Look out for autumn activities with our Ranger Service

SEE PAGE 13

Affordable credit for low income families

Learn to Swim Plus programme continues

Take care when using your blue bin

To get the latest West Lothian Council updates sent straight to your inbox visit www.westlothian.gov.uk/email to sign up to our weekly E-Bulletin.

www.facebook.com/westlothiancouncil
twitter.com/lovewestlothian
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 Whithburn 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
Email: customer.service@westlothian.gov.uk
Visit: 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 416784
- Textphone for hard of hearing: 01506 454427
- Homelessness: 0800 0323 450

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

Other useful contacts:
- West Lothian Advice Shop, Bathgate Partnership Centre
  Call: 01506 283000 Email: advice.shop@westlothian.gov.uk
  Visit: www.westlothian.gov.uk/advice
- Citizens Advice Bureau
  Call: Advice Line 01506 432077, Appointment Line: 01506 435132,
  Email: enquiries@cabwestlothian.org.uk
  Visit: www.cabwestlothian.org.uk
- West Lothian Credit Union
  Call: 01506 436666
  Email: info@westlothiancreditunion.co.uk
  Visit: www.westlothiancreditunion.co.uk

Information is available in Braille, tape, large print and community languages. Please contact the interpretation and translation service on 01506 280000.

Test phones offer the opportunity for people with a hearing impairment to access the council. The test phone number is 01506 591652. A loop system is also available in all offices.

Feedback:
We welcome feedback from readers. If you wish to comment on Bulletin please email: bulletin@westlothian.gov.uk or call 01506 282000. Alternatively, write to Bulletin, Corporate Communications, West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF.

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Vennel consultation underway

West Lothian Council is looking for views on the redevelopment of the Vennel in Linlithgow.

An extended nine-week consultation period is ongoing until 5pm on Thursday 24 August 2017 to allow interested parties to share their views. The council will also allow a short period beyond the end of the consultation period for community groups to submit responses, where it has not been possible for the group to meet during the consultation period, provided they indicate that they wish to do so within the consultation period.

Local residents and community groups are encouraged to have their say in the consultation process which will consider the regeneration of the Vennel area. This area is part of the Linlithgow Palace and High Street Conservation Area and sits in the town centre, adjacent to Linlithgow Loch.

The newly refurbished £4 million Linlithgow Partnership Centre will open this autumn, becoming home to a range of council, partner and community services.

As a result of services relocating to the new site and council premises at the Vennel will be vacated. The council will seek alternative short/medium term uses for these properties, whilst longer-term plans for the wider Vennel area are developed.

Any development would need to be sensitive to the surrounding area, with possible uses including: commercial, retail use, tourism facilities, community or outdoor space, or residential.

Responses to the consultation will be used to inform a masterplan for the redevelopment of the area.

For full details please visit: www.westlothian.gov.uk/planningconsultations

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Special service focuses on public service

A special church service known as the ‘Kiring of the Council’ has been held to inaugurate the new West Lothian Council.

The service is held to dedicate councillors and officers to the service of the local community. Local councillors, council staff, local school pupils and invited guests all took part in the historic ceremony in St. Michael’s Parish Church, Linlithgow.

Provost Tom Kerr said: “The Kiring of the Council is an ideal opportunity to mark a new West Lothian Council, following the election in May. The ceremony allows elected members and council staff to reflect on the responsibilities of their roles in serving the public of West Lothian.”

The Kiring of the Council service was led by Rev Dr Stewart Gillan from St Michael’s, who delivered a sermon on the importance of public service around the theme of the council’s motto, ‘Aye for the Common Weal’.

Rev Christine Barclay from St. Peter’s in Linlithgow led the congregation in prayer, with readings from Provost Tom Kerr and Chief Executive Graham Hope.

School pupils were a key part of the ceremony with schools in all nine West Lothian Council wards represented, with a peace blessing recited by Khadijah Mohammed from St Margaret’s Academy in Livingston, Lorna Salvini from Broxburn Academy and Zander Bohe from Linlithgow Academy.
Over £2 million of school investment this summer

West Lothian schools are undergoing a £2 million upgrade this summer.

The end of term for West Lothian’s 30,000 pupils marked the start of an ambitious programme of works to ensure the West Lothian school estate remains one of the best in the country.

The works are spread over schools around West Lothian, and range from minor works to larger scale projects.

These include £255,000 in re-roofing work at St Kentigern’s Academy in Blackburn, £180,000 for new science labs at Linlithgow Academy and £100,000 for new science labs at St Kentigern’s Academy. There are also £100,000 for new science labs at St Kentigern’s Academy.

These projects are an ideal time for work to take place without disrupting pupils, and include another wide-ranging programme of work this year. The council is committed to providing our children with the best possible environment for learning due to the benefits it can bring.

“Attainment in West Lothian has risen significantly in the last few years, and this investment will help support our young people to achieve their full potential.”

Traditionally, young men were most likely to have been attracted to a trade apprenticeship but one young lady from East Calder is proving that some traditions are there to be broken.

Leighjane Drummond, aged 20, has worked with West Lothian Council as an Apprentice Mechanic for nearly 18 months.

Leighjane’s apprenticeship lasts four years in total and she will learn everything there is to know about her trade, including maintenance and repairs of cars, vans and HGV lorries. The council’s small team of mechanics help Leighjane throughout her training and act as mentors.

Leighjane’s sights were always set on becoming a mechanic. She said: “My dad was a mechanic and I’ve been around cars my whole life, in fact I’ve wanted to be a mechanic since I was four years old. I remember the first time I went to see my dad at work in the garage and seeing him strip the front end from a car really intrigued me, so I started to go after school and help him.

“I saw the council’s advert for an Apprentice HGV Mechanic and was very interested as I wanted to see the difference in being able to fix a car and being able to fix a truck.

“Most mechanics are men but that doesn’t mean much these days and it did not mean anything to me when I was looking at my future and my career. I wanted to work with cars and I went for it. My advice to one looking to learn a trade is to keep trying, don’t rule anything out and just do your best at all times.”

Executive councillor for development and transport, Cathy Muldoon said: “We have many young women working with the council across our Modern Apprenticeship programme but it is great to see young women like Leighjane breaking down the barriers and working within an environment that is normally associated with men. I certainly hope that if there are any young women out there considering a career in an industry that many would consider a traditional male role, they will take Leighjane’s lead and not let anything hold them back.”

