

# Network News

February 2021



## A Career of Support for Older People

*As he steps down as Vice Convenor, Jim Dixon looks back on his years with the 50+ Network.*



After a 29-year career of working with older adults in West Lothian, Jim Dixon has stepped down as the group's Vice Convenor.

We're sorry to be losing Jim's wealth of experience but pleased to report that he'll still be involved as leader of the Men's group which Jim started in 2017.

Back in 1992, two years before the 50+ Network was formed, Jim was based in Bathgate working as a Community Education team leader with Lothian Regional Council (LRC). His responsibilities included the management of grants to voluntary organisations, adult education, out of school care clubs and educational projects with older adults and he represented LRC on a number of working

groups including Lothian Health "Better Health in Later Life" and the "Ageing Well" programme.

One West Lothian issue was the isolation of groups in the rural villages and the lack of leadership to promote better social, recreational and educational activities. The Community Education Service particularly identified a need to assist and support work with Older Adults.

A number of events were organised across the county using different themes including Reminiscence, Children's Play, Arts and Crafts and Healthy Lifestyles. People as far apart as Bridgend and Fauldhouse came together and shared skills and this coming together brought about new friendships.

The first major cross-county activity was a residential week in Lagganlia near Aviemore. Twenty-four seniors

signed up to participate in a range of activities including sailing, canoeing, orienteering, archery, swimming, photography and fishing. So successful was the week that it ran for the following four years and Channel 4 did a programme about the "re-cycled teenagers".

The next major project saw the group looking even further afield. Europe was firmly in the news as the Single European Market became a reality on 1 January 1993. This was also the year designated by the European Parliament as the Year of the Elderly and of Solidarity between Generations. Jim and his colleague Annette Lambourne were 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.

Subsidised by European funding, a group  
continued on p.2



*Members of the Men's Group started by Jim in 2017*

Continued from page 1.

of thirty-four seniors paid an educational visit to the European Parliament, traveling on the ferry from Hull to Rotterdam and returning via Brugge. It brought together a group of talented and like-minded individuals who had jelled during the trip.

The outcome was a request to form a fully constituted organisation, and so, by 1994, the West Lothian 50+ Network was born. Jim was a driving force in the creation of the group, along with Mary Ferrie, Helen Orr, Tom Craig, Betty Craig and Blanche Moore. They found an office, received a grant from the National Lottery and planned to promote their activities to attract a wider membership.

An early decision made by the group was to have a monthly Saturday morning meeting, initially using St Mary's Church Hall as the venue. The format was a guest speaker, tea/coffee and an outline of planned activities. In 26 years, this format has not changed, though with some venue changes over time.

Jim has been involved with the Network's committee for over 20 years in his various roles as LRC support officer, Ageing Well Coordinator, West Lothian Community Education Development Officer and Vice-Convenor. Over the years he has seen the Network grow from the 34 founding members in 1994 to around 450 in 2021 and add a broad variety of activities.

Regular coach trips and holidays have always been popular and in the past have been a little more ambitious than in recent times. Jim recalls four visits to the UK Parliament in London, a visit in 1999 to the United Nations in New York in the International Year of Older Persons, a visit to Israel and four visits to China.

A more recent project is particularly

dear to Jim's heart – and one with which he plans to continue his involvement. In 2016 the imbalance of the gender mix within the Network's membership was highlighted. Analysis of the 409 members at that time showed that 340 were women whilst only 69 – some 16% - were men.

After consultation with some of the men in the Network, Jim established the Men's Group and set about developing a programme of accessible activities that did not make too many demands on participants. The men wanted outings as the main activity, as well as the establishment of social opportunities.

Jim said: "As we age, our motivation to meet new people and participate in a new activity can often be low. The most difficult time being when you lose a partner or close friend. Men particularly can have problems in creating a change in their lifestyle".

With current developments in the Network being all about navigating a way of supporting members through the pandemic, and with well over 40 different interest groups to look forward to coming back to when we are able, Jim is rightly proud of the contribution he has made to the well-being of older people in West Lothian over the years.

He said: "We have known for many years that remaining active is a major factor in staying healthy, and social activity is crucial in maintaining and sustaining both physical and mental health. It will be a relief to us all when we can once again meet in our groups and restart our trips and holidays."

