

Older Adults – A guide to local community groups and services in your area

For up-to-date information on timetables, groups, services and events, please visit the websites listed

Exercise & Leisure

Supervised Fitness Sessions

Our Live Active advisors are experts at guiding people from being inactive to active. You can do this, with our help, at supervised gym or fitness classes. Groups are small and very friendly.

✉ East Renfrewshire Culture & Leisure
Eastwood Park Leisure and Barrhead Foundry
☎ 0141 577 4957 (Eastwood) 0141 577 3989 (Barrhead)
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/ageingwell>

Aqua Zumba

FREE to members or £3.30 per class

Have a pool dance party with Aqua Zumba, the Latin music-based fitness class. Now you can do Zumba in water, which gives extra joint and muscle support. Aqua Zumba takes the well-loved cardio dance class and takes it to the pool.

✉ East Renfrewshire Culture & Leisure
Eastwood Park Leisure and Barrhead Foundry
☎ 0141 577 4956 (Eastwood) 0141 580 1174 (Barrhead)
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/aqua-zumba>

Vitality Classes

FREE to members or £3.20 per class

If you are living with a medical condition or have difficulties with mobility, our Vitality programme is just what you need. We offer gentle exercise (including chair based exercise), with four different levels, depending on your ability.

✉ East Renfrewshire Culture & Leisure
Eastwood Park Leisure, Clarkston Halls and Barrhead Foundry
☎ 0141 577 4957 (Eastwood area) 0141 577 4957 (Barrhead area)
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/ageingwell>

Tai Chi

Suitable for all ages and abilities, Tai Chi combines deep breathing and relaxation with slow and gentle movements. It's the perfect combination to help you exercise your body and mind. Mondays at 2pm – Clarkston Hall.

✉ East Renfrewshire Culture & Leisure
Clarkston Hall, Clarkston Road, G76 8NE
☎ 0141 577 3847
www <https://www.ercultureandleisure.org/ageingwell>

Exercise & Leisure (cont.)

Walking Football

Prices range from £2.10 to £4.50 (concession for over 65s)

All the fun of football with no running but plenty of banter. Includes a cuppa and a chat after. Suitable for all levels. No booking necessary.

Tuesdays at 7.30pm, Mearns Primary School – Fridays at 1.00pm, Barrhead Foundry

✉ East Renfrewshire Culture & Leisure
Mearns Primary School and Barrhead Foundry
☎ 0141 577 3922
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/ageingwell>

Line Dancing

FREE to members or £3.40 per class

Line Dancing is great fun and a way to socialise and make new friends. It is a great form of exercise for the body and mind where people of all ages dance along to country music.

Eastwood Park Leisure – Monday 7:30 & 8:30pm. Barrhead Foundry – Monday 1.20pm, Wednesday 10:30 and 11:30am.

☎ 0141 577 4956 (Eastwood) 0141 580 1174 (Barrhead)
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/line-dancing>

Latin Dance Connection

£7.50 drop in or £39 for 6 weeks

Learn to tango as it's danced in Buenos Aires and around the world with Denise & David and The Latin Dance Connection. We teach traditional Argentine tango, which is a beautiful, captivating dance based on simple, elegant movements. We welcome everyone from absolute beginners to more experienced dancers! Sundays 6.15pm to 7.15pm.

✉ Latin Dance Connection
Maccabi Youth and Sports Centre, May Terrace, Giffnock, G46 6LD
☎ 07985 621340
@ info@latindanceconnection.co.uk
www <http://www.latindanceconnection.co.uk/tango.html>

Walking Group/ Rouken Glen Walkers

FREE / 65p

A friendly, sociable walking group, suitable for all levels.

Tuesdays at 10.00am, Barrhead Foundry – Wednesdays at 10.30am, Pro Soccer, Rouken Glen

✉ East Renfrewshire Culture & Leisure
Barrhead Foundry and Rouken Glen Park
☎ 07894 802349 (beginners)
0141 577 3920 (medium paced)
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/ageingwell>
<http://www.roukenglenpark.co.uk/walking>

Exercise & Leisure (cont.)

