

**MIDLOTHIAN
DISABLED
PEOPLE'S
DIRECTORY
2021-2**

Produced By



Foreword

Welcome to Forward Mid's Directory for Disabled People 2021/2022.

This is the 9th edition of the Directory Forward Mid has published and is possibly our most valuable guide to public, private and third sector organisations that provide services for disabled people that we have ever produced.



When I say our most valuable I refer to the situation that the Covid pandemic has created which has exacerbated long-standing inequalities experienced by disabled people and carers. Information on issues that affect disabled people, key to stopping the inequality gap widening, have been sparse to say the least.

Good quality, accurate and up-to-date information that is truly accessible is essential. Glasgow Disability Alliance, with over 5000 members, surveyed their membership and found that 80% of them were not aware of any local support services they could access, and 41% had difficulties accessing information in the formats they required.

Good quality, accurate and up-to-date information is what Forward Mid's Directory delivers. It signposts people to organisations that can give them the support they need whether that is to resolve a specific issue, finding a social activity they might enjoy or a wider goal such as gaining more control of their lives.

The Directory was completed at the end of July 2021 and was accurate at that time. Of course, in these uncertain times we cannot guarantee that the information we have printed will still

be relevant in the months ahead. Any changes to entries will be updated on the online version of the Directory.

Forward Mid's 2021/2022 Directory Is available online in two formats Mobile Device at www.forwardmid.org.uk/pdf/directory2022mobile.pdf and Print www.forwardmid.org.uk/pdf/directory2022print.pdf or paper copies can be provided by contacting Eric Johnstone ☎ 0131 663 9471. Large format is also available by special request.

I'm sure you will find the Directory useful – possibly indispensable. If you do, please tell other people or organisations you think would benefit from a copy about it.

Keep safe and healthy.

Kindest regards,
Jeff Adamson
Chair, Forward Mid

All Image logos used by kind permission.
Other graphics by Iain Tait.

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.

If you would like to appear in this directory and provide a service that is aimed at Disabled People. Please contact Forward Mid and we will take it under consideration.

Table of Contents

Foreword.....	ii
Disability	
Disability Discrimination Act.....	1
Models of Disability.....	5
Self-Directed Support.....	7
Local Services	
Advocacy.....	10
British Red Cross.....	12
Carers.....	14
Citizens Advice Bureau.....	15
Cyrenians.....	17
Defibrillators.....	19
Education.....	24
Communities and Lifelong Learning.....	24
Edinburgh College.....	27
Newbattle Abbey College.....	29
Emergency Services.....	31
Police Scotland.....	31
Scottish Ambulance Service.....	34
Scottish Fire and Rescue Service.....	35
Employment.....	37
Access to Industry.....	37
Deaf Action.....	37
Into Work.....	38
Jobcentre Plus.....	38
RNI:D.....	38
Sight Scotland.....	39
Skills Development Scotland.....	39

Food Banks.....	41
Local Area Co-ordination.....	42
Local Groups.....	44
Beeslack Family Club.....	44
Breathe Easy Group.....	44
Bright Sparks.....	45
Café Connect.....	46
Can Do.....	46
Connecting Midlothian Socially.....	47
D-Café.....	48
Easy Does It.....	48
Get2gether.....	49
Gorebridge Community Café.....	49
Lothians Veterans' Centre.....	50
Midlothian Peoples Equality Group.....	51
SJKP Community Café.....	51
LCiL.....	53
Midlothian Disability Access Panel..	54
MFIN.....	56
Midlothian Voluntary Action.....	57
Radar key.....	58
Sport.....	60
Active Midlothian.....	60
Ageing Well.....	60
Lothian Disability Sport.....	62
Sports Clubs.....	64
Thistle Foundation.....	65
VOCAL & Wee Breaks.....	66
Volunteer Midlothian.....	69
Health & Social Care	



MHSC Partnership.....	71
A&E Alternatives.....	73
Adult Social Care.....	76
Community Physical Rehabilitation.....	77
Dental Practices.....	78
Medical Practices.....	80
Merrit.....	82
Midcare Alarm Service.....	84
Midlothian Community Hospital.....	86
Midlothian Access Point.....	90
Midlothian Wellbeing Team.....	92
NHS 24 Scotland.....	93
NHS Minor Ailment Service.....	95
Pharmacies.....	96
Podiatry.....	100
Rapid Response Falls Service.....	102
The Smart Centre.....	103

Medical Conditions



Alzheimer Scotland.....	106
Medical Conditions Websites.....	108
Cancer Journey.....	111
Midlothian Care Support.....	112
MS Therapy Centre Lothian.....	113
Sight Scotland.....	115

Transport



Blue Badge Scheme.....	117
Buses.....	121
National Entitlement Card.....	123
Thistle Assistance Card or App.....	124

Motability.....	125
Taxis and Private Hire Cars.....	127
Trains.....	129
Train Discount.....	130
Wheelchairs on Public Transport..	132

Midlothian Council



Councillors.....	133
Council Buildings Accessibility.....	134
Libraries.....	137
Physical Disability Planning Group.	139
Welfare Rights Team.....	140

National Services



Benefits.....	141
contactScotland-BSL.....	144
Cinema Exhibitors' Card.....	145
Disability Information Scotland.....	148
Disabled Living Foundation.....	149
Euan's Guide.....	151
Help with Housing Adaptations.....	152
Housing Options Scotland.....	154
Inclusion Scotland.....	155
Independent Living In Scotland.....	156
SP Energy Network.....	158
Scottish Members of Parliament...	159
Disclaimer.....	161



This symbol can be found at the end of each entry it will return you to the table of contents page.



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 fundamental 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 things taken into account, are glasses or contact lenses. The indispensable thing is to perceive how a disability affects a person. Remember concentrating on what they can't achieve or find problematic, rather than what they can achieve. If a

person suffers from a hearing disability, being unable to hold a conversation with someone talking naturally in a moderately noisy place constitutes a disability. Being unable to hold a conversation in a extremely noisy place like a factory floor would not.

If the disability affects their mobility only being able to walk slowly or with unsteady or jerky movements would constitute a disability. 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

For help in Scotland with The Disability Discrimination Act 2005

-  www.gov.scot/policies/disabled-people/
-  www.equalityhumanrights.com/
-  www.scottishhumanrights.com/

Equality Act 2010

Equality Act 2010 makes it illegal to discriminate against a person with a disability. However, you must prove that you have a disability, The Act defines a disabled person as a person with 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 out and what is definitely out please download Equality Act 2010 Guidance on matters to be taken into account in determining questions relating to the definition of disability  www.forwardmid.org.uk/publications.html (727kb pdf)

Discrimination With Work

While attending a job interview an employer is not permitted

to ask about your disability and what effects it may have if you are employed. If you require additional absence for medical appointments and have not informed the employer then this is called non-disclosure and you can be dismissed. Reasonable adjustments can be made by an employer. It is your responsibility to tell the employer of any reasonable adjustment you expect them to make to accommodate your needs as some expenses can be met. Associative discrimination is also covered as an employer must make reasonable adjustment if the person employed has a partner or child who is disabled.

An employer who uses the Disability Confident symbol 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 Disability Confident 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. They 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 Equality 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

Social Model

The Social Model has been developed by disabled people in direct response to the Medical Model and the profound impact it has 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 demands 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. Potential barriers still exist in education, information and communication systems and the working environments. Health and social support services, housing, public buildings and amenities. Transport. The devaluing of disabled people through negative images in the media – films, television and newspapers – also acts as a barrier.

Social Media introduced alternative text options for images and closed captions for video, to allow visually impaired users to read aloud the content. However, the uptake is exceedingly limited. Some Social Media platforms tried implementing artificial intelligence recognition software to include alternative text. This method still has teething problems to work out.

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

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.

Medical Model

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



The Medical Model promotes the negative view of a disabled person as dependent and needing to be cured or needing care. This view justifies the way in which disabled people have been systematically excluded from society. The disabled person presents the problem, not society. Control resides firmly with professionals; choices for the individual are limited to the limited 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 traditionally constructed and organised.

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





Self-Directed Support

What is Self-Directed Support?

Self-directed Support is about giving a person requiring support more choice and control over the social care support they receive to enable them 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.



Self-Directed Support:-choose how your support is provided.

Anyone who is assessed as being eligible for social care support will be offered a choice in the way they would like to receive their support.

You will be offered 4 choices on how you can receive your social care:

- **Option 1:** The making of a direct payment by the local authority to the supported person for the provision of support.

You take the money, and choose and organise your support.

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 responsibilities. (You can get help with this.)

- **Option 2:** You choose the support, and either the council or a support provider arranges it. This means you don't have to manage the money, but you still actively organise

your support.

- **Option 3:** You ask the council to arrange the support but you can still be involved in the choice of the provider if you wish to.
- **Option 4:** Mix and match options 1, 2 and 3. SDS is about choices: you can arrange support from a support provider and/or you can employ your own staff.

SDS is meant to be used flexibly. You should be able to use it creatively so long as it meets your needs.


Support with Self-Directed Support:

The person carrying out your assessment will be able to talk you through each option. For More information please contact:

Adults and Social Care

Fairfield House,
8 Lothian Road,
Dalkeith, EH22 3AA.

 contactcentre@midlothian.gov.uk

 0131-271-3900

 www.midlothian.gov.uk/info/1350/getting_care_and_support/197/help_at_home



A Guide to Self-Directed Support in Midlothian



Forward Mid's guide to Self-directed Support booklet is available in Midlothian libraries and at  www.forwardmid.org.uk/pdf/sdssmallest.pdf

Lothian Centre for Inclusive Living

Lothian Centre for Inclusive Living (LCiL) can help you in a number of ways, including:-

- Identify and express your needs and outcomes,
- Prepare for your assessment,
- Explore which option is best for you,
- Liaise with Midlothian Council and other organisations,

- Recruit and manage personal assistants including processing wages through payroll.

Contact:-

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

 ilteam@lothiancil.org.uk

 0131 475 2350

 www.lothiancil.org.uk/how-we-help/independent-living-support/



Self-Directed Support Scotland

Self-directed Support Scotland champions local Independent Support organisations which provide quality advice and support on Self-directed Support.

They campaign for true Self-directed Support implementation when it comes to social care delivery throughout Scotland.



For more information please visit

 www.sdsscotland.org.uk/





Advocacy

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


Advocacy Providers working in Midlothian:

Consultation & Advocacy Promotion Service (CAPS)

an independent advocacy organisation for people who use or have used mental health services. CAPS works mental health service users as individuals or as members of a group to set their own agenda, and influence decisions which affect their lives.

 capsadvocacy.org/

 contact@capsadvocacy.org

 0131 273 5116


CAPS, Old Stables,
Eskmills Park,
Station Road,
Musselburgh, EH21 7PQ



EARS Midlothian

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

 www.ears-advocacy.org.uk

 0131 478 8866

EARS Independent Advocacy Service (SCIO)
525 Ferry Road
Edinburgh
EH5 2FF



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.

 www.partnersinadvocacy.org.uk

edinburgh@partnersinadvocacy.org.uk

☎ 0131 478 7724

Partners in Advocacy

G/1 Links House

15 Links Place

Edinburgh

EH6 7EZ



People First (Scotland)

an organisation run by and for people with learning difficulties to campaign for the rights of people with learning difficulties and to support Self-advocacy groups across Midlothian.

 peoplefirstscotland.org/

 admin@peoplefirstscotland.org

☎ 0131 478 7707

77-79 Easter Road

Edinburgh

EH7 5PW



Who Cares? Scotland

Who Cares? Scotland provides professional, independent advocacy services in most local authority areas in Scotland. We work one on one with a young person to help them have a say in what is happening to them.

 www.whocaresscotland.org/what-we-do/advocacy/

 hello@whocaresscotland.org

☎ 0141 226 4441

40 Wellington Street,

Glasgow,

G2 6HJ



**WHO
CARES?
SCOTLAND**





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



British Red Cross

Midlothian residents aged 55+ with long-term medical conditions.

British Red Cross 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,
- + Provision of internal and external rails,
- + Falls Assessment.

Neighbourhood Links Buddy Service – British Red Cross 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. Also link with a number of agencies who can provide a longer term service.

Neighbourhood Links Coordinators ☎ 0131 654 0340

Local Area Coordination (Community Coordinators)

The LAC Project works with people ages 55+ 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. British Red Cross 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.

Local Area Community Coordinators ☎ 0131 654 0340

Mobility Aids

The hire service helps people return to their own homes after illness or surgery, enables them to go on holiday or day trips with friends or family and promotes independence. Equipment can be hired initially from 1-20 weeks.

Mobility Aids Dalkeith is currently closed & operating a delivery service each Tuesday & Wednesday:

Equipment provided includes:

- + Wheelchairs
- + Commodes

Mobility Aids

British Red Cross,
Unit 52 Mayfield Industrial Estate
Dalkeith EH22 5TA

Mobility Aids ☎ 0131 660 9372 or ☎ 0300 456 1914

British Red Cross,
East and Mid Lothian,
Unit 3 Buckie House,
McSense Business Park,
Dalkeith EH22 5TA

☎ 0131 654 0340

📱 07738808834





Carers

If someone provides unpaid care for you or you provide unpaid care to someone else an additional Adult Carer Support Plan will be offered. These can be carried out by Midlothian Council or VOCAL Midlothian.

☎ 0131 663 6869

✉ midlothian@vocal.org.uk



This can be an adult or a young carer and both start with a conversation, which is the first step in developing your Adult Carer Support Plan.

Many carers find they can draw on existing supports in the local community, whether that be support from friends and family, local support groups or their local carer centre. Where more support is needed, it may be we can look to do this through social work funding. Each case is assessed individually, we use eligibility criteria to determine what qualifies for social work funding. An up to date copy of our eligibility criteria can be found on our website at www.midlothian.gov.uk/info/1352/carers/187/support_for_unpaid_adult_carers

A young carer is someone who has a caring role and is under the age of 18 years, or is 18+ and still in education. If you feel you have a caring role but you haven't spoken to a professional, you can ask an adult you trust to ask for a Young Carer Statement for you.

Or you can [✉ youngcarer@midlothian.gov.uk](mailto:youngcarer@midlothian.gov.uk) to ask for support. Support for Young Carers www.midlothian.gov.uk/info/1352/carers/84/support_for_young_carers

For additional support information www.gov.scot/publications/carers-charter/pages/3/





Citizens Advice Bureau

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

Penicuik & District Citizens Advice Bureau
14a John Street, Penicuik EH26 8AB.
☎ 01968 675 259

How can we help?

The CAB Service can offer advice and assistance on a variety of issues including:

- Benefits
- Form filling
- Debt
- Consumer issues
- Housing
- Utilities



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

Dalkeith CAB operates a drop-in session (no appointment necessary) on Monday, Tuesday & Thursday mornings (10.00 hrs -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 hrs -13.00 hrs, drop-in clinic,
No appointment necessary.

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

Newbyres Medical Centre, Gorebridge: Wednesday, 09.30 hrs –
12.00 hrs, by appointment - for registered patients only.

The Orchard Centre, Bonnyrigg: Tuesday, 13.30 hrs - 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 hrs -13.00 hrs,
no appointment necessary.

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

Home visits for Physically Disabled

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

You can also access phone advice by contacting:

Citizens Advice Direct ☎ 0808 800 9060 or

On-line at:

 www.adviceguide.org.uk/scotland

Consumer advice can be obtained from
Citizens Advice Consumer Helpline

☎ 0345 04 05 06





Cyrenians

For nearly 50 years, Cyrenians has served those on the edge, working with the homeless and vulnerable to transform their lives by beginning with their story, helping them believe that they can change their lives, and walk with them as they lead their own transformation.



Cyrenians Vision is an inclusive society in which everyone has the opportunities to live valued and fulfilled lives. Cyrenians work to make that vision a reality by Cyrenians Mission to support people excluded from family, home, work or community on their life journey.

Cyrenians way of work is built on Cyrenians four core values:

Compassion: Cyrenians believe that everyone should have the chance to change, no matter how long that might take.

Respect: Cyrenians believe in tolerance, acceptance, valuing diversity and treating each other as equals.

Integrity: Cyrenians are committed to the highest quality of work, grounded in honesty, generosity, sincerity and professionalism.

Innovation: Cyrenians are willing to take risks, challenge convention and be very creative in Cyrenians search for new ways of working, in particular by taking account of the environmental impact of Cyrenians decisions.

How Cyrenians work

Cyrenians aim to offer consistently excellent service delivery across all locations and activities. Cyrenians also want to provide clarity for purchasers that Cyrenians services are effective,

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 work 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 are a Scottish Charitable Incorporated Organisation (SCIO), registered charity SC011052.

Cyrenians,
57 Albion Road,
Edinburgh, EH7 5QY.

☎ 0131 475 2354

✉ admin@cyrenians.scot





Defibrillators

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

A Defibrillators is a device that delivers high energy electric shocks to the heart of someone in Cardiac Arrest. This high-energy shock is called Defibrillation and it is an essential part in trying to save the life of someone in Cardiac Arrest.

Most people who survive will have required a shock from a Defibrillators to correct the chaotic heart rhythm, the earlier a shock is given the better the persons chance of survival. Studies have shown that a shock delivered within 3 minutes of Cardiac Arrest provides the best chance of survival.

