

What's on



July 2024 – West Lothian

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to offer transport for these groups and therefore it is your responsibility to get to and from the community cafes safely. Please speak to us, so we can support you to explore other transport options.

We are always here for you with a warm drink, a snack and company. We provide more than just a hot drink we are here as someone to talk to, engage in a therapeutic activity if you want and just a safe place to be.

Please see below for more details about our community cafes, the activities we have at our Brain health and dementia resource centre and information sessions we have.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. If you have any feedback or suggestions about any of our groups, we are always happy to hear from you.

All contact details are below. We look forward to seeing you all soon.

In Person Group		
Monday 1st of July	Bathgate Memory Café – Community café everyone welcome	2:30pm – 4pm
	Rosemount Gardens, Mid Street Bathgate, EH48 1QW	
	Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.	
Tuesday 2nd of July	Creative corner (craft group) - Open to everyone	10:30am – 12pm
	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	

Alzheimer's Scotland Unit 1 Grampian Court, Beveridge Square, Livingston, EH54 6QF

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	<p>Come and try our crafty group. Unleash your creative flow and see what you can create. Each month will be a different arty activity.</p>	
Tuesday 2nd of July	<p>Livi Legends (Football group) - Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>Come along to the centre for a look back at your favourite teams and players from the glory days. Test your footballing trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.</p>	1pm – 2:30pm
Tuesday 2nd July	<p>Barge trip, leaving from Ratho. Places limited.</p> <p>Suggested cost £5 per person payable in advance to confirm your space. Venue - Seagull Trust cruises Near Bridge inn, Canal side 27 Baird Road, Ratho, Newbridge EH28 8RA</p> <p>Please call or email the West Lothian service to book in.</p>	3.00pm – 4.30pm
Wednesday 3rd of July	<p>Music Memories – Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>This group is music related activities, such as music performers, karaoke, playlists for life and other activities.</p>	1:00pm–2:30pm
Thursday 4th of July	<p>Bloom & Blether – Gardening group everyone welcome</p> <p>Strathbrock Partnership Centre, 189a, West Main Street, Broxburn, EH52 5LH</p> <p>Our gardening-based group is outdoor at the moment during the warmer season. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.</p>	1pm– 2:30pm

<p>Monday 8th of July</p>	<p>Redbrick café (under 65)</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>For people under 65 with a diagnosis of dementia.</p>	<p>11am–12:30pm</p>
<p>Tuesday 9th of July</p>	<p>Quiz night – Evening Group - Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>Come along with your friends and family and see if you can take the title of quiz champion.</p>	<p>6pm – 8pm</p>
<p>Wednesday 10th of July</p>	<p>Livingston memory café - Community café everyone welcome</p> <p>Alzheimer’s Scotland unit 1, Grampian court, Livingston, EH54 6QF</p> <p>Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.</p>	<p>1pm– 2:30pm</p>
<p>Thursday 11th of July</p>	<p>Music and More Quiz – Online streamed to the Brain Health and Dementia Resource Centre</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>We will be streaming the online quiz if you would like to take part from the Brain health and dementia resource centre. Calling all Beatles fans. Join us online for a light-hearted and entertaining quiz featuring the works, lives, loves and influences of the Beatles</p>	<p>11am – 11.45am</p>
<p>Thursday 11th of July</p>	<p>Bloom & Blether – Gardening group everyone welcome</p> <p>Strathbrock Partnership Centre, 189a, West Main Street, Broxburn, EH52 5LH</p>	<p>1pm– 2:30pm</p>

Our gardening-based group is outdoor at the moment during the warmer season. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.

Thursday 11th of July

The Sunlight Café – Community café everyone welcome

2pm – 3:30pm

Salvation Army, 2 Blackfaulds Place, Fauldhouse, EH47 9AS

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Monday 15th of July

The Quality Café – Community café everyone welcome

12:30pm– 2pm

Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL

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Wednesday 17th of July

Blue Badge and other available concessions – online streamed to the Brain Health and Dementia Resource centre.

