WEST LOTHIAN SERVICE USERS NEWSLETTER

Health	Page
Autism	2-3
LEAP	4-5
WLDAS Grief Matters	6
Benefits/finances	
Home energy Scotland	7
Warm home Discount	8
Pension credit	8-9
TV licence info.	9-10
Driving licence renewal	11-12
Saving energy	12
Electric blankets	13
Smart technology	14
Mc Flyer	15
Feature organisations	
CoWL Parentspace	16
West Lothian u3a	16-17
Community connections	17-18
Historic adoption support	18
Local News	
Pilot research	19
Heritage centre	20
Jupiter Artland	20-21
Polbeth hub appeal	21
Events	
Suicide prevention	22
West Lothian dippers	23
Cinderella	23
West Calder hub fair	24
West Calder hub crochet	24-25
Antique collectors fair	25
Useful contacts	26

Hi! My name is Claire.

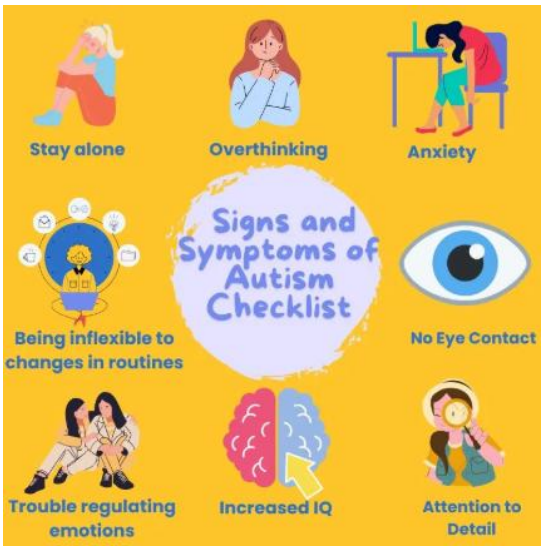
Welcome to my Newsletter!

I am a service user with a severe and enduring mental health problem, and I produce Newsletters to help share information about issues people may experience and support available in the West Lothian community.

I am a volunteer for the Mental Health Advocacy Project (MHAP) and a member of their Management Committee. I enjoy researching news and services. If you have any ideas you think may be of interest for future Newsletters, or if you have details about a local service, please contact MHAP on 01506 857230 or email admin@mhap.org.uk

Health

Autism



Autism is often much more complex than most people realise. It affects emotions, daily life and how people experience the world. At school, children often learned very little about Autism and any information was often wrong. It is commonly believed that autism makes a person have difficulties forming friendships or being awkward when talking to people. However, social challenges is not the full picture. Other effects include sensory processing, emotional regulation, and energy levels. Autistic people process social interactions differently, so they are not disinterested or anti-social which is what some people believe. Autism can present itself in many different ways so it can be overlooked. Girls and women tend to be better at masking their traits to fit in, so a diagnosis is often not made until later in life. People with autism may be very talkative or indeed, may be more reserved. It's a spectrum. Not everyone with autism is a genius. Many think that if you have autism, you have an amazing talent, such as maths skills or a photographic memory. The reality is they are like all of us, with their own strengths and weaknesses. Some may therefore excel at certain interests whilst others may find basic tasks difficult such as being organised or remembering appointments.

People with autism have a brain that works differently. One of the biggest challenges with autism is sensory overload. This means loud environments, fluorescent lighting, or strong smells can overwhelm people who have autism. As a result of this many people with autism use noise-cancelling headphones, use dim lighting, or avoid certain textures. People with autism often find executive functioning more difficult. This refers to how they manage their daily life. This often means that basic tasks like starting a task or having a routine become impossible. Many with autism therefore rely on lists, alarms, and rigid schedules. In addition, they mask their traits to fit in for example they may suppress

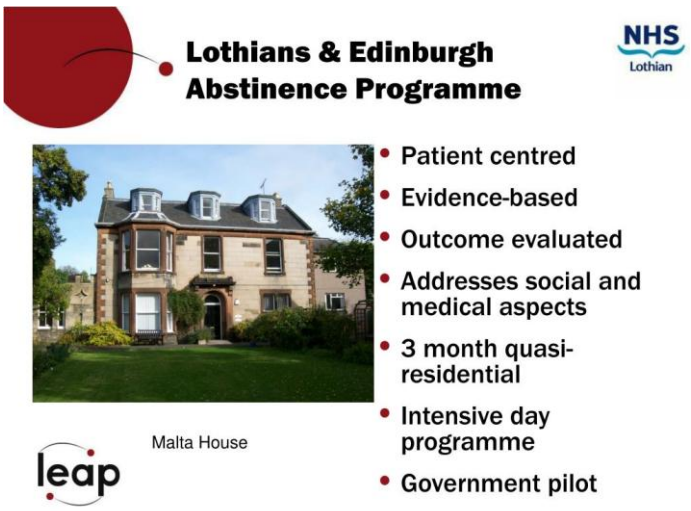
natural behaviours such as fidgeting or repetitive movements. This can be particularly draining for the person. Getting a diagnosis can often therefore be felt as a relief.

