

**Midlothian
Disabled
People's
Directory
2017**



We'd like to thank the following...



LCiL

rights & choices



Department for
Work pensions



Lothian Disability Sport



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2nd Edition, 2017

Foreword

Welcome to the 2nd Edition, 2017 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 2nd Edition, 2017 Directory For Physically Disabled People.

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



(*For a definition of Independent Living, please see [page 63](#))

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In order to produce this directory, various organisations were asked to provide information. For the purposes of this directory, this information has often been repeated verbatim.

This directory provides a platform for practical information, organisations are always evolving and changing contact details. Forward Mid accept no responsibility for these changes.

Advocacy

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

Advocacy Providers working in Midlothian:

EARS Midlothian

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 2016 the weekly rates are –

Daily Living	Standard	£55.65
	Enhanced	£83.10
Mobility	Standard	£22.00
	Enhanced	£58.00

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

Employment and Support Allowance (ESA)

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

contributions in the relevant tax year.

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

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

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

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

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

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

ESA is paid at an assessment rate for the first 13 weeks or until

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

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

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



The Blue Badge Scheme

The Blue Badge Scheme provides parking concessions nationally and across Europe for people with a permanent and substantial disability, whether that person is the driver or a passenger. The holder of a Blue Badge is permitted to park in areas normally subject to restrictions and benefits those who are unable to walk great distances.

Brand new applicants for a Blue Badge can apply either online or by paper application form [BB 001]. If you use the printed form, you can send the completed form [with one colour passport-style photo with your name printed on the back]

along with the supporting documents and £20 fee [except for those completing Section 3 payment is taken later] direct to the Travel Team at Midlothian House.



The fee can be paid by cheque or postal order if sent with your completed form by post to the Travel Team. The fee can be paid by cash, cheque, postal order or credit/debit card if you personally hand in the form at the counter at Buccleuch House in Dalkeith. The fee can be paid by cheque, postal order or credit/debit card if you personally hand in the form at the Mayfield Hub at the Library. A handling charge of £2.50 is added to all credit card transactions, but not to debit card transactions. Cheques must be made payable to “Midlothian Council”.

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

For Blue Badge Renewals [after an existing Blue Badge expires] use the white form BB 002. Please do not attempt to use the online screen for anything other than brand new applications as this will result in delays in processing your request. Remembering to renew a Blue Badge is the badge holder's responsibility – no reminder letter is sent out by the Midlothian Travel Team.

For Blue Badge replacements [for lost, stolen or damaged cards] use the pink form BB 005. For Blue Badge Renewals [after an existing Blue Badge expires] use the white form BB 002. Please do not attempt to use the online screen for anything other than brand new applications as this will result in delays in processing your request. If the Blue Badge has been lost or stolen, this fact must be reported to Police Scotland. Contact a local police station or Phone 📞 112. You will be required to make a statement. The Police will give you a reference number to be quoted on the pink form. The Blue Badge is a legal document. Should it reappear you must inform the police. A damaged badge **must** be handed in with the pink form.

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



ALL APPLICANTS COMPLETE SECTIONS 1 AND 7 ON THE FORM.

Applicants will be automatically eligible for a Blue Badge if they can produce appropriate documentation dated within the previous 12 months. Complete sections 1, 2 and 7 if any of the

followings apply.

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

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

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

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

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

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

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

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

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

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

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

A pilot scheme that ran from April 2016 to March 2017 for those with a Mental Disorder or Cognitive Impairment has been extended to the end of September 2017. The Scottish Government has introduced additional eligibilities to the Blue Badge scheme. Dedicated paper forms BB 003 for the pilot scheme [updated from 1 April 2017] are available at all Midlothian libraries, main Council offices, health centres at Pathhead and Penicuik, the Midlothian Community Hospital and the Rosewell Development Trust. Transport Scotland will report to ministers late summer 2017 and a decision is then expected as to whether the extra eligibilities will become permanent, or the pilot scheme discontinued.

British Red Cross

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

Neighbourhood Links

The Neighbourhood Links Project provides advice,

support, information and practical support to Midlothian residents aged 50+ with long-term medical conditions.



BritishRedCross

We can assist for example with:-

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

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

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

Local Area Coordination (Community Coordinators)

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

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

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

Transport

British Red Cross can provide transport to people who find it difficult to attend hospital outpatient appointments.

+ Enable clients to keep appointments safely and efficiently.

This service is cost based on mileage used for appointments. The Transport Hub can be contacted on:  01896 751 888

Mobility Aids

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

Equipment provided includes:

- + Wheelchairs
- + Commodes



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

Monday 10:00 - Noon, 13:00 -15:00 hrs.

Wednesday 13:00 -15:00 hrs.

Thursday 10:00 - 13:00hrs

Friday 10:00 - Noon, 13:00 -15:00 hrs.

Café Connect

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

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



FORWARD MID

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

For further details please contact Eric Johnstone Tel:

 0131 663 9471

FORWARD
MIDLOTHIAN
DISABLED PEOPLE



Equality - Diversity - Inclusion

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

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

www.forwardmid.org.uk



**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 benefiting other groups of society. It is free to participate. Go on, you Can Do it!

What's in it for you?

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

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

 louise.muir@leonardcheshire.org

Tel:  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/ and follow the link to apply online or on the publication page of Forward Mid website. A processing fee of £6.00 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



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

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

Penicuik CAB is level access and suitable for all users.

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

Dalkeith CAB Outreach Clinics:

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

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

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

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

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

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

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

Home visits for Physically Disabled

We also offer a home visiting service for people with a physical
disability or in cases where it would be difficult to access the
main office or outreach clinics. To request a home visit, please
phone reception during the hours noted above.

You can also access phone advice by contacting:
Citizens Advice Direct 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:
📞 0345 04 05 06



Community Health Clinics in Midlothian

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



For example, hearing aid batteries are now available from Midlothian Community Hospital and health centres in Penicuik.

For more information contact Catherine –  0131 271 3411
 Email:  catherine.evans@nhslothian.scot.nhs.uk

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

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

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

Community Health Clinics in Midlothian

Couple Counselling – Bright Lights

Diabetic Eye Screening

Dietitians

Edinburgh and Lothian Council on Alcohol (ELCA)

Health in Mind – Guided Self-Management

Midwife - Parenthood Class

MYPAS

Nurse Counsellor

Obstetrician Clinic

Physiotherapy

Podiatry

Sleep Clinic

Speech and Language Therapy

Stop Smoking Service

Weaning group

Newbattle Medical Centre

Child and Adolescent Mental Health

Child Health Clinics

Department of Clinical Neuroscience

Diabetic Retinopathy

Dietitians

Joint Mental Health Team Clinics

Mental Health Nurse Therapists

Midwife

Physiotherapy

Podiatry

Speech and Language Therapy

Stop Smoking Service

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

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

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

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

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

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

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

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

Contact Cyrenians

57 Albion Road,
Edinburgh,
EH7 5QY.

Tel:  0131 475 2354 or Fax:  0131 475 2355

Email:  admin@cyrenians.scot

Direct Payments

What is a Direct Payment?

