

PARKINSON'S GROUP

Every Thursday - 15:00 - 16:30

And every last Wednesday of the month - 12:30 - 15:00

We meet on the last Wednesday of the month for our regular meeting and have an exercise class every week which is now being held on Thursday. At our Wednesday meetings we have tea/coffee and chat and sometimes speakers on a variety of topics.

Every December we have a Christmas lunch and an outing in June - this year we are going to the Glasgow Transport Museum



SCANNCUT CRAFT & DESIGN

Every Wednesday – 10:00–14:00

And every second Sunday of the month – 10:00 – 14:00

Our group was established 10 years ago The Brother ScanNcut is a home and hobby electronic cutting machine featuring a built-in scanner, allowing users to cut paper, fabric, vinyl, and other materials (up to 3mm thick), without needing a PC or dies. It scans images, drawings, or patterns, and converts them into cutting files making it ideal for crafters, quilters, and DIY enthusiasts.

Wireless connectivity allows us to work with Brother free canvas/workspace for editing and saving designs in the Cloud. Our Group allows us to express ourselves in many ways. Crafting is what brought us together initially, it's brought us sanity, support, friendship, therapy, and has been great for our general mental health. We've also enjoyed the friendship and interaction from other Centre users.



SCANNCUT CRAFT & DESIGN

Our Group has held several exhibitions over the years, displaying what we do, we also arrange an annual Christmas raffle, money raised has gone to many worthwhile causes in the Centre and the local Community.

We have loved holding our classes at Uphall Community Centre for the past 8 years where the centre staff and management committee have been a great support. We love the Coffee lounge as a venue and having access to the kitchen is an added bonus. We are delighted at how smoothly the transition of the new Trust is developing and look forward to making many more memories, at the Centre we love.



BIBLES & BABIES

Every Friday 09:30-11:00

We have recently moved our Friday morning group from one of our homes to Uphall Community Centre as of the 17th of April. We are a small ladies bible study, where some young mothers get together with their young children/babies to study together. It is a great time together, a chance to connect with one another and learn more about the bible. Plus our babies have a great chance to play and have fun!



KING'S CHURCH WEST LOTHIAN

Every Sunday 15:00–16:40

Kings Church West Lothian is a church who love God and want to serve our community. We are people who believe in depending on God, deepening relationships and want to display the goodness of God to those around us.

We are a friendly, youthful and diverse church. Our numbers have increased this year and we number around 90 people from newborn to 70 and lots of different backgrounds and ages.

We have continued our range of activities: Our Sunday gatherings, Friday night Feast, midweek homegroups, kidswork and youth work activities, one-to-one support, leadership development and in partnership with others. Our activities are open to anyone.

Our Sunday Gatherings continue to be a key part of what we do: worshipping together, hearing biblical teaching, enjoying coffee together. We have four kids groups which include fun, games, bible reading and growing in relationship and faith.

A BIG focus for us has been the transition of the Community Centre, and we are delighted that this will now both be our home, and home for everyone else who currently uses it or wants to be a part of the great work of Uphall Community Trust with Kings Church West Lothian.



KING'S CHURCH WEST LOTHIAN

Our All-together Sundays take place once a term. In this we've welcomed lots of guests, and enjoyed weeks like 'Really Messy Church' (A Colour Run), Brick Church (Lego themed service) and Family Meals where we enjoy food together.

At our Weekend Away went away again together in Arbroath - full of fun, water sports, worship, teaching, and great food.

We continue to partner with The BUSY Project in Uphall and have continue to use our charity budget to allow us to give gifts to local charities throughout the year to help local people and people across West Lothian. The Feast also continued throughout the year.

In all of these things, we aim to love God and one-another and our community. We are growing in depth of relationship with God, and enjoying serving our community and welcoming people to our activities and our church family.



LOTHIAN TOURETTES SUPPORT GROUP

Every second Tuesday of the month – 19:00–21:00

The Lothians Tourette Support Group was started on the 2nd Tuesday of the month 7-9pm, approximately 7 years ago to help support families living with Tourette's in the local communities. We started with a core group of around 4 families, (6-8 people), who came regularly and met in the coffee lounge with plenty of space. We now have 25-35 people every month and have taken over the youth room on group nights too.

The Lothians group has regular attendance by adults with Tourette Syndrome who are always happy to share their experiences of living with Tourette's through both adulthood and childhood. Not only is it a good opportunity for them to share but they are also a great source of support for other members at an earlier stage in their journey. We also have several families with children who have Tourette's that attend regularly, and the kids form wonderful friendships.

Activities and games are provided for the group's children and young people, including arts and crafts, various games, puzzles, table football and pool. Along with our regular groups we also try to organise outings and activities in the local community to help our members access places they would usually feel isolated from due to their tics, and Open Days to bring our wider community together.



LOTHIAN TOURETTES SUPPORT GROUP

The Community Centre is a fantastic venue for our group, and we have always felt welcomed by the staff and management committee who have also helped us with funding to get started. Tourette's rarely comes alone, and we can be noisy and unpredictable. Thankfully the staff are accepting and understanding of the members and variety of neurodiverse conditions we bring to the centre.

Tourette Syndrome (TS) is far more than the image you are likely to see in the media, where it is sensationalised and portrayed to be just about the 'swearing'; which leads to people feeling it's ok to mock and laugh at those living with Tourette's. This is NOT OK and Tourette Scotland are working hard to change people's perception.

The wonderful film "I Swear has done wonders to raise the profile of Tourette's as a whole and the work our charity does. If you haven't seen it, please watch for an insight into our members lives!

Please visit the Tourette Scotland website to find out more www.tourettescotland.org

