

Midlothian Older People's Winter Newsletter

2022

Welcome to YOUR newsletter.

No matter where you live or what your needs may be, we hope you find something really useful inside.

This is your newsletter and supports you to be well and be social this winter, to be as active as you can and be connected in your community. It has positive ideas, links to local organisations, tips to reduce your chance of falling, and suggestions to support you if you are worried about energy prices and the rising cost-of-living.

We hope this winter will be a positive one. A social one where you connect with people, maybe as part of a group, enjoying the warmth of human connection, friendship, support and a lot of fun. Fresh air and a

walk on your own or with others can be so important - perhaps with a neighbour or friend to lift your spirits. If you are able and active, maybe think about helping others, reach out and feel better yourself!

This year let's all pull together, keep connected and help ourselves and each other journey well through the winter season.

**Be well. Reach out. Keep connected.
Take care. Be social. Keep talking.
Smile. Think of others!**



Midlothian
Health & Social Care



Midlothian
Voluntary
Action

Support with the cost of living

Money will be tight for many people this winter.
There are many local places who may be able to help:



Midlothian Older People Assistance Fund and LACER Fund

Midlothian Red Cross have grants of up to £250 to assist with the cost of living.

The grant can be used for food, fuel, small electrical items, transport etc. They can also check you are receiving the benefits you are entitled to.

Call **0131 654 0340**.

FOOD

If you need help either with the cost of food or getting it delivered there are some local groups that can support you:

Community Food Pantries

There are two community food pantries in Midlothian. Pantries stock a range of food that you can choose from. You can join as a member for a few pounds each week and in return shop for groceries worth more.

Mayfield & Easthouses 0131 663 5317

14 - 15 Bogwood Road, Mayfield.

Central Dalkeith & Woodburn 0131 271 3481

MARC building 10 Woodburn Road, Dalkeith

Food Train Meal Makers

They are a national charity who can connect you with a local volunteer who will bring round an extra portion of home cooking on a regular basis

Call **0800 783 7770**

If you can afford food but need help to get it you can check if there are any online shopping slots or get someone to click and collect for you or ask a local business to deliver.

Free bus travel

You could be eligible for free or discounted travel to get around Scotland:

www.transport.gov.scot/concessionary-travel/60plus-or-disabled

STAYING WARM

Changeworks, Home Energy Scotland, Ofgem and Warmer Homes Scotland can help with grants or advice to keep your home affordably warm.

Changeworks

0131 555 4010

www.changeworks.org.uk

Warmer Homes Scotland Fund

0808 808 2282

www.homeenergyscotland.org

Ofgem

www.ofgem.gov.uk

RENT

The Scottish Government has announced a rent freeze and moratorium on evictions to help people through the cost of living crisis. If you need help with your rent or paying council tax call Midlothian Council to ask for advice.

If you are finding it difficult to pay your rent call **0131 271 3499**

If you would like advice on housing benefits call **0131 271 3201**

BENEFITS

The Welfare Rights team at Midlothian Council or Citizen's Advice Scotland can give you advice about benefits you might be entitled to such as Carer's allowance supplement, funeral support payments or adult disability payments. They can also give you information about grants such as the Scottish Welfare Fund for people in crisis.

Citizen's Advice Scotland

Penicuik

01968 675 259 or **bureau@penicuikcab.org.uk**

Dalkeith

0131 660 1636 or **bureau@dalkeithcab.org.uk**

Welfare Rights Team, Midlothian Council

0131 270 8922



Find out about one of Midlothian's active walking groups in the Red Cross events calendar.

