

Bulletin

The Electoral Commission



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You will need photo ID to vote in the UK General Election on 4 July 2024

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Find out more at electoralcommission.org.uk/VoterID

Find further local information on the general election by visiting westlothian.gov.uk/GE2024

MAKE IT A SUMMER TO REMEMBER IN WEST LOTHIAN

West Lothian is a perfect summer destination, offering a blend of natural beauty, historical richness, and family-friendly activities. Here's five locations that make West Lothian an ideal summer getaway in 2024.

BEECRAIGS COUNTRY PARK

A NATURAL HAVEN



LINLITHGOW PALACE AND LOCH HISTORICAL ELEGANCE



ALMOND VALLEY HERITAGE CENTRE FUN FOR ALL AGES

New outdoor play area @ Almond Valley this summer

Take a step into Livingston's past this summer and explore a spectacular and imaginative new outdoor play structure at Almond Valley Heritage Centre.

Page 4

FREE CHILD ENTRY

for Almond Valley Heritage Centre

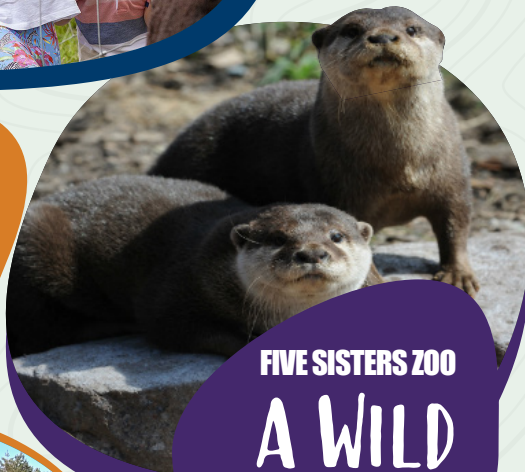


This voucher admits one child free when accompanied by an adult paying full admission. (Child = between 2 and 15 years old) The voucher is valid until 31 August 2024 and copies are not accepted. Please present this voucher at reception. www.almondvalley.co.uk

THE KOREAN WAR MEMORIAL AND BATHGATE HILLS REFLECTION AND RECREATION



FIVE SISTERS ZOO A WILD ADVENTURE



Turn to pages 4 & 5 for more information on summer in West Lothian



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To follow us on WhatsApp, please follow these steps:

1 Do you have WhatsApp on your personal device? If not, install WhatsApp from the Google Play or Apple Appstore.



2 If you already have WhatsApp installed, please make sure you have the most up-to-date version of the app.

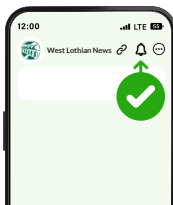
3 Scan the QR code with your phone camera.



4 Tap the follow button to follow the West Lothian News channel.



5 Make sure you have notifications turned on by ensuring the bell icon does not have a score through it.



For further information, visit: westlothian.gov.uk/signup

Broxburn Academy pupil is national 'Great Debate' champion.

A Broxburn Academy pupil has been named the winner of a prestigious national debating competition

Emma Crow (S5) was in Windsor Castle at the final of the Historic Association 'Great Debate' public speaking competition, where she was up against participants from across the United Kingdom.

Earlier this year she won the Scottish heat, and then won a UK wide semi-final, before making the final shortlist of 22 to be invited to Windsor from hundreds of entries.

Participants were asked to

present on the topic 'Which historical place or person from your local area deserves greater recognition?' to an esteemed judging panel made up of professors of History from Cambridge, Royal Holloway and UCL.

Emma's talk was a fascinating story of Mary Paterson, who was one of the victims of the infamous grave robbers and murders of William Burke and William



Hare in the early 19th century. She wowed the judging panel and was named as overall winner and, in doing

so, became the first Scottish speaker to win the award since 2008.

National recognition for West Lothian Council Apprentices

Two outstanding West Lothian Council apprentice electricians have been recognised by the Association for Public Service Excellence (APSE) Scotland.

Cameron Stavert, who is a first-year apprentice electrician, picked up the Apprentice of the Year Award (1st Year) 2024.

The 19-year-old former Broxburn Academy pupil, was nominated for the award by colleagues as he was the standout apprentice in the last 12 months in both the workplace and at college, as he has undertaken his first year.

Once he was selected as a finalist, Cameron had to undertake an interview

process with APSE before he was selected as the Overall Apprentice of the Year winner.

Joining him at the award ceremony was fellow apprentice Chris Harkins. Chris, who is now in the third year of his apprenticeship, made it to the final of his category. The former St Kentigern's Academy pupil is no stranger to recognition, having been a previous APSE award winner during the second year of his apprenticeship.



BULLETIN SURVEY 2024

We hope that you are enjoying this issue of the council's newspaper *Bulletin*. *Bulletin* is printed on 100% recycled paper and costs 12p per-edition for each household. Through this publication we aim to deliver important council and local news to every household.

We are keen to hear what you think about *Bulletin*. Please scan the QR code with your smartphone to complete the questionnaire online.

To complete the survey by post, please cut out and post to: Freepost BULLETIN SURVEY



1 How would you rate the overall quality of *Bulletin*?

- a Excellent
- b Good
- c Average
- d Poor
- e Very poor

2 In general, do you read *Bulletin*?

- a Always
- b Usually
- c Sometimes
- d Very rarely
- e Never

3 Do you find the information in *Bulletin* easy to understand?

Please circle a number below - Where 6 is very easy to understand and 1 is very difficult to understand.

- 1 | 2 | 3 | 4 | 5 | 6

4 Please rate the stories you enjoy most.

Please circle a number below - where 6 is very enjoyable and 1 being the least enjoyable.