## Convenor's Foreword

After the buzz of Christmas, January has seemed very quiet, not least because we've all been confined to our homes once again. Even our outdoor exercise has been curtailed by the snow and the icy conditions underfoot. What better time then to introduce our new online Zumba classes? They come highly recommended to cheer you up and hopefully melt away the excess pounds from festive treats.

Work to prepare the Hub and the new Activity Centre has by necessity been suspended during lockdown but will resume as soon as we are able. It's been great to see our name over the door at the George Place premises in this fantastic central Bathgate location.

We're preparing now for our AGM in May, not quite as planned as Zoom still seems to be our only viable option. I'm sorry that this will exclude some of you, but with so many members now using online platforms for a range of activities, we're confident that this event will be well supported and will enable us to fulfil our business obligations.

We're hearing from lots of members who have already had, or been called for, their Covid vaccination. There appears to be no ill effects – and some report sleeping for hours afterwards, which sounds good to me!

I do hope you've all been keeping safe,

**Anne Webster,**  
Convenor



## Network Birthday Cards

*In January 2020 we collaborated with local photographer Dougie Milne who kindly allowed us to use four of his images of West Lothian landscapes to produce a set of birthday cards for our members.*

Little did we know then what was before us, but we're grateful that we've had these uplifting local scenes to send to our members throughout the year on their birthdays, another way of keeping in touch when our normal ways of being together were disrupted.



*Binnie Craig*



*Boats at Beecraigs (left) and Daffodils at Almondell*



*Cairnpapple*

*To see more of Dougie Milne's beautiful photography, check out his online shop at <https://photo4me.com/profile/Dougiemilnephotography>*

## Christmas Came Early for Network Members



*The Network's new premises at George Place in Bathgate proved to be invaluable as a central point for assembling and distributing Christmas "goody bags" for our members.*

We may not have been able to open our doors to members but we certainly made our mark in the heart of the town with a wonderful Christmas display in our newly branded shop windows.

All thanks to Liz Wark and Kate Blake and Mike for all their hard work in putting together the displays, and to

everyone who donated trees and decorations.

We loved surprising members at home with a Christmas gift bag. It was a massive operation, and we have many people to thank for their help, but so worthwhile to touch base with everyone again at the end of what has been a very difficult year.

Some 425 bags were delivered, with only a handful left for members that we didn't managed to contact. It was great catching up with everyone, and we echo everyone's hopes that it won't be too much longer before we can restart some of our activities.



*A central point for assembling and distributing the Christmas bags*

## Doorstep Deliveries

*Santa managed to catch some of our members on camera when he was doing his doorstep deliveries!*

The Hub was overwhelmed by the messages of thanks from members after receiving their treats. We are delighted that you have enjoyed the gifts and rest assured that all your messages, cards and emails of thanks have been very

much appreciated.

Many members also expressed their hope that we can meet up again soon, which is uppermost in all our minds. We'd like to share just one example of the messages that were received, so that everyone involved is aware of the how well the Christmas bags were received.



*Dear Anne and Committee,*

*It was a lovely surprise today to receive two goodie bags, one for Bill and one for me. What a very thoughtful, kind and generous gift. They certainly were much appreciated by both of us. We were like little children searching in a Christmas stocking to see what Santa had brought us! Please thank all those involved in the organising, choosing of gifts and filling of the bags. It lightened up a dreary day and brought a ray of sunshine into what has been a very, very long and worrying year.*

*As well as doing the Christmas gift bag, you have been extremely busy upgrading the Hub and preparing the new venue for the Network.*

*We hope you have a well-earned rest at Christmas and enjoy the festive season as much as is possible during the current restrictions.*

*Once again, many thanks,*

*Bill and Vanda Collins*



**Our thanks to:** West Lothian Council (Christmas Grant); Age Scotland, Asda (Livingston), Bathgate Community Council, Generation Arts, Glenmorangie, Glen Turner, Morrisons (Bathgate and Livingston) and Semichem for supporting the contents of the bags.

Thanks also to pupils working towards the Caritas award, Home Instead Livingston and Network members who volunteered to help deliver the bags.

## Zumba Gold a Hit with Members

*In a “first” for the Network, a virtual Zumba Gold class was held at the end of January.*

The class was organised following a suggestion in last year’s members’ survey. Whilst groups are still not able to meet in person, the Network managed to get free access to a virtual class, with a view to offering in-person classes when restrictions allow.

