

# What's on



## December 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, a biscuit 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                                  |  |                           |
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| <b>Monday<br/>2<sup>nd</sup> of<br/>December</b> | <b>Knit and Natter (Knitting, crochet, sewing)</b><br><br>EVERYONE IS WELCOME<br><br><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br><b>Unit 1 Grampian Court, Livingston EH54 6QF</b><br><br>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.  | <b>10:30AM –<br/>12PM</b> |
| <b>Monday<br/>2nd of<br/>December</b>            | <b>Redbrick Café – Social Circle (under 65)</b><br><br><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br><b>Unit 1 Grampian Court, Livingston EH54 6QF</b><br><br>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.  | <b>11AM –<br/>12:30PM</b> |
| <b>Monday<br/>2nd of<br/>December</b>            | <b>Bathgate Memory Café Community café</b><br><br>EVERYONE WELCOME<br><br><b>Rosemount Court, Mid Street, Bathgate, West Lothian, EH48 1QW</b><br><br>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. | <b>2:30PM-<br/>4PM</b>    |

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| <p><b>Tuesday 3<sup>rd</sup> of December</b></p>   | <p><b>Community Café Drop in – The kettle is on!</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/> <b>Unit 1 Grampian Court, Livingston EH54 6QF</b></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>10AM – 12PM</p>              |
| <p><b>Tuesday 3<sup>rd</sup> of December</b></p>   | <p><b>Creative corner (Craft group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/> <b>Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>Come and try our crafty group. Unleash your creative flow and see what you can create. <b>Button art</b></p>  | <p>10:30AM – 12PM</p>           |
| <p><b>Tuesday 3<sup>rd</sup> of December</b></p>   | <p><b>Livi Legends (Sports group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/> <b>Unit 1 Grampian Court, Livingston EH54 6QF</b></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. <b>Quiz day</b></p> | <p>1PM – 2:30PM</p>             |
| <p><b>Wednesday 4<sup>th</sup> of December</b></p> | <p><b>Volunteer peer support and information session</b></p> <p><b>Everyone Welcome</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/> <b>Unit 1 Grampian Court, Livingston EH54 6QF</b></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> |

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| <p><b>Wednesday<br/>4th of<br/>December</b></p>           | <p><b>Young Onset Carers Group (Under 65) – Self facilitated</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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><b>10:30AM -<br/>12PM</b></p>   |
| <p><b>Wednesday<br/>4th of<br/>December</b></p>           | <p><b>Music Memories (Music Group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/>Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Music can bring back 1000 memories. Come along and share your memories through music. <b>Local school coming to perform</b></p>  | <p><b>1PM –<br/>2:30PM</b></p>     |
| <p><b>Thursday 5<sup>th</sup><br/>of<br/>December</b></p> | <p><b>Social Circle – Booking required</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/>Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Social Circle is a respite Opportunity for Carers at our West Lothian Brain Health and Dementia resource Centre. We understand that caring for someone with memory loss can be both rewarding and challenging. That’s why we offer Social Circle—a weekly group designed for individuals living with memory loss, providing carers with the valuable time they need for self-care and relaxation. Please contact the centre manager to reserve your space.</p> | <p><b>10:30AM-<br/>12.30PM</b></p> |
| <p><b>Thursday 5<sup>th</sup><br/>of<br/>December</b></p> | <p><b>Bloom and Blether (Gardening group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre</b><br/>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. <b>Wreath making</b></p>   | <p><b>1PM –<br/>2:30PM</b></p>     |
| <p><b>Friday 6th<br/>of<br/>December</b></p>              | <p><b>1:1 Support – Booking required</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>   | <p><b>10AM -<br/>4PM</b></p>       |

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| <p><b>Monday 9<sup>th</sup> of December</b></p>   | <p><b>Knit and Natter (Knitting, crochet, sewing)</b></p> <p>EVERYONE IS WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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><b>Monday 9<sup>th</sup> of December</b></p>   | <p><b>Redbrick Café – Social Circle (under 65)</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. <b>Decorate your own Christmas tree decoration</b></p>  | <p>11AM – 12:30PM</p> |
| <p><b>Tuesday 10<sup>th</sup> of December</b></p> | <p><b>Community Café Drop in – The kettle is on!</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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>10AM – 12PM</p>    |
| <p><b>Tuesday 10<sup>th</sup> of December</b></p> | <p><b>Creative corner (Craft group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>Come and try our crafty group. Unleash your creative flow and see what you can create. <b>Christmas card making</b></p>  | <p>10:30AM – 12PM</p> |
| <p><b>Tuesday 10<sup>th</sup> of December</b></p> | <p><b>Livi Legends (Sports group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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. <b>Sports games, balloon tennis and foosball</b></p> | <p>1PM – 2:30PM</p>   |

