

**Forward**

**Midlothian**

**Disabled People**

[www.forwardmid.org.uk](http://www.forwardmid.org.uk)

**Forward**

**Mid**

**Equality - Diversity - Inclusion**



## **A New Chapter**

Welcome to our May 2025 newsletter. We've had a lot of changes taking place, one being the sad passing of our beloved Jeff Adamson. With that the team unanimously voted and agreed with their blessing that Sheree Muir would take on the role as Chairperson for Forward Mid.

I thought I would introduce myself. My name is Sheree Muir and I have been part of Forward Mid for 8 years now. 9 years ago, my life completely changed. I went in hospital not knowing what was to come, 3 months later I left hospital in a wheelchair and a chronic medical condition. I lost my identity, mum/wife/daughter/friend and I was unable to do my job anymore, which I loved. I had worked in the Intensive Care Unit at the RIE. It was a very fast paced job and each shift totally different. There were days of heartbreaking sadness, but the next day would be one of joy for the patient and their family and I thrived off this.



Once I started trying to see what was out there in our community for me. Everything I found out was by chance and I wanted to change that. I was introduced to Forward Mid and we all connected straight away, and I was able to do work with many different organisations and try make changes for the disabled community. I want to keep it my mission that information is made available with different organisations and Forward Mid is recommended and we help sign post to the right direction and connect. Our aim as always is to create a voice for the disabled community and help to access things that will be a positive and enhanced their quality of life.

We held our event last month to launch our 2025 directory for disabled people and people with long term conditions.

It was a great success, and the vibe and energy were powerful. People and organisations networking and talking and all of this contributing towards a better quality of life for disabled people living in Midlothian.

A lot of hard work and effort goes in to keeping

### **What's Inside**

<b>RNID NHS Hearing Aids....</b>	<b>4</b>
<b>Café Connect.....</b>	<b>6</b>
<b>Dalkeith Regeneration.....</b>	<b>7</b>
<b>Gorebridge Library.....</b>	<b>7</b>
<b>Ode to a wheelie bin.....</b>	<b>7</b>
<b>P.I.P.....</b>	<b>8</b>

the directory up to date, which we update every 6 months for our community and professionals. A special 'thank you' goes to Iain Tait who does most of the work for the directory.

The rest of the team consist of:-

Eric  
Marlene  
Iain  
Tamzin  
Graham  
Stuart  
Along with myself and Ted my  
service dog.

One of our best things as a team is there is never any judgement or let downs. We all of have that connection that we strive to achieve our best on those good days and on those bad days its okay – not to be okay. This is one of the beautiful qualities we share as a team and why our team works so well and we will continue for the future.



The directory launch is so important to us and the success we create and the hard work we put in to making the event good and knowing we can bring organisations together and meet people and find useful good information and this will be beneficial. As Jeff would say 'knowledge is power'.

I'm very humbled to be in this new position as chairperson and I promise to put in as much effort and work as Jeff did and make the team proud. This will keep me going on those bad days.

An invitation to anybody if you want to be part of our organisation or work with our organisation, please get in touch. The next important work for the team is a 'away day' which is a team event. We will identify clear goals and objectives for this year and 2026. This is always a great success for the team, helping us to grow, but also a voice to share what works for us or does not work for us but all with an open mind for each other's opinions.

Lastly Ted is also a important part of me having a better quality of life and being able to leave my house. He is nearly 10 now. He's very cute and a happy boy, very friendly dog and he will continue making anyone happy who he meets.

Looking forward to the future and the rest of 2025 and what it will bring.

Signed *Sheree Muir* (Forward Mid chair person)

## Pictures from attendees at the 2025 directory launch



DR Inclusive fitness for disabled People



Specsavers, Dial a Ride / Bus Changeworks



Lothian Buses



Vocal Midlothian



Midlothian Climate Action





Supporting people  
who are deaf, have  
hearing loss or tinnitus

# GET SUPPORT WITH NHS HEARING AIDS



Visit our free drop-in service - no appointment needed.  
Our friendly volunteers can support you with:



Information  
on hearing  
loss and  
tinnitus



How to  
do a  
hearing  
check



Basic repairs &  
maintenance of  
NHS hearing  
aids (every 4-6  
months advised)



How to  
access  
support  
and services  
in your area

## Linking Loanhead - Loanhead Library



2:00pm - 4:00pm

Wednesday 4th June & 13th August

Loanhead Centre, George Avenue, EH20 9LA



**enable**  
communities



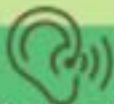
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access  
support  
and services  
in your area

## **Cafe Connect - Dalkeith**



2:00pm - 3:30pm

Thursday 5th June & 7th August

Dalkeith Arts Centre, 2 White Hart Street, EH22 1AE



**enable**  
communities



# Drop In

Free of Charge  
At Dalkeith Arts Centre



## CAFÉ CONNECT

Dalkeith Arts Centre

- Thursday 05/06/25 - 2.00 to 3.30pm
- Thursday 03/07/25 - 2.00 to 3.30pm
- Thursday 07/08/25 - 2.00 to 3.30pm

All Welcome  
- Inclusive for everyone.

