

**WEST LOTHIAN 50+ NETWORK
MEMBERS' MEETING HELD ON 15th JUNE 2019
IN THE BRITISH LEGION, BATHGATE**

1. WELCOME

The Convenor, Anne Webster, welcomed one new member to the meeting as well as our speakers from The Polar Academy and HcL.

2. THE POLAR ACADEMY

Three pupils from Bathgate Academy came along today to tell us about their recent life-changing expedition in Greenland with the Polar Academy. The students had previously visited us last November to tell us how they were preparing for their great adventure. They told us how they had trained for the expedition as well as bringing along kit and showing a presentation of the actual trip. The Bathgate Polar Academy Expedition Team has been followed by a film crew for the last nine months for a documentary to be screened by the BBC later this year. Anne thanked the pupils for coming along today.

3. HcL

We welcomed Gary Toner and Laura Kearney to the meeting to explain about the charity, which was set up in 1982 as Handicabs (Lothian) to provide accessible transport for people in Edinburgh and the Lothians, and about the services they offer. They offer two services, Dial-a-Ride and Dial-a-Bus. Gary explained how each service works, how to register and the cost. Their services help people with limited mobility to get out more, feel less isolated and more independent. Examples of what you can use the service for include shopping, getting to the doctors and hospital appointments and even social activities such as going to the cinema. If anyone wanted more details, they could speak to him during the coffee break or contact Tracy in the office.

4. TRIPS

Sue Bedford-Visser advised members that the trip to the Enchanted Forest in October was now closed as we had reached our maximum allocation of 46 (we were granted one extra place to accommodate two persons). You can register for the following trips:

1. Alnwick– 30th June

There are various permutations of cost. The coach alone, the coach, grounds and castle, grounds and garden or grounds, garden and castle. Twenty are booked so far. To gain maximum benefit from the day, the departure time from Bathgate old railway station will be 8.30 am returning at 7 pm.

2. Berwick Upon Tweed – 28th July

There are still plenty of places for this trip which is £13 for coach only. The day is yours.

3. Floors Castle, Kelso – 25th August

As there is no meeting in July, this trip is being announced early. The cost is £23, which does not include £5 to visit the castle which you can pay on the day, and it has entertainment in the form of a Mass Pipes Band Day introduced by Edinburgh Tattoo compere Alistair Hutton as well as dancing, craft and food stalls.

All trips can be booked at the meeting today and paid for by cash or credit/debit card which is a new facility which we are offering for the first time. Please see Sheila Linscer during the tea/coffee break.

5. THE OFFICE

The Convenor reported that the office furniture had been re-arranged to provide an area at the front of the office where tea/coffee facilities will be provided in the next few weeks or so to allow members to meet with their friends. We are looking for an old coffee table if anyone has one they wish to get rid of we would appreciate it. It also provides more privacy for Tracy when dealing with members' confidential information and better security for cash. We would be very interested to hear your views or suggestions. One thing we would ask is could you please not disturb Tracy unless you have business to conduct. We are also looking for a couch. Please advise the office if you can donate one.

6. DEMENTIA WORKSHOP

This was run by a facilitator from Age Scotland and took place on Wednesday 5th June at the Glenmavis Bowling Club. It was very interesting and was run to raise awareness of dementia and what we can do as an organisation/individuals to help others who suffer from this. If there is demand we may run this again in six months time.

7. FINANCE AND GRANTS

The Convenor reported we had been awarded £6000 per annum for the next three years by The Robertson Trust. This is to fund 50% of the salary of a Development Officer and we need to match fund the other half by either doing it ourselves or finding another funder. We are currently applying to other funders. The Convenor thanked Laura Kearney for all her assistance with funding applications.

The meeting broke for tea and coffee and the drawing of the raffle.

8. GROUPS

1. New Groups

Allan Dungavel advised members that he had received requests for the following groups:

- Walking – Beginners / Intermediate – 2-3 miles
- Saturday Walking Group
- Table Tennis Group
- Shows / Cinema Group

Expressions of interest should be given to Tracy either by email or by visiting the office.

Allan advised that Sheila Hays had passed on the leadership of Arts Group 2 to Jim Kilpatrick. Sheila had been leader for two to three years and was thanked for her service.

2. Men's Group

Jim advised that the Men's Group will be visiting Bannockburn and the Wallace Monument on 19th June. They will be using car share and there are 20 places of which 14 have been taken.

On 22nd August (Thursday), they will visit Faslane. Fifteen members have signed up and they will be going by train to Helensburgh and be picked up by minibus to and from Faslane.

3. Jewellery Group

The Convenor advised that there are four places on a beginners course being offered by Margaret Wills on 26th June, 10th and 24th July. Learn how to make jewellery for a fraction of the cost. Classes take place at Rosemount Gardens.

9. HOLIDAYS

9.1 Spring Holiday

There will be a holiday from 3rd to 7th April in Scotland at a cost of £309. More details to follow at the August meeting.

9.2 St Andrews Walking Day

There will be a walking day on 5th October in St Andrews with walks with differing degrees of ability yet to be confirmed. The cost of the coach will be £12. Booking for this will open on 28th August and details will be circulated to all the walking groups.

9.3 Chester Christmas Markets

We have a further 8 rooms available but there are none with single supplement. Deposits are due by 20th June with the balance being due on 10th October.

9.4 China

Jim Dixon reported that he had had a meeting with the travel agents he uses, Ian Dickson Travel, Edinburgh. The itinerary is 3 nights in Beijing, 2 nights in Xian and 4 nights in Shanghai. He should have costings by the end of this week plus a draft itinerary. There are currently 19 interested. Jim will invite these individuals to a meeting on 30th June at Rosemount Court to explain further.

10. TESCO

The Network will have a book table in the entrance of Tesco Bathgate. We have information on the notice board in the entrance for the next 2 weeks. We have volunteers who will be in the entrance foyer on Tuesday 18th June and Wednesday 26th June to chat to people about our Network and we will have books and DVD's for sale. Many thanks to everyone who donated books and DVDs and to those who have volunteered to be in Tesco.

11. 25 YEAR CELEBRATION

11.1 Newlands Day Parade

We had 25 Bikes on Newlands Day parade. It was a good day with the weather holding and nobody fell off their bike!! We were well received by the crowds and spotted lots of members on the way cheering us on. Tombola stall and Sweetie Jar made £210.

Thanks to everyone who donated, helped or visited us on the Park

11.2 Car Treasure Hunt

Our next event is the Car Treasure Hunt leaving from the Bathgate Partnership Centre on Sunday 14th July at 3.00pm. Cost is £5 per car, booking at the office. A registration form is required for each car.

11.3 Garden Party

On 18th August we are having a Garden Party in the Bathgate Partnership Centre. Cost is £5 per person, booking at the office. We are looking for china:- cups, saucers, plates, tablecloths, cake stands and teapots. If anyone has anything they are willing to donate or lend, please contact Tracy in the office.

12. AOCB

12.1 Holidays

Tracy will be on leave on 27th June and the weeks commencing 2nd and 9th July. The office during this time will be covered by members of the Committee.

12.2 Boomerang

Boomerang is the talking newspaper for the West Lothian area for people who are visually impaired or unable to read easily from local newspapers. The West Lothian Courier is recorded onto memory sticks and they are looking for volunteers to record these. Training will be provided and will involve a commitment once every 6 weeks. If you are interested, please contact Heather on 01506 631816.

There is no meeting in July. Our next meeting is on Saturday 17th August when we will have Age Scotland demonstrating Body Boosting Bingo.