



Groups and Activities



Make the rest of your life the best of your life!

Introduction

If you're reading this, I'm pleased to say that that you've taken the first step in making the rest of your life the best of your life.

That's our motto at the West Lothian 50+ Network, and if you've already joined our Network, or are thinking of doing so, you can look forward to becoming involved with a friendly and supportive group of over fifties – currently around 400 members – who enjoy making things happen for themselves.



Our organisation is run by volunteer members for members which creates a wonderful sense of community spirit within the Network. Together we run and take part in a wide range of activities – over 35 different interest groups - to help you stay fit and healthy in both mind and body, whilst socialising with others. There really is something for everybody's taste and level of ability, but perhaps more important is the chance to meet up and join in with old friends or make new friends along the way.

We recently undertook a survey of our members. Many spoke of the warm welcome they had received when they joined the Network, and of the many benefits that they had enjoyed as a result of their membership. A massive 93% said that the Network had helped them meet new people, and 74% said that they had found new recreational opportunities. 60% had learned new things, 56% had become more active, and 43% said it had helped them improve their health.

Together with the other eleven members of the Committee I am constantly striving to find new ways to engage our members and find new ways to help them get the best out of life. But our members' ideas and input is equally important, and so, if you have a skill or an interest that you'd like to share with others, we'll do everything we can to facilitate the formation of new groups and clubs. In the meantime, please take a look through this booklet and find out more about the range of activities and events that are already in place.

We hope you find being a member of the Network a valuable addition to your life as so many of our members have, and we look forward to seeing you soon.

Anne Webster
Convener,
West Lothian 50+ Network

9 April 2019

Network Activities

Our activities stem from the 50+ Network's three main aims: to develop social, educational and recreational opportunities to help over 50's keep fit and healthy in mind and body whilst combatting social isolation; to educate through links with 50+ groups; and to encourage the development of links between organisations in West Lothian that can further these aims. Below is an overview of our main activities.

Monthly meetings

Get-togethers for members to give an update on activities and Network business. Coffee/tea and biscuits are available. An external speaker is arranged on a range of topics of general interest. Minutes are produced and sent to all members.

Holidays

At least three holidays are organized every year, usually areas of cultural interest: castles, gardens, walks etc

Day Trips/ Outings

Over the years Network members have visited a very wide range of attractions and attended many diverse events. Recently these have included day trips to Peebles, Culzean Castle and The Secret Bunker. New events are regularly advertised.

Theatre visits

We offer 3 or 4 theatre visits every year. These vary from West End Shows, to opera and plays and pantomime. Usually, unless it is a local show, we try for matinees, using public transport with our bus and train passes.

Other Events

Various other events are held throughout the year. From dinners and social evenings to musical evenings, craft fairs, and other fundraising events.

Group activities

There are currently 35 special interest groups including 6 walking groups, Bowling, French and Italian classes, Genealogy, Mah Jong, Canasta and Scrabble, Book and Blether, Ukulele for Beginners, Music and Craft groups.

Monthly Members' Meetings

The monthly meeting is a get-together to give members an update on activities and any business of the Network. We meet on the 3rd Saturday of each month. Coffee/tea and biscuits are available. A speaker is arranged for each meeting and they cover a variety of topics of general interest throughout the year. Minutes are produced and sent to all members.

- ◆ Raffle tickets are sold for funds. Donations are always welcome;
- ◆ Network Lottery tickets are sold to raise funds. The monthly Lottery is drawn and the prize winners are announced. Tickets are available at the office and at the monthly meetings. The tickets are for 6 months from May to October and November to April;
- ◆ An opportunity to meet Committee members;
- ◆ Updates from Group Leaders;
- ◆ Meet and socialise with members from other groups.



