Tynewater Community Directory

Prepared by community volunteers and Midlothian Council representatives working together for the Tynewater Neighbourhood Plan
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PURPOSE OF DIRECTORY

This directory has been produced as a result of a partnership work and consultation with the local community during the Neighbourhood Planning process. It is not intended to be a definitive document but rather to complement other directories or information provided by partner organisations. Information includes that from: Cousland, Crichton, Dewartown, Edgehead, Fala, Ford, Oxenfoord, and Pathhead.

Suggestions for additional information are welcome. Please see last page for Midlothian Council Communities Team contact information if you wish to comment or make suggestions.

MAP OF TYNEWATER COMMUNITY COUNCIL AREA
The main A68 road through Tynewater area is served on seven days a week by Borders Buses with its bus services 51 Jedburgh-Edinburgh and 52 Kelso-Edinburgh. Bus timetable booklets are available in all Midlothian libraries, at Pathhead Medical Centre and the Midlothian Community Hospital. You can also access the timetables at the website shown below.

**BORDERS BUSES**

<table>
<thead>
<tr>
<th>Service Numbers:</th>
<th>51, 52</th>
</tr>
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<tbody>
<tr>
<td>☎️ 01896 754350</td>
<td>Email: <a href="mailto:info@bordersbuses.co.uk">info@bordersbuses.co.uk</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.bordersbuses.co.uk">www.bordersbuses.co.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

‘Ring & Go’ schemes cover two parts of Tynewater. To use the ‘Ring & Go’ service, residents should apply using a ‘Ring & Go’ application form available from all Midlothian libraries and main council offices, the Pathhead Medical Centre and Midlothian Community Hospital. Additionally, drivers on the Swift Taxis Ring & Go service usually carry blank forms. Completed forms should be sent to the Travel Permits and Passes Team at Midlothian House in Dalkeith – details on the application form – along with one colour passport-style photograph.

**Pathhead Ring & Go is operated by Swift Taxis under contract to Midlothian Council.**

These Pathhead taxi journeys run at specific times and fill in the gaps within the 51/52 bus timetable. Journeys can include Fala, Fala Dam, and Dewartown that are not covered by the bus service. Pathhead journeys can also start/finish at Dalkeith Campus. Bookings can be made on the phone using the following contact – ☎️ 0131 660 1031.

‘Cousland Ring & Go’ is also operated by Swift Taxis of Newtongrange on ☎️ 0131 660 1031. The schedule is different from that in Pathhead. There is no core bus service to Cousland, so the whole public transport link is provided by ‘Ring & Go’ which runs seven days a week from 0700 in the morning to 2300 in the evening. The Cousland scheme carries people to/from Dalkeith, but also to/from Pathhead in recognition of a longstanding link between the two communities. For example, many Cousland residents register with the Pathhead Medical Centre.

For both Pathhead and Cousland ‘Ring & Go’ services, the passenger pays a flat fare based on an equivalent bus fare, and Midlothian Council pays the balance up to the agreed contract price for the taxi journey.

**HcL provides both a Dial-A-Bus (DAB) service and a Dial-A-Ride (DAR) service.** DAB provides links from Midlothian communities to shopping centres at fixed fares and DAR offers a bespoke door-to-door service not unlike a taxi (charged upon time and distance). Bookings are made via HcL on either ☎️ 0131 447 1718 (DAB) or ☎️ 0131 447 9949 (DAR).

If it is the first time you have used either DAB or DAR service, remember to ask HcL about the special first timer discounts.
MINI-BUS

- **Mayfield and Easthouses Development Trust** have a mini bus that can be hired by community groups. Membership (£12 per year) must be paid and drivers must have a D1 license.
  
  12 Bogwood Court
  MAYFIELD, EH22 5DG
  0131 663 5317
  Website: [www.maedt.org.uk](http://www.maedt.org.uk)
  Email: development@maedt.org.uk

LOTHIAN COMMUNITY TRANSPORT SERVICES

- Minibuses accessible to wheelchair users can be hired with an **LCTS** driver. A self-drive service, open to drivers with a MIDAS permit, is also offered by LCTS out of their Newmills Road depot in Dalkeith.
  
  ☎️ 0131 663 0176
  Website: [http://www.lcts.org.uk](http://www.lcts.org.uk)
  Email: info@lcts.org.uk

CONCESSIONARY TRAVEL

- A concessionary Scotland-wide free bus travel scheme was introduced in 2006. The scheme gives all permanent residents in Scotland free bus travel on and after their 60th birthday. Application forms are available in all Midlothian libraries and main Council offices, at Pathhead Medical Centre and Midlothian Community Hospital. Once completed, the form must be handed in to any Midlothian library. The applicant needs to do this in person - part of the validation process is to verify that the photo supplied is a true likeness of the applicant, and the librarian cannot do this if you send someone else with the form. There is no charge for this concessionary bus pass.

- The concessionary Scotland-wide free travel scheme also applies to disabled people and those entitled to free travel for a companion. There is a separate application form with full details of who is eligible. Blank forms are available at all Midlothian libraries and main offices, at Pathhead Medical Centre and Midlothian Community Hospital. Completed forms (along with a passport-style colour photo and supporting documents) must be taken by the applicant in person to any Midlothian library. There is no charge for this concessionary bus pass.

- A Young Scot card offers discounted travel for young people from their 16th birthday to the day before their 19th birthday. In Midlothian schools, the Young Scot card is offered to all on arrival at their High School. It is used in Midlothian schools for cashless catering and so most youngsters will have their Young Scot card from age 11 or 12. Most bus operators offer a commercial child fare from 5 to 15, and the Young Scot discount in effect extends this by a further three years. The discount is one-third off rounded to the nearest 5p below, so if the adult fare is £1, the Young Scot cardholder pays 65p [66.6p rounded down to 65p]. Midlothian children who attend schools outwith Midlothian can arrange their Young Scot card at any Midlothian library. For those in voluntary work, the Young Scot travel discount can be extended to the day before the cardholder's 26th birthday.

- Queries about the concessionary schemes can be directed to any Midlothian library, or to the Travel Permits and Passes Team at Midlothian House on ☎️ 0131 561 5455 or Email: [ptu@midlothian.gov.uk](mailto:ptu@midlothian.gov.uk)

- **FORWARD MID** - Guide to community transport for people with disabilities
The ScotRail service on the Borders’ Railway calls at the following stations: Edinburgh Waverley - Brunstane – Newcraighall - Shawfair - Eskbank - Newtongrange - Gorebridge - Stow - Galashiels - Tweedbank

The nearest railway stations for people living in Tynewater are **Gorebridge**, Station Road, Gorebridge, EH23 4JX, **Newtongrange**, 23 Murderdean Road, Newtongrange, EH22 4PE and **Wallyford**, Station Approach, off The Loan, Wallyford, EH21 8DZ

**Website:** [http://www.scotrail.co.uk/plan-your-journey/stations-and-facilities/](http://www.scotrail.co.uk/plan-your-journey/stations-and-facilities/)

The stations feature;

- 24-hour customer help point on the platform
- A ramp or path to provide step-free access
- One platform, with sheltered waiting area, for trains to both Edinburgh and Tweedbank
- Free car-parking facilities
- 24 hour CCTV for both station and car park
- Sheltered cycle storage facilities for approx 20 bikes
- Automated ticket vending machines

**There are no toilet facilities at the stations.**

Timetable enquiries can be made via the National Rail Enquiries line on ☎️ 03457 48 49 50 (rail times only), or via the Traveline Scotland enquiry service on ☎️ 0871 200 2233 (which can provide both rail and bus times for a multi-modal journey)

Seat Reservations are free when a ticket is purchased for ScotRail services and are available up to 12 weeks in advance. Tickets can be purchased in advance at [www.scotrail.co.uk](http://www.scotrail.co.uk) or by calling ☎️ 0344 811 0141 between 0700 and 2200, 7 days a week. All major credit/debit cards are accepted.

