



let's go.....

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

Index

Heading	Page number
What is the Airdrie Consortium?	3
Consortium Contacts	4
Activities/cafes/lunch clubs	5-10
Activities for Children, young people and parents	11-14
Mental health groups, Health specific and befriending	15-18
Unpaid carer information	19
Community centres	20
Places of worship	21&22
Citizens advice Bureau	23
On line supports	24

Airdrie 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 .Plains Lunch Club, Chapleside Culture Cafe.
- 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 Airdrie 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	Margaret Riley 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

<p>cafe</p> 	<p>Weaver's Kitchen Weavers Cottage 25 Wellwynd Airdrie Open: Wednesdays Fridays & Saturdays 10am til 2pm Sit in or Takeaway 01236 766350</p>
<p>cafe</p> 	<p>Laurel Gardens Sheltered Housing Wednesdays Coffee morning at 11am Contact 01236 751651 for more information</p>
<p>Cafe</p> 	<p>St Philips school Café Beechwood, Airdrie ML6 7SF Home made food and cakes ! Great place to have meetings. For opening times Phone: 01236 765407</p>
<p>Cafe</p> 	<p>The Culture Café Chapleside Centre is open every Thursday from 9.30-11.30am Come and meet people from all over the world. Try new foods and meet new friends. Email: airdrieadultlearnersforum@gmail.com</p>

Bingo



Chaplehall senior citizens centre
Lauchope street
Thursday evenings
7-9pm
Bingo and entertainment
Call 01236 762 904 for more information

Tea Dance



St Margaret's Church Tea Dance
Hallcraig Street
Thursday: 14:00-16:00

ML6 6AW Airdrie United Kingdom
Telephone:
01236 762374
Email:
stmargaretsairdrie@btinternet.com
Days and Times:

Lunch Club



Laurel Gardens Sheltered Housing

Mondays and Fridays from 12pm
Laurel Gardens Sheltered Housing

Contact **01236 751651** for more
information and cost

Lunch Club



Plains Community Centre

Every Monday from 11am – 2pm
Contact Elaine Tennant on
elaine.tennent@sky.com

Arts and craft class



Springwell Ladies Group

Tuesday 11-1.30pm

Come along and learn new crafts.
St Pauls and St Johns the Evangelist Church
Springwells Avenue
Airdrie
ML6 6EA

Creative Writing



Writing group

Every 2nd Friday 2pm
Chapleside centre
Waddell St,
Airdrie
ML6 6JU
Contact Jeanette
jhorn13@sky.com

Activity group for adults



Friends United

Tuesday from
10am – 2pm
Nail Painting
Jewellery Making
Healthy Eating / Cooking
Physical activity and more ...

Contact Helen Boyle on
helenboyle1312@aol.com

Gentle movement exercise



MacMillan class every Monday
1.30pm-2.30pm
At the Airdrie Library
Its free...just drop in

For more information on other activities
just call

Woodwork



Airdrie Craft Group

Learn to use a wood craft workshop and get involved in meeting new people

Contact Gordon on 07984634023
Basement Workshop Facility Chapelside
Centre Waddell Street
Airdrie, ML6 6JY

Gardening project



Plains Community Futures – Green Fingers Project

EMAIL George at
geomccutcheon@talktalk.net

We meet Friday evenings about 6pm onwards at the Community garden next door to the Community Centre on Main Street Plains. We would welcome volunteers for gardening activities.

Walking group



Airdrie Adult Learners Forum (AALF)

Easy walk Mondays 9.30am
From Chapelside Centre, Waddell St,
Airdrie 30 minute volunteer led
health walk .

Closes for the summer break

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

All of these groups on pages 8 and 9 have support workers from who will be able to assist. We take referrals from social work but also encourage any over 65's to participate to encourage inclusion and peer support. Outcome is to provide opportunities for people to get out of the house and help elevate social isolation.

For more information contact Elaine O'Dowd
at Harry Walker Integrated Day Service
01236856051



The John Smith Court
Mitchell St, Airdrie ML6 0EB

Thursday 11.30-2.30
lunch and activity



Broomfield gardens
9 Dovecot Dr, Airdrie ML6 9LN

Friday 10am-12pm

men's group and various activities and support to link to venues such as 10 pin bowling and libraries



Broomfield gardens
9 Dovecot Dr, Airdrie ML6 9LN

Friday 12-2.30pm

lunch then arts and crafts



Gartlea Gardens
Clark St, Airdrie ML6 6DP

Wednesday 11.30-2pm
lunch and activity



Wellwynd Gardens

51 High St, Airdrie ML6 0DT

Monday 11.30-2.30pm

Lunch and activity



Beechbank Community centre

Wester Mavisbank Ave,
Airdrie ML6 0HE

Tuesday 11.30-2.30pm

Lunch and various activities



Lorne Gardens

Salsburgh, Shotts ML7 4NL

Tuesday 12pm-2pm

Lunch and various activities



John Smith Court

Mitchell St, Airdrie ML6 0EB

Wednesday 10am-12 pm

Men's shed, golf, dominos, carpet bowls, chat.

