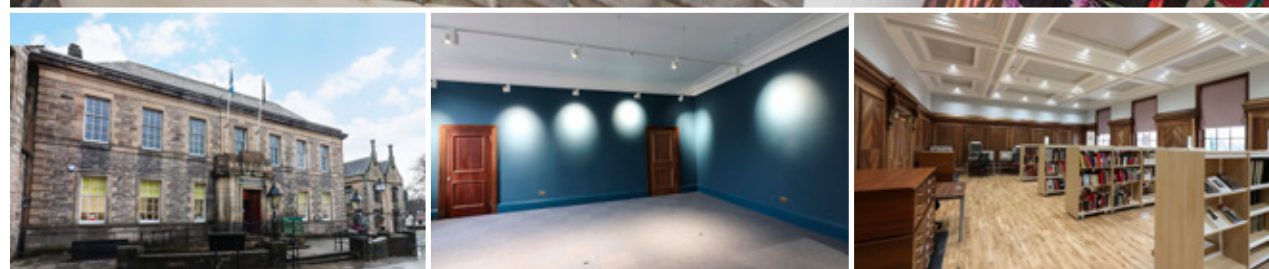


## Council budget **agreed**

### Your guide to West Lothian Council's budget

*West Lothian Council has agreed its revenue budget for 2018/19 and a long-term financial plan that will deliver local services. The plan will also begin to bridge a £65 million budget gap over the next five years. Turn to page 7 to find out more.*



## Welcome to **Linlithgow Partnership Centre**

The new £4 million centre, which is called Linlithgow Partnership Centre – Tam Dalyell House – has brought a number of local services under one roof and has breathed new life into one of the town's most prominent and historic buildings.

Turn to page 3 for more information on West Lothian Council's partnership centres

### Who do I need an appointment with?

On behalf of  
**NHS**  
Lothian

Your handy guide to community health services in West Lothian.

Turn to Page 15



### NEW GYM @ **XCITE** Bathgate - Page 16

### Special offers from Visit West Lothian

Page 14



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





- 4** - West Lothian College full-time courses live
- 5** - Top West Lothian baby names, New Whitehill Service Centre, Tackling period poverty, Changes to the Blue Badge Scheme
- 6** - West Calder Library wins SPACES award, The Shed, Bulletin Survey Results
- 7-10** - West Lothian Council Budget agreed
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- 12-13** - West Lothian Council Housing Updates, Universal Credit
- 14** - Bulletin Special Offers
- 15** - Who do I need an appointment with?
- 16** - Bulletin Sports

## Contact West Lothian Council

### For general enquiries:

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

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

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

Call the CSC on: **01506 280000**

customer.service@westlothian.gov.uk

www.westlothian.gov.uk

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

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

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

### Other useful contacts:

West Lothian Advice Shop, Bathgate Partnership Centre

**01506 283000**

advice.shop@westlothian.gov.uk

www.westlothian.gov.uk/advice-shop

## West Lothian social worker honoured by The Queen

West Lothian's only recipient of a New Year Honour from The Queen has been congratulated for her hard work and dedication.



Paula Roots was awarded an MBE for services to the community in West Lothian.

Now retired, Paula was latterly group manager, Early Years and Early Intervention, with West Lothian Council and started as a trainee social worker with the authority in 1974.

Paula who stays just outside Linlithgow with husband Jack, said she is delighted to be honoured. "I couldn't believe it at first and thought it was a wind-up by my husband. It's great for social work which is not normally a profession that

is recognised. Social workers don't work for an honour or an award so it was a huge surprise."

Since retiring in March, Paula, who has two children, a step-daughter and a grandson, spends much of her time volunteering and is currently on the board of Homestart West Lothian, Sure Start Midlothian and volunteers at the family centre for visitors at Polmont Prison.

She has spent her entire career with West Lothian Council and added: "I have worked in social work since

1974. West Lothian has been a great place to work and you can really make a difference in social work by staying in the community."

Provost Tom Kerr added:

"Congratulations to Paula on her award. Paula spent her entire career helping young people in West Lothian and this award is richly deserved.

"It is tremendous that her years of service to West Lothian have been recognised by the Queen and this will be a very proud time for her family and friends."

Her Majesty the Queen's representative in West Lothian, the Lord-Lieutenant Ms Moira Niven, is looking to hear from any local families who will be celebrating special anniversaries and birthdays such as 100th birthdays, or a diamond (60), Blue Sapphire (65), or Platinum (70) wedding anniversary.

The Lord-Lieutenant has traditionally visited any individuals or couples celebrating one of these

landmark dates to convey good wishes on behalf of The Queen.

However, due to the Data Protection Act, Ms Niven no longer receives official notification of these dates, so now needs local families to come forward and let her know about their special anniversaries.

Lord-Lieutenant Moira Niven said: "I would urge family or friends of any individual or couple who are celebrating a 100th birthday

or special anniversary, and would like to receive The Queen's congratulatory anniversary card from Buckingham Palace, to get in touch.

"Please contact my Clerk a month prior to the big event with all the relevant details so arrangements can be put in place."

The Queen's congratulatory messages consist of a card containing a personalised message.

## Special Celebration requests

To arrange for the Lord-Lieutenant to personally visit, please contact **llclerk@westlothian.gov.uk** or call: **01506 281675**

To apply for a congratulatory message from The Queen, please contact: **HM General Register House on 0131 535 1314** or complete their online form available at: **www.nrscotland.gov.uk/registration/royal-anniversary-messages/wedding-anniversary-request**

You will need the following information to apply for a congratulatory message:

- Full names of the couple/individual (including maiden name if applicable)
- Address
- Date of marriage/birthday
- Name of the town/parish in which they were married/individual born

## West Lothian's buzzing



There's a buzz in the air in 2018 as West Lothian takes urban wildflower meadows to the next level.

After trialling some small areas in a few parks, the council will be working with the UK charity Buglife to trial some larger wildflower meadows, aiming to create over 5 hectares of new meadows in District Parks across West Lothian.

Buglife has completed many successful major wildflower meadow projects elsewhere.

West Lothian Council's Open Space Officer Becky Plunkett explains: "The parks we will be working in are: Balbardie Park in Bathgate,

Stewartfield Park in Broxburn and Bankton Mains, Almond, Howden and Eliburn Parks in Livingston. We will also trial some areas along the Killandean Burn in Livingston.

"There are different ways to create wildflower meadows, therefore, in some parks we'll prepare the ground and scatter seed; in other areas we'll reduce mowing to once a year, in order to allow the existing plants to bloom and set seed.

"In both cases, the meadows will be cut in autumn and the cuttings will

be removed. This helps to reduce the fertility of the soil and enables a greater variety of wildflowers to flourish. In some areas we may also plant Yellow Rattle, which feeds on grass and weakens it, also helping wildflowers to thrive."

### Why are West Lothian Council doing this?

Over 97% of species-rich grassland has been lost in the UK in the last 100 years. This has led to a significant decline in pollinating insects that provide us with free pollinating

services worth millions of pounds to the UK economy.

Over 250 species of pollinator in the UK are threatened with extinction. West Lothian Council is looking to change the management of some grasslands to support pollinators, to prevent further habitat loss and to boost our resilience to Climate Change.

If successful, we will roll out this approach to other parks and open spaces, as appropriate.

We anticipate that by developing



Almondvale Park in Livingston

more innovative ways of managing our parks such as this, we will increase biodiversity, reduce the overall amount of seasonal cutting, and reduce the energy and chemicals expended on maintenance, which will also save costs in the long term.





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



## Welcome to Linlithgow Partnership Centre

The new centre, which is called Linlithgow Partnership Centre - Tam Dalyell House - has brought a number of local services under one roof and has breathed new life into one of the town's most prominent and historic buildings.

West Lothian Council has invested over £4million to refurbish the County Buildings in the town's High Street. The building originally opened in 1940 and served as the offices of the West Lothian County Council.

A number of facilities will be relocated in the completed building including; Linlithgow Library, Customer Information Services, Local History Library, Family History Society, Linlithgow Heritage Trust (formally known as Annet House) and Linlithgow & District Community Day Care Centre. There will also be accommodation for Police Scotland who has relocated from the nearby police station and a number of council staff.

The council named the Partnership Centre after the late Tam Dalyell MP to mark his unique contribution to West Lothian life and his long record of outstanding service to West Lothian's people and communities. A portrait of Tam Dalyell is displayed in the lobby of the new Centre. Mr Dalyell served as a member of Parliament for the local area from 1962 to 2005 and passed

away in January 2017.

Leader of West Lothian Council Lawrence Fitzpatrick joined Mrs Kathleen Dalyell, Tam Dalyell's widow, and family members to officially open the new centre earlier this year.

Councillor Fitzpatrick said: "The development of a Partnership Centre in Linlithgow has been a key aim for West Lothian Council for a long time and we're delighted to be joined by Mrs Dalyell to officially open this fantastic new facility."

"This multi-million pound investment has transformed the building and will provide local people with first class community facilities in the heart of the town centre. The investment will safeguard the future of this important building for generations to come. "The refurbishment and improvement

works have ensured the building is multi-functional, modern and fit for purpose."

Executive councillor for culture and leisure, Dave King, said: "The council has a strong track record of creating centres that deliver positive benefits for the communities in which they are based. Our Partnership Centre model is now being replicated across Scotland.

"The Linlithgow Partnership Centre is unique in that we have taken a much loved and historic building and redeveloped it, rather than build it from scratch.

"We have put a huge amount of effort into retaining the historic characteristics of the building. The finished facility is first class and it is a building that local people can be proud of."