Disabled Assistance can be arranged by calling ☎️ 0800 912 2901 (or textphone 18001 0800 912 290 if you are hard of hearing).

Free travel on the Borders’ Railway service [Edinburgh-Tweedbank] is available to Saltire Card Holders with an ‘eye’ symbol (issued via the Scottish Blind Scheme) as part of a Scotland-wide scheme that also includes Edinburgh Trams and most coastal ferries. There is no free train, tram, or ferry travel for Saltire Card Holders without an ‘eye’ symbol

Holders of a valid Midlothian Taxicard enjoy free train travel within the Edinburgh and three Lothians areas – on the Borders’ Railway this means between Edinburgh and Gorebridge, as the scheme does not extend into the Scottish Borders. The Taxicard scheme has been closed to new entrants since April 2015, but those already members by midnight on 31 March 2015 continue to benefit.

Discounted Travel is available by purchasing any one of a series of railcards made available by the train operator such as the Senior Railcard or Scottish Youth Railcard. Further details are available via the ScotRail website on [www.scotrail.co.uk](http://www.scotrail.co.uk)
### EDUCATION

#### EARLY LEARNING & CHILDCARE

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<th><strong>CHILDMINDERS</strong></th>
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<tbody>
<tr>
<td>32 Crichton Road&lt;br&gt;PATHHEAD, EH37 5RA&lt;br&gt;☎ 0131 271 4710&lt;br&gt;Email: <a href="mailto:tynewater.ps@midlothian.gov.uk">tynewater.ps@midlothian.gov.uk</a>&lt;br&gt;Website: <a href="http://tynewater.mgfl.net/">http://tynewater.mgfl.net/</a></td>
<td>There are no childminders currently based in the Tynewater area. For details of the nearest childminders contact: Midlothian Childcare Information Service&lt;br&gt;☎ 0131 271 3754&lt;br&gt;Email: <a href="mailto:childcare@midlothian.gov.uk">childcare@midlothian.gov.uk</a></td>
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<th><strong>COUSLAND VILLAGE TODDLERS / PLAY GROUP</strong></th>
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<tr>
<td>Tynewater Primary School&lt;br&gt;32 Crichton Road&lt;br&gt;PATHHEAD, EH37 5RA&lt;br&gt;Tynewater ASC is a great place for children aged 4-12 to meet and play with other children, Monday to Thursday from 3.30-5.45. A school holiday club operates at Mayfield PS, 7.30-5.45.&lt;br☎ 07718 923870 or ☎ 0131 654 1226&lt;br&gt;Email: <a href="mailto:mayfieldasc@btconnect.com">mayfieldasc@btconnect.com</a></td>
<td>Village Hall, Hadfast Road, COUSLAND&lt;br&gt;Group provides a safe and friendly environment for all babies, toddlers, and pre-school children. Activities include arts and crafts, baking, music, tabletop activities, stories, singing and many more. Meet every Wednesday morning 9.15-11.45. Ages 0-5 welcome.&lt;br☎ 07814 703935 or 07825 059354&lt;br&gt;Website: <a href="http://couslandvillage.co.uk/toddler-group">http://couslandvillage.co.uk/toddler-group</a></td>
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<tr>
<th><strong>CLOVER COUNTRY NURSERY</strong></th>
<th><strong>CRANSTON COUNTRY NURSERY</strong></th>
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<tbody>
<tr>
<td>The Old Schoolhouse,&lt;br&gt;Fala, By PATHHEAD, EH37 5SY.&lt;br&gt;Our nursery is in the lovely conservation village of Fala. Our ethos is home from home. With warm, friendly and professionally qualified staff who have been with us for years Monday to Friday 7:15am – 6.30pm&lt;br☎ 01875 833375&lt;br&gt;Email: <a href="mailto:info@clovercountrynursery.com">info@clovercountrynursery.com</a>&lt;br&gt;Website: <a href="http://www.clovercountrynursery.com">www.clovercountrynursery.com</a></td>
<td>Cranston Country Nursery is situated in a wonderful rural setting enabling us to offer great facilities for your child.&lt;br&gt;Monday to Friday 7:30am – 6.00pm&lt;br☎ 01875 321 370.&lt;br&gt;Email: <a href="mailto:info@cranstoncountrynursery.com">info@cranstoncountrynursery.com</a>&lt;br&gt;Website: <a href="http://www.cranstoncountrynursery.com">www.cranstoncountrynursery.com</a></td>
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<tr>
<th><strong>MOTHER AND TODDLER GROUP</strong></th>
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<tr>
<td>There is a Mother &amp; Toddler group at Pathhead pavilion on Thursday mornings from 09:30 to 11:45am&lt;br&gt;Contact is Renae Bell&lt;br☎ 07985 650085.&lt;br&gt;Email: <a href="mailto:renaewoodlock@googlemail.com">renaewoodlock@googlemail.com</a></td>
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## PRIMARY SCHOOLS

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<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>TYNEWATER PRIMARY SCHOOL</strong></td>
<td>32 Crichton Road, PATHHEAD, EH37 5RA</td>
<td>0131 271 4710</td>
<td><a href="mailto:tynewater.ps@midlothian.gov.uk">tynewater.ps@midlothian.gov.uk</a></td>
<td><a href="http://tynewater.mgfl.net/">http://tynewater.mgfl.net/</a></td>
</tr>
<tr>
<td><strong>TYNEWATER PS PARENT COUNCIL</strong></td>
<td>32 Crichton Road</td>
<td>PATHHEAD, EH37 5RA</td>
<td>We are a group of Parent and Carers who meet to discuss school matters including budgets, policies, and learning. We are representatives of the Parent Forum. We also fundraise to provide ‘extras’ that enhance each pupil’s school experience.</td>
<td>Email: <a href="mailto:tynewaterparentcouncil@gmail.com">tynewaterparentcouncil@gmail.com</a></td>
</tr>
<tr>
<td><strong>BREAKFAST CLUB</strong></td>
<td>Provided by Edinburgh and Lothians Out of School Care Network (ELOSCN) it meets in the Crèche Room every day from 7.30am – 8.55am.</td>
<td></td>
<td>To get a Registration Pack or more info’</td>
<td>ELOSCN office on 07539 692998 or Email: <a href="mailto:eastlinton@eloscn.com">eastlinton@eloscn.com</a></td>
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<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td><strong>ST DAVID’S RC PRIMARY SCHOOL</strong></td>
<td>Launder Road, DALKEITH, EH22 2PU</td>
<td>0131 271 4675</td>
<td><a href="mailto:st-davids.ps@midlothian.gov.uk">st-davids.ps@midlothian.gov.uk</a></td>
<td><a href="http://stdavidsps.mgfl.net/">http://stdavidsps.mgfl.net/</a></td>
</tr>
<tr>
<td><strong>SALTERSGATE SCHOOL</strong></td>
<td>3 Cousland Road,</td>
<td>0131 654 4703</td>
<td>Email: <a href="mailto:saltersgate@midlothian.gov.uk">saltersgate@midlothian.gov.uk</a></td>
<td>Website: <a href="http://saltersgate.mgfl.net/">http://saltersgate.mgfl.net/</a></td>
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## SECONDARY SCHOOLS - The closest secondary schools are:

<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
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</thead>
<tbody>
<tr>
<td><strong>DALKEITH HIGH SCHOOL</strong></td>
<td>2 Cousland Road, DALKEITH, EH22 2PS</td>
<td>0131 654 4701</td>
<td><a href="mailto:dalkeith.hs@midlothian.gov.uk">dalkeith.hs@midlothian.gov.uk</a></td>
<td><a href="http://dalkeith.mgfl.net/">http://dalkeith.mgfl.net/</a></td>
</tr>
<tr>
<td><strong>ST DAVID’S RC HIGH SCHOOL</strong></td>
<td>1 Cousland Road, DALKEITH, EH22 2PS</td>
<td>0131 654 4702</td>
<td><a href="mailto:stdavids_hs@midlothian.gov.uk">stdavids_hs@midlothian.gov.uk</a></td>
<td><a href="http://www.stdavidshighschool.co.uk">www.stdavidshighschool.co.uk</a></td>
</tr>
<tr>
<td><strong>SALTERSGATE SCHOOL</strong></td>
<td>3 Cousland Road, DALKEITH, EH22 2PS</td>
<td>0131 654 4703</td>
<td>Email: <a href="mailto:saltersgate@midlothian.gov.uk">saltersgate@midlothian.gov.uk</a></td>
<td>Website: <a href="http://saltersgate.mgfl.net/">http://saltersgate.mgfl.net/</a></td>
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## FURTHER EDUCATION

<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Telephone</th>
<th>Email</th>
<th>Website</th>
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<tbody>
<tr>
<td><strong>EDINBURGH COLLEGE - MIDLOTHIAN CAMPUS</strong></td>
<td>The local campus (one of four campuses across the city) is located at: 46 Dalhousie Road, DALKEITH, EH22 3FR</td>
<td>0131 344 7100</td>
<td><a href="mailto:courseinfo@edinburghcollege.ac.uk">courseinfo@edinburghcollege.ac.uk</a></td>
<td><a href="http://www.edinburghcollege.ac.uk">www.edinburghcollege.ac.uk</a></td>
</tr>
<tr>
<td><strong>NEWBATTLE ABBEY COLLEGE</strong></td>
<td>Scotland’s only adult education residential college Newbattle Road, DALKEITH, EH22 3LL</td>
<td>0131 663 1921</td>
<td>Email: <a href="mailto:office@newbattleabbeycollege.ac.uk">office@newbattleabbeycollege.ac.uk</a></td>
<td>Website: <a href="http://www.newbattleabbeycollege.ac.uk/">www.newbattleabbeycollege.ac.uk/</a></td>
</tr>
<tr>
<td>LIFELONG LEARNING AND EMPLOYABILITY – (LLE)</td>
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<tr>
<td>Tynewater residents can access a range of LLE activities by contacting:</td>
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<table>
<thead>
<tr>
<th>LIFELONG LEARNING AND EMPLOYABILITY</th>
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<tr>
<td>AIM HIGH WOODBURN SHOP</td>
</tr>
<tr>
<td>A Midlothian adult learning programme, offering day and evening classes based in the Tynewater area is available. There are a wide variety of courses and activities and you can download the programme at the web address below.</td>
</tr>
<tr>
<td>📞 0131 271 3481 (Administration), 0131 271 3434 (Adult Learning) and 0131 271 5775 (Young People and Positive Destinations)</td>
</tr>
<tr>
<td>Email: <a href="mailto:lle@midlothian.gov.uk">lle@midlothian.gov.uk</a></td>
</tr>
<tr>
<td>Website: Adult Learning Programme</td>
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<tr>
<th>ADULT LITERACY AND NUMERACY (ALN) &amp; English for Speakers of other Languages (ESOL)</th>
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<tbody>
<tr>
<td>ALN can help you if you are over 16 and you want to improve your communications skills.</td>
</tr>
<tr>
<td>You can work towards an SQA certificate in: Communications /Creative writing /Numeracy / Mathematics /Basic IT /English for Speakers of Other Languages (ESOL).</td>
</tr>
<tr>
<td>Provides help with Reading / Writing / Spelling / Spoken language / General communication / Number skills.</td>
</tr>
<tr>
<td>📞 0131 270 8900</td>
</tr>
<tr>
<td>Email: ALN - <a href="mailto:neil.saddington@midlothian.gov.uk">neil.saddington@midlothian.gov.uk</a></td>
</tr>
<tr>
<td>Email: ESOL - <a href="mailto:clare.cameron@midlothian.gov.uk">clare.cameron@midlothian.gov.uk</a></td>
</tr>
<tr>
<td>Website: Adult Literacy and Numeracy (ALN)</td>
</tr>
<tr>
<td><strong>ACTIVITIES AND SERVICES FOR YOUNG PEOPLE</strong></td>
</tr>
<tr>
<td>------------------------------------------------</td>
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</tbody>
</table>
| **PATHHEAD YOUTH PROJECT**
11 Main Street  
PATHHEAD, EH37 5PZ  
The drop-in is open two nights a week, Monday & Thursday, from 7pm to 8:30pm. Any young people who are in primary 7 or older from the Tynewater area are welcome. We meet in the day room at the front of Pathhead Community Hall, with around 12 to 30 young people attending every night.  
**Email:** pathhead_yp@yahoo.co.uk  
**Website:** www.pyp.me.uk/ |
| **COUSLAND VILLAGE YOUTH CLUB**  
Cousland Village Hall  
COUSLAND  
Wednesday evenings (Term Time)  
6.30 – 7.45pm. Cost is £1.50 per session. All leaders are disclosure checked as suitable to work with children. All children and young people who live in and around Cousland are welcome to come along.  
☎️ 07403 318395, 07976 657968 or 07851 297142  
**Email:** cousland.youthclub@outlook.com  
**Website:** http://couslandvillage.co.uk/youth-club |
| **1739 (2ND MIDLOTHIAN) SQUADRON AIR TRAINING CORPS**
Dalhousie Road  
NEWTONGRANGE  
Parade Nights: Monday & Thursday  
Parade Times: 19.00 - 21.30  
☎️ 0131 561 9811  
**Email:** oc.1739@aircadets.org |
| **ARMY CADETS**
12 Dalkeith Place  
EASTHOUSES, EH22 4DJ  
☎️ 01506 856698  
**Email:** 650darc@armymail.mod.uk  
**Website:** https://armycadets.com/county/lothian-and-borders-battalion-acf/ |
| **MIDLOTHIAN YOUTH PEOPLE’S ADVICE SERVICE (MYPAS)**  
MYPAS (Midlothian Young People's Advice Service) aims to improve the health and well-being of young people aged 12 – 21. MYPAS currently works with young people in the areas of Sexual Health, Mental Health, and Substance Use. Services offered are free and confidential.  
176 High Street,  
DALKEITH, EH22 1AY  
☎️ 0131 454 0757  
**Email:** enquiries@mypas.co.uk  
**Website:** http://mypas.co.uk/ |
| **MIDLOTHIAN YOUNG CARERS SERVICE**
Units 9-10, 40 Hardengreen Business Park,  
Dalhousie Road,  
DALKEITH, EH22 3NU  
Provides support to young people aged 7-18 who find themselves caring for a dependent relative at home.  
☎️ 0131 654 9540  
**Email:** midlothian@children1st.org.uk  
| **LGBT YOUTH SCOTLAND**
We are here to help support lesbian, gay, bisexual and transgender young people. You can get in touch with us in a number of ways if you have a question, need advice, or support, or are just looking for someone to talk to.  
☎️ 0131 555 3940  
**Email:** info@lgbtyouth.org.uk  
**Website:** www.lgbtyouth.org.uk/  
**Text:** ‘info’ to 07786 202370 |
| **MIDLOTHIAN YOUTH PLATFORM (MYP)**
MYP exists to help make the county of Midlothian a better place for young people. They work with the following aims:  
- To represent young people's voices in the Midlothian area  
- To give young people a chance to express their views  
- To promote a positive image of young people  
- To encourage young people to contribute and get involved in their community and local democracy  
For further details go to our **Midlothian Youth Platform** Facebook page.  
☎️ 0131 270 5777 |
## ACTIVITIES AND SERVICES FOR OLDER PEOPLE

