

# Midlothian Disabled People's Directory

# 2019



# We'd like to thank the following...



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2<sup>nd</sup> Edition, 2019

# Foreword

20 years ago this year I found myself in intensive care in an Edinburgh hospital. An undetected tumour had haemorrhaged leaving me paralysed from the shoulders down. Not only did this dramatically change my life, physically and mentally, it also opened my eyes to the extraordinary challenges that disabled people, and their families, face every day.

Perhaps the greatest challenge was getting hold of the information needed to allow me, newly disabled, to participate fully in society. What support is available, who to contact for advice and help to get this support? Who could help me navigate my way through the fiendishly complex benefits system? I assumed I would be eligible for a blue badge, how do I get one? what other assistance is there? Where is all this information?

There is an old adage that says **'Information is power.'** This is certainly true for disabled people. 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 the same questions I had 20 years ago as well as solutions to the everyday problems which still seem part of the territory for disabled people. Still, there is another saying **'what doesn't kill you makes you stronger'**. This directory has 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. I would have preferred a Forward Mid Directory then and settled for being a wee bit less strong.

I sincerely hope you find this booklet useful.

**Jeff Adamson - Chair, Forward Mid**



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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.

# Advocacy

Individual Advocacy is about helping people to speak up for themselves or speaking on their behalf, with their permission. Collective Advocacy is about helping groups speak up about issues that concern them.

## Advocacy Providers working in Midlothian:

**EARS Midlothian** provides independent Advocacy to adults who have a physical disability and/or an Acquired Brain Injury (ABI) who feel that they would benefit from the support of independent advocacy.

☎ 0131 478 8866

Website: [www.ears-advocacy.org.uk](http://www.ears-advocacy.org.uk)

**Partners in Advocacy** provides short-term and collective advocacy to adults with learning disabilities and children 0-8 with physical disabilities in the Midlothian area.

☎ 0131-478-7724

Website: [www.partnersinadvocacy.org.uk](http://www.partnersinadvocacy.org.uk)

**People First (Scotland)** is an organisation run by and for people with learning difficulties to raise awareness of the campaign for the rights of people with learning difficulties and to support Self-Advocacy groups across Midlothian.

☎ 0131 478 7707

Website: [peoplefirstltd.com](http://peoplefirstltd.com)

**The Consultation & Advocacy Promotion Service (CAPS )** are 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, to find a stronger voice, to get their point across, and influence decisions which affect their lives.

☎ 0131-538-7177 Website: [capsadvocacy.org/](http://capsadvocacy.org/)

E-mail: [contact@capsadvocacy.org](mailto:contact@capsadvocacy.org)



# Benefits

## Personal Independence Payment (PIP)



## Personal Independence Payment

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

PIP has replaced Disability Living Allowance for working age adults (16 to 64). DLA for children isn't changing but they need to claim PIP when they reach 16. DLA for those over 65 isn't affected.

Current DLA claims for working age adults began a natural assessment to transfer to PIP in some areas from 28 October 2013. There will be a gradual national extension of areas. However, the majority of existing DLA claims with a lifetime or indefinite award will not move across until after October 2015.

PIP will help towards some of the extra costs arising from a long-term condition. (Ill health or disability expected to last 12 months or longer.)

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

Claims to PIP are started over the phone to gather basic information. You can ask someone to help with the call but you must be present during the call to help answer security questions. A form will then be sent out for more information about how your health condition or disability affects you.

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 PIP – daily living and mobility needs. Each component can be paid at a standard or enhanced rate. At April 2018 the weekly rates are –

**Daily Living: Standard - £57.30**

**Daily Living: Enhanced - £85.60**

**Mobility: Standard - £22.65**

**Mobility: Enhanced - £59.75**

More information on PIP can be found at Personal Independence Payment (PIP) on the gov.uk web site. The telephone number to make a new claim is  0800 917 2222.

## **Employment and Support Allowance (ESA)**

ESA is an allowance for people claiming benefit on the grounds of incapacity. It is an integrated contribution based and income related allowance. It can lead to intensive work focussed support based on Work Programme or Jobcentre Plus offer provision. Contribution based ESA is payable if you have paid or been credited with enough class 1 or class 2 National Insurance contributions in the relevant tax year.

Income related ESA is payable if you do not have enough money coming in. You can claim income related ESA for:- you and your partner; some housing costs and special needs. For example, if you or a member of your family have a disability.

ESA does not include money for children or qualifying young persons. You can claim Child Tax Credit.

A claim to ESA will involve a Work Capability Assessment. There can be 2 parts to this assessment. Initially you will be asked to fill in and return form ESA50. This form asks for details of medical professional support you have, medications you are prescribed and how your health affects you on a daily basis. This is usually followed by a face to face medical assessment. If you don't fill in and return the form or take part in the medical assessment, your benefit could be stopped. Everyone must go through the Work Capability Assessment although not everyone will be medically examined.

The Work Capability Assessment will determine whether you have Limited Capability for Work and determine whether you should be placed in the Work Related Activity Group or the Support Group. If placed in the Work Related Activity Group you will be required to take part in work focussed interviews and undertake Work Related Activity. This interview will initially take place in your local jobcentre and will involve a discussion on ways to return to work. This could include volunteering, Permitted Work, C.V. Preparation and Interview Techniques, information on local support or a referral to the Work Programme.

If placed in the Support Group you are not required to take part in interviews or undertake Work Related Activity. However you can voluntarily access support to return to work.

You cannot be eligible for ESA if you have reached state pension age.

ESA is paid at an assessment rate for the first 13 weeks or until after the initial Work Capability Assessment. You will then be

moved on to the Main Phase and an additional component is paid. The Work Related Activity Component is paid in return for participating in work related interviews and agreeing an Action Plan. People who receive the Support Component are not required to have Work-Focussed Interviews or undertake Work Related Activity but can volunteer.

Special rules apply to people who are terminally ill (have a progressive disease and are not expected to live for more than another 6 months). ESA customers will automatically be placed in the Support Group. Terminally ill customers should also apply for DLA as soon as possible.

To claim ESA you can phone 📞 0800 055 6688. If you are unable to use the telephone or need additional help to make a claim please contact the Jobcentre to make an appointment. If you have speech or hearing difficulties you can contact us by using textphone 📠 0800 023 48 88.



# The Blue Badge Scheme

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. The holder of a Blue Badge is permitted to park in areas normally subject to restrictions and benefits those who are unable to walk great distances.

Brand new applicants for a Blue Badge can apply either online or by paper application form [BB 001]. If you use the printed form, you can send the completed form [with one colour passport-style photo with your name printed on the back] along with the supporting documents and £20 fee [except for those completing Section 3 payment is taken later] direct to the Travel Permits and Passes Team at Midlothian House.



The fee can be paid by cheque or postal order if sent with your completed form by post to the Travel Permits and Passes Team. The fee can be paid by cash, cheque, postal order or credit/debit card if you personally hand in the form at the counter at Buccleuch House in Dalkeith. You can apply and pay by credit card at Newbattle Library, 1 Newbattle Way, Easthouses, Dalkeith, EH22 4SX. Cheques must be made payable to "Midlothian Council".

Online application is done via [www.mygov.scot/apply-blue-badge](http://www.mygov.scot/apply-blue-badge). You will be able to enter personal details, answer an array of questions and arrange payment by credit/debit card. However, there is no facility to scan and store all the documents the Council needs to see, and at the conclusion of the online process, the system will create a list of items that you will need to take to the Council at either Buccleuch House, Dalkeith or Newbattle Library.

For Blue Badge Renewals [after an existing Blue Badge expires] use the white form BB 002. Please do not attempt to use the online screen for anything other than brand new applications as this will result in delays in processing your request. Remembering to renew a Blue Badge is the badge holder's responsibility – A reminder letter is no longer sent out by the Midlothian Travel Permits and Passes Team. However if you have a valid Email or Mobile phone number we can send a email or text to remind you.

For Blue Badge replacements [for lost, stolen or damaged cards] use the pink form BB 005. If the Blue Badge has been lost or stolen, this fact must be reported to Police Scotland. Contact a local police station or Phone ☎ 112. You will be required to make a statement. The Police will give you a reference number to be quoted on BB 005 form. The Blue Badge is a legal document. Should it reappear you must inform the police, do not use the rediscovered Blue Badge is it in longer valid. If your Blue Badge has been damaged badge it **must** be handed in with the BB 005 form.

If you move address, then there is a form for that too! You need a green "Change or Circumstances" form [CC 001]. Use this to advise any changes in your personal details, from a change of address, to a change of name [getting married or divorced, for example]. Please use this form as soon as the circumstances change – do not wait until you need a Blue Badge renewal, for instance, before sending in the "Change of Circumstances" form. Complete and return your form and the Travel Permits and Passes Team will update records for your Blue Badge, Bus Pass, Taxicard and Ring & Go.



**ALL APPLICANTS COMPLETE SECTIONS 1 AND 7 ON THE FORM.** Applicants will be automatically eligible for a Blue Badge if they can produce appropriate documentation dated within the previous 12 months. Complete sections 1, 2 and 7 if any of the

following apply.

1. Registered blind
2. High Rate of Mobility Component of Disability Living Allowance [DLA]
3. Personal Independence Payment [PIP] 8, 10 or 12 points in the “Moving Around” category
4. PIP – 12 points in the “Planning and Following Journeys” category
5. War Pensioner’s Mobility Supplement
6. Armed Forces and Reserve Forces Compensation Scheme Tariffs 1-8
7. Special arrangements for those in transition from DLA to PIP

Applicants should bring the original documents with their form if handing them in personally at Buccleuch House or Newbattle Library. Original documents will be handed back to you after being checked by staff. Arrange for a certified photocopy of the documentation if you are posting the application form directly to the Travel Permits and Passes Team at Midlothian House as originals sent by post will not be returned.

For those with a disability in both arms who have difficulty using parking meters or pay machines, please complete sections 1, 4 and 7.

For parents or guardians of applicants under the age of three who have a specific condition as detailed in the form, please complete sections 1, 5 and 7.

Further assessment will be needed for all applicants who do not fall within one of the above categories. Please complete sections 1, 3 and 7.

Circumstances covered by Section 3 “Subject to Further Assessment” include

- If you have a temporary mobility impairment which makes it impossible or unreasonably difficult for you to walk and which is likely to last for a period of at least 12 months
- If you have been supplied with a wheelchair by the NHS

from the Astley Ainslie Hospital

- If your disability is substantial and means you are unable to walk or you experience considerable difficulty in walking.
- If you cannot walk far without severe discomfort, stopping or receiving support from another person.

Applicants completing Section 3 may be invited to an “Independent Mobility Assessment” with a medical professional appointed by the Council. Assessments do not involve any physical examination. The applicant can take a spouse or companion with them for support.

All assessments in Midlothian take place at Bonnyrigg Health Centre. You will receive a letter from the Travel Permits and Passes Team giving you a date and time to attend the assessment. If you cannot make the appointment, please let the Travel Permits and Passes Team know as soon as possible as they may be able to offer your time slot to someone else. A couple of assessment sessions are held each month and most Section 3 applicants are seen within four to six weeks although certain times of the year see a higher demand.

The Medical Professional will decide to accept or reject the application. You will be notified of the result by the Travel Permits and Passes Team by email, phone or letter. If your application is accepted, you will need to make arrangements to pay the £20 Blue Badge fee. If the application is rejected, you will be advised of the appeal procedure if you are unhappy with the outcome.

Extension of the Blue Badge scheme to include those with a Mental Disorder or Cognitive Impairment. By the Scottish Government in 2016. Use the separate form for this Blue Badge, forms BB 003 these are available at all Midlothian libraries, main Council offices, health centres at Pathhead and Penicuik, the Midlothian Community Hospital and the Rosewell Development Trust.

Assistance in filling out the Blue Badge scheme forms can be obtained from Citizens Advice Bureau see [Citizens Advice entry](#)



# British Red Cross

The British Red Cross in Dalkeith has a wealth of resources to offer people living in Midlothian.

## Neighbourhood Links British Red Cross

The Neighbourhood Links Project provides advice, support, information and practical support to Midlothian residents aged 50+ with long-term medical conditions.

We can assist for example with:-

- + Benefits for example attendance allowance,
- + Housing applications,
- + Blue badge, Dial A Ride applications,
- + Assess for adaptations for your home and make the necessary referrals,
- + Falls Assessment.

Neighbourhood Links Buddy Service – We can provide a buddie for a short term period to assist people with a walking programme after a stroke, help with shopping after coming out of hospital, confidence building. We also link with a number of agencies who can provide a longer term service.

To speak to one of the Neighbourhood Links Coordinators please call the Dalkeith office on ☎ 0131 654 0340

## Local Area Coordination (Community Coordinators)

The LAC Project works with people ages 50+ with long-term conditions who are socially isolated. The project helps people to stay well connected in Midlothian and to be a part of their local community. We can recommend and organise local activities, introduce and refer into groups, look at local transport options and signpost people to get the relevant information they

need within the local community. The project also provides a Community Calendar for activities for older people in Midlothian. The Community Coordinators also work with groups to help build capacity, provide information on relevant funding, and to ensure that groups are sustainable and accessible with the community.

To get in contact with the Community Coordinators please call the Dalkeith office on ☎ 0131 654 0340

## **Mobility Aids**

The medical loans service helps people return to their own homes after illness or surgery, enables them to go on holiday with friends or family, and promotes independence. This service is donation based and volunteer led. Equipment can be borrowed initially for up to 6 weeks.

Equipment provided includes:

- + Wheelchairs
- + Commodes

Mobility Aids can be contacted on ☎ 0131 660 9372 and are open on:

Tuesday Noon - 14:00 hrs,  
Wednesday 10:00 -Noon,  
Friday 10:00 - Noon.



## Café Connect

A community Cafe in Dalkeith. It is a monthly get together for physically disabled people, Carers and people with disabled friends.

In fact, Café Connect is for anyone looking for a cup of tea or coffee.



**FORWARD**  
**MIDLOTHIAN**  
**DISABLED PEOPLE**

Last Tuesday of the month  
2 P.M. - 4 P.M.  
Dalkeith Old

People's Welfare,  
**Saint Andrew Street,**  
**Dalkeith, Midlothian.**

## FORWARD MID

FORWARD MID is an active Vibrant and Purposeful group of people whose aim is to improve the lives of Physically disabled people in Midlothian at home, at work and in the community.

For further details please contact Eric Johnstone

☎ 0131 663 9471



*Equality - Diversity - Inclusion*

[www.forwardmid.org.uk](http://www.forwardmid.org.uk)



# Can Do

## Can Do

Can Do is a project run by Leonard Cheshire Disability, which enables people aged 16-35 who have a disability, mental health issue or long-term health condition to get involved in community volunteering. Can Do caters for all interests and abilities and can create bespoke projects for a one-off event or on a longer term basis. Volunteering will build your confidence and skills, and allow you meet new people and try new experiences in a fully supported environment while benefiting other groups of society. It is free to participate. Go on, you Can Do it!

### What's in it for you?

- Learn and develop new skills,
- Build self-confidence and independence,
- Meet new people and make new friends,
- Raise awareness on issues that are important to you.

For information on opportunities contact:-  
Louise Muir, Can Do Programme Coordinator for Lothian at

 [louise.muir@leonardcheshire.org](mailto:louise.muir@leonardcheshire.org)

 07525 800 289

[www.leonardcheshire.org/cando](http://www.leonardcheshire.org/cando)



# Cinema Exhibitors' Card

The Cinema Exhibitors' Association Card. This is a national card that can be used to verify that the holder is entitled to one free ticket for a person accompanying them to the cinema. Terms and conditions of use apply.

To apply for the card, you will need to meet one or more of the following criteria:

- a) Be in receipt of Personal Independence Payment, or Armed Forces Independence Payment.
- b) Be a registered blind person.

The card is valid for 1 year from the date of issue for cards issued since March 2009.

Application forms are available from cinemas across the UK supporting this card. They are also available on the Internet at [www.ceacard.co.uk/](http://www.ceacard.co.uk/) and follow the link to apply. A processing fee of £6.00 is chargeable per card. Proof of eligibility. A Passport size photograph. This is to be sent electronically.

If you have any difficulty, please contact us at the address below:

The Card Network,  
Network House,  
St Ives Way,  
Sandycroft,  
CH5 2QS.

Email:  [info@ceacard.co.uk](mailto:info@ceacard.co.uk)

 01244 526 016



**the cinema exhibitors'  
association limited**

## **Cinemas participating in this scheme are;**

### **Cineworld Edinburgh**

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

 0330 333 4444

[www.cineworld.co.uk](http://www.cineworld.co.uk)



## Dominion Cinema

18 Newbattle terrace,  
Edinburgh, EH10 4RT.

☎ 0131 447 4771

[www.dominioncinema.co.uk/](http://www.dominioncinema.co.uk/)



## Filmhouse

88 Lothian Road,  
Edinburgh, EH3 6PD.

☎ 0131 228 2688

[www.filmhousecinema.com](http://www.filmhousecinema.com)



## Odeon Edinburgh

120 Wester Hailes Road,  
Westside Plaza, Edinburgh, EH14 3HR.

118 Lothian Road,  
Edinburgh, EH3 8BG.

Edinburgh Fort Kinnaird  
Newcraighall, Edinburgh, EH15 3RD

☎ 0800 138 3315 Accessibility Helpline

[www.odeon.co.uk](http://www.odeon.co.uk)



## Vue Cinemas

Ocean Terminal.

Ocean Drive, Edinburgh, EH6 6JJ.

Omni Centre,

Omni, Greenside, Edinburgh, EH1 3AT.

Livingstone

McArthur Glen Designer Outlet,  
Almondvale Avenue, Livingstone, EH54 6QX.

☎ 0345 308 4620 Accessibility Helpline

[www.myvue.com](http://www.myvue.com)



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.



# Citizens Advice Bureau

Dalkeith & District Citizens Advice Bureau

8 Buccleuch Street, DALKEITH, Midlothian, EH22 1HA.

☎ 0131 660 1636

Penicuik & District Citizens Advice Bureau

14a John Street, Penicuik EH26 8AB.

☎ 01968 675 259

## 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



Both CABx Dalkeith & Penicuik CAB are registered charities, Both receive core funding from Midlothian Council to provide a service primarily for residents of Midlothian.

Dalkeith CAB operates a drop-in session (no appointment necessary) on Monday, Tuesday & Thursday mornings (10.00-12.30 hrs) with appointment slots available on Tuesday, Wednesday & Thursday afternoons and Wednesday and Friday mornings.

(appointments for benefit related issues only on Friday mornings)

Penicuik CAB is level access and suitable for all users.

Dalkeith CAB has steps into the building (**not wheelchair accessible**) Dalkeith CAB main office Citizens Advice Bureau also run the following outreach clinics:

## **Dalkeith CAB Outreach Clinics:**

Gorebridge Library: Thursday 10.00 -13.00 hrs, drop-in clinic,  
No appointment necessary.

Danderhall Library: Tuesday, 10.00-12.00 hrs, drop in clinic,  
No appointment necessary.

Newbyres Medical Centre, Gorebridge: Wednesday, 9.30 – 12.00  
hrs, by appointment - for registered patients only.

The Orchard Centre, Bonnyrigg: Tuesday, 13.30 – 15.30 hrs, by  
appointment – for service users only.

## **If you live in, or near, Loanhead, you can access drop-in clinics run by Penicuik CAB at:**

Loanhead Library: Monday 10.00 -13.00 hrs,  
no appointment necessary.

Loanhead Miners Welfare: Wednesday 10.00 – 13.00 hrs,  
no appointment necessary.

## **Home visits for Physically Disabled**

We also offer a home visiting service for people with a physical  
disability 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 ☎ 0808 800 9060 or

On-line at:

[www.adviceguide.org.uk/scotland](http://www.adviceguide.org.uk/scotland)

Consumer advice can be obtained from the  
Citizens Advice Consumer Helpline

☎ 0345 04 05 06



# Community Health Clinics in Midlothian

This is a list of clinics and services hosted by the NHS in Midlothian. Access to many of these services is by referral from a health practitioner. Midlothian Health and Social Care Partnership tries to encourage services to hold clinics in Midlothian which meet a local need or would otherwise be difficult for people to get to.

For example, hearing aid batteries are now available from Midlothian Community Hospital and health centres in Penicuik. Hearing aid batteries also available from all Midlothian Libraries including the Mobile service.

