

# What's on

## March 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. If the group doesn't have an address it is located in **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 <sup>rd</sup> March	<b>Knit and Natter (Knitting, crochet, sewing group)</b>	10:30am - 12pm
	Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.	
	<b>Redbrick Café – Social Circle (under 65)</b>	11am – 12:30pm
	This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.	
	<b>Movie Monday – Movie of the week - Men in black 2</b>	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 <sup>rd</sup> March	<b>Bathgate Memory Café Community café</b>	2:30pm – 4pm
	<b>Rosemount Court, Mid Street, Bathgate, West Lothian, EH48 1QW</b>	
	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.	
Tuesday 4 <sup>th</sup> March	<b>Creative corner (Craft group)</b>	10:30am- 12pm
	Come and try our crafty group. Unleash your creative flow and see what you can create.	

	<p><b>Yoga Class with Sunshine Yoga</b></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><b>Livi Legends (Sports group)</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.</p> <p><b>Community Café Drop in – The kettle is on!</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><b>10:30am-12.30pm (class is 11am – 12noon)</b></p> <p><b>1pm – 2:30pm</b></p> <p><b>1pm – 3pm</b></p>
<p><b>Wednesday 5<sup>th</sup> March</b></p>	<p><b>Volunteer peer support and information session</b></p> <p>A space for volunteers to get support, share their experiences, new ideas to develop or for people considering volunteering. First Wednesday of the month</p> <p><b>Young Onset Carers Group (Under 65) – Self facilitated</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>Music Memories (Music Group)</b> - <b>Create your own playlist that can trigger core memories</b></p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p><b>Pop in between 10am – 12pm</b></p> <p><b>10:30am-12pm</b></p> <p><b>1pm – 2:30pm</b></p>
<p><b>Thursday 6<sup>th</sup> March</b></p>	<p><b>Long term Carers and bereavement Group</b></p> <p>Come along and meet other carers from the community. See how you can all support each other in a safe space. Staff will be available for further support/ information if wanted. A warm drink and biscuits provided.</p> <p><b>Social Circle – Booking required</b></p> <p>We understand that caring for someone with memory loss can be both rewarding and challenging. That's why</p>	<p><b>10:30am – 12pm</b></p> <p><b>10:30am-12pm</b></p>

	<p>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><b>Bloom and Blether (Gardening group)</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.</p>	<b>1pm -2:30pm</b>
<b>Friday 7<sup>th</sup> march</b>	<p><b>1:1 Support – Booking required</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<b>10am -3pm</b>
<b>Monday 10<sup>th</sup> March</b>	<b>Brain Health Awareness Week 10<sup>th</sup> – 14<sup>th</sup></b>	
<b>Monday 10<sup>th</sup> March</b>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b></p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65) Activity- Brain Health quiz</b></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><b>Movie Monday – Movie of the week – Brain health educational video</b></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><b>10:30am-12pm</b></p> <p><b>11am- 12:30pm</b></p> <p><b>2pm – 4pm</b></p>
<b>Monday 10<sup>th</sup> March</b>	<p><b>West Calder community café Activity- Music Bingo</b></p> <p><b>West Calder Hub, West Calder Community Centre, Dickson Street, West Calder EH55 8DZ</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>	<b>1pm – 2:30pm</b>
<b>Tuesday 11<sup>th</sup> March</b>	<b>Creative corner (Craft group)</b>	

	<p>Come and try our crafty group. Unleash your creative flow and see what you can create.</p> <p><b>Yoga Class with Sunshine Yoga</b></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><b>Livi Legends (Sports group)</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.</p> <p><b>Community Café Drop in – The kettle is on! Activity- brain health awareness session</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><b>10:30am- 12pm</b></p> <p><b>10:30am-12.30pm (class is 11am – 12noon)</b></p> <p><b>1pm – 2:30pm</b></p> <p><b>1pm – 3pm</b></p>
<b>Wednesday 12<sup>th</sup> March</b>	<p><b>Young Onset Carers Group (Under 65) – Self facilitated</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>Livingston memory café, Livingston</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><b>10:30am- 12pm</b></p> <p><b>1pm- 2:30pm</b></p>
<b>Wednesday 12<sup>th</sup> March</b>	<p><b>HCL Transport information event</b></p> <p>Come along to meet Elizabeth from HCL transport who will be on hand to offer practical tips and support on how to use their transport services and just how much they have to offer!</p>	<p><b>1pm – 2pm</b></p>
<b>Thursday 13<sup>th</sup> March</b>	<p><b>Long term Carers and bereavement Group</b></p> <p>Come along and meet other carers from the community. See how you can all support each other in a safe space. Staff will be available for further support/ information if wanted. A warm drink and biscuits provided.</p>	<p><b>10:30am-12pm</b></p>

	<p><b>Social Circle – Booking required</b></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><b>Bloom and Blether (Gardening group) Activity – make your own fruit cocktail</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.</p>	<p><b>10:30am-12pm</b></p> <p><b>1pm-2:30pm</b></p>
<p><b>Friday 14<sup>th</sup> March</b></p>	<p><b>1:1 Support – Booking required</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p><b>10am – 3pm</b></p>
<p><b>Monday 17<sup>th</sup> March</b></p>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b></p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65)</b></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><b>Movie Monday – Movie of the week – look whose talking</b></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><b>10:30am -12pm</b></p> <p><b>11am-12:30pm</b></p> <p><b>2pm-4pm</b></p>
<p><b>Monday 17<sup>th</sup> March</b></p>	<p><b>Whitburn/Blackburn Quality Community café</b></p> <p><b>Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL</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><b>2pm- 3:30pm</b></p>
<p><b>Tuesday 18<sup>th</sup> March</b></p>	<p><b>Creative corner (Craft group)</b></p>	<p><b>10:30am- 12pm</b></p>

