

Forward Mid

Continuing to provide up-to-date useful information to resource, support and connect disabled citizens across Midlothian throughout the time of COVID-19.



Forward mid - Second Publication staying well at home during covid-19

Welcome To Forward Mid's second publication supporting personal and community well being for disabled people. We continue to work hard to provide you with up-to-date and useful information to support your mental and physical health. We offer a combination of useful contact information and some tips and recommendations for ways of looking after ourselves day to day as we learn to live with the reality of the COVID-19 virus.

Good wishes to all from the Forward Mid team.

These guidelines can help us map our way and maps go in multi-direction routes.

Route map for moving out of lockdown

A route map setting out a phased approach to easing lockdown restrictions while still suppressing coronavirus (COVID-19) has been published.

The Scottish Government route map www.gov.scot/publications/coronavirus-covid-19-framework-decision-making-scotlands-route-map-through-out-crisis/ gives details of a gradual four phase move out of the current state of lockdown.

'COVID-19: Framework for Decision Making – Scotland's route map through and out of the crisis' gives practical examples of what people, organisations and businesses can expect to see change over time. It also highlights some of the things that will not change for a while, including the continuing need for enhanced public health measures such as physical distancing.

The evidence shows transmission of COVID-19 is under control and the number of infectious cases is starting to decline, therefore the Scottish Government moved to Phase 1 of the route map following the end-of-cycle review date on 28 May.

The NHS Scotland test, trace, isolate and support strategy – known as Test and Protect - will be ready for expansion in all 14 health boards from 28 May.

A plan agreed between councils, professional associations, and parent representatives to reopen schools on 11 August, subject to scientific

advice that it is safe to do so, has also been published.

First Minister Nicola Sturgeon said:

“I have set out details of Scotland’s route map through and out of the COVID-19 crisis.

The current key public health guidance remains to stay at home except for essential purposes, but the route map provides information about how and when we might ease our lockdown restrictions while continuing to suppress the virus.

The lockdown restrictions have been necessary to reduce and mitigate the massive harm caused by the COVID-19 virus, but the lockdown itself causes harm including loneliness and social isolation, deepening inequalities and damage to the economy. That is why I have set out the gradual and incremental phases by which we will aim to ease lockdown matched with careful monitoring of the virus.

At every one of these stages, the biggest single factor in controlling the virus will be how well we continue to observe public health advice. Continued hand washing, cough hygiene and physical distancing will continue to be essential as will wearing a face covering where appropriate.

By doing the right thing, all of us have helped to slow the spread of the virus, to protect the NHS, and to save lives and as a result we are able – gradually, cautiously, and in phases – to plan our move towards a new normality.”

Test and Protect Rolled Out Nationally

Test and Protect – NHS Scotland’s approach to controlling the spread of coronavirus (COVID-19) in the community – Is being rolled out across all health boards from Thursday 28 May.



TEST & PROTECT

For more information go to [NHSinform.scot](https://www.nhs.uk/inform/scot)

Everyone aged five and over who has COVID-19 symptoms of a new continuous cough, temperature or loss or change in sense of taste or smell should go to [NHS Inform](#) or call 0800 028 2816 to book a test.

Under the system, people will need to isolate with their household as soon as they have symptoms and, if they have a positive test result, they will be asked to provide details of all recent close contacts to NHS contact tracers. Those people will be contacted and asked to isolate for 14 days.

As part of the roll out, guidance for individuals and employers has been published which sets out advice on what to do if someone is displaying symptoms or if they have been in close contact with someone who has tested positive for COVID-19.

It includes information on how to self-isolate safely as part of Test and Protect, what plans need to be made by households and families, and how to help older people or those with underlying health conditions. Additional support for self-isolation is also being made available to those who need it through the National Assistance Helpline.

First Minister Nicola Sturgeon said:

“The aim of Test and Protect is to protect the public from spreading COVID-19 and to protect the country from a second peak. By ensuring those who may have come into contact with the virus take steps to isolate, we can break the chains of transmission and keep the virus suppressed whilst slowly changing lockdown measures.

This approach can only work if we all play our part. We are asking everyone aged five and over who has COVID-19 symptoms - a new continuous cough, temperature or loss or change in sense of taste or smell - to book a test as soon as possible. It is important to do this as soon as symptoms are suspected. The quicker the virus can be identified, the better chance there is of stopping it spreading.

It remains vital that alongside Test and Protect people continue to follow physical distancing advice and practise good hand and cough hygiene.”

