



Welcome to South Lanarkshire

A guide to your new area

Welcome

Welcome to our guide about moving to South Lanarkshire.

Whether you're getting ready to move, or you've recently got the keys to your new home, this guide is for you.

Moving home can be an exciting time. There is lots to think about and lots to do. It can be confusing and sometimes a stressful experience. It can seem harder when you're moving to a new area.



That's why volunteers at Housing Options Scotland have written this guide. It contains:

- general information and advice to help you do the things you need to do for a successful move.
- information about services in South Lanarkshire to help you get everything sorted.
- some ideas about things to do in the area, so you can get out and explore.

We hope you find the guide useful.

Best wishes for life in your new home.

Paula

Housing Options Scotland volunteer



Housing Options Scotland is Scotland's housing charity for disabled people, older adults and members of the Armed Forces community. If you need help with your housing situation, contact us:

housingoptionsscotland.org.uk

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info@housingoptionsscotland.org.uk

Image credit: [Rosser1954](#) (Wikimedia)

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Welcome to South Lanarkshire

South Lanarkshire is a local authority area in mid-south Scotland with a population of almost 312,000. It borders the south-east of the city of Glasgow, and the local authority areas of Dumfries and Galloway, East Ayrshire, East Renfrewshire, North Lanarkshire, the Borders and West Lothian.

Key towns and settlements include East Kilbride (the first new town in Scotland), Hamilton, Rutherglen, Cambuslang, Blantyre, Carluke, Strathaven and Lanark. East Kilbride and Hamilton are the largest settlements with populations of over 75,000 and 54,000 respectively.

Find out more about [South Lanarkshire](#).



Source: [Gazetteer for Scotland](#)

Moving home

Take gas and electricity meter readings.

Do this when you move out. This will make sure you only pay for the energy you used.

Settle up bills at your old property. Make sure you pay for all bills due including:

- Rent/mortgage
- Garden/common area maintenance
- Council tax
- Gas and electricity
- Telephone and broadband.



Change your address. It's important to let people know you're moving, including:

- Friends and family
- Your employer
- Your local **job-centre**
- The [Department for Work and Pensions \(DWP\)](#)
- Your bank, insurance, pension and credit card companies
- Your doctor and dentist
- Your local council
- The [electoral register](#)
- The [Driver and Vehicle Licensing Agency](#) (DVLA)
- Telephone, TV and broadband providers
- [TV licensing](#)
- Charities you might support

Redirecting your post

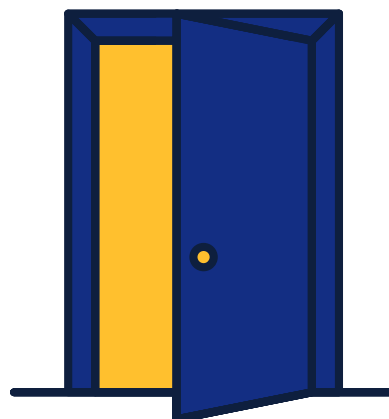
When you move home, you might miss some of the important information you get through the post. A simple way to make sure you keep receiving your post is to use the [Post Office redirection service](#). You can choose how long you want your post redirected for. There is a fee for this service.

In your new home

Register with your local council. Contact your new local council to register for Council Tax and the electoral register.

Register with a doctor - [How to register with a local doctor.](#)

Register with a dentist - [How to register with a local dentist.](#)



Spare keys. Get copies of your keys cut, so you have spares in case you need them.

Take gas and electricity meter readings. Do this when you move in to make sure you only pay for the energy you use. Comparison sites like [USwitch](#), [Compare the Market](#), [Money Supermarket](#), and [Go Compare](#) can help you find the best energy deals.

Household appliances. Ask for instruction booklets or manuals for the boiler, washing machine and all appliances in the property to be left for you. If any are missing, you can find instructions for most appliances with a quick online search.

