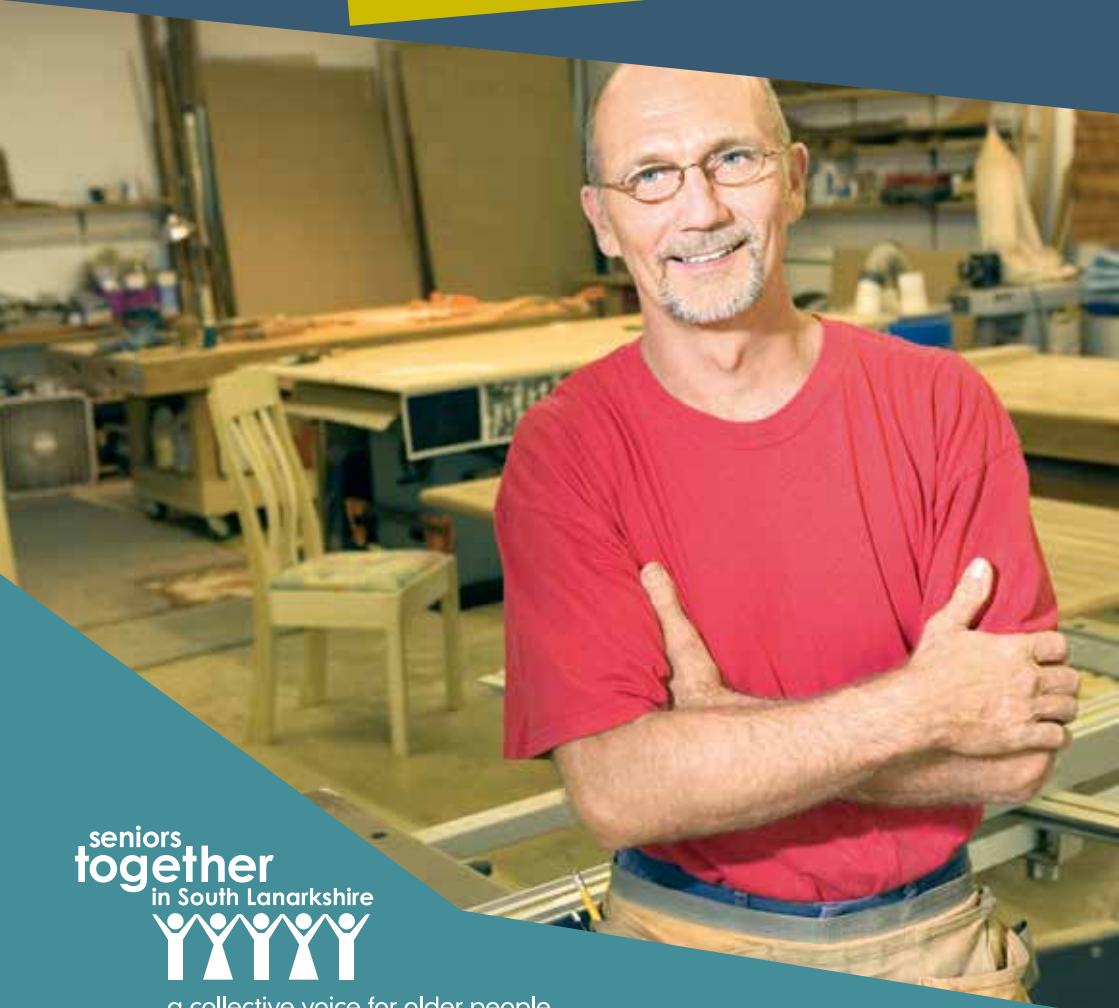


Activities and Resources for **Older Men** in South Lanarkshire



seniors
together
in South Lanarkshire



a collective voice for older people

Introduction

This publication has been produced by Seniors Together to encourage retired men to get out, get active and get involved in community life.

