

# Money is not the only problem

Support for your finances and wellbeing

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### In a crisis?

If you need immediate help contact:

Money:   
Money Matters Advice Service – 0303 123 1008  
Scottish Welfare Fund – 0303 123 1007

### Mental wellbeing:

Samaritans – 116 123

## Community Engagement Team

Our team:   
Working with communities to identify priorities and participate in local decision making. We are here to listen to and help communities.

### **Our remit:**

Facilitating and supporting the delivery of Neighbourhood Planning.

Supporting the Community Planning Board.

Central interface for communities to communicate with the council and vice versa.

Our priorities:   
Where we can make the most difference?

Work with communities in a variety of ways to ensure the support is appropriate.

Prioritise working with communities with the poorest outcomes with an aim to reduce inequality in our most deprived areas.

Call us on 0303 123 1017 or Email us on [communities@southlanarkshire.gov.uk](mailto:communities@southlanarkshire.gov.uk)

# Money

Having enough money to get by can be a big issue for people. This section looks at how you may be able to get more money in, either through benefits or fair work, and how you might be able to cut your bills in some ways.

There is more information later on about support for people looking for employment.

## Citizen Advice Scotland (CAS)

CAS forms Scotland’s largest independent advice network. All advice provided by our service is free, independent, confidential, impartial and available to everyone.

In South Lanarkshire there are four Citizens Advice Offices who provide a free service to all residents covering a range of topics such as debt, budgeting, benefits, housing, employment, health and social care, consumer rights, pensions and so much more.

Contact information:

Clydesdale

Email: [advice@clydesdalecab.casonline.org.uk](mailto:advice@clydesdalecab.casonline.org.uk)

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

Phone: 01555 664301

Hamilton

Email: [advice@hamiltoncab.casonline.org.uk](mailto:advice@hamiltoncab.casonline.org.uk)

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

Phone: 01698 283477

Rutherglen and Cambuslang

Email: [Bureau@Rutherglencab.casonline.org.uk](mailto:Bureau@Rutherglencab.casonline.org.uk)

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

Phone: 0141 646 3191

East Kilbride

Email: [administration@eastkilbridecab.casonline.org.uk](mailto:administration@eastkilbridecab.casonline.org.uk)

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

Phone: 01355 263698

## Money Matters Advice Service (MMAS) South Lanarkshire Council

Money Matters have experienced welfare benefit advisers who provide free, impartial and confidential advice on all welfare benefits and Tax Credits including the new Scottish Social Security benefits. They will assist in maximising income, making claims and challenging decisions.

### Budget advice

Citizens Advice Scotland and Money Matters both provide advice on managing your money and budgeting.

We would all like our money to go further, so it really is worth looking at all the budgeting tips and money saving options out there.

Having a planned budget will:

let you see exactly where your money is going

plan for life events such as birthdays, Christmas etc

get the best value for your money

provide financial resilience for unexpected costs

Advisors will work with you to create a budget plan that is tailored to your needs and lifestyle, whilst trying to ensure you are getting the best for your money.

### Debt advice

Having difficulty with debt or paying normal bills? If like many across South Lanarkshire you are struggling, it is important you seek the right help from the right place. Money Matters Advice Service and Citizens Advice Scotland offer free debt advice across South Lanarkshire. Both organisations are guided by the principle that they will provide free, impartial, non-judgemental, confidential debt advice.

MMAS have debt advisors that can provide advice on all debt options. They will contact your creditors, prepare a budget with you, discuss each option, and support you with whatever option you decide.

### Benefit advice

Knowing what to claim can be confusing due to the continually evolving benefits system. In addition, the Scottish Social Security are introducing new benefits and grants.

Getting the right advice and claiming at the right time is crucial. Our advisors at Money Matters and Citizens Advice Scotland are experienced in dealing with the wide range of benefits and grants and can assist you in making claims, challenging decisions and representing you at appeals.

Contact information:

[moneymatters.advice@southlanarkshire.gov.uk](mailto:moneymatters.advice@southlanarkshire.gov.uk)

Phone: 0303 123 1008

Telephone Advice Line

The Telephone Advice Line provides benefit and income advice to pregnant women and families with young children.

Contact information:

[telephoneadviceline@southlanarkshire.gov.uk](mailto:telephoneadviceline@southlanarkshire.gov.uk)

Phone: 01698 453154

Or you can submit an online referral to both   
services using our website – <http://www.southlanarkshire.gov.uk/mmas>

## Social Security Scotland

Social Security Scotland is an executive agency of the Scottish Government. Its purpose is to administer the Scottish social security system effectively, in accordance with the principles in the Social Security (Scotland) Act 2018 and Charter.

