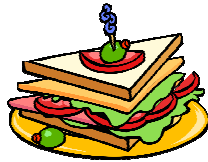
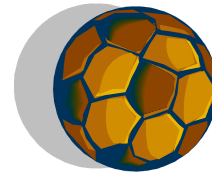
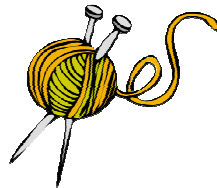


Activity Guide

Annandale and Eskdale



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Working in Partnership with the
Third and Independent Sectors



2019 Edition

Annan

Annan Day Centre

Market Hall, Annan

Mondays, Tuesdays, Wednesdays, Fridays

From 10.00 am to 2.00 pm

(Also available Foot Care, Meals on Wheels and Help at Home)

Contact Emma Irving 07522 740842

Annan Old Parish Friendship Club

Annan Old Parish Church Hall, Scott Street, Annan

Monday 12.30 pm to 2.00 pm (fortnightly, term time)

Contact Pat Jardine - 01461 203618 or

Jean Murchie - 01461 204400

Parkinson's Support Group

Nursery Place Resource Centre, Annan.

Last Tuesday of every month 2.00 pm to 4.00 pm

Contact Kay Eggleton on 01461 205113

Positive Steps for Parkinson's

Campbell House, Tweedie Terrace, Annan

Every second Tuesday of the month 1.30 pm to 2.30 pm

Please contact Erin before attending the group

Contact Erin Trail on 07798 572585

Knit and Natter

United Reformed Church, Annan

Tuesdays 10.00 am to 12 noon

Contact Edith Woodman on 01461 204715

Indoor Games

United Reformed Church, Annan

Tuesdays 2.00 pm to 4.00 pm

Contact Edith Woodman on 01461 204715

Annan

Forget-Me-Not Lunch Group

The Anglers, Annan

Last Wednesday of every month 12.00 noon to 2.00 pm
Contact Helen Cook on 01387 261303

Annan Probus Club

The Bruce, Annan

Every 2nd and 4th Wednesday of the month at 10.30 am
Contact Jack Houston 01461 202691

Hale and Hearty Club

Annan Hospital Physiotherapy Gymnasium, Annan

Every Wednesday at 3.00 pm (please contact before attending)
Contact Joe Massie on 01576 300698

Walking Football

Annan Athletic Football Club

Wednesday 1.30 pm to 3.30 pm
Contact Darren Bryan 01461 204741

D&G Hard of Hearing Group

St Andrews Church Hall, Annan

Fourth Monday of each month 10.00 am to 12.00 noon
Contact Sian Woolner on 07896 342878
and also at

North Surgery, Greencroft Wynd, Annan

Second Tuesday of each month 10.00 am to 12.00 noon
Contact Sian Woolner on 07896 342878

Annan Amateur Art Club

Annan Athletic Football Club, Annan

Wednesday 2.00 pm to 4.00 pm (October to April)
Contact Jack Newell on 01461 203905

Annan

Capability Scotland Lunch Club

Various Locations (please call for details)

Last Thursday of the month 12.30 pm to 2.00 pm

Contact Susan Thompson 07764 896085

Capability Scotland Activities Group

The Beacon, Bank Street, Annan

First Wednesday of the month 1.00 pm to 3.00 pm

Contact Susan Thompson 07764 896085

Capability Scotland Cinema Group

Annan Cinema

3rd Wednesday of each month at 1.30 pm

Contact Susan Thompson 07764 896085

Annan Sensory Support Group

Queensberry Hotel, Annan

Third Tuesday of every month from 1.30 pm to 3.00 pm

Contact Visibility D&G on 01387 267131

Walk and Talk Group

From Annan Library, Town Hall, Annan

Every Wednesday at 1.30 pm

Contact DG Customer Services on 01461 204914

Book Group

Annan Library, Town Hall, Annan

Every Monday from 5.30 pm to 6.30 pm

Contact DG Customer Services on 01461 204914

Kinship Carers Support Group

Kate's Kitchen, Annan

2nd Wednesday of month 9.30 am to 11.30 am (term time only)

Contact Kinship Care Service 0300 3034321

Annan

Chest, Heart and Stroke Group (referral only)

Annan Bowling Club

1st and 3rd Wednesdays each month 10.00 am to 12 noon
Contact James Cook 01387 373719

Annan Employability Hub

Cyber Centre, Town Hall, Annan

Every Friday 12.00 noon to 3.00 pm
Contact 07709 479648

Anava Ladies Singing Group (term time only)

