



# NETWORK NEWS

West Lothian  
50+ Network

Winter 2019

## SILVER ANNIVERSARY - NETWORK CELEBRATES 25 YEARS



The 50+ Network has reached a milestone anniversary.

It's 25 years since the Network was started back in 1994 and since then the Network has gone from strength to strength, with the original core group of 33 now exceeding 400 members.

The origins of the Network actually go back to 1993 which was designated by the European Parliament as the Year of the Elderly and of Solidarity between Generations.

At that time, current Network Vice Chair Jim Dixon was a West Lothian community education worker.

Together with colleague Annette Lambourne he was asked to set up a local project with a European dimension and MEP David Martin suggested a visit by a group of people aged over 50 to the European Parliament in Strasbourg (see photo).

The whole experience proved so successful that the 33 West Lothian representatives decided to stay in touch and form a network for older people's organisations - the beginnings of the 50+ Network.

Under Jim's guidance the Network became a registered charity. Over time members acquired funds from various

sources to allow the group to grow, including funding from the National Lottery and Big Lottery - and the rest is history.

This year the Network will be getting involved in a number of activities to mark the anniversary, including taking part in the Bathgate Procession, tree planting and sponsoring a floral display under the Bathgate Beautiful scheme.

As walking in a group is one of the most popular activities in the Network, we're planning an event to bring all of those groups together.

And we're introducing new activities, including monthly coach trips on Sundays, and extra social activities.

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## COFFEE MORNING AND CRAFT FAIR

Our annual Coffee Morning and Craft Fair took place on 20th October, replacing our normal monthly members' meeting.

It's an important fundraiser for the Network and, with over 100 members attending, this year's event was a great success raising over £1,000.

It's also a fantastic social event, and as usual St Mary's hall was buzzing as we found more and more tables and chairs to fit everyone in!

Our 'crafty' members did us proud, producing an array of items that were sold at the fair.

Members who love baking also put on a tasty spread for everyone to enjoy with their coffee or purchase to take home and enjoy later.

Members' generosity was also seen in the donations which made up the hamper for the raffle and items for the popular tombola stall.

We're grateful to everyone who helped with donations of goods and their time, including all those who helped to serve hot drinks, man the stalls and sell tickets.

Well done everyone!



## EDITORIAL

2019 is a landmark year for the Network as we celebrate our Silver Anniversary: 25 years of working together to ensure that our members get the most out of their golden years. It's been a fantastic journey so far, led by a group of dedicated volunteers, and, as our Network continues to grow, it's hugely rewarding to know that we've had a hugely positive impact on hundreds of lives throughout the last quarter century!

The Network acknowledges the support – both financial and in kind – that we've had over the years since our inception from West Lothian Council and recognises that our council faces huge financial constraints, with a wide range of deserving causes seeking support from increasingly smaller budgets. It was however hugely disappointing to learn that the council has decided not to support our application for funds for 2019/20.

It's one of the reasons we've had to make a small increase to our membership fee this year, and make some cuts to office opening hours, but we hope you agree that your membership is well worth renewing. There's certainly lots to look forward to, with our regular calendar of events as well as some exciting new activities such as the new Sunday coach trips and some special events planned for our 25 year celebrations.

**Sue Bedford-Visser,**  
Editor



## SING AND SWING'S ARTS GRANT



The Network's fun-loving music and dance group Sing & Swing is enjoying brand new sound equipment, thanks to a recent grant award.

The group was awarded the funds for the purchase of new amplifier, speaker, microphone and projector equipment from West Lothian Council's Community Arts Grants Scheme, a fund which aims to support local community groups and organisations to participate in, develop or promote the arts.

The Network's Arts group also received a small grant to hire a short-term tutor for a course of six art sessions early next year.

The Sing & Swing group was started thirteen years ago in 2005 and currently has 33 members. Group leader James Henderson, said: "Our group loves company and we love to dance, so we meet up and sing along to Karaoke, learn new steps and generally have fun".

"Our sound equipment wasn't really working properly any more and so we were delighted to receive a grant to buy equipment which will really enhance our fortnightly sessions."

The new audio-visual equipment will also be put to good use at the 50+ Network's monthly members' meetings and as back up for the Network choir's practice and events.

