



Directory of services and helpful contact numbers for older people living in Midlothian **2018**

The shared aim of services listed in this directory is:

“Older people have the opportunity to lead a full and active life, protected from harm and have access to good quality healthcare and support, their voices are heard and they are encouraged to play an active role in their communities”

This directory has been produced in partnership with key organisations and the people of Midlothian.

Thank you to all who contributed to this directory and who provide the services, activities, information and guidance that older people have said is important to them.

This booklet is categorized by each of key priorities contained within The Joint Strategy for Older People in Midlothian 2016-2019.

There is an index of services at the end of this booklet.

Copies of the strategy are available in Libraries and GP practices across Midlothian or online by searching for Midlothian Joint Older People Strategy within Google or other search engine or clicking on this link:

Joint strategy for older people 2016-2019

https://www.midlothian.gov.uk/info/200276/strategies_policies_and_campaigns/490/joint_strategy_for_older_people

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**ACCESS TO GOOD QUALITY SERVICES
WHEN I NEED THEM**

Getting about and
people having good
social networks



Alzheimer Scotland

Address: 3 Edinburgh Road, Dalkeith EH22 1LA

Tel:  **0131 654 1114**

Email: **MidlothianServices@Alzscot.org**

Website: **www.alzscot.org**

Services for people living with dementia and carers:

- Post Diagnostic Support
- Information & advice
- Day Care opportunities
- Outreach & therapeutic intervention
- Dementia friendly activities
- Dementia Cafés
- Volunteering opportunities
- Dementia training
- Dementia friends and dementia friendly communities
- Carer Support

A dementia Café is held at Baptist Church, North Wynd, Dalkeith, EH22 1JE on the second and fourth Tuesday each month from 12 noon until 2.30pm.



British Red Cross

Address: 131 High Street, Dalkeith

Tel: ☎ **0131 654 0340**

Website: **www.redcross.org.uk**

Services:

- Neighbourhood Links
- Neighbourhood Links Buddy Service
- Local Area Coordination (Community Coordinators)
- Transport for Hospital appointments
- Mobility aids – loan service of wheelchairs, commodes

We assist and support people to live well at home and in their local community by providing information, advice and practical support. For example providing a buddy for a short period, benefit checks or going to a social group etc.

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

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

Mobility Aids team can be contacted on 01506 409927 and are open every Wednesday & Friday from 10:00 to noon.

The Blue Badge Scheme

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

Online application via **www.mygov.scot/apply-blue-badge** or pick up a form from your local library.

Bus Travel – National Entitlement Card (NEC)

This card gives 60+ and disabled people free bus travel throughout Scotland.

Application forms are available at all Midlothian libraries – completed forms including a colour passport-style photo must be taken by the applicant to any

Midlothian library for processing. The verification system requires the librarian to confirm that the photo submitted is a true likeness of the applicant – if the application form is handed in by anyone other than the applicant, it will be rejected.



All local buses in Midlothian accept this card: Borders Buses, Lothian Buses, Lothian Community Transport Services, Prentice Coaches, and Stagecoach. Travelling intercity this card is accepted by Citylink, Megabus and National Express. **Over 95% of buses are adapted for wheelchair carriage. Most buses can carry only one wheelchair. Not all bus stops are suitable for wheelchair users. It would be advisable to phone before travelling to avoid disappointment.**

Citylink Tel: ☎ **0871 266 33 33**

Megabus Tel: ☎ **0900 1600 900**

National Express Tel: ☎ **08717 818178**

The Breathe Easy Group

- For People with Chronic Obstructive Pulmonary Disease (COPD)
- A fully supported network by the British Lung Foundation.
- Support people with chest problems and instruct on methods to help ease the pain of breathing and breathlessness
- Contact George Worrell for more information:
- Tel: ☎ **07969 467 594**

Meet first Tuesday of every month at:

MVA

4 – 6 White Hart Street,

Dalkeith

EH22 1AE

Easy Does It

Does a bit of relaxation, hand and arm massage, gentle Tai Chi and music that inspires sound good to you? It did to some people who were looking for just that type of thing and helped develop **Easy Does It!**

The Easy Does It! Group is an inclusive group that aims to help show how exercise and relaxation can improve physical and mental well being and gives people an opportunity to meet new faces. Some places might be available, so anyone who wants to find out more can contact Catherine at the Local Area Co-ordination office
Tel: ☎ **0131 454 1785.**

Gorebridge Community Café

Gorebridge Parish Church Hall, 100 Hunterfield Road,
100 Hunterfield Road
Gorebridge
Midlothian
EH23 4TT

Mary Webb

Tel: ☎ **01875 820 094**

“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. There is a small charge to cover costs.

The cafe is open **Fridays 10 am till 12 noon.**

All welcome.

Grassy Riggs Community Cafe

Address: 10 Woodburn Rd,
Woodburn, Dalkeith

Tel: ☎ **0131 654 1770**

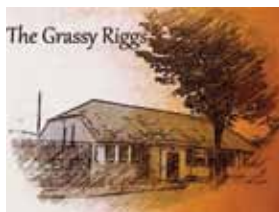
Email: **janette.hope@mvacvs.org.uk**

The Grassy Riggs is a drop-in for over 65's and carers of older people. The drop-in offers: a nutritional cafe, relaxed, social activities and information events, guidance and carer support. There is a small charge to cover costs.