Benefits that are currently being delivered are:

Best Start Grant Pregnancy and Baby Payment

Best Start Grant School Age Payment

Best Start Grant Early Learning Payment

Best Start Foods

Carer’s Allowance Supplement

Funeral Support Payment

Job Start Payment

Young Carer Grant

Child Winter Heating Assistance

Scottish Child Payment

The Scottish Government is developing a number of other benefits   
that they will deliver. The latest information on these can be found at gov.scot/policies/social-security/

To apply and for more information:

[www.mygov.scot/benefits/](http://www.mygov.scot/benefits/)

[www.socialsecurity.gov.scot](http://www.socialsecurity.gov.scot)

Phone: 0800 182 2222

## Department of Work and Pensions

The Department of Work and Pensions (DWP) is responsible for welfare, pensions and child maintenance policy. As the UK’s biggest public service department it administers the State Pension and a range of working age, disability and ill health benefits to around 20 million claimants and customers.

We provide our services in a number of ways, for example through Jobcentre Plus, The Pension Service, the Child Maintenance Service and partner organisations.

Jobcentre Plus helps people move from benefits into work and helps employers advertise jobs. It also deals with benefits for people who are unemployed or unable to work because of a health condition or disability.

For more information visit: [www.gov.uk](http://www.gov.uk)

## Universal Credit

Universal Credit (UC) replaces the following benefits and tax credits with one single monthly payment:

* Income-based Jobseeker’s Allowance
* Income-related Employment   
  and Support Allowance
* Income Support
* Housing Benefit
* Working Tax Credits
* Child Tax Credit

For more information:

[www.southlanarkshire.gov.uk/universal\_credit](http://www.southlanarkshire.gov.uk/universal_credit)

[www.gov.uk/universal-credit](http://www.gov.uk/universal-credit)

## Credit Unions

A credit union is a non-profit making money/financial co-operative owned by its members. The services that credit unions can offer include borrowing at lower interest rates, saving at higher interest rates and other money/financial services such as debt and budgeting advice.

One of their biggest successes is ensuring that people on low incomes have access to bank accounts and services with no need to go to unscrupulous money lenders.

They are community based, not-for-profit financial co-operatives managed and run by volunteers.

To contact your local credit union, please find details below:

Cambuslang Credit Union

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

Phone: 0141 641 9488

East Kilbride Credit Union

[www.ekcreditunion.co.uk](http://www.ekcreditunion.co.uk)

Phone: 01355 224771

Hamilton Credit Union

Phone: 01698 282200

Thistle Credit Union

[www.thistlecu.co.uk](http://www.thistlecu.co.uk)

Phone: 01698 711112

WHEB Credit Union

Phone: 01698 307334

# Housing

Do you have a housing enquiry and need advice regarding your current housing situation?

South Lanarkshire Council’s HomeOptions toolkit can provide you with information about accessing or maintaining different types of accommodation. This includes renting a property from the council or a private residential tenancy or owning your own home.

You can also discuss your financial situation with a member of the council’s local Housing Options Team, there may be assistance to secure a deposit through the Private Sector Access and Sustainment Service if you have found a private let that meets your needs.

For more information Phone: 0303 123 1012

HomeOptions Toolkit: [www.slchomeoptions-eho.org.uk](http://www.slchomeoptions-eho.org.uk)

* Are you unable to make payments to debts and have accrued arrears?
* Experiencing problems with housing benefit payments, (either overpayments or level of benefit incorrect) and now in arrears?
* Do you have mortgage arrears?
* Is your property in a state of disrepair?
* Is your property overcrowded or lacking amenities which may result in health issues?
* Are you facing harassment by landlord or neighbours anti-social behaviour?
* Has your relationship failed with your partner/parents/husband?
* Would you like to move house and not sure what to do?
* Are you a South Lanarkshire Council tenant and you are experiencing financial difficulties managing your tenancy?
* Do you wish to move to a smaller/bigger property?
* Would you like to move to another area within South Lanarkshire or outside South Lanarkshire?

If you answered yes to any of these questions, have accessed the HomeOptions Tool and require further assistance, please contact your local Housing Options Teams for advice on 0303 123 1012. If you are a tenant of a house association in South Lanarkshire, please contact your association for more information.

Are there any housing or personal risks in your tenancy, for example?

Housing risks

* Been asked to leave by parents/landlord/partner
* Served a notice to end tenancy
* Rent arrears/unpaid rent
* Other debts/unpaid utilities
* Serious disrepair in property and no response from landlord
* Unsecure tenancy – no tenancy agreement
* Abandonment notice served by local council or housing association

Personal risks

* Health issues/physical/mental health
* Social isolation – don’t leave home
* No family supports in local area
* Unemployment
* Have difficulties managing finances
* Lone parent
* Relationship breakdown

## Homelessness

At risk of losing your home or have been asked to leave and cannot return? Or are you scared or frightened to remain in your home?

For more information

Phone your local housing office: 0303 123 1012  
[www.southlanarkshire.gov.uk/homelessness](http://www.southlanarkshire.gov.uk/homelessness)

Office hours

Monday, Tuesday 8.45am–4.45pm Wednesday 11.00am–4.45pm Thursday 8.45am–4.45pm  
Friday 8.45am–4.15pm

Homelessness services (out of hours) Phone: 0800 24 20 24

If your enquiry is urgent, for example you have no accommodation now or in the near future, please contact your [local housing office](https://www.southlanarkshire.gov.uk/site/scripts/directory_search.php?directoryID=32&keywords=local+housing+office) and you will be able to speak to a Housing Officer who will assist you, otherwise we will respond to your [email](mailto:Homelessness.strategy@southlanarkshire.gov.uk)as soon as possible.  
email:homelessness.strategy@southlanarkshire.gov.uk

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

# Wellbeing

Taking care of yourself is very important. When you are under stress, it can be harder to do this. Within this section you will find information on places where you can get help to look after your mental and physical health as well as find social links and supports to help you stay comfortable, healthy and happy.

