

Healthy Valleys Activity Timetable

April - June 2018



Day	Time	Activity	Venue	Cost	Booking Required
COMMUNITY HEALTH MATTERS					
Tuesday	10 – 7pm	Cognitive Behaviour Therapy and Counselling	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	Stress Management Therapies	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	Counselling	Carlukelifestyles	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Wednesday	10 -1pm	Reiki Sessions	The Fountain Lesmahagow	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Thursday	7 – 9pm	Stress Management Therapies	The Fountain Lesmahagow	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Friday	12 -3pm	Reiki Sessions	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
COMMUNITY FOOD MATTERS					
Mondays	10.00am – 12.00pm	Game On Indoor Bowling	Blackwood Sports Facility (In the new Primary School)	£1	No booking required For more info contact 01555 662496
Mondays	11.00am	Lesmahagow Health Walk Short friendly health walk	Leaves from Langdykeside Car Park, Lesmahagow	Free	No booking required For more info contact 01555 662496
Tuesdays	9.00am	Swim Bus 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	Kirkmuirhill Connections 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	Lanark Community Health Café 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	Rigside Community Health Café Café and health information & support	Rigside Community Hall	Free – donations welcome	No booking required For more info contact 01555 662496
Wednesday From the 18 th of April	11.00am	Rigside Health Walk Short friendly health walk	Rigside Community Hall	Free	No booking required For more info contact 01555 662496
Thursdays	9.45 – 11.15	Lanark Yoga Class Health and wellbeing class	Lockhart Community Hub, Whitelees Rd, ML11 7RX	£2	For more information contact Simone on 01555 662496
Thursdays	10am	Biggar Health Walk 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	Lanark Health Walk Short friendly health walk	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	No booking required For more info contact 01555 662496
Thursday		The Rural Café <u>Friendly/confidential</u> - providing hot meals/support (adults/families in crisis)		Free	Referral/self-referral only. Please call Simone on 01555 662496 or 07872 160 995
Friday	9.30 – 11.00	Weigh to Go Group exercise, weight loss and healthy eating class	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	Closed Group
Friday	11am	Weigh to Go 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 st Friday of the month	2 – 4pm	C'mon Dancing Tea Dances for Adults	Coalburn One Stop Shop	£1 for bus & £2 for Dance	To book transport call 01555 662496
TBC	TBC	REHIS Cooking courses Elementary Cooking Skills Food & Health Eating well for older people	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 st Jan For 6 weeks	1-2.30pm	Baby Massage	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only		
Thursdays Starts 19 th April For 7 weeks	12-2pm	Family Health and Wellbeing Course Parenting Course	Kirkton Church Hall, Carluke	Free	Grassroots families only		
Fridays	Various	Me Time 1:1 Stress Management session	Carluke Leisure Centre	Free	Grassroots families only		
Friday 20 th April	10.00 – 11.00	Baby & Child First Aid	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only		
Wednesday 18 th April for 4 weeks	10.30 -12pm	Healthy Bump	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only		
Fit for Life / Go to Play							
Wednesday 4th and 11th April	10-11am	Spring Break Active Play Sessions (For Children in Primary 1-7)	Carstairs Junction Primary School	ALL SESSIONS FREE	Booking essential- contact Christine on 01555 662496 / 07702336327		
	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				
Thursday 5th April	All Day	Family Trip	Calderglenn Country Park				
Monday 9th April	10 -12pm	Adventure Outside in Rigside (For Children in Primary 1-7)	Meeting point- Rigside Community Hall				
Monday 9th April	1:30-3:30pm	Lesmahagow Woodland Adventure (For Children in Primary 1-7)	Meeting point- Tuffholm Bridge entrance to Birkwood Estate				
Monday 23rd, 30th April 14th and 21st May	10:30-11:30am	Carnwath Early Years Active Playtime Sessions	Carnwath Town Hall, Main Street, ML11 8HH				
	12-1pm	Lunch Play Club (for children in Primary 1 and 2)	Carnwath Primary School				

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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
RECONNECT					
Alternate Wednesdays Starting 17 th January	2 – 3.30pm	ReConnect Social/Activity Group 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 th January	1.30 – 3pm	ReConnect Social/Activity Group 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 nd February	2-3.30pm	ReConnect Social/Activity Group Various social, health and wellbeing sessions for adults over 50	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	CLOSED GROUP
Wed, Thu, Fri	Various	Complementary Therapies	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Closed sessions- referral only
Stop Smoking Groups					
Wednesdays	11.30-1pm	Lesmahagow Stop Smoking Group Support to help you stop smoking supported by NHS Nurse	Woodpark Primary school	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

Email: info@healthyvalleys.org.uk

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