



Delivering community-led health improvement services in rural South Lanarkshire

Resilient Families:

For more information about services for families who are expecting a baby or who have children under the age of 5, please contact:

Stephanie Girdwood: stephanie@healthyvalleys.org.uk

Resilient People:

For more information about services for individuals age 18+ who are lonely or isolated, because of their age, a mental health or long-term physical health condition, because they are a carer or a survivor of domestic abuse, please contact:

Ali Stanley: ali@healthyvalleys.org.uk

Resilient Communities:

For more information about our services for individuals age of 18+ who are lonely or isolated, this may be because of their age, a mental health or long-term health condition, because they are a carer or a survivor of domestic abuse, please contact:

Amanda Taylor: amanda@healthyvalleys.org.uk



Healthy Valleys Referral Pathway 2020

Please send completed referral forms to

referrals@healthyvalleys.org.uk