For more information about Apprenticeships with West Lothian Council, please email: apprenticeships@westlothian.gov.uk

Multi-trades programme builds for the future

A group of West Lothian young people have been building up their skills for a positive future.

Eight young people from across West Lothian have successfully taken part in the council’s multi-trade programme, which aims to provide them with a practical and realistic introduction to the construction industry.

Organised by Education Services and mentored by qualified trades operatives from the council’s Building Services team, the young people had the opportunity to observe and take part in a number of trades such as plumbing, joinery and electrical.

Three students have already been accepted to West Lothian Council’s apprenticeship scheme as a direct result of taking part in the programme.

One of the students is former St Kentigern’s Academy pupil, Jay Hubbard who said: “I really enjoyed how the course covered various trades as this confirmed my decision that I wanted to be a plumber.

“I would definitely recommend the course to anyone who wanted to take up a career in the trades.”

All-party meeting over paediatric services

West Lothian Council has hosted an all-party meeting with NHS Lothian to demand the reinstatement of overnight paediatric services at St. John’s Hospital in Livingston.

West Lothian councillors were joined by local MSPs and MPs at the meeting, with all parties pressing NHS Lothian representatives to restore 24/7 inpatient paediatric services at St. John’s as soon as possible.

NHS Lothian representatives pledged to engage better with council and key stakeholders, such as vulnerable families, in the future. They were asked to explain the rationale behind the closure, and pointed to a number of factors including workforce changes.

Answers were also sought over when the full paediatric service will be re-instated at St. John’s.

Leader of West Lothian Council Lawrence Fitzpatrick said: “West Lothian stands united in opposing this unnecessary reduction to paediatric services at St. John’s Hospital.

“This combined meeting sent a strong message to NHS Lothian that their decision is the wrong one for West Lothian and should be reversed as soon as possible. St. John’s is a much-loved hospital, and the staff are held in very high regard locally. West Lothian Council pledges to work with NHS Lothian, with the goal of seeing St. John’s back to operating at full capacity as soon as possible.”
West Lothian is a great place to live, work, establish and develop a business, and visit. The council provides the Business Gateway service in West Lothian which helps people to start and grow their business here.

During 2016/17 West Lothian Business Gateway assisted 407 businesses to start-up, generating 626 additional local jobs. The team helped 559 businesses to recruit staff, find larger premises, gain quality accreditations, including ISO 14001 and strengthen their cyber-security systems.

In 2016/17 there was further investment and growth in some key sectors across West Lothian. A further 45 local firms were awarded over £2 million in grant support to bring forward capital investment and create a further 300 new jobs.

This year 2017/18, with the support of local partners including the Scottish Business Network, 20 local firms will be helped to develop their national and international markets.

In September 2017, a group of West Lothian businesses will attend events in London to meet prospective new customers and potential investors.

Executive councillor for development and transport, Cathy Muldoon commented: “I’m delighted to see that local companies are committed to developing new markets. These businesses are seizing the opportunity to grow sales and profits. “I would encourage local businesses to get in touch to find out more about the support which is available from Business Gateway and the West Lothian Economic Growth Plan.”

Steps 2 Success is an exciting eight week programme combining mind and body wellness. It is designed to help individuals to become job and life ready. The course is aimed at individuals aged 20+ who are unemployed focusing on employability skills, physical activity sessions, practical nutritional advice, personal performance coaching and alternative therapies for stress relief.

The course is held on a Monday and Wednesday 9.30am to 2.30pm.

To register with our service and to apply for a place on the Steps 2 Success programme, please email us at access2employment or call our freephone number on 0800 032 9768.

Women N2 Work is a six week Personal Development course for women who have been long-term unemployed, lone parents, living with health problems and/or who have had life changing issues and feel it’s time to move on. The course provides women with a chance to gain an SQA Employability Award whilst improving their self-esteem, confidence and motivation. Participants are encouraged to develop personal and career goals. Support is provided to help the women to gain the skills to help them to access education, training and employment.

Courses are delivered in a variety of locations. Five Women N2 Work courses were delivered in 2016/17. For information on future Women N2 Work courses, email: access2employment or call free: 0800 032 9768.

Support and advice to help West Lothian residents into work

We help job seekers by providing access2:
- Skilled employment advisors
- Funding advice to help you move into work
- Interview techniques advice
- Help with CVs and application forms
- Training opportunities in West Lothian
- Job search resources and vacancies
- Free access to computers
- Employment and training opportunities for young people aged 16-24

For further information:
- t: 0800 032 9768
- e: access2employment@westlothian.gov.uk
- w: www.positive-destinations.co.uk
The CDFI provider Conduit Scotland, provides fair and affordable loans. Customers can apply either at the branch, 79 South Bridge Street, Bathgate, which opens on Saturday 12 August from 10am to 4pm Monday to Friday, online at www.conduitscotland.com, or call 0300 111 0556. Conduit Scotland will also offer a range of other services through their network including:

- Affordable Loans
- Money and Budgeting Advice
- Debt Management
- Income Maximisation
- Support to access other financial services, for example bank and savings accounts and credit union accounts
- Referrals to other support services.

People who access the services are likely to have incomes of lower than £15,000 with no record of savings and who have an extremely poor or no credit rating. By improving the financial capability of this group they will help more people to manage their financial circumstances and their money more effectively.

Conduit Scotland along with the complementary services from West Lothian Council will help adults and families to build financial resilience, access and use mainstream banking options and build the capability to manage their money on a day-to-day basis.

Leader of West Lothian Council Lawrence Fitzpatrick commented: “West Lothian Council is committed to improving the quality of life of local people and to ensuring that they are treated fairly and have equal opportunities. The opening of the CDFI in West Lothian is a positive step to help people who are experiencing difficulty with their finances.”

CDFIs provide an affordable alternative to high cost short term lenders and mainstream financial service providers whom financially excluded persons cannot access.

The aim is to offer a competitive, socially-responsible alternative to non-standard lenders such as payday loans, for West Lothian’s most vulnerable residents.

Louise, 34, is a single parent who heard about the new service in Bathgate through her case worker who helped her to get in touch with Conduit. Following the end of a difficult and abusive relationship and a spell in a refuge, Louise needed help to get her life back on track.