The reality is that autistic children become autistic adults. As the person gets older their condition becomes easier to manage. One issue is that resources are aimed at children whereas autistic adults are left to cope on their own. As a result of this many adults are diagnosed later in life. Indeed, it is not something that you grow out of. What can really help a person with autism is to establish a routine. This helps reduce stress. Any changes to a routine can overwhelm a person. When a child is overwhelmed, they can suffer from meltdowns where they are unable to control their emotions. Causes include sensory overload, stress or sudden change and can display as crying, shutting down or even becoming unresponsive. Patience is required when dealing with meltdowns. Autistic people can struggle with Interoception. This means recognising internal body signals such as hunger, thirst, or pain. So many may forget to eat, not realising that they need water or ignore any pain until it becomes severe. Experiencing anxiety is common in people with autism as they are trying to cope with sensory overload, social expectations, and unpredictability. Pressures to act normal can lead to long-term stress. This is why having routines and low pressure environments is preferred by people with autism. Recognising that anxiety is deeply linked to autism helps create better support systems.

People often believe that those with autism lack empathy. The reality is that they feel emotions more intensely and they may express empathy differently. They may therefore avoid certain emotional situations. They do care, even though they don't react in a typical way. Social exhaustion can occur with sufferers of autism. Processing conversations and managing sensory input at the same time often means that a period of time alone is needed to recover. They are not being rude or anti-social. People often find that socialising with people you trust and in a comfortable environment really helps.

Autism is not something you should view as a negative way or something you must fix. It is a different way of thinking, feeling, and connecting with the world. It comes with strengths such as deep focus, creativity, and unique perspectives. There is a lack of understanding and support available for autistic people. When their needs are met and they are in an environment that they can flourish in, they can thrive.

Leap (Lothian, Edinburgh abstinence programme).



Leap is a residential rehabilitation programme for those who have alcohol or drug problems. Patients may have problems with opiates, cannabis, or tranquillisers. Those who join the programme must want to give up their addiction. The programme lasts for at least three months. Patients live in one of two housing units and attend rehab six days a week. On the website there is fuller information along with charts explaining pathways to residential treatment can also be downloaded. Visit https://services.nhslothian.scot/leap/ The programme accepts patients who are stable in their drug use. For details of medications that qualifies patients for an assessment. Please visit https://services.nhslothian.scot/leap/referrals/ A referral form can be downloaded on the website.

Leap offers comprehensive support and information to families throughout the assessment process. There are educational and support groups on Wednesday and Thursday evenings for families. Referral to other agencies may occur as required. The Leap family programme is also open to family members of non-Leap patients. Leap offers a peer support volunteer programme which offers training and ongoing support. They provide practical support to patients during treatment. Other organisations provide social and emotional support as well as a programme of recovery, which includes Alcohol Anonymous, Narcotics Anonymous and Smart recovery meetings. Having access to education, training and employment may prevent relapse. As part of the Leap programme there is a modular training programme where patients can get an SQA qualification. Those who complete the Leap programme progress to completing the full Encompass programme with more qualifications being awarded to successful students. There is also the chance of a job placement and work experience.

Aftercare support is provided by Leap up to 2 years after completing the programme. It is available 5 days a week and several group therapy sessions are available. These include overcoming anxiety, relapse prevention, coping skills and mindfulness. After care is offered At Leap Woodlands House and in Bathgate West Lothian. For some patients who have ongoing issues CBT is available.

Leap has two accommodation units, Randolph Crescent Hostel and Marchfield House. Support is available from staff in the evenings, overnight and at weekends. For patients

with any housing issues Housing support staff are available. For some patients they can attend as a day patient. This includes those who do not require a detox and live with a supportive family.

USEFUL CONTACTS

Alcoholics Anonymous Helpline
0845 769 7555
www.alcoholics-anonymous.org.uk

Narcotics Anonymous Helpline
0300 999 1212
www.ukna.org

Cocaine Anonymous Helpline
0141 959 6363 or 0800 612 0225
www.cascotland.org.uk

Smart Recovery UK
www.smartrecovery.org.uk

Access to Industry
0131 260 9721
www.accesstoindustry.co.uk

Scottish Recovery Consortium
www.scottishrecoveryconsortium.org

Addiction Recovery App
www.arcapp.co.uk

Edinburgh Recovery Activities
0131 555 9124
www.facebook.com/
EdinburghRecoveryActivities

V2.0 approved by NHS Lothian Patient Information Team: Oct 2022
Review date: Oct 2025
LOT1977

CONTACT

Woodlands House, 74 Canaan Lane
Edinburgh EH9 2TB

tel 0131 446 4400
web weare.nhslothian.scot/leap
email leap.programme@
nhslothian.scot.nhs.uk

leap

NHS Lothian

LEAP saved three lives when my son went into treatment; they saved my son's life who had already been on the edge of death twice due to substance overdoses. They also saved my wife's life, and my own.

My life now is so different. I don't wake up thinking about drinking or using now, I have my family back in my life who trust me and also want to be around me. I am currently seeking work and am able to plan my life without being chained to substances.

RIGHT NOW
We suggest you check out a few mutual help meetings in the meantime.

Use one of the contacts above for more information.

