

# **Community Resource Directory**

**June 09 Edition**

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## **Provision Within Specific Geographical Areas**

### ***Armadale***

50+ Activities Group (Armadale Community Centre)

Description: Outings to places of interest, demonstrations, speakers and quizzes

When: 1<sup>st</sup> Thursday of the month 10am – 12md

Contact: 01506 730708

Sunshine Club & Dancing (Armadale Community Centre)

Description: Social Club for retired persons includes dancing

When: Every Monday dancing 1.30 – 3.30pm

Contact: 01501 678511

History of Armadale Association (Methodist Church Hall, East Main St.)

Description: records history of Armadale in addition to talks and slide shows from visiting speakers.

When: 2<sup>nd</sup> Tuesday of the month 7pm – 9pm

Contact: 01506 678400 [betty.hunter@westlothian.gov.uk](mailto:betty.hunter@westlothian.gov.uk)

Armadale & District Homing Society (Club Hut 85 South Street)

Description: Races and shows pigeons

When: Friday 6pm and Saturday 1pm April – September

Contact: 01501 732228

Colinshiel Court

Description: Card making / Art Class

When: Tuesday 10am – 12md (under regular review call to confirm details)

Contact: 01506 880197

Armadale Inter-Church Discussion Group (Methodist Church East Main St)

Description: Ecumenical discussion group on all matters of general interest relating to the Christian faith.

Thursday 7.30pm

Contact: 01501 730956

Armadale Parish Church (Academy Street)

Description: Friendship Group

When: Alternate Mondays 7.30pm

Contact: 01501 733950

Methodist Church Armadale ( East Main Street)

Description: Range of activities including a women's interest group, monthly outreach lunch and chat, craft group, men's lunch club.

When: Contact for details

Contact: 01324 715852

Armadale Cooperative Women's Guild (Goth Lounge Main Street)  
Description: varied activities including topical discussions, trips, guest speakers etc.  
When: Tuesday 7pm  
Contact: 01501 731045

Tuesday Women's Interest Group (Methodist Church Hall)  
Description: Women's group for the over 50's, visit places of interest, invited speakers, handicrafts  
When: Alternate Tuesday 2pm – 3.30pm Craft Club meets alternate weeks.  
Contact: Nil available

### ***Bathgate***

West Lothian 50 + Network (Linbar House North Bridge Street)  
Description: Groups, classes, leisure activities  
Contact: 01506 635510 [wlothian50plus@btconnect.com](mailto:wlothian50plus@btconnect.com)  
[www.hometown@aol.com/plusntw](http://www.hometown@aol.com/plusntw)

NSF (West Lothian) Carers Support Group  
Description: Group of carers of people suffering from mental illness meet informally to support each other.  
Contact: 01506 842723

Bathgate Bridge Club (E.U. Church Hall, Marjoribanks Street)  
Description: Encourages people to take up bridge and enjoy playing the game  
When: Thursday 6.45pm  
Contact: 01506 655362 [www.bathgatebridgeclub.org.uk](http://www.bathgatebridgeclub.org.uk)

British Beermat Collectors Society (Venue variable)  
Description: view new mats, auctions older mats  
When: Variable phone to confirm  
Contact: 01506 631339 [dennis-harley@yahoo.co.uk](mailto:dennis-harley@yahoo.co.uk)

Bathgate Swimming Pool  
Description: Aquafit uses water resistance to improve fitness and muscle tone suitable for all ages and abilities  
When: Monday & Tuesday 6.30pm- 7.30pm, Tuesday & Friday 9.15am – 10am.  
Contact: 01506 774670

Bathgate Community Centre (Marjoriebanks Street)  
Description: Old time and social dancing taught to all ages  
When: Thursday 1.30pm – 3.30pm  
Contact: 01506 775151

Boghall Parish Church (Elizabeth Drive Bathgate)  
Description: Wide programme for all ages e.g. talks, videos, demonstrations  
When: 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month at 7.30pm Sept- April  
Contact: 01506 654107

Royal British Legion (50 North Bridge Street)  
Description: Offers comradeship, social activities.  
When: 11.30am – 3.30pm and 6.30pm – 11.30pm  
Contact: 01506 635336

### **Blackburn**

Young at Heart (Blackburn Community Centre)  
Description: Range of activities and demonstrations such as Tai Chi, keep fit, line dancing, card making, flower arranging etc  
When: Tuesdays 10am – 11am (closed for summer recommences Sept)  
Contact: 01506 636224

Young at Heart (Blackburn Community Centre)  
Description: Meet for coffee / tea  
When: Tuesdays 11am – 11.30am  
Contact: 01506 636224