The Sing & Swing group meets on alternate Wednesdays at Bathgate Partnership Centre. It is one of some 35 different interest groups set up and run by volunteer members of the West Lothian 50+ Network.

## WWI COMMEMORATIVE TEA PARTY

An event commemorating 100 years since the end of WWI was hosted jointly by the West Lothian 50+ Network and the Royal British Legion.

The afternoon tea party with musical entertainment and readings, and the opportunity to share WWI memorabilia was held in the Legion in Bathgate on Friday 9th November.

50+ Network Convener Anne Webster welcomed invited guests from residential and care homes, sheltered housing complexes and day care centres in Bathgate. They joined Veterans of the Legion and members of the 50+ Network, some of whom had brought along items of WWI memorabilia to share with the rest of the company.

Network members read extracts of letters to and from husbands and wives or sweethearts during the war and local councillor Harry Cartmill spoke about his family's experiences during WWI. The Lord Lieutenant of West Lothian, the Queen's representative, Moira Niven, also addressed the company.

The lovely afternoon tea was catered for by the Legion, whilst the afternoon's entertainment was co-ordinated by 50+ Network committee member Vanda Collins. The Network Singers, under the musical direction of Yvonne Drummond, performed songs popular at the time of WWI as well as other popular wartime songs.

The afternoon finished with community singing of popular well-known songs of the time.

## PARLIMENTARY MOTION

The Network was delighted to hear that a Parliamentary Motion was raised on 16th November 2018 by Neil Findlay, MSP.

### **Motion 55M—14797 : Commemorating the First World War**

“That the Parliament commends the West Lothian 50+ Network and the Royal British Legion on hosting an event to commemorate the end of the First World War; understands that the event consisted of live music, readings and the opportunity to share war memorabilia; acknowledges that the afternoon tea



party was an opportunity to reflect on the experiences of frontline soldiers and the impact that the war had on families, and recognises the importance of events such as this to reflect on local history.”



## CHRISTMAS PARTY FUN

There was dancing, and good times had by members who attended the annual Christmas Party at the Bathgate British Legion on 15th December.

Members were entertained by Robert Cook who provided the main entertainment, and the Ukulele Group under the direction of Eileen Lander, who showed just how far they have progressed with their rendition of a number of popular songs.

Members showed that they were game for a laugh, participating in a number of party games including Pass the parcel with Fancy Hats, Irish Bingo and an elimination quickstep.

Special mention must be made of those members who enhanced the occasion by wearing their Christmas jumpers.

A big thank you to everyone who supported this successful event, including West Lothian Council's financial contribution through the Pensioners Christmas Fund.





## NOVEMBER MEMBERS' MEETING

Our thanks to Rev John Povey from the Kirk of Calder for his fascinating talk on the Calder Witches at our members' meeting in November. Rev Povey brought local colour, humour and insight into human nature to his talk. Walking past Cunnigar Hill in Mid Calder will never feel quite the same again!

## NETWORK GIFT VOUCHERS

Looking for a gift for a friend?

How about introducing them to the 50+ Network with a gift of a voucher for an annual membership?

Or perhaps invite them along to one of our new Sunday coach trips by gifting them a voucher to the value of the trip?

We've introducing £20 Network Gift Vouchers as a way of helping you introduce your friends to the Network, whilst giving them a gift for which they may thank you for a long time to come.

Ask at the office for more information.

## MEMBERS' MEETINGS IN 2019

Our monthly members' meetings take place on the 3rd Saturday of every month at the Royal British Legion in Bathgate. Put these dates in your diary.

### 16 FEBRUARY

Members' update and social activity.

### 16 MARCH

Our guest speaker is Adam Fleming who manages Wyndford Farm Plants at Ecclesmachan, twice RHS Chelsea medal winners.

### 20 APRIL

Members' update and social activity.

### 18 MAY

Our Annual General Meeting, followed by guest speaker is Ruth McNamara on 'How the West wasn't won'. Ruth was a popular speaker when last she joined us in September 2017 and spoke of a 'Hollywood History of the World'.

### 15 JUNE

Members' update and social activity.

### JULY

No meeting

### 17 AUGUST

Members' update and social activity.

