

Forward

Midlothian

Disabled People

www.forwardmid.org.uk



Equality - Diversity - Inclusion

**Forward Mid Launch 2020 Directory for Disabled People
– Come and Join us!**

Forward Mid are having a launch of our **NEW Disabled People’s Directory 2020**.

When – Monday, 16th March 10 -12.30

Where – St Johns and Kings Park Church, Dalkeith (across from Morrisons)

We’ll be around from 10:00 hrs – 12:30 hrs, We understand everyone is busy - join us for a few minutes or half an hour, to pick up our free copy, stay for coffee and cake if you have time.

We hope you see you there!

The **2020 Directory** is produced by Forward Mid as a one stop source of accurate, supportive, empowering particularly for Disabled People across Midlothian and the carers and professionals who support them. Without correct, relevant and up to date information disabled people can become isolated, unable to exercise their rights, receive the support they need and make their own choices on how they want to live.

The purpose of this directory is to help disabled people, their families or carers find practical, useful information which could improve their lives immeasurably. To get the answers to everyday questions as well as solutions to the everyday problems which still seem part of the territory for disabled people.’ Our **New 2020 directory** is restructured with a host of invaluable information and contacts that are an essential companion for all disabled people and carers in Midlothian whether they be newly disabled or long-term disabled, as a very practical and useful resource, encouraging people to think about what might help or support them to improve their quality of life.

– Join us, drop in and pick up your **FREE** copy.

RSVP - Please let us know if you plan to join us or else just pop in.

Alternatively Download a copy from

www.forwardmid.org.uk

Eric, Margaret ☎ 0131 663 9471

✉ Eric.johnstone@mvacvs.org.uk

We will try to support you with transport if that is a problem – speak to us!

**MIDLOTHIAN
DISABLED
PEOPLE’S
DIRECTORY
2020**



Table of Content

Thistle Assistance	2
Accessible High Streets	3
Understanding a stroke?	4
Defibrillators	6
Location of defibrillators in Midlothian	7
Cafè Connect	8



A little extra help from A to B

Calling all travellers! Thistle Assistance has officially launched its brand-new look with a newly-designed Thistle Assistance card, app and website to help make travelling by public transport in Scotland more comfortable and accessible for everyone. The Thistle Assistance card and app is a confidential way of asking for a little extra time when using Public Transport.

Thistle Assistance is all about helping to relieve travel anxiety and encouraging people to feel confident when using different forms of public transport across Scotland. Anxiety UK found that 'the main causes reported of anxiety whilst travelling were the behaviour and attitudes of other people, and difficulties finding the way, including the fear of being lost'. The Thistle Assistance card and app seek to ease these feelings of anxiousness and get more people out and about.

Cabinet Secretary for Transport, Infrastructure and Connectivity Michael Matheson said: "I'm pleased we have been able to provide £30,000 to support SEStran in refreshing the Thistle Assistance brand."

"Thistle Assistance helps to deliver on the vision outlined in our Accessible Travel Framework, that every disabled person in Scotland can travel with the same freedom, choice, dignity and opportunity as other citizens."

"This was a priority area for us in our annual delivery plan to improve accessible travel and I'm sure that users right across Scotland will benefit from the additional features and information now available through Thistle Assistance."

Cllr. Gordon Edgar, Chair SEStran said:

"We are very proud at SEStran with the contribution that Thistle Assistance has made, improving accessibility to public transport across our region and nationally in Scotland. It is a great success story and this new investment will allow us to take Thistle Assistance to the next level in the years to come."

Members of the public who request a free Thistle Assistance card will receive an information leaflet with the card and icon stickers to place on the back of the card indicating what assistance they may need while travelling. The app follows the same format as the physical card and can be downloaded for free from all online app stores.

Research for the card and app brought to light people's experiences of travel and the obstacles they face. These included challenges for visually impaired travellers with wide and steep gaps between trains and platforms, as well as difficulty reading departure screens at bus and train stations. Thistle Assistance aims to improve the journey experience for those who require extra assistance as they travel around Scotland.

One card user commented, "I find the Thistle Assistance card is an easy way to ask for help without making a song and dance about it. It just discreetly informs a member of transport staff what I need, whether that's assistance getting off the train or letting me know when it's my stop. The card's always in my wallet now so it gives me peace of mind when I travel."

Thistle Assistance's brand-new website (www.thistleassistance.com) is complemented by dedicated social media pages to engage with and learn from people who use the card and app to

help make transport accessible to all.

