



# What's on Where Guide

A guide to activities & clubs for ageing adults

## West Lothian Summer 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**.

### Event type key

◆ Activity    ♥ Exercise    ■ Social    ● Support Group    ■ Day Trip

## 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](http://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	Advised when joining	Afternoon	WL 50+ Network	01506 635510
🌊 Blackburn Buddies group	Blackburn Partnership Centre	10:00-12:00	OPAL Cyrenians	01506 815815
🌊 Lunch Club (4th Mon of each month)	Andy's Coffee House	12:00-13:00	OPAL Cyrenians	01506 815815
● Memory Café (3rd Mon of month)	Blackburn United Football Club	12:30-14:00	Alzheimer Scotland	01506 533108
♥ Buddy Swimming	Xcite Whitburn	10:15-11:15	Ageing Well	01506 237950
♥ Gentle Exercise	Craigninn Centre	11:00-11:45	Ageing Well	01506 237950
🌊 Tea Dance (1st & 3rd Mon of month)	Whitburn Bowling Club	13:30-16:00	Ageing Well	01506 237950
🌊 Young at Heart Social Afternoon (Monthly)	Hillcroft Hotel	13:30 -15:30	Ageing Well	01506 237950

## Bathgate

Name	Location	Time	Organisation	Contact
◆ Art Group 1	Advised when joining	Afternoon	WL 50+ Network	01506 635510
🌊 Book & Blether (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Mens Darts & Dominoes	Advised when joining	Morning	WL 50+ Network	01506 635510
◆ Monday Stitchers	Advised when joining	Morning	WL 50+ Network	01506 635510
🌊 Veterans (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Conversational French - (Every 3 weeks)	Advised when joining	Evening	WL 50+ Network	01506 635510
◆ Pins & Needles	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Rummikub	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♥ Wanderers Walking Group (Fortnightly)	Bathgate	13:00-14:00	OPAL Cyrenians	01506 815815
● Memory Café (1st Mon of month)	Rosemount Gardens	14:30-16:00	Alzheimer Scotland	01506 533108
♥ Paracise	Xcite Bathgate	18:05-18:50	Ageing Well	01506 237950
♥ Walking Groups	Various Locations	10:00	Ageing Well	01506 237950

## Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
● Community Connections Drop In	Strathbrock Partnership Centre	14:00-16:00	Community Connections	community.connections@westlothian.gov.uk
◆ 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

## Linlithgow

Name	Location	Time	Organisation	Contact
♥ Paracise	Xcite Linlithgow	12:40-13:25	Ageing Well	01506 237950

## Livingston & East Calder

Name	Location	Time	Organisation	Contact
◆ Table Tennis	Advised when joining	Evening	WL 50+ Network	01506 635510
◆ Sporting Memories Club	Livingston Cricket Club	10:30-12:00	Sporting Memories	07340 560306
◆ Carpet Bowls	The Mall, Craigshill	14:00-15:30	Spark	01506 442093
◆ 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
🌊 Craigengar Park Activity Group	Almond Road, Livingston	13:30-15:30	OPAL Cyrenians	01506 815815
🌊 Monday Meetup	Forestbank Community Centre	13:00-15:00	Ladywell NN	01506 437746
● Mental Health Carers Support Group (1st Mon of month)	Sycamore House & online	18:00-19:30	Carers of W.Loathian	01506 448000
◆ Knit and Natter (4th Mon of month)	Dementia Resource Centre	11:00-12:30	Alzheimer Scotland	01506 533108
● Red Brick Café - under 65s (2nd Mon of month)	Dementia Resource Centre	11:00-12:30	Alzheimer Scotland	01506 533108
♥ Ballroom & Latin Dance	Xcite Craigswood	16:00-17:00	Ageing Well	01506 237950
♥ Paracise	Xcite Craigswood	10:30-11:15	Ageing Well	01506 237950
♥ Paracise	Xcite East Calder	18:05-18:50	Ageing Well	01506 237950

## 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.



# Supporting family caregivers

According to data from the Office for National Statistics (ONS), there are currently over 700,000 people in Scotland providing unpaid care.

