

# Network News

June 2022



## Network's Walk for Ukraine Smashes Target

*Well done to everyone who took part in our two recent initiatives to support the people of Ukraine!*

Thank you to everyone who so generously donated their time, goods, money and energy.

Following our successful appeal for supplies to send on a lorry heading for

the war zone, almost 100 members registered to undertake the eight-mile walk from Bathgate to Livingston on 14th March.

We're delighted to let you know that the walk raised almost £4,000 (£3,934.50), of which £1,100 was raised through online donations, and £2,834 through donations handed in to the Hub or collected during the walk.



## Convenor's Foreword

*It's hard to believe but we're already halfway through the year!*

The Network continues to go from strength to strength, and it was amazing to welcome the Lord-Lieutenant of West Lothian, Ms Moira Niven, to officially open our new Members' Hub on 18th May. This provided the opportunity to acknowledge all the support we have been given along the way to reach that point. You can read about the opening celebration on page 4.

Our first social event of the year was the successful daffodil tea, held in two sessions on 19th March, in lieu of our cancelled Christmas party. A great opportunity to get out the best china again - all previously donated by our members. Read about it on page 7.

The Queen's Platinum Jubilee was, of course, another opportunity for a party, which we celebrated in style, even spilling out onto the street for a dance or two. We've included some great photos of the event on page 12.

As the summer months arrive and other countries' borders open up again, our thoughts invariably turn to travel. Many of us have finally been able to see family after a long absence. Willie and I were certainly on a plane at the first opportunity after two long years without seeing our family who live in Western Australia. Our trip went well but others have not been so lucky, with long airport delays or returning with Covid. Small wonder then that our UK based August holiday to Bletchley Park has proved to be a popular choice for our members.

The war in Ukraine has shocked us all,

and members wanted show their support in very real and practical ways. Your response to our two initiatives, to send supplies on a lorry heading for the war zone, and to donate cash in support of our Walk for Ukraine, was truly outstanding.

The war is having far-reaching impacts and we're all bearing the burden of rising food, energy and fuel costs. There's lots of advice out there to help you keep costs down and find savings, so do look for it, or ask your friends in the Network for some pointers if you are struggling.

At our AGM this year you voted overwhelmingly for the West Lothian Food Bank to be our supported charity for 2022-23. They are doing some incredible work to help the (far too many) people in our local communities who are living in poverty. Find out more on p. 11- and remember to leave your loose change in our "Coin Jar" in the Hub.

Our new development officer Cheryl is finding her feet and helping to deliver our overall plan of bringing the benefits of Network membership to as many people as possible. Increased membership of course has to be paired with more new activity groups, and you'll read about some of these throughout the newsletter.

The Network's new committee met for the first time in June and is already planning a programme of events and activities to take us to the end of the year. We hope you will enjoy them.

With best wishes to you all,  
Anne Webster



Convenor Anne Webster

## Funding Update

*We are grateful to a number of sponsors who are helping us to run our Network.*

The Communities Mental Health and Well Being Fund awarded the Network £10,000 for 2 laptops, docking stations; resources for groups; contribution to Development Officer salary and venue costs for 3 new groups.

Souter Charitable Trust awarded £2,000 towards the costs of the Members Area and Tea/Coffee facilities.

Impact Funding Partners - Social Isolation and Loneliness Fund 2022 awarded £1,000 to support 2 activity groups in Livingston - Badminton and Spinning- plus funding for activity group resources.

We received £1,500 through Tesco's blue token scheme which is to be used for venue hire, instructors and resources for activities.

Livingston Round Table awarded £250 towards equipment for new premises.

Arnold Clark Community Fund awarded £1,000 to fund our smart new chairs.

West Lothian Council's Shop Front grant of £741 contributed to our new signage.

The Original Factory Shop Bathgate, Co-op Whitburn, Morrisons, Tesco and Scotmid continue to provide support.



