

What's on



Oct 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. If you need help to attend though, please come with a companion who can provide any support you need. Unfortunately, we are unable to provide transport for these groups and would therefore gently remind you that it is your responsibility to get to and from this community activity, safely.

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		
Tuesday 1 st Oct	Creative corner (craft group) EVERYONE WELCOME Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF Come and try our crafty group. Unleash your creative flow and see what you can create.	10.30am – 12pm
Tuesday 1 st Oct	Volunteer peer support and information session Drop in between 10 -12 Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF A space for volunteers to get support, Share their experiences, new ideas to develop or for people considering volunteering. First Tuesday of the month	10am – 12pm
Tuesday 1 st Oct	Livi Legends (Football group) EVERYONE WELCOME Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF 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.	1.00pm - 2.30pm

<p>Wednesday 2nd Oct</p>	<p>Music Memories EVERYONE WELCOME</p> <p>Alzheimer Scotland 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>1.00pm – 2.30pm</p>
<p>Wednesday 4th Oct</p>	<p>Social Circle</p> <p>Alzheimer Scotland 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>10am – 12pm</p>
<p>Thursday 3rd Oct</p>	<p>Bloom and Blether EVERYONE WELCOME</p> <p>Alzheimer Scotland 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 4th Oct</p>	<p>Drop-in 1:1 Support – Booking required</p> <p>Alzheimer Scotland 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 7th Oct</p>	<p>Knit and Natter (Knitting, crochet, sewing group) EVERYONE IS WELCOME</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 and learn new skills</p>	<p>10.30am – 12pm</p>

Monday 7 th Oct	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland 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>	11.00am – 12.30pm
Monday 7 th Oct	<p>Bathgate Memory Café Community café</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>	2:30pm – 4pm
Tuesday 8 th Oct	<p>Creative corner (craft group) EVERYONE WELCOME</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.</p>	10:30am – 12pm
Tuesday 8 th Oct	<p>Livi Legends (Football group) EVERYONE WELCOME</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 9 th Oct	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland 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>	10.30am – 12pm

<p>Wednesday 9th Oct</p>	<p>Livingston memory café, Livingston</p> <p>Alzheimer Scotland 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 10th Oct</p>	<p>The Sunlight Café – Community Café</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>2pm – 3:30pm</p>
<p>Thursday 10th</p>	<p>Social Circle</p> <p>Alzheimer Scotland 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 10th Oct</p>	<p>Bloom and Blether EVERYONE WELCOME</p> <p>Alzheimer Scotland 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 11th Oct</p>	<p>Drop-in 1:1 Support – Booking required</p> <p>Alzheimer Scotland 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 – 3pm</p>

Monday 14 th Oct	<p>Knit and Natter (Knitting, crochet, sewing group) 10.30 – 12.00pm EVERYONE IS WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Knitting, crochet and sewing group. All levels of knitting welcome. Grab a cuppa and learn new skills</p>	
Monday 14 th Oct	<p>Redbrick Café – Social Circle (under 65) 11am-12:30pm</p> <p>Alzheimer Scotland 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>	
Tuesday 15 th Oct	<p>Creative corner (craft group) 10.30am – 12pm EVERYONE WELCOME</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.</p>	
Tuesday 15 th Oct	<p>Livi Legends (Football group) 1pm – 2.30pm EVERYONE WELCOME</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>	
Wednesday 16 th Oct	<p>Linlithgow Caring Community Café 10.30am- 12.00pm</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>	

Wednesday 16 th Oct	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland 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>	10.30am – 12pm
Wednesday 16 th Oct	<p>Music Memories EVERYONE WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	1pm – 2.30pm
Thursday 17 th Oct	<p>Social Circle EVERYONE WELCOME</p> <p>Alzheimer Scotland 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>	10.30am – 12pm
Thursday 17 th Oct	<p>Bloom and Blether EVERYONE WELCOME</p> <p>Alzheimer Scotland 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>	1pm- 2:30pm
Friday 18 th Oct	<p>The Memory Café, Armadale Community Café</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>	11am - 1pm