Direct Payments are one of the options you have with Self Directed Support which is now the way that all social care services are delivered. See page 104



If Midlothian Council decides that you need community care or children's services they can give you money so that you can arrange and buy the services yourself. These are called Direct Payments. It allows you to find the care that is right for you. Information at www.midlothian.gov.uk/info/1350/getting_care_and_support/197/help_at_home

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/

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

Disability Information Scotland

Disability Information Scotland works with disabled people, their families, friends, carers, and people who work in the sector.

Disability Information Scotland Vision

Sharing information, enabling change. Disability Information Scotland enables positive change by sharing information on disability when people need it, in a way they want it.

Mission Statement:

We provide reliable, accurate and accessible information throughout Scotland. We develop creative partnerships with other agencies to ensure information is widely distributed, accessible to all and has a positive impact on the lives of disabled people, their families, friends and carers and the people who work with them. We work with people to find out what information they need and how they would like it provided.

Disability Information Scotland Values

Disability Information Scotland values inspire and inform all that we do:

- Care about people,
- Strive to provide a high quality, tailored, person-centred service,
- Take a positive approach in all our work,
- Subscribe to the social model of disability,
- Are open to, and encourage and support, new and interesting ideas and ways of working,
- Believe in the importance of building meaningful relationships with everyone we encounter.

You can contact us:

Tel:  0300 323 9961

Website: www.disabilityscot.org.uk/

Email:  info@disabilityscot.org.uk

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

Do I need to see a GP?

Where should I go if I am ill?

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



1. Self-Care

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

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

2. Healthy living

For advice on healthy eating, exercise and stopping smoking:

- ▶ www.nhs.uk/livewell or www.nhsinform.scot/healthy-living
- ▶ For help to stop smoking, ask your pharmacist or contact: Midlothian Stop Smoking Service: ☎ 0131 537 9914
- ▶ If you are interested in exercise and being more active visit: www.activemidlothian.org.uk
- ▶ If you are over 50 and want to be more active: Ageing well – for people aged 50+: ☎ 0131 561 6506
- ▶ For information about local activities and support to get out

and about: British Red Cross Community Co-ordinators:
 0131 654 0340

2. Common illnesses or advice on medicines

Community pharmacist

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

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



Ask your pharmacist or go online to

www.npa.co.uk or www.medicinechestonline.com

NHS Minor Ailment Service

If you are over 65, under 16, or receive certain benefits, you can use the NHS Minor Ailment Service. This means you can receive advice and free treatment from your community pharmacist for minor illnesses and conditions. See page **104** for more information.

Your Practice Nurse

Practice nurses are experienced in dealing with many conditions such as high blood pressure, asthma, diabetes and a range of minor illnesses such as chest, urine and ear infections, as well as skin conditions. Many can prescribe medications and arrange investigations. It is often quicker to get an appointment with the Practice Nurse than a GP. Ask your GP practice receptionist for advice on whether the nurse might be able to deal with your

problem.

4. Dental and Mouth Problems

If you have a problem with your teeth, gums or mouth, contact your dentist. If you don't have a dentist and you want to find one near you contact:

- ▶ www.nhslthian.scot.nhs.uk/Services/Dentists
or 📞 0131 537 8444
- ▶ If you don't have a dentist and need urgent treatment, you can go to a walk-in centre in Edinburgh: 📞 0131 536 4800 for more information.

5. Muscle and Joint Problems

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

6. Foot Problems

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

7. Infants and Toddlers

For advice and treatment for children and babies:

- ▶ Ask your GP practice for your Health Visitor's phone number
- ▶ Ask your local Pharmacist,
- ▶ For advice on common infant and toddler illnesses - www.whenshouldiworry.com

8. Eye problems

For problems like red eyes, painful eyes and visual problems such as floaters, cataracts and other changes in your vision, you can make an appointment at any **high street optician**. Opticians are trained to recognise common eye problems. They can also provide treatment or refer you to specialist services if needed.

You can also get advice at <http://patient.info/health/eyes-1326>

9. Hearing problems

Many high street opticians also offer hearing tests and help with existing hearing aids.

10. Carers

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

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

11. Social work support

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

- › Adult Social Work  0131 271 3900
- › Children and Families Social Work  0131 271 3860

12. Depression, anxiety and mental wellbeing

- › Midspace: www.midspace.co.uk Provides an overview of all local mental health services,
- › Midlothian Wellbeing Access Point:  0131 536 8981
This is an open access service for people who don't need medication or urgent treatment but might benefit from other therapies or support. Midlothian Wellbeing Access Point currently run drop-in sessions at Midlothian Community Hospital and the Loganlea Centre, Penicuik,
- › The Orchard Centre:  0131 663 1616 or www.health-in-mind.org.uk (click "services") Provides a wide range support to people across Midlothian,
- › Breathing Space:  0800 838 587 or www.breathingspace.scot Offers someone to talk to if your feelings are overwhelming you,
- › Samaritans:  116 123

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

13. Alcohol and drug problems

- › Gateway to Recovery Clinics:  0131 660 6822 for more

information: These are drop-in clinics for anyone looking for help with a drug or alcohol problem. No appointment necessary. The clinics are currently held in Dalkeith and Penicuik.

- Mid and East Lothian Drug and Alcohol Partnership: www.meldap.co.uk For a full list of advice and support services in Midlothian.

14. Young people

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

- MYPAS:  0131 454 0757 or www.mypas.co.uk

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

Phone appointments

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

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

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

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

Education

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



Creating opportunities for Edinburgh and the Lothians

Edinburgh College

Edinburgh College is one of Scotland's biggest Colleges with around 20,000 students across 4 campuses in Edinburgh and the Lothians.

Offering a wide variety of vibrant vocational and academic courses, Edinburgh College provides flexible learning opportunities to suit all learning needs.

Whatever path you choose we offer over 900 courses from access to degree level and continuing professional development to help you achieve your future career ambitions.

Edinburgh College academic centres have skilled, knowledgeable staff with expertise in specialist areas with industry experience to ensure all students have the most relevant and up to date teaching. The curriculum is designed to meet the needs of industry and Edinburgh College are continually committed to the highest academic standards and excellence in learning and teaching.

Edinburgh College has established relationships with employers and universities to create a connected community that provides you with strong links to work or further study.

Edinburgh College is committed to ensuring students are prepared for successful careers through work placements, internships and connections to industry.

99% of our successful full-time students move on to work or further study within six months (93% to further study and 6% into employment). Edinburgh College aims to develop a college that enables all students, Edinburgh College staff and local communities to thrive.

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

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

Edinburgh College Equality Outcomes

In April 2017 Edinburgh College published planned Equality Outcomes. These include outcomes related to disability and can be seen on Edinburgh College website via the following link:

www.edinburghcollege.ac.uk/Welcome/Governance/College-Policies/Equality-Diversity-and-Inclusion

Edinburgh College equality priorities have been published for the next 4 years. For more information please contact the College Equalities Manager, Susan.Inglis@edinburghcollege.ac.uk Tel:

 0131 559 4086

Edinburgh College campuses

At Edinburgh College Estates; work planning incorporates improvements identified as necessary by accessibility audits, and on-going feedback from Edinburgh College 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 been introduced in order to enforce these bays at all Edinburgh College campuses.