	<p>Come and try our crafty group. Unleash your creative flow and see what you can create.</p> <p><b>Yoga Class with Sonshine Yoga (NEW)</b></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><b>Livi Legends (Sports group)</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.</p> <p><b>Community Café Drop in – The kettle is on!</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><b>10:30am-12.30pm (class is 11am – 12noon)</b></p> <p><b>1pm – 2:30pm</b></p> <p><b>1pm – 3pm</b></p>
<p><b>Wednesday 19<sup>th</sup> March</b></p>	<p><b>Young Onset Carers Group (Under 65) – Self facilitated</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>Music Memories (Music Group)</b></p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<p><b>10:30-12pm</b></p> <p><b>1pm-2:30pm</b></p>
<p><b>Wednesday 19<sup>th</sup> March</b></p>	<p><b>Linlithgow Caring Community Café</b></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><b>10:30am -12pm</b></p>
<p><b>Thursday 20<sup>th</sup> March</b></p>	<p><b>Long term Carers and bereavement Group</b></p> <p>Come along and meet other carers from the community. See how you can all support each other in a safe space.</p>	<p><b>10:30am – 12pm</b></p>

	<p>Staff will be available for further support/ information if wanted. A warm drink and biscuits provided.</p> <p><b>Social Circle – Booking required</b></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><b>Bloom and Blether (Gardening group)</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.</p>	<p><b>10:30am-12pm</b></p> <p><b>1pm – 2:30pm</b></p>
<p><b>Friday 21<sup>st</sup> March</b></p>	<p><b>1:1 Support – Booking required</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia.</p>	<p><b>10am – 3pm</b></p>
<p><b>Friday 21<sup>st</sup> March</b></p>	<p><b>The Memory Café, Armadale Community Café</b></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>	<p><b>11am-1pm</b></p>
<p><b>Monday 24<sup>th</sup> March</b></p>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b></p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65)</b></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><b>Movie Monday – Movie of the week- Dirty dancing</b></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><b>10:30am- 12pm</b></p> <p><b>11am-12:30pm</b></p> <p><b>2pm-4pm</b></p>



<b>Tuesday 25<sup>th</sup> March</b>	<b>Creative corner (Craft group)</b>	<b>10:30am-12pm</b>
	Come and try our crafty group. Unleash your creative flow and see what you can create.	
	<b>Yoga Class with Sonshine Yoga (NEW)</b>	<b>10:30am-12.30pm (class is 11am – 12noon)</b>
	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	
	<b>Livi Legends (Sports group)</b>	
	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>1pm-2:30pm</b>
	<b>Community Café Drop in – The kettle is on!</b>	
	Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	<b>1pm-3pm</b>
<b>Tuesday 25<sup>th</sup> March</b>	<b>The Memory community Café- Uphall/Broxburn</b>	<b>10:30am – 12pm</b>
	<b>Strathbrock Partnership Centre – ENTERANCE B, 189a West Main Street Broxburn EH52 5LH</b>	
	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>Wednesday 26<sup>th</sup> March</b>	<b>Young Onset Carers Group (Under 65) – Self facilitated</b>	<b>10:30am – 12pm</b>
	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>Livingston memory café, Livingston</b>	<b>1pm – 2:30pm</b>
	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>Thursday 27<sup>th</sup> March</b>	<p><b>Long term Carers and bereavement Group</b></p> <p>Come along and meet other carers from the community. See how you can all support each other in a safe space. Staff will be available for further support/ information if wanted. A warm drink and biscuits provided.</p> <p><b>Social Circle – Booking required</b></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><b>Bloom and Blether (Gardening group)</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.</p>	<p><b>10:30am-12pm</b></p> <p><b>10:30am –12pm</b></p> <p><b>1pm – 2:30pm</b></p>
<b>Thursday 27<sup>th</sup> March</b>	<p><b>Thursday 27th February East Calder Forget Me Not Community Café</b></p> <p><b>East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF</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>	<b>10am -11:30pm</b>
<b>Friday 28<sup>th</sup> March</b>	<p><b>1:1 Support – Booking required</b></p> <p><b>To talk about any questions or concerns you have about your brain health or dementia.</b></p>	<b>10am –3pm</b>
<b>Monday 31<sup>st</sup> March</b>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b></p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65)</b></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><b>10:30am-12pm</b></p> <p><b>11am- 12:30pm</b></p>

## Movie Monday -

A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.

2pm- 4pm

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 5<sup>th</sup>  
March

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](mailto:Craby@alzscot.org) to access

Contact details for groups:

West Lothian service

Email: [westlothianservices@alzscot.org](mailto:westlothianservices@alzscot.org)

Tel: [01506 533108](tel:01506533108)

Community activity organiser

Nicolle Tel: 07824832379

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  Alzheimer Scotland  
Action on Dementia  
**Helpline**  
Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)