

REVISED EDITION



# Well Connected...

Connecting you to opportunities for well-being

**North Lanarkshire, Well-informed: 0800 073 0918**

**South Lanarkshire Infoline: 0330 3000 133**

[www.element.org.uk](http://www.element.org.uk)



Pan-Lanarkshire version

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## Useful Contacts

For further information on mental health and well-being, visit Lanarkshire's Elament website: [www.elament.org.uk](http://www.elament.org.uk)

Remember, should your problems persist or you feel you need help urgently please contact your GP. The following organisations can also prove useful in and out of hours.

**North Lanarkshire: Well Informed** – Freephone: **0800 073 0918**

A single number for North Lanarkshire to find out about the local services listed here. Well-informed can also provide support to access services. The first time you go to a service, a Community Link Worker can accompany you to help you.

**South Lanarkshire Infoline** – Freephone: **0330 3000 133**

A single number for South Lanarkshire to find out about any of the services listed here. Open Mon–Fri: 10am–2pm.

**Samaritans** – 116 123 (24hrs)

[www.samaritans.org](http://www.samaritans.org)

**Breathing Space** – 0800 83 85 87

(Mon – Thu, 6pm – 2am; Fri 6pm – Mon 6am)

[www.breathingspace.scot](http://www.breathingspace.scot)



**NHS24** – 111 (Out of hours)

[www.nhs24.com](http://www.nhs24.com)

**Healthy Working Lives** –

0800 019 2211

[www.healthyworkinglives.com](http://www.healthyworkinglives.com)

**Childline** – 0800 11 11 (24hrs)

[www.childline.org.uk](http://www.childline.org.uk)

**NHS Inform** – 0800 22 44 88

[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

**Parentline Scotland** –

0808 800 22 22

[www.children1st.org.uk/parentline](http://www.children1st.org.uk/parentline)

**National Debt Line Scotland** –

0808 808 4000

[www.nationaldebtline.co.uk/scotland](http://www.nationaldebtline.co.uk/scotland)

**National Domestic Abuse Helpline** – 0800 027 1234

## What is Well Connected?

Well Connected is a programme in Lanarkshire, sometimes referred to as social prescribing or community referral. It makes it easier for us and people we know to take part in and benefit from activities and services that we know improve our well-being which means how we feel about ourselves and our lives. There are eight Well Connected areas available to us and we can benefit from more than one:

- Physical activity and leisure opportunities
- Volunteering
- Employment
- Arts and culture
- Benefits, welfare and debt advice
- Learning opportunities
- Healthy Reading and Self-help Information in Libraries
- Stress Control via the Calm Distress online programme

This booklet contains information on each of the eight Well Connected areas and how to easily access the opportunities.

**Well Connected can help!!**

## Who is Well Connected for?

Well-being is about how we think and feel such as being confident, enjoying life, being able to cope with life's challenges. Many factors affect our well-being; housing, jobs, schools, relationships, where we live and money worries.

At times, we can all feel stressed, low in mood or worried. We may also have experiences that are difficult to cope with. Sometimes we don't feel good in ourselves and we don't know why.

Well Connected is for people who may be experiencing symptoms of stress and low mood, but it is also for people who want to feel better in themselves and in their life. As part of the Well Connected programme, staff working in the 8 areas have all participated in mental health and well-being awareness training.

## What are the benefits of Well Connected?

Well Connected programmes have been shown to help people by:

- Improving self confidence and self-esteem
- Reducing low mood
- Reducing feelings of stress
- Helping people deal with some of the problems that are causing low well-being such as money worries, loneliness and unemployment
- Helping people develop positive ways of coping with the challenges of life
- Increasing opportunities for social contact
- Learning new and useful skills
- Improving community spirit
- Increasing the number of people taking part in arts, leisure, education, volunteering, sports and other activities

## What Next?

Well Connected can be the starting point to help improve our mental health and well-being. This leaflet provides information that we and people who support us can use to help us access all the opportunities that are available. If you feel that you still need some support, in addition to the Well Connected programme, please make an appointment to see your GP.

If you would like further information on the Well Connected programme or general information on mental health and well-being contact the mental health information service for your area:

- North Lanarkshire: Well Informed – **0800 073 0918**  
Email: [well-informed@samh.org.uk](mailto:well-informed@samh.org.uk)
- South Lanarkshire Infoline – **0330 3000 133**  
Email: [infoline@lamh.org.uk](mailto:infoline@lamh.org.uk)

## Well Connected App

The Well Connected App is free to download from the App Store & Google Play Store – search for *Well Connected Lanarkshire*.