For more information contact Sandra –  0131 271 3766  
Email:  [Sandra.Bagnall@nhslothian.scot.nhs.uk](mailto:Sandra.Bagnall@nhslothian.scot.nhs.uk)

<b>Community Health Clinics in Midlothian</b>
<b>Midlothian Community Hospital</b>
Adult health services
Audiology Repairs
Aortic Aneurysm Screening
Diabetic Eye Screening (Retinopathy)
Hearing Aid Batteries - collection point for replacement batteries
Heart Failure Nurse
Lymphoedema (fluid on limbs)
Pain Management Clinic
Respiratory Clinic
Stoma Clinic
Ultrasound
X-ray Services
Child Health
Child and Adolescent Mental Health(CAMHS)

<b>Community Health Clinics in Midlothian</b>
Child Audiology
Child Dieticians
Child Eye Clinic
Child Health Clinics (Paediatrician)
Child Orthotics
Child Physiotherapy
Child Urology
Therapies and Health Improvement
Community Health Inequalities Team nurses
Dietitians
Healthy Living Group
Lifestyle Management Group
Marie Curie Drop In
Pace Exercise Classes
Pulmonary Rehabilitation Classes
Speech and Language Therapy
Weight Management
Mental Health and Wellbeing
Cruse Bereavement Counselling
Dementia Service Memory Clinic
Eating Disorder Clinic
Joint Mental Health Team clinics (psychology, adult psychiatry, community psychiatric nurses)
Midlothian Wellbeing Access Point
Old Age Psychiatry
Smoking, Alcohol and Drug Use
Alcoholics Anonymous
Stop Smoking Service

<b>Community Health Clinics in Midlothian</b>	
<b>Bonnyrigg Health Centre</b>	
Baby Massage	
Child and Adolescent Mental Health (CAMHS)	
Child Health Clinics (Paediatrician)	
Child Orthotics	
Cruse Bereavement Counselling	
Dementia Service	
Diabetic Eye Screening (Retinopathy)	
Dieticians	
Edinburgh and the Lothian Council on Alcohol (ELCA)	
Health in Mind – Guided self-management	
Mid and East Lothian Drugs (MELD)	
Midlothian Community Physical Rehabilitation Team (MCPRT)	
Midwife	
MYPAS	
Nurse Counsellor	
Orthoptic Clinic	
Parentcraft Group	
PEEP Group	
Physiotherapy	
Podiatry Clinic	
Podiatry – Health Education	
Speech and Language Therapy	
Stop Smoking Service	
<b>Dalkeith Health Centre</b>	
Baby Massage	
Child and Adolescent Mental Health (CAMHS)	
Child Audiology	

<b>Community Health Clinics in Midlothian</b>
Child Health Clinics (Paediatrician)
Couple Counselling – Bright Lights
Diabetic Eye Screening (Retinopathy)
Dietitians
Edinburgh and Lothian Council on Alcohol (ELCA)
Health in Mind – Guided Self-Management
Midwife - Parenthood Class
MYPAS
Nurse Counsellor
Obstetrician Clinic
Physiotherapy
Podiatry
Sleep Clinic
Speech and Language Therapy
Stop Smoking Service
Weaning group
Hearing Aid Maintenance Clinic at Dalkeith Library, first Wednesday of every month, 10:30 am -11:30 am
<b>Newbattle Medical Centre</b>
Child and Adolescent Mental Health
Child Health Clinics
Department of Clinical Neuroscience
Diabetic Eye Screening (Retinopathy)
Dietitians
Joint Mental Health Team Clinics
Mental Health Nurse Therapists
Midwife
Physiotherapy
Podiatry

<b>Community Health Clinics in Midlothian</b>
Speech and Language Therapy
Stop Smoking Service
<b>Penicuik Health Centre</b>
Cruse Bereavement Counselling
Edinburgh and Lothian Council on Alcohol (ELCA)
Hearing Aid Batteries - collection point for replacement batteries
Mid and East Lothian Drugs (MELD)
Midwife
MYPAS Counselling (Ad Hoc)
Physiotherapy
Podiatry
Speech and Language Therapy
<b>Eastfield Medical Centre</b>
Citizens advice
Child and Adolescent Mental Health (CAMHS)
Child Health Clinics
Diabetic Eye Screening (Retinopathy)
Gateway to Recovery Team (Substance use)
Health in Mind – Guided Self-management
Hearing Aid Batteries - collection point for replacement batteries
Joint Mental Health Team Clinics
Nurse Counsellor
Midlothian Wellbeing Access Point
Midwife
MYPAS
Old Age Psychiatry
PEEPS Group
Smoking Cessation
VOCAL



# Connecting Information

## Euans Guide

People get great pleasure and sharing both good and bad information Euans Guide allows disabled people to share experiences. if you have disabled access review you wish to share [www.euansguide.com](http://www.euansguide.com) your experience information does not need corroborated.



## contactSCOTLAND

Acquired Hearing loss is something that can happen to people at any age, a resource for people with hearing loss is available with British Sign Language contactSCOTLAND [contactscotland-bsl.org/](http://contactscotland-bsl.org/)



## Bright Sparks

Bright Sparks Play Groups for children with additional support need in Midlothian based in Bonnyrigg, they support children from birth to 25 years with pre-school play groups, out of school clubs, school holiday club, sibling groups and lunch and play clubs.

[www.brightsparkspg.com/](http://www.brightsparkspg.com/)

 [:twitter.com/brightsparks\\_pg](https://twitter.com/brightsparks_pg)





including evidence of the difference made in the lives of the people Cyrenians support. Cyrenians have adopted a way of working that includes, in particular, training in the interpersonal elements of building 1:1 relationships. Cyrenians Key Work can be defined by:

**Cyrenians, attitude:** Cyrenians treat people with the respect of equals (adult to adult). Cyrenians respond to the whole person rather than just the evident problems.

**Cyrenians, style:** Cyrenians work with people, preferring where possible to work 'at the shoulder' rather than from the other side of a desk. Cyrenians want to create independence, not dependency.

**Cyrenians, practice:** Cyrenians are flexible, tolerant and understanding. Cyrenians are tenacious in the offer of help and, if Cyrenians can't help; Cyrenians will guide people to those who can.

Working predominantly in Edinburgh, Lothians, Falkirk, Borders, Stirling but also with Scotland-wide services, Cyrenians work is organised around four targeted areas of service:

- Family and People,
- Home and Housing,
- Work and Skills,
- Community and Food.

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

## Contact Cyrenians

57 Albion Road,  
Edinburgh,  
EH7 5QY.

☎ 0131 475 2354 or Fax: 📠 0131 475 2355

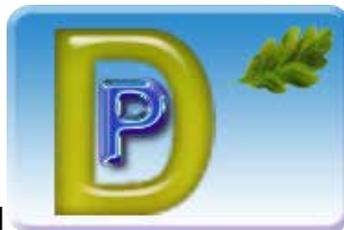
Email: ✉ [admin@cyrenians.scot](mailto:admin@cyrenians.scot)



# Direct Payments

## What is a Direct Payment?

**Direct Payments** are one of the options you have with Self-Directed Support which is now the way that all social care services are delivered. See Self-Directed support page.



If Midlothian Council decides that you need community care or children's services they can give you money so that you can arrange and buy the services yourself. These are called Direct Payments. It allows you to find the care that is right for you. Information at [www.midlothian.gov.uk/info/1350/getting\\_care\\_and\\_support/197/help\\_at\\_home](http://www.midlothian.gov.uk/info/1350/getting_care_and_support/197/help_at_home)

Direct Payments can give you more control and choice over the decisions that affect your life. You have the choice of either purchasing the services from an agency, by employing one or more personal assistants or a combination of both.

## Assessment

A social work assessment is necessary to establish what you need, your eligibility and the amount of Direct Payment required.

The needs assessment process will be the same regardless of whether you are assessed as likely to receive services or direct payments.

If you are assessed as needing a service your social worker, occupational therapist or social work assistant can provide advice and information about the scheme. For more information about finding the correct choice to suit your needs please visit [careinfoscotland.scot/](http://careinfoscotland.scot/)

Lothian Centre for Inclusive Living, a local user controlled organisation can help people with all aspects of Direct Payments Support [www.lothiancil.org.uk/](http://www.lothiancil.org.uk/)



# 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:**

We provide 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.

Contact Details:

 0300 323 9961

Website: [www.disabilityscot.org.uk/](http://www.disabilityscot.org.uk/)

Email:  [info@disabilityscot.org.uk](mailto:info@disabilityscot.org.uk)

Post: Disability Information Scotland, 2nd Floor, 5 Rose Street, Edinburgh, EH2 2PR.



# Disabled Living Foundation

The Disabled Living Foundation (DLF) is the UK's leading source of expert 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 – all of which can help an individual remain independent in their home for longer, and provide the carer with peace of mind.

Whether you're finding certain tasks a bit more difficult as you get older, you have a disability yourself, or you know someone in this situation, DLF can help.

With a huge range of equipment available, sometimes it can be hard 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 provides the answers to all these questions. Our 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 our 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/](http://www.livingmadeeasy.org.uk/) - a free comprehensive database listing over 10,000 daily living aids from 1,000 suppliers
- [asksara.dlf.org.uk](http://asksara.dlf.org.uk) – a free online self-help guide providing expert advice and information in a free, personalised report
- [www.dlf.org.uk/content/full-list-factsheets](http://www.dlf.org.uk/content/full-list-factsheets) - DLF's factsheets are available on Living Made Easy – the full list can also be accessed here

If you need any further assistance or advice about daily living aids, our Helpline is open 10am-4pm, Monday to Friday. ☎ 0300 999 0004.  
Calls will be charged at local rate.  
Email: [info@dlf.org.uk](mailto:info@dlf.org.uk)



*DLF is part of Shaw Trust*



# Do I need to see a GP?

Where should I go if I am ill?

There are many services that can help you if you are ill – this information will help to point you in the right direction.

## 1. Self-Care

The most important type of care is self care. Self-care is about looking after ourselves so that we stay healthy. It's also about taking care of ourselves when we are ill. Before asking for an NHS appointment, why not think about how you can help yourself? You might find the following websites and phone numbers useful:

- NHS Inform: [www.nhsinform.scot](http://www.nhsinform.scot) or ☎ 0800 224 488  
Information about healthy living, illnesses or health conditions, injuries, how to look after yourself and when to seek advice,
- NHS24 helpline: ☎ 111 Advice, 24 hours a day, on health problems,
- Treat yourself better: [www.treatyourselfbetter.co.uk/](http://www.treatyourselfbetter.co.uk/)  
Advice on what to do if you have cold or flu symptoms,
- Self Care Forum: [www.selfcareforum.org/resources/patient-portal](http://www.selfcareforum.org/resources/patient-portal) Includes fact sheets about looking after yourself when you are ill.

## 2. Healthy living

For advice on healthy eating, exercise and stopping smoking:

- [www.nhsinform.scot/healthy-living](http://www.nhsinform.scot/healthy-living)
- For help to stop smoking, ask your pharmacist or contact: Midlothian Stop Smoking Service: ☎ 0131 537 9914
- If you are interested in exercise and being more active visit: [www.activemidlothian.org.uk](http://www.activemidlothian.org.uk)
- If you are over 50 and want to be more active: Ageing well – for people aged 50+: ☎ 0131 561 6506
- For information about local activities and support to get out and about: British Red Cross Community Co-ordinators: ☎ 0131 654 0340

### **3. Common illnesses or advice on medicines**

Community pharmacist

Your community pharmacist can give you advice or treatment for many minor illnesses such as:

Acne, Athlete's Foot, Backache, Cold Sore, Conjunctivitis, Constipation, Cough, Diarrhoea, Dry Eyes, Earache and Ear Wax Eczema and Allergies, Emergency Contraception, Fungal Nails Infection, Haemorrhoids (Piles), Hayfever, Headache, Indigestion, Itch, Mouth Ulcers, Nasal Congestion, Pain, Period Pain, Sinusitis, Sore Throat, Thrush, Threadworms, Warts and Verrucae.

Ask your pharmacist or go online to

[www.npa.co.uk](http://www.npa.co.uk) or [www.communitypharmacyscotland.org.uk/](http://www.communitypharmacyscotland.org.uk/)

#### **NHS Minor Ailment Service**

If you are over 65, under 16, or receive certain benefits, you can use the NHS Minor Ailment Service. This means you can receive advice and free treatment from your community pharmacist for minor illnesses and conditions. See page **100** for more information.

#### **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, urine and ear infections, as well as skin conditions. Many can prescribe medications and arrange investigations. It is often quicker to get an appointment with the Practice Nurse than a GP. Ask your GP practice receptionist for advice on whether the nurse might be able to deal with your

problem.

#### 4. 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:

- [services/nhslothian.scot.nhs.uk/dentists](https://services/nhslothian.scot.nhs.uk/dentists)  
or 📞 0131 537 8444
- If you don't have a dentist and need urgent treatment, you can go to a walk-in centre in Edinburgh: 📞 0131 536 4800 for more information.

#### 5. Muscle and Joint Problems

You can contact the physiotherapy service directly for muscle and joint problems such as back, neck, hip or knee pain. They can give advice and an appointment if necessary. 📞 0800 917 9390 or go to [www.nhsinform.scot](http://www.nhsinform.scot) and use the search function.

#### 6. Foot Problems

If you have a foot problem you can go to [www.nhsinform.scot](http://www.nhsinform.scot) and search for the section on foot problems, Or, if you think you need an appointment with a Podiatrist, you can refer yourself - ask for a referral form at your GP practice.

#### 7. 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.whenshouldiworry.com](http://www.whenshouldiworry.com)

#### 8. Eye problems

For problems like red eyes, painful eyes and visual problems such as floaters, cataracts and other changes in your vision, you can make an appointment at any **high street optician**. Opticians are trained to recognise common eye problems. They can also provide treatment or refer you to specialist services if needed. You can also get advice at <https://patient.info/eye-care>

## 9. Hearing problems

Many high street opticians also offer hearing tests and help with existing hearing aids. For NHS Audiology Services, see your own GP first. They will do a basic assessment and refer you on if required.

## 10. Carers

If you care for a family member, partner or friend and would like some advice, information or support contact VOCAL Midlothian:

- ☎ 0131 663 6869 or go to [www.vocal.org.uk](http://www.vocal.org.uk)
- VOCAL Midlothian run a Wee Breaks service which can help you plan and get funding for a break from caring: ☎ 0131 271 3707 or [weebreak.org](http://weebreak.org)

## 11. Social work support

For example, if you need a carer or help with mobility, contact:

- **Adult Social Work** ☎ 0131 271 3900
- **Children and Families Social Work** ☎ 0131 271 3413

## 12. Depression, anxiety and mental wellbeing

- Midspace: [www.midspace.co.uk](http://www.midspace.co.uk) Provides an overview of all local mental health services,

- Midlothian Wellbeing Access Point: ☎ 0131 536 8981

This is an open access service for people who don't need medication or urgent treatment but might benefit from other therapies or support. Midlothian Wellbeing Access Point currently run drop-in sessions at Midlothian Community Hospital and the Loganlea Centre, Penicuik,

- The Orchard Centre: ☎ 0131 663 1616 or [www.health-in-mind.org.uk](http://www.health-in-mind.org.uk) (click "services") Provides a wide range support to people across Midlothian,
- Breathing Space: ☎ 0800 838 587 or [www.breathingspace.scot](http://www.breathingspace.scot) Offers someone to talk to if your feelings are overwhelming you,
- Samaritans: ☎ 116 123

Can help you understand your problems better, or just be there to listen. It is not just for people who feel suicidal.

### 13. Alcohol and drug problems

- Gateway to Recovery Clinics: ☎ 0131 660 6822 for more information: These are drop-in clinics for anyone looking for help with a drug or alcohol problem. No appointment necessary. The clinics are currently held in Dalkeith and Penicuik.
- Mid and East Lothian Drug and Alcohol Partnership: [www.meldap.co.uk](http://www.meldap.co.uk) For a full list of advice and support services in Midlothian.

### 14. Young people

If you are aged 12-21 and you are looking for support or advice about sexual health, mental health or substance use, contact:

- MYPAS: ☎ 0131 454 0757 or [www.mypas.co.uk](http://www.mypas.co.uk)

### 15. If you do need advice from a doctor...

#### Phone appointments

You can make a GP phone appointment instead of attending the GP practice. If you don't need to be examined, a phone appointment can be quicker and easier. If the doctor feels they need to see you, they will ask you to come in.

If the receptionist asks what is wrong with you, please tell them. They are asking so they can find the best appointment for you. Reception staff are bound by the same confidentiality rules as doctors and nurses. They are not allowed to tell people outside the practice anything about you.

And if you are unable to attend your GP appointment, please phone and cancel – this means that your appointment can be offered to another patient. Around 4% of appointments are wasted as people do not turn up. This means there are hundreds of wasted appointments across Midlothian each month!

**We want to be there when you need us most.  
It's your NHS, please use it wisely.**



## Education



For the future you want

### Edinburgh College

Edinburgh College is one of Scotland's biggest College with around 19,000 students across 4 campuses in Edinburgh and the Lothians.

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.

Our academic centres have skilled, knowledgeable staff with expertise in specialist areas with industry experience to ensure our students have the most relevant and up to date teaching.

The curriculum is designed to meet the needs of industry and we are continually committed to the highest academic standards and excellence in learning and teaching.

We have established relationships with employers and universities to create a connected community that provides you with strong links to work or further study. We are committed to ensuring our students are prepared for successful careers through work placements, internships, and connections to industry.

98% of our successful full-time graduates move on to work or further study within eight months.

You will find all you need at the college to help you get great results and achieve your goals, but have fun along the way. Our people are the heartbeat of the organisation and we aim to develop a college that enables our students, our staff and our local communities to thrive.

Edinburgh College are committed to equality of opportunity and to a culture that respects difference. Edinburgh College believes that, as an employer and public body, we can play a leading part in the promotion of equality and diversity more widely. Edinburgh College recognises that equality of access to education is crucial in unlocking many significant opportunities in life.

Edinburgh College work in partnership with a number of organisations, including Midlothian Council Joint Physical Disability Planning Group, to help advance equality of opportunity for disabled people.

## **Edinburgh College Equality Outcomes**

In April 2017 Edinburgh College published planned Equality Outcomes. These include outcomes related to disability and can be seen on Edinburgh College website via the following link: [www.edinburghcollege.ac.uk/Welcome/Governance/College-Policies/Equality-Diversity-and-Inclusion](http://www.edinburghcollege.ac.uk/Welcome/Governance/College-Policies/Equality-Diversity-and-Inclusion)

For more information please contact the College Equalities

Officer,  [Sara.Taylor@edinburghcollege.ac.uk](mailto:Sara.Taylor@edinburghcollege.ac.uk)  
 0131 297 8668

## Edinburgh College campuses

In addition to our Midlothian Campus, based at Dalkeith, we have campuses at Milton Road, Sighthill and Granton. More information about each campus can be found on our website at: [www.edinburghcollege.ac.uk/Campuses.aspx](http://www.edinburghcollege.ac.uk/Campuses.aspx)



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. We have plans to publish an accessibility guide in the coming year, consulting with Edinburgh College students, staff and other stakeholders. If you have any accessibility queries about our campuses or would like to provide us with feedback on these facilities, please contact the Equalities Officer, Sara Taylor using the contact details above.

## Edinburgh College curriculum

Edinburgh College offer courses across a range of subjects:

- Business
- Creative Industries, including computing
- Engineering
- Construction and Building Crafts
- Health, Wellbeing and Social Sciences
- Tourism and Hospitality

You can browse for courses and apply online on our website [www.edinburghcollege.ac.uk/](http://www.edinburghcollege.ac.uk/)

If you would like discuss course options or need help to make your course application, please contact the course information team on 📞 0131 669 4400 or

Email:  [courseinfo@edinburghcollege.ac.uk](mailto:courseinfo@edinburghcollege.ac.uk)

## **Edinburgh College Student Services Learning Support**

For some people, coming to college can be a daunting experience – particularly if it is some time since you were last in education or if you have had bad experiences at school or another college. Experience has shown us that support early in your course can make a big difference.

Support includes help with:

- Organising yourself.
- Reading efficiently.
- Taking notes.
- Information gathering.
- Giving presentation.
- Writing reports.
- Essay writing.
- Revision techniques.
- Exam skills.
- Memory skills.
- Planning projects
- Using the library

For some students, learning is made more challenging as a result of a specific learning difficulty or a disability that requires specialist support. If you are one of these people, Edinburgh College team of Learning Support staff can offer you extended learning support and confidential guidance.