As our ageing population is set to grow, these figures are expected to increase. Home Instead recently conducted research to explore this societal issue in more detail, with the results from the 2000 family caregivers we surveyed highlighting that:

- The UK is dependent on an army of exhausted familial carers to look after its ageing population.
- It's unsustainable because the people it's relying on are increasingly under intense personal, professional and emotional strain.

Knowing that care in the community benefits the whole family, not just the client, we want to raise awareness of the issue to help families realise that:

- They are not alone
- It's normal to feel overwhelmed if you are caring for an ageing relative
- Community support is available
- Professional home care can offer valuable respite
- *It's ok to ask for help*

## Survey Findings

Millions of carers looking after elderly relatives are highly stressed and isolated and most are unaware of where to look or who to speak to for help with care needs.

This lack of awareness and poor understanding of the social care market is making life much harder than it needs to be for many.

**88%** feel they are neglecting their own health and wellbeing

**65%** admit to struggling with their mental health

**86%** say they feel guilty about not doing enough for their parents

**71%** feel guilty about not being able to put enough into their work

**75%** worry about neglecting their careers

In addition to guilt, there are other issues of concern around mental health and wellbeing:

- 45% feel isolated or trapped by being a carer
- 49% feel stressed, 57% exhausted
- 38% feel they are juggling too much, 33% feel overwhelmed and helpless

For many people there is no end in sight - with 39% saying they expect to be in this situation for more than five years.

## What can we do as a community?

These families are unable to see a way out and unsure about what next steps to take. We call this the 'stuck' moment - when the family realise that they can't go on as they are and that it's not in their, or their loved one's, best interests; but they don't know where to go for help.

- Over half (59%) know little about what is available,
- 40% believe turning to social care is a sign of weakness for themselves
- 44% believe it means they're failing their family.

More than half (53%) know nothing about the wealth of social care

options available through private providers and the different ways to pay for them such as Direct Payments.

No one should carry the burden of care alone - although that doesn't stop millions trying. We want to improve people's understanding of what help is available and where to find it.

Through our prior experience and many connections in the community - including with the other organisations listed in this guide - we are happy to help, offer advice and signpost people to help them get the support they need.

Contact us today on **01506 346046**  
[www.homeinstead.co.uk/home-care-for-your-family](http://www.homeinstead.co.uk/home-care-for-your-family)



# Tuesday groups across the area

## Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
◆ Line Dancing - Absolute Beginners	Armadale Academy	19:15-20:00	Ageing Well	01506 237950
♥ Paracise	Armadale Academy	18:15-19:00	Ageing Well	01506 237950
♥ Walking Groups	Various Locations	10:00	Ageing Well	01506 237950

## Bathgate

Name	Location	Time	Organisation	Contact
◆ Art Group 2 (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Craft Group (Fortnightly)	Bathgate Partnership Centre	Afternoon	WL 50+ Network	01506 635510
◆ Creative Writing (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Squawkers (First Tuesday of the month)	Advised when joining	Evening	WL 50+ Network	01506 635510
♥ Improve N Move	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♥ Improve N Move	Advised when joining	Afternoon	WL 50+ Network	01506 635510
🍵 Men's Group	Advised when joining	Morning	WL 50+ Network	01506 635510
♥ Nuyu	Advised when joining	Morning	WL 50+ Network	01506 635510
◆ Ukulele (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♥ Zumba	Advised when joining	Afternoon	WL 50+ Network	01506 635510
🍵 Mates & Meals (call for details)	Various Locations	18:00-20:00	OPAL Cyrenians	01506 815815
🍵 Nibble & Natter (Fortnightly)	Royal Scot Court	14:00-16:00	OPAL Cyrenians	01506 815815
🍵 Social Group for Disabled People (3rd Tues of month)	Bathgate Partnership Centre & online	18:00-19:30	Carers of W.Loithian	01506 448000

## Fauldhouse & Breich Valley

Name	Location	Time	Organisation	Contact
● Community Connections Drop In	Fauldhouse & Breich Valley Hub	10:00-12:00	Community Connections	community.connections@westlothian.gov.uk

## Event type key

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

## Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
🍵 Coffee Club	Advised when joining	Morning	WL 50+ Network	01506 635510
● Macmillan info & support	Strathbrock Partnership Centre	14:00-16:00	Macmillan	01506 283053
● Memory Café (4th Tues of month)	Strathbrock Partnership Centre	10:00-11:30	Alzheimer Scotland	01506 533108
◆ 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
◆ Community Shed	The Hub (Old Library)	17:00-19:00	Men's Sheds	01506 846991
♥ Paracise	Xcite Linlithgow	11:10-11:55	Ageing Well	01506 237950
♥ Walking Netball	Xcite Linlithgow	10:30 -12:00	Ageing Well	01506 237950

