

Stronger Than Ever – But the Work Continues



Yoga in the Park was one of many events in 2025

At the Board Meeting on 8 April, Network trustees reviewed the charity's accounts for the year ended 31 March 2026.

These were approved for submission to our Independent Reporting Accountant, Brian Maloney. Once his review is complete, the finalised accounts will be incorporated into the Annual Report to Members, which will be available at the Annual General Meeting which takes place in August.

We are pleased to report that the financial results for the year are the strongest the Network has achieved in many years. This is particularly true of our Unrestricted Funds - the funds raised through our own efforts and used to cover all costs not met by Restricted Grant Funding.

This improvement is almost entirely due to the outstanding response from Members, Group Leaders, the Events Team, the Thrift Shop team, and many others who supported the appeals made early last year to help raise additional income. Your collective efforts have made a real and measurable difference.

As a result, we begin the 2026/27 financial year in the most secure position we have held since before COVID. However, we cannot be complacent and it remains essential that we continue to explore new and sustainable sources of income. External funding is becoming increasingly difficult to secure, a point reinforced by the recent communication we have received from Age Scotland outlining their own funding challenges.

Members' continued support and involvement remain vital to the Network's long-term stability and success, and so, in Loneliness Awareness Week (15–21 June) we're bringing back our Big Fundraising Week.

We hope as many groups, members, supporters, local businesses and members of the public as possible will consider joining in. Ideas on how you could get involved are available from the Hub.

Walkers Day Out on the Fife Coastal Path

Thanks to our walk leaders for organising another fantastic day out for our walkers this month. Two buses full of anticipation for a good day's walk in Fife left a dull and overcast Bathgate on Saturday 11th April.

Bus one, which contained the walkers doing the 10.5 mile and 4 mile walks, dropped people at Kingsbarns and Crail for the walk along the Fife Coastal Path back to Anstruther. Bus two contained the walkers doing the 8.5 mile walk and 7 who went for a stroll around and visit to Anstruther.

Sixteen members set out from Kingsbarns with a cold wind in their face, but thankfully no rain. They followed the path through and around the edges of Kingsbarns and Crail golf courses, via Fife Ness, the most easterly point in Fife, and then through Crail and Cellardyke before arriving in Anstruther.

Nineteen members took the 8.5 mile option, which headed out from Anstruther and completed a circular walk combining inland paths, stopping at St Monans for lunch and returning to Anstruther via the coastal path.

The largest group of 31 walkers set out from Crail and followed the coastal path back to Anstruther, stopping for a break at Caiplie Caves, red sandstone caves carved by sea erosion.

A total of 73 people had a full and enjoyable day in the East Neuk of Fife.

Look out for our next walking day outing which is planned for the Autumn in the Callander area.



Upcoming Day Trips & Holidays



Members enjoying a sunny day in North Berwick

Scone Palace Garden Fair – Saturday 30 May

A great day out at the Scone Palace Garden Fair with 70+ exhibitors, expert talks, live demos and show gardens in a stunning setting.

Cost: £37 (includes coach travel and entry to garden fair)

On Sale: Wed 29 April, 10am

Summer Trips Coming Soon

We'll be announcing details of our upcoming summer trips very soon, so keep an eye on our social media pages and the Friday Update for dates, destinations and booking information. We've some great days out in the pipeline and we look forward to sharing them with you.

Network Holiday – Weston-super-Mare, Bath & Wells 6–11 September 2026

5 nights at the Royal Grosvenor Hotel with visits to Bath, Cheddar Gorge, Wells and Tiverton, plus a horse drawn canal boat cruise and free time in Weston-super-Mare.

Cost: £539 | Deposit: £60

Only one double room remains



Members enjoying a stroll during our 2025 holiday in the Peak District

Trips can be booked in the Hub, by phone or online.

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

Please let us know if you have any accessibility needs when booking.

Isle of Man Trip Another Big Success



Another successful holiday for the 45 members who joined the Network's trip to the Isle of Man last week.

Big thanks to Glentons for helping shape the trip and to our excellent driver Graeme for getting everyone there and back safely.

For many, it was a first visit and the island didn't disappoint. A rugged coastline, rich history and a strong sense of local pride made it a brilliant place to explore, with a warm welcome everywhere we went.

Highlights included the steam train journey from Douglas to Port Erin, travelling through woodland and open countryside in full spring colour. We visited Castletown, the island's former capital, and Peel, which was a real favourite with its castle, beach and local food.

Although poor weather meant a change of plan early in the week, it gave us the chance to visit Milntown Estate before heading to Ramsey and along part of the famous TT course. Our rescheduled trip up Snaefell was well worth the wait, with clear skies and incredible views across the island.

