



Sunshine and Smiles

What a fantastic day out the members had on our June coach trip, with not one but two coaches heading off for a brilliant adventure to Helensburgh and Loch Lomond Shores. The sun was shining, the chat was flowing, and the scenery didn't disappoint. From walks by the water to a good blether over lunch, it was the perfect mix of fresh air and good company.

Double at Dechmont Memorial Hall

Two new activity groups have recently launched at Dechmont Memorial Hall, as part of West Lothian 50+ Network's efforts to expand services into local communities across the county.

A Men's Social Group and a weekly Mindfulness Group are now up and running, offering new opportunities for older adults in the area to connect, relax and take part in regular group activities.

Both groups are being delivered in response to local interest and feedback from members living in and around Dechmont, and form part of a wider drive by the Network to increase access to activities in smaller and often under-served areas of West Lothian.

Annual General Meeting

An important date in the Network's calendar is rapidly approaching – that of our AGM (Annual General Meeting) which takes place on 16th August 2025, 10.30am at St Mary's church hall in Livery St, Bathgate.

All members are welcome to attend, and we urge you to do so. As well as hearing the Chair's report on the year's activities, you will have the opportunity to consider the Annual Accounts and elect the charity's trustees, the members who will shape the future direction of the Network.

Ten nominations have been received for the Board of Trustees. If you have not received an email which includes the Nominee statements, this can be provided to members by the team at the Hub. Nominations are now closed, and no new nominations can be accepted on the day of the AGM.

New for 2025 – Proxy Voting

If you're unable to attend the AGM in person, you can now vote by proxy.

You may nominate someone to attend and vote on your behalf, they do not need to be a member of the Network.

Proxy voting forms are available from the Hub and must be returned no later than Friday 2nd August.

Members Drop-in Coffee Get Together

On Saturday 19th July, our Events team hosted a relaxed drop-in coffee morning at the Hub, offering members another chance to socialise and connect. The session was well attended, with plenty of conversation and laughter over a cuppa. As always, a big thank you goes to our dedicated volunteers who were on hand to help with the refreshments.



Tech and Phone Help Sessions

Need a hand with your phone, tablet, or laptop? Not sure how to use some apps or settings?

Pop along to the first of our informal IT Drop-in Session at the Members Hub in Bathgate. Bring your device and your questions, no need to book, just turn up. ? Tuesday 5th August ⌚ 4:00pm–6:00pm



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01506-635510



Upcoming Trips and Holidays

Mount Stuart & Rothesay, Isle of Bute – Sat 30 Aug 2025

Take the ferry to Rothesay for a relaxing day on the Isle of Bute. Explore the seafront, Discovery Centre, and castle or upgrade to visit Mount Stuart, a grand Victorian Gothic mansion house set in 300 acres of gardens.

£30 Rothesay only / £42 with Mount Stuart entry

Booking opens: Wed 30 July

North Wales Holiday – 15–19 Sept 2025

Stay in Llandudno and enjoy visits to Caernarfon, Conwy, Portmeirion, and Betws-y-Coed.

Includes trips on the Welsh Highland, Snowdon Mountain and Ffestiniog railways.

£525 per person | £30 deposit

Only one double room left!

Full balance by 11th August

Twixmas in Harrogate – 27–30 Dec 2025

3-night break at the Cairn Hotel in Harrogate with trips to York and Knaresborough, plus stops in Richmond and Barnard Castle. Evening entertainment, fizz on arrival, and no single supplement for the first 5 rooms (allocated by ballot).

£299 per person | £40 deposit

Sole occupancy of double: +£60

Full balance by 15 Nov

Booking opened: Wed 2 July

For more information on any upcoming trips and events please contact the Hub team on 01506 635510 between 10am-2pm Monday-Friday.

Saturday Night Club

Over 30 members came along for a night of mystery, mayhem and more than a few suspicious characters at the July meeting of the Saturday Night Club. From the costumes to the acting (and dramatic reveals!), it was a brilliant example of our members making the most of the space at the Hub and each other's company. The group meets on the first Saturday of each month and welcomes new members.



Silent Auction - Not Long Now

Join us for a cracking night of community spirit, great items, and a bit of healthy bidding, all to support the Network. We've got a brilliant mix of items up for grabs, kindly donated by members and local supporters.

Get ready for a fun-filled evening of bidding, bargains, and a great community buzz, all for a fantastic cause!

Friday 9th August from 7-9pm at St Mary's church hall, Bathgate. Cash bar operated by the church team.

Tickets £3 on sale now. Tea/coffee included.

On sale now via Eventbrite and the Hub.