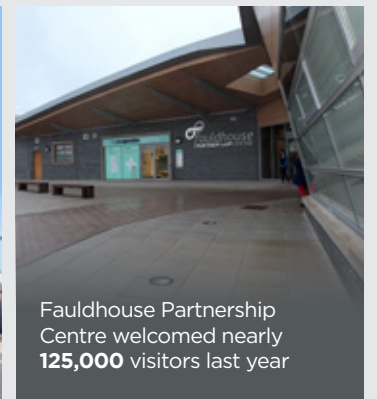
**The new Library, Customer Information Services and Local History Library are all now open to the public. The Family History Society, Linlithgow & District Community Day Care Centre will move into the new centre over the coming months, including The Linlithgow Heritage Trust and Police Scotland's Linlithgow station.**

## Successful partnership centres in your area!

The council's partnership model has already proved extremely successful in other towns in West Lothian.

Partnership Centres bring services under one roof – benefitting customers and making good use of council resources

Bathgate Partnership Centre had over **300,000** visitors last year



Fauldhouse Partnership Centre welcomed nearly **125,000** visitors last year

The West Lothian Civic Centre in Livingston is Scotland's largest partnership centre



Opened in 2002, Strathbrock in Broxburn is the oldest Partnership Centre in Scotland



Strathbrock Partnership Centre had over **430,000** visitors last year

West Lothian Council's approach to collaboration and collocation across the public sector and with our communities are now being copied across Scotland

Due to the success of Partnership Centres, the model is now being rolled out to other areas:

- East Calder
- Linlithgow
- Blackburn
- Armadale
- Whitburn

## West Lothian's top gardeners have been recognised for their exceptional work to improve our environment.

Derek Whitelaw from Uphall picked up the top prize for Best Overall Garden at the annual West Lothian Gardens Competition prize giving recently. The second year in a row that Derek has won the award.

### GOLD PLAQUES

- 1 Derek Whitelaw, Uphall
- 2 Mr & Mrs Nicol, Bathgate
- 3 Mr Robert Howatson, Murieston, Livingston
- 4 Mrs Laraine Lambie, Deans, Livingston
- 5 Mr & Mrs McPhillips, Bathgate
- 6 Mr Andrew Hamilton, East Calder
- 7 Mr Darryl Whitelaw, Broxburn
- 8 Mr George Hamilton, East Calder
- 9 Mr James Muir, Armadale
- 10 Mr Jamie Robertson, Longridge
- 11 Mr John Cadzow, Winchburgh
- 12 Mr Robert Young, Whitburn
- 13 Mrs Shirley McLean, Craigshill, Livingston

### WILDLIFE PLAQUES

- Gold** Mrs Laraine Lambie, Deans, Livingston

### SILVER PLAQUES

- 1 Mr Margaret Levins, Craigshill, Livingston
- 2 Mr Ken Robertson, West Calder
- 3 Mrs Jeanette Hamilton, Murieston, Livingston

### BRONZE PLAQUES

- 1 Mr & Mrs Rielly, Craigshill, Livingston
- 2 Mr John Kennedy, Bathgate
- 3 Mr Adam Davis, Livingston Village
- 4 Mr Ian Keith, Bathgate
- 5 Mr A Reilly, Broxburn
- 6 Mr George Miller, Winchburgh
- 7 Mrs Jane Dent, Bathgate Hills

- Silver** Mrs Margaret Levins, Craigshill, Livingston

### CONTAINER PLAQUES

- Gold** Mr Andrew Hamilton, East Calder
- Silver** Mr Andrew Hamilton, East Calder
- Bronze** Mr Robert Young, Whitburn

### VEGETABLE PLAQUES

- Gold** Mr James Pearson, Whitburn
- Silver** Mr Dave du Feu, Linlithgow
- Bronze** Mr Ken Robertson, West Calder

### BEST COMMUNITY GARDEN

Mr John Thompson, Craigengar Park, Craigshill, Livingston

- Bronze** Mr George Miller, Winchburgh



## Sunflowers

- 1st** Joy Newton (aged 5) c/o Bankton Way, Livingston – 10ft 8"
- 2nd** Jack Blyth (aged 5) c/o Bellemonte, Winchburgh – 10ft
- 3rd** Chloe Riddell (aged 6) c/o 10 Almondell Terrace, East Calder – 9ft 3"





**2018**  
• **full time**  
**courses**  
**now live!**



## **Open Information and Campus Tour Day**

### **Saturday 17th March, 10am until 2pm**

**See the campus, talk to lecturers and find out all about what  
West Lothian College can do for you**

**Apply for a course by visiting**  
**[www.west-lothian.ac.uk](http://www.west-lothian.ac.uk)**

**Open doors  
to your  
career**

## Top West Lothian baby names for 2017 revealed



A total of 23 boys were named Jacob in West Lothian during 2017, making it the most popular name for boys, with Emily and Olivia joint first choice for girls with 19 babies each.

Sophie was the third most popular name for a girl locally in 2017, with Hannah and Jessica in joint fourth place. Lewis was the second most popular names for boys born in West Lothian in 2017, followed by Adam, Alexander, James and Oliver in joint third place.

The top ten names in West Lothian were completed by Harry, Charlie and Harris for boys and Harper, Amelia, Aria, Ella, Emma, Freya and Lily for girls.

A West Lothian Council spokesperson said: "The most popular choice by West Lothian parents for boys was Jacob, which differs substantially from the national charts where it was only

the 13th most popular choice for boys across Scotland.

"Jacob did not make the top ten list for West Lothian in 2016, and has seen a substantial rise on popularity for boys locally, along with Adam and James in 2017. Jack continues to be the most popular name for boys nationally.

"Olivia and Emily were also the most picked girls' names in Scotland, with Olivia rising in popularity in West Lothian from 7th place in 2016 to joint first in 2017. Both Hannah and Harper also saw marked increases in popularity in West Lothian in 2017, but did not make the national top ten lists.

"A number of most popular baby names in West Lothian for 2016 have dropped out of the top ten in 2017, including Finlay, Noah and Lucas for boys, and Ellie, Ava and Charlotte for girls."



### There is no fee to register a birth

West Lothian Council staff registered **2,032** births during 2017, an increase of 44 from the **1,988** registered births in 2016.

### A birth must be registered within 21 days of its occurrence

Please note, it is not necessary to book an appointment to attend our Livingston or Bathgate Registration Offices to register a birth (Monday-Tuesday 9am-4.30pm, Wednesday 10am-4.30pm, Thursday-Friday 9am-4.30pm.) however if you wish to attend our Broxburn Office, please call either **01506 281894** or **01506 282196** to arrange an appointment.

**(We don't want you to have to wait long with your new baby so please avoid all offices between 12.30pm-1.30pm if possible as we may have to close for lunch).**



## New Whitehill Service Centre opens to staff

Work has been completed on a new state-of-the-art facility to bring together council services and improve efficiency.

The new Whitehill Service Centre in Bathgate will be home to around 800 council staff from seven key West Lothian Council services and will replace a number of existing council properties.

Staff from Operational Services, which includes Waste Services, Neighbourhood Environmental Teams, Roads and Transportation, Fleet Services and Community Transport Services have moved into the building.

The construction of the new Service Centre follows the council's strategic policy of disposing of existing properties which are expensive to

maintain and run, and replacing them with a modern, fit for purpose facility which will centralise a number of key services under one roof.

In addition to a reduction in property and maintenance costs, the Service Centre will present the opportunity for greater collaborative working between services and a more modern environment in which to deliver efficient services for the public.

This forward-thinking model of bringing together services to deliver both savings and efficiencies is already successfully used in West

Lothian at the Civic Centre, Kirkton Service Centre and partnership centres across West Lothian.

Executive Councillor for the environment Tom Conn, said: "It is great to see staff moving into the new Whitehill Service Centre at Whitehill Industrial Estate. The council is modernising the way services are organised and delivered in order to provide the best value for Council Tax payers.

"Co-locating services is a fantastic way to create savings and allow the council to work smarter through modern energy-efficient buildings and better working practices.

## Tackling period poverty

Steps are being taken to tackle period poverty in West Lothian.

The council is also working closely with social enterprises such as West Lothian Food Bank and Hey Girls to ensure vulnerable women in West Lothian have access to free feminine hygiene products when they need them.

Depute Leader of the Council Kirsteen Sullivan said: "We strongly believe that sanitary products are not a

luxury, and finances should not prevent women getting essentials such as these. Research shows that many women living in poverty are struggling to pay for basic necessities, and the £18,000 of short-term funding will help a number of those in greatest need. We will continue to look at ways of improving access to sanitary products for those in need where possible."

West Lothian Council is working with the Hey Girls organisation on an ongoing pilot scheme to supply sanitary products to West Lothian's 11 secondary schools. Stocks are also available in primary and additional support needs schools. A national programme of free feminine hygiene products for those in need is expected to be launched later in the year.

## Changes to the Blue Badge Scheme

The council is introducing a £20 charge for blue badges issued from the 1 April 2018. This will be applied to successful blue badge applications and for lost, stolen or confiscated badges.



The income collected from the charge will be used to fund administration of blue badges and brings the council in line with the majority of Scottish

authorities. Current blue badge holders are required to reapply when it expires and this will continue to be treated as a new application. Successful

applicants will be given more information on how to pay for their blue badge when their application has been processed.

Visit: [www.westlothian.gov.uk/bluebadge](http://www.westlothian.gov.uk/bluebadge), call **01506 280000**, email [customer.service@westlothian.gov.uk](mailto:customer.service@westlothian.gov.uk) or visit any Customer Information Service (CIS) office for more information



# West Calder Library wins SPACES award



West Calder Library is the proud new recipient of a prestigious SPACES (Society for Public Architecture, Construction, Engineering and Surveying) award.

