

**Midlothian
Directory
for
Disabled People
and People
with
Long-Term
Conditions
2026**



Foreword

Welcome to Forward Mid directory 2026, our 13th edition. This directory has been created to bring together information to support our disabled community and People with long-term health conditions and the professionals who work alongside them.

In the directory, you will find up-to-date information that covers essential services.

This includes community groups, medical support, transport links, local services, health, and social care, to name a few.

Our aim is to always make access to the right information as straightforward as possible, helping people connect with the services by bringing these resources together in one place. We hope to make it easier to access and stay connected, informed, and supported.

Communities thrive when people know where to turn to for help and how to get involved with a social activity or finding out information for the local bus service, for example. We hope the directory will be a practical companion whenever you need it.

Good information is the foundation of independence, inclusion, and wellbeing.

Forward Mid will always strive to support our disabled and long-term health conditions by contributing towards a better quality of life for disabled people living in Midlothian.

The directory is very important for the Forward Mid team, and the success we create and the hard work we put in by updating the directory every six months, knowing all information in the directory is beneficial to our community.

On behalf of Forward Mid, I would like to thank everyone who contributed to the directory.

The team hopes you find it a valuable resource and a reminder of the support and connections available around us.

Knowledge is power.

Power is strength.

Let's do this together for our community

And make Midlothian good.

Forward Mid's 2026 Directory is available online in two formats:

- Mobile Device at www.forwardmid.org.uk/pdf/mobiledirectory2026.pdf
- Print Quality at www.forwardmid.org.uk/pdf/printdirectory2026.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 by special request.

Keep safe and healthy.

Kindest regards,
Forward Mid Team



All Image logos used by kind permission.
Other graphics designed 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.



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Please use for your notes



Equalities Act 2010

Disability

A person has a disability if he she has a physical or mental impairment that has a substantial, long-term adverse effect on his/her ability to carry out normal day-to-day activities.



Equalities Act 2010

There are some general points to consider:

- Physical or mental impairment includes sensory impairments.
- Substantial effect' need only be more than minor or trivial.
- Long-term' means that it has lasted or is likely to last at least 12 months, or for the rest of the person's life.
- Progressive conditions are treated as a disability from the moment there is any impairment that has some adverse effect on ability to carry out day-to-day activities, provided the future adverse effect is likely to become substantial.
- There is no exhaustive list of day-to-day activities but normal work-related activities are included, although highly specialised work activities are not.
- The effects of treatment are disregarded.
- Certain conditions such as HIV, Cancer and Multiple Sclerosis are expressly included.
- A person certified by an Ophthalmologist as blind, severely sight-impaired, sight-impaired or partially sighted has a 'deemed disability'.

Certain conditions are expressly excluded such as hay fever, A tendency to steal or set fires, voyeurism, addiction to alcohol, exhibitionism, and a tendency to physical or sexual abuse of others.

Discrimination arising from disability

This occurs where a disabled person is treated unfavourably, where this treatment is because of something arising in consequence of the disabled person's disability, and where it cannot be shown that this treatment is a proportionate means of achieving a legitimate aim


- No comparator is required.
- There is no discrimination if it can be shown that the employer/service provider did not know and could not be expected to know that the disabled person had the disability.

Discrimination on the World Wide Web

BS 8878

A wide range of organizations and consumers worked together to develop BS 8878. The standard is the non-technical guide to implementing the World Wide Web Consortium (W3C) Accessibility Guidelines (WCAG 2) which have recently been adopted as an International Standard by ISO, (ISO/IEC 40500). BS 8878 states that organizations should:

- Design accessible and usable websites for all internet users.
- Designate clear responsibility with a written web accessibility policy and a member of staff responsible for its administration.
- Keep accessibility in mind – organisations should emphasise accessibility in all stages of web design.
- Review sites – seek feedback from website users and test sites to ensure that they stay accessible as technology develops.

To check a website is compliant with the BS 8878 guideline and WCAG 2 please visit  : webaim.ca/checker/index.php. and enter the web address.

The laws that cover this allows 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.**

Harassment

Harassment related to a relevant protected characteristic, which occurs where a person engages in unwanted conduct related to a relevant protected characteristic that has the purpose or effect of violating another's dignity or creating an intimidating, hostile, degrading, humiliating or offensive environment for another. The following points apply:

- Unwanted conduct could include spoken or written words or abuse, imagery, graffiti, gestures, and so on.
- Perception and association are included.
- The relevant protected characteristics are: age, disability, gender reassignment, race, religion or belief, sex or sexual orientation (not marriage and civil partnership or pregnancy and maternity).

In Scotland the Equalities Act 2010 is slightly different the  : www.equalityhumanrights.com/commission-scotland has all the information about the Equalities Act 2010 in Scotland. If you need help with the Equalities Act 2010 you might be able to raise an Equality Act claim under the Simple Procedure court process? please contact **for more information**  : www.equalityadvisoryservice.com/

 : **Equality Act 2010 handbook** available to download from this link.





Models of Disability

In our society, people have different ways of perceiving disability. 'Models' have been developed to put definitions to these perceptions to help people understand the different viewpoints.

Social Model of Disability

The Social Model of Disability views people as being disabled by barriers within society, rather than by their impairments.

Through the Social Model, 'disability' is understood as an unequal relationship within a social world in which the needs of people with impairments are often given little or no consideration.

People with impairments are disabled by the fact that they are excluded from participation within mainstream society as a result of physical, environmental and attitudinal barriers. These barriers prevent them from gaining equal access to what is available to people without impairments. This model was developed by disabled people to describe their experiences and to explain why they thought that seeing disability as a medical problem was inaccurate and inappropriate.



Medical Model of Disability

Through the Individual or Medical Model of Disability, 'disability' is understood as something which arises from an individual's impairment.

This model views people as being unable to gain equal access to society as a direct result of their impairment. The Medical

Model is often known as the 'personal tragedy model' because it regards the day-to-day difficulties that people with impairments experience as being caused by their impairments, not by barriers within society (Carson, 2009). The Medical Model puts the 'problem' with the individual and does not recognise the physical, environmental and attitudinal barriers that that people with impairments often face.



Affirmative Model of Disability

A model more recently developed by disabled academics is the 'Affirmative Model of Disability'. This model identifies impairment as a characteristic of human difference to be valued. Impairment can be defined as "physical, sensory, emotional and cognitive difference to be expected & respected on its own terms in a diverse society"(Cameron, 2010)

The Affirmative Model demands recognition of impairment as an ordinary rather than an extraordinary characteristic of human experience, and for inclusion within ordinary life on that basis.

Carson. G (2009) *The Social Model of Disability*: Stationery Office, 2009

Cameron. C (2010) *Disability Studies*; SAGE Publications





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:

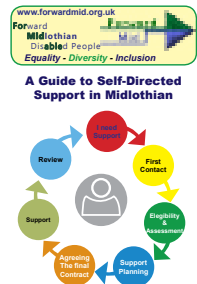
The person carrying out your assessment will be able to talk you through each option. For more information please contact:

Adult and Social Care
Fairfield House,
8 Lothian Road,
Dalkeith, EH22 3AA.

✉ : swccenquiries@midlothian.gov.uk

☎ : 0131 271 3900

🌐 : www.midlothian.gov.uk/info/1350/getting_care_and_support/197/help_at_home



Forward Mid's guide to Self-directed Support booklet is available on the internet 🌐 : www.forwardmid.org.uk/pdf/sdssmallest.pdf or contact Eric Johnston on ☎ : 0131 663 9471 and request a paper copy

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

☎ : 0131 475 2350

🌐 : 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/

Self-Directed Support Scotland,
Norton Park,
57 Albion Road,
Edinburgh, EH7 5QY

☎ : 0131 475 2623

✉ : info@sdsscotland.org.uk





Advocacy

What is independent advocacy?

Independent advocacy helps people to have as much influence and control as possible over their lives.

Independent advocacy is about people having the right to a voice: addressing barriers and imbalances of power and ensuring that human rights are recognised, respected, and secured.

Collective Advocacy is about helping groups speak up about issues that concern them.



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 with mental health service users as individuals or as members of a group to set their own agenda, and influence decisions which affect their lives. CAPS In the LGBTQIA+ community you may have experiences where you didn't feel you were listened to, understood or treated fairly by services because of your identity.

 : capsadvocacy.org/

Individual Advocacy Workers

☎ : 0131 273 5118

 : advocate@capsadvocacy.org

Collective Advocacy Workers

 : contact@capsadvocacy.org

☎ : 0131 273 5116

CAPS, Old Stables,



Eskmills Park,
Station Road,
Musselburgh, EH21 7PQ

EARS Midlothian


'EARS Independent Advocacy Service offers advocacy in Midlothian to:

- Adults who have a physical disability,
- Adults with an Acquired Brain Injury (ABI),
- Recent stroke survivors ,
- Older People (65+).



EARS Independent Advocacy offer short-term issue based advocacy support. We can support people to speak up or speak up on their behalf.

 : www.ears-advocacy.org.uk

 : 0131 478 8866

 : info@ears-advocacy.org.uk

EARS Independent Advocacy Service (SCIO)
14 Grampian Court,
Beveridge Square,
Livingston, EH54 6QFF.

Partners in Advocacy

Partners in Advocacy provide free, confidential, independent advocacy for Children and Young People with mental health issues, additional support needs, learning disabilities and a range of difficulties in their lives. Partners in Advocacy also provide advocacy in the Children's Hearing System.

Partners in Advocacy are the only independent advocacy service working Scotland-wide that supports young people aged 12 -15 to have their views heard about the support they need in education. Adults (aged 16+) with learning disabilities, autism, and physical disabilities And Adults aged 65 and over,

 : www.partnersinadvocacy.org.uk

✉ : admin@pia.scot

☎ : 0330 533 0238

Partners in Advocacy, Edinburgh & Lothians

☎ : 0131 478 7723 / 7724

Hub 4A Hercules House,
Eskmills,
Station Road,
Musselburgh,
East Lothian, EH21 7PQ.

**Partners in
Advocacy.**

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 also Supporting Offenders with Learning Disabilities

✉ : peoplefirstscotland.org/

✉ : admin@peoplefirstscotland.org

f : www.facebook.com/profile.php

☎ : 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. Who Cares provide advocacy to Care Experienced young people who are looked after, away from home, and care leavers up to the age of 26.

✉ : www.whocaresScotland.org/

✉ : help@whocaresScotland.org

f : www.facebook.com/

Helpline ☎ : 0330 107 7540

40 Wellington Street,
Glasgow, G2 6HJ.



**WHO
CARES?
SCOTLAND**





Artlink

Artlink Edinburgh and Lothians

Artlink Edinburgh and Lothians is a creative equalities organisation with over 40 years' experience championing disability inclusion across Edinburgh, Midlothian and West Lothian.

We use creative approaches to support real change in education, health and social care, guided by the voices, rights and lived experience of disabled and disadvantaged people of all ages, ensuring access to full civic, cultural and social life.

What We Do

Artlink works with people whose voices are often excluded from decisions about the support they receive.

Through creative activity and personal interests, we:

- Support people to express their needs, choices and ambitions
- Build confidence, connection and wellbeing
- Create accessible programmes shaped by participants themselves

Our programme includes workshops, exhibitions, events, placements and supported cultural outings, led by artists, specialists and trained volunteers.

Our work continually evolves by listening and responding to individual needs.

Artlink

Our Programmes

Sensory Programmes (Midlothian)

For adults with profound and multiple learning disabilities, delivered in partnership with health and social care services in Midlothian. These sessions focus on communication, relationships and improving quality of care through deeper understanding of each individual.

Cultural & Social Activity (Midlothian)

Creative social opportunities for learning disabled and autistic adults, offering regular activities such as drama, music and workshops—helping reduce isolation and build community connections.

www.thesocialprogramme.com

Mental Health & Wellbeing (Edinburgh City and West Lothian)

Creative projects for people with experience of mental ill health, delivered in supportive environments such as hospitals, community spaces, studios and schools across Edinburgh and West Lothian.

Access to Arts & Culture (Edinburgh City and Midlothian)

Supporting disabled and older people to take part in cultural life - such as attending theatre, exhibitions and events with the support of volunteers, helping to reduce loneliness and isolation.

Generate (Young People in Midlothian)

A schools programme in Midlothian for young people who are marginalised from education due to anxiety, disability, neurodiversity or disadvantage.

Generate offers:

Individual placements based on personal interests

Opportunities to explore talents in real-world settings

Support to build confidence, skills and meaningful connections

Each young person shapes their own pathway, helping identify what works best for their future.

CONTACT:

Artlink Edinburgh and the Lothians

13a Spittal Street,

Edinburgh, EH3 9DY.

☎ : 0131 229 3555

✉ : info@artlinkedinburgh.co.uk

🌐 : www.artlinkedinburgh.co.uk





Beach Wheelchairs

Beach Wheelchairs is a small Scottish charity that has operated since 2015. Since then Beach Wheelchairs have hired out our **Free to use** specialist wheelchairs over 1000 times. Beach Wheelchairs mission is to get people back on the sand enjoying our beautiful beaches. Beach Wheelchairs have a wide range of wheelchairs and equipment at North Berwick, East Lothian and Portobello, Edinburgh. We also have two wheelchairs at Haven Seton Sands that are available to the public as well as Haven customers to use.



Beach Wheelchairs mission is for people to enjoy the beach with family and friends. The beach is a special place where people can have new experiences, make long lasting memories or be taken back to their childhood just by the sound of the waves and the smell of salt in the air.

Whether you are planning a trip to the beach with someone who has mobility needs or are interested in volunteering with us hopefully Beach Wheelchairs can help. However the weather is outwith our control.

Contact Deatails:

 : www.beachwheelchairs.org/

 : www.facebook.com/beachwheelchairsportobello

 : info@beachwheelchairs.org

Prebook free hire

☎ : North Berwick - 0300 111 2112

☎ : Portobello - 0300 666 0990

☎ : Seton Sands - 01875 813333





British Red Cross



What Matters to You Midlothian

Helping to keep people at home, living independently longer and connecting you with your local community.

See how we can help you

What we aim to do:-

Assist and support people to stay at home and remain in their local communities age 65 and over.

