

Forward

Midlothian

Disabled People

www.forwardmid.org.uk



Equality - Diversity - Inclusion

Winter Newsletter 2024

This newsletter is full of information on what support is available for disabled people during winter – for many the most challenging season of the year. Inside you'll find out about local organisations that can give you practical help – from saving money on your energy bills to keeping your home and bank balance safe. There are tips on how you can look after your own physical and mental health as well as how you can help yourself and your neighbours with an extensive list of emergency contact numbers.

Perhaps the most challenging aspect of winter is keeping in contact with people regularly and safely, feeling the warmth that a good conversation can have. Bad weather can put paid to physically meeting people but, inside Forward Mid's Winter newsletter you'll find options that can overcome this barrier.

We wish you a healthy and safe winter. Be as active as you can be. Keep talking. Take advantage of the support that is available. Take care.

Preparing for Winter

Steps you can take to get ready for winter. Just make a household plan and collect together the items for an emergency kit that may be essential for you and your family.

It is time to think about winter-proofing your home. Do you know what action to take if a water pipe bursts? Do you know where your stop valve is and how to turn it off? Do you know how to turn your electricity supply off at the mains?

If cold weather is forecast, and during a cold snap, keep your heating on at a low temperature to help prevent pipes from freezing.

Making your home energy efficient will make it cheaper and quicker to heat during cold weather. For further information, please call the Scottish Government's Home Energy Scotland Helpline on ☎ 0808 808 2282.

Contents

Preparing for Winter.....	1
Winter in the Community.....	3
Keeping Affordably Warm....	4
Digital Voice.....	4
Warm Spaces.....	5
Midlothian Libraries.....	6
Winter vaccines 2024.....	7
Warm Home Discount.....	7
Severe Weather.....	9
Social Media.....	10
Cafe Connect.....	13
The Warblers.....	14

Remember to check the terms of your household insurance policies to find out what cover you have for risks such as flood or storm damage or for the costs of temporary accommodation if your home is not habitable. Consider taking out insurance if you don't currently have any.

It is also important to not only prepare your home, but to prepare your body for winter! Preventative measures can be taken to avoid colds and flu. People aged over 65 years or those who have a medical condition can check with their local medical practice to get advice on a seasonal flu vaccination.

Keep a supply of remedies at home. Paracetamol, ibuprofen or aspirin all help to reduce raised temperatures and relieve the aches and pains associated with coughs, colds and flu. Many cold and flu remedies already contain paracetamol, ibuprofen or aspirin. **Be careful not to combine products which exceed the maximum daily limit.** Products are labelled to indicate their contents, so always check before using them. If you do have a cough, cold or flu, drink plenty of water or other non-alcoholic liquids to replace the fluids lost after sweating. Keep warm and rest as much as you can.

It is best to periodically check that the medicines in your home are up-to-date. This is why it is important to keep them in their original containers. Always follow the instructions on the box or label. If you are unsure about taking any medicines, consult with your doctor or pharmacist first. To combat the cold, layers of thin clothing are far more effective than one thick layer. Choose clothes made of wool, cotton or fleecy synthetic fibres. Remember to wear a hat when outdoors and ensure you wear footwear with a good grip.

During the holiday season, most GP practices will be closed on the 25th and 26th December 2024 and on 1st, 2nd and 3rd January 2025.

Most pharmacies will also be closed during the holidays. Please refer to the NHS24 website,  www.nhsinform.scot/scotlands-service-directory/pharmacies for opening times.

Remember to order and collect any repeat prescriptions you may require in sufficient time prior to the holidays. Hospital Accident and Emergency services (A&E) are for emergency and urgent situations only. A&E is not an alternative to G.P.s.

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.



Pharmacists are experts in medicines and can help with minor health concerns including: **Acne; Allergies; Athlete's Feet; Backache; Blocked or Runny Nose; Cold Sores; Constipation; Cough; Cystitis in women; Diarrhoea; Earache; Eczema; Headache; Head-lice; Haemorrhoids (piles); Hay Fever; Impetigo; Indigestion; Mouth Ulcers; Pain; Period Pain; Sore Throat; Thread-worm; Thrush; Warts; Verrucas.**

To find out more call the NHS Inform helpline on ☎ : 0800 22 44 88 (calls from a landlines are free), or visit NHS Inform website  www.nhsinform.scot

Winter in the Community

In recent years severe winter weather struck quickly leaving some people vulnerable. A little planning now can help keep people warm and safe this winter.