Back in Douglas, members enjoyed some free time, with many taking in the horse-drawn trams along the promenade, visiting the Manx Museum or exploring the town.

A great week all round. Good places, good company and plenty of memories made.



Activity Groups Update

New Evening Walking Group

We're pleased to be launching a new Evening Walking Group, meeting fortnightly on the 1st and 4th Thursdays of the month. Our first walk takes place on Thursday 30 April, meeting at 5.45pm for a 6pm start, and will be around 4–6 miles over approximately two hours.

Balloon Drumming – New Home

Our Balloon Drumming group has moved and now has a new base at Glenmavis Bowling Club, Thursdays, 1:30pm – 3:30pm

They're keen to welcome new members along. There will be a small additional cost to help cover venue hire.

If you're interested, just let us know.

New Linlithgow Coffee Morning

Every Monday, 10:00am – 12:00pm at Linlithgow Burgh Halls café.



Growing numbers at our new weekly coffee group in Linlithgow



Tuesday Men's Group headed to the Scottish Mining Museum this month



Elvis was in the building at April's Saturday Night Club

Dates For Your Diary

Network Singers – Spring Concert

17 Tuesday 12 May, 7:00pm

📍 Connect Community Church, Whitburn

💎 £6

A fantastic evening with our Network Singers and a guest performer. Tickets available from the Hub or online.

Members' Meeting

17 Saturday 16 May, 10:30am – 12:30pm

📍 St Mary's Hall, Bathgate

Join us for updates, upcoming plans, and a guest speaker to be announced.

Art Exhibition

17 Saturday 23 May, 10:00am – 2:00pm

📍 WL50+ Hub, 14 George Street, Bathgate

A showcase of artwork created by members across the Network.

Summer Celebration Charity Ball 2026

17 Friday 5 June, 6:30pm – Midnight

📍 Almondvale Suite, Livingston FC

💎 £35

Proudly supported by our Headline Partner, The Wellbeing Hub. A great night of food, music and fundraising, open to everyone.

Country Afternoon – A Sell-Out Success



What better way to spend a wet Easter Saturday afternoon than in the company of friends, with live entertainment from The Voice of Kamen Brown.

Members enjoyed a fantastic afternoon of country music, with a great mix of classics and favourites that had plenty of feet tapping throughout.

The event was a complete sell-out, creating a brilliant atmosphere from start to finish. It was clear just how much everyone enjoyed themselves, and we're hopeful we can persuade Kamen to return for another performance in the future.

Volunteer Spotlight



Elizabeth Hamilton has been a valued member of the Network for 10 years, and in that time she has made a real difference.

Known for her warm and welcoming nature, Elizabeth is involved in many of our groups and always brings a friendly face wherever she goes. As leader of our Ukulele Group, she is a patient and encouraging teacher, and her class speaks very highly of her.

Elizabeth is also always willing to roll up her sleeves and help. Whether that is bucket collecting in the pouring rain at the football stadium or taking on an impressive 10-mile walk as part of our Network Kiltwalk Team last year, she is always ready to support the Network.

Elizabeth truly reflects what the Network is all about by taking part, connecting others and supporting our fundraising efforts whenever she can.

Ron Joins Board of Trustees

We are pleased to welcome Ron Mills to the Board as a co-opted Trustee, following his acceptance of an invitation to get involved. Ron brings significant specialist IT expertise, alongside a strong background in coaching, organisational development and business support. Ron is passionate about the role the 50+ Network plays in reducing loneliness and strengthening community, and we look forward to the contribution he will undoubtedly make at Board level.



Community Engagement

It's been a strong period of engagement for the Network, with representation across key community events and third sector activity.

We were proud to join Livingston United Parish Church in celebrating their 60th anniversary. Our Chair, Sue Bedford-Visser, alongside Liz McKenzie, attended a fantastic afternoon tea with around 30 charities and community groups who have been part of the church's journey over the past six decades.

Our CEO Jamie also attended the Third Sector Strategy Group (TSSG), alongside partners from across West Lothian. Hosted by Broxburn United Sports Club, and with input from the Scottish Parliament Participation & Communities Team and Good Fundraising, the session provided a valuable opportunity to share insight and contribute to shaping the sector locally.

Finally, our Chair Sue, Trustee Cat and CEO Jamie attended the Bathgate Academy final of YPI Scotland, where we were proud to be one of seven charities selected to be represented by a team of S2 pupils. The standard was outstanding, with a special mention to Zoe and Emily for their presentation on the Network.

Congratulations to the team representing West Lothian Foodbank on their well-deserved win.



Sue, Cat and Jamie at Bathgate Academy with pupils Zoe and Emily

OSCR
Scottish Charity Regulator
www.oscr.org.uk

**Registered
SCIO
SC051335**



hub@westlothian50plusnetwork.co.uk



01506-635510