Difficulties may be associated with dyslexia, attention deficit disorder, dyspraxia, sensory impairment, social or emotional difficulties, health problems, mental health problems or mobility difficulties. As well as this, Edinburgh College are able to assist

students who qualify for the Disabled Students Allowance with the completion of their application form and advise them on supportive technology. Formal assessments for the DSA are carried out in College.

Also, if you are a care experienced student it's really important to let Learning Support know, to make sure you get the right help and support.

At Edinburgh College friendly, approachable and experienced staff are here to give you the confidence, knowledge and skills to develop and succeed in your chosen career.

You can take advantage of many of the services before you come to College so please contact us at any time for details:

Email:  [learning.support@edinburghcollege.ac.uk](mailto:learning.support@edinburghcollege.ac.uk)

## **Student Advice**

Edinburgh College have student advisors at each campus who are dedicated to helping you throughout your time at Edinburgh College.

Students Services desks can be found on the ground floor on each campus. Advice and Guidance drop-in sessions run from 11.00am until 3.00pm daily or you can make an appointment at the desk.

Edinburgh College advisors offer information on:

- Courses.
- Student finance and funding.
- Childcare.
- Accommodation.

Our friendly, experienced team will help you with any questions you have about being at college.

## Student Funding and Fees

When you are considering starting college, one of the most important issues to consider is funding and how you intend to pay for some of the costs that come with being a student.

Edinburgh College advisors are happy to discuss your individual circumstances, help you with a financial “health check” and budgeting advice and to advise you on how to apply for funds.

Some of the funds you may be able to apply for include:

- Tuition fees.
- Bursaries & EMAs.
- Loans.
- Discretionary (hardship) funds.
- Childcare funds
- Expenses and benefits.

Don't let financial worries get in the way of your studies.

Edinburgh College can give you practical, confidential advice on your situation and help you to start sorting the problems out. Remember, Edinburgh College are here to help you!

There are funding and fees guides and resources on the college website at [www.edinburghcollege.ac.uk/Student-Life/Student-Funding-And-Fees](http://www.edinburghcollege.ac.uk/Student-Life/Student-Funding-And-Fees)

If you have any questions or concerns that are not addressed here or about any money matters please contact :

 [studentfunding@edinburghcollege.ac.uk](mailto:studentfunding@edinburghcollege.ac.uk)

## Edinburgh College staff vacancies

Edinburgh College would like Edinburgh College workforce to represent the diversity of Scottish Society and the Communities Edinburgh College work in.

Edinburgh College welcome applications from all sections of the community including people of all ages, disabilities, gender

identities, pregnancy/maternity status, marital/civil partnership status, ethnic backgrounds, religions/beliefs and sexual orientations.

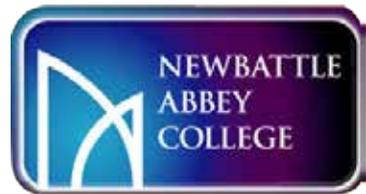


We are proud to be accredited as a Disability Confident Committed. For more information on the Disability Confident Scheme, please visit the Disability Confident Campaign.

Current vacancies at the College are now listed on [www.myjobscotland.gov.uk/](http://www.myjobscotland.gov.uk/), including Job Descriptions and an Online Application Form.

## **Newbattle Abbey College**

Newbattle Abbey College welcomes applications from disabled people and additional support requirements. Newbattle Abbey College aims to provide support to help all learners to achieve their full potential.



Newbattle Abbey College is Scotland's only residential adult education college, offering adults with few or no qualifications the chance to study in a historic setting. Newbattle Abbey College offers an Arts and Humanities Award on a full-time or part-time basis, as well as a range of short courses and community events. The college also has excellent facilities for conferences, training events, weddings and social functions.

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

☎ 0131 663 1921

Email: [office@newbattleabbeycollege.ac.uk](mailto:office@newbattleabbeycollege.ac.uk)  
[www.newbattleabbeycollege.ac.uk](http://www.newbattleabbeycollege.ac.uk)

# LIFELONG LEARNING & EMPLOYABILITY

Lifelong Learning & Employability is part of the Education Service of Midlothian Council. Lifelong Learning & Employability support young people, adults and families to improve their life chances through the development of skills for learning, life and work. 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 and works with key partners to implement initiatives such as Developing Scotland's Young Workforce, Positive Destinations and Employability.



Midlothian

## **Work with adults:**

Lifelong Learning & Employability deliver a range of employability support options, courses and training including ICT and European Computer Driving Licence qualifications, Care Academy, Work Club, Job Clubs, Construction Skills Certification Scheme Training and Modern Apprenticeships.

Lifelong Learning & 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.

Lifelong Learning & 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. Lifelong Learning & Employability 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. Please contact [llefocus@midlothian.gov.uk](mailto:llefocus@midlothian.gov.uk) ☎ 0131 271 3713 Lifelong Learning & Employability work jointly with Midlothian Joint Mental Health Team to support those who have mental health issues and want to work to gain confidence, skills and employment.

### **Work with Young People:**

Lifelong Learning & 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. Lifelong Learning & Employability 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.

Lifelong Learning & Employability 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. Lifelong Learning & Employability lead the Developing Midlothian's Young Workforce Board where Lifelong Learning & Employability 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.

Lifelong Learning & 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**

Lifelong Learning & 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.



☎ 0131 271 3713

Email: ✉ [lle@midlothian.gov.uk](mailto:lle@midlothian.gov.uk)

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

🐦 : [twitter.com/LLEadult\\_family](https://twitter.com/LLEadult_family)

🌐 : [lleadultsfamilies.wordpress.com/](http://lleadultsfamilies.wordpress.com/)

### **Employment and Learning Midlothian (ELM)**

Employment and Learning Midlothian (ELM) is a partnership group which jointly plans and co-ordinates services for adults within Midlothian to gain skills for learning, life and work through securing and sustaining employment, training opportunities or furthering their education. Members include Midlothian Council, Department of Work and Pensions, colleges and universities, national organisations delivering services in Midlothian, local learning and employability services and employers. The partnership group co-ordinates an annual adult careers fair, a bi-annual Employability Conference and a Directory for Employment and Learning [www.midlothian.gov.uk/directory/46/employability\\_and\\_learning](http://www.midlothian.gov.uk/directory/46/employability_and_learning)

Further information from Karen McGowan ☎ 0131 271 3708  
[karen.mcgowan@midlothian.gov.uk](mailto:karen.mcgowan@midlothian.gov.uk)



# Emergency Services

## Scottish Ambulance Service 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.



Scottish Ambulance Service picks up patients from their home and takes them to and from their hospital appointment.

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.

### 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.

### Do I qualify?

A hospital or clinic appointment does not mean that you qualify for ambulance transport.

Ambulance transport is available for patients who:

- Require assistance from skilled ambulance staff,
- Have a medical condition that would prevent them from travelling to hospital by any other means,
- Have a medical condition that might put them at risk from harm if they were to travel independently,
- Have mobility difficulties that require the assistance of ambulance care staff,
- Are attending hospital for treatment that might have side

effects and require ambulance care on the return journey.

### **Why do I need to qualify?**

Patients who are allocated transport unnecessarily may be preventing a patient with a genuine medical reason from getting to hospital.

### **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.

We really need to know if you no longer need ambulance transport. If you have transport booked you can cancel it by phoning ☎ 0800 389 1333. This is a free 24 hour answering service. Please leave your name, which clinic or ward and hospital, date and time of appointment.

## **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:

Complete our online form at

<https://cset.firescotland.gov.uk/Public/HFSV/RequestVisit>

Call ☎ 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. But only ever attempt this as a last resort,



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



Phone the Fire and Rescue Service. ☎ 999

## **Police Scotland**

### **999 Emergency Number**

In an emergency you should always dial ☎ 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 call  01786 289 070 to contact Police Scotland

## **International Contact**

International callers should call  +44 1786 289 070 to contact Police Scotland



## **Email local community police on:**

Dalkeith, Woodburn, Millerhill and Danderhall and surrounding area -

[DalkeithCPT@Scotland.pnn.police.uk](mailto:DalkeithCPT@Scotland.pnn.police.uk)

Mayfield, Easthouses, Eskbank, Hardengreen, Pathhead, Cousland and Crichton areas :-

[MidlothianEastCPT@Scotland.pnn.police.uk](mailto:MidlothianEastCPT@Scotland.pnn.police.uk)

Gorebridge, Newtongrange and Middleton area :-  
[MidlothianSouthCPT@Scotland.pnn.police.uk](mailto:MidlothianSouthCPT@Scotland.pnn.police.uk)

Bonnyrigg, Lasswade and the surrounding area :-  
[BonnyriggCPT@Scotland.pnn.police.uk](mailto:BonnyriggCPT@Scotland.pnn.police.uk)

Loanhead, Straiton, Damhead, Bilston, Roslin, Rosewell and surrounding areas :-  
[MidlothianWestCPT@Scotland.pnn.police.uk](mailto:MidlothianWestCPT@Scotland.pnn.police.uk)

Penicuik town and the surrounding communities :-  
[PenicuikCPT@Scotland.pnn.police.uk](mailto:PenicuikCPT@Scotland.pnn.police.uk)

### **Write to us:**

PO Box 2460  
Dalmarnock  
Glasgow  
G40 9BA



[www.scotland.police.uk/](http://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.

### **Minicom Service**

Deaf, deafened, hard of hearing or speech-impaired callers can contact us via TextRelay on 🗑️ 1 800 1 101.

### **Crimestoppers**

You can phone **Crimestoppers** to pass on information about crime anonymously, call 📞 0800 555 111.

### **Hate Crime & Third Party Reporting**

Did you know that Hate Crime is any criminal offence committed

against an individual or property that is motivated by a person's hatred of someone because of his or her actual or perceived race, religion, transgender identity, sexual orientation or disability?

Hate Crime is wrong, it is against the law, and everyone has the right to live safely and without fear. No two individuals are ever the same - embrace individuality and help put an end to Hate crime by reporting it.

You can report a Hate Crime as follows:

By Telephone 📞 999 (emergency) 📞 101 (non-emergency)

In person at any Police station

Online – please visit the Police Scotland website

## **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.

Examples of 3rd Party Reporting Centres participating in the scheme range from Housing Associations to Victim Support offices and Voluntary Groups.

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



# Employment

## Access to Industry

Access to Industry exists to move excluded people into education and on to employment across the South East of Scotland.

Access to Industry does this through the creation and development of new education and training programmes, encouraging access to further and higher education opportunities. These are delivered through partnerships with key education and training providers throughout Scotland. Access to Industry also works closely with employers to provide supported work experience placements.

A key component of our work is helping people develop essential core skills such as communications; information technology and problem-solving. Access to Industry also provides a wide range of specific education and training courses that meet a broad cross section of needs and aspirations.

Access to Industry courses are designed to provide a stepping stone on to further education or employment. This individual approach ensures much higher success rates for those involved.

156 Cowgate,  
Edinburgh,  
EH1 1RP.

☎ 0131 260 9721

Email:  [admin@accesstoindustry.co.uk](mailto:admin@accesstoindustry.co.uk)

Website: [www.accesstoindustry.co.uk](http://www.accesstoindustry.co.uk)



## Action on Hearing Loss

Action on Hearing Loss provides employment advice and training courses. Employment advisers support deaf and hard of hearing people looking for employment or progression within employment.

Email:  [informationline@hearingloss.org.uk](mailto:informationline@hearingloss.org.uk)

☎ 0808 808 0123 or Textphone:  0808 808 9000



## Deaf Action

Midlothian Council contracts Deaf Action to provide specialist services and support. They provide a range of services to deaf, deafblind and hard of hearing people, their families and carers. 49 Albany Street, Edinburgh EH1 3QY.

☎ 0131 556 3128, SMS: 07775 620 757

TextPhone: 🗉 0131 557 0419, or Fax 0131 557 8283

Email: ✉ [admin@deafaction.org](mailto:admin@deafaction.org)

## Intowork

IntoWork provides supported employment services for people with disabilities living in Edinburgh and the Lothians who want to find paid work. Referrals can be made to [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk) or by phone



Registered Office: Intowork, Norton Park, 57 Albion Road, Edinburgh, Scotland EH7 5QY.

☎ 0131 475 2600

Email: ✉ [enquiries@intowork.org.uk](mailto:enquiries@intowork.org.uk)

## Job Centre 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 Job Centre Plus.



## RNIB Scotland

Midlothian Council contracts RNIB to provide specialist services to support blind and partially sighted people to find work and assist employees with sight problems to continue in work. They also help employers to recruit people with sight loss.

RNIB Scotland: Edinburgh and the Lothian's, 12 Hillside Crescent, Edinburgh, EH7 5DZ.



☎ 0131 652 3140 or Fax: 📠 0131 652 3199

E-mail:  [rniblothian@rnib.org.uk](mailto:rniblothian@rnib.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 is 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](http://www.skillsdevelopmentscotland.co.uk)

### **Lifelong Learning and Employability**

Lifelong Learning and Employability works with people to develop skills for learning, life and work. Full details available on [Life long learning section](#)



# Forward Mid

Forward Mid is an active, vibrant and purposeful group of people whose aim is to improve the lives of physically disabled people in Midlothian - either at home, at work or in the wider community. We are THE forum for disabled people and disability related equality issues in Midlothian.

Forward Mid meet supportively and informally to discuss and recognise the local issues around health, social care, education, employment, transport, self-directed support and other areas of importance to disabled citizens and how these affect their lives.

Forward Mid aims to raise the awareness of the challenges and opportunities which exist for disabled people both locally and nationally:

- Forward Mid actively promote the rights of disabled people by working in partnership with public and private organisations representing the interests of disabled people,
- 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](#),
- Forward Mid co-ordinate community library hubs across Midlothian. These provide a source of first-class information and resources for disabled people,
- Forward Mid are members of several council and health planning groups including Midlothian's Joint Physical Disability Planning Group,
- Forward Mid operate a monthly peer support community café - **Café Connect**.

Forward Mid – working hard to give disabled people more choices, more control, more dignity and more freedom!



If you want to be part of what we do, please get in touch by contacting Eric ☎ 0131 663 9471 or Iain ☎ 01875 825 937



# 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 Community Care 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.

This process is further outlined in the Scheme of Assistance available from Environmental Health and available on the Midlothian Council website. Download at: [www.midlothian.gov.uk/download/downloads/id/587/housing\\_options\\_guide.pdf](http://www.midlothian.gov.uk/download/downloads/id/587/housing_options_guide.pdf)

### **Contact Midlothian Council:**

If you would like an appointment to discuss your situation, change of circumstance or about a relative or friend, contact us on ☎ 0131 271 3900 during office hours: Monday - Thursday 8:30-5:00 Friday 8:30-3:30, Adults and Social Care Fairfield House, Midlothian Council contact centre (Adult Services) Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA. ☎ 0131-271-3900

E-mail: [✉ swccenquiries@midlothian.gov.uk](mailto: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 Email [✉ ascs@capability-scotland.org.uk](mailto:ascs@capability-scotland.org.uk)
- Housing Options Scotland ☎ 0131-247-1400 or Email: [✉ info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)
- Disability Information Scotland Helpline number ☎ 0300 323 9961
- Care and Repair Scotland [www.careandrepairscotland.co.uk/](http://www.careandrepairscotland.co.uk/)



# Housing Options Scotland

Housing Options Scotland was established in 1997 to provide a unique public access service to all disabled people throughout Scotland. Housing Options Scotland does not directly provide housing, what Housing Options Scotland does provide is detailed information and advice that will enable you to find the right home for you. Housing Options Scotland's main aim is to ensure that disabled people have access to suitable housing in the tenure of their choice and recognising that gaining access to owner-occupation remains problematic.

Housing Options Scotland has three main areas of activity. Firstly, we directly assist disabled people by advising them on, and supporting them through, the complex design, financial and legal processes involved in buying or renting a property. Secondly, we provide information, advice and training on housing and disability issues to the public, private and voluntary sectors to improve the service disabled people get. Finally, we raise the awareness of the problems disabled people face in relation to their housing and highlight the solutions and opportunities that exist.

Housing Options Scotland has a dedicated team of volunteers. These volunteers enable Housing Options Scotland as an organisation to learn about the housing problems disabled people face by directly assisting them, and using the knowledge we gain to effect changes in policies and practice.

You can contact Housing Options Scotland:

## **Housing Options Scotland**

The Melting Pot,  
5 Rose Street,  
Edinburgh, EH2 2PR.

☎ 0131 247 1400

Fax: 📠 0870 123 1597

[www.housingoptionsscotland.org.uk](http://www.housingoptionsscotland.org.uk)

Email: ✉ [info@housingoptionsscotland.org.uk](mailto:info@housingoptionsscotland.org.uk)



# Inclusion Scotland

## Nothing About Us. Without Us.

### Inclusion Scotland mission statement

Inclusion Scotland works to achieve positive changes to policy and practice, so that we disabled people are fully included throughout all Scottish society as equal citizens.



**Inclusion  
Scotland**

- Influencing decision-makers, ensuring that disabled people are involved in developing effective solutions for policy and practice that reflect our expertise by experience and meet our needs and aspirations.
- Supporting disabled people to be decision-makers themselves, promoting the equal representation of disabled people as policy-makers and our right to make decisions about our own lives.
- Developing capacity, awareness and engagement, of disabled people, disabled people's organisations, and the organisations and institutions that affect our lives.

### Contact Information:

Address: Hayweight House,  
23 Lauriston Street,  
Edinburgh, EH3 9DQ

☎ 0131 281 0860

Website: [inclusionScotland.org/](http://inclusionScotland.org/)

Facebook:  [facebook.com/InclusionScotland](https://www.facebook.com/InclusionScotland)

Instagram:  [instagram.com/inclusionScotland](https://www.instagram.com/inclusionScotland)

Twitter:  [twitter.com/InclusionScot](https://twitter.com/InclusionScot)





## **Independent Living In Scotland**

**Independent living** means all disabled people having the same freedom, choice, dignity and control as other citizens at home, at work and in the community. It does not necessarily mean living by yourself or fending for yourself. It means rights to practical assistance and support to participate in society and live an ordinary life.

The **Independent Living in Scotland project (ILiS)** is hosted by Inclusion Scotland and works closely with the Disabled People's Independent Living Movement (ILM).

### **What is the Independent Living Movement?**

The disabled people's Independent Living Movement has grown in Scotland because disabled people believe that they are best placed to make decisions about their lives – not anyone else. The Movement challenges the individual approach taken by many organisations to solving the barriers, such as physical barriers or other people's attitudes, which disabled people face in their daily living. The Movement in Scotland is made up of a range of organisations, networks and individuals.

### **About the ILiS project**

**The Independent Living in Scotland project has been set up to:**

- Support disabled people to have their voices heard by policy

- makers, decision makers and others in wider society,
- Grow and strengthen the Independent Living Movement in Scotland,
- It also supports those disabled people who contribute to the National Independent Living Programme alongside the Scottish Government, CoSLA and NHS Scotland.

This project is part of a wider initiative by the Scottish Government to deliver equality and human rights for disabled people in Scotland by addressing independent living. The project is grant funded by the Scottish Government and is hosted by Inclusion Scotland.

The project involves a wide range of disabled people and their organisations to strengthen and develop the Independent Living Movement in Scotland and to support the involvement of disabled people in shaping the Scottish Government's approach. For more information about ILiS visit [www.ilis.co.uk](http://www.ilis.co.uk)



Write to:

Independent Living in Scotland,  
Brunswick House,  
51 Wilson Street,  
Glasgow, G1 1UZ.

☎ 0141 559 5013 ext 3313

Email:  [contact@ilis.co.uk](mailto:contact@ilis.co.uk)



## Local Groups

### Ageing Well

Are a Midlothian Council run group for over 50s.



Ageing Well offer a range of activities such as walking (the walks have been devised specifically for older people and are suitable for the beginner), 50+ Keep Fit, Ageing Well in Water, Beginners Yoga, Dance and Sing for the Health of It, Health Walks for the 50+, Pilates, Seated Exercise, Seated Pilates/ Yoga, Tai Chi/Chi Gong, Walking Football, Walking Gardeners Ballroom Dancing, Line Dancing, Table Tennis, Badminton and New Age Curling.

There is something for everyone. These activities are held throughout Midlothian and cost approximately £2.

☎ 0131 561 6506 [www.midlothian.gov.uk/ageing\\_well\\_-\\_activities\\_for\\_over\\_50s/2](http://www.midlothian.gov.uk/ageing_well_-_activities_for_over_50s/2)

### Beeslack Family Disabled Club

Providing a fully supported environment where everyone can participate equally and actively in any activity of their choice. Beeslack Disabled Club was established twenty-two years ago.