- Roads and infrastructure updates
1 | 2 | 3 | 4 | 5 | 6
- News about council housing
1 | 2 | 3 | 4 | 5 | 6
- Education and schools
1 | 2 | 3 | 4 | 5 | 6
- Events and offers
1 | 2 | 3 | 4 | 5 | 6
- Leisure, sport and open spaces
1 | 2 | 3 | 4 | 5 | 6
- News about what the council spends its budget on
1 | 2 | 3 | 4 | 5 | 6

5 Can you suggest any changes/improvements to *Bulletin*?

6 How would you rate the selection of articles in *Bulletin*?

- a Excellent
- b Good
- c Average
- d Poor
- e Very poor

7 What age group are you in?

- a Under 20
- b 21-35
- c 36-50
- d 51-65
- e Over 65

8 Please tell us which town or village you live in (optional)



Glowing report for East Calder Primary School

Pupils and staff at East Calder Primary School are reflecting on a very positive report from Education Scotland inspectors.

Inspectors noted children across the school as happy, confident and respectful towards each other and adults. Pupils have a genuine interest in their learning and benefit from many valuable opportunities to achieve success and develop a wide range of skills.

They also observed a strong commitment from the school's staff team to improving their skills and knowledge. This culture of professional learning and shared values is enhancing approaches to learning, teaching and assessment.

In March 2024, East Calder Primary School became the first school in West Lothian, and one of the first schools in Scotland to achieve the 'Endorsement Digital Schools Award' from Digital Schools Awards Scotland – this award recognises the schools continued and sustained strength and developments in their digital learning and teaching.

Headteacher Fiona Stewart said: "I am thrilled to see our pupils and staff have been regarded so highly by inspectors during their visit to East Calder Primary School. We are extremely

proud of all within our school community and are looking forward to the next part of our school improvement journey as we move into our new school building."

It's an exciting time for the school community with work on a brand-new replacement East Calder Primary School well under way. The new school is being constructed adjacent to the existing school in Langton Road, East Calder, with pupils and staff scheduled to move in for the start of the school session in August.



New Winchburgh Primary School officially named



A new primary school to be constructed in Winchburgh is to be called: Hawkhill Primary School.

The decision was made following a public consultation.

Various stakeholders including local school pupils and the wider Winchburgh community were then asked for their views on the potential name for the new school with "Hawkhill Primary School" being the preferred option.

Planning permission was granted earlier this year for the new non-denominational primary school, which will have an initial capacity of 231 pupils and 42 early years places.

It is being fully funded by developer contributions to cope with the increasing demand from the growing core development area of Winchburgh, with a flexible design that will allow for future expansion if required.

Work is expected to start this year, with pupils attending the new school from August 2025.

St Kentigern's Academy Girls are CyberFirst Scottish Champions

St Kentigern's Academy's S2 girls were invited to participate in a UK wide Cyber Competition run by the National Cyber Security Centre.

This was part of GCHQ, and sponsored by Morgan Stanley. The girls formed teams of up to four members and solved a range of coding, logic and encryption puzzles and were competing against schools from all over the UK. This year 28 S2 girls from St Kentigern's took part. The competition had 3608 teams from over 750 schools across the UK enter (12,500 girls in total). One of the school's teams, made up of Julia, Elisana, Julia and Akosua won, becoming Scottish Champions.

As Scottish Champions they were invited to Oxford to attend the CyberFirst winners' event. The girls met with winners from each of our four nations, explored Oxford University and attended an Awards Ceremony and Gala dinner.

Also, in recognition of all the good work undertaken at St Kentigern's, the school was awarded a CyberFirst Silver Award as one of the UK's leading Cyber Schools.



Sarah Murray (Depute Headteacher) and Garath Partridge (Computing Teacher and Lead) who accompanied the students to Oxford for the Awards.

The winning team were recently invited to speak to a meeting of West Lothian Council's Education Policy Development and Scrutiny Panel.

Executive councillor for education, Andrew McGuire said: "Thank you very much to the team for coming along to speak at committee. It was a huge

honour to hear from them following their success at a national level. I hope the pupils continue to explore the world of cyber security and I hope their outstanding achievement inspires their peers to looking into the subject."

Recycling boost for flats

West Lothian Council have worked to improve the recycling facilities and opportunities for a number of flatted properties within West Lothian.

A spread of areas including East Calder, Fauldhouse, Winchburgh and others were part of this initial batch of locations.

A first phase of works has commenced and is near completion in 12 streets throughout the county with upwards of 32 separate bin stores seeing works undertaken to enable the provision of twin stream recycling to upwards of 375 properties. This work will contribute to plans to improve household recycling rates in West Lothian.



Visit West Lothian



Almond Valley Heritage Centre: Fun for All Ages

For a family day out, Almond Valley Heritage Centre in Livingston is a must-visit. This interactive museum and farm offers a delightful mix of history and hands-on activities. Kids can enjoy tractor rides, meet farm animals, and explore the soft play areas, while adults delve into the region's industrial past at the museum exhibits. Summer 2024 at Almond Valley promises special events, including daily alpaca feeding, meet the Clydesdales, animal handling, train and tractor rides and den building, ensuring a memorable experience for visitors of all ages. Special events run from Saturday 29 June to Thursday 15 August.



Linlithgow Palace and Loch: Historical Elegance

Step back in time with a visit to Linlithgow Palace, the birthplace of Mary, Queen of Scots. The majestic ruins overlook Linlithgow Loch, creating a picturesque backdrop for a leisurely summer day.

Explore the palace's grand halls and staircases, and then take a stroll around the loch's scenic pathways, ideal for picnicking, bird-watching, or simply soaking in the historic atmosphere.