Dams to Darnley Country Park - Health Walks

FREE

Free health walks in and around the park are a great way to meet new people and enjoy gentle walks. Led by countryside rangers, walks run throughout the year starting at 10am on Wednesday mornings and last approximately an hour and a half. No booking necessary.

✉ East Renfrewshire Countryside Rangers
'World Buffet' restaurant car park, Nitshill Road, Darnley, G53 7RN
☎ 0141 577 4053
@ D2d@eastrenfrewshire.gov.uk
www <http://www.damstodarnley.org/index.php?id=251>

Move More – Macmillan Cancer Support

FREE

For people living with and beyond cancer, the Macmillan Move More team has a range of gentle exercise programmes that help reduce your fatigue and leave you feeling better.

Macmillan East Ren currently have a wide variety of sessions including short walks, Chi Gung (gentle movement), circuit classes and gardening groups.

✉ Macmillan and East Renfrewshire Culture & Leisure
@ helen.harrison@ercultureandleisure.org
☎ 07867 441489
www <https://www.ercultureandleisure.org/article/10227/Move-More>
FB <https://www.facebook.com/macmillanERCL/>

Dunterlie Green Gym - The Conservation Volunteers (TCV) Scotland

FREE / Volunteering

There really is a gym outside your window and TCV Scotland can offer a wealth of experience and opportunities for you to get outside and feel good. Tuesdays 12.30 – 3.30pm.

✉ Dunterlie Community Centre, 38 Stewart Street, Barrhead, G78 1AL
@ liza.white@tcv.org.uk
www https://www2.tcv.org.uk/cgi-bin/greengym/green_gyms?r=11

Live Active (Greater Glasgow & Clyde)

FREE by referral

If you are currently not active, not sure where to start and would like a bit of extra support then Live Active is for you! Access to Live Active is via health professional referral. You can speak with your GP or call 0141 232 1860 and select the Live Active option to speak to an Advisor.

The one to one support from the Live Active Advisor is free for the 12 months and all you have to do is pay for the activities you choose to take part in.

✉ Live Active Referral Scheme
Eastwood Park Leisure and Barrhead Foundry
☎ 0141 232 1860
@ LiveActive@ggc.scot.nhs.uk
www <http://www.nhsggc.org.uk/your-health/healthy-living/get-active/what-are-my-options/live-active/>


Exercise & Leisure (cont.)

Swimming

Take to the water with people your own age at our seniors only swim sessions in Eastwood Pool.

- Monday - Seniors only - 10.00-11.00 am
- Wednesday - Ladies only - 8.00-8.45 pm
- Friday - Seniors only - 11.00 am -12.00 pm

We also have swimming lessons for adults throughout East Renfrewshire. Call our swimming co-ordinators for more information; it's never too late to become more comfortable in the water.

 0141 577 4050 (Barrhead Foundry), 0141 577 3665 (Eastwood High Sports Centre), 0141 577 4955 (Eastwood Park Leisure)


www <https://www.ercultureandleisure.org/ageingwell>

Aqua Aerobics

Aqua aerobics is a low impact workout that offers a great opportunity to be active as you get older. As it's done in the water, it's much easier on your joints and muscles. It also helps to strengthen the body because the water offers resistance when completing the motions required. No need to book, just turn up on the day and you will be made welcome. Please call your centre of choice for more information.

Classes take place throughout the week in the following pools:

- Eastwood Park Leisure
- Barrhead Foundry
- Neilston Leisure Centre

 0141 577 4956 (Eastwood Park Leisure), 0141 580 1174 (Barrhead Foundry), 0141 577 4811 (Neilston Leisure Centre)

www <https://www.ercultureandleisure.org/aqua-aerobics>

Community & Social Groups

Art Classes

Discounts available age 60+

A range of daytime and evening art classes, suitable for all abilities and interests. Develop your skills in a fun and friendly environment. Classes are run in blocks of 12 weeks.