### 21 SEPTEMBER

With Debbie McConnell, Singer and Entertainer

### 19 OCTOBER - Craft Fair

### 16 NOVEMBER

With guest speaker Stewart Liddle - Linlithgow Union Canal Society

### 21 DECEMBER - Christmas Party





## JANUARY MEMBERS' MEETING

What a fantastic members meeting we had in January, an excellent start to 2019!

Around 108 members joined the meeting at the Legion to hear guest speaker and Bathgate bairn, Jim Robertson, speak about his career in the army, from his early years as a recruit to his rise to Drum Major. Jim also entertained us with his experiences as a judge in international pipe band championships.

Jim brought along lots of fascinating memorabilia and stayed throughout the meeting to chat to members over tea.



## INTRODUCING MEMBERSHIP CARDS

An innovation for 2019 has seen the introduction of a membership card.

So when you renew your membership or join the 50+ Network you'll receive a membership card which includes a QR code, a machine-readable optical label that contains basic information to link to your membership information on our database.

The cards are being introduced to help us monitor who and how many people attend some of our events, especially un-ticketed events like our monthly meetings. So when you attend the monthly meeting, for example, we'll scan your card at the door.

This provides us with information which can be used to support any applications we make for financial support for the Network., which as the Network grows, becomes increasingly important.

We're also hoping in the future to be able to negotiate some discounts for members with local traders, so the card will provide a useful means of identifying you as a member.

Thanks to Willie Webster for all the work that he has done to develop and produce the first batch of cards.

## MEMBERSHIP FEE INCREASE

No-one likes a price increase but - reluctantly - the committee has agreed to raise the annual membership fee in 2019 to £20.

Like everything else, our running costs have increased over time - office rent, postage, wages, insurance to name just some of our monthly outgoings.

We hope you'll agree however that the membership benefits outweigh this increase and continue to represent good value for money.

## WEEKENDERS GET AROUND

Weekenders certainly get around.

The group has now been in existence for a year, starting with 12 members and now numbering 55.

Around 70 events have been organised since the group's inception, ranging from theatre visits (mostly to Howden Park Centre in Livingston and the Oran Mohr in Glasgow), bus tours, cruising the Union Canal and the Forth estuary, tribute bands, musicals, cinema visits including live screenings, ten pin bowling and several other ad hoc activities.

Several 50+ Network members in the Weekenders group chose to visit Edinburgh's Mary King's Close – the historic close located under the Royal Mile – where they were regaled with tales of the people who lived there in the 17th century.

The visit followed a tour on one of the Edinburgh City Hop-On Hop-Off buses - which illustrated how we often walk about without seeing all the things of interest around us. Everyone on the tour remarked about how informative it was - even those brought up in the city.

At Halloween the Weekenders braved a Ghosts and Ghouls Tour – a walking tour of the darker closes and wynds of Edinburgh before a descent into the underground vaults.

Theatre and performance are popular choices for the Weekenders, one example being a number of members attending the last showing of "There was a Soldier" at the West Kirk of Calder. This tribute in songs and stories was inspired by Ian McCalman's "Far Far From Ypres" the true story of David Wallace Dinwoodie who with thousands of others, enlisted in WWI.

Weekenders occasionally become mid-Weekenders when they take advantage of cheaper midweek rates for activities such as 10 pin bowling at Livingston's Deer Park.

There's something for everyone in the Weekenders - you can pick and choose the activities you want to do - and everyone gets to input their own ideas. What's more, anyone can join so there's no waiting list.

Will you be joining the Weekenders in 2019?



The Weekenders at Mary King's Close in Edinburgh

**Meet up with the Weekenders on the 2nd Saturday of each month at Rosemount Gardens, Bathgate at 10.30am for coffee, chat, sharing ideas and organizing future events.**



## MEN'S GROUP ON THE MOVE

It was a fine day on 17th October for the Men's group visit to the Military Museum Scotland in Wilkieston, well-timed given that this year marks the 100 year anniversary since the end of WWI.

The men enjoyed seeing all the items of memorabilia, which are not held behind glass but are out on display and able to be handled in this relatively new local museum which opened in March 2017 with the primary aims of education and reminiscence.

Our photo shows three of our members at the replica trench.



On 14th November the group made a return visit to the National Museum in Edinburgh.

