

Healthy Valleys Activity Timetable

January - March 2019



Day	Time	Activity	Venue	Cost	Booking Required
Community Health Matters					
Every Tuesday Starting 5/2/19	10 – 12pm	Mindfulness – 8 week course	Lockhart Community Hub	Free	For more details contact Wendy on 01555 662496 or 07859 062 831
Tuesdays	3 – 6pm	Stress Management Therapies	Lockhart Community Hub	Free	By referral only - for more information call Wendy on 01555 662496 or 07859 062 831
Tuesdays	10 – 4pm	Counselling	Lockhart Community Hub	Free	
Wednesdays & Thursdays	9.30 – 2.30 pm	Cognitive Behaviour Therapy	Lockhart Community Hub	Free	
Wednesdays	10 -1pm	Reiki Sessions	The Fountain Lesmahagow	Free	For more details contact Wendy on 01555 662496 or 07859 062 831
Thursdays	7 – 9pm	Stress Management Therapies	The Fountain Lesmahagow	Free	
Fridays	12 -3pm	Reiki Sessions	Lockhart Community Hub	Free	
Fridays	9.30 – 11am	Weigh to Go Group exercise, weight loss and healthy eating class	Lockhart Community Hub	Free	For more details contact Elaine or Jillian on 01555 662496
Mondays	12 – 2pm	Craft Group	Checkmates, Lanark	Free	
Community Food Matters					
Mondays	10am – 12pm	Game On Indoor Bowling	Blackwood Sports Facility	£1	No booking required For more information contact Gail on 01555 662496
Mondays	11.00am	Lesmahagow Health Walk Short friendly health walk (Dementia friendly)	Leaves from Langdykeside Car Park, Lesmahagow	Free	No booking required For more information contact Gail on 01555 662496
Mondays	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 information contact Simone or Gail 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 Gail at 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 information contact Gail or Simone on 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 information contact Gail or Simone on 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 information contact Gail or Simone on 01555 662496
Wednesdays	11.00am	Rigside Health Walk Short friendly health walk	Rigside Community Hall	Free	No booking required For more information contact Gail on 01555 662496
Thursdays	9.45 – 11.15am	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 information contact Gail on 01555 662496
Thursdays	1.30pm	Lanark Health Walk Short friendly health walk	Lockhart Community Hub	Free	No booking required For more information contact 01555 662496
Thursdays		The Rural Café <u>Friendly/confidential</u> - providing hot meals/support (adults/families in crisis)		Free	Referral/self-referral only Please call Simone for more info 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 Gail on 01555 662496
13 th January 3 rd February and 3 rd March	2pm	Lanark Health Walk	Morrisons Car park Lanark	Free	No booking required For more information contact Gail on 01555 662496
February & March	TBC	REHIS COURSES: Food Hygiene, Food and Health, Eating Well for Older People	TBC	TBC	For more information contact Simone on 01555 662496
February & March	TBC	Practical Cooking Classes	Lockhart Community Hub	Free	For more information contact Simone on 01555 662496

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Fit for Life						
Monday	10-11:45am	Easter School Holidays Play Clubs	Carstairs Junction Community Hall	Free	Booking essential- contact Adrienne on 07702336327 or 01555 662496	
Tuesday	10-11:45am		Lanark Robert Owen Muga Pitch			
Wednesday	10-11:45am		Rigside Community Hall and Pitch			
Friday	10-11.45am		Carnwath Town Hall			
Wednesdays starting 6/2/19	11-11.45 am	Play, Read & Sing (6 Week Course)	Lockhart Community Hub			Booking essential- contact Adrienne on 07702336327 or 01555 662496
Ongoing	Various	Child Health and Wellbeing Course These courses are for children & Young People who need extra support or help	Throughout Clydesdale			Referral Required - contact Adrienne on 07702336327 or 01555 662496
Valley Therapies						
Mon – Fri	Various	Complementary Therapies For women who have survived domestic violence	Lockhart Community Hub, Whitelees Road, ML11 7RX	Tuesday, Wednesday and Thursdays	Closed Sessions - Referral only For more information contact Jenny on 07702336541	
Reconnect						
Alternate Tuesdays	2-3.30pm	ReConnect Social/Activity Group Various social, health & wellbeing sessions for adults over 50	Lockhart Community Hub	Free	Closed sessions – Referral only Contact Barbara on 01555 662496	
Smoke-Free						
Everyday	Various	Support, advice and home visits can be arranged to help individuals and families to stop smoking & create smoke-free homes and lives	Rigside, Kirkmuirhill, Carstairs Junction, Carnwath, Forth, Smyllum, Douglas Water, Lesmahagow, Douglas and Coalburn	Free	Yes - For more information contact Stephanie on 01555 662496 or 07525 687 964 or Facebook - Stephanie Healthy- Valleys	

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