



# Welcome to West Dunbartonshire's Health Promoting Libraries

Supporting people at risk of developing dementia and other long-term conditions. It's never too early or too late to make changes that help you feel better and stay well for longer.

## Why it matters

This picture shows all the things that can affect a person's chance of developing dementia. Dementia can be linked to conditions such as diabetes, high blood pressure, obesity, smoking and social isolation. The good news is that there are simple steps that can protect your brain and heart, helping you live well for longer. More information can be found on the Living Well displays in your library.



## Looking after your brain and body

- **Heart health:** Making changes to lifestyle habits like exercise, diet and smoking can protect your brain and heart.
- **Memory:** Staying active, eating well, keeping socially connected and learning skills can all help protect your memory and thinking skills.
- **Connections:** Loneliness and stress can affect your wellbeing. Joining groups and volunteering can help build new habits and confidence.

- **Dementia Information:** Visit West Dunbartonshire's Dementia Roadmap. Our website provides reliable information for people concerned about or living with dementia, their families and carers <https://scotland.dementiaroadmap.info/westdunbartonshire/>

## Living Well in West Dunbartonshire

We are offering free events and displays in Clydebank, Dumbarton and Alexandria libraries, where you can get:

- Blood pressure and lifestyle checks
- Advice on staying active and eating well
- Support to stop smoking and limit alcohol
- Information on local activities and volunteering opportunities
- Mental health and wellbeing support

## Event Dates in 2026:

**Alexandria Library** – Thursday 22nd January, 10am-2.30pm: Quit Your Way, Live Active, Breathing Space, Cancer Research UK, Home Energy Scotland, Dumbarton Credit Union

**Clydebank Library** – Wednesday 18th March, 10am-2.30pm: Live Active, West Dunbartonshire Community Volunteering Service, Chest Heart Stroke Scotland, Breathing Space, Stepping Stones and Home Energy Scotland, Dalmuir Credit Union

**Dumbarton Library** – Thursday 28th May, 10am-2.30pm: Breathing Space, Quit Your Way, Live Active, West Dunbartonshire Community Volunteering Service, Dumbarton Credit Union

**More dates for the rest of 2026 will be available on our website at** <http://www.wdhscp.org.uk/health-improvement/>

