

Fundraising Thrift Shop Success

We are delighted to share the fantastic results of this year's Thrift Shop. Thanks to the hard work of over 70 volunteers, our Members' Hub was transformed into a busy and welcoming shop filled with bargains, chat, and community spirit.

Together we raised an outstanding £8,038, with every penny going straight back into supporting the groups, activities, and services of West Lothian 50+ Network.

The impact goes far beyond the total raised. The Thrift Shop provides vital unrestricted income to keep our charity strong and sustainable, brings new faces into the Hub, offers meaningful roles and friendships for volunteers, gives donated items a second life, and provides affordable goods at a time when many households are under pressure.

Thank you to everyone who donated, shopped, and volunteered. The Thrift Shop once again shows what can be achieved when we work together.



Quiz Night Hits the High Notes



Our latest quiz night at the Members' Hub struck a chord with a Music and Musical Theatre theme. Quizmasters Bill and Norman kept everyone thinking with some tricky questions, while plenty got into the spirit by dressing in costumes from the musicals. Carolann stole the show as Mary Poppins, winning the best-dressed prize with her carpet bag, lamp and all the trimmings.

Congratulations go to the winning team of just three players, who managed to claim the top spot against strong competition.

A huge thank you to our decorators, the events team, Bill and Norman, all our volunteers, and of course every member, friend and family member who joined us. Your energy and support made the evening another great success.



Cheers! Our new wine tasting group meets monthly on Friday evenings



Find West Lothian 50+ Network featured on the CHSS website

✉ hub@westlothian50plusnetwork.co.uk

☎ 01506-635510

Coach Trips and Holidays



Members' August outing: at Wemyss Bay station en route to the Isle of Bute

Mount Stuart & Rothesay, Isle of Bute – 30 August

Two full coaches (98 members) set off on our outing to Bute, some opting to visit Mount Stuart, the extravagant Victorian neo-Gothic mansion built by the wealthy 3rd Marquess of Bute, whilst others spent the day in Rothesay. Many members said how much they enjoyed the outing, despite the disappointing August weather.

Stanley Mills & Pitlochry – 27 September

The outing was a great success, with plenty of time to explore, shop, and soak up the scenery. We were even lucky with the weather, the rain held off until we were safely on the road back to Bathgate!

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 museum entry included)

On sale: From Wednesday 1 October

Twixmas in Harrogate – 27–30 December 2025

Booking is open for our 3-night Twixmas stay at the Cairn Hotel, Harrogate, with excursions to York and Knaresborough, plus visits to Richmond (on the outward journey) and Barnard Castle (on the way home). Includes evening entertainment and fizz on arrival.

Price: £299 per person | £40 deposit

Sole occupancy of double room: +£60

Balance due: 15 November

New Online Booking System

A reminder that we will be moving our online booking system from Eventbrite to Humanitix from 1st October. Their lower booking fees mean members will pay less than half the current Eventbrite fee per ticket. Like Eventbrite, it's easy to use so you will find it straightforward and familiar. Members can also still pay by phoning or coming into the Hub.

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

Walking Together for the Network

A massive "well done" to six of our members and our staff team, Jamie, Jen and Debbie, who took part in this year's Edinburgh Kiltwalk on 14th September, raising funds and awareness for West Lothian 50+ Network. Members completed the 11-mile Big Stroll, while staff tackled the 21-mile Mighty Stride. It was a fantastic day that showcased the spirit of our Network and raised over £2,000.

For many of us, the day summed up exactly what the Network is about: friendship, encouragement, and community. The support from members was incredible, from those who gave wee tokens to keep us going, to all the "good lucks" and "well dones", and those who turned up at different points along the route to cheer us on. Thanks too, to Gibson Estate Agents, who kindly sponsored our T shirts.

Not everyone was able to make the Kiltwalk, but that didn't stop them doing their bit. On Tuesday 26 August, our Miles and Smiles Walking Group laced up their boots for a 10-mile sponsored walk around Loch Leven, raising an incredible £420 for West Lothian 50+ Network.

Together, both walks show the strength, generosity, and determination of our members and staff, every mile really does make a difference.



