

# Bulletin

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East Calder Partnership Centre



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New Anti-Poverty Strategy



## Tackling Period Poverty

West Lothian is one the first councils to offer free sanitary products in every school. Turn to page 5 to hear how pupils are helping address the issue at West Calder High. The move is part of the council's Anti-Poverty Strategy, which is currently being updated. For more information, please turn to page 11.

Special offers from



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[visitwestlothian.co.uk](http://visitwestlothian.co.uk)



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## West Lothian Council apprentices success at APSE Awards

Two West Lothian Council apprentices have enjoyed success at the recent Association for Public Service Excellence (APSE) Scotland's Building and Housing Apprentice of the Year awards.



Alan Webster, Councillor George Paul and Grant Stewart

Apprentice electrician Alan Webster finished in first place in the 3rd year category while apprentice plasterer Grant Stewart was a finalist in the 2nd year category.

The award submissions were based on the apprentices previous year's work, which recognised the effort and dedication that they put into their apprenticeship.

The awards featured as part of the

APSE Scotland Building, Housing and Renewables seminar.

Head of Housing, Customer and Building Services, Alistair Shaw said: "The Council has a long tradition of working with young people, bringing them through apprenticeships and equipping them with the tools to move on to have successful careers. Congratulations to both Alan and Grant and we hope that

they will continue to enjoy their apprenticeship with West Lothian Council."

Executive councillor for services for the community, George Paul said: "It is fantastic to see two West Lothian apprentices recognised at a national event. Alan and Grant have worked hard over the course of their apprenticeships and are worthy recipients of this recognition."

## Contact West Lothian Council

### For general enquiries:

The council's Customer Information Services (CIS) centres offer face-to-face advice, information and assistance on council services, including: council tax and benefits; housing; concessionary travel; and waste and recycling.

CIS centres in Armadale, Bathgate, Broxburn, Carmondean Connected (self-service kiosk only), Livingston Arrochar House and Whitburn also offer payment facilities for rent, council tax and service accounts.

The council's Customer Service Centre (CSC) lines are open from Monday - Friday, 8am to 10.30pm. Thereafter a number of staff are on-site to deal with emergency calls. The CSC lines are also open from 10.30pm on Friday to 8am on Monday for emergency calls relating to noise, homelessness, repairs to council houses, roads, street lighting and environmental health.

Call the CSC on: **01506 280000**

customer.service@westlothian.gov.uk

www.westlothian.gov.uk

### There are other direct numbers for specialised services as follows:

- > Antisocial Behaviour **01506 282000** or contact the Police on **101**
- > Gas servicing **01506 280000**
- > NETS and Land Services **0800 616446**
- > Pupil Placement **01506 280000**, select option 4
- > Council Tax and Benefits **01506 280000**, select option 2
- > Social Care Emergency Team (SCET) **01506 281028** or **281029**
- > Crisis Care Team **01506 418784**
- > Textphone for hard of hearing **01506 454427**
- > Homelessness **0800 0323 450**

If you have an emergency, and need to contact the council outwith normal business hours (between 10.30pm and 8am) then please dial **01506 280000**.

### Other useful contacts:

West Lothian Advice Shop, Bathgate Partnership Centre

01506 283000

advice.shop@westlothian.gov.uk

www.westlothian.gov.uk/advicehop

## Local Development Plan close to adoption

The proposed new West Lothian Local Development Plan (LDP) looks set to be adopted soon.

At a meeting of the Council Executive in March this year, West Lothian Council resolved to accept all of the modifications recommended in the Report of Examination, and agreed to adopt the modified LDP.

The LDP has now been submitted to

Scottish Ministers for consideration, with confirmation that the council may adopt the plan anticipated soon.

The plan can be viewed at <https://www.westlothian.gov.uk/postexaminationmodifications>.

It can also be inspected at West

Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF (Monday to Thursday, 8.30am to 5pm and on a Friday from 8.30am to 4pm) and at all of the council's public libraries during normal opening hours.

## Rachel Mann wins Schuh Design Challenge

Rachel Mann (S3) from Whitburn Academy picked up the top accolade for her shoe design at the Schuh Design Challenge 2018.

The runner-up was Morven Buchanan, from Linlithgow Academy, with Ellie Bromley from Bathgate Academy taking third place.

The competition was sponsored by the Livingston-based footwear company and organised by West Lothian Council. Executive councillor for Education, David Dodds commented: "The 21st year of the Schuh

Design Challenge was a special event. The creativity and innovation of the young people was exceptional and congratulations to Rachel Mann from Whitburn Academy for her winning design.

"For over twenty years Schuh have sponsored this fantastic competition which showcases the creative talents of so many young

people in West Lothian and we are grateful for their continued support. This is an excellent example of how West Lothian schools work with local employers to develop the Skills for Life, Learning and Work."

Neil Blackburn, Schuh's Brand Manager, added: "As with every year, the quality of work from the schools was fantastic. We love seeing the

creativity and energy that the young people put into the shoes.

"This year's winning shoe came from pupil Rachel Mann at Whitburn Academy, who took home the top prize of the Schuh trophy and a year's supply of free shoes. The shoe was an intricate dragon design, full of colour and character."





# Welcome to East Calder Partnership Centre

East Calder Partnership Centre has opened, bringing a number of local services together under one roof.

West Lothian Council has invested £3 million to construct the new building on the old school site and head master's house, next to the existing health centre.

A number of facilities will be relocated in the completed building including: East Calder Community Centre, East Calder Library, East Calder Registration Service and community changing facilities.

New services include Customer Information Service - offered on a Tuesday between 10am and 3pm,

and Access2Employment which will be available on a Thursday.

The Partnership Centre currently offers two large general purpose halls, dry and wet changing facilities and two meeting rooms.

Officially opening the centre, Executive councillor for culture and leisure Dave King said: "The new East Calder Partnership Centre is another sign of West Lothian Council's commitment to enhancing and empowering our local communities.

"The completion of the centre will create a new focal point for the village, bringing together services and groups under one roof in a central location. East Calder is a growing community and it's vital we have the right facilities and services available to meet the needs of the local community.

"The building looks fantastic and I'm sure that the people of East Calder will make good use of the facilities for years to come."



## Flying a flag for Commonwealth Day



Fly a Flag for the Commonwealth is a unique event which involves councils, community groups and charities taking part in local flag-raising events and ceremonies of dedication to mark Commonwealth Day.

The event attended by locals and workers, included a reading of a message from The Right Honourable Patricia Scotland QC, Secretary-General of the Commonwealth Nations, delivered by the Lord-Lieutenant for West Lothian, Moira Niven.

This was followed by a reading of the Commonwealth Affirmation by Provost Tom Kerr before the Commonwealth Flag was raised,

and an excellent performance by the children from Howden St Andrew's Primary School Choir.

Lord-Lieutenant Moira Niven said: "It was great to be part of this occasion. Fly a Flag for the Commonwealth provides a splendid opportunity every year for people from all walks of life to join with others in their local community to celebrate Commonwealth Day in association with fellow citizens throughout our worldwide family.