During summer, the palace hosts guided tours that bring Scotland's royal history vividly to life and on Saturday 29 June and Sunday 30 June, Spectacular Jousting returns as brave and courageous knights battle it out with exhilarating horsemanship and impressive skills.



The Korean War Memorial and Bathgate Hills: Reflection and Recreation

For those seeking a blend of contemplation and outdoor adventure, the Korean War Memorial in the Bathgate Hills offers a peaceful retreat. The beautifully landscaped garden, dedicated to the Scottish soldiers who fought in the Korean War, provides panoramic views of the surrounding countryside. Nearby, the Bathgate Hills boast numerous trails for walking and mountain biking, with stunning vistas that reward every effort.



Five Sisters Zoo: A Wild Adventure

Located near West Calder, Five Sisters Zoo is another highlight of West Lothian's summer attractions. Home to over 160 species of animals, including rescued bears, lions, and lemurs, the zoo is dedicated to conservation and education. This summer, visitors can enjoy animal encounters, keeper talks, photography sessions, and special events designed to entertain and inform. No booking is required and the summer opening hours are 10am – 6pm daily.



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New outdoor play area @ Almond Valley this summer

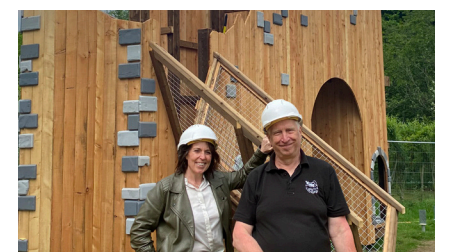
Take a step into Livingston's past this summer and explore a spectacular and imaginative new outdoor play structure at Almond Valley Heritage Centre.

The 'Ruined Peel' is the latest attraction for the family to enjoy at Almond Valley. Inspired by the original Livingston Peel – the design of the massive new play structure is based on the medieval tower house that once existed half a mile to the north in Peel Park.

Executive councillor for economy, community empowerment & wealth building, Kirsteen Sullivan, paid a visit to Almond Valley during the construction of the impressive new attraction that is set to open in July.

Councillor Sullivan said: "Almond Valley Heritage Centre really does have something for everyone and provides a wonderful setting for families to go and have fun whilst learning about the rich local history of the Almond Valley area.

"It's always been a firm favourite with my family and the 'Ruined Peel' looks like it will be another impressive addition for children to engage with the past whilst



being active."

Almond Valley Heritage Trust, Director, Robin Chesters said: "We aim to try and find new ways to engage people with the rich history we have on our doorstep. We are very excited about our new 'Ruined Peel' attraction which is sure to be popular with children and their families who will be able to have great fun exploring the structure whilst learning all about the old medieval tower that was situated nearby.

"Over £300,000 has been raised towards the construction of the attraction. We will be hosting a special opening event for the attraction this summer featuring plenty of drums, trumpets, dragons and all sorts of other medieval pageantry and everyone is invited."

For details on the grand opening of the 'Ruined Peel' attraction, please visit the Almond Valley Heritage Centre website www.almondvalley.co.uk and keep an eye on their social media channels.



West Lothian is made for

SUMMER

BEECRAIGS COUNTRY PARK

High up in the Bathgate Hills, the Beecraigs Visitor Centre has incredible views over the Firth of Forth and beyond to Edinburgh. On a clear day, you can see all the way to the Isle of May and the Bass Rock. The Visitor Centre is full of information about the local area and has a variety of interactive and interpretative displays to explore. The friendly Hideaway Café also offers an extensive menu of refreshments to enjoy after a day in the outdoors.

FACILITIES

Our toilets at Balvormie have been upgraded and modernised and a brand-new facility

has been built close to our Lochside car park making visitor experience much more enjoyable. Improvements have been made possible with funding from Rural Tourism Fund.

EXPLORING

With over 30km of paths and trails, the forest at Beecraigs offers a vast network of paths to explore through towering trees and by babbling burns. From Lochside meanders to longer hikes, there's something for everyone of all ages and abilities. The path at nearby Witchcraig has also been recently upgraded and offers both low and higher level walks

close to the Korean War Memorial.

PLAY / PLAYPARKS

are ever popular with both young and older visitors adding to a fun day out. Race one another on the flying foxes, climb the gigantic spider net, explore the wigwam huts, slides & swings, sand play area or enjoy a quiet moment in our willow domes and watch the fun.

CYCLING

including Mountain Bike Trails & Skills Area. Bring your bike along when you come to Beecraigs and explore the many forest roads through the Park. The more

adventurous can enjoy off-road trails and skills loops but please do come prepared and follow guidance and instruction in order to keep safe.

EQUESTRIAN

Many local horse riders make good use of routes through Beecraigs. If you are riding up to Beecraigs from Linlithgow, an off-road route is available from Preston Road, through Hillhouse Woodland linking into the main body of the Park (contact the Visitor Centre for further information). Should you be bringing a bus or horse box to Beecraigs, please park in the Hillhouse Car Park.



POLKEMMET

Polkemmet Country Park has a rich history dating back to the original Baillie Estate from the 1600's, and many heritage features are still present around the Park.

A Heritage Lottery Fund application is currently being put together for Polkemmet Country Park, which will be submitted later this year.

If the funding application is successful, the heritage project will run for 4-5 years and will help to restore and highlight important heritage features within the Park, and deliver other improvements to the Park. The project will include:

- Restoration project of the Dardanelles engine
- Heritage trail with interpretation panels and sculpture
- Outdoor nature learning area
- Nature trail with interpretation panels
- Courtyard surface improvements and interpretation
- New bridge link across the Almond (near Greenrigg side)
- A public consultation will be held to allow visitors to view the project details, and local community involvement will be sought for the project.

