

WEST Lothian 50+ NETWORK
MINUTE OF MEMBERS MEETING HELD ON SATURDAY 17TH AUGUST 2024
ST MARY'S HALL, LIVERY STREET, BATHGATE

HEADLINES

Visit to International Ayr Show – Festival of Flight and Robert Burns Birthplace Museum (7th September)
– Tickets are still available from the Hub, open to family and friends

**Coach Trip to Berwick Upon Tweed (Saturday 28th September) – Tickets on sale at the Hub from
Wednesday 28th August**

Walking Day (Saturday 12th October) – Tickets on sale at the Hub from Wednesday 4th September

**Macmillan Coffee Morning (Saturday 14th September) – Tickets (£5 cash) currently on sale in the Hub.
Raffle Prizes requested**

**30th Anniversary Celebration Concert (Tuesday 1st October – 7.30 pm) – Tickets (£8) are currently on sale
in the Hub**

Prostate Cancer Awareness Seminar on Thursday 29th August at 12.15 pm

Thrift Shop – Donations at the Hub from 21st September

1. Welcome

Network Chair Sue Bedford-Visser welcomed everyone. A special welcome to Ann Lee, Project Co-ordinator from Ladywell Neighbourhood Network who joined the meeting as an observer.

2. DAY TRIPS

2.1 Coach trip to International Ayr Show – Festival of Flight and Robert Burns Birthplace Museum (7th September)

This is the August outing which is being held a week later in September to take in the International Ayr Show – Festival of Flight at Ayr.

Currently on sale at £27. The price of the trip includes entry to the Burns Birthplace Museum at Alloway. If you are a member of the National Trust, you will only pay for the cost of the coach which is £18. But please remember to bring your NT membership card with you on the trip! ***This trip is now also open to friends and family.***

2.2 Coach trip to Berwick Upon Tweed and the Polish Map of Scotland (Saturday 28th September)

The September coach trip will be to Berwick Upon Tweed. On the way we will call in for a short visit to see the Polish Map of Scotland at the Barony Castle Hotel at Eddleston. The cost of this trip will be £18 and will go on sale on Wednesday 28th August from the Hub.

2.3 Walking Day (Saturday 12th October)

Ian Beck is organising another walking day on Saturday 12th October. There will be 4 walks to suit all levels, details to come later. The bus (Golden Eagle) will leave Bathgate at 9am and St Andrews at 4pm. It will stop at Anstruther on the way home for people to get a fish supper. Bookings will be taken at the Hub from Wednesday 4 September.

3. HOLIDAYS

Titanic Belfast and the Antrim Coast Holiday (14th to 19th October)

A reminder for all going on this holiday that the balance of your payment is due by 23rd August.

4. EVENTS

4.1 Drop in Coffee Session (Saturday 20th July)

Many thanks to the Events Group for organising this in lieu of a July members meeting, £45 was raised for Network funds.

4.2 Dementia Information Awareness Session (Thursday 25th July)

Julie Turner from Age Scotland gave a presentation on What is Dementia, its signs and symptoms, tips for having a good conversation with someone living with dementia and looking at the risk factors for dementia and what people can do to live well with it. All who attended thought that this presentation had been useful.

4.3 New Members' Meeting (Thursday 19th September)

The next meeting will take place on Thursday 19th September at 12.15 pm. This is for any new members who have recently joined or for anyone thinking of joining the Network. Why not introduce a friend to the Network by bringing them along?

4.4 Macmillan Coffee Morning (Saturday 14th September)

This event at the Hub is to raise funds for Macmillan will take place on Saturday 14th September. There are two sittings, 10 am to 11.30 am and 12 pm to 1.30 pm, restricted to 50 per session. Tickets are on sale at a cost of £5 (cash please to maximise donations to Macmillan). This event is open to members, family, friends and the public.

Donations are requested for raffle prizes. These can be handed into the Hub during opening hours. Home baking is also required so if you can help, please contact the Hub and give your name and contact details.

4.5 Bucket Collection (Saturday and Sunday 24th and 25th August)

There will be a bucket collection at Morrisons, Bathgate on Saturday 24th and Sunday 25th August from 10 am to 2 pm. If you can volunteer for this please contact the Hub to give your name.

4.6 30th Anniversary Celebration Concert (Tuesday 1st October – 7.30 pm) at the Regal, Bathgate

Tickets (£8) are now on sale at the Hub for this special event organised by the Network Singers to mark the Network's 30th Anniversary. Please join us to help mark this special year and bring your friends and family to help us celebrate. The Regal's bar will be open. A number of Access seats will be available.