## Self Help

### Healthy Reading

Healthy  
Reading

The Healthy Reading programme makes it easier to access mental health and well-being leaflets, books, CDs, DVDs, eBooks, eAudiobooks and web-based support. All libraries across Lanarkshire have resources to help us get the most from life such as living life to the full, sleeping better and becoming more confident and assertive.

Healthy Reading can help to overcome and cope with mental health problems such as anxiety, depression, stress, dementia and panic. There are resources for all ages including supporting young people, adults and older people as well as items on positive parenting. The programme has grown to include titles on long term illnesses, dementia, cancer and to support carers.

#### **BorrowBox**

With the BorrowBox service, you will be able to access both eBook and eAudiobooks directly on your device through the BorrowBox app. The app is free to download and you can sign-in using your library membership details. New titles are added every month so you will never be short of a book, even after closing time for our branch libraries. BorrowBox is accessible 24/7.

To find out more about the service visit the e-library for your area:

North Lanarkshire – <https://culturenl.co.uk/elibrary> or

South Lanarkshire – [www.slleisureandculture.co.uk/info/57/e-books](http://www.slleisureandculture.co.uk/info/57/e-books)



#### **How do I borrow the resources?**

There is no charge to borrow any Healthy Reading material. Your GP or other health or social care worker may suggest a particular item that would be helpful.

#### **What if I am not a library member?**

To join the library all you need to do is take two forms of identification to your nearest library, one with your name and address, another

with your signature or, you can join online and borrow eBooks, eAudiobooks and eMagazines straight away.

- Join online **North Lanarkshire:**  
[www.culturenl.co.uk/elibrary/joinonline](http://www.culturenl.co.uk/elibrary/joinonline)
- Join online **South Lanarkshire:**  
[www.sllclibrary.co.uk/cgi-bin/spydus.exe/MSGTR](http://www.sllclibrary.co.uk/cgi-bin/spydus.exe/MSGTR)



There is a Healthy Reading section in all libraries, however due to Covid restrictions some libraries may not be open.



### **Home Delivery**

Home Delivery is available to residents who are temporarily or permanently confined to their home due to disability, infirmity, illness or being the carer of someone affected by these conditions.

**North Lanarkshire:** <https://culturenl.co.uk/libraries/your-library/home-delivery-service/>

**South Lanarkshire:** For further information, or to make an application for the library home delivery service in your area, please telephone: 01698 452143

### **Macmillan Volunteering Hub**

Lanarkshire has a network of Macmillan information and support services and physical activity opportunities for people affected by cancer. We can help access financial, practical and emotional support along with offering support & information for other aspects a diagnosis brings. We're here, whatever it takes.



For further information check the Lanarkshire website – <https://culturenl.co.uk/macmillan/>

## Elament

Lanarkshire's first stop for online mental health and well-being information providing information for people seeking assistance with mental health problems. Some of the sections covered:

- Mental health topics
- Service directory
- Self help resources
- Promoting wellbeing
- Lanarkshire Recovery Network
- News
- Training
- Spirituality
- Remember Well

Lanarkshire's Elament website:  
[www.elament.org.uk](http://www.elament.org.uk)



## Mind Matters

A new website for Lanarkshire puts high-quality mental health self-help at people's fingertips. Lanarkshire Mind Matters is a comprehensive website produced by NHS Lanarkshire's psychological services. It aims to link adults aged 18 and over to evidence-based mental health information, advice and help. This includes computerised cognitive behavioural therapy (cCBT), with quick access to self-referral courses including:

- Space for Resilience,
- Space for Sleep,
- Space from Stress and
- Space from Covid-19.



Lanarkshire  
**mind matters**

There are links to self-help for problems including anxiety, depression and panic, as well as free online courses and information about how to maintain mental and physical wellbeing. Further resources are being developed.