For more information, contact rangerservice@westlothian.gov.uk



ALMONDELL & CALDERWOOD

The River Almond runs through the centre of Almondell and a network of riverside and woodland paths provide opportunities for exploring by foot, bike and wheelchair. The river is crossed by several historic bridges including the wonderful old sandstone Nasmyth Bridge, the canal-feeder aqueduct and Camps Viaduct.

The old stable block is now home to our Visitor Centre offering information, refreshments, seating and local art exhibitions. Today, mature trees, wildflowers and colourful rhododendrons together with newly planted community woodlands offer a wonderful setting for enjoying wildlife and the great outdoors.

The Walled Garden has been recently restored and the area around the historic wall replanted with orchard trees, fruit bushes and wildflowers. It's a great place for a picnic and for children to enjoy the play area. Follow our Community Heritage to explore the history of the park and try out our new Heritage Trail which has been produced by the Friends of Almondell.

Calderwood is a very special place and is the largest area of ancient woodland in West Lothian and is a designated SSSI (Site of Special Scientific Interest).



The Friends of Almondell & Calderwood are an enthusiastic and welcoming volunteer group who meet the first Saturday of the month to take on a variety of practical conservation projects around the park including tree, bulb and wildflower planting, drainage works, orchard management and gardening.

Enjoy the Country Parks Responsibly

West Lothian's Country Parks are public spaces shared by a variety of visitors including families with small children, dog walkers, horse riders, wheelchair users and cyclists.

Tips:

Dogs are most welcome but must be kept under close control at all times – please don't allow your dog to approach other park users uninvited.

You must pick up after your dog and can use any of our bins to dispose of waste responsibly. Visitors are asked to be especially careful when using disposable BBQ's and these can only be used on picnic tables that are fitted with metal plates. Please ensure they are not placed on the ground and that you bring sufficient water

with you to put them out once you are finished.

Open fires are not permitted in any of the Parks & Woodlands.

Volunteering Opportunities

The Ranger Service plan and organise a number of projects for Conservation Volunteers and Friends Groups on various weekend and weekdays throughout the summer months. It's a great way to get active outdoors and help make a difference for nature and wildlife. Projects are district wide and have included tree planting, cutting back vegetation, pond works, tree-guard removal, litter-picking and woodland management at a number of sites across West Lothian including, Beecraigs, Polkemmet and Almondell & Calderwood Country Parks,

Blackmoss in Armadale, Little Boghead Nature Park, Uphall Community Woodland and Easter Inch Moss LNR. No experience is necessary to get involved. Scan the QR code for more information.



Wild Wednesday Big BioBlitz are back!

West Lothian Council Ranger Service and Ecology & Biodiversity team are running this popular series of events again this year in local greenspaces across West Lothian. Events are outdoor, family friendly sessions with activities based around nature and biodiversity. Other organisations including Bug Life, Sustrans and Police Scotland will be joining us for a day of fun and learning.

This year's dates and venues are:

- Wednesday July 17 at Livingston Village Park, Livingston, West Lothian
- Wednesday July 24 at Eliburn Park, Livingston, West Lothian
- Wednesday July 31 at Limefield Park / Polbeth, West Lothian

Our Wild Wednesday Big BioBlitz are a great way to promote your organisation and engage with the public face to face. If you are interested in offering a fun activity or hosting a stall on either of the above dates, please get in touch by as soon as possible or by end of April to rangerservice@westlothian.gov.uk

Supporting people who care for others



Carers Week is a national campaign which celebrates unpaid carers and the valuable role that they provide not only to the person they care for but to wider society. This years focus was on 'Recognising & Supporting Carers in the Community'!



Anyone who supports or looks after a family member or friend who has a mental or physical illness, a disability, an addiction, or requires additional support as they age, is a carer.

Caring responsibilities can have a huge impact on the carer's life, both day-to-day and long term, affecting relationships, health, finances, school and work. In some cases, the individuals involved might be unaware they've become a carer as the transition from short-term help to long-term care can sometimes be subtle.

Therefore, another aim of Carers Week is to help people recognise if they've become an

unpaid carer, signpost what help might be available, and encourage them to reach out for help when they need it.

Carers are entitled to receive an **Adult Carer Support Plan** or, if you are under 18, a **Young Carers Statement**. Both support individuals to identify any support you may benefit from to maintain your role as an unpaid carer alongside leading a full life of your own.

Help and support is available to carers if they ever need it.

Financial, practical and emotional support is available for those who care for others, with many not currently accessing all the support available to them. Visit westlothianhscp.org.uk or scan the QR code for more information: Carer Support.



Additional support for carers is also available through Carers of West Lothian which is a local charity commissioned by West Lothian Council to provide information, advice and support to unpaid carers and disabled people living in West Lothian, Contact 01506 448000 or visit www.carers-westlothian.com for more information about what they do.



West Lothian
Health & Social
Care Partnership

NHS
Lothian

West Lothian
Council

ASH DIEBACK DISEASE

Ash Dieback Disease is the most significant tree disease to affect the UK since Dutch Elm Disease.

The disease was first officially recorded in south-east England in 2012 from where it has spread west across the UK. It is now affecting most parts of Scotland. To date West Lothian Council have recorded over 18,000 Ash trees on council owned and maintained land, and 15,000 identified on private land.

Although many trees affected by Ash Dieback Disease do need to be removed, there are locations where affected trees can remain in place as there is no safety concerns. Survey season is about to resume for West Lothian Council covering the surveying and inspection of ash trees suffering with Ash Dieback Disease (*Hymenoscyphus fraxinea*) the surveys will cover both council and private trees.

This is undertaken cyclically, where the progression of the disease is monitored and with the data provided a plan of action drawn up, including any that require priority felling/pruning.