The library was announced as a joint winner in the Small Refurbishment category at an award dinner recently.

SPACES is a collaborative organisation for those in the building professions working in and for the public sector. It is committed to assisting its members in achieving the highest possible standards in the development, design, construction and management of the public sector estate for the mutual benefit of their employers.

Executive councillor for culture and leisure, Dave King said: "This is a fantastic accolade for West Calder Library and is a testament

to the hard work of those involved in this project. The library has an important place in the local community due to its proud history and the restoration work has ensured the building will continue to be at the heart of the town for years to come."

West Calder Library was originally opened by Lord Roseberry in 1904 and was funded by a grant from Andrew Carnegie. The current refurbishment was designed in-house by West Lothian Council Construction Services (Architects), with Currie & Brown, WYG and Brown + Wallace as the design team, and was delivered on-site by Clark Contracts.

The project allowed the building to be sympathetically restored and keep most of its original grade B listed features including the clock.

The space beneath the library, formally the Librarians house, has also been converted to provide modern semi-open plan offices for Breich Valley Housing Team.

The current Library provides adult reading groups, Bookbug sessions for families, children's activities and books for all ages. Computers are available for free public use with sessions bookable in one hour slots.

**WIN** a 2 Hour Chartered Barge Trip Along the Union Canal



Courtesy of Smartlocal Vouchers and Bridge 19-40 Canal Society, based at Port Buchan, Broxburn. Enjoy a trip along the Union Canal aboard Bluebell and experience the tranquillity of life on the Canal.

**smartlocal vouchers**

Enter at [www.smartlocalvouchers.co.uk](http://www.smartlocalvouchers.co.uk) or by post Smartlocal Vouchers, PO BOX 9474, Lanark, ML11 1AX

*T&C's: Only one entry per person. Closing date for entries 15 04 2018. Winner will be notified by telephone or email. This prize has no cash alternative, is non refundable and non exchangeable. Open to UK residents aged 18+. For full T&C's visit our website.*

**Bulletin** Visit **West Lothian**

## Looking for something new? Then come along to The Shed

The Shed is a community-run and managed facility in Armadale where people can go to socialise and enjoy various activities and workshops.



The Armadale Shed offers a place for members to share tools, resources and materials, while working on projects of their choosing at their own pace in a safe, friendly and inclusive environment. There is always a wide range of different activities on offer, from wood turning, wood working and weaving to metal work. The shed is also a great place to socialise so if you're not sure about the activities, why not go along anyway and enjoy a cup of tea and a good chat.

Wesley Ball, Chairman of Armadale's Shed said: "The Shed is a fantastic local community project which offers a safe space for people to carry out their hobbies, learn new skills and socialise with others."

This time of year can often be difficult for those living on their own. The winter months can exacerbate feelings of loneliness and isolation. The shed offers

the perfect opportunity to get out the house and socialise with other like-minded people.

The project is open to residents aged 18 and over across West Lothian and the surrounding areas, so join in the fun and maybe even learn something new.

Armadale's Shed is located on Masonic Place, 7 South Street, Armadale and is open every Monday, Wednesday and Thursday between 10am - 4pm.

The project was jointly funded by Castle Rock Edinvar Housing Association, The Scottish Government and West Lothian Council.

Executive councillor for voluntary organisations, Kirsteen Sullivan said: "We are delighted to support projects such as The Armadale Shed that are making a real difference to their local communities and are engaging with residents who could otherwise be isolated."

**If the Shed sounds like something you would enjoy then why not go along and pay a visit or contact the project for more information on: [armadaledshed@gmail.com](mailto:armadaledshed@gmail.com) or phone 01501 735 796**

## Bulletin survey results

Thank you to everyone who took the time to provide feedback via our recent Bulletin survey. This feedback is greatly appreciated and will be used to help improve future editions of Bulletin.

Bulletin is a free quarterly council newspaper that is distributed to every household and business in West Lothian. Bulletin provides residents with information regarding council services, future development plans and community information, including activities and general advice.

The main aim of Bulletin is to keep taxpayers informed of council wide projects and priorities, ensuring residents are up-to-date with the services currently provided by the council.

Bulletin offers great value in terms of delivering news direct to all residents and businesses in West Lothian. **The publication costs 15p per household, per edition, to produce and issue. We believe it offers excellent value for money.**

Bulletin is also available online at: [www.westlothian.gov.uk/bulletin](http://www.westlothian.gov.uk/bulletin)

If you have any further questions or comments regarding Bulletin please email: [media@westlothian.gov.uk](mailto:media@westlothian.gov.uk)

### You said:

- ❶ Bulletin could include more special offers and vouchers for people who do not have children.

**Our response:** Thanks for your suggestion - this issue we have worked hard to provide a wide range of discount offers for all residents of West Lothian. See page 14

- ❷ The Bulletin does not need to be produced as often, this would be a good way to save money in view of budget cuts.

**Our response:** The cost of producing and issuing Bulletin is 15p per household, per edition - compare that to the cost of a second class stamp which is 55p. We believe Bulletin offers great value in terms

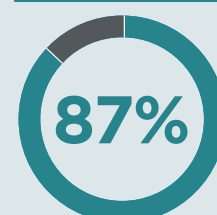
of delivering residents and businesses with news from across West Lothian.

- ❸ Bulletin could be sent out a week or two earlier giving people more time to utilise offers.

**Our response:** We work hard to provide a wide range of timely offers and discount vouchers for various venues across West Lothian throughout the year.

- ❹ Bulletin could add a new section on opportunities for local young people such as graduate level apprenticeships.

**Our response:** Thank you for this feedback. This is something we will look at for future editions.



of respondents said that the overall quality of Bulletin was good or excellent

Thank you to everyone that took part.



# Council budget agreed

## Your guide to West Lothian Council's budget

West Lothian Council has agreed its revenue budget for 2018/19 and a long-term financial plan that will deliver local services. The plan will begin to bridge an estimated £65 million budget gap over the next five years.



**The council will invest over £408 million to deliver local services in 2018/19.**

The budget will focus on priority areas such as West Lothian's schools, social care and services for the vulnerable.

**Council Tax - which provides 19% of the council's funding - has been increased for the first time in over ten years.**

Council Tax will increase by 3% across all bands in 2018/19 and a 3% increase is planned for each of the next four years between 2019/20 and 2022/23.

70% of respondents who took part in the Transforming Your Council consultation agreed with the proposal to raise Council Tax by 3% in each of the next five years.

Speaking after the council budget meeting, Leader of West Lothian Council, Councillor Lawrence Fitzpatrick said:

"Next year the council will invest a further **£408 million** in West Lothian's public services. Prioritising key areas such as schools, roads, social care and care for vulnerable people. The council's aim is to continue to build upon our successes to date with **£154 million** being invested in education next year, over **£105 million** on social services, and around **£56 million** on maintaining West Lothian's roads, paths, open spaces, waste services, community facilities and infrastructure."

The importance of agreeing a five year budget

**Certainty** for local communities

**Certainty** for staff

Provides sufficient time to implement changes to **deliver savings**

## Key areas of investment in 2018/19 include:



Funding for school clothing grants & breakfast clubs



Additional funding for early years numeracy and literacy



Continuing to fund Community Recycling Centres in West Lothian which will remain open



Funding to protect Additional Support Needs (ASN), homelessness and the medical transport scheme



Funding for homelessness



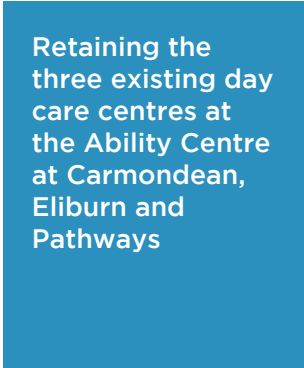
Continuing to pay the Living Wage to council staff, social care contractors and West Lothian Leisure staff



Continuing to support public bus services with subsidies



Year-on-year increases in school budgets and care for the elderly services to meet increases in demand



Retaining the three existing day care centres at the Ability Centre at Carmondean, Eliburn and Pathways