In the virtual classes, participants watch the instructor doing a live class on Zumba.com but unlike a Zoom class, no one else can see you.

Zumba Gold is perfect for active older adults who are looking for a modified Zumba class that recreates Zumba moves at a lower intensity. Easy-to-follow Zumba choreography focuses on balance, range of motion and coordination and classes focus on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Nineteen members logged in to our first trial class with instructor Lottie Kane, with interest from several others who were not able to make the first session.

Feedback after the session suggests that Zumba Gold may well become one of our most popular activities:

*“Thank you for this class, absolutely loved it.”*

*“Fab. Really enjoyed it. Will get me super fit. Great idea. Looking forward to next session.”*

*“Thoroughly enjoyed the Zumba session, thank you for organising it.”*

**If you would like to take part in future classes, please register with the Hub for updates.**



There’d have been no Burns’ Suppers in company this year but perhaps you enjoyed haggis at home with a wee dram?

And maybe took a moment to reflect how very relevant Burns still is today.

What Burns hoped for in the late 1700’s is still the hope of many today.

***Then let us pray that come it may,***

***As come it will for a’ that,***

***That sense and worth, o’er a’ the earth,***

***May bear the gree, an’ a’ that.***

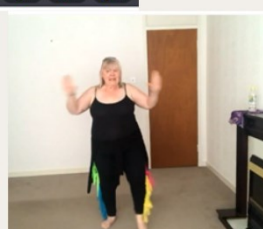
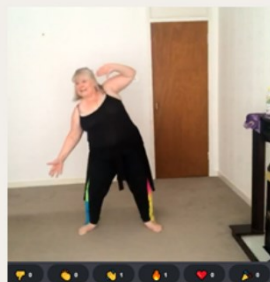
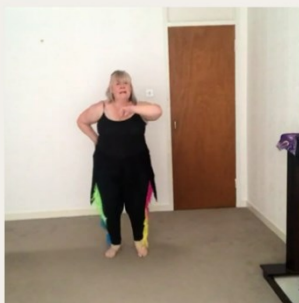
***For a’ that, an’ a’ that,***

***It’s coming yet, for a’ that,***

***That man to man, the world o’er,***

***Shall brothers be for a’ that.***

***For a’ That and a’ That’ by Robert Burns, written in 1794***



## Trail Celebrates Industrial Past

*With the curtailment of so much of our normal activity, many of you have found more time to get out for walks and discover new routes in our local area.*

Some have been discovering the recently launched Shale Trail, the subject of the last members' meeting before lockdown last year, when guest speaker Heath Brown spoke about the development of the trail, a 16-mile walking route to celebrate West Lothian's shale mining heritage.

Many consider the world's first commercial scale oil refinery to have been at Inchcross in Bathgate. From 1851, James "paraffin" Young produced here a range of mineral oils several years before the first oilwell was drilled in the USA. After the expiry of Young's patent in 1862 many small shale oil works were opened across the county and by 1865, there were about 120 shale oil works in operation, creating a very different landscape to the one we see today.

Many of the bings have since been levelled, save those which dominate the



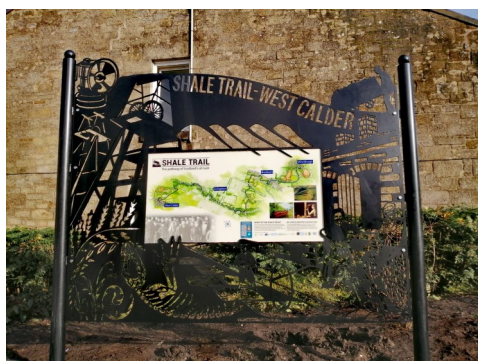
landscape around Broxburn and Winchburgh and the Five Sisters at West Calder which became scheduled monuments. Only recently have we begun to celebrate this relatively short-lived industry.

The new Shale Trail stretches from West Calder to Winchburgh, passing through Livingston, Pumpherston and Broxburn and is loosely based on the 'Paraffin Young Heritage Trail' which was first set up in the 1970's for motorists. The path has been re-imagined for walkers and cyclists, opening access to exciting new paths.

Access to Greendykes bing, the Five Sisters bings and abandoned quarries re-inhabited by nature are particular highlights.

Along the route, new paths have been created and existing routes have been upgraded. Historical information boards tell the story of the 'Shale People' and public art captures the imagination.

