

DROP DOWN CATEGORY			
Addiction/drugs/alcohol supports			
Addiction Scotland-Postive Support	information, advice and support service for people living with or affected by hepatitis C within the Lanarshire area	01698 337195	www.addiction.org.uk
Al-anonuk	provides support to anyone who is or has been affected by someone elses drinking	0207 430 888	www.al-anonuk.org.uk
NHS Lanarkshire Stop Smoking Service	2 main strands-Smoking prevention/education and smoking cessation.	0300 303 0242	www.nhslanarkshire.org.uk
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	www.sfad.org.uk
SDF-scottish Drug Forum	policy and information organisation	0141 221 1175	www.sdf.org.uk
Advocacy Services			
Equals Advocacy Partnership	advocacy for over 65s in NL	01698 327 772	www.equalsadvocacy.org.uk
The Advocacy project	advocacy 16-64yrs	0141 420 0961	www.theadvocacyproject.org.uk
Your Voice	Independent advocacy for children and young people	01236 700 108	website under construction
Alzheimers/Dementia supports			
Alzheimer scotland	suporting people with dimentia and their families	0808 808 3000	www.alzscot.org
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	www.northlan.care-and-repair.org

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	www.makinglifeeasier.org.uk
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	www.forliving.org/sol-connect
Autism supports			
Autism network scotland	A hub providing impartial information about autism services around scotland	0141 444 8143	www.autismnetworkscotland.org.uk
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	www.scottishautism.org
scottish autism website	scottish autism website now offering an online service called "right click"	01698 267 023	www.scottishautism.org
Befriending Services & Volunteering opportunities			
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	www.oncbellshill.org
Befriend in motherwell	volunteers befriend elderly or disabled members of community who experience loneliness or isolation	01698 264097	www.dalzielstandrews.org.uk
Befriending Networks	UK Befriending Directory		www.befriending.co.uk
Cace	Charity for older people providing day support groups ,comm transport,befriending etc	01236 451393	currently under construction
Covey (south lanarkshire)	offer support to vulnerable young people aged 7-18yrs including befriending	01698 894013	www.coveybefriending.co.uk
Getting Better Together-Wishaw/Shotts & Airdrie	community befriending and telephone befriending	01501 825800	www.shottshealthyiving.org
Glenboig Neighbourhood House	Telephone wellbeing services including befriending	01236 875054	www.glenboighn.com
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	www.voluntaryactionnorthlanarkshire.org.uk
Bereavment			

Cruse bereavement care scotland	supporting people going through bereavement	0845 600 2227	www.crusescotland.org.uk
PETAL (People experiencing trauma and loss)	practical, emotional support,advocacy,and counselling for families of suicide or murder victims	01698 324 502	www.petalsupport.com
FFAMS-Families friends against murder suicide	to provide practical, emotional support,advocacy,and counselling for families of suicide or murder victims	01698 309 066	www.ffams.org.uk
St Andrews Hospice	counselling services	01236 766 951	www.st-andrews-hospice.com
Cancer Support			
Breast cancer care	supporting people affected by breast cancer	0808 800 6000	www.breastcancercare.org.uk
Macmillan cancer support	offering help from moment of diagnosis right through treatment and beyond	0808 808 0000	www.macmillan.org.uk
Marie Curie cancer care	provide care & support for terminally ill cancer patients	01698 422 623	www.mariecurie.org.uk
Speak Easy Cancer Support Group	Group who have a larynegectomy (removal of the voice box)due to cancer and formed a self help group for fellow laryngectomees,oral,face,head,neck cancers	01555 893184	www.speakeasylaryngectomee.co.uk
Carer Support			
Caring for Carers	aiming to increase carers health & wellbeing by offering training, activities & events	0300 555 8080	www.elament.org.uk/carers.../what-is-the-caring-for-carers-project.aspx
Carer Liason & Support -Wishaw/Shotts	provides support and information to carers living in the Wishaw & Shotts localities in North Lanarkshire	01698 354 009	www.northlanarkshire.gov.uk/clasp
Lanarkshire Carers Centre	provides support and information to carers living in North & South Lanarkshire	01698 428 090 & 01236 755 550	www.prtlcc.org.uk

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	www.actionforchildren.org.uk
Domestic Abuse			
Monklands Women's aid	Local organisation which supports women, young people and children who are experiencing or have experienced domestic abuse	01236 432061	www.monklandswomensaid.co.uk
Disability Services			
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	www.barnardos.org.uk
Capability Scotland- advice service	campaigns with and provides education, employment and care services for disabled children and adults across Scotland	0131 313 5510	www.capability-scotland.org.uk
Caudwell Children's Services	provide family support, treatment and therapies for disabled children and their families across UK- families can self refer	0845 300 1348	www.caudwellchildren.com
Disability Forum - North Lanarkshire	Disability forum was founded in 1991 by disabled people for and on behalf of disabled people resident in North Lanarkshire	01698 275710	www.nldforum.org.uk
Enable - Scotland	A charity run by its members, campaigning for a better life for children and adults with learning disabilities	0141 226 4541	www.enable.org.uk
Enquire	A Scottish advice service for additional support for learning	0345 123 2303	www.enquire.org.uk
Hope for Autism	supporting young people from 2-25 with autism within NL - founded by parents	01236 779 191	www.hopeforautism.org.uk