West Lothian 50+ Network

Members' Meetings 2019

Date	To be held at	Speaker and Topic
19th January	Bathgate British Legion	Drum Major Jim Robertson
16th February	Bathgate British Legion	Social Activity
16th March	Bathgate British Legion	Adam Fleming, Wyndford Farm Plants
20th April	Bathgate British Legion	Social Activity
18th May	Bathgate British Legion	Annual General Meeting (AGM) Ruth McNamara
15th June	Bathgate British Legion	Social Activity Polar Academy Update
July	Holidays – no meeting in July	
17th August	Bathgate British Legion	Social Activity
21st September	Bathgate British Legion	Singer/ Entertainer Debbie McConnell
20th October	St Mary's Church Hall, Bathgate	Coffee Morning and Craft Fair
16th November	Bathgate British Legion	Social Activity
21st December	Bathgate British Legion	Christmas Party

Holidays

At least three short holidays are organized each year, usually in areas with attractions of cultural interest such as castles, gardens, and stately homes.

Holiday plans for 2019:

21st to 25th January

Liverpool, Adelphi Hotel



8th to 15th May

Walking holiday in Mallorca



7th -14th October

Seville, Spain



For further information or to reserve a place please contact the Network office. Deposits are required before a place can be reserved.

Trips and Outings

Over the years the West Lothian 50+ Network has visited a very wide range of attractions and attended many diverse events.

Planned trips for 2019:

Date	Destination
27th January	V&A Museum, Dundee
24th February	Cambo 's Snowdrops and St Andrews
24th March	Abbotsford House
28th April	Balloch and Helensburgh
26th May	Loch Katrine and Callander
30th June	Floors Castle and Kelso
28th July	Berwick
25th August	Drummond Castle Gardens and Cultybraggan
29th September	Scone Palace and Perth
5th October 27th October	Walking day in St Andrews Pitlochry
24th November	Glamis Palace

Theatre Visits

We offer 3 or 4 theatre visits per year. These vary from West End Shows, through opera to plays and pantomime. Usually, unless it is a local show, we try for matinees, using public transport with our bus and train passes.

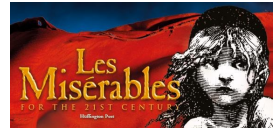
9th January 2019

Pantomime—Beauty and the Beast



13th February 2019

Les Miserables



20th March 2019

Joseph and the Amazing Technicolour Dreamcoat



29th May 2019

The Mousetrap



For further information or to reserve a place please contact the Network office. Deposits are required before a place can be reserved.

Other Activities & Events

In 2019 is the Network's 25th anniversary. To celebrate, as well as our regular annual events we'll be including a broad range of other activities:

Date	Events	Venue
18th January	Group Leaders' Lunch	Bathgate Golf Club
27th March	New members' meeting	Rosemount Gardens
31st March	Mother's Day Meet-Up	Rosemount Gardens
25th April	Social Evening	Bathgate British legion
17th May	Cheese and Wine Evening	Bathgate Partnership Centre
30th May	Social Evening	Bathgate British Legion
1st June	Bathgate Procession	Bathgate
27th June	Social Evening	Bathgate British Legion
14 July	Car Treasure Hunt	Bathgate
25 July	Social Evening	Bathgate British Legion
18th August	Garden Party	
29th August	Social Evening	Bathgate British Legion
22 September	Tree Planting and BBQ	Beebraigs
25th September – 1 October	Thrift Shop	Homeaid shop, Bathgate
26th September	Social Evening	Bathgate British Legion
19th October	Coffee Morning and Craft Fair	St Mary's Hall
31st October	Social Evening	Bathgate British Legion
October	Network Choir Concert	
28th November	Social Evening	Bathgate British Legion
30th November	St Andrew's Day Dinner	
12 December	Xmas Crackers Choir Concert	St Mary's Hall, Bathgate



List of Groups

Detailed information about each of our special interest groups follows in the next few pages.