Cllr Stuart Currie, COSLA Health and Social Care spokesperson, said:
“COVID-19 continues to have an impact on all of our daily lives, and it is important that we carefully manage the transition out of lockdown. That is why we welcome the Test and Protect guidance that has been co-produced by Scottish Government and NHS Scotland in partnership with Local Government.

It is vital that people work together to follow this advice and self-isolate

when required, not just for our own safety, also to protect others. Only by taking this approach will we be able to slow the spread of the virus.

Local Government has already been at the forefront of efforts to support people during lockdown, providing essential services and assistance to the many people in Scotland who don't have a network of support in place. We will continue to support our communities by taking a central role in the delivery of Test and Protect."

Shielding and in a high risk group

The advice is clear that we need to stay at home, but for those shielding and in a high risk group, and not online, we know this is difficult and can increase isolation and loneliness at a time they already feel vulnerable and might be missing other support.

A quick phone call or dropping off a few essential groceries can have a huge positive impact on people who may be self-isolating or shielding for health reasons. Small acts of kindness will also help those people who have seen their support network – whether that be friends, extended family, colleagues or community groups – disappear almost overnight.

Involving Disabled People

Disability Equality Scotland want to ensure that disabled people are consulted throughout the process of easing lockdown restrictions. You can share your concerns directly with Disability Equality Scotland by emailing: admin@disabilityequality.scot or calling ☎ 0141 370 0968

A pause for thought

Viruses are contagious.
So is Panic,
Fear,
Hysteria,
Calm,
LOVE,
Enthusiasm,
Kindness and Joy.
Please choose wisely.
Anon

STAY ACTIVE

Even if it's just comfy clothes, not your night wear. This will help you get started for the day ahead. And then make your bed.

By getting dressed you've broken the day into two between night and day. Research shows your clothes have an impact on your mind. What you wear during self-isolation matters.



You don't have to wear the full going for a night on the town clothes. Just enough to feel good about yourself, there's also an opportunity to have some fun with your style "Try new outfits you normally wouldn't wear (no one will see anyway!), Be silly, be bold. Make it fun for yourself and something to look forward to."

Chair Exercise Workout.

There are 6 exercises shown below. Start with a couple and build up as your strength and balance improves. Start by repeating each exercise 5 times and build up to 10 – or more if you feel steady, balanced and able.

If you are prone to pain, start slowly with only a few repetitions of exercise and build up slowly as you get stronger.

It is important to keep moving throughout the day. Limit your time sitting down, even if it's just walking from the back to the front of the house a few times each hour.

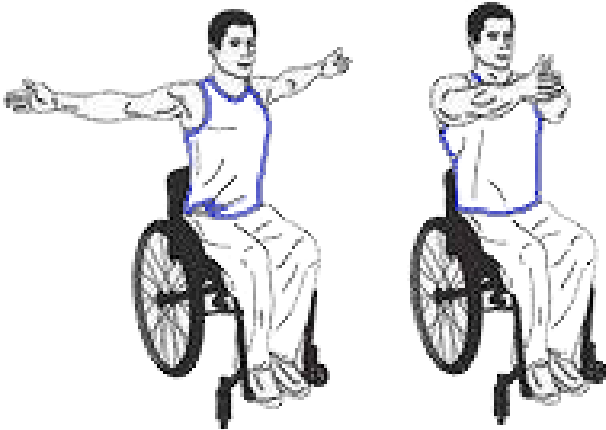
Don't listen to the news all day. Play some music that makes you smile and exercise to the music .

Regularly doing these strength and balance exercises will reduce your risk factors for having a fall. If you have a fall it is very easy to lose your confidence in doing everyday activities and that in turn has a knock on effect on your level of function and independence.

A fall can easily result in injury or worse still, a fracture which then results in needing to attend hospital. Avoiding having a fall in the first place is the key i.e. prevention, by staying as fit and as active as possible and improving your strength and balance with these exercise below.

" An energy-boosting routine for wheelchair users that helps to increase upper body strength and ease joint stiffness."