Edinburgh College curriculum

Edinburgh College offer courses across a range of subjects:

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

Courses for session 2017/18 will open for application in January 2017. Please courses at: www.edinburghcollege.ac.uk/

If you would like discuss course options or need help to make your course application, please contact the course information team on ☎ 0131 660 1010 or Email: courseinfo@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, Edinburgh College 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, Edinburgh College are able to assist students who qualify for the Disabled Students Allowance with the completion of their application form and advise them on supportive technology. Formal assessments for the DSA are carried out in College.

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

Edinburgh College 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 Email:  student.support@edinburghcollege.ac.uk

Student Advice

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

You can find Edinburgh College student advice teams on the ground floor on each campus. Pop in at any time or contact the advice team  0131 669 4400

Edinburgh College advisors offer information on:

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

Edinburgh College friendly, experienced team will help you with

any questions you have about being at college.

Student Funding and Fees

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

Edinburgh College advisors are happy to discuss your individual circumstances, help you with a financial “health check” and budgeting advice and to advise you on how to apply for funds. Some of the funds you may be able to apply for include:

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

Don't let financial worries get in the way of your studies. Edinburgh College can give you practical, confidential advice on your situation and help you to start sorting the problems out. Remember, Edinburgh College are here to help you!

Edinburgh College 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 Edinburgh College on  0131 669 4400 or visit website at www.edinburghcollege.ac.uk/Student-Life/Student-Funding-And-Fees

Edinburgh College staff vacancies

Edinburgh College would like Edinburgh College workforce to represent the diversity of Scottish society and the communities Edinburgh College work in.

Edinburgh College welcome applications from all sections of the community irrespective of age, disability, gender re-assignment,

marital/civil partnership status, pregnancy and maternity, race, religion or belief, sex and sexual orientation.

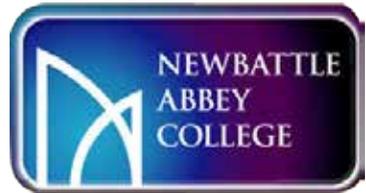
As users of the Two Ticks disability symbol, Edinburgh College guarantee to interview all disabled applicants who meet the minimum criteria for any vacancy.



Current vacancies at the College are now listed on MyJobScotland website, including Job Descriptions and an Online Application Form. Link to MyJobScotland website is: admin.myjobscotland.gov.uk/education/edinburgh-college

Newbattle Abbey College

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



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

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

Tel:  0131 663 1921

Email:  office@newbattleabbeycollege.ac.uk

www.newbattleabbeycollege.ac.uk

LIFELONG LEARNING & EMPLOYABILITY

Lifelong Learning & Employability is part of the Education Service of Midlothian Council. Lifelong Learning & Employability support young people, adults and families to improve their life chances through the development of skills for learning, life and work. This consists of universal provision which is open to all and targeted provision which may be delivered to specific groups such as parents/carers, young people not engaging in school, disabilities groups etc and works with key partners to implement initiatives such as Developing Scotland's Young Workforce, Positive Destinations and Employability.



Work with adults:

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

Lifelong Learning & Employability offer one to one support and community-based provision in core skills such as literacy, numeracy, IT and English for Speakers of Other Languages (ESOL) and refugees. On offer is lipreading classes for those with acquired hearing loss.

Community-based Adult Learning (CBAL) programmes run throughout Midlothian from first step courses to SQA qualifications. The main aim is to provide a first step back into learning, pathways to further learning or employability provided in locally accessible venues. These courses are offered in a wide range of subjects including childcare and family support, IT, health and wellbeing and employability related courses including job clubs. They are mainly free or low cost with crèche support provided.

Lifelong Learning & Employability also deliver adult learning through Aim High Learning Offer with an annual programme of certificated and non-certificated programmes delivered mainly in

Dalkeith Campus, Lasswade Centre, Penicuik and Beeslack High Schools. Lifelong Learning & Employability work closely with Progress Through Learning Midlothian to provide support locally to those who want to move on in their learning, go to college or prepare for university or other accredited studies.

The Focus Team provides one to one support for adults aged 16-64 years who wish to get into work, training or learning but face some barriers such as a disability or health-related issue. The team can also deliver and develop small groups and courses to help you build up your skills, gain confidence, complete job applications and CV's, prepare for interview and job coaching. You can be referred by another agency or do this yourself. Please contact llefocus@midlothian.gov.uk Tel:  0131 271 3713 Lifelong Learning & Employability work jointly with Midlothian Joint Mental Health Team to support those who have mental health issues and want to work to gain confidence, skills and employment.

Work with Young People:

Lifelong Learning & Employability work with young people in a variety of ways. Through Activity Agreements provide one to one tailored support for young people who are not in education, training or employment to enable them to take their next steps. Lifelong Learning & Employability provide learning and employability pathways in a variety of curriculum areas such as music, rural skills, childcare, sport and wellbeing, admin and IT, hair and beauty, retail etc. These allow young people to build up skills and confidence and access further education, training and employment opportunities.

Lifelong Learning & Employability work in schools to support positive transitions for young people and families through group work, co-ordinating school work experience programmes, supporting young people to achieve positive destinations when they leave school. Lifelong Learning & Employability lead the Developing Midlothian's Young Workforce Board where Lifelong Learning & Employability work with other Council services

and a wide range of partners including employers and Skills Development Scotland to secure positive destinations for young people and address the skills gap.

Lifelong Learning & Employability engage with young people on the streets and in universal and targeted youth clubs and other provision, recognise their achievements through Awards Schemes, develop young people's voice and influence through youth participation, offer volunteering opportunities.

Work with families

Lifelong Learning & Employability offer a range of family learning opportunities where parents/carers and children learn together in a variety of subject areas including arts and crafts, languages, Learn with Fred and supporting your child with homework.



Tel:  0131 271 3713

Email:  lle@midlothian.gov.uk

 : www.facebook.com/LLEMidlothian

 : twitter.com/LLEadult_family

 : lleadultsfamilies.wordpress.com/

Employment and Learning Midlothian (ELM)

Employment and Learning Midlothian (ELM)

ELM is a recently formed partnership group bringing together Midlothian Employment Action Network (MEAN) and Midlothian Adult Learning Partnership (MALP). A range of partners works together including Midlothian Council, Job Centre, local colleges and universities, other adult learning and employment services and employers to improve the chances of local people getting a job or progressing into training and learning including further and higher education. The network does not offer direct services to the public but works collectively to ensure that services are co-ordinated and planned and local people are supported to gain skills for learning, life and work.

Further information from Karen McGowan Tel:  0131 271 3708 karen.mcgowan@midlothian.gov.uk

Emergency Services

Scottish Ambulance Service Patient Transport

Scottish Ambulance Service Patient Transport Service is a core function that takes patients to and from their pre-arranged hospital appointments, or for their admission and discharges to a hospital.

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



A hospital or clinic appointment does not mean that you qualify for ambulance transport. Patients are eligible for this service based upon medical need for transport or assistance.

