

# What's on

## August 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><b>Improve your brain health</b> <b>Never too early, never too late!</b> <b>Start your Brain Health journey today!</b></p> <p><b>You can:</b></p> <ul style="list-style-type: none"><li>✓ Meet the team and learn more about brain health</li><li>✓ Take our Brain Health Quiz</li><li>✓ Make a Pledge to boost your well-being</li><li>✓ Book a Personalised Action Plan</li><li>✓ Experience our brand-new, interactive Brain Health Awareness session—an engaging 1-hour workshop designed to help you take charge of your brain health!</li></ul> <p><b>Start thinking about making small changes to your lifestyle which may improve your brain's wellbeing.</b></p>	Drop in and have an informal conversation about your brain health, explore potential dementia risk factors.
Friday 1 <sup>st</sup> of August	<p><b>1:1 Support – Booking required</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>	10am – 3pm
Monday 4 <sup>th</sup> of August	<p><b>Bathgate Dementia Friendly Café Community café – Music bingo</b></p> <p>Jim Walker Partnership Centre, South Bridge Street, Bathgate, West Lothian, EH48 1TS</p>	10:30am-12pm

	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.	
<b>Monday 4<sup>th</sup> of August</b>	<b>Knit and Natter (Knitting, crochet, sewing group)</b> Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.	<b>10:30am-12pm</b>
<b>Monday 4<sup>th</sup> of August</b>	<b>Redbrick Café – Social Circle (under 65)</b> This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- General Quiz	<b>11am-12:30pm</b>
	<b>Community Café Drop in – The kettle is on!</b> Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	<b>2pm-4pm</b>
<b>Monday 4<sup>th</sup> of August</b>	<b>Bathgate Memory Café Community café – Learning Ceilidh Dancing</b>  <b>Rosemount Gardens, Mid Street, Bathgate, West Lothian, EH48 1TG</b>  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.	<b>2:30pm-4pm</b>
<b>Tuesday 5<sup>th</sup> of August</b>	<b>Yoga Class with Sonshine Yoga</b> 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	<b>10:30am-12pm (class is 11am – 12noon)</b>
	<b>Games and a Gab (new group)</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy? – giant scrabble	<b>10:30am-12pm</b>
	<b>Community Café Drop in – The kettle is on!</b> Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.	<b>2pm-3:30pm</b>
<b>Wednesday 6<sup>th</sup> of August</b>	<b>Games through seated activity</b> Come and join us for a fun session of paracise, use your bodies to engage in parachute exercises. This can be seated or standing.	<b>10:30am-11:30am</b>

<p><b>Wednesday 6<sup>th</sup> of August</b></p>	<p><b>Social Circle – Booking required</b>  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><b>Music Memories (Music Group)</b>  Music can bring back 1000 memories. Come along and share your memories through music. Activity -Guess the song</p>
<p><b>Thursday 7<sup>th</sup> of August</b></p> <p><b>Thursday 7<sup>th</sup> of August</b></p>	<p><b>Dementia Friendly Café</b>  Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p><b>Carers Group – Self facilitated</b>  Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p><b>Bloom and Blether (Gardening group)</b>  <b>For information if outside or indoors, please contact Stacey beforehand on 01506 533 108</b>  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><b>Friday 8<sup>th</sup> of August</b></p>	<p><b>1:1 Support – Booking required</b>  To talk about any questions or concerns you have about your brain health or dementia</p>
<p><b>Monday 11<sup>th</sup> of August</b></p>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b>  Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65)</b>  This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- bring in your own photos to reminisce and share with others.</p> <p><b>Community Café Drop in – The kettle is on!</b>  Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>

<b>Monday 11<sup>th</sup> of August</b>	<p><b>West Calder Community Café - Music Bingo</b></p> <p><b>1pm-2:30pm</b></p> <p>West Calder Hub, West Calder Community Centre, Dickson Street, West Calder EH55 8DZ</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>
<b>Tuesday 12<sup>th</sup> of August</b>	<p><b>Yoga Class with Sonshine Yoga</b></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><b>10:30am-12pm (class is 11am – 12noon)</b></p> <p><b>Games and a Gab (new group)</b></p> <p>Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p><b>10:30am-12pm</b></p> <p><b>Community Café Drop in – The kettle is on!</b></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><b>2pm-3:30pm</b></p>
<b>Wednesday 13<sup>th</sup> of August</b>	<p><b>Social Circle – Booking required</b></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><b>10am -12pm</b></p> <p><b>Livingston memory café, Livingston</b></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. Activity- decorate your own tealight holder.</p> <p><b>1pm- 2:30pm</b></p>
<b>Thursday 14<sup>th</sup> of August</b>	<p><b>Dementia Friendly Café</b></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><b>10:30am-12pm</b></p> <p><b>Carers Group – Self facilitated</b></p> <p><b>10:30am-12pm</b></p>

