

Festival

of

Movement

Festival programme
Saturday 29 March 2025
Linthgow

**MOVE
FOR
GOOD**

All activities are free!

moveforgood.org

Welcome to our first Festival of Movement, we hope you'll enjoy exploring some new ways to move around and to connect with your body and this place we share and call home. Thank you for joining us in Moving For Good.

Move For Good is the new name for Linlithgow Community Development Trust's active and sustainable travel project.

What's on today

All activities are free!



We are delighted to welcome one of our favourite artists and writers **Dr Amanda Thomson** who will give a special illustrated talk about how we explore both the places we visit, and ourselves, through walking.

Skate or Pie! Radworx and Falkirk Wheelers will be bringing enough *shred!* for everyone; we'll bring the teas, coffees and snacks.

For our **Mini-Atlas of Active Travel** projects from across West Lothian and the central belt who are working to make walking, wheeling and cycling better for everyone come together with creative workshops, exhibitions and activities for all the family.

Join artist and choreographer Janice Parker for a **walking-based creative workshop** focusing on our senses and how we encounter our environment through connecting to our bodies.

The **Cyclo-Pedia** will give opportunities for the whole family to try a range of different bikes; with advice and taster sessions on adaptive, cargo, e-bikes and tandems; get on the circuit for a ride or come explore one of our beautiful quiet cycle routes.

There are **taster sessions and activities** for everyone, just browse our full programme. Get in touch if you have any questions, contact details are on page 7.

West Lothian Cycle Circuit

Get your legs spinning and your gears turning. Come and see what you can do on wheels. The WLCC is the perfect place to try new ways to move around on wheels and see what's possible. **Bring your own helmet if you have one.**



10am - 12.30pm

Cyclo-Pedia

Our friends from West Lothian Bike Library, Cycling Without Age, Cargo Bike Movement, Vie Velo, In-Tadem and Thistle will have different kinds of bikes so you can explore all the ways that bikes can change lives. Electric bikes, Tandems, e-Cargo bikes, Adaptive bikes for a range of abilities and disabilities.

● All ages, accompanied children, for everyone, just turn up.

Inline skating with Falkirk Wheelers

The central belt's favourite skating project is back to give both young people and adults a chance to skate for the first time or hone your skills. The team from Falkirk Wheelers will be on hand to help.

● All ages, accompanied children, for everyone, just turn, all equipment provided, skate sizes from junior 10 to adult 12.

11am - 12pm

Women's Hour - Cycling skills and group riding

Women's Hour runs regular sessions offering a women-led space to learn skills, build fitness and cycle with a friendly bunch of women cyclists. Bring your own bike and helmet to join this session and enjoy swooping around the circuit.

● Age 14+, basic cycle skills required, bring your own bike and helmet, just turn up.

10.30 - 11.15am - Session 1
Family Fun cycle session (kids and adults)

11.30 - 12.15pm - Session 2
Kids Cycling Skills and Drills (kids only)

Join our experienced cycle coach for two family friendly cycle-sessions on the track riding together or learning some new skills and drills.

● Age 8+, basic cycle skills required, bring your own bike and helmet. **Limited spaces: book through our website to save a space.**

12.15 - 2.30pm

Beginners group ride with Julie Edwards

Ever wondered about going on a group ride? Join local cycle ride-leader Julie Edwards for a short 6 mile, safe ride along National Cycle Network 754 to see some amazing local scenery and enjoy a stop at a local cafe.

● Age 16+, basic cycle skills required, bring your own bike and helmet, make sure your bike is running smoothly. **Limited spaces: book through our website to save a space.**

The Cross, Cross House and The Vennel

Join us in the town centre for walks, talks and creative activities. Get your 'wiggle on' or have a cuppa and a chat and explore our atlas of everyday movement.



11am - 5.30pm > The Cross

The Mini-Atlas of active travel

Come and find out about the Festival of Movement, see trishaws and e-cargo bikes in action, and make a bike-powered smoothie to drink!

