

DROP DOWN CATEGORY			
Addiction/drugs/alcohol supports			
Al-anonuk	provides support to anyone who is or has been affected by someone elses drinking	0207 430 888	<a href="http://www.al-anonuk.org.uk">www.al-anonuk.org.uk</a>
scottish families affected by alcohol and drugs	Provides Support to anyone who is or has been affected by someone elses drinking/drug abuse -range of services available	0808 010 1011	<a href="http://www.sfad.org.uk">www.sfad.org.uk</a>
SDF-scottish Drug Forum	policy and information organisation	0141 221 1175	<a href="http://www.sdf.org.uk">www.sdf.org.uk</a>
Meridian	provide one to one alcohol and drug service for individuals and families dealing with alcohol and drug misuse- you can self refer	01698 825 114	<a href="http://www.meridian-lanarkshire.com">www.meridian-lanarkshire.com</a>
Advocacy Services			
Equals Advocacy Partnership	advocacy for over 65s in NL	01698 327 772	<a href="http://www.equalsadvocacy.org.uk">www.equalsadvocacy.org.uk</a>
The Advocacy project	advocacy 16-64yrs	0141 420 0961	<a href="http://www.theadvocacyproject.org.uk">www.theadvocacyproject.org.uk</a>
Your Voice	Independent advocacy for children and young people	01236 700 108	<a href="#">website under construction</a>
Alzheimers/Dementia supports			
Alzheimer scotland	supporting people with dementia and their families	0808 808 3000	<a href="http://www.alzscot.org">www.alzscot.org</a>
Dementia helpline	Helps put you in touch with local projects that may be able to support you or give you advice	0808 808 3000	
Living well with dementia	Dementia café held first Friday of every month-.advice from specialist doctors, advocacy etc	01698 269 649	
Remember well football memories project	project that uses memories of football to improve the lives of people with dementia living in NL	01698 275 300	
Assistive Technology & Support within the home			
Community careline services	delivering services within the home	01698 745 800	
Handy Man Service - Care & Repair - NL	Free service avail to persons over 65 in NL-for home owners & rental(general jobs that do not require technical skills	0800 048 2882	<a href="http://www.northlan.care-and-repair.org">www.northlan.care-and-repair.org</a>

Making Life Easier Website	On-line self help tool providing professional advice & guidance to help people live independantly at home.provided by NLC	Contact your local social work department	<a href="http://www.makinglifeeasier.org.uk">www.makinglifeeasier.org.uk</a>
Mobility scotland ltd	aids and adaptations you can hire or buy	0141 775 0396	
SOL Connect	assistive technology to help people with additional support needs lead independent lives	01698 276 206	<a href="http://www.forliving.org/sol-connect">www.forliving.org/sol-connect</a>
<b>Autism supports</b>			
Autism network scotland	A hub providing impartial information about autism services around scotland	0141 444 8143	<a href="http://www.autismnetworkscotland.org.uk">www.autismnetworkscotland.org.uk</a>
one stop shop - scottish autism	established in 1968 by parents.they exist to help those diagnosed with autism to lead full and enriched lives and become valuable members of the community they live in.-offer training	01698 267 023	<a href="http://www.scottishautism.org">www.scottishautism.org</a>
scottish autism website	scottish autism website now offering an online service called "right click"	01698 267 023	<a href="http://www.scottishautism.org">www.scottishautism.org</a>
<b>Befriending Services &amp; Volunteering opportunities</b>			
Befriend in Bellshill-orbiston neighbourhood centre	volunteers befriend elderly or disabled members of community who experience loneliness or isolation	01698 573 251 OR 01698 842 215	
Befriend in motherwell	volunteers befriend elderly or disabled members of community who experience loneliness or isolation	07796012462	
Befriending Networks	UK Befriending Directory		<a href="http://www.befriending.co.uk">www.befriending.co.uk</a>
