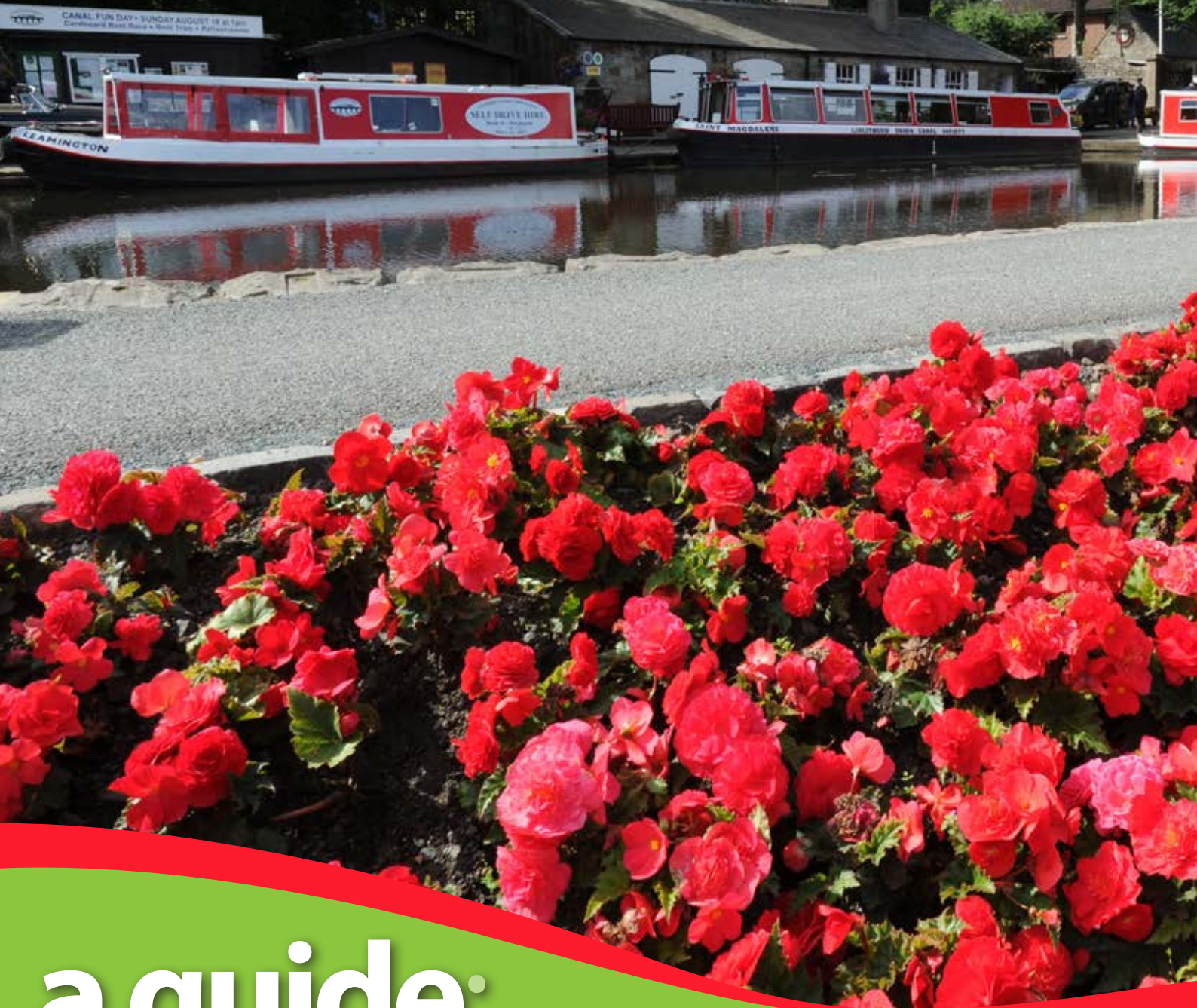


# *new* horizon

2015



## a guide:

to all services within West Lothian for older people

[westlothian.gov.uk](http://westlothian.gov.uk)



West Lothian  
Council

# new horizon guide

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*Please note the information within the guide  
is correct at the time of going to print*

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# Welcome

## **This is the tenth edition of the New Horizon Guide.**

This guide is full of useful information on a wide range of services available in West Lothian for older people and their families. Content includes advice and vital contact information on areas such as housing, travel, health, recreational groups and activities.

To make it easy to find a specific service, the guide is colour coded - to find out which colour matches which service, please use the contents table on the opposite page.

West Lothian has a lively community and offers a diverse and wide range of activities. Head to section five, where you'll find details on local clubs, arts, theatre and country parks.

If you're interested in shaping the future for people aged 60+, then the Senior People's Forum might be for you. You will find information on how to get involved with the forum on page 29.

If you have access to the internet you will find a wealth of information and news about services provided by the council and West Lothian Community Health and Care Partnership (CHCP).

Visit **[www.westlothian.gov.uk](http://www.westlothian.gov.uk)** and **[www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)**

I hope you find the guide useful and informative.



**Anne McMillan,**  
**Executive Councillor for Health and Care**  
**March 2015**

# Customer Information Services (CIS)

The council's CIS centres deal face-to-face with enquiries on all council services. These centres provide access to all council services, along with payment facilities for rent, council tax etc.

To access the services by telephone, call our Customer Services Centre on **01506 280000**, email **customer.service@westlothian.gov.uk** or pop into your local CIS centre located at:

- **Almondbank Centre:** Shiel Walk, Craigshill  
Opening hours: Mon, Wed, Fri: 9am - 6pm. Tues, Thurs: 9am - 8pm
- **Armada:** 1/3 East Main Street  
Opening hours: Mon, Tue, Thu: 8.30am - 5pm. Wed: 8.30am - 3pm. Fri: 8.30am - 4pm
- **Bathgate:** Bathgate Partnership Centre, Lindsay House, South Bridge Street  
Opening hours: Mon, Tue, Wed, Thu: 8.30am - 5pm. Fri: 8.30am - 4pm
- **Blackburn:** Blackburn Connected, Mill Centre  
Opening hours: Mon, Fri: 9am - 5pm. Tue, Thu: 9am - 7pm. Wed: 9am - 3pm. Sat: 9.30am - 12.30pm
- **Broxburn:** Strathbrock Partnership Centre, 189a West Main Street  
Opening hours: Mon, Tue, Wed, Thu: 8.30am - 5pm. Fri: 8.30am - 4pm. Payments closed daily 1pm - 2pm
- **Fauldhouse:** Fauldhouse Partnership Centre, Lanrigg Road  
Opening hours: Mon, Tue, Fri: 9.30am - 8pm. Wed, Thu: 9.30am - 6pm. Sat: 9.30am - 1pm
- **Linlithgow:** Linlithgow Library  
Opening hours: Mon, Tue, Thu: 8.30am - 5pm. Wed: 10.30am - 5pm. Fri: 8.30am - 4pm  
Closed daily for lunch 1pm - 2pm
- **Livingston:** Carmondean Connected, Deans  
Opening hours: Mon - Fri: 9.30am - 5pm, Sat: 9.30am - 12.30pm
- **Livingston:** West Lothian Connected, Almondvale Centre  
Opening hours: Mon, Tue, Thu: 8.30am - 5pm. Wed: 10am - 5pm. Fri: 8.30am - 4pm. Sat: 9.30am - 2.30pm
- **West Calder:** West Calder Library  
Opening hours: Mon, Tue, Thu: 8.30am - 5pm. Wed: 11am - 5pm. Fri: 8.30am - 3pm  
Payments closed daily 1pm - 2pm
- **Whitburn:** 5 East Main Street  
Mon, Tue, Thu: 8.30am - 5pm. Wed: 8.30am - 3pm. Fri: 8.30am - 4pm

## Other helpful numbers

- To contact Social Work call **01506 281028** or **01506 281029** (minicom)
- Housing and winter roads emergencies call **01506 280000**
- To contact the Police call **101** and in an emergency **999** for Fire and Ambulance services
- **NHS Helpline** Freephone **111**
- **West Lothian Community Health and Care Partnership (CHCP)** website provides information on local health care and social care services. **www.westlothianchcp.org.uk**

# Council payments

## There are a number of ways to make council payments:

The main method is by direct debit through your bank.

