



CASH FIRST

**Training and awareness
raising resources**

1.

Poverty awareness and stigma

Poverty Awareness session ([video](#)) produced by Glasgow City Health Improvement Team

- [Slides](#) (PDF)
- [Links and resources](#) (PDF)

Poverty in Scotland

- [Hunger in Scotland 2025](#) | Trussell
- [Poverty in Scotland 2025](#) | Joseph Rowntree Foundation
- [Hardship deepens as millions find the poverty line further out of reach](#) | Joseph Rowntree Foundation
- [The media, poverty and public opinion in the UK](#) | University of Ulster, funded by Joseph Rowntree Foundation

Poverty and stigma

- [Life Stigma Toolkit](#) | The Poverty Alliance
- [Poverty, stigma and mental health](#) | Mental Health Foundation
- [The impact of stigma on benefit take-up](#) | The Poverty Alliance



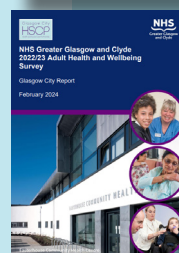
2.

Glasgow resources

- [Glasgow Helps](#)
 - Find activities or services in Glasgow.
 - Get support from a dedicated team who provide tailored support based on individual needs.
- [Fair Food for All Partnership](#)
- [Glasgow's Food Policy Partnership](#)
 - [Resources for those in Glasgow](#)
 - [Good food from Glasgow: a collaborative community cookbook](#)
 - [Webinars](#)



- [Glasgow Community Food Network: Cash first in Glasgow's community food sector](#)
 - [Cash first in community food settings research report: insights from Glasgow](#) (May 2024)
 - [Cash first action profiles in community food settings](#) (2025)
 - [How might cash first approaches be implemented in community food initiatives – insights and recommendations from Glasgow](#) (2025)
- [Glasgow's No Wrong Door approach](#)
 - A system where no matter where someone first asks for help, they get the support they need, in the right place, at the right time
 - Download the No Wrong Door information brochure [here](#) (2025)
- [Glasgow Council for the Voluntary Sector](#)
Supporting community groups, voluntary organisations, charities and social enterprises in Glasgow with help, advice and training.
- [NHS GGC Health and Wellbeing Survey](#) (2022/23)



Child poverty in Glasgow

- [Glasgow City Council child poverty dashboard](#)
- [Glasgow City Council Child Poverty Report](#) (2025)



Finding services

[A Local Information System for Scotland](#) (ALISS)

- Find local health and wellbeing resources, services, groups and support.
- Filter by services which are a 15min walk, a 10 min drive, or a custom distance.
- Save and share resources easily.
- Unlocking resources in Glasgow: A guide to ALISS ([webinar](#))



Activity

Find activities, hobbies and groups



Children and Families

Find youth groups and early years support



Community Resources

Find local community centres and public parks

3.

Cash First approaches to tackling food insecurity

- Cash first approaches: reducing the need for food banks in Glasgow ([webinar and slides](#))
- Cash first training and awareness raising for community organisations ([slides](#))
- Concept explainer: [cash first approaches](#)
- Independent Food Aid Network (IFAN): [Taking a Cash First approach to food insecurity](#)
- Independent Food Aid Network (IFAN) [infographics](#)
- Edinburgh Community Food's Cash First information and resources ([toolkit](#))
- Cash First Communities conference [2024](#) and [2025](#)
- Cash First Approaches Trussell [podcast](#)
- Pathways to Advice and Cash Scotland [evaluation report](#) | Trussell
- Pathways to Advice and Cash Scotland evaluation report [summary](#) | Trussell
- Scottish Government's [Cash First-towards ending the need for food banks in Scotland](#) (June 2023).



Embedding dignity in practice

- [Dignity needs to be at the heart of our approaches to food insecurity](#)
- [Case studies](#): how different projects embed dignity, lessons learned and advice for newcomers
- [Real Stories](#) | Fair By Design
- [Guest blog: Dignity and respect - a personal perspective](#) | The Poverty Alliance

Community food

- [Glasgow Community Food Network](#) | GCFN
- [Cash First in Glasgow's community food sector](#) | GCFN
- [Community Food and Health](#) (Scotland)
- [What can community food initiatives do to support cash first approaches to food insecurity?](#) | Public Health Scotland, Feb 2024
- [Community Food Matters](#) | Public Health Scotland, October 2025



Culturally appropriate food

- [Cultural and religious food: a guide for food providers](#)
- Download a guide to culturally valued food [here](#)
- Download a guide to religious dietary requirements [here](#)



4.

Community Guiders training and resources

- What is community guiders training and how can it be used? ([webinar and slides](#))

Note: the resources below were developed in Dundee, but the handbook, slides and session plans can be adapted and used in Glasgow.

- [Community Guiders Training Handbook](#)
- Module 1: Listening Skills, Boundaries & Confidentiality ([slides](#) and [session plan](#))
- Module 2: Mental Health-How to engage and self care ([slides](#) and [session plan](#))
- Module 3: Substance Use and Stigma ([slides](#) and [session plan](#))
- Module 4: Cash First Signposting, Referring & Resources ([slides](#) and [session plan](#))

5.

Money advice training and resources

- Money Counts Training: a cash first approach to food insecurity ([webinar and slides](#))
- [Worrying about money leaflet](#) (also: [translated versions](#))
- [Glasgow's Advice & Information Network](#)
- [Money Matters](#)
- [Citizens Advice Scotland](#)
- [Glasgow Helps](#)



6.

Refugees and asylum seekers

- Working with refugees and asylum seekers experiencing food insecurity ([webinar and slides](#))
- [Scottish Refugee Council](#)
 - [Training for practitioners](#)
 - [New Scots connect map](#)
 - [Resources](#)
- [Govan Community Project](#)
 - [Food support](#)
 - [Services](#)



- [Food for All resources](#)
- [A Beginner's Guide to the Asylum Process](#)
- [Everyday Challenges of the Asylum Process](#)
- Food for all: co-creating dignity in community food services [podcast](#) (July 2025)
- [Central and West Integration Network](#) (CWIN)
 - [New Life in Glasgow Guidebook](#)
 - [NHS leaflets in different languages](#)
 - [What's On in different languages](#)
 - [Organisations that help asylum seekers](#)
 - [Projects and Activities](#)



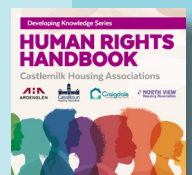
7. Campaigning for change: human rights

- [Poverty Alliance campaigns and projects](#)
- [Challenge Poverty Week](#)
- [Rights in Action](#)
- Research: [Together for Change - Community organisations advancing human rights](#) | The Poverty Alliance
- Research: [Becoming human rights defenders - Rights in Action](#) | The Poverty Alliance
- Rights in Action Training [slides](#)
- Values First Training [slides](#)
- More information about the PANEL principles: [Human Rights Based Approach](#) | Scottish Human Rights Commission
- UNCRC self assessment framework: [Getting Ready for UNCRC Incorporation Framework](#)



Case studies

- [Making Rights Real – Acting together to advance human rights in Scotland](#)
- [Castlemilk Human Rights Handbook 2025: Ardenglen Housing Association](#)
- [Castlemilk Human Rights Handbook 2024: Castlemilk Housing Associations](#)
- [Leith Housing Project Right to Housing](#)



Participatory action research

- [Knowledge is power toolkit](#)

