

Healthy Valleys Activity Timetable

January – March 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	
Tuesdays in February	10 – 1pm	Branching Out Woodland based activities to promote positive mental health and wellbeing	Douglas and Angus Estate, Douglas	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Wednesday	Various	Counselling	Carluk Lifestyles	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
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
Thursdays	2 – 4pm	Board Games Group Fun social meet up for anyone looking for company and a laugh. Variety of board games!	Carluk Library, South Lanarkshire Lifestyles, Carnwath Road, Carluk, ML8 4DF	Free Tea, coffee, biscuits available for £1.50	No just drop in.
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

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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
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
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
Weekly		The Rural Café <u>Friendly/confidential</u> - providing hot meals/support (adults/families in crisis)	Lanark	Free	Referral/self-referral only. Please call Simone on 01555 662496 or 07872 160 995
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
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 1 st Feb For 8 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 23 rd Feb	1.30-2.30	Baby & Child First Aid	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only
Wednesday 14 th – 21 st Mar	1-2.30pm	Healthy Weaning Workshop	Lockhart Community Hub, Whitelees Rd, ML11 7RX	Free	Grassroots families only

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Fit for Life / Go to Play						
Monday 22nd and 29th January	1pm and 1.45pm	Active Play Sessions	Bent Primary School	ALL SESSIONS FREE	Closed Group	
Monday 5th February	1.15pm and 2pm		Woodpark Primary School		Closed Group	
Monday 12th February	All Day	Family Trip	Calderglen Country Park		Closed Group	
Monday 12th February	10 -11.30 am	Active Play Holiday Club (For Children in Primary 1-7)	Carstairs Junction Community Hall		Booking essential- contact Christine on 01555 662496 / 07702336327	
Monday 12th February	10 -11.30 am	Active Play Holiday Club (For Children in Primary 1-7)	Rigside Community Hall			
Monday 19th February for 5 weeks	12-1pm	Early Years Active Play Sessions (for children aged 2-5 years. Parents/carers attend too)	Rigside Community Hall			
Monday 19th February for 6 weeks	3-4pm	Community Active Play Club (for children in primary 1-7)	Rigside Community Hall			
Tuesday 20th February for 5 weeks	1-2pm	Early Years Active Play Sessions (for children aged 2-5 years. Parents/carers attend too)	Carstairs Junction Community Hall			
Tuesday 20th February for 6 weeks	3-4pm	Community Active Play Club (for children in primary 1-7)	Carstairs Junction Primary School			
Monday 20th February for 5 weeks	1:30-2:30pm	Early Years Active Play Sessions (for children aged 2-5 years. Parents/carers attend too)	The Fountain, Lesmahagow			
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
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	

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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	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

Email: info@healthyvalleys.org.uk

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