Identify family or neighbours who may need an extra helping hand if severe weather strikes. Have their 'phone numbers to hand, and offer to help with grocery shopping or other essential tasks.

Equally if you think you may feel isolated or alone during a patch of bad weather, equip yourself with a few useful local contact numbers - a neighbour who can help, the local minister or your local community council.

Be a good neighbour and clear paths of ice and snow during cold weather if you are able to do so. A helping hand with this can make all the difference for people who may be unable to clear their own paths or who need to use local paths to access services.

Communities throughout the country are being urged to follow Scottish Water's winter Wise - a set of simple steps you can take to protect your pipes and protect your home. Read Scottish Water's Winter Wise at  www.yourwateryourlife.co.uk/campaign/winter/.

Your community can get ready for winter by agreeing what you, your neighbours and your colleagues can do on your own and collectively to minimise the effects of winter weather where you live and work.

You can volunteer to help others by contacting Volunteer Midlothian ☎ : 0131 660 1216. Midlothian Council will do all they can to keep essential services running during periods of severe weather. However, severe weather may cause some changes to routine local services, such as the temporary closure of schools, changes to refuse collections and a greater emphasis on gritting and route clearance. Information about local services is kept up to date on Midlothian Council's Website, so it's important to check with them for the latest information and advice during Severe weather.

Although not exhaustive, here is a list of items you may wish to consider storing in case of bad weather when you may not be able to leave your home. It is also worth considering supplies you may need in case of a power cut:

- ☺ Canned/no-cook food (bread, crackers, dried fruits);
- ☺ Drinking water and bottled water;
- ☺ Non-electric can opener;
- ☺ Prescription drugs and other medicine;
- ☺ First-aid kit;
- ☺ Rock-salt to melt ice on walkways;
- ☺ Flashlight and extra batteries;
- ☺ Battery-powered radio or wind up radio;
- ☺ Fully charged mobile phone, traditional plug-in phones will continue to work;
- ☺ Any pet food required;
- ☺ Long life or powdered milk;
- ☺ Books and magazines;
- ☺ Crosswords and puzzles;
- ☺ Emergency contact list;
- ☺ Battery-powered lamps or lanterns (To prevent the risk of fire, avoid using candles);
- ☺ Blankets and extra clothes should your heating not work;
- ☺ Juice and enhanced waters in boxes and plastic bottles;
- ☺ Supply of unused cat litter or bag of sand to add traction on walkways;

Keeping Affordably Warm this Winter

Many people will struggle this winter living in a cold home or will get into fuel debt.

There is help out there to support people who are struggling to keep their home warm. To identify if someone needs help ask these four key questions:-

- ❖ Is their home cold?
- ❖ Is their home damp?
- ❖ Is their home draughty?
- ❖ Are they concerned about affording energy in their home?
- ❖ If the answer is 'yes' to any of these, what next?




Support is available through:

1) The Scottish Government's Energy Assistance Package. Just ring the Energy Saving Scotland advice centre on ☎ : 0808 808 2282 for more information.

2) Changeworks is Scotland's leading environmental charity delivering solutions for low carbon living and supporting people keep affordably warm at home.

Changeworks are currently working in Midlothian to help people tackle fuel poverty issues and can help with things like: energy efficiency, billing issues, debts, warm home discount applications, ETC!

If you would like help from a Changeworks Energy Advisor, you can fill out the  **online referral** form or call Changeworks freephone at ☎ : 0800 870 8800, available 9am-5pm, Monday-Friday.

3) The Scottish Government says: "A person is living in fuel poverty if, to heat their home to a satisfactory standard, they need to spend more than 10 per cent of their household income on fuel."