✉ East Renfrewshire Culture & Leisure
Eastwood Park Theatre, Rouken Glen Road, Giffnock, G46 6UG
☎ 0141 577 3710
www <https://www.ercultureandleisure.org/ageingwell>

Barrhead Artists

Our philosophy is that art is for everyone and although not a teaching club we are open to beginners. We meet every Thursday evening 6.30pm and 9.30pm from September to June. Annual exhibitions of our work have been held in the South and Levern Church hall, Barrhead in recent years.

✉ Auchenback Resource Centre, 64 Aurs Drive, Barrhead, G78 2LW
☎ 0141 881 6476 or 0141 880 6789
www <https://www.facebook.com/Barrhead-Artists-137161612999483/>

The Craft Café

FREE

The Craft Café is a creative workshop for older people (for over 60s only). It provides an opportunity to engage in a range of art activities with support from an artist in residence. At the workshop you can learn new skills and socialise with others. Wednesdays 1pm – 4pm.

✉ Impact Arts (Projects) Limited, 113 Main Street, Barrhead, G78 1SB
☎ 01294 273 051 or 0141 575 3001
@ daniella.rossi@impactarts.co.uk
www <https://www.impactarts.co.uk/content/our-work-older-renfrewshire/>

Knitting Group

FREE

If you like to knit and enjoy company, why not stitch the two together. A great chance to socialise with old, and meet new friends, over a nice relaxed cuppa! Wednesdays at 11am to 12.30pm – no need to book in advance.

✉ East Renfrewshire Library and Information
Thornliebank Library and Neilston Library
☎ 0141 577 4983 (Thornliebank) 0141 577 4981 (Neilston)
www <https://www.ercultureandleisure.org/adultactivities>

Barrhead Men's Shed

Men's Sheds are community run workshops with a social area. The Shed is open on Mondays, Wednesdays, Thursdays and Fridays 10 - 1pm

✉ Barrhead Skills Centre, Units 1-4, 9 Robertson Street, Barrhead, G78 1QW
☎ 07967 611742
@ barrheadmensshed@gmail.com
www <https://barrheadmensshed.weebly.com/>

Community & Social Groups (cont.)

Colour Therapy

FREE

Are you interested to give colour therapy a go? Come along to a weekly colouring and coffee session for adults in the library and enjoy the relaxing, therapeutic benefits of the activity. This is a lovely, informal way to enjoy company and a nice cuppa. No artistic skills required and all materials will be provided. Saturdays 10.30am and 11.30am.

✉ East Renfrewshire Library and Information
Busby Library, Duff Memorial Buildings, Main Street, Busby, G76 8DX
☎ 0141 577 4971
www <https://www.ercultureandleisure.org/adultactivities>

Read, Relax, Refresh

FREE

Join us at these informal sessions where the library team select and read aloud extracts and poetry to bring a sense of wellness from reading. Extracts often spark memories and discussions and people are welcome to share their own memories. A great way to read, relax and refresh over a cuppa. Weekly on Thursdays and Fridays. Phone to book a place.

✉ East Renfrewshire Library and Information
Giffnock Library, Mearns Library and Barrhead Foundry
☎ Giffnock Library 0141 577 4976; Mearns Library 0141 577 4979 or
Barrhead Foundry on 0141 580 1174
www <https://www.ercultureandleisure.org/adultactivities>

Adult Singing Group – Giffnock Library

FREE

Share a song sing-a-long, led by music loving library staff. Cuppa and chat are included and you don't even need to be able to sing well 😊 Class runs for a limited number of weeks on a Tuesday at Giffnock Library from 2.15 to 3.15 pm. No booking necessary.

