



# The Gift of Brain Health – Coatbridge

*Because everyone deserves a healthy mind.*

	Time	Session	Details	Who	Location
Mon 15 <sup>th</sup> December  <i>Deck the halls with fun &amp; laughter</i>	09:00 –12:00	<b>Christmas Room Decoration Judging &amp; Grand Finale</b>	Get decorating and Creative throughout December. Our Campus Leads will visit and decide the best-dressed room you will be crowned winner and revealed at our Christmas Quiz grand finale!”	Campus Leads	All campuses
	09:00– 09:30	<b>5 Minute Desk Friendly Brain Health Activities</b>	Find out about desk friendly brain health activities. From stress reducing breathing techniques to physical exercise at your desk and beyond to support brain health and alertness. This session is open to everyone. Start your daily brain training now.	Craig Ruxton	Coatbridge
	09:30 – 11:30	<b>Santa’s Style Station</b>	From bounce to braids to glam curls... your Christmas glow-up starts here.	Neil McMullen	Coatbridge G71/G72
	10:00 – 13:00	<b>Christmas Chill Chair Massage</b>	A relaxing seated massage for your scalp, neck, shoulders and/or hands to melt away festive tension.	Margo McFarlane & Joanne Callaghan	Coatbridge – Hair & Beauty Reception– Pop Up Pod drop in first- come first first-served
	10:00 – 14:00	<b>Christmas Markets &amp; Support Stalls</b>	Experience the magic of the season as twinkling lights, festive treats and handcrafted treasures come together at our enchanting Christmas Markets.	External Stall Holders	Coatbridge Atrium
	12:00 – 12:30	<b>Christmas Quiz</b>	This Christmas quiz is here to sleigh your stress, jingle your neurons, and give your brain a festive workout!	Campus Leads	All campuses



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	12:00 – 14:00	<b>Health Clinic</b>	Check up on height and weight and blood pressure	Tony Brady and Margaret Henderson and HNC Health Care Students	Coatbridge S6
	12:30 – 13:30	<b>Festive Drinks &amp; Smoothies</b>	Try your hand at making some lovely celebration drinks for the festive season to help you relax and enjoy your time with family and friends.	Janet McCafferty	Coatbridge – Wellbeing Academy
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
	TBC	Music as Medicine by Daniel Levitin	Music as Medicine by Daniel Levitin	Craig Ruxton	Coatbridge
	15:30 – 16:00	<b>Mind Over Mulled Wine</b>	Put on the beer goggles, then get the facts, festive fun meets alcohol awareness.	Campus H&S	All campuses – Wellbeing Academy
	16:00 – 16:30	<b>Christmas Speed jigsaw</b>	Help support your brain health with a speed jigsaw challenge where the goal is to complete a jigsaw as quickly as possible in a team, testing both speed and problem-solving skills.	Campus Safety Leads	All Campuses – Wellbeing Academy
Tues 16th December  <i>Merry &amp; Mindful</i>	09:00 – 09:30	<b>Childhood Dementia – Short Film</b>	Short film (15 mins) highlighting Childhood Dementia – Short Q& A after the film.	Rebecca Love and Lynn Orr	Coatbridge – S24
	11:00 – 12:00	<b>Care at Christmas – Understanding Dementia</b>	Tea and a discussion about understanding dementia. Types of Dementia including those which are preventable through Brain Health. Living with Dementia and Support for Carers.	Kate Mackay	Coatbridge – S24
	12:00 – 14:00	<b>Health Clinic</b>	Check up on height and weight and blood pressure	Tony Brady and Margaret	Coatbridge S6



