



otherwell

let's go.....

In this booklet you will discover some local groups, activities, and health information open to **everyone** in the Motherwell community.

This booklet will continue to change, so if you think a group or an activity that is not represented here please let us know.

**Contact Frances or Marc
01698 263311**

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Motherwell Consortium.

What is it?

Partnership of Health, Social work Community Learning and development and voluntary sector orgs e.g. North Lanarkshire Carers Together, that provides support to vulnerable people in the community by supporting groups that deliver activities that help people stay healthy and active as well as making sure no-one is isolated.

Put simply we are trying to help communities turn the clock back to when everyone looked out for each other and everyone felt safe and connected.

What does the consortium do?

- We meet every 6 weeks and discuss what has been happening in the community that affects local people positively and negatively.
- We are responsible for a small budget that local constituted groups can apply for e.g. Dalziel Women's Cancer group, Colville Park Dance Group.
- We decide as a group which groups to fund and monitor the outcomes. We all have to agree, and sometimes it comes to a vote.
- Also as a group of partners we have a lot of knowledge and can help solve issues by discussing ideas and knowing who to speak with.
- We link with as many local groups and organisations in Motherwell to keep us up to date on local issues, and also consult them on ideas to help the local community.



Consortium Contacts for the rest of North Lanarkshire

There are 6 Consortiums in total and are hosted by community organisations. If you want any more information please contact the following people:

Area	Host	Person and contact number
Shotts and Wishaw	Getting Better Together Shotts	Christine McNally 01501 825800
Bellshill	Orbiston Neighbourhood Centre	Irene Gibson 01698 842215
Cumbernauld and northern corridor	CACE	Gabriella Mitas 01236 451393
Airdrie	North Lanarkshire Carers Together	Frances McKay and Marc Howard 01698 263311/404055
Coatbridge	Glenboig Development Trust	Claire Delahey and Rosalyn Keating 01236 875054
Motherwell	North Lanarkshire Carers Together	Marc Howard, Frances McKay 01698 263311/404055

Drop in



Café

Motherwell South Parish
11 Gavin street Motherwell
café Tuesday 10am-12pm

Home baking teas and coffees.
Small fee for home baking

Drop in



Oasis Monday

Café and board games
10-12pm

Oasis Wednesday

Café, arts and crafts
11-2pm

Elim Church
Airbles Rd, Motherwell ML1 2TN

Drop in



Community Café

Baptist Church

39 Windmillhill St, Motherwell ML1 1RT

Wednesday and Friday 10-2pm

Free and accepts donations

Drop in



Lunch club

Isa Money Community Centre,
Muirhouse Rd,
Motherwell ML1 2LT

Mon-Friday 12-130pm
Cost £3.50



Butterfly Café
Vegan and vegetarian food.

Open Tuesdays and Wednesdays
12pm-2pm

Come and join us at our relaxing café
Where you will meet friendly people
and enjoy freshly prepared food. We
offer coffee juice and a selection of
teas to wash down our delicious home
baking.

Meal prices start from £3.00

The Health and Wellness Hub
Unit 3, 58-60 Albert Street, Motherwell,
ML1 1PR
Tel: 01698 262437

Arts and craft class



Every Tuesday 11am-1pm

51 Barons Rd, Motherwell ML1 2NB

Just drop in

Cost? Less than £3

Arts and craft class



Every Thursday from 1pm

North Motherwell Parish
4 Lindum Cres,
Motherwell
ML1 3QX

Cost? Less than £3

Blether Group



Every Wednesday from 1pm-3pm

Just pop in and meet us
at the Bentley Hotel in Motherwell

19 High Rd, Motherwell ML1 3HU
Phone: 01698 265588
£2.50 includes refreshments



Wednesday night 7.30pm

Isa money Centre
Muirhouse Rd,
Motherwell ML1 2LT

Cost ? Unknown but less than £5

Woolpack Knitting group



We meet every Wednesday 10am-12pm at the Motherwell Heritage Centre
Bring your knitting or come and learn a new craft.

