

**West Lothian 50+ Network**  
**Minutes of Members Meeting - 20<sup>th</sup> April 2024**

Network Chair, Sue Bedford-Visser, welcomed everyone to the meeting, including three new members attending for the first time.

**1. Guest Speaker:**

Linda Sanders, one of our members, gave an interesting talk behalf of the charity, Quilts for Care Leavers. Q4CL is a UK wide project with a dedicated group in Scotland. Quilts made by their members are donated. young people aged between 16 - 25 who are leaving the care system and moving to independent living. The quilts are a 'Hug' - to be wrapped around the young person with love. £65 was raised at the meeting for Q4C which will be used to buy fabric for the backing of the quilts. If anyone is interested in finding out more, or joining the project check out their website [www.q4cl.org.uk](http://www.q4cl.org.uk). Linda will also leave some information in the Hub.

**2. Tea/Coffee Break**

**3. Raffle Draw**

**4. Trips**

**Culross & Stirling**

47 members attended this trip which took place on 30<sup>th</sup> March.

Our next trip is to **Kellie Castle & Anstruther** on **Saturday 27th April**. This trip is sold out, and there is a waiting list. Time slots will be allocated for the tour of the castle.

On **Saturday 25<sup>th</sup> May** our trip is to **Scone Palace and Perth**. The price is £32. It will go on sale at the Hub on Wednesday 1st May.

The price includes entry to the palace and then free time in Perth where it is possible to visit the new Museum which houses the Stone of Scone (Stone of Destiny).

**5. Holidays**

37 members attended the **Kyle Line and North Coast 500** holiday in April. Based in Strathpeffer, excursions included a train ride to Kyle of Lochalsh, returning via Loch Ness, as well as visits to Gairloch, Ullapool, Dornoch and Pitlochry on the return home.

Our next holiday is to **Belfast and the Antrim Coast** from **14th to 18th October**. All places had been taken but there are now two places available in a double room following a cancellation. The deposit is £40 per person. Please contact the Hub if you wish to take this up.

**6. Events**

**Daffodil Tea**

This event was held in March, replacing our members meeting, and was attended by 69 members. Our thanks go to the Events Team and all others involved in arranging this event.

**Art Exhibition**

The Network's two art groups hosted this event which was held in the Hub on Saturday 6<sup>th</sup> April. Thanks to everyone who came along to support them. It was well attended, resulting in good sales for our artists and nice social time over a cuppa provided by our catering team.

### **Ceilidh – Friday 3<sup>rd</sup> May**

Join us with your friends and family for a social evening and dancing to popular local Ceilidh band Cockleroy. **Friday 3<sup>rd</sup> May 2024**, 7:30pm - 9:30pm at St Mary's Church Hall, Livery St, Bathgate. Bar open 7pm - 9.30pm, run by St Mary's Church Tickets on sale at the 50+ Network Hub now. Tickets £10. 18+ only.

### **New Members' Meeting – Thursday 25<sup>th</sup> April**

There will be a new members' meeting in the Hub **on Thursday 25<sup>th</sup> April**. All new members who have joined since the last meeting will be invited. If you know of anyone who is thinking of joining the Network, please let them know that they are welcome to attend also.

### **Bathgate Civic Week Saturday 25<sup>th</sup> May**

The Network will be taking part in the street fair on **Saturday 25<sup>th</sup> May** and plan to have a stall in the precinct, selling books, jigsaws, CDs, etc. We would also like to hold a tombola so would be grateful for any donations such bottles of wine, confectionery, toiletries, candles, stationery, kitchenware, anything unused and within sell by dates. These items can be handed into the Hub during opening hours from Monday to Friday from 10 am to 2 pm.

### **Childrens Concert**

The Network Choir is supporting the pupils of Bankton Primary School in Livingston in their concert on **Monday 17<sup>th</sup> June at 7pm**. Ticket £5, on sale at the Hub from **Wednesday 1<sup>st</sup> May**.