Opening Times:

Monday – Thursday: **10am to 3pm**

Friday – Carers morning: **10am to noon**



Lunch Clubs/Day Care

Lunch clubs provide lunch and some social activities; they all take a small charge towards the cost of the food and transport. You can attend Lunch clubs by phoning the clubs directly .

Ladywood Leisure Centre Lunch Club Penicuik:

Days; Monday, Wednesday and Friday,
Contact details: Sheena Salton Tel: ☎ **01968 678 473**,
14a Yarrow Court Ladywood Penicuik Midlothian EH26 8HD

Paradykes Wednesday Lunch Club Loanhead:

Day; Wednesdays, contact Wyn Slater, Tel: **0131 440 3169**

Rosewell Primary Lunch Club:

Days Tuesdays and Thursdays,
Contact details Agnes Wood, Tel: ☎ **0131 440 0293**,
85 Carnethie Street Rosewell EH24 9AN

St Clair Centre Association Lunch Club Roslin:

Days; Mondays,
contact details Jean Gardiner Tel: ☎ **0131 440 2813**,
Community Pavilion, Pentland view Roslin EH25 9ND

St Davids Bradbury Day Centre:

57 St Davids, Newtongrange
Contact: Maureen Moore Tel: ☎ **0131 660 1285**
(24 hour answering service) For more information visit;
www.stdavidsbradburydaycentre.org.uk

Mayfield Lunch Club:

Every Friday 11.30 – 2.30pm at Mayfield Community Club.
Tel: ☎ **0131 663 5317**
Email: **info@maedt.org.uk**

continued over leaf

Lunch Clubs/Day Care ...continued

Broomhill Day Centre: 7 Bellmans Road, Penicuik, EH26 0AB

Contact: Diane Allan Tel: ☎ **01968 678109**

Email: broomhilldaycentre@hotmail.co.uk

Highbank Day Centre:

Midlothian Community Hospital, 70 Eskbank Road, Bonnyrigg, Dalkeith, EH22 3ND

Tel: ☎ **0131 454 1080** Mobile: **07557490311**

Email: aline.brown@midlothian.gov.uk

Alzheimer Scotland, The Bungalow Day Centre

24 Pendreich Terrace, Bonnyrigg, EH19 2DS

Contact: Alaine Chalmers

Tel: **0131 654 1114** email: **midlothianservices@alzscot.org**

Taxi card scheme

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

If you have questions please contact the Travel Team in Bonnyrigg –

Tel: ☎ **0131 561 5455**

Email: **ptu@midlothian.gov.uk**



VOCAL Midlothian

Address: VOCAL Midlothian, 30/01 Hardengreen Estate,
Dalhousie Road, Dalkeith EH22 3NX

Tel: ☎ **0131 663 6869**

Email: **midlothian@vocal.org.uk**

Website: **www.vocal.org.uk/midlothian**

How can VOCAL Help?

We provide carer support: We work with carers on a one-to-one basis to support carers in their caring role to achieve the best possible outcomes for carers. We can provide emotional support, counselling and work with carers to balance employment, social, and leisure opportunities with their caring role.

Surgeries for carers run on a monthly basis: Power Of Attorney (with an independent advisor); legal issues (with a solicitor); paying for long term care (with an individual financial advisor); welfare benefits (with CAB); dementia advice (with Alzheimer's Scotland); health checks (with specialist community nurses).

Training: regular training courses to support carers. Courses cover topics such as telecare, falls prevention, dementia, and continence management (visit **www.carerstraining.co.uk**)

Time off from caring (Wee Breaks): One-to-one support to identify suitable breaks from caring and options to fund breaks. For more information visit our website **http://weebreak.org**



Volunteer Midlothian

Address: Unit 32/6, Hardengreen Industrial Estate, Dalkeith, EH22 3NX

Tel:  **0131 660 1216**

Email: **info@volunteermidlothian.org.uk**

Website: **www.volunteermidlothian.org.uk**

Volunteer Midlothian is the first point of contact for anyone who wants to find out more about volunteering opportunities across Midlothian. Our CONNECT service offers a range of activities tailored to suit your needs.

Activities include:

- Being a friend/encouraging others
- Learning about technology
- Exchanging stories
- Enjoying music, art, hobbies, interests
- Walking locally
- Meeting new people
- Getting out and about in your local area

We aim to support those involved to become more socially connected, contribute and develop their skills and knowledge in an encouraging environment and improve mental and/or physical wellbeing. Contact us if you would like to volunteer or feel that you would benefit from using our service.

Staying Healthy,
Active and Living Well



Ageing Well – Be Active

Vivian Wallace Tel: ☎ **0131 561 6506**

email: **vivian.wallace@midlothian.gov.uk**

The project promotes physical and mental health for the over 50's in Midlothian. Several hundred people each week enjoy activities that use a peer support method with trained volunteers actively involved in both shaping the programme of activities and delivering them.

