



**Family Swim Buses**

Carstairs Junction      Every Tuesday, leaves Community Hall at 6.40pm. Going to Lanark pool. Participants must pay their own entry fee to the pool.

Rigside                      Every Monday, leaves the shop at 5.15pm. Going to Lanark pool. Participants must pay their own entry fee to the pool. Bus costs £1 per adult, children free.

**Find Out Youth Health Information Project**

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. Closed Public Holidays.

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

Every **Wednesday** lunchtime in the Clydesdale Base, Lesmahagow High School. For school pupils only. Different activities and targeted groups each lunchtime.

**Time Out Youth Counselling**

Counselling and stress management service for young people age 16 - 21. Appointments in Lesmahagow, Forth and Lanark. Phone for referral form.

**Get Active**

Fun and games for primary age kids after school. Kirkmuirhill Leisuredome, Fridays, P1 - P3 3.15 - 4.15pm; P4 - P7 4.15 - 5.15pm. Cost £1.

**Peer Education Project**

Young volunteers age 12 - 25 meet in Lesmahagow on Monday nights to develop their skills and confidence. New members welcome.

**Social Networking Sites**

To keep up to date with everything happening become a friend of Healthy Valleys on Bebo: HealthyValleys1 or Facebook.

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

Healthy Valleys, 31 Stuart Terrace, Rigside, Lanark, ML11 9NN