We can provide advice, information, and practical support in the following areas: - by making referrals, assist with form filling, advocate on your behalf with your permission -

- Benefit Checks – Scottish disability payments, Pension Credits, Council Tax reductions,
- Housing options – support with Housing applications, including Sheltered Housing,
- Fire Safety Check – carried out by Lothian & Borders Fire Service,
- Energy providers – priority service, boilers, insulation, keeping energy bills down,
- Adaptations – handrails, shower stool, Rutland trolley,
- Midcare Alarm – Key safe, water and fire detectors,
- Wheelie bins – assisted bin collection provided by Midlothian Council,
- Transport – Blue Badge, Dial A Ride, Bus pass plus 1, support with completion of forms,

- Home frozen meals – information on delivery services available,
- Podiatrist, Opticians at home – information on services that provide home visits,
- Referral to other Healthcare services - social worker, occupational therapists, physiotherapist etc,
- Red Cross equipment - useful aids to living independently for example, large button speaker phones, walking stick ferrules and raised buttons for the visually impaired,
- Local Area Coordinators – Supporting people back into their communities, working with local groups such as lunch clubs, art and crafts, Men Shed, Knit and Natter. Free calendar with over 100 groups throughout Midlothian,
- Unpaid Carers – Do you provide unpaid help and support to a family member, friend, or neighbour. We provide advice, information, and practical support to unpaid carers. This can include advice on benefits, Power of Attorney, wee breaks fund etc.

The above list is an example of what we can help with, but we can research, investigate, and explore with you other areas you may be interested in.

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



✉ : brcmidlothian@redcross.org.uk

☎ : 0131 654 0340






Carers


The Carers (Scotland) 2016 Act, Midlothian Council have powers and duties to support adult 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



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. Download  : **Adult Carer Support Plan** in PDF (275kb).

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, Midlothian Council use eligibility criteria to determine what qualifies for social work funding. An up to date copy of our eligibility criteria can be found on Midlothian Council website at  : 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 to ask for support. Support for Young Carers  : www.midlothian.gov.uk/info/1352/carers/84/support_for_young_carers

For additional support information  : www.gov.scot/publications/carers-charter/pages/3/





Citizens Advice Bureau

Dalkeith & District Citizens Advice Bureau

2-8 Buccleuch Street, Dalkeith, Midlothian, EH22 1HA.

☎ : 0131 660 1636 **not wheelchair accessible**

✉ : Bureau@DalkeithCAB.org.uk

🌐 : www.DalkeithCAB.org.uk

Penicuik & District Citizens Advice Bureau

14a John Street, Penicuik EH26 8AB.

☎ : 01968 675 259 suitable for all users.

✉ : Contact.us@penicuikcab.org.uk

🌐 : 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.

Dalkeith CAB and Penicuik CAB operates an online in-person booking system. Also advice by Email and Phone between 10:00 hrs - 14:00 hrs. Self-Help on line.

Dalkeith CAB Outreach Clinics:

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

Central Dalkeith & Woodburn Pantry. 10 Woodburn Road. Dalkeith EH22 2AT. Fridays 13:30 hrs 15:30 hrs.

Gorebridge Hive, 35 Hunterfield Road, EH23 4BQ: Monday 10:00 hrs -12:00 hrs, No appointment necessary.

Gorebridge Library 98 Hunterfield Road, EH23 4TT. Weekly drop in, Thursdays, 10:00 hrs - 13:00 hrs.

Mayfield Pavilion Mayfield Public Park, EH22 5EE. Weekly drop in, Housing Issues, Tuesday, 10:00 hrs - 14:00 hrs.

Midlothian Foodbank. Gorebridge Parish Church, 96 Hunterfield Road, Gorebridge EH23 4TT, Thursdays 12:00 hrs 14:00 hrs.

Newtongrange Development Trust. 67 Gardiner Place, EH22 4RT. Drop in, Monday, 13:00 hrs 15:00 hrs

St Johns Church 31 Eskbank Road, Dalkeith EH22 1HJ. Monday 10:00 hrs -12:00 hrs. People 55 or over no appointment required.

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

Penicuik CAB Outreach Clinics:

Hawthorn Children and Family Centre. Monday 09:00 hrs - 16:00 hrs, Friday 09:00 hrs - 12:00 hrs

Loanhead Library:

Monday 10:00 hrs -13:00 hrs,
Tuesday 10:00 hrs -12:30 hrs,
no appointment necessary.

Loanhead Miners: Wednesday 10:00 hrs -13:00 hrs,
no appointment necessary.

Midlothian Community Hospital 70 Eskbank Rd, EH22 3ND:
Thursday: 10:30 hrs - 13:30 hrs.

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

The Steading Rosewell. Alternate Thursdays 14:00 hrs - 16:00

hrs

By appointment only ☎ : 01968 675 259

Highbank Intermediate Care Facility, 9A Bonnyrigg Road, Dalkeith, EH22 3EY. Tuesday afternoon

Loanhead GP Practice Thursday P.M..

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 ☎ : 0800 028 1456 or On-line at:

🌐 : www.adviceguide.org.uk/scotland

Consumer advice can be obtained from Citizens Advice Consumer Helpline

☎ : 0808 223 1133





Community Pantry

Every day people in Midlothian 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. Community Pantry's work with a number of different referral agencies, such as Citizens Advice, children's centres and health visitors. Please find below a list of Community Food Pantry's available in Midlothian.

Location	Details
<p>Dalkeith Woodburn Pantry The MARC Building, 10 Woodburn Road, Dalkeith, EH22 2AT</p> <p>One Free Membership per household Weekly shop £3.50</p>	<p>Friday 13:30 hrs - 17:30 hrs ☎ : 07384 376156 ✉ : Central Dalkeith & Woodburn Pantry</p>
<p>Gorebridge 96 Hunterfield Road Gorebridge EH23 4TT</p> <p>A referral is required to access the Community Pantry Part of the Trussell Trust Now operating voucher referral system, vouchers issued by Citizens Advice that will allow you to receive three days of food.</p>	<p>Janice Burns ☎ : 07789 173276 📘 : midlothian.foodbank. org.uk/ ✉ : janiceburns@midlothian. foodbank.org.uk 🌐 : midlothian.foodbank.org. uk/</p> 

Location	Details
<p>Mayfield and Easthouses Community Food Pantry (Mayfield and Easthouses Development Trust) This service is for people of Mayfield and Easthouses. Free membership, charge £3.50 per Household.</p>	<p>Warris Sheikh ☎ :0131 663 5317 📧 : www.maedt.org.uk Pantry Opening Hours Tuesday 10:30 hrs - 14:30 hrs Wednesday 13:00 hrs-17:00 hrs Thursday 10:30 hrs - 14:30 hrs</p>
<p>Penicuik Food Fact Friends Community Pantry 42 John Street, Penicuik EH26 8AB The Community Pantry is open to everyone. After you join the Community Pantry cost £1, A shop will then cost £3.50 at which you can take up to 10 items.</p>	<p>Mark Wells 📧 : www.foodfactsfriends.org.uk/ ☎ : 01968 675 417 📧 : foodfactfriends@gmail.com</p>
<p>Other Pantries Bonnyrigg Pitcairn centre, Friday 10:30 hrs to 11:30 hrs. Danderhall Community Pantry, Teusday 10:00 hrs to 11:00 hrs. Newtongrange Pantry, Sunday 11:00 hrs to 13:00 hrs, Steading community fridge. Tusday 13:00 hrs to 17:00 hrs, Thursday 13:00 hrs to 17:00 hrs.</p>	<p>High Street, Bonnyrigg, EH19 2ET Newton Church Hall, Edmonstone Road, EH22 1QE 67 Gardiner Place, Newtongrange, EH22 4RT Carnethie Street, Rosewell, EH24 9AA</p>
<p>Veterans Only Lothian Veterans Centre 11 Eskdail Court Dalkeith EH22 1AG Must meet qualifying standards</p>	<p>☎ : 0131 660 5537 📧 : contact@lvc.scot</p>





Cyrenians

Our mission

To tackle the causes and consequences of homelessness through learning from lived experience; by delivering targeted services which focus on prevention, early intervention and support into a home; and by influencing changes in legislation and policy.

A public health approach to homelessness prevention

At Cyrenians we take a public health approach to homelessness prevention. We know homelessness impacts on the health of the nation, on the outcomes of our young people, on the life expectancies of people living in dangerous, lonely and precarious circumstances. A public health approach strives to stop people becoming homeless by addressing risk factors and offering support at the earliest opportunity rather than waiting until a crisis happens. It seeks to move away from addressing a lack of accommodation without addressing the underlying reasons why people have become homeless in the first place, such as poverty and trauma.

Addressing homelessness effectively requires population level prevention, as well as individual level interventions with services and sectors working together.

Our values

Our way of working is built around our four values:

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

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

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

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



Our person-centred work is always evolving; reflecting and supporting the changes we see within the community on both a local and national scale. We are proud of what we have achieved over the last 50+ years and are incredibly grateful for every individual, business and organisation that has joined us in our journey.

Working predominantly in Edinburgh, Lothians, Falkirk but also with Scotland-wide services, Cyrenians work is organised around six service areas: Community, Family, Home, Health, Food & Work.

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

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

☎ : 0131 475 2354

🌐 : <https://cyrenians.scot/>

✉ : admin@cyrenians.scot





Development Trusts

Dalkeith Development Trust

One Dalkeith, 21 Eskdail Court, Dalkeith. EH22 1AG

 : onedalkeith.info/

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

Contact is via the on line form on the website or Facebook message button.

One Dalkeith, Community Development Trust.
Run by the local community, for the local community.




Free Weekly Community Activities & Drop-ins,
Affordable DIY & Craft Workshops, Community
Café, Monthly Affordable Cinema, Weekly Hobby Clubs,
Affordable Facility Hire for Charities, Community Groups, Clubs &
Activities.

Co-working Facilities, Hot Desk by the hour, Affordable Business
Incubators, Facility Hire for Private Parties, Conferences/
Meetings/Training, The Corner Shop Collective - Over 70 Local
Artists, Crafters & Food Producers under one roof, Monthly &
Seasonal Fayres & Farmers Markets.

Glencorse Centre

Glencorse Centre, 4 Firth Road, Auchendinny, EH26 0QZ

 : 01968 670264

 : glencorsecentre.org.uk/

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

- Cafe is open Wednesday to Saturday,
- Weekly Events,
- Parties for all age groups.

Glencorse Centre is located in the northern edge of the village of Auchendinny, in the valley of River North Esk.

The Centre delivers a broad range of classes and group meet-ups for the community to attend, from the weekly



Breastfeeding Cafe to our senior citizens weekly lunch. Annual community events such as the Halloween and Christmas festivities attract visitors from far and wide! Farmers Market from April to September, every second Saturday

The community café, Two Pines Coffee Shop, is open every day except Tuesday., boasts delicious home-made cakes and treats and freshly brewed coffee. Many of the ingredients are sourced from our community garden, where we grow anything from potatoes to strawberries for our jams.

Our main hall is available to hire for parties and many other events with access to a fully equipped modern kitchen. We also have a full-sized grass football pitch with changing and shower facilities for hire along with a 5-a-side all weather flood-lit astro pitch. Meeting/office space is also available for use.

Gorebridge Development Trust

Gorebridge Beacon, Hunterfield Road, Gorebridge, EH23 4TT

✉ : office@gorebridge.org.uk

☎ : 01875 816320

🌐 : gorebridge.org.uk/

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

Facilities 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.

Café opening hours:

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

Mayfield & Easthouses Development Trust

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

☎ : 0131 663 5317

🌐 : www.maedt.org.uk/

📍 : [MayfieldandEasthousesDevelopmentTrust/](#)

Opening hours:

Mon- Fri 09:00 hrs - 17:00 hrs

Mayfield and Easthouses

Development Trust is a charitable

organisation focused organisation creating opportunities and improving facilities to regenerate the community of Mayfield and Easthouses. Venue hire available.



Pavilion Café opening hours:

10:00 hrs until 16:00 hrs.

Newtongrange Development Trust

Newtongrange Development Trust, Bowling green pavilion, Newtongrange Welfare Park, EH22 4PD

☎ : 07821631975

 : www.ndt.scot/
 : info@ndt.scot
 : [NewtongrangeDT/](https://www.facebook.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.

Online events page.

Penicuik Community Development Trust

Pen-Y-Coe Press, 7 Bridge Street, Penicuik,
EH26 8LL

 : 01968 673767

 : penicuikcdt.co.uk/

 : 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 been brought back to life at the old walled garden of the Penicuik House Estate.

Rosewell Development Trust

The Steading, Carnethie Street, Rosewell EH19 9AA

 : 0131 629 9398

✉ : info@rdtrosewell.org.uk

📘 : [TheSteading](#)

📷 : [TheSteadingRosewell](#)

✂ : [TheSteading](#)

Monday – Friday: 9am till 5pm

Saturday: 9am till 3.30pm

Sunday: 9am till 5pm






Facilitates which can be hired:

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

Soft Play: open 7 days a week, Cost per child per hour session.

Sensory Room: open 7 days a week, Cost per household per hour session.

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

Rosewell 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 , X  and Instagram. 



Education

Communities and Lifelong Learning

Communities, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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  : cii@midlothian.gov.uk  : 0131 271 3713.

Work with Young People:

Communities, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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, Lifelong Learning and Employability 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 3713

✉ : cll@midlothian.gov.uk

📘 : www.facebook.com/CLLMidlothian

✂ : x.com/LLAdult_family

🌐 : 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/

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

Edinburgh College Student Services Learning Support

If you have an additional support need such as dyslexia, dyspraxia, mental health difficulty, ADHD, Autism Spectrum Condition, visual or hearing impairment, physical health or mobility difficulty or any other issue which means you will require

support with your learning, please email Edinburgh College Learning Support Team at [✉: learning.support@edinburghcollege.ac.uk](mailto:learning.support@edinburghcollege.ac.uk)

Edinburgh College is proud to be accredited as Disability Confident Committed.

