

BRIDGE 19-40 UNION CANAL SOCIETY

1st Monday of the Month - 19:00-21:00

The Bridge 19-40 Union Canal Society (SCIO) is one of the smallest and friendliest canal societies on the Scottish Lowland Canals. We take our name from the section of the Union Canal in West Lothian on which we operate. This lies between Bridge 19, the first bridge in West Lothian, just east of the M8 after the Linn's Mill Aqueduct, and Bridge 40 which is just west of Philpstoun.

Through use of our boats, the Society aims to encourage the people living in the communities along the canal to take an interest in the canal and help maintain it as a pleasant amenity for boating, walking, cycling or fishing and external.

In 2022 we had to sell our passenger boat Bluebell which meant we were unable to offer passenger trips. Fortunately following a successful fundraising campaign in November 2024 we purchased a replacement boat, Heatherbell. Heatherbell was a "sailaway". A "sailaway" allows the purchaser to undertake their own fit-out both internal and external including installing the electrics and plumbing, kitchen and toilet, and painting both inside and out.

This work is well underway at Drumshoreland near Broxburn, and the Society is now in a position to introduce Heatherbell to our funders, local community organisations and the general public to demonstrate the progress which has been made. Following the official launch, we will continue with our work on the boat with the aim of running our Santa passenger trips in December, before once again offering passenger trips with an emphasis on doing more to help the disadvantaged in the community. We will reach out to unpaid and young carers, to the elderly, and terminally ill or those in hospice care, and to other local charities and schools.

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In conjunction with the re-launch of our passenger trips, we will re-launch our water safety programme especially for young people, as with the closure of ever more swimming pools and leisure facilities, plus the close vicinity of the Canal to schools in Broxburn and Winchburgh, the dangers of children going into open water is becoming ever more acute. In doing this we will co-operate with other canal groups, schools, and Scottish Canals.

Our work is all delivered by our volunteers. We offer a range of roles:

- Maintaining the canal and its immediate environment
- Maintaining our boats
- Crewing the boat
- Driving the boat Canalside Volunteers
- Sharing canal heritage and local history with the general
- Assisting in the running and promoting of the society

Our meetings to conduct the formal business of the Society are held in Uphall Community Education Centre on the first Monday of the month. NON-MEMBERS ARE WELCOME TO ATTEND.



BACK INTO CIRCULATION

Every Monday - 17:00-19:00

The Back into Circulation Group was formed in 1997 as a community group supported by the charity Chest Heart & Stroke Scotland and St. John's Hospital Physiotherapy Department.

The group provides friendly and relaxed exercise sessions for those who may not have exercised for many years or where gentle exercise has been recommended. We have two different sessions on offer with a new session now available every Wednesday at St John's Hospital, as well as, every Monday at Uphall Community Centre. The group has had a successful run and gained new members throughout the year.

Each session is led by qualified physiotherapists and involves aerobic exercise plus some strength and balance work and includes a warm up and cool down period. The group is open to all ages and abilities. Members pay a monthly subscription (around £9 per month) and a committee looks after the running of the group.

Benefits:

- Regular exercise helps to build self-confidence, improve fitness, mobility and wellbeing.
- Exercising as part of a group with similar goals can seem less challenging or lonely.

LIVINGSTON FIDDLERS

Every Wednesday 19:30–21:30

The Fiddlers continue to enjoy meeting in Uphall Community Centre for our weekly practices. The coffee lounge is a bright venue that accomodates everyone comfortably. Numbers attending are fairly stable.

The group consists of fiddle players, an accordionist, pianist and flautist. We play a variety of music: traditional Scottish and Irish melodies, some contemporary pieces and music from Scandinavia and North America. Anyone who plays an instrument and is interested in joining the group would be welcome to contact us (NB The group is not suitable for beginners and it is essential that you can read music).

If you would like to join us or invite us to enterain your group, please contact Nicky - livingstonfiddlersevents@gmail.com



U3A UKULELE GROUP

Thursday's 14:00-16:00 (2nd and 4th of the month)

The u3a ukulele group meets twice a month and is doing well. We have had a couple of members retire recently,(and we miss them) but have also had new people join us.

