

What's on

May 2025 – 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. If the group doesn't have an address it is located in **Our West Lothian Brain Health and Dementia resource centre is at Unit 1 Grampian Court, Beveridge Square, Livingston EH54 6QF.** All our other contact details are below.

In Person Group		
Various drop in opportunities or bookable appointments available throughout the month.	<p>Improve your brain health Never too early, never too late! Start your Brain Health journey today!</p> <p>You can:</p> <ul style="list-style-type: none">✓ Meet the team and learn more about brain health✓ Take our Brain Health Quiz✓ Make a Pledge to boost your well-being✓ Book a Personalised Action Plan✓ Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health! <p>Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing.</p>	Drop in and have an informal conversation about your brain health, explore potential dementia risk factors.
Thursday 1 st May	<p>Dementia Friendly Café Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Xcite seated exercise session, NEW GROUP Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p>	<p>10:30am - 12pm</p> <p>11am -12pm</p>

Thursday 1 st May	Bloom and Blether (Gardening group) For the location, please contact Stacey beforehand on 01506 533 108 Our gardening-based group 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 2 nd May	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	10am – 3pm
Monday 5 th May	Knit and Natter (Knitting, crochet, sewing group) Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills. Redbrick Café – Social Circle (under 65) This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	10:30am-12pm 11am-12:30pm 2pm-4pm
Monday 5 th May	Bathgate Memory Café Community café CANCELLED- Due to May Day venue closed Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.	
Tuesday 6 th May	Yoga Class with Sonshine Yoga Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind Games and a Gab (new group) Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy? Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	10:30am-12pm (class is 11am – 12noon) 10:30am-12pm 2pm – 3:30pm

<p>Tuesday 6th May</p>	<p>Alzheimer Arts, NEW GROUP! Print workshop Come along and create your own tote bag! Tote bags and paint provided! This new arts group is focussing on a print workshop class for the next 4 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>	<p>2pm-3:30pm</p>
<p>Wednesday 7th May</p>	<p>Carers Group – Self facilitated Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Social Circle – Booking required We understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer Social Circle—a weekly group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Music Memories (Music Group) Music can bring back 1000 memories. Come along and share your memories through music</p>	<p>10:30am-12pm</p> <p>10am -12pm</p> <p>1pm- 2:30pm</p>
<p>Wednesday 7th May</p>	<p>RNIB (Royal National Institute Blind) Information event Come along to meet Neil from RNIB who will be on hand to offer practical hints, tips and support to changes with eyesight.</p>	<p>1pm-2:30pm</p>
<p>Thursday 8th May</p>	<p>Dementia Friendly Café Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Xcite seated exercise session, NEW GROUP Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p> <p>Bloom and Blether (Gardening group) For the location, please contact Stacey beforehand on 01506 533 108 Our gardening-based group This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.</p>	<p>10:30am-12pm</p> <p>11am – 12pm</p> <p>1pm-2:30pm</p>

Friday 9th May	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	10am – 3pm
Monday 12th May	Knit and Natter (Knitting, crochet, sewing group) Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills. Redbrick Café – Social Circle (under 65) This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	10:30am-12pm 11am-12:30pm 2pm-4pm
Monday 12th May	West Calder Community Café Activity – Music Bingo West Calder Hub, West Calder Community Centre, Dickson Street, West Calder EH55 8DZ Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in. This session will be music bingo.	1pm-2:30pm
Tuesday 13th May	Yoga Class with Sonshine Yoga Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind Games and a Gab (new group) Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy? Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services. Alzheimer Arts, NEW GROUP! Print workshop Come along and create your own coasters! Coasters and paint provided! This new arts group is focussing on a print workshop class for the next 4 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.	10:30am-12pm (class is 11am – 12noon) 10:30am-12pm 2pm-3:30pm 2pm-3:30pm

