

Healthy Valleys Activity Timetable

July – Sept 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	Carlisle 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
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	10am – 12pm	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
Mondays 19 June – 9 July 2018	12 – 1.30pm	Healthy Communities Drop In Carstairs Junction Café and health demonstrations	Carstairs Junction Community Hall, 1 St Charles Street ML11 8PQ	Free – donations welcome	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
First Tuesday of each month	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
Wednesdays	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
Mid-August	TBC	Weigh to Go Group exercise, weight loss and healthy eating class	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	Closed Group
Mid-August	TBC	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
Monday 30 th July	10 – 4.30pm	REHIS Food Hygiene	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	£55 per person	For more information contact Simone on 01555 662496
TBC	TBC	REHIS Cooking courses: Elementary Cooking Skills Food and 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					
Monday 9 th July	11am-1pm & 2-4pm	Play Talk Read bus (under 5's)	Lanark Loch	Free	All families
Tuesdays 3 rd , 10 th , 17 th and 24 th July	12-2pm	1 pot cooking course	Lockhart Community Hub, Lockhart Hospital, Lanark, ML11 7RX	Free	Grassroots families only
Fit for Life					
Every Monday from 2nd July for 5 weeks (off 16th July)	10-11:45am	Summer Play Clubs (children in p1-7)	Smyllum- Robert Owen Memorial MUGA pitch and then Smyllum Resource Centre	ALL SESSIONS FREE	Booking essential- contact Healthy Valleys on 01555 662496
Every Tuesday from 3rd July for 6 weeks	10-11:45am		Carstairs Junction Primary School MUGA Pitch and then Carstairs Junction Community Hall		
Every Wednesday from 4th July for 6 weeks	10-11:45am		Rigside Community Hall MUGA pitch and then into hall		
Every Friday from 6th July for 6 weeks	10-11:45am		Carnwath Town Hall		
Wed 22nd August for 8 weeks	4:30-6:30pm		Child Health and Wellbeing Course (Primary 1-3)		
Thurs 23rd August for 8 weeks	4:30-6:30pm	Child Health and Wellbeing Course (S1-5)	Lanark Memorial Hall, Lanark		
Wed 24th October for 8 weeks	4:30-6:30pm	Child Health and Wellbeing Course (Primary 1-3)	Greyfriars Church Hall, Lanark		

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Thurs 25th Oct for 8 weeks	4:30-6:30pm	Child Health and Wellbeing Course (Primary 4-7)	Lanark Memorial Hall, Lanark		
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					
Thursday and Fridays	Various	Home visits can be arranged	Rigside, Kirkmuirhill, Carstairs Junction, Carnwath, Forth, Smyllum, Douglas Water, Lesmahagow, 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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