


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 (Time for Me) services.

The **seven Time for Me organisations** listed below have received funding for one year to deliver their programmes of work (May 1, 2025-April 30, 2026). All are on our website and can be found at 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.

 <p>Bestway Community Development</p> <p>facebook.com/Bestwaycd/</p>	<p>COMMUNITY TOUCHPOINT</p> <p>What the project offer We run a weekly workshop every Sunday from 2:00 pm to 5:00 pm where carers can relax, meet others, and take part in fun and helpful activities. This gives them a break and helps reduce stress. We also have a drop-in session every Wednesday where carers can come for advice and information about benefits, support services, and where to get help. If someone needs more support, we help refer them to the right service. On 25 June 2025, we organised a big community workshop and invited local organisations to speak directly with carers and share useful information. This helped carers learn more about the help available.</p>	<p>Main referral details Contact Ali Mbuyi at admin@bestwaycd.org</p> <p>Location(s) of service provided Jerviston Community Centre, Coalhall Avenue, Motherwell</p> <p>Who service is available to Refugee and asylum-seeking carers (New Scots) in North Lanarkshire.</p>
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CABIA Airdrie

facebook.com/cabiaairdie

CARERS AND CABIA TOGETHER

What the project offers

CABIA has a number of resources that we can offer to carers. We invite you along to participate in our monthly open days and experience for yourself what we can offer. Our comfortable and inviting Community Room has a lending library that is extensive. It also doubles as a quiet space.

Community Garden is a relaxing space, you can simply enjoy by sitting in and enjoying the weather/company of others or you can participate and join us in maintaining it. Community Café runs every Monday from 11.00 till whenever the last person leaves and it's a welcoming environment with different offerings every week.

Most importantly there's always an ear to listen to you, a shoulder to lean on when you feel the need and an opportunity to engage with others who themselves have either caring responsibilities or have care needs meaning both carer and cared for are supported.

Tea, coffee and wee treat available all through opening hours and of course a warm welcome. Benefit advice from sourcing entitlement to application to appeal. Counselling service available, although there is a waiting list.

Main referral details

Contact the Angela O'Hare at
cabiateam@hotmail.co.uk

Location(s) of service provided

81C Hallcraig Street, Airdrie, ML6 6AW



Who service is available to

Our service is open to all who need us.

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 <p>Cardowan Community Meadow</p> <p>facebook.com/CCMeadow/</p>	<p>CARDOWAN HEALTH AND WELLBEING GROUP</p> <p>What the project offers Free weekly drop-in group in Cardowan’s only community-led space, the Happy Hub.</p> <p>The Health and Wellbeing Group is a moment in the week to come together in a safe and supportive space, to take a break and have time for yourself.</p>	<p>Main referral details Contact Annmarie Kirkland at ccmeadow@mai.com</p> <p>Location(s) of service provided The Happy Hub, 12 Dorlin Road, Cardowan, G33 6AP</p> <p>Who service is available to Open to everyone living in Cardowan, and we’d be happy to talk to anyone from outwith the village who would like to come along.</p>
 <p>Disco Buddies</p> <p>discobuddies.co.uk/</p>	<p>DISCO BUDDIES CARERS</p> <p>What the project offers Once a month during Disco Buddies, there will be a carers’ session. Within a separate space offering a chance for carers to meet peers or to meet privately with staff and volunteers from a range of organisations. These include charities who offer support services and social care staff. Organisations attending will vary.</p> <p>All information will be on Disco Buddies website and social media.</p>	<p>Main referral details Contact Lynsay McArthur at info@discobuddies.co.uk</p> <p>Location(s) of service provided Cliftonville Indoor Stadium, Quarry Street, Coatbridge, ML5 3PU</p> <p>Who service is available to Unpaid carers, family carers or anyone with caring responsibilities for an adult with disabilities.</p>

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Project 42

facebook.com/project42nl

TIME FOR ME WORKSHOPS

What the project offers

Participants will have the opportunity to explore a variety of art and music therapies and tuition, set and achieve personal goals, and practice mindfulness and self-expression, all of which contribute to early intervention for improved health and wellbeing. Our tutors and committee members are trained in Mental Health First Aid and Wellbeing SAMH, ensuring they can offer appropriate support and signpost participants to professional agencies in North Lanarkshire if needed.

In addition to delivering workshops, we will use this project as an opportunity to build a volunteer base, encouraging participants to develop leadership skills and support future peer-led sessions. These workshops are specifically aimed at giving service users a break from their caring role by engaging in our workshops which helps to create time for themselves to develop their own skills, build positive relationships outside the caring environment and build on a support network.

Main referral details

Contact Mandy Clark at
Project42nl@gmail.com

Location(s) of service provided

Bellshill Locality – venue not confirmed at time of writing.



Who service is available to

Unpaid carers over the age of 18.

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 <p>Sakoon Mind</p> <p>facebook.com/sakoonmind1</p>	<p>MAAN DI AWAAZ (The Voice from Within)</p> <p>A Journey into Mental Health and Wellbeing</p> <p>What the project offers</p> <ul style="list-style-type: none"> • Provide resource talks and tools, techniques, & real life experience • Signposting • Raise Awareness • Supportive environment share and learn without judgement 	<p>Main referral details Contact Taj Kooner at sakoonpeace@gmail.com</p> <p>Location(s) of service provided Unit 19, Coatbridge Business Centre, 204 Main Street, Coatbridge, ML5 3RB</p> <p>Who service is available to Our charity specialises South Asian Community, all community, everyone is welcome</p>
 <p>Viewpark Conservation Group</p> <p>facebook.com/Douglassupport/</p>	<p>CARING FOR YOU</p> <p>What the project offers</p> <ul style="list-style-type: none"> • Ranger led nature walks • Conservation activities • Bushcraft skills • Pond dipping • Community growing • Seasonal workshops (wreath making, bird box and hedgehog house building, wildflower seed bomb making) • Wellbeing activities (sound bath meditation and yoga in the woods) 	<p>Contact Grace-Ann Colquhoun at viewparkconservationgroup@hotmail.com</p> <p>Location(s) of service provided Douglas Support Estate (lies between Shawhead, Bellshill and Viewpark), ML5 5AB</p> <p>Who service is available to Unpaid carers but we support any individual and other local charities and community groups from NL area wishing to use our services.</p>

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Please do not hesitate to call our Team at NLCT on 01698 404055 or
Email: enquiries@carersttogether.org
If you require any more information.

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