If you would like to contact one of their advisors - Online form: www.changeworks.org.uk/contact/  www.changeworks.org.uk/

Digital Voice

Landlines are going DIGITAL

The UK's landlines are getting an upgrade and soon most phone calls will be made over a broadband line. Don't worry, your landline is here to stay. Your phone number won't change, and over 99% of handsets work with the new system.

For most customers, the move to Digital Voice, BT's new home phone service is as simple as plugging your phone into a small box called a router rather than the phone socket on the wall.

If you don't have broadband Don't worry, BT will be offering a dedicated landline service, allowing customers to use their landline in the same way they do today.

Questions to ask your provider

Before you switch to a digital landline

What can you provide if I only have my landline to call emergency services during a power cut?

How do I check whether other devices (like care alarms) that use my telephone line will be compatible?

Will my current handset work on the new system, or do you need to send me a new handset or some other equipment?

Before you change your broadband to full-fibre broadband (also known as 'fibre-to-the-

premises' or 'fibre-to-the-home')

Will I need an engineer visit? If so, what should I do to prepare for their visit?

Will my landline voice service be affected by the change to my broadband service?

Do I need any new equipment, such as a router? Will this be provided?

Open Reach state Midlothian should be able to start the Digital Voice switchover between December 2024 and 31st January 2027

Warm Spaces

Bonnyrigg and Lasswade

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

During normal opening hours

St Leonard's Church Lasswade & Bonnyrigg, Dobbie's Road Lasswade EH18 1BJ

Mondays, 10:00hrs - 12:00hrs.

Hot drinks and snacks at no cost. Come along for some warmth, refreshments, and company. If you bring a Thermos flask, it can be filled for you to take home.

Dalkeith

St Mary's Church, High Street, Dalkeith EH22 2NA

Tuesdays, 12:00hrs - 15:00hrs.

Danderhall

Danderhall Library, 59 Edmonstone Road EH22 1QL

During normal opening hours

Newton Parish Church Hall, Edmonstone Road EH22 1QE

Tuesdays: 10:00hrs - 13.30hrs

Wednesdays: 10:00hrs - 12:00hrs



Gorebridge

Gorebridge Beacon, Hunterfield Road, Gorebridge, EH23 4TT

Warm Space

Monday, 09:00hrs - 14:00hrs;

Tuesday, Wednesday 14.30hrs - 16.30hrs;

Thursday, 14.30hrs -21:00hrs.

WiFi, phone charge points, games, connection, soup (donation or not)

Community Cafe

09:00hrs - 14:00hrs Tuesday to Saturday. All welcome. If you would like a bowl of soup (free) please say 'Robert Sent Me' when you order.

Loanhead

Loanhead Library, 59 Edmonstone Road EH22 1QL

Free hot drinks or soup and bread. Free wifi, toilets, books, jigsaws and card games. Staff can also advise on getting all the support you are entitled to during the cost of living crisis.

During normal opening hours

Loanhead Parish Church, 118 The Loan, Loanhead EH20 9AJ

Friday 10.30hrs - 12:00hrs

Tea, coffee, snacks and chat

Mayfield and Easthouses

Mayfield and Easthouses Church, 2 Bogwood Road

Wednesdays:10:00hrs to 12:00hrs

Cafe (£1.50 unlimited tea and coffee)

Thursdays:12:00hrs to 14:00hrs. Friendship lunch

Men's group (free,donation basket for anyone who can afford to donate)

Last Tuesday of each month: 12:00hrs to 14:00hrs..

Newbattle

Newbattle Library, 1 Newbattle Way, Easthouses, EH22 4SX

Hot drinks or soup and bread at no cost. Free wifi, toilets, books, jigsaws and card games. Staff can also advise on getting all the support you are entitled to during the cost of living crisis. During normal opening hours.

Pathhead

Pathhead Community Cafe, Pathhead Pavilion, Callander Park, Pathhead, EH37 5YN

Tuesdays. 10:30hrs - 12:00hrs

A great warm space for a coffee and a good blether. £1 for coffee and biscuits, no charge for refills.

Penicuik

Food Fact Friends, 42 John Street EH26 8AB

Monday to Friday, 10:00hrs - 15:00hrs with free hot soup, something to eat, tea and coffee.

Saturday: 11:00hrs - 13:00hrs with free tea and coffee and something to eat.

