

Forward

Midlothian

Disabled People

www.forwardmid.org.uk



Equality - Diversity - Inclusion

Have your SAY

Local people are being asked to have their say on health and social care services in Midlothian.

Midlothian Council and some parts of NHS Lothian work together as the Midlothian Health and Social Care Partnership (HSCP).

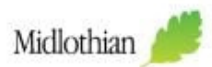
The partnership has launched a survey to find out how it can better support local people to live well for longer.

Director of Midlothian HSCP Morag Barrow said: "We're developing our new three year plan and we need to make sure we're providing the right support, at the right time in the right place. This includes a wide range of services locally from Care homes to Care at home, Primary care to digitally enabled care, mental health care to vaccinations.

"Many thanks to everyone who has already given us their views, but we want to gather as many opinions as possible."



Let us know what you think about our plans for the next 3 years at: midlothian.gov.uk/mid-hscp



**Midlothian
Health & Social Care
Partnership**

Local people have until 14 March to fill in the survey online at www.midlothian.gov.uk/mid-hscp or they can pick up a copy of the draft plan and survey at their local library.

The Midlothian Health and Social Care Partnership delivers the services that help you live well and get support when you need it. This includes all community health and social care services for adults in Midlothian and some hospital-based services.

What's Inside

Have your SAY.....	1
Be Distance Aware.....	2
Equal Midlothian Week.....	2
A view from a Bicycle.....	3
Gym for disabled people.....	4

Be Distance Aware

Free lapel badges and lanyards have been launched in Scotland for people worried about Covid risks in public spaces.

The items, which show a yellow shield, signal that the wearer would like others to give them extra space.

The Distance Aware scheme is aimed at people at high risk or those who are nervous about mixing with others.

The Scottish government has invested £55,000 in the voluntary scheme. Badges and lanyards are available at libraries and Asda stores from Wednesday.

Health Secretary Humza Yousaf said: "We know that for some people who have been at higher risk or feel anxious about going out in public this is a big step.

"This scheme not only provides vital reassurance to anyone who chooses to wear a badge or lanyard, but also encourages us all to be more aware and considerate of those around us - as we simply don't know their circumstances or concerns."

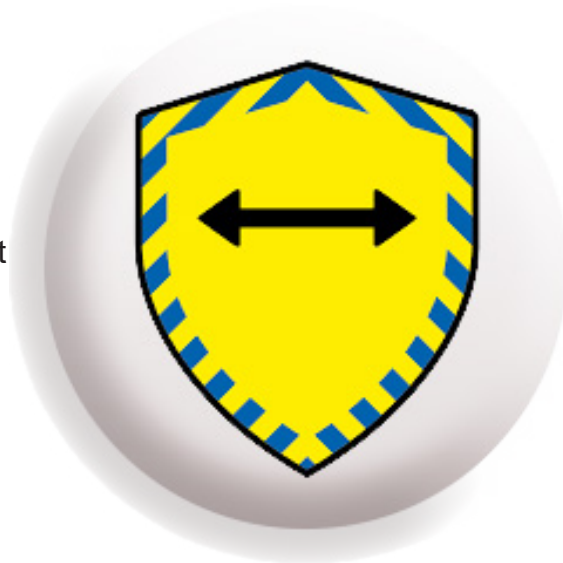
British Red Cross Scotland's director of independent living, Marie Hayes, said many people experienced loneliness during Covid, and were "fearful of going out of their own homes".

She added: "We believe Distance Aware can help overcome this and help them to re-engage with social activities. This could be invaluable in helping to tackle loneliness."

Asda said there had been interest in the free Distance Aware badges, particularly from more vulnerable customers.

Asda senior director for Scotland, Brian Boyle, said: "As people become aware of the badge and its meaning, the more effective it will be in helping people to feel safer and less worried when they are out and about."

Free Distance Aware badges and lanyards are available from all Midlothian Libraries from Wednesday 26th January. Please pop in to collect or ask for more info or visit www.gov.scot/news/distance-aware/



Equal Midlothian Week Online & In-Person: 7th-13th March 2022




Equal Midlothian Week (EMW), co-ordinated by Midlothian People's Equality Group (MPEG) and Communities and Lifelong Learning (CLL), Midlothian Council, is an annual event held in Midlothian that started in 2013. EMW brings people together from all backgrounds, to celebrate equality, difference and diversity within Midlothian.