OAP Group (Blackburn Community Centre)  
Description: Guest speakers, demonstrations, social meeting.  
When: Fortnightly on Monday's 6.30pm – 9.30pm (closed for summer recommences Sept)  
Contact: 01506 656920 (new contact being sought)

W.S.S.C. (Blackburn Community Centre)  
Description: Women only meet to socialise, have invited guest speakers  
When: Wednesday 7pm – 9.30pm (closed for summer recommences Sept)  
Contact: 01506 656821

Bowling Group (Blackburn Community Centre)  
Description: carpet bowling  
When: Tuesdays and Thursdays 1pm – 4pm (closed for summer recommences Sept)  
Contact: 01506 630379 mobile 07796886098

Blackburn Reading Group (Mill Centre Blackburn)  
Description: Group meets in library to have a light-hearted chat and review of a chosen book.  
Contact: 01506 776500

### **Blackridge**

Blackridge & District Model Flying Club (Heights Rd Flying Site. Blackridge)  
Description: Adults and juniors interested in building and flying radio controlled model aircraft  
When: most evening and weekends  
Contact: 01506 630093 [www.bdmfc.org](http://www.bdmfc.org)

Time Out Art Class (Craig Inn Centre)  
Description: Art class using oils, acrylics and water-colours  
When: Tuesday 6pm – 9pm  
Contact: 01501 753660

Scottish Women's Rural Institute (Craig Inn Centre)

Description: Gathering of women of all ages – demonstrations and speakers on a range of topics, crafts, collections, cookery etc.

When: 2<sup>nd</sup> Monday of the month 7pm September – April

Contact: 01506 751456

### **Broxburn**

Senior Citizen's Bingo (Strathbrock)

When: Wednesday 1.30pm – 3.30pm

Contact: 01506 771733

Homes Gardens

Description: Yoga / Seated exercise to music

When: 11am – 12md (kept under review call to confirm details)

Contact: 01506 880197

Broxburn Sports Centre

Description: Line dancing for beginners and intermediate level

When: Monday 12md – 1pm (beginners) 1pm – 2.30pm(intermediates)

Contact: 01506 775690

Broxburn Sports Centre

Description: Gentle exercise for older people

When: Tuesday 10am – 10.30am, Thursday 10am – 10.45am

Contact: 01506 775690

Broxburn Swimming Pool

Description: Aquafit uses water resistance to improve fitness and tone suitable for all ages and abilities

When: Tuesday 6.45pm – 7.45pm

Contact: 01506 775680

Broxburn Book Club (Library West Main Street)

Description: Group meet once a month to discuss their chosen novel.

When; Monthly

Contact: 01506 775600

Royal Scottish Country Dance Society (Canon Hoban Hall)

Description: Country dance classes

When: Thursday 7.30pm – 9.30pm

Contact: Nil available

Broxburn Machine Knitting Club (Strathbrock)

Description: Club teaches use of knitting machines – machine available

When: Tuesday 7.30pm – 9.30pm

Contact 01506 852989

Broxburn Fellowship Hour (Hopehall, Greendykes Road)

Description: Christian Fellowship meetings.

When: Monday 2pm – 3pm October – April

Contact: 01506 853008

St Johns Cantius & St Nicholas RC Church (West Main Street)

Description: hosts various recreational and social clubs in adjoining Canon Hoban Hall.

When: contact for details

Contact: 01506 852040

Scottish Women's Rural (Broxburn Bowling Club)

Description: Provides varied activities for women of all ages e.g. guest speakers, demonstrations, varied outings.

When: Second Monday of the month September – May at 7pm

Contact: 01506 857540

Broxburn Bowling Club (West Burnside)

Description: Bowling

When: 12noon – 11pm

Contact: 01506 856375

Buchanan Park Bowling Club (Greendykes Road)

Description: Bowling

When: Contact for details

Contact: 01506 507030

### ***Dechmont***

50+ Art Group (Dechmont Community Hall)

Description: Art classes, painting and drawing for leisure.

