

# Midlothian Older People's Winter Newsletter

2021

## Welcome to YOUR newsletter.

We hope it supports you to keep well, be connected, and be active - with positive ideas, resources and links to local organisations.

Why not make this winter a social one - where you connect with people, regularly and safely getting some of the warmth of human conversation? A walk in the sunshine or chat with a neighbour can lift our spirits. If you are able and active think about helping others, reach out and feel better yourself!

We make suggestions about your well-being at home, helping to prevent the risk of falls or supporting you if you are worried about energy

prices. Also a little reminder to have your flu and Covid boosters to keep you as well as you can be.

"We are all in it together" has perhaps never felt truer. Let's all pull together, keep connected and help ourselves and each other journey through this winter.

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**Be Well. Reach Out. Keep Connected.**  
**Take care. Keep Talking. Think of others!**

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Midlothian  
Health & Social Care



Midlothian  
Voluntary  
Action

# Have a Social Winter!

## A café, connection & conversation.

The St John's and Kings Park Cafe is a welcoming place for tea, cake and a chat. You can find it at 31 Eskbank Road in Dalkeith.

It is also a great place to find out about local organisations such as the Red Cross, Volunteer Midlothian, NHS, Libraries, Police, Fire Brigade and get advice about pensions.

The Cafe brings people together and the feedback has been so positive. Any money raised is donated to local charities and causes.

"it's a great atmosphere - an opportunity to meet friends and find out how to live better!"

Monday -10-12.30pm

Call: 0131 660 5871  
[www.sjkpchurch.com](http://www.sjkpchurch.com)



## Take a break.

VOCAL Midlothian have activities to help carers take time off from caring. A carer is anyone who supports a family member, relative or friend to manage a long term condition, disability, physical or mental health problem or addiction.

VOCAL have tickets for festive lights displays, pantomimes and the cinema, crafts, relaxation/ mindfulness sessions and coffee mornings.

Call: 0131 663 6869  
[www.weebreaks.com](http://www.weebreaks.com)



## Connect Online.

Volunteer Midlothian can help you with your digital devices. They can show you how to:



- use email, Facebook, Whatsapp or texts to stay in touch with friends and family,
- have your shopping delivered to your door,
- access audiobooks, newspapers and magazines from the library.

### They run groups or can visit you at home.

- Tues, Penicuik, Food Facts Friends, 10.30am-12pm
- Wed, Loanhead Library, 11am-12.30pm & Rosewell, The Steading, 1.30pm-3pm
- Thurs, Mayfield Pavilion, 12.30pm-2pm & Penicuik Library, 2pm-3.30pm

Call: 07856573694  
Email: [una@volunteermidlothian.org.uk](mailto:una@volunteermidlothian.org.uk)

# Grassy Riggs

**Grassy Riggs is a drop-in cafe for older citizens. You can find it in Woodburn, Dalkeith. Everyone is welcome.**

How does piping homemade soup sound  
With home baked rolls, not quite round  
And how does being with familiar faces  
Not seen, for what seemed ages

And what about a bit of a laugh  
With friends, or even strangers I wager

This, you must admit,  
appealing does sound major

What if you require an ear  
To listen and help alleviate fears

Giving direction and support,  
At point of need

This, you must admit,  
appealing does sound indeed

So, we suggest this winter  
Popping in, if only for the blether  
Knowing there's so much more to share together

**Call: 0131 654 1770**

**Email: [janette.hope@mvacvs.org.uk](mailto:janette.hope@mvacvs.org.uk)**



## Need help to get out and about?

**There are many places to feel connected, welcome, and relaxed - in your community and throughout Midlothian. See if you can make a visit part of your weekly routine, maybe as part of the morning walk or drop in for a coffee.**

If you need help **finding local places** contact the Red Cross for their **'What's On' guides** by calling **0131 654 0340**.

