



West Lothian 50+ Network

Minutes of Members Meeting – 17th September 2022

1. **Introduction:** Vanda welcomed members, especially those who were new to the Network. Vanda said a few words about Queen Elizabeth II, followed by a minute's silence. The meeting continued with a talk and presentation by Koen Van Der Straeten, general manager of the Brock Garden and Craft Centre, Strathbrock Partnership, Broxburn. Koen detailed the history of the Brock Garden Centre and its present role as a charity and social enterprise, which provides therapeutic horticulture, woodwork and craft activities for those experiencing chronic mental health conditions. The plants grown and the craft items made are sold and the proceeds go towards delivering activities. Koen was thanked for an interesting talk and members requested that a collection be taken for the Brock. The sum raised was £70. Koen has kindly offered to donate a floral prize for next month's raffle.
2. **Trips:**
 - a. Current outing to the Burrell Collection Glasgow, Saturday 24th September 2022. 2 places were available at the meeting, contact the Hub for information. Cost £15.
 - b. Enchanted Forest outing, Sunday 30th October 2022. Booking now closed. High Tea at Fishers, Pitlochry: menu choices and balance of £16 to the Hub by 14th October. Please advise of all allergies/gluten-free requirements.
 - c. Walking Outing to North Berwick, Saturday 8th October 2022. Open to all Network members but all applicants will be expected to participate in a walk. 1 space available in either walk 1 (2 miles including 2 flights of stairs) or walk 2 (4 miles) Cost £15.
3. **Holidays:** Spaces are available on holiday to Northumbria 9th -13th January 2023. £199 sharing, £259 single. Deposit £30. Balance due 28th November 2022.
4. **Events:**
 - a. Thrift Shop 29th and 30th September, and 1st October. Donations can still be dropped off at Knightly Gaming between 12noon and 8pm. Donations can be taken to the Hub from Wednesday 28th September 10am till 2pm.
 - b. Silver Sunday at the Hilcroft Hotel, Whitburn 1pm till 4pm on Sunday 2nd October. All spaces have been allocated.
 - c. Coffee Morning and Craft Fair Saturday 5th November. Time to be confirmed. Tickets of £3 will go on sale, in the Hub, on Wednesday 28th September 2022. The venue will be St Mary's Church Hall, Bathgate. To book a craft table, contact the Hub. Maybe your group could consider taking a table. Individual craft items are most welcome. If you intend to bake, you might give your name to the Hub, with an idea of what you might make.
 - d. Christmas Cantata. The Network Singers are holding a Christmas Cantata on Monday 12th December in Armadale Parish Church, starting at 7pm. Payment by donation.

- e. Christmas Party. No further information at this time and no names being taken as yet.

5. **Groups:**

- a. The Livingston Coffee Groups are holding a Macmillan Coffee Morning in the Chain Runner, Livingston on Tuesday 20th September at 10am. Buy a coffee and a cake, support a great cause.
- b. Reconnect Regal are offering members the opportunity to take part in workshops with The Flames, a performance company for people aged 50+, who create high performance, collaborative work. They will be working in partnership with Tricky Hat Productions. There will be five sessions, culminating in a performance in front of an audience. There will be a meeting for those interested, in the Regal, Friday 7th September at 12 noon, led by Fiona from The Flames. Further detailed information will follow.

Note:- not part of the minutes but subsequent to the members meeting we have been informed that The Flames Reconnect Regal event is postponed into the new year.

- 6. **Support/Partnership:** West Lothian School Bank October “Winter Warmer” event. They are appealing for hats, gloves, socks and scarves - not hand knitted. There will be a collection point in the Hub - from 3rd October on, when the Thrift Shop has finished.
- 7. **Next Meeting:** The next meeting will be Saturday 15th October at 10.30am and the speaker will be Moira Niven, the Lord Lieutenant.

Vanda Collins

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