Over the years we have expanded somewhat and currently, we offer a variety of activities such as cookery, arts & crafts, woodwork, swimming, computers, music, TV, pool and a coffee bar. We cater for all types of special needs - it doesn't matter the degree of ability. Everyone is treated equally and we provide a fully supported environment where everyone can actively participate. Family members and friends can also come and join you.

Beeslack Community High School,  
Edinburgh Road,  
Penicuik, EH26 0QF.

Tel: ☎ 01968 673893



## The Breathe Easy Group

For people with chronic obstructive pulmonary disease (COPD)

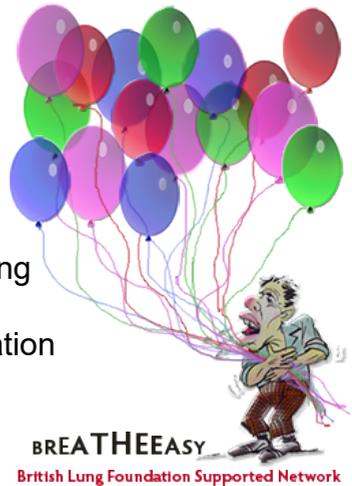
A fully supported network by the British Lung Foundation. They support people with chest problems and instruct on methods to help ease the pain of breathing and breathlessness.

Contact George Worrell for more information

Tel:  07969 467 594

Meet first Tuesday of every month at MVA

4-6 White Hart Street,  
Dalkeith, EH22 1AE.



## Café Connect

Café Connect, Dalkeith's vibrant community café run by Forward Mid (with the generous support from Midlothian's LAC Group) 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 is a great place 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!

Where: Dalkeith Welfare Hall, St Andrew Street,  
(East side of Dalkeith Medical Practice),  
Dalkeith

When: Last Tuesday of every month from 2 pm to 4 pm:

For more information ☎ 0131 663 9471

Café price list:

**Tea / Coffee Free,**

**Biscuits Assorted Free,**

**Information Invaluable**

## 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. Some places might be available, so anyone who wants to find out more can contact Catherine at the Local Area Co-ordination Office ☎ 0131 454 1785.

## Forth & Tay Ramblers

Forth & Tay Disabled Ramblers is a user-led charity, established in August 2001. Our membership is mainly based in the area bounded by the rivers Forth and Tay.

Forth & Tay Disabled Ramblers annual programme includes day rambles to country parks, forests, canal tow paths, seaside promenades, national heritage sites and gardens.

Forth & Tay Disabled Ramblers aims to promote health and wellbeing through recreational and social activities by enabling people with disabilities to access the outdoors in a barrier-free environment. Many new friendships have emerged since the group began and these extend beyond the ramble programme.

To join Forth & Tay Disabled Ramblers



and take part in our rambles you can print out a membership form and post it to us along with the appropriate fee and we will reply as soon as possible.

Forth & Tay Disabled Ramblers,

Aileen Davis

1 John Knox Gardens,

Glenrothes,

Fife, KY7 6FJ.

☎ 01333 320 864.

[www.ftdr.com/](http://www.ftdr.com/)

## **Gorebridge Community Café**

“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”, said co-ordinator Mary Webb, “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”.



There is a small charge to cover costs.

The cafe is open Fridays 10 am until 12 noon. All welcome.

Gorebridge Parish Church Hall,

100 Hunterfield Road,

Gorebridge,

Midlothian, EH23 4TT.

Mary Webb

☎ 01875 820 094

## Lothians Veterans' Centre

Lothians Veterans' Centre was officially opened on November 15<sup>th</sup>, 2014 by Col. Martin Gibson, Chief Executive of Veterans' Scotland.

The charity was originally founded in July 2009 as The Mark Wright Project and was first located at Hardengreen Industrial Estate, Midlothian. The charity was designed to meet the need for a veterans drop-in centre with no appointment necessary allowing complex needs to be catered for in an environment which is familiar and friendly.



The LVC aims first and foremost, to create a welcoming & friendly environment, providing person-centred support for ex-service personnel and their families across Edinburgh and the Lothians,

The continuous reassessments of our service delivery, highlighted a desire for a location more accessible to the veterans' community, subsequently moving to the centre of Dalkeith in March 2013. This move has clearly proved popular as the numbers of Veterans' just "dropping in" for a chat has increased significantly.

Our Partnership Working has increased ten-folds as a result of relocating. Key agencies including; Dalkeith Job Centre, Midlothian Council, Dalkeith Citizens Advice Bureau all recognise the importance of the LVC to ex-service personnel and can easily signpost without any lengthy referral processes and all within a stones throwing distance of our centre.

Lothians Veterans' Centre

11 Eskdaill Court

Dalkeith, EH22 3NX.

Website: [www.lothiansveteranscentre.org.uk/](http://www.lothiansveteranscentre.org.uk/)

☎ 0131-660-5537

Email: [contact@lothiansveteranscentre.org.uk](mailto:contact@lothiansveteranscentre.org.uk)

## Midlothian Peoples Equality Group (MPEG)



## Midlothian People's Equality Group

MPEG is a local community group and registered charity directed by a diverse range of local people who live and work in Midlothian.

The group works together to promote equality and challenge prejudice, build relationships across Midlothian communities of interest where people feel valued and trusted, support people to learn, educate and communicate about local equality issues and interests and support people to have a voice in local policy and planning.

The group encourage local people, community organisations, businesses and other partners to get involved in its work.

Contact MPEG ☎ 0131 271 3358

[erin.cuthbertson@midlothian.gov.uk](mailto:erin.cuthbertson@midlothian.gov.uk)

For more information or visit the MPEG website

Website: [www.midequalitygroup.co.uk](http://www.midequalitygroup.co.uk)

or visit the Facebook page

 [www.facebook.com/MPEGMidlothian](http://www.facebook.com/MPEGMidlothian)

## **Thornton Rose Ride - Ability Group**

Thornton Rose provides riding opportunities for people of all ages and disabilities to enjoy a safe, stimulating, therapeutic and recreational sport. The group was formed in 1984 under a previous name and established as Thornton Rose in 2004 when we relocated to Thornton Farm, Rosewell.

Thornton Rose Ride Ability Group

Thornton Farm,  
Rosewell,  
Midlothian EH24 9EF  
Chairman: Kay McBride  
Email: [enquiries@thornton-rose-rda.org.uk](mailto:enquiries@thornton-rose-rda.org.uk)



## Walkie Talkies

This group was formed to encourage people with disabilities, those who live in isolation, those with mental health problems, and those who are bereaved to meet up once a week to go for a short walk and to chat to one another.

Many of our walks are wheelchair accessible which gives us all the chance to get together and have some fun. We walked along the shore at Crammond some time ago. It was a lovely sunny day but there was a strong wind which didn't stop us biting into our sandwiches and enjoying ourselves.



The group has made a tremendous difference in lots of people's lives by helping them to regain their confidence and do things they never thought in their wildest imagination that they would be able to do. Some have even been able to return to work.

One thing is for certain, we have found lots of lovely places to walk in and of course some of the best places to enjoy tea and coffee.

If you would like to come along and join us on some of the walks, contact Local Area Co-ordination and they will put you in touch with the group. ☎ 0131-454-1785



# Lothian Centre for Inclusive Living

The Lothian Centre for Inclusive Living (LCiL) is a user-led, disabled people's organisation that provides a range of services to enable disabled people in Edinburgh and the Lothian's to live independently in the community of their choice. LCiL works with disabled people to take control of their own lives, support their choice to take up their rights and enable their full participation in society.

LCiL's Services include:-

- Independent Living Support - Providing you with information and one-to-one support to manage your own self-directed package,
- Payroll & Financial Management Service - Wages processing and administration if you employ your own personal assistants (PAs). Enhanced support to help you budget and plan, make payments and manage paperwork,
- Training Services - For individuals and organisations, on topics such as Disability Equality and Self-Directed Support. Skills Training for disabled employers and PAs,
- Living and Work Choices - Free courses to help you explore options for the future, and gain practical skills for independent living if you're a disabled adult in the Lothians,
- LCiL Champions - A group of service users who're trained and supported to share their life experience of independent living and Self-Directed Support.

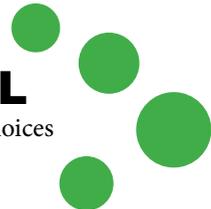
To find out more, contact us at:  
Lothian Centre for Inclusive Living,  
Norton Park, 57 Albion Road  
Edinburgh, EH7 5QY

☎ 0131-475-2350 (10 am - 4 pm)

Fax: 📠 0131 475 2392 , E-mail: ✉ [LCiL@lothiancil.org.uk](mailto:LCiL@lothiancil.org.uk)

Website: [www.lothiancil.org.uk](http://www.lothiancil.org.uk)

**LCiL**  
Rights & Choices



# Merrit

Rapid Response is now called MERRIT (Midlothian Emergency Rapid Response Intervention Team)

## **Who are the MERRIT Team?**

The MERRIT team are a team of health and social service professionals working in partnership with Voice of Carers Across Lothian (VOCAL) Midlothian

## **What is the role of the MERRIT Team?**

Our role is to work together with people who may be experiencing a crisis situation, and their carers.

## **What is the aim of the MERRIT Team?**

Our aim is to:

- ➔ Support people to live independently at home and avoid hospital admissions,
- ➔ Help people to come home from hospital as early as possible with the right support,
- ➔ Avoid admissions to hospital or a care home by providing help and support in your home,
- ➔ Support you or the person you care for to come home from hospital as early as possible with the right help and support. This could include a short stay at a care home facility to assist with their recovery and improve their independence,
- ➔ Support carers if there is a sudden crisis, eg if you, as a carer, are taken ill.

## **This support will be provided for up to six weeks.**

We provide support using joint working. Our team includes district nurses, occupational therapists, physiotherapists, social workers, home care workers and support workers.

## **Who can use the MERRIT Team service?**

The service is open to people who are over the age of 16 who are finding it difficult to stay at home or return home from

hospital.

If you have been referred to the service, this could be because of one or more of the following reasons:

- You are suddenly less able to move or function,
- Your long-term condition has become worse. Examples of long-term conditions are Chronic Obstructive Pulmonary Disease (COPD), asthma, arthritis, heart disease,
- You are at risk of falling,
- Your unpaid carer is not able to provide the support you need,
- There is a need for a short-term home care service

If you are a carer you can access the service for any of the above reasons.

### **What support can we offer?**

Equipment and technology for your homes to make it easier to live independently,

- Rehabilitation - for example, access to physiotherapy and occupational therapy to improve daily living skills and independence,
- Nursing assessment and input if needed,
- Home care support available 07:00 to 22:00, 7 days a week to support this care,
- Support for carers from VOCAL Midlothian,
- All support will be available for up to six weeks.

Midlothian Council Adult Social Care team

Fairfield House,

8 Lothian Road,

Dalkeith, EH22 3AA

Email:  [swccenquiries@midlothian.gov.uk](mailto:swccenquiries@midlothian.gov.uk)

 0131 271 3900

The emergency Midlothian Council contact centre services can be contacted outwith office hours  0800 731 6969



**Midlothian**



# Midcare Alarm Service

Through the use of technology (Telecare equipment), the Midcare Alarm Service enables you to continue to live independently in your own home for as long as possible, allowing you to feel safe, secure and supported.



## Who can receive this service?

Anyone who:

- Is frail and living alone.
- Is living with or being supported by a carer.
- Is disabled.
- Is potentially unlikely to manage to use the phone in an emergency.
- Has a medical condition which can incapacitate them or any other person who would benefit.

## How can I access this service?

Midcare application online form at [www.midlothian.gov.uk/forms/form/43/en/midcare\\_application](http://www.midlothian.gov.uk/forms/form/43/en/midcare_application) then at foot of page click 'Begin This Form'

Or referrals can be made by a social worker, health or other health professional or by you:

Contact us at the Midlothian Council Adult Social Care team contact office ☎ 0131-271-3900.

- Complete a self-referral form which can be picked up from your local post office, doctors surgery, local library etc.
- Print the Midcare self referral form (PDF)  
[www.forwardmid.org.uk/pdf/2014\\_Self\\_referral\\_form\\_2.pdf](http://www.forwardmid.org.uk/pdf/2014_Self_referral_form_2.pdf)

## Is there a cost involved?

There is a charge for the service.

## **What is involved?**

Each referred client is assessed and provided with an individualised package of Telecare equipment.

The equipment is installed around the home as per the assessment, this works in conjunction with the alarm base unit.

A wide range of equipment can be provided to meet a variety of need, eg movement sensors, Heat detectors, door exit monitors.

The technology is unobtrusive but highly effective in keeping people and their property safe.

## **Who is contacted when Telecare equipment is activated?**

The East Lothian control room receives the initial alerts from the equipment and passes this on to ensure that an appropriate response is provided. The control room is staffed 24 hours a day, 365 days per year. ☎ 01875 613 921

## **What responses will be provided?**

Response may be provided by:

A key holder such as family/friend/neighbour, who may be requested to assist in an emergency (service users would provide details of these contacts).

A Midlothian based responder service provides a back-up when required.

If appropriate, a client's GP or the emergency services will be contacted.

For more information contact:

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

☎ 0131 271 3900.

Email:  [swccenquiries@midlothian.gov.uk](mailto:swccenquiries@midlothian.gov.uk)



# Midlothian Community Hospital

Midlothian Community Hospital provides many important health care services for the area. It is located at Mayshade South, Bonnyrigg (close to the A7 Hardengreen roundabout). The Community Hospital allows people to receive more services and have better facilities at the heart of their community, without having to travel to Edinburgh. It has a free car park including 20 disabled parking bays. East Coast Buses 139 and Borders Buses 339 are the the only bus to enter the hospital daytime Mon-Sat, Lothian Buses 40 and Lothian Buses 49 stop on the Bonnyrigg Road at entrance to hospital.



There is a cafe in the hospital which is open to the public serving hot drinks and food. The 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

**Email:**  [MCHGardens@cyrenians.scot](mailto:MCHGardens@cyrenians.scot)

or  07772 886746.

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.

## **In-patient services**

All the inpatient services at Midlothian Community Hospital are for older people. Midlothian Community Hospital has 84 beds in total. All beds are in single rooms, with the exception of a 4-bed bay for patients who need close short-term observation.

The inpatient services that are provided at the hospital are:

- Admission and assessment services for older people with mental health problems,
- Continuing care for older people with mental health problems
- Continuing care for frail and elderly people,
- Rehabilitation services for older people,
- Physiotherapy and Occupational Therapy.

## **Outpatient Services**

There is a range of outpatient and community services provided at Midlothian Community Hospital for patients who have been referred by their GP or other specialist. Midlothian Health and Social Care Partnership tries to encourage services to hold clinics in Midlothian that would otherwise be difficult to get to, or that meet a local need. A list of outpatient services at Midlothian Community Hospital and other Midlothian venues is provided on [page 22](#).

## **Out-of-hours GP Services**

Midlothian Community Hospital is also the base for the out-of-hours GP service, providing care for conditions that are not life-threatening, but cannot wait for the doctor's surgery to open. To access out of hours GP services call NHS24 on 📞 111.



# Midlothian Council Adult Social Care

Midlothian Council aims to work with adults and older people, who have a physical, mental or learning disability, are frail or unable to cope or have substance misuse problems, and their carers.



**Midlothian**

Midlothian Council provides help to enable people to remain independent in the community. Such help may be required on a temporary basis or for a more permanent solution to long-standing difficulties.

The type of help provided may range from simple requests for information or equipment to more complex support packages. Our services include:

- **Home care,**
- **Telecare,**
- **Providing equipment and minor adaptations to homes,**
- **Day services,**
- **Care homes.**

Some of the services in Midlothian are provided by the Council. Others are provided by the voluntary and private sector. Most social care services can only be arranged following a care assessment. You will find more information on care assessment and the kinds of services we offer by contacting Midlothian Social Work department.

## Assessment

If you would like an appointment with the Midlothian Council Adult Social Care to discuss your situation and need for support or, if you are concerned about a relative or friend please contact the Midlothian Council Adult Social Care on ☎ 0131 271 3900 during office hours which are as follows:

Monday - Thursday 8:30-5:00 Friday 8:30-3:30

If the matter is urgent and you need help outwith office hours contact emergency contact Emergency Social Work Service  
☎ 0800 731 6969.

Midlothian Council offers many services to people of all ages and backgrounds. Midlothian Council can provide services in a number of ways through Self-Directed Support which includes the option of having a Direct Payment to allow you to buy your care or employ your own staff (depending on your circumstances). See the Self-Directed Support section.

## Carers

You can ask social work or VOCAL for an Adult Carer Support Plan (ACSP). This plan sets out any needs you have as a carer and how they will be met. More information on ACSPs can be found in the leaflet 'What to expect when you make an adult carer support plan' which is available from VOCAL Midlothian.

### Contact:

VOCAL on ☎ 0131 663 6869 or email [Midlothian@vocal.org.uk](mailto:Midlothian@vocal.org.uk)  
Midlothian Council Adult Social Care - ☎ 0131 271 3900

Midlothian Council Adult Social Care ,  
Children & Families,  
Through Care & Aftercare,  
Children Affected by Disability,  
Family Placement, Adoption & Fostering,  
7 Eskdail Court  
Dalkeith, EH22 1AG  
☎ 0131-271-3413  
Youth Justice, Criminal Justice  
☎ 0131-271-3414  
E-mail: [swcfnquiries@midlothian.gov.uk](mailto:swcfnquiries@midlothian.gov.uk)  
Criminal Justice E-mail: [swcjenquiries@mdlothian.gsx.gov.uk](mailto:swcjenquiries@mdlothian.gsx.gov.uk)



# Midlothian Libraries

With nine branches and a mobile, all wheelchair accessible, wherever you live in Midlothian, a library is never far away. Membership is completely free and gives those joining access to the full range of library services, which include:

- Our complete collection of fiction and non-fiction books. If the book you want isn't on the shelf at your local branch, free requests mean you can get it from anywhere in Midlothian. As well as standard print copies, we have thousands of books in large print and on audio CD.
- Music CDs and DVDs to keep you entertained, amused, or help you learn.
- Membership gives free access to a wide range of online resources. These include e-books and e-audio titles, online comics, and a vast 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, you don't have to worry about forgetting to return them.
- A wide range of free workshops, activities and events take place every week, from talks given by authors to knitting groups and storytelling sessions amongst much more. You can see what is coming up by checking the Facebook page  [www.facebook.com/MidlothianLibraries](http://www.facebook.com/MidlothianLibraries) or telephone your local library.
- Midlothian Travel information can be found at every library, including bus timetables, entitlement card application forms, and blue badge application forms. Libraries can process completed bus pass applications for the over 60s and disabled, and if you have lost your card you can report it at your library. At Newbattle Library Blue Badge forms can be handed in and payment made.
- Free use of computers and access to the internet in all branches, including free WiFi.
- Hearing Aid battery collection points in all libraries. Hearing

Aid Maintenance Clinic at Dalkeith Library, first Wednesday of every month, 10.30 am -11.30 am

- [Information about the local area, including local groups and services.](#)



**Midlothian**

If you can't leave your house and visit the library because you have mobility problems the library can make arrangements to get books to you via our book delivery volunteer network. Email  [home.delivery@midlothian.gov.uk](mailto:home.delivery@midlothian.gov.uk) to find out how to access the Home Delivery Service.

## **Midlothian Libraries**

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

 0131 663 2083  [dalkeith.library@midlothian.gov.uk](mailto:dalkeith.library@midlothian.gov.uk)

Danderhall Library, 1a Campview, Danderhall, EH22 1QB

 0131 663 9293  [danderhall.library@midlothian.gov.uk](mailto:danderhall.library@midlothian.gov.uk)

Gorebridge Library, 98 Hunterfield Road Gorebridge, EH23 4TT

 01875 820 630  [gorebridge.library@midlothian.gov.uk](mailto:gorebridge.library@midlothian.gov.uk)

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

 0131 271 4534  [lasswade.library@midlothian.gov.uk](mailto:lasswade.library@midlothian.gov.uk)

Loanhead Library, The Loanhead Centre Loanhead, EH20 9LA

 0131 444 9032  [loanhead.library@midlothian.gov.uk](mailto:loanhead.library@midlothian.gov.uk)

Newbattle Library, 1 Newbattle Way, Easthouse EH22 4SX

 0131 561 6745  [newbattle.library@midlothian.gov.uk](mailto:newbattle.library@midlothian.gov.uk)

Newtongrange Library, St Davids, Newtongrange, EH22 4LG

 0131 663 1816  [newtongrange.library@midlothian.gov.uk](mailto:newtongrange.library@midlothian.gov.uk)

Penicuik Centre Library, Carlops Road, Penicuik EH26 9EP

 01968 664 050  [penicuik.library@midlothian.gov.uk](mailto:penicuik.library@midlothian.gov.uk)

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

 0131 448 2781  [Roslin.Library@midlothian.gov.uk](mailto:Roslin.Library@midlothian.gov.uk)



## **Midlothian Community Physical Rehabilitation Team**

For adults with acute and long-term physical conditions who need to be seen in their home environment.