The paths have created safe walking routes, connect communities and will help more people to explore history and connect with nature.



## A Sense of Place

*History buffs in the Network will no doubt have enjoyed paging through the guide to heritage walks in Bathgate, donated by the Community Council for our Christmas bags.*

Soon the history of some of the buildings in the town centre will be recognised with a series of plaques which aim to reinforce "a sense of place"

Enterprising Bathgate, the management company for the Business Improvement District, has been awarded a small grant which will enable a number of plaques to be mounted. They will complement the recent addition of new street name signs.



Views on the most popular buildings to be recognised in this way are being sought in the local community.

Do any buildings in Bathgate have a special significance for you?

## A Picture Paints 1000 Words

*How to describe what the 50+ Network is, and what it does for its members?*

We asked Jim Kilpatrick, leader of one of our Art groups to come up with images that showed our members



taking part in a range of activities, making friends and having fun.

We think he's done a fabulous job - what do you think? And can you see yourself in any of Jim's characters?

## We want to hear from you

*Do you have a story you'd like to share with other members?*

Or an idea for a topic you'd like us to cover?

We'd love to know what you've been doing over the last few months.

Have you mastered the use of a new technology, taken up a new hobby, or found new places to walk to?

Send us your stories and we'll aim to include them in the next issue of Network News.

## Annual General Meeting

*We asked for your mandate to postpone our 2020 AGM until 2021.*

We received only one objection to this and so our Annual General meeting was postponed until 15 May 2021.

We had hoped that restrictions would be sufficiently lifted by then to hold the AGM at our usual May members' meeting. However given the current situation, at the time of writing still in full lockdown, we are now planning to hold this meeting

on the Zoom online.

All members are welcome though we appreciate that this will exclude those who are not online, but we can find no other way to conduct this essential business for our organisation at the present time.

All members will receive the minutes of the AGM in due course and a copy of the Network's accounts to 31st March 2020 will be made available to all members on request.



## Taking Art Online

*At the end of last year Network members in Art groups had the chance to take part in free online art classes.*

Four members opted into the sessions delivered by local artist Annie Lord.

The classes were fully funded by the RiverLife project through a small grants scheme via the Forth Rivers Trust. They took place using Zoom and were held every week over a 4 week period, each session lasting 45 mins.

We had lots of positive feedback from our participating members:

- *It was the quickest 45 mins*
- *Annie Lord was very helpful and encouraging*
- *Anne was really relaxed and explained everything very well*
- *All in all a very enjoyable 4 sessions*
- *We finished our fourth and last class today - I thoroughly enjoyed it*
- *Annie was a lovely tutor*
- *No problems logging in to Zoom*
- *Excellent class*

We are delighted to say that RiverLife have been back in touch to offer a further block of classes with Annie Lord to members who took part. They can also now offer similar classes to members who are interested in art but have not yet had the chance to get involved.

[www.forthriverstrust.org](http://www.forthriverstrust.org)  
[www.annielord.co.uk](http://www.annielord.co.uk)

