

Dedridge youth directory



West Lothian Council delivers

westlothian.gov.uk



West Lothian
Council

This pocket guide aims to provide young people in Dedridge with information on a wide range of services. It lets you know:

- Who to speak to about some of the issues that might be important to you
- About local clubs and activities that are available in your area, particularly at the weekend, that you may want to get involved in.

We hope that you find it useful

- 1 activities In Ladywell
- 2 drugs and alcohol
- 3 health
- 4 general activities and clubs (Livingston based)
- 5 welfare and wellbeing
- 6 employment, training, money and benefits
- 7 general information
- 8 useful numbers

1. activities for young people in Dedridge

Monday

Activity	Time	Location
FOOTBALL		
Football Training	3.30pm – 4.30pm	J.Y.H.S.
Girls Football (S1-S3)	3.30pm – 4.30pm	J.Y.H.S.
Livingston Hearts	6.30pm – 8.30pm	J.Y.H.S.
Murieston United C.F.C.	6.00pm – 9.00pm	Bankton Mains sports facility
GUIDES		
Guides (10 Years and Over)	for times contact dmguiding@yahoo.com	Murieston Village Hall
SWIMMING		
Swim West Lothian	5.45pm - 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Enterprise Club (S6)	3.30pm – 4.30pm	J.Y.H.S.
Monday Club (Sports, Arts and Crafts)	3.30pm – 5.00pm	J.Y.H.S.
Physics Homework Club (S3-S6)	4.00pm – 6.00pm	J.Y.H.S.
Pupil Support Drop-In	6.30pm to 9.00pm	J.Y.H.S.
SciZmic (Science Club)	3.30pm – 4.30pm	J.Y.H.S.

Activity	Time	Location
BADMINGTON		
Badminton Club (16 Years and Over)	7.00pm – 9.45pm	Lanthorn C.C.
BASKETBALL		
Girls Basketball (S1-S6)	3.30pm – 4.30pm	J.Y.H.S.
FOOTBALL		
Football Training	3.30pm – 4.30pm	I.C.H.S.
Livingston Hearts	6.30pm – 8.30pm	J.Y.H.S.
Murieston United C.F.C.	6.00pm – 9.00pm	Bankton Mains sports facility
Mid Calder Colts ¾	6.30pm - 8.00pm	St. Margaret's Academy
GUIDES		
Guides (10 Years and Over)	for times contact dmguiding@yahoo.com	Murieston Village Hall
KARATE		
Karate Club (5 Years and Over)	5.00pm – 7.00pm	Lanthorn C.C.
MUSIC		
Junior Windband (S1 – S3)	5.45pm - 9.15pm	St. Margaret's Academy
Rock Band (S1-S6)	3.30pm – 4.30pm	J.Y.H.S.
SCOUTS		
9th Scout Group (10 ½ to 14 Years)	7.15pm – 9.00pm	Bankton Scout Hall
SWIMMING		
Aquanauts A.S.C. (9 – 18 Years)	7.00pm – 9.00pm	J.Y.H.S.
Swim West Lothian	5.45pm - 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Homework Club	3.30pm – 4.30pm	J.Y.H.S.
Pupil Support Drop-In	1.00pm – 1.25pm	J.Y.H.S.
Teenage Reading Group (13 to 19 Years)	6.00pm – 7.00pm	Lanthorn C.C.