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				Henderson and HNC Health Care Students	
	12:00 – 12:45	Laughter Yoga	Come share a laugh this Christmas with laughter yoga, because what's better than holiday cheer and giggles to lift your spirits and spread the joy?	Aileen McCormack	Coatbridge Wellbeing Academy
	12:15 – 13:15	<b>Line Dancing Session</b>	Get moving and have fun at our Line Dancing Session, promoting fitness, joy, and social connection. Bring along comfortable shoes and some water.	Lucie Armstrong & Nicola Bradford	Coatbridge – Auditorium
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
Wed 17 <sup>th</sup> December  <i>Care this Christmas</i>	10:00 – 11:30	<b>VR Experience – Dementia and Wellbeing Board Demonstration</b>	Walk through dementia flat. Using VR for reminiscing and anxiety reduction. Including demo of Wellbeing Board	Tony Brady and Digital Ambassadors	Coatbridge – Room S17 Dementia and VR Suite
	12:00 – 12:45	<b>Christmas Yoga</b>	Start your day with calm and energy in our Morning Yoga Session, designed to support strength, flexibility, and well-being.	Michael Balzo	Coatbridge Wellbeing Academy
	12:30 – 13:30	<b>Christmas Santa Dash</b>	Wear your comfortable shoes and join our Daily Mile Around the campus in festive style to boost your fitness, energy, and well-being while connecting with others.	Kirsty Strang	Coatbridge Meet at the Christmas Tree
	13:00 – 14:00	<b>Sound Bath</b>	Unwind, relax, and let the sounds of Christmas soothe your mind in our festive sound bath session. (max. 15 people)	Sharon McCabe	Coatbridge Wellbeing Academy



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	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
	14:00 – 16:30	<b>Brain Health Pledge</b>	Make a personal or group pledge on what you intend to do to support your brain health in 2026.	Padlet – Online	All Campuses



# The Gift of Brain Health – Cumbernauld

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	Time	Session	Details	Who	Location
Mon 15 <sup>th</sup> December  <i>Deck the halls with fun &amp; laughter</i>	09:00 – 12:00	<b>Christmas Room Decoration Judging &amp; Grand Finale</b>	Get decorating and Creative throughout December. Our Campus Leads will visit and decide the best-dressed room you will be crowned winner and revealed at our Christmas Quiz grand finale!”	Campus Leads	All campuses
	09:00– 09:30	<b>5 Minute Desk Friendly Brain Health Activities</b>	Find out about desk friendly brain health activities. From stress reducing breathing techniques to physical exercise at your desk and beyond to support brain health and alertness. This session is open to everyone. Start your daily brain training now.	Patrick Howard and HNC Students	Cumbernauld Room NB104
	09:30 – 11:30	<b>Santa’s Style Station</b>	From bounce to braids to glam curls... your Christmas glow-up starts here.	Neil McMullen	Cumbernauld MB212
	12:00 – 12:30	<b>Christmas Quiz</b>	This Christmas quiz is here to sleigh your stress, jingle your neurons, and give your brain a festive workout!	Campus Leads	All campuses
	12:45 – 13:45	<b>Care at Christmas – Understanding Dementia</b>	Tea and a discussion about understanding dementia. Types of Dementia including those which are preventable through Brain Health. Living with Dementia and Support for Carers.	Anna Kennedy	Cumbernauld Room NB 115
	13:45 – 14:30	<b>Childhood Dementia – Short Film</b>	Short film (15 mins) highlighting Childhood Dementia – Short Q& A after the film.	Tracy Blair	Cumbernauld Room NB101
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses



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	15:30 – 16:00	<b>Mind Over Mulled Wine</b>	Put on the beer goggles, then get the facts, festive fun meets alcohol awareness.	Campus H&S	All campuses – Wellbeing Academy
	16:00 – 16:30	<b>Christmas Speed jigsaw</b>	Help support your brain health with a speed jigsaw challenge where the goal is to complete a jigsaw as quickly as possible in a team, testing both speed and problem-solving skills.	Campus Safety Leads	All Campuses – Wellbeing Academy
Tues 16th December  <i>Merry &amp; Mindful</i>	09:30 – 12:30	<b>Festive Face &amp; Fingertips (Book in advance)</b>	A refreshing facial and tidy file & polish to leave you glowing and Christmas-ready from head to hands.	Donna McGirr	Cumbernauld Room 206 – book in with beauty reception or via the below email – <a href="mailto:SalonsCumbernauld@nclan.ac.uk">SalonsCumbernauld@nclan.ac.uk</a>
	09:30 – 11:30	<b>Santa’s Style Station</b>	From bounce to braids to glam curls... your Christmas glow-up starts here.	Neil McMullen	Cumbernauld MB212
	12:00 – 13:00 (CN)	<b>Health Clinic</b>	Check up on height and weight and blood pressure	Patrick Howard and SWAP Nursing Students	Cumbernauld NB 113
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
Wed 17 <sup>th</sup> December	10:00 – 14:00	<b>Christmas Markets &amp; Support Stalls</b>	Experience the magic of the season as twinkling lights, festive treats and handcrafted treasures come together at our enchanting Christmas Markets.	External Stall Holders	Cumbernauld Main Street



