



Well Connected...

Connecting you to opportunities for well-being
Call South Lanarkshire Infoline: 0330 3000 133
www.element.org.uk



South Lanarkshire

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KEY:

🗨️ Talking Therapy ⓘ Info, self help & guidance WC Well Connected

Useful Contacts

For further information on mental health and well-being, visit Lanarkshire's Elament website: www.elament.org.uk

Remember, should your problems persist or you feel you need help urgently please contact your GP. The following organisations can also prove useful in and out of hours.

South Lanarkshire Infoline – Freephone: 0330 3000 133

A single number for South Lanarkshire to find out about any of the services listed here. Open Mon–Fri: 10am–2pm.

Breathing Space – 0800 83 85 87

(Mon – Thu, 6pm – 2am; Fri, 6pm – Mon 6am)

www.breathingspace.scot

Samaritans – 116 123 (24hrs)

www.samaritans.org



NHS24 – 111 (Out of hours)

www.nhs24.com

Healthy Working Lives – 0800 019 2211

www.healthyworkinglives.com

Childline – 0800 11 11 (24hrs)

www.childline.org.uk

NHS Inform – 0800 22 44 88

www.nhsinform.co.uk

Parentline Scotland – 0808 800 22 22

www.children1st.org.uk/parentline

National Debt Line Scotland – 0808 808 4000

www.nationaldebtline.co.uk/scotland

National Domestic Abuse Helpline – 0800 027 1234

What is Well Connected?

Well Connected is a new programme in Lanarkshire, sometimes referred to as social prescribing or community referral. It makes it easier for us and people we know to take part in and benefit from activities and services that we know improve our well-being which means how we feel about ourselves and our lives. There are eight Well Connected areas available to us and we can benefit from more than one:

- Physical activity and leisure opportunities
- Volunteering
- Employment
- Arts and culture
- Benefits, welfare and debt advice
- Learning opportunities
- Healthy Reading and Self-help Information in Libraries
- Stress Control Classes in communities

This booklet contains information on each of the eight Well Connected areas and how to easily access the opportunities.

Well Connected can help!!

Who is Well Connected for?

Well-being is about how we think and feel such as being confident, enjoying life, being able to cope with life's challenges. Many factors affect our well-being; housing, jobs, schools, relationships, where we live and money worries.

At times, we can all feel stressed, low in mood or worried. We may also have experiences that are difficult to cope with. Sometimes we don't feel good in ourselves and we don't know why.

Well Connected is for people who may be experiencing symptoms of stress and low mood, but it is also for people who want to feel better in themselves and in their life. As part of the Well Connected programme, staff working in the 8 areas have all participated in mental health and well-being awareness training.

What are the benefits of Well Connected?

The Well Connected programmes have been shown to help people by:

- Improving self confidence and self-esteem
- Reducing low mood
- Reducing feelings of stress
- Helping people deal with some of the problems that are causing low well-being such as money worries, loneliness and unemployment
- Helping people develop positive ways of coping with the challenges of life
- Increasing opportunities for social contact
- Learning new and useful skills
- Improving community spirit
- Increasing the number of people taking part in arts, leisure, education, volunteering, sports and other activities



What Next?

Well Connected can be the starting point to help improve our mental health and well-being. This leaflet provides information that we and people who support us can use to help us access all the opportunities that are available. If you feel that you still need some support, in addition to the Well Connected programme, please make an appointment to see your GP.

If you would like further information on the Well Connected programme or general information on mental health and well-being contact South Lanarkshire Infoline. The Infoline provides information on the support and activities available in our local area.

South Lanarkshire Infoline – 0330 3000 133

Email: infoline@lamh.org.uk

Stress Control Classes

Stress Control classes will help us develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence.

A circular logo with a yellow border. The word "STRESS" is written in red, bold, uppercase letters, and the word "CONTROL" is written in purple, bold, uppercase letters below it. A yellow line extends from the bottom left of the circle towards the text on the page.

STRESS
CONTROL

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques*. Feel free to bring someone along with you for support. To find your nearest class and book a place, call **0300 303 0447**.

* The following topics are covered on the course:

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic and sleep problems
- Wellbeing and controlling the future

Living Life to the Full – Online Course

Living Life to The Full is a free web-based life skills course that aims to help us tackle and respond to issues/demands which we all meet in our everyday lives. It will explore issues such as understanding why we feel the way we do, problem solving, noticing and challenging unhelpful thoughts and behaviours and anxiety control.

The skills taught cover general information we can all use in our lives when we feel under pressure, stressed or distressed. You can register for the course at www.llttf.com and complete as many or as few modules as you wish.



Living Life to the Full – Interactive Online Course

If you feel you need additional help, the Living Life to The Full course is also available with support from self help coaches (via Action on Depression Scotland). To find out more visit www.aod.llttfionline.co.uk

Living Life: Guided Self Help – Telephone Support

Living Life is a free telephone support service for people suffering from low mood, mild to moderate depression, symptoms of anxiety or a combination of both. Self help coaches will guide us through a range of workbooks over a series of telephone sessions (usually 4 sessions).

For more information or to make a telephone appointment, call **0800 328 9655** (Mon–Fri 1–9pm).

Healthy Reading

The Healthy Reading Programme makes it easier to access mental health and well-being leaflets, books, CDs, DVDs and web-based support. All libraries across Lanarkshire have resources to help us get the most from life such as living life to the full, sleeping better and becoming more confident and assertive.

Healthy reading can help to overcome and cope with mental health problems such as anxiety, depression, stress, dementia and panic. There are also resources for all ages including supporting young people, adults and older people as well as items on positive parenting.



How can resources be borrowed?

Resources can be borrowed by anyone who has a North or South Lanarkshire Library Card.

What if I don't have a library card?

Library cards are free to all who live or work in Lanarkshire. To join the library all you need to do is take two sources of identification to your nearest library, one with your name and address, another with your signature.

How do I borrow the resources?

There is no charge for any Healthy Reading material and they can be borrowed no matter your current borrower status. Your GP or other health or social care worker may suggest a particular item that may be helpful.

How will I find the resource in the library?

There is a healthy reading section in all libraries. Library staff will be pleased to help you find the item you are looking for.

Please see Healthy Reading referral form on page 22.

Lifelong Learning

Learning opportunities don't have to stop after school. There are many learning opportunities available in Lanarkshire. Learning new skills or attending training courses will give us an opportunity to try something new, meet new people and increase our skills. This can help us beat stress by boosting our self confidence and self-esteem and opening up new life chances.

South Lanarkshire Council's Community Learning and Home School Partnership Services has local area based teams that provide creative, engaging learning opportunities for all adults and families across South Lanarkshire.



What do I do?

To access lifelong learning opportunities contact the Community Learning and Home School Partnership Service on: 01698 452501

Staff will carry out an initial guidance assessment and discuss local learning opportunities. This may include local provision and e-learning activities.

Or phone: **South Lanarkshire Infoline**, the mental health information phone line – **0330 3000 133**

Elament

Lanarkshire's first stop for on-line mental health and well-being information providing information for people seeking assistance with mental health problems. Some of the sections covered:

- Mental health topics
- Service directory
- Self help resources
- Promoting wellbeing
- Lanarkshire Recovery Network
- News
- Training
- Spirituality
- Remember Well



Local Green Space & Walking

Walking is one of the healthiest forms of exercise and it's free! A range of local paths and health walks are available.

Greenspace Services – 01236 780 636 (North)

Web: www.northlanarkshire.gov.uk – search for Greenspace Diary

Email: greenspace@northlan.gov.uk

Countryside & Greenspace Services – 01698 426 213 (South)

Web: www.southlanarkshire.gov.uk

Email: cag@southlanarkshire.gov.uk

Get Walking Lanarkshire – 01698 402 077 / 0790 335 8424

Email: getwalkinglanarkshire@northlan.gov.uk

Short, gentle walks across Lanarkshire led by trained volunteers.

No booking required – simply turn up with comfortable footwear.

Physical Activity and Leisure Opportunities

Being active is good for us. It can help by reducing our stress level, boosting our confidence and mood, help us concentrate, sleep, look and feel better. It can also help reduce our risk of heart disease, cancer, dementia and diabetes. Being active for a total of 30 minutes, 5 days a week will help our mental health and well-being.

What do I do?

Contact your Health & Fitness Supervisor at the following centres:

- **Biggar** Sports Centre, Market Road: 01899 **221029**
- **Blantyre** Leisure Centre, Glasgow Road: 01698 **727800**
- **Carlisle** Leisure Centre, Carnwath Road: 01555 **751384**
- **Coalburn** Leisure Complex, School Road: 01555 **820848**
- **East Kilbride** Dollan Aqua Centre, Brouster Hill: 01355 **260000**
- **East Kilbride** Duncanrig Sports Centre, Winnipeg Drive: 01355 **248922**
- **East Kilbride** John Wright Sports Centre, Calderwood Road: 01355 **237731**
- **Forth** Sports and Community Centre, Main Street: 01555 **812058**
- **Hamilton** Jock Stein Centre, Hillhouse Road: 01698 **828488**
- **Hamilton** South Lanarkshire Lifestyle – Neilslaw Road, Fairhill: 01698 **456350**
- **Hamilton** Water Palace, 35 Almada Street: 01698 **459950**
- **Lanark** South Lanarkshire Lifestyle, Thomas Taylor Avenue: 01555 **666800**
- **Larkhall** Leisure Centre, Broomhill Road: 01698 **881742**
- **Lesmahagow** Sports Facility, Strathaven Road: 01555 **894127**
- **Rutherglen** South Lanarkshire Lifestyle – Eastfield, Glenside Drive: 0141 **642 9500**
- **Strathaven** Leisure Centre, Bowling Green Road: 01357 **522820**
- **Uddingston** Sports Centre, Old Glasgow Road: 01698 **805055**



You will have to take your Well Connected referral form (on page 21) to your appointment. The leisure staff will discuss what options are best for you, such as local fitness classes, gym, sport, outdoor or community activities.

You will receive 8 weeks of free access to sessions then have the option to join as a member (concession prices available).

Arts and Culture

Art and culture can play an important part in improving and supporting our mental health and well-being. Doing something that we are good at and enjoy helps us beat stress. Learning new things has been shown to be very important in helping us get the most from life. This can boost our self confidence and self-esteem and let us meet new people.

What do I do?

To access art and cultural opportunities contact one of the booking offices on:

- **East Kilbride Arts Centre** – 01355 261000
- **The Town House Hamilton** – 01698 452299
- **Lanark Memorial Hall** – 01555 667999
- **Rutherglen Town Hall** – 0141 613 5700



A discussion will take place around what arts you are interested in and local opportunities. You can book into a South Lanarkshire Art Class or find out details of locally run voluntary art projects in your area.

Benefits, Welfare and Debt Advice

Money worries can have a negative affect on our mental health and well-being. There are specialist services in Lanarkshire that can help us with our money worries and give us advice on benefits and debt.

What do I do?

To access benefit, welfare and debt advice call:

**Money Matters Advice Service –
0303 123 1008**

You will receive advice on benefit and debt related issues and if you need to speak to an adviser you will be given an appointment.



Money Matters can help you with the following:

- Benefit check to make sure you are getting all you are entitled to
- Form filling and help you through the benefit claim process
- Challenging decisions and representation at appeal tribunal
- Dealing with debt problems by explaining options available and helping you with the option you have chosen, e.g. negotiating reduced payments to creditors.

Volunteering

Meeting new people and getting involved in things can help us feel valued and make a difference to others too. Joining a club or volunteering can be very rewarding and learning new skills and sharing your experience with others can be very positive.

What do I do?

If you have time to spare and would like to find out more about volunteering contact:

Voluntary Action South Lanarkshire

Voluntary Sector Support Centre

155 Montrose Crescent

Hamilton ML3 6LQ

Tel: 01698 300390

Email: volunteer@vaslan.org.uk



Say that you are interested in volunteering and would like more information. You can make an appointment to discuss the benefits of volunteering and find out about opportunities in your local area. The staff will try to help you find a suitable volunteering placement.

Volunteering can also help:

- Increase confidence
- Learn new skills and experiences for future work
- Try out new career paths
- Share your skills and expertise
- Meet new people and increase your social life
- Bring a 'feel good factor' by helping other people
- Provide information for CVs and references

Employment

Meaningful and supportive employment can help improve our mental health and well-being. There are many agencies working in Lanarkshire to help us gain employment. They can help us with any concerns we have about work and support us to return to work or stay in work.

What do I do?

To talk to someone about work or training call:

South Lanarkshire Works 4U – 0800 731 0444

You will speak to someone who will ask you a few questions about what support you may need and they will then link you with the most appropriate local support.

The support you receive will depend on your personal circumstances but may include:

- Assessed and managed by key worker to appropriate services
- One to one tailored support and advice
- Sign posting
- Financial advice
- Support to manage your condition
- Job search



Working Health Services Scotland

Working Health Services Scotland supports people to stay in work or return to work when they develop a health condition or impairment. WHSS helps employees at Small-to-Medium-sized Enterprises (SMEs) with less than 250 employees.

Working Health Services Scotland will assist the individual to better understand and manage their health condition. This includes individuals who present with mild-to-moderate health conditions, experiencing a level of stress or anxiety that they are struggling to cope with, or for individuals who have issues with pain, etc. Interventions may include access to physiotherapy, occupational therapy, counselling and occupational health and safety support.



**Working Health
Services Scotland**

WHSS will provide personalised and timely back-to-work support. This covers health, employability and wider social support services. Cases are managed over the telephone. Assessments will identify health issues and help clients to access the most appropriate forms of support as soon as possible.

Anyone interested in accessing the service should dial free on:
0800 019 2211

Occupational Therapy Community Clinic

Community Clinics are a new mental health Occupational Therapy initiative which connects you with local services and activities that may help you to improve your mental health and well-being. Feeling good about yourself and being able to get on with your life in the way that you want are central components of well-being and will be different for each individual.

Community Clinics provide you with an opportunity to discuss your individual needs and interests with an Occupational Therapist in your local area . We will support you to access local services and activities that you may benefit from.

Contact South Lanarkshire Infoline, the mental health information line, on **0330 3000 133** who can direct you to a locality contact.

Or visit Elament for a full list of OT contacts: **www.elament.org.uk**

Lanarkshire Stop Smoking Services

NHS Lanarkshire Stop Smoking Services are free, friendly and have helped over 17,000* people living in Lanarkshire to quit smoking.

There is a myth that smoking helps relieve stress. However, smoking actually increases stress – toxic chemicals go into your bloodstream which increase your heart rate and blood pressure. Instead of relaxing you, smoking can increase anxiety and tension you may already be feeling.

When someone quits, then deals with stress without a cigarette, they realise they don't need them to cope. The Stop Smoking Service staff, and other clients, can help you towards this. Many ex-smokers say they have better mood, sleep pattern and motivation.

Medications can work better for non-smokers. This could mean a lower dose is required and side effects may be reduced. Remember to inform your doctor or nurse if you have stopped smoking.

If you are not ready to give up smoking, protect family and friends from the effects of second hand smoke by making your home and car smoke free.

A Stop Smoking Nurse Specialist for Mental Health is available and can be contacted through our main number.

For more information:

Call: **0300 303 0242** (Mon to Fri, 9am to 5pm)

Text: 'Advice' to **81066**

Visit: **www.nhslanarkshire.org.uk**

Visit: Any Lanarkshire pharmacy

or

Call Smokeline: **0800 84 84 84** (7 days – 8am to 10pm)

Visit: **www.canstopsmoking.org**

Second Hand Smoke information: **www.rightoutside.org**



*2011–2014 – Source: ISD, Scotland

Local Healthy Living Initiatives

In addition to the Well Connected programme, local health initiatives run many health and well-being related activities and support sessions that you can access. Contact your local organisation, below, for further information.

Healthy n Happy Community Development Trust

www.healthynhappy.org.uk

Aspire Building, 16 Farmeloan Road, Rutherglen, G73 1DL

0141 646 0123

Tenants Association of Coatshill and Thornhill (TACT)

Community Hall

88 Hillview Drive, Blantyre G72 9EF; 01698 327 783

Getting Better Together (GBT) Shotts – www.gbtshottshlc.org.uk

Shotts Healthy Living Centre, Kirk Road, Shotts ML7 5ET

01501 825 800

YMCA Bellshill and Mossend

Main Street, Bellshill; 01698 747 483

Orbiston Neighbourhood Centre

Busby Road, Bellshill ML4 2BW; 01698 842 215

Healthy Valleys – www.healthyvalleys.org.uk

31 Stuart Terrace, Rigside, Lanark ML11 9NN; 01555 880 666

Clydesdale Community Initiatives – www.cciweb.org.uk

39 North Vennel, Lanark ML11 7PT; 01555 664 211

Mindfulness

New and FREE! Daily Mindfulness Sessions.

Start your day with a clear calm sharp mind:

- Build your mental stamina and deep contentment
- Techniques to keep stress and anxiety at bay
- Develop positive habits and eliminate harmful ones
- Learn how to be alert and relaxed at the same time

Room 2.2A, 2nd Floor,
Caird Building, University of the West of Scotland,
Caird Park (off Caird Street),
Hamilton ML3 0QA

Morning sessions – Monday to Friday: 07.40 – 08.00

Evening session – Tuesday: 18.30 – 19.30

No previous experience necessary. No equipment needed.

All classes open to the general public. No need to book, just drop in.

Well Connected Referral form

This form should be completed by the referring organisation.

Name of patient / client:

Address of patient / client:

Phone number of patient / client:

Referring organisation:

Signature of referrer:

Well Connected referral areas (tick all that apply):

- Physical Activity & Leisure
- Volunteering
- Employment
- Arts & Culture
- Benefit, Welfare & Debt Advice
- Learning Opportunities
- Stress Control Classes
- Healthy Reading → **complete other side of form**

Healthy Reading Referral form

This form may be used by:

You – to help you think about what item might be most useful to you.

OR

The person giving out the form – to help you find the best resource.

If you bring this with you to the library it will help the staff get the best resource for you. For a full list and brief description of resources:
www.elament.org.uk/self-help-resources

If known, please state the healthy reading resource recommended:

Formats (tick all that apply):

- | | | |
|----------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Book | <input type="checkbox"/> CD (audio) | <input type="checkbox"/> Internet support |
| <input type="checkbox"/> Leaflet | <input type="checkbox"/> DVD | |

Health topics (tick all that apply):

- | | | |
|---|--|---|
| <input type="checkbox"/> Stress/Anxiety | <input type="checkbox"/> Making the most of life | <input type="checkbox"/> Drug misuse |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Anger | <input type="checkbox"/> Panic |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Relaxation | <input type="checkbox"/> Grief |
| <input type="checkbox"/> Confidence/self-esteem | <input type="checkbox"/> Alcohol misuse | <input type="checkbox"/> Eating disorder |
| <input type="checkbox"/> Parenting (teenagers) | <input type="checkbox"/> Parenting (toddlers) | <input type="checkbox"/> Parenting (babies) |
| <input type="checkbox"/> Addictions | <input type="checkbox"/> Sleep | <input type="checkbox"/> Abuse |
| <input type="checkbox"/> Obsession | <input type="checkbox"/> Worrying | |



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To order more Well Connected materials please contact:
susan.mcmorrin@lanarkshire.scot.nhs.uk | 01698 377626



Part of the Department
for Work and Pensions