4.7 Saturday Night at the Movies

There is no Saturday Night at the Movies in September but the group will resume in October.

4.8 Prostate Cancer Awareness Seminar (Thursday 29th August)

Following on from our other successful information seminars, this takes place on Thursday 29th August from 12.15 to 1.15pm in the Hub.

4.9 Thrift Shop Fundraiser – Donations please from Sat 21st September

This year's Thrift Shop fundraiser takes place in the Hub from Saturday 21st to Saturday 28th September. Please note that groups who use the Hub during that week will not be able to meet there. We will be delighted to receive your donations which can be handed in from the 21st onwards. Collections can also be arranged. Please contact the Hub if you need goods uplifted. We are happy to receive all sorts of goods, anything you think will sell such as clothes, toys, household items etc. "Sift & Sort" takes place from Saturday

21st to Wednesday 25th, with the shop open for business from Wednesday 25th – Sat 28th September. Clean up will be on Sunday 29th.

4.10 Craft Fair Fundraiser (Saturday 16th November)

Lots of notice for our crafters and bakers for this annual fundraiser and social event. Can anyone who wishes to book a craft stall (donation £20) please contact the Hub. If you do not wish to run a stall you can provide still provide crafted goods. Home baking (tray bakes, scones, fruit loaf, small cakes etc) will also be required for this event so if you can help in this way, please let us know.

5. GROUPS

5.1 Table Tennis

The Monday Table Tennis Group at Craigswood Sport Centre in Livingston meets weekly from 4-5pm (restarting in September after the summer break).

It may be possible to make this an evening group if that would suit people better, just let us know what works for you. The cost of the court hire is divided between members of the group. New members are welcome.

5.2 Ukulele for Fun Group

The Ukulele for Fun Group at Rosemount Gardens meets fortnightly on Tuesdays 2-3.30pm at Rosemount Gardens.

The group have just had funding to purchase 2 new ukuleles, so new members can come and try the group before needing to buy their own instrument.

5.3 New Coffee Group

A new Monday Coffee Club will meet weekly from 10am-12noon in the Chain Runner, Livingston town centre. The first meeting is Monday 19th August.

5.4 Armadale Coffee Group

Armadale Coffee Group is seeking new members. The group meet weekly at The Rowan Tree in Armadale on Tuesdays from 11am-1pm.

5.5 Zumba Group

The Zumba group meets at Xcite Bathgate on Tuesdays, weekly from 12.30-1.30pm. The cost is £5 per week payable in advance in blocks at the Hub.

5.6 Chess for Fun Group

This group meet at the Hub each week on Wednesdays from 10.00 to 12 noon. Players of all standards are welcome.

Anyone wishing to join any of the above groups should give their name to the Hub.

5.7 Volunteers needed to lead Livingston Lunch Group

The Volunteer & Groups Co-ordinator is currently trying to restart the Livingston Lunch Group and is looking for new volunteer group leaders to help.

She is generally looking for new Group Leaders to take forward some ideas we already have for new groups, or to come forward with their own ideas for new groups. Please contact the Hub if you can help.

6. OTHER BUSINESS

6.1 Network Funds

- We are grateful to The Binks Trust who have awarded £3,000 to the Network for towards staff salaries. This was received on 17th July.
- Thanks to the Network Choir for their donation of £326 following the concert at Bankton Primary School
- Some of you will have known Robert Mutter, a member who died recently. We would like to thank his daughter who has kindly made a donation of £200 to the Network.

6.2 Members Handbook

A Members Handbook has been produced, which we hope contains all the information that new members need to help them settle in quickly and enjoy the benefits of the Network to the full. If you would like a copy, they are available at the Hub or you can find it online on our website under the Resources section at: <https://westlothian50plusnetwork.co.uk/wp-content/uploads/2024/08/Members-handbook-A5-Booklet-at-15-July-2024.pdf>

6.3 Senior People's Forum

West Lothian Council's next Senior People's Forum will take place on Wednesday 28th of August 2024, 12:30-15:00. The Forum will take place in Mosswood Community Centre, all over 60s are welcome.

7. REMINDERS

- Please note that the Hub will be closed on the following date for staff training: **Monday 26th August.** Groups can access the Hub as normal.
- If you have any concerns about the Network that you wish to raise with Trustees, please contact the Secretary, Allan Dungavel at Secretary@westlothian50plusnetwork.co.uk or by letter addressed to the Secretary c/o the Hub.

8. DATE OF NEXT MEETING

Our next members' meeting will take place on Saturday 21st September, in St Mary's Hall, Bathgate at 10.30 am.