

**WEST LOTHIAN 50+ NETWORK  
MINUTES OF MEMBERS MEETING  
SATURDAY 19 OCTOBER 2024  
ST MARY'S HALL, LIVERY STREET, BATHGATE**

**1. Welcome and introduce guest speaker**

Welcome from the Chair. A special welcome to any new members here for the first time.

Speaker is Keith Jackson speaking about Oppenheimer.

**2. DAY TRIPS**

**2.1 October Outing to Aberfeldy & Dunkeld – 26<sup>th</sup> October (Saturday)**

The first bus sold out quickly with a long waiting list. Subsequently a second bus has been booked. 8 seats available on Coach 2.

**2.2 November Outing to Scottish Antiques & Arts Centre at Abernethy and Dundee – Saturday 30<sup>th</sup> November**

Cost £18. To go on sale on Wednesday 30<sup>th</sup> October

**2.3 Walking Day**

Thanks to Ian Beck for organising the successful walking day last week and to members who led the three walks.

**3. HOLIDAYS**

**3.1 Twixmas Break at Nethy Bridge**

Balances are due for payment by 1<sup>st</sup> November.

**3.2 Peak District, Monday 24<sup>th</sup> – Friday 28<sup>th</sup> March 2025**

Holiday to the Peak District including Chatsworth House, plague village of Eyam, Buxton, Bakewell, Matlock, Crich tram museum. Members would stay in the Quays Hotel 4\* in Sheffield. 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.

**4. EVENTS**

**4.1 Thrift Shop Fundraiser**

A resounding success in terms of the funds raised, some £5286.80. Thanks go to Kate Blake (KB) and Elizabeth Wark (EW) who organised this event, and to their team of over 30 members who assisted in the shop and to all members who donated items.

**4.2 30<sup>th</sup> Anniversary Celebration Concert at the Regal, Bathgate**

The Network Singers did us proud celebrating the Network's 30th anniversary with a wonderful evening of entertainment at the Reconnect Regal Theatre. Songs from our choir, from guest soloist Leona Corio -

Singer and a medley of tunes from an ensemble from the Whitburn Heartlands Band. Guest were piped into the theatre.

Thanks to Eddie Anderson from West Lothian News for coming along to record this special evening, videos on our YouTube channel and on facebook.

Well done to those who organised the raffle which took £347.

#### **4.3 Tree Planting Event – Polkemmet Country Park – Sunday 27<sup>th</sup> October at 11am**

In celebration of our 30<sup>th</sup> year, in conjunction with the council's forestry service, we will be planting some specimen trees at Polkemmet. No charge, but please leave your name at the Hub if you would like to come along.

#### **4.4 Coffee and Crafts Fundraiser (Saturday 16th November, 10.30-12.30) (in lieu of monthly meeting**

Venue St Mary's Hall, Livery Street, Bathgate

Tickets £5 includes coffee/tea, cake, entrance

Stalls include cards, crafts, art, wood products from Robert at the Armadale Shed, craft and plants from the Brock Garden Centre, home baking, raffle, tombola.

Cash sales (the Brock have a card reader)

We would be grateful for donations of tray bakes, small cakes, tea loaves, for use on the day and to sell.

Please hand into the Hub on the Friday or at St Mary's on the Saturday.

#### **New Members' Meeting, Thursday 21<sup>st</sup> November at 12.15**

**4.5** 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?

#### **4.6 Saturday Night at the Movies**

The next movie night is on Saturday 9<sup>th</sup> November at 6pm. The movie will be "Yesterday" a movie including the music of the Beatles but is not about the Beatles. To attend please sign up at the Hub as there are only 30 spaces available.

#### **4.7 Art Groups' Exhibition in the Hub, Saturday 7 December, 10am to 2pm**

Once again, our Art Groups are putting on an exhibition in the Hub when their work will be for sale. Please do come along and support them. Coffee and mincemeat pies will be served for £2.

#### **4.8 Prize bingo**

Emma and Alison are looking to gauge interest in Prize Bingo evenings at the Hub. If there is enough interest, this could start in December, probably early evenings. Times to be arrange based on level of interest and preferences. £3.00 per session

#### **4.9 Pantomime – Thursday 12<sup>th</sup> December**

Eleanor has reserved 50 seats for Network members at the Regal's pantomime – Oor Aladdin - at a cost of £10. Matinee performance starting at 12.45pm on Thursday 12<sup>th</sup> December. Tickets now on sale at the Hub.

