

# FORWARD MIDLOTHIAN DISABLED



## A New Year A New Years Resolution

The Thistle Foundation is looking in Midlothian for people who would like to share one of their interests with a like-minded person who needs a bit of support to take part in an activity or attend a group. We are currently recruiting volunteers to work on a one-to-one basis with adults and children living in Midlothian who have either a physical or learning disability.

We are looking for people who would like to go along to an activity with someone about once a week. You will be matched up with someone who shares your interests and who is available at similar times to you.

Full expenses will be paid for any costs you incur, including mileage.

This is a great way to enjoy an activity while at the same time making a real difference to a like-minded person's life; by supporting them to take part in something that they may otherwise be unable to get to.

No previous experience is required as full training will be provided. This is also a useful way to gain experience in the Social Care field if you are thinking about a change in career. An enhanced disclosure will be carried out on all volunteers.

Just some examples of what we are looking for are:

### Walking Buddies:

We are looking for people who enjoy walking and would like to buddy someone to a walking group on a Thursday morning. Some assistance getting to the start of the walk will be required as well as walking beside the person for assistance during the walk.

### Swimming Buddies:

We are looking for volunteers who enjoy a swim and could support someone else to get a swim too simply by staying alongside them in the water. This could either be at a local pool in Midlothian or at the Thistle Foundation's pool in Edinburgh.

### Cinema/ Theatre Buddies

We are looking for people who would like to go along to the cinema or theatre with someone who shares similar tastes in films/shows. Some assistance with transport will be required either by "buddying" the person on public transport or using your own car. The cost of the film will be paid for you along with your travel expenses.



If you have any questions or would like to discuss what volunteer opportunities would suit you, please don't hesitate to call the office on: 0131 454 1785, asking for Stuart McIntosh or Ruth Lewis.

## Two Local groups are starting 2009 sessions. Easy Does it and The Walkie Talkies



### Easy Does It

Does a bit of relaxation, hand and arm massage, gentle Tai Chi and music that inspires sound good to you? It did to some people who were looking for just that type of thing and helped develop Easy Does It!

The Easy Does It! Group is an inclusive group that aims to help show how exercise and relaxation can improve physical and mental well being and gives people an opportunity to meet new faces. The next block of sessions begins on Tuesday 20th

January at 1.00 in the British Red Cross, 131 High Street, Dalkeith. There might be places available, so anyone who wants to find out more can contact Catherine at the Local Area Co-ordination office on 0131 454 1785.

### The Walkie Talkies,

An inclusive walking group, have laced up their boots after a seasonal break and will set off from Mayfield every Thursday morning for a walk and a blether, taking in the delights around the area and beyond.

If you'd like to give it a go, contact Mary on 07894 525 360 or E-mail mary at [marydempster@btopenworld.com](mailto:marydempster@btopenworld.com) for more information.



Not all routes are suitable for wheelchairs. The walks normally start around 10am

## The Scottish Parliament Welcomes Disabled Visitors

The Scottish Parliament have set out a guide to welcome Disabled visitors to the Parliament building, this means all disabled people can attend whether as a guest, casual visitor, watching parliamentary business or taking a tour.

You can contact the Scottish parliament by post at

Visitor services

The Scottish Parliament  
Edinburgh  
EH99 1SP

Or by phone on 0131-348-5200

By text on 07786209888

By fax 0131-348-5601

By text phone on 0131-558-7676

By E-mail at [sp.bookings@scottish.parliament.uk](mailto:sp.bookings@scottish.parliament.uk)

Or visit the Scottish Parliament web site at [www.scottish.parliament.uk](http://www.scottish.parliament.uk)

For additional information to help you get the best from your visit and to check on opening times.

Assistance dogs are permitted in the parliament building, there are accessible toilets throughout the building.

Wheelchair loan can be provided with advance warning. Getting around the parliament building can involve walking some distance, solution ask your tour guide for the use of a portable chair during your visit if required.



**Inclusion  
Scotland**



**Inclusion Scotland Roadshow in partnership with  
Lothian Centre for Inclusive Living & Scottish  
Accessible Transport Alliance**

Friday 20th February 2009, 10am to 1530pm

Edinburgh City Chambers, High Street,  
Edinburgh



**HOT TOPICS** for discussion between  
Disabled people and decision makers:

- Accessible Transport
- Accessible Ho
- Self directed support/Independent Living

**The day promises lively debate and a visual insight into  
the housing problem disabled people face  
every day of their lives:**

This event is **free**



Reasonable travel expenses will also be reimbursed  
For more information or if you would like to book a place  
please contact Angela Marschall on 0141-887-70458 or Email  
[admin@inclusionScotland.org](mailto:admin@inclusionScotland.org)

Booking forms are also available for download from  
our website [www.inclusionScotland.org](http://www.inclusionScotland.org)

## Physical disability awareness

On Monday the 17<sup>th</sup> of November 2008 Forward MID and the patient information Centre at the Royal Infirmary Hospital Edinburgh joined forces to highlight the work of the forward MID group by holding an open event in the central Mall of the Royal Infirmary.



Forward MID at the Royal Infirmary

to some people was also unheard of. Forward MID has been keen to pursue Midlothian council for a number of people registered physically disabled in Midlothian, To date we still have no answer.

If you have a disability and live in Midlothian Forward MID would like to collate an approximate figure of physical disabled people in Midlothian, all we need is

your name and a statement that you live in Midlothian, any other information is optional and at your discretion. If you have any suggestions for the Forward MID group please do not hesitate to contact us by writing to Eric Johnstone, 4-6 White Hart Street, Dalkeith, EH22 1AE or phone Eric on 0131-663-9471 alternatively send and E-mail to [forwardmid@tiscali.co.uk](mailto:forwardmid@tiscali.co.uk).

Many people from all over the Lothians commented that when they are struggling to come to terms with being physically disabled there was little or no information made available to them, no support, and very little counselling. Most people that I talked with on the day had said that they had never heard of any physical disabled groups in the Lothians (it would seem we have a lot more people to reach out too). The Lothian Centre for Integrated living

## Back To Basics

Easy movement to music

This is for adults who have a disability (must be accompanied by a carer if required).

Dancing either seated or standing under the instruction of dance instructor Chalky Whyte from C.P.N. dance company, the classes feature a mix of salsa, slow jive, le-roc and upper body movement.

Every Monday from 1145 am until 1230 at Loanhead Miners' club. For more information please phone 01968-664-088.

Entry fee £1.50

## P. A. POOL



Katy Etherington who founded the P.A. Pool to address a gap of Personal Assistants in the ever expanding market of personal care. P.A Pool was named as one of four finalists in the Creative Innovation category at the Hertfordshire Business Awards 2008 and also a finalist in trading places awards 2008.

The P.A. Pool website is where Users (disabled people) can recruit PAs and PAs (carers) can find employment. Want to find out more then visit [www.papool.co.uk](http://www.papool.co.uk) or e-mail at [katy@papool.co.uk](mailto:katy@papool.co.uk) or phone Katy on 07702-343-566.

## Alternative Publications

The editions of the Forward MID newsletters are available in large print or at [www.forwardmid.org.uk](http://www.forwardmid.org.uk) For alternative publication please E-mail to [eric.johnstone@mvacva.org.uk](mailto:eric.johnstone@mvacva.org.uk) or call Eric Johnstone on 0131-663-9471 or write to him at MVA 4-6 White Hart Street, Dalkeith EH22 1AE with your request.