**What we aim for:** To provide a co-ordinated and Integration rehabilitation service to patients with acute and long-term physical conditions.

**Who we see:** Adults with rehabilitation needs, requiring to be seen in their home environment. Needs may include:-

- Physical,
- Functional.

### **Our Objectives**

- To facilitate a multidisciplinary approach to the rehabilitation of patients in their community setting to meet their individual needs,
- To provide timely and effective access to rehabilitation,
- To enable patients and carers to manage their long term conditions through education, advice and support,
- To provide a high standard of therapeutic assessments which is person centred and needs based,
- To provide expert advice source for carers/ relatives, other health professionals, voluntary agencies and other relevant community-based organisations.

**Our Team:** Physiotherapists, Occupational therapists.

### **Who can refer?**

Healthcare Professionals, Social Care, Voluntary agencies, Patient, Carers and relatives.

### **How to refer to Community Physical Rehabilitation Team**

- Via Scottish Care Information Gateway (East Lothian Community Hospital Physiotherapy). [www.sci.scot.nhs.uk](http://www.sci.scot.nhs.uk)
- Midlothian Community Physical Rehabilitation Team, Bonnyrigg Health Centre, 109-111 High Street, Bonnyrigg EH19 2ET, Tel: ☎ 0131-537-9883 Fax: 📠 0131-537-9900



# Midlothian Council's 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 Team

Education Communities and Economy

Midlothian Council

Fairfield House

8 Lothian Road

Dalkeith

EH22 3ZH

Email:  [Nicole.Bethune@midlothian.gcsx.gov.uk](mailto:Nicole.Bethune@midlothian.gcsx.gov.uk)

 0131 270 8922



# Midlothian Disability Access Panel

Do you have a disability?

Are you a carer?

Are you affected by disability?

Would you like more information about disability?

Do you want a real say in access matters in Midlothian?

Would you like to be involved in decisions that affect you?

Do you think you are given enough thought and consideration by those who make the decisions?

Do you want your ideas to be heard and understood?

Then join Midlothian Disability Access Panel  
and have your voice heard.

Contact: Mike Harrison, Chair;

☎ 0131 448 0930

Email: [✉ chairman@MidDAP.org.uk](mailto:chairman@MidDAP.org.uk)

Karl Vanters, Secretary to the Panel

☎ 0790 305 9074

Email: [✉ karl.vanters@midlothian.gov.uk](mailto:karl.vanters@midlothian.gov.uk)



## So what is an Access Panel?

Local groups of volunteers, including disabled people, carers and people with a genuine interest in access who work for better access for disabled people in their local community. Our panel is involved in many of the following:

Reviewing building standards/ planning applications. Being the

first point of contact with local authorities and other public bodies on access issues.

We meet locally within Midlothian 3 to 4 times a year. Publish Access guides and leaflets and posters to raise awareness

What is expected of you as a volunteer?

You are not obliged to serve on the committee you can simply be a member of the panel and become involved when something interests you.

You can become a member of the panel committee and give the time and commitment that you are comfortable with. Do not overload yourself.

For details of meetings and more information please visit [www.middap.org.uk/](http://www.middap.org.uk/) Most of all, enjoy your time on the panel!



## Midlothian Access Guide

The first few entries are now online. You can select a particular business or a type (cafés, undertakers etc) and it will tell you about access arrangements (steps, doors, hearing loops etc) to help you plan your visits. The Panel is continuing to survey premises

[www.middap.org.uk/](http://www.middap.org.uk/) and follow the menu to 'Access Guide'



# Midlothian Financial Inclusion Network

MFIN is a network of agencies working in Midlothian to promote financial inclusion. Our membership includes the local CABx and a wide range of advice providers. Statutory agencies such as Midlothian Council, NHS Lothian 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. In recent years a large focus of our work has been around the welfare reform changes.

If you would like to find out more about MFIN, see our new website at [www.mfin.org.uk](http://www.mfin.org.uk) which includes an on-line directory of local financial inclusion and money advice services, or MFIN staff can be contacted via the Midlothian Voluntary Action Office ☎ 0131 663 9471



# Midlothian Integration Joint Board

Following new legislation in 2014, a new Health and Social Care Partnership, the Midlothian Integration Joint Board (IJB), is now responsible for planning the delivery of health and care services in Midlothian.

In its Delivery Plan for 2017-18, the IJB confirmed that “We are fully committed to the principles of reducing inequalities, promoting opportunities and eliminating discrimination in line with the Equality Act and Human Rights legislation.”



The IJB retains an overview of strategic planning for all health and social care services including those provided to disabled people.

If you would like to know more about the IJB you can access key documents at Midlothian IJB or contact Tom Welsh, Integration Manager  
Email: [tom.welsh@midlothian.gov.uk](mailto:tom.welsh@midlothian.gov.uk)

**Ewan Aitken** - Voluntary Sector Representative in Midlothian Integration Joint Board (IJB)

Ewan Aitken is the CEO of Cyrenians, a charity committed to stopping homelessness and supporting people. They have several services in Midlothian including fareshare, family mediation and the community garden at Midlothian Community Hospital.

Ewan’s role on the IJB is to represent the views of the voluntary sector on all the issues the IJB discusses. Ewan meet with the Voluntary Sector Reference group which is organised by Midlothian Voluntary Action (MVA) prior to every IJB meeting to discuss the agenda and agree on the voluntary sector view.



hand experience of the difficulties that people can experience in relation to their care. By giving feedback to planners at a local level, the public can help shape services that deliver changes that better fit their needs.

Keith is one of a number of public representatives. Keith has a deputy and there is also a public carers' representative and deputy. We meet regularly to share information and discuss issues that are to be debated at the IJB. We are also supported by Midlothian's Public engagement workers.

Keith is keen to extend his contacts within Midlothian and would be happy to have a conversation with any local groups. Keith can be contacted either through the Engagement Workers or by email - [kchapman.ijb@gmail.com](mailto:kchapman.ijb@gmail.com)

**Pam Russell** - Carer Representative in Midlothian Integration Joint Board (IJB)

**Pam joined the Integration Joint Board in December 2017 following a recruitment exercise. Pam is the carer representative on the Board. Pam's career was in housing and care, primarily for disabled people. She was a board member and Chair of a housing and care provider for older people. Pam is a carer for a family member and is also a Board member of Vocal, who provide a voice and support for carers across the Lothians. For the last year Pam has been the Chair of Carers Action Midlothian, a body of carers and carer professionals who work in strategic partnership with Midlothian Council to help improve the services to and rights of Carers across Midlothian.**

For more information on Midlothian Integration Joint Board please visit:

[midlothian.cmis.uk.com/live/  
MidlothianIntegrationJointBoard.aspx](http://midlothian.cmis.uk.com/live/MidlothianIntegrationJointBoard.aspx)



# Midlothian Local Area Co-ordination

## What is 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.



## In Midlothian, Local Area Co-ordinators work alongside

Children and adults (up to 64 years) with a 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 alongside 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. Here are some things that all Local Area Co-ordinators do:





Give people information, help them find things and give advice,



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 Co-ordination?

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 services are not always the way for people to achieve their goals.



### What people have said about us



**"You are so easy to speak to"**

**"I get out more in the community now"**

**"I'm so busy now since I got involved with my LAC"**

**"LAC is the best thing ever. Now I am really hopeful that my son can have a good life"**

## Get in touch:

If you want to find out more, please get in touch.

Our contact details are:

### Catherine

Mobile:  07889 456 267

Email:  [catherine.acton@enable.org.uk](mailto:catherine.acton@enable.org.uk)



### Carrie

Mobile:  07892 770 079

Email:  [carrie.poole@enable.org.uk](mailto:carrie.poole@enable.org.uk)



### Sarah

Mobile:  07753 497 936

Email:  [sarah.warne@enable.org.uk](mailto:sarah.warne@enable.org.uk)



### Stuart

Mobile:  07889 456 264

Email:  [stuart.mcintosh@enable.org.uk](mailto:stuart.mcintosh@enable.org.uk)



### Sue

Tel:  07889 456 708

Email:  [sch@enable.org.uk](mailto:sch@enable.org.uk)



TEL (with answer machine):  0131 454 1785

Midlothian Local Area Co-ordination ,

Enable Scotland,

1b Colliery Court,

McSense Business Park,

32 Sycamore Road,

DALKEITH,

Midlothian, EH22 5TA.



# Midlothian Physical Disability Planning Group



Midlothian

## What is this?

**Midlothian** – it covers the whole of Midlothian.

**Physical Disability** – People who consider themselves physically disabled including sensory impairments.

**Planning Group** – the Planning Group is made up of representatives from Midlothian Council, NHS Lothian, voluntary organisations representing disabled people, (and) carers and service providers (organisations that provide services for them), as well as most importantly, disabled people themselves. They meet every 8 weeks and are responsible for producing an Action Plan and ensuring that the actions in it are delivered.

## **Midlothian Physical Disability Action Plan 2016 - 2019**

This 3-year Action Plan aims to better the lives of disabled people and carers by improving the services they need to participate fully and equally in society. This plan was developed by disabled people, carers and service providers (those who provide the services that they use) by working together, sharing their knowledge, skills and expertise.

This Action Plan is based on the Rights of Independent Living.

The Action Plan can be downloaded at Midlothian Council's website and Forward Mid's websites. [www.forwardmid.org.uk/pdf/jointphysicalDisabilityActionPlan20162019device.pdf](http://www.forwardmid.org.uk/pdf/jointphysicalDisabilityActionPlan20162019device.pdf)

Should you wish any further information or wish to be involved in this group and its activities please contact:

Jayne Lewis

Planning Officer- Physical Disabilities Fairfield House, Dalkeith  
EH22 3ZH ☎ 0131-271-3665

Email: [✉ jayne.lewis@midlothian.gov.uk](mailto:jayne.lewis@midlothian.gov.uk)



# Midlothian Wellbeing Access Point

Guiding you to support your wellbeing  
[www.health-in-mind.org.uk](http://www.health-in-mind.org.uk)

## What is the Midlothian Wellbeing Access Point?

It can be hard to know what groups and services are available in the local area and how to get the support you need.



The Access Point is all about guiding you to access the support you need to increase your mental wellbeing—reducing low mood and your feelings of stress; increasing your confidence and self-esteem. The Access Point is not a crisis or emergency service.

## How can the Access Point help you?

It can help through supporting you to:-

- Understand more about why you feel unwell,
- Find out what's going on in your local community—groups, activities and services,
- Access the support that will work best for you.

## Who can access and use the service?

If you are:-

- An adult living within Midlothian (18-65 years old),
- Registered with a Midlothian GP practice,
- You don't need to make an appointment or be referred to access the service, so come along and find out how the Access Point can help you.

## Confidentiality

- The access point is a confidential service and all personal information is held under strict legal and ethical rules.

## What happens when you go along to the Access Point?

Meeting one of the team:

You'll be seen in a private space by either a Nurse Therapist, who is trained in providing talking therapies, or the Access Point worker who specialises in providing community-based support. They can help you to decide what support will work best for you.

**Sessions:-**

- People will normally be seen on a first come, first served basis,
- A session will normally last for approximately 30 minutes.

**When and where does the service happen?**

<b>Penicuik</b>	<b>Dalkeith</b>
<b>Loganlea Centre,</b> Eastfield Medical Centre, Eastfield Farm Road, Penicuik, EH26 8EZ - Mondays - 11 am to 2 pm	Midlothian Community Hospital, 70 Eskbank Road, Hardengreen Dalkeith, EH22 3ND Wednesdays - 1 pm to 3 pm

Please note: The Midlothian Wellbeing Access Point will be closed on Public Holidays.

A couple of things to think about before you come along:

1. Think about why you're looking for help from the Midlothian Wellbeing Access Point?
2. Do you know or have you thought about the type of help you're looking for?

For further information contact  
Psychological Therapies,  
Tel: ☎ 0131 536 8981 or  
Access Point Worker,  
✉ [jennifer.bragg@health-in-mind.org.uk](mailto:jennifer.bragg@health-in-mind.org.uk)



# Midlothian Wellbeing Team



## The Wellbeing Team



The Wellbeing Team supports people (18 years of age and over). Having a conversation with a practitioner gives you an opportunity to talk about what really matters to you in life and explore how to improve your health and wellbeing.

This can help you to discover solutions, gain confidence and feel more able to manage life when living with health problems and other difficulties

### Good Conversation

The practitioners will listen to you and will take the time to talk with you to decide what changes you want to make.

They can help you to access other services, support and activities if you decide that's what you want to do.

## How can I access and use the service?

Please ask your GP receptionist if the service is available at your practice. Your GP or health professional will be able to refer you.

One of the Wellbeing Practitioners will contact you once we have your referral to schedule a first meeting. The meeting can take place at the GP practice or somewhere else if you would prefer.

### For further information Contact:

Sandra Mackenzie:  07876035660

Leanne Connolly:  07342035670

Emma Holland  01316567346  
(Wellbeing Administrator)

The Wellbeing Team is a partnership between Thistle Foundation and NHS Lothian and Midlothian Health and Social Care Partnership.



# Motability

The Motability Scheme enables disabled people to lease a new car, scooter or powered wheelchair, using their Government funded mobility allowance. If you receive the Higher Rate Mobility Component of Disability Living Allowance, the Enhanced Rate of the Mobility Component of Personal Independence Payment (PIP), the War Pensioners' Mobility Supplement (WPMS) or the Armed Forces Independence Payment (AFIP) you may be eligible to join the Motability Scheme. You can apply for.

A new car, scooter or powered wheelchair every three years,

- Insurance from RSA Motability (RSAM),
- Breakdown assistance,
- Servicing, maintenance and repairs,
- Adaptations, many at no extra cost.



## Car Scheme

You get a brand new car every three years. Motability will contact you a few months before your lease expires, and if you decide to continue with Motability, you can choose a car for your next three-year contract (provided you are still eligible).

The worry-free package provides similar cover to what you would expect under a fully comprehensive insurance policy. You can still lease a car even if you don't drive, you simply nominate two drivers who can drive on your behalf. All of your regular servicing and maintenance is included and taken care of by your dealer. So you'll have no unexpected repair bills with your Motability car.

The RAC Motability Assist helpline and roadside staff are specially trained to handle your calls and are available on ☎ 0800 73 111 73, 24 hours a day, 365 days a year. Assistance is provided for recovery, either at the roadside or at home.

Motability organise the tax disc and have it sent directly to your home (except in Northern Ireland and the Isle of Man).

For no extra cost, Kwik Fit will replace tyres worn or damaged by normal use. Should anything happen to your windows or

windscreen you can get them repaired or replaced at no extra cost.

You get 60,000 mileage allowance over three years with cars, if the total mileage is higher than the allowance when you return the car, there is a charge of 5p for every additional mile.

If you need adaptations to make your car easier, safer or simply more comfortable to use, you'll be pleased to know that many of the most popular ones are now available at no additional cost.

A WAV (Wheelchair Accessible Vehicle) enables you to travel whilst seated in your wheelchair, as either a passenger or driver. There are around 500 WAVs available with Motability. WAVs come with a 100,000 mileage allowance on a five-year lease. If you're looking for an even more affordable or quicker way to lease a WAV, we also offer a Nearly New WAV option which can be leased for three years.

## **Wheelchair and Scooter Scheme**

If you receive any of the following benefits and have at least 12 months' award remaining you can exchange some, or all of this, to lease a scooter or powered wheelchair from Motability: Higher Rate Mobility Component of the Disability Living Allowance from the The Enhanced Rate of the Mobility Component of Personal Independence Payment from the Department for Work and Pensions (DWP), War Pensioners' Mobility Supplement from the Service Personnel and Veterans Agency (SPVA) Armed Forces Independence Payment (AFIP).

With a scooter or powered wheelchair leased from Motability, we take care of everything for you from insurance to breakdown recovery, repairs and servicing, leaving you free to enjoy the independence of worry-free mobility.

### **What's Included:**

New scooter or powered wheelchair every three years (five for some powered wheelchairs)

- Breakdown assistance – Insurance cover,

- Battery and tyre replacement,
- Servicing, maintenance and repairs,
- UK based Customer Services team 24 hours a day, 365 days a year.

## **Personal Independence Payment and the implications for Motability Scheme customers.**

As part of its welfare reform programme, the Government has started to replace Disability Living Allowance for disabled people aged between 16 and 64 with a new benefit called Personal Independence Payment (PIP). This process began in April 2013 and will be completed by 2018.

Motability customers currently use their DLA to pay for their vehicle leases. Therefore it is important that you are aware of the Government's changes to disability benefits and how the Motability Scheme will support you through the transition if you are no longer eligible to use the Scheme.

For more information please visit [www.motability.co.uk](http://www.motability.co.uk) or ☎ 0300 456 4566.

A toolkit on Personal Independence Payment of can be found at [www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit](http://www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit)

In order to be entitled to PIP, 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 new Personal Independence Payment. The booklet is available from MVA, 4-6 White Hart Street, Dalkeith.



# National Entitlement Card

This card gives 60+ and disabled people free bus travel throughout Scotland. Application forms are available at all Midlothian libraries – completed forms including a colour passport-style photo must be taken by the applicant to any Midlothian library for processing. The verification system requires the librarian to confirm that the photo submitted is a true likeness of the applicant – if the application form is handed in by anyone other than the applicant, it will be rejected.



Your bus pass is printed in Hull, England and sent directly to your home address. On the front will be your name and card number, your photo, the oak leaf logo of Midlothian Council and the expiry date [disabled cards only – there is no longer an expiry date on 60+ passes]. Various symbols appear on the lower right side of the card. All cards show a large orange “C” symbol. A “+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 this card are: Borders Buses, East Coast Buses, Lothian Buses, LCTS, Prentice Coaches of Haddington and Stagecoach. Travelling intercity this card is accepted by Citylink, Megabus and National Express. Over 95% of buses are adapted for wheelchair carriage. Most buses can carry only one wheelchair. Not all bus stops are suitable for wheelchair users. It would be advisable to contact the operator before travelling to avoid disappointment.

Citylink ☎ 0141 332 9644

Megabus ☎ 0900 1600 900

National Express ☎ 0371 781 8181



# 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/](http://contactscotland-bsl.org/)). If you phone us, we will ask you where you are phoning from and why you have phoned. This will help NHS24 Scotland make sure you get the right help. When NHS24 Scotland know why you have phoned NHS24 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** 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/](http://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 Minor Ailment Service

## What is the NHS minor ailment service?

Everyone can go to their pharmacist for advice or to buy a medicine for a minor illness or ailment. There is an NHS service for people who would not have paid prescription charges under the old system. If your pharmacist thinks you need it then they can give you a medicine on the NHS without you having to pay for it.

## Who is the service for?

You can use the NHS Minor Ailment Service if:-

- You are registered with a GP surgery in Scotland, and
- You are under 16 or under 19 and in full-time education,
- You are aged 60 years or over,
- You have a valid maternity exemption certificate, medical exemption certificate, or war pension exemption certificate, you get Income Support, Income-based Jobseeker's Allowance, Income-related Employment and Support Allowance, or Pension Credit Guarantee Credit; and
- You don't live in a nursing or residential care home.

## How does it work?

You register for the service with the community pharmacy of your choice.

## How to register?

- You can register for the NHS Minor Ailment Service at a community pharmacy of your choice. You can do this at any time,
- Your pharmacist will ask you for your name, date of birth, gender, and postcode,
- Your pharmacist completes a form which you must sign to register for the service.
- Your pharmacist may ask you for proof of your exemption, for example, your maternity or medical exemption certificate

or HC2 certificate. Try to remember to bring this information with you if you think you might need to,

- You can only register with one community pharmacy at a time for the NHS Minor Ailment Service.