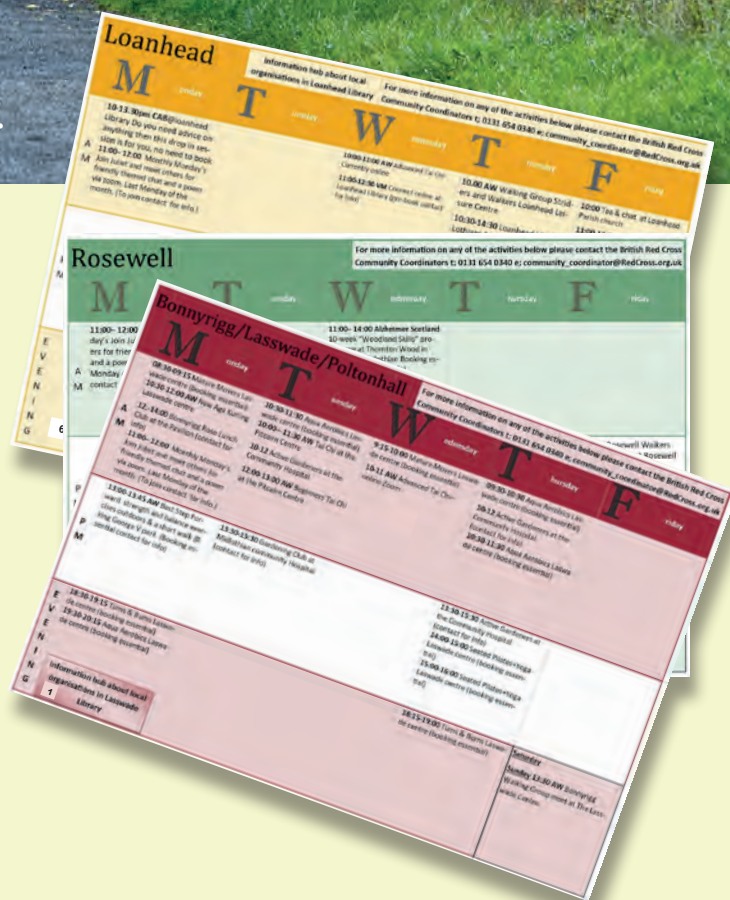
A date for your diary

There are so many groups and activities for older people it can be hard to keep up!

The Red Cross produce a monthly calendar of events. With information on lunch clubs, arts and crafts, and range of groups covering walking, friendship, exercise, poetry, and more, there is something here for everyone.

They can also support you to attend groups.

If you would like a calendar or to speak to someone to support you into a group call **0131 654 0340**



Jingle and Mingle

By popular demand the Red Cross will be holding their Jingle and Mingle event, in Dalkeith 20th and 22nd December and Loanhead on 29th December.

Come and join them for festive entertainment, food and meet new friends. Transport can be provided. **Numbers are limited so booking is first come, first served. Call 0131 654 0340**

Take time off from caring

If you support someone to manage a long term condition, a disability, a physical or mental health problem, or an addiction you may be a carer.

VOCAL's Wee Breaks grants enables carers to take a break from their caring role. They also offer tickets for local activities including festive lights displays, pantomimes, cinema, craft workshops, relaxation/mindfulness sessions and coffee mornings.

0131 663 6869

midlothian@weebreaks.com



"My new bike and my son's off road buggy now allows us to go out for a cycle as a family and this means such A LOT to us. We can't thank Wee Breaks enough".



Sing it loud

Singing together can make us feel connected to others, improve our wellbeing and reduce stress.

For people who are living with dementia, these benefits can have real impact on reducing symptoms. After a successful Music Therapy pilot at Pittendreich Care Home, funding has been secured for a further year to include Music Therapy as part of Care Support Team's package of help for people living with dementia and those who care for them. For further details, email

Laura.Bolton2@nhslothian.scot.nhs.uk

Golden Voices brings together people living with dementia and their families to sing in a safe, fun, and friendly environment. They meet every Monday in Rosewell. It's a chance to relax and make new friends. Call: **07875 358 582**

Email: yw.lvbs@yahoo.co.uk

Get connected online

Connect Online can help you with technology such as smartphones, tablets and laptops.

Volunteers run drop-in sessions and home visits if you are housebound or a carer.

If you don't have your own device you can borrow one of theirs.



You can drop into a session at:

- **Penicuik, Food Fact Friends,**
Tuesdays 10.30am - 12 noon
- **Dalkeith, St Mary's Church,**
Tuesdays 2pm - 3.30pm
- **Loanhead Library,**
Wednesdays 11am - 12.30pm
- **Rosewell Development Trust,**
Wednesdays, 1.30pm - 3pm
- **Mayfield, MAEDT Pantry,**
Tuesdays 11am - 12.30pm
- **Penicuik Library,**
Thursdays, 2pm - 3.30pm

Call: **07856 573694** or email

una@volunteermidlothian.org.uk

Reduce your risk of falling

- **Have you had any unusual dizziness, light headedness, headaches or pain?**
Tell your GP if you do or if you have had a fall.
- **Are you on the right medication?**
Ask your pharmacist or GP to check.
- **Is your sight and hearing OK?**
Many opticians can test both free of charge.
- **Do your shoes or slippers fit well?**
It is a good idea to have shoes or slippers with a back which covers your heel rather than ones you 'slide' into.
- **Is your home well lit and do you have enough space to walk around?**
It is a good idea to move any rugs from the floor.
- **Are you drinking enough and eating a balanced diet?**
Eating foods with calcium and vitamin D can help maintain healthy bones.
- **Are you getting enough exercise?**
Being as active as you can help your strength and balance. Everyday tasks around the house can help, as can joining a local group.