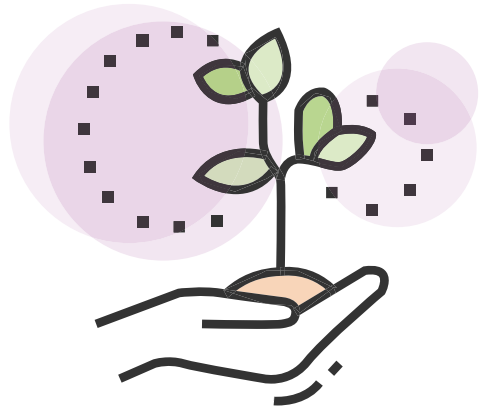
The website will evolve as part of a wider move to provide accessible online services during the Covid-19 pandemic and beyond.

[www.lanarkshiremindmatters.scot.nhs.uk](http://www.lanarkshiremindmatters.scot.nhs.uk)



## Calm Distress

Calm Distress is a new online course from NHS Lanarkshire Psychological Services, designed for you to use in your own time and at your own pace. It is all about understanding emotions and improving wellbeing, during Covid-19 and beyond.



The pandemic means NHS staff can't run classes or groups in the community like we used to – but we can provide high quality psychological help online via our Lanarkshire Mind Matters website.

Over five friendly sessions, Calm Distress will help you open up to day-to-day stress, recognise your warning signs, and learn new ways to cope with difficult thoughts and feelings. Each Calm Distress video is about 20 minutes long, giving you lots of useful information in the time it takes to drink a cup of tea. There are also booklets to go alongside the videos, which you can download and dip into if you wish: do it how you feel it works for you.

You can access Calm Distress through Lanarkshire Mind Matters online: [www.lanarkshiremindmatters.scot.nhs.uk/calm-distress-online-course-overview/](http://www.lanarkshiremindmatters.scot.nhs.uk/calm-distress-online-course-overview/)

Register online and we will send you a password to access the course. You can then keep coming back to it as often as you like.

## Silvercloud

SilverCloud provides private and secure access anywhere, anytime to evidence-based, online programs that will help to teach you techniques that helps you reduce symptoms of stress, anxiety, low mood or depression. Based on cognitive behavioural therapy, mindfulness and positive psychology SilverCloud is very interactive and very flexible. The program can be run on a PC or laptop. It can also be used on your mobile phone or tablet device so that you always have access to it.



### **How will it help me?**

SilverCloud will help you to pinpoint and change unhelpful ways of thinking that can affect how you feel while teaching you more effective ways of solving problems.

### **What is CBT?**

CBT is a psychological therapy that works on the relationships between thoughts (cognitions), behaviours and feelings. CBT teaches the individual how to recognise and tackle problems here and now, rather than in the past. It has been widely studied and has been proven to work especially on depression and anxiety.

### **How to use Silver Cloud?**

We recommend you use SilverCloud 40 minutes per week, over 6–8 weeks at a regular time if you can about 3 or 4 times a week about 10–15 minutes when you have time to yourself for example on your lunch breaks, on the bus home, in the evening, when the kids are in bed. As with most things, it may take time and practice to make progress.

### **Why Use it?**

SilverCloud programs have demonstrated high improvement rates for stress, anxiety and depression. You set your own pace, it is not time consuming, and you don't have to stick to rigid appointments. Visit: [www.lanarkshiremindmatters.scot.nhs.uk/silvercloud-online-therapy/](http://www.lanarkshiremindmatters.scot.nhs.uk/silvercloud-online-therapy/)

## NHS Inform

Finding the right health and care information can make a real difference to how people manage their wellbeing. Making information accessible, quality assured and up to date helps people to make positive choices.

NHS inform is Scotland's dedicated resource offering up-to-date facts on health, services and campaigns. It also has a wealth of information available online, over the telephone or via webchat:

- tests and treatments
- illnesses and conditions
- injuries
- healthy living (including stopping smoking, screening and keeping active)
- care, support and health rights



One of the many great features of the new website is that people can personalise the information that's relevant to them using the 'Info for Me' tool. People can also interact and find out about specific conditions in community forums using the 'Health Unlocked' facility. Of course, there is always the option to talk to the health information team by telephone or using webchat.

Visit: [www.nhsinform.scot](http://www.nhsinform.scot)

## Occupational Therapy Community Clinic

Community Clinics are a mental health Occupational Therapy initiative which connects you with local services and activities that may help you to improve your mental health and well-being. Feeling good about yourself and being able to get on with your life in the way that you want are central components of well-being and will be different for each individual. Community Clinics provide you with an opportunity to discuss your individual needs and interests with an Occupational Therapist through being offered a one off appointment at a clinic in your local area. We will support you to access local services and activities that you may benefit from.

