



**West Lothian 50+ Network
Members Meeting Minutes – 15th April 2023**

Sue Bedford-Visser chaired the meeting in Anne Webster's absence.

1. **Welcome.** Members were welcomed, with a special welcome to new member Moira. Committee members were asked to stand up and identify themselves.

Acknowledgement was made of the small team that come in to set up the space for these meetings. Thanks to Bill, Tom, Robert and Dougie for coming in on Thursday and Friday to move the partition and set up the space. They then come in again on Sunday to put it all back again ready for the new week.

2. **Speaker.** In place of the advertised speaker who was unable to make it, Carol and Alex provided musical entertainment. Carol and Alex are both members of the 50+ Network choir and since February they have put together a repertoire of songs to entertain residents in local supported living venues.
3. **Vote of thanks.** Eleanor thanked Carol and Alex and they were presented with a small token of appreciation.
4. **Armadale Shed.** Before the Coffee Break, at the request of Jim Dixon, Sue spoke about the disastrous fire at the Armadale Shed. It's only very recently that members of the Shed came to one of our meetings to tell us about the good work they do in the community, and several of our members also belong to the Shed. Sue suggested that instead of leaving a donation for coffee, the donations go towards the fundraising efforts of the Shed to help clear and reinstate it. A total of £84.70 was raised.

A reminder of our Coin Jar for West Lothian Food Bank, our current charity of the year.

Members were advised that if they had paid their fees for 2023/24 they could collect their new membership cards during the break.

5. **Tea and coffee break**
6. **Raffle Draw**
7. **Coach Trips** Heather Waddle updated members on coach trips and holidays.

The **April** trip to Summerlee and Garrion Bridge Antiques and Garden Centre is now fully booked.

The **May** coach trip is to **Alnwick Garden** on **Sunday 28 May 2023**

Price £26:20

Please note earlier departure time of 9:00am as this is a 2-hour drive. A toilet stop will be made en route.

Booking from Wednesday 26 April

8. **Holidays**

A holiday to Yorkshire has been planned for September 2023

TOUR	Yorkshire Gems	Glenton
DESTINATION	Farnley, Leeds	HOTEL Corn Mill Lodge Hotel
DEPARTURE	Monday 11 th -Fri 15 th Sept; DBB	5 days/ 4 nights
PRICE	£359.00 per person	SINGLE SUPP 60.00 per single room
Optional Glenton travel INSURANCE	£10	

Deposit £30 Booking from Wednesday 26 April. Please pay insurance at time of deposit

The holiday Includes:

- Entry to Harewood House & Gardens
- Sightseeing Skipton Canal cruise
- Excursions to Otley, Harrogate and Grassington

ABTA bonded for your peace of mind.

9. Events

- i) Thanks to everyone who came along to our recent fundraising **Daffodil Tea**, and to everyone who helped to make it a great success.

Special thanks to Elaine Caulfield and Izzy (Isobel) Reid, members of the Network Choir, who led a singalong.

And to Rhonda Dunbar, trading as Flowers by Rhona, who showed us how to create a beautiful Spring floral display which formed first prize for our raffle.

This event raised a total of £245.85 from ticket sales and the raffle.

Upcoming events

- ii) **Choir Concert on 19th June.** Vanda Collins spoke about the upcoming concert in Bankton Primary School. The Network Singers and the Network Junior Singers present You Ain't Heard Nothing Yet.

We will try to arrange transport for members who wish to go but have no means of getting there.

Tickets £5 on sale from the Hub from Wednesday 26th April.

- iii) **Seniors' Cinema at the Bathgate Cinema** is on Thursday 27th April with a 10.30am start. This month's film is Alleluia with Judy Dench, Jennifer Saunders etc. £6 film coffee/tea/biscuit. Be there before 10.30am.

This is the third film organised by Eleanor Shaw with Bathgate Cinema and it is hoped this can be monthly.

- iv) **Walking Day to Peebles 10 June**

Thanks to Ian Beck for planning a walking day to the lovely countryside in and around Peebles. Please note - this is not just an outing to the town! Everybody must sign up to do one of the walks on offer.

There is a choice of 4 walks in the Peebles area to suit a range of abilities, as follows:

Walk 1. A 9-mile linear walk from Eddleston to Peebles.

Visiting the Polish Map of Scotland, then along paths toward Meldons, then joining the Old Drove Road into Peebles.

Terrain: an undulating walk on good paths and roads with a steep descent into Peebles, therefore walking poles are recommended. Please bring a drink and a snack.

Walk 2. The Sware Circuit, 3.5 miles

Terrain: good paths and minor roads.

This route follows the banks of the Tweed through Hay Lodge Park, then along a more rugged section of the riverbank and latterly on the line of the dismantled railway. The route then turns and crosses Old Manor Brig (currently closed to vehicular traffic) before steeply climbing to the Manor Sware viewpoints. The route follows the road back down into Peebles.

Walk 3. Haystoun, the Cut and Cademuir, 3 miles

Terrain: road and good path.

A pleasant walk via the John Buchan Way in the south-west corner of Peebles, through Cademuir Forest before returning to the town by The Cut, a drain that runs between a number of fields.

