

Conversation Cafes – Join the Conversation



Being part of a community can have a positive effect on mental health and emotional wellbeing. Community involvement provides a sense of belonging and social connectedness. It can also offer extra meaning and purpose to everyday life. That's exactly what a Lanarkshire Links Conversation Café does!

Lanarkshire Links has always been committed to listening to people with lived experience of mental health and their carers about the issues affecting their lives, their care and their support, to ensure their experience drives improvement and change in services in support. Our reputation for *involving*, *informing* and *influencing* positive changes in local communities is evidenced by our strong and growing membership of people just like **YOU**.

Over the past 3 years, the significant and long-lasting impact of the global pandemic, the ongoing challenges faced by the Health and Social Care sector, as well as the challenges of the cost of living, it is now more important than ever that we support each other to ensure no-one facing the challenges of poor mental health does so alone.

Lanarkshire Links have launched **Recovery Conversation Café's** in local communities throughout Lanarkshire, where members of old and new come together to start the process of rebuilding relationships, building links within the community, sharing experiences, provide vital feedback on support and services received, raise any concerns about issues affecting your support and hear about developments in health, social care and events that may be of interest to you.

Our Recovery Conversation Café's provide a safe, warm and supportive environment where everyone is welcomed, your experiences are valued, and friendships are made. Our Recovery Conversation Cafés are YOUR space.

Recovery Conversation Cafés are a welcoming safe space and held in local venues monthly across Lanarkshire, including Motherwell, Bellshill, Coatbridge, East Kilbride and Rutherglen with other venues and locations coming soon.

If you have the lived experience of mental health services, either as a person who uses services or as a carer, or you have an interest in our work; you are invited to join the conversation.

We believe that by you being **INFORMED** and **INVOLVED** we can truly **INFLUENCE** the services that are available across Lanarkshire.

Mental Health Recovery Conversation Cafe's

North Lanarkshire



- Do **YOU** have experience of mental health services in Lanarkshire?
- Do you care for someone with experience of mental health?
- Do you want to have **YOUR** say about the services and support you have received?

Come along and meet with like-minded people, in your local community and find out how you can be INVOLVED in making changes, INFORMED of what's developing in your area

Motherwell Coatbridge Bellshill

Mental Health Recovery Conversation Cafe's

South Lanarkshire



- Do **YOU** have experience of mental health services in Lanarkshire?
- Do you care for someone with experience of mental health?
- Do you want to have **YOUR** say about the services and support you have received?

Come along and meet with like-minded people, in your local community and find out how you can be **INVOLVED** in making changes, **INFORMED** of what's happening in your area and **INFLUENCE** service and support policies

East Kilbride

Rutherglen

For more information:

01698 265 232

admin@lanarkshirelinks.org.uk

BELLSHILL MENTAL HEALTH RECOVERY CONVERSATION CAFE

Do YOU have experience of mental health services either as a service user or as a carer or have an interest in local mental health services, come along and join us in our recovery focussed conversations!

YOUR EXPERIENCE CAN MAKE A DIFFERENCE!

**First Tuesday of every month,
10am-12pm**

Salvation Army Church, Gladstone Street, Bellshill, ML4 1AT

For more information call 01698 265 232 or 0756 263 9499

Visit our website: www.lanarkshirelinks.org.uk

Email: admin@lanarkshirelinks.org.uk



COATBRIDGE MENTAL HEALTH CONVERSATION CAFE

Do you have experience of mental health services either as a service user or as a carer or have an interest in local mental health services, come along and join us in our recovery focussed conversations!

**First Wednesday of every month,
2pm - 4pm**

Coatbridge Baptist Church, W Canal Street
Coatbridge, ML5 1PR

For more information call 01698 265 232 or 0756 263 9499

Visit our website: www.lanarkshirelinks.org.uk

Email: admin@lanarkshirelinks.org.uk



EAST KILBRIDE MENTAL HEALTH RECOVERY CONVERSATION CAFE

Do YOU have experience of mental health services either as a service user or as a carer or have an interest in local mental health services, come along and join us in our recovery focussed conversations!

YOUR EXPERIENCE CAN MAKE A DIFFERENCE!

**First FRIDAY of every month,
1.30 - 3.30pm**

East Kilbride Arts Centre, Old Coach Road, East Kilbride

For more information call 01698 265 232 or 0756 263 9499

Visit our website: www.lanarkshirelinks.org.uk

Email: admin@lanarkshirelinks.org.uk



MOTHERWELL MENTAL HEALTH CONVERSATION CAFE

Do you have experience of mental health services either as a service user or as a carer or have an interest in local mental health services, come along and join us in our recovery focussed conversations!

**First Monday of every month,
10am - 12pm**

Dalziel St Andrew's Church
47 Merry Street
Motherwell

For more information call 01698 265 232 or 0756 263 9499

Visit our website: www.lanarkshirelinks.org.uk

Email: admin@lanarkshirelinks.org.uk



RUTHERGLEN MENTAL HEALTH RECOVERY CONVERSATION CAFE

Do YOU have experience of mental health services either as a service user or as a carer or have an interest in local mental health services, come along and join us in our recovery focussed conversations!

YOUR EXPERIENCE CAN MAKE A DIFFERENCE!

**First FRIDAY of every month,
10am - 12pm**

Rutherglen Town Hall, Main Street, Rutherglen

For more information call 01698 265 232 or 0756 263 9499

Visit our website: www.lanarkshirelinks.org.uk

Email: admin@lanarkshirelinks.org.uk