Choose leap
Choose life

Lothians & Edinburgh Abstinence Programme
Patient Information

WLDAS Grief matters service.

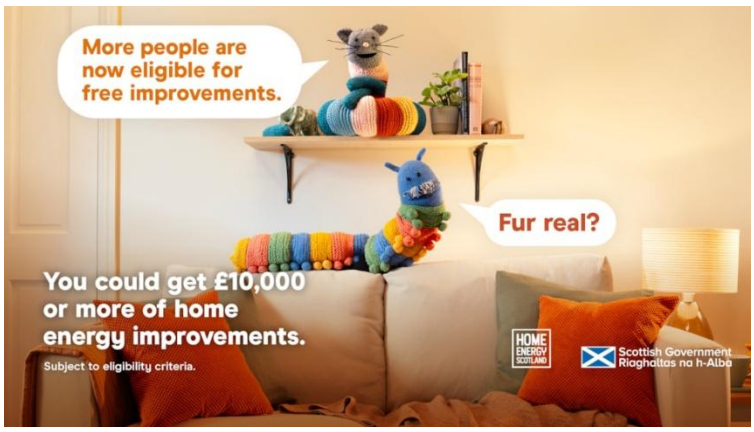


The Grief matters service provides bereavement support to 12-18 year olds who live in West Lothian. It is offered by WLDAS, although the bereavement need not be related to substance use. The service is for young people who have experienced a sudden and unexpected death such as suicide, heart attack or accidental overdose.

For advice you can contact WLDAS. The service provides one to one bereavement support at a suitable location and consults with family and care givers. There is the opportunity for peer support for young people with shared experiences. Additional sources of support are also available in schools, college, or work.

Prior to making a referral a consultation is recommended with a member of the team, call 01506 430225 and request to speak to a young person's worker or Email: enquiries@wldas.org

