

Upcoming Events

October 2025

What's On Weekly...



Monday

Sit Fit

10.15am - 11am

Ally Bally Boogie Baby (for age 0-3)

11.30am - 12.15pm

Kids Art Class

4pm - 5pm

All at No.18 Venue,
Farmeloan Road, Rutherglen



Tuesday

Guided Ride (cycling for adults)

The Bothy, Cuningar Loop, Rutherglen
10am - 12pm

**** TUES 7 OCT ONLY - 1pm - 3pm ****

Baby Cafe Fernhill

Fernhill Community
Centre, Auchinlarie
Drive, Rutherglen,
10am - 11.15am



Wednesday

Ally Bally Beats

No.18 Venue, Farmeloan Road,
Rutherglen
10am - 10.45am (Toddlers)
11.15am - 12pm (Babies)

Growing Club

Clydesmill Community Fire Station,
Cambuslang, 10am - 12.30pm

Walk Way Us

West & Wardlawhill
Church, Western Ave,
Rutherglen, 12.15pm -
1.45pm



Dancercise Rutherglen

No.18 Venue, Farmeloan Road,
Rutherglen
1pm - 1.45pm

Thursday

Baby Cafe Rutherglen

No.18 Venue, Farmeloan Road,
Rutherglen, 9.30am - 10.45am

Coffee Afternoon

No.18 Venue, Farmeloan Road,
Rutherglen, 12.30pm - 1.30pm

Drumtastic Fitness Class

No.18 Venue, Farmeloan
Road, Rutherglen
1.15pm - 2pm



Friday

Baby Cafe Cambuslang

Cambuslang Parish Church, Arnott Way,
Cambuslang
9.30am - 10.45am

Dancercise Cambuslang

Cambuslang Parish Church, Arnott Way,
Cambuslang
11.30am - 12.15pm

Monthly Carers Conversation Cafes

Take time out for you, with a cuppa and chat:

Mon 6 Oct: 6pm - 7.30pm - Teabay Cafe,
Cambuslang

Tue 28 Oct: 12.30pm - 2pm - Eastfield
Community Centre, Cambuslang

Call Janice on 07846 866178 for more
info

Energy Advice Drop-ins

**** REGULARLY IN
CAMBUSLANG &
RUTHERGLEN ****

Call/text **07460 912709**
to find one near you!



PLUS...

Monday + Tuesday 13 + 14

Kids Art Camp

Get creative during the October week
holiday with our 2 day Art Camp!
Number 18 Venue, Farmeloan Road,
Rutherglen, G73 1DL, 10am - 2pm

Tuesday 14

Self Harm Workshop

Support someone at risk of self harming. In
partnership with Self Harm Network.
Number 18 Venue, Farmeloan Road,
Rutherglen, 4pm - 7pm

Wednesday + Thursday 16 + 17

ASIST Training

Learn vital skills to support others and
prevent suicide
The Bothy, Cuningar Loop, Rutherglen,
9am - 5pm

Monday 20

Antenatal Course

Prepare to meet your baby - 4 week course
No.18 Venue, Farmeloan Road, Rutherglen
6.30pm - 8.30pm

Thursday 23

Baby Massage

Learn to massage your baby, over 4 weeks
No.18 Venue, Farmeloan Road, Rutherglen,
11am - 11.45am

Activities in Rutherglen Exchange

See us at Rutherglen Exchange Shopping
Centre, Main Street, Rutherglen

Fri 24 Oct, 10am - 12pm - Digital Support
Drop-In

Wed 29 Oct, 3pm - 4.30pm - Kids Halloween
Treasure Hunt

**For all our activities, check out
our What's On page online**

Find out more – call 0141 646 0123 or email enquiries@healthynhappy.org.uk

Book activities online via our What's On page:

www.healthynhappy.org.uk/whatson