Friday 18 th Oct	<p>Drop-in 1:1 Support – Booking required</p> <p>Alzheimer Scotland 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 am – 3 pm
Monday 21 st Oct	<p>Knit and Natter (Knitting, crochet, sewing group) EVERYONE WELCOME</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 and learn new skills</p>	10.30am – 12pm
Monday 21 st Oct	<p>Whitburn/Blackburn Quality Community café</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>	12:30pm- 2pm
Monday 21 st Oct	<p>Redbrick Café – Social Circle (under 65)</p> <p>Alzheimer Scotland 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>	11am – 12.30pm
Tuesday 22 nd Oct	<p>Creative corner (craft group) EVERYONE WELCOME</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.</p>	10.30am – 12pm

<p>Tuesday 22nd Oct</p>	<p>The Memory Café Uphall/Broxburn 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 22nd Oct</p>	<p>Livi Legends (Football group) EVERYONE WELCOME</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>	<p>1pm – 2.30pm</p>
<p>Wednesday 23rd Oct</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</p> <p>Alzheimer Scotland 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 – 12.00pm</p>
<p>Wednesday 23rd Oct</p>	<p>Livingston memory café, Livingston</p> <p>Alzheimer Scotland 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>

Wednesday 23 rd Oct	<p>Advice Shop Drop-in. Booking essential</p> <p>Alzheimer Scotland 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>	1:30pm- 4pm
Thursday 24 th Oct	<p>Social Circle</p> <p>Alzheimer Scotland 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>	10.30am – 12pm
Thursday 24 th Oct	<p>Bloom and Blether EVERYONE WELCOME</p> <p>Alzheimer Scotland 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>	1.00pm – 2.30pm
Friday 25 th Oct	<p>Carers Group – self facilitated group EVERYONE WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Peer support for anyone who finds themselves in a caring role, who just fancies a cuppa tea and a natter with others who understand.</p>	10.30am -12pm
Friday 25 th Oct	<p>Drop-in 1:1 Support – Booking required</p> <p>Alzheimer Scotland 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>	10am – 3pm

Monday 28 th Oct	<p>Knit and Natter (Knitting, crochet, sewing group) 10.30am – 12pm EVERYONE IS WELCOME</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 and learn new skills.</p>
Monday 28 th Oct	<p>Redbrick Café – Social Circle (under 65) 11am- 12:30pm</p> <p>Alzheimer Scotland 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>
Tuesday 29 th Oct	<p>Creative corner (craft group) 10.30am – 12pm EVERYONE WELCOME</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.</p>
Tuesday 29 th Oct	<p>Livi Legends (Football group) 1pm -2.30pm EVERYONE WELCOME</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>
Wednesday 30 th Oct	<p>Young Onset Carers Group 10.30am – 12pm (Under 65) – Self facilitated</p> <p>Alzheimer Scotland 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>

Wednesday 30 th Oct	<p>Music Memories EVERYONE WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	1.00pm – 2.30pm
Thursday 31 st Oct	<p>Social Circle EVERYONE WELCOME</p> <p>Alzheimer Scotland 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>	10.30am – 12pm
Thursday 31 st Oct	<p>Bloom & Blether EVERYONE WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>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 31 st Oct	<p>East Calder Forget Me Not Community Café</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>	10am- 12pm
Friday 1 st Nov	<p>Carers Group – self facilitated group EVERYONE WELCOME</p> <p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Peer support for anyone who finds themselves in a caring role, who just fancies a cuppa tea and a natter with others who understand.</p>	10.30am -12pm

Friday 1 st Nov	Drop-in 1:1 Support – Booking required	10am – 3pm
	<p>Alzheimer Scotland 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>	
Friday 1 st Nov	Feel Good Friday	1.00pm – 2.30pm
	<p>Alzheimer Scotland Unit 1 Grampian Court Livingston EH54 6QF</p> <p>Details to follow</p>	

Contact details for groups:

West Lothian service

Email: westlothianservices@alzscot.org Tel: [01506 533 108](tel:01506533108)

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>