Transport types

The service operates with a wide range of different vehicles appropriate to the different types of patient we serve.

Bookings/cancellations.

Scottish Ambulance service really needs to know if you no longer need ambulance transport, or if your mobility improves; so that the right type of ambulance is sent to you.

Do I qualify?

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

Ambulance transport is available for patients who:

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

effects and require ambulance care on the return journey.

Why do I need to qualify?

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

Can a relative come with me?

Unfortunately, space on ambulance transport is very limited. This means that you can't take an escort with you unless you have a medical need that would require treatment during your ambulance journey. Two examples of this are children and sight impaired patients.

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

Scottish Fire and Rescue Service

Home Fire Safety Visit: As part of our commitment to building a safer Scotland we offer everyone in Scotland a free home fire safety visit. We can also fit smoke alarms free of charge if your home requires them.

It's so easy to arrange! You can get in touch via the following options:

Complete our online form at

www.firescotland.gov.uk/your-safety/hfsv-form.aspx

Call 📞 0800 0731 999

Call your local fire station

Text **"Fire"** to **80800** from your mobile phone.

Having a disability makes it difficult to check alarms about the



house. You will need to have more than one planned escape route in the event of a **fire**.

Remember:



Plan your escape route now. Practice with your family,



If a fire starts, shout to warn everyone in the house,



Get out quickly. Don't stop for valuables,



Keep low down. Air is cleaner and cooler nearer the floor,



Don't look for the fire – keep doors closed,



If you can't escape, get everyone in a safe room,



Never jump out of a window – if you can, lower yourself onto cushions. But only ever attempt this as a last resort,



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



Phone the Fire and Rescue Service.  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

Access to Industry

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

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

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

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

15 Blair Street,
Edinburgh,
EH1 1QR.

Tel:  0131 226 3006  0131 226 6277

Email:  admin@accesstoindustry.co.uk

Website: www.accesstoindustry.co.uk



Action on Hearing Loss

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

Email:  informationline@hearingloss.org.uk

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 10 am – 12 pm
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.



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



Skills Development Scotland

Government policy is a primary driver of what Skills Development Scotland (SDS) does. A series of skills and economic strategies interlink to shape SDS's work, making sure that services and partnership activity are meeting the needs of customers and effectively contributing to economic growth ambitions for Scotland.



Skills Development Scotland supports people to help them achieve career success. With partners, SDS delivers face to face career information, advice and guidance in schools and SDS centres, as well as support through a contact centre and a dynamic web service, My World of Work.

Skills Development Scotland is helping people build the skills to manage their career throughout their lifetime, including:-

- Choosing a career and getting ready for employment,
- Progressing in the workplace,
- Up-skilling, such as being able to use new technology,
- Adapting to change, such as redundancy or transferring skills to something new.

Tel:  0800 917 8000

www.skillsdevelopmentscotland.co.uk

Lifelong Learning and Employability

Lifelong Learning and Employability works with people to develop skills for learning, life and work. Full details available on [page 32](#)

Forward Mid

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

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

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

- Forward Mid actively promote the rights of disabled people by working in partnership with public and private organisations representing the interests of disabled people,
- Forward Mid share wealth of useful information on issues that affect disabled people; publishing and distributing bi-monthly newsletter and maintain a [website](#) and [Facebook page](#),
- Forward Mid co-ordinate community library hubs across Midlothian. These provide a source of first-class information and resources for disabled people,
- Forward Mid are members of several council and health planning groups including Midlothian's Joint Physical Disability Planning Group,
- Forward mid operate a monthly peer support community café - **Café Connect**.

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



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

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@mcsense.co.uk

www.mcsense.co.uk

Registered in Scotland No. SC293560

Scottish Charity No. SC037156



Help with Housing Adaptations

Midlothian Council Adults and Social Care Service offers assessments to help people with disabilities to be as independent as possible in daily living tasks at home.

The outcome of the assessment may lead to a recommendation for a major adaptation. Assessments for these are normally provided by Community Care Occupational Therapists. The aim is to support people where, without a major adaptation to their property, the person would be unable to continue to live at home safely or independently.



A major adaptation could be:

- Replacing the bath with a walk in shower,
- A stairlift,
- A ramp for wheelchair access,
- Fitting lower work surfaces makes the kitchen more manageable.

The recommendation for any adaptation relates to the disabled person's current and long-term needs and links to the anticipated course of their impairment. The needs of the carers will also be considered. Decisions about whether to support an adaptation will take into account the benefits to the disabled person's independence and support to carers over the long-term.

Sometimes an adaptation to your home is not feasible and the only way to meet your long-term needs would be to move to another property. The Occupational Therapist will assist you to explore all your options.

Funding

Funding for major adaptations depends on the ownership of the home. If the disabled person is an owner occupier or tenant in private rented property, a Home Improvement Grant may be available towards the cost of an adaptation.

If the person lives in council or housing association property the

adaptation will normally be funded by the landlord.

The minimum home improvement grant you will get is 80% of the total cost. If you are on certain benefits then a grant could be 100%. Before an application for a home improvement grant is submitted, an Occupational Therapist from the Adults and Social Care Service must be consulted and agree to the work, and written documentation obtained identifying the relevant work.

This process is further outlined in the Scheme of Assistance available from Environmental Health and available on the Midlothian Council website. Download at: www.midlothian.gov.uk/download/downloads/id/587/housing_options_guide.pdf

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 3AA. Tel:  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  ascs@capability-scotland.org.uk
- Housing Options Scotland Tel:  0131-247-1400 or Email:  info@housingoptionsscotland.org.uk
- Disability Information Scotland 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

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@inclusionsscotland.org

Website: www.inclusionsscotland.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



Living It Up



Living it Up is a health, well-being and self-management website for people over 50 in Scotland who may be living with long-term conditions.

The site hosts everything from localised event information, information about recovering from intensive care via a new website www.criticalcarerecovery.com/



Tools and technology to help with monitoring health and long-term health conditions these include Asthma, COPD and Breathing Problems, Cystic Fibrosis, Dementia, Diabetes, Falls, Heart Disease Multiple Sclerosis, Hypertension and other conditions



There are inspirational videos and support to find new hobbies such as Days Out(things to do in Scotland), Digital Upskilling, Scottish Men’s Sheds Association, Staying Independent, Walking, Volunteering.

An introduction to VC, short for Video Conferencing, is widely used around the world. From using it to stay in touch with family and friends, to remote learning and now talking to your Health Care Professional.



Living it Up is supported by NHS 24 and the Scottish Government.

www.livingitup.scot/

Lothian is Midlothian’s Local area.



Local Groups

Ageing Well

Are a Midlothian Council run group for over 50s.



Ageing Well offer a range of activities such as walking (the walks have been devised specifically for older people and are suitable for the beginner), 50+

Keep Fit, Ageing Well in Water, Beginners Yoga, Dance and Sing for the Health of It, Health Walks for the 50+, Pilates, Seated Exercise, Seated Pilates/ Yoga, Tai Chi/Chi Gong, Walking Football, Walking Gardeners Ballroom Dancing, Line Dancing, Table Tennis, Badminton and New Age Curling.

