

WEST LoTHIAN 50+ NETWORK
MEMBERS' MEETING HELD ON 17th AUGUST 2019
IN THE BRITISH LEGION, BATHGATE

1. WELCOME

The Convenor, Anne Webster, welcomed members and any new members to the meeting.

She advised that there had been a fire in one of the flats above the offices and shops at the end of the lane. It was not directly above the office and is unlikely to have caused damage to our office, however a lack of power to the entire building has meant that we have been unable to access the office before the meeting as the door is opened electronically. We are therefore unable to take payments at this meeting, run the raffle or any other function which is dependent on gaining access until the power is restored.

The Convenor announced the death of Rose Fairley whose funeral had taken place yesterday.

New committee member - Willie Webster has now been co-opted on to the committee and will take responsibility for building and technical issues.

2. AGE SCOTLAND HEALTH AND WELL-BEING CONSULTANTS – BODY BOOSTING BINGO

The Convenor introduced Jenny Ackland and Yolanda Strachan from Age Scotland. Anne Webster and Sue Bedford-Visser had attended Jenny and Yolanda's demonstration of Body Boosting Bingo earlier in the year, a fun new way to get elderly people to exercise. The ladies explained how this worked and its purpose which is to help maintain bone density and muscle by doing regular strength and balance exercise for at least ten minutes twice a week, every week.

Members enthusiastically joined in a series of exercises, which also included seated versions. There was the added bonus of prizes for those getting a 'line'.

The Convenor thanked the ladies for what had been a very entertaining morning.

The Convenor asked if Age Scotland could use photos and videos taken today on their website and there were no objections.

As the power to the office had still not been restored, we broke for tea/coffee earlier than usual.

3. TRIPS/EVENTS

(1) Floors Castle, Kelso – Sunday 25th August

This event is sold out with 50 members heading to Kelso for the Massed Pipe Band event.

(2) Scone Palace and Perth – Sunday 29th September

This can be booked at the office. The cost is £23 and includes entry to Scone Palace.

(3) Tree Planting Event and Sausage Sizzle – Sunday 22nd September

Sue Bedford-Visser advised members that our final 25 years celebration is a tree planting event at Beecraigs in conjunction with the countryside service of West Lothian Council.

We aim to leave a lasting legacy which our children and grandchildren will see come to maturity. In recognition of this we are inviting members of the Network Junior choir to come and join us. We will be planting some 250 new trees, mainly silver birch but also rowan, oak, other native trees. The location of the trees will be below Cockleroy hill where ground has recently been prepared. The trees will be easy to plant, only slips around 12 inches high

If you want to be involved, we are asking you to make a minimum donation of £5. If you are not able to be present on the day, you can still make a donation. Everyone who is involved or makes a donation will receive a certificate. If we can raise enough in donations, we would also like to have a bench installed - the cost of this is £700

The tree planting takes place from 1pm – 2.30 pm – after a short talk. After the tree planting, we'll go through to the BBQ area at Balvornie for a sausage sizzle with some outdoor games. Numbers for this are restricted to 100 (2 BBQ pits, 50 at each) so for this reason, and for catering numbers, we are taking names and providing tickets. If there is interest in a led walk in the country park, this can also be organised.

If transport to Beecraigs is a barrier but you would like to come, please let us know and we will make an arrangement to get you there.

(4) Race Night – 31st October - Bathgate British Legion from 7 pm

This event will be run as a fund raiser for the Network and will be open to non-members. Willie Webster explained the format that this social evening will take. There will be 10 races with 8 horses per race. A sponsor for each race is sought and so far 9 out of the 10 races have been sponsored by local businesses. Thereafter “owners” are sought for each of the 8 horses in the first 8 races. It costs £5 to “buy” and name a horse. To date 27 out of the 64 horses available have been sold.

Tickets to attend the event cost £5 and are available from the office.

If you wish to select and name a horse this can also be done at the office.

(5) St Andrew’s Night – 30th November at Pumpherston Golf Club

We will soon be selling tickets for the St Andrew’s Night dinner which this year will be at Pumpherston Golf Club.

(6) Funding for Transport to Events and Activities

If getting to any event venue is a barrier to you attending, the Convener advised that we have received funding from the National Lottery for transport to support members who would find it otherwise difficult to get to events and activities. She urged members to take advantage of this funding whilst we have it as it is for the current year only.

Please give your name to Tracy in the office if you need help with transport for this or any other event.

4. FINANCE AND GRANTS

The Convenor advised that several new grants have been received since the last meeting. These are as follows:

- (1) Allen Lane £7,000 being £3,500 for this year and £3,500 for next year. (To pay part of salary of Hub Co-ordinator)
- (2) Hugh Fraser Foundation - £2,000 (Towards rent, insurance, utilities)
- (3) Edinburgh Airport £650 (towards furniture for members area and catering equipment)
- (4) Greggs Community Trust £1,800 (towards running costs), only received on Thursday.

Altogether we have been awarded £30,910 in Grants for this year, £9,500 for next year and £6,000 for the year after. We have also received £1,425 in Councillor Disbursements so far. There is a summary on the board which can also be seen in the office and the Convenor is happy to answer any questions members might have once they had reviewed this.