✉ East Renfrewshire Library and Information
Giffnock Library, Station Road, Giffnock, G46 6JF
☎ 0141 577 4976
@ giffnock.library@ercultureandleisure.org
www <https://www.ercultureandleisure.org/ageingwell>

Adult Singing Group – Barrhead Library

FREE

The Adult Singing Group meets weekly and is open to all adults to come along and simply sing. Enjoy a good old sing-along and 'gie it laldy' with others in a wonderfully relaxed setting. Belt out some favourite tunes from Elvis and Sinatra to old Scottish folk songs. All are most welcome to join in and enjoy a refreshing cuppa and absolutely no singing experience necessary! Class runs for a limited number of weeks on a Monday from 1.30 pm to 2.30 pm. No booking necessary.

✉ East Renfrewshire Library and Information
Barrhead Foundry, Main street, Glasgow, G78 1SW
☎ 0141 580 1174
@ barrheadfoundry@ercultureandleisure.org
www <https://www.ercultureandleisure.org/foundry-library>

Community & Social Groups (cont.)

Library Housebound Service – Eaglesham

We are currently running a 6 month pilot housebound delivery service in Eaglesham (January 2020- July 2020). Library Staff will deliver books to residents who are physically unable to visit the library building because of poor mobility due to disability or short/ long-term illness.

If the pilot is successful we hope to continue running longer-term with the support of volunteers. If you would like more information about the pilot housebound service, please call or email for further information.

☎ 0141 577 8595
@ libraries@ercultureandleisure.org
www <https://www.ercultureandleisure.org/libraries>

Experience Virtual Reality (13+ years)

Try out the latest Virtual Reality technology and discover what VR's all about!

Travel the world, explore exciting places, and get an immersive experience of sensational sights, from New York to Notre-Dame, or even journey to space and see the stars...

- Giffnock Library / Tuesday 4 Feb / Drop-in from 1.30-3.30pm
- Mearns Library / Wednesday 29 April / Drop-in from 10.30am-12.30pm
- Barrhead Foundry / Wednesday 20 May / Drop-in from 1pm-3pm
- Clarkston Library / Monday 15 June / Drop-in from 10am-12noon

✉ Recovery Across Mental Health (RAMH),
The Barrhead Resource Centre, 8 Carlibar Road, Barrhead, G78 1AA
☎ 0141 847 8900
@ enquiries@ramh.org
www <http://ramh.org/our-services/financial-literacy/>

Arts and Heritage classes – various options and locations

East Renfrewshire has a wide range of participatory arts and heritage classes and workshops that are suitable for older people. You may be looking to try something different, meet new people, research your own heritage or the local area or have another idea you'd like to explore. Here in East Renfrewshire there's something for everyone. Take your pick from short information sessions to weekly classes or week long activity camps. Some of our groups include walking, if you'd also like to improve your fitness. Some of the classes we have on offer are:

- Introduction to Ancestry
- Discovering Eaglesham, Mearns, Giffnock & Busby
- Watercolour painting
- Family History for Beginners
- Discovering Maps
- Drawing and painting

Call to book 0141 577 4956

☎ Call Tess for further info on arts activities 0141 577 3710.

Call Amanda for further info on heritage activities 0141 577 3872

www <https://www.ercultureandleisure.org/classesforadults>

Community & Social Groups (cont.)

The Market Place- Barrhead & Newton Mearns

The Market Place is a community space, café and shop used by local people, community groups and organisations, located in Barrhead & Newton Mearns. As well as a comfortable space to read a book, have a blether or get involved, we offer support to community groups and activities, local information, and an opportunity for people to shape the services around them.

Opening Hours:

Barrhead

MON-WED 10:00 – 21:00

THUR 10:00 – 17:00

FRI 10:00 – 16:00

Newton Mearns

MON, WED & FRI 10:00 – 17:00

THUR 10:00 – 19:00

SAT 11:00 – 15:00

✉ 56 Kelburn Street Barrhead G78 1LR / The Avenue Shopping Centre, Newton Mearns

☎ 0141 876 9555/ 0141 639 7248

www <https://www.themarketplace-scot.org.uk/>

Support Groups

Cancer Information and Support Services

If you or somebody you know is affected by cancer and you're looking for someone to turn to, you may want to know that there are trained people ready to listen to you in your local area.

