



MARCH 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



CORNERSTONE HOUSE CENTRE



March in the

Every Monday in March

THE CRAFTING TRIO

11.00. - 1.00

A taster session of knitting, crocheting & cross stitch for our Café customers

Monday 6th March

CARERS HOUR Lanarkshire Carers Centre 11.00 - 12.00

Opportunity to chat with local carer support worker, Bobby McBride

CITIZENS' ADVICE BUREAU 12.30 - 1.30

Janice McCormack brings CABs Information & Resources to the Drop IN

SCOTTISH FAMILIES AFFECTED BY ALCOHOL & DRUGS 12.30 - 1.30

Learn of the support available, locally, from Susannah Gallagher, SFAD

Monday 13th March

SONGS TO REMEMBER 12.00 - 1.30

Johnnie Muir will sing songs of 60's, 70's and 80's you can dance to

DEBT ADVICE 12.30 - 2.30

Paula and Barry NLC share their expertise on money matters

Monday 20th March

CARERS HOUR Lanarkshire Carers Centre 11.00 - 12.00

Opportunity to chat with local carer support worker, Bobby McBride

HOME FIRE SAFETY Cumbernauld Fire Service 12.15 - 1.15

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

MASSAGE with MAUREEN 1.00 - 2.30

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

BILL PENN SINGS 1.00 - 2.30

And we can join in and ... dance too. A foot tapping session

Monday 27th March

HOSPITAL SUPPORT DISCHARGE PROJECT 11.30 - 2.30

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

If you are affected by Visual Impairment then here is a date for you

Thursday March 2nd 11.30 till 2.30

In the Drop IN Café, on the 2nd March, several organisations will be chatting about the opportunities and resources they can offer locally.

Cumbernauld Visually Impaired Group (Visibility),

VanL - Sensory Impairment Team,

Cultural NL - Visually Impaired Reading Groupand others

Come along and find out for yourselves what is on offer locally.

Drop IN Cafe



Every Thursday in March

THE CRAFTING TRIO 11.00 - 3.00

A taster session of knitting, crocheting & cross stitch for our Café customers

MASSAGE TO HEALTH 1.00 - 2.30

Maureen Demonstrates — be early to get a session

Thursday 2nd March

VISUAL IMPAIRMENT AWARENESS DAY 11.30 - 2.30

Local & National Groups share their experiences and resources

THE ALPHA PROJECT 12.30 - 2.00

Hear about this important service of support for those 18 to 65

HOME FIRE SAFETY Cumbernauld Fire Service 2.00 - 3.00

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

Thursday 9th March

PROSTATE CANCER LANARKSHIRE 1.00 - 2.30

Neil Armstrong chats about the support offered locally and the Maggie Centre

Thursday 16th March

PETER & FRIENDS PLAY SONGS OLD & NEW 12.00 - 2.00

Peter & Friends entertain with some of our favourite songs - a first visit

Thursday 23th March

SONGS TO REMEMBER 12.00 - 1.30

Johnnie Muir sings songs of 60's, 70's and 80's

EQUAL ADVOCACY PARTNERSHIP 12.30 - 1.30

Liz will talk through your advocacy needs in confidence

Thursday 30th March

WELL INFORMED 12.30 - 1.30

David will chat about the information & support available for Mental Well Being

BILL PENN SINGS 1.00 - 2.30

And we can join in and ... dance too. A foot tapping session

Calling All Men - Young and Mature!!

Prostate Awareness Month



Hot Spot Information table will have leaflets about **Prostate Cancer** and the local Support Group which meets in the Maggie Centre at Monklands Hospital.

Neil Armstrong, Prostate Cancer Lanarkshire, will be in the Drop In Café

Thursday 9th March 1.00 till 2.30

to share his experiences and encourage our men folk to take action now !!

This is **GOOD NEWS for Men** if they act early!!

KILSYTH DEMENTIA SUPPORT GROUP

DROP IN CENTRE

WHEN

Every Wednesday
1.00pm—4.00pm
from 8th March

WHERE

St. Patrick's Church Hall Kilsyth
1 U.P. Lane, Kilsyth G65 0BQ

FEATURING • **carpet bowls** • dominos •
arts & crafts • gardening • **light exercise** •
walking group • **quiet room** • music etc.

**FOR - THOSE
WITH DEMENTIA
DIAGNOSIS ,
THEIR FAMILIES
AND FRIENDS**

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& BISCUITS
AVAILABLE FOR A
SMALL CHARGE**

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