## Your New Committee

*The Network's Annual General Meeting took place at the Hub on Saturday 21st May.*

Following the AGM, we can announce that the following members have been selected to form a new committee:

- ◆ **Anne Webster, Convenor**
- ◆ **Mary Ferrie, Secretary**
- ◆ **Jeanette Scott, Treasurer,**
- ◆ **Sue Bedford-Visser**
- ◆ **Vanda Collins**
- ◆ **Tom Fairlie**
- ◆ **Eleanor Shaw**
- ◆ **Heather Waddell**
- ◆ **Willie Webster**



*With grateful thanks to retiring committee member Kath Fraser (on the right of the photo) and Liz Wark, retiring Treasurer, for all the hard work and enthusiasm they have brought to their roles.*



## Walking Companions

Walking in a group is such a great social activity which is why it's so popular with 50+ Network members.

You never know who you'll meet when you're out and about. The Two Left Feet walking group certainly enjoyed meeting this person taking a stroll with her pet parrot on their recent saunter along the east coast.

## Are you a Slow Coach?

*Are you are looking to join a walking group which does about 2-4 miles at a leisurely pace?*

Perhaps stopping for a bite to eat outdoors in nicer weather or finishing

up with coffee in a local hostelry? Then this new walking group may be for you.

The new Slow Coaches group will walk fortnightly on Mondays, usually with a 10am start. Walks may be circular or linear around villages, towns and cities so could

take in Edinburgh and Glasgow from time to time. Country walks will also be included if they can be reached using public transport. A start date will be confirmed when we have sufficient numbers for the group.

**Register your interest with the Hub.**





## New Premises Officially Open

*The Network marked a new milestone in its history when we held the official opening of our new Hub at 14 George Street in Bathgate on 18th May.*

The occasion provided the opportunity to thank our supporters, funders and volunteers, many of whom who came along to celebrate with us.

The Lord-Lieutenant of West Lothian, Mrs Moira Niven, performed the opening ceremony, and has been made an honorary member of the Network.

The Network's convener, Anne Webster, welcomed the guests and spoke about the journey the Network had undertaken to reach

this point.

"After two difficult years living with Covid, and a shaky start to 2022, we opened the doors of our smart new premises on 19th January and began to welcome some of our "early adopter" special interest and activity groups into this purpose-designed meeting space".

"Come February, it was standing room only at our very first monthly full members' meeting in this bright new space, with Network members keen to check out the new facility, as well as meet up once again with their friends".

"Our move into larger premises on Bathgate's main shopping precinct couldn't have come at a better time. The Coronavirus pandemic has brought home to us all how important it is to be connected with

others. Older people have found it to be particularly challenging and so we were delighted to be able to secure new, larger premises in a high street location, giving us a highly visible base from which to launch our growth plans for 2022 and beyond."

Following extensive consultation with activity group leaders in September when the Network first took over the property, a great deal of work has been put in to refresh the tired interior of this former Santander Bank and to shape the space to Network's needs.

The Network is hugely grateful to a number of external sponsors and supporters who have helped to fund the improvements, and to all who have lent their ideas and handiwork to implement them.

The 50+ Network's core mission is to



provide a wide range of opportunities for social interaction to combat loneliness in older people. It's important to have our own base where the Network can be taken to the next level.

"Anecdotally, we know that for many people the Network and the opportunities for social interaction are life changing. We have ambitious medium-term growth plans because we want to pass those benefits on to as many people as possible".

Anne said: "But it's not enough simply to grow our membership – the development of new interest groups, not just in Bathgate, but across the county is important, and I would like to acknowledge the input of all our volunteer group leaders. Thank you to all those who generously give their time to develop and lead groups; it is fundamental to what the Network offers its members and is very much appreciated".

"Partnership working is also essential to help achieve our goals, and it is important to acknowledge the support of the many organisations and individuals that work with us."

Anne concluded: "We are constantly blown away by the huge level of support we receive, both financial and in-kind, which makes possible all that we offer our members, and never more so than over the last couple of years. So, whilst we have been open to our members since the start of the year, we felt it was important to mark the opening with an event which acknowledges the support of everyone who has helped to make this possible".

## Weekenders' Gruesome Outing

### *Members of the Network's Weekenders group joined Surgeons' Hall Museums in May on their Blood and Guts walking tour through Edinburgh's old town.*

Their excellent guide Gerry took the group through the highs and lows of Edinburgh's world-renowned medical history, uncovering the intrigues, rivalries and dedication to the cause as he led them through the sites where anatomists, surgeons and physicians worked, operated and squabbled in the quest for medical advancement.