Walk 4. Wander by the Tweed (approx. 2 miles)

A riverside walk around Peebles

Booking for walking day from Wednesday 10 May. Cost £15

10. Groups

- i) Vanda Collins is hoping to get a **new Coffee Group established in Whitburn**. It is likely to be at the Hilcroft Hotel. No day or time has been agreed yet. If you are interested, give your names to the Hub.
- ii) **New Ten Pin Bowling Group** Bowling leaders Jane O'Donnell and Katie Ellam have negotiated an arrangement with Deer Park and will set up of a Ten Pin Bowling Group. Wednesdays, fortnightly, at 1pm, cost £7 for two games. Two lanes are booked but more might be available. Those interested should give names to the Hub by the end of April. Start date to be confirmed.

iii) Group Leaders Gathering, Tuesday 18 April 5-6:30

We hope that group leaders will be able to join us for an informal gathering on 18th April at 5pm. In our recent members' survey and at our group leaders lunch earlier this year group leaders told us that they would like more opportunities to come together as group leaders.

The Network would also like to understand better how our staff team can best support the groups and their leaders. To this end, we hope there will be productive discussion, using as a starting point the areas highlighted in the forms which have been emailed to group leaders. If you have not received this form in an email invitation and would like to attend this meeting, please contact the Hub. Please inform the hub if you intend to come. If you are unable to attend, please still send your thoughts and suggestions via the form provided to the hub by Tuesday 18th April.

iv) Funding support for group development

Some of our groups have recently benefited from funding to purchase equipment.

This includes a sewing machine (for Pins & Needles), 2 microphones (for the Network Choir), Paddles for the Table Tennis group, Shuttlecocks for the Badminton group, folders for music for the Ukulele group and cards for the Canasta group.

If other groups have any requests for equipment for consideration for funding, please ask the Hub for the appropriate form so that your requests can be put to the committee.

Barbara Hadow asked if there might be funding for group outings. This is to be clarified but it was thought that external funding would more likely need to be spent on equipment for group development.

- v) Sue opened the floor to anyone wishing to say anything about their group or with an idea for a new group? No further input.

9. Hub

i) Sue introduced Jen Kennedy, who is our new hub co-ordinator. Jen is working hard with Leanne Shaw, our interim manager, to streamline some of our processes. Please continue to bear with us while we put these in place, and while new staff “learn the ropes”.

ii) One of the improvements which has recently been implemented is the purchase of an electronic till system. Anybody making payments at the hub for events or outings/holidays will find the procedure quicker with a receipt being printed by the till.

iii) We are also pleased to have Kristof, a Business Studies student at West Lothian College, helping us with a project in the office to document all our processes.

iv) We are looking at setting up a rota of “meeters and greeters” to be a friend in the Hub who is available to chat informally to members who like to drop in. Perhaps this could be once or twice a week for about an hour. Time commitment to suit individuals. If you are a good listener and can be a friendly face please let us know if you’d like to help.

v) Visit to the Hub this week by Fiona Hyslop.

Sue reported that we welcomed Fiona Hyslop MSP (Linlithgow Constituency) to the Network's members' hub this week. Fiona is Deputy Convener for the Scottish Parliament's Net Zero, Energy and Transport Committee, so it's fair to say there was a fair bit of discussion about the current challenges of local public transport. But the main purpose was for Fiona to see at first-hand how the Network supports loneliness in older people by providing a wide range of social activities. It was good to hear that the Network is well regarded in the community, and to have gained another champion for what we do.

10. New Members Meetings

We have held monthly new members meetings for the last 3 months, Feb, March and April, and they are proving to be very popular. The next one will be on Weds 17th May, 5.30pm to 7pm

11. Membership Fees

Membership Fees for 2023-2024 were due on 1st April. A gentle reminder if you are still to renew your membership. The annual fee remains at the low cost of £20

12. Climate Action

A new West Lothian Community Action Network has organised a meeting on 25th April to look at how best to shape a local Climate Action Network. West Lothian 50+ Network has been asked if they would like to participate. If anyone has a particular interest in this area, please contact the Hub for details of how to contact this group.

13. Events sub group

The first meeting of the new Events subgroup will be on 25th April at 4.15pm. There’s still time to get involved if you would like to help organise new events for the Network.

14. Notice is given of the Annual General Meeting of the West Lothian 50+ Network. It will take place after the next members meeting (at 10.30am) at the members Hub, 14 George St, Bathgate on Sat 20 May 2023 at 11am.

If anyone interested in putting their name forward for the new committee, please contact the Hub as soon as possible.

15. AOB

Members were invited to speak if they had anything else they wished to raise.

One member told the meeting about the protest about the poor state of the bus services in West Lothian which will take place outside the Civic Centre, Livingston, before the meeting of West Lothian Council's executive committee at 10am on Tuesday 25 April.

Catriona Somerville is a member of the Menzies Choir which is holding a concert on Friday 12th May at 7.30 pm at St John's Church, Bathgate. Tickets are £8, children under 12 are free and can be obtained in advance from Cationa (not the Hub) or at the door.

16.DONM

Saturday 20th May 2023