St James the Less, 23 Broomhill Road, Penicuik, EH26 9EE,

Tuesdays: 10:00hrs - 12:00hrs

Tea and coffee and biscuits, free. Free wifi TV or other online entertainment.

Penicuik Storehouse, 22 High Street EH26 8HW

Café and community group meeting space.

Monday to Wednesday, 10.00hrs - 16:00hrs, Thursday to Saturday 10.00hrs - 17:30hrs,

Sunday, 11.00hrs - 16:00hrs.

Trinity Community Church Hall, Kirkhill Road EH26 8HX

Thursdays, 10:00hrs -12:00hrs

Free tea, coffee and biscuits.

Rosewell

Rosewell Development Trust, The Steading, Carnethie Street EH24 9AA

The Trust offers a warm space and an affordable two course meal lunch club.

Tuesday and Thursday, £3.50 for a two course meal

To book, contact Rosewell Development Trust on ☎ 0131 629 9398.

Roslin

Roslin Church, Penicuik Road EH25 9LH

Wednesdays: 10.30hrs - 12:00hrs

Coffee morning and a blether. Free food and drinks.

Rosslyn Bowling Club, 108 Main Street EH25 9LT

Wednesdays: 14.30hrs - 16:30hrs

Coffee, chat and games. Free food and drinks.

Midlothian Libraries

Midlothian Libraries are warm, welcoming and free for everyone.

You can borrow books and audiobooks, use computers, WiFi, plus more. You can apply for Blue Badges and Bus Passes, and get Hearing Aid Batteries.

We hold lots of groups and events in our libraries, including Reminiscence Groups, Craft and Sewing Groups, and Book Groups. Many libraries hold help & advice sessions from a range of organisations, including the Citizen's Advice Bureau and Social Security Scotland. Newtongrange Library has a pop-up Post Office every Monday (except Bank Holidays) 11:00 hrs – 15:00hrs.


Our Lend + Mend Hubs

Another great support initiative is the Lend + Mend hubs which they now have in three of our libraries. Come to Danderhall, Gorebridge and Loanhead Libraries where we offer free access to equipment to repair, reuse, and upcycle everyday items. Pop in to learn about the many tools available, including sewing machines and embroidery machines.

Find out more at  www.midlothian.gov.uk/directory/6/libraries_in_midlothian or call: ☎ :0131 271 3980

Warm and Well Hubs

As part of the **#MidlothianCares** initiative from Midlothian Council, in response to the cost-of-living crisis, four libraries are designated Warm and WellHubs (Danderhall, Loanhead, Lasswade, and Newbattle). Local residents can just turn up to keep warm and enjoy what's on offer. Free hot drinks, soup & bread are available and library staff can offer support.

Our Mobile Library is dog-friendly! Hop on board with your furry friend. Further information at:  www.midlothian.gov.uk/info/427/libraries/446/mobile_library

Winter vaccines 2024


Winter Flu and COVID-19 vaccinations are being offered to people who are eligible. Flu can be serious for some people. This year's vaccine gives you the best possible protection against the flu viruses likely to be circulating this season. The coronavirus (COVID-19) vaccines help to build up your immunity to the virus, so your body will fight it off more easily if it affects you. While the vaccine may not stop you from getting coronavirus, your symptoms are likely to be milder and you are less likely to get seriously ill if you have been vaccinated.



Invitations to book or attend an appointment are now being sent. Letters inviting you to get the vaccine will be sent to the



address you've registered with your GP and will arrive with clear NHS Scotland branding. You should make sure you update your address with your GP, if you move home. People with a digital preference will receive their vaccine appointment or booking prompt by text and/or email.

Look out for your invitation. For more information scan the QR code or visit:  www.nhsinform.scot/winter-vaccines

All Covid and flu enquiries, or any changes to appointments should be directed to the National Call Centre on ☎ : 0800 030 8013

Warm Home Discount Scheme

For winter 2024 to 2025, you could get £150 off your electricity bill through the Warm Home Discount Scheme. This year Scotland has a different Warm Home Discount Scheme the application forms are due to be out in November or December.