Knitting, crafts & company

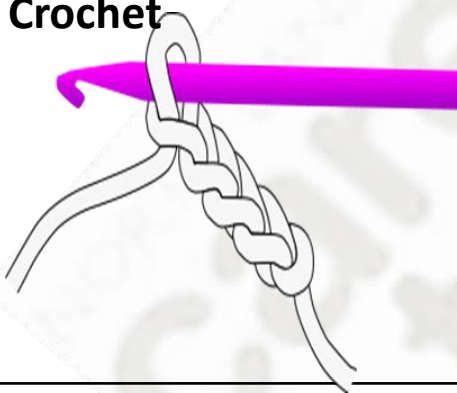


Come and join us! We are a happy bunch who are keen to meet new people and learn From each other.

Craigneuk Life Long learning,
641A Glasgow Road, Wishaw ML2 7SR

Contact **Louise Healy** for more info on
01698 373401

Crochet



The Chain Gang are a crochet group that meet every Monday 10-12 in Forgewood community centre Forgewood.

We have lots of different skills and love teaching new people.

We even supply the wool, hooks ,tea, coffee and biscuits!

£3.00

From crochet to cooking



We are a newly formed, independent group of local volunteers. Our aim is to bring local, affordable and accessible activities and opportunities to the village of Newarthill. To find out what great activities are on check us out on Facebook.

Or www.communityactionnewarthill.org

Call 07305 086 474

Also has a Fibromyalgia support group

Sequence Dancing



Daisy Park
Cassels St, Motherwell ML1 1DX
Every Thursday
1pm-3pm

Cost- £3.00

Dance Club



Collville Park Merry Street Motherwell
ML1 4UG

Every Monday evening
8-11pm
Cost £2.50

Line Dancing Class



Isa Money Community Centre, Muirhouse
Rd, Motherwell ML1 2LT
Every Monday evening 7-9pm

Cost £2.50

Clubbercise dance class



A fusion of dance, toning and combat moves
with high/low impact options for all fitness
levels.
Its all about having fun!

Friday evening
Isa Money
6.30-7.30pm

Creative writing



Dalziel St Andrews
Wednesday 10am-12pm
47 Merry Street
ML1 1JJ
Closes for the school holidays

Just drop in!

Carpet Bowls



Motherwell South Parish
11 Gavin street Motherwell
Monday afternoon
2pm-4pm
Open from October until Easter
Contact Barbara and Bill Craig for more information
Telephone Number:01698 263954

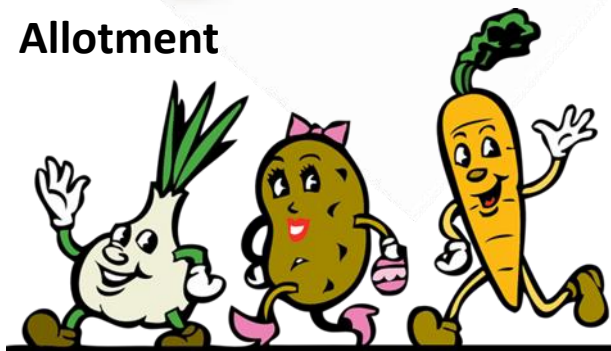
Get walking Lanarkshire.



Fancy joining a walking group?
Well there are lots around North Lanarkshire and they are free!

For information where you are call
01698 402077/ 07903358424

Allotment



The allotment site is based in the **Forgewood** area of Motherwell

we now have a small waiting list for plots. If you are an individual or a community group interested in a plot, please telephone our secretary at **07892649810** or email greenlinkallotmentgroup@gmail.com

We are especially keen to hear from people from the Forgewood area.

Computer Classes



Want to learn about computers?
Smart Phones? Tablets? I pads?

Give us a call and we can link you in with
groups running throughout Motherwell
and surrounding areas.

Ask for Frances or Marc
01698 263311

Computer Classes

Linking Education And Disability

Lead
Scotland



Project works with adults over 16, resident
in North Lanarkshire, who identify as
disabled or a carer, to learn new skills such
as literacy or digital skills. We have a great
team of volunteers who can support
learners one to one.

