

# What's on



## April 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		
Tuesday 1 <sup>st</sup> April	<b>Creative corner (Craft group)</b> Come and try our crafty group. Unleash your creative flow and see what you can create.	10:30am-12pm
	<b>Yoga Class with Sonshine Yoga</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	10:30am-12pm (class is 11am – 12noon)
	<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.	2pm – 3:30pm
Tuesday 1 <sup>st</sup> April	<b>Alzheimer Arts, NEW GROUP!</b> Print workshop This new arts group is focussing on a print workshop class for the next 5 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you wont mind getting paint on, we will provide aprons if wanted.	2pm-3:30pm

<p><b>Wednesday 2<sup>nd</sup> April</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) Activity – create a playlist</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 3<sup>rd</sup> April</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>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>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>
<p><b>Friday 4<sup>th</sup> April</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 7<sup>th</sup> April</b></p>	<p><b>Knit and Natter (Knitting, crochet, sewing group) Activity – knit your own crème egg cosy which is a little chick</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><b>10:30am-12pm</b></p> <p><b>11am-12:30pm</b></p>

	<p><b>Activity – make your own easter sweet cone</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>2pm-4pm</b></p> <p><b>Movie Monday</b> <b>Movie of the week- Mall Cop</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>Monday 7<sup>th</sup> April</b></p>	<p><b>Bathgate Memory Café Community café</b> <b>2:30pm - 4pm</b></p> <p><b>Rosemount Gardens, Mid Street, Bathgate, West Lothian, EH48 1TG</b> <b>Activity- Music bingo</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>Tuesday 8<sup>th</sup> April</b></p>	<p><b>Creative corner (Craft group)</b> <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</b> <b>10:30am-12pm (class is 11am – 12noon)</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>Community Café Drop in – The kettle is on!</b> <b>2pm – 3:30pm</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>Tuesday 8<sup>th</sup> April</b></p>	<p><b>Alzheimer Arts, NEW GROUP!</b> <b>2pm-3:30pm</b></p> <p>Print workshop</p> <p>This new arts group is focussing on a print workshop class for the next 5 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>
<p><b>Wednesday 9<sup>th</sup> April</b></p>	<p><b>Young Onset Carers Group (Under 65) – Self facilitated</b> <b>10:30am-12pm</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>  <b>Activity-</b> tie dye a tea towel or bring your own item to tie dye</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>Wednesday 9<sup>th</sup> April</b>	<p><b>XCITE information session</b></p> <p>Pop along to meet a member of XCITE'S team and learn about all the groups and activities they provide. Along with some tips on how to stay healthy.</p>	<b>1pm-2pm</b>
<b>Thursday 10<sup>th</sup> April</b>	<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>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>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 10<sup>th</sup> April</b>	<p><b>Xcite seated exercise session, NEW GROUP</b></p> <p>Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p>	<b>11am- 12pm</b>
<b>Friday 11<sup>th</sup> April</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>

<p><b>Monday 14<sup>th</sup> April</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> <b>Activity- bring along any pictures/memories to discuss and reminisce</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</b> <b>Movie of the week- Uncle Buck</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 14<sup>th</sup> April</b></p>	<p><b>West Calder community café</b></p> <p><b>West Calder Hub, West Calder Community Centre, Dickson Street, West Calder EH55 8DZ</b></p> <p>Activity- Playlists for life, find out how to create a personalised playlist that can reignite memories.</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>1pm-2:30pm</b></p>
<p><b>Tuesday 15<sup>th</sup> April</b></p>	<p><b>Creative corner (Craft group)</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</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>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-12pm</b></p> <p><b>10:30am-12pm (class is 11am – 12noon)</b></p> <p><b>2pm-3:30pm</b></p>
	<p><b>Alzheimer Arts, NEW GROUP!</b> <b>Print workshop</b></p>	

<b>Tuesday 15<sup>th</sup> April</b>	<p>This new arts group is focussing on a print workshop class for the next 5 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>	<b>2pm-3:30pm</b>
<b>Wednesday 16<sup>th</sup> April</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>Music Memories (Music Group) Activity – guess the song</b></p> <p>Music can bring back 1000 memories. Come along and share your memories through music.</p>	<b>10:30am-12pm</b>  <b>1pm-2:30pm</b>
<b>Wednesday 16<sup>th</sup> April</b>	<p><b>Linlithgow Caring Community Café</b>  <b>CANCELLED DUE TO PUBLIC HOLIDAY (EASTER FRIDAY)</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>10:30am-12pm</b>
<b>Thursday 17<sup>th</sup> April</b>	<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>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>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>10:30am-12pm</b>  <b>10:30am-12pm</b>  <b>1pm-2:30pm</b>
<b>Thursday 17<sup>th</sup> April</b>	<p><b>Xcite seated exercise session, NEW GROUP</b></p>	<b>11am – 12pm</b>

	Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!	
<b>Friday 18<sup>th</sup> April</b>	<b>1:1 Support – Booking required</b>  To talk about any questions or concerns you have about your brain health or dementia	<b>10am-3pm</b>
<b>Friday 18<sup>th</sup> April</b>	<b>The Memory Café, Armadale Community Café</b> <b>CANCELLED DUE TO PUBLIC HOLIDAY (EASTER FRIDAY)</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>11am-1pm</b>
<b>Monday 21<sup>st</sup> April</b>	<b>Knit and Natter (Knitting, crochet, sewing group)</b>  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> <b>Activity – get creative and see what you can paint</b>  This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.  <b>Movie Monday</b> <b>Movie of the week- Carry on up the jungle</b>  A different movie shown each week. This is a space for all to sit back and relax, enjoy watching a movie with a cuppa.	<b>10:30am-12pm</b>  <b>11am-12:30pm</b>  <b>2pm-4pm</b>
<b>Monday 21<sup>st</sup> April</b>	<b>Whitburn/Blackburn Quality Community café</b>  <b>Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL</b> <b>Activity – music bingo</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>2pm-3:30pm</b>
<b>Tuesday 22<sup>nd</sup> April</b>	<b>Creative corner (Craft group)</b>  Come and try our crafty group. Unleash your creative flow and see what you can create.  <b>Yoga Class with Sunshine Yoga</b>  Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga	<b>10:30am-12pm</b>  <b>10:30am-12pm</b>

	<p>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>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>(class is 11am – 12noon)</b></p> <p><b>2pm – 3:30pm</b></p>
<b>Tuesday 22<sup>nd</sup> April</b>	<p><b>Alzheimer Arts, NEW GROUP!</b></p> <p><b>Print workshop</b></p> <p>This new arts group is focussing on a print workshop class for the next 5 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>	<b>2pm-3:30pm</b>
<b>Tuesday 22<sup>nd</sup> April</b>	<p><b>The Memory community Café- Uphall/Broxburn</b></p> <p>Strathbrock Partnership Centre – ENTERANCE B, 189a West Main Street Broxburn EH52 5LH</p> <p><b>Activity – music bingo</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-11:30am</b>
<b>Wednesday 23<sup>rd</sup> April</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><b>Activity – bring along photos/memories to discuss</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 23<sup>rd</sup> April</b>	<p><b>FOOD TRAIN information session</b></p> <p>Find out what support/ advice Food Train can give. Food Train is a charity helping older people across Scotland. We offer our members practical help to eat well, age well and live well at home for longer.</p>	<b>1pm-2pm</b>
<b>Thursday 24<sup>th</sup> April</b>	<b>Social Circle – Booking required</b>	



	<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>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>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>
<p><b>Thursday 24<sup>th</sup> April</b></p>	<p><b>Xcite seated exercise session, NEW GROUP</b></p> <p>Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p>	<p><b>11am-12pm</b></p>
<p><b>Thursday 24<sup>th</sup> April</b></p>	<p><b>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>	<p><b>10am-11:30pm</b></p>
<p><b>Friday 25<sup>th</sup> April</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 25<sup>th</sup> April</b></p>	<p><b>Parkinson related support group Livingston</b></p> <p>We're thrilled to announce an exciting collaboration between Alzheimer Scotland and Parkinson's UK, bringing our communities closer together! To kick things off, we've selected three pilot locations—Inverness, Livingston, and Motherwell—where we'll be launching new services to support those living with Parkinsons related dementia, their careers and family members. Each of our welcoming, safe, and friendly offices are designed with accessibility in mind, featuring nearby parking and easy access for all. We have been working hard to develop these new services</p>	<p><b>10.30am – 12</b></p>

	<p>together, ensuring we create meaningful support for those who need it most.</p> <p>We are looking forward to meeting you all and hearing your views on how best to develop these sessions moving forward</p>	
<b>Monday 28<sup>th</sup> April</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>Movie Monday</b> <b>Movie of the week- Charlie and the chocolate factory</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 29<sup>th</sup> April</b>	<p><b>Creative corner (Craft group)</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</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>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</b></p> <p><b>10:30am-12pm (class is 11am – 12noon)</b></p> <p><b>2pm-3:30pm</b></p>
<b>Tuesday 29<sup>th</sup> April</b>	<p><b>Alzheimer Arts, NEW GROUP!</b> <b>Print workshop</b></p> <p>This new arts group is focussing on a print workshop class for the next 5 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>	<b>2pm-3:30pm</b>
<b>Wednesday 30<sup>th</sup> April</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>	<b>10:30am-12pm</b>

	<b>Music Memories (Music Group)</b>	<b>1pm-2:30pm</b>
	Music can bring back 1000 memories. Come along and share your memories through music.	
<b>Wednesday 30<sup>th</sup> April</b>	<b>Health in mind tbc</b>	

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		
<b>Wednesday 2<sup>nd</sup> April</b>	<b>NDAS CARERS EVENING</b>	<b>7pm-8pm</b>
	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 <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> 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

Stacey - 07825063367

Kim - 07769 243512

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



**Alzheimer  
Scotland**  
Action on Dementia

Dementia

# Helpline

Freephone 0808 808 3000  
Email [helpline@alzscot.org](mailto:helpline@alzscot.org)