The money isn't paid to you - it's a one-off discount on your electricity bill, usually between September and March. The discount won't affect your Cold Weather Payment or Winter Fuel Payment.

Pre-pay or pay-as-you-go meters

You can also qualify for the discount if you use a pre-pay or pay-as-you-go electricity meter.

Your electricity supplier can tell you how you'll get the discount if you're eligible, e.g. a voucher you can use to top up your meter.



Eligibility

You qualify for the discount if on 21 August 2024 all of the following apply:

Your electricity supplier was part of the scheme

Your name (or your partner's) was on the bill

You were getting the Guarantee Credit element of Pension Credit (even if you get Savings Credit as well)

- * Have a child living with you who was born on or after 01 April 2008;
- * Receive Incapacity Benefit or Severe Disablement Allowance;
- * Receive Disability Living Allowance or you receive Disability Living Allowance on behalf of a child living with you;
- * Receive War Disablement Pension;
- * Receive Industrial Injuries Disablement Benefit;
- * Receive an additional payment (such as the work-related activity group or support component of Employment and Support Allowance) because of sickness or disability.

Check with your supplier to see if you're eligible and how to apply.

Electricity suppliers. The following suppliers are part of the scheme:

British/Scottish Gas	☎ 0800 072 8625
www.britishgas.co.uk/energy/energy-saving/warm-home-discount.html	
Ebico	
living.ebico.org.uk/warm-home-discount-whd/	
EDF Energy	Online Only
www.edfenergy.com/for-home/help-support/warm-home-discount	
E.ON	☎ 0345 052 0000
www.eonenergy.com/energy-efficiency-grants/warm-home-discount.html	
Octopus Energy Ltd	☎ 0808 164 1088
octopus.energy/blog/warm-home-discount/#scotland	
OVO	☎ 0330 303 5063
www.ovoenergy.com/help/warm-home-discount	
Sainsbury's Energy	☎ 0808 501 5277
www.sainsburysenergy.com/help-support/warm-home-discount.html	
Scottish Power	☎ 0800 027 0072
www.scottishpower.co.uk/warm-home-discount	
Shell Energy See Octopus Energy	
Utilita	Online Only
utilita.co.uk/warm-home-discount/scotland	
Utility Warehouse	☎ 0333 777 0 777
uw.co.uk/legal/energy-information/warm-home-discount-scheme	

Some people in Scotland get a single payment during Winter Heating Payment from December 2024 and will be £58.75..

You will get Winter Heating Payment automatically if you get one of the benefits that make you eligible. Or make a claim fill out the downloadable form or call ☎ 0800 182 2222

 www.mygov.scot/winter-heating-payment/eligibility

Energy Best Deal

Energy Best Deal is a consumer education programme developed by Ofgem and Citizens Advice. The programme provides valuable information and guidance to vulnerable consumers and the frontline advice workers who work with them. It raises awareness of the savings energy consumers can make and the help available for those struggling to pay their bills. Energy Best Deal sessions provide information and guidance to consumers and frontline advice workers on how consumers:

- Can reduce their energy costs by switching tariff, payment method or supplier,
- Know where to go for help if paying energy bills is a struggle,
- Save money by using less energy in their homes.

Funding for the Energy Best Deal programme is provided by a number of energy companies via Ofgem (British Gas, EDF Energy, First Utility, ScottishPower and OVO).

Energy Best Deal group sessions are aimed at vulnerable consumers who are most at risk of fuel poverty and the frontline workers who support them. Organisations delivering Energy Best Deal sessions have well established links with other local support organisations and the frontline workers and volunteers that work with people in or at risk of fuel poverty. Sessions are often held at venues working with groups such as elderly people, tenants, parents or people with health problems.

For more information please visit  www.dalkeithcab.org.uk/services/energy-best-deal



Severe Weather

If there's heavy snow, police have powers to remove vehicles parked on bus routes.

"No parking" cones will be placed along specific lengths on the streets but only when prolonged and heavy snow is forecast.

