



What's on Where Guide

A guide to activities & clubs for ageing adults

West Lothian Winter 2023/2024



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Using the What's on Where Guide

This guide is provided free of charge to promote local activities, groups, and gatherings that are available for adults over the age of 50 across West Lothian.

It is important that you check events are taking place and that there is availability before setting off. Please always contact the relevant organisation beforehand using the details provided.

If you would like your own group to be promoted in the next edition, please contact us on **01506 346046**.

About Home Instead



Home Instead West Lothian assist older people to **Live Well, Their Way** in the comfort and familiarity of their own home, by supporting with daily activities, help around the home, and getting out and about in the local community.

We are proud to have been rated as a 'Top 20 Home Care Provider in Scotland' for the last two years running by reviews website [homecare.co.uk](https://www.homecare.co.uk) based upon verified feedback from our clients and their loved ones.

We believe it is equally important to look after our staff – a team of very special, caring, and highly skilled people – and are honoured to have been recognised with various awards as an employer of choice within our sector.

As well as supporting seniors and their families, we work across our community in partnership with other organisations to help support initiatives that will benefit local older

people, as well as raising awareness about issues that affect their day-to-day lives.

These things, and this guide, are other ways that make Home Instead West Lothian stand out from the crowd and give us an opportunity to give something back to our local community.

If you would like to find out more about our services, or about working with us, please contact us using the details which can be found at the back of this guide.

Our care

- Home Help
- Companionship
- Personal Care
- Dementia Care
- Live-in Care



Monday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
◆ Network Singers	Answer Centre	14:00-15:30	WL 50+ Network	01506 635510
🌊 Blackburn Buddies group	Blackburn Partnership Centre	10:00-12:00	OPAL Cyrenians	01506 815815
🌊 Tea Dance (1st & 3rd Mon of month)	Whitburn Bowling Club	13:30-16:00	Ageing Well	01506 237950
♥ Buddy Swimming	Xcite Whitburn	10:15-11:15	Ageing Well	01506 237950
♥ Gentle Exercise	Craigninn Centre	11:00-11:45	Ageing Well	01506 237950
🌊 Young at Heart Social Afternoon (Monthly)	Hillcroft Hotel	13:30-15:30	Ageing Well	01506 237950
◆ Community Shed	Masonic Place	10:00-16:00	Men's Sheds Association	01501 735796
🌊 Lunch Club (once a month - call for details)	Andy's Coffee House	12:00-13:00	OPAL Cyrenians	01506 815815

Bathgate

Name	Location	Time	Organisation	Contact
◆ Mens Darts & Dominoes	WL 50+ Members Hub	10:00-12:00	WL 50+ Network	01506 635510
◆ Monday Stitchers	Rosemount Gardens	10:00-12:00	WL 50+ Network	01506 635510
◆ Rummikub	Rosemount Gardens	13:00-15:00	WL 50+ Network	01506 635510
◆ Art Group 1	Bathgate Partnership Centre	14:00-16:00	WL 50+ Network	01506 635510
🌊 Book & Blether (Fortnightly)	Bathgate Partnership Centre	14:00-16:00	WL 50+ Network	01506 635510
◆ Bridge	Bathgate Partnership Centre	19:00-21:00	WL 50+ Network	01506 635510
◆ Pins & Needles	WL 50+ Members Hub	14:00-16:00	WL 50+ Network	01506 635510
♥ Wanderers Walking Group (Fortnightly)	Bathgate	13:00-14:00	OPAL Cyrenians	01506 815815
🌊 Silver Tones Choir	Royal British Legion	13:15	Generation Arts	07521 358239
♥ Paracise	Xcite Bathgate	18:05-18:50	Ageing Well	01506 237950
♥ Walking Groups	Contact for details	10:00	Ageing Well	01506 237950

Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
🌊 Line Dancing - Beginners / Improver	Xcite Broxburn	12:00-12:45	Ageing Well	01506 237950
🌊 Line Dancing - Improver / Intermediate	Xcite Broxburn	13:00-13:45	Ageing Well	01506 237950
● Community Connections Drop In	Strathbrock Partnership Centre	14:00-16:00	Community Connections	communityconnections@westlothian.gov.uk

Linlithgow

Name	Location	Time	Organisation	Contact
♥ Paracise	Xcite Linlithgow	12:40-13:25	Ageing Well	01506 237950
◆ Community Shed	The Hub (Old Library)	09:00-13:00	Men's Sheds Association	01506 846991

