

# What's on

## September 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.
Monday 1 <sup>st</sup> September	<p><b>Bathgate Dementia Friendly Café Community café – Board Game day</b></p> <p><b>Jim Walker Partnership Centre, South Bridge Street, Bathgate, West Lothian, EH48 1TS</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.</p>	10:30am-12pm

<b>Monday 1<sup>st</sup> September</b>	<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. <b>Activity- General Quiz</b></p>	<p><b>10:30am-12pm</b></p> <p><b>10:30am-12pm</b></p>
<b>Monday 1<sup>st</sup> September</b>	<p><b>Bathgate Memory Café Community café – Learning Ceilidh Dancing</b></p> <p><b>Rosemount Gardens, Mid Street, Bathgate, West Lothian, EH48 1TG</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.</p>	<p><b>2:30pm-4pm</b></p>
<b>Tuesday 2<sup>nd</sup> September</b>	<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 –</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p><b>Craft club (new group)- 5 week block -</b> Come along and try your hand at our clay-based activity sessions. This programme will run for 5 weeks allowing time to plan, develop and create your own project. This could be a vase or pencil holder, or anything your mind can think of. We will always be in the group to provide support if needed. <b>Week one</b> will include planning and designing your ideas.</p> <p><b>Carers Group – Self facilitated - NEW GROUP</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome in the quiet room.</p>	<p><b>11am-12pm</b></p> <p><b>11am-12pm</b></p> <p><b>2pm-3:30pm</b></p> <p><b>2pm-3pm</b></p>
<b>Wednesday 3<sup>rd</sup> September</b>	<p><b>Movement and Music – NEW GROUP Activity – moving to the music</b></p>	<p><b>11am-12pm</b></p>

	<p>Our new music and movement group will be running weekly. Each week offering a new activity. We will be focussing on the power of music and how it can make movements more enjoyable. This could be a dance, seated exercise or it could be seated sport in which you move to the beat.</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.</p> <p><b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking – NEW GROUP</b></p> <p>Relaxing session in our quiet room to meet new friends • Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! • Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</p>	<p><b>1pm-2:30pm</b></p> <p><b>1pm – 2.30pm</b></p>
<b>Thursday 4<sup>th</sup> September</b>	<p><b>Bloom and Blether (Gardening group) –</b></p> <p>Please contact Stacey beforehand on <b>07825 063367</b> for information if outside at the Brock Strathbrock Partnership Centre, 189a W Main St, Broxburn EH52 5LH or indoors at the centre in Unit 1 Grampian Court Livingston EH54 6QF.</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>1pm-2:30pm</b>
<b>Friday 5<sup>th</sup> September</b>	<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>	<b>10am-3pm</b>
<b>Monday 8<sup>th</sup> September</b>	<p><b>Knit and Natter (Knitting, crochet, sewing group)</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></p> <p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- <b>bring in your own photos to reminisce</b></p>	<p><b>10:30am-12pm</b></p> <p><b>10:30am-12pm</b></p>

<b>Monday 8<sup>th</sup> September</b>	<p><b>West Calder Community Café Activity - Games day</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>	<p><b>1pm - 2.30pm</b></p>
<b>Tuesday 9<sup>th</sup> September</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 through gentle movement. Breathing practices and time to relax and unwind</p> <p><b>Games and a Gab</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>Craft club (new group)- 5 week block</b></p> <p>Come along and try your hand at our clay-based activity sessions. This programme will run for 5 weeks allowing time to plan, develop and create your own project. This could be a vase or pencil holder, or anything your mind can think of. We will be in the group at all times to provide support if needed. <b>Week two</b> will include starting to create your clay design, looking at textures and patterns.</p> <p><b>Carers Group – Self facilitated - NEW GROUP</b></p> <p>Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome in the quiet room.</p>	<p><b>11am-12pm</b></p> <p><b>11am-12pm</b></p> <p><b>2pm – 3.30pm</b></p> <p><b>2pm – 3pm</b></p>
<b>Wednesday 10<sup>th</sup> September</b>	<p><b>Movement and Music – NEW GROUP</b></p> <p>Our new music and movement group will be running weekly. Each week offering a new activity. We will be focussing on the power of music and how it can make movements more enjoyable. This could be a dance, seated exercise or it could be seated sport in which you move to the beat.. <b>This weeks activity will be –</b> Strength and balance</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.</p>	<p><b>11am-12pm</b></p> <p><b>1pm- 2:30pm</b></p>

	<b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking – NEW GROUP</b>	1pm – 2.30pm
	<p>Relaxing session in our quiet room to meet new friends • Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! • Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Everyone welcome - come along, take a break, and enjoy the joy of puzzling together</p>	
Thursday 11 <sup>th</sup> September	<b>Bloom and Blether (Gardening group)</b>	1pm- 2:30pm
	<p>Please contact Stacey beforehand on <b>07825 063367</b> for information if outside at the Brock Strathbrock Partnership Centre, 189a W Main St, Broxburn EH52 5LH or indoors at the centre in Unit 1 Grampian Court Livingston EH54 6QF.</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>	
Friday 12 <sup>th</sup> September	<b>1:1 Support – Booking required</b>	10am-3pm
	<p>To talk about any questions or concerns you have about your brain health or dementia</p>	
Monday 15 <sup>th</sup> September	<b>Whitburn/Blackburn Quality Community café Activity – Multiple choice of games.</b>	2pm- 3:30pm
	<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.</p>	
Monday 15 <sup>th</sup> September	<b>Knit and Natter (Knitting, crochet, sewing)</b>	10:30am- 12pm
	<p>Knitting, crochet and sewing group. All levels of kitting welcome. Grab a cuppa and learn new skills.</p>	
	<b>Redbrick Café – Social Circle (under 65)</b>	10:30am- 12pm
	<p>This is a space for People under 65 newly diagnosed with Dementia, worried about their memory, MCI or living with dementia. Activity- seated football</p>	
Tuesday 16 <sup>th</sup> September	<b>Yoga Class with Sonshine Yoga</b>	11am-12pm
	<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>	

