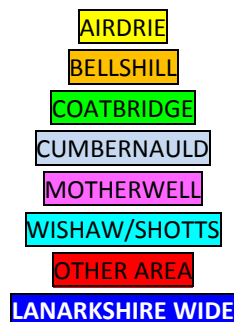




ASN Activities / Groups in North Lanarkshire

Local Guide/ Directory to activities and services for parents/carers and their loved ones



Information provided by North Lanarkshire Carers Together

Tel 01698 404055

Or email

enquiries @carerstogether.org

MONDAYS

MORNINGS

Motherwell

One Eyed Dog

Music club in the studio from 10.30-12.30
cost £4 per hour.

Music club involves using instruments (provided by us) and singing and playing along to tunes. They can also arrange music groups for small groups.

If you need any more information please call 01698 276444 or drop by on Monday morning when the club is on.

26a Motherwell Business Centre, Coursington Road, ML1 1PW

Sensory Room available for hire, £10 per hour, call and ask to speak to John for more details.

AFTERNOONS

Motherwell

Rain Forest Adventure

Rain Forest Adventure soft play from 4.30-6.30pm
£3.75 for play or play and eat for £5.25.

Excludes summer holidays and school holidays. Autism friendly session with limited noise.

517 Windmill Hill Street. For more info – 01698 250294 – monthly session

EVENING

Cumbernauld

PALS

Classic Kids £2 (Contact Elaine Polk)

6pm -7 pm on first Monday of month and thereafter 6-7.45pm.
Alternate weeks to Dance, (fortnightly)

Dance £2 (Contact Elaine Polk) 6:30pm-7:30 pm on alternate weeks from Classic Kids (Fortnightly) Both activities held at Carbrain Baptist Church, Greenrigg Road, South Carbrain, Cumbernauld, G67 2QA For more information visit our website or contact us through email or Facebook www.playandlearningsupport.co.uk
info@playandlearningsupport.co.uk

TUESDAYS

MORNINGS

Cumbernauld

PALS

Petite PALS is joining Hilltop Babies £5 membership, £3 per session – PALS pays the membership fee and £1 of the session fee. (Contact: Tracy Bulpitt)

9:30am-11:30 am, New Town Hall, Bron Way, Cumbernauld, G67 1DZ
For more information visit our website or contact us through email or Facebook

www.playandlearningsupport.co.uk

info@playandlearningsupport.co.uk

AFTERNOON

EVENING

Bellshill

Flipside

from 6.30pm Every Tuesday.

St Gerard's Chapel Hall, Bellshill, ML4 1NF

volunteer youth group who aim to provide things to do for young adults with additional support needs from age of 18-30years. Different activities

For more info contact Wee_cx@hotmail.com or visit Facebook @flipside Bellshill

Motherwell

Table Tennis Club

Joe Wilson table tennis club have an ASN table tennis session 6-7pm @ Taylor high school- Games hall. Carfin street, ML1 4JP
For more information contact Stuart Farr – Farrs@northlan.gov.uk

OTHER AREA / HAMILTON

One Giant Leap

Sense Scotland lottery funded youth group.
Runs from 4-8pm runs all year with the exception of Christmas and New Year holidays.
£5.50 per session including dinner and materials.They have music room, art, games, movies nights
for more info email nicolascott@sensescotland.org.uk

TOUCHBASE LANARKSHIRE, 4 LEYS PARK BURNBANK HAMILTON

Wishaw

Indepen-dance

is an inclusive dance company for people with disabilities and their carers, to enjoy, express, and fulfill their potential through dance.
Tuesday 5.30-6.30pm - Pather Centre, Wishaw £4 per hour, age generally between 13yrs-18yrs but may be flexible with ages 16th
April to 25th June 2019

booking recommended- TEL: / 0141 552 3555

Email: admin@independance.org.uk

Cumbernauld

PALS

Rising Stars & Teen Scene £2 (Contact: Samantha Lappin

1st Tuesday of month is a scheduled activity

3rd Tuesday of the month is an event/trip organised by group

6.15pm to 7.15pm Kildrum Parish Church, 1 Clouden Road, Kildrum, Cumbernauld, G67 2JQ.