Members were not slow to pick up on the West Lothian connections of some of the key personalities. These included James Young Simpson, an obstetrician born in Bathgate and the first physician to demonstrate the anaesthetic properties of chloroform on humans and who helped to popularise its use in medicine. Robert Liston, born in the manse of Ecclesmachan, was noted for his speed and skill in an era prior to anaesthetics, when speed made a difference in terms of pain and survival. According to

one account, he was known as the "the fastest knife in the West End. He could amputate a leg in 2<sup>1</sup>/<sub>2</sub> minutes". The account goes on to describe an operation in progress:

"He was six foot two and operated in a bottle-green coat with Wellington boots. He sprung across the blood-stained boards upon his swooning, sweating, strapped-down patient like a duellist, calling, 'Time me gentlemen, time me!' to students craning with pocket watches from the iron-railed galleries. Everyone swore that the first flash of his knife was followed so swiftly by the rasp of saw on bone that sight and sound seemed simultaneous. To free both hands, he would clasp the bloody knife between his teeth."

**Weekenders offers a wide variety of options for outings, all of which are agreed and organised by group members themselves. Recently the group has been ten pin bowling, played Adventure Golf and enjoyed an afternoon tea at Linlithgow Burgh Halls. Contact the Hub in the first instance if you'd like to join them.**





## Craft for Enjoyment Gets Messy



Our Craft for Enjoyment group have been having lots of fun making their own patterned paper which they incorporate into greetings cards for their own use or for sale by the Network to raise funds.

The key ingredient is shaving foam into which different coloured inks are swirled, before being swirled on plain paper and left to dry. If you'd like to bring out your creative side in good company, get in touch via our hub.

## Coffee Club Marks St David's Day



The Livingston Coffee Club loves a celebration! The group marked St David's Day on 1 March at their weekly meeting at The Chain Runner pub in Almondvale.

With their coffee the group enjoyed Welsh cakes and Bara brith, a delicious Welsh fruit tea loaf, all baked by member Lesley Martin.

## New Coffee Group for Livingston

All of our coffee clubs are very popular so we are delighted to be offering a new venue and coffee group in Livingston.

If you'd like to meet others whilst enjoying a coffee, why not join us on Thursday mornings at the Pausa Café within the Dunelm store in the Almondvale retail park near West

Lothian College? Easy nearby parking and on bus route.

This new group started on Thursday 9th June so if you'd like to join us email the Hub at [hub@westlothian50plusnetwork.co.uk](mailto:hub@westlothian50plusnetwork.co.uk) or phone 01506 633510

## Dates for your Diary

18th June - Members' Meeting

(July - no Members' Meeting)

20th August - Members' Meeting

17th September - Members' meeting

29th, 30th Sep and 1st Oct - Thrift Shop

15th October - Members' Meeting

5th Nov - Coffee Morning & Craft Fair

19th November - Members' Meeting

12th Dec - Choir's Christmas Cantata

17th December - Christmas Party

*Members' meetings take place on the third Saturday of the month in the Network's premises at 14 George St, Bathgate from 10:30am to 12 noon.*

*We look forward to seeing you there.*

## New Lunch Club for Bathgate

Would you like to meet others for a social occasion, whilst enjoying lunch? A new Lunch Club is planned for Bathgate, starting Thursday 30th June.

The new group will meet on the last Thursday of each month in the Cairn Hotel, where a menu offering two courses for £9.95 is currently available.

The group size will have to be limited to 20 so get your names into the Hub quickly if you are interested.





## Daffodil Tea

*It was a sunny day both inside and out on 19th March as 50+ Network members came together for a special daffodil tea.*

In fact there were two teas on the same day, as the event ran in the morning and in the afternoon to accommodate more members.

Thanks to all who helped make this happen, for the generous donations from Scotmid Co-op, and to Irene for producing such lovely floral arrangements whilst keeping us entertained.

The Daffodil Tea was in lieu of our Christmas Tea which had to be cancelled due to the restrictions surrounding the Omicron variant at the end of last year.