The project currently offers a wide range of activities throughout Midlothian catering for all abilities. These activities include walking groups, various dancing, yoga, pilates, tai chi, aquafit, singing, badminton, table tennis, new age kurling, walking football and rugby.

Ageing Well also run annual events such as the Senior Olympics for care homes and sheltered housing; Walk the Line, a walk, soup and roll for all ages and functional fitness testing days for anyone over 50 wishing to measure their strength, balance, flexibility and compare it with others the same age.

British Red Cross

Address: 131 High Street, Dalkeith

Tel: ☎ **0131 654 0340**

Website: **www.redcross.org.uk**

See our main entry on Page 5 for more details



WE ARE MACMILLAN. CANCER SUPPORT

Macmillan Cancer Support

Andrew Hebson Tel: ☎ **0131 561 5468**

Mobile: **07909 257419**

Email: **andrew.hebson@midlothian.gov.uk**

Macmillan support line: **0808 808 00 00** open Mon – Fri 9am to 8pm

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

Whether it's having someone to talk to about how you feel; help with money issues; accessing up to date information or simply finding out about how to go back to doing the things you love – Macmillan cancer support provides support to people affected by cancer including family members and carers.

Healthy Living

For advice on healthy eating, exercise and stopping smoking go to **www.nhs.uk/livewell/Pages/Livewellhub.aspx**

If you want to stop smoking speak to your pharmacist or go to www.ash.org.uk. If you are interested in exercise go to **www.activemidlothian.org.uk**. If you have a long-term health condition then contact the Living Well team on **0131 537 9849**.



Active Midlothian

Yvonne Anderson Tel: ☎ **0131 561 6509**

Allan Blair Tel: ☎ **0131 561 6505**

Email: **allan.blair@midlothian.gov.uk**

Website: **www.activemidlothian.gov.uk**

Fun, multi-physical activities for Adults with a Learning or Physical Disability. These exciting activities are designed for all ability levels. They are great fun, so come along, join in, try new things and meet new friends.

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

Penicuik Town Hall

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

Mayfield Leisure Centre

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

Boccia Coaching

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

Mayfield Leisure Centre

Wednesday 1-2PM, Cost £2 per session

Open to adults of all disabilities and all ability levels.



Breathingspace

Breathingspace offers someone to talk to if your thoughts and feelings are overwhelming you –

www.breathingspace.scot or Tel: ☎ **0800 83 85 87**.

The Orchard Centre in Bonnyrigg provides a wide range range of mental health services – go to **www.health-in-mind.org.uk** or phone **0131 663 1616**.

If you have a life crisis that you cannot manage call Midlothian Early Intervention Crisis Response Service on **0131 663 5533**. Call the Samaritans on **116 123** – you don't have to be suicidal to call them.

Falls Service – 24hrs Rapid Response

Falls are one of the most common accidents in the home. However, a fall at home does not always mean a visit to the hospital. The Rapid Response Falls Service can help you to get back on your feet.

Falls number: **0131 270 8890**



KICC Active Lothian

Address: KICC Active Lothian
MS Therapy Centre Lothian
40c Swanfield
Edinburgh EH6 5RX

Website: **www.kiccactive.org.uk/**

Email: **joanna@kiccactive.org.uk**

Office Tel: **☎ 0131 555 0809**

mobile: **07436 102 726**

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

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

Classes are gentle and specially designed for people with varying levels of mobility and experience.

Contact KICC to find out what is happening near you.

Joanna Cole-Hamilton

Living where I want
to live/ A Safe and
homely place to be

Care at Home

Care at Home or Home Care, is a range of support older people may need during to enable them to continue living at home. This includes help with personal care tasks like bathing/washing, eating and taking medication.

How does Care at Home work?

This is a Council, needs based service consisting of a range of home care workers and occupational therapists. We aim to support people to regain confidence and skills around daily living.

Usually people have regained skills and confidence to such an extent that they require less or no ongoing care, although this isn't the case for everybody. We will review what level of support you need with you and agree what ongoing care is necessary. This will then be delivered by our care at home providers.

Will I be charged for this service?

You will be asked to complete a financial assessment and be advised of any charges that are applicable.

If you are 65 and over personal care at home is free of charge. If you are under 65 charges may apply.

Adults and Community Care Team

Tel: ☎ **0131 271 3900**

Urgent requests: out of office hours: **0800 731 6969**

Email: **swccenquiries@midlothian.gov.uk**

Care Homes

Midlothian Council Care Homes

Highbank Care Home for Rehab, Assessment and Respite,
9a Bonnyrigg Road, Dalkeith, Midlothian EH22 3EY.

Tel: ☎ **0131 270 5640**

Newbyres Village Care Home, 20 Gore Avenue, Gorebridge,
Midlothian EH23 4TZ. Tel: ☎ **0131 270 5658**

Private Care Homes

Aaron House Care Home Beeslack House, (nursing)
Edinburgh Road, Penicuik, Midlothian EH26 0QF.

Tel: ☎ **01968 677 095**

Archview Lodge Care Home, (nursing), Newmills Road,
Brewlands, Dalkeith, Midlothian EH22 2AH.