Our library drop-in services are open on a weekly basis to help by signposting or referring you to a specialist service, or by simply offering a listening ear and a cuppa!

- Wednesdays 10.30 to 12.30 at Barrhead Foundry
- Fridays 10.30 to 2.30 at Clarkston Library

✉ Macmillan and East Renfrewshire Culture & Leisure
Clarkston Library and Barrhead Foundry
@ clarkston.library@ercultureandleisure.org
☎ 0141 577 4972
www <https://www.ercultureandleisure.org/article/10228/Cancer-Information-and-Support-Services>

East Renfrewshire Carers Centre

Providing a caring role to a loved one can be very isolating and emotionally draining. Staff at the carers centre are available to talk things through with you or simply provide a listening ear. It can often help talking to someone out with the family circle.

✉ The Barrhead Resource Centre, 8 Carlibar Rd, Barrhead, Glasgow, G78 1AA
☎ 0141 638 4888
@ enquiries@eastrenfrewshirecarers.co.uk
www <https://www.eastrenfrewshirecarers.co.uk/adult-carers/>

Causeway Community Support Services (RAMH)

At Causeway we offer support for people experiencing mental health problems. Causeway provides individual support, working with service users in their own homes and communities specifically acknowledging local diversity. We also have an extensive group work programme throughout East Renfrewshire and a physical activity service.

✉ Recovery Across Mental Health (RAMH),
The Barrhead Resource Centre, 8 Carlibar Road, Barrhead, G78 1AA
☎ 0141 881 8811
@ enquiries@ramh.org
www <https://ramh.org/our-services/causeway-community-support/>
<https://ramh.org/our-services/physicalactivity/>

Community LD (Learning Disability) Team East Renfrewshire

Throughout NHSGG&C the Learning Disability Community Teams provide a number of services to support both patients and General Practices.

✉ Barrhead Health & Care Centre, 213 Main Street, Barrhead, G78 1SW
☎ 0141 800 7814

Support Groups (cont.)

East Renfrewshire Alcohol & Drug Services

Community Addictions Teams (CATs) will support, advise and assist you to think about the ways in which alcohol or drugs are affecting your life, those around you and those you have responsibility for. They will look at your needs through assessment which involves asking you a range of questions and listening to you. Together you can decide what treatment and support you may need in the short and long term.

✉ St Andrews House, 113 Cross Arthurlie Street, Barrhead, G77 1EE
☎ 0141 577 3368

East Renfrewshire Quit Your Way Community Services

East Renfrewshire Quit Your Way Community Services are available in your local community and every pharmacy. Friendly and informal support offered at venues in and around East Renfrewshire. We have a weekly drop in service on Tuesdays 5.30pm to 6.30pm at Barrhead Health & Care Centre – no appointment necessary.

✉ Barrhead Health & Care Centre, 213 Main Street, Barrhead, G78 1SW
☎ 0800 916 8858
@ QuitYourWay.EastRenfrewshire@ggc.scot.nhs.uk
www <https://www.eastrenfrewshire.gov.uk/stopsmoking>

The Trussell Trust

FREE with voucher

A place where people can access emergency food. In order to get help from the foodbank you will need to be referred with a voucher. Each foodbank works with different frontline professionals, such as doctors, health visitors, social workers and East Renfrewshire Citizens Advice Bureau, (0141 881 2032) who make referrals to the foodbank using a voucher.

✉ St Andrews Church, 146 Main Street, Barrhead, G78 1SG
☎ 0141 881 8250
@ info@eastrenfrewshire.foodbank.org.uk
www <https://www.facebook.com/ERFoodbank/> or <https://www.trusselltrust.org/get-help/find-a-foodbank/east-renfrewshire-foodbank/>

Building a Dementia Friendly Community

FREE with voucher

Come join our focus group and subsequent workshops to discuss your ideas for dementia friendly film screenings, theatre performances and respite activities for carers. Running throughout the year, please contact us for further details. All are welcome.

