

Community Regeneration

CLD youth services Summerfest 2020

CLD Youth Services are very excited about sharing their plans for the Summer..... " Action Packed- Summerfest 2020! "

We are delivering themed activity packs for young people P1-S6 in Armadale, Whitburn, Forrestbank, West Calder, Stoneyburn, Fauldhouse, Winchburgh, Bridgend and Livingston Station. Packs will be delivered every Monday afternoon in July and themes can be found on the flyer below. Check out our Facebook page for times in your area



ACTION PACKED!

CLD YOUTH SERVICES

SUMMERFEST 2020

6th July: Beach Party

13th July: Festivals

20th July: Camping

27th July: Environmental

Check facebook for bag pick up times

in you area

Packs P1-S6

Limited numbers

Competitions

Fun



Creative



Challenges



Public art Do you know?

West Lothian is the home of internationally recognised pieces of Public Art, with over 80 artworks dotted around the region.

Take an alternative form of daily exercise and walking by following these unique public art trail routes in Livingston, Bathgate, Broxburn & Uphall.

To find out more visit: <https://www.westlothian.gov.uk/publicart>



West Lothian CLD Youth Services



@CLD Youth Services

open spaces what can you do?

Over the summer, there are many, many things that you can do outdoors to look after your health and to have fun!

Here are just a few to get you started...

- To help you find a new green space to explore near you try out [Scotland's greenspace map](#). Or find a woodland through the [Woodland Trust](#).
- Go for a walk somewhere new.
- Dust down your bikes and go for a bike ride. You can plan your route with [Open Cycle Map](#).
- Take up fishing or angling through [West Lothian Angling Association](#) and dip your lines in the water at [Eliburn Reservoir](#)
- Try out [geocaching](#), a treasure hunting game where you use your phone as a GPS to hide and seek out containers in your local area.
- Check out the West Lothian orienteering courses and try to find all the posts, or make up your own course (with post numbers in different orders, etc) [Orienteering in West Lothian](#)



Fancy some golf



Xcite have now re-opened their golfing facilities at Polkemmet (Whitburn) and Balbardie Park (Bathgate). It's pay-as-you-play and advance booking only.
<https://www.westlothianleisure.com/news/news/golf-is-back/>

While your out & about

here are a few ideas for things to do on the way:

- Scavenger hunt / bingo—make a list or picture-list of things to find before you go out, and cross them off as you find them. This list can be based on colours, smells, shapes, textures, certain objects or numbers of objects - it just depends where you're walking.
- Pick a spot and search for insects—See how many different ones you can find – on flowers, under rocks, in grass, in the soil, on trees, in water, on pavements....
- Find an interesting-looking plant—find out its name by taking a photo and using the PlantNet app on a smartphone. See how many different plants you can identify.
- Rock Painting—Find a rock, take it home, paint it and put it somewhere outdoors on your next walk, to brighten up someone else's day.
- Leaf Printing—Collect different shapes and textures of leaves, take them home and make leaf prints by painting them & pressing them down onto paper. or
- Leaf press—Dry them out between pieces of kitchen towel and place under some heavy books. After a week or so make a collage of your pressed leaves.



SAY HELLO TO Summer
 29th June - 7th August

This summer LYPP are running a series of physically distant activities for young people going in to S1 and above. Each week we'll be releasing details of what's happening via our Facebook and Instagram. All activities are FREE but places may be limited.

Murder Mystery
 Baking Workshop
 Escape Room
 Treasure Hunts
 Film nights
 Games nights
 Quizzes
 Discos
 and more!

LYPP Linlithgow
 lypplounge

BAGS OF POWER!
 FIVE DAYS OF DISCOVERY

A Summer Holiday Club from your own home!

Monday 20th – Friday 24th July

Summer is going to be different this year, but we're not going to let that stop Livingston United Parish Church offering you a fantastic holiday club from the comfort of your own home!

Bags of Power! is our theme, and any primary school aged child living in the Livingston area can sign up. What's more, it's free!

So, how does it work?

- You sign up to take part **by Monday 13th July at the latest**. Spaces are limited, so book now to avoid missing out.
- We deliver your Bag of Power to your doorstep on Saturday 18th July. It will be filled with activities, games, crafts and even a sweet treat or two. You can do the activities at any time you like.
- At 10am each day, log on to a Zoom link we'll send you to join with the rest of the club for more fun and activities.