<table>
<thead>
<tr>
<th>AGE SCOTLAND</th>
<th>ALZHEIMER SCOTLAND</th>
</tr>
</thead>
<tbody>
<tr>
<td>Causewayside House,</td>
<td></td>
</tr>
<tr>
<td>160 Causewayside,</td>
<td></td>
</tr>
<tr>
<td>Edinburgh, EH9 1PR</td>
<td></td>
</tr>
<tr>
<td>☎ 0333 32 32 400 (General Enquiries)</td>
<td>☎ 0131 654 1114</td>
</tr>
<tr>
<td>☎ 0800 4 70 80 90 (Helpline)</td>
<td>☎ 0808 808 3000 - Free 24 Hour Helpline</td>
</tr>
<tr>
<td>Email: Form on Website</td>
<td>Email: <a href="mailto:alzheimer@alzscot.org">alzheimer@alzscot.org</a></td>
</tr>
<tr>
<td>Website: <a href="http://www.ageuk.org.uk/scotland/">http://www.ageuk.org.uk/scotland/</a></td>
<td>Website: <a href="http://www.alzscot.org/">www.alzscot.org/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>COUSLAND MAJORITY CLUB</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Anyone of the ripe old age of 60 onwards will be most welcome. The groups meet in the Village Hall on the first Monday of each month at <strong>2pm</strong> unless there is an outing. For more information contact: Elspeth Fleming ☎ on 0131 663 6153 or Ken Carnie ☎ 0131 663 9245</td>
<td></td>
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</table>

<table>
<thead>
<tr>
<th>AGEING WELL</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport and Leisure</td>
<td></td>
</tr>
<tr>
<td>2nd Floor, Midlothian House</td>
<td></td>
</tr>
<tr>
<td>Buccleuch Street</td>
<td></td>
</tr>
<tr>
<td>DALKEITH, EH22 1DN</td>
<td></td>
</tr>
<tr>
<td>Ageing Well aims to help older people maintain their wellbeing through various activities. ☎ 0131 561 6506</td>
<td></td>
</tr>
<tr>
<td>Website: Ageing Well</td>
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<table>
<thead>
<tr>
<th>INFORMATION AND SUPPORT DROP-IN</th>
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<tbody>
<tr>
<td>Tuesdays 9.45 – 12.00 noon</td>
<td></td>
</tr>
<tr>
<td>Hosted by Newtongrange Library</td>
<td></td>
</tr>
<tr>
<td>St David’s</td>
<td></td>
</tr>
<tr>
<td>NEWTONGRANGE, EH22 4LG</td>
<td></td>
</tr>
<tr>
<td>Find out about local things to do and places to go. Get support and information &amp; advice / tips on how to live well. If interested, you will also have the opportunity to take part in sporting reminiscence, indoor bowling, kurling, or putting. Contact Louise Paul (Living Well Team) ☎ 0131 537 9849</td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:louise.paul@nhslothian.scot.nhs.uk">louise.paul@nhslothian.scot.nhs.uk</a></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>MIDLOTHIAN COUNCIL</th>
<th>RED CROSS CALENDAR OF EVENTS FOR OLDER PEOPLE</th>
</tr>
</thead>
<tbody>
<tr>
<td>There are telephone numbers &amp; links to a range of locally based and national services at the website listed below. You can also access a Directory of services for older people living in Midlothian at the website. Website: Care and support for an elderly person Email: <a href="mailto:swccenquiries@midlothian.gov.uk">swccenquiries@midlothian.gov.uk</a></td>
<td>Website: <a href="http://weebreak.org/places-to-go/whats-on-in-your-area/">http://weebreak.org/places-to-go/whats-on-in-your-area/</a></td>
</tr>
<tr>
<td>☎ 0131 271 3900</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>THE SILVER LINE: HELPLINE FOR OLDER PEOPLE</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>The only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year. ☎ 0800 4708090</td>
<td></td>
</tr>
<tr>
<td>Website: <a href="http://www.thesilverline.org.uk/">www.thesilverline.org.uk/</a></td>
<td></td>
</tr>
<tr>
<td>Email: <a href="mailto:info@thesilverline.org.uk">info@thesilverline.org.uk</a></td>
<td></td>
</tr>
</tbody>
</table>
MIDLOTHIAN COUNCIL – MOBILE LIBRARY

MOBILE LIBRARY
Midlothian Council operates a Mobile Library Service. It visits the Tynewater area on Thursday and Friday – see timetable below.
Midlothian’s Mobile Library brings library services far afield into our communities. Books for adults, children and young people, DVDs and CDs, large print titles, community information, and the NHS hearing aid battery service are available at all our stopping points. For further details contact
Library Headquarters
☎ 07990 136894
Email: library.hq@midlothian.gov.uk

<table>
<thead>
<tr>
<th>Thursday</th>
<th>Week 1</th>
<th>Week 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cranston Nursery</td>
<td>11:00 - 11:30</td>
<td></td>
</tr>
<tr>
<td>Edgehead</td>
<td>11.30 - 12.30</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Friday</th>
<th>Week 1</th>
<th>Week 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cousland</td>
<td>9:45 - 10:30</td>
<td>9:45 - 10:30</td>
</tr>
<tr>
<td>Humbie</td>
<td>10:30 - 12:30</td>
<td></td>
</tr>
<tr>
<td>Pathhead</td>
<td>1:40 – 2:00</td>
<td>1:40 – 2:00</td>
</tr>
</tbody>
</table>

DALKEITH LIBRARY & ARTS CENTRE
2 White Hart Street
DALKEITH, EH22 1AE
☎ 0131 663 2083
Email: dalkeith.library@midlothian.gov.uk
Website: www.midlothian.gov.uk/directory_record/58/dalkeith_library

COMMUNITY BASED ACTIVITIES

COUSLAND LOCAL HISTORY PROJECT
The Cousland Local History Project works to make this nationally significant archaeological and historical information accessible to everyone and we have recently brought together all of the items in our collection at the Cousland Community Heritage Hub in the Smiddy cottage.
Website: www.couslandsmiddy.co.uk/cousland-local-history-project.html

COUSLAND COURIER
The Courier is a source of a diverse range of news and information about the village. Published ... times a year. The editorial group is always looking for contributions.
Email: couslandnewsdrop@gmail.com

COUSLAND SMIDDY TRUST
Cousland Smiddy Cottage
31 Hadfast Road
COUSLAND
Email: info@couslandsmiddy.co.uk
Website: http://www.couslandsmiddy.co.uk

COUSLAND SMWRI
Hadfast Road
COUSLAND
☎ 0131 663 9245
Email: janemadam@btinternet.com
Website: http://couslandvillage.co.uk/swi

CRANSTOUN SWRI
The group meets at Pathhead Pavilion 4th Monday of each month. There are a range of talks and activities provided. Visitors welcome. Notices for each meeting are displayed on Tynewater notice boards.
Email: adrienne1565@gmail.com

EDGEHEAD VILLAGE COMMITTEE
The group seeks to develop community spirit, community activities, and the environment in the Village.
Email: edgeheadvillage@googlegroups.com
Facebook: https://www.facebook.com/pg/edgeheadvillage
## COMMUNITY BASED ACTIVITIES

### PATHHEAD DROP-IN
Meet at the
Stair Arms Hotel
PATHHEAD, EH37 5YN
Meet at **10.30 - 12.00** every Wednesday morning. It is aimed at people who are feeling a bit isolated, in need of company or just in need of some time out from home.
People of all ages are welcome.
Contact Aileen Blackwood for more Information.
☎ 07906 652288

### PATHHEAD SPORTS AND SOCIAL CLUB
Pathhead Community Hall
11 Main Street
PATHHEAD, EH37 5PZ
The Social Club has been providing entertainment in the village for around 35 years.
The lounge has a 50" plasma television and the bar is stocked with a variety of bottle and draught beers as well as spirits and liquors. Our games room is available for games of pool or darts.
Facebook Page

