

REVISED EDITION



Well Connected...

Connecting you to opportunities for well-being

North Lanarkshire, Well-informed: 0800 073 0918

South Lanarkshire Infoline: 0330 3000 133

<https://wellbeingmatterslanarkshire.co.uk>



Pan-Lanarkshire version

Contents

Useful Contacts (and Crisis Numbers)	3
What is Well Connected?	4
Who is Well Connected for?	4
What are the benefits of Well Connected?	5
Self Help	
Healthy Reading	6
Wellbeing Matters Lanarkshire	8
Mind Matters	8
Calm Distress	8
Mindfulness	9
Silvercloud	10
NHS Inform	11
Occupational Therapy Service (Primary Care)	12
Making Life Easier (North Lanarkshire only)	14
Activities	
Physical Activity and Leisure Opportunities	16
Green Space Activities & Walking	18
Arts & Culture	19
Working Life	
Employment Advice	20
Remploy – Fair Start Scotland	21
Lifelong Learning	22
Volunteering	24
Working Health Services Scotland	25
Money Advice	
Benefits, Welfare & Debt Advice	26
Community Support	
Local Healthy Living Initiatives	28
More Activities & Services	29

Useful Contacts

For further information on mental health and well-being, visit:
<https://wellbeingmatterslanarkshire.co.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

Breathing Space – 0800 83 85 87

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

www.breathingspace.scot



NHS24 – 111 (Out of hours)

www.nhs24.com



Healthy Working Lives –

0800 019 2211

www.healthyworkinglives.com



Childline – 0800 11 11 (24hrs)

www.childline.org.uk



NHS Inform – 0800 22 44 88

www.nhsinform.co.uk



Parentline Scotland –

0808 800 22 22

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



National Debt Line Scotland –

0808 808 4000

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



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**
- South Lanarkshire Infoline – **0330 3000 133**
Email: **infoline@lamh.org.uk**

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 eBooks, eAudiobooks and more, 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 – www.culturenl.co.uk/elibrary or
South Lanarkshire – <https://southlanarkshire.borrowbox.com>



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
- Join online **South Lanarkshire:**
www.slclibrary.co.uk/cgi-bin/spyodus.exe/MSGTRN/WPAC/JOIN



SOUTH LANARKSHIRE
Leisure & Culture

There is a Healthy Reading section in all libraries. Please check online for opening hours as they may vary.

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 check www.slleisureandculture.co.uk/info/100/home_delivery or 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/>



Wellbeing Matters Lanarkshire

Wellbeing Matters Lanarkshire provides quick and easy access to reliable mental

wellbeing *matters.*
LANARKSHIRE

health information and outlines local support services. Developed by Lanarkshire Recovery Network through extensive community engagement to ensure it provides the guidance and support people requested. The site has distinct sections for adults, young people, and family and carers covering a range of mental health topics. It also signposts to trusted websites to ensure people are able to visit evidence-based information and support.

Visit: <https://wellbeingmatterslanarkshire.co.uk>

Lanarkshire Mind Matters

Run by NHS Lanarkshire Psychological Services, Lanarkshire Mind Matters is a website offering information about a wealth of online self-help resources. It is designed for adults living or working in Lanarkshire, and has

information about a variety of online programs that you can access by self-referral or by speaking to your GP or

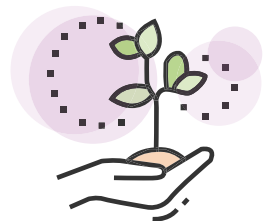


Lanarkshire
mind matters

other health professional. These can help with a range of problems, including anxiety, depression, poor sleep, and coping with physical health challenges. The site also has links to other useful local and national resources. Visit www.lanarkshiremindmatters.scot.nhs.uk and explore what is available.

Calm Distress

Calm Distress is an 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.



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/

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.

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.

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

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/

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

Occupational Therapy Service (Primary Care)

What is Occupational Therapy (OT)?

