**COVID Health and Wellbeing Team**

**Research on health and wellbeing support/activities available locally**



**Project *31***

[***www.project31.co.uk***](http://www.project31.co.uk/)

*Based in Rutherglen, Project 31 is an organisation which seeks to enrich the experiences of children and their familied to engage them in play and other recreational activities. They have been given a grant from Cash for Kids (amongst other funders) and are offering help with play materials (e.g. Lego, games, a football, books) to any families who are struggling financially. They can also provide and recommend materials which may help children who are finding this situation difficult e.g. mindfulness diaries.*

**No18**

[**www.number18venue.org.uk**](http://www.number18venue.org.uk)

*Currently coordinating with local politicians, agencies and local community organisations from Cambuslang and Rutherglen, to help residents and communities with what they may need in these difficult circumstances. Useful links from Child & Adolescent Mental Health Services (CAMHS) via the NHS, for young people & parents. They are also offering a new telephone helpline is offering psychological support and advice to Lanarkshire people during the COVID-19 pandemic. It aims to help those with anxiety, low mood or other mental health issues in relation to COVID-19.*

**Healthy and Happy (working alongside No18)**

[**www.healthynhappy.org.uk**](http://www.healthynhappy.org.uk)

*Currently offering support, advice, a chat or supplies being delivered. Request form available on website. Offers links to online baby classes and advice on financial matters.*

**Rutherglen and Cambuslang Foodbank**

[**https://www.facebook.com/rutherglencambuslangfoodbank/**](https://www.facebook.com/rutherglencambuslangfoodbank/)

*For anyone needing help or support, a form can be filled out at* [*www.camglencovid.org*](http://www.camglencovid.org/?fbclid=IwAR0yXRJk-IPVwIHlqq76gKY880ieXhQkMEOqLpZ4XuegcDKlVuDWl_WOhxM) *or call the Wellbeing Helpline on 0303 123 1009.*

**Rain or Shine**

<https://www.facebook.com/rainorshinesouthlanarkshire/>

*Based in Cambuslang and currently operating restricted hours. Their aim is to reduce the amount of waste going into landfill by recycling (selling) your unwanted children's clothes, accessories and toys. This money is then reinvested into an ongoing fund offering a community hub with classes, play and activities for all. They sell pre-loved children's clothes, shoes, toys, and books.*

**Rutherglen - Universal Connections**

A variety of activities to involve children and young people. rutherglenuc@yls.org.uk

**South Lanarkshire Carers - Rutherglen Community Carers**

Rutherglen Community Carers <https://slcn.co.uk/groups>

**Camglen COVID-19 Support**

Local information and updates for all impacted by current COVID-19 situation.

Links to Happy’n’Healthy, advice from SLC and support for older residents from LEAP.

camglencovid.gaapdigital.co.uk

**South Lanarkshire Leisure and Culture**

[www.slleisureandculture.co.uk/](http://www.slleisureandculture.co.uk/)

*During this difficult time, it is important that we look after our physical and mental health.  South Lanarkshire Leisure is providing free daily online activities via social media platforms. This includes Live Fitness sessions, arts and cultural talks and tutorials and a whole host of children’s activities (more info on their Facebook page).*

**Flaunt it Fitness**

<https://www.flauntitfitnessuk.com/>

*Group exercise sessions currently running through Zoom including Metafit,  Supercircuits, Fitness Yoga, Fitness Pilates and HIIT as well as Fit for Delivery for anyone who’s pregnant and Core Essential for core and pelvic floor recovery.*

[**Gladishapers**](https://www.facebook.com/groups/575977019277955/)

[*https://www.facebook.com/groups/575977019277955/*](https://www.facebook.com/groups/575977019277955/)

*Three qualified fitness instructions working together to offer free fitness classes via Facebook and ‘Twitch’ such as Spin, TBT’s, weights, Fatburn Xtreme.*

**YogiClaire**

<https://yogiclaire.net/>

Virtual Yoga classes via zoom including yo-chi kids yoga and pregnancy yoga.

**Absofit**

<https://www.absofit.co.uk/>

*Joanna at Absofit is offering a range of fitness classes including family bootcamp via Zoom.*

**Jingers**

[https://www.jingersglasgow.com](https://www.jingersglasgow.com/)

*Based on Burnside main street, Jingers deli are offering home delivery of a variety of different options including fresh produce boxes, afternoon tea platters, grazing platters, pizza making kits, sweet treat boxes and family boxes. Might be of use if anyone is celebrating something special during lockdown.*

**Toffee Apples Tea Room**

<https://www.facebook.com/pg/Toffee-Apples-Tearoom-144248322883414/community/?ref=page_internal>

*Based on Gallowflat Street, Rutherglen, Toffee Apples Tea rooms are offering home delivery of a variety of different meals and afternoon tea boxes too.*