

# What's On West Lothian

September to December 2022



**Alzheimer  
Scotland**  
Action on Dementia



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

## Community Activities

Face to Face	When	Time
Cafes in Bathgate, Linlithgow, Broxburn, Armadale & East Calder have restarted	Various days & times each month	Call for more information
Dementia Café @ our Resource Centre	2nd & 4th Wednesday of the month	1pm-2.30pm
Red Brick Café (under 65)	2nd Monday of the month	11am-12.30pm
Bloom & Blether Garden Group	Thursday, Weekly @ The Brock	Call for more info, outside group
Young Onset Carers Group (under 65)	4th Wednesday of the month	10.30am-12noon
Digital Activity	When	Time
Evening Carer group	1st Wednesday of the month	7pm-8pm
Around the Kitchen Table (baking group)	3rd Wednesday of the month	2pm

## Dementia Advisor

Our Dementia Advisor is available for consultations either face to face or by phone/video. To book a convenient time for you and your family, contact Cherie Raby on 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. Please consider donating via our [Justgiving](https://www.justgiving.com/fundraising/alzheimer-scotland-west-lothian) page:

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