## Breathing Space

Support available over the phone and online Monday to Thursday 6pm – 2am, Friday 6pm to Monday 6am.

[www.breathingspace.scot](http://www.breathingspace.scot)

Phone: 0800 83 85 87

## Campaign Against Living Miserably (CALM)

Online resources and helpline aimed at supporting men with their mental health and wellbeing. Helpline 5pm to 12pm every night.

[www.thecalmzone.net](http://www.thecalmzone.net)

Phone: 0800 58 58 58

## Childline

Support and advice for young people available over the phone and online Monday to Friday 7.30am – 3.30am and Saturday to Sunday 9am –10.30pm

[www.childline.org](http://www.childline.org)

Phone: 0800 1111

## Children 1st Parentline

Support and advice for parents and carers online and over the phone Monday to Friday 9am – 9pm, Saturday to Sunday 9am – 12pm

[www.children1st.org.uk](http://www.children1st.org.uk)

Phone: 0800 28 22 33

## Chris’ House (Mental Health Crisis Support)

Individual and group support for those requiring support with mental health. Also offer support with Suicide bereavement. Support available online, over the phone as well as face to face.

[www.chrisshouse.org](http://www.chrisshouse.org)

Phone: 01236 766755

## CRUSE Bereavement Care Scotland

Counselling and support for those experiencing bereavement. Support available online, over the phone and in group settings.

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

Phone: 0808 802 6161

## Elament Lanarkshire

Online support resources, support services and courses available in Lanarkshire

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

## Hamilton Churches Drop In Centre

Helps and supports lonely, disadvantaged and vulnerable people by providing a warm, friendly welcome every evening with a three course meal. Offers washing and drying facilities for clothes, free clothing, shower and toilet facilities, access to health care, a podiatrist, housing and back to work input available. The hours are 7.30pm – 9.30pm Monday-Sunday

Phone: 01698 891544

## Moira Anderson Foundation

Support for children and adults affected by childhood sexual abuse. Support and information available online, over the phone and face to face.

[www.moiraanderson.org](http://www.moiraanderson.org)

Phone: 01236 602890

## NHS Inform (Mental Wellbeing)

[www.nhsinform.scot/healthy-living/mental-wellbeing](http://www.nhsinform.scot/healthy-living/mental-wellbeing)

## Samaritans

Phone and online services for emotional support. Available 24 hours a day 365 days a year.

[www.samaritans.org](http://www.samaritans.org)

Phone: 116 123

## Scottish Refugee Council

Support over the phone and online offering links to resources and other support is available throughout Scotland for refugees and those seeking asylum. Monday to Friday, 9am – 5pm

[www.scottishrefugeecouncil.org](http://www.scottishrefugeecouncil.org)

Phone: 0800 196 7274

## Scottish Women’s Aid

Support for women and families experiencing domestic abuse and forced marriage. Support available over the phone, online and face to face. Phone line operates 24 hours a day seven days a week.

[www.womensaid.scot](http://www.womensaid.scot)

Phone: 0800 027 1234

## Share Alike

Share Alike is a small community organisation run entirely by volunteers, which aims to encourage sharing and caring and help alleviate poverty, loneliness and waste. Share Alike has partnerships with local stores to collect surplus food and also accept donations of food, clothing and small household items which they distribute to those in need.

Phone: 0300 365 7800 or   
07847 625030

## Shelter

Support over the phone and online for those experiencing housing issues and homelessness. Monday to Friday, 9am – 5pm

[www.scotland.shelter.org.uk](http://www.scotland.shelter.org.uk)

Phone: 0344 515 2000

## Silver Line

Support and advice for adults over 65. Helpline available 24 hours a day 365 days a year.

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

Phone: 0800 470 80 90

## Smoking cessation

Smoking is expensive and prices will continue to rise. Giving up smoking is not something you have to do on your own. There is a free NHS stop smoking service available in Lanarkshire to help you succeed. You’re twice as likely to stop smoking successfully if you get the right support from the NHS.

[www.quityourway.scot](http://www.quityourway.scot)

Phone: 0800 84 84 84 (Monday to Friday 9am – 5pm)

## Ten For Zen (Mindfulness)

Online resources and courses for mindfulness and other wellbeing based activity.

[www.tenforzen.co.uk](http://www.tenforzen.co.uk)

## LAMH

A range of different supports for those requiring support or advice regarding mental health. Support available face to face, over the phone and online. Monday to Friday, 9am – 5pm

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

Phone: 01698 476 726

## Mind

Various online support resources and courses exploring mental wellbeing.

