

Langholm

Langholm Day Centre

Langholm Community Centre

Monday to Friday 10.00 am to 4.00 pm

Lunch served at 12.30 pm

For further information contact 013873 80185

Langholm Probus Club

Eskdale Hotel, Langholm

1st and 3rd Wednesday 10.00 am to 11.30 am

Contact Andrew Little on 01387 371211

Time Banking Coffee Morning

Blue Moon, Langholm

1st Friday every month 10.30 am - 12 noon

Contact Liz Forsyth 01461 207728

Langholm Support In Mind

Thomas Hope Hospital

Last Thursday of each month—2.30 pm to 4.30 pm

Contact Liz Paton on 01461 204975

Langholm Cardio Club

Eskdale Sports Centre, Langholm

Thursday 9.30 am to 10.30am

Contact Liz Forsyth on 01461 207728

Other Courses and Programmes Available in Annandale and Eskdale

Lets Cook Programme * Fun Families Programme * STEPS * Ipad Training
Confidence Building *Child and Adolescent Mental Health
*Alcohol Awareness

Activity Guide

What's on in your area.....



DUMFRIES AND GALLOWAY
Health and Social Care

Working in Partnership with
the Third and
Independent Sectors



Autumn 2016 Edition

**For any additions or amendments to this
Activity Guide, please contact the
Health Improvement Team
Tel: Annan 01461 207728**

Annan

Annan Day Centre

Market Hall, Annan

10.00 am to 2.00 pm

Mondays, Tuesdays, Wednesdays, Fridays

A hot healthy lunch and activities for individuals aged 60 and over.

Contact Emma Irving 07522 740842

Annan Old Parish Friendship Club

Annan Old Parish Church Hall, Scott Street, Annan

Monday 12.30pm to 2.00pm (fortnightly, term time)

Contact Pat Jardine - 01461 203618 or

Jean Murchie - 01461 204400

Art and Craft Group

Nursery Place Resource Centre, Annan

Mondays 2.00 pm to 3.30 pm

Contact Susan or Liz on 01461 204975

Parkinson's Support Group

Nursery Place Resource Centre, Annan.

Last Tuesday of every month, 2.00pm to 4.00pm

Contact Steven Richardson on 01786 433811

United Reformed Church, Annan

Knit and Natter

Tuesdays 10.00 am to 12 noon

Indoor Games

Tuesdays 2.00pm to 4.00pm

For further information on these and other groups at the Church
contact Edith Woodman on 01461 204715

