

What's on November 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 transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

We are also here for you with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All contact details are below.

In Person Group		
Friday 1 st Nov	<p>1:1 Support – Booking required</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	10.00am – 4pm
Monday 4 th Nov	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>EVERYONE IS WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p>	10.30am – 12pm

<p>Monday 4th Nov</p>	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>11am – 12.30pm</p>
<p>Monday 4th Nov</p>	<p>Bathgate Memory Café Community café</p> <p>EVERYONE WELCOME</p> <p>Rosemount Court, Mid Street, Bathgate, West Lothian, EH48 1QW</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>2.30pm – 4pm</p>
<p>Tuesday 5th Nov</p>	<p>Community Café Drop in – The kettle is on!</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p>Drop in between 10am -12pm</p>
<p>Tuesday 5th Nov</p>	<p>Creative corner (Craft group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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.</p>	<p>10.30am – 12pm</p>

<p>Tuesday 5th Nov</p>	<p>Livi Legends (Sports group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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 sporting trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.</p>	<p>1.00pm – 2.30pm</p>
<p>Wednesday 6th Nov</p>	<p>Volunteer peer support and information session</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>A space for volunteers to get support, share their experiences, new ideas to develop or for people considering volunteering.</p> <p>First Wednesday of the month</p>	<p>Pop in between 10am – 12pm</p>
<p>Wednesday 6th Nov</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a peer support drop-in group for the loved ones of under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>10.30am – 12pm</p>
<p>Wednesday 6th Nov</p>	<p>Music Memories (Music Group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p>1pm- 2:30pm</p>

<p>Thursday 7th Nov</p>	<p>Social Circle</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a new peer support drop-in café for anyone who has concerns around Memory loss, the brain Health Risk Factors, MCI, recent or awaiting a diagnosis. A space to have a cuppa and meet others.</p>	<p>10.30am - 12pm</p>
<p>Thursday 7th Nov</p>	<p>Bloom and Blether (Gardening group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our gardening-based group 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 8th Nov</p>	<p>1:1 Support – Booking required</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	<p>10am – 4pm</p>
<p>Monday 11th Nov</p>	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>EVERYONE IS WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p>	<p>10:30am – 12pm</p>

<p>Monday 11th Nov</p>	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>11am – 12.30pm</p>
<p>Tuesday 12th Nov</p>	<p>Creative corner (Craft group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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.</p>	<p>10.30am – 12pm</p>
<p>Tuesday 12th Nov</p>	<p>Community Café Drop in – The kettle is on!</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services</p>	<p>Drop in between 10.00am – 12pm</p>
<p>Tuesday 12th Nov</p>	<p>Livi Legends (Sports group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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 sporting trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.</p>	<p>1pm – 2.30 pm</p>

<p>Wednesday 13th Nov</p>	<p>Livingston memory café, Livingston</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>1pm-2.30pm</p>
<p>Thursday 14th Nov</p>	<p>Social Circle</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>A peer support drop-in café for anyone who has concerns around Memory loss, the brain Health Risk Factors, MCI, recent or awaiting a diagnosis.</p>	<p>10.30am – 12pm</p>
<p>Thursday 14th Nov</p>	<p>Bloom and Blether (Gardening group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our gardening-based group 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>Thursday 14th Nov</p>	<p>The Sunlight Café – Fauldhouse Community Café</p> <p>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 with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>2.00pm – 3.30pm</p>

<p>Friday 15th Nov</p>	<p>The Memory Café, Armadale Community Café</p> <p>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 with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>11.00am – 1pm</p>
<p>Friday 15th Nov</p>	<p>1:1 Support – Booking required</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p>10am – 4pm</p>
<p>Monday 18th Nov</p>	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills</p>	<p>10.30 – 12.00pm</p>
<p>Monday 18th Nov</p>	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>11am-12:30pm</p>

<p>Monday 18th Nov</p>	<p>Whitburn/Blackburn Quality Community café</p> <p>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 with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>2.00pm – 3.30pm -NEW TIME</p>
<p>Tuesday 19th Nov</p>	<p>Community Café Drop in – The kettle is on!</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p>Drop in between 10.00am – 12pm</p>
<p>Tuesday 19th Nov</p>	<p>Creative corner (Craft group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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.</p>	<p>10.30am – 12pm</p>
<p>Tuesday 19th Nov</p>	<p>Livi Legends (Sports group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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 sporting trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.</p>	<p>1pm – 2.30pm</p>

<p>Wednesday 20th Nov</p>	<p>Linlithgow Caring Community Café</p> <p>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 with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>10.30am- 12pm</p>
<p>Wednesday 20th Nov</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a peer support drop in group for the loved ones of under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>10.30am – 12pm</p>
<p>Wednesday 20th Nov</p>	<p>Music Memories (Music Group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p>1pm – 2.30pm</p>
<p>Thursday 21st Nov</p>	<p>Social Circle</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>A peer support drop-in café for anyone who has concerns around Memory loss, the brain Health Risk Factors, MCI, recent or awaiting a diagnosis.</p>	<p>10.30am – 12pm</p>

<p>Thursday 21st Nov</p>	<p>Bloom and Blether (Gardening group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our gardening-based group 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>Monday 25th Nov</p>	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills</p>	<p>10.30am – 12pm</p>
<p>Monday 25th Nov</p>	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>11am – 12.30pm</p>
<p>Tuesday 26th Nov</p>	<p>Community Café Drop in – The kettle is on!</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p>Drop in between 10.00am – 12pm</p>

<p>Tuesday 26th Nov</p>	<p>Creative corner (Craft group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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.</p>	<p>10.30am –12pm</p>
<p>Tuesday 26th Nov</p>	<p>The Memory community Café-Uphall/Broxburn</p> <p>EVERYONE WELCOME</p> <p>Strathbrock Partnership Centre – ENTERANCE B 189a West Main Street Broxburn EH52 5LH</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>10am – 11.30pm</p>
<p>Tuesday 26th Nov</p>	<p>Livi Legends (Sports group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre 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 sporting trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.</p>	<p>1pm – 2.30pm</p>
<p>Wednesday 27th Nov</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>This is a peer support drop-in group for the loved ones of under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p>	<p>10:30am – 12 pm</p>

<p>Wednesday 27th Nov</p>	<p>Livingston memory café, Livingston</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>1pm -2.30pm</p>
<p>Wednesday 27th Nov</p>	<p>Advice Shop Drop-in. Booking essential</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Amanda from West Lothian advice shop is on hand to advise about benefits you may be entitled to and can also support with filling out forms.</p>	<p>1:30pm- 4pm</p>
<p>Thursday 28th Nov</p>	<p>East Calder Forget Me Not Community Café</p> <p>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 with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>10am – 12pm</p>
<p>Thursday 28th Nov</p>	<p>Social Circle</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>A peer support drop-in café for anyone who has concerns around Memory loss, the brain Health Risk Factors, MCI, recent or awaiting a diagnosis.</p>	<p>10.30am – 12pm</p>

<p>Thursday 28th Nov</p>	<p>Bloom and Blether (Gardening group)</p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Our gardening-based group 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>1.00pm – 2.30pm</p>
<p>Friday 29th Nov</p>	<p>1:1 Support – Booking required</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p>10am – 4pm</p>

There is no booking required for any of our cafes or groups, but should you want more information please contact us:

Alzheimer Scotland West Lothian Brain health and Dementia resource centre
Unit 1 Grampian Court, Livingston EH54 6QF

Email: westlothianservices@alzscot.org

Tel: 01506 533 108

Community activity organiser
Stacey Tel: 07825063367

Centre Manager
Lauren: 07769364179

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
Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org