

Wellbeing & Support

Information on local and national agencies which we hope will help you work through any difficult times. Prepared in partnership with La Scala Residents Association and Radnor Park Multis Tenants & Residents Association.

Health & Wellbeing



Men Matter Scotland

We facilitate activities that support positive mental, physical and emotional health and wellbeing for men. All services FREE - You only need to be a Man, over 16 years of age, and live in Scotland. Tel - 0141 944 7900

www.MenMatterScotland.Org



Advice for Older People

Age Scotland works to improve the lives of everyone over the age of 50 so that they can love later life. Tel - 0800 12 44 222 (Mon-Fri 9am-5pm) www.ageuk.org.uk/scotland



Children 1st Parentline

Do you feel like you're at the end of your tether? Are you struggling to make ends meet? Children 1st Parentline is here for you and your family. Tel - 08000 28 22 33

<https://www.children1st.org.uk/help-for-families/parentline-scotland/>



Refuge

Refuge's Domestic Violence national helpline and website is available for free, confidential support. Tel - 0808 2000 247 <https://www.refuge.org.uk/>



Breathing Space Scotland

Sometimes our thoughts and feelings can overwhelm us. It helps to get some Breathing Space. Pick up the phone - we're here to listen. Tel - 0800 838587 (Mon-Thur 6pm-2am, Fri 6pm-Mon 6am) <https://breathingspace.scot/>



Stepping Stones Clydebank

We're happy to talk. We are only a stone's throw away. 0141 941 2929 (Mon-Fri, 9am-5pm), 07848 042521 (24 hour answer machine facility) admin@stepstones.org.uk



Anti Social Behaviour

Help Clydebank HA help you to tackle anti-social behaviour. Contact Police Scotland on 101. Keep a record of all incidents. Talk to your Housing Officer about what's going on. Do not suffer in silence. 0141 941 1044

housingmanagement@clydebank-ha.org.uk



LGBT Health & Wellbeing

Works to improve the health, wellbeing and equality of LGBT people in Scotland. <https://www.lgbthealth.org.uk/>

Tel - 0300 123 2523 glasgow@lgbthealth.org.uk



NHS Inform

Symptom checker and a self-help guide, as well as a Healthy Living section for guidance on looking after yourself.

If symptoms persist or you need more info call 111

<https://www.nhsinform.scot/>



Macmillan Cancer Support

Living with cancer in West Dunbartonshire? Macmillan Cancer Support is there for you.

Tel - 0808 8080000 [www.macmillan.org.uk/improving.cancerjourney@west-](http://www.macmillan.org.uk/improving.cancerjourney@west-dunbarton.gov.uk)

dunbarton.gov.uk



Quit Your Way

Call the Quit Your Way helpline service, visit the website or visit your Community Pharmacy for FREE stop smoking support. 0800 84 84 84 QuitYourWay.scot

Interests



Clydesider Community Magazine

Copies of Clydesider community magazine are free to download at www.clydesider.org/publications.



Clydebank Can

They run a range of projects in Clydebank involving cycling, art and more. 0141 952 4382 <http://www.clydebankcan.com/>



Clydebank Housing Association

We have a range of options for residents to get involved. Tel - 0141 941 1044

<https://clydebank-ha.org.uk/contact-us/>

Financial/Other



Citizens Advice Bureau (CAB)

CAB offers a service to help maximise your income and offer advice and assistance on debts. Tel - 0800 484 0136 www.wdcab.co.uk/contact-us



Money Advice Service (MAS)

MAS offers advice on rent and mortgage, credit and debt, benefits and more. Tel - 0141 572 0237 [www.moneyadvicescotland.org.uk/coronavirus-](http://www.moneyadvicescotland.org.uk/coronavirus-dealing-with-debt-and-money-worries)

[moneyadvicescotland.org.uk/coronavirus-dealing-with-debt-and-money-worries](http://www.moneyadvicescotland.org.uk/coronavirus-dealing-with-debt-and-money-worries)



The Lennox Partnership

Unemployed? Live in West Dunbartonshire? They'll help you find and sustain employment through Fairstart Scotland. 07423 002842

ffsduncontact@thelennoxpartnership.org



Energy Bill Help

If you're struggling tell your supplier. For more advice, contact the Citizens Advice consumer helpline: 0808 223 1133.

Or Home Energy Scotland www.homeenergyscotland.org. Tel - 0808 808 2282.