Currently the council are only dealing with trees owned and maintained by the council, however where appropriate, tree owners will be notified of dangerous trees that may be a health and safety risk. This could be roads, footpaths, housing assets, as-well-as other council owned assets.

What to do if you own an Ash Tree?

Firstly, it is important to note that the responsibility of trees lies with the owner of the land on which they stand. Landowners have a legal "duty of care" to ensure that, as far as is reasonably practical, public safety is not compromised by the failure of branches or a whole tree which has known defects.

The council are encouraging tree owners to assess their trees between mid-June and end of August, information on how to do this can be found on the council website.

Once inspected appropriate action should be considered, especially where a tree or branch failure could result in injury or worse, or damage to public or private property.

Trees affected with Ash Dieback become brittle and can be very unpredictable and dangerous to climb, tree owners are advised to seek assistance from qualified and experienced arborist.

New trees

West Lothian Council are actively planting new trees.

Not all areas will be suitable for replanting and, where possible, other locations nearby will be used as an alternative. Successful planting projects have recently been undertaken by Parks & Woodland department with the help of Community Justice teams, contractors, and local volunteers. A total of 81 street trees have been planted in Linlithgow, and over 500 small trees have been planted in West Lothian woodlands.

This, however, is only a small step towards the replacement planting of lost trees, with further street tree, woodland restoration and expansion planting planned for the future. Working alongside West Lothian Council's Ecology & Biodiversity team new areas will be identified for woodland creation.



Key investment in council homes



£8.2million will be invested in council housing upgrades this year.

Planned work includes the installation of new kitchens and bathrooms, window and door refurbishments and renewals, stair upgrades, fencing programmes and a number of other types of repairs.

Currently, 82 council properties in Bridgend have been benefiting from window and

door refurbishments/renewals and a further 102 properties are planned.

There are 377 properties set to receive full window and door upgrades this financial year.

Windows and door upgrades are essential to keep properties in compliance with the Scottish

Housing Quality Standard (SHQS) and contribute towards meeting Energy Efficiency Standard for Social Housing (EESH).

Executive councillor for housing services, George Paul visited properties in Bridgend alongside representatives from the council's Building Services and

CR Smith to see work being carried out first hand.

Councillor Paul said: "The maintenance and improvement of council properties is of vital importance to West Lothian Council and significant investment has been committed to this aim.

"I was pleased to have the chance to see the work in action in Bridgend and hear from tenants how pleased they were with the work carried out by building services staff and partners."

Council Tenants will be contacted to notify of any upcoming work or checks for their property and will often be asked to arrange for operatives to be allowed access to the property to allow them to carry out the essential work.

Councillor Paul added: "Tenants are asked that they should receive a notification from Building Services regarding any capital programme works or essential maintenance checks to please arrange for access for operatives to safely carry out the work."

Tackling Empty Homes in West Lothian

There is a shortage of available housing



Every home that is empty is one that could be used by a family who needs a home. Empty homes impact on the quality of neighbourhoods and the environment.

Drawing inspiration from successful initiatives such as the Scottish Empty Homes Partnership (SEHP), there is a need to encourage owners to bring homes back into use and revitalise neighbourhoods through strategic partnerships and innovative solutions. Bringing empty homes back into use can increase housing supply, improve community safety and contribute to regeneration.

For owners of empty homes in West Lothian, the council can offer advice and information to help you bring your properties back into use and contribute to the overall well-being of our region.

Council staff can signpost owners to advice and guidance on property management, maintenance, and legal requirements to assist owners in effectively managing their empty homes.

Advice and information is also available by scanning the QR code.

If you require information or advice on bringing an empty property back into use or if you want to report an empty home, please contact EmptyHomes@westlothian.gov.uk

By working collaboratively and taking proactive steps, we can transform empty properties into thriving community assets, and foster a strong sense of pride and ownership among residents.



New postcode look-up service launched for council tenants

Council housing tenants can now check when their home is scheduled for improvement and maintenance works thanks to a new postcode look-up system.



Tenants can find out when a review is to be carried out for work to take place in their property by entering their postcode into the system before selecting their address from a drop-down menu. They'll then be presented with a table detailing when capital work reviews are due to take place for their property. Works include kitchen and bathroom renewals, central heating replacements, energy efficiency works and much more.

While the review itself will be conducted in the designated programme year, actual installation may occur in the subsequent year depending on lead-in times for specific elements. It's important to note that the review date provided may at times be subject to change.

The system has been developed on the back of engagement with council tenants with feedback indicating tenants sought more ways to find out when their home was due for capital work upgrades.

Tenants should visit: www.westlothian.gov.uk/search-for-your-address or scan the QR code.

Tenants should note that dates currently displayed on the system are from last year's Capital Improvement Programme. Indicative dates for review for the updated Capital Programme will be updated on the system in the near future.



Your Garden Waste service has changed



You must display a permit if you want to continue with your garden waste collection.
If you don't purchase and display a permit, only food waste will be collected.

Please purchase your permit today.

You can purchase your permit at: www.westlothian.gov.uk/brownbins
or scan the QR code or call 01506 280000.

- Once your permit arrives, please follow the instructions provided and attach it to your brown bin.
- A permit costs £50 per household (maximum two brown bins per household).

SCAN FOR MORE INFORMATION

All permits are valid from 1 June 2024 to 31 May 2025.



Householders have choices when disposing of their household waste

If your household waste can't go in your household bin, you have a choice.

Book a Bulky Uplift



Take items to a Recycling Centre (either in a car or van)



Use a licenced private contractor to dispose of the items



Make the **correct** choice



FLY TIPPING is never the correct choice It spoils your community, it's illegal and it's ALWAYS the wrong choice.

