

What's on



May 2024 – West Lothian

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 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 with a warm drink, food and company. We will be providing more coffee catch ups, or just pop in for a warm drink. Please see below for more details.

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 contact details are below.

In Person Group		
Wednesday 1st May	A bit of everything (music related group) *Regal Radio visiting* Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF This group is music related activities, such as music performers, karaoke, playlists for life and other activities.	1:30pm- 3pm
Thursday 2nd May	Bloom and Blether Venue is Strathbrock Community Centre Strathbrock Partnership Centre, West Main Street, Broxburn, EH52 5LH Our gardening-based group is outdoor from May onwards. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.	1pm- 2:30pm
Friday 3rd May	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 3pm
Monday 6th of May	Bathgate Memory Café, alternative venue due to public holiday Dementia resource centre Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	2:30pm – 4pm
Tuesday 7th of May	Creative corner (craft group) – New group Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10:30am – 12pm

	Come and try our crafty group. Unleash your creative flow and see what you can create. Each month will be a different arty activity.	
Tuesday 7th of May	Livi Legends (Football group) – New Group Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	1pm – 2:30pm
	Come along to the centre for a look back at your favourite teams and players from the glory days. Test your footballing trivia with quizzes, look at goals that were history making and have a laugh with a cuppa.	
Wednesday 8th of May	Livingston memory café, Livingston Alzheimer's Scotland unit 1, Grampian court, Livingston, EH54 6QF	1pm-2.30pm
Thursday 9th of May	The Sunlight Café Salvation Army, 2 Blackfaulds Place, Fauldhouse, EH47 9AS	2pm – 3:30pm
Thursday 9th of May	Bloom & Blether Strathbrock Partnership Centre, West Main Street, Broxburn, EH52 5LH	1pm- 2:30pm
	Our gardening-based group is outdoor from May onwards. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.	
Friday 10th of May	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 3pm
Monday 13th of May	Redbrick café (under 65) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	11am-12:30pm
Tuesday 14th of May	Tea and Toast – Pop in Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 12pm
Tuesday 14th of May	Quiz night – New Group Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	6pm-8pm
Wednesday 15th of May	The Caring Café Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA	10.30am- 12.00pm
Thursday 16th of May	Bloom & Blether Strathbrock Partnership Centre, West Main Street, Broxburn, EH52 5LH	1pm- 2:30pm

	Our gardening-based group is outdoor from May onwards. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.	
Friday 17th of May	The Memory Café, Armadale The Community Centre, North Street, Armadale, EH48 3QB	11am-1pm
Friday 17th of May	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am- 3pm
Monday 20th of May	The Quality Café Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL	12:30pm- 2pm
Wednesday 22nd of May	Young Onset Carers Group (Under 65) Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10:30am – 12.00pm
Wednesday 22nd Of May	Livingston memory café, Livingston Alzheimer's Scotland unit 1, Grampian court, Livingston, EH54 6QF	1pm -2.30pm
Wednesday 22nd of May	Advice Shop Drop-in. Booking essential Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	1:30pm- 4pm
Thursday 23rd of May	Bloom & Blether Strathbrock Partnership Centre, , West Main Street, Broxburn, EH52 5LH Our gardening-based group is outdoor from May onwards. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.	1pm- 2:30pm
Friday 24th of May	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 3pm
	W/C 27th May DEMENTIA AWARENESS WEEK	
Monday 27th of May	Knit and Natter (Knitting, crochet, sewing group)- New Group Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	11am- 12:30pm

	Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa whilst being creative with your wool.	
Tuesday 28th May	The Memory Café, Uphall/Broxburn, Strathbrock Partnership Centre, Ent B, 189a, West Main Street, Broxburn, EH52 5LH	10am – 11.30am
Tuesday 28th May	Long term carers Long term carers and bereavement group (self-facilitated) – New Group Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	1pm – 2.30pm
Thursday 30th of May	Bloom & Blether Strathbrock Partnership Centre, . West Main Street, Broxburn, EH52 5LH Our gardening-based group is outdoor from May onwards. This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.	1pm – 2:30pm
Thursday 30th of May	Forget Me Not Café East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF	10am – 12pm
Friday 31st of May	Drop-in support. booking preferred Alzheimer Scotland Unit 1, Grampian Court, Livingston, EH54 6QF	10am – 3pm

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.

Online Group		
Wednesday 1st of May	Evening Carers Group Support for those caring for a person living with dementia	7pm – 8pm
Wednesday 17th of May	Around the Kitchen Table Baking group	2pm – 3pm

Contact details for groups:

West Lothian service

Email: westlothianservices@alzscot.org

Tel: [01506 533108](tel:01506533108)

Community activity organiser

Nicolle Tel: 07824832379

Stacey Tel: 07825063367

Centre manager
Lauren: 07769364179

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>

