

What's on



January 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, 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. Everyone is welcome to any of our groups. 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 6 th of January	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 – 3:30pm
	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 6 th of January	Bathgate Memory Café Community café	
	Rosemount Court, Mid Street, Bathgate, West Lothian, EH48 1QW	
	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.	2:30pm – 4pm

<p>Tuesday 7th January</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>Drop in between 10am -12pm</p> <p>10:30am – 12pm</p> <p>1pm – 2:30pm</p>
<p>Wednesday 8th January</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>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>Pop in between 10am – 12pm</p> <p>10:30am-12pm</p> <p>1pm – 2:30pm</p>
<p>Thursday 9th January</p>	<p>Social Circle - Bookable</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.</p> <p>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>Pop in between 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 10th January	<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 13 th January	<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 – 3:30pm</p>
Monday 13 th January	<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 14th January	<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>	Drop in between 10.00am – 12pm

	<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>10:30am – 12pm</p> <p>1pm – 2:30pm</p>
<p>Wednesday 15th January</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 15th January</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 16th January</p>	<p>Social Circle - Bookable</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.</p> <p>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>10:30am – 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 17 th January	<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
Friday 17 th January	<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
Monday 20 th January	<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 – 3:30pm</p>
Monday 20 th January	<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>	2pm – 3:30pm

<p>Tuesday 21st January</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>Drop in between 10.00am – 12pm</p> <p>10:30am – 12pm</p> <p>1pm – 2:30pm</p>
<p>Wednesday 22nd January</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>10:30 am – 12pm</p> <p>1pm – 2:30pm</p>
<p>Thursday 23rd January</p>	<p>Social Circle - Bookable</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.</p> <p>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>10:30am – 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 24 th January	<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 27 th January	<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 – 3:30pm</p>
Tuesday 28 th January	<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>	10am – 11:30pm
Tuesday 28 th January	<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>Drop in between 10.00am – 12pm</p> <p>10:30am – 12pm</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>1pm – 2:30pm</p>
<p>Wednesday 29th January</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>Advice Shop Drop-in. Booking essential</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>10:30am – 12pm</p> <p>1pm – 2:30pm</p> <p>1:30pm – 4pm</p>
<p>Thursday 30th January</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 30th January</p>	<p>Social Circle - Bookable</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.</p> <p>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>10:30am – 12pm</p>

	Bloom and Blether (Gardening group)	1pm – 2:30pm
	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.	
Friday 31 st January	1:1 Support – Booking required	
	To talk about any questions or concerns you have about your brain health or dementia.	10am – 3pm

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 8 th January	NDAS CARERS EVENING	
	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.	7pm – 8pm
	Please email Craby@alzscot.org to access	

Contact details for groups:
West Lothian service

Email: westlothianservices@alzscot.org Tel: [01506 533108](tel:01506533108)

Centre Manager
Lauren: 07769364179

Community activity organiser
Stacey Tel: 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



**Alzheimer
Scotland**
Action on Dementia

Dementia

Helpline

Freephone 0808 808 3000
Email helpline@alzscot.org