## Livingston & East Calder

Name	Location	Time	Organisation	Contact
♥ Badminton	Advised when joining	Morning	WL 50+ Network	01506 635510
🍵 Coffee Club	Advised when joining	Morning	WL 50+ Network	01506 635510
🍵 Bingo & Quiz	The Mall, Craigshill	10:00-12:00	Spark	01506 442093
♥ Walk with Kirsty	The Mall, Craigshill	13:30-14:30	Spark	01506 442093
♥ Xcite Seated exercise	The Mall, Craigshill	13:00-13:40	Spark	01506 442093
🍵 Cunnigar House Group	Avenue Park West	14:00-16:00	OPAL Cyrenians	01506 815815
◆ Thingamajig Tuesday	28 Heatherbank	13:00-15:00	Ladywell NN	01506 437746
◆ Triominos Troopers (Men's Group)	28 Heatherbank	10:00-12:00	Ladywell NN	01506 437746
● Social Group for Disabled People (4th Tues of month)	Sycamore House & online	10:30-12:00	Carers of W.Loithian	01506 448000
● Brain Health Info Session (2nd Tues of month)	Dementia Resource Centre	11:00-15:00	Alzheimer Scotland	01506 533108
◆ Creative Corner - craft group (1st Tues of month)	Dementia Resource Centre	10:30-12:00	Alzheimer Scotland	01506 533108
◆ Livi Legends - football group (1st Tues of month)	Dementia Resource Centre	13:00-14:30	Alzheimer Scotland	01506 533108
● Long-term carers & bereavement group (4th Tues of month)	Dementia Resource Centre	13:00-14:30	Alzheimer Scotland	01506 533108
🍵 Knit and Natter	Braid Health & Wellbeing	13:00-15:00	Ageing Well	01506 237950
♥ Paracise	Xcite Craigswood	14:00-14:45	Ageing Well	01506 237950
♥ Sports Afternoon	Xcite East Calder	14:00-16:00	Ageing Well	01506 237950
♥ Walking Groups	Various Locations	10:00	Ageing Well	01506 237950

# Realistic Medicine – It's OK to Ask

Realistic Medicine means putting you at the centre of decisions made about your care. It is about moving away from a “doctor knows best” culture and recognising that a one size fits all approach to health and social care is not the most effective path for you or the NHS.

This can apply to all different types of healthcare professionals including nurses, pharmacists, counsellors, physiotherapists and social workers.

When you understand what's going on with your health, you can make better decisions about your care and treatment. Knowing the right questions to ask can make all the difference.

To help you get the most out of any health appointment, here are 4 questions it's worth remembering to ask (also known as the BRAN questions).



When you understand what's going on with your health, you can make better decisions about your care and treatment. Knowing the right questions to ask can make all the difference.

## B - Benefits

What are the benefits of my treatment?

## R - Risks

What are the risks or possible side effects of my treatment?

## A - Alternatives

Are there any alternative treatments I can try?

## N - Nothing

What happens if I do nothing?

Your health professional should explain to you the benefits and risks of your available options. They should also discuss the option of doing nothing and what effects this could have. You should expect to be given enough information and time to make up your mind.

By asking these questions you will be able to make an informed choice about the treatment and care that's right for you.

For more information, visit: [www.nhsinform.scot/campaigns/its-ok-to-ask](http://www.nhsinform.scot/campaigns/its-ok-to-ask)



# Summer Safety Tips for Older Adults

**Long days in the summer sun can be dangerous for anyone if the necessary precautions aren't taken, and this is especially true for older adults.**

**As we age, our bodies don't adjust as quickly to sudden changes in temperatures, and various medical conditions and prescription medicines can contribute to heat-related illnesses.**

## Stay hydrated

Encourage your loved one to drink plenty of water and provide them with easy access to fluids. Water-rich foods like watermelon, lettuce, peaches, tomatoes or strawberries are also a great additional sources of hydration.