We focus on what  
can do not what  
they can't do.  
Plan together.

Meet or make  
friends and share a  
blether, take part  
in a quiz or board  
games.  
Find out what's  
available with LAC.

Link in with Local Area  
Co-ordination, Enable  
Communities, Based on a  
vision of a society where  
disabled people are valued  
as full and equal members  
of the community





# Dalkeith Regeneration

Plans for the Midlothian Council Headquarters

## New one stop shop for customers

As the council reduces the size of its estate and focuses on improving the quality of its buildings, services in Dalkeith are to be brought into Midlothian House. Repairs will be carried out to the façade and work done to extend the building's life and make it more energy efficient. A new one stop shop will be created on the ground floor to provide a high quality environment for people to access a wide range of council services including a new library and arts centre.

## Town centre regeneration

Dalkeith Library and Fairfield House will be disposed of or redeveloped as part of Dalkeith town centre's regeneration.

## Best option

Cllr Parry added: "People will have seen the scaffolding that has been up outside the building for a while now so, having investigated various options, it makes financial and environmental sense to retrofit Midlothian House and relocate other services within it.

## Long term solution

"The work on Midlothian House will provide a long term, sustainable solution and a high-quality environment for council service users in the heart of Dalkeith."

## Most cost effective

The cost of the work is largely covered by savings made from closing other council buildings and making Midlothian House more energy efficient.

## Gorebridge Library

The Gorebridge Library building is also earmarked for disposal, with the aim of moving the library into the leisure centre. Gorebridge leisure centre is behind the Beacon and not in public view from Hunterfield Road.

## Ode to a wheelie bin

Wheelie bins stand guard a stubborn row.  
Weather empty or full where can I go.  
The pavement cluttered it's the same every week.  
As gaps in the bins, I slowly seek.  
My wheelchair squeezes through the gaps.  
Cramped and cluttered the streets are a maze  
Obstacles, that hinder and spoil the days  
I only want to go to park.  
I turn the corner an empty bin lies in the street.  
And on the dropped kerb a car is parked  
Where the road and the pavement meet  
The joys of a wheelchair  
4 mph the wind blows through your hair  
Happy days until the next bin day  
If they would only put there bins away.



The Parkie Poet

## P.I.P.

There is lots of worry and stress regarding the English Labour Government proposed changes to PIP and how it will affect Scotland. In Scotland you should have been moved from PIP (personal Independent Payment) to ADP (Adult Disability Payment). However if you live in Scotland and this has not happened you must contact Social Security Scotland 0800 182 2222.



The UK Government said there would be no change to the Scottish Government's block grant in 2025/26, adding that after that, the two administrations will have to try to resolve the issue. PIP and ADP payments. Therefore it will be some time yet before any decisions are made concerning ADP in Scotland. The only known fact is Adult Disability Payment assessments will not require face-to-face assessments unless the claimant prefers this method.

Inclusion Scotland chief executive Heather Fiskien meanwhile warned: "These cuts are an ideological and political choice that will cause grave harm for Scotland's disabled people.

### Retired Disabled people



Sir Stephen Timms, Minister for Social Security and Disability, said that under current policies, state pension age individuals typically do not undergo comprehensive reviews and thus should remain unaffected by the proposed changes. He noted: "In keeping with existing policy, people of State Pension Age are not routinely fully reviewed and will not be affected by the proposed changes. Information on the impacts of the Pathways to Work Green Paper will be published in due course, and some information was published alongside the Spring Statement."

We hope this puts your minds at ease at least for a short time. Once any changes are known we will be one of the first to give out this information.



### Alternative Publications

Please like us on Facebook [www.facebook.com/forwardmid/](https://www.facebook.com/forwardmid/)

Forward Mid newsletters are available in large print on request from Eric Johnstone ☎: 0131-663-9471 or [Eric.Johnstone@MCA.scot](mailto:Eric.Johnstone@MCA.scot) write to him at MCA, 4-6 White Hart Street, Dalkeith, EH22 1AE with your request. Electronic copies can be found on [www.forwardmid.org.uk](http://www.forwardmid.org.uk). The latest Firefox browser has the reader symbol  in the address bar, click and select narrate from left menu. The latest Safari Browser has the reader symbol  but does not read aloud. These only work on websites without errors. If you require help please contact Forward Mid and we will arrange to help you.

**Edited by Iain Tait for Forward Mid**