

We do not live in an ideal world
but together we can make it

better.

Help us make a difference,
be a supporter, sign post
our services, partner with
us, and create communities.

We value the support
of many businesses and
individuals both locally
and nationally. Thank
you to everyone for your
commitment and support

**No appointment
necessary**

The Marie Trust
29 Albion Street
Glasgow G1 1LH
Tel: 0141 286 0065



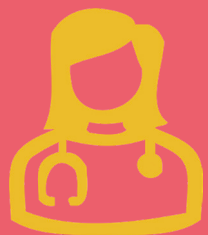
Hello Neighbours,
We'd like to introduce
ourselves as volunteers
of The Marie Trust and
start a conversation.





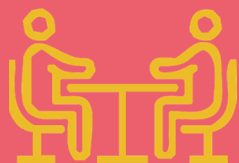
Practical Support

Food
Clothing
Toiletries
Advocacy - to access funds, benefits, housing, utilities, health services, resettling services.



Pharmacy

Health checks
Referrals to addiction and mental health services
Fast tracked medical assistance into hospital prescriptions issued
Follow up after hospital discharge
Ongoing treatment in the community



Counselling

Fully qualified and registered professionals provide weekly sessions to support individuals in need.



Dental Service

Delivered by Clyde Munro Dentist. Weekly check ups surgeries for people not engaged with dental practices and needing help with oral care.



Health and Wellbeing

Mindfulness
Walking
Cycling
Art



Training Kitchen

Providing healthy meals for the cafe
Cookery skills delivered by professional chef
Confidence - Skills - Qualifications
Service users paying kindness back by passing it forward and serving others in the café.
Food and Hygiene & Health and Safety certificate



Café

Providing wholesome and nutritious breakfast and lunch for 80+ people per day
Vegetarian options.
Healthy meals are free, and a small fee is charged for more traditional choices, like a fully cooked breakfast.
Fruit, vegetables and salad are all free to encourage healthy eating



Education

College courses, working in partnership with Further Educational Establishments
Psychology & Sociology
Literacy & ICT
Criminology
Core Skills
Art



Volunteering

Gain Skills & Confidence
Variety of opportunities
Making a difference
Meet new people

