



Useful Contacts Aberdeenshire

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
Grampian Women's Aid	info@grampianwomensaid.com	0122 459 3381
Social Services General	aberdeenshireHSCP@aberdeenshire.gov.uk	0345 608 1206
Aberdeenshire North Foodbank	info@aberdeenshirenorth.foodbank.org.uk	Inverurie: 0772 137 9534 Peterhead: 0756 175 0574 Ellon: 0756 291 4986 Huntly: 0747 995 4746 Fraserburgh: 0742 363 9468
Worrying about money? Aberdeenshire	https://www.worryingaboutmoney.co.uk/aberdeenshire	
Out of Hours/NHS 24		111
Gas Emergencies		0800 111 999
Police Scotland	www.scotlandpolice.uk	101
Samartians	www.smaritians.org/scotland-we-can-help/contac-samaritian	116 123
Domestic Abuse Helpline	www.nationaldahelpline.org.uk	0800 027 1234
Childline		0800 1111
Breathing Space	www.breathingspace.scot	0800 8385 87
Shout	www.giveusashout.org	(TEXT) 85258



Useful Contacts Glasgow

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
GLASGOW WOMEN’S AID OUTREACH	4TH FLOOR, 30 BELL STREET, GLASGOW	0141 553 2022
Domestic Abuse Helpline	www.nationaldahelpline.org.uk	0800 027 1234
Childline	www.childline.org.uk	0800 11 11
Children 1st	www.childrenfirst.org.uk	01414191150
CHILD PROTECTION NSPCC HELPLINE	WWW.NSPCC.ORG.UK/KEEPING-CHILDREN-SAFE/	0808 800 5000
POLICE SCOTLAND	WWW.SCOTLAND.POLICE.UK	101
GLASGOW SOCIAL WORK SERVICES	35 CHURCH STREET, GLASGOW	0141 276 3112
SOCIAL WORK OUT OF HOURS	WWW.GLASGOW.GOV.UK/ARTICLE/2196	0300 345 1505
GLASGOW SE FOODBANK	42 INGLEFIELD STREET, GLASGOW	(Mon, Wed, Fri 12.30-2pm) 07456868628
GLASGOW NE FOODBANK	142 HELENVALE STREET, GLASGOW	(MON & FRI 1-3PM, WED 10.30-12.30) 07951749373
GLASGOW NW FOODBANK	MILLBRIX AVE, GLASGOW	(TUES & FRI 12-2PM) 07787334012
THE HALLIDAY FOUNDATION	27 SANDILANDS STREET, SHETTLESTON	(MON – FRI 10-3) 0141 258 4728



Useful Contacts Glasgow continued

CARNTYNE & RIDDRIE FOODBANK	45 B Gartcraig Road, Glasgow	0141 770 8200
GLASGOW CITIZEN ADVICE	WWW.GLASGOWCENTRALCAB.ORG.UK	0141 552 5556
CRISIS GRANT	www.glasgow.gov.uk/swf	0141 276 1177
COMMUNITY CARE GRANT	WWW.GLASGOW.GOV.UK/SWF	0141 276 1177
SP ENERGY NETWORKS (POWER CUT)	WWW.SPENERGYNETWORKS.CO.UK	0800 001 5400
SAMARITANS	WWW.SAMARTITANS.ORG/SCOTLAND/HOW-WE-CAN-HELP/CONTACT-SAMARITAN/	116 123
BREATHING SPACE	WWW.BREATHINGSPACE.SCOT	0800 83 85 87



Useful Contacts Inverclyde

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
INVERCLYDE WOMEN'S AID OUTREACH	41 HIGH STREET GREENOCK	01475 888505
Domestic Abuse Helpline	www.nationaldahelpline.org.uk	0800 027 1234
Childline	www.childline.org.uk	0800 11 11
Children 1st	www.childrenfirst.org.uk	08000 28 22 33
CHILD PROTECTION NSPCC HELPLINE	WWW.NSPCC.ORG.UK/KEEPING-CHILDREN-SAFE/	0808 800 5000
POLICE SCOTLAND	WWW.SCOTLAND.POLICE.UK	101
INVERCLYDE SOCIAL WORK SERVICES	HECTOR MCNEIL HOUSE, 7 CLYDE SQUARE	01475 715365
SOCIAL WORK OUT OF HOURS	WWW.GLASGOW.GOV.UK/ARTICLE/2196	0300 345 1505
RIVER CLYDE HOMES EMERGENCY REPAIRS	WWW.RIVERCLYDEHOMES.ORG.UK	01475 788887
INVERCLYDE FOODBANK	25 C WEST STEWART STREET	01475 787177
BELVILLE COMMUNITY FOODSHARE	53-57 BELVILLE STREET, GREENOCK	01475 726034



