

**Midlothian  
Directory  
for  
Disabled People  
and People  
with  
Long-Term  
Conditions  
2023**



# Foreword

Welcome to Forward Mid's Directory for Disabled People and people with long-term conditions 2023.

This is the 10th edition of the Directory Forward Mid has produced and continues the tradition of being an invaluable guide to Disabled people living in Midlothian, and to public private and third sector organisations who provide services for disabled people and people with long term conditions.

When I say invaluable, I refer to the situation that the Covid pandemic continues to intensify the long-standing inequalities experienced by disabled people, people with long-term conditions and carers. Information on issues that are key to stop this inequality gap widening, continue to be meagre to say the least.

Good quality, accurate and up-to-date information that is truly accessible is essential. Glasgow Disability Alliance, with over 5000 members, surveyed their membership and found that 80% of them were not aware of any local support services they could access, and 41% had difficulties accessing information in formats required.

Good quality, accurate and up-to-date information is what Forward Mid's Directory delivers. It signposts people to organisations that can give them the support they need whether that is to resolve a specific issue, finding a social activity you might enjoy or a wider goal such as gaining more control of their lives.

The Directory was completed towards the end of 2022 and was accurate at that time. Of course, in these uncertain times we cannot guarantee that the information we have printed will still be relevant in the months ahead. Any changes to entries will be updated on the online version of the Directory.

Forward Mid's 2023 Directory Is available online in two formats:

- Mobile Device at [www.forwardmid.org.uk/pdf/mobiledirectory2023.pdf](http://www.forwardmid.org.uk/pdf/mobiledirectory2023.pdf)
- Print Quality Device at [www.forwardmid.org.uk/pdf/printdirectory2023.pdf](http://www.forwardmid.org.uk/pdf/printdirectory2023.pdf)

Forward Mid share wealth of useful information on issues that affect disabled people; publishing and distributing bi-monthly newsletter and maintain a website and Facebook page. paper copies can be provided by contacting Eric Johnstone ☎ 0131 663 9471.

Large format is also available by special request.

We believe this directory will enable and support people to identify and connect with services that have the potential to improve their quality of life allowing them to live the kind of life they choose whether that be an 'ordinarily' or an extraordinary life. If you agree, please share the details of how they can get copies of this with other people or organisations you think would benefit from having a Forward Mid Directory of their own.

Keep safe and healthy.

Kindest regards,  
**Jeff Adamson**  
**Chair, Forward Mid**



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Other graphics by Iain Tait.

In order to produce this directory, various organisations were asked to provide information. For the purposes of this directory, this information has often been repeated verbatim.

This directory provides a platform for practical information, organisations are always evolving and changing contact details. Forward Mid accept no responsibility for these changes.

# Table of Content

**Foreword.....ii**

## **Disability**



**Disability Discrimination Act.....1**  
**Models of Disability.....5**  
**Self-Directed Support.....7**

## **Local Services**



**Advocacy.....10**  
**British Red Cross.....12**  
**Citizens Advice Bureau.....15**  
**Carers.....18**  
**Cyrenians.....19**  
**Development Trusts.....21**  
**Education.....26**  
    **Communities and Lifelong Learning.26**  
    **Edinburgh College.....29**  
    **Newbattle Abbey College.....31**  
**Emergency Services.....33**  
    **Police Scotland.....33**  
    **Scottish Ambulance Service.....35**  
    **Scottish Fire and Rescue Service.....37**  
**Employment.....39**  
    **Access to Industry.....39**  
    **Into Work.....40**  
    **Jobcentre Plus.....40**  
    **Sight Scotland.....41**  
    **Skills Development Scotland.....41**

<b>Food Banks.....</b>	<b>43</b>
<b>Local Area Co-ordination.....</b>	<b>45</b>
<b>Local Groups.....</b>	<b>47</b>
<b>Beeslack Family Club.....</b>	<b>47</b>
<b>Breathe Easy Group.....</b>	<b>47</b>
<b>Bright Sparks.....</b>	<b>48</b>
<b>Can Do.....</b>	<b>49</b>
<b>D-Café.....</b>	<b>49</b>
<b>Get2gether.....</b>	<b>50</b>
<b>Gorebridge Community Café.....</b>	<b>51</b>
<b>Lothians Veterans' Centre (LVC).....</b>	<b>51</b>
<b>Midlothian Peoples Equality Group... </b>	<b>52</b>
<b>SJKP Community Café.....</b>	<b>53</b>
<b>LCiL.....</b>	<b>54</b>
<b>Midlothian Disability Access.....</b>	<b>56</b>
<b>MFIN.....</b>	<b>58</b>
<b>Midlothian Voluntary Action.....</b>	<b>59</b>
<b>Radar key.....</b>	<b>60</b>
<b>Sport.....</b>	<b>62</b>
<b>Physical Activities.....</b>	<b>62</b>
<b>Ageing Well.....</b>	<b>63</b>
<b>Lothian Disability Sport.....</b>	<b>64</b>
<b>Sports Clubs.....</b>	<b>65</b>
<b>Thistle Foundation.....</b>	<b>66</b>
<b>VOCAL &amp; Wee Breaks.....</b>	<b>67</b>
<b>Volunteer Midlothian.....</b>	<b>70</b>

## **Health & Social Care**



<b>MHSC Partnership.....</b>	<b>72</b>
------------------------------	-----------

**A&E Alternatives.....74**

**Adult Social Care.....77**

**Community Physical Rehabilitation.78**

**Defibrillators.....79**

**Dental Practices.....81**

**Medical Practices.....83**

**Midlothian Access Point.....85**

**Midcare Alarm Service.....87**

**Midlothian Community Hospital.....89**

**Midlothian Home First.....92**

**Midlothian Hospital at Home.....94**

**Midlothian Wellbeing Team.....95**

**NHS 24 Scotland.....96**

**NHS Minor Ailment Service.....98**

**Pharmacies.....99**

**Physiotherapy.....103**

**Podiatry.....104**

**Rapid Response Team.....106**

**The Smart Centre.....108**

**Medical conditions**



**Alzheimer Scotland.....110**

**Cancer Journey.....113**

**Medical Conditions Contacts.....114**

**COMPASS. Therapy, Support.....118**

**Midlothian Care Support.....120**

**SAMH.....121**

**Sight Scotland.....122**

# Transport



<b>Blue Badge</b> .....	<b>124</b>
<b>Buses</b> .....	<b>127</b>
<b>Motability</b> .....	<b>129</b>
<b>National Entitlement Card</b> .....	<b>131</b>
<b>Thistle Assistance</b> .....	<b>132</b>
<b>Taxis and Private Hire Cars</b> .....	<b>133</b>
<b>Trains</b> .....	<b>135</b>
<b>Train Discount</b> .....	<b>136</b>
<b>Wheelchairs on Public Transport</b> .....	<b>138</b>

# Midlothian Council



<b>Midlothian Councillors</b> .....	<b>139</b>
<b>Midlothian Libraries</b> .....	<b>140</b>
<b>Welfare Rights Team</b> .....	<b>142</b>

# National Service



<b>Benefits</b> .....	<b>143</b>
<b>contactScotland-BSL</b> .....	<b>149</b>
<b>Cinema Exhibitors' Card</b> .....	<b>150</b>
<b>Disability Information Scotland</b> ....	<b>153</b>
<b>Disabled Living Foundation</b> .....	<b>154</b>
<b>Euan's Guide</b> .....	<b>156</b>
<b>Help with Housing Adaptations</b> ....	<b>157</b>
<b>Housing Options Scotland</b> .....	<b>159</b>
<b>Inclusion Scotland</b> .....	<b>160</b>
<b>SP Energy Network</b> .....	<b>161</b>
<b>Scottish Members of Parliament</b> ..	<b>162</b>

**Disclaimer.....164**

**Please use for your notes**





# Disability Discrimination Act

The disability discrimination act states that you are disabled if you have:

A mental or physical impairment that has an adverse effect on your ability to carry out normal day-to-day activities.



If the disability has badly affected the ability to carry out normal day-to-day activities but doesn't anymore, it will still be counted as having that effect if it is likely to do so again.

If it is a progressive condition such as HIV or multiple sclerosis or arthritis, and it will badly affect your ability to carry out normal day-to-day activities in the future, it will be treated as having a bad effect on you now - past disabilities are covered.

What are "normal day-to-day activities"?

At least one of these areas must be badly affected:

- Mobility,
- Manual dexterity,
- Physical co-ordination,
- Continence,
- Ability to lift, carry or move everyday objects,
- Speech, hearing or eyesight,
- Memory or ability to concentrate, learn or understand,
- Understanding of the risk of physical danger.

It's fundamental to think about the effect of a disability without treatment. The Act says that any treatment or correction should not be taken into account, including medical treatment or the use of a prosthesis or other aid.

The things taken into account, are glasses or contact lenses. The indispensable thing is to perceive how a disability affects a person. Remember concentrating on what they can't achieve or find problematic, rather than what they can achieve. If a

person suffers from a hearing disability, being unable to hold a conversation with someone talking naturally in a moderately noisy place constitutes a disability. Being unable to hold a conversation in a extremely noisy place like a factory floor would not.

If the disability affects their mobility only being able to walk slowly or with unsteady or jerky movements would constitute a disability. But having difficulty walking without help for about 1.5 kilometres or a mile without having to stop would not.


For more information about the Disability Discrimination Act 2005  [www.legislation.gov.uk/ukpga/2005/13/contents](http://www.legislation.gov.uk/ukpga/2005/13/contents)

For help in Scotland with The Disability Discrimination Act 2005

-  [www.gov.scot/policies/disabled-people/](http://www.gov.scot/policies/disabled-people/)
-  [www.equalityhumanrights.com/](http://www.equalityhumanrights.com/)
-  [www.scottishhumanrights.com/](http://www.scottishhumanrights.com/)

## Equality Act 2010

Equality Act 2010 makes it illegal to discriminate against a person with a disability. However, you must prove that you have a disability, The Act defines a disabled person as a person with a disability for the purposes of the Act if he or she has a physical or mental impairment and the impairment has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities.

To find out what is in out and what is definitely out please download Equality Act 2010 Guidance on matters to be taken into account in determining questions relating to the definition of disability  [www.forwardmid.org.uk/publications.html](http://www.forwardmid.org.uk/publications.html) (727kb pdf)

## Discrimination With Work

While attending a job interview an employer is not permitted

to ask about your disability and what effects it may have if you are employed. If you require additional absence for medical appointments and have not informed the employer then this is called non-disclosure and you can be dismissed. Reasonable adjustments can be made by an employer. It is your responsibility to tell the employer of any reasonable adjustment you expect them to make to accommodate your needs as some expenses can be met. Associative discrimination is also covered as an employer must make reasonable adjustment if the person employed has a partner or child who is disabled.

An employer who uses the Disability Confident symbol and declares themselves as positive about disability ensures you'll be guaranteed an interview if you meet the basic conditions for the job. If this does not happen you should report it to the Disability Employment Adviser at the local Jobcentre Plus office.

An employer is not legally required to meet the commitments of the Disability Confident scheme. However, there may be a legal claim under the Equality Act if an employer treats some disabled people more favourably than others. If the employer operates the guaranteed interview scheme for a particular post, but refuses to give an interview to a particular disabled person, this may be unlawful as direct discrimination.

## **Access to Services**

It is unlawful for service providers to treat you less favourably because of your disability, and they must make 'reasonable adjustments' for you, such as giving you extra help or changing the way they provide their services. Service providers must consider making changes to physical features of their premises so that there are no physical barriers which prevent you from using their services, or make it unreasonably difficult for you to do so.

It doesn't matter whether or not you pay for the service - it's providing the service that matters. Services include going to a

restaurant, shopping for clothes or food, using the local library, going to church or visiting your solicitor or doctor. They have to make changes when it's unreasonably difficult. They should think about whether any inconvenience, effort, discomfort or loss of dignity you experience in using the service would be considered unreasonable by other people, if they had to endure similar difficulties. This includes requesting ramps for wheelchair access.

In most circumstances, service providers must make reasonable adjustments to remove any barriers – physical or otherwise – that could make it difficult or impossible for disabled customers to use their services.

Service providers do not have to make adjustments to make their services more accessible to disabled people if this will lead to a breach of any other legal obligations that apply to them. However, there will be exceptional circumstances that apply only where the other legal obligations are very specific, and leave the service provider no choice but to act in a certain way.

## **Discrimination on the World Wide Web**

Examples of website design issues that are affected by this law abound. For instance, many visually impaired visitors use speech synthesizer software to read the text in the HTML code of web pages and translate it into audible speech. However, many websites include images that contain text as part of the pre-rendered picture file. These may be unreadable by the software. If the text is not embedded in the image properties (using an alt tag) or alternatively available in text somewhere on the website, this could render the content inaccessible to visually impaired users. They could therefore be discriminated against under Equality Act 2010.

The laws that cover this will allow individuals or groups to take civil action against the web site owner. This is called passive law. **You may be liable for costs even if you win.**



# Models of Disability

## Social Model

The Social Model has been developed by disabled people in direct response to the Medical Model and the profound impact it has on their lives.

Under the Social Model, disability is caused by the society in which we live and is not the 'fault' of an individual disabled person; or an inevitable consequence of their limitations. Disability is the product of the physical, organisational and attitudinal barriers present within society, which lead to discrimination.

The removal of discrimination demands a change of approach and thinking in the way in which society is organised.



The Social Model takes account of disabled people as part of our economic, environmental and cultural society. The barriers that prevent any individual playing a part in society are the problem, not the individual. Potential barriers still exist in education, information and communication systems and the working environments. Health and social support services, housing, public buildings and amenities. Transport. The devaluing of disabled people through negative images in the media – films, television and newspapers – also acts as a barrier.

Social Media introduced alternative text options for images and closed captions for video, to allow visually impaired users to read aloud the content. However, the uptake is exceedingly limited. Some Social Media platforms tried implementing artificial intelligence recognition software to include alternative text. This method still has teething problems to work out.

The Social Model has been developed with the aim of removing barriers so that disabled people have the same opportunity as everyone else to influence their own lifestyles.

The Social Model of disability has fundamentally changed the way in which disability is regarded and has had a major impact on anti-discriminatory legislation.

## Medical Model

Under the Medical Model, disabled people are traditionally defined by their specific illness or medical condition. They are disempowered: medical diagnoses are cynically implemented to regulate and control access to social benefits, housing, education, leisure and meaningful employment.



The Medical Model promotes the negative view of a disabled person as dependent and needing to be cured or needing care. This view justifies the way in which disabled people have been systematically excluded from society. The disabled person presents the problem, not society. Control resides firmly with professionals; choices for the individual are limited to the limited options provided and approved by the 'helping' expert.

The Medical Model is sometimes known as the 'Individual Model.' Because it promotes the notion that it is the individual disabled person who must adapt to the way in which society is traditionally constructed and organised.

The Medical Model is vigorously rejected by organisations of disabled people, but it still pervades many attitudes towards disabled people.



# Self-Directed Support

## What is Self-Directed Support?

Self-directed Support is about giving a person requiring support more choice and control over the social care support they receive to enable them to live as independently as possible. Some people can manage their support on their own, while others need help either from family or friends, or a support organisation.



## Self-Directed Support:-choose how your support is provided.

Anyone who is assessed as being eligible for social care support will be offered a choice in the way they would like to receive their support.

## You will be offered 4 choices on how you can receive your social care:

- **Option 1:** The making of a direct payment by the local authority to the supported person for the provision of support.

You take the money, and choose and organise your support.

You can use the payment to:

- ➡ buy support from a provider,
- ➡ or employ your own staff.

This option gives you the most choice and flexibility, but it does mean taking on more responsibilities. (You can get help with this.)

- **Option 2:** You choose the support, and either the council or a support provider arranges it. This means you don't have to manage the money, but you still actively organise

your support.

- **Option 3:** You ask the council to arrange the support but you can still be involved in the choice of the provider if you wish to.
- **Option 4:** Mix and match options 1, 2 and 3. SDS is about choices: you can arrange support from a support provider and/or you can employ your own staff.

SDS is meant to be used flexibly. You should be able to use it creatively so long as it meets your needs.

## Support with Self-Directed Support:

The person carrying out your assessment will be able to talk you through each option. For More information please contact:


Adults and Social Care

Fairfield House,

8 Lothian Road,

Dalkeith, EH22 3AA.

 [contactcentre@midlothian.gov.uk](mailto:contactcentre@midlothian.gov.uk)

 0131-271-3900

 [www.midlothian.gov.uk/info/1350/getting\\_care\\_and\\_support/197/help\\_at\\_home](http://www.midlothian.gov.uk/info/1350/getting_care_and_support/197/help_at_home)



**A Guide to Self-Directed Support in Midlothian**



Forward Mid's guide to Self-directed Support booklet is available in Midlothian libraries and at  [www.forwardmid.org.uk/pdf/sdssmallest.pdf](http://www.forwardmid.org.uk/pdf/sdssmallest.pdf)

## Lothian Centre for Inclusive Living

Lothian Centre for Inclusive Living (LCiL) can help you in a number of ways, including:-

- Identify and express your needs and outcomes,
- Prepare for your assessment,
- Explore which option is best for you,
- Liaise with Midlothian Council and other organisations,




- Recruit and manage personal assistants including processing wages through payroll.

Contact:-

Lothian Centre for Inclusive Living  
Norton Park,  
57 Albion Road,  
Edinburgh, EH7 5QY.

 [ilteam@lothiancil.org.uk](mailto:ilteam@lothiancil.org.uk)

 0131 475 2350

 [www.lothiancil.org.uk/how-we-help/independent-living-support/](http://www.lothiancil.org.uk/how-we-help/independent-living-support/)



## **Self-Directed Support Scotland**

Self-directed Support Scotland champions local Independent Support organisations which provide quality advice and support on Self-directed Support.

They campaign for true Self-directed Support implementation when it comes to social care delivery throughout Scotland.



For more information please visit

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



# Local Services

## Advocacy Advocacy

Individual Advocacy helping people to speak up for themselves or speaking on their behalf, with their permission. Collective Advocacy helping groups speak up about issues that concern them.

### COVID-19 EARS working arrangements

As a result of the COVID-19 (Coronavirus) outbreak and National Health Protection Guidance advocacy providers have had to make changes to the way they work. To ensure that both staff and the people they support are not put at risk, advocacy providers are conducting face to face visits when it is essential. Advocacy is also available through telephone contact, videocalls and letters.

### Advocacy Providers working in Midlothian:

#### Consultation & Advocacy Promotion Service (CAPS )

an independent advocacy organisation for people who use or have used mental health services. CAPS works mental health service users as individuals or as members of a group to set their own agenda, and influence decisions which affect their lives.

 [capsadvocacy.org/](http://capsadvocacy.org/)

 [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)

☎ 0131 273 5116

CAPS, Old Stables,

Eskmills Park,

Station Road,

Musselburgh, EH21 7PQ



#### EARS Midlothian

provides independent Advocacy to adults who have a physical disability and/or an Acquired Brain Injury (ABI) who feel they would benefit from support of independent advocacy.

 [www.ears-advocacy.org.uk](http://www.ears-advocacy.org.uk)

☎ 0131 478 8866




EARS Independent Advocacy Service (SCIO)  
525 Ferry Road  
Edinburgh, EH5 2FF

### **Partners in Advocacy**

provides short-term and collective advocacy to adults with learning disabilities and children 0-8 with physical disabilities in the Midlothian area.

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

 [edinburgh@partnersinadvocacy.org.uk](mailto:edinburgh@partnersinadvocacy.org.uk)

 0131 478 7724

Partners in Advocacy  
G/1 Links House  
15 Links Place  
Edinburgh, EH6 7EZ




### **People First (Scotland)**

an organisation run by and for people with learning difficulties to campaign for the rights of people with learning difficulties and to support Self-advocacy groups across Midlothian.

 [peoplefirstscotland.org/](http://peoplefirstscotland.org/)

 [admin@peoplefirstscotland.org](mailto:admin@peoplefirstscotland.org)

 0131 478 7707

77-79 Easter Road  
Edinburgh, EH7 5PW



### **Who Cares? Scotland**

Who Cares? Scotland provides professional, independent advocacy services in most local authority areas in Scotland. We work one on one with a young person to help them have a say in what is happening to them.

 [www.whocaresScotland.org/what-we-do/advocacy/](http://www.whocaresScotland.org/what-we-do/advocacy/)

 [hello@whocaresScotland.org](mailto:hello@whocaresScotland.org)

 0141 226 4441

40 Wellington Street,  
Glasgow, G2 6HJ



**WHO  
CARES?  
SCOTLAND**



## British Red Cross

The British Red Cross in Dalkeith has a wealth of resources to offer people living in Midlothian.

### Neighbourhood Links

The Neighbourhood Links Project provides advice, support, information and practical support to



**British Red Cross**

Midlothian residents aged 55+ with long-term medical conditions.

British Red Cross can assist for example with:-

- + Benefits for example attendance allowance,
- + Housing applications,
- + Blue badge, Dial A Ride applications,
- + Assess for adaptations for your home and make the necessary referrals,
- + Provision of internal and external rails,
- + Falls Assessment.

Neighbourhood Links Buddy Service – British Red Cross can provide a buddie for a short-term period to assist people with a walking programme after a stroke, help with shopping after coming out of hospital, confidence building. Also link with a number of agencies who can provide a longer term service.

Neighbourhood Links Coordinators ☎ 0131 654 0340

### Local Area Coordination (Community Coordinators)

The LAC Project works with people ages 55+ with long-term conditions who are socially isolated. The project helps people to stay well connected in Midlothian and to be a part of their local community. British Red Cross can recommend and organise local activities, introduce and refer into groups, look at local transport

options and signpost people to get the relevant information they need within the local community. The project also provides a Community Calendar for activities for older people in Midlothian. The Community Coordinators also work with groups to help build capacity, provide information on relevant funding, and to ensure that groups are sustainable and accessible with the community.

Local Area Community Coordinators ☎ 0131 654 0340

## **Carers Community Connector Midlothian**

Do you provide unpaid help and support to a family member over 55 years of age who is a resident of Midlothian. due to age, a long-term condition, disability, physical, mental health problems, or addiction?

### **Community Connector aim to...**

Provide advice, information, and practical support to unpaid carers in Midlothian. We do this by having a good conversation looking at the issues affecting you in your caring situation and how to achieve the best possible outcomes.

Lorraine McNab Community Connector

☎ 0131 654 0340

📱 07716093022

## **Mobility Aids**

The hire service helps people return to their own homes after illness or surgery, enables them to go on holiday or day trips with friends or family and promotes independence. Equipment can be hired initially from 1-20 weeks.

Mobility Aids Dalkeith is currently closed & operating a delivery service each Tuesday & Wednesday:

Equipment provided includes:

- + Wheelchairs
- + Commodes

Mobility Aids

British Red Cross,  
Unit 52 Mayfield Industrial Estate  
Dalkeith EH22 5TA  
Mobility Aids ☎ 0131 660 9372 or ☎ 0300 456 1914

British Red Cross,  
East and Mid Lothian,  
Unit 3 Buckie House,  
McSense Business Park,  
Dalkeith EH22 5TA

☎ 0131 654 0340

📱 07738808834





# Citizens Advice Bureau

Dalkeith & District Citizens Advice Bureau

8 Buccleuch Street, DALKEITH, Midlothian, EH22 1HA.

☎ 0131 660 1636

✉ [Bureau@DalkeithCAB.org.uk](mailto:Bureau@DalkeithCAB.org.uk)

🌐 [www.DalkeithCAB.org.uk](http://www.DalkeithCAB.org.uk)

Penicuik & District Citizens Advice Bureau

14a John Street, Penicuik EH26 8AB.

☎ 01968 675 259

✉ [Contact.us@penicuikcab.org.uk](mailto:Contact.us@penicuikcab.org.uk)

🌐 [www.penicuikcab.org.uk/](http://www.penicuikcab.org.uk/)

## How can we help?

The CAB Service can offer advice and assistance on a variety of issues including:

- Benefits
- Form filling
- Debt
- Consumer issues
- Housing
- Utilities



Both CABx Dalkeith & Penicuik CAB are registered charities, Both receive core funding from Midlothian Council to provide a service primarily for residents of Midlothian.

Dalkeith CAB operates a drop-in session (no appointment necessary) on Monday, Tuesday & Thursday mornings (10.00 hrs -12.30 hrs) with appointment slots available on Tuesday, Wednesday & Thursday afternoons and Wednesday and Friday mornings.

(Appointments for benefit related issues only on Friday mornings)

Penicuik CAB is level access and suitable for all users.

Dalkeith CAB has steps into the building **(not wheelchair accessible)** Dalkeith CAB main office Citizens Advice Bureau also run the following outreach clinics:

### **Dalkeith CAB Outreach Clinics:**

Gorebridge Hive, 35 Hunterfield Road, EH23 4BQ: Monday 10.00 hrs -13.00 hrs, No appointment necessary.

St Johns Church 31 Eskbank Road, Dalkeith EH22 1HJ. Monday 10.00 hrs -13.00 hrs. No appointment required.

Newtongrange Development Trust. 72 Main Street, EH22 4LJ. Drop in, first Monday each month, 13:00 hrs -15:30 hrs

Mayfield Pavilion Mayfield Public Park, EH22 5EE. Weekly drop in, Wednesdays, 10:00 hrs - 15:00 hrs.

Bonnyrigg Rose FC The Pavillion, Polton Avenue Road, EH19 2NU. Weekly drop in, Wednesdays, 10:00 hrs 14:00 hrs.

Gorebridge Library 98 Hunterfield Road, EH23 4TT. Weekly drop in, Thursdays, 10:00 hrs - 1300 hrs.

VOCAL and Horizons Cafe, available for service users of those projects.

### **If you live in, or near, Loanhead, you can access drop-in clinics run by Penicuik CAB at:**

Loanhead Library: Monday 10.00 hrs -13.00 hrs, no appointment necessary.

Loanhead Library: Tuesday 09:30 hrs -12.30 hrs, no appointment necessary.

Loanhead Miners Welfare: Wednesday 10.00 hrs -13.00 hrs, no appointment necessary.

Penicuik Hub, Food, Facts, Friends, 42 John Street EH26 8AB Monday: 10:30 hrs - 13:00 drop in



## **By appointment Only ☎ 01968 675 259**

Midlothian Community Hospital 70 Eskbank Rd, EH22 3ND

Thursday: 13:00 hrs - 15:00 hrs

Loganlea Centre, Eastfield Farm Road Penicuik EH26 8EZ

Tuesdays 13:30 hrs 15:00 hrs

### **Home visits for Physically Disabled**

Dalkeith CAB and Penicuik CAB also offer a home visiting service for people with a physical disability who live in Midlothian or in cases where it would be difficult to access the main office or outreach clinics. To request a home visit, please phone reception during the hours noted above.



