

Ladywell

youth directory



West Lothian Council delivers

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West Lothian
Council

This pocket guide aims to provide young people in Ladywell 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 general activities and clubs (Livingston based)
- 3 drugs and alcohol
- 4 health
- 5 welfare and wellbeing
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1. activities for young people in Ladywell

Monday

Activity	Time	Location
FOOTBALL		
ICHS Boys Football	3.30pm – 5.00pm	I.C.H.S.
Livingston Hearts U14s	6.30pm – 7.30pm	I.C.H.S.
Uphall Diamonds U16s	7.30pm – 9.00pm	I.C.H.S.
SWIMMING		
Public Swim Sessions (Adults and Juniors)	Various	I.C.H.S.
Learn to Swim (5 Years and Over)	4.15pm - 5.15pm	I.C.H.S.
Aquanauts Swim	5.40pm – 7.30pm	I.C.H.S.
Aquafit Class (16 Years and Over)	7.40pm – 8.30pm	I.C.H.S.
Swim West Lothian Academy	5.45 - 9.15pm	St. Margaret's Academy
YOUTH CLUBS		
Inveralmond Girls Group (S1-S2)	5.30pm – 7.00pm	I.C.H.S.
OTHER ACTIVITIES		
Homework Club (S1-S6, Library)	3.30pm – 4.30pm	I.C.H.S.
Library Study Zone (S1-S6, Library)	3.30pm – 5.00pm	I.C.H.S.
Mini Tennis	4.00pm – 6.00pm	I.C.H.S.
Evening Class (16 Years and Over) Hairdressing Practical	6.30pm to 9.00pm	I.C.H.S.

Tuesday

Activity	Time	Location
FOOTBALL		
ICHS Football All Years	3.30pm – 5.00pm	I.C.H.S.
Lothian Star (U13s)	5.00pm – 6.30pm	I.C.H.S.
Livingston United FC	6.00pm – 7.30pm	I.C.H.S.
Livingston Star Boys FC	6.00pm – 7.00pm	I.C.H.S.
Broxburn Colts Boys	6.00pm – 7.30pm	I.C.H.S.
Mid Calder Colts ¾,	6.00pm – 7.30pm	St. Margaret's Academy
SWIMMING		
Public Swim Sessions (Adults and Juniors)	Various	I.C.H.S.
Learn to Swim (5 Years and Over)	4.15pm - 5.15pm	I.C.H.S.
Ladies Only Swim Lessons (16 years and over)	7.40pm – 8.30pm	I.C.H.S.
Aquafit Class (16 Years and Over)	7.40pm – 8.30pm	I.C.H.S.
Swim West Lothian	5.45pm - 9.15pm	St. Margaret's Academy
YOUTH CLUBS		
Cheerleading (S1 – S6)	3.30pm – 5.00pm	I.C.H.S.
Cookery Class (P5 – S2)	4.00pm – 6.00pm	I.C.H.S.
OTHER ACTIVITIES		
Healthy Respect Drop In (S1-S6)	12.30pm – 1.30pm	I.C.H.S.
Gymnastics (S1-S6)	3.30pm – 5.00pm	I.C.H.S.
Library Study Zone (S1-S6)	3.30pm – 5.00pm	I.C.H.S.
Badminton (S1-S6)	4.30pm – 6.30pm	I.C.H.S.
Guitar Beginners Lessons (13-18 Years)	6.00pm – 7.00pm	I.C.H.S.

1.1 activities for young people in Ladywell

Activity	Time	Location
BASKETBALL		
Livingston Basketball Club	5.30pm - 7.30pm	St. Margaret's Academy
FOOTBALL		
ICHS Training	6.30pm - 7.30pm	I.C.H.S.
Livingston Star Junior	7.30pm - 9.00pm	I.C.H.S.
Broxburn Colts	8.00pm - 9.30pm	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
RUGBY		
Rugby Club	6.00pm - 7.30pm	I.C.H.S.
SWIMMING		
Public Swim Sessions (Adults and Juniors)	Various	I.C.H.S.
Learn to Swim (5 Years and Over)	4.15pm - 5.15pm	I.C.H.S.
Adults Only Swim Lessons (16 Years and over)	7.40pm - 8.30pm	I.C.H.S.
Swim West Lothian	5.45pm - 9.15pm	St. Margaret's Academy
YOUTH ACTIVITIES		
ICHS Youth Club (S1-S6)	5.30pm - 8.30pm	I.C.H.S.
Rainbows	6.00pm - 7.00pm	I.C.H.S.
Brownies	7.00pm - 8.30pm	I.C.H.S.
OTHER ACTIVITIES		
Library Study Zone (S1-S6)	3.30pm - 5.00pm	I.C.H.S.
Multi Sports	3.30pm - 5.30pm	I.C.H.S.
West Lothian Dance (2 Years and Over)	3.45pm - 9.15pm	I.C.H.S.
Guitar Improvers (13-18 Years)	6.00pm - 7.00pm	I.C.H.S.
Tae Kwon Do	6.30pm - 7.30pm	I.C.H.S.
Running Club	6.45pm - 9.30pm	I.C.H.S.