Primary Care Occupational Therapists (OTs) help people who have noticed that the everyday activities (occupations) that they need or want to do are becoming more difficult. This could include activities:

- **at home** – dressing and personal care needs, housework, cooking and participating in hobbies and leisure roles
- **at work** – support with returning to or maintaining paid work, carer roles, accessing volunteering opportunities and education
- **in the community** – using public transport, shopping, socialising or being physically active.

These difficulties may be due to changes in your health, such as:

- Anxiety
- Low mood
- Frailty
- Pain
- Stress
- Fatigue
- Falls/fear of falling
- Work-life balance
- Memory issues

How could the OT service help me?

When someone has a new health concern or disability, early support is important to learn how to manage these changes. We will discuss the difficulties you are experiencing with everyday activities and set realistic goals together. We can offer practical support, education and advice to help you manage your health. This could include:

- Learning skills to help you live well with pain or fatigue-related conditions
- Developing practical coping strategies to help you manage stress, anxiety and low mood
- Supporting you to remain at work, return to work or improve your work-life balance
- Helping you to age well
- Offering advice about aids and equipment that make life easier

How do I access Primary Care Occupational Therapy?

You can self-refer to our service if:

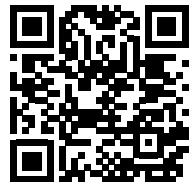
- You are registered with a Lanarkshire GP practice
- You are aged 16 or over and not in school
- You have recently noticed a change in your ability to carry out your usual roles and activities
- You are not already receiving Occupational Therapy from another service within the community. This includes services such as Social Work, Community Mental Health teams or Community Rehab teams.

To get in touch, telephone our hub on 01698 755175 and speak to one of our admin staff or leave a message with your contact details.

What should I expect?

- One of our occupational therapists will call you back within 10 working days to find out if Primary Care OT is the right service for you. We may direct you to another service if this would best meet your needs.
- If we can meet your needs, we will arrange a longer appointment to get to know you better and find out what matters to you.
- We will discuss your health, the difficulties you are experiencing, your routine, roles, interests and goals. We may also use formal assessments to help us plan your treatment programme.
- Your OT appointments may take place at your GP surgery, over the phone, via a video call or in your own home.

This QR code takes you to an animation describing our service – scan for more information.



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

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

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 North Lanarkshire Council. 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 12 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 12 weeks of free access to sessions then have the option to join as a member (concession prices available). Please note, only one 12-week membership is available per person.

In addition to the 12 weeks free and unlimited use of NLC'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 12 week membership. Email North Lanarkshire Health and Wellbeing Manager: Menziesmel@northlan.gov.uk

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 options offer free or concession rate access, as well as providing free Perfect Fit gym inductions. For more information: www.slleisureandculture.co.uk



Health & Fitness Centres near you:

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

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 – search for Greenspace Diary

Email: greenspace@northlan.gov.uk

Facebook: www.facebook.com/nlccountryparks

South Lanarkshire

Countryside & Greenspace Services (South)

Call: 01698 426213

Web: www.southlanarkshire.gov.uk/info/200166/getting_outdoors

Email: cag@southlanarkshire.gov.uk

Facebook: 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

Facebook: www.facebook.com/getwalkinglanarkshire



**Get Walking
Lanarkshire**

Arts & Culture

Our mental health is just as important as our physical health. Creativity plays 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 proven to be extremely effective 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:
01698 274 545



You can discuss the creative activities you are interested in locally and book into a creative community 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, quoting 'well connected'.

Visit the website for further information on local arts opportunities in your area: 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

Visit: 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

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

Remploy – Fair Start Scotland

Anyone who is currently unemployed and not in full time education (anything over 12hrs is classed as full time for this program) can access Fair Start Scotland. Support lasts for up to 12–18 months while unemployed and then a further 12 months support in work. Taking part is completely voluntary and won't affect your benefits.

The program focuses on the individual and the barriers they face. It looks at updating or highlighting any skills they have or need, either to change careers or fulfil their existing career goals.

People can access personal development, funded courses, equipment and travel costs where appropriate to support them into sustainable employment.