Thistle Assistance is a key component of transport strategy in Scotland and delivers on the Scottish Government's ambition to have an inclusive and accessible transport system. SEStran and the six other Regional Transport Partnerships, Disability Equality Scotland, Transport Scotland and transport operators are all working towards this ambition.

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. All cards are reusable.

Available in Midlothian free from:

- Apps at www.thistleassistance.com/get-the-app/,
- Midlothian Council offices – Fairfield and Midlothian House, All Midlothian libraries, Rosewell Development Trust,
- Sheriffhall Park and Ride terminal,
- Midlothian Community Hospital,
- Health Centres at Pathhead and Penicuik,
- Midlothian Voluntary Action, 4-6 White Hart St, Dalkeith.

Accessible High Streets

Should bookies be accessible and should Forward Mid enable disabled people to access them ?

The answer to this has to be, yes – twice.

Bookies such as Ladbrokes on Dalkeith's South Street are accessible and offer a good example to other premises in and around Midlothian on how to ensure that access to the services Ladbrokes offer people are equally available to disabled people who use a wheelchair or who have mobility limitations.



And yes, Forward Mid needs to make sure that disabled people can easily find out if premises such as Ladbrokes are accessible to them through providing

information in ways which are relevant to them. It is not the function of Forward Mid to moralise on whether disabled people should place a bet at Ladbrokes or gamble in any other way. Our job is to empower through the provision of accurate information.

Forward Mid are at the start of a project which aims to provide disabled people in Midlothian with information which enables them to decide whether to visit Dalkeith's High Street to visit shops, banks, pharmacists, pubs and yes, even bookies to place a bet. We expect it to be a web-based information resource and possibly in print form.

While we are doing that it would be good for us to hear from disabled people across Midlothian as to which other town centres they would like information on in terms of accessibility, and even how best they would like to be able to get hold of and use that information.

Do send any ideas on how far and wide we should take this project to☎ 0131 663 9471

Understanding a stroke?

A stroke happens when the blood supply to part of the brain is interrupted. As a result brain cells receive less oxygen and nutrients they need.

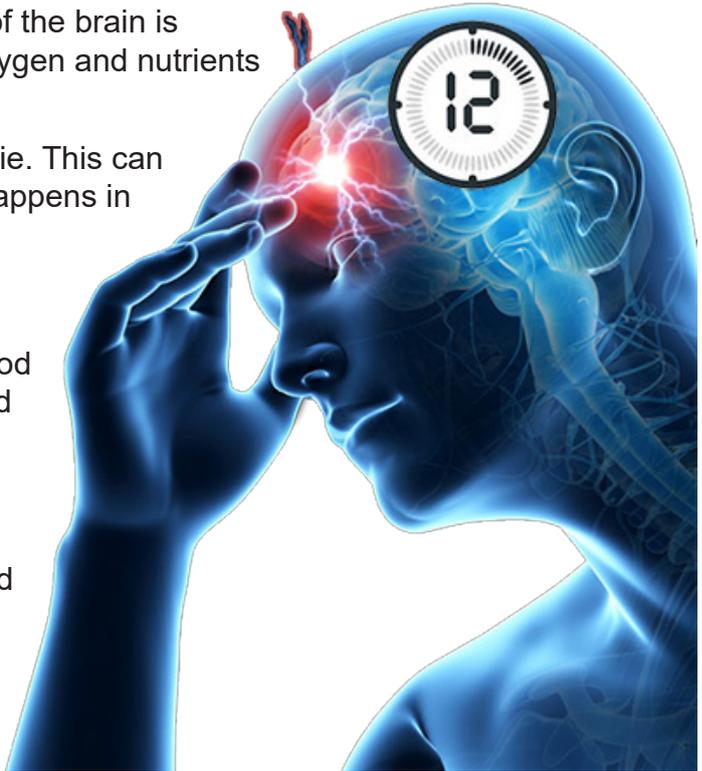
Some brain cells become damaged, and others die. This can cause numerous effects depending on where it happens in your brain.

Two types of stroke

ISCHAEMIC STROKE - this occurs when a blood clot blocks one of the arteries that circulates blood to the brain. About 85 in every 100 strokes are **ISCHAEMIC**.

HEMORRHAGIC STROKE - this occurs as a result of bleeding from a burst vessel, in or around the brain. About 15 in every 100 strokes are **HAEMORRHAGIC**.

