

Groups & Activities

West Lothian

April and May 2023

Our Community Groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. All are welcome; people who can attend independently and/or, for those unable to do so should come with a companion who can provide support for them. We are unable to provide transport for these groups and therefore it is your responsibility to get to and from this community activity, safely. Please speak to us, so we can support you to explore other transport options.

If you are unsure, or have questions about any of the groups, or have an idea for a new group, please let us know. All staff details are below.

Dates & Times	Activity	Venue	Contact Details
First Monday of the Month 2:30pm–4pm	Bathgate Memory Café	Rosemount Gardens, Mid Street, Bathgate EH48 1QW	Community Activity Organiser 01506 533108
Second Monday of the Month 11am–12.30pm	Red Brick Café (Under 65)	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	Dementia Advisor 01506 533108
Third Monday of the Month 12:30pm– 2pm	The Memory Cafe	Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL	Community Activity Organiser 01506 533108
Fourth Tuesday of the Month 10am–11.30am	The Memory Café	Strathbrock Partnership Centre, Ent B, 189a West Main Street, Broxburn, EH52 5LH	Community Activity Organiser 01506 533108
Third Wednesday of the Month 10.30am–12pm	The Caring Café	Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA	Community Activity Organiser 01506 533108
Second & Fourth Wednesday of the Month 1pm– 2.30pm	Memory Café	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	Community Activity Organiser 01506 533108
Fourth Wednesday of the Month 10.30am–12pm	Young Onset Carers Group (Under 65)	Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	Dementia Advisor 01506 533108
Second Thursday of the Month 2pm–3.30pm	The Sunlight Café	Salvation Army, 2 Blackfaulds Place, Fauldhouse, EH47 9AS	Community Activity Organiser 01506 533108

Last Thursday of the Month 10am–12pm	Forget Me Not Café	East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF	Community Activity Organiser 01506 533108
First & Fourth Thursday of the Month 1pm-2.30pm	Bloom & Blether Gardening Group (Please contact before attending)	The Brock, behind Strathbrock Partnership Centre, 189a West Main Street, Broxburn, EH52 5LH	Community Activity Organiser 01506 533108
Third Friday of the Month 11.00am–1pm	The Memory Café	The Community Centre, North Street, Armadale, EH48 3QB	Community Activity Organiser 01506 533108
April 4th, May 9th July 11th, August 8th ,2023	Barge trips	Seagull Trust Cruises, 27 Baird Road, Ratho, Newbridge EH28 8RA	Community Activity Organiser 01506 533108

Online Groups

Dates & Times	Activity	Venue	Contact Details
First Wednesday of the Month 7pm–8pm	Evening Carers Group	Online	Community Activity Organiser 01506 533108
Third Wednesday of the Month 2pm	Around the Kitchen Table Baking Group	Online	Dementia Advisor 01506 533108

If you would like an invite or more information about our groups, please call **01506 533 108** or email WestLothianServices@Alzscot.org

Dementia Advisor

Our Dementia Advisor is available for consultations either face to face or by phone/video. To book a convenient time for you and your family, contact Cherie Raby on 07786406668 or email craby@alzscot.org

Our support and activities are only possible thanks to the donations we gratefully receive. Please consider donating via our JustGiving page:
<https://www.justgiving.com/fundraising/alzheimer-scotland-west-lothian>

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