Explore a new touring exhibition and zine about flight free adventure stories from Porty Community Energy. Pick up an activity sheet to take part in the new Puzzle Quest designed by young people at Youth Space. Go on a short self-guided walks with the GoJauntly app. Find out about our new artist-designed culture trail premiering at the festival.

11.30am - 1.30pm > The Cross

Led walk with Magali Redding

Join local walking fan to properly stretch your legs. Magali will take you on one of our best local walks to explore our amazing scenery and quiet trails. Allow 2 hours.

● All ages - accompanied children, reasonable fitness required, good walking shoes/boots, suitable clothes for being outside. **Limited spaces: book through our website.**

12 - 4pm > The Vennel

Youth Space and RadWorx skate park

Youth Space and RadWorx will host a mobile

skate park in the Vennel. Come down to try out skateboarding and get your *shred* on! Youth Space will provide some tunes and have their tuck-shop open.

● All ages, accompanied children, all equipment provided, just turn up.

12.30 - 3pm > Cross House

Moving to Net Zero: What's Your Story?

Come talk with our friends from West Lothian Climate Action Network, who want to hear your stories about travel, transport and all things climate-related.

● Ages 12+, for everyone, just turn up.

1.30 - 2.15pm > Cross House

Linlithgow Island - Let's Imagine the Best Version of Our Town!

Join this exciting and creative workshop to explore what Linlithgow could look like in the future. Together, with A Place In Childhood, we'll unleash our imaginations to draw, create, and share our unique ideas for a brighter, better town!

● All ages, children under 8 years old must be accompanied by their adult, for everyone, limited spaces sign up on the day, all materials provided.

1.30-3.30pm > Cross House**Film screenings****1.30pm - Cycling Without Age - The Movie (35 mins)**

A film about getting outside. It follows John, a retired teacher and the volunteers who use pedal-powered rickshaws to give adventure and joy to those who can no longer pedal themselves.

2.30pm - Women Don't Cycle - (50 mins)

A documentary following filmmaker Manon cycling from Brussels to Tokyo and the stories of the women she meets along the way.

- All ages, for everyone, just turn up.

2-4pm > The Cross**Dr Bike**

Bring your bike along to be checked over just in time for spring by the wonderful mechanics from 1st Step Bikes who can provide; free bike safety inspection; fixing of minor problems on the spot (brakes, gear problems, punctures); advice on best practice for looking after your bike.

- All ages, for everyone, just turn up with your bike, sign-up sheet if there are queues.

2-4pm > The Cross**An Atlas Unfolds - Meet and Greet**

Join us in the Kirk Hall at Cross House to meet some wonderful projects and groups; find out more about what they do; and how you can get involved in making all things walking, wheeling and cycling easier and more fun for everyone.

2.30-3.30pm > The Cross**An invitation to move - Creative workshop with artist and choreographer Janice Parker**

Join Janice Parker for a truly special workshop exploring walking and movement. Where we will focus on our senses and the ways in which we can encounter our environment, through connecting us to our physical selves.

Janice's practice is rooted in the politics of movement and investigates how we share spaces and experience our surroundings. She is committed to developing and

strengthening each person's innate and unique movement potential. The workshop is open to people of all ages and abilities, including people with sensory disabilities, limited mobility and wheelchair users.

- All ages, accompanied children, for everyone, limited spaces, sign up on the day, suitable clothes for being outside.

3-3.45pm > Cross House**Wheeling Revolutions: Community organising and cycling activism**

Join Kim Harding and friends for a short illustrated talk, followed by a round table chat about how we can help make our towns more friendly for walking, wheeling and cycling. Kim is a cargo-bike early adopter, the founder of Edinburgh Cycling Festival and involved in Pedal On Parliament amongst many other pursuits.

- Ages 12+, for everyone, just turn up.