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

## The Beacons

Service which offers four recovery focussed venues across South Lanarkshire (Blantyre, Cam/Glen, East Kilbride and Lanark) that provide therapeutic and practical based supports for those living with substance misuse and mental illness. Support available face to face, online and over the phone.

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

Phone: 01698 755 926

## Armed Services Advice Project (ASAP)

Armed Service Advice is a project of Citizens Advice Scotland which works in partnership with PoppyScotland, SSAFA (Soldiers, Sailors and Airmen’s Families Association) and other military charities to deliver information, advice and support on a wide range of topics but with a focus on issues specific to members of the armed forces community.

Serving and former members (veterans) of the armed forces, as well as, their dependants and carers are eligible to use the service which is delivered by the nice Citizen Advice Bureau located throughout Lanarkshire. Please contact ASAP for information on available appointments.

Email: [asapadministration@motherwellcab.casonline.org.uk](mailto:asapadministration@motherwellcab.casonline.org.uk)

Phone: 01698 265349 or 0808 800 1007

## LEAP

LEAP run several services for people aged 50+

Handyperson services – small jobs completed around the home, by our skilled and friendly volunteers, all you pay for is materials!

Home maintenance – larger maintenance and home improvements jobs, by our team of skilled staff at an affordable rate.

Befriending – Feeling lonely and could do with a friend? This service matches you with a befriender with similar interests, connecting by telephone, online, group sessions or face-to-face.

Leisure and learning – fun and engaging adult learning classes online and in your community. Learn new skills and meet new people in a warm, friendly environment.

Email: [enquiries@leap-project.co.uk](mailto:enquiries@leap-project.co.uk)

[www.leap-project.co.uk](http://www.leap-project.co.uk)

Phone: 0141 641 5169

## R:evolve Recycle

R:evolve Recycle operate three swap shops in Rutherglen, Hamilton and Cambuslang, where you can swap your unwanted clothing for something nearly new, completely free of charge. Pop in and see us at R:evolve Clothing for more details. R:evolve Recycle also run a clothing bank, similar to a food bank, where individuals/families in crisis can receive, clothing and shoes, including school uniforms and formal wear. Appointments are made by referral from your local foodbank, GP or frontline staff.

Email: [revolverecycle@leap-project.co.uk](mailto:revolverecycle@leap-project.co.uk)

[www.revolve-recycle.co.uk](http://www.revolve-recycle.co.uk)

Phone: 0141 641 5169

## Waist Not Want Not (WNWN)

A community project based in East Kilbride who run a pre-loved clothing exchange initiative open to everyone. WNWN also provide essential items like clothing, small household goods and baby items to anyone in a crisis situation either by referral from another agency or self referral and run groups such as parent/carer peer support and craft sessions.

Email: [waistnotwantnotoscr@outlook.com](mailto:waistnotwantnotoscr@outlook.com)   
Phone: 07930 380015

[www.facebook.com/wnwnadjk33/](http://www.facebook.com/wnwnadjk33/)

## Lanarkshire Carers

Lanarkshire Carers is a resource for carers across Lanarkshire to access information, advice and a range of direct support services to support them in their caring roles. We work with and for carers to develop and deliver services that make a positive difference to their lives.

Lanarkshire Carers is commissioned by Health and Social Care North Lanarkshire and South Lanarkshire Health and Social Care Partnership to provide Adult Carer Support Services.

Early intervention and prevention is key to ensuring carers continue to manage and do not reach crisis point. Lanarkshire Carers works in partnership with a range of organisations and services that can help carers.

The support and services that we provide:

* Adult Carer Support Plans
* Emotional and practical support on a one to one basis
* Support to access a short break, enabling carers to take some time out from the routine of caring
* Helping carers to feel confident in their caring role and look after their own health and wellbeing
* Support when engaging with social work and other relevant partner organisations
* Empowering carers to sustain their caring role through a self-management approach

For more information:

Email: [info@lanarkshirecarers.org.uk](mailto:info@lanarkshirecarers.org.uk)

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

Phone: 01698 428090 or 01236 755550

Facebook: Lanarkshire Carers

Twitter: @Lan\_Carers

Instagram: @lanarkshirecarerscentre

## Period Positive South Lanarkshire

The Scottish Government has provided funding to ensure that access to free sanitary provision is available to those who require it. We want to support you with access to the sanitary products you need.

For information and how to obtain free sanitary products visit:

[www.southlanarkshire.gov.uk/period-positive](http://www.southlanarkshire.gov.uk/period-positive)

For more information:

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

Look out for our stickers in premises throughout South Lanarkshire

## South Lanarkshire Leisure and Culture (SLLC)

### Library Service

There are 23 libraries located throughout South Lanarkshire. All offer adult and children’s lending services to the local community as well as ActiveIT facilities and free wi-fi and a range of children’s activities.

### Leisure

SLLC offer a range of facilities and activities to suit all ages and abilities. Facilities include leisure centres, gyms, swimming pools, golf courses, athletic tracks, bowling greens, outdoor pitches and ice-rink.

Classes and courses, including outdoor activities and sports development, provide fitness and physical activity opportunities for all ages and abilities.

