



INFORMATION for KINSHIP CARERS

Childrens Services have an active responsibility to support Kinship Carers and their families.



Health Warning

We aim to ensure that the information published on this information leaflet is accurate and consistent with current knowledge and practice. However, information and services are constantly evolving.

Please contact the West Health Improvement Team / Jan Boyle (jan.boyle@ggc.scot.nhs.uk / 0141 314 6279) if you believe any content should be amended or removed.

Review of content shall take place in January 2011.

WEST GLASGOW GRANDPARENT SUPPORT GROUP

West Glasgow Grandparent Carers Support Group (WGGSG) meets every two weeks on Thursday Mornings 10am-12pm at St Simon's Church in Partick. Meetings are non-denominational and are open to all Kinship Carers in the West Glasgow area.

What do we do?

We are a group of grandparent's and extended family members (Kinship Carers) who set up as a group in an attempt to make things easier for all people in our situation here in the West. Our members may or may not have formal guardianship of the children/young people but all are the main carers.

Our aims are to:

- Benefit children in our care.
- Make changes for carers.
- Organise social activities.
- Provide each other with confidence and mutual support.

The advantages of Kinship Care are that this allows children and young people to live with people they know and trust and so enables children and young people to maintain family relationships and identity. Our group meets every fortnight and involves sharing our experiences, fundraising, organising speakers on specific topics, also discussing ways to influence local services and canvassing local politicians to ensure kinship care has the recognition it deserves.

Meetings are a safe space where kinship carers can discuss issues that affect their lives and get support from other group members. We also discuss policies that affect kinship carers both nationally and locally. We take part in campaigns which are about getting better support and services for kinship carers and the children we are caring for. To take part in these campaigns we sometimes link up with other groups in Glasgow.

In addition to campaigns we also organise social activities for the children and their kinship carer such as outings to Loudon Castle, Blair Drummond Safari Park, Xmas panto & meal. These activities have included residential trips to Blackpool and educational trips to Centre Parcs.

We also have links with agencies who provide support for kinship carers such as:

- Geeza Break
- Family Addiction Support Service (FASS)
- West Street
- Dumbarton Road Corridor Addiction Forum
- Notre Dame Centre
- SACRO

Who can attend our meetings?

Meetings are open to all kinship carers who reside in the West Glasgow CHCP area. By West Glasgow we broadly mean the area stretching from Glasgow City Centre down to Drumchapel and Yoker and taking in North Woodside, Partick, Scotstoun and Knightswood. However some of our members live outside the Glasgow City boundary in areas such as Clydebank and Bearsden.

On occasion workers from social work and health attend our meetings. They are invited to answer questions that we wish to raise or to provide support through Community Development. We have no direct formal link with the Social Work department.

What is a Kinship Carer?

There are a number of definitions used by different local authorities and Government departments regarding who is or isn't a kinship carer. Our definition of a kinship carer would be anyone who is caring for a child whom they are not the parent of but who they are related to. In the majority of cases within our group we are the grandparents of the children we are caring for but there are also situations where it can be an uncle, aunt or other relative who is caring for the children.

For Further details

To find out more about the group you can contact us via our chairperson Sally Brisbane on 07861 455148. Alternatively contact us via our secretary's email address which is: charlotte.wain@btinternet.com

You can also find our details on our web page at: www.wggg.org.uk

Children's Services

Children's Services are part of the West Glasgow Community Health & Care Partnership. The Services comprise of specialist Community Services, Health Visiting Services and Children and Families Services (Social Work). Specialist Services are located at a number of locations across the West. Health Visiting Services are based in Health Centres and Children and Families Services are based at Mercat House, 31 Hecla Square, Drumchapel and 35 Church Street, Partick

Social Work Services

Drumchapel

Mercat House
31 Hecla Square
Glasgow G15 8NH
Tel: 0141 276 4300
Fax: 0141 276 4331

Partick

35 Church Street
Glasgow G11 5JT
Tel: 0141 276 3112
Fax: 0141 276 3194

Office hours

Mon – Thur 8:45am - 4:45pm
Fri 8:45am – 3:55pm

An emergency out of hours service is available from the Standby Service

Tel: 0800 811505

Website: www.glasgow.gov.uk

PACT (Parents and Children Together)


These co-located multi-agency Teams have been set up to provide support to vulnerable families who have children of under 5 years of age, or where a woman is currently pregnant. The principle of the service is that it will focus on early intervention work with families on a voluntary, planned and time limited basis, where this input is expected to limit or reduce the need for more intrusive and/or statutory measures.