### PATHHEAD PLAYERS
An amateur dramatic group that stage two productions a year, pantomime in December and a play in the Springtime. New members for on stage or back stage help are very welcome. Regular meeting night is a Wednesday, usually in the Community Hall but some early rehearsals are held in the Stair Arms.
☎ 01875 320458
Email: pathheadplayers@googlemail.com

### PATHHEAD & DISTRICT HORTICULTURAL SOC’
Pathhead Community Hall
11 Main Street
PATHHEAD, EH37 5PZ
The group meets at Pathhead pavilion. There are a range of talks and activities. Notices of each meeting displayed on Tynewater notice board.
Email: jenmontgomery38@gmail.com

### PATHHEAD MUSIC COLLECTIVE
The group supports a wide range of events. To find out more.....
Email: info@pathheadmusiccollective.org.uk
Website: http://pathheadmusiccollective.org.uk/

### PATHHEAD WALKING GROUP
Easy walking on a Tuesday from Pathhead Pavilion, Callander Park, starting at 10am. Choose between a 30 minute stroll around the park at a slow pace, or a longer walk up to 60 minutes in the nearby area.
Wednesday Walks from Pathhead Village Hall at 10am. A faster pace and up to 90 minutes.
Contact David Richardson for details of dates.
☎ 01875 320041
Email: d.richardson179@btinternet.com

### PATHHEAD SWRI
We meet in the Pathhead Pavilion on the second Monday of each month at 7.15 from September until May. We enjoy talks and handicraft demonstrations as well as outing. New member and visitors are always welcome. Notices for each meeting are posted in Wahhlberg’s and the Pathhead Medical Centre.

### PATHHEAD WALKING GROUP
Easy walking on a Tuesday from Pathhead Pavilion, Callander Park, starting at 10am. Choose between a 30 minute stroll around the park at a slow pace, or a longer walk up to 60 minutes in the nearby area.
Wednesday Walks from Pathhead Village Hall at 10am. A faster pace and up to 90 minutes.
Contact David Richardson for details of dates.
☎ 01875 320041
Email: d.richardson179@btinternet.com

### PATHHEAD COMMUNITY CAFE
Every Tuesday from 10.30 am to 12 pm in the Pathhead Pavilion, Callendar Park. Coffee and home bakes, with lots of blether. Come and join us. Volunteers to help are always welcome.
Email: linda.55.miller@gmail.com

### THE PATHHEAD CHOIR
Is a community choir, run by Gina Rae & Sophie Bancroft, both members of the Pathhead Music Collective. The choir sing jazz, folk, pop, gospel and some classical / baroque. New members always welcome. Ages: 16 to 116
Email: sbancroft@btinternet.com

### PATHHEAD & DISTRICT BOWLING CLUB
Main Street
PATHHEAD, EH37 5PZ
Please see our Pathhead & District Bowling Club Facebook page for further info’
☎ 01875 320683

### PATHHEAD & DISTRICT HISTORICAL & HERITAGE SOCIETY
Meet in Fala Village Hall EH37 5SY on the last Thursday of each month (except December & January) at 7.30 pm. Email: mpcallander@aol.com

### FALA QUILTING GROUP
Meet in Fala Session House between March – October,
Tuesday evenings, 7.00 – 9.00.
## SERVICES FROM OTHER ORGANISATIONS WORKING IN THE AREA

**VOCAL MIDLOTHIAN CARER CENTRE**  
30/1 Hardengreen Estate  
Dalhousie Road  
DALKEITH, EH22 3NX  
VOCAL supports unpaid carers in Midlothian, our Carer Support Team works with carers on a one-to-one basis to help identify the issues affecting them and achieve the best possible outcome. We also have learning opportunities available and social activities/groups that are open to all carers.  
☎️ 0131 663 6869  
Email: midlothian@vocal.org.uk  
Website: www.vocal.org.uk

**HOME LINK FAMILY SUPPORT**  
Services offered include:  
*Midlothian Young Parents Support Service*: a home visiting support for young parents with children aged 3 or under  
*Family Support Service*: a home visiting support for parents/carers with children under 5 years of age  
*Systemic Family Counselling Service*: a unique therapeutic service for the whole family in their own home, for families with children aged 0-18. Priority will be given to families with children in their early years.  
☎️ 0131 661 0890  
Website: www.homelinkfamilysupport.org  
Email: info@homelinkfamilysupport.org

**MIDLOTHIAN VOLUNTARY ACTION (MVA)**  
4/6 White Hart Street  
DALKEITH, EH22 1AE  
Contact staff by phone or email to obtain information about the wide range of support and services that MVA can offer.  
☎️ 0131 663 9471  
Email: info@mvacvs.org.uk  
Website: www.mvacvs.org/

**FORWARD MID**  
Forward MID aims to raise the awareness of challenges and opportunities that exist for disabled people both locally and nationally. (See website for details of a wide range of service and support offered including *The Directory For Disabled People*).  
☎️ 0131 663 9471  
Email: eric.johnstone@mvacvs.org.uk  
Website: www.forwardmid.org.uk/index.html

**VOLUNTEER MIDLOTHIAN**  
32/6 Hardengreen Industrial Estate  
DALKEITH, EH22 3NX  
*Individuals* - Free advice & guidance on how and where to volunteer.  
*Organisations* - Support and advice to help develop, increase and promote volunteering opportunities  
☎️ 0131 660 1216  
Email: info@volunteermidlothian.org.uk  
Website: www.volunteermidlothian.org.uk

**SOCIAL ENTERPRISE ALLIANCE MIDLOTHIAN (SEAM)**  
*Based in MVA Office*  
SEAM is a cross-sector partnership of agencies involved in the provision of support, training, guidance, and services for social economy organisations based and/or working in Midlothian.  
☎️ 0131 663 9471  
Email: development@seamidlothian.co.uk  
Website: http://www.mvacvs.org

**WOMEN’S AID – EAST AND MIDLOTHIAN**  
A confidential service that provides valuable information, support and temporary accommodation to women and their children who have experienced domestic abuse  
☎️ 0131 561 5800  
Website: http://www.womensaideml.org/

**MIDSPACE – ONLINE INFORMATION SERVICE**  
Midlothian’s online source of Mental Health and Wellbeing information  
Website: http://midspace.co.uk/

**DALKEITH CITIZENS ADVICE BUREAU**  
8 Buccleuch Street  
Dalkeith EH22 1HA  
☎️ 0131 660 1636 or 0808 800 9060  
Website: www.cas.org.uk/bureaux/dalkeith-and-district-citizens-advice-bureau

**MAYFIELD AND DISTRICT BREASTFEEDING SUPPORT GROUP**  
Contact Your Health Visitor
## SERVICES FROM OTHER ORGANISATIONS WORKING IN THE AREA