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<i>Care this Christmas</i>	11:30 – 12:15	<b>Mindfulness</b>	Recharge your mind and body with our Mindfulness Session, designed to reduce stress and boost well-being.	Deirdre McAuley	Cumbernauld Wellbeing Academy
	12:30 – 13:30	<b>Mocktail Making</b>	Try your hand at making some lovely celebration drinks for the festive season to help you relax and enjoy your time with family and friends.	Sharon Dunn	Cumbernauld Taste
	14:00 – 15:30	<b>VR Experience – Dementia and Reducing Anxiety</b>	Walk through dementia flat. Using VR for reminiscing and anxiety reduction.	Martin Kerr and Ava Gallagher	Cumbernauld – Room NB108
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
	14:00 – 16:30	<b>Brain Health Pledge</b>	Make a personal or group pledge on what you intend to do to support your brain health in 2026.	Padlet – Online	All Campuses

# The Gift of Brain Health – Motherwell

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	Time	Session	Details	Who	Location
Mon 15 <sup>th</sup> December  <i>Deck the halls with fun &amp; laughter</i>	08:15 – 08:45	<b>Christmas Circuits</b>	Bring along your workout clothes and water to energise your day with our Lunch Circuit Training Session, designed to boost strength, fitness, and well-being.	Kirsty Strang	Motherwell Wellbeing Academy
	09:00 – 12:00	<b>Christmas Room Decoration Judging &amp; Grand Finale</b>	Get decorating and Creative throughout December. Our Campus Leads will visit and decide the best-dressed room you will be crowned winner and revealed at our Christmas Quiz grand finale!”	Campus Leads	All campuses
	09:00 – 09:30	<b>5 Minute Desk Friendly Brain Health Activities</b>	Find out about desk friendly brain health activities. From stress reducing breathing techniques to physical exercise at your desk and beyond to support brain health and alertness. This session is open to everyone. Start your daily brain training now.	Pamela McElhinney	Motherwell
	0930 – 1030  or  1030 – 1130	<b>Santa’s Stress Reliever (Must be booked in advance).</b>	Unwind this festive season with a soothing back, neck and shoulder massage designed to melt away Christmas stress and tension.	Donna Mair	Motherwell Room 1004- book slot via beauty reception or via the below email – SalonsMotherwell@nclan.ac.uk



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	11:00 – 12:30	<b>Santa's Barber Shop</b>	Barber-style haircuts and beard trims to keep you looking sleigh-ready.	Donna McGirr	Motherwell Room 0012 – drop in any time from 11.00am
	12:00 – 12:30	<b>Christmas Quiz</b>	This Christmas quiz is here to sleigh your stress, jingle your neurons, and give your brain a festive workout!	Campus Leads	All campuses
	12:30 – 13:30	<b>Christmas Santa Dash</b>	Wear your comfortable shoes and join our Daily Mile Around the campus in festive style to boost your fitness, energy, and well-being while connecting with others.	Kirsty Strang	Motherwell – meet at reception Christmas Tree
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
	15:30 – 16:00	<b>Mind Over Mulled Wine</b>	Put on the beer goggles, then get the facts, festive fun meets alcohol awareness.	Campus H&S	All campuses – Wellbeing Academy
	16:00 – 16:30	<b>Christmas Speed jigsaw</b>	Help support your brain health with a speed jigsaw challenge where the goal is to complete a jigsaw as quickly as possible in a team, testing both speed and problem-solving skills.	Campus Safety Leads	All Campuses – Wellbeing Academy
Tues 16th December	09:00 – 09:30	<b>Meditation</b>	Step away from the festive rush and reconnect with calm through meditation	John O'Hara	Motherwell Wellbeing Academy
Merry & Mindful	09:30 –	<b>Santa's Style Station</b>	From bounce to braids to glam curls... your Christmas glow-up starts here.	Neil McMullen	Motherwell Room 1006