Who can use a public defibrillator?

Anyone can. There are clear instructions on how to use the public Defibrillator and attach Defibrillator pads. It will then assess the heart rhythm and at that point instruct the user on how to administer a shock if it is needed. You cannot deliver a shock accidentally. The technology inside the Defibrillator will only allow to shock if it is needed.

Where can a Defibrillator be found?

Defibrillators are normally located in workplaces and public spaces; they are known collectively as public access defibrillators (PAD's) as anyone can use them.

If you need to use a Defibrillator in an emergency, the 999 call handler will often know where the closest one is and inform you. You can request someone to collect it. By performing CPR and using a Defibrillator you'll give someone the best chance of survival.

If someone is having a Cardiac Arrest there are 4 critical steps.

1. Call ☎ 999,
2. Start CPR,
3. Ask if a Defibrillator is nearby and request passcode,
4. Turn on Defibrillator and follow instructions.

By switching on the defibrillator, it will immediately start to give a series of visual and verbal prompts, informing you of what you require to do. Follow the prompts.



How to use:-

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

Only 1 in 12 of people who experience a Cardiac Arrest will survive. There are currently around 3500 public access defibrillators (PAD's) in Scotland.

For more information:-

St Johns Ambulance web site  sja.org.uk/sja/default.aspx

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

24/7 access

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

Bonnyrigg

Bonnyrigg Bowling Club, King George the IV Park EH19 2DA

Bonnyrigg Health Centre, 109 High Street EH19 2DA

Bonnyrigg Primary School, 1 Cockpen Road EH19 3HR [24/7](#)

Broomieknow Golf Course, Golf Course Road EH19 2HZ **X2

Burnbrae Primary School, 144 Burnbrae Road EH19 3GB

Dalhousie Masonic Hall, 75 High Street Bonnyrigg EH19 2DB

Helen MacNeil Dentist, 64 High Street Bonnyrigg EH19 2AB

Lasswade Centre, 11 Hopefield Park EH19 2NE ** X2

Lasswade Primary School, 7A pendreich Drive EH19 2DU

Lasswade Rugby Club, Rosewell Road EH19 3PR

Midlothian Community Hospital, 70 Eskbank Road EH22 3ND [24/7](#)

Polton Bowling Club, Polton Cottages EH18 1JT

Tesco Express, Rosewell Road EH19 3PA

External Wall fitted, 6 Polton Street EH19 3HA [24/7](#)

Carrington and Temple Village

Telephone Box Carrington EH23 4LR [24/7](#)

Temple Village Hall, Temple Village EH23 4SQ [24/7](#)

Dalkeith

Campbell Dallas, Bonnyrigg RD, Eskbank EH22 3FB

Dalkeith High School, Cousland Road EH22 2PS

Dalkeith Miners Club, 8 Woodburn Road EH22 2AT

Dalkeith Rugby Club, Eskbank Road EH22 3BQ

Edinburgh College, 46 Dalhousie Road, EH22 3FR

Kings Park Primary School, 20 Croft Street EH22 3BA

Market Cross Veterinary Clinic Ltd, 18 Edinburgh Rd EH22 1JZ [24/7](#)

Mayfield Community Club, Stone Place EH22 5PG

McSence Communication, 32 Sycamore EH22 5TA

Melville Housing Association, Corn Exchange 200 High Street EH22 1AZ

Midlothian Council, 40-46 Buccleuch Street EH22 1DN

Morrisons, Eskbank Road Dalkeith EH22 3HQ

Newbattle Leisure Centre, 1 Newbattle Way Easthouses EH22 4DA

Newbattle Golf Club, Abbey Road Dalkeith EH22 3AD

Dalkeith

Newbattle Medical Practice, Blackcot EH22 4AA

St Luke's Primary School, Stone Avenue EH22 5PB

Tesco Superstore, Bonnyrigg Road Hardengreen EH22 3PP **24/7**

The Co-op, 6 Mayfield Place Mayfield EH22 5JG

Unit 44/1 Hardengreen Industrial Estate EH22 3NX

Woodburn Primary School, Cousland Road EH22 2PS

Gorebridge

Arniston Park Astro turf fence EH23 4BB **24/7**

Borthwick Castle Road North Middletone EH23 4QS **24/7**

Moorfoot Community Council 54 Borthwick Castle Terrace EH23 4QU

Scotmid Co-op, 114-116 Hunterfield Road EH23 4TX

Stobsmill Inn, 25 Powdermill Brae Birkenstone EH23 4TX **24/7**

Lasswade

Dobbies Garden World, Melville Nursery Lasswade EH18 1AZ

Loanhead

Asda Straiton Superstore, Pentland Road EH20 9NY

IKEA, Costkea Way EH20 9BY

Loanhead Leisure Centre, George Avenue EH20 9LA

Loanhead Parish Church, 126C The Loan EH20 9AJ

M-Pact Unit 9 Bilston Glen Industrial Estate EH20 9NA

Pentland Plants, Pentland Park EH20 9QG

The Link, 5 Mayburn Walk, Loanhead EH20 9HG

Zenith SAS 38 Dryden Road EH20 9LZ

Newtongrange

20 Seventh Street, Newtongrange EH22 4JT **24/7**

Dean Tavern, 80 Main Street Newtongrange EH22 4NA

Newbattle Bowling Club, Murderdean Rd EH22 4PD

Newbattle Police Station, 17 Morris Road EH22 4ST

Newtongrange Library St Davids EH22 4LG **24/7**

Newtongrange Railway Station, 23 Murderdean Rd EH22 4PE **24/7**

Welfare Park Scout Hall 26 Park Road EH22 4JE

Penicuik

Bush House Reception Milton Bridge EH26 0BB

Carlops Community Centre EH26 9NF

Citizens Advice Bureau, 14A John Street EH26 8AB

Cuiken Primary School 150 Cuiken Terrace EH26 0AH

Flotterstone Inn, Milton Bridge EH26 0PP

Glencourse Golf Club Milton Bridge EH26 0RD

Howgate Village Hall, Howgate EH26 0QF

Penicuik High School, 39A Carlops Rd EH26 9TP

Penicuik Rugby Club Old Pavillion EH26 9BJ **24/7**

Shottstown Miners Club, 165 John Street EH26 8AT

YMCA/YWCA Queensway EH26 0JJ **24/7**

Rosewell

Rosewell Primary School, 85 Carnethie Street EH24 9AN

Roslin

Roslin Dental practice 6 Main Street EH25 9LE

Dolly's Tea Room Main Street EH25 9LE

Volkswagen Dealership A701 EH25 9RS





Education

Communities and Lifelong Learning

Communities and Lifelong Learning is part of the Education Service of Midlothian Council. Communities and Lifelong Learning support young people, adults and families to improve their life chances through the



development of skills for learning, life and work. Communities and Lifelong Learning also work with communities to develop groups, improve local neighbourhoods, link into Community Councils, neighbourhood plans and other organisations in Midlothian. 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. Communities and Lifelong Learning works with key partners to implement initiatives such as Developing Scotland's Young Workforce, Positive Destinations and Employability.

Work with adults:



Communities and Lifelong Learning deliver a range of employability support options, courses and training including ICT, Care Academy, Work Club, Job Clubs, Construction Skills Certification Scheme Training and Modern Apprenticeships.

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

Community-based Adult Learning (CBAL) programmes

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

Communities and Lifelong Learning 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. Communities and Lifelong Learning 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. Contact  llefocus@midlothian.gov.uk  0131 271 3713.

Work with Young People:

Communities and Lifelong Learning 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. Communities and Lifelong Learning 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.

Communities and Lifelong Learning 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. Communities and Lifelong Learning lead the Developing Midlothian's Young Workforce Board where Communities and Lifelong Learning 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.

Communities and Lifelong Learning 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

Communities and Lifelong Learning 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.

Work with Communities

Communities and Lifelong Learning works with communities to develop groups by helping with funding and training opportunities; with constitutions and setting up a board; through connecting with relevant people and organisations and linking into Community Councils and neighbourhood plans.

☎ 0131 271 3713

✉ llefocus@midlothian.gov.uk

f : www.facebook.com/LLEMidlothian

🐦 : twitter.com/LLEadult_family

🌐 : leadultsfamilies.wordpress.com/

Edinburgh College



For the future you want


Edinburgh College is one of Scotland's biggest College with around 26,000 students across 4 campuses in Edinburgh and the Lothians, including our Midlothian Campus, based at Dalkeith.

Offering a wide variety of vibrant vocational and academic courses, Edinburgh College provides flexible learning opportunities to suit all learning needs. Whatever path you choose we offer over 700 courses from access to degree level and continuing professional development to help you achieve your future career ambitions.

Edinburgh College are committed to equality of opportunity and to a culture that respects difference. We recognise that equality of access to education is crucial in unlocking many significant opportunities in life.

Our campuses have a number of accessibility features, including

accessible parking spaces, accessible doors, accessible toilets (including some with hoists), quiet rooms and portable hearing loops.

You can browse for courses and apply online at  www.edinburghcollege.ac.uk/

If you would like to discuss course options or need help to make your course application, please contact the course information team on ☎ 0131 297 8300 (09:00 hrs - 16:00 hrs) or Email:

 courseinfo@edinburghcollege.ac.uk

Edinburgh College Student Services Learning Support

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

Difficulties may be associated with dyslexia, attention deficit disorder, dyspraxia, sensory impairment, social or emotional difficulties, health problems, mental health problems or mobility difficulties. As well as this, Edinburgh College are able to assist students who qualify for the Disabled Students Allowance with the completion of their application form and advise them on assistive technology. Formal assessments for the DSA are carried out in College.

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

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

 learning.support@edinburghcollege.ac.uk


Student Advice

Edinburgh College have student advisors at each campus who

are dedicated to helping you throughout your time at Edinburgh College.

Edinburgh College advisors offer information on:

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

Further information can found on the College website:  www.edinburghcollege.ac.uk/

Edinburgh College staff vacancies

Edinburgh College welcome applications from all sections of the community including people of all ages, disabilities, gender identities, pregnancy/maternity status, marital/civil partnership status, ethnic backgrounds, religions/beliefs and sexual orientations.

We are proud to be accredited as Disability Confident Committed. Current vacancies at the College are now listed on www.edinburghcollege.ac.uk/Welcome/Vacancies/

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 Sciences Award on a full-time or part-time basis, as well as a range of short courses and community events. The college has a strong ethos of support for all learners, regardless of their status. Our students receive support from

a personal tutor to help them to progress and advance to future opportunities. There are also small tutorial groups that support our college students and to prepare them for future study.

The Support for Learning staff at the college are

experienced in working with adults with a range of additional support needs, including dyslexia.



The college also has excellent facilities for conferences, training events, weddings and social functions. There is ample parking (for up to 100 cars) including disabled parking and lift access within the building.

Newbattle Abbey College,

Newbattle Road

Dalkeith, Midlothian, EH22 3LL

☎ 0131 663 1921

✉ office@newbattleabbeycollege.ac.uk

🌐 www.newbattleabbeycollege.ac.uk





Emergency Services

Police Scotland

999 Emergency Number

In an emergency you should always ☎ 999 if:

- There is a risk of personal injury or loss of life,
- A crime is in progress,
- Someone suspected of a crime is nearby.

Deaf, deafened, hard of hearing or speech-impaired callers using a Textphone (minicom) should dial 🗑 18000 in an emergency.

Alternatively, if you are deaf, hard of hearing and speech-impaired, you can register with emergency SMS text service. The emergency SMS service lets people in the UK send an SMS text message to the UK 999 service where it will be passed to the police, ambulance, fire rescue or coastguard.



☎ 101 Non-Emergency Number

For non-emergencies and general enquiries, ☎ 101 is the number you call if you need to contact the police. Using ☎ 101 for situations that do not require an immediate police response helps keep ☎ 999 available for when there is an emergency.

Calls to ☎ 101 from landlines and mobiles cost 15 pence per call, no matter what time of day you call or how long your call lasts.

Calls to Police Scotland may be recorded for training and service improvement purposes.

UK calls outwith Scotland

UK callers residing outside of Scotland should ☎ 01786 289 070 to contact Police Scotland

International Contact

International callers should ☎ 0044 1786 289 070 to contact Police Scotland.



Email local community police on:

Dalkeith, Woodburn, Millerhill and Danderhall and surrounding area :-

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

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

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

Gorebridge, Newtongrange and Middleton area:-

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

Bonnyrigg, Lasswade and the surrounding area:-

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

Loanhead, Straiton, Damhead, Bilston, Roslin, Rosewell and surrounding areas:-

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

Penicuik town and the surrounding communities:-

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

Write to us:

PO Box 2460


Dalmarnock

Glasgow, G40 9BA


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



Deaf/Hard of Hearing callers

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

Minicom Service

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

Crimestoppers

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

Hate Crime & Third Party Reporting

Did you know that Hate Crime is any criminal offence committed against an individual or property that is motivated by a person's hatred of someone because of his or her actual or perceived race, religion, transgender identity, sexual orientation or disability?

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

You can report a Hate Crime as follows:

- By Telephone ☎ 999 (emergency) ☎ 101 (non-emergency),
- In person at any Police station,
- Online – please visit the Police Scotland website.

Third party reporting

In some cases victims/witnesses of Hate Crime do not feel comfortable reporting the matter directly to the Police and may be more comfortable reporting it to someone they are familiar with.

To ensure all victims/witnesses are able to report Hate Crimes, Police Scotland works in partnership with a wide variety of partners who perform the role of 3rd Party Reporting Centres. Staff within 3rd Party Reporting Centres have been trained to assist a victim or witness in submitting a report to the police and can make such a report on the victim/witnesses behalf.

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

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

Scottish Ambulance Service



Patient Transport

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

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

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

Transport types

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

Bookings/cancellations.

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

Do I qualify?

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

Ambulance transport is available for patients who:

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

- Are attending hospital for treatment that might have side effects and require ambulance care on the return journey.

Why do I need to qualify?

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

Can a relative come with me?

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

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

Scottish Fire and Rescue Service

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

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

Complete our online form at:

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

☎ 0800 0731 999,

Call your local fire station,

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



Having a disability makes it difficult to check alarms about the house. You will need to have more than one planned escape route in the event of a **fire**.

Remember:



Plan your escape route now. Practice with your family,



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



Get out quickly. Don't stop for valuables,



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



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



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



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



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



Phone the Fire and Rescue Service. ☎ 999





Employment

Access to Industry

Access to Industry works with individuals to support them into education and employment. Access to Industry believes that their work delivers real transformative change, assisting individuals to overcome personal difficulties that impede their progress.

Access to Industry do this through programmes and courses that provide one-to-one support, group-work, tutored classes and work experience. Access to Industry aim is to facilitate access to further and higher education, training and employment.

Access to Industry programmes and courses develop essential core skills such as communication, ICT (information and Communications Technology) and problem solving. Access to Industry offer individual support that aims to alleviate wider personal barriers.

Access to Industry
156 Cowgate,
Edinburgh, EH1 1RP.

☎ 0131 260 9721

✉ mail@accesstoindustry.co.uk

🌐 www.accesstoindustry.co.uk



Deaf Action

Deaf Action employability service covers Edinburgh and the Lothians and Fife. Deaf Action support unemployed Deaf, Deafblind, Deafened and Hard of Hearing adults over 18 years old with enhancing their chances of successfully getting a job.



Deaf Action

49 Albany Street,
Edinburgh EH1 3QY.

☎ 0131 556 3128, SMS: 07775 620 757

TextPhone: 🗑 0131 557 0419

 admin@deafaction.org

Into Work

Into Work have many years' experience helping people with long-term health conditions and disabilities achieve their goal of both finding and keeping a paid job.

Into Work

Into Work help people with disabilities or long-term health conditions have equal opportunity to take up employment and receive fair treatment in work.

Into Work,
Norton Park, 57 Albion Road,
Edinburgh EH7 5QY.

☎ 0131 475 2600

 enquiries@intowork.org.uk

Jobcentre 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 Jobcentre Plus.

Dalkeith Office

5 Buccleuch St, Dalkeith EH22 1HB

☎ 0843 487 1844

Penicuik Office

25 John St, Penicuik EH26 8HN

☎ 0800 169 0190

jobcentreplus

RNI:D

RNI:D reablement services is for men and women, over the age of 18, who are deaf, deafblind or have hearing loss. Who may be recovering from an illness or injury. It tends to be provided to people who have just been discharged from hospital or who need support following a crisis, and is often short-term and intensive.

**RN
I:D**

☎ 0808 808 0123

Textphone: 🗉 0808 808 9000

📧 information@rnid.org.uk

🌐 rnid.org.uk/

Sight Scotland

Living with sight loss can be challenging. If you live in Edinburgh, Midlothian or East Lothian, Sight Scotland rehabilitation and mobility staff can provide

the help and support you need, no matter your level of sight loss, so you can maintain your independence.

Sight Scotland can be there for you following diagnosis. If you need specialist support, we will provide a specialist assessment and plan together how we can help.

How we can help

Sight Scotland rehabilitation and mobility team provide practical guidance to help people with sight loss keep doing the everyday things that are important to them, develop essential skills to live safely at home, and to navigate the world with confidence.