Look after West Lothian's amazing natural environment by ensuring you dispose of all your waste responsibly. Fly-tipping is illegal and dangerous. Anyone caught could be fined up to £40,000 or face a jail sentence.

Report
FlyTipping



LOVE
WestLothian



West Lothian
Council

Book and visit **ANY** of West Lothian's five recycling centres

You must book a slot before visiting our Recycling Centres.

This provides a faster experience with fewer queues and less crowding. Same day appointments for cars are often available.

Please book your slot at: www.westlothian.gov.uk/crcbooking or scan the QR code.



West Lothian residents can book available appointments at **ANY** of our five Recycling Centres. At least two centres are open each day.

Location	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Oakbank	✓	✗	✓	✗	✓	✓	✓
Whitburn	✓	✗	✓	✗	✓	✓	✓
Blackburn	✗	✓	✗	✓	✗	✓	✓
Broxburn	✗	✗	✗	✓	✗	✗	✓
Linlithgow	✗	✓	✗	✗	✗	✓	✗

OPEN **✓** CLOSED **✗**

Please note:

- If you turn up without a booking you cannot enter the site.
- Please remember to cancel your appointment if you no longer need it – someone else can then use the slot.
- If you can't book your first choice location and time, please consider another location.
- Only the vehicle registration booked will be permitted entry.
- Please double check the date and site you have booked before arrival.
- If travelling in a van, or car towing a trailer, you must select the correct vehicle type. This cannot be amended later.

We are here to help you. Thank you for treating us with respect.

Zero Tolerance: Abusive and aggressive behaviour towards our employees is totally unacceptable. Anyone found to be abusive or aggressive towards our staff will no longer be able to use our Recycling Centres and Police Scotland may be informed.



Your blue bin is for clean & dry paper, card and cardboard only.

- ✓ Newspaper and magazines
- ✓ Cardboard boxes
- ✓ Mail and envelopes
- ✓ Office and shredded paper
- ✓ Kitchen and toilet roll tubes



Your green bin is for empty, clean & dry plastic, tins, cans and cartons only.

- ✓ Plastic bottles
- ✓ Pots, tubs and trays
- ✓ Empty aerosols
- ✓ Cartons
- ✓ Tins and cans
- ✓ Empty plastic bags

We do not currently recycle the following items in either the blue or green bin, so please place them in your grey bin:

- ✓ Greasy pizza boxes
- ✓ Tissues/kitchen roll
- ✓ Bubble wrap
- ✓ Polystyrene
- ✓ Nappies
- ✓ Crisp packets and tubes
- ✓ Clothes hangers
- ✓ Pill/blister packs
- ✓ Wet cardboard
- ✓ Black bin bags.




For more details of what can be recycled in your blue and green bins, please visit www.westlothian.gov.uk/blueandgreenbins
Residents in flatted properties who only have a blue bin should visit www.westlothian.gov.uk/bluebinonly instead.



How Do I Access Health and Wellbeing Services?

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. **Please retain this guide for future use.**

Self care

The most important type of care is selfcare. Selfcare 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 or 0800 224 488 (Mon-Fri 8am-6pm). 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 Advice on what to do if you have cold or flu symptoms

Self Care Forum: www.selfcareforum.org/resources/patientportal 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 or 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

If you are over 50 and want to be more active:

Living well – for people aged 50+ : www.westlothianleisure.com

West Lothian Leisure, in partnership with West Lothian Health and Social Care Partnership, can offer targeted exercise programmes to patients to assist with Mobility, mental health and physical rehabilitation. If you feel you would benefit from such a programme please contact your GP to request a referral.

For information about local activities and support to get out and about: **British Red Cross Community Coordinators:** 0131 654 0340

Common illnesses or advice on medicines

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

- Acne
- Allergies
- Athletes Foot
- Backache
- Cold Sores
- Constipation
- Cough
- Diarrhoea
- Dry Eyes
- Earache and Ear Wax
- Eczema
- Emergency Contraception
- Haemorrhoids (piles)
- Headache
- Headlice
- Indigestion
- Impetigo
- Mouth Ulcers
- Nasal Congestion
- Pain and period pain
- Sinusitis
- Sore throat
- Thrush
- Threadworms
- UTIs
- Warts and Verrucae

For further information go to: www.nhsinform.scot/care-support-and-rights/nhs-services/pharmacy/nhs-pharmacy-first-scotland

Your Practice Nurse

Practice nurses are experienced in dealing with many health conditions such as high blood pressure, asthma, diabetes, Chronic Obstructive Pulmonary Disease 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. Your GP practice Receptionist will be able to provide advice on whether the nurse might be the best clinician to deal with your problem.

Dental and mouth problems

Emergency Dental Care (Registered & Unregistered Patients)

What is a Dental Emergency?

- Trauma to the teeth
- Uncontrolled Dental Pain
- Facial Swelling (altered appearance)
- Swelling inside the mouth
- Ulceration
- Altered Sensation (face or mouth)

If you require routine dental treatment, please contact your own dentist during their normal working hours.

If you are not registered with a dentist, please refer to the Lothian Dentists

Website: weare.nhslothian.scot/dentists

How to access emergency dental care

Weekdays

Registered patients – contact your own dentist (9am-6pm & 9am-3pm Fridays) call NHS 24 on 111 after 6pm (3pm on Fridays)

Unregistered patients – call Chalmers Dental Care Centre in Edinburgh: 0131 537 8801 / 8802 9am-6pm Mon-Fri.

Out of hours, weekends and public holidays please contact NHS24 on 111.