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

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:  07969 467 594

Meet first Tuesday of every month at MVA

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



Café Connect

Café Connect, Dalkeith's vibrant community café run by Forward Mid (with the generous support from Midlothian's LAC Group) gives people with disabilities a chance to meet up to talk and listen. We all have different things to bring and our own stories too.



Café Connect is a great place to find out useful information about a whole range of relevant supports and services, for example: Welfare Reform, Access Issues and Self- Directed Support. Or just turn up for a coffee, tea and cake on the house!

It's a friendly gathering where everyone is welcome. A place where you can listen or share your story!

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

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

For more information 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 untill 12 noon. All welcome.

Gorebridge Parish Church Hall,

100 Hunterfield Road,

Gorebridge,

Midlothian, EH23 4TT.

Mary Webb

Tel: 📞 01875 820 094

Lothians Veterans' Centre

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

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

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



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

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

Lothians Veterans' Centre
11 Eskdail Court
Dalkeith, EH22 3NX.

Website: www.lothiansveteranscentre.org.uk/

Tel:  0131-660-5537

Email:  contact@lothiansveteranscentre.org.uk

Midlothian Peoples Equality Group (MPEG)



Midlothian People's Equality Group

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

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

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

Contact Erin Cuthbertson Tel:  0131 271 3358

 lle@midlothian.gov.uk

For more information or visit the MPEG website

Website: www.midequalitygroup.co.uk

or visit the Facebook page

 www.facebook.com/MPEGMidlothian

Thornton Rose Ride - Ability Group

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

Thornton Rose Ride Ability Group

Thornton Farm,
Rosewell,
Midlothian EH24 9EF
Chairman: 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 people's lives by helping them to regain their confidence and do things they never thought in their wildest imagination that they would be able to do. Some have even been able to return to work.

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

If you would like to come along and join us on some of the walks, contact Local Area Co-ordination and they will put you in touch with the group. 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 Lothians to live independently in the community of their choice. LCiL works with disabled people to take control of their own lives, support their choice to take up their rights and enable their full participation in society.

LCiL's Services include:-

- Independent Living Support - Providing you with information and one-to-one support to manage your own self-directed package,
- Payroll & Financial Management Service - Wages processing and administration if you employ your own personal assistants (PAs). Enhanced support to help you budget and plan, make payments and manage paperwork,
- Training Services - For individuals 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

Website: 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/forms/form/43/en/midcare_application

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 £3.15 per week for the service. Billed quarterly at £40.95

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 Community Hospital allows people to receive more services and have better facilities at the heart of their community, without having to travel to Edinburgh. It has a free car park including 20 disabled parking bays. Lothian Buses 39 is the the only bus to enter the hospital daytime Mon-Sat, Lothian Buses 40 and 49 stop on the Bonnyrigg Road at entrance to hospital.



There is a cafe in the hospital which is open to the public serving hot drinks and food. The hospital also has a community garden, which is managed by the Cyrenians and local volunteers. Anyone is welcome to visit the garden; produce from the garden is often available for sale at the hospital reception. If you would like to volunteer at the garden please contact

Email:  MCHGardens@cyrenians.scot

or  07772 886746.

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

In-patient services

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

The inpatient services that are provided at the hospital are:

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

Outpatient Services

There is a range of outpatient and community services provided at Midlothian Community Hospital for patients who have been referred by their GP or other specialist. Midlothian Health and Social Care Partnership tries to encourage services to hold clinics in Midlothian that would otherwise be difficult to get to, or that meet a local need. A list of outpatient services at Midlothian Community Hospital and other Midlothian venues is provided on [page 24](#).

Out-of-hours GP Services

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

Midlothian 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.



Our Objectives

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

Our Team: Physiotherapists, Occupational therapists.

Who can refer?

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

How to refer to Community Physical Rehabilitation Team

- Via Scottish Care Information Gateway (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 provides help to enable people to remain independent in the community. Such help may be required on a temporary basis or for a more permanent solution to long-standing difficulties.

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

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

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

Assessment

If you would like an appointment with the Midlothian Council 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.

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's Welfare Rights Team

Our service provides welfare rights benefit advice through advocacy, oral representation at social security appeals and general income maximisation for residents in Midlothian. It provides internal departments across the Council access to advice advocacy and a referral system to ensure key client groups resident in Midlothian have access to welfare benefits advice.

We can offer advice about how to appeal DWP benefit decisions and can provide oral representation at benefit appeals. We offer an income maximisation service for people receiving a Health and social care service and for older people who have reached their retirement age. Within the team, there is a specialist Macmillan Welfare Rights Officer for people diagnosed with cancer their families and carers.

- The aim of the service is to reduce poverty and social exclusion in Midlothian,
- To work in partnership with Midlothian Financial Inclusion Network. (MFIN) This network helps to promote increased access to accurate advice services and target help to vulnerable groups. The network through its partnership working has been instrumental in securing external funding from the Big Lottery, Scottish Government and other funders to mitigate against the effects of Welfare Reform.

Welfare Rights Team

Education Communities and Economy
Midlothian Council
Fairfield House
8 Lothian Road
Dalkeith
EH22 3ZH

Email:  Nicole.Bethune@midlothian.gcsx.gov.uk

Telephone:  0131 270 8922



Midlothian Disability Access Panel

Do you have a disability?

Are you a carer?

Are you affected by disability?

Would you like more information about disability?

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

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

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

Do you want your ideas to be heard and understood?

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

Contact: Mike Harrison, Chair;

Tel: 📞 0131 448 0930

Email: ✉️ chairman@MidDAP.org.uk

Contact: Lorna Roarty, Secretary to the Panel

Tel: 📞 0771 247 1474 or

Email: ✉️ lroarty270565@sky.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 Access Guide

The first few entries (all in Penicuik) are now online. You can select a particular business or a type (cafés, undertakers etc) and it will tell you about access arrangements (steps, doors, hearing loops etc) to help you plan your visits. Over the next, year it will be extended to other towns and a wider range of premises.

www.middap.org.uk and follow the menu to 'Access Guide'

Midlothian Disability Planning Group

What is this?

Midlothian – it covers the whole of Midlothian.



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

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

Midlothian Physical Disability Action Plan 2016 - 2019

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

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

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

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

Jayne Lewis

Planning Officer- Physical Disabilities

Fairfield House

Dalkeith EH22 3ZH

Tel:  0131-271-3665

Email:  jayne.lewis@midlothian.gov.uk

Midlothian Financial Inclusion Network

MFIN is a network of agencies working in Midlothian to promote financial inclusion. Our membership includes the local CABx and a wide range of advice providers. Statutory agencies such as Midlothian Council, NHS Lothian and the DWP attend our meetings. MFIN is a charity and a company limited by guarantee, run by a Board of Directors.

MFIN's key objective is 'To relieve poverty and to advance public education in all matters relating to the management of personal finances.'



Financial inclusion means access for individuals to appropriate financial products and services. This includes people having the skills, knowledge and understanding to make the best use of our products and services.

MFIN provides a range of networking opportunities, information, and training to staff supporting clients on low incomes. In recent years a large focus of our work has been around the welfare reform changes.