Advice also includes:

- Ways to maintain positive mental health through taking part in valued activity
- How to achieve balance within roles and routines
- How to recognise early signs of deteriorating mental health and manage them
- How to make changes to lifestyle and behaviour
- Relevant community resources and organisations that may benefit the individual, based on their own interests

Occupational Therapy Community Clinics are delivered on an 'as required' basis – appointments can be by phone, online or in person. Contact your local Occupational Therapy Community Clinic to ask for an appointment on the following numbers:

- **Cambuslang and Rutherglen**, Eastvale Resource Centre, 130A Stonelaw Road, Rutherglen, G73 2PQ; Tel: 01698 **754100** – **Adult/Older Adult**
- **Hamilton**, Regent House, 9 High Patrick Street, ML3 7JA; Tel: **0300 029 0043** – **Adult**, 01698 **754530** – **Older Adult**
- **East Kilbride**, Hunter Health Centre, Andrew Street, G74 1AD; Tel: 01698 **753947** – **Adult**, 01698 **753953** – **Older Adult**
- **Lanark** Health Centre, Woodstock Road, ML11 7DH; Tel: 01698 **687585** – **Adult**, 01698 **754420** – **Older Adult**

- **Airdrie** Community Health Centre, Reception 1A, 88 Graham Street, ML6 6BU; Tel: 01698 **753003** – **Adult**, 01236 **638594** – **Older Adult**
- **Bellshill** Community Health Clinic, Greenmoss Place, ML4 1PS; Tel: 01698 **575700** (option 7) – **Adult**, 01698 **755224** – **Older Adult**
- **Coatbridge**, Buchanan Centre, 126 Main Street, ML5 3BJ; Tel: 01698 **754600/754601** – **Adult**, 01698 **753813** – **Older Adult**
- **Cumbernauld** Central Health Centre, N Carbrain Road, G67 1BJ; Tel: 01236 **789902** – **Adult**, 01236 **784084/784085** – **Older Adult**
- **Motherwell**, Airbles Road Centre, 45–49 Airbles Road, ML1 2TP; Tel: 01698 **755366** – **Adult**, 01698 **755370** – **Older Adult**
- **Wishaw**, Pather Clinic, Caledonian Road, ML2 0HZ; Tel: 01698 **373294** – **Adult**, 01698 **354030** – **Older Adult**

## Mindfulness

### Mindfulness with Ten for Zen

Mindfulness is being aware of what's happening in the present moment both within your body and around you. Living in the moment is widely understood to help you develop peace of mind and true happiness. When we practise mindfulness we can calm our mind and this allows us to see more clearly what brings us happiness and what causes us suffering. With this awareness, we can take positive choices to help create peace of mind and well-being both for ourselves and those around us.



TEN FOR ZEN

Details of our upcoming free mindfulness events can be found at [www.tenforzen.co.uk/free-events](http://www.tenforzen.co.uk/free-events).

We also have a number of articles with hints and tips on living mindfully at [www.tenforzen.co.uk/blog](http://www.tenforzen.co.uk/blog). Please like our Facebook page on [www.facebook.com/tenforzenscotland](http://www.facebook.com/tenforzenscotland) for more details on mindfulness.

## **Making Life Easier (North Lanarkshire only)**

Making life easier is available 24 hours a day, 7 days a week.

### **Who can use it?**

Anyone can use this service if they live in North Lanarkshire. Anyone can use this service on behalf of someone who lives in North Lanarkshire. Whilst the service is mainly about adults, some of the information may be useful for young people.

### **What's it about?**

If you or someone you live with or help look after or care about is having difficulties with the everyday activities they need or want to do this service is for you.

### **What does it offer?**

#### **Information**

You can get information on local self help groups and national organisations which offer support to people who live with long term conditions or a disability or are finding things difficult as they get older. Some of the information is about long term conditions and disabilities; some is about keeping safe and well at home; some is about being able to get out and about in your local community.

#### **Advice**

You can get advice on a range of everyday topics from professional staff who provide hints and tips on how to carry out everyday activities independently.

