

# wee changes can make a big difference in helping you feel better

Wellness tips posters

MP3 downloads

Self help workbooks

Follow us for updates @COPEscotland

New ways to use video and audio to share

Working together

Training materials and guidance on use

Creating connections

**COPE Scotland shares and connects online at: [www.cope-scotland.org](http://www.cope-scotland.org)**

## How to get involved?

We offer support to individuals aged 16 and over who live in West Glasgow from 20 Drumchapel Road, also on a Tuesday at Yoker Resource Centre. Advice and information through our website is available to all.

<b>Monday, Wednesday &amp; Thursday</b>	<b>9.00am - 5.30pm</b>
<b>Tuesday</b>	<b>9.00am - 5.00pm</b>
<b>Friday</b>	<b>9.00am - 2.30pm</b>
<b>Saturday</b>	<b>CLOSED</b>
<b>Sunday</b>	<b>CLOSED</b>

To make an appointment phone **0141 944 5490** or email **kathleen@cope-scotland.org** or text **07763 743 296**. We regret we do not have a drop in so sessions are by appointment only.

We aim to offer a first appointment within 10 days, this is a chance for us to meet and find out what support you are seeking. We will share what we can offer and if we cannot meet all your needs will try and suggest other services and resources.

If you decide to engage with us a follow up appointment is offered within 10 days where possible. The ongoing package of support would be agreed by you and your wellness advisor.

If you don't live in West Glasgow you can access materials through our website **[www.cope-scotland.org](http://www.cope-scotland.org)**.

COPE Scotland is a place of kindness and caring and we ask all those who use our building to support making it a safe and calm environment for all.

*Services are free thanks to funding from Glasgow City Council Integrated Grants funding and the Scottish Government Transforming Self-Management in Scotland fund through the Health and Social Care Alliance and the Glasgow Transformation fund grant managed by VAF on behalf of the Health and Social Care Partnership*

**COPE SCOTLAND** Head Office, 20 Drumchapel Road Drumchapel, Glasgow, G15 6QE

Learn to make healthier lifestyle choices

Be more confident

Be more able to work through emotional upsets

Be able to relax and switch off

Be more resilient to the stresses of life

Have a better night's sleep

Learn more about self-managing your condition

Be more assertive and aware of your boundaries

Regain your sense of purpose

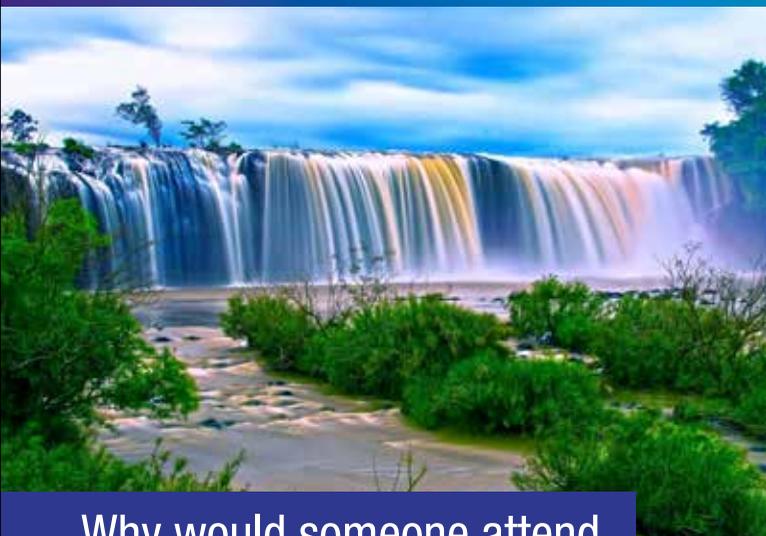
Find out what other services are around

Learn to live in the moment

**If you live in West Glasgow and want to come and see us to learn how to make some wee changes that can make a big difference then get in contact with us at: [info@cope-scotland.org](mailto:info@cope-scotland.org) or call 0141 944 5490 or text 07763 743 296**

**[www.cope-scotland.org](http://www.cope-scotland.org) @COPEscotland**





## Why would someone attend COPE Scotland?

Sometimes life throws us challenges which can cause us great emotional and/or mental upset;

- Losing someone we care about
- Feeling stressed by too many demands and not feeling able to do everything that it feels everyone expects
- Feeling anxious about the future
- Losing confidence and belief in yourself that you can do anything to make this more tolerable
- Feeling sad and confused how things got this way
- Knowing you need support and things need to change but not knowing what steps to take
- And many other reasons where we just don't feel like ourselves anymore



## What does COPE offer?

COPE Scotland isn't a counselling service. Services we offer are based on what people using the service have asked for. Pragmatic solution focused interventions aimed at providing tools and support to role with life's challenges.

### This includes:

- Active listening, because people have shared they want to be heard
- Shared decision making as its about your life and what is important to you
- Professional evidence based individual interventions from fully qualified and experienced wellness advisors hired by COPE Scotland to work with you
- New insights and awareness about supports for long term condition management
- Learning opportunities at workshops and events
- Materials to take home and use in your day to day life
- Access to relaxation facilities
- Signposting to other services and supports where what COPE Scotland offers is not enough



## The difference using COPE Scotland can make

These are some of the things people shared about the difference using COPE Scotland made for them:

*"So uplifting it was brilliant making you feel more yourself and confident..."*

*"Listened and made me laugh I feel comfortable and at ease"*

*"Very relaxing, it was great"*

*"Listened and gave me hope to rebuild my mental and physical health and made me feel safe"*

*"You listened to me, helped me explain what was wrong and explained how you thought you could help, thank you"*

*"Very helpful and explained things well and listened to me, everything is beautiful here and relaxing"*

*"Listened to my problems and offered ways to deal with them in my mind, I was very satisfied"*

*"Great support and guidance 100% feeling better"*

*"The service gave me piece of mind when I really needed it the techniques to deal with my problems that COPE has given me have helped so much"*