



JULY PROGRAMME

DROP IN CAFÉ

**Cornerstone House
Centre downstairs
1 Esk Walk (behind Tesco)
Cumbernauld
G67 1BZ**

**Monday &
Thursday
11:00 am - 3pm**

Find out what's on in your local area, health information, special events, activities and talks.

Contact: 01236 610440

Well-informed

Promoting mental health and well-being

Freephone: 0800 073 0918

Email: well-informed@samh.org.uk



CORNERSTONE
HOUSE CENTRE





July in the

Every Monday in July (except 18th July)

THE CRAFTING TRIO

11.00. - 3.00

A TASTER SESSION of knitting, crocheting, card making or what ever takes your fancy.

Monday 4th July

CARERS HOUR Lanarkshire Carers Centre **11.00 - 12.00**

Opportunity to chat with local carer support worker, Bobby McBride

Independence Day Celebration 1.00 till 2.30

Bill Penn will sing an American Medley to celebrate

Pancakes and Maple Syrup **£1.50**

Monday 11th. July

SONGS TO REMEMBER

11.30 - 1.00

Johnnie Muir is back singing songs of 60's, 70's and 80's

DEBT ADVICE

12.30 - 2.30

Paula and Barry NLC share their expertise on money matters

Monday 18th July-

We are closed for 'FAIR Monday'

We wish all our customers a happy, traditional 'Glasgow Fair' Weekend

Monday 25th July

HOSPITAL SUPPORT DISCHARGE PROJECT

11.30 - 2.30

Mark tells of a service for patients & their families after a time in hospital

MASSAGE with MAUREEN

1.00 - 2.30

Maureen makes a special visit — be early to get a session

'Doon the Watter at the Fair'

The Glasgow Fair is a holiday usually held during the second half of July in Glasgow.

'The Fair' is the oldest of similar holidays in other parts of the country and dates to the 12th century.

The Fair's earliest occurrence was in 1190, when Bishop Jocelin obtained permission from King William the Lion to hold the festivities.

Until the 1960s, most local businesses and factories closed on 'Fair Friday' to allow workers and their families to, typically, spend their time in the Firth of Clyde or Ayrshire coast.

A popular trip was going "doon the watter" at the Fair, sailing from the Broomielaw.

If you have been 'Doon the Watter,' you might know this famous boat!!!



Drop IN Cafe



Every Thursday in July

THE CRAFTING TRIO 11.00 - 3.00

A TASTER SESSION of knitting, crocheting, card making or what ever takes your fancy.

MASSAGE with MAUREEN 1.00 - 2.30

Maureen brings us her soothing skills — be early to book a session

Thursday 7th July

THE ALPHA PROJECT 12.30 - 2.00

Hear about their work of support for those 18 to 65 and the Play List Project

HOME FIRE SAFETY Cumbernauld Fire Service 1.00 - 2.00

Our Local Firemen share their expertise on how to keep our homes safe.

Thursday 14th July

NEW AGE KURLING 11.30 - 12.30

Try your hand at this enjoyable, relaxing Game

BENEFIT ADVICE 12.30 - 2.00

Hear from John the support available locally to understand this new scheme

Thursday 21st. July

SONGS TO REMEMBER 11.30 - 1.00

Johnnie Muir is back singing songs of 60's, 70's and 80's

Thursday 28th July

NEW AGE KURLING 11.30 - 12.30

Try your hand at this enjoyable, relaxing Game

EQUAL ADVOCACY PARTNERSHIP 12.30 - 1.30

Liz will talk through your advocacy needs in confidence

BENEFIT ADVICE 12.30 - 2.00

Hear from John the support available locally to understand this new scheme

SHARING ART with HELEN 1.00 - 3.00

A chance to try your hand at a variety of art forms

Bowel Screening in Scotland



All men in Scotland will receive an invitation to take part in bowel cancer screening every two years between the ages of 50 and 74.

If you are aged 75 or over, you can ask for a bowel cancer screening test by calling the **free bowel screening centre helpline on 0800 0121 833.**

As well as sending out bowel cancer screening tests, screening centres are trialling bowel scope screening with some people aged 59-61.

They will then decide whether to roll out this screening to everyone.

For more about bowel cancer screening in Scotland visit the NHS Inform website or call the free bowel screening centre helpline on 0800 0121 833.

STRESS CONTROL

FREE

Stress Control classes will help us develop skills and techniques to manage common issues caused by modern day living such as stress, anxiety or low confidence, which can affect well-being.

The classes are delivered in local community facilities and consist of six sessions lasting 90 minutes each. We will not need to speak about our issues during the class. Just sit back and listen about helpful stress control techniques*. Feel free to bring someone along with you for support.

* **Some of the issues covered during the sessions are:**

- Learning about stress
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Controlling panic & sleep problems
- Wellbeing & controlling the future

To find your nearest class and book a free place phone **0300 303 0447** or email: stresscontrol@lanarkshire.scot.nhs.uk

Alternatively just go along to the class of your choice.

<p><u>CLYDESDALE</u> Carluke Leisure Centre 135 Carnwath Road Carluke ML8 4EA</p> <p>Tues 16th Aug – 20th Sept 6:00pm – 7:30pm</p>	<p><u>HAMILTON</u> Whitehill Neighbourhood Centre 9 Hunter Rd, Whitehill Hamilton ML3 0LH</p> <p>Thurs 18th Aug – 22nd Sept 2:30pm – 4:00pm</p>	<p><u>COATBRIDGE</u> Lecture Theatre Monklands Hospital Monkscourt Avenue Airdrie ML6 0JS</p> <p>Tues 16th Aug – 20th Sept 6:00pm – 7:30pm</p>	<p><u>RUTHERGLEN</u> No 18 Healthy n Happy Farmloan Road Rutherglen G73 1DL</p> <p>Tues 23rd Aug – 27th Sept 2:30pm – 4:00pm</p>
<p><u>MOTHERWELL</u> Hope United Church 98 Orbiston Street Motherwell ML1 1PX</p> <p>Wed 24th Aug – 28th Sept 1:00pm – 2:30pm</p>	<p><u>CUMBERNAULD</u> Town Hall Bron Way Cumbernauld G67 1DZ</p> <p>Wed 7th Sept – 12th Oct 6:00pm – 7:30pm</p>	<p><u>EAST KILBRIDE</u> Lecture Theatre Hairmyres Hospital Eaglesham Road East Kilbride G75 8RG</p> <p>Thurs 15th Sept – 20th Oct 6:00pm – 7:30pm</p>	