Art Group 1	Page 12
Art Group2	13
Book and Blether	14
Bowling	15
Bridge Club	16
Coffee Club	17
Craft for Enjoyment	18
Craft Group	19
Events Group	20
French for Beginners	21
French Café	22
Genealogy Group	23
Italian for Beginners	24
Jewellery Making	25
Lunch Club	26
Mahjong	27
Men's Group	28
Monday Stitches	29

West Lothian 50+ Network

Music for All	30
Nattering Needles	31
Network Singers	Page 32
NUYU	34
Patchwork Group	35
Pilates 1 - Advanced	36
Pilates 2 - Intermediate	36
Rummikub	37
Scrabble and Canasta Group	38
Sing and Swing	39
Supper Club	40
Ukulele for Beginners	41
Weekenders	42
Walking Groups:	
Happy Wanderers	43
Stroll Along	44
Twalkers	45
Two Left Feet	46
Walky Talky 1	47
Walky Talky 2	48

If you are interested in joining any of the Network's groups, or require any further information, please contact the West Lothian 50+ Network office.

Art Group 1



Group Leader: Ray Langston

Meet: Monday 2 – 4pm at the Bathgate Partnership Centre

We are a small group who enjoy painting, and who meet weekly for the purpose of encouraging each other to attain the best we can. We do not have a tutor at this time so are primarily working as a self-help group. However, we are presently benefitting from joining with Art Group 2 to get help and guidance from an experienced artist, which will hopefully increase our abilities. This will not be a long-term arrangement.

Unfortunately, the accommodation we have within the Partnership Community Centre only allows for a maximum of 10 people to work with any degree of comfort, so we cannot at this time welcome any new members.



Art Group 2



Group Leader: Sheila Hay

Meet: Alternate Tuesdays, 1.45 – 4.00pm, in the Bathgate Partnership Centre. We close for the usual holidays.

We are a self-help group, enjoying some creative painting and sketching together. From time to time we have the help of an art tutor or demonstrator, to inspire, encourage and develop our artistic skills.

Maybe you have not painted since you were at school or you have always wanted to have a go at some art. Well, you won't know what you can achieve until you try. So we are definitely the group for you.

The materials used by our members are many and varied – pencil, pastel, watercolour, acrylic, oil, etc. It depends on what their favourite is, or if they have a wish to experiment with something new. Anything goes! Subject matter is individual choice, be it still life, landscape, portrait, abstract or whatever inspires.

There is plenty of encouragement and support within the group, and guidance from those with previous training or experience.



Book and Blether



Group Leader: Eileen Lander

Meet: Alternate Mondays 2.00pm to 4.00pm at the Bathgate Partnership Centre.

We meet once a fortnight but read only one book a month as the majority of the members thought that was enough. At the alternate fortnightly meeting we have an open discussion on any subject that anybody wishes to talk about. This works very well and the two hours pass very quickly.

We cover a wide range of subjects and genres, from classics to latest publications. Members are invited to suggest titles and then, at the last session of the year in June, we discuss and shortlist the books for the following year, trying to get a good range of titles.

It is a democratic group and we aim to spend a pleasant, sociable afternoon.



Bowling Group

Group Leader: Willie Webster



Meet: Thursday mornings.

Summer: Thursdays, 10.00am – Polkemmet Country Park.

Winter: Thursdays, 10.00am - Bathgate Sports Centre.

The aim of the group is to offer a warm friendly environment to members who are interested in playing bowls in a relaxed atmosphere. We particularly welcome those who may never have played before and want to take that initial, tentative first step -although all standards are welcome. The emphasis is very much on enjoyment and relaxation.

In the winter months we meet at Balbardie Sports Centre. Once the bowling green at Polkemmet is open we move there for the outdoor summer season, weather permitting. Polkemmet usually opens at about Easter and we play there until about mid September.

At the moment we are pretty full and anybody interested should hand their name into the office, or even come and meet us first and have a wee shot before making a decision.



Bridge Club

Group Leader: John Dunnigan



Meet: Every Monday evening in the Partnership Centre, Bathgate from 7 till 9pm.

There are 12 members in the Bridge Group. It is light-hearted and fun and the scores are not taken very seriously.

We seldom analyse the hands played but the more experienced players will give advice and guidance when appropriate or requested.

The Bridge Group welcomes new members. Previous experience is not required.



Coffee Club

Group Leader: Anne McGovern



Meet: Alternate Wednesdays 10.45am at the Ballencrieff

We meet every second week on a Wednesday for a natter and a cuppa. We would be delighted to welcome any new members.