Livingston & East Calder

Name	Location	Time	Organisation	Contact
🌊 Craigengar Park Activity Group	Almond Road, Livingston	13:30-15:30	OPAL Cyrenians	01506 815815
◆ Pins 'n' Needles & Crafts	The Mall, Craigshill	10:00-12:00	Spark	01506 442093
◆ Sewing Bee Circle	The Mall, Craigshill	12:30-14:00	Spark	01506 442093
◆ Carpet Bowls	The Mall, Craigshill	14:00-15:30	Spark	01506 442093
🌊 Monday Meetup	Forestbank Community Centre	10:00-12:00	Ladywell Neighbourhood Network	01506 437746
◆ Sporting Memories Club	Livingston Cricket Club	10:30-12:00	Sporting Memories	07340 560306
♥ Paracise	Xcite Craigswood	10:30-11:15	Ageing Well	01506 237950
♥ Paracise	Xcite East Calder	18:05-18:50	Ageing Well	01506 237950
♥ Ballroom and Latin Dance	Xcite Craigswood	16:00-17:00	Ageing Well	01506 237950
◆ Community Shed (Mixed Gender)	The Barn Community Café	10:00-12:00	Men's Sheds Association	07751 008990

Event type key

◆ Activity ♥ Exercise 🌊 Social ● Support Group 🏠 Day Trip

Please note, the relevant group must be contacted before trying to attend. Many of the groups may have limited availability and can sometimes be subject to change. Some groups may incur a cost, and/or require membership to the relevant organisation involved.

A day in the life of a *Care Professional*

Working in care is a truly important role, and one that more and more people are turning to; But what does it actually involve?

Carers, whether working in a residential facility or within people's homes, provide companionship and company. This support is vital, with over half a million older people saying they go at least 5-6 days a week without seeing or speaking to anyone, and two fifths of all older people saying the television is their main source of company.

Providing companionship can mean anything from sitting down for a chat with a cup of tea, completing a jigsaw or an activity, or even going for a day trip to somewhere new. Companionship is at the base of care, and building strong relationships with clients is the key to keeping them feeling happy and comfortable – whatever their needs.

Carers of course carry out other roles including personal care, helping clients dress and shower, as well as sometimes providing medical assistance. They may also help a client around their home, carrying out cleaning or shopping tasks, providing all-round support to older and vulnerable people.

Working in care presents a fantastic opportunity to work in a rewarding role, where you can make a real difference helping others in your local community.

Whatever your stage of life, personality, or background, you can bring it to a role as a Care Professional. All you need is the desire to make a difference.

UnRetire *Yourself*

We surveyed 1,000 who had retired and this is what they said...

1 in 4

Said they retired too soon

29%

miss the feeling that they had a sense of purpose

45%

said they can no longer afford to do the things they want to do

60%

said that work was good for their mental health

45%

of people missed their work colleagues since retiring





Why not regain that sense of purpose and UnRetire Yourself by becoming a Care Professional?

Contact Home Instead West Lothian on 01506 346046 or visit www.homeinstead.co.uk/recruitment/west-lothian/















Tuesday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
 Walking Group	Armadale Academy	19:15-20:00	Ageing Well	01506 237950
 Paracise	Armadale Academy	18:15-19:00	Ageing Well	01506 237950
 Walking Group	Armadale CC	10:30-11:15	Ageing Well	01506 237950
 Walking Group	Contact for details	10:00	Ageing Well	01506 237950




Bathgate

Name	Location	Time	Organisation	Contact
 Men's Group	WL 50+ Members Hub	10:00-12:00	WL 50+ Network	01506 635510
 Tai Chi	Xcite Bathgate	11:30-12:30	WL 50+ Network	01506 635510
 Nuyu	Bathgate Partnership Centre	11:00-12:30	WL 50+ Network	01506 635510
 Zumba	Xcite Bathgate	12:30-13:30	WL 50+ Network	01506 635510
 Craft Group (Fortnightly)	Bathgate Partnership Centre	13:15-15:15	WL 50+ Network	01506 635510
 Art Group 2 (Fortnightly)	WL 50+ Members Hub	14:00-16:00	WL 50+ Network	01506 635510
 Ukulele (Fortnightly)	Rosemount Gardens	14:30-16:30	WL 50+ Network	01506 635510
 Improve N Move	WL 50+ Members Hub	12:15-13:00	WL 50+ Network	01506 635510
 Improve N Move	WL 50+ Members Hub	13:15-14:00	WL 50+ Network	01506 635510
 Creative Writing (Fortnightly)	WL 50+ Members Hub	14:00-16:00	WL 50+ Network	01506 635510
 Nibble & Natter (Fortnightly)	Royal Scot Court	14:00-16:00	OPAL Cyrenians	01506 815815
 Mates & Meals (call for details)	Various Locations	18:00-20:00	OPAL Cyrenians	01506 815815

