

WHIT'S TAE DAE?

Information for young people in Whitburn, East Whitburn and Greenrigg

This information leaflet is intended to let young people and parents know about the activities and services for young people in the Whitburn area. It has been put together by services from various public services and voluntary organisations working with young people locally.

The following pages tell you what is on every day in the town, and who it's for. If you need more information of an activity, please phone the contact person.

Whilst efforts have been made to include all relevant local groups in this, if you are aware of groups that have not been listed please contact 01501 678888 so that your information can be used in any future publications.

So keep hold of this leaflet- keep it in your bag, keep it in your house or even stick onto your bedroom wall! You'll want to look at it when you have 'nuthin tae dae'!

Saturday

Saturday	all day	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Saturday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Saturday	7.30 - 9am		Swimming Lessons and Training	Whitburn Excite	Jill Henderson	07869 283 744
saturday	9am -1pm	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Saturday	10.00 - 11.15	P1 - P3	Whitburn FCA Soccer School	Whitburn Community Centre	John Murphy	01501 741404 johnsenior@murphytransport.co.uk
Saturday	11.15 - 12.30	P4 - P7	Whitburn FCA Soccer School	Whitburn Community Centre	John Murphy	01501 741404 johnsenior@murphytransport.co.uk
Saturday	1 - 2pm	5 - 18yrs	Aquajets	Whitburn Excite	Lorraine Pollock	01501 678070

Sunday

Sunday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Sunday	ALL DAY	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Sunday	9am -1pm	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Sunday	11 - 12am		Kidz Club	Brucefield Parish Church	Contact Brucefield Church for details at: brucefieldchurch@btconnect.com	
Sunday	1.30 - 2.30pm	8yrs +	Pool Fun Session	Whitburn Excite	Lorraine Pollock	01501 678070

Some of the main services and organisations working with young people in the Whitburn area are:

Community Learning and Development

As well as providing the main youth clubs operating from community centres, Community Learning and Development staff can also help young people have a say in their community and help them get their voices heard.

For more information, contact Louise on 01501 678888.

West Lothian Youth Action Project

Operate a detached youth work service (Streetwork) in different areas across West Lothian between Wednesday and Saturday nights from 7- 10pm, with trained staff able to provide information & support on a wide range of subjects such as drug and alcohol information, education and employment advice, health and relationship support and a C-Card provision. The service is currently operating in Whitburn on a fortnightly basis on Friday evenings, staff operate from project vehicles and carry identification.

For more information please contact 01506 461588, or visit: <http://www.wlyap.org.uk/>

Active Schools

More People. More Active, More Often
Active Schools promotes, encourages and provides fun and safe physical activity within the primary and secondary school environment and in the wider community. Our ethos is to shape positive attitudes towards physical activity and build the foundations for lifelong participation. **For more information contact Paul Stark on 07767830529**

Whitburn SCA

Whitburn SCA is a sports association including football clubs covering almost age groups from primary age through to over 18's. They are an Accredited Community Club with Child Protection Policy in place and SFA qualified Coaches and First Aiders. **If you would like to find out if you or your child can join a team call John Murphy on 01501 741404 or email johnsenior@murphytransport.co.uk**

Whitburn Xcite

Kids can enjoy the SpaceBugs softplay area, Clubs, Swimming Lessons, Splash Sessions, and Aquajets. Teenagers can try out the Health & Fitness Centre and chill out in the Xcite Ice Lounge, keeping them entertained with a Fussball table and play stations.

Please phone Whitburn Xcite on 01501 678070 if you require further information.

Healthy Respect

Young people can get free, accurate, confidential information and advice about anything to do with sexual health & relationships. **See timetable for details.**

West Lothian Young Scot (WLYS)

Are you interested in having your say or telling other people about something great you have done? If so then WLYS is the thing for you. Every year we support hundreds of young people in West Lothian to do this. Whether it's a report on our web page or a radio broadcast we can help. If you think something's unfair or needs changed and want to be heard through West Lothian Youth Congress or Scottish Youth Parliament we can help. All this and a discount card too!!

