



Contact Sheet: Companionship

COVEY Befriending Service for Children and Young People

Web: www.coveybefriending.org.uk

Tel: 01698 894 013

Be-friending service for children and young people in Lanarkshire.

Befriend in Bellshill

Tel: 01698 842 215

BeFriend in Bellshill provides support for elderly or disabled persons living in: Bellshill, Mossend, Holytown, Coatbridge and Viewpark. Volunteer befrienders spend time with befriendees offering social contact and companionship which reduces feelings of loneliness and isolation and improves health and wellbeing. BeFriend in Bellshill also accepts referrals for free telephone befriending.

Healthy Valleys

Web: www.healthyvalleys.org.uk

Tel: 01555 662 496

Healthy Valleys enables people to get out and about, meet new friends and take up the many opportunities that they have on offer; from local health walks to going along to our community cafes; from learning how to cook to volunteering.

What's On Lanarkshire

Web: <http://www.whatsonlanarkshire.co.uk/activities/>

Facebook: <https://www.facebook.com/WhatsOnLanarkshire>

A huge resource of everything that is happening in Lanarkshire. It includes a comprehensive list of sports and physical activities for all abilities, and days out, as well as a calendar to show exactly what is on and when.

Lanarkshire Carers' Centre

Web: 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.



LEAP – Enhancing the lives of older people in South Lanarkshire

Web: www.leap-project.co.uk

Tel: 01698 907 004

LEAP offers a range of services, including befriending services, handyperson services for help with odd-jobs at home, and weekly activities such as craft workshops and textile repairs.