Tel: 0141 276 4310

Triple P

The three P's in 'Triple P' stand for 'Positive Parenting Program'.

Triple P helps parents understand how their family works so they can use the things they already think, feel, say and do in new ways. Triple P helps parents:

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- (i) Create a stable, supportive, harmonious family environment
 - (ii) Teach their children the skills they need to get along with others
 - (iii) Deal positively, consistently and decisively with problem behaviour should it arise
 - (iv) Encourage good behaviour
 - (v) Develop realistic expectations of their children and themselves
 - (vi) Take care of themselves as parents.
 - (vii) Parents can access Triple P through parenting groups which are run across Glasgow which include assistance in the form of a one to one chat with a Triple P practitioner should they require it.

Triple P was developed by Professor Matt Sanders and his colleagues in the Parent and Family Support Centre at the University of Queensland and is now used in 17 countries worldwide. Tel: 0141 211 0320

Early Childhood & Extended Services (Childcare Providers)

Centenary House
100 Morrison Street
Glasgow G5 8LN
Tel: 0141 287 5223/7065
Website: www.glasgow.gov.uk

School Nurses

Currently the core services offered to all pupils from the school nursing team in West Glasgow are:

- Primary One: a weight and height check.
- Primary Seven: a vision test and a health interview.
- Secondary Two: Human Papilloma Virus (HPV) immunisation Girls only
- Secondary Three: Diphtheria, Tetanus & Polio (DTP) immunisation. Boys and Girls

Pupils can be referred to the school nurse by teaching staff, guidance staff, parents or self referral.

Tel: 0141 211 1421/232 9245

Education Services

Wheatley House
25 Cochrane Street
Glasgow G1 1HL
Tel: 0141 287 200; Website: www.glasgow.gov.uk

Childline

Get free and confidential help and advice about a wide range of issues, talk to a counsellor online.

Website: www.childline.org.uk

Tel: 0800 11 11

Bullying Helpline

Tel: 0800 44 11 11

ParentLine Scotland

Helpline: 0808 800 2222

NHS 24 Helpline

If you're ill when your doctor's surgery is closed and you feel it can't wait until it re-opens, call NHS 24 on 08454 24 24 24.

If you or your child becomes unwell or has severe dental pain you can phone NHS 24 on 08454 24 24 24 for around the clock health advice and support.

In an emergency regarding medication call NHS 24 to speak to a pharmacist. List of pharmacies open extended hours and on Public Holidays is available from NHS 24

Tel: 08454 24 24 24 Calls are charged at local rate.

Website: www.nhs24.com

NHS Helpline

The NHS Helpline, can give you details of all pharmacies, GP practices and dental practices in Scotland. They can also give you information about illnesses and conditions, treatments, NHS services and other support services.

Tel: 0800 22 44 88 (8am to 10pm, 7 days)

Cruse Bereavement Care

Central Chambers
11 Bothwell Street
Glasgow
G2 6LY

Tel: 0141 248 2199

COPE

20 Drumchapel Road
Glasgow
G15 6QE

Tel: 0141 944 5490

SACRO

Sacro aims to promote community safety across Scotland through providing high quality services to reduce conflict and offending.

Tel: 0131 624 7270

Fax: 0131 624 7269

Email: info@national.sacro.org.uk

Breathing Space



Anyone can feel down or depressed from time to time. It helps to get some Breathing Space. You are not alone and talking about how you feel is a positive first step in getting help. So don't let problems get out of hand, phone Breathing Space where experienced advisors will listen and provide information and advice.

Tel: 0800 83 85 87

Weekday: Mon - Thur 6:00pm - 2:00am

Weekend: Fri 6:00pm - Mon 6:00am

Carers Information and Support Line

2nd floor
24 George Square
Glasgow
G2 1EG

Tel: 0141 353 6504

Fax: 0141 221 7130

Email: carerssupportline@crossroads-scotland.co.uk

Website: www.crossroads-scotland.co.uk

The Princess Royal Trust West Glasgow Carers Centre

1561 Great Western Road
Glasgow
G13 1HN

Tel: 0141 959 9871; Fax: 0141 950 1144

Website: <http://www.carers.org/local/scotland/glasgow-west/>

Glasgow Children's Holiday Scheme

The aim of the scheme is to provide a break for children and families who are socially excluded.