For more information visit our website or contact us through email or Facebook

www.playandlearningsupport.co.uk

info@playandlearningsupport.co.uk

WEDNESDAY

MORNINGS

AFTERNOONS

EVENING

Bellshill

Bellziehill farm

From 5.30pm- 8pm.Exclusive to ASN families

Come along have a meal (meal deals available before 6pm). Children can access the soft play area for £3.00

Cumbernauld

PALS

Sensations sensory evening

6.15-7.15pm

Sacred heart RC church, Kyle Road,Kildrum,G67 2DY.

£2.00

Sensory experience with dark tents, lights, soft balls, numbers matts, cushions,story time,puppets,bubbles etc.

for more info contact Ian Grant or email

info@playandlearningsupport.co.uk

Cumbernauld

ASN football

Bedlay community football club runs from 5-6pm at Chryston high school, Lyndsaybeg road, G69 9DL

This does not run during holiday periods. For more info contact - Ross Sweeney – Sweeneyro@northlan.gov.uk

Coatbridge

PARENT ACTION FOR SAFE PLAY PASP

6-8pm @Children and Youth Development Centre, 2a Scarhill St, Kirkshaws, Coatbridge, ML5 5BB. for children age 5 to 8 years, activities are tailored to suit the age and stage of development of the children attending. Participation involves a wide range of games, sports, free play, arts and crafts, sensory activities and healthy eating programmes. Please book in advance, may be a waiting list. For further information, contact Julie@pasp.org.uk or web www.pasp.org.uk

THURSDAY

MORNINGS

Cumbernauld

PALS

Petite PALS is joining Hilltop Babies £5 membership, £3 per session – PALS pays the membership fee and £1 of the session fee. (Contact: Tracy Bulpitt)

9:30-11:30 am, New Town Hall, Bron Way, Cumbernauld, G67 1DZ

For more information visit our website or contact us through email or Facebook

www.playandlearningsupport.co.uk

info@playandlearningsupport.co.uk

SOFT PLAY £3.75 This activity is NOT PALS exclusive and there is no Parent Volunteer from PALS running this activity. Payment should be made directly to Reception staff at Fundamentals

6.15-8 pm, Fundamentals at Broadwood, Ardgoil Drive, Cumbernauld, G68 9NE

Bellshill

The Jack and Jill Support Group, supports families that live in Lanarkshire with children and young people with additional support needs. Or who are awaiting a formal diagnosis. The parent group meet on a Thursday morning during term-time 10 am - 12 noon in the YMCA Orbiston, Liberty Road, Bellshill, ML4 2EU. While the parents group is on we have a social group for the children and

young people, under 5's and over 18 as the other children are in school. Membership is 7 pounds per month direct debit.

AFTERNOONS

EVENING

Cumbernauld

Indepen-dance - 6-7pm – Link Community Centre, 18th of April to 27th June

indepen-dance is an inclusive dance company for people with disabilities and their Carers, to enjoy, express, and fulfill their potential through dance.

Booking recommended- TEL: 0141 552 3555

Email: admin@indepen-dance.org.uk

Cumbernauld

Boccia Club

5.30-6.30pm St Maurice's High School, Westfield, G68 9AG

Boccia is a disability sport where players throw, kick or ramp balls towards a target ball. All equipment will be provided and the sessions are free of charge.

This club does not run during summer holidays. Email

peattiec@northlan.gov.uk for more info

Cumbernauld

Power chair football.

Runs from 7-9pm @ st Maurices high school, Westfield, G68 9AG

This club does not run during summer holidays.

FRIDAY

MORNINGS

Coatbridge

K-otic

Charlotte Toal Centre

10.30am- 12.30pm

Drama Workshops for adults with learning difficulties/autism spectrum disorders. Classes are run with specially trained drama and dance teachers.

First class is free of charge then £8 per session.

