

WEST LOTHIAN 50+ NETWORK
MINUTES OF MEMBERS' MEETING
SATURDAY 21 SEPTEMBER 2024 AT THE BATHGATE LEGION

1. Welcome and guest speaker.

A welcome from the Chair who introduced guest speaker John Lockhart from the Bathgate - Cran Gevrier / Anney (in France) Twinning Association. John spoke about the opportunities for groups to make links with similar groups in France, and about the upcoming local Organisations Fair to promote community groups that the Twinning Association are holding on Sat 26th October at Bathgate Xcite.

Anyone interested in either of these opportunities can contact the Hub to be put in touch with Lorna Kerwin, a member who is involved in the Twinning Association.

2. DAY TRIPS

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

An amazing response to our September coach trip to Berwick Upon Tweed, which will call in for a short visit to see the Polish Map of Scotland at the Barony Castle Hotel at Eddleston. We have now added a second coach which will go first to Berwick and call at the Barony Castle on the way back to Bathgate. Eight places remain if you would like to join the second coach. The cost of this trip is £18.

2.2 Saturday 26th October coach trip – Autumn in the Trossachs and Perthshire

Enjoy the colours of Autumn on our scenic coach trip through the Trossachs and Perthshire countryside. Stop at the beautiful Falls of Dochart in Killin, before heading along the shores of Loch Tay to Aberfeldy, a charming town in the heart of Highland Perthshire. Our last stop is Dunkeld, an historic cathedral town on the banks of the Tay, opposite Birnham and one of the most complete 18th-century country towns in Scotland. Enjoy a river walk, or find great places to eat, and quality independent shops and galleries.

£18. Bookings will be taken at the Hub from Wednesday 2 October.

2.3 Walking Day (Saturday 12th October)

Now fully subscribed - Ian Beck is organising a walking day on Saturday 12th October. There will be 3 walks to suit all levels. 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.

3.0 HOLIDAYS

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

A reminder for anyone still to pay the balance of your payment – it was due by 23rd August.

Twixmas Break

The balance is due by 1 November.

4. EVENTS

4.1 Macmillan Coffee Morning (Saturday 14th September)

An excellent effort by our events team, which raised £1261.80 for Macmillan Cancer Support Scotland

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

Thanks to all who assisted at our bucket collection at Morrisons, Bathgate on Saturday 24th and Sunday 25th August. £171.27 was raised for Network funds with great engagement with shoppers.

4.3 Thrift Shop Fundraiser

This year's Thrift Shop fundraiser takes place in the Hub from Tuesday 24th Sept 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 any time now. Collections can also be arranged. We are happy to receive all sorts of goods, anything you think will sell such as clothes, toys, household items etc. Clean up will be on Sunday 29th. Thanks to everyone who has volunteered to help with this event.

4.4 30th Anniversary Celebration Concert (Tuesday 1st October – 7.00 pm) at the Regal, Bathgate

Tickets (£8) are still on sale 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. Several Access seats will be available.

Tickets can be purchased online at this link: [The Network Singers Present: It's Showtime! Tickets, Tue, Oct 1, 2024, at 7:00 PM | Eventbrite](#)

4.5 Tree Planting Event – Polkemmet Country Park – Sunday 27th October at 11am

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

4.6 Coffee Morning and Craft Fair Fundraiser (Saturday 16th November, 10.30 at St Mary's Hall, Bathgate)

A reminder to our crafters and bakers for this annual fundraiser and social event. Can anyone who wishes to book a craft stall (suggested 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. Tickets £5.

4.7 New Members' Meeting 21st November

The next meeting will take place on **Thursday 21st November at 12.15**

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?

4.8 Silver Sunday, 17th November

Silver Sunday is an annual day of fun and free activities for older people.

If you are over 65 you can apply for a free place for this year's event on Sunday 17th November at the Hilcroft Hotel, Whitburn.

Tea, coffee & biscuits will be available along with information stalls from local agencies between 1pm-2pm, followed by a Variety Show from Rovin Productions from 2pm-4pm.