We had permission from West Lothian Council to redirect the funding we received from them for a Christmas event to this Spring celebration.

The occasion was made even more special for member May Thwaite who celebrated her 90th birthday on the same day.

A lovely day was had by all.



## Theatre Visits

The Theatre Group are back in business after a long spell of theatres being closed.

Everyone agreed it was great to be back in a theatre and to be able to share the experience with friends from the Network.

Recently fourteen members of the group travelled to Edinburgh's Festival Theatre to see Beautiful, an entertaining show telling the story of Carol King through her songs.

After the performance the group enjoyed a meal in nearby Italian restaurant Ciao Roma.



The group have also recently enjoyed the Backstage tour at Edinburgh's Kings Theatre.



## Spring Coach Trips

*The Devil's Porridge Museum was the first stop on our coach trip on 26<sup>th</sup> March. We continued on to Dumfries for some free time in the town.*

Summer came early when 47 members headed down to Dumfries & Galloway at the end of March.

With temperatures reaching 17 degrees it was al fresco dining and ice creams all round.

Few members had previously heard of the Devil's Porridge Museum which is off the beaten track near Annan and which commemorates the incredible WW1 war effort at HM Factory Gretna.

Continuing on to Dumfries, there was ample opportunity to find a place for lunch, shop, or relax in the sunshine.

A huge cavalcade of some 200 motor-bikes passing through the town provided a spectacle, and some took the time to explore Robert Burns' association with the town, where he spent the last years of his life.

*On 30 April we headed to the Borders for a guided visit of Abbotsford House, followed by free time in nearby Melrose.*

Forty members enjoyed our coach trip to Abbotsford House and Melrose at the end of May.

After a guided visit to the house built by Sir Walter Scott, set in stunning surroundings on the banks of the Tweed, the group headed to Melrose for lunch and free time to visit the Abbey, gardens, river walk and other attractions.



*Dressing the part at the Devil's Porridge Museum*



*In the grounds of the Devil's Porridge Museum*



*The Townhouse Hotel in Melrose comes highly recommended by members Heather and Tricia for an excellent lunch and cocktails.*



## *On 28th May we travelled to Seahouses and Bamburgh for a day on the east coast.*

Bamburgh has recently been named Britain's best seaside resort, so we were sure that members would enjoy a day out here. This is also a fantastic time of year to spot wildlife off the coast on the nearby Farne Islands and a number of members took the add-on option of a boat trip to the islands.

Demand for this trip was high and a full coach set off from Bathgate. The coast was breezy but it was bright and warm and members took in all that the two neighbouring villages had to offer.

Those who ventured out on a boat trip from Seahouses were rewarded with sightings of seals and a wide variety of nesting seabirds, including everyone's favourite, the puffins.

The coastal walk along the beach from Seahouses to Bamburgh was spectacular. Just over 3 miles in length, it ended with a climb over the dunes and up to the imposing Bamburgh castle.

Some members visited the castle itself and there was a good selection of local hosteleries, cafes and gift shops to enjoy.



*The imposing Bamburgh Castle*



## **June Trip - Falkland and Dunfermline**

**26th June 2022**

Enjoy a day out with the Network visiting two historic centres in Fife.

We'll visit the picturesque village of Falkland, best known for its fine Renaissance palace with an extensive formal garden and one of Britain's oldest tennis courts. Then on to the newly declared city of Dunfermline where you'll have free time for lunch and the chance to visit the lovely Pittencrieff Park, Dunfermline Abbey, Carnegie's birthplace or a number of other attractions.

**Price £15 coach only.**

**Booking at the Members' Hub from Wednesday 1st June 2022**

## **Planning Ahead**

*To help you plan ahead, here are the monthly coach trips we will organise in 2022.*

**Sat 30th July** – Kirkcudbright Arts & Crafts

**Sunday 28th August** – Dumfries House

**Saturday 24th September** - The Burrell Collection, Pollock Park, Glasgow

**Saturday 8th October** - Day out for walkers in North Berwick

**Sunday 29th October** – The Enchanted Forest, Pitlochry

## Bottle Stall Fundraiser

*Well done Liz, Vanda and Heather for all your work in preparing for and manning our fundraising bottle and book/jigsaw stall on 21st May.*

Our stall was part of the Bathgate Procession's Street Fayre during their fundraising fortnight, and raised £162.50. Thanks to everyone who brought in donations.