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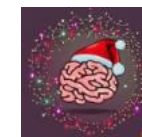
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	11:30			Donna McGirr	
	10:00 – 14:00	<b>Christmas Markets &amp; Support Stalls</b>	Experience the magic of the season as twinkling lights, festive treats and handcrafted treasures come together at our enchanting Christmas Markets.	External Stall Holders	Motherwell Atrium
	10:00 – 13:00	<b>Santa's Secret Glow Session</b>	A little festive pamper with big results. Enjoy a mini facial and scalp massage to look and feel refreshed.	Gillian Forsyth	Room 0011- drop in first-come, first-served
	12:00 – 14:00	<b>VR Experience – Dementia and Reducing Anxiety</b>	Walk through dementia flat. Using VR for reminiscing and anxiety reduction.	Pamela, Kevin and Julia	Motherwell – Room 4015
	12:00 – 12:55	<b>Mindfulness</b>	Recharge your mind and body with our Mindfulness Session, designed to reduce stress and boost well-being.	Deirdre McAuley	Motherwell Wellbeing Academy
	13:00 – 13:45	<b>Christmas Yoga</b>	Break up your day with calm and energy in our Yoga Session, designed to support strength, flexibility, and well-being.	Jen Neville	Motherwell Wellbeing Academy
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses
	16:00 – 16:45	<b>Festive Cracker Making</b>	Get crafty and full of festive cheer as you design your own Christmas crackers!	John O'Hara	Motherwell Wellbeing Academy
Wed17 <sup>th</sup> December	08:15 – 08:45	<b>Morning Christmas Yoga</b>	Start your day with calm and energy in our Morning Yoga Session, designed to support strength, flexibility, and well-being.	Kirsty Strang	Motherwell Wellbeing Academy

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Care this Christmas	10:00 – 13:00	<b>Winter Polish &amp; Pamper</b>	A flawless gel polish finish paired with a soothing hand and arm massage for the ultimate winter treat.	Jo Lavelle	Motherwell – 0014 first come first served
	10:00 – 11:30	<b>Christmas Napkin session</b>	Turn boring napkins into festive masterpieces at our Christmas napkin design session! There are three sessions running (10:00-10:30, 10:30 – 11:00 and 11:00 – 11:30)	Lorna Hart	Motherwell – ML One
	12:00 – 13:00	<b>Care at Christmas – Understanding Dementia</b>	Tea and a discussion about understanding dementia. Types of Dementia including those which are preventable through Brain Health. Living with Dementia and Support for Carers.	Pamela McElhinney	Motherwell – Room 4012
	12:00 – 14:00	<b>Health Clinic</b>	Check up on height and weight and blood pressure	Elizabeth Campbell	Motherwell Room 4020
	12:30 – 14:00	<b>Mocktail Making</b>	Try your hand at making some lovely celebration drinks for the festive season to help you relax and enjoy your time with family and friends. There are three sessions running with 16 max participants (12:00-13:00, 13:00-14:00, 14:00-15:00)	Lorna Hart	Motherwell ML One
	13:00 – 13:30	<b>Childhood Dementia – Short Film</b>	Short film (15 mins) highlighting Childhood Dementia – Short Q& A after the film.	Rebecca Love and Lynn Orr	Motherwell
	14:00 – 16:00	<b>Brain Health Module</b>	Enrol and get started on this wonderful module – fully online and interactive at SCQF level 6	Sian Worthington	All Campuses

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	14:00 – 16:30	<b>Brain Health Pledge</b>	Make a personal or group pledge on what you intend to do to support your brain health in 2026.	Padlet – Online	All Campuses
	16:30 – 17:30	<b>Christmas Circuit Workout</b>	Get ready to sleigh your fitness, jingle those muscles, and burn off the mince pies in our Christmas Circuit Workout!	Kyle Minto	Motherwell Gym