"It also presents a fantastic chance for everyone to learn more about the Commonwealth and to show that the

Commonwealth still has a place in our hearts."

Provost Tom Kerr said: "It was fantastic to be part of Commonwealth Day in West Lothian, and mark the special occasion. Commonwealth Day aims to promote shared Commonwealth values of peace, democracy and equality, and to celebrate the association's rich diversity.

"A huge thank you to everyone who attended and special thanks to the choir from Howden St Andrew's choir for their excellent performance to bring the event to a close."

[For more information, please visit www.thecommonwealth.org](http://www.thecommonwealth.org)

## Take PRIDE in West Lothian

The fourth annual West Lothian Pride will take place on Saturday 27 July at West Lothian College in Livingston.

West Lothian Pride offers young people a safe space to express themselves, meet new friends and find acceptance through the support of their community.

A special Pride Village will be erected in the college grounds with a marquee housing an array of family-friendly activities, including a variety of stalls, children's corner, live music, drag artists, guest speakers, face-painting, henna tattoos, and other fun activities and competitions, including a Best Dressed Dog, Best Fancy Dress and a Prize raffle draw.

Intended as a celebration of life, community and diversity, this event continues to grow, however there are serious issues underpinning the motivation for this event, with recent studies showing that LGBT youths are bullied two to three times more than their heterosexual peers.

This event is open and inclusive to all throughout the LGBT community and everyone else who wants to show their support, with all welcome at West Lothian Pride 2018.



For further information and updates, please like/follow [www.facebook.com/westlothianpride](http://www.facebook.com/westlothianpride) or [www.twitter.com/WLothianPride](http://www.twitter.com/WLothianPride)

## Confucius Primary Hub launched at Armadale Primary School

Primary School pupils in West Lothian are set to benefit from a state-of-the-art link with China.

West Lothian Council has been actively working with the Confucius Institute for Scotland's Schools, a national centre, funded by the Scottish Government and Hanban/the Confucius Institute Headquarters of China.

The Confucius Hubs promote joint planning of cultural activities between schools in Scotland and China, sharing ideas and resources to stimulate the learning and teaching of Chinese language and culture.

The first Confucius Hub in West Lothian was established for Secondary Schools in 2009 at Bathgate Academy.

The establishment of the new Primary School Hub was officially marked recently at an event held in Armadale Primary School which featured a number of colourful performances from pupils as they celebrated Chinese tradition and culture.

Armadale Primary School Head Teacher Allison Phillips believes the link will provide an invaluable experience for the school and Primary pupils across West Lothian. She said: "Our children have really enjoyed taking up the challenge



of learning mandarin and learning about Chinese way of life. Hopefully the new Hub in West Lothian will allow even more children to get the same opportunity."

Executive councillor for education, David Dodds said: "We're delighted to have the new Primary School Confucius Hub in West Lothian. "We have already established good links with the Confucius Institute in West Lothian through the Secondary School Hub so we know the value that this link brings to our pupils through experiencing Chinese culture and learning Mandarin. We have to thank the Confucius Institute for Scotland for their work in establishing this

link and I'm sure many pupils from across West Lothian are set to benefit."

Provost Tom Kerr said: "First of all I have to congratulate the pupils of Armadale Primary School for hosting such a marvellous and colourful event.

"Scotland enjoys close ties with China and there has been a close connection here in West Lothian for a number of years. The launch of the Primary School Confucius Hub will continue this tradition as the next generation get to expand their horizons and learn all about Chinese culture."

## Relationships key for new Croftmalloch Head Teacher

Carene Hay has been appointed as Head Teacher at Croftmalloch Primary School in Whitburn.



The former Depute Head Teacher at Balbardie Primary in Bathgate has been Acting Head Teacher at the school since August 2017, and now takes on the role on a permanent basis.

Mrs Hay has wide experience in education, completing her teaching degree and an honours degree in educational psychology in South Africa prior to moving to Scotland 13 years ago.

Since joining West Lothian Council nine years ago, she has also taken on senior roles at

Bathgate West Nursery School and Bathgate Early Years Centre prior to her current post.

Mrs Hay said: "Relationship is at the heart of my vision for our school. I believe that every child deserves a champion and that team work is essential to meet the needs of all.

"Relationships with and between our children, staff, school community and parents help us to create an enjoyable and successful learning journey in a supportive and nurturing environment.

"We are rooted in our values, as we grow in excellence. I feel very privileged to be part of each child's story, as we work together to help them to be all they can be."

Executive councillor for education David Dodds said: "Many congratulations to Mrs Hay on her appointment as Head Teacher of Croftmalloch Primary school.

"I'm confident she has the skills and experience necessary to be a success at the school, supporting pupils to achieve their full potential."



## POSITIVE LEAVERS DESTINATIONS

More school pupils in West Lothian have moved on to positive destinations than ever before.

School leavers who are engaged in higher education, further education, training, voluntary work, employment or activity agreements are classified as having a 'positive destination'.



of Senior Phase School Leavers went into a positive destination.

This is a **1.19%** increase on last year and a **4.1%** increase in West Lothian over the last six years.



of young people are in employment which is a rise of **2.68%** compared to last year.

There was a slight increase in the number of young people undertaking Activity Agreements which is in line with the rest of Scotland.

An activity Agreement is an agreed plan of learning and activity which helps young people to move on to college, training or college.

There was a drop in the percentage of unemployed seeking and not seeking.

**Executive councillor for education David Dodds said:**

“These are fantastic figures that demonstrate the excellent work going on in schools across West Lothian to ensure that we deliver for our pupils. It is excellent to see an improvement and hopefully we can continue to improve our prospects for school leavers in the years to come.”

## Sneak peak of new £32 million school



Future first year pupils of the new West Calder High School have been given the chance to see how their new school is shaping up.

The new £32 million West Calder High is set to open to pupils in August 2018, and represents the biggest ever single investment in education in West Lothian.

Current Primary 7 pupils from feeder schools including Addiewell, East Calder, Kirknewton, Mid Calder Parkhead and Woodmuir primaries were all invited to see the school, as it enters the

final months of construction. The young people were allowed into one of the completed science rooms, designed with modern facilities to support learning, and were able to safely view work taking place on the school's impressive amphitheatre area, which sits at the heart of the building. The young people were all very impressed with what they saw.

Cade from Mid Calder Primary said: "I like how big the building is and it has a nice colour to it, it's very open with nice big windows and is nice and bright."

Emily from East Calder Primary said: "I think it's really nice it looks a lot nicer than the old building. I'm looking forward to seeing it all finished and getting to explore it all, I like how open spaced the building is."

Lachlan from Woodmuir Primary said: "I think it's really good, I've already been up to the old school and I think this one, even though it's not done

yet, looks way better."