0800 024 8973

supportline@sightscotland.org.uk

🌐 www.sightscotland.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 are helping people build the skills to manage their career throughout their lifetime, including:-

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

☎ 0800 917 8000

 www.skillsdevelopmentscotland.co.uk





Food Banks

If you need help

If you are in crisis and need help while the Food Fund is closed, you may be eligible for a Scottish Welfare Fund grant:

Contact the food bank they will discuss your situation and supply you with a foodbank voucher where appropriate.

Location	Contact
Bonnyrigg + Sherwood Community Trust Bonnyrigg Community Trust Shop, High Street Bonnyrigg	☎ 0131 663 2555 📘 www.facebook.com/BonnyriggTrust
Gorebridge (Trussel Trust) Gorebridge Church, Hunterfield Road	☎ 07789 173276 📘 midlothian.foodbank.org.uk/
Penicuik Food Fact Friends	☎ 0131 270 7500 42 John St Penicuik, EH26 8AB
Woodburn Food Fact Friends	☎ 0131 270 7500 10 Woodburn Road, Dalkeith
Veterans Only Lothian Veterans Centre Must meet qualifying standards	☎ 0131-660-5537





Midlothian Local Area Co-ordination

What is Local Area Co-ordination (LAC)?

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 provide information and invest time in understanding what a good life looks like to the individual or family, and how they could get there. LAC helps people to build their own capacity and connections, so that they can stay strong and independent. LAC enables people to build new community

connections or capacity where they don't exist.

Get in touch:

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

Your LAC Team

Catherine

Mobile: ☎ 07889 456 267

 catherine.acton@enable.org.uk



Carrie

Mobile: ☎ 07892 770 079

 carrie.poole@enable.org.uk



Stuart

Mobile: ☎ 07889 456 264

 stuart.mcintosh@enable.org.uk



Caroline

Mobile: ☎ 07753 316 885

 caroline.rodger@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, EH22 5TA.

Join Us  [www.facebook.com/
groups/203648627717769](https://www.facebook.com/groups/203648627717769)



Midlothian





Local Groups

Beeslack Family Club

Beeslack Family Club has been running for over 30 years. Beeslack Family Club started as a Pilot Project in April 1985. The aim of the club is to provide a range of activities for “children and adults with additional support needs.” The club creates opportunities that enable members and their families to integrate socially, recreationally and educationally as well as providing a vital consistent space for families to take part in activities without restrictions.



Many of Beeslack Family Club members suffer with significant complex additional needs such as Downs Syndrome, Partially Sighted, Arthritis, Diabetic, Epilepsy, Autism, Parkinson’s, Stroke, Cerebral Palsy, Fragile X Syndrome, ADHD, Coeliac Disease, BI Polar, and hearing impairment. The club has a fully inclusive policy and is the only weekend family club of its kind in operation in Midlothian.

Over the years we have expanded somewhat and currently, we offer a variety of activities - cookery, arts & crafts, woodwork, swimming, computers, sensory garden, cycling (we have an adapted trike), music, pool and a coffee bar.

Everyone welcome. For further information please contact:
Beeslack Community High School,
Edinburgh Road,
Penicuik, EH26 0QF.
☎ 01968 673893

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

Meet first Tuesday of every month at:

MVA

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

☎ 07969 467 594



Bright Sparks

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



Bright Sparks vision for the future is to continue to develop our family centre for play provision and their families. Bright Sparks will continue to build an increasingly diverse and responsive programme of activities, maximizing the use of our resources and assets, while maintaining our core ethos of family support.

King George V Park,
Bonnyrigg,
Midlothian, EH19 2AD

☎ 0131-663-5172

✉ brightsparksplaygroups@aol.co.uk

🌐 brightsparkspg.org/

🐦 [:twitter.com/brightsparks_pg](https://twitter.com/brightsparks_pg)

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!

Equality - Diversity - Inclusion

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

When: Last Tuesday of every month from 14:00 hrs to 16:00 hrs

The **venues** to be confirmed as vulnerable people are included in this group.

Eric Johnstone

☎ 0131 663 9471

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!

As the country has moved into a new lockdown at the start of 2021, Can Do has moved most of the community activities that we usually run onto digital platforms – keeping people connected in a fun and engaging way.


What's in it for you?

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

For information on opportunities contact:-

Louise Muir, Can Do Programme Coordinator for Lothian at

 louise.muir@leonardcheshire.org


 07525 800 289

 www.leonardcheshire.org/cando

Connecting Midlothian Socially

Connecting Midlothian Socially in partnership with Midlothian LAC (Enable Scotland) and Thera Scotland.

Like to get out and meet new people, then come along to the CMS disco at the Mayfield Community Club on the 1st Friday of each month. Running from 19:00 hrs to 22:30 hrs. It is a great way to spend time with your friends and also make new friends.

For further information contact –
Stuart  07889 456 264 (Enable Scotland)



D-Café

The D-Cafe offers a friendly, supportive and stimulating environment for people with dementia and their carers. The Community Activities Organiser provides a range of engaging activities for people with dementia, as well as running a specific Carers Support Group from 13:00 hrs -14:00 hrs, during the Cafe.



The Cafe is a great opportunity to meet others in similar circumstances for advice, information and support and to make valuable social connections.

Lunch and refreshments are provided.

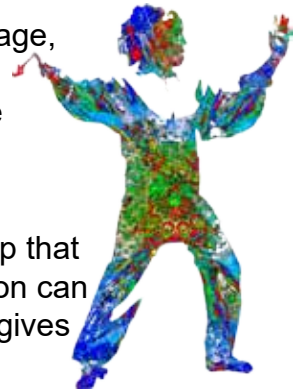
Held on the second and fourth Tuesday of every month, from 12:00 hrs to 14:30 hrs.

Dalkeith Baptist Church,
8 North Wynd,
Dalkeith, EH22 1JE
☎ 0131 654 1114

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.



Places become available occasionally, anyone who wants to find out more contact Catherine Acton

Local Area Co-ordination Office
☎ 0131 454 1785.

Get2gether

Get2gether believe that everyone has the right to love and friendship. We also believe that people meeting should be easy, fun and accessible.

get²gether

Get2gether arrange social activities for people with disabilities in safe friendly places in Edinburgh and the Lothians, Ping Pong, Speed dating dancing and meals out.

Free Membership required over 18 only.

The Thistle Foundation,
13 Queen's Walk,
Edinburgh, EH16 4AE

☎ 07867 179023

✉ admin@get2gether.org.uk

📘 www.facebook.com/get2getherscotland/

🌐 get2gether.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 10:00 hrs until 12:00 hrs.

Mary Webb

Gorebridge Parish Church Hall,

100 Hunterfield Road,

Gorebridge, EH23 4TT.

☎ 01875 820 094

Lothians Veterans' Centre

The Lothians Veterans' Centre 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.

 www.facebook.com/LothiansVets

 0131-660-5537

 contact@lvc.scot

Midlothian Peoples Equality Group

Midlothian Peoples 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.



Midlothian People's Equality Group

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.

 0131 271 3358

erin.cuthbertson@midlothian.gov.uk

For more information or visit the MPEG website

 www.midequalitygroup.co.uk

 www.facebook.com/MPEGMidlothian

SJKP Community Café

A Monday Café, from 09:30 hrs until 13:30 hrs.

SJKP Community Café was started with an independent grant on

the premise to welcome visitors and friends.

As a non-profit Café all monies raised are used to bless the community by releasing donations to local charities sympathetic with Saint John's & Kings Park Church aims.

The Café operate a suspended Coffee Scheme- Every coffee purchased another one is donated to someone who cannot afford it.

SJKP hope you enjoy the Community Café.

Pat Thorpe
Saint John's and Kings Park Community Café,
31 Eskbank Road,
Dalkeith EH22 1HJ
☎ 0131 660 5871





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:-

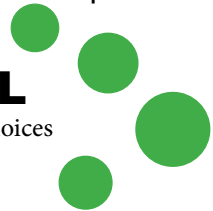
- Independent Living Support - Providing you with information and one-to-one support to manage your own self-directed package,
- Payroll & Financial Management Service - Wages processing and administration if you employ your own personal assistants (PAs). Enhanced support to help you budget and plan,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

To find out more, contact us at:
Lothian Centre for Inclusive Living,
Norton Park, 57 Albion Road
Edinburgh, EH7 5QY
☎ 0131-475-2350 (10:00 hrs - 16:00 hrs)

 admin@lothiancil.org.uk

 www.lothiancil.org.uk

LCiL
Rights & Choices





Midlothian Disability Access Panel

Do you experience a disability?

Are you a carer?

Are you affected by disability?

Would you appreciate 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?

Join Midlothian Disability Access Panel
and have your voice heard.

Contact: Mike Harrison, Chair;

☎ 0131 448 0930

✉ chairman@MidDAP.org.uk

Karl Vanters, Secretary to the Panel

☎ 0790 305 9074

✉ karl.vanters@midlothian.gov.uk



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. We 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

There quite a few entries online. You can select a particular business or a type (cafés, undertakers etc) and it will tell you about access arrangements (steps, doors, hearing loops etc) to help you plan your visits. The Panel is continuing to survey premises www.middap.org.uk and follow the menu to 'Access Guide'





MFIN

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, Social Security Scotland 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 addition to holding our own network meetings we also support meetings of the Midlothian Digital Steering Group and the Midlothian Food and Health Alliance.

If you would like to find out more about MFIN, see MFIN 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 ☎ 0131 663 9471





Midlothian Voluntary Action

Midlothian Voluntary Action (MVA) provides support, guidance and representation for third sector organisations working in Midlothian. This includes grassroots community groups, charities and social enterprises.



We do this by:

- Providing free one to one development support.
- Delivering an annual programme of training, workshops and networking events.
- Distributing news and information via our e-bulletins and social media.
- Running the Third Sector Forum and giving a voice to the sector within Midlothian's Community Planning Partnership.

MVA's Community Care Development Worker supports the Midlothian Older People's Assembly, and Forward Mid.

Midlothian Voluntary Action is part of Midlothian Third Sector Interface (TSI). The TSI also consists of Volunteer Midlothian and the Social Enterprise Alliance Midlothian, and is the main point of contact for the Scottish Government on third sector issues in Midlothian.

We have accessible meeting space at our offices at
4-6 White Hart Street,
Dalkeith, EH22 1AE.

MVA can be contacted at info@mvacvs.org.uk More information on MVA is available on our website: www.thirdsectormidlothian.org.uk/mva/about-mva/

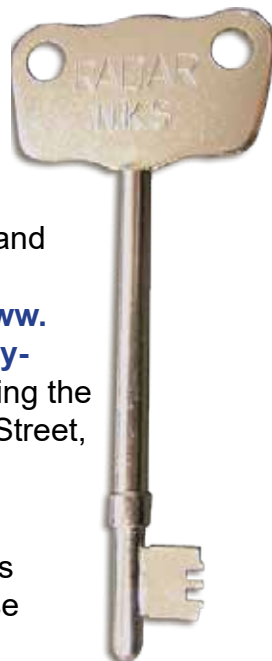




Radar key

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. Toilets fitted with National Key Scheme (NKS) locks can now be found in shopping centres, pubs, cafés, department stores, bus and train stations. Alternative costs: Without VAT - £5.00 For more information please visit www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key Forward Mid are also selling the Radar Key at cost £4.50 from 4-6 White Hart Street, Dalkeith EH22 1AE.

☎ 0131 663 9471




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/incontinence-shop/toilet-aids/disabled-toilet-keys.html UK style Eire, European style and Australian available at www.radarkey.org/order

There is a new website to check for both Accessible Toilets and also Changing Places Toilets www.loo.org/ there are Apps to download to Mobile devices.

Changing Place Toilets Midlothian
Dobbies Garden World, Lasswade EH18 1AZ
Dalkeith Arts Centre, EH22 1DY
Ikea, Loanhead EH20 9BY
Newbattle Community Campus EH22 4SX

Radar Key Accessible Toilets in Midlothian
Blacksmiths Forge JD Wetherspoon, Dalkeith EH22 1DU
Buckleuch, Dalkeith EH22 1HZ

Accessible Toilets in Midlothian
Bonnyrigg Medical Centre EH19 2ET
Lasswade Leisure Centre EH19 2NE
Pitcairn Centre, Bonnyrigg EH19 2ES
Dalkeith 4 Eskdail Street EH22 1LB
Dalkeith Community Campus EH22 2PS
Dalkeith Medical Centre EH22 1AP
McDonalds, Eskbank EH22 3FU
Midlothian Community Hospital EH22 3ND
Morrisons, Dalkeith EH22 1HQ
Restoration Yards, Dalkeith EH22 1ST
Saint John's & Kings Park Church EH22 1HJ
Tesco, Hardengreen EH22 3PP
Beacon, Gorebridge EH23 4TT
Newbyres Medical Centre, Gorebridge EH23 4TP (assistance required)
Asda, Loanhead EH20 9NY
Costa Coffee, Loanhead EH20 9QY
Loanhead Leisure Centre EH20 9LA
McDonalds Loanhead EH20 9PW
Matalan, Loanhead EH20 9QY
Next, Loanhead EH20 9PW
Sainsbury, Loanhead EH20 9PW
Mining Museum, Lady Victoria, Newtongrange EH22 4QN
Newtongrange Leisure Centre EH22 4PG
Penicuik 1 Bank Street Penicuik EH26 9BG
Penicuik Leisure Centre EH26 9EP
Tesco, Penicuik EH26 8NP

If you know of any more, please let Forward Mid Know. If travelling to England you can check  www.loo.org/ and see if you would benefit from purchasing one.





Sport

Active Midlothian

Active Midlothian 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

Active Midlothian partners are;

- Lothian Special Olympics
- Lothian Disability Sport
- Scottish Disability Sport
- Special Olympics GB
- Active Schools Coordinators
- Allstars Disability Club


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 Lothian please contact Mary Mackie.

 Mary.Mackie@midlothian.gov.uk

 0131 561 6518

 Jenny.Potts@midlothian.gov.uk

Ageing Well

Temporary Ageing Well activities programme during restrictions
For information on the limited service,  Vivian:

vivian.wallace@midlothian.gov.uk

Please call and leave a message before coming along to a class or group for the first time as we are restricted on numbers due to Covid guidance and some classes may have a waiting list.



☎ 0131 5616506

☎ 07825 356478

Monday

Time	Activity	Location
12.30 - 13.30	Line Dancing	Ladywood Leisure Centre
15:00 - 16:00	Line Dancing (Beginners)	Newbattle Com Centre
16.15 - 17.15	Line Dancing	Newbattle Com Centre

Tuesday

Time	Activity	Location
10.00 - 11.30	Tai Chi	Pitcairn Centre
12.00 - 13.00	Tai Chi (Beginners)	Pitcairn Centre
12.30 - 13.30	Line Dancing	Loanhead Leisure Centre
13.45 - 15.15	New Age Kurling	Loanhead Leisure Centre
13.00	Gorebridge Walkers	Arniston Rangers car park
13.00	Gorebridge Striders	Arniston Rangers car park
13.30	Dalkeith Walkers	St Nicholas Church Hall
13.30	Dalkeith Striders	St Nicholas Church Hall
13.30 - 15.30	New Age Kurling	Rosewell Church Hall
14.00 - 16.00	New Age Kurling	Ladywood Leisure Centre
18.00 - 19.00	Ladies Walking Football	Saltire Soccer Centre

Wednesday		
Time	Activity	Location
10.00 - 11.00	Tai Chi (Advanced)	On Line
10.00 - 12.00	Table Tennis	Ladywood Leisure Centre
10.30 - 11.30	Line Dancing Outdoor	Kings Park Tennis courts
12.30 - 13.30	Line Dancing (Beginners)	Danderhall Com Hub
13.30 - 15.30	Badminton	Ladywood Leisure Centre
13.45 - 15.15	Walking Netball	Danderhall Com Hub
14.00 - 16.00	Walking Football	Bayne Memorial Hall

Thursday		
Time	Activity	Location
10.00	Loanhead Walkers	Loanhead Leisure Centre
10.00	Loanhead Striders	Loanhead Leisure Centre
11.00	Walk and Talk	Newtongrange Library
11.30	Walk and Talk	Woodburn Grassy Riggs
14.30 - 16.00	New Age Kurling	Newbattle Com Centre

Friday		
Time	Activity	Location
09.45	Penicuik Walkers	St Mungo's Church Hall
10.00	Roslin Walkers	The Original Rosslyn Inn
10.00 - 12.00	Walking football	Ladywood Leisure Centre
13.00	Rosewell Walkers	Rosewell Church Hall
13.30	Rosewell Striders	Rosewell Church Hall
14.30 - 15.30	Walking Rugby	Dalkeith Rugby Club



Lothian Disability Sport

Lothian Disability Sport was originally set up as Lothian Sports Association for the Disabled back in 1962. Since then it has evolved over the decades, culminating in the creation of the

registered Scottish Charity Lothian Disability Sport (LDS) in 1998.