You can also access phone advice by contacting:

Citizens Advice Direct ☎ 0808 800 9060 or

On-line at:

 [www.adviceguide.org.uk/scotland](http://www.adviceguide.org.uk/scotland)

Consumer advice can be obtained from

Citizens Advice Consumer Helpline

☎ 0345 04 05 06



# Carers

If someone provides unpaid care for you or you provide unpaid care to someone else an additional Adult Carer Support Plan will be offered. These can be carried out by Midlothian Council or VOCAL Midlothian.

☎ 0131 663 6869

✉ [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)



This can be an adult or a young carer and both start with a conversation, which is the first step in developing your Adult Carer Support Plan.

Many carers find they can draw on existing supports in the local community, whether that be support from friends and family, local support groups or their local carer centre. Where more support is needed, it may be we can look to do this through social work funding. Each case is assessed individually, we use eligibility criteria to determine what qualifies for social work funding. An up to date copy of our eligibility criteria can be found on our website at [www.midlothian.gov.uk/info/1352/carers/187/support\\_for\\_unpaid\\_adult\\_carers](http://www.midlothian.gov.uk/info/1352/carers/187/support_for_unpaid_adult_carers)

A young carer is someone who has a caring role and is under the age of 18 years, or is 18+ and still in education. If you feel you have a caring role but you haven't spoken to a professional, you can ask an adult you trust to ask for a Young Carer Statement for you.

Or you can [✉ youngcarer@midlothian.gov.uk](mailto:youngcarer@midlothian.gov.uk) to ask for support. Support for Young Carers [www.midlothian.gov.uk/info/1352/carers/84/support\\_for\\_young\\_carers](http://www.midlothian.gov.uk/info/1352/carers/84/support_for_young_carers)

For additional support information [www.gov.scot/publications/carers-charter/pages/3/](http://www.gov.scot/publications/carers-charter/pages/3/)

# Cyrenians

For nearly 50 years, Cyrenians has served those on the edge, working with the homeless and vulnerable to transform their lives by beginning with their story, helping them believe that they can change their lives, and walk with them as they lead their own transformation.



Cyrenians Vision is an inclusive society in which everyone has the opportunities to live valued and fulfilled lives. Cyrenians work to make that vision a reality by Cyrenians Mission to support people excluded from family, home, work or community on their life journey.

Cyrenians way of work is built on Cyrenians four core values:

**Compassion:** Cyrenians believe that everyone should have the chance to change, no matter how long that might take.

**Respect:** Cyrenians believe in tolerance, acceptance, valuing diversity and treating each other as equals.

**Integrity:** Cyrenians are committed to the highest quality of work, grounded in honesty, generosity, sincerity and professionalism.

**Innovation:** Cyrenians are willing to take risks, challenge convention and be very creative in Cyrenians search for new ways of working, in particular by taking account of the environmental impact of Cyrenians decisions.

## How Cyrenians work

Cyrenians aim to offer consistently excellent service delivery across all locations and activities. Cyrenians also want to provide clarity for purchasers that Cyrenians services are effective,

including evidence of the difference made in the lives of the people Cyrenians support. Cyrenians have adopted a way of working that includes, in particular, training in the interpersonal elements of building 1:1 relationships. Cyrenians Key Work can be defined by:

**Cyrenians, attitude:** Cyrenians treat people with the respect of equals (adult to adult). Cyrenians respond to the whole person rather than just the evident problems.

**Cyrenians, style:** Cyrenians work with people, preferring where possible to work 'at the shoulder' rather than from the other side of a desk. Cyrenians want to create independence, not dependency.

**Cyrenians, practice:** Cyrenians are flexible, tolerant and understanding. Cyrenians are tenacious in the offer of help and if Cyrenians can't help; Cyrenians will guide people to those who can.

Working predominantly work in Edinburgh, Lothians, Falkirk, Borders, Stirling but also with Scotland-wide services, Cyrenians work is organised around four targeted areas of service:

- Family and People,
- Home and Housing,
- Work and Skills,
- Community and Food.

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

Cyrenians,  
57 Albion Road,  
Edinburgh, EH7 5QY.

 [cyrenians.scot/](http://cyrenians.scot/)


☎ 0131 475 2354

 [admin@cyrenians.scot](mailto:admin@cyrenians.scot)






## Development Trusts

### Bonnyrigg and Sherwood Community Development Trust

Sherwood Community Centre, EH19 3HR,  
Bonnyrigg  
Phone ☎ : 0131 663 2555  
 [BonnyriggTrust/](#)



### Dalkeith Development Trust

One Dalkeith, 21 Eskdail Court, Dalkeith. EH22 1AG  
Email  : [secretary@onedalkeith.info](mailto:secretary@onedalkeith.info)  
Phone ☎ : 0131 663 9735  
 [dalkeith.org.uk/](http://dalkeith.org.uk/)  
 [OneDalkeith/](#)

One Dalkeith is a Community Development Trust, formed and owned by people all over Dalkeith, coming together to regenerate our town.



One Dalkeith is a community organisation that works collaboratively to develop community owned enterprise and facilities in order to regenerate Dalkeith socially, economically and environmentally.

One Dalkeith was itself created via the collaboration of the two local community councils. We hope to work with any individuals and groups looking to develop the kind of local community life that people want to see in Dalkeith.

### Gorebridge Development Trust

Gorebridge Beacon, Hunterfield Road, Gorebridge, EH23 4TT  
Email  : [office@gorebridge.org.uk](mailto:office@gorebridge.org.uk)  
Phone ☎ : 01875 816320

 [gorebridge.org.uk/](http://gorebridge.org.uk/)

 [gorebridgecommunitydevelopmenttrust/](https://www.facebook.com/gorebridgecommunitydevelopmenttrust/)

 [gorebridgetrust](https://twitter.com/gorebridgetrust)

### **Café opening hours:**

Tuesday- Saturday 09:00 hrs  
until 14:00 hrs.

Facilitates which can be hired:

- Conference room
- Multi-purpose hall
- Soft Play



Gorebridge Community Development Trust is a community owned and managed independent charity, promoting sustainable regeneration of Gorebridge

The Trust carries out a number of projects to help regenerate the town; one of the main projects we are currently working on is the development of a new community hub in the centre of Gorebridge.

The community hub will serve several community groups, offices for private businesses and have a main hall for community and cultural events.

## **Mayfield and Easthouses Development Trust**

**MAEDT Community Hub**, 12 Bogwood Court, Mayfield, Dalkeith  
EH22 5DG

Phone ☎ : 0131 663 5317

 [maedt-scotland.my-free.website/](http://maedt-scotland.my-free.website/)

 [MayfieldandEasthousesDevelopmentTrust/](https://www.facebook.com/MayfieldandEasthousesDevelopmentTrust/)

 [MAEDT1](https://twitter.com/MAEDT1)

### **Opening hours:**

Mon- thurs 09:00 - 17:00

Friday: 09:00 - 15:00

**Pavilion Café opening hours:**  
10:00 hrs until 16:00 hrs.

Mayfield and Easthouses Development Trust is a charitable organisation focused on creating opportunities and improving facilities to regenerate the community of Mayfield and Easthouses.



## **Newtongrange Development Trust**

NDT, 72 Main Street, Newtongrange, EH22 4NE

Phone ☎ : 07821631975

 [www.ndt.scot/](http://www.ndt.scot/)

Email ✉ : [info@ndt.scot](mailto:info@ndt.scot)

 [NewtongrangeDT/](https://www.facebook.com/NewtongrangeDT/)

 [newtongrangedt](https://twitter.com/newtongrangedt)



Newtongrange Development Trust

*Our Village Our Future*

Newtongrange Development

Trust want to build on the

strong community spirit in Newtongrange to develop inclusive, dynamic and sustainable initiatives to enhance social, economic, environmental and cultural benefits for our growing community

## **Penicuik Community Development Trust**



Penicuik

Community  
Development Trust



Pen-Y-Coe Press

7 Bridge Street

PENCIUIK

EH26 8LL

Phone ☎ : 01968 673767

 [penicuikcdt.co.uk/](http://penicuikcdt.co.uk/)

Email  : [info@penycoepress.co.uk](mailto:info@penycoepress.co.uk)

**Opening hours:**


Tuesday- Saturday 10:00 hrs until 16:00 hrs.

The Trust marries community activities with the conservation and improvement of significant buildings and places in Penicuik.

Open House and Penicuik Cinema, are helping to re-establish the Cowan Institute as the focus of community life. Pen-y-Coe Press and the Penicuik Museum and Papermaking Heritage Centre are re-invigorating buildings on Bridge Street. The Lost Garden of Penicuik has brought is back to life the old walled garden of the Penicuik House Estate.

## **Rosewell Development Trust**

**The Steading**, Carnethie Street, Rosewell EH19 9AA

Phone  : 0131 629 9398

Email  : [info@rdtrosewell.org.uk](mailto:info@rdtrosewell.org.uk)

 [RDTRosewell1](https://www.facebook.com/RDTRosewell1)

 [rdtrosewell/?hl=en](https://www.instagram.com/rdtrosewell/?hl=en)

**Opening hours:**

Monday – Friday: 9am till 5pm

Saturday: 9am till 3.30pm

Sunday: 9am till 5pm

**Café opening hours:**

Tuesday-Sunday: 9am till 4.30pm

Facilitates which can be hired:

- Conference room
- Arts & Crafts space
- Multi-purpose hall

**Soft Play:** open 7 days a week, £3 per child per hour session



**Sensory Room:** open 7 days a week, £5 per household per hour session

**Sensory Garden:** open 7 days a week during reception opening hours

We run a variety of groups for adults and children including computer classes, arts and crafts and lunch club. We also have a variety of activities on run by external

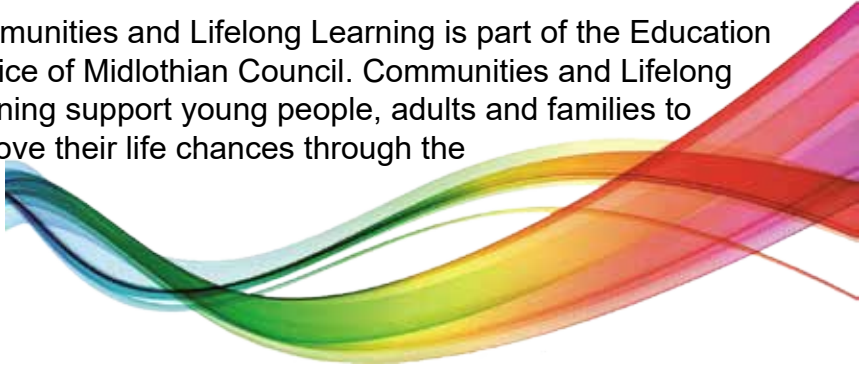


providers. To stay up to date on what we have on follow us on Facebook and Instagram.

# Education

## Communities and Lifelong Learning

Communities and Lifelong Learning is part of the Education Service of Midlothian Council. Communities and Lifelong Learning support young people, adults and families to improve their life chances through the



development of skills for learning, life and work. Communities and Lifelong Learning also work with communities to develop groups, improve local neighbourhoods, link into Community Councils, neighbourhood plans and other organisations in Midlothian. This consists of universal provision which is open to all and targeted provision which may be delivered to specific groups such as parents/carers, young people not engaging in school, disabilities groups, etc. Communities and Lifelong Learning works with key partners to implement initiatives such as Developing Scotland's Young Workforce, Positive Destinations and Employability.

### **Work with adults:**


Communities and Lifelong Learning deliver a range of employability support options, courses and training including ICT, Care Academy, Work Club, Job Clubs, Construction Skills Certification Scheme Training and Modern Apprenticeships.

Communities and Lifelong Learning offer one to one support and community-based provision in core skills such as literacy, numeracy, IT and English for Speakers of Other Languages (ESOL) and refugees. On offer lipreading classes for those with acquired hearing loss.

Community-based Adult Learning (CBAL) programmes

run throughout Midlothian from first step courses to SQA qualifications. The main aim is to provide a first step back into learning, pathways to further learning or employability provided in locally accessible venues. These courses are offered in a wide range of subjects including childcare and family support, IT, health and wellbeing and employability related courses including job clubs. They are mainly free or low cost with crèche support provided.

Communities and Lifelong Learning also deliver adult learning through Aim High Learning Offer with an annual programme of certificated and non-certificated programmes delivered mainly in Dalkeith Campus, Lasswade Centre, Penicuik and Beeslack High Schools. Communities and Lifelong Learning work closely with Progress Through Learning Midlothian to provide support locally to those who want to move on in their learning, go to college or prepare for university or other accredited studies.

The Focus Team provides one to one support for adults aged 16-64 years who wish to get into work, training or learning but face some barriers such as a disability or health-related issue. The team can also deliver and develop small groups, and courses to help you build up your skills, gain confidence, complete job applications and CV's, prepare for interview and job coaching. You can be referred by another agency or do this yourself. Contact  [cll@midlothian.gov.uk](mailto:cll@midlothian.gov.uk) ☎ 0131 271 4535.

### **Work with Young People:**

Communities and Lifelong Learning work with young people in a variety of ways. Through Activity Agreements provide one to one tailored support for young people who are not in education, training or employment to enable them to take their next steps. Communities and Lifelong Learning provide learning and employability pathways in a variety of curriculum areas such as music, rural skills, childcare, sport and wellbeing, admin and IT, hair and beauty, retail, etc. These allow young people to build up skills and confidence and access further education, training and

employment opportunities.

Communities and Lifelong Learning work in schools to support positive transitions for young people and families through group work, co-ordinating school work experience programmes, supporting young people to achieve positive destinations when they leave school. Communities and Lifelong Learning lead the Developing Midlothian's Young Workforce Board where Communities and Lifelong Learning work with other Council services and a wide range of partners including employers and Skills Development Scotland to secure positive destinations for young people and address the skills gap.

Communities and Lifelong Learning engage with young people on the streets and in universal and targeted youth clubs and other provision, recognise their achievements through Awards Schemes, develop young people's voice and influence through youth participation, offer volunteering opportunities.

### **Work with families**

Communities and Lifelong Learning offer a range of family learning opportunities where parents/carers and children learn together in a variety of subject areas including arts and crafts, languages, Learn with Fred and supporting your child with homework.

### **Work with Communities**

Communities and Lifelong Learning works with communities to develop groups by helping with funding and training opportunities; with constitutions and setting up a board; through connecting with relevant people and organisations and linking into Community Councils and neighbourhood plans.

☎ 0131 271 4535

✉ : [cll@midlothian.gov.uk](mailto:cll@midlothian.gov.uk)

📘 : [www.facebook.com/CLLMidlothian](https://www.facebook.com/CLLMidlothian)

🐦 : [twitter.com/LLEadult\\_family](https://twitter.com/LLEadult_family)

🌐 : [www.midlothian.gov.uk/homepage/68/communities\\_and\\_lifelong\\_learning](http://www.midlothian.gov.uk/homepage/68/communities_and_lifelong_learning)

## Edinburgh College



Edinburgh College is one of Scotland's biggest College with around 26,000 students across 4 campuses in Edinburgh and the Lothians, including our Midlothian Campus, based at Dalkeith.

Offering a wide variety of vibrant vocational and academic courses, Edinburgh College provides flexible learning opportunities to suit all learning needs. Whatever path you choose we offer over 700 courses from access to degree level and continuing professional development to help you achieve your future career ambitions.

Edinburgh College are committed to equality of opportunity and to a culture that respects difference. We recognise that equality of access to education is crucial in unlocking many significant opportunities in life.

Our campuses have a number of accessibility features, including accessible parking spaces, accessible doors, accessible toilets (including some with hoists), quiet rooms and portable hearing loops.

You can browse for courses and apply online at [www.edinburghcollege.ac.uk/](http://www.edinburghcollege.ac.uk/)

If you would like to discuss course options or need help to make your course application, please contact the course information team on ☎ 0131 297 8300 (09:00 hrs - 16:00 hrs) or Email:

 [courseinfo@edinburghcollege.ac.uk](mailto:courseinfo@edinburghcollege.ac.uk)

## **Edinburgh College Student Services Learning Support**

For some students, learning is made more challenging as a result of a specific learning difficulty or a disability that requires specialist support. If you are one of these people, Edinburgh College team of Learning Support staff can offer you extended learning support and confidential guidance.

Difficulties may be associated with dyslexia, attention deficit disorder, dyspraxia, sensory impairment, social or emotional difficulties, health problems, mental health problems or mobility difficulties. As well as this, Edinburgh College are able to assist students who qualify for the Disabled Students Allowance with the completion of their application form and advise them on assistive technology. Formal assessments for the DSA are carried out in College.

Also, if you are a care experienced student it's really important to let Learning Support know, to make sure you get the right help and support.

You can take advantage of many of the services before you come to College so please contact us at any time for details:

 [learning.support@edinburghcollege.ac.uk](mailto:learning.support@edinburghcollege.ac.uk)

## **Student Advice**

Edinburgh College have student advisors at each campus who are dedicated to helping you throughout your time at Edinburgh College.

Edinburgh College advisors offer information on:

- Courses.
- Student finance and funding.

- Childcare.
- Accommodation.

Further information can found on the College website: [www.edinburghcollege.ac.uk/](http://www.edinburghcollege.ac.uk/)

### **Edinburgh College staff vacancies**

Edinburgh College welcome applications from all sections of the community including people of all ages, disabilities, gender identities, pregnancy/maternity status, marital/civil partnership status, ethnic backgrounds, religions/beliefs and sexual orientations.

We are proud to be accredited as Disability Confident Committed. Current vacancies at the College are now listed on [www.edinburghcollege.ac.uk/Welcome/Vacancies/](http://www.edinburghcollege.ac.uk/Welcome/Vacancies/)

## **Newbattle Abbey College**



Newbattle Abbey College welcomes applications from disabled people and additional support requirements. Newbattle Abbey College aims to provide support to help all learners to achieve their full potential.

Newbattle Abbey College is Scotland's only residential adult education college, offering adults with few or no qualifications the chance to study in a historic setting. Newbattle Abbey College offers an Arts and Sciences Award on a full-time or part-time basis, as well as a range of short courses and community events. The college has a strong ethos of support for all learners, regardless of their status. Our students receive support from a personal tutor to help them to progress and advance to future opportunities. There are also small tutorial groups that support our college students and to prepare them for future study. The Support for Learning staff at the college are experienced in working with adults with a range of additional support needs, including dyslexia.

The college also has excellent facilities for conferences, training events, weddings and social functions. There is ample parking (for up to 100 cars) including disabled parking and lift access within the building.

Newbattle Abbey College,  
Newbattle Road  
Dalkeith, Midlothian, EH22 3LL

☎ 0131 663 1921

 [office@newbattleabbeycollege.ac.uk](mailto:office@newbattleabbeycollege.ac.uk)

 [www.newbattleabbeycollege.ac.uk](http://www.newbattleabbeycollege.ac.uk)







# Emergency Services

## Police Scotland

### 999 Emergency Number

In an emergency you should always 📞 999 if:

- There is a risk of personal injury or loss of life,
- A crime is in progress,
- Someone suspected of a crime is nearby.

Deaf, deafened, hard of hearing or speech-impaired callers using a Textphone (minicom) should dial 🗑️ 18000 in an emergency.

Alternatively, if you are deaf, hard of hearing and speech-impaired, you can register with emergency SMS text service. The emergency SMS service lets people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue or coastguard.

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### 📞 101 Non-Emergency Number

For non-emergencies and general enquiries, 📞 101 is the number you call if you need to contact the police. Using 📞 101 for situations that do not require an immediate police response helps keep 📞 999 available for when there is an emergency.

Calls to 📞 101 from landlines and mobiles cost 15 pence per call, no matter what time of day you call or how long your call lasts.

Calls to Police Scotland may be recorded for training and service improvement purposes.

### UK calls outwith Scotland

UK callers residing outside of Scotland should 📞 01786 289 070 to contact Police Scotland

### International Contact

International callers should ☎ 0044 1786 289 070 to contact Police Scotland

You can now use the online form to get in touch with Police Scotland for issues of a non-serious nature.

[www.scotland.police.uk/secureforms/contact/](http://www.scotland.police.uk/secureforms/contact/)

### Write to us:

PO Box 2460  
Dalmarnock  
Glasgow, G40 9BA



 [www.scotland.police.uk/](http://www.scotland.police.uk/)

### Deaf/Hard of Hearing callers

Deaf, deafened, hard of hearing or speech-impaired callers can contact us via TextRelay on 🗑️ 1 800 1 101.

### Minicom Service

Deaf, deafened, hard of hearing or speech-impaired callers can contact us via TextRelay on 🗑️ 1 800 1 101.

### Crimestoppers

You can phone **Crimestoppers** to pass on information about crime anonymously, ☎ 0800 555 111. or Visit [crimestoppers-uk.org/give-information/forms/pre-form](http://crimestoppers-uk.org/give-information/forms/pre-form)

Crimestoppers is not the police

### Hate Crime & Third Party Reporting

Did you know that Hate Crime is any criminal offence committed against an individual or property that is motivated by a person's hatred of someone because of his or her actual or perceived race, religion, transgender identity, sexual orientation or disability?

Hate Crime is wrong, it is against the law, and everyone has the right to live safely and without fear. No two individuals are ever

the same - embrace individuality and help put an end to Hate crime by reporting it.

You can report a Hate Crime as follows:

- By Telephone ☎ 999 (emergency) ☎ 101 (non-emergency),
- In person at any Police station,
- Online – please visit the Police Scotland website.

## **Third party reporting**

In some cases victims/witnesses of Hate Crime do not feel comfortable reporting the matter directly to the Police and may be more comfortable reporting it to someone they are familiar with.

To ensure all victims/witnesses are able to report Hate Crimes, Police Scotland works in partnership with a wide variety of partners who perform the role of 3<sup>rd</sup> Party Reporting Centres. Staff within 3<sup>rd</sup> Party Reporting Centres have been trained to assist a victim or witness in submitting a report to the police and can make such a report on the victim/witnesses behalf.

Examples of 3<sup>rd</sup> Party Reporting Centres participating in the scheme range from Housing Associations to Victim Support offices and Voluntary Groups.

Third Party Reporting Centres can be found online on the Police Scotland website or ask any police officer for details.

## **Scottish Ambulance Service**

### **Patient Transport**

Scottish Ambulance Service Patient Transport Service is a core function that takes patients to and from their pre-arranged hospital appointments, or for their admission and discharges to a hospital.

Scottish Ambulance Service picks up patients



from their home and takes them to and from their hospital appointment.

A hospital or clinic appointment does not mean that you qualify for ambulance transport. Patients are eligible for this service based upon medical need for transport or assistance.

## **Transport types**

The service operates with a wide range of different vehicles appropriate to the different types of patient we serve. If you have an appointment in the 10 days you can request an ambulance, visit [www.scottishambulance.com/contact-us/requesting-an-ambulance/](http://www.scottishambulance.com/contact-us/requesting-an-ambulance/) or ☎ 0300 123 1236 (option 3)

## **Bookings/cancellations.**

Scottish Ambulance service really needs to know if you no longer need ambulance transport, or if your mobility improves; so that the right type of ambulance is sent to you.

## **Do I qualify?**

A hospital or clinic appointment does not mean that you qualify for ambulance transport.

Ambulance transport is available for patients who:

- Require assistance from skilled ambulance staff,
- Have a medical condition that would prevent them from travelling to hospital by any other means,
- Have a medical condition that might put them at risk from harm if they were to travel independently,
- Have mobility difficulties that require the assistance of ambulance care staff,
- Are attending hospital for treatment that might have side effects and require ambulance care on the return journey.

## **Why do I need to qualify?**

Patients who are allocated transport unnecessarily may be preventing a patient with a genuine medical reason from getting

to hospital.

### **Can a relative come with me?**

Unfortunately, space on ambulance transport is very limited. This means that you can't take an escort with you unless you have a medical need that would require treatment during your ambulance journey. Two examples of this are children and sight impaired patients.

We really need to know if you no longer need ambulance transport. If you have transport booked you can cancel it by visiting <https://www.scottishambulance.com/contact-us/cancelling-your-transport/> or phoning ☎ 0300 123 1236 (option 2). Please leave your name, which clinic or ward and hospital, date and time of appointment.

## **Scottish Fire and Rescue Service**

Home Fire Safety Visit: As part of our commitment to building a safer Scotland we offer everyone in Scotland a free home fire safety visit. We can also fit smoke alarms free of charge if your home requires them.

It's so easy to arrange! You can get in touch via the following options:

Complete our online form at:

 <https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit>

☎ 0800 0731 999,

Call your local fire station,

Text "**Fire**" to 📱 **80800** from your mobile phone.

Having a disability makes it difficult to check alarms about the house. You will need to have more than one planned escape route in the event of a **fire**.



## Remember:



Plan your escape route now. Practice with your family,



If a fire starts, shout to warn everyone in the house,



Get out quickly. Don't stop for valuables,



Keep low down. Air is cleaner and cooler nearer the floor,



Don't look for the fire – keep doors closed,



If you can't escape, get everyone in a safe room,



Never jump out of a window – if you can, lower yourself onto cushions. But only ever attempt this as a last resort,



When you're out, **STAY OUT.**



Phone the Fire and Rescue Service. ☎ 999



# Employment

## Access to Industry

Access to Industry works with individuals to support them into education and employment. Access to Industry believes that their work delivers real transformative change, assisting individuals to overcome personal difficulties that impede their progress.

Access to Industry do this through programmes and courses that provide one-to-one support, group-work, tutored classes and work experience. Access to Industry aim is to facilitate access to further and higher education, training and employment.

Access to Industry programmes and courses develop essential core skills such as communication, ICT (information and Communications Technology) and problem solving. Access to Industry offer individual support that aims to alleviate wider personal barriers.

Access to Industry  
156 Cowgate,  
Edinburgh, EH1 1RP.  
☎ 0131 260 9721

 [mail@accesstoindustry.co.uk](mailto:mail@accesstoindustry.co.uk)

 [www.accesstoindustry.co.uk](http://www.accesstoindustry.co.uk)



## Start Scotland

Fair Start Scotland is a flexible employment support service to help you get ready for work and achieve your potential. We believe

that everyone should have the same opportunity to access a job that is right for them no matter what their circumstances.



Fair Start Scotland provide employability support in Edinburgh, East Lothian, Midlothian, Scottish Borders, West Lothian and Fife

When you join Fair Start Scotland you'll have a welcome session with your personal adviser, who will:

- give you more information about the service
- find out more about you and your circumstances
- find out about your skills and abilities and job interests
- understand any challenges you may have


tell you how Fair Start Scotland work with you to find the right job for you to meet your needs. You'll have up to 12 months pre work support with a further period of in work support which will be tailored to suit you.