For more information visit www.koticproductions.co.uk (other sessions available in South Lanarkshire, East Kilbride and Ferniegar)

AFTERNOONS

EVENING

Shotts

Shotts Health Centre

family club established in 1981. Whole family involvement, social swims from 6.30pm to 7.30pm.

7.30pm to 8.30/8.45pm training sessions for more advanced swimmers.

10 pounds per year annual charge, 2 pounds for swimming, 1 pound for play area.

Cumbernauld

Clyde FC ASN Football £8 monthly (Contact: Mark Smith)

5-6 pm Cumbernauld Academy, Kildrum Ring Road, Kildrum,
Cumbernauld, G67 2UF

**For more information visit our website or contact us through email
or Facebook**

www.playandlearningsupport.co.uk

info@playandlearningsupport.co.uk

SUNDAY

EVENING

Cumbernauld

SWIM & PLAY £2 (Contact: Lorraine McKenna)

5.30-6.30 pm, Tryst Sports Centre, Tryst Walk, Cumbernauld G67
1EW

For more information visit our website or contact us through email
or Facebook

www.playandlearningsupport.co.uk

info@playandlearningsupport.co.uk

OTHER USEFUL SERVICES/INFORMATION

Lanarkshire wide

Autism Supports - Reach

ASD exclusive activities for children and young people with Autism and their siblings. REACH Lanarkshire Autism is a Lanarkshire wide charity which operate everyday with activities and support for families affected by autism in many areas over Lanarkshire some of the activities are: Horse riding, music therapy, sports therapy, games nights, swimming TKD, drama etc. They support preschool children to 18 years including siblings. Membership is £20 a year and gives you access to online support group, ASD exclusive outings, ASD activities.

info@reachautism.org.uk or www.reachautism.org.uk

Shotts

Ponies Help Children

Ponies Help Children predominantly work with children. Working with the ponies can help people to learn to trust and build relationships, build emotional connections, cultivate positive physical and mental health while promoting social inclusion. We run a block of sessions where the client will come for up to an hour each week for approx. 7 weeks. The sessions include grooming, lead work and generally developing a relationship and trust with the pony. We help with children and adults who have Autism, ADHD, Attachment Disorder, PTSD, ACE, anxiety and depression which can lead to suicidal thoughts. The costs of these sessions are £10 each. Situated at Blairmains Farm, Harthill, Shotts, ML7 5TJ for more info call Heather on 07729 535183

Wishaw

Partners in Play

An independent charity, established in 1996 which offers direct support and information to families of children / young people with disabilities across Lanarkshire. They aim to empower children and young people with additional needs to actively participate in community life. Their moral purpose is, to improve opportunities for children and young people with additional support needs, to develop independence and to overcome barriers to active participation in community life. Partners in Play provide social support, personal care, activities such as weekends away and day trips and an at home sitter service. Key values of the organisation are based on Getting It Right for Every Child (GIRFEC) principles. These values inform all the work of Partners in Play. Partners in Play are based at Centre Point, 70 Smith Avenue, Wishaw ML2 0LD. For more information, email info@partnersinplay.org.uk or call 01698 361174.”

Wishaw

Little Stars

Parent driven group formed to offer support to parents/carers of children affected with ASD. The support group provides the opportunity for carers to share their knowledge, experience, challenges and successes with parents/carers in similar circumstances and to learn more about services and support available to families. They also run a kids/youth group for the kids and their siblings.

Group meets every Wednesday 6-7pm in St Ignatius Primary School, Wishaw. For more information email lit-lestarsgroup@aol.co.uk

Motherwell

Autism Take 5

Autism Take 5” is run by parents and carers from North and South Lanarkshire who care for children and young adults on the Autistic Spectrum, whether diagnosed or not. They are a friendly bunch who support each other in a safe environment and share ideas and information. They provide relaxation sessions, fun days out and occasional training sessions led by expert autism practitioners, where funds provide.

Note: the parents who facilitate the group have qualifications in Autism.

