

**WEST LoTHIAN 50+ NETWORK**  
**NEWS UPDATE: NOVEMBER 2024**

**HEADLINES**

**Network Art Groups Exhibition and Sale (Saturday 7<sup>th</sup> December)**

**Joy to the World, Christmas Concert (Monday 9<sup>th</sup> December)**

**Network Christmas Party (Saturday 14<sup>th</sup> December)**

In the absence of a Members' Meeting in November, here is an update of what has happened since the last meeting in October, as well as notice of some upcoming events and activities.

**1. DAY TRIPS AND HOLIDAYS**

**1.1 Autumn in the Trossachs and Perthshire (Saturday 26<sup>th</sup> October)**

This outing was enjoyed by over 80 members. We stopped at Killin for a photograph opportunity of the Falls of Dochart, followed by time in Aberfeldy and Dunkeld. Two coaches were required for this trip.

**1.2 Scottish Antiques & Arts centre at Abernethy, and Dundee (Saturday 30<sup>th</sup> November 2024)**

This coach trip is now fully subscribed.

There is no trip for the month of December. Our next trip will be in January 2025

**1.3 Outing to Glasgow Life Museums (Saturday 25<sup>th</sup> January 2025)**

We will visit the Riverside Transport Museum located on the banks of the River Clyde. Here you'll find an incredible array of vehicles, from vintage cars to powerful locomotives, as well as the 125-year-old tallship Glenlee. We will then proceed to the Kelvingrove Art Gallery and Museum which features 22 themed, state-of-the-art galleries. Highlights include Sir Roger, the Asian elephant, and a Spitfire plane hanging from the ceiling. The extensive art collection includes Dali's masterpiece 'Christ of St John of the Cross' and many paintings by the Scottish Colourists and the Glasgow Boys.

This trip will cost £18. Contact the Hub to book your place from Wednesday 4<sup>th</sup> December.

**1.4 Network Holiday – Peak District & Chatsworth, 24<sup>th</sup> – 28<sup>th</sup> March 2025**

Join our break to the Peak District including a visit to Chatsworth House, home to the Duke and Duchess of Devonshire, Crich tram museum, the plague village of Eyam, Buxton, Bakewell and Matlock.

Staying in the Quays Hotel 4\* close to Sheffield city centre, this holiday is offered by Glentons for five days and four nights, DBB, portorage, no evening entertainment.

Numbers are based on a minimum of 35 travelling on the coach.

The cost is £469 with a single supplement of £84. Deposit £30.

Now on sale at the Hub.

**2. EVENTS**

**2.1 Coffee and Crafts (Saturday 16<sup>th</sup> November)**

Thanks to everyone (well over a hundred members) who came along to support our annual fundraising coffee and crafts morning. Thanks to all our home bakers for the many delicious treats, thanks to all the stall holders and all the work they put into making and preparing for this event, thanks to all the ladies who kept us topped up with tea and coffee, thanks to everyone who donated prizes for our raffles including the Chain Runner pub in Livingston, and our Patchwork group who raffled their amazing quilt, and thanks to all who helped to organise, set up and clear away. A lovely social morning and an amazing team effort. The final sum raised will be advised when known.

**2.2 Group Leaders Meeting (Thursday 14<sup>th</sup> November)**

Thanks to all the Group Leaders who attended this meeting. It was an excellent opportunity for group leaders to meet with other leaders and exchange views and experiences, and provided useful feedback for the Groups Co-ordinator and Trustees.

### **2.3 Bathgate Twinning Association – Associations Fair (Saturday 26<sup>th</sup> October, 10am – 2pm)**

Following on from our speaker last month, John Lockhart from the Twinning Association, we were invited to participate in this event at Bathgate Xcite. Sheila Jamieson, Marion and Jane Tinney represented the Network and signed up two new members.

### **2.4 Tree Planting at Polkemmet (Sunday 27<sup>th</sup> November)**

Members marked the 50+ Network's 30th anniversary by planting new trees at Polkemmet Country Park in Whitburn. The event was organised and supervised by Jane and John from West Lothian Council's Trees and Woodlands team. With the help of family members, a variety of almost 200 small trees, including alder, grey alder, oak, rowan and holly, plus one large silver birch, were planted in an area just to the north of the country park's south car park.

### **2.5 Silver Sunday Event (Sunday 17<sup>th</sup> November)**

It was a busy afternoon for our team at this year's Silver Sunday event at the Hilcroft in Whitburn. Thanks to those who took part and to everyone who stopped by to say hello.

### **2.6 New Members' Meeting**

The next meeting will take place on Thursday 21<sup>st</sup> November at 12.15 pm in the Hub. This is for any new member who has recently joined, or for anyone thinking of joining the Network.