We know from our members that retirement can be time when health can deteriorate or perhaps you feel more lonely or isolated. Men often find it harder to join in groups or clubs therefore we have put together a guide to help you find out what's available throughout the South Lanarkshire area.

There are lots of opportunities to help you stay vital and enjoy life while learning new skills or perhaps even sharing your skills.

Why not try out one of the Men's Sheds for example?

Seniors Together is a South Lanarkshire Council Project in Association with NHS Lanarkshire. It is aimed at improving the quality of life for older people living in South Lanarkshire.

Our members come from all sorts of backgrounds with all sorts of interests and it's free to join.



Contact us

Why not get in touch with us by:



01698 454105



[seniorstogether@
southlanarkshire.gov.uk](mailto:seniorstogether@southlanarkshire.gov.uk)



SouthLanarkshireSeniorsTogether

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Archery

East Kilbride Archery Club
Phone: 07753 227681

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Active Days

All Active Days give people the opportunity to take part in a variety of different sports and activities such as badminton, table tennis, indoor curling, indoor bowls and pickle ball. Qualified staff oversee the sessions to ensure participants receive quality instruction in a fun and friendly environment.

Active Mondays:

John Wright Sports Centre
Phone: 01355 237731

Active Tuesdays:

Blantyre Leisure Centre
Phone: 01698 727800

Active Tuesday:

Alistair McCoist Complex
Phone: 01355 265696

Active Wednesdays:

Larkhall Leisure Centre
Phone: 01698 881742

Active Thursdays:

Jock Stein Centre
Phone: 01698 828488

Active Fridays:

Carluk Leisure Centre
Phone: 01555 751384

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Art and Culture Classes

East Kilbride Arts Centre

51 – 53 Old Coach Road,
East Kilbride G74 4DU
Phone: 01355 261000
Email: ekartscentre@southlanarkshireleisure.co.uk

Lanark Memorial Hall

St Leonard Street,
Lanark ML11 7AB
Phone: 01555 667999
Fax: 01555 663604
Email: LanarkMemorial@southlanarkshireleisure.co.uk

Rutherglen Town Hall

139 Main Street,
Rutherglen G73 2JJ
Phone: 0141 613 5700
Fax: 0141 613 5701
Email: RutherglenTownHall2@southlanarkshireleisure.co.uk

Hamilton Town House

102 Cadzow Street,
Hamilton ML3 6HH
Phone: 01698 452299
Fax: 01698 452197
Email: [thetownhouse@
southlanarkshireleisure.co.uk](mailto:thetownhouse@southlanarkshireleisure.co.uk)