☎ Anna Meldrum – Performing Arts Development Officer, 0141 577 3531
@ anna.meldrum@ercultureandleisure.org

Support Groups (cont.)

Digital Classes, Information & Support Sessions (East Renfrewshire Culture & Leisure)

Are you a complete IT beginner, do you need brushing up on your digital skills, or are you looking for some support with your device? We offer basic classes and support sessions to help you get online and use your Android or Fire tablet, or Apple iPad. Whether you have a computer or tablet, if you're stuck on your smartphone, or just terrified by technology, we are here to help.

For further details, speak to an advisor at an Information Session – contact us to book an appointment at one of the libraries below.

✉ Barrhead Foundry Library, Main Street, Barrhead, East Renfrewshire, G78 1SW
Clarkston Library, Clarkston Road, Clarkston, East Renfrewshire, G76 8NE
Giffnock Library, Station Road, Giffnock, East Renfrewshire, G46 6JF
Mearns Library, Mackinlay Place, Newton Mearns, East Renfrewshire, G77 6EZ

☎ 0141 577 3899 / 0141 577 3738

@ libraries@ercultureandleisure.org
<https://www.ercultureandleisure.org/getonline>

Housing and Money Advice

Housing Support Services (RAMH)

We support a wide range of people who experience mental health issues and who may have associated learning, physical disability or addiction support issues. Among our services we have 24 hour supported living accommodation, respite support and tenancy outreach.

✉ Recovery Across Mental Health (RAMH),
The Barrhead Resource Centre, 8 Carlibar Road, Barrhead, G78 1AA
☎ 0141 237 0026
@ enquiries@ramh.org
www <https://ramh.org/our-services/housing/>

Financial Literacy Service (RAMH)

The RAMH Financial Literacy Service supports people with mental health to manage their finances, reduce financial stress, provide benefits advice, and signposting to other available services.

✉ Recovery Across Mental Health (RAMH),
The Barrhead Resource Centre, 8 Carlibar Road, Barrhead, G78 1AA
☎ 0141 847 8900
@ enquiries@ramh.org
www <http://ramh.org/our-services/financial-literacy/>

East Renfrewshire Money Advice & Rights Team

East Renfrewshire Money Advice and Rights Team provide support and advice on financial circumstances including debt, benefits and income maximisation.

✉ East Renfrewshire Council Offices, 211 Main Street, Barrhead, G78 1SY
☎ 0141 577 8420
0800 052 1023
@ mart@eastrenfrewshire.gov.uk
www <http://www.eastrenfrewshire.gov.uk/money>

Transport & Community Companions

Royal Voluntary Service

The Royal Voluntary Service runs a **community and patient transport service** to help older people get out and about and live more independent lives. Volunteer drivers take clients that need help with transport to GP, hospital and dental appointments, shopping trips and to local social events and activities.

Community companions offer the practical help that can make all the difference - whether it's collecting the post or a repeat prescription, walking the dog or simply changing a light bulb. They provide valuable company and friendship as well as making sure the person they visit is safe and well.

✉ Royal Voluntary Service
☎ 0330 555 0310 (Monday to Friday, 8am to 5pm)
<https://www.royalvoluntaryservice.org.uk/our-services/getting-out-and-about/community-transport>
www <https://www.royalvoluntaryservice.org.uk/our-services/supporting-people/community-companions>

Community Transport East Renfrewshire “Your Wee Red Bus”

Our regular **afternoon teas** are held at underCOVER, Voluntary Action East Renfrewshire's building on Kelburn Street, Barrhead (Next to Tesco). Why not come along for tea, cake and a chat with some great company? Our afternoon teas are held on Thursdays between 2pm and 4pm. Everyone is welcome and there is a charge of £5, which includes transport to and from your home as well as your afternoon tea.