When: Wednesday 1.30pm – 4pm

Contact: 01506 857154

### ***East Calder***

East Calder Sports Centre

Description: Gentle exercise for older people

When: Friday 10am – 11am

Contact 01506 883340

Camcorder Group (Community Education Centre, Main Street)

Description: Involves various aspects of video work

When: Tuesdays 7pm – 9pm

Contact: 01506 491559

East Calder Book Group (Library, Main Street)

Description: Meets to discuss chosen novel

When: One Thursday a month

Contact: 01506 883633

East Calder Needlecraft Club (Community Education Centre, Main Street)  
Description: Members enjoy range of needlecraft, including embroidery, knitting, crochet and patch work.  
When: Thursday 7pm 9pm  
Contact: Just come along

### ***Ecclesmachan***

Over 50's Leisure Club (Village Hall)  
Description: leisurely and gentle activities for over 50's  
When: Wednesday 2pm – 4pm  
Contact: 01506 857726

ET Scottish Country Dance Group (Village Hall)  
Description: Scottish Country dancing and basic ceilidh dances  
When: Monday 7.30pm – 9.30pm  
Contact: 01506 500457

### ***Fauldhouse***

Scottish Women's Rural Institute (Salvation Army Hall)  
Description: Women's social club provides a programme of speakers and demonstrations.  
When: 1<sup>st</sup> Monday of the month at 7.15pm excluding January, June, July August.  
Contact: 01501 771924

### ***Kirknewton***

Scottish Women's Rural Institute (Church Hall)  
Description: social, recreational and educational activities for women.  
When: 2<sup>nd</sup> Thursday of the month at 7.30pm  
Contact: 01506 880241

### ***Linlithgow***

Exercise to Music (St Michael's Church Hall)  
When: Tuesday 9.30am – 10.30am & 10.45am – 11.45am  
Contact: [opals50plus@hotmail.com](mailto:opals50plus@hotmail.com)

Come Dancing (Low Port Centre)  
When: Monday & Friday afternoons 2pm – 4pm  
Contact: 01506 775390

Linlithgow & Linlithgow Bridge Pensioners Assoc. (Linlithgow Bowling Club)  
Description: half hour talk, tea, entertainment e.g. film show, musical entertainers, sing-a-long  
When: 4<sup>th</sup> Tuesday of month 7pm – 9pm (transport provided)  
Contact: 01506 842 103

Low Port 50's Plus Group (Low Port Centre)

Description: leisure and recreation including walks, visits to gardens, castles and geological sites.

When: Sunday fortnightly 12noon – 7pm

Contact: 01506 844802

Link Abbeyfield Support Group (Abbeyfield House Linlithgow)

Description: Group for senior citizens who are usually lonely, housebound or require stimulation.

When: 2.15pm – 4.25pm

Contact: 01506 845137

High Street Help Centre (Cross House Linlithgow)

Description: Provides information plus contacts e.g. care and age concern, loneliness, bereavement .

Contacts: [info@helpcentre.org.uk](mailto:info@helpcentre.org.uk)

[www.helpcentre.org.uk](http://www.helpcentre.org.uk)

Linlithgow Link Voluntary Group (St Michael's Hospital, Linlithgow)

Description: offers transport service for older people unable to use public transport, plus befriending service, twice yearly outings

When: Monday – Friday 9.30am – 12.30pm

Contact: 01506 845137 [coordinator@linlithgow.org.uk](mailto:coordinator@linlithgow.org.uk)

[www.linlithgowlink.org.uk](http://www.linlithgowlink.org.uk)

Linlithgow Leisure Centre

Description: Aquafit – uses water resistance to improve fitness and muscle tone suitable for all ages and abilities

When: Monday 6.30pm-7.15pm, Tuesday 10am-11am, Thursday 10am-11am

Contact 01506 775440

Linlithgow Leisure Centre

Description: Gentle exercise for older people

When: Wednesday & Friday 9.30am – 10.15am, Friday

Contact: 01506 775440

Linlithgow Ramblers (Linlithgow Cross Meeting Point)

Description: All levels of walks including short strolls on local paths

When: Saturdays / Sundays and some Wednesdays

Contact: 01506 842504

Camera Club (Springfield Community Education Wing)

Description: See web site for full programme

When: Tuesday 7pm – 9pm

Contact: 01506 847455 [www.linlithgowcc.org](http://www.linlithgowcc.org)

Low Port Art Group (Low Port Centre, Blackness Road)

Description: Amateur self-help group, occasional workshops and tutors

When: Tuesday 7pm – 9pm

Contact: 01506 845805

Drawing and Painting Classes (Low Port Centre)

Description: As above

When: Wednesday 7.30pm – 9.30pm, Friday 9.30am – 11.30am and 12- 2pm

Contact: 01506 825115

Sangschule (Linlithgow Academy Staff Room)

Description: get together to sing folk music from Scotland and other countries.

When: Wednesday 7.30pm – 9.30pm

Contact: 01506 843592 [www.angelfire.com/folk.sangschule](http://www.angelfire.com/folk.sangschule)

St Michaels Parish Church Choir (Adam Room, Cross House)

Description: Choir rehearses regularly for secular concerts, fundraising events and social events.