## Protect your skin and eyes

Apply sunscreen to your loved one's skin and provide them with hats and loose-fitting clothing to protect them from the sun's rays.

## Know when to stay inside

During the hottest times of the day, limit your loved one's outdoor activities and encourage them to stay indoors in a cool, shaded environment.

## Keep your home cool

Ensure that your loved one's home is adequately cooled or provide them with fans to help keep the heat at bay.

## Stay connected

Having a family member, friend or neighbour visit regularly is a great way to stay connected and ensure an older adult's safety during these hot summer days. Be sure to remain on the lookout for signs of heat-related illness, such as dizziness, nausea, and confusion.

By minding sun safety guidelines and taking the necessary precautions, older adults can enjoy the fun and adventure of the summer season.



# Wednesday groups across the area

## Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
♠ Ochilview Court Activity Group (fortnightly)	Ochilview Court	14:30-16:00	OPAL Cyrenians	01506 815815
● Community Connections Drop In	Blackburn Partnership Centre	10:30-12:30	Community Connections	community.connections@westlothian.gov.uk
♥ Paracise	Armadale CC	10:30-11:15	Ageing Well	01506 237950
♥ Paracise	Xcite Whitburn	14:00-14:45	Ageing Well	01506 237950

## Bathgate

Name	Location	Time	Organisation	Contact
♠ Chess for Fun	Advised when joining	Morning	WL 50+ Network	01506 635510
☕ Coffee Club	Advised when joining	Morning	WL 50+ Network	01506 635510
♠ Scrabblers	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♠ Bowling	Advised when joining	Morning	WL 50+ Network	01506 635510
♥ Butterfly Yoga	Advised when joining	Morning	WL 50+ Network	01506 635510
♥ Improve and Move	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♠ Genealogy (3rd Wednesday of the month)	Advised when joining	Evening	WL 50+ Network	01506 635510
♠ French	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♠ French for Beginners	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♠ Line Dancing for Fun (Fortnightly)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♠ Spanish	Advised when joining	Afternoon	WL 50+ Network	01506 635510
☕ Intergenerational Group (call for details)	Nurture Nursery	10:00-11:00	OPAL Cyrenians	01506 815815
☕ Singing Group (3rd Wednesday of month)	OPAL Office	13:30-15:00	OPAL Cyrenians	01506 815815
● Macmillan info & support	Bathgate Partership Centre	10:00-12:00	Macmillan	01506 283053
♠ Arts and Crafts	Rosemount Gardens	14:00-15:30	Ageing Well	01506 237950
☕ Knit and Natter	Boghall Drop in Centre	10:00-11:30	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

## Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
♠ Broxburn Sporting Memories Club	Broxburn United Sports Club	10:30-12:00	Sporting Memories	07340 560306
♥ Wanderers Walking Group	Broxburn	11:00-12:00	OPAL Cyrenians	01506 815815
♥ Paracise	Xcite Broxburn	17:10-17:55	Ageing Well	01506 237950
♥ Tai Chi - Beginners	Xcite Broxburn	10:00 -11:00	Ageing Well	01506 237950
♥ Tai Chi - Intermediate	Xcite Broxburn	09:00 -10:00	Ageing Well	01506 237950

## Fauldhouse & Breich Valley

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

## Linlithgow

Name	Location	Time	Organisation	Contact
● Caring Café (3rd Wed of month)	Queen Margaret's Hall	10:30-12:00	Alzheimer Scotland	01506 533108
♥ Walking Groups	Various Locations	10:00	Ageing Well	01506 237950