Our photo shows some of the men enjoying a coffee break whilst touring the museum.



December saw the men's group repair to a local hostelry - the Toby Carvery - for their Christmas lunch together.



***In addition to the monthly outings, there's a weekly Wednesday morning men's drop in club at Rosemount Court in Bathgate, from 10am to 12 noon.***

## DISAPPOINTMENT AS COUNCIL FUNDING APPLICATION IS UNSUCCESSFUL

Since our inception, 25 years ago, the Network has been supported – both financially and in kind – by West Lothian Council. It wasn't a huge financial contribution – last year we received £5,626 - but it covered the rent on our hub in Bathgate.

Our council is not alone in facing huge financial constraints, with a wide range of deserving causes seeking support from increasingly smaller budgets and so, at the end of 2018 we were required to submit a bid for funds for 2019/20 that required a great deal more detail and justification than ever before.

We had to detail what services the Network will deliver, how they align to council priorities and provide a detailed costing of the

work to be undertaken. It brought home to us just how much the Network does – and how valuable a resource our many volunteers are.

We were hugely disappointed therefore to hear that in this, our 25th year, West Lothian Council has chosen to break the long-standing funding partnership that they have had with our Network. All 12 committee members met with council officers on 29th January to gain a better understanding of this decision. It would appear that our organisation is deemed to be fundamentally self-funding and that the council's contribution is not critical to the ongoing viability of the Network. However the withdrawal of these

funds means that we need to find other ways to cover the shortfall. Whilst we have some reserves that will keep us going, we'll be looking into a range of other funding sources, whilst continuing to find new ways to raise funds through our own activities, ensuring continuity of the organisation to our members.

We have expressed our disappointment to several local councillors and have been reassured that the Network is widely regarded as a valuable asset to the local community. If you have the opportunity to speak or write to your own councillor about the Network's value to you as a member, this can only be useful as we continue our discussions with the council to find our way forward.

## DIANE'S MAHJONG TROPHY

The 50+ Network's Mahjong group has a fantastic new trophy to stimulate competition between club members. The trophy is the work of Diane Riches, a stalwart member of the group, who crafted the trophy in memory of her late husband, David Riches.

Diane (pictured left with club members Jane and Georgette) is also a member of the Broxburn Woodcraft Club and acknowledges the support she has had there from her mentor, Roger Williams.

The Mahjong competition has just got off the ground but one thing is certain - Diane Riches will be a serious contender.





## CHRISTMAS AND NEW YEAR MEET UPS PROVE POPULAR

In addition to our Network-wide Christmas party, many of our groups organise their own lunches, some even continuing into January - as did the annual outing of the Scrabble and Canasta group who had their Christmas meal on 11th January at the Bathgate Legion (pictured right).

A small gathering was that of the newly established Italian group who enjoyed a Christmas meal at Bar Leo in Linlithgow.

And one of the largest gatherings must have been the Two Left Feet who teamed up with the Mahjong and Bowling groups to enjoy the seniors' Christmas lunch and dance at the Hilcroft in Whitburn.



The Scrabble and Canasta group



Because a number of the 50+ groups have a Christmas/ New Year break, committee members Allan Dungavel and Jim Dixon agreed to host two social Meet-Ups at Rosemount Court during the festive period.

The first, hosted by Allan, took place on the morning of 27th December, when 15 members attended.

The second took place on Thursday 3rd January, when Jim Dixon hosted the 20 members who came along.

Everyone agreed that the idea to meet with other members at an otherwise quiet time was worthwhile, with many suggesting that similar get-togethers could become a more regular occurrence.



The Italian group



The Two Left Feet walking group



## ST ANDREW'S NIGHT DINNER

Network members celebrated St Andrew's Day in style this year with a dinner and dance at Bathgate Golf Club.

As ever we're keen to involve and encourage young people when we can and chose Euan Tomson as our piper for the evening, a Bathgate laddie who plays with the Boghall and Bathgate Caledonia Pipe Band.

Fifteen-year old highland dancer, Anna Marr, who is just back from taking part in an international dance competition in Paris was also invited to entertain the group. Anna is in training for a trip to Nepal next year for which she is fundraising.