Tuesday

1.1 activities for young people in Dedridge

Wednesdays

Activity	Time	Location
BADMINTON		
Badminton Tuition (S1-S6)	3.30pm – 5.30pm	J.Y.H.S.
FOOTBALL		
Football Training	6.30pm – 7.30m	I.C.H.S.
Livingston Hearts	7.30pm – 9.00pm	I.C.H.S.
Murieston United C.F.C.	8.00pm – 9.30pm	St. Margaret's Academy
Broxburn Colts	6.00pm – 7.30pm	St. Margaret's Academy
Mid Calder Colts 1	6.00pm – 7.30pm	St. Margaret's Academy
Murieston United Reds	7.30pm – 8.30pm	St. Margaret's Academy
GIRLS BRIGADE		
Girls Brigade (5 to 18 Years)	6.00pm	Lanthorn C.C.
MUSIC		
Rock Band Choir (S1-S6)	12.45pm – 1.30pm	J.Y.H.S.
Rock Band (S1-S6)	3.30pm – 4.30pm	J.Y.H.S.
SWIMMING		
Swim West Lothian	5.45pm – 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Pupil Support Drop-In	1.00pm – 1.25pm	J.Y.H.S.
Wednesday Club ((S2-S4)	5.00pm – 9.30pm	J.Y.H.S.

Thursdays

Activity	Time	Location
BOYS BRIGADE		
Boys Youth Club (Up to 18 Years)	6.00pm	Lanthorn C.C.
EDINBURGH & LOTHIAN RACIAL EQUALITY COUNCIL (ELREC)		
B.M.E. Group	4.00pm – 8.00pm	I.C.H.S.
FOOTBALL		
Football Training	8.00pm – 9.30pm	St. Margaret's Academy
Livingston Hearts	6.00pm – 7.30pm	St. Margaret's Academy
Murieston United C.F.C.	6.00pm – 7.30pm	St. Margaret's Academy
Livingston North FC	7.30pm – 8.30pm	St. Margaret's Academy
Mid Calder Colts ¾	6.30pm – 8.00pm	St. Margaret's Academy
FREE RUNNING		
Youth Class (12 Years and Over)	5.30pm – 6.30pm	West Lothian College
MUSIC		
Rock Band (S1-S6)	12.45pm – 1.30pm	J.Y.H.S.
SWIMMING		
Livingston Dolphins (Up to 18 Years)	5.45pm – 9.15pm	St. Margaret's Academy
Swim West Lothian	5.45pm – 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Homework Club	3.30pm – 4.30pm	J.Y.H.S.
Pupil Support Drop-In	1.00pm – 1.25pm	J.Y.H.S.

1.2 activities for young people in Dedridge

Friday

Activity	Time	Location
FOOTBALL		
Football Training	3.30pm – 4.30pm	J.Y.H.S.
Mid Calder Colts 2	6.30pm – 8.00pm	St. Margaret's Academy
GYMNASTICS		
Club Training (S1-S3)	1.30pm – 3.30pm	J.Y.H.S.
KUK SOOL WON (MARTIAL ARTS)		
Livingston Kuk Sool Won (8-14 Years) (14 Years and Over)	6.00pm – 7.00pm 6.00pm – 7.00pm	West Lothian College
MUSIC		
Windband (Rehearsal) (S3-S6)	1.00pm – 3.00pm	J.Y.H.S.
SCOUTS		
Explorer (14 to 18 Years)	7.30pm – 9.30pm	Bankton Scout Hall
SWIMMING		
Aquanauts A.S.C. (Up to 18 Years)	6.15pm – 7.17pm	J.Y.H.S.
Livingston Dolphins (Up to 18 Years)	5.00pm – 9.15pm	J.Y.H.S.
Swim West Lothian	5.45pm – 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Youth Drop-In	1.30pm – 4.00pm	Crofthead Farm C.C.
The Edge Youth Club (S1-S6)	7.30pm – 9.00pm	Dedridge Baptist Church

Saturday

Activity	Time	Location
BADMINTON		
Badminton Tuition and Games (Up to 16 Years)	9.00am – 11.00am	J.Y.H.S.
FOOTBALL		
Livingston Hearts	10.30am – 2.30pm	J.Y.H.S.
SCOUTS		
9th Scout Group (10 ½ to 14 Years)	10.00am – 12.00pm	Bankton Scout Hall
SWIMMING		
Swim West Lothian	9.00am – 11.00am	St. Margaret's Academy
LDD	11.00am – 4.00pm	St. Margaret's Academy
OTHER ACTIVITIES		
Model Battleground (Up to 18 Years)	9.30am – 12.30pm	Lanthorn C.C.