11am – 11.30pm

Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF

We will be streaming Vicki talking about the blue badge, how to access it, where to apply, and other concessions people may be entitled to.

<p>Wednesday 17th of July</p>	<p>The Caring Café - Community café everyone welcome</p> <p>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA</p> <p>Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.</p>	<p>10:30am – 12pm</p>
<p>Thursday 18th of July</p>	<p>Bloom & Blether - Gardening group everyone welcome</p> <p>Strathbrock Partnership Centre, 189a, West Main Street, Broxburn, EH52 5LH</p> <p>Our gardening-based group is outdoor at the moment during the warmer season. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.</p>	<p>1pm –2:30pm</p>
<p>Friday 19th of July</p>	<p>Drop-in support. Booking preferred</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>Pop in for a cuppa and a chat</p>	<p>10am – 3pm</p>
<p>Friday 19th of July</p>	<p>The Memory Café Armadale - Community café everyone welcome</p> <p>The Community Centre, North Street, Armadale, EH48 3QB</p> <p>Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in. We provide a therapeutic activity people have the choice to take part in.</p>	<p>11am– 1pm</p>
<p>Monday 22nd of July</p>	<p>Knit and Natter (Knitting, crochet, sewing group) – Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p>	<p>11am– 12:30pm</p>

	Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa whilst being creative with your wool or even if you would like to learn a new skill just pop in.	
Tuesday 23rd of July	The Memory Café Uphall/Broxburn - Community café everyone welcome	10am – 11:30am
	Strathbrock Partnership Centre, Ent B, 189a, West Main Street, Broxburn, EH52 5LH	
	Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.	
Tuesday 23rd of July	Epilepsy UK information session	12.30pm – 2.30pm
	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	
	An information session to find out the risks and connections with people living with epilepsy and dementia. A space where you can get information and ask questions if you know anyone living with Epilepsy.	
Wednesday 24th of July	Young Onset Carers Group (Under 65)	10:30am – 12noon
	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	
	A relaxed space for carers of people under 65 to get together whilst the Person living with dementia can get involved in an therapeutic activity.	
Wednesday 24th of July	Livingston memory café - Community café everyone welcome	1pm– 2:30pm
	Alzheimer’s Scotland unit 1, Grampian court, Livingston, EH54 6QF	
	Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.	
Wednesday 24th of July	Advice Shop Drop-in. Booking essential	1:30pm– 4pm

	<p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>Amanda from the West Lothian benefits advice shop is available to support with offering advice around benefits as well as supporting with filling in forms.</p>	
Thursday 25th of July	<p>Forget Me Not Café - Community café everyone welcome</p> <p>East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF</p> <p>Our community cafes are a relaxed and informal setting for people living dementia and their carers to meet other people in their area. We provide a therapeutic activity people have the choice to take part in.</p>	10am- 12pm
Thursday 25th of July	<p>Bloom & Blether – Gardening group everyone welcome</p> <p>Strathbrock Partnership Centre, 189a, West Main Street, Broxburn, EH52 5LH</p> <p>Our gardening-based group is outdoor at the moment during the warmer season. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.</p>	1pm- 2:30pm
Friday 26th of July	<p>Drop-in support. Booking preferred</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <p>Pop in for a cuppa and a chat.</p>	10am – 3pm

For those times when you cannot make it into the centre, we do offer some online groups. Please contact the West Lothian service and we will be able to send you the link to join.

Online Group		
Wednesday 5th of June	<p>Evening Carers Group</p> <p>Support for those caring for a person living with dementia</p>	7pm – 8pm
Wednesday 18th of June	<p>Around the Kitchen Table</p> <p>Baking group</p>	2pm – 3pm

Contact details for groups:

Emai: westlothianservices@alzscot.org

Tel: 01506 533 108

Lauren - 07769364179

Nicolle - 07824832379

Stacey - 07825063367

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

