

What's on



February 2025 – 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. **Our West Lothian Brain Health and Dementia resource centre is at Unit 1 Grampian Court, Beveridge Square, Livingston EH54 6QF.** All our other contact details are below.

In Person Group		
Monday 3 rd February	Knit and Natter (Knitting, crochet, sewing group)	10:30am - 12pm
	Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.	
	Redbrick Café – Social Circle (under 65)	11am – 12:30pm
	This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.	
	Movie Monday -	2pm – 4.00pm
	A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.	
Monday 3 rd February	Bathgate Memory Café Community café	
	Rosemount Court, Mid Street, Bathgate, West Lothian, EH48 1QW	2:30pm – 4pm
	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>Tuesday 4th February</p>	<p>Community Café Drop in – The kettle is on!</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>Creative corner (Craft group)</p> <p>Come and try our crafty group. Unleash your creative flow and see what you can create.</p> <p>Livi Legends (Sports group)</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>10am-12pm</p> <p>10:30am-12pm</p> <p>1pm- 2:30pm</p>
<p>Wednesday 5th February</p>	<p>Volunteer peer support and information session</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>Young Onset Carers Group (Under 65) – Self facilitated</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>Music Memories (Music Group)</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p>Pop in between 10am – 12pm</p> <p>10:30am-12pm</p> <p>1pm – 2:30pm</p>
<p>Wednesday 5th February</p>	<p>RNIB (Royal National Institute Blind) Information event</p> <p>Come along to meet Neil from RNIB who will be on hand to offer practical hints, tips and support to changes with eyesight.</p>	<p>1pm-2:30pm</p>
<p>Thursday 6th February</p>	<p>Social Circle – Booking required</p> <p>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 for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much-needed "me time."</p>	<p>10am -12pm</p>

	<p>Bloom and Blether (Gardening group)</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 7th February	<p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	10am – 3pm
Monday 10th February	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p>Redbrick Café – Social Circle (under 65)</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>Movie Monday</p> <p>A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.</p>	<p>10:30am – 12pm</p> <p>11am-12:30pm</p> <p>2pm – 4.00pm</p>
Monday 10th February	<p>West Calder community café</p> <p>West Calder Hub, West Calder Community Centre, Dickson Street, West Calder EH55 8DZ</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>	1pm – 2:30pm
Tuesday 11th February	<p>Community Café Drop in – The kettle is on!</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>Creative corner (Craft group)</p> <p>Come and try our crafty group. Unleash your creative flow and see what you can create.</p> <p>Livi Legends (Sports group)</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>10am- 12pm</p> <p>10:30am-12pm</p> <p>1pm -2:30pm</p>

<p>Wednesday 12th February</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</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>Livingston memory café, Livingston</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>1pm – 2:30pm</p>
<p>Thursday 13th February</p>	<p>Social Circle – Booking required</p> <p>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 for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much-needed "me time."</p> <p>Bloom and Blether (Gardening group)</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>10:00am – 12pm</p> <p>1pm – 2:30pm</p>
<p>Friday 14th February</p>	<p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p>10am -3pm</p>
<p>Monday 17th February</p>	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p>Redbrick Café – Social Circle (under 65)</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>Movie Monday (NEW GROUP)</p> <p>A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.</p>	<p>10:30am-12pm</p> <p>11am – 12:30pm</p> <p>2pm – 4.00 pm</p>

<p>Monday 17th February</p>	<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>	<p>2pm -3:30pm</p>
<p>Tuesday 18th February</p>	<p>Community Café Drop in – The kettle is on!</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>Whether you're a seasoned yogi or stepping onto the mat for the first time, our welcoming and inclusive community is here to support you every step of the way.</p> <p>Yoga Class with Sunshine Yoga</p> <p>Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p> <p>Livi Legends (Sports group)</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>10am-12pm</p> <p>10:30am-12.30pm (class is 11am – 12noon)</p> <p>1pm- 2:30pm</p>
<p>Wednesday 19th February</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</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>Music Memories (Music Group)</p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p>10:30am-12pm</p> <p>1pm-2:30pm</p>

<p>Wednesday 19th February</p>	<p>Linlithgow Caring Community Café</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>Thursday 20th February</p>	<p>Social Circle – Booking required</p> <p>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 for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much-needed "me time."</p> <p>Bloom and Blether (Gardening group)</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>10am-12pm</p> <p>1pm-2:30pm</p>
<p>Friday 21st February</p>	<p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p>10am-3pm</p>
<p>Friday 21st February</p>	<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>	<p>11am-1pm</p>
<p>Monday 24th February</p>	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p>Redbrick Café – Social Circle (under 65)</p>	<p>10:30am-12pm</p> <p>11am-12:30pm</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>Movie Monday (NEW GROUP)</p> <p>A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.</p>	<p>2pm-3:30pm</p>
<p>Tuesday 25th February</p>	<p>Community Café Drop in – The kettle is on!</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>Yoga Class with Sunshine Yoga</p> <p>Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind.</p> <p>Livi Legends (Sports group)</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>10am -12pm</p> <p>10:30am-12.30pm</p> <p>1pm-2:30pm</p>
<p>Tuesday 25th February</p>	<p>The Memory community Café- Uphall/Broxburn</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 -11:30am</p>
<p>Wednesday 26th February</p>	<p>Young Onset Carers Group (Under 65) – Self facilitated</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>Livingston memory café, Livingston</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>WED 28TH FEB</p>	<p>COMMUNITY CONNECTIONS – Information session</p> <p>Come along and meet Donna from Community connections Find out about what Community Connections can do for you. information, learning about what support is available to allow you to look after your health and wellbeing Continue to stay well and independent within the local community.</p>	<p>1PM-2:30PM</p>
<p>Thursday 27th February</p>	<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>	<p>10am-12pm</p>
<p>Thursday 27th February</p>	<p>Social Circle - Bookable required</p> <p>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 for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much-needed "me time."</p> <p>Bloom and Blether (Gardening group)</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>10am- 12pm</p> <p>1pm – 2.30pm</p>

**Friday 28th
February**

1:1 Support – Booking required

10am -3pm

To talk about any questions or concerns you have about your brain health or dementia.

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

Online Group

**Wednesday 5th
February**

NDAS CARERS EVENING

7pm -8pm

Join this friendly informal group for carers to meet others who are caring for someone living with dementia. A chance to share experiences and information to develop coping strategies.

Please email Craby@alzscot.org to access

Contact details for groups:

Email: westlothianservices@alzscot.org

Tel: [01506 533108](tel:01506533108)

Centre manager

Lauren : 07769364179

Community Activity Coordinator

Stacey : 07825063367

Community Activities Coordinator

Kim : 07769 243512

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.alzscot.org/support-us/donate>



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