Craft for Enjoyment



Group Leader: Agnes Keanan

Meet: Alternate Fridays 10.00am to 12 noon at the Bathgate Partnership Centre.

Discover how to create beautiful cards and accessories with our friendly papercrafting group.

Learn how to make unique cards for all those special occasions with guidance and encouragement every step of the way. Our group lets you work at your own pace to produce items with a personal touch which you will be proud of. Take home your card to give to that special someone to show how much you care.



Craft Group



Group Leader: Christine Hailstones

Meet: Alternate Tuesdays 1.15 to 3.15 pm at the Bathgate Partnership Centre

This is a small friendly group (maximum ten) who make different types of greeting cards.

We are a self-taught group where the more experienced members share their skills with the less experienced.

The cards we make are for our personal use but we also have a small stock which we keep for sale.



Events Group

Group Leaders: Ian and Betty Gordon



Meet: Dependent on event

The Events Group consists of volunteers from the 50+ Network who supply stewarding for various West Lothian Council events throughout the year. Normally these take place as follows:

At Easter there is a fun run around areas of Beecraigs Country Park;

In August there is a run from Meadowpark in Bathgate through Bathgate and Blackburn returning to Meadowpark;

In December there is a Santa fun run around areas of Livingston.

Our efforts as a team are well recognised by the organisers as well as the participants in the events. We provide encouragement and smiling faces to young and old participants alike.



French for Beginners



Group Leader: Alex Aitken

Meet: Wednesday 2.00pm to 3.30pm in the West Lothian 50+ Network Office

This class has been running for 3 - 4 years. It is run in a very informal way: minimal grammar, no homework, no need to take notes (unless you want to). It is not school and there are NO lessons as such, so if you miss a week, it is always possible to catch up. I tailor my lessons depending on which students turn up to my class on the day - some had no French at all and others had taken French, but several decades ago at school.

My methodology is to teach the “rules”, but in a simple way. It is a conversational class and focusses on the “sound” of the language rather than how the language is spelled. I follow the methods of Michel Thomas, who was a very successful teacher of many foreign languages.

Many of the teaching aides that I use I have written myself and I try to use many different programs including simple French books.

If anyone is interested in joining a “complete beginners French class”, give your name to the office and if there are enough numbers, I will consider running another beginners class.



French Cafe

Group Leader: Lorna Kerwin



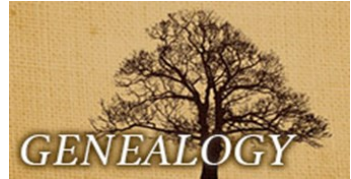
Meet: Tuesday evening 7.00 - 8.30pm in West Lothian 50+ Office

The aim of the group is to meet in an informal setting over a cup of coffee (or tea) to practise speaking the French we know to become more confident in doing that. We also help each other with new vocabulary and grammar points, and with the help of a native French speaker, Françoise. We talk about our own interests, whatever we have been doing, or whatever is topical, or sometimes we work in themes, e.g. travel, in the home, etc. We play games, e.g. Happy Families, Twenty Questions, or do quizzes and have a laugh! We also have links with Bathgate Twinning Association and have practised our French with visitors from Cran-Gevrier. Some of us have gone to visit them in France and had the opportunity to speak French in a real-life situation.



Genealogy Group

Group Leaders: Allan Dungavel



Meet: 1st and 3rd Wednesdays of the month, 10.00am to 12.30pm in the I.T. Suite of the Partnership Centre

We take great pleasure in taking people back through the ages to research their Family Tree. In some cases, on this journey, it can pull at your heartstrings. You may find sadness in discovering that one of your Ancestors had ended up with their family in a Poor House. In days gone by, if you lived for example in a “tied” house, such as a miner’s cottage, should your husband be killed in a pit disaster or by natural causes within a few days the family would be put out of the house along with any furniture with nowhere to go. Some had parents who could take them in, along with your children but in many cases their houses were full with their own young children.

