

#### Contact Details

If interested in any of the activities please contact the BHC team who will provide further details and advise whether a space is available.

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Nith Buildings  
Kelloholm, Sanquhar  
DG4 6RX

Tel: 01659 67701 or 07500856792

*"I love the walking group. It gives me something to look forward to and we all walk at our own pace."*

*"I like the chance to sit and talk with people that are interested in me. I don't keep well and I know I'm always welcome."*



#### Tuesday

**Hard of Hearing Drop In** - Nith Buildings, Kelloholm  
(last Tuesday of every month)  
Re-tubing and cleaning of hearing aids, advice on hearing aid problems and equipment.

#### Wednesday

**Lifestyles** - Hillview Leisure Centre, Kelloholm  
Light exercise sessions to improve health and wellbeing

**Art Group**—Nith Buildings, Kelloholm  
An informal group for all abilities

#### Thursday

**Thursday Drop In Lunch Group** - Nith Buildings, Kelloholm  
Long Term Condition & Self Management support. A chance to chat and have lunch together.

**Sanquhar Criss Cross** - Nigel Henderson Court Sanquhar  
A chance to learn and develop your stitching skills and meet new people.

**Sanquhar Art Group**—Pensioners Hall.  
An informal group for all abilities

#### Friday

**Walking Group** - Nith Buildings, Kelloholm,  
Short volunteer led walks, it is a great way to chat, meet people and get some fresh air.

**Beginners Tai Chi** - Miners Hall, Kirkconnel  
An effective and gentle relaxation activity for a healthy mind and body.

**Tai Chi** - A' The Airts, Sanquhar

**Please note - there is a small charge for each activity to cover the cost of venues and/or material**

## Upper Nithsdale Up and Coming Activities & Initiatives

### Kreative Korner

Creative activity sessions, including music, arts and crafts and creative cooking at various times and locations across Kirkconnel and Kelloholm.  
(funded by Kirkconnel and Kelloholm Decide)



### Crafternoons

Are you interested in crafting...if so let us know and we can develop sessions in your community.

### Upper Nithsdale Area Partnership

Are you interested in becoming more involved and active in your community?

We are looking for local people who want to have a voice , work together and make positive changes to the area they live in.

### Community Activities & Events

We are always looking for help to organise and deliver a variety of fun community events and activities including Kirkconnel & Kelloholm Xmas Lights switch on, Day of the Region, awareness raising events, fundraising and social opportunities...and of course our annual Open Day.

In addition there is an opportunity to volunteer or participate in wellbeing and personal development & learning programmes.  
Please contact us for latest details