Event type key

 Activity
  Exercise
  Social
  Support Group
  Day Trip











Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
 Line Dancing - Beginners / Improver	Xcite Broxburn	12:00-12:45	Ageing Well	01506 237950
 Line Dancing - Intermediate	Xcite Broxburn	13:00-13:45	Ageing Well	01506 237950
 Paracise	Xcite Broxburn	11:00-11:45	Ageing Well	01506 237950

Linlithgow

Name	Location	Time	Organisation	Contact
 Wanderers Walking Group (Fortnightly)	Linlithgow	11:00-12:00	OPAL Cyrenians	01506 815815
 Paracise	Xcite Linlithgow	11:10-11:55	Ageing Well	01506 237950
 Walking Netball	Xcite Linlithgow	10:30-12:00	Ageing Well	01506 237950
 Community Shed	The Hub (Old Library)	17:00-19:00	Men's Sheds Association	01506 846991

Livingston & East Calder

Name	Location	Time	Organisation	Contact
 Craigengar Park Activity Group	Almond Road, Livingston	13:30-15:30	OPAL Cyrenians	01506 815815
 Pins 'n' Needles & Crafts	The Mall, Craigshill	10:00-12:00	Spark	01506 442093
 Sewing Bee Circle	The Mall, Craigshill	12:30-14:00	Spark	01506 442093
 Carpet Bowls	The Mall, Craigshill	14:00-15:30	Spark	01506 442093
 Monday Meetup	Forestbank Community Centre	10:00-12:00	Ladywell Neighbourhood Network	01506 437746
 Sporting Memories Club	Livingston Cricket Club	10:30-12:00	Sporting Memories	07340 560306
 Paracise	Xcite Craigswood	10:30-11:15	Ageing Well	01506 237950
 Paracise	Xcite East Calder	18:05-18:50	Ageing Well	01506 237950
 Ballroom and Latin Dance	Xcite Craigswood	16:00-17:00	Ageing Well	01506 237950
 Community Shed (Mixed Gender)	The Barn Community Café	10:00-12:00	Men's Sheds Association	07751 008990

Please note, the relevant group must be contacted before trying to attend. Many of the groups may have limited availability and can sometimes be subject to change. Some groups may incur a cost, and/or require membership to the relevant organisation involved.

Staying out of hospital

No one likes going into hospital and sometimes the idea of staying away from home can be overwhelming but there are some instances when hospitalisation is sadly unavoidable. So how can the number of hospitalisations be reduced?

Keeping active

The benefits of being active physically and mentally are well known but for older people, options can often seem limited. Doing things such as crafts, drawing and puzzles keep the mind active, whilst gentle gardening or regular 10-minute walks can help maintain muscle strength.

Regular hydration

Drinking regularly is key to avoiding health issues such as dehydration or

infections and can also improve mood. It is recommended to drink 1.5L of fluid per day even if you don't 'feel' thirsty.

Good nutrition

Despite appetites decreasing over time, the nutritional benefits of maintaining a healthy and balanced diet are just as important. Meals which add extra vitamins and minerals to diets, such as Vitamin D and calcium can help combat conditions such as osteoporosis.

A reliable and long-term GP

It is important to have a reliable and consistent GP, as with age medication will likely become more important. Family members or Care Professionals can help to notice 'red flags' such as unused medication, and small changes in chronic illnesses.

Companionship

Getting involved with local groups and organisations or having someone else visit can complement family involvement by providing extra companionship to combat loneliness and isolation, which has been proven to improve general wellbeing and reduce the risk of hospitalisation.



Scam Prevention

Home Instead care for older people every day and want to help protect them and our local community against scammers.

By raising awareness and informing people about fraud we hope to protect seniors from losing valuable assets, independence, and trust.

Why are older people targets?

- Isolation/loneliness
- Financial stability
- Poor health
- Fastest growing segment of population
- Decline in cognitive function can lead to poor decision making

Common frauds:

Criminals employ a wide variety of tactics and different types of scams to con people out of their money either in person, over the phone, or online.

From impersonating trusted organisations, to offering 'too good to be true' investment or purchase opportunities, it is important to remain on your guard and take action if you suspect that something might not be what it seems.