On the happier side you may find aunts and uncles, cousins, even in some cases a brother or a sister, which you never knew existed. On getting in touch with them, your family is immediately extended, which can bring great happiness and joy. To aid people on this “trip of a life time” and see the joy, when they find out about their Ancestors, gives us as much pleasure as them. It is also a wonderful thing to pass this information down to the next generation and the next and so on.

Life is full of surprises and many can be found on this journey. One of our past members said “this journey has opened doors I never knew were possible, including meeting family members I never knew I had.”



Italian for Beginners



Group Leader: John Walker

Meet: Thursdays from 1.00pm to 2.00pm in the 50+ Network Office

Lessons are very participative, with the aim of getting everyone speaking.

John tries to keep grammar down to a minimum - but it keeps getting in the way, largely driven by the group itself, who ask lots of questions and are keen to understand.

If anyone else is interested in joining in, contact John via the office.



Jewellery Making

Group Leader: Margaret Wills



Meet: Alternate Wednesdays, 10am to 12 noon at Rosemount Gardens, Bathgate.

This group allows members to explore different styles of jewellery which they could make for themselves or as gifts for others. Tuition will also be available.

The group is actively seeking new members.



Lunch Club



Group Leader: Betty Morrison

Meet: 1st Thursday of every month at the Royal British Legion, Bathgate at 12.15pm

We are a friendly group and meet in the Royal British Legion in Bathgate on the first Thursday of every month at 12:15. The menu is varied and suits everyone.

We currently have twelve to fourteen regular members who enjoy the food and socialising.

If you wish to join us everyone is welcome.



Mahjong

Group Leader: Willie Webster



Meet: Thursdays at 2.00 - 4.30pm at
Rosemount Gardens Complex, Bathgate

Mahjong is a tile-based game which was developed in China in the Qing dynasty and has spread throughout the world since the early 20th century. It is commonly played by four players and is similar to the card game rummy. It is a game of skill, strategy, and calculation and involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols.

It is very seldom that we have everyone there at once – generally 6 – 12 turn up. Some can only manage every second week, some frequently fall foul of that dreaded scourge of retired members (holidays) and others pop along when they feel like it. All are welcome when it suits with no pressure on attendance. The only real rule is to enjoy it. The members are friendly, sociable, helpful but also, very quickly, as skills develop, determined to win.



Men's Group



Group Leader: Jim Dixon

Meet: One outing a month on Wednesdays, with a weekly Wednesday morning drop in club at Rosemount Gardens from 10.00-12 noon.

An activity group for our male members. Interests include: outings, visits, meals out and photography.

We have had several outings including to Edinburgh Botanic Gardens, Dawyck Gardens, Glasgow Transport Museum, Burns Museum, Dunfermline Heritage Quarter, Loch Lomond and The Secret Bunker.

New activities and outings are constantly being added.



Monday Stitchers

Group Leader: Heather Oliver

Meet: Mondays from 10.00am to 12.00 noon at Rosemount Gardens, Bathgate



The Monday Stitchers welcome all types of stitchers:- Cross stitch, crochet, knitting, embroidery.

We enjoy a social get together, helping each other and enjoying a chat while working on our projects.



Music For All

Group Leader: Bob Cowan



Meet: Alternate Mondays between 2.00pm and 4.00pm

No musical ability is required. If you have a few CDs then you have everything needed for this group. Our aim is simply to enjoy our music and to share this enjoyment with others.

At the end of each meeting a topic for the next gathering is selected. At the next meeting, each member brings several CD tracks which are related to the chosen subject. Tracks can be selected on the basis of the track title, the artist's name or even the composer. The style of music is entirely optional and can be chosen from any CD in your collection regardless of genre. Searching through our music collection to find suitable tracks often leads us to music we had forgotten we possessed.

As everyone's taste is different this gives us the opportunity to hear music we might not normally listen to and may even help us to appreciate a wider range of music than if we were left to our own devices.