## New Sewing Group

*The newly formed Pins & Needles Sewing Group is for anyone interested in aspects of needlework, including embroidery, knitting and crochet.*

Whether you have years of sewing experience or are just starting out, you will be most welcome.

If you enjoy being creative, bring along any current projects you are working on and join like-minded people. The group meets at the Hub every Monday afternoon.

## Fund Matching

*Does your son, daughter or other family member work for a big Corporate such as Lloyds, Sky, Scottish Widows, or similar?*

Their employer may support Fund Matching which means that your family member can apply on behalf of the Network for matching of any fundraising efforts we undertake, normally limited to a maximum of £1,000.

Fund Matching, Matched Giving (also known as Match Funding) gives the Network the opportunity to double any fundraising revenue, since employers match the money we've raised.

Some companies offer this on a pound-for-pound basis, while others will specify the amount they're prepared to give.

It's worth asking the question.

**If you'd like to find out a bit more about this and how to go about it, have a word with Cheryl Scott-Davidson at the Hub**

## Network's Chosen Charity

*After a vote at the Network's AGM on 21st May, our chosen charity for 2022/2023 is The West Lothian Foodbank. You can read about the amazing work they do on the opposite page.*

We raised £90 for the charity by passing round a bucket at our May member's meeting.

Please also remember to drop in your loose change for the Coin Jar when you call into the Hub.

*To find out more go to [westlothian.foodbank.org.uk](http://westlothian.foodbank.org.uk)*





# Foodbank Aims To End Hunger

With prices soaring and many local families living in poverty, *West Lothian Foodbank* has their work cut out, but it is rising to the challenge.

Stephen Turnbull from this vital local charity was the guest speaker at our members' meeting in May. He opened our eyes to some of the statistics behind the need for the Foodbank, and the inspirational work that it is doing.

Behind the Foodbank is the Trussell Trust, started by Christians in Salisbury in 1997 to provide 3 days of emergency food to families waiting for benefits. *West Lothian Foodbank* was born in November 2012 with one distribution point, a storage facility at Whitburn Pentecostal Church, and a handful of volunteers. It supported 20 people in its first month.

By October 2019 it had 11 distribution centres, a charity shop and a central warehouse with offices as well as over 250 volunteers and 7 paid staff, 150 referral partner agencies and provided 270,135 meals to 30,015 people in crisis, as well as toiletries and toys. It helped to provide clothing, as well as work experience and training and money skills courses.

The Covid crisis in May 2020 saw the closure of the 11 distribution centres with 2 new ones opening (charity shop and WLC advice shop). Like many organisations, the Foodbank had to adapt the way it got food to the people who needed it. They acquired 4 vans and started delivering to people's homes, took on 3 warehouses and bought walk-in fridges/freezers, racking systems, pallet lifter, roll on/off scales, and wheel bases for crates. 250 active volunteers shrank to less than 20, 150 referral partner agencies were down to 2, whilst 7 paid staff rose to 14. As coordinators of West Lothian Food Network (WLFN) they set up the Community Food Hub to take donated surplus food and store-purchased food, acquired major funding and started buying food and distributing daily to



Stephen Turnbull from West Lothian Foodbank

their Network partners, adding fresh vegetables, fruit, bread, dairy to their food parcels.

Now, in May 2022, they have made 6,000 deliveries in 12 months, moved to bigger, fit for purpose warehouse and offices and gone from 14 paid staff to 28. Some 140T of food has been saved from going to waste and 240T of food has been bought through WLFN.

Some 2,000 boxes of a week's food for 2 people have been distributed through track & trace, and emergency provision. Food parcels have been expanded from 3-5 days of food to 5-7 days of food, and WLFN has provided 3,000,000 meals in 24 months (an average of 7 meals for 4,092 people per week).

A CAP (Christians Against Poverty) Debt Centre has also been set up to bring 50 households per year out of debt and to teach money skills and budgeting.

Now, another major new project has seen the charity start to grow its own fruit and vegetables with an overall target of growing 10 tons of food per year.

