

Headway South Lanarkshire **Dates for your Diary**

September 2009	
Tues 1 st	Horse Riding and Grooming 10am – 12 midday. Hamilton Support Group 6-8pm Management Committee Meeting 6.30-7.30pm
Wed 2 nd	Lanark Support Group meeting 6pm-8pm
Thursday 3 rd	Monthly Lunch – Hupp Lee, Merry Street, Motherwell 12.30pm
Monday 7 th	Cognitive skills session at Newberry Rooney Centre, 1.15 – 4pm
Tuesday 8 th	Horse riding and grooming 10am-12 midday Hamilton Support Group 6pm-8pm Survivors confidential support session 7pm – 8pm
Monday 14 th	Cognitive Skills session, Newberry Rooney Centre, 1.15 - 4pm
Tuesday 15 th	Horse riding and grooming, 10am – 12.30pm Hamilton Support group 6pm – 8pm Carers confidential support forum 7 – 8pm
Wednesday 16 th	Lanark support group meeting 6 – 8pm
Monday 21 st	Cognitive skills session, Newberry Rooney Centre 1.15 – 4pm
Tuesday 22 nd	Horse riding and grooming 10am – 12 midday Hamilton Support Group 6 – 8pm
Tuesday 29 th	Horse riding and grooming 10am – 12 midday Hamilton Support group 6 – 8pm Visitors from Headway Forth Valley will join us this evening.
Wednesday 30 th	Lanark Support Group meeting 6 – 8pm

October 2009	
Monday 5 th	Cognitive skills session, Newberry Rooney Centre 1.15 – 4pm
Tuesday 6 th	Hamilton support group 6 – 8pm Management committee meeting 6.30 – 7.30pm
Tuesday 13 th	Hamilton support group 6 – 8pm **CARERS CONFIDENTIAL SUPPORT FORUM 7 – 8pm – NOTE CHANGE OF DATE**
Wednesday 14 th	Lanark support group meeting 6 – 8pm
Monday 19 th	Cognitive Skills session, Newberry Rooney Centre, 1.15 – 4pm
Tuesday 20 th	Hamilton group meeting 6 – 8pm Survivors support group welcomes a visiting speaker who will present an ASSERTIVENESS TRAINING SESSION 6.15 – 8pm
Monday 26 th	Cognitive skills session, Newberry Rooney Centre, 1.15 – 4pm
Tuesday 27 th	Hamilton support group 6 -8pm Halloween Party – come in fancy dress! Prizes! Games!
Wednesday 28 th	Lanark support group meeting 6 – 8pm

November 2009	
Monday 2 nd	Cognitive Skills session, Newberry Rooney Centre, 1.15 – 4pm
Tuesday 3 rd	Hamilton Support Group Meeting 6 – 8pm Management Committee Meeting 6.30 – 7.30pm
Monday 9 th	Cognitive Skills session, Newberry Rooney Centre, 1.15 – 4pm
Tuesday 10 th	Hamilton Support Group 6 – 8pm Survivors confidential support group 7 – 8pm
Wednesday 11 th	Lanark support group meeting 6 – 8pm
Monday 16 th	Cognitive skills session, Newberry Rooney Centre 1.15-4pm
Tuesday 17 th	Hamilton Support Group 6 – 8pm Carers confidential support forum 7 – 8pm
Monday 23 rd	Cognitive skills session, Newberry Rooney Centre, 1.15 – 4pm
Tuesday 24 th	Hamilton Support Group 6 – 8pm Visiting speaker : Healthy Eating on a Budget, Cookery Demonstration and tasting!
Wednesday 25 th	Lanark support group meeting 6 – 8pm
Monday 30 th	Cognitive Skills Session, Newberry Rooney Centre, 1.15 – 4pm

Monthly Lunch dates for October and November still to be arranged.

If you require further information on any of the arrangements please contact:

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