Nattering Needles



Group Leader: Doris Cowan

Meet: Fridays from 2 – 4pm at Rosemount Gardens, Bathgate

We are a group of ladies who meet to chat whilst we do our current pieces of work. As the name of the group implies, our nattering accompanies a range of handiwork including knitting and all forms of needlework.

The members of the group are free with their advice and help and willing share their expertise and tips as well as a good knowledge of new products and where to buy materials.

It is a relaxing and informative atmosphere to be in.



The Network Singers



Group Leader: Vanda Collins

Meet: Thursday evenings, 7.00pm to 8.30pm in the Answer Centre, Whitburn

The Network Singers have been in existence for about seven years and now have a permanent home for their concerts in Armadale Church Hall. The choir consists of a group of men and women who enjoy singing together. There is no audition when joining the choir - only enthusiasm and a feeling for enjoyment are required!

Members pay £5 a month to cover the cost of hall rental and other expenses. We socialise at choir dinners, beetle drives, quizzes, special birthdays, etc.

Our excellent Musical Director is Yvonne Drummond whose energy and drive inspires us all. She has worked wonders with us. Her aim is for us to present a concert roughly every eighteen months. These concerts have been produced with a choir of school children joining The Network Singers.

We also sing in local residential care homes and at some West Lothian 50+ Network functions, as well as having a Carol Concert at Christmas for Network members.

We meet on Thursday evenings, taking time off at Christmas, Easter and during the summer holidays. Where possible, we share cars which means that non drivers can usually be accommodated. Cars travel from the Livingston, Bathgate, Armadale and West Calder areas.

A choir committee deals with concert programmes, future events, resources, etc.

Could you be a Group Leader?

All of our leaders are volunteer Network members.

If you have a special skill or interest that you would like to share with others, please speak to one of our committee members or to Tracy in the office about how we can support you to start a new group.

NuYu

Group Leader: Sandra Carr-Pollock



Meet: Tuesday 11.00am to 12.30pm in The Partnership Centre

One of the Network's most popular groups, the aim is to keep fit and healthy.

We have 1 hour of line dancing 11.00am to 12.00 then the fun begins with the weigh-in.

Afterwards we have a discussion about weight loss or gain and any other issue.



Patchwork Group



Group Leader: Judith Hanna

Meet: Every Thursday afternoon from 2 till 4pm in the Partnership Centre, Bathgate, Room 11 (Cran Gevrier Room)

The group's aims are to advance the skills of members in patchwork and quilting and to share our individual knowledge with other members of the group in a relaxed and friendly way.

We make quilts, wall hangings, table runners, mats and bags etc. Everyone works on their own projects but also make a constant supply of Linus quilts of various sizes for children who are terminally ill in hospital or a hospice. From time to time we make quilts which are raffled for charity and sale items for the 50+ Network annual Craft Fair.



Pilates 1 and 2

Group Co-ordinator: Alma Thomas



Meet: Friday mornings in the Bathgate Partnership Centre at 9.15am (experienced) and 10.15am (intermediate)

The Pilates philosophy focuses on working the mind and body to achieve improved physical fitness.

The aim is to work from our deep centre (core) out, lengthening and strengthening muscles to help improve posture, alignment and balance.

Pilates 1 is for very experienced participants.

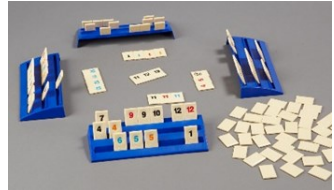
Pilates 2 is for intermediate but very regular attendees.

These groups are unable to take any new members.



Rummikub

Group Leader: Margaret Fulton



Meet: Mondays from 1.00pm to 3.00pm at Rosemount Gardens.

Rummikub is an enjoyable game that is similar to the card game Rummy, but is played with tiles not cards.

The rules of the game are generally simple, however there is some manipulation required which helps the brain to be used in a positive way.

Margaret and Carol are always on hand to offer help and advice. Once you have grasped the rules of Rummikub, there is plenty of fun to be had.



