

Haven Services

Children and Family Service – currently available only at the Blantyre centre – a vibrant programme of group activities (arts and crafts, sport, outdoor adventure, computer animations) and peer support to help children cope with loss and grief; strategies to enable parents and families to support children and young people in their care.

Active Steps – to encourage and facilitate participation in community based exercise activities, appropriate to each person's medical condition and level of fitness – walking groups, seated yoga and mindful movement.

Men's Peer Support Groups – time to talk and share experiences

Therapeutic Arts – emotional expression through creativity – painting, pastels, writing.

Lending library – of books, CDs and DVDs



The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or are interested in becoming a volunteer or fundraiser, please contact:

The Haven

Blantyre Health Centre
Victoria Street, Blantyre
G72 0BS
Tel: 01698 727884

The Haven (Wishaw)

Flat 78, Block 2
Wishaw General Hospital
50 Netherton Street
Wishaw, ML2 0DP
Tel: 01698 366948

The Haven (Forth)

36 Manse Road
Forth
ML11 8AJ
Tel: 01555 811846

Open: Mon - Fri: 10am - 4pm

Supported by:



The Haven

Information and Support
for people affected by
life limiting illness



Reg. Scottish Charity Number: SC032130

Company Number: SC222783

www.thehavencentre.com

The Haven

Is a registered charity providing support to people affected by a range of life limiting illnesses and to their family members and carers. The Haven operates centres, in Blantyre, Wishaw and Forth, on a self referral basis. All our services are free and totally confidential.

We support people affected by illness such as cancer, multiple sclerosis, motor neurone disease, Parkinson's disease and dementia and will signpost others to services appropriate to their needs.

We aim to empower people to cope with the complex emotional, physical and practical impacts of illness; to enable them to better understand their illness, treatment and care; to reduce stress and relieve anxiety; to support and sustain them in their caring role.

Above all we aim to improve the quality of life of our clients and support them to live life positively and with hope.



The Haven Team

The Haven programme is provided by a multidisciplinary team of nurses, therapists and volunteers who work closely together to ensure you receive the highest standard of care.

Haven Nurses – have specialist expertise and provide emotional support in a safe, relaxing environment, as well as information on all aspects of your illness, treatment and care. Together you will plan individual programmes of support from the full range of Haven services. The nurse will remain as your key contact person, ensuring continuity of care and support for as long as required.

Therapists – a dedicated team of professionally qualified therapists and counsellors provide an extensive range of services, on an individual basis, in groups and in workshops.

Volunteers – are a very important part of our service – providing informal support and a friendly, caring 'listening ear'. They are always pleased to welcome you to the centres where you can relax, have tea and coffee and chat to volunteers and other visitors.

“Sometimes you come across diamonds in the world but you have to seek them out and I did at The Haven.”

Haven Services

Haven supportive services are constantly evolving to meet the needs of our clients. Each of our centres offers varied programmes of support including:

Complementary therapies – aromatherapy, Indian head massage, reflexology, Reiki and manual lymphatic drainage are provided on a 1:1 basis.

Structured workshops – teach relaxation, visualisation and meditation techniques.

Counselling – is provided by professionally qualified practitioners, to support clients to develop positive coping strategies. Bereavement counselling for families is also offered.

'Haven@ Home' – enables those who are unable to attend the centre to receive the support of Haven nurses, therapists and volunteers, in their own home.