Acting Head Teacher at East Calder Primary School, Steven Eagleson added: "It was really valuable bringing all the children from the feeder schools up to the new West Calder High School today.

"It's great having such a new resource that's been designed in such a modern way. It will have a big impact on how faculties can work together."

The 1,100 capacity school has been designed with the pupil experience at the core, as well as providing facilities accessible to the local community.

## Silver award for West Calder

The new £32 million West Calder High School has won a top award at the prestigious Partnerships Awards 2018.

The project to deliver the new school won the Silver award in the Best Social Infrastructure category. The Partnerships Awards is the largest event recognising and rewarding the best in Public-Private Partnerships.

Judges awarded Silver to West Calder High School for Best Social Infrastructure and praised the project for its new approach to education and the way in which this is reflected in the design and delivery of the building. They also recognised the strong community benefits the project has provided.

West Lothian's Executive councillor for education David Dodds said: "We are delighted that the new West Calder High School has won this prestigious award.

"The innovative project will deliver a fantastic new state-of-the-art school for the area, and is the result of close partnership working between the council and our partners."

## Tackling period poverty

Every West Lothian Council secondary school now has free sanitary products that can be picked up in school toilets, with stocks also available in primary and ASN schools.

West Lothian is one of the first councils to address the issue of period poverty, with evidence showing that many girls are struggling to afford sanitary products.

Depute Council Leader Kirsteen Sullivan, Executive councillor for education David Dodds and Depute Chief Executive Elaine Cook visited West Calder High School on International Women's Day to see how the pilot scheme is working.

Pupils at West Calder High School delivered a presentation on their work to support the Huru charity, which aims to tackle period poverty in Africa, as well as sharing their views on how best to address period poverty within their school.

West Calder High School headteacher Julie Calder said: "Our young women are very engaged in the topic of period poverty, both in our community and how it affects women across



Picture courtesy of Stuart Vance / West Lothian Courier

the world.

"A series of special assemblies were held to discuss how the free sanitary products could be introduced into schools to make sure they would be used and appreciated by our pupils.

"Following their feedback, there's now a range of sanitary products freely available in every female toilet in the school."

The council is also working closely with social enterprises such as West Lothian Food Bank

to ensure vulnerable women in West Lothian have access to free sanitary products when they need them.

Depute Council Leader Kirsteen Sullivan said: "I'm delighted that the difficult issue of period poverty is being addressed in West Lothian. Sanitary products are not a luxury and it's essential we take action now to support those in need.

"We are one of the first local authorities to take this important

step to support our young women through providing freely available sanitary products in our schools.

"International Women's Day is an important day and gives a platform for equality and women's issues. "It's important that the voices of young women are heard, and today we have heard first-hand from the young women affected about the positive impact that this will have on their school."

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## STAY SAFE DURING THE SUMMER HOLIDAYS

Summer Safe 2018 aims to ensure that West Lothian children and young people stay safe while having fun during the holiday period.

### WITH FRIENDS

Children love to go and play with their friends. Make sure a family member knows where the children are going and when they will be back.



children from sharp garden tools by keeping them in good repair and safely tidied away after use.

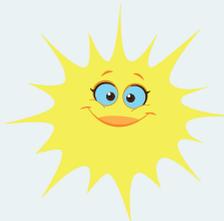
### AROUND CARS

Drivers should watch out for children playing. Be aware that you may have blind spots, where small children can be hidden from view. Young children and pets should never be left alone inside a vehicle, even when the engine is turned off.



### IN THE SUN

Everyone needs some sun to help keep their bodies healthy, but overexposure to UV can lead to sunburn, premature ageing and skin cancer. Protect your eyes and skin by spending time in the shade when the sun is at its strongest (11am to 3pm in the UK), use sunglasses, a hat and apply sunscreen to exposed skin.



### AROUND WATER

Swimming in open water such as lochs, reservoirs, rivers and burns can hold hidden dangers such as extremely cold water, debris, and fast currents. Garden ponds can also hold dangers for very young children. If you want to go swimming choose one of West Lothian's many pools. The good news is that West Lothian children aged 15 and under can swim free during the school holidays.



### IN YOUR GARDEN

Around your barbecue (BBQ) keep children, garden games and pets well away from the cooking area. Keep a bucket of water or sand nearby for emergencies. Avoid injury to



Visit [westlothian.gov.uk/summersafe](http://westlothian.gov.uk/summersafe) for safety information to help children and young people stay safe during the holiday period.



## Get active this summer

The Summer 'Active Fun Active Feet' Holiday Programme is taking place at venues across West Lothian.

Deans and Inveralmond community high schools in Livingston and Linlithgow Academy and Whitburn academies are hosting camps on various dates for all pupils currently in P1 to P7 from 9am to 3pm each day.

Pupils will take part in a wide range of activities including athletics, basketball, football, multisport activities, parachute games, playground games and much more. Active Fun Active Feet is supported

by West Lothian Council accredited and verified sports clubs, working in partnership with the Active Schools and Community Sport Team.

- 17 and 18 July @Linlithgow Academy
- 18 and 19 July @Whitburn Academy
- 25 and 26 July @Deans CHS
- 1 and 2 August @Inveralmond CHS

**Costs are £25 for 2 days and £15 for individual days.**

To book, please visit [www.activeschools.eventbrite.com](http://www.activeschools.eventbrite.com)

## WEST LoTHIAN IS A FAIRTRADE ZONE

Fairtrade ensures that disadvantaged producers in the developing world are getting a fair deal for their products.

West Lothian has four Fairtrade Towns in Bathgate, Linlithgow, Livingston and Whitburn, a Fairtrade Village in Uphall and a mini Fairtrade Zone in Fauldhouse and Breich Valley.

To find out more about Fairtrade in West Lothian, visit: [www.westlothian.gov.uk/fairtrade](http://www.westlothian.gov.uk/fairtrade)



# Bulletin special offers



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## Truly Scrumptious

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Sample six superb cupcakes from our award-winning designers for just £10 instead of £13.50. Fantastic flavours include sponge, chocolate, toffee, lemon, red velvet and carrot.

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## JumpStation

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3 Kingsthorpe Park, Houston Industrial Estate, Livingston EH54 5DB.  
Tel. 01506 537966, www.jumpstations.co.uk

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## HILLY COW WIGWAMS

Come enjoy Glamping in our luxury deluxe ensuite or ensuite or big chief wigwams. Book to stay two or more nights at Hilly Cow Wigwams and choose either one child goes free or a free BBQ. The perfect adventure.

Voucher must be presented on arrival. Photocopies not accepted.

Leyden Farm, Leyden Road, Kirknewton, EH27 8DQ  
07824 770568, www.hillycowwigwams.co.uk

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## NIDDRY CASTLE GOLF CLUB

### NEW 'TWILIGHT MEMBERSHIP' NOW AVAILABLE AT NIDDRY CASTLE.

Play 7 days a week for only £199 from 1 May - 30 September 2018. Interest-free payment terms available.