To pay by direct debit, please phone for further information:

Business Rates **01506 282020**

Council Tax **01506 282020**

Rent **01506 280000**

Service Accounts **01506 282020**

The Customer Information Services (CIS) centres can also help.

Credit or debit card payments are also acceptable as well as cash or cheque, at the following CIS centres:

**Armadale** 1/3 East Main Street

**Bathgate** Bathgate Partnership Centre, South Bridge Street

**Broxburn** Strathbrock Partnership Centre, West Main Street

**Livingston** Carmondean Connected, Deans  
West Lothian Connected, Almondvale Centre

**Whitburn** 5 East Main Street

Rent, Council Tax, Business Rates, Service Accounts can also be paid online at **[www.westlothian.gov.uk](http://www.westlothian.gov.uk)**

Postal payments can also be made by cheque to this address:

**West Lothian Council,  
The Revenues Unit,  
St David House,  
Bathgate, EH48 1TT**

In addition to the above methods you can pay over the counter at all Post Offices within the UK.

Telephone payments can be made by contacting **01506 282407**

If you have misplaced your payment card or have moved home you can obtain another by:

a) Contacting the CIS centres (page 2)

b) Telephoning the Customer Service Centre on **01506 280000**

# Housing

West Lothian Council's Housing Service operates through a network of housing offices.

**Armadale:** 1/3 East Main Street

**Bathgate:** St David House, South Bridge Street

**Broxburn:** Strathbrock Partnership Centre, 189A West Main Street

**Livingston:** The Ability Centre, Carmondean Centre Road

**West Calder:** 24-26 Main Street

**Whitburn:** 5 East Main Street

For all enquiries relating to housing services, either drop into your Customer Information Services (CIS) centre or call our Customer Service Centre on **01506 280000**

There are also a number of housing providers operating in West Lothian. Some of these specialise in housing services for older people.

Housing providers	Telephone numbers
<b>Abbeyfield Scotland Ltd</b> Ashley Hall, Linlithgow, EH49 7DN	<b>01506 847382</b>
<b>Almond Housing Association</b> New Almond House, 44 Etive Walk, Craigshill	<b>01506 439291</b>
<b>Ark Housing Association</b> The Priory, Canaan Lane, Edinburgh, EH10 4SG	<b>0131 447 9027</b>
<b>Barony Housing Association Ltd</b> Canal Court, 40 Craiglockhart Avenue, Edinburgh, EH14 1LT	<b>0131 455 6843</b>
<b>Blackwood Homes</b> 77 Craigmount Brae, Edinburgh, EH12 8XF	<b>0131 317 7227</b>
<b>Bield Housing &amp; Care</b> 79 Hopetoun Street, Edinburgh, EH7 4QF	<b>0131 273 4000</b>
<b>Cairn Housing Association</b> 22 York Place, Edinburgh, EH1 3EP	<b>0131 556 4415</b>
<b>Castle Rock Edinvar Housing Association</b> 1 Hay Avenue, Edinburgh, EH16 4RW	<b>0131 657 0600</b>
<b>Dunedin Canmore Housing Association</b> 8 Newmart Road, Edinburgh, EH14 1RL	<b>0131 313 5444</b>
<b>Hanover (Scotland) Housing Association Ltd</b> 95 McDonald Road, Edinburgh, EH7 4NS	<b>0131 557 0598</b>
<b>Horizon Housing Association Ltd</b> Leving Hse, Fairbairn Pl, Livingston, EH54 6TN	<b>01506 424140</b>
<b>Link Housing Association</b> Watling House, Callendar Business Park, Falkirk, FK1 1XR	<b>0845 1400100</b>
<b>Trust Housing Association</b> 12 Newmart Road, Edinburgh, EH14 1RL	<b>0131 441 1200</b>
<b>Weslo Housing Management</b> 66 North Bridge St, Bathgate, EH48 4PP	<b>01506 634060</b>
<b>West Lothian Housing Partnership</b> 62 North Bridge St, Bathgate, West Lothian EH48 4PP	<b>01506 416438</b>

## Health

The National Health Service provides free vaccinations against flu, an annual campaign runs in the autumn. Your GP surgery has details of when the programme starts each year.

Leaflets for information on issues for older people are available through your GP or by calling the NHS Helpline Freephone **111**

**Age Scotland**, in partnership with Silver Line Scotland, also produces advice on health and specific issues. You can get leaflets by writing to :

Age Scotland, Causewayside House, 160 Causewayside, Edinburgh, EH9 1PR, or by telephoning **0800 470 8090** or visit **[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)**

For information on health services in the community such as GPs, occupational therapy, podiatry and much more, visit **[www.westlothianchcp.org.uk](http://www.westlothianchcp.org.uk)**

# GP surgeries

Contact addresses for GP surgeries	Telephone numbers
<b>Armadale Medical Practice:</b> 18 North Street, Armadale	<b>01501 730432</b>
<b>Bathgate Primary Care Centre:</b> Whitburn Road, Bathgate Doctors Surgeries: <b>Newland Medical Practice</b> <b>Simpson Medical Group</b> <b>Kingsgate Surgery</b>	<b>01506 630771</b>  <b>01506 655155</b> <b>01506 654444</b> <b>01506 653134</b>
<b>Blackburn (Ashgrove Health Centre):</b> Ashgrove, Blackburn	<b>01506 657130</b>
<b>Blackridge Health Centre:</b> Fleming Place, Blackridge	<b>01501 751238</b>
<b>Carmondean Health Centre:</b> Carmondean Centre, Livingston <b>Deans and Eliburn Medical Practice</b> <b>Carmondean Medical Group</b> <b>Community Health Services (Carmondean)</b>	 <b>01506 836333</b> <b>01506 836300</b> <b>01506 836321</b>
<b>Craigshill Health Centre:</b> The Mall, Livingston	<b>01506 432621</b>
<b>Dedridge Health Centre:</b> Nigel Rise, Livingston	<b>01506 414586</b>
<b>East Calder Medical Practice:</b> 147 Main Street, East Calder <b>Community Service</b> <b>GP Practice</b>	 <b>01506 880582</b> <b>01506 882882</b>
<b>Fauldhouse Partnership Centre:</b> Lanrigg Road, Fauldhouse <b>Braehead Medical Practice</b> <b>Breich Valley Medical Practice</b>	<b>01501 773000</b> <b>01501 773045</b> <b>01501 773020</b>
<b>Howden Health Centre:</b> Howden Road West, Livingston	<b>01506 423800</b>
<b>Linlithgow Group Medical Practice</b> <b>Linlithgow Family Practice</b> (this practice will cease after 31.03.15) <b>Linlithgow Health Centre (Community)</b>	<b>01506 670027</b> <b>01506 670036</b> <b>01506 670044</b>
<b>Murieston Medical Practice:</b> Hamilton Square, Livingston	<b>01506 461464</b>
<b>Stoneyburn Health Centre (Breich Valley):</b> 73 Main Street, Stoneyburn	<b>01501 762515</b>
<b>Strathbrock Partnership Centre:</b> West Main Street, Broxburn <b>The Ferguson Medical Practice</b> <b>Linden Medical Practice</b> <b>Wood Medical Practice</b>	 <b>01506 771700</b> <b>01506 771771</b> <b>01506 771800</b>
<b>West Calder Medical Centre:</b> 65 West End, West Calder	<b>01506 874300</b>
<b>Whitburn Health Centre:</b> 1 Weavers Lane, Whitburn	<b>01501 740297</b>
<b>Winchburgh Health Centre:</b> Niddry Road, Winchburgh	<b>01506 890210</b>

