

AGM Update

The Network held its Annual General Meeting on 16th August, presenting the charity's accounts for 2024-25, which were agreed agreed by the 88 members who attended.

The following members stood for re-election and were duly voted back onto the Board of Trustees: Sue Bedford Visser, Sheila Jamieson, Jeanette Scott, Frank Ellam, Eleanor Shaw, Sheila Linscer, John Yule and Linda Ferrier

We also welcomed two new Trustees who sought election for the first time: Catriona MacFadzean and Marianne Hair.

The newly elected Board will hold their first meeting in early September, where the office bearers for the coming year will be confirmed.



Heather Waddell and Margaret Campbell were thanked for the time they had spent serving on the Board, as both chose not to seek re-election. Special thanks go to Heather, who over the last 3 years has organised all of our monthly coach trips and Network holidays.

They were presented with flowers and a small token of appreciation in recognition of the contributions they have made to the Network.

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We're not a service for older people, we're a community led by them

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IT Drop In Sessions To Upskill Members



We were delighted to welcome 12 members to our very first IT Drop-in. Everyone left with solutions, useful notes and even a little homework to try out! The session had a relaxed, friendly feel, with members gathered round the table sharing tips and helping each other through common IT challenges encountered on phones, tablets or pcs.

A big thank you to Ron for leading the session so brilliantly. The IT Drop-ins will now run fortnightly at the Members Hub in Bathgate. The next session is on Tuesday 2nd September, 4–6pm, no need to book, just bring your device and your questions.

Groups Join Forces for Young at Heart Singalong

Our Ukulele Group joined the Young at Heart Coffee Group this month to celebrate their 2nd anniversary. Who doesn't love a bit of music and a sing-along!

A huge thank you to everyone involved for making it such a lovely morning.





Upcoming Coach Trips and Holidays

Coach Trip to Mount Stuart & Rothesay, Isle of Bute – 30 August

This has proved to be one of our most popular trips, very quickly filling two coaches. Going forward, advanced interest lists will be trialled for popular destinations to try to ensure everyone can be included.

Coach Trip to Stanley Mills & Pitlochry – Saturday 27 September

This two-centre trip starts with a visit to Stanley Mills near Perth, an impressive 18th-century mill with a hi-tech visitor experience telling the story of Scotland's industrial past. In the afternoon we head to Pitlochry – famous for its dam and fish ladder, distilleries, Festival Theatre, and charming town centre. Time to explore, shop, or enjoy a leisurely lunch at your own pace.

Cost: £27.80 (£21 with Historic Environment Scotland membership)

On sale: From Wednesday 27 August

Coach Trip to Scottish Maritime Museum & Largs – Saturday 25 October

Spend the morning at the award-winning Scottish Maritime Museum in Irvine before enjoying free time in Largs. Stroll the promenade, soak up the town's Viking heritage, or simply relax and take in the views across to Cumbrae.

Cost: £27 (coach and entry included)

On sale: From Wednesday 1 October

Twixmas in Harrogate – 27–30 December 2025

3-night stay at the Cairn Hotel, Harrogate, with excursions to York and Knaresborough, plus visits to Richmond and Barnard Castle. Includes evening entertainment, fizz on arrival.

Price: £299 per person | £40 deposit

Sole occupancy of double room: +£60

Balance due: 15 November

Booking opened: Wednesday 2 July

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

Silent Auction Success

Our very first fundraising Silent Auction was a fantastic social evening at St Mary's Church Hall in Bathgate. Some 65 members and friends enjoyed bidding on over 130 donated lots. From paintings to pottery, vouchers to bottles, there was plenty of excitement and only a handful of items left, which will support future fundraising activities.

A big thank you to our Events Group, staff, volunteers, donors and everyone who came along to make the night such a success.



Yoga In The Park

More than 50 people of all ages turned out for Butterfly Yoga's outdoor session in support of West Lothian 50+ Network. The event took place on 26th July at Balbardie Park, beside Xcite Bathgate.