Fair Start Scotland  
3 Ponton St,  
Edinburgh EH3 9QQ  
☎ 0800 049 7061  
 [www.startscotland.scot/](http://www.startscotland.scot/)

## **Into Work**

Into Work have many years' experience helping people with long-term health conditions and disabilities achieve their goal of both finding and keeping a paid job.

Into Work help people with disabilities or long-term health conditions have equal opportunity to take up employment and receive fair treatment in work.

Into Work,  
Norton Park, 57 Albion Road,  
Edinburgh EH7 5QY.  
☎ 0131 475 2600  
 [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk)

**Into Work**

## **Jobcentre Plus**

Many of the Employability Services for people with a physical disability or sensory impairment can be accessed through the



disability employment advisor at your local Jobcentre Plus.

Dalkeith Office  
5 Buccleuch St, Dalkeith EH22 1HB  
☎ 0843 487 1844

jobcentreplus

Penicuik Office  
25 John St, Penicuik EH26 8HN  
☎ 0800 169 0190

## Sight Scotland

Living with sight loss can be challenging. If you live in Edinburgh, Midlothian or East Lothian, Sight Scotland rehabilitation and mobility staff can provide the help

and support you need, no matter your level of sight loss, so you can maintain your independence.



and support you need, no matter your level of sight loss, so you can maintain your independence. Sight Scotland can be there for you following diagnosis. If you need specialist support, we will provide a specialist assessment and plan together how we can help.

### How we can help

Sight Scotland rehabilitation and mobility team provide practical guidance to help people with sight loss keep doing the everyday things that are important to them, develop essential skills to live safely at home, and to navigate the world with confidence.

☎ 0800 024 8973

✉ [supportline@sightscotland.org.uk](mailto:supportline@sightscotland.org.uk)

🌐 [www.sightscotland.org.uk](http://www.sightscotland.org.uk)

## Skills Development Scotland

Government policy is a primary driver of what Skills Development Scotland (SDS) does. A series of skills and economic strategies

interlink to shape SDS's work, making sure that services and partnership activity are meeting the needs of customers and effectively contributing to economic growth ambitions for Scotland.



Skills Development Scotland supports people to help them achieve career success. With partners, SDS delivers face to face career information, advice and guidance in schools and SDS centres, as well as support through a contact centre and a dynamic web service, My World of Work.

Skills Development Scotland are helping people build the skills to manage their career throughout their lifetime, including:-

- Choosing a career and getting ready for employment,
- Progressing in the workplace,
- Up-skilling, such as being able to use new technology,
- Adapting to change, such as redundancy or transferring skills to something new.

☎ 0800 917 8000

 [www.skillsdevelopmentscotland.co.uk](http://www.skillsdevelopmentscotland.co.uk)



# Food Banks

Every day people in the UK go hungry for reasons ranging from redundancy to receiving an unexpected bill on a low income. A simple box of food makes a big difference.

When you visit a referral agency they will take some basic details from you to complete the voucher. This will help them to identify the cause of your crisis and offer practical guidance. It also means they are able to prepare suitable emergency food for the right number of people. Foodbanks work with a number of different referral agencies, such as Citizens Advice, children’s centres and health visitors. Please find below a list of foodbanks available in Midlothian.

<b>Location</b>	<b>Contact</b>
<p><b>Gorebridge</b>            96 Hunterfield Road            Gorebridge EH23 4TT            A referral is required to access the foodbank</p>	<p>Janice Burns            ☎ 07789 173276            🌐 <a href="https://midlothian.foodbank.org.uk/">midlothian.foodbank.org.uk/</a></p>
<p><b>Penicuik</b>            Food Fact Friends            42 John Street,            Penicuik EH26 8AB            A referral is required to access the foodbank</p>	<p><b>Mark</b>            ☎ 01968 675 417            ☎ 07507697109            📧 <a href="mailto:foodfactfriends@gmail.com">foodfactfriends@gmail.com</a></p>
<p><b>Mayfield and Easthouses</b>            Community Food Pantry            (Mayfield and Easthouses Development Trust)            This service is for people of Mayfield and Easthouses only.            Free membership, charge £3.50 per Household.</p>	<p><b>Warris Sheikh</b>            ☎ 0131 663 5317            🌐 <a href="http://www.maedt.org.uk">www.maedt.org.uk</a></p>

<b>Location</b>	<b>Contact</b>
Food Train Over 65 year old only	☎ 0800 13 88 220 (FREE)  <a href="http://www.eatwellagewell.org.uk/">www.eatwellagewell.org.uk/</a>
<b>Veterans Only</b> Lothian Veterans Centre 11 Eskdail Court Dalkeith EH22 1AG Must meet qualifying standards	☎ 0131 660 5537  <a href="mailto:contact@lvc.scot">contact@lvc.scot</a>





# Midlothian Local Area Co-ordination

## What is Local Area Co-ordination (LAC)?

Local Area Co-ordination is based on a vision of a society where disabled people and their carers are valued as full and equal members of the community.



## In Midlothian, Local Area Co-ordinators work alongside

Children and adults (up to 64 years) with a learning disability; physical disability; sensory impairment; and their families.

We work alongside people to enable them to become more confident, supporting them to achieve their dreams and to build good lives. We also work alongside communities, groups and organisations, supporting them to become more welcoming and inclusive.

## What Local Area Co-ordinators do

Local Area Co-ordinators provide information and invest time in understanding what a good life looks like to the individual or family, and how they could get there. LAC helps people to build their own capacity and connections, so that they can stay strong and independent. LAC enables people to build new community

connections or capacity where they don't exist.

## Get in touch:

If you want to find out more, please get in touch.

### Your LAC Team

#### Catherine

Mobile: ☎ 07889 456 267

 [catherine.acton@enable.org.uk](mailto:catherine.acton@enable.org.uk)



#### Carrie

Mobile: ☎ 07892 770 079

 [carrie.poole@enable.org.uk](mailto:carrie.poole@enable.org.uk)



#### Stuart

Mobile: ☎ 07889 456 264

 [stuart.mcintosh@enable.org.uk](mailto:stuart.mcintosh@enable.org.uk)



#### Caroline

Mobile: ☎ 07753 316 885

 [caroline.rodger@enable.org.uk](mailto:caroline.rodger@enable.org.uk)



TEL (with answer machine): ☎ 0131 454 1785

Midlothian Local Area Co-ordination,  
ENABLE Scotland,  
1b Colliery Court,  
McSence Business Park,  
32 Sycamore Road,  
Dalkeith, EH22 5TA.

Join Us  [www.facebook.com/  
groups/203648627717769](https://www.facebook.com/groups/203648627717769)



Midlothian





## Local Groups

### Beeslack Family Club

Beeslack Family Club has been running for over 30 years. Beeslack Family Club started as a Pilot Project in April 1985.

The aim of the club is to provide a range of activities for “children and adults with additional support needs.” The club creates opportunities that enable members and their families to integrate socially, recreationally and educationally as well as providing a vital consistent

space for families to take part in activities without restrictions.



Many of Beeslack Family Club members suffer with significant complex additional needs such as Downs Syndrome, Partially Sighted, Arthritis, Diabetic, Epilepsy, Autism, Parkinson’s, Stroke, Cerebral Palsy, Fragile X Syndrome, ADHD, Coeliac Disease, BI Polar, and hearing impairment. The club has a fully inclusive policy and is the only weekend family club of its kind in operation in Midlothian.

Over the years we have expanded somewhat and currently, we offer a variety of activities - cookery, arts & crafts, woodwork, swimming, computers, sensory garden, cycling (we have an adapted trike), music, pool and a coffee bar.

Everyone welcome. For further information please contact:  
Beeslack Community High School,  
Edinburgh Road,  
Penicuik, EH26 0QF.

☎ 01968 673893

 [www.facebook.com/BeeslackFamilyClub/](https://www.facebook.com/BeeslackFamilyClub/)

### Breathe Easy Group

For people with chronic obstructive pulmonary disease (COPD)

A fully supported network by the British Lung Foundation. They support people with chest problems and instruct on methods to help ease the pain of breathing and breathlessness.

Contact George Worrell

Meet first Tuesday of every month at 14:00 hrs:

This group is currently not meeting face to face.

MVA

4-6 White Hart Street,  
Dalkeith, EH22 1AE.

 [supportgroups@asthmaandlung.org.uk](mailto:supportgroups@asthmaandlung.org.uk)

 07969 467 594



## Bright Sparks

Bright Sparks Play Groups for children with additional support need in Midlothian based in Bonnyrigg, they support children from birth to 25 years with pre-school play groups, out of school clubs, school holiday club, sibling groups and lunch and play clubs.



Bright Sparks vision for the future is to continue to develop our family centre for play provision and their families. Bright Sparks will continue to build an increasingly diverse and responsive programme of activities, maximizing the use of our resources and assets, while maintaining our core ethos of family support.

King George V Park,  
Bonnyrigg,  
Midlothian, EH19 2AD

 0131 663 5172

 [admin@brightsparkspg.org](mailto:admin@brightsparkspg.org)

 [brightsparkspg.org/](http://brightsparkspg.org/)



## Can Do

Can Do is a project run by Leonard Cheshire Disability, which enables people aged 16-35 who have a disability, mental health issue or long-term health condition to get involved in community volunteering. Can Do caters for all interests and abilities and can create bespoke projects for a one-off event or on a longer term basis.

Volunteering will build your confidence and skills and allow you meet new people and try new experiences in a fully supported environment while benefiting other groups of society. It is free to participate. Go on, you Can Do it!



Can Do has moved most of the community activities that we usually run onto digital platforms – keeping people connected in a fun and engaging way.

### What's in it for you?

- Learn and develop new skills,
- Build self-confidence and independence,
- Meet new people and make new friends,
- Raise awareness on issues that are important to you.

For information on opportunities contact:-

Louise Muir, Can Do Programme Coordinator for Lothian at

 [innovation@leonardcheshire.org](mailto:innovation@leonardcheshire.org)

 020 7112 1489 – option 1

 [www.leonardcheshire.org/cando](http://www.leonardcheshire.org/cando)

 [www.facebook.com/CanDoers/photos/](https://www.facebook.com/CanDoers/photos/)

## D-Café

The D-Cafe offers a friendly, supportive and stimulating environment for people with dementia and their carers. The

Community Activities Organiser provides a range of engaging activities for people with dementia, as well as running a specific Carers Support Group from 13:00 hrs -14:00 hrs, during the Cafe.



The Cafe is a great opportunity to meet others in similar circumstances for advice, information and support and to make valuable social connections.

Lunch and refreshments are provided.

Held on the second and fourth Tuesday of every month, from 14:00 hrs - 15:30 hrs.

Dalkeith Baptist Church,  
8 North Wynd,  
Dalkeith, EH22 1JE

Penicuik Cowan Court, 1st and 3rd Thursday of the month,  
14:00 hrs - 15:30 hrs

Eastfield Drive  
Penicuik, EH26 8BF

☎ 0131 654 1114

 [www.alzscot.org/](http://www.alzscot.org/) and enter postcode into search box

## Get2gether

Get2gether believe that everyone has the right to love and friendship. We also believe that people meeting should be easy, fun and accessible.

The logo for Get2gether. The word "get2gether" is written in a lowercase, sans-serif font. The number "2" is significantly larger and colored red, while the rest of the text is black.

Get2gether arrange social activities for people with disabilities in safe friendly places in Edinburgh and the Lothians, Ping Pong, Speed dating dancing and meals out.

Free Membership required over 18 only.

The Thistle Foundation,  
13 Queen's Walk,

Edinburgh, EH16 4AE

☎ 07867 179023

✉ [admin@get2gether.org.uk](mailto:admin@get2gether.org.uk)

📘 [www.facebook.com/get2getherscotland/](https://www.facebook.com/get2getherscotland/)

🌐 [get2gether.org.uk/](http://get2gether.org.uk/)

## Gorebridge Community Café

“A welcoming place where people can again build the idea of real community spirit in Gorebridge”. The café is staffed by local volunteers from Gorebridge and welcomes all local residents.

“We aim to be fully inclusive”, said co-ordinator Mary Webb, “welcoming young people, older people, mums and children, disabled people and those who may feel isolated at home.

We even hope to get some residents along from the nearby Newbyres local care home...

What a difference it makes for an older person, who doesn't have much going on in their week, for a bit of connection, a blether and sense of belonging over a cup of tea.”



There is a small charge to cover costs.

The cafe is open Fridays 09:30 hrs until 11:30 hrs.

Mary Webb

Gorebridge Parish Church Hall,

100 Hunterfield Road,

Gorebridge, EH23 4TT.

☎ 01875 820 094

## Lothians Veterans' Centre (LVC)

LVC is a drop-in centre in Dalkeith that provides person-centred support for ex-service personnel and their families throughout

Edinburgh and the Lothians. We have a small team of dedicated staff who are readily available to tackle any challenge that arrives through our door.



LVC is a safe and welcoming environment that can provide instant assistance, support and advice in relation to a wide range of services, including health and wellbeing; housing; employment; benefits; pensions; further education and training; access to health services; welfare; comradeship; and activities. We work in partnership with a number of veterans' and non-veterans' organisations, and key agencies such as Midlothian Council, Dalkeith Job Centre, and Dalkeith Citizens Advice Bureau all recognise the importance of LVC in the community.

Lothians Veterans' Centre  
11 Eskdaill Court  
Dalkeith, EH22 1AG.

☎ 0131-660-5537

✉ [contact@lvc.scot](mailto:contact@lvc.scot)

📘 [www.facebook.com/LothiansVets](https://www.facebook.com/LothiansVets)

🌐 [www.lvc.scot](http://www.lvc.scot)

## Midlothian Peoples Equality Group

Midlothian Peoples Equality Group (MPEG) is a local community group and registered charity directed by a diverse range of local people who live and work in Midlothian.



## Midlothian People's Equality Group

The group works together to promote equality and challenge prejudice, build relationships across Midlothian communities of

interest where people feel valued and trusted, support people to learn, educate and communicate about local equality issues and interests and support people to have a voice in local policy and planning.

The group encourage local people, community organisations, businesses and other partners to get involved in its work.

☎ 0131 271 3358

✉ [erin.cuthbertson@midlothian.gov.uk](mailto:erin.cuthbertson@midlothian.gov.uk)

For more information or visit the MPEG website

🌐 [www.midequalitygroup.co.uk](http://www.midequalitygroup.co.uk)

📘 [www.facebook.com/MPEGMidlothian](https://www.facebook.com/MPEGMidlothian)

## **SJKP Community Café**

A Monday Café, from 09:30 hrs until 13:30 hrs.

SJKP Community Café was started with an independent grant on the premise to welcome visitors and friends.

The monies raised in the Café are used to bless the community by releasing donations to local charities sympathetic with Saint John's & Kings Park Church aims.



The Café operate a suspended Coffee Scheme- Every coffee purchased another one is donated to someone who cannot afford it.

SJKP hope you enjoy the Community Café.

Denise Thomson

Saint John's and Kings Park Community Café,

31 Eskbank Road,

Dalkeith EH22 1HJ

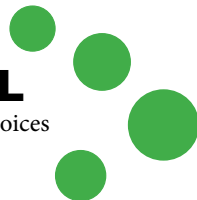
☎ 07858107311



# Lothian Centre for Inclusive Living

Lothian Centre for Inclusive Living (LCiL) is a user-led, disabled people's organisation that provides a range of services to enable disabled people in Edinburgh and the Lothians to live independently in the community of their choice. LCiL works with disabled people and people living with long term health conditions to take control of their own lives, support their choice to take up their rights and enable their full participation in society.

**LCiL**  
Rights & Choices



LCiL's Services in Midlothian include:

- **Independent Living Support:** Providing you with information and one-to-one support to manage your own self-directed package.
- **Payroll & Financial Management Service:** Wages processing and administration if you employ your own personal assistants (PAs). Enhanced support to help you budget and plan, make payments and manage paperwork.
- **Self Management Support:** For Adults living with long term health conditions who are keen to understand and learn more about what they can do to help themselves live life better on their terms. To find out more please email [SMW@lothiancil.org.uk](mailto:SMW@lothiancil.org.uk) or ☎ 07396 591871.
- **Peer Support and Learning:** We offer peer support groups and workshop opportunities to help disabled people and parent carers increase their knowledge, skills, confidence and resilience.
- **LCiL Champions:** A group of service users who are trained and supported to share their life experience of independent living and Self-directed Support.
- **Training Services:** For individuals and organisations, on topics such as Disability Equality and Self-directed Support.

To find out more, contact us at:  
Lothian Centre for Inclusive Living,

Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

☎ 0131-475-2350 (10:00 hrs - 16:00 hrs)

✉ [admin@lothiancil.org.uk](mailto:admin@lothiancil.org.uk)

🌐 [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

## **LCiL's New Self-Management Support Service**

The COVID pandemic has had a profound effect on us all but for people living with long term health conditions the impact might well have been devastating. Their confidence levels, sense of control and routine have been very badly affected.

To help people respond to these challenges, LCiL have secured funding allowing us to extend our self-management support service to adults living with the effects of a long- term health condition in Midlothian.

This service is particularly suited to people who are feeling isolated, possibly living with a new diagnosis and/or experiencing different symptoms brought on by living with different health condition(s.)

If you know of someone who might benefit and is interested in having a confidential chat then please do not hesitate to contact Paula Moncrieff on ☎ 07396 591871 or send an email to ✉ [SMW@lothiancil.org.uk](mailto:SMW@lothiancil.org.uk) This service is also open to self referrals and there is no waiting list at the present time.

LCiL's aims are simple and we believe wholeheartedly that by working collaboratively with individuals and recognising that people are the experts in their own lives we can empower people living with long term health conditions to make more informed choices and enjoy far more better days.

For more information about our service and how it can support people please click on the attached link below or contact Paula Moncrieff for an informal and confidential chat.

Self Management - Lothian Centre for Inclusive Living (LCiL)   
[www.lothiancil.org.uk](http://www.lothiancil.org.uk)



# Midlothian Disability Access Panel

Do you experience a disability?

Are you a carer?

Are you affected by disability?

Would you appreciate more information about disability?

Do you want a real say in access matters in Midlothian?

Would you like to be involved in decisions that affect you?

Do you think you are given enough thought and consideration by those who make the decisions?

Do you want your ideas to be heard and understood?

Join Midlothian Disability Access Panel  
and have your voice heard.

## Contacts:

Mike Harrison, Chair;

☎ 0131 448 0930

✉ [chairman@MidDAP.org.uk](mailto:chairman@MidDAP.org.uk)

Karl Vanter, Secretary to the Panel

☎ 0790 305 9074



## What is an Access Panel?

Local groups of volunteers, including disabled people, carers and people with a genuine interest in access who work for better access for disabled people in their local community. Our panel is involved in many of the following: Reviewing building standards/ planning applications. Being the first point of contact with local authorities and other public bodies on access issues.



We meet locally within Midlothian 3 to 4 times a year. We publish an Access Guide to commercial premises in Midlothian and leaflets and posters to raise awareness

### **What is expected of you as a volunteer?**

You are not obliged to serve on the committee you can simply be a member of the panel and become involved when something interests you.

You can become a member of the panel committee and give the time and commitment that you are comfortable

with. Do not overload yourself. For details of meetings and more information please visit [www.middap.org.uk/](http://www.middap.org.uk/) Most of all, enjoy your time on the panel!



### **Midlothian Access Guide**

There quite a few entries online. You can select a particular business or a type (cafés, undertakers etc) and it will tell you about access arrangements (steps, doors, hearing loops etc) to help you plan your visits. The Panel is continuing to survey premises [www.middap.org.uk/](http://www.middap.org.uk/) and follow the menu to 'Access Guide'



# Midlothian Financial Inclusion Network

MFIN is a network of agencies working in Midlothian to promote financial inclusion. Our membership includes the local CABx and a wide range of advice providers. Statutory agencies such as Midlothian Council, NHS Lothian, Social Security Scotland and the DWP attend our meetings. MFIN is a charity and a company limited by guarantee, run by a Board of Directors.

MFIN's key objective is 'To relieve poverty and to advance public education in all matters relating to the management of personal finances.'



Financial inclusion means access for individuals to appropriate financial products and services. This includes people having the skills, knowledge and understanding to make the best use of our products and services.

MFIN provides a range of networking opportunities, information, and training to staff supporting clients on low incomes. In addition to holding our own network meetings we also support meetings of the Midlothian Digital Steering Group and the Midlothian Food and Health Alliance.

If you would like to find out more about MFIN, see MFIN website at [www.thirdsectormidlothian.org.uk/mva/projects-partnerships/midlothian-financial-inclusion-network-mfin/](http://www.thirdsectormidlothian.org.uk/mva/projects-partnerships/midlothian-financial-inclusion-network-mfin/) which includes an on-line directory of local financial inclusion and money advice services, or MFIN staff can be contacted via the Midlothian Voluntary Action Office ☎ 0131 663 9471



# Midlothian Voluntary Action

Midlothian Voluntary Action (MVA) provides support, guidance and representation for third sector organisations working in Midlothian. This includes grassroots community groups, charities and social enterprises.



We do this by:

- Providing free one to one development support.
- Delivering an annual programme of training, workshops and networking events.
- Distributing news and information via our e-bulletins and social media.
- Running the Third Sector Forum and giving a voice to the sector within Midlothian's Community Planning Partnership.

MVA's Community Care Development Worker supports the Midlothian Older People's Assembly, and Forward Mid.

Midlothian Voluntary Action is part of Midlothian Third Sector Interface (TSI). The TSI also consists of Volunteer Midlothian and the Social Enterprise Alliance Midlothian, and is the main point of contact for the Scottish Government on third sector issues in Midlothian.

We have accessible meeting space at our offices at  
4-6 White Hart Street,  
Dalkeith, EH22 1AE.

MVA can be contacted at [info@mvacvs.org.uk](mailto:info@mvacvs.org.uk) More information on MVA is available on our website: [www.thirdsectormidlothian.org.uk/mva/about-mva/](http://www.thirdsectormidlothian.org.uk/mva/about-mva/)



## Radar key

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations. Alternative costs: Without VAT - £5.00 For more information please visit [www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key](http://www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key) Forward Mid are also selling the Radar Key at cost £4.50 from 4-6 White Hart Street, Dalkeith EH22 1AE.

☎ 0131 663 9471




In the past, the Radar Key Scheme ran checks to ensure only disabled people could buy these keys. Now they can be bought on Amazon at [www.amazon.co.uk](http://www.amazon.co.uk), Age UK at [www.ageukincontinence.co.uk/incontinence-shop/toilet-aids/disabled-toilet-keys.html](http://www.ageukincontinence.co.uk/incontinence-shop/toilet-aids/disabled-toilet-keys.html) UK style, European style and Australian available at [www.radarkey.org/order](http://www.radarkey.org/order)

There is a new website to check for both Accessible Toilets and also Changing Places Toilets [www.loo.org/](http://www.loo.org/) there are Apps to download to Mobile devices.

<b>Changing Place Toilets Midlothian</b>	
Dobbies Garden World, Lasswade EH18 1AZ	+ 1 disabled toilet
Dalkeith Arts Centre, EH22 1DY	
Ikea, Loanhead EH20 9BY	
Newbattle Community Campus	EH22 4SX
<b>Accessible Toilets in Midlothian</b>	
Bonnyrigg Medical Centre	EH19 2ET
Lasswade Leisure Centre	EH19 2NE
Pitcairn Centre, Bonnyrigg	EH19 2ES

<b>Accessible Toilets in Midlothian</b>
12A Eskdaill Street, Dalkeith, EH22 1LB
Buckleuch, Dalkeith EH22 1HZ
Dalkeith Community Campus EH22 2PS
Dalkeith Medical Centre EH22 1AP
McDonalds, Hardengreen EH22 3FU
Midlothian Community Hospital EH22 3ND
Morrisons, Dalkeith EH22 1HQ
Resteration Yards, Dalkeith EH22 1ST
Saint John's & Kings Park Church EH22 1HJ
Starbucks, Hardengreen EH22 3FU
Tesco, Hardengreen EH22 3PP
Beacon, Gorebridge EH23 4TT
Newbyres Medical Centre, Gorebridge EH23 4TP (assistance required)
2B Station Road, Loanhead, EH20 9RQ
Asda, Loanhead EH20 9NY
Costa Coffee, Loanhead EH20 9QY
Loanhead Leisure Centre EH20 9LA
McDonalds Loanhead EH20 9PW
Matalan, Loanhead EH20 9QY
Next, Loanhead EH20 9PW
Pentland Plants, Loanhead EH20 9QG
Sainsbury, Loanhead EH20 9PW
Mining Museum, Lady Victoria, Newtongrange EH22 4QN
Newtongrange Leisure Centre EH22 4PG
5 Bank Street Penicuik EH26 9BG
Penicuik Leisure Centre EH26 9EP
Tesco, Penicuik EH26 8NP

If you know of any more, please let Forward Mid Know. If travelling to England you can check  [www.loo.org/](http://www.loo.org/) and see if you would benefit from purchasing one.

 Radar key required to unlock door.



# Sport

## Physical Activities for adults with physical and learning disabilities

### For multi-sports sessions

- No pre-booking required.
- Admission fee applies to all participants attending the specialised instructor-led sessions.
- Care providers will be expected to support their service users throughout all sessions.
- The pool, health suite and gym facilities are also available at the time of multi-sports sessions .
- Pool side access facilities vary from site to site.
- Please feel free to contact or visit individual site regarding access requirements prior to attending.



### Sensory Friendly Swim Sessions

Sessions for those who are sensitive to light and sound levels usually found in a pool environment.

<b>Activities</b>	
<b>Lasswade Centre</b>	<b>0131 271 4533</b>
Sensory Friendly Swim Sessions	
Saturday	16:30 hrs 17:30 hrs
<b>Loanhead Leisure Centre</b>	<b>0131 444 9033</b>
Cycle-Zone	
Wednesday	18:45 hrs 19:30 hrs
Sensory Friendly Swim Sessions	
Thursday	11:15 hrs 12:15 hrs
Friday	18:50 hrs 19:50 hrs
<b>Gorebridge Leisure Centre</b>	<b>01875 821739</b>
Boccia	
Monday	10:30hrs 11:30hrs
<b>Newbattle Community Campus</b>	<b>0131 561 6740</b>
Multi-sports	

<b>Activities</b>	
Thursday	10:00 hrs 12:00 hrs
Sensory Friendly Swim Sessions	
Wednesday	18:00 hrs 19:00 hrs
Saturday	15:30 hrs 16:30 hrs
<b>Penicuik Leisure Centre</b>	01968 664 066
Multi-sports	
Monday	12:30 hrs 14:30 hrs
Boccia	
Monday	14:30 hrs 15:30 hrs
Sensory Friendly Swim Sessions	
Friday	16:30 hrs 18:00 hrs
Saturday	14:30 hrs 15:30 hrs

For more information contact:

 [mary.mackie@midlothian.gov.uk](mailto:mary.mackie@midlothian.gov.uk)  07827 663 951

## Ageing Well

Ageing Well Midlothian is a physical activity project for the over 50s.