If you need to register with a new GP give the practice a call to check you are in their catchment area, then go along and fill in the forms. Please remember to bring photographic I.D and proof of address with you when registering.

# Dental Surgeries

Dental surgeries:	Telephone numbers
Smiles Plus	01501 732724
Ochilview Dental and Oral Surgery	01501 731711
Bathgate Dental Spa	01506 652843
Bathgate Dental Practice	01506 656156
South Bridge Street Dental Surgery	01506 653112
Blue Sky Dental	01506 634287
Iriston House Practice	01506 652135
Bathgate Smile Centre	01506 656563
Bellsquarry Dentistry	01506 465956
No. 9 Dental Practice	01506 857717
Goodfield Dental Practice	01506 852654
Broxburn Dental Practice	01506 853585
East Calder Smile Centre	01506 881566
Brian Easton Dental Surgery	01506 842011
Linlithgow Dental Care	01506 847923
Springfield Dental Care	01506 671818
Westport Dental Practice	01506 842748
Scottish Orthodontics Limited	01506 420003
Newyearfield Farm Dental Care	01506 417780
Dedridge Dental Care	01506 411811
Livingston Dental Care	01506 418835
Kingsport Dental Practice	01506 442270
Bankton Dental Practice	01506 464646
Pumpherston Dental Surgeons	01506 440900
West Calder Dental Care	01506 872231
Whitburn Cosmetic Dental Clinic	01501 741383
Whitburn Dental Centre	01501 740360



## Out-of-hours: 111

For more information on dental surgeries in West Lothian visit [www.nhslothian.scot.nhs.uk/Services/Dentists](http://www.nhslothian.scot.nhs.uk/Services/Dentists)



# Pensions

The Department of Works and Pensions (DWP) is responsible for paying State Pension and Pension Credit.

## State Pension

State Pension is paid once you reach state pension qualifying age. It is based on National Insurance contribution record. You usually need at least 10 qualifying years to get any State Pension. State Pension is changing. If you reach State Pension age on or after 6 April 2016 you will receive the new state pension. The amount you receive will be decided in Autumn 2015. If you reach state pension age before 6 April 2016 your state pension will be paid under the current scheme. Contact the pension service for a forecast and to find out when your state pension age is.

## Pension Credit

Pension Credit is an income related benefit which is paid on top of your state pension if you are eligible. There are two different types of Pension Credit.

**Guarantee Credit** is paid to people whose income does not meet the minimum amount the Government say they need to live on. It is means tested and takes into account all other income for the claimant or their partner including savings and capital.

**Savings Credit** is paid to people aged 65 or over with certain types of income. It is designed as a top up for those who have made a small provision for their retirement, for example with a private pension. It is means tested but as it only looks at some income types, the calculation is complicated.

To find out if you are eligible you can phone the DWP or call into the Advice Shop.

## Contact the Pension Service/DWP

To make a claim to state pension: **0800 7317898**

To report any changes: **0345 6060265**

Claim online: **[www.gov.uk/claim-state-pension-online](http://www.gov.uk/claim-state-pension-online)**

Write to:

**The Pension Service 9**

**Mail Handling Site A**

**Wolverhampton**

**WV98 1LU**

For independent advice on state pension and pension credit call the Advice Shop on **01506 283000**



# West Lothian Advice Shop

**The Advice Shop is a free, impartial and confidential service to support local people. Its focus is to alleviate poverty, promote inclusion and equality through advice, assistance and advocacy.**

The Advice Shop is based at Bathgate Partnership Centre on South Bridge Street in Bathgate. Customers can speak to an advisor face-to-face during daily drop in sessions Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4pm. Advice can also be given over the telephone by calling **01506 283000** or emailing **advice.shop@westlothian.gov.uk**  
Website: **www.westlothian.gov.uk/advice-shop**

**The service offers confidential advice including:**

- Welfare benefit advice including quick benefit checks for entitlement to benefits and tax credits
- Assistance to complete benefit claim forms
- Advice and assistance to resolve problems with gas and electricity
- Help to identify any grants or discounts to improve energy efficiency and save money on bills
- Help to deal with debts
- Housing advice including housing options

The Advice Shop has a dedicated Age and Illness team which provides services for older people and those with long term health problems.

## Pensioner Income Maximisation Service (PIMS)

The Pensioner Income Maximisation Service (PIMS) works with people over the age of 60 to maximise their income by identifying entitlement to any available welfare benefits. Millions of pounds of benefits go unclaimed each year and it is often pensioners who miss out. The team can check entitlement to, and assist with, claims for various benefits such as pension credit, attendance allowance, carer's allowance, housing benefit and council tax reduction.

## Energy Advice

Around a quarter of all pensioners in Scotland are affected by fuel poverty. The Advice Shop energy team can help older people to lower their fuel bills by providing assistance with tariff comparison checks, help to access energy efficiency grants and apply for winter discounts.

## Dementia Campaign

Latest figures from Alzheimer's Scotland show that over 2,100 people in West Lothian are affected by Alzheimer's or Dementia. The Advice Shop works with key partners to ensure that customers get access to appropriate support as well as claim any benefits or tax credits they may have entitlement to.

## Macmillan Advice Team

The Macmillan Advice Team provides benefits advice for people with a cancer diagnosis and their families or carers. The team can help with claims for sickness or disability benefits and any other associated allowances or discounts as well as helping people to access grants for further support. The Macmillan Advice Team attends St John's Hospital every Monday at the Macmillan Day Centre and the Western General Hospital in Edinburgh on Tuesdays and Thursday.

# Bereavement

**It is a legal requirement to register a death.**

A death which occurs in Scotland can be registered at any registration office in Scotland.