We have access to multiple employers in multiple sectors. We are able to have open conversations with them, in order to make sure our participants are fully supported when going in to work.



Remploy cover North & South Lanarkshire, and also Tayside (Dundee, Angus, Perth & Kinross). Fair Start Scotland is available all over Scotland (delivered by different providers in other areas).

Get in touch today for more information – call **0300 456 8050** (local rates) or email **remployScotland@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: 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 find out about current opportunities available in Lanarkshire using the links below.

North Lanarkshire

Voluntary Action North Lanarkshire

Call: 01236 748011

Email: dutyofficer@vanl.co.uk

Website (registration):

<https://volunteernl.rosterfy.uk/register>



South Lanarkshire

Voluntary Action South Lanarkshire

Call: 01698 300390

Email: 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

North Lanarkshire Council's **Welfare Rights and Debt Advisors** provide free and confidential benefits and debt advice for North Lanarkshire residents. We provide a wide range of help and support in relation to maximising your income and budgeting the income that you have.

We can provide help and support with:

- carrying out a benefit check to ensure your income is maximised
- completion of benefit application forms
- completion of applications for Free School Meals and School Clothing Grants
- representation and support to challenge benefit decisions
- debt advice - we can assist and support you to find the best debt solution for you if you are struggling with debt
- budgeting advice
- taking control of your finances by giving advice on reducing outgoings and maximising income.

With household bills rising and money worries at a high, we have developed a new online budgeting tool which can help you manage your money. You may be able to make some savings by looking at how you spend your money and creating a budget.

An online benefit calculator is also available to help you maximise your income by checking what benefits you may be entitled to.

Getting in touch

Contact the team by;

Tel: 01698 332551

Email: TPteam@northlan.gov.uk

Web: northlanarkshire.gov.uk/tacklingpoverty-team

South Lanarkshire

Money Matters Advice Service

The Money Matters Advice Service is a free and confidential service that helps people living in South Lanarkshire or working for South Lanarkshire Council claim benefits and deal with debt.



We can give you free unbiased advice on a range of benefit and debt issues and will work with you by discussing all your options and come up with a plan together. We can help with:

- the cost-of-living crisis including advice on energy arrears
- gas and electricity top up vouchers
- debt advice including mortgage and rent arrears and dealing with creditors
- benefits advice
- budgeting.

Phone: **0300 029 0041**

(opening times: Mon, Tue, Thu, Fri 9am-4pm, Wed 11am-4pm)

You can also contact us for help and advice by completing our online enquiry form: www.southlanarkshire.gov.uk/xfp/form/649

The Scottish Government website also has information on financial assistance and support that may be available to you:

www.costofliving.campaign.gov.scot

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

Shotts Healthy Living Centre, Kirk Road, Shotts ML7 5ET

Tel: 01501 825 800

Glenboig Development Trust (GDT)

www.glenboigdevelopmenttrust.org.uk

Glenboig Community Centre, Main Street, Glenboig ML5 2RD

Tel: 01236 874 520

Orbiston Neighbourhood Centre

Busby Road, Bellshill ML4 2BW; Tel: 01698 842 215

YMCA Bellshill and Mossend

Main Street, Bellshill ML4 1AB; Tel: 01698 747 483

South Lanarkshire

Climate Action Strathaven – www.castrathaven.org

Eco Hub, 5 Green St, Strathaven ML10 6LT; Tel: 01357 526 231

Clydesdale Community Initiatives – www.cciweb.org.uk

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

Healthy n Happy Community Development Trust

www.healthynhappy.org.uk

Aspire Building, 16 Farmeloan Road, Rutherglen, G73 1DL

Tel: 0141 646 0123

Healthy Valleys – www.healthyvalleys.org.uk

Lockhart Community Hub, Whitelees Road, Lanark, ML11 7RX;

Tel: 01555 662 496

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

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

More Activities & Services

ALISS and Locator are online resources for searching Third Sector services (charities/social enterprises/community groups) available within Lanarkshire.

North Lanarkshire

Search on: www.aliss.org



South Lanarkshire

Visit: 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/



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