Due to previous credit issues and being reliant on benefits Louise was not able to access mainstream finance. John Hird, senior case worker at Conduit, met with Louise who was able to explain that she needed support for essential household items. Following an in-depth income assessment and expenditure adjustment it became clear that Louise couldn’t afford the repayments on the loan she asked for.

However, John was able to recommend consolidating two existing loans into a cheaper Conduit loan which freed up some of her income. John also contacted a local charity which was able to provide key household items for Louise.

Louise added: “The personal loan from Conduit has helped me so much – I would not have got the stuff I needed for the house, I would still have been paying off two loans which cost me more. I feel much more in control of my finances now. The advice John gave me was fantastic.”
Kirknewton Primary School receives Digital Schools Award

Kirknewton Primary School is the first primary school in West Lothian to receive the Digital Schools Award.

Digital Schools Awards Scotland is a new national awards programme which aims to promote, recognise and encourage a whole school approach to the use of digital technology in primary schools.

To achieve the award, schools have to complete a programme which has been developed to assess progress and recognise excellence in the use of digital technology at primary level while providing practical support and encouragement.

Executive councillor for education, David Dodds commented: “It is a fantastic achievement for Kirknewton Primary School to achieve the Digital Schools Award. The school has clearly demonstrated that it is using Information Communication Technology (ICT) to benefit the children and their parents and carers. I’m sure that the school will continue to develop its innovative digital programmes in the future.”

Head Teacher Eileen Brown said: “This is a fantastic achievement for the school. The children are very enthusiastic digital learners.

“Staff have worked hard to ensure that pupils have the understanding of digital technology which they will require as the workforce of the future.”

Act now to stay warm

West Lothian council’s Advice Shop is encouraging eligible households to apply now for Warm Home Discount schemes.

Many major energy suppliers are part of this scheme, offering a one-off £140 electricity credit to low income, vulnerable households.

The Warm Home Discount is allocated on a first-come, first-served basis, therefore it is important to get your application in as soon as possible because once the scheme is closed you can no longer apply. Each supplier has their own set of specific qualifying criteria.

Generally, it is open to: people who are on certain benefits and are considered vulnerable, people with a total household income of less than £16,190 and who have vulnerabilities, such as a disability or a child under five.

For advice on applying call: 01506 283000 (option 4)

Is your child eligible?

Parents/carers in receipt of certain benefits could be eligible for help with school-related expenses.

Your child/children may qualify for free school meals and a clothing grant, currently £94 primary and £110 secondary. Older children who are past school leaving age but wish to stay on may qualify for an Education Maintenance Allowance (EMA) of £30 per week, which is paid to the young person throughout term-time, check the website for application criteria.

For more information pick up a form from schools, council offices or online at www.westlothian.gov.uk/helpwithcosts
New West Calder High School on track

The huge project to build the new state-of-the-art £32 million West Calder High School is progressing as planned.

Second year pupils from the school recently visited the construction site to check on the development of the brand new 1,100 capacity secondary school first-hand, which is West Lothian’s largest ever single investment in education.

Executive councillor for education David Dodds and council staff joined with pupils to hear how the massive project was nearing the halfway stage, with the school car park and the building’s steel framework already in place.

Councillor Dodds said: “It was fantastic to visit the site of the new West Calder High School and see the excellent progress being made. Whilst a school is more than just a building, the best possible environment for learning can make a real difference to our young people. It was great to see our group of S2 pupils take a keen interest in the work to build their new school today.”

West Calder High School’s new Head Teacher Julie Fisher added: “Having worked in new schools before I know that they give the whole community a tremendous boost.

“This new building, with all of its exciting features, will be a place where our young people can learn and succeed; be ambitious and realise their full potential. We are all excited about the move.”

New £750,000 nursery extension planned for Winchburgh schools’ campus

A new £750,000 nursery extension has been agreed at the Winchburgh and Holy Family primary shared school campus.

The council has approved proposals for a second extension to the school with a new self-contained nursery and playground, as well as associated works.

The extension is required so there are enough spaces at the school to accommodate the growing demand for school places as the village expands.

The extension is being entirely funded by developer contributions already received. Executive councillor for education, David Dodds said: “Winchburgh is a growing community and it is essential we have the right education infrastructure in place to cope.

“The new purpose-built nursery extension will be a huge boost for the school, allowing all 16 classrooms across both schools to be used for primary education.”

The aim is that the new nursery will be completed by August 2018.

New probationer teachers welcomed to West Lothian

Ninety-three new probationer teachers are set to take up posts at schools across West Lothian in August.

West Lothian has one of the fastest growing populations of young people in Scotland with an increasing school roll.

A total of 50 primary and 43 secondary probationers join the Teacher Induction Scheme this year, rising by 13 from 80 last year. Of last year’s probationers, 58 have been given permanent posts within West Lothian, with a further 10 given fixed term contracts.

Executive councillor for education David Dodds said: “As a teacher myself, I would like to welcome them to a very rewarding and challenging profession.

“West Lothian runs a very well-established scheme, which sees probationer teachers spend a year within their allocated school, where they will benefit from support from an experienced member of staff.”

Dr. Elaine Cook, Depute Chief Executive, added: “I look forward to meeting our new probationers, who will find a warm welcome and a full programme of support in West Lothian.”

Young Writer of the Year

Erin Conway (P7) from Parkhead Primary School is West Lothian’s Young Writer of the Year 2017.

Erin Conway beat off almost 7,000 entries from 49 local primary schools to win the prestigious title with her richly imagined story “Something Fishy”.

Sophie’s boring visit to Lillie’s Laundrette turns into an amazing underwater adventure when she sees sock-like fish swimming past the washing machine door. Intrigued she opens the door and is “propelled into a beautiful new world”. The story describes Sophie’s sometimes frightening encounters with the clothes-like fish that inhabit the strange world before returning to reality.

Presenting Erin with her prize author David Goutcher said: “The excellent standard of the work throughout all the age groups was a credit to not only the children but also the work that is being done in West Lothian schools and the encouragement the children are receiving at home. Erin’s short story was fabulous and I’m sure she will remember the night for a very long time. I hope she goes on to develop her talent and I’ll be first in line to buy her books! I wish all the winners the very best of luck and hope to read more of their stories in the future.”