For maps of routes affected visit;

 ready.scot/respond/severe-weather

Lothian Buses:  lothianbuses.com X: [x.com/on_lothianbuses](https://twitter.com/on_lothianbuses)

Bus "apps" for smartphones

Most bus operators have their own presence in the digital world, offering a range of information from journey planning to real time information about bus departure times from any/every bus stop in their operating area. "[Transport for Edinburgh](#)" embraces East Coast Buses, Edinburgh Trams, Lothian Buses and Lothian Country. The "[Borders Buses](#)" app gives info about the X62, X70, X95. "[Prentice of Haddington](#)" has details for their 111 service. "My Bus Edinburgh" is another App. It is restricted to information on East Coast Buses, Edinburgh Trams, Lothian Buses and Lothian Country.


Apps can be found in the Play Store, AppStore or Microsoft Store. These Apps can keep you up to date with bus information during bad weather.

"[Traveline Scotland](#)" is the national service for all modes of transport information. If you're going

further afield, there are links to Traveline Cymru and Traveline England.

Getting winter ready is something we all need to do – it only takes a few simple steps. It's time to start thinking about how you could be affected by severe weather, and what you need to do now to be better prepared.

Whether it's at home, in the community or behind the wheel, we all need to consider what might help. By thinking about how we can all be ready, we can help Midlothian be better prepared. Previous years severe weather caught many people out.

Make sure you will be able to have your footpaths and driveway cleared if severe weather strikes. It is a good idea to keep a shovel (specially designed snow shovels are particularly good) and some salt or grit at home. Remember to find out where your nearest local authority grit bin is located. Information about local services is kept up-to-date on Midlothian Council's  www.midlothian.gov.uk, so it's important to check for the latest information and advice during severe weather. Stay tuned to local radio stations such as Black Diamond and Forth FM as they also provide advice and updates during bad weather.

Clearing snow from a vehicle, clean the snow from the roof as well as the windscreens and also make sure your number plate is visible both front and rear,

Here are some recommended items to keep in your car over winter:

- ☺ **A blanket,**
- ☺ **Warm winter clothing (including boots),**
- ☺ **Ice scraper and de-icer,**
- ☺ **Battery jump leads,**
- ☺ **A map for any unplanned diversions,**
- ☺ **A first-aid kit,**
- ☺ **A torch and spare batteries,**
- ☺ **A mobile phone and charger,**
- ☺ **A shovel for snow; food and drink that will last (and a warm drink in a flask before each journey).**



Social Media

Midlothian Council:

 www.midlothian.gov.uk/

: twitter.com/@midhelp

: twitter.com/@midgov

: www.facebook.com/MidlothianCouncil

Midlothian Voluntary Action

: www.mvacvs.org.uk/

: twitter.com/MVACommunity or [@MVACommunity](https://twitter.com/@MVACommunity)

: www.facebook.com/MidlothianVoluntaryAction

Other Essential Contacts

For all other essential contact details see the Ready Scotland

 [ready.scot/](https://www.ready.scot/)

Be careful

Social Media web sites restrict access until you have an account with them. Social Media web sites are prone to scams to learn more visit [Aura](#)

Never accept friends request from people you do not know and always check their profile and click on links to those you do know. The identity may have been stolen.

VOCAL

VOCAL, Voice of Carers Across Lothian, is a local charity that supports unpaid carers. Each year, Midlothian Health and Social Care Partnership funds a Winter Programme to help unpaid carers get a break from caring, reduce isolation and improve their confidence in caring.

We know that many carers can struggle to think about their own health and wellbeing, and the festive season can make this more difficult as day-to-day life gets busier, and expenses come up.

Our Winter Programme has a range of activities and events available to help carers, including carer groups and vouchers for a 'wee break' from caring.

To find out more, or to book any of our groups you can filter by location on the website,  : www.carerstraining.co.uk To request any of our vouchers or tickets, visit  : www.weebreaks.com



Midlothian Carer Assistance Fund

VOCAL Midlothian has received funding from the Midlothian Health & Social Care Partnership to support carers who are experiencing financial difficulties due to their caring role. The Midlothian Carer Assistance Fund enables carers to receive a one-off grant in order to meet the rising costs associated with their caring role.

To be eligible, carers must provide care for someone in Midlothian and must be registered with VOCAL or be willing to register with VOCAL if they have not already done so.

