

On Sunday 23rd September, 2018 the Parish welcomed Pauline Moffat, who works for the Cyrenians a registered charity that provides services throughout Edinburgh and the Lothians.

Pauline, Groups Coordinator for the OPAL services in West Lothian, spoke about the work that the charity does for the community, Homeless Prevention, Conflict Resolution and Older Peoples Services reflected in the charity's logo, **OPAL - Older People, Active Lives**.



Pauline Moffat, Groups Coordinator

OPAL, based in Bathgate, has been running for the last 5 years. It began as a befriending service for people age 60+ who were feeling lonely or isolated and wanted to reconnect with their community. The service is mostly run by volunteers with just a handful of office based staff to coordinate this.

A couple of years ago the Groups element of the service was introduced as a way for people to come together weekly or fortnightly to socialise within their local community, meet new people and also to have fun at the same time.

There are now 10 Groups currently running throughout West Lothian which include Singing for Health in Livingston, two Nibble & Natter Groups in Bathgate & Linlithgow with the other 7 being Activity Groups.

These Groups combine an activity along with a cuppa & a blether. The activities can vary from performances, informative talks, arts & crafts, pamper days, movie days and games and quizzes.

Activities are very much Group led and based on regular feedback which is taken from each Group and then converted into an Activity Plan for the coming months. Also these activities are made adaptable to include all levels of ability.

Pauline, Groups Coordinator, spoke to the congregation to find out if:

1. A Group of this sort would be of interest to you.
2. If anyone would be interested in volunteering.

Group volunteers help with teas/coffees and setting up Activities.

There are also volunteer drivers who pick people up, bring them to the Group and take them back home.



We offer:

- **Telephone support** - a friendly weekly call to share experiences and just enjoy a chat.
- **One-to-one support** - working with you to help rebuild confidence, connect with the local community, meet new people and get out and about!
- **A variety of local groups** - providing a welcoming and relaxed way of getting to know folk locally and sharing hobbies and interests.

If you would like to refer yourself or would just like more information please contact us:
01506 815 815 or email opal@cyrenians.scot

*small charge is applicable for attending groups only.

Cyrenians is a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052



Fr. Jeremy is keen for the wonderful facilities in the Canon Hoban Hall to be used more often and for the community to come together more socially. The hall would be an ideal venue to trial out something with a view to developing it further.

If you are interested in coming along or volunteering you can contact Pauline at her office: Tel: 01506 815815 or Email opal@cyrenians.scot