Wednesdays

1.2 activities for young people in Ladywell

Activity	Time	Location
FOOTBALL		
Livingston United Star	6.00pm – 7.00pm	I.C.H.S.
Mid Calder Colts (12-16 Years)	7.00pm – 8.00pm	I.C.H.S.
Broxburn Colts Boys	7.00pm – 8.00pm	I.C.H.S.
Broxburn Athletic Colts (12-16 Years)	8.00pm – 9.30pm	I.C.H.S.
Livingston North FC	7.00pm – 9.00pm	St. Margaret's Academy
Mid Calder Colts ¾	6.30pm – 8.00pm	St. Margaret's Academy
SWIMMING		
Public Swim Sessions (Adults and Juniors)	Various	I.C.H.S.
Learn to Swim (5 Years and Over)	4.15pm – 5.15pm	I.C.H.S.
Aquanauts	6.40pm – 7.30pm	I.C.H.S.
Swim West Lothian	5.45pm – 9.15pm	St. Margaret's Academy
TAE KWON DO		
Livingston TKD	5.45pm – 9.15pm	St. Margaret's Academy
YOUTH ACTIVITIES		
Forestbank Junior Youth Club (10 Years and Over)	6.00pm – 8.00pm	I.C.H.S.
OTHER ACTIVITIES		
Breakdancing	3.30pm – 5.00pm	I.C.H.S.
Library Study Zone (S1-S6)	3.30pm – 5.30pm	I.C.H.S.
Yoga Beginners (16 Years and Over)	3.45pm – 9.15pm	I.C.H.S.
Karate	6.00pm – 7.00pm	I.C.H.S.
Handball	6.30pm – 7.30pm	I.C.H.S.

Thursday

Activity	Time	Location
FOOTBALL		
Livingston Star (12-16 Years)	6.00pm – 7.00pm	I.C.H.S.
Mid Calder Colts 2	7.00pm – 8.00pm	St. Margaret's Academy
SWIMMING		
Free Afternoon Swim Sessions (Juniors)	1.30pm and 2.30pm	I.C.H.S.
Learn to Swim (5 Years and Over)	4.15pm to 5.15pm	I.C.H.S.
Swim West Lothian	5.40pm – 7.30pm	I.C.H.S.
Swim West Lothian	5.45pm – 9.15pm	St. Margaret's Academy
OTHER ACTIVITIES		
Gymnastics	1.00pm – 4.00pm	I.C.H.S.
Handball (S1-S6)	1.00pm – 4.00pm	I.C.H.S.
Hockey	2.00pm – 4.00pm	I.C.H.S.
Library Study Zone (S1-S6)	12.20pm – 4.00pm	I.C.H.S.
Drop in Club (S1 – S6)	1.30 – 4.30pm	Newyearfield Farm CC
Youth Club	5.30pm – 8.30pm	St Andrew's Parish Ch.

Friday

1.3 activities for young people in Ladywell

Activity	Time	Location
SWIMMING		
Public Swim Sessions	Various	I.C.H.S.
Fun Sessions – Hamster Ball (Adults/Juniors)	1.30pm – 2.45pm	I.C.H.S.
Fun Sessions – Hamster Ball (Adults/Juniors)	3.00pm – 4.15pm	I.C.H.S.
Swim West Lothian	9.00am – 11.00am	St. Margaret's Academy
LDD	11.00am – 4.00pm	St. Margaret's Academy
OTHER ACTIVITIES		
Jangles Dance	9.30am – 1.00pm	I.C.H.S.
Skating Club	10.30am – 4.00pm	I.C.H.S.
Breakdance	1.00pm – 3.00pm	I.C.H.S.
OTHER DAILY ACTIVITIES		
Hi-Tech Fitness Room (16 Years and Over)	Sessions	I.C.H.S.
Sauna (16 Years and Over)	Sessions	I.C.H.S.
YSpinning Studio (16 Years and Over)	Sessions	I.C.H.S.
Free Holiday Swimming (16 Years and Over)	Daily Sessions	I.C.H.S.
Tennis Play & Coaching (12 Years and Over)	Various	Harrismuir Courts

Saturday

Activity	Time	Location
SWIMMING		
LDD	9:30am – 2:30pm	St. Margaret's Academy

Sunday

For further information about activities at Inveralmond Community High School, Newyearfield Farm, St. Andrew's Parish Church and Harrismuir Courts telephone the Inveralmond Community High School reception on 01506 438093 or e-mail inveralmond.chsf@wled.org.uk

For further information about activities at St. Margaret's Academy telephone the reception on 01506 497104 or e-mail stmargarets.ac@wled.org.uk

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

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 & 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 martinhyman@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 & 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

Howden Health Centre

Howden Health Centre offers general health, Family Planning, Sexual Health, C: Card, Urinary and Dental services.

Howden West Road (St. John's Hospital), Livingston, West Lothian
Telephone **01506 418532**

C: Card and Sexual Health

Craigshill - Offbeat @ Riverside Wing - Healthy Respect Drop In

Friday 1.30pm – 3pm

General & Sexual Health information, C: Card Plus, pregnancy testing & Chlamydia postal testing kits.

Inveralmond Community High School- Healthy Respect Drop In

General & Sexual Health information, C: Card Plus, pregnancy testing & Chlamydia postal testing kits.
Tuesday 12.30pm – 1.45pm (term time)

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@victimssupportsco.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. Almondvale (craigshill) Library, The Mall, Craigshill, Livingston.

For further information contact Freephone 0800 032 9768 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

Local Facilities and Services

Almondbank Public Library

Almondbank Library, The Mall, Craigshill, Livingston

For further information telephone 01506 777500 or e-mail almondbank.lib@westlothian.gov.uk

Carmondean Library

Carmondean Centre, Deans, Livingston

For further information telephone 01506 777602 or e-mail carmondean.lib@westlothian.gov.uk

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.

Online: <http://www.westlothianleisure.com>

Forestbank Community Centre

will be re-opening Autumn 2010 with a range of activities and groups for young people.

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, Elburn, 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!