There are six registration offices in West Lothian	Telephone numbers
<b>Bathgate Registration Office,</b> Bathgate Partnership Centre	<b>By appointment only</b> <b>01506 282916</b>
<b>Broxburn Registration Office,</b> Strathbrock Partnership Centre, 189a West Main St, Broxburn, EH52 5LH	<b>By appointment only</b> <b>01506 281894</b>
<b>East Calder Registration Office,</b> Library, 200 Main St, East Calder, EH53 OEL	<b>By appointment only</b> <b>01506 884680</b>
<b>Linlithgow Registration Office, (closed for refurbishment at present)</b> County Buildings, High St, Linlithgow, EH49 7EZ	<b>By appointment only</b> <b>01506 281894</b>
<b>Livingston Registration Office,</b> Civic Centre, Howden Road South, Livingston, EH54 6FF	<b>01506 281897, 01506 281894, 01506 281898</b>
<b>Whitburn Registration Office,</b> 5 East Main St, Whitburn, EH47 ORA	<b>By appointment only</b> <b>01506 281894</b>

You **must** register a death within eight days of death (except for stillborn babies where the time period is 21 days). Your GP can arrange bereavement counselling and other medical support.

Wills should be kept up to date. If you need advice on wills contact your solicitor.



## Around your home

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- If you are unable to cope with moving your wheelie bin and do not have any assistance to do so, refuse collection operatives can offer a take-out and return service. To arrange this please call **01506 280000**
- For information on recycling call **01506 280000**
- The council maintains streetlights and traffic lights. Tel: **01506 280000**
- If you are concerned about the condition or safety of an open space, play area or a dangerous tree, please report it by calling **01506 280000**
- Garden maintenance scheme: application, criteria and conditions of the scheme are available from Customer Information Services (CIS) centres, see page 2, or telephone **01506 280000**
- If there is litter, fly-tipping, graffiti, abandoned vehicles or dog fouling in your area, please report it by calling **01506 280000**. In most instances your enquiry will be dealt with within three working days
- If you wish to report noise nuisance or neighbour disputes call **01506 280000** or **101**

## Identity cards

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One of the most common ways for a criminal to gain access to your home is to falsely represent themselves as a legitimate visitor. You have the right to refuse entry to your home to a visitor without legitimate identification. If in doubt, take the card and call the number on it to check, before allowing entry.

Better still, promote **No Cold Calling** – Ask the caller to return at an agreed date/time and have a trusted person with you if necessary.

## Safety in the home

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All tenants living in a council owned house should have a smoke detector and carbon monoxide detector installed in their home and the council will check these alarms are working during the annual gas service. You should test these devices regularly. If you are unsure how to test them or if they are not working, report this immediately to our Customer Service Centre on **01506 280000** and they will arrange for you to receive advice on how to test them or to have them repaired or replaced.

If you are a council tenant, call our Customer Service Centre on **01506 280000** if your alarm has not had its annual inspection. If you are a homeowner you should install a smoke detector not least because it may reduce your home insurance premium.

If you would like further advice on fire prevention telephone the Scottish Fire and Rescue Service on **0800 0731 999** and ask for Fire Prevention Assistance. You can contact your East Service Area (Edinburgh) on 0131 228 2401 for information or go to **[www.firescotland.gov.uk](http://www.firescotland.gov.uk)**



Police Scotland offers a free home security check, where a community police officer gives advice on how to secure your home, often at low cost. This may reduce your insurance premium. Telephone the police on **101**

The council promotes a home security scheme for household where all occupants are over 60 and can apply to have basic security measures installed. Contact our Customer Service Centre on **01506 280000**

## Animal welfare

**Stray dogs:** Apart from the distress on the animal itself, stray dogs can cause accidents, and injury to themselves and others. Strays are often involved in worrying livestock as well as adding to the dog-fouling problem. We respond to reports of stray dogs as a high priority. When we lift a stray dog, we will inform the owners that their dog has been found (if we can identify them by either chips or name tags). All dogs are taken to the Edinburgh Cat and Dog Home. The charge for allowing a dog to stray is £25 plus £13.20 per day kennelling. Almost all dogs are returned to their owners or re-homed if not claimed. To report a stray dog please call **01506 282500** or email: **environmentalhealth@westlothian.gov.uk** giving details of where and when you spotted the dog and if possible a description. Outwith office hours, the Police has a duty to accept stray dogs.

**Dog barking** can be a nuisance to neighbours, disturb sleep and can be a sign of a bored or neglected animal. All dogs will bark a little, but when they do so regularly or for long periods, we can help. Please call **01506 282500** or email: **environmentalhealth@westlothian.gov.uk** giving details of where and when the problem occurs, along with your contact details. We require a contact telephone number from anyone complaining about dog barking so that we can discuss the problem in detail and obtain an update after discussing the problem with the dog owner. All complainant details are treated in confidence.

**Dangerous or aggressive dogs:** If a dog has acted in an aggressive or out of control manner, this should be reported to us by calling **01506 282500** or emailing **environmentalhealth@westlothian.gov.uk**. West Lothian Council's Animal Welfare Officers are authorised under the Control of Dogs Scotland (2010) Act to investigate such complaints and take action against owners to prevent serious attacks. Investigations involve taking statements from the complainer, dog owner and any other witnesses, therefore anonymous complaints cannot be taken further. Any incident involving a dog biting and injuring anyone, or killing another animal should be reported to the police.



# Bogus callers and rogue traders

West Lothian Council Trading Standards and Police Scotland are working together to target bogus callers and rogue traders. Bogus callers pretend to be authentic callers such as officials from the council, gas, electricity or water companies. They may say they are workmen needing to make repairs or even claim to be police officers. They are convincing liars and anyone can be taken in by them. However they specifically target older members of the population in an attempt to steal cash and valuables, or in the case of rogue traders carry out shoddy, sometimes unnecessary work for inflated prices.

## Stay safe:

- **Keep** front and back doors locked
- **Fit** a door chain/bar and use it
- **Only** deal with callers by appointment
- **Always** ask for identification and check it carefully
- **Do not** keep large sums of money in the home

## Useful phone numbers:

Livingston Police Station - **101**

Trading Standards - **01506 280000**

In an emergency - **999**

## Trusted Traders

The West Lothian Trusted Trader scheme is available to assist local people in finding businesses recommended by others. Anyone looking to find a responsible business should visit **[www.westlothian.gov.uk/trustedtrader](http://www.westlothian.gov.uk/trustedtrader)** to see feedback of work by local firms. Those without internet access can use the public access computers at council buildings such as libraries across West Lothian or contact Trading Standards on **01506 280000** to search on their behalf.

# Staying warm at home

If your supply of gas or electricity is interrupted for a significant period of time you will be offered a place in an emergency centre. In the event of this call **01506 280000** during office hours, or **01506 777401** or **01506 777402** out with office hours.

If your power has been disconnected because of unpaid bills then telephone the Energy Advice Team at the Advice Shop on **01506 283000** for assistance as they offer free advice/guidance on all fuel billing issues. For any energy advice query, please pop into the Advice Shop if possible as duty advisors now see all enquiries, so no appointment is necessary. If you are unable to visit the Advice Shop, then please contact the team on the number above.

The Advice Shop team offers free home visits to help you use energy effectively through efficient heating use. Also, if you are having difficulty paying for heating you may be entitled to money that you are not claiming. There are winter fuel payments, which are additional supplements to pensions, payable in severe weather. The Advice Shop can assist you with the above, offering a discreet confidential service.

You can also pick up free energy efficient power down switches for home computers from the Advice Shop. Report any electricity faults to Scottish Power **0845 272 7999**. If you have a gas leak or smell gas call the Gas Emergency Services on Freephone **0800 111 999**.

# Antisocial behaviour

The Community Safety Unit (CSU) has been created within West Lothian Civic Centre building at Howden South Road in Livingston. The unit was developed to continue the good partnership working which exists between West Lothian Council, Police Scotland, Scottish Fire and Rescue Service and West Lothian voluntary organisations.