Beattock

Beattock Activity Group

Village Hall

Tuesday 10.00 am to 12 noon

Contact Mary Brown 01683 300451

Beattock Lunch Club

Village Hall

Thursday commences 12noon

Contact Mary Brown 01683 300451

Beattock Sewing and Knitting Club

Village Hall

Every Wednesday 1.00pm-3.00pm

October-April

Contact Janet Little 01683 300422

Canonbie

Canonbie Probuc Club

Cross Keys Hotel, Canonbie

2nd and 4th Wednesday 10.00 am to 12 noon

(not August) Contact Peter McManus

Via 01461 207728

Eaglesfield

Weekly Walk at Eaglesfield

Meet at Eaglesfield Church

Every Tuesday at 1.30pm

Contact Karen Robertson 01461 207050

Ecclefechan

Ecclefechan Day Centre

Community Centre, Ecclefechan

Monday to Friday 9.00 am to 4.00 pm

Lunches served daily at 12 noon

Contact Allison Menzies on 01576 300227

Ecclefechan Day Centre

Welcomes Chris

Come along and make nice things

Thursday 29th September 1.30pm to 3pm

Thursday 27th October 1.30pm to 3pm

Moffat

Forget-me-not Lunch Group

Moffat House Hotel, Moffat

First Monday of every month 12.00pm to 2.00pm

Contact Helen Smith on 01387 261303

Tea & Tennis

Beechgrove Leisure Centre, Moffat

Every Monday 1.00pm to 2.00pm

Contact Darren Bryan on 01461 204741

Weekly Walk - Moffat

Green Frog, Moffat

Every Wednesday 10.00 am

Contact Karen Robertson 01461 207050

Friday Club

Moffat Town Hall

Every Friday 10.00am to 2.30pm

Lunch and various speakers and activities

Contact Jane McCulloch 07743 062618

Annan

Mens Den

The Shed, Lady Street, Annan

Second Tuesday of each month 2.00 pm to 3.45 pm

Contact Ian Woodhouse on 07517 660553

Forget-Me-Not Lunch Group

Queensberry Hotel, Annan

Last Wednesday of every month 12.00pm to 2.30pm

Contact Helen Smith on 01387 261303

Tea & Tennis

Seaforth Tennis Courts, Annan

Every Wednesday 10.15 am to 11.15 am

Contact Darren Bryan on 01461 204741

Annan Probus Club

The Bruce, Annan

Every 2nd and 4th Wednesday of the month at 10.30 am

Contact Jack Houston 01461 202691

Hale and Hearty Club

Annan Hospital Physiotherapy Gymnasium, Annan

Every Wednesday at 3.00 pm

Contact Liz Forsyth on 01461 207728

Walking Football

Annan Athletic Football Club

Wednesday 1.30pm to 3.30pm

Contact Darren Bryan 01461 204741

Football Reminiscence Group

Annan Athletic Football Club

Last Thursday of every month 2.00pm to 3.30pm.

Contact Helen Smith on 01387 261303

Annan

Timebanking Coffee Morning

ARC,Ednam Street,Annan

2nd Friday of month 10.00am - 12 noon
Contact Liz Forsyth on 01461 207728

Capability Scotland Lunch Club

Queensberry Hotel, Annan

Last Thursday of the month 12.30pm to 2pm
Contact Susan Thompson 07764 896085

Capability Scotland Activities Group

The Beacon, Bank Street, Annan

First Wednesday of the month 1pm to 3pm
Contact Susan Thompson 07764 896085

New Horizons

Nursery Place Resource Centre, Annan
Last Thursday every month 10.30 am to 12 noon
Contact Gail Copeland 01461 207728

Annan Old Parish Church and St Andrew's Parish Church

Bereavement Support Drop in Cafe

The Beacon, Bank Street, Annan

First Wednesday of the month between 10am and 11.30am
Contact Alasdair Campbell on 01461 758641

Kate's Kitchen Creative Craft Group

The Beacon, Bank Street, Annan

10am—2pm every Friday
Contact 01461 206444

Lockerbie

Lockerbie Senior Citizens Lunch and Activity Club

Salvation Hall

Tuesday 12.15pm to 2pm

Transport available

Contact Kathryn Normanton on 01576 202859

Activity Group

Dryfesdale Hall

Every 2nd Tuesday commencing 20th September
2pm to 4pm all welcome

Contact Elma Brockbank on 01576 202665

Lockerbie Crookmakers

Contact Julie 07753 709058

Alan 01387 810969

Lockerbie Pickleball Club

Lockerbie Town Hall

Wednesday 1pm to 3pm

Tuesday and Friday 6.30pm to 8.30pm

Contact Colin Howe on 01387 810009

Johnstonebridge

Johnstonebridge Lunch Club

Johnstonebridge Centre, Johnstonebridge

Every Wednesday 12.15 pm to 2.15 pm

Contact Fred Dale 01576 470602

Or Jacky Taylor 01576 470662

Lockerbie

Chest, Heart & Stroke Group

Comrades Club, 2-6 High Street, Lockerbie

Every 2nd and 4th Wednesday of the month 10am to 12noon
Contact Shirley Copeland 01576 202847

Lockerbie and Lochmaben Mens Shed

Portacabin, Rostrum Site, Lochmaben

Wednesday and Friday 2.00 pm to 4.00 pm
Contact Colin Howe 01387 810009
or Ken Harvey 07511 024394