Providing a Safe Space

At West Lothian 50+ Network we want everyone to feel welcome, respected, and safe, whether you're joining a group, volunteering, or just popping in for a cuppa.

That's why we have a clear safeguarding policy in place and make sure all our staff are trained in how to spot and respond to any concerns.

If you ever do have a worry or something you'd like to talk about, our Safeguarding Lead is Jamie Seery. You can reach him at the Hub, by calling 01506 635510 or emailing manager@westlothian50plusnetwork.co.uk.

We keep things simple, confidential and supportive. Our full Safeguarding Policy is available on request.

Activity Groups Update

Mindfulness Group – Dechmont

Where: Dechmont Memorial Hall

Starts: Monday 11th August

When: Mondays, 10:30am – 12:30pm

A chance to relax, slow down, and take time for yourself.

Saturday Games Club – Bathgate

Where: The Hub, 14 George Street

When: Saturdays, 11:00am-2:00pm

Classic games like Rummikub, Mexican Train and more.

Craft Group – Bathgate (Relaunch)

Where: Jim Walker Partnership Centre

Starts: Tuesday 29th July

When: Tuesdays, 1:45–3:45pm

Back by popular demand, bring your creativity and enjoy good company.



Members of our Pool For All Group

Men's Social Group – Dechmont

Where: Dechmont Memorial Hall

Day/Time: Tuesdays, 10am–12pm

A chance for a blether and good company, pop along!



If you are interested in joining any of these groups, please get in touch with the Hub to note your interest.



Members of our Saturday Games Club

Community Engagement



The Network was out in force at the Bathgate Fun Day, hosted by Link at Creamery Park.

Our team of volunteers were on hand throughout the day to chat with locals about the Network's groups, trips, and wellbeing activities and plenty of new faces stopped by to find out more.

Our Charity Manager Jamie also took the chance to connect with Graham from Home Instead West Lothian this month. The two discussed the great work both organisations are doing to support older adults and shared ideas on how they might collaborate on future projects.

The Network continues to support efforts to safeguard the café at Rosemount Gardens, recognising how valued it is by local older people. We've been working in the background to help facilitate discussions and explore possible long-term solutions, including the idea of a community-led model that keeps the café running and serving local needs. The café remains open for now, with the future of the service still under discussion. The Integration Joint Board (IJB), which oversees health and social care in West Lothian, is expected to meet again on 13th August to consider next steps.

We're continuing to engage with council officers, local partners, and community members to ensure that any future plans take into account the needs of older people across the area.

Volunteer Spotlight



Linda joined the Network less than 18 months ago and has already become an important and much-loved part of our community.

She's stepped up in so many ways from joining our board of trustees to regularly helping at events, serving teas and coffees, supporting activities, and collecting donations with a friendly smile.

Her dedication and energy are clear to everyone around her, and we're truly grateful for all that she brings to the Network.

Thank you, Linda, for everything you do. You make a real difference.

Upcoming Dates For Your Diary

Annual General Meeting

Last reminder that our AGM will be on 16th August 2025, ⌚ 10.30am at St Mary's church hall in Livery St, Bathgate.

Silent Auction

Friday 9th August ⌚ 7-9pm at St Mary's church hall, Bathgate.

New Members Get Together

Thursday 21st August ⌚ 12:15 at the Hub, Bathgate.

IT Drop-in Session

Bring your device and your questions, no need to book, just turn up. Tuesday 5th August ⌚ 4:00pm–6:00pm

September Members Meeting

20th September ⌚ 10.30am at St Mary's church hall in Bathgate. With guest speaker from The Conservation Volunteers.

Themed Quiz Night

Saturday 13th September 2025

Thrift Shop

22nd - 26 September. Donations accepted from Friday 19th September.

Member Support Team Update

Our Member Support Team have been busy as ever, keeping things running smoothly behind the scenes and helping members feel right at home across the Network, all while (as many of you will have noticed!) trying to squeeze in some well-earned holidays and juggle the school break. We really appreciate your patience and understanding during this time.

Over the past few weeks, we've seen a real spike in new members, with lots of fresh faces getting involved in activities and asking about what's on offer. A big part of that is down to the team's efforts promoting the Network across West Lothian, and it's been brilliant to see that hard work paying off.

There's also been a buzz around the launch of several new groups and whether it's a first visit to the Hub or someone returning after some time away, our meet and greet volunteers and the Member Support Team have been there to welcome people in, answer questions, and help them feel part of the Network from day one.

As always, your voice matters. We've now added a suggestion box in the Hub, giving members another easy way to share ideas, comments or feedback.



Meet and Greet Volunteer and Trustee Sheila Jamieson

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