### **2.7 Saturday Night at the Movies (Saturday 14<sup>th</sup> December)**

The next movie night is on Saturday 14<sup>th</sup> December at 6pm. To attend please sign up at the Hub as there are only 30 spaces available

### **2.8 Network Art Groups Exhibition and Sale (Saturday 7<sup>th</sup> December, 11 am to 3 pm)**

The exhibition will take place in the Hub from 11 am to 3 pm. Drop in to see the art on display and enjoy a cup of tea/coffee and a mincemeat pie, cost £2. Cash sales only please.

Please note the extended hours for this event which take into account Bathgate's annual Christmas extravaganza event which takes place in George Street and The Steelyard from 12 noon, with live entertainment from Radio Grapevine, and festive market stalls.

### **2.9 Joy to the World, a Christmas Concert (Monday 9<sup>th</sup> December)**

The Network Singers, together with the Network Junior Singers are joined by members of Whitburn Heartlands Band for this Christmas Concert which takes place in Armadale Parish Church at 5 Academy Street, Armadale from 7 pm to 8.30 pm. Tickets (by donation) can be obtained from the Hub.

### **2.10 Reconnect Regal Theatre – Oor Aladdin - Pantomime (Thursday 12<sup>th</sup> December)**

This takes place at the Reconnect Regal Theatre at North Bridge Street, Bathgate at 12.45 pm. Tickets are currently on sale at the Hub at a cost of £10, oh yes they are!

### **2.11 Members' Christmas Party (Saturday 14<sup>th</sup> December, 1pm to 3pm) PLEASE NOTE THIS IS THE SECOND SATURDAY OF THE MONTH**

This takes place at St Mary's Church Hall, Livery Street, Bathgate from 1pm to 3pm. Entrance is by advance ticket only – now on sale at the Hub. The cost is £5 which includes a buffet. Please note that this replaces our December Members' Meeting.

## **2.12 Twixmas (Saturday 28<sup>th</sup> December)**

This event is run between Christmas and New Year as a get together for members wishing a chat. It is held in the Hub (which is otherwise closed over the Christmas period) and tea/coffee and mincemeat pies will be available.

Volunteers are required to host this.

## **2.13 Volunteers Lunch (Wednesday 15<sup>th</sup> January 2025)**

A date for your diary! Invitations will be sent out soon.

## **2.14 Members' Meeting (Saturday 18<sup>th</sup> January 2025)**

This takes place in St Mary's Church Hall, Livery Street, Bathgate from 10.30 am to 12.30 pm. Our speaker this month is Jennifer Howard Coombes, the recently appointed director of the Almond Valley Heritage Trust.

## **2.15 Prize bingo**

Emma and Alison are still taking notes of interest in Prize Bingo evenings at the Hub. Times to be arranged based on level of interest and preferences. Trustees have agreed funds to purchase a bingo machine and prizes for a first session, after which prizes will be purchased from funds raised. £3.00 per session.

## **3. GROUPS**

### **3.1 Balloon Drumming**

This new group started on Thursday 14<sup>th</sup> November with 7 members. It takes place in Royal Scot Court, 76 Academy Street, Bathgate. Members wishing to find out more about this group and join should contact the Hub.

### **3.2 Livingston Lunch Group**

The group used to meet on the last Friday of the month from 12.30pm-2.30pm at various lunch venues around the Livingston area. The group needs two new Group Leaders.

## **5. OTHER BUSINESS**

### **5.1 Fundraising**

We are delighted to be chosen as one of the Co-op's charities for the next 12 months. If you are a Co-op member, whenever you shop in any Co-op store you can raise funds for us. It does not matter which Coop in the UK you shop in, for you to choose to support the West Lothian 50+Network SCIO. If you are not a member, why not join and help raise funds for our Network? The stores supporting us for the next 12 months are:

<https://www.facebook.com/CoopFoodWhitburn> <https://www.facebook.com/CoopFoodLivingston> at Bankhill Retail Park

<https://www.facebook.com/CoopFoodLivingstonCraigshill>

<https://www.facebook.com/CoopFuneralcareBathgate>

### **5.2 New Appointment to the Board of Trustees**

We are pleased to welcome John Yule to the Board of Trustees. John brings to the board many years of experience in building/ construction and health & safety.

5.3 Our members support officer Jen is to undertake a BSL (British Sign Language Course) starting in January at West Lothian College. We have asked our fundraiser to look into the possibility of raising new funds with the specific purpose of also providing this training for some of our members. With this in mind, and bearing in mind that the commitment would be for a 17 week programme of evening classes at the College, please let the Hub know if this is something that you think you would like to do, and why this may be of benefit to the Network.

## **6. REMINDERS**

**6.1 Christmas Closing Dates:** Please note that the Hub will be closed between 23rd December 2024 – 6<sup>th</sup> January 2025. It will still be open for groups who still wish to meet over the festive period.

### **6,2 Reminder**

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](mailto:Secretary@westlothian50plusnetwork.co.uk) or by letter addressed to the Secretary c/o the Hub.