For information on Ageing Well Midlothian please contact  Vivian: [vivian.wallace@midlothian.gov.uk](mailto:vivian.wallace@midlothian.gov.uk)

Please call and leave a message before coming along to a class or group for the first time as some classes may have a waiting list.

 0131 561 6506

 [www.midlothian.gov.uk](http://www.midlothian.gov.uk)



Activities Include:

- Best step forward
- Dance and Sing
- Health Walks
- New age Curling

- Table Tennis/Badminton
- Tai Chi/Chi Gong
- Waling Football
- Walking Netball
- Walking Rugby

## Lothian Disability Sport



Lothian Disability Sport was originally set up as Lothian Sports Association for the Disabled back in 1962. Since then it has evolved over the decades, culminating in the creation of the registered Scottish Charity Lothian Disability Sport (LDS) in 1998.

### Aims Of Lothian Disability Sport

The underlying principles of LDS are to promote sport and physical activity for people with a physical, learning or sensory impairment through the following ways:

- To promote the welfare of all people with a disability through sport and physical recreation by providing sporting and leisure opportunities for all people with a disability
- To help individuals develop confidence through participation in sport and leisure activities in order to promote health and well being
- To encourage individuals to develop any particular sporting abilities which they may have and to aid them in furthering their sporting potential to a level to which they aspire
- To provide and promote opportunities for clubs and club members to participate in a range of sporting and leisure activities, including competitive sport, and encourage and support them to do so
- To publish and distribute regular up-to-date information on activities and facilities

To help us achieve these aims we offer:

- a Lothian wide programme of competitive and participatory events in selected sports, for both school aged and senior



athletes

- co-ordination of participation by athletes and teams at Scottish Disability Sport National sports events
- a regular newsletter detailing recent news and achievement and highlighting forthcoming events
- information on coaching and training opportunities and access to coach education courses, as well as supporting UK Disability Inclusion Training
- provide support to established and developing clubs in the local area.
- provide grant aid for athletes, clubs, coaches and volunteers where appropriate.

If you have any questions ☎ 07885 549 173 or Email: [admin@lothiandisabilitysport.co.uk](mailto:admin@lothiandisabilitysport.co.uk)

Please check our website for updates

[www.lothiandisabilitysport.co.uk/](http://www.lothiandisabilitysport.co.uk/)

## **DR Inclusive Fitness**

DR Inclusive Fitness and well-being specialise in personal training and massage therapy for disabled people and people with long term health conditions. We also offer adapted fitness classes and group training.

Our aim is to remove the barriers to fitness for disabled people.

Our gym can be found at 10/2 Eldin Industrial Estate, Loanhead, EH20 9QX.

We offer a free consultation where we can meet at the gym, to have a cuppa and a chat about what you are looking for and what we can do for you.



If you are interested then get in touch by phone or email:

☎ 07923335331

✉ [info@drinclusivefitness.co.uk](mailto:info@drinclusivefitness.co.uk)

You can also give us a follow-

📷 [www.instagram.com/drinclusivefitness/](https://www.instagram.com/drinclusivefitness/)

📘 [www.facebook.com/drinclusivefitness](https://www.facebook.com/drinclusivefitness)

<b>Sports Clubs</b>	
<b>Arniston Rangers Football Club</b>	 <a href="http://www.arnistonrangersyfc.co.uk/">www.arnistonrangersyfc.co.uk/</a>
<b>Bonnyrigg Rose Academy</b>	 <a href="http://www.bonnyriggrose.org.uk/">www.bonnyriggrose.org.uk/</a>
<b>Dalkeith Thistle Football Club</b>	 <a href="http://www.dalkeiththistlefc.com/">www.dalkeiththistlefc.com/</a>
<b>Dalkeith Rugby Football Club</b>	 <a href="http://www.dalkeithrugbyclub.com/">www.dalkeithrugbyclub.com/</a>
<b>Easthouses Lily Football Club</b>	 <a href="https://www.facebook.com/EasthousesLily">www.facebook.com/EasthousesLily</a>
<b>Heart of Midlothian Football Club</b>	 <a href="http://www.heartsfc.co.uk/">www.heartsfc.co.uk/</a>
<b>Hibernian football club</b>	 <a href="http://www.hibernianfc.co.uk/">www.hibernianfc.co.uk/</a>
<b>Lasswade Rugby Football Club</b>	 <a href="http://lasswaderfc.club/">lasswaderfc.club/</a>
<b>Lasswade Thistle Football Club</b>	 <a href="http://www.lasswadethistlefc.co.uk/">www.lasswadethistlefc.co.uk/</a>
<b>Newtongrange Star Football Club</b>	 <a href="http://newtongrangestarfc.co.uk/">newtongrangestarfc.co.uk/</a>
<b>Penicuik Athletic</b>	 <a href="http://www.payfc.net">www.payfc.net</a>
<b>Penicuik Rugby Football Club</b>	 <a href="http://penicuikrugby.org/">penicuikrugby.org/</a>
<b>Whitehill welfare Rosewell</b>	 <a href="http://www.whitehillwelfare.co.uk/">www.whitehillwelfare.co.uk/</a>



## Thistle Foundation

The Thistle Foundation Lifestyle Management Programme is designed to support people who are dealing with difficult life situations or who are living with a long-term health condition.

The programme helps people gain control over their situation by making use of and building on their own coping and recovery strategies. The course aims to boost confidence and self-esteem by acknowledging and celebrating the small successes participants achieve along the way.

The 10-week programme consists of group sessions lasting three hours. These sessions involve discussion, safe and appropriate exercise, and therapeutic relaxation. The courses take place at local community venues, including the Thistle Foundation.

Each individual is offered the opportunity to meet a member of the team to discuss their goals and best hopes before the course begins. Course goals are linked to the 'three Cs' of coping, control and confidence. We focus on identifying strengths and resources, as well as how these can be used to help manage daily life. Our way of working has been developed in response to feedback received from previous course participants. We ask that participants make every effort to attend all sessions.

### Course Sessions:

**Week 1 Lifestyle Management Philosophy.**

**Week 2 Sleep Management.**

**Week 3 Relaxation/Stress Management.**

**Week 4 Pacing/Energy Management.**

**Week 5 Getting Active.**

**Week 6 Pacing/Time Management.**

**Week 7 Communication Skills.**

**Week 8 The Mind-body Connection.**

**Week 9 Preventing, Minimising & Recovering from Relapse.**

**Week 10 Reflection & Forward Planning.**



For more information please contact us on ☎ 0131 656 7345



# VOCAL & Wee Breaks

Voice of Carers Across Lothian

VOCAL provides information and support to unpaid carers. An unpaid carer is a person who looks after a relative, neighbour or friend who needs support because of age, physical or learning disability, long-term condition or illness, mental health problems or substance use.



Providing care can range from visiting every day to make sure someone is okay, doing a weekly shop for someone, to being there 24 hours a day and providing personal care.

VOCAL provides:

- Practical support on issues such as taking on a caring role, accessing services, maintaining your health and well-being,
- Expert advice sessions on welfare benefits legal matters and power of attorney,,
- Support to take a break from your caring role,
- Support to complete an Adult Carer Support Plan
- Access to training and events and social groups,
- Counselling,
- Support if you are affected by someone else's substance use.

## What is an Adult Carer Support Plan

You can ask Midlothian Council Social Work for an Adult Carer Support Plan. The plan sets out any needs you have as a carer and how they will be met. Any carer can request an ACSP, regardless of the age of the person they care for, number of hours, type of caring, or regularity of their caring role.

More information on Adult Carer Support Plans can be found in the leaflet available VOCAL website [www.vocal.org.uk/carers-support/info-for-carers/practical-support/carers-support-](http://www.vocal.org.uk/carers-support/info-for-carers/practical-support/carers-support-)

[plan/?cn-reloaded=1](#). Unfortunately no practical support for carers is available.

## Wee Breaks

Becoming a carer affects people in different ways. Whether you felt you had a choice about it or were thrown into your caring role because of circumstances, there is no doubt that caring can be difficult at times. You may appreciate the person you care for but the daily responsibility of attending to their needs may mean that your own needs are often neglected.



Remember when you had time to meet people, go to the cinema or do whatever it was you enjoyed doing? Leisure time is the first thing that disappears for carers and the last thing they have the time for, yet it is one of the best stress relievers.

VOCAL encourages carers to take some 'time out' from their caring role and can help you find and create the right break for you – from a few hours to a few weeks. We can spend time with you and help you think about what would be the best breaks for you and how to achieve this.

## Wee Breaks Funds

VOCAL Midlothian administers a Wee Break fund which can help you get a break from your caring role.

You can apply for anything that would give you a break from your caring role, for example:

- A shed, so YOU can undertake a hobby at home,
- Someone to spend time with the person you care for while you go to a class, group or social event,
- Financial assistance to help YOU set up an activity, break or holiday with friends and/ or family,

- Sports equipment to allow YOU to take part in regular activities.

To be eligible for a Wee Breaks grant, carers must meet the following criteria:-

- The person YOU care for lives in Midlothian and IS NOT in long-term care,
- Financially YOU are unable to fund the break yourself,
- Social Services cannot fund the break, i.e.: we are unable to fund services that are provided by Midlothian Council and cannot offer financial assistance when the cared for is in residential care,
- The break will give YOU time off from your caring role as the main carer for a family member, friend or neighbour,
- YOU have been referred to VOCAL from a practitioner and discussed how a break from your caring role will benefit YOU.

All applications are submitted to a panel who meet on the last Wednesday of the month, excluding December. For more information and to download a form visit: [weebreaks.com/the-wee-breaks-fund/](http://weebreaks.com/the-wee-breaks-fund/)

**VOCAL Midlothian Carers Centre,**  
30/1 Hardengreen Estate,  
Dalkeith EH22 3NX.



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

The office is open Monday to Friday 09:00 hrs – 17:00 hrs., late opening until 20:00 hrs on Tuesdays & Wednesdays.

☎ 0131-663 6869

 [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

 [www.vocal.org.uk/midlothian](http://www.vocal.org.uk/midlothian)

 [www.weebreaks.com](http://www.weebreaks.com)

 [www.facebook.com/VOCALMidlothian/](https://www.facebook.com/VOCALMidlothian/)

 [twitter.com/VOCALMidlothian](https://twitter.com/VOCALMidlothian)

 [www.linkedin.com/company/vocalcarers](https://www.linkedin.com/company/vocalcarers)



# Volunteer Midlothian



## Leading the way in volunteering

Volunteer Midlothian is the leading agency for volunteering development in Midlothian. If you're interested in becoming a volunteer or want to promote an opportunity, we're here to help:

- **Explore your interests and motivations for volunteering,**
- **Make an informed choice about the different opportunities that we have available,**
- **Search and select information on over 200 local volunteering opportunities,**
- **Set up a meeting with the opportunity of your choice or arrange for them to get in touch with you.**

You can also browse the wide range of opportunities on [www.thirdsectormidlothian.org.uk/vm/](http://www.thirdsectormidlothian.org.uk/vm/)

Volunteer Midlothian also runs a number of volunteer-led projects which help people develop their skills and confidence, including:

- Connect, matching volunteer befrienders with people who are socially isolated.
- Connect Online, providing IT tuition to groups of older people and vulnerable adults who want to develop their digital skills in a friendly, sociable setting.
- Transform, offering supported volunteering opportunities for young people aged 14-20.

The Connect Project matches volunteer befrienders with people who are socially isolated. This may be as telephone/online befriending or meeting up for a walk/talk- socially distanced and out of doors.

To get in touch please phone or email Naomi -  
Volunteer Coordinator of The Connect Project  
☎ 07856 571076

 [naomi@volunteermidlothian.org.uk](mailto:naomi@volunteermidlothian.org.uk)

Volunteer Midlothian:

We work from home and our office in Dalkeith.

For general enquires please contact

 [info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk)

You can also call us on ☎ 07859 914587.

Volunteer Midlothian 4/6 White Hart Street, Dalkeith, EH22 1AE

 [www.thirdsectormidlothian.org.uk/vm/](http://www.thirdsectormidlothian.org.uk/vm/)

 [@VolMidlothian](https://twitter.com/VolMidlothian)

 [VolunteerMidlothian](https://www.facebook.com/VolunteerMidlothian)

We run drop-in sessions for people who are interested in  
volunteering every Monday morning.





# Midlothian Health and Social Care Partnership

## Delivering healthcare and support in Midlothian

The Midlothian Health and Social Care Partnership brings together parts of Midlothian Council and NHS Lothian. It is governed by the Midlothian Integrated Joint Board (IJB).



The IJB plans services in Midlothian that help you live well and get support when you need it - from care homes to care at home, primary care to telecare, voluntary organisations to vaccinations.

## Our vision

People in Midlothian are enabled to lead longer and healthier lives.

## Our Values

Our services will provide the right support for you, at the right time and in the right place.

## What we do

Every 3 years the IJB publishes a Strategic Plan that sets out our main priorities.

To put this plan into action the IJB sends formal written Directions to NHS Lothian and Midlothian Council in relation to the services they provide.

Our three year Strategic Plan is divided into sections. Links to these individual sections can be found at [www.midlothian.gov.uk/mid-hscp/info/3/what-we-do](http://www.midlothian.gov.uk/mid-hscp/info/3/what-we-do) or click on the links below

## Service areas:

- **Cancer**

- **Respiratory Conditions**
- **Neurological Conditions**
- **Heart Disease**
- **Type 2 Diabetes & Obesity**
- **Palliative Care**
- **Older people**
- **Mental Health**
- **Physical Disability & Sensory Impairment**
- **Learning Disability & Autism**
- **Community Justice**
- **Substance Misuse**
- **Falls and Fracture Prevention**

## **Resources:**

- **Primary Care**
- **Hospitals (Unscheduled Care)**
- **Unpaid Carers**
- **Workforce & Third Sector**
- **Communities**
- **Housing & Property**
- **Digital (Technology Enabled Care)**

 [www.midlothian.gov.uk/mid-hscp/site/index.php](http://www.midlothian.gov.uk/mid-hscp/site/index.php)

 [Gill.Main@nhslothian.scot.nhs.uk](mailto:Gill.Main@nhslothian.scot.nhs.uk)



 [www.facebook.com/MidlothianHSCP/](https://www.facebook.com/MidlothianHSCP/)

 [twitter.com/MidlothianHSCP?ref\\_src=twsrc%5Etfw](https://twitter.com/MidlothianHSCP?ref_src=twsrc%5Etfw)







# A&E Alternatives

Self-care is about looking after ourselves so that you stay healthy, and taking care of ourselves when you are ill.



Before requesting an NHS appointment, Please check online:

- For Covid help in the Lothians ☎ 0300 790 6769 answering machine
-  [www.nhsinform.scot](http://www.nhsinform.scot) or ☎ 0800 22 44 88 use this number if you require and need an interpreter.
- Users of British sign language please use  [contactscotland-bsl.org/](http://contactscotland-bsl.org/) or text 🗣 18001 0800 22 44 88
-  [www.treatyourselfbetter.co.uk/](http://www.treatyourselfbetter.co.uk/)
-  [www.selfcareforum.org/resources/patient-portal](http://www.selfcareforum.org/resources/patient-portal)

## Common illnesses or advice on medicines

Your community pharmacist can give you advice, or treatment for many minor ailments, Minor ailment service at community pharmacies. **Midlothian Pharmacies:**

- Sexual health **MYPAS:** ☎ **0131 454 0757** or  [www.mypas.co.uk](http://www.mypas.co.uk)
- For help to stop smoking, ask your pharmacist or contact: Midlothian Stop Smoking Service: ☎ 0131 537 9914
- If over 65, under 16 or receive certain benefits you can use the NHS minor ailment service if registered in a pharmacy. Ask your pharmacist or go online to  [www.npa.co.uk](http://www.npa.co.uk) or  [www.cps.scot/](http://www.cps.scot/)

## Your Practice Nurse


Practice nurses are experienced in dealing with many conditions such as high blood pressure, asthma, diabetes and a range of minor illnesses such as chest, urine and ear infections, and skin conditions. Many can prescribe medications and arrange investigations. Ask your GP practice receptionist for advice on whether the nurse might



be able to deal with your problem.

## Dental and Mouth Problems


If you have a problem with your teeth, gums or mouth contact your dentist. If you don't have a dentist and you want to find one near you contact:

-  [weare.nhslothian.scot/dentists/](http://weare.nhslothian.scot/dentists/)  
or ☎ 0131 537 8444
- A walk-in centre in Edinburgh: ☎ 0131 536 4800.



## Infants and Toddlers


For advice and treatment for children and babies:

- Ask your GP practice for your Health Visitor's phone number
- Ask your local Pharmacist,
- For advice on common infant and toddler illnesses -  
 [www.whenshouldiworry.com](http://www.whenshouldiworry.com)

## Depression, anxiety and mental wellbeing

- Midspace:  [www.midspace.co.uk](http://www.midspace.co.uk) Provides an overview of all local mental health services,
- Midlothian Wellbeing Access Point: ☎ 0131 536 8981 see the Midlothian Wellbeing Access Point section
- The Orchard Centre: supports people across Midlothian ☎ 0131 663 1616 or  [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)
- Breathing Space: Someone to talk with when things are low ☎ 0800 838 587 or  [www.breathingspace.scot](http://www.breathingspace.scot)
- Samaritans: ☎ 116 123 for more than suicidal thoughts.

## Alcohol and drug problems

- Gateway to Recovery Clinics: ☎ 0131 660 6822 These are drop-in clinics for anyone looking for help. No appointment necessary. Clinics in Dalkeith and Penicuik.
- Mid and East Lothian Drug and Alcohol Partnership:  
 [www.meldap-recovery.co.uk/](http://www.meldap-recovery.co.uk/)

## Eye problems

Opticians are trained to recognise common eye problems. They can also provide treatment or refer you to specialist services.

You can also get advice at <https://patient.info/eye-care>

## Hearing problems


High street opticians offer hearing tests and help with existing hearing aids. NHS Audiology Services, see your own GP first.

## Muscle and Joint Problems


You can contact the physiotherapy service directly for muscle and joint problems. They give advice or appointment if necessary.

☎ 0800 917 9390 or go to  [www.nhsinform.scot](http://www.nhsinform.scot)

## Foot Problems

If you have a foot problem, see the **Podiatry section** or go to  [www.nhsinform.scot](http://www.nhsinform.scot) and search for foot problems.

## If you do need advice from a doctor...

You can make a GP phone appointment instead of attending the GP practice or through an App on GP's web site. A new website called  [www.nearme.scot/](http://www.nearme.scot/) may operate in your area. If the doctor feels they need to see you, they will ask you to come in.

Reception staff may ask why and are bound by the same confidentiality rules as doctors and nurses. Remember to cancel your GP appointment, if not required.

**If you think that someone's life is at risk, you should call ☎ 999 right away.**

NHS24 111 Helpline for urgent health advice when GP practice and dentists are closed.

**We want to be there when you need us most.  
It's your NHS, please use it wisely.**





## Adult Social Care



Midlothian Council's Adult Social Care Department provides a range of services to support people to remain independent in their own homes or a homely setting in the community.

These services include care at home, equipment, technology, adaptations and support for carers.

Access to these services follows a social work assessment of your needs. To find out more about an assessment or to request one for yourself or your carer ☎ 0131 271 3900 or visit [www.midlothian.gov.uk/physicaldisability](http://www.midlothian.gov.uk/physicaldisability) You may choose to have a family member, friend or carer with you at this time or at any other time during the process.

If you need support outwith office hours call the Emergency Social Work Services ☎ 0800 731 6969.

### Social work support

If you need a carer or help with mobility, contact: Adult Social Work ☎ 0131 271 3900  
Children and Families Social Work ☎ 0131 271 3413



Midlothian



## Community Physical Rehabilitation Team

For adults with acute and long-term physical conditions who need to be seen in their home environment.

**What we aim for:** To provide a co-ordinated and Integration rehabilitation service to patients with acute and long-term physical conditions.

**Who we see:** Adults with rehabilitation needs, requiring to be seen in their home environment. Needs may include:-

- Physical,
- Functional.



### Our Objectives

- To facilitate a multidisciplinary approach to the rehabilitation of patients in their community setting to meet their individual needs,
- To provide timely and effective access to rehabilitation,
- To enable patients and carers to manage their long-term conditions through education, advice and support,
- To provide a high standard of therapeutic assessments which is person centred and needs based,
- To provide expert advice source for carers/relatives, other health professionals, voluntary agencies and other relevant community-based organisations.

**Our Team:** Physiotherapists, Occupational therapists.

### Who can refer?

Healthcare Professionals, Social Care, Voluntary agencies, Patient, Carers and relatives.

### How to refer to Community Physical Rehabilitation Team

Single Point of Access ☎ 07827880014



# Defibrillators

As we move forward with our ever-changing world. It is important we constantly update our community with new information. Knowledge is power. Forward Mid would like to share with our community information on Public Defibrillators.

A Defibrillators is a device that delivers high energy electric shocks to the heart of someone in Cardiac Arrest. This high-energy shock is called Defibrillation and it is an essential part in trying to save the life of someone in Cardiac Arrest.

Most people who survive will have required a shock from a Defibrillators to correct the chaotic heart rhythm, the earlier a shock is given the better the persons chance of survival. Studies have shown that a shock delivered within 3 minutes of Cardiac Arrest provides the best chance of survival.

## **Who can use a public defibrillator?**

Anyone can. There are clear instructions on how to use the public Defibrillator and attach Defibrillator pads. It will then assess the heart rhythm and at that point instruct the user on how to administer a shock if it is needed. You cannot deliver a shock accidentally. The technology inside the Defibrillator will only allow to shock if it is needed.

## **Where can a Defibrillator be found?**

Defibrillators are located in workplaces and public spaces; they are known collectively as public access defibrillators (PAD's) as anyone can use them.

If you need to use a Defibrillator in an emergency, the 999 call handler will often know where the closest one is and inform you. You can request someone to collect it. By performing CPR and using a Defibrillator you'll give someone the best chance of





survival.

If someone is having a Cardiac Arrest there are 3 critical steps.

1. Call ☎ 999,
2. Ask if a Defibrillator is nearby and request passcode,
3. Turn on Defibrillator and follow instructions.

By switching on the defibrillator, it will immediately start to give a series of visual and verbal prompts, informing you of what you require to do. Follow the prompts.

How to use:-

- Remove the pads from the sealed pack. Remove or cut clothing and wipe away any sweat from the chest,
- Remove the backing paper and attach the pads to their chest,
- Place the first pad on their upper right side of the chest just below the collarbone as shown on instructions,
- Place the second on their left side just below the armpit. Make sure you position the pad length ways, with the long side-line with the length of their body.
- Once you have done this, the Defibrillator will start to check the heart rhythm, make sure no one is touching the person experiencing the Cardiac arrest. Continue to follow the instructions the Defibrillator machine provides you with until help arrives.





Only 1 in 12 of people who experience a Cardiac Arrest will survive. There are currently around 3500 public access defibrillators (PAD's) in Scotland.

### **Location of public access defibrillators (PAD's) in Midlothian**

For more information:- [www.defibfinder.uk/](http://www.defibfinder.uk/) If the defibrillators is not working or damaged please report to [www.defibfinder.uk/](http://www.defibfinder.uk/) contact page



## Dental Practices

<b>Bonnyrigg</b>	
<b>Bonnyrigg Dental Care</b> Unit 3 Staiside Court, Bonnyrigg, EH19 3PZ	☎ 0131 663 3370
<b>Bonnyrigg Dental Centre</b> 35 High St, Bonnyrigg EH19 2DA	☎ 0131 536 8941
<b>Helen MacNeil</b> 64 High Street, Bonnyrigg, EH19 2AB  <a href="http://www.facebook.com/helenmacneildental/">www.facebook.com/helenmacneildental/</a>	☎ 0131 663 9271
<b>Old Orchard Dental Practice</b> 59 High Street, Bonnyrigg, EH19 2DB  <a href="http://www.oldorcharddental.co.uk/">www.oldorcharddental.co.uk/</a>	☎ 0131 663 8800
<b>Dalkeith</b>	
<b>Bosco Dental Studio</b> Unit 3, 25 Thorny Crook Gardens, Dalkeith, EH22 2RF.  <a href="http://www.facebook.com/agnieszkadental/">www.facebook.com/agnieszkadental/</a>	☎ 0131 654 9316
<b>Mayfield Dental practice</b> 1 Mayfield Place, Dalkeith, EH22 5EE  <a href="http://www.facebook.com/Mayfield-Dental">www.facebook.com/Mayfield-Dental</a>	☎ 0131 663 2097
<b>Midlothian Dental Practice</b> 16 Edinburgh Road, Dalkeith, H22 1JZ	☎ 0131 660 9518
<b>Mochrie W F</b> 21 High St, Dalkeith, EH22 1JB	☎ 0131 663 2431
<b>SR Dental Care</b> 25A South St, Dalkeith, EH22 1AH <a href="https://www.srdentalcare.co.uk/">https://www.srdentalcare.co.uk/</a>	☎ 0131 660 1315
<b>Gorebridge</b>	
<b>Gorebridge Family Dental Practice</b> 19-21 Main Street, Gorebridge, EH23 4BX	☎ 01875 820 483

<b>Loanhead</b>	
<b>Loanhead Dental Practice</b> 50 Fountain Place, Loanhead, EH20 9DU  <a href="http://loanhead-dental-practice.co.uk/">loanhead-dental-practice.co.uk/</a>	☎ 0131 440 1161
<b>Newtongrange</b>	
<b>Newtongrange Dental Practice</b> 5 Station Road, Newtongrange, EH22 4NB  <a href="http://newtongrangedentist.com">newtongrangedentist.com</a>	☎ 0131 654 2377
<b>Penicuik</b>	
<b>Ballantine Dental Practice</b> 91A John Street, Penicuik, EH26 8AG  <a href="http://www.ballantinedental.co.uk/">www.ballantinedental.co.uk/</a>	☎ 01968 675 586
<b>Magliveras Dental Practice</b> 16 Bridge Street, Penicuik, EH26 8LN  <a href="http://www.magliverasdentalcare.com/">www.magliverasdentalcare.com/</a>	☎ 01968 672 922 ☎ 01968 675 777
<b>Penicuik Dental Centre</b> 38 High Street, Penicuik, EH26 8HU  <a href="http://penicuik-dental-centre/">penicuik-dental-centre/</a>	☎ 01968 674 322
<b>Scottish Orthodontics</b> 21 The Square. Penicuik, EH26 8LH <a href="http://scottishorthodontics.com/find-us/penicuik/">scottishorthodontics.com/find-us/penicuik/</a>	01968 664 880
<b>Roslin</b>	
<b>Roslin Dental Practice</b> 6 Main Street, Roslin, EH25 9LE	☎ 0131 448 0367
<b>Emergency Dental Treatment</b> NHS Edinburgh City, East & Mid Lothian Emergency Dental Service If you are registered with a dentist, please contact your own surgery for advice or to arrange emergency treatment.	
Unregistered adults 16+: Chalmers Clinic	☎ 0131 536 4800
If you require advice on dental pain	NHS 24 ☎ 111



# Medical Practices

## Bonnyrigg Health Centre

109-111 Bonnyrigg High Street, Bonnyrigg EH19 2ET.