Sunday

Activity	Time	Location
SWIMMING		
LDD	9:30am – 2:30pm	St. Margaret's Academy
OTHER ACTIVITIES		
Youth Drop-In	7.00pm – 9.00pm	Crofthead Farm C.C.

For further information about activities at:

James Young High School telephone the school reception on **01506 414244** or e-mail thejamesyoung.hs@wled.org.uk

St. Margaret's Academy telephone the reception on **01506 497104** or e-mail stmargarets.ac@wled.org.uk

Bankton Mains Sports Facility telephone **01506 460233**

Bankton Scout Hall visit www.ninthwestlothianscoutgroup.org.uk/modules/content/index.php?id=1

Crofthead Farm C.C. telephone **01506 775991**

Dedridge Baptist Church telephone **01506 415837** or e-mail youth@livibaptist.org

Lanthorn C.C. **01506 7777000** or e-mail lanthorn.lib@westlothian.gov.uk

Murieston Village Hall telephone **01506 433451**

2. general activities and clubs

Air Training Corps (2535 Squadron)

For further information telephone 01506 432 547 or visit www.2535.org.uk

Balbardie Archers

For further information telephone Mr M Elliot on 01506 200690 or e-mail murrayelliot@blueyonder.co.uk or visit www.archeryclub.co.uk

Xcite Livingston Leisure Pool & Health and Fitness Centre

Leisure pool with geysers, flumes and fountains. Children's playroom/pool. Health suite with sauna/solarium. Fitness and aquarobic classes. Almondvale Boulevard, Livingston, West Lothian

For further information telephone 01506 777870 or info@westlothianleisure.com or visit www.westlothianleisure.com

FIREFLY

Theatre based activities, drama and film workshops at Howden Park Centre for young people aged from 5 to 25 years.

Further Info: Anwen Sinnett on 01506 431727, anwen@firefly-arts.co.uk or visit www.firefly-arts.co.uk

Livingston Amateur Boxing Club

For further information telephone 01506 885848

Livingston & West Lothian Hockey Club

For further information telephone Susie McCluskey on 01506 494080

Livingston Cricket Club

For further information telephone William John on 01506 413965

Livingston Rugby Club

For further information telephone 01506 434695 or e-mail craigbolan@livingstonrugbyclub.com or visit www.livingstonrugbyclub.com or www.pitchero.com/clubs/livingston

Livingston Skates

For further information telephone Kenneth Omond on 01506 415308 liviskates@blueyonder.co.uk

2.1 general activities and clubs

Lothian Running Club

For further information telephone Martin Hyman on 01506 412322 or email martinyman@clara.co.uk or visit www.lothianrunningclub.co.uk

No Limits Multi-Sports

Sports for young people with special needs. For further information telephone Paul Weddell on 01506 855914 or visit www.nolimits.agurney.com

Riverside Youth Wing

The Riverside Youth Wing is a well provisioned and well used centre attached to Riverside Primary School. It hosts a variety of Craigshill based projects including Youth Drop-In, YAP Music Project, YWCA Girls Group, Offbeat (Arts based drop-in).

Riverside Youth Wing, Maree Walk, Craigshill, Livingston

For further information about the projects based at the Riverside Wing please contact Brendan Moohan on 01506 777505.

Territorial Army (Lowland Reserve Forces & Cadets Association, Army Cadet Force)

For further information telephone Mr M Elliot on 01506 200690 or e-mail murrayelliot@blueyonder.co.uk or visit www.archeryclub.co.uk

West Lothian Table Tennis Club

For further information telephone Drew McLaren on 01506 655373

Y.W.C.A.

YWCA Livingston aims to enable women particularly those under 30 to realise their potential and participate at all levels. Y.W.C.A. offers a drop-in service, information and advice on issues such as housing and health, educational opportunities and career development, summer play scheme for children aged 5-12 years, Young Mothers group and Young Women's group for 16-19 year olds.