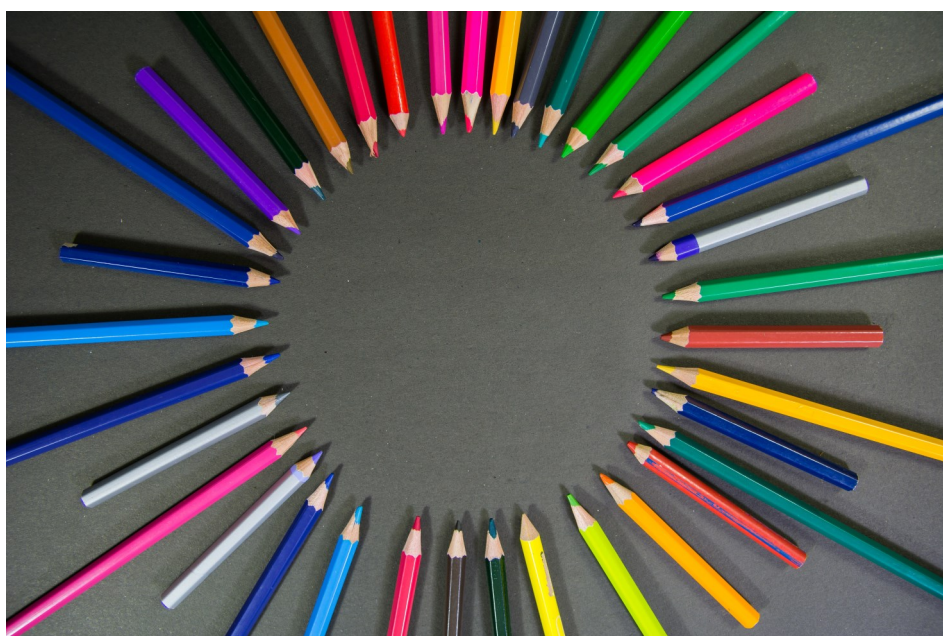
## Online Speaker Events

*We're all missing our monthly members' meetings so we're pleased that our monthly online speaker events are increasingly popular.*

In **December** we heard about the new Heritage Trail being planned at Almondell Country Park. Ranger Kirsty Morrison gave some background to the project, followed the Friends of Almondell volunteer group leader Stuart Appleyard who took us on a virtual tour of the main heritage features.

In **January** we heard from Kenny Turnbull representing the Friends of Chernobyl's Children. The charity was founded in 1995 to bring children from Belarus to the United Kingdom for a month every year. There were a few sad moments during the talk but overall it was uplifting and positive.

Our **February** speaker will be Susan Douglas, proponent of the Douglas Method of body realignment, a unique approach to analysing the root cause of pain, correcting it and educating you to prevent reoccurrence.



## Friends Remembered

Our condolences to the friends and family of member Donald Yuill who passed away in early January. Donald was a member of the Men's Group.



We've heard that some members have been in hospital recently and would like to remind you to let the Hub know about any members you are aware of who are in hospital or ill at home so that we can send them a card.

## Pen Pal Initiative

One of the Network's main reasons for being is to help combat loneliness in older people. As our interactions with others were impacted by the pandemic, you may remember we asked members if they would be interested in finding a pen pal to communicate with.

We currently have two members participating in the pen pal initiative with our sister organisation, Opportunities in Retirement (Ayr).

Marylene Hayes and Lesley Martin have been enjoying communicating with their pen pal in the Ayrshire region.

Marylene is communicating regularly by email and keeping the communication flowing.

Lesley is enjoying the initiative and hoping to be able to meet up with her pen pal at some point in the future when restrictions are lifted.

## Transport to Your Vaccination Centre

Have you been called for your Covid vaccination yet?

With reports about people being asked to travel into Ingliston or the Edinburgh International Conference Centre to be vaccinated, are you concerned about having to travel to get to your vaccination centre?

Our friends at HcLTransport are offering FREE transport for people with mobility challenges to get their vaccine.

Any person who has challenges with getting out and about due to age, disability, health issues (short-term or long-term), additional support needs or geographic remoteness is eligible to use the service.

You do not need to be registered with HcL already.

This is of course subject to availability so call as soon as you have your appointment and they will do their very best to help get you to your appointment and home safely.

Get in touch with them on 01506 633336.



Thanks to OIR (Ayr) for participating in the initiative set up by Development Officer Tracy.



## Co-op Cause

*Lots of you are supporting the 50+ Network through donations via your Co-op membership.*

To date, £196.23 has been raised since we were selected in November as one of the Co-op's local causes.

## Hugh Fraser Foundation Funding

Shortly after Christmas we heard that the Network had been awarded £2000 from the Hugh Fraser Foundation as a contribution towards our Christmas Bags.

As the money was not received until after Christmas, it has been confirmed that we can use the money towards further expenses for the Hub instead.

## Bathgate Jigsaw

*Lots of our members like a jigsaw so you might like to know that the folk behind the popular Bathgate Calendar have now produced a 1000 piece puzzle of a beautiful winter's scene in the town.*

The premium quality Bathgate jigsaw is priced £22 and is available to order via Bathgate Calendar's facebook page or by contacting David Mowbray on Tel 07368 370 840

## New Network Role

*With the huge challenges of Covid and the importance of ensuring we keep our members safe, we recently applied for funding to enable the Network to employ a part time Change Manager.*

The new role will help the Network to manage its way safely through the pandemic and also manage the existing three members of staff, as well as our two premises. The post holder will also be responsible for reporting to Committee as well as reporting back on progress to the many funders who currently support our organisation.

