

# CANCER INFORMATION AND SUPPORT SERVICES



People living with cancer, their friends, family and carers are all welcome to come along and take information leaflets or have a chat with one of our lovely volunteers at our drop-in services.

## Drop-in services

These services are led by our highly trained volunteers who can provide information and support to anyone affected by cancer.

Bellshill Cultural Centre	Tuesday and Friday 11am – 1pm	Hamilton Town House Library	Wednesday 11am – 1pm
Coatbridge Library	Thursday 10am – 12pm	East Kilbride Library	Monday 10am – 2pm
Cambuslang Library From June 2019	Friday 11am – 1pm	Wishaw Library From June 2019	Tuesday 10.30am – 12.30pm
Crossford Village Hall	1st Thursday in every month (except July, Aug, Jan) 10am to 12pm		

## Information points

The information points are based in the libraries and are supported by the library staff who can order any Macmillan literature that may not already be on display.

Biggar Library	Cumbernauld Library	Hamilton Library
Bellshill Cultural Centre	Fairhill Library	Larkhall Library
Chryston Library	Forth Library	Motherwell Library
Cleland Library	Greenhills Library	Wishaw Library

For more information please call our Macmillan Library Co-ordinator **Clare Tiernan** on **01698 332604** or email [macmillan@culturenl.co.uk](mailto:macmillan@culturenl.co.uk)

# MOVE MORE NORTH LANARKSHIRE



People living with cancer and their friends, family and carers are all welcome to register and join any of our Move More activities, which are accessible for adults of all ages and abilities.

## Gentle Movement classes

Gentle Movement is based on Chi Gung, an ancient Chinese practice aligning breathing, physical activity, mental and spiritual awareness.

Bellshill Cultural Centre	Monday 11.15am – 12.30pm
Wishaw Library	Tuesday 1.30pm – 2.30pm
Airdrie Library	Mon 1.30pm to 2.30pm (17 <sup>th</sup> June 2019)
Muirfield Community Centre	Monday 1pm – 2pm (Easy Movers class)

## Circuit classes

Circuit classes are led by specially trained cancer rehabilitation and exercise instructors. They use a variety of simple cardiovascular and strength exercises which are adaptable to provide an individualised physical activity programme.

Bellshill - Sir Matt Busby	Monday 2pm-3:30pm
Coatbridge – Time Capsule	Monday 4pm-5:30pm
Wishaw Sports Centre	Wednesday 1.30pm-3pm
Tryst Sports Centre	Wednesday 2pm-3.30pm
Airdrie Leisure Centre	Thursday 10am-11.30am
Motherwell – Aquatec	Friday 9am-10:30am

## Walking

Cancer-friendly walks are short, sociable walks that provide a supportive, friendly environment encouraging anyone affected by cancer to become more active.

Motherwell Walk	Wed 10.30am, Motherwell Library
The Tryst Walk	Wed 10am, Tryst Sport Centre
Glenboig Walk	Friday 1.30pm, Glenboig Community Centre
Muirfield Walk	Friday 10.30am, Muirfield Community Centre
Maggie's Lanarkshire Walk	2 <sup>nd</sup> Wednesday of the month, 11am, Maggie's Lanarkshire
Bellshill Walk	Friday 10am, Bellshill Cultural Centre
Orbiston, Bellshill Walk	Tues 1pm, Orbiston Neighbourhood Centre
Newarthill Walk	Tues 6:30pm, Newarthill Community Centre
Moodiesburn Walk	Mon 9:15am, Pivot Centre

## Community gardening

The group meet on a Wednesday morning at Summerlee Museum, Coatbridge 10:30-12pm

**To register for Gentle Movement, Circuits, Walking or Community gardening, or to find out more:**

Call us on 01236 341968 (press 2 for active health when prompted) or email [movemore@nleisure.com](mailto:movemore@nleisure.com)