After a delicious three course meal prepared by the golf club, local entertainer Mark Mulgrew was surprised by the energy of the "old folk" he'd been expecting to entertain and kept everyone on the dance floor with a selection of popular songs, old and new.

The momentum was maintained with a couple of games, a blend of "Bring Me" and musical chairs, which brought out everyone's competitive spirit and got everyone involved.

50+ Network convener Anne Webster said: "There are so many people to thank for supporting us to help make this a memorable occasion."

"They include Bathgate Golf Club for the delicious meal and friendly service, the talented young piper Euan Tomson, who piped us in, and Highland dancer, Anna Marr, who entertained us after the meal."

"We're grateful to Bathgate business Razzmatazz Occasions for supplying the seat covers, and our members who made the beautiful table decorations and tablet to go with our coffee. The cherry on top was Glenmorangie who put whisky miniatures on the tables for us to take home."





## NEW SUNDAY COACH TRIPS

Our coach trips have proved to be immensely popular in the past - so much so that to accommodate demand for the outing to Traquair House at the end of last year we had to put on an extra bus!

So this year we're aiming to organise a different coach trip once a month, usually on the last Sunday of the month, taking you to a range of stately homes, gardens and other attractions – all things you've told us you enjoy doing.

### VISIT TO THE V&A MUSEUM, DUNDEE - 27th January

Our first day trip of 2019 - on 27th January - has just taken place, taking 35 members up to visit the new V&A Museum in Dundee.

Entry to the museum is free of charge, making this a very cost-effective trip. Some members took advantage of the optional Architecture Tour, learning how V&A Dundee used pioneering technology and engineering to create a museum that's a first of its kind.

Others took in some of Dundee's numerous attractions: Discovery Point (RSS Discovery), the Verdant Works (jute industry) and the McManus Gallery.



### CAMBO SNOWDROPS AND ST ANDREWS - 24th February

We're running a day trip to the Cambo Estate at Kingsbarns followed by free time in St Andrews on Sunday 24th February 2019.

Cambo is home to the national collection of snowdrops with over 300 varieties alongside great drifts of the simple snowdrop (*galanthus nivalis*) in the Cambo woodland.

Cost £23 - includes coach travel, entry to the Cambo Estate and tea/coffee and scone on arrival.

Booking from Wednesday 30th January in the office.



We're still working on the details for trips throughout the year, but the following will give you a taste of what's in store for the first 6 months of 2019:

**24TH MARCH - ABBOTSFORD HOUSE AND MELROSE**

**28TH APRIL - BALLOCH AND INVERARY**

**26TH MAY - CRUISE ON LOCH KATRINE AND CALLANDER**

**30TH JUNE - FLOORS CASTLE AND KELSO**

## WE'RE ALL KRISTMAS KRACKERS



Members of the 50+ Network and family attended the annual Network Singers Christmas Crackers Concert in St Mary's Church Hall, Bathgate on Thursday, 13th December.

The Singers, under the musical direction of Yvonne Drummond, were again in excellent form regaling those who attended with a wide repertoire of carols old and new and ending with some community singing.

A big vote of thanks to everyone who contributed to making this a successful event including St. Mary's, the committee, the volunteers who helped to organise and set up the event, and everyone who attended.



**I don't do drugs  
or drink.**

**At my age, I get  
the same effect  
just standing  
up too fast.**





## GROUP LEADERS' CONTRIBUTIONS RECOGNISED

Thanks are due to all our volunteers who lead the wide range of activity and interest groups under the West Lothian 50 Plus Network umbrella.

Our annual Group Leaders lunch was hosted this year at the Bathgate Golf Club on 18th January in recognition of all the work that goes into co-ordinating around 35 groups.

These include walking groups, art classes, music and exercise groups, language classes, games and sports, crafts and social groups.

Here are just a few of our volunteer leaders.



## VALUING OUR VOLUNTEERS

What are our volunteers worth?

We've always known they're 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 free of charge each year.

If valued only at the living wage rate of £8.95 this would cost some £60,516!

## NETWORK HIGHLY COMMENDED

The 50+ Network has been Highly Commended by Age Scotland in their 2019 Awards scheme.

The Awards recognise the hard work of the many dedicated individuals and groups in our communities who are making a positive difference to the lives of older people in Scotland.