VANL - Voluntary Action North Lanarkshire	Provides range of services aimed at supporting staff,volunteers,board members & service users in north lanarkshire	01236 748011 or 01698 358 866	<a href="http://www.voluntaryactionnorthlanarkshire.org.uk">www.voluntaryactionnorthlanarkshire.org.uk</a>
<b>Bereavment</b>			
Cruse bereavement care scotland	supporting people going through bereavement	0845 600 2227	<a href="http://www.crusescotland.org.uk">www.crusescotland.org.uk</a>
PETAL ( People experiencing trauma and loss)	practical, emotional support,advocacy,and counselling for families of suicide or murder victims	01698 324 502	<a href="http://www.petalsupport.com">www.petalsupport.com</a>

FFAMS-Families friends against murder suicide	to provide practical, emotional support, advocacy, and counselling for families of suicide or murder victims	01698 309 066	<a href="http://www.ffams.org.uk">www.ffams.org.uk</a>
Winstons wish	charity set up for children dealing with bereavement (and persons supporting them)	0845 203 0405	<a href="http://www.winstonswish.org.uk">www.winstonswish.org.uk</a>
<b>Cancer Support</b>			
Breast cancer care	supporting people affected by breast cancer	0808 800 6000	<a href="http://www.breastcancercare.org.uk">www.breastcancercare.org.uk</a>
Macmillan cancer support	offering help from moment of diagnosis right through treatment and beyond	0808 808 0000	<a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>
Marie Curie cancer care	provide care & support for terminally ill cancer patients	01698 422 623	<a href="http://www.mariecurie.org.uk">www.mariecurie.org.uk</a>
<b>Carer Support</b>			
Caring for Carers	aiming to increase carers health & wellbeing by offering training, activities & events	0300 555 8080	<a href="http://www.elament.org.uk/carers.../what-is-the-caring-for-carers-project.aspx">www.elament.org.uk/carers.../what-is-the-caring-for-carers-project.aspx</a>
Carer Liason & Support -Wishaw/Shotts	provides support and information to carers living in the Wishaw & Shotts localities in North Lanarkshire	01698 354 009	<a href="http://www.northlanarkshire.gov.uk/clasp">www.northlanarkshire.gov.uk/clasp</a>
Lanarkshire Carers Centre	provides support and information to carers living in North & South Lanarkshire	01698 428 090 & 01236 755 550	<a href="http://www.prtlcc.org.uk">www.prtlcc.org.uk</a>
Young Carers Project	providing practical and emotional support to young carers. The service also offers short break residential services, outings and activities to allow young carers access to regular breaks. Carers participate in the design and delivery of service through the established young carers forum. you can self refer or be referred through corrine and yvonne	01698 258 801	
<b>Disability Services</b>			
Barnardos family support service	voluntary organisation that supports children with disabilities within the communities and their own homes- social work referred or self referred through sds budget. Service also provides short breaks and overnight stays	01698 261 298	<a href="http://www.barnardos.org.uk">www.barnardos.org.uk</a>
Capability Scotland- advice service	campaigns with and provides education, employment and care services for disabled children and adults across Scotland	0131 313 5510	<a href="http://www.capability-scotland.org.uk">www.capability-scotland.org.uk</a>

caudwell childrens services	provide family support, treatment and therapies for disabled children and their families across uk- families can self refer	0845 300 1348	<a href="http://www.caudwellchildren.com">www.caudwellchildren.com</a>
Enable - Scotland	A charity run by its members.campaigning for a better life for children and adults with learning disabilities	0141 226 4541	<a href="http://www.enable.org.uk">www.enable.org.uk</a>
Enquire	A Scottish advice service for additional support for learning	0345 123 2303	<a href="http://www.enquire.org.uk">www.enquire.org.uk</a>
hope for autism	supporting young people from 2-25 with autism within NL - founded by parents	01236 779 191	<a href="http://www.hopeforautism.org.uk">www.hopeforautism.org.uk</a>