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Bowling Clubs

Blantyre

Bowling Stadium, Craig Street,
Glasgow G72 0NF
Phone: 01698 823371

Strathaven

Bowling Green Road,
Strathaven ML10 6DP
Phone: 01357 520488

Lanark

Thistle Castlehill Bowling Green,
109 Castlegate, Lanark
Phone: 01555 665137

Burnbank and Hamilton District Club House

Hillhouse Road, Hamilton ML3 9NS
Phone: 01698 823617

Udston

18 Reid Street, Hamilton ML3 0RQ
Phone: 01698 327871

Hamilton

Strathmore Road, Hamilton ML3 6AQ
Phone: 01698 282261

Stonehouse

12 Vicars Road, Larkhall ML9 3EB
Phone: 01698 791389

Law

7 Cedar Gardens, Carluke ML8 5JU
Phone: 01698 374405

Thankerton

Sheriff flats Road, Biggar ML12 6PA
Phone: 01899 308659

Lesmahagow

Turfholm, Lanark ML11 0ED
Phone: 01555 892503

Overtoun Park

Overtoun Drive, Glasgow G73 2QE
Phone: 0141 613 3844

West of Scotland Indoor

19 Rutherglen Road,
Glasgow G73 1SX
Phone: 0141 647 4867

Burnside

Clubhouse, Burnside Road,
Glasgow G73 4RB
Phone: 0141 634 2244

Cambuslang

West Coats Road, Glasgow G72 8AE
Phone: 0141 641 1796

Dalserf

36 Ashgillhead Road,
Larkhall ML9 3AE
Phone: 01698 881049

Carnwath

Biggar Road, Lanark ML11 8HJ
Phone: 01555 840986

Rutherglen

Stonelaw Road, Glasgow G73 3NY
Phone: 0141 647 4879

Bothwell

Station Road, Glasgow G71 8EB
Phone: 01698 852408

Templeton

86 Stonelaw Drive, Glasgow G73 3NZ
Phone: 0141 647 4820

Castlehill

Belstane Road, Carluke ML8 4BG
Phone: 01555 773313

Biggar

20 Edinburgh Road,
Biggar ML12 6AX
Phone: 07903 668375

East Kilbride

10 Maxwell Drive, Glasgow G74 4HG
Phone: 01355 222676

Douglas Victoria

Braehead, Lanark ML11 0PT
Phone: 01555 851575

Hamilton Caledonian

Motherwell Road, Hamilton ML3 7BL
Phone: 01698 285890

Coalburn

Coalburn Road, Lanark ML11 0LH
Phone: 01555 820676

East Kilbride Indoor

Calderwood Road, Glasgow G74 3EU
Phone: 01355 220133

Carluke

Mount Stewart Street,
Carluke ML8 5EB
Phone: 01555 770052

Larkhall

Crossgates, Larkhall ML9 1DL
Phone: 01698 881428

Uddingston

Old Glasgow Road,
Glasgow G71 7HQ
Phone: 01698 814278

Whitefield

20 Croft Road, Glasgow G72 8LB
Phone: 0141 641 2809

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Council Bowling Clubs

Hamilton Palace sports grounds

Hamilton
Phone: 01698 424101

Lanark Thistle Bowling Club

Lanark
Phone: 01555 665137

Carnwath Bowling Club

Carnwath
Phone: 01555 840986

Red Deer Bowling Club

East Kilbride
Phone: 01355 220460

Brancumhall Bowling Club

East Kilbride
Phone: 01355 224668

Murray Bowling Club

East Kilbride
Phone: 01355 221636

Strathaven Bowling Club

Strathaven
Phone: 01357 521995

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Chess Club

East Kilbride (Thursdays 7.30pm)

Murray Owen Centre, 1 Liddell Grove,
East Kilbride G75 9AD

Secretary Graham Dobbie

Phone: 07543021264

Email: dobiex@btinternet.com

Lanark (Mondays 7.30pm)

The Tolbooth, 4 High Street,
Lanark ML11 7EX

Secretary Ian Brownlee

Phone: 07899832770

Email: ian.brownlee@systemsit.co.uk

Hamilton (Thursdays 7.15pm)

Bothwell Bowling Club, Station Road,
Bothwell G71 8EB

Secretary Michael Hanley

Phone: 01698 850303

Email: chesstutor@uwclub.net

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Fishing

Lanark Loch

Hyndford Road, Lanark ML11 9BJ
Phone: 01555 663638

Golf

Bothwell Castle Golf Club

Uddingston Road, Bothwell,
South Lanarkshire, Bothwell G71 8TD
Phone: 01698 801971

Strathaven Golf Club

Glasgow Road, Strathaven,
South Lanarkshire ML10 6LZ
Phone: 01357 520421

Strathclyde Golf Centre

Mausoleum Drive, Mote Hill,
Hamilton, South Lanarkshire ML3 6BY
Phone: 01698 285511