Aims Of Lothian Disability Sport

The underlying principles of LDS are to promote sport and physical activity for people with a physical, learning or sensory impairment through the following ways:

- To promote the welfare of all people with a disability through sport and physical recreation by providing sporting and leisure opportunities for all people with a disability
- To help individuals develop confidence through participation in sport and leisure activities in order to promote health and well being
- To encourage individuals to develop any particular sporting abilities which they may have and to aid them in furthering their sporting potential to a level to which they aspire
- To provide and promote opportunities for clubs and club members to participate in a range of sporting and leisure activities, including competitive sport, and encourage and support them to do so
- To publish and distribute regular up-to-date information on activities and facilities

To help us achieve these aims we offer:

- a Lothian wide programme of competitive and participatory events in selected sports, for both school aged and senior athletes
- co-ordination of participation by athletes and teams at Scottish Disability Sport National sports events
- a regular newsletter detailing recent news and achievement and highlighting forthcoming events
- information on coaching and training opportunities and access to coach education courses, as well as supporting UK Disability Inclusion Training
- provide support to established and developing clubs in the local area.
- provide grant aid for athletes, clubs, coaches and volunteers where appropriate.

In light of the current situation, Scottish Disability Sport have taken the decision to suspend their events. If you have any questions ☎ 0131 475 2364 or Email: admin@lothiandisabilitysport.co.uk

Please check our website for updates 🌐 www.lothiandisabilitysport.co.uk/

Sports clubs are re-opening. However it is suggested for up to date information you contact the clubs direct.

<h2>Sports Clubs</h2>	
Arniston Rangers Football Club	 www.arnistonrangersyfc.co.uk/
Bonnyrigg Rose Academy	 www.bonnyriggrose.org.uk/
Dalkeith Thistle Football Club	 www.dalkeiththistlefc.com/
Dalkeith Rugby Football Club	 www.dalkeithrugbyclub.com/
Easthouses Lily Football Club	 www.facebook.com/EasthousesLily
Heart of Midlothian Football Club	 www.heartsfc.co.uk/
Hibernian football club	 www.hibernianfc.co.uk/
Lasswade Rugby Football Club	 lasswaderfc.club/
Lasswade Thistle Football Club	 www.lasswadethistlefc.co.uk/
Newtongrange Star Football Club	 newtongrangestarfc.co.uk/
Penicuik Athletic	 www.payfc.net
Penicuik Rugby Football Club	 penicuikrugby.org/
Whitehill welfare Rosewell	 www.whitehillwelfare.co.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





VOCAL & Wee Breaks

Voice Of Carers Across Lothian

VOCAL provides information to unpaid carers. An unpaid carer is a person who looks after a relative, neighbour or friend who needs support because of age, physical or learning disability, long-term condition or illness, mental health problems or drug or alcohol issues.



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

VOCAL provides:

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

What is an Adult Carer Support Plan

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

More information on Adult Carer Support Plans can be found in the leaflet available from VOCAL Midlothian.

Wee Breaks

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



Wee Breaks encourages carers to take some 'time out' from their caring role and can help you find and create the right break for you – from a few hours to a few weeks. We can spend time with you and help you think about what would be the best breaks for you and how to achieve this.

Wee Breaks Funds

VOCAL Midlothian administers a Wee Break fund which can help you get 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.

To be eligible for a Wee Breaks grant, carers must meet the following criteria:-

- 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 family member, friend or neighbour,
- 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: weebreaks.com/the-wee-breaks-fund/

VOCAL Midlothian,
Carers Centre,
30/1 Hardengreen Estate,
Dalkeith EH22 3NX.



 www.vocal.org.uk

The office is open Monday to Friday 09:00 hrs – 17:00 hrs.

☎ 0131-663 6869

 midlothian@vocal.org.uk

 www.vocal.org.uk/midlothian

 www.weebreaks.org

 www.facebook.com/VOCALMidlothian/

 twitter.com/VOCALMidlothian

 <https://www.linkedin.com/company/vocalcarers>




Volunteer Midlothian

Leading the way in volunteering

Volunteer Midlothian is the leading agency for volunteering development in Midlothian. If you're interested in becoming a volunteer or want to promote an opportunity, we're here to help:


- **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  www.volunteermidlothian.org.uk.

Volunteer Midlothian also runs a number of volunteer-led projects which help people develop their skills and confidence. These include Connect Online which provides IT tuition to groups of older people and vulnerable adults who wish to develop their digital skills and increase their social connections. Groups take place at home (for those who are housebound) or in local community settings including libraries. We also offer supported volunteering opportunities for young people aged 14-20 through our Transform Project.

The Connect Project matches volunteer befrienders with people who are socially isolated. This may be as telephone/online befriending or meeting up for a walk/talk- socially distanced and out of doors.



To get in touch please phone or email Naomi -
Volunteer Coordinator of The Connect Project
☎ 07856 571076
 naomi@volunteermidlothian.org.uk

Volunteer Midlothian, We are working from home.
Mobile ☎ 07859 914 587. when we reopen, our address will be
4/6 White Hart Street,
Dalkeith EH22 1AE(where the existing MVA office is located).





Midlothian Health and Social Care Partnership

Delivering healthcare and support in Midlothian

The Midlothian Health and Social Care Partnership brings together parts of Midlothian Council and NHS Lothian. It is governed by the Midlothian Integrated Joint Board (IJB).



The IJB plans services in Midlothian that help you live well and get support when you need it - from care homes to care at home, primary care to telecare, voluntary organisations to vaccinations.

Our vision

People in Midlothian are enabled to lead longer and healthier lives.

Our Values

Our services will provide the right support for you, at the right time and in the right place.

What we do

Every 3 years the IJB publishes a Strategic Plan that sets out our main priorities.

To put this plan into action the IJB sends formal written Directions to NHS Lothian and Midlothian Council in relation to the services they provide.

Our three year Strategic Plan is divided into sections. Links to these individual sections can be found at www.midlothian.gov.uk/mid-hscp/info/3/what-we-do or click on the links below

Service areas:

- **Cancer**

- **Respiratory Conditions**
- **Neurological Conditions**
- **Stroke**
- **Heart Disease**
- **Type 2 Diabetes & Obesity**
- **Palliative Care**
- **Older people**
- **Mental Health**
- **Physical Disability & Sensory Impairment**
- **Learning Disability & Autism**
- **Community Justice**
- **Substance Misuse**
- **Falls and Fracture Prevention**

Resources:

- **Primary Care**
- **Hospitals (Unscheduled Care)**
- **Unpaid Carers**
- **Workforce & Third Sector**
- **Communities**
- **Housing & Property**
- **Digital (Technology Enabled Care)**

 www.midlothian.gov.uk/mid-hscp/site/index.php

 Mairi.Simpson@nhslothian.scot.nhs.uk



 www.facebook.com/MidlothianHSCP/

 twitter.com/MidlothianHSCP?ref_src=twsrc%5Etfw









A&E Alternatives

Self-care is about looking after ourselves so that you stay healthy, and taking care of ourselves when you are ill.



Before requesting an NHS appointment, Please check online:

- For Covid help ☎ 0800 02 82 816 08:00 hrs until 22:00 hrs
-  www.nhsinform.scot or ☎ 0800 22 44 88 use this number if you require an need an interpreter.
- Users of British sign language please use  contactscotland-bsl.org/ or text 🗣 18001 0800 22 44 88
-  www.treatyourselfbetter.co.uk/
-  www.selfcareforum.org/resources/patient-portal

Common illnesses or advice on medicines

Your community pharmacist can give you advice, or treatment for many minor ailments, Minor ailment service at community pharmacies. **Midlothian Pharmacies:**

- Sexual health **MYPAS:** ☎ **0131 454 0757** or  www.mypas.co.uk
- For help to stop smoking, ask your pharmacist or contact: Midlothian Stop Smoking Service: ☎ 0131 537 9914
- If over 65, under 16 or receive certain benefits you can use the NHS minor ailment service if registered in a pharmacy. Ask your pharmacist or go online to  www.npa.co.uk or  www.cps.scot/

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, and skin conditions. Many can prescribe medications and arrange investigations. Ask your GP practice receptionist for advice on whether the nurse might



be able to deal with your problem.

Dental and Mouth Problems


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

-  services/nhslothian.scot.nhs.uk/dentists
or ☎ 0131 537 8444
- A walk-in centre in Edinburgh: ☎ 0131 536 4800.



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

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 see the Midlothian Wellbeing Access Point section
- The Orchard Centre: supports people across Midlothian ☎ 0131 663 1616 or  www.health-in-mind.org.uk
- Breathing Space: Someone to talk with when things are low ☎ 0800 838 587 or  www.breathingspace.scot
- Samaritans: ☎ 116 123 for more than suicidal thoughts.

Alcohol and drug problems

- Gateway to Recovery Clinics: ☎ 0131 660 6822 These are drop-in clinics for anyone looking for help. No appointment necessary. Clinics in Dalkeith and Penicuik.
- Mid and East Lothian Drug and Alcohol Partnership:
 www.meldap.co.uk

Eye problems

Opticians are trained to recognise common eye problems. They can also provide treatment or refer you to specialist services.

You can also get advice at <https://patient.info/eye-care>

Hearing problems


High street opticians offer hearing tests and help with existing hearing aids. NHS Audiology Services, see your own GP first.

Muscle and Joint Problems


You can contact the physiotherapy service directly for muscle and joint problems. They give advice or appointment if necessary.

☎ 0800 917 9390 or go to  www.nhsinform.scot

Foot Problems

If you have a foot problem, see the **Podiatry section** or go to  www.nhsinform.scot and search for foot problems.

If you do need advice from a doctor...

You can make a GP phone appointment instead of attending the GP practice or through an App on GP's web site. A new website called  www.nearme.scot/ may operate in your area. If the doctor feels they need to see you, they will ask you to come in.

Reception staff may ask why and are bound by the same confidentiality rules as doctors and nurses. Remember to cancel your GP appointment, if not required.

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

NHS24 111 Helpline for urgent health advice when GP practice and dentists are closed.

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





Adult Social Care



**Midlothian
Health & Social Care
Partnership**

Midlothian Council's Adult Social Care Department provides a range of services to support people to remain independent in their own homes or a homely setting in the community.

These services include care at home, equipment, technology, adaptations and support for carers.

Access to these services follows a social work assessment of your needs. To find out more about an assessment or to request one for yourself or your carer ☎ 0131 271 3900 or visit www.midlothian.gov.uk/physicaldisability You may choose to have a family member, friend or carer with you at this time or at any other time during the process.

If you need support outwith office hours call the Emergency Social Work Services ☎ 0800 731 6969.



Social work support

If you need a carer or help with mobility, contact: Adult Social Work ☎ 0131 271 3900 Children and Families Social Work ☎ 0131 271 3413





Community Physical Rehabilitation Team

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

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

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

- Physical,
- Functional.



Our Objectives


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

Our Team: Physiotherapists, Occupational therapists.

Who can refer?

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



How to refer to Community Physical Rehabilitation Team


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





Dental Practices

Bonnyrigg	
Bonnyrigg Dental Care Unit 3 Staiside Court, Bonnyrigg, EH19 3PZ	☎ 0131 663 3370
Bonnyrigg Dental Centre 35 High St, Bonnyrigg EH19 2DA	☎ 0131 536 8941
Helen MacNeil 64 High Street, Bonnyrigg, EH19 2AB  www.facebook.com/helenmacneildental/	☎ 0131 663 9271
Old Orchard Dental Practice 59 High Street, Bonnyrigg, EH19 2DB  www.oldorcharddental.co.uk/	☎ 0131 516 9080


Dalkeith	
Bosco Dental Studio Unit 3, 25 Thorny Crook Gardens, Dalkeith, EH22 2RF.  www.facebook.com/agnieszkadental/	☎ 0131 654 9316
Mayfield Dental practice 1 Mayfield Place, Dalkeith, EH22 5EE  www.facebook.com/Mayfield-Dental	☎ 0131 663 2097
Midlothian Dental Practice 16 Edinburgh Road, Dalkeith, H22 1JZ	☎ 0131 660 9518
Mochrie W F 21 High St, Dalkeith, EH22 1JB	☎ 0131 663 2431
SR Dental Care 25A South St, Dalkeith, EH22 1AH	☎ 0131 660 1315

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  loanhead-dental-practice.co.uk/	☎ 0131 440 1161
--	-----------------

Newtongrange

Newtongrange Dental Practice 5 Station Road, Newtongrange, EH22 4NB  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.magliverasdentalcare.com/	☎ 01968 672 922 ☎ 01968 675 777
Penicuik Dental Centre 38 High Street, Penicuik, EH26 8HU  penicuik-dental-centre/	☎ 01968 674 322

Roslin

Roslin Dental Practice 6 Main Street, Roslin, EH25 9LE	☎ 0131 448 0367
Emergency Dental Treatment NHS Edinburgh City, East & Mid Lothian Emergency Dental Service If you are registered with a dentist, please contact your own surgery for advice or to arrange emergency treatment.	
Unregistered adults 16+: Chalmers Clinic	☎ 0131 536 4800
If you require advice on dental pain	NHS 24 ☎ 111





Medical Practices

Bonnyrigg Health Centre

109-111 Bonnyrigg High Street, Bonnyrigg EH19 2ET.

Dalhousie Medical Practice

 www.dalhousiemedicalpractice.co.uk

☎ 0131 370 3999

Quarryfoot Medical Practice

 www.quarryfoot.co.uk

☎ 0131 537 9828

Strathesk Medical Group

 www.stratheskmedicalpractice.co.uk

☎ 0131 537 9333

Dalkeith Medical Practice

24-26 St Andrew Street, Dalkeith, EH22 1AP.

 www.dalkeithmedical.co.uk/

☎ 0131 561 5500

Danderhall Medical Practice

85 Newton church Road, Danderhall, EH22 1LX.

 www.danderhallmedicalpractice.co.uk/

☎ 0131 654 1079

Gorebridge, Newbyres Medical Group

15 Hunterfield Road, Gorebridge, EH23 4TP.

 www.newbyresmedicalgroup.co.uk

☎ 01875 820 405

Loanhead Medical Practice

Loanhead Centre George Ave Loanhead Midlothian, EH20 9LA

 www.loanheadpractice.co.uk

☎ 0131 440 0149

Newbattle Medical Group

Blackcot, Mayfeild, Dalkeith, EH22 4AA.

 www.newbattlemedicalpractice.co.uk

☎ 0131 663 1051

Newtongrange Clinic

75 St Davids, Newtongrange, EH22 4LD

☎ 0131 663 1051

Pathhead Medical Centre

210 Main Street, Pathhead, EH37 5PP.



www.pathheadmedicalcentre.co.uk/

☎ 01875 320 302

Penicuik Eastfield Medical Practice

Eastfield Farm Road, Penicuik, EH26 8EZ.



www.eastfieldmedicalpractice.co.uk/

☎ 01968 675 576

Penicuik Medical Practice

37 Imrie Place, Penicuik, EH26 8HY.



www.penicuikhealthcentre.co.uk

☎ 01968 672 612

Roslin Medical Practice

122 Penicuik Road, Roslin, EH25 9NT.



www.roslinmedicalpractice.co.uk/

☎ 0131 440 2043

Travel Clinic

Elphinstone Wing, Carberry, Musselburgh, EH21 8PW.



www.healthlink360.org/

☎ 0131 653 6767





Merrit

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 hrs to 22:00 hrs, 7 days a week to support this care,
- Support for carers from VOCAL Midlothian,
- All support will be available for up to six weeks.

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

 swccenquiries@midlothian.gov.uk

 0131 271 3900

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



Midlothian





Midcare Alarm Service

Telecare is a range of equipment placed within your home environment which communicates wirelessly with a central alarm base unit. This will raise an alert automatically if the sensors detect a problem such as a fall, fire or other emergency.



The equipment is plugged into an electric socket and your telephone line. A pendant with a call button is worn by you whilst in your home environment and if you require some of our telecare sensors these are placed around your home. The sensors are not intrusive and are placed discretely where required. If the pendant is pressed or any of the other sensors detect a potential emergency a call is generated via the alarm unit to our control room where staff will provide the appropriate response. The service is available 24 hours a day, 365 days a year. There is a small weekly charge for this service.

Who can receive this service?

Anyone who:

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

How can I access this service?

You can make a referral yourself or asking a family member or friend to do this for you by calling the social work contact office ☎ 0131-271-3900, or you can be referred via health or social

work professional e.g. your GP, district nurse, social worker, occupational therapist. You will be assessed and then provided with the appropriate equipment which will best meet your needs. The equipment will be fully explained and demonstrated to you.

- Midcare application online form at www.midlothian.gov.uk/forms/form/43/en/midcare_application then at foot of page click '**Begin This Form**'
- Print the Midcare self referral form (PDF) www.forwardmid.org.uk/publications.html then scroll down

What is involved?

At the assessment visit, and before the Telecare package is installed you will be asked to provide the names of two people to be key contacts. These will be people who are willing to attend your home in an emergency. If they are unavailable other services such as the MERRIT team or the emergency services will be called.

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.

What responses will be provided?

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).

For more information contact:
Midlothian Council Adult Social Care,
Fairfield House, 8 Lothian Road
Dalkeith, Midlothian, EH22 3AA.

