



Well Connected...

Connecting you to opportunities for well-being

Call Well-informed: 0800 073 0918

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

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

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 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

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 yellow circle containing the words "STRESS" in red and "CONTROL" in purple, stacked vertically.

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 call **0300 303 0447** or go to **www.elament.org.uk/self-help-resources/stress-control-classes/**

* 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.lltff.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.lltffionline.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, eBooks, eAudiobooks 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 resources for all ages including supporting young people, adults and older people as well as items on positive parenting. The programme has grown to include titles on long term illnesses, dementia, cancer and to support carers.



Who can borrow resources?

Resources can be borrowed by anyone who lives, works or studies in Lanarkshire.

What if I am not a library member?

To join the library all you need to do is take two forms of identification to your nearest library, one with your name and address, another with your signature or, you can join online and borrow eBooks, eAudiobooks and eMagazines straight away. (<https://culturenl.co.uk/elibrary>).

How do I borrow the resources?

There is no charge to borrow any Healthy Reading material. 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. Staff will be pleased to help you find the item you are looking for. Alternatively you can

browse the online catalogue and reserve a title to be delivered for you to pick up at your library (<https://libraries.culturenl.co.uk>).

Please see Healthy Reading referral form on page 22.

Home Delivery

Home Delivery is available to all North Lanarkshire residents who are temporarily or permanently confined to their home due to disability, infirmity, illness or being the carer of someone affected by these conditions. Phone for 01698 **524790** more details.

Macmillan Project

CultureNL Libraries have joined forces with Macmillan Cancer Support, NL Leisure and South Lanarkshire Leisure & Culture to provide and improve cancer support services in the Lanarkshire area. This includes cancer information and support services, gentle exercise classes and volunteering opportunities. For further information check the website on

<https://culturenl.co.uk/macmillan/> or phone 01698 **332614**.



For library enquiries phone 01698 **332628** or visit <https://culturenl.co.uk/libraries/> for information on activities and events.



BorrowBox

With the BorrowBox service, you will be able to access both eBook and eAudiobooks directly on your device through the BorrowBox app. The app is free to download and you can sign-in using your library membership details. New titles are added every month so you will never be short of a book, even after closing time for our branch libraries. BorrowBox is accessible 24/7. To find out more about the service, visit the eLibrary at <https://culturenl.co.uk/elibrary>.

Lifelong Learning

Learning opportunities don't have to stop after school. There are many digital skills 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 digital skills learning opportunities visit the LogintoLearn Centres at Coatbridge, Cumbernauld, Motherwell or Wishaw Library where staff carry out an assessment and discuss local learning opportunities. This may include online courses or informal coaching and assistance.



Libraries also provide public PCs for general access, quality health information, job searches and benefit applications. Help for those applying for benefits who are not digitally skilled can be accessed in the above libraries.

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 & Outdoor Activities

There is strong evidence to show that spending time in nature is good for the body and mind.

Activities include walking, cycling, gardening, volunteering, outdoor learning and play.

Lanarkshire has a range of green health opportunities on offer:



Greenspace Development (North)

Tel: 01236 632 708

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

Email: greenspace@northlan.gov.uk

Facebook: www.facebook.com/nlccountryparks

Countryside & Greenspace Services (South)

Tel: 01698 426 213

Web: www.southlanarkshire.gov.uk/info/200166/getting_outdoors

Email: cag@southlanarkshire.gov.uk

Facebook: www.facebook.com/CountrysideRangers

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.

Facebook: www.facebook.com/getwalkinglanarkshire



Get Walking Lanarkshire



Get Outdoors Lanarkshire

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). Please note, only one 8-week membership is available per person.

In addition to the 8 weeks free and unlimited use of NL Leisure's gyms, pools and fitness classes, you will now be offered a 3 month membership at £10 per month. You will be given the option of signing up for this at the beginning of your free 8 week membership.



Arts and Culture

Arts and culture can play an important part in improving and supporting our mental health and well-being. Doing something we 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:

CultureNL 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. Concessionary discounts may be applicable to CultureNL adult classes, please enquire on the Arts General Enquiry Line.



For further information on local arts opportunities visit:

www.culturenl.co.uk/arts

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



yourmoney

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

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.

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 case 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 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 through being offered a one off appointment at a clinic in your local area. We will support you to access local services and activities that you may benefit from.