“Your Wee Red Bus” service also provides **transport to medical appointments** and **assisted shopping trips** where you can browse the shops and catch up with friends over a cuppa.

✉ underCOVER building, 56 Kelburn Street, Barrhead, G78 1LR
☎ 0141 876 9572
www <http://yourweeredbus.org.uk/home>

East Renfrewshire Talking Points

Talking Points are places across East Renfrewshire where residents can come along and get information, advice and support about adult health, well-being and local information. People who visit Talking Points can be supported with benefit checks, getting support from Third Sector organisations and information on social groups and opportunities.

In 2020 there will be monthly Talking Points sessions at: Barrhead and Eastwood Health Centres, Barrhead and Newton Mearns VAER Market Places and Giffnock Library.

✉ East Renfrewshire Council
☎ 0141 800 7850
FB <https://www.facebook.com/talkingpointseastrenfrewshire/>

Useful websites:

East Renfrewshire Health & Social Care Partnership

<https://www.eastrenfrewshire.gov.uk/erhscp>

East Renfrewshire Council - <https://www.eastrenfrewshire.gov.uk/>

ALISS - <https://www.aliss.org/>

ALISS (A Local Information System for Scotland) has been developed by The Alliance to increase the availability of health and wellbeing information for people living with long term conditions, disabled people and unpaid carers. It supports people, communities, professionals and organisations that have information to share and it is aligned with Scotland's health and social care needs.

NHS inform - <https://www.nhsinform.scot/>

NHS inform is Scotland's national health information service. Their aim is to provide the people in Scotland with accurate and relevant information to help them make informed decisions about their own health and the health of the people they care for. NHS inform also has [Scotland's Service Directory](#), a tool containing a wealth of information on support groups and NHS services in Scotland.

Voluntary Action East Renfrewshire - <https://www.va-er.org.uk/>

Voluntary Action East Renfrewshire (VAER) supports local people to find ways of getting involved in their communities. From joining-in at a group to being part of conversations or taking part in volunteering; there is a way that everyone can get involved.

East Renfrewshire Culture and Leisure - <https://www.ercultureandleisure.org/>

ERCL Sport and Leisure Centres:

Barrhead Foundry, Main Street, Barrhead, G78 1SW

Tel: 0141 580 1174

barrheadfoundry@ercultureandleisure.org

Eastwood High Sports Centre, Capelrig Road, Newton Mearns, G77 6NQ

Tel: 0141 577 8697

Eastwood Park Leisure, Rouken Glen Road, Giffnock, G46 6UG

Tel: 0141 577 4956

andrew.whiteford@ercultureandleisure.org

Neilston Leisure Centre, Main Street, Neilston, G78 3NN

Tel: 0141 577 4811



Did you find this information useful?

Please complete and return the short survey so that we can continue to improve the information available to East Renfrewshire residents.

Q1: In what capacity did you use this information pack? – Please select all that apply

- East Renfrewshire resident Carer
General practitioner Relative
Other healthcare professional Other please specify _____

Q2: What were the most useful resources in this information pack?

- Please select sections or write the name of individual resources you found most useful

- Exercise & Leisure Community & Social Groups Transport & Community Companions
Support Groups Housing and Money Advice East Renfrewshire Talking Points

Resources: _____

Q3: How did these resources help you? – Please select all that apply

- I am more aware of what's on in East Renfrewshire I joined a club or group
I encouraged a family member or friend to join a group I accessed a support / advice service
I used the pack for signposting within my job role Other (please specify below)

Other comments: _____

Q4: What additional resources should this pack include?

Resources: _____

Please return the survey to: Kim Campbell, Resource Pack Survey, East Renfrewshire Health & Social Care Partnership, Eastwood Health & Care Centre, Drumby Crescent, East Renfrewshire, G76 7HN.

Or by e-mail to: kim.campbell@ggc.scot.nhs.uk

If you would like someone to contact you regarding any of your comments, please enter your details: