



West Lothian 50+ Network

Membership Survey 2018

The purpose of undertaking this survey is to give guidance to the Committee of the West Lothian 50+ Network as they continue to develop the organisation.

The results will also be of interest to West Lothian Council who need to ensure that they receive best value for the annual grant which they award us to deliver activities which combat social isolation in older people.

The survey was conducted during the period 16th February – 31st March 2018

The Committee is delighted that so many members (112 or some 31% of the membership) took the time to take part.

Survey format

All members of the Network (some 362 in 2018) were invited to respond to the survey. Those who are on email were sent a link to an online version of the survey. Members who are not on email were sent a paper copy of the survey, distributed with the newsletter so that no extra postage was incurred.

Respondents

In total 112 surveys were returned, a 31% return rate.

82 of the surveys were completed online (over 60 within the first day!).

Supplementary Comments

Questions 2, 3, 4, 6, 7, 9 and 10 invited the respondent to add their own supplementary comments. These comments are listed below for each question.

Question 1 : How beneficial are Network activities?

We wanted to know what how beneficial members find each of the main different types of activity:

Monthly Meeting:77% beneficial or very beneficial; 23% Not applicable.

(26% never attend; 21% attend occasionally; 27% attend often and 25% attend every meeting)

Interest Groups: 76% beneficial or very beneficial; 22% Not applicable. This had the highest percentage rating it very beneficial at 62%.

Classes / Courses: 61% beneficial or very beneficial; 37% Not applicable

Day Trips: 73% beneficial or very beneficial; 26% Not applicable

Theatre Trips: 65% beneficial or very beneficial; 31% Not applicable

Social Events, Dinners etc: 71% beneficial or very beneficial; 27% Not applicable

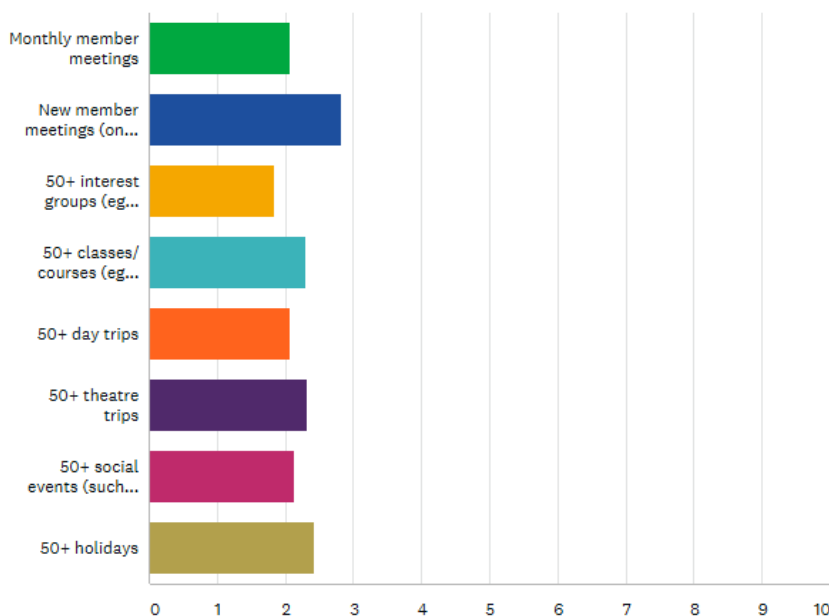
Holidays: 57% beneficial or very beneficial; 39% Not applicable

Q1

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The 50+ Network offers its members a wide range of activities. Please say how beneficial you find all that you have taken part in.

Answered: 100 Skipped: 0



	VERY BENEFICIAL	BENEFICIAL	NOT BENEFICIAL	NOT APPLICABLE	TOTAL	WEIGHTED AVERAGE
▼ Monthly member meetings	38.00% 38	39.00% 39	0.00% 0	23.00% 23	100	2.08
▼ New member meetings (one off)	24.00% 24	22.00% 22	1.00% 1	53.00% 53	100	2.83
▼ 50+ interest groups (eg Bowling, Genealogy)	62.00% 62	14.00% 14	2.00% 2	22.00% 22	100	1.84
▼ 50+ classes/ courses (eg Pilates, Art)	46.00% 46	15.00% 15	2.00% 2	37.00% 37	100	2.30
▼ 50+ day trips	46.00% 46	27.00% 27	1.00% 1	26.00% 26	100	2.07
▼ 50+ theatre trips	34.00% 34	31.00% 31	4.00% 4	31.00% 31	100	2.32
▼ 50+ social events (such as Speaker-Dinner / Network Singers Concerts)	42.00% 42	29.00% 29	2.00% 2	27.00% 27	100	2.14
▼ 50+ holidays	39.00% 39	18.00% 18	4.00% 4	39.00% 39	100	2.43

Question 2 : Network Groups

Q2

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50+ GROUPS: If you belong to any 50+ Network groups please use this space to tell us which ones you belong to, or would like to join, or what new groups you might like to see set up.

Answered: 98 Skipped: 2

ANSWER CHOICES		RESPONSES	
How many 50+ Network groups do you belong to? None? 1 ? 2 ? 3 ? 4 ? 5 ? 5+ ?	Responses	97.96%	96
Please say which groups you belong to	Responses	90.82%	89
Do you have any suggestions for new groups?	Responses	45.92%	45
Are there any reasons that you are not able to join a group?	Responses	62.24%	61

i) Members' Suggestions for New Groups

- Basic home maintenance/repairs/furniture self-assembly
- Walking Netball
- dance exercise
- No I think there is a wide variety of groups available to suit all
- yoga
- Need new group leaders for some existing groups
- Groups that are suitable for the wheelchair bound
- I know that a French cafe already exists Could we have something similar for eg. Italian ,Spanish or German?
- "Others Board Game Club", "Computers for Fun club", "Outdoor Garden Games Club" and others !
- Woodwork
- Foreign/city break holidays/ history group/cinema group/social activities such quiz games nights modern music events
- Day trips for woman's group
- Ukulele?
- Backgammon?
- Aquafit
- Table tennis (though I don't feel I would have time to do this)
- Another day for bowling
- Amateur Dramatics?
- Something more active or adventurous. Dancing fishing woodwork
- Photography
- Photography
- A fishing group?
- Swimming

ii) Reasons Unable to Join a Group

- Still work and look after grandchildren
- Lack of spare time.
- I was a member of Network Singers but I can't get to the venue. I still work part time in Edinburgh - also no transport to certain venues.
- Health reasons can't join walking groups
- I live in Uphall and involved in several local church groups.
- Still working full time and unable to attend day time groups
- Distance and as above
- Lack of time!
- Other commitments

- Lack of mobility
- Go away frequently although this is likely to change
- Family commitment
- Other commitments.
- Other interests.
- Family circumstances mean I cannot take part in groups I would be interested in joining.
- Waiting lists/timing/I'm looking for more interesting groups which are challenging
- Waiting lists
- They are not accepting new members.
- I am a carer to my Daughter
- I still work part time
- My time is as full as I want it to be vv
- Overlaps with one I already attend
- Caring and most groups I previously enjoyed have waiting lists
- Quite busy with guide dog pup and grandchildren
- Lack of time for more than one group
- Have speech problem
- Waiting list for Genealogy Group
- Other activities outwith 50 plus
- Days don't suit, meetings on Saturday which I work
- Waiting lists
- The other groups I am interested in coincide with other activities I am involved in
- Ill health
- Not always easy to get there

Question 3 : Day Trips

Q3

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DAY TRIPS: Please use this space to tell us about any day trips you went on with the 50+ Network last year, or to make your suggestions for future day trips.

Answered: 96 Skipped: 4

ANSWER CHOICES		RESPONSES
Which day trips did you go on with the 50+ Network in 2017? eg Dumfries House, Taste of Scotland, Andy Scott Sculptures, Walking in Callander, Edinburgh Gin & Georgian House	Responses	80.21% 77
Do you have any suggestions for future day trips?	Responses	54.17% 52
How affordable are our day trips? Is there a maximum price that you would be prepared to pay for a day trip?	Responses	71.88% 69
If you have not been on a day trip with the 50+ Network please state here if there are any particular reasons for this	Responses	53.13% 51

i) Members' Suggestions for Future Day Trips

- New museum in Dundee
- Visit to an antiques fair?
- Perhaps a sail on "Maid of the Forth"; Caledonian Canal or Oban - which would mean an overnight stay.
- Gretna Green
- Day trips to castles, stately homes
- Art exhibitions, The Kelpies
- Culross? Possible return trip to Falkland Palace, Anstruther Fife.
- Loch Katrine on the ferry
- Arran - Last year's trip didn't make it
- Peebles and Callander sound interesting
- More to stately homes & castles & day trips by bus from Bathgate
- Secret Bunker; Verdant Works, Dundee; Central Station historic visit;
- Britannia Panopticon Theatre Glasgow (oldest music hall in the world); Carn Mhor Winery, Dundee
- Holyrood Palace, Peebles, Horse Racing at Musselburgh
- Abbotsford House.
- New Lanark and garden centres in the Clyde Valley.
- Any historical buildings.
- Dundee for V&A museum/Seahouses and Bamborough Castle/ Hadrian's Wall/ Pitlochry/ House of Bruar
- Falkirk Wheel
- I would like to visit Culzean Castle
- Pittenweem Art Festival, Borders Book Festival, Discovery Point Dundee, Ayr Flower Show,
- Kelburn Castle, Floors Castle, Bowling, Food festivals, Horse racing, Exhibitions
- New Lanark
- At present I prefer to go day trips with my husband or family
- Golf outings. Mens walking group
- Dundee V&A or discovery.
- stately homes; walking days
- Burns Museum Alloway
- Holyrood House, Scone Palace
- Borders Abbeys, Dundee, Pitlochry, Largs
- Iona, Mull – need to stay overnight

ii) **How affordable are our day trips? Is there a max price limit?**

The general consensus is that they are affordable and good value for money. Around £20 - £30

- If there is an expensive admission charge and the cost of bus, then expensive food - whether included in trip cost or not, this could be a problem for some. Max Price £25.
- Very affordable
- Prices seem reasonable
- Day trips are reasonable - £30
- No Maximum
- Very affordable, no maximum.
- Affordable. So long as good value.
- Very Affordable/ maximum £30
- Prices are fine
- I think the trips are good value for money
- £25
- Affordable
- Good value
- Very reasonable
- Very affordable
- very affordable
- £40
- £25 to £30
- No maximum
- around £30
- No, would depend on perceived value.
- Very affordable
- Cheaper when using public transport, More expensive when using coaches and having meals. £40
- Not been on any. Cost would depend on travel arrangements and if a meal/ coffee was included.
- Yes the trips are affordable. Around £25 - £30.
- Very affordable. Max £40
- affordable, no maximum price
- Very affordable. No maximum price.
- Prices OK.
- £30
- £30-35
- No maximum
- £30
- n/a They are all for men
- £50.00
- £30.00
- I think the committee try to make them affordable. I can't name a price but possibly around the £25 mark.
- This is very subjective.
- Think they are reasonably affordable. Price depends on where the trip is to and what we are doing
- Very affordable and great value often encouraging further reading research. Enjoy meal sharing and getting to know better
- Depends what you do! £20 if only sightseeing
- Most are affordable but I do have a maximum
- Affordable
- Dependent upon location & content
- Ok
- £20
- £25
- 25.00
- I would be happy to pay what is necessary

- Affordable
- Affordable – no maximum
- Good value
- No maximum
- Prices seem reasonable
- £30
- £30
- Very affordable. no max.

iii) Are there any reasons why you have not been on a day trip?

Summary of reasons:

- Dates not suiting
- Health and accessibility reasons
- New member
- Other commitments
- Timing and nothing to captivate my interest yet
- Trip over subscribed
- They are all for men
- I'm a carer

Members' Comments:

- If the day trip is a 'long day' ie extending over 2 mealtimes not returning until 7pm or after and weather might be inclement resulting in further cost of eating inside while waiting for bus - unless in a 'group' situation have in past wanted to cut time away.
- No particular reason, dates do not always suit.
- Not Really
- Illness
- Can no longer go on trips for health reasons. I have enjoyed trips and holidays in the past.
- They are good value
- N/A
- I've been before
- Knee and hip problems
- Joined in Autumm 2017
- Other commitments
- I go away quite a lot to other places
- No particular reason
- Buses not suitable for wheelchairs
- Lack of time. Family commitments.
- Other commitments
- Other commitments
- Clashed with other outings.
- I have a dog which makes this difficult
- Dates haven't suited
- Not at this time
- Timing and nothing to captivate my interest yet
- Mobility problems make buses and hotels difficult to cope with
- Sometimes trip is full by the time I apply
- Family commitment
- We do not travel well by coach.
- Satisfied
- Just unable to attend.

- Outings have not been listed in minutes or they have been organised within a group for group members plus friends of friends.
- Have a busy social life out with 50 + and can drive to places if interested
- New member so have yet to find out more details.
- Affordable - difficult to say what I'd pay until trip suggested
- They are all for men
- I'm a carer
- Coincided with other plans
- Only moved here t months ago
- As above- busy doing other things but would like to go as have heard they are great.
- New member
- I usually have something else on
- Other commitments on dates chosen
- The trip I was interested in was popular and was over-subscribed!
- Husband is still working and at weekends we spend time together
- Previous engagements
- New member
- Difficulty in transport from Broxburn
- No particular reason. Dates do not always suit
- Sundays not suitable (unfortunately)
- Family commitment

Question 4. Members Meetings

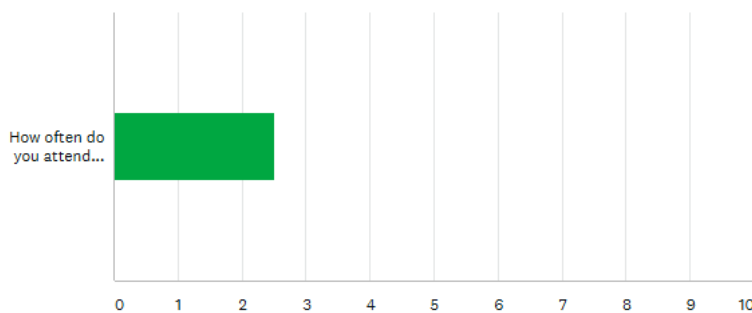
Q4

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MONTHLY MEETINGS: Please tell us how often you attend monthly meetings. The space below is for you to suggest any improvements we could make, or for your suggestions for interesting speakers or topics that you would like to know more about.

Answered: 99 Skipped: 1



	NEVER	OCCASIONALLY	OFTEN	EVERY MEETING	TOTAL	WEIGHTED AVERAGE
How often do you attend monthly members meetings?	26.26% 26	21.21% 21	27.27% 27	25.25% 25	99	2.52

Comments (39)

Members' suggestions for improvements to monthly meeting or speakers

- I attended the meetings more often when held in St Mary's hall, much preferred!
- Difficult to say as first meeting I attended was very well organised
- Sorry, Sat morning does not suit me
- ok as they are most very interesting.
- Information of places for us to visit. The person from five sisters zoo was very interesting; also info on new hobbies of all types to open doors to all the various bits and pieces going on around us.
- I find them very loud
- Legal profession - court cases. Police - awareness of profession and thought-provoking issues. Future planning of West Lothian etc
- We have a wide variety of speakers.
- Entertainers, musicians, actors, singers that could perform plus speak, travel guides.
- I find monthly meetings, on the whole, very beneficial and mostly interesting. Keeps you up to date with what is happening. Very annoying that some people talk through the proceedings and do not listen to what is being said. Seem to treat the meeting as a catch up with friends! This puts people off from attending meetings.
- Satisfied with the variety of meetings available
- Allow time for people to chat, e.g. an extra 10-15 minutes at coffee time.
- Uncomfortable knowing where to sit as most groups sit together
- More interesting speakers please
- Saturday not a good day for me
- Not sure the focus/purpose of these meetings is clear. Usually a speaker, which I understand, but sometimes votes and decisions are made which should be open to all members & not only those in attendance on that particular day.
- Local History, gardening, environment issues
- Really good mix of speakers, topics varied. Club has become very clerkish, social graces of some recent members are very lacking. It would help greatly if both Committee Members and especially Tea Pourers

were made to stand aside and let others be actively involved and out of their seats mixing. Some small narrow-minded characters like to be seen as heid bummers but are a pain in the recital region!

- Not into meetings like that
- Not really my scene.
- History of local area
- Good variety of speakers
- I enjoy topics on local history and nature
- Change venue back to St. Mary's hall; I'd like cheerier topics
- Drugs and alcohol in today's society
- West Lothian Country Parks
- Saturday does not suit as I work
- Brexit; pensions

Question 5 : How has the Network Improved your Quality of Life?

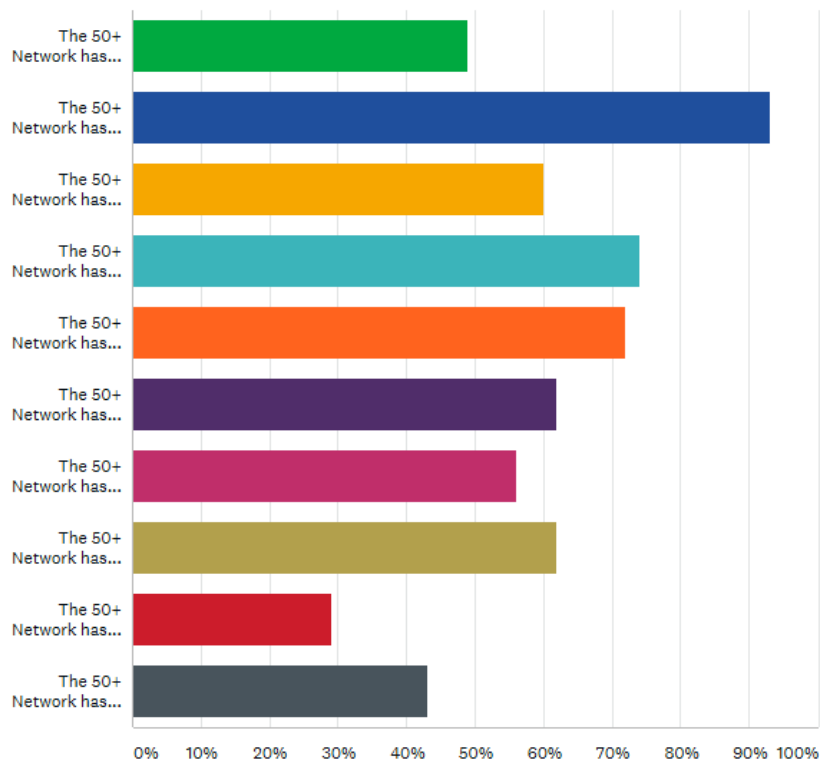
Q5

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The 50+ Network aims to improve the quality of life of its members in a number of different ways. Please tick as many of these that apply to you.

Answered: 100 Skipped: 0



ANSWER CHOICES	RESPONSES
▼ The 50+ Network has helped me to find companionship	49.00% 49
▼ The 50+ Network has helped me to meet new people	93.00% 93
▼ The 50+ Network has helped me to learn new things	60.00% 60
▼ The 50+ Network has helped me to socialise with others	74.00% 74
▼ The 50+ Network has provided me with new recreational opportunities	72.00% 72
▼ The 50+ Network has helped me to get out of the house	62.00% 62
▼ The 50+ Network has helped me to become more active	56.00% 56
▼ The 50+ Network has improved my general well being	62.00% 62
▼ The 50+ Network has helped to build my confidence	29.00% 29
▼ The 50+ Network has helped me to improve my health	43.00% 43
Total Respondents: 100	

[Comments \(27\)](#)

Members' Comments : How has the Network Improved your Quality of Life?

- Being single, unmarried no children, few relatives, closest relative long distance away my long-term friend married with many other family and social commitments and other friend disabled and unable to participate, 50+ has increased my number of friends through groups I'm in. Even if only knowing their names made me go out to groups I'm in where everyone is very friendly
- Since I lost my husband 2 years ago this has made all the difference in my life and I look forward to my holidays I have been on 3 holidays and they were excellent.
- After my husband died, I joined 50+ walking group, I found everyone very friendly and this gave me confidence to join other groups, I would be at a loss if not for the 50+.

- Since losing my husband 10 years ago I have found the 50+ Network a life saver. I have made many new friends, socialised in many ways. Enjoyed lovely days out, theatre etc and wonderful holidays. As soon as you enter a hall or coach you recognise and chat to most people.
- I moved here 10 years ago and have no friends or family locally
- Enabled me to trace my family tree
- Introduced me to people and activities across a wider area of West Lothian from where I live.
- Getting out of the house and meeting people with similar interests etc is very beneficial..You can talk over problems with some of them and not feel it's only you with a problem... what worries us is common to many people... and so improve your day and attitude to going out.
- Gave me a new lease of life
- When I first moved to Bathgate it helped me a great deal
- Not every town has an organisation like 50+ I think it is important for people to know they have the opportunity to socialise
- Channel my leadership skills into helping others
- The 50+ has encouraged me to experience life in France through the Bathgate Twinning Association
- Given me a few groups which I was lucky enough to get a place on and which I am interested in
- Meeting new people.
- In the past I have been a member of the following and I'm sure my health improved. Walking, Pilates, choir, Learn Italian and German.
- I have access to a walking group which suits my needs and ability.
- Before I moved to West Lothian, apart from my neighbours, I hardly knew anyone. Now I can be anywhere and I usually bump into someone I know through the 50+ network. It's given me a sense of belonging.
- Transitioning from work into retirement. Letting my offspring fly the nest and give them and partners space to live their lives and I to do the same
- I know that there are loads of things I could try if so wished - just doing other things at moment
- Provides relaxation
- I look forward to my bowling day
- They supported me on the death of my husband, and helped me cope without him.
- Keeping my brain going with French and giving me a kick start to jogging which I have continued
- As a single person it has offered me holidays in good company
- Provided a bridge between work and retirement
- By having a holiday

Question 6: Main Ways of Keeping Members Informed

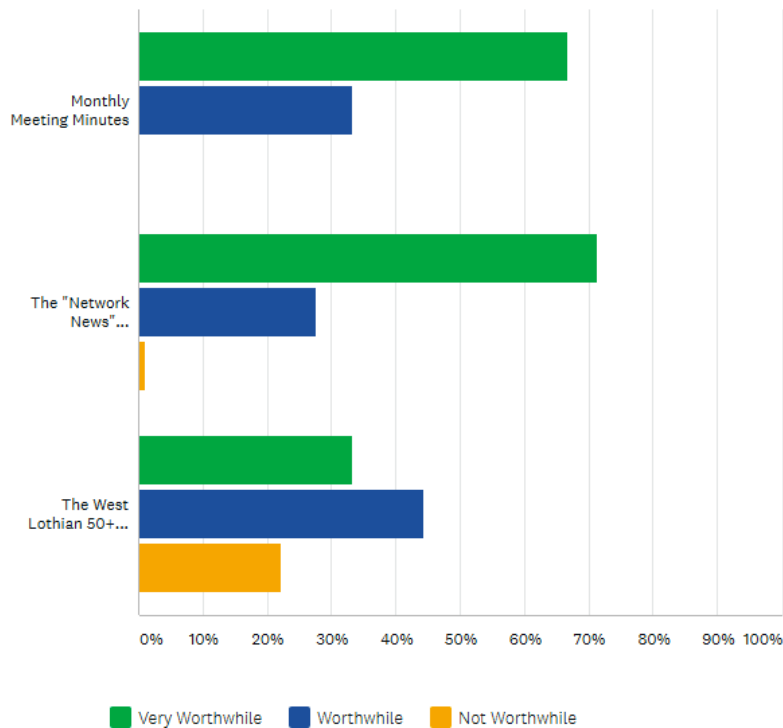
Q6

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We have 3 main ways to keep you informed of Network events and activities: by issuing Minutes after each monthly member's meeting; by issuing a Newsletter, and more recently, for those on the internet, through the West Lothian 50+ Network's facebook page. Please let us know how you rate these.

