

# LEND A HELPING HAND DURING LOCKDOWN

Let us know if you would like somebody to  
talk to at this difficult time

*Contact us today:*

**0141 280 8738\***  
**charlie@spucscotland.org**

\*Between 10 am and 4 pm Monday – Friday



*An initiative of* **THE KNIGHTS OF ST COLUMBA**  
*and* **THE SOCIETY FOR THE PROTECTION OF UNBORN CHILDREN**

SPUC Scotland, 82 Union St, Glasgow G1 3QS