4.30-5.30pm > Cross House**Amanda Thomson closing talk**

We are thrilled to welcome writer and artist Amanda Thomson who will join us to give an illustrated talk to close the festival.

Showing images and films Amanda will touch on the joy of repeated visits, the everyday, and what may be revealed when we pay attention and reconnect with the world around us through walking.

Amanda is originally from Kilsyth and her creative practice is about nature and the environments of Scotland. She appears regularly on BBC Radio 3 and 4 and in the Guardian Country Diary; her books about nature, Scots language, identity and culture are widely celebrated; and her recent artwork is on show at the V&A after premiering at the Venice Architecture Biennale.

- All ages, for everyone, just turn up.

Key information

Who

The Festival Of Movement is produced by Move For Good, an active travel project from Linlithgow Community Development Trust.

Getting here

Key locations are:

The West Lothian Cycle Circuit, Xctie Linlithgow, McGinley Way, EH49 6SQ.

The Cross and Cross House, Kirkgate, Linlithgow, EH49 7AH.

6-7 The Vennel, Llinlithgow, EH49 7EX.

Please visit our website for details of how to get to and around Linlithgow.

We encourage everyone visiting the festival to leave the car at home if you can.



Scan for website and booking links

Get in touch

If you have any further questions please get in touch by email: moveforgood@trust-linlithgow.org.uk Or call LCDT during our opening hours on: 01506 846991

For access support for disabled people or anyone with mobility issues please email festival producer Alex Misick directly: alex@trust-linlithgow.org.uk

Our partners, friends and allies

The Festival of Movement could not have happened without the work, commitment, generosity and support of all our partners and sister projects: our friends and allies. They all, often working for free, give their time and energy to make things happen in our communities. We salute you! For their websites and contact details please visit: moveforgood.org/partners



@moveforgood_
moveforgood.org

At a glance

West Lothian Cycle Circuit

10am –
12.30pm

Cyclo-Pedia, come and try sessions, in-line skating, led ride, tea coffee & snacks.

The Cross

11am – 4pm

Information point, Dr Bike, smoothie bike, led walks, puzzle quest activity.

Cross House

12 – 5.30pm

The Mini-Atlas of active travel, exhibition, films, creative workshops, talks, tea coffee snacks.

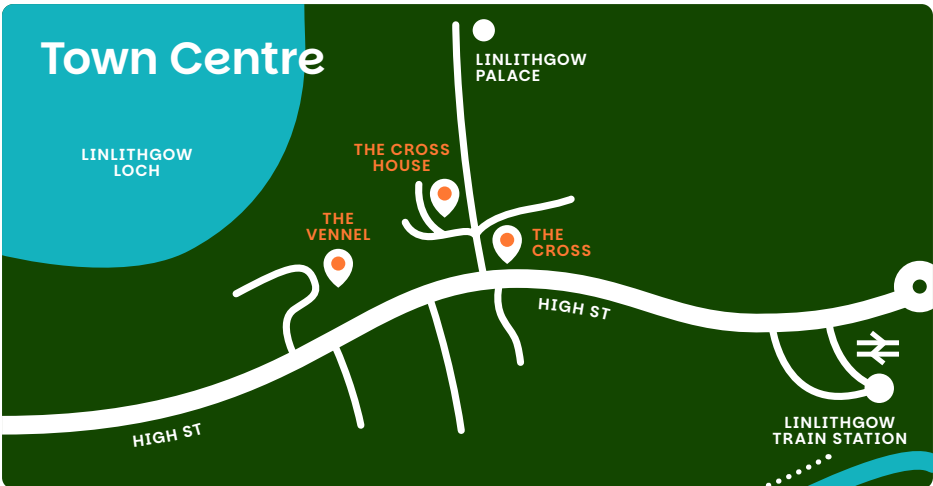
The Vennel

12 – 4pm

Skate park, music, tuck shop.

Maps

Town Centre



West Lothian Cycle Circuit

