

Carer Breather and Sitter Service Referral Guide

New services to support unpaid carers have been funded in partnership with Health and Social Care North Lanarkshire and VANL, supported by North Lanarkshire Carers Together. The services were developed and designed based directly on what carers in North Lanarkshire told us they needed to support them to live well.

The Carer Breather projects provide a variety of activities for carers in-person and online so people can take time out of their caring role. Two of the pilot Sitter Services provide a volunteer in the home for up to two hours per week to support a cared-for person so that carers can take some time out from their caring role to do what is most important to them. One Sitter service is delivered remotely.

If you have any general enquiries on these services, contact Angela Sinclair Millar, Carer Network Lead, at North Lanarkshire Carers Together at angela@carerstogogether.org or on 01698 404055.

Organisation	Service Name	Activity Offered	Active in	Frequency and Location	Referral Contact
Bazooka Arts	Creative and Connected Carers	Therapeutic art sessions for carers who may also be affected by stress, mental ill health, loneliness, and social isolation	North Lanarkshire Wide	In person on Wednesdays, 10.30am-12.00pm at Kirkshaws Neighbourhood Centre and online every Tuesday 1.00pm – 2.00pm	Signposting and self-referrals can be made by contacting Kirsty at Kirsty@bazookaarts.co.uk
Glenboig Development Trust	Connected Carers Group	Relaxation activities and socialising	Glenboig/ Coatbridge/ Cumbernauld	In person every last Thursday of the month at 7pm at Glenboig Life Centre, and also every second Saturday of the month at 2pm in the same location	Signposting and self-referrals can be made by contacting Frances McKenzie, Connected Carers Coordinator, at frances@glenboigh.com or call on 01236 874520

Glenboig Development Trust	Connected Carer Sitter Service	Highly trained volunteers providing up to 2 hours of 'sitting' per week, supporting the cared for person to allow the carer to use their free time to get a break from their caring role	Coatbridge	In the carer's/cared-for person's home, 2 hours per week.	Signposting and self-referrals can be made by contacting Frances McKenzie, Connected Carers Coordinator, at frances@glenboigh.com or call on 01236 874520 and request a referral form for the Sitter Service
Getting Better Together, Shotts	Carer Connector @GBT	Carer connector service for carers who aren't linked into carer support services. Carer Connector supports carers to access planned health and wellbeing activities as well as the Caring Matter Support Group	Wishaw and Shotts	Carer Connector available 9-5 Mon to Friday. Caring Matters Support Group – Every Monday. A further programme of activities is also available for carers.	Signposting and self-referrals can be made by contacting Kirsty Whitehead, Carer Connector at kirsty@shottshealthyiving.com or call 01501 825 800
Getting Better Together, Shotts	Carer Sitter Service	Highly trained volunteers and staff providing up to 2 hours of 'sitting' per week, supporting the cared for person to allow the carer to use their free time to get a break from their caring role.	Shotts	In the carer's/cared-for person's home, 2 hours per week.	Signposting and self-referrals can be made by contacting Kirsty Whitehead, Carer Connector at kirsty@shottshealthyiving.com or call 01501 825 800
The Health and Wellness Hub	Airdrie Carer Hub	Holistic support including massage therapy, chair-based exercise, socialising	Airdrie	Every Thursday 10.30am-12.30pm at Gartlea Community Centre	Signposting and self-referrals can be made to

		with other carers and staff support with information, advice and signposting to other carer support		From 1 st September for 6 weeks until and including 6 th October. Carers can attend the 6 week block or simply drop in when suits.	The Health and Wellness Hub on: 01698 262 437 or email: bookings@thehealthandwellnesshub.org.uk
The Haven	Carer Support Service	One-to-one holistic support offered to carers to improve mental and physical wellbeing through holistic methods such as yoga and self management techniques	North Lanarkshire Wide	Services are delivered digitally via telephone and/or video sessions. Video sessions are hosted on the Attend Anywhere platform. Services provided Monday to Friday 10-4pm	Signposting and self-referrals can be made by calling 01555 811846 or emailing: info@thehavencentre.com or by completing the 'contact us' form on the website: https://www.thehavencentre.com/contact
The Haven	Sitter Service	Time out from the caring role delivered online to suit the preferences of the individual carer	North Lanarkshire Wide	Services are delivered digitally via telephone and/or video sessions. Video sessions are hosted on the Attend Anywhere platform. Services provided Monday to Friday 10-4pm	Signposting and self-referrals can be made by calling 01555 811846 or emailing: info@thehavencentre.com or by completing the 'contact us' form on the website: https://www.thehavencentre.com/contact
Parkinson's Self Help Group Airdrie	Carer Breather Service	Support for carers caring for someone living with a neurological condition.	Airdrie	Services are delivered face to face and take place at Weaver's Cottages, 23-25	Signposting and self-referrals can be made to

		Services take the form of carers groups, music sessions, therapy sessions for carers and crafting		Wellwynd, Airdrie, ML6 0BN on a variety of days – contact for timings	Anne Fitzpatrick, Centre Co-ordinator, 01236 766 350 pshq@btconnect.com
Parkinson's Self Help Group Motherwell	Carer Breather Service	Support for carers caring for people living with Parkinson's	Motherwell	Various supports available, contact for more information	Signposting and self-referrals can be made directly by calling 01698 337460
Watch Us Grow	Carers Lounge	Designed for carers of people with learning disabilities who are also accessing Watch Us Grow services. Sessions include arts and crafts, various group activities and peer support with a view to develop activities based on what carers want.	Cumbernauld, Palacerigg Country Park	Services are delivered face to face at Palacerigg House every Tuesday and Thursday evening, 6.30pm to 8.30 pm	Signposting and self-referrals can be made to info@watchusgrow.org.uk Tel: 01236 727 970 Palacerigg House Palacerigg Country Park Cumbernauld G67 3HU