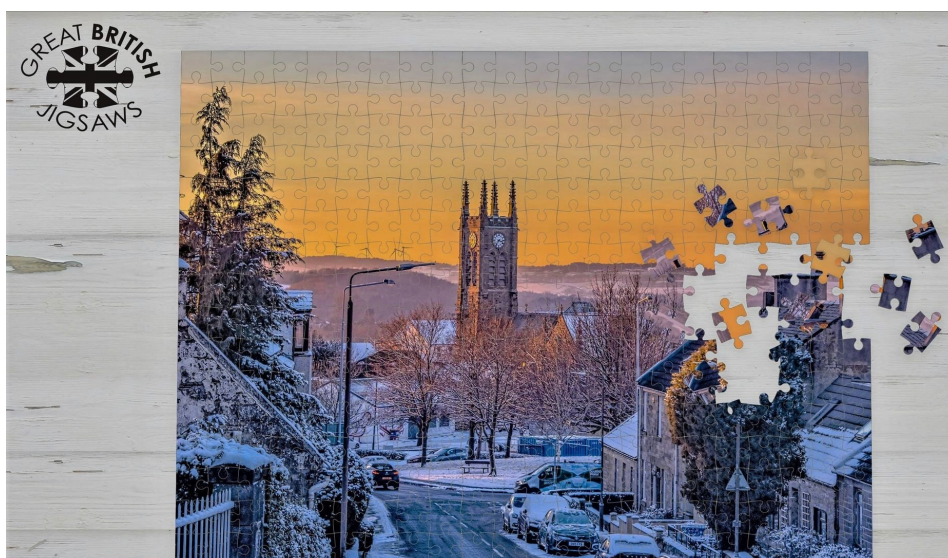
We are grateful to the Adapt and Thrive fund, managed by SCVO on behalf of the Scottish Government, for their grant of £10,173 which will make a contribution to the salary for this post. A further grant of £12,134 from West

Lothian Council's Third Sector Community Support Fund 2021/22 means that we are now fully funded to support this post for a 12 month period.

The two funds have similar aims: the Adapt and Thrive Programme aims to support organisations across the third sector to adapt to the challenges presented by COVID-19 and build back better to thrive in the future. Similarly the Council's fund focuses on building resilience in communities recovering from COVID 19 and is aimed primarily around health and wellbeing, with particular emphasis on supporting our most vulnerable communities.

The new post was advertised on the goodmoves website from 27th January with a closing date of 12th February for applications.

The two funds will also cover the purchase of a laptop, phone and data a desk and chair, travel expenses and make a contribution to the running costs of the Activity Centre.



## Caring at Heart of New Home Care Company

*The delivery of our Christmas bags in Livingston was made easier thanks to support by volunteers from a newly launched home care company, Home Instead. We asked founder and Livingston man Graham Stevenson to tell us about the service Home Instead provides.*



*Graham Stevenson and his grandmother who inspired his business*

Graham explained that caring is at the heart of his new business which provides innovative, companionship-led home care services for older people across West Lothian and the surrounding areas.

Undeterred by all the restrictions and issues brought about by the pandemic,

Graham launched his company in October last year to provide care for people in his own community. He has been keeping local seniors safe and comfortable within their own homes throughout lockdown.

Home Instead services are tailored to the needs of individual clients and range from companionship, meal preparation, light housekeeping, post-discharge care, personal care, medication reminders, shopping and errands. The service is totally flexible to meet client needs and is available from 1 hour to 24 hours a day, seven days a week.

Home Instead know that quality care cannot be delivered in short, rushed visits so care calls are a minimum of one hour. Time is taken to carefully match caregivers to their clients so that they share common areas of interest and can form long and trusting relationships.

Graham commented: "I am so happy that we are able to keep seniors safe and well throughout these troubling times. I established the business after experiencing first-hand the need for a different kind of care for our older generation, after my own grandmother needed more help.

"I'm proud to say the care we provide is what I would want for my own family, with our companionship-led services not only keeping seniors in good health but also in good company- something which has been invaluable throughout the lockdown periods for seniors who may have otherwise experienced isolation and loneliness.

"We are in a position to take on more clients, being able to provide high quality care to more seniors throughout the local community, offering reassurance and support to families that are currently unable to visit their older relatives.

We are also looking for more caregivers, so if you are a caring individual who has found themselves out of work due to the current pandemic, why not consider a career in caring with Home Instead."



