

**Midlothian
Disabled
People's
Directory
2016**



We'd like to thank the following...



Department for work pensions



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5th Edition, 2016

Foreword

Welcome to the 2016 edition of Forward Mid's Directory for Disabled People.

"Knowledge is power. Information is liberating."

Kofi Annan

I know from personal experience how frustrating it can be when you desperately need help or support and don't know who can provide it. It's something that most, if not all, disabled people I've spoken to have experienced - it's almost seen as a rite of passage. But it shouldn't be - information is a fundamental need for disabled people.

Our aim with this directory is to give physically disabled people, their families, their carers and people with long-term conditions practical, relevant, up-to-date and hopefully liberating information - information that can give people the knowledge and therefore the power they need to take control of how they want to live their lives.

Many thanks to my colleagues in Forward Mid and all our partners in producing this, the 4th edition Directory For Physically Disabled People.

**Regards,
Jeff Adamson,
Chair Forward Mid**



(*for a definition of Independent Living, please see page 53)

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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 practical information for creating up-to-date information, organisations are always evolving and changing contact details. Forward Mid accept no responsibility for these changes.

FORWARD MIDLOTHIAN DISABLED PEOPLE

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

- By sharing information on issues that affect disabled people
- **Forward MID** publishes and distributes a bi-monthly newsletter
- **Forward MID** has a website which has a wealth of useful information
- By actively promoting the rights of disabled people
- **Forward MID** is a member of the Midlothian Community Planning Equalities Forum
- By working in partnership with organisations in representing the interests of disabled people
- **Forward MID** works with Midlothian Council by advising on access to public buildings
- **Forward MID** works with colleges in Midlothian by checking wheelchair access throughout the buildings.



For more information contact Eric Johnstone at MVA,
4-6 White Hart Street, Dalkeith, Midlothian, EH22 1AE
Tel:  0131-663-9471
Email:  eric.johnstone@mvacvs.org.uk

**The more people we have, the louder our voice will
be and the more success we can bring.**

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

EARS 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.



08456-070-129

Website: www.ears-advocacy.org.uk

Partners in Advocacy

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

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: www.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: www.capsadvocacy.org/

E-mail:  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 January 2014 the weekly rates are –

Daily Living	Standard	£53.00
	Enhanced	£79.15
Mobility	Standard	£21.00
	Enhanced	£55.25

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.



Blue Badge

Scheme in Midlothian

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.

New Blue Badge

On 1 January 2012 a new UK-wide application form came into use for all Blue Badge applications in Scotland, England and Wales. There are slight differences between the schemes in the 3 countries that are reflected in the online forms. Those resident in Scotland (including Midlothian) can apply online for a new Blue Badge at: **www.bluebadgescotland.org**

We recognise that many people do not have access to a computer, and paper copies of the application form have been prepared by the Travel Team for the residents of Midlothian.

The new Scotland-wide online form includes seven sections, any applicant need only fill 3 sections. 3 separate forms have been created for use in Midlothian.

Form A [printed on blue paper] for applicants who are eligible without further assessment. For individuals who can provide proof of identity and residency, and written evidence of one of the following:-

- Registered blind (severely sight impaired)
- Higher Rate of the Mobility Component of the Disabled Living Allowance
- War Pensioners' Mobility Supplement
- Armed Forces and Reserved Forces (Compensation)

Scheme Tariff 1-8

Form B [printed on lilac paper] applicants needing further

assessment, all individual applicants not covered by Form A

Form C [printed on yellow paper] for organisational applicants (such as nursing or care homes)

Forms A and B are widely available from Midlothian libraries, Midlothian Council offices and health centres in Midlothian. Form C is only available upon request from the Midlothian Travel Team.

Send your completed paper application, along with one passport-style photograph and payment of £20 (cheques only) to the Midlothian Travel Team at the Freepost address following.

Eligibility - who can apply?

If you meet one of the 4 criteria listed above under “Form A”, you will **automatically qualify** for a Blue Badge and need no further assessment (assuming all the written evidence required is provided and satisfactory).

You may qualify for a Blue Badge if you meet any of the following criteria, but further assessment will be necessary before the issuing of a Blue Badge can be approved. This may involve attending an Independent Mobility Assessment to see a Council-appointed professional. All such assessments are currently undertaken at the Bonnyrigg Medical Centre, 2 or 3 times a month. Home visits are not possible. If any of the following apply, you should complete “Form B”.

- ➡ 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
- ➡ 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 via the NHS unit at Astley Ainslie in Edinburgh
- ➡ If you are applying on behalf of a child under the age of 3 who has a condition requiring the transportation of bulky medical

equipment at all times, or who must always be kept near a motor vehicle on account of a condition so that they can, if necessary, be treated for the condition in the vehicle or taken quickly in the vehicle to a place where they can be so treated

➡ If you have a severe disability in both upper limbs and regularly drive a motor vehicle, and have difficulty operating parking meters and pay and display machines

Blue Badges issued by Midlothian Council after 1 April 2009 have been subject to a charge of £20.

This standard charge will apply to new Blue Badges, renewed Blue Badges and replacement Blue Badges (if the original is lost or stolen and reported to the Police).

Renewal Blue Badges

If you have an old style card Blue Badge, an invitation to renew your Blue Badge will be sent out by letter from Bonnyrigg during the first week of the month when your existing Blue Badge expires. All card style Blue Badges expire on the last day of the month. This will include either a Form A or a Form B to complete, as the new application forms include questions that did not feature in the previous local forms.

If you have a new style PVC Blue Badge, invitations to renew will be sent from Banbury approximately four weeks before the expiry date. New PVC Blue Badges can expire on any date of the month.

Please remember to keep us advised of any address change so that your renewal invitation can be sent to the correct address. The most common reason why badgeholders fail to receive their renewal letter is that people forget to tell us when they move. Send your completed renewal and application forms, along with one passport-style photograph and payment of £20 (cheque only) to the Midlothian Travel Team at the Freepost address following.

Replacement Blue Badges

If you lose your Blue Badge, or suspect that it has been stolen,

this must be reported to the Police. You will be given a reference number by the Police. You should then write a letter to the Travel Team quoting this reference number and describing the circumstances of the loss/theft.

Send this letter, along with one passport-style photograph and payment of a £20 (cheque only) to the Midlothian Travel Team at the Freepost address following (no stamp required). A replacement Blue Badge will be issued.

Pay by Cash

You can pay by cash for a new, renewed or replacement Blue Badge if you come along to the office in Bonnyrigg in person. You will be issued with a receipt for the £20 - keep this safe as it is your proof of payment.

Office hours at Dundas Buildings in Bonnyrigg are:

☞ ***Monday to Thursday 09.00 -17.00***

☞ ***Friday 09.00 - 15.30***

If you are intending to call later in the day, please arrive at least 30 minutes before closing time to give staff the opportunity to process your form and payment before the office closes.

The office is closed on Public Holidays at New Year [2 days], Easter [Friday and Monday], September Weekend [Friday and Monday] and Christmas, and between Christmas and New Year. The office will be open on other local and public holidays in the Spring and Summer.

New style Blue Badge

From 1 January 2012 a new improved style of Blue Badge will be issued for all brand new, renewed or replacement Blue Badges. Old style Blue Badges already issued on card will be valid until the expiry date shown.

The new style Blue Badges include various new features that are designed to prevent counterfeit production of fake badges such as digital photographs, holograms, microwriting, textured

surfaces, complex artwork and enclosure in clear PVC.

The introduction of the new style Blue Badges needs a sophisticated printing machine and means that production moves from the local authorities to one central facility covering England, Scotland and Wales.

The new machinery is in Banbury and represents a significant investment by the agency that won the tender to provide the new style Blue Badges. From January 2012 onwards, all Blue Badges will be produced in Banbury and despatched by Second Class Royal Mail from there direct to the badge-holder's home



address.

A Blue Badge time clock will be sent with each Blue Badge despatched from Banbury. These clocks are not required in Scotland, but you do need one if you are travelling to England or Wales. Keep the clock safe for when you travel south of the border.

Midlothian Travel Team – Contacts for Blue Badge in Midlothian

Freepost RRKJ-XSAH-CXSY, Midlothian Council, Midlothian Travel Team, Midlothian House [2nd Floor, Pod 6] Buccleuch Street, Dalkeith, EH22 1DN

Tel:  0131 561 5445

19 E-mail:  ptu@midlothian.gov.uk

Thanks to Karl Vanters of Midlothian Travel Team

British Red Cross

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

How do we help people?

The medical equipment 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, if you are already a wheelchair user you can arrange to have a wheelchair meet you at your destination and leave your own chair here in the UK. This requires some time to organise, but avoids trying to arrange wheelchair insurance. Equipment provided includes:

- + Wheelchairs
- + Commodes



Support at Home

We offer practical assistance within the home, aiming to create a tailored package of support to suit individual's needs. Along with referrals to innumerable relevant services, the British Red Cross offer short-term Buddies to help with a variety of tasks. We also review, recommend and organise local community activities and groups so that people can stay well connected.

Safelink

The British Red Cross provide this service free, safelink can be obtained from The British Red Cross East and Midlothian. Safelink is an emergency scheme that informs the emergency services of medical conditions, drugs and personal information including next of kin details. The plastic bottle is stored in the users fridge. It contains two information sheets to be completed about users ailments, doctor, next of kin and the personal information can be updated accordingly by you. A green cross sticker placed inside the patient's front door and on their fridge signals to medics that the person is taking part in the Safelink project. They will know to look for the bottle in the fridge if

health information is required. Two further stickers are placed somewhere conspicuous. If you need to go into hospital there is information readily available about your medical condition.

Therapeutic Care

This service helps individuals in stressful situations and times of personal crisis by promoting a sense of well-being and relaxation through gentle massage. The therapy of hand, neck and shoulder massage, given through clothing, can also assist in pain and stress relief.

Anyone can benefit from therapeutic massage: a patient waiting for treatment or recovering from an illness, a carer or someone who is just feeling tense.

- + Assist relaxation
- + Reduce stress and pain
- + Promote a sense of well-being
- + Offer the chance to talk to someone trained in listening skills



Transport

We can provide a driver with a vehicle to offer door-to-door assistance for those in need. The service aims to:

- + Improve the client's independence
- + Enable clients to keep appointments safely and efficiently
- + Provide freedom of travel for those with mobility problems

We normally ask for a contribution to our costs, based on mileage used, but no-one will be refused a service because they cannot pay.

First aid

The British Red Cross, experts in providing First Aid training at all levels, provides a range of courses to suit all needs. These include courses in basic First Aid, Child and Infant Resuscitation, and First Aid for Motorists.

British Red Cross East and Mid Lothian, 131 High Street,

19 Dalkeith, EH22 1BE  0131-654-0340

**Can
Do**

**Leonard
Cheshire
Disability**

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 benefitting 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

 07525 800 289.