Protecting yourself against fraud and scams

If you receive a request to provide personal or financial information, whether it's over the phone, in an email, online, or through social media always remember:

STOP: Taking a moment to stop and think before parting with your money or information could keep you safe.

CHALLENGE: Could it be fake? It's ok to reject, refuse, or ignore any requests. Only criminals will try to rush or panic you.

PROTECT: Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Victims of scams can be affected emotionally, physically, and mentally therefore it is crucial to look out for signs in changes of behaviour.

If you think that someone has been scammed or is at risk of being scammed, contact Action Fraud which is a service run by the National Fraud Authority, on **0300 123 2040** or through their website **www.actionfraud.police.uk**.

Wednesday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
☕ Coffee Club	Armadale Partnership Centre	13:00-15:00	WL 50+ Network	01506 635510
🌸 Paracise	Xcite Whitburn	14:00-14:45	Ageing Well	01506 237950
♦ Community Shed	Masonic Place	10:00-16:00	Men's Sheds Association	01501 735796
● Community Connections Drop In	Ian Tennant Library	10:00-12:00	Community Connections	communityconnections@westlothian.gov.uk
♦ Ochilview Court Activity Group (fortnightly)	Ochilview Court	14:30-16:00	OPAL Cyrenians	01506 815815

Bathgate

Name	Location	Time	Organisation	Contact
♦ Chess for Fun	WL 50+ Members Hub	10:00-12:00	WL 50+ Network	01506 635510
☕ Coffee Club	Various Locations	10:45-12:00	WL 50+ Network	01506 635510
🌸 Line Dancing for Fun (Fortnightly)	Bathgate Partnership Centre	12:00-13:30	WL 50+ Network	01506 635510
♦ French for Beginners	WL 50+ Members Hub	13:00-14:00	WL 50+ Network	01506 635510
♦ French	WL 50+ Members Hub	14:00-16:00	WL 50+ Network	01506 635510
♦ Spanish	WL 50+ Members Hub	15:45-16:45	WL 50+ Network	01506 635510
♦ Photography (Fortnightly - other times on location)	WL 50+ Members Hub	12:00-14:00	WL 50+ Network	01506 635510
☕ Knit and Natter	Boghall Drop in Centre	10:00-11:30	Ageing Well	01506 237950
♦ Arts and Crafts	Rosemount Gardens	14:00-15:30	Ageing Well	01506 237950
🌸 Tai Chi - Beginners	Xcite Bathgate	13:00 - 13:45	Ageing Well	01506 237950
🌸 Tai Chi - Intermediate	Xcite Bathgate	14:00-14:45	Ageing Well	01506 237950
● Community Connections Drop In	Boghall Drop in Centre	10:00-12:00	Community Connections	communityconnections@westlothian.gov.uk
☕ Intergenerational Group (call for details)	Nurture Nursery	10:00-11:00	OPAL Cyrenians	01506 815815
♦ Auld School of Rock	OPAL Office	11:00-13:00	OPAL Cyrenians	01506 815815

Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
🌸 Wanderers Walking Group	Broxburn	11:00-12:00	OPAL Cyrenians	01506 815815
♦ Broxburn Sporting Memories Club	Broxburn United Sports Club	10:30-12:00	Sporting Memories	07340 560306
🌸 Paracise	Xcite Broxburn	19:00-19:45	Ageing Well	01506 237950
🌸 Tai Chi - Intermediate	Xcite Broxburn	09:15-10:15	Ageing Well	01506 237950
🌸 Tai Chi - Beginners	Xcite Broxburn	10:20-11:20	Ageing Well	01506 237950

Fauldhouse & Breich Valley

Name	Location	Time	Organisation	Contact
☕ Blackfaulds Court Activity Group	Blackfaulds Court, Fauldhouse	14:00-16:00	OPAL Cyrenians	01506 815815

Linlithgow

Name	Location	Time	Organisation	Contact
🌸 Walking Group	Various Locations	10:00	Ageing Well	01506 237950