Dalhousie Medical Practice

 [www.dalhousiemedicalpractice.co.uk](http://www.dalhousiemedicalpractice.co.uk)

☎ 0131 370 3999

Quarryfoot Medical Practice

 [www.quarryfoot.co.uk](http://www.quarryfoot.co.uk)

☎ 0131 537 9828

Strathesk Medical Group

 [stratheskmedicalpractice.gp.scot/](http://stratheskmedicalpractice.gp.scot/)

☎ 0131 537 9333

## Dalkeith Medical Practice

24-26 St Andrew Street, Dalkeith, EH22 1AP

 [www.dalkeithmedical.co.uk/](http://www.dalkeithmedical.co.uk/)

☎ 0131 561 5500

## Danderhall Medical Practice

85 Newton church Road, Danderhall, EH22 1LX

 [www.danderhallmedicalpractice.co.uk/](http://www.danderhallmedicalpractice.co.uk/)

☎ 0131 654 1079

## Gorebridge, Newbyres Medical Group

15 Hunterfield Road, Gorebridge, EH23 4TP.

 [www.newbyresmedicalgroup.co.uk](http://www.newbyresmedicalgroup.co.uk)

☎ 01875 820 405

## Loanhead Medical Practice

Loanhead Centre George Ave Loanhead Midlothian, EH20 9LA

 [www.loanheadpractice.co.uk](http://www.loanheadpractice.co.uk)

☎ 0131 440 0149

## Newbattle Medical Group

Blackcot, Mayfeild, Dalkeith, EH22 4AA.

 [www.newbattlemedicalpractice.co.uk](http://www.newbattlemedicalpractice.co.uk)

☎ 0131 663 1051

## Newtongrange Clinic

75 St Davids, Newtongrange, EH22 4LD

 [www.newbattlemedicalgroup.co.uk/newtongrange-surgery/](http://www.newbattlemedicalgroup.co.uk/newtongrange-surgery/)

☎ 0131 663 1051

<b>Pathhead Medical Centre</b>	
210 Main Street, Pathhead, EH37 5PP	
 <a href="http://www.pathheadmedicalcentre.co.uk/">www.pathheadmedicalcentre.co.uk/</a>	☎ 01875 320 302
<b>Penicuik</b>	
<b>Eastfield Medical Practice</b>	
Eastfield Farm Road, Penicuik, EH26 8EZ	
 <a href="http://www.eastfieldmedicalpractice.co.uk/">www.eastfieldmedicalpractice.co.uk/</a>	☎ 01968 675 576
<b>Penicuik Medical Practice</b>	
37 Imrie Place, Penicuik, EH26 8HY	
 <a href="http://www.penicuikhealthcentre.co.uk">www.penicuikhealthcentre.co.uk</a>	☎ 01968 672 612
<b>Roslin Medical Practice</b>	
122 Penicuik Road, Roslin, EH25 9NT.	
 <a href="http://www.roslinmedicalpractice.co.uk/">www.roslinmedicalpractice.co.uk/</a>	☎ 0131 440 2043
<b>Travel Clinic</b>	
Elphinstone Wing, Carberry, Musselburgh, EH21 8PW.	
 <a href="http://www.healthlink360.org/">www.healthlink360.org/</a>	☎ 0131 653 6767



# Midlothian Access Point

Guiding you to support your wellbeing

 [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

## What is the Midlothian Access Point?

It can be hard to know what groups and services are available in the local area and how to get the support you need.

The Access Point is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your confidence and self-esteem. The Access Point is not a crisis or emergency service.



## How can the Access Point help you?

It can help through supporting you to:-

- Understand more about why you feel unwell,
- Find out what's going on in your local community—groups, activities and services,
- Access the support that will work best for you.

## Who can access and use the service?

If you are:-

- An adult living within Midlothian (18-65 years old),
- Registered with a Midlothian GP practice,
- You don't need to make an appointment or be referred to access the service, so come along and find out how the Access Point can help you.

## Confidentiality

- The access point is a confidential service and all personal information is held under strict legal and ethical rules.

## What happens when you go along to the Access Point?

Meeting one of the team:

You'll be seen in a private space by either a Nurse Therapist, who is trained in providing talking therapies or the Access Point worker who specialises in providing community-based support. They can help you to decide what support will work best for you.

### Sessions:-

- People will normally be seen on a first-come, first-served basis,
- A session will normally last for approximately 30 minutes.

<b>Penicuik</b>	<b>Dalkeith</b>
<b>Loganlea Centre,</b> Eastfield Medical Centre, Eastfield Farm Road, Penicuik, EH26 8EZ - Mondays -11:00 hrs to 14:00 hrs	Midlothian Community Hospital, 70 Eskbank Road, Hardengreen Dalkeith, EH22 3ND Wednesdays -13:00 hrs to 15:00 hrs

### When and where does the service happen?

Please note: The Midlothian Wellbeing Access Point will be closed on Public Holidays.

A couple of things to think about before you come along:

1. Think about why you're looking for help from the Midlothian Wellbeing Access Point?
2. Do you know or have you thought about the type of help you're looking for?

For further information contact Psychological Therapies,

☎ 0131 536 8981 or

Access Point Worker,

✉ [emma.young@health-in-mind.org.uk](mailto:emma.young@health-in-mind.org.uk)



## Midcare Alarm Service

Telecare is a range of equipment placed within your home environment which communicates wirelessly with a central alarm base unit. This will raise an alert automatically if the sensors detect a problem such as a fall, fire or other emergency.



The equipment is plugged into an electric socket and your telephone line. A pendant with a call button is worn by you whilst in your home environment and if you require some of our telecare sensors these are placed around your home. The sensors are not intrusive and are placed discretely where required. If the pendant is pressed or any of the other sensors detect a potential emergency a call is generated via the alarm unit to our control room where staff will provide the appropriate response. The service is available 24 hours a day, 365 days a year. There is a small weekly charge for this service.

### **Who can receive this service?**

Anyone who:

- Is frail and living alone.
- Is living with or being supported by a carer.
- Is disabled.
- Is potentially unlikely to manage to use the phone in an emergency.
- Has a medical condition which can incapacitate them or any other person who would benefit.

### **How can I access this service?**

You can make a referral yourself or asking a family member or friend to do this for you by calling the social work contact office ☎ 0131-271-3900, or you can be referred via health or social



work professional e.g. your GP, district nurse, social worker, occupational therapist. You will be assessed and then provided with the appropriate equipment which will best meet your needs. The equipment will be fully explained and demonstrated to you.

➤ Midcare application online form at [www.midlothian.gov.uk/forms/form/43/en/midcare\\_application](http://www.midlothian.gov.uk/forms/form/43/en/midcare_application) then at foot of page click 'Begin This Form'

➤ Print the Midcare self referral form (PDF) [www.forwardmid.org.uk/publications.html](http://www.forwardmid.org.uk/publications.html) then scroll down

## What is involved?

At the assessment visit, and before the Telecare package is installed you will be asked to provide the names of two people to be key contacts. These will be people who are willing to attend your home in an emergency. If they are unavailable other services such as the MERRIT team or the emergency services will be called.

## Who is contacted when Telecare equipment is activated?

The East Lothian control room receives the initial alerts from the equipment and passes this on to ensure that an appropriate response is provided. The control room is staffed 24 hours a day, 365 days per year.

## What responses will be provided?

A key holder such as family/friend/neighbour, who may be requested to assist in an emergency (service users would provide details of these contacts).

For more information contact:  
Midlothian Council Adult Social Care,  
Fairfield House, 8 Lothian Road  
Dalkeith, Midlothian, EH22 3AA.

☎ 0131 271 3900.

[swccenquiries@midlothian.gov.uk](mailto:swccenquiries@midlothian.gov.uk)





# Midlothian Community Hospital

Midlothian Community Hospital provides many important health care services for the Midlothian area. It is located at Mayshade South, Bonnyrigg (close to the A7 Hardengreen roundabout). The Community Hospital allows people to receive more services and have better facilities at the heart of their community, without having to travel to Edinburgh. It has a free car park including 20 disabled parking bays. **East Coast Buses 139** and **Borders' Buses 339** both enter the hospital grounds and set down/uplift from very close to the main hospital entrance daytime Monday-Saturday. Lothian Buses 49 and East Coast Buses 140 [both operating 7 days a week including evenings] stop on Bonnyrigg Road at the main entrance to the hospital grounds.



Midlothian Community Hospital does not have an accident and emergency department. The nearest A&E department is at the Royal Infirmary of Edinburgh or, for children under 13, the Royal Hospital for Sick Children.

## Out-of-hours GP Services

Midlothian Community Hospital is also the base for the out-of-hours GP service, providing care for conditions that are not life-threatening, but cannot wait for the doctor's surgery to open. To access out of hours GP services call NHS24 on ☎ 111.

## In-patient services

All the inpatient services at Midlothian Community Hospital are for older people. Midlothian Community Hospital has 84 beds in total. All beds are in single rooms, with the exception of a 4-bed bay for patients who need close short-term observation.

The inpatient services that are provided at the hospital are:

- Admission and assessment services for older people with mental health problems,
- Continuing care for older people with mental health problems,
- Continuing care for frail and elderly people,
- Rehabilitation services for older people,
- Physiotherapy and Occupational Therapy.

## Outpatient Services

There is a range of outpatients and community services provided at Midlothian Community Hospital for patients who have been referred by their GP or other specialist. Midlothian Health and Social Care Partnership tries to encourage services to hold clinics in Midlothian that would otherwise be difficult to get to, or that meets a local need.


Monday	Tuesday
<ul style="list-style-type: none"> <li>➤ Paediatric Audiology</li> <li>➤ Psychology</li> <li>➤ Old Age Psychology</li> <li>➤ Child Dietician</li> <li>➤ Speech and Language</li> <li>➤ CAMHS</li> </ul>	<ul style="list-style-type: none"> <li>➤ Old Age Psychology</li> <li>➤ Dietician</li> <li>➤ Lymphoedema</li> <li>➤ Children's Physiotherapy</li> <li>➤ Speech and Language</li> <li>➤ Psychology</li> <li>➤ Audiology Repairs</li> </ul>

Wednesday	Thursday
<ul style="list-style-type: none"> <li>➤ Pain Management</li> <li>➤ Parkinson's Clinic</li> <li>➤ Diabetic Eye Screening</li> <li>➤ Psychology</li> <li>➤ Children's Physiotherapy</li> <li>➤ CAMHS</li> </ul>	<ul style="list-style-type: none"> <li>➤ Old Age Psychiatry</li> <li>➤ Child Health Multidisciplinary</li> <li>➤ Heart Failure Nurse</li> <li>➤ Paediatric Weight Management</li> <li>➤ Psychology</li> <li>➤ Occupational Therapy Assessment</li> </ul>

Friday
<ul style="list-style-type: none"> <li>➤ Psychology</li> <li>➤ Lymphoedema</li> <li>➤ Child Visual Impairment</li> <li>➤ Psychiatry</li> <li>➤ AAA Screening</li> <li>➤ Urology</li> </ul>

There is a cafe in the hospital which is open to the public serving hot drinks and food. The hospital also has a community garden, which is managed by the Cyrenians and local volunteers. Anyone is welcome to visit the garden. Produce from the garden is often available for sale at the hospital reception. If you would like to volunteer at the garden please contact:

 [MCHGardens@cyrenians.scot](mailto:MCHGardens@cyrenians.scot) or  07772 886746.

Midlothian Community Hospital  
 70 Eskbank Rd,  
 Bonnyrigg, Dalkeith EH22 3ND  
 0131 454 1001



# Midlothian Home First

The Midlothian Home First Team aims to prevent avoidable admission to hospital, facilitate a speedier discharge home, provide an intensive rehabilitation service either in the

home or within The Intermediate Care Bed Unit and provide an alternative to hospital admission for adults within Midlothian.



The home first team is a multi-disciplinary integrated service of both Health and Social Care, and is made up of the following teams – Rapid Response Team, Discharge to Assess, community Respiratory Team, and Hospital at Home.

## Rapid Response Team

The Rapid Response Team operate a 24/7 on-call falls service to respond to anyone who has fallen within their own home and requires assistance to get up from the floor. This service is free of charge and can be contacted via either Midcare alarm Service or Tel: ☎ **0131 270 8890**.

Two specialist clinical support workers will respond and carry out a head to toe check of the person. Assistance is provided in the form of lifting equipment as required. Rapid Response Team therapists will provide falls follow up discussion with anyone who has used this service, and further multi-factorial assessment visit as required.

## The aim is prevention of hospital admission.

The service is available to anyone over 16 years of age whose ability to remain at home or return home from hospital is compromised by:

- **Sudden deterioration in mobility and function**
- **Acute exacerbation of a long term condition**
- **Emergency requirement for short term home care provision**

- Crisis situation for the carer
- Palliative Care/End of Life

### **Inclusion criteria for community referrals:**

- Consented to referral to MERRIT
- Reside in Midlothian
- Short term intensive Occupational Therapy falls prevention education and assessment, POC
- Occupational Therapy Falls Practitioner – falls prevention and assessment, postural stability home exercise programme
- Short term intensive Physiotherapy – including transfers, mobility, chest physio, exercise programmes, stairs, acute back pain
- Therapy available up to 6 weeks and up to 3-4 times per week
- Short term package of Care

More information available at:

[www.nhsinform.scot/healthy-living/preventing-falls/](http://www.nhsinform.scot/healthy-living/preventing-falls/)

Referrals are accepted from all community healthcare professionals and Acure Medical Units and A&E

### **Age Scotland**

Age Scotland provides a falls prevention booklet, to request a copy call ☎ 0800 12 44 222





# NHS Lothian

## Midlothian Hospital at Home

### Who are we?

Hospital at Home (or H@H) is a multidisciplinary acute care team, made up of NHS Lothian Doctors, Advanced Nurse Practitioners, Nurse Practitioners, Staff Nurses and Clinical Support Workers.



### What do we do?

Patients will be seen urgently in their own home or care home as an alternative to being admitted to hospital, or as an early supported discharge from hospital if they need ongoing medical or nursing support.

We will carry out assessments, investigations and diagnose illness. We will provide the treatment interventions and rehabilitation that they need. We will discuss patient goals with them and their families to help plan their future care.

The team will only need to be involved with our patients for a short period. This may range from one visit or many visits over a number of weeks depending on what they need.

Midlothian Community Hospital  
70 Eskbank Road  
Dalkeith, EH22 3ND  
Contact us on: ☎ 07773 193 921





# Midlothian Wellbeing Team



## Midlothian Wellbeing Service

**Supporting adults impacted by long term conditions, Long Covid, Challenging Life Situations, Anxiety, Depression or Bereavement.**



## How to Access

Midlothian Wellbeing Team are based within each GP practice in Midlothian. You can ask your GP or another health professional to refer you.

One of the Wellbeing Practitioners will contact you once we have your referral to schedule a first meeting.

## Our aim is to increase individual resilience and self-efficacy using:

- 1-1 coaching utilising good conversation approach,
- Group based lifestyle management courses,
- Mindfulness courses,
- Social prescribing
- Encouraging peer support.

## For further information Contact:

Sandra Mackenzie: ☎ 07876035660  
Emma Holland ☎ 01316567346  
(Wellbeing Administrator)

The Midlothian Wellbeing Service is a partnership between Thistle Foundation and Midlothian Health and Social Care Partnership





# NHS 24 Scotland

## When should I call NHS 24 Scotland?

If your GP surgery is closed and you are too ill to wait until it re-opens, phone NHS 24 Scotland ☎ 111 or (BSL speakers, use [contactscotland-bsl.org/](https://www.contactscotland-bsl.org/)). If you phone us, we will ask you where you are phoning from and why you have phoned. This will help NHS24 Scotland make sure you get the



right help. When NHS24 Scotland know why you have phoned NHS24 Scotland will put you through to a health professional. They will talk to you about your symptoms and tell you what care they think you need. They might suggest that you treat yourself at home, that you see a doctor or another health professional or, in some cases, they might call an ambulance for you.

NHS Scotland Helpline run by Patient Advice & Support Service- ☎ **0800 917 2127** [www.cas.org.uk/pass](https://www.cas.org.uk/pass) If you think your life is in danger and you need an emergency ambulance, always phone ☎ **999**. If you are looking for urgent advice on caring for yourself, you can visit [www.nhs24.scot/](https://www.nhs24.scot/) and use our Self-help Guide which will help to direct you to the right care.

## When you call NHS 24 Scotland

You will hear a message explaining that all calls are recorded as part of your patient record and may be used anonymously for research purposes.

Your call will then be answered by a highly trained call handler. The call handler will introduce themselves and ask you clear questions that are easy to follow. We do not have access to your GP medical record, so the details we ask for are important in case we need to get you help quickly or we need to call you back. This part of the call will take a couple of minutes.

You will be asked to provide the following details about yourself

or the person you are calling for:-

- Name,
- Date of birth,
- Home address or the address where you are calling from,
- GP's name and practice.

You will then be asked some questions about the reason for your call. Then you will be passed to the most appropriate person.

## **If a doctor has to attend**

Most records are now stored on a computer database and can be accessed by the doctor that is attending you. If a doctor does have to attend you please be patient as your records may be long and they may need to be read more than once.

## **What pharmacies provide:**

If you are registered with a GP in Scotland, your community pharmacist can provide a minor ailment service. Your pharmacist can offer advice and can generate the paperwork and supply you with a limited source of medication.

Many pharmacies are open when your GP surgery is shut (evenings, weekends and on public holidays). You don't even need to make an appointment to speak to your local pharmacist.

Your local pharmacist provides lots of services and can help if you need help with a minor ailment service.

**If you think that someone's life is at risk, you should call ☎ 999 right away.**





# NHS Minor Ailment Service

## What is the NHS minor ailment service?

This is an NHS service for people who would not have paid prescription charges under the old system. If your pharmacist thinks you require it then they can authorise medicine and the NHS will pay for it.

## To implement this service, you must first register.

You can register for the NHS Minor Ailment Service at a community pharmacy of your choice.

Your pharmacist will ask you for your name, date of birth, gender, and postcode, and place the information on a form which you must sign to register for the service. Your pharmacist may ask you for proof of your exemption, for example, your maternity or medical exemption certificate or HC2 certificate. Try to produce the information if you think it might be required.

You may only register with **One Community pharmacy** at a time for the NHS Minor Ailment Service.

You can get advice and free treatment from your community pharmacist for minor illnesses and ailments such as:

Minor Ailments				
Acne	Athlete's foot	Back Ache	Cold sores	Constipation
Cough	Diarrhoea	Ear Ache	Eczema	Allergies
Hay fever	Headache	Head lice	Indigestion	Mouth ulcers
Piles	Period Pain	Thrush	Sore throat	Threadworms
Colds	Teething	Warts	Verrucae	Nasal Congestion

## For more information contact:

- [www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/registering-with-a-gp-practice](http://www.nhsinform.scot/care-support-and-rights/nhs-services/doctors/registering-with-a-gp-practice)
- Your local community pharmacy
- Your GP



# Pharmacies

The Apothecary, The Chemist, or The Pharmacy as it is now commonly known has changed over the years, not only in name but with the services we now provide to the public. A pharmacist goes through extensive training before qualifying, undergoing a four-year degree course at university followed by a post graduate training year known as the Pre-Registration year, after which a final exam must be passed before they are able to work as a fully qualified pharmacist in either community, hospital or in industry. To alleviate pressures in GP practices and hospital casualty departments, pharmacy has been tasked to offer a vast range of services, which they are ably qualified and trained in administering.



Your first port of call in non emergency situations should always be your local pharmacy, where you will either be given advice and treatment, or if necessary referred to your GP. Services which are provided: The Minor Ailment Service, where you can register with your local pharmacy, have a consultation when you will be given appropriate advice, treatment or referral. It covers a varied and extensive range of ailments from coughs and colds to skin conditions, free of charge if you are eligible. Medicine Care Review, where you may be invited by your pharmacist to talk about your medicines, to make sure you are taking them correctly or if there are any issues, they may then inform your GP with your permission, if there is a problem to have it rectified if necessary. You may then be put on a service called Serial Dispensing if appropriate, for your repeat medication, which makes accessing your medicines simpler and quicker. Repeat Medication Service, where your ongoing medication can be ordered directly by the pharmacy usually on a two monthly cycle, and picked up at the pharmacy at your allotted date.

**Multi-compartment Compliance Aids (MCA's)**, where if appropriate medication can be dispensed in weekly trays, mainly for patients who are on a lot of medication and or if they are confused or forgetful.

**Palliative Care Pharmacies**, where certain pharmacies keep an extensive stock of controlled and anticipatory drugs and are on call for emergency situations.

**Flu Vaccination Service**, where you can have a flu jab administered at a cost of around £10, but this may be a free service in the near future, for specific groups of the population.

**Travel Clinics**, some pharmacies offer this service, where you can get all the relevant health information and treatment, for your exotic holidays, at a cost. Blood Pressure Monitoring, Diabetes and Cholesterol checks, can be undertaken at your local pharmacies free of charge (exception cholesterol checks)

**Gluten Free (GF) Service**, where we can prescribe GF Products free of charge to patients who have been assessed by GP and or Dietician.

**Stop Smoking Service**, where you will be supported through a 12-week course with weekly treatment and advice. You are 4 times more likely to stop smoking with this service which is free.

**Substance Misuse Service**, to support with addictions and supply opiate substitutes. Pharmacy First, a newish service that at the moment covers urinary tract infections and impetigo which allows a pharmacist to prescribe antibiotics if appropriate. This service will be extended in the near future to cover other ailments requiring antibiotics. Emergency Hormonal Contraception 'The morning after pill' can be supplied free of charge after a consultation and if it is deemed appropriate. Chlamydia Service, where antibiotics will be prescribed on presentation of a voucher given by a health professional, free of charge.

## Pharmacies in Midlothian

<b>Bonnyrigg</b>		
<b>Cohen Chemist</b>	Bonnyrigg Health Centre Bonnyrigg EH19 2ET	☎ 0131-663 6336
<b>Lloyds Pharmacy</b>	32-34 High Street Bonnyrigg EH19 2AA	☎ 0131-663 8585
<b>Rowlands Pharmacy</b>	48 High Street Bonnyrigg EH19 2AB	☎ 0131-663 8353
<b>Dalkeith</b>		
<b>Boots</b>	17-19 High Street Dalkeith EH22 1JB	☎ 0131-663 3158
<b>Lindsay &amp; Gilmour</b>	18/20 Woodburn Avenue Dalkeith EH22 2BP	☎ 0131-663 0372
<b>Lloyds Pharmacy</b>	17 Eskdaill Court Dalkeith EH22 1AG	☎ 0131-663 6789
<b>Lloyds Pharmacy</b>	2 Bogwood Court Mayfield EH22 5DG	☎ 0131-663 3523
<b>Lloyds Pharmacy</b>	Blackcot Drive Mayfield Dalkeith EH22 4AA	☎ 0131-663 0129
<b>Danderhall</b>		
<b>Right Medicine</b>	71 Newton Church Road, Danderhall EH22 1LX	☎ 0131-663 3031
<b>Gorebridge</b>		
<b>Lloyds Pharmacy</b>	35 Main Street, Gorebridge EH23 4BX	☎ 01875-820 422
<b>Lloyds Pharmacy</b>	105 Hunterfield Road, Gorebridge EH23 4TS	☎ 01875-820 345
<b>Loanhead</b>		
<b>Boots</b>	Pentland Retail Park, 16 Straiton Mains, EH20 9PW	☎ 0131 4401669
<b>Lloyds Pharmacy</b>	Inside Sainsburys Straiton Mills, EH20 9PW	☎ 0131-440 4205

<b>Rowlands Pharmacy</b>	55 Clerk Street, Loanhead EH20 9RE	☎ 0131-440 0511
<b>Newtongrange</b>		
<b>Lloyds Pharmacy</b>	123/125 Main Street, Newtongrange EH22 4PS	☎ 0131-663 2251
<b>Pathhead</b>		
<b>Alphega Pharmacy</b>	210 Main Street, Pathhead EH37 5PP	☎ 01875-320 020
<b>Penicuik</b>		
<b>Lloyds Pharmacy</b>	44a John Street Penicuik EH26 8AB	☎ 01968-673 633
<b>Rowlands Pharmacy</b>	22 Edinburgh Road, Penicuik EH26 8NW	☎ 01968-676 868
<b>Rowlands Pharmacy</b>	27 John Street, Penicuik EH26 8HN	☎ 01968-673 939
<b>Roslin</b>		
<b>Roslin Pharmacy</b>	122 Penicuik Road, Roslin EH25 9NT	☎ 0131-440 2596






RIGHT MEDICINE  
PHARMACY



**LloydsPharmacy**

LINDSAY & GILMOUR  
· PHARMACY ·

**rowlands**  
pharmacy





# Physiotherapy

General Practice Advanced Physiotherapy Practitioners (GP APPs) or “**First Contact Practitioners**”

The GP APP works within a GP practice as part of the primary care team assessing and managing people with muscle, bone or joint symptoms. Phone your local medical practice and request an appointment.

They provide an alternative to a GP appointment and offer the following.

- Assessment, diagnosis and initial management of patients presenting with bone muscle and joint problems (MSK problems)
- Identification and appropriate escalation of those with a non-MSK presentation
- Identify the need for and refer for x-ray investigations
- Provide advice on simple analgesia and in some cases prescribe
- Sign post to pharmacy, community and voluntary sector support
- Referral to physiotherapy, orthopaedics, integrated pathways and other services

**First  
Contact  
Physiotherapy**





# Podiatry

The Podiatry service provides a high quality, fully comprehensive foot health service for conditions affecting the lower limb. We assess, treat and advise patients with foot health disorders in order to maintain and maximise their quality of life and so encourage a healthy active life with feet that function normally and without discomfort.

## When is the Service Open?

Monday to Thursday 08.30 hrs to 17:00 hrs

Friday 08.30 hrs to 16:00 hrs

The Service is available, regardless of age, for those with a podiatric/medical need. All new patients must attend an assessment appointment at one of the clinics listed below.