Newbattle Abbey College



Newbattle Abbey College extends a warm and friendly welcome to all individuals, including those with disabilities and additional support requirements. Our college, known for its small and intimate community, is experienced in providing bespoke support, ensuring that each member, be it a student or staff member, is valued as an individual.

As Scotland's residential adult education college, we offer a unique opportunity for individuals with limited or no qualifications to pursue their studies in a historically rich environment. Specialising in access and progression, the college is the ideal nurturing environment in which to begin your educational journey.

Newbattle Abbey College prides itself on its unwavering commitment to support all learners, regardless of their background. Each student benefits from the guidance of a personal tutor, who offers individualized assistance to propel them towards their future opportunities. Additionally, small tutorial groups are available to provide dedicated support and equip our students with the necessary skills for further studies.

Our highly experienced Support for Learning staff are specialists in working with students who have various additional support needs, including dyslexia, autism and other neurodevelopmental conditions. Their expertise ensures that every student receives the care and attention required to thrive academically and personally.

Moreover, Newbattle Abbey College boasts exceptional facilities suitable for conferences, training events, weddings, and social functions. With ample parking space for up to 100 cars, including designated disabled parking, and lift access within the building, we strive to create an inclusive and accessible environment for all.

Join us at Newbattle Abbey College, where our small, friendly, and welcoming community eagerly awaits the opportunity to assist you on your journey towards unlocking your full potential.

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

☎ : 0131 663 1921

✉ : office@nac.ac.uk

🌐 : www.nac.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.



☎ 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.

Use the online form to get in touch with Police Scotland for issues of a non-serious nature.

 : www.scotland.police.uk/secureforms/contact/



Midlothian Police Station with counter service

Dalkkeith

Newbattle Road, Dalkeith, EH22 3AX

Not 24 hours

Write to us:

PO Box 2460


Dalmarnock,

Glasgow, G40 9BA

 : 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.

Hate Crime & Third Party Reporting

Police Scotland treats all hate crimes seriously. We want you to report it.

We are here to protect people in all of our communities and are committed to delivering our values of integrity, fairness, respect and upholding human rights.

It's important to report hate crime whether you are affected personally, or if you witness someone else being targeted. For example, you could be a friend, neighbour, family member, support worker or a passer-by.

You should tell the police if you think it happened because of disability, race, religion, sexual orientation or transgender identity.

It may even be a combination of these things. This is important as it tells us that it could be a hate crime.

You can report a Hate Crime as follows:

- By Telephone ☎ : 999 (emergency) ☎ :101 (non-emergency),
- In person at any Police station,
- Online Hate Crime Form – 📄 : www.scotland.police.uk/secureforms/c3/.
- Keep Safe Scotland App- 📄 : iammescotland.co.uk/keep-safe

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 3rd Party Reporting Centres. Staff within 3rd 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.

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

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

Crimestoppers is not the police

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

Complete our online form at:

 : 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. Only ever attempt this as a last resort,



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



Phone the Fire and Rescue Service. ☎ : 999

Scottish Ambulance Service

Life-threatening emergencies

You should call ☎ : 999 in a medical emergency, when someone is seriously ill or injured and their life is at risk



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.

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 next 10 days you can request an ambulance, by calling ☎ : 0300 123 1236 or Text Talk 📱 :18001 0300 123 1236 for hearing or speech impaired.

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. We really need to know if you no longer need ambulance transport. If you have

transport booked you can cancel it by phoning ☎ : 0300 123 1236 (option 2). Please leave your name, which clinic or ward and hospital, date and time of appointment.

Do I qualify?

On requesting transport to a hospital, appointment a call handler will take you through a Patient Needs Assessment (PNA), a series of simple questions about your medical and mobility requirements. The questions have been designed to make sure we understand your requirements and so we can match our ambulance support with your medical needs. If you do not qualify for ambulance transport we can signpost you to alternative transport options.

Before requesting transport:

- Patient's CHI number,
- Patient's full name, home address, date of birth and phone number (either patient or responsible person),
- A knowledge of the patient's level of mobility,
- A knowledge of any access issues at the patient's house,
- Date and time of the appointment,
- Hospital and clinic the patient is attending,
- Type of appointment (for example, outpatient),
- Any specific needs, such as language barrier, hard of hearing, infectious disease, mental illness.

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.





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

🌐 : www.accesstoindustry.co.uk

Into Work

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

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

Penicuik Office

25 John St, Penicuik EH26 8HN

☎ : 0800 169 0190

Video Relay Service for hearing impaired requires App to work.



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.



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

🌐 : 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





Handicabs HcL

Dial-A-Bus [DAB] 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.

HcL office ☎ : 0131 447 1718, or register on line at 🌐 : www.hcltransport.org.uk National Entitlement Card accepted.

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 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.






Dial-A-Ride [DAR] by HcL

Dial-A-Ride provides a door-through-door transport service for people of any age with mobility challenges. This includes older people; people with disabilities, additional support needs, illness or health condition (long term or short term) affecting mobility; or those rurally isolated.

Dial-A-Ride will take you wherever you want or need to go. The service operates 7 days a week, 365 days of the year and is

available in the evenings.

To register to use the service, visit the HcL website at  : www.hcltransport.org.uk or  : 0131 447 9949 Once registered with HcL, you can call  : 0131 447 9949 to make your first booking. You can make no more than one advanced booking (for the day after tomorrow or beyond). The Dial-A-Ride vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably. Dial-A-Ride drivers are trained to provide assistance where necessary - do not be afraid to ask.

As part of the booking / enquiry process, the dispatcher will advise you the price of the journey. There is a special offer for first-time users – a £6.50 discount off your first Dial-A-Ride 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 Dial-A-Ride 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 to ask for a quote to travel outwith the local area.

A cancellation fee of £6.50 may be applied if bookings are cancelled without 24 hours notice.

HcL and is financially supported by Midlothian Council.





Midlothian Local Area Co-ordination

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.



What is Local Area Co-ordination (LAC)?

In Midlothian, Local Area Co-ordinators work alongside

- Children and adults (up to 64 years) with 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 with communities, groups and organisations, supporting them to become more welcoming and inclusive.

What Local Area Co-ordinators do?

Local Area Co-ordinators do lots of different things depending on what people and the community want.:

- Give people information, help them find things and offer support about next steps.

- Take time to get to know people and their families,
- Plan with people and communities,
- Raise awareness that everybody should be included,
- Help improve how public services work.

What is different about Local Area Coordination?

We work with individuals, families and communities to make society more inclusive. We only work with people who want us in their lives, go at a pace that suits people and stay involved for as long as people want.

We focus on what people can do, not what they can't do. We understand that commissioned social care services are not always the way for people to achieve their goals.

What people say about LAC

“ Thank you so much, I really don't know what I would do without you.”

“ The LACs have made a huge difference to my brother's life.”

“ LACs have been amazing with D he has really connected with them.”

“ LACs are always there to support me and can ask them anything.”

“ All our family appreciate LACs relationship with M, his confidence has grown over the years.”



Your LAC Team:

If you want to find out more or meet the team please contact:

Stuart

Mobile 📱 : 07889 456 264

✉️ : stuart.mcintosh@enable.org.uk



Maria

Mobile 📱 : 07596 335 512

✉️ : maria.glen@enable.org.uk



Midlothian

Local Area Co-ordination Team

Enable,
Unit 1b Colliery Court,
McSence Business Park,
32 Sycamore Road,
Dalkeith, EH22 5TA.

☎️ : 0131 454 1785

🌐 : www.enable.org.uk/lac

📘 : www.facebook.com/groups/203648627717769



Local Groups

Beeslack Family Club

Beeslack Family Club logo
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/

Bright Sparks

Bright Sparks SCIO is for children with additional support need in Midlothian based in Bonnyrigg, they support children from birth to 18 years with pre-school play groups, evening youth clubs, monthly play session and craft club, school holiday activities.



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

🌐 : brightsparkspg.org/

Café Connect, Linking Loanhead

Café Connect, Dalkeith's and Linking Loanhead vibrant community cafés run by Midlothian's LAC gives people with disabilities a chance to meet up to talk and listen. We all have different things to bring and our own stories too.



Café Connect and Linking Loanhead are great places to find out useful information about a whole range of relevant supports and services, for example:

Welfare Reform, Access Issues and Self-directed Support. Or just turn up for a coffee, tea and cake on the house!

It's a friendly gathering where everyone is welcome. A place where you can listen or share your story!

Dalkeith

When: First Thursday of every month from 14:00 hrs to 15:30 hrs

Where: Dalkeith Arts Centre.

Loanhead

When: Every other Wednesday from 14:00 hrs to 16:00 hrs

Where : Loanhead Library.

For more information contact Stuart 📞 :07889 456 264



get2gether is a free membership organisation for adults (18+) with disabilities in Edinburgh and the Lothians. They believe that everyone has the right to love and friendship and that meeting new people should be easy, fun and accessible. get2gether arranges social activities in safe, welcoming spaces. Its events programme is co-produced with members and includes Big Night's Out, Karaoke Discos, Quiz Nights, Community Meals and everything in between!

Members receive a monthly Community Magazine by email or post with details of upcoming online and in-person events, courses and opportunities.

The Thistle Foundation,
13 Queen's Walk,
Edinburgh, EH16 4AE

📞 : 07867 179023

✉ : office@get2gether.org.uk

📘 : www.facebook.com/get2getherscotland/

🌐 : get2gether.org.uk/

📷 : www.instagram.com/get2getheredinburgh/?hl=en



Grassy Riggs

Grassy Riggs is a service for older people and their carers in Woodburn, Dalkeith. The service is based in the Woodburn Community Hub building and provides a warm, supportive environment where people over the age of 65 can come together to experience meaningful social engagement, make friends and try out new opportunities.



The main purpose of Grassy Riggs is to alleviate social isolation and exclusion. The service provides a meeting place, drop-in and support for carers, as well as people who are cared for. They also run thematic groups every week, including a knitting group, digital skills group, and more.

 : www.facebook.com/thegrassyriggs

Lasswade High School PHAB Club

A voluntary group from Midlothian working in the community to provide social and educational opportunities for people with additional support needs. The Club was formed in 1978 and is based in Lasswade High School. Meetings are every Wednesday evening during school term from 18:30 hrs till 20:30 hrs.



The Club's aim is to provide social and educational opportunities in a relaxed environment and its objective is to encourage the integration and education of adults, resident in Midlothian, who have additional support needs.

The Club encourages local people to get involved with its work, indeed our volunteers are crucial to the operation of the club.

The Club holds the Queen’s Award for Volunteering (the “MBE” for volunteering groups), given in recognition of the work undertaken.

For information on joining or volunteering please contact:
Margaret George on 📞 : 07882350835

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 Eskdail Court,
Dalkeith, EH22 1AG.

☎ : 0131-660-5537

✉ : contact@lvc.scot

📘 : www.facebook.com/LothiansVets

🌐 : www.lvc.scot





Men’s Shed

The Dalkeith Men’s Shed is a free and welcoming space for all

men over the age of 18 in Midlothian. Whether you're just in need of a hot cuppa and a friendly chat, or you're looking to get hands-on with woodworking, crafting or any other activity you fancy, we hope our shed is a great place for you.




We are currently open twice a week, and our workshop is in the One Dalkeith Community Hub, 21 Eskdail Ct, Dalkeith EH22 1AG. We run our normal Workshop on Friday's from 10:00 hrs - 13:00hrs, and also now have a second Unpaid Carer's Workshop on Tuesday's from 10:00 hrs - 13:00hrs.

You can find out more information at  : www.dalkeithshed.org.uk, or contact us via email at  : contact@dalkeithshed.org.uk Alternatively, drop by one day and come join a community where you can share experiences, learn new skills, and enjoy some good company. We hope to see you soon!

Gorebridge Men's Shed

The Beacon, Hunterfield Road, Gorebridge on Wednesday's from 10:00hrs - 12:00hrs.

 : gorebridgeshed.co.uk

 : 07791910357

Midlothian Peoples Equality Group

Midlothian Peoples Equality Group (MPEG) is a local community organisation and registered charity comprising diverse residents and professionals residing and working in Midlothian. Dedicated to advancing equality and confronting bias, MPEG fosters collaboration among various Midlothian interest groups to cultivate a sense of value, trust, and inclusivity within the community. The group also



prioritises facilitating education, communication, and awareness concerning local equality issues while advocating for community participation in local policy and planning. MPEG actively encourages residents, community entities, businesses, and other stakeholders to engage in its initiatives.

New Members Welcome!

☎ : 0131 271 3165

✉ : james.blair@midlothian.gov.uk Equalities Engagement Officer, Midlothian Council

📘 : www.facebook.com/MPEGMidlothian

MOPA

Midlothian Older People's Assembly (MOPA) is a network of older citizens interested in and caring about the quality of life for older people in Midlothian.

MOPA usually has one large-scale event every year and four or five smaller meetings around a chosen theme, with discussion with guests from the Midlothian Health and Social Care Partnership. Examples of these themes may be – GP Practice in Midlothian, Transport, Finance, Social care, and Benefits, Participating in my local community. The meetings are a mixture of online and in person according to individual need.

MOPA is a fantastic way to connect with other older citizens and to become newly aware of local issues that affect the quality of life or older people living in Midlothian. MOPA is also interested in many of the issues raised in this report and how to affect positive change.

✉ : eric.johnstone@mca.scot

Newton Church Centre

Tuesday cafe 10:00 hrs - 12.30hrs Oasis community café is a warm space to meet together for teas, coffees, home baking,

homemade soup, there are seasonal special events with children from the local nursery coming to sing songs at Christmas, and Easter. And occasional fundraising mornings for relevant charities

Wednesdays 10:00hrs - 12:00hrs Wednesday crafters, - a group for anyone of any ability interested in crafting, knitting, sewing, crochet, drawing, needle craft etc. Meet for a cuppa, cake and a chat. Bring your own craft or learn and share skills. As a group we invite skilled crafters to share their craft and techniques, we often work together to create items for homeless people, SiMBA boxes, or local community groups.