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

Midlothian Health and Social Care Partnership

The population of Midlothian is increasing and many people are living longer and healthier lives.

At the same time, the difference between people's health outcomes due to deprivation and other factors is increasing. For example, life expectancy varies by 12-14 years across different areas of Midlothian.

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

To respond to these changes the Scottish Government introduced a law to join health and social care services in Scotland.



What does this mean?

Midlothian Council and NHS Lothian now work together as the same organisation – Midlothian Health and Social Care Partnership. The new partnership means working together with joint responsibility and accountability.

GPs, hospitals, health workers, social care staff, voluntary and independent care providers and others are working side by side, sharing information and coordinating services in order to put people first and make a difference.

Our vision

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 people in Midlothian. Our aims are:

- 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 how to help 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

Midlothian Libraries

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, Travel maps, 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.

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, The Loanhead Centre 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

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



Sue

Tel:  07889 456 708

Email:  sch@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.



Midlothian Wellbeing Access Point

Guiding you to support your wellbeing
www.health-in-mind.org.uk

What is the Midlothian Wellbeing Access Point?

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



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

How can the Access Point help you?

It can help through supporting you to:-

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

Who can access and use the service?

If you are:-

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

Confidentiality

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

What happens when you go along to the Access Point?

Meeting one of the team:

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

Sessions:-

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

When and where does the service happen?

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

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

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

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



For further information contact Psychological Therapies,
Tel:  0131 536 8981 or Access Point Worker,
Email  jennifer.bragg@health-in-mind.org.uk

Midlothian Wellbeing Team



The Wellbeing Team

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

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



Good Conversation

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

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

How can I access and use the service?

You can ask your GP or another health professional to refer you. One of the Wellbeing Practitioners will contact you within two weeks of your referral to schedule a first meeting. The meeting can take place at the GP practice or somewhere else if you would prefer.

For further information Contact:

Kenny Richardson 078 66 847 290

Ann Morrison: 07972 732 888

Kirsty McBeth: 075 25 100 562

Nick Bernie: 078 66 847 291

Sandra Mackenzie: 078 76 035 660



All mobile number

The Wellbeing Team is a partnership between Thistle Foundation and NHS Lothian's Community Health Inequalities Team.

Motability

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

- A new car, scooter or powered wheelchair every three years,
- Insurance from RSA Motability (RSAM),
- Breakdown assistance,
- Servicing, maintenance and repairs,
- Adaptations, many at no extra cost.



Car Scheme

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

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

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

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

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

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

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

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

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

Wheelchair and Scooter Scheme

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

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

What's Included:

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

- Breakdown assistance – Insurance cover,

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

Personal Independence Payment and the implications for Motability Scheme customers.

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

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

For more information please visit www.motability.co.uk or Tel:  0300 456 4566.

A toolkit on Personal Independence Payment of can be found at www.gov.uk/guidance/the-personal-independence-payment-pip-toolkit

In order to be entitled to PIP, claimants have to satisfy a qualifying period of three months and a prospective test of nine months. These two conditions are referred to as the 'required period condition' and help establish that the health condition or disability is likely to be long-term.



Forward MID has purchased a booklet called The Disability Rights Handbook, in which information on rights are given as well as an overview of the new Personal Independence Payment. The booklet is available from MVA, 4-6 White Hart Street, Dalkeith.

National Entitlement Card

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



 applicant – if the application form is handed in by anyone other than the applicant, it will be rejected.

Your bus pass is printed in Hull, England and sent directly to your home address. On the front will be your name and card number, your photo, the oak leaf logo of Midlothian Council and the expiry date [disabled cards only – there is no longer an expiry date on 60+ passes]. Various symbols appear on the lower right side of the card. All cards show a large orange “C” symbol. A “+1” symbol tells the driver that you are entitled to have a companion travel free with you on your bus journey. The eye symbol indicates that the holder is blind or partially sighted and is entitled to the free train travel concessions of the Scottish Blind Scheme in addition to free bus travel.



Local buses that accept this card are: Borders Buses, Lothian Buses, LCTS, Prentice Coaches of Haddington and Stagecoach. Travelling intercity this card is accepted by Citylink, Megabus and National Express. Over 95% of buses are adapted for wheelchair carriage. Most buses can carry only one wheelchair. Not all bus stops are suitable for wheelchair users. It would be advisable to contact the operator before travelling to avoid disappointment.

Citylink 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 111. If you phone us, we will ask you where you are phoning from and why you have phoned. This will help NHS24 make sure you get the right help. When NHS24 know why you have phoned NHS24 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 - 📞 **0800 224488**

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 doctor has to attend

Most records are now stored on a computer database and can be accessed by the doctor that is attending you. If a doctor does have to attend you please be patient as your records may be long and they may need to be read more than once.

What pharmacies provide:

If you are registered with a GP in Scotland your community pharmacist can provide a minor ailment service. Your pharmacist can offer advice and can generate the paperwork and supply you with a limited source of medication.

Many pharmacies are open when your GP surgery is shut (evenings, weekends and on public holidays). You don't even need to make an appointment to speak to your local pharmacist.

Your local pharmacist provides lots of services and can help if; you need help with a minor ailment service.

If you think that someone's life is at risk you should call  999 right away.

NHS Minor Ailment Service

What is the NHS minor ailment service?

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

Who is the service for?

You can use the NHS Minor Ailment Service if:-

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

How does it work?

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

How to register?

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

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

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

What does the service offer?

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

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

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

Can I still go to other pharmacies?

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

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

If you want to go to another community pharmacy for the NHS Minor Ailment Service, you can. But you will need to register with the new pharmacy

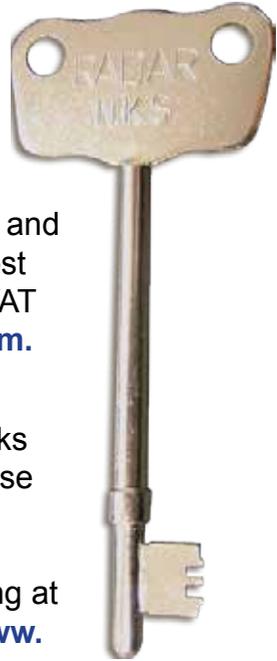
How to find out more

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)

Radars key

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations and many other locations in most parts of the country. Alternative costs: With VAT - £5.40 For more information please visit 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/, online 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:-

- ➔ Unfortunately, there is only one listing for Midlothian at Homebase Straiton, Loanhead. However, Homebase shut in 2015.

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.

Tel:  0131 663 9471

Self Directed Support

What is Self-Directed Support?

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

Some people can manage their support on their own, while others need help either from family or friends, or a support organisation.



Who can receive Self Directed Support?

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

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

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

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

Address: Norton Park,
57 Albion Road,
Edinburgh, EH7 5QY.

Email: ilteam@lothiancil.org.uk

Tel: 0131 475 2350

Tel: 0131 475 2555

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



Self Directed Support Scotland

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

Self Directed Support is the support individuals and families have after making an informed choice on how their individual budget is used to meet the out-comes they have agreed. Self Directed Support means giving people choice and control. The process for deciding on support through Self Directed Support is through co-production.