Benefits/Finances

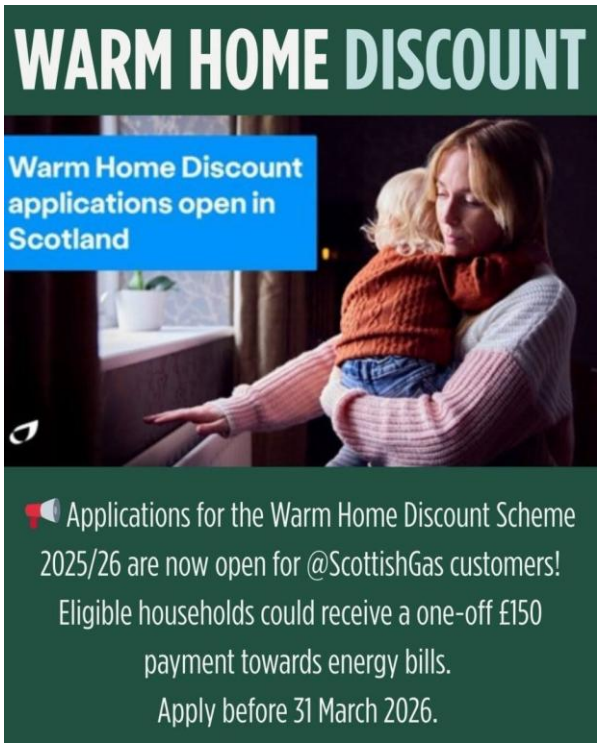


Home energy Scotland

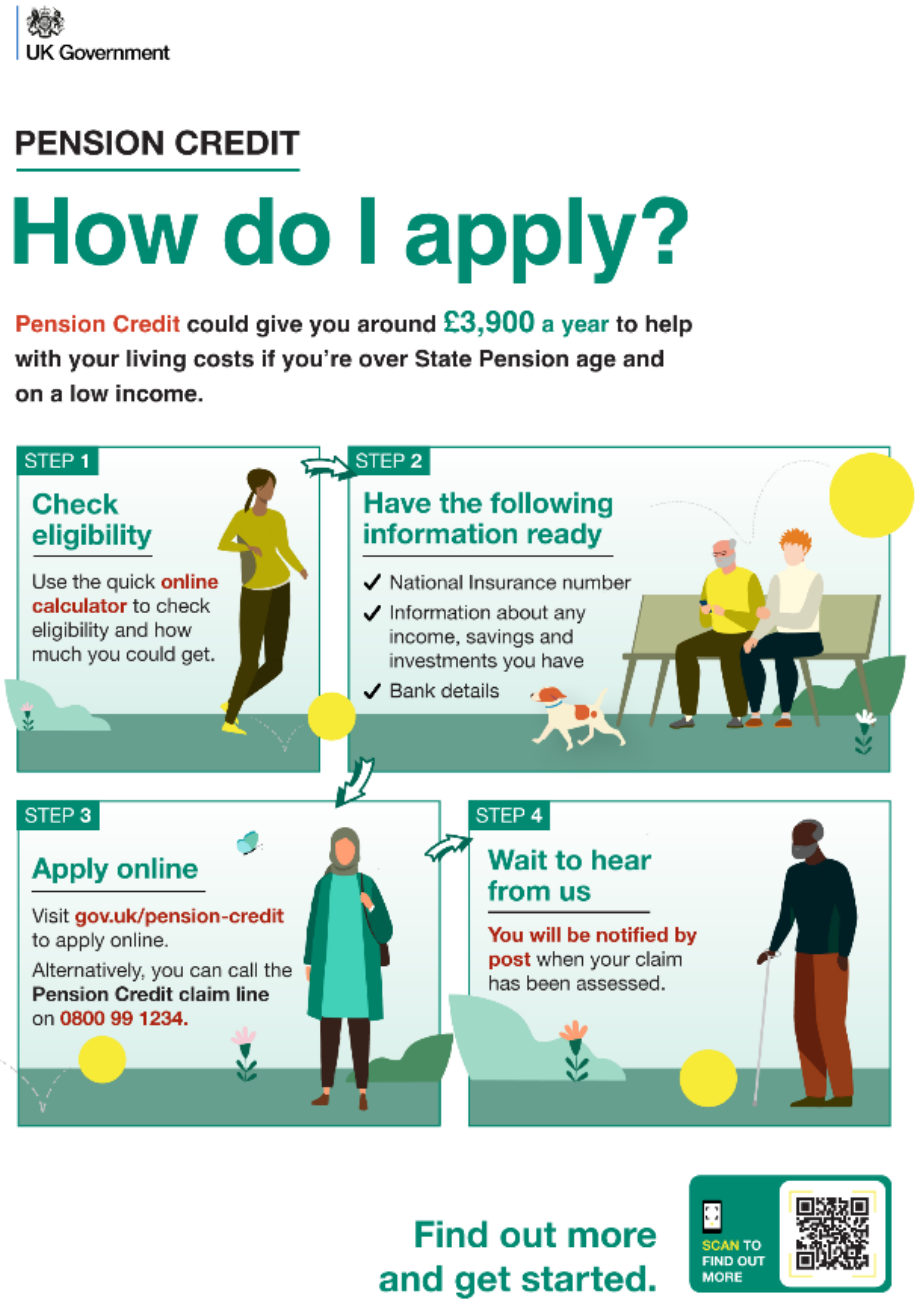
Home energy Scotland provides support to consumers to save money on their energy bills. This includes heating and insulation; indeed, you may qualify for £10,000 from the Scottish Government. To find out if you qualify you can call 0808 808 2282. There is also a contact form on the website. Visit https://www.homeenergyscotland.org/contact-us

To find out if you qualify a warmworks assessor will visit you at home. They will then determine what could be done at your property to save energy. Getting home improvements will not usually cost you any money. Improvements include wall insulation, loft insulation, draught-proofing, or a new gas boiler. There is a loan available managed by the Energy savings trust to pay for any improvements that are made in cases where you have been asked to contribute.

The warm-home discount



The warm home discount is being extended until winter 2030. This gives people on low incomes and the vulnerable £150 credit to their energy account. It is usually paid between October and March. Now around 6 million households qualify for the discount. You will get the payment if you receive the guarantee credit element of Pension credit. For those on a low income you must receive certain benefits. These include Housing Benefit, Income Support, Income-related ESA, and UC. The discount applies to those on pre-pay meters as well as Direct Debit but is usually paid as vouchers. If you qualify for the scheme, you should receive a letter between October and January. Bills continue to remain high so the discount will give consumers vital support.



Pension credit

Receiving Pension credit means that you will qualify for additional support worth on average £4,300. The DWP points out that around 760,000 pensioners qualify but do not make an application. They are therefore extending their awareness campaign until the end of March. Pensioner couples who have a weekly income of less than £346 or single pensioners who earn less than £227.10 a week may qualify for Pension Credit. It does not matter if you have savings or own your own home, you could still get help with housing costs, heating bills, and council tax. Even a modest award of just £1 could make you eligible for further support. It takes around 10 weeks to process a claim. If you have a

disability, are a carer, have savings or have housing costs you may still qualify even if your income exceeds the threshold. To check eligibility for Pension Credit you can use the online Pension credit calculator on www.GOV.UK Pensioners can also ring the Pension Credit helpline to make a claim on 0800 99 1234.

So, if you are eligible for Pension credit you may also be entitled to other forms of help, such as:

- Housing benefit, or if you own your own property- support for mortgage Interest
- Council tax discount
- Free TV licence for over 75s
- Help with NHS dental treatment
- Glasses and transport costs for hospital appointments
- Help with heating through the Warm Homes Discount Scheme

To claim Pension credit, you can apply up to 4 months before you reach State Pension age. There is an online service if you have already claimed your state pension and there are no children or young people in your claim.

TV licence information

To watch and record live TV or use BBC iPlayer you must have a TV licence. This year the licence has increased by £5.50 to £180 per year. There are six scenarios which mean you can cancel your TV licence.

1. You don't watch or record live TV on any channel or device, and you don't download or watch BBC programmes on BBC iPlayer anymore.
2. You are moving to an address that already has a TV licence.
3. You are moving into a care home.
4. You are moving abroad.
5. The licence holder has died.
6. You have 2 licences for the same address.

Some British people may qualify for a free or a reduced price TV licence. This is for people who are in residential or sheltered accommodation who are also retired and over 60 or have a disability. This means your licence will only cost £7.50. Your housing manager can apply for you.