When: Thursday 8.15pm 9.30pm

Contact: 01506 842188

Linlithgow Scotch Hop (Venue variable)

Description: Scottish dancing for all

When: Contact for details

Contact: 01506 845698

Linlithgow Scottish Country Dance Club (Chalmers Halls)

Description: As above

When: Friday 7.45pm – 10.15pm (break for tea)

Contact: [www.linlithgowscdc.org](http://www.linlithgowscdc.org)

Green Park Weavers (2 Green Park Cottages)

Description: Tapestry and off loom weaving group

When: Wednesday 2pm – 4pm

Contact: 01506 670165

Linlithgow & District Embroiderers Guild (Hutted Unit, Low Port Centre)

Description: Talks, demonstrations, visits to exhibitions and practical sessions.

When: 4<sup>th</sup> Wednesday of the month 7.15pm – 9.30pm

Contact: 01506 845227 [www.embroiderersguild.com](http://www.embroiderersguild.com)

Stitch 'N' Bitch (Bonsyde Public House, Linlithgow)

Description: Knit, crochet and needlework

When: 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month

Contact: 01506 670207

50+ Come Dancing (Low Port Centre, Blackness Road)

Description: Tea Dance

When: Monday & Friday 2pm – 4pm

Contact 01506 775390

Scottish Women's Rural Institute (Chalmers Hall, Main Street)  
Description: Talks, demonstrations, craft classes, outings and social events  
When: August – April 4<sup>th</sup> Wednesday of the month at 7.15pm  
Contact: 01506 843731

Linlithgow Floral Art Club (Linlithgow Rose Club, Braehead Road)  
Description: Demonstrations in the art of flower arranging  
When: 3<sup>rd</sup> Wednesday of the month at 7.30pm September – May  
Contact: 01506 842590

Linlithgow Aquarist Society (Burgh Halls, The Cross)  
Description: Regular meetings to discuss fish keeping skills, talks, videos, slide presentations and visits.  
When: Every 2<sup>nd</sup> Wednesday at 7.30pm

Springfield Carpet Bowls (Springfield Community Education Centre)  
When: Tuesday 2pm-4pm September – June  
Contact: 01506 847455

### **Livingston**

Dedridge Retired Men's Club (Lanthorn Community Centre)  
Description: Indoor carpet bowls  
When: Tuesday 1pm – 4pm  
Contact: 01506 777707

Dedridge Good Neighbour Network ( Lanthorn Community Centre)  
Description: Visiting, befriending, transport to shops etc plus wide range of social activities, lunch club.  
Contact: 01506 416137 [dgnn@fsmail.net](mailto:dgnn@fsmail.net)

Deans Senior Citizen's Club (Livingston Station Community Centre)  
Description: Pensioner's social club with dominoes and bingo, two coach trips per year plus Christmas party.  
When: Mondays 2pm – 4pm  
Contact: 01506 494612

Muireston 50 + Group (Muireston Village Hall)  
Description: Talks, discussions, occasional craft demonstrations, outings and walking groups.  
When: Tuesday 2pm – 4pm  
Contact: [wilma37@btopenworld.com](mailto:wilma37@btopenworld.com)  
[Jean\\_Davidson@bigfoot.com](mailto:Jean_Davidson@bigfoot.com)

Lunch Club (Livingston Baptist Church Dedridge)  
Description: Lunch Club for older people in Dedridge and Muireston areas  
When: Thursday 12 noon  
Contact: 01506 415831 [andrew.tullis@blueyonder.co.uk](mailto:andrew.tullis@blueyonder.co.uk)

#### Livingston High School Adult Classes

Description: range of adult classes including card making, floral arts, digital photography, computing etc.

When: Day and evening classes

Contact: 01506 439631

#### Deans Community High School

Description: Range of Classes including 50+ keep fit, pottery, painting and drawing, cake decoration, pilates.

When: Day and evening classes

Contact: 01506 497090 [deanscommunityeducation@wled.org.uk](mailto:deanscommunityeducation@wled.org.uk)

#### Friends of Almond Valley (Heritage Centre, Millfield, Livingston Village)

Description: Support centre operation by assisting with care of animals, restoration and maintenance etc.

