

# What's Online

## West Lothian

If you would like an invite to one of our online groups or more information please contact [WestLothianServices@Alzscot.org](mailto:WestLothianServices@Alzscot.org) or call **01506 533 108**

### Community Activities

Digital Activity	When	Time
Red Brick Café (under 65)	2nd & 4th Monday of the month	2pm
Carer Group	3rd Monday of the month	2pm
Activity Group	Tuesday Weekly	2pm
Evening Carer group	1st Wednesday of the month	7pm –8pm
Around the Kitchen Table (baking group)	3rd Wednesday of the month	2pm
West Lothian Virtual Community Café	2nd Wednesday of the month	11am-12 noon
Bloom & Blether Gardening & Allotment group	Thursday, Fortnightly @ The Brock	Call for more info, outside group
Virtual Coffee Morning	Thursday Weekly	11am

### Dementia Advisor

Online video call on line consultation with our Dementia Advisor are available to book at a convenient time for you and your family contact Cherie Raby 07786406668 or email [craby@alzscot.org](mailto:craby@alzscot.org)



Our online support and activities are only possible thanks to the donations we gratefully receive.

To support Alzheimer Scotland West Lothian please consider donating via our Justgiving page:

<https://www.justgiving.com/fundraising/West-Lothian-Services-Alzheimer-Scotland>

