

What's on

June 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.
Monday 2 nd June Dementia awareness week	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
	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.	11am-12:30pm

	<p>Dementia dog drop in –</p> <p>Come along and meet the beautiful dementia dogs, who help provide vital support to those with a diagnosis. Dementia Dog is an innovative partnership project between Alzheimer Scotland and Dogs for Good.</p> <p>Community Café Drop in – The kettle is on!</p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p>1pm – 3pm</p> <p>2pm-4pm</p>
<p>Monday 2nd June</p> <p>Dementia awareness week</p>	<p>Bathgate Memory Café Community café – Fire safety information session.</p> <p>Rosemount Gardens, Mid Street, Bathgate, West Lothian, EH48 1TG</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> <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>2:30pm-4pm</p>
<p>Tuesday 3rd June</p> <p>Dementia awareness week</p>	<p>Yoga Class with Sonshine Yoga</p> <p>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</p> <p>Games and a Gab (new group)</p> <p>Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p>Active voice information session</p> <p>Come along and meet Stuart a representative of The Active Voice of people living with dementia and their carers, find out how to uphold rights and drive for change.</p> <p>Community Café Drop in – The kettle is on!</p> <p>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 (class is 11am – 12noon)</p> <p>10:30am-12pm</p> <p>1pm-3pm</p> <p>2pm – 3:30pm</p>

<p>Wednesday 4th June</p> <p>Dementia awareness week</p>	<p>Social Circle – Booking required</p> <p>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.</p> <p>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)</p> <p>Music can bring back 1000 memories. Come along and share your memories through music</p>	<p>10am -12pm</p> <p>1pm- 2:30pm</p>
<p>Wednesday 4th June</p> <p>Dementia awareness week</p>	<p>Diabetes Scotland – information event</p> <p>Here you'll find information about campaigns and projects we're running to raise awareness, improve care and provide help, support and information for people with diabetes and their families across Scotland.</p>	<p>1pm-2:30pm</p>
<p>Thursday 5th June</p> <p>Dementia awareness week</p>	<p>Dementia Friendly Café</p> <p>Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Carers Group – Self facilitated</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Cuppa and a chat with a Dementia advisor</p> <p>Come along and meet Cherie one of Alzheimer Scotland's dementia advisor get your queries and questions answered. Along with learning some valuable information.</p> <p>Dementia advisor 1-1 support- booking required</p> <p>Book in for 1-1 support and advice session with one of Alzheimer Scotland's dementia advisors Cherie. This will be in a private setting.</p> <p>Bloom and Blether (Gardening group)</p> <p>For the location, please contact Stacey beforehand on 01506 533 108</p> <p>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>10:30am – 12pm</p> <p>10am-12pm</p> <p>1pm-3pm</p> <p>1pm-2:30pm</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?	10:30am-12pm
	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-3:30pm
Wednesday 11 th June	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
Thursday 12 th June	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
	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
	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 13 th June	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	10am – 3pm
Monday 16 th June	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>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>11am-12:30pm</p> <p>2pm-4pm</p>
Monday 16th June	<p>Whitburn/Blackburn Quality Community café Activity – Music Bingo</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>	2pm-3:30pm
Tuesday 17th June	<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 thought 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>10:30am-12pm (class is 11am – 12noon)</p> <p>10:30am-12pm</p> <p>2pm-3:30pm</p>
Wednesday 18th June	<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>	10am – 12pm

Friday 20th June	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia.	10am – 3pm
Monday 23rd June	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
Tuesday 24th June	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
Tuesday 24th June	The Memory community Café-Uphall/Broxburn Activity – Finish the lyric Music Bingo Strathbrock Partnership Centre – ENTERANCE B, 189a West Main Street Broxburn EH52 5LH 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	10am-11:30am

	provide a therapeutic activity which you have the choice to take part in.	
Wednesday 25th June	<p>Social Circle – Booking required</p> <p>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.</p> <p>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</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>	<p>10am – 12pm</p> <p>1pm-2:30pm</p>
Thursday 26th June	<p>Dementia Friendly Café</p> <p>Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p>Carers Group – Self facilitated</p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p>Bloom and Blether (Gardening group)</p> <p>For the location, please contact Stacey beforehand on 01506 533 108</p> <p>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>10:30am-12pm</p> <p>1pm-2:30pm</p>
Thursday 26th June	<p>East Calder Forget Me Not Community Café Activity –</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 27th June	<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 30th June	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
	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.	11am-12:30pm
	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

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 4th June	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>