Tel: ☎ **0131 663 0646**

Drummond Grange Care Home, (nursing), Kevock Road,
Lasswade, Midlothian EH18 1HT. Tel: ☎ **0131 654 2881**

Nazareth House, (personal care), 13 Hillhead, Bonnyrigg,
Midlothian EH19 2JF. Tel: ☎ **0131 663 7191**

Pine Villa Nursing Home, (nursing), 4 Hawthorn Gardens,
Loanhead, Midlothian EH20 9EE. Tel: ☎ **0131 440 3324**

Pittendriech House Care Home, (nursing), Melville Dykes
Road, Lasswade, Midlothian EH18 1AH. Tel: ☎ **0131 660 4073**

Rosehill, (personal care), 27 Park Road, Dalkeith, Midlothian
EH22 3DH. Tel: ☎ **0131 660 6602**

Springfield Bank Care Home, (nursing), 36/38 Cockpen
Crescent, Bonnyrigg, Midlothian EH19 3PN. Tel: **0131 660 5060**

Thornlea Nursing Home, (nursing), 21 Hawthorn Gardens,
Loanhead, Midlothian EH20 9EQ. Tel: ☎ **0131 440 0904**



Citizens Advice

Dalkeith & District Citizens Advice Bureau

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

Tel: ☎ **0131 660 1636**.

Dalkeith CAB has steps into the building (not wheelchair accessible)

Dalkeith CAB outreach clinics

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

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

Lasswade Library: Tuesday 09.30 – 12.30hrs, drop-in clinic
Newbyres Medical Centre, Gorebridge: Wednesday, 9.30 – 12.00 hrs,
by appointment – for registered patients only.

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

Penicuik & District Citizens Advice Bureau:

14a John Street, Penicuik EH26 8AB

Tel: ☎ **01968 675 259**

Penicuik CAB outreach clinics

Loanhead Library: Monday 10.00 – 13.00 hrs, no appointment
necessary

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

Falls Prevention Service

Some people are reluctant to seek advice about fall prevention from their G.P because they think their concerns will not be taken seriously.

Making small changes in and around your home can make a big difference in reducing accidents.

Falls number: **0131 270 8890**

Frozen Meals Service – Apetito

Address: Adult and Community Care Team, Fairfield House, 8 Lothian Road, Dalkeith, Midlothian

Email: **swccenquiries@midlothian.gov.uk**

Tel: ☎ **0131 271 3900**

Meal Service

If you need support with the preparation of meals through age or disability we can provide pre-cooked, delicious frozen meals. You can choose your meals on a fortnightly basis from a brochure; the meals cater for all dietary requirement and are delivered directly to your home.

Cost

The cost of a standard two-course meal is £2.88 with your own freezer and microwave or £3.08 if people wish to have a table-top freezer and/or a microwave supplied. The price of the meal allows for a choice of 2 courses, either soup and main course or main course and dessert. **www.apetito.co.uk**



Housing Adaptations

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

The recommendation for any adaptation relates to the person's current and long-term needs, and links to the anticipated course of their impairment and also consider the needs of carers.

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.

A Support to Move document is available in libraries, housing department or from Adults and Social Care

The Adults and Social Care Team provide assessments from Occupational Therapists and Community Care Assessments for specialist equipment and minor adaptations to support activities of daily living. We do not provide walking equipment. Small pieces of equipment are not provided but can be bought from local shops or on line from asksara.org.uk or livingmadeeasy.org.uk.

Funding for housing adaptations

Funding for major adaptations depends on the ownership of the home. This process is further outlined in the Scheme of Assistance available from Environmental Health and available on the Midlothian Council website. Download at: **www.midlothian.gov.uk/downloads/file/643/statement_of_assistance**

Contact Midlothian Council:

If you would like an appointment to discuss your situation, change of circumstance or about a relative or friend, contact us on:

Tel: ☎ **0131 271 3900** during office hours: Monday – Thursday 9:00-5:00 Friday 9:00-3:30


Adults and Social Care, Midlothian Council contact centre (Adult Services) Fairfield House, 8 Lothian Road, Dalkeith, EH22 3AA

E-mail: **swccenquiries@midlothian.gov.uk**

Housing Options

Housing Enquiries – Buccleuch House, 1 White Hart Street, Dalkeith

Email: Housing.enquiries@midlothian.gov.uk

Tel:  **0131 271 3394**

There are a range of age exclusive housing options for older people in Midlothian depending upon your specific requirements. These are:

Amenity Housing – (55 and over) Generally ground floor only 1 bedroom properties located near amenities and public transport routes.

Wheelchair housing (not age exclusive) – Purpose built fully wheelchair accessible bungalow accommodation. For individuals with significant mobility requirements.

Retirement housing (60+) – Self contained flats with some housing support from staff during office hours and 24 community alarm service, all at an additional cost relative to an individual's specific needs.

Sheltered housing (60+) – Traditional Warden serviced flatted accommodation.

Very Sheltered housing (60+) – Designed to meet the needs of frail older people who need additional support to live independently. Dining facilities and meals are provided.