### Leisure for all

Up to 50% off charges to people claiming benefits and their families, students and school pupils over 16 years old.

For moreinformation

[www.slleisureandculture.co.uk/info/36/leisure\_for\_all](http://www.slleisureandculture.co.uk/info/36/leisure_for_all)

### Museums

The Museum Service is passionate about caring for, and raising awareness of, South Lanarkshire’s rich cultural heritage. We manage a fascinating and wonderfully varied collection of around 150,000 objects. These help to provide enjoyment and learning opportunities for all ages and abilities.

Low Parks in Hamilton is South Lanarkshire Leisure and Culture’s Museum. This four star visitor attraction boasts dynamic displays, exhibitions and events bringing South Lanarkshire’s history to life.

Immerse yourself in our story, then treat yourself and relax in our museum cafe. With children’s activities, one off events, and changing exhibitions there is plenty for everyone to see and do.

### Outdoor and Active

South Lanarkshire Leisure and Culture have a range of outdoor activity programmes and opportunities for all ages and abilities. At James Hamilton Heritage Park we offer water-based activities with first class coaching and instruction. Our country parks provide opportunities for walking or running on nature trails, mountain biking and adventure playparks. Or you can visit our zoo at Calderglen Country Park.

To find out your nearest SLLC location and what activities are available visit   
www.slleisureandculture.co.uk

# Food and healthy eating

A well-balanced diet is important to provide all the energy you need to keep active throughout the day and nutrients you need for growth and repair, helping you stay strong, healthy and help to prevent diet-related illness. If you are worrying about food there are different organisations that are able to support you. See below for different options   
that are available.

## Local foodbanks

There is a range of food banks in South Lanarkshire run by community based organisations. They support individuals and families facing crisis by providing them with emergency food parcels as well as other essential products. Foodbanks also provide information and assistance to access other support and services.

To be able to access a foodbank you may need a referral from a frontline worker or care professional such as a support worker, health visitor, social worker or someone from a voluntary organisation who offers support or advice.

### Hamilton Foodbank

[www.hamiltondistrict.foodbank.org.uk](http://www.hamiltondistrict.foodbank.org.uk)

Phone: 07884451512

### Clyde, Avon and Nethan Foodbank

[www.clydeavonnethan.foodbank.org.uk](http://www.clydeavonnethan.foodbank.org.uk)

Phone:07591 104027

### Rutherglen and Cambuslang Foodbank

[www.rutherglencambuslang.foodbank.org.uk](http://www.rutherglencambuslang.foodbank.org.uk)

Phone: 07393 737030

### East Kilbride Community Foodbank

[www.calderwoodbaptist.co.uk/foodbank](http://www.calderwoodbaptist.co.uk/foodbank)

Phone: 01355 520765

### Loaves and Fishes East Kilbride

[www.loavesandfishesek.com](http://www.loavesandfishesek.com)

Phone: 01355 233 657

### Clydesdale Foodbank

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

## Community food organisations

There are also several community food organisations supporting people by providing them with free food, running lunch clubs or community cafes or offering cooking courses. To find local community organisations near you please visit:

<https://bit.ly/CommunityFoodMap>

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

## Cooking at home

If you are looking for some recipe ideas that are quick and easy to prepare you can visit

<https://bit.ly/ForestFoodbankBudgetRecipes>

For more handy affordable tips on shopping, cooking, and eating please visit:

[www.eatbetterfeelbetter.co.uk](http://www.eatbetterfeelbetter.co.uk)

For more information about eating a balanced diet.

[www.nhs.uk/live-well/eat-well](http://www.nhs.uk/live-well/eat-well)

Tips to reduce food waste and preparing leftovers.

[www.lovefoodhatewaste.com](http://www.lovefoodhatewaste.com)

Basic food hygiene and safety tips

[www.food.gov.uk/safety-hygiene/cooking-your-food](http://www.food.gov.uk/safety-hygiene/cooking-your-food)

## Best Start Foods

Best Start Foods is a prepaid card that you can use to buy healthy foods for children under three. You can use the card in shops and online. You will be able to apply for Best Starts Food Scheme if

your child is the right age for a payment

whether you’re in work or not, as long as you’re on certain payments or benefits

as long as you’re the parent of a child, or the main person looking after the child

To apply online visit: [www.mygov.scot/best-start-grant-best-start-foods/](http://www.mygov.scot/best-start-grant-best-start-foods/)

If you need help, or you’d prefer to apply by phone, you can phone: 0800 182 2222 (Monday to Friday, 8am to 6pm)

For further information on Best Start Foods visit:

[www.mygov.scot/using-your-best-start-foods-card](http://www.mygov.scot/using-your-best-start-foods-card)

## Community Wellbeing Helpline

The Community Wellbeing Helpline is here to support South Lanarkshire residents who have been advised to say at home, and do not have anyone else to help them.

The helpline is available Monday to Thursday, 8.45am – 4.45pm and on Friday, 8.45am – 4.15pm.

Phone: 0303 123 1009

# Online access

There are many things which you may need to be able to access online, such as shopping, job applications and benefits help. If you need either equipment, skills or an internet connection to be able to do this, the following places may be able to help you.