A TRANSIENT ISCHAEMIC ATTACK (TIA) - is similar to a stroke but symptoms do not last longer than 24 hours.



A stroke constitutes a medical emergency. Urgent treatment is essential. The sooner a person receives treatment the better the outcome.

Signs and symptoms

- Sudden weakness or numbness, especially on one side of the body; face; arms or leg. Or a combination of all 3,
- Sudden blurred vision or loss of sight in an eye or both eyes,
- Sudden confusion, difficulty speaking or understanding,
- Sudden dizziness, loss of balance, lack of co-ordination,
- Sudden headache with no identified cause,
- Sudden change to facial expression or inability to smile.

Causes of a stroke

Intermittently the disruption of the blood supply to the brain can be due to humanistic causes, weakening of the blood vessels over time or a genetic condition.

Some factors can increase the risk of stroke:

- Smoking,
- Excessive Alcohol,
- Obesity,
- Too little exercise,
- Excess Food consumption.

Medical conditions that increase the risk of stroke:

- Diabetes,
- Elevated blood pressure,
- Atrial fibrillation,
- Elevated cholesterol.

Diagnosis of a stroke

A doctor or other healthcare professional may diagnose a stroke if the stroke symptoms (see above) come on quickly – usually over seconds or minutes, or are present on waking from sleep. If the symptoms are ongoing, or last more than 24 hours a brain scan – a CT scan using X Rays, or an MRI scan using magnetism – can always show whether there is a bleed (haemorrhagic stroke) and sometimes can explain an ischaemic stroke. Scans can also sometimes show whether the symptoms are due to another cause. However, a scan may be normal even if a patient has experienced an ischaemic stroke.

Depending what type of stroke it is **ISCHAEMIC** or **HAEMORRHAGIC**.

ISCHAEMIC strokes are managed with medication. There are various medications used to reduce the chance of blood clots forming to prevent future blockage of the brains blood flow. These include aspirin, clopidogrel, warfarin and apixaban. Other medications can be used to reduce blood pressure or cholesterol in the persons blood vessel.

HAEMORRHAGIC stroke can be managed with medication to lower blood pressures to reduce the risks of future blood vessel bursts.

Effects of a stroke

A stroke can lead to a number of long-term effects for example problems with speech, swallowing (dysphagia) one sided weakness (hemiparesis) or paralysis (hemiplegia). These, in turn, may cause difficulties with walking, talking, washing, dressing, and thinking.

Rehabilitation

There are many forms of rehabilitation depending on what effect the stroke as had on the body.

- In patient rehab
- Out patient rehab
- Community rehab

Having support from medical professionals and your family will produce a beneficial impact to resume your journey to recovery.

If you, or someone close to you, develops a sudden onset of stroke symptoms you should immediately ring ☎ 999. If the ambulance staff also think it is a stroke – they use the

FACE, ARM, SPEECH TEST

(FAST) – they will take you swiftly to the emergency department where you might be offered clot busting treatment to remove a blood clot. The earlier this is performed within the first few hours the better the chances of a significant recovery – Time is Brain!

If your symptoms are mild, or last only minutes you may be asked to see your GP. If they think you have suffered a mild stroke or TIA they can ring a specialist hotline. To get advice on immediate treatment and arrange a specialist clinic within 4 days.

The NHS Stroke/fast action recommend the following websites:

www.stroke4carers.org

selfhelp4stroke.org/

www.stroketraining.org

This section provided by Sheree Muir.



Defibrillators

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

A Defibrillator is a device that gives high energy electric shock 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 needed 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 given within 3 minutes of Cardiac arrest provides the best chance of survival, one minute farther clearly demonstrates a reduced chance of survival substantially.

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 normally 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. Therefore, you can request someone to collect it. By performing CPR and using a Defibrillator you'll give someone the best chance of survival.

If some is having a Cardiac arrest there are 4 critical steps.

1. Call 999,
2. Start CPR,
3. Ask if a Defibrillator is nearby,
4. 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 these prompts informing you what to perform.

