



Minutes - Members' Meeting – 19th August 2023 at St Mary's Church Hall, Bathgate

The Members Meeting took place after the business of the Annual General Meeting.

1. WELCOME TO ANY NEW MEMBERS

A warm welcome was extended to new members attending their first meeting.

2. STAFF

- Emma Queen who joined us on 2 August as Charity Manager was introduced. Emma will also be the Network's new Safeguarding Officer when she has done appropriate training.
- Vicky McKie who joined us on 1st June to work alongside Jen as hub co-ordinator was also introduced.
- We now have 3 P/T members of staff and are about to start recruitment for a P/T Volunteers and Activities Co-ordinator.

3. HUB OPENING HOURS

Now that the holidays are over our Hub opening hours are back to normal, Mon – Friday, 10- 2pm. Thanks for bearing with us with the Monday closures.

4. NEW FUNDING

- The Network was awarded £4,900 this month from The Row Fogo Charitable Trust. This is towards the costs for the Members Area and for teas and coffees.

5. GROUPS

- The new **Thursday Coffee Group in Bathgate** at the Hub called Young at Heart or the YAHS is going well with a new leader Carol Devlin and deputy leader Margaret Campbell with Corinna Miller as treasurer.
- We are starting a new **Livingston Coffee and Tabletop Games** Group in the Chain Runner, Livingston on Wednesdays 10am-12pm. The 50+ Network provides several opportunities for members to meet with others to play a range of games in Bathgate - such as Chess, Mahjong, Canasta, Scrabble and Rummikub - but we are exploring interest from members who may find it easier to join a group in Livingston. Notes of interest to the Hub as soon as possible and ideas for games
- **Yoga classes** for over 50s will start in Whitburn Partnership Centre on Friday 15th September 2023, 11am till 12noon. Cost £5 per person per week. Paid in blocks of 6 weeks to the tutor. Notes of interest to the Hub as soon as possible.
- **Coffee Club Armadale** – Wednesdays from 1pm to 3pm. Due to problems with the Partnership Centre on North St, group leader Jocelyn McPhillip is considering moving the groups to the Rowantree. Please register your interest in this new coffee group in Armadale.

- **Whitburn Coffee Morning Group.** The new coffee group in Whitburn run by Vanda Collins is going well. It meets fortnightly at the Hilcroft Hotel. Please contact the Hub if you wish to join.
- **Ten Pin Bowling Group** meets at Deer Park on Wednesdays fortnightly at 1 pm. Cost £7 for two games.
- **Classic Cinema group** has been restarted recently by Jane and Marion Tinney. Monthly, second Thursday of the month at 5pm in Bathgate. Enjoy a wide range of classic films in good company. With the emphasis on the social aspects of enjoying a good film in the company of others, a number of films are shortlisted for each session by the group leader. Those members present at each session then take a vote on which film to watch. Whilst you may not get to watch the film of your choice, you'll certainly enjoy the company. The chance to meet up and chat with others is enhanced by a break in the middle of the film to enjoy a tea or coffee and biscuits. Cost: Members contribute £1 each per session to cover the cost of refreshments.
- **Holistic Therapies** – this popular group led by Morag Johnston offered Reiki sessions at Rosemount Gardens' recent Summer Fayre. They have since presented Rosemount with a donation of £100. The existing Group which runs in the afternoon is full at the moment so if there is sufficient interest Morag could start another Group starting on Tuesday 12th September in the morning from 10am-12pm.
The Morning Group would be an insight into Reiki. Crystal Healing, Auras & Angels, Indian Head Massage, Mindfulness & Meditation Sound Healing and Reiki Group Healing experience. Morag will run the morning class as she is qualified in all these areas.
- **Zumba** - The next 6-week block of Zumba fitness classes, specially tailored for the West Lothian 50+Network under the professional guidance of Michelle Brown, will start at Xcite Bathgate on Tuesday % September, 12.30 - 13.30. Cost £30 (or two payments of £15), payable on 29th August. Contact the Members' Hub to sign up.

We have been working hard over recent months to tackle waiting lists for groups by starting new ones. Thanks to everyone who has stepped up to help with this. Please continue to tell us what you would enjoy, and also please come forward if you think you would like to volunteer to lead a new group.

6. EVENTS

We are delighted to have a new Events Sub-group up and running, and with guidance from Eleanor they are planning a number of events and activities for you to look forward to. Thanks to all that have come forward to support the Network in this way.

- Eleanor Shaw said that the Events sub-group are organising a **MacMillan Coffee Day fundraiser** for members and friends in the Hub, Sat 30th September 2023. 3 sessions - 10am-11.30am; 12pm-1.30pm; 2pm-3.30pm

Tickets £5 for coffee and cake on sale from Wed 30th August from an events sub-group member in the Hub. It would be appreciated if these payments could be made in cash. Donations for a raffle would be very much appreciated and can be handed in from Wed 30th August to a sub-group member or placed in a box marked MacMillan in the Hub.