***To find out more about Home Instead Livingston, the services they provide***

***or the career opportunities available, please call 01506 346046 or visit <https://www.homeinstead.co.uk/livingston/>***



## Name That Book

*Can you work out the titles of these famous books?*

- |  |  |   |
|--|--|---|
| <ol style="list-style-type: none"> <li>1. The Geezer And The Caribbean</li> <li>2. An Elm Develops From A Sapling Where The Dodgers Once Played</li> <li>3. Brilliant Red Communication No One Writes Anymore</li> <li>4. While I Was In The Bed Croaking</li> <li>5. The Muscadines Belonging To Anger</li> <li>6. Armed Conflict And The Kind Of Train Cat Stevens Used To Ride</li> <li>7. Out Of Here In The Current Of Air</li> <li>8. The Purple Rain Singer Associated With The Rising And Falling Of The Ocean</li> <li>9. Tremendous Anticipations</li> </ol> | <ol style="list-style-type: none"> <li>10. What Comes Before A Fall &amp; Preconceived Judgement Towards A Group</li> <li>11. Mitt-Wearing Home Plate Squatter Enclosed By Reuben Sandwich Bread</li> <li>12. Murder A Derisive, Taunting, Feather-Covered Creature</li> <li>13. An Au Revoir For Everything Inside The Shirt Sleeves</li> <li>14. Y2K Minus Number of Candles on Molly Ringwald's Cake</li> <li>15. Felonies And Misdemeanours Coupled With Spankings</li> <li>16. That Audio And The Rage</li> <li>17. Toward What Person Or Persons A Recess-is-Over Sound Is Directed</li> <li>18. One Who Domineers Over Things Stuck To The Swatter</li> <li>19. Scoliosis Sufferer At The Fighting Irish School</li> <li>20. Courageous Globe With The Tag Still On It</li> </ol> | <ol style="list-style-type: none"> <li>21. Pirate Loot / Counter In The Centre Of A Kitchen</li> <li>22. Story Of A Duo Of Municipalities</li> <li>23. About Little White Rodents And Grown Boys</li> <li>24. Ruby-Coloured Nametag Indicating Bravery</li> <li>25. The Star In Our Solar System Comes Up, Too</li> </ol> |
|--|--|---|

*Answers on p. 15*

## Are you Zooming?

*Quite a few of the Network's groups are now using the Zoom online platform, or similar, to keep in touch.*

This includes Coffee Clubs for both Livingston and Bathgate, the Craft for Enjoyment Group, the Book and Blether group, one of our walking groups and the Ukulele group.

Please let us know how your groups are staying in touch.

And remember that the Hub can help if you would like to set up your own Zoom group.

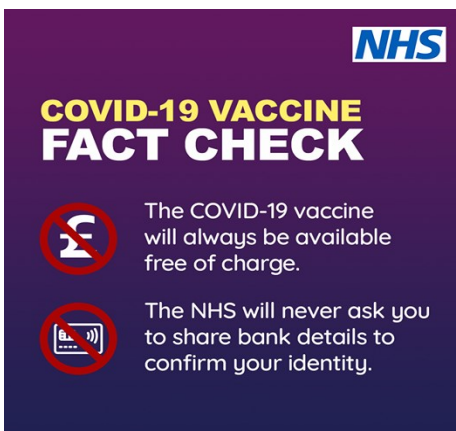


## Watch Out for Vaccine Scammers

*Unscrupulous scammers have been quick to take advantage of the rollout of the Covid-19 vaccine, and the NHS have highlighted a couple of things to bear in mind.*



> The Covid-19 vaccine will always be available free of charge.

>The NHS will never ask you to share bank details to confirm your identity.



**NHS**

### COVID-19 VACCINE FACT CHECK

-  The COVID-19 vaccine will always be available free of charge.
-  The NHS will never ask you to share bank details to confirm your identity.

> Remember also that there is no need to apply for the vaccine. When it's your turn you will be notified by the NHS



**NHS**

**There is no need to apply for the COVID-19 vaccine.**



**When it's your turn to receive it, you will be notified by the NHS.**

## New Spanish Classes



*Following frequent expressions of interest, we are shortly hoping to introduce Spanish language classes as a new Network group.*

This will initially be on a trial basis for one block of 6 weeks, and will be online, once a week on a Friday afternoon. If the trial is a success, this group will continue in blocks of 6 weeks on an online basis until restrictions change and we can move to 'in person' classes.

