially if living alone and having to self-isolate. We will be looking to help people access food, complete errands etc. - especially for those who are most vulnerable.
<b>Geographic area covered</b> North West Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Govan Ward Mutual Aid</b>	<b>Main Purpose</b>
	Covid-19 Mutual Aid Local Groups are small groups of people setting up independently in communities to support vulnerable people in their local area through the outbreak.
<a href="https://www.facebook.com/groups/640035203496710/">https://www.facebook.com/groups/640035203496710/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation	<b>Specific Support Around Covid19</b> this group will most likely coordinate Govan folk in: Creating leaflets and flyering to let people know about the group. Providing a number for local vulnerable people to call if they need support. Running errands/shopping for vulnerable people/self isolating people Providing a friendly ear and some emotional support to community members who are self isolating or finding the pandemic overwhelming.
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Govanhill Mutual Aid</b>	<b>Main Purpose</b>
	This is a group for Govanhill residents looking to help each other out during the Covid-19 / Coronavirus pandemic. We are aware this is a worrying time for some people especially if you live alone and have to self-isolate. This is particularly true in our
<a href="https://www.facebook.com/groups/282362319395330/">https://www.facebook.com/groups/282362319395330/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis	
<b>Types of Support Offered</b> food or shopping delivery pharmacy pick up food parcels/meals Reducing Social Isolation Dog walking Translation	<b>Specific Support Around Covid19</b> It is envisaged that members will be prepared to support others with, for example: Translating or reaching out to local residents for whom English isn't a first language Helping those who aren't literate Help with shopping Cooking/food delivery Support to access food banks Dog walking Picking up prescriptions, or having medicine on hand (eg. epi-pens, inhalers) A friendly phone call Driving DIY repairs Providing advocacy or information
<b>Geographic area covered</b> south Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Govanhill Community Development Trust is running this site.

<b>Jordanhill Watch</b>	<b>Main Purpose</b>
	This group is for anyone linked to and invested in the Jordanhill community, safety, events, alerts and whatever you like as long as it is appropriate.
<a href="https://www.facebook.com/groups/535343903191446/">https://www.facebook.com/groups/535343903191446/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation	<b>Specific Support Around Covid19</b> Food, provisions and medications delivery plus social support
<b>Geographic area covered</b> North East Glasgow North West Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Maryhill and Cadder Mutual Aid</b>	<b>Main Purpose</b>
	A group to help those in need during Covid19
<a href="https://www.facebook.com/groups/2681234405444177">https://www.facebook.com/groups/2681234405444177</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Reducing social isolation	<b>Specific Support Around Covid19</b> Shopping, medicines, and other items. We can also help if you need someone to talk to.
<b>Geographic area covered</b> North West Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly
	<b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Meals Collective</b>	<b>Main Purpose</b>
	We are Meals Collective in Glasgow formed as a response to the Covid-19 crisis. We believe that good quality food can play an important part in the Corona Virus resilience, since nutritious food supports a good immune system
mealscollective@gmail.com	
<a href="https://www.facebook.com/mealscollective/">https://www.facebook.com/mealscollective/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers	
<b>Types of Support Offered</b> Hot Meals	<b>Specific Support Around Covid19</b> We cook and deliver healthy food meals daily. Pay what you can afford. Delivery areas: Dennistoun/City Centre/West End - Partick/Whiteinch, but other areas if enough interest
<b>Geographic area covered</b> North West Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Pollokshields Mutual Aid</b>	<b>Main Purpose</b>
07955 232393	a group for Pollokshields residents looking to help each other out during the Covid-19/coronavirus pandemic
kathwainwright@yahoo.com	
<a href="https://www.facebook.com/groups/233786887753803/">https://www.facebook.com/groups/233786887753803/</a>	
<b>Intended Service Users</b>  People in crisis	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Reducing social isolation X – Translating information for/reaching out to groups for which English isn't a first language	<b>Specific Support Around Covid19</b> 40-50 local volunteers happy to help, coordinated through a whatsapp group. Help getting food medicine other supplies.
<b>Geographic area covered</b> North East Glasgow	<b>How can people access the support?</b> X  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>