Patients who are housebound may be treated at home. This means that the patient is unable to leave their home on any regular basis, without the assistance of Healthcare or Social Care personnel using an ambulance or patient transport vehicle. If the patient is able to leave their home on a regular basis to visit the doctor, hairdresser or shops, either alone or with the assistance of a friend or relative, we will expect them to visit their local clinic. Home visit patients must be referred by the GP or District Nurse.

NHS Lothian Podiatry Department - [weare.nhslothian](https://www.nhs.uk).

[scot/podiatry/wp-content/uploads/sites/14/2022/02/](https://www.nhs.uk/scot/podiatry/wp-content/uploads/sites/14/2022/02/PodiatrySelfReferralForm.pdf)

[PodiatrySelfReferralForm.pdf](https://www.nhs.uk/scot/podiatry/wp-content/uploads/sites/14/2022/02/PodiatrySelfReferralForm.pdf) Referral documents download.

Patients can self refer for a clinic visit by filling out an application form. GPs or other health care professionals can also make referrals if they wish.

At the first appointment, A full podiatric assessment will be undertaken. A treatment plan will be negotiated with the patient. The outcome of this could be:

- Ongoing general footcare programme
- Referral to a speciality
- Short course of treatment for acute problems
- Discharge with advice
- Speciality Services



### **Biomechanics**

This clinic assesses the lower limb and foot. If appropriate, a supportive insole can be prescribed to correct or limit abnormal foot function. This service is not generally appropriate where arthritic changes have taken place.

### **Nail surgery**

In some cases, painful nails can be partially or completely removed under local analgesia. The nail bed is destroyed using phenol.

### **Diabetic clinics**

Diabetic patients who attend our clinics receive an annual foot assessment in line NHS Lothian Guidelines. Higher-risk patients may be seen more often. Low risk patients should not be referred to the service but seen within their GP practice.

### **Appliance laboratory**

The Podiatry Department has a fully equipped laboratory for the manufacture of prescription insoles. Simple footwear modifications are also undertaken.

### **Midlothian Assessment Centres**

Bonnyrigg Health Centre, 109-111 High Street	Mon - Thurs
Dalkeith Health Centre, 24/26 St Andrew Street	Daily
Newbattle MG, Blackcot Ave, Mayfield	Wed, Thurs
Penicuik Health Centre, 37 Imrie Place	Mon-Wed

For enquiries about the service, please contact ☎ **0131 536 1627**



# Rapid Response Team

## Who are the Team?

A team of health and social service professionals.

## What is the role of the Rapid Response Team?

Our role is to work together with people who may be experiencing a crisis situation, and their carers.



**Midlothian**  
**Health & Social Care**  
**Partnership**

## What is the aim of the Team?

Our aim is to:

- Support people to live independently at home and avoid hospital admissions,
- Avoid admissions to hospital by providing help and support in your home,
- Support carers if there is a sudden crisis, eg if you, as a carer, are taken ill,

This support will be provided for up to six weeks.

We provide support using joint working. Our team includes occupational therapists, physiotherapists and clinical support workers.

The service is open to people who are over the age of 16 who are finding it difficult to stay at home or return home from hospital.

If you have been referred to the service, this could be because of one or more of the following reasons:

- You are suddenly less able to move or function
- Your long-term condition has become worse. Examples of long-term conditions are Chronic Obstructive Pulmonary

Disease (COPD), asthma, arthritis, heart disease

- You are at risk of falling
- Your unpaid carer is not able to provide the support you need

If you are a carer you can access the service for any of the above reasons.

### **What support can we offer?**

- Equipment and technology for your homes to make it easier to live independently
- Rehabilitation - for example access to physiotherapy and occupational therapy to improve daily living skills and independence
- Support for carers from VOCAL Midlothian.





# The Smart Centre



**SMART**  
SOUTHEAST SCOTLAND MOBILITY  
& REHABILITATION TECHNOLOGY

The Smart Centre provides a wide range of rehabilitation technology services for the South East of Scotland, covering Lothian, Fife and the Borders. These include mobility and postural services (wheelchairs and special seating), prosthetics, orthotics, environmental controls, blue badge independent mobility assessment (Edinburgh only), custom design service, a disabled living centre and gait analysis service. We provide a national driving assessment service.

## **ORTHOTICS**

The Orthotics team can prescribe and supply a wide range of Orthotics devices including footwear (made to measure and shoe alterations) insoles, ankle foot orthoses, knee braces, upper limb orthoses and spinal braces.

## **PROSTHETICS**

The Prosthetics team assess, design and fit custom made Protheses (artificial limbs) appropriate to individual patients and their needs. The Prosthetists provide ongoing care and support to ensure patients can get the most out of their prosthesis.

## **WHEELCHAIR AND SEATING**

The wheelchair and seating team assesses for and provides children's buggies and manual and powered wheelchairs. If required the team can also fit these with pressure relieving cushions, postural supports, and custom contoured seats.

## **DRIVING ASSESSMENT**

The driving assessment team offers assessment and advice on driving to people with disabilities, or medical conditions and also to referring GP's, hospital Doctors and the DVLA on an individuals medical fitness to drive.

## **GAIT ANALYSIS**

The Gait analysis team measures and analyses the walking of children, young people and adults using specialist high tech equipment to obtain information on the movements of the limbs and the actions of the muscles.

## **DISABLED LIVING CENTRE**

The disabled (or independent) Living Centre (DLC) is a place where you can get free and impartial information and advice about equipment which can assist people who due to age, disability or illness have difficulty undertaking activities daily.

Open Monday – Thursday 08:30hrs – 16:30hrs  
Friday 08:30hrs – 16:00hrs  
Saturday and Sunday Closed

## **CONTACT NUMBERS:**

Orthotics ☎ 0131 537 9435

Prosthetics ☎ 0131 537 9444

Wheelchair and seating ☎ 0131 537 9177

Driving Assessment ☎ 0131 537 9192

Gait Laboratory ☎ 0131 537 9435

Disabled Living Centre ☎ 0131 537 9190

Smart Centre

Astley Ainslie Hospital

133 Grange Loan

Edinburgh

EH9 2HL

[www.smart.scot.nhs.uk/](http://www.smart.scot.nhs.uk/)



# Alzheimer Scotland



Alzheimer Scotland’s Dementia Advisor is a point of contact for people with dementia and their families at any time that you have a question or concern and require information and advice about any aspect of living with the condition. This could include: understanding more about dementia and how to adapt to and cope with changes in your condition; identifying what you are entitled to; signposting local opportunities for support; and helping you to know and act on your rights.

## **Day Opportunities at “The Bungalow”, Bonnyrigg\***

Day Opportunities specialises in supporting people with dementia through therapeutic activities aimed at preserving and enhancing memory and life skills so that you can stay independent for as long as possible and live well with dementia. You will enjoy social interaction, fun, laughter, and the opportunity to make friends.

- Owing to Covid-19 social distancing requirements, attendees should be independently mobile and manage their own personal care.
- It is expected that people attending The Bungalow will engage with, participate in, and benefit from the service.

Day Opportunities is registered with the Care Inspectorate. It

is necessary to complete a referral form if you are interested in attending.

To discuss whether this service would benefit you, please contact Karen Fernie  [kfernief@alzscot.org](mailto:kfernief@alzscot.org) or  0131 654 4356

## **D'Cafés**

- Dalkeith (Baptist Church Hall, 2nd and 4th Tuesday of the month, 14:00hrs - 15:30hrs)
- Penicuik (Cowan Court, 1st and 3rd Thursday of the month, 14:00hrs - 15:30hrs)

D'Cafés are for people living with dementia and their families. They are an opportunity to meet others in a similar situation, to make connections and develop friendships, and to support and learn from one another as well as Alzheimer Scotland staff and volunteers. The first half hour is spent together, as a whole group, taking refreshments, and getting to know each other. The group then splits into an activities group and facilitated carer support group for the remaining hour.

## **Outdoor Activity Groups**

- Newbattle Abbey College (Thursdays, weekly, 10:30hrs -12:00hrs)
- Penicuik House (Fridays, fortnightly, 10:30hrs -12:00hrs)

Outdoor Activity Groups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are a great way to meet others in a similar situation at the same time as enjoying the natural world and benefitting from some gentle exercise.

## **Morning Meet-Ups**

- The National Mining Museum, Newtongrange (Tuesdays, fortnightly, 10:30hrs -12:00hrs)



- The Craigie Hotel, Penicuik (Wednesdays, fortnightly, 10:30hrs -12:00hrs)

Morning Meet-Ups are for people living with dementia. Family and carers are welcome but generally take the opportunity for a break. They are an informal, relaxed opportunity to meet and socialise with others in a similar situation. Good conversation, reminiscence, quizzes, refreshments and more!

### **Alzheimer Scotland**


3 Edinburgh Road,  
Dalkeith, EH22 1LA.

The office is staffed Monday-Friday 09:00 hrs -14:30 hrs,

 [midandeastlothianservices@alzscot.org](mailto:midandeastlothianservices@alzscot.org)

**Dementia Advisor:** Michael Huddleston

 [mhuddleston@alzscot.org](mailto:mhuddleston@alzscot.org)

 0131 654 1114

For more information, Please check our website at

 [www.alzscot.org](http://www.alzscot.org) and search 'Support.'





# Cancer Journey

## Improving the Cancer Journey

If you are living in Midlothian and have been affected by cancer, Improving the Cancer Journey service is here to help you live as well as possible.

We can meet with you to discuss what matters to you and help you get the right support.

This service is for anyone affected by cancer (16 years and over) at any point on their cancer journey

Improving the Cancer Journey can offer support with:

- Money or housing worries
- Work
- Caring responsibilities
- Physical concerns
- Emotional Concerns

(The service works closely with Midlothian Macmillan Benefits Advice Service)

### How can I access and use the service?

Anyone affected by cancer can refer themselves to the service, or you can be referred by a Health or Social Care Professional or anyone else who is supporting you.

☎ **07977 307 286** or ☎ **07929 784 315**

✉ [loth.icj@nhslothian.scot.nhs.uk](mailto:loth.icj@nhslothian.scot.nhs.uk)

Opening times: Monday to Friday 09.00-17:00 hrs



Macmillan Cancer support, Register charity in England and wales (261017), Scotland (SC039907) and the Isle of Man (604) also operating in Northern Ireland.


































## Medical Conditions Contacts

List of medical condition contacts to help get started on finding information on a specific condition.

<b>Acoustic Neuroma</b>	 <a href="http://www.bana-uk.com/">www.bana-uk.com/</a>  01246 550011
<b>Addison Disease</b>	 <a href="http://www.addisonsdisease.org.uk/">www.addisonsdisease.org.uk/</a>
<b>Aids &amp; HIV</b>	 <a href="http://www.tht.org.uk/">www.tht.org.uk/</a>  0808 802 1221
<b>Alzheimer's Disease, Dementia</b>	 <a href="http://www.alzscot.org/">www.alzscot.org/</a>  0808 808 3000
<b>Axial Spondyloarthritis</b>	 <a href="http://nass.co.uk/">nass.co.uk/</a>  020 8741 1515
<b>Anxiety, Seasonal Affective Disorder</b>	 <a href="http://www.mind.org.uk/">www.mind.org.uk/</a>  0300 123 3393
<b>Arthritis, Gout</b>	 <a href="http://www.versusarthritis.org/">www.versusarthritis.org/</a>  0800 5200 520
<b>Asthma</b>	 <a href="http://www.asthma.org.uk/">www.asthma.org.uk/</a>  0300 222 5800
<b>Ataxia</b>	 <a href="http://www.ataxia.org.uk/">www.ataxia.org.uk/</a>  0800 995 6037
<b>Autism</b>	 <a href="http://www.autism.org.uk/">www.autism.org.uk/</a>  0207 833 2299
<b>Behcet's Disease</b>	 <a href="http://behcetsuk.org/">behcetsuk.org/</a>  0345 130 7329
<b>Bipolar</b>	 <a href="http://www.bipolaruk.org/">www.bipolaruk.org/</a>
<b>Brain and Spine Foundation</b>	 <a href="http://www.brainandspine.org.uk/">www.brainandspine.org.uk/</a>  0808 808 1000
<b>Cancer</b>	 <a href="http://www.cancerresearchuk.org/">www.cancerresearchuk.org/</a>  0808 800 4040  <a href="http://breastcancernow.org/">breastcancernow.org/</a>  <a href="http://www.bowelcanceruk.org.uk/">www.bowelcanceruk.org.uk/</a>
<b>Cerebral palsy</b>	 <a href="http://www.capability.scot/">www.capability.scot/</a>  0131 337 9876

<b>Charcot-Marie-Tooth Disease</b>	 <a href="http://www.cmt.org.uk/">www.cmt.org.uk/</a> ☎ 0300 323 6316
<b>Children Kidney Conditions</b>	 <a href="http://www.infokid.org.uk/">www.infokid.org.uk/</a>
<b>Chronic Fatigue Syndrome</b>	 <a href="http://www.meassociation.org.uk/">www.meassociation.org.uk/</a> ☎ 0344 576 5326
<b>Crohn's Disease</b>	 <a href="http://www.crohnsandcolitis.org.uk/">www.crohnsandcolitis.org.uk/</a> ☎ 0300 222 5700
<b>CRPS &amp; RSD</b>	 <a href="http://www.burningnightscrps.org/">www.burningnightscrps.org/</a> ☎ 01663 795055
<b>Cystic Fibrosis</b>	 <a href="http://www.cysticfibrosis.org.uk/">www.cysticfibrosis.org.uk/</a> ☎ 0300 373 1000
<b>Deafness Hearing Impaired</b>	 <a href="http://www.deafaction.org/">www.deafaction.org/</a>  <a href="http://rnid.org.uk/">rnid.org.uk/</a>
<b>Deep Vein Thrombosis</b>	 <a href="http://www.nhsinform.scot/">www.nhsinform.scot/</a>
<b>Depression</b>	 <a href="http://www.mentalhealth.org.uk/">www.mentalhealth.org.uk/</a>
<b>Diabetes</b>	 <a href="http://www.diabetes.org.uk/">www.diabetes.org.uk/</a> ☎ 0141 212 8710
<b>Disabled Children</b>	 <a href="http://www.theyardscotland.org.uk/">www.theyardscotland.org.uk/</a> ☎ 0131 476 4506
<b>Eating Disorders</b>	 <a href="http://www.beateatingdisorders.org.uk/">www.beateatingdisorders.org.uk/</a> ☎ 0808 801 0432
<b>Epilepsy</b>	 <a href="http://www.epilepsyscotland.org.uk/">www.epilepsyscotland.org.uk/</a> ☎ 0141 427 4911
<b>Fibromyalgia</b>	 <a href="http://ukfibromyalgia.com/">ukfibromyalgia.com/</a> ☎ 020 3965 2044
<b>FND</b>	 <a href="http://www.fndaction.org.uk/">www.fndaction.org.uk/</a>
<b>Guillain-Barré Syndrome</b>	 <a href="http://gaincharity.org.uk/">gaincharity.org.uk/</a> ☎ 0800 374803
<b>Haemophilia</b>	 <a href="http://haemophilia.org.uk/">haemophilia.org.uk/</a> ☎ 020 7939 0780
<b>Hepatitis</b>	 <a href="http://www.nhsinform.scot/">www.nhsinform.scot/</a>

<b>Hodgkins Lymphoma</b>	 <a href="http://lymphoma-action.org.uk/">lymphoma-action.org.uk/</a> ☎ 0808 808 5555
<b>Huntington's Disease</b>	 <a href="http://www.hda.org.uk/">www.hda.org.uk/</a> ☎ 0151 331 5444
<b>Hyperhidrosis</b>	 <a href="http://www.britishskinfoundation.org.uk/">www.britishskinfoundation.org.uk/</a>
<b>Hypermobility Syndrome</b>	 <a href="http://hypermobility.org/">hypermobility.org/</a> ☎ 033 3011 6388
<b>Insomnia</b>	 <a href="http://www.sleepsociety.org.uk/">www.sleepsociety.org.uk/</a> ☎ 01543 442156
<b>Irritable Bowel Syndrome</b>	 <a href="http://gutscharity.org.uk/">gutscharity.org.uk/</a>
<b>Kaposi's Sarcoma</b>	 <a href="http://www.macmillan.org.uk/">www.macmillan.org.uk/</a> ☎ 0808 808 00 00
<b>Kidney</b>	 <a href="http://www.kidney.org.uk/">www.kidney.org.uk/</a> ☎ 0800 169 09 36
<b>Lupus or Systemic Lupus</b>	 <a href="http://www.lupusuk.org.uk/">www.lupusuk.org.uk/</a> ☎ 01708 731251
<b>Lyme Disease</b>	 <a href="http://www.lymediseaseaction.org.uk/">www.lymediseaseaction.org.uk/</a>
<b>Marfan Syndrome</b>	 <a href="http://www.marfantrust.org/">www.marfantrust.org/</a> ☎ 0333 011 5256
<b>Meningitis</b>	 <a href="http://www.meningitis.org/">www.meningitis.org/</a> ☎ 080 8800 3344
<b>Myasthenia Gravis</b>	 <a href="http://www.myaware.org/">www.myaware.org/</a> ☎ 01332 290 219
<b>Motor Neurone Disease</b>	 <a href="http://www.mndscotland.org.uk/">www.mndscotland.org.uk/</a> ☎ 0141 332 3903
<b>Multiple Sclerosis</b>	 <a href="http://www.mssociety.org.uk/">www.mssociety.org.uk/</a> ☎ 0808 800 8000
<b>Narcolepsy</b>	 <a href="http://www.narcolepsy.org.uk/">www.narcolepsy.org.uk/</a> ☎ 0345 450 0394
<b>Osteoporosis</b>	 <a href="http://theros.org.uk/">theros.org.uk/</a> ☎ 0808 800 0035
<b>Paget's Disease</b>	 <a href="http://www.paget.org.uk/">www.paget.org.uk/</a> ☎ 0161 799 4646
<b>Parkinson's</b>	 <a href="http://www.parkinsons.org.uk/">www.parkinsons.org.uk/</a> ☎ 0808 800 0303

<b>Restricted growth</b>	 <a href="http://rgauk.org/">rgauk.org/</a> ☎ 0300 111 1970
<b>Schizophrenia</b>	 <a href="http://www.mentalhealth.org.uk/">www.mentalhealth.org.uk/</a>
<b>Sepsis</b>	 <a href="http://sepsistrust.org/">sepsistrust.org/</a> ☎ 0808 800 0029
<b>Scoliosis / Kyphosis</b>	 <a href="http://www.sauk.org.uk/">www.sauk.org.uk/</a> ☎ 020 8964 1166
<b>Sjogren's Syndrome</b>	 <a href="http://www.bssa.uk.net/">www.bssa.uk.net/</a> ☎ 0121 478 1133
<b>Slipped Disc</b>	 <a href="http://backcare.org.uk/">backcare.org.uk/</a> ☎ 0208 977 5474
<b>Spina Bifida</b>	 <a href="http://www.sbhscotland.org.uk/">www.sbhscotland.org.uk/</a> ☎ 03455 211 300
<b>Spinal Muscular Dystrophy</b>	 <a href="http://www.musculardystrophyuk.org/">www.musculardystrophyuk.org/</a> ☎ 0800 652 6352
<b>Stroke, Myocardial Infarction / T.I.A.</b>	 <a href="http://www.chss.org.uk/">www.chss.org.uk/</a> ☎ 0808 801 0899
<b>Tourette's Syndrome</b>	 <a href="http://www.tourettes-action.org.uk/">www.tourettes-action.org.uk/</a>
<b>Tremors Essential</b>	 <a href="http://tremor.org.uk/">tremor.org.uk/</a> ☎ 01708 386399
<b>Visual Impairment</b>	 <a href="http://www.sightscotland.org.uk">www.sightscotland.org.uk</a> ☎ 0800 024 8973



# COMPASS. Therapy, Support

COMPASS. Therapy, Support, Community for people living with neurological conditions, We help people find direction on their neurological journey. We address an individual's challenges and symptoms, rather than a particular condition. We offer a choice of options and continuity of support, to help people explore what works best for them now, and in managing change.



Neurological symptoms are wide ranging and specific to the individual and can include both physical and emotional. Many symptoms are common, such as: persistent fatigue, 'brain fog, weakness, joint pain, depression, non-restorative sleep, decreased alertness. partial or complete loss of sensation, numbness in the legs or arms, changes in coordination or balance, slurred speech and tremors.

## **Compass. Therapy Support provide:**

- Advice and information
- Specialist oxygen therapy
- Physiotherapy
- Adapted and supported exercise classes face to face and online,
- A range of complementary therapies (e.g., acupuncture, myofascial release therapy, aromatherapy massage and reflexology)
- Fatigue management courses
- Community referral pathways
- Wellbeing Support

Compass. Therapy Support offer practical advice and community sharing. We actively encourage befriending, peer

support and social activities, and provide career support.

Our trading name change reflects that, in addition to providing self-management support therapies and services for those with living MS, an increasing amount of our work is now supporting people with other neurological conditions. This includes those living with ME/Chronic Fatigue Syndrome, Stroke, Traumatic Brain Injury, Fibromyalgia, Parkinson's, and severe Migraine/Cluster Headaches.

## **Therapy Support Fund.**

All our therapies and classes are heavily subsidised through our Therapy Support Fund (TSF). This enables us to operate a minimum contribution system for those who can make a payment and provide treatment sessions free (limited, dependent upon funds/availability) for those who cannot: means-tested benefits. All community fundraising activities and events and donations help us maintain this fund. Only 12% of our income is derived from local authority grants.

## **Compass. Therapy, Support, Community.**

Address: 40c Swanfield, Edinburgh EH6 5RX

Phone: ☎ 0131 554 5384

Email: ✉ [info@wearecompass.org.uk](mailto:info@wearecompass.org.uk)

Website: 🌐 [www.wearecompass.org.uk](http://www.wearecompass.org.uk)

Twitter: 🐦 [twitter.com/CompassTSC](https://twitter.com/CompassTSC)

Facebook: 📘 [www.facebook.com/](https://www.facebook.com/CompassTherapySupportCommunity)

[CompassTherapySupportCommunity](https://www.facebook.com/CompassTherapySupportCommunity)

Instagram: 📷 [www.instagram.com/accounts/login/?next=/compasstsc/](https://www.instagram.com/accounts/login/?next=/compasstsc/)

YouTube: 📺 [www.youtube.com/channel/UCysTS8pARrn2knj3dUp-h0g](https://www.youtube.com/channel/UCysTS8pARrn2knj3dUp-h0g)





## Midlothian Care Support

If you have been affected by cancer and live in Midlothian, we are here to support you.

We recognise that cancer can affect every part of your life, so we provide a person centred approach which can include access to the following:



- Confidential space to discuss what matters most to you,
- Physical Ability,
- Massage Therapies,
- Cancer specific information and access to local groups and activities,
- Peer Support,
- Advice on benefits and employment support.

Whatever you need, this service can support you or give you details of the organisations that can help.

Appointments are available:

- With health & wellbeing practitioners at local GP Practices,
- 14:00 hrs to 17:00 hrs on Thursdays at Lasswade Library,
- 10:00 hrs to 13:00 hrs on Wednesdays at Lasswade Library.

To make an appointment phone ☎ 07909 257 419 or contact your local GP Practices.



TRANSFORMING  
YOUR  
CANCER CARE

WE ARE  
MACMILLAN.  
CANCER SUPPORT

NHS  
Lothian

  
Midlothian



# SAMH



Every year 1 in 4 of us in Scotland will experience a mental health problem.

for Scotland's mental health

So it's important to be ready to talk about mental health. Whether you are living with a mental health problem or supporting someone who is, accessing information is vital. SAMH is here to help you. Building a network of people who you can trust and share things with can help protect your mental health. A person you trust, such as a friend, family member, colleague or community leader, may be able to provide a listening ear.

If you are an employer, you have a responsibility to make sure you provide an environment that is healthy for all. And similarly, if you work in education, you want to be in the position to offer the right support to students with mental health problems.

It can be very difficult to see someone who you care about becoming distressed and unwell, but you don't need to be an expert on mental health to offer support. Often, small everyday actions can make the biggest difference.

People will want support at different times in different ways, so ask how you can help. It might be useful to help them prepare for a doctor's appointment. If your friend wants to get more exercise, you could do this together, or if your partner is affected by lack of sleep, you could help them get into a regular sleeping pattern.

Keep in mind that having a mental health problem is just one part of the person. People don't want to be identified by their mental health problem, so keep talking about the things you always talked about.

SAMH is the Scottish Association for Mental Health.

Brunswick House,  
51 Wilson Street,  
Glasgow, G1 1UZ

 [www.samh.org.uk/](http://www.samh.org.uk/)  0141 530 1000



# Sight Scotland

Charity Sight Scotland has launched a new Family Wellbeing Service, including a telephone helpline, providing support to people with sight loss and their families in the Lothians.

Individuals affected by sight loss, as well as carers, friends and families with a loved one affected by sight loss at any age or stage, can call the Sight Scotland Family Support Line on 0800 024 8973 to access the charity's expert advice, information and practical and emotional support.

The Family Support Line is free to call and open Monday to Friday, 10am – 12pm and 1pm – 3pm.

Following the new service's initial launch in Edinburgh and the Lothians, the charity plans to launch its Family Wellbeing Service nationally in the coming months.


Through the Family Support Line, the Sight Scotland team can provide information and advice on a range of topics including emotional support and befriending; advice on a wide range of visual impairments; equipment, aids and home adaptations; maintaining independence; benefits and financial support; and how and where to get support in your local area.

Research by Sight Scotland had shown that visually impaired people and their families had experienced a lack of support in the early stages of a sight loss diagnosis and in helping family members cope with the impact of their loved one's sight loss on their lives. Sight Scotland's new Family Wellbeing Service aims to tackle this identified gap in support as the charity reaches out to even more people affected by sight loss in Scotland.

Colin Hilditch, Head of Community Services at Sight Scotland, said: "Sight loss has a huge impact on life, not only for the person with visual impairment themselves, but also for their loved ones. Our research revealed a need for more advice and emotional

support for the whole family to help them cope with the impact of their loved one's sight loss.

“We are proud to launch the new Sight Scotland Family Wellbeing Service and our new helpline to address this need for support. Our friendly team have extensive knowledge and experience to help each individual in any way sight loss is affecting them, and we hope people with sight loss and their families will reach out to us through our helpline for our expert advice and support.”