## What does the service offer?

You can get advice and free treatment from your community pharmacist for minor illnesses and ailments such as:

Acne	Athlete's foot	Back Ache	Cold sores	Constipation
Cough	Diarrhoea	Ear Ache	Eczema	Allergies
Hay fever	Headache	Head lice	Indigestion	Mouth ulcers
Piles	Period Pain	Thrush	Sore throat	Threadworms
Colds	Teething	Warts	Verrucae	Nasal Congestion

- If your pharmacist feels that it is better for you to see your GP then they may refer you directly or tell you to make an appointment with your GP,
- You will still have to go to your GP if you need a medicine that you can only get on prescription from your GP.

## Can I still go to other pharmacies?

Yes. You can still use other pharmacies to buy medicines or to pick up prescriptions.

**However**, you can only use the NHS Minor Ailment Service at the community pharmacy you've registered with.

If you want to go to another community pharmacy for the NHS Minor Ailment Service, you can. But you will need to register with the new pharmacy for more information ☎ 0300 244 4000

## How to find out more

For more information contact:

- Your local community pharmacy
- Your GP or another member of NHS staff involved in your care or
- The NHS24 Scotland Helpline on ☎ 111 (calls are free)



# 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 8.30 a.m. to 5.00 p.m.

Friday 8.30 a.m. to 4.00 p.m.

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 - [www.nhsllothian.scot.nhs.uk/Services/A-Z/DiabetesService/PatientsCarers/Documents/PodiatryDepartmentApplicationForm.pdf](http://www.nhsllothian.scot.nhs.uk/Services/A-Z/DiabetesService/PatientsCarers/Documents/PodiatryDepartmentApplicationForm.pdf) 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, an 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 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**

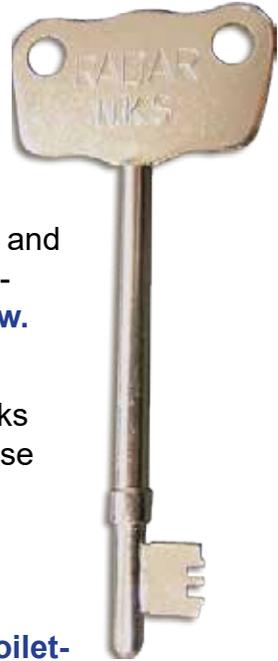
Bonnyrigg Health Centre, 109-111 High Street	Mon - Thurs
Dalkeith Health Centre, 24/26 St Andrew Street	Daily
Newbattle MG Blackcot Ave., Mayfield	Wed, Thurs
Penicuik Health Centre, 37 Imrie Place	Mon-Wed

For enquiries about the service, please contact us

 **0131 536 1627**

## Radars 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 - £4.50 For more information please visit [www.disabilityrightsuk.org/shop/radar-key](http://www.disabilityrightsuk.org/shop/radar-key)



In the past, the Radar Key Scheme ran checks to ensure only disabled people could buy these keys. Now they can be bought on Amazon at [www.amazon.co.uk](http://www.amazon.co.uk), Age UK at [www.ageukincontinence.co.uk/radar-disabled-toilet-key.html](http://www.ageukincontinence.co.uk/radar-disabled-toilet-key.html), online key cutting at [www.lockshopdirect.co.uk/products/disabled-toilet-key-to-suit-radar-precut-42300/](http://www.lockshopdirect.co.uk/products/disabled-toilet-key-to-suit-radar-precut-42300/)

The checks have fallen by the wayside, Midlothian only has two radar key sites the list on the [nks.directenquiries.com](http://nks.directenquiries.com):- There are now three listings, Unfortunately Homebase is shut Known NKS Toilets in Midlothian,

- **The Blacksmiths Forge JD Wetherspoon,**
- The Buccleuch Dalkeith,
- Dalkeith Arts Centre.
- McDonalds Eskbank

If you know of any more please let Forward Mid Know. If travelling to England you can check NKS Directory and see if you would benefit from purchasing one.

Forward Mid are also selling the Radar Key at cost price. They can be bought at cost price from:-  
MVA , 4-6 White Hart Street,  
Dalkeith, EH22 1AE. ☎ 0131 663 9471



# Self-Directed Support

## What is Self-Directed Support?

Self-Directed Support is about giving you more choice and control over the social care support you receive to enable you 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.



## Who can receive Self-Directed Support?

Anyone who is assessed as being eligible for social care support will be offered the following Self-Directed Support options.

### People will be offered 4 choices on how they can receive their social care

- You take the money and choose and organise your support. This is a cash payment called a Direct Payment. 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 responsibility.
- You choose a care or support organisation and the council will arrange it. You then work with the care or support organisation to plan your support. This means you don't have to manage the money but still have an active role in organising your support.
- You ask the council to choose and arrange the support.
- Mix and match options – 1,2 and 3. Self-directed support is about choices, you can arrange support from a support provider or you can employ your own staff.

Forward Mid's guide to Self-Directed Support booklet is available in Midlothian libraries and at [www.forwardmid.org.uk/pdf/](http://www.forwardmid.org.uk/pdf/)

## What Does This Mean for Midlothian?

The Self-Directed Support options are discussed with everyone during an assessment for community care support or at a review of their current support package. If you have any questions about Self-Directed Support you can contact Midlothian Council:

For More information please contact:

Adults and Social Care

Fairfield House,

8 Lothian Road,

Dalkeith, EH22 3AA.

Email:  [contact@midlothian.gov.uk](mailto:contact@midlothian.gov.uk)

 0131-271-3900

Website: [www.midlothian.gov.uk](http://www.midlothian.gov.uk) and use

**search function**



## Lothian Centre for Inclusive Living

Lothian Centre for Inclusive Living (LCiL) can help with all aspects of self-directed support (SDS), including:-

- Identify your and express your needs and outcomes,
- Prepare for your local authority assessment,
- Explore which Self-Directed Support option is best for you,
- Liaise with local authorities and other appropriate organisations to use a particular service provider.

If you choose to receive a Direct Payment, we can support you to:-

To contract with an agency,

Recruit and manage Personal Assistants,

Process Personal Assistants wages through the payroll service.

For more information contact Independent Living and Training Team Co-ordinator:-

Lothian Centre for Inclusive Living  
Address: Norton Park,  
57 Albion Road,  
Edinburgh, EH7 5QY.

Email:  [ilteam@lothiancil.org.uk](mailto:ilteam@lothiancil.org.uk)

 0131 475 2350

 0131 475 2555

[www.lothiancil.org.uk/our-services/  
independent-living-support-services/](http://www.lothiancil.org.uk/our-services/independent-living-support-services/)



## Self-Directed Support Scotland

The forum for disabled people's Self-Directed Support is working to promote better and effective outcomes for all in Scotland.

Self-Directed Support is the support individuals and families have after making an informed choice on how their individual budget is used to meet the out-comes they have agreed. Self-Directed



Support means giving people choice and control. The process for deciding on support through Self-Directed Support is through co-production.

Self-Directed Support Scotland is a national organisation which actively promotes independent living for disabled people by supporting, working with and championing the aims of Self-Directed support organisations.

For more information please visit  
[www.sdsscotland.org.uk/index.php](http://www.sdsscotland.org.uk/index.php)



# Sport

## Lothian Disability Sport



Lothian Disability Sport is very keen to increase the number of sporting opportunities available to people with any disability in the Lothian area so we would like to hear from anyone who would like to affiliate with the organisation as a club, athlete, coach or volunteer. We would also like to hear any

ideas or suggestions as to how we can best take forward sport in the Lothian area for people with a disability. ☎ 0131 475 2364 or Email: [admin@lothiandisabilitysport.co.uk](mailto:admin@lothiandisabilitysport.co.uk) to pass on your comments.

### Multisports

Beeslack All Stars Disabled Sports Club, Beeslack Community High School

Tuesdays 6.45 pm - 8.45 pm & Sundays 1 pm - 3 pm,  
Age 5 - 18, all disabilities.

Email: [allstars\\_dsc@hotmail.com](mailto:allstars_dsc@hotmail.com)

### Swimming

Lothian Racers Disability Swimming Club

Tuesday 6:30 pm - 8:30 pm at Beeslack Community High School,  
Penicuik

All ages, all disabilities

Email: [jackyyirrell@aol.com](mailto:jackyyirrell@aol.com)

Loanhead Dolphins, Loanhead Leisure Centre, Midlothian

Thursdays 6 pm - 8 pm. All Ages, all disabilities.

Email: [Elainechesser21@outlook.com](mailto:Elainechesser21@outlook.com)

### Boccia

Beeslack All Stars Boccia Club, Beeslack Community High School. Penicuik

Sundays 2 pm – 3 pm. All Ages, all disabilities

Email: [Allstars\\_dsc@hotmail.com](mailto:Allstars_dsc@hotmail.com)

For Cycling and Snowsports and other sports outwith Midlothian and further information can be found on:

[www.lothiandisabilitysport.co.uk/](http://www.lothiandisabilitysport.co.uk/)

### **FABB Scotland,**

Norton Park Conference Centre

57 Albion Rd, Edinburgh EH7 5QY.

Sports for young disabled people for more information

[www.fabb.org.uk/](http://www.fabb.org.uk/)

### **Horse Riding**

Vogrie Riding School

Various Booking Times

All Ages, all disabilities

☎ 07703 475 821

 [www.facebook.com/pg/Vogrie-Riding-School](https://www.facebook.com/pg/Vogrie-Riding-School)

Thornton Rose Riding for the Disabled

Email:  [Jeff@thornton-rose-rda.org.uk](mailto:Jeff@thornton-rose-rda.org.uk)

Web: [www.thornton-rose-rda.org.uk](http://www.thornton-rose-rda.org.uk)

### **Cycling**

Charlotte's Tandems

Website: [charlottestandems.weebly.com/](http://charlottestandems.weebly.com/)

### **Seated Yoga and Pilates/ Exercise**

Midlothian Council

Gorebridge Thursdays 1 pm to 2 pm

Newtongrange Fridays 12 noon to 1 pm

The Lasswade Centre Tuesdays 1 pm to 2 pm

Newbattle Seated Exercise Mondays 10:30 am to 11:30 am

[www.midlothian.gov.uk/info/521/sport\\_and\\_leisure/388/  
find\\_a\\_fitness\\_or\\_leisure\\_activity\\_class](http://www.midlothian.gov.uk/info/521/sport_and_leisure/388/find_a_fitness_or_leisure_activity_class)

## **Active Midlothian**

## Fun Multi-Physical Activities for Adults with a Learning or Physical Disability

These exciting activities led by Fiona and Lauryn are designed for all ability levels. They are great fun, so come along, join in, try new things and meet new friends.

Sport and Leisure provide disability specific classes where possible in sports such as swimming, bowling, basketball, boccia. For more information on activities and opportunities available locally or in the Lothians please contact Yvonne Anderson Tel: ☎ 0131 561 6509.

### Penicuik Town Hall

Every Thursday 1 pm - 2 pm,  
Cost £2 per session

### Newbattle Leisure Centre

Every Thursday 10 am – 12 pm,  
Cost £2 per session

No Booking for any of these sessions - just turn up

For further information contact Allan Blair Tel: ☎ 0131 561 6505 or email:

✉ [Allan.blair@midlothian.gov.uk](mailto:Allan.blair@midlothian.gov.uk) or for more information on what is going on, check out our web page at Active Midlothian at this will give you listings of Physical Activity groups that are on in Midlothian which anyone with a disability can join. [www.activemidlothian.org.uk/](http://www.activemidlothian.org.uk/)



### Boccia Coaching

Boccia is a sport designed for people with a disability. It's a sport

of intriguing tactics and nail-biting tension.

## **Newbattle Leisure Centre**

Wednesday 1-2 PM, Cost £2 per session

Open to adults all disabilities and all ability levels. Once you've seen it you will be hooked!



No booking just turn up!

The Sports Development Team work with a variety of partners to provide opportunities for children and adults with a physical, learning or sensory disability to take part and excel in a variety of sports, whatever their ability. Our main aims are to provide participants with an opportunity to:

- Be physically active in a fun and safe environment,
- Learn new skills and try new sports and activities,
- Enjoy new experiences and make friends.



# Murrayfield Racers

Murrayfield Racers announce their ticket prices Under-16's and wheelchair users go free.

Tony Hand states "We are building a team to entertain Murrayfield Racers will allow every paying adult to bring a child aged under-16 to their home games free. And, all wheelchair users will be allowed free access to home games with their carer allowed in for £5."



Racers will play in the National Ice Hockey League 1 Cup (NIHL) and the Scottish National League (SNL).

Tickets for registered wheelchair users can now be bought online [www.ticketsource.co.uk/mracers](http://www.ticketsource.co.uk/mracers) for any home. With around 50 tickets for each game free for wheelchair users and one carer getting access for free.

It gets better - wheelchair users are seated next to the safety barrier with a great view of the game. Just remember Murrayfield Ice Rink, can get pretty cold make sure you wrap up warm or take some money to purchase Warm Murrayfield Racer merchandise.



For more information on fixtures and to register please visit [siha-uk.co.uk/tag/murrayfield-racers/](http://siha-uk.co.uk/tag/murrayfield-racers/) or on Facebook at [www.facebook.com/OfficialSIHA](https://www.facebook.com/OfficialSIHA) or Twitter at [twitter.com/ScotIceHockey](https://twitter.com/ScotIceHockey).



# The Smart Centre

The South East Mobility and Rehabilitation Technology Services (SMART) Centre opened at the Astley Ainslie on 26th February 2007.

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, and bioengineering services, a Disabled Living Centre and Gait Analysis Service. We also provide a National Driving Assessment Service.

## **The Wheelchair and Seating Service**

This service provides a service to over 24,000 adults and 2,600 children across Lothian, Fife and the Borders. The service includes individualised special wheelchair seating for people whose needs cannot be met using off-the-shelf equipment.

## **The Prosthetics Service**

This service provides upper and lower limb prosthetic care. The service aims to provide a high level of care for amputees and others requiring prosthetic assistance. It provides prostheses, where appropriate, and life-long care to the patient to ensure that their prosthesis is maintained and continues to meet their individual needs where possible.

## **Driving Assessment**

This service offers driving assessment and/or advice for people who wish to commence, resume or continue driving after illness or injury, and also advises on vehicle modifications to enable safe driving or passenger travel for those with a disability.

Assessments are carried out by a therapist and/or a doctor and generally include:-

- Physical Assessment – a range of joint movement, muscle strength and sensation, co-ordination and vision are tested,

- Static Unit Assessment – conducted with the patient sitting in a test rig which allows us to identify the most appropriate methods for steering, braking and acceleration and is also used to measure reaction times,
- In-Car Assessment – this is carried out in one of the centre's vehicles. Automatic and manual cars are available, and we also have examples of the most frequently used modifications.

### **Electronic Assistive Technology (EAT) service**

Environmental control equipment enables very severely disabled people who would otherwise be unable to do so to control electrical equipment, such as telephones, pagers, intercoms, door locks, table lamps and home entertainment equipment such as TVs, DVD players, cable/satellite boxes, community alarms, door openers, curtain openers and page turners. It is also possible to enable control of a microcomputer to be achieved via the environmental control system.

Use of the equipment enables the patient to recover a measure of independence, makes continued care at home easier for their relatives and can delay or prevent permanent admission to hospital. Supply of the equipment may also make it feasible to discharge a patient who would otherwise have to remain in hospital.

Specialised powered wheelchair control systems are programmable devices which can be configured to suit the needs of the patient.

A range of controller options are available, including standard and very low force joysticks as well as interfaces that enable the control of powered wheelchairs using either single switches or groups of switches. The service also provides specialised switches, switch mounts, communication aid mounts and specialised aids to communication.

This part of the service involves joint assessment along with the referring therapist, and then either the modification of commercially available equipment or, alternatively, the design

and manufacture of specialised devices.

### **Special Needs Design Service**

This service provides custom designed or modified equipment where standard or commercially available equipment is not available. Our objective is to assist people in meeting their rehabilitation aims, and hence we can provide equipment for use in the home, workplace or to facilitate established leisure interests. We are, however, mainly involved with the following categories of equipment

Aids for daily living, e.g. Equipment for eating, drinking and personal care,

Mobility aids, e.g. Walkers,

Therapeutic equipment, e.g. Positioning systems,  
modifications to static seating.

The SMART Centre accepts referrals from Allied Health Professionals, especially Occupational Therapists, Physiotherapists and Prosthetists, and works closely with the referrer throughout the development process. We regret however that we are unable to manufacture devices which are already commercially available or supply the equipment to be modified.



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

☎ 0131 537 9177

Website: [www.smart.scot.nhs.uk/](http://www.smart.scot.nhs.uk/)



# The Thistle Assistance Card

The South East of Scotland Transport Partnership has developed the Thistle Assistance Card and App to make using public transport easier for older people and those with disabilities or illness.



The card and App, is supported by a wide variety of voluntary organisations across Scotland and by most bus, train, tram, ferry and airport operators. It is credit-card sized and comes with a supply of peel-off stickers, which advise the driver or conductor of your disability and the help you need in an easy-to-read format.

## Thistle Assistance Card

The Thistle Assistance Card and App were developed with the help of transport providers and users to provide a useful means of displaying the right information for the passenger, with symbols indicating the type of disability and a short message indicating the help required that could be read at a glance by bus drivers, train and tram conductors and other staff. The card comes with an information leaflet showing customers how to use the card and highlighting that it has no monetary significance – it is purely an information card.

Available from :

- Most Midlothian libraries
- Midlothian Council offices – Fairfield and Midlothian Houses
- 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.



# Thistle Foundation

The Thistle Foundation Lifestyle Management Programme is designed to support people who are dealing with difficult life situations or who are living with a long-term health condition.

The programme helps people gain control over their situation by making use of and building on their own coping and recovery strategies. The course aims to boost confidence and self-esteem by acknowledging and celebrating the small successes participants achieve along the way.

The 10-week programme consists of group sessions lasting three hours. These sessions involve discussion, safe and appropriate exercise, and therapeutic relaxation. The courses take place at local community venues, including the Thistle Foundation.

Each individual is offered the opportunity to meet a member of the team to discuss their goals and best hopes before the course begins. Course goals are linked to the 'three Cs' of coping, control and confidence. We focus on identifying strengths and resources, as well as how these can be used to help manage daily life. Our way of working has been developed in response to feedback received from previous course participants. We ask that participants make every effort to attend all sessions.

## Course Sessions:

**Week 1 Lifestyle Management Philosophy.**

**Week 2 Sleep Management.**

**Week 3 Relaxation/Stress Management.**

**Week 4 Pacing/Energy Management.**

**Week 5 Getting Active.**

**Week 6 Pacing/Time Management.**

**Week 7 Communication Skills.**

**Week 8 The Mind-Body Connection.**

**Week 9 Preventing, Minimising & Recovering from Relapse.**

**Week 10 Reflection & Forward Planning.**



For more information please contact us on ☎ 0131 656 7345

## 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,
- 2 PM to 5 PM on Thursdays at Lasswade Library,
- 10 AM to 1 PM on Wednesdays at Lasswade Library.

To make an appointment phone ☎ 07909 257419 or contact your local GP Practices.



# Transport

Midlothian is served by Borders Buses, East Coast Buses, Lothian Buses, LCTS, Prentice Coaches of Haddington and Stagecoach. Legislation requires single-deck buses to be low-floor and accessible for wheelchair users by 2015, double-decker buses by 2017 and coaches by 2020.

Please check with individual bus companies for additional information when travelling by wheelchair. Normally buses can only carry one wheelchair.



## Community Bus Service

The Community Bus Service provides a link to local shopping centres from communities less well served by public transport.

Service **R1** Thursdays Dalkeith, Dalkeith Morrisons, Eskbank Stn & Tesco, Bonnyrigg Market, Carrington, Temple, Gorebridge, Newtonloan Toll, Bonnyrigg Market, Bonnyrigg Co-op, Lasswade Centre, Bonnyrigg Market, Eskbank Stn & Tesco, Lasswade Road, Dalkeith.

Service **R2** Thursdays Dalkeith, Dalkeith Morrisons, Lothianbridge, Newtongrange, Gowkshill, Upper Gorebridge, Newbyres Village, Newtonloan Toll, Bonnyrigg Market, Eskbank Stn & Tesco, Dalkeith Morrisons, Dalkeith.

Service **R3** Thursdays Dalkeith, Dalkeith Morrisons, Lasswade Road, Danderhall, Newton Village, Millerhill, Old Craighall, Asda, The Jewel.

Service **R4** Mondays Dalkeith, Dalkeith Morrisons, Lasswade Road, Lasswade Village, Mavisbank, Burghlee Crescent, Park Avenue, Gaynor Avenue, Loanhead Library, Straiton Retail Park, Straiton Sainsbury's, Straiton Asda.