Wednesdays 13:00hrs -16:00hrs Newton Hutters - is a men's shed style group for anyone over 18. A cuppa, plenty of cake and banter. Members with a variety of interests, skills and work backgrounds join together to chat, play dominoes, woodwork, gardening, community projects. **The hall garden and workshop are wheelchair accessible.**

Church of Scotland,
Edmonstone Road,
Danderhall EH22 1LU



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
31 Eskbank Road,

Dalkeith EH22 1HJ.

Singing for Lung Health Midlothian

The singing leader has undertaken the Singing for Lung Health training course, which means they've been trained to lead singing groups for people with lung conditions.

When: Tuesday

Time: 15:00 hrs - 16:30hrs

James 📞 : 07711 307418

✉ : robertsonjames56@gmail.com

St. John's and King's Park Church, 31 Eskbank Road, Dalkeith EH22 1HJ



Wee Scones

“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”, “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.”

The café is open every other Fridays 09:30hrs until 12:30hrs.

Gorebridge Parish Church Hall,

96 Hunterfield Road,

Gorebridge, EH23 4TT.

🌐 : www.gorepc.com/

☎ : 01875 820 387





Lothian Centre for Inclusive Living

About LCIiL

The Lothian Centre for Inclusive Living (LCiL) is a person-led, charitable organisation. We work alongside disabled people of any disability, people with long-term conditions and older people, as well as parents and carers. Our work supports individuals and communities across Edinburgh, West Lothian, East Lothian, and Midlothian.



At the heart of everything we do is Independent Living. For us, Independent Living means disabled people having the same freedom, choice, dignity, and control as other citizens – at home, at work, and within the community. It is not about doing everything alone, but about having the right support, practical assistance, and opportunities to live an ordinary, fulfilling life.

Our Aims – LCIiL exists to:

- Provide a range of services to support Independent Living, developed and managed by and for disabled people.
- Support the right for disabled people to live independently and take control of their own lives.
- Provide the opportunity for disabled people to further their own personal and professional development, including through peer support.
- Challenge the attitudes, and the physical and social barriers that create disability.

LCiL's Services in Midlothian Include:

- **Independent Living Service (ILS)** provides independent advice, information and ongoing support on all aspects of Self-Directed Support (SDS)
- **Peer Support and Learning (PSL)** The PSL team organise peer support and information sessions focused on aspects of Self-Directed Support (SDS) and available social care options.

The team run regular peer support groups for Midlothian in which these sessions are currently held online.

LCiL have a group of lived experience volunteers who help co facilitate their peer support groups and work within the community using their lived experience to support disabled persons independence and rights. They are called peer facilitators and community ambassadors.


More details can be found in the PSL section on the LCiL website, and we can also offer in person information sessions for groups and organisations on request on SDS.

➤ **Payroll & Financial Management Service (FMS)** provide a payroll service for PA employers in Midlothian. We handle payroll, tax, pensions, and financial administration under (FMS), allowing individuals to focus on daily life with confidence and security.

➤ **Disability Advice and Information Service (DAIS)** offer independent disability advice and information, as well as disability benefit and welfare support. Through our cost-of-living support service we deliver information workshops to disabled people to help improve financial wellbeing and stability.

We can provide our cost-of-living information sessions to groups and organisations on request.



LCiL provides a quarterly newsletter with information on current news and events. If you are interested in receiving this, please get in touch via the contact details to arrange delivery. Lothian Centre for Inclusive Living (LCiL)  : www.lothiancil.org.uk

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

 : www.lothiancil.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 uses mobile phone technology. 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:


- Anyone of any age who is disabled,
- Has a medical condition that would benefit from the service,
- Is vulnerable or frail.

How can I access this service?

Use the self-check online tool at  : www.telecareselfcheck.scot/ to see if you qualify.

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 is by the online form only at  : www.midlothian.gov.uk/xfp/form/256 then at foot of page click **'Begin This Form'**

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.

Responding to alerts

The control room receives the initial alerts from the equipment. The control room is staffed 24 hours a day, 365 days a year.

- A nominated key holder, such as family/friend/neighbour, may be asked to help in an emergency,
- A responder service based in Midlothian provides a back-up when required,
- If appropriate, your GP or the emergency services will be contacted.

For more information contact:

Adult and Social Care,
Fairfield House, 8 Lothian Road
Dalkeith,
Midlothian,
EH22 3AA.

☎ : 0131 271 3900.

✉ : swccenquiries@midlothian.gov.uk





Midlothian Climate Action Network

The Midlothian Climate Action Network is a growing network of community groups and organisations across Midlothian, who want to act on the climate and nature crises. Its purpose is to encourage and support a thriving, collaborative network of community groups and organisations coming together to deliver community-led action to reduce and adapt to the effects of the climate and nature crises. We aim to improve climate literacy, provide support to community groups and organisations, amplify community voices and share knowledge.



The MCAN staff are based at the Midlothian TSI offices at 4-6 White Hart Street, Dalkeith.

MCAN can be contacted at : hub@midlothianclimateaction.org.uk More information on MCAN is available on our website

 : www.midlothianclimateaction.org.uk/

 : www.facebook.com/MidlothianCAN

 : www.instagram.com/midlothiancan/





Midlothian Community Action



Midlothian Community Action

Midlothian Community Action: Support

Midlothian Community Action (MCA) 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.
- Support organisations to access funding and community benefits
- 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.

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

Midlothian Community Action is the Third Sector Interface (TSI) for Midlothian and is the main point of contact for the Scottish Government on third sector issues in Midlothian.

Midlothian Community Action has an accessible meeting space at our offices at:
4-6 White Hart Street,
Dalkeith, EH22 1AE.

Please contact us to check availability and to book.

More information on MCA is available on our website

 : www.mca.scot





Midlothian Community Action



Midlothian Community Action

Midlothian Community Action: Volunteering


Leading the way in volunteering

Midlothian Community Action 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.**

Midlothian Community Action run a weekly drop in session

for people wanting to volunteer. Contact us to find out details of dates and times. You can also browse the wide range of opportunities on  : www.mca.scot



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

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 15-24 who need additional help to take part..

For volunteering enquires please contact:

 : volunteer@mca.scot

You call us on  : 0131 663 9471 /  : 07859 914 587.

Volunteer Hub,
8 White Hart Street,
Dalkeith, EH22 1AE





Midlothian Financial Inclusion Network

MFIN is a network of agencies working in Midlothian to promote financial inclusion. Our membership includes the local CAB 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.  : [mca.scot/what-we-do/projects/mfin/](https://www.facebook.com/mca.scot/what-we-do/projects/mfin/)

MFIN can be contacted at Midlothian Community Action

☎ : 0131 663 9471

✉ : info@mca.scot








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  : shop.disabilityrightsuk.org/products/radar-key Alternatively be bought on Amazon at  : www.amazon.co.uk and search for Radar Key, Or AgeUK Website  : www.ageukincontinence.co.uk/incontinence-shop/toilet-aids/disabled-toilet-keys.html



Travelling: There is a website to check for Changing Places Toilets and accessible Toilets  : www.loo.org/ there are Apps to download to Mobile devices. There are different style keys for different countries across the EU states

Changing Place Toilets Midlothian

Dobbies Garden World, Lasswade EH18 1AZ + 1 Accessible
Dalkeith Arts Centre, EH22 1DY  Limied access
Loanhead Ikea, EH20 9BY 
Newbattle Community Campus EH22 4SX

Accessible Toilets in Midlothian

Auchendinny Glencorse Association, 4 Firth Road, EH26 0QZ
Bonnyrigg Medical Centre EH19 2ET
Bonnyrigg Lasswade Leisure Centre EH19 2LA
Bonnyrigg Pitcairn Centre, EH19 2ES
Dalkeith Buccleuch, Dalkeith EH22 1HZ
Dalkeith Community Campus EH22 2PS
Dalkeith Medical Centre EH22 1AP
Dalkeith Grassy Riggs, 10 Woodburn Road EH22 2AT
Dalkeith LIDL, EH22 1DU

Accessible Toilets in Midlothian
Dalkeith Mayfield & Easthouses Church, 2 Bogwood Road EH22 5DG
Dalkeith McDonalds, Hardengreen EH22 3FU
Dalkeith Midlothian Community Hospital ,EH22 3ND
Dalkeith Morrisons, Dalkeith EH22 1HQ
Dalkeith Restoration Yards, EH22 1ST
Dalkeith Saint John's & Kings Park Church EH22 1HJ
Dalkeith Starbucks, Hardengreen EH22 3FU
Dalkeith Tesco, Hardengreen EH22 3PP
Gorebridge Beacon, EH23 4TT
Gorebridge Leisure Centre EH23 4TX
Loanhead Asda, EH20 9NY
Loanhead Costa Coffee, EH20 9QY
Loanhead Leisure Centre EH20 9LA
Loanhead McDonalds EH20 9PW
Loanhead Matalan, EH20 9QY
Loanhead Next, EH20 9PW
Loanhead Pentland Plants, EH20 9QG
Loanhead Sainsbury, EH20 9PW
Newtongrange, Mining Museum, Lady Victoria, EH22 4QN
Newtongrange Leisure Centre, EH22 4PG
Rosewell, The Steading, Carnethie Street, EH24 9AA
Penicuik Beeslack Community Hgh School, EH26 0QF
Penicuik Cowan Court, Penicuik EH26 8DF
Penicuik Food Facts Friends, 42 Johns Street, EH26 8AB
Penicuik Ladywood Leisure Centre, EH26 8HD
Penicuik Leisure Centre, EH26 9EP
Penicuik Storehouse, 22 Penicuik High Street, EH26 8HW
Penicuik, Tesco, EH26 8NP

🔑 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.

Sensory Friendly Swimming	
Lasswade Centre	☎ : 0131 271 4533
Wednesday	13:00 hrs 14:00 hrs
Loanhead Leisure Centre	☎ : 0131 444 9033
Thursday	12:10 hrs 13:00 hrs
Newbattle Community Campus	☎ : 0131 561 6740
Saturday	13:30 hrs 14:30 hrs
Penicuik Leisure Centre	☎ : 01968 664 066
Friday	16:00 hrs 17:00 hrs
Saturday	14:00 hrs 15:00 hrs

For more information contact:


✉ : SportandLeisureServices@midlothian.gov.uk ☎ : 0131 561 6561

Ageing Well

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

-  : **Best Step Forward**
-  : **Dance and sing for the health of it**
-  : **Health walks for the 50+**
-  : **Indoor Bowling**
-  : **New Age Kurling**
-  : **Pickleball**
-  : **Tai Chi/Chi Gong**
-  : **Table Tennis**
-  : **Walking Rugby for 50+**
-  : **Walking Football**

For information on Ageing Well Midlothian please contact  : Mark.McCafferty@midlothian.gov.uk

Please call  : 0131 561 6506 and leave a message before coming along to a class or group for the first time as some classes may have a waiting list.

 : www.midlothian.gov.uk

All Stars Disabled Sports Club

Beeslack All Stars Disabled Sports Club is a multi-sports group for children and young adults with additional support needs and their siblings. Members range in various disabilities and our ultimate goal is to provide meaningful sporting skills and activities that through the understanding of self and others can transcend from the sports field into everyday life. Beeslack provide grass roots and competition skills and activities for various levels of abilities - adapting sports and skill sets to promote a positive, inclusive sporting activity for all.

All Stars Disabled Sports Club Tuesday 18.30-20.30 and Sunday

13:00 -15:00 at Beeslack Community High School

✉ : Allstars_dsc@hotmail.com

Lothian Disability Sport

LDS 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.




LDS run a comprehensive sports specific programme which allows approximately 1500 young people and adults with a disability the opportunity to take part in sport each year.

We run several regional competitions and enter Lothian teams into all the major national Scottish Disability Sport events, where we have a tremendous record of achievement.

In addition, we have a strong club network, where we work in partnership to ensure people with a disability can improve in their sport.

Since 1982 we are proud to have produced 38 Paralympic athletes, competing at the very highest level and in London 2012 we were represented by four Lothian based athletes, two of which, winning silver and bronze.

If you have an enquiry, want further information, or would like to submit any feedback regarding Lothian Disability Sport then please use the on line form  : www.lothiandisabilitysport.co.uk/contact

DR Inclusive Fitness

Breaking down barriers to fitness.

We specialise in personal training and massage therapy for disabled people and those with long-term health conditions,

offering a fully inclusive and supportive environment.

Our services include:

- Adapted fitness classes
- Gentle flow yoga (mat or chair-based)
- One-to-one yoga sessions
- Home visits for personal training and yoga

At our specialist centre in Dalkeith, we also offer:

- Inclusive golf tuition
- ParaGolfer access
- Golf simulator and adaptive equipment

Our mission is simple — to make fitness accessible for everyone.

Our gyms can be found at :

Loanhead (Fitness & Wellbeing)

Eldin Industrial Estate, Unit 10/2, Edgefield Road, Loanhead
EH20 9QX.

Dalkeith (Fitness) , Unit 8 Buckie House

Dalkeith (Golf) , Unit 12 Buckie House

McSence Business Park, 32 Sycamore Road, Dalkeith,
EH22 5TA



: 07923 335331



: info@drinclusivefitness.co.uk



: drinclusivefitness.co.uk/

Sports Clubs

Arniston Rangers FC	 www.arnistonrangersyfc.co.uk/
Bonnyrigg Rose FC	 www.bonnyriggrose.org.uk/
Dalkeith Thistle FC	 www.dalkeiththistlefc.com/
Dalkeith Rugby FC	 www.dalkeithrugbyclub.com/
Easthouses Lily FC	
Heart of Midlothian FC	 www.heartsfc.co.uk/
Hibernian FC	 www.hibernianfc.co.uk/
Lasswade RFC	 www.lasswaderfc.co.uk/
Lasswade Thistle FC	
Newtongrange Star FC	 newtongrangestarcfc.co.uk/
Penicuik Athletic FC	 www.penicuikathleticfc.co.uk/
Penicuik RFC	 penicuikrugby.org/
Whitehill Welfare Rosewell	 www.whitehillwelfare.co.uk/



Thistle Foundation

The Thistle Foundation Lifestyle Management Programme is 10 week course.

The course is designed as a generic package and is suitable for anyone living with a long term physical and/or mental health condition hoping to increase their coping skills, gain control over their situation and build on their confidence to move on in life.