Funding to keep Fauldhouse Swimming Pool open



Funding to protect mainstream school transport



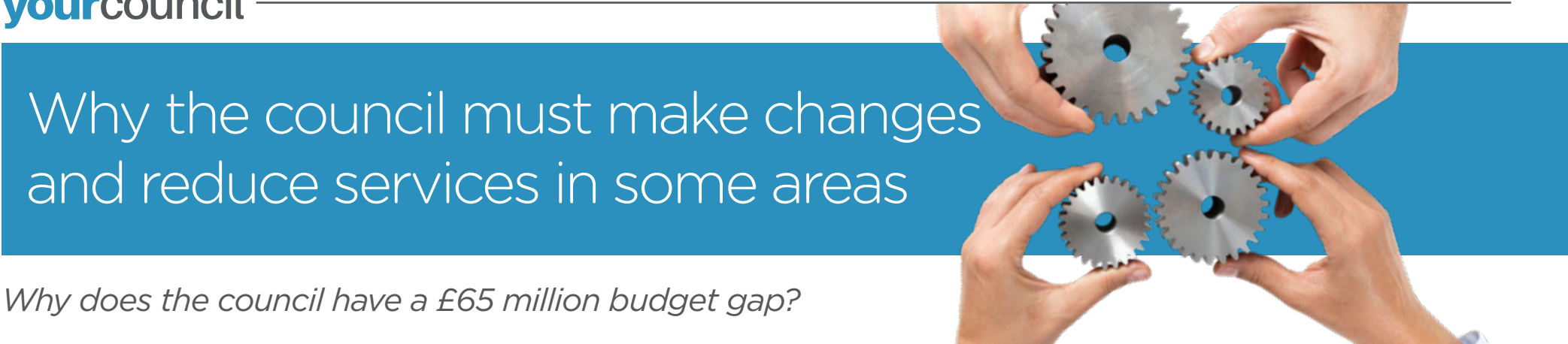
Social care and health initiatives



Funding to protect the concessionary rail scheme



Funding to retain a substantial level of instrumental music provision



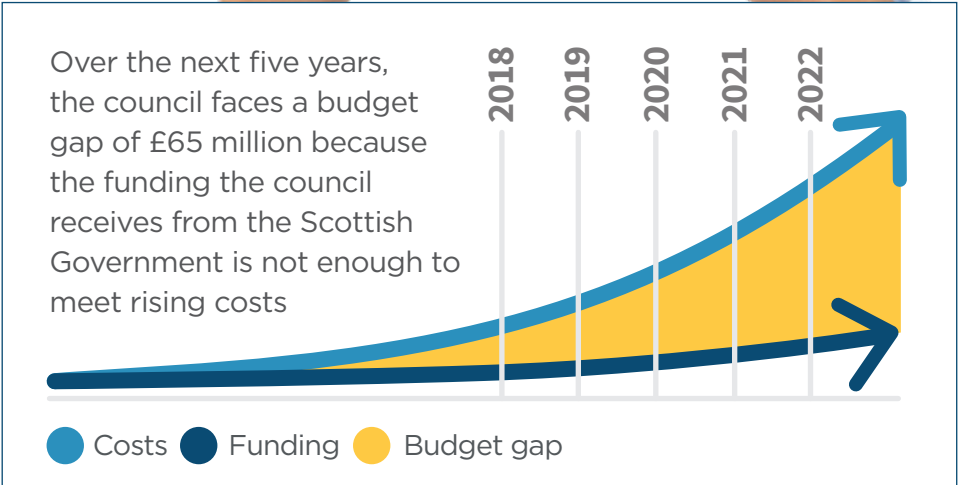
# Why the council must make changes and reduce services in some areas

## Why does the council have a £65 million budget gap?

The estimated budget gap of £65 million is based on the assumption that Scottish Government grant funding is not enough to meet the increasing costs of providing existing council services

West Lothian has a growing population which increases the costs of providing council services such as schools and care for older people. Funding from the Scottish Government is not enough to pay for these increased costs as well as other existing services.

The Scottish Government – who provide the council with 80% of its funding – has given the council a real terms decrease in core funding of £7.5 million for 2018/19. However, West Lothian’s population is expected to increase by 10,000 over the next five years, increasing demand for council services. This, combined with rising costs for services, means that the council’s budget gap now totals nearly £14 million for 2018/19, £65 million over five years 2018/19 to 2022/23.



## How will the council balance its budget and bridge a budget gap of £65 million over the next five years?

To enable the council to balance its budget, a number of changes to existing services are necessary and have been approved by the council.

### Income and contributions:

West Lothian Council has one of the lowest levels of income through sales, fees and charges per head of population in Scotland, compared to other Scottish councils.

To raise income, which will then be used to protect services, the council is introducing charges for the following:

- A charge of £25 for bulky uplifts (85% of Scottish local authorities charge for bulky uplifts. The remaining councils provides one free uplift and levy a charge thereafter. West Lothian

Council is currently the only local authority to provide three free uplifts)

- A charge for developers for new waste collections bins
- A £20 administrative charge for the issuing of new blue badges to bring West Lothian into line with every other council in Scotland (all other Scottish Local Authorities currently charge for this service. All bar one charge the maximum of £20 set out in Scottish Government legislation).
- Charging for some council owned car parks (the majority of other councils in Scotland charge for some car parks within their authority. Blue badge holders will be able to continue to park for free)
- Increase in community alarms and Telecare charges. This will bring West

Lothian into line with other Scottish councils

- Introduction of a social care contributions policy where all non-residential care clients would be financially assessed to calculate the maximum contribution they might be expected to make to their care. The financial assessment will also include a benefits check for income maximisation to ensure that clients are receiving all the benefits that they are entitled to. Officers will develop proposal for the introduction of a contributions policy for non-residential care services. Introducing a contributions policy will bring West Lothian into line with the vast majority of other Scottish councils.

## Budget reduction measures over the next five years include:

Overall, the council anticipates that staffing numbers will reduce by around 134 Full-Time Equivalent (FTE) staff members which equates to 2% of the council’s total workforce.

Despite the council making significant changes to working practices and staffing numbers, regrettably further changes are necessary to balance a budget gap of £65 million over the next five years. These include:

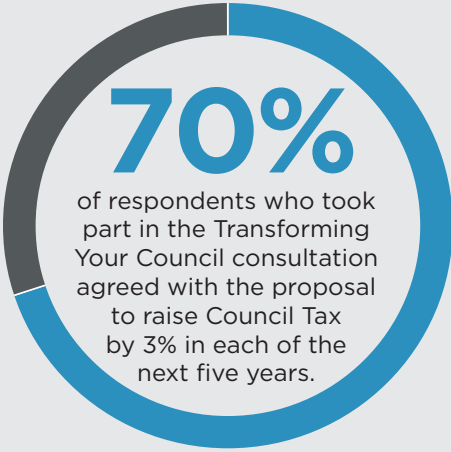
- Closure of Livingston and Whitdale Family Centres, with support for the most vulnerable families continuing on an outreach basis in local communities.
- Closure of Limecroft and Whitdale House Day Care for older people. The day care centres within Limecroft Care Home and Whitdale Care Home will be closed, with day care for eligible older people provided exclusively through the existing externally commissioned service.
- Removal of funding for Police Scotland.
- Removal of the taxi card scheme. All customers can still access taxi services however, there will be no subsidy.
- Reduced opening hours at Armadale, Whitburn, Blackburn and Broxburn CIS (the council will aim to alter opening hours in line with customer demand. CIS offices in Livingston and Bathgate will continue to operate from 8.30am to 5pm).
- Promoting the Community Asset Transfer of some community centres, village halls and sport pavilions.
- Reduced cleaning levels in council buildings.
- A review of winter service provision.
- Reductions in the overall funding to the voluntary sector to help ensure wider involvement in local decision making.
- Changing the eligibility threshold for non-residential care services to substantial and critical for all new service users and existing service users at the point of review. Eligibility is determined through an assessment of needs which takes account of a person’s informal networks and available community supports before a decision is made about whether formal care and support is required to maintain independence.

## Council Tax

Council Tax - which provides 19% of the council’s funding - has been increased for the first time in over ten years. Council Tax will increase by 3% across all bands in 2018/19 and a 3% increase is planned for each of the following four years between 2019/20 to 2022/23. \* (see note at bottom of page). **If Council Tax was not increased by 3% per annum this would increase the budget gap by £16.9 million.**

Council Tax Band	Council Tax 2017/18 (£)	Council Tax 2018/19 (£)
A	752.00	774.56
B	877.33	903.65
C	1,002.67	1,032.75
D	1,128.00	1,161.84
E*	1,482.07	1,526.53
F*	1,833.00	1,887.99
G*	2,209.00	2,275.27
H*	2,763.60	2,846.51

\* Bands E to H increased last year due to the Scottish Parliament approved revision of Council Tax banding weightings, which are out-with the council’s control.







# Plan and deliver for the future

*In addition to agreeing a budget, the council has agreed a new Corporate Plan which sets out the council’s priorities over the next five years.*

The plan is closely linked to the council’s budget to ensure that investment on services meets the needs of local communities. It sets out the eight priorities that we believe will help our community to grow and succeed and, as a result, will be a focus for council resources in the years ahead as we strive to deliver positive change in each one. For over 20 years, the council has been working with and for our

local community, delivering and improving the quality of public services in West Lothian. In the last five years, the council has achieved significant progress in making West Lothian a smarter, healthier, wealthier, fairer and greener place to live. This includes achieving the best ever exam results, building more new council housing than any other authority in Scotland and maintaining high performance

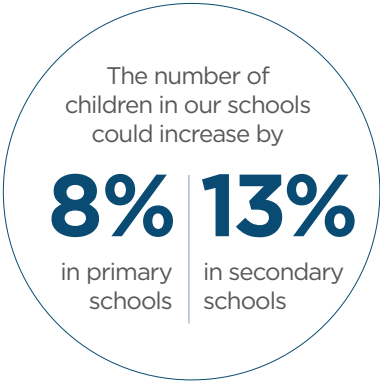
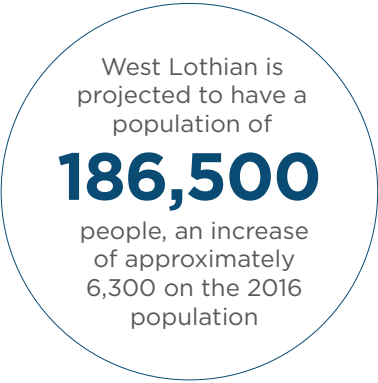
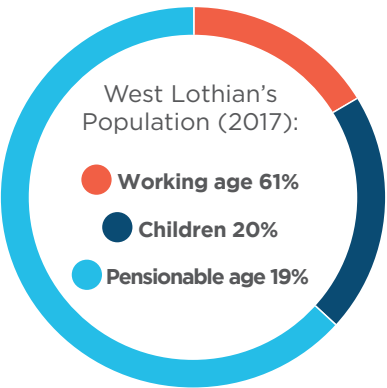
in housing, environmental and regulatory services, social work and across many other council services. Our success so far has been built on strong engagement with our community to understand their needs. In developing our five-year Corporate Plan with effective corporate and financial planning, we aim to set clear goals that unite our services, partners and community.