Other features of Sight Scotland's Family Wellbeing Service include a befriending service, home visits (when Scottish Government restrictions allow) and online information and advice through Sight Scotland's website,  [sightscotland.org.uk](https://www.sightscotland.org.uk)

For more information on the Sight Scotland Family Support Line, please visit  [sightscotland.org.uk/supportline](https://www.sightscotland.org.uk/supportline)



**Supportline ☎ 0800 024 8973**

 [www.sightscotland.org.uk](https://www.sightscotland.org.uk)

 [sightscotlandveterans.org.uk](https://www.sightscotlandveterans.org.uk)

### **Sight Scotland and Sight Scotland Veterans Tackling vision loss together**

Sight Scotland is the new name for Royal Blind, Scottish  
Sight Scotland Veterans is the new name for Scottish War  
Blinded.



# Blue Badge

The Blue Badge Scheme provides parking concessions nationally and across Europe for people with a permanent and substantial disability, whether that person is the driver or a passenger.



## A Blue Badge allows you to park:

- in public on-street parking places
- on single or double yellow lines, at times when loading is allowed
- in some private car parks.

To qualify:

- be registered as blind or severely sight impaired
- receiving the Higher Rate of the Mobility Component of Disability Living Allowance.
- receiving the War Pensioners Mobility Supplement.
- receiving benefit under the Armed Forces Compensation Scheme (within tariff levels 1-8)

or be assessed as scoring:

- at least 8 points in the “Moving Around” portion of the Personal Independence Payment.
- or 12 points in the “Planning and Following Journeys” portion of the Personal Independence Payment.

If you do not meet the criteria above, you may have to attend an independent medical assessment to confirm that you are “unable to walk” or “virtually unable to walk”.

Note: IMA assessments have resumed, but there is a backlog

due to the recent restrictions. We are working through this as quickly as possible.

The Blue Badge Scheme is extended on a pilot basis to some people who as a result of a diagnosed mental condition, have no awareness of danger from traffic and are likely to compromise their safety, or the safety of others. Download and complete Form C [https://www.midlothian.gov.uk/downloads/file/4195/blue\\_badge\\_cognitive\\_application\\_form\\_c](https://www.midlothian.gov.uk/downloads/file/4195/blue_badge_cognitive_application_form_c) (you cannot apply online).

## Renewals

A Blue Badge cannot be renewed: you must apply for a new one. Please apply at least 6 weeks before your current Blue Badge runs out.

## How to apply

You are encouraged to apply and pay online [www.mygov.scot/apply-blue-badge](http://www.mygov.scot/apply-blue-badge). This is the quickest way your application is processed within 4 weeks. Apply online if you need a badge urgently. Paper applications can take up to 12 weeks to be processed.

## Paper applications

Download and print forms below, or collect them from your local library.

There are 3 application forms for a Blue Badge:

**Use application form A** (PDF) if you receive:

- the Higher Rate of the Mobility Component of Disability Living Allowance (DLA)
- the Mobility Component of Personal Independence Payment (PiP) (“Moving Around” or “Planning or Following Journeys” descriptors)
- War Pensioners Mobility Supplement
- a lump sum benefit under the Armed Forces and Reserve Forces (Compensation) scheme within tariff levels 1-8 (inclusive)

- or you are registered blind (severely sight impaired).

**Use application form B** (PDF) if you:

- don't receive any of the benefits listed above
- are not registered blind (severely sight impaired)
- are unable to walk, or virtually unable to walk
- have a disability in both arms
- applying on behalf of someone under the age of 3.

**Application form C** (PDF) is for anyone with a diagnosed mental disorder and/or cognitive impairment. Only those most in need will be eligible. This is defined as:

People, who as a result of a diagnosed mental disorder or cognitive impairment, have no awareness of danger from traffic and are likely to compromise their safety, or the safety of others.

Return your paper application to: to any Midlothian library or post to:

Blue Badges  
Midlothian Council  
Midlothian House  
Buccleuch Street  
Dalkeith EH22 1DN

Email: [ptu@midlothian.gov.uk](mailto:ptu@midlothian.gov.uk)

Telephone: ☎ 0131 561 5455

2nd Floor  
Midlothian House  
Buccleuch Street  
Dalkeith  
Midlothian  
EH22 1DN



## Buses

Midlothian is served by Borders Buses, Dial-a-Bus, East Coast Buses, LCTS, Lothian Buses, Prentice Coaches of Haddington and Stagecoach. Legislation requires all buses and coaches to be low-floor and accessible for wheelchairs since 2020.



Please check with individual bus companies for additional information when travelling by wheelchair. Normally buses can only carry one wheelchair. Some buses have 1 wheelchair space and 1 pram space, some buses now have 2 spaces.

 **Borders buses Ltd**  **01896 754 350**

 **East Coast Buses**  **0131 555 6363**


 **Lothian Buses**  **0131 555 6363**

 **LCTS**  **0131 663 0176**

 **Prentice Coaches**  **01620 822620**

 **Stagecoach**  **0300 111 0001**

**Community Bus Service**  **0131 663 0176**

The Lothian Community Transport Services (LCTS) links some areas in Midlothian that are less well served by the conventional bus network to local shopping centres. The network is financially supported by Midlothian Council. Wheelchair users must pre-book the service in advance by calling LCTS  0131-663 0176. Routes that operate on a Monday, call before 17:00 hrs on the preceding Friday. Routes that operate on a Thursday, call before 17:00 hrs on the preceding Tuesday. The network does not operate on Easter Monday, or from 24 December to 2 January inclusive or 3 & 4 January if public holidays Monday or Thursday.

### Mondays

**R4:** Dalkeith High Street, Dalkeith Morrisons, Eskbank Lasswade Road, Lasswade, Loanhead Mavisbank, Loanhead Burghlee Crescent, Loanhead Dalum Loan, Loanhead Library, Straiton Retail Park, Sainsbury's Straiton, ASDA Straiton.



**R5:** ASDA Straiton, Loanhead Hunter Avenue, Lasswade, Bonnyrigg High Street, Carrington, Temple, Gorebridge, Newtonloan Toll, Bonnyrigg High Street, Lasswade, Loanhead Hunter Avenue, Straiton Retail Park, ASDA Straiton, Sainsbury's Straiton.

### Thursday

**R1:** Dalkeith High Street, Dalkeith Morrisons, Eskbank Tesco, Carrington, Temple, Gorebridge centre, Newtonloan Toll, Bonnyrigg Co-op, Eskbank Tesco, Dalkeith Morrisons, Dalkeith High Street.

**R2:** Dalkeith High Street, Dalkeith Morrisons, Lothianbridge, Newtongrange, Gowkshill, Upper Gorebridge, Newbyres Village, Newtonloan Toll, Bonnyrigg Co-op, Eskbank Tesco, Dalkeith Morrisons, Dalkeith High Street.

**R3:** Dalkeith High Street, Dalkeith Morrisons, Eskbank Lasswade Road, Danderhall, Newton Village, Millerhill, Old Craighall, ASDA The Jewel.

### Dial-A-Bus [DAB] ☎ 0131 447 1718 Operated By HcL

#### Transport for people with mobility challenges

All DAB routes in Midlothian are supported by Midlothian Council. All Dial-a-Bus transport is wheelchair accessible. Each journey has a cost attached. Conditions apply.

#### **You need to be registered with HcL to use this service.**

Complete a paper application leaflet available at Libraries and send it to the HcL office at Bilston Glen, call ☎ 0131 447 9949, or register on line at  [www.hcltransport.org.uk](http://www.hcltransport.org.uk)

#### **How Does it Work?**

You can book a place by telephoning your local office, Monday to Friday. The bus will pick you up at your door (if necessary the driver will escort you to the bus) and will set you down at the shopping location. You will have between 1 to 2 hours at the shopping centre and then return home. The driver will take you and your shopping to your door if you need help.



# Motability

## How the Scheme works

The Motability Scheme enables anyone in receipt of a higher rate mobility allowance (such as the Enhanced Rate of the Mobility Component of Personal Independence Payment or the Higher Rate Mobility Component of Disability Living Allowance) to use their mobility allowance to lease a car, scooter, powered wheelchair or Wheelchair Accessible Vehicle. The Scheme provides flexible and hassle-free access to a brand-new, reliable vehicle of your choice – giving you greater freedom, every day.



## How it works

You simply exchange all, or part of your mobility allowance to lease the vehicle of your choice. You choose the vehicle you want at a price that works for you, and payments are deducted from your higher rate mobility allowance every four weeks, then paid directly to Motability by the Department for Work and Pensions (DWP).

Motability standard lease is over three years or five years if you are leasing a Wheelchair Accessible Vehicle and we take care of running costs such as insurance for up to three named drivers (this doesn't have to be you), servicing, maintenance, breakdown cover and tyre and windscreen repair and replacement. All you need to do is add fuel and go.

## Cars

There are various makes, models and types of cars available to lease through the Motability Scheme, from fuel efficient smaller vehicles to roomy estates. Motability know that choosing a car is a big decision therefore Motability are here to help you choose the right car for your needs and budget, Motability have highlighted some of the most important considerations when leasing a car through the Motability Scheme.

## Wheelchair Accessible Vehicles

Choosing a Wheelchair Accessible Vehicle (WAV) is a big decision to make, and Motability want to help you find a vehicle that will meet your needs now and in the future.

## Scooters and powered wheelchairs

Most scooters and powered wheelchairs cost less to lease per week than your mobility allowance, so the remainder of your allowance continues to be paid directly to you. The cost of your lease includes what Motability call our worry-free package. With over 400 products to choose from Motability want to help you make the right choice.

General Enquires ☎ 0300 456 4566

more information or to find a specific telephone number please visit  [www.motability.co.uk](http://www.motability.co.uk)

A toolkit on Personal Independence Payment of can be found at  [www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit](http://www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit)

In order to be entitled to PIP, claimants have to satisfy a qualifying period of three months and a prospective test of nine months. These two conditions are referred to as the 'required period condition' and help establish that the health condition or disability is likely to be long-term.



Forward MID has purchased a booklet called The Disability Rights Handbook, in which information on rights are given as well as an overview of the new Personal Independence Payment. The booklet is available from MVA, 4-6 White Hart Street, Dalkeith.



# National Entitlement Card

This card gives people aged 60+ and disabled people free bus travel throughout Scotland. Application for the [getyournec.scot/nec/](http://www.getyournec.scot/nec/) and choose one of the three options. Alternatively download and complete a form from [www.midlothian.gov.uk/downloads/download/378/national\\_entitlement\\_card\\_nec\\_application](http://www.midlothian.gov.uk/downloads/download/378/national_entitlement_card_nec_application), once complete email to [PTU@midlothian.gov.uk](mailto:PTU@midlothian.gov.uk).



Your bus pass is printed in Hull, England and sent directly to your home address. On the front of the card will be your name and card number,



your photo, the oak leaf logo of Midlothian Council and the expiry date [Disabled cards only – there is no longer an expiry date on 60+ passes.] Various symbols appear on the lower right side of the card. All cards show a large orange “C” symbol. The “+1” symbol tells the driver that you are entitled to have a companion travel free with you on your bus journey. The eye symbol



indicates that the holder is blind or partially sighted and is entitled to the free train travel concessions of the Scottish Blind Scheme in addition to free bus travel.

Local buses that accept this card are: **Borders Buses** ☎ 01896 754 350, **East Coast Buses** ☎ 0131 555 6363, **Lothian Buses** ☎ 0131 555 6363, **LCTS** ☎ 0131 663 0176, **Prentice Coaches of Haddington** ☎ 01620 822620 and **Stagecoach** ☎ 0300 111 0001. Travelling intercity this card is accepted by **Citylink** ☎ 0141 332 9644, **Megabus** ☎ 0900 1600 900 and **National Express** ☎ 0371 781 8181. Over 95% of buses are adapted for wheelchair carriage. Most buses can carry only one wheelchair. Not all bus stops are suitable for wheelchair users. It would be advisable to contact the operator before travelling to avoid disappointment.



# Thistle Assistance Card or App

## How Thistle Assistance works

We all welcome a little extra assistance now and again, particularly when travelling alone. Thistle Assistance is an initiative to help you feel safer and more comfortable when using public transport.



You may prefer more time to get to your seat. You may like your driver to speak more slowly and clearly. Thistle Assistance's card and app let transport staff know in an easy and subtle way what extra support you'd like.

## Where you can use it


The Thistle Assistance card and app are recognised by many public transport operators across Scotland, from buses and trains to planes and ferries. Simply show your personalised card or app to their staff and they will understand what additional assistance you require. Older style cards are still accepted.

## Card and app benefits

The Thistle Assistance card and app are free to use for anyone who requires it. Use the card for every journey or purpose, or use it every day: it's adaptable and reusable.

The card and app symbols and instructions encompass a range of disabilities and impairments. They are equally useful during pregnancy, or if you have temporary mobility issues, when some extra thought and care are appreciated.

Available in Midlothian free from:

- Apps at  [www.thistleassistance.com/get-the-app/](http://www.thistleassistance.com/get-the-app/)
- Midlothian Council offices – Fairfield and Midlothian House, All Midlothian libraries, Rosewell Development Trust,
- Sheriffhall Park and Ride terminal,
- Midlothian Community Hospital,
- Health Centres at Pathhead and Penicuik,
- Midlothian Voluntary Action, 4-6 White Hart St, Dalkeith.



## Taxis and Private Hire Cars

All Public Hire vehicles must be accessible, under Civic Government (Scotland) Act 1982. The Scottish Government have delegated local councils to deem what is accessible. Private Hire Cars are exempt. The difference between a Taxi and Private Hire cars, Taxi can be hailed in the street, Private hire cars must be phoned in advance. All Taxis and Private Hire will have a plate mounted on the vehicle with a number on it, a Taxi plate is red and white and Private hire smaller and yellow, red and white.



When ordering a taxi or Private Hire Car please make the company aware of any special requirements you need for the journey. The size or type of vehicle must be agreed before vehicles are dispatched.

If you are a wheelchair user and your wheelchair exceeds 700mm wide (27 inches wide) and 1200mm long (47 inches long) or has an extended headrest please check with the taxi company to ensure you and your wheelchair can be carried. Some taxi Companies in Midlothian specialise in transporting larger wheelchairs. Chauffeur Drive is one.

### **Dial-A-Ride [DAR] Operated by HcL**

Dial-A-Ride provides a seven-days per week door-to-door transport service for people with limited mobility who cannot manage to travel by standard buses. DAR can also help those

who have limited access to public and/or private transport. The DAR service is provided by HcL and is financially supported by Midlothian Council. To register to use the service, collect an application form from any Midlothian library, post the completed form to the office at HcL, 24/3A Dryden Road, Loanhead EH20 9HX, ☎ 0131 447 9949 or visit the DAR website at [www.hcltransport.org.uk](http://www.hcltransport.org.uk) Once registered with HcL, you can call the DAR office at Bilston Glen ☎ 0131 447 9949 to make your first booking. You can make no more than one advanced booking (for the day after tomorrow or beyond). You can try for as many bookings as you wish for trips on the same day or the following day. However, your late bookings will only be accepted if there are suitable gaps in the DAR schedule to take on more journeys. The DAR vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably. DAR drivers are trained to provide assistance where necessary - do not be afraid to ask.

The price is set for the first mile and increases per mile thereafter. Prices are subject to periodic change. There is a special offer for first-time users – a £5 discount off your first DAR trip. Remember to ask about this when making your first booking.

There are additional charges per passenger when accompanying a full-fare paying passenger on the same journey. One genuine escort may travel free. Additional charges may be added if the DAR vehicle is asked to wait longer than anticipated when the booking was first made. There is no reduction for children travelling - standard fares apply.

Special tariffs will apply if the destination is outwith the Lothians, contact the Bilston Glen Office ☎ 0131 447 9949 or specify your needs by Email [admin@handicabs.org.uk](mailto:admin@handicabs.org.uk) to ask for a quote to travel outwith the local area.

A cancellation fee may be applied if bookings are cancelled without due notice. Check with HcL when booking.






# Trains


Midlothian is served by ScotRail and operates 4 rail stations that are all unstaffed. On-board staff should have been notified if you have booked assistance. If you get to a station but haven't booked assistance, you can use the Help-Point phone on the platform so the on-board staff can be alerted to your presence. There are ticket-machines on the platform at all the stations – if you are at Shawfair and the machine is on the opposite platform, don't worry – the conductor is unlikely to charge you more for not getting a ticket in advance.



ScotRail operates a half-hourly service Mon-Sat daytime and hourly Evening and Sundays between Tweedbank and Edinburgh Waverley. If you travel to Edinburgh Waverley, you will find connections to the rest of the rail network.

Tickets can be bought in advance from  [www.scotrail.co.uk](http://www.scotrail.co.uk), by calling the ScotRail Telesales team on ☎ 0344 811 0141 between 07:00 hrs and 22:00 hrs seven days a week.

Disabled Assistance: If you would benefit from a little extra help when using the trains, you can arrange disabled assistance by advising ScotRail at least 2 hours if travelling solely on a ScotRail service or 24 hours if travelling wider on other train services:

- Call ☎ 0800 046 1634
- Call Textphone 🗑 18001 0800 046 1634 if you are hard of hearing,
- Complete an online assistance request form on  [www.scotrail.co.uk/form/assisted-travel](http://www.scotrail.co.uk/form/assisted-travel)
- Make arrangements with a member of staff at a staffed railway station [e.g. Edinburgh Waverley].





# Train Discount

## Disabled Persons Railcard

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard.

The Disabled Persons Railcard allows you to get  $\frac{1}{3}$  off most rail fares throughout Great Britain. If you're travelling with

an adult companion, they also can get  $\frac{1}{3}$  off their rail fare. It costs £20 for a one-year Railcard. £54 for a three-year Railcard.



You can apply at [www.disabledpersons-railcard.co.uk/](http://www.disabledpersons-railcard.co.uk/)

[railcardhelp@nationalrail.co.uk](mailto:railcardhelp@nationalrail.co.uk)

☎ 0345 605 0525

Textphone: 🗑 0345 601 0132

Disabled Persons Railcard Office

PO Box 6613

Arbroath, DD11 9AN

## Scottish Blind Scheme

This scheme was created in the year 2000 and applies to blind persons resident anywhere in Scotland including Midlothian. Cardholders enjoy free travel on buses, trains, ferries, Glasgow Subway and Edinburgh Trams for themselves. There is free travel for a companion on buses [denoted by the two symbols of an eye and a "+1" on the card], but this companion entitlement does not extend to the other modes. SBS is financially supported by the 32 Scottish local authorities, but as far as the cardholder is concerned, the scheme is co-produced with the Scottish Government using their National Entitlement Card [NEC]. Application forms are available at all Midlothian libraries where completed forms must be handed in by the applicant in person

[part of the process of verification is that the face of the applicant and the photo image supplied must be cross-checked by the librarian before the application is accepted.]

## Veterans rail card

Scottish veterans can now benefit from a new rail card which not only allows a 34% discount on travel but also sees an introductory discount scheme.



The veterans rail card being introduced for purchase from today, initially priced at £21 per year, allows holders to travel across the country at reduced fares.

To apply for a veterans rail card go to [www.veterans-railcard.co.uk/where-to-buy/](http://www.veterans-railcard.co.uk/where-to-buy/) to buy on line or to download the application form from [www.veterans-railcard.co.uk/where-to-buy/](http://www.veterans-railcard.co.uk/where-to-buy/) and **click the application form in the by post section**



# Wheelchairs on Public Transport

Before you travel on public transport in a wheelchair.

The majority of wheelchair users will be able to travel on public transport.

Wheelchairs that cannot fit on public transport include:



















- If your chair is more than 700mm wide by 1500mm length. A normal chair is approx 660mm wide by 1065mm length when you are in it;
- If your chair is very heavy and chair and passenger together exceed 220 kilograms.
- Public Transport do not carry scales it is the wheelchair user's responsibility to know the combined weight. Scales can be found in most hospitals;
- If you need to travel with your legs fully extended or the backrest reclined;
- If you use a scooter that is difficult to manoeuvre and may be unstable in a vehicle.
- You must ensure that your wheelchair is in a safe condition to travel.

This means, for example, making sure that it is correctly maintained, that the tyres are properly inflated, that you have not overloaded the back of the chair with bags (this can cause the chair to tip over backwards on a ramp). If you have a powered chair, you must ensure that the battery is secure. If your chair has adjustable kerb climbers, you should check that they are set so that they do not catch on the ramp.

The transport operator has the right to refuse to let you travel if he believes that your wheelchair is not in a safe condition.



# Midlothian Councillors

Name	Ward	Party
Diane Alexander	Bonnyrigg	SNP 
Derek Milligan	Bonnyrigg	 Scottish Labour
David Virgo	Bonnyrigg	Scottish  Conservatives
Colin Cassiday	Dalkeith	SNP 
Stephan Curran	Dalkeith	 Scottish Labour
Margot Russell	Dalkeith	 Scottish Labour
Stuart McKenzie	Midlothian East	SNP 
Bryan Pottinger	Midlothian East	 Scottish Labour
Peter Smaill	Midlothian East	Scottish  Conservatives
Douglas Bowen	Midlothian SOUTH	SNP 
Kelly Drummond	Midlothian SOUTH	 Scottish Labour
Ellen Scott	Midlothian SOUTH	SNP 
Russell Imrie	Midlothian West	 Scottish Labour
Kelly Parry	Midlothian West	SNP 
Pauline Winchester	Midlothian West	Scottish  Conservatives
Debbie McCall	PENICUIK	SNP 
Willie McEwan	PENICUIK	 Scottish Labour
Connor McManus	PENICUIK	SNP 

To Contact your local councillors please visit Midlothian council web site at:

 [midlothian.cmis.uk.com/live/councillors.aspx](http://midlothian.cmis.uk.com/live/councillors.aspx)

For full contact details



# Midlothian Libraries

Dalkeith Library, 2 White Hart Street, Dalkeith EH22 1AE  
☎ 0131 663 2083 [✉ dalkeith.library@midlothian.gov.uk](mailto:dalkeith.library@midlothian.gov.uk)

Danderhall Library, 59 Edmonstone Road, Danderhall, EH22 1QL  
☎ 0131 444 9105 [✉ danderhall.library@midlothian.gov.uk](mailto:danderhall.library@midlothian.gov.uk)

Gorebridge Library, 98 Hunterfield Road Gorebridge, EH23 4TT  
☎ 01875 820 630 [✉ gorebridge.library@midlothian.gov.uk](mailto:gorebridge.library@midlothian.gov.uk)

Lasswade Library, 19 Eskdale Drive, Bonnyrigg, EH19 2LA  
☎ 0131 271 4534 [✉ lasswade.library@midlothian.gov.uk](mailto:lasswade.library@midlothian.gov.uk)

Loanhead Library, The Loanhead Centre Loanhead, EH20 9LA  
☎ 0131 444 9032 [✉ loanhead.library@midlothian.gov.uk](mailto:loanhead.library@midlothian.gov.uk)

Newbattle Library, 1 Newbattle Way, Easthouse EH22 4SX  
☎ 0131 561 6745 [✉ newbattle.library@midlothian.gov.uk](mailto:newbattle.library@midlothian.gov.uk)

Newtongrange Library, St Davids, Newtongrange, EH22 4LG  
☎ 0131 663 1816 [✉ newtongrange.library@midlothian.gov.uk](mailto:newtongrange.library@midlothian.gov.uk)


Penicuik Centre Library, Carlops Road, Penicuik EH26 9EP  
☎ 01968 664 050 [✉ penicuik.library@midlothian.gov.uk](mailto:penicuik.library@midlothian.gov.uk)

Roslin Library, 9a Main Street, Roslin, EH25 9LD  
☎ 0131 448 2781 [✉ Roslin.Library@midlothian.gov.uk](mailto:Roslin.Library@midlothian.gov.uk)

Midlothian's nine fully accessible libraries that are strategically placed, therefore, a library is never far away. Midlothian's Mobile Library brings library services out into our communities. Completely free Membership gives those joining access to the full range of library services, which include:

- A comprehensive collection of fiction and non-fiction books. If the book you want isn't on the shelf at your local branch, free requests mean you can request it from anywhere in Midlothian. We maintain a comprehensive range of books in large print and on audio CDs.
- [Music CDs and DVDs to keep you entertained, amused, or](#)

help you learn.

- Membership allows unlimited access to an extensive range of electronic resources. These include e-books and e-audio titles, online comics, and a range of online newspapers and magazines. You can download these from home using your membership card – and as there are no overdue fines for online material, they are collected automatically at the end of a loan.
- A broad range of free workshops, activities and events take place every week, from talks given by authors to knitting groups and storytelling sessions amongst much more. Telephone your local library or check Facebook page  [www.facebook.com/MidlothianLibraries](http://www.facebook.com/MidlothianLibraries) to discover upcoming events.
- Midlothian Travel information is obtainable at every library, including bus timetables, bus pass card application forms, and blue badge application forms. Libraries can process bus pass applications for the over 60s and disabled, if you have lost your card you can report it at your library. At Newbattle Library Blue Badge, forms can be handed in and payment made.
- Free use of computers and access to the internet in all branches, including free WiFi for your own device.
- Hearing Aid battery collection points in all libraries. Hearing Aid Maintenance Clinic at Dalkeith Library, first Wednesday of every month, 10:30 hrs -11:30 hrs
- Information about the local area, including local groups and services.



**Midlothian**

If you can't leave your house and visit the library because you have mobility problems the library can make arrangements to get books to you via our book delivery. For more information

 [Library.HQ@midlothian.gov.uk](mailto:Library.HQ@midlothian.gov.uk) or  0799 0136 894 to find out how to access the Home Delivery Service.

# Welfare Rights Team



Our service provides welfare rights benefit advice through advocacy, oral representation at social security appeals and general income maximisation for residents in Midlothian. It provides internal departments across the Council access to advice advocacy and a referral system to ensure key client groups resident in Midlothian have access to welfare benefits advice.

We can offer advice about how to appeal DWP benefit decisions and can provide oral representation at benefit appeals. We offer an income maximisation service for people receiving a Health and social care service and for older people who have reached their retirement age.

Within the team, there is a specialist Macmillan Welfare Rights Officer for people diagnosed with cancer their families and carers.

- The aim of the service is to reduce poverty and social exclusion in Midlothian,
- To work in partnership with Midlothian Financial Inclusion Network. (MFIN) This network helps to promote increased access to accurate advice services and target help to vulnerable groups. The network through its partnership working has been instrumental in securing external funding from the Big Lottery, Scottish Government and other funders to mitigate against the effects of Welfare Reform.

## Welfare Rights Team

Education Communities and Economy  
Midlothian Council,  
Fairfield House,  
8 Lothian Road  
Dalkeith EH22 3ZH  
☎ 0131 270 8922



**Midlothian**



# Benefits

## Universal Credit

Universal Credit is a payment to help with your living costs. It's paid monthly - or twice a month for some people in Scotland.