<table>
<thead>
<tr>
<th><strong>ENABLE SCOTLAND</strong></th>
<th><strong>BLACK DIAMOND FM</strong></th>
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</thead>
<tbody>
<tr>
<td>1b Colliery Court</td>
<td>Newbattle Community Learning Centre</td>
</tr>
<tr>
<td>McSence Business Park</td>
<td>67 Gardiner Place</td>
</tr>
<tr>
<td>32 Sycamore Road</td>
<td>NEWTONGRANGE, EH22 4RT</td>
</tr>
<tr>
<td>MAYFIELD, EH22 5TA</td>
<td>The station serves the local area of Midlothian 24 hours a day 7 days a week. We have a range of programmes from our regular community focused daytime output to some of the best specialist music programmes you will find on Scottish radio.</td>
</tr>
<tr>
<td></td>
<td>The station is managed and staffed entirely by a dedicated team of volunteers. Contact us if you are interested in receiving training to join us.</td>
</tr>
<tr>
<td></td>
<td><strong>0131 663 4488 requests, anniversaries, live news</strong></td>
</tr>
<tr>
<td></td>
<td><strong>0131 663 4811</strong> volunteer, advertise, etc</td>
</tr>
<tr>
<td></td>
<td><strong>Email:</strong> <a href="mailto:studio@blackdiamondfm.com">studio@blackdiamondfm.com</a></td>
</tr>
<tr>
<td></td>
<td><strong>Website:</strong> <a href="http://www.blackdiamondfm.com/">www.blackdiamondfm.com/</a></td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th><strong>RED CROSS</strong></th>
<th><strong>MIDLOTHIAN PLAYBASE RESOURCE CENTRE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>131 High Street</td>
<td>Newbattle Community Learning Centre</td>
</tr>
<tr>
<td>DALKEITH, EH22 1BE</td>
<td>67 Gardiner Place</td>
</tr>
<tr>
<td>Provide short-term practical and emotional support at home to help people regain their independence. The local area co-ordinators work with individuals as well as groups.</td>
<td>NEWTONGRANGE, EH22 4RT</td>
</tr>
<tr>
<td><strong>0131 654 0340</strong></td>
<td>Provides a range of quality resources aimed at supporting and encouraging a child’s learning through play. Resources support all areas of a child’s development and offer broader and richer learning through play experiences.</td>
</tr>
<tr>
<td><strong>PLAY MIDLOTHIAN</strong></td>
<td>For early learning and childcare providers and educational professionals who support children’s care, learning and development.</td>
</tr>
<tr>
<td>10 Woodburn Road</td>
<td><strong>0131 654 9990 or Mobile 077406 79027</strong></td>
</tr>
<tr>
<td>DALKEITH, EH22 2AT</td>
<td><strong>Website:</strong> <a href="http://www.midlothianplaybase.org">www.midlothianplaybase.org</a></td>
</tr>
<tr>
<td>Play Midlothian provides play services for children across Midlothian, including playschemes, outdoor play sessions, and family play sessions.</td>
<td><strong>Email:</strong> <a href="mailto:playbase@btconnect.com">playbase@btconnect.com</a></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.playmidlothian.org.uk">www.playmidlothian.org.uk</a></td>
<td><strong>Email:</strong> <a href="mailto:info@midlothianplaybase.org">info@midlothianplaybase.org</a></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:info@playmidlothian.org.uk">info@playmidlothian.org.uk</a></td>
<td><strong>Website:</strong> <a href="http://www.midlothianplaybase.org">www.midlothianplaybase.org</a></td>
</tr>
<tr>
<td><strong>0131 663 2243</strong></td>
<td><strong>Email:</strong> <a href="mailto:playbase@btconnect.com">playbase@btconnect.com</a></td>
</tr>
</tbody>
</table>

## HOUSING

If you are experiencing problems with antisocial behaviour simply call the hotline **0131 271 6677** or email the team at asb@midlothian.gov.uk

<table>
<thead>
<tr>
<th><strong>MIDLOTHIAN COUNCIL</strong></th>
<th><strong>MELVILLE HOUSING ASSOCIATION</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Housing Office in Dalkeith</td>
<td>The Corn Exchange</td>
</tr>
<tr>
<td>Buccleuch House</td>
<td>200 High Street,</td>
</tr>
<tr>
<td>1 White Hart Street</td>
<td>DALKEITH, EH22 1AZ</td>
</tr>
<tr>
<td><strong>0131 271 3628 – Reception</strong></td>
<td><strong>0131 654 2733</strong></td>
</tr>
<tr>
<td><strong>0131 271 3397 – Homelessness</strong></td>
<td><strong>Website:</strong> <a href="http://www.melville.org.uk/">http://www.melville.org.uk/</a></td>
</tr>
<tr>
<td><strong>0131 663 7211 – Out of Hours/Emergency</strong></td>
<td><strong>Email:</strong> <a href="mailto:info@melville.org.uk">info@melville.org.uk</a></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.midlothian.gov.uk/info/917/housing">www.midlothian.gov.uk/info/917/housing</a></td>
<td><strong>Email:</strong> <a href="mailto:info@melville.org.uk">info@melville.org.uk</a></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:housing.enquiries@midlothian.gov.uk">housing.enquiries@midlothian.gov.uk</a></td>
<td><strong>Website:</strong> <a href="http://www.melville.org.uk/">http://www.melville.org.uk/</a></td>
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</tbody>
</table>

**TWCD - Page 15 of 22 (last updated 23 May 2019)**
### HEALTH SERVICES - HOSPITALS, GENERAL PRACTICE AND HEALTH CLINICS

#### HOSPITALS

Nearest Accident and Emergency Hospital (Approximately 9.5 miles from Pathhead) is the **Royal Infirmary of Edinburgh**. The nearest Accident and Emergency for children is the **Royal Hospital for Sick Children** (12 miles from Pathhead).

**Website:** [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

**ROYAL INFIRARY EDINBURGH**
- Old Dalkeith Road
- 51 Little France Crescent, EDINBURGH, EH16 4SA
- **Website** - [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)
- **By Bus (from Pathhead)** Perrymans Service 51
- Travel and get off opposite Little France Drive then walk (approx 4 mins).
  - ☏ 0131 536 1000

**ROYAL HOSPITAL FOR SICK CHILDREN**
- 9 Sciennes Road
- EDINBURGH, EH9 1LF
- **THIS WILL MOVE TO LITTLE FRANCE (estimated to be 2018).**
- **By Bus (from Pathhead)** Perrymans Service 51
- Travel to the Queens Hall on Clerk Street then walk to Royal Hospital for Sick Children (approx 9 min).
  - ☏ 0131 536 0000
- **Website** - [www.nhslothian.scot.nhs.uk](http://www.nhslothian.scot.nhs.uk)

#### MIDLOTHIAN COMMUNITY HOSPITAL
- 70 Eskbank Road
- BONNYRIGG, EH22 3ND

Lothian Buses service 39 - every hour, Mon-Sat daytime, no evening, or Sunday service. Also nearby Lothian Buses service 29 [stops at Tesco Eskbank].

- ☏ 0131 454 1001

#### SERVICES

There is not an Accident and Emergency department at the Community Hospital. Services provided include: Outpatient departments, GP out of hours services and older people’s inpatient services

Visitors and users of Midlothian Community Hospital travelling on Lothian Buses service 39 can ride right to the hospital - the 39 bus stop is nearer hospital main entrance than the car park.

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### GENERAL PRACTICE & HEALTH CLINICS

The nearest doctor’s surgery for residents of Tynewater is:

**PATHHEAD MEDICAL CENTRE**
- 210 Main Street
- PATHHEAD,
- EH37 5PP
- ☏ 01875 320302
- **Website:** [www.pathheadmedicalcentre.co.uk](http://www.pathheadmedicalcentre.co.uk)

#### DENTIST (Nearest)

<table>
<thead>
<tr>
<th>DENTIST (Nearest)</th>
<th>CHEMIST</th>
</tr>
</thead>
<tbody>
<tr>
<td>MAYFIELD DENTAL PRACTICE</td>
<td>PATHHEAD PHARMACY</td>
</tr>
<tr>
<td>☏ 0131 663 2097</td>
<td>210 Main St</td>
</tr>
<tr>
<td>NEWTONGRANGE DENTAL PRACTICE</td>
<td>PATHHEAD,</td>
</tr>
<tr>
<td>☏ 0131 654 2377</td>
<td>EH37 5PP</td>
</tr>
<tr>
<td>GOREBRIDGE DENTAL PRACTICE</td>
<td>☏ 01875 320020</td>
</tr>
<tr>
<td>☏ 01875 820483</td>
<td>Website: <a href="http://www.alphega-pharmacy.co.uk">www.alphega-pharmacy.co.uk</a></td>
</tr>
<tr>
<td><strong>Opening Times</strong> (Lunch Break 1.00 – 2.00 pm) Monday – Friday: 9:00 am – 6.00 pm Saturday: 9.00 am – 1.00 pm Sunday: Closed</td>
<td></td>
</tr>
</tbody>
</table>
MAKING THE RIGHT CHOICES ABOUT YOUR HEALTH

**DENTAL AND MOUTH PROBLEMS**
When you have problems with your teeth, gums or mouth, contact your dentist. If you are not registered with a dentist you can go to the walk-in centre at the **Chalmers Dental Centre**, 3 Chalmers St EDINBURGH, EH3 9EW
☎ 0131 536 4800

**Common illnesses or advice on medicines**
Your pharmacist can provide advice and treatment for many common conditions and illnesses such as allergies and Eczema, Conjunctivitis, Headache, Sinusitis and Sore Throats.