You can contact the CSU by email on: **westlothiancsu@lbp.pnn.police.uk**. Your email messages will be received during normal working hours. Working together within the CSU the police and council staff including:

- Some of the Safer Neighbourhood Team (SNT) Officers are based in the CSU. Other SNT officers are based within their own ward areas across West Lothian
- The Out of Hours Noise Nuisance and ASB Service which has legislative powers to deal with complaints of Antisocial Noise and where appropriate can use fixed penalty tickets and seize equipment

For other antisocial behaviour, which could include neighbour complaints, neglected houses / gardens or damage, you may wish to contact the Customer Service Centre (CSC) on **01506 280000**. They will ensure you will be connected to the appropriate service. A text phone service is available on **18001 (01506 651115)**.

**Anyone wishing to report serious antisocial behaviour can call the police on 101 any time, during the day or night.**

The NRT works closely with the police to promote community safety and reduce the fear of violence in communities. They wish to hear of crimes occurring, as soon as possible, to allow them to investigate and where possible, to prevent them from happening again.

Please report anything you see that you think is suspicious or is concerning you.

## Moving home

If you are moving home or have recently moved, please call into one of the Customer Information Services (CIS) centres, where our customer service staff will be able to assist you with issues, such as notifying the council of a change of address, providing you with forms for revised council tax etc.

To donate furniture and small items please contact Home Aid on **01506 652230**.

Alternatively tel: **01506 280000** and ask for the Homeless Unit.



# Support at home services

## Re-ablement Service

This provision enables individuals to receive short-term intensive support within the home in order to enable them to build upon their skills and abilities and in doing so remain as independent as possible.

It differs from the more traditional care at home service. Instead of visits being undertaken to carry out everyday tasks within the home which the individual concerned is unable to do for themselves, staff will work with the individual to enable them to learn or re-learn the activities they need for everyday life. This may, for example, include helping the individual to become independent in meal preparation, using a piece of equipment or personal care, the focus of the support being determined by the needs and abilities of the individual concerned.

**For more information regarding our Re-ablement Service call 01506 775651 during normal office hours Monday to Friday.**

## 24/7 Crisis Care Service

This is a new approach which involves working in partnership with community nursing services to provide a response 24 hours a day, 7 days a week for people who are experiencing a health or social care emergency, to deal with the imminent crisis they are facing at home.

The Crisis Care Service is for adults who live in West Lothian and whose medical needs are stable and can be met in the community by their GP. The service is set up to provide; a response to people who have had a fall; short term (up to 5 days) personal care based on assessed need; to provide a response to telecare alerts.

Referrals can be made via a number of routes, such as the individuals themselves, carers, relatives, GP, other health professionals and social care staff e.g. Adult or Older Peoples Teams or Housing with Care.

**The Crisis Care contact number is: 01506 418784.**

## Care at Home Service

The Care at Home Service is available to those assessed as having ongoing care needs. Examples of the support which can be provided include assistance with getting up / washing / dressing / bathing / showering / assistance with continence / getting ready for and going to bed / medication.

This service may be offered when re-ablement is assessed as being unlikely to provide beneficial results or else there is some level of ongoing care required following re-ablement.

**For more information on Care at Home provision contact 01506 776700.**



## Other support at home services include:

### Occupational Therapy Services

Occupational therapists are employed by West Lothian Council to enable children, adults and older people with physical disabilities or general frailty to be more independent in their home and community. The occupational therapy staff will discuss different ways to carry out every day activities more easily. They can assess a person's needs in their home and, where appropriate, provide equipment and arrange adaptations to improve levels of ability, assist with the caring role and promote a safer environment.

Training and practice may be required to improve confidence and ability in using disability equipment for carrying out day-to-day tasks. They can also refer on to other useful services.

The occupational therapy service is free although some equipment/adaptations may require a financial assessment.

**To request an occupational assessment please contact 01506 775666 and ask for the duty worker.**

An Occupational Therapy Self Selection service is available to request basic equipment or handrails without the need for a home visit.

**Information or a booklet is available from 01506 775608 or 775666. This service is free.**

### Community Equipment Store

The Community Equipment Store provides and delivers a wide range of equipment to help people live independently or with nursing/carer support in their own home in the community.

The equipment is delivered and fitted after an initial assessment by health or social policy staff. Assessment can be requested from any social work office or local Health Centre. The Equipment service can be contacted on **01506 523335**.

### Community Laundry

The Community Laundry Service helps people who are incontinent or who have other medical conditions and are living at home, or with relatives, to cope with the practical problems of washing sheets. A fresh supply of sheets is brought on a regular basis to each home. There is no charge for the service, which is jointly provided and co-ordinated by local councils and Lothian Health. To access this service applicants should contact their GP, health visitor, community nurse, social worker or care worker who will provide information about the service and assist with the referral process.

### Frozen meals service

The home meals service provides ready prepared meals which can be eaten when you choose. There is a wide choice of starters, main courses and sweets, all of which can be heated in a conventional oven or microwave. The meals are of modest cost and include choices for special diets and ethnic meals.

For more information contact Bathgate Social Work Centre on **01506 776700**.

## Shopping Service

The council currently supports a choice of personal shopping and delivery services which are available to older people living at home who due to frailty, illness or disability are unable to shop for themselves.

The Food Train operates via a network of fully vetted local volunteers in partnership with two large supermarkets, with the volunteer doing the shopping and delivery. Where requested assistance may also be given with putting shopping away.

**For further information or to request this service call: 01506 413013.**

The other shopping service operates on a more traditional arrangement with designated staff doing the shopping and the retailer doing the delivery.

**For further information or to request this service call: 01506 771897.**

## Home Safety Service

The Home Safety Service assesses for, provides and supports the use of telecare equipment to help older people, disabled and vulnerable people to stay safely and independently in their own home and community.

The Home Safety Service provides a telecare core package comprising of a Lifeline unit and a range of sensors supporting the person and their home by means of a 24-hour telephone link to West Lothian Careline. Sensors include a pendant, flood detectors, smoke detector, movement sensors and an extreme temperature sensor. Other specialist equipment can be provided depending on assessed need. A working telephone landline is essential.

Research has shown that the use of telecare equipment does make a difference to the length of time people can remain in their own home giving additional reassurance for the people themselves, their relatives and carers.

To request an application form please contact **01506 771770. There is a charge of £1 per week for all new users of the Home Safety Service.**



# Specialist housing services

## Medical prioritisation for housing

Some council housing stock (particularly some of the recent new build houses) have been specifically built to suit wheelchair users. If you have health or medical conditions which are affected by your present housing you can ask for a meeting with local housing staff to discuss your housing options.

To set up a meeting call customer services on **01506 280000** or the local housing office.

## Care and Repair and Small Repairs Service

This service is provided by Horizon Housing Association and offers a free and confidential service to owner-occupiers and private tenants over 65 years of age or who have a disability. The service offers help and advice to people in arranging repairs, improvements or adaptations to their homes.

Care and Repair West Lothian also provides a small repairs service for older people over the age of 65 and disabled residents in West Lothian. The service offers free labour, leaving the clients only paying for materials.