From a site on Whitehill Industrial Estate, some 357 raised beds have been constructed to grow carrots, potatoes, onion, garlic, broccoli

and salad leaves. 72 fruit trees have been planted in pots and 3 poly tunnels are in place to grow tomatoes and strawberries in summer, and salad leaves in winter.

Everything is grown above ground, the existing ground sealed to avoid any potential contamination from past soil use, gas or ground water. The charity has had input from local experts and will employ some staff and engage corporate groups, but they also need an army of volunteers.

## The Poverty Picture in West Lothian

Out of the 32 local authorities in Scotland, West Lothian is the 12<sup>th</sup> poorest.

23% of people in West Lothian are living in poverty.

That's 42,000 people living in poverty in our area.

Almost 10,000 of these people are children.

Children in poverty are, in their lifetime, more likely to achieve lower qualifications, experience chronic illness, mental health issues, substance abuse, unemployment and have a shorter life expectancy.



# The Queen's Platinum Jubilee

*To mark the occasion of the Queen's Platinum Jubilee, the Network held a party in the Hub which spilled out into the precinct for singing, dancing.*

Tickets for the event on 3rd June were free to members though had to be limited on a first come, first served basis.

The Network Choir sang songs from the 1950's with good audience participation, and Vanda had organised a special Coronation Quiz



which brought out everyone's competitive spirit.

Several members rose to the challenge of designing and making a souvenir to commemorate the Jubilee, the results of which were on display in the Hub.



## Coronation Quiz

*Rearrange the letters of these words to reveal a list of words associated with the Royal Jubilee.*

1. Raita
2. Hog hod knit
3. Sin word
4. No charm
5. Given rose
6. Depart angry
7. Hornet
8. Hometown calm
9. Grin and sham
10. Into racoon

**Answers on page 15**





## Over the Sea to Skye

*A full coach left for the Isle of Skye in April after this five day holiday proved to be a sell-out success.*

During the trip members enjoyed visits to Eilean Donan and Dunvegan castles, a boat trip from Plockton and a drive up the east coast to Staffin taking in Kilt Rock and Portree.

Beautiful coastlines, magnificent mountains, evening entertainment and good company. What more could you want from a visit to the Inner Hebrides?



## The Enchanted Forest: Oct 2022

*We still have some places on our coach trip to the Enchanted Forest in Pitlochry in October 2022.*

This will be a day trip, returning to Bathgate in the late evening.

The cost is £39, which includes the coach to Pitlochry and your transport and admission to the Enchanted Forest. There is the option for High Tea at Fishers Hotel at an additional cost of £16.

**All bookings must be made and payment in full by Friday 19th August.**

## Network Holiday : Bletchley Park and the National Memorial Arboretum

There's still time to book our 5 day holiday in Staffordshire and Warwickshire. From a centrally located hotel we'll visit a number of important sites of national and historical interest.

Included in the price of the holiday is afternoon tea at Bletchley Park, once the top-secret home of the WW2 codebreakers, the National Memorial Arboretum, Coventry, Tamworth Castle and Royal Leamington Spa.

**Mon 22 Aug - Fri 26 Aug 2022**

**5 days/4 nights dinner bed & breakfast staying at the Jurys Inn, Hinckley**

**Price £339; Single Supplement £40**

**Deposit £50 with balance due Friday 1<sup>st</sup> July 2022**



# Welcome To Our New Development Officer

*We are delighted to welcome Cheryl Scott-Davidson, the Network's newly appointed development officer. We asked Cheryl to tell us something about herself and what she brings to the Network.*

Cheryl comes to us from the private sector, where her career has been varied. From Records Officer and Counter Supervisor in a bank, to Head of Operations for the largest incoming tour operator in Edinburgh, covering the whole of the UK for both leisure and Incentive Markets and working with global

clients. A very fast paced and interesting industry, which has taken her all over the UK & Ireland, from budget accommodation to luxury venues.

Cheryl spent 10 years serving on West Lothian Children's Panel as a panel member as well as serving on the Training committee of the panel.

When she is not in work, she enjoys spending time outdoors, at the theatre, socialising and spending time with her family, children, and grandchildren.

