

West Lothian 50+ Network
Members Meeting Agenda – 20th January 2024

Meeting led by: Sue Bedford-Visser

Sue welcomed two new members to their first members meeting.

1. **Guest Speaker:** Camille Archer, Arts Development Officer for West Lothian
2. **Thanks:** Sue thanked our guest speaker after her interesting talk about a number of community art projects in West Lothian, including the ongoing “Remembering Together” project, with which our chess group have been involved. This is a national project, delivered through local councils, which is about creating together and being part of a process to commemorate those who lost their lives in the Covid pandemic, as well as those who experienced loss and change. It is also about recognising and celebrating the ways in which Scottish communities have come together during the most difficult times.

3. Tea/Coffee Break

4. Raffle

5. Trips – Heather Waddell

The next coach trip takes place on Saturday 24th February and will be a visit to Dawyk Botanic Garden, by Stobo, followed by free time in Peebles. The cost of the trip will be £24; tickets will go on sale at the Hub on Wednesday, 31st January.

6. Holiday – Heather Waddell

The Tribute Weekend, taking place 26-28th January will depart from Bathgate Railway Station at 10.30 am on Friday 26th January. Luggage labels can be collected from the Hub next week or on the bus. A last minute twin room has become available, £169 pp.

The next members holiday is Strathmore Holidays’ **Kyle Line and North Coast 500**. This is 5 days/ 4 nights, dinner, bed and breakfast from Monday 8th to Friday 12th April 2024 staying at the Ben Wyvis Hotel, Strathpeffer. The cost is £339 pp. Excursions include travel by train on the Kyle Line from Dingwall, trips to Ullapool and Dornoch.

Thirty-five members have booked already with the final balance being due on 9th February 2024. There are 12 places left in double or twin rooms. Please contact the Hub if you wish to go.

7. Events

Past events

- **Christmas Party:** We held our annual Christmas party on Saturday 16th December in St Mary’s Hall. It seemed to go very well. Thanks to the Events Group and all others who helped.
- **Twixmas:** This informal event has taken place for the past few years between Christmas and New Year when many of our regular groups may not be operating. Around 30 members came along on

28th December and enjoyed some Christmas treats. Thanks to Katie and Frank Ellam for organizing, and to Bill, Robert and Tom who kept everyone topped up with tea and coffee.

Volunteers and Group Leaders Lunch: This took place on 17th January at the Fairway Hotel as a thank you to our group leaders and many volunteers. Around 60 volunteers were able to join us this year. As the Network celebrates its 30th anniversary in 2024, it is fitting that we kicked off the year with this first event to celebrate the many volunteers who underpin our charity.

On behalf of the Board, Sue thanked all of Network volunteers for their important and valuable contributions.

- **New Members' Meeting:** Our first new members meeting of 2024 took place on 18th January. These meetings are held regularly to welcome new and potential new members, to explain how the Network operates and what is on offer, and more importantly, give new members the chance to meet others, which is what the Network is all about. We were delighted to welcome along 23 people this month. Thanks to the catering team for being on hand to welcome everyone with tea and coffee.
The next New Members Meeting will be on 22 February - if you have a friend who is thinking about joining the Network you might like to think about bringing them along.

Future Events

- Eleanor Shaw has organized this month's **Seniors Session at Bathgate Cinema** on Thursday 25th January 2024 at 10.30 am. The film will be *The Holdovers*. Set in the early 1970s, a strict classics teacher is forced to chaperone a handful of students at a New England boarding school over Christmas. No need to book at the hub, just turn up at the cinema on the day. Coffee or tea, biscuit and film £6.
- Our annual **Daffodil Tea** will take place in St Mary's Hall on Saturday 16th March, 10.30 to 12.30. Please note that this is in lieu of our March Members Meeting. This will be organized by our Events Group. A buffet will be provided and one of our members will be doing a Floral Demonstration. Music will also be provided by two of our members. This is a social event and tickets will cost £5 from the Hub from Wednesday 31st January.
- We will be holding a seminar entitled **Six Legal Must Do's for the over 50's**. There will be a talk by a solicitor from Caesar & Howie of around 45 minutes, and this will be followed by an opportunity for questions and answers. As this event will be held in the Hub there will be a limit on numbers. If you have not already registered interest, please contact the Hub. This event will take place on Thursday 29th February between 12 and 2 pm.
- Save the date for our **Ceilidh** on Friday 3rd May, with Ceilidh band Cockleroy. This follows the success of the Ceilidh held in November. Tickets £10, on sale 28th February. At St Mary's Hall, Bathgate, 7.30-9.30, bar available from 7pm.

8. Groups

A new **Genealogy Group** is to start soon. Note your interest by advising the Hub. A meeting will set up shortly to take the group forward and those who have noted interest will be advised.

The **Games and Mah Jong Group** which takes place on Thursday afternoons, 2-4pm, in the Hub are looking for new members. Please register interest if you wish to join.