### Assistance ranges from:

- Giving practical advice on household repairs
- Small joinery repairs, including replacement locks, fence repairs and minor window repairs
- Tap washers, unblocking sinks, changing light bulbs and fuses/batteries

### To qualify for the service you must have no other adult member of your household able to carry out the repair and be either:

- 60 years of age or over
- Have a permanent disability
- Temporarily incapacitated, for example recovering from an operation
- Currently in hospital awaiting discharge

**For further information regarding eligibility, what services are provided or to make a referral please contact the service:**

**Care and Repair West Lothian  
Leving House  
Fairbairn Place  
Livingston EH54 6TN**

Telephone: **01506 424140**  
or email: **careandrepair@horizonhousing.org**



## Sheltered housing

Sheltered housing is self-contained flats or bedsits, within a larger development which also has a communal lounge, assisted bathrooms and guest bedrooms where friends and family can stay when visiting. There is either a full or part-time warden on duty Monday to Friday. Tenants have pull cords in their tenancies which they can use in an emergency and these are linked to West Lothian Careline call centre and can be responded to 24/7.

West Lothian Council has five complexes and access to 20 similar complexes provided by housing associations. For more information about sheltered housing call **01506 280000**.

## Housing with care

There are now eight housing with care units in West Lothian, each providing one-bedroomed tenancies supported by a core package of Telecare technology.

These units are located in Armadale, Boghall, Blackburn, Broxburn, Livingston, Mid Calder, Whitburn and West Calder. The purpose of housing with care is to deliver care and support to older people who have a high level of care needs and help them stay in their own homes and communities. Staff support tenants to remain as independent as they can be. On-site staff deliver care and support and each of the tenancies is fitted with a core package of technology linked to a Call Centre staffed 24/7. People who require at least six hours and up to 18 hours formal or informal care a week can apply for these tenancies and the idea is that an individual's support will increase as their needs change. The tenancies and supportive technology caters well for people with dementia.

## Short breaks (previously known as respite)

The council, following assessment, may offer the opportunity for a short break. Such breaks when made available are to provide carers with a break from their normal caring routine and in doing so benefit both the person being cared for and their carer.

These short breaks are designed to deliver desired outcomes specific to the individuals concerned hence out of necessity vary from individual to individual. Some may take the form of a few hours of support being offered within the home in other instances day care or a care home placement may best meet the needs of those concerned. The primary purpose however, regardless of the provision made available, is to support and sustain the caring relationship by providing relief to the carer, either via time spent apart or time spent together with the cared for person, with additional support being made available.

## Day care

The council operates a day care service, Monday to Friday co-located in Limecroft and Whitdale care homes. There is also a day resource service at Holmes Gardens Housing with Care development in Broxburn.

This is a service targeted at frail older people (including those with dementia) and their carers.

Transport is provided to convey people to each of the day care centres. Contact details are listed on page 19.

## Voluntary sector day care

Day care is also provided by voluntary sector providers supported by the council (see list on right).

You can also call your local Community Nursing Service which is based at all Health Centres or GP surgeries in West Lothian. Please see page 5 for telephone numbers.



Day Care Centres	Tel. numbers
<b>Acredale House</b> <i>(Service for frail older people and those with dementia)</i>	<b>01506 634288</b>
<b>Answer House</b> <i>(Service for older people with very severe dementia)</i>	<b>01501 749974</b>
<b>Braid House</b> <i>(Service for frail older people and those suffering from dementia)</i>	<b>01506 430615</b>
<b>Rosebery Centre</b> <i>(Service for older people suffering from moderate to severe dementia)</i>	<b>01506 497046</b>
<b>St Michael's Day Centre</b> <i>(Service for frail older people and those with dementia)</i>	<b>01506 847496</b>
<b>Westport Day Care Centre</b> <i>(Service for older people with very severe dementia)</i>	<b>01506 844899</b>
<b>To access any of the services in section three please call:</b>	
<b>Bathgate Social Work Centre</b>	<b>01506 776700</b>
<b>The other Social Work Centres are located as follows:</b>	
<b>Broxburn Social Work Centre</b>	<b>01506 775666</b>
<b>Livingston Social Work Centre</b>	<b>01506 282252</b>
<b>St John's Hospital Social Work Unit</b>	<b>01506 524088</b>

## Residential Care

If you require information about care homes (either those provided by the council or nursing home owners) then please contact Bathgate Social Work Centre **01506 776700**

# Carers of West Lothian

Carers of West Lothian is a carer led voluntary organisation providing an information and support service to unpaid carers of all ages throughout West Lothian.

## The support service provided to carers by the organisation includes the following:

- Carers Information Booklet (containing information on local services and support available to carers)
- Quarterly Newsletter (keeping carers informed of local and national initiatives to support carers)
- One-to-one emotional support
- Home visits
- Signposting and referral to appropriate support services
- Hospital based support service for carers
- Access to advocacy
- Access to counselling
- Carer support groups
- Training courses for carers
- Recreational courses (such as holistic therapy and basic massage)
- Individual support for young carers (between 8 and 18 years)
- Group support for young carers

All of the above services are provided **free of charge**.

Carers of West Lothian can be contacted at:  
**Carers of West Lothian, Sycamore House,**  
**Quarrywood Court, Livingston, EH54 6AX**  
 Tel: **01506 448000**  
 Email **office@carers-westlothian.com**  
 Web: **www.carers-westlothian.com**



# Contacts for hearing and visually impaired people

Information is available on tape, in large print, in Braille and community languages. Please contact the Interpretation and Translation Service on **01506 280000**. Text phones offer the opportunity for people with a hearing impairment to access the council. The text phone number is **18001 01506 591652**. A loop system is available in all West Lothian Council offices.



Library staff can also assist and provide you with written information regarding all council services. If you are reading this document on behalf of a visually impaired person, you may wish to offer them a taped version, or a CD-ROM for use at home or in the library. Please call **01506 280000** to order a tape.

If you are in receipt of personal care then please ask your carer for assistance.

There is also a Sensory Support Centre based at St John's Hospital in Livingston. The centre offers advice, information and assessment for those who are blind, partially sighted, deaf, hard of hearing, deafened or deafblind.

For further information please contact **01506 774490** or email: **[sensorycentre@westlothian.gov.uk](mailto:sensorycentre@westlothian.gov.uk)**

# Concessionary travel

Residents aged 60 and over and those with a recognised disability are eligible for a National Entitlement Card (NEC) to obtain free travel on bus services throughout Scotland (except excursions or tours, open top bus tours, or night services).

Advanced booking on longer distance services is advisable, and although travel will be free, the operator may charge a booking fee. Cross-border journeys can be made to England on bus services to Berwick-upon-Tweed and Carlisle and on some services to Newcastle-upon-Tyne.

**Application forms for NECs may be completed up to 14 days before the 60th birthday at CIS centres and all public libraries.**

Application forms are available from all Council Information Service offices (CIS) and Libraries. Alternatively you can call **01506 280000** or email **customer.service@westlothian.gov.uk** to request an application form. Please state which type of application you require. Applications should be completed and taken along with all required evidence to any of these offices. The council will validate eligibility in line with the legislation and guidance issued by the Scottish Government and can only order cards where the applicant meets the criteria.

Passes are posted to applicants 12-21 days following application.