How to use:-

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

Only 1 in 12 of people who experience a Cardiac Arrest will survive. There are currently around 3500 public access defibrillators (PAD's) in Scotland, it is hoped that public access defibrillators (PAD's) will help more people survive. For more information:-

St Johns Ambulance web site www.sja.org.uk/

British Heart Foundation web site www.bhf.org.uk/



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

Bonnyrigg

Bowling Club, King George the iv Park
EH19 2DA
Health Centre 109 High Street EH19 2DA
Primary School 1 Cockpen Road EH19 3HR
Broomieknow Golf Course, Golf Course Road
Bonnyrigg EH19 2HZ
Burnbrae Primary School 144 Burnbrae Road
EH19 3GB
Dalhousie Masonic Hall 75 High Street
Bonnyrigg EH19 2DB
Helen MacNeil Dentist 64 High Street EH19 2AB
Lasswade Centre 11 Hopefield Park EH19 2NE
Lasswade Primary School 7A pendreich Drive
EH19 2DU
Lasswade Rugby Club Rosewell Road
EH19 3PR
Midlothian Community Hospital 70 Eskbank
Road EH22 3ND
Polton Bowling Club, Polton Cottages EH18 1JT
Tesco Express, Rosewell Road EH19 3PA
The Arthritis Research Campaign 6 Polton Street
EH19 3HA

Dalkeith

Dalkeith Jobcentre 5 Buccleuch St, EH22 1HB
High School Cousland Road EH22 2PS
Miners Club 8 Woodburn Road EH22 2AT
Rugby Club Eskbank Road Dalkeith EH22 3BQ
Kings Park Primary School 20 Croft Street
EH22 3BA
Market Cross Veterinary Clinic Ltd 18 Edinburgh
Rd, EH22 1JZ
Mayfield Community Club Stone Place
EH22 5PG
McSence Communication 32 Sycamore
EH22 5TA
Melville Housing Association, the corn exchange
200 High Street EH22 1AZ
Midlothian Council 40-46 Buccleuch Street
EH22 1DN
Morrisons Eskbank Road EH22 3HQ
Newbattle Leisure Centre 1 Newbattle Way
Easthouses EH22 4DA
Newbattle Golf Club, Abbey Road EH22 3AD
Newbattle Medical Practice, Blackcot EH22 4AA
St Luke's Primary School Stone Avenue
EH22 5PB
Tesco Superstore, Bonnyrigg Road Hardengreen
EH22 3PP

The Coop 6 Mayfield Place Mayfield EH22 5JG
Woodburn Primary School Cousland Road
EH22 2PS

Gorebridge

Scotmid Co-op 114-116 Hunterfield Road
EH23 4TX
Stobsmill Inn 25 Powdermill Brae Birkenside
EH23 4TX

Lasswade

Dobbies Garden World Melville Nursery
Lasswade EH18 1AZ

Loanhead

Asda Straiton Superstore Pentland Road
EH20 9NY
IKEA Costkea Way EH20 9BY
Leisure Centre George Avenue EH20 9LA
Parish Church 126C The Loan EH20 9AJ
Pentland Plants Pentland Park EH20 9QG
The Link 5 Mayburn Walk, EH20 9HG

Newtongrange

21st Midlothian Scout Hall, EH22 4JE
Dean Tavern 80 Main Street, EH22 4NA
Lodge Newbattle St Mary 1063, 26 Newbattle
Rd, EH22 4RW
Newbattle Bowling Club Murderdean Rd,
EH22 4PD
Newbattle Police Station 17 Morris Road
EH22 4ST
Railway Station 23 Murderdean Rd EH22 4PE

Penicuik

Citizens Advice Bureau 14A John Street
EH26 8AB
Flotterstone Inn Milton Bridge EH26 0PP
Howgate Village hall Howgate EH26 0QF
High School 39A Carlops Road EH26 9TP
Miners club 165 John Street EH26 8AT

Rosewell

Rosewell Primary School 85 Carnethie Street
Rosewell EH24 9AN

Temple Village

Village Hall Temple Village EH23 4SG

Dates for your diary

Cafè Connect

Peer Support Cafe

Share your experiences, your successes, your difficulties and your solutions in a friendly relaxed and supportive atmosphere. Or you can just sit back, settle down and enjoy the conversation, the Tea, Coffee and Cakes (All Free).

28th January 2020,

25th February 2020,

24th March 2020,

28th April 2020,

26th May 2020,

30th June 2020,

25th August 2020,

29th September 2020,

27th October 2020,

24th November 2020,

Dalkeith Peoples Welfare Hall,

27 St. Andrew Street,

Dalkeith, EH22 1AR.

For more information

Contact Eric or Margaret

☎ 0131 663 9471



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 email 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 **Reader** 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