



Welcome

خوش آمدی 欢迎 مرحبا بك
Xin chào خوش آمدید به خیربیت

GLADAN is a network of charities supporting asylum seekers in Glasgow

GLADAN هي شبكة من الجمعيات الخيرية التي تدعم طالبي اللجوء في غلاسكو

GLADAN 是一个支持格拉斯哥寻求庇护者的慈善机构网络

یک شبکه خیریه است که از پناہجویان در گلاسکو حمایت می کند

گلاڈان توریکہ لہ ریکخراوہ خیرخوازیہ کان کہ پالپشتی پناخوازان دہکن لہ شاری گلاسکو

گلاسگو میں پناہ کے متلاشیوں کی مدد کرنے والے خیراتی اداروں کا ایک نیٹ ورک ہے۔ GLADAN

GLADAN là mạng lưới từ thiện chuyên giúp đỡ những người đang tìm kiếm tị nạn tại thành phố Glasgow



Phone 111 for any urgent health need or question

لأي حاجة صحية عاجلة أو سؤال 111 هاتف

如果有任何紧急医疗需要或问题，请致电 111

در صورت نیاز فوری برای سلامت با شماره ۱۱۱ تماس بگیرید

بۆ ھەر پێداویستیھێکی تەندروستی بەپەلە یان پرسیارێک پەيوھندی بکەن بە ژمارە ۱۱۱

صحت کے تعلق سے فوری ضرورت یا سوال کے لئے ۱۱۱ پر فون کے ذریعے رابطہ کریں

Hãy gọi 111 cho bất cứ sự trợ giúp sức khỏe khẩn cấp hoặc hỏi đáp



Accommodation is provided by the following organisations (referral needed):

يتم توفير الإقامة من قبل المنظمات التالية (يلزم الإحالة)

以下机构可以提供住宿（需要转介）

مسكن توسط سازمانها فراهم می شود: (ارجاع و معرف لازم است)

شویینی نیشتهجییبوون له لایهن ئەم ریکخراوانه‌ی خوارموه دابین ده‌کریت (پێویسته رەوانه‌کردن)

مندرجہ ذیل ادراے رہائش بھی مہیا کرتے ہیں لیکن اسکے لیے کسی حوالے کا ہونا ضروری ہے

Chỗ ở thì được cung cấp bởi các tổ chức, và cần phải có sự giới thiệu.

Simon Community Scotland;
Refugee Sanctuary Scotland;

Room for Refugees;
Refugees at Home;

Ubuntu Women's Shelter
(Self Refer. Details overleaf)

FOOD DISTRIBUTION

نقطة توزيع الاغذية
食物分发
توزيع غذا
دابہشکردنی خوراک
اشیا خوردو نوش کی تقسیم
Chia đồ ăn

HOT FOOD

طعام ساخن
热的食物
غذای گرم
خواردنی گہم
گرم پکے کھانے
Đồ ăn nóng

CLOTHING

ملابس
衣服
لباس
جل و بہرگ
پہننے کے لئے کپڑے
Quần áo

WASHING FACILITIES

الاستحمام
洗澡设施
حمام
دوشہ‌کان
غسل کرنے کی سہولت
Chỗ tắm rửa

LAUNDRY

أمكن غسل الملابس
洗衣
خشکشوی
جلشورگہ
کپڑے دھونے کی سہولت
Giặt đồ

ADVICE

النصيحة
建议
مشاورہ
ٹائمورگاری
مشورہ
khuyên bảo

EDUCATION/ TRAINING

التعليم / التدريب
教育，培训
آموزش/آموزش
پہروہردہ/ پراہینان
تعلیم/تربیت
Giáo dục/đào tạo

SCAN FOR MORE INFORMATION

(Internet access required)

destitutionaction.org

Some suggestions of what to look for, where to go or what to do during the day:

Libraries: www.glasgowlife.org.uk/libraries

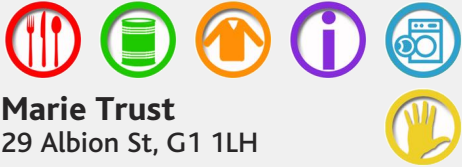
Museums: www.glasgowlife.org.uk/museums



INFORMATION ADVICE & SUPPORT

For
Asylum Seekers
in Glasgow



 Community InfoSource Tontine Building 1st Floor 20 Trongate, G1 5EU T: 0141 258 2773 www.infosource.org.uk info@infosource.org.uk	 Bridges Programmes Suite G6, Flemington House, 110 Flemington St, G21 4BF Mon-Thurs, 9am-5pm; Fri 9am-4.30pm T: 0141 558 9749 e: admin@bridgesprogrammes.org.uk www.bridgesprogrammes.org.uk	 British Red Cross Refugee Services 3rd Floor 8 Cambridge St, G2 3DZ T: 07590 445367 (Phone or WhatsApp) www.redcross.org.uk/get-help-as-a- Mon, Tues, Thu 9.30am-12pm, 2pm-4.15pm	 Central & West Integration Network Garnethill Multicultural Centre 21 Rose St, G3 6RE T: 0141 573 0978 www.cwin.org.uk e:info@cwin.org.uk Tues Advice 12.30-14.30 Thurs & Fri Food hub from 1.30pm Fri Community Meal 12noon-2pm	 Cranhill Development Trust 109 Bellrock St, G33 3HE Freephone: 0808 196 8331 www.cranhilldt.org.uk e: info@cranhilldt.org Last Thurs of month Community meal 5-7pm Wed GCP outreach - appointment required Thurs SRC outreach - appointment required	 Emmanuel Christian Ministries Cafe Connect The Christian Centre 348 Cathedral St, G1 2BX T: 0141 239 1087 www.ecmglasgow.org e: admin@ecmglasgow.org Wed 5-7pm
 Friendship House Drumchapel Essenside United Reformed Church 50 Essenside Ave, G15 6DX e: rohughes24@yahoo.co.uk Wed 12noon-2.30pm	 Glasgow Central Mosque 1 Mosque Av G5 9TA T: 0141 429 3132 www.centralmosque.co.uk e: info@centralmosque.co.uk Sun 1-3pm	 Glasgow City Mission 20 Crimea St, G2 8PW T: 0141 221 2630 www.glasgowcitymission.com e: info@glasgowcitymission.com Mon-Fri Lunch 1-2pm Dinner 6.30-8pm Advice 11am-1pm and 2.15-4.15pm	 Glasgow ESOL Forum Red Tree Business Suites, Suites 1.20 35 Dalmarnock Road, G40 4LA T: 0141 333 1194 www.glasgowesol.org Mon-Fri 9am-5pm	 Govan Community Project 31 Garmouth St, G51 3PR T: 0800 310 0054 www.govancommunityproject.org.uk e: home@govancommunityproject.org.uk Mon-Thurs 10am-1pm Vouchers for Pantry	 Govanhill Free Church 26 Belleisle St, G42 8HJ T: 0843 289 6628 www.govanhillfreechurch.org e: govanhillfreechurch@gmail.com Tues 12-2pm lunch Tues 5.30-7pm (Except school holidays)
 Kinning Park Complex 43 Cornwall St, G41 1BA T: 07544 612437 www.kinningparkcomplex.org e: hello@kinningparkcomplex.org Tues 12.30pm Lunch Thurs 6pm Dinner	 Lodging House Mission 35 East Campbell St, G1 5DT T: 0141 552 0285 www.lhm-glasgow.org.uk e: enquiries@lhm-glasgow.org.uk Mon-Fri 8am-3pm Breakfast & Lunch	 Marie Trust 29 Albion St, G1 1LH T: 0141 286 0065 www.themarietrust.org Contact form on website Mon-Fri 9am-5pm	 Maryhill Integration Network Maryhill Community Centre 35 Avenuepark St, G20 8TS T: 0141 946 9106 www.maryhillintegration.org.uk e: hello@maryhillintegration.org.uk Mon-Fri 10am-5pm	 Maslow's Community Shop 70 Shaw St, G51 3BL Tues-Fri 10am-5pm (HO Card or Documentation required) T: 0141 387 0978 www.maslowscommunity.co.uk e: maslowscommunity@gmail.com Mon, Tues, Thurs, Fri 10am-4pm Wed 1-4pm	 Parkhead Nazarene Church 12-14 Burgher St, G31 4TB Thurs 11am-3.30pm Access to ESOL Class & Internet T: 0141 556 0127 www.parkhead.nazarene.org.uk e: parkhead@nazarene.org.uk Thurs 11am-1.30pm
 Positive Action in Housing Glasgow Contact Form on website T: 0141 353 2220 www.paih.org/help e: home@positiveactionh.org	 Refuweegee 24 George Square, G2 1EQ T: 0141 401 0756 www.refuweegee.co.uk e: enquiries@refuweegee.co.uk Mon-Fri 10am-4pm Community Lunch: Mon, Tues & Thurs 1-2pm	 Saheliya St Rollox House 130 Springburn Rd, G21 1YL T: 0141 552 6540 www.saheliya.co.uk e: admin.glasgow@saheliya.co.uk Mon-Fri 9am-4.30pm	 Scottish Refugee Council 6th Floor, Portland House, 17 Renfield St, G2 5AH T: 0808 196 7274 www.scottishrefugeecouncil.org.uk Contact form on website Mon, Tues, Thurs, Fri 9am-5pm Wed 1pm-5pm	 St Rollox Community Outreach 70 Fountainwell Rd, G21 1RG T: 07763 450 465 Find on facebook www.strolloxcommunity.org.uk e: project@strolloxcommunity.org.uk Tues & Wed 10am -2.30pm	 The Well Multi Cultural Resource Centre 53 Niddrie Road, G42 8NT T: 0141 424 4523 www.thewell.org.uk e: info@thewell.org.uk Mon - Fri 9.15-12.30pm Mon, Wed & Fri 1-4pm
 Ubuntu Women's Shelter Room 8 Block A The Adelphi Centre, G5 0PQ Office (other services) 07835 160 913 Emergency Housing T: 07570 877 817 Any time. www.ubuntu-glasgow.org.uk e: info@ubuntu-glasgow.org.uk Mon-Fri 9am-4pm	 Unity Sisters T: 07874 041380 www.unitysisters.uk e: unitysisters15@gmail.com	 Volunteer Glasgow Brunswick House (Ground Floor West), 51 Wilson St, G1 1UZ Mon-Thur 10-4pm, Fri 10-3pm T: 0141 226 3431 www.volunteerglasgow.org/volunteer/ guidance/refugees/ e: info@volunteerglasgow.org	 Wayside Club Centre 32 Midland St, G1 4PR T: 0141 229 0169 www.thewaysideclubcentre.co.uk e: waysideglasgow@gmail.com Mon-Sun 6.45-8.30pm (after 19.00) Sat 1-2.30pm	 Women's Integration Network St Mathews Church 200 Balmore Rd, G22 6LJ T: 07474 939390 womenintegrationnetwork.co.uk womenintegrationnetwork@gmail.com Thurs 12.30-14.45pm	 CHARITIES AROUND UK RIGHT TO REMAIN https://righttoremain.org.uk/toolkit/ NACCOM https://naccom.org.uk/projects/