☎ 0131 271 3900.

swccenquiries@midlothian.gov.uk





Midlothian Community Hospital

Midlothian Community Hospital provides many important health care services for the area. It is located at Mayshade South, Bonnyrigg (close to the A7 Hardengreen roundabout). The Community Hospital allows people to receive more services and have better facilities at the heart of their community, without having to travel to Edinburgh. It has a free car park including 20 disabled parking bays. **East Coast Buses 139** and **Borders' Buses 339** both enter the hospital grounds and set down/uplift from very close to the main hospital entrance daytime Monday-Saturday. Lothian Buses 49 and East Coast Buses 140 [both operating 7 days a week including evenings] stop on Bonnyrigg Road at the main entrance to the hospital grounds.



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.

Outpatient Services

There is a range of outpatients 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 meets a local need.

Midlothian Community Hospital Clinics
Adult health services
Audiology Repairs including: Hearing Aid Maintenance and Batteries - collection point for replacement batteries
Aortic Aneurysm Screening
Child and Adolescent Mental Health(CAMHS)
Diabetic Eye Screening (Retinopathy)
Heart Failure Nurse
Lymphoedema (fluid on limbs)
Pain Management Clinic
Respiratory Clinic
Stoma Clinic
Ultrasound
X-ray Services
By Referral Only
Alcoholics Anonymous
Child Audiology
Child Dieticians
Child Eye Clinic
Child Health Clinics (Paediatrician)
Child Orthotics
Child Physiotherapy
Child Urology
Community Health Inequalities Team nurses
Cruse Bereavement Counselling

Midlothian Community Hospital Clinics

Dementia Service Memory Clinic

Dietitians

Eating Disorder Clinic

Healthy Living Group

Joint Mental Health Team clinics (psychology, adult psychiatry, community psychiatric nurses)

Lifestyle Management Group

Marie Curie Drop In

Mental Health and Wellbeing

Midlothian Wellbeing Access Point

Old Age Psychiatry

Pace Exercise Classes

Pulmonary Rehabilitation Classes

Smoking, Alcohol and Drug Use

Speech and Language Therapy

Stop Smoking Service

Therapies and Health Improvement

Weight Management

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.

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.

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:

 MCHGardens@cyrenians.scot or  07772 886746.

Midlothian Community Hospital
70 Eskbank Rd,
Bonnyrigg, Dalkeith EH22 3ND
 0131 454 1001





Midlothian Access Point

Guiding you to support your wellbeing

 www.health-in-mind.org.uk

What is the Midlothian 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.

Penicuik	Dalkeith
Loganlea Centre, Eastfield Medical Centre, Eastfield Farm Road, Penicuik, EH26 8EZ - Mondays -11:00 hrs to 14:00 hrs	Midlothian Community Hospital, 70 Eskbank Road, Hardengreen Dalkeith, EH22 3ND Wednesdays -13:00 hrs to 15:00 hrs

When and where does the service happen?

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,

☎ 0131 536 8981 or

Access Point Worker,

✉ emma.young@health-in-mind.org.uk





Midlothian Wellbeing Team



Midlothian Wellbeing Service

Supporting adults impacted by long term conditions, Long Covid, Challenging Life Situations, Anxiety, Depression or Bereavement.



How to Access

Midlothian Wellbeing Team are based within each GP practice in Midlothian. You can ask your GP or another health professional to refer you.

One of the Wellbeing Practitioners will contact you once we have your referral to schedule a first meeting.

Our aim is to increase individual resilience and self-efficacy using:

- 1-1 coaching utilising good conversation approach,
- Group based lifestyle management courses,
- Mindfulness courses,
- Social prescribing
- Encouraging peer support.

For further information Contact:

Sandra Mackenzie: ☎ 07876035660
Emma Holland ☎ 01316567346
(Wellbeing Administrator)

The Midlothian Wellbeing Service is a partnership between Thistle Foundation and Midlothian Health and Social Care Partnership





NHS 24 Scotland

When should I call NHS 24 Scotland?

If your GP surgery is closed and you are too ill to wait until it re-opens, phone NHS 24 Scotland ☎ 111 or (BSL speakers, use [contactscotland-bsl.org/](https://www.contactscotland-bsl.org/)). If you phone us, we will ask you where you are phoning from and why you have phoned. This will help NHS24 Scotland make sure you get the



right help. When NHS24 Scotland know why you have phoned NHS24 Scotland will put you through to a health professional. They will talk to you about your symptoms and tell you what care they think you need. They might suggest that you treat yourself at home, that you see a doctor or another health professional or, in some cases, they might call an ambulance for you.

NHS Scotland Helpline run by Patient Advice & Support Service- ☎ **0800 917 2127** If you think your life is in danger and you need an emergency ambulance, always phone ☎ **999**. If you are looking for urgent advice on caring for yourself, you can visit www.nhs24.scot/ and use our Self-help Guide which will help to direct you to the right care.

When you call NHS 24 Scotland

You will hear a message explaining that all calls are recorded as part of your patient record and may be used anonymously for research purposes.

Your call will then be answered by a highly trained call handler. The call handler will introduce themselves and ask you clear questions that are easy to follow. We do not have access to your GP medical record, so the details we ask for are important in case we need to get you help quickly or we need to call you back. This part of the call will take a couple of minutes.

You will be asked to provide the following details about yourself

or the person you are calling for:-

- Name,
- Date of birth,
- Home address or the address where you are calling from,
- GP's name and practice.

You will then be asked some questions about the reason for your call. Then you will be passed to the most appropriate person.

If a doctor has to attend

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



What pharmacies provide:

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

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

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

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





NHS Minor Ailment Service

What is the NHS minor ailment service?

This is an NHS service for people who would not have paid prescription charges under the old system. If your pharmacist thinks you require it then they can authorise medicine and the NHS will pay for it.

To implement this service, you must first register.

You can register for the NHS Minor Ailment Service at a community pharmacy of your choice.

Your pharmacist will ask you for your name, date of birth, gender, and postcode, and place the information on 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 produce the information if you think it might be required.

You may only register with **One Community pharmacy** at a time for the NHS Minor Ailment Service.

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

Minor Ailments				
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

For more information contact:

- Your local community pharmacy
- Your GP
- The NHS24 Scotland Helpline on ☎ 111 (calls are free)
- For help to register ☎ 0300 244 4000





Pharmacies

The Apothecary, The Chemist, or The Pharmacy as it is now commonly known has changed over the years, not only in name but with the services we now provide to the public. A pharmacist goes through extensive training before qualifying, undergoing a four-year degree course at university followed by a post graduate training year known as the Pre-Registration year, after which a final exam must be passed before they are able to work as a fully qualified pharmacist in either community, hospital or in industry. To alleviate pressures in GP practices and hospital casualty departments, pharmacy has been tasked to offer a vast range of services, which they are ably qualified and trained in administering.



Your first port of call in non emergency situations should always be your local pharmacy, where you will either be given advice and treatment, or if necessary referred to your GP. Services which are provided: The Minor Ailment Service, where you can register with your local pharmacy, have a consultation when you will be given appropriate advice, treatment or referral. It covers a varied and extensive range of ailments from coughs and colds to skin conditions, free of charge if you are eligible. Medicine Care Review, where you may be invited by your pharmacist to talk about your medicines, to make sure you are taking them correctly or if there are any issues, they may then inform your GP with your permission, if there is a problem to have it rectified if necessary. You may then be put on a service called Serial Dispensing if appropriate, for your repeat medication, which makes accessing your medicines simpler and quicker. Repeat Medication Service, where your ongoing medication can be ordered directly by the pharmacy usually on a two monthly cycle, and picked up at the pharmacy at your allotted date.

Multi-compartment Compliance Aids (MCA's), where if appropriate medication can be dispensed in weekly trays, mainly for patients who are on a lot of medication and or if they are confused or forgetful.

Palliative Care Pharmacies, where certain pharmacies keep an extensive stock of controlled and anticipatory drugs and are on call for emergency situations.

Flu Vaccination Service, where you can have a flu jab administered at a cost of around £10, but this may be a free service in the near future, for specific groups of the population.

Travel Clinics, some pharmacies offer this service, where you can get all the relevant health information and treatment, for your exotic holidays, at a cost. Blood Pressure Monitoring, Diabetes and Cholesterol checks, can be undertaken at your local pharmacies free of charge (exception cholesterol checks)

Gluten Free (GF) Service, where we can prescribe GF Products free of charge to patients who have been assessed by GP and or Dietician.

Stop Smoking Service, where you will be supported through a 12-week course with weekly treatment and advice. You are 4 times more likely to stop smoking with this service which is free.

Substance Misuse Service, to support with addictions and supply opiate substitutes. Pharmacy First, a newish service that at the moment covers urinary tract infections and impetigo which allows a pharmacist to prescribe antibiotics if appropriate. This service will be extended in the near future to cover other ailments requiring antibiotics. Emergency Hormonal Contraception 'The morning after pill' can be supplied free of charge after a consultation and if it is deemed appropriate. Chlamydia Service, where antibiotics will be prescribed on presentation of a voucher given by a health professional, free of charge.

Pharmacies in Midlothian

Bonnyrigg

Cohen Chemist	Bonnyrigg Health Centre Bonnyrigg EH19 2ET	☎ 0131-663 6336
Lloyds Pharmacy	32-34 High Street Bonnyrigg EH19 2AA	☎ 0131-663 8585
Rowlands Pharmacy	48 High Street Bonnyrigg EH19 2AB	☎ 0131-663 8353

Dalkeith

Boots	17-19 High Street Dalkeith EH22 1JB	☎ 0131-663 3158
Lindsay & Gilmour	18/20 Woodburn Avenue Dalkeith EH22 2BP	☎ 0131-663 0372
Lloyds Pharmacy	17 Eskdail Court Dalkeith EH22 1AG	☎ 0131-663 6789
Lloyds Pharmacy	2 Bogwood Court Mayfield EH22 5DG	☎ 0131-663 3523
Lloyds Pharmacy	Blackcot Drive Mayfield Dalkeith EH22 4AA	☎ 0131-663 0129

Danderhall

Right Medicine	71 Newton Church Road, Danderhall EH22 1LX	☎ 0131-663 3031
-----------------------	---	-----------------

Gorebridge

Lloyds Pharmacy	35 Main Street, Gorebridge EH23 4BX	☎ 01875-820 422
Lloyds Pharmacy	105 Hunterfield Road, Gorebridge EH23 4TS	☎ 01875-820 345

Loanhead

Boots	Straiton Park Way, Straiton, Loanhead EH20 9QY	☎ 0131 440 3419
--------------	---	-----------------

Lloyds Pharmacy	Inside Sainsburys Straiton Mills, Straiton EH20 9PW	☎ 0131-440 4205
Rowlands Pharmacy	55 Clerk Street, Loanhead EH20 9RE	☎ 0131-440 0511

Newtongrange

Lloyds Pharmacy	123/125 Main Street, Newtongrange EH22 4PS	☎ 0131-663 2251
------------------------	--	-----------------

Pathhead

Pathhead Pharmacy	210 Main Street, Pathhead EH37 5PP	☎ 01875-320 020
--------------------------	------------------------------------	-----------------

Penicuik

Lloyds Pharmacy	44a John Street Penicuik EH26 8AB	☎ 01968-673 633
Rowlands Pharmacy	22 Edinburgh Road, Penicuik EH26 8NW	☎ 01968-676 868
Rowlands Pharmacy	27 John Street, Penicuik EH26 8HN	☎ 01968-673 939

Roslin

Roslin Pharmacy	122 Penicuik Road, Roslin EH25 9NT	☎ 0131-440 2596
-----------------	------------------------------------	-----------------





Podiatry

The Podiatry service provides a high quality, fully comprehensive foot health service for conditions affecting the lower limb. We assess, treat and advise patients with foot health disorders in order to maintain and maximise their quality of life and so encourage a healthy active life with feet that function normally and without discomfort.

When is the Service Open?

Monday to Thursday 08.30 hrs to 17:00 hrs

Friday 08.30 hrs to 16:00 hrs

The Service is available, regardless of age, for those with a podiatric/medical need. All new patients must attend an assessment appointment at one of the clinics listed below.



Patients who are housebound may be treated at home. This means that the patient is unable to leave their home on any regular basis, without the assistance of Healthcare or Social Care personnel using an ambulance or patient transport vehicle. If the patient is able to leave their home on a regular basis to visit the doctor, hairdresser or shops, either alone or with the assistance of a friend or relative, we will expect them to visit their local clinic. Home visit patients must be referred by the GP or District Nurse.

NHS Lothian Podiatry Department - <https://services.nhsllothian.scot/Podiatry/Pages/Access-to-the-service-.aspx> Referral documents at foot of page. Patients can self refer for a clinic visit by filling out an application form. GPs or other health care professionals can also make referrals if they wish.

At the first appointment, A full podiatric assessment will be undertaken. A treatment plan will be negotiated with the patient. The outcome of this could be:

- Ongoing general footcare programme

- Referral to a speciality
- Short course of treatment for acute problems
- Discharge with advice
- Speciality Services



Biomechanics

This clinic assesses the lower limb and foot. If appropriate, a supportive insole can be prescribed to correct or limit abnormal foot function. This service is not generally appropriate where arthritic changes have taken place.

Nail surgery

In some cases, painful nails can be partially or completely removed under local analgesia. The nail bed is destroyed using phenol.

Diabetic clinics

Diabetic patients who attend our clinics receive an annual foot assessment in line NHS Lothian Guidelines. Higher-risk patients may be seen more often. Low risk patients should not be referred to the service but seen within their GP practice.

Appliance laboratory

The Podiatry Department has a fully equipped laboratory for the manufacture of prescription insoles. Simple footwear modifications are also undertaken.

Midlothian Assessment Centres

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

For enquiries about the service, please contact ☎ **0131 536 1627**





Rapid Response Falls Service

Falls are one of the most common injuries in the home.

A fall at home does not always mean a hospital admission. The Rapid Response Falls Service can assist you to get back to your feet.



The Service provides help to transfer and settle people who have fallen at home. If you are uninjured and require assistance to settle, the Rapid Response Falls Service will help you regain your composure, settle you comfortably and attend to any personal care needs.


The Rapid Response Falls Service is on call 24 hours a day.
☎ 0131 270 8890

 www.nhsinform.scot/aboutfalls

Falls Assessment

An online falls assessment that enables you to self assess the key falls risks relevant to you and offer appropriate support and self-management advice. It has been developed with people who have had falls or are at a high risk of falling, along with local falls support professions.

fallsassistant.org.uk/

Age Scotland provides a falls prevention strategy,  www.ageuk.org.uk/scotland/ and search for National Falls and Fracture Prevention Strategy or request a copy ☎ 0800 12 44 222





The Smart Centre

The SMART Centre provides a wide range of rehabilitation technology services for the South East of Scotland, covering Lothian, Fife and the Borders. These include mobility and postural services (wheelchairs and special seating), prosthetics, and bioengineering services, a Disabled Living Centre and Gait Analysis Service. We also provide a National Driving Assessment Service.

The Wheelchair and Seating Service

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

The Prosthetics Service

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

Driving Assessment

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

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

- Physical Assessment – a range of joint movement, muscle strength and sensation, co-ordination and vision are tested,
- Static Unit Assessment – conducted with the patient sitting in a test rig which allows us to identify the most appropriate

methods for steering, braking and acceleration and is also used to measure reaction times,

- In-Car Assessment – this is carried out in one of the centre's vehicles. Automatic and manual cars are available, and we also have examples of the most frequently used modifications.

Electronic Assistive Technology (EAT) service

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

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

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

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

This part of the service involves joint assessment along with the referring therapist, and then either the modification of

commercially available equipment or, alternatively, the design and manufacture of specialised devices.

Special Needs Design Service

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

- Aids for daily living, e.g. Equipment for eating, drinking and personal care,
- Mobility aids, e.g. Walkers,
- Therapeutic equipment, e.g. Positioning systems, modifications to static seating.

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



SMART Centre,
Astley Ainslie Hospital,
133 Grange Loan,
Edinburgh, EH9 2HL.
☎ 0131 537 9177

 www.smart.scot.nhs.uk/





Alzheimer Scotland



What Alzheimer Scotland can do for you?

Welcome to Alzheimer Scotland's support in Midlothian. Alzheimer Scotland wants to make sure nobody faces dementia alone, through every stage of the illness. From the concerns you may have prior to diagnosis through to the advanced stages of dementia, we're here to support you, or the person you care for, to live well with dementia.

Alzheimer Scotland would welcome the opportunity to speak with you to provide you with more detailed information on how Alzheimer Scotland can support you.

If you need to talk to someone outside office hours, our freephone, 24 hour Dementia Helpline is always there – ☎ 0808 808 3000. Please note: if you have chosen to hide your caller ID (so that your number will not show up on the display of any telephone that you call), please dial 1470 before calling the Dementia Helpline. Otherwise, we will be unable to receive your call.

Alzheimer Scotland dedicated, experienced and highly trained team can give you the information, advice and support you need to live well with dementia, to make important decisions about

what matters to you, and to plan for your future.

Support available from Alzheimer Scotland in Midlothian

We aim to offer a range of flexible services designed to meet people's needs in the Midlothian area. If you are interested in any of our services, or simply need someone to talk to, contact us using the details below. You can also contact your local social work department, your GP or Community Mental Health Team.

The Blue Badge form for Risk in Traffic is the one for people with a cognitive impairment, including dementia. You need to be in receipt of Attendance Allowance also and a "professional" requires to be a signatory; Alzheimer Scotland can support with the application. You cannot apply on line for this Blue Badge. Please visit www.midlothian.gov.uk/info/200280/travel_passes/97/blue_badge and scroll down until you find Blue Badge Cognitive Impairment form and download and complete the form.