Book your Bags of Power! space now at www.lupc.org.uk/bagsofpower

Livingston United Parish Church - Scottish Charity Number SC012054

Forth Rivers Trust



Forth Rivers Trust, as part of the RiverLife project on the Almond & Avon, have some kids activity books and A3 sized colouring sheets for families and adults alike. These are about engaging with the nature of all around us and down by the rivers.

If you'd like some of these for your service users then please get in touch with us at riverlife@forthriverstrust.org and let us know the amount of materials you'd like and a postal address to send them to.



If you live in the Stoneyburn area keep on the FB page The Stoneyburn and Bents Future Vision group are preparing activity packs for kids <https://www.facebook.com/sbfvg>



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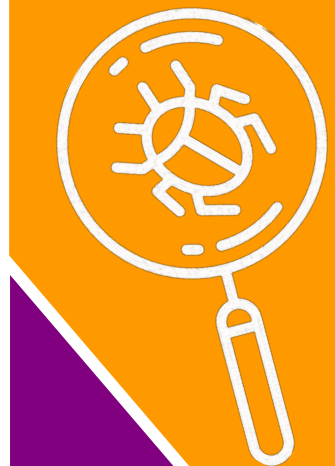
Nature activities that kids can do



1. Go on a minibeast hunt
2. Make a loo roll bird feeder
3. Go on a scavenger hunt
4. Make natural art
5. Have a picnic in the garden
6. Move like minibeasts
7. Make an animal or forest out of Lego
8. Butterfly symmetry art
9. Ladybird potato stamps
10. Write a story inspired by woods and tree



For more activities and ideas <https://www.woodlandtrust.org.uk/blog/2020/03/kids-nature-activities-self-isolation/>



Summer reading challenge



what is the summer reading challenge?

This year, Silly Squad, the Summer Reading Challenge 2020, will celebrate funny books, happiness and laughter.

The Summer Reading Challenge takes place every year during the summer holidays. This year we've gone digital to ensure children can still take part even though they are unable to visit our libraries at the moment. The Summer Reading Challenge is open to all primary school aged children and is designed for all reading abilities

Children taking part in the Challenge will join the Silly Squad, an adventurous team of animals who love to have a laugh and get stuck in to all different kinds of funny books! The Silly Squad is a team of animal friends who love to go on adventures and get stuck in to all different kinds of funny books. This year, our Challenge features extra special characters designed by the award-winning author and illustrator [Laura Ellen Anderson](#), who you'll know from amazing reads like Amelia Fang and Evil Emperor Penguin! Sign up on the [Silly Squad website](#) from Friday 5 June to join the Squad!

Follow us on Facebook [@SummerReadingChallenge](#) What will you be reading? Check out our children's [eBooks](#) and start borrowing! To find out more <https://www.westlothian.gov.uk/article/33653/Summer-Reading-Challenge>

Keeping the kids entertained



With scotrail

If you're looking for ideas to keep the kids entertained, here you'll find lots of activities to keep you chugging along for the next wee while. Over the next few weeks we'll be adding lots of activities, quizzes, stories, behind the scenes facts and lots more to this page. If there's anything about the railway you would love to know about, drop us a tweet to @ScotRail and we'll do our best to answer your question. A few examples of activities are below and for more <https://www.scotrail.co.uk/keeping-kids-entertained>

See animals, natural objects, plants, flowers and materials.

Mind the Gap

Did you know that there are 358 stations in Scotland? Let's take a trip and visit nine of these stations. You might notice something a little odd about the station names though - some of their letters are missing. Can you work out the missing letters?

How do you pronounce that station name?

Scotland's towns and cities have fascinating stories behind the origins of their names. Let's go on a 100km journey across Scotland visiting 9 places that should convert a pronunciation genius.

<p>Milngavie "Mil-guy"</p> <p>Let's talk with one of the most charming Scottish towns. It's got the Milngavie Fossilized Millage. After you've made the town just once, never again will you experience it again. The thousand-year-old millage has the same name as the millage and the millage is the same as the millage. It's the same as the millage. It's the same as the millage. It's the same as the millage.</p>	<p>Chatelherault "Chal - her - oh"</p> <p>That's the name of the village and the name of the village is the name of the village. It's the name of the village. It's the name of the village. It's the name of the village. It's the name of the village. It's the name of the village.</p>	<p>Wemyss Bay "Wemyss Bay"</p> <p>Wemyss Bay is the name of the bay and the name of the bay is the name of the bay. It's the name of the bay. It's the name of the bay. It's the name of the bay. It's the name of the bay. It's the name of the bay.</p>
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MIND THE GAP

Can you fill in the gaps of the stations below?

