

## Patient Resources: Carers

### **Lanarkshire Carers' Centre**

Web: [www.prtlcc.org.uk](http://www.prtlcc.org.uk)

Tel: 01698 428 090

The Carers' Centre provides support to anyone, adults or children, caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems. There are centres in Hamilton and Airdrie.

### **Blue Badge Scheme**

Web: <https://www.mygov.scot/apply-blue-badge/>

Tel: South Lanarkshire: 0303 123 1007

North Lanarkshire: 01698 403 160

Permits for accessible parking. Also possible to apply online at [www.bluebadgescotland.org](http://www.bluebadgescotland.org)

### **MyBus Transport**

Web: [www.spt.co.uk/bus/mybus](http://www.spt.co.uk/bus/mybus)

Tel: North Lanarkshire: 0345 123 5048

South Lanarkshire: 0345 125 9808

MyBus is a bookable bus service offering door-to-door transport in your area. MyBus can be used for shopping, GP appointments, visiting friends, attending local clubs, and much more.

### **Community Alarm Service**

North Lanarkshire – 01698 346 666

South Lanarkshire – 01698 123 1008

The community alarm service assists people living in Lanarkshire who need some extra support to stay in their own homes with the security of knowing that they can call for assistance in an emergency, such as a fall or an illness, at any time of the day or night.