Performing Arts Centre, Annan Academy

First, Second and Fourth Wednesdays from 7.00 pm to 9.00 pm
Contact Marion Seaton on 01461 202939

Sewing and Quilting Group

Annan Bowling Club

2nd and 4th Wednesdays of each month 10.00 am to 12 noon
Contact Margaret McCallum 01461 202104

Craft and a Cuppa

Mad Notions, Bruce Street, Annan

Every Friday 1.00 pm to 4.00 pm
Contact Laura on 01461 758383

Annan Rotary Club

Queensberry Hotel, Annan

Every Tuesday at 6.00 pm
Contact Graham Simons on 01461 201486

Alzheimer Scotland Carers Support Group

Meeting Room, Annan Hospital

Last Friday of each month 10.30 am to 12.30 noon
Contact Mandy Cowan on 01387 261303

Annan

Sky's The Limit Women's Group

Victoria Halls, Annan

Fortnightly, Tuesdays (not summer) 10.30 am to 12.30 pm

Contact Alison Murgatroyd on 07827 860408

Tuesday Tots

(for parents of children under 1 year old)

United Reformed Church Hall, Annan

Every Tuesday from 10.00 am to 11.30 am (term time only)

Contact Health Improvement Team on 01461 207728

Annan Harbour Action Group

Boat Building

Unit 1A, Silverlaw Industrial Estate, Annan

Monday 10.00 am Wednesday 2.00 pm Friday 10.00 am

Annan Coastal Rowers

Slipway, Annan Harbour

Usually held on Sundays—please phone for times

Men's Shed

Unit 1A, Silverlaw Industrial Estate, Annan

Every Thursday 1.30 pm to 4.00 pm

Dingy Sailing

Slipway, Annan Harbour

From Easter 2019—tuition for all ages

Youth Sessions

Unit 1A, Silverlaw Industrial Estate, Annan

Small Group Sessions by Arrangement

**For all activities please contact Alan Thomson
01461 758210 or ahagharboufficer@gmail.com**

Annan

Arts and Crafts Group

United Reformed Church Hall, Annan

Second Wednesday of each month 2.00 pm to 4.00 pm

Contact Health Improvement Team on 01461 207728

Annan Seaforth Tennis Club

Monday

Adult Development /Improvement 6.00 pm to 7.00 pm

Adult Cardio 7.00 pm to 8.00 pm

Tuesday

Wheelchair Tennis 10.30 am to 11.30 am

Junior Coaching (5-9 years) from 5.00 pm to 6.00 pm

Junior Coaching (10+ years) 6.00 pm to 7.00 pm

Adult Xpress 7.00 pm to 8.00 pm

Wednesday

Tea and Tennis (Over 50s) 10.00 am to 11.00 am

Silver Servers (Men Only) 11.00 am to 12.00 noon

Sunday

Junior Coaching (5 to 9 years) Sundays 10.30 to 11.30 am

Juniors (10+ years) Sundays 11.30 am to 12.30 pm

Family Fun Session Sundays 12.30 pm to 1.30 pm

Disability Tennis Every Sunday 1.30 pm to 2.30 pm

Adult Cardio Sundays 3.00 pm to 4.00 pm

For all activities contact Theresa on 07917 682925

Or visit <https://clubspark.lta.org.uk/AnnanSeaforthTennisClub>

Kate's Kitchen

**The Beacon, 2– 4 Bank Street, Annan
Contact 01461 206444**

Creative Arts and Crafts and Lunch
Every Friday from 10.00 am to 2.00 pm

Drop In—Breakfast and Lunch
Tuesdays and Thursdays 10.00 am to 2.00 pm

Gardening and Healthy Eating Group
Wednesdays 10.00 am to 2.00 pm

Pop-Up Date's Kitchen in Lockerbie and Langholm
Please call 01461 206444 for further information



Annandale and Eskdale where we share the job of making our communities the best place to live active, safe and healthy lives by promoting independence choice and control making the best use of what we have. Membership is FREE and open to all individuals, groups and organisations.

Multiple benefits including support from a wide range of partners; access to resources (people, knowledge experience and physical resources); information and training opportunities and free publicity for events and activities.