Livingston & East Calder

Name	Location	Time	Organisation	Contact
☕ Coffee & Games Group	Chain Runner	10:00-12:00	WL 50+ Network	01506 635510
🌸 Table Tennis	Craigswood Sports Centre	14:00-15:00	WL 50+ Network	01506 635510
♦ Ten Pin Bowling (Fortnightly)	Deer Park	14:00-16:00	WL 50+ Network	01506 635510
☕ Singing for Health (3rd Wednesday of month)	Livi Station Community Centre	13:30-15:00	OPAL Cyrenians	01506 815815
☕ Games Afternoon	The Mall, Craigshill	13:30-15:00	Spark	01506 442093
♦ Chat-Tea Crafters	28 Heatherbank	10:00-12:00	Ladywell Neighbourhood Network	01506 437746
♦ Helping Hands - Knit / Crochet	Forestbank Community Centre	13:00-15:00	Ladywell Neighbourhood Network	01506 437746
🌸 Paracise	Xcite East Calder	09:10-09:55	Ageing Well	01506 237950
🌸 Paracise	Xcite Craigswood	11:40-12:25	Ageing Well	01506 237950
☕ Singing for Health	The Mall, Craigshill	10:30-12:00	Ageing Well	01506 237950
● Carers Coffee Morning	Sycamore House	10:00-11:30	Carers of West Lothian	01506 448000



Roast lamb *steak*

with mint and cucumber
yoghurt, crushed potatoes,
buttered peas
and cabbage

2 Makes 2 servings

Ingredients

For the steak

2 lamb rump steaks – you could use a
pork chop or
chicken breast here (just adjust the
cooking times to suit)
30g butter
1 dst spn vegetable oil
1 dst spn dried thyme
1 crushed garlic clove (optional)
½ tsp fine sea salt
Juice of ½ lemon (optional)

Mint yoghurt sauce

¼ cucumber, peeled and finely diced
1 small pot full fat plain or Greek yoghurt
2 large tbsp fresh mint or half dried

Spring onion and crushed potato

200g small new potatoes
1 bunch spring onions (or chives),
finely sliced
30g butter
70g full-fat plain or Greek yogurt

For the buttered peas and cabbage

½ a large Savoy cabbage or one small
150g frozen petit pois peas, defrosted
40g butter
Salt and pepper

To make the lamb

1. First mix the oil with the thyme, garlic and salt and rub into the lamb steaks. Make sure the lamb is at room temperature (leave it out of the fridge for half an hour maximum) – whilst the lamb is coming to room temperature, make all the sides and cook the lamb at the end.
2. Whilst you're making the sides heat the oven to 180°C. Once the sides have been made, put the rump steaks in a baking dish and cook for 15 minutes, or done to your liking.
3. Alternatively, you can take a frying pan and add a drop of oil, heat to a medium to high heat and fry the steaks on each side for 2 minutes, turn the heat down to medium only, then add the butter basting and turn for four minutes.
4. Finish with a squeeze of lemon.

To make the mint and cucumber yoghurt

1. First put the cucumber into a colander over a bowl, sprinkle with the salt and leave for the water to come out, for about 20 minutes. Allow to drain.
2. In a medium bowl add the yoghurt and all the other ingredients, mix.

To make the potato

1. Bring the potatoes to boil in plenty of water, turn down the heat and allow to simmer for 20 minutes approx. Or until cooked.
2. Drain well and put back into the saucepan.
3. Crush with a fork and add the butter, Greek yoghurt and spring onions. Mix well and season well. Keep warm.

To make the peas and cabbage

1. Cut the cabbage into slices, put into a saucepan of boiling water, cook for 4 minutes. Drain well.
2. In the same saucepan add the butter add the peas and cook for a few seconds, now add the cabbage.
3. Add salt and pepper and mix well.

Feel free to make just one of the sides if you are short for time.

Thursday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
♥ Gentle Exercise	Xcite Whitburn	13:00-13:45	Ageing Well	01506 237950
🌊 Singing for Health (Fortnightly)	Whitburn Partnership Centre	13:00-14:30	Ageing Well	01506 237950
● Carers Cuppa & Chat (2nd Thurs of month)	Colinshield Court	10:30-12:00	Carers of West Lothian	01506 448000
♦ Community Shed	Masonic Place	10:00-16:00	Men's Sheds Association	01501 735796
● Community Connections Drop In	Dale Hub	14:00-15:00	Community Connections	communityconnections@westlothian.gov.uk

Bathgate

Name	Location	Time	Organisation	Contact
🌊 Young at Heart Coffee Club	WL 50+ Members Hub	10:30-12:00	WL 50+ Network	01506 635510
🌊 Lunch Club (Last Thursday of Month)	Cairn Hotel	12:00	WL 50+ Network	01506 635510
♦ Patchwork	Bathgate Partnership Centre	14:00-16:00	WL 50+ Network	01506 635510
♦ Mah Jong & Games	WL 50+ Members Hub	14:00-16:45	WL 50+ Network	01506 635510
♦ Gardening (1st Thursday of Month)	WL 50+ Members Hub	19:00-21:00	WL 50+ Network	01506 635510
🌊 Book Club (Monthly)	Bathgate Library	18:00-19:00	WL 50+ Network	01506 635510
♦ Classic Cinema (2nd Thursday of Month)	WL 50+ Members Hub	17:00	WL 50+ Network	01506 635510
🌊 Line Dancing - Improver/Intermediate	Xcite Bathgate	10:45-11:30	Ageing Well	01506 237950
🌊 Line Dancing - Absolute Beginners / Beginners / Improver	Xcite Bathgate	11:45-12:30	Ageing Well	01506 237950

