

**WEST LOTHIAN 50+ NETWORK  
NEWS UPDATE: JULY 2024**

**HEADLINES**

**Dementia Information Awareness Session: Thursday 25 July: 12.30 pm in the Hub**  
**September Outing – Robert Burns Birthplace Museum and Ayr: Tickets on sale on Wednesday 31<sup>st</sup> July**  
**ANNUAL GENERAL MEETING: 10.30 am in St Mary’s Hall on Saturday 17<sup>th</sup> AUGUST**  
**MacMillan Coffee Morning: Tickets on sale on Thursday 1<sup>st</sup> August. Raffle Prizes are sought for this event**

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

**1. DAY TRIPS**

**1.1 Cultybraggan & Callander Outing (Saturday 29<sup>th</sup> June)**

This outing was enjoyed by all with a stop off for morning coffee at Crieff Centre, a most interesting, guided tour of the Prisoner of War camp at Cultybraggan and finishing with free time in Callendar.

**1.2 Kelso/ Borders Union Show (Saturday 27<sup>th</sup> July)**

There are still tickets available for this outing. If you do not wish to attend the Borders Union Show, the cost will be £18. If you wish to attend the Show, this will cost an additional £20 payable on the day. This event has been opened to family and friends who must be over the age of 18. The bus will stop at the show and also in Kelso town centre.

**1.3 Visit to Robert Burns Birthplace Museum, Alloway and Ayr/ International Ayr Show (7<sup>th</sup> September)**

This is the August outing which is being held a week later to take in the International Ayr Show – Festival of Flight at Ayr, an action-packed festival set against the backdrop of the beautiful South Ayrshire coastline  
Tickets for this event which include entry to the Robert Burns Birthplace Museum, will be on sale on Wednesday 31<sup>st</sup> July at a cost of £27. If you are a member of the National Trust, you will only pay for the cost of the coach which is £18. Please remember to bring your membership card when you visit.

**2. HOLIDAYS**

**Twixmas Break at the Nethybridge Hotel (27<sup>th</sup> to 30<sup>th</sup> December 2024)**

This holiday went on sale on 26<sup>th</sup> June and is now sold out. There is a waiting list.

**3. EVENTS**

**3.1 Scottish Power Network Presentation (Thursday 27<sup>th</sup> June)**

Scott Graham of SP Energy Networks gave a talk on the Priority Services Register, the support available to help with rising energy costs, and free home fire safety checks. It was well received by all who attended. There are leaflets in the Hub for those who were unable to attend.

**3.2 Drop in Coffee Session (Saturday 20<sup>th</sup> July)**

Many thanks to the Events Group for organising this informal meeting at the Hub, providing the chance for members to get together in lieu of our regular monthly members meeting.

**3.3 Dementia Information Awareness Session (Thursday 25<sup>th</sup> July)**

Julie Turner from Age Scotland will give a presentation on What is Dementia? She will talk about its signs and symptoms, tips for having a good conversation with someone living with dementia and look at the risk factors for dementia and what people can do to live well with it. This takes place in the Hub at 12.30 pm.

### **3.4 New Members' Meeting**

The next meeting will take place on Thursday 19<sup>th</sup> September at 12.15 pm. This is for any new member who has recently joined, or for anyone thinking of joining the Network. If you would like to introduce a friend to the Network this is a good opportunity to come along with them to find out more.

### **3.5 Macmillan Coffee Morning**

A Coffee Morning in support of Macmillan will be held in the Hub on Saturday 14<sup>th</sup> September, with two sessions: between 10am-11.30am and 12pm-1.30pm. Numbers will be restricted to 50 per session. Tickets cost £5 , cash only please, and will go on sale on **Thursday 1<sup>st</sup> August**,. The Events Group are organising this event and are seeking raffle prizes which can be left in the Hub.