Useful Contacts Inverclyde continued

BRANCHTON COMMUNITY SHOP	78 BRANCHTON ROAD	01475 638481
INVERCLYDE COMMUNITY FOOD PANTRY	7 ½ JOHN WOOD STREET (MON 10-3, FRI 10-5)	01475 553300
LARKFIELD FOOD SHARE	COMMUNITY HALL, LOTHIAN ROAD, GREENOCK (SAT 11)	
PORT GLASGOW CHURCH ANGELS	5 BROWN STREET, PORT GLASGOW (TUES & THURS 10-12)	
CRISIS GRANT	WWW.INVERCLYDE.GOV.UK/ADVICE-AND-BENEFITS/SCOTTISH-WELFARE-FUND/CRISIS-GRANTS	01475 714444
COMMUNITY CARE GRANT	WWW.INVERCLYDE.GOV.UK/ADVICE-AND-BENEFITS/SCOTTISH-WELFARE-FUND/COMMUNITY-CARE-GRANTS	01475 714444
SP ENERGY NETWORKS (POWER CUT)	WWW.SPENERGYNETWORKS.CO.UK	0800 001 5400
SAMARITANS	WWW.SAMARTITANS.ORG/SCOTLAND/HOW-WE-CAN-HELP/CONTACT-SAMARITAN/	116 123
BREATHING SPACE	WWW.BREATHINGSPACE.SCOT	0800 83 85 87



Useful Contacts North Lanarkshire

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
NORTH LANARKSHIRE WOMEN'S AID	<u>4TH FLOOR, 30 BELL STREET,</u> <u>GLASGOW</u>	01236730992
DOMESTIC ABUSE HELPLINE	WWW.NATIONALDAHHELPLINE.ORG.U K	0800 027 1234
CHILDLINE	WWW.CHILDLINE.ORG.UK	0800 11 11
CHILDREN 1ST	WWW.CHILDRENFIRST.ORG.UK	01414191150
CHILD PROTECTION NSPCC HELPLINE	WWW.NSPCC.ORG.UK/KEEPING- CHILDREN-SAFE/	0808 800 5000
POLICE SCOTLAND	WWW.SCOTLAND.POLICE.UK	101
NORTH LAN SOCIAL WORK SERVICES	BRON WAY, GLASGOW G67 1DZ	<u>01236 622100</u>
NORTH LAN SOCIAL WORK OUT OF HOURS	OUT-OF-HOURS SUPPORT	0800 121 4114
COATBRIDGE FOODBANK	25 COATBANK ST, COATBRIDGE ML5 3SP	(Mon, Wed, Fri 10.30-2.30pm) tel:01236427959
COATBRIDGE CITIZEN ADVICE	ELLIS ST, COATBRIDGE ML5 3	<u>01524481508</u>
CRISIS GRANT	WWW.GLASGOW.GOV.UK/SWF	0141 276 1177
SP ENERGY NETWORKS (POWER CUT)	WWW.SPENERGYNETWORKS.CO.UK	0800 001 5400



Useful Contacts North Lanarkshire continued

SAMARITANS

**WWW.SAMARTITANS.ORG/SCOTLAND/HO
W-WE-CAN-HELP/CONTACT-SAMARITAN/**

116 123

BREATHING SPACE

WWW.BREATHINGSPACE.SCOT

0800 83 85 87



Useful Contacts Renfrewshire

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
Renfrewshire Women's Aid Outreach	29 Moss Street, Paisley	0141 561 7030
Domestic Abuse for Young People Helpline	www.thehideout.org.uk	
Childline	www.childline.org.uk	0800 11 11
Children 1st	www.childrenfirst.org.uk	08000 28 22 33
Child Protection NSPCC Helpline	www.nspcc.org.uk/keeping-children-safe/	0808 800 500
Police Scotland	www.scotland.police.uk	101
Renfrewshire Social Work Services	8 Seedhill Road, Paisley	0300 300 119
Social Work Out of Hours	www.glasgow.gov.uk/article/2196	0300 345 1505
Renfrewshire Council Emergency Housing Repairs	www.renfrewshire.gov.uk/article/14234/Report-a-housing-repair	0300 300 0300
RENFREWSHIRE FOODBANK	Renfrewshire Baptist Church, 77 Paisley Road, Renfrew	Mon 2-4pm, Wed 1.30-6.45pm, Fri 1.30-4.30pm 03001022500
Paisley Foodbank	Central Baptist Church, 14 Lady Lane, Paisley	(Mon 2-4pm, Wed 1.30-6.45pm, Fri 1.30-4.30pm) 03001022500