The event is organised by the council’s Library Services team, and aims to encourage creative writing, promote reading and reward effort. The judges were 56 students from The James Young High School who had the very difficult task in selecting just 26 prize winners.

The young writers’ work is published in a special booklet and a copy is sent to each primary school and is also available from any library in West Lothian.
The former school site on West Main Street is now one of West Lothian’s newest council housing sites. The new purpose-built residential flats are designed specifically for older people. The provision of wet floor showers and other facilities will allow those with restricted movement to live independently for as long as possible. The project was extremely complex and much of the original 1890’s sandstone features have been kept. Two new buildings were also constructed. The development comprises 11 one and 7 two-bedroom flats arranged around a shared courtyard and garden area. In total, the site provides affordable housing for up to 50 people.

The homes were built on behalf of West Lothian Council by building contractors, Lovell Partnerships. A total of 80% of subcontractors working on the project came from within 40km of the development site. Running alongside the development programme, Lovell also made particular efforts to establish an educational schools and colleges programme. This included a Health and Safety team visit to Broxburn Primary School, giving pupils an opportunity to learn about good health and safety practice and the dangers of building sites.

Executive Councillor for Services for the Community, George Paul said: “West Lothian Council is building 1,000 new council properties which will help alleviate some of the pressure on local people who find it difficult to find good quality affordable housing. “The demand for council housing in Livingston is very high and the council is delighted that work at this site has now been completed. This site in Livingston is close to local amenities and also the landscape improvement works at Almondvale Park, including a new cycle path. Lovell regional managing director Stephen Profilli said: “High-quality affordable housing is essential to enable local communities to continue to thrive. “We are proud to be working with West Lothian Council on this development which has created modern, energy-efficient new homes for local people in Livingston.”
To get the latest West Lothian Council updates sent straight to your inbox visit www.westlothian.gov.uk/email to sign up to our weekly E-Bulletin.

OTHER LIVINGSTON SITE UPDATES ...

LAMMERMUIR

New council housing is being built on the former Lammermuir office block site in the centre of Livingston. The prime location is one of the largest new build sites in Livingston and is progressing well. The site in the centre of the town will provide 44 new council homes, which are due to be completed in spring 2018, consisting of 16 cottage flats, 26 houses and 2 wheelchair accessible bungalows. The homes are only yards away from the rear of The Centre.

APPLETON PARKWAY, ELIBURN

Construction of 8 cottage flats and 2 houses is due for completion in autumn of this year.

OTHER SITES ...

WINCHBURGH CDA

As part of the new Winchburgh Town Centre development, construction work has also been started by McTaggart Construction on 20 cottage flats and 21 houses.

DRUMSHORELAND

Work is underway by McTaggart Construction on the construction of 30 cottage flats, 44 houses and 12 wheelchair accessible bungalows at a site near Pumpherston and Uphall Station Primary School.

EXCELLENCE ACCOLADE FOR THE HOUSING TENANT PARTICIPATION TEAM

Earlier this summer the council’s Housing Tenant Participation Team received the Tenant Information Service (TIS) Scotland award for ‘Tenant Participation Excellence’.

The team took on stiff competition from finalists Aberdeen City Council and Link Housing Association to pick up the top accolade of the night.

The team, which is part of Housing, Customer and Building Services, wanted to thank the Tenants Housing Network for its recognition through the nomination. The team is looking forward to continuing working and consulting with tenants in the future.

Head of Housing, Customer and Building Services, Alistair Shaw said: “I would like to congratulate everyone involved in achieving this prestigious award for excellence which recognises outstanding work and commitment within the Scottish housing sector.”

TIS Chief Executive, Ilene Campbell, commented: “The exceptional quality of entries really shined through this year. The strength of applications highlighted the fantastic developments that organisations are taking to lead the way throughout the sector.”

FIND IT HARD TO PAY RENT?

DON’T BURY YOUR HEAD IN THE SAND

Rent arrears can build up very quickly and get out of hand. Don’t let this happen - take control and speak to your local area housing officer, the Council’s Advice Shop or an independent advice service. They will be happy to provide all the help and assistance you need to sort out any money related issues you have.

1. Get in touch with your local area housing officer.

If your household income is going to drop and you know you will struggle to pay your rent, get in touch with your local area housing officer as soon as possible.

2. Do not let arrears build up – seek help as soon as you can.

3. Ask for a Benefit Health Check.

This is a check to see if you are entitled to receive any benefits, such as housing benefit. If you are already in receipt of benefits, this will ensure you are receiving everything you’re entitled to.

4. Seek help with budgeting and money advice.

The council’s Advice Shop can help with this or there are several independent organisations such as Citizens Advice.

If you are struggling with debt, it can be hard to know where to turn. But with lots of free advice services available, you can find help in a way which is best for you.

West Lothian Council Customer Service Centre
T: 01506 280000 | E: customer.service@westlothian.gov.uk

West Lothian Council Advice Shop
T: 01506 283000 | E: adviceshop@westlothian.gov.uk

Citizens Advice Bureau
T: 01506 432977 | E: enquiries@cabwestlothian.casonline.org.uk
Don’t suffer antisocial behaviour in silence

West Lothian Council’s Safer Neighbourhood Team (SNT) is on hand to quickly resolve antisocial behaviour. The council’s SNT team works very closely with their police partners in the community to respond to calls and witness antisocial behaviour.

Antisocial behaviour takes many forms which is impossible to fully cover but most commonly includes: noise, neighbour disputes, intimidation, harassment and/or threats, youth disorder, rubbish, graffiti and other environmental issues.

The team has many tools at its disposal including a witnessing service, mediation, use of warning notices, and ultimately more serious sanctions such as Antisocial Behaviour Orders (ASBOs) to protect individuals and communities from behaviour which causes them fear, alarm and distress.

In the 1st quarter of 2017 there were 24 live ASBOs, and two individuals who were subject to an ASBO were arrested for their behaviour.

In terms of noise such as music or DIY, there is no permissible level and council officers have the powers to fine and seize noise-making equipment following a warning, if they deem it necessary to stop loud music or noise.

The team can also make referrals to our partners Victim Support to help victims of antisocial behaviour and works closely with agencies working to resolve youth disorder.