## Developing our Corporate Plan

*A number of factors have influenced the council’s planning processes for 2018/23 and the development of the Corporate Plan.*

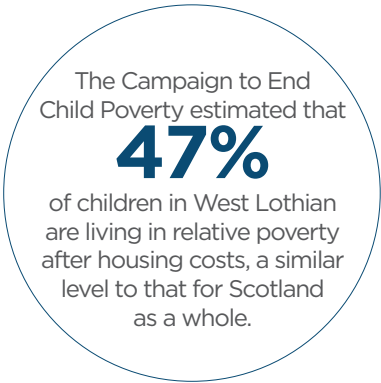
### About West Lothian

In setting eight priorities for West Lothian and the Corporate Plan, the council has taken account of some important information about the local population in order to ensure that we have a plan that will meet local needs. West Lothian, unlike most other areas in Scotland, has a growing population. Critically it has growth in two key demographics that require services from the council, younger people and older people. By 2023, it is estimated that:



### Inequalities in our Community

As well as delivering a wide range of universal services that help the community, the council targets support to those who are most in need. This includes education and support services to our young people, health and care services to older and vulnerable people and integrated support to those living in deprivation.



## Our Priorities for 2018/23

The council has eight priorities for the period 2018/19 to 2022/23. These reflect the areas that are the most important for the community and improving the quality of life for all living, working and visiting West Lothian. In the next five years, the council will focus on achieving positive outcomes in each priority.



### Measuring success in each priority

The council has robust performance management arrangements that provide an in-depth view of the quality, efficiency and effectiveness of our service delivery and our impact on the community. A performance scorecard, with measures of success and targets for each priority, will provide information on the council’s performance throughout the lifetime of the Corporate Plan. This information will be used across the next five years to challenge and scrutinise performance in each priority and to provide transparent reporting of performance to the public.



# £390 million invested in council assets

*An ambitious programme to invest almost £390 million in West Lothian's assets over the next ten years has been approved.*

This includes over £265.8 million to be invested in maintaining and improving West Lothian's property assets, such as £200 million for schools and £6 million for new partnership centres, which will reduce running costs by rationalising buildings.

Other investment includes: £72 million of planned spend on our roads, footpaths and related assets; £33.2 million for vital information and communication technology (ICT) assets; and £17.6 million invested on maintaining and improving open spaces

such as sports facilities, play parks and woodlands.

A total of £18.5 million is also being invested in Additional Support Needs (ASN) schools, including £6 million for a new Cedarbank School, which will increase specialist provision and support the projected growth in pupils with ASN.

A £1 million Community Property Modernisation fund will also be created to help support and empower communities

looking to take responsibility for local facilities.

West Lothian's road and footpath network is one of the best in Scotland, and £26.5 million has been allocated over the next ten years to make sure this is maintained. A further £26.5 million will be invested to replace street lighting and traffic signals, £13.9million to maintain our bridges and £5 million for flood prevention, including projects at Liggat Syke in Broxburn.

Technology plays a major role in efficient delivery of customer-focused council services and £33.2 million will be invested to modernise council assets in this area, such as IT devices and software, connectivity and infrastructure including storage, servers, wireless and security.

Open Space investment will see £12.9 of proposed spending planned improvements to sports facilities and functional open spaces, and £2.6 million to replace and renew the equipment in council play areas across West Lothian.

**The £200 million investment in education infrastructure is planned in the next ten years will help meet the rising demands in this area.**

**Planned major projects include: £50 million for two new secondary schools for Winchburgh, new primary schools in Broxburn, Bangour, Calderwood and Gavieside; £15.4million to expand nursery places to meet demand; as well as a number of school extensions.**



## Improving and growing council housing

*West Lothian Council will spend over £154 million over the next five years improving and increasing its council housing stock.*

Over £79 million from the budget will be spent on increasing the housing supply over the course of the next five years.

This includes the completion of the current new build programme of 1000 houses in addition to a commitment to construct a further 250 new council homes.

A further 90 Open Market Acquisitions will be incorporated into the programme, as the council continues to look at expanding the housing supply and achieve a target of delivering 3000 new houses during the period 2012-2022.

West Lothian Council is one of Scotland's top councils in terms of building new council homes, which aims to help tackle the high demand for affordable housing in West Lothian. The new build project will bring a number of benefits to the community such as training and employment opportunities for apprentices, local people and businesses.

The capital programme for housing will also invest over £75 million to improve the existing stock. Projects will include investment in energy efficiency measures and replacement of central heating systems to help reduce fuel poverty. These works are part of planned maintenance programmes that also includes electrical testing and repairs along with painting fencing work.

Planned work will continue on environmental programmes and external upgrading projects, including tenant led street improvements projects.

A rent increase of 3% per annum for council homes and garages has also been approved by West Lothian Council. This follows on from a recent consultation with tenants which indicated that the majority of responses from tenants supported a 3% rent increase per annum.

## Key points

**£154 million to grow and improve council housing**

**£75 million to improve the existing council housing stock**

**Investment in external wall insulation work and a programme of central heating upgrades will take place to ensure all properties are compliant with Scotland's Energy Efficiency Standard for Social Housing (EESH) standards by December 2020**

**Major refurbishments include the completion of regeneration work at the Bathville flats in Armadale as well as the continuation of roof, render, stair and balcony works at the Lochs Scheme in Whitburn**

**A target has been set to deliver 3000 new houses during the period 2012-2022**

**Commitment to complete the current new build programme of 1,000 houses AND build a further 250 new council homes**



**A rent increase of 3% per annum for council homes and garages has also been approved by West Lothian Council. This follows on from a recent consultation with tenants which indicated that the majority of responses from tenants supported a 3% rent increase per annum**

**Executive councillor for services for the community, George Paul, said:**

*"A significant amount of investment is going towards the completion of 1,000 new council homes across all ward areas as part of our existing, new build programme with a new commitment to deliver a further 250 homes in the years ahead."*





## Glowing reports for West Lothian schools



It was double delight for West Lothian schools with Pumpherston and Uphall Station Community Primary and Ogilvie School Campus receiving excellent reports from Education Scotland.

Pumpherston and Uphall Station Community Primary School has been praised for its positive relationships between children and staff. Inspectors highlighted a number of key strengths including: the high quality, inclusive ethos which permeates the school, resulting in children, staff and stakeholders feeling valued and respected; the quality of the learning experiences in the nursery; and the leadership of the

headteacher in creating the conditions for staff to build on their strengths and take forward the agenda for school improvement. Ogilvie School Campus, which specializes in education for school for primary pupils with social, emotional and behavioral needs, received praise in a number of areas following a recent routine inspection by Education Scotland. Inspectors noted: a strong sense of community across the

school led by the energetic, open leadership style of the acting headteacher; positive relationships between children and staff leading to children feeling safe and cared for, ably supported by advanced pupil support workers; teachers provide learning experiences which are engaging and motivating for children; and strong partnerships with parents and other stakeholders. Executive councillor for education, David Dodds, said:

“These are fantastic reports for both Pumpherston and Uphall Station Community Primary and Ogilvie School Campus. Everyone involved with the schools should take great pride in their work. I’d like to thank all members of staff, parents, partners and the wider school community for the part that they have played to help achieve a positive learning environment for our fantastic pupils.”

## Work completed at Mid Calder Nursery

Work has been completed on a brand new, £1 million, energy efficient nursery at Mid Calder Primary School.

The new nursery was designed with children’s learning and play at the forefront, with the old nursery building being demolished to make way for the improvements. Further work on the project included a new nursery playground and pedestrian accessway to the school.

Mid Calder Head Teacher Mary McKenzie added: “The new facility is free-flowing giving the pupils greater access to choosing whether they want to be indoors or outdoors which is already making a positive difference to the children’s learning.”



## Torphichen Primary continues to grow

Torphichen Primary School continues to grow as pupils planted the first seeds in their brand new apple orchard.

With the Hadden Group nearing the completion of the £1 million improvement programme at the school, work took place to enhance the outdoor learning environment by planting an apple orchard.

As part of their Community Benefit partnership, Hadden

Group worked alongside pupils and their families to plant six different species of apple trees to create an orchard which would provide a lasting memory for them.

The orchard was chosen as the Community Benefit project by Torphichen Primary School

and their Parent Teacher Association committee. The orchard will provide a wealth of opportunities for the pupils to develop their Science and outdoor learning in relation to life cycles, inherited and non-inherited characteristics, classification, fertilisation, pollination and nutrition.

The construction project works consist of a new two classroom extension, a new integrated kitchen and dining facilities and new pupil toilets, which are key parts of the plan to help the school manage the expected rise in pupil numbers and support the Curriculum for Excellence.



## LET YOUR OLD GARDEN TOOLS GROW

**Do you have any old or broken garden hand tools lurking in your shed? Why not give them a new lease of life by donating them to community groups and schools in West Lothian via the Tool Shed project.**

Tool Shed is a garden tools recycling project run by the Conservation Foundation in partnership with HMP Edinburgh and West Lothian Council.

Prisoners help to repair the tools while learning transferable skills which are vital to the reduction of re-offending. The free tools are given a new lease of life and go to valuable projects in the region, building better environments for communities.

Last year, 1593 tools including forks, spades, shovels, rakes, hoes and shears were collected at West Lothian Council recycling centres. The vast majority were repaired and given away to community groups. The scheme helps radically reduce landfill waste and saves local schools and community groups money while providing them with useful tools.

