Chryston Community Hub 'What's on'

For more information or to book a room space at Chryston Community Hub, please contact the Community Hub Co-ordinator at chrystoncommunityhub@northlan.gov.uk or text 07352741271.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
North Lanarkshire Disability Forum, Disability, Long Term Conditions and ICJ Macmillan Support & information service Providing support and advice for anyone with a disability, cancer diagnosis, long-term condition, or for parents who need support for a child's condition. **Meeting Room 2 every Monday 1pm – 4pm Drop-in service.** Pre-arrange an appointment by calling 01698 275710. **Family Fitness session (Metacubs):** 3.30pm – 4pm in gym hall FREE **Adult Fitness session (Metafit)** 4.15pm – 4.45pm (£5 per session)	**Lanarkshire Association for Mental Health –** MH support sessions: MR, 9am - 12noon Appointments via your GP	**Carers Together Support Service** A friendly team dedicated to supporting unpaid carers in our community. Whether you need advice, a listening ear, or just a friendly face, we're here for you. **Meeting Room 1 every Wednesday 9.30am – 4pm.** Drop in between 9:30am and 4:00pm or call 01698 404055 or Email enquiries@carerstogether.org **Cumbernauld Action for Care of the Elderly** Supporting wellbeing and quality of life for older people – 1.30pm – 4.30pm Tel. 01236 451393	**ADHD Network** Community Room, 9am – 12 noon (every 2 weeks) The service supports adults, parents and families affected by ADHD through: Trauma-informed awareness sessions Group support ADHD group coaching - delivered by an Advanced ICF-trained ADHD coach Contact: 01698 337610 Email: info@adhdnetwork.scot	**Community Health Walk** Join our health walk and get healthy and happy. All ages and walking abilities welcome. Community Room Meeting at 9.30am, our walk **leaves from front entrance/Conference Room every Friday at 9.45am** To join, or for more information Email Josh josh@ourgreenspace.org or ask at Hub reception.		**Project 42 and friends: Music and Arts programme and other community activities – come and get involved!** Art and music therapy to aid in positive wellbeing. Additional fun sessions each week available to the whole family to come along and take part, including Dr Bike and bike loan information. Social Space and Community Room **every Sunday 1.30pm – 3.30pm.** Come along on the day or for more information contact 07369276178
Community Learning Family Support Sessions 9am – 12noon based on issues that come up consistently with parents. Weekly sessions focussing on key areas of: Sleep Scotland / Sleep Action L.I.A.M (Let's Introduce Anxiety Management) Solihull - Understand your child For more information or to join, contact Raymond McCabe Community Learning and Development Worker (Family Learning) Mobile phone: 07929 846943	**Primary Care Occupational Therapy Service** Support, education and advice to help you manage health. **Community Room Tuesday 9am – 4.30pm**. For information, patients can telephone our Hub on 01698 755175. PCOT Hub contact Tel: 01698 755175 Email:occupationaltherapyprimarycareteam@lanarkshire.scot.nhs.uk	**The Wise group – Family support (relational Mentoring)** Meeting room 1 E**very Wednesday 10am – 12noon.** **Active NL Health pathways programme** Community room 10am – 2pm	**Starstruck Musical Theatre 5pm – 9pm** Info @ ChrystonCommunityHub @northlan.gov.uk **2nd Clyde Scout Group** Gym Hall 5 – 8pm (also on Fridays) **The Wellbeing Kitchen** Cooking Lab Cooking and Nutrition sessions Starting 18th June, 3pm – 5pm	**NLC Tackling Poverty Team** We assist with benefit checks, benefit applications and can help with challenging decisions. We can also offer debt and budgeting advice. **Meeting Room 1 every Friday 9am – 4pm** Email TPteam@northlan.gov.uk or call 01698 332551 with name, address, date of birth and telephone number and if available a National Insurance Number and consent for the person to be referred.		
NLC Housing Support Rent enquiries and income maximisation support. **Meeting Room 1 every two weeks 9.am-3pm**.Contact 01236 758010 for information. **Active NL Health pathways programme** Community room 10am – 2pm		**Stress Control Sessions** Learn techniques to control your stress levels Hub 6 sessions over 6 weeks, beginning 8th July 6.30pm – 8pm	**Community Learning Family Support Sessions** Community room 2 – 5pm	**Families Here and Now Service** Provides support for families, which can include emotional and practical support. We can also support individuals within the family, or the full family. **Community Room every Friday 2.30pm – 4.30pm**.Drop in session every Friday		