The morning saw toddlers copying poses beside their grans, families stretching side by side, and first-time yogis joining long-time members. What made it special wasn't perfect poses but the easy, welcoming atmosphere that turned the class into a proper community gathering.

Once the session ended, nobody hurried away. People stayed to chat, relax, and enjoy cake in the sunshine. Funds raised will help the Network continue running over 80 weekly activity groups across West Lothian.



Activity Groups Update

Golf for Fun – Balbardie Park

Where: Balbardie Park

When: TBC

Cost: £4–£5 per session

Not a teaching group, just a friendly social round of golf.

New Weekenders Group

We're gathering notes of interest for a new group that will meet monthly to enjoy different activities and trips on weekends.

Fly Fishing Group

Where: TBC

When: TBC

There's interest in forming a social fly fishing group and a member has offered to help get things going. Details will follow soon.

Mindfulness – Dechmont

Where: Dechmont Memorial Hall

When: Mondays, 10:30am–12:30pm

Relax, slow down and take some time for yourself.

Men's Social Group – Dechmont

Where: Dechmont Memorial Hall

Day/Time: Tuesdays, 10am–12pm

A chance for a blether and good company. Join us!



Members of our Monday's Dawdlers Group



Social time for our Thursday Cycle Group, relaxing after their ride

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



Our new Monday Guitar Group has got off to a great start

Community Engagement



Our Craft for Enjoyment group have been keeping busy this summer. As well as creating over 600 Christmas cards for Network members, they've been lending their talents to the community by making beautiful handmade cards for Armadale and Blackridge Community Foodbank. You'll find a good selection of their cards on sale at the Hub.

The Network has continued to support the campaign to keep the Café open at Rosemount Gardens. Sadly, the Integration Joint Board voted on 13th August to close the café, a decision that has caused great disappointment for residents, staff and community users, including members of the several Network groups who meet there.

Ahead of the meeting, the Network put forward a cost-controlled plan that would have reduced staffing costs by more than 60%, saved the IJB almost £100,000, and allowed the café to remain open while preparations were made for a full community takeover in 2026. While the proposal was not taken forward, we remain committed to supporting stakeholders to explore every possible option to keep this valued community hub alive.

We'd like to acknowledge the tireless efforts of Jackie McKenzie and the Save Rosemount Gardens Café Action Group, the strong backing from residents and local groups, and the expert support provided by Business Gateway in shaping our proposals.

Volunteer Spotlight



Say hello to Ron! He only joined the Network a few months ago, but he's already making a real impact. After stepping up to lead our Costa Coffee meetups, he's now launching a brand-new Men's Group in Dechmont too.

Ron's warm, down-to-earth approach makes everyone feel welcome, and he's shown exactly what it means to be a brilliant member and a great leader. We're chuffed to have him on board.

Big thanks, Ron. Your energy and commitment are making a real difference.

Upcoming Dates For Your Diary

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 – Music & Musical Theatre

Saturday 13th September, 6:30 pm – 8:30 pm at WL50+ Hub,
14 George Street, Bathgate **SOLD OUT**

Fundraising Thrift Shop

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

New Members Get Together

Thursday 16th October at 12.15 in the Hub

Kiltwalk Fundraiser

On Sunday 14 September, a team of energetic members, Margaret Campbell, Eleanor Shaw, Elizabeth Hamilton, Alison Shedden, Jeanette Scott, Rae Dickson, and Maura Fahey Carlaw will be taking on the Edinburgh Kiltwalk's Big Stroll, some 11 miles.

Meanwhile, our small-but-mighty staff team, Jamie, Jen and Debbie, is tackling the Mighty Stride (20 miles) to raise vital funds for West Lothian 50+ Network.

Each team has a JustGiving page or a paper sponsor form at the Hub if you'd like to support them. Every pound raised goes straight into providing activities, groups and events for older people across West Lothian.



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