Get to know your new home. Consider getting two copies of keys cut for your new home and ask for instructions / booklets for all appliances to be left for you. Also make sure you know where to locate the following:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Gas and electricity meters | <input checked="" type="checkbox"/> Fuse box |
| <input checked="" type="checkbox"/> Thermostat for central heating | <input checked="" type="checkbox"/> Landline telephone sockets |
| <input checked="" type="checkbox"/> Water boiler | <input checked="" type="checkbox"/> TV and satellite aerial sockets |
| <input checked="" type="checkbox"/> Hot and cold water tanks | <input checked="" type="checkbox"/> Access points e.g. to loft points/under floor areas |
| <input checked="" type="checkbox"/> Stopcock (to turn the main water supply on/off) | |

Council services

The council's contact details and all of the services it provides are on the [South Lanarkshire Council website](#).



Council Tax

How much council tax you pay will depend on your new home and who you live with. [Charges for Council Tax](#) depend on the value of your property. If you live alone, if you are the only adult in your home, if the other adult in your home lives with a disability, and for a variety of other reasons [you might be eligible for a Council Tax exemption or discount](#).

Bin collection and recycling

The Council will collect your bin and recycling material. There is a [bin collection calendar](#) for your area and if you need help with putting out your bin you can [apply for assistance](#).

To [order a new bin, or to replace a damaged bin](#) you need to contact the Council

[Special bulk uplifts](#) can be requested from the Council and the first one is free, but after that there is a standard charge.

There are also a number of [recycling points](#) in South Lanarkshire.

South Lanarkshire Council provides [information on what goes into each bin](#).



Black/green bin: waste which cannot be recycled.



Blue bin: paper and cardboard.



Light grey bin: glass, cans and plastics.



Burgundy bin: compostable food and garden waste.

Transport

Public Transport

General travel enquiries can be made using the [Traveline Scotland website](#). This allows you to plan your journey from one place to another, access train timetables and keep up to date with any travel disruptions.

Public transport around South Lanarkshire is operated by [Strathclyde Partnership for Transport](#) (SPT) to support a network of bus and rail services in the area. This includes good links to the nearest airports – Glasgow Prestwick, Glasgow International and Edinburgh.

ScotRail provides [information about the accessibility and facilities of local train stations](#).

The [National Entitlement Card](#) gives free or cheaper travel for young people, older people and people with a disability. [Railcards for disabled, veterans and seniors](#) are available for people who qualify.



Cars

The [Blue Badge scheme](#) is a national scheme for people with a permanent disability to allow them to park closer to their destination. It can be used by the holder who may be acting as either a driver or a passenger in a vehicle and costs £20. Application details are on the web page.

A [disabled person's parking bay scheme](#) operates in South Lanarkshire for disabled drivers (and passengers in exceptional circumstances). Applications can be made on forms available through the website.

[Parking zone permits](#) are needed in parts of East Kilbride, Hamilton, Carluke, Cambuslang, Uddingston and Rutherglen.

Education

There are good opportunities for [education and learning](#) in South Lanarkshire.

Early learning, nurseries and childcare

All three and four year-olds, and eligible two-year-olds in South Lanarkshire are entitled to nursery or child care. The Council has a wide range of [nurseries](#) for younger children, some run in partnership with private or voluntary organisations. It provides [information on nurseries, including eligibility and how to apply](#).

Schools

South Lanarkshire Council provides [information about education and learning](#), including its more than 100 primary and 20 secondary schools. You can check your nearest schools using the [catchment area map](#).

There are also a number of [schools and bases for pupils with additional support needs](#).

[School transport](#) is provided free for primary school children who live more than one mile from their school and for secondary school pupils who live more than two miles from their school.

Higher education, adult and community learning

There are also opportunities for [youth, family and community learning](#). **South Lanarkshire Council** has teamed up with the **Our Place** website to offer [online courses for parents, grandparents and carers](#). You can access each course with the code OWEN123.



There are various [adult learning opportunities](#) too.

South Lanarkshire Council also runs a series of art, music, drama and dance classes and courses as part of its [arts development programme](#).

There are specific learning programmes to help with [youth employability](#) and employability preparation for people with additional support needs through the [Work It Out Programme](#).