14, Enterprise House, Dalziel St, Motherwell
ML1 1PJ

Phone: 01698 266149

Sporting Memories



Bring together younger generations and
isolated older people living with long-term
conditions such as dementia through
sporting reminiscence and physical
activities. We meet in Motherwell a few
days a week.

Contact Norrie Gallacher

norrie@sportingmemoriesnetwork.com

0788 360 5525

Friends 4 u



We meet on a weekly basis Holy Town
Parish church where we offer various
activities which includes sensory
equipment and relaxation.

For more information contact
Christine Rowatt

crowatt@hotmail.co.uk

Fool On



A mental health support group but open to all who want to learn to play a musical instrument, sing, write or do drama.
Every Thursday 7-9pm
No cost –donations welcome.
Forgewood community Centre
49 Dinmont Crescent,
Motherwell ML1 3TT
Phone: 01698 263311

www.lanarkshired deafclub.co.uk



Check out our website for weekly activities

We actively encourage and welcome both Deaf and hearing children and families to attend the club. Our family friendly environment and volunteers is one of the reasons that Lanarkshire Deaf Club continues to grow.
Email:
lanarkshdeafclub@btconnect.com
105 Roman Road
Motherwell
ML1 1EA
01698 268700 | 07941 687 534

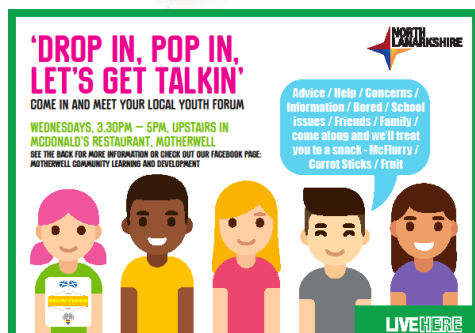
Youth group Forgewood



The group is open to all children 8-11years and offers various activities from arts and craft to exercise and is supported by Community Learning and Development.

Thursdays 4.45pm-6.15pm
Forgewood community Centre
49 Dinmont Crescent,
Motherwell ML1 3TT
Phone: 01698 263311

Motherwell youth voice



Wednesdays, 3.30pm – 5pm, upstairs in McDonald's Restaurant, Motherwell
check out our facebook page:
Motherwell Community Learning and Development
Come in and meet your local youth forum

Mindfulness, massage and relaxation



Health and wellness hub

Phone for more information as the hub has groups throughout Motherwell

Unit 4, 58-60 Albert St, Motherwell ML1 1PR
01698 262437

Bookbug classes



Join in fun sessions of stories, songs and rhymes

Contact for days and times

At **Motherwell Library**

01698 332626

motherwelllibrary@culturenl.co.uk

And the **heritage centre**

01698 274590 museums@culturenl.co.uk

Bookbug classes



Bookbug classes in the community

Join in fun sessions of stories, songs and rhymes

North Motherwell Parish Church Hall

Chester Crescent

Thursday 1.30 – 2pm

Toddler group



Tots For Fun

Meets every Thursday from 10am till 12 noon and will be located in Motherwell South Parish Church on Gavin Street.

One parent families Scotland



Single Parent? Needing some advice and support? Feel as though you are struggling? Then contact One parent families Scotland. They also have a dad's group.

**12 - 14 Draffen Street , Motherwell,
LANARKSHIRE ML1 1NL
(01698) 250 025**

Autism take 5



We are a friendly bunch of parents and carers who support each other in a safe environment and we like to share ideas

**Daisy Park Community Centre
Cassels St
Motherwell ML1 1DX**

Tuesday Mornings: 10:30am - 12:30pm (But not the third Tuesday of every month)
Tuesday Evenings: 7pm - 9pm Every third Tuesday of the Month