Fauldhouse & Breich Valley

Name	Location	Time	Organisation	Contact
🌊 Blackfaulds Court Activity Group	Blackfaulds Court, Fauldhouse	14:00-16:00	OPAL Cyrenians	01506 815815

Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
♥ Wanderers Walking Group	Broxburn	11:00-12:00	OPAL Cyrenians	01506 815815
♦ Broxburn Sporting Memories Club	Broxburn United Sports Club	10:30-12:00	Sporting Memories	07340 560306
♥ Paracise	Xcite Broxburn	19:00-19:45	Ageing Well	01506 237950
♥ Tai Chi - Intermediate	Xcite Broxburn	09:15-10:15	Ageing Well	01506 237950
♥ Tai Chi - Beginners	Xcite Broxburn	10:20-11:20	Ageing Well	01506 237950

Linlithgow

Name	Location	Time	Organisation	Contact
♥ Walking Groups	Contact for details	10:00	Ageing Well	01506 237950

Livingston & East Calder

Name	Location	Time	Organisation	Contact
🌊 Coffee Club	Chain Runner	10:00-12:00	WL 50+ Network	01506 635510
🌊 Livingston Dance	Craigsfarm Community Hub	10:30	Generation Arts	07521 358239
♦ Guided Meditation	The Mall, Craigshill	18:10-18:55	Spark	01506 442093
♦ Tapestry Club	The Mall, Craigshill	09:00-09:45	Spark	01506 442093
♦ Introduction to Film Making	The Mall, Craigshill	10:00-10:45	Spark	01506 442093
● Sky Up Drop in - Tech Advice (every 2nd week)	The Mall, Craigshill	10:00-12:00	Spark	01506 442093
♥ Fit 2 Live	28 Heatherbank	10:00-12:00	Ladywell Neighbourhood Network	01506 437746
🌊 Board Buddies (mens group)	28 Heatherbank	18:10-18:55	Ladywell Neighbourhood Network	01506 437746
🌊 Line Dancing - Absolute Beginners	Xcite East Calder	09:00-09:45	Ageing Well	01506 237950
🌊 Line Dancing - Beginners / Improver	Xcite East Calder	10:00-10:45	Ageing Well	01506 237950
♥ Wise One Body Clock (Yoga Style)	Xcite Craigswood	10:00-12:00	Ageing Well	01506 237950
♥ Wise One Body Clock (Yoga Style)	Xcite Craigswood	18:10-18:55	Ageing Well	01506 237950
♦ Community Shed (Mixed Gender)	Mosswood Community Centre	09:00-09:45	Men's Sheds Association	07751 008990
● Community Connections Drop In	Craigsfarm Café	10:00-10:45	Community Connections	communityconnections@westlothian.gov.uk

Friday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
 Coffee Club	Hillcroft Hotel	10:45	WL 50+ Network	01506 635510
 Yoga	Whitburn Partnership Centre	11:30-12:30	WL 50+ Network	01506 635510

Bathgate

Name	Location	Time	Organisation	Contact
 Reminiscence	Bennie Museum	10:00	WL 50+ Network	01506 635510
 Craft for Enjoyment	WL 50+ Members Hub	10:00-12:00	WL 50+ Network	01506 635510
 Jewellery Group	WL 50+ Members Hub	12:15-14:00	WL 50+ Network	01506 635510
 Scrabble & Canasta	WL 50+ Members Hub	14:00-16:30	WL 50+ Network	01506 635510
 Nattering Needles	Rosemount Gardens	13:30-15:30	WL 50+ Network	01506 635510
 Bathgate Dance	St Mary's Church Hall	10:30	Generation Arts	07521 358239
 Paracise	Xcite Bathgate	09:50-10:35	Ageing Well	01506 237950
 Paracise	Xcite Bathgate	10:30-11:15	Ageing Well	01506 237950