What to do if you fall in your home

If you are injured, call 999 and ask for an ambulance

- If you are not injured, call 111 and ask for help.
- Try to get help – this could be by your community alarm or phoning a relative, friend or neighbour. Did you know you can ask your smart speaker to do this?
- Try shouting, or banging on a wall to attract your neighbour's attention.
- If you can, reach for a blanket or clothing to keep warm
- After moving gently, if you think you can get up safely, follow the steps below (from the NHS Inform website)



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



HcL Dial-A-Ride and Dial-A-Bus... getting you from A to B!

If you find it hard to get out and about, HcL might be able to help. They provide supported door-through-door transport to help you get out and about, do your shopping, or attend appointments and social activities.

Dial-A-Ride

Choose where you want to go – a medical appointment, the shops, a visit to friends or family, to church, the cinema or theatre, or Edinburgh Airport.

Dial-A-Bus

Hop on an HcL Bus to local shopping centres including: Cameron Toll, Tesco Eskbank, ASDA & Sainsbury's Straiton, Tesco Penicuik and Morrison's Dalkeith.

Their drivers pick you up from your front door and can support you to leave your house and on the bus if you need a bit of extra help. They can help you put your coat on, lock your house and help carry your shopping home. Each bus can carry two wheelchair passengers. You can use the service on your own or bring a friend or carer.

For more details on the cost and how to register and book, call:

Dial-A-Ride: **0131 447 9949**

Dial-A-Bus: **0131 447 1718**

Email: edinburgh@handicabs.org.uk

Ageing Well

Ageing Well offers a range of activities for over 50s across Midlothian, mostly run by volunteers sharing their passion for leading a healthy lifestyle in a fun and safe way.



Kenny Davidson has volunteered for Ageing Well for the past five years after retiring from a career that spanned a stint in professional football and 32 years in leisure centre management.

Born and raised in Newtongrange, Kenny felt inspired to give something back to the local community, combining his love of sport with the enjoyment of working with the public.

Kenny started by volunteering to run walking football sessions in Penicuik, before setting up a badminton group there as well. He has now also founded a second badminton group in Gorebridge.

According to Kenny, the benefits are huge:

“Ageing Well activities encourage people to be active and try something different or play sports they haven’t done since their school days. It’s also a great way to make new friends.”

He adds:

“Everyone is made welcome and there are different activities and different levels of walks for you to progress as your fitness improves.”



A full list of Ageing Well activities, including walking rugby, netball and football, new age kurling, health walks, and dance can be found at www.midlothian.gov.uk/ageing-well

For further details call **07825 356478** or email vivian.wallace@midlothian.gov.uk



New ways to see your GP... in a library!

Gorebridge Library is part of a pilot to help people see their GP via video link.

If you have been offered an online GP appointment but don't have space or the equipment at home, you can go to Gorebridge Library. They will provide a private space, internet connection and a tablet for you to attend your appointment, along with technical support. **All for FREE.**

Call: **01875 820630**

Email: gorebridge.library@midlothian.gov.uk



Power of Attorney

A Power of Attorney is a legal document that states who can make decisions about your health care and finances if you are no longer able to do so.

It gives you peace of mind knowing that if anything was to happen to you a person you trust would be able to support you. To find out more visit:

My Power of Attorney
www.mypowerofattorney

The Office of the Public Guardian
publicguardian-scotland.gov.uk

Or local organisations such as:

VOCAL Midlothian
www.vocal.org.uk

If you are an unpaid carer

Alzheimer Scotland
www.alzscot.org

Braw Blether

Braw Blether groups come together in Midlothian Libraries to help support mental health and wellbeing.

They use short stories, poems, articles from magazines and other forms of words, sometimes writing, to spark connection and conversation. The groups are open to all.

Call: **07771 345294**

Email: Bibliotherapy@midlothian.gov.uk

Or speak to your local library.