Executive councillor for services for the community George Paul said: “West Lothian Council and Police Scotland will not tolerate antisocial behaviour, our message is don’t suffer in silence.”

To report any antisocial behaviour which is ongoing, please contact the Police via 101, and all appropriate calls will be passed to the Council’s Safer Neighbourhood Team for action. Or, if you have an existing case with the team, contact the council on 01506 280000. For advice at any time, contact either number. In an emergency dial 999.

The SNT can also tackle entertainment noise from licensed premises, car alarms, and intruder alarms from both domestic and business premises. If the team is not on duty, the police will deal with antisocial complaints.

If in doubt...keep them out!

Take a minute to clip out the red warning notice and put it in your window or door to show cold callers that they are not welcome at your door.

Bogus callers often claim to be from a legitimate organisation, such as the council, water, gas and electricity suppliers, or a charity. In reality, they are criminals looking to obtain money or gain access to your home so they can steal cash and valuables.

West Lothian Council’s Trading Standards team and Police Scotland, along with other partners in the West Lothian Financial Harm Reduction Group, aim to tackle the issue by offering practical advice to ensure vulnerable people in particular can remain safe within their home.

Executive councillor for services for the community George Paul said: “Please display the Red Card to show any cold callers that you are vigilant of bogus callers, and will take action where required. If you have any vulnerable relatives, friends or neighbours, please consider if they should be displaying the Red Card to cold callers too.”

Chief Inspector Barry Blair, West Lothian Commander, commented: “As well as bogus callers, I’d urge the public to be wary of other types of doorstep criminals such as ‘rogue traders’. These people typically attend homes and offer to carry out some kind of maintenance work on the property. If you are ever unsure of a caller, or are made to feel intimated or pressured, ask them to call at another time and get in touch with a trusted friend, relative, neighbour or police.”

Neighbours can also play a part in helping to protect the more vulnerable in their community. Report suspicious activity to the Police immediately: call 999 if you are made to feel threatened or when a crime is in progress, report suspicious cold callers by calling 101, or contact Crimestoppers anonymously on 0800 555 111 to report crimes.

Cut out and display the Red Card below to show cold callers they are not welcome at your door.

Doorstep callers are NOT WELCOME at this address

Police will be notified you have called.

Don’t Flick it, Stick It!

A new campaign Don’t Flick it, Stick It! has been launched in West Lothian which aims to reduce smoking related litter on the county’s streets.

West Lothian Council spent £2.73million last year clearing local streets of litter. Around 50 per cent of all our streets are affected by smoking related litter (butts, matches and packaging) and in our towns the figure rises to an incredible 75 per cent.

Cigarette butts are one of the most difficult and time consuming items to remove as they do not breakdown naturally. Cigarette filters are full of plastics called cellulose acetate that can take up to 12 years to degrade. Across the UK, more than 120 tonnes of cigarette butts are discarded each year.

Head of operational services, Jim Jack said: “By working alongside businesses and smokers themselves we are aiming to reduce this blight on the environment. Everyone suffers from an unclean environment. Street litter doesn’t look good, it can cause health and safety issues and a significant amount of Council Taxpayers’ money goes towards cleaning it up. Our message to smokers is simple, dispose of cigarette butts responsibly - use the bin or carry a portable ashtray.”

Executive councillor for the environment, Tom Conn, said: “This is a great campaign which we hope will help to drastically reduce the amount of cigarette butts being thrown onto our streets and paths. They are unsightly, bad for the environment and unhygienic. I’m sure everyone will support this.”

If unsure, look carefully. If you are unsure, look by appointment, always ask if they have a job in your home or garden.

Never accept offers of work - if you contact a local tradesperson for a quote and consider using West Lothian Council’s Trusted Trader Scheme to find a reputable trader www.westlothian.gov.uk/trustedtrader
Planning underway for estimated £66 million budget gap

West Lothian Council is making plans to bridge an expected budget gap of £66 million over the next five years.

In June, West Lothian Council’s Executive Committee heard how a joined-up approach to corporate and financial planning is being taken to ensure West Lothian is well-placed to deal with further funding constraints and spending pressures from 2018/19 to 2022/23.

The estimated revenue funding gap means a balanced budget will need to be agreed which delivers essential services within constrained financial resources.

Increased spending pressures and reduced Scottish Government funding have already seen the council making £92 million of savings between 2007/08 to 2017/18.

Leader of West Lothian Council Lawrence Fitzpatrick said: “With costs rising and Scottish Government funding falling, we face a significant challenge to continue to deliver quality public services on behalf of our residents.

“We face rising costs from a number of areas including growing school rolls, more older people with complex care needs and increasing costs for essential goods, services and staffing.

“Our main source of funding from the Scottish Government is predicted to reduce by 5% over the next five years as well. Prudent financial planning and consulting with local residents are essential, so we can agree the way forward for the future.

“We will consult with local residents to hear their priorities on the future of public services in West Lothian.”

In accordance with Audit Scotland and Chartered Institute of Public Finance and Accountancy (CIPFA) best practice, the council will now prepare a priority-based revenue financial plan for 2018/19 to 2022/23, to set out how the council’s Corporate Plan will be delivered over this period which includes:

- An integrated approach to corporate and financial strategy, with the objective of considering the Corporate Plan, revenue plan, capital plan and treasury management plan together by February 2018 to ensure a joined-up approach.
- A rise of 3% per year in Council Tax levels has been assumed as part of these forecasts. However, Council Tax levels will be part of the public consultation, with elected members setting the level of Council Tax each year.

Lawrence Fitzpatrick, Leader of West Lothian Council

Learn to Swim Plus programme continues to benefit children

Learn to Swim Plus is a swimming programme which aims to identify non-swimmers.

At various times throughout the academic year, pupils in P4 or P5 have a swim assessment at their local swimming pool. This swim assessment takes place during the school day and it is key to identifying any non-swimmers. Parents are then given the opportunity to take up the offer of free swimming lessons, during the school holidays, for their child. This year 648 children were invited to participate on the programme.

Council Leader Lawrence Fitzpatrick commented: “We know that swimming is one of the best forms of keeping fit and healthy. Swimming is an important skill which can also help to save lives.

“I would urge parents and carers of children who are identified as a non-swimmer to take up this opportunity for free swimming lessons.”

Looking for a trader you can trust?