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/downloads.htm or on the publication page of Forwardmid website. A processing fee of £5.50 is chargeable per card. This is to be sent along with the completed application.

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

Tel: 0845 123 1292



**the cinema exhibitors'
association limited**

Cinemas participating in this scheme are;

Cineworld Edinburgh

Fountain Park,
130/3 Dundee Street,
Edinburgh, EH11 1AF
Tel: 0871 200 2000

www.cineworld.co.uk



Dominion Cinema

18 Newbattle terrace,
Edinburgh, EH10 4RT
Tel:  0131 447 4771



Filmhouse

88 Lothian Road,
Edinburgh, EH3 6PD
Tel:  0131 228 6382



Odeon Edinburgh

120 Wester Hailes Road,
Westside Plaza,
Edinburgh, EH14 3HR
Tel:  0871 22 44 007

118 Lothian Road,
Edinburgh, EH3 8BG
Tel:  0871 22 44 007

www.odeon.co.uk



Vue Cinemas

Ocean Terminal
Ocean Drive,
Edinburgh
EH6 6JJ
Tel:  08710 240 240

Omni Centre
Omni, Greenside,
Edinburgh, EH1 3AT
Tel:  08710 240 240



Livingstone
McArthur Glen Designer Outlet, Almondvale Avenue,
Livingstone, EH54 6QX
Tel:  08710 240 240

www.myvue.com

Citizens Advice Bureau

Dalkeith & District Citizens Advice Bureau
8 Buccleuch Street, DALKEITH, Midlothian, EH22 1HA.
Tel: 0131 660 1636.

Penicuik & District Citizens Advice Bureau
14a John Street, Penicuik EH26 8AB
Tel:  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



Dalkeith & District CAB is a registered charity, dependent on funding and our main funder is Midlothian Council. Midlothian Council funds us to provide a service for the residents of Midlothian.

Dalkeith CAB office offers appointments on Monday - Thursday mornings and afternoons for all issues and on Friday mornings for benefit related enquiries only. You can book an appointment in person or by phoning reception any morning 10.00 am -12.30 pm or Monday -Thursday afternoons, 1.00 pm - 3.00 pm.

If you have difficulty accessing the main office (which is not wheelchair accessible) we also run the following outreach clinics:

Dalkeith CAB Outreach Clinics:

Gorebridge Library: Monday, 10.00 -12.00, drop-in clinic,
No appointment necessary.

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

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

The Orchard Centre, Bonnyrigg: Tuesday, 2.30 – 4.30, 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, no appointment
necessary.

Loanhead Miners Welfare: Wednesday 10.00 – 13.00, 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 on:  0808 800 9060 or

On-line at: www.adviceguide.org.uk/scotland

Consumer advice can be obtained from the

Citizens Advice Consumer Helpline on:  0845 04 05 06.

Direct Payments

What is a Direct Payment?

Direct Payments are an alternative way to arrange social work services that help you live more independently.



If Midlothian Council decide 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/1453/support_at_home/940/care_at_home/11

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 www.careinfoscotland.co.uk/home.aspx

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

Education

Two local colleges provide vocational learning and work placements. Midlothian Council provide Community Learning.

Edinburgh College

Edinburgh College was formed on 1 October 2012 as a result of the merger between

Edinburgh's Telford

College, Jewel & Esk

College and Stevenson

College, Edinburgh. We

have four main campuses:

Granton (formerly

Edinburgh's Telford College), Milton Road and Midlothian (both

formerly Jewel & Esk College) and Sighthill (formerly Stevenson

College Edinburgh).



We are one of the largest colleges in Scotland and in the UK, with an annual turnover of £65 million. We have about 22,000 students and 1,400 staff.

We seek to tackle the economic and social challenges presented by the current economic climate by serving our local communities and reaching out to provide education and training opportunities to those who most need them.

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

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

Edinburgh College Equality Outcomes

In April 2013 we published our planned Equality Outcomes. These include outcomes related to disability and can be seen on our website via the following link:
www.edinburghcollege.ac.uk/welcome/equality_diversity_and_inclusion/

Edinburgh College campuses

At Edinburgh College Estates work planning incorporates improvements identified as necessary by accessibility audits, and on-going feedback from our staff, students and other stakeholders. Some examples of work carried out over a 3 year period are :

- Granton - Renewal of Induction Loop systems equipment in common areas such as reception, LRC reception desks and lecture theatres, and more recently in the newly refurbished computer based rooms.
- Granton - Updated signage at accessible doors at main entrances in main campus building and improved college way-finding boards within college
- The Radar National Key Scheme key offers disabled people independent access to the 9,000 accessible locked toilets around the country. Providers of disabled toilets fit Radar locks to ensure their facilities are in good condition. This system has been installed in two of the accessible changing facilities at Granton campus and its address has been included in Radar's national directory as a venue for such facilities.
- These facilities at Granton Campus and a toilet at Sighthill campus have also been equipped with hoists, changing beds etc. so as to meet the criteria to be classed as "Changing Places" toilets by the Changing Places Consortium. The application was made through partnership working with PAMIS.
- At Milton Road campus, a side access to Bolam House has been installed to make it more accessible to people with mobility problems as they will have less walking distance to the building.
- Accessible parking bays – increased enforcement of bays by

college facilities staff and Smart Parking has been recently introduced in order to enforce these bays at all our campuses from 17 February 2014.

We are planning accessibility audits of all our campuses which will help us identify and remove barriers to those wishing to study or work at college.

Edinburgh College curriculum

We offer courses across a range of subjects:

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

Courses that start in August will be advertised on our website in February: www.edinburghcollege.ac.uk/

Edinburgh College Student Services

Student 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 presentations
- 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, our team of Student 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, we 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 DSA are carried out in college.

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

Our Student Advice and Support teams are here to help you with all aspects of life at Edinburgh College. You can take advantage of many of the services before you come to college so please contact us at any time for details.

Student Advice

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

You can find our student advice teams on the ground floor on each campus. Pop in at any time or contact us Tel:  0131 669 4400 or Email:  Student.Support@edinburghcollege.ac.uk

Our 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, so please Email:  Student.Support@edinburghcollege.ac.uk or come in for a chat!

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.

Our 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. We can give you practical, confidential advice on your situation and help you to start sorting the problems out. Remember, we're here to help you!

We have a list of frequently asked questions regarding fees and funding. If you have any questions or concerns that are not addressed here or about any money matters please contact us Tel:  0131 669 4400 or Email:  info@edinburghcollege.ac.uk or visit our website www.edinburghcollege.ac.uk/student_life/information_and_advice/

Edinburgh College staff vacancies

We want our Edinburgh College workforce to represent the diversity of Scottish society and the communities we work in.

We welcome applications from all sections of the community irrespective of age, disability, gender re-assignment, marital/civil partnership status, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

As users of the Two Ticks disability symbol, we guarantee to interview all disabled applicants who meet the minimum criteria for any vacancy.

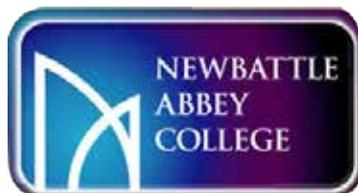


Vacancies are advertised on our website here:
www.edinburghcollege.ac.uk/welcome/vacancies/

Newbattle Abbey College

Newbattle Abbey College welcomes applications from disabled people and additional support requirements. We aim 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 our historic setting. We offer 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

Tel:  0131 663 1921

Email:  office@newbattleabbeycollege.ac.uk

www.newbattleabbeycollege.ac.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 discharge to hospital.

We usually pick up patients from their home and take 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 need 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 www.firescotland.gov.uk/your-safety/hfsv-form.aspx

Call 0800 0731 999

Call your local fire station

Text "Check" to 61611 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.  Dial 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.

Do not assume that your message has been received until a message is sent back, this takes two minutes.

101 Non-Emergency Number

For all non-emergencies and general enquiries, 101 is the number you call if you need to contact your local police. You can call 101 to report a crime that has already happened, seek crime prevention advice or make us aware of any policing issues in your local area.

Using 101 for situations that do not require an immediate police response helps keep 999 available for when there is an emergency.

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

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.

Telephone Crimestoppers on  101

Dalkeith Police Station

Divisional Headquarters, Newbattle Road, Dalkeith, EH22 3AX.
Tel.  101

Bonnyrigg Police Station

121 Dobbies Road ,Bonnyrigg, EH19 2AU.
Tel.  101

Gorebridge Police Station

35 Hunterfield Road, Gorebridge EH23 4TP.
Tel.  101

Loanhead Police Station

18 Church Street, Loanhead, EH20 9AB.
Tel.  101

Newbattle Police Station

15-17 Morris Road, Newtongrange, EH22 4ST.

Tel.  101

Penicuik Police Station

25-27 Bog Road, Penicuik, EH26 9BY.

Tel. 101

All Police Stations in Midlothian are wheelchair accessible.

A Message from Police Scotland

Hate Definition - Crime motivated by malice or ill will towards a social group by:

- Race.
- Sexual orientation.
- Religion/faith.
- Disability.
- Transgender/gender identity (Offences (Aggravated by Prejudice) Act 2010).

Hate crimes are abhorrent and target marginalised and vulnerable members of our communities with devastating effect on both victims and their families.

Police Scotland is committed to making it as easy as possible for victims to report hate crime.

We have identified hate crime as a high priority under the classification of violence, disorder and anti-social behaviour and continue to place a high priority on such crime, with the aim of:

- Increasing the confidence of victims to report hate crimes/ incidents.
- Adopting a multi-agency response to dealing with hate crime.
- Increasing action against perpetrators through intelligence

led pro-active policing and robust enforcement.

- We continually review incidents and crimes to identify current and new trends, and target our resources accordingly.
- A hate incident is any incident that is not a criminal offence, but something which is perceived by the victim or any other person to be motivated by hate or prejudice.

If you or someone you know is the victim of hate crime, we have various ways that you can report it. Call us on  101, visit your nearest police office or use our online form at www.scotland.police.uk/hate-crime/

You don't have to be physically attacked or injured to be a victim of hate crime. Hate crime can include:-

- Having insulting graffiti sprayed on your house or car
- Having someone say hurtful things to you day after day
- People making you feel scared, intimidated or distressed
- People swearing at you or making abusive remarks

For more information about Police Scotland you can write to

Police Scotland Headquarters

PO Box 21184

Alloa

FK10 9DE

Employment

Industry

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



We do 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. We also work 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. We also provide a wide range of specific education and training courses that meet a broad cross section of needs and aspirations.

Our 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.

15 Blair Street

Edinburgh

EH1 1QR

Tel:  0131 226 3006  0131 226 6277

Email:  admin@accesstoindustry.co.uk

www.accesstoindustry.co.uk

Action on Hearing Loss

Action on Hearing Loss provide 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



Tel:  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, mainly in Edinburgh and the Lothians, Thursdays 10am – 12pm

Deaf Action,
49 Albany Street, Edinburgh EH1 3QY

Tel:  0131 556 3128 or TextPhone:  0131 557 0419

Email:  marketing@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 or by phone

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

Tel:  0131 475 2600

Email:  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.