Wednesday 14 th May	Carers Group – Self facilitated Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.	10:30am-12pm
	Social Circle – Booking required We understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer Social Circle—a weekly group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."	10am – 12pm
	Livingston memory café, Livingston Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.	1pm-2:30pm
Wednesday 14 th May	EARS Independent Advocacy Service Information session EARS has been providing independent advocacy to people in Edinburgh and the Lothians since 1999. We offer free, independent advocacy to individuals on a short-term basis. We can also occasionally provide some group advocacy. Come along and find out what other services they provide.	1pm – 2:30pm
Thursday 15 th May	Dementia Friendly Café Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.	10:30am-12pm
	Xcite seated exercise session, NEW GROUP Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!	11am – 12pm
	Bloom and Blether (Gardening group) For the location, please contact Stacey beforehand on 01506 533 108 Our gardening-based group 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 16 th May	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	10am-3pm
Friday 16 th May	The Memory Café, Armadale Community Café Activity – The Community Centre, North Street, Armadale, EH48 3QB Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.	11am-1pm

Monday 19th May	<p>Knit and Natter (Knitting, crochet, sewing group) Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills. 10:30am-12pm</p> <p>Redbrick Café – Social Circle (under 65) Activity – get creative and see what you can paint This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. 11am-12:30pm</p> <p>Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services. 2pm-4pm</p>
Monday 19th May	<p>Whitburn/Blackburn Quality Community café Activity – Music Bingo 2pm-3:30pm</p> <p>Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in. This session will be music bingo.</p>
Tuesday 20th May	<p>Yoga Class with Sonshine Yoga 10:30am-12pm Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind thought gentle movement. Breathing practices and time to relax and unwind (class is 11am – 12noon)</p> <p>Games and a Gab (new group) 10:30am-12pm Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p>Community Café Drop in – The kettle is on! 2pm – 3:30pm Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p> <p>Alzheimer Arts, NEW GROUP! 2pm-3:30pm Print workshop Come along and create your own tote bag! Tote bags and paint provided! This new arts group is focussing on a print workshop class for the next 4 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>

Wednesday 21st May	<p>Carers Group – Self facilitated Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Social Circle – Booking required We understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer Social Circle—a weekly group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Music Memories (Music Group) Music can bring back 1000 memories. Come along and share your memories through music</p>	<p>10:30am-12pm</p> <p>10am – 12pm</p> <p>1pm-2:30pm</p>
Wednesday 21st May	<p>Fire safety Information session</p> <p>Come along and meet your local fire station crew, they will walk you through how to keep your home safe, answer any queries and explain what support they can provide you! Along with providing tips and hints on how to keep your home safe and protected.</p>	<p>1pm-2:30pm</p>
Wednesday 21st May	<p>Linlithgow Caring Community Café Activity – Live Music</p> <p>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in. This session will be live music and a range of alternative games.</p>	<p>10:30am-12pm</p>
Thursday 22nd May	<p>Dementia Friendly Café Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Xcite seated exercise session, NEW GROUP Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p> <p>Bloom and Blether (Gardening group) For the location, please contact Stacey beforehand on 01506 533 108 Our gardening-based group This group is based around planting and growing our own produce, but we alternate from gardening to garden themed activities such as a quiz.</p>	<p>10:30am-12pm</p> <p>11am-12pm</p> <p>1pm-2:30pm</p>

Thursday 22nd May	<p>East Calder Forget Me Not Community Café Activity – Bingo</p> <p>East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	10am- 11:30pm
Friday 23rd May	<p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	10am-3pm
Monday 26th May	<p>Knit and Natter (Knitting, crochet, sewing group) Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p>Redbrick Café – Social Circle (under 65) This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia.</p> <p>Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p>10:30am- 12pm</p> <p>11am- 12:30pm</p> <p>2pm-4pm</p>
Tuesday 27th May	<p>Yoga Class with Sonshine Yoga Whether you're a seasoned yogi or starting your yoga journey for the first time, we are offering an accessible and inclusive Yoga class offering you a practice to help breathe better; move better and feel better. We welcome all abilities to come along and find space to connect with the body, breath and mind through gentle movement. Breathing practices and time to relax and unwind</p> <p>Games and a Gab (new group) Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p>Community Café Drop in – The kettle is on! Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p> <p>Alzheimer Arts, NEW GROUP! Print workshop Come along and create your own coasters! Coasters and paint provided! This new arts group is focussing on a print workshop class for the next 4 weeks. You will be shown how to create your very own print, see how creative you can get! Please be mindful and wear clothing you won't mind getting paint on, we will provide aprons if wanted.</p>	<p>10:30am- 12pm (class is 11am – 12noon)</p> <p>10:30am- 12pm</p> <p>2pm-3:30pm</p> <p>2pm-3:30pm</p>