Our application was submitted under the Services for Older People category, awarded to an individual or group who have provided an innovative service run by, or on behalf of, older people which has addressed the issue of loneliness and isolation and or improved health and wellbeing in later life.

Although West Lothian 50+ Network was not selected on this occasion, we have received a letter to say the awarding panel were deeply impressed by our group's work, and informing us that a Highly Commended Certificate will be awarded to the group early in 2019.



## TRAQUAIR HOUSE VISIT

Our day trip to Traquair House at Innerleithen near Peebles proved to be so popular that we put on a second bus.

The first trip took 25 members to Traquair on Saturday 24th November, with the second, larger coach and some 49 members having their trip on 25th.

Traquair is Scotland's oldest inhabited house. Visited by 27 Scottish Kings and Queens, Traquair dates back to 1107 and has been lived in by the Stuart family since 1491.

The house was decorated for Christmas and craft stalls were sited throughout the house,

Entertainment was provided by a number of choirs and bands which put on short performances throughout the afternoon. They included the St Ronan's Silver Band, Tweed Valley Male Voices, In Chorus, a contemporary choir from Peebles, the Linton Singers and Traquair Community Choir.



## EDINBURGH GIN TOUR

Getting into the festive spirit, on 18<sup>th</sup> December members of the 50+ Network went on the short Gin Discovery Tour at Edinburgh Gin. At the heart of the West End, they learned about Edinburgh's rich history of gin production, and were introduced to the variety of botanicals used in the recipes.

To explain the science of distilling, there was then a chance to see the company's two hand-made copper stills, Flora and Caledonia, in action, small stills which are used to experiment with new recipes, and create a variety of distinctive gins.

The tour finished with a tasting of a classic Edinburgh G&T and was followed by lunch at the nearby Au Bar.



## THEATRE VISITS

### Beauty and the Beast

Six members of the 50+ Network attended the matinee performance of the pantomime *Beauty and the Beast* at the Kings Theatre in Edinburgh on Wednesday 9th January. We all enjoyed an excellent performance (oh no we didn't!!!) starring Allan Stewart and Grant Stott.

### Les Miserables

Ten members will be attending the matinee performance of this popular musical on Wednesday 13<sup>th</sup> February at Edinburgh's Festival Theatre.

### Joseph and the Amazing Technicolour Dreamcoat

Following a show of hands at the January members' meeting we are looking to book tickets for Joseph and his Technicolour Dreamcoat at the Playhouse in Edinburgh on 20th March 2019.

## CHRISTMAS QUIZ BOOSTS FUNDS

Thanks to all the folk who entered our Christmas Quiz in December.

And thanks to wee Amy, Fiona's daughter, who did a great job in helping to sell the quiz sheets.

You helped us raise £80, which, after deducting £25 for the prize, put £55 into Network funds.

Congratulations to quiz winner Elsie Brodie.

(Answers to the quiz are currently displayed in the office)



## CALL FOR NEW COMMITTEE MEMBERS

We're approaching our next AGM (Annual General Meeting) which takes place at our members' meeting on 18th May. In accordance with our Constitution, two existing Committee members should retire at the AGM to allow new members to get involved.

Good communication and people skills are a must and up-to-date computer skills are increasingly important as we try to modernise the Network.

If you feel you have skills - and the time - to offer the Network, why not have a chat to an existing Committee member to find out what's required?

## COACH HOLIDAY TO LIVERPOOL

Some 28 Network members and their friends have recently returned from a 4 night holiday at the Adelphi Hotel in central Liverpool, ideally located to take in the many attractions of this vibrant city.

Following the trail of the fab four was a must but there is much more to Liverpool than the Beatles. The hop-on hop-off bus was a great way to get around, taking in the old and the new along Liverpool's waterfront, the two magnificent cathedrals, the many museums and galleries, the quirky street art and Liverpool One, the trendy shopping area at the heart of the city. And of course, the ferry across the Mersey.

The holiday also included visits to Arley House and Gardens on the way to Chester, as well as the Gormley statues at Crosby beach on the way to Southport.

The sun shone, and many left longing for more and vowing to visit the city again in the future.



## WALKING HOLIDAY TO MALLORCA

An update from Heather Waddell about the upcoming walking holiday she is organising.