Pathological Demand Avoidance(PDA) Support group



Every 2nd Monday of the month

6.30-8pm

Forgewood community centre
49 Dinmont Cres,
Motherwell
ML1 3TT

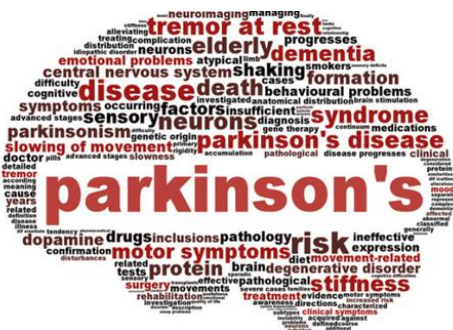
Phone Frances or Marc for more information
01698 263311

Parent Carer Support Groups



Looking for some support? Want to meet up with people in the same situation? Or do you want to know of activities for your child or family to enjoy?
Contact North Lanarkshire Carers Together they have information that may help you
01698 404055
enquiries@carerstogoether
www.carerstogoether.org

Parkinson Support Group



Parkinson's self help group have a number of activities on for people living with Parkinson's and support for family members. Friday drop in 10am-1pm
Bellshill
Phone Margaret on 01698 337460 for more information

Mental health support



Lanarkshire Links
Service User
and Carer
Involvement in Mental Health

Mental health service user and carer led organisation where we support one another to become involved in the planning, design, implementation and monitoring of mental health services in Lanarkshire.
**Dalziel Business Centre, 7 Scott St,
Motherwell ML1 1PN
01698 265232**

Mental health support



Offers a peer support service for anyone in North Lanarkshire experiencing or recovering from a mental health issues. Peer support workers have personal experience of mental ill health and are trained and employed to help others.
Phone: 01698 265659 (Motherwell Office) or 01236 439417 (Airdrie office)
Email:
ExpeerienceCounts@samhservices.org.uk

Dementia Support



Worried about a loved one and need support/ information on dementia?
Want to know about their cafes?
Contact the Motherwell office
64 Dalziel St, Motherwell ML1 1NA
01698 275300
EMAIL: helpline@alzscot.org
[24 hour Dementia Helpline](#)
[Freephone 0808 808 3000](tel:08008083000)

Suicide awareness and support

Are you feeling alone, afraid and unsure of what to do next?



By telling a family member or friend how you feel and asking them to contact Chris's House, you are allowing them to help you. Share your suicidal feelings with someone by email, text or a note. Emotional pain is just as serious as physical pain.

01236 766755

info@chrisshouse.org

Suicide awareness and FREE training



By working together we can make your community a place where we support well-being and talk openly about suicide and mental health.

Get involved and find out more about our aim to make North Lanarkshire Scotland's first 'Suicide Safer Community' at northlanarkshire.gov.uk or call **0800 073 0918**

Suicide awareness and support



Raising Awareness

FAMS is committed to raising awareness, of the devastating impact of murder and suicide within families, friends and communities.

47 Yarrow Crescent, Wishaw, ML2 7JX and
20 Reid St, Hamilton, ML3 0RQ
info@fams.chat

Helpline: 07736 326 062

Suicide awareness and support



"You are my Sunshine" wants to encourage anyone who is battling demons or suffering in silence to come to our hub, chat or just grab a cuppa with people who can relate, can support and have the information to guide you.

**Pop in and see us at the YAMS Hub,
every Monday 630pm-9pm, Brannock High
School, Loanhead Road, ML1 5AU**

www.yams.org

Carer information



A carer is someone who provides unpaid support to a family member, friend or neighbour. Carers can be any age, from children to older people and from every community and culture.

Want to know about your rights, or just some information?

51 hope street Motherwell
ML1 1BS
01698 404055

Young carers 8-18years



We offer practical and emotional support to ensure they enjoy and achieve, just like their peers.

But we can help give them a break to learn and have fun, letting them balance their caring responsibilities with just being a child and growing up.