## Livingston & East Calder

Name	Location	Time	Organisation	Contact
☕ Coffee & Games Group	Advised when joining	Morning	WL 50+ Network	01506 635510
♥ Table Tennis	Advised when joining	Afternoon	WL 50+ Network	01506 635510
☕ Games Afternoon	The Mall, Craigshill	13:30-15:00	Spark	01506 442093
♠ Chat-Tea Crafters	28 Heatherbank	10:00-12:00	Ladywell NN	01506 437746
♠ Helping Hands - knit / crochet	Forestbank Community Centre	13:00-15:00	Ladywell NN	01506 437746
♠ Rummikub Klub	Forestbank CC	13:00-15:00	Ladywell NN	01506 437746
● Carers Coffee Morning	Sycamore House	10:00-11:30	Carers of W.Lothian	01506 448000
● Carers Evening Support Group (last Wed of month)	Sycamore House	18:30-20:00	Carers of W.Lothian	01506 448000
● Advice Shop Drop-in (4th Wed of month)	Dementia Resource Centre	13:00-16:00	Alzheimer Scotland	01506 533108 Booking essential
● Memory Café (2nd & 4th Wed of month)	Dementia Resource Centre	13:00-14:30	Alzheimer Scotland	01506 533108
♠ Music Group (1st Wed of month)	Dementia Resource Centre	13:30-15:00	Alzheimer Scotland	01506 533108
● Young Onset Carers Group (4th Wed of month)	Dementia Resource Centre	10:30-12:00	Alzheimer Scotland	01506 533108
♥ 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



## 3-Ingredient Mackerel *Fishcakes*

Make a batch of these wallet-friendly smoked mackerel fishcakes for a simple family dinner using just three ingredients.

Batch cook and freeze the rest for an easy last-minute meal another day.

**6** Makes 6 servings

### Ingredients

1kg peeled and diced potatoes  
300g frozen peas  
250g smoked mackerel fillets

### Instructions

#### 1. Mash



- Boil 1kg peeled and diced potatoes in a large pan of water for 10 mins or until tender
- Transfer the potatoes to a large bowl and mash.

#### 2. Mix



- Boil 300g frozen peas for 2 mins
- Drain, mix with the mash and flake in 250g smoked mackerel fillets, discarding the skin and any bones

#### 3. Fry



- Shape the mixture into 12 patties and chill for 30 mins
- Heat 1 tbsp olive oil in a large frying pan and fry the fish cakes for 5 mins each side or until piping hot

#### 4. Serve



Serve the fishcakes whilst still hot, with salad, lemon wedges and a dollop of mayo, if you like.

#### Freezing and defrosting

To freeze, leave to cool completely, wrap in foil and freeze for up to 2 months.

Bake from frozen (still covered) in a medium oven for 20 mins or until piping hot.

In order to enjoy optimum flavour and quality, frozen items are best used within 2-3 months of their freezing date.



This recipe has been provided by Food Train.

Food train volunteers work across West Lothian providing vital services helping older people affected by ill health, frailty and disability. We offer a weekly shopping service, various befriending options including shopping trips and outings on our mini bus and access to library books. If you are interested please contact us for more information.

**01506 413 013**  
**[www.thefoodtrain.co.uk](http://www.thefoodtrain.co.uk)**  
**[westlothian@thefoodtrain.co.uk](mailto:westlothian@thefoodtrain.co.uk)**



# Thursday groups across the area

## Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
● Community Connections Drop In	Dale Hub	14:00-15:00	Community Connections	communityconnections@westlothian.gov.uk
● Carers Cuppa & Chat (2nd Thurs of month)	Colinshiel Court	10:30-12:00	Carers of W.Loithian	01506 448000
♥ 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

## Bathgate

Name	Location	Time	Organisation	Contact
◆ Book Club 1 (Last Thursday of the month)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Book Club Second Edition (2nd Thur of the month)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Classic Cinema (2nd Thursday of Month)	Advised when joining	Evening	WL 50+ Network	01506 635510
◆ Bowling	Advised when joining	Morning	WL 50+ Network	01506 635510
◆ Gardening (1st Thursday of Month)	Advised when joining	Evening	WL 50+ Network	01506 635510
◆ Photography (Fortnightly)	Various Locations	Afternoon	WL 50+ Network	01506 635510
🍵 Lunch Club (Last Thursday of Month)	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♥ Twalkers	Advised when joining	Morning	WL 50+ Network	01506 635510
◆ Mah Jong & Games	Advised when joining	Afternoon	WL 50+ Network	01506 635510
◆ Patchwork	Advised when joining	Afternoon	WL 50+ Network	01506 635510
♥ Stroll Along Walking Group	Various Locations	Various	WL 50+ Network	01506 635510
🍵 Young at Heart Coffee Club	Advised when joining	Morning	WL 50+ Network	01506 635510
🍵 Changing Room Project - Men's Group	OPAL Office	12:30-14:00	OPAL Cyrenians	01506 815815
◆ Line Dancing - Beginners/Improvers	Xcite Bathgate	11:45-12:30	Ageing Well	01506 237950
◆ Line Dancing - Improver/Intermediate	Xcite Bathgate	10:45-11:30	Ageing Well	01506 237950