People over the age of 75 who get Pension credit may also be eligible for a free TV licence. This includes if you live with someone who receives Pension credit. Pension credit is awarded to people of state pension age who are on a low income. If you are registered blind or live with someone who is blind, you qualify for a 50% reduction on their TV licence.

For more information visit www.GOV.UK or the official TV licensing website.


Your TV Licence:
The 2026 Update
Here's everything you need to know
The UK government has announced that the annual TV licence fee will increase in line with inflation this April.
Annual fee rising to £180.00.
This is a £5.50 increase from the current price of £174.50.
COVERAGE SOURCE
Covers all live TV and iPlayer.
You need a licence to watch live programmes on any channel or use BBC iPlayer on any device.
BBC iPlayer
CHECK DISCOUNTS
Check if you qualify for discounts.
Over-75s on Pension Credit get free licences,
while blind viewers and care home residents receive reduced rates.
FUTURE FUNDING
Future funding models under review.
The government is considering switching to advertising or subscription models after the current charter ends in 2027.
NotebookLM

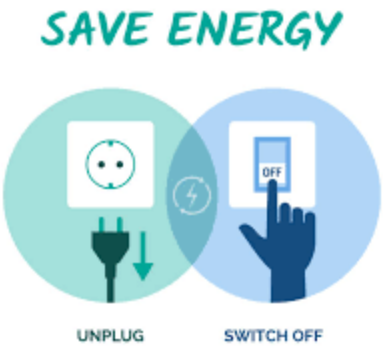
Driving licence renewal



The DVLA states that drivers over 70 years must renew their licence every three years instead of every 10 years for younger drivers. This is done to ensure older drivers meet health and fitness standards to be able to drive safely. Renewing your driving licence after 70 years is a straightforward process. When you get near your 70th birthday you will receive a reminder letter which states the renewal process and how to apply either online or via post. An additional health declaration must also be completed when renewing your licence. This makes sure that someone is fit to drive safely. If you have a new medical condition or disability, you may need a further driving assessment.

When you are waiting for your new licence, you can still drive but you must meet several conditions. You must not be disqualified, have your doctor's approval and the previous licence must not have been revoked for medical reasons. You must make your application for your licence within a year of your licence's expiration and no medical concern's arise.

Savings on energy costs



To cut your energy bill by £145 each year, unplug appliances in your home. This will ensure they don't consume electricity whilst on standby. Common devices that could be costing you money include the Desktop computer, TV, oven, microwave, and kettle. Devices on standby are costing households £12.36pmth. A significant saving comes from switching off games consoles, which cost around £3.05 a month adding up to around £36 a year. The most economical appliances to leave on standby include electric hobs. British people are spending 16% of the average yearly energy bill on unused appliances, the equivalent of almost 2 months' worth of bills. Remember standby mode is not the same as switching devices off properly. Saving £145 could buy you a big food shop, two tanks of petrol or a nice meal out. Remember, don't turn off your fridge freezer.

Electric blankets

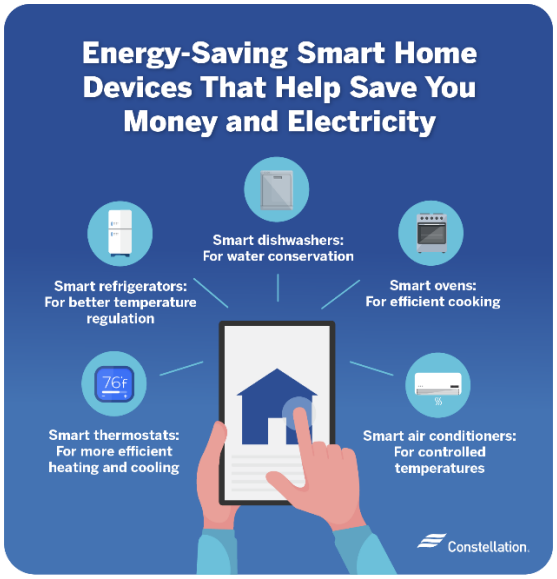


According to Uswitch electric blankets cost just pennies to run. There are a variety of blankets available, including mattress protectors and cosy blankets. If the blanket fabric becomes worn or if the electric cord is damaged, you must replace it. Also, don't use a hot water bottle at the same time as using your blanket. As electric blankets just heat the area around them, they are very energy efficient. If you run a 250W electric blanket for 8 hours a day at the maximum setting will cost 56p which is around £202 a year.

Octopus energy research shows that using an electric blanket rather than heating the whole house saves an average household 10-20% of their electricity bill in the winter months which is around £300 a year. You should not use an electric blanket as a replacement for central heating. Remember an unheated home is bad for your health. Cold and damp homes can worsen or even cause a range of health conditions including those related to your respiratory, cardiovascular, and nervous system. It is recommended that you should maintain your home between 18°C and 21°C.

Top energy saving tips to use alongside your electric blanket. These include installing loft insulation, switch to low-energy lightbulbs, reduce the boiler flow temperature and draught proofing. Other tips include using smart thermostats, tracking your energy usage, unplugging electrical appliances, and using thermostatic radiator valves so you can control the temperature in each room.

