

Healthy Valleys Activity Timetable

Oct – Dec 2018



Day	Time	Activity	Venue	Cost	Booking Required
COMMUNITY HEALTH MATTERS					
Monday	12 – 3	Reiki Sessions	Lockhart Community Hub	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Monday (Starts 29 th Oct for 8 weeks)	10 – 12pm	Mindfulness	Lockhart Community Hub	Free	
Tuesday	3 – 6pm	Stress Management Therapies	Lockhart Community Hub	Free	
Tuesday	10 - 4	Counselling	Lockhart Community Hub	Free	
Wednesdays, Thursdays	9.30 – 2.30	Cognitive Behaviour Therapy	Lockhart Community Hub	Free	
Wednesday	10 -1pm	Reiki Sessions	The Fountain Lesmahagow	Free	
Thursday	7 – 9pm	Stress Management Therapies	The Fountain Lesmahagow	Free	
Friday	12 -3pm	Reiki Sessions	Lockhart Community Hub	Free	
Friday	9.30 – 11am	Weigh to Go Group exercise, weight loss and healthy eating class	Lockhart Community Hub	Free	For more details contact Elaine on 01555 662496 or 07859 062831
Friday	11 – 12.30pm	Weigh to Go Group exercise, weight loss and healthy eating class	Lockhart Community Hub	Free	For more details contact Elaine on 01555 662496 or 07743 473623
Finishes 10 th of Oct		Wellness Recovery Action Planning	Lockhart Community Hub	Free	For more details contact Wendy on 01555 662496 or 07743 473623
TBC		Write to Recovery (Writing Group)	Lanark TBC	Free	
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 Starting 15 th Oct	12 – 1.30pm	Carstairs Junction Community Café Café and health information & support	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

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First Tuesday of each month	12 – 1.30pm	Kirkmuirhill Community Cafe Café and health information & support	Thornton Road Community Centre, Kirkmuirhill	Free – donations welcome	No booking required For more info contact 01555 662496
Wednesdays	12 – 1.30pm	Lanark Community 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 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	£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	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
Every 1 st Friday of the month (Oct only held on the 12 th)	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
Sundays	2pm	Lanark Health Walk	Morrisons Car park Lanark	Free	No booking required For more info contact 01555 662496
Friday 26 th	09.30 -4.30	REHIS How to run a cooking course	Lockhart Community Hub		Closed Group
Monday 12 th Nov	10 – 4.30pm	REHIS Food Hygiene	Lockhart Community Hub	£55 per person	For more information contact Simone on 01555 662496
Friday 2 nd Nov	10 – 4.30pm	REHIS Food & Health	TBC	TBC	For more information and cost contact Simone on 01555 662496
Mondays & Tuesday (November)	10 – 12pm 1 – 3pm	Cooking Classes	Lockhart Community Hub	Free	For more information and cost contact Simone on 01555 662496

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GRASSROOTS ACTIVITIES – Supporting pregnant women and families						
Every Friday starting the 28 th Sept (Off 19 th Oct)	12.30-2pm	Weigh to Go Mums Group	Lanark Lifestyles (1 st week only) Lockhart Community Hub (For remainder of sessions)	Free	No booking required For more info contact Clare Cook on 01555 662496	
Fit for Life						
Monday 15th Oct	10-11:45am	October Play Clubs Play & Eat	Carstairs Junction Community Hall	ALL SESSIONS FREE	Booking essential- contact Adrienne on 07702336327 or 01555 662496	
Tuesday 16th Oct	11.30-1.30pm		Lanark Lifestyles			
Wednesday 17th Oct	10-11:45am		Rigside Community Hall			
Friday 19th Oct	10-11:45am		Carnwath Town Hall 70 Main Street			
Tue 23rd Oct for 8 weeks	3.15-5.15pm	Child Health and Wellbeing Course	Lockhart Community Hub			Referral Required - contact Adrienne on 07702336327 or 01555 662496
Wed 24th Oct for 8 weeks	3.15-5.15pm	Child Health and Wellbeing Course	Rigside Annex (within Rigside Primary)			
Wed 31st Oct for 8 weeks	9.30-10.00am 10-11.30am	Pre Five Swim	Lanark Lifestyles			
Wed 31st Oct for 6 weeks	11– 11.45am 12-12.45pm	Pay, Read & Sing	Lockhart Community Hub			
Sat 27th Oct	All Day	Activity Day	Wiston Lodge			
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 10 th October	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 3 rd October	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 Tuesdays starting 9 th October	2-3.30pm	ReConnect Social/Activity Group Various social, health and wellbeing sessions for adults over 50	Lockhart Community Hub	Free	CLOSED GROUP
Wed, Thu, Fri	Various	Complementary Therapies	Lockhart Community Hub	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

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