Midlothian Employment Action Network (MEAN)

Midlothian Employment Action Network helps to improve the chances for people to get a job. They bring together the different organisations in Midlothian.

The network will also provide agencies based in and/or working in Midlothian with a stronger collective voice at a regional level,

in terms of buying into wider employment focused initiatives and attracting new resources to the area.

MEAN does not offer services directly to the public, but instead works through partner organisations to support people who face barriers in the labour market.

RNIB Scotland



Midlothian Council contracts RNIB to provide specialist services and 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

Tel:  0131 652 3140 or Fax:  0131 652 3199

E-mail:  rnibscotland@rnib.org.uk

Opening Hours: Monday to Thursday: 8.30 am to 4.40 pm, Friday:
8.30 am to 3.50 pm

Services in Training for Employment in Midlothian

The Services in Training for Employment in Midlothian Team help people who require extra support to get work experience, to find a job, or to work as a volunteer.

The Services in Training for Employment in Midlothian Team provide support for disabled people, to enable them to access work experience, employment, and assist them to develop the skills and ability required to get closer to gaining and sustaining employment.

For more information please request our brochure:

If you are an employer, please request our guide for prospective employers of people with disabilities in Midlothian:

Services in Training for Employment in Midlothian Team. Midlothian Training services, Midlothian Council, 1 Eskdail Court Dalkeith EH22 1AG Tel :  0131 270 5720

Email:  mts@midlothian.gov.uk

For more information go to www.midlothian.gov.uk and use the search box and type in “**stem**”.

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.



SDS 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.

Tel:  0800 917 8000
www.skillsdevelopmentscotland.co.uk

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.
- 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

Grapevine

Within Lothian Centre for Inclusive Living is Grapevine the specialist disability information service. We provide free, confidential and impartial information and advice on any disability related matter to disabled people, people with long term conditions, older people, families/carers and workers in Edinburgh, East Lothian and Midlothian.

Some of the topics Grapevine specialise in include:

- Disability Benefits
- Financial grants and trusts
- Transport concessions
- Community care services & Self-Directed Support
- Housing and Adaptations
- Equipment and Aids
- Employment and Education
- Holidays and Leisure
- Access Issues
- Disability Equality and the Law
- Personal health



Grapevine offer assistance with completed Disability Living Allowance, Personal Independence Payment and Attendance Allowance forms for people aged 16 and above at our offices in Edinburgh. Download the Grapevine quarterly newsletter from LCiL's website at: www.lothiancil.org.uk/downloads/grapevine-disability-information/

You can contact Grapevine ,LCiL, Norton Park, 57 Albion Road, Edinburgh, EH7 5QY

Helpline  0131 475 2370, Monday – Thursday, 10 am- 4 pm
If you can't get through to speak to someone please leave a message on the answer machine and someone will call you back as soon as possible.

Email:  grapevine@lothiancil.org.uk

Grapevine online enquiry form: www.lothiancil.org.uk/our-services/grapevine/services-grapevine-enquiry-form/

Handyperson Services

McSense Handyperson Service provides a variety of services within the local community. For £7.50 per half hour, we will:

Plumbing

Leaking Tap/ Radiator.

Blocked sink/ Toilet.

Washing machine
needing plumbed in.

and much more....

Electrical

Re-wire.

Lights/ Bulbs.

Sockets/ Switches.

and much more....

Decorating

Painting/ Decorating.

Tiling/ Re-grouting.

Plaster Repairs.

and Much More....

Odd Jobs

Hang Pictures/ Mirrors, Fit Blinds/ Curtains, Shelves & Cupboards, Assemble Furniture, Locks, Fit Plasma TV screens, and Much More....

All we ask you to do is:

- Make sure someone is in when we have arranged to call — if no-one is in we may charge for half an hour for time lost.
- provide proof of your qualifying benefit when we call.
- Accept the fittings we carry if they are sufficient for a repair.

McSense Handyperson Services

32 sycamore Road ,

Mayfield,

Dalkeith

Tel:  0131 454 1500

Email:  mail@mcsence.co.uk

www.mcsence.co.uk

Registered in Scotland No. SC293560

Scottish Charity No. SC037156



Hardship Fund

MARCH project (Midlothian Area Resource Coordination for Hardship)

A Big Lottery-Funded partnership between Midlothian Council, MFIN (Midlothian Financial Inclusion Network) and Changeworks. The **MARCH** project aims to coordinate and improve resources available for financial hardship in Midlothian and improve outcomes for people experiencing hardship and those affected by Welfare Reform.



The **MARCH** project Welfare Rights Officer is Laura Appleby. Tel: 📞 0131 271 3941. Laura provides a number of weekly outreach advice sessions across Midlothian and welcomes referrals and enquiries for welfare benefits advice, for any Midlothian resident who is experiencing hardship related to welfare reform.

The **MARCH** project Affordable Living Advisor is Chris Clyne. Tel: 📞 0131 468 8665. Chris supports people to understand how to save money on their food and energy costs and to be in more control of their household budgets, providing 1-2-1 advice and support during home visits. He is also planning to deliver workshops on energy advice and how to reduce your fuel costs and food waste at number of local venues across Midlothian. Please contact Chris for further details.

The **MARCH** project Hardship Coordinator is David Walker. Tel: 📞 0131 271 3951. David provides a single point of contact for anyone wanting to find out about resources for hardship in

Midlothian and is able to provide signposting information. He is also developing standardised referral systems in partnership with providers of hardship services. A small travel facilitation fund provides bus tickets or day passes to allow people to travel to receive hardship support, for example to collect a food parcel or crisis grant or attend an advice session or workshop. He is also working to improve access to hardship support by working in partnership with other agencies and community groups to develop new services and would like to hear from anyone interested in developing new resources for local people experiencing hardship.



The **MARCH** project Hardship Crisis Guide is available to download from the MFIN website:

www.mfin.org.uk/content.asp?ID=111



Health and Social Care Integration

Midlothian Health and Social Care Partnership

The population in Midlothian is increasing and some people are living longer, healthier lives.

At the same time the difference between people's health outcomes is increasing due to deprivation and other factors. For example life expectancy is 12-14 years less in some parts of Midlothian than in others.

As society changes so do the health and care needs of our communities.

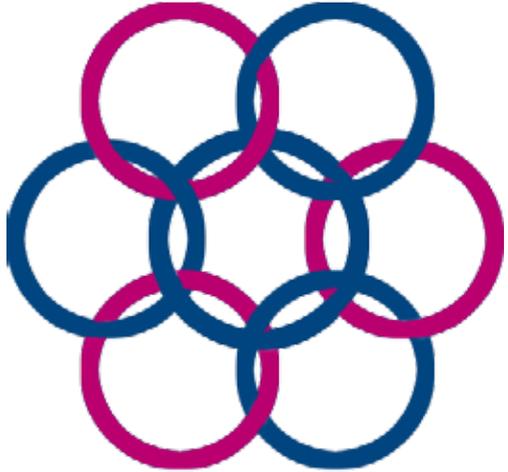
Recognising this adjustment, the Scottish Government has introduced a new law to join Health and Social Care services in Scotland. This will play a key part in planning services to meet these changing needs.

What does this mean?

From mid-summer 2015, Midlothian Council and NHS Lothian will be working together as a Health and Social Care Partnership governed by the Midlothian Integration Joint Board (IJB).

The new partnership means working together, with joint responsibility and accountability.

In brief, GPs, hospitals, health workers, social care staff, voluntary and independent care providers and others are going to be working side by side to share information and take a more coordinated approach to planning and delivering services - putting people first.



The Vision

The Midlothian Health and Social Care Partnership's vision is that people will lead longer and healthier lives by getting the right advice, care, and support, in the right place, at the right time.

Our Mission

We will work together to achieve better outcomes for Midlothian's people:

- To support people to stay healthy and well
- To make it easy to get health and social care services
- To provide excellent quality care, treatment and support

Need more information?

For more information including information about how you can help to shape our services contact:

Catherine Evans, Public Involvement Coordinator

Tel:  0131 271 3411

Email:  catherine.evans@nhslothian.scot.nhs.uk

Tom Welsh, Integration Manager

Tel:  0131 271 3671

Email:  tom.welsh@midlothian.gov.uk

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 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/downloads/file/643/statement_of_assistance

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 Tel:  0131 271 3900 during office hours: Monday - Thursday 9:00-5:00 Friday 9:00-3:30, Adults and Social Care Fairfield House, Midlothian Council contact centre (Adult Services) Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AATel:  0131-271-3900 E-mail:  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 Tel:  0131-313-5510 or Email  ascscapability-scotland.org.uk
- Housing Options Scotland Tel:  0131-247-1400 or Email:  info@housingoptionsscotland.org.uk
- UPDATE is Scotland's national disability information centre. Helpline number Tel:  0300 323 9961
Care and Repair Scotland www.careandrepairsotland.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 do not directly provide housing, what Housing Options Scotland do 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 have 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

Tel:  0131 247 1400

Fax: 0870 123 1597

Website: www.housingoptionsscotland.org.uk

Email:  info@housingoptionsscotland.org.uk



Inclusion Scotland

Inclusion Scotland (IS) is a consortium of disability organisations, individual disabled people and social partners who share our aims. We work towards eradicating the barriers – physical, economic, cultural and attitudinal – which prevent disabled people being fully included in society.

IS was founded in 2001, as a direct response to calls from the grass roots of the disability movement for a new national organisation. It is run by disabled people themselves for, as we have the experience of disability, we are best placed to speak out on the issues that are important to us and affect our daily lives. Already over 60 disability groups from throughout Scotland have joined in partnership with us.

OUR AIMS:

- To ensure the views of disabled people are heard and taken seriously by policy makers and to keep open the lines of communication.
- To be a proactive rather than a reactive organisation.
- To raise public awareness of social inclusion issues including the barriers – physical or social – society erects which disable people.
- To bring about positive change in how disabled people are viewed in our society and to achieve inclusion for disabled people in Scotland.
- To help and support other disability organisations and disabled individuals by offering practical advice on how to dismantle the barriers to inclusion.

Nothing About Us. Without Us.

Tel:  0141 221 7589

Email:  info@inclusionScotland.org

We have a regularly updated website: www.inclusionScotland.org

You can also follow our work by 'liking' us on Facebook.

Charity No. SC 031619



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



Write to:

Independent Living in Scotland

Brunswick House

51 Wilson Street

Glasgow

G1 1UZ

Telephone:  0141 559 5013 ext 3313

Email:  contact@ilis.co.uk

Joint Physical & Complex Disability Planning Group

What is this?

Midlothian – it covers the whole of Midlothian.

Joint – this means that it is about NHS Lothian, Midlothian Council, the Voluntary Sector and service users and carers working together as equal partners.