20 Chest Expansions



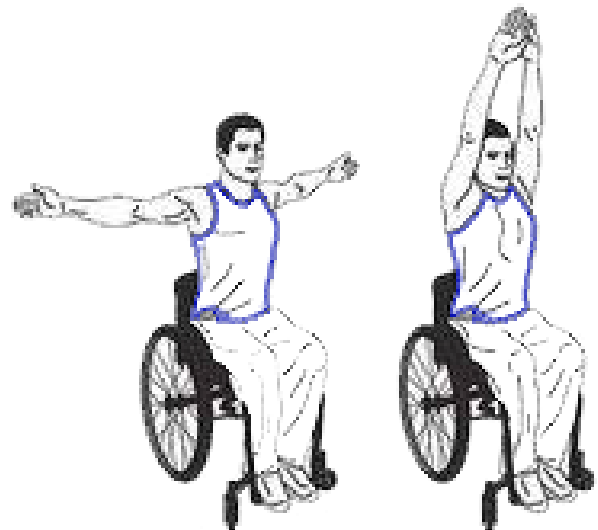
Sit tall in a chair, place the palms of your hands together in outreach position. Slowly pull your arms as far back on each side as far as you can and push your chest out, breath in through your nose. Hold for a few seconds and breath out through your mouth while returning together in the outreach position.

20 is the recommended number, do not rush as you can build your strength slowly.

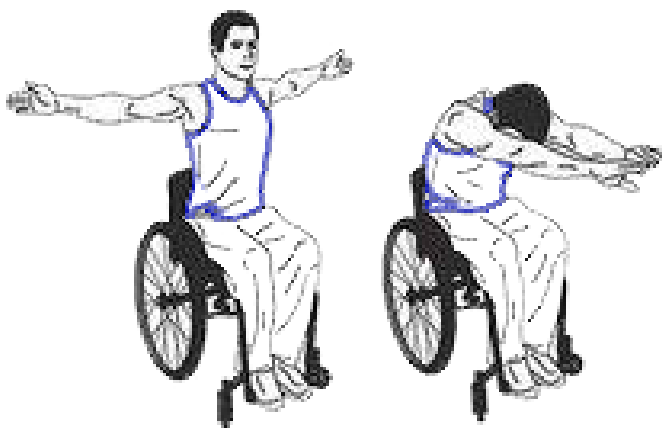
20 Side Arm Raises

Sit tall in a chair, place your arms out to the side, raise both or one arm as high as you can manage. Breath in through your nose. Hold for a few seconds and breath out through your mouth while returning your arms to the side.

20 is the recommended number, do not rush as you can build your strength slowly.



10 Dives



Sit tall in a chair, place your arms out to the side, in one movement bring both arms into the front lean forward and tuck your head as far down as possible. Breath in through your nose. Hold for a few seconds and breath out through your mouth while returning your arms to the side and sit up.

10 is the recommended number, do not rush as you can build your strength slowly.

10 Raised Arm Circles



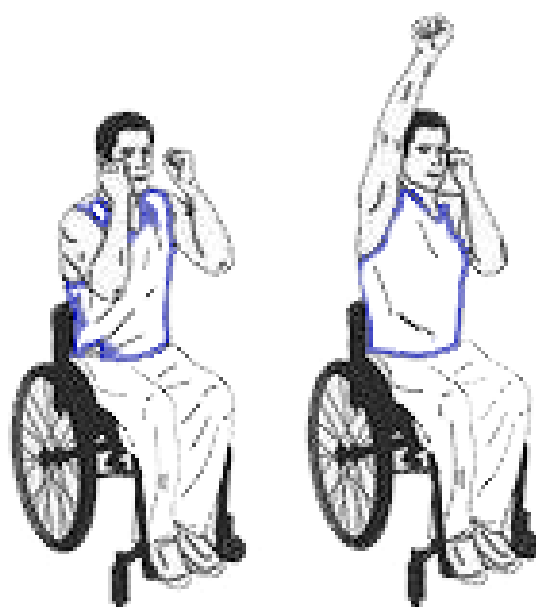
Sit tall in a chair, place your arms out to the side, keep arms as straight as possible, complete 5 rotations in a forward motion from the shoulder and complete 5 rotations in a backward motion. Remember to breathe.

10 is the recommended number, do not rush as you can build your strength slowly.

20 Overhead Punches

Sit tall in a chair, bend your elbows and bring your fore arm as if to protect yourself and clench your fist, as fast as you can punch one hand upwards and return to the protect position. complete up to 10 on each arm.

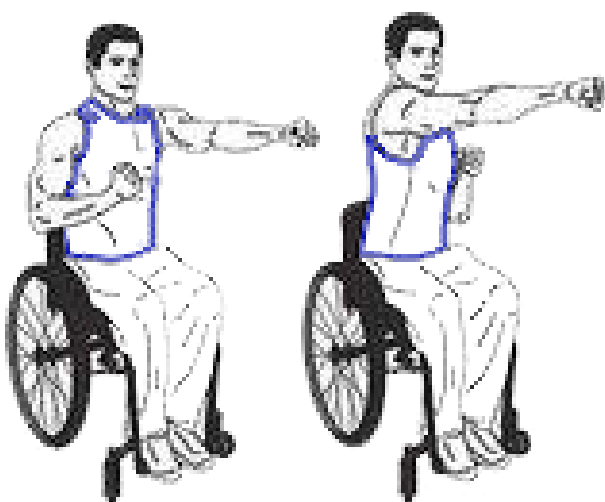
20 is the recommended number, do not rush as you can build your strength slowly.



