



STRATHTAY & HIGHLAND WELLBEING FESTIVAL

Monday 23 September - Saturday 28 September

pkc.gov.uk/whatsoncld

pick up a brochure locally or call 01738 459701 for info

Free events in your area....

Mindful Monday	Monday 23 Sept, 10 - 11.30am Call 017380 459701 to book	Birnam Arts Centre
IT Computer Skills Drop – In	Monday 23 Sept, 10am - 12 noon No booking required	Birnam Arts Centre
Stanley Exercise Group	Monday 23 Sept, 10 - 11am No booking required	Stanley Village Hall
Food Hygiene Certificate	Monday 23 Sept, 12 noon - 4pm Call 01738 459701 to book	Birnam Arts Centre
Stanley Men's Shed	Tuesday 24 Sept, 1 - 4pm Thursday 26 Sept, 1 - 4pm No booking required	East Lodge, Stanley Mills
Cycling Without Age	Wednesday 25 September, 10 - 3pm Email to book contact@weststormontwoodlandgroup.org.uk	Taymount Woods, Stanley Transport available
Heart for Art	Wednesday 25 Sept, 10.30am - 12.30pm Call 01324 718674 to book	Bankfoot Church Centre
Mental Health First Aid Workshop	Wednesday 25 Sept, 11.30am - 3pm Call 01738 459701	Birnam Arts Centre
Pop – Up Climate Cafe	Tuesday 24 Sept, 6.30 - 8.30pm No need to book	Birnam Arts Centre
Knit & Natter	Wednesday 25 Sept, 2.30 - 4pm No need to book	Stanley Bowling Club
Recycle & Rediscover Family Fun	Wednesday 25 Sept, 4 - 5.30pm No need to book	Luncarty Memorial Hall
Stride for Life Health Walks	Wednesday 25 Sept, 1.30pm, Birnam Thursday 26 Sept, 10.30am, Bankfoot Friday 27 Sept, 10am, Stanley No need to book	Willowbank Lounge, Servite House, Birnam Bankfoot Church Centre Old Post Office, Stanley
Singing Group	Thursday 26 Sept, 11am - 12 noon No need to book	Bankfoot Church Centre
Playlist For Life	Thursday 26 Sept, 12.30 – 1.30pm No need to book	Bankfoot Church Centre
Luncarty Alive	Friday 27 Sept, 10 – 11am No need to book	Luncarty Church Hall
Exploring Culture in Stanley	Friday 27 Sept, No need to book Guided walk 10am–11.30am Activities from 1pm – 3pm	Walk, meet at Stanley Store Activities, at Stanley Mills