Physical & Complex 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 organisations that provide services for them. They meet every 6 weeks and are responsible for producing an Action Plan and ensuring that the actions in it are delivered.

Midlothian Joint Physical & Complex Disability Action Plan 2012 - 2015

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 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.

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

Tel:  0131-271-3665

Email:  jayne.lewis@midlothian.gov.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.

There is something for everyone. These activities are held throughout Midlothian and cost approximately £1.

Tel:  0131 561 6506



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:  01875-823-323

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 generous support of 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 Tel: 📞 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 Tel: 📞 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

Tel:  01333 320 864.

www.forthandtaydisabledramblers.org.uk

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 till 12 noon. All welcome.

Gorebridge Parish Church Hall, 100 Hunterfield Road,

100 Hunterfield Road

Gorebridge

Midlothian

EH23 4TT

Mary Webb

Tel:  01875 820 094

KICC Active Lothian

KICC Active Lothian is a joint funded project; a partnership between KICC and MS Therapy Centre Lothian. The Project is

fully funded by the Alliance (Health & Social Care Alliance), under the Self-Management Impact Fund, provided by the Scottish Government.

KICC Active Lothian is an on-going project. We are facilitating the establishment of accessible, self-management community based exercise programmes in Lothian.

This project is being established Lothian-wide starting in East and Midlothian and moving into West Lothian and Edinburgh.

Classes are gentle and specially designed for people with varying levels of mobility and experience. To find out what is happening near you contact

Joanna Cole-Hamilton
KICC Active Lothian
MS Therapy Centre Lothian
40c Swanfield
Edinburgh EH6 5RX

www.kiccactive.org.uk/

Email:  joanna@kiccactive.org.uk

Office:  0131 555 0809

mobile:  07436 102 726



Lothians Veterans' Centre

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

Our Origins

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

www.lothiansveteranscentre.org.uk/

Tel:  0131-660-5537

Email:  contact@lothiansveteranscentre.org.uk

org.uk



Midlothian Peoples Equality Group (MPEG)

MPEG is a registered charity. We are a friendly group of local people who have experience of, and aim to learn about and challenge, different forms of discrimination related to age, disability, gender, sexuality, ethnicity and socio-economic background.

MPEG is directed by a steering group of local people representing diverse local interests including kinship carers, disabled people, young people, older people, people from ethnic minorities and people from Lesbian, Gay, Bisexual and Transgender communities.

Together We Aim To:

- Promote equality and challenge prejudice;
- Build relationships across Midlothian communities of interest where people feel valued and trusted;
- Provide a platform for Midlothian people to:
- Learn, educate, and communicate about local equality issues of concern and interest;
- Have a voice in local policy and planning.



Midlothian People's Equality Group

Meetings:

We meet on the first Thursday of the month in Fairfield House in Dalkeith, 4.30 – 6.00 pm

Website: www.midequalitygroup.co.uk/

Contact:  0131 270 5695 for further details

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: Jeff Allan

Email:  Jeff@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 peoples 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.

Tel:  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.
- Grapevine Disability Information - Free, confidential disability information and advice to people in Edinburgh, East Lothian or Midlothian.
- 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 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

Tel:  0131-475-2350 (10 am - 4 pm)

Fax:  0131 475 2392 ,

E-mail:  LCiL@lothiancil.org.uk

www.lothiancil.org.uk



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.

Adults and Community Care

Fairfield House,

8 Lothian Road,

Dalkeith, EH22 3AA

Email:  swccenquiries@midlothian.gov.uk

Tel:  0131 271 3900

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

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.



How can I access this service?

Midcare application online form at www.midlothian.gov.uk/site/scripts/xforms_form.aspx?formID=43&language=en

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

Contact us at the Adults and Community Care team.

- 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/publications.html

What does it cost?

From 1st April 2014, there will be a charge of £2.05 per week for the service. Billed quarterly at £26.65

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, and 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, temperature extreme sensors, 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. Tel:  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:

Adults and Community Care, Fairfield House, 8 Lothian Road Dalkeith, Midlothian, EH22 3AA.

Tel:  0131 271 3900.

Email:  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 hospital was designed with input from local people and from groups that use the



services it provides. This was hugely important in making sure that everything would be focused on the needs of patients, their families, carers, and staff. It also had an important influence on the look and feel of the hospital, making sure it has a homely atmosphere.

The hospital was built in partnership between the NHS and the private sector. Certain roles, such as looking after the building, its grounds and utilities such as energy and water, are carried out by Robertson Facility Management and not NHS Lothian. The car park is free and has 112 spaces, including 20 bays for disabled drivers.

The Midlothian Community Hospital allows patients to receive more services and have better facilities at the heart of their own community, without having to travel to Edinburgh.

In-patient services

Midlothian Community Hospital has 84 beds: 40 frail elderly continuing care beds and 44 frail elderly mental health beds. These include 24 assessment beds for older people with mental health problems and 20 continuing care beds for older people with mental health problems.

All beds are in single rooms, with the exception of a 4-bed bay for patients who have just been admitted and need close short-term observation.

Services for inpatients:

- Admissions 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
- Physiotherapy and occupational therapy

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 emergencies but which cannot wait for the doctor's surgery to open.

Midlothian Community Hospital does not have an accident and emergency service. The nearest A&E department is at the Royal Infirmary of Edinburgh (RIE) or for children under 13, at the Royal Hospital for Sick Children (RHSC).

There are a range of outpatient services for patients who have been referred by their GPs or other specialists. More patients can be seen sooner and can receive more of their care close to where they live. Outpatient clinics (See following) are run by consultants and other expert clinicians from various hospitals, including the Royal Infirmary of Edinburgh, the Western General Hospital and the Royal Hospital for Sick Children.

NHS Lothian tries to respond to local need and to encourage services to hold clinics in Midlothian that would otherwise be difficult for people to get to.

Midlothian Community Hospital Clinics
ChildHealth
Child and Adolescent Mental Health(CAMHS)

Midlothian Community Hospital Clinics
Child Health Clinics (Paediatrician)
Dads to be classes
Paediatric dieticians
Speech and Language Therapy
Urology
BCG Clinic
Paediatric Audiology
Paediatric Physiotherapy
Paediatric Orthotics
Therapies and Health Improvement
Dietitians
Keep Well Group
Lifestyle Management Course
Speech Therapy
Weight Management
Mental Health and Wellbeing
Cruse Bereavement Counselling
Health in Mind – guided self management
Joint Mental Health Team clinics (psychology, adult psychiatry, community psychiatric nurses)
Mental Health Nurse Therapists
Old Age Psychiatry
Smoking, Alcohol and Drug Use
Alcoholics Anonymous
Stop Smoking Service
General medical
Aortic Aneurysm Screening
Diabetic Eye Screening (retinopathy)
Hearing Aid Batteries - collection point for replacement batteries
Heart Failure Nurse

Midlothian Community Hospital Clinics

Lymphoedema (fluid on limbs)

Orthopaedics

Pulmonary Rehabilitation Classes

Stoma Clinic

X-ray – plain films only

Ultrasound

Bonnyrigg Health Centre

Child and Adolescent Mental Health(CAMHS)

Child Health Clinics (Paediatrician)

Midwife Dietitians

Joint Mental Health Team Clinics

Mental Health Nurse Therapists

Midwife

Physiotherapy

Podiatry

Speech Therapy

Stop Smoking Service

Dalkeith Health Centre

Baby massage

Chalmers Sexual Health Centre/ Family Planning

Child and Adolescent Mental Health(CAMHS)

Child Health Clinics (Paediatrician)

Couple Counselling – Lothian

Dietitians

Edinburgh and Lothian Council on Alcohol

Health in Mind – guided self management

Joint Mental Health Team Clinics

Mental Health Nurse Therapists

Midwife

Dalkeith Health Centre
MYPAS Counselling
Obstetrician Clinic
Paediatric Audiology
Physiotherapy
Podiatry
Speech Therapy
Stop Smoking Service

Newbattle Medical Centre
Child and Adolescent Mental Health
Child Health Clinics
Department of Clinical Neuroscience
Dietitians
Joint Mental Health Team Clinics
Mental Health Nurse Therapists
Midwife
Physiotherapy
Podiatry
Speech Therapy
Stop Smoking Service

Penicuik Health Centre
Audiology
Cot Death Society
Cruse Bereavement Counselling
Edinburgh and Lothian Council on Alcohol
Hearing Aid Batteries - collection point for replacement batteries
Mid and East Lothian Drugs (MELD)
Midwife
MYPAS Counselling
Physiotherapy

Penicuik Health Centre
Podiatry
Old Age Psychiatry
Speech therapy
Stop Smoking Service

Eastfield Medical Centre
Child and Adolescent Mental Health (CAMHS)
Child Health Clinics (Paediatrician)
Diabetic Eye Screening (retinopathy)
Edinburgh and Lothian Council on Alcohol (ELCA)
Gateway to Recovery Team
Hearing Aid Batteries - collection point for replacement batteries
Joint Mental Health Team Clinics
Mental Health Nurse Therapists
Midwife
MYPAS Counselling
Old Age Psychiatry

There are 6 other GP Practices in Midlothian Please contact them for details of the services they provide.

- Danderhall Medical Practice
- Loanhead Medical Practice
- Newbyres Medical Group
- Pathead Medical Centre
- Roslin Medical Practice
- The Surgery, Loanhead

Please check with these medical practices to be informed of the clinics they host.

For more information, contact Catherine Tel:  0131 271 3411
 Email:  catherine.evans@nhslothian.scot.nhs.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 integrated 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
- Communication/Swallowing

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.

Lifestyle Management

Our Occupational Therapists within MCPRT also offer Lifestyle Management support and advice, either in groups or on a one-to-one basis. Our course is a 10 week programme, run in association with the Thistle Foundation, with sessions lasting for 2 hours. The courses run within Midlothian throughout the year. The venue varies according to demand. To find out more about

Lifestyle Management please see the details under “**THISTLE**” on page 108, alternatively we can be contacted directly by phone Tel:  0131 537 9883

Living it Up

Living it Up is a website aimed at supporting better health, wellbeing and active lifestyles in Scotland. It is for people over the age of 50 and for people with long term health and care conditions or those that want to stay happy, healthy and safe. For more information visit www.livingitup.org.uk

Helping you to help yourself

Various groups are currently running which include a Men’s Cooking Group; Information and Support Drop In Session; Living Life to the Full Programme. Get in touch for more information. Contact Louise Paul Specialist Occupational Therapist 70 Eskbank Road Bonnyrigg EH22 3ND Tel:  0131 454 1016

Our Team

Head of Health Allister Short, Physiotherapists, Occupational therapists, Speech and Language Therapists.

Who can refer?