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| <p><b>Wednesday</b><br/><b>11<sup>th</sup> of</b><br/><b>December</b></p> | <p><b>Young Onset Carers Group (Under 65) – Self facilitated</b></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. <b>Make your own hot chocolate cone</b></p>  | <p>10:30AM –<br/>12PM</p>    |
| <p><b>Wednesday</b><br/><b>11th of</b><br/><b>December</b></p>            | <p><b>Livingston memory café, Livingston</b></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. <b>Make your own hot chocolate cone.</b></p>  | <p>1PM –<br/>2:30PM</p>      |
| <p><b>Wednesday</b><br/><b>11th of</b><br/><b>December</b></p>            | <p><b>Christmas party</b></p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Tickets are a suggested donation of £2.50pp<br/>Please contact to book your ticket.</p>   | <p>6PM –<br/>8PM</p>         |
| <p><b>Thursday</b><br/><b>12<sup>th</sup> of</b><br/><b>December</b></p>  | <p><b>Social Circle – Booking required</b></p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Social Circle is a respite Opportunity for Carers at our West Lothian Brain Health and Dementia resource Centre. We understand that caring for someone with memory loss can be both rewarding and challenging. That’s why we offer Social Circle—a weekly group designed for individuals living with memory loss, providing carers with the valuable time they need for self-care and relaxation. Please contact the centre manager to reserve your space.</p> | <p>10:30AM –<br/>12.30PM</p> |
| <p><b>Thursday</b><br/><b>12th of</b><br/><b>December</b></p>             | <p><b>Bloom and Blether (Gardening group)</b></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. <b>Garden themed quiz.</b></p>   | <p>1PM –<br/>2:30PM</p>      |

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| <p><b>Thursday<br/>12th of<br/>December</b></p>          | <p><b>The Sunlight Café – Fauldhouse Community Café</b><br/>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>2PM –<br/>3:30PM</p>                     |
| <p><b>Friday 13<sup>th</sup><br/>of<br/>December</b></p> | <p><b>1:1 Support – Booking required</b></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 –<br/>12PM</p>                      |
| <p><b>Friday 13<sup>th</sup><br/>of<br/>December</b></p> | <p><b>Christmas party</b></p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</p> <p>Tickets are a suggested donation of £2.50pp<br/>Please contact to book your ticket.</p>  | <p>1PM –<br/>3PM</p>                        |
| <p><b>Monday<br/>16<sup>th</sup> of<br/>December</b></p> | <p><b>Knit and Natter (Knitting, crochet, sewing)</b><br/>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 -<br/>12PM</p>                   |
| <p><b>Monday<br/>16th of<br/>December</b></p>            | <p><b>Redbrick Café – Social Circle (under 65)</b></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. <b>Christmas themed quiz.</b></p>                             | <p>11AM –<br/>12:30PM</p>                   |
| <p><b>Monday<br/>16th of<br/>December</b></p>            | <p><b>Whitburn/Blackburn Quality Community café</b><br/>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>2PM –<br/>3:30PM<br/><b>NEW TIME</b></p> |

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| <p><b>Tuesday<br/>17<sup>th</sup> of<br/>December</b></p>   | <p><b>Community Café Drop in – The kettle is on!</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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<br/>between<br/>10AM -<br/>12PM</p> |
| <p><b>Tuesday<br/>17<sup>th</sup> of<br/>December</b></p>   | <p><b>Creative corner (Craft group)</b></p> <p>EVERYONE WELCOME</p> <p>Alzheimer Scotland West Lothian Brain health and Dementia resource centre<br/>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. <b>Make your own string Christmas tree</b></p>   | <p>10:30AM –<br/>12PM</p>                      |
| <p><b>Tuesday<br/>17<sup>th</sup> of<br/>December</b></p>   | <p><b>Livi Legends (Sports group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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.<br/><b>Seated exercise</b></p> | <p>1PM –<br/>2:30PM</p>                        |
| <p><b>Wednesday<br/>18<sup>th</sup> of<br/>December</b></p> | <p><b>Linlithgow Caring Community Café</b></p> <p>EVERYONE WELCOME</p> <p><b>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA</b></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 –<br/>12PM</p>                      |
| <p><b>Wednesday<br/>18<sup>th</sup> of<br/>December</b></p> | <p><b>Young Onset Carers Group (Under 65) – Self facilitated</b></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 –<br/>12PM</p>                      |

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| <p><b>Wednesday<br/>18th of<br/>December</b></p>           | <p><b>Music Memories (Music Group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>Music can bring back 1000 memories. Come along and share your memories through music. <b>Local school coming in to perform</b></p>   | <p>1PM –<br/>2:30PM</p>      |
| <p><b>Thursday<br/>19<sup>th</sup> of<br/>December</b></p> | <p><b>Social Circle – Booking Essential</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre -Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>Social Circle is a respite Opportunity for Carers at our West Lothian Brain Health and Dementia resource Centre. We understand that caring for someone with memory loss can be both rewarding and challenging. That’s why we offer Social Circle—a weekly group designed for individuals living with memory loss, providing carers with the valuable time they need for self-care and relaxation. Please contact the centre manager to reserve your space.</p> | <p>10:30AM –<br/>12.30PM</p> |
| <p><b>Thursday<br/>19th of<br/>December</b></p>            | <p><b>Bloom and Blether (Gardening group)</b></p> <p>EVERYONE WELCOME</p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></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. <b>Decorate a bookmark with pressed flowers</b></p>  | <p>1PM –<br/>2:30PM</p>      |
| <p><b>Friday 20<sup>th</sup><br/>of<br/>December</b></p>   | <p><b>1:1 Support – Booking required</b></p> <p><b>Alzheimer Scotland West Lothian Brain health and Dementia resource centre - Unit 1 Grampian Court, Livingston EH54 6QF</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>  | <p>10AM –<br/>4PM</p>        |
| <p><b>Friday 20th<br/>of<br/>December</b></p>              | <p><b>The Memory Café, Armadale Community Café</b></p> <p>EVERYONE WELCOME</p> <p><b>The Community Centre, North Street, Armadale, EH48 3QB</b></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>   |                              |



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](mailto: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>

