

# What's on



## February 2024 – West Lothian

Our Brain Health and dementia resource centre is now open every day Monday – Friday 9am – 5pm. We have new groups starting in our Brain Health and Dementia resource centre as well as continuing our Community Groups. All our groups are there to be enjoyed by anyone living with dementia or experiencing difficulties with their memory, including their families and friends. Everyone is welcome; people can attend independently and/or, for those unable to do so should come with a companion who can provide any support for them. We are unable to 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.

We are also here for you to just pop in should you just want a with a warm drink, food and company. We will be providing more groups and pop up information events throughout the year to encourage community connections and friendships. Please see below for more details.

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

Email: [westlothianservices@alzscot.org](mailto:westlothianservices@alzscot.org)

Tel: 01506 533108

In Person Group		
Thursday 1st of February	Bloom & Blether (please contact before attending) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	1pm – 2.30pm
Friday 2nd of February	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 3.00pm
Monday 5 <sup>th</sup> of February	Bathgate Memory Café Rosemount Gardens, Mid Street, Bathgate EH48 1QW	2:30pm – 4pm
Tuesday 6 <sup>th</sup> of February	<b>Creative corner (craft group) – New group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10.30am – 12 noon
Tuesday 6 <sup>th</sup> of February	<b>Livi Legends (Football group) – New Group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	1pm – 2:30pm

<b>Wednesday 7<sup>th</sup> of February</b>	<b>A bit of everything – New Group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Thursday 8<sup>th</sup> of February</b>	Bloom & Blether (please contact before attending) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Thursday 8<sup>th</sup> of February</b>	<b>The Sunlight Café</b> <b>Salvation Army, 2 Blackfaulds Place,</b> <b>Fauldhouse, EH47 9AS</b>	<b>2pm – 3:30pm</b>
<b>Friday 9<sup>th</sup> of February</b>	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>10am – 3pm</b>
<b>Monday 12<sup>th</sup> of February</b>	Redbrick café ( <b>under 65</b> ) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>11am – 12:30pm</b>
<b>Tuesday 13<sup>th</sup> of February</b>	<b>Tea and toast – pop in</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>9am – 12pm</b>
<b>Tuesday 13<sup>th</sup> of February</b>	<b>Quiz night – New Group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>6pm– 8pm</b>
<b>Wednesday 14<sup>th</sup> of February</b>	Livingston memory café, Alzheimer’s Scotland unit 1, Grampian court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Thursday 15<sup>th</sup> of February</b>	Bloom & Blether (please contact before attending) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Friday 16<sup>th</sup> of February</b>	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>10am – 3pm</b>
<b>Friday 16<sup>th</sup> of February</b>	The Memory Café Armadale The Community Centre, North Street, Armadale, EH48 3QB	<b>11am – 1pm</b>
<b>Monday 19<sup>th</sup> of February</b>	The Quality Café Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL	<b>12:30pm – 2pm</b>
<b>Wednesday 21<sup>st</sup> of February</b>	The Caring Café Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA	<b>10:30am – 12pm</b>
<b>Thursday 22<sup>nd</sup> of February</b>	Bloom & Blether (please contact before attending) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>

<b>Friday 23<sup>rd</sup> of February</b>	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>10am – 3pm</b>
<b>Monday 26<sup>th</sup> of February</b>	<b>Knit and Natter – New Group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>11am – 12:30pm</b>
<b>Tuesday 27<sup>th</sup> of February</b>	The Memory Café Uphall/Broxburn Strathbrock Partnership Centre, Ent B, 189a, West Main Street, Broxburn, EH52 5LH	<b>10am – 11:30am</b>
<b>Tuesday 27<sup>th</sup> of February</b>	<b>Long term carers and bereavement group (self-facilitated) – New Group</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Wednesday 28<sup>th</sup> of February</b>	Young Onset Carers Group (Under 65) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>10:30 – 12pm</b>
Wednesday 28 <sup>th</sup> of February	<b>Advice Shop Drop-in. Booking essential</b> Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1:30pm – 4.30pm</b>
<b>Wednesday 28<sup>th</sup> of February</b>	Livingston memory café, Alzheimer's Scotland unit 1, Grampian court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Thursday 29<sup>th</sup> of February</b>	Bloom & Blether (please contact before attending) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	<b>1pm – 2:30pm</b>
<b>Thursday 29<sup>th</sup> of February</b>	Forget Me Not Café East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF	<b>10am – 12pm</b>

For those times when you cannot make it into the centre, or wish to attend some groups in person, and some online.

Please contact the person listed below the activity and they will send you the link to join.

<b>Online Group</b>		
<b>Wednesday 7<sup>th</sup> of February</b>	Evening Carers Group Support for those caring for a person living with dementia	<b>7pm – 8pm</b>

**Wednesday**  
**21<sup>st</sup> of**  
**February**

Around the Kitchen Table  
Baking group

**2pm – 3pm**

### Contact details for groups:

#### Group one

Email: [westlothianservices@alzscot.org](mailto:westlothianservices@alzscot.org)

Tel: 01506 533108

Our support and activities are only possible thanks to the donations we gratefully receive. There are many ways to support our groups, please speak to any member of staff detailed above for more details. To make a donation, please consider donating to our local Just Giving page <https://www.justgiving.com/fundraising/alzscot-fundraising-edinburgh-mid-east-lothian>