The course is focused on the person - their hopes and concerns and is not focused on the condition itself. The course can be delivered by both health professionals and non health professionals, provided they connect powerfully with the principles of our approach. Peer Facilitators tend to be individuals who have experienced the powerful nature of this approach and wish to “give something back.” They have also recognised the benefits that can be derived through continued involvement with the Programme.

Sessions include:

- Intro to lifestyle management,
- Review of the personal outcomes approach, including values and beliefs,
- Intro to facilitation - the non-expert stance in course delivery,
- Focusing on supported self-management so people can gain control and move on with their life,
- Helping people explore their hopes rather than the condition,
- How to use the expertise, knowledge and experience

- present within each group,
- Building on strengths and coping,
 - Overcoming barriers and finding solutions focussed,
 - Preventing, minimising and recovering from set back,
 - Various topics; sleep, stress, relaxation, pacing and activity, mind and body,
 - The role of others, community supports as well as services.

This course can be delivered online, face to face or hybrid.

Participants will have the knowledge confidence and skills to deliver the Lifestyle Management course to people living with a long term physical and/or mental health condition hoping to increase their coping skills, gain control over their situation and build on their confidence to move on in life.

Please contact us to find out more.

13 Queen's Walk, Edinburgh, EH16 4EA.

☎ : 0131 661 3366

✉ : info@thistle.org.uk

🌐 : www.thistle.org.uk/lifestyle-management-course-facilitator-training





VOCAL & Wee Breaks




Voice of Carers Across Lothian (VOCAL)

Do you look after someone close to you? Then you may be an unpaid carer!



If you're supporting a family member, child, partner, relative or friend of any age to manage a long-term condition, disability, physical or mental health condition or addiction, the answer is yes – you are a carer.

VOCAL's team of carer support practitioners provide one-to-one support to carers online, via telephone and in person. VOCAL range of supports include:

- Support and information on carer rights and entitlements,
- Self-directed support and sourcing services,
- Creating an Adult Carer Support Plan and Emergency Plan,
- Emotional support, including counselling,
- Welfare rights and financial support including grants,
- Short breaks,
- Addictions (alcohol and drugs),
- Future planning including Power of Attorney,
- Learning events and activities including peer support groups and opportunities:
- Carer Events & Training - courses, events and activities for unpaid carers ( : [carerstraining.co.uk](https://www.carerstraining.co.uk)) .

What is an Adult Carer Support Plan

The Carers (Scotland) Act 2016 makes provision for unpaid carers including the identification of carers' needs through an Adult Carer Support Plan. All local authorities have a duty to prepare an Adult Carer Support Plan for anyone they identify as a carer or for any carer who requests one.

More information on Adult Carer Support Plans can be found in the leaflet  : www.vocal.org.uk/wp-content/uploads/2018/04/COC-ACSP_VOCAL.pdf and available VOCAL website:  : www.vocal.org.uk/advice-information/legal/adult-carer-support-plan/

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

Through VOCAL Wee Breaks service, you can apply for a break from your caring role. Whether it's a city break or an escape to the countryside, we can help fund your next break. We're flexible in what a break means to you, and you can take a break with or without the person you care for.

VOCAL know that for many carers even thinking about taking a break can be difficult. But VOCAL are here to help and guide you through the process! To apply, visit Wee Breaks website

 : www.weebreaks.com or call us on  0808-196-6666.

VOCAL Wee Breaks Fund could support you with funds to make your break a reality.

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

- Sewing machine or equipment to continue a hobby,
- Greenhouse or shed to potter/plant,
- Companion or sitter service to spend time with the person you care to enable you time for yourself.
- Gym membership to help your physical and mental health.
- Netflix subscription to watch your favourite TV programmes,
- iPad or laptop to keep in touch with others.

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

- The person you care for must live in Midlothian and not reside in long-term care,
- You are unable to fund the break yourself,
- Social Services cannot fund the break as statutory right,
- The break will give you time off from your caring role,
- Your application can be supported by a professional and you have discussed how a break will benefit you.

All applications are submitted to a panel who meet on the last Wednesday of each month, excluding December. For more information and to apply:  : weebreaks.com/the-wee-breaks-fund/

VOCAL Midlothian Carer Centre,
30/1 Hardengreen Estate,
Dalhousie Rd,
Dalkeith EH22 3NX.

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

☎ : 0808-196-6666 (option 2)

🌐 : www.vocal.org.uk/

✉ : midlothian@vocal.org.uk

🌐 : www.vocal.org.uk/midlothian

🌐 : www.weebreaks.com

🌐 : www.carerstraining.co.uk

📘 : www.facebook.com/VOCALMidlothian/



Treasure Tree

Treasure Tree is VOCAL's social enterprise that helps people access affordable second-hand mobility and accessibility equipment.

Are you looking for mobility aids to support your caring role, and help the person you care for to be more independent? Treasure Tree is our shop in Ocean Terminal, and social enterprise where you can buy scooters, wheelchairs, hoists and more at discounted rates.

These are second-hand items donated by other unpaid carers who want to help us promote independence, safety and quality of life for carers and the people you care for. You can browse our offers on eBay or in person at our shop

☎ : 0131 622 6666 or View 🌐 : [Treasure Tree eBay](#) or











A&E Alternatives

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



Before requesting an NHS appointment, Please check online:

-  : 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/ or  18001 0800 22 44 88
-  : www.treatyourselfbetter.co.uk/
-  : 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. See NHS Pharmacy First Scotland section.

- Sexual health **MYPAS**:  : 0131 454 0757 or  : www.mypas.co.uk
- For help to stop smoking, ask your pharmacist or contact: Midlothian Stop Smoking Service:  :0131 537 9914
- You can use NHS Pharmacy First Scotland if you are registered with a GP practice in Scotland or you live in Scotland.  : 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, skin condition or urine and ear infections. 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:

-  : [nhslothian.scot/dentists/](https://www.nhslothian.scot/dentists/) or ☎ : 0131 242 1000
- Unregistered Patients Call Chalmers Emergency Dental Centre: ☎ : 0131 537 8801.

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.nhsinform.scot/illnesses-and-conditions/infections-and-poisoning/fever-in-children



Depression, anxiety and mental wellbeing

- Midspace:  : 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
- Listening spaces  : www.health-in-mind.org.uk
- Breathing Space: Someone to talk with when things are low ☎ : 0800 83 85 87 or  : www.breathingspace.scot
- Samaritans 24 hours: ☎ : 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.
- Horizons Recovery Café: ☎ : 0131 660 3566  : horizonsrecoverycafe.wordpress.com/
- Mid and East Lothian Drug and Alcohol Partnership:  : 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  : [patient.info/eye-care](https://www.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 an appointment if necessary.

 : 0800 917 9390 or go to  : www.nhsinform.scot and search for MSK

Foot Problems


If you have a foot problem, see the Podiatry section or go to  : 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 website. A new website called  : 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 you want to speak to your GP. They 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.**





Defibrillators

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

A Defibrillator 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 Defibrillator 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 their 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/ If the defibrillator is not working or damaged please report to  : www.defibfinder.uk/ contact page





Dental Practices

Midlothian Scotland Dentists

Bonnyrigg	
Bonnyrigg Dental Care Unit 3 Staiside Court, Bonnyrigg, EH19 3PZ  : bonnyriggdentalcare.co.uk/	 : 0131 663 3370
Helen MacNeil 64 High Street, Bonnyrigg, EH19 2AB  : www.macneil-dental.co.uk/	 : 0131 663 9271
Old Orchard Dental Practice 59 High Street, Bonnyrigg, EH19 2DB  : www.oldorcharddental.co.uk/	 : 0131 663 8800
Dalkeith	
Bosco Dental Studio Unit 3, 25 Thorny Crook Gardens, Dalkeith, EH22 2RF  : www.boscodental.com/	 : 0131 654 9316
Mayfield Dental practice 1 Mayfield Place, Dalkeith, EH22 5EE  : www.facebook.com/p/Mayfield-Dental-Practice	 : 0131 663 2097
Midlothian Dental Practice 16 Edinburgh Road, Dalkeith, H22 1JZ  : midlothian-practice.edan.io/	 : 0131 660 9518
Mochrie W F 21 High St, Dalkeith, EH22 1JB	 : 0131 663 2431
SR Dental Care 25A South St, Dalkeith, EH22 1AH  : www.srdentalcare.co.uk/	 : 0131 660 1315
Gorebridge	
Gorebridge Family Dental Practice 19-21 Main Street, Gorebridge, EH23 4BX  : thefamilydentalpractices.co.uk/	 : 01875 820 483

Loanhead	
Loanhead Dental Practice 50 Fountain Place, Loanhead, EH20 9DU ☎ : www.loanheaddental.com/	☎ : 0131 440 1161
Newtongrange	
Newtongrange Dental Practice 5 Station Road, Newtongrange, EH22 4NB ☎ : newtongrangedentist.com	☎ : 0131 654 2377
Penicuik	
Ballantine Dental Practice 91A John Street, Penicuik, EH26 8AG ☎ : www.ballantinedental.co.uk/	☎ : 01968 675 586
Magliveras Dental Practice 16 Bridge Street, Penicuik, EH26 8LN ☎ : www.magliverasdentalcare.com/	☎ : 01968 672 922 ☎ : 01968 675 777
Penicuik Dental Centre 38 High Street, Penicuik, EH26 8HU ☎ : penicuik-dental-centre/	☎ : 01968 674 322
Scottish Orthodontics 21 The Square. Penicuik, EH26 8LH ☎ : scottishorthodontics.com/find-us/penicuik/	☎ : 01968 664 880
Roslin	
Roslin Dental Practice 6 Main Street, Roslin, EH25 9LE	☎ : 0131 448 0367
Emergency Dental Treatment 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	☎ : 0131 370 3999
Quarryfoot Medical Practice 📄 : www.quarryfoot.co.uk	☎ : 0131 370 3939
Strathesk Medical Group 📄 : stratheskmedicalpractice.gp.scot/	☎ : 0131 322 9333
Dalkeith Medical Practice	
24-26 St Andrew Street, Dalkeith, EH22 1AP	
📄 : www.dalkeithmedical.co.uk/	☎ : 0131 561 5500
Danderhall Medical Practice	
85 Newton church Road, Danderhall, EH22 1LX	
📄 : www.newbattlemedicalpractice.co.uk	☎ : 0131 663 1051
Gorebridge, Newbyres Medical Group	
15 Hunterfield Road, Gorebridge, EH23 4TP.	
📄 : www.newbyresmedicalgroup.co.uk	☎ : 01875 820 405
Loanhead Medical Practice	
Loanhead Centre George Ave Loanhead Midlothian, EH20 9LA	
📄 : www.loanheadpractice.co.uk	☎ : 0131 440 0149
Newbattle Medical Group	
Blackcot, Mayfeild, Dalkeith, EH22 4AA.	
📄 : www.newbattlemedicalpractice.co.uk	☎ : 0131 663 1051
Pathhead Medical Centre	
210 Main Street, Pathhead, EH37 5PP	
📄 : www.pathheadmedicalcentre.co.uk/	☎ : 01875 320 302

Penicuik	
Eastfield Medical Practice	
Eastfield Farm Road, Penicuik, EH26 8EZ	
 : www.eastfieldmedicalpractice.co.uk/	 : 01968 675 576
Penicuik Medical Practice	
37 Imrie Place, Penicuik, EH26 8HY	
 : www.penicuikhealthcentre.co.uk	 : 01968 672 612
Roslin Medical Practice	
122 Penicuik Road, Roslin, EH25 9NT.	
 : www.roslinmedicalpractice.co.uk/	 : 0131 440 2043
Travel Clinic	
Elphinstone Wing, Carberry, Musselburgh, EH21 8PW.	
 : www.healthlink360.org/	 : 0131 653 6767





Health In Mind

Feeling low, anxious, or stressed and want to make changes? Why not arrange a call with Midlothian AccessPoint. It could be 30 minutes well spent.

- Talk about how you are feeling and how it is affecting your life.
- Hear about local groups, activities, and services that can help.
- Learn how you can access the support that will work best for you.

Please note that the Access Point is not a crisis or emergency service.

When and where:

Appointments are carried out over the phone. It's important for you to have a safe, confidential space for the appointment.

Morning and afternoon appointments are available Monday-Friday.

Contact details:

Please leave a voicemail with the team secretary on
☎ : 0131 225 8508.

You will receive a call back within 2 working days to arrange your appointment.

Health in Mind, Unit 40/4, Hardengreen Business Park 1,
Dalhousie Road, Eskbank EH22 3NX

🌐 : www.health-in-mind.org.uk

📘 : www.facebook.com/healthinmindscotland

✂ : [Health_in_Mind](https://twitter.com/Health_in_Mind)






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 locally and have better facilities at the heart of their community, without having to travel to hospitals. It has a free car park including 20 disabled parking bays. **No buses** enter the hospital grounds to set down/uplift from very close to the main hospital entrance daytime Monday-Saturday. **East Coast Buses** 140/141 stop on Bonnyrigg Road at the main entrance to the hospital grounds. **Lothian Buses** 29 stops at Tesco Hardengreen which is a short walk from the Midlothian Community Hospital Via railway walkway and over the A7 bridge. The walkway is not joined up. At Kirkness & Innes car park the footpath joins a farm track for about 50 meters. This section is not maintained. 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 Little France, Edinburgh.




The Midlothian community hospital provides 88 beds – 40 beds for frail elderly continuing care beds and 48 beds for frail elderly mental health beds. These include 24 assessment beds for older people with mental health problems and 24 continuing care beds for older people with mental health problems.

The Midlothian community hospital also includes a day hospital for older people with mental health problems, a dedicated physiotherapy and occupational therapy service, an out-patient department, including x-ray service, child health clinics, Immunisations clinics Covid 19 booster, Shingles, Pneumococcal and RSV Programme by appointment only. Book an appointment online at  : vacs.nhs.scot/csp and a range of other health services. Lothian's GP Out-of-Hours service (Lothian Unscheduled Care Service).

The Midlothian community 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 or  : 07772 886746.