West Lothian Council’s Trading Standards have launched a new scheme to help consumers find reliable companies.

If you are looking for a firm you can have confidence in, or if you have a business and wish to join the Trusted Trader scheme, please visit...

www.westlothian.gov.uk/trustedtrader

Call 01506 280000 or email tradingstandards@westlothin.gov.uk

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
Bathgate regeneration works underway

Works to complete the redevelopment of Bathgate’s pedestrian precinct are underway.

Executive councillor for development and transport, Cathy Muldoon commented: “When the work is completed in Bathgate there will be further great spaces for the local community to enjoy and meet in, and for events both formal and informal to be staged. With its wide-range of entertainment, shops and cafes Bathgate town centre is a great place to visit and socialise in and I’m sure the improvements will give a continued boost to local businesses and the community as a whole.”

BID & Town Centre Manager, Nairn Pearson said: “We would ask for patience from local businesses, residents and visitors while the final stage of the paving improvements for the George Street pedestrian precinct are completed. During the work Bathgate town centre is open for business as usual and we would encourage people to continue to support our local traders and come and see what delights Bathgate has to offer all.”

The works were scheduled to start following Bathgate Procession and be completed before the Christmas in Bathgate celebrations in December 2017 to avoid impacting on major events and occasions within the town.

Support for new Linlithgow Museum

West Lothian Council has stepped in to support Linlithgow Heritage Trust’s (LHT) ambitious plans to create a new museum for the town.

The Trust is currently preparing to make the move from Annet House to the new Linlithgow Partnership Centre when it re-opens, and is currently putting together a package of funding to make this possible.

Council Executive has approved proposals for the council to assist Linlithgow Heritage Trust (LHT) with cash-flow during the project, with the money to be repaid in full once the project is complete and money has been received from funders. The total cost of the project is £566,207, with a number of sources being used to raise the money required, including an application to the Heritage Lottery Fund, grant applications and fundraising events.

Leader of the Council, Lawrence Fitzpatrick said: “Linlithgow Heritage Trust’s new museum will be a key feature of the new £4 million Linlithgow Partnership Centre, which will provide a hub for local residents and visitors.

“It can be challenging to put together a package of funding for a large project like this, so we are pleased to be able to offer support to LHT in this way. Any money needed will be paid back in full once the project is completed, with a full funding package required to cover the total cost in place before any works starts.”

Linlithgow Partnership Centre is due to open this autumn, with the new museum section expected to be in place by the end of 2018, depending on funding. A further report on the museum and its funding will be considered by the Council Executive later in the year.

Safety concerns for household batteries

Members of the public are being urged NOT to put their old batteries into household waste bins after it emerged that they can cause fire and even explosions if mixed with domestic waste.

Members of the public are instead being urged to take their old portable household batteries to designated recycling points.

The call to use recycling points comes in the wake of fires in household waste and recycling collection vehicles in England.

The Health and Safety Executive has recently said: “There is a risk that batteries can cause fires when they are disposed of, particularly when mixed in with other domestic waste materials, for example, in the back of a refuse collection vehicle.”

There have recently been two fires attributed to being caused by batteries placed in household refuse and recycling. In March, a collection vehicle for East Northamptonshire suffered a fire with fire crews identifying the cause of the fire as a nickel-cadmium battery.

Members of the public are being urged to safely dispose of batteries at designated recycling points. West Lothian Council provides collection arrangements for old batteries at each of its six Community Recycling Centres and similar collection points can also be found in supermarkets and shops throughout West Lothian.

David Goodenough, the council’s Waste Services Manager said: “Disposing of batteries in waste collections can lead to the risk of injury to refuse workers and members of the public from fires and even explosions. We would urge residents not to place old batteries into their household bins but to take their old batteries to one of the collection points where they can be disposed of safely.”

www.westlothian.gov.uk/recycling-and-waste
Autumn with the Ranger Service

West Lothian’s Country Parks are spectacular to visit during the autumn with the trees changing from green to vibrant shades of red. West Lothian Council’s Ranger Service is offering a wide range of exciting events for all the family.

Book your autumn break in the countryside

Planning an autumn break with your caravan? Then look no further than West Lothian’s award-winning site at Beecraigs Country Park. The facility has two prestigious awards – a 4 Pennant Gold Award from the AA and a 4 Star Touring Park Award from VisitScotland.

No caravan, no problem! Book a pitch and bring your tent or book a Little Lodge and discover a new way of camping. Full information is available online: www.westlothian.gov.uk/beecraigs

Events for all the family

FRIDAY 25 AUGUST
To mark National Bat Week you can join an after dark walk looking and listening for bats and other creatures of the night. Details at the time of booking. Almondell & Calderwood Visitor Centre, Cost: £3.80 adult and £2.60 child.

THURSDAY 31 AUGUST, 28 SEPTEMBER AND 26 OCTOBER
Join the Caterpillar Club, suitable for parents and toddlers aged 2 to 4 years. Discover nature and the outdoors with your toddler. Each session has a different nature theme to explore through crafts, stories, songs and outdoor fun. Polkemmet Country Park from 10am to 11.30am. Cost: Free.

SATURDAY 21 OCTOBER
Preparing for Halloween, bring the family and collect material to make your own Harry Potter style broom. Balvormie Pond, Beecraigs Country Park from 2pm to 3.30pm. Cost: £3.80 per broom.

Please call to book your space. More information about events and activities organised by the Rangers Service is available online: www.westlothian.gov.uk/rangerservice and from Country Park Visitor Centres.