Fauldhouse & Breich Valley

Name	Location	Time	Organisation	Contact
 Seated Exercise	West Calder Community Centre	11:00-11:45	Ageing Well	01506 237950
 Monthly Concert (Last Fri of month)	West Calder Community Centre	13:00-14:00	Ageing Well	01506 237950

Linlithgow

Name	Location	Time	Organisation	Contact
 Community Shed	The Hub (Old Library)	09:00-13:00	Men's Sheds Association	01506 846991

Bathgate

Name	Location	Time	Organisation	Contact
 Lunch Club (Last Fri of Month)	Various Locations	12:30-14:30	WL 50+ Network	01506 635510
 Men's Group	The Mall, Craigshill	10:00-12:30	Spark	01506 442093
 Neighborhood Nature	28 Heatherbank	10:00-12:00	Ladywell Neighbourhood Network	01506 437746
 Woodland Walk	28 Heatherbank	13:00-15:00	Ladywell Neighbourhood Network	01506 437746
 Dementia Support Group (1st Fri of month)	Sycamore House	10:00-12:00	Carers of West Lothian	01506 448000
 Bereaved Carers Support Group (3rd Fri of month)	Sycamore House	10:30-12:00	Carers of West Lothian	01506 448000
 Community Shed (Mixed Gender)	The Barn Community Café	10:00-13:00	Men's Sheds Association	07751 008990

Weekend groups across the area

Broxburn, Uphall & Winchburgh




Name	Location	Day / Time	Organisation	Contact
 Line Dancing - Absolute Beginners	Xcite Broxburn	Saturday 11:15-12:00	Ageing Well	01506 237950
 Paracise	Xcite Broxburn	Saturday 10:15-11:00	Ageing Well	01506 237950

Livingston & East Calder

Name	Location	Day / Time	Organisation	Contact
 Linedance Classes (Absolute Beginners)	Xcite Craigswood	Sunday 14:00-14:45	Ageing Well	01506 237950
 Linedance Classes (Beginners / Improvers)	Xcite Craigswood	Sunday 15:00-15:45	Ageing Well	01506 237950
 Linedance Classes (Intermediate)	Xcite Craigswood	Sunday 16:00-16:45	Ageing Well	01506 237950

Other groups across the area

The following groups are in various locations across West Lothian and have differing start times, please contact the group directly for more information.

Name	Day	Time	Organisation	Contact
 Mental Health Carers Support Group	Monday (1st Mon of month)	18:00-19:00	Carers of West Lothian	01506 448000
 Social Group for Disabled People	Tuesday (3rd Tues of month)	18:00-19:00	Carers of West Lothian	01506 448000
 Social Group for Disabled People	Tuesday (4th Tues of month)	10:30-11:30	Carers of West Lothian	01506 448000
 Benefits Advice Clinic	Wednesday	09:00-12:00	Carers of West Lothian	01506 448000
 Online Carers Coffee Morning	Wednesday	11:45-12:30 (online)	Carers of West Lothian	01506 448000
 Carers Support Group (last Wed of month)	Wednesday	18:30-20:00 (online)	Carers of West Lothian	01506 448000
 Anxiety & Depression Support Group	Wednesday	19:30-20:30 (online)	Health in Mind	0131 225 8508
 Reading Room Online (last Thurs of month)	Thursday	11:00-12:00 (online)	OPAL Cyrenians	01506 815815
 Stroll Along Walking Group	Thursday	Various	WL 50+ Network	01506 635510
 Twalkers Walking Group	Thursday	Various	WL 50+ Network	01506 635510
 Supper Club (2nd Thurs of Month)	Thursday	Various	WL 50+ Network	01506 635510

Useful organisations



OPAL West Lothian
01506 815 815
opal@cyrenians.scot

Supporting older people to increase their independence and well-being.

- Activity Groups
- One-to-one support
- Community capacity building



Generation Arts
07521 358 239
generationarts.coordinator@gmail.com

Bringing art and creativity to older people offering activities that promote independence, confidence, and good physical and mental health.



Alzheimer Scotland
01506 533 108
WestLothianServices@Alzscot.org

Provides a wide range of specialist services for people with dementia and their carers regardless of age.

- Community activities
- Carer support
- Dementia Cafes
- Information and advice



Carers of West Lothian
01506 448 000
office@carers-westlothian.com

Charity offering range of services to support unpaid carers and disabled people:

- Information & advice
- Counselling and emotional support
- Peer support groups
- Signposting and referral services
- Training
- Recreational courses



HcL Transport
01506 633953
Bathgate@handicabs.org.uk

Dial-A-Ride provides a door-to-door transport service for people with limited mobility who are unable to use ordinary buses, including wheelchair users.