They meet on Tuesdays 10:30-12:30 excluding the 3rd Tuesday in the Daisy Park Community Centre; they also meet on the 3rd Tuesday of each month 7pm-9pm in an effort to reach folks who are working during the day

Web: www.autismtake5.uk

Email: admin@autismtake5.uk

Tel: 07883942910

Tel: 07803606168

Airdrie

Hope for Autism

HOPE for Autism was established in 2002 by a group of mothers who were unable to access the help they needed for their children with Autism Spectrum Disorder in North Lanarkshire.

HOPE provides a tiered support service that includes 25 weekly activity groups for children and young adults aged from 2 to 25 years.

various sports groups out in the community and advocacy and training for families. HOPE's groups are fun and educational and take place over 6 days each week. Our services also offer training and support for other organisations and for professional practitioners to help them support people with Autism Spectrum Disorder.

Membership and Group Packages

accessing support services requires joining up to our basic membership package for £30 a year. This membership package includes:

Individual support for families all year round

Monthly parent/Carer support group meetings

Weekly siblings activity groups

Advocacy service

Access to training courses

Benefits, grants, and service advice

Access to HOPE's resource library

Member's only online forum

For access to groups and activity sessions families pay a weekly fee of £6.00

£30 membership fee

£6 x 44 for weekly sessions = £264 + £30 membership fee is £294 annually

£6 x 22 for fortnightly sessions = £132 + £30 membership fee is £162 annually

Weekly sessions are available from pre-school children up to young adults. Spaces in our groups are subject to availability. Those who cannot be placed will be added to a waiting list and will be contacted when a place becomes available. Where families have two

children/young people accessing groups, HOPE will only include the basic membership fee of £30 once per family.

Membership packages are processed by Standing Order. Sports Groups are £3.50 per session. These include swimming, football, trampoline, racquet sports, and cycling among others. Most of these sessions run in blocks of 6 or more weeks and payment is taken for the block .If you are interested in joining HOPE for Autism please us by email at Hope@hopeforautism.org.uk or visit us at The HOPE Centre, 145 Chapel Street, Airdrie, ML6 6LH.

OTHER AREAS

The Salvesen Mindroom Centre

The Salvesen Mindroom Centre is a charity working throughout Scotland to support children and young people up to the age of 25 years with learning difficulties and their families. We provide a direct help and support service offering 1:1 practical and emotional support for parents and carers. We help parents and carers to understand their rights, build relationships with professionals and access the support that they need for themselves and their child. This might be about education, health or social work, or other worries about their child. We also have a children and young people's advocacy worker who works directly with children and young people. Your child does not need a diagnosis to access our services.

Website: www.mindroom.org Email: directhelp@mindroom.org
Tel: 0131 370 6730

Coatbridge

Shining Stars ASN Theatre School

Runs as follows:

Monday evening 5:30-7:30pm

Wednesday evening 6-8pm (sensory evening)

Thursday evening 6-8pm (film club)

Friday afternoon 1-2:30 (adults only)

Starting Friday 7th of June we launch our Adult Friday Fun club fortnightly 6-8pm

Shining Stars is £30.00 per month, and that includes a drink and snack too at all classes. We take kids from aged 5 (p1) right through to their 50's and 60's.

Classes may be full and there could be a waiting list, PLEASE

CONTACT: katie.shiningstarstheatreschool@hotmail.com or call 07845072758.

OTHER AREAS

Happy Hooves

Equine Assisted Learning

Happy hooves aim to provide a calm and safe environment for anyone, of any age to work with our animals. Ponies are great readers of non-verbal signals. They do not require speech or eye-contact and have an endless amount of love to give. Equine Assisted Learning can help to improve self-esteem, social skills,

self –control, emotional awareness, trust and the availability to focus.

For information contact: annmckenna.1992@gmail.com or **447717661703**

Located :Woodhead Farm, Roundknowe Rd, Uddingston G71 6NG

Disclaimer

This information has been collated by North Lanarkshire Carers Together. Permission has been sought from all partners/agencies promoted within this directory.

Responsibility

The responsibility lies with these partners to ensure this information is kept up to date.

If you are a local charity / service / organisation who would like to feature in this directory please call 01698 404055 or email enquires@carerstogether.org