Extra Care housing (60+) – Designed to meet the requirements of people with varying levels of care and support needs. Similar to Sheltered and Very Sheltered but offers a greater level of care and support, provided by a dedicated staff team on site.

Midcare Alarm Service

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



How can I access this service?

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

- Contact us at the Adults and Community Care team on:
Tel: ☎ 0131 271 3900
- Complete a self-referral form which is available from GP surgeries and local libraries or by downloading the document from: https://www.midlothian.gov.uk/downloads/file/583/midcare_self_referral_form
 - There is a self-assessment tool at:
<https://www.telecareselfcheck.scot/>

What does it cost?

Currently there is a charge of £3.15 per week which is billed quarterly. Charges are reviewed annually and effective April.

What is involved?

Each referred client is assessed and provided with an individualised package of Telecare equipment. The equipment is installed around the home as per the assessment, and this works in conjunction with the alarm base unit.

Who is contacted when Telecare equipment is activated?

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

Midlothian Community Physical Rehabilitation Team (MCPRT)

Address: Bonnyrigg Health Centre, 109-111 High Street,
Bonnyrigg EH19 2ET Tel: ☎ 0131-537-9883

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

What we aim for: To provide a co-ordinated and integrated rehabilitation service to patients with acute and long term physical conditions. Our Team consists of Physiotherapists and Occupational Therapists.

How to refer to Community Physical Rehabilitation Team

- Via Scottish Care Information Gateway (to Roodlands Physiotherapy). www.sci.scot.nhs.uk
- Midlothian Community Physical Rehabilitation Team

Police Scotland

999 Emergency Number

In an emergency you should always dial 999 if:

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

101 Non-Emergency Number

For all non-emergencies. 101 is the number you call to contact your local police, report a crime that has already happened or seek crime prevention advice. If you are hard of hearing or speech-impaired callers you can contact Polic Scotland via TextRelay on 1 800 1 101.



Scottish Fire and Rescue Service - EMERGENCY

Plan now in case of a fire please and note the following guidance:

If it is difficult for you to move about your home or check alarms about your house.

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



Remember...

- Plan your escape route now.
- Practice with your family
- If a fire starts, shout to warn everyone in the house
- Get out quickly. Don't stop for valuables
- Keep low down. Air is cleaner and cooler nearer the floor
- Don't look for the fire – keep doors closed
- If you can't escape, get everyone in a safe room
- Never jump out of a window – if you can, lower yourself onto cushions. But only ever attempt this as a last resort
- When you're out, STAY OUT
- Phone the Fire and Rescue Service. Dial **999**

Scottish Fire and Rescue – Home safety Service

Home Fire Safety Visit. We offer everyone in Scotland a free home fire safety visit. We can also fit smoke alarms free of charge if your home requires them. It's so easy to arrange! You can get in touch via the following options:

Complete our online form at:

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

Call **0800 0731 999** or Text "**Fire**" to **80800** from your mobile phone

A Voice that is heard



Citizens Advice

Dalkeith & District Citizens Advice Bureau

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

Tel: ☎ **0131 660 1636**.

Dalkeith CAB has steps into the building (not wheelchair accessible)

Dalkeith CAB outreach clinics

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

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

Lasswade Library: Tuesday 09.30 – 12.30hrs, drop-in clinic
Newbyres Medical Centre, Gorebridge: Wednesday, 9.30 – 12.00 hrs,
by appointment – for registered patients only.

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

Penicuik & District Citizens Advice Bureau:

14a John Street, Penicuik EH26 8AB

Tel: ☎ **01968 675 259**

Penicuik CAB outreach clinics

Loanhead Library: Monday 10.00 – 13.00 hrs, no appointment
necessary

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

EARS Advocacy service

C/O Forecourt Leisure, 11/1 Bonnington Road
Lane, Ashley Lane, Edinburgh, EH6 5PX

Tel: ☎ 0845 60 70 129

email: **info@ears-advocacy.org.uk**

website: **www.ears-advocacy.org.uk**



Edinburgh Advocacy Representation Service (EARS) is funded by health and social care to provide a free, independent advocacy – on a one to one basis – to older people in or moving into long term care.

EARS can assist a person who is:

- Living in Residential care
- Living in Sheltered Housing
- Living in the community and receives help from Social Work or Health Professionals
- Attending a day care centre
- In a community hospital delayed discharge bed in a community ward, being assessed by a mental health team or receiving treatment in a psychiatric hospital.

Midlothian Joint Older People's Planning Group

This group brings together a number of representatives of public, voluntary and Independent sector organisations. It also includes and involves older people who use services and people who care for those who use services. The group maintains an overview of older people's services and how national and local policy affects older people.

Contact Details Chair Anthea Fraser, Service Manager on

Tel: ☎ **0131 271 3670** or email:

anthea.fraser@midlothian.gov.uk

Midlothian Older Peoples Assembly (MOPA)

The voice of older people in Midlothian

MOPA provides a supportive platform to people aged over 65 years old living in Midlothian. MOPA enables people to be involved in decisions that impact them and their community.