Alzheimer Scotland

3 Edinburgh Road,
Dalkeith, EH22 1LA.

The office is staffed Monday-Friday 09:00 hrs -14:30 hrs,

☎ 0131 654 1114

✉ midandeastlothianservices@alzscot.org

For more information, Please check our website at




























www.alzscot.org
and search 'Support.'

























































Medical Conditions Websites

List of medical condition websites to help get started on finding information on a specific condition.

Acoustic Neuroma	 www.bana-uk.com/
Addison Disease	 www.addisonsdisease.org.uk/
Aids & HIV	 www.tht.org.uk/
Alzheimer's Disease	 www.alzscot.org/
Ankylosing Spondylitis	 nass.co.uk/
Anorexia	 www.beateatingdisorders.org.uk/
Anxiety	 www.mind.org.uk/
Arthritis	 www.versusarthritis.org/
Asthma	 www.asthma.org.uk/
Ataxia	 www.ataxia.org.uk/
Autism	 www.autism.org.uk/
Behcet's Disease	 behcets.org.uk/
Bipolar	 www.bipolaruk.org/
Bowel Cancer	 www.bowelcanceruk.org.uk/
Brain and Spine Foundation	 www.brainandspine.org.uk/
Breast Cancer	 breastcancer.org.uk/
Cancer	 www.cancerresearchuk.org/
Cerebral palsy	 www.capability-scotland.org.uk/
Charcot-Marie-Tooth Disease	 www.cmt.org.uk/
Chronic Fatigue Syndrome	 www.meassociation.org.uk/
Crohn's Disease	 www.crohnsandcolitis.org.uk/
CRPS & RSD	 www.burningnightscrps.org/
Cystic Fibrosis	 www.cysticfibrosis.org.uk/
Deafness or Hearing Impaired	 www.deafaction.org/
Deep Vein Thrombosis	 www.nhsinform.scot/
Dementia	 www.dementiauk.org/
Depression	 www.mentalhealth.org.uk/

Diabetes	 www.diabetes.org.uk/
Disabled Children	 www.theyardscotland.org.uk/
Epilepsy	 www.epilepsyscotland.org.uk/
Fibromyalgia	 ukfibromyalgia.com/
FND	 www.fndaction.org.uk/
Gastroenteritis	 www.nhsinform.scot/
Glandular Fever	 www.nhsinform.scot/
Glomerulonephritis	 www.infokid.org.uk/
Gout	 www.nhsinform.scot/
Guillain-Barré Syndrome	 gaincharity.org.uk/
Hearing Impairment	 www.actiononhearingloss.org.uk/
Hemianopia	 www.readright.ucl.ac.uk/
Haemophilia	 haemophilia.org.uk/
Hepatitis	 www.nhsinform.scot/
Hodgkins Lymphoma	 lymphoma-action.org.uk/
Huntington's Disease	 www.hda.org.uk/
Hydrocephalus	 www.sbhscotland.org.uk/
Hyperhidrosis	 www.britishskinfoundation.org.uk/
Hyperthyroidism	 www.nhsinform.scot/
Insomnia	 www.sleepsociety.org.uk/
Irritable Bowel Syndrome	 gutscharity.org.uk/
Joint Mobility & Hypermobility	 hypermobility.org/
Kaposi's Sarcoma	 www.macmillan.org.uk/
Kidney Dialysis or Failure	 www.kidney.org.uk/
Lung Cancer	 www.cancerresearchuk.org/
Lupus or Systemic Lupus	 www.lupusuk.org.uk/
Lyme Disease	 www.lymediseaseaction.org.uk/
Marfan Syndrome	 www.marfan.org/
Meningitis	 www.meningitis.org/
Myasthenia Gravis	 www.myaware.org/

Myocardial Infarction / T.I.A.	 www.chss.org.uk/
Motor Neurone Disease	 www.mndscotland.org.uk/
Multiple Sclerosis	 www.mssociety.org.uk/
Narcolepsy	 www.narcolepsy.org.uk/
Oesophageal Cancer	 www.macmillan.org.uk/
Osteoporosis	 theros.org.uk/
Paget's Disease	 www.paget.org.uk/
Parkinson's	 www.parkinsons.org.uk/
Pleurisy	 www.nhsinform.scot/
Restricted growth	 rgauk.org/
Seasonal Affective Disorder	 www.mind.org.uk/
Schizophrenia	 www.mentalhealth.org.uk/
Sepsis	 sepsistrust.org/
Scoliosis / Kyphosis	 www.sauk.org.uk/
Sjogren's Syndrome	 www.bssa.uk.net/
Slipped Disc	 backcare.org.uk/
Spina Bifida	 www.sbhscotland.org.uk/
Spinal Muscular Dystrophy	 www.curesma.org/
Stroke	 www.bhf.org.uk/
Tourette's Syndrome	 www.tourettes-action.org.uk/
Tremors Essential	 tremor.org.uk/
Visual Impairment	 www.sightscotland.org.uk





Cancer Journey

Improving the Cancer Journey

If you are living in Midlothian and have been affected by cancer, Improving the Cancer Journey service is here to help you live as well as possible.

We can meet with you to discuss what matters to you and help you get the right support.

This service is for anyone affected by cancer (16 years and over) at any point on their cancer journey

Improving the Cancer Journey can offer support with:

- Money or housing worries
- Work
- Caring responsibilities
- Physical concerns
- Emotional Concerns

(The service works closely with Midlothian Macmillan Benefits Advice Service)

How can I access and use the service?

Anyone affected by cancer can refer themselves to the service, or you can be referred by a Health or Social Care Professional or anyone else who is supporting you.

☎ **07977 307 286** or ☎ **07929 784 315**

✉ loth.icj@nhslothian.scot.nhs.uk

Opening times: Monday to Friday 09.00-17:00 hrs



Macmillan Cancer support, Register charity in England and wales (261017), Scotland (SC039907) and the Isle of Man (604) also operating in Northern Ireland.





Midlothian Care Support

If you have been affected by cancer and live in Midlothian, we are here to support you.

We recognise that cancer can affect every part of your life, so we provide a person centred approach which can include access to the following:



- Confidential space to discuss what matters most to you,
- Physical Ability,
- Massage Therapies,
- Cancer specific information and access to local groups and activities,
- Peer Support,
- Advice on benefits and employment support.

Whatever you need, this service can support you or give you details of the organisations that can help.

Appointments are available:

- With health & wellbeing practitioners at local GP Practices,
- 14:00 hrs to 17:00 hrs on Thursdays at Lasswade Library,
- 10:00 hrs to 13:00 hrs on Wednesdays at Lasswade Library.

To make an appointment phone ☎ 07909 257 419 or contact your local GP Practices.





MS Therapy Centre Lothian



*Supporting people living with Multiple Sclerosis
and other long-term health conditions*

www.mstc-lothian.org.uk

The MS Therapy Centre Lothian is a small independent charity based in Leith which offers a range of subsidised services to people living with MS and other long-term health conditions.

The baro-chamber provides oxygen treatment which can help alleviate some of the symptoms of MS, Chronic Fatigue and Fibromyalgia and can be very effective for reducing inflammation and healing wounds or diabetic ulcers.

The Physiotherapy team at the MS Therapy Centre are very experienced neuro-physios and can help with exercise programmes, assessments, acupuncture or recommend one of the many exercise classes held each week at the Centre.

The Centre also runs adapted Yoga and Pilates classes and has a range of visiting complementary therapists offering aromatherapy, massage, reflexology, reiki, myofascial release, hypnotherapy and Thai foot massage.

MS Therapy Centre Lothian

40c Swanfield

Edinburgh EH6 5RX

☎ 0131 554 5384

✉ Support@mstc-lothian.org.uk

🌐 www.mstc-lothian.org.uk/





SAMH

Every year 1 in 4 of us in Scotland will experience a mental health problem.

So it's important to be ready to talk about mental health. Whether you are living with a mental health problem or supporting someone who is, accessing information is vital. SAMH is here to help you. Building a network of people who you can trust and share things with can help protect your mental health. A person you trust, such as a friend, family member, colleague or community leader, may be able to provide a listening ear.

If you are an employer, you have a responsibility to make sure you provide an environment that is healthy for all. And similarly, if you work in education, you want to be in the position to offer the right support to students with mental health problems.

It can be very difficult to see someone who you care about becoming distressed and unwell, but you don't need to be an expert on mental health to offer support. Often, small everyday actions can make the biggest difference.

People will want support at different times in different ways, so ask how you can help. It might be useful to help them prepare for a doctor's appointment. If your friend wants to get more exercise, you could do this together, or if your partner is affected by lack of sleep, you could help them get into a regular sleeping pattern.

Keep in mind that having a mental health problem is just one part of the person. People don't want to be identified by their mental health problem, so keep talking about the things you always talked about.

SAMH is the Scottish Association for Mental Health.
Brunswick House,
51 Wilson Street,
Glasgow, G1 1UZ

 www.samh.org.uk/ ☎ 0141 530 1000





Sight Scotland

Charity Sight Scotland has launched a new Family Wellbeing Service, including a telephone helpline, providing support to people with sight loss and their families in the Lothians.

Individuals affected by sight loss, as well as carers, friends and families with a loved one affected by sight loss at any age or stage, can call the Sight Scotland Family Support Line on 0800 024 8973 to access the charity's expert advice, information and practical and emotional support.

The Family Support Line is free to call and open Monday to Friday, 10am – 12pm and 1pm – 3pm.

Following the new service's initial launch in Edinburgh and the Lothians, the charity plans to launch its Family Wellbeing Service nationally in the coming months.


Through the Family Support Line, the Sight Scotland team can provide information and advice on a range of topics including emotional support and befriending; advice on a wide range of visual impairments; equipment, aids and home adaptations; maintaining independence; benefits and financial support; and how and where to get support in your local area.

Research by Sight Scotland had shown that visually impaired people and their families had experienced a lack of support in the early stages of a sight loss diagnosis and in helping family members cope with the impact of their loved one's sight loss on their lives. Sight Scotland's new Family Wellbeing Service aims to tackle this identified gap in support as the charity reaches out to even more people affected by sight loss in Scotland.

Colin Hilditch, Head of Community Services at Sight Scotland, said: "Sight loss has a huge impact on life, not only for the person with visual impairment themselves, but also for their loved ones. Our research revealed a need for more advice and emotional

support for the whole family to help them cope with the impact of their loved one's sight loss.

“We are proud to launch the new Sight Scotland Family Wellbeing Service and our new helpline to address this need for support. Our friendly team have extensive knowledge and experience to help each individual in any way sight loss is affecting them, and we hope people with sight loss and their families will reach out to us through our helpline for our expert advice and support.”

Other features of Sight Scotland's Family Wellbeing Service include a befriending service, home visits (when Scottish Government restrictions allow) and online information and advice through Sight Scotland's website,  [sightscotland.org.uk](https://www.sightscotland.org.uk)

For more information on the Sight Scotland Family Support Line, please visit  [sightscotland.org.uk/supportline](https://www.sightscotland.org.uk/supportline)



Supportline ☎ 0800 024 8973

 www.sightscotland.org.uk

 [sightscotlandveterans.org.uk](https://www.sightscotlandveterans.org.uk)

Sight Scotland and Sight Scotland Veterans Tackling vision loss together

Sight Scotland is the new name for Royal Blind, Scottish
Sight Scotland Veterans is the new name for Scottish War
Blinded.






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 incapable 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 submit the completed form [with one colour passport-style photo with your name printed on the back] along with the supporting documents.



There is a £20 fee for a Blue Badge. After Midlothian Travel Permits and Passes Team receive your application, Midlothian Travel Permits and Passes Team will call you for payment by credit/debit card. **Do not send cash.** For general advice on Blue Badges call the Blue Badge section on ☎ 0131 561 5455

Online application is made 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, you will receive a list of items that you will need to take to the Council at either Buccleuch House, Dalkeith or Newbattle Library.

For Blue Badge Renewals [after an existing Blue Badge expires]

use the form BB 001. Please do not attempt to use the online screen for anything other than brand-new applications as this will result in delays in processing your request. Remembering to renew a Blue Badge is the badge holder's responsibility – A reminder letter is no longer sent out by the Midlothian Travel Permits and Passes Team. However, if you have a valid email or mobile phone number we can send an email/text to remind you.

For Blue Badge replacements [for lost, stolen or damaged cards] use form BB 005. If the Blue Badge has been lost or stolen, this fact must be reported to Police Scotland. Contact a local police station or Phone ☎ 112. You will be required to make a statement. The Police will give you a reference number to be quoted on BB 005 form. The Blue Badge is a legal document. Should it reappear you must inform the police, do not use the rediscovered Blue Badge as it is no longer valid. If your Blue Badge has been damaged it must be handed in with the BB 005 form.

If you move address, then there is a form for that too! You need a "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. The Travel Permits and Passes Team will update records for your Blue Badge, Bus Pass, and Ring & Go.

ALL APPLICANTS COMPLETE SECTIONS 1 AND 7 ON THE FORM.

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

1. Registered Blind
2. High Rate of Mobility Component of Disability Living Allowance [DLA]
3. Personal Independence Payment [PIP] 8, 10 or 12 points in

the “Moving Around” category

4. PIP – 12 points in the “Planning and Following Journeys” category
5. War Pensioner’s Mobility Supplement
6. Armed Forces and Reserve Forces Compensation Scheme Tariffs 1-8
7. Special arrangements for those in transition from DLA to PIP

Applicants should produce their original documents with their form if handing them in personally at Buccleuch House or Newbattle Library. Original documents will be handed back to you after being checked by staff. Arrange for a certified photocopy of the documentation if using a postal application, to be sent directly to the Travel Permits and Passes Team at Midlothian House. Original documents 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 but which is likely to last for a period of at least 12 months
- If you have been supplied with a wheelchair by the NHS from the Astley Ainslie Hospital
- If your disability is substantial and means you are unable to walk or you experience considerable difficulty in walking.
- If you cannot walk far without severe discomfort, stopping or receiving support from another person.

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

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

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

The Blue Badge Scheme was extended to include those with a Mental Disorder or Cognitive Impairment by the Scottish Government in 2016. Use the separate form BB003 for this Blue Badge. BB003s are available at all Midlothian libraries, main Council offices, health centres at Pathhead and Penicuik, the Midlothian Community Hospital and the Rosewell Development Trust.

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





Buses

Midlothian is served by Borders Buses, Dial-a-Bus, East Coast Buses, LCTS, Lothian Buses, Prentice Coaches of Haddington and Stagecoach. Legislation requires all buses and coaches to be low-floor and accessible for wheelchairs by 2020.



Please check with individual bus companies for additional information when travelling by wheelchair. Normally buses can only carry one wheelchair. Some buses have 1 wheelchair space and 1 pram space, some buses share this space between them.

 **Borders buses Ltd** ☎ **01896 754 350**

 **East Coast Buses** ☎ **0131 555 6363**

 **Lothian Buses** ☎ **0131 555 6363**

 **LCTS** ☎ **0131 663 0176**

 **Prentice Coaches** ☎ **01620 822620**

 **Stagecoach** ☎ **0300 111 0001**

Community Bus Service ☎ **0131 663 0176**

The Lothian Community Transport Services (LCTS) links some areas in Midlothian that are less well served by the conventional bus network to local shopping centres. The network is financially supported by Midlothian Council. Wheelchair users must pre-book the service in advance by calling LCTS ☎ 0131-663 0176. Routes that operate on a Monday, call before 17:00 hrs on the preceding Friday. Routes that operate on a Thursday, call before 17:00 hrs on the preceding Tuesday. The network does not operate on Easter Monday, or from 24 December to 2 January inclusive or 3 & 4 January if public holidays Monday or Thursday.

Mondays

R4: Dalkeith High Street, Dalkeith Morrisons, Eskbank Lasswade Road, Lasswade, Loanhead Mavisbank, Loanhead Burghlee Crescent, Loanhead Dalum Loan, Loanhead Library, Straiton

Retail Park, Sainsbury's Straiton, ASDA Straiton.

R5: ASDA Straiton, Loanhead Hunter Avenue, Lasswade, Bonnyrigg High Street, Carrington, Temple, Gorebridge, Newtonloan Toll, Bonnyrigg High Street, Lasswade, Loanhead Hunter Avenue, Straiton Retail Park, ASDA Straiton, Sainsbury's Straiton.

Thursday

R1: Dalkeith High Street, Dalkeith Morrisons, Eskbank Tesco, Carrington, Temple, Gorebridge centre, Newtonloan Toll, Bonnyrigg Co-op, Eskbank Tesco, Dalkeith Morrisons, Dalkeith High Street.

R2: Dalkeith High Street, Dalkeith Morrisons, Lothianbridge, Newtongrange, Gowkshill, Upper Gorebridge, Newbyres Village, Newtonloan Toll, Bonnyrigg Co-op, Eskbank Tesco, Dalkeith Morrisons, Dalkeith High Street.

R3: Dalkeith High Street, Dalkeith Morrisons, Eskbank Lasswade Road, Danderhall, Newton Village, Millerhill, Old Craighall, ASDA The Jewel.