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

How to refer

- Via eAssess using Team Inbox for Midlothian
- Community Physical Rehabilitation Team
- Via Scottish Care Information Gateway (to Roodlands Physiotherapy). 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 Contact Centre

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 Council provide help to enable people to remain independent in the community. Such help may be required on a temporary basis or as 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 contact centre to discuss your situation and need for support or, if you are concerned about a relative or friend please contact the Midlothian Council Contact Centre on  0131 271 3900 during office hours which are as follows:

Monday - Thursday 9:00-5:00 Friday 9:00-3:30

If the matter is urgent and you need help out with office hours contact emergency Contact Centre service on 📞 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 health services for a Carer's Assessment Form. The assessment will look at your needs in relation to the person you care for. We will listen to your views on services that will help you care. VOCAL can assist you to complete the form(see VOCAL Section).

Midlothian Council Contact Centre,
Fairfield House,
8 Lothian Road,
Dalkeith, EH22 3AA
Tel: 📞 0131-271-3900
E-mail: ✉️ swccenquiries@midlothian.gov.uk



Midlothian Council Contact Centre,
Children & Families,
Through Care & Aftercare,
Children Affected by Disability,
Family Placement, Adoption & Fostering,
Youth Justice, Criminal Justice
11 St Andrew Street, Dalkeith, EH22 1AL
Tel: 📞 0131-271-3860
E-mail: ✉️ swcfenquiries@midlothian.gov.uk
Criminal Justice E-mail: ✉️ swcjenquiries@mdlothian.gsx.gov.uk

Midlothian Council Lifelong Learning & Employability

Lifelong Learning and Employability supports young people, adults and families through the delivery of a wide range of programmes and initiatives.

One-to-one keyworkers support young people and adults who have learning, physical disabilities and/or mental health issues to access and sustain vocational or volunteering opportunities, work experience and/or employment. Referrals for adults can be made by agencies, professionals or through family/self referrals. Applicants for this service must be in receipt of DLA, PIP or SDA. Information and referral forms are available from Margaret Anderson 📞 0131 270 5725. Young people requiring support should be referred by schools, Social Work or Skills Development Scotland. Further information is available from Heather Fleming, Positive Destinations Officer 📞 0131 271 3750

Open access and universal courses and classes for adult learners operate throughout Midlothian. Programmes are advertised and available at council premises, through partner agencies or via Midlothian Council website www.midlothian.gov.uk A mainstream, fee paying adult learning programme operates, mainly in the evenings and at weekends, and annual programmes are available from August each year with enrolments in August/September. Courses include accredited opportunities such as SQA modules, Highers and the new National qualifications, plus a range of leisure and interest based classes such as languages, computing, health and wellbeing, art, photography and family history. Assistance may be available for those who require additional support to attend. Contact 📧 LLE@midlothian.gov.uk if you require assistance.

Community based adult learning courses take place in geographical locations throughout Midlothian. These courses are a first step back to learning and offer opportunities for adults to develop skills for learning, life and work. Programmes run from 6 to 10 weeks, generally during the day, are free of charge and

may also offer crèche facilities. Programmes are advertised locally on a termly basis and places must be booked in advance. Subjects include computing, employability skills, crèche worker training, child development, health and wellbeing, arts & crafts and courses for parents/carers including raising children with confidence and living with teenagers. Adults of all ages and abilities are welcome to join these courses. Further information on all adult learning opportunities please contact  LLE@midlothian.gov.uk or phone Karen McGowan  0131 271 3708.

Everyday English groups are available in local venues across Midlothian to enable you to read better, develop your writing, improve your spelling, use computers to improve your English, support your child's learning and get SQA qualifications.

Everyday Maths groups helps participants to feel more confident using numbers, improve your budgeting skills, develop your understanding and application of everyday maths and get SQA qualifications. All of these courses are free and take place in the day time and evenings and allow you to set your own learning goals and work at your own pace. Some one to one support may also be available.

Lipreading classes are available for those who are hard of hearing and wish to learn lipreading. Information is available from Neil Saddington  0131 270 8904. English for speakers of other languages courses help you to improve speaking, listening, reading and writing in English and get an SQA qualification. Details from Clare Cameron  0131 270 8906

A range of support options, courses and training which currently includes European Computer Driving Licence, Care Academy, Work Club, Preparation for Work and Construction Skills Certification Scheme Training. Further information is available from Dennis Dunne  0131 561 5390  mts@midlothian.gov.uk or  LLE@midlothian.gov.uk

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;

Tel: 0131 448 0930

Email:  chairman@MidDAP.org.uk

Contact: Norma Roarty, Secretary to the Panel

Tel: 0771 247 1474 or

Email:  lornaroarty@yahoo.com



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/ Most of all, enjoy your time on the panel!



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



Morag

Mobile:  07889 456 265

Email:  morag.paterson@enable.org.uk



Sarah

Mobile:  07753 497 936

Email:  sarah.warne@enable.org.uk



Stuart

Mobile:  07889 456 264

Email:  stuart.mcintosh@enable.org.uk



TEL (with answer machine):  0131 454 1785

Midlothian Local Area Co-ordination

Enable Scotland

1b Colliery Court

McSence Business Park

32 Sycamore Road

DALKEITH

Midlothian EH22 5TA



Libraries are for Everyone

Midlothian Libraries are for everyone. They are free and local. There aren't many services which can make that claim.

Are you one of over 32,000 people in Midlothian who are members of the Library Service? If you are, do you make the most of your library membership? If you aren't a member see

what you are missing:

- Lots of free books on any subject you can think of.
- Books in large print if you have a visual impairment.
- Books on CD or tape if you have a visual impairment or find it difficult to hold a book.
- Music CDs and DVDs to keep you entertained, amused or help you learn.
- A wide range of newspapers and magazines.
- Reliable and accurate information in the library or available through online subscriptions accessible from the library website.
- Most Midlothian libraries have a reading group which meets monthly. Author events and other activities are held on a regular basis.
- Midlothian Travel Team leaflet carousels in each library [except Roslin]. Pick up bus timetables, Travelmaps, application forms for Blue Badges, Taxicards, bus passes – and other transport items. Libraries process completed bus pass applications [over 60s and disabled]
- Free use of computers and access to the internet in all libraries, all with assistive technology if you need
- Hearing Aid battery collection points in all libraries

Special help

- Free one to one help with computers from a Live IT One to one volunteer who will show you exactly what you want to learn,

If you can't leave your house and visit the library because of a disability the library will come to you. Tel:  0131 271 3980 and ask about the Home Delivery Service.

Most of all the Library Service has friendly and helpful staff who are there to make your visit or contact with the library as pleasant and productive as possible.

Midlothian library service is also online where you can register, check for a books availability and also reserve a book. You can also track your loans to ensure they are returned at the correct time. Visit www.midlothian.gov.uk/library for more information



Midlothian Libraries

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

Tel:  0131 663 2083  dalkeith.library@midlothian.gov.uk

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

Tel:  0131 663 9293  danderhall.library@midlothian.gov.uk

Gorebridge Library, 98 Hunterfield Road Gorebridge, EH23 4TT

Tel:  01875 820 630  gorebridge.library@midlothian.gov.uk

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

Tel:  0131 271 4534  lasswade.library@midlothian.gov.uk

Loanhead Library, George Avenue Loanhead, EH20 9LA

Tel:  0131 440 0824  loanhead.library@midlothian.gov.uk

Mayfield Library, 1 Stone Avenue, Dalkeith, EH22 5PD

Tel:  0131 663 2126  mayfield.library@midlothian.gov.uk

Newtongrange Library, St Davids, Newtongrange, EH22 4LG

Tel:  0131 663 1816

 newtongrange.library@midlothian.gov.uk

Penicuik Centre Library, Carlops Road, Penicuik EH26 9EP

Tel:  01968 664 050  penicuik.library@midlothian.gov.uk

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

Tel:  0131 448 2781  library.hq@midlothian.gov.uk

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 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 or Tel:  0300 456 4566.

A factsheet on Personal Independence Payment of can be found at www.gov.uk/government/publications/personal-independence-payment-fact-sheets

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



C 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 direct 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. Various symbols



 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: Lothian Buses, First Bus, Perryman’s and Stagecoach Buses. 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 phone before travelling to avoid disappointment.

Citylink Tel:  0871 266 33 33

Megabus Tel:  0900 1600 900

National Express Tel:  08717 818178

NHS 24

When should I call NHS 24?

If your GP surgery is closed and you are too ill to wait until it re-opens, phone NHS 24 on  111 or Textphone:  18001 08454 24 24 24. If you phone us, we will ask you where you are phoning from and why you have phoned. This will help us make sure you get the right help. When we know why you have phoned we 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 Helpline for non urgent advice -  **0800224488**

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.com and use our Self-Help Guide which will help to direct you to the right care.

When you call NHS 24

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 doctors 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, this allows the doctor to see more important cases, please ask your pharmacy for a full list of medical conditions that they can treat before you go to see a doctor. Some of the things a pharmacist can treat are:

acne, athlete's foot, certain allergies, backache, coldsores, constipation, coughs, diarrhoea, earache, eczema, hay fever, headache, head lice, indigestion, mouth ulcers, nasal congestion, pain including period pain, sore throat, thrush, warts and verrucas, colds, eye infections, travel sickness, teething advice. This is just a sample so please check with your pharmacy for a full list.

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 a 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 do i 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.

But remember, 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

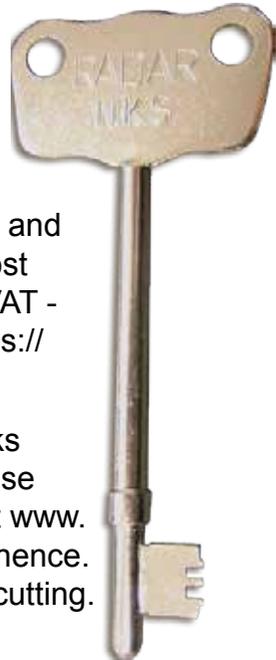
How to find out more

For more information contact:

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

Radar 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 and many other locations in most parts of the country. Alternative costs: With VAT - £5.40 For more information please visit <https://crm.disabilityrightsuk.org/radar-nks-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, Age UK at www.ageukincontinence.co.uk/, on line key cutting at www.onlinekeycutting.com/ and also at www.radarkeys.org/.

The checks have fallen by the wayside, Midlothian only has two radar key sites the list on the nks.directenquiries.com :

- ➔ Flotterstone Glen visitor center on the A707
- ➔ Blacksmiths Forge, Newmills Road (Wetherspoons)

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

Self Directed Support

What is Self Directed Support?

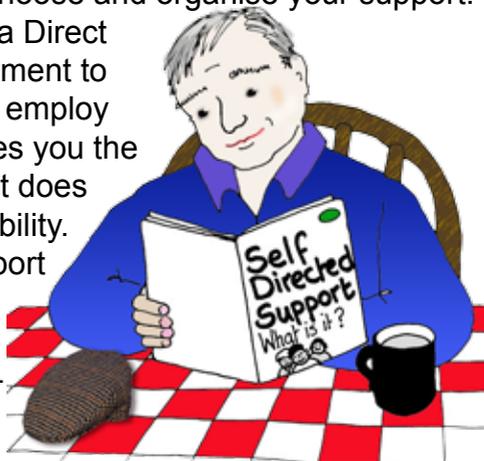
Self Directed Support is about giving you more choice and control over the support you receive to enable you to live as independently as possible. Some people can manage their support on their own, while others need help either from family or friends, or a support organisation.