East Kilbride

Chapelside Road,
East Kilbride G74 4PH
Phone: 01355 581800

Wishaw Golf Club

55 Cleland Road, Wishaw ML2 7PH
Phone: 01698 357480

Lanark Golf Club

The Moor, Whiteles Road,
Lanark ML11 7RX
Phone: 01555 663219

Hamilton Golf Club

Riccarton Lodge, Hamilton ML3 7UE
Phone: 01698 282324

Brancumhall Golf

Development Centre

St. Leonards Road, St. Leonards,
East Kilbride G74
Phone: 01355 224668

Hollandbush Golf Course

Acretophead, Lesmahagow ML11 0JS
Phone: 01555 893646

Langlands Golf Course

Langlands Road, Auldhouse,
East Kilbride G75 9DW
Phone: 01355 224685

Larkhall Golf Course

Burnhead Road, Larkhall ML9 3AA
Phone: 01698 881113

Strathclyde Park Golf Course

Motehill Road, Hamilton ML3 6BY
Phone: 01698 429350

Torrance House Golf Course

Starters Office, Calderglen Country
Park, East Kilbride G75 0QZ
Phone: 01355 248638

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Libraries

Biggar

Market Road, Biggar ML12 6FX
Email: biggar@library.s-lanark.org.uk
Phone: 01899 222060

Blackwood and Kirkmuirhill

Blackwood Primary School,
Carlisle Road, Kirkmuirhill ML11 9SB
Email: blackwood@library.s-lanark.org.uk
Phone: 01555 896638

Blantyre

1A Clydeview Shopping Centre,
Glasgow Road, Blantyre G72 0QD
Email: blantyre@library.s-lanark.org.uk
Phone: 01698 823808

Bothwell

The Donald Institute,
2 Main Street, Bothwell G71 8RG
Email: bothwell@library.s-lanark.org.uk
Phone: 01698 853150

Burnbank

Burnbank Centre, 76 Burnbank Road,
Hamilton ML3 ONA
Email: burnbank@library.s-lanark.org.uk
Phone: 01698 285730

Cambuslang

Cambuslang Gate, 27 Main Street,
Cambuslang G72 7EX
Email: cambuslang@library.s-lanark.org.uk
Phone: 0141 584 2530

Carluke

Carnwath Road, Carluke ML8 4DF
Email: carluke@library.s-lanark.org.uk
Phone: 01555 772134

Cathkin

21 Lovat Place, Cathkin,
Rutherglen G73 5HS
Email: cathkin@library.s-lanark.org.uk
Phone: 0141 634 1249

East Kilbride

The Olympia Shopping Centre,
East Kilbride G74 1PG
Email: eastkilbride@library.s-lanark.org.uk
Phone: 01355 220046

