

What's on

July 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.
Tuesday 1 st July	<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>10:30am-12pm (class is 11am – 12noon)</p> <p>10:30am-12pm</p>

Monday 7th July	<p>Bathgate Memory Café Community café – Learning Ceilidh Dancing</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>2:30pm-4pm</p>
Tuesday 8th July	<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>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>2pm-3:30pm</p>
Wednesday 9th July	<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 10th July	<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>10:30am-12pm</p> <p>10:30am-12pm</p>

Thursday 10th July	Bloom and Blether (Gardening group) For information if outside or indoors, 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 11th July	1:1 Support – Booking required To talk about any questions or concerns you have about your brain health or dementia	10am – 3pm
Monday 14th July	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 14th July	West Calder Community Café - 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.	1pm-2:30pm
Tuesday 15th July	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

Wednesday 16th July	<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>
Wednesday 16th July	<p>Linlithgow Caring Community Café - Harpist & games</p> <p>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA</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, come along win some prizes and sing along.</p>	<p>10:30am-12pm</p>
Thursday 17th July	<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>
Friday 18th July	<p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	<p>10am – 3pm</p>
Friday 18th July	<p>The Memory Café, Armadale Community Café Activity – Music Bingo</p> <p>The Community Centre, North Street, Armadale, EH48 3QB</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>11am- 1pm</p>

Monday 21st July	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
Monday 21st July	Whitburn/Blackburn Quality Community café Activity – Multiple choice of games.	2pm-3:30pm
	Blackburn United Football Club, Ashgrove, Blackburn, EH47 7LL 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.	
Tuesday 22nd July	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	10:30am-12pm (class is 11am – 12noon)
	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
Tuesday 22nd July	The Memory community Café- Uphall/Broxburn – Multiple choice of games	10am-11:30am
	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 provide a therapeutic activity which you have the choice to take part in.	

Wednesday 23rd July	<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 24th July	<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 information if outside or indoors 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>
Friday 25th July	<p>Parkinson related support group Livingston, NEW</p> <p>Parkinson's related Dementia Support Group A space for people living with parkinson's related dementia and their family, friends or carers to come and meet other people and gather info from Alzhiemer Scotland and Parkinsons UK</p> <p>1:1 Support – Booking required</p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	<p>10.30am – 12pm</p> <p>10.00am- 3.00pm</p>
Monday 28th July	<p>Knit and Natter (Knitting, crochet, sewing group)</p> <p>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>10:30am-12pm</p> <p>11am-12:30pm</p>

Monday 28th July	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
Tuesday 29 th July	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	10:30am-12pm (class is 11am – 12noon)
	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 30 th July	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
	Music Memories (Music Group) Music can bring back 1000 memories. Come along and share your memories through music	1pm- 2:30pm
Thursday 31 st July	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 information if outdoors or inside, 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 31st
July**

East Calder Forget Me Not Community Café Activity – Music Bingo

10am-11:30pm

**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.

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

NDAS CARERS EVENING

7pm-8pm

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

Contact details for groups:

West Lothian service

Email: westlothianservices@alzscot.org

Tel: 01506 533 108

Community Activity Organisers or
Stacey – 07825063367
Kim - 07769 243512

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>