Who can receive Self Directed Support?

Anyone who feels they need additional support to allow them to live their life in the way they would like may be eligible to receive Self Directed Support. This will depend on the outcome of your Social Work Community Care assessment.

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.



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

Tel:  0131-271-3900

Website: www.midlothian.gov.uk

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

Email:  ilteam@lothiancil.org.uk
Tel:  0131 475 2350
Tel:  0131 475 2555
Address: Norton Park,
57 Albion Road,
Edinburgh, EH7 5QY
[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

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. Please contact Neal Herbert on  0131 475 2313 or Email:  admin@lothiandisabilitysport.co.uk to pass on your comments.

Multisports

Allstars Sports Club, Beeslack Community High School
Tuesdays 6.45 pm - 8.45 pm & Sundays 1 pm - 3 pm,
age 5 - 18, all disabilities.

Email:  lynne_sturg@hotmail.com

The Penicuik Centre, Carlops Road, Penicuik
Wednesdays 11 am - 12 pm, all ages / all disabilities
Contact Kara Christine on  0131 229 3555

FABB, Lasswade High School, Midlothian
Wednesdays 6.30 pm - 8.30 pm

Cherry Road Activity Club, Lasswade High School,
Thursdays 7 pm - 9 pm

Penicuik Town Hall, Midlothian
Tuesdays 6.30 pm - 8 pm and Fridays 10.30 am - 12 pm. Age 16+.

Mayfield leisure Centre, Midlothian
Fridays 10.30 am - 12 pm. Age 16+. All abilities

Swimming

Lothian Racers Disability Swimming Club
Tuesday 6:30 pm - 8:30 pm at Beeslack Community High School,
Penicuik
All ages, all disabilities

Contact Don McFarlane on  01968 675 131 or

Email:  don1mcfarlane@btinternet.com

Loanhead Dolphins, Loanhead Leisure Centre, Midlothian

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

Contact Yvonne Anderson on  01968 664 083

Email:  yvonne.anderson@midlothian.gov.uk

Horse Riding

Vogrie Riding School

Various Booking Times

All Ages, all disabilities

Contact Dee McEwan on  01875 823366,

Email:  dee@vogrie.co.uk Web: www.vogrie.co.uk

Thornton Rose Riding for the Disabled

Email:  Jeff@thornton-rose-rda.org.uk

Web: www.thornton-rose-rda.org.uk

Cycling

Charlotte's Tandems

Website: www.charlottestandems.weebly.com

Boccia

All-Stars Boccia. Beeslack Community High School. Penicuik

Sundays 3 pm – 4.30 pm. All Ages, all disabilities

Email:  lynne_sturg@hotmail.com

Basketball

Mayfield Leisure Centre, Midlothian. Mondays 6.30 pm - 7.30 pm.

All abilities, 8-16 years

Bowls

Mayfield Sports Centre, Midlothian. Thursdays 10 am - 12 pm,

Ages 16+

Skiing

Alternative Ski Club. Sit, bi and two skis available. Midlothian

Snowsport Centre, Hillend

Mondays 6.30 pm – 9 pm. Contact centre prior to attending

Other sports outwith Midlothian and further information can be found on www.lothiandisabilitysport.co.uk/sports.asp

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 1-2pm,
Cost £2 per session

Mayfield Leisure Centre

Every thursday 10am – 12pm,
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 or for more information on what is going on, check out our web page at Active Midlothian at www.activemidlothian.org.uk/sports-development/disability-sport-130 – Healthy Lifestyles – Lets Get Active, this will give you listings of Physical Activity groups that are on in Midlothian which anyone with a disability can join.

Boccia Coaching

Boccia is a sport designed for people with a disability. It's a sport of intriguing tactics and nail biting tension.

Mayfield Leisure Centre

Wednesday 1-2PM, 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



Taxicard Scheme

Midlothian Council operates a Taxicard Scheme for people already owning a taxi card, which gives concessionary travel on taxis for mobility impaired people in Midlothian. The Taxi Card does not take any new applications.

The Taxicard scheme is aimed at Midlothian residents who are unable to travel on local bus services. Maybe people find it difficult to get on a bus because they have a physical disability, use a walking aid, are registered blind or they cannot manage to reach their local bus stops. The Midlothian Taxicard could be the answer to keeping that bit of independence, giving confidence to get out of the house.

The Taxicard can be used for any purpose - visiting friends, going shopping, keeping a hospital appointment etc. Each Taxicard holder can take up to 104 single taxi journeys each year - effectively that's one round trip per week. The Taxicard does not pay for the whole journey; it gives you a discount off of the fare. Taxis are specially adapted vehicles to transport wheelchair users - only normal sized wheelchairs up to 700 Millimetres wide and up to 1200 Millimetres long and less than 200KG, (this is combined weight of wheelchair and passenger). When booking please advise you are a wheelchair user. Some private hire vehicles can carry larger wheelchairs.

The Taxicard can be used at any time, day or night, 365 days a year. Most taxi operators now have vehicles that can accommodate people sitting in their wheelchairs - remember to check when booking.

Those people who already have the Taxi card can carry on using them. If you have questions please contact the Travel Team in Bonnyrigg –

Tel:  0131 561 5455 or

Email:  ptu@midlothian.gov.uk.

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 accept 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

Tel:  0131 537 9177

www.smart.scot.nhs.uk/



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



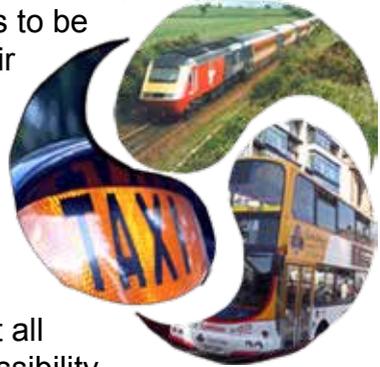
For more information please contact us on 0131 656 7345

Transport

Midlothian is served by Lothian Buses, First Bus, Munro's of Jedburgh, Stagecoach, LCTS and National Express.

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.

In Midlothian, Lothian Buses and LCTS are the only operators that have achieved 100% low-floor fleets well ahead of the legal deadline. See the Midlothian Travelmap [available at all libraries] for the most up-to-date accessibility listed by bus route www.firstgroup.com/



All Lothian buses can accept one wheelchair. Contact lothianbuses.com/ or email Midlothian council Public transport unit at Email: ptu@midlothian.gov.uk Please check with individual bus companies for 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, Newtonload 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, Newtonload Toll, Bonnyrigg Market, Eskbank Stn & Tesco, Dalkeith Morrisons, DalkeithService

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

Service **R4** Mondays aDalkeith, 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 closer 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. Tel:  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

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 24/3A Dryden Road, Loanhead EH20 9HX or Tel:  0131 447 1718 visit the DAB website at www.hcltransport.org.uk

Dial-A-Ride

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. Dial-A-Ride can also help those who have limited access to public and/or private transport. The Dial-A-Ride 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 24/3A Dryden Road, Loanhead EH20 9HX Tel:  0131 447 9949 visit the DAB website at www.hcltransport.org.uk

Once registered with HcL, you can call the Dial-A-Ride office, Edinburgh Tel:  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 Dial-A-Ride schedule to take on more journeys

The Dial-A-Ride vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably. The Dial-A-Ride 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 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 Dial-A-Ride 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 Edinburgh office on Tel:  0131 447 9949 or Email:  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 Mini Cab please make the company aware of any special requirements you need for the journey, Taxi's and mini cabs are operated by individuals and size or type of vehicle must be agreed before being dispatched. If using taxi cards please check with the taxi company to ensure they are accepted.

If you are wheelchair user and your wheelchair exceeds 700 millimetres wide (27 inches wide) and 1200 millimetres long (47 inches long) or has an extended headrest please check with the taxi company to ensure you and your wheelchair can be carried when booking your taxi.

UPDATE Scotland

We provide a comprehensive disability information service for Scotland by:

- Providing organisations and agencies with a full range of disability related information that is relevant to Scotland.
- Providing members of the public with general information and accurate contact details of appropriate local/specialist organisations.
- Encouraging and supporting good practice in disability information and advice service.

Formed in 1999, we are a user-led organisation, which provides a wide range of services to information providers in Scotland.

UPDATE Scotland is controlled by disabled people and promotes the social model of disability. As such, we recognise that disability is caused by the barriers that people with impairments meet in everyday life.

We believe that lack of information is one of the main barriers that disabled people face in society today.

Mission Statement:

To make a real contribution to ensuring that disabled people are able to participate fully as equal members of society by providing access to information that enables them to have the same choices and equality of opportunity as non-disabled people.

Our Aim

We aim to improve the quality of life for disabled people in Scotland by enabling information providers to offer accurate, up-to-date and relevant disability-related information.

You can contact us:

Tel:  0131-669-1600

Website www.update.org.uk/index.php

Email:  info@update.org.uk

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

Vocal

Voice Of Carer Across Lothian's

Vocal provide 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 information on a wide range of topics including how to access services, your rights as an unpaid carer, and benefits
- Provides information about respite and holidays
- Has access to training and events to support you in your caring role
- Has access to counselling in Dalkeith
- Can discuss a Carer Assessment to help identify what your needs are as an unpaid carer
- Is a listening ear for when caring situations become difficult

Support for Young Carers

Carers and Carer's Assessments

If you are caring for a disabled child or additional support needs you have a right to an assessment of your needs. This can be arranged by contacting the Children and Families Team.

Young Carers

If you are a young carer you can ask for an assessment of your needs. This assessment will look at how caring for someone affects you now and how it might affect your future. An assessment could help you get some support.

You might be helping to look after:

- Your mum or dad
- Your brother or sister

- Someone with an illness or disability
- Someone with an alcohol or drug problem

If you would like to discuss your situation please contact
Midlothian Council Contact Centre on Tel:  0131 271 3860

Young Carers website www.children1st.org.uk/

What is a Carer's Assessment?

Carers who provide unpaid care on a regular basis to an adult or child with a frailty, illness and/or disability have a right to an assessment of their needs. You can ask Midlothian Council Contact Centre or health services for a Carer's Assessment Form. The assessment will look at your needs in relation to the person you care for. VOCAL can assist you to complete the form.