<b>Robroyston COVID 19 Support Group</b>	<b>Main Purpose</b>
	Over the coming days/weeks we will monitor requests and co-ordinate support for the vulnerable individuals in our community.
<a href="https://www.facebook.com/groups/3757944617612397/?ref=share">https://www.facebook.com/groups/3757944617612397/?ref=share</a>	
<b>Intended Service Users</b> Older people  People with disabilities  Those who are self isolating	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Reducing social isolation X – Posting Mail	<b>Specific Support Around Covid19</b> Providing support for those who are elderly/vulnerable/self isolating in the Robroyston area
<b>Geographic area covered</b> North East Glasgow	<b>How can people access the support?</b> X – Must join the Facebook group to post  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b>

<b>Southside Self-Isolation Supporters</b>	<b>Main Purpose</b>
07835231282	We're bringing people together to help and support one another through self-isolation or quarantine as a result of COVID-19 throughout the southside of Glasgow. If you're self-isolating, or are able to help someone who is with basic supplies or even ju
southsidesishelpers@gmail.com	
<a href="https://www.southsidesis.co.uk">https://www.southsidesis.co.uk</a>	
<a href="https://www.facebool.com/groups/SouthsideSIS">https://www.facebool.com/groups/SouthsideSIS</a>	
<b>Intended Service Users</b> Older people Children and families  Unpaid carers Anyone who requires support as a result of covid19	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Hot meals/ Food Parcels Reducing social isolation	<b>Specific Support Around Covid19</b> - Facilitating requests for help from those who are self-isolating - basic supplies, groceries, prescriptions etc. - Signposting to relevant organisations for specific requirements e.g. food banks, aid organisations and charities - Co-ordinating volunteers in the community to fulfil requests for support - Facilitating community discussion on Facebook - positive support, helpful information and signposting to local services e.g. delivery services
<b>Geographic area covered</b> South Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly Referral from partner organisations Facebook page G53 Covid19 support group  <b>If a referral is needed from a partner, who can do this?</b> Any
	<b>Any other information</b> We are a partnership of local activists and organisations working together in G53

<b>St Silas Glasgow Covid-19 Support Group</b>	<b>Main Purpose</b>
0141 337 2276	This is a group to co-ordinate help for, and offer help for folk who might be self-isolating due to Coronavirus (Covid-19) in Glasgow West End
viralkindness@stsilas.org.uk	
<a href="https://www.facebook.com/groups/StSilasSupport/">https://www.facebook.com/groups/StSilasSupport/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis	
<b>Types of Support Offered</b> Food parcels or hot meals Reducing social isolation	<b>Specific Support Around Covid19</b> Supporting those who are self isolating
<b>Geographic area covered</b> North west Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Working with Glasgow City Mission to provide meals to homeless people

<b>The Only Way is Baillieston</b>	<b>Main Purpose</b>
	A forum for old and young and past and present Baillieston inhabitants. Share stories, post pics, catch up with old friends and relive some awesome memories!
<a href="https://www.facebook.com/baillieston/">https://www.facebook.com/baillieston/</a>	
<b>Intended Service Users</b>          Yes Community members (access via facebook)	
<b>Types of Support Offered</b> Food or shopping delivery Reducing social isolation	<b>Specific Support Around Covid19</b> People and businesses advertising support for local residents and regularly updated info on whats happening within the Baillieston area
<b>Geographic area covered</b> North West Glasgow	<b>How can people access the support?</b> Members of the public can contact us directly  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Around postcode: G13 1TU. Phone call check ins

<b>Whiteinch &amp; Scotstoun Glasgow Corona Virus Resilience Group</b>	<b>Main Purpose</b> Who we are: Ordinary people, concerned members of Whiteinch community trying to help each other.
<a href="https://www.facebook.com/groups/825094211300114/">https://www.facebook.com/groups/825094211300114/</a>	
<b>Intended Service Users</b> Older people Children and families People with disabilities Unemployed People in crisis Unpaid carers those who are self-isolating, quarantined, or otherwise vulnerable.	
<b>Types of Support Offered</b> Food or shopping delivery Pharmacy pick up Food parcels or hot meals Reducing social isolation	<b>Specific Support Around Covid19</b> Providing support to those who need it in the Whiteinch community
<b>Geographic area covered</b> North West Glasgow	<b>How can people access the support?</b> If you would like to receive support from us, or fill out a request for support on behalf of someone else, please fill out this form: <a href="https://actionnetwork.org/forms/do-you-need-support-during-self-isolation">https://actionnetwork.org/forms/do-you-need-support-during-self-isolation</a>  <b>If a referral is needed from a partner, who can do this?</b>
	<b>Any other information</b> Our help line is open from 10am-6pm every day, but please only phone if you are unable to fill out the form, as we try and keep the lines open for those who need it.