Please contact the club for full details on 01506 891097 or membership@niddrycastlegolfclub.co.uk

Terms and conditions apply. Photocopies not accepted.

Twilight members cannot play before 4.30pm. Castle Road, Winchburgh, EH52 6RQ. 01506 891097, www.niddrycastlegolfclub.co.uk

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## smartlocal

VOUCHERS

### Win a family ticket for 4 to see a magical Dinosaur Safari at Howden Park Centre in Livingston, courtesy of Smartlocal Vouchers and Funbox.

Enter for the chance to join Anya, Gary, Kevin and Bonzo on either 4 or 5 August 2018. Enter at www.smartlocalvouchers.co.uk or by post Smartlocal Vouchers, PO Box 9474, Lanark, ML11 1AX

Terms and conditions: only one entry per person. Closing date for entries: 31 July, 2018. Winner will be contacted by telephone or email. This prize has no cash alternative, is non-refundable and non-exchangeable. Open to UK residents aged 18+. Full terms and conditions at www.smartlocalvouchers.co.uk.

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## St John Ogilvie Primary wins local Euroquiz Challenge

Pupils from St John Ogilvie Primary School in Livingston are celebrating after becoming West Lothian's Euroquiz Challenge champions.

The team picked up the trophy at the West Lothian heat of the Euroquiz Challenge 2018 which was held at Howden Park Centre in Livingston.

Ryaan Ahmed, Olivia Crawford, Kristian Guarnacci and Padmavathi Podugu will now represent West Lothian at the Scottish Euroquiz Final. The team managed the incredible achievement of getting 100% correct answers in the quiz.

Euroquiz is organised by the Scottish European Educational Trust. Primary 6 pupils work to broaden their knowledge of Europe in the lead-up to the Challenge. Subjects covered on the day include history, geography, sport, culture, languages and the European Union.

Executive councillor for culture and leisure Dave King, said: "It was an extremely challenging event so well done to all the teams who participated. Congratulations to St John Ogilvie and their team".



St John Ogilvie RC Primary School teacher Michael McGurn said: "All the staff and pupils of St John Ogilvie Primary are very proud of our P6 Euroquiz Team."

"They've worked so hard attending after school clubs, competing with the other P6's for a place in the team and studying at home in their free time. We will now need to double our efforts as we head to the National Final."

# summer arts

Creative activities and performances for children  
9 July - 5 August 2018

- **Colour Craft and Create** - Create colourful mini works of arts.
- **Comic Art** - Bring ideas, characters and stories to life!
- **Pop World** - Learn basic dance and singing techniques.
- **My Little Craft Shop** - Fun arts and crafts.
- **Little Fix** - A high energy tribute to Little Mix.
- **FUNBOX: Dinosaur Safari** - Sing-along family show.



Linlithgow Burgh Halls  
01506 340700  
linlithgowburghhalls.co.uk



Howden Park Centre, Livingston  
01506 340700  
howdenparkcentre.co.uk

west lothian leisure

West Lothian Leisure (known as Xcite) is a Scottish Charity, (SC027470)

# Improving West Lothian's Open Spaces

West Lothian Council is investing £640,000 to improve our open spaces.

Four parks across West Lothian have already benefited from investment, with work underway on a further three. The projects are part of the council's Open Space Strategy,

which provides an overall vision for the provision, development, and management of open spaces throughout West Lothian. Executive councillor for the

environment Tom Conn said: "The work detailed in the Open Space Strategy highlights West Lothian Council's commitment to improving the quality of open spaces for the residents of the county.

"We aim to deliver vibrant and safe open areas for communities across West Lothian and we hope that the public will enjoy these new open areas for years to come."

## COMING SOON

### Open space improvements in Livingston and Pumpherston

Three more parks in West Lothian are also being upgraded in the second phase of the project.

Craigspark in Craigshill, Livingston is benefitting from more grass areas, with benches, signage and a small kick-pitch added to the park along with some outdoor fitness equipment. A bike track will be constructed in the park by the end of 2019.

The path network at Stonebank Park in Ladywell, Livingston has been extended, along with new seating, bins, climbing equipment, grass areas and trees

Meanwhile, Fraser Park in Pumpherston is benefitting from extensive works with the installation of seating and bins throughout the park, new fitness and play equipment and upgrades to the footpath network - including an additional asphalt footpath link with the new housing development.

Existing woodland areas have been thinned, with woodland wildflowers planted in the clearings and damaged fencing removed. A new bike track will be built by the end of 2019.

## Completed park improvements



**GLEBE PARK, UPHALL**

Upgraded path network, additional seating and new play equipment for younger children



**MARCHWOOD CRESCENT, BATHGATE**

New network of paths into play area, new stone seat, with great views across Bathgate and wider countryside and new drainage features



**MARRFIELD PARK, UPHALL STATION**

Upgraded path network, additional seating and new play equipment for younger children



**CLEMENT RISE (GLEBE FARM), DEDRIDGE IN LIVINGSTON.**

Upgraded path network, extensive bulb planting and new natural play feature

## Support your local nature and country park

Enthusiastic volunteers are wanted to get involved in supporting West Lothian's fantastic country and nature parks.

From promoting responsible access to carrying out surveys of protected species and habitats and providing environmental education to schools and nurseries, West Lothian Council's Ranger Service has a varied role to play in West Lothian's parks, countryside and woodland. The Ranger Service also support a number of community 'Friends' groups which help look after the country parks and some local parks.



### Almondell & Calderwood Country Park, near Broxburn

Almondell & Calderwood have a team of volunteers who regularly help out with conservation and maintenance tasks in the park.

The Friends of Almondell meet on the first Saturday of the month to work with the Ranger and carry out conservation tasks around the park or work in the Visitor Centre garden.

They are always looking for new volunteers keen to help out.

**If you'd like to get involved please get in touch with Kirsty - [Kirsty.Morrison@westlothian.gov.uk](mailto:Kirsty.Morrison@westlothian.gov.uk) - 01506 882254 or check out the facebook page - [www.facebook.com/friendsofalmondell/](http://www.facebook.com/friendsofalmondell/)**



### Polkemmet Country Park, near Whitburn

The Friends of Polkemmet recently organised a hugely successful Easter egg hunt around the park which attracted over 800 participants.

The Friends are a fledgling group looking for new members keen to get involved with conservation tasks in the park or helping to organise events.

**If you'd like to get involved please contact Hannah - [Hannah.Crow@westlothian.gov.uk](mailto:Hannah.Crow@westlothian.gov.uk) - 01501 743905 or check out the facebook page - [www.facebook.com/friendsofpolkemmet/](http://www.facebook.com/friendsofpolkemmet/)**



### Little Boghead Nature Park, Bathgate

The Friends of Little Boghead, in Bathgate have been working in this local nature park since 2016, and have recently completed a project funded by a Tesco 'Bags of Help' grant.

Community volunteer days have included wild flower planting, meadow raking, tree planting and litter picks.

