



VE Day 80th Anniversary Quiz

VE Day was marked in style by members of the West Lothian 50+ Network, with a themed quiz in our Members' Hub in Bathgate. Quizmasters Norman and Bill set brains in motion with questions on WW2 and VE Day.

Some sported 1940s costumes and shared memories of parents and relatives.

A huge thanks to Tesco and Morrisons Bathgate for supplying prizes; thanks to members of our talented art group for decorating the Hub, and thanks to our quizmasters and to everyone who joined in the fun. We will remember!

Big Fundraising Week Success

A huge thank you to everyone who took part in our Big Fundraising Week in May.

Your enthusiasm and teamwork have been truly inspiring, creating a real sense of community spirit.

We're thrilled to share that the current fundraising total stands at £3,586.79 – a fantastic achievement!

Local Support for Network

Support from Link Group

We're grateful to Link Group (housing association) for their generous donation towards the members area, and to the member who brought this opportunity to us.

Tesco Community Grant

Thanks to everyone who voted for us in the Tesco Linlithgow blue token scheme: we placed third with 629 votes! The award will support our activity groups and resources.

First Aid Training

Vital Signs Scotland has kindly agreed to deliver a First Aid Training course free of charge for up to 10 Network members on 14th June.

The one-day course is the Scottish Emergency First Aid at Work (SCQF Level 6) Regulated Course.



Art Group Exhibition

The Members' Hub was buzzing during the Bathgate Procession Street Fair on 24 May, attracted in by Art Group 1's excellent exhibition of their work.

There was something for everyone to enjoy, with the chance to have a coffee with us, to support the raffle and tombola stalls, or to buy books, jigsaws, greetings cards or beads.

Thank you to all the artists, the volunteers, to those who donated items for the raffle and tombola and to our members who continue to support our events.

Our Young At Heart coffee group was joined recently by Nicola Burns from Napiers Bathgate.

Nicola spoke about different herbal medicines and introduced members to Dandelion Tea.

Who knew that all parts of a dandelion are 100% consumable and that they have so many healing anti-inflammatory properties?



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01506-635510



Upcoming Trips and Holidays

North Wales Holiday – 15th - 19th September 2025

We are offering a Glenton coach holiday based in the beautiful seaside resort of Llandudno. Explore the spectacular Welsh landscape, including Snowdon, from the vantage point of some of Wales' scenic heritage railways, visit Betws-Y-Coed, Caernarfon Castle, Conway and Portmeirion, location of 1960s TV series The Prisoner and now one of Wales' foremost visitor attractions.

Price £525. Deposit £30. Includes Dinner, B&B, 3 scenic rail journeys, entry to Carnarfon Castle and Portmeirion.

Helensburgh and Loch Lomond - Saturday 28 June

Day trip by coach with free time in Helensburgh, then on to Balloch on the beautiful southern shores of Loch Lomond. Choose from a boat trip, walk in Balloch Castle Country Park, Loch Lomond Shores shopping centre, aquarium, birds of prey centre.

Price £21. On sale from 4 June via Eventbrite and the Hub.

New Way to Book Trips and Events

We are trialling a new system for booking trips and events using the online booking system, Eventbrite. This will help the Network make the best use of staff time and ensure fair and easy access for all members.

Tickets will still also be available for in-person purchase at the Hub, but if it's not easy for you to come into Bathgate you may find it's simpler to buy online.

Members will be sent the booking link by email, and will be able to view the booking page as soon as they receive it, but ticket sales will only go live at 10am on the advertised day so that it's fair for everyone. Like most online ticket sales, there will be a small booking fee which will be added to your purchase.

A step-by-step guide will also be included with the ticket link but if you need help staff can guide you through the process. Just arrange a time to pop into the Hub.

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

Saturday Night Club

Looking for something to do on a Saturday evening? Join in the fun at our monthly Saturday Night Club which meets in the Hub on the first Saturday of the month, from 7 to 9pm. Lots of fun was had at the last get together in May which had an Italian theme.

The next get together will be on 7th June.



Silent Auction

Bring along your friends and family (over 18s only please) for a fun night at our fundraising Silent Auction.

We have a wide variety of items for you to bid for thanks to generous donations from our members and the wider community.

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 from 2 June. Tea/coffee included.