The Assembly can communicate with Midlothian Council, local Councillors and the Scottish Government about the issues emerging from its meetings.

To learn about the next meeting contact: Eric or Margaret on **0131 663 9471**, or **info@mvacvs.org.uk**



VOCAL Midlothian

Address: VOCAL Midlothian, 30/01 Hardengreen Estate,
Dalhousie Road, Dalkeith EH22 3NX

Tel: ☎ **0131 663 6869**

Email: **midlothian@vocal.org.uk**

Website: **www.vocal.org.uk/midlothian**

VOCAL provide a wide range of support to unpaid carers. The carers centre will offer carers training, counselling, access to short breaks, information and one to one carer support.

Control over decisions
that affect me

Alzheimer Scotland – Dementia

Address: 3 Edinburgh Road,
Dalkeith, EH22 1LA

Tel: ☎ **0131 654 1114**

Email: **MidlothianServices@Alzscot.org**

Website: **www.alzscot.org**



British Red Cross

Address: 131 High Street,
Dalkeith. EH22 1BE

Tel: ☎ **0131 654 0430**

Website: **www.redcross.org.uk**



The British Red Cross in Dalkeith has a wealth of resources to offer people living in Midlothian. See page 5 for full details

EARS Advocacy service

Address: C/O Forecourt Leisure,
11/1 Bonnington Road Lane,
Ashley Lane, Edinburgh, EH6 5PX

Tel: ☎ **0845 60 70 129**

Email: **info@ears-advocacy.org.uk**

website: **www.ears-advocacy.org.uk**



Edinburgh Advocacy Representation Service (EARS) can provide a free, independent advocacy – on a one to one basis – to older people in or moving into long term care.

Gorebridge Over 50's Forum

Address: Gorebridge Parish Church Hall, 100 Hunterfield Road
Gorebridge, Midlothian. EH23 4TT

Tel:  **01875 820 094**


The Gorebridge Forum meets on the second Tuesday of every month at the Church Hall next to the Leisure Centre on Hunterfield Road.

The forum is informal and friendly. We have guest speakers on all topics including Health and Social Work Services, local groups, health and well being initiatives for older people, benefits and local news and updates. Our local councillor attends on a regular basis. All are welcome!

Midlothian Adult Community Care Team

Address: Adult and Community Care Team, Fairfield House, 8
Lothian Road, Dalkeith,, Midlothian

Email: **swccenquiries@midlothian.gov.uk**

Tel:  **0131 271 3900**

If you would like to speak about the care and support you receive or your health or circumstances change, please contact our Community Care team. You can contact the team to compliment or complain or if you would like to complain directly to the Care Inspectorate then please contact the Care Inspectorate by telephoning them on **0345 600 9527** or visiting the website: **www.careinspectorate.com**.

Self Directed Support

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

Who can receive Self Directed Support?

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

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

Option 1: You are paid money and choose and organise your support.

Option 2: You choose a care or support organisation and the council will arrange it.

Option 3: You ask the council to choose and arrange the support.

Option 4: Mix and match options – 1,2 and 3.

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

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

For more information contact Independent Living and Training Team Co-ordinator: Lothian Centre for Inclusive Living.

Email: ilteam@lothiancil.org.uk Tel: ☎ **0131 475 2350**

Access to information and advice

Age Scotland

Tel: ☎ **0845 125 9732** (local call rates apply)

TextPhone: **0845 226 5851**

Alzheimer Scotland

Address: 3 Edinburgh Road, Dalkeith, EH22 1LA

Tel: ☎ **0131 654 1114**

Email: **MidlothianServices@Alzscot.org**

Website: **www.alzscot.org/**

British Red Cross

Address: 131 High Street, Dalkeith. EH22 1BE

Tel: ☎ **0131 654 0430**

Website: **www.redcross.org.uk**

Cancer Support – Transforming Care After Treatment

Appointments at Lasswade Library are available between 9am and 12pm every Monday and 1pm and 4pm every Thursday. Home appointments are also available. We are also available every Tuesday between 10am 12pm at the Midlothian Community Hospital.

You can also attend one of our drop in sessions at Lasswade Library every Wednesday between 10am and 12pm.

Andrew Hebson Tel: ☎ **0131 561 5468** or **07423 097 664**.

Citizens Advice

Address: Dalkeith & District Citizens Advice Bureau

8 Buccleuch Street, DALKEITH Tel: ☎ **0131 660 1636**.

MERRIT team – Falls Prevention

Falls Advice Tel: ☎ **0131 270 8891**

Grassy Riggs

Address: MARC Building, 10 Woodburn Road, Dalkeith

Tel: ☎ **0131 654 1770**

Email: **janette.hope@mvacvs.org.uk**

Healthy Living – Living Well Team

For advice on healthy eating, exercise and stopping smoking go to **www.nhs.uk/livewell/Pages/Livewellhub.aspx**. If you are interested in exercise go to **www.activemidlothian.org.uk**. If you have a long-term health condition then contact the Living Well team on **0131 537 9849**.