#### **Access to services**

You can get direct access to services if you carry out the guided self assessment option. You can do this for yourself or someone can do this on your behalf. The person who is helping you doesn't even need to live in North Lanarkshire.

At the moment you can get access to a broad range of equipment and minor adaptations to your home if these are matched for you in a guided self assessment.

We are developing the service so that people will be able to access a broader range of services and support.

Fore more information go to [www.makinglifeeasier.org.uk](http://www.makinglifeeasier.org.uk)

If you want to know more or want help to use the service contact one of our disability information officers on 01698 274 418



Privacy statement [www.makinglifeeasier.org.uk/Home/Privacy](http://www.makinglifeeasier.org.uk/Home/Privacy)

# Activities

## Physical Activity and Leisure Opportunities

Being active is good for us and helps our mental & physical health and well-being. It can help by reducing our stress levels, boosting our confidence and mood, help us concentrate, sleep, look and feel better. It can also help reduce our risk of heart disease, cancer, dementia and diabetes.

### North Lanarkshire

If you would like to access the Well Connected scheme in North Lanarkshire to become more physically active, your referrer will complete an Active Health Referral Form for you and send to NL Leisure. On receipt of your referral, a letter will be sent out to you detailing the various physical activities in North Lanarkshire available to you and the steps you take to get set up.

The Active Health Programme in North Lanarkshire gives you 8 weeks free and unlimited access to the gyms, swimming pools and group fitness classes available at all our venues. You can also take out an additional 3 months membership on our DD scheme for £10 per month. Our gym staff will do a gym induction with you and advise you of the best programmes for you to follow. In your letter, you will also receive information about other physical activity opportunities in North Lanarkshire including the Get Walking Lanarkshire Health Walks programme and our Macmillan More programmes.

The leisure staff will discuss what options are best for you, such as local fitness classes, gym, sport, outdoor or community activities. They will book your enrolment session.



You will receive 8 weeks of free access to sessions then have the option to join as a member (concession prices available). Please note, only one 8-week membership is available per person.



In addition to the 8 weeks free and unlimited use of NL Leisure's gyms, pools and fitness classes, you will now be offered a 3 month membership at £10 per month. You will be given the option of signing up for this at the beginning of your free 8 week membership. Call North Lanarkshire Health and Wellbeing Manager: 01236 **341709**

## South Lanarkshire

If you would like to access the Well Connected scheme and become more physically active, your referrer will complete a 'Physical Activity Prescription' referral postcard and send to South Lanarkshire Leisure and Cultures (SLLC) Health Development Team at your local leisure centre. On receipt of your referral, SLLCs Health Development Team will contact you within 10 working days to discuss what options are best for you, such as health interventions & programmes, local fitness classes; gym, sport, outdoor and Green Health opportunities.

Please note some of these option offer free or concession rate access, as well as providing free Perfect Fit gym inductions. For more information: [www.slleisureandculture.co.uk](http://www.slleisureandculture.co.uk).



### Health & Fitness Centres near you:

- **Biggar** Sports Centre: 01899 **221029**      **828488** / SL Lifestyles (Fairhill): 01698 **456350** / Water Palace: 01698 **459950**
- **Blantyre** Leisure Centre,; 01698 **727800**      • **Lanark** SL Lifestyles: 01555 **666800**
- **Carlisle** Leisure Centre: 01555 **751384**      • **Larkhall** Leisure Centre: 01698 **881742**
- **Coalburn** Leisure Complex: 01555 **820848**      • **Lesmahagow** Sports Facility: 01555 **894127**
- **East Kilbride** –Dollan Aqua Centre: 01355 **260000** / Duncanrig Sports Centre: 01355 **248922** / John Wright Sports Centre: 01355 **237731**      • **Rutherglen** SL Lifestyle (Eastfield): 0141 **642 9500**
- **Forth** Sports and Community Centre: 01555 **812058**      • **Strathaven** Leisure Centre: 01357 **522820**
- **Hamilton** – Jock Stein Centre: 01698      • **Uddingston** Sports Centre: 01698 **805055**

## Green Space Activities & Walking

There is strong evidence to show that spending time in nature is good for the body and mind. Activities include walking, cycling, gardening, volunteering, outdoor learning and play. Lanarkshire has a range of green health opportunities on offer:



**Get Outdoors  
Lanarkshire**

### **North Lanarkshire**

**Greenspace Development (North)**

Call: 01698 402060

Web: [www.northlanarkshire.gov.uk](http://www.northlanarkshire.gov.uk) – search for Greenspace Diary

