

Local organisations

Here are some local organisations that can support you and the person you are caring for.

To find more local services, groups and activities visit: <https://www.aliss.org> / (A Local Information System for Scotland)

North Lanarkshire Disability Forum (NLDF)

NLDF provide up-to-date information that supports people with a disability and their carers to live as independent a life as possible. They offer support that promotes good mental, physical and emotional wellbeing.

For more information visit: <https://www.nldforum.org.uk/>

Alzheimer Scotland

Lanarkshire Dementia Resource Centre

The centre aims to support people with dementia, their families, relatives and friends at any stage of the illness. Staff will advise on daily opening hours, pre booking appointments, information and support available.

For more information visit: <https://www.alzscot.org/living-with-dementia/getting-support/find-support-near-you/lanarkshire-dementia-resource-centre>

You can also call the centre on 01698 275300 or email: LanarkshireServices@alzscot.org

Parkinson's Self Help Group

The Parkinson's Self Help Group (PSHG) North Lanarkshire was set up in 1989 as a Scottish Charity by people with Parkinson's disease and their families to support each other to cope with the effects of the disease and the impact of it on their lives. The group is based at 23-25 Wellwynd, Airdrie and it offers a range of centre based and external activities, drop-in Information service on Parkinson's, a drop-in respite lounge, welfare rights, befriending service, therapy service, carers support group and much more.

Opening times are Monday to Friday, 9am to 4pm and Saturday, 10am to 2pm.

For more information, please call 01236 766350.

Macmillan in Lanarkshire

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. If you're affected by cancer you may want to know there's someone you can turn to for help. Someone who can help find answers to your questions, whatever they may be.

They will provide anyone affected by cancer with information, emotional support and access to other services including complementary therapies, counselling and benefits advice in a number of Lanarkshire Libraries.

For more information visit: <https://culturenl.co.uk/macmillan/> telephone: 01698 332631 or email: macmillan@culturenl.co.uk