Fourteen ladies will be heading for Mallorca, the largest of the Balearic Islands for an 8 day holiday on 8th May 2019.

No more names can now be accepted for this trip.

## NETWORK LOTTERY UNDER THREAT

For some time the Network has run a lottery offering monthly cash prizes as a way of increasing income.

However members will appreciate that in order to make a profit a minimum number of members must participate.

Numbers have been falling and have now reached the point where, unless more members participate, the lottery will have to fold.

By paying just £5 for 6 months you will help the Network to keep member services at their current level and be eligible to win a cash prize each month.

## LIMITATION OF LIABILITY

The West Lothian 50+ Network does not assess its members' fitness for participation in any of its various activities.

The decision about your fitness to undertake any activity lies within yourself, together with any medical advice you may wish to take.

It is your own responsibility to ensure your personal safety and that of your belongings.



## NOTES FROM THE OFFICE

By the time you read this, our office administrator, Fiona Seenan, will have left us to take up her new position at Whitburn Academy.

This is a good move for Fiona as it is better suited for her family's needs and we wish her well.

Tracy Kerr who was brought on board last year as an extra pair of hands will now take on the role, but there will be a few changes to our office hours as we move forward with just one member of staff.

Office hours will remain from 10am to 2pm but we will now be closed to members on Mondays as well as Fridays.

We're looking into ways to deal with this shortfall but please bear with us as we readjust to this new development.



Tracy Kerr, our new office administrator

## FIONA'S LAST WORD

It's not "Bye Bye" – it's "I'll See you all later"

Well, word is out that I'm leaving for pastures new and I am lucky enough to be given this opportunity to say my goodbyes. On saying that, I'm sure I will bump into you in the shops – it always seems to be Tesco or Marks & Spencer that I find myself blethering away to Network members.



I have enjoyed my time at the West Lothian 50+ Network so very much and I smile when I think back to some of the laughs I've had over the past 3 years. Being in the office gave me such an amazing view of the organisation. I got to see how much hard work is done by the Committee to keep everything going. I saw the dedication and selflessness from all the volunteers, group leaders and posties. My favourite thing to witness was the difference this Network makes to the older people of West Lothian. I have watched people go from heartbreak to happiness in a matter of a few months after joining the Network and that's thanks to you all being so lovely.

I'm sad to be going, however I am excited about a new challenge and being able to spend time with the kids over the summer holidays – my main motivation for leaving.

I am so grateful to the Committee and the members for giving me such wonderful memories in a job that I have treasured. *Fiona*

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[www.westlothian50plusnetwork.co.uk](http://www.westlothian50plusnetwork.co.uk)

### Office Hours

Tuesday to Thursday 10am to 2pm  
Friday to Monday: Closed

***Make the rest of your life  
the best of your life***

The West Lothian 50+ Network is a group of active over-fifties run by members for members.

We facilitate a wide range of physical, social, educational and cultural activities for our members, with the aim of keeping active in mind and body whilst combating social isolation. We meet monthly with an interesting speaker, offer almost 40 special interest groups and run day trips, holidays, concerts, dinners and other events.

Started in May 1994, the Network is going from strength to strength and currently has over 400 members, some 50% of which live in Bathgate with the rest residing in towns across West Lothian.

Annual membership fee for 2019: £20

We aim to produce **Network News** each quarter to keep our members up to date with what's happening in your Network.

If you would like to contribute an article, or if there's anything you'd like to hear more about, please get in touch.

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## DIARY DATES

**Theatre Trip - Les Miserables -**

Weds 13<sup>th</sup> February

**Members meeting - Sat 16<sup>th</sup> February**

**Coach Trip: Cambo Snowdrops and St**

**Andrews - Sun 24<sup>th</sup> February**

**New Members Meeting - Weds 13<sup>th</sup>**

March

**Coach Trip: Abbotsford House &**

Melrose - Sun 24<sup>th</sup> March

**Members Meeting - Sat 16<sup>th</sup> March**

**Members Meeting - Sat 20<sup>th</sup> April**

**Members Meeting - Sat 18<sup>th</sup> May**

**Members Meeting - Sat 15<sup>th</sup> June**



**Scottish Charity No SC024257**