You must reserve a space to attend. Phone the local Silver Sunday organisers (not the Hub) on 01506 237950 (NHS) from 1st October to book.

Limited availability. Carers welcome. Wheelchair accessible.

4.9 Oor Aladdin Pantomime – 12th December

Eleanor has reserved 50 seats for Network members at the Regal's pantomime in Bathgate – Oor Aladdin - at a concessionary price of £10. Matinee performance starting at 12.45pm on Thursday 12th December. Tickets on sale at the Hub from Weds 2nd October.

5. GROUPS

5.1 Reminiscence Group

The group will restart after the summer break on Friday, 27th September at 10.30 at the Bennie Museum.

5.2 The **Outdoor Bowling groups** that currently meet at Glenmavis Bowling Club in Bathgate will soon move to the West Lothian Indoor Bowling Club in Howden, Livingston for the winter months. Contact the hub if you are interested.

5.3 A new group called Writers' Chat Group (previously Creative Writing Group)

This group will be starting on Tuesday, 8th October at 2pm. This group will meet monthly in the Hub. The group will have no formal teaching, there will be no judgement, just lots of chat and sharing of ideas. Please get in touch with The Hub if you are interested.

5.4 Coffee Groups looking for new members:

Monday Chain Runner Coffee Group

This group meet weekly from 10am-12noon in the Chain Runner, Livingston.

Armadale Coffee Group

This Group meet weekly at The Rowan Tree in Armadale on Tuesdays from 11am-1pm

5.5 Saturday Night at The Movies

The next movie night is on Saturday 12th October at 6pm. The movie will be **"The Hundred-Foot Journey"** starring Helen Mirren. The film is about a battle in a French village between two restaurants that are directly across the street from each other: a new Indian restaurant owned by an Indian family and an established French restaurant with a Michelin star owned by a French woman.

To attend please sign up at the Hub as there are only 30 spaces available.

5.6 Zumba Group

The Zumba group meets at Xcite Bathgate on Tuesdays, weekly from 12.30-1.30pm. The cost is £5 per week.

5.7 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.

5.8 Livingston Lunch Group

The Volunteer & Activities Co-ordinator is currently trying to restart the Livingston Lunch Group and is looking for new volunteer group leaders to help. The group used to meet on the last Friday of the month from 12.30pm until 2.30pm at various lunch venues around the Livingston area.

5.9 Possible New Group - Balloon Drumming

If anyone is interested in trying Balloon Drumming, we have an opportunity to start a group on Thursday afternoons from 2pm until 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. At the moment, we are taking notes of interest for this at The Hub.

5.10 Possible New Pickleball Group

This is a new, fun and low-impact racket sport that combines elements of tennis, badminton and ping-pong. The Volunteers and Activities Coordinator is 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 until 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.

5.11 Possible New Group - Walking Football- we are currently looking for notes of interest from anyone interested in joining a new group to play walking football.

6. OTHER NETWORK BUSINESS

6.1 Board of Trustees

The new Board of Trustees met for the first time on 11 September. Minutes of board meetings will continue to be placed in a folder in the Hub if anyone would like to read them once they have been approved. Office bearers are as follows: Chair Sue Bedford-Visser, Vice Chair Sheila Jamieson, Secretary Allan Dungavel, Treasurer Jeanette Scott.

6.2 Incident reports – group leaders are requested to ensure that any accident / incident that occurs in groups should be reported into the Hub.

6.3 Network Funds

- We are grateful to Age Scotland who have awarded £600 to the Network from their Support, Sustain, Celebrate fund for resources for activity groups. This was awarded on 20th August.
- Thanks to Home Instead (who provide care in your own home) for their donation of £500 for Group Resources.
- Murdoch Forest Trust award on 6th September of £2,000 towards the salary of the Volunteers Co-ordinator
- Hugh Fraser Foundation have awarded the Network £3,000 towards MSO salaries. This is year 3 of a 3-year award.
- Thanks to the Outdoor Bowls groups for their donation to network funds of £125.50.

6.4 Contact Trustees

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 19th October, in St Mary's Hall, Bathgate at 10.30 am.