When: Daily 10am – 5pm

Contact: 01506 414957 [www.almondvalley.co.uk](http://www.almondvalley.co.uk)

#### Bridge Club ( Bankton Mains Bowling Club, Muireston)

Description: Play bridge and socialise

When: Wednesday 7pm September – April

Contact 01506 430989

#### Chess Club (Harvester Public House, Knightbridge)

Description: Play chess and hold competitions

When: Monday 7pm – 11pm

Contact 01506 430989

#### Bankton Chess Club (Langthorn Community Centre, Dedridge)

Description: Play Chess

When Friday 6.45 – 9pm

Contact: 01506 496501 [www.banktonchessclub.com](http://www.banktonchessclub.com)

#### Livingstone Leisure Centre

Description: Gentle exercise for older people

When: Monday 9.30am-10am, Wednesday and Friday 9am – 9.30am

Contact: 01506 775440

#### Livingstone Leisure Centre

Description: Aquafit uses water resistance to improve fitness and muscle tone is suitable for all ages and abilities

When: Monday, Wednesday & Friday 9.45am-10.45am

Monday & Thursday 6pm – 7pm

Contact: 01506 775440

#### Craigswood Sports Centre

Description: Gentle exercise for older people

When: Thursday 9.30am – 10am

Contact 01506 775870

Livingston and District Art Club (Lanthorn Community Centre)  
Description: Gathering of people interested in painting, drawing, handicrafts, to socialise and share advice.  
When: Tuesday and Wednesday 7pm – 9pm  
Contact 01506 777707

Livingston Camcorder Club (Craigs Farm, Craigshill)  
Description: Self help group to improve us of camcorder and equipment.  
When: Every fortnight on a Wednesday at 7pm  
Contact: 01506 432772

Livingston Camera Club (Crofthead Farm Community Education Centre)  
Description: Caters for both beginners and the experienced  
When: Monday 7.30 – 10pm Contact 01506 775991  
[www.livingstoncameraclub.co.uk.com](http://www.livingstoncameraclub.co.uk.com)

Livingston Choral Society (Music Room, St Margaret's Academy)  
Description: Group of amateurs singing Scottish folk songs, medleys, Africana and jazz  
When: Friday 7pm – 9pm  
Contact 07931 672353

Lanthorn Reading Group (Lanthorn Library)  
Description: Discuss books and have tea and a chat  
When: 1<sup>st</sup> Thursday of the month 6.45pm – 8pm  
Contact: 01506 777700 [lanthorn.lib@wled.org.uk](mailto:lanthorn.lib@wled.org.uk)

Buffalo Mountain Western Dancers (Newyearfield Community Centre)  
Description: Learn easy beginners line dances and socialise  
When: Tuesday 7pm – 8pm  
Contact 01506 419578

Crafting Mad Card Making Club (Ability Centre)  
Description: Club for those who love card making and want to get together  
When: Monday 7pm – 8pm  
Contact: 01506 414398 [www.crafting-mad.co.uk](http://www.crafting-mad.co.uk)

North Barn Quilters (Carmondean Community Centre)  
Description: Patchwork  
When: 4<sup>th</sup> Monday of the month 7.30pm – 9.30pm  
Contact: 01506 495531

Royal British Legion (Craigshill Masonic Club)  
Description: Comradeship of ex service men and women  
When: Last Wednesday of the month 7.30pm – 9.30pm  
Contact: 01506 410325

Scottish Women's Rural Institute (Craigspark Pavillion)  
Description: Holds talks, demonstrations, films on travel, handicrafts  
When 2<sup>nd</sup> Wednesday 7pm – 9pm  
Contact: 01506 439888

West Lothian Bonsai Group (Almond Valley Heritage Centre)  
Description: Teaches how to look after bonsai trees, styling and repotting workshops.  
When: 1<sup>st</sup> Thursday of the month 7.30pm – 9.30pm  
Contact: 0771 3484001 [www.scottishbonsai.org](http://www.scottishbonsai.org)

Deans Bowling Club (2 Main Street, Deans)  
When: April – September  
Contact: 01506 413789

### ***Mid Calder***

Cunnigar House  
Description: Computer Class  
When: Tuesday 2pm – 3pm (kept under review call to confirm details)  
Contact: 01506 880197

Mid Calder Camera Club (Institute Hall)  
Description: For all ages and abilities with a common interest in photography  
When: Wednesday 7.30pm from September – May  
Contact: 01506 882616 [www.midcaldercameraclub.org.uk](http://www.midcaldercameraclub.org.uk)

Choral Highland Ladies Choir (Kirk of Calder)  
Description: Cover a wide variety of music  
When: Wednesday – 7.30pm – 9pm  
Contact: 01506 880029