Dial-a-bus provides regular, scheduled transport to local shopping centres or supermarkets.



West Lothian 50+ Network
01506 635510
hub@westlothian50plusnetwork.co.uk

Members group that facilitates wide range of activities with aim of keeping active in mind and body whilst providing opportunities to meet new people and combat loneliness and social isolation.



Spark West Lothian
01506 442 093
info@sparkscot.com

Charity that runs a wide range of activities to help overcome the impact of loneliness and isolation, sparking conversations and interactions with people in the local community. 'Sky Up' digital hub also offers technology support with getting online.



Ladywell Neighbourhood Network
01506 437746
ladywellinn@hotmail.com

Work with those affected by being socially isolated, offering a number of services and activities open to all who are interested.



Food Train West Lothian
01506 413 013
westlothian@thefoodtrain.co.uk

A charity offering a range of services to support older people aged 65 plus:

- A grocery shopping service delivered into your home by friendly volunteers.
- Delivering library or audio books.
- Helping prepare your shopping list.
- A friendly volunteer visiting you in your home, taking you to the supermarket or on an outing.



Sporting Memories
07340 560 306
donna.mackey@sportingmemories.uk

Help older people to reminisce, replay and reconnect through the power of sport, running community sports reminiscence projects.



Ageing Well Project
01506 237 950
aclerkson@westlothianleisure.com

Promotes healthy lifestyles for adults over 50 in West Lothian, offering:

- Advice and support
- Information & signposting
- Sport and Exercise

Spotlight on Cyrenians OPAL

Our Older People Active Lives (OPAL) service supports older people to increase their independence and well-being across the West Lothian area.

We support those aged 60+, connecting them to our team of dedicated volunteers who offer encouragement, companionship and assistance. We offer the following support to those looking to re-engage with social, leisure and community activities:

- One-to-one support - our one-to-one service accepts self-referrals and referrals from healthcare professionals. We match each referral to a volunteer who then supports the individual to re-connect with their community.

This can include home visits, telephone conversations, outings to local cafés and walks, or supporting an individual in engaging with a local community group.

- OPAL's Community Capacity Building (CCB) initiative aims to enable and support older people in achieving the changes and improvements they want to see happen in their local community. CCB projects are already under way in Whitburn and Winchburgh, with further ones planned in Addiewell and Stoneyburn.
- OPAL Groups – We have 13 groups, both in-person and online, offering people the opportunity to meet others in their community and take part in activities. Details can be found in this guide.

For those people who are unable to, or prefer not to, attend a group in person or have a volunteer visit, we offer remote support through regular online groups, telephone befriending and monthly activity packs sent by post.

For more information, please call us on **01506 815 815** or email opal@cyrenians.scot

cyrenians
OPAL Older People, Active Lives

Useful numbers

Advice Shop	01506 283000
Adult Social Care Enquiry Team	01506 284848
Age Scotland	0800 12 44 222
Alzheimer Scotland	01506 533108
Blue Badge Scheme	01506 283000 (option 5)
Carers of West Lothian	01506 448000
Chest Heart & Stroke Scotland	0808 801 0899
Citizens Advice Bureau	01506 432977
Deaf Action	0131 556 3128
Dementia Helpline (24 hour)	0808 808 3000
Diabetes UK	0345 123 2399
EARS Independent Advocacy Service	01506 205840
Food Train West Lothian	01506 413013
Health in Mind	0131 225 8508
HCL Transport (Dial-a-ride & Dial-a-bus)	01506 633953
MacMillan Cancer Support & Benefits Advice	0808 808 00 00
Marie Curie	0800 090 2309
NHS Advice (non emergency)	111
Occupational Therapy	01506 284848 (option 2)
Parkinsons UK	0800 1234 5678
Police Scotland	101
Royal National Institute of Blind People	0303 123 9999
Salvation Army (Livingston)	01506 430272
Samaritans	116 123
Scottish Fire & Rescue Service (Home Safety Visits)	0800 0731 999
Sight Scotland	0800 024 8973
The Silver Line	0800 470 80 90
St John's Hospital	01506 523000
Stroke Association	0303 3033 100
Voluntary Sector Gateway West Lothian	01506 650111
West Lothian Council	01506 280000
West Lothian Foodbank	01501 229307

Contact us

If you know of someone who could benefit from our high quality care, or is interested in working with us, please contact us today.

01506 346046

info.westlothian@homeinstead.co.uk

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