

# Healthy Valleys Activity Timetable

## April – June 2018



Day	Time	Activity	Venue	Cost	Booking Required
<b>COMMUNITY HEALTH MATTERS</b>					
Tuesday	10 – 7pm	<b>Cognitive Behaviour Therapy and Counselling</b>	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Tuesday	3 – 6pm	<b>Stress Management Therapies</b>	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Wednesday	Various	<b>Counselling</b>	Carlukelifestyles	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Wednesday	10 -1pm	<b>Reiki Sessions</b>	The Fountain Lesmahagow	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Thursday	7 – 9pm	<b>Stress Management Therapies</b>	The Fountain Lesmahagow	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Friday	12 -3pm	<b>Reiki Sessions</b>	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
<b>COMMUNITY FOOD MATTERS</b>					
Mondays	10.00am – 12.00pm	<b>Game On</b> Indoor Bowling	Blackwood Sports Facility (In the new Primary School)	£1	No booking required For more info contact 01555 662496
Mondays	11.00am	<b>Lesmahagow Health Walk</b> Short friendly health walk	Leaves from Langdykeside Car Park, Lesmahagow	Free	No booking required For more info contact 01555 662496
Tuesdays	9.00am	<b>Swim Bus</b> from Kirkmuirhill, Blackwood and Lesmahagow	Coalburn Leisure Centre	£2 for the bus & entry fee	Yes – Booking essential. Call Healthy Valleys on 01555 662496
Tuesdays	12 – 1.30pm	<b>Kirkmuirhill Connections</b> Café and health demonstrations	Thornton Road Community Centre, Kirkmuirhill	Free – donations welcome	No booking required For more info contact 01555 662496

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Wednesdays	12 – 1.30pm	<b>Lanark Community Health Café</b> Café and health information & support	St Mary's Church Hall, Lanark (Across from the bus station)	Free – donations welcome	No booking required For more info contact 01555 662496
Wednesdays	11.30am – 1pm	<b>Rigside Community Health Café</b> Café and health information & support	Rigside Community Hall	Free – donations welcome	No booking required For more info contact 01555 662496
Wednesday From the 18 <sup>th</sup> of April	11.00am	<b>Rigside Health Walk</b> Short friendly health walk	Rigside Community Hall	Free	No booking required For more info contact 01555 662496
Thursdays	9.45 – 11.15	<b>Lanark Yoga Class</b> Health and wellbeing class	Lockhart Community Hub, Whitelees Rd, ML11 7RX	£2	For more information contact Simone on 01555 662496
Thursdays	10am	<b>Biggar Health Walk</b> Short friendly health walk. For everyone (dementia friendly)	Gillespie Centre, 74 Biggar High Street, Biggar	Free	No booking required For more info contact 01555 662496
Thursday	1.30pm	<b>Lanark Health Walk</b> Short friendly health walk	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	No booking required For more info contact 01555 662496
Thursday	12 – 1.30pm	<b>The Rural Café</b> <u>Friendly/confidential</u> - providing hot meals/support (adults/families in crisis)	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	Referral/self-referral only. Please call Simone on 01555 662496 or 07872 160 995
Friday	9.30 – 11.00	<b>Weigh to Go</b> Group exercise, weight loss and healthy eating class	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	Closed Group
Friday	11am	<b>Weigh to Go</b> Group exercise, weight loss and healthy eating class	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Every 1 <sup>st</sup> Friday of the month	2 – 4pm	<b>C'mon Dancing</b> Tea Dances for Adults	Coalburn One Stop Shop	£1 for bus & £2 for Dance	To book transport call 01555 662496
TBC	TBC	<b>REHIS Cooking courses</b> <b>Elementary Cooking Skills</b> <b>Food &amp; Health</b> <b>Eating well for older people</b>	TBC	TBC	For more information and Cost contact Simone on 01555 662496