Health and wellbeing

National Health Service

South Lanarkshire is covered by [NHS Lanarkshire](#) for all your health care needs. It provides [information about local hospitals](#) on its website.

There are a range of [expert professional practitioners](#) ranging from GPs, to dentists, community opticians and pharmacists.



A number of [self-referral services](#) exist for mobility issues, eye conditions, physiotherapy, and speech and language therapy, which means you don't have to see your GP first.

It is important that you and the people you live with [register with a local doctor](#) and [register with a dentist](#). If you aren't registered with a dentist, you can obtain emergency advice and assistance from the **NHS Lanarkshire Emergency Dental Service** on **0300 303 0243** (Open Monday to Thursday 9am – 5pm and Friday 9am to 4.30pm).

For minor illnesses, pharmacies may be able to provide advice and prescriptions more quickly. [Find your nearest pharmacy.](#)

Carers

South Lanarkshire Council provides a range of [social and health care services](#) for the elderly, carers and people with disabilities. It offers a [young carers service](#) supporting children and young people who are caring for a parent or other person with physical or mental health needs.

[Lanarkshire Carers](#) is a local organisation providing information, advice and support to those who care for others.

[Carers Scotland](#) is a national organisation that can offer help if you care for someone else.

[Care Information Scotland](#) is another useful resource for carers.

Money, work, and debt advice

Financial advice



[Citizens Advice Scotland](#) provides information and advice on a wide range of matters. The service specialises in welfare rights, including Universal Credit, debt, budgeting, employment, housing, energy, and immigration and consumer rights. There are [four offices in South Lanarkshire](#) – Hamilton, Clydesdale, East Kilbride and Rutherglen and Cambuslang.



[Scotland's Financial Health Service](#) is a gateway to free and impartial advice about your finances.



[Age Scotland Money Matters](#) can provide tailored money advice for people aged 50 and over.

Benefits and grants

South Lanarkshire Council has a [Money Matters Advice Service](#) that provides [advice on benefits entitlement](#) among other financial issues.

[Turn2Us](#) and [Entitled To](#) offer reliable online benefits and grants calculators as well as good information and advice.

Scottish Welfare Fund helps families and people in Scotland who are on low incomes. You can [apply to the Scottish Welfare Fund through the Council](#) for a:

**The Scottish
WELFARE FUND**

- [Crisis Grant](#) – if you're experiencing a crisis because of a disaster (like a fire or flood), an emergency (like losing your money or an unexpected expense); or if you're a victim of domestic abuse and need help with things like moving away from an abuser
- [Community Care Grant](#) – to help you or someone you care for to start to live, or to carry on living, a settled life in the community.

Work

South Lanarkshire Council also has [information and advice about jobs and careers](#), as well as programmes to help unemployed people back into work. There is also help at various offices of **Job Centre Plus** in South Lanarkshire. There are offices in Hamilton, Lanark, East Kilbride and Cambuslang.

The logo for Jobcentreplus is displayed on a green rectangular background. The text 'jobcentreplus' is written in a lowercase, sans-serif font. 'job' and 'plus' are in white, while 'centre' is in yellow.

Skills Development Scotland (the careers service) has a useful website called [MyWorldOf Work](#) where you can find various resources for seeking and keeping employment.

Debt advice

Free advice and help on debt and money management is available from [Step Change](#) debt advice, [Money Advice Scotland](#), and the [National Debtline](#) on 0808 808 4000 Monday to Friday 9.00am to 8.00pm.

Pensions

The **Scottish Government** provides [advice on the state pension and workplace pensions](#).

Money Helper is a government-backed service providing [free, impartial information about a range of pension issues](#).

Leisure

If you want to know what leisure and cultural events are happening in your local area, [South Lanarkshire Leisure and Culture](#) can help you find out. [WhatsonLanarkshire](#) is another helpful resource.

[Euan's Guide](#) is a website that allows you to check if a venue has good access for wheelchair users and other disabled people.