Jack & Jill support group	Support group for families who have children with disabilities - group runs on Thursday morns at YMCA bellshill, 10am-12 noon. Parent led organisation	0779 3863541/07973327958	<a href="#">facebook page available</a>
My guide	helping blind and partially sighted people get out and about	0845 372 7499	<a href="http://guidedogs.org.uk/myguide">guidedogs.org.uk/myguide</a>
Northlanarkshire Disability forum	for persons with physical disability and need practical support with your everyday living-helping with form filling, hosp apptmnets,housing meetings,social work meetings,signposting	01698 275 710 or 269 412	<a href="http://www.nldforum.org.uk">www.nldforum.org.uk</a>
parent support pals lanarkshire	parent carers and family members have set up a group to support other parents and carers with children of all ages with autism	07837427590	
PHEW	residential care home for children/adults with disability	01698 404 051	<a href="http://www.phew-scotland-respite.org">www.phew-scotland-respite.org</a>
PIP-Partners in Play	An independent charity offering direct support and information to families of young persons with disability-actively working with young person within the community - NL.parent carers involved in the management board	01698 361 174	<a href="http://www.partnersinplay.org.uk">www.partnersinplay.org.uk</a>

Play and learning support (PALS)	parent/carer organisation set up and run by parents promoting and improving access for play, learning and social interaction for children with additional support needs in cumbernauld by providing facilities and activities for recreational, education and leisure time		<a href="http://www.playandlearningsupport.co.uk">www.playandlearningsupport.co.uk</a>
Share Scotland	supporting independent/shared living for adults with disability- founded by parents	0141 445 8992	<a href="http://www.sharescotland.org.uk">www.sharescotland.org.uk</a>
Sense Scotland	supporting disabled children and adults and their families throughout scotland	0141 429 0294	<a href="http://www.sensescotland.org.uk">www.sensescotland.org.uk</a>
Scottish Spina Bifida Association	it provides information, support, projects and advice on all aspects of spina bifida	01236 794 500	<a href="http://www.ssba.org.uk">www.ssba.org.uk</a>
<b>Ethnic Communities</b>			
Amina-muslim womens helpline	offering a range of services for muslim women	0808 801 0301	<a href="http://www.mwrc.org.uk">www.mwrc.org.uk</a>
Roshni	works extensively with ethnic minorities and partners around scotland	0141 218 4010	<a href="http://www.roshni.org.uk">www.roshni.org.uk</a>
<b>Financial Supports</b>			
NLC Financial inclusion teams	contact locality social work no		
scottish welfare fund	award crisis grants & can make referrals to food banks income maximisation money advice housing etc	0808 808 2282	<a href="http://www.energysavingtrust.org.uk/scotland">www.energysavingtrust.org.uk/scotland</a>
self directed support scotland	scottish government website to offer suport regarding sds	0870 850 7795	<a href="http://www.sdsscotland.org.uk">www.sdsscotland.org.uk</a>
<b>Helplines</b>			
one parent families scotland-helpline	helpline for lone parents	0808 808 0323	
Samaritans	24 hour a day service when you need someone to listen	01698 429411	<a href="http://www.samaritans.org">www.samaritans.org</a>
<b>Hospitals</b>			
Hairmyres	Based in Eastkilbride	01355 585 000	
Monklands	Based in Airdrie	01236 748 748	
Wishaw general	Based in Wishaw	01698 361 100	
<b>information providers</b>			
Citizens Advice Bureau	Offers free,confidential information and advice	0808 800 9060	<a href="http://www.citizensadvice.org.uk">www.citizensadvice.org.uk</a>
Coalition for Carers	provide information, networking and support to carer-led organisations in Scotland	01786 850 247	<a href="http://www.carersnet.org">www.carersnet.org</a>
Disabled Go	Website provides access infomormation so people with mobility issues, disabilities & impairments can fully enjoy local places including restrautns,cinemas,shops etc	01438 842 710	<a href="http://www.disabledgo.com">www.disabledgo.com</a>

<b>Life Limited Illness -supports/Palliative Care</b>			