Please check with the location before you go along – all of them are intending to provide free IT services but sometimes plans have to change. They will be able to tell you what they have available right now, and when.

## Cambuslang and Rutherglen

### Cambuslang Library

27 Main Street

Cambuslang G72 7EX

0141 584 2530

### Halfway Library

211 Hamilton Road

Cambuslang G72 7PJ

0141 641 2762

### Rutherglen Library

163 Main Street

Rutherglen G73 2HB

0141 643 1296

### Springhall Library

30 Cruachan Road

Rutherglen G73 5EL

0141 634 1249

### Job Centre Plus Cambuslang

27 Main Street

Cambuslang G72 7HB

0345 604 3719

### Job Centre Plus Rutherglen

3 MacDonald Street

Rutherglen G73 2QW

0345 604 3719

### Routes to Work South Cambuslang

CTEC, 1- 5 Main Street

Cambuslang G72 7EX

0141 646 0500

### Whitlawburn Hub

57 Belmont Road

Cambuslang G72 8GP

0141 641 5005

### Universal Connections Cambuslang

148 Main Street

Cambuslang G72 7EL

0141 641 6530

### Universal Connections Rutherglen

1a Burnhill Street

Rutherglen G73 1ES

0141 647 3101

## Clydesdale

### Avondale Library

Avondale Community Wing, Overton Road

Strathaven ML10 6JW

01357 521167

### Biggar Library

Market Road

Biggar ML12 6FX

01899 222060

### Blackwood and Kirkmuirhill Library

Carlisle Road

Blackwood ML11 9SB

01555 896638

### Carluke Library

Carnwath Road

Carluke ML8 4DR

01555 772134

### Forth Library

Main Street

Forth ML11 1AE

01555 811594

### Job Centre Plus Lanark

55-57 Bannatyne Street

Lanark ML11 7NR

0345 604 3719

### Lanark Library

16 Hope Street

Lanark ML11 7LZ

01555 661144

### Lesmahagow Library

48 Abbeygreen

Lesmahagow ML11 0EF

01555 892606

### Kirkmuirhill Digital Hub

34 Thornton Road

Kirkmuirhill ML11 9QE

01555 895710

### Universal Connections Carluke

37 Stewart Street

Carluke ML8 5DZ

01555 751818

### Universal Connections Douglas

Ayr Road, Douglas

ML11 0QA

01555 850275

### Universal Connections Lanark

13 St Vincent Place

Lanark ML11 7LE

01555 666091

### St Bride’s Community Centre

Braehead, Douglas

ML11 0PT

### Forth Community Resource Centre

57 Hawkwood Terrace

Forth ML11 8AT

01555 811002

### Carstairs Community Centre - Carstairs Work Club

School Road  
Carstairs ML11 8QF

01555 270771

### Routes to Work South Lanark

7-9 Wellgate

Lanark ML11 9DS

01555 663483

## East Kilbride

### East Kilbride Central Library

The Olympia Shopping Centre

East Kilbride G74 1PG

01355 220046

### Greenhills Library

Greenhills Square

East Kilbride G75 8TT

01355 242951

### Job Centre Plus East Kilbride

55 The Plaza   
Town Centre

East Kilbride G74 1LW

0345 604 3719

### Routes to Work South East Kilbride

East Kilbride Work and Training Hub

East Kilbride G74 1LW

01355 201999

### CAP Job Club, Hunter House

Hunter House, Maxwellton Road

East Kilbride G74 3LW

01355 520765

### St. Leonard’s Library

St Leonard’s Square

East Kilbride G74 2AT

01355 241573

### Universal Connections East Kilbride

Town Centre Park beside Dollan Aqua Centre  
East Kilbride G74 1AF

01355 221829

## Hamilton

### Blantyre Library

Glasgow Road

Blantyre G72 0QD

01698 823808

### Bothwell Library

2 Main Street

Bothwell G72 0QD

01698 853150

### Burnbank Library

76 Burnbank Road

Hamilton ML3 ONA

01698 285730

### Fairhill Library

Neilsland Road

Hamilton ML3 ONA

01698 456350

### Hamilton Town House Library

102 Cadzow Street

Hamilton ML3 6HH

01698 452122

### Hillhouse Library

Hillhouse Road

Hamilton ML3 9TX

01698 710400

### Larkhall Library

30 Union Street

Larkhall ML9 1DR

01698 452469

### Job Centre Plus Hamilton

Almada Street

Hamilton ML3 9TX

01698 710400

### SELECT Blantyre

TACT Hall  
1 Hillview Drive

Blantyre G72 9EF

01698 327783

### SELECT Blantyre

Clydeview

Community Links   
South Lanarkshire,

Unit 1a Clydeview Shopping Centre Blantyre G72 0QD

01698 827583

### SELECT Hillhouse

Hillhouse and Earnock Community Centre, Hillhouse Road

Hamilton ML3 9TX

01698 710404

### SWITCH Larkhall

Chalmers Church, Robert Smillie Crescent

Larkhall ML9 1LE

07732 988385

### Stonehouse Library

2 Udston Mill Road

Stonehouse ML9 3JL

01698 794380

### Terminal One

Logan Street

Blantyre G72 0NT

01698 829455

### Universal Connections Hamilton

1 Woodside Walk Hamilton ML3 7HY   
01698 456680

### Universal Connections Larkhall

23 Union Street

Larkhall ML9 1DX

01698 883725

### Universal Connections Whitehill

9 Hunter Road

Hamilton ML3 0LH

01698 477622

### Uddingston Library

51 Bellshill Road

Uddingston G71 7LD

01698 813431

### CLHSP IT Drop In

IT Suite

Hamilton Library

102 Cadzow Street

Hamilton ML3 6HH

### CLHSP IT Drop In

Community Links   
South Lanarkshire   
Unit 1a Clydeview Shopping Centre

Blantyre G72 0QD

# Employment

If you are looking for work, there are services within South Lanarkshire who can help you with this. They can provide training, support and advice for you. They can also help if you are in work but need to develop your skills to secure better paid jobs, or need to know about your employment rights including how much the Living Wage is or what in work benefits you can claim.