20 Punches

Sit tall in a chair, bend your elbows and bring your fore arm as if to protect yourself and clench your fist, as fast as you can punch one hand forward rotating your shoulder to extend the reach and return to the protect position. complete up to 10 on each arm.

20 is the recommended number, do not rush as you can build your strength slowly.



EAT OUT IN

If possible try to keep and eat healthy food. But you struggle with cooking take away's are now opening and food delivered to your door.

Need some help

- Civerinos Signature 'Dough It Yourself' Kit order on line 48 hours in advance at www.civerinos.com/ collection only for Midlothian
- Wood oven wonder deliver to Midlothian on specific days woodovenwonders.onlineweb.shop/
- Dominoes Pizza 10 Eskbank Rd, Dalkeith EH22 1HF and 9, Kentigern Mall, Penicuik EH26 8LE
- Chinese Restaurants, Fish and Chips, Indian Restaurants and Italian Restaurants Just Eat supply a list of open Restaurants taking orders. www.just-eat.co.uk/
- Specialist Restaurants www.stairarmshotel.com/drive-thru/ for that something special

Note: Deliveroo and Ubereats do not deliver to Midlothian at this present time

KEEP BEING CREATIVE

Have a think of something you would like to do or have always wanted to try but never got round to it. This is a list of distractions Forward Mid can think of. It could be:

- National museum of Scotland from your couch www.nms.ac.uk/museum-at-home/
- Fancy a chat with artificial intelligence computer it is fun to try and lead the conversation <http://dialog.speech.cs.cmu.edu:3000/>
- Paint by numbers: if you have a mobile device install a painting by numbers app.
- Listening to new music. Whether on a Digital Radio or Mobile Device you can listen to music from all around the world or locally at Black Diamond FM blackdiamondfm.com/ or 107.8 FM
- Spotify www.spotify.com/uk/
- Join the library with an electronic device and get access to online media Books and Magazines. libraries.midlothian.gov.uk/web/arena/online-registration
- Visit Edinburgh Zoo live web cams www.edinburghzoo.org.uk/web-cams/panda-cam/
- Look out boardgames or jigsaws or play with friends on Mobile devices, Strangers are friends we have not met yet.

- Keep a diary.
- Have a look at [#KindnessMidlothian](#) requires a twitter account
- Look out photographs and look through them. Have a laugh at what you were wearing in days gone by.
- Planting those seeds you never got round to doing.

Educational

- Learn to Sign to communicate with people with hearing impairments www.british-sign.co.uk/learn-online-british-sign-language-course/
- The internet can seem like witchcraft to some people and the technological terms mystifying, or maybe just a refresher www.bbc.co.uk/webwise/topics/using-the-web/
- Open learning with many free courses to choose from www.open.edu/openlearn/free-courses/full-catalogue

This can be a great way to keep your spirits up and that nice feeling of just going for it.

CARERS CONNECTED

Resources for Carers during the Pandemic.

VOCAL remains open supporting carers during lockdown. Keep checking back as VOCAL will update these resources over the coming weeks. The Scottish Government's "Ready Scotland" website also has a useful hub page of resources and advice during the pandemic.



The Scottish Government have recognised carers as equal partners in the delivery of care. They have announced PPE is available for unpaid carers on a priority basis, for instance, if you are providing personal care or caring for someone with COVID-19 or who is in a vulnerable category. www.nhsinform.scot/

If you would like to find out if you are eligible to access PPE please contact VOCAL Midlothian ☎ 0131 663 6869 www.vocal.org.uk/.

Advice for all unpaid carers during the pandemic can be found www.midlothian.gov.uk/info/200296/coronavirus/655/advice_for_all_unpaid_carers_during_the_pandemic

Hearing Aid Batteries

Because libraries are closed and people are not able to travel, a new ordering service for hearing aid batteries has been set up by Midlothian

Health and Social Care Partnership. If you need new batteries for your hearing aid, contact batteries@midlothian.gov.uk, with your name and contact details and someone will get back to you, ☎ 0131 270 7500.