During EMW, MPEG and CLL, alongside various other groups, organise a diverse range of events, activities and workshops to help promote learning and understanding of Midlothian's equality and diversity issues, to celebrate contributions, sacrifices and achievements and create

stronger links across communities of interest by involving local adults, young people and children. EMW provides a great opportunity for individuals, groups and organisations to showcase the work that they are doing to create a fairer and more inclusive Midlothian. By doing so it is hoped that EMW will inspire people to challenge discrimination in innovative ways and help to build a more inclusive Midlothian. The week will finish with the Virtual Midlothian Mela 2022, a celebration of difference and diversity.

MPEG and CLL Midlothian Council invite you or your organisation to take part in Equal Midlothian Week 2022. Please submit your ideas for online events, activities, workshops, information/ drop in sessions returning it to:

Jen Hodson, Education Support Officer & Equalities Engagement Officer  Jennifer.hodson@midlothian.gov.uk
midlothian.gov.uk
twitter.com/hoddersj

A view from a Bicycle

Active travel' it is called. The strategies at national and local level aimed at getting more people out of cars and cycling, walking and other forms of transport which involves more physical activity and less burning of planet-warming fuel. Great idea until you try it, and then realise why so many people resist making the change.

As a regular cyclist, commuting in and out of Edinburgh and other destinations from home in Eskbank, I have become all too familiar with the condition of most cycle route options. The road from Eskbank into Dalkeith itself is riddled with hazards in the form of potholes or badly repaired potholes. These hazards not only threaten to topple cyclists into the path of motor traffic, they also provide a hazard for



any pedestrians crossing the road with their uneven surfaces. For people using wheelchairs, the condition of the road surfaces at junctions is rarely flat and blemish-free, creating less than barrier-free access to the task of simply crossing the road.

There is one part of a major cycle route which recommends cyclists to use James Lean Avenue for most of its length in Dalkeith. I am convinced the road has been patched so many times that there are now more patches than original road surface, as well as crumbling traffic calming humps. The surface is so bad, I reckon TV people could make a Scottish version of 'Bake Off' on location at James Lean Avenue. They would not need food mixers – just ask contestants to run up and down the road a couple of times with the mixing bowls on a trolley and Paul Hollywood would have a sore hand from all the handshakes being handed out.

Crossing the road, in any direction, should only be a joke for a chicken. Sadly, in Midlothian, it appears to be a not very funny joke for all who would be active travellers. When active travellers use the roads they should only have to keep an eye out for vehicles, not check whether they can safely put their foot down or pedal along that stretch of road.

It is often said about visions for the future that we should 'build it and they will come'. For Active Travel wannabes in Midlothian, we need the Council to adopt a variation of that call – 'resurface it and they will walk, roll, run, trot and save a future for the planet'.

Wlad

Scotland's first dedicated gym for disabled people

A dedicated gym offering personal training, rehabilitation and peer support for disabled people and those with long-term conditions has opened in Straiton.

Launching three years ago and understood to be the first dedicated business in Scotland offering personalised programmes for disabled people, DR Inclusive Fitness has now opened its first gym.

Gym owner and personal trainer Dale Robertson states, "DR Inclusive Fitness is more than a gym – it's a place for disabled people and people with long-term health conditions to develop new skills, develop in confidence, and gain peer support from other disabled people.



"Having worked with disabled people for over 15 years, I've seen the isolation and loneliness that disabled people can experience by not having the chance to meet their peers with similar lived experiences."

Gym owner and personal trainer Dale Robertson.

"I'm proud that we can now offer a place for people to meet, connect, and live healthy and active lives.

"DR Inclusive Fitness' first gym has bespoke equipment that isn't found in commercial gyms, enabling disabled people to achieve their goals in a way they simply haven't been able to do before."

Disabled client John Bateman said, "When I first visited a commercial gym with Dale, it quickly became clear that a lot of the equipment wasn't accessible for me.

"Working together, we managed to overcome some of these obstacles but having access to a dedicated gym for people just like me has given me the chance to achieve goals that I never thought were possible."

To find out more about DR Inclusive Fitness and book a free, no-obligation consultation by




 dale@drinclusivefitness.co.uk

 www.instagram.com/drinclusivefitness/ on Instagram.

 drinclusivefitness.co.uk

Alternative Publications

Please like us on Facebook www.facebook.com/forwardmid/

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

Edited by Iain Tait for Forward Mid