- The Events Group are also organising our fundraising Craft Fair and Coffee Morning on Sat 21st October 2023. We would love to hear from group leaders and members about possible stalls. Could your group have a stall? Let us know by the end of the month or the beginning of September. Email Eleanor Shaw via the Hub. Further information to come.
- The Events Group is also planning a Ceilidh Dance and Scottish Evening featuring Ceilidh Band “Cockleroy” on Friday 3rd November in St Mary’s Hall (TBC). The Bar will be run by St Mary’s. Tickets £10. Further information to follow about timings and ticket sales.
- The next **Seniors Film Session at Bathgate Cinema** is on Thursday 31 August at 10.30am. Film – “Sound of Freedom”. Coffee or tea, biscuit included - £6.
- **Pantomime at Bathgate Regal Theatre.** Tickets are now on sale at the Hub for our annual visit to the Regal Pantomime. This year it is Cinderella, Thursday 14th December at 12.30 pm. Cost £10.00 and 50 seats have been reserved for the Network. Access seats will be available. Please be sure to tell the Hub when booking if you need an access seat.
- **Silver Sunday** this year is on Sunday 1st October. The Network will have a stall and also has 20 places reserved – or book direct from 11 Sept. Free of charge but limited spaces and over 65s only - a national event, not Network rules. Further information to come.
- Ian Beck spoke about the **fundraising Quiz Night**, 22 September, 7pm for a 7.30pm start. Tickets £3, on sale at the Hub from 23rd August. Ian is liaising with Kirkton Brass who are organising this event on our behalf. Max team size is 6. The bar will be open throughout.
- Our fundraising Thrift Shop will be open to the public on 21,22,23 September. However, the Hub will be closed all that week for groups as the Hub is likely to be awash with donations and volunteers sorting and pricing. Leaders of groups in the Hub have been informed. If you are clearing out anything that we could sell in the shop, please save it for us. But please don’t bring it in before the week of the sale as we have no storage space. Kate Blake will be in touch in due course about helpers to sort donations and run the shop.

Vanda spoke about some of the activities of the Network Choir.

- **The Network Singers’ concert** took place on 19th June in Bankton Primary. This was a sell-out.
- **The Network Singers** are planning an event at Boghall Parish Church in October. Date TBC
- **The Network Singers** are planning another Christmas Cantata on 11 December at Armadale Parish Church

7. COACH TRIPS Heather outlined the various trips on offer.

The bad news is that we are going to have to increase the basic cost of our outings. The current price was agreed in August 2021 and since then the cost of fuel has increased significantly resulting in increased coach hire prices. We can’t run trips at a loss and do not wish to have to cancel outings. As a result the basic cost of outings will increase to £18.

- Members will visit **Mellerstain House and garden** on Saturday 26 August. This trip is now fully booked.
- **30th September trip** – Largs and Cardswell Garden Centre in Gourrock. Cost £18, on sale at the Hub from 30th August.
- Ian Beck spoke about another **Walking Day to Aberfoyle on 14th October**- £18. There will be 5 led walks of various lengths to suit different abilities. Aimed primarily at members of

walking groups, everyone must sign up for at least one of the walks. On sale at the Hub from 13th September.

8. HOLIDAYS

Heather Waddell outlined the group holidays on offer.

- It is only 3 weeks until the **Yorkshire Gems** holiday which departs Monday 11th September. Our group departs from Bathgate railway station at 9am, our lunch stop is at Appleby-in-Westmorland. Luggage labels will be available to collect at the hub. Booking for this holiday is now closed.
- We are planning a short break early in the New Year – **Tribute Weekend at Grange-over-Sands** in the Lake District. Includes an excursion around the Lakes and entertainment both nights (Tina Turner, Elvis, Roy Orbison, Dusty Springfield). Provider is Strathmore Travel. 2 nights Dinner, B&B at the Cumbria Grand Hotel. Friday 26th – Sunday 28th January 2024. Cost £169, single supplement £50. Deposit £40 from Wednesday 30 August. Balance due by 1 December. On sale at the Hub from 30th August.

9. NEW MEMBERS MEETINGS.

A series of new members' meetings has been running over recent months to welcome new members to the Network. The next one will be on Thursday 14th September, 5.30 to 7 pm.

10. CHANGE IN THE NETWORK'S STATUS

We have now succeeded in opening a new bank account for the SCIO (Scottish Charitable Incorporated Organisation)- a legal form unique to Scottish charities which provides a high degree of protection against liability for trustees. The new committee will soon be working with our solicitors to effect the transition to this new entity.

11. AOB

- Katie Ellam spoke about the possibility of a new **Jump and Jive Group** to be held at the Legion Bathgate on Thursdays, possibly from 1.00 to 2.00pm. Please register your interest with the Hub.
- Allan Dungavel said that he was hoping to restart the Genealogy Group. More information to follow.

12. DATE OF NEXT MEETING

Sat 16th September 2023, 10.30am at the Legion Bathgate. The guest speaker will be Charlie Farron speaking about Whitburn Brass Band.

A handwritten signature in black ink that reads "S L Bedford-Visser". The letters are cursive and somewhat stylized.

Susan Bedford-Visser
Trustee, West Lothian 50+ Network