Almondell & Calderwood: email: almondel&calderwood@westlothian.gov.uk or call: 01506 882254

Beecraigs: email: mail@beecraigs.com or call: 01506 284516

Polkemmet: email: polkemmet@westlothian.gov.uk or call: 01501 743905

OPENING DOORS TO CAREERS

STILL TIME TO APPLY FOR A RANGE OF FULL-TIME COURSES AT WEST LOTHIAN COLLEGE STARTING IN AUGUST 2017

BUSINESS AND CREATIVE
- NC BUSINESS MANAGEMENT LEVEL 4
- NC ACCOUNTING

CHILDHOOD PRACTICE, SPORT AND FITNESS
- HNC ADDITIONAL SUPPORT NEEDS: SUPPORTING THE INDIVIDUAL
- SPORT AND UNIFORMED PUBLIC SERVICES LEVEL 5

COMPUTING AND ENGINEERING
- HNC ELECTRICAL ENGINEERING
- HNC ENGINEERING SYSTEMS
- HND COMPUTING: NETWORKING
- HND ENGINEERING SYSTEMS
- HND MECHANICAL ENGINEERING
- HND SOFTWARE DEVELOPMENT

CONSTRUCTION AND MOTOR VEHICLE
- NC BUILT ENVIRONMENT
- HNC BUILT ENVIRONMENT
- HNC CIVIL ENGINEERING

HAIRDRESSING AND BEAUTY THERAPY
- HNC BEAUTY THERAPY
- HNC HAIRDRESSING
- HND HAIRDRESSING
- HND BEAUTY THERAPY
- SVQ LEVEL 3 HAIRDRESSING
- NC LEVEL 5 HAIRDRESSING
- NC LEVEL 6 BEAUTY THERAPY

HEALTH AND SOCIAL CARE, SCIENCE AND SOCIAL SCIENCE
- NC HEALTH AND SOCIAL CARE SUPPORT WORKER (SCQF 6)

HOSPITALITY AND TRAVEL AND TOURISM
- NC TRAVEL AND TOURISM LEVEL 5
- NC TRAVEL AND TOURISM LEVEL 6
- HNC HOSPITALITY
- HNC PROFESSIONAL COOKERY
- NC LEVEL 5 PROFESSIONAL COOKERY

Achieve your potential with 97% of graduates progressing onto further study or employment.

2017

PART-TIME ENROLMENT EVENING: TUES 15 AUG 2017 4 - 7pm WEST LOTHIAN COLLEGE

Apply now by visiting www.west-lothian.ac.uk

West Lothian College
Almondvale Crescent, Livingston
BULLETIN SPECIAL OFFERS

ALMOND VALLEY HERITAGE CENTRE

1 FREE CHILD WHEN ACCOMPANYED BY A PAYING ADULT.

Enjoy a fun-filled day at Almond Valley Heritage Centre for all the family to enjoy. Meet the animals, enjoy some adventure and play or visit the fantastic Shale Museum.

Almond Valley Heritage Centre, Millfield, Livingston, EH54 7AR 01506 414957 / www.almondvalley.co.uk

Voucher must be presented upon arrival. Photocopies will not be accepted. Offer valid until 31 October 2017.

SCOTTISH OWL CENTRE

1 FREE CHILD ENTRY WITH EVERY ADULT PAYING FULL ADMISSION PRICE

Get close up with owls from around the globe in the world’s largest collection of these incredible creatures of the night. The centre is open from 11.30am to 4pm, and visitors can experience flying displays at 12.30 and 2.30pm.

Polkemmet Country Park, near Whitburn, EH47 0AD | Tel: 01503 228184 www.scottishowlcentre.com

Voucher must be presented upon arrival. Photocopies will not be accepted. Offer valid from 1 Sept to 31 Oct 2017.

HALF PRICE JUMPWALL SESSION WITH THIS VOUCHER!

Bounce on down to JumpStation Trampoline Park for a Jump-tastic time! Now with the UK’s first Augmented Climbing wall!

3 Kingsburrow Park, Livingston, EH54 5DB Tel:01506 537966 | www.jumpstations.co.uk

Voucher must be presented at reception on arrival. Photocopies will not be accepted. Not valid in conjunction with any other discounts/deals. Offer valid until 31 October 2017.

BULLETIN Survey 2017 - it is free to take part.

We hope that you are enjoying this issue of the council’s newspaper Bulletin. Through this publication we aim to deliver important council and local news to every household and business quarterly. We are keen to hear what you think about the stories, pictures and offers inside.

1 How would you rate the overall quality of Bulletin?
   a Excellent  
   b Good     
   c Average  
   d Poor     
   e Very poor

2 In general, do you read Bulletin?
   a Always    
   b Usually   
   c Sometimes 
   d Very rarely
   e Never

3 Do you find the information in Bulletin easy to understand?
   a Yes  
   b No

4 Please indicate your views of Bulletin in the categories below, with 6 being the highest and 1 being the lowest. For example, if you feel Bulletin is very well presented please circle 6 in this category.
   Interesting  
   Informative  
   Well presented
   Useful
   1 | 2 | 3 | 4 | 5 | 6

5 Do you think Bulletin provides sufficient information about the following?
   a Council developments  
   b Plans for the future  
   c Local communities  
   d Council services  
   e Local events  
   1 | 2 | 3 | 4 | 5 | 6

6 Which of the following best describes how you read Bulletin?
   I read Bulletin thoroughly from front to back
   I skim read articles
   I only read articles that directly involve my local town/village
   I only read the articles that affect me directly

7 Please rate the stories you enjoy most
   Please circle a number below - Where 6 is very enjoyable and 1 being the least enjoyable.
   Roads and infrastructure updates
   News about council housing
   Education and schools
   Events and offers
   Leisure, sport and open spaces
   News about what the council spends its budget on
   1 | 2 | 3 | 4 | 5 | 6

8 Can you suggest any changes/improvements to Bulletin?

9 Do you subscribe to any of the council’s e-newsletters or follow our social media sites?
   a E-Alerts
   b E-Bulletin
   c Facebook
   d Twitter
   e YouTube
   f Other (please specify below)

10 How would you rate the selection of articles in Bulletin?
   a Excellent
   b Good
   c Average
   d Poor
   e Very poor

11 What age group are you in?
   a Under 20
   b 21 - 35
   c 36 - 50
   d 51 - 65
   e Over 65

12 Please tell us which town or village you live in

Visit West Lothian’s website has everything that you need to know on parks, food and drink and the great outdoors.

visitwestlothian.co.uk

Thank you!
Please take care when using your blue bin

In West Lothian the contents of the blue bin are sorted at a local recycling facility. Bulletin recently visited this facility which highlighted that many households are depositing the wrong items in the blue bin causing waste which has been carefully recycled to be ‘contaminated’. Once waste has been contaminated it has to be sent to landfill.

What happens when it leaves my house?

When the compacted waste in the bin lorry reaches the recycling facility it is sorted in a machine which looks like a huge slow spinning washing machine. Smaller items such as cans and plastic bottles fall through the holes. This spinning action can further spread food waste and liquid. It’s horrible to see how much paper and card gets wet and contaminated. Once paper and card is wet and dirty it can’t be cleaned and so will end up being sent to landfill.