Fairhill

South Lanarkshire Lifestyles Fairhill,
Neilsland Road, Hamilton ML3 8HJ

Email: fairhill@southlanarkshireleisure.co.uk

Phone: 01698 456350

Forth

Forth Primary School,
Main Street, Forth ML11 8AE

Email: forth@library.s-lanark.org.uk

Phone: 01555 811594

Greenhills

Greenhills Square,
East Kilbride G75 8TT

Email: greenhills@library.s-lanark.org.uk

Phone: 01355 242951

Halfway

211 Hamilton Road, Halfway, G72 7PJ

Email: halfway@library.s-lanark.org.uk

Phone: 0141 641 2762

Hamilton Town House

102 Cadzow Street,
Hamilton ML3 6HH

Email: hamilton@library.s-lanark.org.uk

Phone: 01698 452122

Hillhouse

Hillhouse Road, Hamilton ML3 9TX

Email: hillhouse@library.s-lanark.org.uk

Phone: 01698 710400

Lanark

16 Hope Street, Lanark ML11 7LZ

Email: lanark@library.s-lanark.org.uk

Phone: 01555 661144

Larkhall

Larkhall Area Office, 30 Union Street
Larkhall ML9 1DR

Email: larkhall@library.s-lanark.org.uk

Phone: 01698 452469

Lesmahagow

48 Abbeygreen,
Lesmahagow ML11 0EF

Email: lesmahagow@library.s-lanark.org.uk

Phone: 01555 892606

Rutherglen

163 Main Street, Rutherglen G73 2HB

Email: rutherglen@library.s-lanark.org.uk

Phone: 0141 613 5380

St Leonards

St Leonards Square,
East Kilbride G74 2AT

Email: st.leonards@library.s-lanark.org.uk

Phone: 01355 241573

Stonehouse

South Lanarkshire Lifestyles,
Stonehouse, 2 Udston Mill Road,
Stonehouse ML9 3JL

Email: stonehouse@library.s-lanark.org.uk

Phone: 01698 794380

Strathaven

Glasgow Road, Strathaven ML10 6LZ

Email: strathaven@library.s-lanark.org.uk

Phone: 01357 521167

Uddingston

51 Bellshill Road,
Uddingston G71 7PA

Email: uddingston@library.s-lanark.org.uk

Phone: 01698 813431

Leisure Centres

Alistair McCoist Complex

Quarry Road, East Kilbride, G75 9LW
Phone: 01355 265696

Biggar Sports Centre

Market Road, Biggar ML12 6AG
Phone: 01899 222066

Blackwood and Kirkmuirhill

Community Wing, Carlisle Road,
Blackwood ML11 9SB
Phone: 01555 896638

Blantyre Leisure Centre

Glasgow Road, Blantyre G72 0JS
Phone: 01698 727800

Carlisle Leisure Centre

135 Carnwath Road, Carlisle ML8 4EA
Phone: 01555 751384

Coalburn Leisure Complex

School Road, Coalburn ML11 0LP
Phone: 01555 820848

Dollan Aqua Centre

Brouster Hill, East Kilbride G74 1AF
Phone: 01355 260000

Duncanrig Sports Centre

Winnipeg Drive, East Kilbride G75 8ZT
Phone: 01355 248922

South Lanarkshire Lifestyle Eastfield

Glenside Drive, Rutherglen G73 3LW
Phone: 0141 642 9500

South Lanarkshire Lifestyles Fairhill

Neilsland Road, Hamilton ML3 8HJ
Phone: 01698 456350

Forth Sports and Community Centre

Main Street, Forth ML11 8AA
Phone: 01555 812058

Hamilton Water Palace

35 Almada Street, Hamilton ML3 0HQ
Phone: 01698 459950

Hareleeshill Sports Barn

Donaldson Road, Larkhall ML9 2SS
Phone: 01698 887917

Jock Stein Centre

Hillhouse Road, Hamilton ML3 9TU
Phone: 01698 828488

John Wright Sports Centre

Calderwood Road,
East Kilbride G74 3EU
Phone: 01355 237731

South Lanarkshire Lifestyles – Lanark

Thomas Taylor Avenue,
Lanark ML11 7DG
Phone: 01555 666800

Larkhall Leisure Centre

Broomhill Road, Larkhall ML9 1QP
Phone: 01698 881742

Lesmahagow Sports Facility
Strathaven Road, Lesmahagow ML11 0FS
Phone: 01555 894127

Stewartfield Community Centre
3 MacNeish Way, East Kilbride G74 4TT
Phone: 01355 227888

Stonelaw Community Sports Centre
Calderwood Road,
Rutherglen G73 3SE
Phone: 0141 647 6779

Strathaven Leisure Centre
Bowling Green Road,
Strathaven ML10 6DR
Phone: 01357 522820

Uddingston Sports Centre
Old Glasgow Road,
Uddingston G71 7BT
Phone: 01698 805055

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Men's Sheds

Hamilton and District Men's Shed
Hamilton Academical Football
Stadium, Cadzow Avenue,
Hamilton ML3 0FT

This is a free workshop and social area where you can work on your own project or hobbies, work with others or relax over tea or coffee. Sessions are held every Tuesday and Thursday from 10am until 2pm.

Contact Norrie Mason
Email: norriemason@yahoo.com
Phone: 07475 221821

East Kilbride Men's Shed
Carnegie Hill, East Kilbride G75 0AE
Contact Edmond Harris
Phone: 07851-123795
Email: Ejh_1986@hotmail.com

Rutherglen and Cambuslang Men's Shed
Rutherglen Baptist
Community Church,
72 Greenhill Road,
Rutherglen G73 2SS
Contact Ron Taylor
Email: rogotaylor@hotmail.co.uk

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Model Boat Club

Richmond is regarded as one of the premier clubs in Scotland, engaged in promoting model boating in all its forms.