If you need **help using a bus** then Lothian Buses' 'Accessibility & Inclusion Officer', Olivia Sklenar, can help you build up your confidence and work out how to get around. Olivia has supported lots of people recently, including an older lady who had a fall when alighting a bus which understandably shook her confidence: "We travelled together a couple of times to overcome her anxiety and allow her to feel safe using our services again." Olivia has also supported people with visual impairment and people adjusting to using wheelchairs to gain confidence on buses. Call her on **07818 116431**.

## Dementia Support

Alzheimer Scotland support people living with dementia to keep in touch with friends - old and new!

They organise walks at Newbattle Abbey College (Thursdays 10.30am) and Penicuik House (Fridays 10.30am). These involve wildlife identification, crafts and lots of conversation.

"I can't believe how much I look forward to meeting all you ladies... We have a laugh and can talk about anything".

They also run outdoor cafe groups at the Sun Inn in Newtongrange (Tuesdays) and The Craigie in Penicuik (Wednesdays).

They are restarting their indoor Dalkeith and Penicuik Dementia Cafes.

Contact them for information about any of these groups or advice about living with Dementia.

**Call: 0131 654 1114**



# Keep Moving

**It is important to stay active as you get older.**

Activity and exercise can help you do things more easily like housework, dressing, playing with grandchildren, walking to the shops. It also helps you relax, sleep better and gives you more energy.

It's never too late for exercise to be a part of your life, the trick is to find something you enjoy and even better to do it with people who enjoy it too.

Ageing Well offers activities all over Midlothian, mostly run by volunteers, who share their passion for leading a healthy lifestyle in a fun and safe way.

You could try walking groups, new age kurling, dancing, walking sports and strength and balance exercises.

**Call: 07825 356478**

**Email: [Vivian.wallace@midlothian.gov.uk](mailto:Vivian.wallace@midlothian.gov.uk)**

**[www.midlothian.gov.uk/ageing-well](http://www.midlothian.gov.uk/ageing-well)**



## Muscle bone or joint problem?

Specialist physiotherapists at your GP surgeries can give you advice to support you to be more active, regain your confidence and develop skills to manage conditions. They can also refer you for treatment or investigations.

**No need to see a GP first, just ask your GP practice to see the physiotherapist.**



## Top Tips

- Check your medications to see if they increase your risk of falling.
- Book a free eye test.
- Wear low-heeled, rubber-soled shoes.
- Use walking aids and check the rubber stoppers
- Stay active to keep your strength and balance - visit [www.fallsassistant.org.uk](http://www.fallsassistant.org.uk)

If you have respiratory problems it is also important to keep active. Other tips from the Community Respiratory Team are:

- Consider giving up smoking.
- Keep emergency antibiotics and steroids at home to treat lung infections if necessary.
- Take care of your mental health - find something you enjoy to do each day.
- Keep spare food and water and order your medicines in advance.

# Avoiding Falls

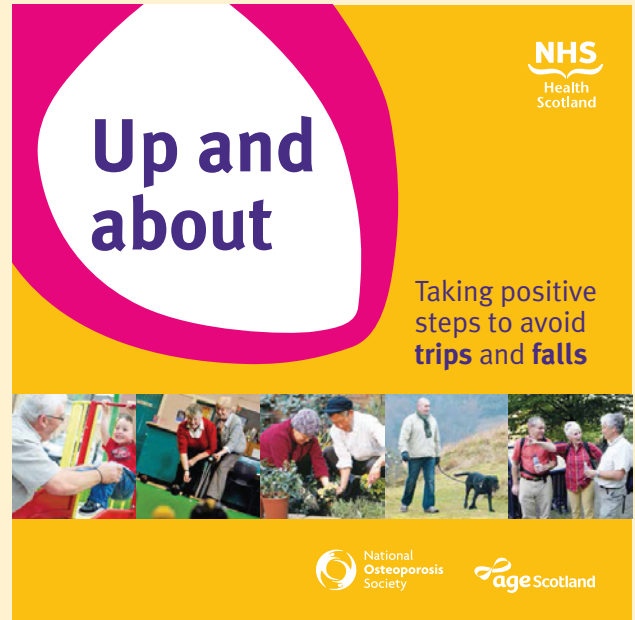
If falling, or the fear of falling, has stopped you from getting out and about, there are simple ways to increase your confidence and reduce your risk of trips and falls.