Email: [greenspace@northlan.gov.uk](mailto:greenspace@northlan.gov.uk)

Facebook: [www.facebook.com/nlccountryparks](http://www.facebook.com/nlccountryparks)

### **South Lanarkshire**

**Countryside & Greenspace Services (South)**

Call: 01698 426213

Web: [www.southlanarkshire.gov.uk/info/200166/getting\\_outdoors](http://www.southlanarkshire.gov.uk/info/200166/getting_outdoors)

Email: [cag@southlanarkshire.gov.uk](mailto:cag@southlanarkshire.gov.uk)

Facebook: [www.facebook.com/CountrysideRangers](http://www.facebook.com/CountrysideRangers)

Please contact green health activity providers to find out how and when their activities are starting to recommence. Groups are working on safety measures and ensuring physical distancing to keep participants safe and well.

## Get Walking Lanarkshire

Short, gentle walks across Lanarkshire led by trained volunteers. No booking required – simply turn up with comfortable footwear

Call: 01698 402077 / Mobile: 07903 358424

Email: [getwalkinglanarkshire@northlan.gov.uk](mailto:getwalkinglanarkshire@northlan.gov.uk)

Facebook: [www.facebook.com/getwalkinglanarkshire](http://www.facebook.com/getwalkinglanarkshire)



**Get Walking  
Lanarkshire**

## Arts & Culture

Arts and culture can play an important role in improving and supporting our mental health and well-being. Doing something we enjoy helps us beat stress. Being creative and learning new things has been shown to be extremely important in helping us get the most from life. This can boost our self confidence and self-esteem, and let us meet likeminded people while increasing our skill set.

### What do I do?

To access arts and cultural opportunities through the Well Connected Programme contact:

#### North Lanarkshire

Call North Lanarkshire Arts General Enquiry Line:  
01236 632828



You can discuss the arts activities you are interested in locally and book into a community arts class in North Lanarkshire. Concessionary discounts and funding may be available for NL classes, please contact the Arts General Enquiry Line for terms and conditions.

Visit the website for further information on local arts opportunities in your area: [www.culturenl.co.uk/arts](http://www.culturenl.co.uk/arts)

#### South Lanarkshire

Phone your local centre:

- East Kilbride Arts Centre – 01355 261000
- The Town House Hamilton – 01698 452299
- Lanark Memorial Hall – 01555 667999
- Rutherglen Town Hall – 0141 613 5700



# Working Life

## Employment Advice

Meaningful and supportive employment can help improve your mental health and well-being. There are many agencies working in Lanarkshire to help you gain employment. They can help you with any concerns you have about work and support you to return to work or stay in work. You will speak to someone who can help you to improve your job prospects, update your skills and enhance your general health and wellbeing.

The support you receive will depend on your needs but it can include:

- Help from a key worker
- One to one tailored support and advice
- Access to training and support to get a qualification
- Access to job vacancies and help with job search
- Help with benefits and knowing whether you'll be better off in work
- Support to manage your condition

### What do I do?

#### North Lanarkshire

Call: North Lanarkshire's Working – **0800 0730 226**

Email: [Northlanarkshiresworking@northlan.gov.uk](mailto:Northlanarkshiresworking@northlan.gov.uk)

Visit: [www.northlanarkshiresworking.co.uk](http://www.northlanarkshiresworking.co.uk)

#### South Lanarkshire

To talk to someone about work or training...

Call: South Lanarkshire Council's Employability Service –  
**0303 123 1015**

Email: South Lanarkshire Council Employability Service –  
[employability@southlanarkshire.gov.uk](mailto:employability@southlanarkshire.gov.uk)

Call: Routes to Work South Ltd – **0800 731 0444**

## Remploy – Fair Start Scotland

We can offer a flexible employment support service to help you move towards or into work. Taking part is completely voluntary and won't affect your benefits.

If you live in Lanarkshire and are not in education or currently employed, our team can provide you with up to 18 months of tailored one-to-one support to find employment. We work with multiple employers within different sectors to offer a wide variety of career options.

Our support doesn't stop there, we will be with you every step of the way once you find work.