If you have any general queries relating to travel concessions please contact West Lothian Council customer service on **01506 280000** or visit **[www.westlothian.gov.uk/concessionary-travel](http://www.westlothian.gov.uk/concessionary-travel)**

## Public transport

Information about public transport in the West Lothian Council area can be obtained from Traveline Scotland on **0871 200 22 33** or by visiting **[www.travelinescotland.com](http://www.travelinescotland.com)**

Rail travel information is also available from by calling **08457 48 49 50**, or by visiting **[www.scotrail.co.uk](http://www.scotrail.co.uk)**



# Demand Responsive Transport – Taxibus Services

A number of Taxibus services operate in areas of West Lothian where no mainstream public transport service is available.

Taxibuses operate on a timetabled basis and journeys must be booked in advance of intended travel. National Entitlement Card Holders are able to travel free of charge on these services.

Further information on Taxibus services is available from your local CIS centre (see page 2) or by telephoning **01506 282 321**

## Special access transport

Dial-a-Bus services are operated by HcL and are funded by West Lothian Council. Dial-a-Bus provides transport for elderly and disabled persons to the shopping centres of Bathgate, Linlithgow and Livingston. To travel on the Dial-a-Bus, you must book a seat. For further information, including prices, please call **01506 633 336**.

A leaflet with Dial-a-Bus routes and timetables is available.

In addition, HcL also provide a specialist Dial-a-Ride door-to-door transport service people with limited mobility.

For further information and prices please call **01506 633 953**.

Many local bus services now use easy access buses which are designed for wheelchairs and buggies. Please contact the operator to check these are available before travelling.





# Blue badge

The scheme is designed to help severely disabled people live independent lives by knowing that when they reach their destination, either as a passenger or driver, that they will be able to park near to the venue and therefore have easier access to the services they want to use.

The eligibility criteria is split into two parts - "without further assessment" (automatic) and "subject to further assessment" (discretionary).

**In Scotland, you are automatically entitled to a blue badge if you are over two years old and:**

- you are registered blind; or
- you receive the higher rate of the mobility component of the Disability Living Allowance (DLA); or
- you receive the mobility component of Personal Independence Payment (must be either 8,10 or 12 points for Moving Around OR 12 points for Planning and Following a journey); or
- you receive a War Pensioners' mobility supplement; or
- you have received an award under the Armed Forces Compensation Scheme (AFCS) within tariffs 1-8.

If you do not meet any of the above criteria but consider yourself to have a disability which means that you are unable or virtually unable to walk then you may still qualify for a blue badge under the discretionary criteria.

To apply for a blue badge you must complete the relevant application form which is available to download from the council web site – [www.westlothian.gov.uk/bluebadge](http://www.westlothian.gov.uk/bluebadge) - or you can pick one up from any Library or Partnership Centre. Completed forms with appropriate evidence should be taken back to one of these locations where the staff will validate the application and also take a photograph of you for use on the badge.

The central administration team will process your application and if successful, order your badge from the National supplier.

For further information please call our Customer Service Centre on **01506 280000** or visit your local CIS centre.





# West Lothian Leisure

## Xcite at West Lothian Leisure

Xcite at West Lothian Leisure provides a number of high quality sports and leisure venues across West Lothian making access to these facilities and activities extremely easy.

Xcite recognises the importance of offering facilities and activities which are designed to meet the needs of those in the prime of their life. In response they have developed a unique membership for customers aged 60+ called Prime of Life (P.O.L). You can also attend classes on a pay-per-visit basis or via their concession scheme, run in conjunction with West Lothian Council - Access Xcite.

**P.O.L Xcite Membership** offers fantastic range of activities and is available for £18 per person per month, or £30 per couple per month. With unlimited access seven days a week to all ten Xcite venues across West Lothian. Proof of age is required. Price is correct at time of print. Price may increase during the year. For more details visit Xcite's website [www.westlothianleisure.com](http://www.westlothianleisure.com) or contact one of the Xcite venues direct.

Xcite venues		
Xcite Armadale	North Street, Armadale	01501 229200
Xcite Bathgate	Torphichen Road, Bathgate	01506 237910
Xcite Broxburn Swimming Pool Sports Centre	East Main Street, Broxburn	01506 237930
	Church Street, Broxburn	01506 237920
Xcite Craigswood	Craigswood, Livingston	01506 237940
Xcite East Calder	Raw Holdings, East Calder	01506 883340
Xcite Fauldhouse	Fauldhouse Partnership Centre	01506 770345
	Lanrigg Road, Fauldhouse	
Xcite Linlithgow	McGinley Way, Linlithgow	01506 237960
Xcite Livingston	Almondvale Parkway, Livingston	01506 237970
Xcite Whitburn	West Main Street, Whitburn	01501 229210

## Ageing Well 'Changing Lifestyles' Project

Managed by Xcite and works in partnership with NHS. The project is involved in a range of activities for the over 50s which encourages physical health, mental health and wellbeing.

### Activities include:

- **Tea Dancing.** Live Music in Whitburn, Uphall, Livingston and Linlithgow. No need for a partner. Enjoy a full entertaining afternoon with friends old and new
- **Singing for Health.** Informal "Sing-a-long" sessions in Whitburn and Boghall
- **Linedancing** in Broxburn, Whitburn and Blackburn
- **New Age Kurling** in Uphall and Bathgate
- **Walking Group Activities / Gentle Exercise / Seated Exercise**
- **Monthly Environmental Group.** Activities in West Lothian
- **Monthly Social Events**

Assistance with transport to these activities may be possible.

For more info contact Avril Clerkson, Ageing Well Co-ordinator on **01506 237953 / 07768 090 008** or visit [www.westlothianleisure.com](http://www.westlothianleisure.com)

# Library Services

Join any library in West Lothian and you can gain access to all libraries, including two mobile libraries and the Local History Library in Linlithgow. Books, DVDs, CDs, talking books and all our resources on the catalogue (which you can look at and reserve items online from home) are available through every library. All libraries offer computer and internet access and staff will be happy to assist you in getting online.

Carmondean Library is home to the **Macmillan Cancer Information and Support Centre**, which is staffed twice a week and offers information and support for those with or affected by cancer.

**Reading groups** are available in most libraries and meet on a monthly basis to discuss the books they are reading in a sociable atmosphere.

**Bookbug sessions** for babies and toddlers are held in most libraries. Bring your grandchildren along and enjoy fun storytelling with books and rhymes. Check the website for details of the sessions being held.

Enjoy using our comfortable surroundings (some libraries have coffee and tea facilities) to browse or read the newspapers, magazines and books, some of which are also available in an electronic version that you can download from home.

If you have an interest in West Lothian's past, a wide range of documents and materials are available in Linlithgow. Contact the Local History Librarian, Sybil Cavanagh, on **01506 282491** or email **localhistory@westlothian.gov.uk**

The council has two **mobile libraries** which tour West Lothian. There is a fixed schedule of stops to outlying areas: please check the website to find out if a mobile library stops near you.

You can now collect **batteries for your NHS hearing aid** from most libraries. Staff can give you a three month supply of batteries free of charge: simply bring your yellow audiology book. Full details of how to participate can be found on the website.

If you enjoy reading or listening to talking books, but are unable to visit the library due to frailty, disability or illness, our **homebound service** can help. Volunteers select the books to your requirements and deliver them to you at home. The homebound service is provided by the Library Service, in partnership with Food Train West Lothian. If you are interested or know someone who may be, call **01506 281 644** or visit the library website.