Some people (elderly, children, and people on certain benefits) are eligible to register with the NHS Minor Ailment Service. This entitles you to advice and free treatment from your pharmacist for a wide range of minor illnesses and conditions.

**EYE PROBLEMS**
If you have any problem with your eyes (not just sight-related), make an appointment at any high street optician. You can also get advice at this [Website](http://patient.info/health/eyes-1326)

**FOOT PROBLEMS**
People manage most foot problems themselves. You can get further advice and treatment by going to the [NHS Inform Website](http://patient.info/health/eyes-1326)
Read the section on foot problems, or ask for a podiatry referral form at your GP practice reception.

**SELF CARE**
The most important person in the National Health Service is you! We want you to be healthy and self-care is an important part of health care. The Self Care Forum provides good advice on how to look after yourself. Go to [www.selfcareforum.org](http://www.selfcareforum.org) and look at the Patient Portal.

NHS 24 has a self-help guide at [www.nhsinform.scot/](http://www.nhsinform.scot/)

Phone NHS 24 to speak to someone about a health problem.
☎ 111.
You should only phone the NHS 24 helpline:
• if you or someone you know is unwell
• When your doctor’s surgery is closed and you feel it cannot wait until it re-opens.

A Health A-Z is at [Website](http://www.nhsinform.scot/)
☎ 0800 22 44 88 for advice

**GP PRACTICE NURSE**
Do not 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 as well as skin conditions. Many can prescribe medication and arrange investigations. Nurse appointments are often quicker to get than GP appointments.

**MUSCLE AND JOINT PROBLEMS**
For muscle and joint problems such as back pain, neck pain, shoulder problems, sciatica, torn muscles, knee or hip pain you can get advice and, if necessary, an appointment to see a physiotherapist directly by calling :
☎ 0800 917 9390 or go to [Website](http://www.nhsinform.scot/)

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TWCD - Page 17 of 22 (last updated 23 May 2019)
### Making the Right Choices About Your Health

#### Mid and East Lothian Drugs (MELD)
6a Newmills Road  
Dalketh, EH22 1DU

Aims to reduce the harm associated with substance misuse by providing free and confidential services for individuals whose lives are affected by drugs or alcohol.

Provided in a variety of settings across Mid and East Lothian services include information, advice, support, client work with a counselling approach, needle exchange, family support groups, working with offenders, group work and auricular acupuncture.

☎ 0131 660 3566  
Website: [www.meld-drugs.org.uk](http://www.meld-drugs.org.uk)  
Email: [office@meld-drugs.org.uk](mailto:office@meld-drugs.org.uk)

#### Substance Misuse Service Midlothian
Glensk Centre  
1/5 Duke Street  
Dalketh, EH22 1BG

The service brings together nurses, doctors, social workers, and psychologists. It specialises in the assessment, care, and treatment of people who have problems related to alcohol and/or drug misuse. The service supports people to make positive changes to their lives.

☎ 0131 660 6822

#### Healthy Living
For advice on healthy eating, exercise and stopping smoking go to Website: [www.nhs.uk/livewell/Pages/Livewellhub.aspx](http://www.nhs.uk/livewell/Pages/Livewellhub.aspx)

If you want to stop smoking, speak to your pharmacist or go to Website: [www.ash.org.uk](http://www.ash.org.uk).

If you are interested in exercise go to Website: [www.activemidlothian.org.uk](http://www.activemidlothian.org.uk)

If you have a long-term health condition then contact the Living Well team  
☎ 0131 537 9849.

#### Infants and Toddlers
You can get advice and treatment for most problems your child may have from your Health Visitor. Ask your GP practice reception for your health visitor's phone number.

Alternatively go to  
Website: [www.whenshouldiworry.com](http://www.whenshouldiworry.com) for advice on common illnesses.

#### Depression, Anxiety and Mental Well-being
If you are depressed, anxious, or have a mental health problem there are a number of different organisations that can help:

**MIDSPACE** provides an overview of all local mental health services - [www.midspace.co.uk](http://www.midspace.co.uk)

**Midlothian Wellbeing Access Point** is an open-access service for people who need support to increase mental wellbeing; reduce low mood and stress; or increase confidence and self-esteem.

☎ 0131 536 8981 or  
Email jennifer.bragg@health-in-mind.org.uk

**Breathingspace** offers someone to talk to if your thoughts and feelings are overwhelming you –  
[www.breathingspace.scot](http://www.breathingspace.scot) ☎ 0800 83 85 87.

The **Orchard Centre** in Bonnyrigg supports all Midlothian with a range of services - go to  

If you have a life crisis that you cannot manage, call **Midlothian Early Intervention Crisis Response Service**  
☎ 0131 663 5533.

Call the **Samaritans** on: ☎ 116 123  
“You don't have to be suicidal to talk to us”.

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**TWCD - Page 18 of 22 (last updated 23 May 2019)**
POLICE SCOTLAND
Newbattle Road
DALKEITH, EH22 3AX
☎ 0131 663 2311 or
☎ 101 - Non-Emergency
Email: middlothaneastcpt@scotland.pnn.police.uk
Website: www.scotland.police.uk/

SCOTTISH FIRE AND RESCUE SERVICE
Dalkeith Fire Station
36 Abbey Road
DALKEITH, EH22 3AD
☎ 0131 228 2401
Website: www.firescotland.gov.uk/

AMBULANCE - ☎ 999 - ask for an ambulance

LOCAL AREA REPRESENTATION
TYNEWATER COMMUNITY COUNCIL
The Tynewater Community Council meets in range of venues including Cousland Village Hall, Fala Village Hall, and the Callendar Park Pavilion in Pathead. Meetings are on Tuesday evenings starting at 7.30 pm.

Chairperson: Henry Gibson
Email: henry.gibson@btinternet.com
Secretary: Jenny Grahame
Email: jenny.a.grahame@gmail.com
Cousland: Gordon Brown; Kathleen Donald
Email: gordonb148@gmail.com
Dewarton: Jen Montgomery
Email: jenmontgomery38@gmail.com
Edgehead: Joe Gavan
Email: edgeheadvillage@googlegroups.com
Fala: Colin Grahame
Email: grahamefaladam@aol.com
Pathhead: Bob Miller
Email: pathheadplayers@googlemail.com

MIDLOTHIAN COUNCILLORS REPRESENTING - MIDLOTHIAN EAST
Kenneth Baird - Scottish National Party
☎ 0131 271 3018
Surgery: 2nd Monday of month: 7.00 - 8.00pm at Tesco Hardengreen,
3rd Monday of month: 7:00 - 8.00 pm at Newbattle Library, Newbattle School Campus
Email: kenneth.baird@midlothian.gov.uk

John Hackett - Labour
☎ 0131 271 3055/3007
Surgery: Contact office or email to make appointment
Email: john.hackett@midlothian.gov.uk