Smart technology



Using smart technology can cut your energy bills. Smart home devices are quick to install and are cheap. These include smart plugs which stop TVs from draining power whilst on standby, smart lighting that switches off when you leave the room, smart thermostats that adapt to your routine and smart radiator valves you can control from your phone. With smart meters you can see how and when energy is being used so you can find out how to best save money.

Invest in smart thermostats and smart radiator valves. They cost around £120 - £280. With the Octopus energy-approved tado° smart thermostat gives you remote control via an app so you turn heating down when you are out. It can even alert you when windows are open and when heat is being lost. Smart thermostats help you identify how you can reduce your bills without even touching the boiler. Smart radiator valves cost around £40- £80 which helps you only heat spaces you are using.

Small changes such as using smart lighting can make a big difference. Swapping old lightbulbs for LEDs saves you money and may use 90% less energy. You could use smart LED lights which adjust automatically to the light in the room. This helps save energy. There are lights that you can programme to switch off as required and there are those with motion sensors that you can install in hallways and utility rooms that can also save money on energy. Smart lights usually have their own app or can be controlled with voice assistants such as Google Home or Alexa. You can choose to switch off lights that are non-essential such as outdoor lights during times that are most expensive.

You can use smart plugs which are cheap at under £10. These will cut power to devices when you are not using them. You can create a smart routine where heating, lights, plugs, and entertainment systems work together to switch off automatically is required. You can do this through a voice assistant. An easy way to save energy is to know exactly how much energy is being used and on what.

mhap
Mental Health Advocacy Project
(West Lothian) SCIO



MHAP is looking for new members to join its Management Committee.

This independent organisation is based in Broxburn Partnership centre and provides information and support for anyone with a mental health or addictions problem in West Lothian.

Your opinion matters

Peer support

Control stress & anxiety

Work with experienced professionals

Management Committee

Have a positive experience

Make a difference in your community

Build confidence & self esteem

build friendships

be a team player

For more information please

contact MHAP: Tel: 01506 857230 Website: www.mhapwl.org

Email: admin@mhap.org.uk

OSCR
Scottish Charity Regulator
www.oscr.org.uk
Registered Charity
SC011560

MHAP is funded by
West Lothian Council
NHS SCOTLAND

Feature organisations

Carers of West Lothian

Parent Space

Carers of West Lothian is running drop in sessions for parents who have a child with additional needs. You can meet other parents and learn about the support available from CoWL. You can let them know in advance or just drop in. Refreshments are provided and you will be made very welcome.

Venues and times are as follows.

- Livingston-4th Thursday of the month at 6-7.30pm, Sycamore House, Livingston, EH54 6AX
- Broxburn- Last Tuesday of the month at 1-2.30pm, Strathbrock Community Centre, 189A West Main Street, Broxburn, EH52 5LH
- Fauldhouse-Last Wednesday of the month 1-2.30pm, Eastfield Development Centre, Fauldhouse, EH47 9LE.

West Lothian u3a



West Lothian u3a is for people who no longer work and who want to remain mentally and physically active. The charity delivers a variety of different creative and leisure activities. Groups include craft, science, art appreciation, music, poetry, and history. There is the opportunity to make new friends. There is a monthly open meeting which hosts a wide range of speakers. There are also trips to places of interest. For example, the Art appreciation group visits museums, galleries and workshops in the central belt, the cinema group attends film performances at the hippodrome theatre in Bo'ness, and the walking group visits different locations each season. Everyone is welcome you just need to be no longer in full time employment. If you are interested in any of the groups, just come along. You can try two groups before deciding to join. You can also attend one of the monthly meetings to give it a try. They are held on the third Wednesday of each month (except July) from 2-4pm. The venue is Uphall community education centre, Strathbrock

Place, Uphall, West Lothian. For more information you can call 01506 854451. The annual subscription (2025 figures) £20. Normally there is an additional charge of £1 per member for the monthly open meeting in Uphall. This covers speaker's fees and refreshments.

Community connections



Community connections provides a service where people can get face to face help in West Lothian. There are a number of drop-in sessions available in the community and online. The service can help those who have long term conditions with a range of issues such as Access-2-Employment, Health & Social care and Occupational therapists. This will happen at a location that suits an individual.

Accessing community connections

Drop-in sessions within West Lothian

- Monday- Strathbrock Partnership centre. 1pm-4pm
- Tuesday- Fauldhouse Hub. 10am-12pm
- Wednesday- Blackburn Partnership centre. 10.30am-12.30pm
- Thursday-Blackburn Partnership centre-10.30am-12.30pm

Adult services on offer include help for those with mental health issues and those with a learning disability as well as support for managing physical health and self-directed

support. Visit the website for full information on adult services available. https://westlothianhscp.org.uk