**To get involved contact Lynn - [Lynn.Yuill@westlothian.gov.uk](mailto:Lynn.Yuill@westlothian.gov.uk) - 01506 284508 or check out the facebook page - [www.facebook.com/LittleBoghead/](http://www.facebook.com/LittleBoghead/)**



### Wild Wednesdays

Wild Wednesdays bring a day of fun, nature-inspired activities for children and families to local parks around West Lothian.

Now in their 4th year, this year's programme takes place every Wednesday in July at parks across West Lothian.

There will be crafts, games, information and activities from the Ranger Service and other organisations, so come along and make your Wednesday Wild!

- 4 July - Polkemmet Country Park, near Whitburn
- 11 July - Peel Park, Livingston
- 18 July - Stewartfield Park, Broxburn
- 25 July - Burngrange Park, West Calder



## West Lothian athletes share Team Scotland success

Congratulations to all the athletes with West Lothian connections who competed in the Gold Coast 2018 Commonwealth Games.

West Lothian's homegrown heroes include swimmers Craig Benson, Sean Campsie and Craig McLean, gymnasts Shannon Archer and Ellie Russell, table tennis star Colin Dalgleish and trap-shooter Sharon Niven.

Livingston swimmer Craig McLean was part of the freestyle relay team that collected two bronze medals, with a number of local athletes close to medal success in the finals of their events, or achieving new personal best scores.

Executive councillor for culture and leisure Dave King said: "Well done to all the athletes with West Lothian connections for their excellent performances at the Gold Coast Commonwealth Games.

"I hope they will use the amazing experience to help drive them onto future success, as well as inspiring the next generation of West Lothian athletes to follow in their footsteps."

## West Lothian marks Holocaust Memorial Day

Victims and survivors of the Holocaust were remembered at a special Holocaust Memorial Day (HMD) event at Howden Park Centre in Livingston recently.

HMD is held annually, and is a day to remember the millions of people killed in the Holocaust, under Nazi Persecution, and in the genocides in Cambodia, Rwanda, Bosnia and Darfur. The theme of HMD 2018 is The Power of Words. Spoken and written words from individuals, corporations, community organisations or the state, can have a huge impact, whether good or bad. HMD 2018 explored how language has

been used in the past and how it is used in the present day. On the day documentary films were shown and stories were read out to recognise the struggle and heartbreak of those caught up in genocides, and stories of how life has gone on after such tragedy.

Memorial prayers were led by Reverend John Povey, Chair of West Lothian Faith Group and Lord Julian Goodman, Edinburgh Hebrew

Congregation. Leader of West Lothian Council, Lawrence Fitzpatrick, who opened the event, said: "West Lothian Council is proud to host a Holocaust Memorial Day event. West Lothian is a community where residents are educated about tolerance and acceptance, and Holocaust Memorial Day allows us to reflect on the trauma and loss and recognise the need for peace."

Executive councillor for culture and leisure, Dave King, added: "Holocaust Memorial Day is a powerful reminder that hatred, discrimination and racism can only lead to the downfall of society. We can all learn a lesson from Holocaust Memorial Day and continue to promote diversity and equality within West Lothian."

**For more information on HMD visit [www.hmd.org.uk](http://www.hmd.org.uk)**



was introduced in West Lothian in **May 2018**

It could mean a time of change and possible uncertainty for people receiving support through welfare benefits.

Universal Credit (UC) is administered by the Department for Work and Pensions (DWP) and aims to make the Welfare Benefits system simpler by replacing six key benefits and tax credits with one single monthly lump sum payment.

### Universal Credit replaces:

- Housing Benefit\*
- Income Support
- Income-based Job Seekers Allowance
- Income-related Employment Support Allowance
- Child Tax Credits
- Working Tax Credits

### What you need to receive your benefits:

In order to receive Universal Credit you must have in place:

- A bank account
- An email address
- A telephone number

### Digital Support

If you need to make a new Universal Credit claim but aren't confident with your IT skills contact **Access2Employment** on **0800 0329768** to arrange an appointment in your local area. Information on the service available - [www.westlothian.gov.uk/access2employment](http://www.westlothian.gov.uk/access2employment) or email [access2employment@westlothian.gov.uk](mailto:access2employment@westlothian.gov.uk)

### Other Support

West Lothian Council's Adult Learning team can offer a wide range of courses for people that may improve confidence in making and managing a UC claim online, such as;

- English as a second or other language
- Digital courses

- Courses to improve reading, writing and numeracy
- Call **0800 731 1831** or e-mail [adultlearning@westlothian.gov.uk](mailto:adultlearning@westlothian.gov.uk) for more details on the courses they offer.

### Support to make the claim

If you feel that you need advice about claiming UC or do not understand the application form, you can visit the Advice Shop or call them on 01506 283000.

West Lothian Council has produced a guide that explains what the introduction of Full Service Universal Credit could mean for you and your family and provide details of the support available.

The guide is available at: [www.westlothian.gov.uk/universalcredit](http://www.westlothian.gov.uk/universalcredit)

## Check now for council tax reduction

West Lothian residents in properties banded E, F, G and H are being advised to check if they are eligible for the Council Tax Reduction Scheme (CTRS).

Households in council tax bands E, F, G and H who earn around or below the median national income, which is £16,750 a year for single claimants without children or £25,000 a year for others, may be due a reduction in their bills.

To check if you qualify, please fill in the online form, which is available at [www.westlothian.gov.uk/counciltaxreduction](http://www.westlothian.gov.uk/counciltaxreduction).

You will need details of your National Insurance Number, Income, Savings and investments and the people who live with you to allow you to complete the online form. You can also request a form via email at [Benefits@westlothian.gov.uk](mailto:Benefits@westlothian.gov.uk) by telephone on 01506 280000, or from your local Customer Information Service centre. The Scottish Parliament passed legislation with effect from 1 April 2017 that changed the way council tax for properties in bands E, F, G and H was calculated. The change meant that the council tax charged for these properties increased whilst the charge for properties in bands A, B, C and D stayed the same.



## Work underway on new Anti-Poverty Strategy

Action to tackle poverty in West Lothian will be at the centre of a new strategy to be launched later this year.

West Lothian Council's current Better Off: West Lothian Anti-Poverty Strategy is regarded as one of the best in the country and has delivered a number of achievements since it was launched in 2012.

The strategy set out a plan to address poverty over a five-year period between 2012 and 2017 and focusses on seven key priority areas including Income, Employability and Economic Development, Housing, Health, Education, Community and Tackling Inequality.

The council works closely with Community Planning Partners

including the Voluntary Sector to deliver a range of important actions which help those affected by poverty and low incomes.

### Key successes to date include:

- Working to improve access to affordable credit.
- The school clothing grant in West Lothian is the highest in Scotland.
- Access to a free supply of sanitary products, including supplies in secondary and primary schools.
- Schools, West Lothian's Young Peoples Team and local organisations have worked together to reduce food insecurity,

including activities and hot meals during school holidays.