Midlothian Community Hospital
70 Eskbank Road,
Hardengreen,
Dalkeith,
EH22 3ND.
 : 0131 454 1001






Home First


Home First brings together different types of support to allow you to recover at home. This will help to maintain your independence. A hospital is the best place for medical checks and treatments. But, it's not the best place to recover once you're well enough to go home.



Recovering at home can reduce the risk of getting an infection let you return to some parts of your usual routine. Your treatment and discharge from hospital will depend on your needs, The team in the hospital will work with you and your family or friends, carer to discharge you by this date. You will only be discharged from hospital when your healthcare team have agreed you are fit to continue your recovery either: at home, or care home. Following an assessment you maybe offered care at home from the H@H Team.

Further information and advice  : www.nhsinform.scot/care-support-and-rights/access/home-first/

A Falls Assistant enables you to self assess  : www.fallsassistant.org.uk/

Age Scotland provides a falls prevention at  : www.ageuk.org.uk/information-advice/health-wellbeing/exercise/falls-prevention/





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.

Hospital at Home will carry out assessments, investigations and diagnose illness. Hospital at Home will provide the treatment interventions and rehabilitation that they need. Hospital at Home 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

If you need any advice on the referral, or are unsure if it is appropriate  : 07827 880014 to discuss in the first instance.





Midlothian Health and Social Care

Midlothian Integration Joint Board (IJB) is a planning and decision-making body created by Midlothian Council and NHS



Lothian that plans and directs some local health and social care services. We are responsible for a budget that we receive from Midlothian Council and NHS Lothian and our Strategic Plan guides how we allocate this money to Midlothian Health and Social Care Partnership (HSCP) services.

WE PLAN HEALTH & CARE SERVICES FOR

98,260



PEOPLE IN THEIR HOMES IN THE COMMUNITY & IN HOSPITALS

OUR SERVICES INCLUDE:

ADULT SOCIAL WORK	CARE HOMES	A&E	COMMUNITY HOSPITAL
DAY SERVICES	END OF LIFE CARE	VACCINATIONS	ALLIED HEALTH PROFESSIONALS
CARE AT HOME	JUSTICE	MENTAL HEALTH	COMMUNITY NURSES

**SUPPORT FOR
CARERS**

**AIDS &
ADAPTIONS**

**PRIMARY
CARE**

**REHAB &
RECOVERY**

We meet regularly and our Board includes members from NHS Lothian and Midlothian Council, the Third Sector, staff, and people who represent the interests of people and communities, people who experience our services, their families, and carers.

You can find out more about our work on the Midlothian Health and Social Care website

 : www.midlothian.gov.uk/mid-hscp/

Midlothian Health and Social Care Partnership

Midlothian Health and Social care Partnership (HSCP) oversees the

design and delivery of services on behalf of Midlothian IJB. This includes two hosted services, Dietetics and Adults with Complex and Exceptional Needs, who deliver care to people across the whole Lothian region.



You can find out more about our services on the HSCP section of the Midlothian Health and Social Care website

You can also find us on social media

 : www.facebook.com/MidlothianHSCP/about

 : [X.com@MidlothianHSCP](https://x.com/MidlothianHSCP)





Optician

Specsavers is the only high street brand to offer a nationwide home visit service for both opticians and audiology. With our specially trained visiting professionals, you can expect a first-class experience. While a home test may differ slightly from what you'd receive in-store, we're proud to deliver the same high standards and quality of care.




What are Home Visits?

We understand that not everyone is able to travel to visit their local optician or audiologist. That's why for those who are eligible, Specsavers can provide a free NHS-funded eye test or hearing test in private homes, care homes or sheltered accommodations.

Our mobile team provide essential care, from routine eye or hearing tests to updating glasses prescriptions, in the comfort of their own homes. We make sure that your home visit is tailored to your specific needs, and conducted with the same care and attention that you would expect in one of our stores.

To Check if you are eligible  : www.specsavers.co.uk/home-visits/eligibility

Antonio Giordano works with Peter Brooks. He runs his own Domiciliary Eyecare (home visit) business. Peter Brooks are delighted to recommend his services to our own housebound patients. For more information contact Peter Brooks  : 0131 660 1415





Midlothian Wellbeing Service



Midlothian Wellbeing Service

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



How to Access

Midlothian Wellbeing Service 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 NHS 24 Scotland make sure you get the right help. When NHS 24 Scotland know why you have phoned NHS 24 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 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/ 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 Pharmacy First Scotland


NHS Pharmacy First Scotland is an NHS service provided by your local community pharmacy. If you have a minor illness, a pharmacy is the first place you should go for advice.




Further details ☎ : 0800 22 44 88 or visit 🌐 : www.nhsinform.scot

Get the right care when and where you need it:

Self Care

 Hangovers, coughs, colds, grazes, small cuts, sore throats plus many other minor illnesses and injuries can be treated at home with over-the-counter medicine and rest.

Pharmacy/Chemist

 Can give you advice on your condition provide a range of medication if you need it, or refer you to another healthcare professional if they think this is necessary. set up a Patient Medication Record (PMR) to make a note of any advice and treatment they give you

No appointment is needed and most pharmacies have a private consulting area.

GP/Doctors' Surgery




GPs & nurses deal with a range of health problems.

Minor Injuries Units



They are usually led by nurses. No appointment is needed.

A&E/999

 Is for emergencies, serious or life-threatening situations. Severe bleeding, breathing difficulties, severe chest pain, unconsciousness.

Still unsure which service is best! get advice on ☎ :111





Pharmacies in Midlothian

Bonnyrigg		
Bonnyrigg Pharmacy	Bonnyrigg Health Centre Bonnyrigg EH19 2ET	☎ 0131-663 6336
Bonnyrigg Pharmacy	32-34 High Street Bonnyrigg EH19 2AA	☎ 0131-663 8585
Rowlands Pharmacy	48 High Street Bonnyrigg EH19 2AB	☎ 0131-663 8353
Dalkeith		
Boots	17-19 High Street Dalkeith EH22 1JB	☎ : 0131 663 3158
Lindsay & Gilmour	18/20 Woodburn Avenue Dalkeith EH22 2BP	☎ : 0131 663 0372
Dalkeith Pharmacy	17 Eskdail Court Dalkeith EH22 1AG	☎ : 0131 663 6789
Mayfield Pharmacy	2 Bogwood Court Mayfield EH22 5DG	☎ : 0131 663 3523
Rowlands Pharmacy	Blackcot Drive Mayfield Dalkeith EH22 4AA	☎ : 0131 663 0129
Danderhall		
Right Medicine	71 Newton Church Road, Danderhall EH22 1LX	☎ : 0131 663 3031
Gorebridge		
Gorebridge Pharmacy	35 Main Street, Gorebridge EH23 4BX	☎ : 01875 820 422
Gorebridge Pharmacy	105 Hunterfield Road, Gorebridge EH23 4TS	☎ : 01875 820 345
Loanhead		
Boots	Pentland Retail Park, 16 Straiton Mains, EH20 9PW	☎ : 0131 440 1669
Rowlands Pharmacy	55 Clerk Street, Loanhead EH20 9RE	☎ : 0131 440 0511

Newtongrange		
Newtongrange Pharmacy	123-125 Main Street, Newtongrange EH22 4PS	☎ : 0131 663 2251
Pathhead		
Right Medicine	210 Main Street, Pathhead EH37 5PP	☎ : 01875 320 020
Penicuik		
Penicuik Pharmacy	44a John Street Penicuik EH26 8AB	☎ : 01968 673 633
Rowlands Pharmacy	22 Edinburgh Road, Penicuik EH26 8NW	☎ : 01968 676 868
Rowlands Pharmacy	27 John Street, Penicuik EH26 8HN	☎ : 01968 673 939
Roslin		
Roslin Pharmacy	122 Penicuik Road, Roslin EH25 9NT	☎ : 0131 440 2596



RIGHT MEDICINE
PHARMACY





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  : services.nhsllothian.scot/podiatry/wp-content/uploads/sites/14/2022/02/Podiatry-Self-Referral-Form-23.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 with 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

Your assessment will take place within a Midlothian Medical practice building.

For enquiries about the service, please contact

☎ : **0131 536 1627**





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 NUMBER:

All Services ☎ : 0131 537 9177 then select

Option 1: Wheelchair and Seating or Custom Design Service,

Option 2: Orthotics Service,

Option 3: Prosthetics Service,

Option 4: Driving Assessment Service,

Option 5: Disabled Living Centre,

Option 6: Environmental Control Service,

Option 7: Blue Badge Service Edinburgh Only,

Option 8: Gait Analysis,

Option 9: SMART Centre Reception.

Smart Centre,
Astley Ainslie Hospital,
133 Grange Loan,
Edinburgh,
EH9 2HL.

 : www.smart.scot.nhs.uk/





Alzheimer Scotland Midlothian & National Services

Midlothian Dementia Advisor (Michael Huddleston)

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 Services at “The Bungalow”, Bonnyrigg*





There are 2 models of support available for people living with dementia; our Day Opportunities and Enhanced Day Care services specialise 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.

Our Day Opportunities service provides support and activities for people who require minimal interventions with day-to-day tasks, are independently mobile and manage their own personal care.

Our Enhanced Day Care offers a higher level of support following an assessment of needs.

The expected outcomes for people attending The Bungalow are that they will engage with, participate in, and benefit from the service.

Our Day Services are 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  : kfern@alzscot.org or  : 0131 654 4356

Dementia Cafés

- Dalkeith (Baptist Church Hall, EH22 1JE, 2nd and 4th Tuesday of the month, 14:00hrs - 15:30hrs)
- Penicuik (Cowan Court, EH26 8BF, 1st and 3rd Thursday of the month, 13:30hrs - 15:00hrs)

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. We then split into an activities group and facilitated carer support group for the remaining hour.

Meet ADAM

ADAM is a platform to help you find the right pieces of technology at the right time. Families and carers have told us that they would

like to try using digital products and services to look after their health and wellbeing but worry about making the wrong choices or don't have time to go looking for something that will work. We wanted to make things easier. 📧 : www.meetadam.co.uk/

Herbert Protocol (Police Scotland)

The Herbert Protocol is a form recording information on a person who is at risk of going missing and it's referred to by the Police when there is a missing occurrence for that person. Having the Herbert Protocol to hand when your loved one is missing could speed up the search and mean you don't have to struggle recalling information when you are stressed. You could share a copy of the Herbert Protocol with others in the family and care team.

For more information and to download the form, visit:

📧 : www.scotland.police.uk/what-s-happening/missing-persons/the-herbert-protocol/

For further information about any of our services, please contact:
Michael Huddleston, Dementia Advisor,
24 Pendreich Terrace,
Bonnyrigg,
EH19 2DS.

☎ : 0131 654 1114

✉ : mhuddleston@alzscot.org

Alzheimer Scotland National Helpline 24/7: ☎ : 0808 808 3000 /

📧 : www.alzscot.org





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.

☎ : 0131 537 1500

✉ : loth.icj@nhs.scot

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



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.
































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.

Acoustic Neuroma	 : www.bana-uk.com/  01246 550011
Addison's Disease	 : www.addisonsdisease.org.uk/
AIDS & HIV	 : www.tht.org.uk/about-us/scotland  : 0141 332 3838
Alzheimer's Disease, Dementia	 : www.alzscot.org/  : 0808 808 3000
Axial Spondyloarthritis	 : nass.co.uk/  : 020 8741 1515
Anxiety	 : www.sbhscotland.org.uk/managing-anxiety/  : 03455 211 300
Arthritis, Gout, Osteoporosis	 : www.versusarthritis.org/  : 0800 5200 520
Asthma	 : www.asthmaandlung.org.uk/  : 0300 222 5800
Ataxia	 : www.ataxia.org.uk/  : 0800 995 6037
Autism	 : www.scottishautism.org/  : 01259 720044
Behçet's	 : behcetsuk.org/  : 0345 130 7329
Bipolar	 : www.bipolaruk.org/
Brain Injury	 : www.nn.nhs.scot/sabin/
Cancer	 : www.macmillan.org.uk/  : 0808-808-0000
Cerebral palsy	 : www.capability.scot/  : 0131 337 9876
Charcot-Marie-Tooth Disease	 : www.cmt.org.uk/  : 0300 323 6316

Children Kidney Conditions	 : www.infokid.org.uk/  : 0808 801 00 00
Chronic Fatigue Syndrome (ME)	 : www.meassociation.org.uk/  : 0808 801 0484
Crohn's Disease	 : www.crohnsandcolitis.org.uk/  : 0300 222 5700
CRPS & RSD	 : www.burningnightscrps.org/  : 01663 795055
Cystic Fibrosis	 : www.cysticfibrosis.org.uk/  : 0300 373 1000
Deafness Hearing Impaired	 : www.deafaction.org/  : rnid.org.uk/ ContactScotland BSL  : 0131 510 4555
Deep Vein Thrombosis	 : www.nhsinform.scot/
Depression, Schizophrenia	 : www.samh.org.uk/  : 0141 530 1000
Diabetes	 : www.diabetes.org.uk/  : 0141 212 8710
Disabled Children	 : www.theyardscotland.org.uk/  : 0131 476 4506
Fibromyalgia	 : ukfibromyalgia.com/  : 020 3965 2044
FND	 : fndhope.org/about-fnd-hope/fnd-hope-uk/
Haemophilia	 : haemophilia.org.uk/  : 020 7939 0780
Hepatitis	 : www.waverleycare.org/  : 0131 558 1425
Huntington's Disease	 : www.hda.org.uk/  : 0151 331 5444
Hyperhidrosis	 : www.britishskinfoundation.org.uk/

Hypermobility	 : hypermobility.org/  : 033 3011 6388
Inflammatory Neuropathies	 : www.inflammatoryneuropathies.uk/  : 0800 374803
Insomnia	 : www.sleepsociety.org.uk/  : 01543 442156
Irritable Bowel Syndrome (IBS)	 : gutscharity.org.uk/  : 0300 102 4887.
Kidney	 : www.kidney.org.uk/  : 0800 169 09 36
Lupus	 : www.lupusuk.org.uk/  : 01708 731251
Lyme Disease	 : www.lymediseaseaction.org.uk/
Lymphoma	 : lymphoma-action.org.uk/  : 0808 808 5555
Marfan Syndrome	 : www.marfantrust.org/  : 0333 011 5256
Meningitis	 : www.meningitis.org/  : 080 8800 3344
Motor Neurone Disease	 : www.mndscotland.org.uk/  : 0141 332 3903
Multiple Sclerosis	 : www.mssociety.org.uk/  : 0808 800 8000
Muscular Dystrophy	 : www.muscular dystrophyuk.org/  : 0800 652 6352
Myasthenia Gravis	 : www.myaware.org/  : 01332 290 219
Narcolepsy	 : www.narcolepsy.org.uk/  : 0345 450 0394
Paget's Disease	 : www.paget.org.uk/  : 0161 799 4646

Parkinson's	 : www.parkinsons.org.uk/  : 0808 800 0303
Restricted growth	 : rgauk.org/  : 0300 111 1970
Sepsis	 : sepsistrust.org/  : 0800 389 6255
Scoliosis / Kyphosis	 : britscoliosis.org.uk/home
Sjogren's Syndrome	 : sjogrenuk.org/  : 0121 478 0222
Spina Bifida	 : www.sbhscotland.org.uk/  : 03455 211 300
Spinal Injuries	 : spinalinjuriescotland.org.uk/  : 0800 0132 305
Stroke, Myocardial Infarction / T.I.A.	 : www.chss.org.uk/  : 0808 801 0899
Tourette's Syndrome	 : www.tourettes-action.org.uk/
Tremors Essential	 : tremor.org.uk/  : 01708 974739
Visual Impairment	 : www.sightscotland.org.uk  : 0800 024 8973 Veterans  0800 035 6409

A lot of support groups are merging.