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

For more information please visit
www.sdsscotland.org.uk/index.php

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

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

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

Boccia

All-Stars Boccia. Beeslack Community High School. Penicuik
Sundays 2 pm – 3 pm. All Ages, all disabilities

Email:  lynne_sturg@hotmail.com

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

FABB Scotland,

Norton Park Conference Centre
57 Albion Rd, Edinburgh EH7 5QY.

Sports for young disabled people for more information <http://www.fabb.org.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

Seated Yoga and Pilates/ Exercise

Midlothian Council

Gorebridge Thursdays 1 pm to 2 pm

Newtongrange Fridays 12 noon to 1 pm

The Lasswade Centre Tuesdays 1 pm to 2 pm

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

[www.midlothian.gov.uk/info/521/sport_and_leisure/388/
find_a_fitness_or_leisure_activity_class](http://www.midlothian.gov.uk/info/521/sport_and_leisure/388/find_a_fitness_or_leisure_activity_class)

Active Midlothian

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

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

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

Penicuik Town Hall

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

Mayfield Leisure Centre

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

No Booking for any of these sessions - just turn up



For further information contact Allan Blair Tel:  0131 561 6505 or email:  Allan.blair@midlothian.gov.uk or for more information on what is going on, check out our web page at Active Midlothian at this will give you listings of Physical Activity groups that are on in Midlothian which anyone with a disability can join. www.activemidlothian.org.uk/

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 1-2 PM, Cost £2 per session

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



No booking just turn up!

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

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



Taxicard Scheme

Midlothian Council operates a Taxicard Scheme for people already owning a taxicard, which gives concessionary travel on taxis for mobility impaired people in Midlothian. The Taxicard scheme was closed to new applications in April 2015.

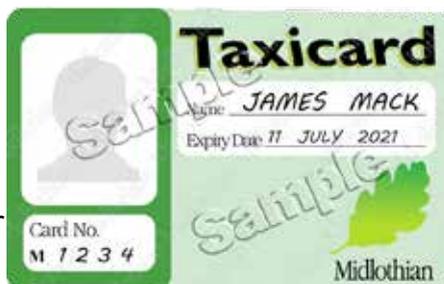
The Taxicard scheme is aimed at Midlothian residents who are unable to travel on local bus services. Maybe people find it difficult to get on a bus because they have a physical disability, use a walking aid, are registered blind or they cannot manage to reach their local bus stops. The Midlothian Taxicard keeps 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 the fare. Taxis are specially adapted vehicles to transport wheelchair users - but only normal sized wheelchairs up to 700mm wide and up to 1200mm 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 Taxicard can carry on using them.

If you have questions please contact the Travel Team in Dalkeith on  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 accepts referrals from Allied Health Professionals, especially Occupational Therapists, Physiotherapists and Prosthetists, and works closely with the referrer throughout the development process. We regret however that we are unable to manufacture devices which are already commercially available or supply the equipment to be modified.

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

Tel: ☎ 0131 537 9177

Website: 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

Transforming Care After Treatment

If you have been affected by cancer and your treatment has finished, a new service can help you get back to a normal and healthy life.

Living Well After Treatment offers emotional, practical and financial support to cancer patients, their families and carers. It is operated with Macmillan Cancer Support and NHS Lothian, from Lasswade Library and Midlothian Community Hospital.

We recognise that cancer can affect every part of your life, so the support offered includes:

- Advice on benefits,
- Employment support,
- Person-centred health checks,
- Peer Support,
- Exercise and nutrition,
- Occupational therapy,
- Information on local groups and activities.



Whatever you need, this service can support you or give you details of the organisations that can help - we can even contact them on your behalf.

Appointments are available:

- 9 am to 12 pm every Monday at Lasswade Library,
- 1 pm to 4 pm every Thursday at Lasswade Library,
- 10 am to 12 pm every Tuesday in the community hospital.

Home appointments are also available.

To make an appointment phone 📞 0131 561 5468.



TRANSFORMING
YOUR
CANCER CARE

WE ARE
MACMILLAN.
CANCER SUPPORT

NHS
Lothian



Transport

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

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



Community Bus Service

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

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

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

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

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

Service **R5** Mondays Carrington, Temple, Gorebridge, Newtonloan Toll, Bonnyrigg, Lasswade Village, Loanhead,

Straiton Retail Park, Straiton Asda, Straiton Sainsbury's.

If you are a wheelchair user, it may be possible to arrange for the Community Bus to pick you up at or close to your door. If you require this service, you must ring LCTS by Thursday for the following Monday services, or by Tuesday for the following Thursday services. 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 [DAB]

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

Dial-A-Ride [DAR]

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

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

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

There are additional charges per passengers when accompanying a full-fare paying passenger on the same journey. One genuine escort may travel free. Additional charges may be added if the DAR vehicle is asked to wait longer than anticipated when the booking was first made. There is no reduction for children travelling - standard fares apply.

Special tariffs will apply if the destination is out with the Lothians, contact the Bilston Glen Office  0131 447 9949 or specify your needs by email to admin@handicabs.org.uk to ask for a quote to travel outwith the local area.

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

Taxis and Private Hire Cars

When ordering a taxi or minicab please make the company aware of any special requirements you need for the journey. The size or type of vehicle must be agreed before vehicles are dispatched. If using a Midlothian Taxicard, please check with the taxi company that they are accepted.

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

VOCAL

Voice Of Carer Across Lothian

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:

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

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

Website: www.vocal.org.uk/midlothian

Website: www.weebreaks.org

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

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.



Children and Families

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

Email:  swc&fenquiries@midlothian.gov.uk

Tel:  0131 271 3860

Website: www.midlothian.gov.uk

Volunteer Midlothian

Volunteer Midlothian



LEADING THE WAY IN VOLUNTEERING

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

- ⇒ **Explore your interests and motivations for volunteering**
- ⇒ **Make an informed choice about the different opportunities that we have available**
- ⇒ **Search and select information on over 200 local volunteering opportunities**
- ⇒ **Set up a meeting with the opportunity of your choice or arrange for them to get in touch with you.**

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

Volunteer Midlothian also runs a number of volunteer-led projects which help people develop their skills and confidence. These include:-

Connect Online – 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.

Community Links – 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, and Retelling Our Stories group.

At Home Hub – based in the Assessment for Daily Living (ADL) Flat on Tuesday and Thursday mornings. The hub aims to promote and introduce technologies to support people living with dementia including those with dementia, their carers and family members. Visitors to the hub can access technologies to support health, wellbeing and activities for daily living including telecare. Home visits are also available. For further information contact or to make an appointment Stephanie Heasman, Project Coordinator 📞 0131 660 1216
Email: 📧 Stephanie@volunteermidlothian.org.uk



We also offer supported volunteering opportunities for young people aged 14-20 through our Transform Project and outdoor, gardening opportunities for any age group through our Midlothian Growing Together Project.

For more information contact:

Tel. 📞 0131 660 1216

Email: 📧 info@volunteermidlothian.org.uk

Website: 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.

