


# NLCT as Carer Support Network Leads



This Guide is for use by **carers who can self-refer** to services and for all **professionals** across the third sector and statutory sectors to **signpost or refer directly** to Carer Breather services.

The **fifteen Carer Breather organisations** listed below have received funding for three years to deliver their programmes of work (Apr 1, 2025-Mar 31, 2028). All are on our website and can be found at <https://www.carerstogogether.org/support-network/>



This Guide tells you how to **refer** to each Organisation & **what support/service** their Carer Breather Project will provide to unpaid carers.

 <a href="https://www.bazookaarts.co.uk">https://www.bazookaarts.co.uk</a> <b>Instagram: @bazookaarts</b> <b>Facebook: Bazooka Arts</b>	<b>CREATIVE AND CONNECTED CARERS</b>  <b>What the project offers</b>  Therapeutic Arts Programmes in a wide range of artforms: visual art, drama, yoga, dance, photography and film.  Bazooka Arts' team of Arts & Health Specialists and Arts Therapists work with a person-led and holistic approach to build confidence, self-esteem and social connections contributing to improved mental, social and physical health.	<b>Main referral details</b> Contact the team at <a href="mailto:create@bazookaarts.co.uk">create@bazookaarts.co.uk</a>  <b>Location(s) of service provided</b> Summerlee Heritage Museum Kirkshaws Neighbourhood Centre Outreach & Online.  <b>Who service is available to</b> All unpaid carers and cared for people across North Lanarkshire.
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 <p><b>CENTRAL SCOTLAND ADVENTURES</b></p> <hr/> <p><a href="http://www.centralscotlandadventures.org">www.centralscotlandadventures.org</a>  <a href="#">Central Scotland Adventures</a>    <a href="#">Kilsyth</a>   <a href="#">Facebook</a></p>	<p><b>CARERS OUTDOOR WELLBEING PROJECT</b></p> <p><b>What the project offers</b></p> <ul style="list-style-type: none"> <li>• Water sports: Paddleboarding, Canoeing, Kayaking and Team Building</li> <li>• Cycling</li> </ul>	<p><b>Main referral details</b>  Contact Rab &amp; Jos at  <a href="mailto:info@centralscotlandadventures.co.uk">info@centralscotlandadventures.co.uk</a></p> <p><b>Location(s) of service provided</b>  Auchinstarry Marina, Kilsyth  Local Lochs &amp; Lochs/Rivers within  Loch Lomond &amp; the Trossachs</p> <p><b>Who service is available to</b>  All unpaid carers, cared for people and  their families across North  Lanarkshire.</p>
 <p><b>CACE</b></p> <hr/> <p><a href="https://www.cace.info/">https://www.cace.info/</a></p>	<p><b>CARERS WEEKEND BREAK</b></p> <p><b>What the project offers</b></p> <p>A monthly Saturday service:</p> <ul style="list-style-type: none"> <li>• Supporting carers to have weekend time away from some caring responsibility</li> <li>• An opportunity for carers to obtain peer support and connection on a Saturday</li> <li>• A Saturday programme that offers stimulation, and connection to others for those being cared for.</li> </ul>	<p><b>Main referral details</b>  Contact Lindsay Graham at  <a href="mailto:Lindsay@careatcace.com">Lindsay@careatcace.com</a> or  <a href="mailto:info@careatcace.com">info@careatcace.com</a>.</p> <p><b>Location(s) of service provided</b>  Cumbernauld, Kilsyth and the  Northern Corridor</p> <p><b>Who service is available to</b>  All unpaid carers, cared for people and  their families (where appropriate)  across North Lanarkshire.</p>

