



service and people first



## North Lanarkshire Stroke Clubs/Groups

Chest, Heart & Stroke Scotland (CHSS) affiliated stroke groups/clubs offer ongoing support for those who have suffered a stroke, their family and friends in local communities. They are independently run and provide a source of supported exercise, information, signposting, confidence and reassurance.

For further information contact CHSS Head Office on 0131 225 6963.

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### **East Kilbride - Lanarkshire WRVS Happy Corner Stroke Club**

Meet weekly on Wednesdays

Aim – Social Support Group

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### **Hamilton - Lanarkshire Hamilton Stroke Club**

Meet weekly on Fridays

Aim – Social

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### **Hamilton - Lanarkshire Burnbank Stroke Club**

Meet weekly on Tuesdays

Aim – Social Support Group

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### **Coatbridge - Lanarkshire Monklands Area Stroke Club (MASC)**

Meet weekly on Fridays

Aim – Social

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### **Wishaw - Lanarkshire Wishaw Stroke Group**

Meet fortnightly on Thursdays

Aim – Social