We have not been able to find a volunteer member to lead this group and so tuition will be delivered by a tutor from Learn Spanish West Lothian. The cost for the 6-week block will be £30 (we have negotiated a 50% reduction in the normal cost of these classes).

Please get in touch with the Hub if you would like to register. If there is enough interest, we would aim to have a first free taster session on Friday 5<sup>th</sup> March with the 6-week block starting the following week. Numbers are very limited and this will be on a first come, first served basis.

## Walking Group Discussions

Walking group leaders have been discussing the best way to safely re-start our several walking groups when restrictions ease.

A number of our members have been able to meet up with one other to continue to walk in their local area but we know our walkers have missed the social aspects of a group walk.

Guidelines have now been drawn up for walk leaders for when we move to the next tier and for the immediate future we'll be sticking to local routes and avoiding using public transport.

Members of walking groups will be updated at the appropriate time.

## Age Scotland Survey

Age Scotland have launched their Big Survey this month to gain a better understanding of what life is like for people over the age of 50 in Scotland.

This is a chance to have your say on issues that matter most to you. Every response will feed into their work in coming years and, by sharing your views, you'll be helping Age Scotland to support older people in ways that make a real difference.

We'll be sharing the link to the survey to members who are online or you can find it at [age.scot/bigsurvey](https://age.scot/bigsurvey)

## Mary Ferrie's Whisky & Honey Ice-Cream

*Do you still have some whisky left over from your Christmas bag?*

*Mary Ferrie has a delicious - and very easy - recipe that will put it to good use.*

### INGREDIENTS

- > 8 oz double cream
- > 4 egg yolks
- > 4 tablespoons honey
- > 4 tablespoons whisky

### METHOD

- > Beat the egg yolks till pale and creamy
- > Heat the honey
- > Add the honey to the eggs
- > Beat the cream to thicken
- > Add the whisky then the honey mixture
- > Mix thoroughly and freeze
- > Use straight from the freezer

We're told it also works very well using Malibu.

Delicious!



## Slow Cooker Chocolate Orange Fudge



*Who knew you could make fudge in a slow cooker? And with just three ingredients it's so easy, and a great way to use up any left over Christmas chocolate*

### INGREDIENTS

- > Place 1 Terry's chocolate orange, 350 grams cheap milk chocolate, a 397 gram tin of condensed milk and a small knob of butter into a slow cooker on high setting.

### METHOD

- > When melted mix well and cook with lid off for about 1 hr, stirring every 15 mins.
- > Pour into lined tins to cool, adding small bits of another chocolate orange on top for decoration.
- > Place in fridge to set.
- > Cut into squares and enjoy!

## Can you name the famous book?

### Answers

1. The Old Man And The Sea
2. A Tree Grows In Brooklyn
3. The Scarlet Letter
4. As I Lay Dying
5. The Grapes Of Wrath
6. War And Peace
7. Gone With The Wind
8. The Prince Of Tides
9. Great Expectations
10. Pride And Prejudice
11. The Catcher In The Rye
12. To Kill A Mocking-Bird
13. A Farewell To Arms
14. 1984
15. Crime And Punishment
16. The Sound And The Fury
17. For Whom The Bell Tolls
18. The Lord Of The Flies
19. The Hunchback Of Notre Dame
20. Brave New World
21. Treasure Island
22. A Tale Of Two Cities
23. Of Mice And Men
24. The Red Badge of Courage
25. The Sun Also Rises



## Website Update

We're pleased to say that we've got our website back up and running.

Our old website was compromised by a virus (it's been that kind of year!) so we took the opportunity to rebuild and refresh.

You might find the Resources page useful - here you can find back issues of this newsletter as well as copies of the minutes of members' meetings.

There may still be one or two blips to iron out - please do let us know if you find any.

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

## Membership Fees for 2021

A reminder that we won't be looking for you to renew your membership of the Network until April this year.

Your membership will continue until the end of March, at which time we will be asking you to renew at half the normal membership fee - just £10.

Anyone joining the Network will not need to pay their membership fee until 1 April.

There will be a number of ways in which you can make a payment including by cheque, bank transfer or over the phone card payment, whichever is easiest for you.

## 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. Under normal circumstances we meet monthly with an interesting speaker, offer over 40 special interest groups and run day trips, holidays, concerts, dinners and other events.

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

## Contact West Lothian 50+ Network

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