31 Canberra Street, Craigshill, Livingston

For further information contact Mrs Hilda Dolan on 01506 43291 or e-mail livingstonywca@btconnect.com

3. drugs and alcohol

If you, or a friend or family member is having a problem with alcohol there are services in West Lothian that can help.

alcoholics anonymous

Meetings every Friday at Craigsfarm, Maree Walk, Craigshill
Between 6.30pm and 8.30pm
All welcome.
24 Hour Helpline **0131 225 727**

West Lothian Drugs and Alcohol Service – Livingston

Provides a range of education, training, counselling and other support services in relation to alcohol and drugs misuse, smoking, sexual health, HIV and AIDS.
43 Adelaide Street Craigshill, Livingston EH54 5HQ

**For further information telephone 01506 430225 (24 hour answer phone service)
e-mail enquiries@wldas.org**

West Lothian Family Support Group

Worried about a family member or friend who may have a problem with alcohol and/or drugs? The West Lothian Family Support Group may be able to help you. This group offers the opportunity for you to share your experiences and get advice and support in a confidential setting.

**For further information contact Fiona on 01506 446657 or Tricia on 01506 446654 or
e-mail Tricia at tricia.moran@wldas.org.**

Useful Links

Further information about drugs and drug use can be found at www.knowthescore.info
or www.talktofrank.com

Dedridge Health Centre

Dedridge Health Centre offers general health, C-Card, Cervical Smears, Dental Services, Family Planning Services, Parenting Classes, Postnatal Support Group, Pregnancy Testing, Smoking Cessation Group
Nigel Rise, Dedridge, Livingston EH54 6QQ

For further information or to make an appointment telephone 01506 414586

C. Card and Sexual Health

West Lothian College

Almondvale Crescent, Livingston, West Lothian
Monday to Friday, 9.00am-3.00pm
C:Card Direct

West Lothian Connected

West Lothian Connected, The Centre, Livingston, West Lothian
Wednesday, 12.00pm-2.00pm; Thursday and Friday, 2.00pm-4.00pm
C:Card Plus

West Lothian Mobile C:Card Service

Any place, anywhere - just pick up the phone and dial 07833 667 575 to arrange a time, place and date!
Service delivered by West Lothian Youth Action Project - Tel 01506 461588 - www.wlyap.org.uk

Emergency Contraception

All pharmacies in West Lothian supply FREE emergency contraception to all females aged 13 years and over.

Useful Links

Further information about contraception and sexual health can be found at www.healthyrespect.co.uk or www.sexualhealthscotland.co.uk

5. welfare and wellbeing

Childline

Telephone **0131 552 1123**

Breathing Space

Provide experienced advisors to listen if you feel down or depressed
Call: 0800 838587 or visit **www.breathingspaceScotland.co.uk**

Samaritans

Telephone **01324 622066**

Women's Aid

Provides refuge, support and information for women and any accompanying children who have experienced or are experiencing domestic abuse.

Telephone 01324 635661 or 01786 470897

Victim Support

Victim Support West Lothian helps people affected by crime. It provides emotional support, practical help and essential information to victims, witnesses and others affected by crime.

Units 15 - 16, Waverley Street Industrial Estate, Bathgate, West Lothian

For further information telephone 01506 635 0500 or the Scottish Helpline 0845 6039213 or e-mail victimsupport.westlothian@victimsupportsco.org.uk or visit www.vswl.org.uk

6. employment, training, money and benefits

Access to Employment

Access 2 Employment provides all the information and advice you need to get into or back into employment.
Almondbank Resource Centre, Craigshill, Livingston

For further information contact June Bell 01506 777508 or e-mail access2employment@westlothian.gov.uk

Adult Basic Education

Works with anyone over 16 to improve literacy and numeracy skills. This free service provides access to workshops, short courses and ongoing individual learning.

**Adult Learning Centre, 6-8 Glasgow Road, Bathgate EH48 2AA
01506 776333 / FREEPHONE 0800 731 1831
Janice.davidson@westlothian.gov.uk or visit www.abeonline.org.uk**

Citizens Advice Bureau West Lothian

Citizens Advice Bureau offers free confidential and impartial advice and information on a range of matters including debt counselling, welfare benefits, legal issues, employment, consumer concerns and housing.