## Fauldhouse & Breich Valley

Name	Location	Time	Organisation	Contact
● Sunlight Café (2nd Thurs of month)	Salvation Army Barracks	14:00-15:30	Alzheimer Scotland	01506 533108

## Broxburn, Uphall & Winchburgh

Name	Location	Time	Organisation	Contact
♥ Strathbrock Activity Group	Partnership Centre	10:00-12:00	OPAL Cyrenians	01506 815815
◆ Walking Groups	Various Locations	10:00	Ageing Well	01506 237950

## Linlithgow

Name	Location	Time	Organisation	Contact
◆ Linlithgow Friends Social Group	Longcroft Hall, Linlithgow	13:30-15:30	OPAL Cyrenians	01506 815815
♥ Community Connections Drop In	Tam Dalyell House	14:00-16:00	Community Connections	communityconnections@westlothian.gov.uk

## Livingston & East Calder








Name	Location	Time	Organisation	Contact
🍵 Coffee Club	Advised when joining	Morning	WL 50+ Network	01506 635510
♥ Cycling	Various Locations	Morning	WL 50+ Network	01506 635510
◆ Guided Meditation	The Mall, Craigshill	09:30-10:30	Spark	01506 442093
◆ Introduction to Film Making	The Mall, Craigshill	13:30-15:30	Spark	01506 442093
● Macmillan info & support	Livingston North Partnership Centre	10:00-12:00	Macmillan	01506 283053
◆ Board Buddies (Men's group)	28 Heatherbank	13:00- 15:00	Ladywell NN	01506 437746
♥ Fit 2 Live	28 Heatherbank	10:00-12:00	Ladywell NN	01506 437746
🍵 Livingston Dance	Livi United Parish Church	10:30	Generation Arts	07521 358239
◆ Bloom & Blether	Dementia Resource Centre	13:00-14:30	Alzheimer Scotland	01506 533108
● Forget Me Not Café (last Thurs of month)	East Calder Parish Church	10:00-12:00	Alzheimer Scotland	01506 533108
◆ Quiz Night (2nd Thurs of month)	Dementia Resource Centre	18:00-20:00	Alzheimer Scotland	01506 533108
◆ Line Dancing - Absolute Beginners	Xcite East Calder	18:10-18:55	Ageing Well	01506 237950
◆ Line Dancing - Beginners / Improver	Xcite East Calder	19:00-19:45	Ageing Well	01506 237950
♥ Wise One Body Clock (Yoga Style)	Xcite Broxburn	09:15-10:00 / 10:15-11:00	Ageing Well	01506 237950

## Friday groups across the area

Armadale, Blackridge, Whitburn & Blackburn

Name	Location	Time	Organisation	Contact
 Coffee Club	Advised when joining	10:45	WL 50+ Network	01506 635510
 Yoga	Advised when joining	11:30-12:30	WL 50+ Network	01506 635510
 Memory Cave Café (3rd Fri of month)	Armadale Community Centre	11:30-12:30	Alzheimer Scotland	01506 533108








Bathgate

Name	Location	Time	Organisation	Contact
 Craft for Enjoyment	Advised when joining	Morning	WL 50+ Network	01506 635510
 Jewellery Group	Advised when joining	Afternoon	WL 50+ Network	01506 635510
 Nattering Needles	Advised when joining	Afternoon	WL 50+ Network	01506 635510
 Reminiscence	Advised when joining	Morning	WL 50+ Network	01506 635510
 Scrabble & Canasta	Advised when joining	Afternoon	WL 50+ Network	01506 635510
 Bathgate Dance	Rosemount Gardens	10:30	Generation Arts	07521 358239
 Paracise	Xcite Bathgate	09:50-10:35	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
 Singing for Health Monthly Concert (Last Fri of month)	West Calder Community Centre	13:00-14:00	Ageing Well	01506 237950