Dial-A-Bus [DAB] ☎ 0131 447 1718 Operated By HcL

Transport for people with mobility challenges

All DAB routes in Midlothian are supported by Midlothian Council. All Dial-a-Bus transport is wheelchair accessible. Each journey has a cost attached. Conditions apply.

You need to be registered with HcL to use this service.

Complete a paper application leaflet available at Libraries and send it to the HcL office at Bilston Glen, call ☎ 0131 447 9949, or register on line at  www.hcltransport.org.uk

How Does it Work?

You can book a place by telephoning your local office, Monday to Friday. The bus will pick you up at your door (if necessary the driver will escort you to the bus) and will set you down at the shopping location. You will have between 1 to 2 hours at the shopping centre and then return home. The driver will take you and your shopping to your door if you need help.





National Entitlement Card

This card gives people aged 60+ and disabled people free bus travel throughout Scotland. Application for the [getyournec.scot/nec/](http://www.getyournec.scot/nec/) and choose one of the three options. Alternatively download and complete a form from www.midlothian.gov.uk/downloads/download/378/national_entitlement_card_nec_application, once complete email to PTU@midlothian.gov.uk.



Your bus pass is printed in Hull, England and sent directly to your home address. On the front of the card 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. The “+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** ☎ 01896 754 350, **East Coast Buses** ☎ 0131 555 6363, **Lothian Buses** ☎ 0131 555 6363, **LCTS** ☎ 0131 663 0176, **Prentice Coaches of Haddington** ☎ 01620 822620 and **Stagecoach** ☎ 0300 111 0001. Travelling intercity this card is accepted by **Citylink** ☎ 0141 332 9644, **Megabus** ☎ 0900 1600 900 and **National Express** ☎ 0371 781 8181. 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.





Thistle Assistance Card or App

How Thistle Assistance works

We all welcome a little extra assistance now and again, particularly when travelling alone. Thistle Assistance is an initiative to help you feel safer and more comfortable when using public transport.



You may prefer more time to get to your seat. You may like your driver to speak more slowly and clearly. Thistle Assistance's card and app let transport staff know in an easy and subtle way what extra support you'd like.

Where you can use it


The Thistle Assistance card and app are recognised by many public transport operators across Scotland, from buses and trains to planes and ferries. Simply show your personalised card or app to their staff and they will understand what additional assistance you require. Older style cards are still accepted.

Card and app benefits

The Thistle Assistance card and app are free to use for anyone who requires it. Use the card for every journey or purpose, or use it every day: it's adaptable and reusable.

The card and app symbols and instructions encompass a range of disabilities and impairments. They are equally useful during pregnancy, or if you have temporary mobility issues, when some extra thought and care are appreciated.

Available in Midlothian free from:

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





Motability

How the Scheme works

The Motability Scheme enables anyone in receipt of a higher rate mobility allowance (such as the Enhanced Rate of the Mobility Component of Personal Independence Payment or the Higher Rate Mobility Component of Disability Living Allowance) to use their mobility allowance to lease a car, scooter, powered wheelchair or Wheelchair Accessible Vehicle. The Scheme provides flexible and hassle-free access to a brand-new, reliable vehicle of your choice – giving you greater freedom, every day.



How it works

You simply exchange all, or part of your mobility allowance to lease the vehicle of your choice. You choose the vehicle you want at a price that works for you, and payments are deducted from your higher rate mobility allowance every four weeks, then paid directly to Motability by the Department for Work and Pensions (DWP).

Motability standard lease is over three years or five years if you are leasing a Wheelchair Accessible Vehicle and we take care of running costs such as insurance for up to three named drivers (this doesn't have to be you), servicing, maintenance, breakdown cover and tyre and windscreen repair and replacement. All you need to do is add fuel and go.

Cars


There are various makes, models and types of cars available to lease through the Motability Scheme, from fuel efficient smaller vehicles to roomy estates. Motability know that choosing a car is a big decision therefore Motability are here to help you choose the right car for your needs and budget, Motability have highlighted some of the most important considerations when leasing a car through the Motability Scheme.

Wheelchair Accessible Vehicles

Choosing a Wheelchair Accessible Vehicle (WAV) is a big decision to make, and Motability want to help you find a vehicle that will meet your needs now and in the future.

Scoters and powered wheelchairs

Most scooters and powered wheelchairs cost less to lease per week than your mobility allowance, so the remainder of your allowance continues to be paid directly to you. The cost of your lease includes what Motability call our worry-free package. With over 400 products to choose from Motability want to help you make the right choice.

General Enquires ☎ 0300 456 4566
more information or to find a specific telephone number please visit  www.motability.co.uk

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.





Taxis and Private Hire Cars

All Public Hire vehicles must be accessible, under Civic Government (Scotland) Act 1982. The Scottish Government have delegated local councils to deem what is accessible. Private Hire Cars are exempt. The difference between a Taxi and Private Hire cars, Taxi can be hailed in the street, Private hire cars must be phoned in advance. All Taxis and Private Hire will have a plate mounted on the vehicle with a number on it, a Taxi plate is red and white and Private hire smaller and yellow, red and white.



When ordering a taxi or Private Hire Car 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 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. Some taxi Companies in Midlothian specialise in transporting larger wheelchairs. Chauffeur Drive is one.

Dial-A-Ride [DAR] Operated by HcL

Dial-A-Ride provides a seven-days per week door-to-door transport service for people with limited mobility who cannot manage to travel by standard buses. DAR can also help those

who have limited access to public and/or private transport. The DAR service is provided by HcL and is financially supported by Midlothian Council. To register to use the service, collect an application form from any Midlothian library, post the completed form to the office at HcL, 24/3A Dryden Road, Loanhead EH20 9HX, ☎ 0131 447 9949 or visit the DAR website at www.hcltransport.org.uk. Once registered with HcL, you can call the DAR office at Bilston Glen ☎ 0131 447 9949 to make your first booking. You can make no more than one advanced booking (for the day after tomorrow or beyond). You can try for as many bookings as you wish for trips on the same day or the following day. However, your late bookings will only be accepted if there are suitable gaps in the DAR schedule to take on more journeys. The DAR vehicles are specially adapted to carry combinations of wheelchair users and other passengers safely and comfortably. DAR drivers are trained to provide assistance where necessary - do not be afraid to ask.

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

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

Special tariffs will apply if the destination is outwith the Lothians, contact the Bilston Glen Office ☎ 0131 447 9949 or specify your needs by Email 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.





Trains

Midlothian is served by ScotRail and has 4 rail stations that are all unstaffed. On-board staff should have been notified if you have booked assistance. If you get to a station but haven't booked assistance, you can use the Help-Point phone on the platform so the on-board staff can be alerted to your presence. There are ticket-machines on the platform at all the stations – if you are at Shawfair and the machine is on the opposite platform, don't worry – the conductor is unlikely to charge you more for not getting a ticket in advance.



ScotRail operates a half-hourly service Mon-Sat daytime and hourly Evening and Sundays between Tweedbank and Edinburgh Waverley. If you travel to Edinburgh Waverley, you will find connections to the rest of the rail network.

Tickets can be bought in advance from www.scotrail.co.uk, by calling the ScotRail Telesales team on ☎ 0344 811 0141 between 07:00 hrs and 22:00 hrs seven days a week.

Disabled Assistance: If you would benefit from a little extra help when using the trains, you can arrange disabled assistance by advising ScotRail at least 2 hours if travelling solely on a ScotRail service or 24 hours if travelling wider on other train services:

- Call ☎ 0800 912 2901,
- Call Textphone 🗑 18001 0800 912 2901 if you are hard of hearing,
- Complet an online assistance request form on www.scotrail.co.uk/form/assisted-travel
- Make arrangements with a member of staff at a staffed railway station [e.g. Edinburgh Waverley].





Train Discount

Disabled Persons Railcard

If you have a disability that makes travelling by train difficult you might qualify for the Disabled Persons Railcard. The Disabled Persons Railcard allows you to get $\frac{1}{3}$ off most rail fares throughout Great Britain. If you're travelling with an adult companion, they also can get $\frac{1}{3}$ off their rail fare. It costs £20 for a one-year Railcard. £54 for a three-year Railcard.



You can apply at www.disabledpersons-railcard.co.uk/
disability@raildeliverygroup.com

☎ 0345 605 0525

Textphone: 🗑 0345 601 0132

Disabled Persons Railcard Office

PO Box 6613

Arbroath, DD11 9AN

Scottish Blind Scheme

This scheme was created in the year 2000 and applies to blind persons resident anywhere in Scotland including Midlothian. Cardholders enjoy free travel on buses, trains, ferries, Glasgow Subway and Edinburgh Trams for themselves. There is free travel for a companion on buses [denoted by the two symbols of an eye and a "+1" on the card], but this companion entitlement does not extend to the other modes. SBS is financially supported by the 32 Scottish local authorities, but as far as the cardholder is concerned, the scheme is co-produced with the Scottish Government using their National Entitlement Card [NEC]. Application forms are available at all Midlothian libraries where completed forms must be handed in by the applicant in person

[part of the process of verification is that the face of the applicant and the photo image supplied must be cross-checked by the librarian before the application is accepted.]

Veterans rail card

Scottish veterans can now benefit from a new rail card which not only allows a 34% discount on travel but also sees an introductory discount scheme.



The veterans rail card being introduced for purchase from today, initially priced at £21 per year, allows holders to travel across the country at reduced fares.

To apply for a veterans rail card go to www.veterans-railcard.co.uk/where-to-buy/ to buy on line or to download the application form from www.veterans-railcard.co.uk/where-to-buy/ and **click the application form in the by post section**





Wheelchairs on Public Transport

Before you travel on public transport in a wheelchair.

The majority of wheelchair users will be able to travel on public transport.

Wheelchairs that cannot fit on public transport include:











- If your chair is more than 700mm wide by 1500mm length. A normal chair is approx 660mm wide by 1065mm length when you are in it;
- If your chair is very heavy and chair and passenger together exceed 220 kilograms.
- Public Transport do not carry scales it is the wheelchair user's responsibility to know the combined weight. Scales can be found in most hospitals;
- If you need to travel with your legs fully extended or the backrest reclined;
- If you use a scooter that is difficult to manoeuvre and may be unstable in a vehicle.
- You must ensure that your wheelchair is in a safe condition to travel.

This means, for example, making sure that it is correctly maintained, that the tyres are properly inflated, that you have not overloaded the back of the chair with bags (this can cause the chair to tip over backwards on a ramp). If you have a powered chair, you must ensure that the battery is secure. If your chair has adjustable kerb climbers, you should check that they are set so that they do not catch on the ramp.

The transport operator has the right to refuse to let you travel if he believes that your wheelchair is not in a safe condition.



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 
Stuart McKenzie	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 
Joe Wallace	Penicuik	SNP 

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 Primary School, Cockpen Rd EH19 3HR ☎ 0131 271 4570

Cherry Rd Resource Centre, 8 Cherry Rd EH19 3ED ☎ 0131 561 5418

Hawthornden Primary, 1A Polton Ave Rd EH19 2NZ ☎ 0131 663 2934

Hopefield Primary School, 144 Burnbrae Rd EH19 3GB ☎ 0131 271 4605

King George V Park, Pavilion EH19 2AD ☎ 0131 654 1035

Lasswade Centre, Eskdale Drive EH19 2LA, ☎ 0131 271 4533

Lasswade High School, ☎ 0131 271 4530,

Lasswade Library, ☎ 0131 271 4534

Lasswade Primary School, 7A Pendreich Dr EH19 2DZ ☎ 0131 663 4579

St Mary's Primary School, 62a Polton St EH19 3DG ☎ 0131 663 8646

Waverley Park - Pavilion, 16 Waverley Dr EH19 3BL ☎ 0131 654 1036

Dalkeith

Buccleuch House, 1 White Hart St EH22 1AE ☎ 0131 270 7500

Cowden Park - Pavilion, 35B Cowden Park EH22 9XX ☎ 0131 654 1037

Dalkeith Community Campus, 4 Cousland Rd EH22 2PX ☎ 0131 660 0265

Dalkeith High School, 2 Cousland Rd EH22 2PS ☎ 0131 654 4701

St Davids High School, Cousland Rd EH22 2PS ☎ 0131 654 4702

Dalkeith Indoor Bowling, 4 Old Edinburgh Rd EH22 1JD ☎ 0131 660 3223

Dalkeith Library, 2 White Hart St EH22 1AE ☎ 0131 663 2083

Eskdail Court Offices, 1 Eskdail Court EH22 1AG ☎ 0131 270 7500

Fairfield House, 8 Lothian Rd EH22 1DR ☎ 0131 270 7500

Kings Park - New Pavilion, 7 Eskbank Rd EH22 1HD ☎ 0131 654 1039

Lawfield Primary School, 26 Lawfield Rd EH22 5BB ☎ 0131 660 5175

Mayfield Primary School, Stone Ave EH22 5PB ☎ 0131 663 0546

Dalkeith

Midlothian House, 40 Buccleuch St EH22 1DN ☎ 0131 270 7500

Newbattle Community Campus Leisure Centre, Newbattle Way, Easthouses EH22 4SX

Newbattle High School, ☎ 0131 561 6700

Newbattle Library, ☎ 0131 561 6745

Newbattle Swimming pool, ☎ 0131 561 6740

St Davids RC Primary, 2c Lauder Rd EH22 2PU ☎ 0131 663 2002

St Luke's Primary, Stone Ave Mayfield EH22 5PB ☎ 0131 663 3857

Trading Standards, 9 Ironmills Rd EH22 1JN ☎ 0131 270 7500

Woodburn Primary School, 5 Cousland Rd EH22 2PS ☎ 0131 271 4715

Danderhall

Danderhall Leisure Centre, 1B Campview EH22 1QD ☎ 0131 663 9280

Danderhall Library, 1A Campview EH22 1QD ☎ 0131 663 9293

Danderhall Primary, 59 Edmonstone Rd EH22 1QL ☎ 0131 663 2400

Gorebridge

Gorebridge Leisure Centre, 78 Hunterfield Rd EH23 4TT ☎ 01875 821739

Gorebridge Library, 90 Hunterfield Rd EH23 4TT ☎ 01875 820 630

Gorebridge Primary, 2c Barleyknowe LN EH23 4XA ☎ 0131 271 4595

Gore Glen Primary, Whitehouse Way EH23 4FP ☎ 0131 444 9026

Moorfoot Primary, 41 Borthwick Castle Rd North Middleton EH23 4QS ☎ 01875 822 989

St Andrew's Primary, Stobhill Rd Gowkshill EH23 4PE ☎ 01875 820 133

Stobhill Primary, 1 Bonnybank Court EH23 4DT ☎ 01875 820 492

Vogrie Country Park, Gorebridge EH23 4NU ☎ 01875 821 716

Hillend

Midlothian Snowsports Centre, Biggar Rd EH10 7DU ☎ 0131 445 4433

Loanhead

Loanhead Leisure Centre, George Ave EH20 9LA ☎ 0131 440 4516

Loanhead Library, ☎ 0131 444 9032

Paradykes Primary, ☎ 0131 271 4650

Loanhead

Loanhead Primary, 34 Edgefield Rd EH20 9DY ☎ 0131 440 0448
St Margaret's Primary, 36 Edgefield Rd EH20 9DY ☎ 0131 440 0453

Loanhead Town Hall, 6 Academy Ln EH20 9RP ☎ 0131 448 2110

Newtongrange

Newbattle Community Learning Centre, 67 Gardiner PI EH22 4RT ☎ 0131 663 6055

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

Newtongrange Library, St Davids EH22 9LG ☎ 0131 663 1816

Newtongrange Primary, 1a Sixth St EH22 4LB ☎ 0131 663 3238

Pathhead

Tynewater Primary School, 32 Crichton Rd EH37 5RA ☎ 01875 320 850

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

Penicuik

Beeslack High, Edinburgh Rd EH26 0QF ☎ 01968 678 060

Cornbank St James Primary, 34 Marchburn Dr EH26 9HE ☎ 01968 673 422

Cuiken Primary, 150 Cuiken Terrace EH26 0AH ☎ 01968 672 778

Cuikenburn Nursery, 60 Queensway EH26 0HE ☎ 01968 677 748

Mauricewood Primary, 11 Muirhead PI EH26 0LE ☎ 01968 673595

Penicuik Leisure Centre, 39A Carlops Rd EH26 9EP ☎ 01968 664 066

Penicuik High School, ☎ 01968 674 165

Penicuik Library, ☎ 01968 664 050

Penicuik Town Hall, 33 High St EH26 8HS ☎ 01968 672 281

Sacred Heart RC Primary, 22a Crocket Gdns EH26 9BB ☎ 01968 675 036

Strathesk Primary, 4 Eastfield Farm Rd EH26 8EZ ☎ 01968 678 093


Rosewell

Rosewell Primary, 85 Carnethie St EH24 9AN ☎ 0131 440 2233



Libraries

Midlothian's nine fully accessible libraries that are strategically placed, therefore, a library is never far away. Midlothian's Mobile Library brings library services out into our communities. Completely free Membership gives those joining access to the full range of library services, which include:

- A comprehensive collection of fiction and non-fiction books. If the book you want isn't on the shelf at your local branch, free requests mean you can request it from anywhere in Midlothian. We maintain a comprehensive range of books in large print and on audio CDs.
- Music CDs and DVDs to keep you entertained, amused, or help you learn.
- Membership allows unlimited access to an extensive range of electronic resources. These include e-books and e-audio titles, online comics, and a range of online newspapers and magazines. You can download these from home using your membership card – and as there are no overdue fines for online material, they are collected automatically at the end of a loan.
- A broad range of free workshops, activities and events take place every week, from talks given by authors to knitting groups and storytelling sessions amongst much more. Telephone your local library or check Facebook page  www.facebook.com/MidlothianLibraries to discover upcoming events.
- Midlothian Travel information is obtainable at every library, including bus timetables, bus pass card application forms, and blue badge application forms. Libraries can process bus pass applications for the over 60s and disabled, if you have lost your card you can report it at your library. At Newbattle Library Blue Badge, forms can be handed in and payment made.
- Free use of computers and access to the internet in all branches, including free WiFi for your own device.