Peter Smaill – Scottish Conservative
☎ 0131 271 3100
Surgery: Edinburgh College, 1st Thursday of the month: 6.00 to 6.30 pm
Email: peter.smaill@midlothian.gov.uk

MEMBER OF THE SCOTTISH PARLIAMENT - MIDLOTHIAN NORTH AND MUSSELBURGH
Colin Beattie - Scottish National Party
164 High Street
DALKEITH, EH22 1AY
☎ 0131 454 0204
Email: colin.beattie.msp@parliament.scot
Website: https://www.parliament.scot/msps/currentmsps/colin-beattie-msp.aspx

MEMBER OF UK PARLIAMENT - MIDLOTHIAN
Danielle Rowley - Scottish Labour Party
97 High Street,
DALKEITH, EH22 1AX
☎ 0131 663 9675
Email: danielle.rowley.mp@parliament.uk

MEMBER OF SCOTTISH YOUTH PARLIAMENT (MSYP) - MIDLOTHIAN NORTH AND MUSSELBURGH
Megan Kay & Lara Adams - Website: www.syp.org.uk/
### EMPLOYMENT

**DALKEITH JOBCENTRE PLUS**
The nearest job centre is located in Dalkeith:
7 Buccleuch Street
DALKEITH
EH22 1HB
☎ 0131 456 4700 or 0345 604 3719
Website: https://www.jobcentreplusoffices.com/dalkeith/dalkeith-jobcentre-plus/

**Midlothian Council Vacancies**
40-46 Buccleuch Street
DALKEITH
EH22 1DN
Website: Jobs and Training
Email: recruitment@midlothian.gov.uk

### PLACES OF WORSHIP

**TYNE VALLEY PARISH (CHURCH OF SCOTLAND)**
At BORTHWICK (EH23 4QY), CRANSTOUN (EH37 5RF) AND FALA (EH37 5SY), CHURCHES.
We worship each week, in three churches and the community halls. Please check the church website for details of where the services are each week, and the times. There is also a link showing where the churches are located.
☎ 01875 320938
Email: david_gb@btinternet.com
Website: www.tynevalleyparishes.org/

**MADINAH MASJID & COMMUNITY CENTRE**
Mosque and Community Centre
12A Lothian Street
BONNYRIGG
☎ 07593 725984
Email: midlothian.muslim.cc@gmail.com
Website: https://www.facebook.com/MMCBonnyrigg/

**EDINBURGH HINDU MANDIR & CULTURAL CENTRE**
St Andrew Place, Leith
EDINBURGH, EH6 7EG
☎ 07890 726117
Email: info@edinburghhindumandir.org.uk
Website: www.edinburghhindumandir.org.uk/

**SHIA ITHNA’ ASHARI IMAMBARGAH AND MOSQUE**
(Jafaria Foundation)
43a Easthouses Road
EASTHOUSES, EH22 4EB
☎ 07434 882160
Website: www.facebook.com/JafariaFoundation
Email: Jafariafoundation@gmail.com

**CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**
Newbattle Rd
DALKEITH
EH22 3LQ
☎ 0131 654 0630
## Venues for Meetings and Activities *

*See Websites or use contact telephone numbers for more information

<table>
<thead>
<tr>
<th><strong>Cousland Village Hall Association</strong></th>
<th><strong>Fala Village Hall</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Quarrybank</td>
<td>EH37 5SY</td>
</tr>
<tr>
<td>Cousland, EH22 2NT</td>
<td>Is a bright and airy hall with a seating capacity for 65 people. It has tables, chairs, crockery, cutlery, tumblers, and wine glasses with a fully equipped kitchen – oven, hob, hot water urn, fridge, kettle, and tea towels. It has a small gazebo, a Pool table and Table Tennis table, and a large, family-sized gas barbecue. There is disabled access. There is an outside area/car park</td>
</tr>
<tr>
<td>Website has in depth information about the village. See ‘Local Information’ page for services offered in the village. Dates for CVHA committee meetings, 1st Monday of each month, 7pm, in the hall Email: <a href="http://couslandvillage.co.uk/contact/">http://couslandvillage.co.uk/contact/</a> Website: <a href="http://couslandvillage.co.uk/">http://couslandvillage.co.uk/</a></td>
<td>Email: <a href="mailto:anne@fairshiels.co.uk">anne@fairshiels.co.uk</a> Website: <a href="http://www.fala.org.uk/">www.fala.org.uk/</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Pathhead Community Hall</strong></th>
<th><strong>Pathhead Pavilion</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>11 Main Street</td>
<td>Callendar Park</td>
</tr>
<tr>
<td>Pathhead, EH37 5PZ</td>
<td>Pathhead, EH37 5YN</td>
</tr>
<tr>
<td>Email: <a href="mailto:pcabookings@gmail.com">pcabookings@gmail.com</a></td>
<td>11-a-side grass pitch, changing rooms, main hall, kitchen, Accessibility - Ramped access and dedicated disabled toilet.</td>
</tr>
<tr>
<td>Website: <a href="http://www.pathhead.info/">www.pathhead.info/</a></td>
<td>Booking – Newbattle Community Campus</td>
</tr>
<tr>
<td></td>
<td>Email: <a href="mailto:newbattle.cc@midlothian.gov.uk">newbattle.cc@midlothian.gov.uk</a> Website: <a href="http://www.newbattlecommunitycampus.org.uk">Newbattle Community Campus</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Civic Amenities</strong></th>
<th><strong>Cousland</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Recycling Centre</strong></td>
<td>Village Hall car park has bottle, paper and clothes recycling facilities</td>
</tr>
<tr>
<td>Stobhill Road</td>
<td></td>
</tr>
<tr>
<td>Gowkshill</td>
<td></td>
</tr>
<tr>
<td>Gorebridge, EH22 4NU</td>
<td></td>
</tr>
<tr>
<td>Opening Times</td>
<td></td>
</tr>
<tr>
<td>Monday - Sunday</td>
<td></td>
</tr>
<tr>
<td>9:30am - 4:15pm</td>
<td></td>
</tr>
<tr>
<td><strong>Refuse Collection</strong></td>
<td>See link to Midlothian Council Website</td>
</tr>
<tr>
<td></td>
<td><a href="https://www.midlothian.gov.uk/info/1054/bins_and_recycling/343/bin_collection_days">https://www.midlothian.gov.uk/info/1054/bins_and_recycling/343/bin_collection_days</a></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Services (shops, etc) in the Area</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cousland</strong></td>
</tr>
<tr>
<td>• Cousland Post Office</td>
</tr>
<tr>
<td>• Fish Mongers - Wednesday at 10am at the bus stop beside the Old School &amp; Thursday mornings, outside the village hall somewhere between 11 and 11.15am</td>
</tr>
</tbody>
</table>

| **Pathhead**                          |
| • Newsagent                           |
| • General Store                       |
| • Cash Dispenser                      |
| • Post Office                         |
| • Bakers                              |
| • Fish and Chip Shop                  |
NOTES

Please Note

- A digital version (the latest version) of this document can be found on the Midlothian Council website at the following address:
  https://www.midlothian.gov.uk/downloads/download/300/community_directories

- If your group would like to have an entry in this document or you wish to suggest an amendment to information in this document – please contact your local Communities Officer.

MIDLOTHIAN COUNCIL COMMUNITIES TEAM

Midlothian Council’s Communities team works with local community based groups and organisations across Midlothian to support them to develop services within their area.

This work includes:

- Supporting and managing a small & large grants programme
- Supporting Neighbourhood Planning across Midlothian
- In addition to coordination and support to the Federation of Community Councils, the team also support local community councils.
- Armed Forces Community Covenant

The Communities Officer for the Tynewater area is:

Paul Johnson

☎ 0131 0131 270 6744
☎ 07786 215991
Email: paul.johnson@midlothian.gov.uk