Town Hall Business Centre
1-11 High Rd, Motherwell
ML1 3HU
Phone: 01698 258801

Kinship Care



Kinship Care is a living and care arrangement for a child or young person who lives away from the parent and is cared for by a close family relative, extended family member or family friend

Contact:

Nurture Scotland,
55 Alexander Gibson Way,
Motherwell,
ML1 3FA
01698 264200
07756857631 & 07562379344

Direct Carer Support Lanarkshire Carers Centre



Lanarkshire Carers Centre is a resource for carers across Lanarkshire to access information and direct support services. Contact number below to find out About carer support groups in Motherwell.

Airdrie Locality
92 Hallcraig Street
Airdrie
ML6 6AW
01236 755550

Befriending is an act to become a friend to someone, especially when they are in need of help and support, to reach our local community. Befriending helps people to re-connect to the community by giving them the opportunity to build up new friendships, pursue old and new hobbies and interests. It also increases self-confidence and a sense of belonging.

Befriending from 18-65years



Elim Befriending offers support with reliable volunteers to people who would otherwise be isolated or to give care givers a much needed break.

Befriending Telephoning

Befriending telephoning is for people who prefer or can't leave home. Also provides support for unpaid carers.

For more information please contact
Elim Christian Centre
Airbles Road
Motherwell, North Lanarkshire
Scotland, ML1 2TN
01698 269308
inbox@ebsmotherwell.org.uk

Befriending for over 65's



If you are want to find out more about Befriend Motherwell or are interested in volunteering to help reduce the isolation of an elderly person living in Motherwell then please contact us on
01698 440180

or e-mail info@befriendmotherwell.org.uk

Community Centres in and around Motherwell



Isa Money	Muirhouse Rd, Motherwell ML1 2LT Phone: 01698 263615
Andrew Hamilton	Leven Terrace, Motherwell, ML1 4DR 01698 252824
Pat Cullinan	North Motherwell Logan's Rd, Motherwell ML1 3PB Phone: 01698 264177
John McCormack	Motherwell Road, Motherwell ML1 4EB Phone: 01698 230419
Jerviston	Jerviston St, Motherwell ML1 4AD Phone: 01698 732402
Forgewood	49 Dinmont Cres, Motherwell ML1 3TT 01698 263311
Daisy Park	Cassels St, Motherwell ML1 1DX 01698 403862
Newarthill Community centre	High St, Newarthill, Motherwell ML1 5JU Phone: 01698 274382

Activities ranging from craft, relaxation to toddler and youth groups take place in community centres . Some of the activities can change so if you want to know what is on please just give them a call.

Places of Worship	Address	Contact
North Motherwell	4 lindum Cres, Motherwell ML1 3QX	Drop in or connect through Facebook
South Motherwell	11 Gavin Street Motherwell ML1 2RL	01698 260 286 www.motherwellsouth.org
Calvary Church	344 Muir Street Motherwell ML1 1BN	01698 254848 www.calvarymotherwell.org
St Brendan's Church	51 Barons Road Motherwell ML1 2NB	01698264448 On Facebook
Dalziel St Andrews	47 Merry Street ML1 1JJ	01698 264097 www.dalzielstandrews.org.uk
Cathedral	31 Coursington Rd Motherwell ML1 1PP	01698 263045 www.motherwell-cathedral.org.uk
St Margaret's	51 Barons Road Motherwell ML1 2NB	https://crosshillandstmargarets.com/stmargarets/
Crosshill Church	9 Airbles Street Motherwell ML1 1XE	01698 263604 https://crosshillandstmargarets.com/stmargarets/
St Bernadette's	200 Logans Road, Motherwell ML1 3PH	01698 26394 https://www.rcdom.org.uk/st-bernadettes-motherwell
Baptist	39 Winmillhill Street Motherwell ML11RT	01506 414912 www.motherwellbaptist.org.uk
Ebenezer	50-52 Mabel Street ML1 1TY	01698 266262 On Facebook
Elim Church	70 Airbles Road, Motherwell ML1 2TN	Phone: 01698 269308 https://motherwell-elim.org.uk