## South Lanarkshire Council Employability Services

Looking to move into work? Already in work and looking to earn more? South Lanarkshire Council’s Employability Service can help. We have a wide range of help for you to find work, gain new skills, improve your confidence or gain work experience.

More information:

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

Phone: 0800 731 0444

[www.southlanarkshire.gov.uk/info/200201/slw4u](http://www.southlanarkshire.gov.uk/info/200201/slw4u)

## Youth Employability – Aspire Programme

The ASPIRE Programme is a targeted service which provides one-to-one bespoke key work support to young people who are not quite ready to enter employment, training or further education in the last six months of school and up to the age of 19 (24 if care experienced).

South Lanarkshire Youth Employability Service (Education Resource) ‘My Brighter Future’ provides employability support, work based learning opportunities and qualifications for young people in the Senior Phase of school or who have left school up to the age of 19 (24 if care experienced).

More information:

Phone: 0141 584 2911

Facebook.com/mybrighterfutureslc

Twitter.com/my8rightfuture

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

## Routes to Work South getting into work or training

The council and our delivery partner Routes to Work South (RTWS) operate a number of training programmes to help you find suitable work. The services range from helping you find the best suitable job match to specialist one to one advice and guidance. We offer tailored pre-employment and vocational training, dedicated Key Worker and Specialist Support that help residents overcome barriers to employment. We deliver a course to suit individual and employer needs. Do you need help applying for jobs? Or simply want to gain skills and support to help you secure that dream job?

More information:

Email: [infor@rtws.org](mailto:infor@rtws.org)

Freephone: 0800 731 4444

[www.rtws.org](http://www.rtws.org)

Skills Development Scotland   
getting into work, training and learning

Skills Development Scotland’s Careers Advisors can help you decide on what type of job, training or learning you could progress to. You may be unemployed, facing redundancy or looking to re-enter employment/training/learning, SDS is here to provide you with confidential and personalised guidance. You can access support by contacting a Careers Advisor by phone or calling into one of our high street SDS centres.

My World of Work is our award-winning online career information and advice service, available 24/7, you can find support for decision making, CVs, interview preparation, job outlines, vacancies, further learning courses and sources of funding.

More information:

SDS National Helpline:   
0800 917 8000

South Lanarkshire Centres: 01698 477120

[www.myworldofwork.co.uk](http://www.myworldofwork.co.uk)

[www.apprenticeships.scot](http://www.apprenticeships.scot)

[www.sds.co.uk](http://www.sds.co.uk)

## The real Living Wage

The real Living Wage is an independently calculated rate of pay based on the cost of living and is paid voluntarily by employers. The rate is calculated each year in November by The Resolution Foundation on an analysis of the wage that employees need to earn in order to afford the basket of goods required for a decent standard of living.

An increasing number of employers in South Lanarkshire are accredited as Living Wage employers.

More information:

Email: [accreditation@povertyalliance.org](mailto:accreditation@povertyalliance.org)

Living Wage Scotland

phone: 0141 353 0440

[www.scottishlivingwage.org](http://www.scottishlivingwage.org)

## Trade unions

Trade unions exist to help with problems at work. This can include making sure you are paid properly for all the hours you work and on time. They can also help with negotiating flexible working or other supports if you have caring responsibilities or problems with your health. They work to ensure everyone is treated fairly, regardless of gender, race, whether you are disabled or what age you are. Trade unions are champions of safe working practices. They provide practical advice and if necessary legal advice. Some unions can assist with financial grants and access to training.

More information:

Scotland – Scottish Trades Union Congress

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

Phone: 0141 337 8153

UK – Trade Unions Congress

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

## University of the West of Scotland

Career-focused teaching. World-leading research. An international outlook and a far-sighted approach to technology and innovation. For the ultimate student and business experience, look to UWS.

More information:

Email: [ask@uws.ac.uk](mailto:ask@uws.ac.uk)

Phone: 0800 0271000

[www.uws.ac.uk](http://www.uws.ac.uk)

## New College Lanarkshire

New College Lanarkshire is one of the largest colleges in Scotland and operates Lanarkshire wide campuses in Motherwell and Coatbridge.

