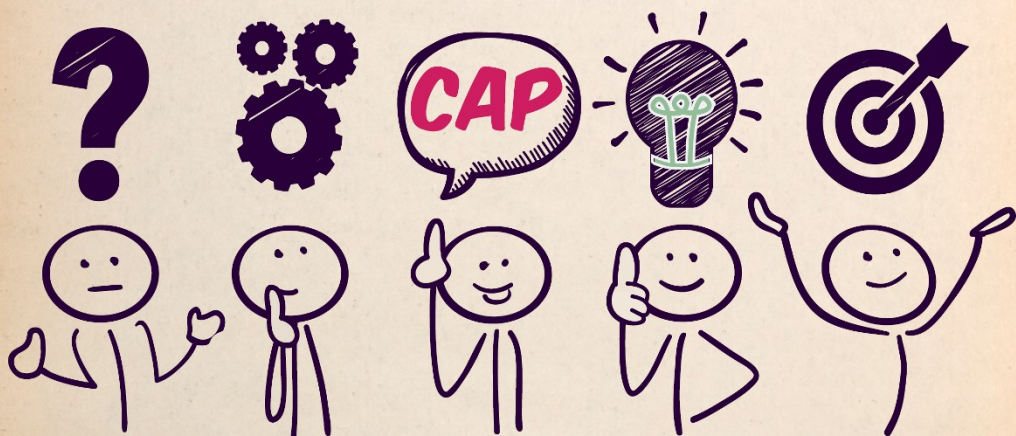


# NEWSLETTER

## Community Activist Panel (CAP)

tackling

Poverty in Glasgow



**June 2018 / Issue 2**

We are a diverse group of people from all over Glasgow  
- coming together to tackle poverty.

We use our lived experience and knowledge to contribute  
to the design of goods and public services through  
participation and consultation with local government.

[www.povertyleadershippanel.org.uk](http://www.povertyleadershippanel.org.uk)  
[@PovLeadPanel](https://twitter.com/PovLeadPanel)



I had gone through changes in life that made me lose confidence in myself. I was at the point that all I wanted was to be invisible. I just wanted to immerse myself in my situation, having given up all hope. This was my situation before I got help. Slowly, I started coming out of my shell.

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*Interaction with people gave me hope, and in the course of all these, I realised that there may be many people in my shoes, not in exact circumstance but people needing some sort of help to deal with something they could not deal with otherwise on their own.*

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From having to not having, from being the one who takes care of everyone to not being able to care for yourself, changing lifestyle especially when it is being in constant handshake with poverty. It has a way of shutting people down that they stop believing in themselves.

With my experience and how much help I got to deal with my issues, I started searching for avenues to help people in same situation through volunteering, looking for communities interested in creating a thriving place for growth and empowerment that work. This was how I found Poverty Leadership Panel and joined its Citizens' Activist Panel (CAP) (formerly known as the Wee Panel).

Being in CAP not only exposed me to how much issues surround poverty, but also the fact that a lot is being done to alleviate it.

Nothing gives me more joy than reaching out to people to find a way to deal with issues that seem difficult and also sign-posting people to where they could get help. Being in CAP is an everyday opportunity for open doors and making impact within my community. It helps with working through the maze in governance and bridging the gap in the needs of the people. I am passionate about Reforms, Child Poverty, Credit and Debt, Single Parenthood, Food Poverty, Health and Wellness and mental health among others.

It is so easy to mistake people's needs when you do not understand their circumstance, however, working with people with direct experience, people in those situations helps cut out over 50% of guess work and faster turnaround time in providing workable solutions. Having more CAP members in every community will help with quicker problem identification, and effective and long term solution formulation. No one can provide solution from looking in through a tiny hole without having a clear picture of what issues are present. It is counterproductive to assume. Let the people that form the community (of the poor in the case) think about their problems and choose how they will like help to get it sorted. This will prevent giving someone analgesic because you think the person is in pain without knowing the person is hungry and needs just food.

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*It was through CAP that I became a Volunteer Champion for the 2018 European Championship Games being hosted by Glasgow. It has provided more useful experience with working with different communities and promoting sports and wellbeing and creating more opportunities for community interactions.*

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I see a Glasgow city that is robust and thriving, a city where everyone is confident about making right choices, where poverty is reduced to the barest minimum - city that will not lose its communal way of life but have a very strong economic base. A city that signifies all things positive, and don't think it cannot happen, it is achievable.

# Balornock Uniform Bank

We have been busy over the past few months.