For more information find us at www.facebook.com/AandESHAP or email dumf-uhb.SHAP@nhs.net

Gretna

Gretna Day Centre

Richard Greenhow Centre, Gretna

Monday to Friday 9.00 am to 4.00 pm

Lunches served daily at 11.45 am

Coffee and Chat

Stormont Hall, Gretna Green

Every Monday, September to April 1.30 pm to 3.00 pm

Contact Mrs Isabell Tranter 01461 337267

Weekly Walk at Gretna

Meet at St Andrews Church, Gretna

Every Wednesday at 1.30 pm

Contact Karen Robertson 01461 207050

Creative Writing/Reading Group

CLD Room, Richard Greenhow Centre , Gretna

Alternate Mondays 10.00 am to 12.00 noon

Contact Marilyn Bell on 07833 479300

D&G Hard of Hearing Group

Gretna Medical Centre, Central Avenue, Gretna

Third Wednesday of the month 10.00 am to 12.00 noon

Contact Sian Woolner on 07896 342878

Tea and Tennis

Tennis Courts, Canberra Road, Gretna

Every Thursday 10.30 am to 11.30 am

Contact Mark Sindall on 07875 269073

Gretna

Springfield and Gretna Green Men's Shed

Stormont Hall, Gretna Green

Fridays 1.00 pm to 2.30 pm

Contact Philip Tranter on 01461 337267

Tai Chi (Intermediate Class)

Richard Greenhow Centre, Gretna

Every Friday 10.30 am to 11.30 am

Contact Angela Graham-Barrie on 07808 503091

Coffee Morning

All Saints Church, Annan Road, Gretna

Every Wednesday morning 10.00 am 12.00 noon

Contact Julie Park on 07714250447

Games Afternoon

Gretna Old Parish Church Hall

Every second Thursday of the month 1.30 pm to 3.00 pm

Contact Alasdair Campbell on 01461 758641

Stormont Hall Youth Group

Stormont Hall, Gretna Green

Thursdays 6.30 pm to 7.30 pm

Contact Claire Reynolds on 07716 020301

Gretna Employability Hub

Richard Greenhow Centre

Every Wednesday 3.00 pm to 5.00 pm

Contact Andy Brown on 01387 260243

Springfield & Gretna Short Mat Bowling

Gretna Social Club, Dominion Road, Gretna

Tuesdays 7.00 pm to 9.00 pm

Contact Graham Thomson on 01461 337047

Lochmaben

Sing 4 Fun

Lochmaben Church Hall, Lochmaben

Mondays 7.30 pm to 9.00 pm £1.50

Contact Jenny Agnew 01387 811632

Or Sheila Wade 01387 810791

Lochmaben Senior Citizens Friendship Group

Portacabin, Lochmaben Primary School

1st Wednesday of the month 1.30 pm to 3.15 pm

(excluding July, August and January)

Contact Mary Ross 01387 810256

or Pauline Davis 01387 810747

Tea & Tennis

Lochmaben Leisure Centre

Every Thursday 1.00 pm to 2.00 pm

Contact Pat Burnett on 01387 811558

Lochmaben Lunch Club

Portacabin, Stanedyke, Lochmaben

Thursdays 12.30 pm to 2.30 pm

Contact Eleanor Kennedy 01387 810657

Weekly Walk at Lochmaben

Meet at Lochmaben Centre

Every Friday 10.00 am

Contact Karen Robertson on 01461 207050

Lochmaben Craft Club

Lochmaben Church Hall

Alternate Mondays 2.00 pm to 4.00 pm

Contact Barbara 01387 810740

or Alayne 01387 810396



Ecclefechan Men's Mini Shed

Ecclefechan Day Centre
Friday from 9.30 am to 11.30 am
Phone Allison Menzies on 01576 300227
Or email ecclefechandaycentre@btconnect.com

Moffat and District Men's Shed

Annanside, Moffat DG10 9HB
Wednesday 2.00 pm to 4.00 pm and Thursday 10.00 am to 4.00 pm
Contact Dick Monaghan 07894038153
Or email dickmonaghan@hotmail.com

Lockerbie and Lochmaben Men's Shed

Kirk Lane, Lockerbie DG11 2LG
Wednesday and Friday from 2.00 pm to 4.00 pm
Phone 07511 024394

Springfield and Gretna Green Men's Shed

Stormont Hall , Gretna Green DG16 5EA
Friday from 1.00 pm to 2.30 pm
Contact Philip Tranter on 07721339465 or 01461 337267

Annan Men's Shed

Unit 1A Silverlaw Industrial Estate, Annan
Thursday from 1.30 pm to 4.00 pm
Contact Alan Thomson on 01461 758210
or email ahagharbourofficer@gmail.com