If you are interested in **volunteering** to help deliver books to housebound borrowers in your neighbourhood, then please contact Food Train West Lothian on **01506 413013** or email: **westlothian@thefoodtrain.co.uk**

Most library services are free and where there is a charge the over 60s generally get concessions. Visit: **www.westlothian.gov.uk/libraries**



# Arts

There are three main arts venues in West Lothian showcasing a continuous programme of events: **Howden Park Centre** in Livingston is a modern, four-star arts venue with live performances in music (including monthly: Jazz on a Sunday and 50s & 60s tributes), theatre, dance, exhibitions, talks, art workshops and dance classes.

The **Regal Community Theatre** in Bathgate is a beautifully renovated art deco theatre run by a community board providing a programme of performances, films and classes.

**Linlithgow Burgh Halls** has a gallery space hosting free exhibitions from established artists. Recent exhibiting artists have included Andy Goldsworthy and Robert Mapplethorpe with associated art workshops and events available.

All three venues offer a concession rate to the over 60s (available on the majority of events).

All buildings are fully accessible for those with limited mobility, if you have access requirements for a show please let the venue know at the time of booking.



## Generation Arts and Arts in the Community

The Generation Arts programme is for everyone aged 50+ and provides FREE fortnightly creative movement classes, tea dances, intergenerational projects and taster workshops across West Lothian. These offer a chance to be creative, improve general fitness, socialise and to reminisce.

For further information contact the Generation Arts Co-ordinator call: **07521 358239**

email: **generationarts.coordinator@gmail.com**

Website: **www.generationarts.wordpress.com**

Generation Arts is one of more than 150 voluntary arts groups offering classes and workshops in everything from photography to flower arranging, in community venues across West Lothian. Details of these groups as well as 'What's On' information can be found on the council website **www.westlothian.gov.uk**

### More Information

For information on arts activities and opportunities in West Lothian contact West Lothian Council's Community Arts, call: **01506 773858** email: **arts@westlothian.gov.uk**

Current programme information can be found on each venues dedicated website and seasonal brochure. To request a brochure or to find out what's currently on please contact the relevant Box Office below.

**Howden Park Centre**  
Howden, Livingston EH54 6AE  
**Box Office: 01506 777666**  
**www.howdenparkcentre.co.uk**

**The Regal Community Theatre**  
24 - 34 North Bridge Street,  
Bathgate EH48 4LA  
**Box Office: 01506 630085**  
**www.bathgateregal.org**

**Linlithgow Burgh Halls**  
The Cross, Linlithgow EH49 7AH  
**Box Office: 01506 282720**  
**www.linlithgowburghhalls.co.uk**

# Country Parks and other attractions

West Lothian is rich in green spaces both within and between its towns and villages, and the council has an active role in managing its rivers, canals, forestry and the general landscape. All the Country Parks have refreshment facilities and additional attractions to enhance your enjoyment of the outdoors.

## There are three Country Parks in West Lothian

<b>Beecraigs</b>	A 370 hectares Park near Linlithgow. Discounted rates are available for those aged 65 years and over for flyfishing on Beecraigs Loch and for staying on the caravan and camping site.	<b>01506 844516</b> <b>www.beecraigs.com</b> e: mail@beecraigs.com
<b>Almondell &amp; Calderwood</b>	A 188 hectares Park, near Mid Calder. Call the visitor centre for further information or email.	<b>01506 882254</b> e: almondell&calderwood@westlothian.gov.uk
<b>Polkemmet</b>	A 68 hectares Park, near Whitburn. Call the visitor centre for further information or email. Discounted rates for those aged 65 years for golfing.	<b>01501 743905</b> e: polkemmet@westlothian.gov.uk

West Lothian has many other attractions such as Hopetoun House, House of the Binns, Linlithgow Palace, Torphichen Preceptory, Almond Valley Heritage Centre, the Five Sisters Zoo and the Bennie Museum in Bathgate.

For more details for what's on in West Lothian, visit **www.westlothian.gov.uk/arts** or **www.visitwestlothian.co.uk**

Please refer to the public transport information, or phone the **Travel Helpline** on **01506 775288** to help plan a visit to these amenities.





# Community Centres

West Lothian has a network of community centres providing social, recreational and sports opportunities. In addition the centres all have internet access and learning centres offering a range of educational options.

Community centres also have a wide variety of social clubs and activity groups which you can join and enjoy.

Many centres have lunch clubs and afternoon dance clubs, where you can make new friends. They also have social clubs where you engage in conversation, card playing and other activities. There are fitness clubs and activities such as indoor bowling, line dancing, many tailored to the needs of older people.

Learning is for retired people just as much as it is for those of working age. Community Learning and Development aims to provide a learning environment that enables people to pursue a range of interests from learning a foreign language to enhance a holiday, learning how to use a computer or surf the internet, to learning to text on your mobile phone, brushing up on your skills or taking part in a wide range of health and fitness activities.

You can also hire community centre halls for parties or celebrations. If you want to know where your local centre is call our Customer Services Centre on **01506 280000**.

## Older people's organisations

There are a number of organisations which also encourage positive attitudes towards the elderly. The organisations listed below encourage older people to lead full and balanced lives.

**Age Scotland**, in partnership with **Silver Line Scotland**:  
**0800 470 8090** or **[www.ageuk.org.uk/scotland](http://www.ageuk.org.uk/scotland)**  
 Causewayside House, Edinburgh, EH9 1PR

### Local Groups

You can get information about a range of local groups by contacting **Voluntary Sector Gateway West Lothian** on **01506 650111** or visit **[www.voluntarysectorgateway.org](http://www.voluntarysectorgateway.org)**

Local community centres also have information on local groups.





# West Lothian Senior People's Forum

West Lothian Senior People's Forum provides an opportunity for the council and local senior people to act in partnership, in reviewing and addressing the future challenges we jointly face.

## In particular the forum will:

- Seek to identify and harness the experience, opinions and desires of senior people offering them an opportunity to express their views on a wide range of issues
- Enable communication to be established and maintained between local senior people, the council and its community planning partners
- Enable the council to consult local senior people on its approach in developing a local responses to the Scottish Strategy for an Ageing Population
- Help support organisations which represent senior people

The forum meets three times a year, and meetings are advertised in libraries, GP surgeries and on the council website. For more information visit [www.westlothian.gov.uk](http://www.westlothian.gov.uk)

## 50+ Network

Anyone over the age of 50 can join the West Lothian 50+ Network. It aims to advance social, educational and recreational activities for everyone over 50.

The organisation encourages a healthy fulfilling lifestyle, running 25 groups that offer a wide range of activities, which includes Pilates, walking, dancing and singing, environmental study, cycling and visits to the theatre. There is also a wide variety of regular social events such as monthly meetings, with speakers, lunch club, social evenings, two dinners per year with entertainment and a Christmas Party.

Call the West Lothian 50+ Network on **01506 635510** for more information.

There are a number of clubs for over 50s operating in local communities, and you can access them through local Community Centres, the Customer Information Services (CIS) centres and libraries.

### Or telephone:

- West Lothian on The Move: **01506 771792**
- University of the Third Age: **01506 834877**
- Generation Arts: **01506 870760**





## How to get in touch with us

Name

Address

Comments

Please complete and return to: NEW HORIZON, West Lothian Council, Corporate Communications, Civic Centre, Howden Road South, Livingston, West Lothian, EH54 6FF

Information is available in Braille, tape, large print and community languages.  
Please contact the Customer Service Centre on 01506 280000