### ***Philipstoun***

Scottish Women's Rural Institute (Village Hall)  
Description: Social and educational group for women. Varied speaker, whilst drive, charity coffee evening and bus trips.  
When: 2<sup>nd</sup> Tuesday of every month 7pm – 9.30pm  
Contact: 01506 834360

### ***Polbeth***

Polbeth Walking Group (Polbeth & Hartwood Church)  
Description: do local walks  
When: Every Sunday at 1.15pm  
Contact: 01506 870380 [www.polbethwalkinggroup.diinoweb.com](http://www.polbethwalkinggroup.diinoweb.com)

Polbeth Bowling Green (Limefield Park)  
When: April – September  
Contact: 01506 871937

### **Stoneyburn**

Lunch Club (Community Centre Stoneyburn)  
When: Tuesdays and Thursdays 11.30am – 1.30pm  
Contact: 01501 762515

Stoneyburn Bowling Club (39 Main Street)  
Description: Bowling, plus lounge, plus hall and social events  
When: Daily April – September  
Contact: 01501 763091

### **Torphichen**

Senior Citizens Group (Torphichen Kirk)  
Description: Dominoes, scrabble, activities and outings.  
When: Tuesday 2pm – 4pm January to June & September to December  
Contact: 01506 652174

West Lothian Archers (Torphichen Community Centre)  
Description: Practice and teach field archery  
When: Friday 7pm – 10pm  
Contact: 01506 830063 [www.westlothianarchers.pwp.blueyonder.co.uk](http://www.westlothianarchers.pwp.blueyonder.co.uk)

Torphichen Reading Group (Venue variable)  
Description: Discuss selected book each month  
When: Once a month at 7.30pm contact for details  
Contact: 01506 633991

Torphichen Kirk Dance Club (St Johns Hall)  
Description: Social dancing for all ages  
When: 7pm – 9pm alternate Saturdays  
Contact: 01506 651185

Scottish Women's Rural Institute (Torphichen Primary School)  
Description: Social gathering of ladies – crafts, speakers, participation in baking and cooking (if desired) plus outings to places of interest.  
When: 1<sup>st</sup> Thursday of the month at 7.15pm  
Contact: 01506 631909

### **Uphall**

Sunshine Club (Uphall Community Centre)  
Description: Bingo, spring and autumn day trips, pantomime visits and other outings.  
When: Thursdays 1pm – 3pm

South Church Fellowship (Uphall South Church)  
Description: varied programme of talks, discussions and social evenings  
When: Alternate Wednesdays at 7.30pm October to March  
Contact: 01506 854520 [www.uphallsouthchurch.com.uk](http://www.uphallsouthchurch.com.uk)

The Guild (Strathbrock Church Hall)

Description: Varied programme of talks, discussions and social evenings for Christian education and fellowship

When: Alternate Tuesdays at 7.50pm [www.strathbrockparish.net](http://www.strathbrockparish.net)

Scottish Women's Rural (Uphall Community Centre)

Description: Varied programme of arts, crafts, talks and various outings

When: 2<sup>nd</sup> Monday of month, 7pm – 9.30pm September – May

Contact: 01506 853891

### **West Calder**

Fifty Plus Dance Club (West Calder Community Centre)

Description: Sequence dancing plus tea for over 50's.

When: Friday 1.15pm – 3pm

Contact: 01506 871278

After Lunch Club (West Calder Community Centre)

Description: Meet friends over bowling, tea and a chat.

When: Tuesday 10.30am – 12md

Contact: 01506 871278

West Calder Bridge Club ( West Kirk of Calder Hall)

Description: Play Bridge and socialise

When: Tuesday 6.45pm – 7.30pm

Contact: 0131 333 1936 [www.westcalder@bridgeclub.org.uk](mailto:www.westcalder@bridgeclub.org.uk)

West Calder Model Flying Club (Flying site south of West Calder)

Description: Offers training and recreational flying, events and competitions

When: Saturday and Sunday weather permitting

Contact: 01506 857455 / 07761 645644 [www.modelclub.org](http://www.modelclub.org)

Dickson Court

Description: Art Class

When: Thursday 2pm -3.30 pm (may be subject to change, call to confirm details)

Contact: 01506 880197

Calder Craft Club (West Kirk – Church Hall)

Description: Social gathering of crafters

When: Tuesday 10am – 12.30pm and last Monday of the month 8pm – 10pm

Contact: 01506 870162 [www.caldercraftclub.co.uk](http://www.caldercraftclub.co.uk)

Scottish Women's Rural Institute (Harburn Village Hall)

Description: Varied programme – craft work, guest speakers, outings

When: 2<sup>nd</sup> Monday of month 7.30pm – 9.30pm except June, July and August