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	facebook page available
My guide	helping blind and partially sighted people get out and about	0845 372 7499	guidedogs.org.uk/myguide
Northlanarkshire Disablilty 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	www.nldforum.org.uk
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	www.phew-scotland-respite.org
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	www.partnersinplay.org.uk
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		www.playandlearningsupport.co.uk
Share Scotland	supporting independent/shared living for adults with disability- founded by parents	0141 445 8992	www.sharescotland.org.uk
Sense Scotland	supporting disabled children and adults and their families throughout scotland	0141 429 0294	www.sensescotland.org.uk
Scottish Spina Bifida Association	it provides information, support, projects and advice on all aspects of spina bifida	01236 794 500	www.ssba.org.uk
Ethnic Communities			
Amina-muslim womens helpline	offering a range of services for muslim women	0808 801 0301	www.mwrc.org.uk
Roshni	works extensively with ethnic minorities and partners around scotland	0141 218 4010	www.roshni.org.uk
Financial Supports			
Money Advice Scotland	on your journey to coming financially aware	0141 572 0453	www.moneyadvicescotland.org
NLC Financial inclusion teams	contact locality social work no	call social work locality	www.northlanarkshire.gov.uk
scottish welfare fund	award crisis grants & can make referrals to food banks income maximisation money advice housing etc	0808 808 2282	www.energysavingtrust.org.uk/scotland
self directed support scotland	scottish government website to offer suport regarding sds	0870 850 7795	www.sdsscotland.org.uk
Helplines			
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	www.samaritans.org
Hospitals			
Hairmyres	Based in Eastkilbride	01355 585 000	
Monklands	Based in Airdrie	01236 748 748	
Wishaw general	Based in Wishaw	01698 361 100	
information providers			

Citizens Advice Bureau	Offers free,confidential information and advice	0808 800 9060	www.citizensadvice.org.uk
Coalition for Carers	provide information, networking and support to carer-led organisations in Scotland	01786 850 247	www.carersnet.org
Disabled Go	Website provides access infomormation so people with mobility issues, disabilities & impairments can fully enjoy local places including restraurants,cinemas,shops etc	01438 842 710	www.disabledgo.com
Life Limited Illness -supports/Palliative Care			
St Andrews Hospice	a charity providing care and treatment for those living with life threatening illnesses & supporting their families	01236 766 951	www.st-andrews-hospice.com
Lone Parents			
Action lone parents - supporting north lanarkshires lone parents	for lone parents living in complex circumstances in nl	0800 027 1476	www.circle.scot
Mental Health			
Breathing Space	provides an opportunity for people to call up with their concerns-whether they are feeling depressed, alone, anxious services and activities that may help you to imporeve your	0800 838 587	www.breathingspacescotland.co.uk
Community clinics	their recovery - can be referred via gp/mental health	01698 269 336	www.nhslanarkshire.org.uk
Expeerience counts	to encourage mental health service users and carers to be involved in the planning of services and provisions	01698 265 659	www.samh.org.uk
Lanarkshire links	and discrimination enabling people who experience mental	01698 265 232	www.lanarkshirelinks.co.uk
See Me	provides a relaxed informai resource for people enquiring about mental health and well being issues within north lanarkshire	0141 226 9852	
Well informed @ SAMH		freephone 0800 0730918	www.elament.org.uk
Multiple Sclerosis (MS)			
The Haven	for people affected by ms,support & information through a websitie, branch meetings and helpline	01698 727884	www.thehavencentre.com
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	www.mssociety.org.uk
Osteoperosis			
National Osteoporosis Society		01761 473 122	www.nos.org.uk
Parkinsons Support Groups			
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	www.parkinsonselfhelp.org.uk
Pension & Tax info			
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	www.taxvol.org.uk
self directed support scotland			
Take Control-south lanarkshire	One to One support service on all aspects of setting up a self directed support package in order to be able to live more independantly in the community	01698 892372	infosl@takectrl.org.uk
Sexual Abuse -Supports			
Moira Anderson Foundation	Charity supporting children and adults who have been affected by childhood sexual abuse	01236 602890	www.moiranderson.org
Sight & Hearing Loss			

Visibility	information and advice and support for people over 55 affected by sight or hearing loss (lottery funded)	0141 332 4632	www.visibility.org.uk
Social Work			
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	
Chest Heart & Stroke			
Chest Heart & Stroke Scotland	improving the quality of life for people in scotland affected by chest, heart or stroke illness	0131 225 6963	www.chss.org.uk
victim support			
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	www.victimsupportsco.org.uk