The tools are put to good use across West Lothian in projects such as, school gardening clubs like Dechmont Infant School where the tools are used in an eco-garden and Murieston Environmental Group where the tools were used to restore Cambridge pond and woodland. By giving away your broken and unwanted garden hand tools you are helping to rehabilitate prisoners and provide local groups with gardening tools to help run local clubs and projects. You can donate your tools at West Lothian Council community recycling centres now.



If you have any unwanted garden hand tools you’d like to give to the project, or would like to have some tools refurbished for your school or community group please visit the website:

**[www.conservationfoundation/tools](http://www.conservationfoundation/tools) or email [tools@conservationfoundation.co.uk](mailto:tools@conservationfoundation.co.uk).**



# WEST LOTHIAN COUNCIL HOUSING UPDATES



West Lothian Council is currently building 1,000 new homes across all nine council ward areas as part of a £115 million investment in housing, making the local authority one of Scotland's largest providers of new build council properties.

## LIVINGSTON FOOTBALL STADIUM

Work is now underway to develop new council homes in Almondvale, Livingston.

The stadium project will be split over two sites - one to the north of Lidl and one to the south. Across both sites 37 affordable homes will be built.

The new housing will consist of a mixture of cottage flats, terraced, semi-detached and detached

houses as well as wheelchair accessible bungalows. Lovell Partnership began building on behalf of West Lothian Council earlier this year, with the first homes expected to be completed in May 2018 and all the houses to be handed over by November 2018.



## KIRKHILL, BROXBURN

Work on Scotland's largest council housing new development site since 2009 continues.

61 units were handed over by December 2017 with a further 17 expected in Spring 2018. This will bring the total number of completions on site to 78. All 230 homes in the development are expected to be completed by Winter 2018.

## BATHVILLE CROSS, ARMADALE

Housing Customer and Building Services in partnership with colleagues in the Construction Services Design Team are now close to completing the second phase of the Bathville development.

A strong emphasis has been placed on ensuring modern, well equipped and environmentally sustainable properties.

The refurbishment includes the construction of new balconies and stairs, external wall insulation, patios and fencing.

In addition to the refurbishment plans for the existing blocks, three new homes have been built at South Street. These consist of

one bedroom properties, which are wheelchair accessible. Work is scheduled to start on the fourth phase of the development in the coming months.

The partnership established with the council apprenticeship scheme throughout this project has allowed council apprentices to gain valuable skills and experiences while working on this bespoke development.

## REDHOUSE HANDOVERS

The site in Blackburn is one of the largest sites within the council's new build housing programme, with 100 houses in total.



The site consists of one and two bedroom cottage flats, two, three, four and five bedroom houses and one, two and three bedroom

wheelchair accessible bungalows. Technical communications issues have delayed progress on the site in recent months, however these

have now been resolved and a total of 53 houses are nearing completion. We anticipate that all houses will be completed by Summer 2018.





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



## APPLETON DRIVE

Tenants recently received the keys to their new council homes at Appleton Drive in Livingston.

The site which is located within the Barratt development in Eliburn offers affordable housing in a prime location. The development in the centre of the town comprises of 10 council homes made up of cottage flats and semi-detached houses.

The modern and spacious homes are amongst the first new build council houses in West Lothian to be fitted with PV solar panels and are designed to have a carbon offset which will help reduce the carbon footprint for this development.

## DRUMSHORELAND

Good progress has been made by McTaggart Construction on the site at Drumshoreland.

A total of 86 cottage flats, houses and wheelchair accessible bungalows for rent are being built on site.



## WINCHBURGH

The Winchburgh development is being undertaken as part of the Winchburgh Core Development Area (CDA)

which will bring a range of new housing opportunities to the town. The project will consist of a mix of 41

cottage flats and houses, with completions expected later in 2018.



## Council housing... in graphics



West Lothian Council is one of Scotland's best performing councils in terms of building new council homes



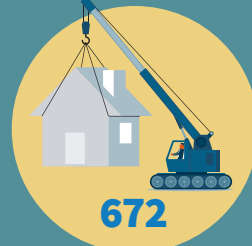
The number of people on the Council housing waiting list in West Lothian (1 Jan 2018) on Common Housing Register



The number of new build council homes built/completed since 2009



The number of individual sites included as part of the council's current new build programme



The number of new build council homes under construction



Number of apprentices created through the council's new build programme



Over £200 million invested by WLC since 2009 to build 1,800 new build council homes



The council has plans to invest a further £43.2 million to build 250 new homes between 2018 and 2023

## Universal Credit



is being introduced in West Lothian in May 2018.



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

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

### Universal Credit replaces:

- Housing Benefit\*
- Income Support
- Income-based Job Seekers Allowance
- Income-related Employment Support Allowance

- Child Tax Credits
- Working Tax Credits

### What you need to receive your benefits:

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

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

### Digital Support

For some people, making an application or managing their UC online may not be something they feel able to do. If you feel that your IT or digital skills are not up to

doing this task yourself, you can get support from an IT Buddy. Call 01506 282923 to get details of where IT buddies are available.

### Other Support

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

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

### Support to make the claim

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

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

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

**Better off**  
West Lothian

\*Certain groups of people will continue to claim Housing Benefit. Contact the Advice Shop if you have been told that you cannot get your housing costs through UC.



## BULLETIN SPECIAL OFFERS



Visit **West Lothian**  
visitwestlothian.co.uk

## WILLIAMSCRAIG HOLIDAY COTTAGES



**£50 OFF EACH BOOKING MADE BEFORE  
31 MARCH 2018**

Seven comfortable and stylish self-catering holiday cottages in one of the cosiest retreats, with some of the best views in the land. Cottages come with a Jacuzzi hot tub, badger-cam and bird-cam, and are close to a large swing park and woodland walks.

The Horsemill, WilliamsCraig, Linlithgow, EH49 6QF  
Tel: 07795 040 608



Voucher must be presented upon arrival. Photocopies will not be accepted. Offer valid until 31 March 2018.

**Bulletin** Visit **West Lothian**

## JUPITER ARTLAND



**FREE YOGA CLASS AT  
JUPITER ARTLAND**

Join us for a free yoga session in our stunning ballroom. Redeemable until 30 June 2018

Jupiter Artland, Bonnington House Steadings,  
Wilkieston, EH27 8BY  
www.jupiterartland.org | Tel: 01506 889 900 for class times



Spaces must be booked in advance.  
Present your voucher upon arrival at the class.

**Bulletin** Visit **West Lothian**

## POLKEMMET GOLF CLUB

**HALF PRICE ROUND OF GOLF**



Enjoy a half price round of golf at this challenging 9-hole, Par 37 picturesque Scottish Golf Union course situated within Polkemmet Country Park! You can also get some practice in at their Driving Range with half price on 100 balls. Open March: Mon-Sun 8.30am-4.15pm, April: Mon-Fri 9am-7pm, Sat-Sun 7am-5pm. Tee off can be booked 8 days in advance.



Polkemmet Country Park, Polkemmet Visitor Centre, Whitburn EH47 0AD | Tel: 01501 743905.

Offer is only available with this voucher until Monday 30 April 2018 for adults and kids, any day, any time. Offer subject to availability. Terms and Conditions apply. Offer is not available in conjunction with any other offer. Photocopies will not be accepted.

**Bulletin** Visit **West Lothian**



**PLAY BEDLAM**  
**BOOK 12 PLAYERS GET ONE FREE**

Includes entry to venue: Equipment Hire & Adrenaline Pumping Paintball Game Scenarios. Plus 300 paintballs. £35pp. The site also offers Splatmaster for kids aged 8 years and above and Lastertag which is ideal for teenagers. Check online for more deals.

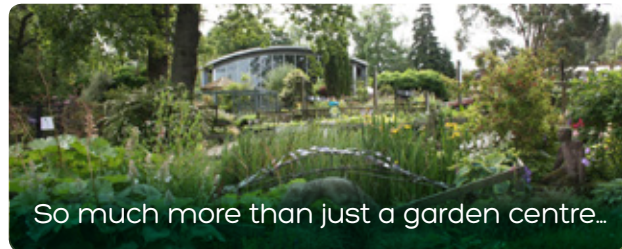
EDINBURGH, PREMIER PAINTBALLING VENUE  
Craigton Farm, Craigton House, Winchburgh, EH52 6PY.  
Tel. 0844 247 3271 | www.bedlampaintball.co.uk



T&Cs apply. Offer is not available in conjunction with any other offer.  
Photocopies will not be accepted. Offer valid until October 31st 2018.

**Bulletin** Visit **West Lothian**

## NEW HOPETOUN GARDENS



**10% OFF DISCOUNT DAY**

Use this voucher to enjoy  
10% OFF EVERYTHING\*  
on any one day in March  
or April 2018



Find us on the A904 two miles from the Queensferry Crossing roundabout, heading to Linlithgow | www.newhopetoungardens.co.uk

\*Not valid for tearoom, vouchers or special orders. One transaction per voucher. Valid until 30th April 2018.

**Bulletin** Visit **West Lothian**



**NIDDRY CASTLE GOLF CLUB**  
**FREE SOUP AND ROLL WITH EVERY ROUND**



Visit one of the friendliest clubs around and enjoy our 18 hole golf course for only £16.00. With fantastic greens, tremendous panoramic views and historic Niddry castle situated in the middle of the golf course, we know you'll enjoy your round.