LGBTQ+ people over 50: An update from LGBT Health and Wellbeing. 'We intend to provide a free telephone befriending service for LGBTQ+ people over 50 who feel lonely and isolated across Scotland. We plan for one of our staff to call you around the same time each week for a chat of up to 30 minutes. www.lgbthealth.org.uk/services-support/helpline/ If you would like to join the 'Telefriending' service (or know someone who would benefit), let Jean know at jean@lgbthealth.org.uk We have extended our opening times of our LGBT Helpline Scotland. [LGBT HELPLINE](#)'

LOOK AFTER YOURSELF

While this is a new experience to many people in the world. There is a group who are generally more isolated and spend more time at home due to their situation. Being kind is what we should do more often. Being compassionate to ourselves is probably something we are not good at doing. It can be just as simple as listening to an audio story, taking time out to sit in the garden with a coffee but actually taking the time to be mindful and actually enjoy the coffee and your surroundings. We all deserve to be not just kind to everyone but kind to yourself.

Take some time out and listen to a Audiobooks. Go to your App store and search Audio Books Free.

- A selection of Ted talks ideas.ted.com
- Information from NHS Inform www.nhsinform.scot/healthy-living/mental-wellbeing/five-steps-to-mental-wellbeing
- Information for people living with a disability disabilityhorizons.com
- A trusted guide to wellness www.helpguide.org
- Online mindfulness to download to electronic devices www.excelat-life.com/downloads/relaxation/audios.htm
- You Tube has videos to instruct you on meditation, gentle chair yoga and stress relief exercise. You Will have to search for these at www.youtube.com/

IF YOU GO DOWN TO THE WOODS THESE DAYS

As a wheelchair user in the midst of Covid19, like so many people, I am restricted to my local neighbourhood for taking my dog for her daily exercise.

Fortunately Midlothian is blessed with many areas of woodland.

In my area, although not exclusively, I have discovered some of the fairy doors which the local children have been busy making. There are all sorts. Some are colourful, some subtle in woodland colours and blending into the surrounding areas. These simple little offerings are a great resource to entertain not just the children but adults who are enjoying their walks and trying to find them.

For me they are a lovely addition to the many different trees, wild life and wild flowers, which I am noticing more than before. This makes my ramblings more interesting, relaxing and a welcome distraction from the isolation I could be experiencing.

It provides a welcome break from the trap of day time tv which I could so easily fall into watching out of sheer boredom.

The way the hosts of some of these programmes introduce their slots makes me angry before the programme has even started. The faux, "let's be excited about this" intros I find are so infantilising.

Or, is this just me, is this self Isolation lark getting to me?

Anyway a trip to the woods provides the very nurturing atmosphere I require to keep me sane.

If you need an escape and have the ability to get around your local woodlands, I would recommend these walks, many of which I believe have fairies living behind these doors.



Getting fresh air will help you not feel stuck in or getting cabin fever in your home. Hopefully there is somewhere local to you where you can connect with nature

TRAVELLING DURING THE CORONAVIRUS CRISIS?

As we ease out of the Lockdown and hospitals reopen clinics people who have appointments will need be required to travel again, a lot of disabled people in wheelchairs use public transport and rely on the use of National Entitlement Card.

Limited printing of the National Entitlement Card will resume on 1st June 2020. This is restricted to replacement and renewals of existing cards only.

Requests for replacements and renewals from existing cardholders are being processed, however applications for new cards are not being accepted at present.

Applying for a renewal or replacement

Local Authorities are now accepting requests for renewals and replacements for lost, stolen or broken cards. Priority is being given to those in the over 60's and disabled person's Concessionary Travel Schemes. If you have any questions about your existing concession card, request a replacement or renew your entitlement in Midlothian Jacqui.Dougall@midlothian.gov.uk

Using your bus pass during coronavirus

We are working with bus companies so you can still make essential travel. Up to 30 June drivers should still allow you to travel if you have:

- Not been able to get a replacement for a lost, stolen or broken bus pass because of coronavirus
- Not been able to renew a bus pass because of coronavirus
- A valid card which does not register on the ticket machine

Please explain your situation to the bus driver

The Scottish Government has set out a route map which provides the framework for decision making in taking Scotland through and out of the crisis. It gives an indication of the order in which the government will carefully and gradually seek to change current restrictions. You should therefore review this guidance regularly to see how the changes to restrictions will affect your travel.

Physical distancing, hand washing and respiratory hygiene, are the most important and effective measures we can all adopt to prevent the spread of coronavirus. Therefore the wearing of facial coverings must not be used as an alternative to any of these other precautions.