Moffat

Forget-me-not Lunch Group

Moffat House Hotel, Moffat

First Monday of every month 12.00 noon to 2.00 pm
Contact Helen Cook on 01387 261303

Tea & Tennis

Beechgrove Leisure Centre, Moffat

Every Monday 1.00 pm to 2.00 pm
Contact Mike McMillin on 07799 033797

Royal Voluntary Service Lunch Club

St Johns Church Hall, Moffat

Every Tuesday 12.00 noon to 2.00 pm
Contact Marjorie Neill on 01683 221640

Weekly Walk at Moffat

Meet at Green Frog, Moffat

Every Wednesday 10.00 am
Contact Karen Robertson 01461 207050

Musical Minds Music Group

Town Hall, Moffat

Last Monday of each month 10.45 am to 12.15 pm
Contact Helen Cook on 01387 261303

Friday Club

Moffat Town Hall

Every Friday 10.00 am to 2.30 pm
Contact Jane McCulloch 07743 062618

D&G Hard of Hearing Group

Town Hall, High Street, Moffat

Second Tuesday of the month 10.00 am to 12.00 noon
Contact Sian Woolner on 07896 342878

Moffat

Monday Wellbeing Club

Moffat Town Hall

Every Monday 10.30 am to 2.30 pm
Contact Fay Salmon 07765 175990

Moffat Employability Hub

Town Hall, Moffat

Fortnightly on Thursdays 3.00 pm to 5.00 pm
Contact 07709 479648

Moffat and District Men's Shed

Annanside, Moffat

Wednesday 2.00 pm to 4.00 pm
and Thursday 10.00 am to 4.00 pm
Contact Dick Monaghan 07894038153
Or email dickmonaghan@hotmail.com

Ecclefechan

Ecclefechan Day Centre

Community Centre, Ecclefechan

Monday to Friday 9.00 am to 4.00 pm
Lunches served daily at 12 noon
Different activities every afternoon
Contact Allison Menzies on 01576 300227

Men's Mini Shed

Community Centre, Ecclefechan

Every Friday 9.30 am to 11.30 am
Contact Allison Menzies on 01576 300227

Eastriggs

Women of the World Group (WOW)

Eastriggs Social Club

Every Friday 9.30 am to 12.00 noon
Contact Marilyn Bell on 07833 479300

Lunch Club

Nelson House, Eastriggs

Every Thursday 12.15 pm
Contact Shirley Johnstone on 01461 40410

Cordite Club

Devils Porridge Museum, Eastriggs

Mondays from 1.00 pm to 3.00 pm
Contact the Museum on 01461 700021

The Green Project Room

The Green, Eastriggs

Daily Events and Activities for all Ages
Contact Carol Forbes 01461 40884

Eastriggs Community Circle

St Johns, Church, Eastriggs

Every 2nd and 4th Wednesday at 6.30 pm
Contact Shirley Johnstone on 01461 40410

Tai Chi (All Welcome)

Nelson House, Eastriggs

Every Tuesday at 6.30 pm
Contact Angela Graham-Barrie on 07808 503091

Beattock

Beattock Activity Group

Village Hall

Tuesdays 10.00 am to 12 noon
Contact Mary Brown 01683 300451

Beattock Lunch Club

Village Hall

Every Thursday 12 noon
Contact Mary Brown 01683 300451

Beattock Sewing and Knitting Club

Village Hall

Every Wednesday 1.00 pm-3.00 pm (Oct-Apr)
Contact Janet Little 01683 300422

Johnstonebridge

Johnstonebridge Lunch Club

Johnstonebridge Centre, Johnstonebridge

Every Wednesday 12.15 pm to 2.15 pm
George Muirhead 01576 470493

Eaglesfield

Weekly Walk at Eaglesfield

Meet at Eaglesfield Church

Every Tuesday at 1.30 pm
Contact Karen Robertson 01461 207050

Dalton

Tai Chi (All Welcome)

Dalton Village Hall

Every Tuesday 9.45 am to 10.45 am
Contact Angela Graham-Barrie on 07808 503091

Lockerbie

Lockerbie and Lochmaben Men's Shed

Kirk Lane, Lockerbie

Every Wednesday and Friday from 2.00 pm to 4.00 pm

Phone 07511 024394

Alzheimer Scotland Carer Support Group

Townhead Hotel, Lockerbie

2nd Thursday of every month 10.30 am to 12.00 noon

Contact Rachel Byers on 01387 261303

Lockerbie Retired and Independent Ladies Club

Lockerbie Town Hall

1st and 3rd Thursday of every month 10.15 am

Contact Margaret Bell 01576 203019

Lockerbie Sensory Support Group

Kings Arms Hotel, High Street, Lockerbie

First Monday of every month from 12.30 pm to 2.00 pm

(if falls on Bank Holiday please contact office first)