If You think we have missed one Please contact

 : iaintait_01@protonmail.com and we will investigate the web site to verify if it is relevant



COMPASS. Therapy Centre

COMPASS. Therapy Centre, 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 Centre 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 Centre offer practical advice and community sharing. We actively encourage befriending, peer support and social activities, and provide career support.

Compass Can Help You?

Compass can help with a wide range of short and long-term health concerns and conditions including:

- Musculoskeletal issues,
- Sports injuries, sprains, and strains,
- Post-operative rehabilitation,
- Spinal pain,
- Wound healing,
- Recovery after chemotherapy,
- Chronic conditions such as Crohn's and Colitis.

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 Centre community.

Address: 40c Swanfield, Edinburgh, EH6 5RX.

☎ : 0131 554 5384

✉ : hello@wearecompass.org.uk

🌐 : www.wearecompass.org.uk

✂ : x.com/CompassTSC

📘 : www.facebook.com/CompassTherapyCentre

📷 : www.instagram.com/compasstherapycentre/





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

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/

 : 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 and online information and advice through Sight Scotland's website,  : sightscotland.org.uk

For more information on the Sight Scotland Family Support Line, please visit  : sightscotland.org.uk/supportline



Supportline 📞 : 0800 024 8973

 : sightscotland.org.uk

 : sightscotland.org.uk/veterans

Veterans support 📞 : 0800 035 6409

 : www.facebook.com/SightScotland

 : x.com/SightScotland

**Sight Scotland and Sight Scotland Veterans
Tackling vision loss together**





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.  :

www.gov.uk/government/publications/blue-badge-using-it-in-the-eu/using-a-blue-badge-in-the-european-union



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 Adult Disability 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”.

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. 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 different application forms for a Blue Badge:

Use application form (Automatic) if you receive:

- The Higher Rate of the Mobility Component of Disability Living Allowance (DLA),
- The Mobility Component of Adult Disability Payment and receive: either 8 points or more in the 'Moving Around' activity or 12 points in the 'Planning and Following a Journey' activity,
- War Pensioners Mobility Supplement,
- A lump sum benefit under the Armed Forces and Reserve Forces (Compensation) scheme within tariff levels 1-8 (inclusive),
- You are registered blind (severely sight impaired),
- The higher rate of the mobility component of Child Disability Payment.

Use application form (subject to further assessment) 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.

Use the linked application forms if you:

- Have a disability in both arms,
- Applying on behalf of someone under the age of 3.

Use Application form (risk in traffic) 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 any Midlothian library or by post:

Blue Badges
Fairfield House
8 Lothian Street
Dalkeith, EH22 3AA

✉ : ptu@midlothian.gov.uk



☎ : 0131 561 5455

Scottish Low Emission Zones

A Low Emission Zone (LEZ) is an area which sets an environmental limit on certain city roads, restricting access for the most polluting vehicles to improve air quality.

Vehicles that do not meet the emission standards set for a LEZ may be subject to a penalty charge notice.

If your vehicle is already compliant you do not need to register for a Blue Badge Holder Exemption.

Use the  : **vehicle checker** on the LEZ Scotland website to check if your vehicle is already compliant. Find more information on  : **the exemption system and how to register** on the LEZ Scotland website.





Buses

Midlothian is served by Borders Buses, East Coast Buses, LCTS, Lothian Buses, and Prentice Coaches of Haddington. Legislation requires all buses and coaches to be low-floor and accessible for wheelchair.

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**

 : **LCTS** ☎ : **0131 669 9959**

 : **East Coast and Lothian Buses** ☎ : **0131 555 6363**

 : **Prentice Coaches** ☎ : **01620 822620**

Bus routes, timetables, special events and diversions are on the bus companies websites.

Lothian Community Bus Service ☎ : **0131 669 9959**

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 on Mondays. The network is financially supported by Midlothian Council. Wheelchair users must pre-book the service in advance by calling LCTS ☎ : 0131-669 9959.

HcL also have bus routes see their own section.





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 PIP/ADP 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. Electric vehicles

now available Motability will arrange and cover the cost of a home chargepoint, www.zap-map.com/ can show where to charge an EV, All EV cars come with charging cables, **However** not all EV cars use the same style cables

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




In order to be entitled to PIP/ADP, 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 PIP/ADP. The booklet is available from MVA, 4-6 White Hart Street, Dalkeith.





National Entitlement Card

The National Entitlement Card (NEC) gives young people and people aged 60+ and disabled people free bus travel throughout Scotland or if you need to change or replace your card. Application for the  : <https://getyournec.scot/nec/> and choose one of the four options.



On the front of the NEC card will be your name and card number, your photo, the oak leaf logo of Midlothian Council and the expiry date. Young People and disabled cards only. 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 the NEC card are: **Borders Buses** ☎ : 01896 754 350, **East Coast Buses**, **Lothian Buses**, **LothianCountry** ☎ : 0131 555 6363, **LCTS** ☎ ; 0131 663 0176, **Prentice Coaches of Haddington** ☎ : 01620 822620.

Travelling intercity within Scotland the NEC card is accepted by **Stagecoach** ☎ : 0345 241 8000, **Citylink** ☎ : 0141 352 4444, **Megabus** ☎ : 0141 352 4444 **Flixbus** and **National Express** have online support only. However, wheelchair user should book tickets 24 hours before travel. Individual bus companies website allow you to choose a wheelchair space on the coach, some only allow folding wheelchairs. Some stops are not suitable for wheelchair users this is also on website. It would be advisable to contact the operator before travelling to avoid disappointment.





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, A 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.

Private hire car models are all different. A Taxi must meet the local council laws.





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:

- Mobile Apps at  : www.thistleassistance.com/get-the-app/

You can request a card on the website  : www.thistleassistance.com/get-the-card/#card-request and it will be posted out to your home address.







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, 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 the online passenger assistance form operates between 07:00hrs and 22:00 hrs,
- Make arrangements with a member of staff at a staffed

- railway station [e.g. Edinburgh Waverley],
- **Mobile phone Passenger Assistance App for all requests for assistance for all train companies and rail stations**

Passenger Assistance App

The app is available in the App store or Play store. You can request assistance on your smartphone, without needing to get in touch with a contact centre via phone or email. You will still need to buy a ticket for your journey.

The app will send your assistance request for each journey to the relevant train company. They will first send an acknowledgement email and then follow up with a confirmation once the request has been checked. Rail staff will then be on hand to deliver the required assistance throughout your journey.

If you have any questions about your assistance or need to make any changes after booking, please contact the train company via the contact details on your acknowledgement or confirmation email.  : www.nationalrail.co.uk/help-and-assistance/passenger-assistance-app/

Wheelchair users

You can buy discounted tickets for your journey. If you're travelling with a companion, they can also buy a ticket at the discounted price. More information about discounts is available in our Accessible Travel Policy.

Wheelchair space on our trains is restricted to Standard Class carriages and to standard wheelchairs not exceeding 70cm wide, 120cm long, with a combined weight of less than 300 kilograms of user and wheelchair. These dimensions are in accordance with the National Technical Specification Notices 2021.





Train Fare 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/

 : 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]. This is a voluntary Scheme supported by the local authority and subject to change without notice. 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/ to buy on line or to download the application form from  : www.veterans-railcard.co.uk/where-to-buy/ and click the application form in the by post section.

Mobile phone Passenger Assistance App for all requests for assistance for all train companies and rail stations

 : www.nationalrail.co.uk/help-and-assistance/passenger-assistance-app/





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 mobility 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.






The Ricability guide can be download  : www.ridc.org.uk/





Midlothian Councillors

Name	Ward	Contact
Diane Alexander 	Bonnyrigg	 :Dianne.Alexander@midlothian.gov.uk
Derek Milligan 	Bonnyrigg	 :derek.milligan@midlothian.gov.uk
David Virgo 	Bonnyrigg	 :david.virgo@midlothian.gov.uk
Colin Cassidy 	Dalkeith	 :Colin.Cassidy@midlothian.gov.uk
Stephan Curran 	Dalkeith	 :Stephen.Curran@midlothian.gov.uk
Margot Russell 	Dalkeith	 :margot.russell@midlothian.gov.uk
Stuart McKenzie 	Midlothian East	 :Stuart.McKenzie@midlothian.gov.uk
Bryan Pottinger 	Midlothian East	 :bryan.pottinger@midlothian.gov.uk
Peter Smail 	Midlothian East	 :Peter.Smail@midlothian.gov.uk
Douglas Bowen 	Midlothian South	 :douglas.bowen@midlothian.gov.uk
Kelly Drummond 	Midlothian South	 :kelly.drummond@midlothian.gov.uk
Ellen Scott 	Midlothian South	 :ellen.scott@midlothian.gov.uk
Russell Imrie 	Midlothian West	 :russell.imrie@midlothian.gov.uk
Kelly Parry 	Midlothian West	 :kelly.parry@midlothian.gov.uk
Pauline Winchester 	Midlothian West	 :Pauline.Winchester@midlothian.gov.uk

Name	Ward	Contact
Debbie McCall 	Penicuik	 :Debbi.McCall@midlothian.gov.uk
Willie McEwan 	Penicuik	 :willie.mcewan@midlothian.gov.uk
Connor McManus 	Penicuik	 :connor.mcmanus@midlothian.gov.uk

 : midlothian.cmis.uk.com/live/councillors.aspx

 Scottish National Party

 Scottish National Party

 Scottish Conservative Party





Midlothian Libraries

Dalkeith Library, 2 White Hart Street, Dalkeith EH22 1AE

☎ : 0131 663 2083 ✉ : dalkeith.library@midlothian.gov.uk

Danderhall Library, 59 Edmonstone Road, Danderhall, EH22 1QL

☎ : 0131 444 9105 ✉ : danderhall.library@midlothian.gov.uk

Gorebridge Library*, 98 Hunterfield Road Gorebridge, EH23 4TT

☎ : 01875 820 630 ✉ : gorebridge.library@midlothian.gov.uk

Lasswade Library, 19 Eskdale Drive, Bonnyrigg, EH19 2LA

☎ : 0131 271 4534 ✉ : lasswade.library@midlothian.gov.uk

Loanhead Library, The Loanhead Centre Loanhead, EH20 9LA

☎ : 0131 444 9032 ✉ : loanhead.library@midlothian.gov.uk

Newbattle Library, 1 Newbattle Way, Easthouse EH22 4SX

☎ : 0131 561 6745 ✉ : newbattle.library@midlothian.gov.uk

Newtongrange Library*, St Davids, Newtongrange, EH22 4LG


☎ : 0131 663 1816 ✉ : newtongrange.library@midlothian.gov.uk

Penicuik Centre Library, Carlops Road, Penicuik EH26 9EP

☎ : 01968 664 050 ✉ : penicuik.library@midlothian.gov.uk

Roslin Library*, 9a Main Street, Roslin, EH25 9LD

☎ : 0131 448 2781 ✉ : Roslin.Library@midlothian.gov.uk

Midlothian's nine fully accessible libraries that are strategically placed, therefore, a library is never far away. To join Midlothian's Library complete the self-registration  : www.midlothian.gov.uk/info/1594/using_the_library/5/join_the_library Midlothian's Mobile Library support ✉ : Library.HQ@midlothian.gov.uk

- 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.

- 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 if you have lost your card you can report it at your local library.
- Midlothian Libraries stock comprehensive collection of fiction and non-fiction books. If the book you want isn't on the shelf at your local branch, you can request it, Free use of computers and access to the internet in all branches, including free WiFi for your own device,
- A broad range of free workshops, activities and events take place every week. Check with your local library or Facebook page  : www.facebook.com/MidlothianLibraries to discover upcoming events.
- Batteries for hearing aids are available at all midlothian Libraries, Hearing aid repairs for an appointment ☎ : 0131 536 1637

The redesign of library services in Midlothian will see the relocation of two of Midlothian's libraries :

- 1) Dalkeith Library and arts centre will relocate from White Hart Street to Midlothian House, Buccleuch Street during the first phase of the regeneration of Dalkeith Town Centre,

- 2) Gorebridge Library is suffering from water ingress, It has been decided that Library will relocate and be incorporated into the Gorebridge leisure centre behind the Beacon.



Midlothian

* Denotes no toilet facilities are located within these Libraries





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 Officers,

Fairfield House,
8 Lothian Road,
Dalkeith,
EH22 3AA.

☎ : 0131 270 8922

✉ : WelfareRights@midlothian.gov.uk



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 - .However you may also be eligible for the Work Allowance. There's no limit to how many hours you can work. Before making a claim you can check



 : universalcreditcalculator.uk/scotland/

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.

