

Carer Breather 2023-2025 referral guide

This guide is for use by carers who can self-refer to services and for all health and social care professionals and teams across the third sector and statutory sectors to signpost or refer directly to Carer Breather services. Team members can support to refer carer into any Carer Breather service depending on whom the service is available to as outlined in the guide.

Service Name	What the service offers	Main referral details	Location(s) of service provided	Who service is available to
Bazooka Arts	Group arts therapy in person and online, with one-to-one wellbeing and mental health support where required.	Contact the team at create@bazookaarts.co.uk Website: https://www.bazookaarts.co.uk/	Kirkshaws Neighbourhood Centre and online.	All unpaid carers across North Lanarkshire.
GBT Shotts	Breakfast club (Mondays) Afternoon teas (Tuesdays and Thursdays) Sewing group (Tuesday) Art group (Wednesday) Mindfulness (Friday) Walking group (Friday) Book club, tea dances and trips also available.	Contact Kirsty Whitehead at kirsty@shottshealthyiving.com Website: https://shottshealthyiving.com/	Various locations across Shotts	If transport is required to access services, this is available to carers across Shotts and Wishaw. Carers from other localities who can provide their own transport are welcome to access services.

Glenboig Development Trust	<p>'Connected Carers' group, every last Thursday of the month, evening.</p> <p>'Connected Carers' group, every second Saturday of the month, afternoon.</p> <p>Carer sitter service providing 2 hours of support for person being cared for to allow carer time for themselves.</p>	<p>Contact Christine McNally at christine@glenboighn.com or on 01236 874520</p> <p>Website: https://www.glenboigdevelopmenttrust.org.uk/</p>	Glenboig Neighbourhood Centre	Carers living in Glenboig and Coatbridge.
North Lanarkshire Disability Forum	Project in development, please contact NLDf for further information.	<p>Contact Laura McGlinchey at lauram@nldforum.org.uk</p> <p>Website: https://www.nldforum.org.uk/</p>	TBC	Available to all carers across North Lanarkshire.
One Parent Families Scotland	Project in development for one parent families with children with additional support needs. Please contact One Parent Families for further information.	<p>Contact Donna McSwiggan at donna.mcswiggan@opfs.org.uk</p> <p>Website: https://opfs.org.uk/who-we-are/local-services/north-lanarkshire/</p>	TBC	Available to all carers of children with additional support needs with across North Lanarkshire.
Pamis	Project in development for carers of children with profound and multiple learning disabilities. Please contact Pamis for further information.	<p>Contact Lesley McLaren at lesley.mclaren@pamis.org.uk</p> <p>Website: https://pamis.org.uk/</p>	TBC	Available to all carers in North Lanarkshire caring for a child with profound and multiple learning disabilities.
Parkinson's Self Help Group North Lanarkshire	Support groups and group activities for those caring for people with neurological conditions and for the people	Contact Anne Fitzpatrick at pshg@btconnect.com	Parkinson's Self Help Group, Weaver's Cottage, 23-25 Wellwynd,	Available to all carers in North Lanarkshire caring for people with

	being cared for. Various times and days, enquire for more information.	Website: https://www.facebook.com/parkinsonself	Airdrie, ML6 0BN	neurological conditions.
Play Peace	Various holistic and group support offered to parent carers/carers of children and young people with additional support needs. Summer 2023 programme information available upon enquiry.	Contact Nichola Brown at nichola@playpeace.org.uk Website: http://www.playpeace.org.uk/	Various, please enquire	Available to all parent carers/carers for children with additional support needs in North Lanarkshire.
The Haven	Services for carers with life limiting illness in the form of one-to-one emotional support sessions, one-to-one emotional wellbeing sessions, support via wellbeing toolkits to provide coping strategies and useful techniques.	Contact the enquiry inbox at info@thehavencentre.com or call on 0155 581 1846 Website: https://www.thehavencentre.com/	In person at: The Haven Flat 78, Block 2, University Wishaw General Hospital 50 Netherton Street Wishaw ML2 0DP Services also provided online and via telephone.	Services also available to carers for people with life-limiting illness across North Lanarkshire.
The Health and Wellness Hub	Holistic treatments including reiki, massage, and chair-based exercises. Six week drop in blocks every Friday, with one starting end June 2023.	Contact bookings@thehealthandwellnesshub.org.uk or call on 01698 262437 Website: https://www.thehealthandwellnesshub.org.uk/	In person at: The Health and Wellness Hub, Unit 3, 58-60 Albert Street, Motherwell, ML1 1PR	All unpaid carers across North Lanarkshire.
Watch Us Grow	Carers Lounge weekly service for carers of adults with additional support needs, while providing support at the	Contact info@watchusgrow.org.uk or call on 01236 727970	In person at: Watch Us Grow, Palacerigg Country Park,	Unpaid carers caring for adults with additional support needs, who

	same time for the person being cared for. Some courses also delivered, aimed at carers in partnership with Lanarkshire Carers.	Website: https://www.watchusgrow.org.uk/	Cumbernauld, G67 3HU	would like to access support at the same location for the adult with ASN being cared for.
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