Depute Leader Kirsteen Sullivan said: "There has been considerable progress in tackling poverty in West Lothian over the past five years but everyone recognises that there is still a huge amount of work to do.

"The council is developing a new strategy that will build upon the successes to date, whilst identifying a number of new actions that will effectively tackle the issue of poverty, with a particular focus on children."



a **different** kind of lender

## Conduit Scotland have opened their first West Lothian shop in Bathgate

Their new shop in South Bridge Street, Bathgate, offers fair and affordable personal loans to those looking for an alternative to high cost credit.

In addition to loans, as a not-for-profit responsible lender Conduit seek to help their customers make the most of their income, reduce their outgoings and get access to other help they may be entitled to.

To see how Conduit can help you, please visit them at 79 South Bridge Street, Bathgate, EH48 1TJ from 10am-4pm, Monday-Friday.

You can also visit their website [www.conduitscotland.com](http://www.conduitscotland.com) or contact them at [loans@conduit.org.uk](mailto:loans@conduit.org.uk) or 0300 111 0559 between 8:30am-5pm, Monday to Friday.

### 112.9% APR Representative - Competitive Rates

Loan

Borrow  
**£400**  
Over 52 weeks

Conduit

You pay  
**£565**  
112% APR Representative

Provident

You pay  
**£749**  
299.3% APR Representative

*A £400 Conduit Scotland loan over 52 weeks; monthly rate of interest 7.12%; total charge for credit £165.48; 112.9% APR Representative; loan duration 52 weeks; Total repayable £565.48; Payment 52 weeks of £10.49. Example correct at time of publishing (February 2018). An admin fee of 5% (minimum £10) applies to all approved loans, which is deducted from the loan amount awarded.*



### Conduit recently helped pensioner James (not real name) to manage with unexpected expenses.

James manages his finances well since he retired, making sure his pension covers his bills.

However, he desperately needed a little extra funds to help tide him over, and buy himself a much-needed new mattress and washing machine.

He applied for a small loan from Conduit Scotland and this was approved with an affordable repayment which James could manage going forward.

Conduit were aware of a local company which provides quality, affordable furniture, white goods and household items to those in most need, sometimes at no cost. With James' permission, Conduit staff made a referral to this company for a new mattress and a washing machine.

The application was successful and James received a new mattress a short time later and was put on a waiting list for a new washing machine, both for free to James' delight.

# Advice Shop welcomes new volunteers

West Lothian Council has welcomed its latest group of volunteers to the Advice Shop.



Deputy leader of West Lothian Council, Kirsteen Sullivan joins staff in welcoming new volunteers to the Advice Shop.

The Advice Shop has recruited and trained a group of eleven new volunteers who will now be available to assist the people of West Lothian in a variety of voluntary roles.

The Advice Shop is a free, impartial and confidential service to help the people of West Lothian with a focus to alleviate poverty and to promote inclusion and equality through advice, assistance and advocacy.

Volunteering can help you gain valuable skills, training and experience and give you the chance to make a difference in your

community. In the last year Advice Shop volunteers contributed over 2300 hours of volunteering and training.

All volunteers with the Advice Shop undertake a recruitment and selection process and if successful, full support and training is provided.

Deputy leader of West Lothian Council, Kirsteen Sullivan said: "We are delighted to welcome the latest group of Advice Shop Volunteers. Volunteering can be a truly rewarding experience as you can really make a positive difference in other people's lives.

**“ The Advice Shop is a fantastic service that gives West Lothian people access to vital services. Therefore we have to thank everyone who has volunteered so far and encourage all those considering the opportunity to do so in the near future. ”**

The Advice Shop is currently looking for volunteers in a number of roles. To get more information about volunteering with the Advice Shop, contact Joanne Mackenzie on **01506 282923** or email [joanne.mackenzie@westlothian.gov.uk](mailto:joanne.mackenzie@westlothian.gov.uk).

## Household waste only at recycling centres

West Lothian recycling centres now only accept household waste.

Commercial and trade waste will no longer be accepted at any West Lothian Council's recycling centres from 1 April 2018.

The centres have been renamed Household Waste Recycling Centres (HWRCs) to reflect the changes.



Find your local recycling centre  
West Lothian Council operates five local Household Waste Recycling Centres (HWRCs) spread across the area.



These are located at:

**Blackburn HWRC**

East Mains Street, Blackburn EH47 7QU

**Broxburn HWRC**

Greendykes Industrial Estate, Broxburn, EH52 6PG

**Linlithgow HWRC**

Braehead Road, Linlithgow, EH49 6HF

**Oakbank HWRC**

Oakbank, Livingston EH53 0TP

**Whitburn HWRC**

Dixon Terrace, Burnhouse Industrial Estate, Whitburn, EH47 0LQ

From June to September, they are open Monday - Sunday 9am - 7pm with last entry at 6.45pm.

Please note the recycling centre at Deans in Livingston has now closed.

### Bulky uplift changes

Bulky uplifts will now be charged at **£25 for up to five items.**

The move was approved by the council as part of the budget setting meeting in February as part of a range of measures designed to allow the council to balance its budget.

West Lothian Council is facing an estimated budget gap of £65 million as the money we receive from the Scottish Government is significantly less than what we need to cover rising costs for our growing young and older populations in particular.

Fridges/Freezers, if requested, will be classed as one of your five items and do not have to be booked separately.



To book your uplift, please visit [www.westlothian.gov.uk/bookabulkyuplift](http://www.westlothian.gov.uk/bookabulkyuplift)

## Council champion free travel service from Sick Kids

West Lothian Council are urging families in West Lothian to use a free travel service from the Royal Hospital for Sick Kids (RHSC) in Edinburgh.

NHS Lothian has in place a range of funded transport options for families accessing the RHSC from West Lothian.

Depending on circumstances, NHS Lothian will arrange and pay for a taxi home for families. The service applies to parents that travel home with their children following treatment and also to parents that have to travel home on their own, should their child remain in hospital for treatment. Leader of West Lothian Council Lawrence Fitzpatrick said: "The last thing parents will think about as their child is rushed to hospital is how they are going to get home but unfortunately it is a real problem for many families who do not have access to private transport.

"Sometimes families are rushed through to hospital in an ambulance only to find

themselves stranded at the RHSC once their child has received medical treatment or is kept in hospital.

"It is not acceptable that families who are unfortunate enough to have to seek emergency treatment for their children at the RHSC have the added burden of paying out large sums of money to get home from hospital when a free service is in place."

NHS Lothian have a dedicated family support team, who work with families to make sure they have transport, arrange it, or provide advice, support or accommodation.

They will proactively ask the family if they need transport during the admission/discharge process. The nursing team will also check the family's travel situation and help to arrange it if there are any difficulties.



## Young people work towards brighter future

A group of young people have recently celebrated being the first cohort of skills trainees to achieve the West Lothian Employability Award.