1. _d_nh_rgh_w_v_r_l_y	8. _u_v_r_m_s
2. Q_u_a_g_o_Q_u_e_n_S_r_e_t	7. _be_d_e_
3. _t_v_r_n	6. K_r_g_r_e
4. T_v_w_r_n	5. S_r_l_n

Home-school help

Running out of steam on home-schooling? Download these fun factsheets on Scotland's stations and hard-to-say places - great for little train enthusiasts!

Walks in West Lothian What's near you?



Experience the countryside of West Lothian by enjoying a range of walks at a place near to you. Check out the links below

- <https://www.westlothian.gov.uk/article/34238/Elburn-Park>
- <https://www.westlothian.gov.uk/article/34239/Hillhouse-Woodland>
- <https://www.westlothian.gov.uk/article/34240/Knowes-Colliery-Woodland>
- <https://www.westlothian.gov.uk/article/34241/Oakbank-Bing>
- <https://www.westlothian.gov.uk/article/34242/Witchcraig-Woodland-Korean-War-Memorial>
- <https://www.westlothian.gov.uk/ravencraigwoodland>
- <https://www.westlothian.gov.uk/article/34244/Easter-Inch-Moss-Seafeld-Law>
- <https://www.westlothian.gov.uk/dechmontlaw>
- <https://www.westlothian.gov.uk/article/34246/Broxburn-Community-Woodland>

HELPLINE NUMBERS

- Papyrus (for children)**
 Prevention of young suicide
 papyrus-uk.org
0800 068 4141
 Free calls 9am - 10pm weekdays
 2pm - 10pm weekends and 2pm - 10pm bank holidays
- Childline**
 childline.org.uk
0800 1111
 Free calls anytime, available 24 hrs, 7 days per week
- Samaritans**
 Non judgemental listening service for people struggling/in distress - all age groups
116 123
 Free calls anytime, available 24 hrs, 7 days per week
- CALM**
 Focuses on preventing male suicide
 thecalmzone.net
0800 58 58 58
 Free calls 5pm - midnight 7 days per week
- The Silverline (for older people)**
 thesilverline.org.uk
0800 4 70 80 90
 Free calls anytime, available 24hrs, 7 days per week
- NHS helpline**
 Search nearest A&E at:
 111.nhs.uk
0800 4 70 80 90
 Free calls anytime, available 24 hrs, 7 days per week
- SANEline**
 Offers emotional support, guidance and information

SHINING A LIGHT ON
SUICIDE

**TOGETHER
WE CAN
HELP
PREVENT
SUICIDE**

Always remember to:

- respect others and keep yourself and your family at least 2m away from other people. Keep your dog close when other people are around.
- not touch your face and always wash your hands with soap and water when you return home. As an extra precaution, take some hand sanitiser with you on your travels.
- not touch anything unnecessarily, e.g. gates, railings, etc.
- take litter home or put it in the litter bin. Use a different bin if the nearest one is full.

WEST LOTHIAN RUN Virtual Festival of Running

THE SCHOOL BANK
West Lothian Providing for the school day
Raising valuable funds

West Lothian foodbank
Entries Open

PIC•COLLAGE

Virtual Festival of Running



We are delighted to confirm that entries are now open for our Virtual Festival of Running!

Sign up for the event in August, kids 1k, 2k, 7k or half marathon, and we will send you your running number and finishers medal without you having to send us confirmation of your run as we want you to have your medal when you cross that finish line or be able to present it to your running hero.

The entry fee is £8 for all distances and all profits will be donated equally between The School Bank West Lothian and West Lothian Foodbank. So not only will you be improving your mind and body but you will be raising much needed funds for two fantastic local charities.

Entries will remain open until the end of August and you can sign up and complete your run at any point during this time. For more information email paulbrown1979@hotmail.com

or check out our page on Facebook https://www.facebook.com/WestLothianRun/?hc_ref=ARRQspqYgtZzRbPEsodqWALQjxy0cdJB-4wKrPiQuiYq4X0M40gOhN53HV5BCi65UBs&fref=fn

Entry is confirmed when your payment has been received.

We would love to share your heroic running moments and can share/post your photos on our page throughout the period of the festival.



The REGENERATION Team

Prescriptions
To date we have delivered over 822 scripts to individuals shielding