Contact: 01506 873032

West Calder Bowling Club (Harburn Road)  
When: Monday – Friday 6.30pm – 11pm, Saturday and Sunday 12noon – midnight  
Contact: 01506 871680

### **Westfield**

Scottish Women's Rural Institute (Bridgehouse Community Hall)  
Description: Social, educational recreational activities for women  
When: 1<sup>st</sup> Wednesday of month at 7.30pm except for July and August  
Contact 01324 861318

### **Whitburn**

50 + Keep Fit Class  
Description: Dance steps plus stretching exercises to improve flexibility  
When: Tuesday 10am – 11am (tea 11am – 11.30am)  
Contact: 01501 743034 [ageingwellac@hotmail.com](mailto:ageingwellac@hotmail.com)

Scottish Pensioners Association (Burgh Halls Whitburn)  
Description: Social evenings, visiting entertainment, raffles, bingo, two bus trips per year and a Christmas party.  
When: Every 2<sup>nd</sup> Monday at 7pm August to December and January to May  
Contact 01506 633224

Whitburn Leisure Centre  
Description: Gentle exercise for older people  
When: Tuesday 9.30am – 10.15am  
Contact: 01501 678070

Whitburn Adult Reading Group (Whitburn Library)  
Description: Meet to discuss chosen novels, chat and have tea  
When: Contact for details  
Contact: 01501 678050

Old Time Dancing (Whitburn Community Education)  
Description: Old time dancing (mainly ladies over 50 years)  
When: Wednesday 1.30pm – 3.30pm  
Contact: 01501 743034

### **Winchburgh**

Winchburgh Art Club (Winchburgh Community Education)  
Description: Painting, drawing. Tuition provided intermittently  
When: Thursday 9.30am – 11.30am  
Contact: Nil given

Winchburgh Bowling Club (Craighton Place)  
When: Contact for information  
Contact: 01506 890345

## **National & Area Wide Provision**

### Carers of West Lothian

Description: Provides information, support and a voice for unpaid carers.

Contact: 01506 771750 [office@carers.westlothian.com](mailto:office@carers.westlothian.com)  
[www.carers-westlothian.org.uk](http://www.carers-westlothian.org.uk)

### Volunteer Centre West Lothian

Description: promotes, supports and develops volunteering throughout West Lothian

When: Monday – Friday 9am to 4.30pm

Contact: 10506 650111 [www.vcwl.co.uk](http://www.vcwl.co.uk)

### Contact The Elderly In Scotland

Description: Small group of volunteers with cars collect older person and meet for a chat over tea in volunteers home.

When: One Sunday per month in the afternoon

Contact: [www.contact.the.elderly.org.uk](http://www.contact.the.elderly.org.uk)

### Scottish Helpline for Older People

Description: Helpline for older people and their carers or those who work with older people to find out information, can answer questions about community care, tax, pensions, benefits and many other issues.

When: Monday – Friday 10am – 4pm

Contact: 0845 125 9732

### SeniorLine

Description: UK wide phone service for older people and carers giving advice on Welfare Benefits.

When: Monday – Friday 9am – 4pm except public and bank holidays.

Contact: 0808 800 6565 [seniorline@helptheaged.org.uk](mailto:seniorline@helptheaged.org.uk)  
[www.helptheaged.org.uk](http://www.helptheaged.org.uk)

### Dementia Helpline – (Alzheimer Scotland)

Description: Talk to someone re concerns you have about your own or others memory, provides information, emotional support and a listening ear

When: 24 hour service

Contact 0808 808 3000 [www.alzscot.org](http://www.alzscot.org)

### Alzheimer Scotland

Description: Provide free publications and information for people with dementia and their carers as well as local information

When: 9am – 4.30pm Monday – Friday

Contact: 0131 243 1453 (office) [Alzheimer@alzscot.org](mailto:Alzheimer@alzscot.org)

### Breathing Space

Description: Listens, offers advice and information to anyone feeling down or depressed.

When: Monday – Thursday 6pm – 2am Friday – Monday 6pm – 6am

Contact: 0800 83 85 87 [www.breathingspacescotland.co.uk](http://www.breathingspacescotland.co.uk)

#### Chest, Heart and Stroke Scotland

Description: Advice line staffed by specialist nurses provides confidential advice on all aspects of chest heart and stroke illness.