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 <p><a href="http://glenboigdevelopmenttrust.org.uk">glenboigdevelopmenttrust.org.uk</a></p>	<p><b>GDT CARER BREATHER SITTER SERVICE</b></p> <p><b>What the project offers</b></p> <p>Carer sitter service providing 2 hours of support for person being cared for to allow carer time for themselves.</p>	<p><b>Main referral details</b> Contact Neil McDowall at <a href="mailto:neil@glenboighn.com">neil@glenboighn.com</a></p> <p><b>Location(s) of service provided</b> Glenboig Neighbourhood Centre 110 Main St, Glenboig ML5 2RD</p> <p><b>Who service is available to</b> Carers living in Glenboig and Coatbridge.</p>
 <p><a href="https://facebook.com/LanarkshireDeafHub/">facebook.com/LanarkshireDeafHub/</a></p> <p><a href="http://Lanarkshiredoaf.org">Lanarkshiredoaf.org</a> (under development)</p>	<p><b>INCLUSIVE CARER BREATHER FOR DEAF PARENTS AND FAMILIES</b></p> <p><b>What the project offers</b></p> <p>Meaningful breaks and tailored support for deaf carers in North Lanarkshire who support children, young people, and adults with diverse needs, including underlying health conditions / long-term conditions.</p> <p>We will offer accessible, culturally sensitive activities designed specifically for deaf communities, ensuring all sessions are delivered in British Sign Language (BSL). Planned activities include: Respite and Time-Out Opportunities &amp; Art Therapy Workshops.</p>	<p><b>Main referral details</b> Contact Derek / Nicola at <a href="mailto:manager@lanarkshiredoaf.org">manager@lanarkshiredoaf.org</a> <a href="mailto:50plus@lanarkshiredoaf.org">50plus@lanarkshiredoaf.org</a></p> <p><b>Location(s) of service provided</b> Lanarkshire Deaf Hub 105 Roman Road, Motherwell, North Lanarkshire ML1 1EA</p> <p><b>Who service is available to</b> Deaf carers across North Lanarkshire.</p>

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 <p><a href="https://www.nldforum.org.uk/">https://www.nldforum.org.uk/</a></p>	<p><b>THE LITTLE CARE HUB</b></p> <p><b>What the project offers</b></p> <p>Support, information and wellness sessions. These can be 1-1's or in groups. We can bring the sessions to organisations if they have carers they are working with. By bringing the support to their venue this allows carers to access this in a comfortable and familiar setting making the service more accessible to people.</p>	<p><b>Main referral details</b> Contact Laura McGlinchey at <a href="mailto:lauram@nldforum.org.uk">lauram@nldforum.org.uk</a> or call 07761040668 Online referral form: <a href="https://nldforum.tfaforms.net/3">https://nldforum.tfaforms.net/3</a></p> <p><b>Location(s) of service provided</b> All over North Lanarkshire</p> <p><b>Who service is available to</b> Available to all carers across North Lanarkshire – carers only and cared with cared for sessions available.</p>
 <p><a href="https://pamis.org.uk/">https://pamis.org.uk/</a></p>	<p><b>PAMIS CARER BREATHER PROJECT</b></p> <p><b>What the project offers</b></p> <p>Support for carers of children (of all ages) with profound and multiple learning disabilities. Please contact Pamis for further information.</p>	<p><b>Main referral details</b> Contact Lesley McLaren at <a href="mailto:lesley.mclaren@pamis.org.uk">lesley.mclaren@pamis.org.uk</a></p> <p><b>Location(s) of service provided</b> North Lanarkshire wide</p> <p><b>Who service is available to</b> Available to all carers in North Lanarkshire caring for a child of any age with profound and multiple learning disabilities.</p>