A total of 49 Skills Trainees have achieved the West Lothian Employability Award since its launch in 2016

The Skills Training programme is an employability programme for 16 – 19 year old young people who have left school and face two or more barriers to employment.

It prepares young people for the

world of work with self-awareness, employability and core skill units incorporating work experience and is delighted to deliver the West Lothian Employability Award.

The West Lothian Employability Award is also available in secondary schools for pupils of all abilities from SCQF Level 2 to level 6.

Executive councillor for development

and transport, Cathy Muldoon, said: "Congratulations to everyone who has received their award. They have worked hard for this and we hope that the experiences they have been part of in the programme will help them as they move forward in their working lives.

"West Lothian Council is committed to ensuring young people have an opportunity to progress into a positive destination on leaving school and the Employability Award is an initiative which has been successful in aiding this transition."

## Looking for a trader you can

# trust?



## West Lothian Council's Trading Standards are **helping consumers** find reliable traders.

The Trusted Trader scheme has been running since 2013, and currently has over 40 members.

Over the last five years, many consumers and members have benefited from the scheme, which includes businesses covering a wide range of trades.

If you are looking for a trader you can have confidence in, please visit [www.westlothian.gov.uk/trustedtrader](http://www.westlothian.gov.uk/trustedtrader)

Dependable businesses can also apply to join the Trusted Trader scheme, to raise their profile and increase business.

**For more information, please email [tradingstandards@westlothian.gov.uk](mailto:tradingstandards@westlothian.gov.uk) or call 01506 280000**

# New tenants have moved into Scotland's largest new build council housing site in Broxburn.



Councillor Paul joined Local Housing Officer Kirsty Whittaker and new tenants Mark and Fiona Gall, with their baby boy, Freddie.

The site at Kirkhill in Broxburn is the largest council house new development site to have been built in Scotland since 2009.



A total of **230 homes** are being built with the entire site expected to be completed this year.



**65 homes are now occupied with new tenants.** The new houses will include a mixture of **92 cottage flats, 105 houses and 33 accessible bungalows**, and range from 1 bed flats to 5 bed houses.

Executive councillor for services for the community George Paul joined Local Housing Officer Kirsty Whittaker and new tenants Mark and Fiona Gall, with their baby boy, Freddie. The family celebrated their first Christmas together in their new home at Kirkhill.

Fiona added: "Mark has MS and our previous property was no longer suitable for us. We moved into our beautiful new home the day after we got out of hospital with our miracle IVF baby, then celebrated our first Christmas a few days later. It was the icing on the cake to do that in our

new home. "This house has made a huge difference to my husband's wellbeing; no more falls down the stairs, I no longer have to worry when I'm at work and we now have space to store his mobility scooter in our home. We cannot put into words how thankful and happy we are to have our new home. It's perfect for us!"

Councillor Paul said: "We are very proud of our new build programme and it was wonderful to visit Mark, Fiona and little Freddie to see how they are settling into their new home.

It was a pleasure to meet them and visit their stunning home. "We understand that there are many people on the housing waiting list and demand for affordable housing isn't a West Lothian issue, it is a UK wide issue. That is why we have invested heavily in our new build programme - to provide much needed affordable housing for local people.

"We've designed the homes with space and sustainability in mind to meet the needs of the community now and in future."

## Sites for new council homes agreed

Plans to build **250 new council homes** in West Lothian have taken a step forward after a number of locations for future development were agreed.

The West Lothian Local Housing Strategy recognises the need to increase the supply of affordable housing in West Lothian to meet demand, with a target of 3,000 affordable homes being provided in West Lothian between 2012 and 2022.

Around two thirds of the 3,000 affordable homes are either already constructed or under construction, but nearly 900 new homes need to be planned for over the next few years. It is anticipated that a significant amount will be constructed by Registered Social Landlords as well as the council.

### Sites for new homes include:



Eagle Brae, Livingston



Mossend, West Calder



Guildiehaugh, Bathgate



Standhill, Bathgate



Vion, Broxburn



Brucefield, Livingston

Executive councillor for services to the community, George Paul added: "We are absolutely committed to providing more affordable homes for the residents of West Lothian and our investment in this area is hugely significant.

"Our new build programme is already making a huge difference to hundreds of families.

Identifying sites for further new-build housing is an important step forward in our planning for our next programme of new-build homes. Four of the six new sites for our new programme are being transferred to the council from private developers. The two other sites will see the council making good use of surplus land already in the council's ownership"

## Deans South redevelopment

A new partnership approach aims to deliver a comprehensive redevelopment of the Deans South estate.

West Lothian Council has agreed to explore further proposals from house builder Springfield Properties and social housing provider Wheatley Group, which could complete the land assembly required to allow the entire Deans South estate to be redeveloped. West Lothian Council is already constructing 54 new homes for rent on the site and has plans to

develop a further 37 houses. Housebuilding company Springfield Properties has reached agreement to buy a significant number of the remaining private homes in Deans South. Reaching agreement on all remaining homes would enable the whole site to be redeveloped. Springfield and Wheatley Group would work in partnership to

develop the rest of the site, mainly for social housing. Springfield would submit a planning application on behalf of Wheatley for around 150 homes. Wheatley Group is made up of six housing associations including West Lothian Housing Partnership, Dunedin Canmore and Barony Housing, who all have existing properties in West Lothian.



## Zoe clinches top **Career Ready** award

A West Lothian school pupil has scooped a top award from one of Scotland's leading social mobility programmes.



Zoe Stangoe from The James Young High School was named regional winner in Career Ready's Student of the Year awards. This year's ceremony marked the first time that pupils from West Lothian graduated from the Career Ready programme, with 21 pupils from three schools in West Lothian attending the special ceremony. Zoe said: "Before my internship I was unsure about my future, now I am enthusiastic, confident and open minded. Every person that I worked with made an impact on me. "I was welcomed and supported by my

colleagues and was comfortable to ask them for help if I ever needed it. Career Ready is a great programme to help young people explore all the possibilities of further education, job opportunities and the chance to be paired with a Mentor from a local business to guide you through the programme.

"I would tell anyone thinking about it to go for it!"

Designed to boost social mobility and increase employability, Career Ready opens up the world of work to young people by offering a structured programme for 15-18-year olds focusing on four key areas of activity – mentoring, internships, masterclasses and workplace visits.

Executive councillor for education David Dodds said: "West Lothian Council is committed to ensuring that our young people are equipped with the knowledge they need to enter further and higher education, training and the employment market.

"The Career Ready Programme successfully bridges the gap between education and work by giving young people access to real experience of the world of work which can only benefit their prospects in the future."

## Three new schools for **Winchburgh**

West Lothian Council has moved forward with funding plans which should result in three new schools being built in Winchburgh.



The £58 million investment programme will result in West Lothian's largest ever single investment in Education facilities.

The new schools are a replacement for Holy Family Primary School and two new secondary schools.