Answered: 96 Skipped: 4



Members' Comments

Note: The facebook page currently has 138 followers

- I am reluctant to use facebook
- I prefer minutes sent by post. I can read them whenever as I don't use social media.
- Don't use facebook.
- I don't use facebook but I'm sure those who do will appreciate the link.
- Not on facebook
- I enjoy the newsletters and reading all about the activities and fun surrounding these people arranging and using the activities.
- Only a very limited number of members use facebook
- Not on facebook
- Facebook a very good thing.
- I cannot read PDF downloads unless I print them off.
- Think the new committee members need strong remits and must be aware they are dealing with many different people who have different needs. Move forward with new technology but be more inclusive. They are dealing with nearly 400 members and not just their own friends or group. We are now beginning to hear about trips and opportunities from somebody speaking to somebody else
- I don't subscribe to facebook so I hope the Network continues to provide Minutes online and by post for those who do not have a computer
- All have their place but facebook is a 'fast moving' notice board, not suited to all, should not be the only/main way of informing members.

- When there is no meeting in October and December and the fact that the January meeting was cancelled due to the weather we don't really get enough information although one once occasion and information sheet was sent out which would have cost the same as sending out a minute. The Newsletter came out in December which covered the lack of minutes for that month but it came out before the Xmas party. It would be better, depending on whether we do three or four per year to have set dates which coincide with the holidays and purely social meetings and for the newsletter to be more informative rather than full of stories and anecdotes. Members and especially leaders should provide short reports of how their groups are doing and this could be included in the newsletter. It would be great if there was a bigger membership of the FB page as this is a very useful way of letting members know last minute things and it is a great place for sharing what groups are doing and posting pictures. It gives a sense of community.
- I do not use Facebook. I have a full life and neither wish to snoop, brag, unnecessarily draw attention to myself
- I really love the facebook page as it is up-to-date information.
- Do not do facebook. There is now a 2 tier system of imparting information. Those of us who wait for the minutes are disadvantaged 2nd class members
- Some people complain that Facebook means a two tier information system
- All required to accommodate diverse age group
- I am not on facebook
- Will not use facebook etc.
- I prefer to receive the meeting minutes emailed to me

Question 7: Understanding the profile of the members who responded to this survey

Q7

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Please help us to better understand the profile of the members who respond to this survey by answering the following short questions:

Answered: 99 Skipped: 1

ANSWER CHOICES		RESPONSES
How long have you been a member of the 50+ Network? Less than 1 year? 1-5 yrs? 6-10 yrs? 11-20 yrs? 20+ yrs?	Responses	100.00% 99
Please state which age range you fall into: 50-60? 61-70? 71-80? 80 plus?	Responses	98.99% 98
Are you male or female?	Responses	100.00% 99
Which town do you live in?	Responses	98.99% 98
Do you use email? (If yes, and you do not currently receive Network communications by email but would like to do so, please include your name and email address here)	Responses	55.56% 55
Do you use social media such as facebook or Twitter?	Responses	94.95% 94

i) How long have you been a member of the West Lothian 50+ Network

Less than 1 year = 7 members

1 - 5 years = 52 members

6 - 10 years = 29 members

11 - 20 years = 18 members

Over 20 years 3 members

No response = 3 members

ii) What age range do you fall into?

50 - 60: 9 members

61 - 70: 45 members

71 - 80: 41 members

80+: 12 members

5 members did not say

Best answer: 70 although I feel 50

iii) Respondents Male or Female?

12 men and 97 women responded to the survey.

3 did not say

Note: Of the total membership, 81% are women (293) and 19% are men (69).

Question 8 : How easy is it to communicate with the 50+ office or with members of the Committee?

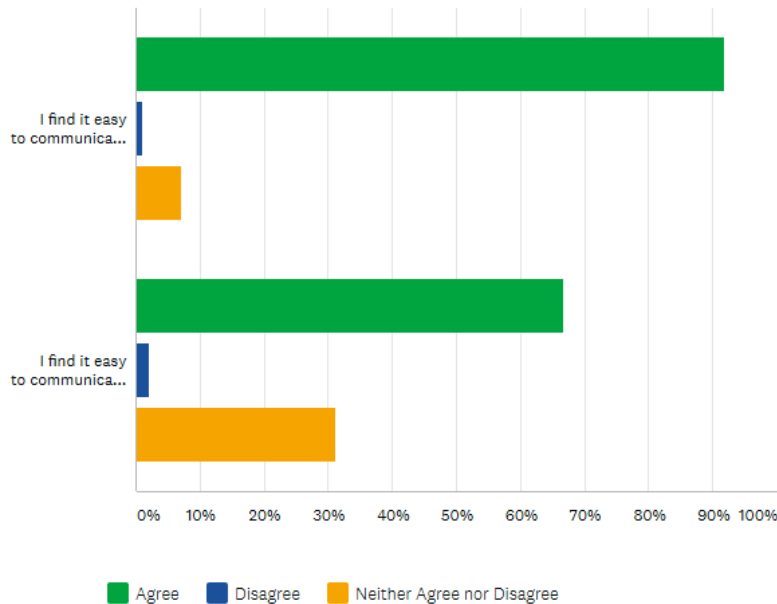
Q8

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We'd like to know how easy you find it to communicate with the 50+ office or with members of the Committee. Please agree or disagree with the following statements:

Answered: 99 Skipped: 1



	AGREE	DISAGREE	NEITHER AGREE NOR DISAGREE	TOTAL
I find it easy to communicate with staff at the office	91.92% 91	1.01% 1	7.07% 7	99
I find it easy to communicate with members of the Committee	66.67% 62	2.15% 2	31.18% 29	93

Comments (38)

Members' comments on communicating with the 50+ office or with members of the Committee

- No problems, very easy to deal with.
- More than very helpful
- From the first day I went into the office they were there for me. They are very helpful when you go into the office.
- All VERY helpful.
- Any time I have to communicate with the staff or committee they have been very helpful
- all very helpful and friendly
- I have always found it very easy to deal with office members and Committee Members. Everyone treats you very friendly as if they know you personally. Committee Members do a wonderful job and they cater for our needs in so many positive ways. The older ones in particular know all the members personally and are so positive and encouraging. Long may they continue.
- Always helpful and welcoming
- With admiration in how all are made welcome and included. The staff have always been most helpful.
- I do appreciate the efforts of the Committee and the office staff!
- Very pleasant and helpful

- I find the office staff and committee members very friendly and helpful
- I think they do a terrific job and the membership should be very grateful for the time and effort they devote to the organisation. Thank you!
- Very friendly
- All very pleasant and helpful.
- So far all communications have been very successful and useful and enjoyable.
- Always friendly and helpful
- Never any problems
- The staff have been most helpful and always so pleasant to talk to . However office opening hours can be restrictive.
- Office staff restrict their availability even though they are in the office.
- Everyone is very approachable, go out of their way to help in any way they can, nothing is too much trouble to them.
- Office staff and committee members always helpful.
- Very helpful
- I have always found the Committee approachable and easy to deal with, usually trying their best to help you.
- Fine
- Always very pleasant and helpful
- Friendly, helpful staff in the office. Have yet to meet any committee members
- With one contact the office staff have always been very helpful. Increasing staff numbers means that in future this service needs to be managed and monitored. I have no complaints at all just experience of how important communication is between service givers and service users.
- Geographically some can be on the office doorstep easily to book trips holidays with the result some are always at the bottom of the list so there needs to be a more even field
- Office staff very pleasant and helpful. Don't know committee well
- 50 plus has been great for me
- Fiona, in the office, is an absolute marvel. Such a cheery person!
- Always very welcoming and professional
- Fiona is a gem & the committee members are amazing...all so friendly and including everyone
- No complaints
- Office staff extremely helpful
- Find the team very friendly and good communicators

Question 9 : How has becoming a member of the West Lothian50+ Network met your expectations?

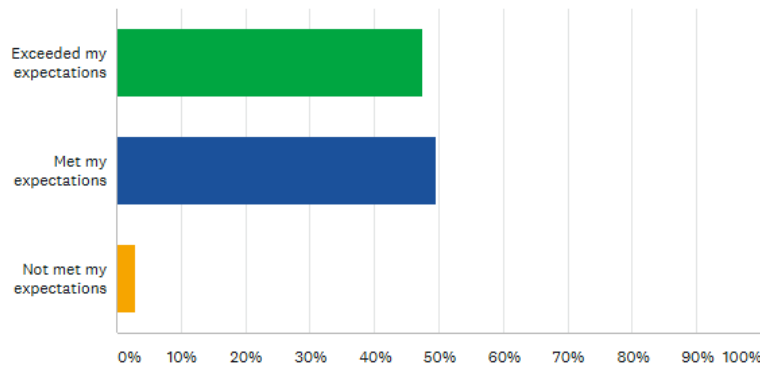
Q9

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How has becoming a member of the West Lothian 50+ Network met your expectations?

Answered: 99 Skipped: 1



ANSWER CHOICES	RESPONSES
Exceeded my expectations	47.47% 47
Met my expectations	49.49% 49
Not met my expectations	3.03% 3
TOTAL	99

[Comments \(26\)](#)

Members' Comments:

- I would like to do more but family and work prevent this.
- Judith told me about 50+ after I lost my husband and its been the best thing I could have done. I have got my life back again.
- I was not in a good place years ago - due to friends dying and family not in the area. A friend suggested the Network (who was not a member) and I wouldn't like a life without it now.
- West Lothian 50 Network has lived up to its logo. "Make the rest of your life the best of your life". I thought I was past my sell by date but the club has extended my shelf life.
- I feel the 50+ Network has been part of my life for nearly 10 years. I have so very much enjoyed all the activities I have taken part in. The people who organise activities are amazing. I appreciate very much all that they do.
- Through the 50+ Network I met numerous new acquaintances and made some good friendships.
- Some things of interest are fully subscribed. Others conflict with existing commitments
- I joined to sing in the choir. The group is excellent and inspires us to improve through amusing and educational practices. The audiences seem to enjoy our efforts too - a bonus!
- What a wonderful organization.... my husband and myself have enjoyed all the benefits of moving to a new area and expanding our interests, activities and most of all making friends... Bathgate has for us been a great move and it is a very friendly area for all ages groups we have encountered in the town and at offices and groups we have joined.
- I think 50+ provides a good mixture of activities but it was not always possible in the past to join as there were large waiting lists for certain groups.
- Allowed me to contribute by helping other interact
- No support from the committee to help set up new groups . Eg contact prospective members, find premises, financial support to pay fees when required to use other premises.
- Being widowed and quite shy gave me the confidence to meet people and socialise.
- While I only participate in 1 Group now, after I joined I was soon at a different group every day where I met new people and developed new skills

- Would like more opportunities/foreign adventures/more social activities away from Burns St Andrews etc
- I am no longer a member as I had to join other groups due to the waiting lists of my interests
- There seems to be lots of opportunities to meet others in a large range of activities.
- Not many people in their fifties.
- French class is well run by Alex Aitken who is very patient with the group and makes great effort to keep the course interesting.
- I joined a walking group which meets my needs.
- Men's walking group and golf group would be most welcome
- If it weren't for my 50+ groups, I'd have nothing to do!
- Bigger variety of activities than expected and many of the older members are inspirational by their positive outlook
- The range of activities is amazing & joining in has made a big difference to my life as I was a bit lonely after being widowed.
- It has been very easy to integrate with other members
- I look forward to visiting different places when we go walking

Question 10: How likely are you to recommend the West Lothian 50+ Network to others?

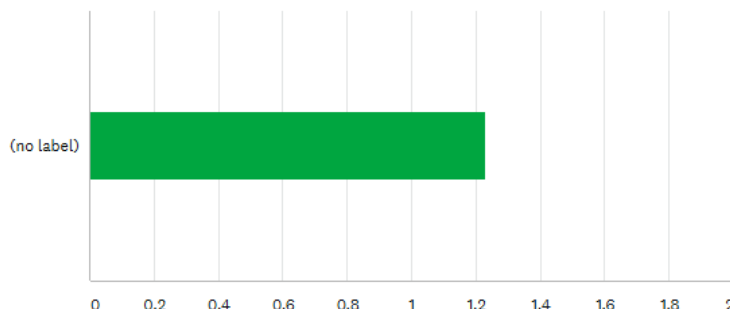
Q10

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How likely are you to recommend the West Lothian 50+ Network to others?

Answered: 98 Skipped: 2



	HIGHLY LIKELY	QUITE LIKELY	NOT LIKELY	TOTAL	WEIGHTED AVERAGE
(no label)	78.57% 77	19.39% 19	2.04% 2	98	1.23

[Comments \(16\)](#)

Members' Comments

- I enjoy what I get to do.
- Not sure how a new member can have access to the activity groups. All seem to have waiting lists so, in a way, the organisation is a bit too successful.
- I find that the staff couldn't do more for me - they are such caring people.
- I have recommended 50+ and 3 people have joined. Others have not done so for several reasons.
- I have told many people of the advantages of being part of a group, the friendship, social activities, outings, holidays etc. Some have already found this very beneficial, long may the 50+ Network continue.
- Fills a big gap for people with mental health, bereavement, retirement and helps you find you can learn and try new activities.
- Getting out and about is beneficial to your life to see outside the house and meet interesting people so you can enjoy your day and improve your life.
- I would definitely recommend 50+Network as I think it is important for older people not to feel isolated.
- No one needs to be lonely or find themselves sitting at home with no interests when the 50 plus could be there for them and I would certainly advise anyone in this position to give the 50 plus 'a go'.
- I have benefited considerably from the 50+ and would recommend it to anyone. You will find something to interest you and is great for making new friends.
- Lack of places on some groups and holiday opportunities but the holidays have been well organised. Helen Orr must be praised
- Good selection of activities where most people should find something suitable
- There are many sources of leisure & learning activities & this is just one of them.
- Depends on whom I am making the recommendation to.
- Great for older people but 50 plus should say 60 plus!
- Family and friends are always asking where am I going walking this week?
- Due to personal circumstances I will not be re-joining the 50+ Network. I enjoyed many aspects and would recommend the organisation
- I now have real friends who I knew 30 years ago so I can join in with this group so don't feel so isolated. I have a social life outside 50+. Would be pleased to find out the result of this survey.

CONCLUSION

The survey provides a representative sample with a wide range of useful comments on all aspects of the West Lothian 50+ Network, and should be an invaluable planning tool with which the new Committee, elected in May 2018, can take forward the organization.

It should also provide reassurance to our major funder, West Lothian Council, that the Network is meeting its aims and objectives, principally that of reducing social isolation in older people.

Survey and Report by Sue Bedford-Visser

10 June 2018