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: Contact your Health Visitor for help and advice

Ask your local Pharmacist

For advice on common infant and toddler illnesses go to: www.whenshouldiworry.com

Social work support

Social Work Duty and Child Protection Team 01506 284848 (option 2)

Adult Social Care Enquiry Team (ASCET) 01506 284848 or adultsocialcare@westlothian.gov.uk ASCET provide an essential central point of contact for all enquiries for services, such as those for Older People, Adults, Occupational Therapy and Support at Home

01506 282 252 Livingston anyone under 65

01506 284 700 Bathgate under 16 and over 65

Alcohol and drug problems

Drop-in Clinics: Call 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, or scan the QR code.



Depression, anxiety and mental wellbeing

Westspace: Provides an overview of all local mental health services: www.westspace.org.uk

Breathing Space: Offers someone to talk to if your feelings are overwhelming 0800 838 587 or 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.

Scotland Action for Mental Health (SAMH) 0344 800 0550 or www.samh.org.uk

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 or go to www.carers-westlothian.com

Muscle and joint problems

For muscle and joint problems such as back, neck, hip or knee pain you can visit: www.nhsinform.scot/msk for help. Or ask your GP Practice if they have a GP Advanced Physiotherapy Practitioner (APP) you can see. If they are not available, ask your GP team for advice. They may refer you to your local physiotherapy service.

Foot problems

If you have a foot problem you can go to: www.nhsinform.scot/msk and search for 'foot injuries' Or, if you think you need an appointment for specialist foot and nail care with a Podiatrist, you can refer yourself - ask for a referral form at your GP practice. Or visit: services.nhslothian.scot/podiatry

Young people

Information on all services can be found on: www.westspace.org.uk

Telephone for mental health and relationship concerns.

Listen & Link self referral service call 01506 283160 or email:

mentalhealthsupport@westlothian.gov.uk

Someone to talk to:

● **Childline** 0800 1111

● **Relationship Helpline** 0808 802 2088

● **National Society for the Protection of Cruelty to Children (NSPCC) Helpline** 0808 800 5000

● **The Mix Helpline** 0808 808 4994

● **Hope Line UK** 0800 068 4141

● **Anxiety UK** 0344 477 5774

● **Parentline** 08000 28 22 33

● **Young Minds Parents Helpline** 0808 802 5544

● **Child Bereavement UK** 0800 02 888 40

● **Text VOICE to 85258 for free and confidential support 24/7**

If you do need advice from your GP Practice:

All GP Practices within West Lothian have a policy of active signposting for patients. This is designed to connect patients more directly with the most appropriate source of help or advice; this may include services in the community as well as within the practice.

If the receptionist asks what is wrong with you, please tell them. They are asking so they can find the most appropriate 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 appointment please

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

West Lothian
Health & Social
Care Partnership

NHS
Lothian

West Lothian
Council

Help with costs in West Lothian



Experts by Experience Panel – We want to hear from you!

- Have you ever experienced living with a low income or money worries, or supported someone who has?
- Would you consider joining our group of like minded individuals to help shape how we tackle poverty and develop services in West Lothian?

What's involved?

- Regular consultations or events where you chat with other panel members and partners about key topics that matter to you.
- You can take part in person, virtually or by email.

- Recent consultations have included transport in West Lothian and services offered by Access2employment and the Larder.

What's in it for you?

- Have your say on a range of topics that matter to you.
- A chance to meet new people and build your skills and knowledge with other like-minded people.
- Access to a wide range of training, events and resources.

For more information or to join the panel please contact: volunteering@westlothian.gov.uk

Young Persons Free Bus Travel Scheme

If you are 5-21 years old and live in Scotland then you are eligible for free public bus travel, no matter your nationality. Apply now for a National Entitlement Card/Young Scot Card with free travel. Apply online at www.freebus.scot or apply via your child's school. Parental approval is required for free bus travel if you are under 16.



Summer School Holiday Meal Payments

Parent/carers will continue to receive school holiday meal payments for the summer school holidays. This will be paid to any child in P1 to P5 that has received a school clothing grant, or any child in P6 and above that is in receipt of free school meals because of low household income. A payment of £45 per child will be made into bank accounts on Friday 21 June 2024 to cover the period from

01 July to 19 July 2024. Another £48 will then be paid into accounts on Friday 19 July 2024 to cover the period between 22 July and 12 August 2024.

If you have any queries about these payments or would like to update your bank details please email EducationBenefits@westlothian.gov.uk

Help with childcare costs

In Scotland, it is estimated that the cost of raising a child from birth to age 18 including childcare costs is £166,000 on average. These costs can be even higher for lone parents, up to as much as £220,000.

Support for families with low income is available through a range of social security benefits:

Universal Credit is estimated to be the most underclaimed benefit in the UK. Awards can include an amount for you, your partner if you have one and for any children in your household. Additional elements are also available if anyone in your household has a disability, caring responsibilities for a disabled person and for housing and childcare costs.

If you claim Universal Credit, remember to check for entitlement to Local Council Tax Reduction Scheme, which provides help toward council tax for households

with low income. This will not be applied automatically when you claim Universal Credit, so it's always worthwhile checking your entitlement.

Social Security Scotland administer a range of five family benefits exclusive to Scotland. These include Best Start Grants available to families in receipt of qualifying benefits at three different stages of childhood development, Best Start Foods pre-paid cards to help toward the cost of healthy food and Scottish Child Payment which provides £106.80 every four weeks for each child under 16 to families who get qualifying benefits.

Follow this QR code to access a quick and easy online calculator to check your entitlement to social security benefits and other financial support



Discretionary Housing Payments (DHP)

DHP hardship payments are available to people who are in receipt of either Housing Benefits or Universal Credit Housing costs but those benefits do not meet the full cost of their rent. In order to qualify for a payment you will need to demonstrate that you do not have the financial means to meet the shortfall between your HB/Housing costs and your full rent liability.