Lockerbie Carer Support Group

Townhead Hotel, Lockerbie

2nd Thursday of every month 10.30am to 12.00pm.
Contact Helen Smith on 01387 261303

Lockerbie Retired and Independent Ladies Club

Lockerbie Town Hall

1st and 3rd Thursday of every month 10.15am
Contact Margaret Bell 01576 203019

Time Banking Coffee Mornings

Dryfesdale Church Hall, Lockerbie 4th Friday of month
10.00am - 12.00pm Contact Liz Forsyth 01461 207728

Walking Football

Mid Annandale AFC

King Edward Park

Starts 27th September starts 1.15pm
Contact Darren Bryan on 07919545783 for more information

Lochmaben

Sing 4 Fun

Lochmaben Church Hall, Lochmaben

Mondays 7.30 pm to 9.00 pm £1.50
Contact Jenny Agnew 01387 811632
Or Sheila Wade 01387 810791

Lochmaben Senior Citizens Friendship Group

Portacabin, Lochmaben Primary School

1st Wednesday of the month 1.30pm to 3.15pm
(excluding July, August and January)
Contact Mary Ross 01387 810256
or Pauline Davis 01387 810747

Lockerbie and Lochmaben Mens Shed

Portacabin, Rostrum Site, Lochmaben

Wednesday and Friday 2.00 pm to 4.00 pm
Contact Colin Howe 01387 810009
or Ken Harvey 07511 024394

Tea & Tennis

Lochmaben Leisure Centre

Every Thursday 1.00pm—2.00pm
Contact Darren Bryan 01461 204741

Lochmaben Lunch Club

Portacabin, Stanedyke, Lochmaben

Thursdays 12.30 pm to 2.30 pm
£2 to join club, £2 for lunch
Contact Eleanor Kennedy 01387 810657

Eastriggs

Women of the World Group (WOW)

Eastriggs Social Club, Eastriggs

Every Friday 9.30am to 12.00pm
Contact Marilyn Bell on 07833 479300

Lunch Club

Nelson House, Eastriggs

Every Thursday 12.15pm
Contact Shirley Johnstone on 01461 40410

Gretna

Gretna Day Centre

Richard Greenhow Centre, Gretna

Monday to Friday 9.00 am to 4.00pm
Lunches served daily at 11.45am
Monday Tea Dance 1.30pm to 3.30pm
Tuesdays Asda shopping (fortnightly) 1pm
Tuesdays Activities club (fortnightly) 1pm to 3.30pm
Wednesday Whist Drive 7.30pm start
Thursday Asda Shopping (weekly) 1pm
Friday Bingo 1.15pm start
New members always welcome
For further information contact 01461 337919

Coffee Morning

All Saints Church, Annan Road, Gretna

Every Wednesday morning 10am—12noon
Contact Julie Park on 07714250447

Coffee and Chat at Stormont Hall Gretna Green

Every Monday, September to April 1.30pm—3pm £1
Contact Mrs Isabell Tranter 01461 337267

Gretna

Games Afternoon

Gretna Old Parish Church Hall

Every second Thursday of the month 1.30pm - 3.00pm
Contact Alasdair Campbell on 01461 758641

Timebanking Coffee Mornings

Richard Greenhow Centre, Gretna

Every third Friday of the month 10.30 am to 12 noon
Contact Liz forsyth on 01461 207728

Creative Writing / Reading Group

CLD Room, Richard Greenhow Centre , Gretna

Alternate Mondays 10am to 12noon
(creative writing on 1st August)
Contact Marilyn Bell on 07833 479300

Springfield & Gretna Carpet Bowls

Stormont Hall, Gretna Green

Tuesday 7pm to 9pm £2
Contact gtoneeye@talktalk.net

Tai Chi for Beginners

Richard Greenhow Centre, Gretna

Friday 11.40 to 12.40
Contact Angela Graham on 07808503091

Cummertrees

Friendship Group

Cummertrees Village Hall

First Monday of every month 2.00pm to 4.00pm
Contact Jennifer Squires on 01461 700355