Greengairs community council



If you live in this area log on to their face book page. You will find out about local activities and information on local meetings.



Toddler group



Come along and join the fun.
Wednesdays 10am-12pm.

Meet other parents & grab a
tea/coffee.

For 0-3 Year olds
All welcome!



Toddler group



Hope for Autism

Integrated Parent and toddler group.

Friday mornings at 11am

Hope centre

145 Chapel St, Airdrie ML6 6LH

Phone 01236 779191 for more information

www.hopeforautism.org.uk

Youth Group



2 Clark Street
Airdrie
Lanarkshire
ML6 6DH

A youth centre based in Airdrie, we work with young people from all over NLC. We have a cafe area, computer suite, rehearsal and Recording studio.

You will find info about all of our groups: drop-in, hub, young parents groups, music tuition, recording studio, events and much more.

For more information contact James or Joanne on 01236 632380

Youth Group



Plains Youth Group- every
Wednesday from 5pm – 8pm
Plains Community Centre
Contact Faye Kearny
07713438907

Youth Group



The group exists to ensure that children and young people have opportunities to engage young people in meaningful activities, provides young people with positive options and positive role models.

For more information on activities



Bookbug classes



Venue	Day and time	Contact
Airdrie Library Wellwynd, Airdrie ML6 0AG	Mondays 10am to 11am Weekly 0-5 years. PLEASE NOTE: These sessions are led in Gaelic – please check with the library for applicable dates and latest details	airdrielibrary@culturenl.co.uk #AirdrieLib 01236 758070
Airdrie Library Wellwynd, Airdrie ML6 0AG	Fridays 9.35am to 10.15am Weekly Toddlers group Fridays 10.20am to 11am Weekly Babies group	airdrielibrary@culturenl.co.uk #AirdrieLib 01236 758070
Caldercruix and Longriggend Parish Church 15 Main St, Caldercruix, Airdrie ML6 7RF	Thursdays 10am to 10.30am Weekly 0 – 4 years	#CaldercruixChurchBookbug 01236 758070
Plains Evangelical Church Plains, Airdrie ML6 7JQ	Tuesdays 10.30am to 11am Weekly 0 – 4 years	01236 758070 email for information #PlainsChurchBookbug Please use side gate to enter Plains Evangelical Church
Chapelhall Library 2 Honeywell Cres, Chapelhall, Airdrie ML6 8XW	Tuesdays 1pm to 1.45pm Weekly Check with library for age group	chapelhalllibrary@culturenl.co.uk #ChapelhallLib 01236 750099

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@carerstgether
www.carerstgether.org

Fool On
Music
Drama
Comedy



A mental health support group but open to all who want to learn to play a musical instrument, sing, write or do drama.
Every Wednesday 7-9pm
Airdrie Town Hall

Just pop in or contact us
Call 07591241973
m.me/FoolOn7
fooloncharity@gmail.com
@foolonsupport



Lanarkshire
Deaf Club SCIO
Connecting Communities Since 2003

**Check out our website for
weekly activities**

www.lanarkshired deafclub.co.uk

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

Befriending



Do you have a long term health condition or life limiting illness? Feel isolated or lonely? Carer needing a break?

Contact Donna Reilly based in St Andrews Hospice
01236 766951

Food and Nutrition

New Website!



02, **Lanarkshire Community Food
and Health Partnership**

Do you want to learn to cook healthy affordable meals on a budget?
Part of a group that want to learn to cook?
Contact Claire Mooney at community food and health
0141 771 5923

Mental health support group



We meet every Thursday in Airdrie for 2 hours for a cuppa and a chat, and some support.

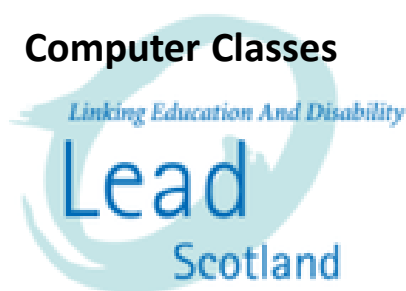
For more info about our group please get in touch 07546 101568

mash.airdrie.2016@gmail.com



@mash2016

Computer Classes



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

Football Stadium



Diamond sensory room at Airdrie stadium For families and children with Autism. You can watch a game of football from the comfort of the Diamond room

For more information contact Hope for autism

01236 779191

Parkinsons Self Help Group (North Lanarkshire)



Where people with Parkinson's, their Carers and their families can obtain information , advice and support

Weaver's Cottages
23 - 27 Wellwynd
Airdrie
ML6 0BN

01236 766350

Mental health support



Mental health service user and carer led organisation

**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

01236 439417 (Airdrie office)

Email:

ExpeerienceCounts@samhservices.org.uk

Dementia Support



[24 hour Dementia Helpline](#)
[Freephone 0808 808 3000](#)

Worried about a loved one and need support/ information on dementia?