Activity Groups Update

Wine Tasting – Bathgate

Where: Members' Hub, Bathgate

When: Monthly, Fridays at 5pm

A new group off to a strong start, exploring and enjoying wines together.

Indoor Bowls – Livingston

Where: Livingston

When: From Thursday 25th September 2025

Cost: £4 per session

The Bowling Group moves indoors for the Winter season.

Network Singers Choir – Whitburn

Where: Answer Centre, Whitburn

When: Tuesdays, 4.00–5.30pm

A change of meeting time for our choir. The choir is always happy to welcome new members – no experience needed, just an enthusiasm for singing together.

Coffee Club – Livingston

Where: Chain Runner pub, Livingston

When: Weekly, 10:00–12:00

A relaxed, social get-together over coffee and good conversation.



Our Tuesday Men's Group enjoyed a recent day out at Dalmahoy Golf Club



Our Balloon Drumming group in action at Royal Scot Court in Bathgate

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



Well done to our Miles and Smiles walking group who raised £420 for the Network on their 10 mile sponsored walk

Community Engagement



The Network has been active across West Lothian in recent weeks, with representatives attending the Senior People's Forum Fair in Broxburn, the YPI Charity Fayre at Bathgate Academy, the Bathgate Job Centre and the Memory & Future Care Support Event in Blackburn. Each of these events provided valuable opportunities to promote our charity's work, raise awareness of the activities and support we offer, strengthen partnerships with local organisations, and highlight the importance of staying socially connected as we age.

Five Ways to Wellbeing



At our September Members Meeting, Paul Barclay, Senior Project Officer with The Conservation Volunteers spoke about the Five Ways to Well Being: Connect - with the people around you; Be active – discover an activity you enjoy; Take Notice - of the world around you; Keep Learning – try something new; Give – do something good for the community.

It was good to be reminded that these are core tenets of the Network and key to our members' wellbeing.

Volunteer Spotlight



Say hello to Liz, one of our wonderfully supportive members who's been part of the Network since 2019. Since joining, she's taken part in several groups and has now launched a new Wine Tasting group, hosted in our Members' Hub.

Liz has recently been giving her time behind the scenes in the Hub, phoning new members to see how they're settling in, checking in with those we haven't seen for a while, and helping with office tasks so the staff team can focus on member support.

Always warm, approachable, and full of positive energy, we're lucky to have Liz as part of our community. Thanks Liz for everything you do!

Upcoming Dates For Your Diary

Musical Afternoon with Carol and Alex

Our musical afternoon with talented members Carol and Alex has been postponed as it falls on the same day as the funeral of long-standing and well loved member Jimmy Henderson, who led the popular Sing and Swing group.

 New date to be confirmed. Tickets already sold will be honoured, or refunds issued if you cannot make the new date.

New Members Get Together

 Thursday 16th October, 12:15pm at the Hub

A relaxed and informal opportunity to meet fellow new members and those considering joining the Network.

Members Meeting

 Saturday 18th October, 10:30am - 12:30 pm at St Mary's
Guest speaker from the Commonwealth War Graves Commission.

Christmas Panto – Snow White

 Wednesday 10th December, 12:45pm at Reconnect Theatre, Bathgate. Special price for Network members.

 Tickets £12 – Available now from the Hub.

Network's Christmas Ball 2025

 Thursday 18th December, 6:00–10:00pm at Almondvale Suite, Livingston Stadium.

 Tickets £20 per person – on sale from Tues 30th September.

North Wales Adventure

In September, 42 members enjoyed a wonderful week away in North Wales, staying in the seaside town of Llandudno. The journey south included a stop in Carlisle before continuing on to the White Heather Hotel, where they were warmly welcomed and well catered for throughout the week..

The group enjoyed a busy itinerary, exploring some of the area's popular destinations, including the historic castle towns of Caernarfon and Conwy, the pretty inland resort of Betws-y-Coed, and the unique Italian-inspired setting of Portmeirion.

For some, the highlights were the two heritage steam train journeys through the scenic countryside, and the spectacular trip up Mount Snowdon by train, with its breath-taking views.



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hub@westlothian50plusnetwork.co.uk



01506-635510