

GLASGOW CARE FOUNDATION

A helping hand, not a handout



Waitrose, just keeps giving

Waitrose continues to donate money to us. Although, their green token scheme is at the moment suspended, they are still donating £1000 a month split between 3 charities.

Last week, Elaine our Relationship Co-ordinator was delighted to meet up again with Julia from Waitrose to receive another very generous cheque.

New research revealed that people living in the most deprived areas of Scotland are twice as likely to die from COVID-19 as those living in the wealthiest parts. People that are already living in the grip of poverty are feeling the crisis the most.

Zooming into the GCF

We want to say a huge thank you to all our supporters. The whole team appreciate your support and kindness. Some families are really finding these times difficult. Your help goes a long way, your help makes a real difference.



Quarriers, the real difference a supermarket voucher can make...

During Covid we adapted our focus to help our referral agencies, here is some much appreciated feedback.

Initially way back in March when lockdown started we in Quarriers, concentrated on ensuring our families had access to enough food and heating, whether due to self-isolating or simply to help take some of the worry and stress away due to poverty. Time spent adjusting to no schools / nurseries, difficulty getting basic items has now moved to time spent worrying "will this ever end and will we survive it".

When lockdown started our families, like many others struggled especially with their mental health. In full lockdown things may have felt a bit more certain as the rules were clear.



Supporting our already vulnerable families continue to be challenging and we are adapting the support we offer on a daily basis. I want to tell you about the differences Glasgow Care Foundation have made to our families by giving us a vast amount of Asda vouchers.

“I love my coloring book and I even love doing Maths in my book. I miss my friends at school but I have sent them a letter and my mum has posted it through their door. Thank you for my lovely coloured pens and paper and envelopes. I have never written a letter before. ”

Kayla, age 8

Buying socks for our Male carers went down so well

“ I am trying to be strong for my family but I am so scared too but I can't let them know that. I can't believe someone would think of me I'm meant to be a hard Glasgow man, but I cry when no-one can see me. ”

Gerry, dad of 3



Nappies and feminine products

We also bought a supply of nappies and feminine products as lots of family were isolating and food banks had run out of these items. The vouchers were also given to families to help buy fresh food which food banks do not supply.

“ Please tell the lady who gave us the vouchers that we will never be able to thank her enough, my children's eyes lit up when they saw a big bag of bananas, apples, tangerines.

Amina, mum of 4 children

Multiple traumas in their lives

Lots of our parents have experienced multiple traumas in their lives ranging from, childhood abuse / rape / domestic violence / mental health problems / child protection, and this alone causes them to have a much smaller window of tolerance so adding the pandemic into their already overwhelming day to day existence is unbearable.

The mental health of our parents and carers has dramatically deteriorated. One of the things we have given is Pamper Packs for adults and children and providing activity packs for the children. Living in a top floor flat with 3 children and no garden is unthinkable.

I was overwhelmed when giving one of the young mums a Pamper pack

“ I felt there was no point in going on. How can I protect my weans, I'm so scared that I can't breathe, I can't take the weans to the park as I am terrified I can't take the weans to Asda as waiting in the queue with 4 kids is terrible, we are in a top floor flat 24/7, what if my weans catch the virus and die, what if I catch the virus and die who will look after my weans. I used my colouring-in book and read the wee positive sayings. I ate the big bar of chocolate in my bath with the bubble bath you gave me. I kept on saying over and over again things will get better there are people there to help me.

Amy, mum of 4 children



We appreciate we are all in unprecedented times just now however if your company would like to make a donation however small to support us in our efforts, we would be very grateful.

DONATE at www.glasgowcarefoundation.org or email elaine@glasgowcarefoundation.org for more information.