



# Well Connected...

Connecting you to opportunities for well-being

**Call Well-informed: 0800 073 0918**

[www.elament.org.uk](http://www.elament.org.uk)



# N

## North 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](http://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.

### Well-informed – Freephone: 0800 073 0918

A single number for North Lanarkshire to find out about the local services listed here. Well-informed can also provide support to access services. The first time you go to a service, a Community Link Worker can accompany you to help you.

**Breathing Space – 0800 83 85 87**  
(Mon – Thu, 6pm – 2am; Fri, 6pm – Mon 6am)  
[www.breathingspace.scot](http://www.breathingspace.scot)

**Samaritans – 116 123 (24hrs)**  
[www.samaritans.org](http://www.samaritans.org)



**NHS24 – 111 (Out of hours)**  
[www.nhs24.com](http://www.nhs24.com)

**Healthy Working Lives – 0800 019 2211**  
[www.healthyworkinglives.com](http://www.healthyworkinglives.com)

**Childline – 0800 11 11 (24hrs)**  
[www.childline.org.uk](http://www.childline.org.uk)

**NHS Inform – 0800 22 44 88**  
[www.nhsinform.co.uk](http://www.nhsinform.co.uk)

**Parentline Scotland – 0808 800 22 22**  
[www.children1st.org.uk/parentline](http://www.children1st.org.uk/parentline)

**National Debt Line Scotland – 0808 808 4000**  
[www.nationaldebtline.co.uk/scotland](http://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 Well Informed, North Lanarkshire's mental health information service. Well Informed provides information on the support and activities available in our local area.

**Well Informed – 0800 073 0918**

Email: [well-informed@samh.org.uk](mailto:well-informed@samh.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.

**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](http://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](http://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 North Lanarkshire. Learning new skills or attending training courses will give you an opportunity to try something new, meet new people and increase your skills. This can help you beat stress by boosting your self confidence and self-esteem and opening up new life chances.

### What do I do?

#### **CultureNL**

To access lifelong learning opportunities visit: **Airdrie, Bellshill, Coatbridge, Cumbernauld, Motherwell or Wishaw Library** (drop-in)



Or phone: **Well Informed**, the North Lanarkshire mental health information phone line – **0800 073 0918**

Where appropriately trained staff will carry out an assessment and discuss local learning opportunities. This may include local and online courses.

#### **North Lanarkshire Council**

Community Learning and Development Service have locality based teams that provide supportive, creative and engaging learning opportunities for adults and families across North Lanarkshire.

To access lifelong learning opportunities contact:

**NLC Community Learning and Development Lifelong Learning** –  
01236 812598 or 01236 812641

## 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](http://www.northlanarkshire.gov.uk) – search for Greenspace Diary

Email: [greenspace@northlan.gov.uk](mailto:greenspace@northlan.gov.uk)

### **Countryside & Greenspace Services – 01698 426 213 (South)**

Web: [www.southlanarkshire.gov.uk](http://www.southlanarkshire.gov.uk)

Email: [cag@southlanarkshire.gov.uk](mailto:cag@southlanarkshire.gov.uk)

### **Get Walking Lanarkshire – 01698 402 077 / 0790 335 8424**

Email: [getwalkinglanarkshire@northlan.gov.uk](mailto: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. You don't have to do it all at once either. Three lots of 10 minutes works just as well, and makes it easy to fit into everyday life.

### What do I do?

To access physical activity and leisure opportunities phone:  
**Health and Wellbeing Manager – 01236 341709**

They will discuss the best leisure option for you and book your enrolment session.

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

Arts 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. Being creative and 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 and learn new skills.

### What do I do?

To access arts and cultural opportunities through the Well Connected Programme contact:

**The Arts General Enquiry Line – 01236 632 828**

You can discuss the arts activities you are interested in locally and book into a community arts class in North Lanarkshire. Passport to Leisure discounts are applicable to CultureNL adult arts classes if you have a valid card.



For further information on local arts opportunities visit:

**[www.northlanarkshire.gov.uk/artsinaction](http://www.northlanarkshire.gov.uk/artsinaction)**

To find out about locally run voluntary arts projects in your area, contact **Well Informed**, the North Lanarkshire information phone line, on **0800 073 0918**

## 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:  
**North Lanarkshire Your Money – 01698 403170**

You will receive a free and confidential assessment to identify the key issues and severity, and support to resolve the immediate issue. You will be able to receive support on:

- Benefit advice, debt advice, money advice, income maximisation and financial education
- Housing advice
- Consumer, welfare & legal advice
- Employment, unemployment and redundancy advice
- Advocacy and representation of appeals
- Advice for local businesses
- Options for affordable credit



## Volunteering

By giving time to volunteering in the community, you are not only helping others and making a difference, but also often helping yourself in developing your skills, confidence, employability, health and friendships. Volunteering is a great way to meet new people and have fun at the same time. It can also help you gain experience, without the same pressures of a paid working environment.

There is a wide and diverse range of volunteering opportunities available in the North Lanarkshire area. From working with children to helping elderly or disabled people, from sports and outdoor activities to office or administration work, you can be sure there is a local volunteering opportunity out there that will match your interests, availability and personal circumstances.



### What do I do?

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

**Voluntary Action North Lanarkshire –**

Tel: 01698 358866

Email: [dutyofficer@vanl.co.uk](mailto:dutyofficer@vanl.co.uk)

Volunteering Development Advisers are on hand to chat about becoming involved in volunteering, considering your personal interests, skills, experience, health issues, and any other relevant information. From there, an Adviser will work with you to find the right volunteering opportunity for you.

Individuals interested in volunteering can also search current opportunities available in North Lanarkshire by visiting [www.volunteerscotland.org.uk](http://www.volunteerscotland.org.uk).

## Employment

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

### What do I do?

To talk to someone about work or training call:

**North Lanarkshire's Working – 0800 073 0226**

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
- Support from job coach
- One to one tailored support and advice
- Sign posting
- Financial comparisons
- 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 Well Informed, the North Lanarkshire information line, on **0800 073 0918** who can direct your inquiry to a locality contact.

Or visit Elament for a full list of OT contacts: **[www.elament.org.uk](http://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](http://www.nhslanarkshire.org.uk)**

Visit: Any Lanarkshire pharmacy

or

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

Visit: **[www.canstopsmoking.org](http://www.canstopsmoking.org)**

Second Hand Smoke information: **[www.rightoutside.org](http://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](http://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](http://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](http://www.healthyvalleys.org.uk)**

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

### **Clydesdale Community Initiatives – [www.cciweb.org.uk](http://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](http://www.elament.org.uk/self-help-resources)

**If known, please state the healthy reading resource recommended:**

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**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](mailto:susan.mcmorrin@lanarkshire.scot.nhs.uk) | 01698 377626



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