The club takes part in various charity and local council events throughout the year. Meetings are held at the boathouse in Richmond Park, on Wednesday and Sunday afternoons. Building sessions take place in the clubhouse on Thursday evenings.

If you are new to the hobby or have a problem, there is always someone who can help. Feel free to attend any of our club meetings where you will be made most welcome.

Email: glasgow.richmond@gmail.com

Model Boat Building

East Kilbride

Red Deer Centre,
Alberta Avenue, East Kilbride
Phone: 01355 264623

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Probus Clubs

East Kilbride

Glebe Street Hall, Glebe Street,
The Village, East Kilbride G74 4LX
Phone: 01355 231952
Email: johnmvandek@blueyonder.co.uk

Larkhall

St Machan's Parish Church,
Church Street, Larkhall ML9 1EZ
Phone: 01698 885832

Tennis and Lawn Tennis Clubs

Blaes and synthetic tennis courts are available throughout South Lanarkshire.

Recently resurfaced high quality synthetic tennis courts are located within Hamilton Palace Sports Ground. These courts are available Monday to Sunday.

Various community facilities are available throughout South Lanarkshire:

Biggar

Biggar Caravan and Camping Park

East Kilbride

Murray Recreation Area

Hamilton Palace Sports Grounds

Strathaven Park

To book one of the above or for further information, please call Hamilton Palace Sports Ground on: 01698 424101

Lawn Tennis

East Kilbride Lawn Tennis

Email: colin.magee@mt.com

[www.facebook.com/
eastkilbridetennisclub](http://www.facebook.com/eastkilbridetennisclub)

Hamilton Lawn Tennis

Email: johnjj77@hotmail.com

www.hamiltontennis.co.uk

Kirkhill Lawn Tennis

Email: madscot100@gmail.com

www.kirkhilltennis.webs.com

Rutherglen Lawn Tennis

www.tennisrutherglen.com

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Walking Football

Designed to help older adults to maintain an active lifestyle as well as getting those back to playing football who had to stop due to injury.

For more details contact

Colin McKendrick,

Development Officer

Phone: 01698 476260

Email: [Colin.mckendrick@](mailto:Colin.mckendrick@southlanarkshireleisure.co.uk)

southlanarkshireleisure.co.uk

Billy Singh, Walking Football

Development Officer

Phone: 07772 557 147

Email: Billy.Singh@pathsforall.org.uk

Woodwork

Restricted to Rutherglen/Cambuslang residents only.

Handy Folk

Springhall Community Centre,
Cruachan Road, Rutherglen

Monday between 12 noon until 5pm.

The group have completed lots of creatively designed bird boxes and are now focusing on garden furniture and are always keen to welcome some new members.

You will have the opportunity to work on your own project or a group project.

Please contact Healthy and Happy on 0141 646 0123 for more information.

Blantyre

Tact Hall, Blantyre

Phone: 01698 327783

East Kilbride

Red Deer Centre,

Alberta Avenue, East Kilbride

Phone: 01355 264623



Other organisations with leisure activities on offer



Healthy n Happy Community

Development Trust,
Aspire Building, 16 Farmeloan Road,
Rutherglen G73 1DL

Email: enquiries@healthynhappy.org.uk

Phone: 0141 646 0123

LEAP

5 Craiggallian Avenue,
Cambuslang G72 8RN

Email: enquiries@leap-project.co.uk

Cambuslang

Phone: 0141 641 5169

If you need this information in another format or language,
please contact us to discuss how we can best meet your needs.

Phone: **0303 123 1015**

Email: equalities@southlanarkshire.gov.uk

www.southlanarkshire.gov.uk