Leader of West Lothian Council, Lawrence Fitzpatrick said:

"There is still a lot of work to be done but this is a significant step forward in securing more state-of-the-art education facilities in West Lothian.

"The council is fully committed to securing development and continuing to raise education attainment through a first class school estate for generations of young people."

Winchburgh is one of three Core Development Areas in West Lothian. In total, there is planning permission in principle for 3,450 homes at Winchburgh.

Phase one plans include 550 residential units plus a local supermarket, five additional commercial units and a town square. Around 400 residential units have been completed and occupied and the infrastructure for the commercial area is nearing completion. Other highlights include a new children's nursery and a railway station.

Last October, the council agreed, in principle, to forward-fund the delivery of the new schools via the City Region Deal's £150 million of funding

guarantees, which could be put in place in order to unlock the development at Winchburgh, with the Scottish Government underwriting the scheme.

Cllr Fitzpatrick added: "The council's commitment to forward-fund education is also linked to the Scottish Government providing an infrastructure loan to deliver the railway station and motorway junction which will open up over 30 acres of prime economic development land in this strategic location.

"The development, including the economic development land, is expected to support hundreds of new jobs and thousands of new homes in Winchburgh.

"West Lothian continues to be an area of growth in Scotland, one that performs very well both in terms of employment rates and an area that people want to live, work and do business in. West Lothian Council will continue to make every effort to ensure that West Lothian continues to thrive and prosper."

# Gardens Competition 2018

**Categories include:** Wildlife Garden • Vegetable Garden • Floral Containers • Best New Entrant • Tallest Sunflower • Best Community Garden (i.e. flats & sheltered housing)

General Gardens will now be judged in relation to size:  
Small (< 100m<sup>2</sup>) Medium (100 - 250m<sup>2</sup>) Large (> 250m<sup>2</sup>)

**Closing date: 13.07.18 | Judging begins 23.07.18 | Prize giving: 26.10.18**

*\*Entrants lucky enough to have won three in a row, are excluded for 4th year\**

To enter call Customer Services on 01506 280000 or email [customer.services@westlothian.gov.uk](mailto:customer.services@westlothian.gov.uk)





## NEW classes @ Xcite

Looking for fun ways to keep fit with friends this summer, why not try one of Xcite's 400 Group Fitness Classes running every week!

From the Les Mills range including Body Pump, to Pilates, Kettlercise, and Cycling there is something for everyone and all fitness levels. New classes include PiYo, Les Mill Tone and Paracise!

**PiYo** is a full body, strength and stretch based routine. It incorporates Pilates and Yoga moves in a choreographed music-based workout. It is a

high intensity but low impact workout.

Step into a **LES MILLS TONE** if you want the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercises will help you burn calories and take your fitness to the next level.

**Paracise** is a brand new innovative exercise class designed to enhance and enrich your life. A gentle but effective workout that flows smoothly through movements designed to improve mobility, flexibility and balance. Medication in motion.

These classes are suitable for all fitness levels 16yrs+. You can

attend as a member\* or pay-per-visit customer. Classes are also include in our Access Xcite concessionary scheme.

All Xcite's classes are taken by fully qualified Fitness Instructors. If attending for the first time let the instructor know and they'll be happy to help you. **\*Not included in Gold or Silver Memberships.**



Download the latest Fitness Class Timetables and book classes online @ [www.westlothianleisure.com](http://www.westlothianleisure.com)



## Get your kids Xcited this summer!

Xcite's Kids Holiday Programme is packed with fun activities and sports for kids of all ages. The N-R-G range, specifically designed for kids, includes Splash, Multi Sports, Inflatable Runs, Gymnastics, Themed Parties, Games, Play, Arts & Crafts, Teen Gym Sessions, and lots more!



Full programme is available to download NOW @ [www.westlothianleisure.com](http://www.westlothianleisure.com).

Pre-plan and book ahead online - available to Junior Members and pay-per-visit.

The majority of N-R-G Activities are included in Junior Membership from £15.00 per month! You can also attend as a pay-per-visit customer.

**Free Swimming\*** for under 16yrs is available during the West Lothian Summer School Holidays, 2 July - 20 August 2018, Monday - Friday 10.00am-4.00pm @ Xcite Armadale, Bathgate, Broxburn, Linlithgow and Whitburn. Xcite Livingston offers Leisure Pool sessions\* during the same time to under 16yrs for a discounted rate of £2.40 - includes flumes and water features! **Free Swimming\*** is also available at Deans and Inveralmond High Schools.

\*Subject to availability, terms and conditions apply.

## MYWELLNESSAPP

At Xcite you can access your gym programme plus track all your daily activities online via the My Wellness App!

download  
now



This free, handy, helpful app is available to Xcite customers to view their programme and results on their smartphone. It also includes video guides on how to use each piece in your programme, access workout and Tanita results. Plus you can add in other activities such as swimming, fitness classes and even walking the dog!

My Wellness measures your daily physical activity with MOVES. Unlike the number of calories burnt MOVES scores are independent of body weight so they are a more effective way of comparing activity levels with your friends and gym buddy.

It also links into popular health & fitness apps and devices so you can keep track of all your fitness data.

### HOW ACTIVE ARE YOU?

Low Active 0-499 Moves 

Moderate 500-749 Moves 

Active 750-999 Moves 

Very Active over 1000 Moves 

At Xcite Bathgate's NEW gym, you can now use My Wellness App from your smartphone to start your programme and the kit! By signing in with your smartphone the kit will automatically start with your own personal settings and record your workout results as you go! The Technogym Key can also be used at all venues to start your programme and record workout results which are uploaded to the App. **Speak to one of the Xcite Team next time you are in to create your account and get started!**

## Tanita

Body Composition Monitor

Would you like to know what's going on inside your body? Curious about your BMI? Xcite can analyse this for you. They can even reveal your metabolic age!

Tanita Xcite can take accurate body composition measurements. It is fast and simple with easy to understand results that the Xcite Team can take you through.

It can help make changes to your activity programme, whether it's to get fitter, reduce fat or balance muscle mass. You can also view your results from your smartphone via the My Wellness App.

The system uses advanced Bio-electrical Impedance Analysis (BIA) to measure:

- Body Fat
- Muscle Mass
- Metabolic Age
- Total Body Water
- Bone Mineral Mass
- Physique Rating

**Fancy giving it a go? Tanita is include in all Xcite Adult Memberships. Book an appointment with the Xcite Team in the gym or online.**

Well done to Suzanne McAdam who raised over £3,000 for Macmillan Cancer Support in memory of Claire Hannan, Lifeguard at Xcite Bathgate, who sadly passed away from cancer on Boxing day.

Suzanne, manager at Xcite Bathgate, along with her husband Billy, trained intensely in the gym and at cycle classes to complete the cycle 66 miles around Loch Ness in the Loch Ness Etape. Suzanne took her Tanita before the race and was 15 years younger!



For more information on Xcite visit:  
[www.westlothianleisure.com](http://www.westlothianleisure.com)

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