You may be able to get Universal Credit if you're on a low income or need help with your living costs. You could be:



- out of work
- working (including self-employed or part time)
- unable to work, for example because of a health condition

### To claim you must:

- live in the UK
- be aged 18 or over (there are some exceptions if you're 16 to 17)
- be under State Pension age
- have £16,000 or less in money, savings and investments

If you live with a partner, then you will both need to claim for Universal Credit. You must make a joint claim for your household, even if your partner is not eligible. How much you can get will depend on your partner's income and savings, as well as your own.

Universal Credit payment is made up of a standard allowance and any extra amounts that apply to you, for example if you:

- have children
- have a disability or health condition which prevents you from working
- are a carer for a disabled person
- need help paying your rent

If you're employed, how much Universal Credit you get will depend on your earnings. Your Universal Credit payment will reduce gradually as you earn more - for every £1 you earn your payment reduces by 55p. However you may also be eligible for the Work Allowance (also known as the Earnings Disregard)



which means that the first part of any wages are not taken into account. There's no limit to how many hours you can work. You can apply for Universal Credit online at Universal Credit:

### **How to claim** - 🌐 [GOV.UK \(www.gov.uk\)](https://www.gov.uk)

You need to create an account. You use it to make a claim. You must complete your claim within 28 days of creating your account or you will have to start again.

If you live with your partner, you will both need to create accounts. You'll link them together when you claim. You cannot claim by yourself.

If you cannot claim online, you can claim by phone through the Universal Credit helpline.

Phone: 📞 0800 328 5644

Welsh language: 📞 0800 328 1744

Relay UK (if you cannot hear or speak on the phone): 🗣️ 18001 then 0800 328 5644

British Sign Language (BSL) video relay service if you're on a computer - DWP prefer 🌐 [Starleaf find informayion at www.youtube.com/watch?v=vZJc6OKmAUA](https://www.youtube.com/watch?v=vZJc6OKmAUA)

Textphone: 🗣️ 0800 328 1344

Monday to Friday, 08:00 hrs to 18:00 hrs

### **Employment and Support Allowance (ESA)**

Contribution based ESA is an allowance for people claiming benefit on the grounds of incapacity and is payable if you have paid or been credited with enough class 1 or class 2 National Insurance contributions in the relevant tax year. ESA does not include money for children or qualifying young persons. You would have to claim Universal Credit.



A claim to ESA will involve a Work Capability Assessment. There can be 2 parts to this assessment. Initially, you will complete

and return form ESA50. This form asks for details of medical professional support you have, medications you are prescribed and how your health affects you on a daily basis. This may be followed by a face to face medical assessment. If you don't fill in and return the form or take part in the medical assessment, your benefit could be stopped. Everyone must go through the Work Capability Assessment although not everyone will be medically examined.

The Work Capability Assessment will determine whether you have Limited Capability for Work and determine whether you should be placed in the Work Related Activity Group or the Support Group. If placed in the Work Related Activity Group you will be required to take part in work focussed interviews and undertake Work Related Activity. This interview will initially take place in your local jobcentre and will involve a discussion on ways to return to work. This could include volunteering, Permitted Work, C.V. Preparation and Interview Techniques, information on local support or a referral to the Work Programme. If placed in the Support Group you are not required to take part in interviews or undertake Work Related Activity. However, you can voluntarily access support to return to work.

ESA is paid at an assessment rate for the first 13 weeks or until after the initial Work Capability Assessment. You will then be moved on to the Main Phase and an additional component may be paid. People who receive the Support Component are not required to have Work-focussed Interviews or undertake Work Related Activity but can volunteer. Special rules apply to terminally ill people (Have a progressive disease and are not expected to live for more than another 6 months.). ESA customers will automatically be placed in the Support Group. Terminally ill customers should apply for PIP as soon as possible. To claim ESA, you can apply online Employment and Support Allowance (ESA):

**How to claim** -  **GOV.UK** ([www.gov.uk](http://www.gov.uk)), or you can phone 

0800 055 6688. If you are unable to use the telephone or need additional help to make a claim, contact the Jobcentre to make an appointment. If you have speech or hearing difficulties you can contact us by using textphone 📞 0800 023 48 88.

## Personal Independence Payment (PIP)

PIP is a benefit to help disabled people live full, active and independent lives. PIP is based on how their health condition or disability affects them individually.



PIP has replaced Disability Living Allowance for working age adults. DLA for children isn't changing, but they need to claim PIP when they reach 16. DLA for those over 65 isn't affected. PIP will help towards some of the extra costs arising from a long-term condition. (Ill health or disability expected to last 12 months or longer.)

PIP is a non-means tested and non-taxable cash benefit which people can spend in a way that best suits them. You can get PIP whether you work or not, therefore it can also help people move into and stay in work.

Claims to PIP are started over the phone to gather basic information. You can ask someone to help with the call but you must be present during the call to help answer security questions. A form will then be sent out for more information about how your health condition or disability affects you.

The claim process includes an assessment by a health professional. Most people will have a face to face consultation. Reviews of an award will be done at appropriate intervals depending on how likely it is for your condition or impairment to change.

There are 2 components to PIP – Daily Living and Mobility needs. Each component can be paid at a standard or enhanced rate.

At April 2022 the weekly rates are:

**Daily Living: Standard - £61.85**

**Daily Living: Enhanced - £92.40**

**Mobility: Standard - £24.45**

**Mobility: Enhanced - £64.50**

More information on PIP is available at Personal Independence Payment (PIP) on the  [gov.uk web site](https://www.gov.uk).

Phone number to make a brand-new claim is ☎ 0800 917 2222.

## **Attendance Allowance**

The easiest way to think about this is as Personal Independence Payment for pensioners.

You can get Attendance Allowance if you've reached State Pension age and the following apply:

- you have a physical disability (including sensory disability, for example blindness), a mental disability (including learning difficulties), or both
- your disability is severe enough for you to need help caring for yourself or someone to supervise you, for your own or someone else's safety
- you have needed that help for at least 6 months (unless you might have 6 months or less to live)

### **You must also:**

- be in Great Britain when you claim - there are some exceptions, such as members and family members of the armed forces
- have been in Great Britain for at least 2 of the last 3 years (this does not apply if you're a refugee or have humanitarian protection status)
- be habitually resident in the UK, Ireland, Isle of Man or the Channel Islands
- not be subject to immigration control (unless you're a sponsored immigrant)

Attendance Allowance is paid weekly at 2 different rates - the one

you get depends on the level of help you need.

Attendance Allowance is not means-tested - what you earn or how much you have in savings will not affect what you get.

Rate	Level of help you need
Lower rate - £61.85	Frequent help or constant supervision during the day, or supervision at night
Higher rate - £92.40	Help or supervision throughout both day and night, or a medical professional has said you might have 6 months or less to live

You could get extra Pension Credit, Housing Benefit or Council Tax Reduction if you get Attendance Allowance - check with the helpline or office dealing with your benefit.

Use the Attendance Allowance claim form to apply by post. The form comes with notes telling you how to fill it in.

Send the completed form to:

Freepost DWP Attendance Allowance

You do not need a postcode or a stamp.

Call the Attendance Allowance helpline to ask for:

- a copy of the form
  - alternative formats, such as braille, large print or audio CD
- Attendance Allowance helpline

phone: 📞 0800 731 0122

Textphone: 📠 0800 731 0317

Relay UK (if you cannot hear or speak on the phone): 🗣️ 18001 then 0800 731 0122

British Sign Language (BSL) video relay service if you're on a computer DWP prefer 🌐 **Starleaf find informayion at [www.youtube.com/watch?v=vZJc6OKmAUA](http://www.youtube.com/watch?v=vZJc6OKmAUA)**

Monday to Friday, 8am to 6pm



# contactScotland-BSL

contactSCOTLAND-BSL is a Scottish Government service that connects deaf BSL users throughout Scotland through an online BSL interpreting video relay service (VRS) with all of Scotland's public authorities and voluntary organisations (Third Sector) and now beyond.

VRS for all – from March 2019 contactSCOTLAND-BSL now provides VRS For All. This now means that Deaf BSL users can contact any service that relies on telephone contact with their service users or customers. This includes public, third and private sectors within Scotland.

With 1 in 6 of the population being deaf, we provide an easy and flexible way of interacting with deaf BSL users who use and access your services. Deaf people can contact you and of course you can contact deaf people.

contactSCOTLAND-BSL is Scotland wide/cross-service and brought to you by Sign Language Interactions.

You have to register to use the either of the Apps

 [contactscotland-bsl.org/](http://contactscotland-bsl.org/)

 0333 344 7712  0797 084 8868

 [info@contactscotland-bsl.org](mailto:info@contactscotland-bsl.org)

 [twitter.com/ContactScotland](https://twitter.com/ContactScotland)

 [facebook.com/contactScotland](https://facebook.com/contactScotland)



# Cinema Exhibitors' Card




The Cinema Exhibitors' Association Card. Is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. Terms and conditions of use apply.

To apply for the card, you will need to meet one or more of the following criteria:

- a) Be in receipt of Personal Independence Payment, Disability Living Allowance or Armed Forces Independence Payment.
- b) Be a registered blind person.

The card is valid for 1 year from the date of issue for cards.

Application forms are available from cinemas across the UK supporting this card. They are also available on the Internet at  [www.ceacard.co.uk/](http://www.ceacard.co.uk/) and follow the link to apply. A processing fee of £6.00 is chargeable per card. Proof of eligibility. A Passport size photograph. This is to be sent electronically.

If you have any difficulty, please contact The Card Network at the address:

The Card Network,  
Network House,  
St Ives Way,  
Sandycroft,  
CH5 2QS.

 [info@ceacard.co.uk](mailto:info@ceacard.co.uk)

 01244 526 016




**the cinema exhibitors'  
association limited**

## **Cinemas participating in this scheme are;**

### **Cineworld Edinburgh**

Fountain Park,  
130/3 Dundee Street,  
Edinburgh, EH11 1AF.

 0330 333 4444

 [www.cineworld.co.uk](http://www.cineworld.co.uk)



## Dominion Cinema

18 Newbattle terrace,  
Edinburgh, EH10 4RT.

☎ 0131 447 4771

 [www.dominioncinema.co.uk/](http://www.dominioncinema.co.uk/)



## Filmhouse

88 Lothian Road,  
Edinburgh, EH3 6PD.

☎ 0131 228 2688

 [www.filmhousecinema.com](http://www.filmhousecinema.com)



## Odeon Edinburgh

120 Wester Hailes Road,  
Westside Plaza,  
Edinburgh, EH14 3HR.

118 Lothian Road,  
Edinburgh, EH3 8BG.

Edinburgh Fort Kinnaird  
Newcraighall,  
Edinburgh, EH15 3RD

☎ 0800 138 3315 Accessibility Helpline

 [www.odeon.co.uk](http://www.odeon.co.uk)



## The Cameo, Edinburgh,

38 Home Street,  
Edinburgh, EH3 9LZ

☎ 020 7294 7908 Accessibility Helpline

 [www.picturehouses.com/cinema/the-cameo](http://www.picturehouses.com/cinema/the-cameo)



## Vue Cinemas

Ocean Terminal.

Ocean Drive,  
Edinburgh, EH6 6JJ.

Omni Centre, Greenside,  
Edinburgh, EH1 3AT.





## Livingstone

McArthur Glen Designer Outlet,  
Almondvale Avenue, Livingstone, EH54 6QX.

☎ 0345 308 4620 Accessibility Helpline all cinema

 [www.myvue.com](http://www.myvue.com)

## Pavilion Cinema

Market Street, Galashiels, TD1 3AF

☎ 01896 752767

 [pavilioncinema.co.uk/](http://pavilioncinema.co.uk/)

You cannot book online with the CEA Card as we need to view the card to check it's authenticity



Making a booking online with a CEA card is different for each cinema's website, Odeon requires you to register before use, Vue please book on accessibility helpline or in cinema.

A Mobile cinema operated by Regal Mobile Cinema can be found in venues across Midlothian such as National Mining Museum Scotland and The Lasswade Centre.



For more information of venues please contact:

 [www.cinemaregal.com/](http://www.cinemaregal.com/)

☎ 07583696884



# Disability Information Scotland

Disability Information Scotland works with disabled people, their families, friends, carers, and people who work in the sector.

## **Disability Information Scotland Vision**

Sharing information, enabling change. Disability Information Scotland enables positive change by sharing information on disability when people need it, in a way they want it.

## **Mission Statement:**

Disability Information Scotland provides reliable, accurate and accessible information throughout Scotland. We develop creative partnerships with other agencies to ensure information is widely distributed, accessible to all and has a positive impact on the lives of disabled people, their families, friends and carers and the people who work with them. We work with people to find out what information they need and how they would like it provided.

## **Disability Information Scotland Values**

Disability Information Scotland values inspire and inform all that we do:

- Care about people,
- Strive to provide a high quality, tailored, person-centred service,
- Take a positive approach in all our work,
- Subscribe to the social model of disability,
- Are open to, and encourage and support, new and interesting ideas and ways of working,
- Believe in the importance of building meaningful relationships with everyone we encounter.

Disability Information Scotland,  
168 Bath Street  
Glasgow G2 4TP  
☎ 0300 323 9961

 [www.disabilityscot.org.uk](http://www.disabilityscot.org.uk)  
 [info@disabilityscot.org.uk](mailto:info@disabilityscot.org.uk)



# Disabled Living Foundation



The Disabled Living Foundation (DLF) is the UK's leading source of advice and information about all types of daily living equipment for older and disabled people and their families and carers.

DLF's advice and product information allows individuals and relatives to make informed decisions and relevant lifestyle changes – which can assist an individual to remain independent in their home for longer, and provide the carer with peace of mind.

Whether you're finding certain tasks a bit more challenging as you get older, you experience a disability yourself, or you recognise someone in this situation, DLF can help.

With an extensive range of equipment available, it can be difficult to know where to start.

- How do you know what is available?
- How do you know what is right for you?
- Where do you go to buy equipment?
- How do you know if a supplier is reputable?

DLF's comprehensive database, listing over 10,000 daily living aids, allows you to research and compare relevant products and read unbiased information about equipment before contacting suppliers.

In addition to DLF's equipment and supplier information, we have a wide range of factsheets to help with everything from choosing a mobility scooter to assisting someone with eating. Written by occupational therapists, they identify easier ways of doing tasks, which equipment might help and when to ask for a professional



assessment.

For individuals who are aware of their difficulties but are not sure which equipment may help them, try DLF's online self-help guide, AskSARA. By selecting a topic and answering a few questions a free personalised report is produced, offering tailored advice on ways to help with daily activities, as well as a comprehensive list of products and suppliers to browse through.

For more information visit:

-  [www.livingmadeeasy.org.uk/](http://www.livingmadeeasy.org.uk/) - a free comprehensive database listing over 10,000 daily living aids from 1,000 suppliers
-  [asksara.livingmadeeasy.org.uk/selector](http://asksara.livingmadeeasy.org.uk/selector) – a free online self-help guide providing expert advice and information in a free, personalised report
-  [livingmadeeasy.org.uk/dlf-factsheets](http://livingmadeeasy.org.uk/dlf-factsheets) - DLF's factsheets are available on Living Made Easy – the full list can also be accessed here

need further assistance or advice about daily living aids,  
Disabled Living Foundation,  
Unit 1, 34 Chatfield Road,  
Wandsworth,  
London  
SW11 3SE

☎ 0300 999 0004 Monday to Friday 09:00 hrs - 17:00 hrs.

 [info@dlf.org.uk](mailto:info@dlf.org.uk)




*DLF is part of Shaw Trust*



# Euan's Guide

We all navigate the world in different ways. Euan's Guide makes it easier for disabled people to find great places to go. We all want to get out there and enjoy life, and having good quality disabled access information reduces unnecessary hassle, inspires confidence and removes fear of the unknown.



 **Euansguide.com** is the disabled access review site where disabled people, their family, friends and carers can find and share reviews on the accessibility of venues around the UK and beyond. The site is an invaluable tool for everything from planning a day out, to picking a last-minute place for coffee or lunch.

Euan's Guide believe in making the world more accessible one review at a time. There are now thousands of disabled access reviews and listing on Euan's Guide. With good accessibility information being so hard to find, one review is often enough to encourage others to visit. Euan's Guide is opening the door for more people to find new and exciting places to go. Reviews are also sent to venue owners, and this can be a positive and powerful opportunity for education and change.

The charity was founded in 2013 by Euan MacDonald MBE, a powerchair user and his sister Kiki after Euan was diagnosed with Motor Neurone Disease and a lack of disabled access made everyday experiences stressful. By breaking down the barriers of exclusion with the help of other people in the same situation, Euan's Guide hopes to give everyone the freedom to explore.



# Help with Housing Adaptations

Midlothian Council Adults and Social Care Service offers assessments to help people with disabilities to be as independent as possible in daily living tasks at home.

The outcome of the assessment may lead to a recommendation for a major adaptation. Assessments for these are normally provided by Occupational Therapists. The aim is to support people where, without a major adaptation to their property, the person would be unable to continue to live at home safely or independently.



## **A major adaptation could be:**

- Replacing the bath with a walk in shower,
- A stairlift,
- A ramp for wheelchair access,
- Fitting lower work surfaces makes the kitchen more manageable.

The recommendation for any adaptation relates to the disabled person's current and long-term needs and links to the anticipated course of their impairment. The needs of the carers will also be considered. Decisions about whether to support an adaptation will take into account the benefits to the disabled person's independence and support to carers over the long-term.


Sometimes an adaptation to your home is not feasible and the only way to meet your long-term needs would be to move to another property. The Occupational Therapist will assist you to explore all your options.

## **Funding**

Funding for major adaptations depends on the ownership of the home. If the disabled person is an owner occupier or tenant in private rented property, a Home Improvement Grant may be available towards the cost of an adaptation.

If the person lives in council or housing association property the adaptation will normally be funded by the landlord.

The minimum home improvement grant you will get is 80% of the total cost. If you are on certain benefits then a grant could be 100%. Before an application for a home improvement grant is submitted, an Occupational Therapist from the Adults and Social Care Service must be consulted and agree to the work, and written documentation obtained identifying the relevant work.

This process is further outlined in the Scheme of Assistance available from Environmental Health and available on the Midlothian Council website.  [www.midlothian.gov.uk/info/1439/adults\\_with\\_disabilities/83/adapt\\_your\\_home\\_for\\_disability](http://www.midlothian.gov.uk/info/1439/adults_with_disabilities/83/adapt_your_home_for_disability)




### **Contact Midlothian Council:**

If you would like an appointment to discuss your situation, change of circumstance or about a relative or friend. Contact us ☎ 0131 271 3900 during office hours: Monday - Thursday 08:30 hrs -17:00 hrs Friday 08:30 hrs -15:30 hrs, Adults and Social Care, Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA.

☎ 0131-271-3900

 [swccenquiries@midlothian.gov.uk](mailto:swccenquiries@midlothian.gov.uk)

### **You can get more information from:**

- Part Two of the Housing (Scotland) Act 2006,
- The Housing (Scotland) Act 2006 (scheme of assistance) Regulations 2008,
- Welfare law such as section 2 of the Chronically Sick or Disabled Persons Act 1970,
- Advice service Capability Scotland ☎ 0131-313-5510 or  [www.capability.scot/](http://www.capability.scot/)
- Housing Options Scotland ☎ 0131 510 1567 or  [www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk)
- Disability Information Scotland Helpline number ☎ 0300 323 9961
- Care & Repair Scotland  [careandrepairsotland.co.uk](http://careandrepairsotland.co.uk)



# Housing Options Scotland

Housing Options Scotland was established in 1997 to provide a unique public access service to all disabled people throughout Scotland. Housing Options Scotland does not directly provide housing, what Housing Options Scotland does provide is detailed information and advice that will enable you to find the right home for you. Housing Options Scotland's main aim is to ensure that disabled people have access to suitable housing in the tenure of their choice and recognising that gaining access to owner-occupation remains problematic.

Housing Options Scotland has three main areas of activity. Firstly, we directly assist disabled people by advising them on, and supporting them through, the complex design, financial and legal processes involved in buying or renting a property. Secondly, we provide information, advice and training on housing and disability issues to the public, private and voluntary sectors to improve the service disabled people get. Finally, we raise the awareness of the problems disabled people face in relation to their housing and highlight the solutions and opportunities that exist.

Housing Options Scotland has a dedicated team of volunteers. These volunteers enable Housing Options Scotland as an organisation to learn about the housing problems disabled people face by directly assisting them, and using the knowledge we gain to effect changes in policies and practice.

## **Housing Options Scotland**

The Melting Pot,  
15 Calton Road,  
Edinburgh, EH8 8DL

☎ 0131 510 1567

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

 [www.facebook.com/HousingOptionsScotland/](https://www.facebook.com/HousingOptionsScotland/)

[@HousingOpsScot](https://twitter.com/HousingOpsScot)





# Inclusion Scotland



## Nothing About Us. Without Us.

### Inclusion Scotland mission statement

Inclusion Scotland works to achieve positive changes to policy and practice, so that we disabled people are fully included throughout all Scottish society as equal citizens.



**Inclusion  
Scotland**

- Influencing decision-makers, ensuring that disabled people are involved in developing effective solutions for policy and practice that reflect our expertise by experience and meet our needs and aspirations.
- Supporting disabled people to be decision-makers themselves, promoting the equal representation of disabled people as policy-makers and our right to make decisions about our own lives.
- Developing capacity, awareness and engagement, of disabled people, disabled people's organisations, and the organisations and institutions that affect our lives.

Inclusion Scotland,  
22-24 Earl Grey Street,  
Edinburgh  
EH3 9BN

☎ 0131 370 6700

 [inclusionScotland.org/](https://inclusionScotland.org/)

 [facebook.com/InclusionScotland](https://facebook.com/InclusionScotland)

 [instagram.com/inclusionScotland](https://instagram.com/inclusionScotland)

 [twitter.com/InclusionScot](https://twitter.com/InclusionScot)



# SP Energy Network

If you have a disability make sure you register that disability with your electricity supplier, once on the Priority Service Register and you have a power outage you should call your network operator. Cordless phones will not work as they require power to connect the phone to the land-line. From a mobile phone call your network operator or the emergency number 105.

You can join the SP Energy Network Priority Services Register if:

- You are over the age of 60,
- Have a special communication need,
- Depend on electricity for home or medical care,
- Have a child under 5 years of age,
- Have chronic illness,
- Feel you need a little extra help.

If you register with the Priority Service they will let you know in advance of a planned interruption to your electricity supply and they will keep in touch with regular updates during a power cut and if necessary, can work with external agencies who may be able to assist.



## To register for Priority Services Register:

Text PSR to 61999. We will normally contact you within 48 hours.

Fill out the form on [www.spenergynetworks.co.uk/pages/priority\\_services\\_register\\_form.aspx](http://www.spenergynetworks.co.uk/pages/priority_services_register_form.aspx) Download the form from complete and return to address below. Requires a printer,






















☎ 0800 092 9290











[✉ customercare@spenergynetworks.com](mailto:customercare@spenergynetworks.com)

Customer Contact team,  
SP Energy Networks,  
3rd Floor 320 St Vincent Street,  
Glasgow, G2 5AD.

# Scottish Members of Parliament



Name	The Scottish Parliament Edinburgh EH99 1SP ☎ 0131 348 5000 ☎ 0800 092 7500	Party
Jeremy Balfour	 <a href="mailto:Jeremy.Balfour.msp@parliament.scot">Jeremy.Balfour.msp@parliament.scot</a>  <a href="https://www.facebook.com/jeremybalfourlothian">https://www.facebook.com/jeremybalfourlothian</a>  <a href="#">jeremyrbalfour</a>	
Colin Beattie	164 High Street Dalkeith EH22 1AY  <a href="mailto:Colin.Beattie.msp@parliament.scot">Colin.Beattie.msp@parliament.scot</a>  <a href="#">ColinBeattieMSP</a>  <a href="#">uartlach</a>	
Christine Grahame	46 High Street Galashiels TD1 1SE  <a href="mailto:Christine.Grahame.msp@parliament.scot">Christine.Grahame.msp@parliament.scot</a>  <a href="http://www.christinegrahame.com/">www.christinegrahame.com/</a>  <a href="#">ChristineGrahameMSP</a>	
Sarah Boyack	 <a href="mailto:sarah.boyack.msp@parliament.scot">sarah.boyack.msp@parliament.scot</a>  <a href="#">SarahBoyackMSP</a>	
Foysoyl Choudhury	 <a href="mailto:Foysoyl.Choudhury.msp@parliament.scot">Foysoyl.Choudhury.msp@parliament.scot</a>  <a href="#">FoysoylChoudhuryMSP/</a>  <a href="#">FoysoylChoudhury</a>	
Miles Briggs	 <a href="mailto:Miles.Briggs.msp@parliament.scot">Miles.Briggs.msp@parliament.scot</a>	

Name	<b>The Scottish Parliament</b> <b>Edinburgh EH99 1SP</b>  <b>0131 348 5000</b>  <b>0800 092 7500</b>	Party
Alison Johnstone	 <b>Alison.Johnstone.msp@parliament.scot</b>	
Lorna Slater	 <b>Lorna.Slater.msp@parliament.scot</b>	 Green Party
Sue Webber	 <b>Sue.Webber.msp@parliament.scot</b>	 Scottish Conservatives
<b>Member of the House of Commons</b>		
Owen Thompson  <b>owen.thompson.mp@parliament.uk</b>	Midlothian House of Commons, London, SW1A 0AA  020 7219 3000	<b>SNP</b> 

Everyone in Scotland is represented by eight MSPs: one for their constituency and seven for the larger region in which they live. This allows a choice of MSP for you to contact. Midlothian is also represented by one MP in the UK Government.

# Disclaimer

The contents of this directory were correct as of November 2022.

Some contact details change from time to time. If you experience difficulty contacting an organisation, please contact Forward MID ☎ 0131 663 9471 and we will try to find you the new contact details and update our directory. Forward MID does not accept any responsibility for errors, omissions, or inaccuracies in the information contained in this publication.

Alternative copies of this directory may be available on request in large print.

An updated version of this directory can be found on the Forward Mid web site page by page in pdf format for you to download. Adobe reader now provides accessibility so page can be read aloud.

 [eric.johnstone@mvacvs.org.uk](mailto:eric.johnstone@mvacvs.org.uk)

MVA  
4-6 White Hart Street  
Dalkeith EH22 1AE  
☎ 0131-663-9471



If you think we should add anything to future publications please contact Forward Mid ☎ 0131-663-9471 or through our web site at:

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

This directory designed by Iain Tait and  
Sheree Muir



## **Contact Forward Mid**

 [eric.johnstone@mvacvs.org.uk](mailto:eric.johnstone@mvacvs.org.uk)

MVA

4-6 White Hart Street

Dalkeith EH22 1AE

☎ 0131-663-9471