Castle Road, Winchburgh, EH52 6RQ | Tel: 01506 891097  
www.niddrycastleclub.co.uk



Bookings must be made in advance by calling the club. One voucher per person and must be presented to the steward on arrival. Photocopies will not be accepted. Offer valid until 31 March 2018.

**Bulletin** Visit **West Lothian**

## BO'NESS & KINNEIL RAILWAY

**ONE CHILD FREE WITH A PAYING ADULT**



Immerse yourself in the sights, sounds and smells of yesteryear as Scotland's living railway history unfolds around you. Climb aboard a steam train and journey in to the past. Discover the hidden gem that is the Museum of Scottish Railways, three buildings full of wonders ready to be uncovered.



Bo'ness & Kinneil Railway, Bo'ness Station, Union St, Bo'ness  
EH51 9AQ | Tel: 01506 822298 | www.bkrailway.co.uk

One child free with a paying adult with this ad. Not valid with another offer. Valid for one transaction only, any day until end April 2018. Ref WLB

**Bulletin** Visit **West Lothian**

## BEECRAIGS LITTLE LODGES

**STAY 7 NIGHTS AND  
GET A THIRD OFF TOTAL COST**



WEEK SPECIAL – stay 7 consecutive nights and get a third off the total cost, excluding cost of dog. Weekly cost of dog reduced to £25. Exclusive of any other offer.

Beecraigs Country Park, nr Linlithgow, EH49 6PL  
Tel: 01506 284516 (Option 1) | www.beecraigs.com  
email: mail@beecraigs.com



Please check our noticeboards and website for Little Lodges' Tariffs, Terms and Conditions, Site Standards and Season Dates.

**Bulletin** Visit **West Lothian**



## LINLITHGOW CANAL CENTRE

**THREE CHILDREN TRAVEL FREE WITH EACH FULL PAYING ADULT ON 'VICTORIA' TOWN TRIPS**

**Voucher valid only for weekend of 31 March and 1 April 2018.**

Help us celebrate our 2018 season opening! Town trips depart Linlithgow Canal Centre on our 'Victoria' open boat approximately every half hour between 1pm and 4.30pm on both days. (Max 12 passengers per trip). All trips subject to availability. Voucher does not guarantee travel.

Manse Road Basin, Linlithgow EH49 6AJ | Tel: 01506 671215 | www.lucs.org.uk



Please present this voucher at Basin when purchasing tickets. Photocopies will not be accepted. No advance bookings.

**Bulletin** Visit **West Lothian**





# Who do I need an appointment with?

Your handy guide to community health services in West Lothian. There are lots of services that can help you if you are unwell. This guide gives information and advice about how and when to use services in the best way.



## Self care

The most important type of care is self care. Self care is about looking after ourselves so that we stay healthy. It's also about taking care of ourselves when we are ill. Before asking for an NHS appointment, why not think about how you can help yourself? You might find the following websites and phone numbers useful:

- ➔ **NHS Inform:** [www.nhsinform.scot](http://www.nhsinform.scot) or **0800 224 488** Information about healthy living, illnesses or health conditions, injuries, how to look after yourself and when to seek advice
- ➔ **NHS24 helpline:** **111** Advice 24 hours a day on health problems
- ➔ **Treat yourself better:** [www.treatyourselfbetter.co.uk](http://www.treatyourselfbetter.co.uk) Advice on what to do if you have cold or flu symptoms.
- ➔ **Self Care Forum:** [www.selfcareforum.org/resources/patient-portal](http://www.selfcareforum.org/resources/patient-portal) Includes fact sheets about looking after yourself when you are ill



## Healthy living

- ➔ For advice on healthy eating, exercise and stopping smoking: [www.nhs.uk/livewell](http://www.nhs.uk/livewell) or [www.nhsinform.scot/healthy-living](http://www.nhsinform.scot/healthy-living)
- ➔ For help to stop smoking, ask your pharmacist or contact: **West Lothian Stop Smoking Service:** **01506 651 829**
- ➔ If you are interested in exercise and being more active visit: [www.activewestlothian.com](http://www.activewestlothian.com)
- ➔ If you are over 50 and want to be more active: **Ageing well – for people aged 50+ :** **01506 237 953**
- ➔ For information about local activities and support to get out and about: **British Red Cross Community Co-ordinators:** **0131 654 0340** **British Cross Patient Transport Service:** **01506 654 652**



## Common illnesses or advice on medicines

### Community pharmacist

Your community pharmacist can give you advice or treatment for many minor illnesses such as:

- Acne
- Athlete's Foot
- Backache
- Cold Sores
- Conjunctivitis
- Constipation
- Cough
- Diarrhoea
- Dry Eyes
- Earache and Ear Wax
- Eczema and Allergies
- Emergency Contraception
- Haemorrhoids (piles)
- Headache
- Indigestion
- Mouth Ulcers
- Nasal Congestion
- Pain and period pain
- Sinusitis
- Sore Throat
- Thrush
- Threadworms
- Warts and Verrucae

### NHS Minor Ailment Service

If you are over 65, under 16, or receive certain benefits, you can use the NHS Minor Ailment Service. This means you can receive advice and **free treatment** from your community pharmacist for minor illnesses and conditions. Ask at your local pharmacy.

### Your Practice Nurse

Practice nurses are experienced in dealing with many conditions such as high blood pressure, asthma, diabetes and a range of minor illnesses such as chest, urine and ear infections, as well as skin conditions. Many can prescribe medications and arrange investigations. Ask your GP practice receptionist for advice on whether the nurse might be able to deal with your problem.



## Dental and mouth problems

If you have a problem with your teeth, gums or mouth, contact your dentist. If you don't have a dentist and you want to find one near you:

- ➔ **0131 537 8444** or go to [www.nhslothian.scot.nhs.uk/Services/Dentists](http://www.nhslothian.scot.nhs.uk/Services/Dentists)

If you don't have a dentist and need urgent treatment, you can go to a walk-in centre in Edinburgh:

- ➔ **0131 536 4800** for more information



## Muscle and joint problems

You can contact the physiotherapy service directly for muscle and joint problems such as back, neck, hip or knee pain. They can give advice and an appointment if necessary.

- ➔ **0800 917 9390** or go to [www.nhsinform.scot/msk](http://www.nhsinform.scot/msk)



## Foot problems

If you have a foot problem you can go to:

- ➔ [www.nhsinform.scot/msk](http://www.nhsinform.scot/msk) and search for 'foot injuries'

Or, if you think you need an appointment with a Podiatrist, you can refer yourself - ask for a referral form at your GP practice.



## Hearing problems

Many high street opticians also offer hearing tests and help with existing hearing aids.



## Eye problems

For problems like red eyes, painful eyes and visual problems such as floaters, cataracts and other changes in your vision, you can make an appointment at any **high street optician**. Opticians are trained to recognise common eye problems. They can also provide treatment or refer you to specialist services if needed.



## Infants and toddlers

For advice and treatment for children and babies:

- ➔ Ask your GP practice for your **Health Visitor's phone number**
- ➔ Ask your local **Pharmacist**
- ➔ For advice on common infant and toddler illnesses go to [www.whenshouldiworry.com](http://www.whenshouldiworry.com)



## Young people

Telephone for mental health and relationship concerns. Someone to talk to:

- ➔ **Childline** **0800 1111**
- ➔ **Relationship Helpline** **0808 802 2088**
- ➔ **NSPCC Helpline** **0808 800 5000**
- ➔ **Get Connected Helpline** **0808 808 4994**
- ➔ **Hope Line UK** **0800 068 4141**
- ➔ **Anxiety UK** **0844 477 5774**
- ➔ **Parentline** **08000 28 22 33**
- ➔ **Young Minds Parents Helpline** **0808 802 5544**
- ➔ **Child Bereavement UK** **0800 02 888 40**



## Social work support

You can access help and obtain advice about benefits, care at home or difficulty with daily task (such as washing, dressing, food preparation or getting about the home).

- ➔ **01506 775 666** Broxburn under 16 only
- ➔ **01506 282 252** Livingston anyone under 65
- ➔ **01506 776 700** Bathgate under 16 and over 65



## Alcohol and drug problems

- ➔ **Breakaway Recovery Clinics:** **01506 282845** for more information.

These are drop-in clinics for anyone looking for help with a drug or alcohol problem. Please phone to check times and venues across West Lothian.



## Depression, anxiety and mental wellbeing

- ➔ **Westspace:** Provides an overview of all local mental health services [www.westspace.org.uk](http://www.westspace.org.uk)
- ➔ **Breathing Space:** Offers someone to talk to if your feelings are overwhelming **0800 838 587** or [www.breathingspace.scot](http://www.breathingspace.scot)
- ➔ **Samaritans:** The Samaritans can help you understand your problems better, or just be there to listen. It is not just for people who feel suicidal. **116 123** National Freecall number. **0131 221 9999** Edinburgh branch



## Carers

If you care for a family member or friend and would like some advice, information or support contact **Carers of West Lothian**. Carers of West Lothian's young carer support service is also here to support young people aged 8 to 18 years who are in a caring role.

