



RECHARGE YOUR BATTERIES

the Drumchapel way



Thanks to  and  for sharing some photos



Get a wee health check-up

CHSS Community Hub (*in the shopping centre*)

Get active and meet people

Drumchapel Cycle Hub

T: 07794935547 | **F: www.facebook.com/drumchapelcyclinghub**

Drumchapel Sports Hub **T: 0141 944 7276**

Drumchapel Swimming Pool **T: 0141 276 1515**

Argo Boxing Club **F: www.facebook.com/argoboxing**

Anne's Yoga Heart **F: www.facebook.com/annesyogaheart**

TMIC Fitbox Free Fitness (*every Sunday 6:30pm St Marks Church*)

F: www.facebook.com/FITBOXEXERCISE

Drumchapel United Football Club (Donald Dewar Centre)

E-mail: drumchapelunitedfc@gmail.com

Meet people get involved in something

Drumchapel Community Hub and Thriving Places,

Drumchapel Shopping Centre

Drumhub **T: 0141 944 6156**

Drumchapel Parent Hub **T: 0141 353 5604**

NW Recovery Community Drop in (*St Marks church*)

Men Scotland @**MenScotland**

Women's Group - check out **The LOOP Drumchapel Facebook page**

Enjoy a good book

Drumchapel Library **T: 0141 276 1545**

Maybe start your own book club?

Get creative

Drumchapel Arts Workshops **T: 0141 944 2700**

Axis Health Hubs **T: 0141 336 7000**

Chill and relax

Tips for self-care and wellbeing **www.copedigital.org**

Get in touch with nature and the Community Garden, Drumchapel Life

T: 0141 944 6004

Relax in the relaxation room @ Drumhub **T: 0141 944 6156**

Keep in the LOOP of other opportunities

www.facebook.com/theLOOPDrumchapel