Place of Worship	Address	Contact
Kings Church	128 Airbles Road, Motherwell ML1 2TQ	Phone: 01698 268942 Website: thekingsmotherwell.com
Clyde Valley Community Church (GLO)	Address: 78 Muir Street, Motherwell ML1 1BN	Website: clydevalleychurch.com
St Marys Church	74 Avon Street, Motherwell ML1 3AB	Phone: 01698 268554 Website: stmarysmotherwell.org.uk
Newarthill and Carfin Church	Benford Knowe, Newarthill ML1 5BQ	http://www.nc-church.org/ Also on facebook
Holy Trinity Church	14 Crawford Street MOTHERWELL North Lanarkshire ML1 3AD	LANDLINE - 01698 672399 (with answering machine) email : rectorkilgour@gmail.com https://holyltrinitymotherwell.org.uk/
Carfin Grotto	St Francis Xavier's Church, Taylor Avenue, Carfin, ML1 5AJ	https://www.carfingrotto.org/ 01698 263308 info@carfingrotto.org

Places of Worship welcome everyone. They all have various activities and groups for adults and children to attend. Not all activities are religious based as some are community focused and are free or offered at a low cost.

Some also have toddler groups , Girl guides ,Boys Brigade as well as activities for people over 65.

Some also offer a live streaming service for those who cannot attend the service.

A number of them also have a busy café, some of which are free.

Some also host Foodbanks and Soup Kitchens.

To find out more please contact the individual churches.

We can offer advice, guidance and information in a number of different areas, including benefits, consumer issues, immigration, workplace disputes and much more.

We also offer the following specialist services:

- Universal Credit - Help to Claim •Pension Wise •Kinship care
- Patient advice •Unforgotten Forces •Energy Savings Advice
- Armed Services Advice Project •Advice for Tenants and Residents Project •Digital Inclusion •Chest, Heart and Stroke Scotland Project
- Welfare Benefits Tribunal Representation •Advice in Mind
- Financial Health Checks



Motherwell Office	Drop In	Appointments Only	Late Night
Monday	9:30am – 1:30pm	2:30pm – 4:30pm	
Tuesday	9:30am – 1:30pm	2:30pm – 4:30pm	4:30pm – 7:00pm
Wednesday	9:30am – 1:30pm	2:30pm – 4:30pm	
Thursday	9:30am – 1:30pm	2:30pm – 4:30pm	
Friday	9:30am – 1:30pm	2:30pm – 4:30pm	

Outreach Clinics:	Days	Times
Craigneuk LifeLong Learning Association	Monday	10:00am – 1:00pm (Appointments Only)
Cleland Library	Tuesday	1:30pm – 4:00pm (Appointments Only)
Pather Community Centre	Tuesday & Wednesday	9:30am – 12:30pm (Drop In) 9:30am – 3:00pm (Appointments Only)
Shotts Healthy Living Centre	Thursday	9:30am – 1:30pm (Drop In)
Newmains Community Trust Centre	Friday	9:30am – 11:30am (Drop In)

Our office will be closed daily for lunch between 1:30pm and 2:30pm.

CHSS Hub – Wishaw Main Street Wednesday 10:00am – 1:30pm (Drop In)
2:30pm (Appointment Only)

90 Brandon Parade East,
Motherwell,
ML1 1LY

Telephone: 01698 265 349 – Please call to arrange an appointment
or email us: bureau2@motherwellcab.casonline.org.uk

Locator Tool

www.locatornl.org.uk



What is it?

It is an online tool to access details of community supports for people in North Lanarkshire. It includes community groups; activity groups; peer support groups and advisory organisations.

These groups range from physical activity, crafts, bookbug, singing groups, historical interest groups and many more.

Promote your Project or Activity on Locator

Interested in advertising your group for free?

For more information contact:

Frances or Marc at Carers Together 01698 263311

frances@carerstogogether.org

marc@carerstogogether.org



www.makinglifeeasier.org.uk

Or phone Disability Information Officers

01698 332029/2822

What is it?

It is an online tool

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

Anyone can use this service if they live in North Lanarkshire.

This is an online service for people having difficulties with the everyday activities they need or want to do.

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.

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.