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 Textphone: 🗣️ : 0800 328 1344 or

Contact Citizens Advice Scotland for help.

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 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 attending a meeting with a Work Coach, You will receive form ESA50 in the post within 4 weeks of your first payment. Return it within 28 days you may have to complete a Work Capability Assessment.

How to claim ESA- : [GOV.UK \(www.gov.uk/esa\)](https://www.gov.uk/esa)

Phone: 📞 : 0800 055 6688

Welsh language: 📞 : 0800 328 1744

Relay UK (if you cannot hear or speak on the phone) 🗣️ : 18001

then 🗣️ : 0800 328 5644 Textphone: 🗣️ : 0800 328 1344 or



Contact Citizens Advice Scotland for help. Monday to Friday,
08:00 hrs to 17:00 hrs

Adult Disability Payment (ADP)

ADP is a benefit to help disabled people live full, active and independent lives. ADP is based on how their health condition or disability affects them individually.

ADP in Scotland for working age adults. Child Disability Payment is the new payment for under 16 year olds. A claim to Adult Disability Payment should be made before 16th Birthday.

ADP is a non-means tested and non-taxable cash benefit which people can spend in a way that best suits them. You can get ADP whether you work or not, therefore it can also help people move into and stay in work.

Claims to ADP can be started online at  : www.mygov.scot/adult-disability-payment/how-to-apply or Phone Social Security Scotland free on  : 0800 182 2222 (8am to 5pm, Monday to Friday)

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 ADP – Daily Living and Mobility needs. Each component is paid at a standard or enhanced rate. At April 2025 the weekly rates are:

Daily Living: Standard - £73.90

Daily Living: Enhanced - £110.40

Mobility: Standard - £29.20

Mobility: Enhanced - £77.05




Information on Adult Disability Payment visit <https://www.mygov.scot/adult-disability-payment/how-to-apply>  : www.mygov.scot/adult-disability-payment

Pension Age Disability Payment

Pension Age Disability Payment is replacing Attendance Allowance in Scotland. You do not need to do anything if you already get Attendance Allowance. You cannot get Pension Age Disability Payment and Attendance Allowance at the same time.

You can get Attendance Allowance :

- You have reached State Pension age,
- You have a physical disability a mental disability, 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).
- If you cannot apply yourself, you can request a family member, friend, care worker or support worker to apply on your behalf. You must apply  : www.mygov.scot/acting-on-behalf-of-someone-applying-for-benefits to be an appointee..

Pension Age Disability Payment has 2 rates. You could get:

lower rate of £73.90 a week if you need help or supervision either during the day or night.

higher rate of £110.40 a week if you need help or supervision both during the day and night or if you're terminally ill

Contact Details:

Social Security Scotland,
General Enquiries,
PO Box 10301,
Dundee,
DD1 9FY.

☎ : 0800 182 2222

Apply at  : www.mygov.scot/pension-age-disability-payment/how-to-apply



Pension Age
Disability
Payment



Contact Scotland-BSL

Contact Scotland-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.

Contact Scotland-BSL is Scotland wide/cross-service and brought to you by Sign Language Interactions.

You have to register to use the Apps

 : contactscotland-bsl.org/

 : contactscotland-bsl.org/

 : info@contactscotland-bsl.org

 : x.com/ContactScotland

 : facebook.com/contactScotland





Cinema Exhibitors' Card

The CEA card is a national scheme set up by the UK Cinema Association and is accepted by 90% of cinemas in the UK.


The card provides one free ticket for an accompanying person. When a cardholder pays for their ticket, their accompanying carer will go free into the cinema to assist them.

There are three different routes you can use when applying for a Card. Specifically, a disabled person, or someone else who is helping with their application, can:

1. Upload or send us evidence that the disabled person receives one of the following:
 - Disability Living Allowance (DLA),
 - Attendance Allowance (AA),
 - Personal Independence Payment (PIP),
 - Adult / Child Disability Payment (ADP / CDP in Scotland),
 - Pension Age Disability Payment (PADP in Scotland),
 - Armed Forces Independence Payment (AFIP).
2. Upload or send evidence that the disabled person holds:
 - Severely Sight Impaired Registration,
 - Sight Impaired Registration (formerly Partially Sighted)
3. Or if the disabled person:
 - does not receive one of the listed payments and is not registered as sight impaired; or
 - cannot find the supporting paperwork;

and believe the effects of their disability requires someone to accompany them when going to the cinema, then they can apply and their application will be considered on an individual basis.

Applicants must be 5 years of age or older. There is a £6.50 processing fee for applications and cards are valid for 12 months from the date of issue.

Application forms are available from cinemas across the UK supporting this card. They are also available on the Internet at : www.ceacard.co.uk/ and follow the link to apply. A processing fee of £6.50 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:

CEA Card,
PO Box 199,
Deeside,
CH5 9BW.

: www.ceacard.co.uk/

: info@ceacard.co.uk


: 01244 526 016



Cinemas participating in this scheme are;

Cineworld Edinburgh

Fountain Park,
130/3 Dundee Street,
Edinburgh, EH11 1AF.


: 0330 333 4444

: www.cineworld.co.uk



Dominion Cinema

18 Newbattle Terrace,
Edinburgh, EH10 4RT.


: 0131 447 4771

: www.dominioncinema.co.uk/



Centre for the Moving Image (Filmhouse)

88 Lothian Road,
Edinburgh, EH3 6PD.

: 0131 228 2688

: www.filmhousecinema.com

: accesscinema@filmhousecinema.com



Everyman Cinema

St James Quarter,
Edinburgh, EH1 3AD

EVERYMAN

Everyman Edinburgh has full step-free access to screens 2 to 5, and to both bottom and top bar. Screen 1 has step-free access to downstairs seating but not the upper tier known as 'circle'.

 : www.everymancinema.com/everyman-edinburgh

 : 01233 555642

Odeon Edinburgh

120 Wester Hailes Road,

Westside Plaza,
Edinburgh, EH14 3HR.

City Centre

118 Lothian Road,
Edinburgh, EH3 8BG.

Fort Kinnaird

Newcraighall,
Edinburgh, EH15 3RD

 : 0800 138 3315 Accessibility Helpline

 : www.odeon.co.uk



The Cameo, Edinburgh,

38 Home Street,
Edinburgh, EH3 9LZ

 : 020 7294 7908 Accessibility Helpline

 : www.picturehouses.com/cinema/the-cameo



Vue Cinemas

Ocean Terminal.

Ocean Drive,
Edinburgh, EH6 6JJ.

City Centre

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

Pavilion Cinema

Market Street, Galashiels, TD1 3AF

☎ : 01896 752 767

🌐 : pavilioncinema.co.uk/

The CEA card must be presented



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/

07583 696 884





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

☎ : 0300 323 9961

🌐 : www.disabilityscot.org.uk/

✉ : info@disabilityscot.org.uk



Disabled Living Foundation



DLF is part of Shaw Trust

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 a 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/ - a free comprehensive database listing over 10,000 daily living aids from 1,000 suppliers,
-  : livingmadeeasy.org.uk/dlf-factsheets - DLF's factsheets are available on Living Made Easy – the full list can also be accessed here,
-  : asksara.livingmadeeasy.org.uk/selector self-help guides for any questions on daily living aids.

Need further assistance or advice about daily living aids,
Disabled Living Foundation,
Unit 1, 34 Chatfield Road,
Wandsworth,
London.

SW11 3SE

☎ : 0207 289 6111

Monday to Friday 09:00 hrs - 17:00 hrs.

✉ : info@dlf.org.uk

Edinburgh International Festival

Edinburgh International Festival's vision is to provide the deepest experience of the highest quality art for the broadest possible audience.



One of the ways we do

this is by working to remove the barriers Deaf, disabled and neurodivergent people may experience, which we do through:

- Providing a **50% concession off full price tickets**, with free tickets for an essential companion. No evidence is required.
- Offering a selection of audio described, BSL interpreted, captioned and relaxed performances, across our programme of theatre, dance, music and opera.
- Producing an Access Guide with detailed venue access information, and accessible performance listings – available in large print, braille or plain text formats.
- Our free Access Pass initiative, where members provide information about access once when registering and these are saved to their account, preventing the need to repeatedly outline access requirements. Accessible seating options, such as aisle seats and seats with additional legroom, are held for exclusively Access Pass members.

Find out more on our website  : eif.co.uk/access

You can contact us for further information or questions ☎ : 0131 473 2056 or ✉ : access@eif.co.uk

 : www.instagram.com/edintfest/

 : www.youtube.com/edinburghintfestival

 : www.facebook.com/EdintFest/

 : x.com/edintfest






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.



 : Euan'sGuide.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.

Home adaptations and specialist equipment guidelines 2023 are available to download on the Midlothian Council website.  : 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,

Adult and Social Care,

Fairfield House,



8 Lothian Road,

Dalkeith, EH22 3AA.

☎ : 0131-271-3900

✉ : 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/
- Housing Options Scotland ☎ : 0131 510 1567
- Disability Information Scotland Helpline number ☎ : 0300 323 9961
- Care & Repair Scotland  : careandrepairsotland.co.uk/





Housing Options Scotland

Housing Options Scotland provides free, expert housing advice to help individuals - particularly disabled people, older people, and members of the Armed Forces community - navigate their housing challenges with confidence. We work across all tenures from homelessness to ownership.

We were established in 1997 as Ownership Options in Scotland. Following the financial crash of 2008, which severely affected ownership options for disabled people, we changed our name to Housing Options Scotland in 2009 to reflect the range of housing options we can advise on. These options include home ownership (including shared equity, shared ownership, self and custom build), private renting (including Buy to Let to a Relative, Self and custom build and Mid Market Rent) and Social Housing.

We are a strategic partner of the Scottish Government and the majority of our funding comes from Scottish Government.

Our mission is to provide high-quality, person-centred housing information, advice, and support services. We are dedicated to working ethically and responsively to meet the unique needs of each individual, helping them make informed choices about their housing.



Clients can contact us in the following ways:

 : info@housingoptionsscotland.org.uk

 : 0131 510 1567

 : www.housingoptionsscotland.org.uk

 : www.linkedin.com/company/housing-options-scotland

 : www.instagram.com/housingopsscot/

15 Calton Road

Edinburgh, EH8 8DL





Inclusion Scotland

Our voices. Our choices.

The Disabled People's Network

At Inclusion Scotland, we know that people are disabled by the barriers in society – not by their impairments. Our mission is clear: We support disabled people to exercise our rights, participate fully, collaborate, and influence change.



**Inclusion
Scotland**

We work to remove barriers by influencing policy, collaborating with Disabled People Organisations, supporting leadership among disabled people, and embedding inclusive practices across Scotland.

Who we are

Our work is rooted in the Social Model of Disability, which recognises that people are disabled not by our impairments, but by the barriers created by society. These barriers can be physical, structural, cultural or systemic. Our role is to challenge and remove them by influencing policy, practice and attitudes so that disabled people are fully included across Scottish society as equal citizens.

Inclusion Scotland,

Robertson House,
152 Bath St,
Glasgow, G2 4TB.

☎ : 0131 370 6700

🌐 : inclusionScotland.org/

📘 : facebook.com/InclusionScotland

📷 : instagram.com/inclusionScotland

✂ : x.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.



**POWER CUT?
CALL 105**

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

Customer Contact team,
SP Energy Networks,
3rd Floor 320 St Vincent Street,
Glasgow, G2 5AD.

☎ : 0800 092 9290
















✉ : customercare@spenergynetworks.com









Scottish Members of Parliament

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.

Name	<p>The Scottish Parliament Edinburgh EH99 1SP  : 0131 348 5000  : 0800 092 7500</p>
<p>Colin Beattie  Midlothian North and Musselburgh</p>	<p>164 High Street, Dalkeith, EH22 1AY.  : Colin.Beattie.msp@parliament.scot  : ColinBeattieMSP  : uartlach</p>
<p>Christine Grahame  Midlothian South, Tweeddale and Lauderdale</p>	<p>46 High Street, Galashiels, TD1 1SE.  : Christine.Grahame.msp@parliament.scot  : www.christinegrahame.scot  : ChristineGrahameMSP</p>
<p>Jeremy Balfour Independent Lothian Region</p>	<p> : Jeremy.Balfour.msp@parliament.scot  : www.facebook.com/jeremybalfourlothian  : jeremyrbalfour</p>
<p>Sarah Boyack  Lothian Region</p>	<p> : sarah.boyack.msp@parliament.scot</p>

<p style="text-align: center;">Name</p>	<p style="text-align: center;">The Scottish Parliament Edinburgh EH99 1SP 📞 : 0131 348 5000 📞 : 0800 092 7500</p>
<p>Foyso! Choudhury Independent Lothian Region</p>	<p>✉ : Foyso!Choudhury.msp@parliament.scot 📘 : Foyso!ChoudhuryMSP/ 📧 ; Foyso!Choudhury</p>
<p>Miles Briggs  Lothian Region</p>	<p>✉ : Miles.Briggs.msp@parliament.scot</p>
<p>Alison Johnstone No Party Affiliation Lothian Region</p>	<p>✉ : Alison.Johnstone.msp@parliament.scot</p>
<p>Lorna Slater  Lothian Region</p>	<p>✉ : Lorna.Slater.msp@parliament.scot</p>
<p>Sue Webber  Lothian Region</p>	<p>✉ : Sue.Webber.msp@parliament.scot</p>
<h2 style="margin: 0;">Member of the House of Commons</h2>	
<p>Kirsty McNeill  Midlothian</p>	<p>House of Commons, City of Westminster, SW1A 0AA. 📘 : KirstyMcNeillLabour 🌐 : kirstymcneill.com/ ✉ : kirsty.mcneill.mp@parliament.uk</p>



Disclaimer

The contents of this directory were correct as of May 2026

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.

✉ info@mca.scot

MCA
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

This directory designed by Iain Tait and Sheree Muir



Contact Forward Mid

✉ info@mca.scot

MCA
4-6 White Hart Street
Dalkeith EH22 1AE
☎ 0131-663-9471