5th Floor, 30 George Square

Glasgow, G2 1EG

Tel: 0141 248 7255 ; Fax: 0141 248 7255

Email: gchs@talktalkbusiness.net

Website: www.glasgowchildrensholidayscheme.org.uk

CAB & Money Advice

Glasgow Central Citizens Advice Bureau

1st Floor

88 Bell Street

Glasgow

G1 1LX

Tel: 0141 552 5556

Fax: 0141 552 7878

Opening hours: Monday - Friday 9:30am - 4:30pm

Glasgow Drumchapel Citizens Advice Bureau

195c Drumry Road East

Drumchapel

Glasgow

G15 8NS

Tel: 0141 944 2612

Fax: 0141 944 8066

Opening hours: Mon – Fri 10:00am – 3:45pm

Drumchapel Law & Money Advice Centre

Unit 10

42 Dalsetter Avenue

Glasgow

G15 8TE

Tel: 0141 944 0507

Fax: 0141 944 5504

Website: www.dlmac.co.uk

Opening hours: Mon – Thur 9:30am – 4:30pm

Fri 9:30am – 3:30pm

Childrens Rights Project

The Children's Rights Project provides assistance to the local community with issues such as Children's Hearings, School exclusions, etc.

Unit 10,42 Dalsetter Avenue

Glasgow, G15 8TE

Website: www.dlmac.co.uk

Mon – Thur 9:30am – 4:30pm

Fri 9:30am – 3:30pm

Glasgow City Council

Social Work - Debt Advice

Nye Bevan House

20 India Street

Glasgow

G2 4PF

Tel: 0141 287 8732 Fax: 0141 287 8750 Opening hours: Mon – Fri 9:00am – 5:00pm

Child Benefit Information

Tel: 0844 496 7300

Website: www.child-benefits.co.uk

Working Families' Tax Credit

Working Families' Tax Credit is a tax credit available to working families who are responsible for at least one child under 16 (or under 19 if in full-time education up to A-level or equivalent standard). It is payable to two-parent and one-parent families. The applicant or the partner (if they have one) must be working 16 hours or more per week.

Telephone

Tax Credit Helpline

For general information about tax credits

Opening hours

8.00 am to 8.00 pm, seven days a week

Closed Christmas Day, Boxing Day and New Year's Day

0845 300 3900

For customers who are deaf or hearing or speech impaired:

0845 300 3909 (Textphone)

When making contact please have your National Insurance number to hand.

Post Tax credits written enquiries:

Tax Credit Office

Preston

PR1 0SB

If you are writing to tell about a change of circumstance, please mark your envelope 'change of circumstances'.

Addiction Services

Family Addiction Support Services (FASS)

Helps families and individuals cope with the affects of addiction.

Link Worker

The Link Worker provides practical support and advice on childcare issues, respite services (Geeza Break), welfare rights, information about local Kinship Groups, support to carers and can connect carers to mainstream Childcare Services and other agencies.

Free of charge; Counsellor (in-house) & Hypnotherapy (Tuesday only).

Drop-in service every Thursday between 12-3pm

West Street Centre, 123 West Street, G5 8BA ; Tel: 0141 420 2050 or 0141 573 2900

www.fassglasgow.org

West Area Community Addiction Team

Drumchapel

7-25 Hecla Square

Glasgow G15 8NH

Mon-Thurs – 8.45am-4.45pm

Fri – 8.45am-3.55pm

Tel: 0141 276 4330

Woodside

11 Callender Street

(Next to Woodside Health Centre)

Glasgow G20 7LR

Mon-Thurs – 8.45am-4.45pm

Fri – 8.45am-3.55pm

Tel: 0141 531 9254

Kershaw Unit

A seven-day per week partial hospitalisation service for people with drug as well as alcohol problems.