'Up and About' is written by Age Scotland and the NHS with information and tips to prevent falls and what to do if you fall. It also has links for where you can go for support and advice.

To order a copy call: **0845 125 9732** or email: [nhs.healthscotlandpublications@nhs.net](mailto:nhs.healthscotlandpublications@nhs.net)

Read online

[www.healthscotland.com/uploads/documents/23464-UpAndAbout.pdf](http://www.healthscotland.com/uploads/documents/23464-UpAndAbout.pdf)



## What to do if you have a fall

If you are hurt call 999 for an ambulance.

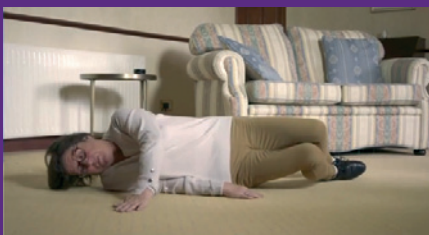


If you are not hurt but can not get up use your community alarm to call for help. While you wait try to:

- Get comfortable – can you put a cushion or rolled up clothing under your head?
- Reach for a blanket or clothing to keep warm
- Keep moving if safe – move joints to avoid stiffness and roll away from a damp area if your bladder 'lets go'

If you can get up try to do so safely by following these steps. (Taken from NHS Inform website)

Remember to always tell someone after a fall – your GP, a health worker, social worker, friends or family.



1. Roll onto your side



2. Push onto your hands



2. Push onto your hands and knees to crawl



4. Side on to solid furniture – strongest leg next to it – foot flat to ground



5. Push up and turn slowly



6. Rest – and check for injury again

# Free confidential advice

## Citizen's Advice Bureaux (CAB) can help you:

- complete forms for benefits- e.g. pension credit, council tax, housing benefit and free TV licence,
- access grants for everyday living and emergencies,
- get the best energy tariff or access grants to help with heating costs,
- refer you to the food bank

Mayfield Pavilion (drop-in), Wednesday 10am-3pm  
Gorebridge Hive (appointment), Monday

'After Maureen lost her husband her income dropped and bills were worrying her. CAB helped her claim her Council Tax discount, Attendance Allowance and Pension Credit. She now has an extra £300 a month so she no longer worries about popping her heating on.'

Call: **0131 660 1636** or **01968 675 259**

email:

[bureau@dalkeithcab.org.uk](mailto:bureau@dalkeithcab.org.uk)

[bureau@penicuikcab.org.uk](mailto:bureau@penicuikcab.org.uk)

webchat: [www.dalkeithcab.org.uk](http://www.dalkeithcab.org.uk)



## Assistance Fund

British Red Cross can provide one off immediate payments of up to £60 for elderly people living in poverty.

This can help with vital items such as food, fuel & transport for hospital/medical appointments, small electrical appliances such as microwave, fridge or low energy light bulbs **Call: 0131-654-0340**



# Extra Cash in Your Pocket

## Are you missing out on money?

Many people over pension age don't receive the money they should. You might be one of them. Midlothian Council and Citizen's Advice can check if you should be getting more, even if you have a pension, savings or own your home.

## They can help with:



Pension Credit



Free TV licence



Help with heating bills



Attendance Allowance



Housing Benefit



Council Tax reduction

No one will ask for your passwords. Leave a message and someone will call you.

**Midlothian Council**

0131 270 8922

**Citizen's Advice**

0131 660 1636 (Dalkeith)

01968 675 259 (Penicuik)



# Have you had your Flu vaccine?

Our flu programme is underway with almost 80% of people over 70 already vaccinated.

This year the vaccine is being delivered at local clinics, instead of GP surgeries. Please do not contact your GP as they will not be able to help.