Sport and leisure centres

South Lanarkshire Council also has lots of [information about sports and leisure](#). There are a number of [leisure centres, swimming pools, etc.](#) and other facilities for people interested in sport. If you want try out something before you commit, **South Lanarkshire Leisure and Culture** have a [free one-day pass](#) you can apply for.

Community activities and volunteering

ALISS (A Local Information System for Scotland) provides a [database of activities, skills sessions and sources of help and advice](#) in your local area to share interests, learn something new and meet new people. Simply enter your postcode and select a category from the drop-down menu.



Browse [Volunteer Scotland](#) for volunteering opportunities.



Libraries and book groups

South Lanarkshire Council has 23 library branches with a full range of lending and IT facilities. They also offer free WiFi and often host children's activities. [Find out how to join the library for free.](#)

Greenspaces and the outdoors

If you want to get outdoors, there are various [parks and country parks](#) around South Lanarkshire as well as [public parks and play areas](#) for children.

For those who want to explore the South Lanarkshire countryside on foot, bike, or horse, the Council provides [information on walking trails and cycling routes](#).

Older people may be interested in joining a [walking group](#) or join others in a more informal way with [Paths For All](#).

Explore South Lanarkshire by bike on some of these [routes](#) or find out if there is a [cycling group](#) near you.

Entertainment and the arts

There are cinemas in [Hamilton \(the Vue\)](#) and [East Kilbride \(The Odeon\)](#), which show mainstream feature films and which are suitable for all the family. The Vue in Hamilton has 9 multiplex screens and the Odeon also has many screens. Both can host people in wheelchairs.

Both these cinemas are part of the CEA scheme. Eligible disabled people over 8 years old with a [CEA Card](#) can get a free ticket for a someone to go with them. [Apply to the CEA scheme](#).



There are several venues in South Lanarkshire that host theatre, live music and other types of productions. The [South Lanarkshire Box Office](#) has full details of productions, venues and schedules for live events.



The [Museum Service](#) in South Lanarkshire boasts a collection of 150,000 objects of local interest. The [Low Parks Museum](#) in Hamilton is located within the estate grounds of the Duke of Hamilton and is free to visit. It hosts a large number of [events](#) each year. There is also an [online museum collection](#) that holds about 14,000 items for viewing.

Many theatres, concert venues and galleries will offer free or discounted tickets for friends or carers of disabled people. It is always worth checking when booking.

Key Contacts

South Lanarkshire Council and elected representatives

Your [local council](#) can help you with:

- Paying Council Tax and rent
- Housing
- Reporting noise and anti-social behaviour
- and more



Visit or write to: Council Offices, Almada Street, Hamilton, ML3 0AA
Telephone: [303 123 1015](tel:3031231015)

If you have a query or problem that the local officers can't resolve, you can get in touch with your elected representatives.

[Find your local councillor's name and contact information.](#)

[Find your Member of the Scottish Parliament's name and contact information.](#)

[Find your Member of the UK Parliament's name and contact information.](#)

Other contacts



[Housing Options Scotland](#) offers housing information and advice to disabled people, older adults and members of the Armed Forces Community. Telephone: [0131 247 1400](tel:01312471400)



[Euan's Guide](#) is a website which reviews the accessibility of different venues across the UK.



[Inclusion Scotland](#) is a charity for disabled people offering information about employability, human rights, poverty and social security.



[Home Energy Scotland](#)

For advice about energy saving, keeping warm at home, renewable energy, greener travel, cutting waste and more. They can offer advice for applying for grants or loans.



[Trusted Traders](#)

This site contains a list of traders who have successfully passed an assessment process carried out by 'Which?' trading standards professionals. Just select the service you require and type in your postcode to a list of traders locally.



[Care and Repair](#)

A service for homeowners or private renters who are 60 years or older and require repairs or minor adaptations to their home. Works of up to £1000 may be carried out, and the care and repair project worker will assist in organising the work required.



[Check a trade](#)

A tradesperson finder website - tradespeople are included based on recommendations from customers and monitored based on customer feedback and trade reputation.