By face coverings we do not mean the wearing of a surgical or other medical

grade mask but a facial covering of the mouth and nose, that is made of cloth or other textiles and through which you can breathe, for example a scarf. When applying or removing the covering, it is important that you wash your hands first and avoid touching your face. After each use, you must wash the face covering at 60 degrees centigrade or dispose of safely. Face coverings should not be used for children under the age of two years.

What is shielding?

Shielding is a measure to protect extremely vulnerable people from coming into contact with coronavirus, by minimising all interaction between them and others.

This is to protect those who are at very high risk of severe illness from coronavirus from coming into contact with the virus.

Shielding is for people, including children, who are at very high risk of severe illness from coronavirus (COVID-19).

Shielding measures should be used when an extremely vulnerable person is living in their own home, with or without additional support. This includes extremely vulnerable people living in long-term care facilities.

You should also follow these face-to-face distancing measures:

- Don't leave your house
- Keep in touch using remote technology such as phone, internet, and social media
- Use phone or online services to contact your GP or other essential services

If you require an ambulance, phone 999 and tell the call handler you're following shielding measures because of an underlying health condition

We know that stopping these activities will be difficult. You should try to identify ways of staying in touch with others and participating in your normal activities from your home. However, you must not participate in alternative activities if they involve any contact with other people.

This advice will be in place until at least 18 June.

Shielding letter from NHS Scotland

If you received a letter from NHS Scotland saying you have a condition that makes you at very high risk of severe illness from coronavirus. NHS Scotland will be directly contacting these people to provide further advice. You're strongly advised to shield yourself to reduce your chance of getting the virus.

This may be an anxious time for people considered extremely vulnerable and you will have questions and concerns. Plans are being made to make sure you can rely on a wide range of help and support.

Share Your shielding experience

To learn more about people's experience of shielding in Scotland, Public Health Scotland would like to hear from those who received a letter and have been shielding for the last few weeks.

You can share your experience by completing their [online survey](#) by Sunday 14 June. It should take you about 15 minutes to complete.

RESOURCE GUIDE

1

Connect

Social Contact reduces feelings of isolation and can increase self-esteem.

Keep in regular contact with people who matter to you and who make you feel good.

Keep updated but limit your time on news sites and social media if this makes you anxious.

Links:
www.befriending.co.uk/

2

Physical

Physical activity can reduce anxiety and boost low mood.

You can exercise inside or out - e.g. walking, running, cycling, weight lifting, yoga or dance.

Try to eat healthy balanced meals. If you are struggling with the cost of food contact 0131 270 7500

Try to keep to a routine sleeping and waking at the same time.

Links:
www.cleary-ourhead.scot

3

Learning

Learning new things keeps your mind occupied which can help with anxiety.

You could try relaxing with puzzles and games or cooking something different.

You can learn how to control your stress with online classes.

Links:
l1tff.com/corona/

www.getself-help.co.uk/

stresscontrol.org/relaxation-mindfulness/

4

Give

An act of kindness can make a difference and improve how you feel.

Do something in your area, lookout for a neighbour or volunteer.

Links:
[#Kindness-Midlothian](#)

www.ready-scotland.org/

www.parent-club.scot/

www.head-space.com/covid-19

5

Take Notice

Make time and space for self care. Watch your thoughts and body.

Try meditation or mindfulness - let go of any tension. What can you see, hear and touch?

If that feels impossible do something that helps you to relax and ask for help if you need to.

Links:
www.nhs.uk/apps-library/feeling-good-positive-mindset/

Support During Self-isolation

Are you self-isolating due to COVID-19 and don't have family, friends and neighbours you can call on?

Working with our partner organisations, including community groups and volunteers, we may be able to help

MONEY

Citizen's Advice – Dalkeith	☎ 0131 660 1636 bureau@dalkeithcab.org.uk
Citizen's Advice – Penicuik	☎ 01968 675 259 bureau@penicuikcab.org.uk
Scottish Welfare Fund Crisis Grants – For emergencies when you have no other means. Community Care Grant – To provide a safe + secure home when you have no other means.	☎ 0131 270 5600 www.mygov.scot/scottish-welfare-fund/
Benefits advice	www.understandinguniversalcredit.gov.uk/coronavirus
Money advice service	www.moneyadvice.service.org.uk/en

FUEL

Your supplier - help if you can't afford extra energy	Find contact details on your bill
Ofgem - advice e.g. topping up a prepayment meter	www.ofgem.gov.uk/coronavirus-covid-19
Grants – energy debt/essential top up	☎ 0141 445 5221 energyteam@money mattersweb.co.uk
Changeworks – grants + advice	☎ 0131 555 4010 www.changeworks.org.uk

MEDICINES & SEEING YOUR GP

Repeat prescriptions will still be prescribed as normal. There is no need to order early or to order more than you need. If you are picking up someone else's prescription for them, you may be asked to show ID.