Short Breaks Funds

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

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

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

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

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

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

For more information contact:

Wee Break Midlothian
VOCAL,

Fairfield House,
8 Lothian Road,

Dalkeith, EH22 3ZN

Tel:  0131 663 6869

Email:  midlothian@vocal.org.uk

Website: weebreak.org/

Short
breaks fund



Notes

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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	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
Fibromyalgia	www.fmascotland.org.uk
Glomerulonephritis	www.kidney.org.uk
Guillain-Barré syndrome	www.gaincharity.org.uk/
Hemianopia	www.readright.ucl.ac.uk/
Haemophilia	www.haemophilia.org.uk
Hepatitis	www.nhs.uk/
Hip Replacement	www.nhs.uk/
HIV	www.tht.org.uk
Huntington's disease	hda.org.uk/

Hydrocephalus	www.shinecharity.org.uk
Hyperhidrosis	www.britishskinfoundation.org.uk/
Insomnia	www.sleepsociety.org.uk/
Joint Mobility and Hypermobility	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.myaware.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	rgauk.org/
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 dystrophy	www.curesma.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	patient.info/
Visual impairment	www.rnib.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 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

Scottish Members of Parliament

Name	Member For	Party
<p>Jeremy Balfour, Surgery 4th Friday of the month 10am Lasswade Library 4th Friday of the month 11am Loanhead Library</p>	<p>Lothian Room M3.13 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 5961</p>	<p> Scottish Conservatives</p>
<p>Colin Beattie Constituency Office 164 High Street Dalkeith EH22 1AY Tel: 0131 454 0204</p>	<p>Midlothian North & Musselburgh Room M3.05 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 6373</p>	<p>SNP </p>
<p>Kezia Dugdale www.keziadugdale.com/</p>	<p>Lothian Room M1.07 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 6894</p>	<p> Scottish Labour</p>
<p>Neil Findlay www.neilfindlaymsp.com/</p>	<p>Lothian Room M1.06 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 6896</p>	<p> Scottish Labour</p>
<p>Christine Grahame www.christinegrahame.com/</p>	<p>Midlothian South, Tweeddale & Lauderdale Room Q2.01 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 5729</p>	<p>SNP </p>
<p>Alison Johnstone Email:  Alison.Johnstone.msp@parliament.scot</p>	<p>Lothian Room MG.19 The Scottish Parliament Edinburgh, EH99 1SP Tel: ☎ 0131 348 6362</p>	<p> Green Party</p>

<p>Gordon Lindhurst</p> <p>Email:  Gordon.Lindhurst.msp@parliament.scot</p>	<p>Lothian Room M3.11 The Scottish Parliament Edinburgh, EH99 1SP Tel:  0131 348 5947</p>	<p> Scottish Conservatives</p>
<p>Gordon MacDonald</p> <p>Email:  Gordon.MacDonald.msp@parliament.scot</p>	<p>Edinburgh Pentlands Room M3.03 The Scottish Parliament Edinburgh, EH99 1SP Tel:  0131 348 5741</p>	<p>SNP </p>
<p>Shona Robison Cabinet Secretary for Health & Wellbeing.</p> <p>www.shona.robison.scot</p>	<p>Dundee City East Room T3.03 The Scottish Parliament Edinburgh, EH99 1SP Tel:  01382 623200</p>	<p>SNP </p>
<p>Andy Wightman</p> <p>greens.scot/msps</p>	<p>Lothian Room MG.20 The Scottish Parliament Edinburgh, EH99 1SP Tel:  0131 348 6368</p>	<p> Green Party</p>
<p>Member of the House of Commons</p>		
<p>Danielle Rowley</p> <p>Email:  danielle.rowley.mp@parliament.uk</p>	<p>Midlothian House of Commons, London, SW1A 0AA Tel:  0207 219 3619</p>	<p> Scottish Labour</p>

Everyone in Scotland is represented by eight MSPs: one for their constituency and seven for the larger region in which they live. This allows a choice of MSP for you to contact. Midlothian is also represented by one MP in the UK Government.

Midlothian Council Councillors

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

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

midlothian.cmis.uk.com/live/councillors.aspx

For full contact details

Council Buildings Accessibility

Council buildings with public access.

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

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

Bonnyrigg & Lasswade

Bonnyrigg Leisure Centre King George V Park EH19 2AW 0131 663 7579
Bonnyrigg Primary School, Cockpen Road, EH19 3HR 0131 271 4570
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, 0131 271 4533 Includes Lasswade High School, 0131 271 4530, 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 anymore, it will still be counted as having that effect if it is likely to do so again.

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

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

At least one of these areas must be badly affected:

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

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

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

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

a factory floor would not.

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

For more information about the disability discrimination Act 2005 www.legislation.gov.uk/ukpga/2005/13/contents 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.

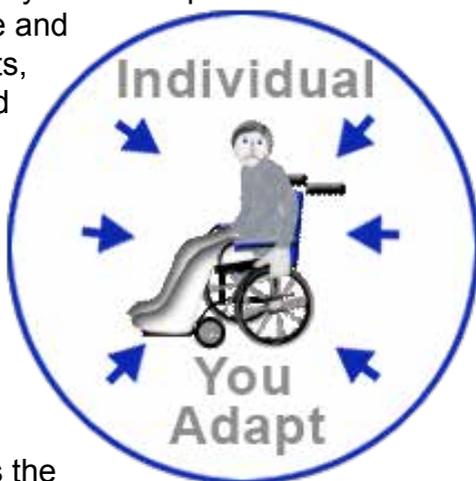
The laws that cover this will allow individuals or groups to take civil action against the web site owner. This is called passive law. You may be liable for costs even if you win.

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 lifestyles.

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

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



Useful Contact Details

Benefits.....		0131 271 3201
Blue badge.....		0131 561 5455
British Red Cross.....		0131 654 0340
Dial-a-Bus Midlothian.....		0131 447 1718
Dial-a-Ride Midlothian.....		0131 447 9949
Direct payment.....		0131 271 3637
Housing Repairs.....		0131 663 7211
Local Area Co-ordinators.....		0131 454 1785
LCiL.....		0131 475 2350
Lothian Buses		0131 554 4494
Midcare Midlothian		01875 613 921
Midlothian council.....		0131 270 7500
Midlothian Community Hospital.....		0131 454 1001
Midlothian Refuse		0131 5615284
Midlothian Travel Team.....		0131 561 5443
NHS24.....		111
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

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 15 Hunterfield Road, 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 Care Unit 3 Staiside Court, Bonnyrigg, EH19 3PZ.	 0131 663 3370
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
Bosco Dental Studio Unit 3, 25 Thornybank Gardens, Dalkeith, EH22 2RF.	 0131 654 9316
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	
Gorebridge Family Dental Practice 19-21 Main Street, Gorebridge, EH23 4BX.	 01875 820 483
Loanhead	
Loanhead Dental Practice 50, Fountain Place, Loanhead, EH20 9DU.	 0131 440 1161
Newtongrange	
Newtongrange Dental Practice 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 June 2017.

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

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This directory designed by Iain Tait.