Advice also includes:

- Ways to maintain positive mental health through taking part in valued activity
- How to achieve balance within roles and routines
- How to recognise early signs of deteriorating mental health and manage them
- How to make changes to lifestyle and behaviour
- Relevant community resources and organisations that may benefit the individual, based on their own interests

Occupational Therapy Community Clinics are delivered on a monthly basis and an appointment can be arranged through contacting and asking for an appointment at the Occupational Therapy Community Clinic on the following numbers:

- **Airdrie** Health Centre, Reception 1A, 88 Graham Street, ML6 6BU;
Tel: 01236 **772228**
- **Bellshill** Community Health Clinic, Greenmoss Place, ML4 1PS; Tel: 01698 **575718**
- **Coatbridge**, Buchanan Centre, 126 Main Street, ML5 3BJ;
Tel: 01236 **703406**
- **Cumbernauld** Central Health Centre, N Carbrain Road, G67 1BJ; Tel: 01236 **789902**
- **Motherwell**, Airbles Road Resource Network, 45 – 49 Airbles Road, ML1 2TP;
Tel: 01698 **269336**
- **Wishaw**, Pather Clinic, Caledonian Road, ML2 0HZ; Tel: 01698 **373294**

Quit Your Way – 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.

Call **0800 84 84 84** free to find out what support you can choose from.

Get started at **www.QuitYourWay.scot**

Text **QUIT** to **83434** for a quit pack or text **CALL** to the same number and a Quit Your Way Scotland adviser will call you back.

or

Visit: Any Lanarkshire pharmacy

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



**QUIT
YOUR
WAY**
with our
support

Mindfulness

Free weekly mindfulness class

De-stress. Feel better. Be happier.

Join Martin Stepek, one of Scotland's foremost Mindfulness teachers, author, Sunday Herald Mindfulness columnist and co-founder of Ten for Zen to learn about Mindfulness and be inspired to a new Mindful life.

Mindfulness has been practiced around the world for thousands of years. Many have felt huge benefits to their mental and physical health and well-being, including reducing stress and anxiety and increasing happiness. There is a large, and ever growing, body of science confirming these benefits.

In these classes, Martin will give you an introduction to some simple techniques which can deliver all these benefits and more. He will guide you towards changing and improving all areas of your life with Mindfulness, with the ultimate goal of feeling happier, being more relaxed and enjoying life.

No previous experience of Mindfulness is necessary and no equipment is required. The class is open to the public and is on a drop in basis - no need to book. The class is ongoing so you are welcome to join any time which suits you and come to as many classes as you like.

Caird Building, UWS, Caird Street, Hamilton, ML3 0QA*
Tuesday Evenings 6.30pm to 7.30pm

*At time of press the venue for the class is Caird Building but will move to a new campus after the summer. For details from August 2018 onwards please see www.tenforzen.co.uk

Making Life Easier

Making life easier is available 24 hours a day, 7 days a week.

Who can use it?

Anyone can use this service if they live in North Lanarkshire. Anyone can use this service on behalf of someone who lives in North Lanarkshire. Whilst the service is mainly about adults, some of the information may be useful for young people.

What's it about?

If you or someone you live with or help look after or care about is having difficulties with the everyday activities they need or want to do this service is for you.

What does it offer?

Information

You can get information on local self help groups and national organisations which offer support to people who live with long term conditions or a disability or are finding things difficult as they get older. Some of the information is about long term conditions and disabilities; some is about keeping safe and well at home; some is about being able to get out and about in your local community.

Advice

You can get advice on a range of everyday topics from professional staff who provide hints and tips on how to carry out everyday activities independently.

Access to services

You can get direct access to services if you carry out the guided self assessment option. You can do this for yourself or someone can do this on your behalf. The person who is helping you doesn't even need to live in North Lanarkshire.

At the moment you can get access to a broad range of equipment and minor adaptations to your home if these are matched for you in a guided self assessment.

We are developing the service so that people will be able to access a broader range of services and support.

For more information go to **www.makinglifeeasier.org.uk**

If you want to know more or want help to use the service contact one of our disability information officers on 01698 274 418



Privacy statement **www.makinglifeeasier.org.uk/Home/Privacy**

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 Farmeloa 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 ML4 1AB; 01698 747 483

Orbiston Neighbourhood Centre

Busby Road, Bellshill ML4 2BW; 01698 842 215

Healthy Valleys – www.healthyvalleys.org.uk

Lockhart Community Hub , Whitelees Road, Lanark, ML11 7RX;
01555 662 496

Clydesdale Community Initiatives – www.cciweb.org.uk

Langloch Farm, Hyndford Road, Lanark, ML11 9TA; 01555 664 211

Well Connected Physical Activity & Leisure Referral Form

This form needs to be completed **in full** by the agency referring.

Name of patient / client:

Address of patient / client:

Phone number of patient / client:

Referring organisation:

Signature of referrer:

The information on this form is for referral purposes only & will not be stored anywhere.

Privacy statement: www.nlleisure.co.uk/legal/privacy

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

Privacy statement: www.nhslanarkshire.org.uk/privacy



Part of the Department
for Work and Pensions