#### **4.10 Choir's Christmas Carol Concert**

Vanda is hoping to put on a Christmas Carol Concert in early December – details TBC

This will be the last concert with music director Yvonne Drummond who is stepping down after 15 years. She will be very much missed.

We are currently advertising for a replacement volunteer music director to work with the choir – please do pass this on to anyone who you think may be interested.

#### **4.11 Christmas Party**

Starting to plan for a Christmas Party, Saturday 14<sup>th</sup> December, starting at 1 pm until 3pm at St Mary's Church Hall, Bathgate. Details to be confirmed.

#### **4.12 Twixmas Social Time**

It was decided to repeat this event which has been run for the last two years between Christmas and New Year. The Hub will be opened on a day to be agreed for coffee, tea and mince pies. Volunteers will be required to run this.

### **5. GROUPS**

Highlight that we have new funding, both for starting new activity groups and to buy resources for existing groups. Please let Alison know if you have ideas for new groups or want to apply through existing group leaders for funds for equipment.

5.1 Our Chess for Fun Group on a Wednesday morning would welcome more members.

5.2 The Monday Coffee Group held at the Chain Runner in Livingston have space for a few more members.

5.3 Zumba which is held at Xcite in Bathgate on Tuesdays 12.30 until 1.30 at a cost of £5 per week payable in advance in blocks at the Hub also have spaces available.

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

#### **5.4 Groups Possibly Restarting**

##### **Ten Pin Bowling**

This will hopefully restart soon at Deer Park in Livingston. Day, time and cost to be confirmed.

##### **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 really needs two new Group Leaders.

Contact the Hub if you are interested in joining either of these Groups.

#### **5.5 Possible New Groups**

##### **Balloon Drumming**

If anyone is interested in trying Balloon Drumming, we have an opportunity to start a group on Thursday afternoons from 2pm-3.30pm at Royal Scot Court in Bathgate. It is a fun exercise that is done to music and

is good for a wide range of abilities and can be done seated or standing. The group will do their exercise and then finish with refreshments and a chat. We are taking notes of interest for this at the Hub.

## **Pickleball**

This is a new, fun and low-impact racket sport that combines elements of tennis, badminton and ping-pong. Looking for notes of interest for this. The equipment and courts are available at Xcite East Calder. There are two possible time slots available Tuesdays from 11am-12noon and Saturdays from 12 noon. If enough members are interested, we could try to arrange a come and try session and then start a regular group. Please note your interest at The Hub stating which day would suit.

## **Walking Football**

We are currently looking for notes of interest from anyone interested in joining a new group to play walking football.

### **6. REPRESENTING THE NETWORK**

6.1 On 10<sup>th</sup> October the 50+ Network marked **#WorldMentalHealthDay** by joining NHS Lothian and other public sector and third sector partners at a Mental Health & Wellbeing Event at Strathbrock Community Centre. Thanks to Sheila and Allen for flying the flag for the Network. It was good to see the wide range of support in West Lothian for all aspects of mental, social, and physical health, from childhood to old age.

#### **6.2 Silver Sunday – 17<sup>th</sup> November**

Alison Shedden and Heather Waddell will represent the Network at this event at the Hilcroft Hotel.

#### **6.3 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 from 10 am to 2 pm. Sheila Jamieson will represent the Network.

### **7. OTHER BUSINESS**

#### **7.1 Network Funds**

- £3000 has been received from the Souter Charitable Trust for members' activities
- £500.00 Received from Home Instead on the 16<sup>th</sup> September 2024 – Resources and instructors.
- Local businessman John Anderson, a Utility Warehouse Partner, has donated £100 following our appeal for materials to freshen up paintwork in the Hub.
- The application to West Lothian Council (WLC) for pensioners Christmas funds was successful and the Network has received £1098 which is substantially lower (just over one third) than the amount received 2 years ago (£2892 in 2022)

## **7.2 Members Survey**

It has been 2 years since we undertook a survey of our members and so we are preparing one now that we aim to issue before the end of the year. Please do respond when it comes as this helps to ensure that we keep on doing things that you enjoy.

We also plan to issue very short feedback forms after our trips, once again to help us to keep doing things that are right for our members.

## **8. REMINDERS**

- 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.
- **Christmas Closing Dates:** Please note that the Hub will be closed between 23 December 2024 – 6<sup>th</sup> January 2025

## **9. AOB**

No other matters were raised.

## **10. DATE OF NEXT MEETING**

Our next members' meeting will take place on Saturday 18th January 2025 in St Mary's Hall, Bathgate at 10.30 am.