A new group called **Scrabblers** - a group to play scrabble - will be starting in February at Rosemount Court (Mid St, Bathgate) on Wednesdays around lunch time. You can register interest in this group at the Hub. Please note that the long-standing Canasta and Scrabble group continue to meet on Friday afternoons in the Hub and it noted that the Coffee and Games group which meets in the Chain Runner on Wednesdays from 10-12 also play Scrabble, giving you a number of opportunities to play this popular game.

Supper Club: Lorna Kerwin will take over as leader of the Supper Club. The Club will continue to meet on the third Thursday of the month but there will be no meeting in January. Lorna will be contacting members of the Club for suggestions for the February meeting. If anyone wishes to join this group, please give your name into the Hub.

9. Funding

We have recently received the fantastic sum of £30,000 from Year 2 of the **Community Mental Health & Wellbeing Fund**, largely towards the cost of staff salaries and rent. You may recall that we also received £25,000 from this fund last year.

We have also received a total of £250 from three local councillors from their Disbursement Funds.

10. SCAMS

We have been made aware by Age Scotland of an older person receiving a phone call claiming to be from Age Scotland, requesting bank details for a £500 grant. Please be aware this is **not** something Age Scotland are affiliated with; their helpline advisers will never ask for your bank details.

As scam attempts get increasingly sophisticated and convincing, it's so important to report them and seek help if you need it. For more information and advice visit age.scot/avoidingscams

Age Scotland have published a booklet on avoiding scams. We intend to email this booklet to you in pdf format with the Minutes of this meeting.

On this subject, on Friday evening, the Network became aware that a number of our members had been copied into an email allegedly sent from a West Lothian 50+ Network email account). We can confirm that the email was not sent from the Network and are currently investigating with our IT providers how this happened, as well as looking into additional security measures. If you were a recipient of this email, please delete it. Please do not reply "to all" querying this email as that perpetuates the problem.

The Network is very sorry if you have been affected by this in any way. We take the protection of our member's personal information very seriously. Please accept the Board's apologies for any worry and inconvenience that this has caused.

11. Safeguarding

Three of our Hub Staff recently completed accredited Safeguarding training. In short, Safeguarding is protecting an adult's right to live in safety, free from abuse and neglect. If you have any concerns in this regard, our designated Safeguarding Officer is our Volunteers and Group Co-ordinator, Alison Shedden.

12. Parking at the back of the Hub

We still have problems with folk parking at the back of the Hub. This week we were unable to put out our bin due to someone parking too close to the door where it is housed. Please only use the space to drop someone off, before finding alternative parking in the car park.

13. Opening Hours of the Hub

Please note that the Hub will be closed on Wednesday 7th February to allow all Hub staff to attend a Business Planning Meeting with trustees. It will still be open to groups as usual on that day.

14. Next Members Meeting including final Members Meeting of the West Lothian 50+ Network (SC024257)

Our next meeting will take place on **Saturday 17th February** at 10.30 am in St Mary's Hall and our guest speaker will be Mel Hughes from the Canine Concern Scotland Trust who will be bringing along a Therapist.

This meeting will include the **final Members Meeting of the West Lothian 50+ Network (SC024257)**. You may be aware that last year we began the process of transitioning the Network into a new legal structure, a Scottish Charitable Incorporated Organisation (SCIO), and began to operate as the West Lothian 50+ Network (SCIO) (SC051335) with effect from 1 October 2023.

Final accounts are being prepared for the "old" Network, in preparation for the transfer of all the assets and liabilities to the West Lothian 50+ Network (SCIO), and finally the dissolution of SC024257.

As part of this process, we must hold a final Members Meeting of the West Lothian 50+ Network (SC024257). There will be a short Convenor's Report covering the period 1 April 2023 to 30 September 2023 and a final set of accounts for that period.

Two resolutions will be proposed:

- To adopt the accounts (subject to examination by the external accountants if that has not been completed)
- To confirm with members that steps be taken to wind up the (old) West Lothian 50+ Network following transfer of all the assets and liabilities to the West Lothian 50+ Network (SCIO)

All members are welcome, however please note that you are only entitled to vote on these resolutions if your membership started before 1 October 2023. Members joining after that date are members of the SCIO as will be members renewing at 1 April 2024 and the first AGM of the SCIO is likely to be in August 2024.

15. Membership Subscriptions

Many members pay their annual subscription in January or February possibly because the renewal date was once 1st January, but it is now 1st April. If you pay by standing order, direct debit or bank transfer, please note that the new bank details for the West Lothian 50+ Network (SCIO) are sort code 80 22 60, account number 24654562. The new annual subscription is £24. Please amend your bank instructions, if necessary, as the old bank account will be closed in the very near future.

16. AOB

Twinning Quiz Night: Lorna Kerwin spoke about the Quiz Night being organised by the Bathgate – Cran Gevrier Twinning Association. This will take place on Wednesday, 24th April in the Bathgate Golf Club. Ideally teams of up to six would be ideal. The cost of a ticket is £3 and Lorna will have these for sale at the February Members' meeting.

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First Aid Courses: Allan Dungavel said that there are still 4 places available between the 3 one-day first aid courses that we are running for group leaders in February and March. These are free of charge and the places are now open to any member of the Network. Allan also asked that if there were already qualified first aiders amongst our members, that they make themselves known to us.