	<b>Games and a Gab</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?	11am-12pm
	<b>Craft club (new group)- 5 week block</b> Come along and try your hand at our clay-based activity sessions. This programme will run for 5 weeks allowing time to plan, develop and create your own project. This could be a vase or pencil holder, or anything your mind can think of. We will be in the group at all times to provide support if needed. <b>Week 3 –watch your piece come together as we shape and create the object.</b>	2pm-3:30pm
	<b>Carers Group – Self facilitated - NEW GROUP</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome in the quiet room.	2pm – 3pm
Wednesday 17 <sup>th</sup> September	<b>Movement and Music – NEW GROUP</b> Our new music and movement group will be running weekly. Each week offering a new activity. We will be focussing on the power of music and how it can make movements more enjoyable. This could be a dance or it could be seated football in which you pass the ball to the beat. <b>This weeks activity will be – music and movement</b>	11am-12pm
	<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.	1pm-2:30pm
	<b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking – NEW GROUP</b> Relaxing session in our quiet room to meet new friends • Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! • Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Everyone welcome - come along, take a break, and enjoy the joy of puzzling together	1pm – 2.30pm
Wednesday 17 <sup>th</sup> September	<b>Linlithgow Caring Community Café</b> <b>Activity – bowls brought to you by the local team</b>	10:30am-12pm
	<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.	





	<b>Games and a Gab</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?	11am-12pm
	<b>Craft club (new group)- 5 week block</b> Come along and try your hand at our clay-based activity sessions. This programme will run for 5 weeks allowing time to plan, develop and create your own project. This could be a vase or pencil holder, or anything your mind can think of. We will be in the group at all times to provide support if needed. <b>Week four</b> will include finalising details, decorating your object and showing off your product.	2pm-3:30pm
	<b>Carers Group – Self facilitated – NEW GROUP</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome in the quiet room.	2pm – 3pm
Wednesday 24 <sup>th</sup> September	<b>Movement and music – NEW GROUP</b> Our new music and movement group will be running weekly. Each week offering a new activity. We will be focussing on the power of music and how it can make movements more enjoyable. This could be a dance or it could be seated football in which you pass the ball to the beat. <b>This weeks activity will be – seated exercises</b>	11am-12pm
	<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.	1pm-2:30pm
	<b>Puzzling together - Jigsaws, wordsearch, crosswords and much more to get your brain thinking NEW GROUP</b> Relaxing session in our quiet room to meet new friends • Choose from a variety of jigsaws, including dementia-friendly options and even ones with up to 500 pieces! • Work on them together with a cuppa in hand or take one home to enjoy at your leisure. It's a great way to unwind and connect with others! Everyone welcome - come along, take a break, and enjoy the joy of puzzling together	1pm – 2.30pm
Thursday 25 <sup>th</sup> September	<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.	



<b>Thursday 25<sup>th</sup> September</b>	<p><b>Bloom and Blether (Gardening group)</b> Please contact Stacey beforehand on <b>07825 063367</b> for information if outside at the Brock Strathbrock Partnership Centre, 189a W Main St, Broxburn EH52 5LH or indoors at the centre in Unit 1 Grampian Court Livingston EH54 6QF.</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>1pm- 2:30pm</b>
<b>Friday 26<sup>th</sup> September</b>	<p><b>1:1 Support – Booking required</b> To talk about any questions or concerns you have about your brain health or dementia</p>	<b>10am-3pm</b>
<b>Monday 29<sup>th</sup> September</b>	<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- General Quiz</p>	<b>10:30am- 12pm</b>          <b>10:30am- 12pm</b>
<b>Tuesday 30<sup>th</sup> September</b>	<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</b> Join us to play some games, from sudoku to scrabble we have it all! Which game will you fancy?</p> <p><b>Craft club (new group)- 5 week block</b> Come along and try your hand at our clay-based activity sessions. This programme will run for 5 weeks allowing time to plan, develop and create your own project. This could be a vase or pencil holder, or anything your mind can think of. We will be in the group at all times to provide support if needed. <b>Week five</b> will include reflecting on our journey with clay, feedback, and discussing what we enjoyed.</p> <p><b>Carers Group – Self facilitated NEW GROUP</b> Come down to the centre to meet others and have a chat, and cuppa. Family and friends are welcome in the quiet room.</p>	<b>11am-12pm</b>          <b>11am-12pm</b>          <b>2pm- 3:30pm</b>          <b>2pm – 3pm</b>

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		
	<b>NDAS CARERS EVENING</b>	<b>7pm-8pm</b>
	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 <a href="mailto:Craby@alzscot.org">Craby@alzscot.org</a> 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>