Grants may include providing funds to support:

- Costs of setting up Power of Attorney
- Energy costs associated with having your heating on more frequently
- Costs due to travelling to health-related appointments
- Food costs as a result of the person you care for requiring a special diet
- Sitter service to help you attend health-related appointments
- Personal hygiene or continence products
- Specialised clothing
- Specialist equipment or white goods which support the caring role

Grants are not limited to the examples provided above, but the funds must support costs that are directly related to the caring role and the rising cost of living.

If you would like to apply, please visit: [Midlothian Carer Assistance Fund](#) - VOCAL to complete the application form and return it to: VOCAL Midlothian, 30/1 Hardengreen Estate, Dalhousie Road, Dalkeith, EH22 3NX. Carers can also email the form to midlothian@vocal.org.uk.

VOCAL Christmas opening times; Midlothian Carer Centre will close on Tuesday 24th December 2024 and re-open at 9am on Monday 30th December 2024 and will close on 31th December 2024 and return to normal opening on Friday 3 January 2025.

Useful Telephone Numbers for Midlothian	
Emergency Services	☎ 999
Non Emergency Police	☎ 101
NHS24	☎ 111
East Lothian Community Hospital switchboard	☎ 01620 642 700
Midlothian Council	☎ 0131 270 7500 / 663 7211
Midlothian Council Housing Benefits	☎ 0131 271 3201
Midlothian Council Housing repairs	☎ 0131 663 7211
Midlothian Council Self-Directed Support	☎ 0131 271 3900
Midlothian Council Social Work Services	☎ 0131 271 3900
Midlothian Council Social Work (out of hours)	☎ 0800 731 6969
Midlothian Council Waste & Recycling	☎ 0131 561 5284
Breathing Space	☎ 0800 83 85 87
British Red Cross	☎ 0131 654 0340
Citizens Advice Bureau Dalkeith	☎ 0131 660 1636
Citizens Advice Bureau Penicuik	☎ 01968 675 259
Deaf Blind Scotland	☎ 07715 421 377
Dementia Helpline	☎ 0808 808 3000
Dial-a-Bus Midlothian	☎ 0131 447 1718
Dial-a-Ride Midlothian	☎ 0131 447 9949
LGBT	☎ 0800 464 7000
Lothian Buses	☎ 0131 555 6363
Lothian Centre for Inclusive Living	☎ 0131 475 2350
Midcare (Telecare) Midlothian	☎ 0131 271 3900
Midlothian Community Hospital	☎ 0131 454 1001
National Gas Emergency Service (if you smell gas)	☎ 0800 111 999
RNIB	☎ 0303 123 9999
Royal Infirmary of Edinburgh switchboard	☎ 0131 536 1000
Samaritans	☎ 116 123
St John's Hospital switchboard	☎ 01506 523000
SP Energy Networks	☎ 0800 092 92 90 / 105
Scottish Water	☎ 0800 077 8778
Traveline Scotland	☎ 0871 200 2233
VOCAL Midlothian Carers	☎ 0131 663 6869
Western General Hospital switchboard	☎ 0131 537 1000
My Doctor	☎
My Plumber	☎
My Emergency Contact	☎



CAFÉ CONNECT



Dalkeith Arts Centre

- Thurs 07/11/24 - 14.00hrs to 15.30hrs,
- Thurs 05/12/24 - 14.00hrs to 15.30hrs,
- Thurs 06/03/25 - 14.00hrs to 15.30hrs,
- Then the First Thursday of Month- 14.00hrs to 15.30hrs

All
welcome

Meet or make
friends and share a
blether

Link in with Forward Mid
(Supported by LAC,
Enable Scotland)



The
WARBLERS
Singing for lung health



Breathless? Try Singing!

For anyone experiencing breathlessness in Midlothian.

No Singing experience needed
Improve your breathing and connect with others in a fun and relaxed environment.

New members welcome!

Tuesdays from **15:00hrs -16:30hrs** (Apart from the first Tuesday of the Month)

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

Sessions Also Available Online.

For more information contact James ☎ 07711307418



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Edited by Iain Tait, Sheree Muir and Tamzin McDonald for Forward Mid