

Local activities available for me and/or the person I care for

Community Solutions

Community Solutions is the 3rd sector delivery arm of Health and Social Care in North Lanarkshire. It's an approach that aims to deliver low level and preventative supports in local communities to give you the opportunity to connect with an activity or service that will give you the tools to improve your health and wellbeing.

To find out what activities are going on in your local area contact your relevant locality host organisation:

Area	Contact Name	Address	Phone	Email
Airdrie	Alison Weir	The Health and Wellness Hub	01698 262437	alison.weir@thehealthandwellnesshub.org.uk
Bellshill	Irene Gibson	Orbiston Neighbourhood Centre	01698 842215	irene@oncbellshill.org
Coatbridge	Christine McNally	Glenboig Development Trust	01236 874520	christine@glenboigh.com
Cumbernauld	Susan Drummond	CACE	01236 451393	susan@careatcace.com
Motherwell	Helen McAllister	North Lanarkshire Carers Together	01698 404055	helen@carerstgether.org
Wishaw/Shotts	Catherine Carson	Shotts Healthy Living	01501 825800	catherine@shottshealthyliving.com

Cinema Exhibitors' Association Card

This is a national card providing concessionary cinema tickets for carers accompanying a disabled person to the cinemas across the UK. The card is valid for one year and costs £6.00.

The application is made by the disabled person who must be either in receipt of Disability Living Allowance or registered as blind.

Apply online or download an application form from the website: <https://www.ceacard.co.uk/>

The Health and Wellness Hub

The Health and Wellness Hub can provide a tailored health programme to individuals living in North Lanarkshire who wish to address particular health needs. The programme is designed to support individuals with varying physical and mental health conditions to enable and support them in creating positive lifestyle choices that will help them feel better, physically and emotionally. They provide holistic therapies such as Reiki and massage as well as classes in Yoga, Tai Chi, Zumba, fitness and relaxation.

For programme information please call 01698 262437 or visit:

<https://www.thehealthandwellnesshub.org.uk/>

Active Health Programme

NL Leisure's Active Health Programme, in partnership with NHS Lanarkshire, provides a range of supported programmes to help individuals and carers realise the benefits of becoming more physically active and also assisting those who are recovering from minor or serious illness. You can access 2 months free gym membership and then join for a reduced fee.

For more information contact Melanie Menzies - Health and Wellbeing Manager on 01236 341709.

Passport Scheme

NL Leisure's 'Passport' scheme helps ensure NL Leisure's facilities are more accessible to a wider range of the community. The "Passport" concessionary access scheme offers a discount on a wide range of individual sports and activities for eligible residents throughout the community such as senior citizens, students, unemployed or members of the community receiving income support.

For further information on NL Leisure's Passport scheme, contact the Access Membership team on 01236 341969 or visit: <https://www.nlleisure.co.uk/passport>

Move More Programme

Do you care for someone with cancer? Did you know even a small amount of gentle exercise can help reduce their fatigue and leave them feeling better. That's why Macmillan Cancer Support has developed a range of activities in your area through the Move More programme.

For more information, please call 01236 341968 or visit: <https://www.nlleisure.co.uk/move-more-cancer-support>

Get Walking Lanarkshire

Walking is a great form of exercise. It is free, most people can do it, you don't need any special equipment and it has many health benefits.

To encourage people to walk more, a programme of weekly health walks covering both North and South Lanarkshire is available.

For more information please visit: <https://www.northlanarkshire.gov.uk/leisure-parks-and-culture/countryside-and-parks/outdoor-access/get-walking-lanarkshire>