<p>Tuesday 27th May</p>	<p>The Memory community Café- Uphall/Broxburn Activity – Ceilidh Dancing, with music in the background</p> <p>Strathbrock Partnership Centre – ENTERANCE B, 189a West Main Street Broxburn EH52 5LH</p> <p>Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in. This session will be ceilidh dancing.</p>	<p>10am- 11:30pm</p>
<p>Wednesday 28th May</p>	<p>Carers Group – Self facilitated Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Social Circle – Booking required We understand that caring for someone with memory loss can be both rewarding and challenging. That's why we offer Social Circle—a weekly group for individuals living with memory loss, designed to give carers the time they need for self-care and relaxation. Whether you need a few hours to rest, run errands, or simply take a break, Social Circle provides a supportive and engaging environment for your loved one while you get some much needed "me time."</p> <p>Livingston memory café, Livingston Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.</p>	<p>10:30am- 12pm</p> <p>10am-12pm</p> <p>1pm-2:30pm</p>
<p>Wednesday 28th May</p>	<p>COMMUNITY CONNECTIONS – Information session</p> <p>Come along and meet Donna from Community connections Find out about what Community Connections can do for you. information, learning about what support is available to allow you to look after your health and wellbeing Continue to stay well and independent within the local community.</p>	<p>1pm- 2:30pm</p>
<p>Thursday 29th May</p>	<p>Dementia Friendly Café Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Xcite seated exercise session, NEW GROUP Come along and try out our seated exercise sessions provided by XCITE. Our Seated Exercise classes will help you to increase your stamina, strength, and flexibility. We will have your toes tapping and your health improving without you leaving your chair!</p>	<p>10:30am- 12pm</p> <p>11am-12pm</p>

Thursday 29th May	Bloom and Blether (Gardening group) For the location, please contact Stacey beforehand on 01506 533 108 Our gardening-based group 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 29th May	East Calder Forget Me Not Community Café East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF Our community cafes are a relaxed and informal setting for people living with dementia and their carers to meet other people in their area. We provide a therapeutic activity which you have the choice to take part in.	10am-11:30am
Friday 30th May	Parkinson related support group Livingston, NEW We're thrilled to announce an exciting collaboration between Alzheimer Scotland and Parkinson's UK, bringing our communities closer together! To kick things off, we've selected three pilot locations—Inverness, Livingston, and Motherwell—where we'll be launching new services to support those living with Parkinsons related dementia, their careers and family members. Each of our welcoming, safe, and friendly offices are designed with accessibility in mind, featuring nearby parking and easy access for all. We have been working hard to develop these new services together, ensuring we create meaningful support for those who need it most. We are looking forward to meeting you all and hearing your views on how best to develop these sessions moving forward	10:30am-12pm
Friday 30th May	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	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 7th May	NDAS CARERS EVENING Join this friendly informal group for carers to meet others who are caring for someone living with dementia. A chance to share experiences and information to develop coping strategies. Please email Craby@alzscot.org to access	7pm-8pm

Contact details for groups:

West Lothian service

Email: westlothianservices@alzscot.org

Tel: 01506 533 108

Community Activity Organisers

Stacey - 07825063367

Kim - 07769 243512

Centre Manager

Lauren: 07769364179

We are now excited to offer visits to Hampden

Dementia-Friendly Visits at the Scottish Football Museum in Hampden



Drop in between 2–5pm on Thursdays in May & June 2025

Come along for a relaxed, dementia friendly visit at the **Scottish Football Museum**



Try out Alzheimer Scotland's VR Reminiscence Technology



Enjoy a cuppa and a chat



Explore Scotland's footballing history in a calm, friendly setting

Free of charge | No booking needed | All welcome including family, friends & carers

Let football memories come alive in a space built for comfort, connection, and community.

Location: Scottish Football Museum. **Hampden Park, Letherby Drive, Mount Florida, Glasgow, G42 9BA.**

Phone: 0141 616 639 for more information

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>