Contact Details:

VOCAL Midlothian, Carers Centre, 30/1 Hardengreen Estate, Eskbank EH22 3NX. www.vocal.org.uk

The office is open Monday to Friday 9 am –

5 pm. Tel:  0131-663 6869 Email: 

midlothian@vocal.org.uk



Carers Scotland

Carers Scotland is the voice of carers, it is the Scottish national office of Carers UK and is the only carer-led organisation working for all carers

The Cottage, 21 Pearce Street, Glasgow, G51 3UT

Tel:  0141 445 3070 www.carersuk.org/scotland

Children and Families

11 St Andrew Street, Dalkeith, Midlothian, EH22 1AL. Email: 

swc&fenquiries@midlothian.gov.uk

Tel:  0131 271 3860 www.midlothian.gov.uk

Volunteer Midlothian

Volunteer
Midlothian



LEADING THE WAY IN VOLUNTEERING

Volunteer Midlothian are the first point of contact for anyone who wants to know more about volunteering in Midlothian. At the Volunteer Centre 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 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

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 socially isolated older people, vulnerable adults and job seekers in a community setting; one-to-one IT tuition in libraries for adults and/or tuition at home for those who are housebound; and iPad classes for groups held at Volunteer Midlothian.

Community Links – which provides a one-to-one befriending service for isolated older people/vulnerable adults, including those who are housebound. Activities include shopping, walking, arts/crafts, music, chatting, etc.

Community Links Dementia - activity groups for people with dementia including football reminiscence, walking, veteran's group and Retelling Our Stories group.

To find out for yourself what volunteering has to offer, contact us for an informal chat Tel:  0131 660 1216 or to find out more about a specific project that might interest you contact:

Una Paterson or Graeme Egan (Connect Online)

Email:  connectonline@volunteermidlothian.org.uk

Claire Spiden (Community Links Befriending)

Email:  communitylinks@volunteermidlothian.org.uk

Mags Bryan (Community Links Dementia)

Email:  mags@volunteermidlothian.org.uk

Other projects for young volunteers (14-20 years) include: Activity Buddy – Gemma Broad

Email:  Gemma@volunteermidlothian.org.uk

Beadazzling, Get Ready for Retail – Hannah Daly

Email:  Hannah@volunteermildothian.org.uk

Intergenerational Befriending – Keith Barbour

Email:  Keith@volunteermidlothian.org.uk

Midlothian Growing Together Garden Project – Kat Dunlop

Email:  Katrina@volunteermidlothian.org.uk

www.volunteermidlothian.org.uk

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.

Creative Breaks Funding Application

The Creative Breaks Fund helps carers take a break from their caring role. If you are a young carer, a kinship carer or you care for someone over 21 you can apply for up to £500 to give you a wee break.

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 if you can't leave your house.

Someone to spend time with the person you care for while you go to a class or group.

Money to help set up an activity with friends – e.g. pay to rent a hall for a singing group or waterproof clothing to set up a walking group.

As funds are limited we might not be able to help everyone. We can only help you if:



- You are looking after someone who is over 21 or you are a kinship carer or a young carer.
- The person you care for lives in Midlothian.
- You can not finance the break yourself and have not applied for more than £500 this year.
- You are unable to get the break from Social Services. We are unable to provide services that should be provided by Midlothian Council and we can not pay for your financial contribution towards these.
- The break will give YOU a break from your caring role.

All applications are looked at by a panel who meet on the last Wednesday of the month. If successful a cheque will be sent to you within 10 days of the panel meeting.

Short breaks fund

Download the creative breaks application form
weebreak.org/creative-breaks-funding-application-forms/

For more information contact:

Wee Break Midlothian
VOCAL,

Fairfield House,
8 Lothian Road,
Dalkeith,
EH22 3ZN

Tel:  0131 271 3765

Email:  cstanding@vocal.org.uk
<http://weebreak.org/>



Welfare Reform Support Group

This group aims to support those experiencing difficulty with Welfare Reform. It's about disabled people helping and learning from each other. The group is a place where disabled people can support each other with regards to welfare reform changes.

The group is a place where you can:

- Get good advice about welfare reform
- Meet and talk with people in a similar situation
- Talk with professionals working in the field
- Get good advice about who can help
- Talk about the challenges you're facing – and
- Get signposted to good resources

The group is led and directed by disabled people and members of the public, although we have a range of professionals attend that are 'on tap' to give advice, support and up to date information as required.

The group began in January 2014 and hopes to meet every six weeks throughout the year.

We generally meet in Dalkeith Library or Dalkeith Welfare Hall. Please contact Eric or Ian Tel:  0131 663 9471 for details of our next meeting.

Email:  eric.johnstone@mvacvs.org.uk

Email:  ian.cheyne@mvacvs.org.uk



Medical Conditions Websites for Information

Acoustic neuroma	www.brainandspine.org.uk
Addison disease	www.addisons.org.uk
Aids	www.avert.org
Alzheimer's disease	www.alzscot.org
Ankylosing Spondylitis	www.nass.co.uk
Arthritis care	www.arthritiscare.org.uk
Ataxia	www.ataxia.org.uk
Autism	www.autism.org.uk
Behcet's disease	www.behcets.org.uk
Bipolar	www.bipolaruk.org.uk
Brain and Spine Foundation	www.brainandspine.org.uk
Cancers	www.cancerresearchuk.org
Cerebral palsy	www.capability-scotland.org.uk
Charcot-Marie-Tooth disease	www.cmt.org.uk
Chest, heart and stroke Scotland	www.chss.org.uk
Chronic Fatigue syndrome	www.meassociation.org.uk
Crohn's disease	www.crohnsandcolitis.org.uk
Cystic fibrosis	www.cftrust.org.uk
Deafness or Hearing impaired	www.deafaction.org.uk
Diabetes	www.diabetes.org.uk
Disabled children	www.cafamily.org.uk
Epilepsy	www.epilepsyscotland.org.uk
Exophthalmoses	www.nhs.uk and search
Fibromyalgia	www.fmascotland.org.uk
Glomerulonephritis	www.kidney.org.uk
Guillain-Barré syndrome	www.gbs-cidp.org/
Hemianopia	www.hemianopia.org/
Haemophilia	www.haemophilia.org.uk
Hepatitis	http://hepatitisinfo.co.uk/
Hip Replacement	www.hipreplacement.co.uk
HIV	www.tht.org.uk
Huntington's disease	http://hda.org.uk/

Hydrocephalus	www.shinecharity.org.uk
Hyperhidrosis	www.sweating.co.uk
Insomnia	www.sleeping.org.uk
Joint Mobility and Hypermobility	www.hypermobility.org
Kaposi's sarcoma	www.macmillan.org.uk
Kidney dialysis or failure	www.kidney.org.uk
Kyphosis	www.sauk.org.uk
Lupus or Systemic lupus	www.lupusuk.org.uk
Marfan syndrome	www.marfan.org
Myalgic Encephalomyelitis	www.actionforme.org.uk
Myasthenia gravis	www.mga-charity.org
Myocardial Infarction or Heart attack	www.chss.org.uk
Motor Neurone Disease	www.mndscotland.org.uk
Multiple Sclerosis	www.mssociety.org.uk
Narcolepsy	www.narcolepsy.org.uk
Osteoarthritis	www.arthritiscare.org.uk
Osteoporosis	www.nos.org.uk
Paget's disease	www.paget.org.uk
Parkinson's disease	www.parkinsons.org.uk
Polymyalgia rheumatic	www.arthritiscare.org.uk
Reactive arthritis	www.arthritisresearchuk.org
Restricted growth	www.restrictedgrowth.co.uk
Rheumatoid arthritis	www.nras.org.uk
Seasonal affective disorder	www.sada.org.uk
Sjogren's syndrome	www.bssa.uk.net
Slipped disc	www.backcare.org.uk
Spina bifida	www.shinecharity.org.uk
Spinal muscular atrophy	www.fsma.org
Tourette's syndrome	www.tourettes-action.org.uk
Transient ischemic attack	www.stroke.org.uk
Tremors essential	www.tremor.org.uk
Tumor Necrosis Factor	www.lifetechnologies.com
Visual impairment	www.viscotland.org.uk

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 continue to 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

Tel:  0131 242 7660, Email:  patientinfo@luht.scot.nhs.uk

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 Leisure Centre King George V Park EH19 2AW 0131 663 7579
Bonnyrigg Primary School, Cockpen Road, EH19 3HR 0131 271 4570
Bonnyrigg Public Hall, 2 Douglas Crescent EH19 2DF 0131 660 6816
Cherry Road Resource Centre 8 Cherry Road EH19 3ED 0131 561 5418
Dundas Buildings, 62A Polton Street EH19 3YD 0131 660 1103
Hawthornden Primary School 1A Polton Ave Road EH19 2NZ 0131 663 2934
Hopefield Primary School, 144 Burnbrae Road, EH19 3GB 0131 271 4605
King George V Park, Pavilion King George V Park EH19 2AD 0131 654 1035
Lasswade Centre, Eskdale Drive EH19 2LA lasswade.lc@midlothian.gov.uk, 0131 271 4533 Includes Lasswade High School, 0131 271 4530, lasswade.hs@midlothian.gov.uk, Bonnyrigg Library
Lasswade Primary School 7A Pendreich Drive EH19 2DZ 0131 663 4579
St Mary's Primary School, 62a Polton Street, 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 Road EH22 1QL 0131 663 2400

Dalkeith

Buccleuch House 1 White Hart Street EH22 1AE 0131 270 7500
Cowden Park - Pavilion 35B Cowden Park EH22 9XX 0131 654 1037
Dalkeith Community Campus 2 Cousland Road EH22 2PX 0131 654 4701, Includes Dalkeith High School and St Davids High School
Dalkeith Indoor Bowling Club 4 Old Edinburgh Road EH22 1JD 0131 660 3223
Dalkeith Library 2 White Hart Street EH22 1AE 0131 663 2083
Midlothian council contact centre 11 St Andrew Street EH22 1AL 0131 271 6681
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 Road EH22 1DR 0131 270 7500
Trading Standards 9 Ironmills Road EH22 1JN 0131 270 7500
Kings Park - New Pavilion 7 Eskbank Road EH22 1HD 0131 654 1039
Park Primary 20B Croft Street EH22 3BA 0131 663 2414
Midlothian House 40 Buccleuch Street EH22 1AB 0131 270 7500
Newbattle Community High School, 64 Easthouses Road, Dalkeith EH22 4EW 0131 663 4191
St Davids RC Primary School 2c Lauder Road EH22 2PU 0131 663 2002
Woodburn Primary School, 5 Cousland Road, Dalkeith EH22 2PS 0131 271 4715

Gorebridge

Gorebridge Leisure Centre 78 Hunterfield Road EH23 4TT 01875 821739
Gorebridge Library 90 Hunterfield Road EH23 4TT 01875 820630
Gorebridge Primary School, 2c Barleyknowe Lane, Gorebridge EH23 4XA 0131 271 4595
Moorfoot Primary School 41 Borthwick Castle Road North Middleton EH23 4QS 01875 822989

St Andrew's Primary School Stobhill Road 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 Road EH10 7DU 0131 445 4433