St Andrews Hospice	a charity providing care and treatment for those living with life threatening illnesses & supporting their families	01236 766 951	<a href="http://www.st-andrews-hospice.com">www.st-andrews-hospice.com</a>
<b>Lone Parents</b>			
Action lone parents - supporting north lanarkshires lone parents	for lone parents living in complex circumstances in nl	0800 027 1476	<a href="http://WWW.NORTHLANARKSHIRESWORKING.CO.UK/AL">WWW.NORTHLANARKSHIRESWORKING.CO.UK/AL</a>
<b>Mental Health</b>			
Breathing Space	provides an opportunity for people to call up with their concerns-whether they are feeling depressed, alone, anxious	0800 838 587	<a href="http://www.breathingspacescotland.co.uk">www.breathingspacescotland.co.uk</a>
Community clinics	services and activities that may help you to improve your	01698 269 336	<a href="http://www.nhslanarkshire.org.uk">www.nhslanarkshire.org.uk</a>
Expeerience counts	their recovery - can be referred via gp/mental health	01698 265 659	<a href="http://www.samh.org.uk">www.samh.org.uk</a>
Lanarkshire links	to encourage mental health service users and carers to be involved in the planning of services and provisions.	01698 265 232	<a href="http://www.lanarkshirelinks.co.uk">www.lanarkshirelinks.co.uk</a>
See Me	and discrimination enabling people who experience mental	0141 226 9852	
Well informed @ SAMH	provides a relaxed informal resource for people enquiring about mental health and well being issues within north lanarkshire	freephone 0800 0730918	<a href="http://www.element.org.uk">www.element.org.uk</a>
<b>Multiple Sclerosis (MS)</b>			
The Haven	for people affected by ms,support & information through a webstie, branch meetings and helpline	01698 727884	<a href="http://www.thehavencentre.com">www.thehavencentre.com</a>
Multiple Sclerosis Society	the ms society can help provide emotional support/benefits guidance/the right care/offering support to carers and their families	0808 800 8000	<a href="http://www.mssociety.org.uk">www.mssociety.org.uk</a>
<b>Osteoporosis</b>			
National Osteoporosis Society		01761 473 122	<a href="http://www.nos.org.uk">www.nos.org.uk</a>
<b>Parkinsons Support Groups</b>			
Parkinsons self help group	self help group based in motherwell	01698 337 460	
Parkinsons self help group	self help group based in Airdrie	01236 766350	<a href="http://www.parkinsonselfhelp.org.uk">www.parkinsonselfhelp.org.uk</a>
<b>Pension &amp; Tax info</b>			
TAX HELP-alex stewart,regional co-ordinator	independent service for older people offering fully professional and confidential service to all of its clients	0845 601 3321	<a href="http://www.taxvol.org.uk">www.taxvol.org.uk</a>
<b>Sight &amp; Hearing Loss</b>			
Visibility	information and advice and support for people over 55 affected by sight or hearing loss (lottery funded)	0141 332 4632	<a href="http://www.visibility.org.uk">www.visibility.org.uk</a>
<b>Social Work</b>			
Airdrie	Same contact tel no for locality financial inclusion team	01236 757 000	
Bellshill	Same contact tel no for locality financial inclusion team	01698 346 666	
Coatbridge	Same contact tel no for locality financial inclusion team	01236 622 106	
Cumbernauld	Same contact tel no for locality financial inclusion team	01236 638 700	
Motherwell	Same contact tel no for locality financial inclusion team	01698 332 100	
Wishaw	Same contact tel no for locality financial inclusion team	01698 348 200	
Shotts	Same contact tel no for locality financial inclusion team	01501 824 700	
<b>Chest Heart &amp; Stroke</b>			
Chest Heart & Stroke Scotland	improving the quality of life for people in scotland affected by chest, heart or stroke illness	0131 225 6963	<a href="http://www.chss.org.uk">www.chss.org.uk</a>
<b>victim support</b>			
victim support	provide support through a choice of contact - telephone support, home visit or office appointment -help with compensation , support if case goes to court, provide infomraotin about other agencies	0808 168 9111	<a href="http://www.victimsupportsco.org.uk">www.victimsupportsco.org.uk</a>