



*Healthy Valleys*

## **WHAT'S ON 2010**

### **ALL YEAR ROUND ACTIVITIES (EXCLUDING PUBLIC HOLIDAYS)**

#### **Clydesdale Community Food Market**

Fresh fruit and veg at great prices, run by the community, for the community. Open for business every **Thursday 10am – 12noon** at the **Target Centre, Kirkmuirhill** and **Rigside Community Hall**. We also need volunteers to help out at this, so why not get in touch?

#### **Gym & Swim Buses**

A bus to Coalburn Leisure Centre leaves from the **Nethan Valley** (Blackwood, Kirkmuirhill, Lesmahagow) every **Tuesday** morning and from the **Douglas Valley** (Rigside, Douglas, Glespin, Douglas Water) every **Friday** morning. Call the Rural Development Trust to book your seat on 01555 880551. A bus also leaves **Rigside** every Monday at 5.15pm. Booking required – phone the volunteer to book your place on 07990804706. There is a cost of £1 for the bus. A bus from **Carstairs Junction** also goes to Lanark swimming pool every Tuesday at 6.40pm. Booking required - phone the volunteer to book your place on 07966733317

#### **Walk a Little, Live a Lot!**

A walking group leaves from The Fountain, **Lesmahagow**, every **Monday** at 11am. No cost, no need to book. A group also leaves from the shop at **Rigside** every Friday at 10am. There are also monthly walks (every last Sunday) to places further afield. These require booking, transport is free. We are currently developing new walks in Smyllum, Forth and Carstairs Junction. More info soon!

#### **Lanark Market Bus**

The market bus picks up people from across the villages fortnightly on Monday mornings to Lanark Market. No cost. Call WRVS to book your place on 01555 895491.

#### **Complementary Therapies**

A number of volunteers provide an excellent professional service to local people in need of some relaxation and stress management from Routes to Health Clydesdale, 1 Wellwood Road, Lesmahagow. Booking is essential and due to high demand, waiting lists are in operation. No cost.

- **Shiatsu** every **Thursday** morning
- **Herbal medicine consultations** every **Tuesday** morning

#### **Young Persons Health Drop In**

Every **Monday** evening 6 – 8.30pm at Routes to Health Clydesdale, 1 Wellwood Road, **Lesmahagow** (next to the Jubilee Hall). Confidential sexual health and stress management clinic for young people aged 12 – 20. No appointment necessary.

Every **Thursday** evening 4.30 - 6.30pm at Forth Community Centre, Main Street, Forth.

For more info on any of the above, contact *Healthy Valleys* on 01555 880666.

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