On sale from 2nd June via Eventbrite and the Hub.



Final Reminder

A final reminder that your annual membership fee for 2025-2026 was due on 1st April 2025.

Please contact the Hub to make your payment to renew your membership if you wish to continue to take part in your groups and Network activities.

The annual membership fee for this year is £36. You can pay by visiting the Hub in person, or over the phone or by bank transfer. Whatever is easier for you. We can accept the following payment methods:

• Card • Cash • Cheque • BACS (bank transfer)

If paying by BACS please use your name as a reference and use the following account details:

Payable to: West Lothian 50+ Network SCIO

Sort Code: 80-22-60

Account Number: 24654562

Activity Groups Update

Chair Yoga

On Monday 16th June we will hold our very first Chair Yoga class at the Hub. It will run weekly from 12.30-1.30pm and it will cost £5 per class.

Table Tennis

The Table Tennis Group are considering starting a second class at Xcite Craigswood in Livingston.

Jewellery For Beginners

Our Jewellery Group is starting a second group for beginners. It will join the existing group which meets on Fridays from 12:15-2pm.

Guitar For Beginners

A new guitar lessons for beginners group will start in early June, meeting on Mondays from 7-8pm at the Hub.



New Bathgate Coffee Group

Due to the high demand for our coffee groups, we've recently started a new one which meets on Friday mornings in Costa Coffee, Bathgate.

Balloon Drumming

Join us for Balloon Drumming every Thursday from 1:30 to 3:30pm at Royal Scot Court in Bathgate. This fun and energising activity is a great way to stay active, enjoy music, and connect with others in a relaxed setting.



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



Community Engagement



We were delighted to welcome Linlithgow councillor Tom Conn, who dropped into the Hub recently to see the fantastic work our members and volunteers are doing. We're looking forward to welcoming several other councillors, including the Lord Provost, who are scheduled to visit various groups over the coming months.

Our Charity Manager has been out and about recently, visiting a number of other fantastic local charities to learn more about the amazing work happening across West Lothian, and how we might better connect with them.

So far, visits have included Sporting Memories Scotland, Broxburn United Sports Club, Health in Mind, West Lothian Foodbank, Carers of West Lothian, OPAL, and Xcite Ageing Well, with more planned over the coming months.

These visits are a great way to connect, share ideas, and explore opportunities for collaboration that can benefit older adults in our community. We're excited about the potential these partnerships hold.

Volunteer Spotlight



Meet John, one of our recently appointed Trustees. Since joining the Network in late 2022, John has been an enthusiastic and dedicated member, setting up a new Coffee and Games group in Livingston and co-running another coffee group.

He completed a First Aid course at the Hub last year and has been called upon to put his training into action on more than one occasion since then.

Thank you for everything you do, John – we're lucky to have you!

Upcoming Meeting Dates

Group Leaders Meeting

Thursday 12th June at 12:15 at the Hub, Bathgate.

Members Get Together (Monthly Meeting)

Saturday 21st June 10:30 -12:30 at St Mary's Church Hall, Bathgate.

Guest Speaker: Rosslyn Macphail, great great granddaughter of Captain John Orr, superintendent of the Scottish Naval and Military Academy who fought with the Black Watch in the Peninsular War and who was wounded at the Battle of Waterloo.

New Members Get Together

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

AGM

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

More information, including how you can apply to join the Board of the West Lothian 50+ Network (SCIO) will be circulated in due course.

Meet Our Member Support Team

At the heart of West Lothian 50+ Network is a dedicated Member Support Team working to keep our community connected, informed, and engaged.

Jamie – Charity Manager

Jamie leads the charity with energy and care, overseeing day-to-day operations, supporting volunteers, and working closely with the Board to guide the strategic direction of the Network. Jamie is also responsible for ensuring our Hub runs smoothly, our members are well-supported, and our activities continue to grow across West Lothian.

Debbie & Jen – Member Support Officers

Debbie and Jen provide vital support behind the scenes, helping to manage the administration of the Network, maintain communications, and keep everything running efficiently. From assisting with member enquiries to supporting group activities and events, their flexible and friendly approach ensures members and volunteers alike feel welcome and well-supported.

Together, Jamie, Debbie and Jen form a warm, approachable team committed to helping our members make the most of everything the West Lothian 50+ Network has to offer.



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