In her spare time, she has a passion for History & Design, furniture upcycling and crafting and runs a small craft business from home.



Cheryl is delighted to be starting with the Network and is looking forward to gaining new skills and experience as the Development Officer.

She is also shortly due to take up a part time voluntary position on the board of the West Lothian School Bank.

## Could you share your hobby or skill with others?

*Do you have a hobby or skill that you are willing to share? Have you considered becoming a leader of a new interest group for the Network?*

As the Network continues to grow, we are always looking to recruit new group leaders.

The role is a voluntary one and you can shape your group in a way that fits in with your own schedule.

### Duties and responsibilities

What is expected of a group leader?  
What you will be doing?

- ◆ Working with the development officer to find premises for meetings;
- ◆ Preparing any materials or information required for the group;

- ◆ Recording attendance of participants each week;
- ◆ Ensuring any health and safety procedures are adhered to;
- ◆ Liaising with Members' Hub about new group members and leavers;
- ◆ Keeping group members advised of any variance from normal meeting times.

Group leaders should appoint a deputy to assist them from within the group. Regular commitment is preferred however we understand things sometimes get in the way.

### Support

The Hub co-ordinators are available for admin support, the Development Officer for venue sourcing, material sourcing where applicable, and overall support within the role.

### What could you get out of it?

The Network could not exist without the volunteers who run its groups. You would be an integral part of the Network and meet and make some new friends along the way.

### Interested?

Phone Cheryl Scott-Davidson on  
**07394 523636**  
or email Development  
[@westlothian50plusnetwork.co.uk](mailto:Development@westlothian50plusnetwork.co.uk)

*Did you know that the word Volunteer derives from Latin?*

*It is translated as "willing" (as in doing something out of one's own free will).*



# Partnership Working

*Partnership working is essential to help us achieve our goals. We'd like to acknowledge the many organisations and individuals that support the 50+ Network.*

Towards the end of 2021 the Network's membership began to soar, exceeding 500 for the first time since the group began, some 27 years ago.

Since then, almost another 100 members have joined the Network.

The recent growth in membership is particularly remarkable given that, due to Covid, the group had to put all activities on hold for the first 6 months of 2021, as well as for most of 2020.

But it's not enough simply to grow our membership – the development of new interest groups, not just in Bathgate, but across the county is important too, and this is where we can achieve more by working with others.

We were delighted that representatives from some of our partner organisations were able to join us at our official opening in May.

## Anagram Answers

- |               |                 |
|---------------|-----------------|
| 1. Tiara      | 6. Garden Party |
| 2. Knighthood | 7. Throne       |
| 3. Windsor    | 8. Commonwealth |
| 4. Monarch    | 9. Sandringham  |
| 5. Sovereign  | 10. Coronation  |

*Social Security Scotland  
Fauldhouse & Breich CDT*



*Cyrenians OPAL*



*Macmillan Cancer Support*



*West Lothian Council*



*Bathgate Procession*

*Morrisons*



*Enterprising Bathgate*



*Home Instead*

*Voluntary Sector Gateway  
West Lothian*



*West Lothian Carers*



# Network News



## What is the West Lothian 50+ Network?

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 more than 50 special interest groups and run day trips, holidays, concerts, dinners and other events.

### Limitation of Liability

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.

## 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 visit?

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

## Membership Fees 2022-2023

*A gentle reminder that Membership Fees became due on 1st April.*

The fee for 2022-2023 (1st April 2022 - 31st March 2023) is £20.

A number of fees are still outstanding. Members are politely advised that the cut-off date for renewing is 30th June. After this date, members will be removed from our database and appropriate group leaders advised.

All members are requested to complete a new Application Form to ensure that our records are up to date. UK tax payers can tick the Gift Aid box which allows the Network to claim back 25 pence for every pound - at no cost to you.

## Contact West Lothian 50+ Network

14 George Street

Phone: 01506 635510

Bathgate

Email: [hub@westlothian50plusnetwork.co.uk](mailto:hub@westlothian50plusnetwork.co.uk)

EH48 1PW

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

Open Mon– Fri, 10am to 2pm Facebook: [WestLothian50PlusNetwork](https://www.facebook.com/WestLothian50PlusNetwork)

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