Want to know more? Contact us at: Youngscot@westlothian.gov.uk or on 01506 776478 or the email the Congress on youthcongress@westlothian.gov.uk



West Lothian Council delivers

westlothian.gov.uk



Day	Time	Who for	Group/activity	Where	Contact person	Contact details
Monday						
Monday	11 - 11.45am & 12 - 12.45pm	18mths - 5years	Wee springers gymnastics	Whitburn Excite	Lorraine Pollock	01501 678070
Monday	12:15 - 1:45pm	13+	Healthy Respect drop-in	Whitburn Health Centre	Marlyn Woodhead	01506 740719
Monday	3.30- 4.45pm	WA S4 - S6	Dance	Whitburn Academy	Paul Stark	0776 783 0529
Monday	3.30-7.00	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Monday	4 - 6pm	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Monday	4.00- 4.45pm	P3-5	Trampolining	Blackburn Community Centre	Paul Stark	07767 830529
Monday	4.00- 5.00pm	Croftmalloch Pupils P6-7	Croftmalloch PS Football Club	Whitburn Community Centre	Paul Stark	07767 830529
Monday	6 - 7.30pm	P5-7	Firefly Arts (drama and film workshops)	Whitburn Community Centre	Anwen Sinnett	anwen@firefly-arts.co.uk
Monday	6 - 7pm	Girls 5 - 7	Rainbows	Brucefield Parish Church	Cath Farrem	01501 744687
Monday	6 - 7pm	Girls 5 - 7	Rainbows	Whitburn Academy	Pauline Skinner	01501 744721
Monday	6.15 - 7.15pm	ages 5 +	Karate	Whitburn Community Centre	Whitburn Community Centre	01501 678888
Monday	6.15 - 7.30pm	Girls 7- 10	Brownies	Brucefield Parish Church	Pauline Tennant	01501 742873
Monday	7 - 8.30pm	5 yrs +	Swimming Lessons and Training	St Kents	Jill Henderson	07869 283 744
Monday	7.00- 9.00pm	12 (and at secondary school)	Army Cadet Corps	Army Cadet Corps, 29 Whitburn Platoon, West Main Street		01506 856698
Monday	7.15 - 8.45pm	Girls 10 -14	Guides	Whitburn Academy	Susan Waugh	01501 743999
Monday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Tuesday						
Tuesday	3.30- 4.30	S1- S6	Breakdance	Whitburn Academy	Paul Stark	07767 830529
Tuesday	3.30- 4.45	S2	Football	Whitburn Academy	Paul Stark	07767 830529
Tuesday	3.30- 4.45	S1- S6	Rugby	Whitburn Academy	Paul Stark	07767 830529
Tuesday	3.30-7.00	4mths - 15years	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Tuesday	3.30-7.00	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Tuesday	4 - 5pm	P6 - 7	Gymnastics	Whitburn Academy	Paul Stark	07767 830529
Tuesday	5 - 6pm	8 yrs +	Cheerleading	Whitburn Excite	Lorraine Pollock	01501 678070
Tuesday	6 - 7.30pm	Phone for details	Scouts	Brucefield Parish Church	Graeme Brown	01501 771915
Tuesday	7 - 8.15pm	Born before 1996	WFCFA Goalkeeping School	Whitburn Academy	John Murphy	01501 741404 johnsenior@murphytransport.co.uk
Tuesday	7 - 9pm	S1 - S6	Girls Group	East Whitburn Community Centre	Louise Ellis	01501 678890
Tuesday	7.30 - 9pm	Phone for details	Explorers	Brucefield Parish Church	Mark Cunningham	01501 730252
Tuesday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Wednesday						
Wednesday	9am - 7pm	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Wednesday	3.15- 4.15pm	Greenrigg Pupils P5- 7	Greenrigg PS Multisport Club	Greenrigg Primary School	Paul Stark	07767 830529