Livingston & East Calder

Name	Location	Time	Organisation	Contact
 Lunch Club (Last Friday of Month)	Various Locations	Afternoon	WL 50+ Network	01506 635510
 Men's Group	The Mall, Craigshill	10:00-12:30	Spark	01506 442093
 Neighbourhood Nature	28 Heatherbank	10:00-12:00	Ladywell NN	01506 437746
 Woodland Walk	28 Heatherbank	13:00-15:00	Ladywell NN	01506 437746
 Bereaved Carers Support Group (2nd last Fri of month)	Sycamore House	10:30-12:00	Carers of W.Loathian	01506 448000
 Dementia Support Group (1st Fri of month)	Sycamore House	10:00-12:00	Carers of W.Loathian	01506 448000
 Drop-in support (booking preferred)	Dementia Resource Centre	10:00-15:00	Alzheimer Scotland	01506 533108

## Weekend groups across the area

Broxburn, Uphall & Winchburgh













Name	Location	Day / Time	Organisation	Contact
 Line Dancing - Absolute Beginners	Xcite Broxburn	Saturday 11:00-11:45	Ageing Well	01506 237950
 Paracise	Xcite Broxburn	Saturday 10:00-10:45	Ageing Well	01506 237950

Livingston & East Calder

Name	Location	Day / Time	Organisation	Contact
 Line Dancing - Absolute Beginners	Xcite Craigswood	Sunday 14:00-14:45	Ageing Well	01506 237950
 Line Dancing - Beginners/Improver	Xcite Craigswood	Sunday 15:00-15:45	Ageing Well	01506 237950
 Line Dancing - 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
 Dawdlers Walking Group (Fortnightly)	Monday	Various	WL 50+ Network	01506 635510
 Happy Wanderers Walking Group	Monday	Various	WL 50+ Network	01506 635510
 Slowcoaches Walking Group (Fortnightly)	Monday	Various	WL 50+ Network	01506 635510
 Two Left Feet Walking Group (Weekly)	Monday	Various	WL 50+ Network	01506 635510
 Miles & Smiles	Tuesday	Various	WL 50+ Network	01506 635510
 Power of Attorney Clinic (1st & last Tue of month)	Tuesday	13:00-16:00	Carers of W.Loathian	01506 448000
 Anxiety & Depression Support Group	Wednesday	19:30-20:30	Health in Mind	0131 225 8508
 Benefits Advice Clinic	Wednesday	09:00-12:00	Carers of W.Loathian	01506 448000
 Online Carers Coffee Morning	Wednesday	11:45-12:30	Carers of W.Loathian	01506 448000
 Baking Group (1st Wed of month)	Wednesday	14:00-15:00	Alzheimer Scotland	01506 533108
 Evening Carers Group (1st Wed of month)	Wednesday	19:00-20:00	Alzheimer Scotland	01506 533108
 Supper Club (3rd Thurs of Month)	Thursday	Evening	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  
healthandwellbeing@westlothianleisure.com

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

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



## Spotlight on Sporting Memories

Looking to engage older people through the power of sport? Why not try Sporting Memories! You'll love it!

Sporting Memories Scotland is a charity that welcomes anyone aged 50 plus, including those facing isolation and loneliness, people living with dementia, their carers and loved ones, to their regular free community club sessions. The clubs provide an opportunity to discuss all things sport, be active and create friendships in a warm, fun and friendly environment.

Sporting Memories aims to improve the lives of those who attend, whether they live with long-term conditions or are looking for

something locally where they can chat and play. A range of physically and mentally stimulating activities are on offer, led by local volunteers who have a passion for helping individuals in their local community.

These activities include quizzes, reminiscence, and inclusive activity like playing indoor sports such as Boccia and New Age Curling. There are also opportunities to go out as a group to visit interesting landmarks and sporting venues in the local area.

The sessions welcome one and all, and if you're looking for something to do locally, whether you're a sports fan or not, Sporting Memories could be the place for you or for a loved one. The charity operates over 40 clubs across Scotland, including three in West Lothian. To find out where your nearest club is, simply visit [www.sportingmemories.uk/clubs](http://www.sportingmemories.uk/clubs)

Sporting Memories are keen to reach more older people, so if you would like to find out how to launch a Club near you or volunteer with us, get in touch via [contact@sportingmemories.uk](mailto:contact@sportingmemories.uk) or call 07340 560 306



Sporting Memories Scotland

## 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](mailto:info.westlothian@homeinstead.co.uk)

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access a digital version of the guide



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