When: Monday – Friday 9.30am – 12.30pm & 1.30pm – 4pm

Contact: 0845 077 6000 [advice@chss.org.uk](mailto:advice@chss.org.uk)  
[www.chss.org.uk](http://www.chss.org.uk)

#### Benefit Enquiry Line (Department of Work & Pensions)

Description: Gives confidential advice on benefits available to people with dementia and carers, can complete forms over the phone.

When 9am – 5pm Monday - Friday

Contact 0800 88 22 00

#### Pension , Disability and Carer Service

Description: Offers home visits for benefit checks and to help with completion of claim forms for people aged 60 years and over.

Contact: 0845 60 60 265

#### Depression Alliance Scotland

Description: Offers information and support to individuals, their families, friends and professionals working with people who have depression.

When: Monday – Tuesday & Thursday – Friday 10am – 2pm

Contact: 0845 123 23 20 [info@dascot.org](mailto:info@dascot.org)  
[www.dascot.org](http://www.dascot.org)

#### Dementia Services Development Centre

Description: Provides library and information service at Stirling University is open to the public and offers reading lists, an online catalogue, book loans and photocopies of journal articles (charge for copying and postage)

When: 9am – 4pm Monday – Friday

Contact 01786 467740 [www.dementia.stir.ac.uk](http://www.dementia.stir.ac.uk)

#### Mental Health Foundation in Scotland

Description: website offers wide range of useful information relating to mental health – is not able to offer advice on individual mental health problems.

Contact: [www.mentalhealth.org.uk/about-us/scotland](http://www.mentalhealth.org.uk/about-us/scotland)

#### The Stroke Association

Description: Call or email for information, practical advice or someone to talk to about stroke and how to cope with life after a stroke.

When: Monday – Friday 9am – 5pm

Contact: 0845 303 3100 [scotland@stroke.org.uk](mailto:scotland@stroke.org.uk)  
[www.stroke.org.uk](http://www.stroke.org.uk)

#### Shared Care Scotland

Description: Provides information, advice and details of the types and availability of short breaks (respite care) available throughout Scotland, has database so can undertake tailored searches based on specific requirements.

When: Monday – Friday 9am – 4.30pm

Contact: 01383 622462

#### Community Equipment Store

Equipment to aid independence at home or in the community:

[ces@westlothian.gov.uk](mailto:ces@westlothian.gov.uk)

Tel: 01506 52335

#### Sensory Resource Centre

[senseorycentre@westlothian.gov.uk](mailto:senseorycentre@westlothian.gov.uk)

Tel: 01506 774490

#### Samaritans

When: 24 hour helpline

Contact: 0131 221 9999 [admin@edinburghsamaritans.org.uk](mailto:admin@edinburghsamaritans.org.uk)

[www.edinburghsamaritans.org](http://www.edinburghsamaritans.org)

#### Deaf & Hard of Hearing Support Group

Description: socialise, support and advice about equipment, information on deaf / hard of hearing issues, contacts and links to other organisations.

Contact: 0800 7311831 [janice.Davidson@westlothian.gov.uk](mailto:janice.Davidson@westlothian.gov.uk)

#### Adult Learning Centre

Description: Offers a wide range of courses in a range of community centres throughout West Lothian.

Contact: 01506 7763333 Monday to Friday 9am – 4pm

[derek.catto@westlothian.gov.uk](mailto:derek.catto@westlothian.gov.uk)

[www.getonlineandlearn.org.uk](http://www.getonlineandlearn.org.uk)

#### West Lothian Scottish Heritage Society (Regal Community Theatre Bathgate)

When: 1<sup>st</sup> Tuesday of month at 7.30pm

Contact: 01506 652174

#### West Lothian Family History Society (Library Headquarters Blackburn)

Description: Promotes the study of family history throughout West Lothian

When: 1<sup>st</sup> Tuesday of the month 7pm Sept – June

Contact: 01506 464157

[www.wlfhs.org.uk](http://www.wlfhs.org.uk)

#### West Lothian History & Amenity Society (Venue variable in West Lothian)

Description: holds meetings with talks and lectures on variety of subjects based on local and Scottish history.

When: Monthly March – May and September – December 3<sup>rd</sup> Wed at 7.30pm

#### West Lothian Drug and Alcohol Service

Description: Information and resource centre available to public as well as counselling and support.

When: Monday – Friday 9.30am – 4.30pm plus 24hr ansaphone

Contact 01506 430225

Support Group for Men with Prostate Cancer (McMillan Centre St John's)  
When: 7pm – 9pm Jan/March/May/Aug/Oct  
Contact: 01506 845981 or 01506 842487  
[charliehogg@blueyonder.co.uk](mailto:charliehogg@blueyonder.co.uk)  
[www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)