

## Other Services include:

- Social Enterprise Coffee & Gift Shop
- Caravan Club—Short Breaks
- Training & Employability
- Children, Youth & Adult Services

*"As a young carer, I look after my elderly grandparents, who have medical conditions, and previous conditions, that make it scary to know what to do and how to help. IM2C came into our school and delivered the First Aid Ready Course, I feel more confident and I know exactly what to do in an emergency if it ever happened, thank you"*

**First Aid Ready Participant**

*"I love my walking group, getting out the house, exploring the local community, meeting new people, just fantastic"*

*"It's helped me get active and fit, instead of sitting about the house"*

**Member**



## For more information:

Project Development Worker  
projects@includeme2club.org.uk  
01418810544 (Option 1)

Where ideas happen.

## Include Me 2 Club (SCIO)

Hub at James McGuire, 124 Main St, Barrhead, G78 1SG

- ☎ 0141 881 0544
- ☎ 07407 187 205
- ✉ info@includeme2club.org.uk
- 🌐 www.includeme2club.org.uk
- 🌐 @IncludeMe2Club

A Scottish Charitable Incorporated Organisation SC047911



# COM MUNITY

*We make days interesting and meaningful*



**im2c**  
include me 2 club

**What's On Guide**  
**Community Services**

# Community Services at IM2C

Include Me 2 Club's community programme caters for children, young people and adults, their families effected by an ASN, Disability and or Mental Health conditions. We also offer activities inclusive to all , IM2C works within communities in East Renfrewshire, Glasgow and further afield.

Weekly and Monthly activities provide communities with a variety of opportunities from walking groups, litter picks, connect clubs, social action projects, learning and volunteering programmes. IM2C believe inclusion should be at the heart of the community and sessions should be available to all, regardless if you have an ASN, Disability or Mental Health Condition, we should do things inclusively and not in isolation.



## Well Walks

Well walks are a great opportunity to meet new people in a safe and comfortable environment during an organised walk in the fresh air, ranging from the local streets and parks to the likes of windfarms and country parks further afield. It allows you to experience new places and better not only your physical health but also just as important your mental health. This is for everyone and anyone! Regardless of your walking experience we aim to challenge you to be the best version of you at your own pace while most importantly having fun! So, dig out your favourite and most weather appropriate walking gear and get involved with our exciting Well walks!



## Team Up 2 Clean Up

This initiative aims to take social action within our communities with the help of local volunteers and partners that also wish to do the same. We take our litter picking gear to a variety of locations that has been identified by the community themselves as an area that needs tackled aiming to make our areas a cleaner and safer environment to live, work and play in. This initiative also ties in with our Well Walks as the two sometimes are combined to not only get a stimulating walk in the fresh air but tidy up as you go along!



## Connect Club

Are you feeling isolated, lonely, feeling alone or disconnected from your local community, family or friends? Then get connected, come along to Connect Club, a fun, informal social gathering for adults, with tea, coffee, biscuits, and snacks.

Pop along and meet the team, who will help you take part in fun activities and events, get to know other people over a cuppa, chat, a game of bingo, quiz, music, singers and arts activities. So far connect has introduced weekly disco, music for memory, live singers, a games day of dominoes, cards, bridge alongside some crotchet and knitting!

# Community Services at IM2C

“★★★★★, Just amazing, 5 out of 5, knowing there is someone who looks out for me, actively asks what I want to do and supports me to get involved is just fantastic, I would be lost without them”

**Community Member**

*“Team Up has been a great initiative, giving me a purpose and supporting me, and others to get involved, provide us with the equipment and motivation to take care of our own community has been great. Getting to know new people, share a coffee and with new friends has been a real win”*

**Community Member**

## Buddy Up (Befriending & Mentoring)

Buddy up is a community-based mentoring and befriending service that is aimed at young people or adults with an additional support need, disability or mental health condition or who are facing social isolation or exclusion. Buddy up matches a peer to the individual requesting the service aiming to match appropriately through a connection, similar interests and/or hobbies to allow a natural relationship to grow. The buddy matched aims to encourage and join the individual in taking part in exciting and new activities and perhaps specific targets as it gives the individual an outlet to grow and be themselves in a safe nurturing environment while developing an important relationship with their buddy.



## First Aid Ready (Heart & Head)

First Aid Ready is IM2C's First Aid Programme, providing community members with the skills, tools and experience to support someone in a medical emergency or mental health crises. From short workshops through to Basic First Aid courses, we help prepare members of the community to deal with emergency situations, linking with the local network of Levern Valley Defibrillator Project in East Renfrewshire to build to confidence to help save a life. Courses and Projects are ongoing with local schools, community groups and events, so get First Aid Ready - We are, Are you?



## Volunteering Programme

Since its inception, Include Me 2 Club has been powered and is led by its members and especially its team of volunteers. Behind everything we do is a team of people who give their time, energy and skills to make the organisation deliver a wide range of programmes for children, young people, adults and communities.

Opportunities exist across our services, programmes and events from weekly, monthly or one off volunteering placements. So if you have a few hours or lots of hours to spare, you can put them to fantastic use, gaining experience, qualifications, awards and rewards, we are a volunteer friendly award holder and have the Queens Award for Voluntary Service (MBE) for all of our work, so come get involved!

