

OPAL SEASONS

SUMMER 2023

cyrenians
OPAL



CAIRNPAPPLE HILL, WEST LoTHIAN

OPAL provides a wide range of social and leisure services for people age 60+ in West Lothian. We offer regular social and activity groups at venues across the region, as well as online and walking groups (with a brand new walking group starting in Broxburn in July!)

Further details of our summer activities (June, July and August) can be found inside this issue.



**SPEND SUMMER
WITH OPAL!**

DEMENTIA AWARENESS WEEK (29 MAY - 4 JUNE 2023)



**Alzheimer
Scotland**
Action on Dementia

During Dementia Awareness week, we participate in a variety of events for those living with dementia and their carers.

This year we'll be celebrating Volunteers' Week with a Barbecue at Linburn Walled Garden in Kirknewton (6 June, 4pm-7pm). All OPAL volunteers welcome (RSVP on 01506 815815 / opal@cyrenians.scot)



YARN BOMBING (11 JUNE 2023)



'Yarn Bombing' involves crocheting or knitting patterns onto public structures such as benches, lampposts or trees. After our successful decoration of the office front last year, we'll be taking part again this year! Contact Sylvia at the OPAL office for more details.



OPAL will have a stall at West Lothian Pride (29th July 2023) at West Lothian College, EH54 7EP. Stalls open from 11am to 15:30pm in the main square.

TEA IN THE PARK 2023

**Thursday 27th July 2023
1:00 pm–3:30 pm, Almondvale Suite
Livingston Stadium EH54 7DN**

Join us for a fun-filled afternoon with cake and a cuppa, singing from Sarah Laing, a quiz, and great company!



**To reserve your place please
contact OPAL by 7th July
Call 01506 815 815 / email
opal@cyrenians.scot**



FACE-TO-FACE GROUPS

OPAL currently runs 9 face-to-face groups at venues across West Lothian, running from Mondays to Thursdays. Contact us to find out the nearest or most suitable group for you.



ONLINE GROUPS

Our online groups allow you to meet up with people using free Zoom software installed on your digital device. OPAL Zoom Room, our fortnightly online social group will run until the end of June. OPAL Reading Room (book group) will continue to meet on the last Thursday of each month.



DIGITAL SUPPORT

For people looking to improve their computer skills (whether on a tablet, smartphone or PC), we provide digital support groups. For those unable to attend a group, we may be able to offer one-to-one digital support. Contact us for further details.



BATHGATE, BROXBURN & LINLITHGOW WANDERERS (WALKING GROUPS)

Our 'OPAL Wanderers' walking groups (currently in Bathgate & Linlithgow, and a **new weekly group starting on Wednesday 19th July in Broxburn**), meet regularly for walks of roughly one hour and can accomodate people of all walking abilities.

**FOR FULL DETAILS ON ANY OF THE ABOVE, CHECK THE
OPAL GROUPS SUMMER CALENDAR OR CALL 01506 815 815
OR EMAIL OPAL@CYRENIANS.SCOT**

OPAL'S ONE-TO-ONE SERVICES



We can **match you with a volunteer** to provide tailored short-term support to build your independence. The volunteer support may include regular home visits, phone calls, confidence-building walks and short trips to shops or a cafe. Support typically lasts 6 to 9 months.

SPOTLIGHT ON... Home Instead.

Home Instead West Lothian offers a range of highly personalised solutions to enable clients to continue living independently in their own homes, where they feel happiest and most comfortable.

Clients are carefully matched with Care Professional(s) and have the same person visit them at set times, allowing relationships and trust to be built over time. All visits last a minimum of one hour, meaning things can be done to the highest standard without feeling rushed.

Support ranges from companionship, light housekeeping, and meal preparation to personal care and dementia support.

For more information on Home Instead, call **01506 346046** or email info.westlothian@homeinstead.co.uk

Tel: 01506 815 815 Email: opal@cyrenians.scot
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