

# Upcoming Events

## September 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 2 SEPT ONLY -  
1pm - 3pm \*\***

## 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 1 Sept: 6pm - 7.30pm - Teabay  
Cafe, Cambuslang

Tue 30 Sept: 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](tel:07460912709) to  
find one near you!



## PLUS...

### Tuesday + Wednesday 3 + 4 Scottish Mental Health First Aid Training

Confidently support someone in crisis.  
Attendance to both sessions is required.  
CTEC Building, Main Street, Cambuslang,  
9.30am - 4.30pm

### Wednesday 3 Maternal Journaling

Relaxed 4-week writing course for Mums  
No.18 Venue, Farmeloan Road, Rutherglen,  
7pm - 9pm

### Thursday 4 Baby Massage

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

### Tuesday 9 Carers Serenity Sound Bath

Superb soothing sound bath for carers  
Cambuslang Institute, 37 Greenlees Road,  
Cambuslang, 8.30pm - 9.30pm

### Friday 12 Harvest Hoedown

Join us to celebrate our harvest in style!  
Clydesmill Community Fire Station,  
Westburn Drive, Cambuslang, 5pm - 8pm

### Thursday 25 Healthy n Happy's AGM

Celebrate the last year with games & music!  
Whitlawburn Community Resource Centre,  
47 Belmont Road, Cambuslang, 4pm - 7pm

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](mailto:enquiries@healthynhappy.org.uk)

Book activities online via our What's On page:

[www.healthynhappy.org.uk/whatson](http://www.healthynhappy.org.uk/whatson)

number   Community Development Trust

 CamGlen  
Radio  
107.9FM

Healthy n Happy

Healthy n Happy Community Development Trust Charity No. SC032654