Contact Visibility D&G on 01387 267131

Lockerbie Senior Citizens Lunch and Activity Club

Salvation Hall

Tuesdays 12.15 pm to 2.00 pm (Sept to June only)

Contact Kathryn Normanton on 01576 202859

Lockerbie Employability Hub

Lockerbie Library, High Street, Lockerbie

Every Thursday 11.00 am to 3.00 pm

Contact 07771 772831

Tai Chi (All Welcome)

Lockerbie Town Hall

Every Monday from 5.30 pm to 6.30 pm

Contact Angela Graham-Barrie on 07808 503091

Lockerbie

Activity Group Dryfesdale Hall

Every 2nd Tuesday of the month from 2.00 pm to 4.00 pm
Contact Elma Brockbank on 01576 202665

Lockerbie Crookmakers

Venue - Lockerbie Academy, Lockerbie

Every Wednesday and Thursday from 7.00pm to 9.00pm
(runs mid September to mid March)
Contact Julie Anderson 07753 709058 or
Alan Pettigrew 01387 810969

Lockerbie Pickleball Club

Lockerbie Town Hall

Wednesday 1.00 pm to 3.00 pm
Tuesday and Thursday 6.30 pm to 8.00 pm
Contact Brenda Donaldson on 01576 202752

D&G Hard of Hearing Group

Lockerbie Surgery, Victoria Gardens, Lockerbie

Third and Forth Tuesday of the month 10.00 am to 12.00 noon
Contact Sian Woolner on 07896 342878

Chest, Heart & Stroke Group (referral only)

Comrades Club, 2-6 High Street, Lockerbie

Every 2nd and 4th Wednesday of the month 10.00 am to 12 noon
Contact Shirley Copeland 01576 202847

Capability Scotland Games Group

Hawthorn Room, Lockerbie Town Hall

3rd Tuesday of every month 10.00 am to 12.00 noon
Contact Susan Thompson 07764 896085

Cummertrees

Friendship Group

Cummertrees Village Hall

First Monday of every month 2.00 pm to 4.00 pm

Contact Jennifer Squires on 01461 700355

Canonbie

Canonbie Womens Rural Group

Canonbie Village Hall

Every third Thursday of the month (Sept—May)

From 7.00 pm to 9.00 pm

Contact Gillian Bailey on 013873 71844

Dru Yoga

Gilnockie Hall, Claygate, Canonbie

Every Monday 7.00 pm to 8.00 pm

Contact Amanda Rothwell on 07811 956326

Canonbie Gardening Club

The Vestry, Canonbie Church

Third Tuesday of the month

Contact Sue Hampson on 013873 71468

Canonbie Probus Club

Cross Keys Hotel, Canonbie

2nd and 4th Wednesday 10.00 am to 12 noon (not August)

Contact Peter McManus 01461 207728

Canonbie Lunch Club

Canonbie Village Hall, Canonbie

Every Wednesday 10.00 am to 12 noon

Contact Ian Lindsey on 07733 675881

Canonbie

Canonbie Community Café

The Vestry, Canonbie Church

Monday, Wednesday, Friday 2.00 pm to 4.00 pm

Contact Archie Hyslop on 013873 71370

Canonbie Beginners/Support Computer Classes

The Vestry, Canonbie Church

Every second Monday of the month 10.30 am to 12.30 pm

Contact Daniel on 013873 71370

Canonbie Activities Group (hands on crafting)

The Vestry, Canonbie Church

Every Thursday 10.30 am to 12.00 noon

Contact Joanne Campbell on 013873 71409

Wednesday Night Supper Club

The Vestry, Canonbie Church

Every Wednesday 7.00 pm to 9.00 pm

Contact Joanne Campbell on 013873 71409

Langholm

Xcel Youth Club

Langholm Community Centre

Mondays from 6.30 pm to 8.00 pm (young people aged P4 to P7)

Contact Duncan Elliott on 013873 80886

Xcel Youth Café

Langholm Social Club

Wednesdays from 7.00 pm to 9.00 pm (young people aged S1 upwards)

Contact Duncan Elliott on 013873 80886

Xcel Junior Football

Langholm 3G Pitch

Thursdays from 6.15 pm to 7.15 pm

Contact Duncan Elliott on 013873 80886

Langholm

Next Steps Drop In (young people aged 14 to 24)