MELDAP (Midlothian and East Lothian Drug and Alcohol Partnership)

Offer Gateway to Recovery clinics in Dalkeith and Penicuik. For more information call **0131 660 6822** or go to **www.meldap.co.uk** where you will also find a comprehensive list of advice and support services to aid recovery.

MIDCARE Alarm Service

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

Tel: ☎ **0131 271 3900**.

Email: **swccenquiries@midlothian.gov.uk**

Midlothian Dementia Team

Address: Bonnyrigg Health Centre, 109-111 High street,
Bonnyrigg

Tel: ☎ 0131 537 9979

If you are having difficulties because of your dementia, the team can help with:

- Mental health
- Behavioural and psychological symptoms of dementia
- Individual care and support needs
- Carers' needs
- Management of risk

NHS 24

NHS 24 has a self help guide at **www.treatyourselfbetter.co.uk/**.
You can also phone NHS 24 to speak to someone about a health problem on **111** twenty-four hours a day.

Practice Nurses

Don't forget to use your practice Nurse – they are experienced in dealing with many conditions such as high blood pressure, asthma and diabetes and a range of minor illnesses such as chest, urine and ear infections and skin conditions. Many can prescribe medication and arrange investigations. Nurse appointments are often quicker to get than an appointment with a doctor.

Libraries

Dalkeith Library	2 White Hart St, Dalkeith EH22 1AE Tel: ☎ 0131 663 2083
Danderhall Library	1A Campview, Danderhall, Dalkeith EH22 1QD Tel: ☎ 0131 663 9293
Gorebridge Library	98 Hunterfield Rd, Gorebridge EH23 4TT Tel: ☎ 01875 820630
Lasswade Library	19 Eskdale Dr, Bonnyrigg EH19 2LA Tel: ☎ 0131 271 4534
Loanhead Library	George Ave, Loanhead EH20 9LA Tel: ☎ 0131 444 9032
Mayfield Library	1 Stone Ave, Mayfield, Dalkeith EH22 5PB Tel: ☎ 0131 663 2126
Newtongrange Library	St Davids, Newtongrange, Dalkeith EH22 4LG Tel: ☎ 0131 663 1816
Penicuik Library	39A Carlops Rd, Penicuik EH26 9EP Tel: ☎ 01968 664050
Roslin Library	9 Main street, Roslin EH25 9LD Tel: ☎ 0131 448 2781

VOCAL – Voices of Carers Across Lothian

VOCAL is an organisation which supports carers living in Midlothian.

Am I A Carer?

A carer provides unpaid care to a family member, partner, or friend who needs help to manage a long term condition, physical or mental health problem, or addiction.

Contact Details:

Address: VOCAL Midlothian, 30/01 Hardengreen Estate,
Dalhousie Road, Dalkeith EH22 3NX

Tel: ☎ **0131 663 6869** Email: **midlothian@vocal.org.uk**

Website: **www.vocal.org.uk/midlothian**

Volunteer Midlothian

Volunteer Midlothian is the first point of contact for anyone who wants to find out more about volunteering in Midlothian (See main entry for Volunteer Midlothian on Page 12).

Tel: ☎ **0131 660 1216** Email: **info@volunteermidlothian.org.uk**

Website: **www.volunteermidlothian.org.uk**

Community Connections – Knowing your area

If you have ideas about how we can improve how people get to know what is happening in their community, and how this information can be distributed, then please contact Eric Johnstone at MVA on:

Tel: ☎ 0131 663 9471 Email: eric.johnstone@mvacvs.org.uk

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

Midlothian Council Welfare Rights Service

Provides benefit advice through advocacy, oral representation at social security appeals and general income maximisation for residents in Midlothian. The service also 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 benefit advice.

Midlothian Macmillan Benefits Service

The team have a designated welfare rights worker who can assist residents and their families or carers with advice about benefits and other Macmillan services Telephone **0131 271 3910** (For people diagnosed with cancer and their carers)

Income Maximisation Service

For Midlothian, residents under 60 who receive a social work service or for anyone over 60 who require benefit advice please contact. Telephone: **0131 270 8922**

Making a positive
contribution

Ageing Well – Be Active

Vivian Wallace Tel: ☎ **0131 561 6506**

email: **vivian.wallace@midlothian.gov.uk**

The project promotes physical and mental health for the over 50's in Midlothian. Several hundred people each week enjoy activities that use a peer support method with trained volunteers actively involved in both shaping the programme of activities and delivering them.

The project currently offers a wide range of activities throughout Midlothian catering for all abilities. These activities include walking groups, various dancing, yoga, pilates, tai chi, aquafit, singing, badminton, table tennis, new age curling, walking football and rugby.