Service **R5** Mondays Carrington, Temple, Gorebridge,

Newtonloan Toll, Bonnyrigg, Lasswade Village, Loanhead, Straiton Retail Park, Straiton Asda, Straiton Sainsbury's.

If you are a wheelchair user, it may be possible to arrange for the Community Bus to pick you up at or close to your door. If you require this service, you must ring LCTS by Thursday for the following Monday services, or by Tuesday for the following Thursday services. ☎ 0131 663 0176. The Community Bus Service is provided by LCTS (Lothian Community Transport Services) from its Dalkeith depot. LCTS is financially supported by Midlothian Council.

### **Dial-A-Bus [DAB]**

Dial-A-Bus is provided by HcL(formerly Handicabs (Lothian) Ltd) and is financially supported by Midlothian Council. To register to use the service, collect an application form from any Midlothian library and post the completed form to the office at HcL, 24/3A Dryden Road, Loanhead EH20 9HX, ☎ 0131 447 1718 or visit the DAB website at [www.hcltransport.org.uk](http://www.hcltransport.org.uk) DAB is outwith the Scotland-wide free bus scheme, and fares must be paid. There is a special offer for first-time users – the first return trip on DAB is FREE. Remember to ask about this when making your first booking.

### **Dial-A-Ride [DAR]**

Dial-A-Ride provides a seven-days per week door-to-door transport service for people with limited mobility who cannot manage to travel by standard buses. DAR can also help those who have limited access to public and/or private transport. The DAR service is provided by HcL and is financially supported by Midlothian Council. To register to use the service, collect an application form from any Midlothian library, post the completed form to the office at HcL, 24/3A Dryden Road, Loanhead EH20 9HX, ☎ 0131 447 9949 or visit the DAR website at [www.hcltransport.org.uk](http://www.hcltransport.org.uk) Once registered with HcL, you can call the DAR office at Bilston Glen ☎ 0131 447 9949 to make your first booking. You can make no more than one advanced booking (for the day after tomorrow or beyond). You can try for as many

bookings as you wish for trips on the same day or the following day. However, your late bookings will only be accepted if there are suitable gaps in the DAR schedule to take on more journeys. The DAR vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably. DAR drivers are trained to provide assistance where necessary - do not be afraid to ask.

The price is set for the first mile and increases per mile thereafter. Prices are subject to periodic change. There is a special offer for first-time users – a £5 discount off your first DAR trip. Remember to ask about this when making your first booking.

There are additional charges per passengers when accompanying a full-fare paying passenger on the same journey. One genuine escort may travel free. Additional charges may be added if the DAR 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 to [admin@handicabs.org.uk](mailto:admin@handicabs.org.uk) to ask for a quote to travel outwith the local area.

A cancellation fee may be applied if bookings are cancelled without due notice. Check with HcL when booking.

## **Taxis and Private Hire Cars**

When ordering a taxi or minicab 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 using a Midlothian Taxicard, please check with the taxi company that they are accepted.

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.



# VOCAL

Voice Of Carers Across Lothian

Vocal provides information to unpaid carers.

An unpaid carer is a person who looks after a relative, partner, neighbour or friend who needs support because of age, physical or learning disability, or illness, including mental health problems.



Providing care can range from visiting every day to make sure someone is okay, doing a weekly shop for someone, to being there 24 hours a day and providing personal care. VOCAL provides:

- Practical support on issues such as taking on a caring role, accessing services, your health and well-being, welfare benefits and managing household bills, legal matters and specialist services,
- Support to take a break from your caring role,
- Support to complete an Adult Carer Support Plan
- Access to training and events and social groups,
- Counselling,
- Support if you are affected by someone else's drug or alcohol use.

## What is an Adult Carer Support Plan

**You can ask social work or VOCAL for an Adult Carer Support Plan. The plan sets out any needs you have as a carer and how they will be met. Any carer can request an ACSP, regardless of the age of the person they care for, number of hours, type of caring, or regularity of their caring role.**

**More information on Adult Carer Support Plans can be found**

in the leaflet 'What to expect when you make an adult carer support plan' which is available from VOCAL Midlothian.

**Contact Details:**

**VOCAL Midlothian,**

Carers Centre,  
30/1 Hardengreen Estate,  
Eskbank EH22 3NX.

[www.vocal.org.uk](http://www.vocal.org.uk)

The office is open Monday to Friday  
9 am – 5 pm.

☎ 0131-663 6869

Email: [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

Website: [www.vocal.org.uk/midlothian](http://www.vocal.org.uk/midlothian)

Website: [www.weebreaks.org](http://www.weebreaks.org)

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



## **Volunteer Midlothian**

# Volunteer Midlothian



LEADING THE WAY IN VOLUNTEERING

Volunteer Midlothian is the first point of contact for anyone who wants to find out more about volunteering in Midlothian. We can offer you a free, confidential and informal appointment where our advisors can help you:

- **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.**

You can also browse the wide range of opportunities on our website.

Volunteer Midlothian also runs a number of volunteer-led projects

which help people develop their skills and confidence. These include Connect Online which provides IT tuition to groups of older people and vulnerable adults who wish to develop their digital skills and increase their social connections. Groups take place at home (for those who are housebound) or in local community settings including libraries.



We also offer supported volunteering opportunities for young people aged 14-20 through our Transform Project.

For more information contact:

☎ 0131 660 1216

Email: ✉ [info@volunteermidlothian.org.uk](mailto:info@volunteermidlothian.org.uk)

Website: [www.volunteermidlothian.org.uk](http://www.volunteermidlothian.org.uk)

# VOLUNTEER



# Wee Breaks Midlothian

Becoming a carer affects us all in different ways. Whether you felt you had a choice about it or were thrown into because of circumstances there is no doubt that caring can be difficult at times. You may love 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 used to enjoy doing? Leisure time is often the first thing that disappears for carers and the last thing they have time for, and yet it is one of the best stress relievers.

We are here to help you take some 'time out' for yourself and help you find and create the right break for you – from a few hours to a few weeks. We can spend time with you to think about what would be best for you and how to make this a reality. Times are changing with the introduction of self-directed support and we will be here to help you make this work for you.

## Short Breaks Funds

Wee Break Midlothian administer two funds that you may be eligible to apply for to support you to take a break from your caring role.

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

- A shed so YOU can continue your hobbies at home,
- Someone to spend time with the person YOU care for while you go to a class or group,
- Financial assistance to help YOU set up an activity, break or holiday with friends and/ or family,
- Sports equipment to allow YOU to take part in regular activities.

VOCAL can only assist carers with application to the above funds if:-

- The person YOU care for lives in Midlothian and IS NOT in long-term care,
- Financially YOU are unable to fund the break yourself,
- Social Services cannot fund the break, ie: we are unable to fund services that are provided by Midlothian Council and cannot offer financial assistance when the cared for is in residential care,
- The break will give YOU time off from your caring role as the main carer for a friend or family member,
- YOU have been referred to VOCAL from a practitioner and discussed how a break from your caring role will benefit YOU.

All applications are submitted to a panel who meet on the last Wednesday of the month. For more information and to download a form visit: [weebreak.org/shortbreaksfunds/](http://weebreak.org/shortbreaksfunds/)

For more information contact:

Wee Break Midlothian  
**VOCAL Midlothian,**  
Carers Centre,  
30/1 Hardengreen Estate,  
Eskbank EH22 3NX.

☎ 0131 663 6869

Email: [midlothian@vocal.org.uk](mailto:midlothian@vocal.org.uk)

Website: [weebreak.org/](http://weebreak.org/)

Short  
breaks fund



Midlothian



# Notes

## Medical Conditions Websites for Information

Acoustic neuroma	<a href="http://www.bana-uk.com/">www.bana-uk.com/</a>
Addison disease	<a href="http://www.addisons.org.uk">www.addisons.org.uk</a>
Aids & HIV	<a href="http://www.tht.org.uk/">www.tht.org.uk/</a>
Alzheimer's disease	<a href="http://www.alzscot.org/">www.alzscot.org/</a>
Ankylosing Spondylitis	<a href="http://nass.co.uk/">nass.co.uk/</a>
Arthritis	<a href="http://www.versusarthritis.org/">www.versusarthritis.org/</a>
Ataxia	<a href="http://www.ataxia.org.uk/">www.ataxia.org.uk/</a>
Autism	<a href="http://www.autism.org.uk/">www.autism.org.uk/</a>
Behcet's disease	<a href="http://behcets.org.uk/">behcets.org.uk/</a>
Bipolar	<a href="http://www.bipolaruk.org/">www.bipolaruk.org/</a>
Brain and Spine Foundation	<a href="http://www.brainandspine.org.uk/">www.brainandspine.org.uk/</a>
Cancer	<a href="http://www.cancerresearchuk.org/">www.cancerresearchuk.org/</a>
Cerebral palsy	<a href="http://www.capability-scotland.org.uk/">www.capability-scotland.org.uk/</a>
Charcot-Marie-Tooth disease	<a href="http://www.cmt.org.uk/">www.cmt.org.uk/</a>
Chronic Fatigue syndrome	<a href="http://www.meassociation.org.uk/">www.meassociation.org.uk/</a>
Crohn's disease	<a href="http://www.crohnsandcolitis.org.uk/">www.crohnsandcolitis.org.uk/</a>
CRPS & RSD	<a href="http://www.burningnightscrps.org/">www.burningnightscrps.org/</a>
Cystic fibrosis	<a href="http://www.cysticfibrosis.org.uk/">www.cysticfibrosis.org.uk/</a>
Deafness or Hearing Impaired	<a href="http://www.deafaction.org/">www.deafaction.org/</a>
Diabetes	<a href="http://www.diabetes.org.uk/">www.diabetes.org.uk/</a>
Disabled Children	<a href="http://www.theyardscotland.org.uk/">www.theyardscotland.org.uk/</a>
Epilepsy	<a href="http://www.epilepsyscotland.org.uk/">www.epilepsyscotland.org.uk/</a>
Fibromyalgia	<a href="http://www.fmascotland.org.uk/">www.fmascotland.org.uk/</a>
Glomerulonephritis	<a href="http://www.kidney.org.uk/">www.kidney.org.uk/</a>
Guillain-Barré syndrome	<a href="http://gaincharity.org.uk/">gaincharity.org.uk/</a>
Hearing Impairment	<a href="http://www.actiononhearingloss.org.uk/">www.actiononhearingloss.org.uk/</a>
Hemianopia	<a href="http://www.readright.ucl.ac.uk/">www.readright.ucl.ac.uk/</a>
Haemophilia	<a href="http://haemophilia.org.uk/">haemophilia.org.uk/</a>
Hepatitis	<a href="http://www.nhsinform.scot/">www.nhsinform.scot/</a>
Huntington's disease	<a href="http://www.hda.org.uk/">www.hda.org.uk/</a>

Hydrocephalus	<a href="http://www.sbhscotland.org.uk/">www.sbhscotland.org.uk/</a>
Hyperhidrosis	<a href="http://www.britishskinfoundation.org.uk/">www.britishskinfoundation.org.uk/</a>
Hyperthyroidism	<a href="http://www.nhsinform.scot/">www.nhsinform.scot/</a>
Insomnia	<a href="http://www.sleepsociety.org.uk/">www.sleepsociety.org.uk/</a>
Joint Mobility and Hypermobility	<a href="http://hypermobility.org/">hypermobility.org/</a>
Kaposi's sarcoma	<a href="http://www.macmillan.org.uk/">www.macmillan.org.uk/</a>
Kidney dialysis or failure	<a href="http://www.kidney.org.uk/">www.kidney.org.uk/</a>
Lupus or Systemic lupus	<a href="http://www.lupusuk.org.uk/">www.lupusuk.org.uk/</a>
Marfan Syndrome	<a href="http://www.marfan.org/">www.marfan.org/</a>
Myasthenia Gravis	<a href="http://www.myaware.org/">www.myaware.org/</a>
Myocardial Infarction / T.I.A.	<a href="http://www.chss.org.uk/">www.chss.org.uk/</a>
Motor Neurone Disease	<a href="http://www.mndscotland.org.uk/">www.mndscotland.org.uk/</a>
Multiple Sclerosis	<a href="http://www.mssociety.org.uk/">www.mssociety.org.uk/</a>
Narcolepsy	<a href="http://www.narcolepsy.org.uk/">www.narcolepsy.org.uk/</a>
Osteoporosis	<a href="http://theros.org.uk/">theros.org.uk/</a>
Paget's disease	<a href="http://www.paget.org.uk/">www.paget.org.uk/</a>
Parkinson's disease	<a href="http://www.parkinsons.org.uk/">www.parkinsons.org.uk/</a>
Restricted growth	<a href="http://rgauk.org/">rgauk.org/</a>
Seasonal Affective Disorder	<a href="http://www.mind.org.uk/">www.mind.org.uk/</a>
Scoliosis / Kyphosis	<a href="http://www.sauk.org.uk/">www.sauk.org.uk/</a>
Sjogren's syndrome	<a href="http://www.bssa.uk.net/">www.bssa.uk.net/</a>
Slipped disc	<a href="http://backcare.org.uk/">backcare.org.uk/</a>
Spina Bifida	<a href="http://www.sbhscotland.org.uk/">www.sbhscotland.org.uk/</a>
Spinal Muscular Dystrophy	<a href="http://www.curesma.org/">www.curesma.org/</a>
Tourette's Syndrome	<a href="http://www.tourettes-action.org.uk/">www.tourettes-action.org.uk/</a>
Tremors essential	<a href="http://tremor.org.uk/">tremor.org.uk/</a>
Visual Impairment	<a href="http://www.rnib.org.uk/">www.rnib.org.uk/</a>



# Patient Information Centre

The Patient Information Centre is open (9 am - 5 pm weekdays) to patients, relatives, carers, the public and staff, and is free of charge. It has come about as a direct result of the feedback we have obtained from thousands of patients in our surveys. They tell us that they would like more and better information.

Central to our efforts to give people better information is SMILE which stands for System for Managing Information in Lothian and Edinburgh. This is a computer-based system of information. Staff in Lothian came up with the idea while trying to work out how to solve the information and communication problems which patients told us they faced every day. Information in SMILE can be in words, photos or videos, and is about exactly what happens to patients being treated in hospitals in Lothian. Not all departments have their information on the system yet but many do so please ask staff to tell you more. Information can be printed on request from SMILE. We can also direct you to other helpful websites and explain how they work: if you are someone who uses a computer.

Information is in the form of leaflets and books. These contain reference copies of all the information used by clinics and wards in the Royal. We are happy to provide copies of any of these for people to take away or we can send information out by post. Please also ask if you aren't sure where to find what you're looking for. Please ask a member of staff because we have each piece of information on a list under different headings which we can easily search. If you want information on a topic that we don't appear to have covered please let us know and we will do our best to find it for you.

The centre is staffed by NHS employees and trained volunteers. It is a new venture for us all so we ask for patience.

Patient Information Centre

Royal Infirmary of Edinburgh

☎ 0131 242 7660, Email:  [patientinfo@luht.scot.nhs.uk](mailto:patientinfo@luht.scot.nhs.uk)



# Scottish Members of Parliament

Name	Member For	Party
<p>Jeremy Balfour, Surgery Lasswade Library <a href="http://www.jeremybalfour.org.uk/">www.jeremybalfour.org.uk/</a></p>	<p>Lothian Room M3.13 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 5961</p>	<p>Scottish Conservatives </p>
<p>Colin Beattie <a href="http://www.snp.org/your-team/colin-beattie/">www.snp.org/your-team/colin-beattie/</a> 164 High Street Dalkeith EH22 1AY ☎ 0131 454 0204</p>	<p>Midlothian North &amp; Musselburgh Room M3.05 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6373</p>	<p>SNP </p>
<p>Miles Briggs <a href="http://www.milesbriggs.scot/">www.milesbriggs.scot/</a> 29 Roseburn Terrace Edinburgh EH12 5NQ</p>	<p>Lothian Room M2.15 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 5945</p>	<p>Scottish Conservatives </p>
<p>Kezia Dugdale <a href="mailto:Kezia.Dugdale.msp@parliament.scot">Kezia.Dugdale.msp@parliament.scot</a></p>	<p>Lothian Room M1.07 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6894</p>	<p> Scottish Labour</p>
<p>Neil Findlay <a href="http://www.neilfindlaymsp.com/">www.neilfindlaymsp.com/</a> ☎ 01506 873242</p>	<p>Lothian Room M1.06 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6896</p>	<p> Scottish Labour</p>
<p>Christine Grahame <a href="http://www.christinegrahame.com/">www.christinegrahame.com/</a> 46 High Street Galashiels TD1 1SE ☎ 01896 759575</p>	<p>Midlothian South, Tweeddale &amp; Lauderdale Room Q2.01 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 5729</p>	<p>SNP </p>

<p>Alison Johnstone</p> <p><a href="http://greens.scot/alison-johnstone-msp">greens.scot/alison-johnstone-msp</a></p>	<p>Lothian Room MG.20 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6421</p>	 Green Party
<p>Gordon Lindhurst</p> <p>Email:  <a href="mailto:Gordon.Lindhurst.msp@parliament.scot">Gordon.Lindhurst.msp@parliament.scot</a></p>	<p>Lothian Room M3.11 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 5947</p>	 Scottish Conservatives
<p>Christina McKelvie Minister for Older People and Equalities</p> <p><a href="http://www.christina-mckelvie.org/">www.christina-mckelvie.org/</a></p>	<p>Hamilton &amp; Larkhall Room T4.04 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6680</p>	 SNP
<p>Andy Wightman</p> <p><a href="http://greens.scot/msps">greens.scot/msps</a></p>	<p>Lothian Room MG.19 The Scottish Parliament Edinburgh, EH99 1SP ☎ 0131 348 6368</p>	 Green Party
<h2>Member of the House of Commons</h2>		
<p>Danielle Rowley</p> <p><a href="http://www.daniellerowley-mp.uk/">www.daniellerowley-mp.uk/</a></p> <p>Email:  <a href="mailto:danielle.rowley.mp@parliament.uk">danielle.rowley.mp@parliament.uk</a></p> <p>97 High Street, Dalkeith, Midlothian, EH22 1AX ☎ 0131 663 9675</p>	<p>Midlothian House of Commons, London, SW1A 0AA ☎ 0207 219 3619</p>	 Scottish Labour

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.



# Midlothian Council Councillors

Name	Ward	Party
Diane Alexander	Bonnyrigg	<b>SNP</b>
Janet Lyn-Douglas	Bonnyrigg	Scottish Conservatives 
Derek Milligan	Bonnyrigg	Scottish Labour 
Colin Cassidy	Dalkeith	<b>SNP</b> 
Stephan Curran	Dalkeith	Scottish Labour 
Margot Russell	Dalkeith	Scottish Labour 
Kenneth Baird	Midlothian East	<b>SNP</b> 
John Hacket	Midlothian East	Scottish Labour 
Peter Small	Midlothian East	Scottish Conservatives 
Catherine Johnstone	Midlothian South	<b>SNP</b> 
Jim Muirhead	Midlothian South	Scottish Labour 
Kieran Munro	Midlothian South	Scottish Conservatives 
Russell Imrie	Midlothian West	Scottish Labour 
Kelly Parry	Midlothian West	<b>SNP</b> 
Pauline Winchester	Midlothian West	Scottish Conservatives 
Andrew Hardie	Penicuik	Scottish Conservatives 
Debbi McCall	Penicuik	<b>SNP</b> 
Joe Wallace	Penicuik	<b>SNP</b> 

To Contact your local councillors please visit Midlothian council web site at:

[midlothian.cmis.uk.com/live/councillors.aspx](http://midlothian.cmis.uk.com/live/councillors.aspx)

For full contact details



# Council Buildings Accessibility

Council buildings with public access.

Work has been carried out to make Council buildings, to which the public have entry, more accessible.

The work has been completed under the terms of the Disability Discrimination Act (1995).