	<p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p> <p><b>Bloom and Blether (Gardening group)</b> <b>1pm-2:30pm</b></p> <p><b>For information if outside or indoors, please contact Stacey beforehand on 01506 533 108</b></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>
<b>Friday 15<sup>th</sup> of August</b>	<p><b>1:1 Support – Booking required</b> <b>10am – 3pm</b></p> <p>To talk about any questions or concerns you have about your brain health or dementia</p>
<b>Friday 15<sup>th</sup> of August</b>	<p><b>The Memory Café, Armadale Community Café Activity – bring along an old photo to reminisce with others.</b> <b>11am- 1pm</b></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>
<b>Monday 18<sup>th</sup> of August</b>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</b> <b>10:30am-12pm</b></p> <p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p> <p><b>Redbrick Café – Social Circle (under 65)</b> <b>11am-12:30pm</b></p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- bored games</p> <p><b>Community Café Drop in – The kettle is on!</b></p> <p>Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services. <b>2pm-4pm</b></p>
<b>Monday 18<sup>th</sup> of August</b>	<p><b>Whitburn/Blackburn Quality Community café Activity – Multiple choice of games.</b> <b>2pm-3:30pm</b></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>

<p><b>Tuesday 19<sup>th</sup> August</b></p>	<p><b>Yoga Class with Sonshine Yoga</b> 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><b>Games and a Gab (new group)</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p><b>Community Café Drop in – The kettle is on!</b> Come along and drop in for a coffee and a chat about anything from Brain Health to dementia information to support services.</p>	<p><b>10:30am-12pm (class is 11am – 12noon)</b></p> <p><b>10:30am-12pm</b></p> <p><b>2pm-3:30pm</b></p>
<p><b>Wednesday 20<sup>th</sup> August</b></p>	<p><b>Linlithgow Caring Community Café - Ceilidh dancing</b></p> <p><b>Queen Margaret Hall, 53 Blackness Road, Linlithgow, EH49 7JA</b> 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><b>10:30am-12pm</b></p>
<p><b>Wednesday 20<sup>th</sup> August</b></p>	<p><b>Social Circle – Booking required</b> 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><b>Music Memories (Music Group)</b> Music can bring back 1000 memories. Come along and share your memories through music. Activity- music bingo.</p>	<p><b>10am -12pm</b></p> <p><b>1pm- 2:30pm</b></p>
<p><b>Thursday 21<sup>st</sup> of August</b></p>	<p><b>Dementia Friendly Café</b> Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.</p> <p><b>Carers Group – Self facilitated</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.</p>	<p><b>10:30am-12pm</b></p> <p><b>10:30am-12pm</b></p>

	<b>Bloom and Blether (Gardening group)</b> <b>For the location, please contact Stacey beforehand on 01506 533 108</b> 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 22 <sup>nd</sup> of August	<b>1:1 Support – Booking required</b> To talk about any questions or concerns you have about your brain health or dementia	10am – 3pm
Monday 25 <sup>th</sup> of August	<b>Knit and Natter (Knitting, crochet, sewing group)</b> Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.  <b>Redbrick Café – Social Circle (under 65)</b> This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- seated games/sports.  <b>Community Café Drop in – The kettle is on!</b> 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 26 <sup>th</sup> of August	<b>The Memory community Café-Uphall/Broxburn – Multiple choice of games.</b>  <b>Strathbrock Partnership Centre – ENTERANCE B, 189a West Main Street Broxburn EH52 5LH</b> 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
Tuesday 26 <sup>th</sup> of August	<b>Yoga Class with Sonshine Yoga</b> 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  <b>Games and a Gab (new group)</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?	10:30am-12pm (class is 11am – 12noon)   10:30am-12pm

	<b>Community Café Drop in – The kettle is on!</b> 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
<b>Wednesday 27<sup>th</sup> of August</b>	<b>Social Circle – Booking required</b> 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."  <b>Livingston memory café, Livingston</b> 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. Activity- balloon tennis	10am -12pm          1pm- 2:30pm
<b>Thursday 28<sup>th</sup> of August</b>	<b>Dementia Friendly Café</b> Drop in and meet others in the community living with dementia, carers and families for a lovely cuppa and catch up.  <b>Carers Group – Self facilitated</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome.  <b>Bloom and Blether (Gardening group)</b> <b>For information if outside or indoors please contact Stacey beforehand on 01506 533 108</b> 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.	10:30am-12pm          10:30am-12pm       1pm-2:30pm
<b>Thursday 28<sup>th</sup> of August</b>	<b>East Calder Forget Me Not Community Café Activity –</b>  <b>East Calder Parish Church Hall, Main Street, East Calder, EH53 0HF</b> 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-11:30pm
<b>Friday 29<sup>th</sup> of August</b>	<b>Parkinson related support group Livingston, NEW</b>  Parkinson's related Dementia Support Group A space for people living with parkinson's related dementia and their family,	10.30am – 12pm

friends or carers to come and meet other people and gather info from Alzheimer Scotland and Parkinsons UK

**1:1 Support – Booking required**

To talk about any questions or concerns you have about your brain health or dementia

**10.00am-  
3.00pm**

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](mailto:Craby@alzscot.org) to access

Contact details for groups:

West Lothian service

Email: [westlothianservices@alzscot.org](mailto:westlothianservices@alzscot.org)      Tel: [01506 533108](tel:01506533108)

Community activity organiser

Stacey Tel: 07825063367

Kim Tel: 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>