Useful Contacts Renfrewshire continued

JOHNSTONE FOODBANK	St Paul's Church, Quarrelton Road, Johnstone	(Wed 10-12) 03001022500
The Trussell Trust Foodbank	14 Lowndes Street, Barrhead	(Tues 12-2, Fri 2-4) 0141 881 8250
Star Project Pantry	12-14 Wallace Street, Paisley	(Tues 12.30-6, Wed – Fri 10-2) 0141 889 5850
Renfrewshire Citizen Advice	http://www.renfrewshirecab.org.uk/	0141 889 2121
WEST END GREENOCK FOOD SHARE	WESTBURN CHURCH HALL, NELSON STREET (WED 11)	
CRISIS GRANT	www.renfrewshire.gov.uk/crisisgrant	0300 300 0204
Community Care Grant	www.renfrewshire.gov.uk/communitycare grants	<u>0300 300 1238</u>
SP Energy Networks (Power Cut)	www.spenergynetworks.co.uk	0800 001 5400
Samaritans	www.samaritans.org/scotland/how-we- can-help/contact-samaritan/	116 123
Breathing Space	www.breathingspace.scot	0800 83 85 87
Scottish Families Effecting by Drug & Alcohol	www.sfad.org.uk	0808 010 1011
National Debt Helpline	www.nationaldebtline.org	0800 8080 4000
Shout	www.giveusashout.org	85258 (TEXT)
Out of Hours Doctor/NHS 24	www.nhsggc.scot	111



Useful Contacts South Lanarkshire

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
Community Wellbeing Helpline	www.southlanarkshire.gov.uk	0300 029 0041
Social Services General & Emergency	esws@southlanarkshire.gov.uk	0303 123 1008
Domestic Abuse Helpline	sdafmh.org.uk	0800 027 1234 or Text/WhatsApp 07401 288 595
South Lanarkshire Women's Aid	www.wasler.org.uk	01355 249897
NHS 24	111.nhs.uk Emergency prescription online form: 111.nhs.uk/emergency-prescription	NHS App or 111
Police Scotland	www.scotlandpolice.uk	101
Breathing Space	www.breathingspace.scot	0800 83 85 87
Samartians	www.smaritians.org/scotland-we-can-help/contac-samaritan	116 123
Children 1st	www.childrenfirst.org.uk	08000 28 22 33
SP Energy Networks (Power Cut)	www.spenergynetworks.co.uk	105
Gas Emergencies	www.nationalgas.com	0800 111 999
South Lanarkshire Emergency Repairs	www.southlanarkshire.gov.uk	0800 242 024



Useful Contacts South Lanarkshire

ORGANISATION	ADDRESS/EMAIL	PHONE NUMBER
Rutherglen and Cambuslang Foodbank	rutherglencambuslang.foodbank.org.uk/	07393 737030
Hamilton District Food Bank	hamiltondistrict.foodbank.org.uk	07884 451 512
EK Community Food Bank	www.calderwoodbaptist.co.uk	01355 247660
Larkhall and District Volunteer Group	Registry House, 55 Victoria Street, Larkhall, ML9 2B	01698 888893
Clyde, Avon and Nethan Foodbank	Trinity Cottage, 96 Union Street, Larkhall ML9 2EN	07591 104027
Share Alike	sharealike.info@gmail.com	07884 451 512
Loaves and Fishes Food Bank	34/36 Singer Road, East Kilbride, G75 0XS	01355 223657
Clydesdale Food Bank	96 Chapel Street, Carluke, ML8 4BD	01555 771700
Coalburn Miners Welfare Charitable Society	Coalburn Miners Welfare, 42 Coalburn Rd, Coalburn, Lanark, ML11 0LH	01555 820060 or 07398141316

Take Care during the Festivities