More information:

Email: [info@nclan.ac.uk](mailto:info@nclan.ac.uk)

Phone: 0333 270 4251

[www.nclanarkshire.ac.uk](http://www.nclanarkshire.ac.uk)

## South Lanarkshire College

Aims to be Scotland’s leading college delivering excellence whilst preparing learners well for their future in an outstanding learning environment and inclusive community.

More information:

Email: [hello@slc.ac.uk](mailto:hello@slc.ac.uk)

Phone: 01355 807780

[www.south-lanarkshire-college.ac.uk](http://www.south-lanarkshire-college.ac.uk)

## Job search

### MyJobScotland

[www.myjobscotland.gov.uk](http://www.myjobscotland.gov.uk)

### S1 Jobs

[www.s1jobs.com](http://www.s1jobs.com)

### Find a Job Service

[www.gov.uk/find-a-job](http://www.gov.uk/find-a-job)

### Good Moves

[www.goodmoves.com](http://www.goodmoves.com)

# Education

Limiting the Cost of the School Day is at the heart of every school. Schools are determined poverty will not become a barrier to success in school.

## Cost of the school day

If any family is struggling to pay for a subject, trip or uniform, they should contact the school immediately.

Most South Lanarkshire schools have a scheme to recycle uniforms and are keen to help families get hold of good quality second-hand clothes.

For help with Free School Meals, Clothing Grants or the Education Maintenance Allowance for senior secondary school pupils, please go to the following council webpages for more guidance and to apply online.

## Free school meals\*

If you claim certain benefits and your child attends a South Lanarkshire school, they may be able to get free school meals and milk. In secondary schools the free meal allowance can be used from breakfast service through to lunchtime. We have a new pre-order Fusion App where you can order mid morning snacks and lunches via mobile phone and pick it up during mid morning break or lunch, avoiding the queues.

More information is available on our school clothing grants and free school meals page.

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

## School clothing grants\*

If you are in receipt of Housing Benefit and/or Council Tax Reduction from us there is no need for you to apply online, we will use the information we hold to automatically award free school meals (P4 to S6) and/or school clothing grants (P1 to S6) to eligible families.

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

## Education Maintenance Allowance (EMA)

if you want to stay on at school or college you may be entitled to EMA. This is a weekly allowance of £30 which provides financial support to help young people from low income households. (Students at college should apply directly to the college)

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

\* If you are in receipt of Housing Benefit and/or Council Tax Reduction from us there is no need for you to apply online, we will use the information we hold to automatically award free school meals (P4 to S6) and/or school clothing grants (P1 to S6) to eligible families.

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

Phone: 0303 123 1023

# Get involved

Getting involved in your community can help you become a part of something and give you chances to learn new things, make friends and make a difference to others. Here are some ways that you can do that.

You can make a difference by volunteering your time, knowledge and skills to help others. Volunteering is also a great way to meet new people and helps to build your confidence and learn new skills.

## Neighbourhood Planning

Neighbourhood Planning is a process where both residents and local agencies and organisations commit to working together to identify priorities and produce a plan on how to work together to respond to these priorities.

To access community plans please visit the community planning website.  
[www.southlanarkshirecommunityplanning.org](http://www.southlanarkshirecommunityplanning.org)

If you live in one of the seven areas and would like to get involved in the neighbourhood planning work please contact:

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

Phone: 0303 123 1017  
www: southlanarkshirecommunityplanning.org

## Voluntary Action South Lanarkshire (VASLan)

VASLan can help you with:

Volunteering – they have a database of volunteering opportunities you can look at.

Starting up – Expert guidance on getting a new group off the ground, catered personally for your needs.

Funding advice – Help with funding applications, identifying sources and helping with the format.

To find out more about how VASLan can help, or about how your organisation can become a VASLan member, please contact them on:

Email: [office@vaslan.org.uk](mailto:office@vaslan.org.uk)

Phone: 01698 300 390

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

# Contacting the council

Most of our customers now apply for services, make payments and get information online at   
www.**southlanarkshire.gov.uk**

Payments 0303 123 1005

Parking enquiries 0303 123 1006

Scottish Welfare Fund 0303 123 1007

Social Work and Money Matters 0303 123 1008

Community Wellbeing Helpline 0303 123 1009

Repairs 0303 123 1010

Benefits and Council Tax 0303 123 1011

Local Housing offices 0303 123 1012

Sundry Income 0303 123 1013

Council Tax Recovery 0303 123 1014

Bereavement Services 0303 123 1016

Refuse, grounds maintenance and street cleaning 0303 123 1020

Education 0303 123 1023

General enquiries 0303 123 1015

Community Engagement Team 0303 123 1017

Emergency Social Work Services 0303 123 1008

Out of Hours Emergencies 0800 24 20 24

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

If you need this information in another language or format,  
please contact us to discuss how we can best meet your needs.   
Phone: 0303 123 1015 Email: [equalities@southlanarkshire.gov.uk](mailto:equalities@southlanarkshire.gov.uk)