If you wish to apply for DHP you can do so

by visiting the Council's website and searching for Discretionary Housing Payments. There you will find further information about Discretionary Housing Payments and what it can cover. In addition to hardship payments to cover the rent we may also be able to assist with other housing costs such as rent deposits.



Access to Food

Everyone in our society should have access to food. Too many people are trapped in the grip of poverty and find themselves unable to meet one of their most basic needs; food. By working together in West Lothian, we can help individuals to access the right help and support to ensure their needs are met.

Many people continue to turn to emergency food provision, such as food banks, to ensure that they can put food on the table. In 2023/24, the Advice Shop supported

with 3802 food parcels help individuals and families to keep them from going hungry.

A number of organisations and projects exist across West Lothian with the aim of addressing food insecurity. You can get support from local community pantries, hubs and fridges.

A Food Map is available to find details of food projects in your local area.



Childcare Support

Childcare is expensive and can be a barrier for many parents/carers looking to access sustainable employment. There are a number of sources of support that can help families with their childcare costs. The Advice Shop can help, with dedicated advisors who can answer your questions on what you may be entitled to.

Available payments include:

Tax-free Childcare if you work - Parents can claim up to £500 every three months per child, up to £2,000 annually. Eligible parents

set up an online account where for every £8 deposited, the government adds £2.

Funded Early Learning and Childcare Hours – All parents are entitled to 1,140 hours of Early Learning and Childcare funded by the Scottish Government, which can be used 30 hours per week during school term-time or 22 hours a week used year-round.

Universal Credit for Childcare – If you pay for childcare while going to work and your child is 16 or under, you can reclaim up to 85% of your childcare costs for registered childcare.

For further advice about managing childcare costs during the cost of living crisis, you can contact the Advice Shop in the following ways.

Email advice.shop@westlothian.gov.uk
Call 01506 283000 (option 4)

To get more details about the childcare costs support out there, scan the QR code.



Is your child eligible?



School Clothing Grants



FREE School Meals



600 hours of early learning and childcare and more

More information →

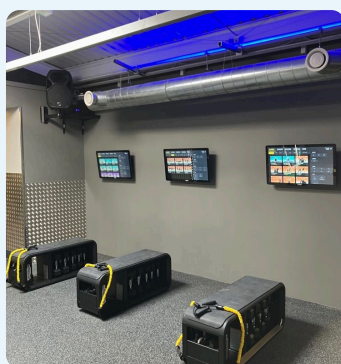
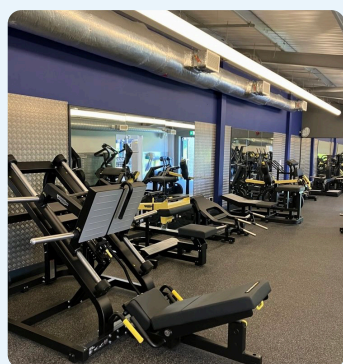


New Padel court @ Xcite Bathgate

XCITE

Played on an enclosed court, Padel is a fast-paced, social racquet sport that is often described as a mix between tennis and squash. Predominantly played as doubles, Padel is suitable for anyone to play and it's easy to learn the basic skills.

Xcite Bathgate opened West Lothian's first indoor Padel court at the end of May and this increases the number of racquet sports available through West Lothian Leisure to 5: Tennis, Badminton, Squash, Pickleball & Padel.



Gym Extension @ Xcite Linlithgow

Following extensive planning and reviews of the gym facilities on offer, we are delighted to announce that an extension opened at Xcite Linlithgow on 18th May. One of the most exciting features of the extended gym is the new Technogym equipment that has been installed.

There is a range of machines which will work on Pure Strength, Cardio and Functional areas. Users will find 11 new Pure Strength machines never seen in Xcite Linlithgow before - 2 of these new pieces of equipment are brand new to Xcite Linlithgow are the first venue to install Belt Squat and Deadlift kit. Another new piece of technology installed is Technogym Visio: this is a display screen which can provide personal trainer guidance and a wealth of fitness content right at the machine that you are using.

Kids Summer Programme @ Xcite



This summer promises to be full of a host of activities (both indoor and outdoor) to keep the children of West Lothian active and entertained during the school holidays starting at the beginning of July.

In addition to our regular multi-sports holiday day camps at various venues, we have a 4-day golf camp at Polkemmet Golf Course & Driving Range, Xcite Outdoors multi-day and single day activities (including mountain biking, archery, canoeing and more), plus lots of fun sessions at our swimming pools. There are also extra public swim sessions planned and inflatable bounce sessions. **For the full schedule and timetables, please visit our website www.westlothianleisure.com**

COLOUR RUN @ Xcite Broxburn



Due to the Scottish weather getting the better of us at the start of April, we had to reschedule our Colour Run. It will now take place as the Grand Finale to our Xcite kids summer holiday programme on Sunday 11th August

Participants will take on regular colour stations, with our team of paint throwers ready to cover you in colour from head to toe! Expect slip & slides, cargo net crawls and a number of other fun obstacles along the way - it's sure to be a great day out for all the family. Suitable for children aged 5 years+.

See www.westlothianleisure.com for details on how to book.



Coffee Bar plans @ Xcite Craigswood

We are excited to announce a brand new project for our Craigswood site. There are plans to install a new coffee bar area in the foyer, which will serve both hot and cold drinks, snacks and sandwiches. We are creating an area which can offer people, not just gym users, a place to relax and refuel with locally sourced products. Area manager, Victoria Finlay, is keen to create a welcoming space to be used by all members of the community.

Look out for more information and progress reports on our website and social media.



www.westlothianleisure.com



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