If you are eligible for the flu vaccination you will be contacted by NHS Scotland. Most patients will be invited for appointments at Gorebridge or Midlothian Community Hospital.

If you are eligible for a COVID booster, this will be offered at the same time. Depending on when you had your second dose of coronavirus vaccine, you may need two separate appointments.

Eligible patients will be able to book a COVID booster appointment online soon and if this isn't possible you will receive a letter soon.



**Please make every effort to attend your appointment.**

**If you need to reschedule or need help to travel to your appointment call 0300 790 6296.**



**Midlothian  
Health & Social Care**

## Libraries

**Fully open branches: Dalkeith, Newtongrange, Loanhead, Danderhall, Gorebridge, Penicuik, Roslin**

**Saturday Only: Newbattle, Lasswade**

Come back to our libraries to browse books, use computers, reserve and collect books, get hearing aid batteries and dog bags and even apply for a Blue Badge!

Groups are coming back including Book Groups, Braw Blether (some libraries), CAB sessions, Craft groups, IT classes and Bookbug - perfect for grandkids!

Use our free eResources to borrow books and magazines.

**[www.midlothian.gov.uk/directory/6/libraries\\_in\\_midlothian](http://www.midlothian.gov.uk/directory/6/libraries_in_midlothian)**

**Call: 0131 271 3980**



## Keeping Warm.



**Dalkeith Citizen's Advice Bureau can help keep you warm this winter by:**

- Contacting your energy supplier over bills, tariffs, complaints and debt.
- Getting the best tariff and switching suppliers.
- Helping in an emergency with advice and funds.
- Supporting you to access grants such as the Warm Home Discount or for green energy.

**Call: 0131 654 4364**



Getting out and about: the Ageing Well Dalkeith Walkers



If you are over 55 years old and need advice and practical support to live as independently as possible in your own home or access your local community, call **0131 654 0340**.

**We can assist with:**

- + food shopping and prescriptions collections
- + benefit checks in for Attendance Allowance and Pension credits,
- + applications for Blue Badges,
- + energy advice,
- + adaptations for the home such as grab rails, or advice about installing fire and smoke alarms,
- + welfare/befriending calls if you are lonely.

## + Emergency contacts & support

### Health emergency

In an emergency call **999**

For non-urgent health concerns call **111**

### Support if you are self-isolating

If you don't have friends or family who can help  
**0131 270 7500**

### Supported transport

HcL Dial-a-ride  
**0131 447 9953**

### Staying connected

Red Cross **0131 654 0340**  
Friendship calls

The Silverline  
**0800 470 8090** (FREE)  
Friendship calls and advice 24/7

Ageing Well **0131 561 6506**  
A range of low level activities

### Food

Red Cross can help deliver food  
**0131 654 0340**

Information on food banks  
**0131 270 7500**

### Mental health

Breathing Space  
**0800 83 85 87** (FREE)  
Confidential support if you feel low, anxious or depressed

Samaritans  
**116 123** (FREE)  
Confidential listening line if you need someone to talk to

### Sensory impairment

Order hearing aid batteries:  
[batteries@midlothian.gov.uk](mailto:batteries@midlothian.gov.uk)  
or **0131 270 7500**

RNIB **0303 123 9999**  
[helpline@rnib.org.uk](mailto:helpline@rnib.org.uk)

Deafblind Scotland  
**07715 421399** (call or text)  
[wr@dbscotland.org.uk](mailto:wr@dbscotland.org.uk)

### Dementia

Alzheimer Scotland  
**0808 808 3000**  
24/7 help and guidance  
**0131 654 1114** (Mon-Fri 9-5)

### Carer support

VOCAL Midlothian  
**0131 663 6869**

### LGBT

LGBT Helpline Scotland  
**0300 123 2523**  
[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk)

### Domestic violence

Women's Aid  
**0131 561 5800**  
[info@womensaideml.org](mailto:info@womensaideml.org)

### If someone is at risk of harm

Adult Social Care  
**0131 271 3900**  
Emergency Out of Hours  
**0800 731 6969**