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 <p><a href="https://www.playpeace.org.uk/">https://www.playpeace.org.uk/</a></p>	<p><b>PLAYPEACE CARES WITH YOU</b></p> <p><b>What the project offers</b></p> <p>We offer a wide menu of short breaks for parent carers/carers of children and young people with additional support needs. These are held regularly with daytime and evening options, including Flow Yoga, Sound Bath therapy, walking group, art classes, monthly afternoon teas and parent support group with complementary therapies. We also signpost parents/carers to organisations to support accessing other services that will support them in their caring role, i.e. Rights, entitlements and bespoke training needs &amp; hold whole family parties &amp; outings.</p>	<p><b>Main referral details</b></p> <p>Contact Donna Quinn at <a href="mailto:donna@playpeace.org.uk">donna@playpeace.org.uk</a></p> <p><b>Location(s) of service provided</b></p> <p>Various locations within North Lanarkshire</p> <p><b>Who service is available to</b></p> <p>Available to all parent carers/carers of children &amp; young persons with additional support needs in North Lanarkshire.</p>
 <p><a href="https://www.facebook.com/parkinsonself">www.facebook.com/parkinsonself</a></p>	<p><b>PSHG NURTURE, DEVELOP, GROW</b></p> <p><b>What the project offers</b></p> <p>Peer support groups, gentle exercise sessions, yoga and mindfulness, holistic therapies, information and advice, emotional support, social activities and outings, assistance to access appropriate services, guest speakers and information sessions.</p> <p><b>ALSO</b></p> <p>** Outreach peer support group, fortnightly, Graigmarloch, Cumbernauld, G68 0EZ**</p>	<p><b>Main referral details</b></p> <p>Contact Anne at <a href="mailto:psbg@btconnect.com">psbg@btconnect.com</a> or call on 01236 766350</p> <p><b>Location(s) of service provided</b></p> <p>PSHG, Weaver's Cottage, 23-25 Wellwynd, Airdrie, ML6 0EZ</p> <p><b>Who service is available to</b></p> <p>Available to all carers in North Lanarkshire caring for people with neurological conditions, individuals with a neurological condition, and their friends and families.</p>

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# NLCT as Carer Support Network Leads



<https://www.thehavencentre.com/>

## THE HAVEN - CARERS SUPPORT

### What the project offers

Services for carers of loved ones who have a diagnosis of life limiting illness (such as cancer, dementia and MS) in the form of one-to-one emotional support sessions, one-to-one self-management wellbeing sessions (e.g. mindfulness, relaxation techniques), complementary therapies (e.g. aromatherapy massage, reiki), group support sessions and support via therapeutic resources to provide coping strategies and useful techniques.

All services are free of charge. Arrangements can be co-ordinated, via our centre based volunteer sitter service, to enable the cared for person to accompany the carer to the centre to enable the carer to access support programmes when alternative care arrangements may be a barrier for carers.

### Main referral details

There is no formal referral paper work required and carers are encouraged to self-refer.

Contact the enquiry inbox at [info@thehavencentre.com](mailto:info@thehavencentre.com) or call on 0155 5811846

### Location(s) of service provided

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.

### Who service is available to

Services available to carers of people with life limiting illness across North Lanarkshire.

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[thehealthandwellnesshub.org.uk/](http://thehealthandwellnesshub.org.uk/)

[www.facebook.com/TheHealthHub  
Scotland](https://www.facebook.com/TheHealthHubScotland)

## BUTTERFLY BREAKS - RENEW, RECHARGE, RECONNECT

### What the project offers

6 x 6 week 2 hour programmes per year.

A standard six-week programme will include activities such as:

- Flexible Respite Options
- Holistic Wellbeing Activities
- Peer Support & Social Connections
- Personalised Support & Signposting
- Mindfulness and Wellbeing Sessions
- Tailored Exercise Programmes
- One-to-One Emotional Support
- Carer Awareness Workshops
- Information & Signposting Services
- Peer-Led Knowledge Sharing
- Access to Expert Advice & Support Networks
- Use of Assistive Technology & Adaptations
- Partnerships with Financial Support Services

### Main referral details

Contact at  
[info@thehealthandwellnesshub.org.uk](mailto:info@thehealthandwellnesshub.org.uk)  
or call on 01698 262437

### Location(s) of service provided

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



### Who service is available to

All unpaid carers and the individuals  
they care for across North Lanarkshire.