For further information or to make an appointment telephone 01506 436132 or e-mail enquiries@cabwestlothian.org.uk or visit www.cabwestlothian.org.uk

Credit Union

The credit union encourages young people to start saving with affordable financial services such as bank accounts, low cost loans and budget accounts.

Livingston Credit Union has a new office at The Centre, Livingston.
Unit 57A, The Centre, Almondvale, Livingston, EH54 6NB

For further information telephone 01506 436678 or e-mail info@livingstoncreditunion.co.uk or visit www.livingstoncreditunion.co.uk

West Lothian College

West Lothian College offers a wide range of courses to meet most needs.
Almondvale Crescent, Livingston, EH54 7EP

For further information about the college and courses on offer telephone 01506 427605 or e-mail enquiries@west-lothian.ac.uk or visit www.west-lothian.ac.uk

West Lothian Connected

The Job Centre is based at The Centre, Almondvale Boulevard, Livingston.

**General inquiries telephone 01506 772600
Benefit Enquiries telephone 0845 608 8630
Tax Credits telephone 0845 300 3900**

Homelessness

Open Door Accommodation Project

The Project provides accommodation and support to homeless single people up to age 25 years.

For further information about the Open Door Accommodation Project telephone 01506 203478 or visit www.odap.org.uk

Crofthead Farm Community Centre

Crofthead Farm Community Centre

Crofthead Farm is home to Crofthead Art Club, Livingston Camera Club and Drop-Ins for young people. Templar Rise, Livingston, West Lothian. **For further information telephone 01506 775991**

Lanthorn Community and Library Complex

Lanthorn provides a home for Lanthorn Library and many clubs including Badminton and Girls Brigade. Kenilworth Rise, Dedridge, Livingston

For further information telephone **01506 7777000** or e-mail lanthorn.lib@westlothian.gov.uk or visit www.westlothian.gov.uk/sitecontent/libraries/lanthornlib

Craigwillow Centre

The Craigwillow Centre provides a base for several thriving clubs including dance, gymnastics, tae kwon do and trampolining.

Craigshill Road, Craigshill, Livingston

For further information on clubs and activities telephone 01506 441571.

Craigswood Sports Centre

The sports centre is run by West Lothian Leisure and offers squash and badminton courts, soft play area, a dance studio, five-a-side football pitches, athletics and fitness centre and Midnight Football. Disabled facilities: Level access to building, disabled toilets.

Craigswood Sports Centre, Craigswood, Livingston

Further info: Neil Boyle (Duty Manager) - 01506 775870.

Or visit www.westlothianleisure.com

Young People

West Lothian Youth Action Project

West Lothian Youth Action Project offers support, information and advice to young people aged 10-21 years.

We operate a detached youth work service, peer education, diversion from crime and anti-social behaviour.

A befriending service for vulnerable young people, activities and a music project. We will also assist parents/carers and communities that may be experiencing difficulties with young people.

West Lothian Youth Action Project, 33 Aller Place, Eliburn, Livingston, West Lothian, EH54 6RF

For further information telephone on 01506 461 588

e-mail: office@wlyap.org.uk, www.wlyap.org.uk/contact

8. useful information and contacts

Customer Service Centre and Information Services

For information about all West Lothian Council services and to make out of hours emergency calls.

Telephone 01506 775000 or visit www.westlothian.gov.uk

Emergency Services

For all emergency calls please telephone 999.

For all non emergencies please use the numbers below.

Livingston Police Station

Telephone 01506 431200

St John's Hospital at Howden

Telephone 01506 419666

Anti-Social Behaviour

Safer Communities Team

For all anti-social behaviour enquiries.

Freephone: 0800 801 331

Homelessness

Open Door Emergency Hostel telephone 01506 430221.

Have we missed anything out?

If you have any suggestions for inclusion in this booklet or would like to comment on content or design please e-mail Commteam@westlothian.gov.uk. with your name, postcode and email address - if you have one...and your suggestions!