Loanhead

Loanhead Library 1A George Avenue EH20 9LA 0131 440 0824

Loanhead Library HQ 2 Clerk Street EH20 9DR 0131 271 3970

Loanhead Leisure Centre, George Avenue EH20 9LA 0131 440 4516

Loanhead Primary School 34 Edgefield Road EH20 9DY 0131 440 0448

Loanhead Town Hall 6 Academy Lane EH20 9RP 0131 448 2110

Paradykes Primary School, 3 Mayburn Walk, EH20 9HG 0131 271 4650

Loanhead/St Margaret's Primary School 36 Edgefield Road EH20 9DY 0131 440 0453

Mayfield

Lawfield Primary School 26 Lawfield Road EH22 5BB 0131 660 5175

Mayfield Leisure Centre 10 Mayfield Place, EH22 5JG 0131 663 2219

Mayfield Library 1B Stone Avenue Mayfield EH22 5PD 0131 663 2126

Mayfield Primary School, Stone Avenue, EH22 5PB 0131 663 0546

St Luke's Primary School Stone Avenue Mayfield EH22 5PB 0131 663 3857

Newtongrange

Newbattle Pool 113 Main Street, EH22 4PG 0131 663 4485

Newbattle Community Learning Centre, 67 Gardiner Place, Newtongrange EH22 4RT 0131 663 6055

Newtongrange Leisure Centre 115B Main Street, EH22 4PG 0131 663 4276

Newtongrange Library 31 Main Street , EH22 9XX 0131 663 1816

Newtongrange Primary School 1a Sixth Street, EH22 4LB 0131 663 3238

Pathhead

Tynewater Primary School 32 Crichton Road EH37 5RA 01875 320 850

Callendar Park Pathhead, EH37 5YN, booking 0131 663 2219

Penicuik

Beeslack High School Edinburgh Road EH26 0QF 01968 678060

Cornbank St James Primary School 34 Marchburn Drive EH26 9HE
01968 673422

Cuiken Primary School 150 Cuiken Terrace EH26 0AH 01968 672778

Cuikemburn Nursery 60 Queensway EH26 0HE 01968 677748

Mauricewood Primary 11 Muirhead Place EH26 0LE 01968 673595

Penicuik High School 39A Carlops Road EH26 9EP 01968 674165

Penicuik Leisure Centre 39A Carlops Road EH26 9EP 01968 664 066
Penicuik Library 01968 664050

Penicuik Town Hall - Main Building 33 High Street EH26 8HS 01968 672281

Sacred Heart RC Primary School 22a Crocket Gardens EH26 9BB
01968 675036

Strathesk Primary School 4 Eastfield Farm Road EH26 8EZ 01968 678093

Rosewell

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

Roslin

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

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

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

Roslin Primary School Annexe 73 Myrtle Crescent Bilston 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 any more, 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 or The Equality and Human Rights Commission 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 (727kb pdf). www.forwardmid.org.uk/publications.html

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.

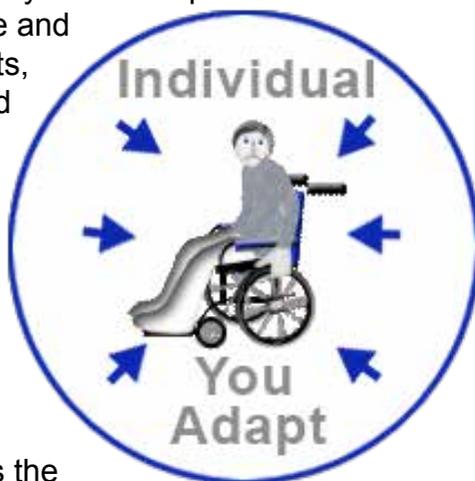
The laws that cover this will allow individuals or groups to take civil action against the web site owner. This is called passive law. You may be liable for costs even if you win.

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

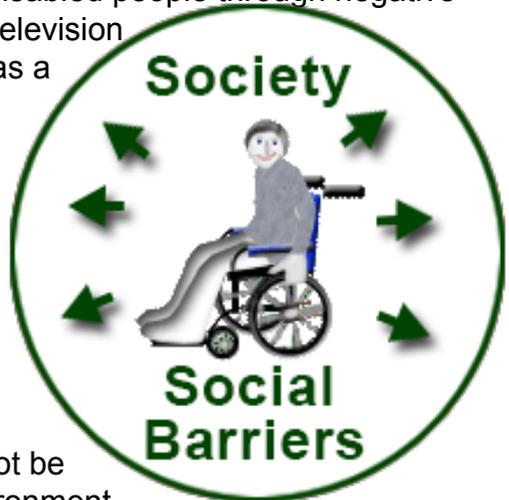
which we live and is not the 'fault' of an individual disabled person, or an inevitable consequence of their limitations. Disability is the product of the physical, organisational and attitudinal barriers present within society, which lead to discrimination. The removal of discrimination requires a change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

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

Benefits.....		0131 271 3201
Blue badge.....		0131 561 5442
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 5615284
Midlothian Travel Team.....		0131 561 5445
NHS24.....		08454 2424 24
Non Emergency Police.....		101
MERRIT Out of Hours.....		0800 731 6969
Social work.....		0131 271 3900
VOCAL Midlothian.....		0131-663 6869

Citizens advice Scotland

Dalkeith CAB.....		0131 663 3688
Penicuik CAB.....		01968 675 259

Receiving The Most from Your Doctor's Surgery

Demand is high for doctor's appointments because more people are now treated in the community, rather than in hospital. If you urgently need to see a doctor, your practice will make sure this happens. If your need is not urgent, there are other options.

1. Use your local pharmacy. Did you know you can receive free advice for minor illnesses from your pharmacy? You may also be able to register for free treatment – ask your pharmacist if you qualify. The pharmacist can deal with smoking cessation, flu, sore ears and throats amongst other things, and can see you in private.

2. Phone appointments are useful when you don't need to be examined, for example for chicken pox or flu. You don't have to travel, and you can usually get a phone appointment more quickly than a face-to-face appointment. If the doctor feels they need to see you, they will ask you to come in.

3. Nurses deal with many conditions such as high blood pressure and diabetes, and many can prescribe medication as well. Nurse appointments are often more easily available than doctor's appointments. Again, if the nurse feels you need to see a doctor, they will arrange this for you.

4. NHS24 and NHS Inform can provide you with health information and self-care advice. Call 111 for NHS24.

If you make a face-to-face appointment, please cancel if you can not attend. Most people do attend appointments, but hundreds of appointments are wasted every month. Join your practice's text-reminder service if they have one.

Finally, if the receptionist asks you what is wrong please don't worry. They are bound by confidentiality like doctors, and they won't try to diagnose you. They are trained to find the best appointment for you. If you have any concerns about your practice, please speak to the practice manager.

Doctors

Bonnyrigg Health Centre	
107-111 Bonnyrigg High Street, Bonnyrigg EH19 2ET	
Quarryfoot Medical Practice www.quarryfoot.co.uk	 0131 537 9828
Dalhousie Medical Practice www.dalhousiemedicalpractice.co.uk	 0131 537 9844
Strathesk Medical Group www.stratheskmedicalpractice.co.uk	 0131 537 9977
Dalkeith	
St Andrew Street, Dalkeith, EH22 1BJ	
Dalkeith Medical Practice www.dalkeithmedical.gpsurgery.net	 0131 561 5500
Danderhall	
85 Newton church Road, Danderhall, EH22 1LX.	
Danderhall Medical Practice www.danderhallmedicalpractice.co.uk/	 0131 654 1079
Loanhead	
Sutherland House 209 Mayburn Avenue, Loanhead, EH20 9ER	
Loanhead Medical Practice www.loanheadpractice.co.uk	 0131 440 0149
Mayfield	
Blackcot, Dalkeith, EH22 4AA	
Newbattle Medical Group www.newbattlemedicalpractice.co.uk	 0131 663 1051
Gorebridge	
Gorebridge, EH23 4TP	
Newbyres Medical Group www.newbyresmedicalgroup.co.uk	 01875 820 405
Pathhead	
210 Main Street, Pathhead, EH37 5PP	
Pathhead Medical Centre www.pathheadmedicalcentre.co.uk/	 01875 320 302

Penicuik

Eastfield Farm Road
Penicuik, EH26 8EZ

Eastfield Medical Practice.

www.eastfieldmedicalcentre.co.uk/



01968 675 576

Penicuik

37 Imrie Place
Penicuik, EH26 8HY

Penicuik Medical Practice

www.penicuikhealthcentre.co.uk



01968 672 612

Roslin

122 Penicuik Road
Roslin, EH25 9NT

Roslin Medical Practice

www.roslinmedicalpractice.co.uk/



0131 440 2043

Dentists

Bonnyrigg

Bonnyrigg dental centre

35-37 High street
Bonnyrigg EH19 2DA



0131 663 8800

Helen MacNeil

64 High Street,
Bonnyrigg, EH19 2AB
www.macneil-dental.co.uk/



0131 663 9271

Old Orchard Dental Practice

59 High Street,
Bonnyrigg, EH19 2DB
www.painfreedentistmidlothian.co.uk



0131 663 8800

Dalkeith

Henderson. M

25A South St
Dalkeith, EH22 1AH



0131 660 1315

Mayfield Dental practice

1 Mayfield Place
Mayfield Dalkeith EH22 5EE



0131 663 2097

Midlothian Dental Practice Edinburgh Road Dalkeith, H22 1JZ	 0131 660 9518
Mochrie W F 21 High St Dalkeith EH22 1JB	 0131 663 2431
Gorebridge	
R,R, Chohan 19-21 Main Street Gorebridge EH23 4BX	 01875 820 483
Loanhead	
Loanhead Dental Practice 50, Fountain Place, Loanhead EH20 9DU	 0131 440 1161
Newtongrange	
Peutherer. ASR 5 Station Road Newtongrange EH22 4NB http://newtongrangedentist.com	 0131 654 2377
Penicuik	
Ballantine Dental Practice 91A, John Street, Penicuik, EH26 8AG www.ballantinedental.co.uk/	 01968 675 586
Magliveras Dental Practice 16 Bridge Street Penicuik EH26 8LN www.magliverasdentalpractice.co.uk	 01968 672 922
Penicuik Dental Centre 38 High Street Penicuik EH26 8HU www.penicuikdentist.co.uk	 0196 867 4322
Roslin	
Roslin Dental Practice 6 Main Street Roslin, EH25 9LE	 0131 448 0367

Directory Content

The contents of this directory were correct as of August 2015.

Some contact details change from time to time. If you experience difficulty contacting an organisation, please contact Forward MID Tel:  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.

Email:  eric.johnstone@mvacvs.org.uk

MVA

4-6 White Hart Street

Dalkeith

Midlothian

EH22 1AE

Tel:  0131-663-9471

If you think we should add anything to future publications please contact Forward MID on 0131-663-9471 or through our web site at:

www.forwardmid.org.uk

This directory designed by Iain Tait.