Scrabble & Canasta



Group Leader: Willie Webster

Meet: Every Friday from 2.00 to 4.00pm at Bathgate Partnership Centre

A sociable, busy group who enjoy playing together with the option to join in games of either Scrabble or Canasta.



Sing & Swing

Group Leader: James Henderson



Meet: Alternate Wednesdays, 11.45am to 1.45pm at Bathgate Partnership Centre.

We love company and we love to dance so we meet up and sing along to Karaoke, learn new steps and generally have fun.



Supper Club

Group Leader: Allison Gilchrist



Meet: Third Friday of every month. Normally starts at 6.30pm.
Various restaurants in West Lothian

The idea for the supper club came about in conversations with members of my walking group.

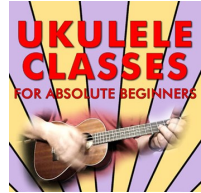
We agreed it would be nice to try different restaurants on a regular basis and a chance to meet others with different interests.

It is meant to be inclusive as only venues which are accessible by public transport are selected. It is also an opportunity for new members to get to know other 50+ Network members.

As there is a well-established and popular Lunch Club which meets on the 1st Thursday of every month, it was decided to meet on the 3rd Friday of each month.



Ukulele for Beginners



Group Leader: Eileen Lander

Meet: Tuesdays, 1st and 3rd week of each month from 2 - 4pm at Rosemount Gardens.

A Ukulele group for beginners was set up in 2018. It's easy and fun to grasp the basics. You don't need to be able to read (or even understand) music.

Group leader Eileen doesn't claim to be an expert but knows how much fun you can have with just a few chords and is already leading another group of beginners who are really enjoying it.

She has two or three ukuleles that she can loan out, on a temporary basis, if people want to try before purchasing their own, plus a few other ukuleles that people could try in a first session.

If you are interested, please give your names to the office.



Weekenders



Group Leaders: Lesley Martin & Sheila Linscer

Meet: 10.00 for 10.30a.m. on the second Saturday of each month at Rosemount Gardens, Bathgate to plan weekend outings.

This group is for members who are looking for social interaction at weekends.

We meet on the second Saturday of each month at Rosemount Court in Bathgate for coffee, chat, sharing ideas, planning and organizing future events.

Any group member can feed in ideas for weekend activities (or activities on other nights if availability or cost effectiveness prevails). Our activities are diverse, and have included theatre visits, boat trips, 10 pin bowling and a bus tour of Glasgow.

We use email to make short-term arrangements and to share information, but if you don't have email details can be obtained from the office or by attending the monthly meetings.



Happy Wanderers



Group Leader: Heather Waddell

Meet: Mondays setting out from Bathgate usually between 9-10 am. Travelling by public transport the start time varies as per the transport timetables and the destination.

Generally, we walk between 5-6 miles, sometimes a little more and sometimes less. The walks are flattish but have undulations and occasionally a hill or two.

We take a packed lunch and usually manage to enjoy a coffee stop after the walk.

It is a very friendly, sociable group and there is a great deal of blethering on the outings.

During the inclement weather of the winter months we have 'cultural and educational' visits to places of interest or museums.



Stroll Along

Group Leader: Margaret Tennant

Meet: Thursdays at various locations



Generally, the Group travels by public transport. However, if travel is further afield cars can be used. As a rule, the Group leaves Bathgate about 9:30 am, returning by 4pm.

Walks are generally about 3 miles in length and are done at a leisurely pace. They are usually on good paths or tracks with low hills or undulating ground. Occasionally there may be some ascent or rougher ground, occasionally stiles or aqueducts may be crossed.



Twalkers

Group Leader: Alma Thomas

Meet: Thursdays



We are a group of around 12 individuals who all like a good blether whilst we walk.

We normally walk locally around Bathgate, however, we occasionally venture a bit further afield. We have had the odd day in Edinburgh and have also enjoyed North Berwick.

Two Left Feet



Group Leaders: Sue Visser, Lesley Martin, Sheila Linscer

Meet: Mondays, around 10.00am

An energetic and friendly group, our walks aim to mix exercise with points of interest along the way.