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GRASSROOTS ACTIVITIES – Supporting pregnant women and families					
Wednesdays Starts 31 <sup>st</sup> Jan For 6 weeks	1-2.30pm	<b>Baby Massage</b>	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only
Thursdays Starts 19 <sup>th</sup> April For 7 weeks	12-2pm	<b>Family Health and Wellbeing Course</b> Parenting Course	Kirkton Church Hall, Carluke	Free	Grassroots families only
Fridays	Various	<b>Me Time</b> 1:1 Stress Management session	Carluke Leisure Centre	Free	Grassroots families only
Friday 20 <sup>th</sup> April	10.00 – 11.00	<b>Baby &amp; Child First Aid</b>	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only
Wednesday 18 <sup>th</sup> April for 4 weeks	10.30 -12pm	<b>Healthy Bump</b>	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only
Fit for Life / Go to Play					
<b>Wednesday 4<sup>th</sup> and 11<sup>th</sup> April</b>	10-11am	<b>Spring Break Active Play Sessions</b> (For Children in Primary 1-7)	Carstairs Junction Primary School	<b>ALL SESSIONS FREE</b>	<b>Booking essential- contact Christine on 01555 662496 / 07702336327</b>
	11.45-12.45pm		Rigside Community Hall		
	1.45-2.45pm		Robert Owen Primary School, Lanark		
	3.30-4.30pm		King George's Park, Carnwath		
<b>Thursday 5<sup>th</sup> April</b>	All Day	<b>Family Trip</b>	Calderglenn Country Park		
<b>Monday 9<sup>th</sup> April</b>	10 -12pm	<b>Adventure Outside in Rigside</b> (For Children in Primary 1-7)	Meeting point- Rigside Community Hall		
<b>Monday 9<sup>th</sup> April</b>	1:30-3:30pm	<b>Lesmahagow Woodland Adventure</b> (For Children in Primary 1-7)	Meeting point- Tuffholm Bridge entrance to Birkwood Estate		
Lanarkshire Domestic Abuse Response					
Mon - Fri	Various	Complementary Therapies for women (experiencing domestic violence)	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Tuesday, Wednesday and Thursday	Closed Sessions Referral only For more information contact Jenny on 07702336541

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RECONNECT					
Alternate Wednesdays Starting 17 <sup>th</sup> January	2 – 3.30pm	<b>ReConnect Social/Activity Group</b> Various social, health and wellbeing sessions for adults over 50	Blackwood Court, Douglas	Free	No booking required - open to all. For more information, contact Fiona or Barbara on 01555 662496
Alternate Wednesdays Starting 10 <sup>th</sup> January	1.30 – 3pm	<b>ReConnect Social/Activity Group</b> Various social, health and wellbeing sessions for adults over 50	Glebe Gardens, Lesmahagow	Free	No booking required - open to all. For more information, contact Fiona or Barbara on 01555 662496
Alternate Thursdays starting 22 <sup>nd</sup> February	2-3.30pm	<b>ReConnect Social/Activity Group</b> Various social, health and wellbeing sessions for adults over 50	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	<b>CLOSED GROUP</b>
Wed, Thu, Fri	Various	<b>Complementary Therapies</b>	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	<b>Closed sessions- referral only</b>
Stop Smoking Groups					
Wednesdays	11.30-1pm	<b>Lesmahagow Stop Smoking Group</b> Support to help you stop smoking supported by NHS Nurse	10 Priory Road, Lesmahagow	Free	Yes – contact Stephanie at Healthy Valleys on 01555 662496
Thursday and Fridays		Home visits can also be arranged	Rigside, Kirkmuirhill, Carstairs Junction, Carnwath, Forth, Smyllum, Douglas Water, Douglas and Coalburn	Free	Yes – contact Stephanie at Healthy Valleys on 01555 662496

Healthy Valleys, Lockhart Community Hub, c/o Lockhart Hospital, Whitelees Road, Lanark, ML11 7RX

Tel: 01555 662496

Check out our website: [www.healthyvalleys.org.uk](http://www.healthyvalleys.org.uk)

Email: [info@healthyvalleys.org.uk](mailto:info@healthyvalleys.org.uk)

Please also like our Facebook page and follow us on Twitter, just search for Healthy Valleys