

What's on



August 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		
Thursday 1st of August	Bloom & Blether – Gardening group everyone welcome	1pm- 2:30pm
	Strathbrock Partnership Centre, 189a, West Main Street, Broxburn, EH52 5LH	
	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.	
Friday 2nd of August	Drop-in support. Booking preferred	10am – 3pm
	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	
	Pop in for a cuppa and a chat	
Monday 5 th of August	Bathgate Memory Café – Community café everyone welcome	2:30pm – 4pm

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

01506 533 108

westlothianservices@alzscot.org

www.alzscot.org

	<p>Rosemount Gardens, Mid Street Bathgate, EH48 1QW</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>	
Tuesday 6 th of August	<p>Creative corner (craft group) - Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <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>	10:30am – 12pm
Tuesday 6 th of August	<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
Wednesday 7 th of August	<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>	1pm-2:30pm
Thursday 8 th of August	<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

Thursday 8th of August	<p>The Sunlight Café – Community café everyone welcome</p> <p>Salvation Army, 2 Blackfaulds Place, Fauldhouse, EH47 9AS</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>	2pm – 3:30pm
Friday 9th of August	<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
Monday 12th of August	<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>	11am-12:30pm
Wednesday 14th of August	<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>	1pm- 2:30pm
Thursday 15th of August	<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>Friday 16th of August</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 16th of August</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 19th of August</p>	<p>The Quality Café – Community café everyone welcome</p> <p>Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL</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>12:30pm- 2pm</p>
<p>Wednesday 21st of August</p>	<p>Barge trip, leaving from Ratho. Places limited.</p> <p>Suggested cost £10 per person payable in advance to confirm your space.</p> <p>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>	<p>11am – 2.30pm</p>
<p>Wednesday 21st August</p>	<p>The Caring Café - Community café everyone welcome</p> <p>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA</p>	<p>10:30am – 12pm</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>	
Thursday 22 nd of August	<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 23 rd of August	<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
Monday 26 th of August	<p>Knit and Natter (Knitting, crochet, sewing group) – Open to everyone</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p> <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.</p>	11am- 12:30pm
Tuesday 27 th of August	<p>The Memory Café Uphall/Broxburn - Community café everyone welcome</p> <p>Strathbrock Partnership Centre, Ent B, 189a, West Main Street, Broxburn, EH52 5LH</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 – 11:30am
Wednesday 28 th of August	<p>Young Onset Carers Group (Under 65)</p> <p>Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF</p>	10:30am – 12noon

	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 28th of August	<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>	1pm- 2:30pm
Wednesday 28th of August	<p>Advice Shop Drop-in. Booking essential</p> <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>	1:30pm- 4pm
Thursday 29th of August	<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 28th of August	<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 29 th of August	<p>Drop-in support. Booking preferred</p>	10am – 3pm

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

Pop in for a cuppa and a chat.

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 7 th of August	Evening Carers Group Support for those caring for a person living with dementia	7pm – 8pm
Wednesday 21st of August	Around the Kitchen Table Baking group	2pm – 3pm

Contact details for groups:

Email: westlothianservices@alzscot.org

Tel: [01506 533 108](tel:01506533108)

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>



24 HOUR
Dementia  Alzheimer Scotland
Action on Dementia
Helpline
Freephone 0808 808 3000
Email helpline@alzscot.org