Wednesday	3.30- 4.45pm	S1- S6	Girls Football	Whitburn Academy	Paul Stark	07767 830529
Wednesday	4 - 6pm	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Wednesday	6 - 8pm	Born between 1996-2000	Whitburn Girls	Balbardie Sports Centre, Bathgate	John Murphy	01501 741404 johnsenior@murphytransport.co.uk
Wednesday	6pm - 7pm	Girls 5 - 7	Rainbows	Whitburn Academy	Grace Stirling	01501 742537
Wednesday	6pm - 7pm	Girls 7 - 10	Brownies	Whitburn Academy		
Wednesday	7 - 8.30pm	5 yrs +	Swimming Lessons and Training	St Kents	Jill Henderson	07869 283 744
Wednesday	7 - 9pm	12 - 18yrs	Whitburn Youfi	Whitburn Community Centre	Louise Ellis	01501 678890
Wednesday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Thursday						
Thursday	1pm- 7.00	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Thursday	3.30- 4.30	WA S1-S6	Hockey	Whitburn Academy	Paul Stark	07767 830529
Thursday	3.30 - 4.45	WA S1- S6	Gymnastics	Whitburn Academy	Paul Stark	07767 830529
Thursday	3.45- 4.45	Polkemmet Pupils P5-7	Polkemmet PS Football Club	Polkemmet Primary School	Paul Stark	07767 830529
Thursday	4 - 5pm	P5 - P7	Handball Club	Whitburn Community Centre	Paul Stark	07767 830529
Thursday	4 - 6pm	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Thursday	5.30 - 6.30pm	Phone for details	Beavers	Brucefield Parish Church	Elaine Sharp	01506 201860
Thursday	6- 8pm	P5-6	Firstclubgolf	Polkemmet Country Park Driving Range	Paul Stark	07767 830529
Thursday	6.15 - 7.45pm	8-10 1/2 yrs	Cubs	Brucefield Parish Church	Allan Hamilton	01501 735749
Thursday	6.45 - 7.45pm	Phone for details	Beavers	Brucefield Parish Church	Elaine Sharp	01506 201860
Thursday	6- 7pm	Under 14's	Fauldhouse United Stars	Whitburn Community Centre	Billy Bishop	01501 770498
Thursday	7 - 9pm	S3 +	Senior Girls Group	Whitburn Community Centre	Louise Ellis	01501 678890
Thursday	7.00- 9.00pm	12 (and at secondary school)	Army Cadet Corps	Army Cadet Corps, 29 Whitburn Platoon, West Main Street		01506 856698
Thursday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070
Friday						
Friday	9.30-11.30	4mths - 15years	Swimming Lessons	Whitburn Excite	Lorraine Pollock	01501 678070
Friday	1.20 - 2.20pm	P1 - P3	Gymnastics	Whitburn Academy	Paul Stark	07767 830529
Friday	1.30 - 3.30pm	P3 - P5	After School Club	Whitburn Community Centre	Louise Ellis	01501 678890
Friday	2- 3pm	3-5yrs	Mini Kickers	Whitburn Community Centre	Jim Grant	01506 776183
Friday	2.30 - 3.30pm	P4 - P5	Gymnastics	Whitburn Academy	Paul Stark	07767 830529
Friday	4 - 6pm	12 - 15yrs	NRG / Teen Zone	Whitburn Excite	Lorraine Pollock	01501 678070
Friday	5 - 7pm	5 yrs +	Swimming Lessons and Training	Whitburn Excite	Jill Henderson	07869 283 744
Friday	6 - 7.30pm	Girls 7 - 10	Brownies	Brucefield Parish Church	Winnie Sherlock	01501 743711
Friday	7 - 8pm	S1+	Friday Fives (football activity)	Whitburn Community Centre	Louise Ellis	01501 678890
Friday	7 - 9pm	P6, P7, S1	Junior Youth Club / Disco	Whitburn Community Centre	Louise Ellis	01501 678890
Friday	opening hours	18 mths - 7yrs	Space Bugs (supervised play available)	Whitburn Excite	Lorraine Pollock	01501 678070