Vaccinations

You should have received an appointment for your COVID and flu vaccinations by now.

If not you can book an appointment online at <https://vacs.nhs.scot/csp>

If you're unable to leave home due to a mobility or physical ability issue, or a mental health condition, phone the national vaccination helpline on **0800 030 8013** for advice.

MEDICAL

For all health advice go to nhsinform.scot

Did you know that nearly 20% of all doctor's appointments can be dealt with by an alternative healthcare professional?

Newbattle Medical Practice put together this guide to help you know who to ask for help.

Self Care

Hangover, Cough, Colds, Grazes, Small cuts, Sore throat.



Self Care is the best choice to treat minor illness and injuries.

A large range of common illnesses and injuries can be treated at home with over-the-counter medicines and plenty of rest.

Pharmacy

Diarrhoea, Earache, Painful cough, Sticky eye, Teething, Rashes.



Pharmacists advise and treat a range of symptoms.

No appointment is needed and most pharmacies have a private consulting area.

GP

Arthritis, Asthma, Back pain, Vomiting, Stomach ache.



GPs & Nurses have an excellent understanding of general health issues and can deal with a whole range of health problems.

Minor Injuries

Cuts, Sprains, Strain, Bruises, Itchy rash, Minor burns



Minor Injury Units, Walk-in Centres & Urgent Care Centres provide non-urgent services for a range of conditions.

They are usually led by nurses and an appointment is not necessary.

A&E/999

Severe bleeding, Breathing difficulties, Severe chest pain, Loss of consciousness



A&E or 999 are for emergencies, serious or life-threatening situations.

Have you or someone you care about been affected by cancer?

Macmillan's Improving the Cancer Journey team are here to help anyone affected by cancer, their family and carers.

They offer time to talk about the things that are important to you such as feeling isolated, worried about your family, or struggling with practical things like getting around and looking after yourself. They can help you create a plan and make a start.

"Cancer shakes you up and everything changes so being able to talk to someone really helps" (Participant).

Call : **07977 307 286 / 07929 784 315**
email: loth.icj@nhslothian.scot.nhs.uk





Normandy Court, Newmills

Normandy Court Extra Care Housing - apply now!

The first tenants of Normandy Court will move in next spring. There will be 39 wheelchair accessible flats and eight bungalows for older people and people with long term degenerative conditions.

It is similar to Cowan Court in Penicuik with communal hub facilities, dining room and meals service, guest room and staff facilities. Flexible care and support is available from a dedicated team of Midlothian Health and Social Care Partnership staff based on site 24 hours a day, 365 days a year.

Normandy Court is being built in Dalkeith. If you are interested in applying to be one of the first tenants or you would like more information contact Fiona McNally, Community Health Specialist on **07500 552 467** or Fiona.McNally@midlothian.gov.uk





Staying connected

A friendly voice on the end of the line

Sometimes it is just nice to have a blether with someone on the other end of the line. There are local and national groups you can call to have a chat if you are lonely.

Red Cross Connecting With You
0300 303 6077 or
connecting-withyou@redcross.co.uk

Volunteer Midlothian
07859 914587 or
info@volunteermidlothian.org.uk

The Silverline
0800 470 8090

Libraries are open and looking forward to see you!

All branches are fully open, warm and welcoming. You can browse books, borrow ebooks, magazines and newspapers, use computers, get hearing aid batteries and dog bags. You can also apply for a Blue Badge or bus pass.

Groups are back including reminiscence groups, craft groups and book groups.

Some libraries have sessions from the Citizen's Advice Bureau and classes on how to use the computers. Newtongrange Library even has a pop-up Post Office every Monday 1.30pm – 3.30pm.

Find out more at
www.midlothian.gov.uk/directory/6/libraries_in_midlothian

Call: **0131 271 3980**



GOT A POWER CUT? CALL 105?

Many people don't know they should contact their local electricity network operator if they have a power cut. They often mistakenly call the electricity supplier they pay their bills to.

That's why the electricity network operators have introduced 105 – to give you an easy-to-remember number to call that will put you through to the local people who can help.

Useful contacts

Health emergency

In an emergency call 999

For non-urgent health concerns call 111

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

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
or 0131 270 7500

RNIB
0303 123 9999
helpline@rnib.org.uk

Deafblind Scotland
0141 777 6111
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

Domestic violence

Women's Aid
0131 561 5800
info@womensaideml.org

If someone is at risk of harm

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