## Bonnyrigg & Lasswade

Bonnyrigg Primary School, Cockpen Rd, EH19 3HR 0131 271 4570
Cherry Rd Resource Centre 8 Cherry Rd EH19 3ED 0131 561 5418
Hawthornden Primary School 1A Polton Ave Rd, EH19 2NZ 0131 663 2934
Hopefield Primary School, 144 Burnbrae Rd, EH19 3GB 0131 271 4605
King George V Park, Pavilion King George V Pk EH19 2AD 0131 654 1035
Lasswade Centre, Eskdale Drive EH19 2LA, 0131 271 4533 Includes Lasswade High School, 0131 271 4530, Lasswade Library
Lasswade Primary School 7A Pendreich Drive EH19 2DZ 0131 663 4579
St Mary's Primary School, 62a Polton St, EH19 3DG 0131 663 8646
Waverley Park - Pavilion 16 Waverley Drive EH19 3BL 0131 654 1036

## Danderhall

Danderhall Leisure Centre 1B Campview EH22 1QD 0131 663 9280
Danderhall Library 1A Campview EH22 1QD 0131 663 9293
Danderhall Primary School 59 Edmonstone Rd EH22 1QL 0131 663 2400

## Dalkeith

Buccleuch House 1 White Hart St EH22 1AE 0131 270 7500
Cowden Park - Pavilion 35B Cowden Park EH22 9XX 0131 654 1037
Dalkeith Community Campus 2 Cousland Rd EH22 2PX 0131 654 4701, Includes Dalkeith High School and St Davids High School
Dalkeith Indoor Bowling Club 4 Old Edinburgh Rd EH22 1JD 0131 660 3223
Dalkeith Library 2 White Hart St EH22 1AE 0131 663 2083

Eskdail Court Offices 1 Eskdail Court EH22 1AG 0131 270 7500
Eskdail Court Offices (GF&1F) 5 Eskdail Court EH22 1AG 0131 270 7500
Fairfield House 8 Lothian Rd EH22 1DR 0131 270 7500
Trading Standards 9 Ironmills Rd EH22 1JN 0131 270 7500
Kings Park - New Pavilion 7 Eskbank Rd EH22 1HD 0131 654 1039
Park Primary 20B Croft St EH22 3BA 0131 663 2414
Midlothian House 40 Buccleuch St EH22 1DN 0131 270 7500
St Davids RC Primary School 2c Lauder Rd EH22 2PU 0131 663 2002
Woodburn Primary School, 5 Cousland Rd EH22 2PS 0131 271 4715

### **Gorebridge**

Gorebridge Leisure Centre 78 Hunterfield Rd EH23 4TT 01875 821739
Gorebridge Library 90 Hunterfield Rd EH23 4TT 01875 820630
Gorebridge Primary School, 2c Barleyknowe Ln EH23 4XA 0131 271 4595
Gore Glen Primary School, Whitehouse Way EH23 4FP 0131 444 9026
Moorfoot Primary School 41 Borthwick Castle Rd North Middleton EH23 4QS 01875 822989
St Andrew's Primary School Stobhill Rd Gowkshill EH23 4PE 01875 820133
Stobhill Primary School 1 Bonnybank Court EH23 4DT 01875 820 492
Vogrie Country Park Gorebridge EH23 4NU 01875 821 716

### **Hillend**

Midlothian Snowsports Centre Biggar Rd EH10 7DU 0131 445 4433
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### **Loanhead**

Loanhead Library, George Ave EH20 9LA 0131 444 9032
Loanhead Leisure Centre and Paradykes Primary School, George Ave EH20 9LA (leisure) 0131 440 4516 (Paradykes) 0131 271 4650
Loanhead Primary School 34 Edgefield Rd EH20 9DY 0131 440 0448
Loanhead Town Hall 6 Academy Ln EH20 9RP 0131 448 2110
Loanhead/St Margaret's Primary School 36 Edgefield Rd EH20 9DY 0131 440 0453

## **Mayfield**

Lawfield Primary School 26 Lawfield Rd EH22 5BB 0131 660 5175
Mayfield Primary School, Stone Ave, EH22 5PB 0131 663 0546
Newbattle Community Campus Leisure Centre, Swimming pool 0131 561 6740 and Library 0131 561 6745 Newbattle Way, Easthouses, EH22 4SX
St Luke's Primary School Stone Ave Mayfield EH22 5PB 0131 663 3857

## **Newtongrange**

Newbattle Community Learning Centre, 67 Gardiner Pl, EH22 4RT 0131 663 6055
Newtongrange Leisure Centre 115B Main St, EH22 4PG 0131 663 4276
Newtongrange Library 31 Main St , EH22 9XX 0131 663 1816
Newtongrange Primary School 1a Sixth St, EH22 4LB 0131 663 3238

## **Pathhead**

Tynewater Primary School 32 Crichton Rd EH37 5RA 01875 320 850
Callendar Park Pathhead, EH37 5YN, booking 0131 663 2219

## **Penicuik**

Beeslack High School Edinburgh Rd EH26 0QF 01968 678060
Cornbank St James Primary School 34 Marchburn Dr EH26 9HE 01968 673422
Cuiken Primary School 150 Cuiken Terrace EH26 0AH 01968 672778
Cuikenburn Nursery 60 Queensway EH26 0HE 01968 677748
Mauricewood Primary 11 Muirhead Pl EH26 0LE 01968 673595
Penicuik High School 39A Carlops Rd EH26 9EP 01968 674165
Penicuik Leisure Centre 39A Carlops Rd EH26 9EP 01968 664 066 Penicuik Library 01968 664050
Penicuik Town Hall - Main Building 33 High St EH26 8HS 01968 672281
Sacred Heart RC Primary School 22a Crocket Gdns EH26 9BB 01968 675036
Strathesk Primary School 4 Eastfield Farm Rd EH26 8EZ 01968 678093

## **Rosewell**

Rosewell Primary School 85 Carnethie St EH24 9AN 0131 440 2233

## **Roslin**

Bilston Park - Pavilion 2 Myrtle Crescent Bilston EH25 9RU 0131 440 3099

Bilston Primary School 2 park Ave Bilston EH25 9ND 0131 444 9021

Roslin Library, 9 Main St EH25 9LD 0131 448 2781

Roslin Primary School 8 Pentland View PI EH25 9ND 0131 440 1871



# Disability Discrimination Act

The disability discrimination act states that you are disabled if you have:

A mental or physical impairment that has an adverse effect on your ability to carry out normal day-to-day activities.

If the disability has badly affected the ability to carry out normal day-to-day activities but doesn't anymore, it will still be counted as having that effect if it is likely to do so again.

If it is a progressive condition such as HIV or multiple sclerosis or arthritis, and it will badly affect your ability to carry out normal day-to-day activities in the future, it will be treated as having a bad effect on you now - past disabilities are covered.

What are "normal day-to-day activities"?

At least one of these areas must be badly affected:

- Mobility,
- Manual dexterity,
- Physical co-ordination,
- Continence,
- Ability to lift, carry or move everyday objects,
- Speech, hearing or eyesight,
- Memory or ability to concentrate, learn or understand,
- Understanding of the risk of physical danger.

It's really important to think about the effect of a disability without treatment. The Act says that any treatment or correction should not be taken into account, including medical treatment or the use of a prosthesis or other aid.

The only things, which are taken into account, are glasses or contact lenses. The important thing is to understand exactly how a disability affects a person. Remember to concentrate on what they can't do, or find difficult, rather than what they can do. For example, if they have a hearing disability, being unable to hold a conversation with someone talking normally in a moderately noisy place would be a bad effect.

Being unable to hold a conversation in a very noisy place such as

a factory floor would not.

If the disability affects their mobility, being unable to travel a short journey as a passenger in a vehicle would be a bad effect. So would only being able to walk slowly or with unsteady or jerky movements. But having difficulty walking without help for about 1.5 kilometres or a mile without having to stop would not.

For more information about the disability discrimination Act 2005 [www.legislation.gov.uk/ukpga/2005/13/contents](http://www.legislation.gov.uk/ukpga/2005/13/contents) or The Equality and Human Rights Commission [www.equalityhumanrights.com/](http://www.equalityhumanrights.com/)

## **The Equalities Act 2010**

The Equalities Act 2010 makes it illegal to discriminate against a person with a disability. However you must prove that you have a disability, The Equalities Act 2010 (a) - The Act defines a disabled person as a person with a disability. A person has a disability for the purposes of the Act if he or she has a physical or mental impairment and the impairment has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities.

To find out what is in, what maybe in or out and what is definitely out please download Equality Act 2010 Guidance on matters to be taken into account in determining questions relating to the definition of disability [www.forwardmid.org.uk/publications.html](http://www.forwardmid.org.uk/publications.html) (727kb pdf)

### **Discrimination With Work**

While attending a job interview an employer is not permitted to ask about your disability and what effects it may have if you are employed. If you require additional absence for medical appointments and have not informed the employer then this is called non-disclosure and you can be dismissed. Reasonable adjustments can be made by an employer. It is your responsibility

to tell the employer of any reasonable adjustment you expect them to make to accommodate your needs as some expenses can be met.

Associative discrimination is also covered as an employer must make reasonable adjustment if the person employed has a partner or child who is disabled.

An employer who uses the Two Ticks symbol (The Two Ticks scheme is separate from the Equalities Act) and declares themselves as positive about disability ensures you'll be guaranteed an interview if you meet the basic conditions for the job. If this does not happen you should report it to the Disability Employment Adviser at the local Jobcentre Plus office.

An employer is not legally required to meet the commitments of the Two Ticks scheme. However, there may be a legal claim under the Equality Act if an employer treats some disabled people more favourably than others. If the employer operates the guaranteed interview scheme for a particular post, but refuses to give an interview to a particular disabled person, this may be unlawful as direct discrimination.

## **Access to Services**

It is unlawful for service providers to treat you less favourably because of your disability, and they must make 'reasonable adjustments' for you, such as giving you extra help or changing the way they provide their services. Service providers must consider making changes to physical features of their premises so that there are no physical barriers which prevent you from using their services, or make it unreasonably difficult for you to do so.

It doesn't matter whether or not you pay for the service - it's providing the service that matters. Services include going to a restaurant, shopping for clothes or food, using the local library, going to church or visiting your solicitor or doctor. A service doesn't have to be impossible to use before a service

provider has to make changes. They also have to make changes when it's unreasonably difficult. They should think about whether any inconvenience, effort, discomfort or loss of dignity you experience in using the service would be considered unreasonable by other people, if they had to endure similar difficulties. This includes requesting ramps for wheelchair access.

In most circumstances, service providers must make reasonable adjustments to remove any barriers – physical or otherwise – that could make it difficult or impossible for disabled customers to use their services.

Service providers do not have to make adjustments to make their services more accessible to disabled people if this will lead to a breach of any other legal obligations that apply to them. However, there will be exceptional circumstances that apply only where the other legal obligations are very specific, and leave the service provider no choice but to act in a certain way.

## **Discrimination on the World Wide Web**

Examples of website design issues that are affected by this law abound. For instance, many visually impaired visitors use speech synthesizer software to read the text in the HTML code of web pages and translate it into audible speech. However, many websites include images that contain text as part of the pre-rendered picture file. These may be unreadable by the software. If the text is not embedded in the image properties (using an alt tag) or alternatively available in text somewhere on the website, this could render the content inaccessible to visually impaired users. They could therefore be discriminated against under the Equalities Act 2010.

The laws that cover this will allow 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.



# Models of Disability

## Medical Model

Under the Medical Model, disabled people are defined by their illness or medical condition. They are disempowered: medical diagnoses are used to regulate and control access to social benefits, housing, education, leisure and employment.

The Medical Model promotes the view of a disabled person as dependent and needing to be cured or cared for, and it justifies the way in which disabled people have been systematically excluded from society. The disabled person is the problem, not society. Control resides firmly with professionals; choices for the individual are limited to the options provided and approved by the 'helping' expert.



The Medical Model is sometimes known as the 'individual model' because it promotes the notion that it is the individual disabled person who must adapt to the way in which society is constructed and organised.

The Medical Model is vigorously rejected by organisations of disabled people, but it still pervades many attitudes towards disabled people.

## Social Model

The Social Model has been developed by disabled people in response to the Medical Model and the impact it has had on their lives.

Under the Social Model, disability is caused by the society in

which we live and is not the 'fault' of an individual disabled person; or an inevitable consequence of their limitations. Disability is the product of the physical, organisational and attitudinal barriers present within society, which lead to discrimination. The removal of discrimination requires a change of approach and thinking in the way in which society is organised.

The Social Model takes account of disabled people as part of our economic, environmental and cultural society. The barriers that prevent any individual playing a part in society are the problem, not the individual. Barriers still exist in education, information and communication systems, working environments, health and social support services, transport, housing, public buildings and amenities. The devaluing of disabled people through negative images in the media – films, television and newspapers – also acts as a barrier.

The Social Model has been developed with the aim of removing barriers so that disabled people have the same opportunity as everyone else to determine their own lifestyles.

A simple example is that of a wheelchair user. He would not be disabled if he lived in an environment without his impairment, can use public transport and gain full access to buildings and their facilities in the same way that someone without his impairment would do.

The Social Model of disability has fundamentally changed the way in which disability is regarded and has had a major impact on anti-discriminatory legislation.



## Useful Contact Details

NHS24.....	☎ 111
Non Emergency Police.....	☎ 101
Benefits.....	☎ 0131 271 3201
Blue Badge.....	☎ 0131 561 5455
British Red Cross.....	☎ 0131 654 0340
Dial-a-Bus Midlothian.....	☎ 0131 447 1718
Dial-a-Ride Midlothian.....	☎ 0131 447 9949
Direct Payment.....	☎ 0131 271 3637
Housing Repairs.....	☎ 0131 663 7211
Local Area Co-ordinators.....	☎ 0131 454 1785
LCiL.....	☎ 0131 475 2350
Lothian Buses.....	☎ 0131 554 4494
Midcare Midlothian .....	☎ 01875 613 921
Midlothian Council.....	☎ 0131 270 7500
Midlothian Community Hospital.....	☎ 0131 454 1001
Midlothian Refuse .....	☎ 0131 561 5284
Midlothian Travel Permits and Passes Team..	☎ 0131 561 5443
MERRIT Out of Hours.....	☎ 0800 731 6969
Social work.....	☎ 0131 271 3900
VOCAL Midlothian.....	☎ 0131-663 6869
Dalkeith CAB.....	☎ 0131 663 3688
Penicuik CAB.....	☎ 01968 675 259



# Doctors

<b>Bonnyrigg Health Centre</b> 109-111 Bonnyrigg High Street, Bonnyrigg EH19 2ET.	
Quarryfoot Medical Practice <a href="http://www.quarryfoot.co.uk">www.quarryfoot.co.uk</a>	 0131 537 9828
Dalhousie Medical Practice <a href="http://www.dalhousiemedicalpractice.co.uk">www.dalhousiemedicalpractice.co.uk</a>	 0131 537 9844
Strathesk Medical Group <a href="http://www.stratheskmedicalpractice.co.uk">www.stratheskmedicalpractice.co.uk</a>	 0131 322 9333
<b>Dalkeith Medical Practice</b> 24-26 St Andrew Street, Dalkeith, EH22 1AP.	
<a href="http://www.dalkeithmedical.gpsurgery.net">www.dalkeithmedical.gpsurgery.net</a>	 0131 561 5500
<b>Danderhall Medical Practice</b> 85 Newton church Road, Danderhall, EH22 1LX.	
<a href="http://www.danderhallmedicalpractice.co.uk/">www.danderhallmedicalpractice.co.uk/</a>	 0131 654 1079
<b>Loanhead Medical Prctice</b> Loanhead Centre George Ave Loanhead Midlothian, EH20 9LA	
<a href="http://www.loanheadpractice.co.uk">www.loanheadpractice.co.uk</a>	 0131 440 0149
<b>Mayfield Newbattle Medical Group</b> Blackcot, Mayfeild, Dalkeith, EH22 4AA.	
<a href="http://www.newbattlemedicalpractice.co.uk">www.newbattlemedicalpractice.co.uk</a>	 0131 663 1051
<b>Gorebridge, Newbyres Medical Group</b> 15 Hunterfield Road, Gorebridge, EH23 4TP.	
<a href="http://www.newbyresmedicalgroup.co.uk">www.newbyresmedicalgroup.co.uk</a>	 01875 820 405
<b>Newtongrange Clinic</b> 75 St Davids, Newtongrange, Dalkeith, EH22 4LD.	

<a href="http://newbattlemedicalgroup.co.uk/newton-grange-surgery/">newbattlemedicalgroup.co.uk/newton-grange-surgery/</a>	☎ 0131 663 1051
<b>Pathhead Medical Centre</b> 210 Main Street, Pathhead, EH37 5PP.	
<a href="http://www.pathheadmedicalcentre.co.uk/">www.pathheadmedicalcentre.co.uk/</a>	☎ 01875 320 302
<b>Penicuik Eastfield Medical Practice</b> Eastfield Farm Road, Penicuik, EH26 8EZ.	
<a href="http://www.eastfieldmedicalpractice.co.uk/">www.eastfieldmedicalpractice.co.uk/</a>	☎ 01968 675 576
<b>Penicuik Medical Practice</b> 37 Imrie Place, Penicuik, EH26 8HY.	
<a href="http://www.penicuikhealthcentre.co.uk">www.penicuikhealthcentre.co.uk</a>	☎ 01968 672 612
<b>Roslin Medical Practice</b> 122 Penicuik Road, Roslin, EH25 9NT.	
<a href="http://www.roslinmedicalpractice.co.uk/">www.roslinmedicalpractice.co.uk/</a>	☎ 0131 440 2043



## Dentists

<b>Bonnyrigg</b>	
<b>Bonnyrigg Dental Care</b> Unit 3 Staiside Court, Bonnyrigg, EH19 3PZ.	☎ 0131 663 3370
<b>Helen MacNeil</b> 64 High Street, Bonnyrigg, EH19 2AB. <a href="http://www.facebook.com/Helen-Mcneill-Dental">www.facebook.com/Helen-Mcneill-Dental</a>	☎ 0131 663 9271
<b>Old Orchard Dental Practice</b> 59 High Street, Bonnyrigg, EH19 2DB. <a href="http://www.oldorcharddental.co.uk/">www.oldorcharddental.co.uk/</a>	☎ 0131 516 9080
<b>Dalkeith</b>	
<b>Henderson. M</b> 25A South St, Dalkeith, EH22 1AH.	☎ 0131 660 1315
<b>Bosco Dental Studio</b> Unit 3, 25 Thornybank Gardens, Dalkeith, EH22 2RF. <a href="http://www.facebook.com/agnieszkadental/">www.facebook.com/agnieszkadental/</a>	☎ 0131 654 9316
<b>Mayfield Dental practice</b> 1 Mayfield Place Mayfield, Dalkeith, EH22 5EE. <a href="http://www.facebook.com/Mayfield-Dental">www.facebook.com/Mayfield-Dental</a>	☎ 0131 663 2097
<b>Midlothian Dental Practice</b> 16 Edinburgh Road, Dalkeith, H22 1JZ.	☎ 0131 660 9518
<b>Mochrie W F</b> 21 High St, Dalkeith, EH22 1JB	☎ 0131 663 2431
<b>Gorebridge</b>	
<b>Gorebridge Family Dental Practice</b> 19-21 Main Street, Gorebridge, EH23 4BX	☎ 01875 820 483

<b>Loanhead</b>	
<b>Loanhead Dental Practice</b> 50 Fountain Place, Loanhead, EH20 9DU <a href="http://loanhead-dental-practice.co.uk/">loanhead-dental-practice.co.uk/</a>	☎ 0131 440 1161
<b>Newtongrange</b>	
<b>Newtongrange Dental Practice</b> 5 Station Road, Newtongrange, EH22 4NB <a href="http://newtongrangedentist.com">newtongrangedentist.com</a>	☎ 0131 654 2377
<b>Penicuik</b>	
<b>Ballantine Dental Practice</b> 91A John Street, Penicuik, EH26 8AG. <a href="http://www.ballantinedental.co.uk/">www.ballantinedental.co.uk/</a>	☎ 01968 675 586
<b>Magliveras Dental Practice</b> 16 Bridge Street, Penicuik, EH26 8LN. <a href="http://www.magliverasdentalpractice.co.uk">www.magliverasdentalpractice.co.uk</a>	☎ 01968 672 922 ☎ 01968 674 322
<b>Penicuik Dental Centre</b> 38 High Street, Penicuik, EH26 8HU. <a href="http://penicuik-dental-centre/">penicuik-dental-centre/</a>	☎ 01968 674 322
<b>Roslin</b>	
<b>Roslin Dental Practice</b> 6 Main Street, Roslin, EH25 9LE.	☎ 0131 448 0367
<b>Emergency</b> 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



# Disclaimer

The contents of this directory were correct as of September 2019.

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 do 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 and audio CD.

An updated version of this directory can be found on the Forward Mid web site page by page and also in pdf format for you to download. The online directory has a language translation function and can translate into 80 languages.

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If you think we should add anything to future publications please contact Forward Mid ☎ 0131-663-9471  
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