- Hearing Aid battery collection points in all libraries. Hearing Aid Maintenance Clinic at Dalkeith Library, first Wednesday of every month, 10:30 hrs -11:30 hrs
- Information about the local area, including local groups and services.



If you can't leave your house and visit the library because you have mobility problems the library can make arrangements to get books to you via our book delivery volunteer network.

✉ home.delivery@midlothian.gov.uk to find out how to access the Home Delivery Service.

Midlothian Libraries

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

☎ 0131 663 2083 ✉ dalkeith.library@midlothian.gov.uk

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

☎ 0131 663 9293 ✉ danderhall.library@midlothian.gov.uk

Gorebridge Library, 98 Hunterfield Road Gorebridge, EH23 4TT

☎ 01875 820 630 ✉ gorebridge.library@midlothian.gov.uk

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

☎ 0131 271 4534 ✉ lasswade.library@midlothian.gov.uk

Loanhead Library, The Loanhead Centre Loanhead, EH20 9LA

☎ 0131 444 9032 ✉ loanhead.library@midlothian.gov.uk

Newbattle Library, 1 Newbattle Way, Easthouse EH22 4SX

☎ 0131 561 6745 ✉ newbattle.library@midlothian.gov.uk

Newtongrange Library, St Davids, Newtongrange, EH22 4LG

☎ 0131 663 1816 ✉ newtongrange.library@midlothian.gov.uk

Penicuik Centre Library, Carlops Road, Penicuik EH26 9EP

☎ 01968 664 050 ✉ penicuik.library@midlothian.gov.uk

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

☎ 0131 448 2781 ✉ Roslin.Library@midlothian.gov.uk



Midlothian Physical Disability Planning Group

Planning Group – the Planning Group is made up of representatives of Midlothian Health and Social Care Partnership, Midlothian Council, voluntary organisations representing disabled people and unpaid carers, organisations that provide services and disabled people themselves. The group meets every 8 weeks and is responsible for producing an Action Plan and then ensuring that the actions in it are delivered.

Scope of the Planning Group–



- Services across Midlothian
- Plans for the delivery of health and social care services
- People 16-65 years who consider themselves physically disabled and/or have a sensory impairment

Action Planning – The Midlothian Integration Joint Board produces and publishes a three-year strategic plan for the delivery of health and social care services for the people of Midlothian. The next plan will run from 2022-2025. Individual planning groups, including the Physical Disability Group, then produce more detailed action plans every year explaining what steps will be taken to improve services for their client group. These improvements will be in line with the overall IJB Strategic Plan with a particular priority given in the Physical Disability Plan to Human Rights and the right to independent living.

The Physical Disability Action Plan will be completed by February 2022. It will then be published by the IJB and on the Forward Mid website.

Further information contact:
Jayne Lewis, Planning Officer-
Physical Disabilities Fairfield House,
Dalkeith EH22 3ZH

☎ 0131-271-3665

✉ jayne.lewis@midlothian.gov.uk



Midlothian



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

 Nicole.Bethune@midlothian.gcsx.gov.uk

 0131 270 8922





Benefits

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 allowances. 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 complete 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.

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 terminally ill people (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 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, 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.



Personal Independence Payment (PIP)

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. DLA for children isn't changing, but they need to claim PIP when they reach 16. DLA for those over 65 isn't affected. PIP will help towards some of the extra costs arising from a long-term condition. (Ill health or disability expected to last 12 months or longer.)

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

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

The claim process includes an assessment by a health professional. Most people will have a face to face consultation. Reviews of an award will be done at appropriate intervals depending on how likely it is for your condition or impairment to change.

There are 2 components to PIP – Daily Living and Mobility needs. Each component can be paid at a standard or enhanced rate. At April 2018 the weekly rates are –

Daily Living: Standard - £60.00

Daily Living: Enhanced - £89.60

Mobility: Standard - £23.70

Mobility: Enhanced - £62.55

More information on PIP is available at Personal Independence Payment (PIP) on the [gov.uk](https://www.gov.uk) web site. The telephone number to make a brand-new claim is ☎ 0800 917 2222.





contactScotland-BSL

contactSCOTLAND-BSL is a Scottish Government service that connects deaf BSL users throughout Scotland through an online BSL interpreting video relay service (VRS) with all of Scotland's public authorities and voluntary organisations (Third Sector) and now beyond.

VRS for all – from March 2019 contactSCOTLAND-BSL now provides VRS For All. This now means that Deaf BSL users can contact any service that relies on telephone contact with their service users or customers. This includes public, third and private sectors within Scotland.

With 1 in 6 of the population being deaf, we provide an easy and flexible way of interacting with deaf BSL users who use and access your services. Deaf people can contact you and of course you can contact deaf people.

contactSCOTLAND-BSL is Scotland wide/cross-service and brought to you by Sign Language Interactions.

You have to register to use the either of the Apps

 [contactscotland-bsl.org/](https://www.contactscotland-bsl.org/)

 0333 344 7712  0797 084 8868

 info@contactscotland-bsl.org

 twitter.com/ContactScotland

 facebook.com/contactScotland






Cinema Exhibitors' Card

The Cinema Exhibitors' Association Card. 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.

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. A processing fee of £6.00 is chargeable per card. Proof of eligibility. A Passport size photograph. This is to be sent electronically.

If you have any difficulty, please contact The Card Network at the address:

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

 info@ceacard.co.uk

 01244 526 016




**the cinema exhibitors'
association limited**

Cinemas participating in this scheme are;

Cineworld Edinburgh

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

 0330 333 4444

 www.cineworld.co.uk



Dominion Cinema

18 Newbattle terrace,
Edinburgh, EH10 4RT.

☎ 0131 447 4771

 www.dominioncinema.co.uk/



Filmhouse

88 Lothian Road,
Edinburgh, EH3 6PD.

☎ 0131 228 2688

 www.filmhousecinema.com



Odeon Edinburgh

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

118 Lothian Road,
Edinburgh, EH3 8BG.

Edinburgh Fort Kinnaird
Newcraighall,
Edinburgh, EH15 3RD

☎ 0800 138 3315 Accessibility Helpline

 www.odeon.co.uk



The Cameo, Edinburgh,

38 Home Street,
Edinburgh, EH3 9LZ

☎ 020 7294 7908 Accessibility Helpline

 www.picturehouses.com/cinema/the-cameo



Vue Cinemas

Ocean Terminal.

Ocean Drive,
Edinburgh, EH6 6JJ.

Omni Centre, Greenside,
Edinburgh, EH1 3AT.



Livingstone

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

☎ 0345 308 4620 Accessibility Helpline all cinema

 www.myvue.com

Pavilion Cinema

Market Street, Galashiels, TD1 3AF

☎ 01896 752767

 pavilioncinema.co.uk/

You cannot book online with the CEA Card as we need to view the card to check it's authenticity



Making a booking online with a CEA card is different for each cinema's website, Odeon requires you to register before use, Vue please book on accessibility helpline or in cinema.

A Mobile cinema operated by Regal Mobile Cinema can be found in venues across Midlothian such as National Mining Museum Scotland and The Lasswade Centre.



For more information of venues please contact:

 www.cinemaregal.com/

☎ 07583696884



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:

Disability Information Scotland provides 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.

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

☎ 0300 323 9961

 www.disabilityscot.org.uk/

 info@disabilityscot.org.uk





Disabled Living Foundation

The Disabled Living Foundation (DLF) is the UK's leading source of advice and information about all types of daily living equipment for older and disabled people and their families and carers.

DLF's advice and product information allows individuals and relatives to make informed decisions and relevant lifestyle changes – which can assist an individual to remain independent in their home for longer, and provide the carer with peace of mind.

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

With an extensive range of equipment available, it can be difficult to know where to start.

- How do you know what is available?
- How do you know what is right for you?
- Where do you go to buy equipment?
- How do you know if a supplier is reputable?

DLF's comprehensive database, listing over 10,000 daily living aids, allows you to research and compare relevant products and read unbiased information about equipment before contacting suppliers.

In addition to DLF's equipment and supplier information, we have a wide range of factsheets to help with everything from choosing a mobility scooter to assisting someone with eating. Written by occupational therapists, they identify easier ways of doing tasks, which equipment might help and when to ask for a professional



assessment.

For individuals who are aware of their difficulties but are not sure which equipment may help them, try DLF's online self-help guide, AskSARA. By selecting a topic and answering a few questions a free personalised report is produced, offering tailored advice on ways to help with daily activities, as well as a comprehensive list of products and suppliers to browse through.

For more information visit:

-  www.livingmadeeasy.org.uk/ - a free comprehensive database listing over 10,000 daily living aids from 1,000 suppliers
-  asksara.dlf.org.uk – a free online self-help guide providing expert advice and information in a free, personalised report
-  livingmadeeasy.org.uk/dlf-factsheets - DLF's factsheets are available on Living Made Easy – the full list can also be accessed here

need further assistance or advice about daily living aids,
Disabled Living Foundation,
Unit 1, 34 Chatfield Road,
Wandsworth,
London

SW11 3SE

☎ 0300 999 0004 Monday to Friday 09:00 hrs - 17:00 hrs.

 info@dlf.org.uk



 **Shaw Trust**

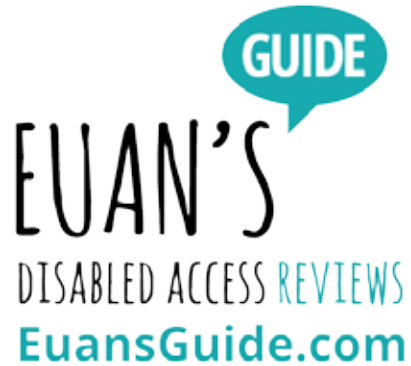
DLF is part of Shaw Trust






Euan's Guide

We all navigate the world in different ways. Euan's Guide makes it easier for disabled people to find great places to go. We all want to get out there and enjoy life, and having good quality disabled access information reduces unnecessary hassle, inspires confidence and removes fear of the unknown.



 **Euansguide.com** is the disabled access review site where disabled people, their family, friends and carers can find and share reviews on the accessibility of venues around the UK and beyond. The site is an invaluable tool for everything from planning a day out, to picking a last-minute place for coffee or lunch.

Euan's Guide believe in making the world more accessible one review at a time. There are now thousands of disabled access reviews and listing on Euan's Guide. With good accessibility information being so hard to find, one review is often enough to encourage others to visit. Euan's Guide is opening the door for more people to find new and exciting places to go. Reviews are also sent to venue owners, and this can be a positive and powerful opportunity for education and change.

The charity was founded in 2013 by Euan MacDonald MBE, a powerchair user and his sister Kiki after Euan was diagnosed with Motor Neurone Disease and a lack of disabled access made everyday experiences stressful. By breaking down the barriers of exclusion with the help of other people in the same situation, Euan's Guide hopes to give everyone the freedom to explore.



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 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.  www.midlothian.gov.uk/info/1439/adults_with_disabilities/83/adapt_your_home_for_disability

Contact Midlothian Council:




If you would like an appointment to discuss your situation, change of circumstance or about a relative or friend. Contact us ☎ 0131 271 3900 during office hours: Monday - Thursday 08:30 hrs -17:00 hrs Friday 08:30 hrs -15:30 hrs,

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

☎ 0131-271-3900

 swccenquiries@midlothian.gov.uk

You can get more information from:

- Part Two of the Housing (Scotland) Act 2006,
- The Housing (Scotland) Act 2006 (scheme of assistance) Regulations 2008,
- Welfare law such as section 2 of the Chronically Sick or Disabled Persons Act 1970,
- Advice service Capability Scotland ☎ 0131-313-5510 or  ascs@capability-scotland.org.uk
- Housing Options Scotland ☎ 0131-247-1400 or  info@housingoptionsscotland.org.uk
- Disability Information Scotland Helpline number ☎ 0300 323 9961
- Care & 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 does not directly provide housing, what Housing Options Scotland does provide is detailed information and advice that will enable you to find the right home for you. Housing Options Scotland's main aim is to ensure that disabled people have access to suitable housing in the tenure of their choice and recognising that gaining access to owner-occupation remains problematic.

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

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

Housing Options Scotland

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

☎ 0131 247 1400

 www.housingoptionsscotland.org.uk

 www.facebook.com/HousingOptionsScotland/





Inclusion Scotland

Nothing About Us. Without Us.

Inclusion Scotland mission statement

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



**Inclusion
Scotland**

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

Inclusion Scotland,
Hayweight House,
23 Lauriston Street,
Edinburgh, EH3 9DQ

☎ 0131 281 0860

 inclusionScotland.org/

 facebook.com/InclusionScotland

 instagram.com/inclusionScotland

 twitter.com/InclusionScot



Independent Living In Scotland



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

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

What is the Independent Living Movement?

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

About the ILiS project

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

- Support disabled people to have their voices heard by policy

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

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

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

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

☎ 0141 559 5013 ext 3313

 contact@ilis.co.uk



SP Energy Network



If you have a disability make sure you register that disability with your electricity supplier, once on the Priority Service Register and you have a power outage you should call your network operator. Cordless phones will not work as they require power to connect the phone to the land-line. From a mobile phone call your network operator or the emergency number 105.

You can join the SP Energy Network Priority Services Register if:

- You are over the age of 60,
- Have a special communication need,
- Depend on electricity for home or medical care,
- Have a child under 5 years of age,
- Have chronic illness,
- Feel you need a little extra help.


**POWER CUT?
CALL 105**



If you register with the Priority Service they will let you know in advance of a planned interruption to your electricity supply and they will keep in touch with regular updates during a power cut and if necessary, can work with external agencies who may be able to assist.

To register for Priority Services Register:

Text PSR to 61999. We will normally contact you within 48 hours.

Fill out the form on  www.spenergynetworks.co.uk/pages/priority_services_register_form.aspx Download the form from complete and return to address below. Requires a printer,

☎ 0330 10 10 167





















 customercare@spenergynetworks.com















Customer Contact team,
SP Energy Networks,
3rd Floor 320 St Vincent Street,
Glasgow, G2 5AD.





Scottish Members of Parliament

Name	Member For	Party
Jeremy Balfour,  www.conservatives.com/	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 5961  Jeremy.Balfour.msp@parliament.scot	
Colin Beattie  www.snp.org/your-team/colin-beattie/ 164 High Street Dalkeith EH22 1AY  0131 454 0204	Midlothian North & Musselburgh The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6373  Colin.Beattie.msp@parliament.scot	
Miles Briggs  www.milesbriggs.scot/ 29 Roseburn Terrace Edinburgh EH12 5NQ	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 5945  Miles.Briggs.msp@parliament.scot	
Sarah Boyack  sarahboyack.com/	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6994  sarah.boyack.msp@parliament.scot	
Foyso! Choudhury	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6761  Foyso!.Choudhury.msp@parliament.scot	

Name	Member For	Party
Christine Grahame  www.christine-grahame.com/ 46 High Street Galashiels TD1 1SE  01896 759575	Midlothian South, Tweeddale & Lauderdale The Scottish Parliament Edinburgh, EH99 1SP  0131 348 5729  Christine.Grahame.msp@parliament.scot	
Alison Johnstone	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6362  Alison.Johnstone.msp@parliament.scot	
Lorna Slater	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6997  Lorna.Slater.msp@parliament.scot	
Sue Webber	Lothian The Scottish Parliament Edinburgh, EH99 1SP  0131 348 6763  Sue.Webber.msp@parliament.scot	
<h2>Member of the House of Commons</h2>		
Owen Thompson  owen.thompson.mp@parliament.uk	Midlothian House of Commons, London, SW1A 0AA  020 7219 3000	

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.



Disclaimer

The contents of this directory were correct as of July 2021.

Some contact details change from time to time. If you experience difficulty contacting an organisation, please contact Forward MID ☎ 0131-663-9471 and we will try to find you the new contact details and update our directory. Forward MID does not accept any responsibility for errors, omissions, or inaccuracies in the information contained in this publication.

Alternative copies of this directory may be available on request in large print.

An updated version of this directory can be found on the Forward Mid web site page by page in pdf format for you to download. Adobe reader now provides accessibility so page can be read aloud.

 eric.johnstone@mvacvs.org.uk

MVA
4-6 White Hart Street
Dalkeith EH22 1AE
☎ 0131-663-9471



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

www.forwardmid.org.uk

This directory designed by Iain Tait and
Sheree Muir