### **3.6 Morrison's Bathgate Bucket Collection (Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> August)**

This will take place from 10 am to 2 pm on both days. Volunteers are needed even if only for 1 – 2 hours. Contact Eleanor Shaw/the Hub

### **3.7 Network's 30<sup>th</sup> Anniversary Celebration Concert (Tuesday 1<sup>st</sup> October) at Regal Reconnect Theatre, Bathgate**

Please reserve this date for your diary, Tuesday 1<sup>st</sup> October, 7pm-9.30pm, doors open 6pm. The Network Choir, the Junior Choir, guest soloist and junior brass group will be performing. Tickets (£8) will go on sale in August. Seats will be able to be reserved for those with disabilities. The theatre's bar will be open.

### **3.8 Saturday Night at the Movies (Saturday 10<sup>th</sup> August)**

This new group got off to a successful start in July. Thirty tickets are available from the Hub each month on a first come first served basis. Tickets are free. Refreshments will be available, £1 collected on the night. The movie will be chosen by group leaders Jane and Marion Tinney. Please get in touch with the Hub to secure your place for 10<sup>th</sup> August.

### **3.9 Craft Fair and Coffee Morning (Saturday 16<sup>th</sup> November)**

Please note that this event which replaces the monthly Members' meeting will now take place in November as opposed to October. It was felt that this event would be more successful if it took place closer to Christmas. Donations of baking and goods for sale will be required. This event will be run by the Events Group. Further details will be included in the next Minute.

## **4, GROUPS**

### **4.1 Table Tennis**

The new Monday Table Tennis Group at Craigswood Sports Centre 4-5pm, is having a summer break in July and August restarting in September but is looking for new members. If interested, please contact the Hub

### **4.2 New Coffee Group (Livingston)**

This new group will take place on Mondays from 10 am to 12 noon in the Chain Runner, Livingston. If you wish to join, please contact the Hub.

4.3 Our new Armadale Coffee Club hosted their first meeting at the Rowan Tree in Armadale this month. They had a lovely time. The group will meet on Tuesday mornings each week. If you are interested in joining them, please get in touch with the Hub.

## **5. OTHER BUSINESS**

### **5.1 Fundraising**

The Network has recently received the following external financial support:

- £10,000 from the National Lottery "Awards for All" fund on 7<sup>th</sup> June. These are restricted funds of £6,000 to contribute to the Manager's salary and £4,000 for rent.

- £800 in total from Councillors' disbursement fund in June 2024
- In addition, we were able to claim £242.87 Gift Aid from HMRC, received on 11<sup>th</sup> June. (We claim this against your membership fee if you have told us that you are a tax payer).

## **5.2 Maintenance work in the Hub**

- We are reaching out to anyone who has good DIY skills or who possibly had a trade in their working life to advise/ assist with small maintenance jobs in the Hub. This can be very time consuming for our staff to organise as well as very costly for the Network. Some members have already come forward, including Norman Gregg and Bill McEwan who are currently undertaking some remedial work on the Hub's rear Fire Exit to make it safe. This repair is very welcome as it represents a substantial financial saving for the Hub. Thank you Norman and Bill.

## **6. REMINDERS**

### **6.1 Photos**

We welcome your photos of all the Network events you are attending, but can you please ensure that you announce at the start of any event that you are taking photos which may appear on social media, and do not include photos of anyone who is not comfortable with this.

### **6.2 Hub Closures**

Please note that the Hub will be closed on the following dates for staff training:

- **Monday 5<sup>th</sup> August**
- **Monday 12<sup>th</sup> August**
- **Monday 26<sup>th</sup> August**

Groups can access the Hub as normal.

### **6.3 Annual General Meeting, 17<sup>th</sup> August 2024**

Our next Members Meeting is our Annual General Meeting on Saturday 17<sup>th</sup> August in St Mary's Hall, Bathgate at 10.30 am. This is your opportunity to influence the future direction of the Network through the election of Trustees and changes to our working practices as set out in our Constitution.

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.