

## Healthy Valleys Activity Timetable

January - March 2012



Day	Time	Activity	Venue	Cost	Booking Required
Various days	By appointment only	Time Out Counselling Service (16 – 21yrs only)	Lanark, Forth and Routes to Health Clydesdale, Lesmahagow	Free	By referral only Contact Wendy on 01555 880666
Monday	10.00am – 12.00pm	Game On – Indoor Bowling	Leisuredome, Kirkmuirhill	£1	No
Mondays (Fortnightly)	10.00am - 12.00pm	Market Bus – leaves from Kirkmuirhill and Lesmahagow area	Hamilton	£2	Call WRVS on 01555 895491
Monday	11.00am	Weekly Health walk	Leaves from The Fountain, Lesmahagow	Free	No
Monday	6.00 - 8.00pm	Young Persons Health Drop In	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	No
Monday	6 - 8pm	Girls Health Group	Routes to Health Clydesdale	Free	No
Tuesdays	9.00am	Swim Bus from Kirkmuirhill, Blackwood and Lesmahagow	Coalburn Leisure Centre	£2 for the bus and entry fee into pool	Call WRVS on 01555 895491
Tue 24 <sup>th</sup> & Thurs 26 <sup>th</sup> Jan	1-3pm	Healthy Weaning Course	St Nicholas Church Hall Lanark	Free	Call Healthy Valley to book on 01555 880666
Tuesdays	9.30am	Health Walk	Leaves from the church corner Carstairs Junction	Free	No
Tuesdays	By appointment only	Reflexology/Aromatherapy/Body Massage/Reiki - (6 week programme)	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	Call 01555 895140 to be added to waiting list and more information
Wednesdays	By appointment only	Aromatherapy/Body Massage/Reiki – (6 week programme)	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	Call 01555 895140 to be added to waiting list and more information
Wednesdays	By appointment only	Listening Ear Service	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	Call 01555 895140 to be added to waiting list and more information
Wednesday 18 <sup>th</sup> January	9.30 - 11.30 am	Feeding the Family	The Police House Lesmahagow	Free	CLOSED COURSE - for more information call 01555 880666
Wednesday – commencing 25 <sup>th</sup> January	Referral only	My Way Stress Management Programme (12 weeks) for people living with long term conditions includes group workshops, touch and talk therapies	Carstairs Community Centre, Carstairs Village	Free	Call 01555 895140 for referral form and more information
Wednesday 1 <sup>st</sup> February	9.30 - 12.30pm	Ready Steady get Cooking	Carstairs Junction Primary School (P6-7)	Free	Call 01555 880666 for more information
Thursdays	6.30pm - 8pm	Get Active for P1 - P7 Children	Carstairs Junction Hall, Carstairs Junction	£1	Call 01555 870480 for more information

Thursdays	10.00am - 11.00am	Baby Yoga Class	The Fountain, Lesmahagow	£2	No - call Healthy Valleys for info on 01555 880666
Thursday	10.00am – 12.00pm	Clydesdale Community Food Market. Fresh Fruit & Vegetables for sale.	Rigside Community Hall	Various	No
Thursday 12 <sup>th</sup> January	9.30 - 12.30 pm	Play Talk Read' Roadshow	Rigside Nursery School	Free	No
Thursday 19 <sup>th</sup> January	10am-2pm	Baby and Child First Aid Training Crèche also available - booking essential	Forth Sports Centre	Free	COURSE FULL - if you are interested please call 01555 880666 for more information on new courses
Thursday 2 <sup>nd</sup> February	11am - 12noon	Stop Smoking Class 6 week programme	Rigside Nursery Muirfoot Road	Free	Call 01555 880666 for more information
Thursday 2 <sup>nd</sup> February	6 - 8pm	Feeding the Family	Lesmahagow High School	Free	Call Healthy Valley to book on 01555 880666
Thursdays – commencing 7 <sup>th</sup> February	Referral only	My Way Stress Management Programme (12 weeks) for people living with long term conditions includes group workshops, touch and talk therapies	Auchenheath Hall, Auchenheath	Free	Call 01555 895140 for referral form and more information
Thursdays	By appointment only	Shiatsu ( 6 week programme)	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	Call 01555 895140 to be added to waiting list and for more information
Thursdays	By appointment only	1:1 Stress Management including complementary therapy (6 week programme)	Routes To Health Clydesdale, Wellwood Road, Lesmahagow	Free	Call 01555 895140 to be added to waiting list and for more information
Thursdays	5.00pm - 7.00pm	Young Persons Health Drop in	Forth Community Centre Main Street, Forth	Free	No
Thursdays	5 - 7pm	Girls on Film Group. Learn about filming and editing whilst creating a film about how girls in Forth can keep fit	Forth Community Centre	Free	No
Fridays	12.00 pm	Gym & Swim Bus from Glespin, Douglas and Rigside	Coalburn Leisure Centre	£2 for the bus and own entry fee into pool	Call Rural Development Trust 01555 880551
Friday 3 <sup>rd</sup> February 2 <sup>nd</sup> March	2-4pm	C'mon Dancing Tea Dances for Adults	Coalburn One Stop Shop	£1 for Transport & £2 for Dance	To book transport call Nethan Valley - call 01555 890491 Douglas Valley - call 01555 880551
Sundays	1.00pm	Monthly Health Walk	Various venues around rural South Lanarkshire	£3	Call 01555 895491 to book and for more info