We do a few gigs, mostly at care homes, one of which was at Middleton Hall, just along the road.

We also had a Friends and Family event, a first for us, which was very well attended, great fun, and enjoyed by everyone.

The ukulele is a fun instrument, and you do not need musical knowledge to learn to play. We are always happy to welcome new members.



WEST LoTHIAN U3A

Monday-Friday various times (see timetable leaflet)

West Lothian u3a has their open meeting on the third Wednesday of the month at 2.00pm at Uphall Community Centre, all months except July and December, with the AGM being the third Wednesday in October. Although there are no age or employment restrictions on membership, the organisation is aimed at those who are retired or semi-retired, particularly if they have time on their hands during the day – a youth club for recycled teenagers.

We are a volunteer organisation where members share their skills, knowledge and interests. We started in February 2006 and held our first AGM in October 2006, so it was decided to have a 20 th anniversary celebration with afternoon tea at our May 2026 meeting. This was attended by around 35 of our members, a similar number as attend our monthly meetings. We lost a few members in 2025 when the French Group decided to close but have now crept back up again, beyond what they were at this time in 2025.

During the year we have had speakers on many subjects such as Blood Bikes, 2 members of 45 Stravaig singing about Lighthouses, Basil Manoussis, an expert witness, speaking about Cyber Crime and AI, Bruce Jamieson on Robert Braid, West Lothian Photographer, someone from Murieston Community Garden and Hugh Munro, former chair of Penicuik u3, speaking on the history of papermaking, of which there is a museum in Penicuik.



WEST LOTHIAN U3A

Our group activities that meet at Uphall continue to prove popular with our members such as Book Readers, Discussion, History, Mah Jong. Music for All, Poetry, Quiz, Scrabble, Ukulele and the Craft Group rebranded as Knit, Natter and Other Crafts, as well as 9 other groups that don't meet at Uphall.

Our Ukulele Group also gets involved with extra-curricular activities. Our membership secretary and Groups co-ordinator have been attending Uphall CC committees and subsequently, Uphall Community With Kings Church Meetings. I myself attended one of these meetings and also the WL Council meeting on the Centre's future, when the Community Asset Transfer was finally agreed. On 13th May, 14 of our members took a Glenton Holidays Coach trip to Dumfries House, an event enjoyed by all.

Anne Walsh, chairperson, West Lothian u3a



JKS SCOTLAND KARATE

Every Tuesday - 18:30-19:30

My name is Henry Higgins I have been doing karate for more than 50 years. I am a 7th degree black belt in shotokan karate. I have taught karate for 40 years. I have competed in various world and European championships all over the world. My values are live and let live and honesty. I have worked for West Lothian Council for 15 years with special needs kids, which I love. I have recently started teaching at Uphall Community Centre. The people are friendly, helpful and it is a good venue.



Japan Karate Shoto Federation
Traditional & Sport Karate



UPHALL PLAYGROUP

Monday - Thursday - 09:15-14:00 (term time only)

Friday - 09:15-11:30 (term time only)

Community Playgroups has been running in West Lothian for over 12 years now. We offer children a warm and inviting environment where they can explore and spark their curiosity. Playgroup is for all children ages 2-5 and we can offer funded hours for eligible, 2, 3 and 4 year olds.

We have had another busy year, the children have been exploring lots of different topics; transport, Scotland, animals and most recently we have been looking growing and the butterfly cycle. We had a lovely visit from Bookbug. We have updated some of our sensory toys and area. We've enjoyed the new bench, water features in the garden. We are hoping to get out more into the community next term.



BROXBURN & UPHALL PRAYER GROUP

Every Wednesday - 14:00-15:00

Broxburn and Uphall Prayer Group meet every Wednesday 2-3pm in the meeting room.

We meet weekly to pray for the Church, local and wider community and the wider world. We are also happy to receive personal prayer requests. These requests are treated in the strictest confidence.

What have we achieved?

We could detail many successes in response to our prayers (except where they are in confidence) on health, relationships, wise leadership (locally and nationally) and many others.

We are delighted and fortunate to have such a bright, comfortable and pleasant facility in which we meet. We are also grateful for the assistance we receive from staff.

Sheena Carroll