We've walked along canals and rivers, city streets, coastlines and old railway lines, tackling distances from around 4 miles to as far as 9 miles (on the flat!). We're not averse to tackling the odd hill (though we're not Munro baggers), whilst accommodating those who want to take it a little easier. We love exploring what's on our doorstep in West Lothian but equally may take a train or a bus to walk further afield.

It's as much about the journey as the destination. Don't be surprised if we stop to admire the wild flowers, get side-tracked into a garden or stop to chat to people along the way.



Walky Talky 1



Group Leader: Christine White

Meet: Mondays, 9.30/10.00am, leaving from Bathgate, returning approximately 3.00/4.00pm

Most walks are in the West Lothian area, using public transport, other walks are accessed by train to Edinburgh, East Lothian or Glasgow. Bus passes are useful.

The social contact is as important as is the physical exercise and friendships that are made as we chat along the paths.

We usually take a packed lunch but might end the walk with a coffee somewhere.

Walks are normally around 6-8 miles. We walk at a steady, moderate pace but fast walkers might find the pace too slow.



Walky Talky 2

Group Leader: Innes Black



Meet: Thursdays

Distances vary, but the longest walk would be around 6 miles. This is up to each individual's ability, there is usually an alternative to do part of the walk or to do an extra mile or two! Of course, there are the obligatory coffee stops. We have visited quite a large number of these establishments over the years. I am sure there must be someone out there who could write a verse or two about the best cafes in and around West Lothian. We go further afield on occasion. We have secured three mini-bus trips again this year, thanks to the kindness of Heather who has offered to drive us on our outings.

We are a friendly bunch of like-minded folk who like going for a walk and a blether, our countryside is beautiful and steeped in history.

Our aim is to keep active, fit and enjoy the company and of course the coffee.

At the moment we have 21 members in the group, but this varies on a week to week basis and weather permitting. The walks are varied as much as possible and I am always open to suggestions for new routes. There is travelling involved, either bus or train and the occasional mini bus, we do the odd local paths. A programme is prepared for 2-3 months in advance.



West Lothian 50+ Network



A big thank you to all our volunteer group leaders!

We've always known our volunteers are worth their weight in gold, but recently we decided to try and quantify their value to the Network.

Our Management Committee comprises 12 volunteer members. In addition, some 44 members volunteer to lead our very wide ranging and inclusive activity groups.

Using a conservative estimate, our volunteer committee members and group leaders provide some 6,671 hours to the Network each year.

If you have a special skill or interest that you would like to share with others, please speak to one of our committee members or to Tracy in the office about starting a new group.

Network Committee

The West Lothian 50 + Network is overseen by a volunteer Committee of 12 members elected from the membership at the Annual General Meeting.

Anne Webster – Convener *

Jim Dixon - Vice Convener; Fundraising; Men's Group *

Anne McGovern – Secretary *

Liz Wark – Treasurer* (Business); HR

Irene Calder – Treasurer (Social)

Sue Bedford-Visser – Communications / Publicity; Sunday Trips

Vanda Collins – Minutes and Cards

Allan Dungavel – Groups; GDPR Data Protection

Barbara Hadow – Catering; Rosemount Liaison and Raffles

Sheila Linscer – Holidays ; Theatre Trips

Lesley Martin – Trips/ Outings

Joe Murphy – Speakers

****The roles of Convener, Vice Convener, Secretary and Treasurer are Office Bearers.***

Contact Us

Office address and contact information

West Lothian 50+ Network
48g Linbar House
North Bridge Street
West Lothian
EH48 4PP

Tel : 01506-635510

Email: wlothian50plus@btconnect.com

Facebook: [@westlothian50plusnetwork](#)

Website: <https://westlothian50plusnetwork.co.uk>

Office Administrator: Tracy Kerr

Office Hours

Monday CLOSED

Tuesday 10.00am to 2.00pm

Wednesday 10.00am to 2.00pm

Thursday 10.00am to 2.00pm

Friday CLOSED

Saturday CLOSED

Sunday CLOSED



Scottish Charity No SC024257