Friends of Springburn Park have given us a portakabin to work out of which has been absolutely fantastic as all the uniforms are now hung up on rails and people can now come in and see what we've got.

We got the keys the start of May and four weeks later we held our open day with Friends of Springburn Park and the opening of Springburn Community Village (old council Depot).



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It was a really good weekend we gave away lots of uniforms handed out leaflets and spoke to lots of people.

Glasgow The Caring City gave us two large sacks of uniform which are about to be laundered.

We also attended C in the park a community fun day hosted by Barmulloch community development company. We gave away a lot of blazers for two local schools as well as jumpers and cardigans.

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## Contact us at

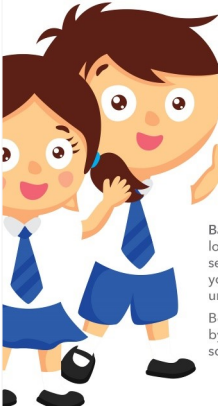
Phone/Text: 07565 726 446 or e-mail [balornockuniformbank@gmail.com](mailto:balornockuniformbank@gmail.com)

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# Balornock uniform bank

supporting our community



## WHY THROW AWAY?

Balornock Uniform Bank is a locally run community project set up to ensure every child in your area goes to school with a uniform of their own.

Be part of this community project by donating used and new school uniforms for local families.

### How to Donate

Donating clothes is easy, we have drop off points located throughout the area - contact us using the details below and we can direct you to your nearest drop of point. We accept all local school uniform items including trousers, skirts, shirts, ties, polo shirts and blazers.

### Needing a Uniform?

Nothing makes us happier than passing over a freshly laundered school uniform to children in our area. If you would like to request a uniform get in touch via our [Facebook](#) page or phone/text using the below details. We will arrange to meet you at a suitable location and at time that suits you.

### Benefits

- ✓ Quality Uniforms
- ✓ Washed & Ironed
- ✓ Pre-loved Free of Charge
- ✓ Discounted New Items
- ✓ Community Run
- ✓ Saves Waste

### Contact us

Phone/Text: 07565 726 446  
balornockuniformbank@gmail.com



# Balornock uniform bank

supporting our community

With the school holidays fast approaching we have organised 8 venues across G21 as drop off points for uniforms. If we have a successful couple of weeks with donations then there will be some 'pop up shops' popping up.



# New Child Poverty Co-ordinator for Glasgow!



Hello, my name is Rosie Ilett and I recently started as Glasgow Child Poverty Co-ordinator. I am based within Child Poverty Action Group for Scotland, and my post is funded by the NHS in the city. We all want the best for Glasgow's children - and my job is to support Glasgow City Council and the NHS in their work to reduce child poverty, especially in relation to the Scottish Government's new Child Poverty Act. Making sure that Glasgow's communities are well represented in discussions in the Council and in Health is part of my remit.

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*I am developing a good relationship with the Community Activist Panel to make sure that the work of the Poverty Leadership Panel – and all of the big city agencies - around child poverty includes the voices of those who really understand what life is like for many people in the city.*

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We are currently planning consultation events over the summer and into the autumn to gather ideas about how local services could work differently – and if you have any ideas, please let me know.

I can come and meet you, or we can have a chat on the phone – or email me if you have thoughts or ideas. And if there are any other issues where you think I can be of help please let me know.

Phone me on 0141 552 3303, or email me on [RIlett@cpagscotland.org.uk](mailto:RIlett@cpagscotland.org.uk)

# MCR Pathways

Mandy Choi from MCR Pathways came to the CAP meeting on 1<sup>st</sup> June to speak about the great work the project is doing mentoring young people across Glasgow. The reason for the visit was to give to group the opportunity to hear what they do and to see if anyone from CAP would be interested in becoming a mentor. MCR Pathways are now in every secondary school across the city. Glasgow City Council are a proud sponsor of the work going on and now have a number of mentors across the councils work force.

Find out more [mcrpathways.org](http://mcrpathways.org)



Mandy Choi,  
MCR Volunteer  
Services Coordinator

[©mcrpathways.org](http://mcrpathways.org)



# SCHOOL FREE MEALS

## HOW FREE?

It is no news that the council provides free lunches for all primary 1 – 3 pupils. This is great and this effort is greatly applauded.

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*The question is what has been put in place for pupils that may have some dietary needs? What is the true position from the schools? On the council's website, it is clearly stated that pupils with dietary requirements like halal, allergies, intolerance and even those on a vegetarian diet will be catered for.*

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### **Do schools really cater for pupils with special dietary needs?**

There is an example of a local school being notified of a child's dietary condition and then asking for a doctor's letter confirming their needs. This letter was sent to the school as demanded. Did the child start receiving free meals? No!!!