Gartnavel Royal Hospital

1055 Great Western Road

Glasgow

G12 0XH

Tel: 0141 211 3600 / 3546

Glasgow Association of Family Support Groups

We offer advice, information and support. Families can either go to a family support group or have one to one counselling from the Association's fulltime counsellor. We also offer counselling to 10 to 16 year olds who are children of drug misusers. We also have a Grandparents Group and a Bereavement Group.

Opening Hours

Monday, Wednesday, Thursday, Friday - 9.30am to 4.30pm

Tuesday - 9.30am to 4.30pm & 7.00pm to 9.00pm

Sunday - 6.00pm to 8.00pm

Contact:

Tel: 0141 420 2050

Fax: 0141 420 6262

E-mail: gafsg@care4free.net

Web: <http://www.gafsg.org.uk>

Glasgow Drugs Crisis Centre (GDCC)

123 West Street

Glasgow, G5 8BA

Tel: 0141 420 6969

Fax: 0141 274 2353

E: lindagirvan@turningpointscotland.com

Glasgow Council On Alcohol

Newton House

457 Sauchiehall Street

Glasgow

G2 3LG

Tel: 0141 353 1800

web: www.thegca.org.uk

Drug Counselling and Family Support

Kingsway Court Health and Wellbeing Centre

Daily – Tel: 0141 584 5754

(Also at Yoker Resource Centre 3rd Tuesday of Month 6.30pm)

Addaction – Glasgow West

44 Hecla Square

Drumchapel

Glasgow

G15 8NH

Tel: 0141 949 4884

Fax: 0141 949 4883

54-58, St. Vincent Terrace

Anderston

Glasgow

Tel: 0141 568 9155.

Website: www.addaction.org.uk

Alcoholics Anonymous

Office Tel: 0141 226 2214

Website: www.aa-uk.org.uk

Al-Anon

Website: www.al-anonuk.org.uk

ALAteen

ALAteen, a part of Al-Anon, is for young people aged 12 to 20 who have been affected by someone else's drinking. NB: Members are protected by a policy of anonymity

Al-Anon Scotland

Unit 6, Mansfield Park

22 Mansfield Street

Glasgow

G11 5QP

Tel: 0141 339 8884 E-mail: alanonuk@aol.com

Stop Smoking Groups
Contact tel no: 0141 314 6224/6225

Culture & Sport

<p>Glasgow Club Donald Dewar 220 Garscadden Road Glasgow G15 8SX Tel: 0141 276 0774</p>	<p>Glasgow Club Drumchapel Pool 199 Drumry Road East Glasgow G15 8NS Tel: 0141 276 1515</p>	<p>Glasgow Club Kelvin Hall 1445 Argyle Street Glasgow, G3 8AW Enquiries: 0141 276 1450 ; Bookings: 0141 337 1806</p>
<p>Glasgow Club Yoker Speirshall Terrace Glasgow G14 0LN Tel: 0141 287 3440</p>	<p>Glasgow Club Scotstoun 72 Danes Drive Glasgow G14 9HU Tel: 0141 276 1620</p>	

Healthy Living Centres

<p>The Annexe HLC 9A Stewartville Street Glasgow G11 5PE Tel: 0141 357 6747 Website: www.theannexehlc.org.uk</p>	<p>The Anderston Annexe HLC 78 St Vincent Terrace Glasgow G3 8DX Tel: 0141 564 8496</p>	<p>Kingsway Health & Wellbeing Community Centre Ground floor 50 Kingsway Court Glasgow G14 9SR Tel: 0141 959 0129</p>
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Community Centres

<p>Drumchapel Community Centre 320 Kinfauns Drive Glasgow G15 7HA Tel: 0141 276 0560 Fax: 0141 276 0561</p>	<p>Whiteinch Community Centre 1 Northinch Court Glasgow G14 0UG Tel: 0141 950 4434 Website: www.whiteinchcentre.org.uk</p>	<p>The Yoker Resource Centre 10 Kelso Place Glasgow G14 0LL Tel: 0141 952 6485</p>
<p>Yoker Community Campus The campus provides a learning centre with offices, training accommodation, childcare support, an internet centre and café. 10 Kelso Place Glasgow, G14 0LL Tel: 0141 952 1010</p>	<p>Knightswood Community Centre 201 Alderman Road Glasgow, G13 Scotland Tel: 0141 959 9419</p>	<p>Netherton Community Education Centre 358 Netherton Road Glasgow G13 1AX Tel: 0141-954 4250</p>

Quarrier's Family Support Project

The Open Gate
44 Hecla Square
Glasgow
G15 8NH
Tel: 0141 270 5396

The Notre Dame Centre

Child Guidance Clinic
20 Athole Gardens
Glasgow
G12 9BA

Tel: 0141 339 2366

Fax: 0141 357 1443

info@notredamecentre.org.uk

Oral Health Action Team (OHAT)

Oral Health Practitioners and Community Nursery Nurses promote oral health messages for families with children in the 0-5 yr age group. They specifically manage toothbrushing programmes in all nurseries across the CHCP targeting children 0-3 yrs through the Smile Too Programme which incorporates daily tooth brushing. The team also engages children and families in health promoting activities including healthy eating. Oral Health Staff also undertake wider programmes in partnership with a range of health professionals and community organisations to promote and disseminate oral health information.

Tel: 0141 314 6272/0141 314 6201



Childsmile

Childsmile Nursery and Childsmile School

Is targeted at children who would benefit from additional preventive care.

Childsmile Coordinator

Tel: 0141 427 8298

Website: www.child-smile.org

CALMAS

Via GP Surgeries

GAMH

St. Andrew's by the Green

33 Turnbull Street

Glasgow

G1 5PR

Tel: 0141 552 5592

Fax: 0141 552 6625 Email: webmaster@gamh.org.uk

Children & Families Duty Worker

Drumchapel Tel: 0141 276 430; Partick Tel: 0141 276 3112

HEALTHY START

What is Healthy Start?

Healthy start is a set of vouchers worth £3.10 per week which you can exchange for milk, fresh fruit, fresh vegetables and infant formula milk.

If you are pregnant or you are responsible for a child under 4 Healthy Start could also provide you with FREE vitamins.

To be eligible you must be receiving certain benefits or be aged under 18 and pregnant.



Look for the **Healthy Start Logo** in your stores or contact your Health Visitor for more information.

KINSHIP CARERS

Frequently Asked Questions and Answers

- Q1. What allowances am I entitled to?
- A. You can get advice on applying for benefits and allowances e.g. kinship care money from Social Work Services, Welfare Right's and Citizen Advice Bureau.
- Q2. Are there any support groups for grandparents looking after their grandchildren?
- A. There is a Glasgow Grandparents Carers Group in the West of the city, which meets fortnightly, and is open to all kinship carers in the West of Glasgow.
- Q3. What happens at Glasgow Grandparents Carers Groups?
- A. The groups are informal and you can receive support from other kinship carers and be put in touch with other supports for you and the children in your care?
- Q4. Do the Kinship Care Groups help the children and young people we are caring for?
- A. We arrange outings, activities and holidays for them particularly during school holiday time. The children find support from getting to know other children in a similar situation to themselves.
- Q5. Are there other organisations which can help me with the emotional and behavioural difficulties my grandchildren are experiencing?
- A. There are a number of different Statutory and Voluntary organisations, such as Community Mental Health Teams, Child and Adolescent Mental Health Services, and the Notre Dame Centre who can provide psychological and therapeutic support.
- Q6. My grandson is too scared to leave the house and is refusing to go to school, what should I do?
- A. It is important for you to keep in touch with the headteacher of the school to discuss concerns. Your grandchild may need additional support to manage the social and emotional demands of school. The school is best placed to carry out an assessment of need and will determine whether it would be appropriate for the young person to be put forward to a Joint Support Team meeting (JST). This is a multi-agency group with members from Education (including Psychological Services and ELOs), Social Work Services and Health in attendance.
- Q7. Where can I get help to parent the children in my care?
- A. By joining a Kinship Care Group you will gain new skills and support. The Positive Parenting Programme (Triple P) is also available to parents and carers in Glasgow, which helps parents and carers understand and manage positively children's behaviour..
- Q8. What rights does a kinship carer have and what rights do the children in kinship care have?
- A. Each situation is unique and has differences depending on a number of factors e.g. residency orders, age of children etc. Social Work Services and other organisations such as Children's Rights Project can offer advice on this.