Midlothian Joint Older People's Planning Group

This group brings together a number of representatives of public, voluntary and Independent sector organisations. It also includes and involves older people who use services and people who care for those who use services. The group maintains an overview of older people's services and how national and local policy affects older people. Contact Details Chair Anthea Fraser, Service Manager on Tel: ☎ **0131 271 3670** or email **anthea.fraser@midlothian.gov.uk**

Volunteer Midlothian

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Tel: ☎ **0131 660 1216**

Email: **info@volunteermidlothian.org.uk**

Website: **www.volunteermidlothian.org.uk**

Access to good
quality services when
I need them

Useful Contact Details

Adult Community Care	0131 271 3900
Alzheimer Scotland 24hr helpline	0808 808 3000
Blue Badge enquiries	0131 561 5455
Borders Buses Ltd	01896 754350
British Red Cross	0131 654 0340
Dementia Team (Midlothian)	0131 537 9979
Dial-A-Bus (Midlothian)	0131 447 1718
Dial-A-Ride (Midlothian)	0131 447 9949
Direct Payment enquiries	0131 271 3637
Housing Repairs	0131 663 7211
LCiL (Lothian Centre for Inclusive Living)	0131 475 2350
LCTS	0131 6630176
Lothian Buses	0131 555 6363
Macmillan cancer support line	0808 808 00 00
Midlothian Emergency Rapid Response Intervention Team (MERRIT) FALLS Team	0131 270 8890
MERRIT team out of hours	0800 731 6969
Midcare Midlothian	01875 613 921
Midlothian Council	0131 270 7500
Midlothian Community Hospital	0131 454 1001
Midlothian Refuse	0131 561 5284
Midlothian Travel Team	0131 561 5443
NHS24 helpline	111
Non Emergency Police	101
Prentice Coaches Ltd	01620 822620
Social Work – Emergency Out of hours	0131 200 2324
Stagecoach	01292 613700
VOCAL Midlothian	0131 663 6869
Volunteer Midlothian	0131 660 1216

Doctors

Bonnyrigg Health Centre

107-111 Bonnyrigg High Street, Bonnyrigg

Quarryfoot Medical Practice Tel: ☎ **0131 537 9828**

Dalhousie Medical Practice Tel: ☎ **0131 537 9844**

Strathesk Medical Group Tel: ☎ **0131 537 9977**

Dalkeith

St Andrew Street, Dalkeith

Dalkeith Medical Practice Tel: ☎ **0131 561 5500**

Danderhall

85 Newton church Road, Danderhall

Danderhall Medical Practice Tel: ☎ **0131 654 1079**

Loanhead

Sutherland House, 209 Mayburn Avenue, Loanhead

Loanhead Medical Practice Tel: ☎ **0131 440 0149**

Mayfield

Blackcot, Dalkeith

Newbattle Medical Group Tel: ☎ **0131 663 1051**

Gorebridge

Newbyres Medical Group Tel: ☎ **01875 820 405**

Pathhead

210 Main Street, Pathhead

Pathhead Medical Centre Tel: ☎ **01875 320 302**

Doctors ...continued

Penicuik

Eastfield Farm Road, Penicuik

Eastfield Medical Practice Tel: ☎ **01968 675 576**

Penicuik

37 Imrie Place, Penicuik

Penicuik Medical Practice Tel: ☎ **01968 672 612**

Roslin

122 Penicuik Road

Roslin, EH25 9NT

Roslin Medical Practice Tel: ☎ **0131 440 2043**

Compliments, complaints and comments.....

Midlothian Council

Tel: ☎ Telephone **0131 561 5444**

Email: **feedback@midlothian.gov.uk**

Website: **www.midlothian.gov.uk**



NHS Lothian

Tel: ☎ **0131 536 3370**

Email: **feedback@nhslothian.scot.nhs.uk**

Website: **www.nhslothian.scot.nhs.uk**



COMMUNICATING CLEARLY

We are happy to translate on request and provide information and publications in other formats, including Braille, tape or large print.

如有需要我們樂意提供翻譯本，和其他版本的資訊與刊物，包括盲人點字、錄音帶或大字體。

Zapewnimy tłumaczenie na żądanie oraz dostarczymy informacje i publikacje w innych formatach, w tym Braillem, na kasecie magnetofonowej lub dużym drukiem.

ਅਸੀਂ ਮੰਗ ਕਰਨ ਤੇ ਖੁਸ਼ੀ ਨਾਲ ਅਨੁਵਾਦ ਅਤੇ ਜਾਣਕਾਰੀ ਤੇ ਹੋਰ ਰੂਪ ਵਿੱਚ ਪ੍ਰਕਾਸ਼ਨ ਪ੍ਰਦਾਨ ਕਰਾਂਗੇ, ਜਿਨ੍ਹਾਂ ਵਿੱਚ ਬਰੇਲ, ਟੇਪ ਜਾਂ ਵੱਡੀ ਛਪਾਈ ਸ਼ਾਮਲ ਹਨ।

Körler için kabartma yazılar, kaset ve büyük nüshalar da dahil olmak üzere, istenilen bilgileri sağlamak ve tercüme etmekten memnuniyet duyuyoruz.

اگر آپ چاہیں تو ہم خوشی سے آپ کو ترجمہ فراہم کر سکتے ہیں اور معلومات اور دستاویزات دیگر شکلوں میں مثلاً بریل (تایید افراد کے لیے) بھرے ہوئے حروف کی لکھائی) میں، ٹیپ پر یا بڑے حروف کی لکھائی میں فراہم کر سکتے ہیں۔

Contact 0131 270 7500 or email: enquiries@midlothian.gov.uk



Midlothian