The parent was given the menu from 'fuel zone' to bring in alternatives for the child as the school cannot provide gluten free meals. The school had one child with an allergy some years back and the boy's parents packed lunches for him, so they now expect that this parent should do the same.

Are schools really catering for pupils with dietary needs? What are the safety measures put in place to make sure that there are no cross-contamination? In this example, no Cordia staff discussed the child's needs with the parent. The only time Cordia staff met with the parent was when the child went for 3 weeks without eating in the school, they got very worried and sent for the parent.

The confusion here is that a doctor's letter *had* been submitted and if council policy says it caters for pupils with dietary needs, why does the





parent need to bring in the child's meals? Where is this disconnect? What is missing?

What about kids that eat halal food ? Are school meals free for them as well on days the kitchen serve something they cannot eat? How do they confirm they really eat halal food?

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*The effort of the council to reduce pressure on parents by introducing free meals in this case becomes more of a burden and an additional extra spending so the family spends more instead of making a savings.*

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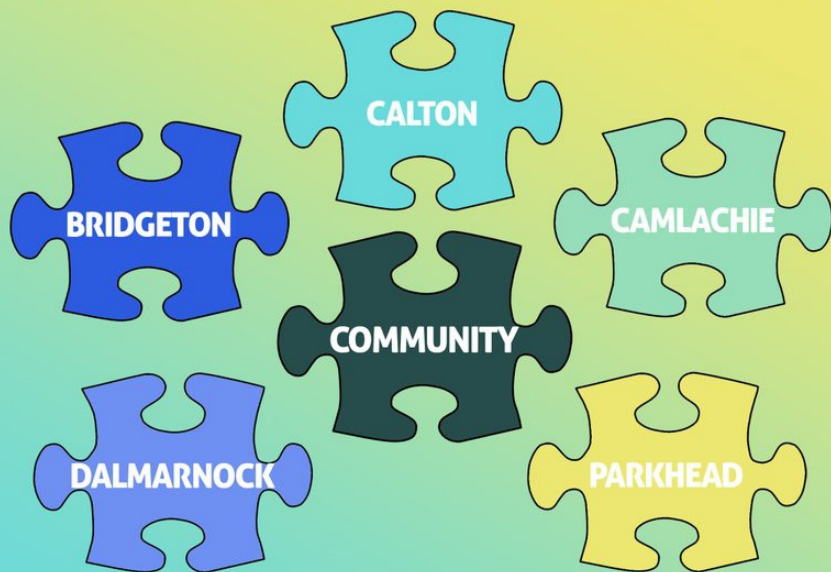
Breakfast club is supposed to be free for pupils with qualifying benefits but are these followed? For a child that eats gluten free food, it is double payment as the child has to bring in their breakfast and still pay the breakfast fee.

**How does the council correct some of these?**

**How free are these 'free' school meals?**

# CALTON W9

## COMMUNITY CHOICES



**HELP US DECIDE  
HOW TO CHANGE  
CHILDREN'S LIVES**



**#CALTONW9**



**LIVE IN  
BRIDGETON, CALTON, CAMLACHIE,  
DALMARNOCK OR PARKHEAD?  
WANT TO IMPROVE LIFE FOR LOCAL FAMILIES?  
INTERESTED IN LEARNING NEW SKILLS?  
UP FOR A CHALLENGE?  
ANYONE WHO STAYS IN CW9  
IS INVITED TO JOIN CALTON RESIDENTS PANEL**

**CONTACT DEBBIE ON  
DEBBIE.MCGOWAN@URBAN-FOX.ORG  
TEL: 07795048751**

**CONTACT ROSIE ON  
RILETT@CPAGSCOTLAND.ORG.UK  
TEL: 0141 552 3303**

**COME ALONG TO OUR POP-UP FAMILY FUN EVENT  
PARKHEAD FORGE  
31ST JULY - 2ND AUGUST 2018  
FREE REFRESHMENTS - ARTS & CRAFTS**

**FOLLOW US ON FACEBOOK AND TWITTER**

**f @CALTONW9    t @CALTONW9CHOICES**

**INTERESTED? PROVIDE SOME DETAILS BELOW!**

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**NAME:**

**ADDRESS:**

**MOBILE:**

**EMAIL:**

**RETURN TO: CALTONW9, HELENSLEA COMMUNITY HALL, G31 4RB**





## Contact Us

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PEOPLE  
MAKE  
GLASGOW  
FAIRER