Xcel Project, Market Place, Langholm

Fortnightly on Mondays from 3.00 pm to 5.00 pm

Contact Duncan Elliott 013873 80886 or Jason Railton 013873 80914

Langholm Probus Club

Eskdale Hotel, Langholm

1st and 3rd Wednesday 10.00 am to 11.30 am

Contact Andrew Little on 01387 371211

D&G Hard of Hearing Group

Thomas Hope Hospital, Langholm

Last Tuesday of the month 1.00 pm to 3.00 pm

Contact Sian Woolner on 07896 342878

Thomas Hope Day Care

Thomas Hope Hospital

Every Tuesday, Wednesday, Friday 9.30 am to 2.30 pm

Contact Jenny Graham on 013873 80417

Langholm Cardio Club

Eskdale Sports Centre, Langholm

Thursday 9.30 am to 10.30 am

Contact Eskdale Sports Centre on 013873 81534

Rugby Reminiscence

Langholm Rugby Club

First Tuesday of every month 2.30—3.30pm

Contact Helen Cook on 01387 261303

Langholm Day Centre

Langholm Community Centre

Monday to Friday 9.00 am to 4.00 pm

For further information contact 013873 80185

YOUTH GROUPS

Annan

Bright Stars—Young Parents Group

Victoria Halls, Annan
Every Wednesday 12 noon to 2.00 pm
For parents under 26 years and their children

Lunch Club

Annan Academy
Every Thursday during lunchtimes

After School Youth Group

Victoria Halls, Annan
Every Thursday 3.30 pm to 5.30 pm
For young people in S1 and S2

Hub Club Community Hub, Ednam Street, Annan
For young people aged 12 plus with additional support needs
Every Thursday 6.45 pm to 8.45 pm

Youth Group Victoria Halls, Annan
Every Friday 7.00 pm to 9.00 pm
For young people aged 12—25

Annan Girls Group Community Hub, Ednam Street, Annan
Every Monday 6.15 pm to 8.15 pm
For young females (closed group)

Gretna

After School Group (for P7)

Gretna Primary School
Every Tuesday 3.15 pm to 4.45 pm

YOUTH GROUPS

Moffat

After School Youth Group Moffat Academy
Every Wednesday 3.30 pm to 5.15 pm
For young people in S1 and S2

Warhammer Group Moffat Academy
Every Wednesday 3.30 pm to 5.15 pm

Moffat Army Cadets Linked Detachment Moffat Academy
Every Friday during school time (closed group)

Lockerbie

After School Youth Group Lockerbie Academy
Every Monday 3.30 pm to 5.30 pm
For young people in S1 and S2

Youth Group Lockerbie Town Hall
Every Wednesday 6.00 pm to 8.30 pm
For young people aged 12—25

Lochmaben

Youth Group Portacabin in Lochmaben Primary
Every Tuesday from 6.00 pm to 8.00 pm
For young people aged Primary 7 plus

Youth Group Lochmaben Sports Hall
Every Thursday 7.00 pm to 9.00 pm

**For all youth groups contact
Andy Brown 01387 260243**

Other Groups and Courses Available

Retired Farming Social Group

The group hold meetings and outings around the region.
For more information contact Jill Rennie on 07788 583687
or email retiredfarminggroup.info@gmail.com

Scottish War Blinded

Various activities and groups throughout Dumfries and Galloway
For more information contact Mick Seed, Outreach Worker on 07718 486322

Let's Cook and Family Fun Programmes

Child and Adolescent Mental Health

Contact the Health Improvement Team on 01461 207728

Adult Literacy and Numeracy—Brush up on your numeracy, spelling and grammar!

English for Speakers of Other Languages—various levels available

Digital Skills

Contact Alison Murgatroyd on 07827 860408

LGBT Youth Scotland

Various groups throughout Dumfries & Galloway

Contact Julie-Ann Lyons on 01387 255058
or visit www.lgbtyouth.org.uk

Dumfries & Galloway LGBT Plus

Various groups throughout Dumfries & Galloway

Contact 0800 020 9653
or visit www.lgbt.org.uk

Dumfries Bipolar Group

Soul Soup, 109 Irish Street, Dumfries

Every third Thursday of the month 7.00 pm to 9.00 pm
Contact Bipolar Scotland on 0141 5602050 or visit
www.bipolarscotland.org.uk

**For any additions or amendments to this Activity Guide,
please contact the Health Improvement Team**

Tel: Annan 01461 207728