In Scotland you can turn to www.nhsinform.scot/ day and night for information on health conditions, what you should do, and when you should get in touch with our professionals.

Help with delivery of prescriptions	☎ 0131 270 7500 CLL@midlothian.gov.uk
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Handicabs Lothian (HCL) – essential transport to hospital or the GP	☎ 0131 447 9953
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FOOD

You can afford food but need help to get it

Local businesses that deliver	
Red Cross	☎ 0131-654-0340
Community Volunteers	#KindnessMidlothian CLL@midlothian.gov.uk

You cannot afford food: All ages – Food banks

Bonnyrigg + Sherwood Community Trust Bonnyrigg Community Trust Shop, High Street Bonnyrigg	☎ 0131 663 2555 www.facebook.com/BonnyriggTrust
Gorebridge Joint Project	☎ 07858 285299/☎ 0875 816320 (food) ☎ 07747 792382/☎ 07535 991332 (other items)
Gorebridge (Trussel Trust) Gorebridge Church, Hunterfield Road	You must be referred – ☎ 0131 270 7500 07789 173 276 or 07597 359 910 (referrers only)
Penicuik (Food Fact Friends) St Mungo's Church Hall, Penicuik Monday + Friday 10:30 hrs - 13:00 hrs.	You must be referred – ☎ 0131 270 7500 ☎ 07507 697109 foodfactsfriends@ gmail.com (referrers only)
Penicuik Ambassadors (food and other items) - Part of Sweet Dignity. Can be contacted for drop off's.	☎ 07990 117700 / ☎ 07990 117699
Poltonhall + Hopefield (Groceries to go)	☎ 07786 667399 trish@bonyriggrose.org.uk
Rosewell Cares Food Bank - Rosewell Parish Church Hall - Monday + Thursday 17:30 hrs-19:30 hrs. Contact them for drop off's.	www.facebook.com/rosewellcoronavi- rus
Woodburn (Food Fact Friends) MARC building - Woodburn Road, Dalkeith Monday 15:30 hrs -17:00 hrs, Thursday 11:00 hrs – 14:00 hrs	You must be referred – ☎ 0131 270 7500 ☎ 07507 697109 foodfactsfriends@ gmail.com (referrers only)

You cannot afford food: Families with children 0-18

Dalkeith & Newbattle Storehouse & Foodstore@PNK	Children & Families - 0131 271 3414
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STAYING CONNECTED

Someone to chat to or to call to check you are okay

Red Cross	☎ 0131-654-0340
Chest Heart and Stroke Scotland (They can also help with condition-specific advice)	☎ 0808 801 0899
Midlothian Active Choices (Support and online daily exercises to get active if you have a mild/moderate mental health condition, long term condition and or weight management problem)	☎ 0131 561 6507 www.facebook.com/groups/MidlothianActiveChoices
Fancy a Blether A new befriending telephone service run by Midlothian Council in partnership with Midlothian Volunteer centre offering weekly chats with a volunteer during this pandemic.	☎ 0131 270 7500 To be contacted by this service.

VOLUNTEERING

ReadyScotland – offer to volunteer	www.readyscotland.org/coronavirus
Volunteer Midlothian- Offer to volunteer	☎ 0131 660 1216_ www.volunteermidlothian.org.uk
#kindnessmidlothian – see what's happening locally	#KindnessMidlothian
Community Councils – see what's happening locally	www.midlothian.gov.uk/info/200284/your_community/534/community_councils

INFORMATION FOR DIFFERENT GROUPS

Mental health	
Breathing Space	☎ 0800 83 85 87
Samaritans	www.samaritans.org or ☎ 116 123
Health In Mind - Crisis Support Mon - Fri 16:00 hrs -22:00 hrs, Sat + Sun 10:00 hrs -16:00 hrs	☎ 0131 663 5533
Learning Disability	
Artlink - ideas for staying at home	artlinkonline.com/
SCLD – easy read information	www.sclld.org.uk

Dementia	
Alzheimer Scotland – 24/7 helpline and guidance	☎ 0808 808 3000 bit.ly/cvguidepwd
Kinship carers	
Kinship Care advice and support KCASS	☎ 0808 800 0006
Kinship Care Alliance	☎ 07490720123
Big Hearts	☎ 0131 603 4927
Nurture Scotland	☎ 07547525674 or ☎ 07505855341
Carers	www.midlothian.gov.uk/info/1352/carers/187/support_for_unpaid_adult_carers
Lesbian, Gay, Bisexual and Transgender people	www.stonewall.org.uk
Hearing Aid Batteries	batteries@midlothian.gov.uk