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 <p><a href="http://vipcommunityproject.co.uk/">vipcommunityproject.co.uk/</a></p>	<p><b>TOGETHER WE CARE</b></p> <p><b>What the project offers</b> Health and Beauty Hub, Community Gardening, Cooking Arts and Crafts, Our Space (Younger Carers), Glow Fit, Yoga, Knitting &amp; crochet, Flower Arrangement, Music and Movement, Tai Chi</p> <p><b>ALSO</b> **Community Garden- Bellshill Fire station, Earn Avenue, Earn Avenue, Righead Industrial estate, Bellshill, ML3 3LW**</p>	<p><b>Main referral details</b> Contact at <a href="mailto:Nicole@vippasscommunityproject.co.uk">Nicole@vippasscommunityproject.co.uk</a> or <a href="mailto:Vipass@outlook.com">Vipass@outlook.com</a> <b>Location(s) of service provided</b> McCulloch Avenue, Uddingston, G71 6GW</p> <p><b>Who service is available to</b> Unpaid carers, those being cared for, and their families.</p>
 <p><a href="http://volunteermatters.org.uk/project/north-lanarkshire-befriending-">volunteermatters.org.uk/project/north-lanarkshire-befriending-</a></p>	<p><b>NORTH LANARKSHIRE BEFRIENDING PROJECT (NLBP)</b></p> <p><b>What the project offers</b> Befriending Support to Young Carers aged 8-18 living across North Lanarkshire. Trained Volunteer Befrienders offer vital and bespoke emotional, social, and practical support, helping Young Carers reduce feelings of isolation and stress. Befriending provides a safe space for expressing emotions, fosters friendships, and encourages participation in leisure and wellbeing activities outside the caregiving role, with the support of a volunteer.</p>	<p><b>Main referral details</b> Contact at <a href="mailto:hayleigh.ogilvie@volunteermatters.org.uk">hayleigh.ogilvie@volunteermatters.org.uk</a> or call on 07946 360 607</p> <p><b>Location(s) of service provided</b> North Lanarkshire wide</p> <p><b>Who service is available to</b> Young Carers aged 8-18</p>

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# NLCT as Carer Support Network Leads



<https://www.watchusgrow.org.uk/>

## WATCH US GROW CARERS 2025

### What the project offers

- Carers Lounge weekly service for carers of adults with additional support needs, while providing support at the same time for the person being cared for.
- Watch Us Grow delivers dependable weekly daytime and evening activities for adults with additional support needs. Our activities all have purpose, education and building independent living skills at the heart of them. We use Horticulture, nature, Arts and Crafts, Hospitality and homes skills as our main subjects for lifelong learning.
- Watch Us Grow is fun and educational however we want service users to feel purpose, we talk about coming to work, not school or college, they are given responsibility and choices that empower them.

Courses are also delivered, aimed at carers, in partnership with Lanarkshire Carers.

### Main referral details

Contact at  
[info@watchusgrow.org.uk](mailto:info@watchusgrow.org.uk)  
or call on 01236 727970

### Location(s) of service provided

In person at:  
Watch Us Grow,  
Palacerigg Country Park,  
Cumbernauld, G67 3HU

### Who service is available to


Our ASN services are open to all adults of school leaving age with no upper age limit.

Our carers courses are open to all carers of need of respite and something just for them.

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 <p><a href="https://www.ymcabellshill.org/">https://www.ymcabellshill.org/</a></p>	<p><b>Y-CONNECT</b></p> <p><b>What the project offers</b></p> <ul style="list-style-type: none"> <li>• Themed sensory sessions for carers with children with diagnosed or un-diagnosed ASN.</li> <li>• Peer support and relationship building for carers and their children.</li> <li>• Parental/Carer peer support.</li> <li>• Weekly sessions on Wednesdays 10-11am and 530-630pm</li> <li>• Take home activities, skills and fun!</li> </ul>	<p><b>Main referral details</b> Contact at <a href="mailto:kerri@ymcabellshill.org">kerri@ymcabellshill.org</a> or call on_07984224861</p> <p><b>Location(s) of service provided</b> YMCA Bellshill &amp; Mossend based although North Lanarkshire wide.</p> <p><b>Who service is available to</b> Unpaid carers, those being cared for, and their children under 5.</p>
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Please do not hesitate to call our Team at NLCT on 01698 404055 or  
Email: [enquiries@carerstogogether.org](mailto:enquiries@carerstogogether.org)  
If you require any more information.

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