5. GROUPS

(1) Groups/New Groups

Allan Dungavel advised that the leader of Walky Talky 2, Innes Black, had given up the leadership and no-one from the current membership had come forward as leader. He thanked her for her services.

Eight members are interested in a new Table Tennis Group which will probably run in Livingston. If you wish to join, please give your name to Tracy in the office or email her. Allan will be contacting those interested soon.

Six members are interested in a Theatre/Cinema Group and Eleanor Shaw has agreed to lead this. They will meet next Wednesday at 2 pm at Rosemount Court. Again, if you are interested give your name to Tracy in the office or email.

The Cycling Group will go ahead, and Allan wants to make use of the Bike Library in Livingston to make this happen.

(2) Other Group Information

Helen Orr wishes to run a Strength & Balance Class. Please give your names to Tracy in the office or email her.

Jimmy Henderson asked the Convenor to let you know that Sing and Swing will return after the holidays on Wednesday 4th September. The time will be 11.30 to 13.30 pm.

(3) Network Choir

Vanda Collins announced that tickets will soon go on sale for the Network Choir Concert on the 7th and 8th October in Armadale Parish Church. She welcomed the funding for transport that may be useful in helping people to attend this event.

New choir members can be welcomed after the October concerts as rehearsals for these are currently well underway.

6. HOLIDAYS/EVENT

(1) The Isle of Skye and Kyle Line – Friday 3rd to Tuesday 7th April

Heather Waddell advised the membership that the Network will be running a holiday next spring. This will not be the usual Monday to Friday holiday but will leave on a Friday and return the following Tuesday.

The holiday will be 5 days/4 nights, dinner, bed & breakfast and will cost £309 with a single supplement of £40. Highlights of the holiday will be a scenic rail journey on the world famous Kyle Line through some of the most remote and impressive scenery in the Scottish Highlands (approx. 2 hours 40 mins) and a tour of Skye including the Old Man of Storr, Portree and a stop at Staffin beach. There will also be a trip on the Strathspey steam railway and a tour of Strathspey.

You will spend two nights in the Dunollie Hotel, Isle of Skye and two nights in the Nethybridge Hotel, Speyside.

The office will take deposits of £30 from Wednesday 28th August and the balance will be due on Thursday 20th February 2020. Travel Insurance is not included.

(2) St Andrews Walking Day by Coach – Saturday 5th October

Heather Waddell also advised members that she will be running a Walking Day for the third year running. This will be on Saturday 5th October and will consist of four walks as follows:

Walk A: 1-2 miles. Town to west sands and back.

Walk B: 4.5 -5 miles. Town to east sands passing cathedral and castle ruins on way to west sands.

Walk C: 5-5.5 miles. Town through hidden glen, country estate, golf courses and town side of west sands.

Walk D: 6-7 miles. East sands to the Rock and Spindle before returning to St. Andrews and walking along the west sands. The first section is undulating with steep ascents and descents on steps and slopes. Stout shoes or walking boots are advisable.

The bus will leave Bathgate Old Railway Station at 9.30 am. And leave St Andrews to return to Bathgate at 4 pm. The cost of the coach is £12 and can be paid to the office from Wednesday 28th August.

7. 25 YEARS CELEBRATION – Garden Party

Our 25th anniversary celebration Garden Party is tomorrow at the Bathgate Partnership Centre from 3-5pm. 85 people are attending. Fingers crossed for good weather but don't worry if not as we will be able to hold it indoors.

Anne Webster thanked everyone for your donations of china, table covers, teapots etc and for all the help you have given to help make this event a success. We have been overwhelmed by your generosity. We hope those coming enjoy the afternoon tomorrow.

8. THRIFT SHOP - Wednesday 25th September to Wednesday 2nd October

The annual thrift shop is one of our major fundraising events. We are looking for any contributions that we can sell in the shop. These can be brought directly to the thrift shop (held in the HomeAid shop on George St) on Wednesday 25th September. If you need help getting the items to the Thrift Shop please let Tracy or any member of the Committee know and we will arrange for collection.

We are also looking for volunteers to staff the shop from Wednesday 25th September to Wednesday 2nd October. If you would like to help, please give your name to Tracy in the office who has a table of time slots.

This is a great fundraising event for the Network so any items for sale or help you can give is very much appreciated.

As a note for next year: The Home Aid shop has changed its way of working and they are no longer letting the shop out to external bodies, the shop will be entirely run for them. We will have to look for alternative space if we are to run this activity next year.

9. AOCB

- (1) Newland Concert Brass Band are holding a coffee morning on Saturday 24th August at 10am – 12 noon. At St Marys Church Hall in Bathgate. £2.50 admission charge.
- (2) Sue Bedford-Visser, Sheila Linscer and Allan Dungavel visited West Lothian Young Carers yesterday to present the cheque for £200 which was collected in our Coin Jar over 2018-2019. We were asked to pass on thanks from Wilma Murray, Senior Development Officer. The money will be put towards a specific project for young carers.

9. Date of Next Meeting

The next members' meeting is on Saturday 21st September when singer Debbie McConnell will provide the entertainment.