### Access to Work Mental Health Support Service

This confidential service delivered by Remploy funded by the Department for Work and Pensions is available at no charge to any employees with depression, anxiety, stress or other mental health issues affecting their work.

Our specialist advisers provide:

- Tailored work-focused mental health support for nine months
- Suitable coping strategies
- A support plan to keep them in, or return to work
- Ideas for workplace adjustments to help them fulfil their role
- Practical advice to support those with a mental health condition
- So far, we have supported over 12,000 people across Britain, with a 93 per cent success rate of people retaining their employment after six months.

Call our friendly team now: **0300 456 8114**.

Email: Access to work mental health support service –  
**employmentservices.osc@remploy.co.uk**

## Lifelong Learning

### North Lanarkshire

Learning opportunities don't have to stop after school. There are many digital skills learning opportunities available in North Lanarkshire. Learning new skills or attending training courses will give you an opportunity to try something new, meet new people and increase your skills. This can help you beat stress by boosting your self confidence and self-esteem and opening up new life chances.

#### What do I do?

To access lifelong digital skills learning opportunities visit the LogintoLearn Centres at Coatbridge, Cumbernauld, Motherwell or Wishaw Library where staff carry out an assessment and discuss local learning opportunities. This may include online courses or informal coaching and assistance.

Libraries also provide public PCs for general access, quality health information, job searches and benefit applications. Help for those applying for benefits who are not digitally skilled can be accessed in the above libraries.

North Lanarkshire Council Community Learning and Development Service have locality based teams that provide supportive, creative and engaging learning opportunities for adults and families across North Lanarkshire.



To access lifelong learning opportunities contact  
Call: NLC Community Learning and Development Lifelong Learning –  
01236 812598

### South Lanarkshire

Learning opportunities don't have to stop after school. There are many learning opportunities available in Lanarkshire. Learning new skills or attending training courses will give us an opportunity to try

something new, meet new people and increase our skills. This can help us beat stress by boosting our self confidence and self-esteem and opening up new life chances.



South Lanarkshire Council's Community Learning and Home School Partnership Services has local area based teams that provide creative, engaging learning opportunities for all adults and families across South Lanarkshire.

To access lifelong learning opportunities contact the Youth, Family and Community Learning Service and staff will carry out an initial guidance assessment and discuss local learning opportunities. This may include local provision and e-learning activities.

Call: Youth, Family and Community Learning Service – 01698 **452366**

## Volunteering

By giving time to volunteering in the community, you are not only helping others and making a difference, but also often helping yourself in developing your skills, confidence, employability, health and friendships. Volunteering is a great way to meet new people and have fun at the same time. It can also help you gain experience, without the same pressures of a paid working environment.

There is a wide and diverse range of volunteering opportunities available in the Lanarkshire area. From working with children to helping elderly or disabled people, from sports and outdoor activities to office or administration work, you can be sure there is a local volunteering opportunity out there that will match your interests, availability and personal circumstances.

Volunteering Development Advisers are on hand to chat about becoming involved in volunteering, considering your personal interests, skills, experience, health issues, and any other relevant information. From there, an Adviser will work with you to find the right volunteering opportunity for you.

Individuals interested in volunteering can also search current opportunities available in Lanarkshire by visiting the links below.

### North Lanarkshire

#### Voluntary Action North Lanarkshire

Call: 01236 748011

Email: [dutyofficer@vanl.co.uk](mailto:dutyofficer@vanl.co.uk)



### South Lanarkshire

#### Voluntary Action South Lanarkshire

Call: 01698 300390

Email: [volunteer@vaslan.co.uk](mailto:volunteer@vaslan.co.uk)





## **Working Health Services Scotland**

Working Health Services Scotland supports people to stay in work or return to work when they develop a health condition or impairment. WHSS helps employees at Small-to-Medium-sized Enterprises (SMEs) with less than 250 employees.

Working Health Services Scotland will assist the individual to better understand and manage their health condition. This includes individuals who present with mild-to-moderate health conditions, experiencing a level of stress or anxiety that they are struggling to cope with, or for individuals who have issues with pain, etc. Interventions may include access to physiotherapy, occupational therapy, counselling and occupational health and safety support.

WHSS will provide personalised and timely back-to-work support. This covers health, employability and wider social support services. Cases are managed over the telephone. Assessments will identify health issues and help clients to access the most appropriate forms of support as soon as possible.