### **Walking Day in Melrose – Saturday 8<sup>th</sup> June**

This event is being organized by walking group leader, Ian Beck. We will travel by coach to Melrose. There will be four or five walks for members to choose from. Anyone attending sign up to do one of the walks. Price £18. On sale at the Hub from **Wednesday 1<sup>st</sup> May**.

### **Awareness Sessions**

These sessions for members are about subjects which we hope will be of interest to the over 50s. Unfortunately, we had to cancel the seminar on Dementia Awareness last month due to the speaker taking ill on the day of the talk, but this has been re-scheduled for **25<sup>th</sup> July** when Julie Turner from Age Scotland will join us.

Also flagging up the **Dementia Awareness Day (31<sup>st</sup> May) at West Lothian College** where the Network will have stall.

Our next two dates for our awareness sessions are:

**Thursday 2<sup>nd</sup> May** when a representative from the West Lothian Council Advice Shop will come along and talk about any payments that you may be entitled to.

**Thursday 30<sup>th</sup> May**. A session "Friends against Scams" will be delivered by Sally Burton, a Fair-Trading Officer from Trading Standards.

## **7. Groups**

Alison, our Volunteers and Activities Co-ordinator has asked that the following be brought to your attention:

- A new Coffee Group in Armadale is being started up. If you are interested in this, please let the Hub know and your name will be added to the list.

The following groups are looking for new members:

- The Veterans' Group who meets fortnightly in the Hub on Mondays 12 - 2 pm. The next meeting is **Monday 29<sup>th</sup> April**.
- The Saturday Cycling Group aimed at beginners usually meet at 10.30 am in Bathgate Morrisons car park by the clothing recycling containers.
- The Butterfly Yoga Group just started last week and two last minute places have opened up.
- The Bowling Group has now added Thursday morning as well as Wednesday morning. These groups start up on **1<sup>st</sup> and 2<sup>nd</sup> May**.

- Another Table Tennis group is starting up and there are still two places available. This group starts up on Monday 6th May at Craigswood Sports Centre. The group is weekly from 4 - 5 pm and the cost is approximately £1.50 to £2.00 each week.

Any interest in any of the above groups, please contact the Hub.

## 8. Other Business

- Draft accounts have now been produced to the first-year end of the new SCIO (1 Oct 2023 to 31 March 2024). They will now be passed to our external examiner, Brian Maloney.
- Trustees welcomed the Chief Executive of Age Scotland, Katherine Crawford, to the Hub this week on a visit to explore how we might benefit from working more closely with them. Sue asked who has used any of their free services, such as their Advice Line, Energy advice, Benefits Check, Lifebook. Many members did not appear to be familiar with what is on offer.
- Sue reminded members that it costs £0.69 to post copies of communications such as the minutes, not to mention the cost of paper, photocopying and envelopes. Where possible we try to avoid posting mail to reduce costs and protect the environment. Please let us know if you can receive communications from the Hub by email rather than post.
- Can members who smoke please refrain from doing so in the front doorway as this sets off the automatic door opening.
- We welcome your photos of Network events and groups you are attending, but can you please ensure that you announce that you are taking photos which may appear on social media, and do not include photos of anyone who is not comfortable with this.
- Please note that your subscription of £24 for 2024/25 was due from 1st April. You can pay this now at the Hub in person or over the phone. If you pay by standing order or bank transfer, please amend your bank instructions, if necessary, as the old bank account is now closed. The new bank details for the West Lothian 50+ Network (SCIO) are sort code 80-22-60, account number 24654562. Please remember to include your name as the reference if paying by BACS.
- Our next Members Meeting is on Saturday 18<sup>th</sup> May in the **Bathgate British Legion** starting at 10.30 am. **PLEASE NOTE THIS CHANGE FOR ONE MONTH ONLY.** Our speaker is Network member, John Murray, who will give us a talk about his job as a Wildlife Crime Officer.
- If you have any concerns or comments about the Network that you wish to raise with Trustees, please contact the Secretary, Allan Dungavel at [Secretary@westlothian50plusnetwork.co.uk](mailto:Secretary@westlothian50plusnetwork.co.uk) or by letter addressed to him c/o the Hub.