**Contact Alzheimers Scotland at the
Motherwell office**

64 Dalziel St, Motherwell ML1 1NA
01698 275300

EMAIL: helpline@alzscot.org

Recovery Support



Love & Light Recovery Cafe

Open on **Saturdays 12-4pm**

Pilgrim church

5 Victoria Pl, Airdrie ML6 9BU

Offers Support for families affected by alcoholism and drug addiction.

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



Drop in, or if you are interested in finding out more call:

Sue Hannibal CLD Worker (Schools) - 01236 632 143
or email:

shannibal@st-margarets.n-lanark.sch.uk

If you look after a grandchild, niece or nephew on a permanent basis there are a few reasons to drop into the **Kinship Carer** support group:

Have a chat and a cuppa and speak with other people in similar circumstances.

Get support and question people who can help with issues you may face as a carer.

Take part in activities where your children can meet up and enjoy time together.

We meet monthly at 1pm on Thursdays

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



Community Centres in and around Airdrie

Gartlea	Hillfoot Rd, Airdrie ML6 9PB 01236 747844
Chapleside	Waddell St, Airdrie ML6 6JU 01236 638370
Beechbank	Wester Mavisbank Ave, Airdrie ML6 0HE Phone: 01236 764317
Four Isles	Varnsdorf Way, Airdrie ML6 8EQ Phone: 01236 763883
Mount Pleasant	Main St, Airdrie ML6 8SB Phone: 01236 762938
Plains	Main St, Airdrie ML6 7JG Phone: 01236 843010
Chapelhall senior citizens	Lauchope St, Chapelhall, Airdrie ML6 8SW <u>Phone: 01236 762904</u>



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.

Place of worship	address	contact
Airdrie Baptist Church	97 Graham St, Airdrie, Lanarkshire, ML6 6DE	01236 748052
St. Margaret's Catholic Church	96 Hallcraig St, Airdrie, ML6 6AW	www.stmargaretsairdrie.org.uk 01236 763370
St. Paul & St. John the Evangelist Church Monklands	Springwells Avenue, Airdrie, ML6 6EA	01236 756550
St. Serf's Catholic Church	66 Aitken St, Airdrie, ML6 6LT	01236 764479
Airdrie Clarkston Parish Church	Forrest St, Airdrie, ML6 7BE	01236 603146 www.airdriec Clarkstonparishchurch.org.uk
Church of Jesus Christ of Latter Day Saints	Glenmavis Rd, Burnfoot, Airdrie, Lanarkshire, ML6 6SB	01236 754963 www.comeuntochrist.org
Airdrie New Wellwynd Parish Church	Wellwynd, Airdrie ML6 OAG	01236 748646 newwellwynd.org.uk 
Airdrie St Columba's Parish Church	Thrashbush Road, Airdrie ML6 6PN	01236763173
Chapelhall Parish Church linked with Kirk O Shotts	4A Russell Street, Chapelhall, Airdrie ML6 8SG	Session Clerk 01698 87025 chapelhallparish church.org.uk

Place of worship	address	contact
St. Aloysius Church	192 Main St, Chapelhall, Airdrie, ML6 8SF	01236 763190
Corpus Christi Catholic Church	Crowwood Crescent, Calderbank, Airdrie, Lanarkshire, ML6 9TA	01236 763670
Airdrie Cairnlea Parish Church linked with Calderbank Parish Church	84 Johnston Street, Airdrie ML6 6AZ	01236 753159 cairnleaparischurch.co.uk
Airdrie High Church linked with Caldercruix and Longriggend	20 North Bridge Street, Airdrie ML6 6NE	01236 779620 airdriehighkirk.org.uk
Airdrie Jackson Parish Church	Glen Road, Petersburn, Airdrie ML6 8BW	01236 760154 jacksonchurch.co.uk
Airdrie New Monkland Parish Church linked with Greengairs	Condorrat Road, Glenmavis, Airdrie ML6 ONS	01236 761723 newmonklandandgreengairs.org.uk

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

Airdrie Citizens Advice Bureau Opening hours

Monday:

09:30 - 15:30 (Drop In) and 16:30 - 19:30
(Drop In)

Tuesday:

09:30 - 15:30 (Drop In)

Wednesday:

09:30 - 15:30 (Drop In)

Thursday:

09:30 - 15:30 (Drop In)

Friday:

09:30 - 13:00 (Appt Only)

**For more information
Contact Airdrie office
01236 754109**

Plains Outreach

Opening hours

Tuesday

10.00 - 12.00 (Drop In)

Plains Community Centre

Main Street Plains

Airdrie ML6 7JG

Monklands Hospital Outreach

Opening hours

Monday

Please contact Airdrie CAB for day(s) and opening times.

Monklands Hospital Reception Monkscourt Avenue
Airdrie ML6 OJS

Caldercruix Outreach

Opening hours

Tuesday

13.00 - 15.00 (Drop In)

Caldercruix Community Centre

Progress Drive Caldercruix

Airdrie ML6 7PP

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.