Anyone interested in accessing the service should dial free on:  
**0800 019 2211**

# Money Advice

## Benefits, Welfare & Debt Advice

Money worries can have a negative affect on our mental health and well-being. There are specialist services in Lanarkshire that can help us with our money worries and give us advice on benefits and debt.

To access benefit, welfare and debt advice...

### North Lanarkshire

#### Your Money

You will receive a free and confidential assessment. It will identify key issues and support required. You will be able to receive support on:

- Benefit advice, debt advice, money advice, income maximisation and financial education
- Housing advice
- Consumer, welfare & legal advice
- Employment, unemployment and redundancy advice
- Advocacy and representation
- Advice for local businesses
- Options for affordable credit of appeals

**yourmoney**

Call: 01698 403170

#### Financial Inclusion Team

Before Covid-19, North Lanarkshire Council already had a First Point of Contact service to deal with all telephone enquiries, online enquiries and referrals about benefit and debt advice. This service will keep delivering confidential advice and support, even when we return to meeting service users face to face.

Contact the Financial Inclusion Team directly.

Call: 01698 332551

Email: [FIT@northlan.gov.uk](mailto:FIT@northlan.gov.uk)

## South Lanarkshire

### Money Matters Advice Service

You will receive advice on benefit and debt related issues and if you need to speak to an adviser you will be given an appointment.

Money Matters can help you with the following:



- Benefit check to make sure you are getting all you are entitled to
- Form filling and help you through the benefit claim process
- Challenging decisions and representation at appeal tribunal
- Dealing with debt problems by explaining options available and helping you with the option you have chosen, e.g. negotiating reduced payments to creditors



Call: **0303 123 1008**

Email: [moneymatters.advice@southlanarkshire.gov.uk](mailto:moneymatters.advice@southlanarkshire.gov.uk)

### My Life My Money

The My Life My Money app can be used by people who are affected by benefit cuts, or other money worries, or by the professionals who support them.

The app is designed to hopefully make it easier to find help needed, particularly in times of crisis.



Visit: [www.nhslanarkshire.scot.nhs.uk/services/financial-inclusion/](http://www.nhslanarkshire.scot.nhs.uk/services/financial-inclusion/)

# Community Support

## Local Healthy Living Initiatives

In addition to the Well Connected programme, local health initiatives run many health and well-being related activities and support sessions that you can access. Contact your local organisation, below, for further information.

### North Lanarkshire

#### **Getting Better Together (GBT) Shotts – [www.gbtshottshlc.org.uk](http://www.gbtshottshlc.org.uk)**

Shotts Healthy Living Centre, Kirk Road, Shotts ML7 5ET  
01501 825 800

#### **Orbiston Neighbourhood Centre**

Busby Road, Bellshill ML4 2BW; 01698 842 215

#### **YMCA Bellshill and Mossend**

Main Street, Bellshill ML4 1AB; 01698 747 483

### South Lanarkshire

#### **Clydesdale Community Initiatives – [www.cciweb.org.uk](http://www.cciweb.org.uk)**

Langloch Farm, Hyndford Road, Lanark, ML11 9TA; 01555 664 211

#### **Healthy n Happy Community Development Trust**

[www.healthynhappy.org.uk](http://www.healthynhappy.org.uk)

Aspire Building, 16 Farmeloan Road, Rutherglen, G73 1DL  
0141 646 0123

#### **Healthy Valleys – [www.healthyvalleys.org.uk](http://www.healthyvalleys.org.uk)**

Lockhart Community Hub, Whitelees Road, Lanark, ML11 7RX;  
01555 662 496

#### **Tenants Association of Coatshill and Thornhill (TACT) Community Hall**

88 Hillview Drive, Blantyre G72 9EF; 01698 327 783

## More Activities & Services

Locator is an on-line resource for searching the Third Sector services available within Lanarkshire.

### North Lanarkshire

Visit: [www.locatornl.org.uk](http://www.locatornl.org.uk)

### South Lanarkshire

Visit: [www.locator.org.uk](http://www.locator.org.uk)



# Notes





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To order more Well Connected materials please contact:  
susan.mcmorrin@lanarkshire.scot.nhs.uk  
Privacy statement: [www.nhslanarkshire.scot.nhs.uk/data-protection-notice/](http://www.nhslanarkshire.scot.nhs.uk/data-protection-notice/)



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