How can I help?

- Please wash all bottles and containers before putting them in your blue bin. When the material in your bin is compacted in the back of the collection lorry food and drink can spread over other material.
- Food waste should be deposited in your green food waste caddy, where this is offered. Acceptable items include all cooked and uncooked food waste including eggshells, vegetables, fruit, bones, tea bags and much more.
- Nappies, sanitary and pet waste cannot be recycled. These items should not be deposited in your blue bin. Please place these items in your grey bin.
- Textiles should not be placed in your blue bin. Please take these to a recycling centre. Textiles in your blue bin cause problems at the recycling centre as they wrap round the conveyor belt rollers and the hand sorting lines have to be stopped while they are cut free.
- Electrical items cannot be recycled from the blue bin. Please take these to a recycling centre where they can be dealt with appropriately.
- Glass can be recycled at one of our community recycling centres or at local glass recycling points throughout West Lothian. Glass deposited in the blue bin breaks which causes a problem with hand sorting and contaminates other products.

So, what can I put in my blue bin?

Card, cardboard and cartons
Card, cardboard and cartons

Paper and envelopes

Empty plastic bags

Plastic bottles and lids

Tins, cans, clean foil and aerosols

All plastic trays

Please make sure materials are clean and dry and not contaminated by food waste. You don’t need to remove the labels

If you are tidying the house, the garden or the garage you might be paying a visit to one of our Community Recycling Centres (CRCs).

To make things quicker and easier when you get there, please try to separate everything beforehand. For example, keep your wood, glass bottles, textiles and metals all separate from each other. Your general rubbish should also be kept separately.

This will allow you to put items in the correct skip as you go past. Skips for rubbish are one of the last things you’ll pass on your route through the CRC so you can recycle everything else as you pass by.

Some people are not taking care with their personal information which could be used for fraud. On the visit to the recycling facility items such as bank cards, personal mail, bank statements and European Health Insurance Cards (EHIC) were visible. The material from the facility is eventually moved to different manufacturers for processing.

We would advise you to take care, cut up cards, shred personal information, remove personal information such as addresses and account numbers and cut these up or use a pen with indelible ink to cover personal information.

The CRCs are located at:

- Blackburn: East Mains Street
- Broxburn: Greendykes Industrial Estate
- Linlithgow: Braehead Road
- Livingston (Deans): Nairn Road, Deans Industrial Estate
- Livingston (Oakbank): Off the A71
- Whitburn: Dixon Terrace, Burnhouse Industrial Estate

For further information on what you can take to our sites please visit: www.westlothian.gov.uk/recycling-and-waste

Please note that from June to September our sites are open from 9am - 7pm Monday – Sunday. Last entry is at 6.45pm
**Online bookings @ Xcite**

You can now book a range of activities online @ www.westlothianleisure.com

**BENEFITS OF BOOKING ONLINE:**

**Book on the go!**
You can book activities easily from your mobile so that you can book anywhere at any time!

**You are more likely to attend!**
If you have booked an activity in advance you are more likely committed to your workout and less tempted not to go if something else pops up; this will help you reach your fitness goals.

**You have it all planned out!**
You can schedule your fitness activities for 7 days in advance so you have your week of workouts organised ahead of time. Sorted! Kids programme can be booked 77 days in advance.

**Class fully booked?**
You’ll be notified if a space becomes available for fitness classes so you don’t miss out and everyone has the chance to attend!

Bookings are available to pay-per-visit users and members.

To find out more and how to book online visit www.westlothianleisure.com

**FITNESS CLASSES**

- KIDS HOLIDAY PROGRAMME
- BADMINTON
- TENNIS
- TABLE TENNIS
- SQUASH
- FOOTBALL
- GYM Xcite WELCOME
- GYM Xcite REVIEW
- GYM Xcite OPTION

**SPORTS AND CULTURAL FACILITIES TRANSFERRED TO WEST LOTHIAN LEISURE**

A number of facilities and services were transferred across to West Lothian Leisure (who manage Xcite) in April this year. This included:

- Low Port Outdoor Centre in Linlithgow
- Howden Park Arts Centre in Livingston
- Golf course and driving range at Polkemmet Country Park
- Sports and Cultural facilities at West Lothian’s eleven secondary schools

Robin Strang, Chief Executive of West Lothian Leisure, commented; “We are delighted that West Lothian Council has chosen us to deliver these much valued facilities and services. West Lothian Leisure is a local charity with an exceptional track record of reinvesting in West Lothian. We are a ‘not for profit’ organisation, we exist to improve local people’s health and wellbeing through sport, physical activity, leisure and cultural activities. We are absolutely delighted that West Lothian Council has given us this exciting opportunity to expand what we do and to reach out to new customers.”

Although these facilities are not part of the current Xcite brand the West Lothian Leisure Team is looking forward to providing additional services for the community.

**KEEP YOUR TRAINING ON TRACK!**

1. **MAKE THE TIME**
A 45 min workout is only 3% of your day! Make the time to go to the gym, take a class, a swim or a game of tennis! Invest time in yourself for better health and fitness. At Xcite there are so many different activities to choose from - there are no excuses!

2. **SET A GOAL**
Sign up for an event and keep motivated. Having a goal is a great way to keep you focused on your training especially on the days you may not be feeling it. You’ll always feel good after a workout, even more so on the days you didn’t want to do it – champion!

3. **SWITCH IT UP**
Book a Gym Review or Xcite Option to refresh your training with one of the expert Xcite Team. Your Instructor is fully qualified and on hand to make sure you’re getting the most out of your workout. Don’t be shy in asking for help, that’s what the team are here for, from opening to close.

4. **BUDDY UP**
Having a mate train with you is great fun and supportive so you don’t quit! You’re more likely to go to that class or make that gym session if you know your Gym buddy is going too. Everyone has good and bad days, your mate will pick you up so you don’t give up!

5. **KEEP A RECORD**
Download the Xcite App and keep a record of your training while you’re on the MOVE. With the Xcite App you can record your Xcite workouts as well as other activities like walking the dog, going for a run or even your gardening, it all counts to your MOVES.

Most of all have FUN!