Community connections also provides services for children and young people in West Lothian. For example, they ensure that disabled children have access to social work along with their families. There is also an inclusion and support service for young children ensuring they have access to opportunities such as pre-school education. There is a whole family support service for families that have multiple and complex needs. For full information of services for children and young people you can visit the website. On the website there is also details of services for carers which includes details of self-directed support and the options that are available as well as working with parents and families to assess the needs of children and young people to ensure they get the right support and services. You can also access a range of health and social care services online, for adults, carers and children and young people. Visit

https://www.westlothianhscp.org.uk/doitonline

Historic adoption peer support Health-in-mind



Health-in-mind runs a peer support group for those affected by historic forced adoption practices in Scotland from 1950s to the 1980s. It is for mothers fathers and adopted individuals and is supported by the Scottish government. It offers trauma-informed, peer-led group sessions enabling people to connect and share experiences. Health-in-mind uses skilled staff and volunteers to provide support. National records of Scotland (NRS) acknowledges Health-in-mind as a provider for this specialised support. Support provided includes regular group meetings, online forums, and information sharing. You can visit the website for details of groups available. Visit https://www.health-in-mind.org.uk You can call to find out more: 0131 225 8508 or email: historicadoption@health-in-mind.org.uk For adoption support information visit https://www.health-in-mind.org.uk/blog/why-historic-adoption-support-matters/#

Pilot Research Call-Out

Autistic Women and (Peri)menopause in the Workplace

Hi, I'm Gemma, a late-diagnosed autistic PhD researcher examining the workplace experiences and employment decisions of late-diagnosed, autistic women during/post peri/menopause. The methods used, questions and processes in this Pilot have all been co-designed with autistic women.

Are you:

- Late-Diagnosed Autistic (formally diagnosed or self-identified)
- Experiencing/have experienced peri/menopause
- Have a Senior or Managerial role at work (manage a team, have a long-term career)
- Interested in sharing your experiences

Your involvement:

- Two individual research sessions (face-to-face in Edinburgh/potentially online)
- One online follow-up session
- Choose which research method suits you best
- Give your opinions and share your personal story

Please email Gemma Gray for more information: ggg4000@hw.ac.uk

HERIOT WATT UNIVERSITY

Almond Valley heritage centre



The team at Almond Valley heritage centre are looking forward to delivering an exciting programme of seasonal events and activities this year. It is 23 acre countryside setting allowing families to spend time outside and the opportunity to play, alongside farm encounters and heritage experiences.

Spring events begin with the Mad Hatters Easter Eggstravaganza and the duck race will be returning. Visitors will be able to meet the farms new arrivals and learn about traditional farming. On Mother's day (15th March) Mums get free entry with a paying child and on Father's day (17th June) dads will also get free entry.

The summer programme of activities include circus school sessions, creative activities, and LEGO workshops. There will be the existing adventure zones, rare breed farm and tractor and train rides. So, the heritage continues to provide a place for play, learning and connecting. To find out more, visit www.almondvalley.co.uk

Jupiter Artland 2026 spring/summer programme



Jupiter Artland reopened on the 5th February and will be offering a politically charged programme focusing on identity, power, and landscape. It features the "Extraction" exhibition (Carol Rhodes, John Latham, et al) and a solo show by Sgaire Wood for the Edinburgh Art festival.

Programme details:

Exhibitions and Commissions: The season features Extraction, which explores energy systems and culture, alongside works by Margueritre Humeau and Siobhan McLaughlin.

Featured artists: Glasgow-based artist Sgaire Wood will have a major solo exhibition in the Steadings Gallery and co-curate Jupiter Rising x EAF.

Key installations: The season includes the final viewing of George Wilson's The Earth Exhales and Tai Shani's the Spell or the Dream.

Themed focus: The programme places social purpose alongside artistic excellence, tackling themes of landscape and identity.

Impact: 100% of ticket sales support the Learning Foundation, providing educational access to art.

Tickets are available on the official website.
https://www.jupiterartland.org/product/tickets/

Fundraising project, Polbeth community hub

Polbeth community hub has launched a new fundraising project to raise funds for the hub. It is requesting books and teddies (or similar soft toys) which are clean and tear free and CDs or DVDs. By diverting items from landfill vital funds can raised.

Contact details: Tel: 01506 536123

Email: hub@polbeth.org

Website: https://www.polbeth.com

Facebook: https://www.facebook.com/PolbethCommunityHub/

Events

Suicide Prevention Scotland events



Suicide Prevention Scotland will be hosting a series of regional events in March for people working in settings or roles where individuals may be at a higher risk of suicide. Sessions will give people to opportunity to learn and share experiences with others. They will also explore the challenges faced by those who work in higher risk settings and the ways suicide prevention can be supported. Anyone who works with people who may be at a higher risk of suicide or indeed, your work functions in a higher-risk setting will find the events useful.

Event dates:

- 12 March: 10am-12.30pm COSLA, Edinburgh
- 18 March: 10am-12.30 Renfield Centre, Glasgow
- 24th March: 10am-12.30 Aberdeen Arts Centre
- 31 March 1.30pm-4pm Online (Microsoft teams)

Places for in-person sessions are limited and tea and Coffee are provided.

Extra support:

Support is available if this topic raises concerns for you or someone you know.