DOMESTIC ABUSE

Women's Aid East and Midlothian Monday – Friday 09:00 hrs–16:00 hrs	☎ 0131 561 5800 info@womensaideml.org www.facebook.com/waeml/ twitter.com/womensaideml
Shakti Women's Aid - support to BME women, children, and young people.	☎ 0131 475 2399 shaktiedinburgh.co.uk/
FearFree domestic abuse service for men and any LGBT+ person - support by phone, text, WhatsApp	☎ 0131 624 7266 fearfree.scot
National Rape Crisis Helpline, open every night from 18:00 hrs to Midnight	☎ 08088 01 03 02 textline: 07537 410 027.
ERCC If you have experienced rape or sexual assault in the last 7 days,	support@ercc.scot

BEREAVEMENT

Registering a Death	☎ 0131 271 3281 www.midlothian.gov.uk/info/640/birth_marriage_and_death/36/register_a_death
Funeral support payment – Help with funeral costs	Freephone : ☎ 0800182 2222 www.mygov.scot/funeral-support-payment/
Bereavement support	www.goodlifedeathgrief.org.uk/ www.midlothian.gov.uk/bereavement

Get in touch

- Twitter: [@MidHelp](#)
- Email: CLL@midlothian.gov.uk
- Call between 08:00 hrs and 18:00 hrs, weekdays: ☎ 0131 270 7500

If all other options have been exhausted or if you think someone is at risk of harm:

Adult Social Care on ☎ 0131 271 3900 (Emergency Out of Hours: ☎ 0800 731 6969)

IN AN EMERGENCY

If you have a health emergency call ☎ 999.

For non-urgent health concerns call ☎ 111.

More information about self-isolation:

- [NHS Inform](#)

Mental health is very important in the normal world but even more so during this unknown world. If you're feeling anxious or unsure please reach out to family and friends or any of the links that we have provided. Also check in with others. We are all in this together.

Get in touch, share stories

There is so much amazing work going on in Midlothian carried out by volunteers, community members and staff. In our next newsletter we would like to focus on some of these stories. Please contact Eric eric.johnstone@mvacs.org.uk to tell him about any examples you know about in your community.

Please wash your hands and stay home

Maybe we don't have it that bad?

It's a mess out there now. Hard to discern between what's a real threat and what is just simple panic and hysteria. Therefore, imagine you were born in 1900.

On your 14th birthday, World War I starts, and ends on your 18th birthday. 22 million people perish in that war. Later in the year, a Spanish Flu epidemic hits the planet and runs until your 20th birthday. 50 million people die from it in those two years. Yes, 50 million.

On your 29th birthday, the Great Depression begins. Unemployment hits 25%, the World GDP drops 27%. That runs until you are 33. The country nearly collapses along with the world economy.

When you turn 39, World War II starts. You aren't even over the hill yet. And don't try to catch your breath. On your 41st birthday, the United States is fully pulled into WWII. Between your 39th and 45th birthday, 75 million people perish in the war.

Smallpox was epidemic until you were in your 40's, as it killed 300 million people during your lifetime.

At 50, the Korean War starts. 5 million perish. From your birth, until you are 55 you dealt with the fear of Polio epidemics each summer. You experience friends and family contracting polio and being paralyzed and/or die.

At 55 the Vietnam War begins and doesn't end for 20 years. 4 million people perish in that conflict. During the Cold War, you lived each day with the fear of nuclear annihilation. On your 62nd birthday you have the Cuban Missile Crisis, a tipping point in the Cold War. Life on our planet, as we know it, almost ended. When you turn 75, the Vietnam War finally ends.

Think of everyone on the planet born in 1900. How did they endure all of that? If you were a kid in 1985 you may have thought your 85-year-old grandparent didn't understand how hard school was. And how mean that kid in your class was.

Your parents and/or grandparents were called upon to endure all of the above – today we are being called upon to wash our hands regularly and stay home and sit on the couch to keep the most vulnerable safe.

Forward Mid team want to create positivity, where possible of the pandemic at the moment but are sensitive to people's personal life experience.

All information in this resource guide is accurate as of June 2020. Clearly, things are changing on a daily basis as we negotiate this difficult time. If you have any useful information that may be included in future publications please let us know; eric.johnstone@mvacvs.org.uk