- ➔ **01506 448000** or email: [office@carers-westlothian.com](mailto:office@carers-westlothian.com) or go to [www.carers-westlothian.com](http://www.carers-westlothian.com)



## If you do need advice from a doctor...

### Phone appointments

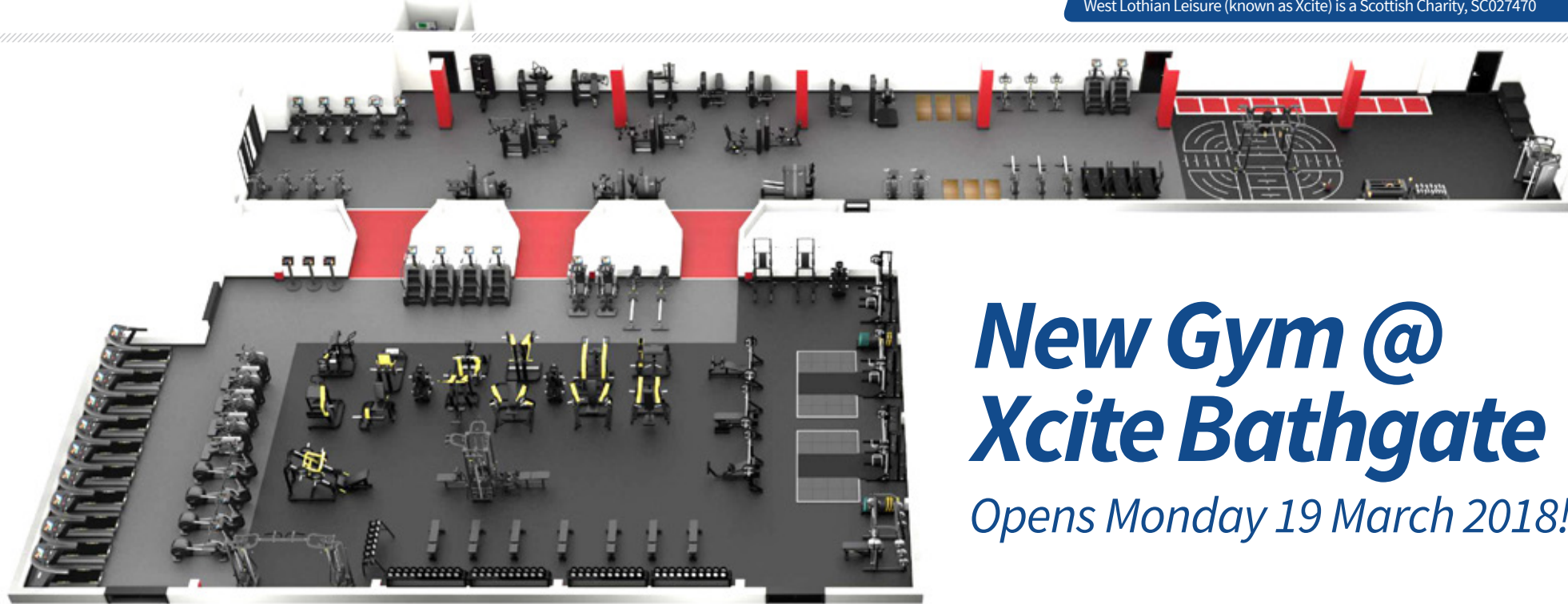
Most GP practices offer phone appointments as well as practice appointments. If you don't need to be examined, a phone appointment can be quicker and easier. If the doctor feels they need to see you, they will ask you to come in.

**If the receptionist asks what is wrong with you, please tell them.** They are asking so they can find the best appointment for you. Reception staff are bound by the same confidentiality rules as doctors and nurses. They are not allowed to tell people outside the practice anything about you.

### And if you are unable to attend your GP appointment please phone and cancel

This means that your appointment can be offered to another patient.





## New Gym @ Xcite Bathgate

Opens Monday 19 March 2018!

The development will see the gym extended to over 700sqm – double the size of the current gym. New space has been created by knocking through into the existing sports hall and connecting the current gym to a new building built within a section of the hall, covering the size of an indoor football court. The whole gym area will be refurbished with new décor and all the current kit will be upgraded with **NEW** Technogym equipment PLUS lots of **NEW** exciting additions.

- ✓ **NEW** ARTIS Climb – stair climbing
- ✓ **NEW** SKILLROW – rowing machine designed to improve cardio and strength
- ✓ **NEW** SKILLMILL – treadmill for athletic performance training
- ✓ **NEW** Group Cycle Bikes – in the gym and Cycle studio
- ✓ **EXTENDED** Free Weights area

with Lifting Platforms and more Benches

- ✓ **ADDITIONAL** Pure Strength kit including Seated Dip
- ✓ **LARGER** fix resistance ARTIS range
- ✓ **MORE** Cable Stations
- ✓ **NEW** Functional Training Zone including OMNIA 8 and Prowler Sled and Track

But don't worry if you don't know what all this new first rate kit is. The Xcite Team are fully trained on all aspects of the gym and have completed additional training with Technogym experts in the run up to opening. If you're looking to start the gym, need a refresher, or wish to revive your current training programme, you'll be in safe hands.

The gym will also offer customers analysis of their health and fitness status via the new Tanita machine

that give results on BMI and Metabolic age results similar to those shown in BBC TV series 'How to Stay Young'.

Suzanne McAdam, Manager at Xcite Bathgate, said: "With all the kit under one roof, your own training can dramatically change, not only due to the vast range now available but new training opportunities with our Functional Training Zone. We'll be running daily classes in the gym on our new OMNIA and Xcite FIT class utilising the kit in this area. We can't wait to open and see our customers' reaction."

Robin Strang, Chief Executive of Xcite West Lothian Leisure, said: "It's exciting to see the project nearing opening. We have been keen to extend the gym at our Bathgate venue for some time but finding space has been an issue. The new

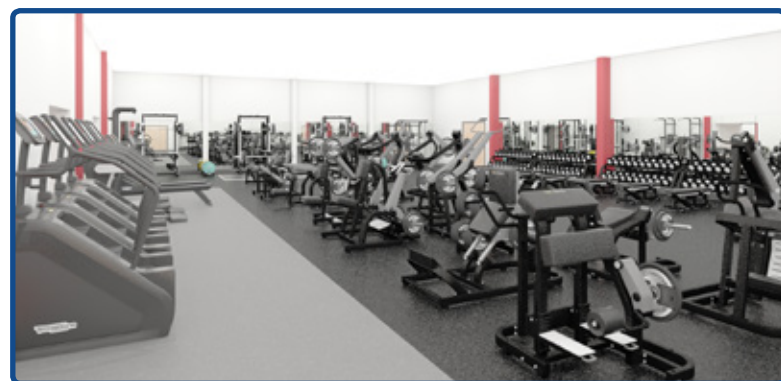
structure built to extend the gym is within the existing 'Rubb' sports hall and has been an innovative solution to providing additional space and keeping costs down. It's great to see that the Rubb Hall, which was donated by British Leyland over 30 years ago, continues to provide for the community as its needs evolve."

Xcite Bathgate also offers swimming,

sauna and steam room, soft play, fitness classes, sports hall with 3 courts for indoor football and racquet sports, Indoor bowling, 9 hole golf course and outdoor 3G and grass pitches.

For more info about the project and visuals go to

[www.westlothianleisure.com](http://www.westlothianleisure.com)



## 10 things you should know about Xcite

- 1 Xcite is the brand of **West Lothian Leisure** a local Charitable Trust set up in 1998 by West Lothian Council to operate its sport, culture and leisure services and facilities.
- 2 As a not-for-profit organisation every penny of surplus is re-invested into facilities and services to **benefit the community**.
- 3 West Lothian Leisure receives funding from **West Lothian Council** and the **NHS** to help support its charitable activities.
- 4 This allows us to deliver non-profitable activities such as **supporting those most in need** to be active and healthy.
- 5 Xcite operates **10 sport and leisure venues** serving communities across West Lothian.
- 6 West Lothian Leisure now operates **more services** on behalf of the Council including the Lowport Centre, Howden Park Centre some school sports and cultural facilities.
- 7 West Lothian Leisure has invested in excess of **£14 million** to develop facilities over the last 20 years.
- 8 Xcite works with the local GP's and other health workers to provide targeted support to **improve local people's health and wellbeing**.
- 9 You don't need to be a member to visit you can also visit on a **pay-per-visit** option.
- 10 There are over **3 million visits** to West Lothian Leisure operated facilities every year, that's over 8,000 people every day!

## Xcite for all!

Xcite offers some of the best sports, leisure, health and fitness venues in the area...if not Scotland. Venues are staffed from open to close to ensure support is available for all customers at all times.

Taking regular, healthy, physical exercise is extremely important in maintaining a healthy lifestyle, regardless of age or ability. All the community has access to Xcite and its services. You can visit any Xcite venue as a member or pay-per-visit user, or via Access Xcite.

Access Xcite is a concession scheme run in conjunction with West Lothian Council that offers a discount rate to those in receipt of any of these benefits: Council Tax Benefit, Housing Benefit, Job Seekers Allowance (income based), Income Support, Incapacity Benefit, Attendance Allowance, Personal Independence Payment (PIP), Employment and Support Allowance, Armed Forces Compensation Scheme and War Disablement Pension. Dependants can also be included.

- **Adult Memberships from £20\***
- **Pay-per-visit Gym session £5**
- **Access Xcite Gym session £2.50**

For more information about all Xcite's activities visit [www.westlothianleisure.com](http://www.westlothianleisure.com)

An Xcite Welcome induction must be completed before attending the gym and this can be booked at reception or online.

\*Monthly membership payment depends on Membership Option.

## XCITE VENUES

XCITE Armadale	T: 01501 229200
XCITE Bathgate	T: 01506 237910
XCITE Broxburn Swimming Pool	T: 01506 237930
XCITE Broxburn Sports Centre	T: 01506 237920
XCITE Craigswood (in Livingston)	T: 01506 237940
XCITE East Calder	T: 01506 883340
XCITE Fauldhouse	T: 01501 770345
XCITE Linlithgow	T: 01506 237960
XCITE Livingston	T: 01506 237970
XCITE Whitburn	T: 01501 229210

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

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