Samaritans 116123 (free, 24/7)

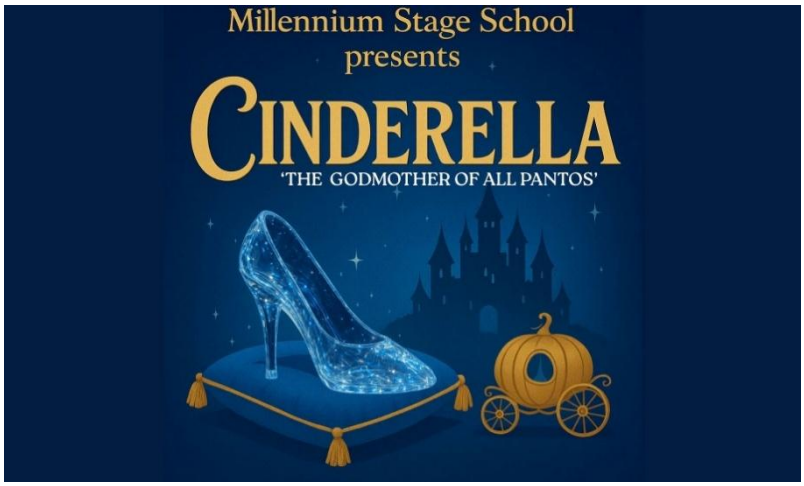
Contact111. In an emergency call 999.

West Lothian Dippers



There is an international women's day beach swim from 6pm on Sunday 8th March at Aberlour beach, Fife. There are many positive aspects to wild swimming including improved wellbeing, confidence and forming friendships. The group is for all ages, shapes, and abilities; indeed, it may be your first swim and advice and support is provided. The event is all about celebrating women's courage and community whilst experiencing the joy that wild swimming can bring. Swimming includes bodies of water in Linlithgow, Kirknewton, Winchburgh and the Calders. More events and updates are posted on their Facebook page: https://www.facebook.com/groups/628980120972944/

Cinderella at Howden Park centre



Howden Park Centre in Livingston is hosting Cinderella. It is being delivered by millennium Stage school and is taking place on Saturday 7 March at 7.30pm and Sunday 8th March at 2pm and 5pm. Tickets cost £18 plus booking fee or £14 plus booking fee for concessions. You call the Box office on 01506 340700 or use the following link: https://www.reconnecttheatres.com

Spring fair West Calder Community hub



A spring fair is being held at West Calder community hub on Sunday 29th March from 11am-2pm. It will be showcasing services and businesses connected to the hub. Stallholders have been invited to join the event. Ideas include handmade crafts and gifts, cakes, sweet treats, children's items, toys, plants, and homeware as well as food and drink.

For more information or book a stall you can visit the webpage:
https://www.westcalderhub.org/market-enquiry

Introduction to crochet workshop West Calder Community hub



There is an introduction to crochet workshop taking place at West Calder Community Hub, Dickson Street, West Lothian. It is a perfect workshop for beginners. Have you always wanted to crochet beautiful blankets, handmade jumpers or boho cushion covers? It takes you from the very start. It looks impressive buts all about wrapping yarn around a hook and pulling it through holes! It will cover basic skills, techniques and stitches that you need. It is very relaxing and a lot of fun. It helps you look after your wellbeing and mental health and makes you feel productive. Tea, coffee, and biscuits are

available throughout, and you leave with your own crochet hook and yarn to continue your practice at home. It is a lovely, small group setting in a gentle environment that feels nurturing and supportive.

Date: Wednesday March 11th 6-8pm. Tickets cost £35. To purchase tickets, visit https://www.eventbrite.co.uk

Antique vintage and collectors fair Linlithgow



There is an antiques vintage and collectors fair taking place on Saturday 21st March from 10am-3pm in the Queen Margaret Hall, Blackness road, Linlithgow EH49 7JA. Admission is £1 or early entry from 9am £2. There will be over 30 dealers. It is a popular event that supports the Linlithgow heritage trust with a wide range of items including jewellery, postcards, coins, bottles, and militaria. Free parking is available. Proceeds benefit the Linlithgow museum. Dogs are not permitted inside the hall except for assistance dogs.



Useful contacts

Advice shop	01506 2830000 www.westlothian.gov.uk
Almond Valley Heritage Centre	01506 414957 info@almondvalley.co.uk
Breathing Space	0800 838587 www.breathingspace.scot
Carers of West Lothian	01506 448000 www.carers-westlothian.com
Citizens Advice Livingston	01506 432977 www.cabwestlothian.org.uk
Community Connections	01506 280000 www.westlothianhscp.org.uk/community-connections
West Lothian Council	01506 280000 www.westlothian.gov.uk
West Lothian Dippers	www.facebook.com
Health in Mind	0131 225 8508 www.health-in-mind.org.uk
Home Energy Scotland	0808 808 2282 www.homeenergyscotland.org
Howden Park Centre	01506 340700 www.howdenparkcentre.co.uk
Jupiter Artland	01506 889900 www.jupiterartland.org
LEAP	0131 44600
Polbeth Community hub	01506 536 123 www.polbeth.com
Samaritans	116 123 www.samaritans.org
Suicide Prevention Scotland	www.suicideprevention.scot
Voluntary Sector Gateway	01506 650 111 www.voluntarysectorgateway.org
WLDAS	01506 430 225 www.wldas.com
West Lothian u3a	01506 844 274 www.westlothian.u3asite.uk
Westspace West Lothian	www.westspace.org.uk